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ON THE COVER .... Bill Crawford details his road back to the top of the bench pressing world. (photo courtesy John Graube)

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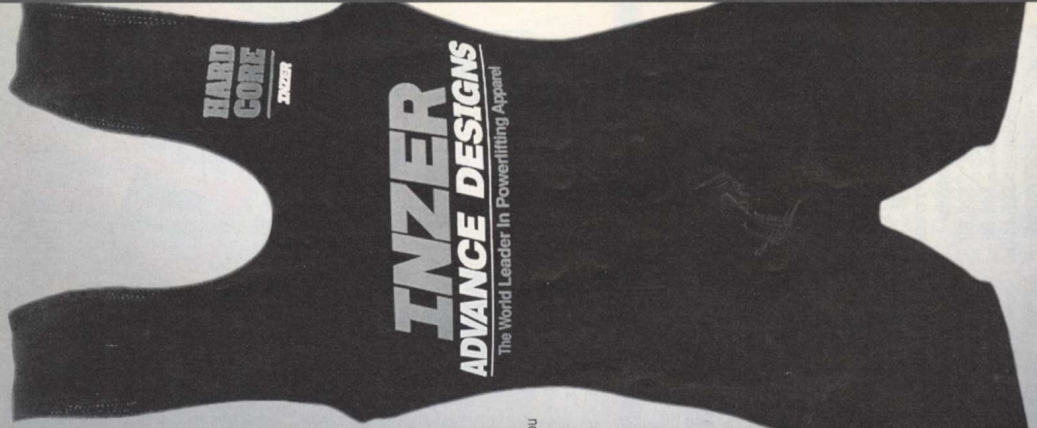
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**Bill Crawford's Road Back  
as told to Powerlifting USA by John Graube**



Bill Crawford made his first entry into powerlifting as an all-time all-federations record book with his spectacular 750 @ 275 at the Iron Island Classic in February 2001. After the Iron Island meet, Crawford decided to take four months off to pursue competition in his second sport, four-wheeler racing. Competition four-wheelering is physically demanding and provides some overall conditioning benefits, but is no substitute for a well designed off-season maintenance program for a 750 lb. bench. Crawford resumed training in June 2002, but the road back to the pinnacle of powerlifting success was tough after a four-month layoff with virtually no training. "I felt weak at first, but my strength came back really fast. Unfortunately, tendon strength doesn't bounce back as fast as muscular strength and I strained my left elbow after about a month of training and later pulled a tendon in my right forearm."

Crawford's ability to adapt to adversity is one of the most important keys to his powerlifting success. "I had to change the core exercises that I planned to use. Rack lockouts were the centerpiece of my training for the Iron Island meet, but after I strained my elbow, heavy lockouts were causing chronic tendonitis." On the advice of raw bench legend Glen Chabot, Crawford incorporated more full-range raw bench work in his training cycle. "I knew I had to develop more speed to get through that sticking spot because excluding lockouts from my training had reduced my top-end power."

After training two and a half months, Crawford went to the IPA Beast of the East meet in Bradford, Pennsylvania, to do a tune-up. "I proved to myself that I could do just about everything wrong and still bench 700 pounds, but I wasn't happy at all with my performance. I was stronger from the raw bench training, but I didn't have the endurance that I had when I was concentrating on my upper-end work preparing for Iron Island. (At the Iron Island meet Crawford benched 670, 705, 730, hit 750 on a fourth attempt, and would have taken a fifth attempt if the officials had allowed it.) I opened at 675 and hit 715 on my second for a new IPA 275 lb. record, but I just didn't have enough energy

it but I just couldn't lock it out." Crawford vowed not to make the mistake of completely neglecting his off-season maintenance work again. "My plan was to cut back enough to allow my body to heal, but maintain some core conditioning during my layoff before the 2003 season. I did an upper-body and a lower-body circuit every week, and a few reps at 405." During the layoff, Crawford turned his attention to breaking the ramp-to-ground and jump world record of 137 feet. "I was routinely making 110-115 foot jumps (check out the video titled "Insane!" on the Metal Militia website at <http://metalmilitia.net/index.htm>) but on one jump my Yamaha Rep-torrotated backward too much, popped on the back-tires and then rolled several times. I broke my neck, separated my left clavicle, broke two ribs and four bones in my ankle. The doctors were concerned that benching would put too much stress on my cervical spine and advised me to give it up, but I put myself on a rehabilitation regimen of neck exercise to get my neck stronger and trained with light weights. Any fear Crawford may have had of re-injuring his neck was erased at the December 2002 Metal Militia meet. "I opened at 655, and when I took 700 on my second attempt I was terrified that my neck was going to break again. The 700 pound lift went well, and I took 735 on my third and then 765 on a fourth attempt for a new 275 all-time record. This was my first tune-up of the season and I had entered the meet with the intentions of benching 700, so breaking 765 put my confidence at an all-time high."

I went to 725 on my second attempt and on another new IPA 275 record, but when I jumped to 760 on my third I missed. I was pissed off at myself because I knew I had made some mistakes. I had brought the weight down too slowly and paused before I touched my chest and I ultimately ran out of energy. I had made two or three mistakes on the lift and I wasn't strong enough to be able to recover from them."

Crawford felt that he was capable of 760+ and decided to do one more meet for the 2002 season - the IPA State meet in Perth, NY. "I only had two weeks to prepare for the Perth meet and I really hit the lockouts hard. I was able to train heavy in the power rack because the Celebrex made my elbow feel much better. I made the most of the two workouts and my lockout strength went up a lot. I opened at 700 and got 760 on my second attempt, establishing a new all-time all-federations record. I had wanted to end the season with 795 in 2002, but I took 782 on my third attempt. I knew it was critical that I do the lift without making any mistakes. When I brought the weight down I paused about an inch before it touched my chest and that second and a half used up precious ATP I needed to complete the lift. I pushed the weight high enough so I could have racked

Crawford had planned to make his Metal Militia World Bench Wars in Glens Falls, New York, his last competition of 2002. "As the date for the Metal Militia meet got closer it became clear that I needed to become stronger, locking weight out because I was missing lifts at the top, which I had never done before. I concentrated exclusively on my upper end work with board presses, quite a bit of shirt work, and moderate-weight lockouts for repetitions. My elbow was still killing me and the brachioradialis insertion in my left forearm also started giving me a lot of problems. I was having electric muscle stimulation, ultrasound treatment and soft muscle tissue work done every day and I was also going to an acupuncturist twice a week, but nothing really worked until I started taking Celebrex (prescription anti-inflammatory medication)."

The high-energy atmosphere at the Metal Militia Bench Wars in April 2002 fueled some huge lifting, with three 700+ benches, Glen Chabot's 665 raw bench and several IPA world records, but 760 again eluded Crawford. "I opened at 700 and snuffed it. I was feeling a lot more confident at that point because my skill level was quite a bit higher and all my fundamentals had come together."

(article continued on page 84)



# POWER PROFILE

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

Anyone remotely associated with lifting in the Eighties was undoubtedly aware of strength paragon, Bill Kazmaier. Now, due to his frequent role as commentator for ESPN's World's Strongest Man Competition, even Joe Non-athletes are cognizant of the Masestro of Metal. Recently I caught up with this generational strength icon to chat about a variety of subjects.

I hadn't realized how active Bill has remained in his pursuit of strength. After dominating World's Strongest Man competitions, he spanned the globe, seeking all manner of strongman records. In this pursuit Bill accomplished such feats as hoisting the Inver Stone overhead, then Down Under he did likewise with a replica of the fabled Thomas Inch dumbbell, a feat never before attempted, let alone accomplished. All types of records fell, and through many who had set them had specialized their entire careers. Bill achieved most feats with little or no specific training. Kaz's objective: to establish himself as the Strongest Man who ever lived.

He believes he attained this distinction as evidenced by his enormous collection of world records: from fifteen reps with 315 in the barbell curl, a set of five in the dumbbell overhead press with a pair of 165s, to more esoteric performances like a turn with an eight-foot, 260-pound caber, a 56-pound weight-for-height toss of 18'3", first to lift all five MacGlashen stones in competition, and the list goes on. No other competitor in any arena has achieved such thorough supremacy.

For a champion with such an illustrious career, he began very much like the rest of us. Growing up in Burlington, Wisconsin, Bill didn't begin training with weights until college where he sought greater strength for athletics. While at the University of Wisconsin in Madison, Bill was involved in football and trained occasionally with olympic caliber weightlifters the Peterson brothers and Les Helickson. He drew inspiration from Jim Thorpe, whom he believes was overlooked in the media's quest for athlete of the century, as he was a decathlete, pentathlete, and played

## BILL KAZMAIER as told to PL USA by Marc Caviglioli



wonder that in two short years he became National Champion. By then next year, Kaz had ascended the pinnacle, winning the 1979 World Powerlifting championship.

He attributes this spectacular rise to tunnel vision, and positive mind control through self-hypnosis. Furthermore, he claims his ascendancy was result of a spiritual commitment he made early on. While he readily speaks of God, in those days, recognizing his less than saintly ways, he was more reticent. Bill has a refreshing humility with respect to his religious performance. Far from judgmental, "I'm just as much a sinner as the next guy," he quips.

Whatever his inspiration, Bill's total of 2425 set a high water mark for years to come. Incredibly, Kaz feels he was capable of significantly more. His 925 squat was performed with a hip injury, coming off 900 x 3 in the gym. He feels he could have posted a 975. While his 661 bench press was a world record, another gym injury occurred while tripling 633, which negated his chance to drive up 680-690. Lastly, as he has pulled 904 in an exhibition, 857 was far from his best deadlift. He feels that injury free and feeling "on," he was strong enough for a 2500-2600 total.

People who rise to the zenith of their field often are surrounded by controversy. Even if they do not step on toes to gain their accomplishments, there are always critics. While none would be so foolish as to question Kaz's strength, even he is, at times, overlooked. Others are put on his level, and considered worthy competitors, when Bill peaks they are nowhere near his peak capability. As an example, Bill mentions his 'forgotten' bench press ability. He believes he was the best bench presser who exhibited all-round prowess. It was his unwillingness to specialize, he feels, that kept him

ing still, with feet planted, as opposed to the carrying and running events. Let us not forget that Kaz still dominated events he did not prefer. He also feels that no one should be able to train in advance for a specific event. In spite of Bill's views about today's events, it is important, he says, to treat every winner as if he is a supreme being.

If anything, Bill's thorough supremacy was a credit to powerlifting as a method of training. In the last ten years the strength and conditioning world has propped-up powerlifting as inappropriate for the athletic field. Weightlifting, due to its rapid nature, enjoys "favored son" status at many university strength facilities. Not surprisingly, Bill has other ideas.

"Olympic lifters are very finicky in their movements. They just pull and catch, making them limited as athletes. They were robbed by a third when the press was eliminated from their repertoire." He notes the renowned Nebraska program which centered its conditioning around the powerlifting mixed with elements of weightlifting. As well, Texas Christian University was written up for the strength of their players. "TCU has 51 players who bench press at least four hundred pounds. Florida State, widely considered the strongest program, has 38 players hoisting that much." Strength coach Ben Pollard believes in keeping it simple, focusing on four lifts: flat bench, incline bench, squat and hang clean. No question about it, simple basic strength programs, the kind that built Kazmaier, develop functional strength most effectively.

Nonetheless, Kazmaier acknowledges the ability of some weightlifters stars. In particular, Paternis Pisarenko, Alexiev, Rigert, Rakmanov, he has respect. He wishes he could have competed in log lifting and wheelbarrow pushing against the likes of Rakmanov and Pisarenko. He also respects throwers as explosive athletes, but doesn't feel they possess the requirements to win the WSM because their training lacks emphasis on fundamental strength.

With respect to powerlifting, an area of controversy these days is whether or not the use of lifting gear has gotten out of hand. Bill is understanding of lifters who use equipment, since it is allowed, but from a purely standpoint he acknowledges that it becomes difficult to discern who it becomes versus who has the best equipment. He is supportive of raw meeters, but feels that if everyone were to lift raw, the champions would remain the same.

Bill acknowledges his own use of equipment when competing and the safety factor equipment provides, but feels things have gotten carried away. In particular, he disagrees

with equipment that helps athletes surpass their shortcomings.

He speaks of Jon Kuc's incredible upper back development and how Kuc developed this specifically to help him keep his shoulders in piece while deadlifting. Bill has difficulty re-specting use of a deadlift shirt to achieve of the same effect. Double layer bench shirts, squat briefs, super-duper knee wraps, where will it end?

Next, I asked Bill his opinion on a number of famous lifters. The following are his comments: Alexiev - Vasily Alexiev was well underneath his potential. Because he was rewarded so well for breaking the world record by tiny increments, he left much ability untouched. Bill feels Alexiev could have clean and jerked 600 lbs. if pushed to do so.

Cole - Bill tips his hat to Jon Cole as one of the greatest, a complete package with a stupendous total and notably awesome back strength. He recalls that at the '78 Nationals with one look in the eye and a nod of confidence, Jon inspired Bill to greater performance than a multitude could have.

Simmons - Louie Simmons' techniques work. He is innovative, and has an excellent knowledge of how the body works, but his greatest strength is that he gives freely to the world of his knowledge. Coon - Ed is greatest powerlifter ever, with the amazing resiliency to switch his deadlift style from sumo to conventional and still break world records. He is a phenomenal squatter and big bench even after suffering a torn pec. He has impressed Kaz more than any other powerlifter. Like Simmons he is humble and is a lifter's best friend.

Pisarenko - Dave had fantastic potential. Bill was approached by Dave, at Colette's Gym, and Dave accomplished his 1000 plus squat. Dave had tremendous technique. He was a blend of outstanding genetic structure and mental drive, an intense hard worker.

Clark - Anthony is a personal acquaintance of Bill's from their joint work on the Christian circuit. Kaz is not a big endorser of the reverse grip bench press, but is quick to point out that Anthony is impressive regardless of what grip he uses. No less is Clark's squat ability. To quote Kaz, "Anyone who can put 1000 pounds on his back, without a Mono-



Manhandling a MacGlashen Stone. Bill threw them around despite suffering a major pec tear.

lift, walk backward, and go down and up is in his estimation awesome." He gives praise and admiration for Anthony's work and how he chooses to use his strength to help others. Anthony follows in the footsteps of Anderson and Wrenn and stays humble, though he lifts huge weights. His head isn't as big as his chest or legs.

Furnas - Doug is tremendous credit to the powerlifting world. Bill described him as "a 250 pounder with the legs of a 300 pounder". Furnas was a phenomenal squatter capable of back flips. He was extremely athletic, a big guy with peace in his heart. He was good to many and had a lot of close friends. He feels Doug's supportive, quietly enthusiastic personality was an asset to the sport.

Hotfield - The greatest genetic anomaly in Kaz's opinion was Fred Hotfield whom given his natural body structure and weight, Kaz acknowledges as perhaps the best squatter ever.

Before closing, I thought it would interest many why Bill was not a household word among football fans. We've all heard rumors that he tried out for teams at one time or another. Some would say the prowess Bill exhibits could best be used on the field. In fact, he did try out

several times.

The first of these opportunities was with the Green Bay Packers in '81. The tight end came after tearing off a pec in the WSM bar-bend event. On his second day, his left biceps ripped off, but Bill refused to have keyhole surgery that would have kept him off the field for 6-8 weeks. Two days later, he jammed his right thumb, leaving him unable to use either hand. Next week, he twisted his left knee, injuring the bursa. To complete his string of injuries, he pulled a hamstring during a shuttle drill. Working two-a-day practices with a team hamstringing is one of the most painful things he has ever done.

Finally realizing he was at the wrong place at the wrong time, that he didn't have the burning desire of a young college athlete from a disadvantaged background, he left camp and eight weeks later pulled an 887 lbs. deadlift in Atlanta, Georgia.

A couple of years later, Bill was picked up by the Jacksonville Bulls' director of player personnel, legendary former Miami Dolphin Larry Csonka. Kaz lasted through two cuts, knocking players down like ten. A newspaper article marveled that on receiving a flare pass, Bill flattened both a corner and a defensive back and kept on running. Csonka wanted him as a 300 pound fullback capable of knocking people around, but the head coach did not want to go that way.

In another couple years Bill tried out as a running back with the Memphis Showboats. Weighing 280 and running the 40 in under 4.7, he was still bumped for a proven back. From this point Kazmaier sought greener fields to bless with his talents.

On all levels Bill's life shows commitment to athletic prowess and strength. Even Bill's dog is representative of his admiration for physical power. He owns Charlie, an American Pit Bull Terrier of champion lines. "Pits are the most phenomenal of all other breeds."

With his hectic schedule of speaking, guest appearances, and running his own gym equipment business, Bill nonetheless finds time to help and educate others. Join us next month as he imparts his training approach, sets, reps, nutrition, recovery and mental strategies.

Marc Caviglioli, M.Ed.  
Iron Shark Barbell Club

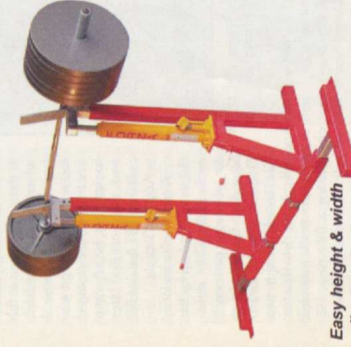


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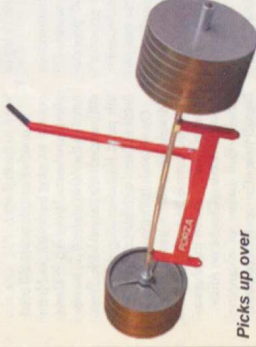
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# POWER PROFILE

## Odd Haugen - Strongman told to Powerlifting USA by Ned Low

What do you keep in your garage? A 1200 lb. tire? A couple of 220 lb. suitcases? A 200 lb. log? If you're a world class strongman and former powerlifter, like Odd Haugen, that's just part of what might be in your garage. You might also have a set of three Atlas stones (giant round rocks weighing over 200 lbs. each), a Thomas Inch dumbbell, a squat rack, a bench, and other assorted lifting items, such as Iron Mind's Rolling Thunder and Apollon Axel, plus lifting belts, shoes, wraps, protein bars, and, of course, two SUVs (for driving, not for being pulled or lifted!).

Turn on ESPN or ESPN2 enough times, and you'll probably find yourself watching an episode of "The World's Strongest Man". Strongmen from all over the world vie for the title of strongest of them all, and on the most recent edition of the show, you'll notice one of the competitors is much older than the rest. In his early 50s, competitor Odd Haugen, 6'4" and 300 lbs., seems to be getting stronger and better each year.

It's time for the powerlifting world to learn more about this amazing athlete, so we recently took to the 101 Freeway with our POWERLIFTER VIDEO camera gear, to videotape a workout and interview with Odd (pronounced "Ode").



Odd is promoting the Battle of the Beasts Strongman contest on June 28th at Ventura Harbor Village, and he uses these "Iron suitcases" to train the Farmer's Walk.



Always Carry A Spare: Odd is featured in the new issue of POWERLIFTER VIDEO Magazine. (call 1-800-BARBELL for info) along with the training toys in his garage

(Editor's Note: he was a Bronze medalist overall at the 1997 IPF World Masters Championships, plus a gold medal in the deadlift, and he won the WABDL Worlds as well, setting world records for that federation in both the bench and deadlift), but it's in strongman contests that he truly gets to show his athletic prowess, because in addition to his tremendous strength, Odd also possesses great forward speed and good endurance, traits not as necessary in powerlifting. And Odd mentioned the Farmer's Walk, where a competitor walks as far as he can in the allotted time, while (this is the hard part) carrying two very heavy loads, one in each hand. Odd showed us a short version of the Farmer's Walk, as he carried two 220 lb. suitcases fast and furiously back and forth across his front lawn.

But that's only one event, and a good strongman has to be proficient in many. Some of the more common events, in addition to the

Farmer's Walk, are the tire flip (with gigantic tires), the log press (clean and jerk a very heavy log), the Atlas stones (where you place a series of very heavy boulders on platforms of varying heights), versions of the squat, deadlift, and leg press, and the truck, or airplane, pull. That list doesn't include a variety of other events contest organizers can create, and an average contest might have six or seven of these varied events.

With so many different events, and the unusual size and nature of some of the equipment, plus the need for speed and endurance, Odd begins his training with a few minutes of cardio and then does some stretching, before he goes to work on the squat rack. The rack work we shot was impressive, ending in a series of front squats for 5-6 reps with 315 lbs., then a 30 second rest, then 5-6 more reps, then another 30 second rest, then 5-6 more reps, and so on, for 6 sets.

We got exhausted just videotaping Odd do his intense squat workout, but that was only the beginning of the session, because after that came the Farmer's Walk, and then the log press for reps.

With so many different events to be trained for and different equipment to workout with, in one work-

strongman training differs somewhat from powerlifting training. For a top professional like Odd, having all these unusual items in your garage, or at a nearby gym, is almost a necessity. But not all the training is done with this unusual stuff, and as we saw in the videotaped workout, there's a lot of foundation work applicable to powerlifting.

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Odd is also a professional in the business world. A former exec with 24 Hour Fitness, with an MBA from Berkeley, he now does Strategic Planning for the Apex Fitness Group.

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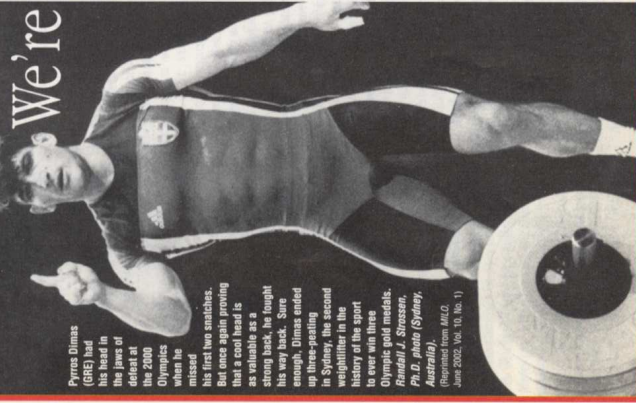
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out we were only able to capture part of what a serious strongman's training has to cover, so we'll be back at Odd's garage again to video other parts of his training. For those of you wishing to compete in strongman events, or just to know when and where they are so you can see one in person, you can call the North American Strongman Society at 314-770-9279, or visit their website at www.nastrongman.com. For information on professional meets, the type Odd competes in and hosts, visit www.x-treme.com



Stone Lifting to a platform is another classic strongman event



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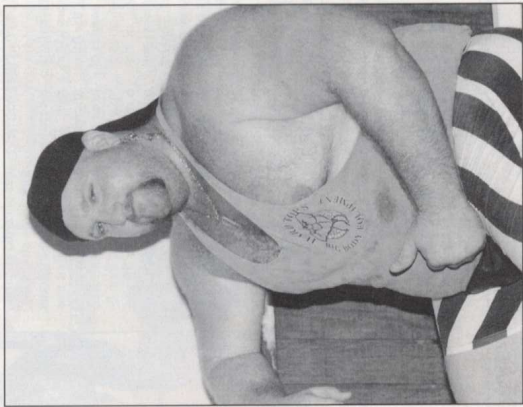
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# Dr. JUDD

## JAMIE HARRIS - A candid conversation with America's In-flight Bench Press Superman on the plight of powerlifting, Arctidi, Clark, Elvis, professional wrestling, and his guarantee for future greatness in business and sports. Part II by Judd Biasiotto Ph.D.



Jamie Harris...getting over 800. (Chris Lydon photograph)

**Dr. Judd:** Not to change the subject, but I heard that you are the next coming of Elvis Presley. What is that all about?

**Harris:** You can only dream, but for now I am just an Elvis impersonator.

**Dr. Judd:** How did you get involved in that?

**Harris:** I have been a big fan of the King for a long time. In fact, I was reared on his music. When I was a little boy that is all I listened to. Now that I am an adult, it's still what I listen to. Let's be real, the man is an American legend. He possessed so many good traits, but he was also very enigmatic. He certainly marched to the beat of his own drummer. He also exuded power. He controlled just about every situation he was in. He was very powerful yet caring and spiritual. Another thing that always stood out in my mind is that he literally came from nothing and became a superstar, a genuine American personality.

**Dr. Judd:** I don't want to pander to your feelings, but I can see a parallel similarity there ...

**Harris:** Thank you very much ... To me Elvis is his life ... he is one of my greatest heroes. When I listen to his music, it just takes me to a different level. I remember listening to AMERICAN TRILOGY on my headset only minutes before I benched 740.

**Dr. Judd:** What about your impersonation of the King... what is that all about?

**Harris:** It is just what I told you. I am an Elvis impersonator. The name of my tribute show is called SHADOWS OF THE KING. I pay tribute to Elvis's later years, from '73-'77. I own three professional outfits made by BK Jump suits. These suits are worth about \$3000 a piece. The same people who designed the King's make them for me. I do everything from birthday parties to car shows to theater productions. I have my own professional sound and light system along with my bodyguards. I've had my directors approach me and if anyone is interested, they can email me at [outjez@aol.com](mailto:outjez@aol.com). I don't want to brag, but I put on a pretty good show. I am a good bench presser, but I am a better Elvis impersonator. I try to make the pilgrimage to Graceland once a year during Elvis Week. In August of this year, I will compete in the 'Images of the King' contest in Memphis. If Elvis were a bench presser, he would have benched a 1000 pounds. What do you think, Judd?

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Jamie Harris is as controversial as he is great. He has been portrayed as powerlifting's "bad boy," but to the people around him he is a warm and loving human being who would give the shirt off his back to help someone else. What is undeniable is that Jamie Harris is one of the greatest bench pressers who ever walked the face of the earth, and when it comes to expressing himself, he leaves "no holds barred." In Part II of this intriguing interview, Harris talks about the 800 pound barrier and who he thinks are the greatest bench pressers of all time.

**Dr. Judd:** I heard that you were a hair away from hitting the magical 800 pound bench mark at the Mountaineer Open.

**Harris:** Yeah! After I benched 771 at the Mountaineer Open, I was positive I could break the 800 pound barrier. To be honest I should have done it. On my third attempt at that meet, I took 801 down and blew it up, but the lift was turned down because two judges said it didn't touch muchest. One of the judges told me after the meet that the bars were just centimeters from touching my chest. He said that you could not fit a piece of paper between the bar and my chest. It was that close. I knew I could do it under the right conditions. After the Mountaineer Open, I was invited to the Arnold Classic. I figured that is where I would break the 800 pound barrier. It was the perfect setting. There was going to be a lot of competition, a huge audience, and the meet was going to get massive media coverage. Like I said, it was all so perfect for me.

**Dr. Judd:** What happened?

**Harris:** Well, I trained like a demon. I never pushed myself so hard. I wanted that lift so bad I could taste it. Everything was going super. Four weeks before the meet I benched 710 raw in the gym with absolute ease. Honestly, I think I could have doubled it that day. I should have backed off the next week and given my body a little rest. My training partners pleaded with me to back off, but I was just so driven to get that record I couldn't do it. The follow-

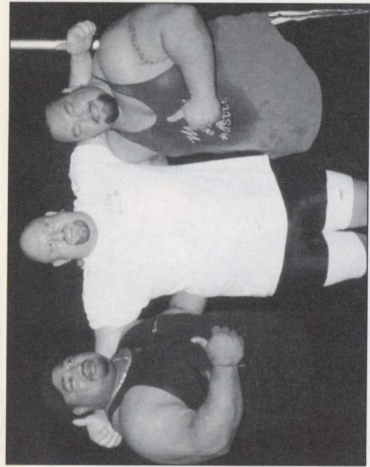
ing week I tried 615 for five reps without a shirt. On the fifth rep I tore my pec almost completely. In a blinding flash it was all over ... my dreams, everything I had hoped for, was gone in that instant. I knew that with all the big benchers who had recently surfaced the 800 pound barrier would fall before my injury would heal. That killed me. Worse yet, because of my injury, I was put on light duty at juvenile detention center where I worked, and I was forced to work the midnight shift. Consequently I couldn't even get to the gym without being totally exhausted. If things were not bad enough, a week later a layer of my cornea tore. I then went into a deep depression for months. The next thing I knew, I was wailing down Percoset, working all night, and sleeping all day. I just didn't want to have anything to do with any-

return to the sport?

**Harris:** Right now, my life is very busy and full. I work full time as a child behavior modification specialist at Shuman Center. My Elvis tribute show takes up my week-ends. I love doing these shows, and I plan to keep doing them for as long as I can. All my lifting buddies go to the shows to help me. It's wild, and we have a great time doing it. Keith McNeish, who has become one of my closest friends, has kept me pretty active in powerlifting. Keith is the Pennsylvania State APTF chairman. Over the last year or so, we have put together some pretty impressive meets. In our last meet, Ben White benched 700, and a number of other guys cracked the 600 pound mark. I don't think you are going to see that kind of lifting every time meet promoters. Consequently, I'm putting most of my energies in that direction. We have top sponsors such as Rick Brewer of The House of Pain, Ricky Dale Crain, and Butch Polstrom of BK Jumpsuits. Of course, we are still looking for more sponsors. Before we finish, we are going to put together some of the biggest and best meets in the world. If anyone is interested in getting some great advertisement or if they are interested in booking my Elvis impersonation ... Shadow of the King, they should email me at [outjez@aol.com](mailto:outjez@aol.com).

**Dr. Judd:** Is there anything else, Jamie?

**Harris:** Well, so many people have been good to me during my career. I would just like to thank them. First and foremost, I want to tell my beautiful wife, Michelle, how much I love her for putting up with me. God blessed me the day He brought her into my life. I could never have done the things I have without her. I'd also like to thank the "crew" ... so to speak ... Bob Olinger, Keith Bateyker, Bob Fleming, and Tim Bentley for helping me. These guys are all master lifters and they are going to do some real damage in Daytona in May. I'd also like to throw a shout-out to Jim Elsal, Cole Duorek, Keith Ray Neff, and of course Keith and his lovely wife Mary Joe. Since it might be a long time before I get to do an interview again, I want to throw out a thank and good luck to Dan Kovacs. I was brought up with Dan in this game. I have deep respect for him as a person and as a hard-core lifter. Watch for big things from Big Dan. Last but not least, I want to thank Mike Lambert and Powerlifting USA for everything that they have done for me. Well, that's about it ... remember -- believe to achieve -- and God Bless.



At the 2001 Mountaineer Open ... (left to right) Anthony Clark, Jamie Harris, Clay Brandenburg. (photograph was taken by Michelle Harris)

numbers; that is the reason he is there. Confessore, this guy was way ahead of his time. He also had numerous records in several weight classes. He has to be considered one of the greatest. Jim Williams benched 675 in 1972 without a shirt. Talk about being ahead of your time ... he may be the best bench presser of all time from that standpoint. Tamarra Grinwood was the first woman to bench 400. I still can't believe that she is gone. God bless her soul. Jesse Kellum, a great full meeter, and is now approaching 700 at 198. Incredible!! Halbert, another veteran, is pound for pound the greatest!! 733 at 215!! Super nice guys, too! Clark, my archrival, he benched 700 many times. He is the greatest of all time. Pat Casey was the first man to break 600. I think that speaks for itself. Crawford, my good friend and protege, and the inventor of the open back shirt, and benched an incredible 750 at 275. Obviously, he is one of, if not, the greatest innovators in the history of the sport. Last, but certainly not least, Jamie Harris, that's me, need I say more? Everyone on my list has established new boundaries and has proven themselves in my eyes. And here is a side note, virtually none - if any - of these lifters trained with the so-called "only way" system.

**Dr. Judd:** You call opening up the back of your shirt and wrapping it around your body an innovation? I call it something else ...

**Harris:** Hell yes it's an innovation! You do whatever it takes to gain an advantage in sports as long as it's not against the rules. I look for every little edge I can get. This bench press modification record and consistently put up big

thing ... where do you think it came from?

**Dr. Judd:** Let me guess ... Tonya Harding.

**Harris:** No! Mel That is where it came from. I was the first guy to start adjusting denim Frantz shirts. When the word got around, then everyone was doing it, and the next thing I know everyone is taking credit for my innovation. I was the one who Inzer made his first denim shirt for.

**Dr. Judd:** So now I know who to blame for screwing up the sport, but I don't believe the sport is screwed up. In fact, big things are happening in powerlifting right now. Guys are putting up mindboggling numbers; huge people are being run, and more people are competing in the sport than ever before. Just about every month, a new superstar comes on the scene. I feel that the equipment is getting better, and so are the lifters and consequently so are the totals. It's exciting. When guys put up big numbers, it draws attention to the sport. I think that is a positive thing. It's a great time to be a powerlifter.

**Dr. Judd:** Doesn't it bother you though that there is so much factionalism in the sport right now?

**Harris:** Well, the way I see it is: you lift where you want, when you want - for yourself - not for the federation owners, not for the equipment makers, for yourself. I know I have made enemies in the sport because of where I lifted and because of the big numbers I put up. When that happens, I just try to remember that it's just a hobby. It is not life and death.

**Dr. Judd:** I think that is a pretty good philosophy. I've always said, if it's not your life and it's not your wife, that's about it ... remember -- believe to achieve -- and God Bless.



# It's a Done Deal!!

**"Dear APF/WPC/WPO Lifter:**  
For the past 18 months or so I have been the acting WPC President, appointed by Ernie Frantz - our beloved APF President/Founder of the WPC - the premier Iron Powerlifting in it's entirety!! A man who squatted 826 at 63/216 btw!!! A true inspiration, and the ultimate authority of the sport hands down!! For anyone to question his intent for any reason whatsoever is completely disrespectful!! I don't care what your position is!! I don't care what federation you lift in!! I don't care if you hate both our guys!! Every lifter in the World should be appreciative of Ernie's instrumental role in our sport!! It has been well known by most of the powerlifting community that I was buying the WPC from Ernie. This was done in order for Ernie to semi-retire to enjoy his life!! He completely deserves it, for he has made a lifetime commitment to powerlifting. Ernie is still going to be the acting APF/AAPF President. I will be the APF/WPC President. Russ Barlow is the APF Vice President. We still have the APF Board of Directors and vote on all issues in a democratic fashion. Amy Jackson is our 15 year Veteran APF/WPC Office Manager. She took another job for brief period of time, but thankfully she came back!! Ernie and I were elated when she wanted to come back!! It was rough without her. She runs a tight ship!! Most lifters don't realize she's the invisible backbone of this federation. All APF/WPC lifters should greatly appreciate her efforts!! All of us are powerlifting passionate!! Wanting only for the APF/WPC to be the best it can be!! It has been a long process transferring the WPC into my name, but the time has come!! As of April 1st 2003, the WPC Articles of Incorporation were transferred into my name. The State of Illinois recognizes this transfer, and is completely aware that I will be paying all annual dues, taxes, and expense etc. associated with operating the APF/WPC. APF/WPC account is in my name too. It's a done deal!! There is nothing that any lifter/people who fear change can do about it!!



**Shaking On It!...** Kieran Kidder and Ernie Frantz finalize the transfer of the APF/WPC in Illinois.

eration would be nothing. A Federation for Lifters by Lifters has been our APF Creed for quite some time. This phrase will become synonymous with all new lifters who join the APF. Because when they lift in the APF they will actually have fun!! I find it puzzling to think that so many lifters still insist on lifting in overbearing, domineering federations that brain-wash them. They have lost sight that having fun is okay when competing. But there are quite a few lifters that have finally got sick of the B.S. We have just recently got hundreds of new members in the past two months. I just helped Gary Frank promote the APF Louisiana State meet in Baton Rouge. We had 39 lifters and 32 of them were USAPL lifters who bought APF Cards looking for change. Many of the lifters were so enthusiastic!! Constantly reiterating

### Our Condolences go out

to Ernie Frantz upon the April 10th passing of his mother. We believe she was 91 years of age. Ernie had been spending a lot of time caring for her over the past several months and she was the first subject Ernie would talk about with us at the meets we'd seen him at recently.

on how much fun they had!! That's what the APF is all about!! The lifters were wanting to know when the next APF Powerbash on the Bayou is!! Getting responses like this at all APF/AAPF contests will be at the forefront of my agenda.

**Optimal Growth!!** That will be the common phrase you will hear me use when referring to the APF/WPC. My primary plan of attack is to market powerlifting in its entirety in a very mainstream fashion never seen before. Really targeting the 13-25 year old age group for they are the future of the sport!! At this time next year there will be at least 2000 brand new members!! Not including all renewals from current members. In 5 years we will surpass the IFF!! The ball is in the APF/WPC's court!! We have all the momentum due to the overwhelming success of the Arnold Classic!! This doesn't just affect the WPO lifter!! It's equally as beneficially to the APF/WPC too!! What happened at the Arnold Classic was a unilateral metamorphosis of powerlifting!! Where a sport that was basically cast aside due to stereotypical perception broke out of its shell!! Making the ultimate statement in one of the premier venues, the legendary Arnold Classic!! That Powerlifting is the Worlds Strongest Sport and we will be respected!! As many of you have probably seen in PL USA, there is a picture of Arnold Schwarzenegger and Mr. Lortimer

on stage at the WFO A.C. Bench Meet. In front of 6000 plus, I graciously introduced them and gave Arnold the microphone, then he gave powerlifting the ultimate plug!! Arnold told everyone that powerlifting had become one of the most popular events at the Arnold Classic!! That he thought powerlifters were awesome with total sincerity!! Informing the audience how he started out powerlifting as a young boy in Austria. That powerlifting initially helped develop his championship physique. That single moment was monumental for the sport!! Having a international celebrity of epic proportions as visible as Arnold totally voice his admiration for our sport speaks for itself!!

As I said earlier the momentum from the Arnold Classic has increased membership in the APF/WPC bigtime!! Powerlifting is popular!! The sport has become more mainstream. This new popularity will be used to entice new lifting talent into the APF/AAPF. It will be powerfully motivating exposing young people to these freakish feats of strength performed by the World's Strongest Men at the Arnold Classic. Got used to the word optimum growth, because growing is all the APF/WPC is going to be doing from this point on. We are getting more APF Chairmen in new States. The goal is to get as many APF State/Regional Chairmen in as many new areas of the country as possible. Obviously this will help the optimum growth process. Our credibility is higher than ever!! The APF/WPC is the Gateway into the WFO. The APF/WPC is the only federation in the World that has an amateur pro alignment. This alignment separates from all the other federations giving us total legitimacy!! Just because a certain federation has the most lifters doesn't make it the best. In time, with your continued support the APF/WPC will be the biggest and still the most popular federation in the World!! You can count me to be APF/WPC for Life!!

Sincerely, KIERAN KIDDER,  
WPC/WPO PRESIDENT.  
Huge Iron Productions  
P.O. Box 1277  
Edgewater Fl. 32123

# TRAINING

## THE EFFECT OF BANDS

### "VIRTUAL FORCE"

as told to Powerlifting USA by Louie Simmons

Bands and chains have been around for years. The fact is most people could not use them effectively to fully utilize their true benefits. This includes both powerlifters and Ph.D.'s at major universities.

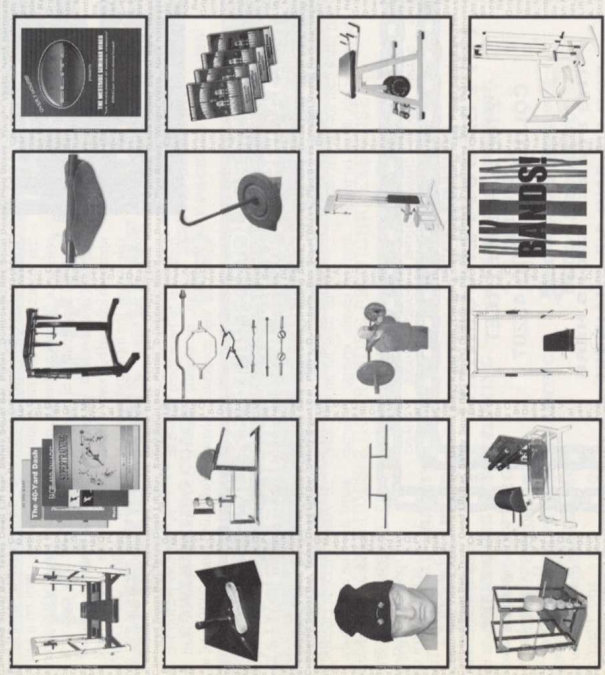
Marquette University ran a study and concluded that there was no value in using bands or chains. In previous articles I have listed the amount of band needed to develop specific types of strength, such as strength speed and speed strength. I tested only subjects who squat at least 850 pounds (20 in total). I doubt any university in the United States could match that. If one does not have an elite group of subjects, how can a valid study be conducted?

Some studies used only 10% band weight to accommodate resistance at the top. But what about the bottom tension rate? That is where the process must begin, i.e., virtual force, which is force that is in effect, although not in actual fact.

The Dynamic Method Phase. To test the effects of bands on speed strength, Anu Tuulainen, Chuck Vogelpohl, Mike Ruggiera, Tony Hutson, Paul Chidress, and Kieran Kidder use 40% bar weight and 25% band tension at the top and 10% band tension at the bottom. This equals 65% at the top and 50% at the bottom: 405 pounds of bar weight, 250 pounds of band weight, 250 pounds of band tension at the top, 100 at the bottom. The above-mentioned lifters all squat 1000 or more officially.

For strength speed, or slow strength, the band tension is 44% or 440, at the top and 20%, or 200, at the bottom. The bar weight ranges from 450 to 500 pounds. The top would equate to 940 total and the bottom 700 for the top weights used for 5 sets of 2 reps. This phase is known as the circa-max, or near-maximal, phase.

Academic researchers seem concerned only with accommodating resistance, or simply making the lift harder at the top. They have stated that it is useless because one is stronger at the top. If no eccentric phase is used, this would be true due to the relationship between force and posture, but in the real world one must first lower oneself to just below parallel during the eccentric phase, then raise concentric



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Dr. Mel Siff, who passed away recently, (March 19th, in Denver, at 59) and Louie Simmons frequently collaborated on many methods of training. He will be missed by Westside Barbell. (photo by D. Black)



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trically to completion. Seldom do we miss at the bottom, but rather from just above parallel to near completion. At least this is what I see in the hundreds of meets and training episodes I have witnessed. To prove this, near-max or maximal lifts must be performed. This is why extremely strong lift-ers or athletes must be experimental subjects.

The relationship between force and posture cannot be matched correctly with barbell weight alone. Weights are much too heavy at the bottom and too light at the top. Bands alone are too light at the bottom and too heavy at the top. With a combination of bands and weight the relationship between force and posture can be matched more correctly.

Compensatory acceleration cannot be accomplished effectively with light or moderate weight because these weights are too light at near completion. At this point you are much stronger than the load, and a deceleration occurs. The answer is to use bands or chains. If you have ever lifted in a power rack, you have

too light. Conversely, if you place your highest pin record on the lowest pin, you can't budge it. By merely attaching bands to the bar, you can maximally lift the most weight at each level, i.e., accommodate resistance. This is also a contrast method, where the weight is much heavier at the top than the bottom. But, unlike using weight releasers, where the additional weight is released at the bottom, it is regained during the concentric phase.

Zatsiorsky states, "the magnitude of weight that an athlete can lift in a given motion is limited by the strength attainable at the weakest point of the full range of joint motion" (*Practice and Science of Strength Training*, 1995). In other words, muscles are activated maximally only at the weakest point of motion (peak contraction principle). There are four methods to approach this concept: (1) accommodating resistance, (2) peak contraction principle, (3) accentuation of muscular efforts, (4) ignore this issue, the approach followed by most. At Westside we use the three methods that work, all the time.

When using chains, the proper method is to have them unloaded at the bottom, or starting position, known as the concentric phase. Using a large load of chain at the bottom teaches you to explode at the start, to enable you to overcome the additional load as it reloads onto the bar, becoming heavier toward completion.

Bands have an added value, that of kinetic energy. A larger

moving mass results in more kinetic energy. In reversible movement exercises such as squatting to a box, an increase in mass leads to a decrease in rebound velocity, but a moderate increase in velocity when approaching a box leads to an increase in rebound velocity. This is why box squatting is essential to the stretch reflex action. The stretch reflex lasts up to 2 seconds and longer in trained athletes (Wilson, *Supertraining*). Unlike a conventional squat, where you lower yourself to a certain position and reach zero velocity at that point before overcoming the load, in a box squat you are moving when contact is made; this is kinetic energy. This helps increase the velocity of the eccentric phase, causing added kinetic energy (overspeed eccentrics). I have named this process virtual loading.

To observe an example of virtual loading, jump on a bathroom scale and see what it registers for a split second. The readout is much heavier than your actual body weight. This is virtual force, from virtual loading. Joe Dell'Aquila, Ph.D. in physics, helped to name this phenomenon.

A test was performed with a 970 pound squatter, Matt Smith (who also has a 2470 total at 345 pounds). First, Matt squatted 550 lb of barbell weight only. The eccentric phase was 15 inches to the box. The duration of this phase was 0.9 seconds. The duration of the concentric phase was 1.35 seconds.

Dr. Akita, Ph.D. in calculus, measured the time in this study. Then bands were attached to the bar, producing a weight of 750 pounds at the top and 550 at the bottom on the same height box. The duration of the eccentric phase with bands was 0.53 seconds. This was due to the overspeed eccentrics caused by the bands pulling Matt down, causing added kinetic energy, as stated by Zatsiorsky in *Science and Practice of Strength Training*. The duration of the concentric phase, returning the bar to the top, was 0.57 seconds. That's right, 0.57 seconds with an extra 250 pounds of resistance at the top.

To develop speed in the eccentric phase, six males who squat 1004-1080, with bodyweights ranging from 220 to 365, used four phases of special strength work. Lactic Acid Tolerance Training. Squat sets were performed, 15-20 sets of

2 reps with about 45 seconds rest between sets. One quarter of the weight was contributed by bands.

Speed Strength. Squats were done with a bar weight of 40% for 10-12 sets of 2 reps. The band tension at the top was 200 pounds and at the bottom, 100 pounds.

Circa-max Phase. This phase employs a 3-week pentathlon wave. The bar weight is 45-50%. The bands contribute 40%. This is slightly under the recommended 90-97%, but bands cause a total reduction in momentum. Also, eccentric work causes the most muscular soreness. The overspeed is very stressful on the lifter. Five sets of 2 reps are done.

Strength Speed. This phase is nearly impossible and dangerous for the untrained college student.



The SPEED of Matt Smith's training squats was recently measured.

Band tension is 60% of the total bar weight. To lift limit weights, one must be under max or near-max tension for the length of time it takes to complete your max squat. This may be up to 3 seconds.

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All of the testing done at universities made a significant mistake: they neglected to use a large amount of band tension in the bottom of the squat. Also, no box was used. The tension should not be reduced completely by band shrinkage; tension must be strong at the bottom as well.

When done correctly, the bands will exert a force on the body over a distance (in Matt's case, 15 inches), resulting in potential energy. That energy is transferred into the muscles and soft tissues of the body. This is a form of shock method, or plyometrics. Plyometrics should be used only by those capable of squatting 2 times body weight. The box makes it possible for not only the feet but also the hamstrings and glutes to absorb energy. The amount of kinetic energy an object has also depends on its speed. That's why sitting on a box fully is most important. Remember also that the stretch reflex lasts a full 2 seconds, so there is no need to touch and go off the box.

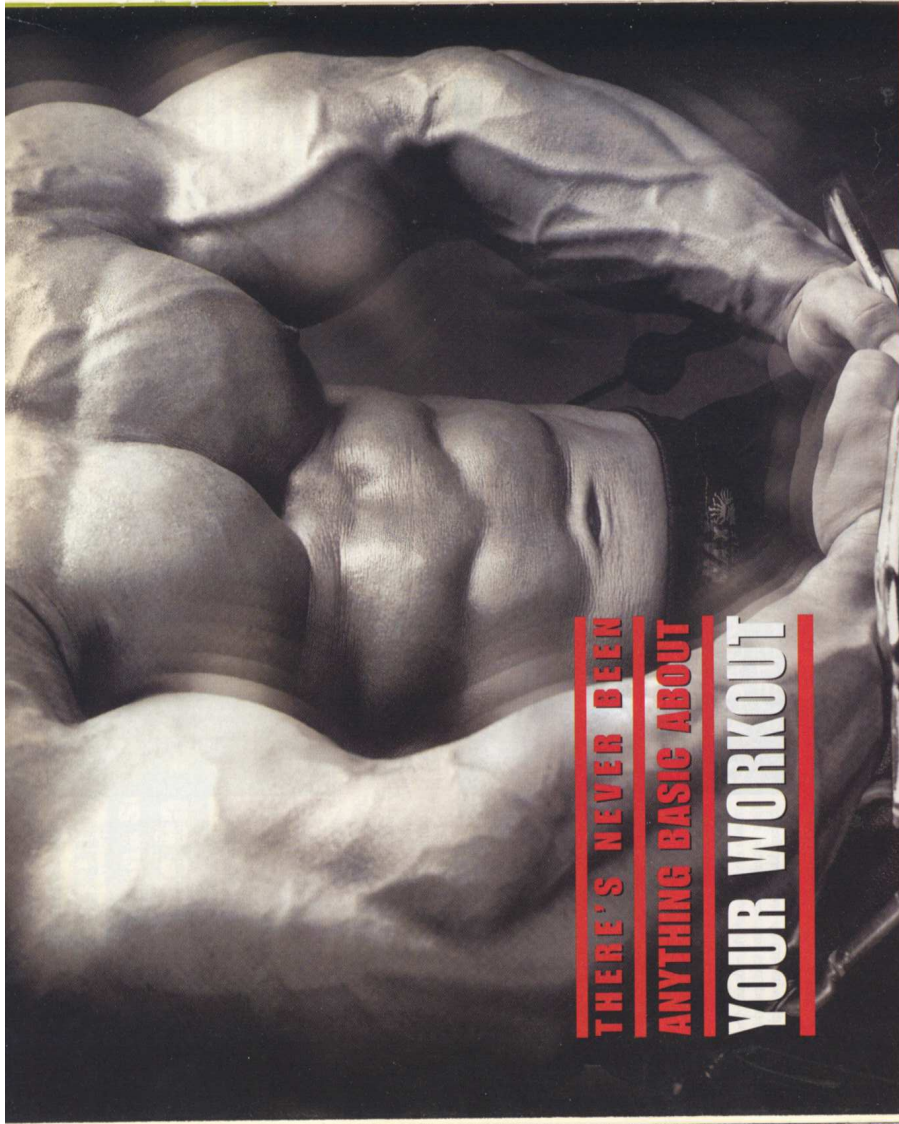
When using chains, the chain must be almost totally de-loaded onto the floor. This means that one cannot merely connect a large chain to the sleeve on the bar. Rather, one must use a special attachment on the bar to hook the working chains to.

When most of the resistance is made up by bands, the slower the bar travels. Thus, strength speed is being developed. As the bar weight and band resistance is lowered, bar speed is increased, for the development of speed strength, and even explosive strength.

If colleges and universities are going to conduct studies on the effects of bands and chains, why not contact Westside Barbell and do it correctly and obtain valid results that can be passed along to your grad students. We welcome any Ph.D.'s in exercise physiology to observe Westside in action. We would especially like Jeff Voleck, Ph.D. to witness box squatting done the correct way, as taught by Westside. I also invite Rafael Escamilla, Ph.D. to investigate the various and correct methods for utilizing chains for the right purpose - to increase explosive strength. I will even send Westside's Reactive Method tape or Special Strength tape to any university to study, free, if requested. Discover why strength athletes such as powerlifters must consider speed strength work in order to succeed.

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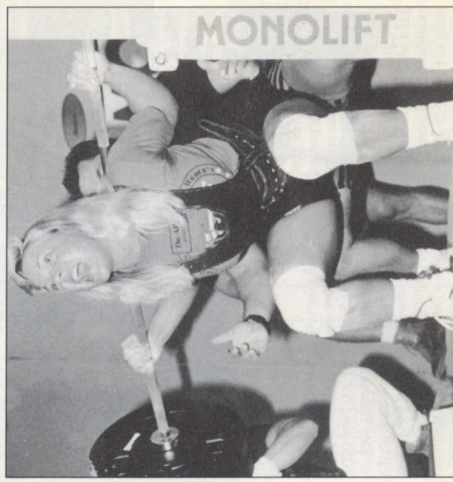
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2	240.0	529.109	USA	10NOV96	Durban, RSA	Warman, Mary Ellen
3	237.5	525.444	RUS	21AUG01	Akita, JPN	Kudinova, Marina
4	237.5	525.444	USA	17NOV00	Las Vegas, NV	Liggett, Mariah
5	237.5	525.444	USA	17NOV00	Las Vegas, NV	Marino, Tony
6	237.5	525.444	USA	17NOV00	Las Vegas, NV	Shaffer, Ruth
7	237.5	525.444	USA	17NOV00	Las Vegas, NV	Shaffer, Ruth
8	237.5	525.444	USA	17NOV00	Las Vegas, NV	Shaffer, Ruth
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IPF Champ Lorraine Costanzo was the first woman to squat 600 lbs.



Stephanie VanDeWeghe leads the way in the Middleweight division.



# NUTRITION

## Nutritional Mistakes Guaranteed To Ruin Your Powerlifting Success Pt. 3

by Anthony Ricciuto B. Phed. C.F.T. S.P.N. S.W.M.F.F.T.

In the third part of this four part series I will be covering some basic mistakes that are made by a lot of powerlifters. I have gotten tons of response from our readers here at Powerlifting USA magazine about the first two parts and how many of them were guilty of the nutritional blunders that I discussed. Sometimes doing something that doesn't appear to be a nutritional mistake can really hurt your progress on many fronts. From the response that I have been getting from readers I have been getting from emails that I get every month, many powerlifters are now realizing how important a proper nutritional program is for your powerlifting success.

### Not Having a Cheat Day

Now how did this end up in this article? Yes it's true, not having a cheat day scheduled into your nutritional program is a big mistake. If you don't have something to look forward to at the end of the week, then what will help keep you on track? Well, I was hoping that you would say that your intense desire to reach your optimal potential in your sport is what will keep you powerlifting, but most will probably say their cheat day. Now I know that I constantly criticize powerlifters for eating some of the worst diets that I have ever witnessed, but telling a superweight that his diet is going to be based purely around chicken breast and vegetables is about as realistic as that superweighting up at his next contest in the 132 pound class. With a cheat day in place each week, this will give you not only something to look forward to at the end of a hard week, but it will give you a break from all the nutritious foods that you have been devouring like a machine for the last 6 days. The purpose of the cheat day is to allow yourself to have one or two cheat meals for the day, to give your something to smile about. Now, it still has to be in moderation here, don't get me wrong. Don't think that I am advocating you going down to your local donut shop and starting off your day with a dozen donuts. This is not the case. I know as powerlifters we might not be on a while, but not on a weekly basis. You see, I am not some boring nutritionist that just sits around nibbling on carrot sticks and nuts. I can fully understand the powerlifting mentality even though it can be somewhat strange at times. With your

leaner, more energetic powerlifter who is capable of handling higher volume workouts with faster recovery. Now that I am speaking your language, do you think I have a case? I sure do, so make sure you keep the meals frequent and don't go all day without eating. Remember, the only one you are cheating is yourself, so make sure you feed the machine the right fuels so that you will lift like a hydraulic jack not a human being.

### Eating Too Little When Cutting a Weight Class

Now just the way most of the lifters, there are other times when they eat too little. I know this is hard to imagine, as I did say the word "Powerlifter", but this is something that I see with a lot of lifters when they are trying to go down a weight class. The first mistake that I see with powerlifters when trying to go down a weight class is that they start skipping meals or reduce the number they have per day. This is the completely wrong way to go about what you are trying to accomplish. Doing this will slow down your metabolism and this is exactly when you don't want this to happen. This is the worst thing to do, especially when you are trying to do, keep it as elegant as possible. Second, this is going to cause you to lose the wrong type of weight. When a lifter comes to me for a consultation many are happy that they have lost weight on their own. Usually nine out of ten, the lifter did it the wrong way. Now, what I am going to explain to you is something you won't like to hear. Let's say that Mr. Powerlifter informs me that he has recently dropped 10 pounds in the last week or two. He is thrilled to the max, but he shouldn't be. You see, when he revealed to me what his nutritional program consisted of to help him lose his weight I could tell right away what type of weight he lost. Because he dieted incorrectly, out of the ten pounds that he lost, eight will be muscle and water. The other two measly pounds were fat. Does this sound like a good plan for you think that losing 8 pounds of muscle and water will have a positive effect on his performance when he steps up on the platform? Of course it won't - it will most definitely decrease his performance. When a nutrition program is customized for an individual by a professional, the only thing that the lean should lose is fat, that's it! The lean tissue should be maintained or increased as well as your water volume. This is why, with my personal practice, the client's lean tissue,

### Eating Carbs by Themselves

Here we go again. Another powerlifting nutritional folly that I see from not only beginning lifters, but from world champions as well. If you remember my article series called the "Carbohydrate Manifesto" I really went through and explained the carbohydrate macronutrient in full detail to give you a better understanding about this very important nutrient. Don't get me wrong, I don't look at carbs as the main reason for all the strife in the world some nutritionists do, but combined with the wrong foods can definitely lead to a nutritional disaster! If you are one of the powerlifters out there eating carbs alone in any of your meals, stop put down that fork and read on. This is one of the worst mistakes you can make and should be avoided. Eating carbs alone can not only change the way your physique looks, for the worse, it can decrease your performance, and cause a slew of health problems as well. First off, eating carbs alone will cause you to increase your fat stores. So, if you are interested in putting a couple more inches of love around your midsection, keep eating carbs alone. Hey, maybe your better half likes playing with the extra folds of flesh around your midsection, but I'll tell you one thing - it sure isn't going to take your total to an elite level! Remember, the carbs that you eat are going to be first stored in your muscle cells in the form of glycogen, and then your liver. When these reserves are full your excess is going to be shuttled right to your fat cells. This is where all the trouble starts and then your "Love Handles" will start to need their own zip code. See, it doesn't sound so good does it? Now that you know that this going to make you look like Mr. Marshmallow instead of a strength athlete, take my advice and don't eat carbs alone.

They are substances that limit the growth of cancer cells in humans. It is believed that phytochemicals found in strawberries, blueberries, and spinach has the power to increase cell membrane fluidity. Now you might be wondering what the hell does cell membrane fluidity have to do with powerlifting, but stop your whining and listen up. This would allow nutrients to easily pass through the cells, which is something you want especially when you are eating a power packed nutritional plan day in and day out. Phytochemicals can aid in the prevention and treatment of diabetes, cardiovascular disease, high blood pressure and cancer. Different fruits and vegetables are believed to fight off different types of cancer as well. There are many different types of classifications for these phytochemicals, and I won't go into them all right here as I will save this for an upcoming article. Another very important thing that fruits and vegetables contain is antioxidants. Antioxidants are molecules that neutralize free radicals and this is a good thing. You see, free radicals are molecules that are missing an electron. This makes them into something you don't want running around your body like a hyperactive kid with ADD after eating 6 chocolate bars. Since they are missing an electron this gives them strong electro-negativity or the need to fill their electron shell. To complete their shell and become neutral, free radicals will take an electron from another molecule. The molecule that gained or lost an electron is now a free radical. This is called oxidation and is something you want to avoid if you want to enjoy a healthy life. The new free radical now finds another molecule

and completes oxidation. This sets off a chain reaction which can harm many molecules. Antioxidants stop this chain reaction from taking place. Some antioxidants give the free radicals an electron, while others destroy the free radical. Free radicals can cause a variety of negative effects, so it is important to get rid of them, not only for your powerlifting success but for your health as well. Fruits and vegetables are known for their antioxidant properties and this is another reason why they should be a major part of your nutritional plan. So listen to your mom and make sure you are eating your fruits and vegetables on a daily basis, not just when the forces you to eat them, so you can have your dessert. These are some nutritional mistakes that I have witnessed involving a lot of powerlifters and strength athletes who have come to me for nutritional program design and consultation. Many of the mistakes I have described you may have already known about, but weren't quite sure why they were a mistake and how they affect your health and powerlifting performance. Now, with this knowledge you can apply these rules to your nutritional plan. Next month, I will be discussing some more advanced mistakes that will surely leave your total far from your true potential. So, until next month, eat your fruits and vegetables and make sure you don't become another powerlifting nutrition statistic.

If you have any questions or comments you can reach me at: [ariccituo@x-tremepower.com](mailto:ariccituo@x-tremepower.com)

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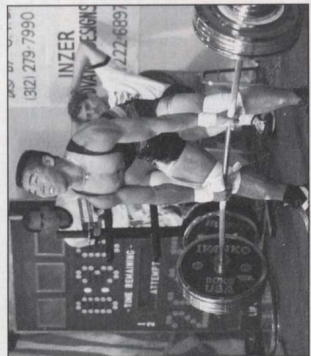
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### Ignoring Your Fruits and Vegetables

Yes, your fruits and vegetables are important. Ignoring your fruits and vegetables is another mistake many powerlifters are guilty of. Both of these should be a large part of your nutritional plan. The problem with most powerlifters is instead of fruits and vegetables being a staple in their diet, soda and ice cream are. Fruits and vegetables are a complex topic, and I can do an entire article on them alone. Let's take a look at some of the positive benefits of eating your fruits and vegetables. One very important thing that they contain is something called phytochemicals. No, this is not some type of chemical warfare agent produced by some rogue state. Phytochemicals are chemicals produced by plants.

### Not Eating Every Three Hours

"What? I have to eat every three hours? I don't think I can do that. It's a lot to ask of me." Some powerlifters really take this the wrong way. It's like I asked them if I could use their toothbrush because I left mine saturated in fat. So where is this going to leave you? Well, you can bet it



Ray Benemerito's nutritional program has allowed him to range over different weight classes (148-220)

will take you up a weight class but you sure aren't going to look good in your Speedos. If you have gone up a weight class recently, look in the mirror. Now I don't want you to oil yourself up and start posing like a grunting maniac or anything, but take a look at your physique. If you have put on a lot of lean tissue while







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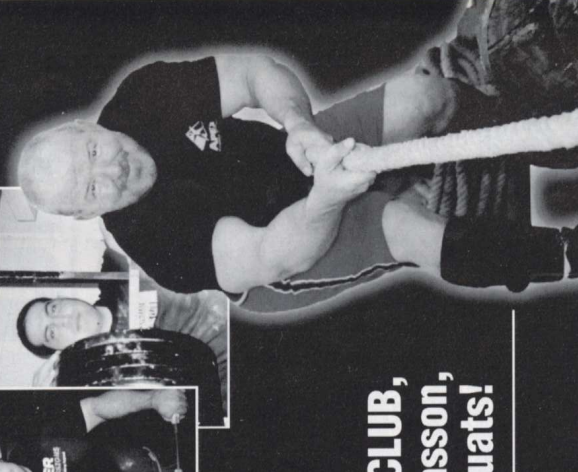
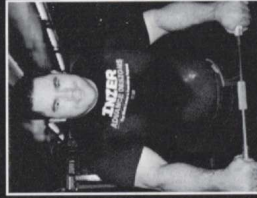
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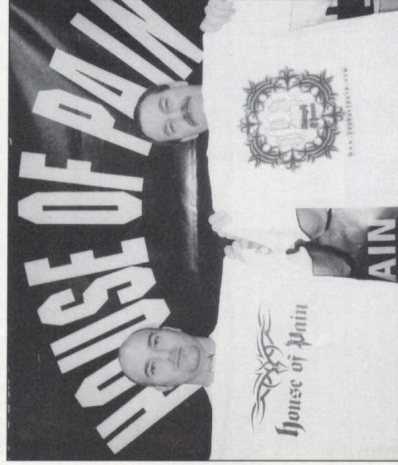
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**Mail to: POWERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213**

First, POWER SCENE wants to finish what it began last month - our report on the Arnold Classic weekend, from a powerlifting point of view.

Rick Brewer's House of Pain



**Rick Brewer** (right) offering his House of Pain wares at the Classic. Dan had just finished competing, and POWER SCENE spent some time with him there, and in a follow-up interview, covering Dan's lifting and what it's like being both a big bench and a top three-lit lifter. Dan hasn't yet received the publicity he deserves, but that's starting to change. Big Dan has posted PRs of 950 SQ, 725 BP, and 830 DL, and even though he's been doing this for 14 years, he's only 33, so he's still got a lot left in him. Dan's next birthday will be at next year's Arnold Classic, and he'll be aiming for some mega numbers there. Later this year, he's looking at either the WPOs in Orlando, or the New Orleans Show of Strength.

Dan wanted to say thanks to his sponsors, Inzer Advance Designs and Terry Despuj & GNC, plus his training partners Joe Prossodromo and Mark Schick, Ryan Kennelly, John Ford, Joel Toranzo, and Dan Kovacs all came by.



**Priscilla Ribic** at the USAPL booth. (all photos courtesy, Low)

# POWER SCENE

(who's been helping Dan for 10 years), and Billy Tomiko, chiropractor Dr. Jeffrey Ruscitto, Terry Canoso for his nutritional guidance, exercise physiologist Jennifer Toth for inspiration, and Dan's dad, Dan Sr., himself a lifter.

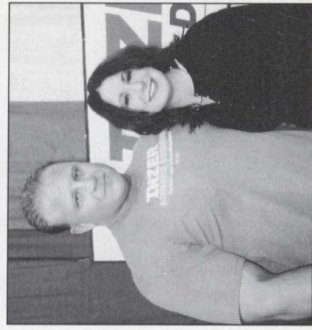
POWER SCENE also had the pleasure of running into Dione Wessels who, together with her husband Willie, runs the North American Strongman Society (NAASS). Dione tells us that NAASS (the feeder organization to the professional IFSA) has planned over 50 contests this year, in nearly 40 different states. Most of us have seen The World's Strongest Man, and Woman, contests on ESPN for years; well, this is how you get started competing in strongman stuff.

Dione says that participation keeps growing, and that the different events are a lot of fun to do. If you'd like some info on all this, call NAASS at 314-770-9279.



**Dione Wessels** represents NAASS

Out here in California, POWER SCENE had a chance a few months ago to visit the Los Angeles Lifting Club, and we recently returned on a POWERLIFTER VIDEO shoot. POWERLIFTER VIDEO is back, and its new issue has a big squat training segment with Onn Basson, who's squatted 1038 (you should



**Dan Kovacs** with **Jennifer Toth** at the Arnold

see him jump rope right after tripling 800), and six coach Joe Avigliano.



**Onn Basson** (above) and **Joe Avigliano** at the L.A. Lifting Club.



POWERLIFTER's new issue also has a Star Bench Workout with Arnold Classic bench champion Ryan Kennelly, displaying the training techniques he's using to hit awesome bench numbers. (His 766 BP won this year's Arnold.)

POWERLIFTER VIDEO, which began in 1992, is now up to its 35th issue (plus 3 Special Edition Bench Press tapes), and is still the original price, \$22.90 per video, for 50-55 minutes of PL action, training with the stars, coaching, equipment review, and more. For info, or to order, call 1-800-227-2355. (That spells 1-800-BAR-BELL.)

POWERLIFTER VIDEO's long-time host, Chuck LaManila, is hosting a PL meet out here, the USPF California PL/BP & DL Championships in Norwalk on June 14. For an entry form, or info, call Chuck at 714-994-5198, or visit www.powerliftingca.com. POWERLIFTER VIDEO should be there to cover all the action. Wishing you strength and health, we'll see you on video. til next month, keep enjoying the world's strongest sport. NED LOW



# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems

**Question:** I've been powerlifting for a little more than 3 years. During this time, I've used the progressive overload method and have tried some other programs. What advice would you give to someone who is a beginner to the Westside program?

**Answer:** The first bit of advice I would give you is to fully understand why you are doing what you are doing. For example, do you understand why the dynamic day is so important? Do you know what you are supposed to accomplish on this day? Or do you just perform the exercises because the program says so? For any program to work properly, one must believe in it.

And to believe in a program there must be some kind of education involved. Re-read the articles at EliteFTS.com and make sure you understand the science of each training day.

The second piece of advice is to map out a plan and stick to it. Read Dave Tate's article "The Periodization Bible, Part II" and look at the training template that he provides. Using that template, along with the articles and training logs, map out an 8 to 10 week training program for yourself. Pay special attention to your dynamic squat wave and your use of bands and chains on your dynamic bench day. For your max effort work, pick 4 or 5 exercises

your volume and see if you are doing too many exercises. Are you using too heavy a weight on dynamic day? Don't change everything all at once; pick one thing (for example training volume) change it, and see how you react.

Next, I will tell you to remember that you are a beginner to this program so do not try and follow exactly what others are doing. You can get ideas but remember that many of us have built our work capacity over many years of training and have found out many things during this time. What works well for me may not work for you. This can always be seen when people start using bands on the box squat. The first thing people want to do is load up the band tension and start squatting. What many don't realize is that we all started with light band tension and have progressed slowly over the years.

The fifth piece of advice I will give you is to work on your form on every lift. This includes not only the box squat but every max effort and accessory lift. Do not put more weight on the bar until you have perfected the technique on a particular lift. By being technically sound you will accomplish several things: lessen the chance of injury, be more efficient in your lifts, allow you to lift bigger weights, and allow you to compete for a longer period of time. Many times you will have to leave your ego at the door and handle less weight than your training partners.

The last piece of advice I will give you is to have the proper mindset. There are many factors that come into play, but I will only touch on a few. First, if you don't love going to the gym and the success that can happen on the platform, you may need to find a new sport. Second, surround yourself with partners that have the same goals as you. Third, have a cutthroat attitude when you walk into the gym and be clear about what you are there for. Do not bring your private life into the gym. Last, make sure you set goals. These goals should be concrete. Don't say, "I want to get stronger." This means something different to everyone. Rather set goals such as a 700 lb. squat or an elite total. Have a timetable to set these goals in and map a plan to get there. Even if you come up short, you will end up much higher than you could ever imagine.

For more information on equipment, books, apparel, training accessories, articles, force training seminars and over 10,000 archived answers visit [www.EliteFTS.com](http://www.EliteFTS.com).

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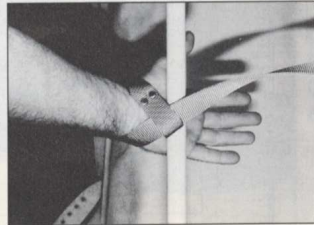


# STARTIN' OUT

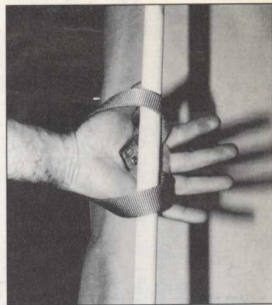
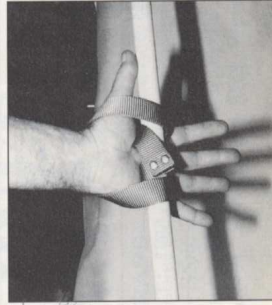
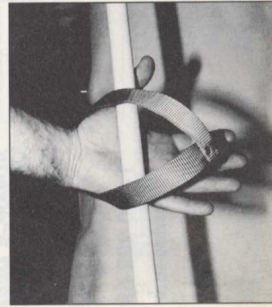
## USING LIFTING STRAPS as told to Powerlifting USA by Doug Daniels

An old saying goes 'a chain is only as strong as its weakest link'. This is also true in weight training. In this case the chain I'm referring to is back training to increase your powerlifts. Many times what forces an end to a set of back work, such as shugs or rows, is not muscular failure due to lats, traps or biceps, but failure of the lifter being able to hold or grip the bar. The lifter has to put the bar down and stop the set many times before the lats or traps got the work they needed, due to the lifter's weak link; his grip. Lifting straps to the rescue. Straps are about the most cost effective of all training gear, but there's a lot of confusion and misunderstanding on their proper use. If used wisely, they can be of great value to just about anyone training with weights.

Straps' main purpose is to assist in holding on to a weight that would otherwise be too heavy to hold for the period of time that it takes to perform a set of an exercise. This effectively eliminates gripping power as the weak link in the chain. Their most common use is for back work such as pull-downs, rows, chins, dead-lifts and shugs. There are other subtle benefits to them that I'll deal with later. Straps are also controversial. Some experts feel they hinder development of gripping strength so necessary in powerlifting. They view straps as a crutch by weak griped lifters which is exposed on meet day.



Above... Bob Morris, originator of the power belt, demonstrates how to use conventional straps, and use of a different style is shown below.



Doug Daniels' Web address: [members.aol.com/daniels12345/default.htm](http://members.aol.com/daniels12345/default.htm)

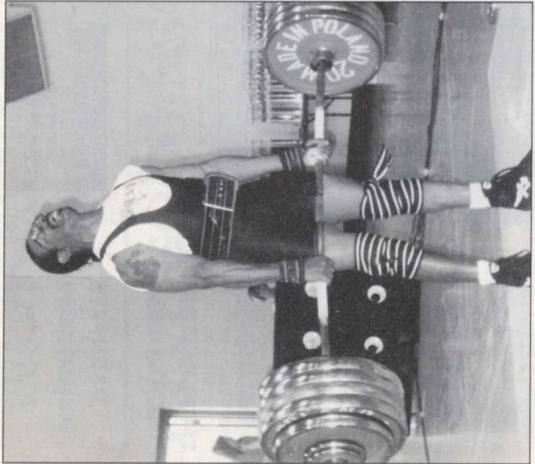
### A special section dedicated to the beginning lifter

smaller, weaker arm muscles with straps can achieve this goal, of course to a limited extent, but at a small fraction of the price.

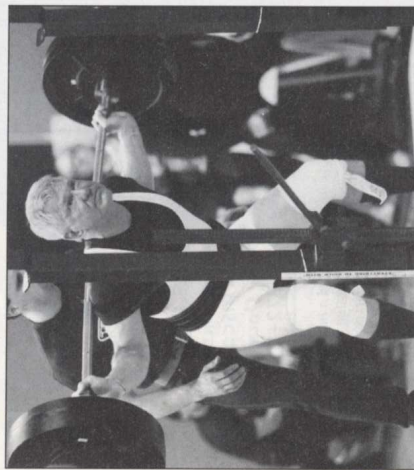
The concern that using straps can hinder development of grip strength does have merit. If you use straps for everything, you probably won't develop gripping strength and may even reduce it. My suggestion is to use only on sets of assistance exercises where your grip would decrease the amount of weight you could use. Start off the lighter sets without straps, but on the heavy sets, strap em on. I do feel that using them on extremely heavy weights such as during lock-out and shugs will add some strength to your grip due to sheer overload. If you're a competitive powerlifter and you have trouble holding on to your deadlifts, do all of your deadlift sets without straps. I feel that when working one of the three powerlifts directly, using extra gear is not in your best interests. Reliance on them won't help on meet day.

I hope I have provided more detail on the benefits and proper use of lifting straps in training. Straps are an extremely cost effective tool that can provide high tech benefits at a very low tech price. When using straps, focus on pulling the elbows back in rows, down in pull-downs and chins, and pull with your traps during shugs. This technique will work the targeted muscle groups to higher degree than normal. Experiment with various types of straps to find the best for you. Eliminate the weakest link in your training chain and your lifts on meet day will show it. Until next time, strap em on.

## This Issue is Dedicated to ....



**Richard R. Fortson, 49, of St. Albans, W.Va., passed away on January 27, 2003 after a short illness. Richard did not begin competing until approximately 3 years ago as a Master lifter. He won the IFA Nationals in the 198 lb. class, 45-49 age group, in November, 2001. A few of Richard's achievements include his ranking in the current Top 10 181 lb. West Virginia Powerlifters with a 1244 total and a 551 deadlift made on 3/25/00. Richard also ranks in the current Top 10 198 lb. W. Va. Powerlifters with a 600 squat and 1450 total made on 3/30/02 and a 600 deadlift made on 11/16/01. Richard's 600 squat recently made the PL USA TOP 100 198s! Richard Fortson was officially inducted into the West Virginia Powerlifters Hall of Fame during a ceremony on February 8, 2003 at the Mountain State Powerlifting Invitational. (Paul Stuphin)**



**Mac Richards was one of the most prolific champions and record setters in masters powerlifting history, and one of the most liked individuals in the sport as well. He recently passed away at the age of 80, reportedly due to Alzheimer's Disease. His long time friend, Larry Pacifico, gave us the sad news and remarked that 45 days before his passing, he was still as 'strong as a bull' and did 25 pullups in a workout.**

**FOR REVIEW** ... bench press phenom George Halbert has used the excellent communication skills demonstrated in his previous video offering with a new foray into the general weight training category with his "Weight Training 101 - Technique" in which the proper form to execute 72 useful weight training exercises are demonstrated. Most of the exercises involve the use of free weights, although certain machines are necessary for some movements. The categories examined include tricep extensions (including the "Jim Williams" extension), wrist curls in several variations, bicep curls, rows, pull-downs, overhead press (check out the variation called a "rainbow" press), raises (the "Ys" were a part of George's shoulder rehab program), shugs, flies, dips (the "standing ab crunch" is George's favorite), bench pressing (of course), leg extensions, leg curls, calves, lower back movements (a great video angle showing how the reverse hyper really works), and squats. About 35 minutes long, the pace is fast, and the video quality is excellent, as well as the graphics that transition the production from one element to the next. George repeats his most important training principles throughout the video ... often urging lifters to "put your mind on your muscle" when working out, for example. As we've noted before, if a photo is worth a thousand then a properly executed video could be worth a million words - to help you "see" exactly how to do a given exercise. The target audience for this tape is the beginning weight trainee, but even experienced PLers will likely see some movements demonstrated here that they have never seen before. A well thought out visual aid, "Weight Training 101" is basically an effective encyclopedia for the eye and is available through George Halbert, 3063 Noodle Ct., Columbus, OH 43232, 614-237-0932 or [www.georgehalbert.net](http://www.georgehalbert.net)

**Press Release** - Spencer, Massachusetts: On June 7, 2003, The Atlantis Foundation is hosting **The Strongest Man In Massachusetts Competition** at 1:00 p.m. at the East Brookfield Elementary School on Route 9, East Brookfield, Massachusetts. The Top Five winners of this statewide open competition will qualify for a chance to win the title of **Strongest Man In America** in an event to be held by **The Atlantis Foundation** in 2004 garnering the participation of national competitors.

On June 7, five competitive events will be judged by legendary, Four Time "Strongest Man in the World" title holder, ESPN commentator and host Bill Kazmaier. Five challenging strength events will challenge the competitor to test their abilities in: Trap Bar Deadlift, Bench Press off Rack, Standing Jerk Press, Chin Up with Most Weight, and the Thomas Inch Dumbbell Lift. Five cash prizes will be awarded to the Top Five winners: \$500 for 1st place, \$300 for 2nd place, \$200 for 3rd place, \$100 for 4th place, and \$50 for 5th place along with securing their position in competing in the 2004 National Competition. The winner will be determined by the total of weight lifted in each of the five different events. No super suits, bench shirts or straps will be allowed. Contestants can use a lifting belt and chalk only.

Each contestant must pay a \$50.00 entry fee. Tickets to attend the event are \$10.00 in advance or \$15.00 at the door. The Atlantis Foundation is a non-profit organization which hosts competitions to benefit other non-profit organizations. This particular event will benefit the Atlantis Foundation Animal Rescue. Please call 508-885-3686 for tickets or more information. Guaranteed Fitness Center in Spencer will supply the equipment for the event.

Major powerlifters are not required to enter the contest. Some of the competitors may actually be high school athletes while other non-power lifter may enter solely for the experience and to participate in a Strong Man contest hosted by Bill Kazmaier. Many contestants are local community residents and train at Guaranteed Fitness.

In addition to the contest, the Atlantis Foundation is hosting an All Terrain Vehicle raffle for a 2003 Sportsman 500. Tickets are \$40 and there will only be 300 tickets sold. We hope to have all 300 tickets sold by the date of the event so the winner can be picked at the contest. The proceeds will also benefit the Atlantis Foundation Animal Rescue.

All promotional news coverage is welcomed prior to the day of the event as well as on the actual date to help us raise money for the Atlantis Foundation Animal Rescue. For questions about the event or the Atlantis Foundation call 508-885-3686 and ask for Todd Foot, Nancy Sullivan and/or Bruce Derossier or call Guaranteed Fitness at 508-885-3686 to reserve your spot now.



## 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, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** I have just finished reading the Anabolic Solution for Powerlifters. Unbelievable reading. It is about time someone like you put it all together so that people like me can get some of the same benefits as the drug users without putting our health at risk. I still have one question. Since I have a lot of fat to lose, so I can compete lean and mean, how long may I stay on the cutting phase before I start seeing diminishing returns? Thanks for all your time. **- Scott**

**Dear Scott:** As far as the dieting part, you can stay in the Cutting Phase almost indefinitely. However, as far as the training you should vary it more and perhaps oscillate between the Strength and Cutting Phases, varying your calories as described in the Anabolic Solution. You shouldn't stay in the cutting phase for more than 6 weeks at a time without changing your training routines, can stay on the cutting phase almost indefinitely. That's because if the cutting phase is done gradually and methodically so as to minimize the loss of lean body mass, there's no end to the amount of fat you'll lose if you stick at it. If it's done properly, you can pretty well go down to whatever body fat level you aim for. In other words you would do a series of mini 8 week cycles that included each phase in turn so that you maximize muscle mass and strength as you continually decrease your body fat.

Once you are down to under 15% body fat I would cycle the Mass and Strength and Cutting Phases in succession rather than continue with the Strength-Cutting Phase mini cycle. That's because, unless you've got bodybuilding aspirations, it's not necessary to go down to single digit body fat levels all in one shot as it's inevitable that you'll lose more muscle mass than if you go back to a controlled Mass Phase before you hit that low body fat level. Doing it this way (in moderation) in successive cycles (so that you add mass in each cycle and then lose the fat) will ensure that you'll gradually pile on the muscle with each mass/strength/cutting cycle and still hit pretty low body fat levels. If you go through several of these moderate cycles and you want to compete, by the time you're in the Pre-Competition Phase, you might well be in the single digits as far as your body fat, with more muscle mass than if you'd been extreme with each cycle, and as lean and mean as you envision. I hope that this makes sense (if not go over the various training phases as outlined in the Anabolic Solution for Powerlifters) and that it's of some help. Good luck in reaching your goals. Best regards, **MauroDi Pasquale**

**DEAR MAURO:** I am a hard working metropolitan firefighter, and I hate wasting money on supplements that I do not need to take. I know the amino is your product, but honestly, am I going to benefit from taking this product? I had a couple buddies use some other hopped up products and they didn't notice much, but then you read all the other feedback about how great it is. I need something that I can use with my workouts that will give me some results without breaking the bank. Also, I am taking the EFA+ formula. I know it says take three caps, is that sufficient enough to burn BF? I am trying to lean out as much as possible. Your advice would be greatly appreciated. Doc. Best Regards, **Don**

**Dear Don:** If what you're after is something to use while training and you want to get the biggest bang for your buck, I'd go for the Power Drink. It's got the branched chain amino acids and the glutamine (in

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the preferred glutamine peptide form) and a heck of a lot more. And while it's made to be used while you're training, it also makes a good before and after training supplement. It's part of the Exersol package, the exercise solution, but is great on its own. FYI: Have a look at the info on these products at [http://www.metabolicdiet.com/pdfs/3\\_caps\\_of\\_EFA+formulated\\_EFA+so\\_that\\_the\\_dosages\\_and\\_ingredients\\_work\\_synergistically\\_for\\_optimal\\_effects.You\\_shouldn't\\_need\\_any\\_more\\_unless\\_you're\\_really\\_into\\_some\\_severe\\_training\\_in\\_which\\_case\\_I'd\\_double\\_the\\_dose\\_during\\_that\\_phase.I\\_hope\\_that\\_this\\_info\\_helps.All\\_the\\_best,](http://www.metabolicdiet.com/pdfs/3_caps_of_EFA+formulated_EFA+so_that_the_dosages_and_ingredients_work_synergistically_for_optimal_effects.You_shouldn't_need_any_more_unless_you're_really_into_some_severe_training_in_which_case_I'd_double_the_dose_during_that_phase.I_hope_that_this_info_helps.All_the_best,) **MauroDi Pasquale**

## WORKOUT of the Month

### STEVE GOGGINS' Ten Week Squat Routine

To me the squat is the most important lift in powerlifting and a good reason to take time to get a good, solid squat routine, one that works for you! Not all routines work for everybody. This is the routine I used that enabled me to squat 900 pounds at a bodyweight of 236 lbs. This routine is designed for squatters who can not hold a lot of weight on their back and do more than 1 or 2 reps with heavy weight.

I like to use a suit with the straps down for the first few weeks when the weight is rather light. During the last 5 or 6 weeks, when the weights get heavy, I go with the straps up. I also use knee wraps throughout the entire cycle. It is very important to have a good pair of shoes with soles that don't give, like running shoes.

Before I go any further the first step in having a big squat is to never fear any weight that is your future goal. I mean, why set a goal for a certain amount of weight if you are afraid of backing out of the racks with it. Below is a schedule for a lifter who can already squat 475 pounds and wants to squat 500 in 10 weeks.

**Week 1:** 135x8, 225x5, 305x2, 350x1, 375x3x2, 300x5x2.

**Week 2:** 135x8, 225x5, 305x2, 355x1, 385x3x2, 310x5x2.

**Week 3:** 135x8, 225x5, 305x2, 360x1, 400x3x2, 320x5x2.

**Week 4:** 135x8, 225x5, 310x2, 365x1, 410x3x2, 320x5x2.

**Week 5:** 135x8, 225x5, 315x2, 370x1, 420x2x2, 335x5x2.

**Week 6:** 135x8, 225x5, 320x2, 375x1, 430x2x2, 340x5x2.

**Week 7:** 135x8, 225x5, 320x2, 380x1, 430x1, 450x1, 465x1, 340x5x2.

**Week 8:** 135x8, 225x5, 320x2, 380x1, 430x1, 460x1, 480x1, 425x3x2.

**Week 9:** 135x8, 225x5, 320x2, 380x1, 430x1, 470x1, 490x1, 440x3x1.

**Week 10:** 135x8, 225x5, 325x2, 380x1, 430x1, 450x1.

**Meet Attempts:** 1st - 450, 2nd - 480, 3rd - 500.

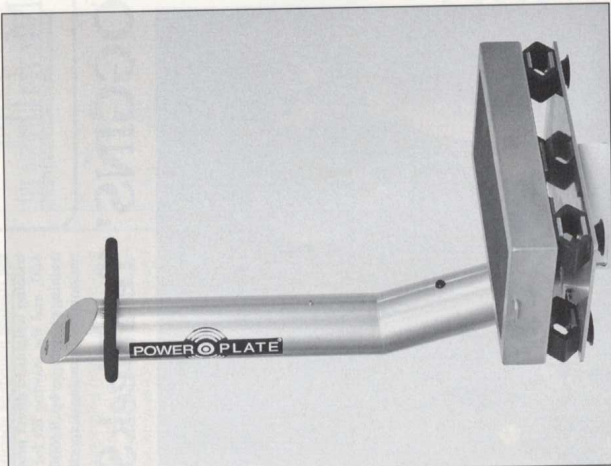


Steve Goggins Rocked the World with his barrier bashing 1102 lb. squat at the WPO Finals. We first published this routine in the January, 1990 edition of Powerlifting USA, when he was "only" squatting 900



# NEW PRODUCT

CULVER CITY, CA - "Power Plate North America, LLC., is introducing the cutting-edge benefits of whole body vibration therapy to North America with the **Power Plate**, a therapeutic strength and conditioning machine, immediately capturing the attention of health & fitness professionals, elite athletes and celebrities around the United States and Canada. Not another conventional resistance training machine, Power Plate utilizes revolutionary principles of whole body vibration therapy to substantially improve muscle strength and performance, flexibility, enhance circulation, expedite the recovery and regeneration of damaged tissue, and ultimately, enhance the general wellness and quality of life for individuals young and old, regardless of one's physical and neurological condition. "For more than two decades, Europeans have been using vibration therapy for its profound enhancement of muscle strength, performance and conditioning and overall health and wellness, in addition to its integral role in rehabilitating injuries and improving the quality of life for those suffering injury or debilitating conditions such as multiple sclerosis or arthritis," said Jerry Beckman, president and CEO of Power Plate North America. "We're thrilled to finally introduce the North American health and fitness community to the wonders of this incredible machine." Among the first to reap the many benefits of Power Plate's vibration therapy are pro football's Oakland Raiders and Tennessee Titans who've returned to the Power Plate during the 2001 pre-season for its revolutionary strength, conditioning and rehabilitation benefits. "The Power Plate's ability to increase explosive muscle strength, dramatically enhance flexibility and expedite the recovery of damaged muscles and tendons, makes it a athlete's trainer's dream machine," said Garrett Giemont, strength and condition-



ing coach for the Oakland Raiders are also using the Power Plate to achieve their personal health and fitness goals. "I've never been able to achieve such improved flexibility, range of motion, increased strength and overall physical well being than with using the Power Plate, said Johnson." The Power Plate can be used alone or as a pre- and post-workout complement to traditional strength training and cardiovascular exercise and provides its wide array of conditioning benefits in a fraction of the time needed for traditional exercise routines. Power Plate employs a 20-by-32-inch body positioning plate housing a driving mechanism that evenly distributes vibrations throughout the body, accelerating and magnifying the same contraction and relaxation muscular reflexes throughout the body, accelerating traditional weight training exercises".

**"Power Plate employs a 20-by-32-inch body positioning plate housing a driving mechanism that evenly distributes vibrations throughout the body, accelerating and magnifying the same contraction and relaxation muscular reflexes throughout the body, accelerating traditional weight training exercises".**

tributes vibrations throughout the body, accelerating and magnifying the same contraction and relaxation muscular reflexes employed when performing traditional weight training exercises. However, whereas traditional resistance training methods only provide resistance on a single linear axis, resistance effects of Power Plate occur on multiple axis stimulating the entire body of fibers within a given muscle group, taxing and conditioning the muscle group to its most substantial extent. Developed by Russian scientists for use with elite Olympic athletes during the 1970s, the dramatic effects of whole body vibration were evidenced by the Russian's dominant Olympic run during this period. Identifying these incredible results, the Russian space program turned to whole body vibration with Russian cosmonauts to combat the degenerating effects of zero gravity on bone and muscle tissue. As a result, Power Plate North America is currently in discussions with NASA regarding use of the Power Plate and whole body vibration therapy with American elite personal trainers and fitness experts such as Chris Verna, founder of the Chris Verna Training Center in Boca Raton, Florida, whose clients including pro football legend Joe Montana, professional golfer Nick Price and Atlanta Braves closer John Smoltz, Power Plate brings whole body vibration therapy down to earth for the North American masses.

"The amazing thing about the Power Plate is that it works from the inside out without the strenuous physical rigors of conventional training methods, activating muscle tissue that conventional fitness machines overlook, said Verna, "This machine is incredible in its ability to increase flexibility, strength and critical blood flow, while reducing joint discomfort. I'm amazed how effective it has been for my arthritis clients who are severely limited in terms of available fitness alternatives." The Power Plate is designed for and marketed to health clubs, spas, physical therapy and rehabilitation clinics, professional and collegiate athletic training facilities, and private fitness trainers, as well as home users. For more information contact Power Plate North America, LLC at (310) 216-7654 or visit the company web site [www.powerplateusa.com](http://www.powerplateusa.com).

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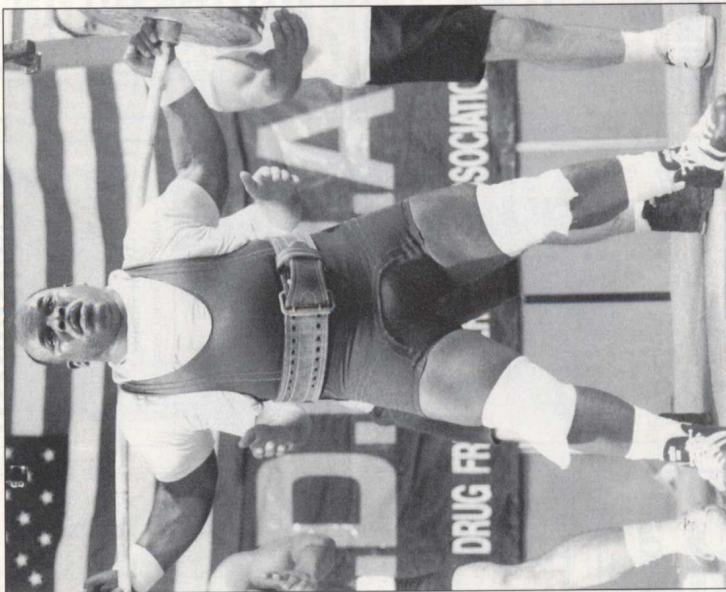


## Sanctioned Meets in Prisons as told to Powerlifting USA by Greg "Beetle" Lowe

I have been silent far too long on the issue of sanctioned meets in prisons. Over the years there have been a multitude of PROs and CONS on this issue, but as a lifter in prison I must now voice my views on this subject. It is obvious many law abiding tax paying citizens have been misled or deceived through false information about inmates lifting weights in prisons. (i.e.) sanctioned powerlifting meets, etc. It appalls me how our politicians and news media always seem to sensationalize the negative aspects of prisoners lifting weights in our prisons.

Let me say that I do understand the genuine concerns of our law abiding citizens with regards to inmates in prisons lifting weights to get bigger and stronger so that when they are released they can wreak havoc in the community. Where are the statistics to support this claim regarding inmates lifting weights in prisons, getting out, and having total disregard for the law abiding citizens or the law enforcement officers that serve and protect this great nation we live in? These preposterous allegations about inmates ulterior motives for lifting weights were concocted by some elected officials, whose names aren't important, but the general public has brought into this conjecture hook, line, and sinker.

These elected officials had an agenda of misleading the unenlightened general public to garner votes and appear that they were doing their part with regards to the anti-crime bills enacted across the nation. I do not have a problem with any anti-crime bills, but what I do have a problem with is how our law abiding citizens are being misled into allocating more tax dollars, earmarked for building more secure prisons, to house prisoners wasting tax dollars. If our elected officials really wanted to be the doers they really wanted to be, they should eradicate the present antiquated deplorable obsolete penal system structure nationwide. I state as fact that inmates utilize lifting weights as a positive tool to extricate themselves from the negativity which breeds in this environment on a daily basis. It also helps to break the daily monotony of prison life. Lifting weights is one of the only avenues inmates have to feel good about who we are! In my opinion all



Greg "Beetle" Lowe was allowed to leave prison confinement to compete in the 1993 ADFFA Men's Nationals, where he won the 275 lb. title. Will that ever happen again?

inmates lifting weights in prisons are being held accountable and given a bum rap for perpetrators of crimes of violence in general. My question is why inmates, already serving time and paying their debts to society for breaking laws that govern our nation, continue to be ridiculed and ostracized? It is no secret that many of the unenlightened share in common the view that all inmates are undesirable and expendable with no real value in society.

The benefits of lifting weights in prison are used as an outlet for stress & anger helping one to channel negative behavior in a constructive manner. From personal experience, lifting weights in sanctioned meets is a privilege that has had a productive profound impact on my life, as well as countless other inmates. Competing in sanctioned meets is definitely a productive incentive program, a form of rehabilitation for

to see a referendum passed at the next USAPL national meeting that inmates can no longer set or hold records in this organization. This is totally ridiculous - get real!

Inmates pay their membership fee to be a member of the organization, plus the scantoning fee to hold meets in this organization is paid and we adhere to all the rules set forth by this organization. So why should inmates not be allowed to set records in sanctioned meets? My how people easily forget that back in the early days of this organization it was the support of prison lifting that helped this organization a lot. I had the opportunity to personally meet one of the founding fathers of this organization, the late BROTHER BENNETT, a man of good integrity and I'm sure he would be very appalled at this individual for proposing to discriminate against those incarcerated. It just points out how narrow minded & shallow some people can be! Sports programs in prison are a pastime and a way of life for inmates.

In light of the controversy surrounding sanctioned meets in prisons, I lifted in a meet sanctioned by the USAPL here at SCI Rockwell in PA. I set a 950-505-800 to total 2255 lbs., Record for Open and Master for squat & total, not bad for a 47 year old lifter. I was the first person in the history of the USAPL to officially squat over 1000 lbs. in competition. I was about to officially retire from lifting because of all the politics and narrow-minded people at the helm of the sport. There has been a list of people that have believed in me through the years and helped me reach my goals in this sport, especially PETE ALANIZ at Thian, and AL SIEGEL, Powerlifter Emeritus from Pennsylvania. I realize that I still have much unfinished business left to be done in that sport of powerlifting. I also must continue to be an example and advocate for all the inmates across the nation who lift in prison. I plan to continue lifting & setting records as long as I am blessed with my God given talent, health, & strength. Your comments are welcomed. I can be reached at GREG LOWE #DC 2669, Box A, Bellefonte, PA 16823-0820. I wish to thank all of you who support prison lifting.

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### Dear APF/WPC/WPO Benchers:

There is going to be a date and location change for the APF/WPO Bench Bash for Cash (Invite Qualifier for the Arnold Classic) the new date and location is 9-26-27-03, in Orlando, FL, instead of Atlanta, GA. The contest will be held at the Orlando Convention Center at 7pm on Saturday night. The Bench Bash for Cash is being separated from the WPO Semifinals and promoted by itself like it used to be. This meet will be held in conjunction with NPC Southeastern USA, along with the Sanctioned Street Style Fighting Challenge called TOUGH GUY. Not to be confused with Tough Man on FX. These are professionals! Along with the date and location change the format will be different too. There will only be prize money (\$1000) for World Records by class from 132-SHW. There will be \$1000 for the biggest bench too. This meet is the last of three meets you can participate in to be possibly be invited to the Arnold Classic. The other two are the APF Senior Nationals Bench Press Championship (6-7th-8th-03 in LA). If you have been invited to the Bench America Contest that Joe Mukite is hosting in Chicago this (7-5-03), which I will be announcing, this contest can also be used to possibly be invited depending on how much you bench there. But you have to be invited to Bench America, you can't just show up. Even if you go to one of the three contests, or all of them, it's not guaranteed that you will be invited to the Arnold Classic. Whether you are invited or not, will depend on how you actually bench? The new minimum bench requirements to even be considered for invite to the Arnold Classic are as follows: Lwt. - Minimum of 200lb/440 lbs.; Mwt. - Minimum of 250lb/551 lbs.; Hwt. - Minimum of 317.5lb/699 lbs. The top 3 Lwt., Mwt., and Hwt. Benchers from the 2003 Arnold Classic Bench Bash for Cash are automatically able to compete in next year's 2004 Arnold Classic. If you were not in the top 3 at Lwt., Mwt., or Hwt. at the Arnold then you must do one of these three contests to be considered for invite. There will be no if, and's, or but's; no matter what the situation is!! No matter who you are!! If you come up short by not benching the minimum requirement, or get hurt in training, there will still be no exceptions!! Even making the minimum bench requirements doesn't assure you a spot. I will be taking the five highest attempts at Lwt., Mwt., and Hwt. from the three contests I have mentioned. Whoever the five benchers are from each Lwt., Mwt., and Hwt. are, they will be invited to the Arnold Classic Bench Bash for Cash to compete with the top 3 place winners from 2003. There will be a total of 8 benchers per each Lwt., Mwt., and Hwt. Class. So, if you want to be considered for invite to the Arnold Classic then I suggest you come to one of the three contests. If you have questions please call our new office number @ 386-426-8648. Thank you for your continued support of the APF/WPC/WPO!!

Sincerely, Kieran Kidder WPC/WPO President

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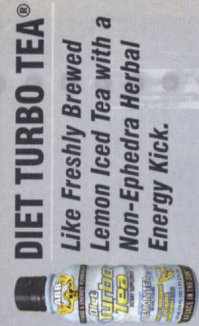
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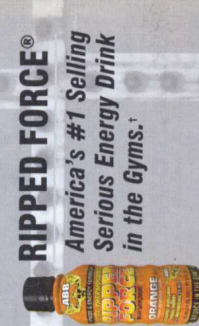
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Non-Ephedra Herbal  
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# Coming Events

**Powerlifting Nationals, Capital Center**  
 10th St., Tulsa, OK 74106  
 421-9020 or 785-232-7721 or James  
 Durec, 5619 Peewee Ave., Kansas  
 City, KS 66106, 913-596-7326 or E-  
 mail JDurec7086@aol.com

**31 MAY, USAPL Last Chance Qualifier,**  
 John Plonka, 234 W. Fairview Ave #201,  
 Glendale, CA 91202, 818-242-1906

**31 MAY, NISA Illinois & Indiana State**  
 Powerlifting, 1000 S. 10th St.,  
 405-527-8513, SQRPL@aol.com

**31 MAY, USAPL, Viking Classic, Omaha**  
 Nebraska, Tim Anderson, 402-427-8085,  
 timanderson@hunte.net, http://  
 www.nedakapowerlifting.com

**31 MAY, (NEW DATE) WMPF USA vs**  
**Bahamas (Freeport, Bahamas) WMPF,**  
 Box 18, 2347, 770-996-3418

**31 MAY, WABDL Drug Tested, Capital**  
 City Bench Press and Deadlift Champion-  
 ships, Marriott Hotel, Rancho Cordova, CA  
 (Near Sacramento), Joby Woods, 916-485-  
 3808

**31 MAY, SLP Haroldsburg Open BP/DL**  
 Championships (Haroldsburg, KY) Son Light  
 Power, 122 W. Sale St., Tuscola, IL 61953,  
 217-253-5429, www.sonlightpower.com

**31 MAY, Potato Festival Strongman Con-**  
 test (Gold Level), Elizabeth City, NC, Con-  
 test Tim Stallings, 252-264-3008

**MAY, 100% Raw Elizabeth City Open PL,**  
 Paul Bossi, 4007 Timmerman Dr., Eliz-  
 abeth City, NC 27809, 252-338-2004

**MAY, NISA MD State High School BP**  
 (Poyner, MD) Greg Venzler, RTE 30,  
 2283, Chatham, VA 24616, (804) 273-  
 2283, gvl@earthlink.net

**MAY, NAPA State Championships, PA**  
 BP & PS Championships (Uniontown, PA)  
 Greg Van Hoese, RTE 1 Box 166,  
 Ravenswood, WV 26164, (804) 273-2283,  
 gvl@earthlink.net

**31 MAY, J JUM, USAPL, Men's Teen-**  
**age/Jr., Nationals, Paul Fletcher,**  
**LA 70817, 225-853-8586**

**31 MAY, J JUM, USAPL, Colossal Comeup IPA**  
 Championships (full power & bench  
 press - Amsterdam, NY), 518-762-3216,  
 candhaz@attolpack.net

**31 MAY, J JUM, USAPL, Heavy Metal**  
 Classic, Joe Morreale, 350 RT 46,  
 Rockaway, NJ 07866, 973-627-9156

**1 JUN, SLP Extreme Fitness Open BP/**  
 DL Championships, (Tulsa, OK) Son Light  
 Power, 122 W. Sale St., Tuscola, IL 61953, 217-  
 253-5429, www.sonlightpower.com,  
 sonlight@netnet.net

**1 JUN, USAPL Kansas State Open, Tim**  
 Anderson, 207 W 4th St, Blair NE 68034,  
 402-427-8085

**6 JUN (NEW DATE), Strawberry Fest**  
 Strongman/women, RAW BP Outside, John  
 Stallert, Box 11, Strasburg, VA 22657,  
 (434) 985-9392, valstallert@aol.com,

**6-8 JUN, WABDL Drug Tested Pendu-**  
**lum Fitness Nationals BP + DL Cham-**  
**ionships, Houston, TX, Bob Garza,**  
 281-820-5923

**7 JUN, USAPL ND State Push Pull, Di-**  
 ane Sherry, 1000 54th St., SE, Minot, ND  
 58701, 701-852-9030

**7 JUN (revised information), AAU**  
 Assisted Nationals (Richmond, VA)  
 239-937-9700 or Barbara Housley, 801-  
 239-937-9700 or 7PM EST,  
 arhousley@aol.com

**7 JUN (NEW DATE), SLP Illinois State**

**14,15 JUN 03**  
**A.A.U.**  
**High School**  
**Nationals**  
**Providence, RI**  
**for info, go to**  
**AAUSPORTSORG**  
**(under PL)**  
**or call**  
**Larry Larsen**  
**781-767-0764**

## Huge Iron Powerlifting Schedule

- 6-7-8-03 APF Men's & Women's Senior Nationals Powerlifting Championship & Bench Blast. WPO Semi-Finals. Universal City, CA
- 6-14-03 APF Florida State Powerlifting Championship (Daytona Beach, FL)
- 7-12-03 APF Florida Push/Pull (Daytona Beach, FL)
- 8-15-17-03 AWPFC Worlds Powerlifting + Bench Press (Saco, Maine)
- 9-6-03, APF Georgia State
- 9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in Atlanta (Daytona Beach, FL)
- 09-27-03 WPO Bench Bash for Cash (Orlando, FL)
- 10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, FL)
- 11-8-9-03 WPO Finals (Atlanta, GA)
- 12-6-7-03 APF Southern States Powerlifting Championship (Daytona, FL)
- 3-5-6-04 WPO Super Open Finals, (Arnold Classic - Columbus, OH)

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 hugeiron@logicalcity.com  
 or write us at Box 1277, Edgewater, FL 32132

**MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to hugeiron@logicalcity.com. Double Meets Meet, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 517-674-6683**

**24 MAY, NASS IL Strongman Record Breakers (air level), Contact Tony Soucie by PO Box 459, St. Anne, IL, 60964, Email: t0596@earthlink.net Phone: 815-427-6868**

**24 MAY, New York State "Battle of the Bad Ass" Championships, Orange County, NY, Contact Ben Lambouats at 845-590-6226 or 401-869-7238. Email: Benjamin.lambouats@attolpack.net**

**24 MAY, APF Women's World Powerlifting Championships, Dennis Brady, 5920 N. Ridge, Chicago, IL 60660, 773-361-9692**

**23 MAY, USAPL St. Xavier Qualifier, 1485 Oakley Rd., Gary, IN 47122, 812-951-2079**

**24 MAY, APA Alabama State Powerlifting Championships, Southeastern Regional Powerlifting and Bench Press Championships**

**19TH ANNUAL IOWA STATE FAIR BENCH PRESS - DEADLIFT MEET**  
 Saturday, August 16th 2003  
 Location"; Des Moines, Iowa  
 @ Iowa State Fairgrounds  
 Catch the excitement of the "Hottest Meet This Summer" and all the attractions of the huge Iowa State Fair.  
 Meet Director/Promoter; Jeff Baird  
 contact info; Bairdzz@aol.com or call 515-953-6833 for more meet information

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8 Chicago Rush Dancers...History in the Making.

**JULY 5, 2003**

**Meet Begins at 2:00 PM • Doors Open for Expo at Noon**

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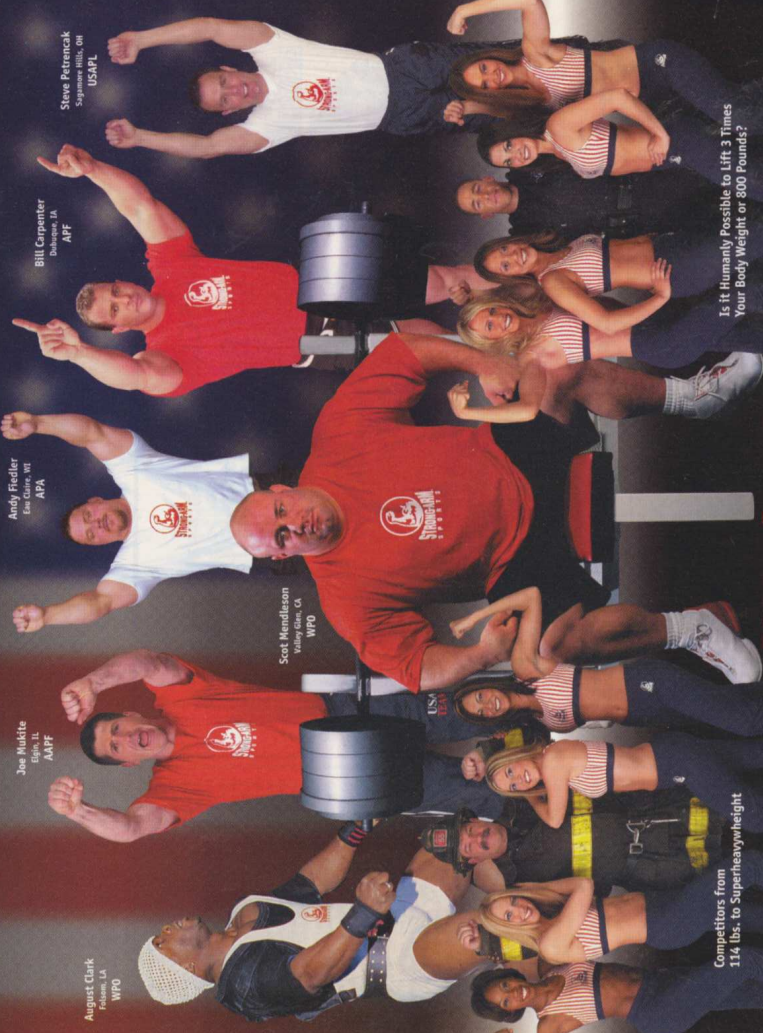
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**BENCH AMERICA**

**America's 1st Unsanctioned National Benchpress Championships**



August Clark, Effie, LA WPO  
 Joe Mukitke, Effie, IL AMP  
 Scott Mendelson, Valley Stream, CA WPO  
 Andy Fiedler, Effie, WI APA  
 Bill Carpenter, Dubuque, IA APF  
 Steve Felencak, St. Louis, MO USAPL

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- \* guaranteed more results than any other shirt
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**Improved Heavy Duty**

- \* tight tough fit
- \* strong support off chest
- \* extra comfort built in
- \* great immediate results

**Extra High Performance Heavy Duty**

- \* extra extended power support range
- \* new arm lock design
- \* more tricep support
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An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

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relaxed measurements of shoulders \_\_\_\_\_

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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

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**Lake Holcombe Bench Press**  
 To NOV 02 - Holcombe, WI

Open Male 181	305
Open Male 198	395
Open Male 215	435
Open Male 231	480
Open Male 247	525
Open Male 263	570
Open Male 279	615
Open Male 295	660
Open Male 311	705
Open Male 327	750
Open Male 343	795
Open Male 359	840
Open Male 375	885
Open Male 391	930
Open Male 407	975
Open Male 423	1020
Open Male 439	1065
Open Male 455	1110
Open Male 471	1155
Open Male 487	1200
Open Male 503	1245
Open Male 519	1290
Open Male 535	1335
Open Male 551	1380
Open Male 567	1425
Open Male 583	1470
Open Male 599	1515
Open Male 615	1560
Open Male 631	1605
Open Male 647	1650
Open Male 663	1695
Open Male 679	1740
Open Male 695	1785
Open Male 711	1830
Open Male 727	1875
Open Male 743	1920
Open Male 759	1965
Open Male 775	2010
Open Male 791	2055
Open Male 807	2100
Open Male 823	2145
Open Male 839	2190
Open Male 855	2235
Open Male 871	2280
Open Male 887	2325
Open Male 903	2370
Open Male 919	2415
Open Male 935	2460
Open Male 951	2505
Open Male 967	2550
Open Male 983	2595
Open Male 999	2640
Open Male 1015	2685
Open Male 1031	2730
Open Male 1047	2775
Open Male 1063	2820
Open Male 1079	2865
Open Male 1095	2910
Open Male 1111	2955
Open Male 1127	3000
Open Male 1143	3045
Open Male 1159	3090
Open Male 1175	3135
Open Male 1191	3180
Open Male 1207	3225
Open Male 1223	3270
Open Male 1239	3315
Open Male 1255	3360
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Open Male 1287	3450
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Open Male 1399	3765
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Open Male 1431	3855
Open Male 1447	3900
Open Male 1463	3945
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Open Male 1527	4125
Open Male 1543	4170
Open Male 1559	4215
Open Male 1575	4260
Open Male 1591	4305
Open Male 1607	4350
Open Male 1623	4395
Open Male 1639	4440
Open Male 1655	4485
Open Male 1671	4530
Open Male 1687	4575
Open Male 1703	4620
Open Male 1719	4665
Open Male 1735	4710
Open Male 1751	4755
Open Male 1767	4800
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Open Male 1799	4890
Open Male 1815	4935
Open Male 1831	4980
Open Male 1847	5025
Open Male 1863	5070
Open Male 1879	5115
Open Male 1895	5160
Open Male 1911	5205
Open Male 1927	5250
Open Male 1943	5295
Open Male 1959	5340
Open Male 1975	5385
Open Male 1991	5430
Open Male 2007	5475
Open Male 2023	5520
Open Male 2039	5565
Open Male 2055	5610
Open Male 2071	5655
Open Male 2087	5700
Open Male 2103	5745
Open Male 2119	5790
Open Male 2135	5835
Open Male 2151	5880
Open Male 2167	5925
Open Male 2183	5970
Open Male 2199	6015
Open Male 2215	6060
Open Male 2231	6105
Open Male 2247	6150
Open Male 2263	6195
Open Male 2279	6240
Open Male 2295	6285
Open Male 2311	6330
Open Male 2327	6375
Open Male 2343	6420
Open Male 2359	6465
Open Male 2375	6510
Open Male 2391	6555
Open Male 2407	6600
Open Male 2423	6645
Open Male 2439	6690
Open Male 2455	6735
Open Male 2471	6780
Open Male 2487	6825
Open Male 2503	6870
Open Male 2519	6915
Open Male 2535	6960
Open Male 2551	7005
Open Male 2567	7050
Open Male 2583	7095
Open Male 2599	7140
Open Male 2615	7185
Open Male 2631	7230
Open Male 2647	7275
Open Male 2663	7320
Open Male 2679	7365
Open Male 2695	7410
Open Male 2711	7455
Open Male 2727	7500
Open Male 2743	7545
Open Male 2759	7590
Open Male 2775	7635
Open Male 2791	7680
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Open Male 2919	8040
Open Male 2935	8085
Open Male 2951	8130
Open Male 2967	8175
Open Male 2983	8220
Open Male 2999	8265
Open Male 3015	8310
Open Male 3031	8355
Open Male 3047	8400
Open Male 3063	8445
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Open Male 3095	8535
Open Male 3111	8580
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Open Male 3143	8670
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Open Male 3303	9120
Open Male 3319	9165
Open Male 3335	9210
Open Male 3351	9255
Open Male 3367	9300
Open Male 3383	9345
Open Male 3399	9390
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Open Male 3431	9480
Open Male 3447	9525
Open Male 3463	9570
Open Male 3479	9615
Open Male 3495	9660
Open Male 3511	9705
Open Male 3527	9750
Open Male 3543	9795
Open Male 3559	9840
Open Male 3575	9885
Open Male 3591	9930
Open Male 3607	9975
Open Male 3623	10020
Open Male 3639	10065
Open Male 3655	10110
Open Male 3671	10155
Open Male 3687	10200
Open Male 3703	10245
Open Male 3719	10290
Open Male 3735	10335
Open Male 3751	10380
Open Male 3767	10425
Open Male 3783	10470
Open Male 3799	10515
Open Male 3815	10560
Open Male 3831	10605
Open Male 3847	10650
Open Male 3863	10695
Open Male 3879	10740
Open Male 3895	10785
Open Male 3911	10830
Open Male 3927	10875
Open Male 3943	10920
Open Male 3959	10965
Open Male 3975	11010
Open Male 3991	11055
Open Male 4007	11100
Open Male 4023	11145
Open Male 4039	11190
Open Male 4055	11235
Open Male 4071	11280
Open Male 4087	11325
Open Male 4103	11370
Open Male 4119	11415
Open Male 4135	11460
Open Male 4151	11505
Open Male 4167	11550
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Open Male 4471	12405
Open Male 4487	12450
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Open Male 4551	12630
Open Male 4567	12675
Open Male 4583	12720
Open Male 4599	12765
Open Male 4615	12810
Open Male 4631	12855
Open Male 4647	12900
Open Male 4663	12945
Open Male 4679	12990
Open Male 4695	13035
Open Male 4711	13080
Open Male 4727	13125
Open Male 4743	13170
Open Male 4759	13215
Open Male 4775	13260
Open Male 4791	13305
Open Male 4807	13350
Open Male 4823	13395
Open Male 4839	13440
Open Male 4855	13485
Open Male 4871	13530
Open Male 4887	13575
Open Male 4903	13620
Open Male 4919	13665
Open Male 4935	13710
Open Male 4951	13755
Open Male 4967	13800
Open Male 4983	13845
Open Male 4999	13890
Open Male 5015	13935
Open Male 5031	13980
Open Male 5047	14025
Open Male 5063	14070
Open Male 5079	14115
Open Male 5095	14160
Open Male 5111	14205
Open Male 5127	14250
Open Male 5143	14295
Open Male 5159	14340
Open Male 5175	14385
Open Male 5191	14430
Open Male 5207	14475
Open Male 5223	14520
Open Male 5239	14565
Open Male 5255	14610
Open Male 5271	14655
Open Male 5287	14700
Open Male 5303	14745
Open Male 5319	14790
Open Male 5335	14835
Open Male 5351	14880
Open Male 5367	14925
Open Male 5383	14970
Open Male 5399	15015
Open Male 5415	15060
Open Male 5431	15105
Open Male 5447	15150
Open Male 5463	15195
Open Male 5479	15240
Open Male 5495	15285
Open Male 5511	15330
Open Male 5527	15375
Open Male 5543	15420
Open Male 5559	15465
Open Male 5575	15510
Open Male 5591	15555
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Open Male 5895	16410
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Open Male 5959	16590
Open Male 5975	16635
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Open Male 6039	16815
Open Male 6055	16860
Open Male 6071	16905
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Open Male 6103	16995
Open Male 6119	17040
Open Male 6135	17085
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Open Male 6247	17400
Open Male 6263	17445
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Open Male 6343	17670
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Open Male 6759	18840
Open Male 6775	18885
Open Male 6791	18930
Open Male 6807	18975
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Open Male 6839	19065
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Open Male 6935	19335
Open Male 6951	19380
Open Male 6967	19425
Open Male 6983	19470
Open Male 6999	19515
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Open Male 7063	19695
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Open Male 7095	19785
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Open Male 7127	19875
Open Male 7143	19920
Open Male 7159	19965
Open Male 7175	20010
Open Male 7191	20055
Open Male 7207	20100
Open Male 7223	20145
Open Male 7239	20190
Open Male 7255	20235
Open Male 7271	20280
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Open Male 7431	20730
Open Male 7447	20775
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Open Male 7495	20910
Open Male 7511	20955
Open Male 7527	21000
Open Male 7543	21045
Open Male 7559	21090
Open Male 7575	21135
Open Male 7591	21180
Open Male 7607	21225
Open Male 7623	21270
Open Male 7639	21























# New! COOL CAPS

from... **INZER**  
ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!



- A DENIM CAP** — Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.
- B T'WILL CAPS** — "Constructed" style white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered with two designs to choose from.
- C**

# IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

## IRONWRAPS Z

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The most popular knee wrap in powerlifting!

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

*Patrick Hall*  
Top National Competitor,  
Fireman and C.P.T.

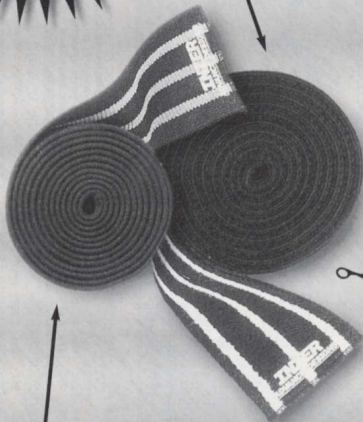


## IRONWRAPS A

ENGINEERED FOR:

- Powerlifters
  - Strongman Competitors
  - Powerbuilders
  - Bodybuilders
  - Various Types of Athletes
  - Doing Multiple Rep Sets
- Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

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SHIFT IN KNEE  
WRAP DESIGN!**



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City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone \_\_\_\_\_  
e-mail \_\_\_\_\_  
Qty. \_\_\_\_\_

Denim Cap (A)	\$16
Twill Cap <input type="checkbox"/> B <input type="checkbox"/> C	\$12
Ironwraps A	\$22
Ironwraps Z	\$22
2 pair	\$40
Shipping	\$5.50
<b>Total</b>	

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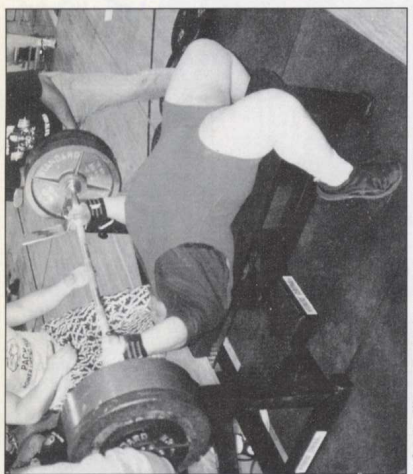
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# The First 700 Lb. Bench Press by a Master Lifter!!

IPA Beast of the Northeast  
15 MAR 03 - Bradford, PA

BENCH	SHW	465
225 kg - DL	140	275
180 kg - DL	140	275
145 kg - DL	140	275
105 kg - DL	140	275
70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275



**John Galligan got his 700 at the Beast of the Northeast, two weeks after Tom Manno had hoped to break the barrier at the WPO Bench Bash for Cash and one week before Bill Gillespie got 700.8 at the WABDL Northwest Regional. (photo provided by Susan McCaslin)**

**USAPL Washington State**  
29 MAR 03 - Edmonds, WA

Bench	225 kg - DL	302.5
180 kg - DL	302.5	
145 kg - DL	302.5	
105 kg - DL	302.5	
70 kg - DL	302.5	
45 kg - DL	302.5	
20 kg - DL	302.5	
10 kg - DL	302.5	
5 kg - DL	302.5	

**USAPL New Mexico State**  
29 MAR 03 - Silver City, NM

Bench	225 kg - DL	315
180 kg - DL	315	
145 kg - DL	315	
105 kg - DL	315	
70 kg - DL	315	
45 kg - DL	315	
20 kg - DL	315	
10 kg - DL	315	
5 kg - DL	315	

**USAPL Colorado Bench Press**  
23 FEB 03 - Sheridan, CO (kg)

Women	181	145
Men	181	145
132	145	
100	145	
75	145	
50	145	
25	145	

**USAPL Georgia and Southern States**  
15 MAR 03 - Duluth, GA

Open	SQ	BP	DL	TOT
M. Stanley	235	157.5	232.5	625
T. Parham	207.5	160	192.5	560
J. Thompson	192.5	160	192.5	545
M. Johnson	255	172.5	290	717.5
F. Luna	237.5	147.5	252.5	637.5
M. Little	207.5	165	200	622.5
C. Savage	260	182.5	282.5	725
J. Thompson	137.5	132.5	157.5	427.5

**USAPL Florida**  
15 MAR 03 - Bradenton, FL

BENCH	SHW	465
225 kg - DL	140	275
180 kg - DL	140	275
145 kg - DL	140	275
105 kg - DL	140	275
70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275

**USAPL New Mexico State**  
29 MAR 03 - Silver City, NM

Bench	225 kg - DL	315
180 kg - DL	315	
145 kg - DL	315	
105 kg - DL	315	
70 kg - DL	315	
45 kg - DL	315	
20 kg - DL	315	
10 kg - DL	315	
5 kg - DL	315	

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15 MAR 03 - Bradenton, FL

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105 kg - DL	140	275
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10 kg - DL	140	275
5 kg - DL	140	275

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70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275

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70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275

**USAPL Florida**  
15 MAR 03 - Bradenton, FL

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225 kg - DL	140	275
180 kg - DL	140	275
145 kg - DL	140	275
105 kg - DL	140	275
70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275

## International Powerlifting Association

"Lifting for Lifters"

### Application for Registration

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ Initial: \_\_\_\_\_ City: \_\_\_\_\_

Street Address: \_\_\_\_\_

State or Province: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Pro: \_\_\_\_\_ Elite/Am: \_\_\_\_\_

Date: \_\_\_\_\_

Sign if above answers are correct. Parents sign if under 18 years.

Registration Fee: Adult \$25 High School and Special Olympics \$15  
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.  
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404, www.ipapower.com

**USAPL New Mexico State**  
29 MAR 03 - Silver City, NM

Bench	225 kg - DL	315
180 kg - DL	315	
145 kg - DL	315	
105 kg - DL	315	
70 kg - DL	315	
45 kg - DL	315	
20 kg - DL	315	
10 kg - DL	315	
5 kg - DL	315	

**USAPL Florida**  
15 MAR 03 - Bradenton, FL

BENCH	SHW	465
225 kg - DL	140	275
180 kg - DL	140	275
145 kg - DL	140	275
105 kg - DL	140	275
70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275

**USAPL Florida**  
15 MAR 03 - Bradenton, FL

BENCH	SHW	465
225 kg - DL	140	275
180 kg - DL	140	275
145 kg - DL	140	275
105 kg - DL	140	275
70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275

**USAPL Florida**  
15 MAR 03 - Bradenton, FL

BENCH	SHW	465
225 kg - DL	140	275
180 kg - DL	140	275
145 kg - DL	140	275
105 kg - DL	140	275
70 kg - DL	140	275
45 kg - DL	140	275
20 kg - DL	140	275
10 kg - DL	140	275
5 kg - DL	140	275

## California Signs & Products

**BANNERS - FLAGS - A-FRAMES** FREE SHIPPING!  
**DIMENSIONAL LETTERS - MAGNETICS** ON 100% OVER A

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**RIPPED FORCE** was the first product I ever used when I started training, and I still religiously drink one before every workout. I keep a cooler of them in my car so I can grab one any time of day.

*- Ernest Dominguez, 4333 Pro Bodybuilder*

**MORE ENERGY.  
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It's no wonder **RIPPED FORCE** IS AMERICA'S #1 SELLING SERIOUS ENERGY DRINK IN THE GYM. Hell, just one taste of its incredible flavor and even more impressive results, and you'll never consider wasting another dollar on some cheap diet pill or tablet.

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THESE PRODUCTS CONTAIN EPHEDRINE WHICH IS A SCHEDULE II DRUG. IT IS A CONTROLLED SUBSTANCE AND MAY CAUSE SERIOUS ADVERSE HEALTH EFFECTS. READ THE LABEL FOR FULL DIRECTIONS.

### WNPF PA STATE CHAMPS

02 MAR 03 - Philadelphia, PA

SQUAT	BENCH PRESS
17-19 Raw	165
20-24	165
25-29	165
30-34	165
35-39	165
40-44	165
45-49	165
50-54	165
55-59	165
60-64	165
65-69	165
70-74	165
75-79	165
80-84	165
85-89	165
90-94	165
95-99	165
100-104	165
105-109	165
110-114	165
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755-759	165
760-764	165
765-769	165
770-774	165
775-779	165
780-784	165
785-789	165
790-794	165
795-799	165
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805-809	165
810-814	165
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840-844	165
845-849	165
850-854	165
855-859	165
860-864	165
865-869	165
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1910-1914	165
1915-1919	165
1920-1924	165
1925-1929	165
1930-1934	165
1935-1939	165
1940-1944	165
1945-1949	165
1950-1954	165
1955-1959	165
1960-1964	165
1965-1969	165
1970-1974	165
1975-1979	165
1980-1984	165
1985-1989	165
1990-1994	165
1995-1999	165
2000-2004	165
2005-2009	165
2010-2014	165
2015-2019	165
2020-2024	165
2025-2029	165
2030-2034	165
2035-2039	165
2040-2044	165
2045-2049	165
2050-2054	165
2055-2059	165
2060-2064	165
2065-2069	165
2070-2074	165
2075-2079	165
2080-2084	165
2085-2089	165
2090-2094	165
2095-2099	165
2100-2104	165
2105-2109	165
2110-2114	165
2115-2119	165
2120-2124	165
2125-2129	165
2130-2134	165
2135-2139	165
2140-2144	165
2145-2149	165
2150-2154	165
2155-2159	165
2160-2164	165
2165-2169	165
2170-2174	165
2175-2179	165
2180-2184	165
2185-2189	165
2190-2194	165
2195-2199	165
2200-2204	165
2205-2209	165
2210-2214	165
2215-2219	1





11 Year Old Tim Stevenson locks out a PR & Missouri State Record 105 @ 85 lb. bodyweight. (SIP photographs courtesy of Dr. Darrell Latch)

setting all new state and national raw records for that class. Kendra made an easy third attempt at 125, then smoked a 150 fourth. Finished with 198 with all new state and national records. "Fitz" Dawn had a few meets under her belt and it showed as she also set all new state and national records for her final bench. Finishing with a solid 240 squat, 132 bench and a strong 300 deadlift. Dawn pulled a great 675 at 148. Twelve year old Tim Stevenson made an attempt at 115, then smoked 150, 180, 210, 240, 270, 300, 330, 360, 390, 420, 450, 480, 510, 540, 570, 600, 630, 660, 690, 720, 750, 780, 810, 840, 870, 900, 930, 960, 990, 1020, 1050, 1080, 1110, 1140, 1170, 1200, 1230, 1260, 1290, 1320, 1350, 1380, 1410, 1440, 1470, 1500, 1530, 1560, 1590, 1620, 1650, 1680, 1710, 1740, 1770, 1800, 1830, 1860, 1890, 1920, 1950, 1980, 2010, 2040, 2070, 2100, 2130, 2160, 2190, 2220, 2250, 2280, 2310, 2340, 2370, 2400, 2430, 2460, 2490, 2520, 2550, 2580, 2610, 2640, 2670, 2700, 2730, 2760, 2790, 2820, 2850, 2880, 2910, 2940, 2970, 3000, 3030, 3060, 3090, 3120, 3150, 3180, 3210, 3240, 3270, 3300, 3330, 3360, 3390, 3420, 3450, 3480, 3510, 3540, 3570, 3600, 3630, 3660, 3690, 3720, 3750, 3780, 3810, 3840, 3870, 3900, 3930, 3960, 3990, 4020, 4050, 4080, 4110, 4140, 4170, 4200, 4230, 4260, 4290, 4320, 4350, 4380, 4410, 4440, 4470, 4500, 4530, 4560, 4590, 4620, 4650, 4680, 4710, 4740, 4770, 4800, 4830, 4860, 4890, 4920, 4950, 4980, 5010, 5040, 5070, 5100, 5130, 5160, 5190, 5220, 5250, 5280, 5310, 5340, 5370, 5400, 5430, 5460, 5490, 5520, 5550, 5580, 5610, 5640, 5670, 5700, 5730, 5760, 5790, 5820, 5850, 5880, 5910, 5940, 5970, 6000, 6030, 6060, 6090, 6120, 6150, 6180, 6210, 6240, 6270, 6300, 6330, 6360, 6390, 6420, 6450, 6480, 6510, 6540, 6570, 6600, 6630, 6660, 6690, 6720, 6750, 6780, 6810, 6840, 6870, 6900, 6930, 6960, 6990, 7020, 7050, 7080, 7110, 7140, 7170, 7200, 7230, 7260, 7290, 7320, 7350, 7380, 7410, 7440, 7470, 7500, 7530, 7560, 7590, 7620, 7650, 7680, 7710, 7740, 7770, 7800, 7830, 7860, 7890, 7920, 7950, 7980, 8010, 8040, 8070, 8100, 8130, 8160, 8190, 8220, 8250, 8280, 8310, 8340, 8370, 8400, 8430, 8460, 8490, 8520, 8550, 8580, 8610, 8640, 8670, 8700, 8730, 8760, 8790, 8820, 8850, 8880, 8910, 8940, 8970, 9000, 9030, 9060, 9090, 9120, 9150, 9180, 9210, 9240, 9270, 9300, 9330, 9360, 9390, 9420, 9450, 9480, 9510, 9540, 9570, 9600, 9630, 9660, 9690, 9720, 9750, 9780, 9810, 9840, 9870, 9900, 9930, 9960, 9990, 10020, 10050, 10080, 10110, 10140, 10170, 10200, 10230, 10260, 10290, 10320, 10350, 10380, 10410, 10440, 10470, 10500, 10530, 10560, 10590, 10620, 10650, 10680, 10710, 10740, 10770, 10800, 10830, 10860, 10890, 10920, 10950, 10980, 11010, 11040, 11070, 11100, 11130, 11160, 11190, 11220, 11250, 11280, 11310, 11340, 11370, 11400, 11430, 11460, 11490, 11520, 11550, 11580, 11610, 11640, 11670, 11700, 11730, 11760, 11790, 11820, 11850, 11880, 11910, 11940, 11970, 12000, 12030, 12060, 12090, 12120, 12150, 12180, 12210, 12240, 12270, 12300, 12330, 12360, 12390, 12420, 12450, 12480, 12510, 12540, 12570, 12600, 12630, 12660, 12690, 12720, 12750, 12780, 12810, 12840, 12870, 12900, 12930, 12960, 12990, 13020, 13050, 13080, 13110, 13140, 13170, 13200, 13230, 13260, 13290, 13320, 13350, 13380, 13410, 13440, 13470, 13500, 13530, 13560, 13590, 13620, 13650, 13680, 13710, 13740, 13770, 13800, 13830, 13860, 13890, 13920, 13950, 13980, 14010, 14040, 14070, 14100, 14130, 14160, 14190, 14220, 14250, 14280, 14310, 14340, 14370, 14400, 14430, 14460, 14490, 14520, 14550, 14580, 14610, 14640, 14670, 14700, 14730, 14760, 14790, 14820, 14850, 14880, 14910, 14940, 14970, 15000, 15030, 15060, 15090, 15120, 15150, 15180, 15210, 15240, 15270, 15300, 15330, 15360, 15390, 15420, 15450, 15480, 15510, 15540, 15570, 15600, 15630, 15660, 15690, 15720, 15750, 15780, 15810, 15840, 15870, 15900, 15930, 15960, 15990, 16020, 16050, 16080, 16110, 16140, 16170, 16200, 16230, 16260, 16290, 16320, 16350, 16380, 16410, 16440, 16470, 16500, 16530, 16560, 16590, 16620, 16650, 16680, 16710, 16740, 16770, 16800, 16830, 16860, 16890, 16920, 16950, 16980, 17010, 17040, 17070, 17100, 17130, 17160, 17190, 17220, 17250, 17280, 17310, 17340, 17370, 17400, 17430, 17460, 17490, 17520, 17550, 17580, 17610, 17640, 17670, 17700, 17730, 17760, 17790, 17820, 17850, 17880, 17910, 17940, 17970, 18000, 18030, 18060, 18090, 18120, 18150, 18180, 18210, 18240, 18270, 18300, 18330, 18360, 18390, 18420, 18450, 18480, 18510, 18540, 18570, 18600, 18630, 18660, 18690, 18720, 18750, 18780, 18810, 18840, 18870, 18900, 18930, 18960, 18990, 19020, 19050, 19080, 19110, 19140, 19170, 19200, 19230, 19260, 19290, 19320, 19350, 19380, 19410, 19440, 19470, 19500, 19530, 19560, 19590, 19620, 19650, 19680, 19710, 19740, 19770, 19800, 19830, 19860, 19890, 19920, 19950, 19980, 20010, 20040, 20070, 20100, 20130, 20160, 20190, 20220, 20250, 20280, 20310, 20340, 20370, 20400, 20430, 20460, 20490, 20520, 20550, 20580, 20610, 20640, 20670, 20700, 20730, 20760, 20790, 20820, 20850, 20880, 20910, 20940, 20970, 21000, 21030, 21060, 21090, 21120, 21150, 21180, 21210, 21240, 21270, 21300, 21330, 21360, 21390, 21420, 21450, 21480, 21510, 21540, 21570, 21600, 21630, 21660, 21690, 21720, 21750, 21780, 21810, 21840, 21870, 21900, 21930, 21960, 21990, 22020, 22050, 22080, 22110, 22140, 22170, 22200, 22230, 22260, 22290, 22320, 22350, 22380, 22410, 22440, 22470, 22500, 22530, 22560, 22590, 22620, 22650, 22680, 22710, 22740, 22770, 22800, 22830, 22860, 22890, 22920, 22950, 22980, 23010, 23040, 23070, 23100, 23130, 23160, 23190, 23220, 23250, 23280, 23310, 23340, 23370, 23400, 23430, 23460, 23490, 23520, 23550, 23580, 23610, 23640, 23670, 23700, 23730, 23760, 23790, 23820, 23850, 23880, 23910, 23940, 23970, 24000, 24030, 24060, 24090, 24120, 24150, 24180, 24210, 24240, 24270, 24300, 24330, 24360, 24390, 24420, 24450, 24480, 24510, 24540, 24570, 24600, 24630, 24660, 24690, 24720, 24750, 24780, 24810, 24840, 24870, 24900, 24930, 24960, 24990, 25020, 25050, 25080, 25110, 25140, 25170, 25200, 25230, 25260, 25290, 25320, 25350, 25380, 25410, 25440, 25470, 25500, 25530, 25560, 25590, 25620, 25650, 25680, 25710, 25740, 25770, 25800, 25830, 25860, 25890, 25920, 25950, 25980, 26010, 26040, 26070, 26100, 26130, 26160, 26190, 26220, 26250, 26280, 26310, 26340, 26370, 26400, 26430, 26460, 26490, 26520, 26550, 26580, 26610, 26640, 26670, 26700, 26730, 26760, 26790, 26820, 26850, 26880, 26910, 26940, 26970, 27000, 27030, 27060, 27090, 27120, 27150, 27180, 27210, 27240, 27270, 27300, 27330, 27360, 27390, 27420, 27450, 27480, 27510, 27540, 27570, 27600, 27630, 27660, 27690, 27720, 27750, 27780, 27810, 27840, 27870, 27900, 27930, 27960, 27990, 28020, 28050, 28080, 28110, 28140, 28170, 28200, 28230, 28260, 28290, 28320, 28350, 28380, 28410, 28440, 28470, 28500, 28530, 28560, 28590, 28620, 28650, 28680, 28710, 28740, 28770, 28800, 28830, 28860, 28890, 28920, 28950, 28980, 29010, 29040, 29070, 29100, 29130, 29160, 29190, 29220, 29250, 29280, 29310, 29340, 29370, 29400, 29430, 29460, 29490, 29520, 29550, 29580, 29610, 29640, 29670, 29700, 29730, 29760, 29790, 29820, 29850, 29880, 29910, 29940, 29970, 30000, 30030, 30060, 30090, 30120, 30150, 30180, 30210, 30240, 30270, 30300, 30330, 30360, 30390, 30420, 30450, 30480, 30510, 30540, 30570, 30600, 30630, 30660, 30690, 30720, 30750, 30780, 30810, 30840, 30870, 30900, 30930, 30960, 30990, 31020, 31050, 31080, 31110, 31140, 31170, 31200, 31230, 31260, 31290, 31320, 31350, 31380, 31410, 31440, 31470, 31500, 31530, 31560, 31590, 31620, 31650, 31680, 31710, 31740, 31770, 31800, 31830, 31860, 31890, 31920, 31950, 31980, 32010, 32040, 32070, 32100, 32130, 32160, 32190, 32220, 32250, 32280, 32310, 32340, 32370, 32400, 32430, 32460, 32490, 32520, 32550, 32580, 32610, 32640, 32670, 32700, 32730, 32760, 32790, 32820, 32850, 32880, 32910, 32940, 32970, 33000, 33030, 33060, 33090, 33120, 33150, 33180, 33210, 33240, 33270, 33300, 33330, 33360, 33390, 33420, 33450, 33480, 33510, 33540, 33570, 33600, 33630, 33660, 33690, 33720, 33750, 33780, 33810, 33840, 33870, 33900, 33930, 33960, 33990, 34020, 34050, 34080, 34110, 34140, 34170, 34200, 34230, 34260, 34290, 34320, 34350, 34380, 34410, 34440, 34470, 34500, 34530, 34560, 34590, 34620, 34650, 34680, 34710, 34740, 34770, 34800, 34830, 34860, 34890, 34920, 34950, 34980, 35010, 35040, 35070, 35100, 35130, 35160, 35190, 35220, 35250, 35280, 35310, 35340, 35370, 35400, 35430, 35460, 35490, 35520, 35550, 35580, 35610, 35640, 35670, 35700, 35730, 35760, 35790, 35820, 35850, 35880, 35910, 35940, 35970, 36000, 36030, 36060, 36090, 36120, 36150, 36180, 36210, 36240, 36270, 36300, 36330, 36360, 36390, 36420, 36450, 36480, 36510, 36540, 36570, 36600, 36630, 36660, 36690, 36720, 36750, 36780, 36810, 36840, 36870, 36900, 36930, 36960, 36990, 37020, 37050, 37080, 37110, 37140, 37170, 37200, 37230, 37260, 37290, 37320, 37350, 37380, 37410, 37440, 37470, 37500, 37530, 37560, 37590, 37620, 37650, 37680, 37710, 37740, 37770, 37800, 37830, 37860, 37890, 37920, 37950, 37980, 38010, 38040, 38070, 38100, 38130, 38160, 38190, 38220, 38250, 38280, 38310, 38340, 38370, 38400, 38430, 38460, 38490, 38520, 38550, 38580, 38610, 38640, 38670, 38700, 38730, 38760, 38790, 38820, 38850, 38880, 38910, 38940, 38970, 39000, 39030, 39060, 39090, 39120, 39150, 39180, 39210, 39240, 39270, 39300, 39330, 39360, 39390, 39420, 39450, 39480, 39510, 39540, 39570, 39600, 39630, 39660, 39690, 39720, 39750, 39780, 39810, 39840, 39870, 39900, 39930, 39960, 39990, 40020, 40050, 40080, 40110, 40140, 40170, 40200, 40230, 40260, 40290, 40320, 40350, 40380, 40410, 40440, 40470, 40500, 40530, 40560, 40590, 40620, 40650, 40680, 40710, 40740, 40770, 40800, 40830, 40860, 40890, 40920, 40950, 40980, 41010, 41040, 41070, 41100, 41130, 41160, 41190, 41220, 41250, 41280, 41310, 41340, 41370, 41400, 41430, 41460, 41490, 41520, 41550, 41580, 41610, 41640, 41670, 41700, 41730, 41760, 41790, 41820, 41850, 41880, 41910, 41940, 41970, 42000, 42030, 42060, 42090, 42120, 42150, 42180, 42210, 42240, 42270, 42300, 42330, 42360, 42390, 42420, 42450, 42480, 42510, 42540, 42570, 42600, 42630, 42660, 42690, 42720, 42750, 42780, 42810, 42840, 42870, 42900, 42930, 42960, 42990, 43020, 43050, 43080, 43110, 43140, 43170, 43200, 43230, 43260, 43290, 43320, 43350, 43380, 43410, 43440, 43470, 43500, 43530, 43560, 43590, 43620, 43650, 43680, 43710, 43740, 43770, 43800, 43830, 43860, 43890, 43920, 43950, 43980, 44010, 44040, 44070, 44100, 44130, 44160, 44190, 44220, 44250, 44280, 44310, 44340, 44370, 44400, 44430, 44460, 44490, 44520, 44550, 44580, 44610, 44640, 44670, 44700, 44730, 44760, 44790, 44820, 44850, 44880, 44910, 44940, 44970, 45000, 45030, 45060, 45090, 45120, 45150, 45180, 45210, 45240, 45270, 45300, 45330, 45360, 45390, 45420, 45450, 45480, 45510, 45540, 45570, 45600, 45630, 45660, 45690, 45720, 45750, 45780, 45810, 45840, 45870, 45900, 45930, 45960, 45990, 46020, 46050, 46080, 46110, 46140, 46170, 46200, 46230, 46260, 46290, 46320, 46350, 46380, 46410, 46440, 46470, 46500, 46530, 46560, 46590, 46620, 46650, 46680, 46710, 46740, 46770, 46800, 46830, 46860, 46890, 46920, 46950, 46980, 47010, 47040, 47070, 47100, 47130, 47160, 47190, 47220, 47250, 47280, 47310, 47340, 47370, 47400, 47430, 47460, 47490, 47520, 47550, 47580, 47610, 47640, 47670, 47700, 47730, 47760, 47790, 47820, 47850, 47880, 47910, 47940, 47970, 48000, 48030, 48060, 48090, 48120, 48150, 48180, 48210, 48240, 48270, 48300, 48330, 48360, 48390, 48420, 48450, 48480, 48510, 48540, 48570, 48600, 48630, 48660, 48690, 48720, 48750, 48780, 48810, 48840, 48870, 48900, 48930, 48960, 48990, 49020, 49050, 49080, 49110, 49140, 49170, 49200, 49230, 49260, 49290, 49320, 49350, 49380, 49410, 49440, 49470, 49500, 49530, 49560, 49590, 49620, 49650, 49680, 49710, 49740, 49770, 49800, 49830, 49860, 49890, 49920, 49950, 49980, 50010, 50040, 50070, 50100, 50130, 50160, 50190, 50220, 50250, 50280, 50310, 50340, 50370, 50400, 50430, 50460, 50490, 50520, 50550, 50580, 50610, 50640, 50670, 50700, 50730, 50760, 50790, 50820, 50850, 50880, 50910, 50940, 50970, 51000, 51030, 51060, 51090, 51120, 51150, 51180, 51210, 51240, 51270, 51300, 51330, 51360, 51390, 51420, 51450, 51480, 51510, 51540, 51570, 51600, 51630, 51660, 51690, 51720, 51750, 51780, 51810, 51840, 51870, 51900, 51930, 51960, 51990, 52020, 52050, 52080, 52110, 52140, 52170, 52200, 52230, 52260, 52290, 52320, 52350, 52380, 52410, 52440, 52470, 52500, 52530, 52560, 52590, 52620, 52650, 52680, 52710, 52740, 52770, 52800, 52830, 52860, 52890, 52920, 52950, 52980, 53010, 53040, 53070, 53100, 53130, 53160, 53190, 53220, 53250, 53280, 53310, 5334



**St. Patrick's Day BP/DL**

08 March 03 - Fredricksburg, VA	275	David Burruss	425
Men's Open 148	310	Timothy Minor	450
Scott Zerbe	225	Men's Master 30+	410
Men's Open 181	345	David Stanley	375
Dan Noel	300	Men's Open 148	460
Clay Brickton	320	Timothy Minor	450
Men's Open 220	425	Men's Open 148	450
Thomas Conforti	245	Men's Open 148	450
George Farrell	415	Men's Open 148	450
Men's Open 220	425	Men's Open 148	450
Jason Ogle	440	Men's Open 148	450
Men's Open 242	440	Men's Open 148	450
Men's Open 275	465	Men's Open 148	450
Men's Open 300	485	Men's Open 148	450
Men's Open 330	500	Men's Open 148	450
Men's Open 360	520	Men's Open 148	450
Men's Open 390	540	Men's Open 148	450
Men's Open 420	560	Men's Open 148	450
Men's Open 450	580	Men's Open 148	450
Men's Open 480	600	Men's Open 148	450
Men's Open 510	620	Men's Open 148	450
Men's Open 540	640	Men's Open 148	450
Men's Open 570	660	Men's Open 148	450
Men's Open 600	680	Men's Open 148	450
Men's Open 630	700	Men's Open 148	450
Men's Open 660	720	Men's Open 148	450
Men's Open 690	740	Men's Open 148	450
Men's Open 720	760	Men's Open 148	450
Men's Open 750	780	Men's Open 148	450
Men's Open 780	800	Men's Open 148	450
Men's Open 810	820	Men's Open 148	450
Men's Open 840	840	Men's Open 148	450
Men's Open 870	860	Men's Open 148	450
Men's Open 900	880	Men's Open 148	450
Men's Open 930	900	Men's Open 148	450
Men's Open 960	920	Men's Open 148	450
Men's Open 990	940	Men's Open 148	450
Men's Open 1020	960	Men's Open 148	450
Men's Open 1050	980	Men's Open 148	450
Men's Open 1080	1000	Men's Open 148	450
Men's Open 1110	1020	Men's Open 148	450
Men's Open 1140	1040	Men's Open 148	450
Men's Open 1170	1060	Men's Open 148	450
Men's Open 1200	1080	Men's Open 148	450
Men's Open 1230	1100	Men's Open 148	450
Men's Open 1260	1120	Men's Open 148	450
Men's Open 1290	1140	Men's Open 148	450
Men's Open 1320	1160	Men's Open 148	450
Men's Open 1350	1180	Men's Open 148	450
Men's Open 1380	1200	Men's Open 148	450
Men's Open 1410	1220	Men's Open 148	450
Men's Open 1440	1240	Men's Open 148	450
Men's Open 1470	1260	Men's Open 148	450
Men's Open 1500	1280	Men's Open 148	450
Men's Open 1530	1300	Men's Open 148	450
Men's Open 1560	1320	Men's Open 148	450
Men's Open 1590	1340	Men's Open 148	450
Men's Open 1620	1360	Men's Open 148	450
Men's Open 1650	1380	Men's Open 148	450
Men's Open 1680	1400	Men's Open 148	450
Men's Open 1710	1420	Men's Open 148	450
Men's Open 1740	1440	Men's Open 148	450
Men's Open 1770	1460	Men's Open 148	450
Men's Open 1800	1480	Men's Open 148	450
Men's Open 1830	1500	Men's Open 148	450
Men's Open 1860	1520	Men's Open 148	450
Men's Open 1890	1540	Men's Open 148	450
Men's Open 1920	1560	Men's Open 148	450
Men's Open 1950	1580	Men's Open 148	450
Men's Open 1980	1600	Men's Open 148	450
Men's Open 2010	1620	Men's Open 148	450
Men's Open 2040	1640	Men's Open 148	450
Men's Open 2070	1660	Men's Open 148	450
Men's Open 2100	1680	Men's Open 148	450
Men's Open 2130	1700	Men's Open 148	450
Men's Open 2160	1720	Men's Open 148	450
Men's Open 2190	1740	Men's Open 148	450
Men's Open 2220	1760	Men's Open 148	450
Men's Open 2250	1780	Men's Open 148	450
Men's Open 2280	1800	Men's Open 148	450
Men's Open 2310	1820	Men's Open 148	450
Men's Open 2340	1840	Men's Open 148	450
Men's Open 2370	1860	Men's Open 148	450
Men's Open 2400	1880	Men's Open 148	450
Men's Open 2430	1900	Men's Open 148	450
Men's Open 2460	1920	Men's Open 148	450
Men's Open 2490	1940	Men's Open 148	450
Men's Open 2520	1960	Men's Open 148	450
Men's Open 2550	1980	Men's Open 148	450
Men's Open 2580	2000	Men's Open 148	450
Men's Open 2610	2020	Men's Open 148	450
Men's Open 2640	2040	Men's Open 148	450
Men's Open 2670	2060	Men's Open 148	450
Men's Open 2700	2080	Men's Open 148	450
Men's Open 2730	2100	Men's Open 148	450
Men's Open 2760	2120	Men's Open 148	450
Men's Open 2790	2140	Men's Open 148	450
Men's Open 2820	2160	Men's Open 148	450
Men's Open 2850	2180	Men's Open 148	450
Men's Open 2880	2200	Men's Open 148	450
Men's Open 2910	2220	Men's Open 148	450
Men's Open 2940	2240	Men's Open 148	450
Men's Open 2970	2260	Men's Open 148	450
Men's Open 3000	2280	Men's Open 148	450

**Bonnie Craube** benched 260 weighing 156 and 48 years of age at the St. Patrick's Day BP/DL meet. (photo courtesy of John Craube)

Men's Open 148	440*	281*	463	1185*	55	501*	132	688
Men's Open 181	341	253	435*	1030	551			
Men's Open 220	440*	352*	529*	1322*	132			
Men's Open 275	551	600	716	1815*	187	121	242	551
Men's Open 330	716	815	951	2266*	154*	121*	248*	523*
Men's Open 390	951	1080	1266	2807*	496			
Men's Open 450	1266	1440	1680	3526*	551			
Men's Open 510	1680	1905	2266	4411*	600	402	589	1592
Men's Open 570	1905	2200	2600	5305*	782	424	600	1807
Men's Open 630	2200	2550	3000	6255*	1030	529	363	496
Men's Open 690	2550	2950	3400	7255*	1388			
Men's Open 750	2950	3400	3900	8305*	1807			
Men's Open 810	3400	3900	4400	9405*	2200			
Men's Open 870	3900	4400	4900	10555*	2600			
Men's Open 930	4400	4900	5400	11755*	3000			
Men's Open 990	4900	5400	5900	13005*	3400			
Men's Open 1050	5400	5900	6400	14305*	3800			
Men's Open 1110	5900	6400	6900	15655*	4200			
Men's Open 1170	6400	6900	7400	17055*	4600			
Men's Open 1230	6900	7400	7900	18505*	5000			
Men's Open 1290	7400	7900	8400	19955*	5400			
Men's Open 1350	7900	8400	8900	21455*	5800			
Men's Open 1410	8400	8900	9400	22955*	6200			
Men's Open 1470	8900	9400	9900	24505*	6600			
Men's Open 1530	9400	9900	10400	26055*	7000			
Men's Open 1590	9900	10400	10900	27655*	7400			
Men's Open 1650	10400	10900	11400	29255*	7800			
Men's Open 1710	10900	11400	11900	30855*	8200			
Men's Open 1770	11400	11900	12400	32455*	8600			
Men's Open 1830	11900	12400	12900	34055*	9000			
Men's Open 1890	12400	12900	13400	35655*	9400			
Men's Open 1950	12900	13400	13900	37255*	9800			
Men's Open 2010	13400	13900	14400	38855*	10200			
Men's Open 2070	13900	14400	14900	40455*	10600			
Men's Open 2130	14400	14900	15400	42055*	11000			
Men's Open 2190	14900	15400	15900	43655*	11400			
Men's Open 2250	15400	15900	16400	45255*	11800			
Men's Open 2310	15900	16400	16900	46855*	12200			
Men's Open 2370	16400	16900	17400	48455*	12600			
Men's Open 2430	16900	17400	17900	50055*	13000			
Men's Open 2490	17400	17900	18400	51655*	13400			
Men's Open 2550	17900	18400	18900	53255*	13800			
Men's Open 2610	18400	18900	19400	54855*	14200			
Men's Open 2670	18900	19400	19900	56455*	14600			
Men's Open 2730	19400	19900	20400	58055*	15000			
Men's Open 2790	19900	20400	20900	59655*	15400			
Men's Open 2850	20400	20900	21400	61255*	15800			
Men's Open 2910	20900	21400	21900	62855*	16200			
Men's Open 2970	21400	21900	22400	64455*	16600			
Men's Open 3030	21900	22400	22900	66055*	17000			
Men's Open 3090	22400	22900	23400	67655*	17400			
Men's Open 3150	22900	23400	23900	69255*	17800			
Men's Open 3210	23400	23900	24400	70855*	18200			
Men's Open 3270	23900	24400	24900	72455*	18600			
Men's Open 3330	24400	24900	25400	74055*	19000			
Men's Open 3390	24900	25400	25900	75655*	19400			
Men's Open 3450	25400	25900	26400	77255*	19800			
Men's Open 3510	25900	26400	26900	78855*	20200			
Men's Open 3570	26400	26900	27400	80455*	20600			
Men's Open 3630	26900	27400	27900	82055*	21000			
Men's Open 3690	27400	27900	28400	83655*	21400			
Men's Open 3750	27900	28400	28900	85255*	21800			
Men's Open 3810	28400	28900	29400	86855*	22200			
Men's Open 3870	28900	29400	29900	88455*	22600			
Men's Open 3930	29400	29900	30400	90055*	23000			
Men's Open 3990	29900	30400	30900	91655*	23400			
Men's Open 4050	30400	30900	31400	93255*	23800			
Men's Open 4110	30900	31400	31900	94855*	24200			
Men's Open 4170	31400	31900	32400	96455*	24600			
Men's Open 4230	31900	32400	32900	98055*	25000			
Men's Open 4290	32400	32900	33400	99655*	25400			
Men's Open 4350	32900	33400	33900	101255*	25800			
Men's Open 4410	33400	33900	34400	102855*	26200			
Men's Open 4470	33900	34400	34900	104455*	26600			
Men's Open 4530	34400	34900	35400	106055*	27000			
Men's Open 4590	34900	35400						







(article continued from page 5)  
stimulation, acupuncture, and deep tissue massage three times a week. After the layoff, he began training again with top-end exercises including high board presses and rack lockouts, carefully avoiding stress to the damaged pec. He soon resumed his every other week trek to Nazareth, Pennsylvania to train with Mike Miller and his crew, and slowly his confidence in full recovery from the injury began to mount.

Crawford arrived at the Bethlehem PA Comfort Suites three days early to get himself prepared for the Beast of the Bench. "I spent my time mentally rehearsing the lift, thinking about all the sacrifices I had made and focusing my energy on making a clean lift with 785". On the day of the meet he sequestered himself in his motel room until it was time to warm up for the last flight. Jenny Burkey cleared a path through the crowded room to the bench and Bill went to work. "My warmups went great, and I was planning to go 710, 785, and something freaky on my third. When I was lowering my 710 opener I felt the support drop out from my shirt. I touched the weight and pushed it back-up, but it felt like a raw lift coming off the bottom. As soon as I got off the bench I saw that my right sleeve had blown. Some-



How Far Over 800 Can Bill Go? (all photographs by John Graube)

spoke a word as he approached the bench, sat-down and focused himself for the heaviest bench press in the history of powerlifting. The handoff was smooth, and Crawford lowered the bar under control to his chest. Head judge Mark Chaillet gave the press command and, in his deliberate "grinding" style, Bill inched the weight to lockout. Chaillet gave the rack command and two white lights and one red lit as the bar was hoisted to the rack. The audience was stunned when Crawford announced that he declined to accept the lift. Crawford explained later, "I wanted the lift to be above reproach. Four years ago, when I did the Arnold Classic, I missed an important lift because I racked the weight too fast, and I promised myself that would never happen again. I have made it a practice to hold the weight at lockout for two seconds after the rack command, so I would never be vulnerable to that criticism, and after I locked out 805 I was unable to hold it. Every time someone hits a record lift a wave of internet bashing follows that is moving the sport backwards, and I felt that declining the lift was the right thing to do. It doesn't matter ...



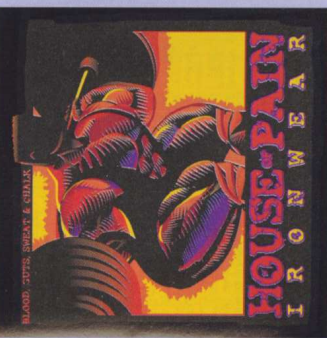
Bill Won The Sword as Best Lifter at the Beast of the Bench competition.

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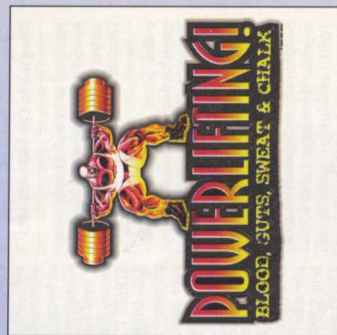


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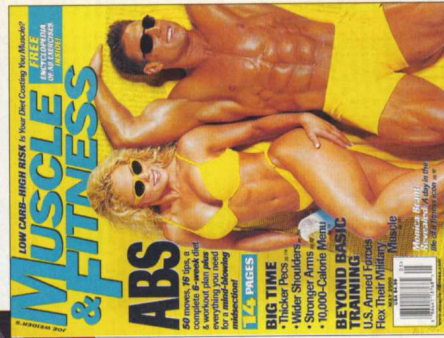
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