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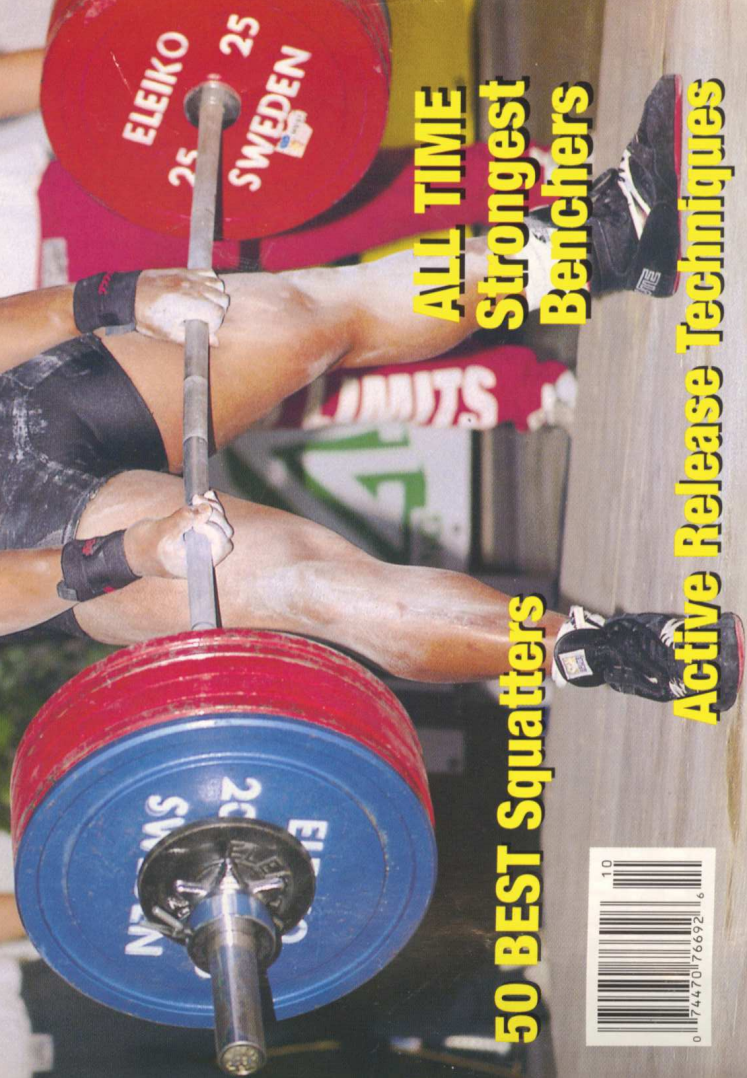
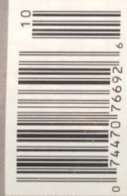
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ON THE COVER Gene Bell lifting at the IPF Worlds.

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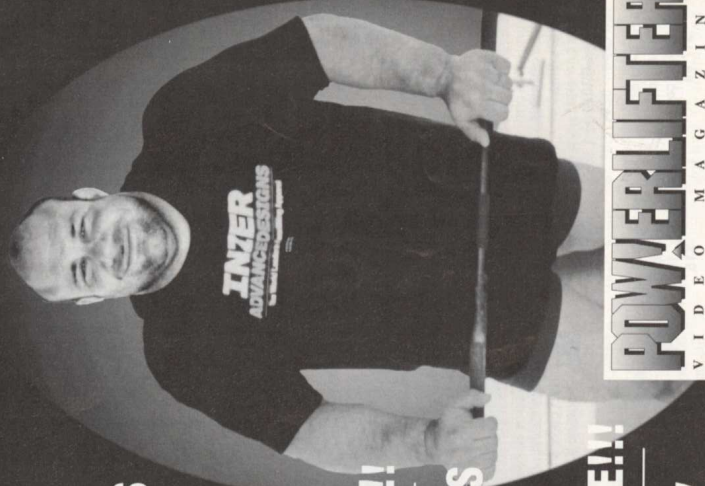
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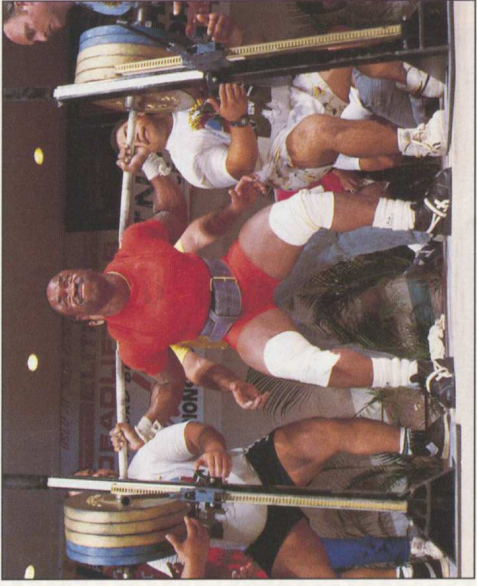
INTERVIEW

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

Gene Bell interviewed for Powerlifting USA by Larry Miller

LM: Gene, let's start out with some background information about you. How old are you, are you married, do you have any children and what do you do for a living?

GB: I'm 46 and married to my wonderful wife Dianna. We have a son named Ian. I served 21 years in the United States Air Force as an enlisted officer in the services career field. I managed dining facilities, lodging operations and fitness centers in the Air Force during my tenure. During my Air Force career, I was inducted into the Air Force Heritage Hall of Fame and United States Air Sports Hall of Fame. I am a member of the Air Force Athlete of the Year, Pacific Air Command Athlete of the Year and United States Air Forces in Europe Athlete of the Year. I also went undefeated in 8 consecutive Air Force and Armed Forces National meets plus a couple of national and IFF world titles.



Gene Bell went 2110 @ 181, with an 843 squat, at the '88 Hawaii Record Breakers.

LM: How and when did you get started in Powerlifting?

GB: I grew up in Barrow, Fla., the county seat, an area known for producing world class athletes. As a high school athlete I was trying to find a way to become a better athlete in the off season for football, so I started working out on my own in my parent's backyard school. In 1974, my high school introduced weightlifting as a sport; I soon dropped my passion for basketball and started being a regular in our high school weight room. I lettered in several high school sports and garnered two Florida High School weightlifting titles in 1974 and 1975. I entered my first official powerlifting meet in 1975 in Tampa, Florida - after that meet I was hooked.

GB: I still hold the highest posted total in a sanctioned meet (APF/USPF) in the 181 class with a 2110 total. I also hold general USAPL National and American records in the masters division in the 198 and 220 weight division. I have set a lot of records in the masters division in few different federations. I still hold the Netherlander National Bench press record of 240 kilo's at 220 pounds. My best lifts in meet are: 165 - 688 lbs, 441 lbs, 683 lbs; 181 - 843 lbs; 529 lbs; 733 lbs; 198 - 871 lbs; 545 lbs; 766 lbs.

LM: I know that you are recovering from recent surgery, but what is your normal routine for all three lifts?

GB: Yes, I'm the walking wounded. I normally train three days a week, hitting the core lifts once a week with some special exercise movements included to round out the conditioning work. My work-outs last for about two

hours and I also complete some cross training three days a week with racquetball, jump rope or sprint work.

LM: I have witnessed you drop a fair amount of weight in a short period of time. What is your secret?

GB: I normally consume a large amount of calories with regularity when I'm training hard. So when I start to cut back on the calories the weight just starts flying off. The last couple of pounds are lost overnight without much effort. I eat fairly clean, most of the year, so staying fairly lean is no problem.

LM: Do you follow any special nutrition program?

GB: My dietary requirements are simple, nothing fancy or complicated. I try to stick to four to six well-balanced meals a day and limit the alcohol consumption for special events.

LM: Last year in speaking with Ed Coan, I asked him to name

his three top powerlifters of all time and you were on his list. Who are your top three squatters, benchers and deadlifters?

GB: My top three squatters would be Steve Goggins, Ed Coan and Ausby/Alexander. My best benchers would be Larry Miller, Deborah Ferrill and Jill Mills. My selection best deadlifters would be Ed Coan, Ausby/Alexander and Lamar Cant.

LM: As a master lifter, do you still have any desire to compete at the open level?

GB: After competing at an elite level pace for twenty years, I don't have a desire to compete at the open level anymore - I have lost the hunger. At this point, it is too time consuming for my present life style, but I do train at a level whereby I could easily go in a national meet and hold my own.

LM: Do you have any remaining goals left in your sport?

GB: I would like to stay active at the grass roots level and keep helping where I can in the sport. Texas is known for its powerlifting availability, it has something for everyone, Johnny Graham and Gary Pendergrass do an awesome

job promoting the sport in Texas; both guys are the best in the business at organizing powerlifting meets.

LM: I know you use Titan equipment. You and Pete Alaniz go back a long way. How has Pete helped your lifting?

GB: Pete is a great guy and has always been there for me as a friend. Pete has provided me with world class powerlifting gear for over a decade. He knows my gear sizing like the back of his hand, so I get a perfect fit every time.

LM: I know you've met a great number of lifters throughout your illustrious career. Any special lifters or friendships stand out?

INTERVIEW

Sioux-z Hartwig interviewed by Liz Willett

LW: How about a little background information.
SH: Date of birth: October 5, 1968. Residence: Bethesda, MD. Occupation: Nationally Certified Massage Therapist. Interests outside of powerlifting: I enjoy dancing, art projects, collecting tigers, movies, concerts, dining out and spending quality time with family and friends. Teasylifting. In 1991 I competed in my first competition. After a short break, I resumed training in August 1992 and have been consistent ever since.

LW: What got you interested in powerlifting?
SH: In the summer 1990, I lifted on a Universal machine with some coworkers. One of them noticed my strength and suggested I try powerlifting. In the spring 1991 I found some people on the Intramural Powerlifting Team at South Dakota State University. Within the next three months I had three competitions under my belt. I totaled 90 pounds less than the current ADFFPA national champion. Despite my inexperience, I lifted could win nationals with proper training and technique. Weight Class: 105 and 114 pound. I have staved at 114 lbs since 2001. Best lifts: Squat: 369 @ meet, 375 in gym. Bench: 214 @ meet, 220 in gym (210 for a triple). Deadlift: 369 @ meet, 365 in gym. Records titles held: National & American Records in the Squat and Bench Press: State Records in the 105 and 114 classes in SD, MD and VA, 1993 ADFFPA National Champion @ 105, 1993 WDFPF World Champ @ 105, 1994 USPF Bench National Champ @ 105, 1995 Lifetime Drug Free National Champ @ 105, 1997 USPF Bench National Champ @ 114, 1999, 2000 USAPL National Champ @ 105, 2001, 2002, 2003 USAPL National Champ @ 114, Bronze Medal IPF Worlds in Bench 2000, 2001, Bronze Medal OVERALL - IPF Worlds 2002, GOLD medal OVERALL - USPF ADFFPA Lifetime Drug Free, USAPL. Currently only the USAPL.

LW: Can you tell us a little about your workout schedule on a basic week?
SH: Monday - Heavy Bench, Tuesday - Deadlift, Thursday - Light Bench, Friday - Squat. A typical workout lasts 90 minutes and includes the core lift followed by assistance exercises targeting my weaknesses.

LW: What does your diet consist of and what supplements do you take?
SH: When I competed at 105, my diet consisted mainly of chicken, turkey burger, tuna, eggs, whites oatmeal, vegetables, and apples. At 114 I eat most foods, just in smaller amounts. I start my day with oatmeal and scrambled egg whites. I then try to eat 4-5 smaller meals throughout the day. Most of my carbohydrates come from oatmeal, veggies, and apples. Occasionally I eat rice, pasta, potatoes, and bread. My main protein sources are pork chops, turkey, chicken and tuna. I eat red meat once a week. I drink at least one gallon of water a day. On a good day, I'll drink two. I supplement my diet with a multi-vitamin, calcium, protein powder, and glutamine. I eat clean during the week

and moved to the Washington DC area to train and to my rescue this past year when I no longer had a squat training partner and coached me at the World's in Chicago. I would also like to thank Lance Breeden and Jeff Cook for being my bench training partners for the past year and a half, Mike O'Donnell for his help coaching me at the past few Worlds (thanks for telling it like it is... Shut up about the squat, it is time to bench!), Pete Alaniz of Titan for all of the gear throughout the years, my sponsors for their support, and last but not least... my wonderful family and friends that have been there for me throughout the process. NEVER give up your dreams - shoot for the stars!

LW: What have been your biggest obstacles to overcome?
SH: When I was 13 I asked my mom for a weight set for Christmas. Instead she gave me 3 lb. dumbbells because she was afraid I would hurt myself. In high school I started lifting and was told, "girls don't lift." I did not lift again until college and then it was a different story. As soon as they saw how naturally strong I was, I was told I should compete. I then had to find a place to train after I graduated college. I knew there were numerous gyms and lifters so I moved to the Washington DC area to train and

follow my dreams. My biggest physical obstacle was the lower back and hip injury that stopped me from squatting for almost 6 months.

LW: You have been to numerous IPF World meets. Tell us the places you have been and how competing internationally differs from the US.

SH: I have traveled all over, In order: Norway, Denmark, Argentina, The Czech Republic, Japan, Germany, and the USA. Competing internationally means stricter judging, travel concerns including fatigue, dehydration, cramping, and proper nutrition. I travel a few days ahead of time to help combat jet lag. I never know how my body is going to react to local cuisine so I often bring canned tuna and oatmeal. Competing abroad also means experiencing different cultures, foods (after competing), and exploring other countries.

LW: If you could give one of Sioux's secrets to success, what would that be?
SH: Never give up! Do not let others keep you down. I recently learned to mix up my training. For years I did the same training rou-

time and had only small gains. I switch my routines every cycle or to your body when it fails to you. A difference between good pain and bad pain. Fatigue and muscular soreness are good; it means you are working hard. Sharp pains and muscular strains that won't go away are bad. If your body needs

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Sioux-z Hartwig on her way to the IPF Women's World Championship in Chicago.

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Pyros Dimas (GRE) has had his head in the jaws of the 2000 Olympics when he missed his first two snatches. But once again proving that a ego head is strong back he fought his way back. Sure enough, Dimas ended up three-palling in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. *Ronald J. Strossen, Ph.D. photo Sydney, Australia. (From the book MILO June 2002, pp. 10-15.)*

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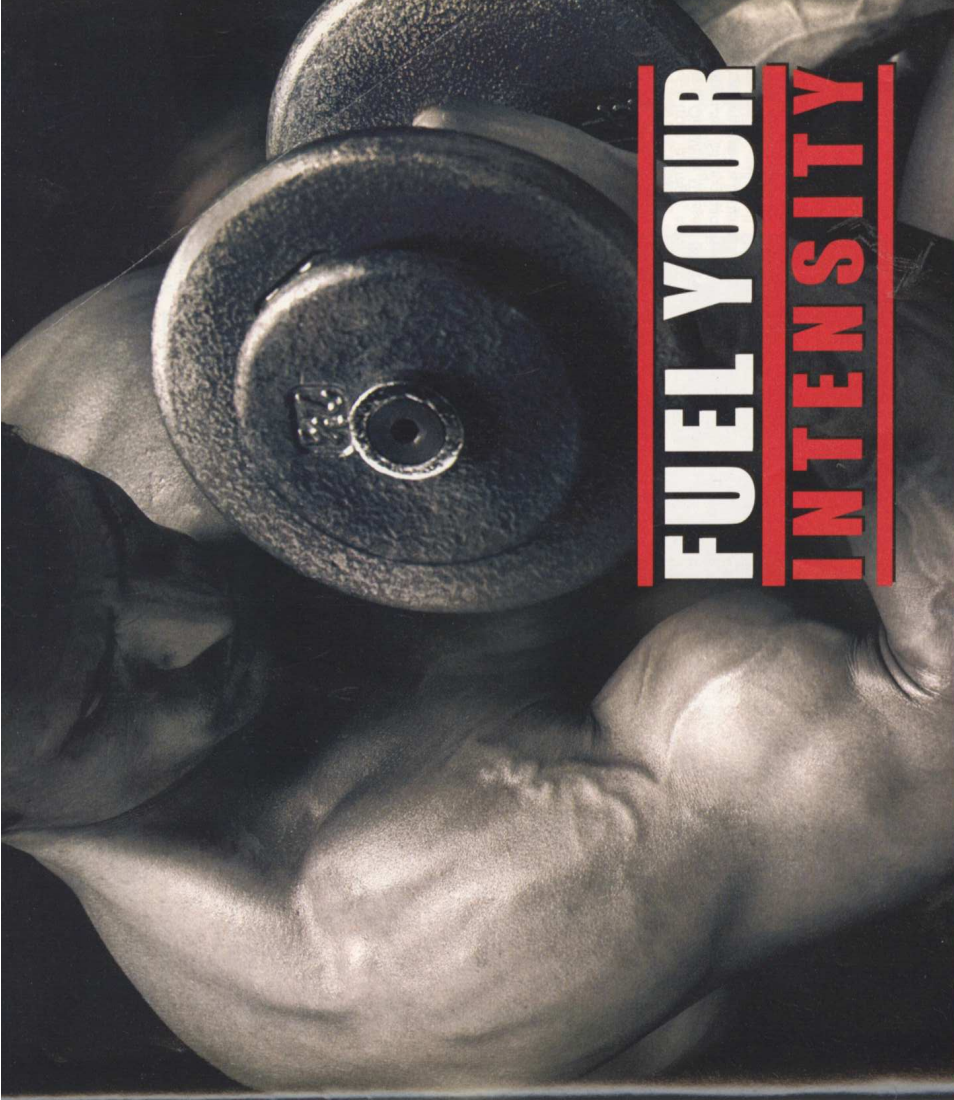
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| 6 | 500.0 | 1089.27 | 67FIN | 130.70 | 01MAR03 | 01MAR03 | Columbus, OH | 5141 | 246,947 | WPC |
| 7 | 490.5 | 1103.41 | 67USA | 149.50 | 12NOV95 | 01MAR03 | Columbus, OH | 5419 | 246,835 | APF |
| 8 | 455.5 | 1004.20 | 67USA | 150.00 | 12NOV95 | 01MAR03 | Columbus, OH | 5419 | 246,835 | APF |
| 9 | 455.5 | 1004.20 | 67USA | 150.00 | 12NOV95 | 01MAR03 | Columbus, OH | 5419 | 246,835 | APF |
| 10 | 467.5 | 1030.66 | 71GBR | 124.80 | 15AUG99 | 28MAY89 | Gateshead, GBR | 9780 | 244,500 | IPF |
| 11 | 357.5 | 788.15 | 73USA | 72.62 | 28FEB03 | 28FEB03 | Rosemont, IL | 5213 | 243,708 | APF |
| 12 | 460.0 | 1014.13 | 42USA | 117.00 | 23MAR87 | 23MAR87 | Columbus, OH | 4816 | 243,672 | WPO |
| 13 | 438.1 | 1010.00 | 57USA | 117.93 | 14NOV98 | 23MAR87 | Honolulu, HI | 5296 | 243,616 | USPF |
| 14 | 387.5 | 854.29 | 69RUS | 81.50 | 22MAR03 | 14NOV98 | Huntington, PA | 52885 | 242,281 | USAPL |
| 15 | 362.9 | 800.00 | 33USA | 74.84 | 22NOV96 | 22NOV96 | Red Deer, CAN | 4246 | 242,033 | WPC |
| 16 | 380.0 | 727.53 | 61USA | 74.84 | 08NOV02 | 08NOV02 | New Orleans, LA | 5853 | 241,436 | WPO |
| 17 | 425.5 | 811.01 | 61USA | 90.00 | 08NOV02 | 08NOV02 | New Orleans, LA | 5853 | 241,436 | WPO |
| 18 | 395.0 | 650.36 | 56USA | 60.00 | 07NOV80 | 28FEB03 | Arlington, TX | 8128 | 239,776 | IPF |
| 19 | 358.0 | 189.25 | 65USA | 74.50 | 16NOV86 | 28FEB03 | Columbus, OH | 6680 | 239,144 | WPO |
| 20 | 455.0 | 1003.10 | 66USA | 121.45 | 23JUL95 | 01MAR03 | Baton Rouge, LA | 52555 | 239,125 | USPF |
| 21 | 471.0 | 1038.38 | 78ISR | 136.70 | 01MAR03 | 01MAR03 | Columbus, OH | 5070 | 238,797 | WPO |
| 22 | 383.3 | 845.00 | 61USA | 82.00 | 28MAR93 | 28MAR93 | Lancaster, PA | 5219 | 238,365 | APA |
| 23 | 435.0 | 959.01 | 59USA | 103.42 | 11APR98 | 11APR98 | Aurora, IL | 5466 | 238,200 | WPO |
| 24 | 382.5 | 843.27 | 36USA | 75.00 | 19NOV00 | 24FEB02 | Dayton, OH | 5162 | 236,682 | APF |
| 25 | 402.5 | 882.26 | 72USA | 90.00 | 24FEB02 | 24FEB02 | Columbus, OH | 5853 | 235,583 | WPO |
| 26 | 446.8 | 985.0 | 58USA | 120.20 | 16NOV86 | 16NOV86 | Maui, HI | 5268 | 235,368 | APF |
| 27 | 380.0 | 837.76 | 57USA | 82.50 | 10JUL82 | 10JUL82 | Dayton, OH | 6193 | 235,334 | USPF |
| 28 | 465.0 | 1025.15 | 72USA | 138.75 | 09NOV02 | 09NOV02 | New Orleans, LA | 5084 | 234,081 | WPO |
| 29 | 320.0 | 710.99 | USA | 67.50 | 28JUL90 | 28FEB03 | Pittsburg, PA | 7258 | 234,071 | APF |
| 30 | 322.5 | 710.99 | USA | 67.50 | 28JUL90 | 28FEB03 | Pittsburg, PA | 7258 | 234,071 | APF |
| 31 | 350.0 | 771.62 | 70USA | 74.85 | 24FEB02 | 24FEB02 | Columbus, OH | 6680 | 233,600 | WPO |
| 32 | 351.0 | 773.82 | 70USA | 74.85 | 24FEB02 | 24FEB02 | Columbus, OH | 6680 | 233,600 | WPO |
| 33 | 422.5 | 719.64 | 66USA | 75.00 | 24FEB02 | 24FEB02 | Columbus, OH | 5045 | 233,331 | WPO |
| 34 | 422.5 | 719.64 | 66USA | 75.00 | 24FEB02 | 24FEB02 | Columbus, OH | 5045 | 233,331 | WPO |
| 35 | 242.5 | 534.62 | 80RUS | 51.80 | 14NOV02 | 14NOV02 | Trencin, SLO | 9538 | 232,575 | WPO |
| 36 | 347.5 | 766.11 | 64USA | 74.70 | 31MAY96 | 31MAY96 | Atlanta, GA | 6666 | 231,644 | APF |
| 37 | 243.0 | 535.72 | 44JPN | 52.00 | 15JUN86 | 15JUN86 | Urawa, JPN | 9515 | 231,215 | IPF |
| 38 | 439.0 | 950.00 | 69GER | 139.70 | 06APR03 | 06APR03 | Duessau, GER | 5037 | 231,198 | WPC |
| 39 | 424.5 | 534.62 | 59USA | 110.00 | 17OCT01 | 17OCT01 | Naperville, IL | 5365 | 231,185 | USPF |
| 40 | 242.5 | 534.62 | 59USA | 110.00 | 17OCT01 | 17OCT01 | Naperville, IL | 5365 | 231,185 | USPF |
| 41 | 347.0 | 765.00 | 63USA | 50.00 | 09SEP00 | 09SEP00 | San Luis Obispo, CA | 6645 | 230,582 | APF |
| 42 | 347.0 | 765.00 | 63USA | 50.00 | 09SEP00 | 09SEP00 | San Luis Obispo, CA | 6645 | 230,582 | APF |
| 43 | 261.0 | 575.41 | 74TPE | 55.60 | 01NOV97 | 01NOV97 | Copenhagen, DEN | 8156 | 230,407 | IPF |
| 44 | 250.0 | 551.16 | 81USA | 53.42 | 09MAR02 | 09MAR02 | Chanhua, TAI | 8817 | 230,124 | IPF |
| 45 | 316.0 | 696.66 | 73KAZ | 67.30 | 16NOV00 | 16NOV00 | Moreno Valley, CA | 9203 | 230,075 | AAU |
| 46 | 454.5 | 1002.0 | 60USA | 138.35 | 30OCT99 | 30OCT99 | Akita City, JPN | 7278 | 229,985 | APF |
| 47 | 455.0 | 1003.10 | 66USA | 139.21 | 13JUN81 | 13JUN81 | Troy, NH | 50505 | 229,545 | APF |
| 48 | 370.0 | 815.71 | 67RUS | 82.50 | 22JUN81 | 22JUN81 | Zanesville, OH | 50365 | 229,161 | USMA |
| 49 | 341.0 | 751.78 | 36USA | 70.50 | 07JUN81 | 07JUN81 | Pretoria, RSA | 47195 | 229,135 | USPF |
| 50 | 412.5 | 909.41 | 36USA | 100.00 | 01JUN86 | 01JUN86 | Atlanta, GA | 5540 | 228,525 | APF |



Poland's ANDRZEJ STANASZEK has the highest ranked squat of all time, 661 @ 114, according to the Schwartz Formula.



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to forgive him, but it is very difficult for me. All of which is quite understandable.

There is nothing wrong with us if we find that forgiving others is difficult. As I mentioned, we are all human, vulnerable, and imperfect. When we are victimized, it is difficult to deal with it, especially when we are totally innocent and can't establish a sound explanation for our victimization. It takes strength to forgive people who have preyed on us physically or emotionally. Why should we forgive and forget? Why should we turn the other cheek? The reason we should forgive is because the price we pay for not forgiving is way too great. Hatred and revenge will only lead to self-destruction.

Give This a Try
... When people hurt you, forgive them. Learn from the experience and then let it go. In fact, reinvent the book on forgiveness and then start taking chances again... start looking for more opportunities to enrich your life... start living again. Try not to judge others. Try to understand their behavior, and view it with empathy and compassion; then, forgiving will come easier. Remember, we are all entitled to make mistakes. We have to be cognizant of the fact that to be forgiven and to forgive require the same dynamics. If we hope to be forgiven for our own shortcomings, then we have to forgive others for their transgressions. If we can't forgive others, we should not expect others to forgive us.

"Forgive us our trespasses as we forgive those who trespass against us." So, forgive others, forgive yourself and then forget. Get back into living. Don't let the past come between you and what you want to do. Remember too, that it is the person who forgives who is freed in his forgiving. Leave judgment and vengeance to our Lord.

YOUNG CHAMPION KILLED IN CAR ACCIDENT "The powerlifting community lost a young champion and a friend to all, Joshua Benjamin, loving son to Nick and Melissa Benjamin was killed in a single car accident on May 21, 2003. Joshua was a passenger. The driver lost control of the vehicle which rolled and crushed the passenger side. The driver walked away with minor injuries. Alcohol was not involved in the incident. Joshua was 17 years old and a junior at Chowchilla High School. Joshua was a stand-out athlete and very well liked by his many friends and classmates. His favorite sports were powerlifting and wrestling. In June of 2001, Joshua won his first meet, the Central California Championships at the age of 15; Joshua totaled 1000 lbs. in the Teen 14-15, 242 pound class. The following year he traveled with his father to the WPC World Championships in Helsinki, Finland. In Helsinki Joshua won the Teen 16-17 275 lbs. class World Title. Joshua went 9 for 9 and totalled 1300 pounds winning the title. Joshua was a Christian athlete and desired to give God glory in all his life. The memorial service in Chowchilla was attended by more than 800 people who knew and loved Joshua, a fitting testimony to the grace of God and to the impact of his short but full life..." (message from Nick Benjamin courtesy Bob Packer)

Dr. JUDD

The Art of Forgiveness as told to PL USA by Judd Biasiotto Ph.D.

around my neck. I guess the question I eventually had to ask myself was - why should I cling to the pain? I was hurting myself, no one else. So I did the smartest thing I could do: I forgave them. I didn't turn a blind eye to what they did, but I did forgive them.

There is a healing effect in forgiveness. When you forgive yourself and others for indiscretions, you grow physically and spiritually. You can't be a part of it when anger and hatred burden you. You have to learn to forgive people who have hurt you because if you don't, the hatred will destroy you.

I know this magnificent elderly woman who is an absolute blessing. She is constantly reaching out, and constantly giving, and starting with others. Like I said, she is a blessing. Recently a close friend of hers swindled her out of almost 200 thousand dollars, money that she had her through years of retirement years. It was a tremendous blow to her, not just financially but also emotionally. For months she was worried about how her friend could have deceived and betrayed her. How could someone so trusted so much destroy her faith in them? Of course, there was also the fear and concern of how she was going to make ends meet. Her wounds were deep and extremely painful.

"This still haunts me," she confessed anger welling up in her eyes. "It's one thing to be cheated by someone you don't know, but to be deceived by someone you trust and admire is a bitter pill to swallow. At times I actually hate him. I try in my heart to forgive him, but it is very difficult for me. All of which is quite understandable."

When I was a little boy we had a garden named James Carter who was blind in his right eye. It was obvious that some type of violent contact had caused his injury because he had scars all across his eye and right cheek. One day I just asked him point blank what happened. He told me that one night he was sitting on his porch by himself, and two guys from his own neighborhood walked up to him. They told him that they wanted all his money. When he refused to give it to them, they pulled him off the porch and beat him until he was unconscious. Luckily his brother found him a short time afterwards and got him to the hospital. Otherwise, he probably would have died. Amazingly, the two guys got off with probation sentences. When he told me the story, it really bothered me because not only did they blind him, but they also disgraced him terribly. To make matters worse, he had to drop out of school to get medical treatment and therapy. When he was finally healed, two years later, he decided not to go back to school. He told me he thought he was too ugly. Did he really look that bad? Well the entire right side of his face was pretty messed up. I could see where he was only seventeen years old at the time. Think about what these guys did to him. It was a good looking and intelligent guy and they robbed him of his looks, self-esteem, and his desire for an education.

Anyway, I asked him if he ever felt like getting even with the two guys. He told me that he hated those guys so much that he actually talked to a guy about killing them. He said that he went as far as paying the guy a \$500 down payment for murdering them. Then he chickened out. But he said he carried that hate around for years. He told me it was like carrying two hundred pounds around his back every day. That is how much he hated and anger weighed him down. Then one day he was working in the garden and he had this kind of spiritual awakening. He said that God told him that Jesus died for all men's sins, not just his. At that moment, he knew that he had to forgive these men. When he finally found it in his heart to forgive them, he told me it was like shedding that two hundred pounds from his body. "I was carrying all this hatred around with me." He said, "It was like a dead albatross

When I was a little boy we had a garden named James Carter who was blind in his right eye. It was obvious that some type of violent contact had caused his injury because he had scars all across his eye and right cheek. One day I just asked him point blank what happened. He told me that one night he was sitting on his porch by himself, and two guys from his own neighborhood walked up to him. They told him that they wanted all his money. When he refused to give it to them, they pulled him off the porch and beat him until he was unconscious. Luckily his brother found him a short time afterwards and got him to the hospital. Otherwise, he probably would have died. Amazingly, the two guys got off with probation sentences. When he told me the story, it really bothered me because not only did they blind him, but they also disgraced him terribly. To make matters worse, he had to drop out of school to get medical treatment and therapy. When he was finally healed, two years later, he decided not to go back to school. He told me he thought he was too ugly. Did he really look that bad? Well the entire right side of his face was pretty messed up. I could see where he was only seventeen years old at the time. Think about what these guys did to him. It was a good looking and intelligent guy and they robbed him of his looks, self-esteem, and his desire for an education.

Peter came to Jesus and asked, "Lord how many times should I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you not seven times, but seventy times seven."

When I was a little boy we had a garden named James Carter who was blind in his right eye. It was obvious that some type of violent contact had caused his injury because he had scars all across his eye and right cheek. One day I just asked him point blank what happened. He told me that one night he was sitting on his porch by himself, and two guys from his own neighborhood walked up to him. They told him that they wanted all his money. When he refused to give it to them, they pulled him off the porch and beat him until he was unconscious. Luckily his brother found him a short time afterwards and got him to the hospital. Otherwise, he probably would have died. Amazingly, the two guys got off with probation sentences. When he told me the story, it really bothered me because not only did they blind him, but they also disgraced him terribly. To make matters worse, he had to drop out of school to get medical treatment and therapy. When he was finally healed, two years later, he decided not to go back to school. He told me he thought he was too ugly. Did he really look that bad? Well the entire right side of his face was pretty messed up. I could see where he was only seventeen years old at the time. Think about what these guys did to him. It was a good looking and intelligent guy and they robbed him of his looks, self-esteem, and his desire for an education.

Regular training going up to 4 wks then backing off for the next 4, then up again. I am always open to new ideas. I will try a program for 12 wks. If it works, great; if not, I will change it to fit the individual's needs.

I am currently working on hand strength and will soon be closing the #3 Iron. Mind grip- per, I have competed in many Colorado State Meets from 1974 through 1999, where I have taken first place in my age/weight class. In 1999, I placed 2nd in the USAPL National Masters Powerlifting Championships.

Thirteen years ago, I had a bicycle accident in which I broke my neck. A lady came out of nowhere in a van after I flew off my bike and picked me up. She took me home and called my wife at work, who came home and drove me to the hospital. They found that I had broken a vertebra in my neck. I thank the Lord Jesus Christ for saving my life. Nine years later I competed in the USAPL Powerlifting Masters Nationals and took 2nd. Philippines 4-13 says 'I can do all things through Christ, who strengthens me'.

Isaiah 40:31 says "They that wait upon the Lord shall renew their strength, they shall not grow weary, they shall walk and not faint." To God be the Glory. Jesus is my strength. Attitude is everything and a good strong walk with the Lord made the difference in my life. So many people put limitations on their life and in lifting. My main purpose at Trinity Fitness is to make friendships and help people to realize their God given potential to do their very best, mentally, physically and spiritually. Live each day as if it were the last!

Kevin, that is good enough for me. Any gym with a dead animal on the wall is OK with me. An elk bow kill (bull to boot) is especially impressive! I too am a bow hunter (when I have time) and there is nothing like stopping a heartbeat with a razor-sharp stick! Whoops, that slipped out - not politically correct.

Bottom line: everyone has something they have to overcome. Everyone. In the words of Larry the Cable Guy: "Get'er done!"

Questions?
HOUSE OF PAIN
PO Box 333
Fate, TX 75132

HARD CORE GYM #25 Hardcore Survivors and Winners as told to PL USA by Rick Brewer, of House of Pain



Inside Trinity Fitness: Kevin Steele bow-shot the elk rack on the wall aged a gymnasium and won the Marine Corps Championship in Powerlifting in the 198 lb. class at Cherry Point, NC in 1979. I hold the Colorado State record in the Deadlift at 700lbs as well as the Masters mark. I took first in his age/weight class at a Colorado State Meet. Another recent trainer ranks as one of the top masters downhill skiers in the state of Colorado. I once trained a one-legged skier who took 4th in the Lillehammer Paralympics in 1994. He could leg press more with one leg than most people can with two.

My gym is well-equipped with a good heavy-duty bench, DBs up to 100 lbs., plus Iron Mind's 2" Husky Handle DBs (we can go up to 170 lbs. with these), 3" iron Glute Ham, Power Rack, Leg Press, Leg Curl, Lat Machine, Bars (Buffalo bar, cambered bench bar, Texas power bar, Apollon's axle, Safety Squat Bar) and a Smith Machine, Tricep Machine, Dip Station, bands, chains, and Seated Calf Machine.

I also have a special belt-squat device. Mats cover the floor. As far as training goes, I do a lot of Louie Simmons stuff.

198 lb. class. Attitude is everything in powerlifting, as well as in life. One of my clients, Donna

Donna & Kevin in Trinity shirts with Deanna.

Remember, Colt Wynn? (We wrote about him a couple of years ago.) He had a tragic hunting accident, and ended up paralyzed. Rather than giving up, he kept training, and became a successful powerlifter (great BP) and even competed as a body-builder. Dad (Rich Wynn) is so proud of him! He loves to tell about his sons! They have had quite a journey.

Colt was at the HOUSE OF PAIN booth at the Arnold Classic when Arnold Schwarzenegger came by - Arnold shook his hand. We were pleased to send him a photo of that event, and Colt sometimes sends us photos to keep us updated on his physical development.

We just got a photo of him in his wheelchair, posing at the bodybuilding show where he won the NPC Nationals! He is getting bigger and harder all the time! Congrats Colt!! Everyone loves a winner, and a winner is anyone who gets up one time more than they are knocked down.

I started thinking about all the winners we know, and the list was long. Readers may not remember Whit Baskin, who came back from a tragic auto accident. Or Willie Wessels (North American Strongman Society President) who is battling Leukemia. (Willie will win!) Or Anthony Clark, with his current battle. Or any of dozens of other stories.

Readers may not know some of the prisoners we correspond with - but many of them are success stories in the making. (Prisoners don't write asking for freebies - but if you need training help, we are here.)

Reminds me of Trinity Fitness. Let's see if you'll all let them into the Hardcore Hall of Fame. I'll let Kevin Steele tell you.

Trinity Fitness began in 1991. The name represents our physical, mental, and spiritual aspects. Our T-shirts have a triangle with these words and a dove in the middle, under which is a barbell. The logo was created by a prison inmate (I am also in a prison ministry).

I'm a personal fitness trainer with a degree in sports medicine, and a black belt in karate. I served in the Marine Corps where I man-

Donna & Kevin in Trinity shirts with Deanna.



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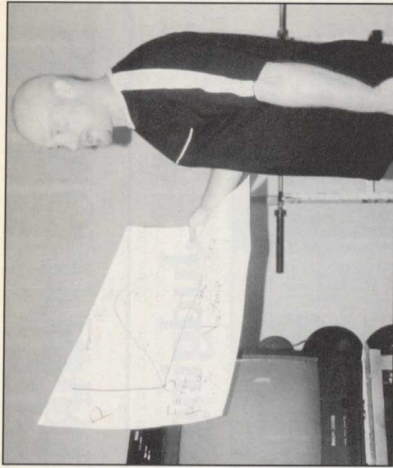
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THE STRONGEST BENCHERS OF ALL TIME 50 BEST MULTIPLE PERFORMANCES (LBS. LIFTED OVER BWT.)

Based on the compilation for PL USA by Herb Glossbrenner

| Rank | LIFTER | Lift | All | Over BWT | Date | Location |
|------|-------------------|----------|----------|----------|---------|-----------------|
| 1 | MENDELSON, SCOT | 875.235 | 30.80 | 567.235 | 12RL03 | Venice, CA |
| 2 | MENDELSON, SCOT | 1007.407 | 21.561 | 527.427 | 08EP01 | Daytona, FL |
| 3 | KELLUM, JESSE | 735.017 | 30.80 | 524.217 | 17AL03 | New Roads, LA |
| 4 | KELLUM, JESSE | 832.245 | 30.80 | 524.245 | 05FL03 | Chicago, IL |
| 5 | Mendelson | 825.0 | 31.06 | 514.40 | 05FL03 | Chicago, IL |
| 6 | CONFESSORE, CHRIS | 741.0 | 23.60 | 510.0 | 06LN05 | Portia, AZ |
| 7 | Mendelson | 821.221 | 31.13938 | 507.283 | 08LN03 | Los Angeles, CA |
| 8 | CRAWFORD, BILL | 785.0 | 29.7 | 505.30 | 22FB03 | Belthelm, PA |
| 9 | Hallert | 716.302 | 21.561 | 500.892 | 03AL02 | Portland, OR |
| 10 | Hallert | 826.469 | 21.561 | 490.0 | 08EP01 | Daytona, FL |
| 11 | Conessore, Chris | 726.0 | 23.60 | 490.0 | 08LN03 | Los Angeles, CA |
| 12 | Kennedy | 780.0 | 29.00 | 490.0 | 25MA02 | Fortia, AZ |
| 13 | Crawford | 765.0 | 27.50 | 490.0 | 21DR02 | Glen Falls, NY |
| 14 | Kennedy | 783.743 | 29.50 | 488.743 | 03AL02 | Portland, OR |
| 15 | HELDS, ROBERT | 720.0 | 23.10 | 487.0 | 19AP03 | Queensbury, NY |
| 16 | Hallert | 702.172 | 21.561 | 486.562 | 08EP01 | Daytona, FL |
| 17 | Hallert | 760.0 | 27.40 | 486.0 | 20AP02 | Queensbury, NY |
| 18 | Hallert | 760.0 | 27.40 | 486.0 | 04MA01 | Columbus, OH |
| 19 | Hallert | 760.0 | 27.40 | 486.0 | 04MA01 | Columbus, OH |
| 20 | CAPOZZOLO, ROB | 715.0 | 23.00 | 477.242 | 18NO02 | New York, NY |
| 21 | Mendelson | 782.641 | 30.80899 | 477.242 | 10FB01 | Oceanside, NY |
| 22 | Crawford | 720.0 | 27.50 | 475.0 | 04MA01 | Columbus, OH |
| 23 | Hallert | 672.489 | 19.8 | 474.489 | 04MA01 | Columbus, OH |
| 24 | Kennedy | 768.310 | 29.475 | 473.560 | 17MA02 | Paco, WA |
| 25 | Mendelson | 766.106 | 29.4317 | 471.789 | 17MA02 | Red Deer, CAN |
| 26 | Kellum | 688.944 | 21.725 | 471.568 | 28EP02 | Columbus, OH |
| 27 | Kellum | 750.0 | 27.50 | 469.0 | 28EP02 | New Roads, LA |
| 28 | Kennedy | 750.0 | 27.50 | 469.0 | 09EP03 | Columbus, OH |
| 29 | PATTERSON, KENNY | 683.433 | 21.70 | 464.433 | 09CT09 | Daytona, FL |
| 30 | Patterson | 701.070 | 23.80 | 463.070 | 18NOV02 | Reno, NV |
| 31 | Kennedy | 766.106 | 30.4 | 462.106 | 28FB03 | Columbus, OH |
| 32 | Kellum | 677.921 | 21.725 | 460.545 | 04MAV02 | Paco, WA |
| 33 | Kennedy | 755.0 | 27.50 | 460.0 | 21DC02 | Glen Falls, NY |
| 34 | Crawford | 735.0 | 27.50 | 460.0 | 04MAV02 | Paco, WA |
| 35 | CAPOZZOLO, ROB | 650.0 | 19.20 | 458.0 | 09EP03 | Daytona, FL |
| 36 | Hallert | 683.433 | 22.70 | 456.433 | 09EP03 | Daytona, FL |
| 37 | Hallert | 683.433 | 22.70 | 456.433 | 04MA01 | Columbus, OH |
| 38 | Patterson | 672.489 | 21.70 | 455.410 | 10FB01 | Oceanside, NY |
| 39 | Crawford | 730.0 | 27.50 | 455.0 | 19AP03 | Queensbury, NY |
| 40 | FEDLER, ANDREW | 730.0 | 27.50 | 454.152 | 08NOV02 | New Orleans, NY |
| 41 | Kellum | 652.569 | 23.8 | 454.152 | 11OC198 | Daytona, FL |
| 42 | Hallert | 688.944 | 23.8 | 453.944 | 27JUN2 | Houston, TX |
| 43 | Kennedy | 795.571 | 29.60 | 453.571 | 11NOV05 | Chicago, IL |
| 44 | Kennedy | 775.027 | 29.60 | 453.049 | 09EP02 | Daytona, FL |
| 45 | Capozzolo | 685.0 | 23.2 | 452.0 | 09EP02 | Daytona, FL |
| 46 | Hallert | 690.863 | 19.74 | 452.863 | 02NOV02 | Daytona, FL |
| 47 | Mendelson | 755.883 | 30.240 | 452.483 | 21FB02 | Columbus, OH |
| 48 | Nealy | 650.0 | 19.76 | 452.40 | 11MAV02 | New Roads, LA |
| 49 | BURNS, SEBASTIAN | 725.0 | 27.40 | 451.0 | 10AL02 | Queensbury, NY |
| 50 | Kennedy | 733.037 | 28.0 | 450.037 | 03JL00 | Eugene, OR |

Of this listing, we have 12 lifters who have bench pressed at least 450 lbs. in excess of their bodyweight. When George Halbert led both the Schwartz and Wilkes formula rankings as the undominate ever being topped. The recent 875.235 lift by Kellum comes along to exceed that with his 735 at 209 lbw. The recent 875.235 lift by 308 lb. Scot Mendelson literally rocked our concepts of reality. His lift was 567.235 lbs. over his bodyweight, and surpassed both Halbert and Kellum in the pecking order.



George Halbert has done his calculations to get back to #1 (Randy)



Scot Mendelson and friends after his epochal 875 at Venice Beach



Jesse Kellum has the third highest bench over bodyweight figure.



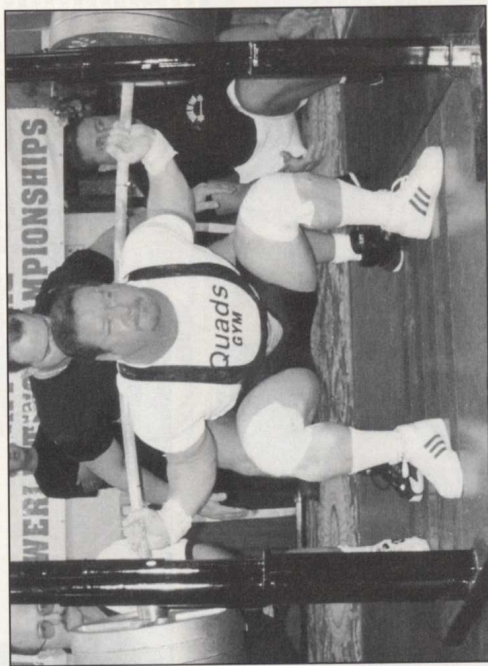
Bobby Fields - a Metal Militia member of this exclusive club.

STRAIGHT BAR TALK

Powerlifting Commentary
by Mike Lambert, PL USA

Judging the Judges

Of course, this whole discussion assumes that depth was the only issue in the judge's minds, which was never substantiated by me in this case, and there could have been other reasons for passing/failing these lifts, and any other lift, for that matter, which makes many such discussions moot. Nonetheless, my conclusion is that besides the issues of whether you like the lifter or not, or the federation he's lifting in, or whether your buddy is lifting against him, the aspect from which you view the lift from might well have something to do with how you feel about the judge's decision.



It's Deep ... when Ed Coan squats. He'll be making his comeback at the Texas Cup on Nov. 15th.

Have you ever watched a powerlifting contest and NOT seen at least a few lifts that looked good?

passed, as well as a few lifts that looked bad, but were passed? Have you ever been to a meet and NOT heard others indicate that they disagreed with some of the calls as well, and not necessarily the same calls you were concerned with, nor necessarily in the same way you saw them? Isn't there something that good powerlifting men and women should be able to do about such a situation? ... should they take their own fees and go elsewhere? ... how about challenging the President of the confederating federation to a brawl behind the gym? ... and could we forget the traditional favorite - attack the referees (hopelessly, just verbally). No on actually needs to resort to extreme ends of this sort, because - happily - Powerlifting has a precise resolution of what a good lift is. It is the majority decision of the three judges. Simple. Clean. Neat. A good lift is what the judges say it is. It doesn't matter what the guy in the third row thinks, nor what a magazine editor imagines happened, nor what somebody who wasn't there decides about that lift. Everything and anything beyond what the judges say is functionally irrelevant to the conduct of the competition. While a few non-judges may stagger in dismay, the overwhelming majority of us obviously understand and clearly accept this convention.

Judges have - without any question - the best three seats in the house to view a lift, and that might be part of the problem. Experience in covering powerlifting competitions has demon-

strated that the aspect by which one views a lift has something to do with one's impression of that lift. I've taken photographs of lifters from over the shoulders of judges, outside their knees, and even through their legs from under their seats ... aspect angles similar, though not identical, to that of the referees themselves, and I have often been joined in the same proximity by video cameramen covering the lifting. On one memorable occasion, years ago, when one very heavy squat by one lifter was passed and another very heavy squat by another lifter was failed, with controversy all around, I had the opportunity to compare video coverage from the TV camera that had been operating very near me with one that was located far away, tapping the lifts through a long lens. On lift "A", the depth was close enough that I thought, from my personal viewpoint as the lift took place, that the lifter might well get one white light, but I would have been very surprised if the lift got three white

lights - it got two whites, however, the video camera coverage from near my viewpoint seemed consistent with my feelings. On lift "B" I would have been surprised to see 3 white lights, but two lights seemed reasonable, and I would be surprised if no whites appeared, but it got only one, and the close aspect video coverage once again seemed consistent with my impression. Okay, I sort of disagreed with the judge's decisions on both lifts. Then, I viewed the videotape coverage from the far away aspect (the "long shot"), and "A" looked like it should get 2 white lights, and lift "B" looked both consistent with the actual judging decisions. The different impression was not an absolute "night vs day" proposition, but it was surprisingly undeniable. If you can grasp the pseudo-statistical notion of "half a judge's light", that was just about how much of a swing I saw between the two different aspects of video coverage of the same two lifting

judges? In most organizations there is a hierarchy of officials, with various credentials and/or experience, and senior judges actually do judge the performance of other judges, and through their power to test them, advise them, remove them, or just not invite certain judges to participate in their events, they can exert a degree of control. What about non-judges? Are there many among us who are without a personal bias, who actually have substantial practical judging experience, who truly know and understand what the rulebook says so that they may go ahead and fairly adjudicate the performance of judges? Is there someone who has the legitimate entitlement to say that the decision of a given trio of judges is wrong? Whose name appears in the directory of any federation (let alone ALL of the federations) as the ultimate authority over judges? Who should be the judge of the judges ... who could be the judge of the judges ... can there be a **judge of the judges**?

POWER SCENE

Power Scene left its beloved Southern California for its summer roadtrip across the USA, and we visited Tennessee, Mississippi, New York, and Pennsylvania, by plane, train, and automobile. The train part of the journey took Power Scene to Pittsburgh, home of some very strong powerlifters.

Dan Kovacs hit a 705 bench at this year's Arnold Classic, and he's a top three lift competitor. We visited Dan for a two-part Star Workout for Powerlifter Video, and saw some mighty (and mighty deep) squatting, followed immediately by some huge deadlifting. The squatting peaked at 605 for 8 deep reps, and the deadlift ended in Dan's tripling 805. Wow!

It reminded Power Scene of Garry Frank's double Star Workout of a few years ago, where Garry benched big and deadlifted huge right after the benching, just hours after his plane ride from Louisiana to Los Angeles.

That's not a big surprise, 'cause Garry's record total is what Dan is aiming at. Dan's got PR's of 950 SQ, 725 BP, and 830 DL, so he's in striking distance, and now that he's healthy and training hard, he's primed for that target. Among Dan's next planned meets are the 2004 Arnold and the 2004 APF Seniors. We wish Dan huge success.

The Pittsburgh area is also the home of former world record holder in the bench Jamie Harris, who we spent the weekend with. Jamie was at the gym for Dan's workout, spotting his heavy squats and cheering him on, like a training partner should do.

Big Jamie is done with record level powerlifting competition, but he's still in the gym training, and he's got a new outlet

for performing. Jamie is, as far as we know, the world's strongest Elvis impersonator. We were at a show where Jamie performed as "The King" and he was terrific. Great voice, great outfit, and great moves. Check out the picture. If you want to contact Jamie about his Elvis work, and he does dozens of shows a year, e-mail him at osajez@aol.com

At Dan's workout, we also got the chance to speak with Keith McNeish, who's an accomplished lifter, with PR's of 749, 440, and 699, and an APF National Masters title in the 40-44 division. Keith is now the APF Pennsylvania state chair, and he's high energy, with lots of meets planned.

First up is the October 25th APF PA state meet, followed by a November 8th meet with Gene Rychlak, and then a December Christmas Classic. For info on this, contact Keith at 412-400-1675, or keithmcneish@msn.com

On November 8th, Keith will also be involved with the Steel City Classic, being put on by Joe Schrock, Jr at the Greater Pittsburgh Masonic Center. It's a bench

meet, and there will also be bodybuilding, fitness and figure competitions, and a martial arts demonstration.

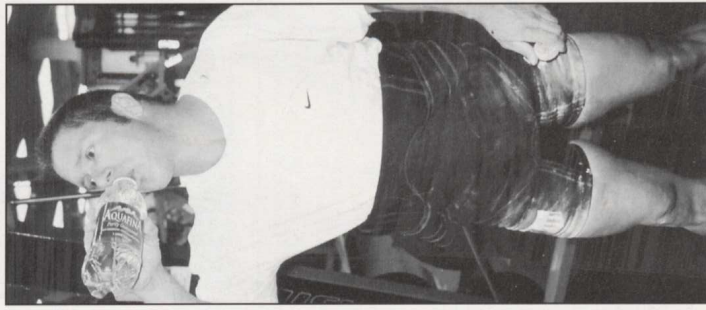
We want to thank Joe for his hosting us after Jamie's (Mary Anne's) in McKee's Rocks, and he opened it up for us late that night and made us some great food.

Power Scene also wants to thank all the people in Pittsburgh for their friendliness and support, and also for the great lifting we saw.

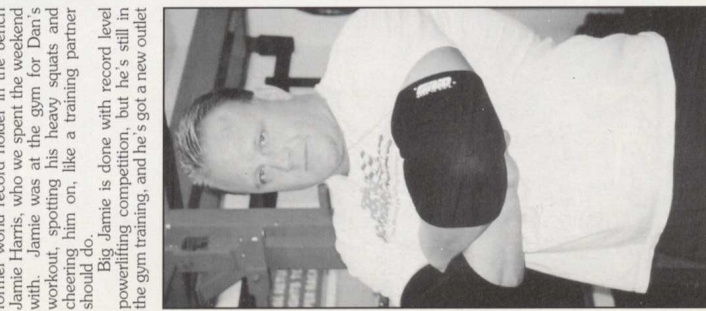
'til next month, stay strong and healthy, and we'll see you on video.



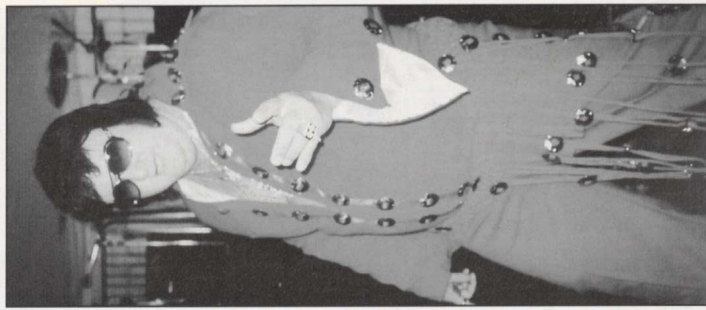
Joe Schrock host of the Steel City Classic



APF Pennsylvania State Chair Keith McNeish



Dan Kovacs (All photos courtesy of Ned Low)



Jamie Harris as The World's Strongest "King"

STARTIN' OUT

A special section dedicated to the beginning lifter

There are several great ways of boosting your training intensity. One method is descending sets, another is rest pause. First, descending sets involve doing a set to failure, then quickly decreasing the weight and resuming the set. This can mean dropping the weight multiple times and doing more descending sets as desired or as capable. The time between each descending set is only the time needed to decrease the weight used. This enables the lifter to train past failure, boosting intensity to higher levels. Next, rest pause involves performing a very heavy, usually low rep set, taking a very short break then resuming the set. The premise behind rest pause is most of the strength and size improvement is believed to have come from the last rep of two of a max effort set. By making all of the reps of your set the equivalent of the last one or two, training intensity gets a boost. Because the time between each rest pause set is so short, (under 30 seconds) the body considers the whole combination of interim sets as one set. These two methods can be easily combined with intensity boosted to even higher levels.

For an example of descending/pause, let's use a set of machine overhead presses. After warm-up the lifter takes his top set with 200 pounds for a 3 rep max. After reaching failure, the lifter drops the stack 20% to 160 pounds and quickly resumes the set. The decrease in weight allows the lifter to get 3 more reps after failure with the original 200 for 3. After this, the weight can be reduced another 20% to 120 to still get more reps. As I mentioned earlier, the time between these sets during a descending/pause set should be only the time required to change the weight. The lifter could proceed with further weight reductions if desired or do an additional set; I hope you get the idea. After a set like this, you may unwilling or unable to do another. If you do a second descending/pause set, I suggest lowering the starting weight by 20-30% due to extreme muscle fatigue from the first set.

Machines with selectorized weight stacks allow the most efficient use of descending/pause sets because the weight can be adjusted quickly. If you use dumbbells, set them up in

Descending / Rest Pause Sets as told to Powerlifting USA by Doug Daniels



Intense Training Methods ... produce results on the platform. Josh Decker was impressive at the USAPL Men's Nationals in S. Dakota.

reach so they can be accessed readily for each descending/pause set. If you use a barbell or a non-selectorized machine, I suggest pre-loading the bar so that the weight used, can be stripped down by removing plates off each end. For example, if you're starting with 300 pounds and will go 260, 220, and finish with 200, load the bar so that 20 pounds can be taken off quickly from each side per drop. Spotters must remain alert as you may fail at any time during your descending/pause set. They must also keep the bar properly and evenly loaded so the weights stay in place and don't slide or fall off. Descending/pause sets are best suited for assistance

work and not all 3 powerlifts. I would avoid trying to use it for the squat or deadlift, but with planning and good spotter/loaders, you could bench using this method. High intensity training involves overtraining. I suggest for no more than 4-6 weeks, and then resume your more normal training methods. Start the first week by doing only one descending/pause set progression to get used to the feel and complexities of doing them. Going too hard too fast may result in an injury. The 20% weight reduction I gave you is only a guideline. You may want to use a higher percentage reduction to insure getting

more reps on subsequent sets or visa versa if you want to keep the reps lower. Let experimentation and personal preference be your guide. Reducing weight will allow using better exercise form as you tire. Exercise form can definitely suffer as the sets progress. Not only will you reduce the chance of injury due to poor form, but also you will exercise the targeted muscle groups more efficiently.

Target reps for each descending/pause set is your call. You may wish to start with a weight that allows you to get more than 2-3 reps. The descending/pause method will work with any variety of rep schemes and may even be varied after each weight drop. This can be accomplished by varying the percentage of weight dropped after each interim set. The key is having a plan for each workout and have your weight drops set up in advance.

The use of the descending/pause method is best suited for the off-season or up until the last 6-8 weeks prior a meet. One or two descending/pause sets are all that's needed or desirable. If you have energy or desire to do more, you wimped out on the previous sets. If you see your strength level start to drop off, you have probably overtrained. Limit their use to 4-6 weeks and only once weekly per exercise. Remember to warm-up properly and have all your weight drops figured out ahead of time. Take only enough time to make the weight change. Descending/pause sets can be challenging and productive. In this case, combining two intense training methods results in "super-sized" boost to your training efforts.

Doug Daniels's
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New CoreLock prevents slipping of the legs without constricting your thigh. (leg slippage is a major cause of slack in butt area in other brands).

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Unlike another company's attempt at a 'premium suit' that has shown to fail with repeated blowouts, the HardCore is virtually blow proof as proven in recent top level competitions.

The design and thickness of material provides a level of comfort that, until the HardCore, has been a non-existent feature of squat suits.

HardCore material is over 40% heavier than the closest fabric on the market.

Compared to the HardCore, a competitor's attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their 'premium' price for a lesser suit, consider the proven, world-record-breaking Champion and Z Suits are a much better price and value).

HardCore material was engineered and created to exact specifications for powerlifting gear. A first.

A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

Does not sag or get baggy in the butt as is known of a competitor's attempt at a 'premium suit'. Only HardCore has Memory6 which retains its shape and power after every use.

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NUTRITION

Is All Nutrition the Same?

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



Garry Frank may put up big numbers at Show of Strength in Atlanta

Q: I first want to start off telling you how much I like your column. One thing that I like is that I always seem to learn something new about proper nutrition every time I pick up a new issue of *Powerlifting USA*. You seem to give us good info and yet some of your articles are quite humorous as well. I have been powerlifting for 5 years now and I am in the 198 pound class. I am currently seeing a dietitian for a nutritional program. I have included my sample program. One thing that I noticed with the program that she gave me is that it is quite different from a lot of the recommendations that you give in your column. Why is that? Isn't nutrition the same thing for everyone? Do you agree with the type of plan that she has set up for me? Is there anything that you would change? I am trying to go up a weight class so that I will be a full 220 pounds. My strength is not as good as I thought it would be seeing a dietitian. Is there a reason for this? I know that you really hype up this whole nutrition thing so why am I not getting the results that other powerlifters are getting with their program? If you can please help me out I would greatly appreciate it. I also wanted to know if you work with powerlifters and athletes that are not World and National champions. I know that you work with the likes of Garry Frank and some of the World's Strongest Man competitors including Great Britain's Strongest Man Glen Ross, so I know you are the real deal when it comes to who you work with. I noticed that the majority of your clientele is the cream of the crop when it comes to the strength world. Please let me know if you can help me. Thank you for your time. Sincerely,

Jeremy Klugerman

Day 1: Nutritional Plan
 Day 1: Breakfast 7:00 AM - 2 cups of Special K cereal, 1 glass of Orange juice, 8oz of 1% Milk, 1 apple, Lunch 1:00 PM - 1 can of tuna, 2 cups of Garden of Eatin' Celery Sticks, Dinner 9:00 PM - 5 oz Chicken Breast, 1 cup of White Rice, 1 Cup of Broccoli.
Day 2: Breakfast 7:00 AM - 6
 Egg Whites, 2 Slices of Whole Wheat Toast, 1 apple, Lunch 12:00 PM - 5oz of Ground Beef, 2 Cups of Romaine Lettuce, 1

cleanse the body and spirit and keep the body in an equilibrium that will promote optimal health. The Sports Nutritionist's main focus is to increase an athlete's performance or to change their physique, such as preparing individuals for bodybuilding or fitness competitions. The reason why my recommendations would be different than your Dietician is because even though the area of study is the same, the thinking or methodology is different. If you were to visit a Dietician, a Holistic Nutritionist and a Sports Nutritionist, each one would have a different type of plan to help you reach your goal. Now the question is, will all the nutrition plans be just as good as the other since they are all professionals in the field of nutrition? The answer is clearly NO! If you were an athlete of any sport, let alone a strength athlete, your best choice would definitely be to work with a Sports Nutritionist. There is no doubt about that. To take things further since you are a strength athlete being a powerlifter, wouldn't it make sense to work with someone who specializes their study and practice with strength athletes? Of course it would. So my advice to you would be to start working with a sports nutritionist that specializes with strength athletes to design customized nutritional and supplementation programs.

Where are the Calories? - If you want my opinion about the program that she has designed, you might not like it. The program is way off in regards to the goals you are trying to accomplish. Yes, it is what would be considered in nutrition circles as "Clean Eating", but having it help you reach your goals as a powerlifter is a totally different story. Let's see what's wrong with the plan that you sent me. First off, where are the calories? You told me that you want to go up a weight class, but how can you pack on weight by eating like a mouse? There is no way on earth that you are going to pack on any weight, whether it be fat or muscle, with the plan that you are using. You have to increase your caloric intake by a substantial amount if you want to get dehydrated then you can get used to having poor performance in the gym. If you are allowed yourself to become even

3% dehydrated, then you will cause a decrease in your strength. You can also get used to carrying more bodyfat than your competitor who does drink his water. Lastly, you can also look forward to a multitude of health conditions that you most likely won't find amusing. These include high blood pressure and kidney stones. I am comfortable to say that the majority of powerlifters don't drink enough water per day.

Improper Meal Frequency and Meal Timing - Another problem that I see is that you are not eating enough times per day. You should be eating at least 6 times per day. This will keep the metabolism elevated and keep you in a positive nitrogen balance throughout the day. This will also keep your blood sugar levels stable and will prevent insulin spikes that will drain all your energy and increase your fat stores. The times of your meals is also a problem. Your meal timing is too sporadic. You should be eating something at least every three hours.

Unbalanced Macronutrient Profile - One very big mistake which is also one that is very complicated, is your macronutrient ratios. Macronutrients are your carbohydrates, fats, and proteins. As a strength athlete, you need a specific ratio of each of these in each meal. Of course, these ratios can change throughout the day and can change according to your body's response to the program. Your goal, bodyfat percentage, level of insulin sensitivity, hydration level and many other factors will play a role for the sports nutritionist who is laying out specific macronutrient ratios in your customized nutrition plan. I won't go into this completely here, as a book could be written on this topic alone.

No Pre Workout and Post Workout Nutrition Plan - One very important thing you Dietician forgot is your pre-workout and post-workout nutrition plan. Where are they? What you eat before and after your training plays a major role in your success. If your nutrition plan doesn't have these included, then you are definitely getting shortchanged on your results. Your pre-workout meal will dictate how much volume you can handle, your strength level, how stable your

you will lose weight, not gain it. Caloric intake is also very important for your strength levels. If your calories are too low for your energy expenditure, you will be going backwards instead of forward. The first thing on your agenda should be to increase your caloric intake, otherwise you will be spinning your wheels.

Where is your Protein? - Your next mistake with this plan is your protein intake. Not only is the total daily protein intake too low, but also your protein per meal intake is not sufficient. Both of these are very important. If you are training hard and not taking in the optimal amount of protein that your body needs to recover and replenish from your hard workouts, much of your time in the gym will be wasted. Who wants to shed blood and tears in the gym only to throw your hard work out the window? Your total protein intake and grams per meal consumed is very important to the powerlifter, so you better increase your amount if you want to see some progress.

Where are your Healthy Fats? - Most of you already know that these are your Omega 3-6-9 fats. Having a diet of your healthy fats is not a good idea for anyone, let alone a strength athlete. If you avoid these fats you can look forward to higher levels of bad cholesterol and triglycerides, more injuries including problems with joint pain and tendinitis, lower hormonal levels including testosterone, and an increased rate of insulin resistance. If you look above at the problems that can be caused by neglecting your healthy fats doesn't it seem to be a good idea for them to be a major staple in your nutrition plan? Even to this day, with all the studies that prove healthy fats should be a major part of your diet, some dietitians still place little value on them. Leaving out your fats will most definitely leave your total flat.

Improper Fluid Intake! - Proper hydration is another problem that I see with your plan. As we speak you are in a state of dehydration. Just remember, you need plenty of water, as it helps with many processes and functions in your body. If you allow your body to get dehydrated then you can get used to having poor performance in the gym. If you are allowed yourself to become even

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"Where the Big Boys play!"

blood sugar level will be, and how much fat you will be burning from your workout. Your post-workout nutrition plan will have a major impact on the rate of recovery from your training, how much muscle and strength you will gain, and how elevated your metabolism will be.

Jack up Your Fiber - Fiber is another aspect of your plan that we have to take a look at. Yes, you are getting some fiber in your plan with your vegetables and salads, but not nearly enough for your goals. Fiber is often the overlooked nutrient, especially with strength athletes. Too many of us think that it doesn't play a role in the powerlifter's diet. Optimal fiber intake is very important, not only for your performance but for your health as well. Colon cancer is one of the biggest killers in the United States and eating the optimal amount of fiber on a daily basis will help keep you from becoming one of those statistics. You need to increase your daily fiber intake, especially since you will be increasing your protein intake.

Micronutrient Deficiencies - Another concern that I have with your plan is the fact that you most likely have micronutrient deficiencies as well. These include your fat and water-soluble vitamins, minerals and electrolytes. Having an imbalance with your micronutrients is something that you don't want to have since they perform many functions and physiological processes in the body. Looking at what you are eating combined with the fact that you are using a multivitamin/mineral formula makes me

think that you are not reaching the proper micronutrient ratios you need to perform at your best and to keep your body healthy.

Putting this All Together - As you can see there are many glitches in your program and as a strength athlete you cannot afford to have even one of these major mistakes, let alone as many as I have pointed out. Your program doesn't need a fine tuning, it needs a reconstruction. Remember, not every professional in the nutrition industry follows the same school of thought. Your current plan is much cleaner than the large majority of lifter's diets I have seen, but just eating clean is not going to get you that record you want. Many lifters mistake eating clean with optimal strength nutrition and this can be a major deception for those that are not schooled in the nutritional sciences. Meal planning for a strength athlete and for those just looking to eat healthy is as different as night and day. I work with the majority of the world's best strength athletes from different sports, but they are not my clients. I really like taking your average lifter and turning him or her into something great. As many coaches will tell you, it is a great feeling to have your athletes surpass barriers and reach levels they never thought possible.

I hope that I have given you the 411 on your current nutrition plan and the many mistakes that will keep you away from the PR that you are training so hard to get. If you have questions or comments please contact me at:

FORCE TRAINING

by Jim Wendler and
Elite Fitness Systems

Question: I've been doing a lot of research on EliteFTS.com and have been reading the training logs and all of the articles. One thing that I've noticed is that this program seems to work for such a wide variety of lifters; those that are fast, those that are extremely strong, and those that have a unique combination of the two. But there are many that criticize the program, saying it only works for a select few. Are these people correct or are they just missing the boat?

Answer: There are many reasons why I believe this program can help everyone regardless of their strengths and weaknesses. The first reason is that it addresses the three ways to develop muscle tension. If you are familiar with any of the training manuals and books from overseas, it clearly states that there are three ways to achieve muscular tension: dynamic, maximal effort, and repetition. The dynamic effort method is lifting a sub-maximal weight with the greatest speed possible. This helps to increase force production. The maximal effort method is lifting a weight that is 90%+ of your max and the repetition method is lifting a non-maximal load to failure, or near failure. The latter is commonly referred to as the bodybuilding method.

A good training program will address all of these qualities. In reality, few programs ever address these three ways. Most programs revolve around the repetition method. This is because most of the information about strength training in the United States has been gathered from bodybuilding magazines and researched on untrained individuals. A program based on linear periodization (the Western method of periodization) spends most of the training in the repetition method. Towards the end of the program, the maximal effort method is employed. The dynamic effort method is



George Halbert at Westside.... George made a comeback in the 242s, opening easily with 750, but his shirt blew on the descent, and he had already blown his other shirt in warmups. (a Randy Bumgarner photo)

completely ignored. Even when the percentages during a linear cycle are compliant with speed development (around 60%), the repetitions are so high (usually around 10 reps) that speed is not addressed because the lifter will conserve energy during the set to complete the desired amount of repetitions. With the above information, you can see the 1/3 of the way of achieving muscular tension is completely ignored and another third (the maximal effort method) is only used for a short period of time. To me, this is ridiculous. I want to use every means possible to get stronger.

This is where conjugated periodization comes in. So what is the conjugate method? To quote from the book, *Managing the Training of Weightlifters*, "The conjugate method secures strength development in synthesis with other key qualities while preserving their rational interrelationships to the muscle groups. The conjugate method allows one to use the dynamic, repetition and maximal effort method at the same time. If a quality remains untrained for several weeks, a lifter will lose

usually done using the repetition method. Most people will train using exercises that they are good at performing and ignore those that will bring up their lifts. It is hard for a lifter to leave his ego behind and use an exercise that he struggles with. This is where most people tend to fail. They will use a program designed for someone else and try to copy it. Unfortunately, the program will only work if your weaknesses are similar to the other lifter. Also, there are many other things that need to be addressed such as general physical preparedness, work capacity and training age. A beginner does not have the same training experience of an Elite lifter, but will commonly try to follow the same program.

The training logs at EliteFTS.com should be used as guidelines as to how all the lifters use conjugated periodization to achieve results. If you look at the programs carefully, they are all very similar in some respects, i.e., using the three ways to achieve muscular tension. On the other hand, some will address areas that are ignored by others. This is because the training must be individualized. You will also notice how much experimentation the lifters do and they are always trying new things. Some work, and some will fail. This is all part of the training process. In short, by understanding the basics of the program and adapting the accessory/supplemental lifts to your needs, this program can and will work for just about anyone. It is up to you to find out what you need and attack it head on. This can be difficult but with the right mindset and education, you will find that success is not that far away.

For more information on equipment, books, apparel, training accessories, articles, Force Training seminars and over 10,000 archived answers visit www.EliteFTS.com

The problem that many people have with this kind of program is not addressing their weaknesses with accessory and supplemental lifts. These are

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TRAINING

TRAINING THE BACK

as told to Powerlifting USA by Louie Simmons

At Westside we do an enormous amount of back work. This consists of upper and lower back work.

The upper back plays a large role in all three lifts. For squatting the farther back the bar sits, the greater the leverage. Notice that I said back on the back, not upper back.

We also do dumbbell power cleans, sometimes light for high reps, sometimes very heavy for low reps. We have a high school discus thrower who does 4 sets of 4 reps in the one-arm power snatch with a 100 pound dumbbell. By the way, we don't do the Olympic lifts.

Rows of all types are done at least three times a week. The guys who only bench do rows just about every workout, that is, four times a week. The full powerlifters do even more rows per week. Chest-supported rows are a mainstay. Very heavy weights are used by most.

Among the rows that are performed are the old-fashion T-bar rows with different handles, wide-bar and V-handle rows,

... "the Reverse Hyper machine ... builds not only the lower back, but also the hamstrings and glutes. The real secret of this machine is that it tractions the vertebrae while you use it, so it builds strength and works as restoration at the same time."

one-arm rows across the body, regular barbell rows occasionally with bands, and one-arm dumbbell rows.

Chins are great either with weight or without. But to be honest, we don't do them very often.

Everyone does lat pull-downs at Westside, but the Westsider with the strongest lats told me pull-downs don't help his lat strength as much as rows.

This is the majority of our upper back work. We also do a lot of band work and sled work for the upper back. Also, any time you do overhead pressing you are working the upper back. We do most of our overhead work seated.

Most articles on deadlifting address upper back work to assist the deadlift. That, of course, is good, but the lower back is injured more often than all the other back muscles combined.

At Westside we do a lot of 45-degree reverse hyperextensions. This style hits dramatically not only the lower back but also the hamstrings. They are done very heavy on either squat day or max effort day for the squat and deadlift. Six to 10 reps are performed. The number of sets depends on your level of physical preparedness. We do 2-6 sets.

We do a lot of work on a good morning machine appropriately named the Back Attack. This machine makes the strictest good morning possible. It anchors the feet with rollers and has an ab pad to keep the legs straight. A roller for the upper back makes it comfortable. Of course, we add bands to the weight. I personally like high reps, up to 20, with light to moderate weight. With heavy weight we do 6-10 reps.

We have been using the Reverse Hyper machine since 1975. It builds not only the lower back, but also the hamstrings and glutes. The real secret of this machine is that it tractions the vertebrae while you use it, so it builds strength and

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works as restoration at the same time. We do these at least four times a week; twice heavy and twice light. Chuck Vogelphi and I use the Reverse Hyper machine heavy before and after squatting on Friday mornings. I do them light on Friday evening. This is repeated on Monday, max effort day. On Tuesday evening Esaki Thomsson and I do them heavy again because they traction the back so that you can do them repeatedly throughout the week. The reps range from 8 to 12 on heavy workouts, 15 to 30 on light workouts.

Zercher squats will build all the squat and deadlift muscles, especially the lower back. This exercise was intended to be done off the floor. But I could do them off the floor only when I was a 181 lb (I did 320 pounds) Bob Burnett reportedly did 390 for 5 reps in 1967 and made a 675 deadlift at 165 pounds.

We now do Zercher squats with a strongman rack. They can be done for 1-3 reps. I prefer high reps, 8-12.

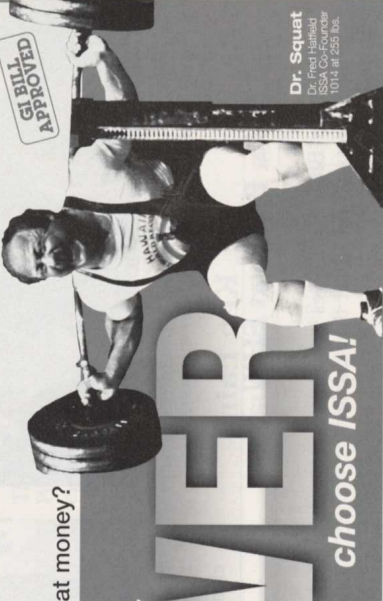
Pull-throughs with straight legs really hit the lower back. High reps are best, 10-20. For

more variety, stand on a box, or do a semi-squat to activate the hamstrings.

We do a lot of rotational

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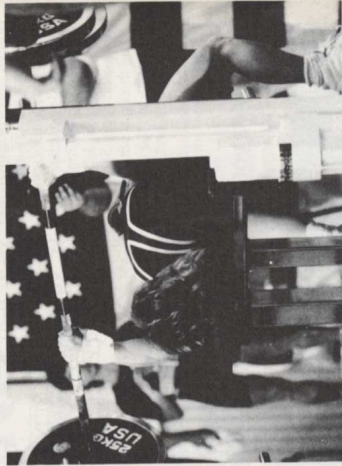
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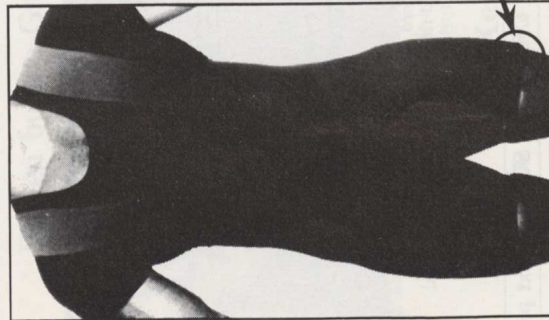
Anthony Clark
 2531 TOTAL/1031 SQUAT

John Inzer
 744 SQUAT at 165 b.w.

O.D. Wilson
 1003 SQUAT

Jesse Jackson
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Matt Dimel
 1010 SQUAT



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Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

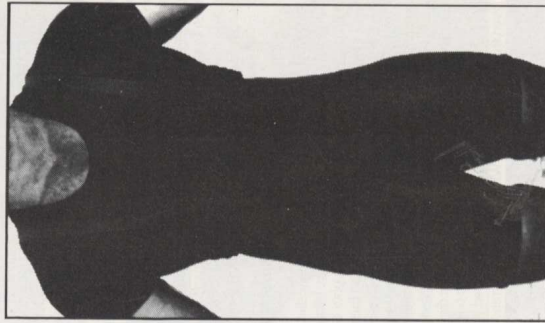
Jim Cash - World Champ

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 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 don't understand Regulate's dosage: 5-10 capsules 2-3 times per day. Does this mean 5-10 capsules each time and that the range is 10-30 capsules per day? Is more than 10 capsules per day excessive? Thanks, **Chris**

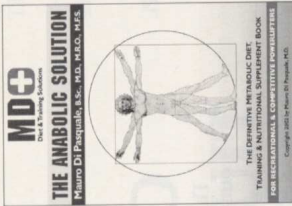
DEAR CHRIS: Just as with any fiber supplement of food, the idea is to take as much as you need at the start to get the process going and then to cut back to a maintenance dose. In the case of Regulate you can take 10 to 30 capsules a day (and sometimes more) until the bowel improves and then cut back to as many as you need to maintain, which is usually five to ten capsules a day. If you wish, you can also use some wheat bran along with the Regulate and as such likely reduce the dosage you need at the start and perhaps just use the wheat bran for maintenance.

Best regards, **Mauro Di Pasquale**

DEAR MAURO: I have been on your Metabolic diet for 4 weeks now and all is well as I seem to be full of life and energy. I am following the strict 5 day 30 gram carb 2 day carb up approach. In your book you recommend having a blood test before going on the diet and then another one further down the line to make sure everything is fine. Due to an awkward doctor who did not want me to go on the diet, never mind help me with blood tests, I went straight into the diet with no blood test being done. I now however have found a private company who will do the blood tests you talk about in your chapter getting started in your Metabolic diet book. I was thinking of having one done now and then another done 6 months down the line. Does this sound alright to you or because I missed doing it before the diet is everything messed up. What do you recommend I do in terms of frequency of blood tests (i.e.) do you have to have a blood test done every 6 months to be on the safe side. Thank you so much for your valuable time and do you have any objections if I forward my blood test results to you to check for me as I don't know if my doctor will be happy that I am going through with it. Yours faithfully, **Rob**

DEAR ROBERT: Although it would have been nice to have had the lab work done prior to going on the diet it's never too late. The only problem with not having the blood work done prior to starting the diet is that we don't know if any abnormalities were caused by the diet or were there before the diet. Nevertheless it's a good idea to get the lab work done to make sure everything is OK, diet or no diet. If the initial lab results are OK then every six months would do nicely. If everything is OK in the first few times you could and should have the lab work repeated every year. Personally I don't understand why some doctors won't monitor their patients on the diet. You would think that rather than pontificate they would be interested in what changes the diet brings about, whether positive or negative, and as such learn something useful. For example, if a patient had a high total cholesterol, a high LDL and a low HDL before going on my diet, pointing to possible heart problems down the line, and then after being on the diet the total cholesterol and LDL decreased and the HDL increased, resulting therefore in an improvement in blood lipid values, then he/she would become less dogmatic and more supportive of the diet. In fact, the doctor, as many doctors are doing today, would actually recommend my diet to certain patients. This is all aside from the usual results that people get from going on the Metabolic/Anabolic Diets and that is a reduction in

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body fat, an increase in muscle mass and an increased feeling of well being and self esteem. And by all means send me your results by email and I'll have a look at them. Best regards, BTW the results of a study double blind peer review study published in July, 2002 (Westman EC, Yancy WS, Edman JS, Tomlin KF, Perkins CE. Effect of 6-month adherence to a very low carbohydrate diet program. Am J Med 2002 Jul;113(1):30-6), showed that the long term use of a low carb diet resulted in increased weight and fat loss, and a dramatic improvement in the lipid profile (decreased cholesterol, triglycerides and LDL, and increased HDL levels). **Mauro**

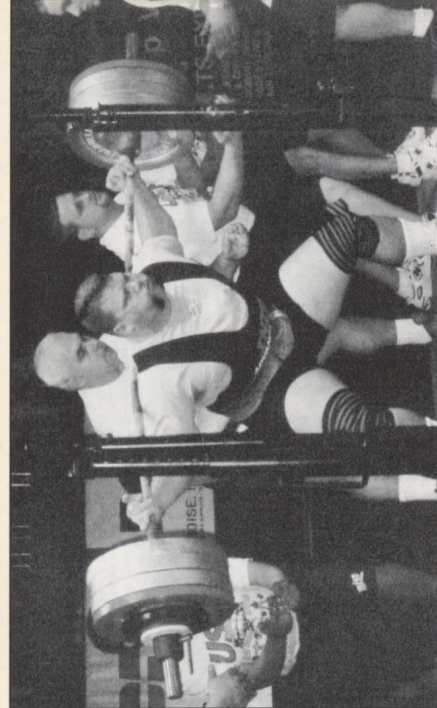
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| 123 | SQ | DL | TOT | |
| 45-49 | | | | |
| 148 | | | | |
| open | | | | |
| B. Williamson | 281 | 181 | 402 | 865 |
| 165 | | | | |
| 75-79 | | | | |
| Ben Creech | 159 | 82 | 214 | 457 |
| 100 | | | | |
| Chase Oram | | | | |
| 198 | | | | |

| | | | | |
|------------------|-----|-----|-----|------|
| open | | | | |
| Mike Danforth | 650 | 446 | 672 | 1769 |
| Ted Lim | 628 | 358 | 683 | 1669 |
| John Hayden | 573 | 435 | 534 | 1543 |
| submaster | | | | |
| Ted Lim | 628 | 358 | 683 | 1669 |
| Bobby Hayden | 573 | 435 | 534 | 1543 |
| 220 | | | | |
| open | | | | |
| Jeff Dennis | 639 | 490 | 628 | 1758 |
| John Schraub | 402 | 315 | 407 | 1129 |
| John Schraub | | | | |
| submaster | | | | |
| Jeff Dennis | 639 | 490 | 628 | 1758 |
| John Schraub | | | | |
| 40-44 | | | | |
| Bill Beekley | 600 | 374 | 600 | 1576 |
| John Thrift | 523 | 407 | 512 | 1444 |
| 55-59 | | | | |
| Courtnay Stanley | | | | |

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|-----------------|-----|-----|-----|------|
| 60-64 | | | | |
| Leon Stinson | 347 | 165 | 551 | 1063 |
| Vince White | 352 | 336 | 270 | 959 |
| 242 | | | | |
| open | | | | |
| Jay Griffin | 617 | 418 | 584 | 1620 |
| Todd Gaerine | 496 | 341 | 534 | 1372 |
| Tim Hayner | 501 | 347 | 512 | 1361 |
| 40-44 | | | | |
| Jay Griffin | 617 | 418 | 584 | 1620 |
| 50-54 | | | | |
| M. Rubenstein | 501 | 325 | 562 | 1388 |
| 275 | | | | |
| open | | | | |
| Scott Smith | 870 | 650 | 683 | 2204 |
| Art Labare | 804 | 523 | 777 | 2105 |
| Ted Isabella | 788 | 435 | 727 | 1951 |
| Zack Hudak | 727 | 501 | 705 | 1934 |
| 25-29 | | | | |
| Ted Isabella | 788 | 435 | 727 | 1951 |
| 55-59 | | | | |
| M. Highfield | 501 | 380 | 501 | 1383 |
| 308 | | | | |
| open | | | | |
| Anderson | 832 | 473 | 677 | 1984 |
| Tom Wallick | 225 | 225 | 225 | 677 |
| Keith Southwood | | | | |
| 35-39 | | | | |
| Keith Southwood | | | | |

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|----------------------------------|------|-----|-----|------|
| 45-49 | | | | |
| Rick Kincaley | 551 | 380 | 600 | 1532 |
| 55-59 | | | | |
| Wallick | 225 | 225 | 225 | 677 |
| 65-69 | | | | |
| Alan Siegel | 380 | 231 | 402 | 1014 |
| SHW | | | | |
| open | | | | |
| Josh Bryant | 771 | 573 | 600 | 1945 |
| M. Zito | 716 | 551 | 639 | 1906 |
| A. Conyers | 688 | 380 | 661 | 1730 |
| Alan Haga | 683 | 385 | 628 | 1697 |
| Max Solomon | 628 | 429 | 617 | 1675 |
| Dan Lass | 633 | 473 | 551 | 1658 |
| Joe Norman | 617 | 358 | 600 | 1576 |
| Over 200 | 600 | 363 | 545 | 1510 |
| Brian Siders | 903 | 666 | 810 | 2380 |
| Beau Moore | 854 | 683 | 766 | 2303 |
| Steve Goggins | 981 | 551 | 749 | 2281 |
| S. Crumbley | 788 | 479 | 639 | 1906 |
| Randy Boynton | 672 | 473 | 606 | 1697 |
| Robert Back | 628 | 341 | 567 | 1410 |
| Jason Schottel | 628 | | | |
| Team | | | | |
| Points | | | | |
| Beau Moore / Dan Lass | 3962 | | | |
| Brian Siders / Joe Norman | 3957 | | | |
| Steve Goggins / Adam Kwiatkowski | 3791 | | | |
| Randy Boynton / Matt Zweng | 3604 | | | |
| Alan Haga | 3604 | | | |
| Robert Back / Wes Soyars | 3085 | | | |
| Jason Schottel / Anthony Conyers | 2358 | | | |



At the Mountaineer Cup ... Josh Bryant squats (top), Siders benches (middle), and Conyers DLs (Morris)





6-year-old Jenna Glover won't let up

personal best 460. Tim Hagerman pulled a solid 435 for the win at 198. Nicholas McCaslin was second at 198 with 375. Health Severson finally pulled his first 600 with his win at 220, breaking the Wisconsin state record with 505. ...

won again at 198 with just his opener of 250. Jim Sot took the 55-59/165 class with a new state record of 310 while seven-to-two year old Peter Jensen won at 70-74/174 with 210. ...

Best Lifters - Bench - John Elick & Steven Comer (Photos - Dr. D. Latch)
A photograph showing two men, John Elick and Steven Comer, standing together in a gym setting, possibly after a lift.

Best Lifters - Bench - John Elick & Steven Comer (Photos - Dr. D. Latch)
A photograph showing two men, John Elick and Steven Comer, standing together in a gym setting, possibly after a lift.

Best Lifters - lightweights - Scott Kerman 500 at Open 181 (Photos - Latch)
A photograph showing a man, Scott Kerman, in a white shirt and dark pants, performing a lift on a bench press.

Best Lifters - lightweights - Scott Kerman 500 at Open 181 (Photos - Latch)
A photograph showing a man, Scott Kerman, in a white shirt and dark pants, performing a lift on a bench press.

Best Lifters - lightweights - Scott Kerman 500 at Open 181 (Photos - Latch)
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Best Lifters - lightweights - Scott Kerman 500 at Open 181 (Photos - Latch)
A photograph showing a man, Scott Kerman, in a white shirt and dark pants, performing a lift on a bench press.



Greg Chrun with new personal record 530 for master 50-54/242

lifter award for the heavier lifters. In the deadlift competition Christian Day won...

lockout. Jim was a recent finalist in the who represented the Mattoon TLC Center...

Table with 3 columns: Name, Age, Weight Class, and Record. Lists various athletes and their achievements in different weight classes.

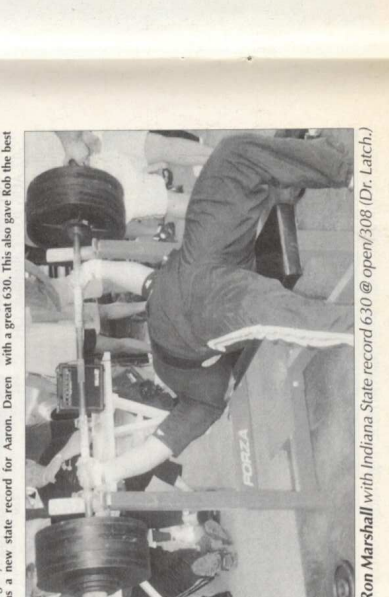


Correy Scranlon & Jason Feenstra with state record 755 for 2-man/16-17/198 (Photographs are courtesy of Dr. Darrell Latch.)

Sea won at 181 with 300, making just his opener. At 198 it was Ryan McKay with a...

lifter award for the heavier lifters. In the deadlift competition Christian Day won...

Table with 3 columns: Name, Age, Weight Class, and Record. Lists various athletes and their achievements in different weight classes.

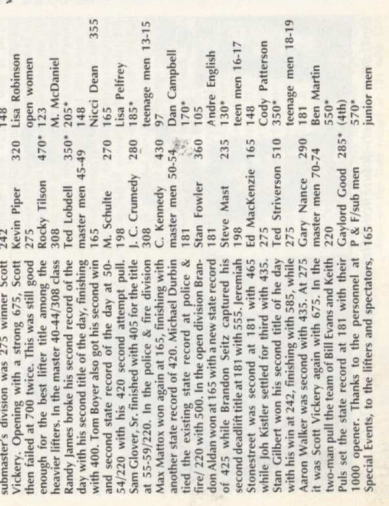


Ron Marshall with Indiana State record 630 @ open/308 (Dr. Latch.)

as well as the family of Vince Soto for their continue support. Thanks to my sponsors, wife...

lifter award for the heavier lifters. In the deadlift competition Christian Day won...

Table with 3 columns: Name, Age, Weight Class, and Record. Lists various athletes and their achievements in different weight classes.



Greg Chrun with new personal record 530 for master 50-54/242

WORKOUT of the Month

John Ware's Squat Routine

In this particular squat routine, I will assume the lifter's beginning 1 Rep Max (1RM) in the squat is 600 lbs.

Generally, for a major meet my pre-contest training cycle will run twelve weeks. I really believe one of the most critical components when developing squat routines for particular individuals is that the recuperative abilities of that individual must be assessed. Assistance exercises, number of training sessions per week, volume of training load and length of cycle must all be adjusted accordingly.

There are a wide variety of potential set and repetition schemes available to choose from. Many have proven me to be producing good solid strength results. At different times during the training year a wide variety of set and repetition schemes could and should be utilized.

For my twelve week pre-contest cycle we will squat 2 times per week for the first six weeks and 1 time per week for the second six weeks. Squatting only one time per week for the final six weeks will assure more complete restoration in the musculature involved.

Another important component of a well designed pre-contest squat routine is to condition the nervous system, as well as the muscular system, to ever increasing weight jumps. My pre-contest training cycle is designed to do this.

Form should at all times be a major consideration in your training. Adherence to good training form and the development of technique suitable to your body type are necessary to optimize your squat potential.

Find yourself a good training partner. Be critical of each other as far as depth and technique are concerned. Breakdown those mentally contrived barriers to your ultimate squat goals. Be consistent and positive in the attainment of your goal.

The Routine

The lifter with a current 600 lbs. 1RM squat can expect to gain 25-40 lbs. on this routine. One individual who tried this routine put 80 lbs. on his squat. Give it a try. It works.

First six weeks: Squat 2 times per

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



John Ware won the 1981 National Collegiate and went on to become one of the first men to squat 1000 and total over 2400, as well as becoming a successful collegiate head football coach.

(405), 1x1 (530) in full power gear. Leg Curls 3x12. Calf Raises 4x15 standing or seated. (Ab work assorted)

Week 6: Tuesday - Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (485), 2x3 (560) suit and wraps, straps up. Leg Curls 3x12. Calf Raises 4x15 standing or seated. (Ab work assorted)

The first six weeks of this program are designed to promote muscular hypertrophy and tissue density. This develops a solid base from which to reach a higher contest max.

An important component of the first six weeks of this squat program is the use of compensatory acceleration. Multiple sets of 5 are used on Tuesdays as the basis for further strength increases. Emphasis should be on maximum explosion and moving the weight fast. This provides for the recruitment of more muscle fibers and maximizes conditioned explosiveness. Try to move the weight faster and more explosively each successive workout. In addition, try to slightly decrease the rest periods between sets week by week. This will gradually increase the intensity of the training program. Rest periods should be in the

range of 4 to 5 minutes. The Friday workouts facilitate neuromuscular conditioning needed to benefit 1RM strength. They also enable the lifter to make adjustments in the small nuances related to form and technique in the performance of a peak effort squat. The importance of form cannot be underestimated.

The first six weeks developed a solid foundation for greater strength gains. During the second 6 weeks of the 12 week cycle we will squat only 1 time per week. This will allow for greater recuperation. Sets of 3, 2, and 1 reps will be utilized, and we will squat on Tuesdays.

Week 7: Squats 1x10 (135), 1x8 (225) suit and wraps, straps down 1x6 (315), 1x1 (405), 3x3 (510). Leg press 1x10, 1x8, 3x6. Leg Curls 3x12. Calf Raises 4x15 standing or seated. Ab work assorted.

Week 8: Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (485), 2x3 (530) suit and wraps, straps up. Leg Curls 3x12. Calf Raises 4x15 standing or seated.

Week 9: Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (485), 2x3 (560) suit and wraps, straps up. Leg Curls 3x12. Calf Raises 4x15 standing or seated.

Week 10: Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (500), 2x2 (585) suit and wraps, straps up. Leg Curls 3x12. Calf Raises 4x15 standing or seated. Ab work assorted.

Week 11: Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (515), 1x2 (600) suit and wraps, straps up. Leg Curls 3x12. Calf Raises 4x15 standing or seated. Ab work assorted.

Week 12: (meet week) Tuesday: 1x10 (135), 1x6 (225), 1x3 (315), 1x1 (405), 1x1 (505), 1x1 (575) Ab work - assorted.

Meet: 1st attempt 575, 2nd attempt 615, 3rd attempt 640. The second six weeks on the peaking phase utilizes decreased volume and increased intensity. It is necessary to mentally approach each workout with a positive and aggressive attitude. By employing this routine exceptional gains can be realized. The squat is a complex lift which must be approached from an eclectic viewpoint. No detail is too small in the quest for a greater squat.

★★★ Special Report ★★★

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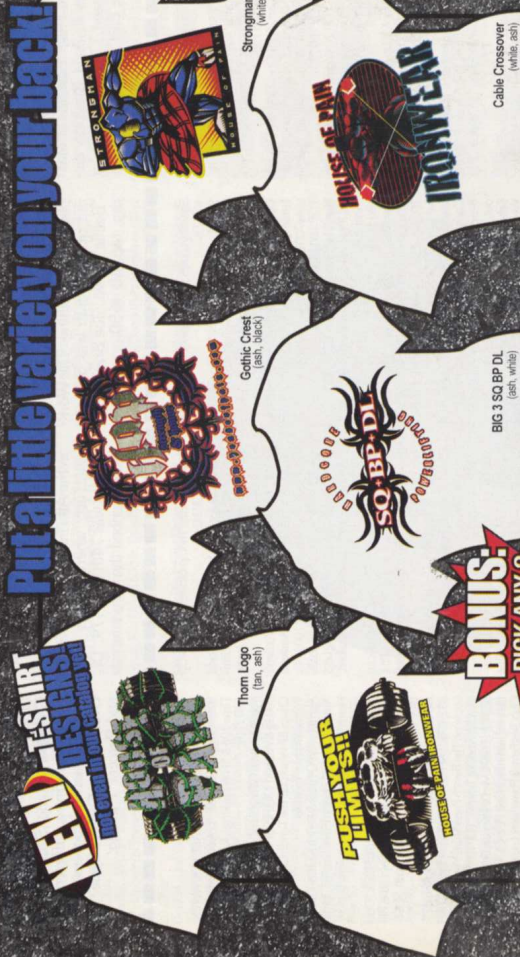
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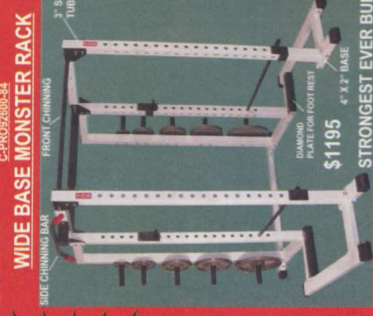
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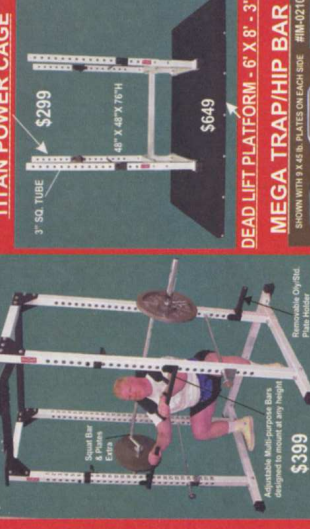
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Table listing bodybuilders, their categories, and their weight class results. Includes names like Anthony Dunne, Scott Henry, and Neil Miller.

Table listing bodybuilders, their categories, and their weight class results. Includes names like Ed Owens, Karl Deusch, and Terry Hedrick.

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APF Firefighter Olympics 20 JUL 03 - Wichita Falls, TX
Table listing results for various events including 90 kg Master Bench, 150 lb H. Cavanaugh, and 227.5 Rudy Barrow.

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11 OCT. USPF Record Breakers Meet (Concord, NH), Jamie Follows, 603-279-0758, followj@2300net.com

8 NOV 03 OCB 2003 Pittsburgh Golden Triangle Classic Bodybuilding, Fitness, and Figure Championships + 2003 APF Steel City Classic Bench Press Championships, Bodybuilding - Roger Duchon, www.OCBBodybuilding.com

Coming Events

19 OCT. Joe Average Seminar, Jim Parrish, 436 Blue Valley Dr., Bangor, PA 17812, 717-742-7350, javerage@comcast.net
19 OCT. SLIP Xtreme Fitness II BP/DL (Chattanooga, TN), Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com

Huge Iron Powerlifting Schedule
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11-8-9-03 WPO Finals (Atlanta, GA)
12-6-7-03 APF Southern States Powerlifting Championship (Daytona, FL.)

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20 JUL 03 - Limon, CO

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|-----------------|-----|-----|-----|------|
| 123 A. Montano | 225 | 200 | 301 | 726 |
| 124 R. Martinez | 345 | 245 | 405 | 995 |
| 165 M. Greene | 450 | 330 | 500 | 1280 |
| 166 D. Mies | 365 | 235 | 455 | 1055 |
| 167 M. Aviles | 405 | 220 | 385 | 1010 |
| 181 M. Apodaca | 135 | 280 | 315 | 730 |
| C. Harris | 470 | 285 | 450 | 1205 |
| J. Jones | 225 | 270 | 350 | 845 |
| J. Pinillo | 275 | 205 | 320 | 800 |
| D. Keys | 475 | 320 | 515 | 1310 |
| J. Patton | 455 | 285 | 500 | 1240 |
| D. Vinyea | 395 | 285 | 430 | 1110 |
| E. Huff | 225 | 270 | 505 | 1000 |
| R. Torralba | 505 | 335 | 500 | 1340 |
| T. Cassius | 450 | 370 | 425 | 1245 |
| V. Rivera | 635 | 415 | 615 | |
| 1665: M. Greene | 585 | 390 | 585 | 1560 |
| D. Burks | 315 | 475 | 405 | 1195 |
| 275 M. Helms | 575 | 460 | 515 | |
| 1550: M. Helms | 525 | 300 | 500 | 1325 |
| M. Helms Master | 455 | 326 | 420 | 1201 |
| 181 A. Dorrance | 515 | 295 | 525 | 1335 |
| 165 E. Walt | | | | |



Big **JOSH MCKENZIE** smashing up his 565 squat opener at the LCF Semi-annual Powerlifting Meet.

the Missouri Prison system turned up half a dozen lifters who dominated state strength sports for years to come. Homer, Lewellen, Joe Bradford, Big Jim Small, Charles Voegtlin beat the best. They were later joined by Robert Burnett, Elijah Benny Littleton, Ray Wells, Stan Frenchie, and Mike King, among others.

Who can forget Bradford's first deadlift effort. He was a 165 lb. lifter. The prisoners had cut boiler plate into 25 and 50 lb. squares, jagged pieces of iron formed by acetylene torches. Lifting was done on a one inch thick, five foot long bar which held only 400 pounds of the boiler plate.

Joe wanted 500 lbs., so clothes hangers were tied to the bar and to a pair of 25 lb. plates stacked on the ground on each side of the lifter. Once the 400 came up, there was a sudden tug of an additional 100 lbs. kicking in. Joe handled the 500 with ease.

Lifting was crude at first, but, as outsiders returned and prison officials realized the positive effect lifting had on the prison population, modern equipment appeared and boiler plates became history.

By the mid-1960s, strong, well-coached, competitive weightlifters were found throughout the U.S. Personally, visited prisoners in Maryland, Kentucky, Indiana, Wisconsin, Illinois, Minnesota, Iowa, Kansas, Nebraska, South Dakota, and Colorado - as well as the Federal prison at Leavenworth (the "Big Top") and the U.S. Disciplinary Barracks at Ft. Leavenworth.

In 1962, Clyde Whitehead, the silver-haired veteran recreation director at USP Leavenworth, Kansas, recruited me to help establish a prison supply officing competition. I had the pleasure of refereeing dozens of light cards, watching the likes of Virgil Atkins, Jesse Bowdy, Michael and Leon Spinks - world champions all - who came to the "walks" to show their wares, and to get beat. Atkins suffered a cut in a prison exhibition and had to postpone a world welterweight title defense. Both Spinks Brothers lost at MSP as amateurs.

Jack Hader was a professional wrestler for many years prior to working as a recreation officer at MSP. He taught many of the lifters the ins and outs of pro wrestling and one stand-out went on to success as a pro grappler in the Free World shows, as good as you'd see in Madison Square Garden. One battle was so wild that the Director of Corrections jumped into the ring because he feared a riot. I finally assured him everything was under control, but I'm sure he wasn't too pleased.

By 1966, prison sports had become so huge that I convinced the Amateur Athletic Union that it needed to do two things - give membership to inmate athletes and create a standing AAU committee for sports in correctional institutions. We were successful in both cases.

Inmate athletes were given the right of AAU membership if they met the guidelines of amateurism and fair play. Their criminal past played no role in seeking AAU recognition. Each prisoner's recognition. Each prisoner's recreation director certified the athlete's

credentials. As early as 1964, we had been invited to a boxing referee to the National Golden Gloves tournament. Mike Johnson had spent most of his prison days in solitary confinement, a prison returning to accept his role as a convicted felon. One day, he woke up in his bare cell and decided to look for something different in life. He found something he liked in a baseball umpiring clinic. I was teaching and he was on the road to self-discipline and a sense of being, a feeling of pride.

I'll never forget the day Mike was unimpaired at 3B and the criticism from the dugout was more than he could stand. He told the person in the corner of the dugout to get off the field - now! Much to his horror, he found the voice belonged to the Director of Corrections - the prison team's biggest fan.

Before the Director could say anything else to Mike, I came from behind the plate to say: "See ya, Fred. You're Gone!" We all laughed about it later. (Was the plate umpire from every Missouri Prison game from 1956-1967?)

Mike turned to boxing official after the baseball season and was allowed to travel to the National Golden Gloves, where we officiated together. Mike went from the mis-er of solitary cell to the streets, never to return to prison life, because sports gave him that chance. We have exchanged holiday greetings for more than 30 years.

Robert Burnett is a name early powerlifters will remember. And how about Donald Blake and Jenkins Hudson? All were national record

holders and/or national champions and Blue and Hudson were North American champions. Hudson was a 198 lb. Olympic lifter from Maryland's prison system and Blue was a 148 lb. powerlifter from the Kansas Penitentiary.

Burnett escaped the Missouri gas chamber at the last moment, in the early 1960s, to have his death sentence reduced to life and eventually he was paroled to me. Released in 1968, he has lived and raised a family in Columbia, MO, where he still resides.

Most prisoners are the products of a hard life. Most had no disciplinary guidelines as youths and have none as adults. Many have only rudimentary education, but most are not stupid. Deep inside, even the toughest realize there must be a better way of life. Sports such as boxing, weightlifting, and powerlifting allow these men and women to keep their macho image, yet to be successful - they must accept discipline. For many, the system worked.

Sure, some fail. A rare few use the weights to beef up and become aggressive - but no more than in society in general. Many, however, have been able to overcome their undisciplined past because both the prison officials - the wardens in particular - and a willing society have worked to make success possible. Now, it seems, our ultra-conservative leadership refuses to read the lessons of history.

Today, most prisoners have removed weights, dropped boxing programs, even dropped baseball. Many no longer allow outside competition inside prisons and almost

no prison athletes travel to places like the Golden Gloves. "Hard Time" is now the order of the day. Custody rules.

I recently visited with a retired warden, who voiced total displeasure with the current restrictive recreation programs. He stated: "I loved seeing you come to the joint" (prison) for whatever reason. You brought tough guys inside to beat my tough guys and I loved seeing my guys devote the next six months to the iron and not to disrupting the prison."

Take all this one step further. Short term inmates create many prison problems - a reflection of the society from which they come. That old timer, that veteran lifter who learned self-discipline in the weight room or the boxing gym or on Jack Harder's "tasslin'" mat, can teach a lot of life's lessons to the hot youngsters. A major loss when the sports of strength and controlled violence are eliminated is the lost opportunity for men (and women) of strength and violence to master self-control and pass this knowledge on to those who still have a chance in life.

The prison postal program fostered a new system (which is at least 45 years old) and self-discipline learned in some weight room will once again be the order of the day... the sooner the better!

BILL CLARK

A good 'read' on this subject is a book entitled **WE ONLY PLAYED HOME GAMES** by Leonard Brumm. Contact Brumm Enterprises LLC, PO Box 352, Oak Creek, Wisconsin 53154. E-mail: ulbm1950@aol.com. Phone: 262-939-7475. Fax: 414-570-2109.

in this situation, most prisoners automatically begin to prepare themselves mentally to strip and get into a gym on a period of 24 hours. It's not that they are not in uniform until further notice, the lifter maintained their composure. Each lifter approached the platform with purpose and their names were called, executing every lift with confidence. There were two lifters on approximately 1 hour for security reasons, and then was allowed to resume. The final two lifters concluded the meet in record setting fashion. To be a part of this high level of competition, the lifter and his coach and his friends with the lifter as they prepared and completed each attempt. The camaraderie under the circumstances gave each of us a deeper sense of appreciation for the noble lifts were in the lightweight, middleweight, heavyweight, superheavyweight, and superheavyweight divisions. The middleweight division (541 lbs) deadlifted 440 lbs. The middleweight division (541 lbs) bench pressed 320 lbs and pulled a phenomenal 525 lbs. lift. Also F. Numan pressed a great lift. The heavyweight division (550 lbs) pulled a phenomenal 550 lbs on his 3rd pull after the hour break. The superheavyweight division (600 lbs) pulled a phenomenal 600 lbs. Deadlift: Meet Chief Judge, David McKenzie for these meet results)

330 495 825
F. Smith 335 500 780
R. McKeown 245 315 560
242 345:1 600:1 945:1
J. McKenzie 325 345 670
M. Helms 360 575 935:1
E. Thomas 405 525 930
J. Brown 425:1 405 820
J. Watts 210 535 745
MASTERS
165: 215 425:1 640:1
D. Metzerman 181
D. German 280:1 415:1 695:1
D. Sargent 255 365 620
185:1 315:1 500:1
J. Thompkins 270:1 505:1 775:1
D. Denotes Facility Record, Best Lifter, Lightest weight, N. Nguyen, Best Lifter Middleweight, D. Keys, Best Lifter Heavyweight, J. Pinillo, Best Lifter Superheavyweight, 2nd Annual "Push and Pull" meet was an extraordinary display of discipline on the part of all participants. The event was to determine who has the "hottest" bench and deadlift in the "joint" on that particular day. The meet was a success as it began rumors were spreading that the prisoner meet would be shut down because a prisoner was brutally beaten and stabbed in the prison yard. Shortly after, the gym was secured and all meet participants and observers were confined to that area, in

165: 320 525 845
D. Keys 320 525 845
M. Helms 280 500 780
S. Lee 290 415 705
B. Spence 235 425 660
A. Roberts 185 325 510
330 525 855
F. Noun

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D. Keys 320 525 845
M. Helms 280 500 780
S. Lee 290 415 705
B. Spence 235 425 660
A. Roberts 185 325 510
330 525 855
F. Noun

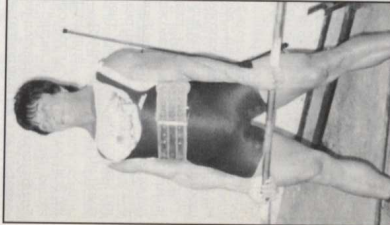
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B. Spence 235 425 660
A. Roberts 185 325 510
330 525 855
F. Noun

SIP Open Nationals

Table listing athletes and their scores in various weight classes for the SIP Open Nationals.

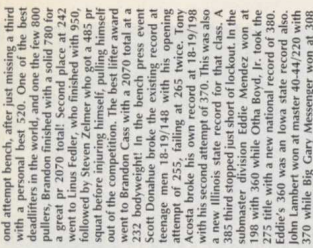


Marcia Ferguson locks out a PR NR350 at 45-49/165 lb. class.



Mike Ferguson ... with a PR/NR 500 at 50-54/242 (D. Latch photos)

open men/220 ... was his 495 lb final attempt in the squat, John ...



Best Lifters ... Brandon Cass and Jesse Pryor.

and attempt bench, after just missing a third ... One of the best deadlifters in the world ...

D.D. Nichols Bench Press Classic

17 MAY 03 - Benton, AR ... Josh Wolverton 330 ... Chase Alexander 220 ...



D.D. Nichols presenting the First Place trophy for 148 Class to Jared Dehan, Jared, at 17 yrs old & 138 body wt, BP ed 240 at the Benton Bench Press Classic. This photograph is courtesy of D.D. Nichols

APA Southeastern States BP & DL

03 MAY 03 - Piedmont, SC ... J. Mizoun 402 ... K. Allison 356 ...

Table listing athletes and their scores for the APA Southeastern States BP & DL.

Table listing athletes and their scores for the D.D. Nichols Bench Press Classic.

Table listing athletes and their scores for the APA Southeastern States BP & DL.

Table listing athletes and their scores for the APA Southeastern States BP & DL.

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



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

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relaxed measurements of shoulders _____
 chest _____ arm _____

colors - Black, Red, Navy Blue, Royal Blue
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- Tank Tops** — 2 color logo \$10.00
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 S, M, L, XL, XXL \$28.00
- Wrestling Singlets** with full 2 color Inzer Advance Designs logo \$33.00
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- Chalk** — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
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- Suit Slippers** — makes putting on tight suits easier. M, L \$19.95
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- OFFICIAL MEET T-SHIRTS**
- Baddest Bench in America** - multi-color design \$10.00
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VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

SLP ChicagoLand Open BP/DL
18 MAY 03 - Naperville, IL
BENCH PRESS 242
 teenage women 18-19 T. Harrison 530
 32-39 Newby Marchetti 130*
 open men 13-15
 Olis Anderson 285*
 Matt Cavallaris 95*
 teenage men 16-17 Mark B. Willis 300
 18-19 Leif Gaiffan 430
 teenage men 20-25 Erik Foggey 500
 165 Jake Stefanski 375
 242 Doug Machak 235
 teenage men 13-15 Rick Weiss 310
 Matt Cavallaris 175*
 junior men 123 Michael Brock, Jr.
 15-17 Charles Casey 225
 165 Doug Machak 450*

Also a great big thank you for all the lifters who helped with not only the loading, spotting and judging, but also for setting up the platform and cleaning up afterwards. You guys are the best!
POULCE & FIE
 242 Mike Geiger 720
 master men 55-59 198
 198 Mike Geiger 720
 teenage men 18-19 265 Steve Moskowitz
 master men 60-64 242 Archie Oliver 355*
 275 Blaine Woods 550
 165 Anton White 350
 Lee Gaiffan 625
 BP-Best Lifter - TOMMY HARRISON, DL
 Illinois state record
 ChicagoLand Open Bench Press/Deadlift
 competition. Many thanks to owners John and Alie Alder for hosting this event and to manager Dorothy for all her help during the competition.

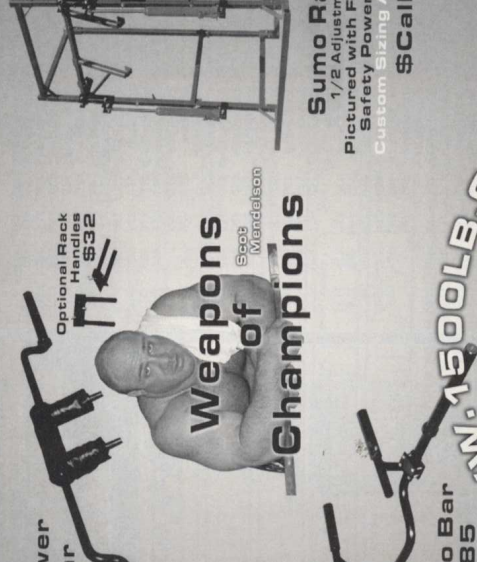
Up, next was best lifter and police & fire/242 winner Tommy Harrison. Opening with a solid 530, Tommy then missed his next two attempts before finishing with a personal best in the open division. "Badly Off" Anderson dropped down to the 132 class, setting the state record there with 285. At 181 it was Tommie Gentry with just his opener of 400. Kennedy Mark B. Willis had jealous Old Al Cavallaris with a personal best of 300. Thanks Mark, to you and your Dad for all your help. Lee Gaiffan looked strong at 308 with his 430 while Erik Foggey struggled at 500 with his 300. Cavallaris broke his record again at the day at 13-15/97 to finish with 175. Michael Brock, Jr., lifting in his first competition, broke the state record at 18-19/123 with 330 strong. Machak broke the state record at 16-17/242 with 235. C. J. Vroman won his second title of the day at junior 165, pulling a state record 500 on his second attempt. Charles Casey won at 12-13/225 with 225. Mike Geiger won his 32nd*
 165 BRAGAR 420
 198
 13-16 RAW
 SKINNER-BL
 WILLIAMS 510
 SKINNER
 WILLIAMS 510
 242
 35-39
 AZZI
 600
 275
 SPEN
 40-49
 530
 40-49
 530
 275
 OLIN
 520
 132
 17-19
 158
 165
 17-19
 300
 190
 125
 370
 530
 525
 525
 550
 550
 165
 198
 425
 1215
 1685
 132
 132
 310
 640




Matt Cavallaris with 175 @ 13-15/97 @ the Chicago Open (Litch)

SLP Best Lifter Mike Geiger with 720 pull @ 275 (Dr. Darrel Latch)

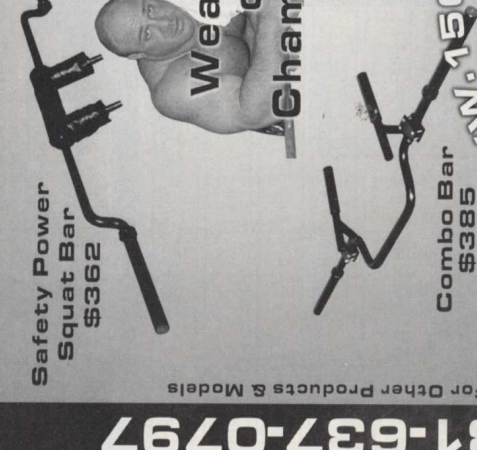
Crepinsek Strength Equipment



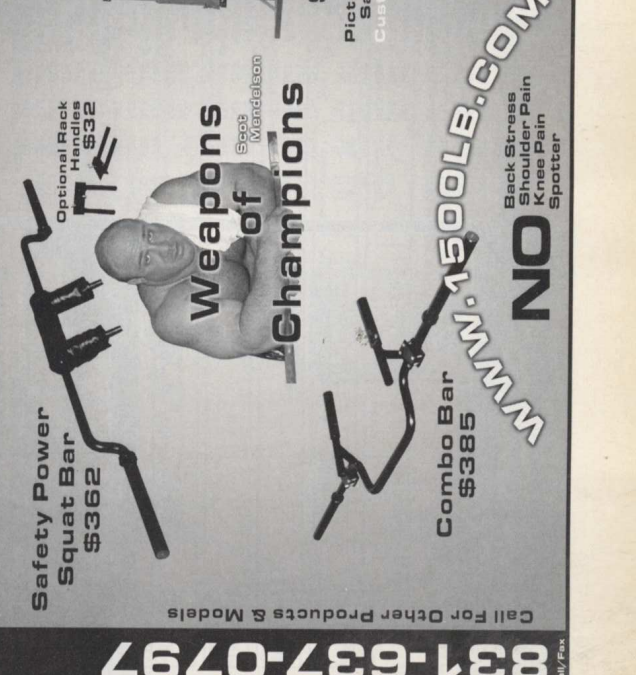
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WNPF Raw Nationals
18 MAY 03 - Edison, NJ
 SQUAT 173
 181
 35-39 DAVIS
 AZZI 645* 180*
 MORRA 460
 RAW NATL
 CALCURI-BL 360
 500* 440* 550* 1490*
 305
 645 400 640 1685
 560 400 550 1470
 275
 500* 400* 400* 545
 500* 340 600 1500
 INJURY
 210 515
 82.5
 90
 170 400
 125
 200 130 225 555
 130 130
 200 115 220 535
 190 155 220 565
 100 100
 125
 170 115 235 520
 220 140 230 590
 215 290 780
 250 250 440
 140
 520
 150 195 520
 230
 265
 650
 500
 580*
 275
 198
 475
 450
 550
 550
 220
 360
 540
 40-49
 390 360* 480 1230
 198
 198
 425 340 450 1215
 242
 645 415 625 1685
 132
 132
 310
 640

Wisconsin Bench Press
03 MAY 03 - Madison, WI
 Men's team 165
 Dan Pope 325
 Aaron Weirford 250
 Adam Feigel 181
 233
 175
 198
 375
 440
 420
 315
 385
 360
 275
 500
 630*
 505
 450
 665
 490
 440
 385



Women's Best Lifter Lisa Van Buskirk, Men's Best Lifter David Doan at the 2003 Wisconsin Bench Press Championships (Roid's Gym)

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 STREET ADDRESS _____
 CITY, STATE, ZIP _____
 AREA CODE, TELEPHONE _____ DATE OF BIRTH _____
 AGE _____ SEX _____ CHECK ONE: LIFETIME \$FREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
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 \$30.00 ADULTS

SIGNATURE / PARENTS SIGNATURE UNDER 18 _____
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LM: Gene, any final comments or individuals you would like to thank? Since I am doing the interview with you, I would just like to add that as great a lifter as you are, those people who know you find you to be a greater individual and a true gentleman.

GB: I would like to thank my family for the support from the start, without their backing my dreams would not have become a reality. Also, thank you Larry for taking the time out to complete this interview.

coaching as much as lifting? **GB:** I have a lot of respect for the coaches helping the high school and college lifters. These coaches give so much back to the sport; my hat is off to coaches such as Sandra Perron, Wade Hooper and Jim Hart, they do such awesome work with the junior program. I coached my first team in high school in 1975 when our coach told us we were on our own, I have coached teams at the national and world championships in the last twenty years. I enjoy coaching with a passion; it gives me a personal satisfaction knowing that you are helping someone achieve some of their goals and dreams. I just formed the South Texas Powerlifting Team near my home in Schertz, Texas. The STP team is the tenth team I have formed in twenty years; the teams have produced some very talented lifters.

LM: Do you have any advice for the novice lifter?

GB: Start by finding a qualified coach or trainer to get you started. Research and read as much as you can on the sport. Attend meets in your local area and volunteer to help in any way you can. Also don't

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the federations in the USA, there is something out there for all the lifters to get involved with - just have fun with it.

LM: What has been your most memorable moment in the sport and do you have any amusing stories to pass along?

GB: My favorite story was when I was deployed for five months in field conditions at Incirlik Air Base, Turkey in ERN WATCH prior to the 1994 USPF Nationals. I trained in a make shift gym, in a tent, for most of the time, hoping that I would get the chance to make to the Nationals to make my mark again. I traveled through most of Europe to get back to my home base at Soesterberg Air Base, NL (Netherlands) to get approval to travel back to the USA to lift in the Nationals. I went head to head against two former national and world champions (Sly Anderson and George Her-ring); the placements went down to the last deadlift, I went on to win another world title in Sweden a few months later.

LM: You have helped coach a number of teams. Do you enjoy

coaching as much as lifting? **GB:** I have a lot of respect for the coaches helping the high school and college lifters. These coaches give so much back to the sport; my hat is off to coaches such as Sandra Perron, Wade Hooper and Jim Hart, they do such awesome work with the junior program. I coached my first team in high school in 1975 when our coach told us we were on our own, I have coached teams at the national and world championships in the last twenty years. I enjoy coaching with a passion; it gives me a personal satisfaction knowing that you are helping someone achieve some of their goals and dreams. I just formed the South Texas Powerlifting Team near my home in Schertz, Texas. The STP team is the tenth team I have formed in twenty years; the teams have produced some very talented lifters.

(article continued from p. 5)

GB: All my Armed Forces and powerlifting pals are the greatest friends a person could ask for. Pete Alaniz, Johnny Graham, Col. Scully, Ausby Alexander (Ret. Marine Corps), JD Carr (Ret. Marine Corps), Tim Taylor, Diane Sivenyi (Ret. Air Force) and my current training partners "Iron Mike" Trenton & Kimberly "Rage" Wolford. This list goes on forever, sorry to leave out so many great people that are in my life.

LM: I guess we need to discuss the drug issue and equipment issue as well as the fractionalization of our sport. What are your views on these issues and do you have any thoughts on how our sport can move forward?

GB: Maybe in about twenty years, powerlifting will evolve into a main stream sport in the USA and rank up there with sports such as track, wrestling, baseball and basketball. All the major powerlifting federations are making positive steps to make the sport a positive experience for the kids coming into the sport. With all

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Third Annual West YMCA Open
07 JUN 03 - Omaha, NE

WOMEN:
SUR-MASTER 180
MASTER I 198
165
Linda Hess 180 242
COUNG 365
MASTER I 165
220
ERIK EVELAND 325 JAMES COLE 335
198
275
McLaughlin 315 GRINDSTAFF 290
NOVICE 165
132
J. CALABRO 185 TERRY FULLER 255*
181
GRINDSTAFF 280 NIEN TEEN 385
275
A. CORIANO 280 MASTER I 500
JOHN JONES 500
MEN
SHW W. MCCOY 700
S. SUITER 300 MASTER II 475
FULL MEET SQ BP DL TOT

FULL MEN:
132
HEIDI BURKE 170 80 205 455
MASTER I 165
R. KUZMINSKI 125 100 160 385
OPEN
181
J. KNUTSEN 405 285 460 1150
242
225
JOBIE 365 350 405 1120
275
D. PRESSER 550 455 505 1505
NOVICE 181

NOVICE
ERIC LINDER 350 300 450 1100
PUSH/PULL 165
WOMEN:
198
MERBER WOOLF 185 325 510
MEN:
198
NICK SIMON 430 600 1030
NIKE BROWN 390 575 965
TODD KOWAL 455* 605 1060
JUSTIN GRAAFLS 400 585 985
BRIAN MULL 385 585 970 220

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Associations)
was done as a Teenager although he lifted
in the Open Div. Outstanding lifters: Full
Meet - Doug Presser, Push/Pull - Nick Simon,
Bench (LJ, wt.) - James Cole, Bench (Hly
Bench) - James Cole, Deadlift - Willie
McCoy. (Thanks to John Jones for results.)

DODGE CITY POWER FIST
05 JUL 03 - Kansas City, KS (kg)
154 M-P SQ BP DL TOT
David Goodloe 102.5 72.5 142.5 317.5
Bench
Rozell Fleming 170 125 175 470
227 M-I
Rod Tavanello 220 155 210 585
SHW SW-1
Jaam Freeman 230 205 230 665
205 W Int
JEANIE PEARSON 60 60
187 Pure

Russell Fleming 170 125 175 470
230 M-Keffler 282.5 182.5 240 705
POWER Sports Curl BP DL TOT
205 W Pure
JEANIE PEARSON 60 60
187 M-5
Small but not bad good lifting. My thanks to
Russell Fleming and family for all the effort.
Also I think the radio station, Dodge Globe
for their support. The out standing lifters of the
open. Arthur Keffler police Rod Tavanello in
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