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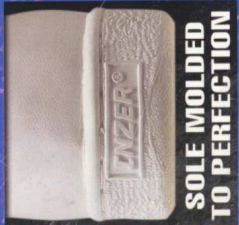
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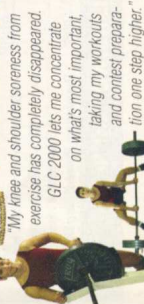
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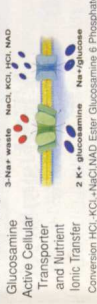


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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advisers, and administrators who have made enormous contributions to its success, ... through their own love for the sport ...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

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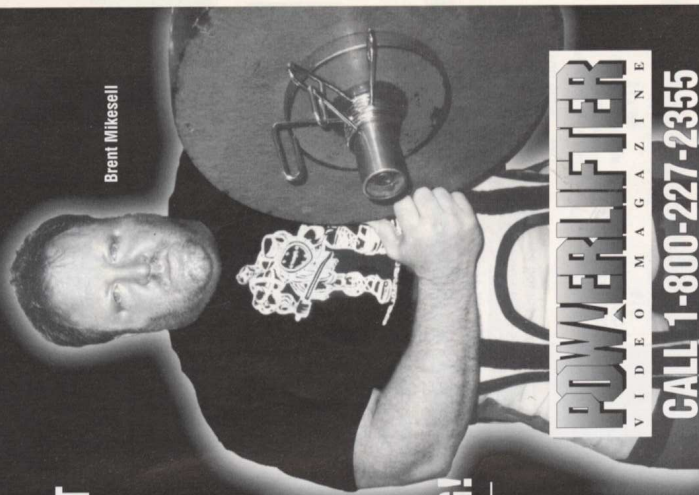
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## USAPL WOMEN'S NATIONALS as told to Powerlifting USA by Katie Ford

The 2004 USAPL/ADFEA Women's Nationals was hosted in Omaha, NE under the direction of Jim Harr. 125 competitors traveled from around the continental US, as well as from Alaska and Hawaii, to give it their all at the largest Women's Nationals to date. The meet was held in the Doubletree Downtown, which provided a spacious ballroom and warm-up area, restaurant and bar, conference rooms, and those famous homemade cookies. You either loved the cookies or hated them, depending on your weight in time! The competitors were greeted with a couple feet of snow upon arrival, which was a new experience for some, and posed problems for others. Many made the trip by car, including the Phantom Warriors of Ft. Hood, Texas. Several people were faced with delays on their flights out and some were forced to leave early due to road conditions. The weather may not have been the most pleasant, but these ladies were ready to take care of business!

This year's nationals was a weekend of fists. Between lifting sessions on Saturday, the Women's Committee inducted an inaugural group into the USAPL Women's Hall of Fame. The Hall of Fame included women and men who

have made a difference in the women's side of the sport and enabled it to grow into what we see today. This group helped to promote women's lifting through their efforts in lifting, officiating, coaching, meet directing, and impacting many lady lifters in a positive way. For those of you who have been around the sport long enough, you may recognize that many of these individuals were integral to powerlifting at a time when unheard of, let alone the option of a women's division. Inductees include: Judy Cedney, Jan and Terry Todd, Peary and Mabel Rader, Pat Malone, and Ruth Welding. Judy Cedney, one of the most beloved members of our organization, has been involved in the sport since 1980 and has contributed to it through her lifting, coaching, and officiating. The Todds were pioneers of the sport and helped in many ways to campaign for women's lifting. They helped organize the first women's nationals and took a strong stance in support of drug testing. Both accomplished lifters, Terry was a

multinational champion, while Jan was the first woman to total over 1,200 lbs. Peary and Mabel Rader, of *Iron Man Magazine*, were honored for their support of women's drug free lifting. Pat Malone, coach of the Purdue Powerlifting Team and originator of the Malone Formula, brought many women into the sport by putting on meets just for them and manufacturing his own powerlifting gear. Ruth Welding, an all-around exceptional athlete, was on hand with former coach Malone to accept their awards. Ruth competed in the first IPF Women's Worlds and is still an asset to the sport through lifting, officiating, and coaching. To learn more about the USAPL Women's Hall of Fame, visit our Website at [www.usapowerlifting.com](http://www.usapowerlifting.com). Information on the inductees and directions for nominating future recipients will be available soon.

Another first for the meet was the inclusion of a Youth Division. In September of last year, it was approved to include the age brackets of 10-11 (Y1) and 12-13 (Y2) in all USAPL sanctioned meets. For the Y1 division, the best 2

attempts in every lift are added towards their total (6 successful lifts) to encourage technique and precision over heavy weights. The Y2 division has the standard scoring procedure. New weight classes were added exclusively for the youth division in order to accommodate our up and coming lifters. Four young ladies entered these divisions and impressed the crowd with their composure, form, and ability. All were fairly strong, too! The Miller sisters showed great potential for



Youth is served....Kendra Miller

## Remember when the strongest kid in your school was a girl?!



We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, Worlds Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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**Ashley Robbins** wins with a 744 total

the future, with Kendra (72, 35kg class) posting a 520 kg total via six lifts, and Caitlin (71, 44 kg class) putting up a 320 kg total via three lifts. Both had 9/9 days! Kallissa Majie lifted in the Y1 44kg class and was true to the Majie name by also having a 9/9 day and producing a 350 kg total via six lifts. Katherine Williams rounded out the youth division by lifting a 397.5 kg six-lift total, but only getting 7 lifts passed. All were an inspiration and we look forward to having these youth lifters and more at next year's nationals.

Saturday's lifting opened up with the 97 lb. class and the youth division. La Tech alumna and Multi-World Team member Ashley Robbins dominated early via a 303 lb. squat, and a close miss with the 105 lb. total puts her in the number one slot for the Junior Team. Erin Dickey came in second in the teen division with a PR 677 lb. total. The winner of the Junior Team slot will be determined after the last qualifier of the year, Collegiate Nationals. Youth lifter Caitlin Miller put up a total good enough to take the bronze in the open division. Cathy Solon posted a respectable 666 lb. total to take 5th behind Dickey in the open, and win the masters II category. Rounding out the top seven open competitors where Barb Slegs and Donna Alminosa. Donna had a rewarding day breaking the Masters II World Record Squat with 95.5 kg on her second attempt.

The 105 lb. class is home to lifting sensation, Jennifer Maile. It's hard to believe that she's still a teenager, but the 19 year old easily won the class with a 6 for 9 day and a 920 total, 5 lbs. off her PR. Jenn was very close to breaking her own Open WR Deadlift, with 185 kg, but could not stay locked at the top



**Donna Alminosa** with a Masters World Record Squat (T. Weeks)

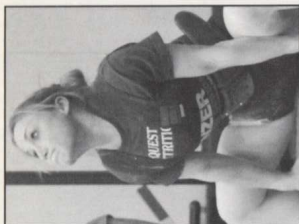
the open and junior divisions with an 881 lb. total. Last year's Jr. World Bronze Medalist had an off day, having to pull her third deadlift to stay in the meet. Relatively new to the sport, A'waid decided to wade her slot on the open team in order to focus on the Jr. Worlds in South Africa. With some hard work this summer, Ashley will be in contention for the gold in Pretoria. T3 lifter, Leah Marietta, took the silver in the open to beat junior lifter, Desirae Arellano, by 10 kg.



**Jennifer Maile** (19) a lifting sensation!

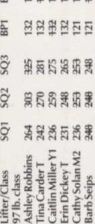
long enough for the 97 lb. command. Last year's 97 lb. National Champion, Alm Leveet, moved up a class to take second. She had a near perfect performance with an 8/9 day and a 771 lb. total. The move also produced Master III WRs in the open and Ashley Matherne took third as former Ashley Matherne took third in the open and the gold in the junior division. She will be a strong alternate for the Junior World Team behind Maile. With only a year of training, this stout Cajun pulled a PR 330 lb. deadlift. Joanna O'Campo of Texas took fourth in the open, beating out junior lifter Jasmine Lee by 2.5 kg. Megan Braischart and Melinda Stonacek had a close battle as both were entered in the T3 and open divisions, but Megan won this day. Kimberly Ryan won the masters I division.

The 114 lb. class was not the same without IPF World Champion, Stouk-z Hartwig. Due to injury, Hartwig decided to sit out this year's nationals. None the less, she made the trip to cheer on her fellow lifters. We are hoping to see her lift at the IPF North Americans in mid-April. Texas A&M's Ashley Awalt stepped up to the plate to win both



**Ashley Awalt**, winner 114lb. class

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**Carly Nogle** (17), tops the 123 class

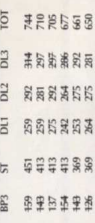
T2 lifter, Lora Marietta, came in 4th, with Maura Shuttlesworth of Minnesota a close 5th. Vera Nelson won the masters I division, and Deb Hairston of Lubbock, TX won the masters III. Deb broke a Masters American Deadlift Record with a 148 kg pull. Nkt had for only 2 years of lifting!

Carly Nogle took on the 123 lb. class and proved to be yet another



**Carly Nogle** (17), tops the 123 class

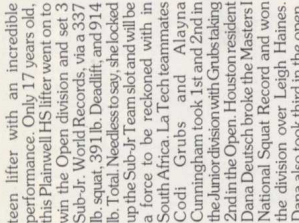
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**Ashley Awalt**, winner 114lb. class

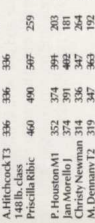
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**Betina Altizer**...a record breaking year!

I competitor was able to break both the Masters and Open WR Bench Records with a press of 308 lbs. She also broke the Masters National Total Record. This is one lifter with a mean punch! Angela Craig had a strong showing with the 3rd highest total in the class and the M2 National Title. Brenda Howard took the gold in the M3 category and Donna Donaldson motivated us all, being the oldest competitor of the meet at 66 years young. She took the M6 category, M5 lifter, Faith Ireland recently made CNN News for her accomplishments and National Title. The Supreme Court Justice for the state of Washington has shown tremendous improvement over last year's performance in Texas.



**Katie Ford** (Author), winner at 181 lbs.

Day two started off with a bang in the 148 lb. Class with Priscilla Ribic's 9/10 performance and amazing 540 lb. World Record Deadlift on her 4th attempt. With the help of her brother, Ivan Ribic, and Coach Maile, she was able to iron out some minor flaws and come out with a huge PR 1322 lb. total, best lifter award, and all the American Records. Another performance like that in France IPF World Title. Fellow Washington lifter, Paula Houston took second and won the Masters I title. I remember lifting with Paula at my first Women's Nationals and it's great to see her return to the national platform. Bayou Fitness Manager and 2003 National Bench Press Champion, Christy Newman, set a PR squat despite being sick the three weeks prior to the meet. Her total was good enough to lock up 3rd. LSU lifter,

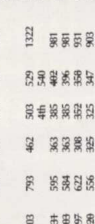
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The 165 lb. class was one of the most competitive of the meet. The top 5 totals would have won the class last year and it was anyone's guess as to who would win the Open Team spot and title. Rebecca Phelps' decision to move up from the 67.5 kg class pushed her total up over 200 lbs. from the previous year and set her apart as the clear winner with a 1,245 lb. Total. The very light Kimberly Walford came in second on an off day and an 1106 lb total. She had to pass on her 3rd deadlift, in order to make her flight back to Texas. Last year's open winner and Junior Team Member Kimmie Everett came out with a PR performance and a win in the junior division. Master II lifter,



**Rebecca Phelps**...a clear winner with 1,245 lbs.

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**Katie Ford** (Author), winner at 181 lbs.

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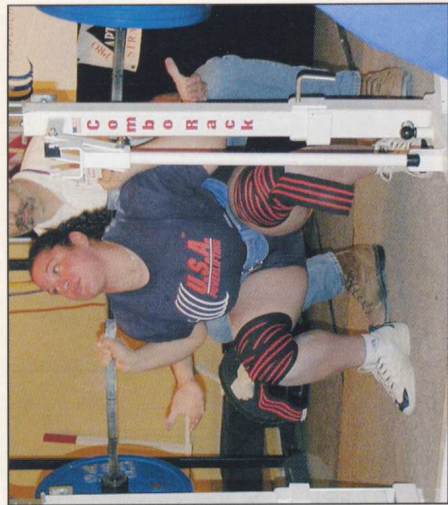
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**Bonica Brown (15) won an easy victory in the Open with 4 Sub-Jr. World Records**

Lynn Silbert improved 60 lbs. behind Kimmie, and took 4th behind Kimmie, 2003 National Bench Press Champion, Dina Hatfield, dropped 2 weight classes from last year's women's to join the 165s, but had to settle for 5th place. Once Ms. Hatfield gets accustomed to her new weight class, look out! 2003 Masters World Champion, Deanna Chaney had the biggest bench of the class, with 253 lbs., and the win in Masters 1. Gilly Martinez, who represented Venezuela, at last year's IPF Women's Worlds, lifted as a quest lifter.

The anticipation was high for the 2003 181 lb. Jr. World Champion, but this year proved to not be in Jessica Watkins favor. Last year's National Champion was unable to get a squat in due to problems in her setup. On attempts one and two, she hit the bar on the uprights and ended up dropping the bar on her second. The bar hit her lower back on its way to the floor and she ended up passing on her third attempt. Luckily, afterwards she appeared to only have minor injuries and will be hitting the gym again soon. She had bombed out once before at the 2002 Junior Worlds in Russia, but came back a whole new lifter in 2003. I know next year will be no different for her and she'll be back with a vengeance. I went on to a 7/9 performance and PR total for the 181 in the open and junior divisions. Phantom Warrior Malinda Baum took second in the open and first in the masters division. Both mother, Malinda, and daughter, Amanda, go home National Champions. What an experience to share with one another! Margaret McLean brought home the Masters II Title. In her first year of lifting, Florette Ruggiero won the Masters IV Division and broke 4 Master National and 1 Master American Records.

The 198 lb. class was mixed with fresh faces with a bright future and a few veterans. Plaimwell High School lifter, Bonica Brown, lifted to an easy victory in the open via 4 Sub-Jr. World Records. This 15 year old will tear it up at the Sub-Junior Worlds and be a real asset to the Open Team's future. Former member of the University of Texas Track and Powerlifting Teams, Wendolynn Allen, did well at her first Women's Nationals. With minimal gear and a tweaked hamstring, she came out with a 1008 total and second place in the open. The always smiling Dominique Calhoun took the bronze home to Alaska. Linda Schaefer, Holly Oxford, and Susan Gill won the spots in their respective age divisions for the Master's World Team. Kelly Louque of Nicholls State University won the Jr. Division and will be back again at Collegiate Nationals to up her total and secure her spot on the Junior Team.

With the performances by the SHW girls, all I can say is, what a way to end the meet! The very humble Liz Willet of Washington came to break IPF World Records and walked away with a 628 lb. Squat on her second attempt. She was hoping to build on her near WJR Total performance at the 2003 Lifetime Nationals, but her bench and deadlift were off this day. The women's team can't wait for France, where Liz will be attempting to up the squat record, break

a rough start for the team on the first day. In the Master Division, it's no surprise that the Iron Maidens brought home the title since they are the best masters team in the country. Once again, Team Titan won the Open Team Title. I would like to take a moment to thank Pete Alaniz and Titan Support Systems, as he sponsors many of the ladies who lifted at this year's Nationals and members of the World Teams. We love ya, Pete! Second place went to the home team, Hart's House of Power. Jim Hart did a wonderful job hosting the meet. He was so busy you could hardly find him in one place very long. He has hosted several local and national meets over the years and we are sorry to hear that this will be his last year as a meet director. The setup had a lot of thought put into it, including the bar-load program, one of the best run platforms that I've seen, great meet help, and medals awarded IPF style. Within each class, the top five totals received a medal, as did the top finishers in every lift. We would like to thank Hart, his staff, and meet sponsor Inzer Advance Designs for hosting this meet. Jim will be hosting Collegiate Nationals in the same venue this April and Teen/Jr. Nationals in Lincoln this June. 2005 Women's Nationals has had a change of venue and will be held in St. Louis. The women are all looking forward to new PRs, seeing old friends, and meeting new ones. See you under the Arch next February! *Katie Ford*

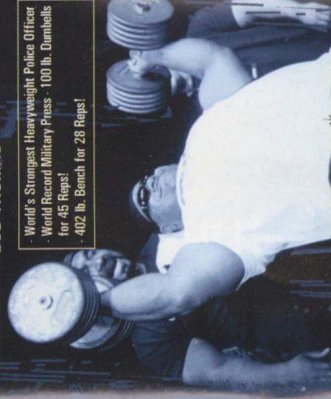
the total record, and come home IPF World Champion. And the bench record isn't that far out of reach, either! The 55 years young Hammet Hall followed up with second and a whopping 602.5 kg total, which comes out to 1328 lbs. The Iron Maiden claimed the Master's World Record Squat, Bench, and Total, but a 485 lb Deadlift is nothing to take lightly either! Third place in the Open went to Jade Dickens by virtue of bodyweight over Master 2 lifter Sue Hallen. Teen III lifter Grace Esperencia did a great job, and if entered in the open, would have made 3rd place a three-way tie. Teen II lifter, Shea Wallis, was in the mix with a 947 lb. total. Phantom Warrior Milani Taylor locked up the M1 Title, passing on her third deadlift. Fran Huston of Minnesota brought a smile to the crowd's face as she won the Masters III Title. The Combined Team Title was a dog fight, but the team with the most depth was the one to come out on top. The Alaskan Iron Maidens beat out the high school and collegiate powerhouses of Plaimwell HS and La Tech University to regain the Combined Team Title. After starting off strong the first day with 6 first place finishes, Team Kelly Louque of Nicholls State University won the team standings. Hart's House of Power took 5th, and the Phantom Warriors of Ft. Hood, TX won the Teen Team Title with 2 Open National Champions to its credit. The legendary Coach Billy Jack Falton was on hand to witness La Tech win the Jr. Team title, despite



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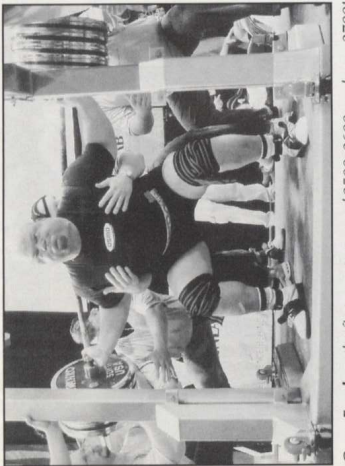


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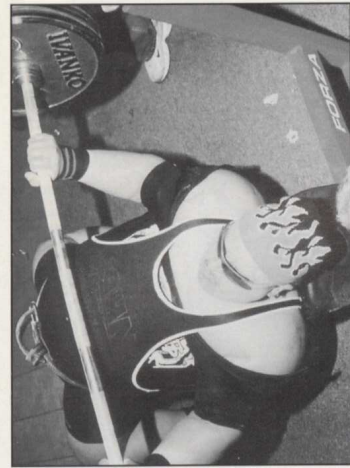
## Arnold Classic Highlights



**Garry Frank**..... the first man to exceed 2500, 2600, and now 2700!

The Arnold Classic has been the scene of historic lifting, but also disappointments, due to the extraordinary conditions (lifting on a huge stage, against big names from all over the globe, under intense lights, on a tight schedule, with 1000s of fans watching). This year, although there were still some humbling bombouts, there were also a dazzling number of PRs, and the competition was spirited, rather than a matter of survival.

WPO President Kieran Kidder was able to arrange \$50,000 in prize money from Tweak Labs for the Superfinals and the Bench meet, and the cash is bringing out the best. We will have our full report next issue, but among the PL highlights had to be the women's guest lifters. Amy Weisberger fought up a 512 squat, but missed twice at 336 in the bench, squatching her attempt to go 10 times bodyweight. Kara Bohigian was 5/9 day, with misses at 562, 385 and 507, to go 1377 at 148. Becca Swanson opened in the squat with 760, and came up with 800 on a third, but was turned down. In the bench, she went 451, 473, 485, and then refused to quit on a barrier busting 501! She got up with a 672 deadlift, but it wasn't passed - for a 1912 total weighing 238. Julie Scanton squatted 3 up to 600, and locked out a massive 429 bench, which came down on her chest, as



**Gene Rychlak Jr.**..... drove up the winning 876 strong and steady

In the WPO middleweights, Mike Dantiorh got 3rd as a 181er, squating 804, pulling 683, and totaling 1962. After Travis Mash (injury) and Kellum (technicality) bombed, Kenny Patterson seemed headed for victory (off his 859 squat and 672 bench, even with a 633 deadlift for a 2165 total) after Chuck Vogelpohl opened in the BP with 363 and then missed at 562 and 573. After a 705 DL opener, Chuck timed out his 2nd, then went for it with 815 for the \$5k check for 1st place. In the heavyweight division, Clay Castile managed 3rd place money with 903/567/688/2160 weighing 242 with Marc Bartley's 964/650/683/2297 (weighing 265), and the champ again was Steve Goggins, weighing 242, who made historic lifts of 1041 (1102 was too much on a 4th), 567, 871 for 2480. Ano Turttainen hurt with his 705 opener. At heavyweight, Gene Rychlak convincingly drove up 876 to win, while Shawn Lattimer got 859 for 2nd and Ryan Kennedy did 821 for 3rd. Bill Crawford got 801 at 275(4th) and Bill Carpenter did 744 at 242. Scot Mendelson came out of retirement to open at 903, and then take a jump to 936. He moved the weights, but they went into the racks and he bombed.

There is much, much more to tell and see about the other great lifts and lifters at these meets, and we will have the full details in our next edition!



**Tina Rinehart**..... triple bodyweight plus and through the 400 pound barrier at 132!

## HARD CORE GYM #30 5 Guys Gym becomes THE BACKYARD GYM as told to PL USA by Rick Brewer, of House of Pain

Last month, we were in Virginia Beach at Blue Ridge Barbell. This month, we flash down to Tampa, Florida. QUICK QUESTION: are all of the dedicated strong powerlifters on the East Coast? KNOW SOME REALLY STRONG POWERLIFTERS ON THE WEST COAST; do they all train at the local chrome fitness palace? And speaking of mysteries, if the world is really round - why don't we fall off? Even Christopher Columbus knew that ships sometimes fell off the edge of the world; they just didn't have any famous people living in Ohio and so they HAD to name a city after him. OK, back to the topic at hand.

Did you ever wonder what happened to the Village People? They added firefighters and began singing at bowling alleys and bar mitzvahs. Later they evolved into a training group known as the Five Guys. Then they started a gym and it called it Five Guys Gym. Or something like that. Here is the rest of their story, as told by Bill Beekley (owner of the Backyard Gym):

This hard core gym has its roots in an earlier version of another hard core gym. Although just as hard core as the existing Five Guys Gym in Tampa, Florida, the beginning of what is known today as "The Backyard Gym" came out of necessity, as a group of five powerlifters who trained together and squatted on the weekends had no place to train. Two of the five were firefighters and worked some Sunday days. The gym we trained at was closed on Sunday so when the firefighters rotating schedules had them on duty there was no place to do their squats. The two firefighters Lance Di Gangi and Chris Bentley and their partners Bill Beekley, Ed Gillette (1983 Masters World Champion) and "The Great" Anthony Conyers opened "Five Guys Gym". Over the next five years Five Guys



**Back Yard Gym Core Lifters** standing (from left) James Jacobs, Tim Burns, Bill Beekley, front left to right: Back Freitas, Greisel Ufret, Jon Wisenbaker with mascot "Brutus." Photo courtesy of House of Pain.

Gym became the hotbed of powerlifting in the Tampa Bay area. Superstars Beau Moore, James Jacobs, Hennis Washington and Grisele Ufret were among the many who trained there with quite a few others who might include "World Champion" Jay Sutherland, "World Disabled Champion" Nick Sinardi, National Champion Joe Bell to name just a few.

Moore also brought a little known (at the time) Duane Johnson (AKA The Rock) along with him for an occasional workout. The genuine concern for the lifters and members being the main focus of the gym and not the profit margin made it a powerlifter's dream and a great place to train. Unfortunately, it also ultimately led to its downfall in 1988 when financial difficulties forced it's closing.

Not wishing to give up their "Gym of Dreams", a small group of the Five Guy's family began construction of the current 600 square foot facility in Beekley's backyard, hence the name. Thinking if "they build it, great lifters would come." Not only did the lifters build some of the equipment inside the gym, they also contributed to the construction of the gym itself. The core lifters who train there regularly include Beekley, Jon Wisenbaker, Tim Burns, James Jacobs, Hennis Washington, Luis Freitas, and Grisele Ufret. WPO Champions Beau Moore, Anthony Conyers, as well as Bentley (an original Five Guy), Bell, and others occasionally drop by for a workout. I would be neglectful if I left out C.J. Jones who was one of the original driving forces of the Backyard Gym and a major contributor of supplies and services during construction (a 500+ bench presser as well). The family feeling which made Five Guys such a wonderful place to train is alive again at The Backyard Gym. The extremely low overhead leaves no reason to

charge any fees with each "member" making his or her own contribution whether it be supplies, moral support, or an occasional repair job. They gym is guarded by it's mascot "Brutus" - a five year old English Bulldog who lends his support when he is not asleep. The gym reinforces the answer I say to myself when "normal people" ask why I still do this sport, which is so demanding and "they think" dangerous. That answer is that the combination of the physical and mental challenge this sport provides the "family" it has given me, as well as all the amazing and wonderful people that 23 years in the sport have allowed me to meet and come in contact with, which make it worth every bit of both work and risk.

Any gym with a sleeping bulldog is OK with me. I can't help wonder if they train without music - now what would be the real shop in the face of the original Village People members. Maybe that is part of their 12-step program to come out of the music and into the world of POWER. Or maybe the sing while they work out...

Speaking of the financial difficulties of the original gym, and the no-fee status of the current gym; let's all support the sport we love. Pay your gym dues on time if they take care of you. Bring a friend (to the gym and to your next meet). Support the companies that build up the sport by powerlifting, so the sport will grow into the next extreme sport that it belongs to be! Enough preaching to the choir. See you next month, and until then: lift something really big and heavy... for no apparent reason.

Comments?  
Rick@houseofpain.com  
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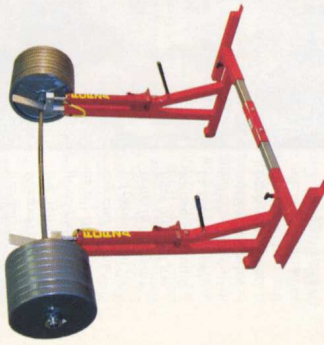


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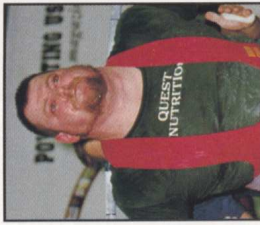
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# TRAINING

## THE PERFECT 10? as told to Powerlifting USA by Louie Simmons



Amy benched a super 336lbs. at the World Powerlifting Organization's Finals.

I've been around a long time. I've seen Pat Casey do a 600+ bench in the late 1960s. Ted Arcidi's 705 in 1985. Anthony Clark's 800 bench in 1997, which I was proud to spot. Denny Woebler's 900 deadlift in 1983, the first 1000 pound squat by Dave Waddington in 1981, and Bill Kazmaier's 2425 total in 1981. The new millennium has brought unheard of lifts. Steve Goggins made a 1102 squat in early 2003. Gene Rychlak became the first 900 bench in late 2003, and Gary Frank hit a 2601 total in 2001 and is near 2700. Now Brent Mikesell just squatted 1141 in November 2003. What's next?

I remember Inaba from Japan making the first 10 times body weight total in 1973. But after all this and much more, there has never been a woman to do 10 times body weight. But it won't be long. Amy Weisberger is closing in on that magic number. For Amy, 1322 is just around the corner. She made a 1306 at the WPO semifinals in Atlanta. How does she train?

Amy squats on Friday. She always box squats — using mostly chains, sometimes combining boards and chains to create a staggered loading effect. By this I mean, as the bands

maintain a constant rate of deloading and loading during the eccentric and concentric phases, the chains (in Amy's case, 120 pounds/deloid) and rebound rapidly, causing a staggered loading effect, loading at quite different rates.

During different parts of the year, Amy will concentrate on speed strength and maintaining a high level of physical preparedness. She does this with light weight (185) and 2 sets of chains (80 pounds) added to the bar. She will do 12 sets of 2 reps with short rest periods of 40 seconds between sets. This is the interval method of training: a predetermined amount of work with a predetermined amount of rest.

There are periods of time when Amy does strength speed work. This is limited to 2 weeks and is performed by a high percent of hand tension (65%) and 35% bar weight. After doing 2 sets of 2 reps, she will do 2 or 3 singles, adding weight, trying for a new personal record.

Close to the meet, Amy's squat cycle looks like this: Week 1: 205 for 10 sets of 2 reps. Week 2: 225 for 8 sets of 2 reps. Week 3: 245 for 6 sets of 2 reps, raising the bar weight for a total of 3 singles (275, 295, 315), adding weight on each set. The time

*"Amy has been training at Westside since 1986 and does not intend to stop any time soon. Is Pamela Lee, Carmen Electra, or Amy Weisberger the Perfect '10'? We'll see at the Arnold Classic in 2004."*

single. Amy can pull either style quite well, but pulls conventional in a meet. Ultrawide sumo deadlifts have really built her hip strength.

Amy also does a lot of special squats, using the Safety Squat bar, Mantia Ray, Buffalo bar, or a 14-inch cambered bar, to do max effort box squatting. She will change box heights from 11 inches down to 8 inches, mostly using raw weight on the bar, not trying to achieve a contrast effect from bands or chains on this day.

After working up to a max single, she will go to the good morning machine, the Back Attack, Reverse Hyper machine, glute/ham raises, band leg curls, pull-throughs, belt squats, and/or one-leg squats. She also does lat work and abs. These exercises are constantly rotated every week to 10 days. The only exercise that is constant is the Reverse Hyper machine, as it not only builds a high level of strength, but also tractions the vertebrae.

On speed bench press day (Saturday), Amy uses 135 and minibands. The bands add 70 pounds at the top and 30 pounds extra tension on the chest. Nine sets of 3 reps are done with a close to moderately close grip.

Next, triceps work is done, for example, dumbbell extensions with palms facing each other or dumbbell extensions high on the chest with elbows out to the sides. These work the triceps at the elbow very heavily and build tremendous extension strength. Amy also rotates from a straight bar to dumbbells. Sometimes she will do J.M. presses. The dumbbell work is done for 8-12 reps; the straight bar work is done for 5 reps; and J.M. presses for 3-5 reps.

Amy's second exercise is lat work such as dumbbell rows, barbell rows, chest-supported rows, band rows, and lat pull-downs. She will pick two of the above and work them hard for a week or two and then switch to a second group. She will finish with delt work, mostly rear delts. This workout is done at 9 am on Saturday. At 9 am on Sunday, she does more special work for lats, triceps, and delts. Amy does a lot of small workouts during the week.

On max effort bench day (Wednesday), Amy does board presses, with either one, two, three, four, or five boards. The more boards used, the more the triceps are used. She may do floor presses with chains or bands or just weight for a max single. She rotates and core exercises each week. Rack presses and steep incline or decline presses may also be used. Dumbbell work is done about every fourth or fifth week. She will use a bench shirt on board press or off her chest, every third or fourth workout.

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She's a real trouper... had Amy made her third squat or deadlift at the WPO Finals, she would have totaled ten times bodyweight.

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# Learn the 5 Secrets Of the World's #1 Bench-Presser

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**It's difficult to imagine** a 334 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

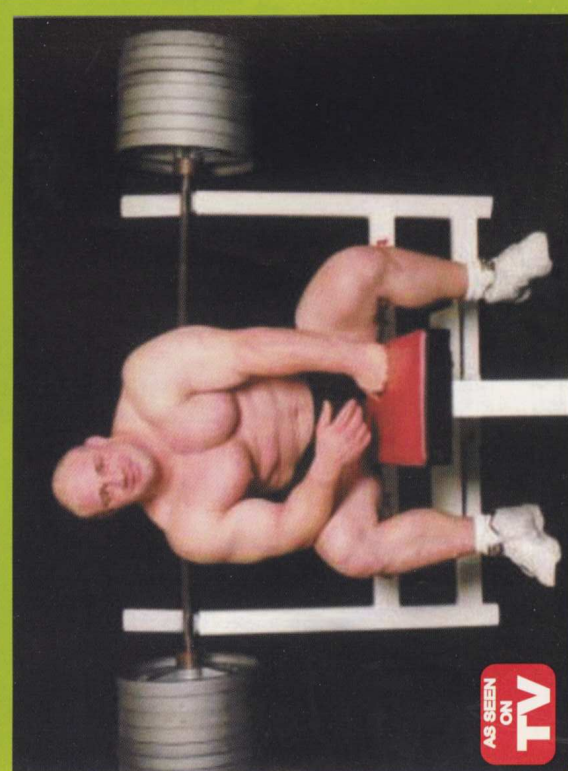
**Scot Mendelson** is an NYU graduate and the world's top bench-presser, with 9 world records and a 875.6 lb. bench-press in competition. He has bench-pressed 900 lbs. in training, more than many professional athletes can squat and deadlift combined.

Although Scot can squat 1,000 lbs., he emphasizes: "I'm a bench-press specialist."

For aspiring bench-press specialists, Scot offers the following 5 tips for building world-class upper-body power:

## Scot Mendelson: World's #1 Bench-Presser

9 World Records and 875.6 lbs. — Speed = Power



AS SEEN  
ON  
TV

- Put your back into it:** The use of proper technique makes the distance from the chest to full extension and primary movers the back (*latissimus dorsi*), triceps, and rear delts. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.
- Train for triples:** Dedicate one work-out per week to the

## If You're An Athlete, You Need to Read This...

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In Part 1 of this series on the science of hydration, we discussed the sources and applications of bio-engineered water for increased power output and optimized muscular endurance. In this second installment, we examine, in practical terms, the necessary science of dehydration and the most effective modifiers and methods for attaining competition weight while minimizing muscle and organ damage.

It should be noted that this article is for informational purposes only, and dehydration can result in internal organ failure, coma, and/or death, particularly when diuretics are used. For a case study, research the organ failure and death of German athlete Andreas Munzer.

The author presents this article as an introduction to broader and, in many respects, safer approaches that can supplement some of the more dangerous practices (thiazide-based and loop diuretics in particular) while delivering comparable or even superior results.

The practice of severe dehydration will continue among elite athletes in weight-class based sports until competition weight-in timing is changed. The problems it amplified further when athletes gain muscular mass over the course of a single competitive season, yet are required to remain in a single weight-class to retain records and ranking.

So, how does one drop from 193 lbs. to 165 lbs., then perform 18 hours later at 193 lbs., as the author has coached athletes to do in competition?

### Latent Heat and Electrolyte Reuptake Modification

It is contended that there are two appropriate vehicles for the facilitation of short-term water loss (diuresis): the manipulation of thermoregulation, and the manipulation of hormones related to electrolyte balance and water retention. In other words, you can combine 1) increased water excretion through the skin via temperature treatments with 2) increased water excretion through urination, which is dependent on the modification of kidney function.

If you weigh 200 lbs., 120 of those pounds are water, which is distributed between three systems: blood, cell interiors (as pertaining to powerlifting muscle fibers), and the spaces between the blood vessels and the cells dependent on them. Approximately 8% of your total water volume is contained in blood plasma, 67% is contained in the cells themselves, and 25% is found in the spaces between the two, which includes subcutaneous water. It is imperative that athletes

# The New Technology of Water: Part II

## Scientific Dehydration and Weight-Class Optimization as told to Powerlifting USA by Tim Ferriss



Ron Palmer has endured major weight loss to post totals @ 165.

done primarily with engineered water and modified molecules of glucose.

### Thermoregulation: Humidity and Brevity

Toramin has demonstrated that dehydration decreases both isometric and dynamic muscular endurance by 31% and 29% respectively, following only a 4% reduction in body-mass by sauna exposure. This would still only represent an 8 lb. reduction for a 200 lb. competitor, a moderate decrease by weight-class competition standards. This further establishes the functional impairments caused by dehydration and the paramount importance of limiting the time spent in this state.

It is the author's empirical experience that target dehydration should be accomplished over as short a period of time as safely possible, and that moderate dehydration sustained over multiple days only exacerbates the inherent problem of maintaining glycogen stores and muscle tissue integrity.

### Saturday Weigh-In: 9 a.m.

If weigh-ins are hypothetically held at 9 a.m. Saturday morning, restricting additional salt intake beginning at Thursday dinner. No red meat or starchy carbohydrates

(bread, rice, potatoes) should be consumed on Thursday night or on Friday, as both of these food product categories cause the disproportionate storage of water (3 grams of water per 1 gram of glycogen; creatine and fibrous tissue water retention in red meat). Drink your normal volume of liquids in the form of purified or distilled water until Friday morning, at which point water consumption, limited still to purified or distilled water, should be reduced to 1/3 your normal volume. If you don't want to do the math, just drink 1/3 cup every time you would drink a full cup.

On Friday night, following a early (5-6 p.m.) and light dinner consisting primarily of vegetables, thermoregulatory work should begin and water consumption should be eliminated until weigh-ins. Nonprescription diuretics, discussed in the following section, would be consumed at breakfast, lunch, and dinner on Friday, in addition to upon waking on Saturday.

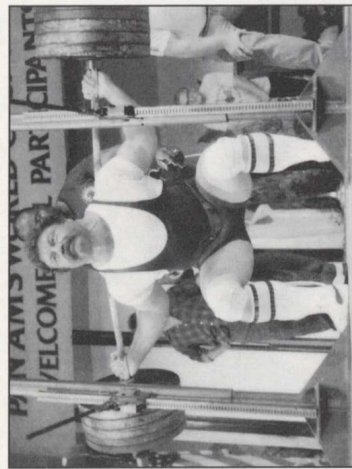
### 10-Minute Sessions

The bathtub is the preferred tool for dehydration based on the outside humidity in total submersion, which is 100%. The higher the humidity, the less the evaporation, and the more your body must sweat to cool core body temperature. This is why athletes will sweat more in a steam room than in a dry sauna. Fill the bathtub with water that does not burn the hand but causes moderate pain if the hand is moved underwater. Your target weight by bedtime should be 2-3 lbs. MORE than your necessary competition weight as you will evaporate that volume range of water during 6-9 hours of sleep.

Set an alarm clock next to the bath for 10 minutes, and preferably have someone who will also alert you at the 10-minute mark. Submerge your entire body and head in the bathtub, entering which should take at least 2 minutes. For ease of entry and to minimize movement, sit cross-legged at the front of the bath and lay down slowly, putting your head underwater so that only your face is exposed to the air and pointing towards the ceiling. If you feel faint at any point or when you reach 10 minutes, exit the tub and no cold water over your scalp but no other areas. Ideally, place an ice pack on your head and neck instead of using water. Towel off, but do not shower, as you will reabsorb water through the skin. The author has seen elite wrestlers make the mistake of taking a shower the morning of weigh-ins, only to find they have gained 3 lbs.! Do not make this mistake—avoid showers



## Factors Affecting Force Generation as told to PL USA by Marc Caviglio, M. Ed.



Marv Phillips using his leverage at the Hawaii Invitational (Dussia)

Spend enough time in gym and you'll find some skinny kid who claims he can bench press the world. Sure, you think, I'd like to see that. Then, without much fuss, the kid lies on the bench and sure enough presses amaz- ing weight before you astounded eyes. Is this some sort of parlor trick? By the same token we've all met remarkably muscular athletes who seem to possess very little functional strength. In fact, given their amount of muscle mass many bodybuilders train with surpris- ingly light weights. Surely, there is more to strength than muscular devel- opment.

A cursory look into physiology usually leads to more confusion as the literature makes clear that greater cross sectional area of a given muscle en- ables greater contractile force. While true, real life bears out that people with little hypertrophy can be capable of amazing strength. So strength is af- fected by more than just cross sectional area. A variety of factors contribute to the generation of force. Unfortu- nately most other factors are not subject to change and therefore fall under the general category of genetic. The only truly 'playable' field in athletics is that of attitude and even is probably affected by physiologic differences.

Because cross section is the most malleable factor volumes have been devoted to its increase and will not be delved into here. Looking the most basic level, muscle fiber, two muscles of exactly the same cross section might have widely differing contractile ability. This is because muscle is made up of three different types of fiber. Slow twitch fibers are classified as type 1. Fast twitch fibers are called type 2b or type 2a fibers with primarily type 1 fibers. A person with primarily type 1 fibers might win the marathon but will never be a fantastic sprinter. Conversely a champion shot putter with a prepon- derance of 2a and 2b fibers is not someone you'd expect to see swim- ming the Hellespont. Additionally, certain fiber types are often found in specific regions of the body. While perhaps not as dichotomized as in children, human calves generally com- prise of slow twitch red meat whereas the chest would be white; think of how long you can walk compared to the number of push-ups you can do. Keep this in mind if starting with shipmate drills in a small boat on the Pacific.

Individual variations do exist however and may play a role in an athlete's suitability and proficiency for a given athletic event. In the early eighties a phenomenal benchman Ted Arcedi began oblit- erating world records. His rampage lasted several years after which, like so many strength athletes before him, he turned to professional wrestling. When Arcedi came to my town, I went. Stand- ing by the runway down which wres- tlers approached the ring, I watched Arcedi emerge and was struck by the width of his shoulders. His pectorals covered a vast expanse. They seemed

longer and wider than a mere mortal's. This brings us to the next factor in force generation. The larger an athlete's frame the more room there is for muscle attachment, which in es- sence means the larger the frame the more muscle it can carry. While not much taller than me Ted is a much larger, wider man. Measuring his clavicles, sternum and humeral bones, one would find a much larger space on which to hang his incredible muscle mass. Combine large space for muscle attachment with a preponderance of fast twitch fiber and you're on your way to creating a strength champion.

Not only is attachment space a critical factor, where the muscle at- taches can be decisive as well. The bones of our skeleton create a system of levers by which contracting muscles exert force. The more advantageous the lever system, the more force will be generated during contraction. Imag- ine doing a dumbbell curl. The resis- tance is in the palm of your hand while the biceps supplying the contraction attaches near your elbow. This is an enormous leverage disadvantage. While all of our levers attach in nearly the same area small variations do exist. Even a small variation of, say, half an inch closer to the wrist will be a very decisive if all other factors are equal. The same rule applies to benches, deadlifts rows whatever. Should your pectorals attach right distally (away from the body's midline) on your humeral bone then those of your con- traintor, all else being equal you will have the advantage.

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Location of attachment can im- prove leverage but is only half the leverage equation. Bone length is the other half. In the case of example, the athlete with the shorter forearm, all else being equal, will have the advan- tage. A long bone can provide lots of attachment space yet also function as a disadvantaged lever. Force gener- ated by the human body is influenced by a complicated mish mash of factors. And yet take an athlete with large bones (i.e. lots of attachment space), biceps composed primarily of fast twitch fibers that attach low on a short fore- arm and you'll have someone with extraordinary curling strength. Short and large and wide such as Paul Ander- son, build can be ideal for many strength events.

It's no secret that athletes with short humeral bones (upper arm) often make good benchers. They not only have a shorter distance to travel, short hu- meral bones are more efficient levers for the bench. Same with spurs. Those with short femurs such as Marvin Phillips have a natural advantage over athletes with long thighs. Shorter periods of motion and ease maintaining center of gravity over the feet can produce big numbers. Because of bone length advantage/disadvantage great benchers are often weak deadlift- ers and vice versa. Arm length exerts inverse results on these lifts. Ah, the wonder of a three-lift champion!

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electrolyte and osmotic balance. Dosages for dehydration, based on a 4:1 extract, are 250-500mg, 3x daily with meals.

Caffeine not only increases sodium chloride excretion but acts primarily by increasing renal blood flow and stimulating parietal cells to increase gastric secretions. The latter combines with dandelion's effect of increased bile flow to not only food elimination (gastric emptying). Dosages for dehydration are 250-500mg, caffeine (preferably caffeine anhydrous) 2-3x, daily with meals. 200mg, is roughly equivalent to a strong cup of coffee. Used in combination for a 200 lb. competitor, 250-500mg of dandelion root would be taken with 250-500mg of caffeine at all three Friday meals (remember that dinner is early, 5-6p.m.) and upon waking 3 hours prior to weigh-in at 9a.m. It is recommended that the athlete also supplement each meal with a non-prescription 99mg, potassium product.

Next month we will cover Part III, "Scientific Hydration, and 165 to 193 lbs. in 18 hours", where we will explain the optimization of rehydration for elite competition using engineered water and glucose modifiers. For additional resources, see: www.adaptagenix.com

loop of Henle in the kidneys. It is best to think of the kidneys as the body's blood filters—Each day, 150-200 quarts are filtered through the kidneys, where toxins, excess water, and unneeded minerals are removed. If you increase the amount of water that is excreted per quart of blood, and simultaneously increase the volume of blood passing through these filters per hour, the effect is pronounced diuresis through dramatically increased urination.

Prescription diuretics, especially loop diuretics such as Lasix, often cause excessive depletion of calcium, magnesium, and potassium, ions that regulate electrical transmission and heart function. Moderate potassium insufficiency can cause DNA damage and muscular cramping, most certainly resulting in impaired lift performance. More severe depletion which can have an onset of minutes with intravenous

water excretion to maintain potassium product.

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completely until weigh-ins. After toweeling off and urinating following the first 10-minute session, weigh yourself on two scales, taking the average of four weighings: two on each scale to account for any mechanical inaccuracies. Many athletes will lose too much weight the first time they use a bathroom, and this only extends the necessary recovery period. Take a 5-minute break near a cooling source or at room temperature if you have not made weight, and repeat 10-minute stommotion sessions with 5-minute cooling breaks until you are 4-5 pounds from your required weight. At least two pounds will be lost as a result of the potassium-sparing diuretics detailed in later sections, and if you lower your body weight excessively, you should consume water to ensure you are 2-3 pounds HEAVIER than your required weight before sleep.

**Potassium-Sparing Non-Prescription Diuretics: Blood Flow and Sodium Filtering**

Nearly all diuretics produce their effects of diuresis by acting on the kidneys directly or indirectly. There are two primary types oral or injectable diuretics, those that increase blood flow to the kidneys and those that inhibit reabsorption of electrolytes by the nephrons or

subject to change and therefore fall under the general category of genetic. The only truly 'playable' field in athletics is that of attitude and even is probably affected by physiologic differences.

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# FORCE TRAINING

by **Jim Wendler**  
and **Elite**  
**Fitness Systems**

**Question:** Do you think there is any advantage to lifting twice a day?

**Answer:** I think that lifting twice a day is a great thing, but you've got to be careful on controlling your volume and making sure that you are recovering between workouts.

There are a couple of reasons why breaking up your training session into two workouts can be a positive thing. First, it allows for shorter, more intense (perceived exertion, not % based intensity) workouts. This will allow for better mental focus during your training. How many times have you begun to slack towards the end of a workout? A split training session will definitely help alleviate this problem. Second, twice daily workouts are a great way to train if you are currently out of shape. This is for several reasons. By breaking up your workouts into two sessions, this can give you the option of doing two extensive warm-ups. A thorough warm-up, if done properly, is a great way to get into shape. Another reason and this is fairly obvious, is that doing two/three exercises per workout are fairly easy, even if you are in horrible shape. If you are someone who actually drinks a post-workout shake, this will allow you to take in your post-workout nutrition twice a day.

If you decide to train twice a day, I would make sure to NOT increase the overall volume of your workout. Do in the two workouts what you would normally perform in one. Make the first session contain the two hardest, most demanding exercises. For example, your dynamic squat workout may consist of box squats, speed pulls, Reverse Hyperextensions, glute-ham raises

it's not a symptom of being weak off the chest; it's because you picked the wrong weight! Another thing that can be contributing to your problem is an improperly fitting bench press shirt. A good shirt will give you the spring off of your chest that you need. If your shirt is failing to do this, re-examine your shirt or get a new one.

As far as exercises that can help you there are several that can help you. Dumbbell bench, floor and incline presses are all great choices. Wide grip benches, done with an illegal grip (outside the power rings) as well as cambered bar benches are also terrific exercises. Don't forget low pin presses. Set the pins so that the bar is at your chest and pause each rep on the pins. All of these exercises should be done as supplemental work and done after the main exercise of the day. Sets and reps are up to you but we have found that sets of 6-12 reps seem to work best.

Another way to drive the bar off of your chest is to make sure you are getting adequate leg drive. There are no tricks on doing this. Verbal cues from your training partners can help, but leg drive needs to be practiced on every set and rep. Make sure you are doing this during your sets with lighter weights. Don't save your leg drive for your heavier sets.

**Question:** I'm having a very hard time getting the bar off my chest when bench pressing. What exercises can I do to help alleviate this problem?

**Answer:** There are several things that could be contributing to this problem. First, the weight may simply be too heavy. If you are getting stapled to the bench, then



Angelo Bernardinelli at the World Powerlifting Organization Finals in Marietta, Georgia.

The total workout time for each session would be around 30-40 minutes. If you are spending any more time, then you are going to be in danger of overtraining.

For more information regarding training equipment, Force Training seminars and over 10,000 archived questions and answers visit [www.EliteFTS.com](http://www.EliteFTS.com).

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# POWER SCENE

**POWER SCENE** and **POWERLIFTER** video hit the road and the skies again, in our continuing quest to keep you up on what's going on out there in the lifting world. This time we headed North, to the Pacific Northwest, and the city of Spokane, Washington.

Spokane is home to Brent Mikesell, world record holder in the squat. Big Brent moved the record up to 1141 lbs. last year, and he's aiming for an even bigger number this year. We caught up with Brent on his squat night at Gold's Gym, as he shot his Star Squat Workout for **POWERLIFTER VIDEO**.

Brent, and his training partners Agnar and Matt, moved a lot of heavy iron that night, and then moved on to some hypes. Brent's on track for the Arnold Classic in March, and with Steve Goggins, Andy Bolton, and Brent all over 1100 lbs. in the squat last year, this year could see even more incredible numbers.

During the workout, Brent shared a lot of tips and ideas with us, and one thing we talked about was his belt tensioner, which we hadn't encountered before. It quickly positions your belt the way you want it, saving a little effort each set. For more on what Brent has to say, plus a host of items for sale, such as Irzer gear, Forza equipment, and his two videos, check out his website, [www.brentmikesell.com](http://www.brentmikesell.com).

Gold's Spokane is also home to USAPL Women's champ Priscilla Ribic, and her training partner, Desirae Arelliano, both of whom were training for the season to occur USAPL Women's Nationals in Ne-



Agnar Adalsteinsson, Brent Mikesell and Matt Ludwig, in a jovial mood. (Photos by Ned Lowe)

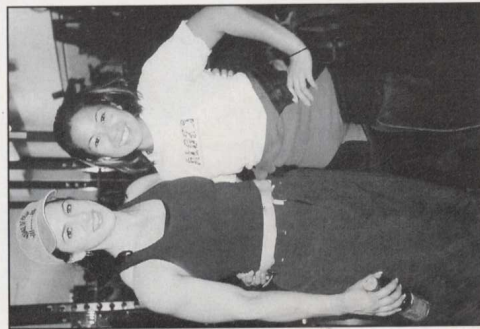
braska. To keep current on what Priscilla's up to, check out her aptly named website, [www.littlepowerhouse.com](http://www.littlepowerhouse.com).

As for Desirae, who was training for only her second meet, we wish her many years of joy and success in powerlifting, and lots of happiness in Hawaii, to which she's planning to return later this year. Desirae said she'd very much miss having such

there, Dan Kovacs called up to order a bench, and Brent Mikesell came by. For more on Forza, call them at 800-769-9259, or visit [www.forzastrength.com](http://www.forzastrength.com).

Alter the cold weather and snow on the ground, it was good to get back to Southern California, and there's usually lots to report on from here.

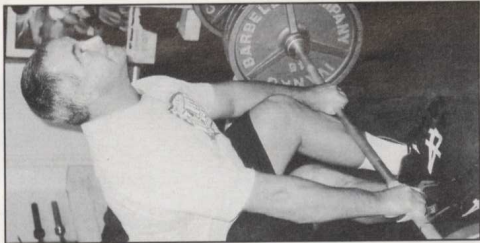
A lot of lifters are setting up their own garage



Priscilla Ribic and Desirae Arelliano, partners.



The Giorgios, displaying their popular Forza bench.



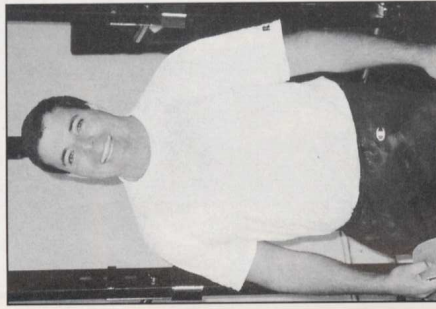
Kevin Jordan, at home in his gym.



Sam Alduenda, always on hand for support.



Beau Certz, Dave Carrasquillo, Kevin Kinzy, Scott Brengel, at Kinzy's "The Freak Factory."



Dan Mahan is all smiles after a great workout.



Daniel Varela and Gea Johnson of Norwalk's Deep Tissue Center for treating athletic injuries.

gyms, and we visited a couple of them. Kevin Jordan and his wife Melody have a great powerlifting setup at their home (it even includes a massage/treatment room), and we visited on Sunday for deadlift. Kevin, Dan Mahan, Dave Lewandowski, and Sam Alduenda were all using different routines or techniques, but that didn't dent the great sense of camaraderie and support, and that's always been one of the terrific things about powerlifting.

Kevin Kinzy and his gang lift Saturday mornings at this garage gym, The Freak Factory, for their strongman training. Watching them go through some squats as a warm-up, and then on to all sorts of odd lifts, including the Farmer's Walk, CoS (lbs.), was a blast. The strongmen of the same great spirit of camaraderie, and we wish them all success in their upcoming shows, one of which, California's Strongest Man, will be here on May 15.

For those lifters and other athletes who sometimes get injured, or want to prevent injuries (that's

probably everybody), a place like Norwalk's Deep Tissue Center could be what they need. The DTC has been treating athletes since 1992, and through the years profited. Then before we like to resist every few years for an update. Founder Daniel Varela told us they're still adding the latest in equipment and services, and now have a chiropractor and a medical doctor on staff. They've worked on world-class athletes in many sports for many years, and Daniel will be in Athens this Summer for the Olympics, helping some of the track & field athletes.

He pointed out that many athletes, including lifters, procrastinate before seeking treatment, making things worse, and that many people who would benefit from treatment never seek it, even though much, or all, of their pain could be alleviated. For more on the DTC, call them at 562-406-5847 or visit their new website, [www.deepmassagecenter.com](http://www.deepmassagecenter.com).

That's it for now. The next month, stay strong and healthy, and we'll see you on video. **NED LOWE**



# INTERVIEW

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

## Brent Mikesell interviewed by Ned Low for PL USA

In late January, Ned Low spoke with world record holder in the squat, Brent Mikesell, about a variety of powerlifting topics. These are excerpts from the interview:

**Ned Low:** Let's get started with your best lifts.

**Brent:** 1141 Squat, 606 Bench, 804 Deadlift, and a 2502 total in the Superheavyweight Division. I usually weigh around 329-330.

**Ned Low:** How did you get started?

**Brent:** Back in '83, in high school, I was a big kid, and started lifting as a sophomore. I did a 400 lb. deadlift. As a senior, I did a 625 deadlift at 198, the school record and the state record. I missed out on 10 years of powerlifting, then in the winter of '95 I got back into it.

**Ned Low:** What lifters have you learned from?

**Brent:** The lifter I most admired was Ed Coon. I saw him on a PL USA cover back in high school. Later on, it was Anthony Clark, and Jim Voronin. Whom I've learned from: mostly gas-on-line and at meets, including Jim Voronin, Ryan Kenney on bench, Louie Simmons and Dave Tate - they've helped a lot.

**Ned Low:** Let's talk about goals.

**Brent:** 2 years ago, it was 2400 and retire. 2400 was so easy, I knew I could do 2500. Now the goals are 1200 (in the squat) and 2600. And then retirement, definitely (laughing), like Mendelson's retirement. I call it a slowdown period. Maybe two meets (a year). Maybe zero.

**Ned Low:** Your training?

**Brent:** Wednesday's squat night. Monday is heavy bench press night. Friday is speed bench. Saturday is my lower back day: deadlifts, good mornings, box squats. I don't believe in off-season. I do 10 week cycles for meets. In between, I just do lighter weights, with really heavy band workouts, you may want to look at my website, Brent Mikesell.com. You'll be able to see the exact exercise and poundages I do.

**Ned Low:** What else do you have on the web?

**Brent:** I also have a store site, which involves Inzer products, powerlifting equipment from Forza, nutritional products and other accessories. Actually, there are two sites: Brent Mikesell.com and IronGladiators.com.

**Ned Low:** Tell us about your videos.

**Brent:** I currently have two. One is called Hard-core Powerlifting,

and the other is Iron Gladiator. Both of them include my training and how it's evolved. It outlines my training program with actual gym and contest footage. I plan on releasing a contest footage video in about a year.

**Ned Low:** What's your next meet?

**Brent:** The Arnold, March 6th.

**Ned Low:** How about some lessons or tips for other lifters?

**Brent:** Thank you.

**Brent:** Number One: Always trust your instincts and listen to your body. Number Two: Work hard. Number Three: Work hard. People have to be willing to work their butts off.

**Ned Low:** What else should we know?

**Brent:** I want to thank my sponsors: Inzer Attitude Designs, Forza, and Prosperity Nutrition. I'd like to thank my family and my fans and all the people who've supported me, and if anybody has any questions, they can reach me at [www.BrentMikesell.com](http://www.BrentMikesell.com).

**Ned Low:** Brent, thanks very much.

**Brent:** Thank you.



Brent Mikesell is unquestionably one of the deepest squatting lifters in Superheavyweight history.

"Humanity is divided into three parts:

1. Those who make things happen,
2. Those who watch things happen, and
3. Those who don't know what's happening."

Unknown

I love Notre Dame University.

Without question it is one of the finest institutions in the country. Naturally, I also love Notre Dame football. There is no school in the history of college football that has a better track record when it comes to integrity and winning. Even the school's harshest opponents and critics will openly admit that when it comes to reputation, tradition, and folklore there is no school that can compare to the Golden Dome of Notre Dame. Certainly, their eminence in college football is well deserved. They are one of the few national powers that have successfully amalgamated impeccable integrity, academic excellence and athletic greatness. Still, as great as Notre Dame is, they have had their moments. Many of which have come under the former coaching guidance of Gerry Faust.

Now let me say right here that Gerry Faust is a wonderful man. He is extremely kind and giving...a truly loving human being. I doubt seriously if you could find a nicer guy. In fact, the people who know him best have described him as a "Holy Man". Without question, he is a magnificent human being. As a coach, though, Faust was by all standards the antithesis of Knute Rockne. Bo Schembechler, the one time coach of the Michigan Wolverines, once said that anyone could win at Notre Dame. Faust proved that statement wrong in his first year with the Irish. He took the number one team in the country and ran them right out of the top 25. That is not an easy thing to accomplish especially when you have the best athletes in the country on your team. Amazingly, he did it in his first year, and every other year that he coached at Notre Dame. In truth, during his tenure at Notre Dame, Faust literally took a national power and turned them into a national joke. And he did all that in less than a half-decade. Very impressive!

Faust's most poignant moment, and perhaps the most dreadful moment in Notre Dame football history, came in his last game against the Miami Hurricanes. Miami had about a 3000 point lead and was marching down the field to make it 3006 when Faust turned to the players on the sideline and said,

# DR. JUDD

## Don't Expect Miracles, Make Miracles as told to PL USA by Judd Biasiotto Ph. D.



"Boys, you need to get down on your knees and say a Hail Mary and ask God to help us." He should have told them to get down on their hands and knees and say an Act of Contrition because Miami was killing them.

As much as I love Gerry Faust, this was the most ridiculous statement I ever heard a coach make. Well...until I heard that Faust told his team to pray for a miracle before the Miami game. He should have been telling them to play football. How does that saying go? "God created the idiot for practice, and then he created football coaches."

Then they don't twin football games; tacking and blocking do. You have to make your own miracles in life, and to do that you have to work hard and long. I am not saying that miracles don't happen, but I'm not going to depend on one, and I'm not going to pray for one. Besides, I don't have any control over

miracles. That's not my area. Miracles are under the management of someone else, and I doubt seriously if Pat Robertson, Oral Roberts, or Gerry Faust have anything to do with them. Consequently, I'm not going to sit around and pray to hit the lottery or pray that I win the world championships. I'm going to get up and make things happen. That's what I have control over.

Here is the point: the Lord helps those who help themselves. There is no free ride in life. You reap what you sow. If you're not willing to work, no one is going to help you, not even the Lord. Don't blame God for your deficiency and shortcomings. Don't get me wrong, I am a very spiritual person, but I don't think it is fair to put our aspirations, difficulties or problems on God. He has enough to worry about taking care of Dennis Rodman and Mike Tyson.

In a like manner I know a lot of people who believe that they have absolute no control over their own destiny. That there are helpless pawns of fate controlled by God or other outside forces over which they have little if any influence. They have this idea that all the good or bad things that happen to them are predestined to occur...that there is life written in the stars. In all candor I don't buy into that type of dogma either. It's a "cop out" for people who don't want to take responsibility for their own life. So they put it on fate.

If you want something in life, you have to go out and get it. You have to take the responsibility for creating your own destiny. There is no free ride in life. As Nikos Kazantzakis says, "God gave you your brushes and your colors; you paint paradise, then in you go. And if you want, you can paint hell, or you don't have to paint anything at all. What ever you paint or don't paint, though, take full responsibility for it. It's your masterpiece, no one else's. Don't blame it on society, your parents, predestination, and DON'T blame it on GOD.

Here is a news flash! God gave us a free will. That's right we have freedom of choice. That means we are responsible for our own actions. If we didn't have a free will, if our lives were truly predestined, there would be no morality, no corruption and no prospect of hope. We would be nothing. In reality, we...preordained to become whatever God wanted us to become. If that were the case, there would be no meaning to the words "free will."

I'm firmly convinced that we are autonomous and that to a large extent we are the masters of our own destiny. Nothing worthwhile ever comes easy. Whatever you want in life you have to work for. You have to go out and work hard, struggle, and push yourself, and then miracles will happen. Furthermore, I believe that we have to take the responsibility for what happens to us. I don't believe in fate or luck. If you want to make a mark on the world, you have to take the responsibility for getting the job done. Your success is not in the stars, it's in you. You have to take the responsibility for your own actions. Success is within all of us, not in luck, fate, or circumstances. Don't blame your failures on God, your stars or anything else. Nothing just happens in life. You have to make it happen. You have to make the magic, then God will bless you. Your destiny is not in the stars; it's in you and that is where God resides.



Let's imagine a worst case scenario; you're at the meet taking your first squat attempt. As you descend, you feel your trusty old squat rip at the seams. After the spotters re-set the bar, the first thought that enters your head is, where's your backup squat suit? Unfortunately, it's still in your gym bag at home because you forgot to pack it for the meet. Blowing your squat suit is a very likely possibility, and not having a backup could cost you the meet and wipeout all those long hours of training. Fortunately, the next time there are steps you can take to help make sure you have all the things you need to get the most out of the meet and your training. Compiling a checklist of items and issues prior to a meet and going over them prior to leaving for the contest, you can minimize the impact of unforeseen events that can spell D-I-S-A-S-T-E-R.

The first place to start is to read the contest application form carefully. Check the date and time to be sure when the meet starts, as well as when weigh-ins start and ends. Many before, some are the morning of the meet and some meet after both. A very important thing to note and keep in mind is the time zone in which the meet is being held. Potentially, the meet could be on Central Time and you live in Eastern Time. This is a problem here in Northwest Indiana where our corner of the state is sometimes one hour behind the rest of the state. Also, if there are any questions on directions or hotels, call the meet director for information. You may want to book a motel room in advance if you plan to stay the night before or the night of the contest. There could be other events in that town or city that weekend that may book most of the motel rooms available.

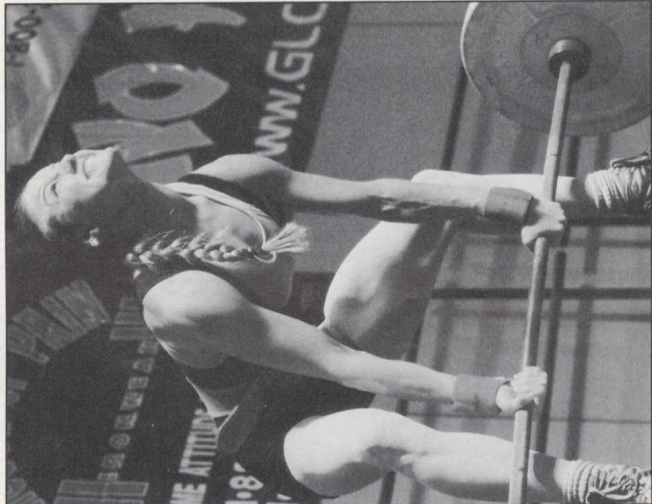
Develop a realistic list of openers and successive attempts for each lift. The term "realistic" is critical. You can't change your openers after you have taken them, but you can adjust your next attempts based on your results of your openers. Some meets require you to supply openers at weigh-ins or just prior to the meet, so be ready. Check your bodyweight prior to leaving home on an accurate scale so there are no surprises at weigh-ins.

If the meet is sanctioned, remember to bring your membership card or money to purchase one there. Bring your credit card and enough cash for

# STARTIN' OUT

## MEET CHECKLIST

as told to Powerlifting USA by Doug Daniels



### A special section dedicated to the beginning lifter

Most meets supply chalk for the platform. As the meet goes on, the chalk magically disappears. This can leave you without chalk for some of your attempts. I suggest bringing your own chalk in a Tupperware type container and keeping it out of the sight of the other competitors, or it could magically disappear as well. Baby powder for your thighs in the deadlift and to apply under your bench shirt is great to have on hand. Keep it out of view and in your gym bag when not using it also.

Remember to bring the shoes you will use for each lift. If you have a pair of squat shoes that you find are better for one type of lifting surface over another, bring these too just in case. Bring an extra pair of socks too and underwear. You can leave extra stuff in the car if it's close enough to retrieve quickly.

Packing towels and toiletries can be valuable especially if the meet area has shower facilities for after the contest. A warm-up suit can be comfortable to wear between lifts.

Ice/hot rubs can be useful in case of injury or to lessen any pain or stiffness you may have or could develop. Aspirin or another pain reliever can be a lifesaver. The caffeine in some aspirins may also act as a slight stimulant.

This is just a partial checklist of things to remember for a meet. I'm sure you can brainstorm other items to add to your own list. List anything you forgot at previous meets, even if you think you never will forget it again. There are dozens of things to remember for a contest. Forgetting any one of them can result in missed lifts or even bomb-out. Be prepared and organized in your meet preparation. Don't let all that hard training and attention to detail go down the tubes because of mental error. Make this type of meet checklist a required part of your contest preparation. Not having one is flirtn with disaster!

Web address:  
[www.daniels12345.com/de/ault.htm](http://www.daniels12345.com/de/ault.htm)

Dear Friends of Powerlifting, This year, 2004, promises some exciting developments for our sport Powerlifting. As you may know the search for International Olympic Committee recognition for Powerlifting has taken me through Europe, Asia and the USA, but when IOC acceptance has become promising, a change in the IOC administration presented us with delay. IOC President Jacques Rogge's new staff had some new concepts regarding IOC recognition. I am pleased to report that I am now in possession of the new criteria for this recognition and I am more than pleased to state that IPF Powerlifting can meet all the requirements.

There are only a few but important issues that need to be addressed: IPF doping controls - in and out of competition - must be stringent and strictly conducted following the World Anti-Doping Code that has been signed by the IPF as by almost all other important sports organizations and governments in the world. In all but a few nations testing after these standards is in place. The IPF itself last year has carried out 199 doping tests in and out of competition. It is also required that our regions be active and hold regional congresses, elections of officers and regional competitions. Some regions already meet these requirements, the other regional officers I am urging to ensure their regions meet these objectives quickly. All information as to the regional activities, elections, congresses and doping control must be presented to the IPF soon so we may proceed with our application.

The running of high-level championships around the world will also help ensure our objective. In spite of what some few people have wrongly stated, the equipment we use and the appearance of our lifters provides a positive impression of our sport in today's highly technical world of sports. This issue keeps coming up and I am surprised at the misinformation that has been

**I.P.F. President, Norbert Wallauch (Austria)**  
 appearance of our lifters provides a positive impression of our sport in today's highly technical world of sports. This issue keeps coming up and I am surprised at the misinformation that has been

## Message from the President



wrongly repeated. Misinformation such as this stands in the way of what should be a unified effort to achieve IOC recognition. Powerlifting's specialized gear is absolutely not a deterrent to Olympic recognition. Also, the powerlifting gear companies have an important place in aiding our support of the Olympic Sport through their support. Working together is part of the path to success in any sport. Members of the IOC have witnessed powerlifting at the last World Games in Akita, Japan. These IOC officials stayed through the entire competition and all of these representatives reported that they were impressed. Our sport has arrived at a good level of performance, equipment and rules for IOC recognition. The IOC officials having witnessed our competition agree. What is left to do is continued communication with the GAISF and the IOC and to meet the criteria I mentioned earlier. I have been pleased to attend the annual GAISF meetings. I have travelled extensively in the IOC quest and have been in communication with most of the leading people. GAISF (General Assembly of International Sports Federations) is the gateway to the IOC. A sport which wants to climb to Olympic recognition must first be a member of GAISF. And the IPF is the only official powerlifting federation nation of GAISF. But we must also ensure all nations meet the doping control requirements and all the regions meet the requirements expected by the IOC. The IPF wishes all powerlifting athletes, officials, meet directors, sponsors and fans a powerful and rewarding year.

Best wishes,  
 Norbert Wallauch  
 IPF President

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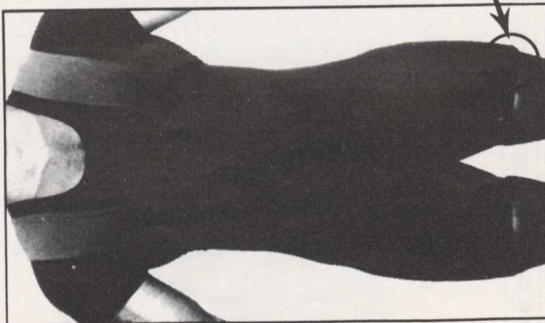




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Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

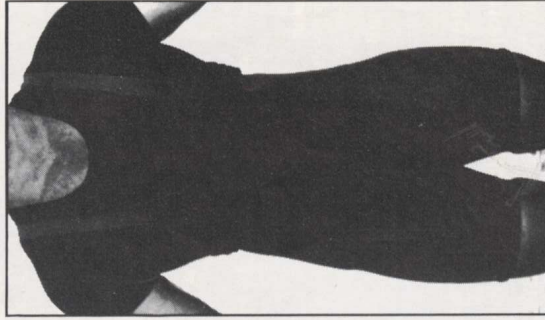
Mary Jeffrey - World's Number One Ranked Woman Powerlifter

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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 privacy or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**Dear Mauro:** I am a lifetime drug free competitive body-builder and powerlifter, having competed as a light and middleweight in over 30 contests. In the past I would follow the traditional high carb regimen, gaining over fifty pounds in the off season, then killing myself for 6 months to get ripped. Now I compete as a heavyweight, having gained nearly twenty pounds of lean mass, and my weight gains are easily kept within 10% of my contest weight. My strength has increased greatly and is easy to maintain as I drop bodyweight. I greatly enjoy the ease of the diet, especially when traveling. My blood sugar levels are always constant. I sleep better and recover faster. My cholesterol has actually dropped compared to when I used the low fat approach, and I have enjoyed perfect health for several years. My only regret is not trying the metabolic diet much sooner. I thank you for your time, and for your invaluable diet! - Aaron

**Dear Aaron:** That's great. I'm pleased you're getting such good results. If you ever want to send anything in as far as contest results, pics, or whatever, let me know and we'll post it on the MetabolicDiet.com site. **Mauro**

**Dear Mauro,** I read the book and I am putting your diet to the test. I am 5 days into 30 to 50 gms of carbs. The rest is fat and Protein. Can't eat too much, selections are limited. When will fat metabolism take place and how long to feel or notice? Carb up day will be Thanksgiving. Any words of wisdom. I am trying to stay around 300lbs cut off blubber and keep muscle. I was 308 last week and I am 297 now. Will I be able to maintain bodyweight?

**Dear Reader:** The first two weeks, up to the carbing up, is tough for most people. It usually takes a minimum of five days to really start switching over and you should be fat adapted by the time you hit Thanksgiving. Much of the weight you've lost is due to water loss and to the decrease in glycogen in the body and it'll show up again when you carb up. I suggest you really eat well on Thanksgiving and not deny yourself anything. Doing this will give you a feel as how your body responds to the acute increased intake of calories and carbs. Let me know what happens this weekend as far as your weight, food intake, water retention/bloating, etc, and I can give you some advice on what to do next. Best regards, **Mauro**

**Dear Mauro:** During waiting for the product, my body learned to use my bodyfat. This diet is great! But, I have one question. I think that Japanese should take more fiber because Japanese intestines are longer than other

rases. (Seemingly, Japanese people will tend to become large intestine cancer, if they overeat meat and a fiber is not taken...) What do you think about it?

**Dear Reader:** I'm glad the diet is working for you and that you're reaping the benefits. The Metabolic Diet works well for anyone wanting to maximize their body composition and strength. However, I am starting to use the diet on some world class marathon runners and they're amazed at how well it's working for them as well. I think you're right about the fiber, but then that's part of the Metabolic Diet as well since insoluble fiber is not considered as carbs since it's not metabolized in the gut or absorbed. I encourage people to increase their insoluble fiber intake. As far as soluble fiber, about half of it should be counted as carbs even though the calories come from the conversion of soluble fiber by gut bacteria into short chain fatty acids, which are absorbed into the body. My MD+ Regulate is formulated specifically for the Metabolic Diet and Anabolic Solution, contains both soluble and insoluble fibers, and other ingredients, to keep the bowels healthy. I've included some of the info piece on Regulate below.

**Mauro:** www.MetabolicDiet.com; <http://www.coachso.com/>

### Regulate

Regulate is a potent blend of natural soluble and insoluble fibers, plus probiotic ingredients, formulated for both preventing and treating constipation, frequent bowel movements, and other problems. Regulate, by delaying gastric emptying and reducing the time to perceived fullness, is effective as an appetite suppressant. Taken before meals or whenever hungry, Regulate lessens your hunger and curbs cravings. The various soluble fibers and other compounds contained in Regulate have also been found useful to:

- Maintain cholesterol levels that are already within normal range.
  - Support a healthy heart.
  - Increase natural insulin sensitivity.
  - Provide probiotic effects which promote the growth of beneficial bacteria in the bowels.
  - For more information and the complete ingredient list and nutrition panel, go to [www.MetabolicDiet.com](http://www.MetabolicDiet.com). The various soluble fibers and other compounds contained in Regulate have been found useful in the following problems:
    - Constipation - especially recommended in the initial stages of the Metabolic Diet.
    - Frequent bowel movements.
    - Other bowel problems including hemorrhoids, irritable bowel syndrome, and inflammatory colitis (ulcerative colitis, Crohn's disease, diverticulitis, diverticulosis).
    - Gallstones. The incidence of gallstones is significantly higher in overweight women and men. The risk for stone formation is also high if a person loses weight too quickly.
    - Elevated cholesterol levels from whatever reasons including genetic predisposition and a higher fat diet. Regulate results in decreases in total and LDL levels without lowering HDL levels.
    - Cardiovascular disease including hypertension and coronary artery disease.
    - Insulin resistance and diabetes.
- Directions: Five to ten capsules two to three times a day at first. Once regulated take five to ten capsules daily for maintenance. To be taken with at least 8 oz of water. Increasing water intake to at least 8 glasses per day is vital for the beneficial effects of Regulate.

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# NUTRITION

## How Well Do You Know Your Power Nutrition?

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

I have been writing for Sports Nutrition column for PLUSA for almost 2 years now. My nutrition column has gotten its fair share of positive feedback over this time. Let's not forget some not so positive comments from some of the mullet heads that I have had to deal with as well. All and all it has been a very enjoyable experience educating powerlifters on how they should meal plan so that they can get the best out of their buck when it comes to their training and competing. Over the last couple of years I have provided you with an abundant amount of usable info that can be used by you to help you achieve new heights in your powerlifting ambitions. One thing that I have always tried to do with my column was to take scientific nutritional information and break it down into layman's terms that anyone can understand and can apply these nutrition principles in their quest for a bigger total. Now the only way you are going to be able to apply all these principles is if you learn them and make them part of your new Power Nutrition lifestyle. So what I have laid out here is a nice little quiz for all you iron freaks to see if you have learned anything from all my articles. So get yourself a pencil and sit down and take the Power Nutrition Quiz.

- What 3 food items are predominantly protein sources?
  - A) Bananas, Oranges, Apples
  - B) Bread, Oatmeal, Cereal
  - C) Fish, Chicken, Steak
- How many times per day should a powerlifter eat?
  - A) 1-2 Times
  - B) 3 Times
  - C) 5-6 Times
  - D) None of the above
- How many teaspoons of sugar does one "Major Brand" of soda contain?
  - A) 3 Teaspoons
  - B) 6 Teaspoons
  - C) 10 Teaspoons
  - D) 13 Teaspoons
- What are the 2 Natural Supplements all Powerlifters should take?
  - A) ZMA and HMB
  - B) Protein Powder and Multivitamins
  - C) Ecdyone and Liquid Creatine
  - D) Protein bars and Lec cream
- How many grams of protein should the powerlifter take in on a daily basis?
  - A) As much as he or she wants
  - B) 0.5 grams per pound of weight
  - C) less than 0.5 grams per pound of weight
  - D) At least 1 gram per pound of weight

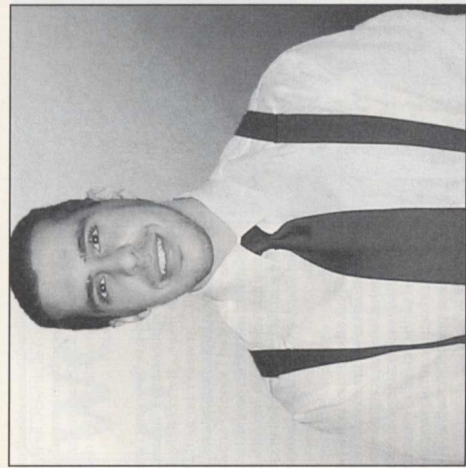
- What are the best carbohydrate choices for the powerlifter looking to go down a weight class?
  - A) Apples, Grapefruits and Bananas
  - B) Oatmeal, Yams and Brown Rice
  - C) Potato chips, Chocolate, tacos and Fudge Brownies
  - D) Bagels, White Rice and Potatoes
- What type of protein has the highest BV or Biological Value of all proteins?
  - A) Casein
  - B) Egg
  - C) Whey
  - D) Chicken
  - E) Steak
  - F) Gopher Meat
- How much water should you drink daily?
  - A) Only when you are very thirsty
  - B) 4 glasses
  - C) 8 glasses
  - D) 12-16 glasses
  - E) None
- What type of tea has many health benefits and can even help you burn fat?
  - A) Camomille Tea
  - B) Orange Blossom Tea
  - C) Green Tea
  - D) Iced Tea
- What is the worst type of fat?
  - A) Saturated Fat
  - B) Trans Fatty Acids
  - C) Omega 3's
  - D) Omega 6's
  - E) Monounsaturated Fat
- The fat that is currently on your hips and waist causing you to look like you're nine months pregnant.
  - A) Saturated Fat
  - B) Trans Fatty Acids
  - C) Omega 3's
  - D) Omega 6's
  - E) Monounsaturated Fat
  - F) The kind that jiggles in the right places
- Should you eat a meal before retiring for the night?
  - A) True
  - B) False
- Post Workout Nutrition is one of the most important meals of the day?
  - A) True
  - B) False
  - C) Who Cares!
- How does skipping meals affect your performance?
  - A) It can decrease your strength
  - B) It can decrease your volume workload
  - C) It can cause your metabolism to slow down
  - D) It can cause you to lose valuable muscle
  - E) All of the above
- How important is getting a proper fiber intake for your health and performance?
  - A) Not important at all
  - B) Somewhat important
  - C) Very important
  - D) I have no clue; I haven't been paying attention to your articles. I just look at it for the pictures.
- How many grams of fiber should the powerlifter consume on a daily basis?
  - A) 5-10 grams
  - B) Less than 5 grams
  - C) 15 grams
  - D) 30-50 grams
  - E) It doesn't matter as long as you are not constipated
- What is an incomplete protein source?
  - A) One that contains all the essential amino acids
  - B) One that is deficient in one or more of the essential amino acids
  - C) One that comes from a can
  - D) A source that is not properly cooked
- What does G.I. stand for?
  - A) General Inquiry
  - B) Goofball idiot
  - C) Gluecamic Index
  - D) Gravitational Index
- What was the name of the first article that I penned for PL USA?
  - A) Increase your Testosterone level
  - B) Help Decrease your cholesterol levels
  - C) Help keep your arteries supple.
  - D) Can keep your skin soft like a baby's bottom
  - E) Help reduce joint and tendon inflammation
  - F) All of the above

- The Carbohydrate Manifesto Fatten Up your Total
- The Power of Protein Tactics for Meat Day
- Top 10 Reasons Why Male Powerlifters Should not Wear Carrier Belts on the Platform

- Where does insulin come from?
  - A) The Liver
  - B) The Islets of Langerhans
  - C) The Gallbladder
  - D) Who the hell knows, I fell asleep that day in biology class!
- What are Macronutrients?
  - A) Vitamins
  - B) Carbohydrates
  - C) Fats
  - D) All of the above
- Who is the "Godfather" of the High Fat Diet?
  - A) Vito Corleone
  - B) Dr. Mauro Di Pasquale
  - C) Ronald McDonald
  - D) Barney the Purple Dinosaur
  - E) Dr. Ruth Weisheimer
- What is heavier, a pound of muscle or a pound of fat?
  - A) Fat
  - B) Muscle
  - C) Feathers
  - D) Depends on your weight
  - E) They are both the same
- What is Hypoglycemia?
  - A) A condition caused by low blood sugar levels
  - B) A skin condition caused by wearing your knee wraps too tight
  - C) An antagonist hormone to insulin produced in the pancreas
  - D) The name of the foreign exchange student in your economics class
  - E) A hormone produced by the pituitary gland that controls growth
- What does BCAA's stand for?
  - A) Big Canadian Annoying Ass
  - B) Branch Chain Amino Acids
  - C) Biological Calculation of Amino Acids
- What are the Micronutrients?
  - A) Vitamins
  - B) Minerals
  - C) Electrolytes
  - D) Proteins
  - E) A, B, and C
  - F) All of the above
- Healthy Fats can help you:
  - A) Increase your Testosterone level
  - B) Help Decrease your cholesterol levels
  - C) Help keep your arteries supple.
  - D) Can keep your skin soft like a baby's bottom
  - E) Help reduce joint and tendon inflammation
  - F) All of the above

- What are the benefits of drinking water?
  - A) It helps eliminate toxins from the body
  - B) It increases cell volumization
  - C) It helps prevent kidney stones
  - D) It helps you get out of boring meetings every 15 minutes because you have to go to the little boys room for a tinkle
  - E) All of the above
- Glucagon is:
  - A) A major hormone produced by the liver to increase strength
  - B) An antagonist hormone to insulin produced in the pancreas
  - C) The name of the foreign exchange student in your economics class
  - D) A hormone produced by the pituitary gland that controls growth
- How many grams of fat do McDonald's Big Mac and a large French Fries contain?
  - A) 5 grams of fat
  - B) 15 grams of fat
  - C) 53 grams of fat
  - D) 75 grams of fat
- What are two of the biggest killers in American males?
  - A) Colon Cancer and Heart Disease
  - B) Wife and Kids that don't listen
  - C) Mortgage and Shopping expenses
  - D) Car accidents and Diabetes
- What can help prevent the two biggest killers of American males?
  - A) Insoluble and soluble fiber
  - B) Birth Control
  - C) Staying a bachelor
  - D) Protein and carbohydrates

- Who helped to bring many of the benefits of Vitamin C to the public?
  - A) Don Johnson of Miami Vice fame
  - B) Dr. Paul Linus
  - C) Elon John
  - D) Snoop Dog and 50 Cent
  - E) The little guy that was famous for yelling out, "Da Plane, Da Plane Boss" in Fantasy Island.
- Who was one of the leading researchers behind the creatine revolution?
  - A) Dr. Paul Greenhaff
  - B) The Olson Twins
  - C) Anne Landers
  - D) Tickle Me Elmo
- What are some of the benefits of Vitamin C?
  - A) Has a positive effect on the immune system
  - B) Helps repair collagen and connective tissues
  - C) Helps decrease Cortisol
  - D) Increases Testosterone
  - E) Can help increase the hair on your head and decrease those nasty hairs coming out of your nose and ears
  - F) All of the above
  - G) A, B, C, and D
- Name the most essential nutrients for sustaining life?
  - A) Water, macronutrients and micronutrients
  - B) Beer, Beer and more Beer



Anthony Ricciuto ... this is the Man Behind x-tremepower.com

- What can help increase your testosterone level?
  - A) Essential Fatty Acids
  - B) Broccoli
  - C) The latest Christina Aguilera video
  - D) Fiber
- Who helped to bring many of the benefits of Vitamin C to the public?
  - A) Don Johnson of Miami Vice fame
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- Name the most essential nutrients for sustaining life?
  - A) Water, macronutrients and micronutrients
  - B) Beer, Beer and more Beer

- Potato chips, Chocolate bars, Ice cream and Pizza
- Thong bikinis, Beer, and Unemployment insurance

- What type of protein source would be best to have post workout?
  - A) Casein
  - B) What ever the wife made for supper
  - C) Whey Hydrolyate 520
  - D) Soy
  - E) 16 oz steak
- What has the highest protein content for an 8 oz serving?
  - A) Cottage Cheese
  - B) Yogurt
  - C) Rice cakes
  - D) An ice cold Budweiser served at your favorite pub
- Who has worked with over 30 World and National Champions Strength athletes looking to revolutionize sports nutrition to the next level?
  - A) Howard Stern
  - B) Anthony Ricciuto
  - C) Justin Timberlake
  - D) The Back Street Boys

- This is a simple one and everyone should have gotten it unless you have been incarcerated for the last 50 years or have lived under a rock. The answer is C.
- This again is very easy and for anyone that has read my articles over the years should know that I push that powerlifters should eat 5-6 times per day. The answer is C.
- Now for all you soda junkies out there this one should be of major concern for you. Yes one whooping 13 teaspoons of sugar. If that isn't enough to wake you up then maybe Type II Diabetes will be your macronutrient ratios will be laid out in the appropriate manner.
- Natural supplements are all the rage and they have really picked up in popularity circles over the last decade. There are many good supplements out there and you also have your snail oils as well. The two supplements that powerlifters should take would be a protein supplement and multivitamin formula. The answer is B.
- Now this one is of debate among scientists and athletes alike but if you are looking to get the most out of your training you will need at least one gram of protein per pound of bodyweight. The answer is D.
- Now this one may be a little tricky because many of the choices here are still healthy, it's just some

- Now I know most of you will say that the worst fat is the type that is currently taking your body hostage making you look like the "Mr. Stay Puffed Man" from Ghostbusters but in reality the worst kind of fat that you can consume is Trans Fatty Acids. The answer is B.
- I know that all my male powerlifters with jacked up testosterone levels like this one and I am sure that you all chose F as your answer. All fun aside, the best fats that you can consume would be your Omega 3 fats. The answer is C.
- Now this one was tricky as I didn't say if the meal before retiring before bed was for those looking to gain or lose weight. Either way I believe no matter what your goals, eating a well-balanced meal or protein shake before bed is a good idea. The main thing here to remember is that the meal has to be constructed according to your goals so your macronutrient ratios will be laid out in the appropriate manner.
- The way most powerlifters eat you would think that the answer would be C. But am sorry this is not the case. Post workout nutrition is one of the most overlooked aspects of the powerlifting nutrition plan and it can lead to you not getting the results that you deserve. The answer is A.
- It wouldn't take a genius to figure out this one. All you would have to do is skip your breakfast and lunch for a couple of days to see what happens. The answer is E.
- Fiber is still one of the most overlooked nutrients but it doesn't mean that it isn't of grave importance. Getting enough grams

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- Now this one may be a little tricky because many of the choices here are still healthy, it's just some



of fiber in everyday is very important for the powerlifter. The answer is C.

16. Since we now know that getting in enough fiber is very important, how much is the next question? The answer is D.

17. I was a little tricky on this one but those that read my article, "The Power of Protein" should find this one to be easy. Any protein source that does not contain all the essential amino acids is considered to be incomplete. The answer is B.

18. G.I. in relation to the nutritional sciences refers to the Glycemic Index. This refers to how quickly a carbohydrate source is converted to blood sugar once you have consumed it. The answer is C.

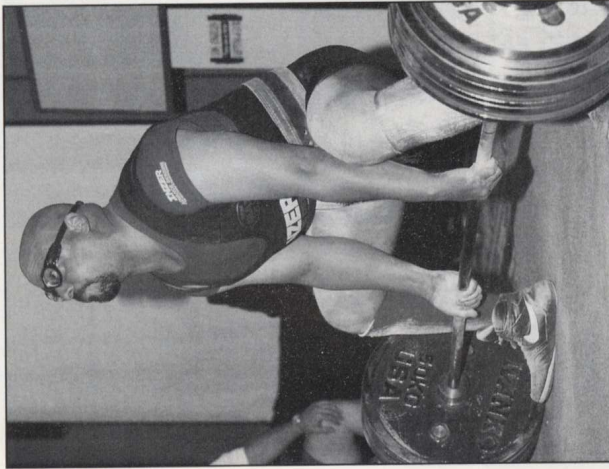
19. I am truly hoping that none of you picked E as your answer because I wrote that article for another publication... Just joking! The first article that I wrote for PL USA was about how powerlifters were ruining all their hard work from their improper nutritional habits come contest day. The answer is D.

20. Here I am getting a little tough on you but you should still know this one from your high school biology class. No, insulin is not made in the gallbladder or liver but in the area of the pancreas known as the islets of Langerhans. The answer is B.

21. If you got this one wrong go to the closet pull out the shoe horn and bang your self across the forehead a dozen times. This one couldn't be any easier. The answer is D.

22. Ok, this one is a little tough but if you are a loyal reader of PL USA then this one should be a joke. No Barney the Purple Dinosaur and Dr. Ruth Westheimer are not the answer. Yes, she did help us men get in touch with our softer side and push us to cuddle with our wives more often, but she didn't have anything to do with the high fat diet. The answer to this question is no other than Dr. Mauro DiPasquale. He has greatly contributed to the strength science scene in more areas than one. His excellent books are best sellers and breakthroughs that we have seen in recent years have come from Dr. DiPasquale. He is not only a legend in the medical field but was also a world champion powerlifter. I don't know where we all would be without his innovative and educational contributions to our sport.

23. Ok, if you got this one wrong go back to the closet and repeat the steps outlined in # 21. This is the same old trick you probably fell for



JASON BURNELL ... is listed among X-tremepower's nutrition clients

before. What's heavier a pound of feathers or a pound of stone? It's all the same. But what you have to realize here with this joke question is that a pound of muscle or a pound of fat on your body will have a major performance difference so in this case they are much different.

24. No, Hypoglycemia will not cause you to lose your hair and it is definitely not a skin condition. It is when you cause your blood sugar to drop to an unacceptable level that will cause a major decrement in your strength and performance. The answer is A.

25. BCAA's stands for Branch Chain Amino Acids and these are very important in your nutrition plan. I just hope that you weren't referring to me as what I outlined in answer A of this question!

26. This one was also straight forward as the answer is D.

27. Healthy fats are where it's at so if you would like to have all these benefits then make sure they are part of your plan. The answer is F.

28. You were always wondering how to get out of those boring meetings that are held every Friday afternoon and now you have the answer. Drink 2 liters of water about 15 minutes before you go into the boardroom and voila. You

latest Christina Aquilera video then know that you all picked C for this one. The only problem here is that her video couldn't be scientifically classified as a nutrient so the real answer here is A.

34. Yes I am sure that many of you picked Don Johnson for this one. No matter how cool he looked back in the 80's, he wasn't the guy that made some bright discoveries with Vitamin C. I liked Tattou in Fantasy Island just as much as you but I am sorry to break it to you, he was not the scientist who educated us on this valuable vitamin. The answer is B.

35. I know that you all loved the Olson Twins on the sitcom, Full House but I am truly sorry to let you know they were not the main push behind all the scientific research that has been given to us about the wonder supplement creatine. The answer is A.

36. For all those superheavyweight master competitors I can see you buying stock in Vitamin C hoping that it will help you to control all those nasty hairs that seem to be disappearing off your head and reappearing themselves like some type of magic show in your nose and ears. Sorry boys, the answer here is G.

37. This is probably the hardest question of them all. Is the answer B, C, or D. This one is even harder for me to figure out! Well all teasing aside the answer is D. Oops, I am sorry, the real answer is A. My bad!

38. For those whipped powerlifters out there the answer will keep their goods out of the wife's purse then the real answer is C.

39. Before you go down to the pub for a nice cold Bud, I have to let you know the answer here first. You may not like it, but the answer here is A.

40. Ok, this one is in the bag. If you have read my column then this is a no brainer!

This sums up your Power Nutrition Quiz and I hope that you did well on it. I know that this quiz was a little on the humorous side but at the same time educational. What fun is it to remember all types of different nutritional science terms and functions if you can't throw a little humor in for good measure?

If you have any questions or comments please contact me at [artictuto@X-tremepower.com](mailto:artictuto@X-tremepower.com)

# WORKOUT OF THE MONTH

## The Bev Francis BENCH PRESS ROUTINE

### One of the most successful women powerlifters of all time and an IPF world record holder in the Bench Press at 165 and 181 lbs. offers her training program.

This routine is based on a last meet, personal best in the bench press of 200 lb. This program should add 15 lbs. to your bench press in 8 weeks. The program trains the bench press twice a week and makes use of a thorough warm up. It begins with 4 weeks of higher repetition conditioning work. Pause reps are done starting at week 5, as indicated in the program.

The following assistance exercises should be done after the bench press workout.

1. Very light flies. 2 sets of 10 reps. This is to stretch out the chest muscles only. Use a very light

weight and keep the arms wide to the pulley and hold the bar behind your back. Use as heavy weight as you can handle. This exercise also stretches the anterior deltoid.

**Week 1:** Day 1: 90x10, 100x8, 110x6, 120x5, 135x10, 135x10, 135x10, 135x10, 100x10, Day 2: 90x10, 100x8, 120x5, 130x3, 140x10, 140x10, 140x10, 140x10, 105x10.

**Week 2:** Day 1: 90x10, 100x8, 110x5, 120x4, 135x3, 145x8, 145x8, 145x8, 110x6, 125x4, 140x3, 155x8, 155x8, 155x8, 115x10.

**Week 3:** Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x6, 160x6, 160x6, 125x8, Day 2: 90x10, 100x8, 120x5, 140x3, 155x2, 165x6, 165x6, 165x6, 135x8.

**Week 4:** Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x2, 175x5, 175x5, 140x8, Day 2: 90x10, 100x8, 125x5, 145x3, 165x1, 180x4, 180x4, 180x4, 145x8.

**Week 5:** Day 1: 90x10, 110x6, 130x5, 150x2, 170x1, 185x3, 185x3, 185x3, 155x6, Last set pause reps. Day 2: 90x10, 115x6, 135x3, 155x2, 175x1, 190x3, 190x3, 175x3, 155x5. Last 2 sets, do pause reps.

**Week 6:** Day 1: 90x10, 120x5, 135x3, 155x2, 175x1, 195x2, 195x2, 180x2, 160x5, Last 2 sets, pause reps. Day 2: 90x10, 200x5, 140x3, 160x2, 180x1, 200x1, 185x2, 165x4, Last 2 sets pause

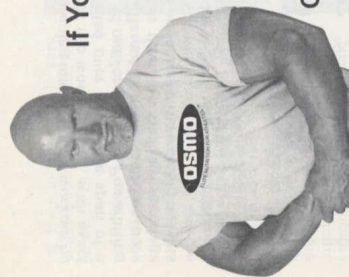
**Week 7:** Day 1: 90x10, 125x5, 145x3, 165x2, 185x1, 200x2, 185x3, 165x5, Last 2 sets pause reps. Day 2: 90x10, 125x5, 145x3, 165x2, 185x1, 205x2, 190x2, 170x5, Last 2 sets pause reps.

**Week 8:** Day 1: 90x10, 125x5, 150x3, 170x2, 190x1, 205x1, 195x2, 180x3, Last 2 sets pause reps.

**Contest Day:** (4 to 5 days since last workout) 90x10, 120x5, 140x3, 160x2, 180x1, 1st attempt: 195, 2nd attempt: 205, 3rd attempt: 215.

Bev Francis with a still impressive IPF World Record 330 bench press in the 181 is at the 2nd IPF Women's Worlds in Hawaii. This was done following her successful career as a track and field athlete and prior to her effort to become the top women bodybuilder in the world at the MS. OLYMPIA competitions.





**Joe Ladinier**  
Strongest Bodybuilder in the World  
661lb Bench 1st Place  
APF Senior Nationals 275lb Class,  
NPC Greater Gulf States Heavyweight &  
Overall Bodybuilding Champion 2001,  
NPC Heart of Dixie/Heavyweight and Overall  
Bodybuilding Champion 2001  
2300lb+ Powerlifting Total

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About Taste Than Results...  
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**Garry Frank**  
Undisputed Strongest Man in the World  
Undisputed Strongest Powerlifter in the World  
2700lb+ Powerlifting Total  
6'3" 384lbs

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In the World Insist On Using  
OSMO's Methyl Protein™ Products...  
Because They Work!!!



This is great news for you and any other strength athlete who do not realize that they're not really being as productive and efficient as they should be. Manufacturers of other protein powders on the market are more concerned about making taste the biggest selling point of their product. Take it from me, taste alone isn't going to WAKE UP dormant or less than optimal processes in your body's cells. If all you care about is taste - you're probably a little PRETTY BOY and you don't really know what you're doing when it comes to building a really big, hard, defined, strong, muscular body! In fact, you should stop reading this ad and go comb your hair or something! If on the other hand - you're serious about learning how you can use OSMO's Methyl Protein™ to totally improve your look, your strength, your muscle size, girth, definition and even your cardiovascular conditioning - read on.

**Pull Ahead of Your Competition  
Like a Freight Train Gone Crazy**

You see, when Dr. Meduri PhD, DSc, includes the all important Methyl Protein™ cofactors into the protein formulas manufactured by OSMO - you give your body's muscle cells the "STUFF" it's pretty much been "DYING" for. By feeding your body OSMO's Methyl Protein™ (called MUSCLE MACHINE™ and Methyl Creatine™) you'll be giving yourself an almost unfair advantage over anyone else in the gym. You'll gain this competitive advantage by choosing your powerful science and biochemistry over taste. Emphasis on taste rather than science is for pretty boys who are too ignorant to know the difference between science and marketing. Let the "whiny" Pretty Boys brag about their great tasting ice cream fashioned protein powder while you pull ahead of them like a freight train gone crazy! With OSMO Methyl Protein System, leave the competition in the dust.

**Science - Not Marketing!**

OSMO's Dr. Anthony J. Meduri (Ph. D. Biochemistry, D.Sc. Neuro-Biochemistry, M.B.A., Yale University Graduate, Fellow in the American College of Nutrition, Fellow in the American College of Biochemists, Diplomate in the American College of Clinical Biochemists) is the first scientist to pioneer the process of correctly formulating proteins which include proprietary Methyl cofactors. These Methyl cofactors, when correctly integrated into the right protein sequences, can trigger dormant processes in the body's cells to suddenly WAKE UP!

Article written by  
**Joe Ladinier**

If you're looking for something new to use - that really works - look no further! The patent-pending Methyl Protein™ products by OSMO offer you the most advanced in nutritionally correct protein formulas available. So nutritionally correct, that after using them your body might spank you for "STARVING" it for so long. That's right - your body is "STARVING" for the Methyl Cofactors found in OSMO's Muscle Machine™ and Methyl Creatine™. Other proteins are formulated without addressing Methylation in the body. (Methylation is an important cellular process necessary for life).

Without properly feeding the "Methylation Machine" in your body's cells - everything slows down - including muscle recovery, metabolism, fat burning, removal of toxins, and even the production of hormones - the most important of which is, of course, TESTOSTERONE!

**Do You Want To Be A  
Wrecking Machine In the Gym...  
Kicking Butt and Taking Names...**

If you're still reading this ad - congratulations to you. You definitely are among the elite in both mind and body. You'll become even more so - I promise - once you get on OSMO's Methyl Protein System formulated by the best man in the business - Dr. Meduri PhD Biochemistry, DSc Neurochemistry. I am so confident that OSMO's Methyl Protein System is going to work for you that I want to help you get over any reservations that you might have about investing in the best, most correctly formulated protein system in the world. Here's what you can expect when getting on OSMO's Methyl Protein™ System:

**DAY 1-5** You sleep better at night (deeper sleep means better growth hormone release). Workouts are more productive, you're sweating more because of natural thermogenesis resulting from improved Methylation in the body.

**DAY 6-10** Your musculature is improving. Very noticeable improvements in muscular definition, size, "tightness", and strength. Cardio is getting easier and even fun. Your mid-drift is leaning out. Workouts are very productive and satisfying. People notice you more.

**DAY 11-** You're a "Wrecking Machine". Kicking Butt and taking names. You "rep-out" with rep ranges you thought were impossible for you. Instead of three sets per exercise, you're "getting off" on doing four to five sets. Your metabolism is sweating like a fuel injected jet engine. You wear like a hog during workouts because you are burning fat. Dramatically improved lean body mass to fat ratios. You're "the Man"! Everyone wants to know "what you takin'".

**OSMO Offer**

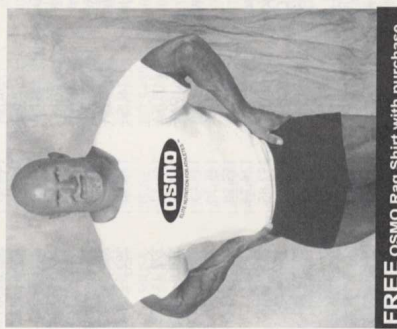
Since you stuck with me this far - I like you and I want to see you do well. It's apparent that you are someone who is serious about proper supplementation and how proper supplementation can serve to improve your strength, size, definition, overall leanness, and muscularity. Since you're serious, I'm serious about making your decision to get on OSMO the easiest decision you've made in a long time.

Here is the OSMO offer which I personally guarantee for you. Buy a 3 week supply of OSMO's Methyl Protein™ System. When you get it - start using it immediately. OSMO's Methyl Protein™ System will arrive to you in a convenient, easy to use package. Use the OSMO's products every single day - NO INTERRUPTIONS - and work out hard. Inside your delivery of OSMO's Methyl Protein™ System will be a simple to understand instruction manual on exactly how to use Methyl Protein System.

**No Risk 30 Day Guarantee  
And OSMO Bonus!**

When you buy a 3 week supply of OSMO's Methyl Protein™ system, OSMO will guarantee your satisfaction for 30 days! This means that if after you use the Methyl Protein System, you do not agree that your performance, strength, muscularity, definition and overall look is improved dramatically, simply return the canisters of the system and OSMO will refund 100% of your money - no questions asked.

As an additional bonus - just for trying the OSMO Methyl Protein System - OSMO will give you the awesome OSMO rag shirt you see me wearing here (a \$20.00 value - absolutely free).



**FREE OSMO Rag Shirt with purchase.**

**Don't Talk Yourself Out  
Of It**

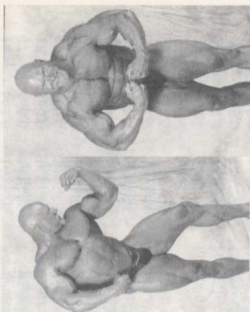
I am so confident about OSMO's Methyl Protein™ system and how it will help you, that I ain't going to let you talk yourself out of it. That's why I am guaranteeing it - no risk to you. You see I know that OSMO Methyl Protein™ system works. It will work for you and I want to get it in your hands so that you can get off of stuff like potentially harmful prohormones and Ephedra - so that you can feel your body really respond to exercise again, feel and see yourself improving strength, muscularity, definition, hardness, and "tightness". I can make this bold guarantee because refunding your money is not even going to be necessary. Quite frankly, I know that you're going to get addicted to OSMO and be calling for more every month. OSMO is what I say it is - safe and effective at building a stronger, harder, leaner more defined you or your money back.



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-Garry Frank - Strongest Powerlifter in the World -  
Powerlifting total 2700lbs



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-Joe Ladinier - Strongest Bodybuilder in the world -  
Powerlifting total 2300lbs+

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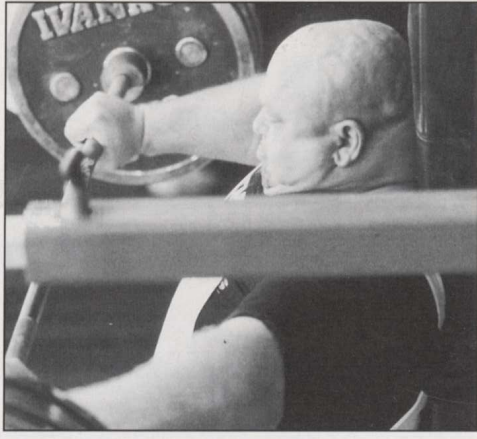
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DEALER INQUIRIES WELCOME



World All Time Push-Pull (BP + DL) by Herb Glosbrenner (through 12/15/03)

Table with columns: Rank, LBS., YOB/NAT, BWT (kg), SQUAT + DL, Date, Location, LIFTER, YOB/NAT, BWT (kg), SQUAT + DL, Date, Location, YOB/NAT, BWT (kg), SQUAT + DL, Date, Location, YOB/NAT, BWT (kg), SQUAT + DL, Date, Location. Lists world records for various lifts and combinations.



Some of the World's Great Push-Pullers include Steve Goggins and Andrew Bolton (above, photograph by Glosbrenner) and Garry Frank

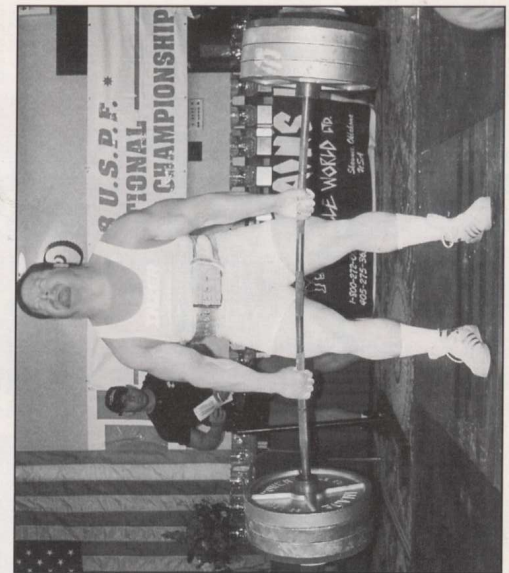
Garry Frank, 39, of Baton Rouge, LA is the outright strongest Pler of All Time, and few would argue against this fact. He is the only man in history who has surpassed 750 kg. combining the Bench Press and Deadlift. He is far ahead of anyone else on this listing. A whopping 57 kg (125.66) is his margin of superiority. His best result is 752 kg. (1658.98 lbs.). The closest anyone else has come is GBR's Andrew Bolton (the British Bulldog) with 695.5 kg (1533.32). Five men have gone over 1500. Legendary Bill Kazmaier is the 6th with a performance he did 22 years ago, how's that for an enduring record? New 2003 IPF World Champ Brian Siders has barely edged out strength icon Don Reinhardt's best, done 28 years ago. The world's strongest Pler of the early '70s, Jon Cule, rates ahead of Ed Coan, whose bodyweight is much less. Note that the BP prowess of Beau Moore in 9th edges out the big DL of Brad Gillingham, also an ex IPF World Champ, who nails down the No. 10 position. Those who are heaviest in bwt. are Mike Hall, and Marcus Henry - each weighing over 400 lbs. Two men weighing only 220 are Lesse Kellum and Travis Mash, both USA lifters. 105 lifters from 13 nations: USA has the most - 71 lifters, Russia has 8, FIN-6, GBR-4, With 3 lifters each are: UKR, CAN, HUN, RSA, ISL have 2 men a piece. Countries sporting single lifters are: LAT, SWE, AUT, CZE.



# Broddingnagian Biathlon (SQ + DL) by Herb Glosbrenner (through 12/15/03)

Rank	KG.	LIFTER	YOB/NAT	BWT (kg)	SQ/AT + DL	Date	Location	ORG
1.	987.0	Coggins, Steven	63USA	120.45	500.0 + 400.0	01MAR03	Columbus, OH	IPA
2.	890.5	Bolton, Andrew	71GBR	147.50	487.5 + 400.0	09NOV03	Marietta, GA	WFO
3.	880.0	Frank, Garry	64USA	174.35	490.0 + 337.5	03NOV03	Calgary, CA	WPC
4.	878.0	Mikessell, Brent	67USA	145.00	517.0 + 350.0	01MAR03	Calgary, CA	WPC
5.	860.0	Turtainen, Aino	71FIN	130.70	470.0 + 390.0	20DEC98	Las Vegas, NV	USPF
6.	857.5	Coan, Edward	63USA	108.80	455.0 + 402.5	28MAY99	Rosemont, IL	APF
7.	855.0	Pasanello, David	62USA	124.80	467.5 + 387.5	28MAY99	Pescara, ITA	USPF
8.	852.5	Badenhorst, Gerrit	62GER	138.80	450.0 + 402.5	14OCT90	Long Beach, CA	USPF
9.	852.0	Wilson, O.D.	55USA	172.40	454.5 + 397.5	16FEB99	Sandusky, OH	USM
10.	845.50	Wohleber, Daniel	61USA	121.56	435.45 + 410.05	10DEC02	Nyagan, RUS	IPF
11.	842.5	Podhny, Maxim	72RUS	130.00	430.0 + 412.5	12OCT01	Wilkes-Barre, PA	ADFFA
12.	840.0	Henny, Marcus	71USA	184.00	430.0 + 410.0	08DEC02	Wilkes-Barre, PA	WPC
13.	832.5	Tredjahn, Peter	57GBR	169.00	437.5 + 375.0	09NOV03	Marietta, GA	WFO
14.	832.5	Childress, Paul	71USA	139.65	477.5 + 355.0	29JAN99	Galesburg, IL	APF
15.	828.94	Warc, John	60USA	155.58	447.94 + 381.02	09JAN99	Newark, OH	IPA
16.	827.81	Ruggiera, Michael	68USA	137.85	460.0 + 407.41	13APR03	Newark, OH	IPA
17.	827.50	Noren, Lars	61SWE	140.16	422.5 + 405.0	15NOV87	Fredrikstad, NOR	IPF
18.	825.83	Smith, Matthew	74USA	152.18	439.98 + 385.55	13APR03	Newark, OH	IPA
19.	821.0	Low, Gregory	57USA	117.90	453.59 + 367.41	21MAR98	Huntington, PA	USAPL
20.	817.5	Wrenn, Paul	47USA	154.30	442.5 + 375.0	12JUL81	Corpus Christi, TX	USPF
21.	817.5	Warman, Doug	58USA	124.85	445.0 + 372.5	28JUN87	Bloomington, MN	APF
22.	815.0	Warmscott	58USA	117.03	432.5 + 382.5	25JUL92	Pittsburgh, PA	APF
23.	814.20	Vogelphohl, Chuck	56USA	99.78	453.59 + 360.61	18NOV01	Columbus, OH	IPA
24.	812.5	Thompson, Daniel	64USA	156.95	447.5 + 365.0	09NOV02	New Orleans, LA	WFO
25.	811.93	Reinhold, Donald	45USA	161.93	410.27 + 401.66	03MAY75	Chattanooga, TN	AAU
26.	810.0	Hechter, George	61USA	160.50	437.5 + 372.5	03MAR88	Honolulu, HI	APF
27.	810.0	Gallo, Craig	72USA	146.55	462.5 + 347.5	16JUN02	York, PA	APF
28.	808.87	Cole, John	43USA	128.25	408.80 + 400.07	25OCT72	Phoenix, AZ	AAU
29.	805.0	Mezgar, Craig	USA	165.56	420.0 + 385.0	19DEC86	Arlington, TX	USPF
30.	805.0	Muzas, Tibor	67HUN	159.00	410.0 + 395.0	14APR00	Kaposvar, HUN	IPF
31.	802.86	Rethwisch, Gus	47USA	155.58	410.50 + 392.36	25JAN86	Bend, OR	APF
32.	802.86	Malin, Matt	60USA	144.70	458.13 + 344.73	03MAR86	Sandusky, OH	USM
33.	802.5	Malanchev, Andrei	77RUS	127.70	430.0 + 372.5	02MAR03	Kazan, RUS	IPF
34.	800.0	Kapazner, Bill	64USA	149.69	420.0 + 380.0	31JAN81	Columbus, GA	USPF
35.	800.0	Papazov, Vilya	80RUS	128.45	420.0 + 380.0	28MAR02	Urumk, UZB	IPF
36.	799.68	Waddington, David	54USA	139.70	454.95 + 344.73	15JUN01	Zanesville, OH	USM
37.	798.32	Barno, David	70USA	138.57	435.45 + 362.87	13APR03	Newark, OH	IPA
38.	797.5	Robinson, Mark	63USA	140.10	425.0 + 372.5	14OCT90	Pescara, ITA	WPC
39.	795.0	Kenady, Doyle	48USA	138.35	385.0 + 410.0	06APR86	Honolulu, HI	APF
40.	795.0	Spinov, Yuri	62UKR	143.00	430.0 + 365.0	17NOV96	Saltzburg, AUT	APF
41.	795.0	Wessets, William	63USA	108.41	432.5 + 362.5	06APR97	Penn, IL	APF
42.	795.0	Bondarenko, Vladimir	78RUS	145.80	410.0 + 385.0	17NOV02	Treviso, SLO	IPF
43.	793.78	Kuc, John	47USA	146.17	430.5 + 383.29	11NOV72	Harrisburg, PA	AAU
44.	793.0	Kovacs, Daniel	70USA	145.10	430.91 + 362.87	23NOV97	Washington, DC	AAU
45.	793.0	Fomin, Yuri	69RUS	146.90	408.0 + 385.0	30OCT00	Sochi, RUS	IPF
46.	792.5	Karowski, Kirk	66USA	121.45	455.0 + 337.5	23JUN95	Baton Rouge, LA	USPF
47.	792.5	Hill, Hank	67USA	146.10	427.5 + 365.0	29OCT95	Columbus, OH	WPC
48.	791.5	Kutroff, Holger	69GER	139.70	459.0 + 332.5	06APR03	Desseau, GEB	WPC
49.	790.0	Hamalainen, Mikko	77FIN	139.15	435.0 + 355.0	24FEB02	Columbus, OH	WFO
50.	789.25	Chaille, Mark	57USA	127.00	40.8.23 + 301.02	16NOV86	Maui, HI	APF
51.	789.25	Starov, Mikhail	73UKR	110.00	426.38 + 382.87	07JUL96	New York, NY	IPA
52.	787.5	Saliger, Karl	69AUT	142.50	425.0 + 362.5	19MAR94	Vienna, AUT	IPF
53.	787.5	Nichols, Bill	58USA	125.00	440.0 + 347.5	08FEB98	Aurora, IL	APF
54.	786.98	Clark, Anthony	66USA	151.27	460.40 + 326.60	28MAR93	Lahcaster, PA	APA
55.	785.0	Hanson, Shane	71USA	169.40	457.5 + 327.5	10MAR96	Philadelphia, PA	USPF
56.	785.0	Jonsson, Audunn	72ISL	124.90	405.0 + 380.0	22MAY99	Rekjavik, ISL	IPF
57.	785.0	Minnaugh, Bill	65USA	144.20	427.5 + 357.5	27OCT01	Lewiston, ME	APF
58.	785.0	Basson, Oan	77ISR	137.50	462.5 + 322.5	08JUN03	Los Angeles, CA	APF
59.	780.0	deVreugd, Cees	52NLD	140.00	422.5 + 357.5	12OCT85	Zwenaar, NDL	IPF
60.	780.0	Naleykin, Viktor	53UKR	125.00	410.0 + 370.0	26MAR94	Zigen, JPN	IPF
61.	780.0	Waddle, Thomas	64USA	134.20	422.5 + 357.5	01JUN96	Atlanta, GA	APF
62.	780.0	Nettles, David	68USA	156.20	432.5 + 347.5	16JUN02	York, PA	APF
63.	779.91	Hutson, Tony	62USA	162.39	455.86 + 322.05	17NOV02	Worthington, OH	IPA
64.	777.5	Coates, Richard	62CAN	139.25	435.0 + 342.5	13DEC98	Aurora, IL	APF
65.	777.5	Greig, Bruce	69USA	141.50	455.0 + 322.5	07OCT01	Lethbridge, CAN	WPC
66.	777.5	Kidder, Kieran	79USA	147.50	410.0 + 367.5	26OCT02	Helsinki, FIN	WPC
67.	777.5	Siders, Brian	72HUN	120.00	390.0 + 387.5	23JUN03	Chester, WV	USPF
68.	775.0	Arvai, Ishvan	72HUN	140.00	390.0 + 387.5	09NOV03	Vejle, DEN	IPF
69.	775.64	Taylor, Lane	USA	133.81	435.45 + 340.19	01DEC90	Huntington, PA	USM
70.	775.64	Stafford, John	77USA	130.63	412.77 + 362.87	19NOV00	York, PA	IPA

Several years back I diversified some of my rankings to generate interest in something different. The word broddingnagian implies something colossal or huge. The term biathlon means combination or total of two activities; thus my title: Broddingnagian Biathlon, the best combined totals for the squat plus the deadlift. This is the ultimate consideration of the "strongest of the strong". The squat as well as the deadlift involves nearly every muscle group of the body, while the bench press is only upper body strength. Note that Steven Coggins, now 40, of Marietta, GA is currently found for pound the best lifter (formula wise) on the planet in all 3 lifts combined and surprisingly "tops" this listing, having become the only man in history to achieve 900 kg., counting the squat and deadlift only. It is most significant that Steve gives away 70 lbs. to GBR's Bolton and is 120 lbs lighter than USA's Garry Frank, yet has surpassed them both. It is most likely that both Frank and Bolton will surpass Goggins's sum in 2004, especially considering that neither man have put their best squats and deadlifts together in one contest. Thirty five men have surpassed 800 kg. The lightest man on this list is Chuck Vogelphohl, USA, age 38, at 220 bwt. That is most remarkable, 102 lifters from 17 nations: USA-68, RUS-6, UKR-5, CAN & FIN-3, GBR, GER, HUN, SWE, RSA, ISL have 2 men each. Those With 1 lifter each are; AUT, NDL, LAT, LIT and ISR.



Paul Childress (above) joins Ed Coan (right) as one of the very best of the best in the SQ / DL combo







# USA POWERLIFTING CORNER

## National Office

124 W. Van Buren St.  
Columbia City, IN 46725

Administrator: Barbara Borm  
Executive Asst.: Angie Overdeer  
Website:  
www.usapowerlifting.com

Email:  
USAPLADMIN@skynet.net

President: Larry Maille, Ph.D.  
L-MAILLE@usapowerlifting.com

Vice President: Johnny Graham  
Email: jtruck52@hotmail.com

## President's Message

The news of this month is the 2004 Women's Nationals. With 125 entrants, this is the biggest women's only powerlifting meet in the world. That alone makes it unique in our sport, but what is also important, and refreshing, was the atmosphere at the meet. If you've never been to a Women's Nationals, you are missing something special. The age range of the competitors was between 11 and 63. The smallest girl was in the 77 lb. class. Despite the diversity represented, it was clear to everyone that the camaraderie between the lifters and

Team has received initial invitations

## Women's Open National Team

This year's Women's National Team has received initial invitations

### 123 Women

- 1 Michelle Andersen 375
- 2 Scott Layman 373
- 3 Carly Nogle 342
- 4 Codi Grubbs 336
- 5 Alyssa Hitchcock 325
- 6 Ellen Stein 320
- 7 Alyssa Cunningham 310
- 8 Danielle Moore 295
- 9 Danielle Moore 270
- 10 Leah Marietta 287
- 11 Sarah Newman 281
- 12 Meghan Jovanovich 281
- 13 Sophia Nimphus 270
- 14 Stephanie Baer 265
- 15 Jeanne Harms 265
- 16 Angelle Matt 265
- 17 Grace Manuel 260
- 18 Karlynn Sifers 259
- 19 Andrea Mott 245
- 20 Jackie Bohannon 259

- 148 Men
- 1 Caleb Williams 679
- 2 Scott Layman 573
- 3 Scott Layman 566
- 4 Greg Simmons 551
- 5 Lloyd Weinstein 529
- 6 Gregory Page 524
- 7 Holmes 520
- 8 Keith Scisney 477
- 9 Michael Niedziwka 518
- 10 Glenn Farnon 496
- 11 Tim Lamoanco 485
- 12 Tom Taylor 485
- 13 Paul Wong 474
- 14 Greg Simmons 474
- 15 Chad Tipton 474
- 16 Casey Brown 474
- 17 Monte Mason 468
- 18 Arval Bridges 468
- 19 Fred Bowens 463
- 20 Sterling Simoon 460

### 123 Men

- 1 Michelle Andersen 965
- 2 Carly Nogle 915
- 3 Ellen Stein 876
- 4 Codi Grubbs 832
- 5 Alyssa Hitchcock 810
- 6 D. Cunningham 796
- 7 Andrea Mott 761
- 8 Leah Marietta 751
- 9 Dana Deutsh 750
- 10 Sarah Newman 744
- 11 Michelle Moore 730
- 12 Jessica Ray 722
- 13 Sophia Nimphus 715
- 14 Jennifer Ray 711
- 15 Angelle Matt 695
- 16 Andrea Mott 690
- 17 Angelle Matt 689
- 18 Stephanie Baer 683

- 19 Caleb Williams 1626
- 20 Scott Layman 1461
- 1 Greg Simmons 1461
- 2 Paul Wong 1433
- 3 Keith Scisney 1433
- 4 V. Niedziwka 1411
- 5 Lloyd Weinstein 1405
- 6 Paul Wong 1361
- 7 Paul Wong 1361
- 8 Lance Slaughter 1356
- 9 Arval Bridges 1345
- 10 Allen Whigham 1340
- 11 Jason Brown 1339
- 12 Chad Tipton 1324
- 13 Robert Nosek 1279
- 14 Tim Lamoanco 1262
- 15 William Payne 1257
- 16 Brandon Rohan 1255
- 17 Honore 1255

(pending drug test results). Those listed below were either automatic invitations, or ranked alternates who received offers following a National Champion declining to go. This year's Women's World Championships will be held the 2nd through 6th of June in Cahors, France, in the Bordeaux region. The team, so far, is: 44 kg.: Ashley Robbins; Tina Carder; 48 kg.: Jennifer Maille; 56 kg.: Carly Nogle; 60 kg.: Bettina Albright; 67.5 kg.: Priscilla Ribick; 82.5 kg.: Kye Ford; 90 kg.: Bonnica Brown; +90 kg.: Liz Willett; Harriet Hall; Alternates: Kimberly Wallford; 75 kg.: Kimmie Everett; 75 kg.: Ern Dickey; 44 kg.

## Bids Needed: Lifetime Drug Free Nationals

The prior awardee of the 2004 Lifetime Drug Free Nationals has withdrawn his bid due to time commitments elsewhere. This competition is now open for bid. The competition generally hosts between 50 and 80 athletes. It is a great way to get started in National Meet production with the USAPL Lifetime. If you are interested, please send bids to the National Office, 124 W. Van Buren St., Columbia City, IN 46725.

## Top 20

This month, we feature the top 20 Women at 56 kg., and the top 20 Men at 67.5 kg. The complete http://www.usapowerlifting.com/top20/rankings can be found at: http://www.usapowerlifting.com/newsletter/rankings.html.

## High School Nationals

Bruce Sullivan is hosting the USAPL High School Nationals March 19-21 in Racine, Wisconsin. Racine is about midway between Chicago, and Milwaukee. This meet is the largest USAPL competition, and one of the largest single age group competitions in the world. Friday's competition is the Junior Varsity competition. It includes both men

and women in all wt. classes. Mr. Sullivan hopes to run two platforms on Friday, with one on Saturday and Sunday. To do this, he needs a large complement of referees and support staff. If you are available to help, please contact Mr. Sullivan at 262-639-3210. Without sufficient volunteers, this competition is not possible.

## 2004 OPEN MEN'S WORLD TEAM QUALIFYING PROCEDURE

Due to a Team USA drug test failure at the 2003 IPF Worlds, the USAPL will be limited to a team of 10 lifters in the IPF to compete a list of all potential 2004 Men's World Team members and submit that to the IPF by May 1st. The list may contain a maximum of 35 names. After the list is submitted to the IPF, there can be no names added to the list for any reason. The USAPL Coaching Committee, along with the Executive Committee, have developed the following procedure:

The initial list contains the top 35 totals by percentage of the 2004 World Team Standard, using all IPF meets and IPF qualifiers for 2002 and 2003. There is a maximum of five lifters per weight class on the list.

The IPF North American Cup to be held on April 10th in Ft. Lauderdale, Florida will be the only opportunity for lifters to either make the list or keep from getting bumped off it. The Men's Senior National Championships in Baton Rouge, Louisiana this July will determine the final team on the list of 35 you are NOT eligible for the 2004 World Team, regardless of placing or total in July.

The coaching committee will contact everyone on the preliminary list to confirm their interest in going to the Worlds in South Africa in November. Also, lifters on the list will be required to send in their entry for the Nationals by April 20th in order to stay on the list.

USAPL Mid-Atlantic Open  
16 AUG 03 - Standardsville, VA  
Female SQ DL TOT  
105-4 181  
Evelyn Newton 130 75 180 385  
123  
Rayce Manuel 260 125 300 710  
148  
Daina Carrison 230 125 300 655  
165  
Obba Lumpton 325 165 325 815  
165  
S. Lundford 320 185 305 810  
181  
45-49  
M. McLean 255 165 380 800  
181  
Jennifer Jacks 175 125 305 605  
132  
Bernie Boggs 160 175 250 585  
148  
Open Gateway 365 190 385 940  
165  
18-19 Ryan Kivett 315 235 385 935  
165  
Brad Hodgkin 440 255 445 1140  
165  
Open Phillip Wells 455 345 520 1320  
165  
College Ashley Miller 280 250 335 865  
165  
75-79 L. Atkinson 180 125 250 555  
181  
16-17 Josh Halbert 325 205 360 890  
181

USAPL Front Range Fort Lift  
17 AUG 03 - Fort Collins, CO  
Powerlifting SQ BP DL TOT  
Women Open  
132 Rosa Macs 297 181 347 826  
198+ L. Schaeffer 275 209 429 914  
Women Master 60-69  
D. Donaldson 137 88 181 407  
Men Teen 16-17  
198 Chad Singleton 385 214 523 1124  
Men Teen 18-19  
148 Cory Maw 259 181 374 815  
Men Open  
181 B. Reikman 451 220 485 1157  
181 Seth Clark 424 314 496 1234  
220 B. Radlovich 705 352 661 1719  
Men Master 40-49  
181 Ken Carlson 402 341 573 1317  
220 Steve Nelson 473 297 529 1300  
Men Master 50-59  
165 Phillip Trujillo 446 352 479 1278  
181 Tom Bingham 325 253 325 903  
181 Tom Young 385 264 440 1091  
(Thanks to USAPL for the results.)

USAPL Coaching Committee

USAPL Coaching Committee

WORLD TEAM QUALIFYING STANDARD  
In order to become an AUTOMATIC selection to the 2004 Mens World team you need to be a USAPL Senior in Baton Rouge, Louisiana  
• Pass the drug test  
• Total at least the average 5th place total from the last 5 IPF Worlds.  
Here are the official 2004 World Team qualifying totals, using the exact average for the percentages.  
Lifters will need to meet or exceed the total to become automatic selections, along with winning their class and being on the Top 35 list submitted to the IPF.

114-533.5kg. (1177)  
123-558.5 (1232)  
132-604 (1332)  
148-670.5 (1479)  
165-748 (1650)  
181-784.5 (1877)  
198-851.5 (1899)  
220-861.5 (1978)  
242-897.5 (2093)  
275-950 (2141)  
SHW-971.5

Team USA will be limited to 10 lifters for the 2004 IPF Worlds, in the event that all 11 weight class winners hit the total in July the lowest ranked winner will be the 1st alternate.  
Any winners who don't achieve the total will be placed in the alternate pool along with the top non-winning totals from all classes. These lifters will then be ranked on a percentage basis, using their total in comparison to the 5th place average of the previous five Worlds. This alternate list will be used to fill in any open spots on the team.

USAPL Coaching Committee

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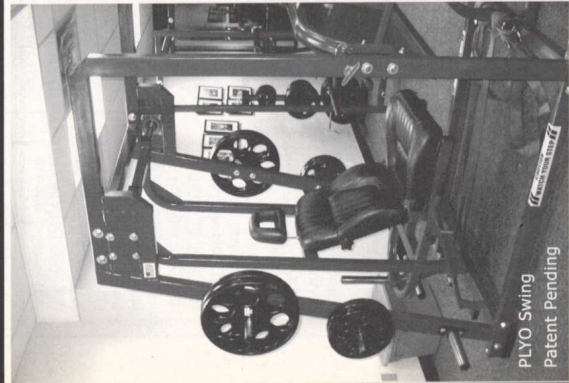
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# LOUIE SIMMONS' PRESENTS

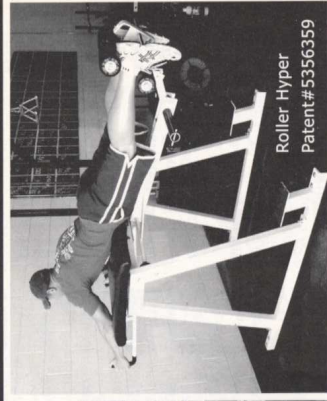
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The Grappler



Roller Hyper  
Patent # 5356359



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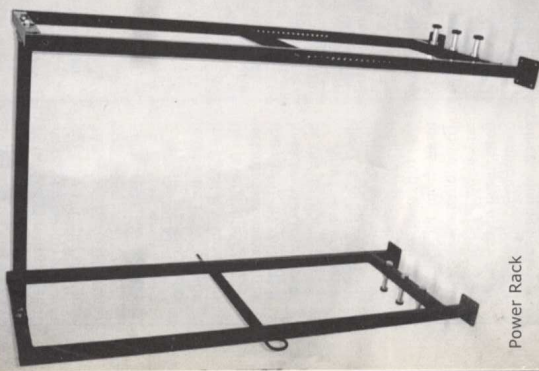
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Tread Sled



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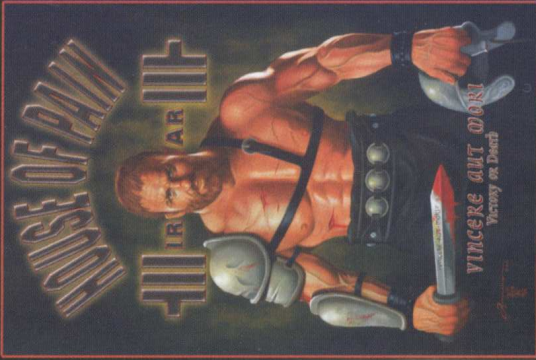
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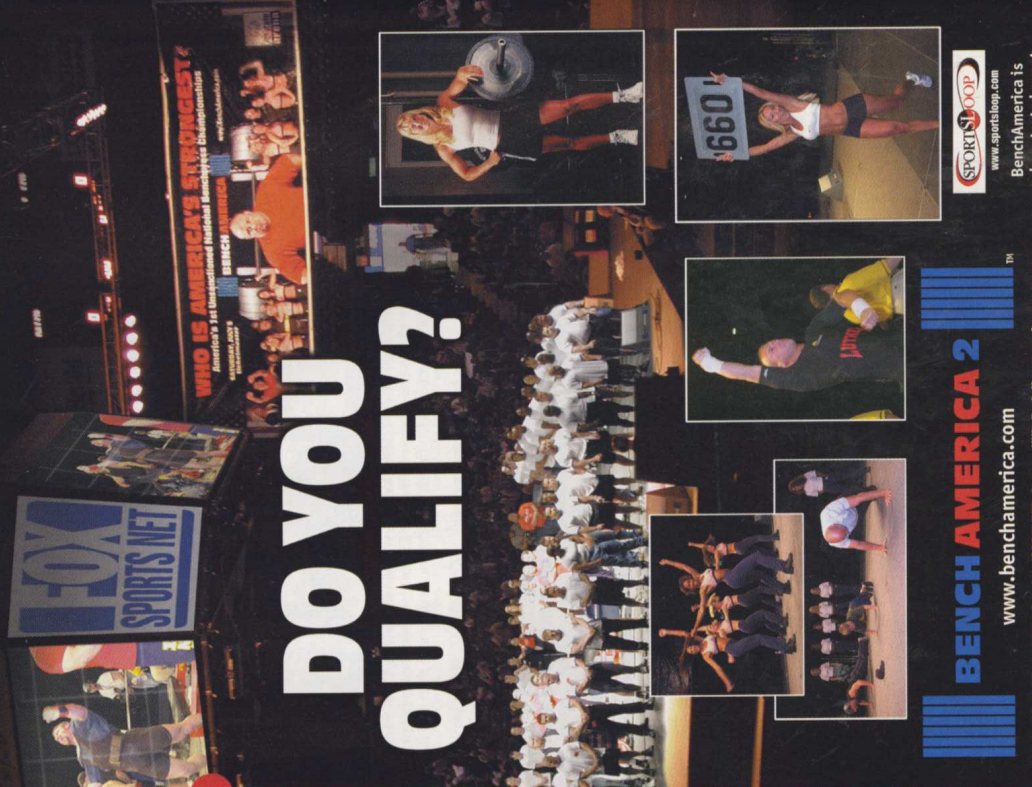
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26 MAR, AAU Spring Break BP Classic (Shoreline, WA) 304-213-9570, VA.  
26-27 MAR, AAU Oklahoma State PL BP, DL (Hemmett, OK) open fr, ben, master, submaster, women, special olympian - all wt. classes/divs. Kim Brownfield, Box 36, Council Hill, OK 74428-918-473-1059  
27 MAR, Southern Indiana Open BP & DJL (Tiptonville, Indiana - USJOC/National Qualifier) Carl Lamb, 812-334-0862, carl@usjoc.com  
27 MAR, USAPL, Washington State, Kenin Stewart, 18310 96th Ave. #E3, Lynnwood, WA 98037 425-672-5668  
27 MAR, Illinois High School BP & W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692, FAX 773-561-9635, www.begym.com  
27 MAR, USAPL, Utah State PLBP (Bryngar, UT) 719-643-1968 West  
27 MAR (2nd yr date) WNPF 2nd Alabama National PL, BP, DL, SQ & WNPF@AOL.com OR WNPF, Box 142347, Fayetteville, GA, 30214  
27 MAR, 3rd annual AAU Triple Crown & Virginia State PL (Showplace Annex, Richmond, VA - World full meet qualifier) 27 MAR, USAPL, TX State meet classes USPF, 4025 D. Dr. Box A, 2833, Austin, TX 78759, (512) 835-5300, www.texasapf.net  
27 MAR, USAPL, New Mexico State Championships, Doug Leas, 501 Broken Arrow Dr., Silver City, NM 88061 505-388-4156  
27 MAR, ABA Arkansas State Open Bench Press, Little Rock, AR, DJL/D Nichols Ben, BP, DL, SQ, 2122 Nifty Circle, Benton, AR 72015  
27 MAR, AP, Nebraska State + Iowa State Midwest Open in Council Bluffs IA, Rick Hussey or Bill Carpenter, 402-392-2446, www.bccbsawanson.com/bjgiron  
27 MAR, APC/UAPC Georgia State Open PL + BP, (Holiday Inn, Express, Athens, GA) LE Baker, 770-725-6684, www.trondawg.com  
27 MAR, 2nd annual powerlifting committee competition, Mississippi DANCE Productions 2018 Jackson St, LaCrosse WI 6068-757-5693 or at the gym 662-842-0297  
27 MAR, 2nd Carolina Strong Man BP Touch in Go-Shirts, Wrist + Elbow Wraps Allowed Mike Long or Rebecca Rozsa @ Pro Fitness, 49391 Hwy 49S., Harrisburg, VA 23066-1512 USAPL West Virginia Open PL/BP (Beverfield, WV, John Shifflett, Box 941, Stanardsville, 22973 (434) 985-9932, valting@sofl.com, www.virginiaparl.com)  
27 MAR, 24th annual Central Ohio BP (open, masters, women, teen) Doug Gilt, 4560 Ball Station Rd., Circleville, OH 43113, 740-477-3972  
27 MAR, USPF California State PL & BP (2431, Lumbos, CA) 909-729-3333-9800 (cell) 562-936-1746 (office) P W R L F T R S @ M S N . C O M , www.powerliftingCA.com  
27 MAR, 29th USPF WV State PL, SQ, DL & Holley Open PL + BP (S. Charles-

ton High School) John Messinger, 304-744-2475  
27 MAR, SLF Harrodsburg Open BP/ DL (Harrodsburg, KY) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, www.sonlightpower.com  
27 MAR, USAPL, Arizona, St. Paul BP PS (Mesa, AZ) Rick P. Fenwick, Box 735, Noblesville, IN 46068, 405-527-8513, sbpdl@aol.com  
27 MAR, JDJ Fitness Foundation Law Enforcement DL (open to law enforcement agencies nationwide - charity event for Widows and Childrens fund - John Jay College, Manhattan, NY) www.jdfoundation.org, 718-548-2424, www.jdfoundation.org  
27-28 MAR, AP, National Powerlifting League, New Hampshire Calvin Frost, Box 612, Windsor, VT 05089  
27-28 MAR, IPA US Freedom Cup, Eugene Rychlak Jr., 143 2nd Ave., Rowland, PA 19468, 610-948-7823  
27-28 MAR, APF Junior Nationals (all classes, elite lifters, WPO qualifier) Russ Barlow, 175 Kennebec Turnpike, Turner, ME 04282, 207-225-5070  
27-28 MAR, APF Maine State PL (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070  
27-28 MAR, USAPL March, Madison BP & DL, Charles Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-986-9887  
27-28 MAR, USAPL March, Madison County Community College, College Mt., Warwick, NY 10990, 845-986-0487  
28 MAR, APA CT Open Bench Bash (Norwich, CT) Donna J. Siga, 38 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, djsiga@yahoo.com  
28 MAR, 16th Cabin Fever DL - BP, John Smoker, 39007 CR 16, Eldorado, IN 46516, 219-619-6683  
28 MAR, SLF Lock Out at the Lockup BP/ DL (Tulsa, OK) S. J. P. P. 127, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcane.com  
28 MAR, 5th Pittsburgh Monster BP + DL (Men + Women, All Divisions, All Classes, cash prizes - Holiday Inn Airport, Moon Township, PA) Mike Barawecchio, 301 Springwater Ct., Moon Township, PA 15108-4708  
28 MAR, NAS, USAPL State (Heater's Fitness, Louisville, KY) Greg & Susan Van House, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@windnet.com  
28 MAR, Best of the Southwest BP (raw, natural) Steve @ Bodytortum Fitness Center, 122 Galleary Dr., McMurray, PA 15317, 724-941-7270  
28 MAR, 2nd Oklahoma State PL, BP, PS (Muskogee, OK) 735, 1000 N. P. 73068, 405-527-8513, jls@psps.com  
28 MAR, NAS, Kentucky State PL, BP, PS (Louisville, KY) Greg & Susan Van House, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@windnet.com  
28 MAR, Carolina Full Powermeet, Monroe, 704-283-5587  
3 APR, USAPL NE State & Elk Horn Silver Classic, Mike Hirt, 53611 563 1/2 Ave., Stanton, NE 68779, 402-459-2199  
3 APR, Kentucky State BP & DL (Louisville, KY - USJOC National Qualifier) Carl Lamb, 812-334-0862, www.usjoc.com, clamb@usjoc.com  
3 APR (NEW DATE), NASSA Wisconsin State, Bob Visser, 837 Norman Dr., Stoughton, WI 53589 608-205-9985  
3 APR, WABD/DREG/TESTED/Fear of America BP/ DL (Greewy Convention Center, St. Louis, MO) Jeff Striffler, 618-580-9485,

www.abdl.org  
gethomas@hendcable.com  
3 APR, USPF Oregon PL, BP, Team 9501, 787 W. 8th St., Medford, OR 97504, 541-717-7803, www.usjoc.com  
3 APR, USAPL, Tennessee, TN, 4023, 876-8410, www.southwestpowerlifting.com  
3 APR, Atlanta New England PL (men/women - hosted by Ed Coan - Quinsigamond Comm. College, Worcester, MA) Bruce, Jeff, or Todd, 508-885-3686  
3 APR, WNPF Western PA (Black Hawk High School, Western Falls, PA) Ron Kuhn, 781-266-9200, www.wnfp.com  
3 APR, SLP John Ware Classic PL/BP/ DL (Kirksville, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcane.com  
3 APR, APF Jacksonville Open Powerlifting Championships, Jacksonville FL (Wayne Pullum) 630-892-1491, www.winning.org  
3 APR, APF Best BP, Glen Wachuk, 834146 Morgan Rd., Indianapolis, IN 46226, 317-985-2608, www.wisconsinbestbench.com  
3 APR, APA/TMSPA Teenage Nationals + Tri-State Open, Tom McCullough, Paul Revere Middle School, 10502 Briar Forest Dr., Houston, TX 77049, powerlifting@angelfire.com  
3 APR, NASSA 100+ & Fire Nationals, Chris, Mike & Joyce, 913-596-9232, JDuree7086@aol.com

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

3 APR, APF House of Pain Texas State Open (Round Rock - Men + Women - Open) Redneck Players (5 yr. Groups), 12101 W. Loop West, Suite C, Hill Preston Strength Systems, 256 W. C. Hill

## APF/AAPF/WPO Schedule

327-328 APR, National Vets Open WPA (Vets State Powerlifting Bench Press Open, Louisiana/Vets/BUS Babu)

43-44 APR, APF Karate Open Powerlifting Championship (Kearnsville, UT) (Wayne Alton)

47-48 APR, Fusion Open Powerlifting Championship (San Diego, CA) (Cam Frank)

51-48 WPO Qualifier OR AND/OR WPO Finals @ CXCOS, Alameda, CA/04

54-54 APR, APF Vets 50+ Master Lifter League National Powerlifting Bench Press Open (Vets/BUS) (Kearnsville)

52-04, APF Vets 50+ Master Lifter League National Powerlifting Bench Press Open (Vets/BUS) (Kearnsville)

65-64 APR, APF Vets National Powerlifting Bench Press (San Diego, CA) (Cam Frank) Qualifier WPO Finals @ CXCOS, Alameda, CA/04

61-94, APF Vets National Powerlifting Bench Press Open (Vets/BUS) (Kearnsville)

84-84 WPO World Powerlifting Championships (Chicago, IL) (Jim Franz)

94-04 APF Georgia State Powerlifting Bench Press Open (Kearnsville, GA)

91-84 APF Gulf Coast APF Tampa FL (Rick Amvace)

91-84 APF Vets State PL (Louisiana Vets/BUS) (Babushin)

92-54 WPO Bench Press Cash Offer (Kearnsville)

101 (28-17) WPO Vets Championships (San Diego, CA) (Babushin)

10-16 APR, APF Vets 50+ Master Lifter League Open (Cupertino, CA) (Jim Franz)

102-94, APF Vets 50+ Master Lifter League Open (Kearnsville)

103-03 APR, APF Vets 50+ Master Lifter League Open (Kearnsville)

11-56-74 CXCOS WPO Finals (Kearnsville)

11-56-74 CXCOS WPO Finals (Kearnsville)

12-4-54 WPO Vets State Powerlifting Bench Press Open (Louisiana Vets/BUS) (Kearnsville)

Dates and location are subject to change? More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org) or (worldpowerliftingcongress.com)



















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**WDFPF Single World Champs**  
 14-16 NOV 03 Como, Italy

**Men**  
 Squat Un-equipped 130  
 Verbeke, B. 262.5 M5  
 Maevana, C. 260 M1  
 Baladini, R. 255 M2  
 Bianchi, Sergio 255 M3  
 Scovino, M. 250 M4  
 Nitti, Daniel 240 M5  
 Berry, Christian 240 M6  
 Coella, Antonio 240 M7  
 Villa, Simone 230 M8  
 Vermeote, G. 230 M9  
 Schicho, P. 225 M10  
 D'Addetta, S. 220 M11  
 Motta, M. 215 M12  
 Villa, Simone 215 M13  
 Nitti, Daniel 210 M14  
 Berry, Christian 210 M15  
 Coella, Antonio 210 M16  
 Villa, Simone 210 M17  
 Vermeote, G. 210 M18  
 Schicho, P. 210 M19  
 D'Addetta, S. 210 M20  
 Motta, M. 210 M21  
 Villa, Simone 210 M22  
 Nitti, Daniel 210 M23  
 Berry, Christian 210 M24  
 Coella, Antonio 210 M25  
 Villa, Simone 210 M26  
 Vermeote, G. 210 M27  
 Schicho, P. 210 M28  
 D'Addetta, S. 210 M29  
 Motta, M. 210 M30

**Women**  
 Squat Un-equipped 130  
 Verbeke, B. 262.5 M5  
 Maevana, C. 260 M1  
 Baladini, R. 255 M2  
 Bianchi, Sergio 255 M3  
 Scovino, M. 250 M4  
 Nitti, Daniel 240 M5  
 Berry, Christian 240 M6  
 Coella, Antonio 240 M7  
 Villa, Simone 230 M8  
 Vermeote, G. 230 M9  
 Schicho, P. 225 M10  
 D'Addetta, S. 220 M11  
 Motta, M. 215 M12  
 Villa, Simone 215 M13  
 Nitti, Daniel 210 M14  
 Berry, Christian 210 M15  
 Coella, Antonio 210 M16  
 Villa, Simone 210 M17  
 Vermeote, G. 210 M18  
 Schicho, P. 210 M19  
 D'Addetta, S. 210 M20  
 Motta, M. 210 M21  
 Villa, Simone 210 M22  
 Nitti, Daniel 210 M23  
 Berry, Christian 210 M24  
 Coella, Antonio 210 M25  
 Villa, Simone 210 M26  
 Vermeote, G. 210 M27  
 Schicho, P. 210 M28  
 D'Addetta, S. 210 M29  
 Motta, M. 210 M30



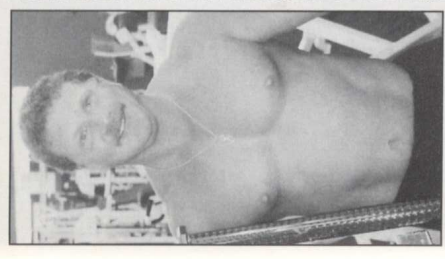
**TEAM USA (3rd place) at the WDFPF Single World Champs, Casey Kneeling, John Diette, Rich Edinger, standing: Sali Shockett, Casey Southern and Gregory Kleyn. (Photograph courtesy of Rich Edinger)**

Colletti, Antonio 105 M7  
 Merens, Rene 137.5 M1  
 Nitti, Daniel 190 M1  
 Mack, Alfred 170 M1  
 Villa, Manuel 80 M4  
 Southern, C. 140 M4  
 Pisoni, Claudia 62.5 M2  
 Schicho, P. 160 M4  
 Grossi, Roberto 152.5 M2  
 Ferraro, Mauro 145 M2  
 West, John 155 M1  
 Edwards, Glynn 180 M2  
 Villa, Gaspare 150 M1  
 Oetle, John 150 M1  
 Stengar, Mario 135 M1  
 Prada, Carlo 165 M5  
 Mancusi, G. 165 M5  
 Pollio, Antonino 195 M5  
 Gachet, Emile 172.5 M2  
 Bevan, John 150 M4  
 Mac Giolla, Pol 162.5 M5  
 Vukovic, Miroslav 160 M5  
 Zizone, Davide 160 M5  
 Southern, C. 155 M5  
 Rovaris, C. 155 M5  
 Badelant, Wim 215 M3  
 Armon, J. 215 M2  
 Zumboli, M. 195 M2  
 Fitzgerald, M. 172.5 DL Un-equipped women  
 Mich, Rene 150 SR  
 Cabattin, A. 130 M1  
 Baker, Phil 145 SR  
 Valdes, Noel 142.5 M4

110 M10  
 Alaby, Graham 220 M125  
 Diette, John 275 SR  
 Eddy 250 M1  
 Ronsin, Pascal 220 M145  
 Edinger, Rich 295 M4  
 Christian 125 M63  
 Equipped women 63  
 Iaccarino, T. 110 M4  
 Nosedra, Fabio 140 M4  
 Esposito, C. 152.5 M2  
 Pollio, Antonino 195 M5  
 Gachet, Emile 172.5 M2  
 Bevan, John 150 M4  
 Mac Giolla, Pol 162.5 M5  
 Vukovic, Miroslav 160 M5  
 Zizone, Davide 160 M5  
 Southern, C. 155 M5  
 Rovaris, C. 155 M5  
 Badelant, Wim 215 M3  
 Armon, J. 215 M2  
 Zumboli, M. 195 M2  
 Fitzgerald, M. 172.5 DL Un-equipped women  
 Mich, Rene 150 SR  
 Cabattin, A. 130 M1  
 Baker, Phil 145 SR  
 Valdes, Noel 142.5 M4

**World Natural Powerlifting Federation (WNPF) Membership Registration**

LASTNAME \_\_\_\_\_ FIRSTNAME \_\_\_\_\_ INT. \_\_\_\_\_  
 STREET ADDRESS \_\_\_\_\_  
 CITY, STATE, ZIP \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
 AREA CODE, TELEPHONE: \_\_\_\_\_ CHECK ONE: LIFETIME DUGFREE \_\_\_\_\_ 5 YRS. MIN. \_\_\_\_\_  
 REGISTRATION FEE: \$10.00 SPECIAL OLYMPICS; \$20.00 HIGH SCHOOL; \$40.00 ADULTS \_\_\_\_\_  
 SIGNATURE/PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_  
 DATE \_\_\_\_\_ (membership expires on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)  
 I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.  
 FILL OUT ENTIRE APPLICATION AND MAIL WITH FEES TO: WNPF, POST OFFICE BOX 142347, FAYETTEVILLE, GEORGIA 30214, (770) 996-3418



**John Keele who set state record at 45-49/165 with 380. (Photo Latch)**

**SIP Xtreme Fitness II BP & DL**  
 12 OCT 03 - Clarksville, TN  
 Triplett, Jim 365 165 395 925  
 Hensler, Brent 190 145 260 595  
 Hensler, Hank 240 200 140 580  
 Hensler, H. 300 140 305 665  
 Hensler, R. 175 105 230 510  
 Hensler, C. 300 150 325 775  
 Hensler, M. 275 135 315 725  
 Hensler, S. 245 130 320 715  
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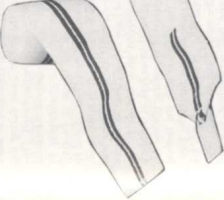
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(Kirk Karvoski, 771 lb, deadlift)



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- Box of 10 \$36.50
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Male <input type="checkbox"/> Female <input type="checkbox"/>	Style A <input type="checkbox"/> Style B <input type="checkbox"/> Dual	Overseas add 30% Air		
Height	Tx. Res. add 8.25%	Total		
Hips (Buttocks)	Weight	Leg (Largest part)		
Overall (TOP OF THIGH TO 6" BELOW CROTCH)				

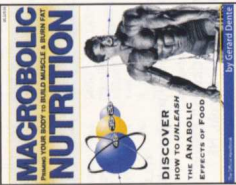
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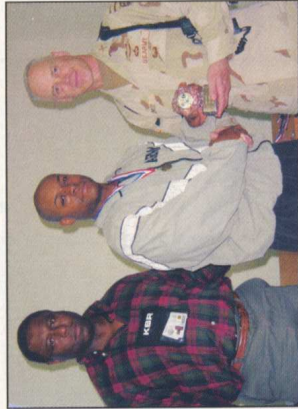
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## U.S. Troops Compete in Powerlifting Meets in Iraq

Edward Miller rounded out the lifting with a rough 415 lb bench.

This kid will bench 500 lbs with some guidance and training behind him. Special thanks go out to my KBR-MWR Staff here at St. Merre, Iraq. I'd like to thank MWR Supervisor Bob Nelson who did all the announcing during the meet and later that night the awards ceremony.



Special thanks go out to my officials: Peter Linton, Jason Marshall, and Mary Sue Wheeler. Great Job Officiating. Special thanks go out to Joshua Horn who acted as meet photographer and medic on site. This was such a huge success we're already sending out invitations for March Madness Bench Press/Dead Lift 2004 on March 6th. Hope to see everyone back.

Zeke Brown  
MWR Supervisor  
Fallujah, Iraq

Wayne Lawrence with a nice 365 lb bench. Marcus won the outstanding lifter and will surely crack the 400 lb barrier by spring. Obe Mauldin took the 90k class going three for three. The 100k class had Abraham Queja and Kenny Boozer lock up and duel it out to a tie and Queja edged him out on bodyweight. Both lifters vowed to compete again at March Madness here. Larry Byrd won the 110k class with an easy 405 lb bench. Larry left at least 15 pounds on the platform. He'll bench 430-440 at March Madness March 6th.

to this event, there was standing room only during the contest. Command Sergeant Major Joleen Walker won the 60k class new St. Merre bench record with a nice 120 lb bench. Yolanda Yarbrough took the 67.6k class divisions Ryan Covington won the 67.5k class with a very nice 205 lb bench. This kid has great potential in this weight class.

The 75k class saw Chris Helton edge out the very muscular Joshua Jefferson on body weight. Both of these lifters will crack the 400 lb barrier in the future. In the 82.5k class Marcus Jackson edged out

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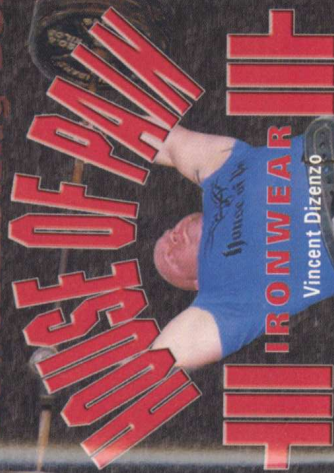
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For over 15 years, we have pioneered new territory in the gripper world, defining new limits of toughness, sophistication and precision.

Captains of Crush: the gold standard in grippers.

Captains of Crush grippers: US\$19.95 each plus \$6.00 S&H for one in the US (\$7 S&H for 2, \$9 for 3 or 4, \$10 for all 5). For quick and easy on-line shopping or to request a catalog, visit us at www.ironmind.com.



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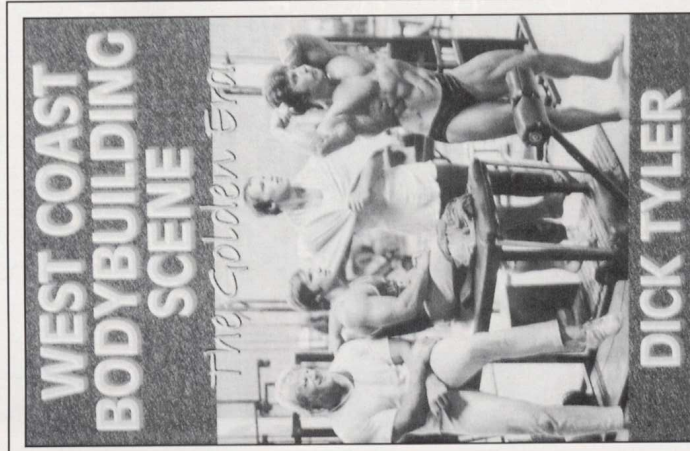
Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Lauderdale, Florida 33302

**"The Strongest Shall Survive" ...**  
 this is the classic Bill Starr training manual, and it has long been out of print, but now we have copies available once again. (See our review of this book in the February issue.)

**SORINEX brand equipment!**  
 Many pro and college teams depend on us for their strength needs! We have it all! Toll free 1-877-767-4639, PO Box 121 Irmco, SC 29212, [www.sorinex.com](http://www.sorinex.com)

any 1997 edition of *PLUSA*, page 10). The price for one copy of this book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, before this book sells out again!

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**WEST COAST BODYBUILDING**  
*The Golden Era*  
**DICK TYLER**

Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast bodybuilding (65-71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholzer, Bill Thubert, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was a gobs of common ground between the sports back then, and there were some very strong bodybuilders at that (Franco and Colombo ... wow!) We just got a couple of cases of this book and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to Powerlifting USA, Box 467, Camarillo, CA 93011.

**16th CHRISTMAS BP/CURL**  
 13 DEC 03 - Standsville, VA  
 RAW 50-59 Open RAW 480  
 PAUL Nadeau 240 Open RAW 425  
 Chuck Wright 280 Open Strong 425  
 14-15 HARPER 250 Carroll Thornton 450  
 DANIEL HARPER 250 Carroll Thornton 450  
 SCOTTER HORNE 300 198  
 SCOTTER HORNE 300 198  
 20-21 DIBASITTA 355 Scotten Hayes 165  
 22-23 DIBASITTA 355 Scotten Hayes 165  
 24-25 BROOKS 415 Ralph Dibasitita 165  
 26-27 TOOLEY 475 Mike Digges 175  
 28-29 KUZMA 510 Allen Lewis 155  
 30-31 KUZMA 510 Allen Lewis 155  
 32-33 KUZMA 510 Allen Lewis 155  
 (Contest results provided by John Shiflett)

**Body Conditioning Fitness BP**  
 06 SEP 03 - Edmore, MI  
 159 Koley Haag 200 Ron Hicks 320  
 160-161 DRAPER 345 Women 350-360lbwt  
 162-163 JACHIM 310 Shelly Heinz 15  
 164-165 LYNN 285 Lucy Kidd 6  
 166-167 STRATTON 275 Light wt  
 168-169 DECKER 435 M Schmidt 31  
 170-171 MORENO 405 Floyd Hansen 26  
 172-173 HOCKBORN 365 Hyt wt  
 174-175 COOPER 405 Hockborn 31  
 176-177 MASTERS 375 Masters  
 178-179 ZIMMERMAN 375 Martin Burns 38  
 180-181 TAYLOR 345 John Jachim 33  
 182-183 JONES 239 Larry Taylor 22  
 184-185 JONES 239 Larry Taylor 22

There were a total of 22 lifters in the contest. Best male lifter was Koley Haag and best female lifter was Koley Haag. Thanks to John Davis for organizing the event, Mike Shook who is the owner of the Body Conditioning facilities, Thanks also to Bill Peterson and Greg Stewart for judging and Bill Kidd, Gene Cummings, and Mike Shook for loading and spotting. (Results thanks to Ray Zimmerman)

**25 OCT 03 - Tupelo, MS**  
 148 Female Matt Howell 335\*  
 Submaster 220 Open  
 Gina Vreen 175 Robert Gray 350  
 149 Teen 4th  
 Brandon Davis 190 242 Open  
 150 Master 350 Chris Coward 472\*  
 Robert Gray 365\*  
 4th 365\* Adam Holt 330\*  
 25 Master 5 Adam Holt 330\*  
 Cecil Payne 440 308 Open  
 148 Open 165  
 149 Open 165  
 150 Open 165  
 Trevin Brigrman 315\*  
 Chris Neal 400  
 181 Open 205  
 182 Open 205  
 183 Open 205

The Fitness Max Bench Championship has held October 25th at the Fitness Max Gym in Tupelo, Mississippi. This was the 2nd spot for DWG Productions in Tupelo. Thanks goes out once again to Gary Scott the Fitness Max Gym owner for hosting the meet. The Championship was sponsored by INZER ADVANCE DESIGNS and HOUSE OF PAIN. The sponsors wear the Fitness Max Bench shirts. Thanks to DWG Productions for these meet results!

## TOP 100

For standard 220 lb./100 kg. USA lifters in results received from Dec/2002 thru Nov/2003

	SQUAT	BENCH	DEADLIFT	TOTAL
1	976 Kellum, J., 11/8/03	735 Kellum, J., 5/03	799 Gabagang, C., 7/20/03	2367 Kellum, J., 11/8/03
2	755 Vogelpluhl, C., 11/8/03	689 Patterson, K., 11/8/03	799 Masah, T., 10/18/03	2340 Vogelpluhl, C., 11/8/03
3	900 Crane, D., 2/1/03	752 Cass, B., 6/7/03	752 Cass, B., 6/7/03	2322 Masah, T., 10/18/03
4	848 Patterson, K., 11/8/03	610 Cooke, V., 11/15/03	766 Vogelpluhl, C., 11/8/03	2115 Cass, B., 6/7/03
5	610 Cooke, V., 11/15/03	755 Takeda, N., 7/20/03	755 Takeda, N., 7/20/03	2011 Roberts, M., 6/8/03
6	826 Vogelpluhl, C., 11/8/03	606 Masah, T., 11/8/03	744 Terry, C., 12/14/02	1973 Hill, J., 11/29/03
7	826 Vogelpluhl, C., 11/8/03	606 Masah, T., 11/8/03	722 Stokes, M., 11/23/03	1967 Gabagang, C., 7/20/03
8	826 Vogelpluhl, C., 11/8/03	606 Masah, T., 11/8/03	720 Heck, B., 2/8/03	1967 Ferranelli, M., 10/25/03
9	805 Cass, B., 6/7/03	600 Scott, S., 11/15/03	716 Zwanstrom, S., 5/3/03	1967 Takeda, N., 7/20/03
10	805 Cass, B., 6/7/03	595 Young, R., 11/16/03	715 Clark, Z., 12/7/02	1950 Barrows, M., 11/15/03
11	805 Cass, B., 6/7/03	595 Young, R., 11/16/03	710 Capella, J., 3/25/03	1940 Bailey, C., 4/13/03
12	782 Bailey, C., 4/13/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
13	782 Bailey, C., 4/13/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
14	782 Bailey, C., 4/13/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
15	782 Bailey, C., 4/13/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
16	766 Hill, B., 11/29/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
17	766 Hill, B., 11/29/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
18	766 Hill, B., 11/29/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
19	766 Hill, B., 11/29/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
20	766 Hill, B., 11/29/03	589 Curt, D., 8/24/03	699 Kellum, J., 11/8/03	1873 Burnett, J., 6/8/03
21	755 Roberts, M., 6/8/03	575 Vogelpluhl, C., 11/8/03	700 Lasterewski, M., 5/10/03	1884 Will, M., 12/17/02
22	755 Roberts, M., 6/8/03	575 Vogelpluhl, C., 11/8/03	700 Lasterewski, M., 5/10/03	1884 Will, M., 12/17/02
23	755 Roberts, M., 6/8/03	575 Vogelpluhl, C., 11/8/03	700 Lasterewski, M., 5/10/03	1884 Will, M., 12/17/02
24	755 Roberts, M., 6/8/03	575 Vogelpluhl, C., 11/8/03	700 Lasterewski, M., 5/10/03	1884 Will, M., 12/17/02
25	755 Roberts, M., 6/8/03	575 Vogelpluhl, C., 11/8/03	700 Lasterewski, M., 5/10/03	1884 Will, M., 12/17/02
26	744 Williams, J., 11/15/03	562 Smith, C., 9/27/03	694 Reynolds, J., 4/13/03	1881 Burdine, D., 3/2/03
27	744 Williams, J., 11/15/03	562 Smith, C., 9/27/03	694 Reynolds, J., 4/13/03	1881 Burdine, D., 3/2/03
28	744 Williams, J., 11/15/03	562 Smith, C., 9/27/03	694 Reynolds, J., 4/13/03	1881 Burdine, D., 3/2/03
29	744 Williams, J., 11/15/03	562 Smith, C., 9/27/03	694 Reynolds, J., 4/13/03	1881 Burdine, D., 3/2/03
30	744 Williams, J., 11/15/03	562 Smith, C., 9/27/03	694 Reynolds, J., 4/13/03	1881 Burdine, D., 3/2/03
31	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
32	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
33	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
34	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
35	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
36	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
37	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
38	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
39	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
40	738 Griggs, J., 11/29/03	551 Brunk, B., 6/14/03	680 Sills, B., 5/10/03	1840 Westmabach, B., 12/14/02
41	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
42	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
43	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
44	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
45	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
46	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
47	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
48	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
49	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
50	715 Rundle, B., 4/03	530 Cass, B., 8/30/03	670 Ward, E., 3/29/03	1807 Matthews, C., 3/29/03
51	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
52	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
53	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
54	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
55	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
56	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
57	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
58	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
59	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
60	705 Radwold, B., 8/17/03	523 Burkett, K., 7/20/03	661 Demoff, B., 4/13/03	1775 Morris, C., 7/19/03
61	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
62	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
63	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
64	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
65	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
66	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
67	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
68	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
69	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
70	700 Powers, D., 9/7/03	515 Allison, K., 3/29/03	655 Kelly, K., 3/29/03	1760 Powers, D., 9/7/03
71	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
72	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
73	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
74	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
75	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
76	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
77	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
78	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
79	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
80	680 Werner, T., 10/18/03	505 Hillard, L., 8/30/03	650 Oertel, B., 6/8/03	1725 Porter, R., 4/13/03
81	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
82	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
83	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
84	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
85	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
86	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
87	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
88	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
89	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
90	672 Penn, J., 8/3/03	500 Bell, G., 1/18/03	644 Whiting, M., 3/29/03	1708 Smith, T., 12/7/02
91	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
92	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
93	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
94	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
95	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
96	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
97	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
98	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
99	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03
100	655 King, B., 8/22/03	500 Talley, W., 8/22/03	640 Ironfield, M., 11/8/03	1697 Cain, S., 5/3/03

**Next Month... TOP 242s**  
 Corrections ... Dean Riemann should have been credited with a 550 bench press on the TOP 100 list for the 198 lb. class in the Feb/04 issue of PL USA, rather than 556. We apologize for any errors that our readers find in our reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to 'POWERLIFTINGUSAEARRERS', Box 467



