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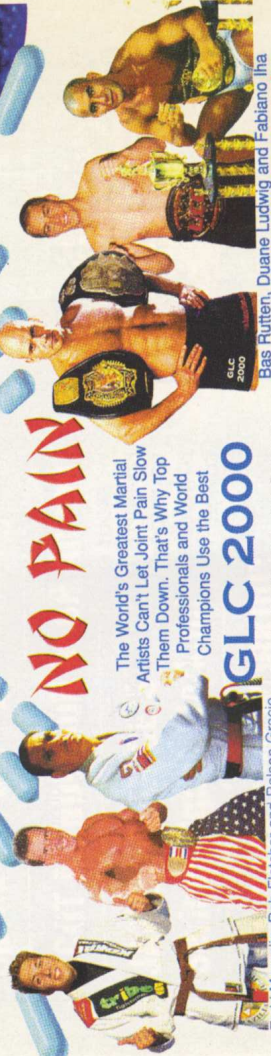
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**ON THE COVER** ..... upper left, T.J. Hoerner at the APF Seniors with the 2nd best squat off all time at 148, Big Jeff Lewis with Meet Director Joe Mukite at Bench America II, and below, Tiny Meeker with the 1st 800 Bench in a single ply shirt. (photo courtesy Tiny Meeker)

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## BIG BP NEWS!

Tomy Meecker with the judges and shirt he used at the Space City Extravaganza to become the first man to bench 800 (actual weight 800.5) in a single ply shirt. (see this month's cover for an action shot of this attempt.)



Bill Gillespie has been on tear himself, hitting 749 at the Great Northern meet, and coming within a couple of inches of 800, then hitting 761 and 782 just after that. (seen above with his son in a photograph taken by Brian Baertlein).



Robert O. Smith jams up 507 for a new WAABDL World Record at the Great Northern Benches/Deadlift Championships, (after making a 501) an all time record for a 60+ lifter in any organization, in a single ply shirt and in a drug tested organization. He followed that up with 510 and 515 at the Bull Stewart Alki Beach meet. (photograph at right courtesy Nancy Carpenter)

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We've been lucky enough to know Sharon "Wonder Woman" Harrett for years, and given some of her recent accomplishments (Highland Games world champion, World's 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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# BENCH AMERICA II

## as told to Powerlifting USA by Dr. Larry Miller

Bench America 2 was held in Chicago at the Okeum sports arena this past May 1<sup>st</sup> and 2<sup>nd</sup>. The success of a meet is judged by the number of criteria with the most important being those who participate and the weights they lift. I have been involved in the sport as a competitor for 24 years and I was very impressed with the lifters who came to Chicago and the weights that they lifted.

Since we already have the "Arnold Classic" that features powerlifting but has bodybuilding great to see an event that featured powerlifting as the main event. I was glad that Joe Mikite, the founder of Bench America, changed the format of his meet. I was also impressed by his ranking system. Bench America's change of format now required lifters to lift free in a single ply. The numbers wanted to down, but their sponsors wanted to support this format. I guess Bench America originally took some heat in changing this event, but with the success of this event, we can all see the bigger picture - sponsors, TV, prize money, and fans outside our powerlifting buddies. The Fox Sports Net preview that aired mid week and mid day along had 210,000 viewers - that's huge!

This beat out FSN's highly promoted IMAX show - way to go Bench America and powerlifting.

With Bench America, for once and for all, we can compare apples to apples and see who the best of the best are. The momentum of this event is strong with many promises from missing lifters to come next year. It will be interesting to see if his ranking system holds water. To accurately deduct from a lifter's total based on the time you weigh in, whether or not the meet was drug tested and the number of pluses of your shirt is an interesting concept.

The lifters stayed at the Embassy Suites/Lombard. Unfortunately, the first day was spent seeing whose cab ride from the airport was the costliest. I think that \$60.00 was the winning amount, but with no charge for the meet, the cab ride expense was forgotten. The lifters and their families were treated very well. The rooms were large and had refrigerators and everything else

you needed. Breakfasts were free and the line to the omelets and pancakes was always long. I just made sure I got up before the heavyweights.

The main stage featured a number of events including arm wrestling, high school bench press competition, some karate exhibition, some karate demonstrations as well as an Ultimate Fighting Champion (who is lifetime clean) and 10 Chicago Rush Dancers who kept asking me for my phone number. Bench America also had a number of seminars including nutritional classes, strength and conditioning, and injury prevention. I was busy with the lifting and unable to attend the seminars, but I'm hopeful that they were successful. Ron Palmer gave a deadlift exhibition, Sunday, prior to the heavyweights. I think Ron ended up with 4 reps at 700 lbs. Ron had indicated that he would like to qualify for USAPL men's national championships. I wish Ron well. My favorite event was the Mame's sit-up, push-up and pull up competition. I don't think that anyone came close to Jennifer Thompson. She did 26 pull-ups which I know I can do (in 3 or 4 sets).

It is always nice going to big meets. You get to see old friends and make some new ones. This meet was no exception for me. The rules of the meet were as follows. The women were lifting for prize money based on Wilkes formula.



Jennifer Thompson took home some big BA II bucks.

The men could win prize money by winning their weight class, by lifting the most weight, by winning best lifter based on Wilkes formula for a light weight, middle weight and heavy weight division and by team competition.

**The Women**

started on the main stage on Saturday at 1:00 in the afternoon. I think there was one no-show and one who had to leave because of a family emergency. Jennifer Thompson won the \$2,500.00 first place award with a huge weight in a 313.5, but attempted a new record coefficient in at 131 and finished with a



Hung Pham...winner at both Bench America I and II.

get her opening attempt of 363, but much appreciation to this Olympic Lifter for coming in last minute.

**114s** - The Men's competition began Saturday at 4:00 pm. There were a number of well known three lift competitors competing at this prestigious specialty meet and the game was on in the 114 lb class. Three lift competitor Ervin Gainer lifted the same weight as Hung Pham, 302.5, but lost on body weight. Both lifters got all three attempts and Hung looked like he was good for much more, but lifted conservatively for the first place prize of \$250.00. Hung also became the first two-time winner

of BA having won the 114s last year. Antonio Ostrum just made his opening attempt of 198 to finish third.

and missing the lift on their first and second attempts. I spent a fair amount of time talking to wheel chair-bound Al Myszka. Al is a great competitor and even spent time trying to help Steve psych up for his lifts. Hopefully, they will be back next year and open a bit more conservatively.

**148s** - I knew the 148s would be interesting. A few months back, Joe Smith came to my fitness facility for a qualifying meet and surpassed my all time best at 148 with a 420. Joe just moved into this weight class and he is built like Steve Petrenack, a little bit on the tall and



Peter Wong gets ready at 123.

Wong win the 123 lb weight class, but I think he was nominated for best hater. Although Peter's brother Paul wasn't to be found, his dad was there to support him. Peter finished going four for four, with a third attempt winning lift of 352.5 lbs and a triple bodyweight fourth attempt of 375.8 lbs. Adam Zehr finished second, with his second attempt lift of 335 and left Oleksy finished in third with a lift of 302.5 lbs. Unfortunately, Lyle Culp began a bad trend as he missed his first 2 lifts and was eliminated from the meet. There were quite a few lifters who opened higher than their nominated weight and paid dearly.

**132s** - had Ohio team captain Steve Petrenack shake off a first attempt miss of 341, but Steve got his head together in time for his second attempt. Steve was a repeat winner from last year, but Steve's competition opened pretty high with both Brian Goetz and Al Myszka opening with 374



Steve Petrenack captained Team Ohio in Chicago.

and lifts with a number of greats like Tony Harris. Dr. Larry Miller opened at 429 and Joe opened at 407. Dr. Miller was interesting. A few months back, Ruellan got whittled on his whittles on his attempt of 402 and three lift and stand out

and lifts with a number of greats like Tony Harris. Dr. Larry Miller opened at 429 and Joe opened at 407. Dr. Miller was interesting. A few months back, Ruellan got whittled on his whittles on his attempt of 402 and three lift and stand out



Meet Director Joe Mikite interviews 148 winner Joe Smith. (Photograph courtesy Joe Mikite)

lean side. I remember a few years back when Joe started competing and how much he admired some of the better known lifters. Well, Joe's turn has come and now people are wishing they can be like Joe. We know that Joe was going to have his hands full with WABDL lifter Darren Matsumoto, who was ranked number 440

attempt. Coming in, I missed at some 418 and 19 time year old Darren and he is a great him up to the only lifter He is to hit his third room (continued on page 88)

### BENCH AMERICA II

#### 1,2 MAY 04 - Villa Park, IL

52kg	Wilkes	136.867
Hung Pham	127.5	132.5
Ervin Gainer	125	132.5
A. Ostrum	90	102.5
56kg	Peter Wong	147.5
Adam Zehr	142.5	
J. Oleksy	132.5	
Lyle Culp	147.5	
60kg	S. Petrenack	155
Brian Goetz	155	
Allen Myszka	170	
Joe Smith	185	
D. Matsumoto	195	
Michael Williams	195	
Michael Ruchan	182.5	
75kg	Wade Hooper	217.5
Larry Miller	230	
M. Richmond	190	
Erwin Chang	165	
Michael Hara	227.5	
L. Kirchner	230	
82.5 kg	M. Coleman	232.5
Joe DeMatteo	212.5	
Kent Spires	167.5	
J. Burdette	220	
90kg	Rodney Wood	217.5
Kevin Jones	210	
B. Goetz	220	
S. Dussault	200	
Kevin Farley	202.5	
Cole Dworek	205	
100kg	Dennis Cieri	272.5
Ralph Young	265	
T. Anderson	242.5	
J.T. Hall	215	
Paul Bossi	192.5	
110kg	Brad Kelton	280
Jason Jackson	275	
David Doan	267.5	
Kevin Mayer	265	
Rich Putnam	290	
Kevin Jones	249	
125kg	Horea Lane	312.5
Scott Lefe	250	
Collin Rhodes	285	
Michael Belk	277.5	
S. Hoekstra	265	
Paul Vargo	260	
140kg	Bill Gillespie	302.5
Paul Meeker	302.5	
V. Dizeno	250	
Schermerhorn	297.5	
Robert Leitz	285.5	
140+ kg	Jeff Lewis	307.5
Brian Siders	320	
Ervin Gainer	320	
M. Hedge	305	
Tom Madsen	300	
J. Galligan	282.5	
Mike Price	255	
Women (By Wilkes Formula)		
J. Thompson	135	
B. Freeman	132.5	
Liz Willett	107.5	
J. Robertson	107.5	
Devan Doan	130	
Ashley Awall	92.5	
Jean Putnam	142.5	
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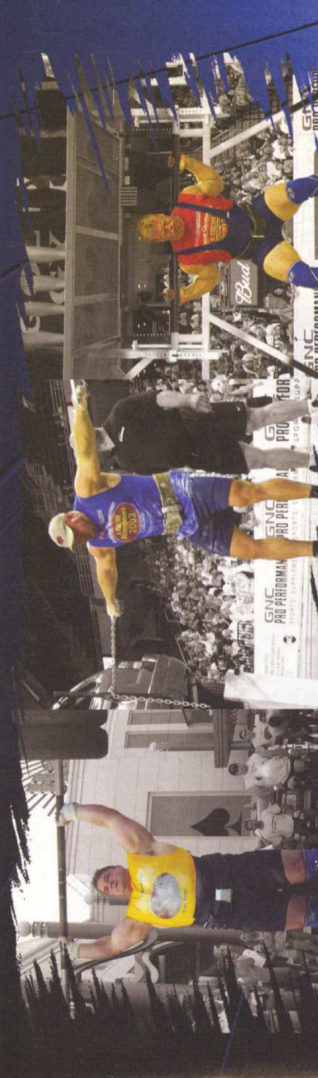


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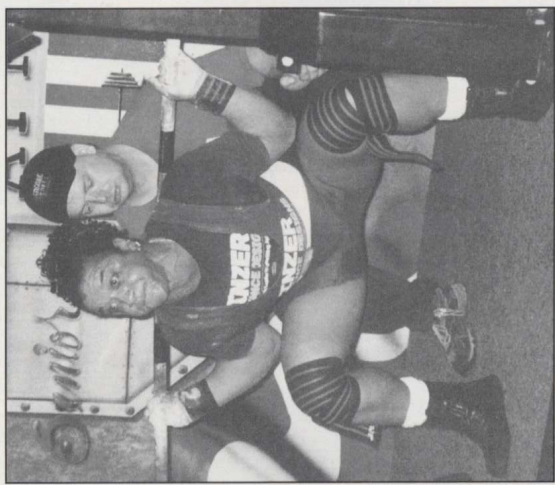
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# APF SENIOR NATIONALS as told to Powerlifting USA by Herb Glossbrenner



**Kristia Ford** has come back almost completely from a major pec tear.

The elegant Radisson Hotel & Conference Center in Baton Rouge, LA was a perfect place to hold the 2004 APF Senior National Men's & Women's Open Championships. It's very near the hometown of this year's Meet Director, Garry Frank.

After totaling 2805 at the APF Jacksonville Open, Garry tried a 920.4 deadlift that would have resulted in a 1290 kg/2843.96 lb. He had it nearly all the way up, but it was slightly in front of him. As he pulled it back into the groove, he felt a shot of pain radiate down his leg, and he dropped it. That pinched sciatic nerve has kept him out of action since. He's been unable to train heavy, and was in a lot of pain wasn't alone. Rick Hussey was limping around on his crutch, Paul Boutte had a big knee brace, and Travis Mash was also on hand. I asked Garry if he was thinking of retiring, since he's 40 now. He gave me one of those looks that burns a hole right through you. "Not until total 3000," he told me without hesitation. His best competition lifts already come to 1295 kg/2854.98 lb. To go over 2900, it might take 1102 + 881 + 920 = 2904.59. That seems doable, maybe within a year. A 3000 total would be more of a challenge. Ballpark numbers could look like this: 1151 + 903 + 947 = 3000. His strength has not shown any signs of diminishing, so maybe it is possible.

The Radisson had free shuttle service to and from the airport; a great dining room with a nice breakfast buffet for \$7.95. There were other places to eat within walking distance including my favorite fast food establishment, TACO BELL. The meet was held in a ballroom right in the hotel, a great convenience. There were a couple of hundred chairs set up, and admission fee was a mere \$5.00 per day. Garry pulled out all the stops. There were two Monolifts to warm up on, Forza (top of the line) benches. Plenty of inanko bars and weights. Free fruit, cold water, and complimentary soft drinks. Not to mention that Garry brought in about 80 pizzas. Chiropractor and massage therapists also were provided for the lifters free of charge. It was truly a meet for the lifters. I must give a huge thank you to Pam Clayton, Keran Kuder's computer lady, who does a fantastic job tabulating the results. Theresa Frank, Garry's charming wife, saw to it that I had extra film when I ran out. The Frank children were pitching in. Kristen, 11, is the smartest kid in her school. His son Garry Alex (10) is a chip off the old block. At 5'2" and 105 lbs., he will be as big as Dad. Their pet dog,

Island Gym in Oceanside, NY, at 170.2, moved up a weight class. Her 1074.7 TOT gave her bronze. Had she made the big lifts she tried (462.9 SQ, (336.2) BP, and (396.8 DL), she would have had a huge 1196 TOT. Finishing runner-up was Shawna Mendelson, 31, bench Scott's sister, who made her debut last year. She's a teammate of Tackill and is trained by Chris Taylor also. Back in Dec. @ 185.7 bw, she improved to 1300.7 (via 562.1, 319.7, 418.9). She came in here weighing a mere 176.81, looking hard and muscular. She opened here w/ 573.2, a PR, but got 2R for depth. Repeat - 2W. Up to 622.8 on a 3rd to surpass the Women's Open WPC WR set last year in Calgary. CAN by Jill Mills, who made 282.5 kg. (622.8) on her 4th. It was not to be in two tries, but it seems that Shawna's destined to break this record down the road. Shawna BP's technically identical to brother Scott. She lifted 325.2, then 341.7 flawlessly, but misgrooved her 363.8 tv. She'd made this repeatedly in training. The DL is her Achilles heel, but she made all 3 (440.9). TOT 1355.82 a great result, but not what she'd hoped for. Kristia Ford, 37, from Stone Mountain, GA is always the consummate performer. She did her PR TOT by a whopping 55 lbs., 1438.5 on the 8th day. Ford may be the best technician I've ever seen. Every time she lifts it is smooth as silk. Her SQ depth is always lower than necessary, and she made a personal best here with 573.2 (3rd). She has not rushed herself, getting back to full capacity after tearing a pec a few years ago. She hit 303.1 (3rd) here with power to spare (best ever: 314.2). It looked like she might have done 319.6, but Kristia always lifts what she knows she can do. Two DLs (562.1 PR, 2nd attempt) and she passed her 3rd. We'll see a rematch between Ford and Mendelson at the upcoming Worlds this October. Tamma Thomas, 34, moved to Glen Valley, CA to be trained by Scott Mendelson. She weighed just over 198, but had wrenched a knee in training. It was too painful to get down with her 485 opener. For whatever reason, she came out for her 2nd attempt trying a monster load of 622.8. She did not get the weight out of the rack, and did not take a 3rd. In the BP only event she claimed gold with her 275.6 opener, but missed her two tries w/ 314. There was no Rebecca Swanson to tow the audience this year. Seems she tore her other bicep doing the tire flip in a strong women competition.

Men's Open: 123 - Richard Hawthorne, 20, a sensational youngster from Biloxi, MS had the golden opportunity to shatter the



**Best Lifters:** T.J. Hoerner and Rebecca Phelps with APF SRs meet director Garry Frank. (Photographs courtesy of Herb Glossbrenner)

appearance of how strong he really is. Hatch brims with confidence, while T.J. is quiet and subdued. Hoerner is convinced this strength is a gift from God, and I could never dispute it. Hatch struggled to make weight, while T.J. was the lighter man by nearly 6 lbs (only 142.86). Hoerner opened conservatively - 639.4 - effortless. Hatch started huge - 688.9 - 2W, with great exertion. Hoerner matched that lift on his 2nd - very easily done. Nick went straight to 712.0 (323.0 kg) to better the 14 yr. old WPC Men's Open record of Jesse Jackson. He got it up shallow. No lift! Hoerner made his move: 325 kg (716.4). He settled down, and got it. BP - made all 3 - 457.4 - good. DL - three lifts topped with 622.8. TOT 1703.05.

BENCHER'S ONLY: Four participated the first day, with three having to catch a plane early, so they couldn't lift with the others on Sunday. I previously mentioned to beat the 744.1 mark Bill Carpenter had made last March at the WPO Arnold Classic. With a Herculean effort, he had both arms (article continued on page 91)

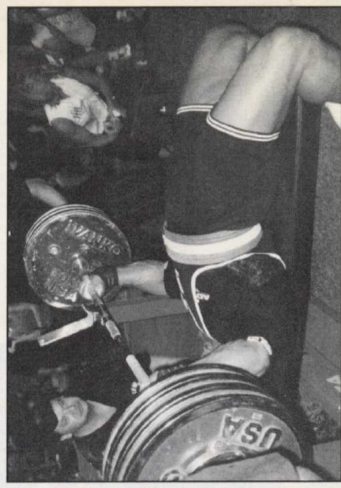
previous best). One lift left, for all the marbles: 628.3 for the tie and lighter bw. win! Hoerner missed it. However, due to his light bw., he edged out Hatch to win the outstanding lifter award for the Men.

165s - Mike Luckett, 22, a hungry newcomer from FL, missed his final SQ with 672.4, and was ranked 26 TOT 1344.8, and will be reckoned with in the future. At 26, Vinnie Centaurio from Elmont, NY moved up a class this year. He needed 3 to finally secure the 600.7 SQ. He BP'd a good 369.3, and pulled 507.1 before missing two big tries w/ 562.1 - TOT 1477 at 160 bw., a huge improvement! This year's middleweight title now belongs to Brian Tincher, who'd made 1592 for runner up last year. He topped his best result to 1614.8 this year with a fine 633.8, 3rd at. SQ, a 429.9 BP opener, and a good 551.1 2nd attempt DL.

181 - defending champ Ron Palmer of Indianapolis, IN was a no show, but Sean Baker, 33 returned from last year's runner-up position was only good for bronze. A new name, Adam James, only 26, had a fine day: SQ - 699, BP - 440.9, DL - 578.7, and he nabbed the silver medal. The 181 class Sr. National Champ is David Kirschchen. He was almost perfect (8 for 9) SQ - 705.4 (all 3), BP - 474 (made them all), and DL - 556.6 (2nd attempt). Dave failed to lift his last with 584.2. Didn't matter - he won - 1736.12.

198 - the only entry this year was a newcomer, Michael Brown, 27, who paced himself well. He knows his own abilities and lifted smart: SQ - 622.8 missed opener. He settled down, and got it. BP - made all 3 - 457.4 - good. DL - three lifts topped with 622.8. TOT 1703.05.

198 - the only entry this year was a newcomer, Michael Brown, 27, who paced himself well. He knows his own abilities and lifted smart: SQ - 622.8 missed opener. He settled down, and got it. BP - made all 3 - 457.4 - good. DL - three lifts topped with 622.8. TOT 1703.05.



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# 2004 APF NATIONALS as told to Powerlifting USA by Herb Glossbrenner

Rick Hussey and Becca Swanson of Big Iron Gym in Omaha, NE hosted this year's APF Nationals. Submaster and Masters Nationals, the only qualifier for the upcoming WPC Worlds scheduled for 12-19 October in Fresno, CA. The meet site was the Doubletree Hotel - nice rooms, hassle-free check-in, and free shuttle service. There was a restaurant in the hotel, but nowhere else to eat within a ten block radius except at the shop and they were closed when I went. The lifting took place in a spacious, air-conditioned ballroom. Everything was great, but running a meet is doubly difficult if both the co-meet directors are loading a treadmill, when it slipped and fell on him. He was hobbling around all weekend with a nasty looking wound, even a month after surgery. He kept re-opening it because he had to keep moving around attending to everything. Becca, the World's Strongest Woman, won't be back in action until late in the year. Seems she tore a bicep going for the 6th rep with 600 in a DL workout after the weight got out front. Even after this injury, on March 23 they had a local meet, and she tokened in BP & DL, but SQ ed 804, 826, 843 @ 235. Unbelievable! Becca spent her time emceeing the event and diddling with the computer to make sure it kept spitting out results. Former APF and WPC superstar Curtis Leslie, now 43, made a surprise appearance here. After a long hibernation it appears he is about to stage his comeback. He hasn't changed a bit in 7 years absent and weighed about 270, as muscular as ever. Joe Ladnier also came to observe. He brought his very pretty 13-year-old daughter Taylor. She's an accomplished gymnast like her dad was before he took up PL in his late teens. She'll be lifting at the Srs. this year. I saw her take a SQ workout. She almost got 355, and then was doing hand springs all over the place. Speaking of Poppa Joe, he's recuperating from a back injury, but making good use of his time to specialize on the BP. On March 20th at a meet in Atlanta, weighing 240, he did 705 and came within a half inch of locking out an All Time World Best @ 242 with 745. Wow!



Bradley Hein (23), with a 661 bench press. (Photo Glossbrenner)

during the three day event were Maris Stenberg, Dick Zenzen, J.R. Bolger, Tim Anderson, and the duo of Radar Capehart and Bob Packer. Radar commented that the Packer was until he judged with Packer on the same platform. I cannot forget Deb Widdis, who lifted so great in her first meet, but spent most of the weekend taking tickets at the door. The awards were splendid gold, silver and bronze medals worthy of a National event. The Best Lifter recipients were given genuine samurai swords. Only 23 lifters showed up in the BP. The lone teen was local student Trista Groves, a big girl for 13. The other lady was Big Iron recruit Jill Simbro (45-49) lifting 126.8 lb. The Omaha home team monopolized the Juniors (20-23) with 3 entrants, and a clean sweep: Kyle Nodtchral at 181 with 303.1 on a 2nd attempt; Matt Thompkins needed 3 tries to stay alive (at 374.8); Brad Hein, 23 and 239.4, tossed up a huge opener (661.4). Next he nailed a gigantic 683.4. On 3rd & 4th he stormed 318.0 leg (701), but was unsuccessful. Wow, he's improved! The submasters (33-39) had 5 men in action. John Villareal, CA, tokened to save himself for the PL competition. Fred Woodsen, Broadview, IL, took the 220s with 479.5. Chicagoan Mark Millon nailed his 446.4 (3rd). Rick McClung of Yachats, OR got 622.8 here @ 326 bwt. 2nd to him at SHW was David Coleman, Clovis, CA, with 501.5. Nick Marinis, 41 & 165, from Wauconda, IL, shattered his dreams by missing all his lifts (final try 424.4). Bruce Read from Toledo (OH) won 220s with 501.5. His adversary —

James Pinckard, 44 of IL — zeroed out with 473. Mark Hennessy, 43, Huxley, IA, got the 242 win with a 402.3 opener, but an increase to 440.9 was twice too much. Lloyd Hemmenway, 43, Zimmerman, MN topped Dan Zaiser, 43, of Missouri Valley, IA, 562.1 to 485 at 275. David Dickey, 42, 324, of Omaha, gave us anxiety (and himself). He missed 473, then 501.5, but increased to 507 and saved his 47. New Lenox, IL got his 374.8 following a 181 on his opener and assured his 181 win. Mike Miller, 46, Akron, OH nailed his 424.4 3rd coming back from a 2nd round miss. Mike Moody, 45 of Omaha, NE missed 413.4, ditto on increases to 424.4 and 440.9. He was a sure winner at 198. Noble Cozine, 47, tucked himself in gold. Big increases with 473 and 501.5 didn't pan out. Scott Craig, 58 of Chicago, IL, had high aspirations too. His 374.8 opener was huge at 165, but became a frailty also. Robert Mattison, 60, of San Rafael, CA weighed 160 and got 231.4 without the aid of shirt, but missed 248 twice. He later redeemed himself in the full meet.

It was a light turnout this year with 78 in the powerlifting meet. All participants got a goodie bag, samples of energy



Machia Dudley (17), missed her 540 opener.

bars, protein mix, power drinks. Those who didn't come should be kicking themselves, because they missed a smooth running contest. Congrats Rick and Becca for a wonderful job.

I'll start with the Ladies, 15 lifter, ranging in age from 17 to 63. The 16-17 teen group featured Kristen Peterson, 17, an Omaha high school student. This new Big Iron recruitee (130) shows future promise with 314.1 SQ and 727.5 TOT. Machia Dudley, also 17, is a big find @ 273 lbs. Lifting only 6 months, she totaled a great 1146! She salvaged a huge 540 squat on the first two. It's only a matter of time before she makes the monster 600 4th attempt she tried here. Maybe she is being groomed to step in where Becca leaves off. All Huston, 18, made a tremendous impression with her big squat (451.9) and a triplicate of WRDLs: 397, 418, 429 and she almost got a 4th with 440 - TOT 1074. Can't recall four girls from the same club lifting so much in such a short time.

SUBMASTERS: Heidi Burke, 36, an Omaha, NE registered nurse in pediatrics, @ 129.4. SQ ed and DL ed over 300, making 303 and 308 respectively. Nicole Meador, 36, of Petaluma, CA, trains alone on Joe Avigliano's program, and makes the 400 mile drive down to the L.A. Lifting Club every couple of months or so to get the knicks worked out (and usually drives back the same day). At 176 bodyweight, she amassed a PR of 964.5 TOT and twice hauled up a PR DL, finally making the judges see the right light - WHITE.

WOMEN MASTERS: Laura Wilson, 41, of Saginaw, MI was the lightest @ 119, and TOT 705 to win the 40-44. Linda Ponce, 43, Foster City, CA did good @ 144. 314 SQ, 181 BP, 352 DL, 848 TOT. Kim Packer, 42, a beautician from Oakhurst, CA will be the "real" brains behind the WPC Worlds this Fall in Fresno.

his debut last year, but was vastly improved. He worked his magic with an EZ 363 SQ opener. Big Jump - 418.9 - a WR - missed! Came back and got it on a 3rd! Blake BP ed 281.1 (2nd) another WR couldn't quite get 551. TOT - 1664.5. The biggest and strongest of all the teenagers was Scott Weech, 19, from Lakeland, FL. He will be a teenager until March 2005 and will put the 18-19 WPC World Records high enough that they'll last a long, long time. His dad Scott, Sr. is his coach, supports his son's hobby wholeheartedly, and brings Junior to all the meets. Scott Jr. is friendly as a pound puppy. At 295.4, he packs a lot of power. He opened @ the 804.6 WR he'd failed on his final try last year, took 837.7 2nd attempt, smashed his own WR - perfect and deep. His 854.3 final try will have gone too, but the lost balance in the hole. Scott opened at a 507 BP, and zapped it. A WPC WR 534.6 went right up. He missed his groove with 551.1, otherwise it would've gone. (He's done 585 in the gym). His DL was vastly improved: 617.4, 661.4, then a WR try with 695.5. He got it up, but the officials detected a slight nudge. A repeat 303 BP. He dodged the bombout bullet, getting his 451.9 DL on his 3rd, made a 374.8 BP on a investment broker) went against Shana Aubuchon, 36, a power lifter from Newhall, CA, at 198. Villareal took runner-up honors with a good 1581.8 TOT via 600.7 SQ (all 3), made a 374.8 BP on a 3rd; pulled 606.2, then tried but missed 628.4. The L.A. Lifting Club's biggest thing - Oan Basson (2403 TOT @ 308) - served as surrogate coach (filling in for Joe Avigliano). He wrapped him real tight, and Shea had his way with the 661.4 SQ. Then things got screwed up. Aubuchon had to wait too long as they readjusted the rack height. Wrapped tight, he lost feeling in his lower extremities, but miraculously got a 705.4 2nd out of the racks. He sat for a but had a slight glitch coming up. No lift. Still dumb, he couldn't do a 3rd. On this day Shea was probably good for 727.5. Aubuchon was on in his other lifts, and got PRs with a TOT - 1653.4 - a PR that could have just as easily been in excess of 1700 (to the sky) with no more sleep. It's 220 here we come. I (article continued on page 82)

Rich Briggs - lifts big! SQ 661 (just missing 705), BP 473 - before missing two shots @ 501. He pulled 529, but couldn't quite get 551; TOT - 1664.5. The biggest and strongest of all the teenagers was Scott Weech, 19, from Lakeland, FL. He will be a teenager until March 2005 and will put the 18-19 WPC World Records high enough that they'll last a long, long time. His dad Scott, Sr. is his coach, supports his son's hobby wholeheartedly, and brings Junior to all the meets. Scott Jr. is friendly as a pound puppy. At 295.4, he packs a lot of power. He opened @ the 804.6 WR he'd failed on his final try last year, took 837.7 2nd attempt, smashed his own WR - perfect and deep. His 854.3 final try will have gone too, but the lost balance in the hole. Scott opened at a 507 BP, and zapped it. A WPC WR 534.6 went right up. He missed his groove with 551.1, otherwise it would've gone. (He's done 585 in the gym). His DL was vastly improved: 617.4, 661.4, then a WR try with 695.5. He got it up, but the officials detected a slight nudge. A repeat 303 BP. He dodged the bombout bullet, getting his 451.9 DL on his 3rd, made a 374.8 BP on a investment broker) went against Shana Aubuchon, 36, a power lifter from Newhall, CA, at 198. Villareal took runner-up honors with a good 1581.8 TOT via 600.7 SQ (all 3), made a 374.8 BP on a 3rd; pulled 606.2, then tried but missed 628.4. The L.A. Lifting Club's biggest thing - Oan Basson (2403 TOT @ 308) - served as surrogate coach (filling in for Joe Avigliano). He wrapped him real tight, and Shea had his way with the 661.4 SQ. Then things got screwed up. Aubuchon had to wait too long as they readjusted the rack height. Wrapped tight, he lost feeling in his lower extremities, but miraculously got a 705.4 2nd out of the racks. He sat for a but had a slight glitch coming up. No lift. Still dumb, he couldn't do a 3rd. On this day Shea was probably good for 727.5. Aubuchon was on in his other lifts, and got PRs with a TOT - 1653.4 - a PR that could have just as easily been in excess of 1700 (to the sky) with no more sleep. It's 220 here we come. I (article continued on page 82)



Todd Kowal (20) with his 2nd attempt @ 755 lbs.

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Rich Briggs - lifts big!



**FREE Article!**

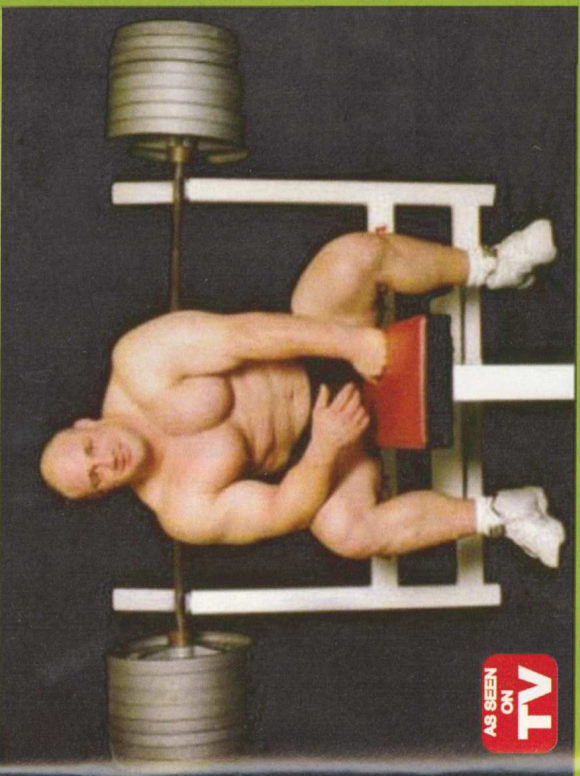
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**It's difficult to imagine** a 334 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

**Scott 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 over 1,000 lbs. in training, more than many professional athletes can squat and deadlift combined.

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

For aspiring bench-press specialists, Scott offers the following 5 tips for building world-class upper-body power:  
(continued at bottom left)



**AS SEEN ON TV**

**Scott Mendelson: World's #1 Bench-Presser**  
9 World Records, 875.6 lbs. and 713 lbs. Raw — Speed = Power

- 1) Put your back into it:** The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear deltoids. On a standard 1.5-17" 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.
- 2) Train for triples:** Dedicate one work-out per week to the bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...  
*For Scott's complete training schedule and full world champion training profiles, visit [www.bodyquicken.com](http://www.bodyquicken.com) today.*

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BodyQUICK™ is used by both world-champion professional athletes and preparing 2004 Olympic athletes for its dramatic effects on reaction speed and muscular contraction. It is the only neural accelerator 110% guaranteed to work within 60 minutes of the first dose. Forget creatine, forget ephedrine, and get the next generation of real-world results in 60 minutes or less—get BodyQUICK. Experience the difference today...

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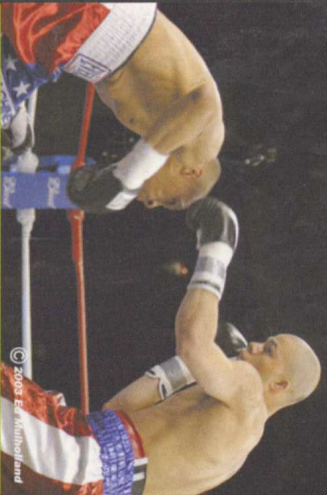
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Based on 6 years of scientific development and testing by 19 world champions, BodyQUICK works by facilitating the production of acetylcholine, a key neurotransmitter necessary for muscular contraction. By improving how messages are sent through the body, BodyQUICK has electrified the world of professional sports, allowing athletes to train faster, stronger, and longer than with conventional supplementation. Just 1 of the 18 active components alone has been demonstrated with computer-administered testing to safely increase reaction speed in excess of 35%. BodyQUICK™ does not contain ephedrine or other dangerous stimulants, and is approved by the ASDA for sports use.

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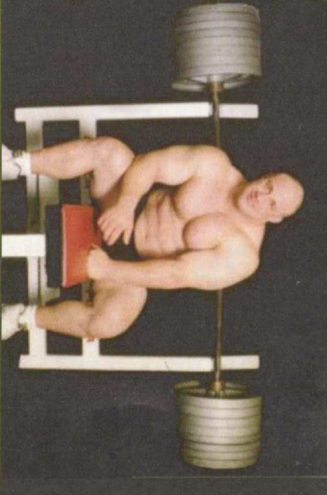
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# STARTIN' OUT

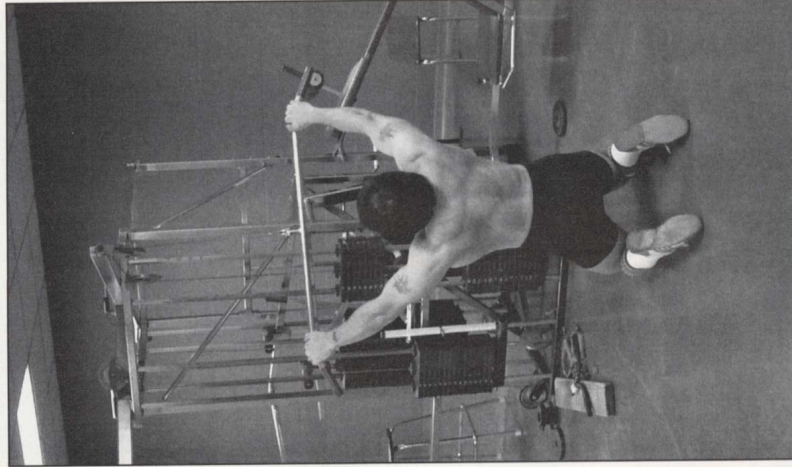
A special section dedicated to the beginning lifter

My two favorite training methods to increase workout intensity are drop or descending sets, and rest pause. The first method; drop sets, entail performing a set of an exercise to failure, then quickly decreasing the weight and resuming the set. The weight can be dropped multiple times, doing as many drop sets as desired or as capable. Drop sets enable the lifter to continue past failure, boosting intensity to higher levels. The second method, rest pause, has a lifter performing a very heavy, usually low rep set. Upon completion of the set, take a very short break (say under 30 seconds) then resuming the set. The meat behind rest pause is that most strength and size improvement comes from the last rep of two from a max effort set. By making all of the reps of your set the equivalent of the last one or two reps, a lifter can again boost intensity. Since the time between each rest pause set so short, the interim sets are considered by the body as one set. My hybrid drop to pause method combines the best features of the two.

Let's start with an example of a drop to pause set of machine bench presses. After warm-up, the lifter takes his top set off 250 pounds which can be done for 3 reps. After reaching failure, the lifter quickly lowers the stack 20% to 200 pounds and resumes the set. This decrease in weight and slight rest while adjusting the weight, allows the lifter to get 2-3 more reps after failure with the original 3 reps of 250. The lifter then can reduce the weight another 20% or so to 160 and get still 2-3 more reps. The time between these interim sets during a drop to pause set should be the time required to change the weight. The lifter could still proceed with further weight reductions if desired or do an additional set. After a tough set like this, you may not want to do another or may be unable to due to extreme muscle fatigue. If you choose to do another drop to pause set, I recommend lowering the starting weight by 20% due to muscle fatigue from the first set.

Selecting the right weight machines stacks allow the safe and efficient use of drop to pause sets because the weight can be quickly adjusted. Also many machines do not require the aid of a spotter. If you use dumbbells, set them up nearby so they can be accessed readily as you drop weight each set. If you use a barbell or a non-selector machine, I suggest pre-loading the bar so that the bar can be readily stripped down by removing plates off each end. For example, if you're starting with 300 pounds and will drop to 250 and then 200, load the bar so that a 25 pound plate can be taken off

## DROP TO PAUSE SETS as told to Powerlifting USA by Doug Daniels



Ron Collins, many-time IPF World Champion from Great Britain (and now South Africa) doing pull-downs, a great assistance exercise that can easily incorporate the unique "drop pause" method of training recommended by Doug Daniels. (Photograph by Mike Lambert)

quickly from each side per drop. Alert spotters are critical for free weight exercises because you can fall on any rep at any time during your drop to pause set. Spotters should also insure the weights stay in place and don't slide around or fall off. Drop to pause sets are best suited for assistance type work. It is simply not practical or safe to try this with the squat or deadlift, but with planning and good spotters/loaders, you could barbell bench during your drop to pause set. Overtraining is possible when using such a high intensity training method. I suggest using drop to

pause sets once a week for no more than 4-6 weeks, and then revert to your more normal training methods. Begin the first week by doing only one drop to pause set progression to get used to their feel and complexity. Pushing too hard too fast could result in injury. The 20% weight reduction I gave you is only an example. You may want to use a higher percentage reduction on subsequent sets or visa-versa if you desire to keep the reps lower. Let experimentation and personal preference be your guide. Another advantage of reducing weight is that it will facilitate better exercise form as you tire. Not only will you reduce the chance of injury due to improper form, but also you will work the targeted muscle groups more effectively.

The reps for each drop to pause set are up to you. You may wish to start with a weight that allows you 3-5 reps. Drop to pause method will work with any rep scheme and reps can even be varied after each weight drop. This can be accomplished by varying the percentage of weight dropped after each interim set. It is key to have a plan for each workout and have your weight drops set up in advance with necessary spotters/loaders.

Drop to pause is best suited for the off-season and should not be used within the last 4-5 weeks prior to a meet. Two drop to pause sets are all that's needed or desirable. If you have energy or drive to do more, you took it too easy. If you see your strength level plateau or drop off, you may have overtrained. As I mentioned earlier, limit your use of them to 4-6 weeks and only once weekly per exercise. Always warm-up properly and have all your weight drops figured out in advance. Take only enough time to make the weight change. Have alert spotters if you are doing exercises that require them. Drop to pause sets can be challenging and rewarding. Ironic that combining dropping and pausing can be a powerful method to increase your strength level.

Doug Daniel's Web address: [members.aol.com/ddani112945/default.htm](http://members.aol.com/ddani112945/default.htm)

It's Summer, when the livin' may be easy, but the weights don't get any lighter. Out here in Southern California, Venice's Muscle Beach is the site each summer for some serious lifting. Last year, surrounded by the palm trees, beach, and Pacific Ocean, Scott Mendelson hit his world record 832 and 875 benches. This year, the action began with something new to Venice, a pro strongman show.

Odd Haugen, in his 50's and still a world-class athlete, put on the contest, and won the first event, the Farmer's Walk. Phil Pfister won the overall title, and we say congratulations to all the competitors for their hardcore efforts, and also to all the powerlifters who've been doing their thing this summer at Muscle Beach in the PL meats.

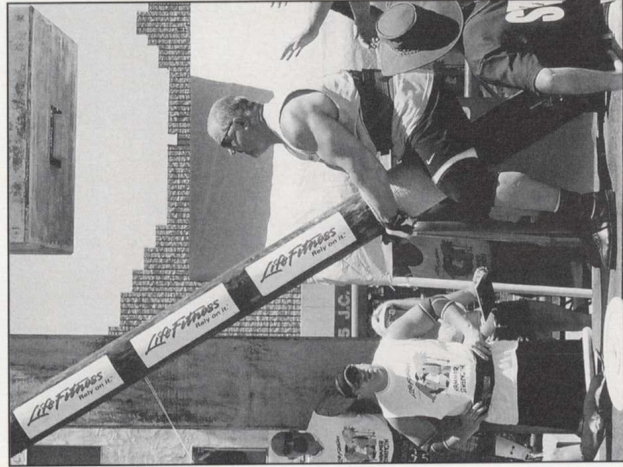


Randy Strossen and a 'Captain of Crush' gripper. (Photo Low)

Randy Strossen of MILO Magazine and IronMind products came down from Nevada City for the show; we caught him displaying his Captains of Crush grippers—the famous item for building and measuring grip strength. IronMind has lots of cool products for building various types of strength; check it out at [www.ironmind.com](http://www.ironmind.com).

Across town we paid a visit to Scott Mendelson's new gym, FIT, (which stands for Fitness Individualized Training), on one of the San Fernando Valley's main drags, Ventura Boulevard. Scott and his wife Maricelle are busy overseeing the training of lots of clients, in powerlifting, martial arts, boxing, and general fitness, plus doing their own bench press

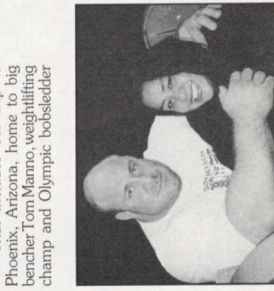
# POWER SCENE



Odd Haugen at the Muscle Beach Strongman Contest. (Ned Low)

training. For info on FIT, call them at 818-781-8643. POWERLIFTER VIDEO shot a brief tour and interview with Scott for an upcoming issue, and you can check out the latest great stuff being covered by POWERLIFTER VIDEO and POWER ISCENE at the newly revised [www.powerliftervideo.com](http://www.powerliftervideo.com).

That includes our trip to Phoenix, Arizona, home to big bencher Tom Manno, weightlifting champ and Olympic bobsledder



Scott and Maricelle Mendelson. (N. Low)

store, and Ian has his own facility, called Performance Enhancement Professionals, in Scottsdale.

You can reach him at 602-882-3278. As for Gea, she's training with Ian for the 2004 Olympics, and you can catch up with what she's up to at her website, [www.geajohnson.com](http://www.geajohnson.com).

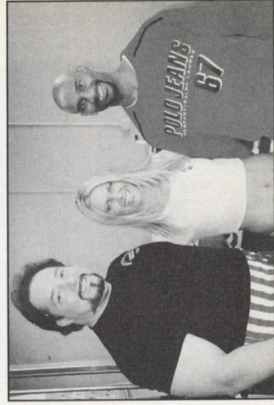
Finally, at a couple of PL events we've run into hard-working Keith Lemm and his team at CSS Photo Design. Keith takes great photos of lifters in action and then has them ready for sale as the meet goes on. So far we've seen Keith at meets in Vegas and Los Alamitos, if you're lifting anywhere out West, you'll probably see him soon. Go visit his booth.

And make sure to visit us here again next issue. 'til then, stay strong and healthy, and enjoy the Summer. See you on video.

NED LOW



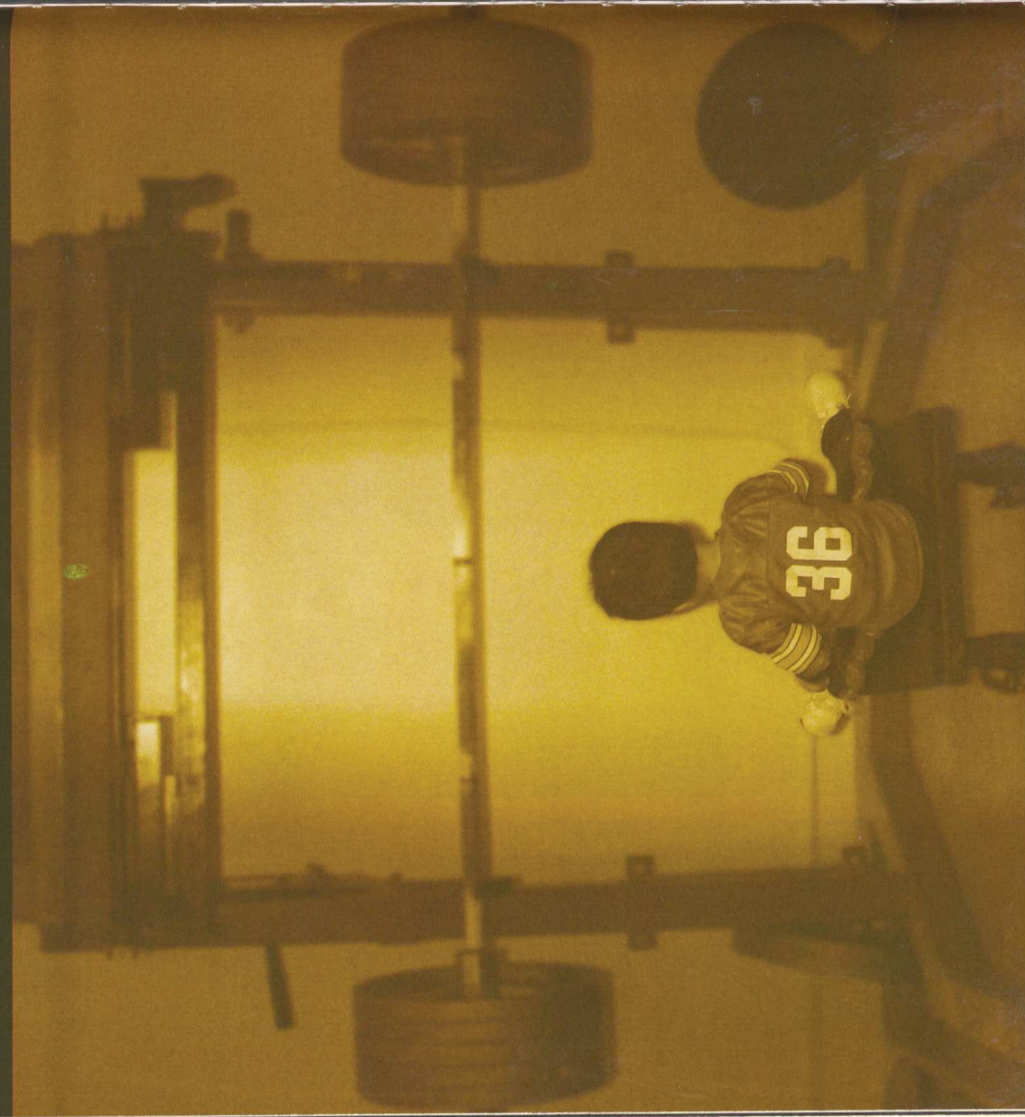
Keith Lemm and his daughter.



(l-r) Tom Manno, Gea Johnson and Ian Danney. (N. Low)



Someday I will...



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Someday I will perform to my best ability.  
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New CoreLocko prevents slipping of the legs without constricting your thigh. (leg slippage is a major cause of slack in butt area in other brands).

Squeezes the body like a powerful wrap, ensuring support even in the top range. The perfect amount of non-stretch and rebound combination.

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

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

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

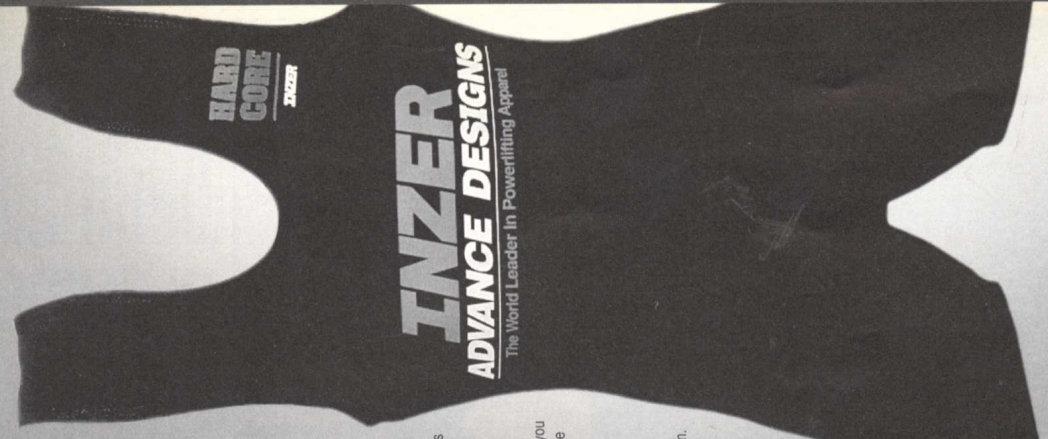
A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

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

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## HARD CORE GYM #33 All American Gym by Rick Brewer

I picked up my cell phone and saw four messages. Amongst work-related trivia was a message from my wife: "Happy 20th Anniversary, and thanks for remembering." Whoops! Guys do not remember these days - better remind us often!

It's good to remember an important anniversary, and it's time to remember the 25th Anniversary of All American Gym. They bought some equipment for a whopping one dollar (\$1), built more, and quit using A/C, so they are worth taking a look at. Last month, we looked at

not want to try and compete against his friend, so he decided to start his gym in Lakeland. The All American Gym officially opened its doors on May 19, 1979. The gym started out in a 20' x 100' previous storefront in an old building. For many years, the gym was the only business on Lakeland block in downtown Lakeland.

The gym was like a tunnel with no windows except for the storefront windows, which did not open. It has glass front door and a metal back door. Louis did start out having air conditioning in the gym for about the first year of operation, but after every other member changing the thermostat to their liking, he shut it off—permanently! Yes, no air-conditioning in the sweltering Florida summer heat along with the near 100% humidity, a hardcore environment that sometimes make you feel like you are lifting at the Earth's core!

Louis then established the gym's motto: if you didn't come here to sweat... go home!

Louis built all the equipment for the gym, as he still does today. It was first equipped with two borrowed York 400 lb. Olympic sets, one imported 300 lb. Olympic set, dumbbells in pairs ranging from 10 lbs. to 120 lbs. in 5 lb. increments, an EZ curl bar, two bench presses, one tier squat rack, one lat pull-down, and a deadlift platform.

The deadlift platform, which was located in the back right side of the gym, was built of plywood and 2" x 4"s. Louis purchased it from the City of Lakeland Parks and Recreation Department for one dollar. It was painted red, white, and blue. The concrete floor underneath the platform actually started to slope downward after years of heavy deadlifting. A sign displayed on the wall above the platform read, "The Bullshit Stops Here." The two-tier squat rack was set up across from the deadlift platform on the other side of the gym. In the front left side of the gym was a small, crude, gray desk where the 3x5 membership cards were kept, along with the latest issues of PLUSA magazine. The two bench presses were located in the front right side of the gym. The York plates, dumbbells, and bars were neatly kept in Louis' well-built racks designed for them. The mirrors came from a gym that went out of business in Tampa and the drink cooler was purchased on an extensive payment plan from Gore's. The gym had a one-person bathroom and shower in the very back along with a small locker room. The locker room had a couch where Louis slept for many nights trying to save money to keep his gym thriving. It wasn't until 1980 when he finally moved

into an apartment with a friend. Louis has always had a passion for the sport of powerlifting, as well as bodybuilding. In the 1980s he was a fierce competitor in both gym since 1987 and continues to promote drug-tested contests.

In 1980, Louis hosted his first powerlifting contest at the Lake Mirror Civic Center in Lakeland. In the years that followed, Louis continued to host powerlifting contests and branched out into hosting bodybuilding, arm wrestling, bench press, squat, and deadlift contests. He started the Mr. Lakeland bodybuilding contest and at one time was the Florida State Chairman for the American Powerlifting Federation. When Louis first opened the gym he did not expect any females to work out there due to the environment of the gym and the fact that very few females in the 1970s worked out in gyms. In 1983, Louis expanded the gym by acquiring the space next to him, which had the same dimensions as his existing space. He essentially doubled the size of the All American Gym. This acquisition paved the way for more female members because he now had male and female locker rooms. Louis built several new pieces of

equipment to outfit the expansion. After being in the same location for over 22 years, Louis moved the gym in December of 2001 to its current location at 309 West Main Street in Lakeland.

The space where Louis established and operated the All American Gym for 22 1/2 years is now a sports bar. The owner paid tribute to Louis by calling it "The All American Gym sign and put it on display in the bar. All powerlifting, bench press, and deadlift meets are now held at the All American Gym. Louis probably holds some record having the most consecutive meets. He has continuously hosted meets every year in Florida since 1980. (Note: cool sounding bar.)

Throughout the 25 years the downstairs is completely outfitted with free weights and machines. The gym can now boast to having 72 York 45 lb. Olympic plates, 4100 lb. York Olympic plates, 10 Olympic power bars, one Monolift squat rack, one Ultimate squat rack, a professional lifting platform, and tons of other equipment. Is it now air-conditioned? Only if there is good breeze blowing through the opened windows!

In today's society of multi-stations, Louis' strength equipment has been featured on The Tonight Show, MTV, Disney's Wide World of Sports, and several other prominent institutions. The Super Bowl Champions-Tampa Bay Buccaneers have been using strength-training equipment for years as well as many colleges, universities, high schools, and other organizations. Several world powerlifting records have been set on Louis Baltz's All American Gym Equipment.

Louis is still building top quality fitness equipment which can be seen on his website at [www.AllAmericanGym.com](http://www.AllAmericanGym.com).

Today, the All American Gym is still going strong, no pun intended. The facility is the biggest and best so far. It now has an upstairs equipped with boxing bags other related gear. The downstairs is completely outfitted with free weights and machines. The gym can now boast to having 72 York 45 lb. Olympic plates, 4100 lb. York Olympic plates, 10 Olympic power bars, one Monolift squat rack, one Ultimate squat rack, a professional lifting platform, and tons of other equipment. Is it now air-conditioned? Only if there is good breeze blowing through the opened windows!

For that matter, support all your local Hardcore Gyms - and let them know how much you appreciate them! Next month, we'll look at something a little less sanitary, and a little more bloody. Ask a vampire; blood is good.

Questions/Comments?  
E-Mail Rick at [Rick@houseofpain.com](mailto:Rick@houseofpain.com) or write at HOUSE OF PAIN, PO Box 333, Fate, TX 75132

Ken, thanks for that up-close look at an "All American" gym. It does my heart good to hear about these Hardcore holdouts - still doing things the right way! Louis, keep up the good work, and continue your fight against A/C and conformity! Fellow powerlifters, go visit this gym when you go to Florida!

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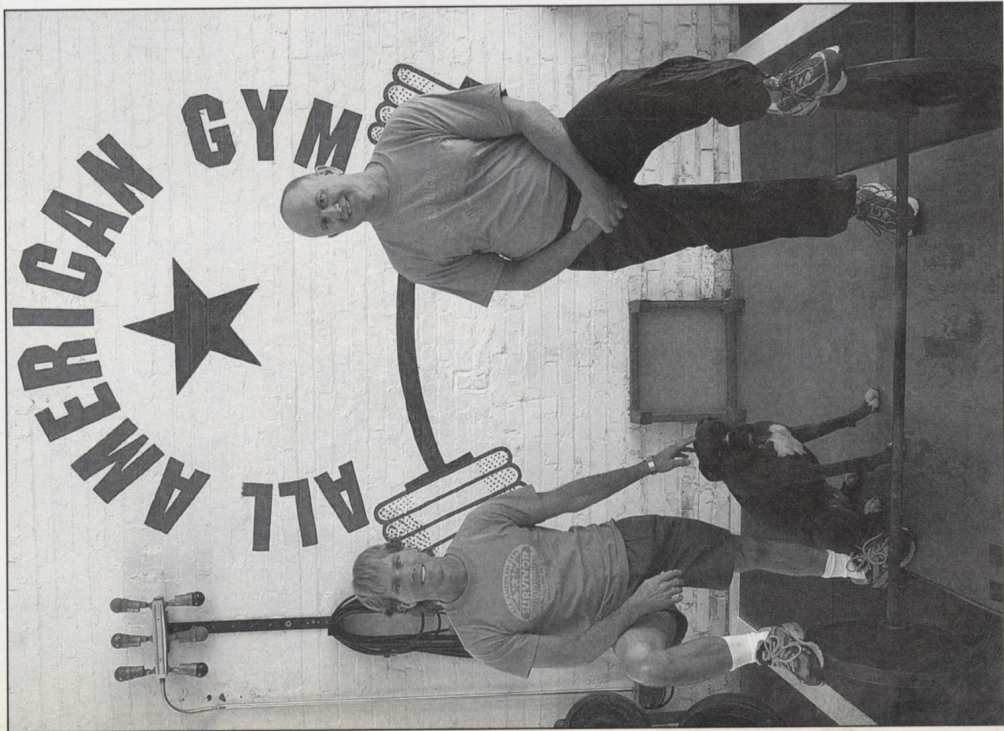
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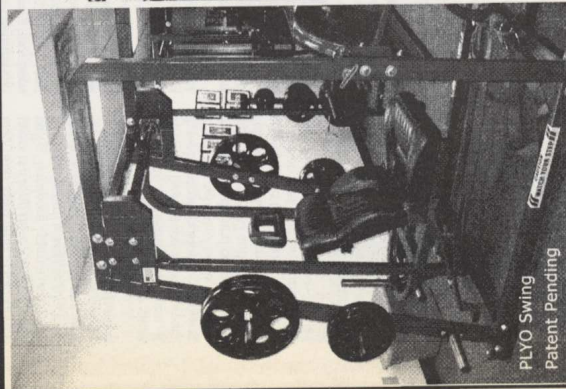


Lou Baltz (right), celebrated 25 years of the All American Gym in Lakeland, FL., with Ken Snell & "Bebe".



# LOUIE SIMMONS' PRESENTS

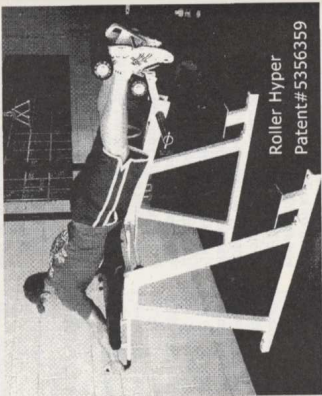
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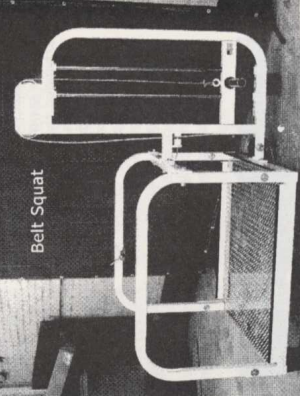
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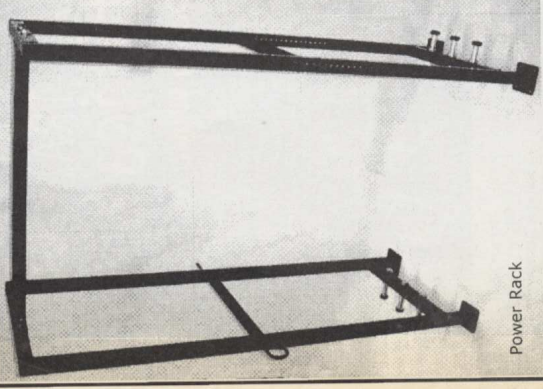
Belt Squat



Tread Sled



Safety squat bar



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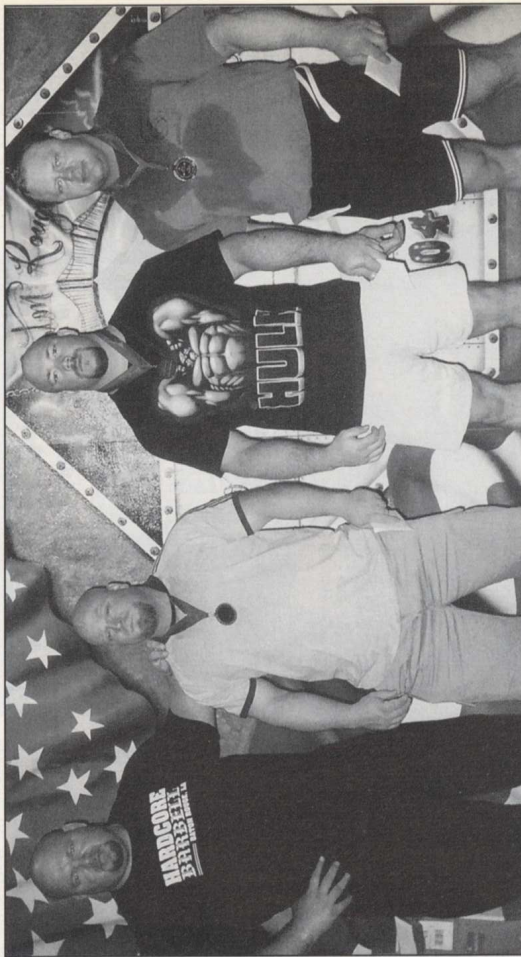
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# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems



Imagine the Training Secrets these three 275 pounders could discuss over dinner... they all went over 2400 at the APF Seniors... (2nd from left to right) Marc Barley (2403), J.L. Holdsworth (2436), and John Starford (2408)... or course, that guy on the far left might have something to say as well (APF Seniors Meet Director GARRY FRANK ... 2804 total)! This photograph courtesy of Herb Glosbrenner.

The best educational seminars I've been to have been impromptu roundtables after the local Moose lodge and some powerlifting meets. This is when people who have trained for years pass ideas, ask questions and share advice from others. This is where the best ideas on training exist. You can go to conferences, take college courses, study books and read articles written by experts and who are truly strong. And internet information being passed by those who are truly strong. And internet forums are not a substitute for personal roundtables! Anyone can hide behind their computers and give advice and criticize.

Recently after a squat workout, several lifters, all of them with decades of experience, began talking about training with bands and the mistakes they've made and the mistakes they see many people make. The majority of the conversation centered on squatting and it was amazing to hear how similar some of the ideas were. After driving home and digesting some of the main points, I came up with the following analogy that helps illustrate one of the key points.

A lifter is like a magician that has a large bag of tricks. When the magician is starting out, he will start entertaining at kids' parties, the local Moose lodge and some retirement home events. At this time, pulling a stuffed rabbit out of a hat and some simple card tricks will suffice. There is no need to break out David Copperfield's illusions or to make white tigers disappear. That would simply be overkill. Also, he is going to have to work on his stage presence and presentation. This takes time, practice and some failures. Once he has perfected these, the magician will begin playing to larger crowds and expectations are higher. He is going to have to pull more tricks from his bag in order to succeed. Making a nickel appear from behind someone's ear isn't going to turn heads. Not only will his tricks have to be more complex but his presentation and entertaining and nearly perfect. Once he has reached this level, it will take some radical new ideas to push his performance above all others. This is where his experience, the experience of others and some experimentation will occur. Sometimes he will have to go back to the basics in order to

get some new ideas. This is what separates him from the rest in his profession.

This analogy works well with lifters. A lifter needs to start with weight (no chains or bands). During this time his technique and strength need to be developed. He will have to learn his body and develop the perfect form in order to maximize his technique. During this time, there will be a lot of frustration and he will have to learn to take some personal criticism in order to succeed. Eventually he will have to move to a different training stimulus to elicit gains. This is when chains become a possibility. He will take the knowledge from his previous training (this includes sets, percentages, volume, etc.), apply it, experiment and once again he will make gains. Once this stage has been perfected and he no longer feels that he can make progress, he can move to bands. Again, he will draw upon his previous experience, make some mistakes and eventually perfect what works for him. He will experiment with different training cycles, band tensions, percentages and again find success. Of course,

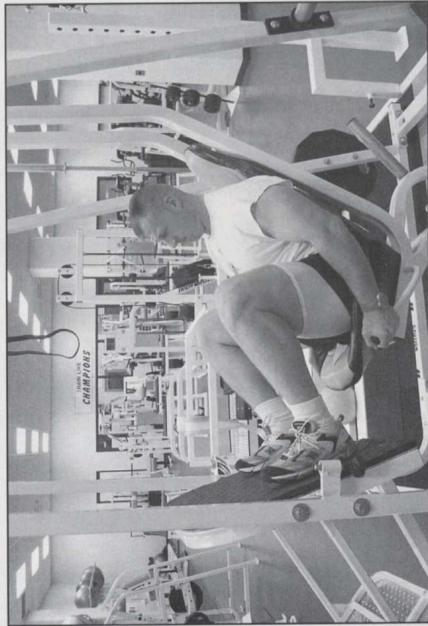
nothing works forever and now he needs to start pushing the envelope with different training combinations. This is what is so challenging, frustrating and rewarding about powerlifting. What can you learn from this? If you are new to lifting, your technique is off or you haven't maximized straight weight, take a step back and learn the basics. Too many times people reach into their bag and try the most complex and complicated tricks without first mastering the basics. Start with the simplest training methods and don't move on until you maximize them. That way, when you do plateau you will have a new stimulus to move to.

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# TRAINING

## THE VIRTUAL FORCE SWING as told to Powerlifting USA by Louie Simmons



Tom Wynski of the Cleveland Browns using the Phylo Force Swing invented by Simmons.

of Strength Training by Zatsiorsky. That swing can be changed by increasing the mass and range of motion. Our Virtual Force Swing does the same. In addition, we can adjust the amount of speed desired. It is designed to convert potential energy into kinetic energy. We know through physics that increasing the mass is the most effective as increasing kinetic energy. When inanimate objects such as pool balls collide, no kinetic energy is lost; this reaction is referred to as perfectly elastic. However, in humans, it is somewhat different, due in part to the inhibition of myotactic reflex receptor (ME) efficiency (ME) has been studied for years. In studies by Margaria (1968) and Komi (1984) and Komi (1986), they show that the velocity of shortening or stretching influences the value of ME. It is also known that the stretch-shortening cycle will cause very different loading conditions with different ME (Strength and Power in Sport, Komi). Having said this, it is

was approximately 1.6 seconds with 550 pounds on the bar. However, when using a large amount of bands and a small amount of weight, the eccentric phase was 0.52 seconds, 3 times faster. Here, a virtual force occurs, i.e., a force that is present, but not recognized.

For example, a certain thickness of ice can support a 50 pound ball without breaking. If the ball is dropped from a distance, moving at 9.8 meters/second, it breaks the ice on landing. Although it still weighs the same, it had accelerated, in the second case. This is the case when squatting with bands. When we land on the box, a virtual force occurs due to acceleration.

We do not use depth drops. Rather, we use a swing. It is much like the one in Figure 6.12 in the book Science and Practice

easy to see why the Virtual Force Swing (patent pending, 2004) is so effective.

Potential energy of the tendons and soft muscle tissue can be released two ways. If it is done slowly, the energy is released slowly. If done fast with short amortization phase, it produces a high level of power. Just imagine the advantage of a swing where it is possible to adjust mass and velocity.

There is much known about the eccentric phase. It causes most muscular soreness or delayed onset of muscular soreness. This soreness can reduce dynamic strength and damage the myofibrils and connective tissue (Friden, 1983). Eccentric work can generate much higher forces due to the tension-generating capacity of the connective tissue. This can cause an increase in tensile strength of the tendons and other elastic components of the muscle complex (Garrett, 1986). When high-velocity eccentric work is introduced progressively, it enables the connective tissue to resist high-impact forces that accompany high-impact activities such as jumping, running, and depth jumps.

High-speed or overspeed eccentric are vital to superior training and results. When squatting or benching, during the eccentric

This is not conducive to speed strength. It's as simple as this; if lowering a barbell slowly is right, then plyometrics are wrong. But we know that's not true. Remember our experiment with overspeed eccentrics using a high percentage of band tension versus a lower percentage of bar weight? The same is true for the Virtual Force Swing. Using a large amount of adding weight plates to change velocity to increase velocity and mass will produce a very positive training effect. Increasing velocity has much greater effect on kinetic energy than increasing mass. This kinetic energy is transformed into reversal strength.

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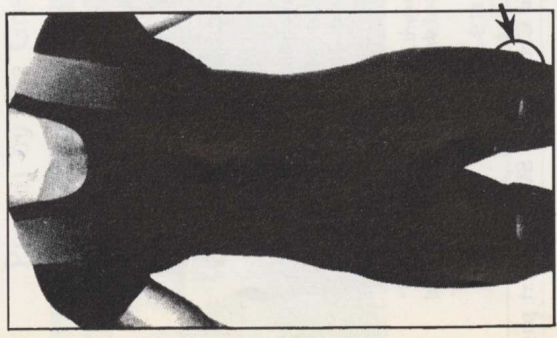
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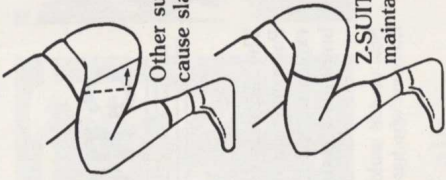
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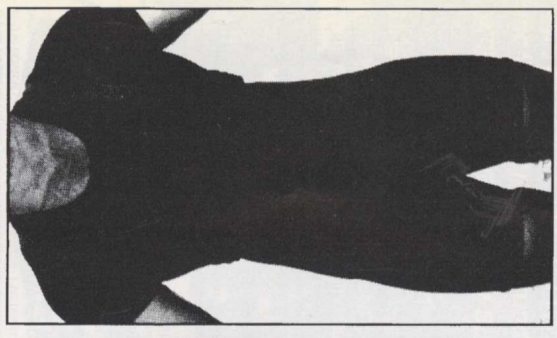
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## ASK THE DOCTOR

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**Dear Mauro:** I know you've heard this a thousand times before, but I need some advice on putting on some muscle. I've been lifting for three years now and can't gain any weight up. Although I'm strong for my weight, I also want to look strong. That means putting on some meat. At 5'11", I'd like to train at least at 180 lbs., and higher if possible, not my present 155 lbs. I can eat my head off and take all kinds of supplements, but still can't gain. I work out three times a week for about 2 hours at a shot. I work the bench all three days, the squat twice a week, and the deadlift once. I also do some bodybuilding assistance exercises all three days, but more so on the day I don't squat or deadlift. My workouts are pretty intense and I don't waste time talking, although I do rest a few minutes between sets of heavy weights or deadlifts.

I try and eat as much as I can, but sometimes have to miss meals. Breakfast is a hit or miss situation, but I try and make it up the rest of the day.

I could use any advice you can offer. - **Ralph S.**

**Dear Ralph:** You're right. I have heard this before. In fact, I get more letters on how to put on muscle mass than all the others combined. While there are genetic differences, anyone can pack on more muscle if they approach it properly and systematically. There are four basic steps you have to take. - **Mauro.**

### 1. LIFESTYLE CHANGES

In order to set up a foundation for gaining muscle mass you should optimize your lifestyle. For example, decreasing stress levels, getting proper sleep, and keeping away from excesses of alcohol and recreational drugs will result in an ideal hormonal base on top of which further changes can be made by optimizing training and diet.

Reducing stress, getting proper rest and keeping away from recreational drug and alcohol use are of primary importance since they can result in decreased testosterone and increased cortisol levels. Studies have shown that sleep deprivation adversely affects testicular function, leading to lower serum levels of testosterone (Reference 1). Decreased testosterone levels and secretion rates are observed under stressful conditions (anesthesia, anxiety, hangover, exhaustion, undernutrition, overtraining) as well as with increased serum cortisol levels and ACTH stimulation. Drugs such as alcohol,<sup>2,3,4</sup> marijuana<sup>5,6</sup> and cocaine<sup>7,8</sup> have adverse effects on serum testosterone levels.

### 2. TRAINING WITHOUT OVERTRAINING

The next step is in making appropriate changes in your training. In short, to increase muscle mass you have to train in such a way that the anabolic and catabolic hormones are fine tuned to give maximum results. Controlling anabolic and catabolic influences during training and recovery can maximize strength and muscle mass gains by most efficiently translating the response to exercise into increased protein synthesis and decreased protein catabolism.

That means that you're going to have to train both hard and smart, but you also have to be careful not to overdo it. To get ongoing consistent increases in muscle mass and strength, you need to do enough exercise so that your body must adapt to the new workload and be able to do so. In order to make any progress you have to handle more weight and/or do more reps in a certain time interval. Unless you do enough work, you're not going to grow because your body doesn't need to adapt. On the other hand, stressing the body too much is counterproductive, since the body just doesn't recover fully before the next workout. This leads to overtraining and burnout, both physically and mentally.

There's another side to this equation that's just as important. We now know that if the high intensity training isn't there then you're not going to grow. However, if it is there but you don't adapt to the training load then you still won't grow. Successful adaptation to high intensity exercise results in anabolic changes providing that the adaptive stress is high enough and forces adaptation to occur. Exercise stress that doesn't require any significant degree of adaptive stress will not result in a positive training effect. Exercise stress that requires a degree of adaptive stress that the body is not able to cope with also will not result in a positive training effect.

I suspect that you're overtraining and you should drop back to training twice a week as well as cutting back on the bodybuilding exercises. Train the bench and squat twice a week and the deadlift once a week and only do assistance exercises on the day you don't deadlift. Keep the training sessions to under an hour and a half and work hard. Once you start putting on some beef you can increase your training time and add some more assistance exercises.

### 3. MAXIMIZING DIET AND NUTRITION

The first rule in gaining muscle mass is to make sure you're taking in enough calories. You can't gain significant amounts of lean body mass by starving yourself. Your body will break down other tissues, including your muscle, to make up for the lack of dietary calories. You need to take in enough calories to match your calorie output and goals. In your case, I suspect you're not taking in very many calories, especially with your missing breakfast and other meals. The problem for most hard gainers is that they tend to eat sporadically and simply don't take in the volume of food that they need to gain weight.

You have to discipline yourself to making your caloric intake a priority. I resorted to setting my wrist watch alarm to sound every two hours. When it went off, late whether I wanted to or not, and no matter what I was doing (almost). Increase your calories to between 4000 to 5000 calories a day. Breakfast, which for many may be a coffee and donut, should be a full meal. Try to eat over 1000 calories at breakfast. On the days that you succeed you'll find the whole day will go better, calmer. As well, try to have snacks in between meals. For example, mix a protein drink in the morning and have it during the day between meals. For example, mix four tablespoons of milk and egg or whey protein with 2 tablespoons of flaxseed oil and add in some ice cream, fruit or whatever you have on hand. At night, after supper snack on peanuts and milk.

No matter what kind of diet you follow, whether low or high complex carbohydrate, or how many calories you take in, your diet needs to be high in protein. Intense muscular activity increases protein catabolism (breakdown) and muscle use as an energy source. The less protein available, the less muscle you're going to be able to build. A high protein diet protects the protein to be turned into muscle by, among other things, providing another energy source for use during exercise. The body will burn this protein instead of the protein inside the muscle cells.

In fact, studies have shown that the anabolic effects of intense training are increased by high protein diet. When intensity of effort is at its maximum and stimulates an adaptive, muscle producing response, protein needs accelerate to provide for that increased muscle mass.

Whether or not you need to supplement your diet with extra protein depends on your goals. For those of us who don't have to worry about gaining some fat along with the muscle, high caloric diets will usually supply all the protein you need provided you include plenty of meat, fish, eggs and dairy products. With the increased caloric intake and by including high quality protein foods, you'll get your extra protein at the dinner table without thinking about it.

Most athletes, including powerlifters, however, need the economy of maximizing lean body mass and minimizing body fat. In order to increase their protein intake, they need to plan their diets carefully and in many cases use protein supplements since they can't calorically afford to eat food in the volume necessary to get enough protein.

For powerlifters, I recommend a daily intake of between 1.2 to 1.6 grams of high quality protein per pound of total bodyweight. That means that if you weigh 165 lbs., and want to put on a maximum amount of muscle mass, then you'll have to take in as much as 264 grams of protein daily. There are several competitive weightlifters, powerlifters, and bodybuilders that I know that take in 2 to 3 grams of high quality protein per pound of bodyweight.

If, once you've gained a significant amount of weight, you want to lose some of the extra body fat it's even more important to keep your dietary protein levels high. That's because the body oxidizes more

(Dr. DiPasquale's response is continued on page 68)

# INZER ADVANCE DESIGNS

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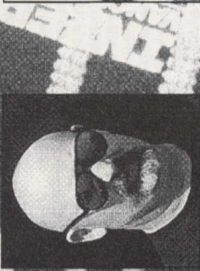
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**Q:** I was wondering what your opinion was of eggs. I eat them a couple times a week, but was thinking of incorporating them more often. What would you say about that? I am eating the whole egg, but have heard a lot of people say that there is too much fat and cholesterol in them. Please let me know how I can put them in my diet.

**A:** Eggs are no doubt one of the best foods powerlifters can eat. This is because of many different reasons. First off, they are high in protein. One large egg contains about 75 calories, 7 grams of protein, 5 grams of fat and 0 grams of carbs. The next thing that is great about eggs is the Biological Value. They have a BV score of 100. Until they made it to the scene they had the highest rating of any protein food source. Yes, they are higher than chicken, steak and fish. The quality of the protein in eggs is no doubt of the highest quality available. Next, eggs are pretty cheap as well. For those striving students out there or those on a budget, eggs can be very helpful in getting your protein in without having to mortgage your house just to pay the grocery bill. The only thing we have to watch with eggs is the cholesterol content in the yolk. One egg yolk contains about 212 mg of cholesterol. The good thing is that all the fat and cholesterol contents is only found in the yolk. This means that you can eat all the egg whites you want without it affecting your blood profile. Personally, I usually have 16 for breakfast or sometimes will do them at night as my nighttime meal. I will usually throw in a couple yolks for the nighttime meal, as the saturated fat in the yolk will slow down the absorption of the protein during my sleep, thereby keeping me in an anti-catabolic state during the night. Egg whites should be a part of every powerlifter's meal plan. The main thing to remember is to make sure that you limit the number of yolks if you have a cholesterol problem. Another thing that you have to watch out for is cooking them properly. Salmonella poisoning is something I am sure that many of you have had in the past and you all know this is not a fun scenario in the least. This is one reason why drinking raw eggs is not a good idea. I know you all want to be like Rocky and drink down the raw eggs but it won't be a good idea. A lot of people use the pasteurized egg and egg whites that are found in the egg section of your grocery store. These are very good for those making egg white omelets because you don't have to break any shells and then separate the yolk from the white. No mess, and no headaches. Some people and have asked if they can drink the

# NUTRITION

## Power Nutrition Q&A by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

enhanced lifter and it was nice to see that there is someone out there that is looking out for our health. Most of the time all you get from people is snide remarks about the performance enhancement side of your sport. I would really like to thank you for going out of your way and answering such an important question. I have used gear for over ten years off and on, and my health is always of top concern. I am very interested in becoming one of your clients for not only the nutritional consultations, but also for my health maintenance and cleansing programs that you offer. I know that you have a very busy schedule, but I would love to have you open your eyes to what I can get in touch with you. I will have one thing to say and that is, as powerlifters are very lucky to have someone like you, they are assisted or freed by you. Not only to help educate us on the finer points of sports nutrition, but for the sincere fact that you are watching out for us instead of just criticizing our choice to be enhanced lifters. Sincerely, Joe Wallace

**A:** Hey, Joe you liked to hear from you. I am glad you liked last month's column. I always try to provide new and interesting ideas to the magazine. I know that the question in regards to reducing the liver enzyme level was one that was quite serious in nature. This is the reason why I thought it would be a good idea to include it in my column. Yes, it is true that I do my best to get you guys to Squat and Deadlift a lot more from my nutritional methodology, but I have always emphasized that your health is even more important. I know a lot of hard-core guys may think of that as the last thing, but in reality it should be priority number one. When you are young and strong, you feel like you can take on the world. Combine that with a jacked up testosterone level and the ability to throw around 800 pounds on your back like it was a broomstick and sometimes you feel indestructible. But the sad reality of life is that all it takes is one small mistake or sickness and all your empire of strength and power can be brought down in an instant. This is why that I always reinforce with my athletes that you have to look out for number one and that is your

enhanced lifter. In regards to the whole drug free or chemical enhanced situation in powerlifting I feel that our sport is the best out there. If you are drug free then you compete with the drug-tested organizations. If you decide to use gear then you can compete with those organizations that don't test. Its not like a lot of other sports that are just purely hypocritical trying to say they are drug free when you know like hell they are just lying and getting around the test by using masking drugs and different methods to pass the test. This is just more accepted in the mainstream. The whole drug testing thing that went on with the pro bodybuilders in the early 90's was just that. Everyone knew they were still gassed to the max, and it just made a mockery of the sport in the hopes that they would get some Olympic recognition. Which, as you can see, failed miserably, since I don't see bodybuilding in the Olympics. This is why I respect the sport of powerlifting a lot more than other sports. I believe we are realists and know that there are two different areas of our sport. I don't get caught up in the politics of drug free or assessed as in my opinion everyone has a choice to do as they please. I am not one of those guys that goes around bashing people because they are assisted or freed by you. It makes no difference to me and I don't look at anyone or judge anyone because the choice they have made when it comes to this topic.

In regards to working with you for private nutritional design please contact me so we can discuss exactly what you are looking to do. As you probably already know I just launched my exclusive Nutrition XP3 Kit geared for powerlifters. Another new plan that I will be launching is my new Power Cleanse XP3 program. This is a complete program that is focused on cleansing the body of impurities and toxins that have built up over time. This is due to such factors of not eating properly and chemical enhancement. The combination of this can build up a load of toxins and carcinogens in the body. This down the road will set you up for a variety of nice health ailments that can lead to some serious diseases. The Power Cleanse XP3 program will focus on improving the quality of your health and protect different organs of the body from the strain that you have put on it over the years. This program is must for all chemically enhanced lifters that care about keeping their machine working like a fine-tuned machine on the inside and out. I can't stress enough how important it is to take care of your health especially those that are using pharmaceuticals to increase their

performance. My unique system will help detoxify the body and cleanse out impurities you never even knew you had in you. If you read last month's column about the gentlemen that performed one of my cleanses then you will know what I am talking about. Get back to me ASAP so we can get started on your nutrition plan and then organize your specific cleansing protocols around your training and pharmaceutical cycles to keep you running like a freight train.

**Q:** Hey nutrition man, I just wanted to drop you a line to let you know that I think your column sucks! This is a powerlifting magazine, not some journal of dietetics. If I wanted to learn more about nutrition I would stop by Weight Watchers. You mentioned that you have some doubters out there so I will let you know that I am your number one nutrition thing is so bodybuilder like it makes me want to go and try to force my ideas down your throat but I am here to help those who want to educate themselves on how to improve their performance through proper nutritional practices. Hey, if you don't like my column don't read it. I am not holding a Mack 10 to your head making you read it every month. Now from the picture that you sent me I will let you know you are not 14% bodyfat. I think your second chin is holding more than 14% body fat alone. You have more rolls than a bakery. I am telling you my good man, you should not stock in WonderBran. From the sight of the photo you took man and I eat like one so you can staff all your new age "Cleanse This". Plates stay in your programs



**Anthony Ricciuto ..... this is the Man Behind X-tremepower.com**

where the sun doesn't shine. Sincerely, Up Yours  
**A:** Hey hold on here little buddy, I think you might have gotten your thing bikini tied in a knot so before you have a stroke, take a few deep breaths and step away from the point of ice cream that you have your furry knuckles wrapped around. So you don't like my column. Do you think it hurts my feelings? Do you think that I will become some sleep tonight because "Mr. Nobody" like you think differently then me. I could care less if you like my writing or not. During my time here at PLUSA I have gotten tons of positive response from lifters all over the world that are now incorporating my nutritional ideas into their powerlifting plans. If you think my theories are stupid then maybe you are the one who needs to get educated a little. I am not here trying to force my ideas down your throat but I am here to help those who want to educate themselves on how to improve their performance through proper nutritional practices. Hey, if you don't like my column don't read it. I am not holding a Mack 10 to your head making you read it every month.

Now from the picture that you sent me I will let you know you are not 14% bodyfat. I think your second chin is holding more than 14% body fat alone. You have more rolls than a bakery. I am telling you my good man, you should not stock in WonderBran. From the sight of the photo you took man and I eat like one so you can staff all your new age "Cleanse This". Plates stay in your programs

like you are at least a D.Cup. Hey, like a 5 with those striped spandex competitors. Just ask one of my

you are wearing in the photo? If that's what you wear out in public I am surprised you haven't been picked up for indecent exposure. You are just plain nasty as best and I haven't even started describing your attitude. No, I don't want powerlifters to get all shamed down like bodybuilders. From the look of the picture, you look like you could put Sasquatch to shame with the amount of body hair you have. At first I thought you were wearing a wool sweater, but when I looked closer it was just that you were covered in that nasty hair funk like it was some type of rug. I don't think you could use a razor on all that "Hair Moss" that you have covering your body. You would probably need a blowtorch just to get through the first few layers. Next, I got to ask myself, why did you send a photo of yourself into me? Was I supposed to look at it like Adams and be so thankful a genetic specimen like yourself sent me in a nice color glossy photo? Did you think I was going to put it up on my fridge? I am only sad you didn't do down generation after generation. I will forever cherish your beautiful photo. Please send me a couple wallet size photos so I can carry them with me at all times. NOT! Hey Mr. Tough Guy why didn't you include a name? Instead you just signed it with a foul remark. If you are so proud of yourself "Mr. Furbal" why didn't you include a name and phone number so we can discuss your theories on the nutritional sciences? If you are such a "Scholar of Knowledge" let me know what your beliefs are on the application of nutrients for strength athletes. I would love to talk with you one on one, but since I don't think your IQ is much higher than your shoe size then I don't think it would be worth my time to spend an intellectual point of view. I will say that you had as many brain cells as you do fat cells, you would put Albert Einstein to shame.

I don't know how you came up with the conclusion that my nutritional plans are based around eating foods that won't increase your performance. All I can say is you are way off my friend. Now, if you have read my column you will know that the way I construct nutritional programs for my elite athletes is much different than some type of bodybuilding plan. If that were the case, none of my athletes would be getting any results at all. They would be depressing not progressing. Just talk with any of my clients and they will tell you what type of impact they made on their training and performance. Many of my clients have hit time bests in the gym and in my

competitions. Just ask one of my

newer clients World Record Holder and Champion- Phil Harrington. He has hit some unreal numbers as of late under my nutritional guidance. If you ask him he will tell you that since he started with me his numbers have been improving like never before. His recovery is better, his volume workload has increased, his body fat is lower, his endurance is up, and his strength has gone through the roof. Give him a call or any of my other stars and they will let you know the 411 on how I have helped them reach new heights with their powerlifting careers. Just to let you know the types of plans that I have them on are 1) rice cakes and celery sticks like you implied. Their meal plans are nutrient dense and power packed so that they will run like a Mack Truck. Your ignorance never seems to amaze me. If you know anything about what I do then you would know that I am not some yuppie "Pilates" type geek who can't relate to the hardcore powerlifting scene.

I am not here trying to preach to you but I will say it that if you open your eyes you will see that my theories can make a drastic improvement in your powerlifting total. Usually don't waste my time with questions like this because I know you are just trying to aggravate me. I have had a few idiots like you write into me in the past, but I will say you are the biggest of them all so you are going to end it here because I know I will be just wasting my time with someone who is as ignorant as he looks. I would give you a few more put downs but I have figured Mother Nature has already done enough to you.

Sincerely, Your Friend in Strength, Anthony.

### Nutrition XP3 Contest

Just to give you the heads up for the Nutrition XP3 Contest things are in full swing. Your time is almost up so keep training hard and get in your entry packages to me before they are due. Those of you are that are interested in the Nutrition XP3 Kit please feel free to contact me and I will let you know about availability. You can find out more at my website at www.NutritionXP3.com.

So until next month keep eating clean, train hard and if you see "Mr. Furbal" give him a slap across the back of his head with your lever belt for me.

If you have any questions or comments please contact Anthony Ricciuto at ariccuto@xtremepower.com.



"Life is a banquet and most damn fools are starving to death."

Anne Frank

I don't know if you are aware of it but there is a growing phenomenon in America called "dysphoria," where people seem to have lost the capacity for happiness. A recent mental health survey revealed that eighty percent of the Americans surveyed said that they were not happy and that life was real bust. Eighty percent! A similar investigation of young adults revealed only 14 percent of them were happy. Interestingly, when they conducted comparable studies across various socio-economic groups, the findings were eerily similar...no one seemed to be happy and in fact most of the people interviewed talked about hopelessness, despair and misery. If that is not enough, listen to this: one out of every two marriages in America ends in divorce. Worse yet, most of the marriages that are intact are unhappy marriages. Only 17 percent of married couples said they would do it all over again if they had the chance. The average relationship in America today lasts three months. Only 11 percent of people in the work force like their jobs and less than twenty percent of high school students enjoy school. Not surprising, one out of every five Americans will require psychiatric help before they reach the age of forty. And did you know that every year in America twenty-seven thousand people kill themselves? Is that sad or what!

And all of this is in America — the greatest country in the entire world. It doesn't have to be like that. It isn't inevitable. It isn't ordained. This doesn't have to be...it shouldn't be. We have all the resources within us, all the magic and wonder to experience true happiness. Happiness is unique to each and everyone one of us. It's simply a state of mind. We make our own happiness. No one can be happy for us and no one can tell us what happiness is. Others can only know us to the degree that we know ourselves. Joy and self-fulfillment come only when we assume full responsibility for who and what we are. Consequently, we can only grow when we take responsibility for our own joy and happiness. Euphoria can not be generated from outside of us. Lasting happiness and peace come from within. However, when we discover intrinsic happiness, it is ours. People and events come and go, but joy remains with us forever. Wealth, status, power, and security are not essential. These things are nice, but they're not essential; they are not necessary. The only security there is, is you. When I worked in professional baseball, I was around some of the wealthiest people in the world and they were some of the most miserable people I have ever met. On the contrary, in my travels I have also met some of the poorest people in the world. People who struggled just to make ends meet. And do you know what? Many of them were extremely happy. Obviously there is more to happiness than power, money and wealth. As I said, your only real security is you. You have to accept who you are and embrace who you are if you truly want genuine happiness.

Everything comes from within. Recently, I had an interesting experience. I was with my best friend, Kenny Blanchard. Without question, Kenny is one of the most magnificent human beings with whom I have ever had the pleasure of spending time. When he was seventeen years old, he had a terrible motor cycle accident that rendered him paralyzed from his neck down with only partial mobility in his arms. Although Kenny is a quadriplegic, he is a magnificent teacher of what it takes to truly live life. He is so gentle and so kind and so full of beautiful things to share: his entire life is one of giving and sharing, as I would like my entire life to be and I am sure the way you would like your life to be also. Anyhow, Kenny invited me to lunch so that I could meet this woman who had volunteered two weeks of her time to help the disabled. Naturally, I accepted the invitation...heck I will do anything for a free meal. When we got to the restaurant the woman was waiting on us. She was an absolutely beautiful woman. She was a

Lamar Gant seemed very happy with his IPF World Championship victories. (Photograph by Mike Lambert)



giving to others. I seldom hear him complain, and when he does he takes a few moments and gets over it. He spreads happiness and joy...hell he is happiness. All of this reaffirmed to me that nothing but life itself is necessary for humans to know joy and happiness and that happiness is more a state of mind than a state of being. If you look for hope or happiness outside of yourself, you are going to be looking for trouble. Happiness lies within us and to discover that is one of life's greatest insights. Buddha told us that trips outside of the world are worthless. Jesus said, "If you want to find life and happiness you have to look inside yourself." Therefore, it is incumbent that we become all that we can be, the most wonderful, intelligent, loving human being possible. And then we will always survive. As Abraham Lincoln reminded us, "Most people are about as happy as they make up their minds to be."

## DR. JUDD

### Happiness is a State of Mind as told by Judd Biasiotto Ph. D.

tall, well-built, exquisite blond with piercing blue eyes and beautiful white teeth...a face that could launch a thousand ships. She was also impeccably and opulently dressed. In all frankness she reeked of wealth. She had diamonds and gold draped all over her body. It was also quite obvious that she was extremely intelligent. Interestingly, though, just about every word that came out of her charming little mouth was either pessimistic, or fatalistic. She seemed "hell bent" on telling us in detail every little tragedy, every little problem, every miserable happening that ever transpired in her life. "My husband doesn't listen to me." "I don't blame him I would just want to listen to that negative crap twenty-four seven either. "My children are always fussing and complaining. That really surprised me. Do you think her kids could have learned that behavior from her? "It is so hot and dry all of my flowers are dying." Sell some of those diamonds and buy yourself a garden hose and water the damn things. "My Porsche isn't driving right." Poor Baby! It went on and on and on.

And she was great at blaming all of her problems on everyone else. It was her parents' fault, her teachers' fault, her friends' fault, society's fault, life's fault. She even blamed God for her misfortune and unhappiness. "I never forgive God for doing that to me. What a freaky ego. She was blaming, complaining, whining, moaning, and griping from the time we sat down until the time we left. And there was Kenny sitting in his wheelchair trying to console her on each and every issue that she complained about.

Think about all this...here she was with every physical advantage, with wealth, a great education and a magnificent gift of beauty from God and she was miserable, unsatisfied and depressed. And here was Kenny who according to most people's standards had no particular cause to rejoice, yet he lived in genuine happiness. And that is the absolute truth. Since the day I met Kenny, he has smiled and laughed his way through life. He is always reaching out to other people sharing himself and giving to others. I seldom hear him complain, and when he does he takes a few moments and gets over it. He spreads happiness and joy...hell he is happiness.

All of this reaffirmed to me that nothing but life itself is necessary for humans to know joy and happiness and that happiness is more a state of mind than a state of being. If you look for hope or happiness outside of yourself, you are going to be looking for trouble. Happiness lies within us and to discover that is one of life's greatest insights. Buddha told us that trips outside of the world are worthless. Jesus said, "If you want to find life and happiness you have to look inside yourself." Therefore, it is incumbent that we become all that we can be, the most wonderful, intelligent, loving human being possible. And then we will always survive. As Abraham Lincoln reminded us, "Most people are about as happy as they make up their minds to be."

There are many variables that come into play when you're trying to increase your one rep max in the squat. You have to examine the entire lift from start to finish. For some, the squat may come naturally with very little training. These lifters are able to make impressive gains quickly. For others, the squat may feel so uncomfortable that they quit before giving themselves a chance to excel. Let's begin by looking at the movement itself.

I don't know how many times I've seen guys do the squat incorrectly. All too often, lifters struggle with the lightest of weight because of improper form. Bad form must be avoided at all costs because a majority of injuries wouldn't happen if proper form was used when heavier weights are attempted.

The most common mistake occurs when a lifter starts the movement. I see a lot of guys begin by bending their knees. The first bending motion should be in the hips. You should dip your hips back, like you're going to sit into a chair, trying to keep your shins as upright as possible. If you watch someone from the side do a squat correctly, the motion of the bar goes almost straight down and straight up. This method keeps the bar over the centermost part of your body, enabling you to use your entire body and not just your legs. Believe me, this makes a world of difference.

Bar placement could be a major factor in the weights you handle depending on your style of squat. If the bar is placed too high on the traps, it could cause you to bend forward too much at the waist. This will throw your hips up at the bottom of the squat, perhaps dumping a heavier weight over your head. Placing the bar too low on your back would cause another problem. In this case, the bar could roll down your back, placing a great deal of stress on your rotator cuffs. The ideal placement of the bar would be between the lower traps and upper rear delts. Over time, you will create a comfort zone we powerlifters call the "shelf." You may have to hold your elbows up during the squat to create this shelf.

Another factor dealing with bar placement is your grip on the bar. You want to stay as tight as you possibly can during the squat, so it helps to squeeze the bar in order to maintain a firm grip. This will also help to keep the bar from rolling during the lift. If your wrist or shoulders start to hurt when you squating, you may want to widen your hand placement. Just remember, the wider your hands, the greater the chance that the bar will roll on you. Foot placement is probably the biggest issue when it comes to squatting. A good rule of thumb to

# WORKOUT OF THE MONTH

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

## Joe Laddner's Squat



remember is to squat with larger hips will tend to squat better with a wider stance and a lifter with larger quads will tend to squat better with a closer stance. When squatting, I like to look down at the ground until I'm set with the weight on my back. This way you can actually see your stance, instead of just feeling it. Believe it or not, the way you breathe can play a factor in the squat or, for that matter, any lift where you strain. You never want to exhale during the descent of a lift, especially the squat. Take a deep breath and hold it as you

squat. Some lifters yell, scream, or exhale as they come up from the bottom. I personally hold my breath all the way through the lift. Gear can play another big factor in the squat and I could write an entire article on just the different types. In brief, one-piece squat suits today are made from polyester, denim, or canvas. They range from one layer to three layers, some with squat straps and others with Velcro. Squat briefs are worn underneath the squat suit to add more support. There is a wide variety of wrist wraps, knee wraps, and bells being used also. Some lifters prefer boots, while others prefer tennis shoes. Some prefer a heel, while others prefer a flat-soled shoe. Support gear can become a heated topic with some lifters. As a whole, gear was developed so lifters could move a heavier weight more safely than they could raw.

I preach constantly about how our bodies adapt to repetitive exercises. For this reason, I believe in constantly changing the workouts. In the off-season, I do something different in almost every workout and usually perform higher than normal reps. I usually try to limit the exercises to no more than five, sometimes only one, depending on the amount of reps I do.

With 25 years of training and competing under my belt, I've used a wide variety of workouts. To increase my one rep max in the squat, I've used multiple explosive singles. The following is an example of this type of workout:  
**Week 1:** 1 x 10 x 135 lb., 1 x 5 x 225 lb., 1 x 3 x 315 lb., 1 x 1 x 405 lb., 1 x 1 x 500 lb. Rest for 30 seconds and then repeat this set for 5 singles.

**Week 2-5:** Increase my top set of singles by 10 lb. each week.

**Week 6:** The warm-ups would stay the same up to 500 lb. My top set would start with 3 x 3, using knee wraps and a belt @ 550 lb.

**Week 7:** The same as Week 6 except my top weight would be 560 lb.

**Week 8:** Top weight would be 570 lb. for 2 x 3.

**Week 9:** Using a squat suit, knee wraps, and belt, I would start three singles again with 580 lb., with only 3 minutes rest between sets.

**Week 10:** Same warm-ups, then three singles with 590 lb.

**Week 11:** Same warm-ups, then three singles with 600 lb.

**Week 12:** Meet or peak day; 600 lb. x 1, 620 lb. x 1, 640 lb. x 1.

1. Remember to stay tight, take a deep breath, dip your hips back, keep your shins as upright as possible, push your knees out and squat on the outside of your feet. Most importantly, EXPLODE out of the bottom. Good luck and train smart.



## DIGIT RATIOS AND A PRE-DISPOSITION TO STRENGTH... Hand, Hand, Fingers, Thumb..... Finger Ratio Analysis May Not Be So Dumb, Dumb, Dumb... as told to Powerlifting USA by Glenn Buechlein

This past April as I was fulfilling my twice weekly obligation of GPP by actively surfing the infinite amount of useless cable channels, I happened across a topic that piqued my interest. The science program I viewed centered on hormones and the development of the sexes. A few moments later I was devoted to John Manning an evolutionary biologist from the University of Liverpool. He theorizes that finger ratios act as a strong predictor of sporting prowess and various other traits. To demonstrate this theory he spent time with a group of young sprinters in merry old England. Manning predicted that he could pick the probable winner of a race between the Liverpool ladies solely based on the relationship between the 2<sup>nd</sup> and 4<sup>th</sup> digits. We would refer to them as the index and ring fingers. To my astonishment, he was correct and continues to be accurate with a wide variety of athletes.

Upon consuming a small dose of this theory I promptly went to the high school where I instructed and proceeded to unscientifically analyze my students' hands. To be honest, I never would have embarked on this mission if I had not personally felt good about the length of my own digits. Not saying I am a porn star of finger digits, but my ring finger was prominently longer than my index finger and this is a good thing according to Dr. Manning. Like a W.A.S.P. at a KKK meeting, I was comfortable because I fit the criteria. I could look with disdain upon others who by the hand that nature dealt rendered them part of the digitally challenged finger ratio outcasts.

My students were more than willing to offer their hands for my service. Initially, I checked their hands and the relationship between the ring and index fingers without offering an explanation of why I was doing this. I still had volunteers out the wazoo. I was mainly interested in the star male athletes at our school. Even though I really did not know what I was doing, it was apparent that in a majority of cases, the relationship between the corresponding digits that predicted sporting prowess was present in the best athletes. This study spread like wild

parents phoning me to describe how their precious little one was demeaned at school and now they are depressed and listening to old records they found in the attic backwards hoping to find subliminal messages that will give them cause to despair even more. Just when it looked like it could not get any worse, a young lady lectured me for labeling people "I think it's just wrong. It's like labeling or something thing." I replied that that self-fulfilling prophecy thing. I don't want to be part of your stupid study! I responded that it was OK because I was looking for males in the first place. Others rationalized that this doesn't mean they cannot be good at sports or lifting. What about hard work and diligence? I agreed that this is all true. I never would have predicted the amount of interest and passion that this topic created. I was contemplating doing a study focusing on the big toe and the toe next to it, but this is now out of the question.

Here's the lowdown on John Manning's study. I will try in the simple words of Jim Wendler of Elite Fitness Systems to recon this. That is, I'm gonna get in and get out as quick as possible. The basic blueprint of human life is that of a female. Testosterone acts upon the fetus as early as the eighth week of pregnancy. Genes that control the development of the fingers are the same genes that affect the testes and ovaries. Strange, but true according to Manning. Finger length may be fixed at the 14<sup>th</sup> week of pregnancy. Prenatally or in the womb, a number of tissues which make up the 4<sup>th</sup> digit (ring finger) are sensitive to testosterone. Since the ring finger is linked to testosterone men tend to have longer ring fingers as compared to their index finger which is said to be linked to

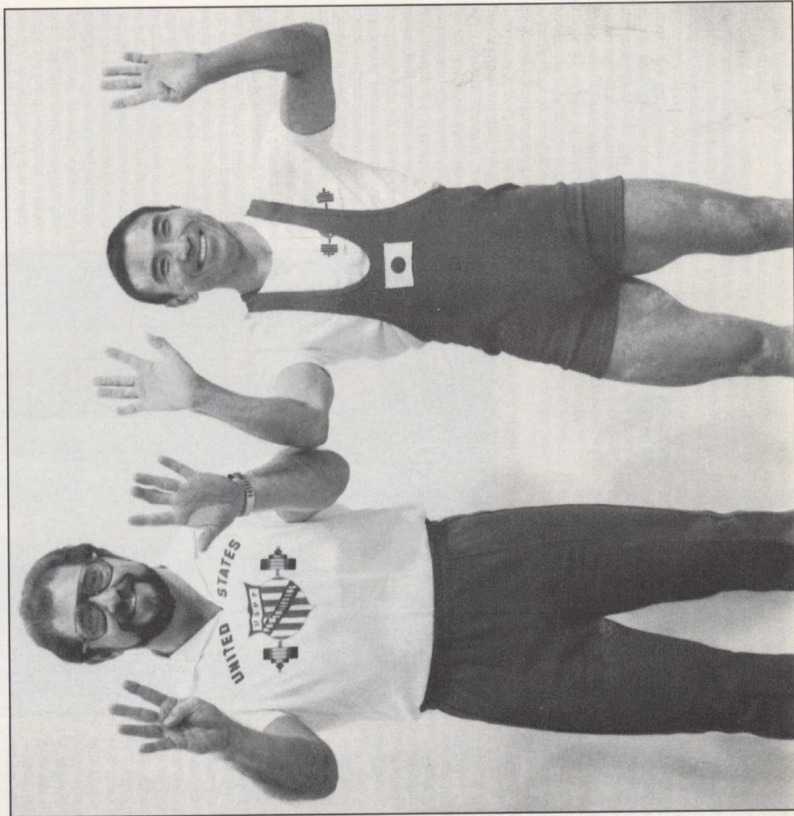
estrogen. Conversely, women generally have longer index fingers than ring fingers or they are relatively equal in length. Manning proposes that evidence exists that shows a link between digit length and high prenatal testosterone or estrogen. To calculate finger ratios Manning divides the length of the index finger by that of the ring finger. A low 2D:4D ratio indicates a high prenatal testosterone and a high 2D:4D ratio is indicative of high prenatal estrogen. If the index finger is shorter compared to the ring finger, then testosterone was high and if a male has a long index finger compared to the ring finger estrogen was present prenatally in greater concentrations.

You may be bewildered by all of this and might be asking how this relates to lifting or sports. The ratio of the digits is linked to traits such as assertiveness, status, and male physical aggression. Also, the ratio is related to running speed and visual-spatial perception which testosterone enhances by affecting the right side of the brain. All these traits are likely to be associated with fitness and sporting prowess. Manning also thinks that higher prenatal doses of testosterone equate to larger heart and lungs which could arguably be beneficial to athletes. I know many will scoff at the whole premise of predicting athleticism and even strength potential based on finger lengths, however, Manning's book is loaded with numerous studies that seem to give some credence to his theory. I picked the brain of my wife's fertility doctor concerning this topic and let's just say there was a lot of dialogue in his snark. The book by Manning, Digit Ratio, A Pointer To Fertility, Behavior, and Health I must confess does not read nearly as easy as Dan Brown or Grisham, but it was less predictable and will certainly never be made into a cheesy major motion



performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

Comparing Digits!..... Larry Pacifico and Hideaki Inaba count up their titles (to that point in time) at the '82 IPF Worlds



picture. I decided to contact Dr. Manning through e-mail and inquire about whether he had any studies done specifically with weightlifters. I offered my crew as guinea pigs. He immediately replied and was rather anxious to actually view the photocopied hands of the lifters from my small basement gym. Approximately one week later I received the results of his study. I was somewhat shocked by the results. One of my lifters was ranked at the top as far as lifting potential using his right hand and digits and this same lifter was at the bottom with his left hand. Manning too was perplexed. He said that the most surprising aspect of the information he gathered was the discrepancy between the right and left hand ratios. He had never seen this before while working with England's elite soccer players and track athletes. Normally, if you know the ratio of one hand it is easy to predict the ratio of the other. This was impossible in my lifters. He had found a group that had high 1-ratios in one hand and low in the other. Apparently, lifters are unique from this aspect. There is much more work to be done and Dr. Manning has requested more hands to study. He did conclude that men with low ratios in their right hand relative to their left are very sensitive to testosterone and may be stronger than average. I am reluctant to share the findings with my lifters because I am wary of what impact it may have on the younger guys. They keep asking and I keep stalling. I do not want to embed in some youngsters' mind that they do not have the same potential as the guy he is spotting and working out with. This may actually be a self-fulfilling prophecy as the saucy female student exclaimed in class. Then again, this may be as the good fertility doctor implicitly stated without articulation: Bullshit!

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "1" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Robert Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in







APF South Carolina (kg)				
Women	SQ	BP	DL	TOT
Susan Finley	102.5	62.5	125	290
Stacey Manly	127.5	110	195	437.5
C. Roby	192.5	87.5	132.5	412.5
Open Masters	181			
181				
220				
G. Camacho	102.5	110	165	377.5
220				
Mike Shealy	157.5	142.5	147.5	447.5
275				
Tillman	400	224.5	287.5	910
Men's Open	181			
P. Harrington	347.5	232.5		
Steve Clark	204			
198				
Bob Beard	327.5	122.5	227.5	577.5
Bryan McRavin	172.5	162.5	190	530
220				
Charles Elliott	150	112.5	202.5	465
242				
John Johnson	397.5	217.5	282.5	937.5
275				
Robert Floyd	350	182.5	235.5	820
B. Sturdivant	295	175	250	720
Troy Brown	275	182.5	250	707.5
J. Thompson	277.5			
Collins Corbett	157.5	112.5	170	440
308				
John Manly	387.5	250	307.5	945
A. Pickens	340	185	287.5	812.5
Ross Walfay	277.5	182.5	310	765
Open Masters	181			
181				
220				
Tim Mast	210	182.5	227.5	620
SHW				
S. Henderson	385	250	320	955
275				
W. McRavin	350	220	320	890
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in" for marathon meetings, our ability to process information and their ability to perform on the platform declines with the succeeding hours. In light of that, my goals to conduct the business of USA are not more than three hours. The formal competition and answer session is not time limited and members can come and go. Most members of our Executive Committee will be available all weekend to speak with you individually, and to answer any private concerns. Just ask.

## Membership Renewal

We continue our efforts to assess members who have not renewed their membership, and request that they do so. Two programs are aimed at doing this. The first is via phone contact with members whose membership has lapsed. Those contacted have been asked a number of questions that have been very helpful in understanding our membership. The second program is conducted by the National Office. Barb, our Executive Director, is sending out letters and membership applications prior to expiration, with a request to continue your support of USAPL.

## North American Region, and other International Competition

One of the areas where we are trying to improve is opportunities for USAPL lifters to compete internationally. Other regions of the IPF have prestigious Regional Championships, which have had an up and down history in our region. They also have the opportunity, by

thanks goes to Lance Slaughter for negotiating the new supplier contract, and to Lance and Jim Hart for supporting the booth sales efforts. Lea Foreman and Priscilla Ribic have gone the extra mile in designing and implementing the USA Powerlifting E-Score program: www.usapowerlifting.com/merchandise. You can find the E-store on the navigation menu on the USAPL Main Page. The shopping cart program gives you the opportunity to pay immediately using your credit card. After a few startup glitches, we hope to ship items within a week. Also look for our wholesale program coming soon. This will allow meet directors to elect representatives are also athletes. While we appreciate the dedication that keeps the delegates "hanging

2004 Top 20 - 165 Women	733	479	600	480	298	480
Rebecca Phelps	480	298	480	298	480	298
Michelle Ford	457	204	430	1091	457	204
Kimmi Everett	402	265	380	1047	402	265
Disa Hatfield	336	255	397	987	336	255
Deanna Chaney	303	209	375	888	303	209
Lisa Van Buskirk	288	155	342	835	288	155
Rachel Swanson	258	145	318	780	258	145
Michelle Hanson	248	149	309	767	248	149
Patricia Schutte	234	198	308	820	234	198
Marsha Serre	259	160	316	738	259	160
Samantha Kruper	237	187	314	716	237	187
Jenae Indra	265	143	309	716	265	143
Jonja Beckley	248	149	309	700	248	149
Rikki Williams	254	149	276	679	254	149
Bonnie Strawn	209	116	254	678	209	116
Teresa Merrick	226	121	309	656	226	121
Nicole Royals	209	126	270	606	209	126
Michelle Hill	211	111	250	570	211	111
Melanie Prosrchick	210	111	250	570	210	111

2004 Top 20 - 165 Men	733	479	600	480	298	480
Tim Tietjen	480	298	480	298	480	298
Mark Randall	457	204	430	1091	457	204
Keith Kanemoto	402	265	380	1047	402	265
Todd Shelton	336	255	397	987	336	255
Jeff Blindauer	303	209	375	888	303	209
Sean Timonen	288	155	342	835	288	155
Scott Curran	258	145	318	780	258	145
Derek Curry	248	149	309	767	248	149
Barry Shaw	234	198	308	820	234	198
Bob Boyles	259	160	316	738	259	160
Max Rippl	237	187	314	716	237	187
Blake Hanson	265	143	309	716	265	143
Doug Miller	248	149	309	700	248	149
Blake Betzinger	254	149	276	679	254	149
Mark Dart	209	116	254	678	209	116
Corey Norman	226	121	309	656	226	121
Gary Nelson	209	126	270	606	209	126
Brian Huelbeck	210	111	250	570	210	111

Executive Director, is sending out letters and membership applications prior to expiration, with a request to continue your support of USAPL.

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virtue of short distances and close national ties to compete against athletes from other countries more frequently than we have. To these ends, we are trying to develop more powerlifting competitions in the North American Region. The second North American Regional Championships was held in April in Ft. Lauderdale, athletes from Canada, Puerto Rico, Guatemala, and the Bahamas attended. Thanks to Rob Keller for his efforts in development of this competition and next year's competition, and for a Pan American (North and South American nations) Bench Press Championships.

Several athletes will travel to Brazil the second weekend in June as guests in the Brazil National Championships. Our hosts have been most generous in inviting us to what will prove to be an exciting, nationally televised event.

## Junior and Sub-Junior Championships

This year, for the first time, the IPF Junior and Subjunior World Championships are combined into a single meet. This year's event will be held in Pretoria, South Africa. As you know, international travel is very expensive, and with the added distance, this year's contest is going to be very costly for the athletes and officials. Please consider supporting the lifter of your choice financially. Donations are tax deductible through USA Powerlifting, and you may designate to whom you would like your contribution to support. Information on our Beneficiary Program is available at: www.usapowerlifting.com/forms/designatedbeneficiary.shtml. The preliminary team roster is below. Final selection for men will be following the conclusion of the Men's Teen/Jr. Nationals June 11-13 in Lincoln, Nebraska. These are the best young athletes in the U.S. They are proud to represent USA Powerlifting, and we are confident that they will prove they are the best in the world.

## Top Twenty

This month, we feature the top 20 women at 75 kg (165 lbs.) and the top 20 men at 90 kg (198 lbs.)

### Fitness Connection

#### Tomah Winter Bench Press

21 FEB 04 - Tomah, WI

Teen	220	Smith	375
132	170	240	275
18	390*	200	275
Open	390*	200	275
198	390*	200	275
230	390*	200	275
375	390*	200	275
455*	220	275	375
310	220	275	375
165	220	275	375
445*	220	275	375
240	220	275	375
460	220	275	375
220	220	275	375
450*	220	275	375
240	220	275	375
365	220	275	375
198	220	275	375
300	220	275	375
315*	220	275	375
210*	220	275	375

\* PR. Thanks goes out to Mike Kruse, the owner of the Fitness Connection, for hosting the event. Mike is a throwback type of gym owner. He puts members first and foremost. He has a great member. Mike has given more lifts in the gym than anyone I know and is always there to help the members out with their training. This was the best and, as in the past, we had a great meet. Thanks again to the meet sponsors, HOUSE OF PAIN, INZERADVANCEMENTS, and POWERLIFTING. We look forward to seeing you at the next year's meet. Your support makes the difference. Thanks to all the lifters who made this meet so special. (Thanks to DWG Productions for these results)

### NASA Illinois High School

27 FEB 04 - Flora, IL

Year	SQ	BP	DL	TOT
12-13	190	85	245	520
13-14	190	85	245	520
14-15	190	85	245	520
15-16	190	85	245	520
16-17	190	85	245	520
17-18	190	85	245	520
18-19	190	85	245	520
19-20	190	85	245	520
20-21	190	85	245	520
21-22	190	85	245	520
22-23	190	85	245	520
23-24	190	85	245	520
24-25	190	85	245	520
25-26	190	85	245	520
26-27	190	85	245	520
27-28	190	85	245	520
28-29	190	85	245	520
29-30	190	85	245	520
30-31	190	85	245	520
31-32	190	85	245	520
32-33	190	85	245	520
33-34	190	85	245	520
34-35	190	85	245	520
35-36	190	85	245	520
36-37	190	85	245	520
37-38	190	85	245	520
38-39	190	85	245	520
39-40	190	85	245	520
40-41	190	85	245	520
41-42	190	85	245	520
42-43	190	85	245	520
43-44	190	85	245	520
44-45	190	85	245	520
45-46	190	85	245	520
46-47	190	85	245	520
47-48	190	85	245	520
48-49	190	85	245	520
49-50	190	85	245	520
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51-52	190	85	245	520
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55-56	190	85	245	520
56-57	190	85	245	520
57-58	190	85	245	520
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60-61	190	85	245	520
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74-75	190	85	245	520
75-76	190	85	245	520
76-77	190	85	245	520
77-78	190	85	245	520
78-79	190	85	245	520
79-80	190	85	245	520
80-81	190	85	245	520
81-82	190	85	245	520
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85-86	190	85	245	520
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89-90	190	85	245	520
90-91	190	85	245	520
91-92	190	85	245	520
92-93	190	85	245	520
93-94	190	85	245	520
94-95	190	85	245	520
95-96	190	85	245	520
96-97	190	85	245	520
97-98	190	85	245	520
98-99	190	85	245	520
99-100	190	85	245	520

PR. Thanks goes out to Mike Kruse, the owner of the Fitness Connection, for hosting the event. Mike is a throwback type of gym owner. He puts members first and foremost. He has a great member. Mike has given more lifts in the gym than anyone I know and is always there to help the members out with their training. This was the best and, as in the past, we had a great meet. Thanks again to the meet sponsors, HOUSE OF PAIN, INZERADVANCEMENTS, and POWERLIFTING. We look forward to seeing you at the next year's meet. Your support makes the difference. Thanks to all the lifters who made this meet so special. (Thanks to DWG Productions for these results)

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15-16	190	85	245	520
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17-18	190	85	245	520
18-19	190	85	245	520
19-20	190	85	245	520
20-21	190	85	245	520
21-22	190	85	245	520
22-23	190	85	245	520
23-24	190	85	245	520
24-25	190	85	245	520
25-26	190	85	245	520
26-27	190	85	245	520
27-28	190	85	245	520
28-29	190	85	245	520
29-30	190	85	245	520
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31-32	190	85	245	520
32-33	190	85	245	520
33-34	190	85	245	520
34-35	190	85	245	520
35-36	190	85	245	520
36-37	190	85	245	520
37-38	190	85	245	520
38-39	190	85	245	520
39-40	190	85	245	520
40-41	190	85	245	520
41-42	190	85	245	



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NASA Missouri Regional		13 DEC 03 - Carthage, MO (kg)	
Power Sports C	BP	DL	TOT
250 Johnson	177.5		
BP #3			
187	110		
Win Smith			
BP #P			
110			
W. Smith			
CINT			
250	77.5		
J. Johnson			
CJR			
187			
Nick Sharp	85		
C M2			
205			
Kevin Randall	75		
DL INT			
280			
J. Johnson		202.5	
INT			
250			
J. Johnson	77.5	177.5	202.5
250		457.5	
154			
M. Qualls	65	137.5	147.5
315		350	
Nick Sharp	85		217.5
MT			
170			
Tom Crim	55	105	185
345			
205			
Tony Hill	57.5	110	142.5
310			
Nat			
170			
Tom Crim	55	105	185
345			
NOV			
315			
Robert Linder	67.5	142.5	205
415			
Pure			
170			
Tom Crim	55	105	185
345			
SM			
170			
Shawn Wingert	52.5	122	200
374.5			
105			
Robert Linder	60	110	182.5
352.5			
SQM1			
170			
Tal Crim	120		
SQ NAT			
181			
Tal Crim	120		
SQ PURE			
170			
Tal Crim	120		
WCNOV			
198			
J. Kaminski	32.5		
WPURE			
187			
M. Garrett	37.5	57.5	122.5
217.5			
187			
M. Garrett	105		
Youth			
45			
Q. Wingert	10	17.5	42.5
70			
Verifying	SQ	BP	DL
TOT			
HS			
250			
Isaac Cobb	260	145	250
655			
JR			
227			
Don Norris	205	150	240
595			
MT			
154			
John Ferguson	222.5	117.5	192.5
532.5			
C. Kennedy	175	112.5	165
452.5			
250			
Michael Bean	197.5	137.5	237.5
572.5			
MP			
250			
Peter Jackson	282.5	182.5	302.5
767.5			
154			
U4			
205			
Kennedy	175	112.5	165
452.5			
250			
Michael Bean	197.5	137.5	237.5
572.5			
250			
Peter Jackson	282.5	182.5	302.5
767.5			
154			
John Ferguson	222.5	117.5	192.5
532.5			
187			
Mike Farrell	155	115	167.5
437.5			
250			
Isaac Cobb	260	145	250
655			

P&F		227	
R. Henderson	252.5	195	320
767.5			
Pure			
250			
David Watts	182.5	115	170
467.5			
227			
R. Henderson	252.5	195	320
767.5			
Teen			
250			
Isaac Cobb	260	145	250
655			
WNOV			
138			
J. Kaminski	80	37.5	80
197.5			
Bench Only	M3		
187			
MT			
165			
J. Alaniz	165	110	165
165			
205			
Tom Bagby	125		
DL INT			
280			
J. Anderson	127.5		
127.5			
Thanks to NASA for providing the results!			
PPL Augusta Drug Free			
17 JAN 04 - Augusta, GA			
BP	DL	TOT	
165 14-16	180*	290	470
Ryan Smith	4th	305	
198 14-16			
Eric Townsend	315	440	755
4th	455*		
Supersubmasters			
Jamie Casteel	500	600	1100
BP	DL	TOT	
120* 80*	195*	370*	
S. Luster			
132 14-16			
Erica Luster	150		
Junior			
144			
Sheppard	225*	120*	250*
595*			
Junior			
Becky Reimer	285*	160*	345*
790*			
Open			
Rhonda Sans	385*	120	370*
795*			
Bench	385	160*	345
790			
Supersubmasters			
Faye Molton	225*	120	250
595*			
4th	125*	275*	
Men			
85 Youth	155	130	225
510			
4th	165*	230*	
181			
Open			
J. Borgault	535	340	545
1420			
Paul Nerlin	390	320	470*
1180			
Open			
Doug Reimer	500	350	570
1420			
40-49	Visalway	475	310
425	1210		
220	40-49		
Bence Bridges	370	305	400
1075			
D. Hickman			
33-39			
Jasonburgreen	540	415	550
1525			
L. Huangpang	585*	340*	615*
1540*			
Robert Hall			
Bench Press	220	lb.	
Ladies	40-49		
Ph SUB	225*	50-59	
315			
C. Scano			
165	50-59		
Phil Newsome	380		
Deadlift			
Miller Norris	175	275	404-9
670*			
Karl Tillman			
IN AUGUSTA, GEORGIA WITH STARS			
SUCH AS LENNY "LIT TRAIN" MARTIN, THIS COMPETITION			
ERIC "E-WOK" TOWNSEND, RHONDA FOR WITHOUT			
BOURGAULT, SHAWN WINGERT, JASON BEEN, UNTIL THE			
NEW GENERATION IS HERE - JASON BEEN, UNTIL THE			
"SKINNY BOY" LUSTER, WITH SHADES NEXT TIME, STAY			
ON AND CLAIMING "THIS WORLD". THIS CLEAN, STAY			
82 LB. IT YEAR OLD MIDDLE SCHOOL STRONG AND I WILL			
AND HIS MENTOR, THE "SKINNY MAN" P. AT R			
MEYERS, DID A POSTDOWN WHO WON? "SKINNY MAN"			
THE CROWD DID! 500 LBS WAS BENCH "SKINNY MAN"			
ALABAMA, JAMIE CASTEL AND THE MAN PRESIDENT FOR			
CAROLINA, JAMES BORGALUT, SHOWED MEET RESULTS!			

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# PL USA BACK ISSUES

**Aug/93...** USPF Seniors, USPF Masters, NASAs, Legends of PL, World Record Breakers, Track Training, TOP 100 SHWs, ADFFA TOP 20 181s  
**Sept/93...** ADFFA Men's Nationals, NASAs Grand Nationals, Female Contestants, O.K.C., Craig Tokasaki Seminar, TOP 100 114s, WABDL TOP 20 198s  
**Oct/93...** APE Seniors, NASAs World Cup, Grant Profile, ADFFA DL, Nationalists, Rest Pause, Bombing Out, TOP 100 123s, ADFFA TOP 20 220s  
**Dec/93...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFFA TOP 20 275s  
**Jan/94...** IFF Men/Women Worlds, IFF Master Worlds, WPC Worlds, IFF Low Squat, Cycling Systems, TOP 100 165s, ADFFA TOP 20 SHWs  
**Feb/94...** Drug Test Methods, ADFFA National Masters, Malibu Classic VI, Greg Watt BP Workout, Hemia Surgery, World Strongest Man, Hank Hill Interview, TOP 100 98s  
**Mar/94...** Women's Top 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Anaroid, Arnold, World Cup, Top 20 201, WDFPF Worlds, TOP 100 123s, WDFPF Worlds, TOP 100 148s, USPE/ADFFA Platforms, USPF Jr. Nails, IFF World Championship, Record Breakers, Fluids  
**Apr/94...** NASAs Natural Nails, WPC Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, USPF National Masters, Ricky Clark Profile, Lower Back Training, Mike MacDonnell Bench Log, TOP 100 SHWs, ADFFA TOP 20 181s  
**Aug/94...** APE SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training with Louie Simmons, TOP 100 114s, ADFFA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFFA TOP 20 220s  
**Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength, Craig Tokasaki Interview, Isometrics, TOP 100 148s, ADFFA TOP 20 275s  
**Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, United We Stand, TOP 100 165s  
**Jan/95...** WPC Worlds, IFF Worlds, IFF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s  
**Feb/95...** World's Strongest Man, Jesse Kellum, Squat Workout, Willie Williams' Squat Bench Press, Video computer technology, TOP 100 98 lbs.  
**Mar/95...** Women's Top 20, Don Reinhardt, Ethics of Ergogenic Aids, World Record Breakers, TOP 100 220s  
**Apr/95...** NASAs Naturalists, ADFFA World Cup, Triple Strength, Rest Pause, Work Capacity, Bruce Wilhelm, LMAW Compounds, TOP 20 242s  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jr's, Changing Weight Classes, Joe McAvilife, Squat Workout, TOP 100 275s

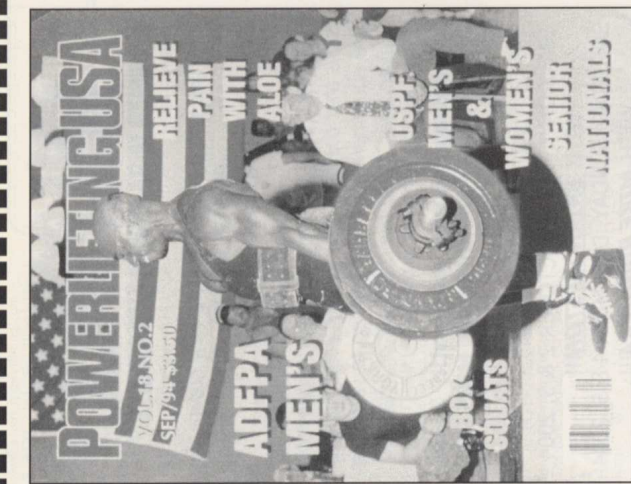
**Aug/95...** Antonio Krastev, USPF Col-legians/Bench Nails, Overtaining or Adaptation?, Greg Watt Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IFF Men's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sept/95...** TRIPLE SENIORS ISSUE ADFFA/USPF, How to Use Creatine, The Cross Controversy Interview, Women & Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s  
**Dec/95...** Walter Thomas Interview, IFF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
**Jan/96...** IFF/WPC/WDFPF Worlds, Percent Training Pt. II, IFF World Masters, World Strongest Man, Hank Hill Interview, TOP 100 98s  
**Mar/96...** TOP 20 Women/Masters/Teen Multiplier Training Systems, First Sessions, Framework for the Novice, IFF/USPF, AAU Men's, USPF Jr's, DHEA, '65 vs '95 Top 100, 'Chain Reactor' by Louie Simmons, Rob Wagner, TOP 100 114s  
**Apr/96...** ADFFA Men's APE Sr. Nails, 'Ban All Equipment', Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s  
**May/96...** WDFPF Worlds, Ed Coan/ Kirk Karwowski Interview, Anthony Clark Interview, Herb G. 'Responds to the Response', TOP 100 148s  
**Nov/96...** APE CAN-AM, Clark Benches 780, James Henderson Says 'Face Me', Tribbox, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s  
**Jan/97...** TOP 100 Worlds, WPC Worlds, Step by Step Training by Louie, Rejection, TO Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s  
**Feb/97...** Power of Compelling Outcomes, WPC Worlds, IFA Nails, Formulas for Success, Making Weight, USPF Biography, TOP 100 220s  
**Apr/97...** Clark Benches 800 - Water-World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s  
**May/97...** Dream Team Pt. I, Kick Start Your Squat, Ken Ulford 800 lb. Deadlift Workout, Private, the Art of Winning, Deadlift Primer, TOP 100 275s  
**Jun/97...** J.M. Blakeley Profile, Dream Team Pt. II, Blakeley Profile, Dream Team Pt. I, ADFFA Nationalists Chronology, IFF World Championship, IFF World Cup, IFF 25, Good Mornings, Squat Bench Workout, IFF SHW Bench Press, IFF EPE L, WDFPF The Video Encyclopedia, TOP 100 114s  
**Aug/97...** APE Color, How to Be Strong, Mark Passilo, TOP 100 123s  
**Sept/97...** USAPL/USPE/APE Triple Seniors, IFF World Championship, Strongest Team, NEA/Mineral Orates, Progressive Overload, TOP 100 132s  
**Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Enrich, Power Biceps Training, Larry Miller Interview, TOP 100 170s

**Nov/97...** U.S. Strongest Man Contest, World's Fastest Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s  
**Dec/97...** Vicki Stearnod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austin DL, TOP 100 181s  
**Jan/98...** IFF Men - Master Jr. - Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifier, World's Strongest Man, TOP 198s  
**Feb/98...** WABDL Worlds, IFF BP Worlds, World Strongest Man, WPC Worlds, Bench Primer Pt. 1, IFF Seniors, Speed Strength, TOP 100 200s  
**Mar/98...** Mark Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Ninkov, 1st Women's Athlete, World's Strongest Man, IFF World Cup, USAPL  
**Apr/98...** Bill Stewart, SPQ/USAPL Women's Athlete, Foundational Training by Louie, TOP 242s  
**Jun/98...** Mark Henry, Eric Milian, Olympic Cycle, Simmons on Research, 'Big Resistance', 10 Keys to Success, AAU/CWDFPF Split, TOP 100 SHWs  
**Jul/98...** Kirk Karwowski, Angelo Berardinielli, Kirk Blount, World's Strongest Man (Joko Ahola, Jon Arenberg, IFF Women's Worlds, TOP 100 Flyweights  
**Aug/98...** USAPL Men's, Platform Deadlifts, ADFFA Women, Yueh-Chun Chang, IFF Worlds, APF Nationalists, Shane Hammon, TOP 100 Bantam, IFF Worlds, APF Seniors, Part 1, the Ed Coan Decision, Power Belts, York-Sumner Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
**Nov/98...** A Worlds to Remember, Japan Nationalists, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middleweights, Isokinetics  
**Dec/98...** IFF Masters/Juniors - Mens/WPC/WDFPF/AAU / AAFP World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, USA All Time  
**Jan/99...** WABDL Worlds, WPC Worlds, IFF Men's Worlds Report, Louie Simmons on Banks and Chains, WNPF Worlds, Jerry Tanch, TOP 100 198s  
**Feb/99...** WPC Worlds Pt. 2, Coan Benches 2463, USPF Worlds Interview, Ken Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
**Apr/99...** The ED COAN Book, Why Whely?, Gordon Simecs, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s  
**May/99...** LA Tech Program, 'Sir Guggindler', USAPL Westside Involvement, USAPL Westside Side Deadlifting, WPC Worlds Pt. II/IBP All-Resistance Squats, TOP 100 275s  
**Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Col-legians, Louie Simmons on Pre-Meet Training, 'Choking', TOP 100 SHWs  
**Aug/99...** The Rubber Band Man, The Beast, IGF-1 Overcoming Plateaus and Part 2 by Louie Simmons, APE SRs Pt. I, Mike Bridges, Workout, Special Olympics World Games, Zenith = France, York Spectacular, TOP 100 132s  
**Oct/99...** USPF Seniors, APE Seniors Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99...** Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., WPC Worlds, 'No Deadlift' Routine, Ray Benemerto, Knee Pain &

**MSM, Louie on Exercises for the Tri-caps, Chalk & Powder, TOP 100 132s**  
**Oct/01...** World Games, Tom Vanno, Jamie Harris Interview, John Conello Jr. Interview/700 BP Club, Speed Cycling by Louie S., TOP 100 HES, APF Nationalists, IFF Worlds, T.J. Hoerster by Louie S., TOP 100 165s  
**Dec/01...** IFF World Masters, WPC Can Am, Halbert Video, WPC BP for Cash, Westside Success, Jill Mills, Rich Salagni, TOP 181s  
**Jan/02...** IFF Men's Worlds, WABDL BP Worlds, Garry Frank Goes 2606, IFA Nationals, Carmen Perotta Interview, Training the Lockout, TOP 100 198s  
**Feb/02...** WABDL DL Worlds, IFF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blackley on Shoulders, All Time TOP 50s, TOP 100 220s  
**Mar/02...** USAPL Women's Nails, TOP 20 Teen/Women/Masters, Russ Barlow, Bruce Swanson, 850 DLs, IFF Worlds, IFF Men's Worlds, Bill Crawford, IFF Women's, Shane Hammon, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Apr/01...** Garry Frank Goes 2601 - APE Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, TOP 100 123s  
**Sept/01...** WPC Worlds, 'No Deadlift' Routine, Ray Benemerto, Knee Pain &

**The September 1994 issue of PL USA had TONY Conyers on the cover... for TONY Conyers... he won the 148s at the ADFFA Men's Nationals, and then he won the 148s at the USPF Senior Nationals, two weeks later. After the ADFFA Men street our report revealed that the other winners included Doan Nguyen at 114, Andrew Lee at 129, Brad Olson at 132, Ray Benemerto at 165, Greg Jones at 181, Rich Seid at 198, James Morrison at 220, Bob Stewart at 242, Bob Dempsey at 275, Beau Moore at 319, Joe Onosai at SHW. At the USPF Sr. Nationals the women's winners included Ann Leverett, Beth Street, Lee Demmon, Carrie Bourreau, Bettina Altzer, Rachel Sims, Vickie Stearnod, Peg Conley, Shelby Carson, Juanita Trujillo, and for the men the top finishers were Phil Hill, Tim Taylor, Lamar Grant, Dan Austin, Walter Thomas, Gene Bell, Ed Coan, Kirk Karwowski, Scott Smith, and Anthony Clark. IFF World meets were set by Boudreau 485s deadlift, 1124 total, Juanita Trujillo 611 squat, 1410 total, Dan Austin 744 deadlift at 165, Kirk Karwowski 892 and 914 squats at 279, and Anthony Clark broke Bill Kazmaier's SHW world record in the bench with 683, and Shane Hamman got a world record in the squat at SHW with 986. On our TOP 100 list for the 123s, the top lifts were by Henry Garcia (465 sq), and Mary Weisberger was 72nd squat, Doug Ortiz (565 bench), and Tim Taylor (556 deadlift and 303, former IFF world champ John Redding was 94th in the bench with 200, Amy Weisberger was 72nd**

**MSA, Louie on Exercises for the Tri-caps, Chalk & Powder, TOP 100 132s**  
**Oct/01...** World Games, Tom Vanno, Jamie Harris Interview, John Conello Jr. Interview/700 BP Club, Speed Cycling by Louie S., TOP 100 HES, APF Nationalists, IFF Worlds, T.J. Hoerster by Louie S., TOP 100 165s  
**Dec/01...** IFF World Masters, WPC Can Am, Halbert Video, WPC BP for Cash, Westside Success, Jill Mills, Rich Salagni, TOP 181s  
**Jan/02...** IFF Men's Worlds, WABDL BP Worlds, Garry Frank Goes 2606, IFA Nationals, Carmen Perotta Interview, Training the Lockout, TOP 100 198s  
**Feb/02...** WABDL DL Worlds, IFF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blackley on Shoulders, All Time TOP 50s, TOP 100 220s  
**Mar/02...** USAPL Women's Nails, TOP 20 Teen/Women/Masters, Russ Barlow, Bruce Swanson, 850 DLs, IFF Worlds, IFF Men's Worlds, Bill Crawford, IFF Women's, Shane Hammon, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Apr/01...** Garry Frank Goes 2601 - APE Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, TOP 100 123s  
**Sept/01...** WPC Worlds, 'No Deadlift' Routine, Ray Benemerto, Knee Pain &



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**Jan/04...** IFF Worlds, WPC Worlds, IFA Seniors, Acetylcholine, Wade Hooper SQ, Atlanta Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s  
**Feb/04...** IFF World BP, WABDL Worlds, Hypermhydration, Coan Update, How Back Pain, Becca Benches 465, All Time Top 50s, TOP 100 198s  
**Mar/04...** USAPL 501, Walter Technical, IFF Men's Worlds, IFF World Masters, President's Message, TOP 100 220s  
**Apr/04...** Frank Goes 2706/2805I, Arnold Classic, Power Nutrition Recipes, Louie on 'the Staggered Load', California Hall of Fame, TOP 20 242s  
**Jun/04...** TOP 20 Women, Teen Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.  
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**21 AUG**, SLP, The State High Power DL, Fredrick, TN, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com  
**21-22 AUG**, WABDL DRUG TESTED House of Pain Nationals (Sheraton Airport, Portland, OR) Gus Reithwisch, 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

**22 AUG**, Summer Heat BP and/or DL (Muscle Bound Fitness Gym, W. Lafayette, OH) John Blackstone, 740-333-4927, jblackstone@aol.com, Ted Thomas, Coliseum Gym, 75-09 71st Ave., Middle Village, NY 11379, 718-326-2496, FAX 718-326-2351, Ted Thomas, Coliseum Gym@aol.com  
**23 AUG**, SLP, Big Iron Classic BP, DL, PP (Oliver, MI) Scott Taylor, Box 27204, El Jibean, FL 33927, 941-697-7962, scott@apa-wpa.com  
**28 AUG**, National Bench Press and Deadlift Championships, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasuspf.net

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**28 AUG**, Motivations Maximum Metal Open BP, Jason Richardson or Allen Miller, 1122 Meade St., Dunmore, PA 18512, 570-341-7665, www.motivationsmax.com  
**28 AUG**, SLP, Kentucky State Fair BP/DL (Lafayette, KY) Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com  
**28 AUG**, SRPA George Bench Press Championships, Mark Fam, 770-935-4998, www.ironthredz.com  
**28 AUG**, Granite State Open BP/DL (Men, Women, Teen, Jr, Sub, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (Separate Contests)  
**29 AUG**, Central Bench Press League & E-Normouse Powerlifting's 14th annual Endless Summer Classic Push/Pull (Granger, IN - Ft. Stop) Anson Wood, 574-296-2878, anfor@normouse.com  
**AUG**, Amateur World Powerlifting Congress, Chicago, IL (Ernie Frantz) worldpowerlifting.org  
**4 SEP**, Saratoga YMCA BP (raw) shirt divisions John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000, Ext 205, johnhart@ymcasaratoga.org  
**4 SEP**, WABDL Indiana State BP/DL (Indianapolis, IN) John Pettigo, 317-887-9585  
**4 SEP**, APF Georgia State Powerlifting + Bench Press Open, Kennisaw GA, 630-892-1491, worldpowerlifting.org  
**4 SEP**, Ohio Feldner presents Bench Blast Championships (swords for all 32 places - Greensboro, NC) 336-322-8888, www.feldner.com  
**4 SEP**, SLP DL, Ohio State Fair BP/DL (Dunwoody, IL) Scott Taylor, Box 27204, El Jibean, FL 33927, 941-697-7962, scott@apa-wpa.com, www.sonlightpower.com, sonlight@netcare-ll.com  
**6 SEPT**, The Monster BP or DL (Comfort Inn, Ringold Rd., Chattanooga, TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com  
**8-12 SEP**, IPF World Subjuniors + Juniors (S. Africa)  
**11 SEP**, WABDL DRUG TESTED Deep South BP/DL (Quality Hotel, Metairie, LA - Rich Hagedorn 256-441-0143, or Gus Reithwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com  
**11 SEP**, IPA Pennsylvania State and Northeast Regional, Gene Rychnak Jr, 4399 W. Beaverford, Boyersford, PA 19068, 610-948-8823  
**11 SEP**, NAP Midwestern State Championship (Lawrence, KS) Bob Garza, 281-820-5923, www.virginiausapl.com  
**11 SEP**, United We Stand BP (raw) assisted - all wt. classes/age groups) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932 (before 9pm), valifting@aol.com, www.virginiausapl.com  
**11 SEP**, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-ll.com  
**11, 12 SEP**, APA Powerlifting Nationals (qualifying total for





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11.12 SEP, North American Powerlifting Championships and Bench Press, Bruce Greig, Box 4, Okotoks, AB Canada T1S 1A4, 403-938-3067, FAX 403-938-0489, [brucegreig@lycos.com](mailto:brucegreig@lycos.com), [www.epc-powerlifting.com](http://www.epc-powerlifting.com)  
18 SEP, Sit Fit, of GA 6th annual BP (Macom, GA), Joe or Jamie 478-750-7005 (Clude, NY) [regis@epc-powerlifting.com](mailto:regis@epc-powerlifting.com), 330-927-8670 (Youngstown, OH)  
18 SEP, USPF Venice Beach PL/BP Steve P W R L F T R S @ M S N C O M , [www.powerliftingca.com](http://www.powerliftingca.com)  
18 SEP, Iron Boy Bench Press Classic, Winston-Salem, NC, Keith Payne, 336-766-3347, [keith@ironboyenterprises.com](mailto:keith@ironboyenterprises.com)  
18 SEP, APF Gulf Coast PL & BP (Tampa, FL) Rick 727-376-1707 or Bart 727-847-6852  
18 SEP, SLP Wolf Pac BP/DL (Sum Prairie, WI) SLP, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
18 SEP, SPF Monster BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
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25 SEP, APF Northern United States PL, B, P, 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
25 SEP, WABDL Sunshine State Classic (Lakeland, FL) Ken Snell, 863-687-6268  
25 SEP, SLP National Open PL/BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
25 SEP, Strongman Challenge (Saxonsburg, PA) Therapeutic Muscle Specialists, 724-265-1600, [muscle@nauticom.net](mailto:muscle@nauticom.net)  
25 SEP, NAPA E. Texas Regional (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [sp@pl@ok.com](mailto:sp@pl@ok.com)  
25 SEP, NARS Bartlesville Classic (PL, BP, PS - Bartlesville, OK) Jim D. D., Box 108, Bartlesville, OK 74603  
25 SEP, WPO Bench Bash for Cash, Orlando FL (Kieran Kidder) and the Iron Zone APF Push/Pull Showdown (NEW DATE - open, women, teen, jr., open, James@xtreme-usa.com, 863-835-0447  
25 SEP, WABDL DRUG TESTED Washington State BP/DL/PL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 360-532-8339, [www.wabdl.org](http://www.wabdl.org)  
26 SEP, APA World Bench Press & East Coast Strict Curl (Loomister, MO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
26 SEP, SLP Missouri State BP/DL (Midland, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
26 SEP, NAPA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [sp@pl@ok.com](mailto:sp@pl@ok.com)  
26 SEP, WNPFL South Georgia Bench/Deadlift & Powercurl Championships in Fitzgerald, GA, 770-997-0589, [WNPFL@AOL.com](mailto:WNPFL@AOL.com), or WNPFL, PO BOX 142347, FAYETTEVILLE, GA, 30214  
25 SEP, WABDL Night of the Champions BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@Kensnellpower.com

1 OCT, October Fest BP (Iron Works  
Liftation, to benefit the Adopt-A-Family Program, Canton, OH) Deputy Chane Chie, 300-325-1811  
1 OCT, Camp Pendleton Semper Parvum (Camp Pendleton, CA) Vice President, 760-727-5468, 222 E. Fitzhugh Center Blvd, 22160, 760-725-3163  
2 OCT, 8th Pennsylvania Invitational Power Challenge BP/DL, Gene Rychlak Jr., 143 2nd Ave., Roanoke, PA 19468, 610-948-7823  
2 OCT (tentative date), WPA World Bench Press, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
2 OCT, October Fest BP (Iron Works

## STATE FAIR MEETS 2004

8 AUG. SLP Ohio State Fair Bench Press/Deadlift Championship (Columbus, OH)  
14 AUG. SLP Wisconsin State Fair Bench Press/Deadlift Championship (West Allis, WI)  
15 Aug. SLP Missouri State Fair Bench Press/Deadlift Championship (Sedalia, MO.)  
21 AUG. SLP Indiana State Fair Bench Press/Deadlift Championship (Indianapolis, IN.)  
22 AUG. SLP Illinois State Fair Bench Press/Deadlift Championship (Springfield, IL.)  
28 AUG. SLP Kentucky State Fair Bench Press/Deadlift Championship (Louisville, KY.)  
4 SEPT. SLP DuQuoin State Fair Bench Press/Deadlift Championship (DuQuoin, IL.)  
11 SEPT. SLP Tennessee State Fair Bench Press/Deadlift Championship (Nashville, TN.)  
Dr. Darrell Latch,  
122 W. Sale, Tuscola, IL 61953  
217-253-5429  
[www.sonlightpower.com](http://www.sonlightpower.com)  
[sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

Gym, 222 Jay St., LaCrosse, WI - men 253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), (women) Dennis Grege, DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693  
2 OCT, APF/AAPF New York City Championship, Coliseum Gym, 75-11379, Ted or Stacy, 718-326-2496 (4-11pm), [coliseumgm@aol.com](mailto:coliseumgm@aol.com)  
2 OCT, USAF Arizona State, Rich Weener, 35437 N. Ghosriester St., Queen Creek, AZ 85242, 408-688-7336  
2 OCT, NAPA Ohio Regional (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [sp@pl@ok.com](mailto:sp@pl@ok.com)  
2 OCT, SLP Fall BP/DL Classic all wt. classes & age categories, [www.carolinapowerlifting.com](http://www.carolinapowerlifting.com)  
1 OCT, Stark County Sheriff Liftation (to benefit the Adopt-A-Family Program, Canton, OH) Deputy Chane Chie, 300-325-1811  
1 OCT, Camp Pendleton Semper Parvum (Camp Pendleton, CA) Vice President, 760-727-5468, 222 E. Fitzhugh Center Blvd, 22160, 760-725-3163  
2 OCT, 8th Pennsylvania Invitational Power Challenge BP/DL, Gene Rychlak Jr., 143 2nd Ave., Roanoke, PA 19468, 610-948-7823  
2 OCT (tentative date), WPA World Bench Press, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
2 OCT, October Fest BP (Iron Works

including police/fire/military - Antwerp, Belgium) Wim Backelant 9 OCT, 11th annual Fred and Ed Push n Pull BP & DO (all wt. classes/divisions, Awards to top 5, No late entries) Ray Dunn, Nantuxis, 42 Summers Point, Pittsfield, MA 01201, 413-999-1277  
9 OCT, NAPA White Mountain Regional PL, BP, BP, DL (Keene, NH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
9 OCT, NAPA Big River Classic (Blytheville, AR) Darvl & Tobey Johnson, Darythobey@aol.com  
9 OCT, "Bar is Loaded, Can You Bench It?" Bench Press (Tucker, GA) Leonard McCormick, 4853 Plymouth Terr., Decatur, GA 30035, 770-322-0885 or 678-406-9200, [Lnac515@hotmail.com](mailto:Lnac515@hotmail.com)  
9 OCT, AAU/USBF Maryland State Raw Bench & AAA Baltimore Armwrestling Championships, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8664, [brant@nash.net](mailto:brant@nash.net)  
9 OCT, ADAU Hammered! Championship (Baltimore, MD) NAS Gym, Lb., women, teen, master, (highly, team) Bob Hafner, 504-393-9521  
9 OCT, SLP National "Raw" PL/BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
9 OCT, NAPA Tennessee Regional (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [sp@pl@ok.com](mailto:sp@pl@ok.com)  
10 OCT, ASBPL Drug Free Ohio PL & BP (open men & women; raw men; women, masters; masters; teen; po-440-439-9404, Cleveland, OH) Frank King, 440-439-9404, Cleveland, OH  
12-19 OCT, World Powerlifting Congress (Cleveland, OH) [www.worldpowerlifting.com](http://www.worldpowerlifting.com)  
15-18 SEP, World Powerlifting Congress (Cleveland, OH) [www.worldpowerlifting.com](http://www.worldpowerlifting.com)  
16 OCT (Revised Date), PPL "Drug Free" Nationals, Lumbkin Power League, 2250 Lumbkin Rd., Augusta, GA 30906, 706-790-3806, [pythonygm@aol.com](mailto:pythonygm@aol.com)  
16 OCT, APF Heavy Metal Record Breakers (PL, PP, BP, DL - Prince Frederick, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
16 OCT, Ashabula YMCA Touch n Go BP, Lomnie Anderson, 1142 E. 15th St., Ashabula, OH 44004, 44-0-9-6-4-3-0-1-3, [anderson1142@yahoo.com](mailto:anderson1142@yahoo.com)  
6 NOV (NEW DATE), APF Mississippi State Powerlifting-Bench Press Open (Casino Magic, Biloxi, MS) Joe Ladhner, 941-697-7962, 630-892-1491, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
16 OCT, NAPA Colorado Regional (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [sp@pl@ok.com](mailto:sp@pl@ok.com)  
16 OCT, SLP Arkansas State BP/DL (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
17 OCT, APF Muscle Bound Fitness Fall Classic BP and/or DL (W. Lafayette, OH) John Blackstone, 740-545-0840  
23 OCT (NEW DATE), The

## MHP - Four Seasons Fitness Bench Press Championships

Saturday, August 7, 2004  
Four Seasons Fitness  
2281ackawanna Avenue  
West Paterson, NJ 07424  
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Contest Start - 10:00 AM  
Guest Lifts by Big Mike Miller and Detective Joe Macza  
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- \* extra tricep support
- \* extra reinforced construction
- \* guaranteed more results than any other shirt
- \* recommended for experienced powerlifters only

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chest \_\_\_\_\_ arm \_\_\_\_\_

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### VIDEOS

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



**WNPF Bill Beckwith Classic #7**  
27 FEB 04 - Grand Junction, MI

DEADLIFT	Open	Kevin Storey	468
Open 275	M-1	Mark Mellinger	
Chris Horton	M-2	Ward	341
WOMEN	M-3	F. Hackborn	319
Raw Open 132	M-6	Leon Turner	170
Raw M-1 132	M-3	Jim Stivers	435
Raw M-2 132	M-2	Bryan Hoffman	244
MEN	M-1	J. Zimaster	319
Open	M-2	Art Seaman	352
165	M-3	Wayne Mueller	
154	M-6	Tom Andrews	253
158	M-1	Brian Stears	518
161	M-2	Art Seaman	352
162	M-3	Pete VanCamp	352
163	M-6	Open	
164	M-1	Open	
165	M-2	Open	
166	M-3	Open	
167	M-6	Open	
168	M-1	Open	
169	M-2	Open	
170	M-3	Open	
171	M-6	Open	
172	M-1	Open	
173	M-2	Open	
174	M-3	Open	
175	M-6	Open	

**The Belle River Power Pit Gym from Ontario, Canada at the WNPF Bill Beckwith Classic #7: (left to right) Ron Strong, Shawn O'Halloran, Jason Byrne (19), Vince Byrne, Jerry Marentette, Jason Marentette (16), Curtis Strong (14). (Photo provided to Powerlifting USA by Richard Van Eck)**

M-1	Rich Rynbrandt	407	286	418	1112
M-2	J. Marentette	611	413	606	1631
M-3	J. Marentette	281	154	347	782
M-6	Robert Ballo	468	236	501	1206
T-1	Floyd Givens	507	363	589	1460
T-2	Floyd Givens	507	363	589	1460
T-3	Floyd Givens	507	363	589	1460
M-1	Curtis Strong	330	148	369	848
M-2	W. Woodward	330	214	369	914
M-3	Arthur Sharpe	137	330	407	875
M-5	Don Steele	214	154	319	688
M-8	Ben Crech	181	104	220	506
T-2	Paul Hoffman	292	187	314	793
Open	Ron Ringewald	440	203	501	1146
Open	Eric Reed	468	330	540	1338
M-2	Clint Ewald	595	55	617	1267
M-6	Clint Ewald	595	55	617	1267
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Open	Clint Ewald	595	55	617	1267
M-1	Clint Ewald	595	55	617	1267
M-2	Clint Ewald	595	55	617	1267
M-3	Clint Ewald	595	55	617	1267
M-6	Clint Ewald	595	55	617	1267
Open	Clint Ewald	595	55	617	1267
M-1	Clint Ewald	595	55	617	1267
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M-6	Clint Ewald	595	55	617	1267
Open	Clint Ewald	595	55	617	1267
M-1	Clint Ewald	595	55	617	1267
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M-6	Clint Ewald	595	55	617	1267
Open	Clint Ewald	595	55	617	































# POWER PEOPLE



**Little Woman of Power...** Kerrigan McCaslin, 7, a.k.a. "Little Evil" has been training for the bench press since November of 2003. She wears a single denim bench shirt made for her by her sponsor, Karin Klein. Kerrin trains her bench about every 10 days. 4 years of gymnastics has given her substantial upper body strength and flexibility. She usually warms up with some wrestler's bridges and walkovers to stretch her lower back and warms up her shoulders with 5 lb. weight plates. At a bodyweight of 50 lbs., her last bench workout went something like this: 5 dumbbell presses for 2 sets of 8; 8; 5 lb. bar for 2 sets of 6-40 lb for 1 set of 5; 45 lb. competition bar for 1 set of 3; finishing off with some close grip push up to work the triceps. Kerrin's first meet was The Candy Azz Classic on Feb. 21, 2004. At a bodyweight of 50 lbs., she benched 55 lbs., and that is pretty much what the butterflies in her stomach weighed also. Kerrin's last bench meet was the IPA Women's Worlds held at Adirondack Barbell in Glens Falls, NY on May 1st, 2004. There Kerrin benched 70 lbs. She also competed in Adirondack Barbell's Strongman contest. Look for more from this little woman of power! (Sandi/M.)

until departure. The address for the event was "Mc. Abs" 5000, Ben Falcone, Jeff Walker and meet director Jerry Dally. This year's "Dirty Deeds Invitational" met held at the Lafayette Estates had a few less lifters than anticipated. The meet is rather than to cut throat of an event. With several invites choosing not to lift, three spirited lifters took the platform. The remainder of the attendees socialized, visited and generally harassed each other

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**International Powerlifting Association**  
"Lifting for Lifters"

Application for Registration

Last Name \_\_\_\_\_ First \_\_\_\_\_ Initial \_\_\_\_\_ IPAA # for Renewal \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_  
State or Province \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_  
Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Pro \_\_\_\_\_ Elite Am \_\_\_\_\_  
Date \_\_\_\_\_  
Sign if above answers are correct. Parents sign if under 18 years. \_\_\_\_\_ Date \_\_\_\_\_

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

## IPA Full Power/Bench Meet

26 JUL 03 - Glens Falls, NY

Bench	James Howell	425		
Women	242 Am Open			
132 Am Master	Mike Ferrito	350		
146 Open	242 Pro Master			
150 Am	225 Pro	310		
165 Am SM	Bill Loflan	440		
181 Am SM	Z. McCaslin	530		
198 Am Masters	303 Pro Masters			
220 Pro Open	SHW Pro Master	560		
220 Pro Open	V. Vardine	560		
220 Pro SM	Guest Lifter	605		
220 Pro SM	Ben White	605		
SHW Pro Open	SQ	BP	DL	TOT
Deb Ames	405	250	400	1055
Men				
165 Amateur James	620	385	540	1545
181 Amateur	620	375	530	1525
198 Amateur	600	375	530	1505
220 Amateur	600	325	475	1400
220 Amateur Masters				
220 Amateur	330	285	305	920
242 Pro Open	730	530	600	1860
Jason Miller	750	490	635	1875
308 Amateur Open	505	635	1885	
308 Amateur	745	505	635	1885

(These results provided by Sandi McCaslin)

## USAPL Illinois High School Qualifier

21 FEB 04 - Chicago, IL

Powerlifting	SQ	BP	DL	TOT
J. Williams	325	190	405	920
181				
S. Thompson	375	190	435	1000

(Thanks to USAIP for providing the results.)

## USAPL Dirty Deeds Invitational

07 FEB 04 - Lafayette, NJ

Powerlifting	SQ	BP	DL	TOT
Masters 198 Class	415	275	505	
Artie Margulies				

## WNPF Western PA

03 APR 04 - Beaver Falls, PA

Powerlifting	SQ	BP	DL	TOT
Female				
105 Lifter	160	130	170	460
Men				
123 Lifetime Raw	390*	200	440*	1030*
148 Lifetime	315	240	405	960
M. Deloach				
190 20-23	400	280	435	1115
Paul Gemalo				
242 35-39	465	340	465	1270
Brian Bagnall				
242 40-49	610	430	645	1685
Rich Saal				
242 50-59	375	315	500	1190
242 60-69	405	335	425	1165
SHW Lifetime	500	350	410	1260
40-49	710	400	550	1660
Frank Kress				
114 13-16	85	210*	505	
Matt Misorski				
148 13-16	195	150	245	490
Ben Bruce				
13-16	320*	255*	345*	665*
Tim Holt				
198 13-16	305	230	430	965
198 13-16	325	145	355	825
220 17-19	435	345*	485	1265*
Frank Tumina				
242 20-23	420	325	380	1125
242 24-29	345	275	380	1000
Craig Edwards				
SHW 50-59	335*	250*	350*	1050*

242 Lifetime Raw T. Henderson 405 340 495 1240  
165 40-49 Dan Bernadelli 470  
Paul Gemaro 280 280 350 910  
181 13-16 235 132 60-67  
40-49 Cuccia 235 132 60-67  
Tracy Wyler 360 C.Winselblech 270  
198 40-49 Joe Tumara 350 132 50-59  
190 20-23 575 Natural 250\*  
S. Martin 385 198 20-23  
Brenda Raw Paul Gemaro 435  
181 13-16 150 Jake Cuccia 375  
220 50-59 220 375  
198 13-16 375  
John Loreza 390 Power Curl 210\*  
Squat Raw 132 60-69  
Matt Misorski 210 W.Winselblech 50  
40-49 275  
John Misorski 280-181  
114 13-16 Tim Holt 120  
198 13-16 325\*  
198 13-16 American Record, \$  
Best in Class, Champions  
Fitted, K.Way, W. Way, Schools  
WAS ONCE AGAIN THE SIGHT FOR THIS  
YEARS W.N.P.F. WESTERN PA  
COMPETITION. FORTY LIFTERS TURNED  
OUT TO DO SOME FINE LIFTING. MATT  
SNYDER FAMILY CAME TO THE MEET  
READY TO LIFT WITH RUTH SNYDER  
SETTING ALL NEW STATE RECORDS IN  
THE WOMEN'S LIFETIME ASSISTED  
DIVISION. SNYDER SET NEW  
RECORDS IN THE 13-16 CLASS AND  
SOME STRONG LIFTS WINNING HIS  
DIVISION. IN THE 148 LB CLASS  
MICHAEL DELOACH TOOK THE LIFETIME  
DIVISION AND PAUL GENNAKO JR

## 242 Lifetime Raw

03 APR 04 - Beaver Falls, PA

Powerlifting	SQ	BP	DL	TOT
Female				
105 Lifter	160	130	170	460
Men				
123 Lifetime Raw	390*	200	440*	1030*
148 Lifetime	315	240	405	960
M. Deloach				
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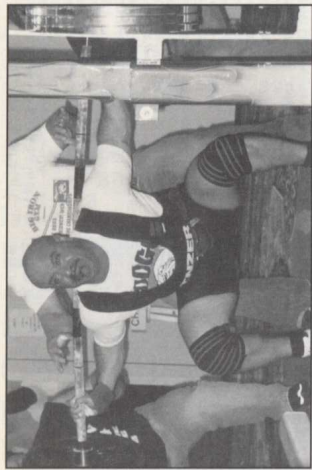


**Shea Aubuchon**, 1st place winner in the 90kg Sub Masters, receives his gold medal from Rick Hussey, Meet Director.

wouldn't be surprised to see an 800 SQ and 1800 TOTAL for him before the year ends. Philip Schutz, 37, was the only man @ 220. This union laborer from Des Moines, IA looked powerful but miscalculated his increases. SQ - 694.4 (fall with 722), BP - 451.9 (2 missed lifts), strong DLer (2 missed with 501) a strong TOT - 1697.5 with more coming. Jim Grandick, 35, is short, thick, and has a powerful build. At 258.6, he is a rock. His big 854.4 opener went fine. His 887.4 and 903.9 attempts were denied him. A great opener. Next - 644.9 - a SMWPC WR. His 650.3 looked as good, but the judges begrudged it. Jim pulled 683, then 711, but 716 was incomplete - TOT - 2210.1, 4.4 lbs. better than when he got 2nd last NOV. At the WPC Worlds in Calgary. Of his own accord, he got a sword (best SM lifter award).



**Jim Grandick (35)**, with a 622 opener bench press. (Glossbrenner)



**Marc Caplan's 810 lb. World Record squat @ 198 lbs.** (D. Caplan)

hurl). TOT 1796. At 275, Spencer McKimmie, 41, of Ohio was behind Randy Boynton (27 lbs.) going into the DL. Boynton had obviously injured himself, perhaps got tweaked during his big 755 good pulls (633.8) for a flawless 8-8 day and a great 1846.3 TOT. His previous PR was back in 1982 when he did 1824 in this same 198 lb. category. Dennis Montebault, 49, won the 220 division without coming close to the monster SQ he got last year. This time a 733 opener was the best he could muster, missing 788, and passing his 3rd try. He had no more missed lifts: (424.4) in BP, and 578.7 DL. TOT 1736.1. Dan Beaudin, 45, a local man was 2nd with a 1609.3 TOT behind Dennis. At 242, Jeff Anderson, 49, a silver haired gorilla and a police officer from Council Bluffs, IA had the biggest SQ in his class (722) and maintained a double digit lead going into the DL over Thomas Bowman, 49, an accountant from Powder Springs, GA. Bowman had the 810.1 SQ opener like nothing. He took a PR 865.3 over after his misrouted 2nd and made it easily. Following his 446 BP to Anderson's 407, Jeff struggled in the DL - took his 540.3 times to stay in the contest (1670 TOT). Bowman became the showman, and pulled off the win with a 573.2 DL opener, then got 600.7 before failing with 622.8 - TOT 1719.6. The 275 class saw Jeff Ping of Lorain, OH eliminate himself with a 699.9 SQ. John Ford, 47, of Daly City, CA looked like he might be headed down that same dead-end road. Twice he tried 705, too high. Ford and 755 was his number of choice. Unbelievably, he hit the next good boot. 711 SQ to go. He looked great. He looked out to total, not wanting to retrainize himself further (he came in injured). The shoe-in projected winner A.J. Henderson, 50 @ 227, is a police detective from Chagrin Falls, OH. A.J. got off to a good start, hitting a good 722.1 3rd attempt

Gregory McMillan, 52, a school administrator from Claire, MI wall come benchmark. A.J. missed his 402.3 BP tries and was out. At 275, Gary Ridgeway, 52, of Fresno was vastly improved and made his drop of a lot of weight quick, followed by rehydration ... seems he's got it down to a T. I was surprised to see Gordon make a WR 573 SQ on a 3rd, after failing it on a second attempt. Gordon's shoulder was acting up, so to play, it safe he took lifted 314 and 325 without success. He cinched the win with a toy 501 opener for a 1300 total. In the meantime, Nickle wanted to get the WR DL back that Gordon. He pulled out all the stops, and was

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at only 5 lbs. more. Hardcore Gordon Olson, 55, is in a new age group and was seeking records. He went through his usual ritual of a drop of a lot of weight quick, followed by rehydration ... seems he's got it down to a T. I was surprised to see Gordon make a WR 573 SQ on a 3rd, after failing it on a second attempt. Gordon's shoulder was acting up, so to play, it safe he took lifted 314 and 325 without success. He cinched the win with a toy 501 opener for a 1300 total. In the meantime, Nickle wanted to get the WR DL back that Gordon. He pulled out all the stops, and was

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Bill Gillespie was only getting started...with 722 in the 308s!

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**The Superheavyweight** division was an interesting blend of lifters. Seventh place was won by Mike Price with a lift of 562 lbs. John Galligan finished in sixth place with a bench of 622 lbs. Tom Manno finished in fifth with his second attempt lift of 661 and Mike Hodge ended up in fourth with his second attempt successful lift of 672 lbs. The top three finishers were USAPL's Jeff Lewis, WAPL's Brian Siders and WNP/WAPO's Shawn Lattimer. Brian had recently won the IPF world championships and Shawn had just been credited with a bench of 859 at the Arnold Classic two months earlier. Jeff Lewis came in big weighing in at just over 500 lbs. Jeff opened at 677 successfully and Brian was successful at 705. Shawn also got whites on his opener of 727 which was the first lifter to break James Henderson's "711". The only successful second attempt was Brian's lift of 733 which looked smooth and easy. Jeff missed at 710 lbs and Shawn missed at 755 money. Brian was ahead with 733 and Shawn in second at 727 and Jeff in third at 677. Jeff's third attempt lift of 738 was successful, putting him in first. Shawn's third attempt of 756 was unsuccessful and I am not sure why, but Brian went to 760 for his third attempt, which he missed, giving Jeff the big prize of \$10,000.00. Brian's second place finish for most weight lifted earned him \$5,000.00 and Shawn finished in third for a cash prize of \$2,500.00.

From those lifters that spoke with, it was unanimous that everyone was already looking forward to next year's competition. I think that the weights lifted were impressive considering the 24 hour weigh-in, single ply shirts and drug testing. The prize money is a nice plus also. Hey, six guys went over 700 under stricter rules this year (last year's BA had two) - that's momentum for our sport. The best thought of "DO YOU QUALIFY?" is no longer although, yet the concept for this event to continually grow with the support of lifters,

since I am usually captain of Team Titan. No one understands how Horace ever can make weight. He looks like he belongs in the Superheavyweight division. Horace has tremendous brute strength and usually misses a lift due to technique, which is why he should come and train with us in Cleveland once in a while. Horace opened with 688 ahead of Scott Lade's opener of 650. Horace missed his second attempt of 710 and Scott closed the gap with a successful second attempt lift of 672 lbs. Scott went to 688 on his third to tie Horace's opener, hoping that he would win on bodyweight. Horace, however, got his third at 710 to win the class, break the BA record, and earn overall best lifter in the heavyweight division. I never know what weight class Collin Rhodes will be in, but this year he liked the numbers 275. Collin only got his opener of 628 to earn him a third place finish. Michael Belk also got his opener for a fourth place finishing lift of 611 lbs. Scott Hoekstra finished in fifth with a lift of 600 lbs. and Universal's Paul Vargo finished in sixth place with a bench of 540 lbs.

**308s** - had 4 lifters from WABDL and one from the APF/WPO. I had heard the weights lifted were never met Bill Gillespie - the strength coach for the Seattle Seahawks. I just had a brief opportunity to talk to him, but hopefully we will both be back next year. I guess that Bill battles Tiny Meeker periodically and this meet was no exception. Tiny was a bit lighter than Bill and they both had successful opening attempts of 666 lbs. Vincent Dizenzo who was last

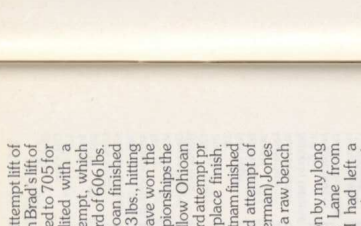


Big Horace Lane's paycheck!

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Wade Hooper prevailed at 165 above the IPF WR.

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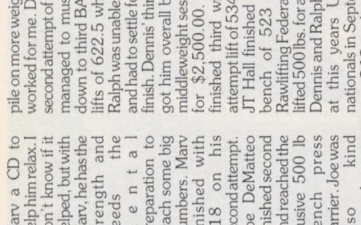


Brad Kelley...705 @ 242 on a 4th attempt!

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Dennis Ciert went up with 622lb, in the 220 lb. class.

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Chris Wiers... Superheavy Champion perfect 964.5. He failed his 3rd with 1003, but he'll do that and much more before long. His BP is big: 611.7, then 666.9 - also good. He took on 705.4 for his final try, but it didn't go. Bernor yanked up 716.4 (2nd) then missed a big jump to 771.6 - TOT - 2347.9. SUPERHEAVY - It was disappointing to see two major contenders for honors fall by the wayside in the squat. Donnie Thompson from North Carolina, age 39, carried the largest body mass (354.94). He has a lot of potential and hit 1100kg (2425 lbs) a while back. He missed 942.4, then made a leap of faith to 1003 (PR - 986). It seemed risky, but within his capabilities. Too much this day. Two misses, and he's out. Seemingly a certain winner was Mike Ruggiera, 37, coming in at a rock hard muscular 347.2. Back On April 4th in Newark, OH big Mike posted a huge TOT of 2505 via SQ and 821.2, then two PRs back to back - 881.9, then 903.9. He came in with a best of 2303.8 done last December in a Georgia APF meet, but would annihilate that today. BP - 622.7 - a powerful opener, then a fabulous PR of 771.9. He missed 699.9 on a 3rd, but should go beyond 700 next time. DL - he pulled 755.1 - 1st attempt easily. He then made an unscripted try with 804.6. Everybody spurred him on, and that lit his fire. He returned to the squat, for another personal best and procured a PR of 881.9. He's a protégé of Gary TOT as well - 2386.5. He'll be over 2400 next time. A great way to end a great meet. Thanks Gary, it was one of the greatest APF Senior Nationals ever!



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Rick Lawrence 633 688 733 573 606 632 1335 650 699 7055  
Peter Grosso 744 804 854 551 589 589 1295 578 606 639 1901  
Justin Greales 744 777 777 440 468 490 1212 661 672 688 1884  
The 308s are following with a good 881.8 SQ following a missed 2nd attempt at the same weight. Bill managed a fine 600.7, failing a PR try with 628.4. In the DL, Bill got 749.6 all the way up. The judges thought he nudged up. No lift. The winner was new name, Jonathan Bernor, 29, from Long Island, NY - a real powerhouse. His squats were deep and executed with an overabundance of power: 925 was followed by a picture

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**Big Jonathan Bernor ... the victor at 308**  
DL of 639.4 (2 misses with 683.4) gave Mark 1912.5 - good for 6th place. Garrett Harper, 28, finished in 5th with an 804.6 SQ, 551.1 BP, and 677.9 DL for 2033.7. Bart Quinn, 36, looked sharp on his first two lifts: SQ - 854.4 (all 3). He commenced his bench with 611.8 - got it, but failed 2 tries @ 639.4 DL - 617.4 (2nd) for 2083.3 and 4th place. Scouring the bronze medal was the oldest man of the meet, Russ Barlow, 44, proved that's

chalk, hoping to stop the bleeding, came out and ripped up 804.7. He held on, but ripped another callous from his left palm. With Holdsworth, with authority, came out and yanked 804.6 with strength to spare. TOT - 2436.1, the 4th best of all time @ 275. Stafford was the lighter man, 269.84 to 273.37. He needed 832.2 on his last attempt to force the tie and win as lighter man. It was a valiant effort. You could see the blood trickling out from underneath the white carbonate of magnesium hand. What a powerful back he has - he pulled it right up, but right at completion another callous tore and his grip popped loose. TOT 2408.55 for runner-up. Holdsworth was champion.

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honey-mooning in the Bahamas) along. Nicknamed "Chester", big John hit a monster 2415 TOT in April, but he was plagued by a bad cold here. Both men were here for the purpose of qualifying for the WPO and a chance to make \$\$\$\$. J.L. opened with an 826.7 SQ - EZ, then lost his balance with 903.9, but made it strong on a final try. John sat deep with 837.7, ditto 920.4 on a 3rd. He looked good for a lot more, but didn't want to risk it, he was having great difficulty breathing due to his congestion. Stafford BPed strongly, making 650.3, then 683.4, with no problems. He was disappointed after missing 705.4, a lift he felt ready to do (PR - 690) Holdsworth is a bench pressing phenom, and opened huge - 727.5 - and got 2W. One judge detected a butt raise. He now had the lead over Stafford by 27.5 lb. Holdsworth decided to go for all he was worth - 777.1. He got it to arms length both tries for no lift (3R) for hip raise and the bar seesawing. J.L. smoked 705.4 for his DL opener. Stafford came in with 749.6, with a narrow stance, and ripped open a callous. Holdsworth proved how strong he really is - good on all 3 lifts - and yanked up 782.6 with power to spare. This put the pressure on Chester. He caked his palm with

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- Easy to hook up rubber bands to angled supports.



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great Chuck Vogelhoff, Marc stood himself under the massive load, lowered himself deep, deeper, reversed gears and came up like a slow freight elevator. It was done. GOOD LIFT. The crowd went nuts. Marc's bench press is every bit as impressive. He opened with a monster 661.4 - no problem. Up to 677.9 - 2nd round - a misgroove. Again Bartley answered the gutcheck challenge and came back to make a rousing success. At this point he was 71.5 lbs. higher than he'd ever gone before with a stupendous Superman subtotal of 765 kg. (1686.53) - 9th best All-Time and by far the best ever by anyone of his bodyweight. He led the field by 55, but the big bulls not yet part of Marc's arsenal. He did manage 716.4 (2nd), but missed a lift of 733 which could have moved him into 2nd place with 2419.5. As this as securing only 3rd place is unheard of at 275! Two men well known in the IPA, representing Louie Simmons's Westside Barbell Club, lifted in the APF for the first time, and they dominated this tough field. J.L. Holdsworth, only 26, had a 2340 TOT under his belt, and was expected to be way above that here. John Stafford, 28, an insurance salesman from Columbus, OH, brought his fiancée by the time you read this they'll be married and

APE Senior Nationals		5,6 JUN 04-Baton Rouge, LA										
Women	114	SQ1	SQ2	SQ3	BP1	BP2	BP3	5T	DL1	DL2	DL3	TOT
C. Richard	264	292	292	132	143	154	253	253	270	672		
Susan Rimm	330	352	349	220	231	242	595	281	303	330	898	
Michelle	303	330	347	137	137	154	163	236	264	281	793	
S. Baldwin	309	424	435	225	264	284	688	369	418	429	1118	
R. Phelps	562	606	606	330	330	330	892	473	501	523	1394	
R. Dea Denison	418	457	457	99	...	518	374	402	...	920		
Krista Ford	501	562	573	242	275	303	876	501	562	...	1438	
S. Mendelson	573	628	628	325	341	363	914	374	418	440	1355	
Joyce Tackell	402	435	462	314	336	336	716	358	396	396	1074	
Stacy Manly	479	479	479	275	275	275	275	275	275	275	275	
Tammy Thomas	465	622										
Men	123	R. Hawthorne	529	567	567							
148	Hatch	740	740	440	462	473	1151	607	623	623	1652	
171	H. Hoerner	639	688	716	314	336	1037	551	600	620	1647	
165	Eric Adolph	501	534	551	314	330	847	307	323	362	1355	
181	M. Tucker	573	617	633	429	446	1063	529	551	573	1614	
181	M. Tucker	606	606	606	341	369	965	507	562	562	1477	
181	Angela	573	622	672								
181	Mike Luckett	655	672	672								
181	Mike Luckett	655	672	672								
198	Dave Kirschen	628	655	705	418	451	1179	518	556	584	1736	
198	Adam James	650	699	733	385	418	1140	540	578	641	1719	
198	Adam Baker	606	628	644	369	407	1036	576	606	622	1642	
220	Mike Brown	622	622	613	440	457	1080	584	611	622	1703	
220	Adam Driggers	604	804	848	518	554	1366	622	639	650	2006	
220	Brian Carter	841	843	843	479	504	1300	650	672	672	1951	
220	Mark Plescia	755	804	824	507	542	1312	622	622	622	1932	
220	Brian Mull	810	832	832	418	429	1262	617	639	650	1912	
220	242											
220	William Murray	573	584	584								
220	Robert Hillard	545	562	562								
220	Richard Briggs	473	501	516								
220	Joe Laidner	688	716	744								
220	Mark Sumner	578	578	578								
220	Mike DeLaval	562	562	600								
220	SHW Guest	562	562	600								
220	Scott Mendelson	936	936	936								



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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 Thurber, Bill "peanuts" West, and there's even a section on the spectacular Zaver'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're into lifting then, this book will show you how we got to where we are today. There were a lot of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

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**TOP 100** For standard 275 lb./125 kg. USA lifters in results received from March 2003 thru March 2004

	SQUAT	BENCH	DEADLIFT	TOTAL
1	1102 Goggins, S. 3/1/03	800 Crawford, B. 3/6/04	881 Goggins, S. 3/1/03	2340 Goggins, S. 3/1/03
2	1011 Holdsworth, J. 1/16/03	1011 Holdsworth, J. 1/16/03	821 Davron, R. 6/8/03	2540 Holdsworth, J. 1/16/03
3	821 Davron, R. 6/8/03	733 Ostradov, J. 3/1/03	800 Gullotta, G. 1/26/04	2386 Davron, R. 6/8/03
4	970 Bailey, C. 12/6/03	730 Fiedler, A. 5/3/03	795 Sargent, H. 11/16/03	2254 Sargent, H. 11/16/03
5	964 Bartley, M. 3/6/04	730 Fiedler, A. 5/3/03	795 Sargent, H. 11/16/03	2254 Sargent, H. 11/16/03
6	953 Forbes, J. 11/9/03	710 White, E. 2/29/03	752 Ribes, J. 7/26/03	2232 Patrick, J. 11/30/04
7	953 Forbes, J. 11/9/03	710 White, E. 2/29/03	752 Ribes, J. 7/26/03	2232 Patrick, J. 11/30/04
8	936 Forbes, J. 11/9/03	710 White, E. 2/29/03	775 Reeves, J. 3/30/03	2210 Griffin, M. 6/14/03
9	936 Forbes, J. 11/9/03	710 White, E. 2/29/03	775 Reeves, J. 3/30/03	2210 Griffin, M. 6/14/03
10	931 Patrick, J. 11/30/03	705 Meeker, T. 5/17/03	771 Jankowski, G. 12/6/03	2204 Leavon, N. 11/9/03
11	925 Wandler, J. 4/13/03	700 Burns, S. 3/15/03	766 Griffin, M. 6/14/03	2204 Grandidk, J. 11/30/03
12	914 Dagon, R. 11/9/03	700 Burns, S. 3/15/03	766 Griffin, M. 6/14/03	2204 Grandidk, J. 11/30/03
13	914 Dagon, R. 11/9/03	700 Burns, S. 3/15/03	766 Griffin, M. 6/14/03	2204 Grandidk, J. 11/30/03
14	904 Johnson, N. 11/16/03	655 Stopy, P. 12/6/03	765 Calahan, S. 11/23/03	2185 Lowe, G. 2/14/04
15	881 Tully, P. 3/20/04	650 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2185 Lowe, G. 2/14/04
16	875 Dewese, K. 8/10/03	650 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2185 Lowe, G. 2/14/04
17	875 Dewese, K. 8/10/03	650 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2185 Lowe, G. 2/14/04
18	875 Dewese, K. 8/10/03	650 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2185 Lowe, G. 2/14/04
19	875 Dewese, K. 8/10/03	650 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2185 Lowe, G. 2/14/04
20	865 Hudak, Z. 3/22/03	645 Holzapfel, T. 11/8/03	755 Bower, R. 11/2/03	2185 Lowe, G. 2/14/04
21	860 Grandidk, J. 11/30/03	635 Stopy, P. 12/6/03	750 Ferrell, C. 6/22/03	2166 Alchico, M. 8/17/03
22	855 Mount, S. 11/16/03	633 Grandidk, J. 11/30/03	750 Lowe, G. 2/14/04	2166 Alchico, M. 8/17/03
23	854 Wagner, G. 7/20/03	630 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2166 Alchico, M. 8/17/03
24	850 Durbin, B. 11/3/03	630 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2166 Alchico, M. 8/17/03
25	850 Durbin, B. 11/3/03	630 Dunn, D. 5/3/03	749 Field-Eaton, C. 8/3/03	2166 Alchico, M. 8/17/03
26	850 Riedy, C. 10/18/03	625 Linder, J. 7/5/03	744 Rogers, D. 3/6/04	2100 Wandler, J. 4/13/03
27	850 Carter, J. 10/25/03	625 Dick, P. 7/19/03	744 Rogers, D. 3/6/04	2100 Wandler, J. 4/13/03
28	848 Croner, W. 7/20/03	620 Carter, J. 10/25/03	744 Rogers, D. 3/6/04	2094 Lade, S. 7/20/03
29	848 Croner, W. 7/20/03	620 Carter, J. 10/25/03	744 Rogers, D. 3/6/04	2094 Lade, S. 7/20/03
30	848 Croner, W. 7/20/03	620 Carter, J. 10/25/03	744 Rogers, D. 3/6/04	2094 Lade, S. 7/20/03
31	844 Ford, J. 11/28/03	622 Barba, A. 3/15/03	735 Johnston, N. 11/16/03	2077 Croner, W. 7/20/03
32	843 Whosniski, M. 8/17/03	622 Hummel, M. 9/27/03	727 Meek, B. 6/8/03	2072 Wagner, G. 7/20/03
33	835 Young, G. 2/13/03	622 Posh, J. 12/12/03	727 Isabella, T. 6/23/03	2066 Babey, T. 7/26/03
34	835 Young, G. 2/13/03	622 Posh, J. 12/12/03	727 Isabella, T. 6/23/03	2066 Babey, T. 7/26/03
35	832 Dippre, C. 3/7/04	615 Mackey, K. 1/17/04	725 Carter, J. 10/25/03	2061 Lamer, M. 6/8/03
36	826 Cardella, T. 11/9/03	615 Mackey, K. 1/17/04	725 Carter, J. 10/25/03	2061 Lamer, M. 6/8/03
37	826 Cardella, T. 11/9/03	615 Mackey, K. 1/17/04	725 Carter, J. 10/25/03	2061 Lamer, M. 6/8/03
38	820 Ramsey, W. 11/16/03	610 Danto, J. 11/13/03	720 Ramonaberto, J. 12/7/03	2055 Gullotta, G. 1/26/04
39	815 Lade, S. 7/20/03	610 Danto, J. 11/13/03	720 Ramonaberto, J. 12/7/03	2055 Gullotta, G. 1/26/04
40	815 Lade, S. 7/20/03	610 Danto, J. 11/13/03	720 Ramonaberto, J. 12/7/03	2055 Gullotta, G. 1/26/04
41	815 Koch, D. 3/28/04	606 Erickson, L. 12/12/03	716 Madvig, B. 7/20/03	2044 Ajokowski, G. 12/6/03
42	810 Taylor, C. 12/6/03	605 Vargo, P. 8/8/03	716 Schoen, S. 1/24/04	2044 Koch, D. 3/28/04
43	804 Labaree, A. 6/23/03	605 Knight, M. 7/26/03	715 Phillips, D. 8/10/03	2044 Koch, D. 3/28/04
44	804 Johnson, N. 11/16/03	605 Knight, M. 7/26/03	715 Phillips, D. 8/10/03	2044 Koch, D. 3/28/04
45	804 Johnson, N. 11/16/03	605 Knight, M. 7/26/03	715 Phillips, D. 8/10/03	2044 Koch, D. 3/28/04
46	800 Johnson, N. 11/16/03	605 Knight, M. 7/26/03	715 Phillips, D. 8/10/03	2044 Koch, D. 3/28/04
47	800 Johnson, N. 11/16/03	605 Knight, M. 7/26/03	715 Phillips, D. 8/10/03	2044 Koch, D. 3/28/04
48	800 Fay, C. 11/16/03	600 Mank, J. 3/22/03	711 Grandidk, J. 11/30/03	2000 Ramsey, W. 11/16/03
49	800 Fay, C. 11/16/03	600 Mank, J. 3/22/03	711 Grandidk, J. 11/30/03	2000 Ramsey, W. 11/16/03
50	800 Milliner, K. 12/21/03	600 Beverstodt, S. 1/8/03	710 Thompson, J. 6/29/03	2000 Milliner, K. 12/21/03
51	799 Patterson, C. 3/15/03	600 Hummery, L. 6/7/03	710 Ford, J. 6/29/03	1990 Ford, J. 6/29/03
52	793 Meek, B. 6/8/03	600 Nartin, D. 12/6/03	710 Croner, W. 7/20/03	1978 Ferguson, B. 11/22/03
53	793 Meek, B. 6/8/03	600 Nartin, D. 12/6/03	710 Croner, W. 7/20/03	1978 Ferguson, B. 11/22/03
54	793 Meek, B. 6/8/03	600 Nartin, D. 12/6/03	710 Croner, W. 7/20/03	1978 Ferguson, B. 11/22/03
55	793 Meek, B. 6/8/03	600 Nartin, D. 12/6/03	710 Croner, W. 7/20/03	1978 Ferguson, B. 11/22/03
56	793 Meek, B. 6/8/03	600 Nartin, D. 12/6/03	710 Croner, W. 7/20/03	1978 Ferguson, B. 11/22/03
57	782 Ferguson, B. 11/22/03	600 Road, A. 3/6/04	710 Brown, R. 2/21/04	1956 Dippre, C. 3/7/04
58	782 Ferguson, B. 11/22/03	600 Road, A. 3/6/04	710 Brown, R. 2/21/04	1956 Dippre, C. 3/7/04
59	777 Lamer, M. 6/8/03	600 Road, A. 3/6/04	710 Brown, R. 2/21/04	1956 Dippre, C. 3/7/04
60	777 Lamer, M. 6/8/03	600 Road, A. 3/6/04	710 Brown, R. 2/21/04	1956 Dippre, C. 3/7/04
61	775 Tate, D. 8/10/03	600 Road, A. 3/6/04	710 Brown, R. 2/21/04	1956 Dippre, C. 3/7/04
62	771 Wommings, B. 3/29/03	584 Leitch, M. 8/9/03	705 Klest, A. 3/29/03	1951 Feltows, A. 3/28/04
63	771 Wommings, B. 3/29/03	584 Leitch, M. 8/9/03	705 Klest, A. 3/29/03	1951 Feltows, A. 3/28/04
64	771 Wommings, B. 3/29/03	584 Leitch, M. 8/9/03	705 Klest, A. 3/29/03	1951 Feltows, A. 3/28/04
65	771 Wommings, B. 3/29/03	584 Leitch, M. 8/9/03	705 Klest, A. 3/29/03	1951 Feltows, A. 3/28/04
66	771 Wommings, B. 3/29/03	584 Leitch, M. 8/9/03	705 Klest, A. 3/29/03	1951 Feltows, A. 3/28/04
67	771 Wommings, B. 3/29/03	584 Leitch, M. 8/9/03	705 Klest, A. 3/29/03	1951 Feltows, A. 3/28/04
68	771 Wommings, B. 3/29/03	584 Leitch, M. 8/9/03	705 Klest, A. 3/29/03	1951 Feltows, A. 3/28/04
69	766 Stuchiner, M. 8/10/03	573 Turner, J. 3/6/04	700 Panzanelli, J. 8/30/03	1950 Vetry, C. 11/16/03
70	766 Stuchiner, M. 8/10/03	573 Turner, J. 3/6/04	700 Panzanelli, J. 8/30/03	1950 Vetry, C. 11/16/03
71	755 Wevers, T. 3/16/03	573 Fernandez, J. 9/20/03	700 Wommings, B. 3/29/03	1945 Ransbottom, J. 8/3/03
72	755 Wevers, T. 3/16/03	573 Fernandez, J. 9/20/03	700 Wommings, B. 3/29/03	1945 Ransbottom, J. 8/3/03
73	755 Wevers, T. 3/16/03	573 Fernandez, J. 9/20/03	700 Wommings, B. 3/29/03	1945 Ransbottom, J. 8/3/03
74	755 Wevers, T. 3/16/03	573 Fernandez, J. 9/20/03	700 Wommings, B. 3/29/03	1945 Ransbottom, J. 8/3/03
75	755 Wevers, T. 3/16/03	573 Fernandez, J. 9/20/03	700 Wommings, B. 3/29/03	1945 Ransbottom, J. 8/3/03
76	750 Wandler, J. 4/13/03	570 Durham, B. 4/19/03	700 McKinnon, S. 2/21/04	1940 Isabella, T. 6/23/03
77	750 Wandler, J. 4/13/03	570 Durham, B. 4/19/03	700 McKinnon, S. 2/21/04	1940 Isabella, T. 6/23/03
78	750 Wandler, J. 4/13/03	570 Durham, B. 4/19/03	700 McKinnon, S. 2/21/04	1940 Isabella, T. 6/23/03
79	749 Askew, M. 3/29/03	568 Shipley, S. 5/17/03	699 Capps, J. 11/22/03	1929 Dubs, J. 3/6/04
80	749 Askew, M. 3/29/03	568 Shipley, S. 5/17/03	699 Capps, J. 11/22/03	1929 Dubs, J. 3/6/04
81	749 Ransbottom, J. 8/3/03	575 Harnes, G. 7/20/03	688 Wagner, G. 7/20/03	1923 Holmway, F. 6/8/03
82	749 Ransbottom, J. 8/3/03	575 Harnes, G. 7/20/03	688 Wagner, G. 7/20/03	1923 Holmway, F. 6/8/03
83	745 Mahler, B. 11/1/03	565 Plante, G. 5/17/03	683 Dumas, C. 3/2/03	1918 Saldarria, E. 6/1/03
84	745 Mahler, B. 11/1/03	565 Plante, G. 5/17/03	683 Dumas, C. 3/2/03	1918 Saldarria, E. 6/1/03
85	744 Ballard, D. 5/4/03	565 Clark, K. 2/21/04	683 Weidenberg, R. 3/2/03	1918 Saldarria, E. 6/1/03
86	744 Ballard, D. 5/4/03	565 Clark, K. 2/21/04	683 Weidenberg, R. 3/2/03	1918 Saldarria, E. 6/1/03
87	744 Ballard, D. 5/4/03	565 Clark, K. 2/21/04	683 Weidenberg, R. 3/2/03	1918 Saldarria, E. 6/1/03
88	744 Ballard, D. 5/4/03	565 Clark, K. 2/21/04	683 Weidenberg, R. 3/2/03	1918 Saldarria, E. 6/1/03
89	738 Whalen, L. 11/15/03	562 Patterson, J. 3/20/04	683 Miller, M. 3/29/03	1918 Saldarria, E. 6/1/03
90	738 Whalen, L. 11/15/03	562 Patterson, J. 3/20/04	683 Miller, M. 3/29/03	1918 Saldarria, E. 6/1/03
91	738 Whalen, L. 11/15/03	562 Patterson, J. 3/20/04	683 Miller, M. 3/29/03	1918 Saldarria, E. 6/1/03
92	738 Whalen, L. 11/15/03	562 Patterson, J. 3/20/04	683 Miller, M. 3/29/03	1918 Saldarria, E. 6/1/03
93	738 Whalen, L. 11/15/03	562 Patterson, J. 3/20/04	683 Miller, M. 3/29/03	1918 Saldarria, E. 6/1/03
94	738 Whalen, L. 11/15/03	562 Patterson, J. 3/20/04	683 Miller, M. 3/29/03	1918 Saldarria, E. 6/1/03
95	738 Whalen, L. 11/15/03	562 Patterson, J. 3/20/04	683 Miller, M. 3/29/03	1918 Saldarria, E. 6/1/03
96	733 Weech, S. 12/12/03	555 Sargent, H. 11/16/03	677 Ball, N. 12/22/03	1895 Anderson, P. 3/6/04
97	733 Weech, S. 12/12/03	555 Sargent, H. 11/16/03	677 Ball, N. 12/22/03	1895 Anderson, P. 3/6/04
98	730 Hollis, D. 11/16/03	555 Reed, R. 12/13/03	675 Manly, J. 3/22/03	1878 Higgins, M. 12/14/03
99	730 Hollis, D. 11/16/03	555 Reed, R. 12/13/03	675 Manly, J. 3/22/03	1878 Higgins, M. 12/14/03
100	727 Ostrom, T. 3/8/03	551 Culligan, S. 4/6/03	675 Horton, F. 3/22/03	1868 Hendrix, R. 3/29/03

**PL USA Top 100 Achievement Awards**



**Powerlifting USA TOP 100 Achievement Certificates** are printed in Red and Gold ink on exquisite paper, embossed with a gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

**NEXT MONTH... TOP SHWS**



