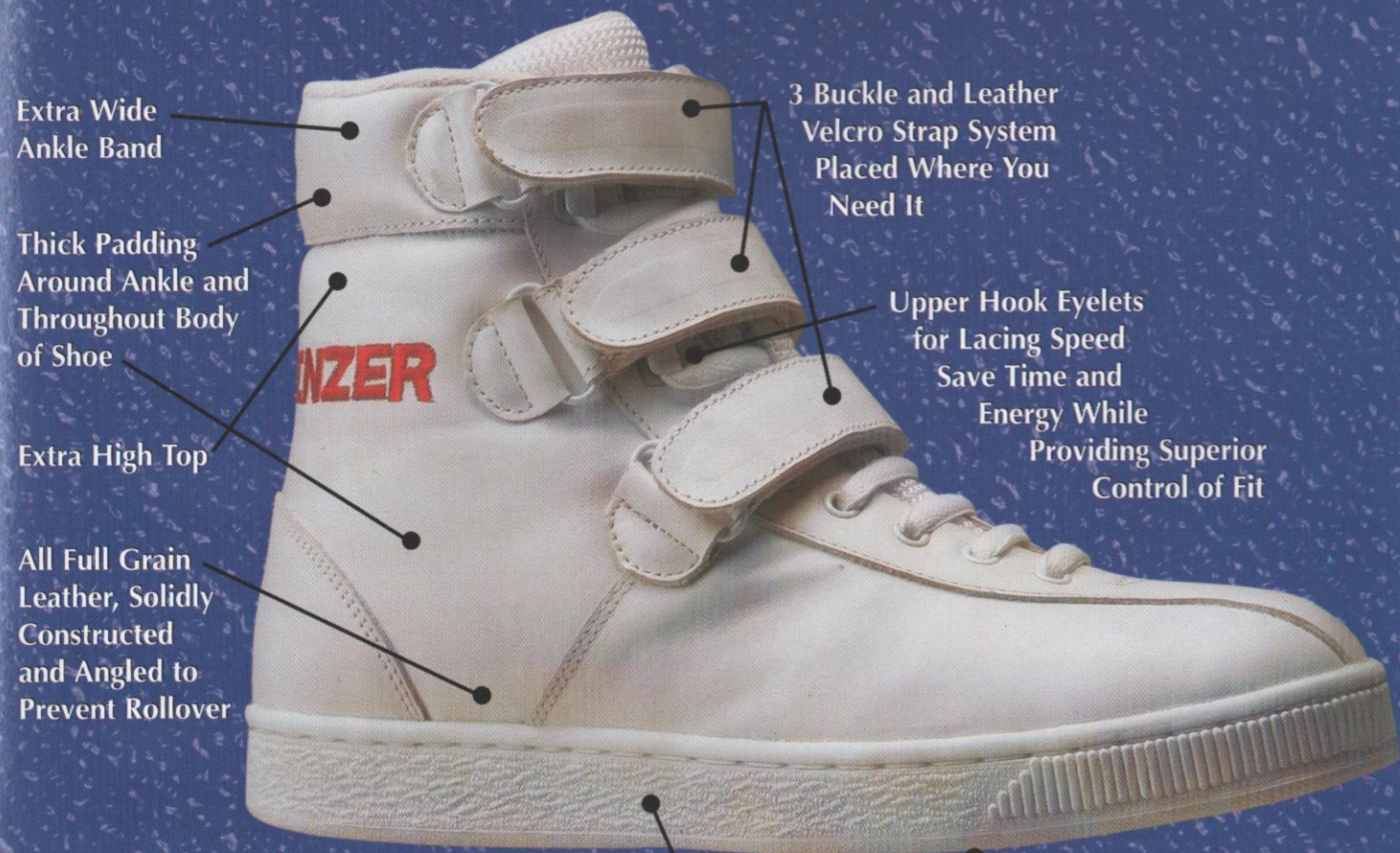


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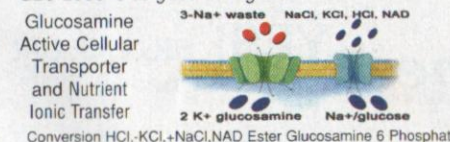
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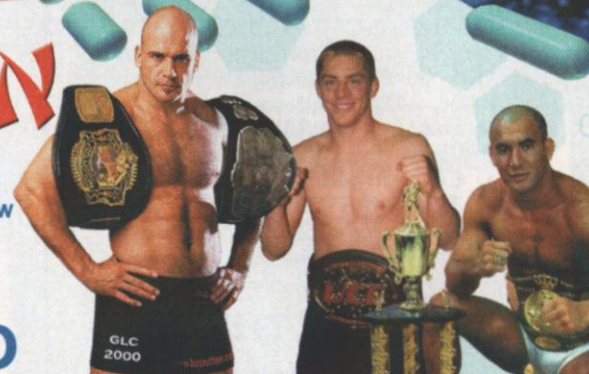
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ON THE COVER Travis Mash fighting his way to the all time biggest total at 220, 2408, at the WPO Finals in Atlanta, Georgia

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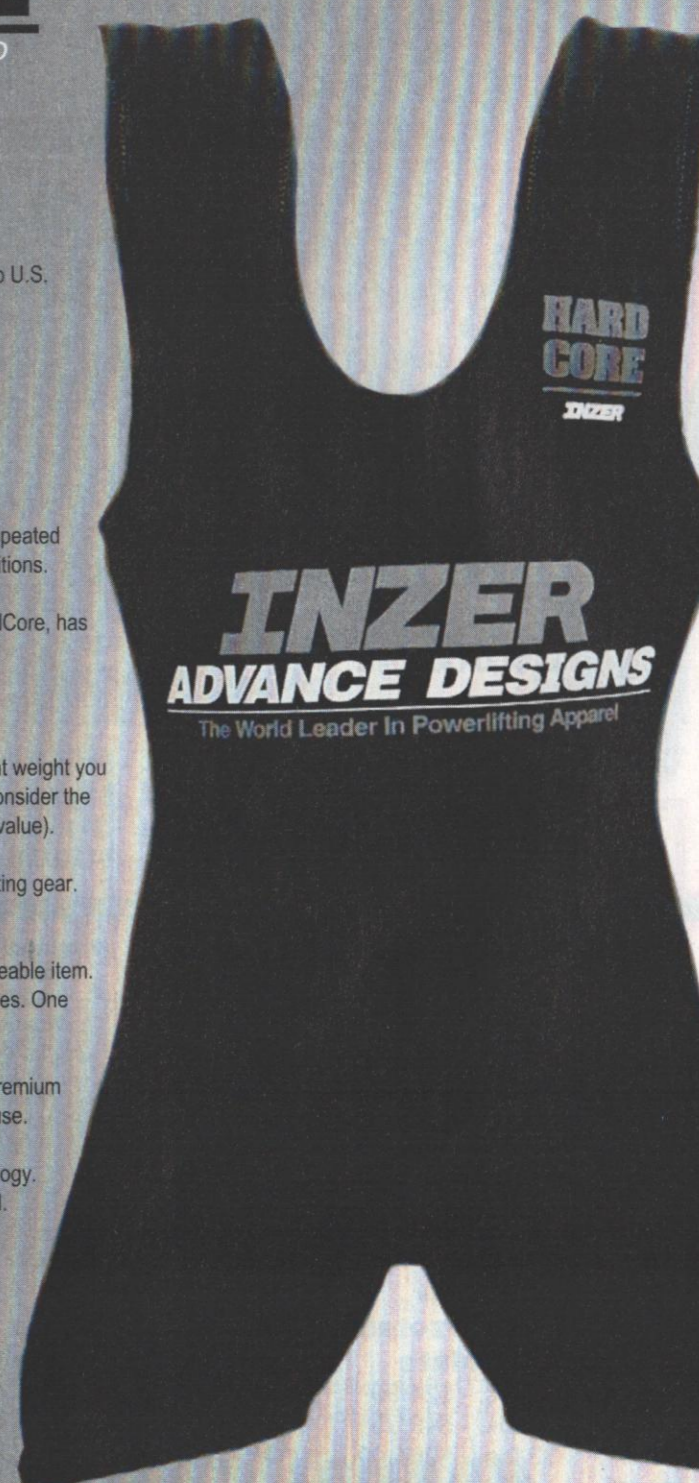
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The 3rd annual GNC Show of Strength World Expo took place once again at the elegant Cobb Galleria Centre facility in the northern Atlanta suburbs, and had even more events than last year to entice the fitness oriented crowd the vendors were hoping for. For example, there were two strongman contests running concurrently this time (one Pro, one Amateur), and the Total Nonstop Action (TNA) Wrestling Federation tryouts were a very popular new event. This year's overall spectator turnout was better than last, according to HOUSE OF PAIN's Rick Brewer, but the WPO World Powerlifting Finals was the focus of this article, as well as hundreds of fans, who often overflowed the extensive seating area in an SRO tribute to the appeal of this event..

The lifting was distributed over the three days of the SOS, with the WPO superclasses for the lightweights (up to 165) and middleweights (up to 220) competing on Friday, the Heavyweights (242s and 275s) on Saturday, and the Super Heavyweights (308s and true SHWs) providing Sunday's much

The WPO Finals ... seen by PL USA Editor Mike Lambert



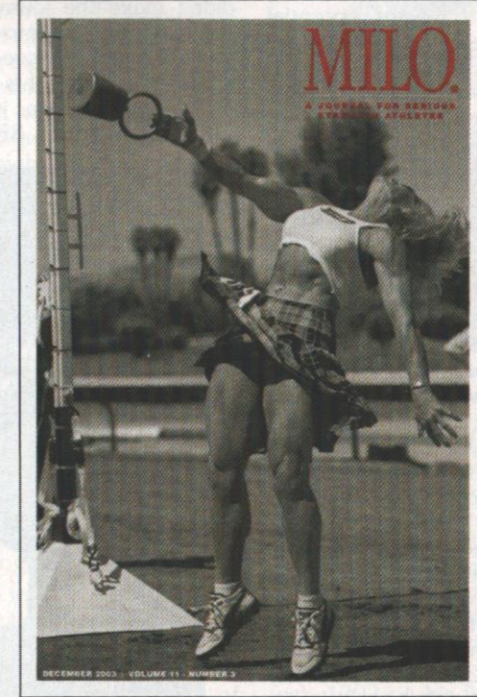
Almost 2600! .. Paul Childress kept his cool amidst ferocious competition and prevailed @ SHW.

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

We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, 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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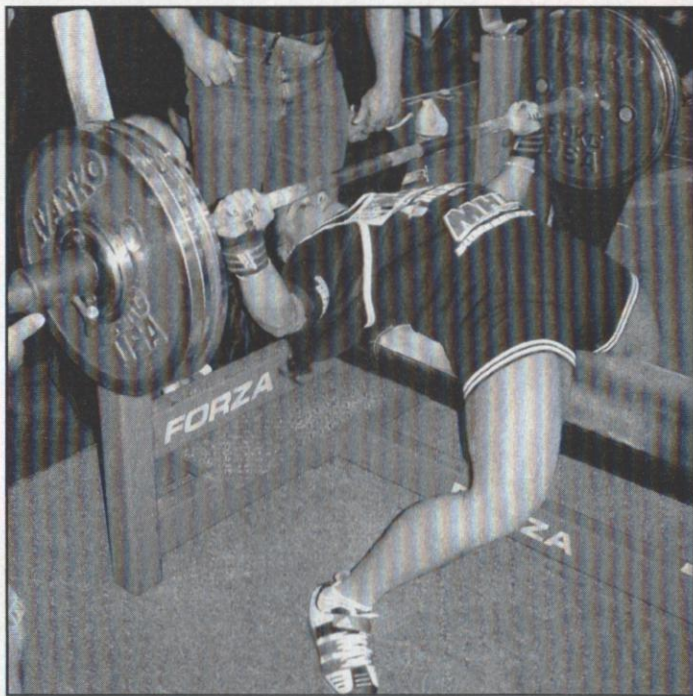
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Kara Bohigian gave a 402 Bench Press @ 148 a convincing try!

anticipated finale.

"Guest lifters" included two exceptional ladies: Amy Weisberger (not battling the scales to make the 132 lb. class limit this time) and Kara Bohigian (lifting in front of her many appreciative hometown fans). Amy (39) attacked the squat with the advantage of her solid bodyweight increase, and explosively drove up each lift, even an all time record 556 4th attempt. She tokened a 55 lb. bench to secure the record, and then pointed out a shoulder problem that kept her from trying any further pressing. In the deadlift she made an impressive re-take of a 462 deadlift after a clear miss on her initial try.

Kara also rocked in the squat, but not with her 562 3rd attempt, and in the bench press, she stunned lifters and audience with excellent lifts of 374 and 385, before trying a mind-boggling new benchmark of 402 on a 4th, utilizing state of the art technique, including a tremendous arch. Her 501 pull produced a spectacular 1421 total, which will likely rank 20ish on our next PL USA TOP 100 for lightweight.

In the WPO Lightweight division, Angelo Berardinelli was present, but not on the scoreboard, and John Reese of Moscow (Idaho) had the misfortune of believing a schedule typo in the program and missed the Lightweight competition. Due to the error, he was allowed to compete the next day, and

showed power of substance in the squat with a comeback attempt at 705 as a 165er, but then got bit by the bombout bug in the bench with an ambitious 457 opener.

Competing within the WPO format at an extreme bodyweight disadvantage, 20 year old Richard Hawthorne made a phenomenal leap up the all time squat list, off his own shoulders, to the rarefied 650 lb. ranks of the immortal Joe Bradley. A bit of BP difficulty was quickly resolved, but he dropped 99 lbs. of potential total, by missing 600 lbs. in the DL twice. Brian Strickland was using this meet to try to qualify for the Arnold Classic, and his missed 727 squat would have been a great help. Dan Petrillo opened with 275 in the bench ... was he injured? Guess not, as he rammed his way to a beautiful 503 4th attempt final for a new WPO World Record (worth \$1000!) Nick Hatch can't be 18 ... he performs his lifts with the strength and experience of a man twice that age ... that must be the influence of Coach Rick Hussey of Big Iron Gym in Omaha. After missing a WPO world record 710 squat (his 683 opener was a WR to start with!), he came back and forced it up, and then triumphantly refused to quit with an almost unimaginable 733. He kept it up in the bench ... 485 was a tough miss on his 2nd, but he fearlessly returned to get it on a 3rd, in a very difficult effort, but a further 507 world record was too much, even for SuperTeen. As great as

Hatch was, Brian Schwab was greater, trying a (then) World Record squat of 688, then making a new WPO World Record of 503 (exceeding his standing 501) and then even going for an all time world best lift of 520. Tony Conyers had no trouble winning the division, despite not repeating his 800 plus performances in the squat, but he also went for a WPO World Record in the bench, and he confidently broke the 1900 barrier in the total.

In the Middleweight division, Mike Coe had us fearing the worst for a second, when he took 755 down and then kept on going down and forward. After a cautious return to his feet, he didn't appear to be seriously injured, but did not continue lifting. Also running aground early was rugged Kyle Robertson, who seemed at ease with the big weights he was handling, but he didn't get the judge's calls. Mike Roberts got a couple of nice squats, but after a monster 611 BP opener, he did not continue. New Finnish WPO hopeful Ilkka Mursu couldn't get his squat rolling, but Kieran K. let him continue in the BP anyway. Mike Danforth did not get a squat on the board, and Dmytro "Popeye" Soloviov of the Ukraine was able to happily return from a missed opener in the squat to post a massive 547 BP as a 181er (he's got even bigger forearms than his 242 lb. brother Oleksy). Ron Palmer didn't make the journey down the bodyweight scale to the 165s, and - instead - shoved around some monster weights at 181 ... 845 in the squat was just a hair off, and his try to 551 in the

bench was moving well, though not finished. He was reportedly off to the Bench America World meet in Chicago, the next day, for an exhibition, before next heading out to Fresno for the WPC World Championships the following week.

Arnold Coleman looked like he was at the wrong end of the venue (the bodybuilding show was at a location far opposite of the lifting), but his muscles remembered how to move big iron, despite a timing out glitch on his 3rd squat. Michael Cartinian, a densely muscled fireplug of a 198 pounder, squatted immaculately, and seemed on track with a gigantic 617 BP attempt, but it wasn't quite there. Finnish WPO veteran Tatu Avola squatted a Coanesque 859 as a 198er, and could have ended up over 2100 with another attempt or two to the good. The bulging thighs of Germany's Harald Selsam broke the 900 lb. squat standard, but a misload issue besmirched his 936 attempt. In his WPO debut, Brandon Cass lifted like a "crain" in the squat, and was solid in the other two lifts as well. He comes to the platform without an entourage of backslappers, and does battle with huge weights on his own. Kenny Patterson has made an excellent conversion to a three lift competitor, and went 10 times bodyweight plus in the process. 881 was a great squat, and in the bench, he went for it ... smashing up a WPO WR 716, and then going for everything on a 4th with an all time mark of 740, that was just too much.

After all that quality lifting, we finally got to the top three in



Richard Hawthorne's remarkable ride with a 650 squat at 132!

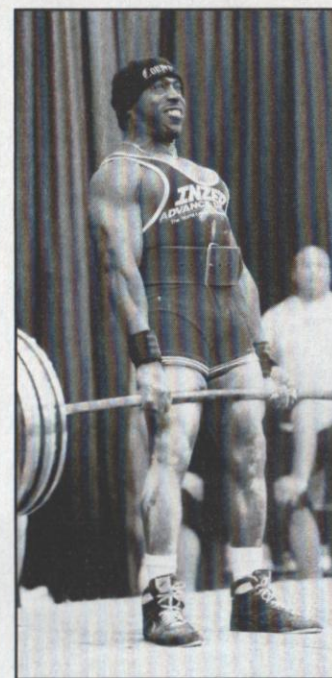


Nick Hatch could hardly be stopped in the squat - 735!

the division. Dondell Blue has made the remarkable transition to squatting superstardom, smoothly motoring up with 870, 909, and 942. He made his opening BP shirtless, then went to 589 for a shirted success. Card carrying Powerlifting Warrior Chuck Vogelpohl opened with a WPO World Record of 994 in the squat, missed it oddly, then returned to get it on the board, before missing 1030. 501 was another odd miss in the bench, but was repeated to the good, however, a giant jump to 595 was an awkward and a potentially costly miss. Standing on top of the 220 lb. world was Travis Mash. After recovering from an injury, T.M. came in thick and incredibly strong. He forcibly manhandled his squats, and his bench was better than ever (to a temporary WPO World Record 696). With his first DL of 738, he got another WPO WR in the total, and with his next attempt he did the nearly unthinkable ... breaking the all time 220 lb. total record of Ed Coan, to with 2408.

In the WPO Heavyweight division, Noel Levario seemed ready to join his fellow Illinois lifters in the top rungs, but he fell to the bench bomb disease that affected a disturbingly large number of the heavier lifters. In the WPO, if you miss your first two attempts in any lift, you are not allowed to continue. It is a rule distinction that is deceptively dangerous. Basically, you don't have three attempts ... you have two attempts to make one lift ... after that, your third or even fourth attempt is gravy. Despite the demands of the WPO spotlight to break records and excel overall, the lifters who consistently prevail are those who lift as if they only had two

attempts per lift, and then go onward from that point. Chris Mason looked huge at 242, but after three big squats (ending at a big 920!), he struggled on two attempts to get a BP in. J. L. Holdsworth ... definitely "warrior class" and definitely on the way up in the WPO had some thinking he might try as much as



Tony Conyers has been on top of the Power Game for decades.

800 in the BP, but two awkward attempts at 733 turned him into a spectator.

Former IPF competitor Oleksy Soloviov earned the crowd's respect with 7 big lifts, and an almost 633 in the BP. The man who is afraid of no weight, Marc Bartley, left too much weight off the scorecard in the squat to repeat at 2400 plus, like he did at the APF Seniors, and that kept him out of the top three. John "Chester" Stafford has Westside Barbell tattooed on his shoulder, and takes Louie's lessons to heart ... he's superstrong in every lift, and shows astonishing speed in the deadlift, in particular. He fell back on a 931 squat, and missed two other third attempts, but still edged in ahead of the South Carolinian Bartley. Just nudging Stafford was Illinois' Jason Patrick. 986 was a key miss in the squat for J.P., and he had to sniff the trail that Jose Garcia was blazing all the rest of the way. Jose looks lean, even at the enhanced bodyweight of 256, but he doesn't lift lean. His 1008 squat was picture perfect, and he was much improved in

the bench as well, just being out-classed by a huge 639 on his 3rd attempt. He missed 782 in the deadlift on a tough effort, but somehow bumped his resolve up on his 3rd attempt to nail it for a sensational 2414 total and a WPO divisional title. (Winners of each division got \$3500, followed by \$1500 for 2nd, and \$750 for third place finishers).

With a ton and a half (plus) of athletes weighing in, the ground was shaking in anticipation of Sunday's Superheavyweight lifting. The opening squat attempt for this Gang of Nine was a mere 959, and four of the openers were over 1000!

Andy Bolton's opener of 970 was easy, and 1058 was hardly more. He then went to a WPO World Record of 1118 and did a dutifully deep dip with it. With a huge squat number under his thick lifting belt, he opened boldly at 600 in the bench, but awkwardly drove it into the racks twice and was - shockingly - out of the meet. Germany's Holger Kuttroff opened badly with 1014, then came back to make the



Chuck Vogelpohl was ready for battle in the Middleweight class.

same weight as if he was a different man altogether. 1058 was too, too much, and ... regrettably ... he tore his pec on his opener 595 BP and was gone. Brent Mikesell had been looking forward to this meet (and the subsequent WPC Worlds) after his disappointing injury at the Arnold Classic. He fell back with 1003 on his first try here, and just couldn't do it on his 2nd and the World's Greatest Squatter was out. WPO newcomer

Jonathan Bemor showed real intestinal fortitude by relaunching 1019 for a judge-convincing attempt on his 3rd squat, but neither 705 nor 733 were hit on the right spot in the bench. WPO Prez Kieran Kidder was visibly wincing as lifter after lifter in this division bit the dust in the bench press. Considering the weights involved, the equipment, and the technique(s) employed, hitting a big bench in WPO competition is like jumping up onto a giant, spinning ball bearing, slicked with oil, with a beaker of nitroglycerine in both hands ... if you don't do it just right, it can blow up in your face.

Garry Frank was gigantic and looking so confident ... with no obvious trace of the back problem that he suffered after his 2800 plus all time total record. His opener squat of 1025 was so easy, and 1063 was hardly a limit, but it seemed to be cut just high both times. Garry strode away and returned to the bench after everyone else had finished, to open with the astonishing poundage of 804. He basically threw the weight up, but a bit off line, and it went into the racks, and an increase to ... gosh ... 821 did the same, and the World's Strongest Powerlifter was no longer in the meet either.

Matt Smith was ready to play his solid hand, but a controversy over his technique cost him his opener squat. He repeated it nicely, and then exploded cleanly with 1052, and was going to make it, but fell back with it before he could (article continued on page 90)



Jose Garcia gets ready to spit in the face of the 2400 lb. barrier.

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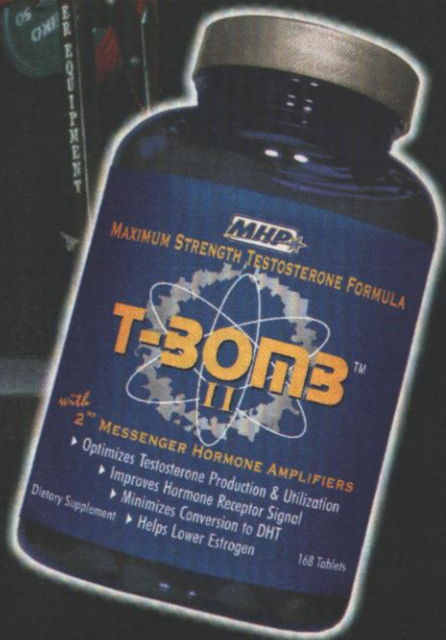
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Recuperative Modalities

as told to Powerlifting USA by Marc Cavigioli

Other than genetics, four factors, training, nutrition, mental approach and recuperation dictate maximum athletic performance. Recreational athletes often overlook recuperation. Many athletes, especially the young, feel if they get eight hours of sleep per night they've recovered. And while the young can often get away with this approach, even their performance would benefit from a more complete protocol. By the time an athlete reaches his or her middle thirties even the most oblivious notice slowing recovery ability. As one ages it becomes increasingly imperative to focus on and plan recuperative techniques. Theoretically, the greater one's recovery between workouts, the harder and/or more often one should be able to train which in turn should produce greater results.

So what else is there besides sleep that promotes recovery? In answering this question it is important to keep in mind that there are two types of stress from which to recover, mental and physical. Mental stress is easier for the average person to address because it does not require any special services or equipment. Anyone who has trained

intensely for a period of time knows the brain can only gear up for maximum effort so often before fatigue and burnout set in. In fact, Bob Lowery, Wisconsin State Powerlifting champion for most of the 1970s, attributed part of training partner Bill Kazmier's greatness to his ability to push himself repeatedly for months on end being less subject to mental fatigue so pervasive at the elite level.

The simplest component of mental recovery is merely thinking of other things when not training. This technique is passive. Concentrating on other "stuff" outside the gym helps keep your mind fresh for training. While it's crucial to keep laser-like focus while training, it's just as important to engage in diversionary recreation. Obsession with objectives and training while outside the gym are sure precursors to burnout. Scheduled time for self-hypnosis or mental rehearsal of upcoming workouts is not obsession but rather part of a planned strategy. Aside from these required forays into the all-powerful mind, absorbing hobbies and other recreations provide relief from the white-hot drive required to score new PRs or

a big total. Clearing one's mind, through meditation is a more active form of this idea. If you've got no interests other than training and competing, you may be subjecting yourself to greater risk of burnout.

Self-hypnosis itself can be an active form of mental recovery. In this case the hypnotic objective may be to instill a healing sense of relaxation either generally or specific to a problem area. Self-hypnosis can also be used to develop mind-calming techniques that once developed can be available on a moment's notice. For example, just prior to record breaking attempts it can be useful to calm and empty the mind of distractions prior to marshalling one's reserves for the all-out effort.

Physical recovery also falls into two categories, active and passive. Active rest includes physical activities that maintain or improve circulation and lymphatic return. Elevated circulation leads to a restorative perfusion of muscle tissue. This brings regenerative nutrients to the area while clearing wastes the metabolic by-products of training. Active rest includes walking, light running, biking, swimming or other forms of light physical work. Ken Patera walked his dog for active rest while Bob Lowery preferred pickup games of basketball. These should not be taxing so are pursued at low

intensity. Active rest can also take the form of light training days provided the weight used does not exceed 55-60% of heavy training weight. Mild cardio-vascular work for fifteen to twenty minutes several times per week is sufficient while unlikely to make incursions into recovery. The former Soviet athletes were famous for their active rest protocols.

Passive rest includes sedentary activities (movies, reading etc.) and sleep. Sleep is a recuperative modality that not only aids physical recovery but also rejuvenates the mind. The correct amount of sleep varies dramatically from individual to individual. Some rare champions function well on five hours of sleep per night while Chuck Ahrens was famous for espousing ten hours of slumber. Each athlete needs to find their own requirements. There have been times during intense training when I've slept almost entire weekends. When feeling significant fatigue it's advisable to concede to the body's wishes or pay the price in performance decrement, illness or injury.

Though it's best to obtain the bulk of sleep during one's regular sleep cycle, short naps ranging from fifteen minutes to two hours can boost recovery. Athletes generally need greater amounts of sleep and should be encouraged to nap. Research discovered introverts often need more sleep while extroverts need less. The exceptions in the study were athletes who often were both extroverted yet required more sleep. Short naps can be just the thing to boost performance/intensity as well as post-training recovery.

Perhaps the most cumbersome form of recovery for the average athlete is active-passive rest, sedentary activity that also improves circulation and lymphatic return. These include massage, whirlpools, hot tubs, ice packs and other common athletic training modalities.

Of these, ice packs are readily accessible to anyone. Steve Sandersen the nine hundred plus squatter packs his back and knees with ice for thirty minutes after training. He passed this practice on to his friend Ed Coan whom he claims uses it to this day. Ice enhances recovery because the

cold causes blood vessels to constrict in order to preserve body heat. After some minutes however, vessel dilation augments blood flow in order to prevent tissue necrosis of the chilled area. This increased perfusion is generally agreed to reach deeper than heat induced vessel dilation. As such, ice therapy, called cryotherapy, is ideal when nothing else is available. Cryotherapy works best when ice is applied for fifteen to twenty minutes, removed, the area lightly exercised to warm and superperfuse the area followed by another fifteen to twenty minutes of ice.

Of these active-passive modalities, massage is without question the most effective. Soft tissue therapy is not the pleasant sensual experience most people envision. The breaking up of scar tissue, known as deep tissue therapy can be quite uncomfortable if not downright painful. Keep in mind however that Jack Meager the pioneer of athletic massage in this country believes massage should not be overly painful. Of course, everyone's pain threshold is different so level of ideal pressure may differ significantly between people.

As athletes train, particularly strength athletes who repeatedly execute high intensity contractions, they create micro tears in muscles. Healing these tears and then supercompensating against further trauma is the basis of the overload principle. Sometimes however, tears do not heal entirely. As well, scar tissue develops if tearing is greater than ideal. Gradual accretion of scar tissue creates what are called adhesions, bundles of muscle fibers that clump together. This is a chronic condition of which the athlete is usually not aware. Adhesions, being less flexible and mobile than surrounding tissue, become a focal point for further injury. Pulls (which are minor tears) and more significant tears can often occur around these "stuck" bundles. Adhesions left untreated jeopardize training by posing a risk of injury.

Skilled massage therapists are quick to find adhesions. Through use of various techniques such as cross-fiber friction they break up the clusters. Adhesions have been described as "rivers" which can run the entire length of the muscle belly. Within these adhesions certain areas are particularly tight and sensitive. These areas known as trigger points are treated with direct firm pressure held for up to thirty seconds. Attention to trigger points ameliorates tension in the whole adhesion.

Once adhesions have been addressed flexibility is improved or restored. At this point light exercise, stretching and ice can bring back full function though more often than

"As one ages it becomes increasingly imperative to focus on and plan recuperative techniques."

... Marc Cavigioli

not at least several massage sessions are required.

The efficacy of such work cannot be overstated. Some years ago I injured a hamstring while doing high pulls from the floor. My ex-wife, a massage therapist, worked on my hamstring. I did not apply ice or use any other therapeutic modality. One week later I was able to train at full intensity. Despite the injury skilled and timely massage prevented me from losing even one training session!

Massage therapy can enhance performance when applied immediately prior to an event and will speed recovery if applied immediately after. Anytime is the right time for massage.

To be effective the therapist must be skilled and have sufficient power in his/her hands to break up adhesions. It can be very taxing work. An unskilled, weak therapist is caressing more than anything, from a performance standpoint is basically wasting time.

The biggest drawback of massage is the lack of skilled, powerful therapists and cost. Getting professional massages throughout the week as former Soviet athletes did is cost prohibitive for all but the luckiest athletes. The good news is most of the body is within one's own reach, so read up on technique and start rubbing for higher PRs and fewer injuries. Murphy's Law dictates that the area often in greatest need of massage is one we cannot reach, the back. Athletes without the luxury of a cooperative significant other can make like cows and use objects or furniture to try to break up adhesions. The trick, that which makes a therapist skillful, is finding the adhesions and trigger points. I had a pull in my lat-tri tie-in and massaged it on dipping bars. I've also used to corners of a bench for glute-adductors and doorframes on middle traps. Another technique

is to lay and roll on a tennis or racquetball. Ouch! But when no other alternatives are available, worth the pain.

The best way to massage adhesions and spasms in one's back if alone is to insert an adjustable dumbbell bar or wooden dowel (preferably with a rounded end) into the hole of a power rack's upright. The rack is ideal for this because its holes provide plenty of height variation. Push yourself against the end of the bar. With practice you can find the exact trigger points and even follow an adhesion for it's entire length.

For those who have access to a worthwhile therapist or can cut some sort of deal, massage even if only once or twice per month can be worth it.

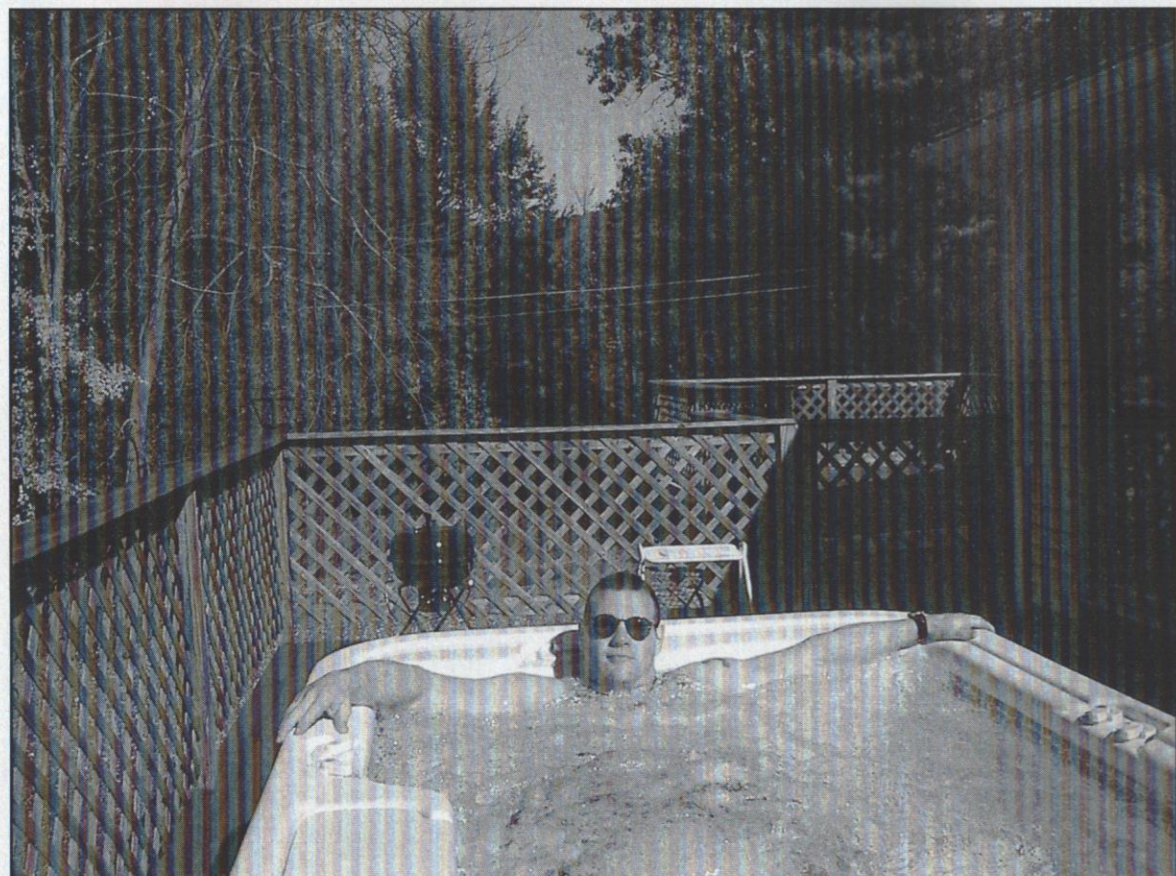
The next best thing to massage is use of a hot tub, another former Soviet practice.

Here too expense is an issue, but once the tub is purchased, maintenance costs, while significant are nowhere near those of massage. I recently purchased a second hand tub. While civilians fawn over the luxury, any performance athlete approaching middle age will attest that facilitating recovery is more a requirement than luxury. After years of battle soaking in a tub becomes a necessary and precautionary restorative along with being a warrior's hard earned spoil.

A hot tub functions similarly to massage though not quite as effectively. The water's high temperature increases blood flow to the skin lowering muscle viscosity and relaxing the mind. We all know how the mind controls the body, right? A high quality tub has powerful jets which can be intensified by adding bubbles to the jet stream. These jets are directed at adhesions and muscles in spasm. The combination of increased blood flow, thoroughly relaxed muscles and aquatic massage can work wonders. After using the tub for two weeks, I eliminated triceps pain that had been undercutting training intensity for over a year. The tub's best feature is long term cost efficiency over frequent massage.

I've mentioned the lifestyle and protocols of former Soviet athletes. It was no accident that when we were sending strictly amateur athletes to the games, their athletes, enjoying the lifestyles and benefits of professionals, were mopping the floor with us in many events. A major benefit of the professional athlete's lifestyle is availability of recovery methods that are increasingly important when pushing one's body to its genetic limit. For the rest of us, we need pay extra attention to making recovery a priority.

Marc Cavigioli
Iron Shark Barbell Club



Author Marc Cavigioli relaxes in the hot tub as part of his Recuperation Modality (photograph courtesy of Marc).

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TRAINING

OPTIMAL ECCENTRICS

as told to Powerlifting USA by Louie Simmons

What do we really know about eccentric (lowering) work? The eccentric phase causes most muscular soreness. This causes much of the burn that bodybuilders talk about. The eccentric phase, when performed slowly, greatly contributes to muscle hypertrophy (growth). We also know that in an attempt to raise absolute strength, eccentric training alone fails miserably.

In the late 1970s, Mike Bridges experimented with eccentric bench pressing. He told me that the only result he got from eccentrics was a pec injury. This is confirmed by research that shows that most injuries occur during the yielding, or eccentric, phase.

Vince Anello also experimented with eccentric work, doing eccentric deadlifts with as much as 880. When he returned to conventional deadlifts, to his dismay, his deadlift had decreased. Vince told me that anything will make your deadlift go up - except eccentrics.

What does this mean? Are eccentrics a waste? Well, yes and no.

Eccentric training alone is a waste. However, a strength-shortening cycle, eccentric training followed by a concentric phase, can be very beneficial when done correctly, i.e. with optimal speed.

When doing pure plyometrics - dropping from a prescribed height - the speed of descent is about 9.8 meters/second, or the speed of gravity near earth. With depth jumps there is an immediate rebound, causing a powerful stretch reflex produced from the kinetic energy of the dropping phase.

Plyometrics were developed by Verkhoshansky in 1958 after he watched a triple jumper train. He was astonished by the energetic rebounding after each landing in the triple jump. That energetic response was the basis of plyometrics. Plyometrics have proven vital in the training of explosive as well as absolute strength.



Vince Anello, at the 1980 Sr. Nationals, reportedly tried eccentric deadlifts up to 880lbs. in training.

There is no eccentric phase in a depth jump. By definition, in an eccentric action the muscle must be active during the stretching phase. The energy created by the body dropping is gravitational potential energy. When the body lands on a surface, it becomes kinetic energy, which is transferred in the body as a stretch reflex.

In the calculation of kinetic energy, increasing velocity is much more important than increasing mass. This is because velocity is squared in the equation $KE = (1/2)mv^2$.

This is why the squat-under in Olympic lifting is so important.

When the lifter falls under the bar, he is producing kinetic energy for reversing the direction of the bar. This dropping under the bar should not be confused with an eccentric phase. For an eccentric phase to occur, muscle tension must accompany the action. The squat-under has no such muscle tension.

We know that 40-50% more muscle can be used during the eccentric phase, and this is where a real problem occurs. As the barbell grows heavier, one tends to lower the bar slower and slower.

However, this is

counterproductive. When slowing down the eccentric motion, we are limiting the energy that can be stored in the muscles and tendons. The myotactic reflex occurs when a muscle is stretched by an external force. Yes, this causes a stretch reflex, but the faster the eccentric phase, the greater the stretch reflex. This, of course, can have a negative effect on the Golgi tendon reflex. The Golgi tendon reflex helps prevent extremely high and potentially dangerous loads to the tendon. With overspeed eccentrics, we try to override this phenomenon.

In Science and Practice of Strength Training Zatsiorsky states that elite athletes develop very high forces of elastic energy in the tendons rather than the muscles. This should alert us to lower the barbell at an optimal speed as weights grow heavier. If the barbell slows down as the weight grows heavier, the length of the muscle is stretched and the muscle tension increases, which could lead to injury.

Because this myotactic reflex is counterbalanced by the Golgi tendon reflex, an inhibition of muscle action occurs, causing a less than maximal concentric phase. Of course, this limits the potential to overcome heavier loads in training or at meet time.

The answer to this dilemma is to use only enough eccentric muscle tension to control the barbell in the correct path. If, in fact, one uses 40-50% more muscle tension to lower weights, does it not make sense to use only up to 50% of your eccentric strength when lowering

heavy weights will add strength potential to muscles and that light weights with a rapid concentric phase will increase speed and explosive strength. It is obvious that without the lowering, or eccentric, phase there would be no sudden stretch preceding a voluntary effort. Kinetic energy is gathered in the eccentric phase. This causes a sudden release of elastic energy stored in the tendons and soft tissues of the body. Heavier weight will not add to the rebound phase as effectively as using an overspeed eccentric phase.

How can this be done? Using Jump-Stretch bands will cause a forced overspeed eccentric phase. This is maximal powermetrics. The combination of eccentric and concentric actions forms a natural type of muscle functioning called the stretch-shortening cycle (SSC) (Norman and Komi, 1979; Komi, 1984).

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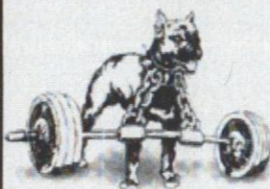
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a weight? This will contribute to a stronger concentric phase, producing a higher result.

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The eccentric phase was 0.4 m/s on speed squat and bench and 0.6 m/s for the concentric phase. With near maximal weight, the eccentric phase was 0.37 m/s and concentric phase was 0.40-0.50 m/s.

This means that bands can play a valuable role in increasing the eccentric phase of barbell lifts. This will teach you to use less eccentric muscle action. As weights grow heavier, the bar speed should find an optimal speed regardless of external resistance.

The above data was collected using eight 900+ squatters and eight 600+ benchers. The results were nearly equal for both phases,

each lifter varying less than a tenth of a meter/second eccentrically or concentrically with circa-max weights. I was the slowest by a small margin during both phases. Dave Tate was the fastest. On speed work, the same results were obtained. J. L. Holdsworth was the fastest, and Chuck Vogelpohl was the slowest. Again, only one-tenth of a meter/second separated the eccentric and concentric phase of each lifter. The same results occurred in the bench press.

In the above test, all bench subjects benched in T-shirts. All squatters wore standard groove briefs, no knee wraps, and squatted on a box. All subjects were at the same level of general physical preparedness.

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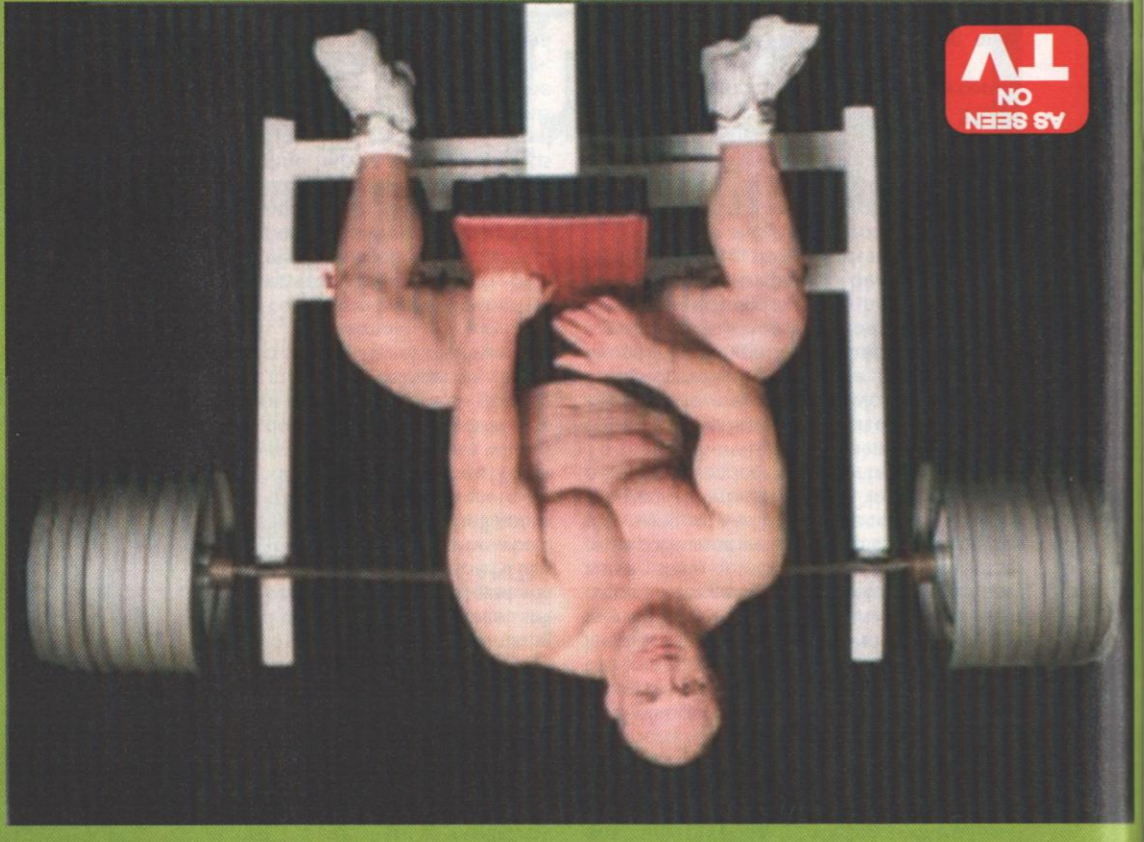
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1) Put your back into it: The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear deltoids. On a standard 1.5-1.7" bench, pull your shoulder blades together so the shoulders rest on, and not off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.

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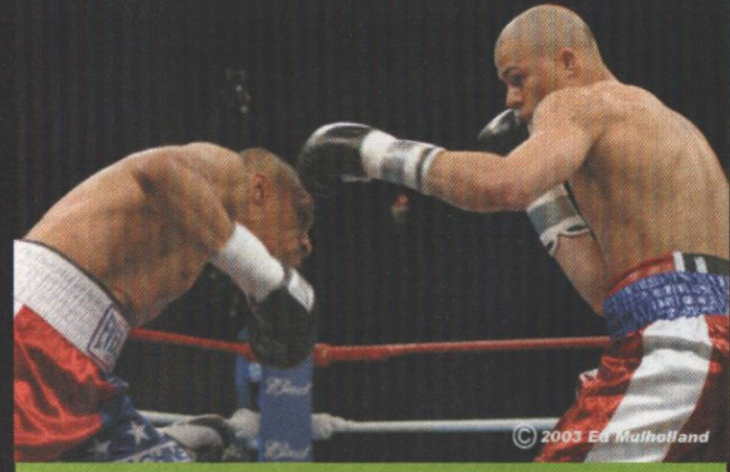
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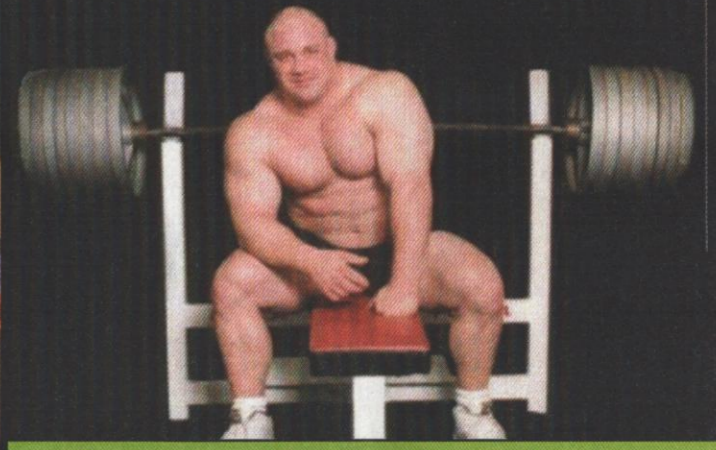
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DR. JUDD

as told by Judd Biasiotto Ph. D.



TRY SOMETHING NEW...Dr. Judd working on a sculpture. (Photograph courtesy Mike Lambert)

Ever since I can remember I have had a love affair with powerlifting. In fact, my ex-girlfriend would always say, "Judd, I think you love powerlifting more than you love me." I would reply, "Yes! But I love you more than I love tennis." Needless to say, that is why she is my ex-girlfriend. Still as much as I love powerlifting I have never understood why some athletes will risk life and limb to participate in the sport. I am not talking about guys taking illicit and dangerous drugs either ... although that has always given me reason to pause. What I am talking about are guys who have serious injuries, who day in and day out, crawl under spine-bending weights that could literally cripple them for life so that they can compete in powerlifting ... a sport that they will derive minimal overt rewards from.

My good friend Tom Dorsey is a prime example of what I am talking about. First, let me say that Tom is extremely intelligent and successful. He is a distinguished CNBC and Fox TV business analyst, a celebrated stock market analyst, one of the top master lifters in the world, and the author of a best selling book...*Point and Figure Charting: The Essential Application for Forecasting and Tracking the Markets*. Consequently, Tom certainly does not need powerlifting to define who he is ... or at least I wouldn't think so. Yet, every day he gingerly walks into the gym to train. The reason he walks so tentatively is because he has absolutely no cartilage in either of his knees ... none ... zero ... zilch. He is literally functioning with bone on bone in those knees, and it has been like that since 1997. It is extremely painful for him to make any type of lateral movement; making a flight of winding stairs is excruciating, squatting more than a quarter of a ton ... well that is agonizing just to watch. At the AAU Nationals in Richmond, Virginia, his knees were so swollen they looked like basketballs. When he squatted, you could actually hear the bones in his knees grinding. His knees became so severely distended and impaired that there was a chance he could snap his hip joint if he continued on with the competition. All of his friends and even some of his competitors told him to stop lifting ... it wasn't worth it, they told him. Of course, he didn't listen. He went out

and pulled a national record deadlift literally straight legged. He was so bowed over it looked like he was going to rip his spine right out of his back. The pain on his face divulged the torment that his body was experiencing.

If that doesn't freak you out, I am sure this will. The following day CNBC TV came to do a documentary on him, and with his entire body racked in pain, he pulled the same weight that he pulled the day before for the national record. His legs were so swollen he could barely walk, but he just had to do that lift.

The day after that an X-ray revealed that he needed a total knee replacement. His knees were so damaged that the doctor didn't know how he could even walk on them. That was two years ago. He is still walking around on that damaged knee, still lifting backbreaking weight and still living in agonizing pain. INSANITY!

When I asked him why he would put his body through such hell just to win a trophy or break a record he responded, "I like the feeling of being massive and powerful. I like when I walk through a door frame and my shoulders scrap the sides of it. At 56 it just feels good to be stronger than most of the younger guys in the gym. What's pain anyway? It's all relative when you get use to it ... it's normal".

My former coach Ben Lockett is another powerlifter woven from the same cloth. Like Tom, he is extremely intelligent and successful. He has won National and World titles in both Olympic lifting and powerlifting; he was the Southeastern Director of the United States Secret Service, and he is a very prosperous entrepreneur. Like Tom, he doesn't need powerlifting to define who he is, but analogous to Tom he just can't seem to walk away from the sport he loves. Worse yet, over the years, powerlifting has literally twisted, crippled, and disfigured his body. He has had more injuries than any ten men I know. If they took a MRI of Ben's entire body, they would probably find that nothing inside of him is in the right place. He is that mangled up. About six months ago, he had his entire right hip replaced with a porcelain insert. You would think that would be the end of it. No! He is back in the gym lifting heavy weight living on Vioxx and cortisone to kill the pain. His doctor who also works out at the gym has warned him repeatedly that if he continues this madness he is going to end up in a wheel chair, but Ben doesn't or won't pay heed to him. He will shuffle, at times stumble, into the weight room, stack a ton of weight on the bar and then go about brutalizing himself for two or three hours. He is in pain twenty-four seven, but he just won't give it a rest. Like Tom, he indicates that mass and power are his driving force. "I love the feeling of being strong, of being able to do what is a fantasy for most other men. I don't want to lose that feeling."

Remarkably Tom and Ben are not the exceptions to the rule, and, in fact, they may simply be the tip of the iceberg. How deep that iceberg goes I really can't say, but I have noticed over the years more and more powerlifters engaging in this type of INSANITY. In actuality they are exhibiting characteristics of true addiction ... developing obsessive-compulsive behavior in an attempt to achieve their goals. In many cases, these athletes will place a higher

priority on their sport than they do on work, family, interpersonal relationships, and even on their own health. They will not stop training, even for a day, to attend to other matters in life or to allow an injury to heal properly. In fact, in an attempt to attain the perfect body and/or performance level, these individuals will actually push their bodies beyond their biological limits to the point of serious injury. For these individuals, sport is not just a game that is played at certain times, rather it is their social life, psychological life, and physical life. They practically surrender their entire lives for that one single purpose ... to be big, powerful, and successful. In fact, these individuals seem quite willing to sacrifice the very essence of life just to achieve physical greatness. In my opinion, that's not sports ... that's blind obsession.

Without question, this type of thinking is a myopic view of what life is all about. I believe in the commitment to excellence in every walk of life, but I do not believe in blind obsession. It is mere insanity and nothing that I would even consider advocating. I don't believe that winning is everything or that winning outweighs every aspect of human welfare. I certainly don't believe that being big and powerful at the expense of injury and suffering is rational. No championship is worth a life or, for that matter human suffering. To think otherwise is in a sense ... sick. Obviously, this is not the spirit of athletics.

Now, there is nothing wrong with being totally committed to excellence. There is nothing wrong with giving your heart and soul to achieve a goal. There is nothing wrong with pushing your body and mind to the furthest reaches of which you are capable. There is something definitely wrong, though, when you take it to the point that success in sports, business or politics outweighs every aspect of human interest. When training and/or sports becomes an obsession and a danger to your health and the well being of others, that's when the desire to excel crosses over the line to insanity. That's when the commitment to excellence becomes a disease.

As I mentioned, I love powerlifting, and I enjoy just about all athletics. In fact, sports are a major aspect of my life. In all honesty, there is nothing in my life that I enjoy more than competition. The euphoria and celebration that I receive from participating in sports transcends anything that I have ever experienced. For me, sports are truly a gift from God, and I am sure that for many of you the feeling is mutual. As important as sports are to us, it is imperative that we put them in perspective. I really mean that. Sports are fun, exciting and challenging, but they are just games, nothing more — nothing less.

With that in mind, here are a few suggestions that may help you cope with your sport a little better and hopefully keep you from burning out or killing yourself.

First of all, be realistic. Not everyone can be a world champion; otherwise, everyone would be. Determine the cost-reward benefit of what you are doing. It may not make good sense to sacrifice everything — your money, time, energy, personal relationships, etc., just to have a chance to win a weightlifting contest or look like Magus Ver Magnusson. As I said before, goals that are totally unrealistic will only lead to frustration and failure. Set your goals just out of reach, not out of sight. Most importantly, be honest with yourself about your abilities.

Also understand that although there is a linear relationship between hard work and success, you may eventually reach a point of

diminishing returns where a significantly greater amount of effort will only yield meager results. You sacrifice more, get less in return, and end up totally frustrated and depressed. It may be better to seek a happy medium, or as they say in business, an optimum cost to reward benefit ratio. A long these lines there is going to be a time in every man's life when enough is enough ... especially in powerlifting where the use of massive weight can be detrimental to your health. Know when to say, "No Mas".

Put sports in perspective. The world is not going to end tomorrow if you miss a particular workout. No matter what you lift or what your record is, chances are that it will be forgotten or broken in time. Establish your priorities in life. Remember for all of us there has to be life after sport ... nothing is forever.

Set time aside for other activities. Read, visit a museum, go to a movie, or engage in any other activity you might enjoy outside of the gym. Note that a well-balanced existence will enhance your life and happiness, and in the long run, most likely enhance your performance. One thing that I have found helpful is to pick a new project each month such as sculpting, painting, carpentry, etc. Who cares if you are good at it? The experience is what you are seeking. This will help you become more of a multidimensional person.

Take a couple of days off now and then. Maybe you should even take a couple of weeks off. Break the vicious cycle of training day in and day out. All work and no play make Magnus a dull boy. It will probably make you the same way. Give your mind and body a rest. However, just as you must plan your training cycles, you must also plan for periods of extended rest. With

programmed rest periods in your monthly and yearly training schedules, you should be able to prevent burnout.

This is very important. What happens in the gym should stay in the gym. When you train, you should focus solely on your workout. However, when you leave the gym, you should then start focusing on the rest of your life. Good or bad, leave your workout in the gym. It is like the businessman who brings his work home with him. All he succeeds in accomplishing is to make himself, his family and everyone else around him miserable. Every aspect of your life should be distinct. Only then is a balanced and multidimensional life possible.

If you feel like you are on the verge of obsession, or you are already somewhat obsessive and you can't seem to control it, you may want to seek counseling. Total obsession



Tim Taylor, Jon Arenberg, and Wade Hooper ... took time off prior to their competitive efforts at the 1996 IPF Men's World Championships in Salzburg, Austria to tour the original home used as the set in the award-winning "Sound of Music" motion picture including the gazebo, seen behind them, which appeared in the film as well. (Photograph provided by courtesy Lambert)

can certainly take you to great heights, but it can also be detrimental to your health and well being.

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How many times can you remember a lifter losing a deadlift just shy of lockout? He got it off the floor and past the knees, only to not be able to get his back erect to complete the lift. There is no single answer on how this can be overcome, but a basic key to overcoming lockout problems is strengthening the trapezius muscles. The trapezius muscles are keys in all three powerlifts; deadlift lockout power, bench press stability, as well as cushioning and supporting the bar on your back during the squat. Actually, a well developed set of trapezius (traps) are the trademark of a strength athlete. The best exercise I know of to strengthen and build the traps are good old shoulder shrugs. Unfortunately, shoulder shrugs are commonly one of the most inappropriately performed exercises. Fortunately, this can easily be remedied by making some adjustments in execution.

Many lifters bend their arms while shrugging, seemingly trying to upright row the weight up. Relying on the much weaker biceps to do most of the pulling, denies your stronger traps the beneficial training effect of the full load. Think about it, if you can upright row your shrug weight, you're probably using a relatively 'puny' poundage. Use your arms as hooks; shrug or pull the weight up with the traps, while keeping your arms relaxed. Soon, the weights you will be using will exceed your old upright row - sissy shrug. This is a rare time when proper form will actually allow you to lift more weight.

Many lifters are not shrugging through the full range of motion. This is especially true with the upright rowers in the previous paragraph. Since the bar seems to be moving upwards, the lifter thinks the traps are being worked. The fact is much of the movement results from bending the arms, while the shoulders hardly elevate. Concentrate on pulling through a full range of motion with just trap power. Shrug your shoulders up to your ears and lower the weight to a stretch position.

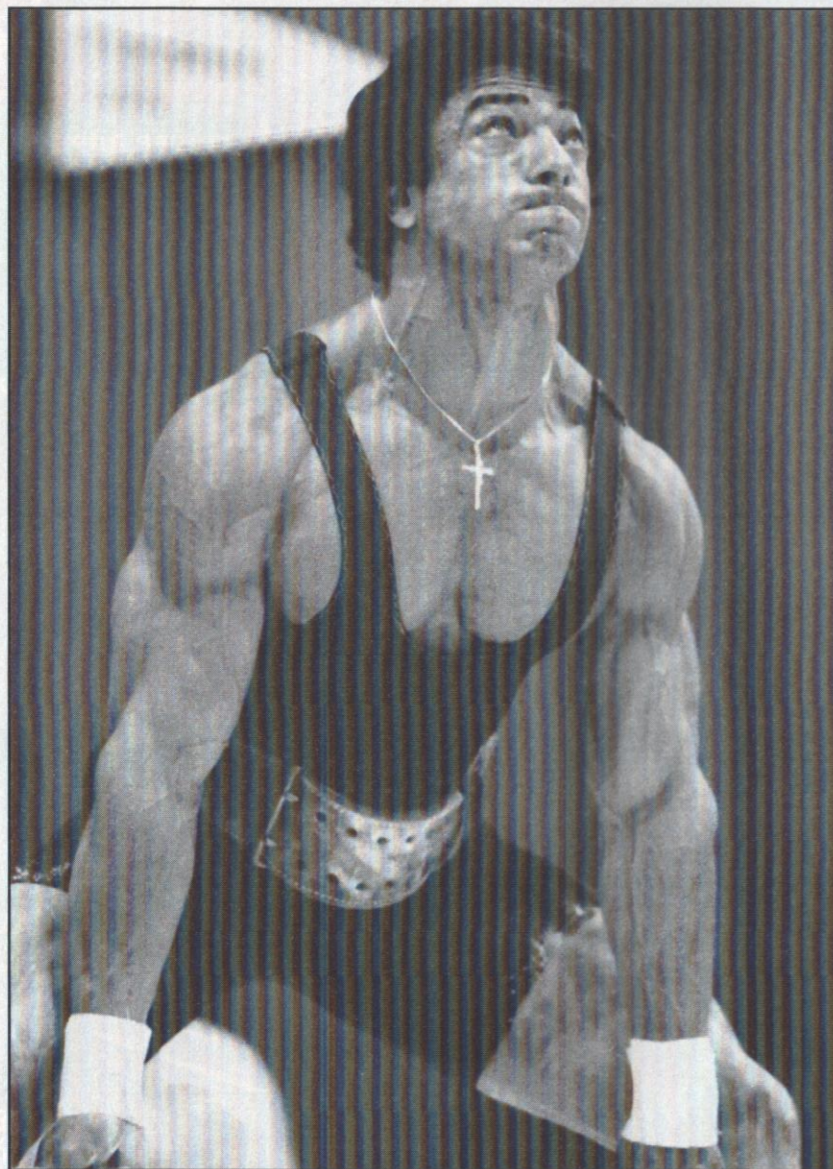
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STARTIN' OUT

A special section dedicated to the beginning lifter

SHOULDER SHRUGS

as told to Powerlifting USA by Doug Daniels



Jay Rosciglione ... demonstrating the role of the traps in a properly pulled deadlift.

the top of the shrug is not necessary and is a waste of energy. This extra movement doesn't really work the traps. Here is a case when doing less is more.

While most lifters use a power bar for shrugs, dumbbells or the trap bar can be viable alternatives. They can even provide the advantage of keeping the weight in-line with the trap muscle. This differs from using a barbell where the weight is in front of the body, decreasing leverage. There are

also high tech machines that can be used for shrugs. These can lower the stress on the lower back. Whatever apparatus you chose, follow the exercise guidelines in this article, concentrating on full range of movement and pulling the weight with your traps.

Olympic lifters perform a variation of the shrug using a wide or 'snatch' grip. This type of shrug works the traps in a slightly different manner and can be included in powerlifting routines for added

variety.

A little leg kick to get a heavy weight moving can be very useful. Just remember to shrug through the full range of motion and to not pull with the biceps. On your last rep, hold the weight at the top for a count of two and, without relaxing, try to pull it even higher and hold for another count of 2. This is a great finisher for the traps.

Include shrugs in your training schedule once or twice a week for 3-6 sets. These are best performed on deadlift or back day. Drop shrugs 2-3 weeks prior to a contest to avoid overtraining. Reps are up to you, and may be varied over your training cycle although I would suggest keeping the reps at 3 and above. I suggest using lifting straps while doing any type of shrug. You don't want your grip giving out before your traps do.

Paul Kelso has a great book titled "The Kelso Shrug" that is full of shrug variations, for not just the shoulder shrug, but for lat and chest work, with most designed with the powerlifter in mind. You should be able to find the ad for it somewhere in this magazine. It can prove to be a great resource. (editor's note ... that ad will appear on page 58 of this issue)

Getting the most from your shoulder shrugs can result in better deadlift lockout power as well as increases in the squat and bench press. Well developed traps also can help complete your physique, adding that classic look of power. Remember to let your traps move the weight, although a little leg kick on really heavy weights is okay. Don't bend your arms or try to upright row your shrugs. Try a few variations of shrugs for variety and to stimulate more muscle

growth. Shoulder shrugs are definitely one of the best assistance exercises for a powerlifter and that's nothing to shrug at.

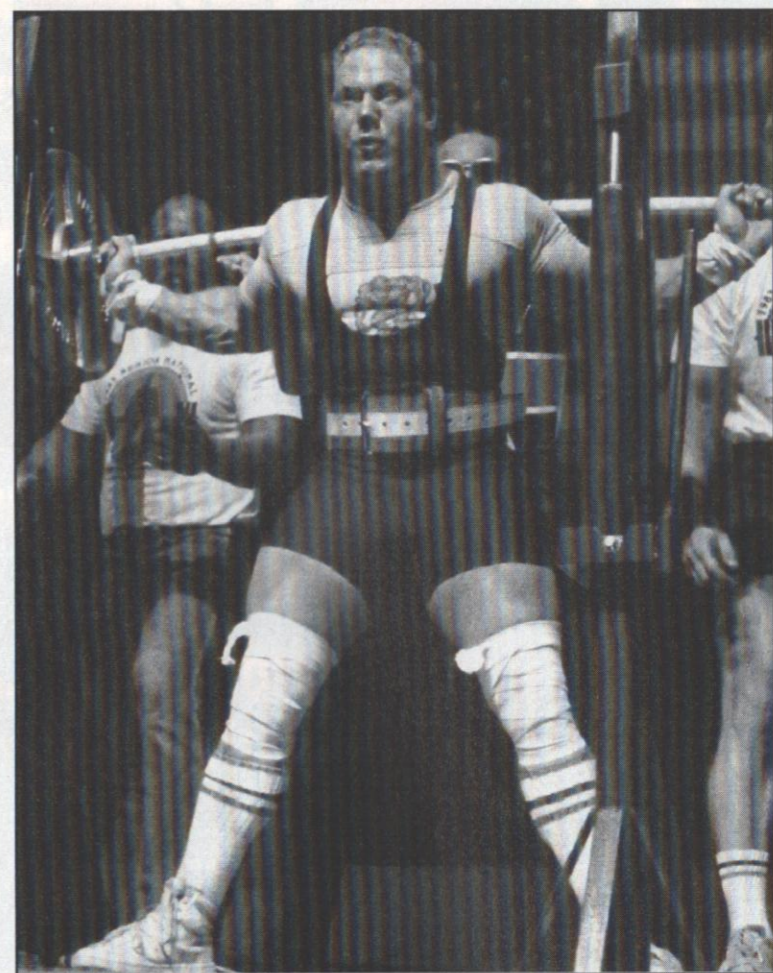
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NEVER QUIT! as told by Joe Ladnier

At some point in your lifting career, you're going to ask yourself how long you'll be able to continue putting your body through these brutal workouts. When is enough, ENOUGH? How old does a person need to be to quit lifting weights? The answer is "NEVER QUIT"!!! Ernie Frantz is 69 y.o.a. and is one of the pioneers of our sport. He has competed in both powerlifting and bodybuilding on national and international levels. Can you believe he squatted over 800lbs when he was 63 y.o.a. and has been lifting for over 50 years? Ernie is just an example, many former champions of iron are still lifting today. Several of my clients are in their 50's and 60's and have told me on more than one occasion that they wished that they had started lifting when they were younger, because of how good they feel today. Research has proven that exercise and healthy eating are the only true ways of feeling and actually being healthy. It is considered today's fountain of youth!

Although you might train like and visually see yourself as a machine, the fact remains that we are not made of stainless steel and we must take proper care of our bodies. Some lifters are fortunate enough not to ever have had any type of major injuries, others of us are not so fortunate. I've been an athlete all of my life and have been lifting for 25 years. During this time, I've seen my share of injuries. In 1986, I ruptured my right patella tendon while doing a 900 lb. close stance squat. While I was squatting, the tendon that attaches the knee to the quad tore completely apart. After reconstructive surgery, I started rehabbing my knee myself. Fourteen months after the accident, I competed in the NPC Jr. Florida bodybuilding contest. The surgeon who had repaired my knee, told me that I'd never squat again. In 1988, I sent him a picture of me squatting over 800 lbs.

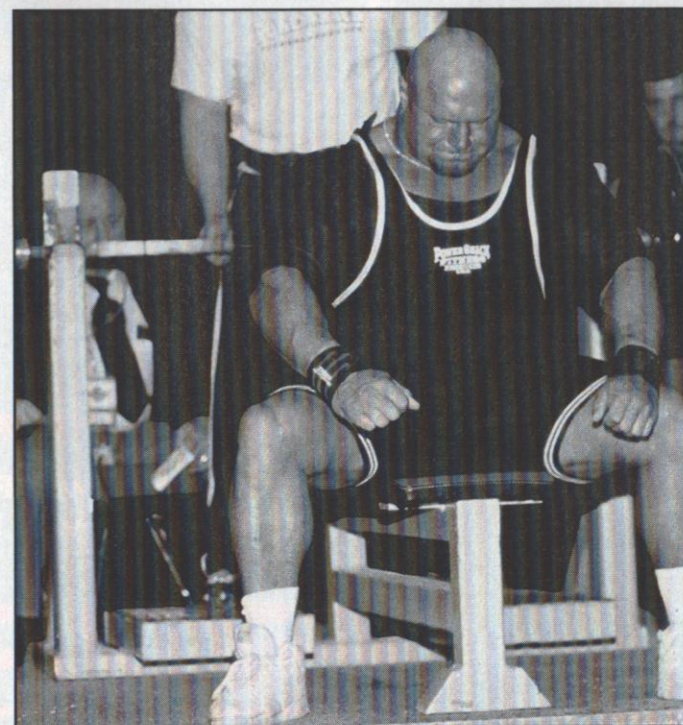
My point is that we all make our own decisions, which means that we also make our own limitations! Now physically, I was probably capable of handling the heavy weights again after six months of rehab, but mentally it took me approximately eighteen months before I could squat heavy again. The injury made me realize that I was human and that I wasn't a machine. In 2002, my left shoulder began bothering me. Before and after workouts, I could barely raise my arm, due to the pain. It seemed like during the workout I was fine and could train with minimal pain. It was after winning the APF Senior Nationals and benching my highest ever of 661 lbs., that I had



Back in 1983, Joe Ladnier was crushing the weights and winning the USPF Senior Nationals and trip to the IPF Worlds, against the likes of Fred Hatfield and Jim Cash. (Photograph provided by Mike Lambert)

my shoulder checked out. Twenty-five years of wear and tear had finally taken its toll, and I had to have surgery. The surgeon made a small incision on my front deltoid and scraped a calcium deposit from my ac joint and trimmed some damaged tissue from a torn bicep tendon. He made another small incision on my side deltoid and shaved a worn point of bone from my achromium that was cutting my deltoid every time I raised my arm. The final incision was on my rear deltoid, where he stapled a lesion tear on my rotator cuff. I started my own rehab, three days after surgery. After one week, I had full rotation of my shoulder and began benching again. Two weeks after surgery, I was doing reps with 225lbs. Thirty nine days after surgery, I competed in the 2002 GNC Show Of Strength and benched 589lbs.

In 2003, while training for the Arnold Classic, I stumbled with 875 on my back, fell and tore everything in my right knee again. Only this time, they were minimal tears (except for the ACL, it's completely detached) so surgery wasn't required. This explains the big jump in my bench press. By con-



He Won't QUIT! ... 20 years later, and barely a month after shoulder surgery, Joe Ladnier was back benching big on the WPO platform in 2003. (Photograph courtesy of Mike Lambert)

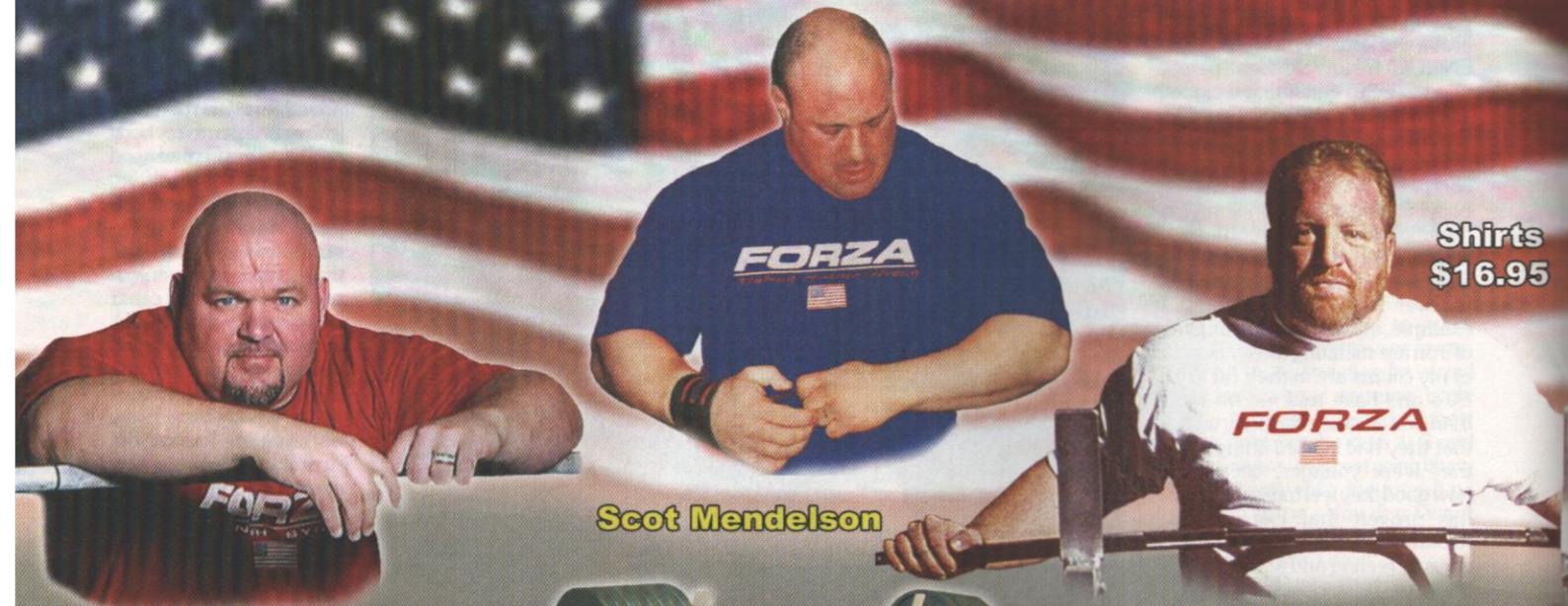
centrating mainly on one lift, I have benched 800 lbs. in training and currently hold the WPC masters world bench press record with an official 716 lbs in the 242 lb class.

At forty, I'm stronger in some areas than I was twenty years ago, but I'm also more knowledgeable now than I was then. I've learned to listen to my body and take the breaks I need to recuperate from lifting the heavy weights. Competition is not as important to me now as it was then, I get more enjoyment from helping other lifters attain their goals. My kids are getting into it now and I'm coaching their high school powerlifting team. I may not compete forever, but I will always do some sort of powerlifting, it's part of me....

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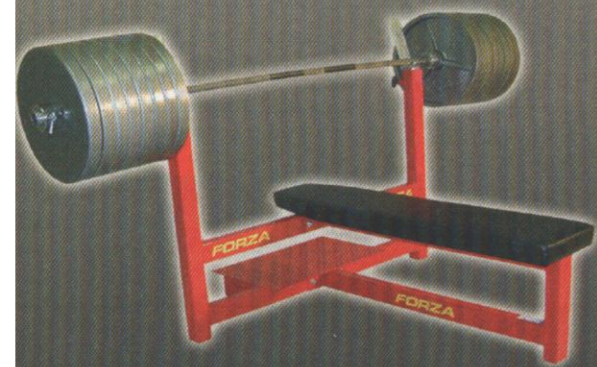


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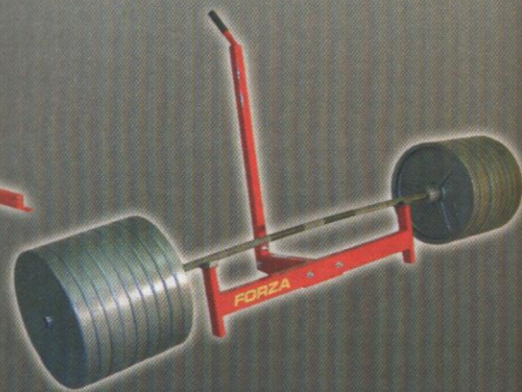
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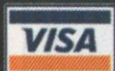
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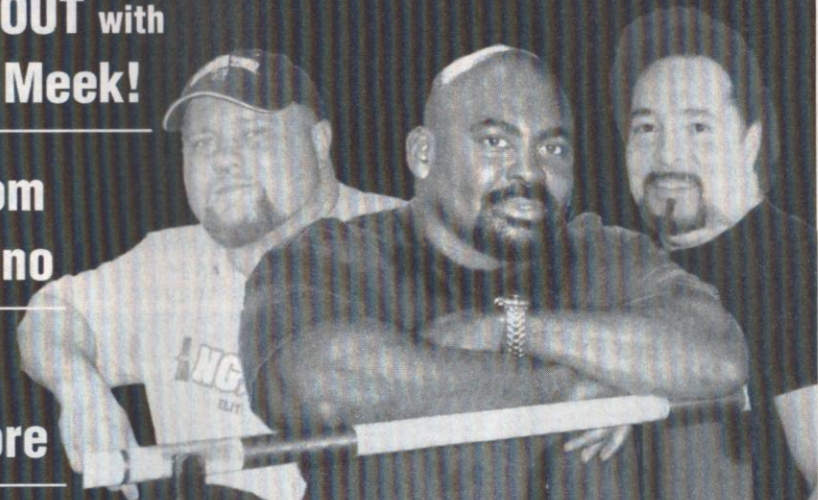
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Introduction

Throughout my career I have been particularly interested in how powerlifters interpret the environment and what happens between their perception of and their action within that environment. Namely, the control that they use or fail to use in order to achieve their goals. In addition to working with and coaching athletes from nearly all aspects of sport, I have competed on a national level in powerlifting for twenty years while overcoming shoulder surgery, facial surgery, radical back surgery, gunshot wounds, seven unsuccessful retinal surgeries, and the loss of my left eye. I am by no means, bragging about my battle scars. What I am doing is illustrating the fact that I have learned to use cognitive control to accomplish my goals in the face of severe adversity. I know what it's like to learn to walk again, to learn to drive again, to learn to live again. This is how I connect with people who need my help to achieve their goals. Not by talking about it or by writing about it, but by understanding it. I'm concerned with what works, when it works, how it works, and why it works when it comes to improving powerlifting performance.

Cognitive Control

I use the term cognitive control to incorporate a variety of characteristics such as information processing, self-concept, perceived

POWER RESEARCH

COGNITIVE CONTROL AND POWERLIFTING PERFORMANCE

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

control, imagery, and self-regulation. These thought processes are based on the powerful belief that you can influence the outcomes and consequences in your life. It sounds crazy, but it's not. You're where you're at right now as a result of thousands of decisions that you've made in the past. Everyone is where they are, who they are, and what they are because of their control over their own circumstances. Some people eat too much and become fat, obnoxious, and lazy. They've lost control over their circumstances. Their shape reflects their attitude. It's funny to hear the excuses when a person loses control...it's always someone else's fault. Without actively accepting the blame and taking control, change is impossible. Without busting your ass in the gym and training so hard

that you see God and all the Apostles, you will never get to the top of your game. This type of attitude is a function of the mind that requires control.

Granted, a great deal of athletic ability is predetermined, but one thing that is not predetermined is how well you develop your resources. Cognitive control is what separates elite athletes from their non-elite counterparts. Using cognitive control teaches you to think effectively. Thinking, at least critical thinking has become a lost art. Most people let someone else or the TV do the thinking for them because they don't want to spend the time and energy on thinking for themselves. When they actually do something, they do it wrong and then they waste energy on correcting their mistakes. Some people produce a lot of garbage

that way. You must learn to produce things that result from superior thinking which is a by-product of cognitive control.

The Self-Concept

If you wish to maximize your potential, you must know the content and meaning of the self. It's important to understand that the self is divided into two parts, the public part that everyone else sees and the private part that only you see. It's the core of your personality. It's the internal mechanism that takes what I'm writing and translates it into action on the powerlifting platform. This is the part when you're alone, examining your conscience. Since we're all "actors upon a stage" to some extent, then the public self is the costume and the mask we wear when we're playing a particular role in a particular situation. The private self is when we go backstage and take off the costume and the mask. The word personality is derived from the Greek root "persona", which means mask. It's only when we take off the mask that we tap into our minds. Too often, we get caught up in playing the role that we never get a chance to take off the mask. Being peacefully alone is when we are in contact with the real us. That is the time when we must re-program our minds for success. Cognitive control enhances the self-concept by increasing confidence. Consequently, the more resources and means to goal-attainment, the stronger your chances for success become.

Imagery

According to Suinn (1976), imagery is a well-controlled copy of experience, a sort of body-thinking similar to the powerful dreams we have while sleeping. Cognitive control is linked with mental imagery by changing your perception of the environment. Imagery facilitates sustained levels of performance by increasing your confidence to succeed. The brain stores categories of shape and movement. Sport performance tasks are cognitively stored as internal forms. These internal forms become "mental blueprints" comprising an essential link between perception and performance. Using imagery teaches you to mentally rehearse the events of training and of competition in order to control your performance in both domains.

Conclusions

After reading this paper, you can now use cognitive control to guard you against failure and pull you toward success. Failure becomes a challenge, an incentive to try harder, to persist. By using

these concepts, you'll learn to accept the reality of competition, and make the best of it by growing from the experience. You must take direct action to solve your problems, and focus on coping strategies when things get tough.

Lastly, I'm providing four analogies that will allow you to internalize these concepts and increase your powerlifting performance:

1. Act Like a Thermostat

Thermostats regulate temperature. They have a pre-set internal standard, say 70. When the environment (the room) gets below that standard, the output of the thermostat turns on the furnace and then shuts it off when the room reaches 70 degrees. Likewise, you must regulate your output in the environment (the world). Pay attention to the input of the environment and then compare it with your internal standard, constantly adjusting your mental thermostat through cognitive control. Your output should mirror your thinking in such a way that you continually raise your internal standard to increase your performance level in your environment.

2. Think Like a Mechanic

Mechanics troubleshoot the

problem then use the right tools to fix it. That's what you need to do... isolate the problem, and then fix it. Through a better understanding of your self-concept you gain a better understanding of the problems you might need to fix. After fixing the car, the mechanic takes it for a test run to further clarify and to make sure it's fixed. That's what you need to do, constantly test yourself so that you can monitor your performance and make sure you are using the right tools. Also, the mechanic uses an internal standard (just like a thermostat) with which to compare the test run. He or she has a clear idea of how the car should perform. You too must have a clear idea of your performance.

3. Control Your Imagery

If you focus on an idea or successful event regularly, you increase its potential to become reality. Cognitively controlling mental rehearsal can decrease pre-contest anxiety by increasing the mental familiarity of the event, especially a powerlifting contest. But, be careful when applying this strategy because some people actually become worse after using imagery. That's because they are mentally rehearsing failure. By visualizing mistakes, you not only mentally rehearse them, you

magnify them, reinforce them, and increase the probability of their occurrence. Cognitive control allows you to replace the mistake with the correct response. Thereby re-programming the brain for success. If you compete in any sport long enough, sooner or later, you're bound to get the snot kicked out of you, and you can't keep that image in your mind. Missing a huge lift in competition causes negative emotions because your ego has been threatened. It is then that you must use cognitive control to rise above the ashes. Practice organizing the visual information of successful events so that you can recall categories of correct biomechanics and movement sensation in your imagery.

4. Become a Gold-Miner

To be at the top of your game, you must act like a miner who pans for gold in a stream by sifting through the rocks and minerals to obtain the precious metal. Sift through your experiences with the world and judge their value. If a new viewpoint is obtained, analyze it, just as the gold miner analyzes what's trapped in the pan. Surround yourself with people and things that make you feel successful. Ask yourself, is what I'm doing right now going to make me a winner or a loser? Everything and everyone

that doesn't help you obtain your goals must be looked at as a distraction. If you've ever sat next to some bozo at a powerlifting meet who complains about the judging and complains about the environment and complains about the other lifters and complains about why he missed a lift, then you know exactly what I'm talking about. This is the last thing you need to be hearing when you're wrapping your knees and your name is being called on deck. If you're trapping nonsense and garbage, then it must be thrown out from your mind just as the gold miner throws out the rocks from the pan. This is extremely important when examining what you think as a powerlifter. You have developed a precious relationship with yourself. Self competes with self. Your goals should be set by your self...not by others. Cognitive control is paramount for success. If it is lacking, then powerlifting ceases to be an effective means for personal growth. Reference: Suinn, R. M., (1976). Body thinking: Psychology for Olympic champs. *Psychology Today*, July, 38-42. Acknowledgment: I'd like to thank Mike Lambert for giving me the opportunity to share my research experiences with the readers of *Powerlifting USA*.



Mike Miller had to use cognitive control to come up with 1100 pounds in the squat at Gene Rychlak's Northeast Regional, and he even tried 1175! (Photograph provided by the courtesy of Mike Miller)

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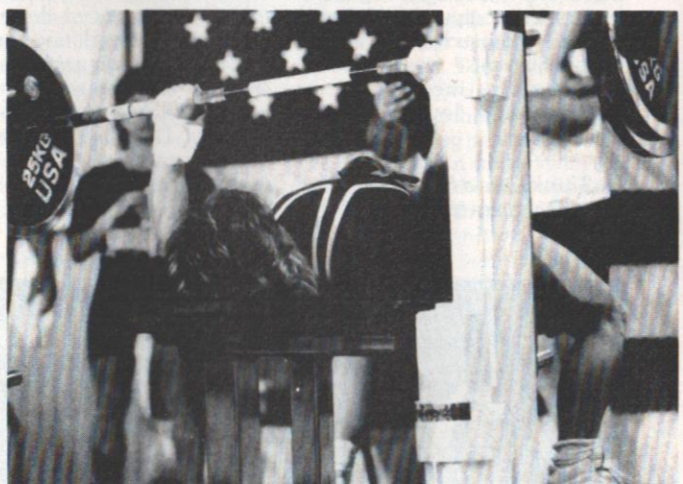
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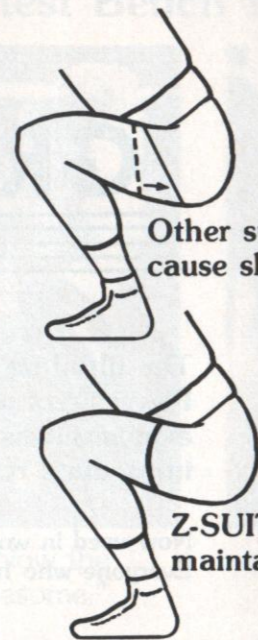
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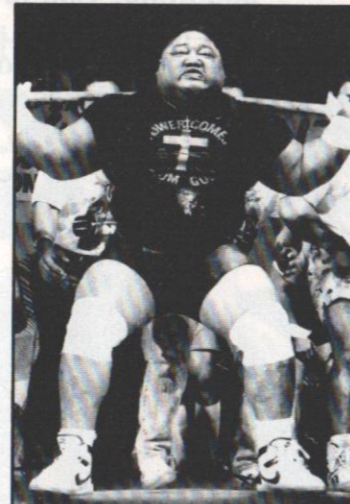


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ASK THE DOCTOR

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.)

Hi Dr. Di Pasquale: First of all, I want to thank you for taking the time to answer back. It is much appreciated. My goal is to reach 75 kilo for a competition this November and to be able to lift a total that will enable me to qualify for the Seniors after only one year of powerlifting.

Like I told you on the last email, dropping from around 90 kilo down to 80 kilo was very easy, because of the Metabolic Diet, and I even found out that at some point I was losing body fat and gaining weight and muscle mass!!! But from 80 down was another story since I had lower my calorie intake from basically 4000 cal to merely 1800 cal. to get lower. And 1800 cal. didn't seem to be nearly enough to get my training done. That is why I decided to start your recommended supplementation.

I have been taking EFA+, Exersol Power Competition Workout System and Creatine Advantage now for 1 week and the results are just incredible. I was able to train harder and longer, and I could recover faster than ever. I will order today the rest of the products you suggested me because I feel like I will need all the help I can get to reach my goal!!!

About the supplement regimen you did for me, I have a few questions before I order the products you recommend. First I would like to say that I react quite well to the Creatine Advantage, a lot more than the straight creatine I was using, and that it does not bother me at all. And I would be willing to take more than 1 scoop per day, but I don't want my weight to go up to much as I need to be within a kilo of 75 kilos so that I can easily make the weight for the competition in November.

Also, about Metabolic, Nitabol and Creatine Advantage, is there a period of latency between the moment you start taking those supplements and the time they start acting and increasing your performance and recovery, and if there is one, how long is it.

Thank you very much for your time I am looking forward to see how well I can do with all your supplements! **Vincent**

Hi Vincent: You could go up to two scoops of Creatine Advantage per day. At that level you would maximize your energy stores on the various levels as described in the Creatine Advantage info that's available on line at http://www.metabolicdiet.com/store_admin/customers_all_cc.asp.

All three products that you mentioned, and many of the others in my line up, have both immediate and ongoing effects that build as you take them. The immediate effects are due to the changes in the activity and sensitivity of various hormones and signaling systems in the body and to the correction of any deficiencies/problems, whereas the ongoing effects are due to the long term presence of the anabolic, anti-catabolic, fat burning, energy providing environment that leads to accumulated increases in various factors that effects body composition, performance and health. Let me know how you do. Best regards, **Mauro**

Hi Mauro: Just wanted to let you know that things are on track. I just finished a four week workout cycle and basically hit all my PRs for those workouts. This was on around 1500 cal/day and 30 aminos. I've never been able to eat that few calories and in addition gain strength. For example, my last deadlift workout consisted of 430/4, 460/3, and 492/2 without accessories. That's simply the best I've ever done for that workout either dieting or no dieting. I'm leaning out and should hit the stage better than before.

Have you ever thought about marketing the Aminos to AIDS, cancer, and burn patients? It might be really beneficial for them in terms of maintaining or even gaining whatever lean mass they have. I'd be interested in your thoughts on this since I'm in a medical setting at work. Thanks. **Gene**

Hi Gene: I'm glad things are working out so well. The Amino, and many of the other supplements, especially the ones I've reformulated in the last year, are complex formulations and a quantum leap from the other nutritional supplements on the market today. In each of the supplements I've researched the pathways that are the most likely to give the desired results, and then searched out the combination of ingredients that would act both additively and synergistically affect those pathways.

There's a lot more to the formulations than I've put into the information pieces. However, I'm updating these to reflect some of the thinking that went into making them. For example I never really explained the reason why I added AMP and the TCA cycle intermediates until you asked about Amino. I then incorporated that information into the new Amino information that is on line at <http://www.mdplusstore.com/pdfs/amino.pdf>.

As far as recommending Amino for cachectic states such as AIDS, cancer and burn patients, as well as sarcopenia, I've thought of it but haven't acted as yet. However Amino, and some of the other supplements, including, and especially the new ReNew, would be very useful for patients suffering from catabolic states. I'm going to approach a few people I know about trying a combination of three or four supplements for some of these conditions. Let me know if anyone there might be interested as well.

BTW the new ReNew just came in today. It's an extremely complex formulation and is very useful for regenerating/protecting the body. Among other things, it will be the main supplement in the new Anti-aging/Longevity Pak that I'm adding to the MD+ lineup.

I'm working on an info piece right now for ReNew. I've attached the new nutrition panel that I took off the label and which unfortunately is not really sharp although you can make out the ingredients.

In the meantime I've written down some of the effects of some of the ingredients in ReNew (there's more). I know it sounds like a panacea for whatever ails you, but there's backup for all of it. I've started taking it already. Maybe this is why I'm writing this at 3:00 AM with not even a thought of going to bed.

In any case the best time for you to use it is right after training as it would enhance the training effect as well as provide the advantages outlined below. For those that are really going through a rough time it can be used twice and even three times a day as an induction phase before getting results and then cutting back to a lower dose.

I'll send you the full info piece as soon as it's in presentable form. Best regards, **Mauro**

EFFECTS OF SOME OF THE INGREDIENTS IN ReNew

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Powerlifters have really gotten into the Nutrition side of powerlifting as of late. I get so many e-mails on a daily basis that I have a hard time keeping up with all the work. One of the questions I am asked is "What are some of the best tips to follow for nutrition without making things too complicated." Another favorite question is "What should I eat so that I have a major advantage over my competition." Well, the following article will be perfect for those out there who are too lazy to stick with a proper meal plan, but at the same time don't want to see their closest competitor gaining on them because they are eating like a champ. So, for all those helpful powerlifters out there here are some valuable nutrition recommendations that you can give to your closest competitor in your class.

#1: Eat only once per day

The first piece of valuable nutrition advice to tell your closest competitor is to eat only once per day. You see eating once per day is the single best way to get stronger. When you only eat once per day your body will absorb all the nutrients you feed it. Not only that it will also help lower your body fat as well. Isn't this the way that our ancient ancestors the cave man ate? Heck, he wouldn't eat for days and until he killed himself a brontosaurus, then he could munch down and get a super feeding. We have to get back to our roots and there is no better time than now. Forget about that eating 5 or 6 times per day crap. Who the hell has the time to do something as stupid as that. All we have to do is look at nature to realize that just eating once per day is all that you need. Let's take a look at the lion. He eats once per day when he runs down some poor antelope and her babies. Once he has ripped them to shreds it's now time to devour every morsel. Mr. Lion doesn't just sit there and space out his meals every 3 hours. He eats it all at once in one big massive feeding. If it's good enough for Mr. Lion, then it's good enough for him. The lion is the king of the jungle so if you want to be king of the powerlifting world then follow in his footsteps and eat big.

#2: Eat carbs alone

That's right, don't listen to all these nutrition gurus or medical studies that are currently out there. Eat your carbs alone without protein or fat. Carbs are king and if you let these low carb freaks tell you what to do you will never have the gold. Eat as many carbs as you can and when you can't eat any more, go and have some more! A few top recipes would be white flour, maple syrup and some sugar-laden fruit punch drink. Put it all in

NUTRITION

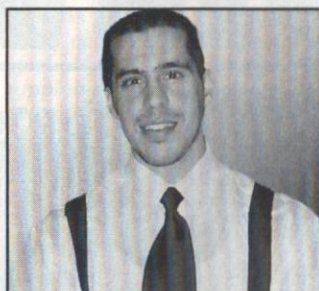
THE TOP 10 POWER NUTRITION TIPS FOR YOUR CLOSEST COMPETITOR

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

a blender and - voila - you have yourself the ultimate meal. We got your ultra-refined carbs, some simple sugars and that hint of fructose from the healthy fruit punch drink. Boy, is that refreshing! Just remind him that to keep his energy high at all times he should not doubt eat tons of High Glycemic Index carbs. Yes, they get into your bloodstream the fastest and, hey, they may cause low blood sugar down the road, but instead of worrying about that just have some more. When the blood sugar gets a little low suck back some more potato chips, bagels, pastries, doughnuts, Cheezies, and any other refined carb snack. Avoid low glycemic index carbs, as they are good for endurance athletes like marathon runners. Since no powerlifter I know is planning to run, (except to the bathroom after eating a bad fajita), the best carbs to take in would be ones that drive our insulin and blood sugar levels into the stratosphere. A constant high blood concentration of not only insulin, but also sugar, is no doubt the best thing you can do to keep you energized all day long. Remind him that we are not bodybuilders so watching the carbs we take in is of no concern to us. We are powerlifters and we can eat what we want, when we want, and that is truly why bodybuilders don't like us- they are just jealous!

#3: Don't drink water

The next piece of advice you should give him is to tell him to lay off the water. Why drink water when there are so many other better drinks out there like beer, sugary fruit drinks, coffee and those ice slushy drinks that are so good on a hot summer day. Don't you remember those days back when you were a kid when the ice cream truck would start playing that hypnotizing music drawing all the kids in the neighborhood into a gyrating frenzy chasing after the truck. Remember how the nice man would make you those awesome snow cones or those Italian ices. Man, those were the days. It feels just like it was yesterday. Oops, sorry, I got lost in a time warp there for a minute. Tell him that water is for babies, so let all the



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

pretty boys drink their water. Explain that water is way overrated and if he really wants to be a powerlifter he should avoid water and have some hard liquor instead. Tell him that you only live once so give it your all on the platform and at the local pub as well. What really is water? Hell, he probably doesn't have a clue so why would you want to drink tons of something when you don't even know what it is? At least he knows beer is made of barley, hops and other natural ingredients.

#4: Avoid protein at all costs

Now, don't get me wrong. I am not saying you should avoid it completely since there are a lot of really tasty power foods out there that do contain protein. These include pepperoni, sausage, deli meats, bacon, pork ribs and more. The key here is to stay away from those lean cuts of protein like the chicken breasts, lean steaks, tuna, turkey, veal, salmon and all those tasteless foods that all those health freaks eat all day long. The main reason for eating the deli meats and sausage and such is not for the protein, but for the healthy fat they contain. Yes, it is a saturated fat and all those dieticians out there will tell you this is the bad fat. But hey, who are you going to believe nowadays anyway? Today they say its bad, tomorrow they will say its good for you. I say go with your stomach. There is no better natural indicator for what is good or bad for you. If your little tummy wants some baby back ribs dripping with extra thick barbecue sauce, then go crazy and eat yourself into an

oblivion.

#5: Don't use supplements - they are a waste of money

In this day and age when natural supplements are all the rage one sound piece of advice for your friend would be to avoid them at all costs. Let's take a look at multivitamins. Who the hell needs them? Remind him that if he really gets a micronutrient deficiency he will know right away. With his awesome nutrition plan that he is currently following how could he have any type of deficiency? Heck, if he were lacking any nutrient he would know from how he felt. Just because he got scurvy a couple times doesn't mean he really had a deficiency. Protein powder is another waste of money. Explain to him that most out there now is made from whey. If he doesn't what that is then explain to him how the dairy companies years ago used to dump it into the rivers to get rid of it because they thought it was a waste product. And now all these suckers are drinking it. Protein is way overrated these days and it is just a fad nutrient at best. Tell him how you saw some outdated studies from the early 50's that said how too much protein could make you blow out your kidneys. Wow, scary stuff! If you eat at least once per day you won't need anything else.

#6: Eat at the local buffet the morning of your contest

Now competition day nutrition is the most important day of the year so make sure that you guide him in the right direction. With this whole "Nutrition" thing taking off in the Powerlifting mags, many powerlifters are actually preparing their own meals on the day of the competition. Tell him - why go against the grain, food is food, and as long as it fills your stomach then it doesn't matter. The best place to eat would be no doubt at the local greasy restaurant that your hotel competition site has in the lobby. What could be better than a super duper buffet right before he goes on and does his squats. That a boy, put some of those pancakes on your plate sky high, yep, don't forget that greasy sausage, and last throw in some bacon just dripping with oil. Now that's a power packed meal that is going to no doubt help him hit a PR. The main thing here is to reinforce in his mind, over and over, that the more he eats before his squats, the more he will lift. Eat more - lift more, it makes sense to me! Tell him to ignore those guys in the warm up room who are eating those chicken breasts and yams. Those are for losers. Tell him that if you eat like a fitness model you will end up

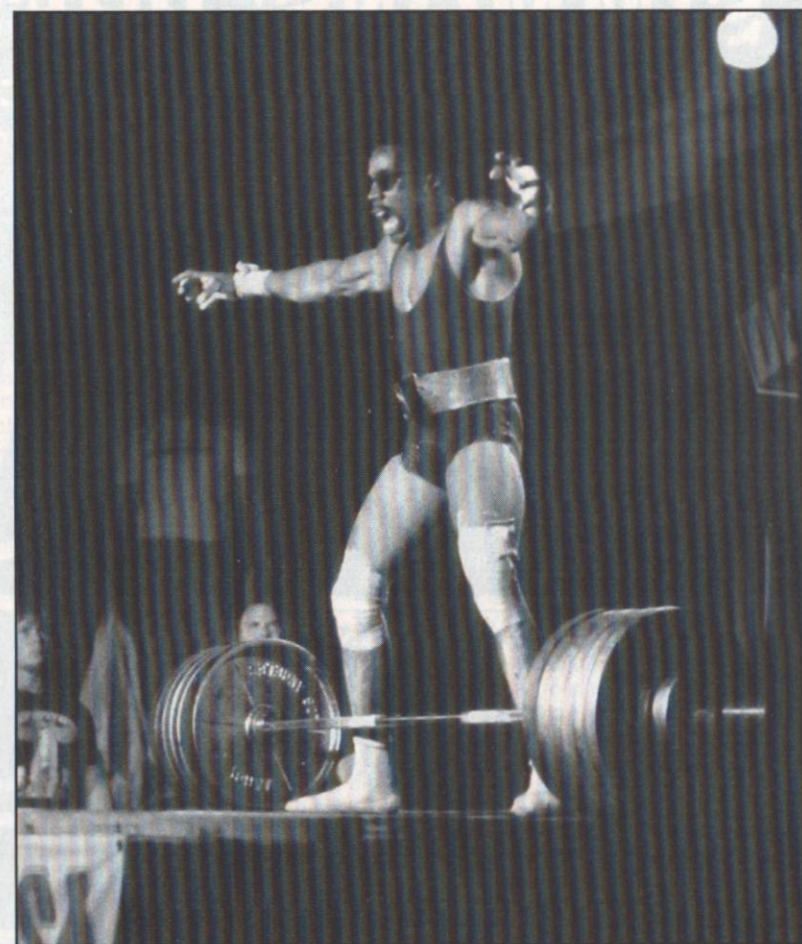
lifting like one so make sure he doesn't forget at least one stick of butter on his pancakes to get in some of those healthy fats. One last thing, make sure that he doesn't just go up to the buffet just once. Make sure he hits at least 3-5 full rounds before he retires his cutlery. Since he is going to eat nothing for the rest of the competition he better increase his energy reserves as much as possible to get him through his big day.

#7: Drink Soda and other Sugar Loaded drinks on competition Day

Hydration is another key factor and you want your competitor to make sure he is perfect for the day of the competition. Tell him to avoid those super hydrating glucose polymer nutrient-partitioning drinks that those smarty pants lifters are drinking. Tell him there is nothing better than an ice cold cola. Heck, not only is it refreshing, but it will cut his thirst like never before. Make sure he has at least 4 liters of this energy elixir on hand for the competition. He should drink it before each major lift and in between attempts. When his energy is getting low and when he starts falling into a diabetic coma tell him to shrug it off and have another glass of cola. Real powerlifters don't let diabetes get in their way of that big squat, so make sure he is all sugared up before his lifts. What is a better energy stimulant than sugar? It's the best out there. Sugar has been around since the beginning of the earth so what better energy aid could outdo this powerful nutrient? What's good about it is its easy accessible. Just go down to your local supermarket and you can find it in tons of different foods. And for you hardcore powerlifters out there, don't play around with just a little in your foods. Pick yourself up a 5 pound bag and go to town. I guarantee that if you finish that whole bag before the contest you will be as jacked up as Tony Montana in the last part of Scarface. If he doesn't believe you, just remind him that when your little boy Joey drinks 4 or 5 cans of cola, he can play outside all day long without getting tired. He runs around like a little wild animal doped up on PCP and he barely breaks a sweat. If that isn't proof, then I don't know what is. If it works for Joey, then it will no doubt work for this powerlifting superstar!

#8: Don't Eat your Fruit and Vegetables

Oh boy, just saying those words makes me sick. Fruits and vegetables are also overrated foods. Now maybe if you were a cow or a



The Inimitable TEE MEYERS ... is a client of Anthony Ricciuto's. (Photo Lambert)

giraffe then this should be a main staple in your diet but we are powerlifters. We aren't some type of herbivorous animal, we want real food. What does eating broccoli have to do with improving your deadlift? Absolutely nothing, so throw it away and have yourself a big piece of white bread with peanut butter and jelly slapped on there like it was a piece of art. Now that's a meal, baby! Wash it down with a big glass of Chocolate milk and, voila, we got ourselves everything a powerlifter could ever want. Fruits and vegetables are a powerlifting no no. Maybe this whole anti-fruits and vegetables thing dates back to my childhood where I was forced to eat loads of cauliflower and green beans because I couldn't get dessert if I first didn't eat those nasty green vegetables. Tell your newfound friend that vegetables are not going to do anything to help you lift more so what is the purpose of torturing yourself by eating them.

#9: Skip Your breakfast

There are a lot of people out there who say that breakfast is the most important meal of the day, but why should we go with what society tells us to do. Tell your closet competitor that this is nothing but a ploy to make sure that you can't

think for yourself. In this time and age when time is of the essence who the hell has time for breakfast. Powerlifters don't need to eat first thing in the morning. If you get up and your stomach is growling, have some coffee. Why would you want to load your body down with food when in reality it will just slow you down. Get yourself a big pot of coffee, brew it real strong and there you go... the ultimate powerlifter's breakfast. To make this even more of a Nutrition Powerhouse add in at least 7-9 tablespoons of sugar and as much cream as the cup will hold and ... voila... a breakfast made in powerlifting heaven. It has all the nutrients you need to keep you going. The sugar will give you the initial blast of energy and just as you start coming off the downward insulin spike you have the huge dose of caffeine to give you that jolt to keep you going all day long. Who wants to sit through a boring breakfast of egg whites and oatmeal. That sounds like a big waste of time!

#10: Don't Work with a Professional

Now this is the biggest waste of time. Tell your closet competitor that working one on one with a professional sports nutritionist will

do absolutely nothing for his performance in the least. Why would he want to take the time to go for all the consultations and then on top of it have to follow some customized program. Hell, that sounds like a prison term in itself. What the hell do these nutritionist guys know anyway? They quote this study and that study, but in the end who really cares? Food is food and if it tastes good that's all that matters. Tell him not to get scared with all those health warning they all seem to give out. Hey, people 500 years ago didn't have people telling them what to eat, so why should we start now. Powerlifting is a sport about lifting, not eating, so there is no point to all the nutrition mumbo jumbo that seems to have taken center stage in powerlifting circles. So what if eating badly gives you a little diabetes or angina. Heck, real powerlifters don't get scared of a little chest pain and a tingling sensation down their arm. Most guys don't die from their first heart attack anyway. Eating for health is way overrated, not to mention eating for performance. Don't waste your time trying to follow some customized plan. You only live once so make sure you eat what you want when you want and don't let anybody tell you any different!

Conclusion

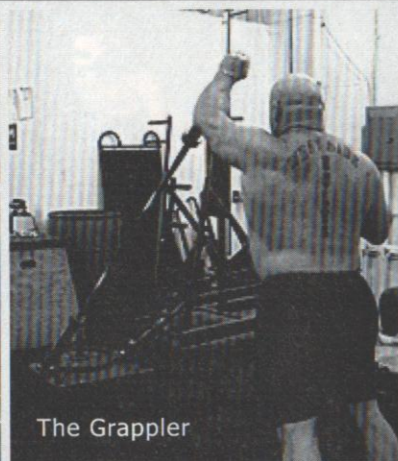
Here you have it the top 10 nutritional tips for your closest competitor. Since you are too lazy to follow a nutrition plan to increase your performance, you can at least try and sabotage your closest competitor's nutritional plan, so he won't get ahead either. At least with him following your nutritional guidance, as laid out in this article, you can be sure that he won't be reaping any of the benefits that you yourself are missing out on. This will at least keep things on a level playing field and, best of all, you won't have to feel bad about you not sticking to your nutrition plan. So, until next month, misguide your competition as much as possible and, most importantly, don't take any of your own advice! If you would like to know more about the Nutrition XP3 Customized Nutrition Kit or have any questions please feel free to contact me at Aricciuto@Xtremepower.com.

LOUIE SIMMONS' PRESENTS

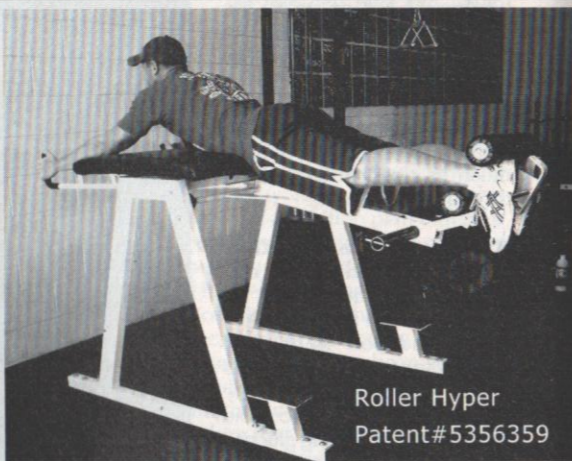
"Often Imitated, But Never Duplicated"



PLYO Swing
Patent Pending

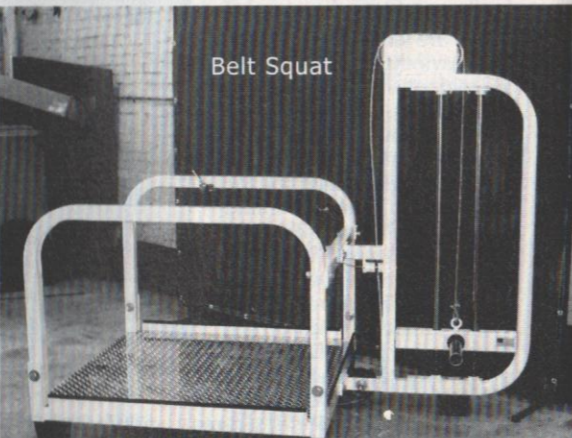


The Grappler



Roller Hyper
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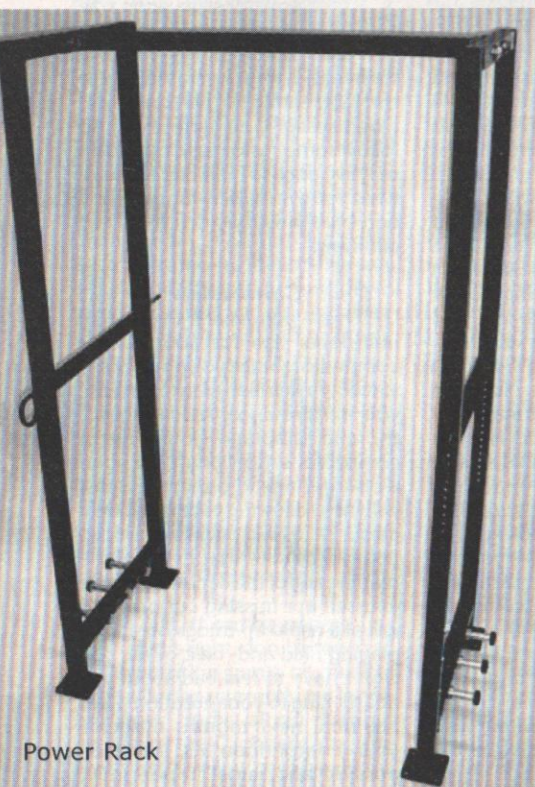
Belt Squat



Tread Sled



Safety squat bar



Power Rack

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HARD CORE GYM #35

The Bloody Lawn Gym as told to Rick Brewer

The Bloody Lawn Gym was first a backyard gym. The owner Nico Feliciano was deadlifting one Saturday afternoon when the temp was around 116 degrees and slammed the bar a bit too hard against his shin, to the point of bleeding, and blood got all over the lawn, hence the name BLG. The heat never stopped us from training. At times the bar got so hot we had to wear 2 shirts not to get burned when we squatted.

The BLG experienced training evolutions. From Bodybuilding to PL and within PL it evolved from Progressive overload to Dino training/Strongman to its current training protocols: Westside training and Metal militia training.

The BLG has now moved in to a small one car garage in Surprise, AZ. BLG is always looking under all stones for ways to get strong and leaves no stones unturned. BLG founder Nico Feliciano has made the journey to Westside Barbell Club and to the Metal Militia compound in NY. Currently the BLG is the Southwest chapter of the Metal Militia (strongest benchers in the world). Nico Feliciano says "WS has assisted me with bringing my squats from a 475 to 700 and Metal Militia has taken my bench to close to 600 (over 600 in the gym)."

Many have come and visited the BLG on occasion. We all compete NASA and WABDL here in AZ.

Members include: Nico Feliciano - 308 State and submaster national champion; Robert "Puke" Clark - 220 state competitor and charter member of the BLG; Lawrence DeAlva - 220 Champ; Don Kralovetz - SHW state and submaster national champ with an 810 squat; Tom Burke - 242 state and National champ; and Jay T Gunz - Powersport champ.

While limited on space, the BLG is not limited on determination and equipment. We have GHR, reverse hyper, Crepensek Power Rack, Manta Rays, and all kinds of bars, boards, bands, chains, etc.

BLG founder Nico Feliciano works as a Data Tech for a large telecommunications company and

works long hours, and sometimes pulls night hours when needed, thus making workout time very difficult, but sometimes you can hear the CD player in the garage at midnight playing the tunes of Iron Maiden, Saxon, Falconer, Hammerfall, Metallica and Motorhead along with the loud banging of the plates. The name BLG is becoming synonymous with Powerlifting in AZ and we have promoted powerlifting by conducting seminars and helping out.

BLG would like to thank HOP for the opportunity and BLG would like to also thank NASA for coming to AZ 4 times a year and supporting powerlifting and would like to thank all my training partners for their help.

BLG is powerlifting in AZ!

Rick: Does anyone still bleed?
BLG: Robert "Puke" Clark gets nosebleeds during his Westside Max-Effort SQ

Rick: Good enough. How did he get his nickname?

BLG: "Puke" got his nickname the first time he worked out with me. We were doing lots of Dino-stuff then and I had him do sand bag carries at about 100 degrees outside

and he went the distance, collapsing several times. When done, he was about to go "lights out" and suddenly started to puke. He said he was puking tuna, so I named him Puke.

Rick: What does vomited tuna smell like? Never mind. Tell us more of the interesting Dino-training techniques; for the readers who came late to the party.

BLG: We used to do sand bag carries, bottom position squats, keg lifts, power rack isometrics, used to lift stones and carry for distance. 20 rep squats. Trap bar deadlifts, etc.

Rick: Tell us more about your current workouts - have they evolved?

BLG: Since 2002, we follow a basic Westside template for SQ and DL. We do box squats, bands, chains. We do two Westside workouts a week - one for dynamic effort and one for max effort. We pull a sled. I even made the trek to Westside to meet Louie Simmons and have become friends with some of the Westside Lifters.

Rick: Cool. Tell us more about yourself.

BLG: Who am I? 38 year old father of 2 (15 and 6). I work for a telecommunications company, working long hours, including night

work at times. I am a several times NASA state champion and have won the Submaster Nationals on the bench as well as the Western Nationals for the 3 powerlifts.

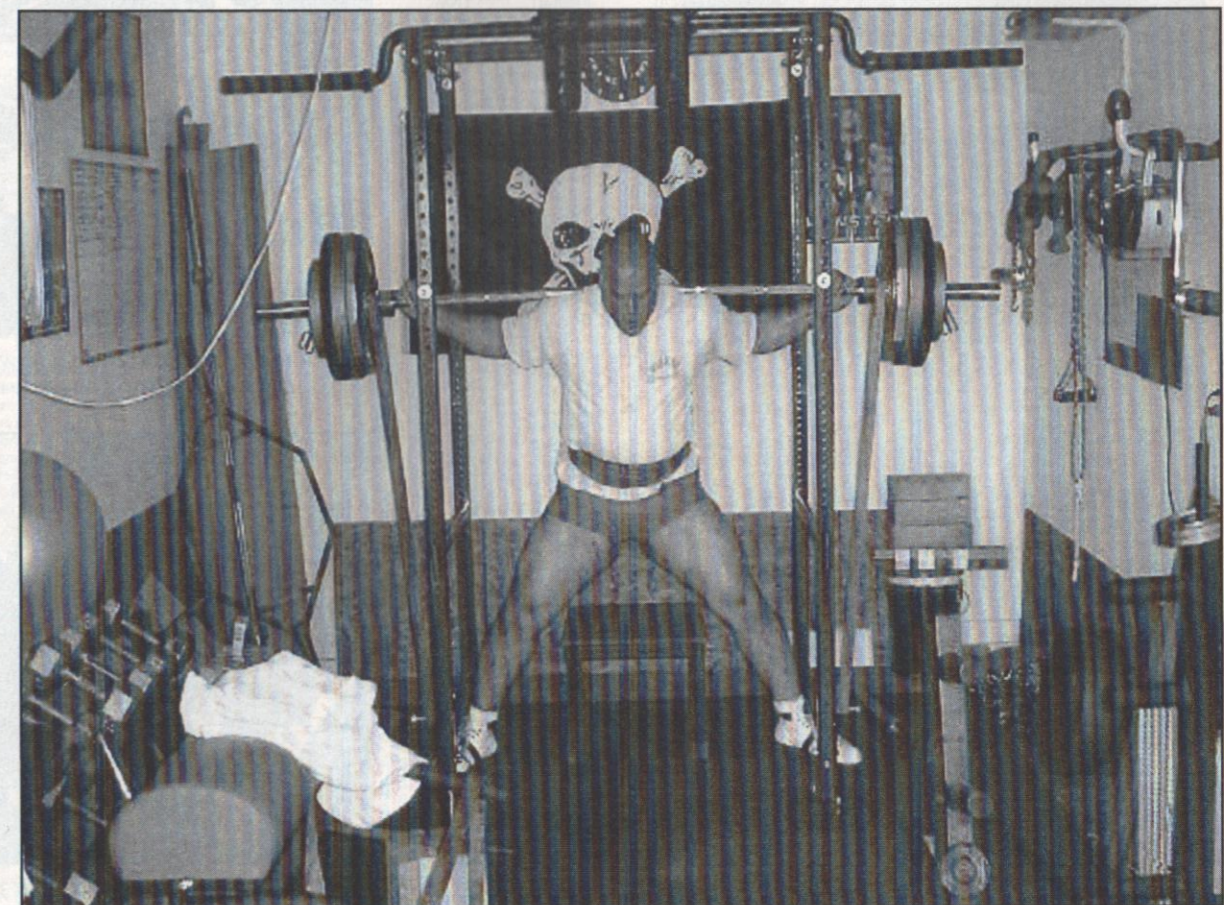
Rick: Can you give us your favorite heavy metal tunes and/or lyrics?
BGL: We listen to lots of heavy metal here to keep us going. Most fav are Iron Maiden, Saxon, Falconer, and Hammerfall. From AC/DC we like "If you want blood, you got it" (bloody lawn gym... get it?). From Maiden we like "if you are going to die, die with your boots on."

Rick: Cool quote - we all want to die with our boots on! Anything else you want to tell the readers?

BLG: I would like to include in the article a big thank you to God, my family, Louie Simmons, Sebastian Burns, Bill Crawford, NASA, all my training partners and to HOUSE OF PAIN for the chance to spread the blood to the readers of PL USA.

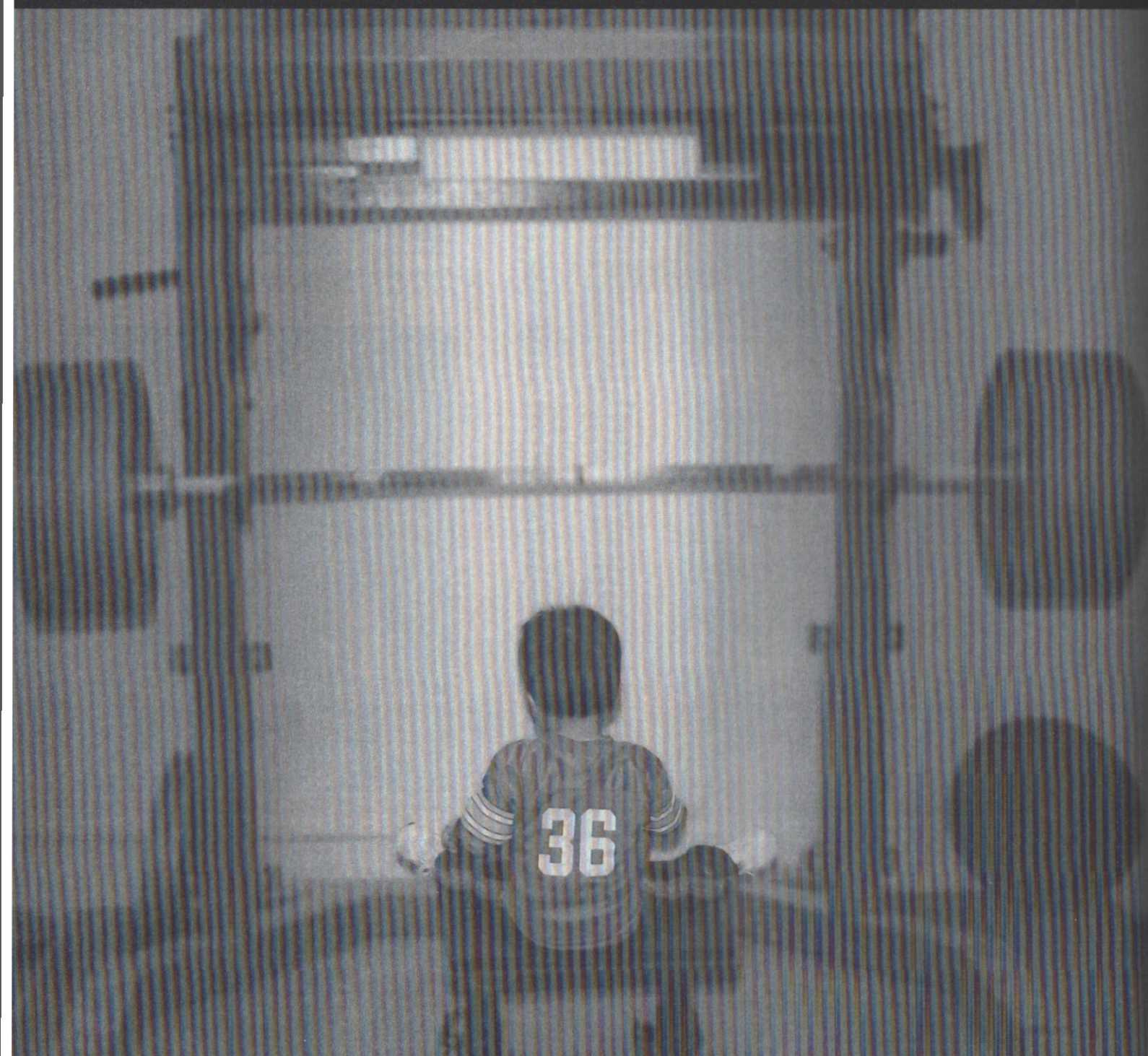
"Spread the blood?" Is this guy cool or what?! Until next month, stay away from Tuna Fish vomit, and 'spread the blood.' Speaking of that, we'll look into a bloody good story next month!

Questions/Comments
rick@housofpain.com
or
PO Box 333
Fate, TX 75132



Bloody Lawn Gym Founder Nico Feliciano has all the modern gym conveniences to do band squats and much more.

Someday I will...



WORKOUT OF THE MONTH

10 Week Deadlift Routine by World Record Breaker Troy Hicks

I feel you could improve your deadlift as much as 30 to 50 lbs on this routine, which assumes a 500 lb. starting deadlift capability coming in. It's a 10 week cycle, in which the first 8 weeks involve pure training, week 9 is dedicated to working on form and maintaining the feel of the weight, and Week 10 is for mental preparation and rest before the meet.

Recommended Stretching Exercises - 1) Hang from chin bar with toes pointed down and 2) Lay on back, touch toes to floor, and reach back over your head to stretch the lower back.

I recommend hyperextensions for conditioning the lower back. Also, standing on a box 6 inches high and doing deadlifts helps condition the lower back and I believe helps you to move the bar off the floor quicker to help get through your sticking points.

Doing lockouts with the bar at the knees with training straps, shrugs with Olympic bar and t-bar rows are done to strengthen the traps and upper back for the lockout.

After the first 4 weeks drop all assistance exercises except hyperextensions, so that you don't over work your back, which does not recover as quickly as other body parts. Do hyperextensions throughout the complete routine to keep your lower back muscles stretched and flexible.

I also think that some high bar squats should be included, as I feel they help with the drive off the floor.

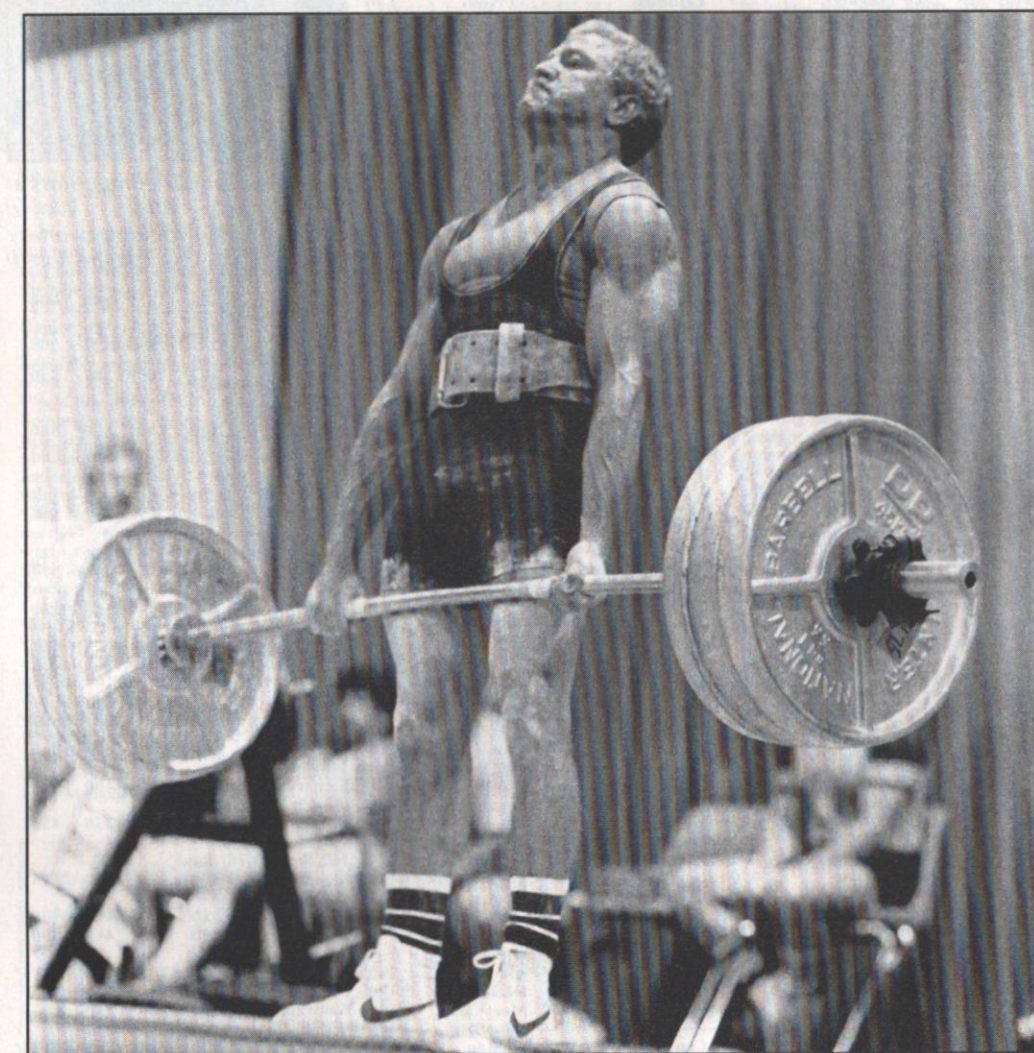
Consistency and hard work are the keys to achieving your goals.

Week 1:

DL: 135x8; 225x8, 315x5, 405x5, 455x5.
DL (6"box): 225x5, 225x5, 225x5.
DL no rack, from knees, w/straps: 450x5, 500x5.
Shrugs w/Olympic Bar: 3x225x5.
T-Bar Row: 125x5, 175x5, 225x5.
Hyperextensions: 2x25.

Week 2:

DL: 135x8, 225x8, 315x5, 405x5, 475x3.



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

Troy Hicks (below) was one of the great deadlifters in the history of the lightweights, setting a world record of 639 pounds, before moving up the the Middleweights to make history in that class as well. (photograph by Mike Lambert, at the 1984 Senior Nationals)

DL (6"box): 225x5, 275x5, 315x5. DL no rack, from knees, w/straps: 475x5, 515x5.
Shrugs w/Olympic Bar: 3x225x5.
T-Bar Row: 125x5, 175x5, 225x5. Hyperextensions: 2x25.

Week 3:

DL: 135x8, 225x8, 315x5, 405x5, 485x3.
DL(6"box): 225x5, 315x5
DL no rack, from knees, w/straps: 500x5, 525x5.
Shrugs w/Olympic Bar: 3x225x5.
T-Bar Rows: 125x5, 175x5, 225x5. Hyperextensions: 2x25.

Week 4:

DL: 135x8, 225x8, 315x5, 405x5, 495x3.
DL (6"box): 225x5, 275x5, 315x5. DL no rack, from knees, w/straps: 525x5, 550x3.
Shrugs w/Olympic Bar: 3x225x5
T-Bar Rows: 125x5, 175x5, 225x5. Hyperextensions: 2x25.

Week 5:

DL: 135x8, 225x5, 315x5, 405x5. 505x3, 515x1.
Hyperextensions: 2x25.

Week 6:

DL: 135x8, 225x5, 315x5

405x3, 505x3, 525x1.
Hyperextensions: 2x25.

Week 7:

DL: 135x8, 225x5, 315x5, 405x3, 505x1, 525x2.
Hyperextensions: 2x25.

Week 8:

DL: 135x8, 225x5, 315x5, 405x3, 505x1, 525x3. Hyperextensions: 2x25.

Week 9:

DL: 135x5, 225x2. 315x1. 405x1. Hyperextension: 2x25.

Week 10:

Meet Attempts: 525, 550, 565.

EQUIPMENT SEMINARS FORUMS Q&A ARTICLES

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Someday I will perform to my best ability.
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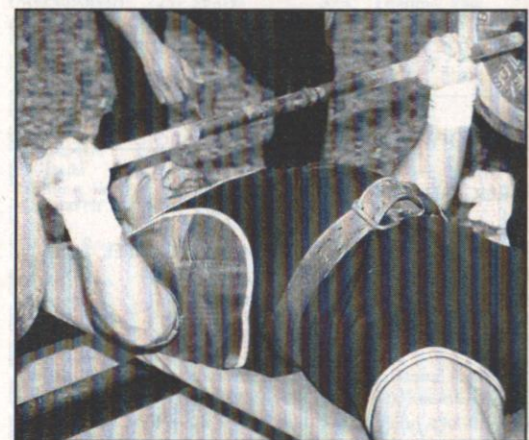
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the masters 45-49 class. Big Irv Brown set two new WNPf records in the SHW class. The highlights in the World Squat Championship include the Russian Aladuari posted a 550 with a win over Caffrey and Nick Maltezos, coming back after breaking his arm last year, when he squatted 685 and missed 700. In the Power Curl Worlds the Russians dominated. Brian Edwards won both the masters and open divisions and the best lifter award on day one. Mark Wilhelm took the title home in the 181's over Massetti. This was a very close contest between Wilhelm and Massetti. In the 198 masters newcomer Carr defeated Dunn and Williams. Aladuari defeated USA's Diciano and Canada's Marshall in the 220's. Both Tim and Mike Slagus put on excellent performances and they both set new world records. We want to give thanks to Tom Conway and Team Calvary for attending and doing so well. Also Team Ephrata for bringing a team and thanks to Barry Erb. Thanks to Lynnie Whidden and her team (Tom Orlando. Thanks to team Hoxworth also. Lifters please keep in mind that the WNPf is here for you to have fun. We're not out to bash anyone, play favoritism or to get people upset to the point where a fight may start, or violence and obscene language is used. We had an incident at the Worlds where one lifter will no longer be allowed to participate in the WNPf and it's a shame that this had to happen, but no one - and I mean no one - is bigger than the WNPf organization - not the lifters, staff, officials or administrators. Anyone who thinks for a moment that this person was right for what he did, well, we don't want you in the WNPf, and this includes the people that talk on the internet forums and the people who heard one side of the story and people who weren't there. We are here to do the best job that we can in putting on these meets. We don't make millions of dollars doing this and if you know how much it cost to put on one of these meets I'm sure lifters would look at things a little differently. We do it because we like to and we like making people happy and we want people to go home with good memories. If you get a red light, try not to look at it like we don't want you to get the lift. That is the last thing we want. We felt very bad that many lifters bombed on Sunday. If there were no rules and if this was an anything goes league, I'm sure people would still find something to bash us about. We try to have the lifters do the lifts correct or as close to correct as possible at Worlds. This is not to say that any officials are perfect because that they are not, they do make mistakes. Lifts look different depending on where you are seated or standing. Most of the people in the audience believe they can see the calls on the platform, but - trust me - they can't. Lifters think they can see everything from the warm-up room, trust me - they can't. I've said this before and I will say it again. I challenge any lifter, spectator or coach to sit down in the

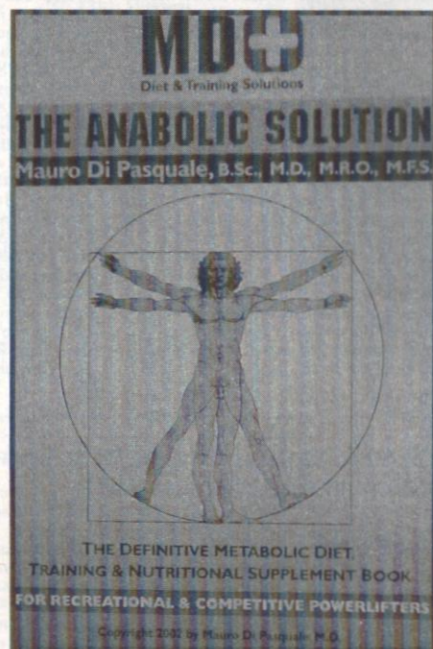


WNPf World Competitors from the Republic of Georgia, along with the WNPf Staff and other lifters.

CHAIR with the switch and you will see the difference in the lifts on the platform. You will feel the pressure to make the correct call. Try it once - please! I challenge you to sit down in the chair. The 2005 Worlds will be split up next year with the full meet in November in Ohio or Michigan and the single lift championships in Orlando, Florida or Atlanta some time in November or December. Make sure you qualify at a WNPf event in 2005. Until next year, stay strong, stay healthy and stay clean. (Thanks to the WNPf and Troy Ford for providing this meet report)



Buddy Cawley, 275 pound master lifter, benching 595 pounds at the WNPf World Championships.



BOOK REVIEW Dr. Mauro DiPasquale's "THE ANABOLIC SOLUTION ... the Definitive Metabolic Diet, Training & Nutritional Supplement Book For Recreational & Competitive Powerlifters" distills the essentials of Dr. Mauro's very effective Metabolic Diet and applies them to the rigors of a powerlifter's regimen. The diet is tailorable, with "set point" determination being adaptable to the

genetic makeup of each individual. The purpose of this approach is to make your body burn fat as it's primary energy source, and everything he postulates is supported by clinical research... as Dr. M. likes to say "hysteria is not my stock in trade". There are extensive graphs and understandable explanations of the rationale behind this approach to diet and lifting performance, and because Dr. DiPasquale is a former World Champion Powerlifter, he knows whereof he speaks from both ends of the spectrum. You can literally think positively about dropping a weight class and retaining your strength with this type of approach, so if that's of interest, check out the ad on page 81 of this edition of PL USA. (Mike Lambert)

SLP Harrodsburg Open BP/DL
27 Mar 04 - Harrodsburg, KY

| | | |
|----------------|-----------|------------------|
| BENCH | SHW | |
| WOMEN | S. Matzek | 375 |
| Junior | Open | |
| 148 lbs. | 220 lbs. | |
| M. Templeton | 180* | D. Nealy 600 |
| 4th | 200* | B. Templeton 410 |
| MEN | 242 lbs. | |
| Teen (13-15) | A. Carter | 405 |
| 181 lbs. | 4th | 425 |
| B. Francis | 150 | M. Cox 405 |
| 4th | 165 | 308 lbs. |
| 242 lbs. | | W. Beach 460 |
| T. Jackson | 155 | 4th 470 |
| 4th | 165 | DEADLIFT |
| Teen (18-19) | 148 lbs. | |
| G. Shubert | 265* | 148 lbs. |
| Submaster | | G. Shubert 405* |
| D. England | 315 | Master (40-44) |
| 4th | 320 | 275 lbs. |
| 242 lbs. | | R. Richey 550 |
| J. Kathman | 420 | Master (55-59) |
| Master (40-44) | | 165 lbs. |
| 275 lbs. | | L. Greer 340* |
| R. Richey | 570* | |
| Master (50-54) | | |

*-Son Light Power Kentucky state record. Best Lifter Bench Press - DEWAYNE NEALY. Best Lifter Deadlift - GREG SHUBERT. The Son Light Power Harrodsburg Open Bench Press/Deadlift Championship was held March 27, 2004 at Bluegrass Fitness Center in Harrodsburg, Kentucky. Thanks to owner Todd Darland and to manager Becky Barry for allowing us to host this event at their gym. Thanks also to my son Joey, Randy Richey and everyone else who helped out with the competition. In the bench press event Miranda Templeton won at junior 148, setting the Kentucky state record there with 180. A fourth attempt gave Miranda her first 200 bench! In the teenage men's 13-15 age division Blake Francis won at 181 with 150, followed by a 165 pr fourth. Terry Jackson won at 242 with 155, then a great 165 fourth. Greg Shubert broke the existing



Best lifters Greg Shubert and Dewayne Nealy with Bluegrass Fitness managers Becky Barry at the SLP Harrodsburg Open on March 27, 2004. (Photograph provided by courtesy of Dr. Darrell Latch)

Kentucky state record at 18-19/148 with his 265 second attempt, just missing his final with 275. David England won at submaster 148 with 315 before a successful fourth with a new personal mark of 320. Joe Kathman captured the title at 242 with 420. In the master men's 40-44 division it was Randy Richey with a new state record of 570 for the win. Big Steve Matzek won at 50-54/shw with his opener of 375, just missing a personal best 400. In the open division best lifter Dewayne Nealy got an easy 600 opener for the win at 220. Weighing in at just 208 Dewayne changed shirts for his final

attempt at 700, a weight he had gotten in competition two weeks before. Dewayne locked out the weight but missed his chest by about a half an inch! Second place at 220 went to Billy Templeton, who finished with 410. Taking the win at 242 was Adam Carter, who finished with 405. A fourth with 425 was also good. Mike Cox (Mr. Miller Lite), who seemed a little off his game on this day, also got 405, but at a heavier bodyweight. William Beach had a good day at 308, finishing with 460 before making a pr 470 fourth. In the deadlift competition Greg Shubert set his second state record of the day at 18-19/

148 with a 405 pull. Randy Richey won at 40-44/275 with 550, making just his opener. Randy is always busy helping everyone else, which doesn't always leave much energy for himself. And, of course, there is always the John Stephens Curse to deal with! Also setting a new Kentucky state record was 55-59/165 winner, Larry Green. Larry finished with a new personal and state record of 340! The best lifter award went to Greg Shubert. Thanks also to "the girls behind the counter" at the Bluegrass Fitness Center and especially to "Miss Mountain Dew"! (Meet report by Dr. Darrell Latch)

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13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
13 NOV, NASA Southeastern States Regional (PL, BP, PSs - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
13 NOV, NASA Kansas City Regionals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com
14 NOV, SLP Lynne Boshoven Classic BP/DL (Wyoming, MI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

sonlight@netcare-il.com
14 NOV, ADAU Connecticut State Open PL+BP, Rob Delavega, Powerhouse Gym 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phgbrookfield@aol.com
19-21 NOV (NEW DATES), IPA Senior National PL & BP (includes a raw div.), Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet, 717-495-0024, chailfit@suscom.net or EllenChaillet@aol.com
20 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burlesan Rd., Austin, TX 78744, 512-385-5420

20 NOV, Omaha Open BP, DL, Push/Pull, A. V. Sorensen Rec. Ctr., 4808 Cass St., Omaha, NE 68132, Keith Machulda, 402-444-5596
20 NOV, NASA Arizona Regional (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
20 NOV, APA Magnolia Open PL, BP, DL, P-P (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
20 NOV, SLP Kentucky State BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

gvlh@wirefire.com
1-5 DEC, IPF World Bench Press (Cleveland, OH)
3-5 DEC, AAU Drug Tested World PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net
4 DEC, USAPL Kentucky State/Open/Raw, Shane Bosaw, 225 Kentucky Ave., Providence, KY 42450, 270-667-7140
4 DEC, NCAAU Red Swaim Memorial Open presented by Johnnie Howie and the Enterprise Workout Center, 704-289-4940, jfhowie@carolina.rr.com, www.ncaau.org/powerlifting/pages/entryfordec4.pdf
4 DEC, 21st Southeastern Cup PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 (gym), bduke@southlink.us
4 DEC, APA West Coast PL, BP, DL, P-P (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
4 DEC, APC Excalibur Classic PL & BP (Birmingham, AL - open, novice, masters, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy, Suite 100, Birmingham, AL 35216, 2050817-6811, 823-4745 (gym)
4 DEC, Big Bench Shootout (men, women, teen, jr., submaster, master, all ages - 1st 50 lifters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
4 DEC (New Date), AAU Larry Garro Memorial Raw BP, DL, Iron Man/Iron Woman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, brian@usbf.net
4 DEC, 5th annual MPA Christmas Bench Classic (The Gym in Elk River (MN)), Dave Harrison, 763-441-4232
4 DEC, WNPFF World Record Breakers + WNPFF International Single Lift Championships (Atlanta, GA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPFF@aol.com
4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
4 DEC, 2nd James B. Larusso Bench Press Meet (teen, women, masters, and all wt. classes) Muscle World Gym, 401 Hand Ave., Cape May Court House, NJ 08210, 609-465-4723
4 DEC, 17th Elkhart BP Classic, Jon Smoker, 30174 CR 16, Elkhart, IN 46516, 574-674-

6683
4 DEC, SLP Christmas For Kids BP/DL (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4,5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org
5 DEC, (New Meet) SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 DEC, APF/AAPF South Carolina (1st meet in Columbia, SC in 20 yrs.) Strom Thurmond Wellness & Fitness Center, Will Millman, APF/AAPF S. Carolina State Chair, 843-886-5366, FAX 843-886-3509, shelter223@aol.com
11 DEC, APA Western States Open (CA - tentative) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823
11 DEC, WLOP C.T. Classic Bp (raw & drug free) WLOP, 7238 S. Painter Ave., Whittier, CA

11,12 December 2004

APF 51st Annual Iron Man Open Powerlifting & Bench Press Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer 559-658-5437, 322-6805

90602, 562-693-8005, www.worldlegionofpower.com
11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com
11 DEC (New Date), 2nd Bench Press & Deadlift Classic, Robt. Eckhart, 319 N. 2nd St, Lehigh, PA 18235, 610-377-5852
11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964
11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com
11 DEC, 4th Pocket Samson's Toys for Tots Christmas BP (male - female, all wt. classes, all divs., raw or assisted - New Oxford Gym, New Oxford, PA) 717-624-8570
11 DEC, USAPL River's Edge PL & BP (St. Louis, MO) Rick Fowler, 1713 Garfield, Granite City, IL 62040, 618-451-4737
11 DEC, USAPL Ketchikan Record Breakers, Doug Gregg, 1225 S. Higgins Rd., Ketchikan, AK 99901, 907-247-8963
11 DEC, 2nd annual Body by George Mini-Meet (Lawrenceville, GA - all classes) George Herring, 770-963-6738
11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, scott@apa-wpa.com

8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, squat@foryou.net
8 JAN, APF/AAPF Windy City Ironman (Leaning Tower YMCA, Niles, IL) Eric Stone, 630-892-7799, thestone@chicagopowerlifting.com
8 JAN (NEW DATE), USAPL New York State BP/DL, Brewster Health & Fitness, 1620 Rt. 22, Towne Centre, Brewster, NY, Bruce Swanson, 845-279-3246, www.geocities.com/bruceSwanson500/files/1204USAPLBENCHDEAD.htm
8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

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APF MISSISSIPPI STATE POWERLIFTING & BENCHPRESS OPEN SATURDAY, November 6th, 2004 MEET DIRECTOR: Joe Ladnier, APF Mississippi State Chairman SANCTIONED BY: American Powerlifting Federation Strict APF/WPC Rules will be followed Wayne Pullum, Head Referee LOCATION: Casino Magic Biloxi 151 Beach Blvd. Biloxi, MS 39530 228-386-4600 Room Rates: 11/4/04,11/5/04,11/6/04 \$89.00* (special rate per nite) \$149.00 (normal rate per nite) (*Reservations must be made no later than October 6th, 2004 to get the special rate of \$89.00 each nite) Call 866-315-6240 ELIGIBILITY: Open to all APF registered athletes. You must have a valid, current APF card. Lifters may register at weigh-in on Friday for \$30 (cash only) WEIGH-IN: Friday, November 5th, 2004 10:00 AM - 10:00 PM LIFTING TIME: Saturday November 6th, 2004 10:00 AM - until PM

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15 JAN, NASA E. Texas Open (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
15 JAN, Glenwood Athletic Club Open BP, G.A.C., 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250
15 JAN, PPL Augusta Drug Free Open, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM
15 JAN, USAPL Nor Cal Winter Classic (PL, BP, DL - Livermore, CA) Dr. Rob Meulenber, 925-803-5029, rwmeulenber@hotmail.com
19 FEB, APF/AAPF Illinois State (Frantz Gym - Aurora, IL) Ernie Frantz, 630-892-1491
19 FEB, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411
19,20 FEB, USPF Western USA Cup (Mountaineer Cup Pro Qualifier - FitExpo - Pasadena, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800
26 FEB, UAPC National BP (Gainesville, GA - AWPC World qualifier) www.amateurworldpowerliftingcommittee.com, L.B. Baker, 770-725-6684, mobile 770-713-3080, LBBAKER@ironawg.com
26 FEB, AAU-USPF Oklahoma State, 405-275-3689, rcrain@charter.net
26 FEB, USAPL Upper Ohio Valley Meet, (J.B. Chambers YMCA, Wheeling, WV 26003) Dan Hilliard, pushpulliron@yahoo.com, 304-242-8086
26 FEB, APA Texas State, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net
FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net
5 MAR, USAPL Kansas Ironman & BP Open, W. David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761
5 MAR, NASA BP Nationals & Rocky Mtn. PS & PP (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidelbc.org
12 MAR, NASA Ohio State (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
12 MAR, NASA National Awards Banquet (OKC, OK) Rich Peters
12 FEB, 14th New Castle BP (men, master, women, teen) Chuck

Ulrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529
12,13 FEB, NASA Natural Nationals (PL, BP, PS - OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
13 FEB, USAPL Florida State (Clearwater, FL) Vincent Lombardistrength@yahoo.com, 813-685-3498
19 FEB, AAU Missouri State (X-Treme Sports & Fitness, Union, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, daringilly@aol.com
19 FEB, APF/AAPF Illinois State (Frantz Gym - Aurora, IL) Ernie Frantz, 630-892-1491
19 FEB, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411
19,20 FEB, USPF Western USA Cup (Mountaineer Cup Pro Qualifier - FitExpo - Pasadena, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800
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26 FEB, APA Texas State, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net
FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net
5 MAR, USAPL Kansas Ironman & BP Open, W. David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761
5 MAR, NASA BP Nationals & Rocky Mtn. PS & PP (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidelbc.org
12 MAR, NASA Ohio State (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
12 MAR, NASA National Awards Banquet (OKC, OK) Rich Peters
12 FEB, 14th New Castle BP (men, master, women, teen) Chuck

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(Raw) National Championship (Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
12 MAR, 1st APF/AAPF Alabama State Open PL, BP (AL records will be established - Econolodge Conference Center, Attalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002
13 MAR, Lawrence Co. Super BP & DL (raw or equipped - all divs. - trophies 1st-5th, free meet t-shirt, \$30 entry fee) Charles Venturella, 718 Mabel St., New Castle, PA 16107, 724-654-4117
19 MAR, APF/AAPF Midwest Open (Kansas City) Susan, 816-914-9709, www.midwestbarbell.com
19 MAR, NASA Illinois State (PL, BP, PS - St. Charles, IL) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com
19 MAR, SPF Tennessee State PL/BP (Holiday Inn, Manchester, TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com
19,20 MAR, APF Junior National BP & PL (WPO qualifier - open to all elite & master level lifters) Chris Wler, 14 Fern St., Auburn, ME 04210, 207-777-3393
19,20 MAR, APF Maine State PL & National Qualifier (open to all lifters) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393
26 MAR, APA Blue Springs Classic, Roger Broeg, Box 4122, Topeka, KS 66604, 785-228-9781
26 MAR, NASA MO State & Open High School State (PL, BP, PS, PP) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
26 MAR, USPF California State PL/BP (Los Alamitos, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800
1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
2 APR, SPF Nationals, Push/Pull & Raw BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com
2,3 APR, NASA High School Nationals PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
3 APR (corrected date), 6th Pittsburgh Monster BP & DL (men & women, all div., all classes, cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Spring Water Ct., Moon Township, PA 15108, 724-457-2708
8,9 APR, USAPL Texas State, Joe Gremlillon, 1320 S. 3rd St., Garland, TX 75046, 972-494-6407
8,9 APR 05 Power Palooza #7 (PL, BP, DL) Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823
9 APR, APF House of Pain Texas State Open (Round Rock - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
9 APR, APC Georgia State Open PL & BP (Natl. qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, www.americanpowerliftingcommittee.com
9 APR, NASA Kansas State (PL, BP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
9 APR, ABA Arkansas State BP, D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851
16 APR, NASA Iowa State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-

8513, SQBPD@aol.com
16 APR, USAPL Richmond Open PL & BP, Phillip Battle, Box 9173, Richmond, VA 23228, 804-737-9622, 301-2196, www.Virginiausapl.com, P_Battle@hotmail.com, Nick Minneti, 804-262-7892 before 9PM, SACRIGEN@hotmail.com
16 APR, Open BP Meet, Glenwood Athletic Club, 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250
16,17 APR, IPA Iron House Classic PL & BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com
22-24 APR, AAFP National BP & PL, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
23 APR, Red Swaim Memorial IBP NC State DL (Winston-Salem, NC) Keith Payne, 336-766-3 3 4 7, keith@ironboypowerlifting.net
23 APR, Kern County High School (Stockdale H.S., Bakersfield, CA)
23 APR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
APR, USAPL North Carolina PL, BP & Open State (Charlotte, NC) Jennifer Thompson, 7 0 4 - 4 8 3 - 6 3 3 2 , www.carolinapowerlifting.com
APR, USAPL Richmond Open PL + BP (55 lifter limit) Phillip Battle, Box 9713, Richmond, VA 23228, 8 0 4 - 3 0 1 - 2 1 9 6 , P_Battle@hotmail.com
APR, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM
6-8 MAY, USAPL Men's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
7 MAY, NASA N. Carolina St. (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
7 MAY, NASA New Mexico State (Rio Rancho, NM) Mike Adelman, powerlifter@surfbest.net, 505-453-6637
7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough,

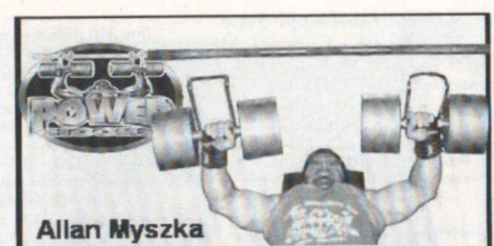
txpowerscene@earthlink.net
14 MAY, NASA Oklahoma State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
14 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898
20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com
21 MAY, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
28 MAY, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
4 JUN, APF South Texas (Seguin, men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8 4 1 0 , www.southernpowerlifting.com
4,5 JUN, NASA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
10-12 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
11 JUN, USPF Venice BP/DL (2 single lift meets, not total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
18 JUN, NASA U.S.A. Nationals (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
18,19 JUN, USPF Nationals (Los Alamitos, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
25 JUN, AAU-USPF Sooner

State Games, 405-275-3689, rrcrain@charter.net
25 JUN, NASA Missouri Grand (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
JUN, 3rd IPF North American Regional (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
9-10 JUL, WPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (WPC World Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, www.irondawg.com
16 JUL, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
16 JUL, World Games
30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@speedy.com
30 JUL, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851
30 JUL, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
JUL, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3 8 0 6 , PYTHONGYM@AOL.COM
JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

6 AUG, APF Southeast Challenge (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-9 9 5 - 0 0 4 7 , lanceslaughter@yahoo.com, www.usapl-ca.org
20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8 4 1 0 , www.southernpowerlifting.com
3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8 4 1 0 , www.southernpowerlifting.com
3 SEP, NASA Kansas Grand (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
10 SEP, USPF Venice Beach PL/BP, Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
17 SEP, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
17 SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelman, powerlifter@surfbest.net
24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
8 OCT, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
15 OCT, NASA West Texas State

(PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
22 OCT, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
5 NOV, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
5 NOV, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org
15-20 NOV (NEW DATE) - IPF Men's Worlds (W. Palm Beach, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.geocities.com/floridausapl
15-20 NOV, IPF Pan-American Men's & Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
19 NOV, NASA Arizona Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
26 NOV, NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884,

ussapl@hotmail.com
3 DEC, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
10 DEC, NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com
APR 06, USAPL Collegiate Nationals (Nova Southern Univ. - Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
APR 06, IPF World Masters BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
MAY 06, USAPL Men's Nationals PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
JUL 06, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
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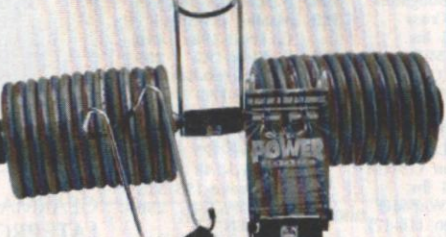
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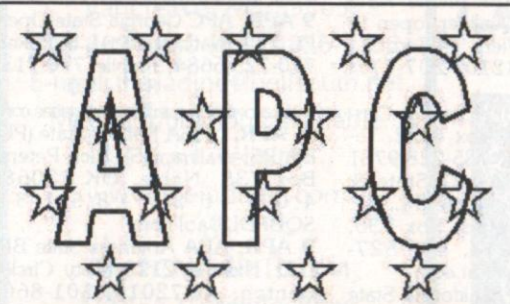
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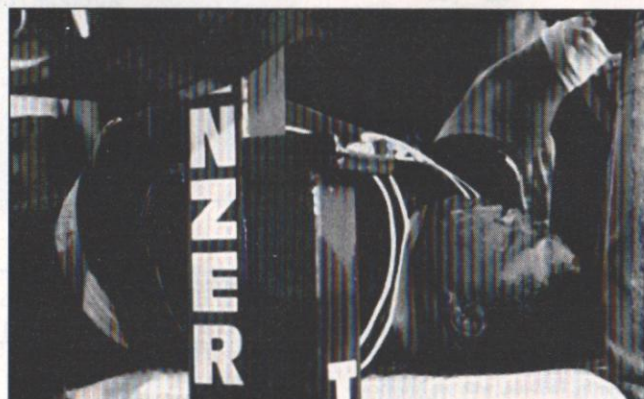
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IPA Strength Spectacular
29,30 MAY 04 - Bethlehem, PA

Table with columns: Category, Name, Weight, Age, Division. Lists winners for various classes like Bench Only, Women, Masters, etc.



Brian Weston squats 1000 weighing only 233 at the IPA Nazareth Barbell Strength Spectacular. (Photograph courtesy Mike Lambert)

Table with columns: Women, Age Group, Name, Weight, SQ, BP, DL, TOT. Lists performance statistics for various age groups in the women's division.

Text describing the event, mentioning powerlifting legends like Bill Crawford and the success of the women's division.

Text describing the event, mentioning powerlifting legends like Bill Crawford and the success of the women's division.

Text describing the event, mentioning powerlifting legends like Bill Crawford and the success of the women's division.

Georgia Games Powerlifting
17 JUL 04 - Adel, GA

Table with columns: Name, Weight, SQ, BP, DL, TOT. Lists winners and performance statistics for the Georgia Games Powerlifting event.

Table with columns: Name, Weight, SQ, BP, DL, TOT. Lists winners and performance statistics for the Georgia Games Powerlifting event (continued).

Wisconsin's Best BP
02 APR 04 - Independence, WI

Table with columns: Category, Name, Weight, Age, Division, BP. Lists winners and performance statistics for Wisconsin's Best Bench Press event.

Text describing the event, mentioning powerlifting legends like Bill Crawford and the success of the women's division.

Text describing the event, mentioning powerlifting legends like Bill Crawford and the success of the women's division.

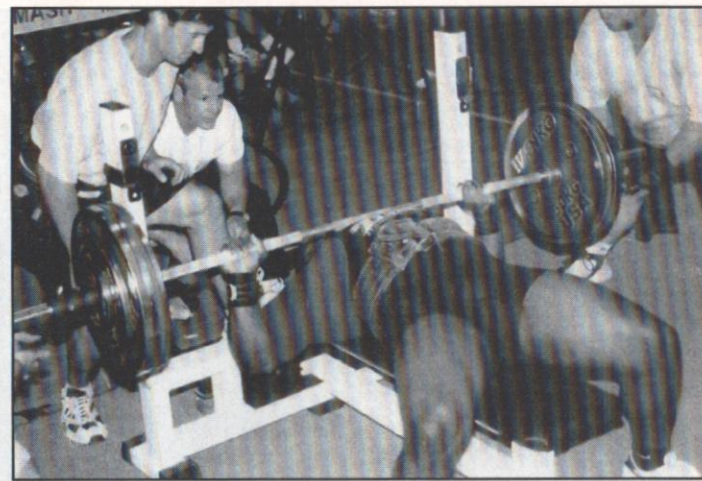
Text describing the event, mentioning powerlifting legends like Bill Crawford and the success of the women's division.

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APF Carolina Summer Smash
10 JUL 04 - Charleston, SC

Table listing competition results for various categories like Bench Only, Women's Masters, and Men's JR Teen, including names, weights, and scores.

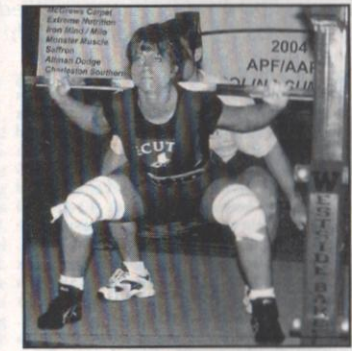


Troy Brown benching 200kg. under watchful eyes. (Photo W. Millman)

young lifters. In the Police and Fire, "The Big Dog", Tim Mast (now down to 275 as "The Medium Dog") squatted 182.5 kg, benched 182.5 kg, and deadlifted 210 kg for a total of 575 kg (1267.5 lbs) for first place.

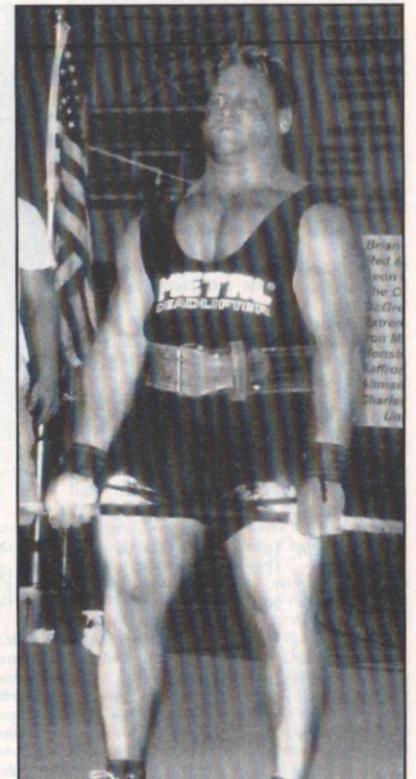
weight class and a new State record in the deadlift. Next up was Jason Lawson lifting in his first Powerlifting meet @ 275. He opened with a 295 kg attempt at the squat and barely missed it coming back with a 295 kg again and then up to 320 kg successfully on his third attempt.

the winners, Warren Pernick and Barbara Roby, receiving IRON MIND gift certificates. The BENCH PRESS competition started with the Womens Master Barbara Roby posting 57.5 kg (127lbs) to be our one and only BEST FEMALE BENCH PRESSER.



Linda Jones, Best Female Lifter, squatting 130kg. (Photo Millman)

kg for his second but couldn't quite catch the "Killer" with his third attempt @ 170 kg. He placed second for the day. Next up was Eric Hubbs, no stranger to Powerlifting. At 275 lbs his power was evident as he smashed up a 217.5 kg (480 lb) bench to win first place trophies in Men's Master and Men's Open.



Mike Johnston, Best Male Lifter, deadlifting 320 kg. (Photo Millman)

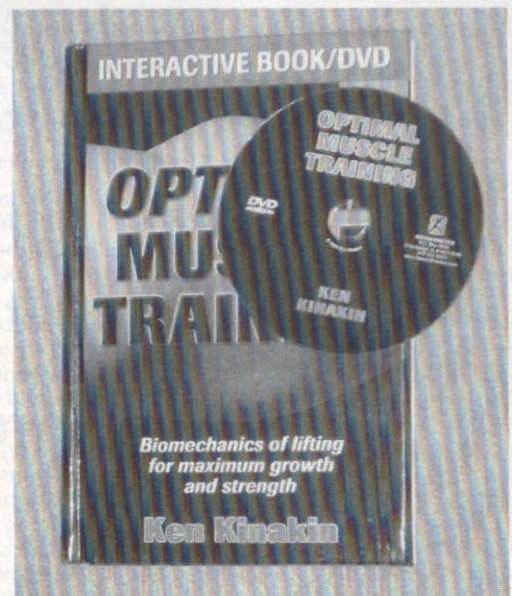
I want to acknowledge and thank the rest of my team of friends and family who helped make this meet a success. My wife, Marge; Brian Mac; LeeRay; Lenny; Doug; Donnie; Marc; Leon; Pop, JR and

A.P.F./A.A.P.F. Membership Application form with fields for name, address, contact information, and registration details.



Mike Johnston and Will Millman

OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction.





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NXG is the strongest, most stable fabric in the lifting world. **NXG** has the least stretch of any fabric used in the lifting world, is run-proof and virtually tear-proof. How much support will **NXG** provide. Read this guarantee carefully.

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Super Suit Fans – if you miss your Super Suits, then you'll love our suits. There are a few things you'll have to get used to however... no runs, no tears, better support and unparalleled guarantees.

WPC, WPO, IPA etc. – ask about our new **BOSS** suits. This was designed specifically for unlimited divisions and delivers performance exceeding that of canvas!

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TITAN DEADLIFT SUIT

sizes 24 - 58, IPF✓ \$49.95

IPF✓ = IPF approved WPC✓ = WPC, WPO, IPA legal

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Features our patented harness system. In sizes 24 - 58. IPF✓ \$85.00

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Custom made with our patented harness system. Regular, meet or competition fit. IPF✓ \$99.00

TITAN THE BOSS

Features Boss fabric and our patented harness system. In sizes 24 - 58. WPC✓ \$130.00

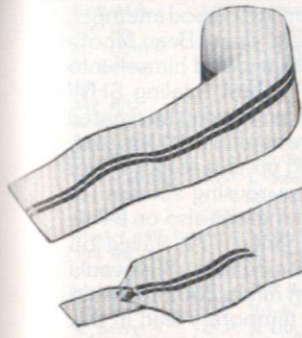
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revolutionary, patented wash that actually strengthens fabric and even makes it more resistant to runs. Works on any synthetics. i.e. – suits and shirts. \$7.95

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WRIST WRAPS – 6 month guarantee! Titan stitching and Aplex (30% stronger than Velcro).

Standard 12" .. \$11.95 (pr.)
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CONTENDER:
Designed & manufactured exclusively for powerlifting. Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; lateral strap (7) Avg. width & standard heel \$119.95

TITAN SINGLET



(Kirk Karwoski, 771 lb. deadlift)

TITAN POWER SINGLET
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TITAN BELTS



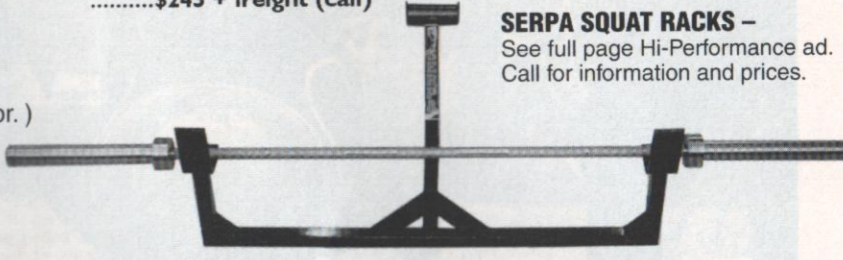
COMPETITION buckle belts; feature stainless steel seamless roller & full leather buckle foldover.

LEVER belts; feature Hi-Tech patented lever for maximum tightness and easy on/off application.

All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.
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Ivanko Power Bar
1500 lb. test bar with center knurl. The only bar made in the USA certified by the IPF\$245 + freight (call)



SERPA D/L HELPER – Lifts the entire bar and keeps it suspended with any amount of weight!\$115.00 + Frt.(call)

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| SPEED COLLARS: | \$36.50 |
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| USAPL T's: 3 color logo | \$15.00 |

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| SUIT SLIP ONS: get into suits easier! give weight | \$19.00 |
| BRIEFS: Titan quality and performance | \$20.00 |
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| LIFTING STRAPS: 1.5", 2", heavy duty & leather | Call |
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What They're Not Telling You About Anabolic Steroids!

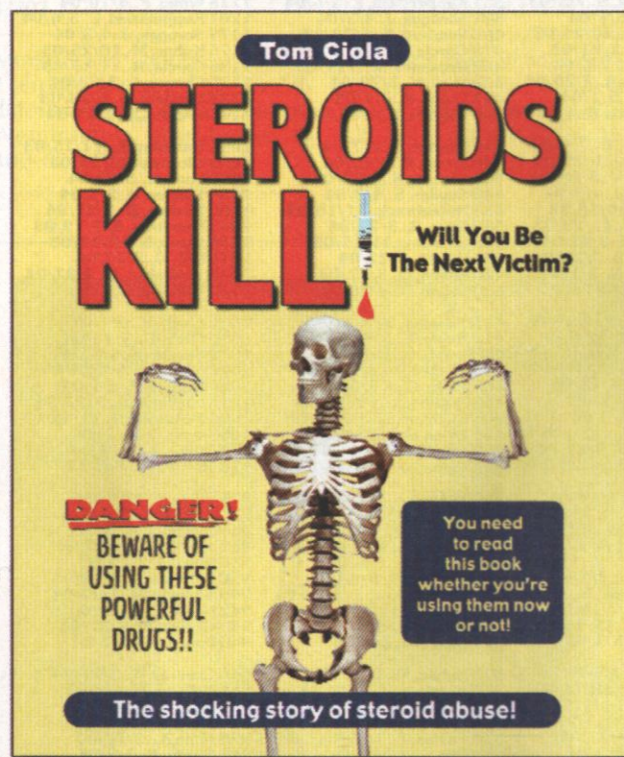
Unfortunately, there is a popular misconception in the sports world today that anabolic steroids are relatively harmless drugs whose side effects have been blown way out of proportion. That's pure *nonsense!* The truth is that steroids can totally destroy your life and even kill you.

Are you currently using steroids or perhaps thinking about starting? If so, you owe it to yourself to read the brand new book — **STERIODS KILL!** — by Tom Ciola. Here at last is the unvarnished truth about the dangers of anabolic steroids and other performance-enhancing drugs. It's full of hard-hitting, bone-chilling facts that will make you think twice about using these drugs. The well-researched information and true stories from athletes are guaranteed to present the steroid controversy to you in a way you've never heard it before.

Lies Of The 'Drug Merchants'

Steroids are BIG BUSINESS and many of the people involved with them are anxious to allure others into their destructive and often deadly trap. That's why they hope you never read **STERIODS KILL!** Here's just a brief sampling of the misinformation going around today:

■ The "drug merchants" will tell you that thousands of athletes are using steroids with very few cases of serious side effects. Well this is just pure **RUBBISH!** Not only are many steroid users getting sick from using the drugs, **some are even dying!** The reason you never hear about these people is because most of them are not famous, would never compete



and will never make it into the muscle magazines or national media. But they're out there having all kinds of health problems — not to mention the emotional, psychological and financial toll the drugs are taking on them. And worse, as this book will show you, some are even paying the ultimate price.

■ They'll also assure you that if you use the drugs properly and have regular medical checkups, there's no danger. This is also total **BALONEY!** The main reason is that most people who start using these drugs, will never use them "properly." Quite the opposite! It's a known fact that the average drug dosages used by athletes are *out in the stratosphere* — far exceeding anything close to the recommended and safe amounts. And the worst thing yet is that the dosage levels continue to rise.

And as far as medical checkups are concerned — more wishful thinking! First of all, the majority of athletes

who start using steroids will never bother seeing a doctor. And as far as blood tests go, understand that at best, they are like a photographic snapshot. They can only tell you about the *present*. In fact, it's quite possible for you to get a reassuring report from a doctor today on a blood test that a week or two later could show numbers that are off the charts. And just as a point of interest, there have actually been several bodybuilders who *have* used steroids under a doctor's supervision and still ended up in serious trouble.

■ They say that steroids aren't addictive but don't you believe it. Bodybuilders and athletes who start using them have great difficulty quitting. That's because it becomes extremely depressing to see steroid-induced gains in muscle and strength start to dissipate the day you stop using the drugs.

How To Order

So before you become another **steroid statistic**, you owe it to yourself to read this book. It's available for \$19.95 (plus \$4.95 S&H). So why not order your own personal copy of **STERIODS KILL!** right now! It just may be the most important book you've ever read. To order by mail, just write the words "Steroids Kill" on a piece of paper with your name and address along with a check or money order for \$24.90 and mail it to **Athletes Against Steroids**, 731 Kirkman Road, Dept. SK-PL, Orlando, FL 32811.

For even faster delivery, you can order with a credit card either by calling our toll free number at **1-877-914-9910** or by placing your order on line at www.AthletesAgainstSteroids.org

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Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

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