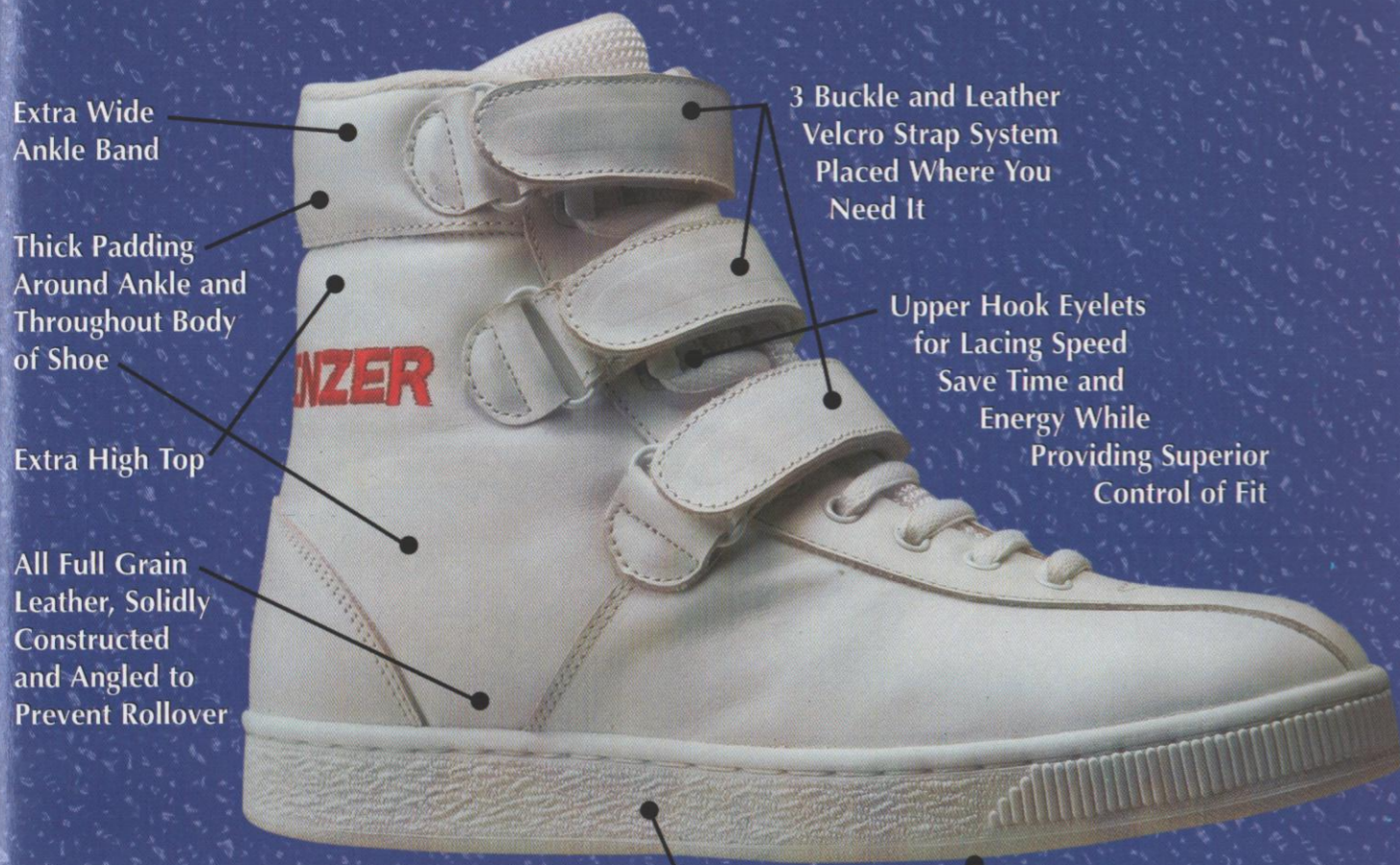


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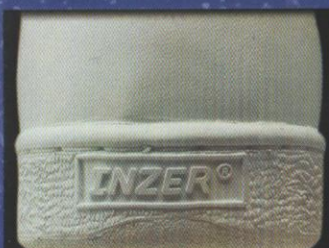
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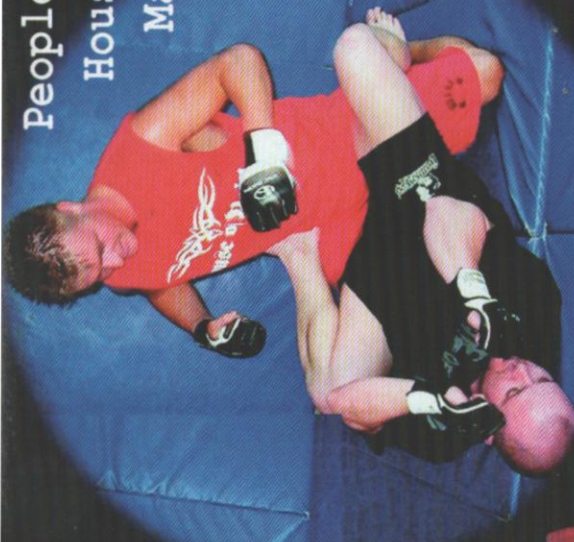
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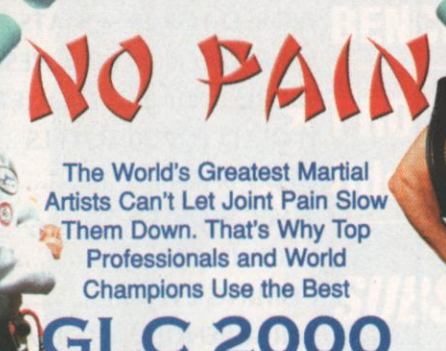
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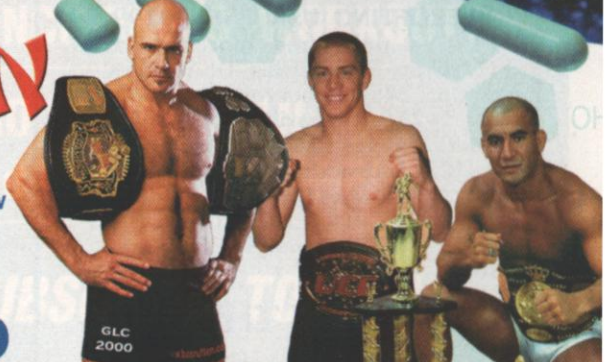
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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, through their own love for the sport this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

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ON THE COVER - Mari Asp, newly married to Steve Denison, shot at Gold's Gym by Ned Low of POW!ERLIFTER VIDEO.

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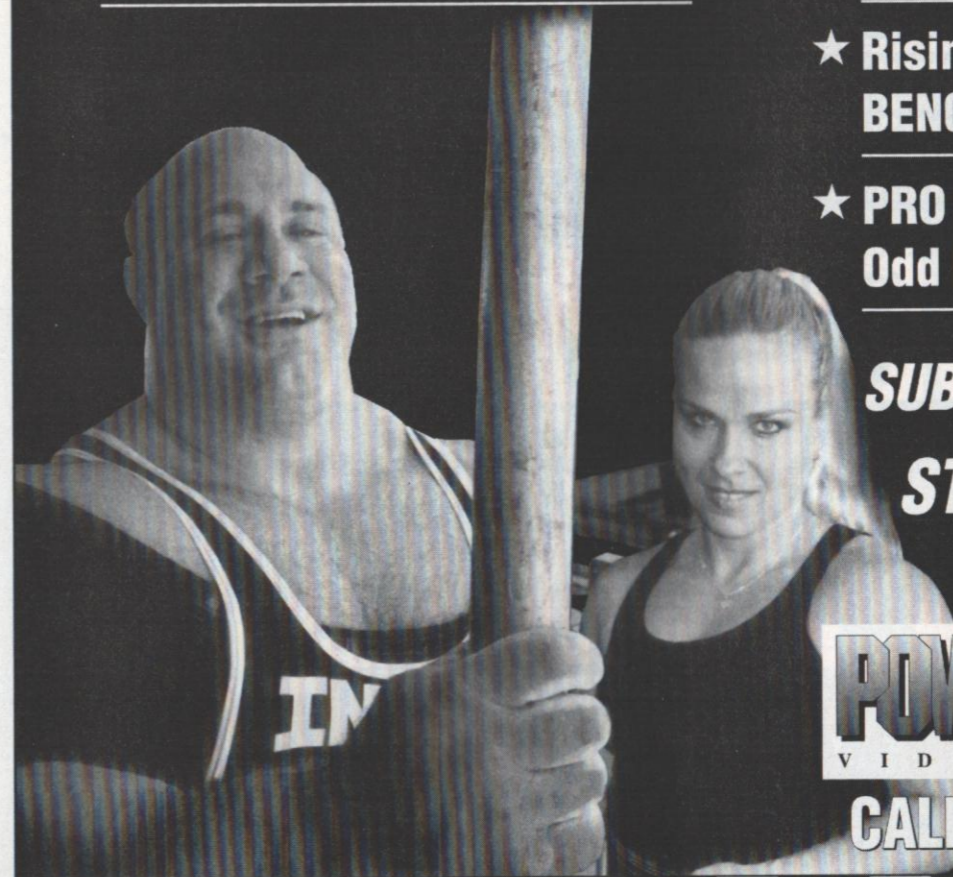
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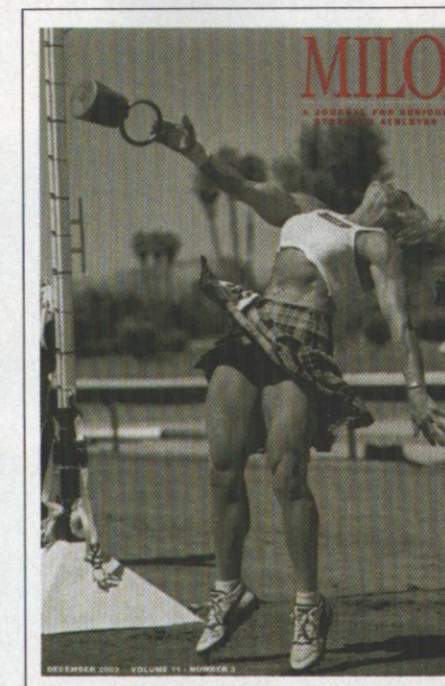
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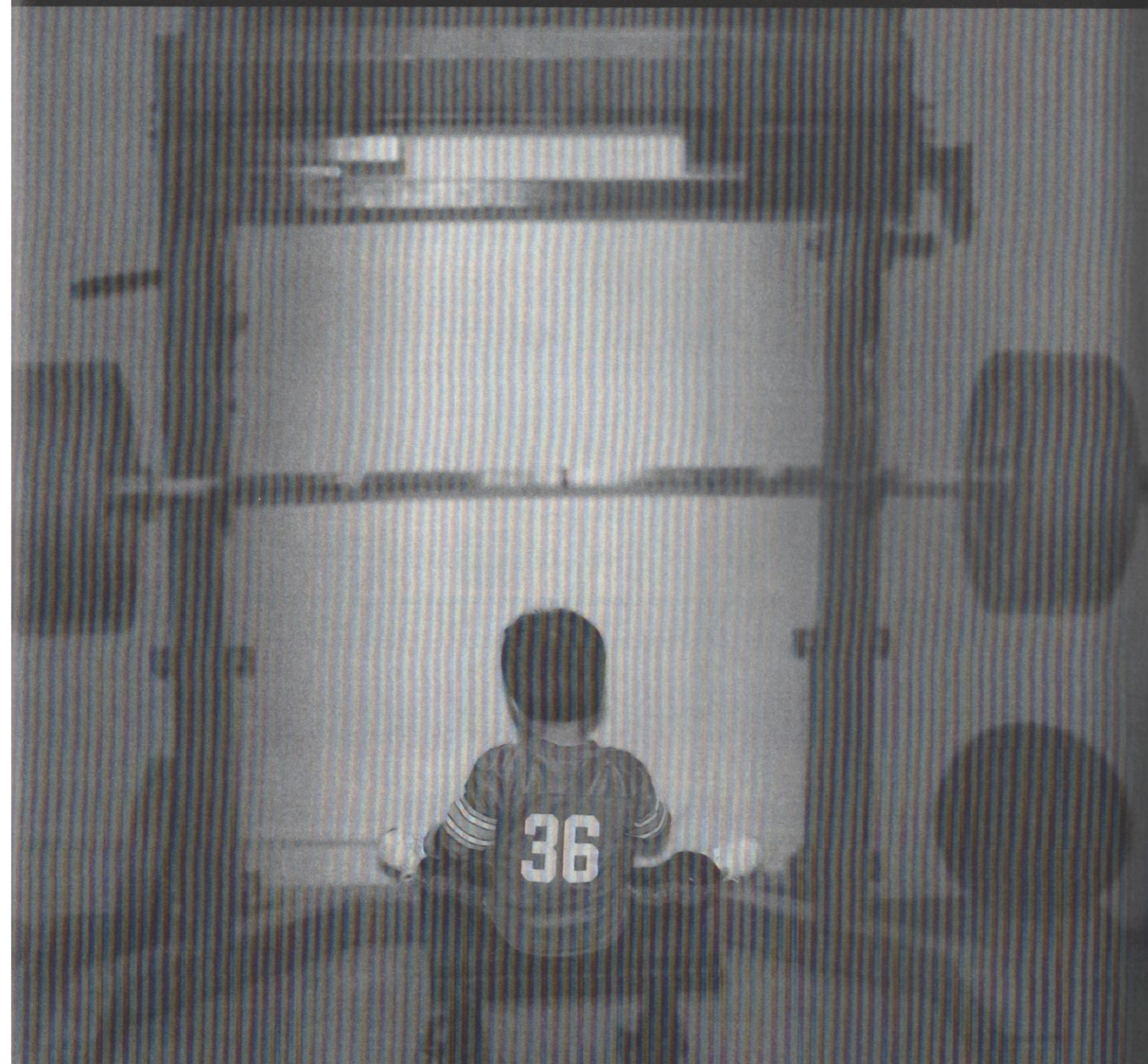
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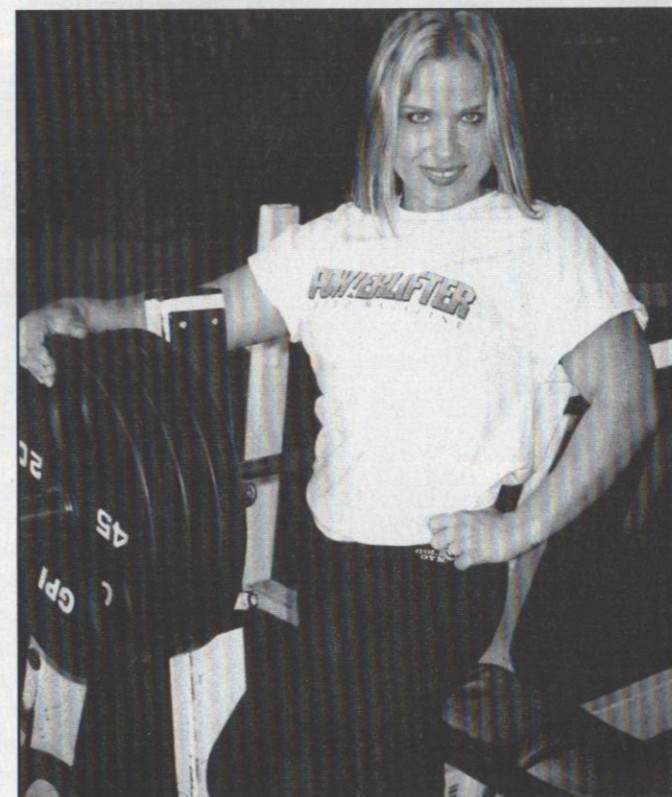
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POWER SCENE



Mari Asp has been making remarkably steady gains in the bench.

PL USA covergirl Mari Asp keeps getting better. She just upped her PR to nearly 350, while dropping her own weight a few pounds, to 152, and she looks great doing it. Is 400 in sight for her? How does she build her bench, and what else does she have to say about benching?

Well, **POWERLIFTER** Video captured her training and some thoughts from Mari in its new issue, and **POWER SCENE** gave her a 10 question Q & A. Here's the transcript from that:

Q: Current PRs, and at what bodyweights?

A: My Bench press PR at a meet is 347 lbs at a bodyweight of 153 lbs. I did this in the USPF Bench Press Nationals August 13th, 2005

Q: Future plans: next BP meets, and what about full meets?

A: My next bench press meet is Bench America in October. After that I am not really sure what I will do. I do want to try and get back into full meets, but I have had some hip problems that have kept me from doing squats. But one day I might be back???

Q: Favorite parts of powerlifting

A: That everyone is so friendly and helpful. Lots of times I came to meets alone, but never any problems getting someone to help me.

Q: Least favorite things about powerlifting

A: There is a lot of stress with the gear. Bench press shirt is ok, but the wraps and suits are not really my favorite thing.

Q: Favorite lifters

A: Ingjerd Pytte Sagli, she won the IPF worlds in 1991. She helped me when I started powerlifting. Then Ed Coan. Great lifter and a good friend!

Q: How many times a week do you train?

A: I train 5 times a week, training each bodypart once a week.

Q: Where do you do your BP training?

A: I train at Golds Gym, Venice with Charles Glass, who trains me for my bench press meets. I also have a training partner, Mike O'Hearn. We have so much fun together in the gym. I am very lucky to have these people in my life!

Q: Do you have an ultimate goal in powerlifting?

A: Hmmm. I just want to get as strong as possible, have fun, and enjoy going to the gym.

Q: What's your website?

A: www.fitmari.com

Q: How about some tips?

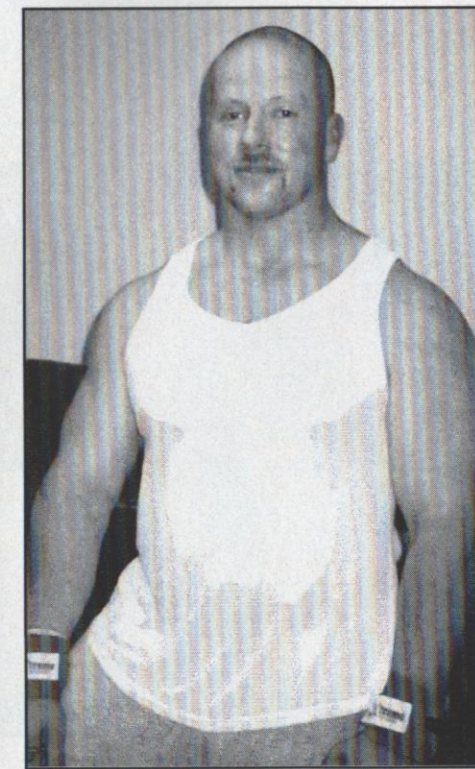
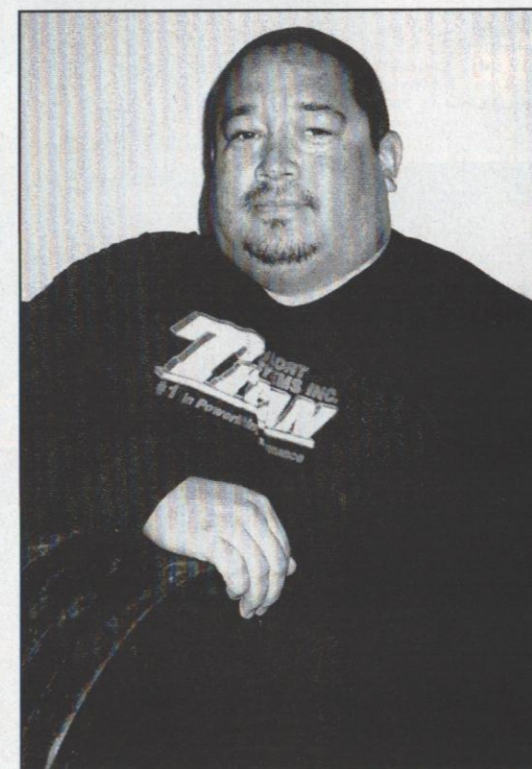
A: Listen to your body when you train. Have someone to train you, or a training partner. Trust yourself and what you are doing. If you set your mind on something, go for it! I want to say thank you to my sponsors Inzer (www.inzernet.com) and to Lanaseggwhites (www.lanaseggwhites.com) for all the support and help. I also want to give a special thanks to Charles Glass for training me and being a good friend.

To get more on Mari, check her out in **POWERLIFTER** Video's current issue, by calling 800-227-2355.

Next month, we'll let you know how she did at Bench America. Also aimed at Bench America are Matt LaMarque and Steve Wong, who've been featured on **PL USA** covers recently. **POWERLIFTER** Video and **POWER SCENE** went up to Monterey, CA and the Iron Society, where Matt and Steve do their bench training. Two 800+ benchers in the same gym -- that's what we like to see! And that's not all they've got up there -- there are more terrific lifters doing their training, and Matt's got his new invention for bench training.

Next month we'll also report on how Matt and Steve did at BA3, plus give an in-depth look at the Iron Society. In the meantime, stay strong, and we'll see you on video!

Ned Low



Big Steve Wong (above) and Matt LaMarque (right) have been busy tearing up the record books

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90 kgs.				
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Three 2005 IPF Subjunior World Champions: left to right, Tetyana Skrypka (UKR - 75 kg. - 4 world records), Bonica Brown (USA - 90 kg. - new bench press record), Viktoriya Olenylsya (UKR). Photo Brown

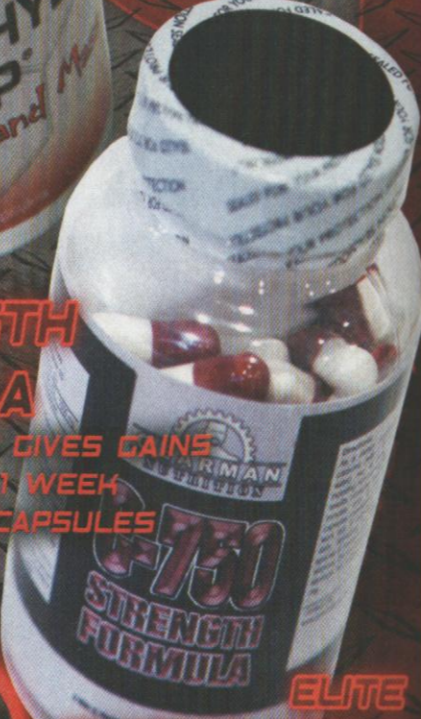


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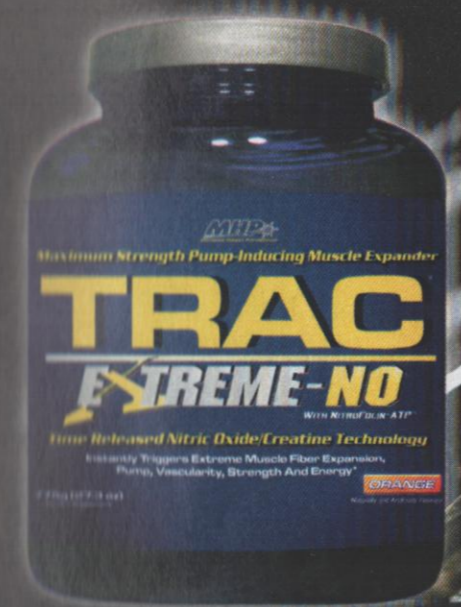
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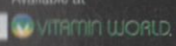

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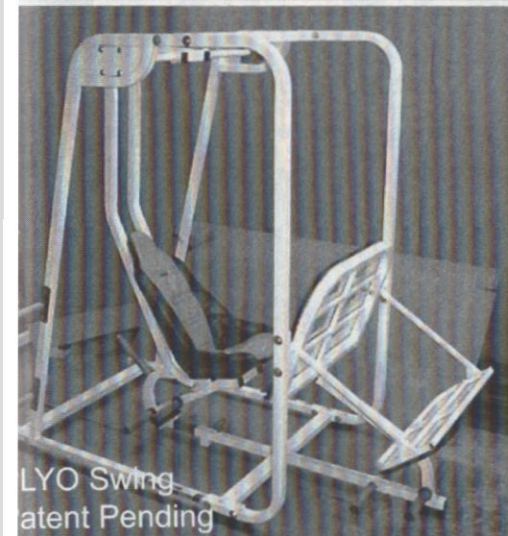
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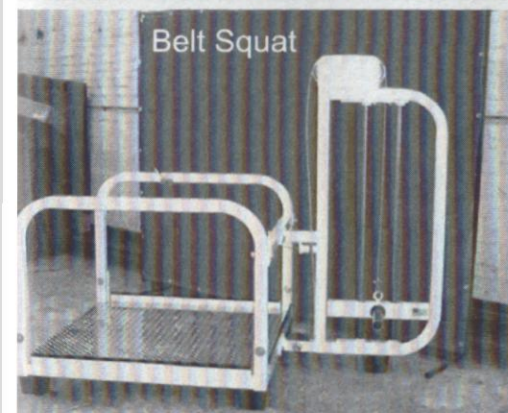
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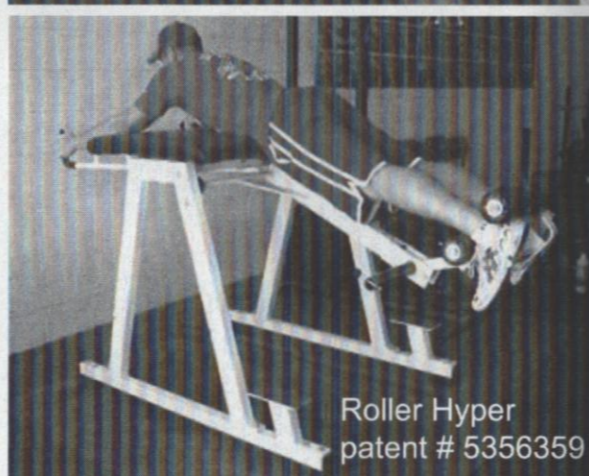
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TRAINING

DEADLIFT TRAINING

as told to Powerlifting USA by Louie Simmons

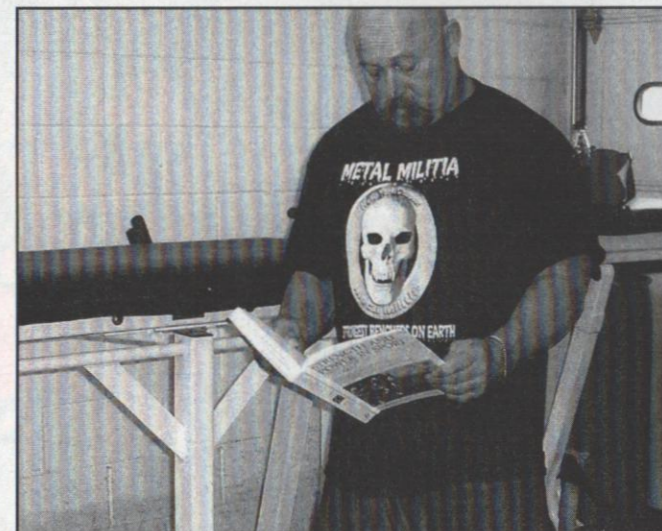
The back has much potential, which is seldom reached. For such a simple lift, the deadlift can be complicated to train. If one only deadlifts, progress will stall or injuries are certain. No one is totally built to deadlift. The lower back can be overtrained if one bends over too much, or it can be undertrained if the legs are used too much. If sumo deadlifts are done constantly, the back will become weak while the hips will be overused.

My friend Sakari, from Finland, has surveyed the top 15 deadlifters in Finland and discovered that more than 60% of the deadlift training for sumo pullers is special exercises. At Westside we have found the same. Let's look at some of those exercises.

There are many styles of good mornings to choose from. Matt Smith does mostly concentric good mornings. He fixes a set of chains hanging from the power rack, with the loop of the chain 3 feet off the floor. He suspends the bar in the chains. He ducks under the bar and muscles up the weight. Once your style is developed, continue to use that style, and as the weight goes up, so does your squat and deadlift. Matt's best is 860 pounds. A final note: don't swing the weight. If you do, you may start the load with the bar behind the knees. This is a squat, not a good morning. Remember, the bar must be in front of the knees to be a good morning. The concentric good morning builds little muscle mass.

The most common good morning at westside is the bent-over style with a 14-inch-cambered bar. First stand up with bar. Sink the chest to round the back slightly. Fill the abs with air and bend over with the glutes pushed out to the rear as far as possible. When going from the eccentric phase to the concentric phase, try to arch the back as you complete the lift. Don't go too low: On EMG testing, the spinal erectors will shut off and the low lumbar will be activated. This is dangerous.

The next type of good morning is the arched-back style. This is my favorite. I like the Safety Squat bar for this exercise. I don't wear gear or a belt. Push the glutes to the rear as far as possible. Very little leg bend is used. Overarch the back. In the bottom, pause for a



Louie reads Komi as the rest of Westside works out (D. Simmons)

split second, push your head into the pad by picking up your chin, and come up. When I break my arched-back good morning record, I break my squat record. The camber of the Safety Squat bar places the center line of the bar well in front of the knees.

Chuck Vogelpohl and many others do a combo squat/good morning. Just bend over into a good morning, then drop into a parallel squat and return to the starting position. This can be done with or without a box. Try to keep the reps to lower than 3 and no more than 6. Whether you wear a belt and/or suit with the straps down is up to you and your ability.

We use many special bars for squats as well as good mornings. We also sometimes raise the heels by 2 inches; this puts extra work on the lower back. Raising the toes 1-2 inches puts pressure on the hamstrings. The legendary Paul Anderson was doing all the varieties of the good mornings I have talked about. A training partner of Paul Childress let me in on a little secret to building some very strong erectors. Place one foot on a 2x6 board. Do 3-5 reps in either the bent-over or arched-back good morning. This will really isolate the spinal erectors and hamstrings.

If it sounds like Westsiders do a lot of good mornings, we do. For other sports teams, try doing walking bent-over lunges with a

Safety Squat bar. I've had NFL football players, top soccer players from the U.K., professional rugby coaches from the U.K., and MMA fighters do this, and it kicked their asses in a good way.

Very low box squats are also used to build a deadlift by building a strong lower back and hips by isolating these crucial muscle groups. Some men who are very flexible will squat off a 6-inch box, although most use a 10-inch box.

swing to the front, to waist height or higher, and repeat for 6-12 reps depending on the weight. Do 3 or 4 sets. These can be done with one arm, two arms, or alternating hands.

Try some one-arm deadlifts. Sumo style works best. Use straps or a hook grip. They work muscles you didn't know you had. Reps work best, 3-5. Herman Goerner has done 727 pounds.

Zercher lifts will build every squat and deadlift muscle in your body, with the exception of your hands.

Westside does a lot of grip work with various devices, such as the Rolling Thunder from Ironmind, the G-Rex Grip from Sorinex, and the Telegraph Key, and by holding the bell end of a hex dumbbell.

Pay attention to stretching and joint mobility work. Ab work is also essential. I prefer the stand-up style. Kettle bell swings work the abs well. Some Westsiders do weighted sit-ups, flat or decline. We also use a device of Pat Roberts that has helped a lot. It's a wheel with metal foot straps with which you walk on your hands or do push-ups. We also do a lot of static holds with the wheel. It not only builds the abs, but it works the upper and lower back. An added plus for me is that it works my groin and legs. (allencorewheel@earthlink.net, 817-721-1706)

One other very important machine, the Reverse Hyper machine, will not only build the hamstrings, glutes, and spinal erectors but also traction the low back by rotating the sacrum and rehydrating the disks. (The Reverse Hyper machine has two U.S. patents, a third patent pending, and a U.S. trademark.) This machine is used at least four times a week. On a strap Pro model, Chuck's normal weight is 480-520 for 3 sets of 10 reps. On the same day, Chuck will also do 3 sets on a roller Pro model. The usual weight is 360 for 10 reps. This workout is done Monday and Friday. On bench days, he performs 2 sets of 15 reps on just one machine with about 70% of the weight of the heavy day. Also a lot of leg curls are done with the roller Pro model.

Always rotate a core exercise each week. A good morning, a low box squat, a rack pull, etc., can be rotated. Switch the special exercises as often as necessary. One exercise may make the difference between failure and success, so pick wisely: not the ones you like, but the ones that work.

P.S. Congratulations to Nick Winters, who became Westside's 16th 700 pound benchner on September 10.

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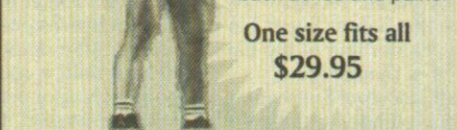
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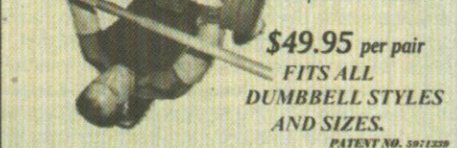


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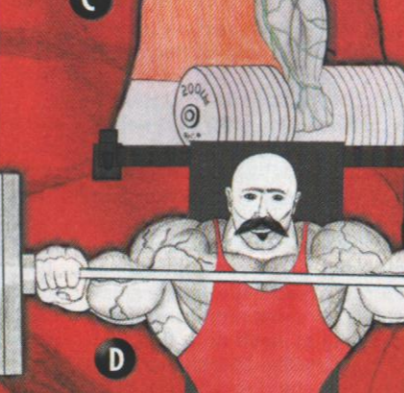
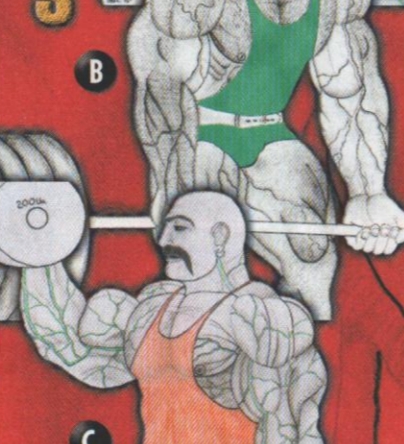
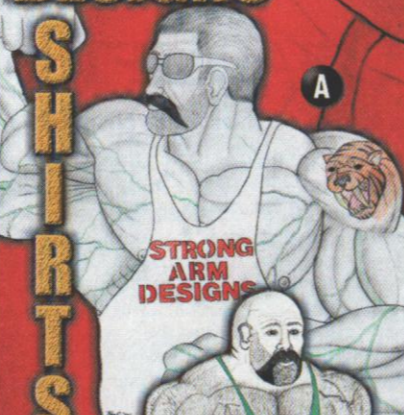
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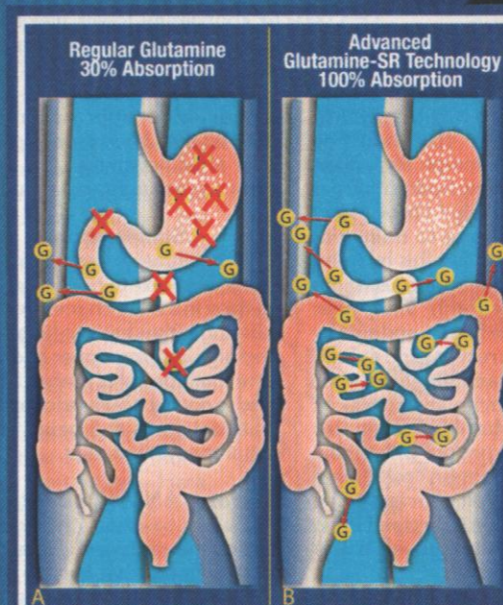


Fig. A illustrates that approximately 70% of regular glutamine is utilized in the stomach and the intestinal tract and never reaches the bloodstream to feed muscle tissue.

Fig. B illustrates that the patented sustained release Micro-Feed Technology in Glutamine-SR protects the Glutamine molecule as it passes through the stomach and the intestinal tract, allowing for 100% absorption and more glutamine to feed muscle tissue and trigger an anabolic reaction.

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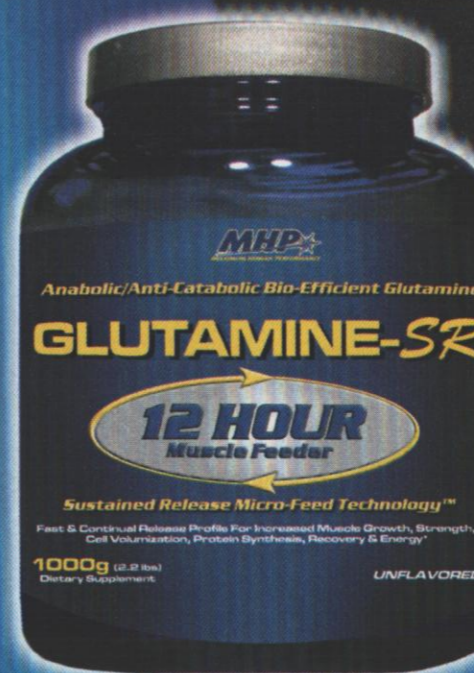
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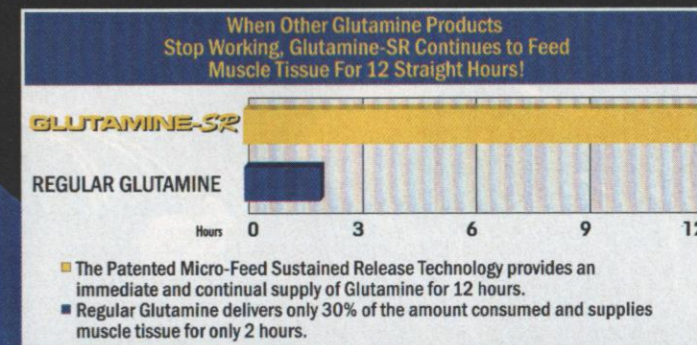
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FORCE TRAINING by Jim Wendler and Elite Fitness Systems

Hot chick with no shirt = good. Fat man at County Fair (special guest appearance by Bad Company) with no shirt = bad.

Bench pressing without a shirt = your opinion.

I'm not going to debate the shirt/no shirt conundrum that has seemed to enrage the strength community. While some people are busy taking a hard and fast stance, I'm going to do something to help people.

Now the next obvious (and fair) question is, "What the hell does Jim know about benching raw?" I've used a shirt for all of my competitions and this has spanned almost 5 years. I've been lifting for over 17 years, so I'm going to make a very bold statement and say that I've done a lot more raw benching than shirted benching.

What you'll notice is that there are a few differences in benching raw, but not a lot. People seem to think that there has to be radical changes when shirt benching, but last time I checked you still lie on a bench and press.

Technique/Set up/Bar Path

I did an entire video on the correct set up and bar path on the bench press. Do yourself a favor

Lee Moran ... benched 600 lbs. raw at the 1984 IPF World meet.

RAW BENCHING

and buy the DVD. I put a lot of work and thought into the video. Plus, you need to see the form/set up to really grasp it. Something that I think people need to do in regards to technique is more practice. This doesn't mean more bench sessions. It means that you will perform reps with the bar everyday. Try to perfect your set up and bar path. Do at least 50 good reps a day. This will pay off more than you will ever know. Also, every set and every rep must be perfect. Don't do your warm-up by pressing the bar like an unhinged piston. Do them correctly. Develop a habit.

Bar Speed/Eccentric Control

This is huge and one reason why a bench shirt helps quite a bit. When benching for a max, whether it be raw or with a shirt, the bar must come down quickly but under control. This does not give you license to drop the bar or inch the bar down Poliquin-style. Both of these things will result in a poor attempt. A bench shirt allows you to have a fast eccentric phase while maintaining your tightness. Since a raw bench is using his best 50/50 shirt, he does not have this advantage. Here are some tips

that will help you in this area:

• **Squeeze the bar** - You must squeeze the bar as tight as possible when benching. This should be done on every attempt. Repetition breeds habit. Now how do you get a better bench grip? I have found that the best way is to train your finger strength. Do this by using hex head dumbbell holds, using the IronMind telegraph with your thumb and one finger, and also by putting a thick rubber band around your fingers and opening your hand. This exercise was introduced to me by C.J. Murphy and has also done a lot for people with elbow problems. There are a host of great grip exercises that you can do and most of them will help your bench press. Just don't overdo your grip training.

• **Strong Lats** - Having strong lats will give you the ability to lower the bar correctly and allow you to lower quickly without disrupting the proper bar path. Developing this takes time, so be patient.

• **Practice** - This is obvious but you have to put in sometime to learn how to lower a bar quickly but do it so it is done correctly. This is

not easy to do. Most people get scared doing this with heavy weights so at some point you are going to have put your fears aside, and just do it. A good way to do this is to make it a point every Max Effort day to concentrate on eccentric bar speed. But don't be sloppy.

• **Set up** - By having a tight set up (again refer to the EFS Bench Press Index DVD) you will be able to confidently lower weights. I have done numerous seminars and when I show people what "tight" really is, they are amazed. I had several people approach me and say that they have never been so tired after benching. So if you think you are tight, get tighter.

Stabilization

Stabilization basically means that you are able to hold your set up position in the bench press without faltering. You have to be able to stay high on your upper back and have total control of the bar. This is easy to do, but it takes a lot of time. Stabilization in the bench press requires several things.

• **Strong AND thick lats** - Do you want to know the trick of getting this stronger? Do a lot of work. It's not that hard to figure out. Do a ton of chest supported rows and pull-ups. These two exercises are phenomenal for strengthening your lats. These should be done twice per week - a minimum of 5 sets of 5-15 reps per workout. But you also need static strength in your lats. When you bench press your lats are held statically. The best way to improve this is to statically hold a chest

supported row in the same position as you bench press. This doesn't have to be done all the time, but realize its importance in training.

• **Shoulders** - Few people would argue that you need very strong front delts to be a good raw bench, but strong delts also help in controlling and stabilizing the weight.

Shoulder Strength

I mention shoulders before, but strengthening this area is going to be huge. This is the single best thing that I've ever done for my raw strength. Here is a list of exercises that need to be done. Pick one of these exercises and perform them once a week. Usually 5 sets of 8-15 reps are done. This should be done as a second exercise on either dynamic or max effort day. This is a huge priority, so don't slack.

- DB Bench Press
- DB Incline Press
- DB Military
- Military Press
- Chain suspended push-ups (place a band around your back or chains across your back for resistance; you can also have a person sit on your back; I swear this has been done before)
- Bradford Presses

All of these exercises are gone over in our Bench Index, so I will not waste time on descriptions. I should point out that when doing the dumbbell work, I would lower the DBs under control, pause for a second and drive them up. I never thought to "push" or "press", but drive them up. I think this made a big difference in my bottom end strength.

Max Effort Exercises

Max effort work is crucial for increasing strength. By lifting in the 90-100% range, you are going to get stronger. The trick is doing enough work in this range without overtraining. According to Prilipin, 3-10 lifts at or above 90% is optimal, but this is based on his findings with Olympic lifters. So you may have to tweak things a little, but use this as a guideline. Start with the minimum (3 total reps) and work

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from there. The bottom line is that you have to lift heavy weights to get stronger. Here is a list of great max effort exercises for the raw bench:

- Floor Press
- 2 Board Press
- Incline Press
- Bench Press
- 1 Board Press

Stick with these five exercises during your max effort cycles. Again these exercises are gone over in detail in the Bench Index.

Lockout Training

Notice I didn't say triceps. Locking out a weight is completely different. For a raw bench, lockout strength is important but not as much for an equipped lifter. This is because most people can lockout whatever they can get off of their chest. I should point out that lockout is about 3" to the top. This doesn't mean halfway up. Still if this is a weak point of yours, then you have to hammer it. Plus, if your technique is good, you should be able to manipulate the bar path and put it in the correct position to lock out whatever you get off of your chest. I would stick with 3, 4 and 5 board presses with a competition grip or slightly narrower. Do one of these exercises ONE time per week as a second exercise.

Pre-habilitation

Because you are not wearing a bench shirt, you don't have much

protection for your shoulders. So I recommend being proactive in this department. By doing a lot of lat and upper back exercises, you are already on the correct path. The Shoulder Horn is another great tool and should be done once or twice a week. 2 sets of 20 reps is a smaller price to pay than surgery or losing the ability to bench press.

Speed Work

The evil speed bench. A lot has been said about speed pressing, but it still has its merits. Basically it will teach you how to press from your chest to lockout with force. If you are toeing the line on this one, go ahead and take a step. Most people struggle with speed and this can do wonders for learning how to press with force. If you are still unconvinced, try doing one workout every three weeks for speed. This should do enough to maintain your speed. Also, be sure to do some reps with your competition grip. This is a good way to practice your bench form. This is because your form with a closer grip is usually different than a wide grip.

Bench Press

This is odd, but how many times have you read about how tricky it is to learn a bench shirt? I can't count the number of hours I've spent trying to figure out what to do with a shirt. Raw benching is no different. If you invest the same time in figuring out how to maximize your technique as one

does with a shirt, you will pleasantly surprised.

Maximize your training (prioritize).

The one good thing about raw benching is that you don't have to spend training time on learning the shirt. With that in mind your training needs to have these priorities.

• **Technique** - Once you get the bar almost to lockout position, your strength should be enough to lock anything out. This is manipulation of the bar path and once you get the hang of it, you will be ready to go. So, this is a huge priority.

• **Off the Bottom** - Strength off of your chest is a huge necessity and should be #2 on your priority list. This is part technique and part shoulder strength.

• **Stabilization** - Get your lats and upper back up to par.

• **Max Effort Work** - Lift heavy/Get Strong. If you want to increase your volume and your strength, do it by increasing the number of reps of 90% and above. Again, be careful as this can lead to overtraining. Refer to Prilipin's chart for optimal reps (3-10). When doing more total reps at or above 90% (5, for example) your assistant work needs to be cut down.

Example Workout

Here is an example workout of mine when I was training for a raw bench max several years ago. This is taken from my training diary. At the time I had a raw bench of 405.

Day I:

Speed Bench - 8 sets of 3 reps @ 225 DB Bench - 60x10, 80x10, 100x10, 100x10, 100x6

Chain suspended push-ups - 5 sets of 10 reps with an average band around my back

Pull ups - 5 sets of 5-8 reps

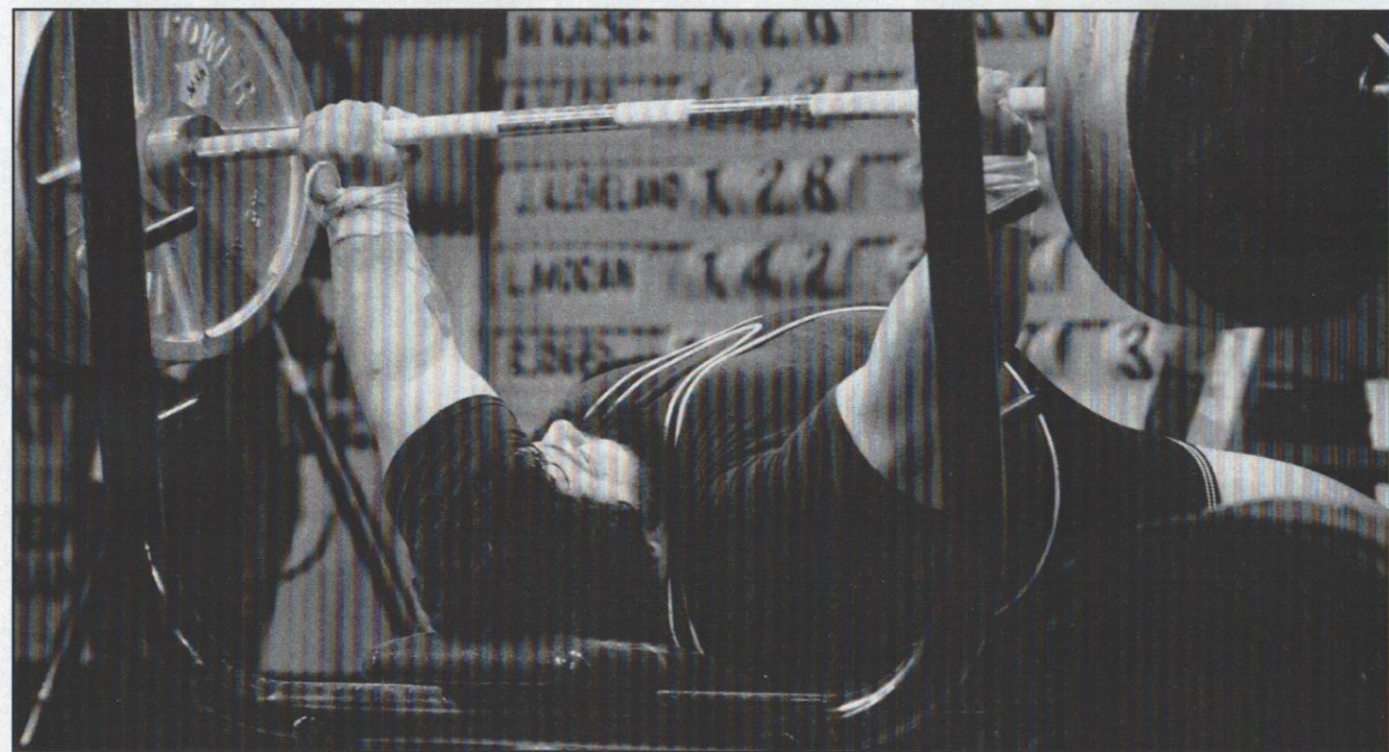
Day II:

Floor Press - 45x5, 95x5, 135x5, 185x5, 225x3, 275x2, 315x1, 365x1, 385x1, 365x1

Chest Supported Rows - 5 sets of 10 reps

Rear Laterals - 5x15

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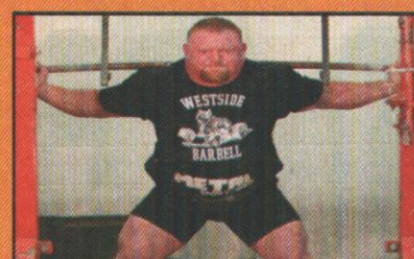
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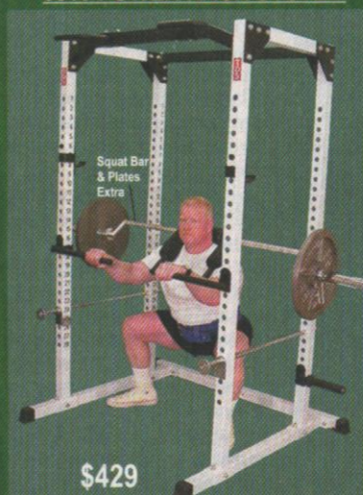
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"Cheating in sports ... Corked bats. Corked bodies. Drug scandals. Academic fraud. Athletic fraud. Athletes, it seems, have been looking for a crooked edge forever. And it may be getting worse." ED GRANEY

JUDD: I like your articles. I think they are humorous, entertaining, inspiring and informative, but why do you have to address the steroid issue? You are not going to change anyone's opinion on the subject. The guys who are taking steroids are not going to stop and all you are doing is creating ill feelings toward yourself. The way I feel about it is just let them take the drugs if they want to kill themselves. It is their decision. They are not hurting anyone but themselves, and you are only hurting yourself by putting it in their face. Just let it go **Bobby Hopply**

BOBBY: I realize my stance on steroids is not a popular one. Still, I am not going to pander to someone's ego who is cheating like hell so that they will like me. In all candor, I think more people should stand up and say, "No more drugs, and no more cheating." That is a difficult position to take, because, as you pointed out, once you take that stance you are going to be ridiculed. That doesn't bother me, because I am more interested in doing what is right than what is easiest. Your contention that they are really not hurting anyone but themselves by taking steroids is not true. They are cheating every athlete who is competing by the rules out of their rightful recognition in the sport. Case in point; in his book Jose Canseco admitted using steroids to gain an advantage over other players. One of his teammates, Mark Greenwell, who spent his entire career as a Red Sox outfielder from 1985 through 1996 and hit .303, had this to say about Canseco. "His tainted success deprived other players of recognition and honors. I would have never said a word, but now that Jose's admitted he was using steroids during the time he beat me (for) the MVP, then I have a problem with that because, obviously, I wasn't playing on an even playing field. He reaped a lot of rewards and a lot of benefits for being on an illegal drug and probably took something away from me that I never got to feel. So does it bother me? Absolutely. I don't care about the MVP award he took from me. He can have it, but I just want it acknowledged that as far as I'm concerned, he cheated while he won it. Canseco should "know that maybe you did something cheating that you didn't think about, and that's taking an award from me."

DR. JUDD

THE HYPOCRISY OF SPORT THE RESPONSE - PART II as told to Powerlifting USA by Judd Biasiotto Ph.D.



Dr. Judd after breaking a record.

How would you feel if you were deprived of the most prestigious award in baseball by a guy who was cheating his butt off? Think of the prestige, money, and fame that Greenwell was cheated out of. How fair is that? Canseco is not the only one who cheated either. Two other MVPs also admitted that they used steroids. Jason Giambi admitted to a congressional hearing that in 2003 he used steroids, according to reports by the San Francisco Chronicle, and Ken Caminiti, who died last Oct. 10, said he used them when he won the award in 1996.

Just step out of yourself for a second, and put yourself in that position. You train your whole life for something and you are right there on the verge of making all of your dreams a reality and someone steals it from you! **Judd**

DR. JUDD: You are an idiot and that is being kind. Let me ask you something, alcohol and cigarettes are way more dangerous than steroids or growth hormone and they are legal. Steroids may have some small side effects, but they are not as dangerous as alcohol or cigarettes. Why the hell shouldn't people be able to use steroids if they can use these other drugs? **Unsigned**

DEAR UNSIGNED: Let me get this straight, you want to legalize steroids because they are less dangerous than alcohol and cigarettes? I am not sure if they are less dangerous, but I will give you

the benefit of the doubt, and from an organic damage standpoint you might be right. What you are telling me, though, is that two wrongs make a right. Because alcohol and cigarettes are dangerous you think it is okay to legalize another dangerous drug. That makes sense, and you call me an idiot? Why not lobby to have alcohol and cigarettes banned instead of try to legalize something else which is going to cause people problems? **Judd**

DR. JUDD: I found your article in the July edition of Powerlifting USA rather interesting, but somewhat inaccurate. Ben Johnson, a fellow countryman of mine, actually defeated Carl Lewis a year prior to the Olympics, and to my recollection was a slight favorite to defeat Lewis at the Olympic. I am a little sensitive about the way American writers, as yourself, have singled out Mr. Johnson as a villain, when there were numerous other athletes at that very same Olympics who were using illegal drugs.
Benjamin Cooper

DEAR BENJAMIN: You are perfectly right and I am perfectly wrong. Actually, that story was told to me almost verbatim by an Olympic official who was at the Games. I was not aware that Johnson had beaten Lewis the year before. I looked it up and, sure enough, you were right. Not only did he beat him, he set a world record doing it. Thanks for setting me straight. I will do my best so that it won't happen again by checking my sources closer. Still, your point does not diminish the fact that Johnson cheated to beat Lewis at the Olympics. As far as writers singling out Johnson I believe there are a number of factors involved. First of all, winning the 100 meters and being classified as the world's fastest human makes the race one of the most prestigious events in the Games. Consequently, more attention is given to the event. Also, the fact that Lewis and Johnson were arch rivals added attention to the race. Last, but not least, Johnson was caught cheating redhanded, which made him the perfect scapegoat. Again though, you are perfectly right - Johnson

was not the only athlete who was caught cheating, he was just the most notorious athlete in the most celebrated event. **Judd**

DR. JUDD: I am writing this letter to give you support. I know that there are some people on the net who criticize everything you say, but I want you to know that these people are a very small minority whom I have to believe are drug users and cheaters. I find it very interesting that they generally attack you and not your viewpoints. They will say how stupid and ridiculous your arguments are, and they will call you all of these names, like a third grader would do when they don't get their way. They are also great at taking your words out of context, embellishing them, and at times just make things up, but they never give a plausible explanation why it is good to use illegal drugs or equipment to take advantage of their competitors. I can only assume because there is no good explanation. I hope you will continue to stand up and speak out against the individuals who are dragging our sport down by using drugs, illegal equipment, and bogus judging to make lifts. Thanks for having the courage to do what is right. Also, know that the majority of honest individuals support you one hundred percent.
David Green

DAVID: Thanks so much for the encouragement. To be honest, I don't surf the net, and the only letters I ever see are the ones that are sent to Drjudd.net. I don't let too much bother me. Someone calling me names does not trouble me in the least. My column in PL USA just reflects my opinions, nothing more. I have absolutely no problem with anyone who disagrees with any of my opinions. I am flattered that people not only read my articles, but take the time and trouble to respond to them, positively or negatively.

I have been around long enough to know that I can't please everyone, and if I tried I would only be successful in turning myself into a non-entity. I try my very best to be honest and fair. I am smart enough to know that I don't always have to be right and, in fact, many times I am wrong. It is not so important to me to know who is right, but rather to know what is right. I believe unequivocally that I am right about steroids and cheating in sports. Until I am convinced differently I will not change my stance, regardless of the criticism. That comes with the territory. Once again, thanks for your support.
Judd

* Only letters addressed to Drjudd.net will be responded to.

Efficient control of the barbell can translate into bigger lifts and reduced chance of injury. A great way of improving your ability to control a barbell is through the use of dumbbells, but the benefits of dumbbells don't stop there. In this article I'd like to discuss the pros and cons of dumbbells for powerlifting and a few effective dumbbell exercises for powerlifters.

The major difference between lifting with barbells and dumbbells is the increased effort required for stabilizing the dumbbells. Additional stabilizing muscles are needed to control the dumbbells because they are held separately in each hand. A barbell, of course, is a single object, lifted and supported with both hands. Logically speaking, if your ability to control a weight can be enhanced, you can direct more energy and power toward driving the weight to completion. The degree of difference in control required going between a barbell and a dumbbell is similar to the degree of difference from going from a machine to a barbell. Most machines only require the lifter to push or pull with the weight supported on a track of some sort. Since little control or stabilization is required, little stabilization strength is developed.

Increased range of motion is a benefit of lifting with dumbbells. In a barbell bench press, you can not lower the weight past where the barbell hits the chest (this excludes cambered bench bars). Dumbbells allow you to lower the weights past the chest. This extended exercise range can be translated into a bigger barbell bench press with the benching muscles being worked more completely over a greater range of motion. Dumbbell shrugs can be performed by holding them at the sides of your body. This allows a more direct pulling motion from the traps. One strong word of caution about using extended range of motion is to work into it slowly. Going too far or too heavy too soon can result in an injury like a muscle pull. Take your time and ease into increased ranges of motion on any exercise. Extreme range of motion should be avoided, as this can cause muscle tears or pulls. Exercise over a comfortable range.

Moving the dumbbell during execution of an exercise is also possible. For curls, the dumbbells can be rotated or supinated from the bottom to the top for extra bicep work. You can refer to

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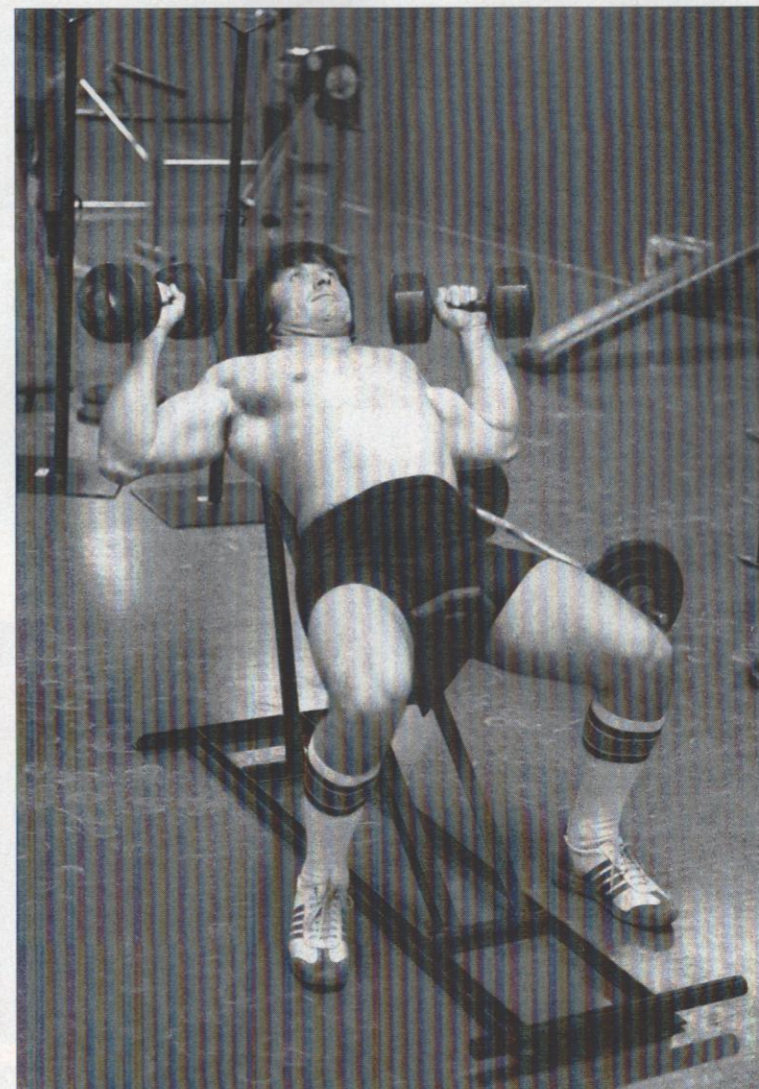
as told to Powerlifting USA by Doug Daniels

a previous article I wrote on biceps for more info on dumbbell curls. Dumbbell presses can replace overhead barbell presses with rotational 'Arnold' presses, though regular dumbbell presses work well also. One arm dumbbell rows are great for the lats, rear delts and biceps. At the bottom of the exercise, the dumbbell should be perpendicular to your torso. As the dumbbell is pulled up, rotate it outward so at the top the dumbbell is parallel to your torso. This allows a better stretch at the bottom and as well as a better contraction at the top.

When performing a traditional

barbell lift like the bench, one side of your body may actually be lifting more than 50% of the weight. By using dumbbells, each limb or body side must lift the same amount of weight. This can help address any possible strength imbalance you may have due to genetic flaw, bad training practices, or injury. Continuing to train with one limb doing more than 50% of the lifting will further compound the problem and the imbalance will increase which could result in lower lifts and, again, possible injury.

There are many exercises that can only be performed with dumbbells such as delt laterals or



IPF World Champion Ron Collins used dumbbells in his training routine.

chest flies. Though these are not the best exercises for a powerlifter, they can be of value during the off season. You can also lift each dumbbell alternately or lift one at a time for even more exercise variety.

Due to the extra balance required to lift dumbbells, you will not be able to use the same amount of total weight as you can with a barbell in a similar exercise. For example, if you can barbell bench press 250 pounds for 10 reps, you will not be able to bench press two 125 pound dumbbells for 10 reps. 100 pound dumbbells may be your maximum for 10 reps in this instance.

A drawback for stronger lifters may be that few gyms have dumbbells heavy enough to challenge them. In that case, perform higher reps or use dumbbells after your regular barbell work when your strength level has been reduced through fatigue.

I have to re-emphasize that due to the increased balance required in using dumbbells, start off light until you get accustomed to the movement and then increase the weights gradually. Also as I mentioned earlier, do not increase to an extended range of movement too quickly. Place increased attention to spotting and safety. You may need help to get the dumbbells into position to start the set and putting the dumbbells down after finishing the set. Dropping the dumbbells recklessly can damage the dumbbells, nearby gym equipment, other lifters or yourself.

Fitting dumbbells into your routine is my final topic. I am by no means suggesting you drop all your barbell work for dumbbell substitutes, but a few productive dumbbell exercises can be worked immediately, for example, on light bench day finish with 3-4 sets of dumbbell bench presses. On deadlift or back day include one arm dumbbell rows and dumbbell shrugs. Dumbbell curls should be a main staple in your workout as should overhead dumbbell presses for delt work. As the meet nears, decrease or eliminate most dumbbell assistance work to avoid overtraining.

Dumbbells can be invaluable to your powerlifting training. The benefits of dumbbells include strengthening stabilizing muscles, increased power over your range of motion, single limb strength balancing as well as greater exercise variety. The barbell still remains your main strength building tool, but dumbbell training can make a positive impact on your results.

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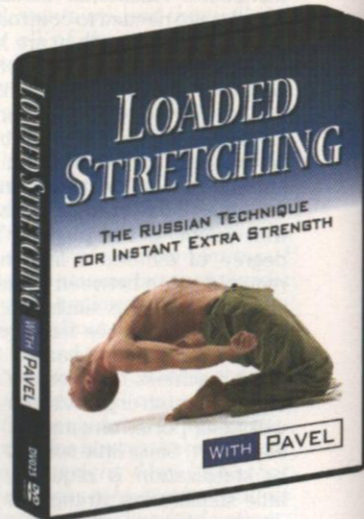
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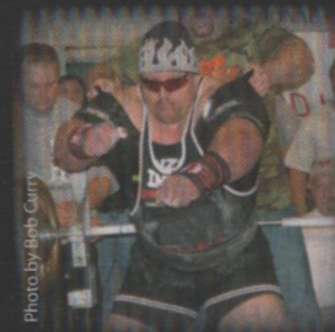
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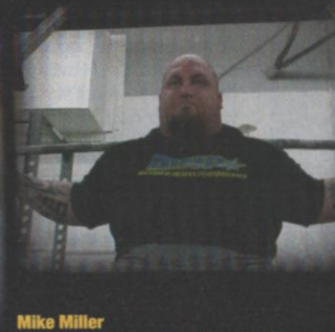


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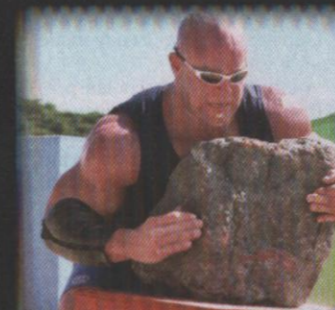
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the triceps. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

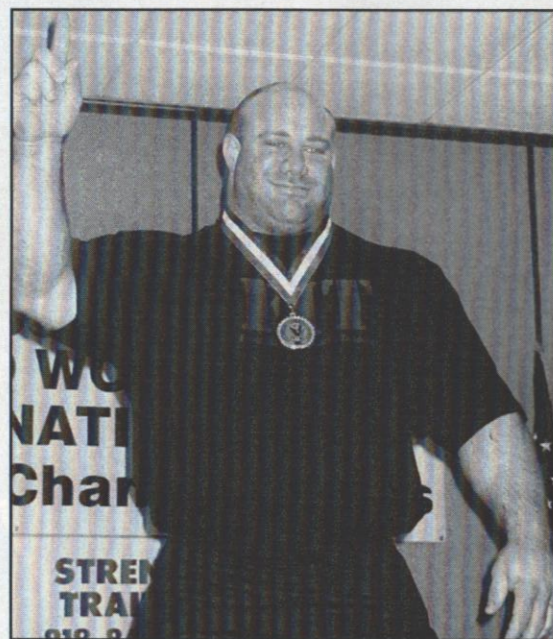
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferriss, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as B o d y Q U I C K

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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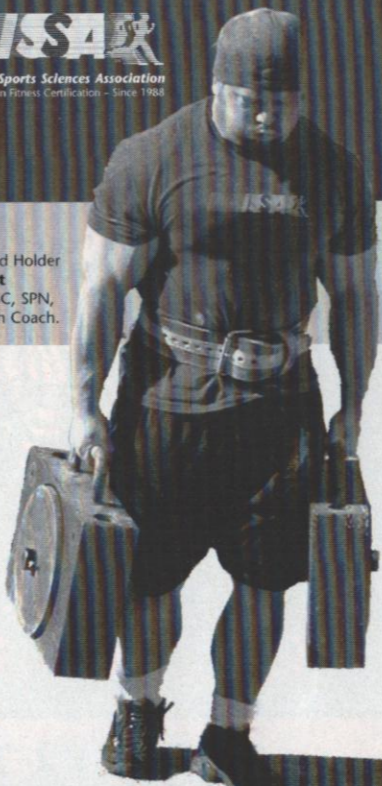


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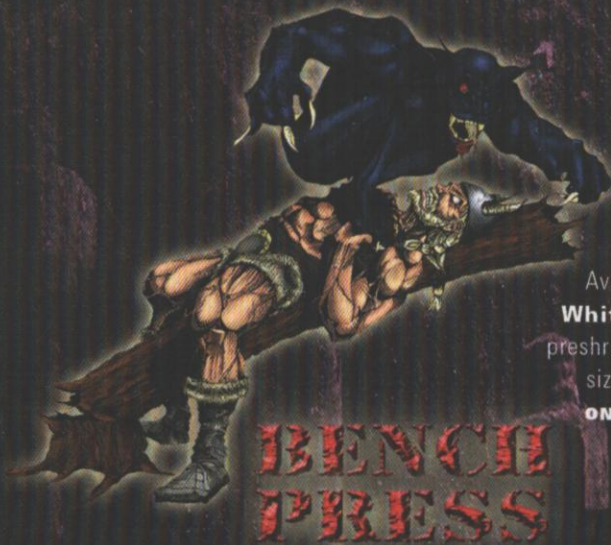
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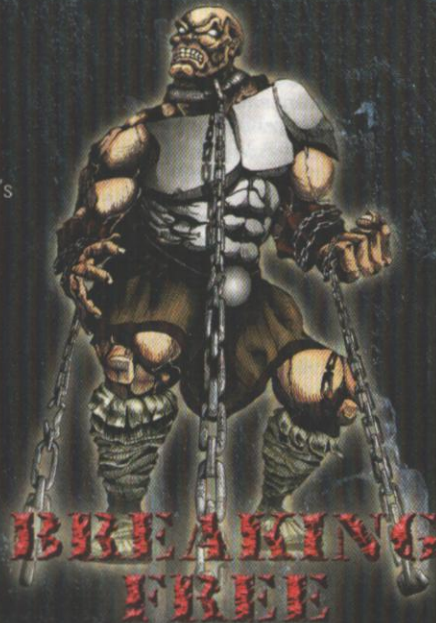
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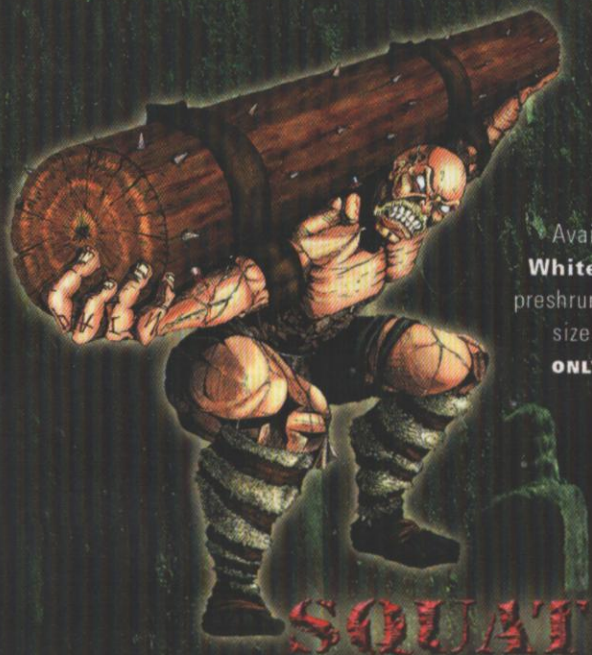
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Last month we looked at Detroit Barbell, but I promised to visit an old friend this month. By 'old friend,' I mean someone that all of you will know and love! Gene Bell is one of the greatest powerlifters of all time. I remember reading about him in PL USA when I just got started powerlifting – back in 1982. He has an unbelievable history of success in the 181s & 198s, and I am happy to report that he is now competing again as a Master lifter.

Earlier this year, Gene lifted with a group of guys named Team Texas, when they competed at the APF Masters. At that time, HOUSE OF PAIN caught up with Gene long enough to get the info on the San Antonio gym where he trains. The gym is called 'Olympic Gym' (I know, I know, we're powerlifters – but if Liz Willett can Olympic Lift then that's cool enough with me!). Olympic Gym is owned by JD Wennermark, and over the years some high-profile celebrities have trained there, including Vince McMahon (WWE/WWF), Triple H (WWE wrestler), David Robinson (basketball), Ronnie Coleman (Mr. Olympia), Jill Mills (strongest woman), and of course – the powerlifting legend – Gene Bell! The list goes on, but I think you get the idea.

In keeping with the old-school approach, I'll let Gene explain, as he talks with gym founder Bob

HARD CORE GYM #46

Olympic Gym, San Antonio, Tx

as told to PLUSA by Rick Brewer, House of Pain

Dickson. Then, if you want to train there, you can go see JD Wennermark and get your own bar loaded. Go ahead Gene:

Gene Bell: Bob Dickson is the founder of Olympic gym in San Antonio, Texas which has the distinction of being one of the most HARD CORE GYMS in the USA. Bob has the distinction of being the first business owner to be offered one of the first World Gym franchises in Texas by the founders of World gym. Many successful lifters such as Jill Mills (Worlds Strongest Woman), Milo Mills (National Powerlifting Champ), Melissa Ortega (WPC World Champ), Ed Cosner and James Farman (Masters and World Highland Games Champions), Lisa Yeager (APF Master's National Champ), Ian Bell (Multi Teen State Powerlifting Champ), Adrian Jackson (Multi-Military National Champ) along with seven or eight pro level bodybuilders have passed through the doors of OLYMPIC GYM; and the list goes on. (Sorry if I left out



Olympic Gym in San Antonio, TX

any of the Olympic Gym crew off the list.)

Gene: Bob, tell me about your life in the early years and what part of Texas did you grow up in.

Bob Dickson: I was born and raised in San Antonio, Texas and attended Jefferson High School in the area. In my youth I was under-sized so I tried boxing and became very successful at it. I had a successful win record as an amateur and pro boxer in the sixties. I proudly served in the Coast Guard Reserve and returned to San Antonio to work with the city recreation department teaching fitness classes and boxing to underprivileged kids. I continue to train both amateur and professional boxers. In my prime I specialized in the bench press, hitting a 462 pound contest bench at 219 in 1985 (Masers).

Gene: Bob, when did the Olympic gym legacy start? I can remember back when I was in basic training and one of the drill instructors was telling me about this gym called OLYMPIC GYM where all the monsters trained in San Antonio.

Bob: The first Olympic gym opened in 1977 and eventually there was an Olympic gym North and South; both were thriving operations. In 1986 I moved the gym to its present location, just south of the San Antonio Airport. The facility is well stocked with an assortment of power bars, chains, bands, sleds, power racks, oversized lifting platforms and old school heavy duty lifting equipment. At one time, in 1986, it was listed as one of the top ten bodybuilding gyms in the USA.

Gene: I had the pleasure of meeting your wife and she is very modest about her athletic accomplishments.

Bob: My wife, Mary, became a

professional wrestler as an 18 year old teen and stayed in the game for about 5 years on the road and was trained by the legendary Fabulous Moolah. She was a state level powerlifter and top amateur arm wrestler without any specialization in the sports. Also, she played in a women's soccer league in the local area well into her middle age years.

Gene: Bob, your dedication to the sport is exemplary and sets a hard standard to follow.

Bob: I have been active in the fitness business for over forty years including judging/promoting bodybuilding shows and working powerlifting events across the nation. I attended the first powerlifting Nationals which was won by Texan, Dr. Terry Todd and didn't miss one national meet in two decades. I have a lot of respect for the strength game!

Gene: Mr. Dickson thanks for sharing a part of the Olympic Gym legacy with the "HOUSE OF PAIN" fans.

Big thanks to Gene Bell for getting all of this cool info for us and thanks to Bob Dickson for the history. The name 'Olympic Gym' reminds me of some Olympic lifters who trained with us back when I first got started powerlifting. I don't remember their real names, but we called them the 'Bulgarian Brothers.' They stood out like sore thumbs; training Olympic-style in a gym full of powerlifters & bodybuilders. Talking in the Bulgarian tongue, and lifting in that crazy ballistic Oly-style; they were GREAT! And I always thought they had the coolest nickname ever; the 'Bulgarian Brothers'. I thought that until now – when I hear the name 'Legendary Fabulous Moolah.'

Legendary Fabulous Moolah is easily the wackiest name I have ever heard, and if I had a weasel, I would change it's name this very second to the Legendary Fabulous Moolah. Or even a hamster. I need to name something this, because I love the name. My kids already have names (it was required when they started school), and I have the vague feeling that their mother would fight against renaming one of them The Fabulous Moolah – so I'm looking for a pet.

Until next month, train hard and please Email me all of your crazy nicknames. Maybe we'll make you famous!

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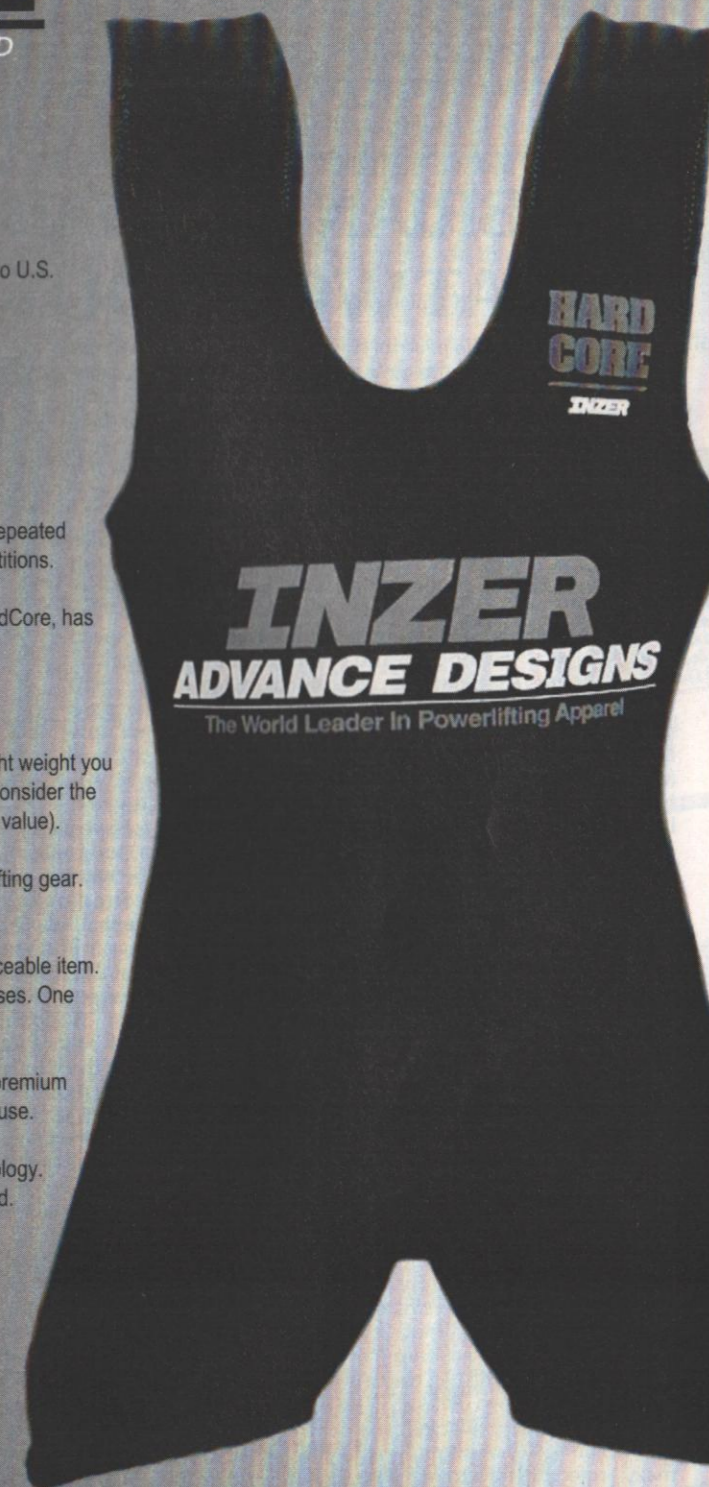
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WORKOUT OF THE MONTH

THE BRIAN SCHWAB SQUAT WORKOUT

The squat sets the pace for a meet, and because of this it has become the lift most emphasized in my training. I lift in the 148 and 165 lb. classes and compete in the APF and WPO. My best lifts are a 672 squat, 512 bench, 628 deadlift and a 1769 total. I have a Bachelor of Science Degree in Exercise and Sport Sciences from the University of Florida and am a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. I recently achieved the dream of owning my own gym, Orlando Barbell, (www.orlandobarbell.com), which I co-own with top ranked 165 lb. lifter Brian Tincher. After conducting business for less than 6 months Orlando Barbell has formed a team of over 15 lifters of varied ages and weight classes who, while incorporating the following routine, have increased their lifts dramatically.

The following is a 12 week squat routine in which a lifter can expect to increase their max by 25 to 45 lbs. Rather than basing my training percentages off my current max, I prefer to use a reasonable projected max. Over years of trial and error with different routines I feel that I have found an ideal compromise between the Westside routine and periodization; one with which a lifter can prevent injury and achieve progressive increases in strength. While utilizing this routine I was able to increase my max from under 600 to almost 700 in less than two years. This routine is based on percentages for a powerlifter with a current 500 max, projecting 525 to 545 at a meet 12 weeks away, and the percentages are based off of 525.

One of the most underestimated portions of a workout, especially by powerlifters, is the warm up, which is essential for injury prevention. I recommend performing a cardiovascular warm up for a minimum of 5 and a maximum of 10 minutes on either the treadmill or crosstrainer prior to beginning warm up sets. A

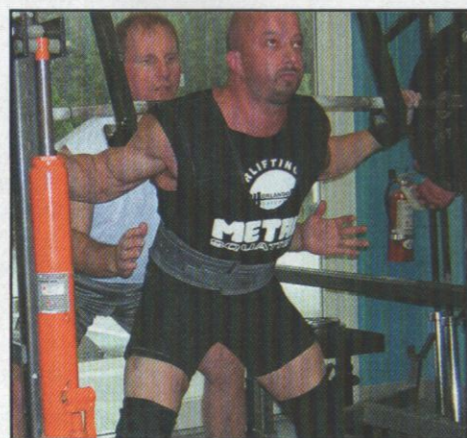
powerlifter without access to cardiovascular machines would benefit from walking outside or dragging a lightly loaded sled for the same time period prior to the strength training portion of their routine.

This routine includes three squat-related workouts per week, rather than the traditional two. The first is the dynamic, or speed effort with upper back. I begin with close grip pulldowns, wide grip pulldowns, or pull-ups, rotating weekly. I perform a warm up set of 5 reps followed by two sets of 8 then 7 for 2 weeks, followed by 7, 6 for 2 weeks, and finally 6, 5 for 2 weeks. The weights are increased on each corresponding set to a point of momentary fatigue. Next is the low box squat. The box should be set at an inch to two below parallel. Warm up sets should include 135x5x2, 185x5, 225x3, followed by 6 sets of 2, beginning with 50% of the lifter's meet max and increasing by 2.5% each week up to 60%. These sets should be done with briefs or a poly suit with straps down. The first 3 sets are done with straight weight, the last 3 with either green bands or 50 lbs. of chains added, alternating the accommodating resistance each week. By varying the accommodating resistance the lifter's nervous system can adapt to maintain speed with all three methods. The third and last exercise is a rowing motion following the same rep scheme as the first. I rotate between cable, smith, free weight, and t-bar rows.

The second workout is the assistance squat routine performed two days after the speed workout. The purpose of this day is to focus on the assistance muscle groups that are neglected in the other workouts. Powerlifters whose schedules don't allow for a third workout could incorporate these exercises into the speed day. Following the usual cardio warm up either glute ham raises or leg

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).

curls are performed, followed by weighted abdominals, hip abduction and adduction, and 4 to 6 sets for biceps. All of these exercises follow the same rep scheme as the back exercises in



Brian Schwab - now sponsored by Elite Fitness

the speed workout. Good mornings should be incorporated into this day as well, but only on the weeks when there are no deadlifts scheduled for the max effort workout. I recommend using a cambered bar to avoid added stress on the rotator cuff muscles. The GMs follow a 6,5/ 5,4/ 4,3 rep scheme for two weeks each.

The third workout is the max effort performed two days after the assistance day. I rotate between parallel box squats, full squats, and above parallel lock-outs (approx. 2/3 rack squats). Using these varied heights allows the use of different percentages of the lifter's max to train the low, mid, and high levels of the squat without overtraining. As with the speed workout, following the cardio warm up, the warm up sets should always include 135x5x2, 185x5, 225x5, 275x3, 315x2. The last two warm up sets should be performed with briefs and the work sets with briefs, belt, and knee wraps. Although I base the workout off of two max effort sets I recommend occasionally incorporating a third set above your projected max using the reverse band method, usually with the green bands, which can be purchased at www.elitefts.com.

Week 1: Parallel box squats, 72.5% = 380x5, 75% = 395x4,

Single leg press x7, x6.

Week 2: Full squats, 77.5% = 405x4, 80% = 420x3, deadlifts off floor x4, x3.

Week 3: Above parallel lock-outs, 95% = 500x4, 97.5% = 510x3, db walking lunges x30ft. x2.

Week 4: Parallel box squats, 70% = 365x6, 72.5% = 380x5, deadlift rack pulls (off 3rd hole) x6, x5.

Week 5: Full squats, 72.5% = 380x6, 75% = 395x5, Single leg presses x8, x7.

Week 6: Above parallel lock-outs, 92.5% = 485x5, 95% = 500x4, deadlift rack pulls (off 2nd hole) x 5, x4.

Week 7: Full gear, parallel box squats, 77.5% = 405x5, 80% = 425x4, db walking lunges x30ft. x2.

Week 8: Full gear, full squats, 82.5% = 435x4, 85% = 445x3, deadlift rack pulls (off 1st hole) x4, x3.

Week 9: Full gear, above parallel lock-outs, 100% = 525x4, 102.5% = 545x3, Single leg press x6, x5.

Week 10: Full gear, 1st attempt = 500, 2nd attempt = 525, 1st attempt deadlift

Week 11: De-load, briefs, belt, and knee wraps, full squats, 77.5% = 405x4, 80% = 425x3, no assistance

Week 12: Off/speed only with 50%.

Week 13: Meet, 1st attempt = 500, 2nd attempt = 525, 3rd attempt = 545

I would like to thank Mike Lambert for giving me the opportunity to publish my training philosophy, Elite Fitness Systems for providing me with the revolutionary Metal gear, MHP for providing me with the best sport supplements on the market, the Orlando Barbell Team for pushing me to new levels and renewing my passion for the sport, and my soon to be wife, Trinity, for putting up with the insanity that is Powerlifting.

If you would like more information on my training methods you can read my training log at www.elitefts.com. You can also check for updates on the progress of Orlando Barbell and our team at www.orlandobarbell.com.

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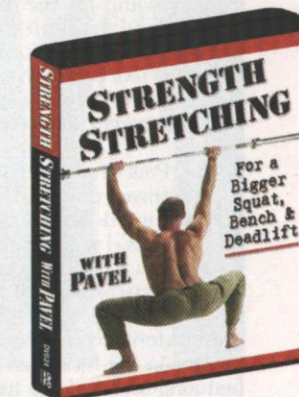
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—JACK REAPE, Armed Forces Powerlifting Champion

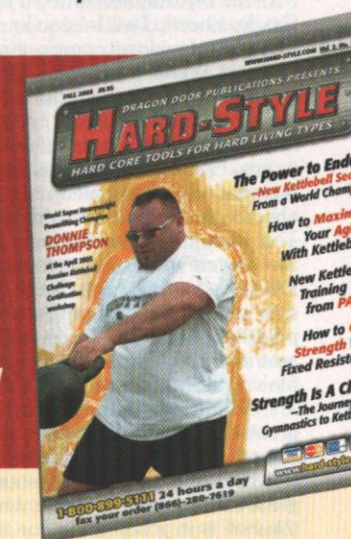


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What's the Deal on Whey Hydroslates?

Q: I just wanted to let you know that I loved your series on Garry Frank. It was nice to see a lifter so extensively profiled in your column. I enjoyed it very much because it was like you were telling us the whole inside scoop on this powerlifting superstar's nutritional regiment and how it worked in relation to his contests. This was no doubt the best profile series I have ever read in PL USA. My question is about whey hydroslate. You mentioned in your article on Garry that he uses them. Can you tell me what it is exactly and some more info about it? I am really interested in knowing more about this, as I have never heard of this before. Thanks again for the awesome articles and keep up the good work. All powerlifters need someone like you in the sport to help educate us and watch our backs. Sincerely, **Paul Goldberg**

A: Hey Paul what's up man? I am happy to hear from you. Thanks for the kind words about the Garry Frank series. I really tried to give the readers a bird's eye view into the nutritional practices of this super human powerlifting monster. You can look forward to more superstar profiles in the future, as I will be featuring some of my top lifters from different weight classes in my column.

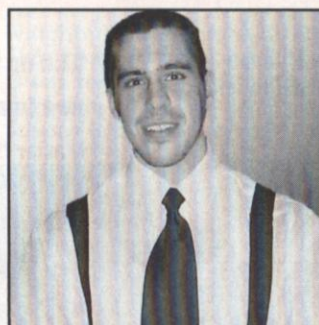
As for your question on whey hydroslates where should I begin? Ok here it goes. Whey Hydroslates are not the same as just a simple whey protein. This is the first thing that you need to understand. Most whey proteins that you get on the market are either cross flow micro filtered or ion exchange whey isolates or a whey concentrate. There are different forms of whey hydroslate but the one that I recommend most is the True Protein Hydrolyzed Whey High Grade. Shortly I will let you know more about its direct composition. In short Whey Hydroslate High Grade is no doubt the most easily digested form of whey protein available. What is meant by the words "Hydrolyzed Whey" is that it is partially digested making it more absorbable and easier to digest. This happens due to the fact that the protein molecules present in Whey Hydroslate High Grade are split into smaller groupings called peptides. This then leads to the amino acids being peptide bound making the rate of digestion faster.

Whey Hydroslate possesses the greatest amount of peptides over any other form or brand of protein powder. Now all this may sound great to the science geek but what the hell is it going to do for the hardcore lifter trying to put 800

NUTRITION

Power Nutrition Questions & Answers

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



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

pounds on his back? What makes this formula so special is the fact that the peptides are by-passing the stomach. Yes I know this is hard to imagine but it is true. This means that the peptides are being absorbed into the small intestine at a super fast rate and from here into your bloodstream. It is believed that up to 80% of these whey peptides can be intact by the time they get absorbed in the small intestine. So what does this mean for the lifter? This means that the faster that these amino acids from the whey hydroslate are digested and get into your bloodstream, the faster they can get into your muscle cells. The faster they get into your muscle cells the better because this will lead to an increased rate of protein synthesis. This is exactly what you are looking for. It will also lead to you staying in a positive nitrogen balance making sure that you are in an anabolic state. Ultimately what this means is that you are by passing all the wait time that is involved in digestion and absorption so that your muscle cells can suck them up ASAP. This is exactly what you want to happen right after a workout to help in recovery and anabolism.

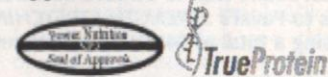
Now you may be wondering when and how the hell would a formula with a super charged feature like I just mentioned be applied to a powerlifting meal plan? Since we now know that True Protein's Whey Hydroslate High Grade is the fastest absorbing protein available, when should it be incorporated in your nutrition plan? The best time to take in this special protein is right after you train. Yes that is right my man. Think about it even in layman's terms for a second. After you are done training, your body is just begging for some specific nutrients to help replenish muscle glycogen as well as the right protein source to help get those amino acids into your muscle cells. The way to get those amino acids in there at lighting speed is to bypass all the time it takes to digest protein and get it in there pronto. The way to do this is with Whey Hydroslate High Grade. This will provide your body with the right fuel at the right time making sure that your muscles don't enter a catabolic or muscle wasting state. Instead this will keep you in a positive nitrogen balance and an

anabolic state so that you will get the most benefit from the workout you just had. Sucking back some chicken and rice after your workout will not get the job done. It takes several hours for the chicken to breakdown and fully digest. By the time the amino acids from the chicken actually hit your bloodstream and make their way over to Mr. Muscle Cell you have already missed your window of opportunity to maximize protein synthesis and prevent the Cortisol onslaught in a post workout environment. So this makes Whey Hydroslate High Grade the optimal protein formula in your post workout nutrition plan since it will get in and get the job done before you can blink an eye.

Now I will give you some pointers as well. First off don't say I didn't warn you because it is laid out here for all to see. Whey Hydroslate tastes absolutely horrible. This is one of the signs to look for as it is very bitter. Remember this, if it's not bitter than it's not Whey Hydroslate. I am telling you if you want to play a joke on your friend put Whey Hydroslate in his protein shaker bottle after he is done his workout without telling him. I am telling you the truth he will gag his brains out since he didn't expect such a bitter taste. If you think I am lying, mix up 50 grams of Whey Hydroslate High Grade with water and take it straight. It will have even the strongest of super heavy weights on their knees in a flash. Now what you can do is mask the taste with different things to help take the edge off. One way to do this is to mix it with True Protein's exclusive Flavor Pack Systems. True Protein offers these flavor packets in Chocolate, Vanilla,

Strawberry, Banana, Grape, Orange, Pineapple, Pina Colada, Cherry, Fruit Punch, Lemonade, Wild Berry, Kiwi, Kiwi Strawberry, Mango, Root Beer, Watermelon, and Tropical Blend. Just add in a little of their unique flavoring powder to it and voila...a great tasting shake. I personally love the banana as it is the best banana flavoring that I have ever tried from any company. Many other banana flavored proteins taste synthetic while True Protein's tastes like real banana. Next take it with a good amount of water to help make it thinner. This will help get it down because taking it raw will gag you like you can't imagine. But as bad as it tastes, it is the ultimate protein in your post workout nutrition plan because there is nothing else that you can consume that even comes close in what it can do in terms of protein synthesis and anabolism.

Next you will all be wondering where the hell you can get it. The fact remains that most of the supplement companies out there will not use it in their formulas for two main reasons. The first is the taste. The mainstream, pretty boy fitness model bodybuilder will not want to drink this stuff. Second is the cost involved. It is one of the most expensive forms of protein powder due to its high quality. It does cost more than regular whey concentrate but you cannot even compare the two. It's like comparing a Ferrari Enzo with a 1980 Pinto. The two don't even compare because the Whey Hydroslate High Grade is in a class of its own when it comes to performance, quality, and most importantly results. The fact that I use this formula with all my world class athletes is proof that I am a big believer in its ability to produce results. Just ask Garry Frank or Mike Brown or any of my other World Champions and how it has helped them in their program. Due to the major benefits that this special protein has, **True Protein's Whey Hydroslate High Grade** receives my Power Nutrition "Seal of Approval".



True Protein's Whey Hydroslate High Grade is one of the key secret's to post workout nutrition.

At the present time there is only one place that you can get this special protein. You can go to their website at www.trueprotein.com. Their phone number is (760) 433-5376. Ask for Dante or Doug, they will be able to take care of all your needs. For those who live in Canada you are also in luck. You can go to www.trueproteincanada.com. Their phone contact is (204) 480-

04565. You can ask for Mike and he will take care of you. Another benefit you can use is my special **Athlete Discount Code**. This code is only given to my elite powerlifters and athletes but since I want to help all of my powerlifting brothers out I will also give it to you to use. This **Athlete Discount Code** can be used every time that you order from True Protein and they will give you my athlete's price. This means that you save even more money on top of their already great prices. The code is "RICCIUTO" so make sure that you spell it out to them when ordering. It can be used at both the American and Canadian branches as well. Tell them Anthony sent you and they will take extra special care of you.

If you look for it at your local health food store I guarantee you won't find it. This is a very specialized protein and is a secret that most strength athletes are not aware of. If you are looking to dial in your post workout nutrition plan this should be one of the weapons in your arsenal because it is too good not to have in your plan. Here is a layout of its macronutrient breakdown and analysis for you so that you can see exactly what it is composed of. So since you are always bugging me to find out some of the secrets of my star strength athletes I thought I would let you in on this. You have just uncovered a major key to your recovery and post workout nutrition that very few in the strength world even knew existed! Get yourself some of this super potent formula and see what I am talking about first hand for yourself.

NUTRITION BREAKDOWN OF TRUE PROTEIN'S WHEY HYDROSLATE

SUPPLEMENT FACTS
SERVING SIZE: ~30 grams (70cc scoop)
SERVINGS PER POUND 15

AMOUNTS PER SERVING
Calories 105
Calories from fat 5

% Daily Value*	
Total Fat	0.5g 1%
Saturated Fat	0g 0%
Cholesterol	0mg 11%
Sodium	350mg 11%
Total Carbohydrates	1g 1%
Dietary Fiber	0g 0%
Sugar	0.6g 0%
Protein	23g
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%

AMINO ACID PROFILE	
Per 100 grams	
Alanine	5.3
Arginine	2.7
Aspartic Acid	11.0
Cystine	1.7
Glutamic Acid	15.7
Glycine	1.9
Histidine	1.5
Isoleucine	6.0
Leucine	10.2
Lysine	10.8
Methionine	2.0
Phenylalanine	3.1
Proline	5.9
Serine	5.2
Threonine	7.4
Tryptophan	1.3
Tyrosine	2.7
Valine	

Are Powerlifters Just a Bunch of Jealous Back Stabbers?

Q: Hey Anthony I just wanted to drop you a line. I read your article every month in PL USA and I want to let you know that I always come out learning something new to either improve my performance or make sure that I don't die at 45 with a massive heart attack. My comment is about all the slamming I noticed on some of the powerlifting message boards. What's up with that b.s.? I don't know why they are trying to slam you and your articles but I will say they don't know what the hell they are talking about. I have been reading PL USA for close to 15 years and in this entire time I have yet to see such in depth nutrition articles that focus on getting a bigger total. Yet at the same time helping us understanding what we need to do as strength athletes to take care of our long-term health. Hell you even go out on a limb and try to watch over us and prevent side effects even in the controversial area of pharmaceutical enhancement. When has there ever been anyone else in our sport looking out for us like this before? You not only watch out for us but you seem very sincere in your love for the sport and lifters. You are a great benefit to lifters and all the best in our sport speak only the highest of you. All I see on the message boards is slam after slam on everyone that is a somebody. If you hold world records they slam you. If you get a gold medal at the worlds they slam you. You breathe the wrong way they slam you. Anyone that is just getting into our sport who visited these boards would think that powerlifters are just a bunch of jealous, baby ass, suck bags who complain like a bunch of grandmas on bingo night. "This lifter's squat was too high, that lifter's bench shirt was two ply, this lifter was using steroids, blah,



Phil Harrington squatting at the 2003 USAPL Men's National meet.

blah, blah." It's truly ridiculous at best! Is this a sport of lifting or sitting behind a keyboard bad mouthing the best lifters and innovators in our sport? This is really aggravating the hell out of me because it is so childish and ignorant. It makes powerlifters look so uneducated and stupid. I just wanted to let you know that I love your articles and the information that I have gotten out of them has already helped improve my performance and health. Ignore these fools, as they obviously don't have an insight to the nutritional sciences or what you are trying to do. Sincerely, **John Matler**

A: Hey John its good to hear from you again. We haven't talked for a little while. Well to tell you the truth I could care less what is said about me on the message boards. To me the Powerlifting Message Boards aren't a place to help one another or educate the new lifter. Even though this is what I thought the purpose of a board was. In reality they are nothing but a gossip section for people that just want to pick on this lifter and that writer and this organization. Like you said it is all b.s. and I could really care less what people say about me. I am tired of these boards since I don't find anything useful on them

whatsoever. To tell you the truth I actually like the bodybuilding boards ten times better because no matter whom you are or what you are looking to learn there are tons of nice people that try and answer your questions. Whether it's about training, pharmaceutical enhancement or supplements there are a lot of people that are trying to look out for you.

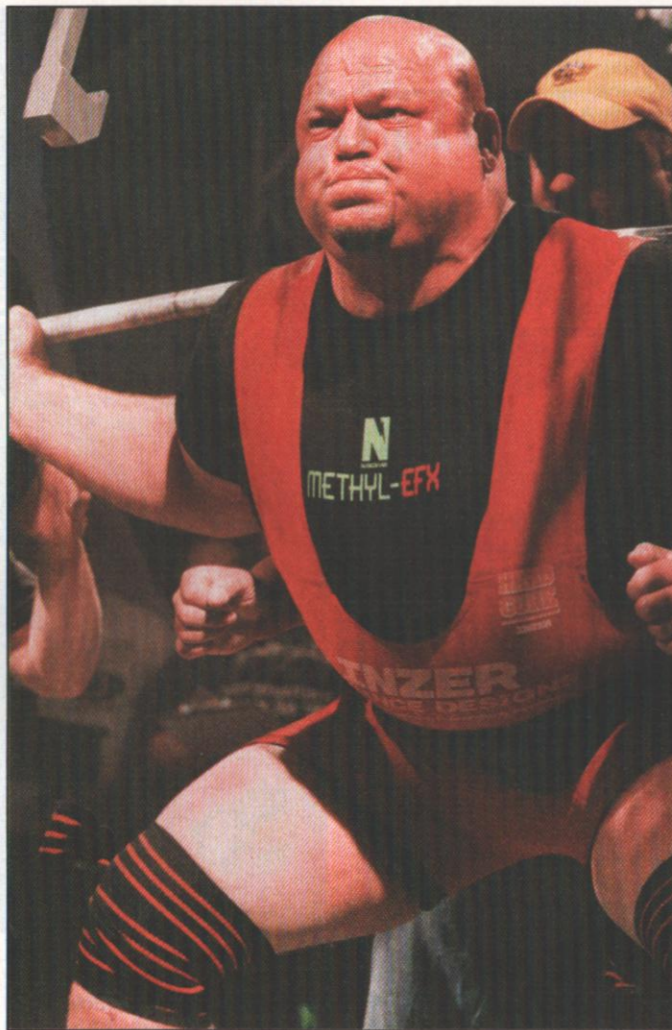
The Powerlifting message boards are just rumor mills where everyone just hacks one another's lifts, the organization in which they lift, people's family members, and even religious beliefs. I have even read posts with racial slurs and they were not deleted by the mod. What is this all about? Is this what powerlifting is about? Is this what we as powerlifters are showing to the general public about our sport? I know that not everyone on the boards are just slamming everyone and talking trash but there is so much of it going on that it's disgusting at best. It's just a real waste of time to say the least. Some of the foul and utterly graphic things that I have read on them would make those who read them think that powerlifters are the lowest common denominator in our society. I am just surprised the moderators of these boards don't clean them up because it is really giving the sport a bad name and

makes powerlifters look very unprofessional and ignorant. That is not the reputation that I know I would want being a lifter but any outsider that reads the message boards and is new to the sport will definitely think that powerlifters are some of the rudest, back stabbing, arrogant, jealous people on the planet.

As for those that slam me I would like to thank them. I would like to thank all of you for hacking me up behind my back because you are actually helping me. The saying of "Any publicity is good publicity" is something that I believe in so I would like to say thank you to all those who took the time to backstab me on the boards. I don't take anything personal and I don't hold grudges. I am above all that petty crap. No matter who hacks me on some stupid message board I could care less. My track record with the caliber of athletes that I have worked with and the results that I have helped them achieve is something that speaks for itself. Having worked with over 50 World and National champions and not having one complaint about their results is something that I take pride in. From Garry Frank to Dave Tate to Gene Rychlak to Phil Harrington to Travis Mash... their results speak for themselves! At the present time I am also working with some Professional Football and Hockey players as well. I am working with a slew of professional fighters as we speak as I have opened my doors to athletes of different sports who need nutrition and supplementation programs that get them serious results.

The fact that I am helping these world class athletes take their performance to new heights is something I am proud of. Helping any strength athlete reach his or her ultimate potential is something I really enjoy doing. I am involved in this sport because I love Powerlifting and I truly care about the health and well being of lifters no matter what level they are at.

In my younger years I have had two lifters that were very close friends of mine that died of heart attacks under the age of 50 years old. This was before I started working with athletes on helping them improve their health through proper nutritional practices. I felt so bad to see them die at such a young age. I felt so bad wishing there was something I could have done to help them. The sad fact is that both of them being super heavyweights, they did not follow a healthy diet which ultimately led to their demise at such a young age. This in turn made me want to make a difference in our sport. From then on my studies in the nutritional sciences and even more the study and application of how they can be beneficial to hardcore lifters is



Garry Frank is recovered from his shoulder separation at the '05 Arnold Classic, and is back on the track of all time SHW records.

something that has now become my passion. I have helped numerous lifters not only in getting a bigger total but even more importantly I have taught lifters how to improve their quality of life. So you know what, if some of my haters out there sit behind their computer and tell everyone on the message boards that Ricciuto's articles suck, then go ahead. I have proven myself time and time again so hot air from someone's mouth is just that. I am above the ignorance that prevails on these boards so I could care less.

Get into a Lower Weight Class with Ease

Q: I just wanted to let you know that I loved the column that you did called Rage Against the Machine. It taught me a lot of information that I never had a clue about. I loved how you gave that scenario with the squeegee kid. Oh my sweet goodness I was on the ground in hysterics when I read that. Ok enough of the babbling I have a question for you. I am a female lifter in the 165-pound class. I need to drop some fat and get myself back in the 148's hopeful over the next

couple months. I follow all your rules about getting in my proteins and watching all my junk foods but is there anything that I can take to speed up the process a little? I already take a protein powder and multivitamin but is there anything that you can recommend that will help shed some of this fat a little faster? There are a lot of fat burners on the market but since the Ephedra ban I really haven't noticed one that could help out the same. Please help me out as I don't want to waste my money on products or try ten different products before I find one that is good. Sincerely, Laura Paquila

A: Hi Laura, it's nice to hear from some of the power vixens out there. So you are looking to drop some body fat and get yourself down back into the 148 pound class again. Well first off I am happy to hear that you are following my guidelines that I have given here in this column, but you are now looking for that extra edge. Yes, during the time of the ephedra based fat burners there were a lot of very effective fat burners on the market.

During this time you could have just about closed your eyes and picked one off the shelf and it most likely would have helped you drop some fat. Now with the ban on ephedra, supplement companies that lack the scientific know how are left in the dust because their key ingredient is no longer available to them to help make their formula a success. In this time you will tell how good the Research and Development sector of a specific company is based on how good their fat burner is without ephedra being present in the formula. One formula that I like is called Thermocin. It is a comprehensive formula of several different ingredients to provide a synergistic effect. In this time there are very few effective fat burners on the market but Thermocin is one of my favorites. I personally use this formula and have had great success with it. One of the things that many of the supplement companies make a mistake with is over dosing the caffeine content. Since they can't combine ephedra with the caffeine like they used to when it was allowed to be included in products, many companies seemed to really jack up the caffeine dose hoping that this alone would give a good buzz and also increase the rate of fat burning. The problem with this is the fact that with the increased caffeine dose so did the increase of jitteriness. This problem is more noticed today with purely caffeine based fat burners even more so then when there was the ephedra/caffeine stack included in their formula. One thing that is great about Thermocin is the fact that it will give a good burst of energy but at the same time it isn't overdone to the point where you feel jittery. This is very important for those individuals that can't take a lot of stimulants due to being over sensitive to them. But at the same time for those lifters, who like a good jolt in the pants, it still will give you that hit of energy but you will feel focused not out of control like some other products will make you feel. Plus the synergistic stack that is included in Thermocin will help you shed fat faster since it helps to burn fat from different angles not just one. Let's take a quick look at the ingredients in Thermocin and what they do.

SYNEPHRINE: Thermocin derives its synephrine content from Citrus aurantium (standardized to 4% synephrine). Synephrine is a close chemical "cousin" of ephedrine. Synephrine has been demonstrated to aid in fat loss due to its thermogenic nature. This is due to its chemical similarity to ephedrine, and the fact that synephrine combined with caffeine has been shown to boost resting metabolic rate significantly.

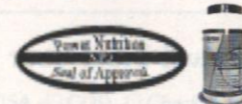
CAFFEINE: Caffeine alone has been

shown in numerous studies to increase energy expenditure in humans. Caffeine will cause an increase in lipid (fat) oxidation and a decrease in protein oxidation (something of benefit to any hard training individual). Plus the caffeine in Thermocin is just the right dose to burn fat and gives you that jolt but not overdosed to make your hands tremble like many of the other products on the market today.

GREEN TEA EXTRACT: At Large Nutrition also decided to add one of the most scientifically proven fat burning agents in the world, "epigallocatechin gallate (EGCG)."

If you have read my column over the years you should all know that I am a big fan of green tea and for many reasons. I have done a column on this last year and explained all the different health and performance benefits that you get with supplementing green tea in your diet. For those of you who don't like the taste or are simply just too busy to get in 4-5 cups per day then this is the ideal supplement for you. EGCG is a green tea polyphenol. It has been demonstrated that green tea has thermogenic properties beyond those which can be solely explained by its caffeine content. It is theorized that this occurs via sympathetic activation of thermogenesis, fat oxidation, or both. EGCG is also considered to be a possible cancer preventative agent due to its anti oxidant properties.

HYDROXYCITRIC ACID: HCA has been shown to effect fat loss via more than one channel. It has been shown in studies performed on humans to enhance endurance performance via an increase in fat oxidation and the subsequent sparing of glycogen. HCA has also been shown to have the very desirable effect of decreasing the total amount of energy (food) ingested in a given period of time. In other words, it seems to have an appetite suppression component.



Thermocin receives my Power Nutrition "Seal of Approval" because it is one kick ass fat burner!

As you can see from the above, Thermocin is a very comprehensive fat burner that can make your dieting a lot easier. It will help you cut your appetite as well as help you deal with those cravings that seem to get you at the worst of times. Give Thermocin a try and let me know how your results are. I am sure that you will very pleased with the results and how much less painful cutting a weight class can

be. Thermocin is an excellent product and it receives my Power Nutrition "Seal of Approval". You can find out more about Thermocin at www.atlargenutrition.com or you can also reach them at (434) 973 9892.

What's the 411 on Rhodiola?

Q: I have heard about a new herb called Rhodiola Rosea. What the hell is that? I recently heard a few guys in the gym talking about it and they seemed to really like it. What is it exactly and where does it come from? Does it have a use for the powerlifter? Please expand more on this nutrient as I would like to know more. Sincerely, Patrick Baker

A: Well Patrick just to let you know this is not a new herb in the least. It has been used in Traditional Chinese Medicine for hundreds of years so to say that it is something new is an understatement. Just to let you know I also completed my study in Traditional Chinese Medicine and Acupuncture so I am familiar with this herb in particular.

It is really only new to the Western nutrition and supplement scene but it is not a newly found herb in the least. Well let's get into the background of this herb and take a look at some of its beneficial properties.

First off there are over 200 species of this plant and it is mainly found in Asia and Europe. In Traditional Chinese Medicine it is used to enhance Qi production as well as preserve life. Oh yea for all you "round eyes" out there, ha ha... what is meant by increasing Qi production is to strengthen the body against fatigue as well as disease. The stronger your flow of Qi (Life Force) the stronger your body will be in physical and mental prowess as well as your ability to fight off invading disease and pathogens. Ok so you most likely don't want to know all the scientific mumbo jumbo here that I can spew out at you but instead would like to know its benefits. Here it goes:

· Rhodiola has a major effect on your cognitive function. It has been proven to prevent mental fatigue under stressful conditions and can even increase your mental work

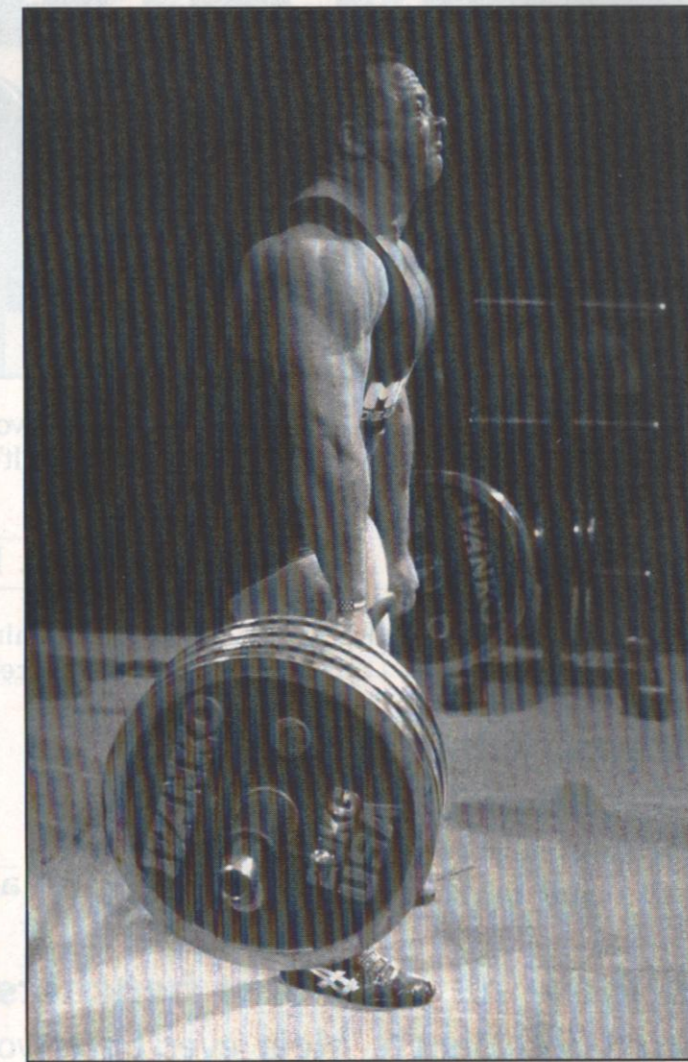
capacity. · It has also been shown to increase long term memory and mental performance.

· It has been shown to have an anti-arrhythmic effect for the heart. · Rhodiola has protective benefits for the liver and this is something all "Pharmaceutically Enhanced" athletes should take into consideration.

· It can also help decrease your ability to get lung cancer as well. · Has been shown to help in the recovery process from major illness. · Rhodiola can improve the benefits of anti-cancer drugs. · It has also shown to help prevent two different forms of liver cancer. · It is also a powerful anti oxidant that can fight free radical damage that occurs during heavy training. · It can also help you recover from your hardcore workouts faster.

As you can see from the above, Rhodiola can definitely help the powerlifter in many different areas. The fact that it is very useful when the body is under extremely stressful situations means that it should be on the supplement list not only for lifters but anyone who deals with the hustle and bustle of everyday work life. Since the weeks prior to a competition can be very stressful especially for national and world meets, Rhodiola can be very beneficial. This is especially true for those who work long hours, then have to train, and don't get enough sleep due to responsibilities of everyday life. Its protective benefits on the liver is something that all lifters should take into consideration but even more so for those that use anabolics in their supplementation plan. This is no doubt the ideal supplement for those that find themselves often burned out due to major workloads whether they are mental or physical and are accompanied by a stressful life. If you are anything like me then you need to take advantage of all the help you can get when dealing with the mental and physical stress workloads that are put upon you day and night. The fact is most individuals except those born with a golden spoon in their mouth; have to work hard to accomplish what they want. This can be not only in the sport of powerlifting, but also in your work and family life as well. I personally have used Rhodiola with good results and it is included in the plans of many of my elite athletes to help them adapt to increasing volume that must occur in their training programs before a competition.

So until next month eat clean, train hard and don't believe the hype! For those interested in more information about the Nutrition XP3 System feel free to contact me at: Arcciuto@NutritionXP3.com or check out my website at www.NutritionXP3.com.



Travis Mash came close with an 804 deadlift at the Arnold Classic

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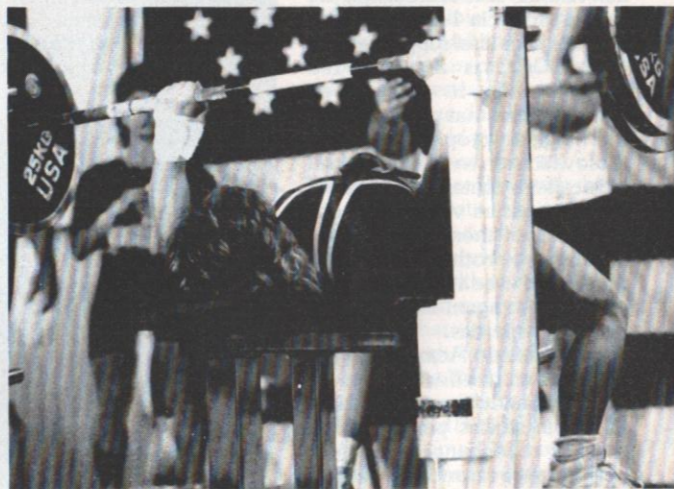


"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

Ken Lain
722 lb. Bench at SHW

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

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Mike Hall
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ADFPA-USPF
National Champion

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 David Bullock-470 Bench World Record 148's

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Z-SUIT and CHAMPION SUIT on next page

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Inzer Erector Shirt - \$38

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Groove Briefs - \$20

Ht. _____ Wt. _____ Upr. Thigh _____ Hips _____

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			SHIPPING	\$6.00
			TOTAL	

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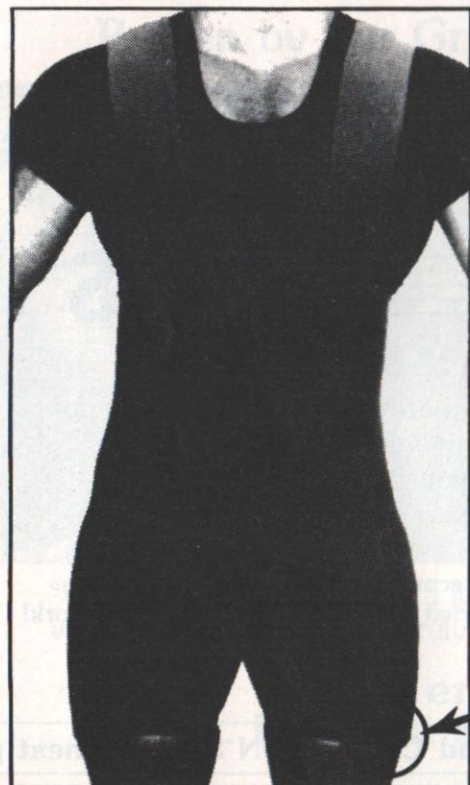
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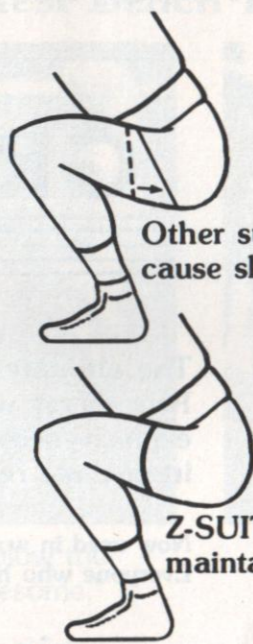
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Z-SUIT

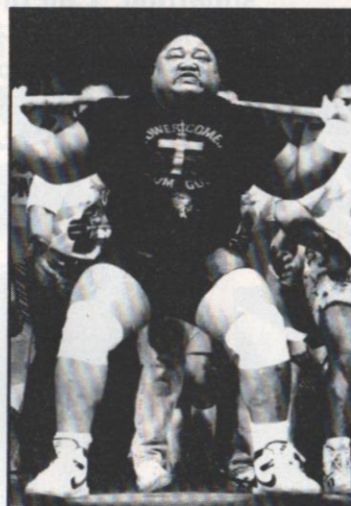


Z-Lock
 (anti-slip
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Worn By:

Other suits slip and
 cause slack in hip area.

Z-SUIT stays
 maintaining tightness.



Anthony Clark
 2531 TOTAL/1031 SQUAT

John Inzer
 744 SQUAT at 165 b.w.

O.D. Wilson
 1003 SQUAT

Jesse Jackson
 711 SQUAT at 148 b.w.

Matt Dimel
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Bull Stewart - Multi ADFPA -
 WDFPF World Champ

Gerald Welch - ADFPA Ntl.
 Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr.
 Ntl. Champ

Jim Cash - World Champ

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

Mary Jeffrey - World's Number One
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TOTAL				

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ASK THE DOCTOR

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

DEAR MAURO: I train a lot of different people, young and old, men and women, all the way from powerlifters to women who just want to get fit. I have a few questions regarding TestoBoost and GH Boost: 1. Do I need my clients, young and old, to cycle either TestoBoost or GH Boost? Or since they are increasing levels endogenously can they both be taken indefinitely? Can anybody at any age take it? 2. Have you had much success using GH Boost & TestoBoost with old senior citizen clients? 3. Can women use TestoBoost safely, without compromising estrogen production? Young women? Middle-aged women going thru menopause? Old ladies? Any problems or contraindications I should know about? 4. With GH Boost are there any problems or contraindications I should know? Thanks, **Charles**

HI JOHN: Here are the answers to your questions: You're right about both GHboost and TestoBoost in that because they increase endogenous levels, can be used indefinitely. They can also be used by any age group and by both males and females. I now have an extensive very specialized anti-aging line that is geared for anyone of any age but especially for the baby boomers and the elderly.

GHboost and TestoBoost are part of this line. The line is made up of two parts, the foundation part that includes MVM, EFA+ and Antiox, and the specialized part that includes formulations to deal with the aging of the body and mind and includes GHboost, InsideOut (to deal with stressed and aging skin (due out in September 2005)), InControl (to deal with the mind, concentration and focus (also due out in September 2005)), Joint Support, LipoFlush, Metabolic, Regulate, ReNew, and TestoBoost. I have many senior citizens of both GHboost and TestoBoost. I've also documented favorable changes in the sex hormones and both GH and IGF-I in dozens of elderly men and women. The trio of GHboost, TestoBoost and Metabolic (the new version III is due out this September), is one that I often recommend to anyone middle age and older to optimize the sex hormones, growth hormone, thyroid hormone, and insulin, and improve adrenal and pituitary function. Again those that are on this regimen report that they feel a lot better, and have more zip. TestoBoost has very little effect on estrogen or progesterone levels in women of child bearing age according to the blood work I've done. However, it does increase total testosterone by about 15% on average but doesn't affect dihydrotestosterone levels. In post menopausal women it actually increases all three with progesterone increases a tad higher than both estrogen and testosterone. As far as effects most women report an increase in libido, if there was a problem prior to its use, and an improvement in body composition. I've had no complaints of hirsutism or any other adverse effects. Unlike the use of injectable GH, GHboost does not cause problems with fluid retention, insulin resistance, carpal tunnel syndrome, etc. There are two reasons for this. First of all by ramping up endogenous GH levels naturally the body still retains control over GH secretion and the balances and counterbalances are still in place even though the overall level of GH secretion increases when GHboost is used. The second reason is that GHboost also has other effects on the body that counteract any adverse effects that increasing GH might have. For example, GHboost also increases insulin sensitivity and this counteracts any effects that the increase in GH might have on increasing insulin resistance. All in all, even though I've measured some dramatic increases in serum GH and IGF-I levels on people using GHboost, I've had almost no complaints of side effects. I hope that this helps you out with your clients and their use of GHboost and TestoBoost. Regards, **Mauro**

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IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

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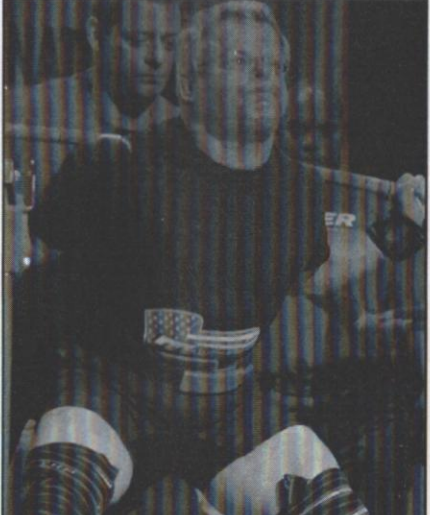
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Table of world top 20 all-time men's squats (100-180 lbs) with columns for rank, weight, name, country, date, and weight.

THE WORLD TOP 20 All-Time Men's Squats by Herb Glossbrenner



Chuck Dunbar - still on the Flyweight List



Mike Bridges - now winning as a Master.



John Bernor - has moved up very quickly

Table of world top 20 all-time men's squats (180-220 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's squats (220-240 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's squats (240-275 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's squats (275-308 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's squats (308-350 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's squats (350-410 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (100-130 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (130-150 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (150-180 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (180-200 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (200-225 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (225-250 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (250-300 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (300-350 lbs) with columns for rank, weight, name, country, date, and weight.

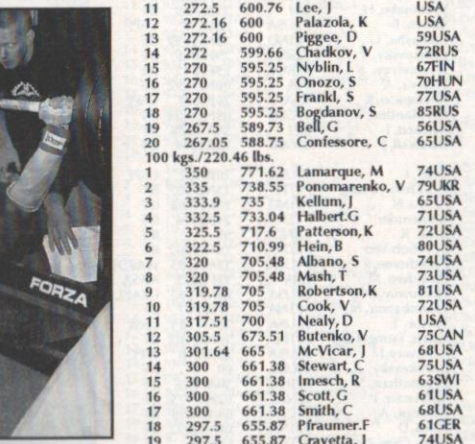
Table of world top 20 all-time men's benches (350-400 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (400-450 lbs) with columns for rank, weight, name, country, date, and weight.

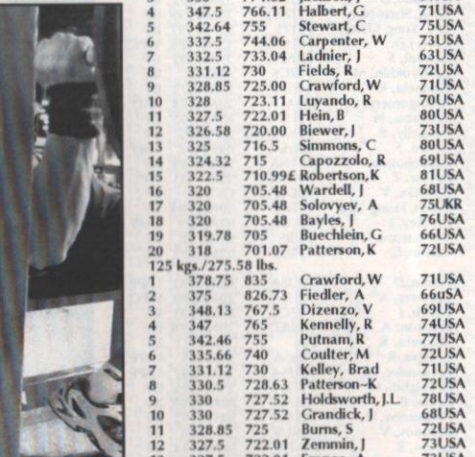
Table of world top 20 all-time men's benches (450-500 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (500-600 lbs) with columns for rank, weight, name, country, date, and weight.

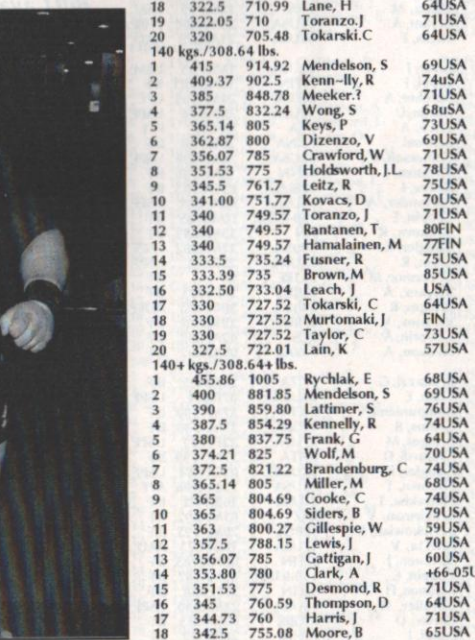
THE WORLD TOP 20 All-Time Men's Benches by Herb Glossbrenner



Joe Ceklovsky leads the way at 148 lbs. He will be at the WPO Bench Bash for Cash.



Scott Rabine .. just a hair away from 700.



Big Shawn Lattimer came in 3rd at SHW.

Table of world top 20 all-time men's benches (600-650 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (650-700 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (700-750 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (750-800 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (800-850 lbs) with columns for rank, weight, name, country, date, and weight.

Table of world top 20 all-time men's benches (850-900 lbs) with columns for rank, weight, name, country, date, and weight.



Jarod Davis 675 SQ @ 308 Jr.

APA Missouri Summer Classic
16 JUL 05 - West Plains, MO

WOMEN	SQ	BP	DL	TOT
114 lbs. Open				
V. Robins	206	116	235	557
132 lbs. Teen (18-19) Elderinghoff	240	116	300	656
Open				
S. Wood	200	145	257	602
148 lbs. Submaster				
D. Hicks	315	140	305	760

MEN	SQ	BP	DL	TOT
148 lbs. Teen (13-15) D. Tait	140	320	460	
181 lbs. Teen (16-17) J. Hawkins	235	460	695	
Open				
T. Mikles	570	475	1045	
198 lbs. Teen (16-17) B. Vasquez	495	285	420	1200
Master (42) B. Stevens				
220 lbs. Junior T. Davis	515	315	510	1340
Open				
J. Brewer	425	530	955	
B. Neal	552	600	1152	
T. Luke	405	405	405	
K. Flick	330	440	770	
Master (44) G. Heleine	345	345	345	
242 lbs. Teen (16-17) J. Cook	225	476	701	
Junior				
J. Long	600	365	550	1515
Open				
B. Cass	660	530	770	2160
Submaster				
J. Robins	445	360	475	1280
M. Ridings	460	350	460	1270
Master (44) S. Hazen	405	405	405	
275 lbs. Master (73) Rockenbach	160	245	405	
308 lbs. Junior J. Davis	675	495	386	1556



Dawn Hicks 305 DL @ 148 Submaster at the Summer Classic

a World and American record and barely missed a 900 on a two red light decision. Brad Neal walked away with a new state and Midwest regional record in the Open

220 with a bench press of 552.5. Big Jarod Davis, a 308 junior, set a new World Record DL with a pull of 675 lbs. which also lead to a record total of 1855. Dawn Hicks was the outstanding women's lifter of the meet in a very good women's division. Dawn totaled 755 lbs. pounds for a new state and midwest regional record and a big Pro Stephanie Wood had the best female bench of the day with a lift of 145 lbs. at a BWT of 125. Shuana Elderinghoff set several teenage American and World records and was the meets best female Dler with a pull of 300 lbs. in the 132 lb. weight class. Rocky Rockenbach in his first meet at the age of 73 set a new American World Record DL with a pull of 245 lbs. in just five weeks of training. We also had a host of state and Midwest regional records set by Ty Davis, Jake Long, Venessa Robins, Steve Hazen, Brandon Vasquez, George Heleine, Jessie Hawkins, Josh Cook, and David Tate. (Thanks to Rodney Wood, MO APA State Chair, for providing these contest results to Powerlifting USA)

USAPL Ron Falcone Invitational
30 JUL 05 - Lafayette, NJ

MEN	SQ	BP	DL	TOT
181 lbs. Teen				
C. Miller	55	215	145	415
Open				
C. Welsch	455	265	475	1195
220 lbs. Open				
R. Hansen	515	380	630	1525
R. Kruszely	525	465	510	1500
Master (40-44)				
R. Falcone	545	350	465	1360
242 lbs. Master 940-44				
W. Martinez	525	335	545	1405
Master 965-69				
S. Chatis	425	320	505	1250
Coordinator: Ron Falcone. (Thanks to USAPL for providing these meet results)				

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.

- 14, 15, 16 OCT. (new location) WDFPF Single Lift Worlds (Whitney, England near Oxford) jm-gedney@wiu.edu**
- 15 OCT, 100% Raw Illinois State BP, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com**
- 15 OCT, Decatur Family YMCA Regional, Decatur County Family YMCA, 1301 Kathy's Way, Greensburg, IN 47240, 812-663-9622, FAX 812-662-7280, deenahamer3@hotmail.com**
- 15 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918**
- 15 OCT, NASA Kentucky Regional PS/PL/BP/PP (Louisville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com**
- 15 OCT, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**
- 15 OCT, The Ashtabula YMCA Bench Press Championship, Ashtabula, OH, Lonnie Anderson, 440-964-3013, anderson1142@yahoo.com**
- 15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM**
- 15 OCT, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**
- 15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va PL Assn - 1811 Southcliff Road, Richmond, Va 23225**

COMING EVENTS

- 16 OCT, USAPL DL/Ironman/SQ Nationals (Denver, CO) Dan Gaudreau, 720-858-0700 or rmlcco@aol.com**
- 16 OCT, SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**
- 17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com**
- www.americanpowerliftingcommittee.com**
- 22 OCT, 1st annual Hopewell Baptist Church BP & DL (Atlanta, GA - all divisions/federations - George/Sandra Herring - guest lifters) Tom Corey, 770-289-4171 (Cell), 967-1191 (home)**
- 22 OCT, USAPL Southwest New Mexico Open, Doug Lees, 1216 N. Bennet St., Silver City, NM 88061, 505-538-8806**
- 22 OCT (NEW DATE), PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM**
- 22 OCT, 100% Raw Raleigh BP Challenge, Paul Bossi, 139 Marlas Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com**
- 22 OCT, USAPL Florida Collegiate PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-790-2249, www.geocities.com/floridausapl**
- 22 OCT, 3rd Tom Foley BP/DL Classic, Drug Free (Nanuet, NY) Brian Fahrenfeld 845-920-0501. Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, www.premierfitnessny.com**
- 22 OCT, NASA Eastern States Regional PL/BP/PS/PP (Wheeling, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com**
- 22 OCT, 1st NASA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-**

- 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.**
- 23 OCT, SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**
- 29 OCT (NEW DATE), Open Bench Press, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452**
- 29 OCT, Night of the Living Dead (\$500 best per bodyweight DL) Alex Campbell, 615 Swimmingpool Rd., Hampton, TN 37658, 423-725-2415, abcampbell69@hotmail.com**
- 29 OCT, APA Gatorland Open BP/DL/PP/SC (Bartow, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.**
- 29 OCT, 4th Atlantis Strongest Man in New England, (HOSTED BY BILL KAZMAIER) Trap Bar/DL/BP/Weighted Chin-Up/Thomas Inch (Paxton Center School, Paxton, MA) Benefits Paxton Fire Dept., 508-885-3686.**
- 29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**
- 29 OCT (corrected date), USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net**
- 29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735,**

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- November 3rd-6th, WPC Worlds/WPO European Semifinals/
- November 5th, APF/AAPF Pine Tree State, Russ Barlow
- 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
- WPO European BB4Cash. Helsinki, Finland. Minna & Ano
- Turtiainen
- November 19th, AAPF Southern States, Kieran Kidder
- December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder
- 25, 26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393
- 12, 13, 14 May 06, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

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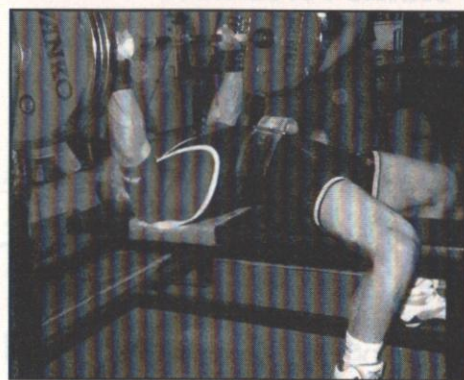
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13 AUG 05 - Livonia, MI

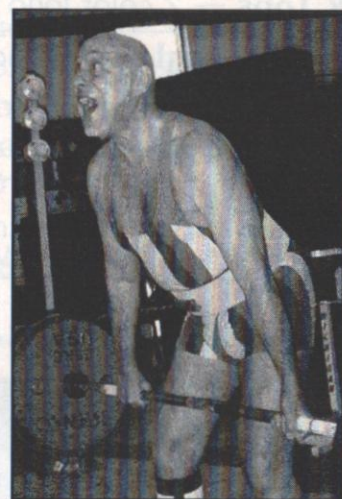
BENCH	Raw	SHW	J. Dolan
Master	260		
Equipped	DEADLIFT	Two-Man	
165 lbs.			
S. Hazelton	180		
242 lbs.			
D. Lawrence	142.5		Masters (85/83)
D. Meloche	135		R./J. Merrell
Open	100		
Push-Pull	BP	DL	
TOT			
Junior			
Raw			
220 lbs.			
T. Schneider	130	190	
320			
Open	SQ	BP	DL
TOT			
Equipped			
198 lbs.			
J. Decker	272.5	200	305 777.5
242 lbs.			
F. Givens	285	200	322.5 807.5
L. Lopez	272.5	232.5	275 780
Teen-3			
148 lbs.			
Equipped			
C. Ault	145	120	180 445
Master			
Raw			
132 lbs.			
R. Merrell	20	30	65 115
148 lbs.			
J. Meadows	32.5	37.5	70 140
J. Merrell	15	20	35 70
T. Drotar	40	35	90 165
165 lbs.			
C. Sell	27.5	37.5	95 160
181 lbs.			
McClelland	102.5	87.5	135 325
198 lbs.			
J. Jachim	137.5	150	180 467.5
B. Creech	92.5	50	120 262.5
220 lbs.			
D. Meadows	45	32.5	75 152.5
L. Turner	45	82.5	137.5 265
C. Roush	40	35	85 160
309 lbs.			
N. Manning	142.5	125	199.5 467
Master			
Equipped			
165 lbs.			
J. Harris	182.5	137.5	215 535



Scott Hazelton - opens with 385 (D. Van Eck)

over 61 years and I guess they do everything together, even triple bypass surgery. Both entertained with their full meet lifts but as they have done for over 61 years, together in unity, as one. They entertained the crowd with the 2-man deadlift, or shall I say man and wife deadlift. The bar is loaded, they approach the platform, Josie on the left and Roger on the right, hand in hand, they ease up to the bar, look at each other, sequence their breathes, bend down, grab the bar and lifted 100 kgs. to the top. Stay tuned to see if their 320 lb best will be conquered. The open class was very small but the weights lifted were gigantic. Each of the only (3) lifters that competed in the open class totaled over 1700 lbs. Josh Decker lifted in the 198 lbs. class but gave up 11 lbs. of strength at 189 lb body weight. He squatted 600 lbs., benched 440 and deadlifted 672. Lutario Lopez and Floyd Givens competed in the 242 lbs. class and gave the crowd an impressive show. Floyd won the battle in the squat with a 285 kgs. lift to Lutario's lift of 272.5 kgs. Lutario as usual benched impressive numbers of 232.5 kgs. He missed his final of 242.5 kgs, but lifted enough to surpass Floyd's 3rd attempt of 200 kgs. Floyd missed his first and gave the crowd a jolt when the bar went screaming downward toward his throat. The spotter's were on their game, with hands cupped they caught the weight. The bench is by far the most dangerous of the 3 lifts and the method used to spot has to be echoed throughout the sport. I have personally witnessed the bar crash down on the throat of one lifter, the sternum of another, and most recent the bar landed, yes landed, on the side of a lifter's head. All were OK but the ending could have been much worse. Enough of that. Lutario was in the lead at the subtotal with 505 kgs. to Floyd's 485 kgs. The 53 year old Floyd, with his patented sprint to the bar

heaviest Masters unequipped division lifter with a combined total of 265 kgs. The unequipped masters women had 6 lifters, with Josie Merrell totaling 70 kgs. in the 148 lbs. class, Terry Drotar totaled 165 kgs., also in the 148 lbs. class but was in a younger age group. Dorris Meadows finished the day with a 152.5 kgs. total and Carol Roush totaled 160 kgs. in the 220 lbs. class, Master 5. The equipped masters men was a crowd pleaser with Jim Harris, 165 pounder totaling 535 kgs., for his first meet back in over a year and half. John Jachim finished the day with 467.5 kgs., Tommy Damon finished his day 9 for 9 with a total of 565 kgs. and Neil Manning totaling 467 kgs. in the 309 lb class. The bench only competition entertained the crowd with Chicago's own, John Dolan. John opened the day with an easy 250 kgs. (551 lbs.) in only a t-shirt and singlet. Unequipped lifting at it's best. His second attempt of 260 kgs. (573 lbs.) press looked easier than his first and finished the day with an unsuccessful attempt at 272.5 kgs. (600 lbs.) press. The weight stalled half way up and tilted to his right side. Daryl Meloche finished with 135 kgs. press in the 242 lbs. class for his first meet ever. Dave Lawrence completed his day in the 242 lbs. masters-3 (50-54 years) Equipped division with a 142.5 kgs. press and Scott Hazelton wowed the crowd as usual with an impressive 180 kgs. (396.8 lbs.) press. That's almost 2.5 times body weight. Tim Schneider was the only lifter to compete in the ironman division (bench and dead) and totaled 320 kgs. Thanks very much to Unity Church of Livonia, Anna Collins, Ben Creech, Eddie Lawrence, Dave Lawrence, Jan Van Eck, and all the volunteers that helped make this meet a success. The ADFPF State Championship is October 1st in Benton Harbor, MI. For more information contact Dick Van Eck at 269-521-4031. (Thanks to Richard Van Eck for providing these meet results)



Ben Creech - is 77 years young!

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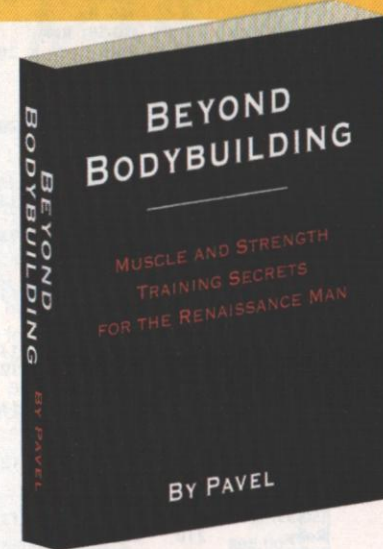
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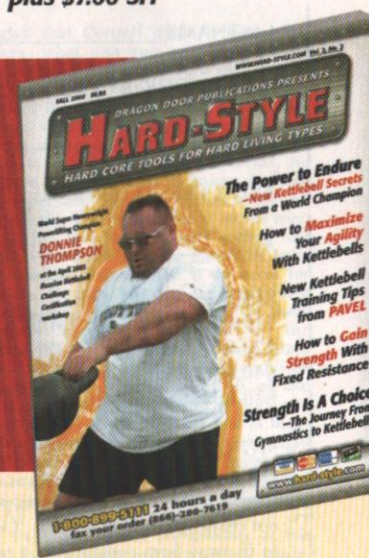
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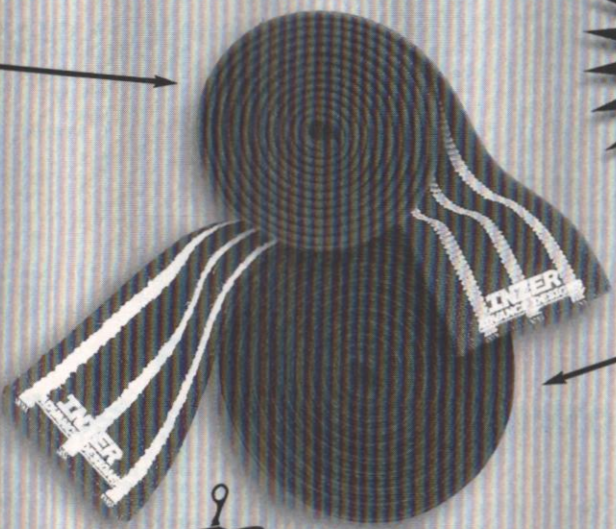
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BENCH	B. Brubaker 512	M. Silva 242	198 lbs.
WOMEN	S. Williams 485	M. Sparango	203!*
Master (55-59)	114 lbs.		
S. Mann 88*	S. Hoekstra 567		
Master (40-44)	P. Collard 507		
148 lbs.	E. Paez 413		
M. Sparango 121*	R. Stewart 369		
Open	A. Valdez 347		
198 lbs.	D. Marr 496		
N. l'Anson 192*	B. Meek 457		
MEN	S. Cartwright —		
Junior (13-15)	Master (40-49)		
148 lbs.	220 lbs.		
D. Bodine —	J. Lara 330		
165 lbs.	242 lbs.		
T. Hopson 226	S. Williams 485!*		
198 lbs.	B. Brubaker 512*		
D. Horine 209	275 lbs.		
Junior (16-17)	D. Hester 402		
148 lbs.	Master (50-59)		
T. Hunnewell 226*	181 lbs.		
220 lbs.	K. VanBuren 275		
J. Hoffman 336*	242 lbs.		
275 lbs.	S. Stone 429		
F. Rodriguez 385	275 lbs.		
Junior (18-19)	D. Knapp —		
181 lbs.	308 lbs.		
J. Longfellow 237	B. Meek 457		
220 lbs.	Master (60-69)		
S. Demarinis 424*	181 lbs.		
242 lbs.	C. Whyte 242		
A. Topchi 402*	198 lbs.		
308 lbs.	S. Bloom 270		
A. Segretario 429!*	242 lbs.		
Junior (20-23)	D. Smith 402!*		
181 lbs.	4th-408		
T. Olson 248	Master (65-69)		
Open	275 lbs.		
165 lbs.	D. Herrera 413!*		
L. Nelson, Jr. 220	Master (70-74)		
181 lbs.	220 lbs.		
L. Sparango 303	N. Spurlock 275		
198 lbs.	Master (75-79)		
M. Valencia 385	181 lbs.		
220 lbs.	A. Hale 132!*		
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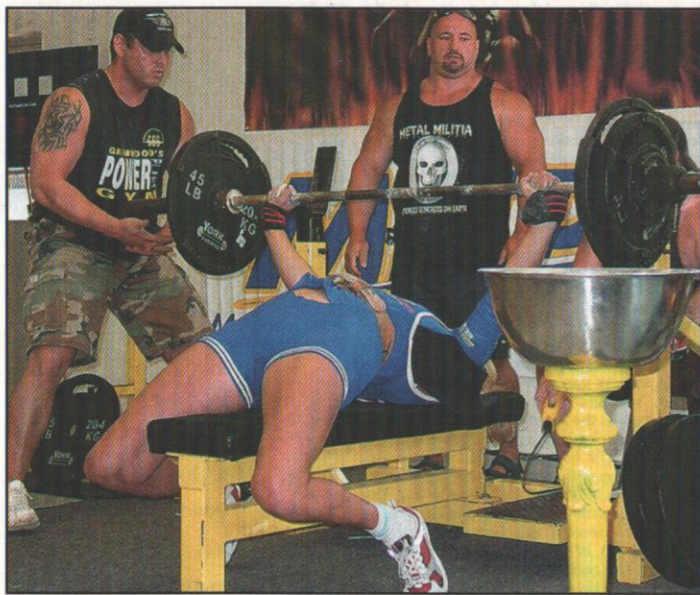
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If Under 18 have Parent Initial _____

Signature _____

APF Iron Azz BP
6 AUG 05 - Tribes Hill, NY

BENCH	242 lbs.
WOMEN	Open
181 lbs.	M. Ferlito 410
Open	B. Henderson 265
C. Seymour 230	275 lbs.
MEN	Open
165 lbs.	M. Newton 410
Open	Raw
R. Hillyard 360	M. Cole 315
181 lbs.	308 lbs.
Open	Open
T. Carrington 330	J. Hart 650
B. Sheldon 315	Submaster
198 lbs.	P. Porcelli 510
Open	Master-III
M. Wolfley 605	B. Godden 475
220 lbs.	
Open	
C. Weingroff 445	
T. Mayer	



Cassy "Tall Girl" Seymour PR'd 230 at the APF Iron Azz BP (McCaslin)

APF South Dakota Bench Bash
20 AUG 05 - Yankton, SD

BENCH	T. Borstad 575
WOMEN	Masters (45-49)
Junior (20-23)	220 lbs.
165 lbs.	B. Hunhoff 300
N. Thomas 175	Open
MEN	242 lbs.
Teen (16-17)	B. Leisinger 460
308 lbs.	275 lbs.
C. Berke 330	J. Law 470
Teen (18-19)	SHW
165 lbs.	D. Lewis 635
J. Schrempf 275	
Junior (20-23)	
SHW	

Best Male Lifter of the Meet: David Lewis.
Best Female Lifter of the Meet: Naqia Thomas. I would like to thank and congratulate all of the lifters who attended. It was a small meet, but many records were set. I want to thank the fans who came to support their friends and family members, as you make these big lifts possible. Finally, I also would like to thank the other two refs, Brian and Radim, the spotters, Paul, Sam, Alex and Lester, the score keeper Maria, and Brian for his helping hand moving chairs, etc. And to J.D. for letting us use his great facility for the meet. (Thanks to Josh Law for these meet results)

APF/AAPF Great Lakes Open
6 AUG 05 - Grand Haven, MI

BENCH	242 lbs.	181 lbs.				
MEN	Open	J. Ebben 315	205	330	850	
AAPF	181 lbs.	L. Phelps 580	315	135	1030	
Open	MEN					
165 lbs.	Teen (16-17)					
T. Hensley 430	198 lbs.	T. Nelson 560	245	455	1260	
242 lbs.	308 lbs.					
C. Tallman 650	S. Sweatt 365	P. Stratakis				
B. Yourist 420	220 lbs.	Pro Open				
308 lbs.	M. Zweng	220 lbs.				
R. Johnson 525	242 lbs.	M. Sawyer 425	275	515	1215	
SHW	T. Farrow 450	AAPF Open				
A. Stomberg 565	Submaster (33-39)	J. Urchick 710	340	540	1590	
AAPF	220 lbs.	L. Gritz				
Teen (18-19)	L. Gritz	505	B. Nassar 630	450	550	1630
220 lbs.	J. Martin 242 lbs.					
G. Flores 385	G. Elias 460	F. Givens				
Submaster (33-39)		308 lbs.				
SHW		C. Ewald				
W. Pauley 405						
WOMEN	SQ	BP	DL	TOT		
AAPF						
Open						

J. Stachowicz 405	200	405	1010
AAPF Master (50-54)			
242 lbs.			
F. Givens			
AAPF Master (65-69)			
220 lbs.			
L. Turner 100	185	300	585
AAPF Master (75-79)			
198 lbs.			
B. Creech 210	110	255	575
4th-DL-260			
Open			
198 lbs.			
J. Thomas 760	470	600	1830
220 lbs.			
R. Fuciarelli 760	480	625	1865
242 lbs.			
R. Bailey 655	500	500	1655
A. Diprima 100	405	600	1105
275 lbs.			
J. Zemmin 740	715	600	2055
D. Sopelsa 800	500	550	1850
Novice			
242 lbs.			
J. Gunter 480	300		
Submaster (33-39)			
SHW			
T. Greninger 840	570	675	2085

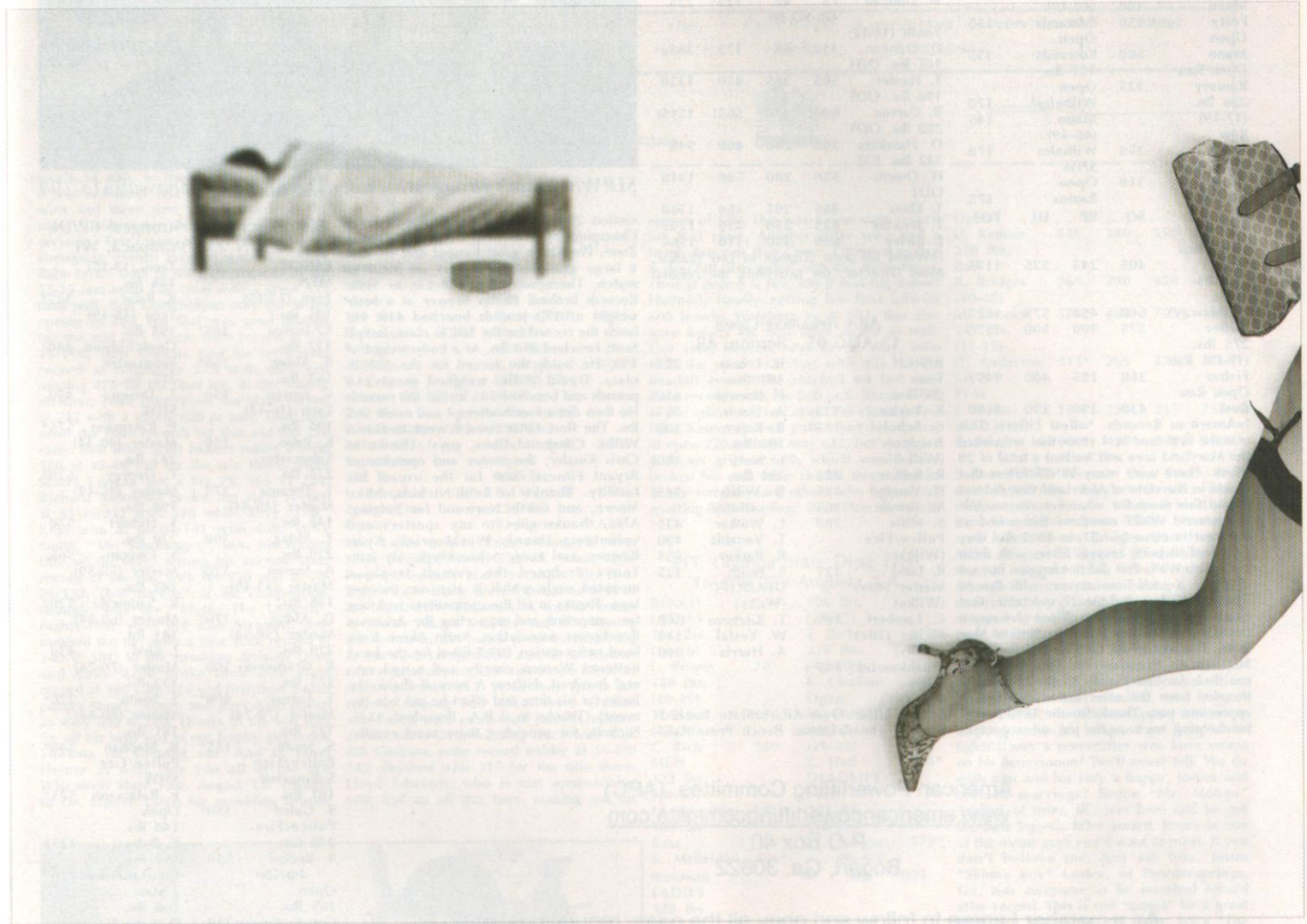
(Thanks to Andy Briggs for these results)

NASA Colorado Grand (kg)
20 AUG 05 - Denver, CO

BENCH					
WOMEN					
114 lbs.					
Open					
H. Patel 78.5					
Pure					
H. Patel 78.5					
Submaster Pure					
H. Patel 78.5					
123 lbs.					
Master-1					
K. Hughes 85					
Master Pure					
K. Hughes 85					
MEN					
181 lbs.					
Master-1					
T. Cencich 172.5					
275 lbs.					
Submaster-1					
J. Whitebread 227.5					
Master-2					
H. Blackmon 187.5					
Natural					
J. Lynn III 190					
308 lbs.					
Police/Fire					
J. Ehrhardt 210					
PS BENCH					
WOMEN	SQ	BP	DL	TOT	
114 lbs.					
Submaster Pure					
H. Patel 105	78.5	141	324.5		
Submaster-1					
H. Patel 105	78.5	141	324.5		
MEN					
148 lbs.					
High School					
D. Parrish 145	110	160	415		
181 lbs.					
Police/Fire					
R. Guerrero 227.5	157.5	205	590		
Pure					
R. Guerrero 227.5	157.5	205	590		
Master-1					
R. Nicoletti 185	125	215	525		
C. Bukowski 182.5	132.5	147.5	462.5		
242 lbs.					
Master-3					
J. Robinson 182.5	107.5	190	480		
Police/Fire					
J. Anderson 295	172.5	275	742.5		
275 lbs.					
Natural					
J. Lynn III 67.5	190	115	372.5		
MEN	CR	BP	DL	TOT	
165 lbs.					
Master-1					
K. Kaiser 70	120	160	350		
181 lbs.					
Master-3					
T. Kalen 55	95	137.5	287.5		
220 lbs.					
Pure					
M. Baca 85	142.5	212.5	420		
Master-1					
J. Miller 47.5	127.5	185	360		

(thanks to Richard Peters for these results)

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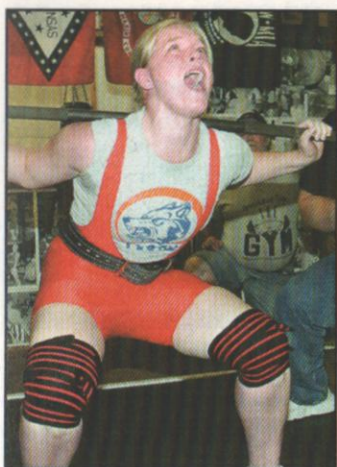
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STREET ADDRESS									DATE OF APPLICATION		
CITY						STATE		ZIP CODE			
AREA CODE	TELEPHONE NUMBER		MO	DATE	YEAR	AGE	SEX	US CITIZEN			
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)			REGISTRATION NUMBER			E-MAIL ADDRESS					
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Felicia Brown squatted 300 at the NASA IL St. High School contest.

NASA Illinois State High School
14 FEB 05 - Flora, IL

Push/Pull	BP	DL	TOT	
FEMALE				
132 lbs.				
R. Brown	75	170	245	
MALE				
132 lbs.				
C. Lenhart	115	185	300	
148 lbs.				
W. Higgins	150	230	380	
165 lbs.				
T. Lenhart	165	300	465	
T. Davis	170	230	400	
Special Oympics				
132 lbs.				
C. St. Clair	95	190	285	
FEMALE				
Fresh/Soph	SQ	BP	DL	TOT
105 lbs.				
G. Brown	180	95	175	450
123 lbs.				
L. Harrison	100	75	215	390
148 lbs.				
F. Brown	300	145	300	745
R. Shimchick	125	95	205	425
165 lbs.				
J. Mayernick	135	95	205	435
Junior/Senior				
114 lbs.				
H. Anderson	180	80	225	485
181 lbs.				
J. Spells	75	100	275	450
220 lbs.				
K. Tjarks	290	135	290	715



Travis Van Note has been lifting with NASA since his Youth Division days and continues to improve. (photographs by Smitty)

MALE				
Fresh/Soph	BP	DL	TOT	
L. Harris	200	120	280	600
A. Lutman	190	90	250	530
123 lbs.				
C. Harris	215	125	290	630
D. McLeod	155	90	260	505
165 lbs.				
J. Maffett	450	200	450	1100
198 lbs.				
A. Winke	360	165	360	885
220 lbs.				
M. Sharp	250	225	385	860
A. Evans	240	145	300	685
275 lbs.				
Z. Langhoff	405	275	435	1115
M. Zielsdorf	360	240	325	925
SHW				
T. VanNote	450	275	450	1175
Junior/Senior				
165 lbs.				
N. Mike	290	235	400	925
181 lbs.				
J. Hook	315	235	420	970
220 lbs.				
A. Harrison	425	260	465	1150
J. Elliott	390	240	435	1065
Schaumburg	325	220	465	1010
N. Poff	315	245	365	925
242 lbs.				
C. Bailey	400	250	475	1125
M. Clark	405	260	430	1095
275 lbs.				
H. Beck	500	420	450	1370

Steve's Gym Push/Pull
11 JUN 05 - Elkhart, IN

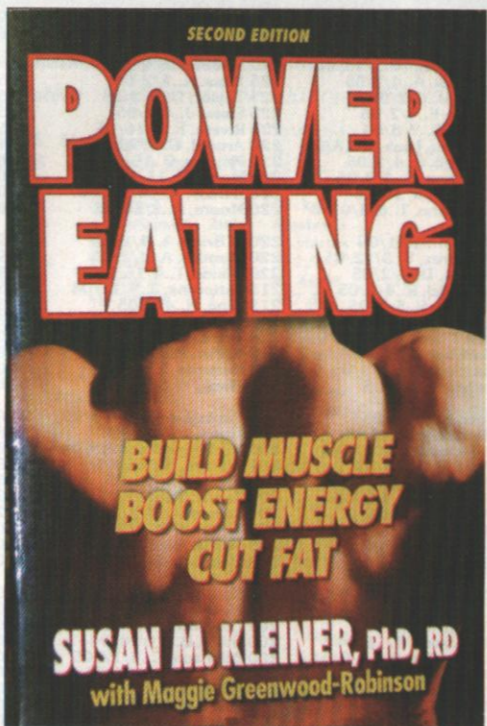
BENCH WOMEN		Open	
114 lbs.			
R. Brown	150	K. Herron	415
165 lbs.		Exhibition	
L. Boshoven	240	181 lbs.	
MEN			
Teen			
165 lbs.		N. Lewis	410
DEADLIFT			
MEN			
Youth			
J. Smoker	125	S. King	125
Novice			
165 lbs.		Teen (14-15)	
H. Thornhill	270	114 lbs.	
181 lbs.		M. Berryman	225
J. Shoup	290	Teen (16-17)	
D. Hogan	—	165 lbs.	
198 lbs.		J. Smoker	280
J. Grzegorek	230	181 lbs.	
220 lbs.		L. Berryman	415
A. Perkins	315	WOMEN	
242 lbs.		114 lbs.	
E. Tener	350	R. Brown	280
275 lbs.		165 lbs.	
A. Bontrager	315	L. Boshoven	480
Master			
220 lbs.		Novice	
T. Berryman	350	165 lbs.	
A. Reed	—	A. Rice	450
Master (55+)		181 lbs.	
242 lbs.		D. Hogan	500
J. Alheim	250	Natural	
275 lbs.		220 lbs.	
T. Striverson	460	M. King	530
Master (65+)		S. McKindle	450
242 lbs.		242 lbs.	
T. Andrews	275	K. Robbins	560
Master Open (50+)		Master	
220 lbs.		220 lbs.	
T. Sheehan	385	T. Berryman	555
Natural		Master (50+)	
165 lbs.		Open	
D. Clark	375	220 lbs.	
181 lbs.		T. Sheehan	515
R. Salvagni	420	Master (55+)	
220 lbs.		181 lbs.	
S. McKindle	—	J. Smoker	480
SHW		242 lbs.	
		J. Alheim	390

Best lifter Bench: Steve Jarusch. Special thanks to: Carol Smoker, Jon G. Smoker, Ron Cuny, Anson Wood, Larry Boynton, Rich Salvagni, and especially Scott McKindle. It was a very hot day for mid June, so any thoughts of doing it outside went by the wayside plus there was a threat of a thunderstorm which did happen, albeit

only for a few minutes, but enough to rain on our parade. Without air conditioning it was still plenty hot inside, but not as hot as Steve Jarusch who continues his steady climb towards greatness with his latest best-day-ever (until the next one). He sailed through 3 attempts, including a pr 635, but he wasn't done. He got a phenomenal 650 on his third, which should land him in the top 50 for the first time. This meet also featured the return of Indiana's greatest powerlifter, Rich Salvagni since his tragic injury with a WR 556 that he made in April 2004, only to have it come crashing down with a tear in an elbow tendon. Lifting sans bench shirt, he made a great 420. Even though he's just coming back, that's a lift very few natural 181s are going to make raw, and there's a whole lot more where that came from. Dan Clark was also in the hunt for best lifter with a 375 which he made only weighing 153! There are certainly Central Bench Press League records that would be his for the taking if he ever dropped a few pounds and went to 148. The big news in the deadlift is that best lifter was copped by a master female lifter, the great Lynne Boshoven, who made an excellent 480 at 165. Yep, she whipped us all, myself included. and I know that kind of thing just makes her day. It will be awhile before all the boys can live that one down, because she has a way of not letting us forget. The other female lifter in the meet. Renae Brown, also made a great 280 at just 114. (Thanks to Jon Smoker for providing these meet results)

17th Waiialua Health Club Meet
13 AUG 05 - Waiialua, HI

FEMALE				
SQ	BP	DL	TOT	
123 lbs.				
D. Nakamura	185	95	200	480
MALE				
Teen				
114 lbs.				
N. Ballesteros	155	105	205	465
T. Norton	155	105	205	465
132 lbs.				
J. Valmoja	225	225!	300	750
S. Pactol	225	185	295	705
J. Casey	205	205	275	685
J. Kaululaau	225	155	275	655
220 lbs.				
K. Biroan	210	155	2305	595
Open				
165 lbs.				
E. Manmano	475	305	565!	1345
C. Echinove	225	165	315	705
275 lbs.				
B. Pactol	645!	475!	135	1255
Master (40-49)				
165 lbs.				
B. McDougall	225	200	300	725
198 lbs.				
D. Agaran	45	370!	135	550
220 lbs.				
L. Tabladillo	405	300	405	1110



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