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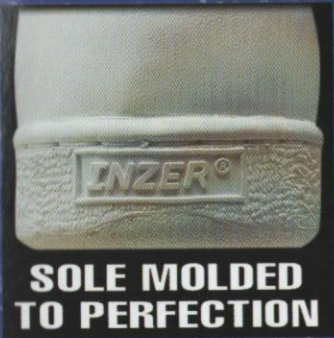
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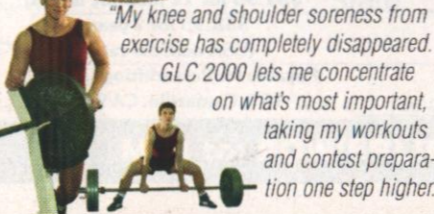
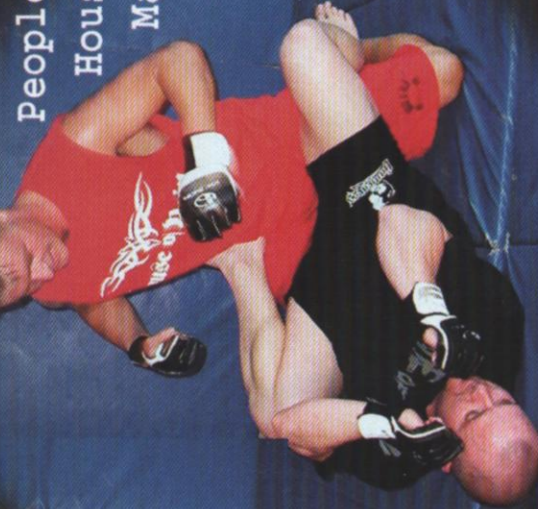
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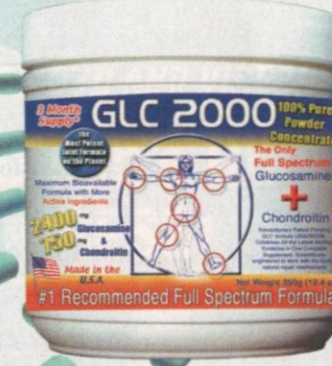
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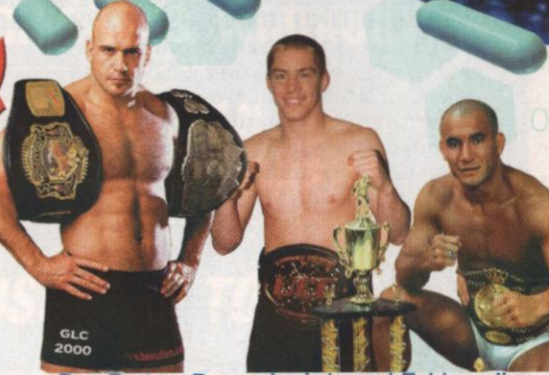
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ON THE COVER - The ever amazing Tony Conyers continues to blaze new trails in the record books for the Middleweights with a 2033 total at the APF Gulf Classic. (Gearman photo)

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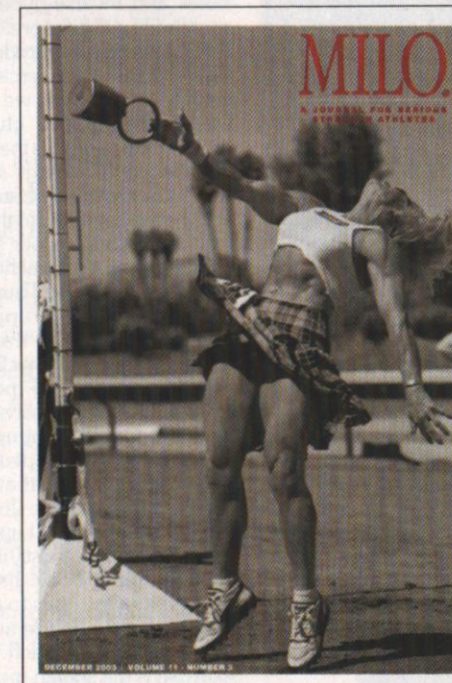
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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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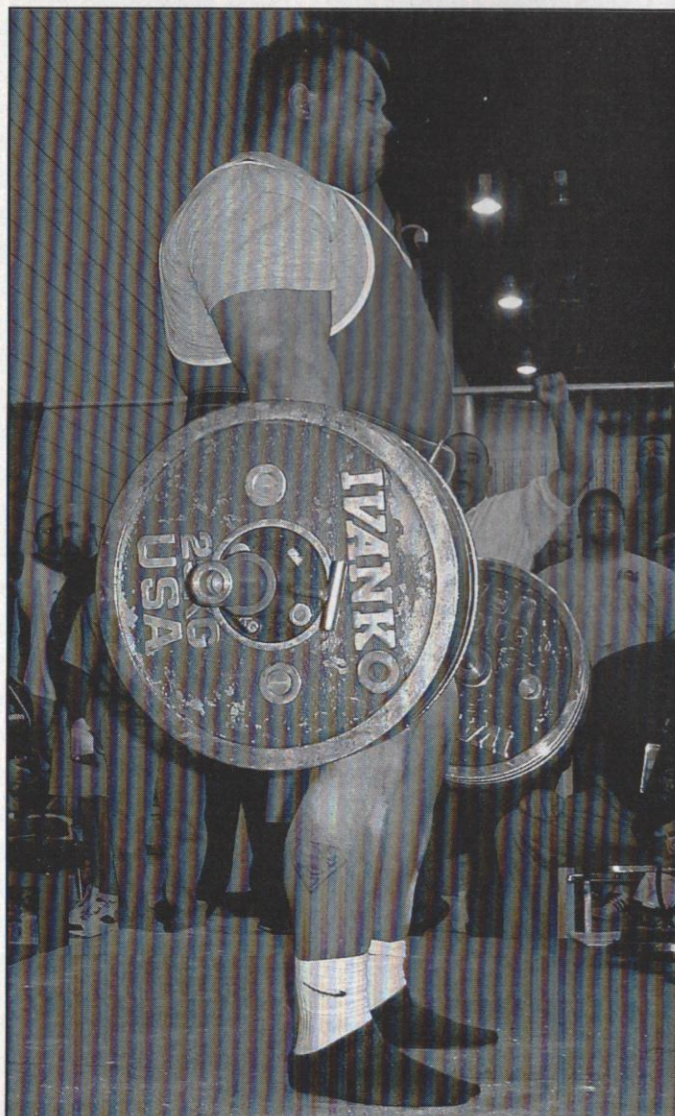


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TRAINING

KETTLEBELLS FOR PLERS

as told to Powerlifting USA by Donnie Thompson



Donnie Thompson pulled a PR 832 deadlift at the Show of Strength

Just like every other powerlifter out there, I look forward to and enjoy the TOP 100 list for each weight class when *Powerlifting USA* arrives. The TOP 10 totals seem to have the same people from year to year. So how does one move up the ladder from ninth to second, or even first? The competition is so fierce among the Top Ten that sometimes two kilos is all that separates one lifter from the next. Who doesn't want to be Number One? It has been my philosophy that in order to beat the best lifter in your weight class, all you have to do is out-lift them! What could be

simpler than that? This is derived from playing competitive sports like football or baseball. If you want to play, you have to outperform the guy in your position. This, my friends is called being a STARTER!

The first thing you can do to be a starter is having an edge. The lifter who is smart and has fewer injuries (all the Top Ten are strong) will have the longer, more prosperous career. The edge I have found is in the form of a cannon ball with handles called Russian Kettlebells.

I first started with Kettlebells in March 2004. I was sidelined with a

bulging disc in my lower back two weeks before the Arnold Classic. It happened on the last rep of my last set of deadlifts. Coincidentally, it was also my last training session before that meet. I was devastated. You're one of the Top 10 superheavyweights around, and then you can barely walk. Life sucked at that point. It took eleven days for me to be able to stand up straight again. I went to the 2004 Arnold Classic to help my training partner. Marc Bartley, who ended up taking second to the great Steve Goggins. They stopped the meet after the squats to accommodate the bench only people. We had about four hours before Marc benched so I went to the Dragondoor booth to meet Pavel Tsatsouline. A friend of mine, whom I call "Mr. Haney", had been preaching kettlebells to me for about a year and a half. He was a former South Carolina SHW powerlifting champion in the 1970s and early Eighties. He also had the shot put record that still stood at the University of South Carolina. When my back went, I told Mr. Haney to give me Pavel's book called "Russian Kettlebell Challenge". I read it in two hours. At the Arnold, Pavel was very helpful and showed me four exercises that helped me a lot: the spreading of the hips, the drop good mornings, the pulls from opposite sides and the snapping of the hips for the swing. He promised me nothing on the bench. Eight months later, I found out his tips worked. With my friend Mr. Haney leading the charge, we did simple stuff like one-arm swings between the legs. This led to Double-kettlebells between the legs. The back of our legs were in pain for five days. Already conditioned to Glute/Ham raises and reverse-hypers, I was surprised I got this sore. Then we did Double-swings outside the legs. These lower body exercises we did once a week because we found we were getting our glutes too overworked for squats the next day. 'Conventional' swings spare the glutes, compared to the 'sumo' style, and they also transfer to the deadlift well. Wednesday is our squat and deadlift night. We bench heavy on Monday and light on Thursdays, so we developed an upper-body routine. After about five months time, I packed on another 20 pounds and Mr. Haney 15 pounds of muscle! I have also lost any neck I had. The muscles in my upper back and shoulders developed so much from Kettlebell work that my neck just disappeared.

For the deadlift, I usually don't do any. I practice a few light sets about four or five weeks out. Then once I am comfortable, I leave the deadlift alone. With all the lower back pain I have suffered, I don't want to wake a sleeping giant. We emphasize so much squat work that the deadlift takes a back seat. When I added a lot of deadlift work in the past, that is when my back suffered injuries. The KBs not only build the muscles for the deadlift, but allow me to do the extra work I need without my lower back paying the price of injury. We do a lot of upper back work so when we do deadlifts, there is no problem. Also, you do not have to do any more shoulder work in your weight training session. The KBs will give your shoulders all they can handle. Fellow lifters, grip strength will no longer be an issue. You will have vice grip on anything you grab. The fat KB handle trains you for this. Think about it, a better deadlift, faster squat, and shoulder/upper back that rivals Hercules. What could be better?

After seven months of KB training, I pulled a PR deadlift at the 2004 Show of Strength of 832 lbs., to place me second to Paul Childress. I went three for three and my bodyweight was 383 lbs. SHW lifters are not supposed to have the stamina to pull three deadlifts, let alone PR! I only wore a belt, no deadlift suit! I had a near miss of 804 on the bench only because I could not lock out my left elbow. That is another story for another time. Dropping some weight for the 2005 Arnold Classic, I came in at 372. It was a wacky day for SHW powerlifting, but I ended up the WPO SHW Champion, going only

sequence. Then we go through a second time. That is six sets all together. Lastly we end up with a more advanced exercise called the bottoms up press. This is where you swing both KBs up directly over your head to a static position. The bottom of the KB is facing the ceiling or sky. You then carefully lower the KB down to your shoulders and press back up without letting the KBs flop over. Makes a man out of you. This is done for three sets after your other exercises. Due to its drastic effect on the upper body, it is hard to perform other exercises when the bottoms up move is done. Your forearms, arms, and shoulders will be fried. Do any combo of KBs you want. For instance, you can start with 44s then do our second set with 53s. For your third set, you can try the 62s. Instead of doing double KB swings, you can try one arm swings, snatches and snatch presses. Bottoms up can be performed one arm at a time also. To learn the exercises, start with single arm movements. Once you have that mastered, go to doubles. Top powerlifters and football players would benefit greatly from this.

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DONNIE THOMPSON'S WEEKLY WORKOUT SCHEDULE

MONDAY:

Heavy bench day.

TUESDAY:

Light shoulders.

1. Double Kettlebell swings outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
2. Double Kettlebell snatches outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
3. Double Kettlebell snatches & presses outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
4. Double Kettlebell bottoms-up snatches & presses. 3x8. 53s only.

WEDNESDAY:

Heavy squat and deadlift night.

THURSDAY:

Off

FRIDAY:

Speed bench and heavy shoulders.

1. Double swings outside the legs to eye level. 3x6-8. Climb the ladder, 70s, 88s, for two sets.
2. Double snatches outside the legs. 3x6-8. Same
3. Double snatches and presses outside the legs. 3x6-8. Same.
4. Double bottoms-up snatches and press. 3x5. 70s.
5. One arm snatches between the legs. Line up a 70, 88, and a 106 for a ladder. 5-7 reps. A brief rest, then another ladder. Note: I switch my arms. The first ladder: 70L, 88R, 106L. The second ladder: 70R, 88L, 106R.

SATURDAY:

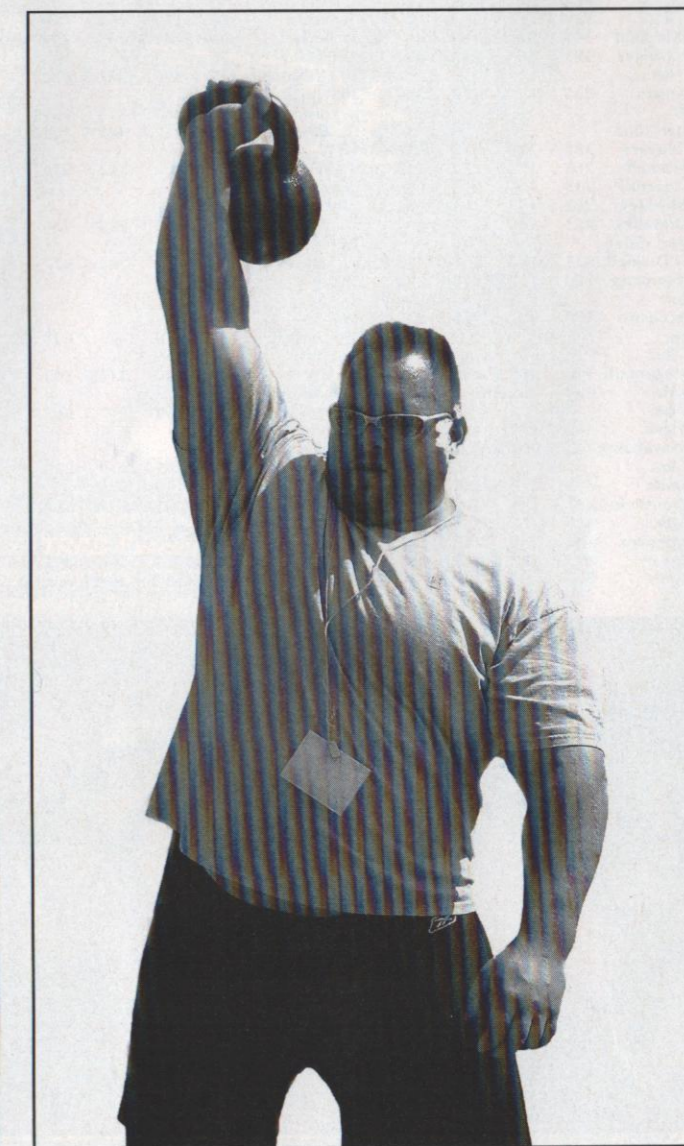
Speed squats and lower body kettlebells.

1. One arm swings between the legs with an 88 for two sets of 6. Then two more sets with the 106. Emphasize the snap of my hips and lower back at the top position. This is really greuling and no one likes to do these. A lot of lifters can't do these. It is by far the best deadlift builder I have found.
2. Double kettlebell swings between the legs using a "sumo" style stance. Start with 70s for two sets of 6, then use 88s for a second two sets. Large degree of difficulty. This is really greuling and no one likes to do these. A lot of lifters can't do these. It is by far the best deadlift builder I have found.
3. Windmills. Holding the 88 in the full snatch position, push into your outer hip and reach for the floor. The whole time your attention should be focused on the overhead kettlebell. You can make it more difficult by putting another kettlebell by your reach foot. Lift this as you go back up. It resembles a "two hands anyhow", from the old Sandow days.

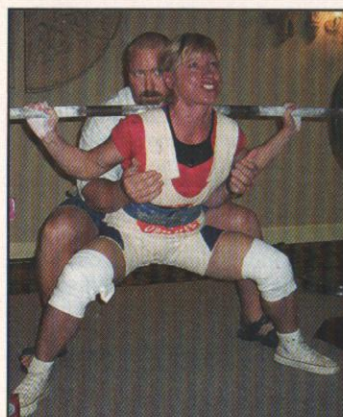
4/9. With a lot of luck and my KB training, my dreams were finally realized. The WPO SHW class is the hardest in powerlifting history. We have 6 guys that can do over 2600 lb. totals at any meet. To be the last man standing was an honor. I am not fool enough to think I was stronger than any of my competitors. To keep a top position in the WPO, I will have to work harder and smarter than ever. My secret weapon last year was my Kettlebells. It is a secret no more. Interest in KB training has most all the top competitors trying them. My training partner and the top 275er, Marc Bartley, started on them with reckless abandon this past year. He has two consecutive Arnold victories behind the great Steve Goggins with his best yet to come.

Training is also very much fun, for a change. I have been lifting religiously since 1979. It is nice to have something new to look forward to. We also like doing KB training with others who are not powerlifters.

I have had bodybuilders, football players, female cops and military lifters to do KB's with. You can perform the KB exercises anywhere. Outside or inside, it doesn't matter. Change your training regime up all the time. Go for time. Go for reps. Challenge each other to KB contests. Also, you can go for endurance. My buddies and I go heavy and challenge each other all the time. Most of my partners sneak off from their workplace just to do KBs with me in a group setting. I suggest you purchase Pavel's book called "The Russian Kettlebell Challenge". Get the DVD while you are at it. You can purchase them from Dragondoor.com or Elitefts.com. Once you get comfortable, order the more advanced DVDs and consider getting RKC certified. Marc Bartley, Mr. Haney, and myself did so last April and we were humbled, to say the least. Remember, to be the best, all you have to do is outlift the best. That is all!



Donnie is now certified as an instructor in the art of Kettlebell lifting



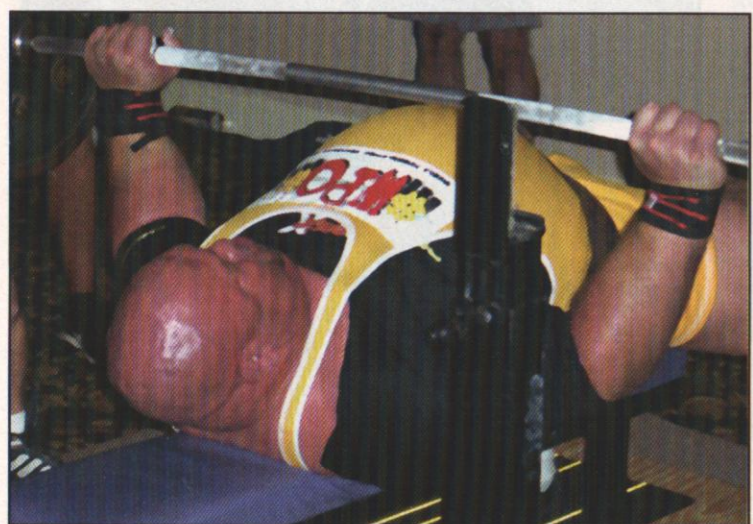
Margaret Kirkland squatted 429



Beau Moore totaled 2072 lifting raw.

APF Gulf Classic (kg)
24 SEP 05 - New Port Richey, FL

BENCH	181 lbs.			
MEN	M. Bellfuss 120			
Master (40+)	198 lbs.			
R. Cowser	205	T. Ivanov	250	
Master (50+)	220 lbs.			
R. Douglas	165	K. Schulz	140	
R. Williams	157.5	J. Laomb	215	
165 lbs.	J. Dimino 1050			
		R. Ficca	220	
WOMEN	SQ	BP	DL	
123 lbs.			TOT	
M. Kirkland	195	92.5	165	452.5
J. Roisinger	182.5	85	165	432.5
165 lbs.				
C. Myers	235	85	177.5	497.5
MEN				
Master (40+)				
T. Conyers	387.5	220	310	917.5
R. Schmidt	265	177.5	272.5	715
D. Agostini	235	165	220	620
B. Bleekley	262.5	157.5	262.5	682.5
S. O'Malley	255	145	205	605
Master (50+)				
T. O'Donnell	325	190	307.5	822.5
M. Hamburg	200	152.5	210	562.5
Junior				
I. McGinnis	100	92.5	142.5	335
Open				
181 lbs.				
D. Cagnolatti	320	207.5	250	777.5
K. Kirby	260	132.5	250	642.5
198 lbs.				
D. Flesh	347.5	215	272.5	835
J. Wisenbaker	342.5	207.5	267.5	817.5
220 lbs.				
C. Smith	365	272.5	295	932.5
R. Weinstein	267.5	215	280	762.5
242 lbs.				
C. Simmons	442.5	330	282.5	1055
R. Tinney	375	217.5	305	897.5
T. Burns	315	207.5	227.5	750



Garry Frank was on his way to an all time world best total, with a successful 1102 squat and a 782 BP, but he couldn't get a DL in. (Gearman photos)

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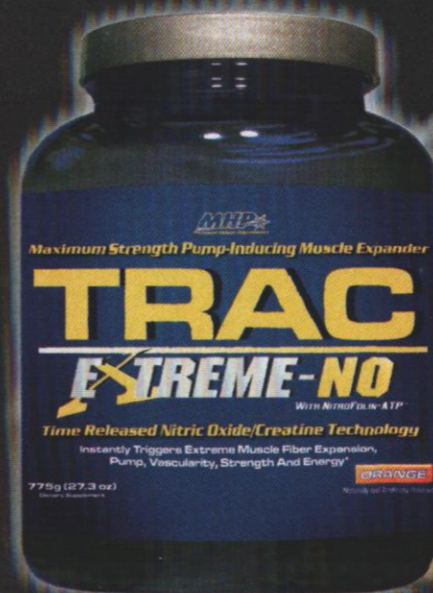
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FORCE TRAINING

by Jim Wendler and
Elite Fitness Systems

How things have changed. Five years ago, all you ever read were articles on how to use your gear, how to use your bench shirt, squat suit, knee wraps, etc. Now people want articles on how to train without gear. Very strange. But since I'm a whore to the masses, I've decided to give some of our readers exactly what they want. Since many articles that are on EliteFTS are based for powerlifting (and thus wearing a suit), I decided to take a look at raw squatting and how things should be altered. So here's my article on squatting without gear.

To prep myself for this article, the first thing that I did was look at how a squat suit helped a lifter and how this altered the technique and prep of the lift. I came up with the following:

1. A squat suit is designed so that

RAW SQUATTING

as a lifter sits back into the lift, he increases the rebound of the suit. I like to use the term, "loading the suit." Think of the straps and the hips of a suit as being attached by a rubber band. The further you can push your hips back, the tighter the straps of the suit. While this makes it very difficult to go down, it makes for a tremendous rebound. I was thinking of a way to make myself appear smarter by using some fancy physics and other terms. I was thinking of the Pythagorean Theorem or something like that. The bottom line is that a suit lends itself to sitting back into a squat. 2. A suit will provide a feeling of tightness and strength in the abs and low back. I'm not going to start

preaching the importance of abdominal and low back strength. We all know how important it is. 3. Wearing suit and briefs do prevent injuries. I know that gear is really designed for one thing: lift more weight. But you do have quite a bit of injury prevention when using gear. All you have to do is look at how many older lifters still remain competitive and many of them will credit the advances in gear that have prolonged their career. 4. A suit will give a tremendous rebound out of the hole. Much like a bench shirt, the squat suit will aid in the bottom of the lift. This is similar to my first point, but this isn't as much form related. A squat suit

can somewhat mask a weaker starting point.

So now that we have analyzed the basics of how a squat suit can help you, let's see how we can alter squat training to better help the lifter that doesn't use gear. Before I begin, I should first define what I consider a raw squat. A raw squat is one done without the help of briefs, wraps or a suit. I believe that when attempting maximal or near maximal weights, one should use a belt. There are many people that may disagree with me, but a device that could help prevent a serious injury to the lower back should be used. This does not mean that you should not train your lower back and abdominals, but I don't see the point, or the ego gratification, of training in such a way that could sideline you from lifting in the future or even day-to-day life.

Technique Changes

Now what I am about to say may go against what you have previously read or experienced, but I believe it to be true. Remember what I said about a squat suit helping a lifter to sit back into a squat? Most squat suits are

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designed for a lifter to sit back into a squat. Sitting back is still recommended, but you MUST squat down at some point. This will take advantage of your quads. So the first movement of your squat should always be back -- your hips should shift to the rear much like the start of a good morning or a Romanian deadlift. Beginning a squat by breaking at the knees is a great way to injure yourself, develop some serious knee problems and limit the amount of weight that can be used. This is fine if you believe that a 225 lb. squat is OK and you think tendonitis and other sordid maladies are signs of being a man.

Once you have reached about halfway, open up your hips (push your knees out or "open your groin") and squat DOWN. This will ensure that your knees are still safely inline with your ankles or the midpoint of your foot while still maximizing the strength in your quads.

Once you've reached parallel or slightly below (I'm not even going to approach the subject of squat depth; that's what forums are for), maintain the same knee alignment, and begin your ascent by thinking of two things: leading with your head and chest and driving your elbows forward. It should be like a violent explosion, but not so much that you fall out of the groove.

There are many powerlifters that still squat like this and some of

the best examples are Ed Coan, Travis Mash and Brent Mikesell. All three of these guys are tremendous squatters and it would behoove you to check out any kind of video to see how these guys squat.

I should point out how critical it is to begin your descent properly, whether you use gear or not. If you start wrong, there is a good chance you will miss the lift; especially when handling maximal weights.

Another point that I would like to make is that when box squatting, your form should be exactly as if you were free squatting. Squatting on a box does not give you the right to do the following:

- Descend faster
- Descend slower
- Bounce onto the box
- Sit too far back
- Excessive rocking (some will rock a little bit)
- Groove bouncing to get the weight up

(I am not going to get into this, but those that do this, know what I mean)

Box squatting is the most effective way to squat. I firmly believe this. It teaches you to sit back, keeps the stress off of the knees, you cannot bounce in the bottom position (saving your knees), very easy to teach and because you generally can't use as much weight as a regular squat, is easier on your lower back. Why more performance coaches don't

use the box squat is beyond me. But if you box squat more than you free squat, and don't use the same technique, then you are simply

Back and Abdominals

I mentioned how a squat suit gives you the feeling of tightness. Anyone that has lifted weights for any period of time has heard the term, "Stay Tight!" Since you are sans gear, developing a very strong back and abs is crucial.

Notice that I did not say "low back". When squatting raw, your entire back, from your traps to your low back are being taxed. Many times a properly worn/fitted suit will help you lock everything into a strong position. But since you don't have that option, you have to make up for it. In order to maintain proper position (and prevent injury) your entire back must be strong. There is a simple, but not easy, solution. Train your back from several different angles. For your traps/upper back, shrugs, high pulls and various deadlifting (pin pulls, snatch deadlifts, deadlifts off platform, etc.) are great choices. For your mid back, any kind of row done to the stomach (db rows, bent over rows, chest supported rows w/ various grips) are good choices. For overall back strength, the chin-up/pull-up can't be beaten.

For your lower back, back raises, 45 degree back raises, good mornings and Reverse Hyperextensions will certainly fit the bill.

I should point out that deadlifts pretty much work every part of your back, so this is a great choice for everyone, especially beginners.

I've given a huge list of exercises, but in reality, you only need to do the ones that are the most cost effective for you. For me, chin-ups, chest supported rows and dumbbell rows are great for my lats. Shrugs are always great, but since I've done a lot of Olympic lifting during my years playing football, this area has always been fairly strong. For lower back, the 45 degree back raise is one of the best ways to do a strict good morning, limit the load on your spine and still reap the benefits.

I have always done two lat exercises per week (one exercise per upper body day) and 1 lower back exercise per week. Lats and lower back are usually trained with the repetition method -- 3-5 sets of 6-12 reps. I do not like to train these to failure or too heavy, but I wouldn't fart around, either.

For your abs, I would stick with a variety of exercises to prevent boredom. But the important thing is to have exercises that you can load. For example, side bends and sit ups are easy to add weight to. Although I never loaded hanging leg raises, I still feel that this is a good exercise. Again, the

repetition method is used. I usually train my abs 2 times per week.

Remember that your abs and back are held statically when you squat so this is no time to be Bobby Ballistic when training. This doesn't mean you have to hold every rep of every set. This just means that you should concentrate on holding proper position when you perform your exercises. Just don't do something to do it; do it with purpose.

Injury Prevention

The main way a suit and/or briefs can help prevent injury is by keeping your hips healthy. Anyone that has used these can attest to this fact. The best way to keep your hips healthy is by altering your stance and my performing mobility work for your hips, dynamic stretching for your entire body and static stretching. The foam roller for your IT band is also a great thing. Mobility work and dynamic stretching should be done before you lift and you should never get under a bar until you feel like your body is ready. For older lifters, this may take 20 minutes of warming up. For younger lifters, you may not need much at all. Also, never add weight to the bar unless you are ready. Just because you do a set at 135 doesn't make you legally obligated to go to 225 or 185. It's ok to take it again. Don't worry; no one will make fun of you. Remember that in order to maximize your training session you must be optimally ready for your training lifts. If you are still getting warmed up on your first set, you are just wasting time. There are many days where I can walk in, do 10 leg swings and start my sets. Other days, it may take me a half-hour. This half-hour is NOT a waste.

Stance

I think a lot of people have been misguided, and part of it is my fault, on the width of a squat stance. If you are looking to be a wide stance squatter, this doesn't automatically mean that you squat with your feet almost touching the sides of the Monolift. I think people have automatically assumed that everyone squats as wide as Chuck Vogelpohl. This is definitely not the case. To maximize your hips AND your legs, your stance needs to be adjusted accordingly. A wide stance is usually defined as being slightly wider than shoulder width or wider. The key is that your stance needs to be wide enough so that you can sit back into a squat but not so wide that you can't bring your quads into a squat. Everyone is going to be different but generally people will take the stance that makes them feel more powerful once there is a significant weight

(article continued on page 44)



Ed Coan (seen above at the 1989 USPF Senior Nationals held in Las Vegas, Nevada) has a style that raw squatters could well emulate.

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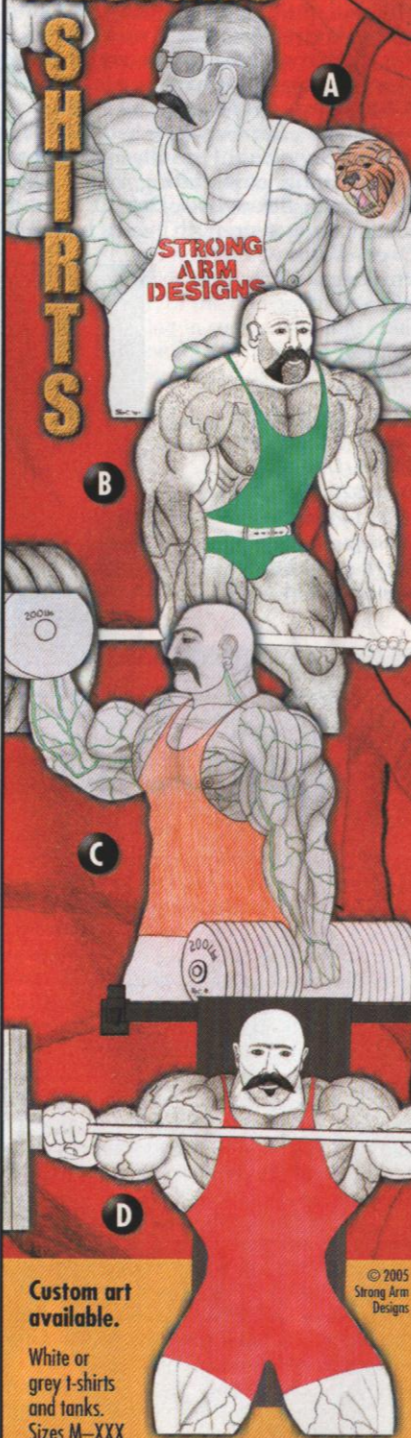
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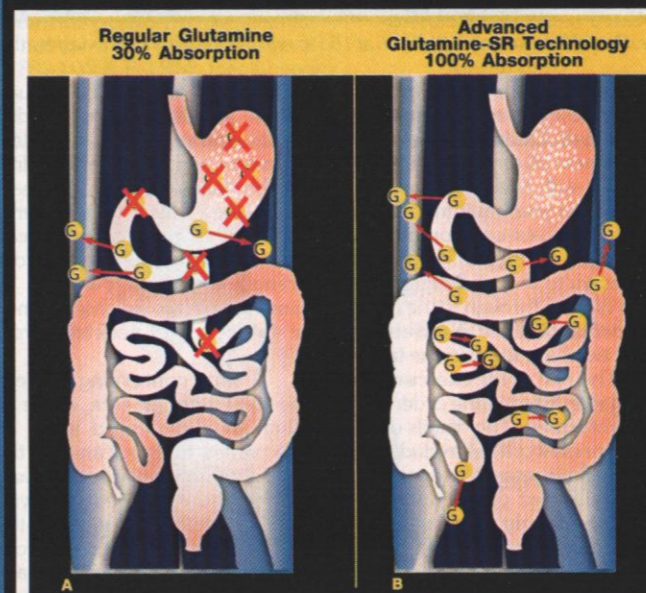
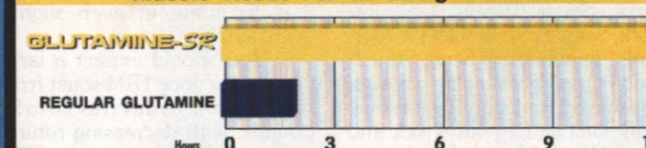
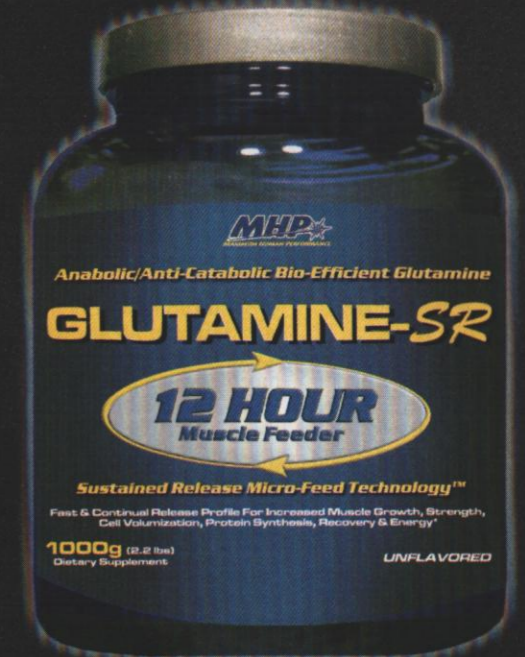


Fig. A illustrates that approximately 70% of regular glutamine is utilized in the stomach and the intestinal tract and never reaches the bloodstream to feed muscle tissue.
Fig. B illustrates that the patented sustained release Microfeed Technology in Glutamine-SR protects the Glutamine molecule as it 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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This program is designed for the intermediate to advanced lifter. The lifter should have 3 to 5 years lifting experience while squatting at least two times per week during that time period. If the lifter is only squatting once per week, a 12 week preparation cycle would be needed to attempt this training cycle. The program is a 10 week cycle used in conjunction with a 12 week bench cycle. Benching occurs three times per week on Monday, Wednesday, and Friday. Deadlifts are done on Saturday after squatting. Although the squat effort is extreme, you can still improve your bench and deadlift during this time frame if you make the commitment. This program should not be used year round; at most two cycles per year should be attempted. This is a very regimented routine, so if you don't like to train that way, don't use this program. In order for this program to work, no workouts can be missed. Be dedicated to your training. If others don't understand, that is not your problem. Take your glory on meet day. It is also very important not to miss any repetitions. When calculating your percentages based on your one repetition maximum (1RM) with only a belt, use whatever poundages you can do right now. For the equipment 1RM use what you made in the last meet (NOT the most you have done, what you 'knew' you could have done...). Sleeping and eating correctly is important to any powerlifting program, but a drug free lifter on this program will not survive without adequate sleep (at least 8 hours a night) and food (at least six high quality meals per day). Be aware that you will gain weight on this program, so be prepared to make weight come meet day or plan to move up a weight class now. If you complete this program mortals will bow at the feet that support your "God-like" quads. Not really, but you will squat more.

This program is based on a Russian training cycle developed by S. Y. Smolov which was described in the June 2001 edition

of *Powerlifting USA* by Pavel Tsatsouline. The routine has been modified for longevity and for less use of equipment. After reviewing the volume involved with this program you and your friends will start whining about how ONLY someone on steroids could do so much heavy squatting per week. Well, I thought the same thing until junior lifter Adam Schaeuble from the Iron Pit Gym in Bloomington, IN gave it a try. His squat increase was phenomenal. I have used this program multiple times. Check the USAPL website to see that I have passed numerous drug tests. So, if drug free master and junior lifters can do this program, why can't you?

Warm up as necessary to get your muscles, mind, and nervous system ready for the weight you will be using for your work sets that day. Don't tire yourself out doing your warm up sets. Warm ups are movements done to increase the blood flow into the muscles that will be doing the work and to acclimate your body to the stresses of increasingly heavier weights. A jump in weight that is too large will cause your mind and body to be shocked, which could lead to a missed lift even if you are strong enough to make the weight. On the high rep volume days (Monday and Wednesday), very little warm up sets are necessary. Every repetition needs to be done exactly the same, including depth, from the first warm up sets to the last heavy set. Squat as deep as is needed to satisfy the strictest judges in your lifting federation of choice. If you have to cut any of your squats high to complete a set, the weight is too heavy. Cutting squats high has traditionally been the number one reason for bombing out of meets, before the modern day bench shirts.

Limit the amount of equipment used during training. This will allow you to make more strength gains with less wear and tear on the body. On the high volume days (4 sets of 9 reps) try doing those without a belt. For all

A new concept in weight training instruction. A 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).



Dr. David Bracken squatted 606 at 165 to win the '04 IPF World Masters title

sets and reps from Week 1 through 6 do not use any equipment other than a belt. During the last three weeks wear all of your equipment so you will feel 'comfortable' squatting in your equipment in the meet. If you have only competed in a couple of meets it may be necessary to wear full equipment from Week 6 through to the meet. The details of all the squat sets and repetitions are listed in the table.

The rest of the exercises are as follows, listed in the order they are preformed. The details of the bench press work are excluded for clarity. Four sets of 5 repetitions are preformed on all accessory exercises, nearly reaching failure on each set after the first.

Monday - Weeks 1-10: Bench press, Squat (except Weeks 6 and 10), Shoulder work, Core strength (ab wheel or hanging leg lift or medicine ball ab drop), Neck plate raise (front and back).

Tuesday - Week 10: Squat, Deadlift (50%-60% 1RM x 3 x 3).

Wednesday - Weeks 1-9: Bench Press, Squat (Weeks 1-5), Lat work, Seated row shoulder shrugs, Curls, dumbbell side bend, Stretch band sit back (for deadlift lock out), Reverse hyper (light 10 rep sets), Static wall sit, Leg raises (side and front). **Week 10:** Light bench press work.

Friday - Weeks 1-9: Bench press and bench accessory work, Squat as listed in table.

Saturday - Weeks 1-9: Squat, Rotate [deadlift, partial deadlift (rotate starting above and below the knees), and Romanian deadlift], Dumbbell shoulder shrug, Alternate (ham glute raise with reverse hyper), Calf raise (standing calf machine or with barbell), Core strength (high pulley crunch or hanging leg lift or weighted crunch on stability ball...), neck bridge roll.

A note concerning modern day equipment: be sure, either by using an experienced judge or video review that you can go to the same depth you have used on every rep during the volume weeks with your full equipment and with the weight you intend to use on your opening attempt. You should have done your opening attempt, at least, the last three weeks in your training cycle.

The last week of training includes a severe taper on squat volume, you will need this reduction in volume to be at your peak come meet day. Remember, it is better to come in somewhat detrained than it is to come in even slightly overtrained.

You should expect a large increase in your 1RM squat from this program, as much as 10 to 50 pounds, with decreasing returns during future training cycles. The closer you are to your full potential the harder it will be to put pounds on your total. The philosophy every serious powerlifter should have is

to make small increases on each lift at every meet. These small steady gains add up to large increases in your total over time with relatively few injuries. In order to make small gains at each and every meet, good attempt selection is a must. Base your attempts on what you did on your last heavy training day, not what you should have done or 'could' have done. Yes, you should be stronger on meet day due to the adrenaline rush of the meet and your training taper, but don't expect to do 10% more in the meet than you did your last training day. There are also things that will reduce the amount of weight you will be able to lift on meet day such as: the bodyweight loss to make your weight class, lifting in an unfamiliar environment, and timing of your lifts (whether the wait between attempts is longer or shorter than what you are used to, it could have a negative effect).

Use your meet equipment on your last heavy training day. If you need to lose considerable bodyweight to make the weight class limit, then you will need equipment that is only used on meet day. Meet attempts: 1- 95% of your equipped one rep maximum (E 1RM) prior to this training cycle. Something you can make no matter what the lifting conditions are. 2- 98%-102% E 1RM. Ideally your

second attempt should be a small (2.5-5 kg) personal record. If for some reason you miss your opening squat under no circumstances should you attempt more on your second attempt; 3-103%-108% E 1RM. The most you can do that day. Honesty is the best policy. Don't pick a weight you want to do or you think you need to win. Select your final attempt based on how things felt on your second attempt. Have ranges for each attempt before you ever leave your house to go to the meet, and don't exceed the upper limit that you predetermined, under any circumstances, while in the meet.

I would like to thank *Powerlifting USA* for giving me the opportunity to write this article, Greg Simmons my coach, good friend and Chrony brother, my family (Julie, Kory, and Taylor) for putting up with me when I am squatting 4 times a week, my spotter and meet helper Mark Lausen, and the owner of Iron Pit gym Doug Ballard. I look forward to seeing some big squats at your next competition. If you do try this program, please give me feedback on how well it worked for you. Any comment or questions can be sent to dsbracken@att.net.

DAVID S. BRACKEN, PH.D
"Powerlifting, the sport for the short."

WK	DAY	SQUAT % x REPETITIONS x SETS
1	Mon&Tue	65%Rx8x3, 70%Rx5, 75%Rx2x2, 80%Rx1
	Wednesday	0%Rx5x4, 75%Rx3, 80%Rx2x2, 90%Rx1
	Fri&Sat	Explosive Drills & Plyometrics
2	Mon, Wed, Tue	80-85%Rx5 or more
3	Monday	70%Rx9x4, walkout 95%E, 100%E
	Wednesday	75%Rx7x5
	Friday	80%Rx5x7
	Saturday	85%Rx3x10
4		Add 20 pounds to week 3, walkouts 100%E, 105%E
5		Add 10 pounds to week 4, walkouts 105%E, 110%E
6	Saturday	Max out no equipment
7	Monday	80%Rx3x3
	Saturday	95%Ex1x2, loose suit, loose wraps
8	Monday	80%Rx3x3
	Saturday	95%Ex1x1, 100%Ex1x2, tightersuit, tight wraps
9	Monday	80%Rx3x3
	Saturday	95%Ex1x1, 100%Ex1x1, 105%Ex1x2, Full meet gear
10	Tuesday	60%Rx3x3
	Saturday	Meet Day

%R = % Raw 1 Rep Maximum; %E = % Equipped 1 Rep Maximum
Perform warm ups as described in the text.

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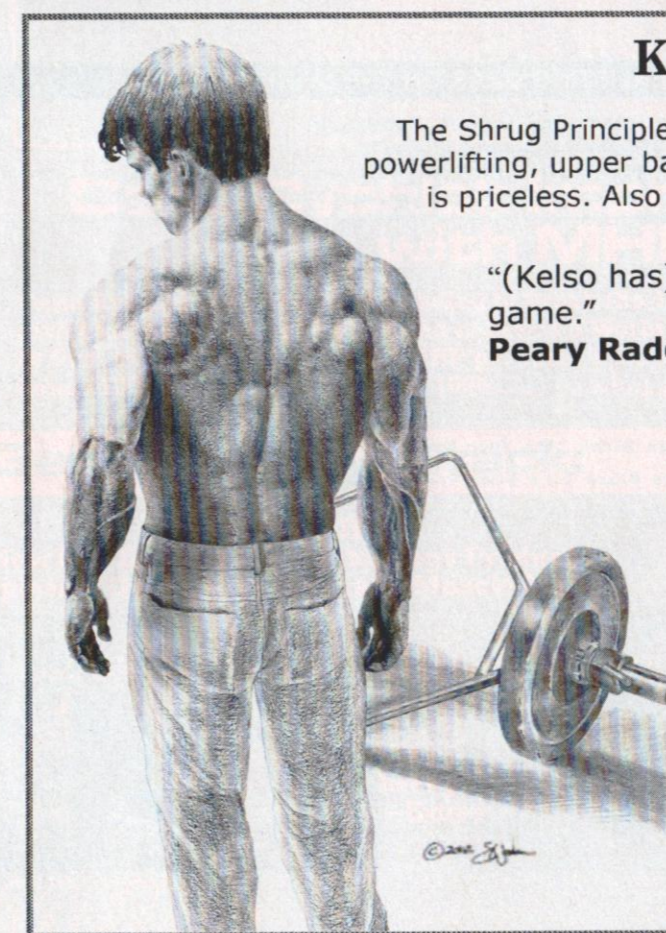
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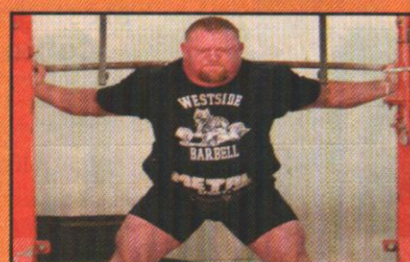
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When I was a little boy, I loved the New York Yankees. I lived Yankee baseball. I had a Yankee hat, lunch pail, shirt and jacket. I also had a Yankee bedspread and pajamas. Heck, I even had Yankee underwear. I never went anywhere unless I was in pinstripes. Cut me, and I would have bled Yankee blue. I just loved the Yankees, and my two favorite players were Roger Maris and Mickey Mantle... the M and M boys, as they were called by the sports writers. I wanted to be just like them. I would even limp like the Mick. It's now more than four decades later, and I still love my Yankees. I don't limp like the Mick any more, and I don't have a Yankee bedspread or Yankee pajamas, but I still bleed Yankee blue. Okay ... I still wear Yankee underwear.

Needless to say, I have been struggling the last couple of years because my beloved Yankees are

DR. JUDD

FAN FANATICISM ... PART I

as told to Powerlifting USA by Judd Biasiotto Ph.D.

in a super slump. Heck, Lucy and Charlie Brown could probably beat them the way they have been playing lately. Still, unlike my close friend Tracy Williams, who is a die-hard Braves fan, I am not going to put a gun to my head, because the Yankees are not winning. I enjoy rooting for the Yankees; I enjoy watching them play, and I enjoy seeing them win, but I am not going to lose one second of sleep if they lose. In fact, besides the enjoyment

I get from rooting for the Yankees, they have little if any significance in my life. In all candor, they could go O for October and it's not going to bother me in the least.

The last time I checked I wasn't on the Yankee payroll, and I am sure if the bank forecloses on my house tomorrow Derek Jeter is not going to come to my rescue. Nor do I think George Steinbrenner is going to give me a bonus if the Yankees win the World Series this

year or any other year. They have already won 26 world titles, and I don't have a single World Series ring yet. I did get a letter from them after they won the 2001 World Championships about getting a Yankee hat. Of course, they wanted twenty-five bucks for it. That's my Yankees! In short, what the Yankees do has nothing to do with me. Why in the world would I lose sleep over the way they play? They are not going to lose any sleep if I don't perform well in my next competition.

Tracy, on the other hand, lives and dies with each Braves game. When the Braves lose, Tracy can't eat or sleep and he is depressed for the entire day. You would think that a major catastrophe had taken place in his life the way he responds to a Braves loss. I keep telling him there is still hope ... immediate major psychological therapy. Actually, a frontal lobotomy would probably be better.

In reality, Tracy's fanaticism with the Braves is tame in comparison to some other sports fans. I know that may sound ridiculous, but it is true. Let's be honest; some sports fans are zany. Think about it, wars are fought over a "freakin'" sports contest. Look at the fascination and fanaticism with soccer. Catholic and Protestant soccer fans routinely beat the hell out of each other when the Celtics and the Rangers play in Scotland. In Central America, two countries once called a cease-fire during their war so that they could play a soccer game without the fear of anyone getting blown-up. Here is something different ... sworn enemies in the African nation of Cameroon united as one when their team advanced to the quarter-finals in the 1990 World Cup. Once the game was over, they went back to killing each other. Envision this, 70,000 hooligans running through the streets of Vancouver, British Columbia, beating people half to death, because their hometown team, the Vancouver Canucks, lost the Stanley Cup. Over 200 people were seriously injured; fifty police officers were injured, and the damage was estimated to be \$10 million. In Britain and on the European continent there are organized skinhead attacks on players and fans almost on a regular basis at sports games. Sprees by drunken louts are also rather common in Britain before and after games. And how about Monica Seles who was stabbed by an over-the-edge fan who was afraid she would defeat his favorite tennis player Stephanie Graf. Is that insane or what?

It is not just the fans in foreign countries either. Believe me the fans in this country could probably

teach the Europeans and the South Americans a thing or two about fanaticism. In America crazed fans start entire city riots, turn cars over, burn buildings, and attack police officers when their teams win championships. I said win a championship, not lose one. What is all that about?

A friend of mine, Dr. Bruce Ragon, was in Columbus, Ohio when the Buckeyes won the National Championship. He told me the riots after they beat Michigan were extremely violent. He said that he and his wife were lucky they didn't get killed going home from the game. People were lighting barrels of trash on fire, turning cars over, starting fights with the police, and stripping naked. Why? Because they won — of course?????

Certainly, losing can bring out the best in us when it comes to violence and stupidity too. Think about poor Mr. Bartman, the fan who tried to grab a foul ball, preventing the Chicago Cubs outfielder Moises Alou from catching it. He was blamed for the Cubs' collapse in Game 6 of the NL Championship Series. Give me a break! The guy did absolutely nothing wrong and nothing that 99% of the other fans at that game wouldn't have done. The ball was clearly in the stands as indicated by the umpire, yet the fans at the game threatened to kill him. He

"The idea that a person sucks because the team he or she roots for loses is pretty sick and twisted when you stop and think about it."

CHARLES BARKLEY

had to be escorted by security guards from Wrigley Field after angry fans pelted him with beer and debris. If that wasn't bad enough, a police guard had to be posted outside his home because fans were threatening his life. Eventually, he had to go into hiding because he feared what might happen to him. Threatening someone's life ... over a game ... can you believe all of that?

Well, you probably can, in light of what happened at a youth league baseball game in Salt Lake City recently. A mother of a 15 year old boy who scored the winning run was beaten up by a number of angry parents whose sons played for the losing team. Actually, they just didn't beat her up; they pounded her into unconsciousness. The fans allegedly battered the woman with their umbrellas, punched her in the face, and then hit her with a baby stroller knocking her into oblivion.

Think that is bad ... listen to this. A father who was frustrated

after watching his son take an elbow in a little league hockey scrimmage game confronted another father who was informally supervising the play. The two men got into a shoving match. A short time later they got into a fight. The larger man, at 6'1" 240 pounds, allegedly knocked the much smaller man (165 pounds) to the ground, and kneeling on the smaller man's chest beat him to death while both men's children witnessed the murder.

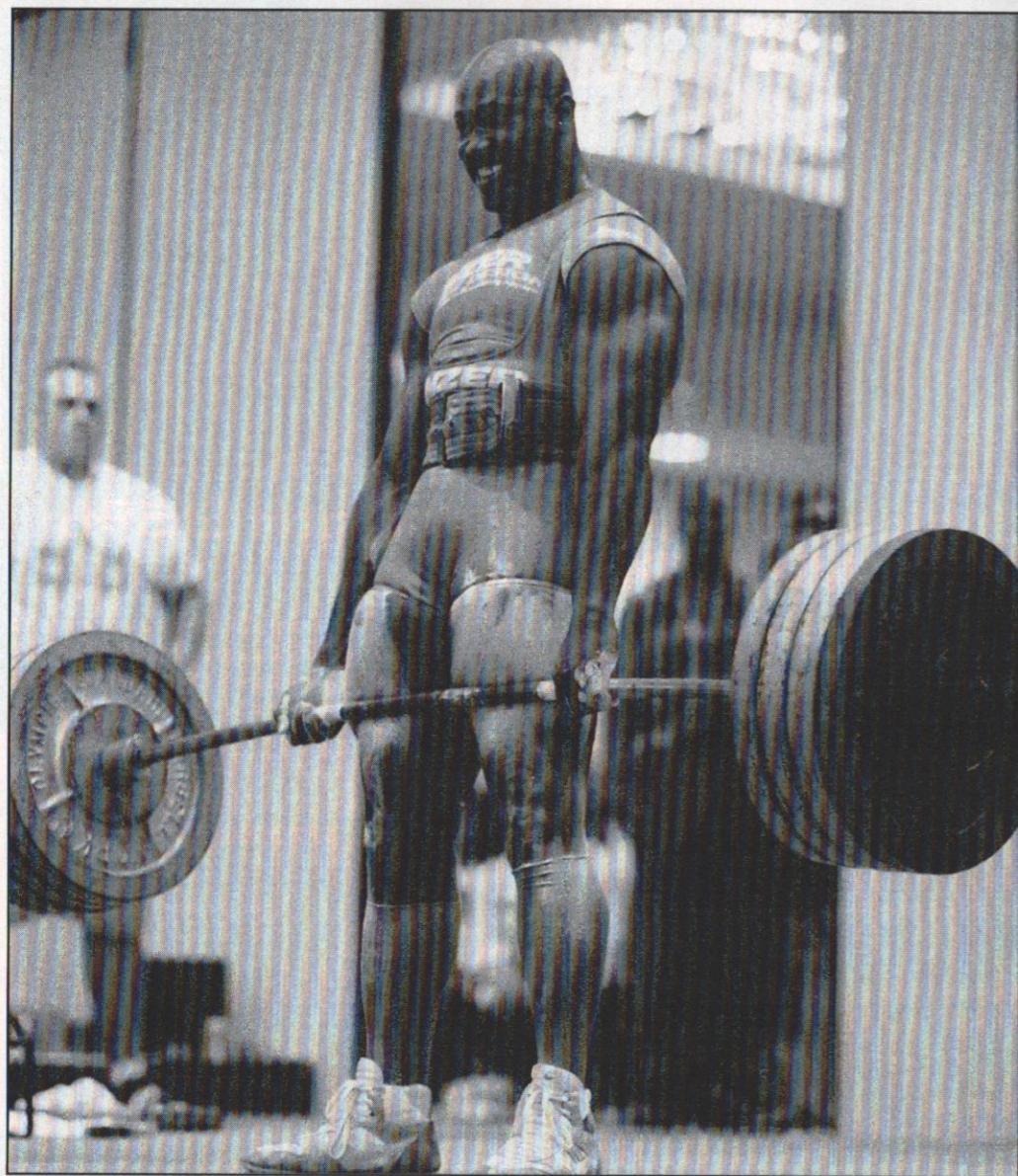
Recently, at a girl's softball game dozens of parents rushed the field and started scuffling with the umpires after a player was tagged out: two mothers, who were both coaches, each served ten days in jail. Unfortunately, things like this are happening more and more in the sports world. Fans are taking over the sports field and the players on it.

Here is something that might interest you. Studies reported by *Injury Prevention* have shown that a fan's blood pressure will fluctuate

with the momentum of the game. Male fans will see increases and decreases in their testosterone tied to wins and losses; individual self-esteem will be directly affected by what their team does, and the general health of a fan will correlate with his team's success and failure. Hello! What is all this about ... a damn game? Let's be real. Sports are challenging, fun, and entertaining, but they are just games ... not life and death situations worth compromising your integrity or causing physical and emotional trauma to another human being.

For the longest time now I have been asking myself why people are so invested in what their sports teams do. They are not going to get a big cash bonus if their team wins a championship. They will still have to get out of bed and go to work the next day whether their team wins or loses. They will still have to pay their taxes, and they will still die some day. In fact, most people's daily lives won't change one iota based on who wins a game. And, since no team wins the championship more than 20% of the time ... and only the Yankees win that much ... getting so emotionally involved seems to be a recipe for more pain than happiness. Given all of that, why do people continue to care so much about a "freakin'" GAME?

I will let you know next month.



A lifter with lots of fans is **Bull Stewart**, who was going to make his return to powerlifting competition at the USAPL National Masters Championships, but he had to pull out due to a family emergency.

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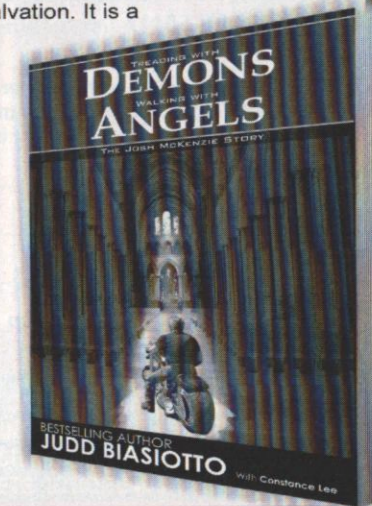
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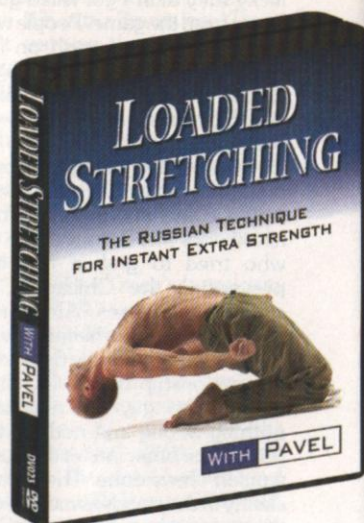
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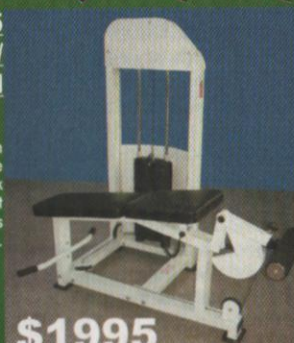


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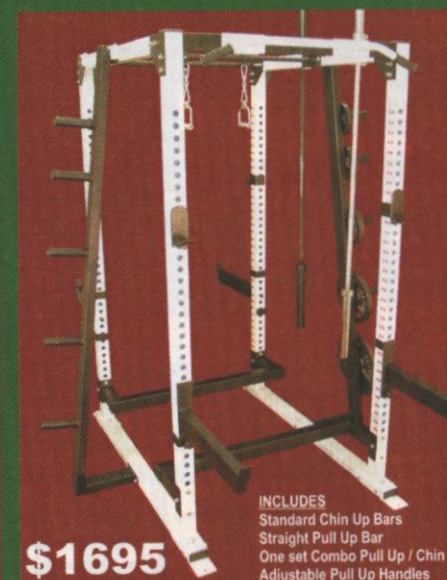
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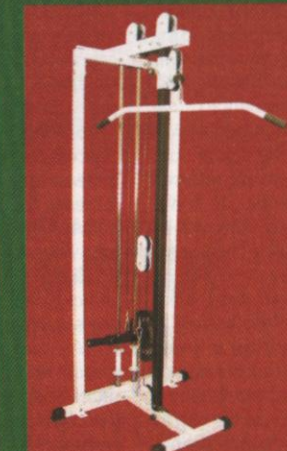
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular 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 tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

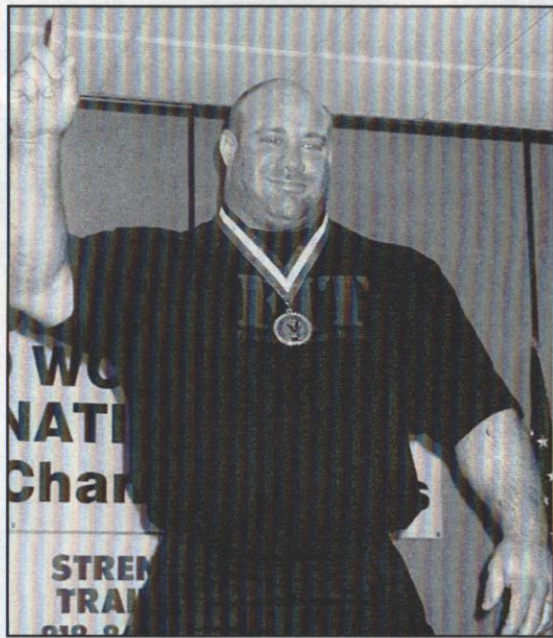
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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 Ferris, 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 Inclon, 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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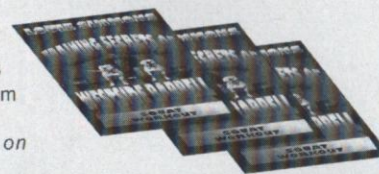
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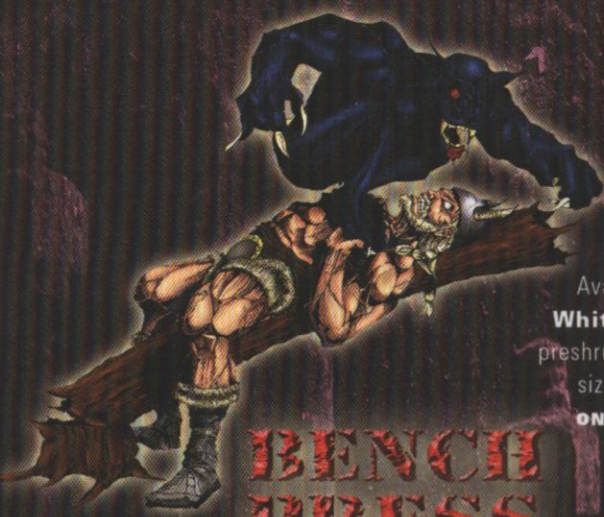
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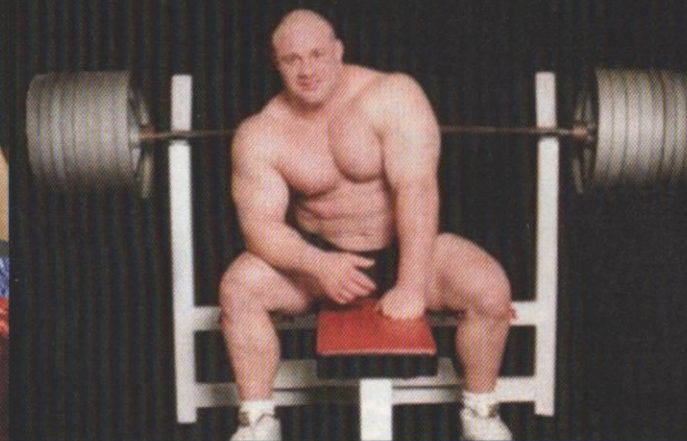
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Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

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Texas is home to some of the finest Powerlifting Meet directors in the world. There is a long history of great powerlifting meets in Texas, and I could list great meet promoters for an entire article – certainly including Johnny Graham (USAPL), Kurt Stroud (INSA), and Gary Pendergrass (formerly of USPF and now APF). Gus Rethweisch (WABDL) and many others hold meets in Texas, but those on the former list live here.

Gary Pendergrass is the Texas APF chairman, but he's a whole lot more than that! His crews take judges and equipment to more Texas High School Powerlifting meets than any other gym or company – and that says a LOT. He (and his better half - Susan Rinn) put on some of the most organized meets in the world; their practice and expertise really shine as they keep everything neat and easy for first time lifters to understand. The Texas High School Powerlifting Season is crazy, with up to 6 or 7 meets on most weekends – and it would not work without Gary's assistance.

HOUSE OF PAIN puts on the Powerlifting Meet that is held for the Texas Firefighters (in conjunction with the Texas Fire Olympics) every year. This meet could not begin to happen if Gary and Susan of Seguin Fitness didn't help. They are beyond awesome, and they do it simply to further the great sport of powerlifting! HOUSE OF PAIN owes them a great debt, and here is the story of their world-class gym in the small south Texas town of Seguin:

There aren't many small town gyms like Seguin Fitness. Located in Seguin, Texas, thirty miles east of San Antonio, Seguin Fitness, Flexion Strength Systems, Inc., has everything the competitive powerlifter could want. The basic training philosophy is powerlifting, but the membership base runs from teenagers to seniors. This is probably the only gym around where you will see housewives squatting and deadlifting (and going deep too). Chalk bowls are provided throughout the training area. Gloves are forbidden (not really, but you do get dirty looks if you have on a smart pair of the latest handwear).

HARD CORE GYM #47 SEGUIN FITNESS

as told to PLUSA by Rick Brewer, House of Pain

One thing Seguin Fitness does is sell training. Workouts are designed, posted on the boards, and supervised up to 6 times daily. There is no cost to the member for the help of the trainers at specific workout times. Two levels of workouts are posted: one for the powerlifters and one for the "bodyshaping" crowd, but powerlifting movements are emphasized in both. One tradition for the last 15 years is the Sunday squat workout, where 15-20 lifters meet to train the squat each week.

The equipment is first class for powerlifting training. There are 3 power racks modified for band training, 3 competition leverage squat racks, 4 bench press racks, 4 lifting platforms, two Monolifts, chains, bands, reverse hyper, ham-gluete machine, dumbbells to 200 lbs., and enough weight stack machines to work every accessory movement. In addition, deadlift bars and 55 lb. squat bars are available, as well as cambered bench press bars, cambered squat bars, and a Hatfield safety squat bar. There is also a complete selection of treadmills, stairclimbers, EFX, and bikes for cardio work.

Started in 1991, by Gary Pendergrass, now the APF Texas State Chairman, as a health club only, Seguin Fitness has also become a distributor of Inzer powerlifting gear, House of Pain IronWear, weights, barbells, weight room equipment, and competition platform equipment. When Gary first moved to Seguin in 1989, there was only a small gym available in the back of a bowling alley. He had been competing in powerlifting since 1980 and brought powerlifting to Seguin. Having worked as a mechanical engineer in the food industry since 1978 with extensive metal fabrication experience, Gary saw the possibility of designing and



Susan Rinn ... an exceptional BP

building gym equipment. Seguin Fitness opened for business on July 21, 1991 with the basic equipment needed for a health club. The club was a success and equipment was gradually added over the years.

Seguin Fitness began holding small bench meets in 1992 and graduated to full powerlifting meets by 1994. The first USPF sanctioned meet was held in 1994 and Seguin Fitness was awarded their first USPF State Championships in 1996. Gary was elected USPF State Chairman at that meet and served in that capacity until 2003. Seguin Fitness continues to promote 6 major meets a year in Texas and provides equipment for the Texas Firefighter Olympics every year. Seguin Fitness also promoted the 1998 USPF Masters Nationals, the 1999 USPF Senior Nationals, the 2000 WPL Worlds, the 2001 and 2002 USPF Junior Nationals.

The club has also become heavily involved in Texas high school powerlifting. Seguin Fitness provides equipment for high school meets during the season (January through March) and in 2005 was the official platform equipment supplier for the Texas High School Powerlifting Association for both the Boys and Girls State Finals. With two complete trailers of equipment, Seguin Fitness can supply 12 platforms of competition equipment, including platforms, weights, barbells, squat racks, benches,

chalk, referee lights, and all other incidentals needed to run a powerlifting meet.

Seguin Fitness sells weight room equipment and powerlifting gear to the high school and gym market throughout the South Texas and Central Texas area. They also contract out for smaller meets. Call Seguin Fitness and they can bring two complete kilo weight platforms, 4 warm-up platforms, and all the equipment and accessories you would need to run a powerlifting meet.

Competitive lifters at the club run from beginners to national champions. At any given time, 10-20 lifters may be training for a specific meet. Some of the top lifters produced include Susan Rinn, who holds the USPF American record in the bench with a 242 at 123. She has won the USPF Seniors twice and currently holds the APF American record at 236 for both Open Women and Masters 40-44. She has also produced a 402 squat, 325 deadlift and 988 total. Barry Gresham is a 308 class lifter who has produced a 1912 total in 4 years of training at Seguin Fitness and should hit 2000 next year. Barry holds most of the 308 Texas State Records in the USPF and APF. In addition, the club has around 25 THSPA, USPF, and APF certified judges as members.

"I think powerlifting is a great sport. At my first meet in 1980, I saw Vince Anello deadlift 804 and I was hooked. As an engineer, we moved around the country and I continued to train, usually as the first powerlifter in every club I joined. I always encouraged others to start powerlifting and helped start interest in the sport at those clubs. I was an average lifter in my prime (550 squat @220), but I could motivate others. That helped as a trainer. Here at Seguin Fitness, I am constantly recruiting people to compete and we can usually field a fair team for a meet. I think it is a great motivating sport for anyone and I feel it helps people to focus on their training better. It definitely makes for committed and long term members. We run enough meets that first time lifters can take a shot at some of the smaller meets and be successful. We're working to keep Texas Number One in powerlifting!"

Thanks again to Gary and Susan for all the years of promoting the sport of powerlifting, and for running a great gym! Next month, we'll get out of Texas and see what we can find. If you have a gym that we should mention – please email the info. Until then, load the bar!

Comments/ideas?
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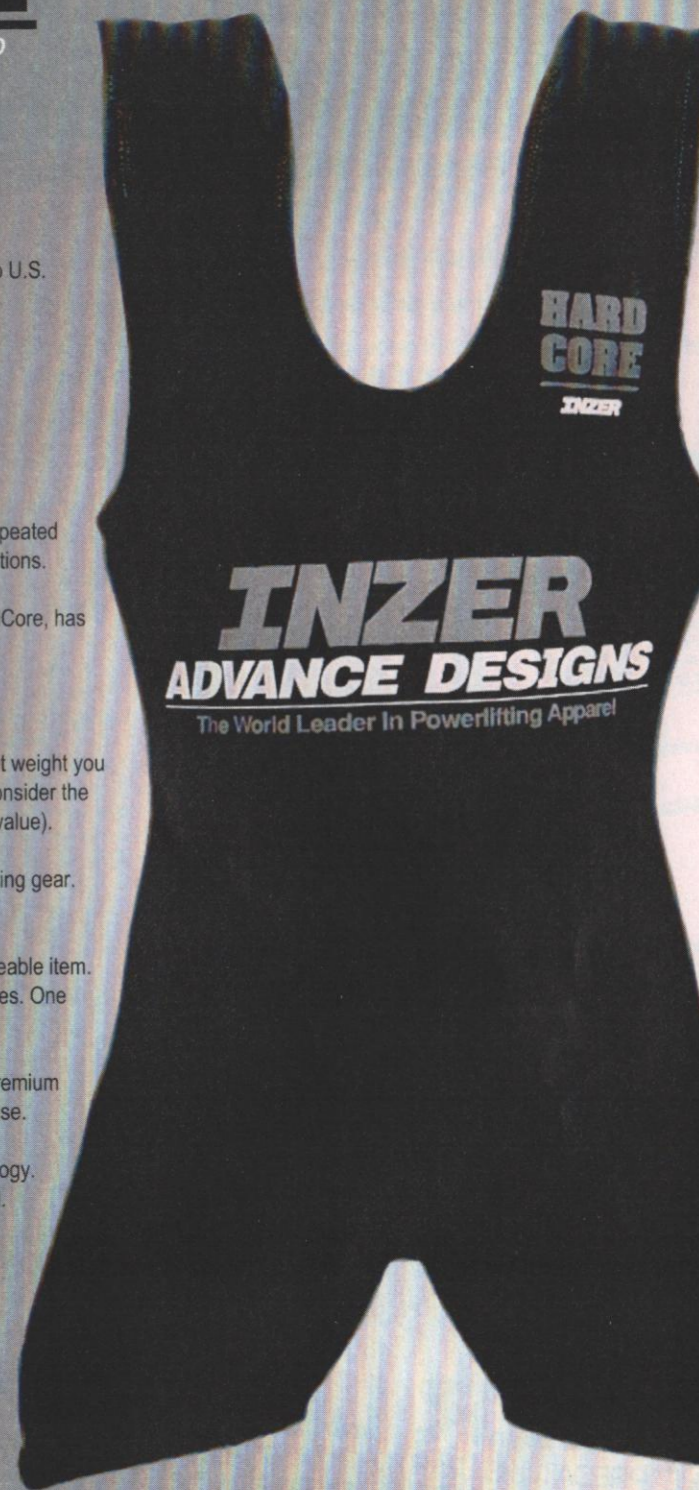
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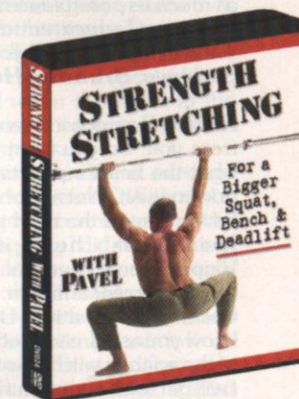
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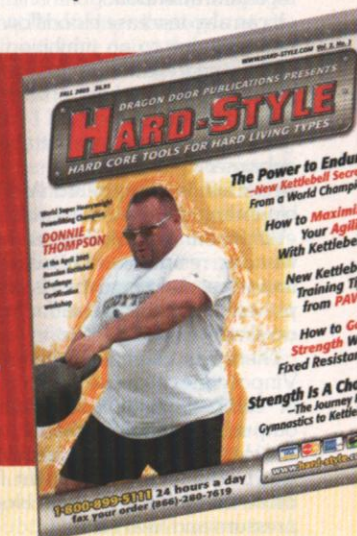
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Vinpocetine: The Ultimate Brain Booster

Q: I am interested in knowing what the hell is this thing called Vinpocetine? I have heard some lifters at the gym talking about it, but I wasn't sure what it was. Can you explain to me what it is and what are some of the benefits of using it? I have heard that it can actually be good for your brain, but I don't know exactly what it does. Is this true? I talk with a lot of guys in the gym, but they just give me tidbits of information and I would like to know a lot more than that before using any supplement. I figured you would know the score when it comes to Vinpocetine, so I thought you would be the man to go to. Is it something that would be good for a powerlifter? Please let me know as much as possible so that I can make an educated decision. Thanks again for all your help. Sincerely, **Brandon Hafner**

A: Hey, Brandon it's good to hear from you. So you want to know what the hell Vinpocetine is and how to use it? Not a problem, you have come to the right place my friend. Ok, here it goes. Vinpocetine's chemical name is Ethyl Apovincaminat. It is a vincamine derivative. Ok, Ok, I know you are already getting tired of the science talk but just hold on I will get to the good stuff. One of the major benefits of Vinpocetine is its effects that it has on your brain. Let's take a look at what it does and its benefits.

- Vinpocetine has been shown to improve cerebral circulation.
- It has been shown to improve oxygen utilization and what is special about this is the fact that it does not effect or cause change on systemic circulation.
- Vinpocetine has been proven to improve memory function in different studies.
- It can also help you improve your focus and attention.
- It can also increase blood flow to the eyes due to an inhibition of platelet aggregation.
- Vinpocetine has been shown to reduce cell death.
- It is also a cerebral metabolic enhancer.

- It can also increase neuronal ATP bio-energy production as well.
- Vinpocetine can reduce cerebral vascular resistance. This is very important because this is very prevalent in those that suffer from cerebral vascular disease.
- There has also been noted that Vinpocetine can cause an increase in cerebral fraction of cardiac output. This means that it will reduce the effort placed upon the heart. This can be a benefit for those that suffer from high blood pressure and heart disease.
- Vinpocetine can also help in

NUTRITION

Power Nutrition Questions & Answers

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

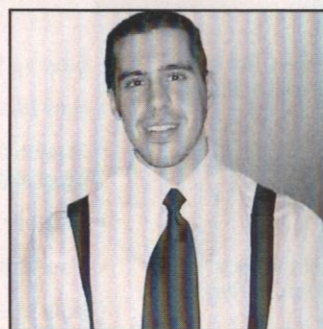
delaying the aging of your brain. It has been shown to be very effective in activating the neurons of the Locas Coeruleus. These neurons decrease with age and a reduction in them can cause a decrement in such cognitive functions as alertness, concentration, memory and information processing. These are all things that you see a decrement in with age and Vinpocetine can help in slowing down this brain aging process.

- It can also up regulate glucose utilization.
- Vinpocetine can enhance oxygen delivery to muscles helping you to prevent fatigue setting in too fast.
- It can also improve your insulin sensitivity and if you have read my columns this is a very important feature. Not only for improving your performance but also in relation to how you prevent specific diseases like Diabetes and Heart Disease.

As you can see, Vinpocetine is truly a great supplement to help with cognitive function. I have some of my athletes using this supplement and they have noticed a big difference in their focus and concentration level not only in the gym, but also in their work and studies. For those in university this can most definitely help you. Not only does it help with memory and increase brain blood flow, but it can actually help slow down the aging process of your brain. Once the brain is aging then all functions for the rest of the body will suffer, since this is your central command center. All in all, this is one very important supplement. Not only to help you increase your focus in the gym but also to help prevent the aging process and much more for years to come.

Phil Harrington's Protein of Choice

Q: I just wanted to drop you a line and tell you how much I like your articles. Your articles continually provide new and interesting content to the magazine. I am a 181 lifter and my favorite lifter is none other than Phil Harrington. That 900 pound squat that he did will stand the test of time that is for sure. I know that you have been working with Phil so I thought you would know the inside scoop. I saw him in a testimonial for a company called At Large



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

Nutrition. Is this stuff any good? The reason I am asking is that I am looking for a good protein powder that I can trust. There is so much junk on the market today that it is hard to tell the difference anymore. I trust your opinion because I know you don't talk shit and you are the real deal when it comes to helping out the lifter. Please let me know more about this line of products and if they are worth spending my money on? Thanks so much and keep up the good work. Your friend Pete Jacobs

A: It's good to hear from another fan of my column. I appreciate the kind words. I try my best to help out the lifter and that includes not only in educating him about the finer points on the nutritional sciences, but also keeping my eyes open in the industry and helping you make sure that you don't waste your money on bogus supplements. As for your inquiry about At Large Nutrition's products, I would like to let you know they are some of the best on the market. Phil uses their entire line of supplements to help give him that edge he needs when contest day comes. At Large Nutrition is owned and operated by Chris Mason. First off, I will let you know he is a great guy to deal with. I have been in the supplement industry providing consulting and product design for close to a decade and there are a lot of shysters out there, but Chris is a great guy who cares about each of his customers. He goes above and beyond the call of duty to make sure that you are completely happy with his products.

The product that I would like to talk about is his awesome protein formula called Nitrean. Now what

you may be wondering is that what makes this formula different from the other thousands of protein formulas that line the store shelves. First, it contains an advanced matrix protein formula. What this means to the layman is that it contains not just one form or type of protein. Many of the different protein formulas on the market today use just whey concentrate as their only ingredient. While this is ok, there are better ways to maximize nitrogen retention and maximize protein synthesis. One way is to provide a wide spectrum of different protein sources that release into the bloodstream at different times. This will give you a more balanced flow of amino acids into your bloodstream over several hours and each type of protein will hit at different times giving you a synergistic effect. Not only is that important, but what else you need to understand is that each different protein source has a different amino acid spectrum as well. It is very important for the lifter to get a well balanced variety of amino acids so that you will get maximum results from your protein formula.

Nitrean does not rely solely on one, or even two forms of protein to get the job done. Nitrean contains whey isolates, whey concentrate, whey hydrolysates, egg albumin, glutamine peptides, and isolated casein peptides. Each of these proteins is combined in specific ratios in order to give you the ultimate protein source. This gives you the optimal dose of aminos at the right time so that you will stay in an anabolic state and make sure that you are getting stronger. As we already know whey protein is the fastest to get absorbed and this is ideal to get the aminos into your bloodstream as fast as possible. In particular the whey hydrolysates will get in there the fastest to make sure that you don't enter a catabolic or muscle wasting state. The three different types of whey give you a complete hit so that you will benefit from each of the distinct forms of whey that are present in the formula.

The hardcore powerlifter needs protein that is available for use at all times, not just for a short period after it is ingested. Casein is the solution to this problem that we have experienced with whey alone in the past. Casein is absorbed much more slowly than whey. This allows for a "time released" stream of amino acids into your bloodstream so that you will get an anti-catabolic effect as well as an anabolic effect. This allows that protein is made available to the body over a prolonged period of time not just for a couple hours. Another addition to Nitrean is the egg white protein that is included in the formula. If you have read my column you already know that I am a big believer in the egg. Egg

protein has a biological value of approximately 95%. I have talked in the past about Biological Value and how important it is when choosing your protein source. BV is a comparison of how close a protein's structure is to that of human tissue. This makes egg protein highly absorbable by the human body. Egg protein has another unique property; it has an absorption rate between that of whey and casein. Combining whey, casein, and egg protein results in a superior delivery of amino acids to the body over a prolonged period and this is exactly what the powerlifter needs. This makes sure that you get maximum results with only using one protein formula and not having to buy 5 different tubs of protein to get all the benefits that you get with Nitrean.

Nitrean also contains glutamine peptides in their formula. If you have read my Garry Frank series you already know that I am a big believer in this form of glutamine. Glutamine is not categorized as an essential amino acid, yet it is a very important one. It is so important for the powerlifter that I consider it to be "essential" to the hardcore powerlifter. Glutamine is essential to the proper functioning of the immune system, your kidneys, liver, and other organs. It is a constituent of the antioxidant glutathione. This is a powerful antioxidant and is one that I am very big on. Lastly glutamine peptides play a vital role in the cell volumization of your muscle cells. Let's not forget that glutamine is the most abundant amino acids in your muscle cells. If that doesn't tell you something then you are reading the wrong article. If the body is lacking in glutamine, it will rob it from your muscles, thus creating a catabolic environment. A catabolic environment is certainly not the physiological state that you want to be in if your powerlifting success means anything to you.

So as you can see here Nitrean from At Large Nutrition is one very complete formula. It contains many different

essential nutrients that the hardcore lifter needs to make sure that his last workout wasn't just a waste of time. I fully recommend Nitrean for any lifter that is looking to get results. Not only is the formula top of the line, but the taste is also fantastic. Remember I call them like I see them and if a formula is good but it tastes like sewer water I will let you know. Being in the supplement industry for many years, I will let you know that it is very hard to make a high quality, results producing formula and make it taste great at the same time. This is a very complex task. But At Large Nutrition has outdone themselves with this formula as it provides an excellent spectrum of nutrients and tastes great at the same time. I fully recommend this product and Nitrean receives my Power Nutrition "Seal of Approval". You can reach them on the web at www.atlargenutrition.com or you can call them at (434) 973 9892.

More Message Board Bullshit!

Q: I read your article in last month's issue of PL USA and I can't agree with you more. I am talking particularly about all the backbiting that goes on in powerlifting circles especially on the message boards. This is just stupid and childish. You are right, we need to get these boards

cleaned up because it is giving the sport a bad name when all you see are slams against the best athletes in our sport. I like how you had the guts to bring it out in the mag because I have thought this way for the last couple of years and finally you exposed it. Don't worry what a few uneducated idiots think in the sport. They are just bringing the sport down and this is truly a shame. Sincerely, **Carl Matling**

A: Carl, thanks for reading my column. I am glad to have helped bring this stupid mess out into the open. I am also tired of all the crap that takes place on the forums of most powerlifting boards. If you did a scan of most of the material in there the large majority would be useless bickering and bashing of lifters, writers, different organizations and their rules and on and on. It's really too much. I believe in freedom of speech just as much as the next guy, but when a site just turns into a slam fest this is just ignorance at best. Now don't get me wrong. If someone says that such and such a bench press wasn't locked out and yet he got the lift passed, I am open to hearing a discussion on that. Everyone is open to his or her own opinion. That is the problem is when smart asses get behind their computer terminal

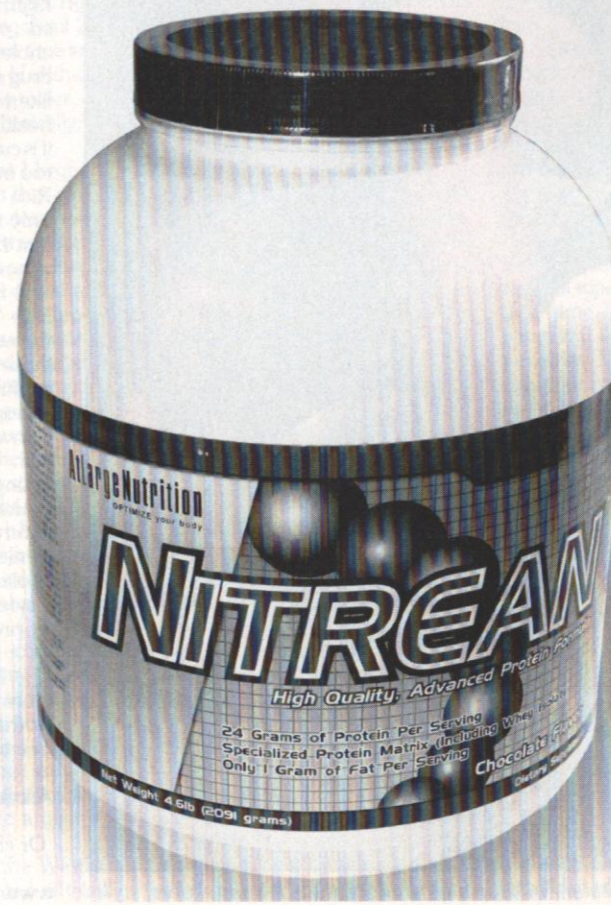
thinking they are a gift to the sport of powerlifting hacking up and taking abusive words on our sports best lifters. This has happened to the point where some lifters don't even want to be part of the sport anymore because of all the utter bullshit that takes place. Are we powerlifters or a bunch of little 10 year old girls sniping at a slumber party. There is a major difference in a lifter voicing his opinion about someone's lift in a professional and courteous manner and just going out jealously to slam the lifter and cause him grief. This is exactly what I am talking about. There is no need for this backstabbing to go on in the sport.

We should be there to help each other out and give constructive criticism if needed but not to make all out attacks on someone because a questionable lift got passed. I have seen things get escalated on some of the boards where lifters even verbally start abusing other lifter's wives and mothers. What the hell is the point in this? Is this what the sport of powerlifting is all about? On top of this I have even seen heated lifters start threatening each other with physical violence? I have seen such stupidity and all over a disagreement on the boards whether someone's squat was high or some other stupid thing that got out of control. Even when it comes to me I don't care if someone goes on a board and says they hate my articles. That's fine, if you don't like them then don't read them, but when the slams get personal then this is another story. There is no need for all this stupidity that takes place. It really makes powerlifting look bad when the lifters in the sport just slam the top record holders and champions.

I have included a message board on my website. With all the criticism of the boards you must be wondering why I did such a thing. The reason why I did put one up is the fact that I wanted a board where everyone feels welcome and yet at the same time wants to learn something. This way lifters can help one another in the true spirit of the sport. One thing on my board that will not be tolerated is all the badmouthing and flaming that goes on. If you get caught doing this your post will be deleted and you will be banned from the board. That is it! This way lifters will be able to learn and educate themselves on the many different areas of our sport whether its about training, nutrition, how to use equipment, contest dates etc. Most importantly this will all take place without all the idiots that ruin it for everyone else because they just sit behind their terminal and go on a slam rampage. What I find funny is the large majority of the people doing the slamming are nobodies in the sport. They criticize a lifter on him dunking over 1100 pounds yet the guy doing the slam is probably doing less than 500. I have had enough with all the stupidity so for those lifters that want a good board where you can get help from other lifters on just about everything, minus all the bs, then come over to my board. You can go to it at www.nutritionxp3.com. Here you will see the difference class makes.

Red Rice Yeast and the Cholesterol Monster

Q: I first wanted to say that I love your articles. I am not sucking up to you here, they are the bomb no doubt! Finally there is someone out there that knows just what



the powerlifter needs when it comes to getting results on the platform. My question is about my cholesterol level. It is very high right now and I need to get it down. I will admit that I am carrying too much bodyfat and my eating habits are not always that good. They have dramatically changed from reading your column, but I am not going to lie to you and tell you they are perfect. I do try to apply what you teach us every month, but I also binge out on bad food more than a few times per week so I think this may be the culprit. My main weakness is fried foods and being from Texas you can say that we love fried foods! Anyway I heard about something called Red Rice Yeast from a guy at a health food store. He said that it was pretty good for getting your cholesterol down because it has some of the same type ingredients found in pharmaceutical cholesterol drugs. Can you explain to me more about this herb? Is it worth taking or is it just some kind of scam? I don't want to waste my money so please let me know if this would be a good idea or just a waste of my heard earned Benjamins? Thanks a lot and keep up the good work with your articles because they are a refreshing read every month. Sincerely, **Joe Watson**

A: Hey Joe, you like the fried foods do you? Just please don't tell me that you deep fry your Mars Bar. Please no... don't do that man. Believe me if you knew what that does to your body you would heed my warnings. Ok, enough of the fooling around. If you are asking if I think Red Rice Yeast is a good supplement then the answer is... Yes! It is one of the best natural supplements to help lower your LDL or bad cholesterol. I thought you would like a nice little layout of info about this powerful cholesterol buster so here it goes.

Red Rice Yeast has been used in Traditional Chinese Medicine for hundreds of years. The way it is made is farmers get a special type of yeast called *Monascus Purpureus* over red rice hence the snazzy name. In Traditional Chinese Medicine they use it for a variety of ailments including stomach disorders, spleen dysfunction and to promote proper blood circulation. Now you must be wondering how the hell does this fermented yeast help bring down the cholesterol demon so effectively? Here is the answer. *Monascus Purpureus* has been shown in laboratory settings to inhibit the activation of a very important enzyme. This enzyme is called HMG-CoA Reductase. This little

bad boy here is known to raise cholesterol levels. Since it is so kind as to help raise our cholesterol levels, it also nicely sets you up for something even better... heart disease! Inhibiting the action of the enzyme can make a big difference in the health of your heart and ultimately how long you live!

There have been many studies done in the United States to show the many benefits of this miracle yeast. One study presented to the American Heart Association showed that those that took Red Rice Yeast lowered their total cholesterol by close to 20%. Their LDL or bad cholesterol came down by 21% and their Triglycerides came down close to 25%. In another 8-week study using the Red Rice Yeast test subjects saw a drop of their total cholesterol by 23%. Their LDL dropped by an amazing 31%. You have to remember that is a huge difference considering this in only an 8 week study. To make this even better their HDL or their Good Cholesterol increased by 20% as well. This is a very important factor and those that use anabolics should take note. Those lifters that use heavy androgens that are oral in nature like Anadrol, Dianabol and Winstrol usually have a problem with their HDL becoming too low. This is very important to watch out for since this plays a major role in your total heart health. Too low a number in the HDL cholesterol can be a sign of a coming heart attack. Red Rice

Yeast can be very beneficial for those pharmaceutically enhanced lifters out there to help control the effects of heavy androgens.

Now you are probably wondering how much of this wonder supplement you should take per day. I would recommend for individuals to take 600mg 2-4 times per day to start. This is a good base and from there you can be analyzed to see if the dose needs to be altered. There are a couple things to note with the use of Red Rice Yeast. Those who are at risk for or have liver disease should not take Red Rice Yeast as it may impair liver function. This is also note for lifters that do use anabolics that may suffer from elevated liver enzymes. If you have this problem I also suggest that you do not take Red Rice Yeast during this time. Instead wait until you have been off your current anabolic cycle for 6-8 weeks and have your liver enzyme count under control. Then consult with your doctor before including Red Rice Yeast in your plan. This supplement should also not be taken by those under 21 years of age. Now for those that are already taking cholesterol-lowering drugs like any of the statins, you should not throw this in the plan as well. These drugs include A torvastatin, Lovastatin, Simvastatin, Fluvastatin, Cervistatin and Pravastatin among others. Taking Red Rice Yeast with these drugs may enhance the strength of these medications thereby increasing your chance for damage to your liver. One last warning: do not consume grapefruit in any form with Red Rice Yeast. The reason for this is that it can also enhance the effect of this supplement just like the statin drugs.

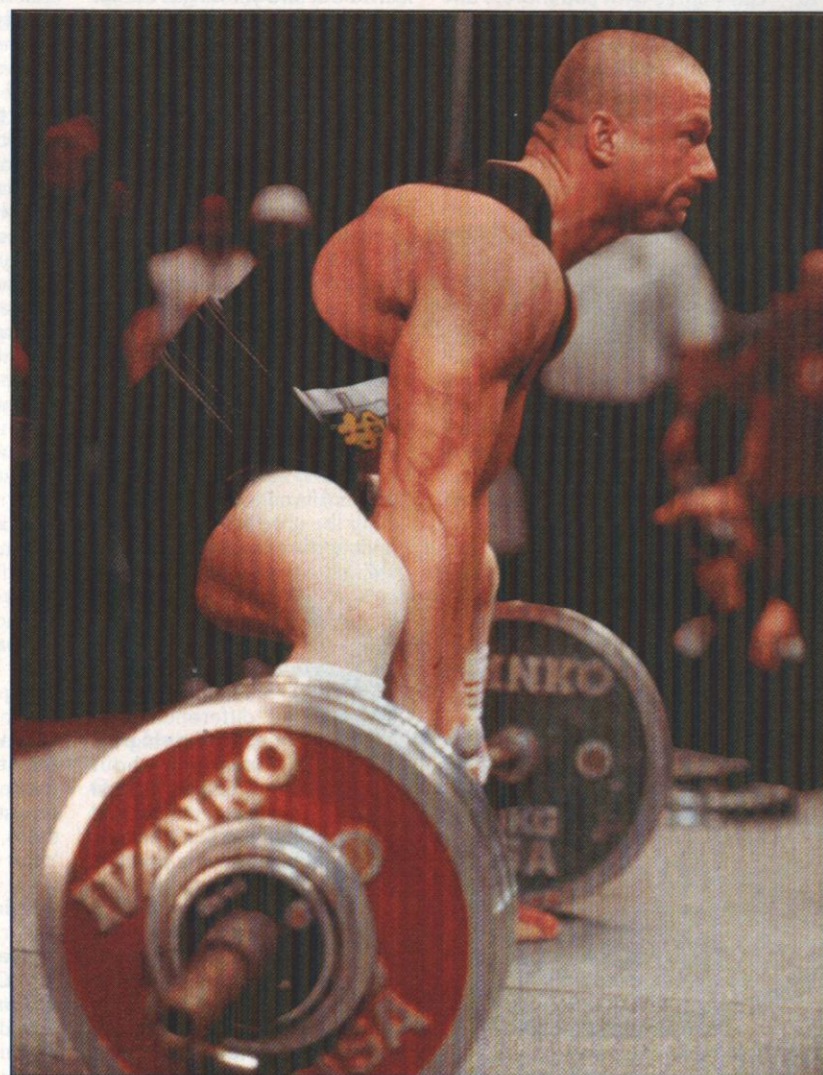
Red Rice Yeast does offer a tremendous benefit for those that suffer from high cholesterol. It is actually so potent at reducing cholesterol that many of the drug manufacturers would like to see it taken off the health food shelves because it is cutting into their pockets too much. If they make Red Rice Yeast a prescription only item then this means that their yearly revenue goes up and your personal rights and freedoms to use Red Rice Yeast have just been thrown out the window so these big firms can make a profit instead. If this doesn't annoy you then I will tell you it drives me crazy. For those with elevated cholesterol, taking Red Rice Yeast can make a night and day difference in as little as 8 weeks. So this potent little cholesterol buster gets my Power Nutrition "Seal of Approval" for sure!

For those interested in more information about the Nutrition XP3 System feel free to contact me at:

Ariciuto@NutritionXP3.com

Or check out my website at:

www.NutritionXP3.com



A Lean Lifting Machine: WPO star Phil Harrington executes a deadlift - "dive" style

Somewhere early in my formative years, the principle handed down from the Ancients of "a sound mind in a sound body" took root. I looked for examples of this, but saw few. Despite it being at the height of the Cold War, I learned about the Soviet heavyweight Olympic lifter, Yuri Vlasov, an Olympic champion and engineer. I saw a picture of him studying in a library and thought: "OK, he's got it right".

I started lifting weights in my earliest teens, with the intent to enhance my ability in track and field. Today that may seem like a no-brainer, but in the early 60's, weight training was emerging from the Dark Ages, with all the prejudices about becoming "muscle-bound" rather than explosive and functional athletes. I found out that the world didn't need many 70 kg., 177 cm. shotputters; but fortunately, the challenge of the Iron Game was calling.

Following my first role model, my real love was Olympic lifting. Despite living in populous LA, coaching in this endeavor was almost non-existent. I tried to catch on with Bob Hise Sr., at the Downtown LA YMCA, but it was infeasible to get the constant coaching and technical feedback Olympic lifting demands. Once again, I had to re-invent passions, and I still maintain it today: powerlifting.

My brief background in Olympic lifting had one positive carryover. In that era, the Clean and Press was the first of the then three Olympic lifts. My training for the press translated to a jump-start on the bench press. By the time I was 18 and weighing about 175, I benched 400 for the first time in my parent's garage, using a Healthways bar and plates: no spotter, no supportive gear, and basically: no clue.

The first time that I began to train other than solo in that garage was when I was in my undergraduate years at UCLA. When I was 20, I met Russ Knipp who was on campus with Athletes in Action. He encouraged me to compete. It was also around that time that I first became aware of anabolic steroids and used them briefly (more on that later) prior to my first contest, the Jr. Los Angeles meet in 1969. I had one of those unconscious days, going 9 for 9, and benching 430 to break John Kojigian's state record.

Sometime after that, a UCLA MBA student and superb lifter, Ernie Doe, dropped by the weight room and introduced himself. He asked if I'd be interested in meeting some powerlifters who trained in Culver City at Bill West's garage. I eagerly accepted and thus came under a lasting influence that I still call upon decades later.

My first meeting with Bill West went something like this: "Oh, yeah, I've heard about you - they say you're the skinny kid who broke Kojigian's bench record." Hard to argue with that...

I was in awe of the Westside Barbell Club group: wall-to-wall talent,

STRAIGHT BAR TALK

JIM KLOSTERGAARD



Jim Klostergaard has a 5 decade perspective on the sport of Powerlifting and has competed in many different PL organizations

with Olympians and World and American record holders everywhere. I felt privileged to be there; aside from West and Doe, Bill Thurber, Harold Connolly (hammer throw), Don Tollefson (discus) and others, and in my book above all, George Frenn (hammer, 35 and 56 lb weight throw). Frenn was a school teacher, I cannot imagine any disciplinary problems in his classes...

Although I had already become a proponent of power rack training, the original Westside guys used techniques that were new to me: box squats (two heights), benches to a pad (much like board presses) and deadlifts from blocks, as well as while standing on a box using a snatch grip. These were the crux of their Tuesday night and Saturday afternoon regimen. Some of this has carried forward to the modern Westsiders in Columbus, OH. A major difference, and I believe a real credit to Simmons, is the conjugate periodization as applied to powerlifting in the modern Westside principles.

It's worth mentioning a few words about gear use in that time. I hear some purists complain about the gear allowed today, even in the USAPL. As someone who has lifted raw, I think they've got a point. But they should have seen what was worn on the platform back then; not only was there little or no uniformity, but one could use elbow wraps, and I heard of elastic bandages being worn under heavy shirts and configured to act as a spring-loaded assist as the bar was

close to the chest (a forerunner of bench shirts?), and bedsheets wrapped around the hips to assist the squat, etc. Some of us (guilty) wore cut-off Levis under our shorts, for support in the hole on the squat. As with drugs, there was no enforcement, no meaningful equipment check, etc. So, I feel things are better today on that score.

I continued occasionally training at Westside even while attending graduate school at UC Santa Barbara. I relocated to Buffalo, NY to complete my doctoral training in chemistry at Roswell Park Cancer Institute. After leaving New York and doing a post-doctoral fellowship at UC Irvine, I moved to Houston in 1982 to take a faculty position at the University of Texas MD Anderson Cancer Center where I remain today. By that time, I was in my mid-30s and felt it was time to take stock of the status of drug use in this sport. As I mentioned, I had my first experiences with anabolic steroids at age 20, and with a few exceptions of going drug-free for some intervals and contests, was still using them. I was always careful to cycle off, and I believed, and still do, that the FDA had done its job in defining a safe dosage level.

It may be hard for some new to the sport to understand, but when I began, TRULY NO ONE CARED about any of the issues surrounding sports-enhancing drugs, and they were readily available: no testing of any kind; no enforced bans, and there was an understanding that one was a fool not to level the playing field by following suit. Some athletes sought medical supervision for their use, but over time, states gradually began adopting legislation with severe penalties for possession without prescription, and even physician prescription patterns came under scrutiny.

There ultimately were several reasons why I finally decided in 1984 to cease my use. I greatly enjoyed training and competing, and intended to pursue both for as far as I could imagine into the future. Although I accepted the FDA's studies of the safety of marketed steroids, I also recognized that this was not based on chronic use, as in the sports-enhancement context. I also began to notice an alarming trend among some lifters for whom I previously had great respect; rather than total dosages of 50-100 mg per week as had been the norm, they began stacking, with oral and injectables, so that their dosages were 20-30 TIMES that, and they would not adequately cycle off. I viewed

that as being way on the wrong side of the risk/benefit curve. Another trend that I found perhaps the most disconcerting was the rising incidence of use among grade-school kids. One may speculate on whether this was done without the knowledge of coaches and parents, or worst of all, with their encouragement. Certainly no one can argue that these drugs have any place in healthy children.

About this time the ADFPA was founded, and this seemed like a perfect solution for my competitive instincts. Up until a few years ago, their international affiliate was the WDFPF. During the 90s, I participated in several WDFPF world bench press championships, both overseas and in the US. I have great respect for what the WDFPF is trying to stand for in this sport. They had a five-year clean period to become eligible for competition and a lifetime ban if a positive drug result was obtained. While I admire the rigor of that principle, the scientist in me also knows that any test will have a non-zero false-positive rate. While the "B" sample should take care of that in most cases, I don't know if the lifetime ban has been a significant issue for them or not; but it should have recourse to be fair and reasonable.

The USAPL/IPF are increasingly turning to OMT (Out of Meet Testing). As expensive and cumbersome as it is to enact, it is the only way that I can think of to put teeth into the 3 year clean period requirement. However, even OMT is imperfect: THG being a contemporary example. As a designer drug, by definition, THG and other drugs of this nature will almost certainly elude current detection techniques, which are exquisitely specific. Recognize that we only became aware that THG might be an issue because of a leak, NOT because of testing. So, the cat and mouse dynamic between the user and the enforcer has a bright future, to the detriment of those who choose to pursue drug-free athletics.

One of my biggest concerns is the fractionalism in our sport: a minor sport like ours is poorly served by having so many federations. It's not enough to have one federation that has strict drug testing and one that has a hands-off policy. The issue of gear, raw, single ply vs. everything else, impacts here, as well.

The USAPL is now aligned with the IPF, and with our team selection system and the tremendous international scope of IPF member nations, it is a thrill to be selected to represent my country on the international platform. This brings me back to where I started my dream five decades ago - to enjoy athletics and this sport in particular, in a way that brings dignity to what it means to be an athlete, to have the honor of representing my country in a sportsman-like competition with the best athletes from other countries, and to relish the many wonderful friendships this endeavor brings.

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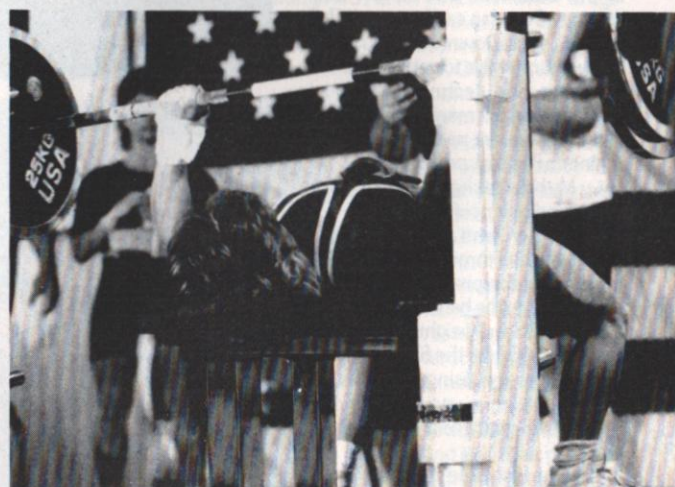


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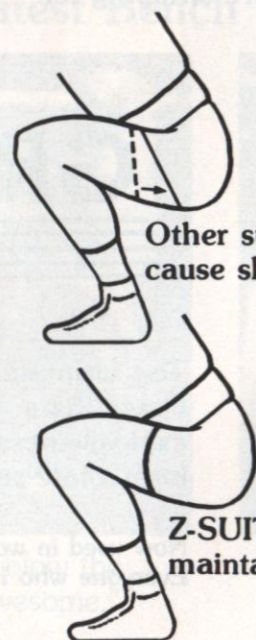
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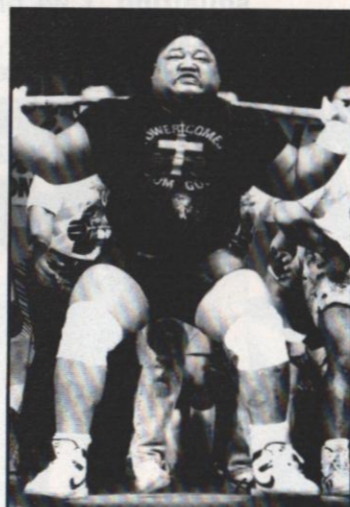


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ASK THE DOCTOR

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

HI MAURO: I was working up to heavy close grip benches (16" between index fingers for safety) and sustained some type of shoulder injury. It hurts terribly and my range of motion is almost nothing. Now just after it happened I got up and was able to push a light 5ft bb of about 30lbs overhead for reps with minimal problems. I knew that once the inflammation set in I would not be able to "test" my range of motion most likely so I tried to assess what I could do before the pain set in. I thought this info might be necessary. I could also do a lateral raise motion in the scapular plane but it was a bit tough during the bottom 1/3. Same for a front raise. I'm very worried about surgery as it seems that one never attains full strength/use again. The sound was almost like a liquid or soft/wet tissue. It wasn't a "pop" like a bone makes, rather an odd sound. Almost like a wet sucking sound. I was able to still manage to get 280lbs off of my chest. Could have been adrenaline. I worked my way up and moved the bar down my hips/body. I've been trying to ice it, use some aspirin, and even some wine to alleviate the pain. Could you please help? I live in a small rural area in Indiana and many of the doctors seem less than on the cutting edge and all too willing to use the knife and bill insurance handsomely. I've had shoulder issues on this right side for about 4 years now. I had gone through some ART, stretching, and even changed my bench style to the "elbows in" style of PL's instead of the elbows out like BB's. In addition I had been doing plenty of rows in case I had impingement issues. Throughout this time I've never been able to really go heavy (over 80%) and my right shoulder would sometimes "pop" into position when I would do an overhead press. The weight seemed to put it "down" into the socket and seat it better. I assumed back into a better position. Also I had to no longer lay on my right side or it would be "hung up" upon waking. Usually when I got out of bed, I'd stand with my hands on my hips (like superman) and draw my elbows back almost like unfolding my clavicles. During this time, my clavicle used to pop and move on the end near the sternum, just below my neck. This would usually give me a small pop into what I assumed was a better position also. Things seemed to be better and I could lift relatively well and was still gaining size so I hoped that the problem would eventually improve and leave. Sorry for so much info, but you're one of the few I trust on such an important issue. Please help in any way possible. Thank you, Mauro. **Chris**

HI CHRIS: Sorry about the late response but I'm on an island in the Atlantic and I have limited access to the Internet. It sounds like you've been working yourself into a rotator cuff tear with chronic weakening of the area over the years. However, it's difficult to diagnose exactly what kind of injury/tear you've sustained without examining you and running some tests. What you need to do is to see one of the town doctors right away and get examined, and if possible get an MRI done. Once you do that get back to me ASAP with the results and I'll see what I come up with. Best regards, **Mauro**

MAURO: High protein diets have been associated with insulin resistance. I have not seen this indicated anywhere in my studies. Have you seen studies indicating this? **Tony**

HI TONY: While it may not look like that's a complex statement that's likely treated lightly in the book although it shouldn't be. First of all the whole insulin resistance/sensitivity topic is mired in science that has blinders on. It seems that everyone thinks that insulin resistance is bad. In fact it can be extremely good under certain conditions. The only time insulin resistance is truly bad is at times when it predisposes one to various

diseases including the metabolic syndrome, diabetes, and cardiovascular disease. And even under these conditions it's not always bad. The problem is that no one has adequately defined exactly what insulin resistance is, other than in terms of the insulin response to glucose, and in terms of only specific tissues. The studies looking at this condition look at in respect to prediabetic, diabetic and other conditions and only look at insulin resistance in reference to carbs, and lately fats but always in terms of glucose. But there is much more to insulin than glucose metabolism and no one has looked at macronutrient content of diets and their effects on insulin resistance as far as the actions of insulin on fat and protein metabolism. I'm working on book right now for Humana Press that will be looking in detail on the effects of various macronutrients and diets on insulin, body composition and various diseases including the metabolic syndrome and diabetes. However, to give you an answer to your question, protein has very little to do with insulin resistance as far as the present mindset. If you're looking at insulin resistance when someone is on a high protein, low carb diet, you're looking at the effects of the absence of carbs on macronutrient metabolism so that in fact insulin resistance can be increased on a survival level. With glucose mainly available via gluconeogenesis, it makes sense to have insulin resistance present so that the body depends less on glucose and makes full use of available fatty acids and amino acids for ATP production. In this scenario, dealing with someone who is healthy and not having certain polymorphisms that would make them susceptible to adverse effects secondary to insulin resistance, insulin resistance is a good thing as it mainly applies to glucose. In fact that person may be insulin sensitive when it comes to the anabolic effects of insulin and insulin resistant again when it comes to the effects on insulin on fat metabolism. In this case higher levels of insulin would increase amino acid transport and protein synthesis in muscle, and decrease the lipogenic and anti-lipolytic effects of insulin in body fat, while at the same time decreasing the effects insulin has on transport and oxidation of fatty acids via a shift on the effects of insulin on CPT, malonyl coA ACC, etc. FYI I've copied some info in my database on a study looking at the effects of a high protein diet on insulin resistance. Best regards, **Mauro**

"Latest Findings Suggest Higher-Fat, Lower-Carb Diets Improve Insulin Resistance Sensitivity By Jane Schwanke WebMD Medical News Nov. 10, 1999, (Atlanta) - It's not likely that the debate about high-protein, low-carbohydrate diets will subside anytime soon - especially after the latest data presented today at the American Heart Association's (AHA) 72nd Scientific Sessions suggesting a link between high protein diets and improved insulin resistance sensitivity, particularly in men. The hype about eating high-protein, low-carbohydrate meals to lose weight hit the scene in the '60s with the Atkins diet, followed in the '70s by the Stillman diet, and then in the '80s by the Scarsdale diet. The resurgence of the Atkins-type diet in the late '90s has created a following of millions who tout high-protein, low-carb diets as the way to lose weight. But just how safe are these diets long term, and what are the drawbacks? That question came before a panel of international experts at the AHA meeting. In opening remarks, panel moderator Robert Eckel, MD, chair of the AHA's Nutrition Committee, called the issue "very controversial." Peter Clifton, MD, PhD, of the Commonwealth Scientific and Industrial Research Organization in Adelaide, Australia, presented data from a 12-week study of 49 obese men and women with insulin resistance syndrome, a condition that leaves cells with a decrease response to insulin. Insulin is a hormone that promotes the absorption of glucose, or blood sugar, into the cells. Glucose is the body's way to get energy. Therefore, people with insulin resistance syndrome are often overweight and have decreased energy levels. The researcher's goal was to determine whether a high-protein weight-loss diet (30% of calories from protein) or a lower protein weight-loss diet (15% of calories from protein) was more effective in reducing insulin resistance syndrome. Clifton's team found, to their surprise, that a high-protein diet improved cells' response to insulin. Should clinicians encourage their patients who have insulin resistance syndrome to embark on high-protein diets? Clifton says no. "We need to wait for good data to show that's the way we should go," he tells WebMD. "At this point, we aren't sure about the long-term problems with diets like the Atkins. I know that high-protein diets are hard to achieve over the long term, and I also know that it's difficult to [track] people on the diets. So while it's possible our theory might be right, we certainly want to confirm it in a much larger study." While Eckel agrees that high-protein diets are safe and effective for short-term weight loss, the long-term implications concern him. "I've seen many people who have been on high-protein diets long term, and believe they are at increased risk for heart attack," he tells WebMD. "While that's anecdotal, the point is that [high protein, low carb diets] need to be systematically studied. Yes, people lose weight on the Atkins diet, but ultimately, are they safer long term to maintain that diet? I have big questions in that regard."

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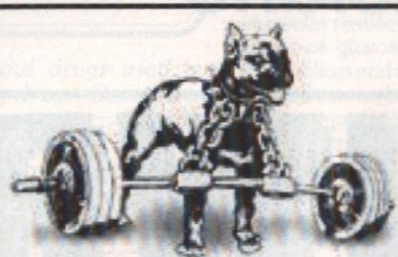
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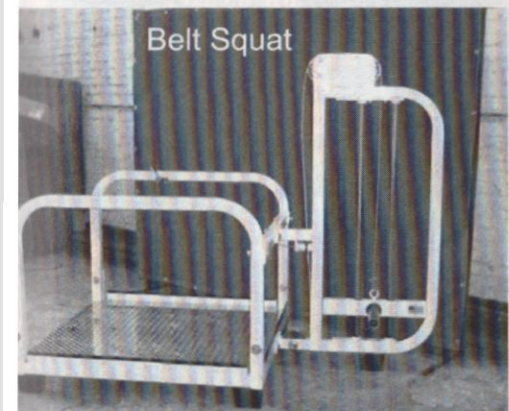


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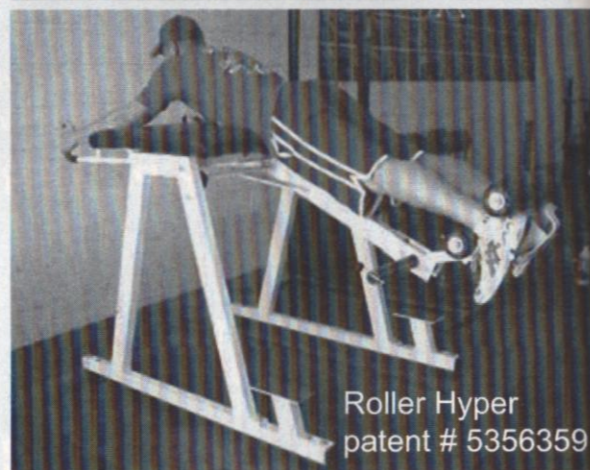
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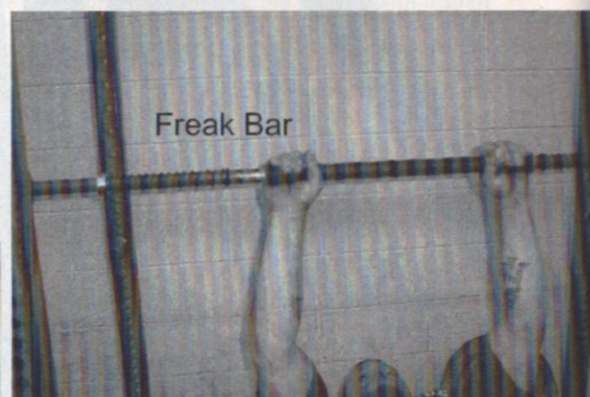
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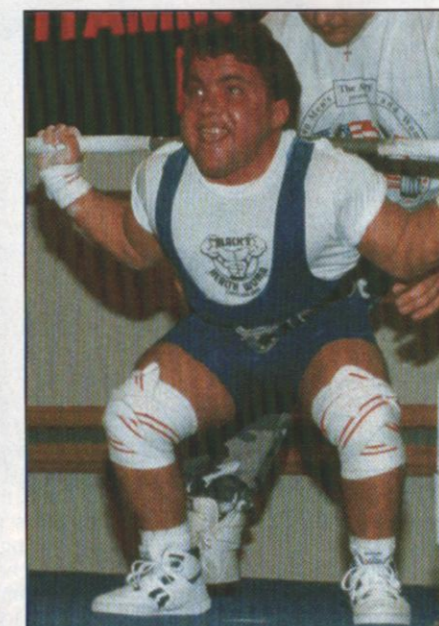
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In a replay of the Venice Beach Super Series event, Mariusz Pudzianowski of Poland won the 2005 World's Strongest Man contest in China on Oct. 7th. In second place was the USA's Jesse Marunde (results courtesy of the China Daily news service)



Phil Hile, 39, died following complications from surgery on Oct. 3rd. Phil's most recent lifts are reflected on this month's TOP 100 rankings for the 132 lb. class. In 1990, he achieved the remarkable distinction of winning the Men's National title for the ADFPA, for the USPF, for and the APF in the 114 lb. class.

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There are a lot of great articles in PL USA every month on specific topics like bench and squat routines, but what many newer lifters need are powerlifting basics such as how many days a week to work out, the frequency of working each lift and other fundamentals; information you can use to build a routine. This month I would like to go over issues involving general training and how things can fit together for long-term results.

I have always believed that powerlifting training should be simple, with no frills, relying on basic exercises. Let's start with laying out a typical weekly schedule. Mr. or Ms. Average Powerlifter can flourish on just 3 workouts per week and even as few as 2. For example, a 2 times per week routine could look like this:

Day 1: Squat and bench

Day 2: Deadlift

In this scenario, space your workouts about 3-4 days apart. For example, Monday would be the squat and bench with Thursday being the deadlift day. Assistance work can be included because of the limited number of exercise sessions, but for the squat, you're out of luck. I suggest just doing the squat. Leg curls and extensions are a waste of energy. If you work your squat hard enough, you will have no desire to do any other leg work. The best assistance exercise for the bench press is the close grip (shoulder width) bench press, which would follow your benches. Include 3-5 sets of strict curls, calf work, abs, and some stretching to finish. The deadlift can be augmented with shrugs for the traps and either rows or pulldowns for the lats. Again, finish with calves, abs and stretching.

A 3 times per week routine could look like this:

Day 1: Squat

Day 2: Bench

Day 3: Deadlift

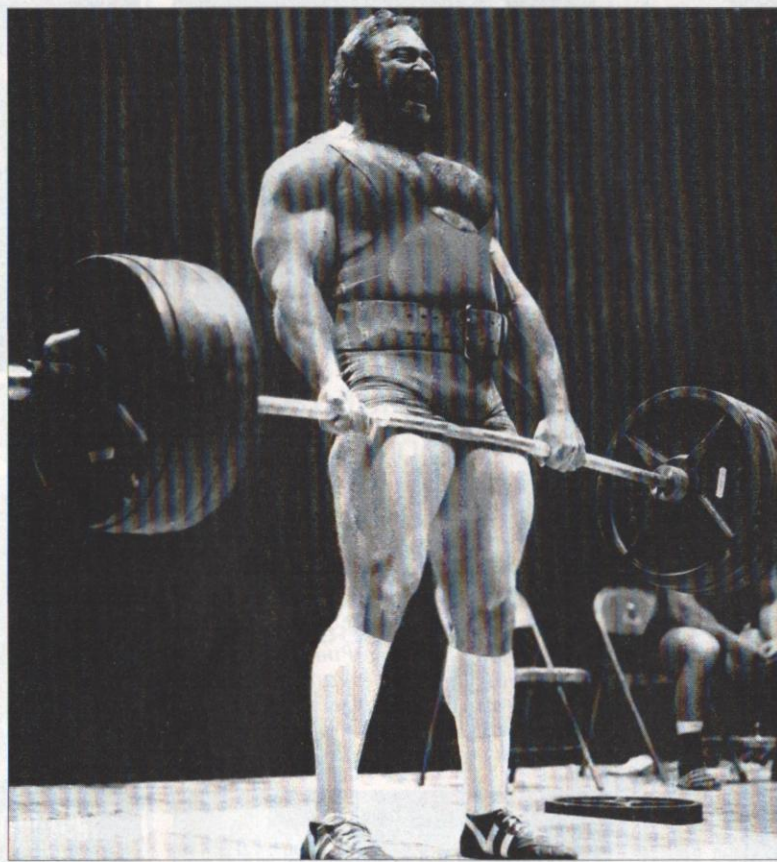
You would want 3-4 days between your squat and deadlift days as they both stress the back, hips and legs. Monday could be squat, Tuesday or Wednesday the bench, and Friday the deadlift. As with the previous example, some assistance work can be added. On squat day, squats are about all you need, throw in 3-5 sets of rows or pulldowns and finish with strict curls. On bench day, add close grip benches and 3-5 sets of overhead presses, barbell or dumbbell. On deadlift day, finish with shoulder shrugs. Calves, abs and stretching should be worked each day.

STARTIN' OUT

A special section dedicated to the beginning lifter

POWERLIFTING BASICS

as told to Powerlifting USA by Doug Daniels



Doug Young obviously knew the basics of powerlifting training, and a lot more. Unfortunately, the 1975-'77 Sr. National and IPF World Champion, died of a massive heart attack on October 7th, while dining in Abilene, TX with Jan and Terry Todd. "I was seated directly in front of him at the restaurant and his face never registered any pain. One minute he was with us, smiling and talking about the good old days ... and then he was gone", according to Terry, despite major medical efforts to revive him. Terry remembers that Doug had "almost freakishly broad shoulders, a thick chest, a bull-neck, narrow hips, trim joints, sharp musculature, and a deep tan; and this combination created an indelible impression on everyone who saw him in his prime."

Which routine you follow depends on several factors. One issue is how much time you have to train. Another is if you're gaining on your current routine or not. If you're put off by benching or squatting just once per week, I say give it a try before you blow it off. You can gain more with less training. The key is consistency and intensity. If you absolutely must bench twice a week, take your second workout using 75% of the weights of your heavy day, and include no assistance work on the light day. Add light benches to another day you are working out. Be sure to take at least 2-3 days between bench workouts.

Training tempo is the next topic. Most of the muscle magazines stress the blitzing-bombing methods with little rest between sets. This may or may not be great for getting cut, but to build power, the amount of rest between sets should be longer. I suggest resting at least 2-10 minutes between heavy, max sets. This is especially important as you get closer to the actual meet. Getting a pump is not your goal. Powerlifters need that time to recuperate between sets to be able to exert max effort to move near limit weights. In short, slow down and get stronger.

Writers always say lift "heavy", but unfortunately heavy is never

really defined. I define heavy as using a weight for a particular set, regardless of reps performed; that causes you to expend substantial, if not maximal, effort to complete the set. Doing a set of 30 with 100 pounds is heavy if you really have to bust your tail to get the reps. I must also add the phrase 'in good form' to my definition. Exercising sloppily usually leads to sloppy results. Target the muscles you wish to work and execute your exercises properly. Also perform the actual powerlifts to contest specs. High squats or benching with your butt off the bench in training usually result into early rides home from a meet. Train the way you need to compete. This will help make execution at the meet automatic.

What the best rep scheme for powerlifting causes is a lot of controversy. My answer is there is no best rep scheme. I believe best results can be achieved by exploiting many different rep schemes in your training plan. This can be done by dividing a 12 week period into 4 different 3 week phases. Every 3 weeks alter the rep scheme that is used. The first 3 weeks could see work sets of 12 reps. The second 3 weeks would concentrate on 8 reps. The next 3 weeks would be 5 reps, with the last 3 weeks being 3 reps. By varying your rep scheme during this 12 week period, your body will never get a chance to adjust or become complacent. It will constantly be off guard and be required to adjust and grow to survive.

This type of simple rep variation can be the one big change that can make a world of difference in your progress. After the 12 weeks are up, take a week off, then start again. Competitive lifters may want to start at 8 reps and conclude with singles to prepare for a contest. There are many possible rep combinations that can work, these are just initial suggestions. Keep in mind these are for work sets. You still should use moderate weight and reps to warm up.

I hope this article provided you with the basics that can help you sort out the mountain of information available. The topics I covered are cornerstones in anyone's routine and can be adjusted to fit your own situation. If you are a more experienced lifter and not progressing, you may want to consider some of my suggestions such as workout frequency and assistance work. In all endeavors, basics are essential for best results and powerlifting is no different.

POWER SCENE

We'll get to the lifting action in a little while, but Christmas is just around the corner, so that means it's time for POWER!SCENE's annual Christmas/Holiday Shopping Guide for Powerlifters.

What makes a powerlifter's eyes light up? 3 white lights? A new meet PR? A new training PR? Well, you can't exactly give those to a powerlifter, but you can get him or her something to help get there.

Every year there's new gear available, so check out some of PL USA's advertisers for what you want. Inzer Advance Designs has a large selection of bench shirts, squat suits, wraps, shoes, etc. plus it recently started making Predators squat briefs. Check out inzer.net.com, or for a deal on the Inzer Leviathan suit and the Predators, check out Brent Mikesell's irongladiators.com

Crain's Muscle World provides almost anything a lifter would want, with a huge selection of equipment, books, videos and DVDs, and all sorts of one-of-a-kind items. crainsmuscleworld.com is their site.

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Finally, we certainly have to mention POWER!LIFTER VIDEO MAGAZINE, where you can see so many of today's top lifters using all this gear and equipment, plus using their strength and lifting techniques, as they show viewers their actual workouts and meet lifts.

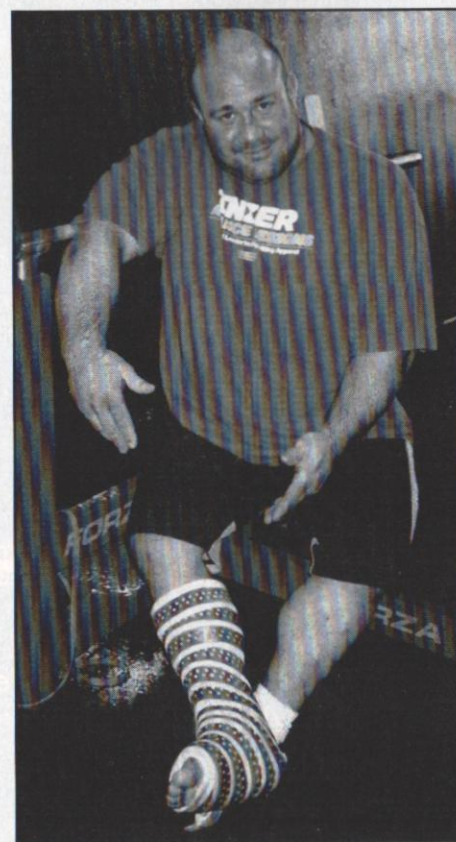
POWER!LIFTER



Jennifer Kaylor will be interviewing for PL Video

VIDEO has been covering the lifting scene since 1992, and is now also available on DVD. For the holiday season, there's a special promotion, where new subscribers get FREE a Special Edition Video of their choice, POWER!LIFTER VIDEO's Bench Press Kings or POWER!LIFTER VIDEO's Best of the Bench, which was just finishing production at press time. It features the bench press workouts of Gene Rychlak, world record holder in the bench, Ryan Kennelly, and Mike Miller, plus bench press tips from Scot Mendelson. Visit powerliftervideo.com or call toll-free 800-227-2355.

And now, on to a bit of meet coverage. POWER!SCENE and



Scot Mendelson after more ankle surgery

POWER!LIFTER VIDEO traveled to the always popular Las Vegas for the APF/AAPF Sin City Iron Fest. Promoted by Mark Swank, it drew lifters from as far away as Florida (Dr. Gregory Hayes, that's you.) Marks' gym had the AAPF Best Lifter, Dan Martin, who hit a 440

SQ, and J.R. Mancini, who, having recovered from an arm injury, was happy to be back in competition. Mark himself benched 606,

California's Brian Meek was the APF Best Lifter, and Chris Brigham-Baeta was the women's APF/AAPF Best Lifter.

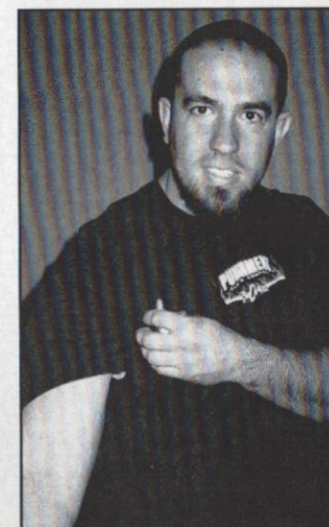
Coming up, as we start looking at next year, is February's FIT Expo, in Pasadena, California, and it should have a ton of powerlifting. Both the USPF and the APF are running big regional meets, and Scot Mendelson will be hosting the Scot Mendelson Bench Press Classic. This past February Ryan Kennelly was the champion; next year there will be two weight classes and \$5000 in prize money for each class.

Scot won't be lifting in his own meet. Instead, he's scheduled to attempt a World Record bench during a break in the Ironman bodybuilding contest, and Becca Swanson may also be on that stage going for another one of her incredible lifts.

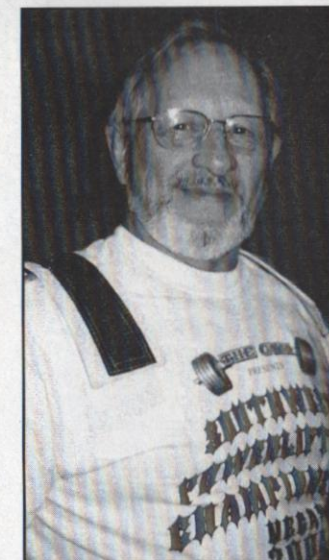
Plus, Odd Haugen will be putting on a pro strongman show, and there should be lots of booths, exhibitions, seminars, figure and bodybuilding shows, so think about coming to L.A. for that mid-winter break. The Fit Expo is February 17-19, 2006; learn more at thefitexpo.com

That's if for now. Happy Thanksgiving, and think of all that lean protein you can get from eating turkey. And then reward your favorite powerlifter, even if it's you, with something powerlifting related for the holiday season.

'til next month, see you on video.



J.R. Mancini back in action



Dan Martin AAPF Best Lifter



Mark Swank will be the Meet Director for the '06 APF Seniors

Ned Low

(Force Training article by Jim Wendler and Elite Fitness Systems continued from page 11)

on the bar. From there, you can tweak your stance. Because you are not wearing gear, your hips must be taken into account.

Now if you are training athletes and I hope they are not wearing squat briefs, you need to bring your stance in to an "athletic" stance. What is an athletic stance? Get into any position that mimics an athlete: a linebacker, a volleyball player, a shortstop, etc. They all have the same basic stance. It is slightly wider than shoulder width. If it's not, then you need to talk to the sport coaches and see what the hell they are teaching their athletes.

A quick note about the angle of your feet: 99% of people cannot squat with their toes pointed forward. The only ones that I've seen do this are very light lifters. Most people will point their toes out slightly. This makes for an easier descent and a more comfortable position.

This will also allow them to open up their hips as they approach parallel. Most people will settle into their stance with their toes pointed exactly where they are comfortable. Unless they are at a 45 degree angle or wider, I wouldn't worry too much. Just so you know, the angles and their degrees that I talk about are not measured; they are eyeballed. So don't get out your compass and protractor. If you do, then there is a good chance that you have dice that are 12 sided.

Training

Now for the final installment; what we have all been waiting for. How will the standard template change if you are a raw squatter?

First let's look at the basic template that Dave Tate wrote about in his article, Periodization Bible, Part I.

MONDAY:

- Max effort lower body day (squat, dead lift)
- 1. Hamstrings
- 2. Lower back
- 3. Abs
- 4. Possible upper back work

FRIDAY:

- Dynamic effort lower body (squat, dead lift)
- 1. Hamstrings
- 2. Lower back
- 3. Abs
- 4. Possible upper back work

Here is how I would change it:

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MONDAY:

- Max Effort lift
- Quads
- Low Back
- Abs

FRIDAY:

- Dynamic Effort Squat
- Speed Pulls
- Hamstrings
- Abs

Exercise Selection

I'm not going to go into max effort lifts and dynamic squat cycles. This has been talked about endlessly. I am going to go over the assistance lifts and how to choose them. The first thing that you should do is take a look at the above template and write down the exercises that YOU feel are the most important for the quads, hamstrings, low back and abs. This may take awhile due to the overwhelming amount of exercises out there. Plus, many of us like certain exercises more than others and feel we get more out of them. So using myself as an example, here is what I would choose:

Quads

- Power Squat
- Belt Squat
- Lunge/One-leg squat
- Low Back
- 45 Degree Back Raises
- Good Mornings
- Hamstring
- Glute Ham Raises
- Romanian Deadlifts

I picked these exercises because they give me more bang-for-buck than most other exercises. Plus, these exercises have proven to me that they work. Here are a couple of things that I would like to point out.

I would NOT do RDL's and speed pulls on the same day. If you were going to speed pulls, stick to the glute ham raises. If you were to RDL's, I would skip the speed pulls.

If I was using a squat variation on Monday for max effort work, I would not do the Power Squat.

Do your lats and upper back exercises on your upper body days.

Remember - when you squat, your entire body squats. Not just your posterior chain. You have to have strong legs (front to back) and a strong torso (front to back). There has been so much emphasis on the posterior chain and rightfully so. But understand that many people have more than hamstring and low back deficiencies. The "rally-around-the-p-chain" movement is widespread but don't ever limit yourself to training just one area. Train everything. The Core movement and now (regrettably) the Posterior Chain movement is getting to the point that people believe that these areas are the only muscles on your body. Remember that many people are giving advice when dealing with athletes with overdeveloped quads. Not everyone fits this description. This is usually the case of lifters

doing all of one thing (usually leg pressing and 1/4 squats) for the quads and nothing for the hamstrings. Sound familiar? The pendulum of training will always swing back and forth. I'm just trying to neutralize the swing. For awhile, anyway.

Chains and bands - if you are into hitting it raw dog, then I would limit the amount of chains and bands. Why? Because these will limit the amount of bar weight and thus limit the amount of weight at the BOTTOM of the lift. Remember how I mentioned that a squat suit gives you a boost out of the hole? Well, this is not going to happen if you are wearing your Nike Dri-Fit shorts. So you need to make sure that you have an appropriate load at the bottom of the lift to make up for your insufficient clothing. This doesn't mean that you should NEVER use a lot of bands. Use them as a tool but not as a regular part of your training.

Now here's a spin on squatting with bands that no one has mentioned and I am going to take full credit for. Everyone talks about the role of accelerated eccentrics when using bands and then as soon as they do that, they will put on their lab coat and smile. Once again, I am going to try to bring the pendulum back to the center. One of the best things that I ever did when squatting with bands is slowing my eccentric phase. WHAT!? Beard of Zeus! By the Nectar of Lactating Women! Jim has lost his mind! Here's why - The bands pulled me down so hard that it was EASY to drop fast. By slowing myself down and teaching myself to hold my upper back/low back tight this helped me strengthen the muscles of my back and helped me learn where to position my body DURING the squat. The bands felt as if they were crushing me and it took quite a bit of strength to slow down. But by doing so, I got stronger and my squat increased. And I did not lose any speed. Now I know that goes against conventional wisdom and it may not work for everyone but give it a shot sometime.

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UPCOMING SLP COMPETITIONS

19 NOV - SLP Kentucky State (Louisville, KY)
 3 DEC - SLP Christmas for Kids (Mattoon, IL)
 4 DEC - SLP Christmas for Kids (Poplar Bluff, MO)
 12 NOV - SLP Christmas Open (Glenwood, AR)

Son Light Power, 122 W. Sale, Tuscola, IL
 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

(402) 470-3672
3 DEC, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, (402) 470-3672
3 DEC, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, (800) 378-6460, www.seguinfitness.com
3 DEC, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
3,4 DEC, APF Southern States (Jacksonville, FL), (386) 734-3128, worldpowerlifting.org
3,4 DEC (NEW DATE), WNPFF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPFF, BOX 142347, Fayetteville, GA 30214, (678) 817-4743, wnpf@aol.com
4 DEC, SLP Missouri Christmas

For Kids BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic (separate SQ, BP, DL contests. Open divisions and all age groups divisions for both men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, (814) 765-3214, al@pikitup.com
9-11 DEC (REVISED NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu
9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, (954) 384-4472, www.purepowerlifting.com
10 DEC, APF PowerQuest Strength Ironman Classic (must lift APF to be eligible for cash prize, non APF lifters welcome, BP-DL single event and Ironman Push Pull - Days Inn, Fremont, OH) Rob Twining, Meet Director, (419)

5 5 2 - 2 0 6 3 ,
outlawbarbell@yahoo.com,
 Mention PowerQuest to receive \$45 room rate
10 DEC, USAPL Indiana State Meet, Mike Robertson, 9636 Ladson St., Fishers, IN 46038, (765) 713-5462
10 DEC, 7th Immaculate Heart of Mary Holiday BP/DL/Ironman, Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, (330) 792-6670
10 DEC, APA/Sam Houston Open, Tom McCullough tom_mccullough@txpowerscene.com, Sam Houston High School, 9400 Irvington Blvd., Houston TX, 77076
10 DEC, 18th Annual Elkhart BP Classic, Jon Smoker, 30907 CR 16, Elkhart IN, 46516, (574) 674-6683
10 DEC, 5th Annual Pocket Samson's Christmas BP (men's & women's classes/divisions) Island Athletic Club, 448 Kent Narrows Way N., Grasonville, MD 21638, (443) 340-8918 (9-11 pm EST)
10 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson,

(402) 687-4182, timanderson@huntel.net, www.usapl-ne.com
10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-7823
10 DEC, NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, (405) 527-8513, SQBPD@aol.com
10 DEC (date change), WNPFF New Jersey State/Open (Bordentown, NJ) WNPFF, BOX 142347, Fayetteville, GA 30214, (678) 817-4743, wnpf@aol.com
10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com
10,11 DEC, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, (559) 658-5437, (559) 322-6805, www.calapc.net
11 DEC, SLP Turner Classic BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
17 DEC, APF South Carolina Championship (full power and bench - Irmo, SC) Will Millman, APF/AAPF SC Chairman, (843) 886-5366, Shelter223@aol.com, www.worldpowerliftingongress.com, www.sorinex.com
17 DEC, River Valley BP (Horseheads High School, Horseheads, NY) Ed Patten, 27 Arcadia Rd., Elmira, NY 14904, (607) 733-4997
17 DEC, USAPL Eastern USA PL/BP/Ironman/Raw/Assisted (Holiday Inn, Culpeper, VA) John Shifflett, P.O. Box 9941, Stanardsville, CA 22973, (424) 985-3932, valifting@aol.com or Will at (434) 985-6858
17 DEC, 3rd Annual BP/DL Classic (Leighton, PA) Robert Eckhart, (610) 377-5852,

lucykan@enter.net
18 DEC, APF/AAPF Snake River Bench Meet (Idaho Falls, ID) Mike Higgins (208) 521-3434, (208) 5 2 0 - 8 7 7 3 , snakeriver@yahoo.com
31 DEC, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com, www.rawpowerlifting.com, rawlifting@aol.com
7 JAN, APF/AAPF Windy City Ironman (Velocity Sports Performance, Willowbrook, IL) Eric Stone, thestone@chicagopowerlifting.com
7 JAN, Florida Police/Fire (Full power, push-pull, BP - Lake Mirror Complex, Lakeland, FL) FL Police/Fire Hdqtrs. (800) 354-3536, Jim Gaczewski (813) 782-7965, Jack or Debbie at Deb's Gym (863) 683-9300, jana@lawgames.org, alert@tampabay.rr.com, debsgym@verizon.net
14 JAN, APF Michigan Bench for Cash, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. (313) 610-2019, Jimharborme@comcast.net
27-29 JAN, 2005 AAU Worlds (3 lifts) and International Bench Press Contest (Holiday Inn, Richmond, VA) VA PL Assoc., 1811 Southcliff Road, Richmond, VA 23225, aaupower@aol.com
11 FEB, New Castle's 15th Annual BP Championships (open, masters, raw, teen, women) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, (724) 658-7529
11 FEB, NASS Braggin' Rights District 5 & 6 High School Strongman Championships (teens - Samford University, Birmingham, AL) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (gym) (205) 823-4745
11 FEB, APC Bench Press Nationals (Holiday Inn, Warner Robbins, GA) L. B. Baker, (770) 725-6684 or (770) 713-3 0 8 0 , www.americanpowerliftingcommittee.com
11,12 FEB, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com, www.vhpower.com
18 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4417
18,19 FEB (revised date), USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, (239) 590-7709, jdundon@fgcu.edu, www.geocities.com/floridausapl
25 FEB, APF Northeastern Open BP (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows & Dave Follansbee, 865

UPCOMING WNPFF MEETS

DRUG FREE POWERLIFTING

3,4 DEC - WNPFF Drug Free for Life/ Battle of the Countries - Orlando, FL, Troy Ford, 678-817-4743, wnpf@aol.com
 10 DEC - WNPFF New Jersey State/ Open , Bordentown, NJ, Troy Ford - 678 817-4743 or wnpf@aol.com

PO BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com,
 website - members.aol.com/wnpf

Second St., Manchester, NH 03102, (603) 626-5489, www.americanpowerlifting.com, nhbodybuilding@yahoo.com
4 MAR, USAPL S. Dakota PL/ BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, (605) 201-2411
4 MAR, APC Southeastern High School Powerlifting Invitational (teen - Birmingham, AL), Jeff Green, Birmingham Barbell/Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL

35216, (205) 817-6811, (205) 823-4745 (gym)
18 MAR, 2nd APF/AAPF Alabama Open PL/BP (open to any APF/AAPF lifters, larger warm-up area - Econolodge Conference Center, Attalla, AL) Buddy McKee, AL Chairman, (256) 442-4002 or (256) 613-2753 or Stace Beecham at Gold's Gym Rainbow City, (256) 413-0055
18 MAR, All Church Powerlifting Contest (men, women, ages 12 and up) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, (973) 5 8 4 - 7 4 1 0 , pamerman@hillsidebc.org
18,19 MAR, USAPL Pennsylvania State (Ramada Plaza Hotel, Clarks Summit, PA) Janel Brown, (570) 585-5260, janelbrown@brownsgym.net
19 MAR, Lawrence Co. Super BP/DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee (free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117
25 MAR, ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight - Hagerstown, MD), Kevin Prosser (301) 573-7853, jkprosser@yahoo.com, www.angelfire.com/pa/bigal
25 MAR, USAPL Washington State, Richard Schuller, 12916 475th Ave. SE, North Bend, WA 98045, (206) 280-8122
25 MAR, AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbf.net

World Natural Powerlifting Federation (WNPFF) Membership Registration

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 (678) 817-4743

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I agree to submit to any testing procedures in or out of contest by WNPFF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPFF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

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DATE OF APPLICATION: _____ (This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

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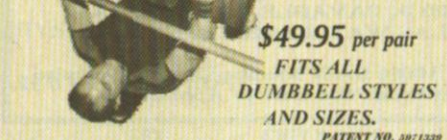
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25 MAR, AAU Eastern Regional Ironman/Ironwoman Open (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbf.net

25 MAR, AAPF Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268
25, 26 MAR, USAPL 2006 Bench Press Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366

25, 26 MAR, APF Junior & Nationals & Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-3393

MAR, Mass State Open High School Powerlifting Championships, Greg Kostas, (781) 447-6714 and Rene Moyan, (401) 934-2040 or (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com

MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rhk@verizon.net, (954) 790-2249

1 APR, ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell (740) 704-4747, www.ironhousezanesville.com

2 APR, 7th Pittsburgh Area Monster BP/DL (men, women, all divisions/classes, cash prizes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 264-9996

8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-7823

9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952-9166, joemusclehead@cs.com, www.reevesnutrition.com

13-16 APR, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

15 APR, USAPL Richmond Open PL & BP Championship (60 lifter limit, open to all out of state lifters) Phillip Battle, P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P_Battle@hotmail.com

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.ipfworlds.com

19-23 APR, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.ipfworlds.com

22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268
APR, USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

6 MAY, APC Excalibur Classic Powerlifting & Bench Press Championships (open, novice, masters, teens, women -

Birmingham, AL) Jeff Green, Birmingham Barbell, Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (205) 823-4745 (gym)

12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turizer, ME 04282, (207) 225-5070

13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl

26-28 MAY, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu

MAY, New England States Open Powerlifting Championships, Greg Kostas, (781) 447-6714 & Rene Moyan, (401) 934-2040, (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fwi.com

7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

7 JUL, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl

8 JUL, USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl

15,16 JUL, AAU National Powerlifting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net

15-22 JUL, Gay Games Powerlifting (register by 15 JUL 05 for out of competition testing program - Chicago, IL), info@GayGamesChicago.org, www.GayGamesChicago.org

JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl



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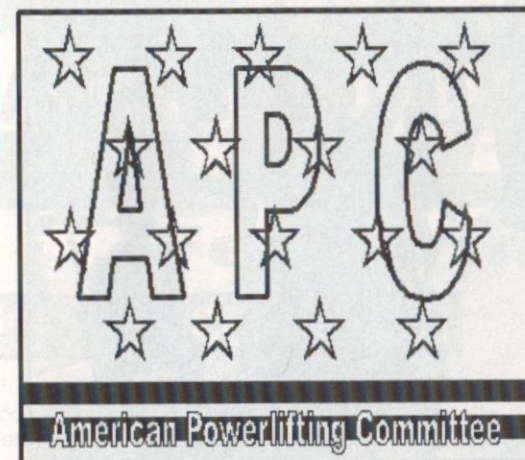
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10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

14,15 OCT, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu

OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, (239) 590-7709

1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080

10-12 NOV, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

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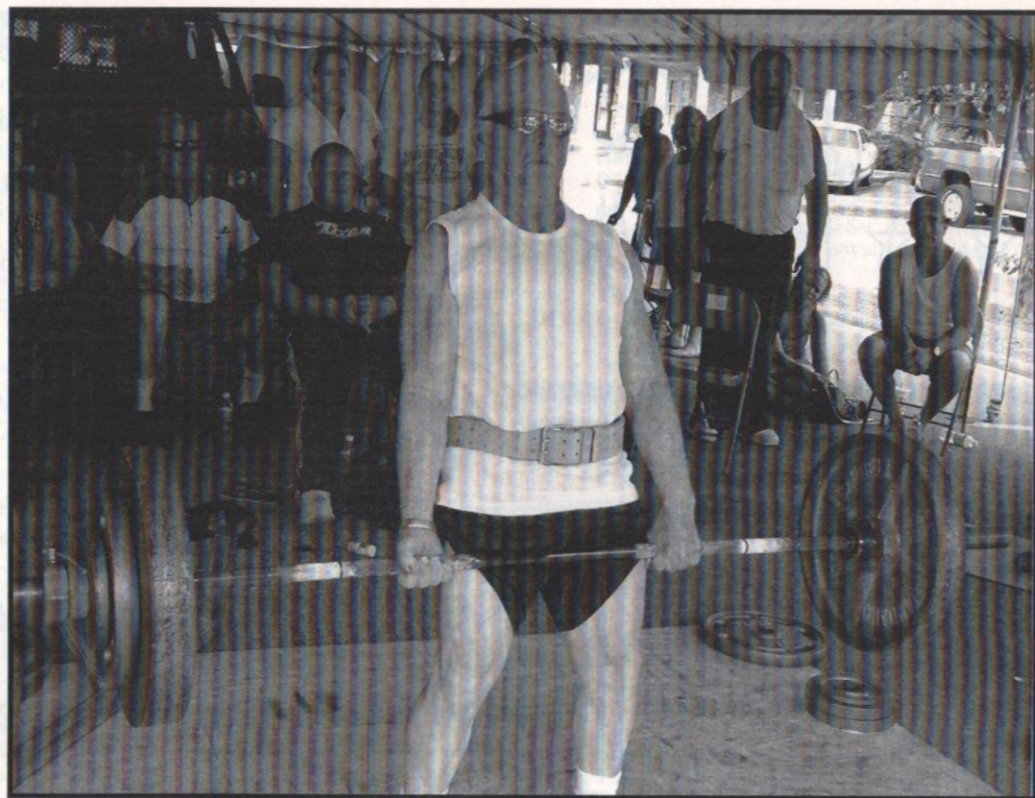
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SLP Superman Classic
11 JUN 05 - Metropolis, IL

BENCH	181 lbs.	
WOMEN	D. Bassett 375	4th-385
Master (40-44)	198 lbs.	
148 lbs.	198 lbs.	
B. Elliott 150!	T. Wentworth 390	
4th-160!	220 lbs.	
MEN	L. Hillard 535	
Wheel Chair	242 lbs.	
114 lbs.	S. McIntyre 530	
H. Logsdon 205	242 lbs.	
198 lbs.	J. Centers 400	
L. Morgan 200!	4th-425	
Novice	275 lbs.	
132 lbs.	P. Little 470	
J. Greer 170!	4th-500	
181 lbs.	308 lbs.	
J. Hodges 330!	J. Dawson 530	
4th-345!	4th-550	
220 lbs.	DEADLIFT	
J. Stafford 440!	WOMEN	
242 lbs.	Teen (13-15)	
J. Lawson 455!	132 lbs.	
Teen (13-15)	L. Greer 200!	
132 lbs.	MEN	
J. Blair 200!	Novice	
SHW	132 lbs.	
D. Kennedy 170	J. Greer 170!	
Junior	181 lbs.	
275 lbs.	J. Hodge 350!	
P. Little 470!	Teen (13-15)	
4th-500!	132 lbs.	
Submaster	J. Blair 350!	
SHW	4th-360!	
Southerland 500	SHW	
Master (40-44)	D. Kennedy 270!	
198 lbs.	Master (45-49)	
B. Stevens 480!	181 lbs.	
4th-500!	R. Cox 460!	
275 lbs.	Master (55-59)	
R. Richey 540!	165 lbs.	
Master (45-49)	L. Greer 365!	
242 lbs.	Master (70-74)	
R. Dickerson 310	165 lbs.	
4th-315	D. Sidwell 315!	
Master (55-59)	4th-325!	
165 lbs.	Open	
L. Greer 200	275 lbs.	
308 lbs.	Williamson 635	
B. Adams 400	308 lbs.	
Open	D. Chandler 565	



Darrel Sidwell with an SLP State Record 325 deadlift in the Middleweight division, 70-74 age group.

twice. Heath had gotten 230 at a competition recently, but probably just needs a little time off. Another lifter in the wheel chair division was 198 winner Lee Morgan. "Captain" Morgan finished with a new Illinois state record of 200. In the master women's 40-44/148 class, first-time competitor Beth Elliott set the state record there with her 150 third and personal best 160 fourth attempts. Beth was also the recent runner up for the Ms. Kentucky Bodybuilding Championship! Strong and beautiful too! In the novice men's division each of the four competitors set state records for their respective classes. At 132 it was first-timer Jeff Greer with 170. Jesse Hodge won at 181 with 330, followed by a great 345 fourth. Taking the title at 220 was Jerry Stafford with 440, followed by Joey Lawson's win at 242 with 455. In the teenage men's 13-

15 age group, Missouri's own Jarrod Blair set the state record at 132 with 200, while state record-holder David Kennedy won at shw with 170. Phillip Little got his first 500 bench on his fourth attempt, after taking the win at junior 275 with 470. This was also a new state record for Phillip. Lynn Southerland also got a big 500 with his win at submaster/shw. In the master men's 40-44 age division Bruce Stevens got his first official 500 bench on his final attempt. This also bettered the state record at 198, which he had set with his third attempt of 480. Randy Richey tried the biggest lift of the meet with his 635 final attempt, but had to settle with his 540 state record opener at 275. At 45-49/242 it was Rick Dickerson with 310, followed by a great fourth personal best 315. Larry Greer won at 55-59/165 with 200 while Butch Adams, coming back strong from shoulder problems,

took the title at 55-59/308 with 400. In the open division Dave Bassett won at 181 with 375, followed by a 385 pr fourth. Dave is the current Mr. SIU Bodybuilding Champion! At 198 it was Travis Wentworth with 390, making just his opener. Also just getting in his opener was 220 and best lifter winner, Lance Hillard. A lifter with unlimited potential, Lance finished with 535, struggling with his final attempts of 575 and 585, just missing each weight due to shirt problems. Once Lance gets some quality time to train in his shirt, we'll see over 600 from the boy! In the 242 class it was Stacy McIntyre over John Centers 530 to 400. John came back with a successful fourth of 425. Phillip

Little won his second title of the day at 275 with his 470/500. Then at shw it was Big Jary Dawson with the biggest lift of the meet. Lifting "raw", Jary got 530 for his third attempt, but finished with a great 550 fourth! In the deadlift competition Lauren Greer tied the Illinois state record at 13-15/132 with her 200 second attempt. "Carrot-Top" continues to get stronger with each new competition, and just keeps getting cuter too. Good thing Papa Greer keeps lifting to be able to fight off the boys who will be coming around soon! In the novice men's division Jesse Hodge won his second title of the day at 181, setting his second state record of the day as well, with his 350 pull. For the 13-15 teenage men, Jarrod Blair got his second state record with his win at 132, finishing with 360. David Kennedy broke his own state record at shw with a strong 270. Richard Cox pulled an easy 460 state record at 45-49/181 for the win there. Larry Greer also broke his own state record at 55-59/165 with his 365 final pull. The darling of the deadlift competition was seventy year old Darrel Sidwell. Darrel set the state record at 70-74/165 with his 315 third, followed by a personal best 325 fourth. Darrel, who has a severe hearing problem, due to years of operating heavy equipment, is great to tease and cheer on. Always a crowd favorite! In the open division Brandon Williamson won at 275 with 635. Weighing at just 265, Brandon was also awarded the best lifter trophy for the competition. Taking the win at 308 was Darrin Chandler, who finished with a strong 565. Thanks to my son Joey for all he does and to Justin Maurer for helping with the spotting and loading duties. Also thank you to our trophy girls, Morgan Jefferies and Jerrah Stafford. This years event was saddened by the loss of Anthony Clark, who passed away on May 22, at the age of 38. Anthony had been an active part of the Superman Celebration the past several years. This was highlighted by his exhibition 730 double bench press, in a single ply shirt, in 2002. Anthony will be missed by those who knew him and the thousands of lives he touched with his ministry. This year's Superman Classic is dedicated to his memory. (Thanks to Dr. Darrell Latch for providing these contest results to Powerlifting USA)



Randy Richey with a SR 540 BP @ 275, 40-44. (photographs courtesy of D. Latch)

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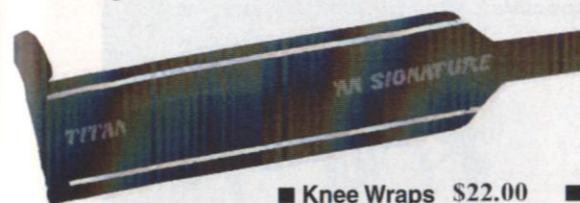
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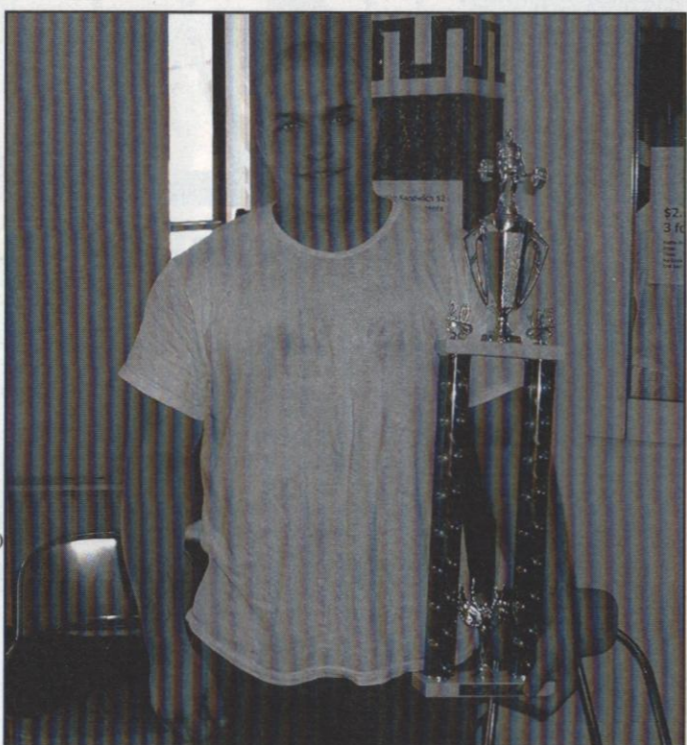
APF Hawg Farm Come & Get 'em
24 SEP 05 - Evansville, IN

BENCH	Open				
MEN	S. Schaeffer	560			
181 lbs.	C. Smith				
Junior	Submaster				
J. Lindsey	E. Clark	575			
Open	275 lbs.				
E. Patterson	Open				
445*	J. Howery	570*			
198 lbs.	DEADLIFT				
Teen	MEN				
B. Singleton	165 lbs.				
400*	Guest				
242 lbs.	R. Pulmer	650*			
	BP	DL	TOT		
MEN	SQ				
220 lbs.					
Open					
J. Adams	800	500	625	1925	
D. Miwks	700	375	600	1675*	
242 lbs.					
Open					
T. Hypes	775	555	570	1900	
A. Gatson	725	475	550	1750	
S. Breen	475	400	575	1450*	
Submaster					
E. Clark	800	575	580	1955	
275 lbs.					
Open					
J. Howery	720	570	525	1815*	

*Indiana State Records. Thanks to all my lifters, spotters, and loaders. (Thanks to Larry Hoover for providing these results)

SLP Ft. Hamilton Days BP/DL
9 JUL 05 - Hamilton, OH

BENCH	M. Adams	310
WOMEN	220 lbs.	
Teen (18-19)	C. Powell	370
132 lbs.	Submaster	
B. Hammons	205*	
275 lbs.		
Master (55-59)	C. Jackson	525
165 lbs.	Master (40-44)	
M. Harmon	95*	
242 lbs.		
MEN	K. Robbison	465
Novice	275 lbs.	
275 lbs.		
S. Vickery	630*	
Master (50-54)	J. Ritzler	530
242 lbs.	Master (70-74)	405
220 lbs.		
J. Carl	285	
275 lbs.		
Junior	B. Sellman	350
181 lbs.	V. Banks	285*
	Police/Fire/40-44	
	S. Blue	315
	242 lbs.	
	198 lbs.	
	S. Tanner	600
	A. Falls	550



Chris Powell got a PR 370 Bench at Junior 220 in Ft. Hamilton

Master (65-69)	P. Newton	385*	D. Meng	370	K. Robbison	465
SHW	Police/Fire/Open	4th-380			W. Grant	365
181 lbs.	220 lbs.			J. Trusty	335	
B. Bartels	385*	J. Watson	450	275 lbs.		
Open	4th-500			J. Maxwell	475	
165 lbs.	J. Nichols	425		S. Nagel	430	
275 lbs.	Police/Fire/40-44			308 lbs.		
335	308 lbs.			600	A. Falls	550

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SHW	220 lbs.		
J. Leonhardt	425	J. Carl	365*
DEADLIFT	4th-400*		
WOMEN	Master (40-44)		
Teen (13-15)	242 lbs.	J. Brausch	550
97 lbs.		275 lbs.	
E. Ritzler	100*	S. Vickery	700
123 lbs.		Master (65-69)	
E. Ritzler	150*	220 lbs.	
4th-185*		T. Hall	450*
WOMEN	Police/Fire		
Teen (18-19)	275 lbs.		
132 lbs.		J. Patrick	610*
B. Hammons	290*	Open	
242 lbs.		S. Baker	450
275 lbs.		S. Nagel	560
Teen (13-15)	425*	J. Maxwell	510
220 lbs.		SHW	
C. Brausch	405*	J. Denlinger	500*
Teen (16-17)			

*=Son Light Power Ohio state records.
Best Lifter Bench: Scott Vickery. Best Lifter Deadlift: Scott Vickery. The Son Light Power Ft. Hamilton Days Bench Press/Deadlift Championship was held at Samson's Gym in Hamilton, Ohio. Thanks once again to Darris and Cathy Sparks for hosting this event and to Darris, Paul Newton, Jason Leonhardt, Wee Man and others who helped with the loading, spotting and judging of the competition. In the bench press event Brittany Hammons won at teenage women 18-19/132, breaking the Ohio state record there with her 205 opener. Her second attempt with 225 failed just at the top, and a final with 255 stopped just off the chest. Marianne Harmon set the state record at 50-54/165 with her final attempt of 95. In the men's novice division, Mike Meadows set the state record with 425, while Josh Carl got a new pr at 16-17/220, with 285. Matt Adams also got a new personal best at junior 181 with 310, and first-time competitor Chris Powell won at junior 220 with a personal best 370. Clarence Jackson won at submaster 275, making just his opener of 525. Keenan Robbison won at 40-44/242 with 465, this being Keenan's first competition. At 40-44/275 it was best lifter Scott Vickery with a new state record of 630. Second place went to Jeff Ritzler who finished with a personal best 530. Bill Sellman won at 50-54/242 with 350 while Charlie Peer took the 275 class with 335. At 65-69/shw it was master legend Jeff Telljohn for the win, finishing with a strong 405. Another legendary lifter, Virgil Anks, set the Ohio state record for the 70-74/242 class with his easy 285 opener. Two other attempts with 300 came within inches of locking out! In the police & fire/40-44/308 class, Paul Newton broke his own state record with a great 385 final attempt. A fourth with 405 was close, but just out of the groove. Brian Bartels, one of the great lighter police lifters, won at police & fire/181 with a solid 385. That's thirty pounds over double-bodyweight! In the open division Stephen Blue won at 165 with 315 while Danny Meng got in all four of his attempts in at 198 to finish with a double-bodyweight 380. Jason Watson had his greatest competition to date, making his first ever 500 bench on his fourth attempt. In picture-perfect form and after missing the groove with 475 on his third attempt, Jason smoked that 500. Congratulations Jason! In second place at 220 was Jim Nichols, lifting raw, finishing with 425. In the 242 class we had four competitors. Taking the title was Stephan Tanner with a great 600 bench. Second place went to Keenan Robbison with 465, followed by Wesley Grant with 365 and J.J. Trusty, who had some problems with his shirt and had to finish the competition raw with 335. First time competitor Josh Maxwell won at 275 with 475 over Steve Nagel, who finished with his opener of 430. Another first-timer, Allen Falls, won at 308 with 550 while Jason "Sissy-Boy" Leonhardt took the title at shw with an easy 440. In the deadlift competition we had the "sister act" of Emily and Elizabeth Ritzler. At only eight years of age, Emily, all fifty-two pounds of her, set the state record at 13-15/97 with 100! Elizabeth, age eleven, set the record at 13-15/123 with 185! First

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Brittany Hammons with a SLP State Record 205. (LATCH photos)

competition for both of them! At 18-19/132, Brittany Hammons won her second title of the day with her second state record of the day, finishing with 290. (I'm not sure, but I think Brittany is from Sweden, with those long blond braided

pigtails, and the fact that she rarely speaks. She probably knows very little English, but she is a great lifter!) Mike Meadows also won his second title of the day and set his second state record at novice 275 with 500. Cody Brausch won at 13-15/220 with a new state record of 405 while Josh Carl set the state record at 16- 7/220 with his 365 third and 400 fourth attempts. Joe Brausch, a great strongman competitor lifting in his first deadlift meet, won at 40-44/242 with 550. Scott Vickery, having some grip problems, only got in his opener of 700 at 40-44/275. But that was still good enough for his second best lifter award of the day! Tom Hall, in his first competition, set the state record at 65-69/220 with a great 450 pull. Then at police & fire 275 it was James Patrick, breaking his own state record there with 610. In the open division Steve Baker won at 242 with 450, this being Steve's first competition. At 275 Steve Nagel redeemed himself with the win over Josh Maxwell 560 to 510. Steve's 560 was a new personal best for him. Then at shw Jamie Denlinger broke his old state record of 480 with his first official 500 pull! Thanks again to everyone who helped out. See you all again November 12 for the SLP Ohio State Championships. (Thanks to Dr. Darrell Latch for these meet results)

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S, M, L., XL, XXL \$28.00

Wrestling Singlets with full 2 color Inzer Advance Designs logo \$33.00

Wrist Wraps — full length with velcro and thumb loop \$9.95

Wrist Wraps — heavy duty, full length with velcro and thumb loop \$17.00

COMPETITION BELTS Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching \$68.00
10 cm x approximately 10 mm • 4 rows of stitching \$58.00

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
• single or double prong • any color • made in USA • lifetime guarantee \$70.00
• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00

Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
1 - 2 oz. block \$2.00

Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design \$10.00

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design \$10.00

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

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

Larry Garro Memorial
30 JUL 05 - Baltimore, MD

J. Witt 500 500 1000
G. Petrides Jr. 415 570 985
(Thanks to Brian Washington for results)

Iowa State
16 APR 05 - Oskaloosa, IA

Table of results for Larry Garro Memorial and Iowa State meet, listing various weight classes and participants.



Jeff Donnels and Darle Mosley at the Iowa State Meet (W. Hammes)

Table of results for Iowa State Meet, listing various weight classes and participants.

ASSOCIATION OFFICE COPY

This is a membership application form. Complete all areas and return Part One to the address shown.

ANNUAL MEMBERSHIP DUES

Table showing membership dues for Youth Athlete, Coach, and Adult Athletes in various sports.

Table showing membership fees for Regular, AB*, and CHECK ONE categories.

AAU National Headquarters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

Personal information form including Date of Birth, Sex, Application Date, and Social Security Number.

Agreement form where the member agrees to be bound by the AAU Code and policies.

Member's Signature
Parent/Guardian Signature

IPA PA State/NE Regional
10 SEP 05 - New Oxford, PA

Table of results for IPA PA State/NE Regional, listing various weight classes and participants.

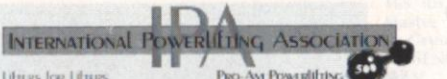
Table of results for Beast of Chrome & Steel BP/DL 9 JUL 05 - Youngsville, PA.

Beast of Chrome & Steel BP/DL
9 JUL 05 - Youngsville, PA

Table of results for Beast of Chrome & Steel meet, listing various weight classes and participants.



Sarah McCaslin AKA Deadlift Wench competed at the Beast of Chrome & Steel meet. (S. McCaslin)



INTERNATIONAL POWERLIFTING ASSOCIATION

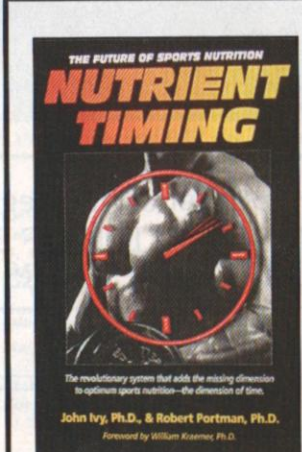
Application for Registration

Registration application form with fields for Last Name, First, Initial, New Member, Renewal, Exp. Date, Street Address, City, State or Providence, Zip Code, Country, Telephone, Email Address, Date of Birth, Age, Sex, Pro, Am, and Registration Fee.

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

Gorilla Pack Power Team
8 JAN 05 - PA

Table of results for Gorilla Pack Power Team, listing various weight classes and participants.



The future of sports nutrition... Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor... much more efficient, and even a slight edge in performance can add up to substantial long term gains.

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "it" dimension (as in time) ... like WHEN to take in those nutrients.

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ALL 3 DAYS!!**

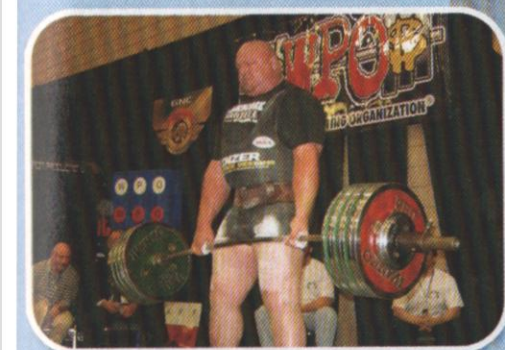
February 17-19, 2006 • Pasadena, California

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IRON MAN PRO XVII
and
THE FIT EXPO
StrongMan Challenge



Benchpressing World Record Attempts

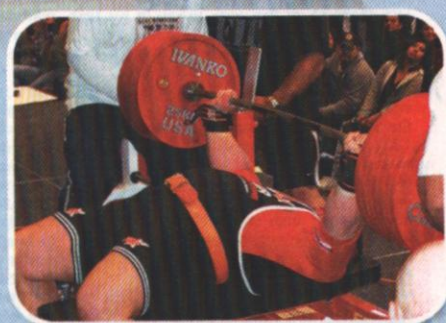
Special World Record Bench Press attempts by Scot Mendelson and Becca Swanson!



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Top powerlifters compete for the state title.



USPF Western USA Powerlifting Contest
12 weight classes and awards to the top 3 in each class.



The Scot Mendelson Bench Press Classic
The world's best compete for over \$10,000 in prize money!

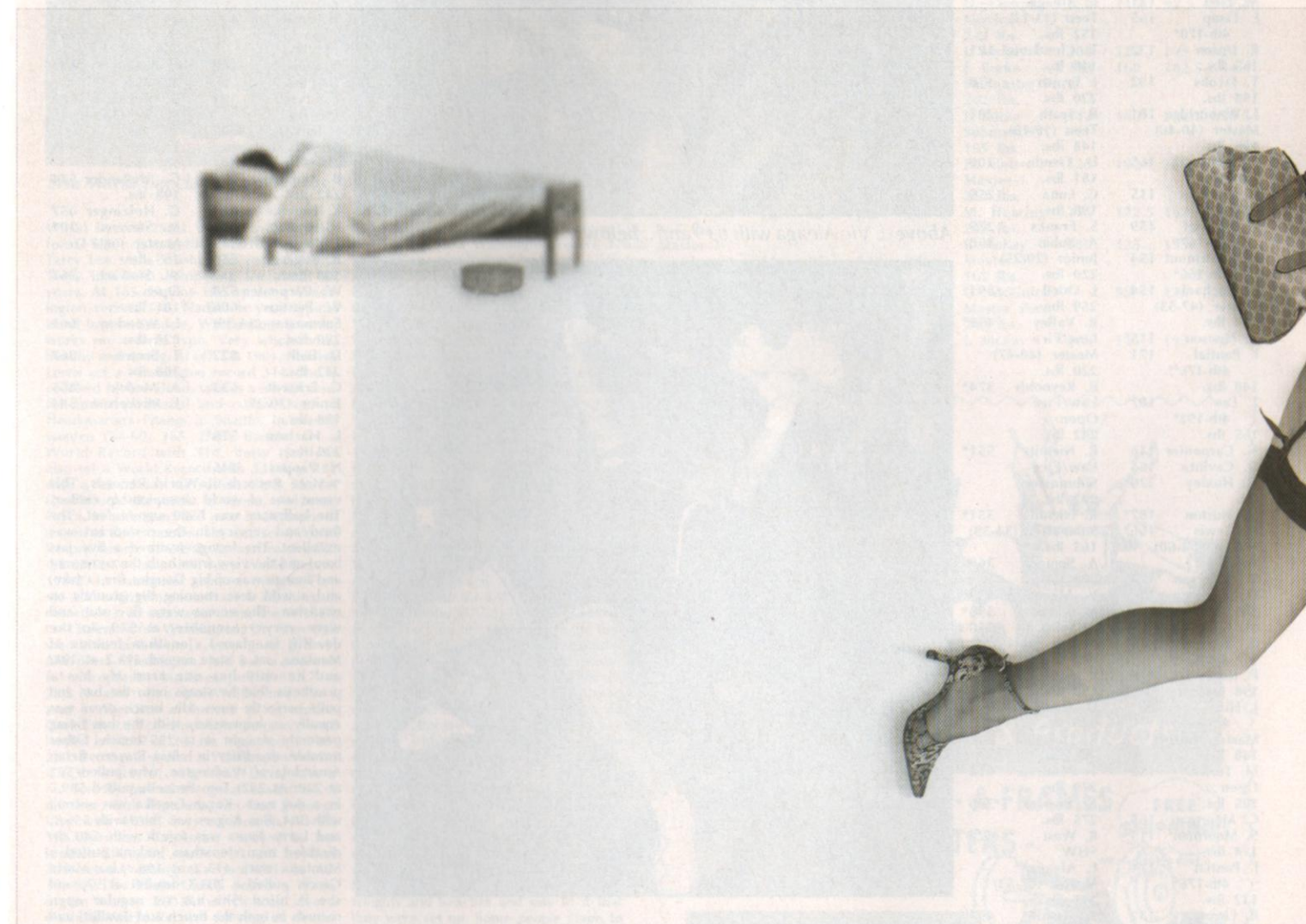
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Archery Challenge ■ Yoga For Sports ■ Strength Training Summit ■ Armwrestling Challenge
Boxing ■ Figure and Speed Skating ■ Wrestling ■ Volleyball ■ Hockey Skills

WEEKEND INFORMATION: www.ArnoldClassic.com www.arnoldexpo.com www.arnoldsportsfestival.com www.arnoldmartialarts.com
TICKET INFORMATION: www.ticketmaster.com, phone 614-431-3600, or write Ticketmaster, 1103 Schrock Rd, Columbus, Ohio 43229



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THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

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

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- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
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