

One a day nutrition is not for the athlete. Coach's Formula is.

Coach's Formula is a program developed for the special nutritional needs of athletes. Six Coach's Formula tablets daily provide a constant flow of balanced nutrients. And the potencies are the ultimate:

- Vitamins:
 - Vitamin A.....10,000 I.U.
 - Vitamin D.....400 I.U.
 - Vitamin C.....1,000 Mg.
 - Vitamin B-1.....150 Mg.
 - Vitamin B-2.....100 Mg.
 - Vitamin B-6.....100 Mg.
 - Vitamin B-12.....500 Mcg.
 - Pantothenic Acid.....300 Mg.
 - Niacinamide.....200 Mg.
 - Choline.....200 Mg.
 - Inositol.....100 Mg.
 - Folic Acid.....100 Mg.
 - BABA.....100 Mg.
 - Biotin.....30 Mcg.
- Minerals:
 - Calcium (phosphate).....1,000 Mg.
 - Phosphorus.....500 Mg.
 - Magnesium.....500 Mg.
 - Manganese.....7.2 Mg.
 - Iodine.....225 Mcg.
 - Iron.....18 Mg.
 - Potassium.....90 Mg.
 - Zinc.....50 Mg.
- Digestive Enzymes:
 - Betaine HCL.....100 Mg.
 - Pancreatin.....100 Mg.
 - Pepsin.....100 Mg.

Coach's Formula Protein Powder (derived from milk and liver) provides all the essential amino acids needed for building muscle tissue.

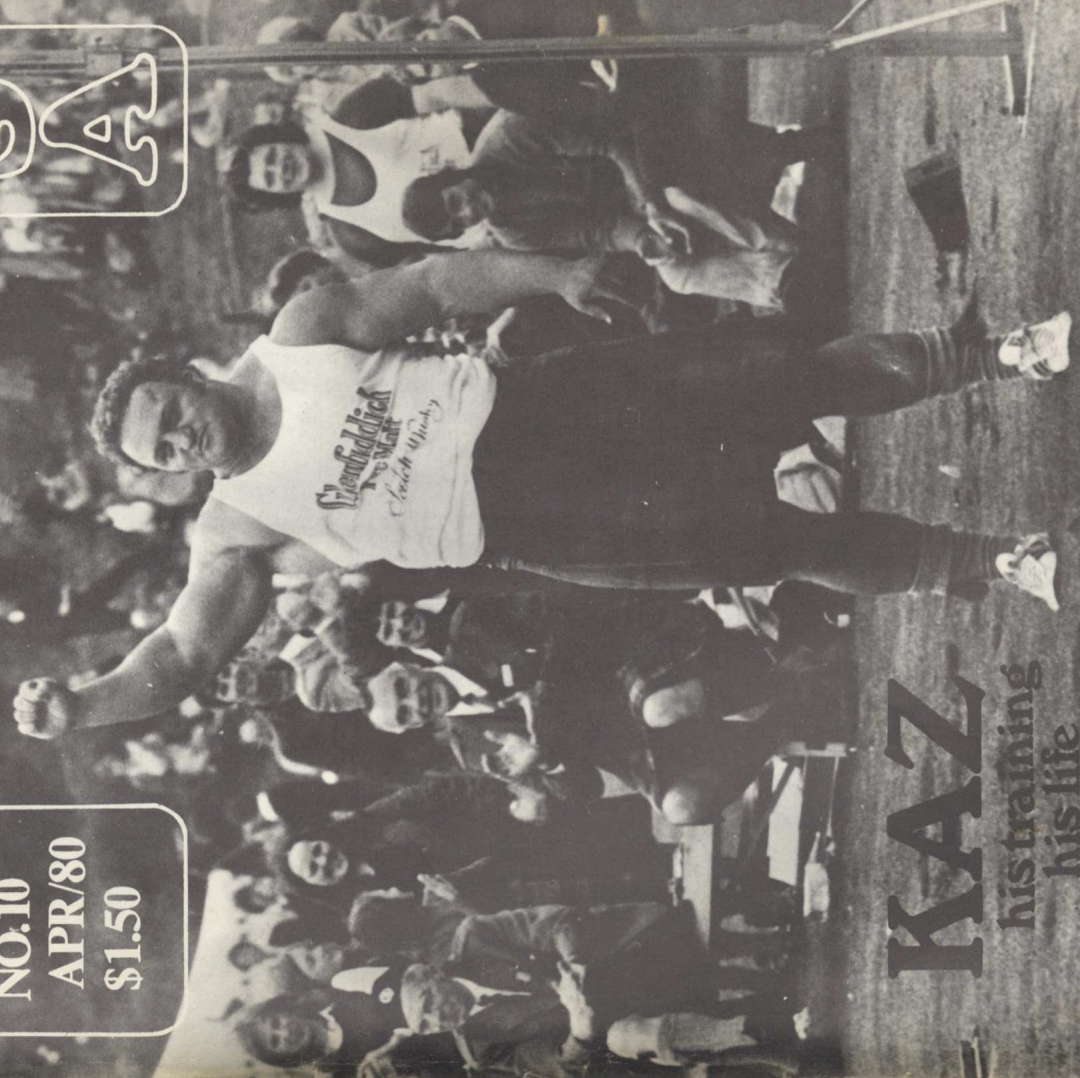
If you're serious about training, put the ultimate in athletic nutrition on your training table. Coach's Formula—available in health food stores.



THOMPSON 

Powerlifting-U.S.A.

VOL.3
NO.10
APR/80
\$1.50



KAZ
his training
his life

PLUS: MAJOR MEET COVERAGE

ZANE

WOMEN'S INVITATIONAL BODYBUILDING CHAMPIONSHIPS



SATURDAY, JUNE 28, 1980, 8 A.M.
SANTA MONICA CIVIC AUDITORIUM

SANCTIONED BY THE I.F.B.D. WOMEN'S COMMITTEE
 SEE THE WORLD'S MOST BEAUTIFULLY DEVELOPED WOMEN COMPETE FOR MORE THAN \$6,500.00 IN CASH PRIZES!
 SEE A WORLD RECORD BENCH PRESS BY DOUG YOUNG, AND A WORLD RECORD DEADLIFT BY PAM MEISTER
 POSING SPECTACULAR! FRANK ZANE, MR. OLYMPIA, ON HIS WAY TO 4-IN-A-ROW!
 TICKETS ON SALE: \$45, \$12.50, \$10 AT SANTA MONICA CIVIC BOX OFFICE OR WRITE ZANE WOMEN'S INVITATIONAL, P.O. BOX 366, SANTA MONICA, CA 90406

SPECIAL ZANE SEMINAR
 MAKE IT A WEEKEND EXTRAVAGANZA... PLAN TO ATTEND FRANK AND CHRISTINE'S FULL DAY SEMINAR ON FITNESS AND BODYBUILDING, SUNDAY, JUNE 29, 1980
 FOR INFORMATION, WRITE ZANE SEMINAR, P.O. BOX 366, SANTA MONICA, CA 90406
 FOR TICKETS AND FURTHER INFORMATION, WRITE ZANE SEMINAR, P.O. BOX 366, SANTA MONICA, CA 90406

STRAIGHT BAR TALK

BY THE EDITOR

LATEST ROUND: IPF US USPF......I may have additional info elsewhere in this issue, but the major changes since last issue are that sanctions for the major upcoming international meets are apparently not withdrawn. Vic Mercer has un-banned Tony Fitton...the situation is far from resolved however...the Auburn meet will apparently not receive an international sanction. Also, another powerlifting organization has been formed to represent the United States in the IPF rather than the USPF. What the situation will be next month is unknown, rumors, charges and countercharges are flying all over the place. It's hard to know just what is going on.

CHANGES OF ADDRESS......Powerlifting USA is not forwarded from your old address to the new one, although a notice is sent from the post office that you have moved...it still means a disruption in your mailing service...PLEASE, PLEASE give plenty of advance notice of address changes...to be sure that you don't miss any coming issues of the New PL USA.

QUALIFYING TOTALS FOR THE JUNIORS AND SENIORS......Bob Ross informs me that there was an error in the qualifying totals for the 132 and 275 lb. classes for the Nationals (formerly Juniors for Nationals)...the actual qualifying totals are as follows for the 132...in the November issue of PL USA...1849 for 275 and meeting at 1161 for 132 and 1740 for 275. I know that this has caused severe inconvenience for at least 3 lifters, who apparently have to re-qualify now, but Bob assures me that the original listing was correct and that no one has an explanation as to why the qualifying totals in the subsequent minutes are different.

LARRY PACIFICCO will be lifting at the New Rochelle Open in New York on May 10th, in an attempt to break the 198 lb. class total, record and qualify for the Seniors in this class, according to meet director Jeff Copland...he will also be holding a seminar the day following the competition.

NORTHAMERICANS......it was decided that there was insufficient time for a normal Selection Committee process to take place so Joe Z and others involved with the meet will select a team as best they can...former world competitors will not be eligible, though PanAm and NorthAm experience does not automatically disqualify a lifter...they will try to go down the list from the top ranked lifter in each class until they reach someone who is willing to compete and can afford the trip...loading, warmup suit and t-shirt will be supplied. Contest is May 17th at Kent State University in Ohio...coaches will be Frank Picha, Jim Taylor, and Mark Schmidt. There will be a referee's clinic for national or possibly the international test in association with this meet...30 free rooms are being provided along with 1775 seats...for the meet...for details contact Mike Lambert, 1775 34th St., Rt. 59, Apt. 7, Kent, Ohio 44240. 216-672-3781 or 216-673-2381.

POWERLIFTING USA AD RATES......WRITE IN FOR YOUR DETAILED INFORMATION ON RATES AND PROCEDURES FOR TAKING OUT AN AD IN PL USA, BUT FOR YOUR INFORMATION...THE BASIC RATE IS \$100 A FULL PAGE PER INSERTION...WITH MULTIPLE INSERTION DISCOUNTS OFF THAT RATE. IF YOU'VE GOT AN IDEA FOR SOMETHING TO SELL, BETTER TAKE ADVANTAGE OF IT NOW, BEFORE SOMEONE ELSE DOES, OR BEFORE THE POTENTIAL MARKET CHANGES.

USE YOUR HEAD......TRAINING INFORMATION AND TIPS PUBLISHED IN POWERLIFTING USA ARE DESIGNED FOR USE BY HEALTHY, FIT INDIVIDUALS...BEFORE STARTING ANY PROGRAM OF PHYSICAL ACTIVITY IT IS RECOMMENDED THAT ONE OBTAIN A PHYSICAL EXAM FROM A DOCTOR.

BEGINNERS ARTICLES......POWERLIFTING USA WOULD LIKE TO RUN A SERIES OF "MINT" ARTICLES COVERING TRAINING BASICS FOR NOVICE LIFTERS...ANYONE OUT THERE LIKE TO CONTRIBUTE THAT KIND OF INFORMATION???...PL USA WOULD BE GLAD TO GIVE YOU A BYLINE.

BODYPOWER SHOW......FEATURED ATTRACTIONS AT THE ZANE WOMEN'S BODYBUILDING CHAMPIONSHIPS WILL BE AN EXHIBITION BENCH BY DOUG YOUNG...EITHER A WORLD RECORD FOR A SINGLE OR ONE FOR REPS, AND A WORLD RECORD DEADLIFT TRY BY PAM MEISTER, WHO HOPES TO WEIGH IN AT 100 LBS. CHRISTINE ZANE TELLS ME THAT LARRY PACIFICCO MAY TAKE ON THE EKEE DUTIES...TRI-OLYMPIA VICTOR FRANK ZANE IS WEIGHING A CUT 202 NOW AND WILL GIVE HIS ONLY WEST COAST POSTING EXHIBITION.

Mike Lambert

POWERLIFTING USA is published monthly for \$15.00 per year by Powerlifting USA, a business, operating from 863 Lemon Drive, Camarillo, California 93010. Application to mail at Second Class postage rates is pending at Camarillo, California 93010. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93010

First Class Mailing of Powerlifting USA in North America is available at a subscription rate of \$20.00 per year. Foreign (other than Canada) surface mail subscriptions available at the rate of \$15.00 US per year. Foreign airmail subscriptions available at the rate of \$25.00 per year. For two year subscriptions deduct \$1.50 from twice the yearly rate, i.e., in US, 2 years for \$28.50 for 2nd class.

*****POWERLIFTING USA ADVERTISING RATES AVAILABLE UPON YOUR REQUEST*****

YES, I WANT TO SUBSCRIBE TO THE BEST POWERLIFTING MAGAZINE IN THE WORLD!!

NAME _____
 STREET _____
 CITY _____
 STATE _____
 ZIP _____

\$15.00 FOR 12 MONTHLY ISSUES, 2 YRS. - \$28.50 (for 1st Class delivery add \$5 per yr.)
 checks payable to "POWERLIFTING USA"
 BOX 467, CAMARILLO, CALIFORNIA 93010

Editor, Mike Lambert

ON THE COVER....Bill Kazmaier after a record weight toss at the Highland Games, complete with kilts, tank top, traditional stockings, and track shoes photo courtesy Fitton



Heavy dumbbell work is a key in the Kaz training program. photo courtesy Fitton

pects of Mayan and Inca culture...plus succumbing to Carlos Castaneda-type mystique that was prevalent at that time, took a little sojourn down to Central America...a four month sojourn that is...during which his bodyweight went from a solid 245 to a lean 210...when he returned to California, he wanted to see how much strength he had lost. At 210, following 10 months of no training whatsoever, he cracked out 315 for 5 sets of 5 on the bench. Then he knew...Powerlifting was the thing for him, and went at it full bore from then on.

Bill's philosophy in lifting can be summed up in three words...Conceive, Believe, Achieve...in other words, do some heavy thinking about what it is that you want to do in the sport, make yourself believe it, then go out and achieve it...he has another set of words to live by, which he doesn't take too seriously...something like "Stay Heavy and Lift High". Bill's routine is the tool with which he implements his straight-forward philosophy...a typical 6 day mini-cycle of workouts would go like so...SUNDAY...heavy Deadlifts, Light Squats, Galf work and Leg Curls...MONDAY...5 sets of 5 light benches...after which he will include some pause benches, narrow grips, and front delt raises...TUESDAY...Upper back and triceps work...including shrugs, triceps extensions, and seated hammer curls (palms vertical)...WEDNESDAY...Heavy squats and roundback Deadlifts in the rack...THURSDAY...Heavy benches, including some brought down high on the chest and narrow grips...plus front delt raises again. FRIDAY...more upper back work...mainly shrugs...a day of rest can be thrown in here anywhere, depending on how he feels...then you start all over again with the heavy deadlifts.

Bill's pre-contest preparation takes about 12 weeks normally...8 weeks to get in good condition and the final 4 to really blitz the weights for major strength increases. In the initial 8 week program, he concentrates on reps, namely sets of 5s...usually he'll get up to 650 for 5 in the squat, and 700x5 in the deadlift during this stage.

KAZ

Bill Kazmaier, in his short career, is living the dream that many of us hold dear...rising to the top quickly, handling awesome weights with ridiculous ease along the way, fashioning a physique unmatched in the annals of weightlifting, forging history with each new strength stunt he diverts himself with, a media "item" like no other...yet, his beginnings were somewhat misguided, a haphazardness that all men experience...it's called "finding one's self". Before highlighting the Kaz of now, let's go back to his roots, and see what we can find.

At Burlington High, in Wisconsin's Southern Lakes conference, Kaz was Big Man On Campus...as a fullback, he was typically bigger, faster, and stronger than any member of the opposing team, and winning was easy...too easy...when he accepted a football scholarship to the University of Wisconsin, his earlier lack of emphasis on f-ball fundamentals, kept him out of his accustomed place...the starting line-up...this began to work on his mind, and he began missing practices here and there. After participating in 1973 and 1974, he only played summer ball in 1975 before dropping out of the sport...from then on the search for the real Kaz, a search for him to put all that ability to use, began...he went from oil rig roughneck to bouncer at a strip joint...back to the oil rig, from there to logging in Alaska, to a shipyard in Morgan City, Louisiana...thence to a feed mill job in Willard, Wisconsin...following that he worked loading 100 lb. sacks of salt at a water softener company...now, of course, he's Strength Coach at Auburn...and calls that the "hardest job of all"... (come on, Bill). Before his latest position, an episode occurred that was very influential in determining his commitment to powerlifting.

Bill revs up for a WR Bench at Dayton. Lambert photo



Bar get out of the groove. In the deadlift, Bill is working conscientiously on a minor grip problem...using a heavy dumbbell, allowing the ball to lower as far as possible, until it is supported only by his finger tips, and then curling it up into his palm. The grip problem is aggravated by Bill's style in the deadlift, wherein he attempts to maneuver under the bar near the top of the lift by pulling his shoulders back and driving his hips through, which puts a lot of extra pressure on his hands, and, in the past, he has had to let the bar down...or it would fall down. A change in his stance has been incorporated to help alleviate this problem as well. Bill's deadlift program is slightly different from the other two lifts in that he does no sets of tens and he brings on the triples as early as 7 weeks before the contest, instead of waiting for the final four weeks. Bill's round back deadlifts in the racks are a very specific assistance exercise...the rounding of the back is highly exaggerated, so he can handle only 650 or so in this movement, which is designed to assist in locking the 850-900+ he is capable of pulling all the way out. Other assistance exercises include shrugs...which are done in 3 sets of 20 with around 500 lbs...with the final set being a little lighter and extremely strict...he also does 4 exercises for the lats...widegrip pull-downs to the chest, seated cable pulls, narrow grip cable pull-downs, and bent rows with heavy dumbbells...all of which are done for 3 sets of 8-10 reps. Another big aid to Bill's progress has been the work of Glenn Hamner, D.C. who found that one of Bill's legs was shorter than the other by 1"...now he receives regular chiropractic treatments while lying down with wedges strategically positioned on the examination table...to relieve pressures and promote healing. Bill has no shortage of aches and pains...lots of wrist and elbow problems have plagued him, now a slight delt pro-

In the final 4 weeks, bigger weight jumps are forced on to the bar each week, up to 30 lbs. more...and doubles and triples are utilized. Most workouts take on the order of 1 1/2 hours, actual training time. By the final workouts of a cycle, Bill has been up his high as 805x5 in the squat and 800x4 in the deadlift, with 545x5 being his current rep/max in the bench press.

In the squat, Bill concentrates on keeping his knees over the ankles as much as possible, to keep in optimum driving position for the lift. Skill, with his height and structure, it is easy for the weight to get forward on him, after which there is no chance for recovery. This is exactly what happened with his 903 attempt at the World's...lately his squat has been going well, and, if the record doesn't go up too much further before the Seniors, he feels he may be capable of breaking it himself...if he can stop that "hinge" effect at the ankle. The bench is Bill's obvious favorite...and, therefore, it's the one lift he can tell you most about. On the descent of the bar to the chest, Kaz emphasizes control...tucking the elbows in...minute adjustments to the shoulder girdle to make sure that the bar is in exactly the correct starting position. I saw films taken of Kaz benching 605 for a double before the World's and in slow motion his unique style is readily apparent...the bar comes down very slow, and goes up very, very fast...in fact, investigations at the National Strength Research Center at Auburn University reveal that Bill brings the bar down with a maximum acceleration of no more than 103% of the actual weight of the bar, while most weight trainees lower the bar with an acceleration of 130-140% of actual weight. Kaz's whole lift is the start, there is awesome acceleration of the bar from the chest to about halfway up...from there the bar just rises out the initial blast. In fact, so actually appeared more normal on film when shown in reverse...where, like most lifters, the bar came quickly to the chest and took a long time to be locked out. Bill's control on the descent and enormous explosive power on the ascent are the keys to his success on this lift. Bill's lockout is not a strong point, which explains why his 633 attempt in Dayton did not go. He had not been able to incorporate much triceps work into his program for that meet, and didn't feel...as it was, the 633 blasted up about 3/4s of the way, and drifted back into the racks.

One thing he will commonly do on a heavy set of fives in the BP...is to pause the last rep of the set...additionally, he likes to vary the location where the bar touches the chest on his rep sets...from low on the chest...to the normal development and a wider range of strength should the

lem has come up, but he'll tough it out just like he has the others.

As for diet, Bill chews down with the footballers at the Auburn training table...eating a balanced diet...perhaps ten different courses per day...including meats, vegetables, salad, and fruit. He still mixes up his "Glop"...a concoction of Thompson Protein powder and eggs for weight gaining purposes. He once got some words of wisdom from another fine Superheavyweight, Terry Smith, at the 1977 Region 7 meet, who got the info from Paul Wrenn...to gain weight, eat lots of corn bread and grits"...Kaz doesn't do this and considers it one of his keys to success.

As for the current crop of Superheavyweights, Bill notes that the overall lifts of Don Rein-boudt have still not been surpassed...and that balance between the lifts is what may be lacking among his competitors. Bill said that his true idol is Terry Todd, but then his tongue almost poked a hole in his cheek.

Things have been happening for Bill lately...a commercial for ITT was filmed recently...wherein Bill musses a clean and jerk and gets consoled by Momma after a call home... (eat your heart out, Bruce Wilhelm), but there isn't that much Big Man's Work (as Bill calls it) around to make him serious about it. Perhaps that will change if he goes out for the next Worlds Strongest Men contest again this May. Last year he went into the NSM without any previous training on the stunts they used and was very much a factor.

Bill's mom is a great fan of his lifting...she attended the Worlds and Seniors, and is extremely supportive, where neither ever and infinity! He and Sue both long for the West Coast...but things are still mighty comfortable in Alabama for the immediate future. Occasionally, Bill shows flashes of impatience going out of the sport with a lot of fireworks...including a blazing farewell speech, which will likely close with six letters...K.M.A. KZ...the K.M.A. standing for Kiss My Ardwark...or something close to that.

Still, before he leaves the sport there's a lot that could be done. Bill sat down the other day and tried to figure out what his ultimate capabilities might be...should he choose to make an absolutely total commitment to their achievement...the numbers in Kaz's mind add up to 2700...with the proviso that he would have to weight around 375 and put in 2 years of determined effort. Bill doesn't think that kind of effort would be worth it, and instead he is looking, practically, at a goal of 2500 at the Seniors and 2600 at the Worlds...since he feels he may not be in the sport that much longer, these numbers are more realistic...at the very least, he is anti-creating 3 World Records in Madison.

After this year, the future is uncertain...bodybuilding or pro wrestling are possibilities...if Lou Ferrigno ever retires, KZ would be a natural for the Hulk...with the TV exposure he's been getting, there could be something in that pot at the end of the rainbow.

At any rate, his next competition will be the World Series meet at Auburn, April 19th...POWERLIFTING USA. will have complete results and photos of that contest in the next issue. A special thanks to Bill Kazmaier and secondarily, Tony Fitton for the material in this article.



THE ULTIMATE EXAMPLE OF MUSCULAR PHYSICAL MASSIVENESS...Bill benching in the gym at Auburn University. Fitton/Foto



Where will his strength carry him next?...only the Kaz knows. Fitton/Foto

CUSTOM MADE WEIGHTLIFTING EQUIPMENT

FOR PROFESSIONAL GYM OR HOME USE
POWER RACKS, BENCHES, LIFTING BELTS,
SUPERSUITS, WRAPS
SECTORIZED CABLE EQUIPMENT
NATURAL SOURCE FOOD SUPPLEMENTS



Complete Weight Training
Facility for Men and Women
Individual Instruction
Open 7 Days 9 a.m.-9 p.m.

2149 TARAVEL ST.
SAN FRANCISCO, CA. 94116 (415) 566-7086

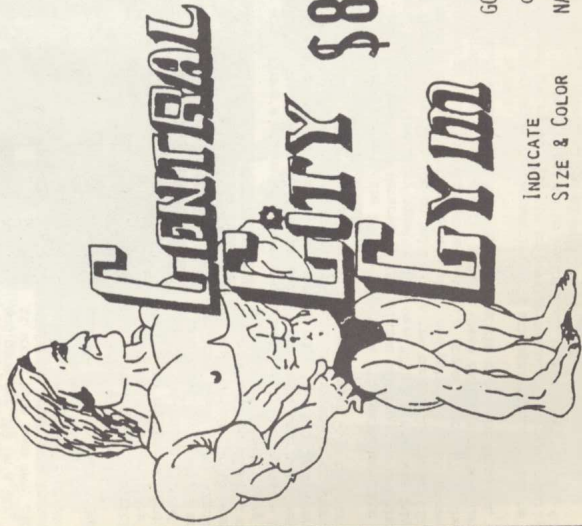
Catalog \$1.50

FINALLY!!!

T-SHIRTS

FROM THE BEST GYM IN THE EAST

ALL SIZES



\$8.00

INDICATE
SIZE & COLOR

GOLD
OR
NAVY

SEND CHECK OR
MONEY ORDER TO:

CENTRAL CITY Gym
1537 MAIN..ROOM 504
SPRINGFIELD, MA 01103

Hawaii International Powerlifting Championships

Gus Rethwisch went through some incredible hassles to bring this contest off, the sanction that was there, and then wasn't there, and then reappeared, the \$800 phone bill in one month (the telephone company just pulled the plug on him after that), lifters who couldn't or wouldn't make up their mind if they were going to come... some things as previous years, but worse. It took a tremendous toll on Gus's psyche and lifting... happily, this was the best meet of all, with an enormous crowd... lots of great lifting, and no last minute hangups with the meet itself, which got over at a comfortable hour this time. I can't say enough about what Gus has done for PL in the past few years... now, finally... it seems that all those dues he paid are bringing dividends... guys like John Kuc and Marv Phillips, Larry Kidney, Dave Shaw, Doyle Kennedy, Wayne Bouvier... and many others... supported Gus all through his troubles and lifted their hearts out for him. You have to be proud of Lars Hedlund as well... he had an invite to the Superstars competition, taking place in the Bahamas simultaneously with Gus's meet, which alone would mean several thousand dollars even if he just showed up, let alone won anything... he passed up the chance to try to give Gus a World Record in the bench press. There is nothing so satisfying as seeing some good things come Gus's way after years of give, give, give... and no take.

Lovable Precious McKenzie came back at 123, but the world record sparkle of previous years was slightly out of focus this go-round... Precious tried a WR 512 50, but couldn't come up with it... he also gave 600 a pretty good ride in the deadlift going for a total record... a New Zealand ship was in port, and the sailors at the meet gave Precious an enormous ovation each time he touched the weight... they looked like a wild and crazy bunch of guys, for sure. Retsoo Willy did not have the kind of meet he wanted, but he is obviously a great talent... he suffered the misfortune of becoming physically ill during the performance of a deadlift, and lost his final two attempts for that reason. Dale Yoshizu, in merely his 3rd meet, showed real potential... not only in the bench, where he took a big jump, but in the other two lifts... he is quite tall for his class and very muscular and could be a big contributor should the Hawaii-guys get together, and send a team to the Juniors.

Ray Verdonck simply gets better and better with each competitive outing... his squats rivaled those of the great Marv Phillips in perfection of form... he broke the American record twice with 518 and 529, then he tried an awesome 540 pound World Record on a 4th... he is a definite threat to this record, without the use of steroids.

All his attempts were very low and solid. Al Andrade came very close to a new WR in the BP, with 363 lbs. He had he skipped his last 2 and come for 359 on a 4th, it would have been very close. Morishima broke some teenage records and showed fine potential for the future... he is another of the Hawaii lifters who could score a lot of points in Juniors competition.

Bret Medeiros, who runs BRET'S GYM on the windward side of the island, lifted alone after his favorite competitor, Blane Chong, could not make weight... still he made a nice State Record squat of 501, off a bad back injury of a few months ago.

Chong's miscue on bodyweight proved costly, as he had a lot of State records in him... trying a 534 squat and 589 deadlift... his total was a good one, but Kev McLaverty was too strong, having come down from 181s when he couldn't gain up to the higher class weight limit... he showed major improvement in all lifts (along with a resemblance to TVs Tim Conway) with the most notable lift being his solid 600 deadlift.

An all-island confrontation in the 181s provided the closest competition of the contest... much improved Mike Navares of the Waihuan Navares Clan and the Spokane Saman, Francis Silva, they squatted the same 573, but that was only an opener for Navares, who lost 600 on balance... in the bench, the dynamic Silva proved to be a South Seas version of Luke Lams, and put on a great demonstration of psyching, which enabled him to push up a state record 407 in the bench. There seemed to be a real empathy between these fast-rising Hawaiian lifters and the other World Class Pliers from around the globe who competed, which was pleasant to see.

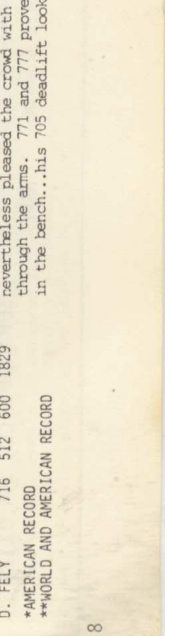
A dissatisfied Jerry Jones had to settle for 4 attempts this day, but he nevertheless pleased the crowd with his impressive musculature... particularly through the arms. 771 and 777 proved to be too much in the squat, as did 402 in the bench... his 705 deadlift looked very smooth, though.

***AMERICAN RECORD
***WORLD AND AMERICAN RECORD

HAWAII INTERNATIONAL 3/19/80

123	P. MCKENZIE	462	270	551	1284
	T. WILLY	407	231	407	1047
	D. YOSHIZU	347	286	396	1030
132	R. VERDONCK	529*	303	468	1300
	E. MORISHIMA	413	275	451	1140
	A. ANDRADE	352	330	352	1036
148	B. MEDEIROS	501	297	523	1322
165	K. MCCLAVERTY	551	363	600	1515
	B. CHONG	495	303	562	1361
181	M. NAVARES	573	391	584	1548
198	F. SILVA	573	407	529	1510
220	J. JONES	738	380	705	1824
242	M. DIMDIUK	744	473	716	1934
242	J. KUC	782	507	865**	2154**
M.	PHILLIPS	843**	462	694	2000
J.	DRAPAL	650	462	667	1780
275	L. KIDNEY	848	534	766	2149
D.	SHAW	744	507	788	2039
SHW	KENADY	891	556	799	2258
D.	BOUVIER	926	617	722	2166
L.	REDLUND	793	600	699	2094
G.	RETHWISCH	782	473	744	2000
D.	FELLY	716	512	600	1829

Lambert photo

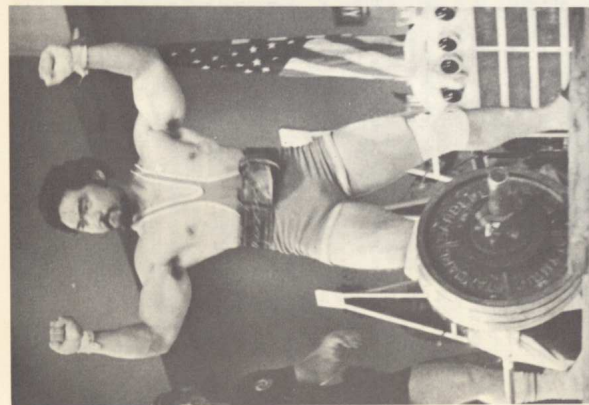
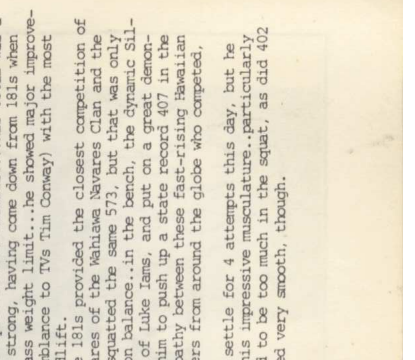


Yoshizu showed world class potential with this 314 attempt. Lambert photo

Mike Navares salutes the crowd after a DL attempt. Lambert photo

Phillips arrived looking big and fit... his first squat seemed tentative, and his second at 799 was not easy either. Wise Marv was saving it all for the big one, as his 843 was smooth and strong, with immaculate form and control... one of the best looking WR squats ever seen, without doubt... he was in total command of the bar all the way. The excitement for Marv didn't end with the squats as he had the best day of his entire lifting career... 9 for 9, and 2000 plus in the total... he obviously put everything into that last FR deadlift... everyone was happy for him... he deserved this.

BELOW.....Marvelous Marv Phillips with a new World Record squat of 843 pounds. Photo by Dussia



In the 220s, Dimiduk had trouble holding the weight for 242s and so dropped into the 220s, besides somebody said he was looking a little puffy at 230, so he started working on getting some cuts... which he was very successful at... ripped through the abs and thighs, he was as lean and mean looking as I've ever seen him. He lost his concentration at the bottom with a 766 squat, which he felt he would have made under normal circumstances, and he took 788 down, but knew at the bottom that it was too heavy. He probably left a little on the platform in the bench, when he had to take 473 over due to uneven extension, but his 716 deadlift was a pretty smooth one.

In the 242s, local favorite Jim Drapal had a 4-attempt day... looking plenty strong for more, but lifting on a stage in front of a huge crowd is distracting, and a few little glitches in his form made him miss 672 in the squat, 473 in the bench, and 689 in the deadlift.

Phillips arrived looking big and fit... his first squat seemed tentative, and his second at 799 was not easy either. Wise Marv was saving it all for the big one, as his 843 was smooth and strong, with immaculate form and control... one of the best looking WR squats ever seen, without doubt... he was in total command of the bar all the way. The excitement for Marv didn't end with the squats as he had the best day of his entire lifting career... 9 for 9, and 2000 plus in the total... he obviously put everything into that last FR deadlift... everyone was happy for him... he deserved this.

BELOW.....Marvelous Marv Phillips with a new World Record squat of 843 pounds. Photo by Dussia



Flatback deadlifts ala Jerry Jones photo by Gibbs



A solid lineup in the Supers, led by Doyle Kenady provided lots of entertainment for the capacity crowd of 4500+. Doyle weighed but 303 and looked ready for the competition, with a kind of fierce determined expression on his face that I had not noticed in previous meets. Doyle made his usual 881 SQ, but #14 was too much, he only took two in the BP, and after his opener in the DL, 854 snapped loose from his grasp twice, very near the top of the lift, the bar moved well, and without the hand problem he may well have been capable of a WR...that's certainly where he would have headed if 854 had gone.

A rejuvenated Wayne Bouvier returned to the scene of his earlier exploits...squating well, and, after a mislaid negated his 1st attempt at 589, he snapped up a competitive PR 617 smartly...633 wouldn't go on a 3rd, however. His 722 DL gave him a 2166 total, just enough to bump his friend Gus down a notch on the all-time Superheavyweight list...their friendly rivalry has been a productive incentive over the years, and now the ball is in Gus's court. Wayne has suffered through some tough injuries the past few years...that's why he's been out of the competitive limelight...still young, with loads of potential, he could be the one to move up when something gives among the current corps of top Superheavies...Kaz, Nenni, Maddison, and Kenady.

Thank you, Gus, for a great meet. Lambert photo

Lars, the Swedish Bull, moved some big Irons. Lambert photo

Lars mused squats of 849 and 903 after his opener 793...actually, I believe he was just pacing Doyle on that last one, as he never appeared for the attempt...actually, it seemed that he hurt himself on the 849, which was dumped. After an easy 600 bench, his 699 DL was followed by two tries at 749...if Lars were to ever put together his other two lifts, he has the capability to make things tough for American Supers at the Worlds...but, realistically, that could be a couple of years off in the future.

Gus raved about young Wayne Fely after his last meet...a 699 SQ and 501 BP were his noteworthy credentials coming into this one, it was easy to see what Gus was talking about...this kid is a natural, with some advice on what attempts to take, he could be good for 1950-2000 right now, and he is obviously going to total a whole lot more than that before he's through. His 716 squat was the quickest, most explosive squat I've ever seen...it was down and up so fast, that if one could hear jaws drop...the sound of all those mandibles falling in unison would have been deafening. His big jump to 804 was rewarded with a big dump behind him, but he was certainly good for something in the high 700s, his 512 went okay, but 529 stopped him, the deadlift is not his forte and an effort at 655 was not close. Wayne and one other upcoming Super from Hawaii are very suitable candidates to keep up the tradition of Gus, Wayne, and John Phillip...making Hawaii one of the most productive centers of Big Men in the World.

Maybe some of you know that feeling...you've got a big meet coming up, one that you'd love to do well in, but you find yourself caught up in a web of commitments, deadlines, and problems unrelated to your lifting...fighting off one headache after another, you try to get in some decent training...but nothing works, your lifts go nowhere as each day eats away at your opportunities to salvage any kind of total. Well, that's how things have been going for Gus Reichwisch...although weighing the heaviest of his career, he just couldn't train properly for this meet. And, at one time, seriously considered going 275 just on a chance that something good might happen down that way. It hurt to watch Gus lift at this meet...because strength wasn't a factor, Gus just lifted on guts...nothing else. Every squat was a desperation bounce-out-of-the-bottom type lift, every bench was a frantic, twisting shove of the weights...and every deadlift was a shaking, formless, roundback yank on the iron. He totaled 2000 on sheer will and courage. After the meet though, Gus...whose normal expression following one of these extravaganzas is a sort of resigned, forlorn exhaustion...had a little smile on his face...the meet went super, fans and lifters alike were pleased...he was satisfied. He'll get his training going and his total up for later in the year, for now...just think about what a fine meet he put on.

...I AM PROUD TO OFFER SOME OF PAT'S POWER PRODUCTS TO YOU.....

these products have been scientifically developed and are the best on the market today...worn by champions...with many world records to their credit.

MIRACLE SUIT\$29.50
 (a must for a big squat)

Free Bumper Sticker with any order

CYCLONE BELTS.....\$29.95
 (10 cm of power!!!)

RICKEY DALE CRAIN
 1509 NORTH MINNESOTA
 SHAWNEE, OKLAHOMA 74801
 1-405-275-3689



Lars, the Swedish Bull, moved some big Irons. Lambert photo

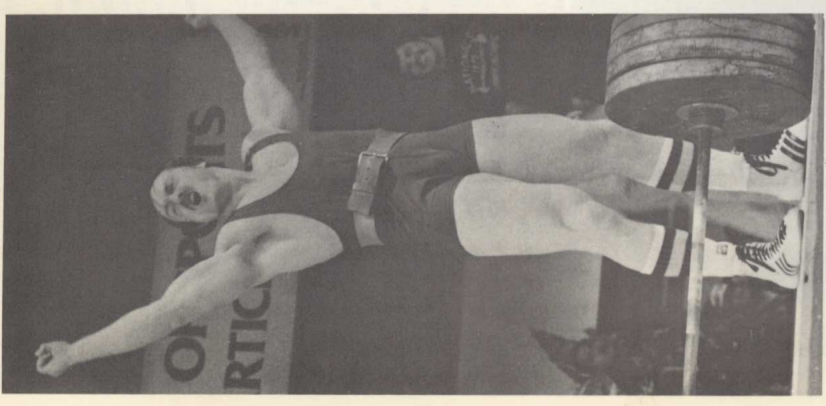
A lot of people feel that there has been a cloud over the 242 lb. class records the past few months...well, the sun is shining bright now...as John Kuc has devastated the record book once again. If there's been one thing on John's mind recently, it had to be exemplified by the fact that he uttered only a single word before each of his attempts...Patterson". John played things very safe in the squat, and the 782 was a competitive PR, but we both agreed that 804 was there, and John will probably go for it in his next competition...without structural advantages in his movement, John can credit only hard, hard work and plenty of it for his consistent improvement...in the bench, another 3 for 3 performance...John can look forward to 512 or better at his next meet, without much doubt.

Despite John's finishing far ahead of his competition, there was real excitement in the deadlift because he opened low, for him with 755...the reasoning being that John could then have the strength for two big deadlifts later. It was almost silly...how easy that first one was, but there was a lot of lifts between that one and John's second attempt...and as the time passed, the suspense built...was this the right thing to do...would a 100+ jump be too much...every lifter there knew just what that total record of 2133 by Clay Patterson meant to John Kuc...unanimously, they urged him on...in that instant before the lift, when John was wrapping his talons around that chrome steel bar, the fearful thought that he would perhaps not make it flashed through many minds...and, in the initial pull of the bar, there was a slight hitch...perhaps it was forward a bit...but suddenly John put forth an enormous surge of power and just elevated the thing up, another very slight drift forward at the end, which John quickly controlled and locked out. It was Eye-Zee!!!! It was the easiest lift of over 800 that I've ever seen done...the place fell apart as John raised his arms and shouted out...what a victory it was. John went on to try 876, but it was quite anti-climatic and didn't budge...which was a disappointment to John, but I think that it was good that it happened that way...John has a way of showing that there is still some higher mountain to be climbed in his next meet...if he ever went 9 for 9 and deadlifted 900 on his last deadlift, he might not feel there would be any reason to compete any longer, and that would be a loss to all of us. The way that he ripped up that 865 left no doubt that he can handle more than any other man has done in history, regardless of the circumstances.

The exhilaration of John Kuc. Photo by Dussia

In the 275s it began to look like the old days for Larry Kidney after he missed his first two squats, but he came back forcefully with a solid 848 on his final...problems after his opener in the bench, left him off the pace of the total record he set at the Seniors, but a fine 766 DL salvaged a new World Record for him...if Larry can bump his own WR on a bad day, you can see how soft a mark it is, and he will certainly approach 2200+ by SRS.

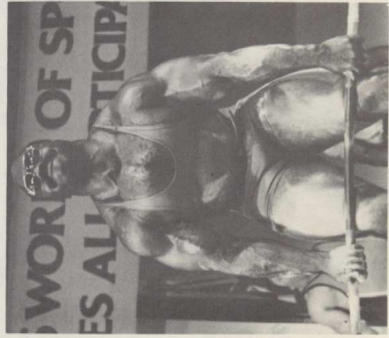
Rumors had foretold a big squat for Dave Shaw, but he made all 3, ending with 744. He had 523 way up the BP twice, but it wouldn't drive back for him, so he missed that. His DL style looked very clean, but 2 tries at a WR were lost at the top when he couldn't lock them out properly. Physically, he was even more muscular than before.



The exhilaration of John Kuc. Photo by Dussia

Photo by Dussia

rumors had foretold a big squat for Dave Shaw, but he made all 3, ending with 744. He had 523 way up the BP twice, but it wouldn't drive back for him, so he missed that. His DL style looked very clean, but 2 tries at a WR were lost at the top when he couldn't lock them out properly. Physically, he was even more muscular than before.



ABOVE...Larry Kidney overcame trouble in the first two lifts to move his WR total up a notch. Lambert photo

LEFT...Shaw made two close attempts at a World Record 810 deadlift, and showed incredible muscle mass and vascularity for a man of his weight. Dussia photo

TRAINING WITH JOHN KUC

PROCESSED BEYOND EIGHT FINGERS AND TWO THUMBS AND EVEN PASSED A DOZEN. BILL SUCCEEDED WITH 17 BEFORE SLIGHTLY LOSING HIS BALANCE AND DECIDED HE'D DONE QUITE SUFFICIENT TO WIN THE CONTEST AND, INCIDENTALLY, THE ADMIRATION OF ALL THOSE THERE, WERE PROOF POSITIVE THAT BILL IS AMONGST, IF NOT ALREADY ONE OF THE STRONGEST MEN WHO EVER LIVED.

THE OFFICIAL WORLD RECORD RECOGNIZED FOR THE TWO HANDS DUMBELL PRESS WAS A PAIR OF 155'S, SO IT WAS DECIDED THAT 156'S BE LOADED AND BILL WOULD GIVE THEM A TRY. HOWEVER, BEFORE THIS FORM AND THE REVISED LUKE JAMS WAS REINTRODUCED TO THE PLAT- FORM AND THIRTY EIGHTY LBS. A KIDNEY AND ERNIE HACKETT HANDED THE DUMBELLS TO LUKE AT HIS SHOULDERS AND LUKE PROCEEDED TO PRESS THEM 12 TIMES, TO SHOW THAT ALL THE EFFORT HE'D PUT INTO OBTAINING OF THEM WOULD NOT HAVE GONE UNREWARDED. ONCE THE DUMBELLS WERE RELOADED TO 195 POUNDS EACH, LUKE, WHO AGAIN CAME BEING REVERED TO HIS SHOULDER, PRESSED THEM FIVE TIMES, AND WITHOUT MUCH APPARENT EFFORT AT THAT.

THE STRONGBOW EXECUTIVES AND THE TV EXECUTIVES WERE DELIGHTED WITH THE WHOLE SHOW. EACH AND EVERY ONE OF THE AMERICAN LIFTERS HAD MADE TREMENDOUS IMPACT, OPENING THE GATE TO POSSIBLY GREATER DEALS NEXT YEAR.

THAT EVENING THERE WAS A GRAND BANQUET AT THE HOTEL FOLLOWED THE DAY AFTER WITH A TRIP OUT TO HEREFORD TO THE STRONGBOW PLANT AND DISTILLERY WHERE ALL THE CIDER IS MADE. ANOTHER EXCELLENT MEAL WAS SPREAD IN THE SURROUNDINGS OF AN OLD BUT WELL PRESERVED, RAILWAY RESTAURANT CARRIAGE. STRONGBOW'S BOTTLES OF CIDER WERE EVERYWHERE AND THE COMPANY'S SALES PEOPLE WERE SAYING THAT THE COMPANY WOULD BE SELLING IN AMERICA TO WHICH LUKE COMMISSIONED PERSONALLY 100 GALLONS PER MONTH TO BE SHIPPED TO WEST VIRGINIA.

THE DRIVE TO HEREFORD FROM LONDON TOOK ABOUT FOUR HOURS THROUGH MUCH OF BRITAIN'S PLEASANT COUNTRYSIDE, BUT THE TRIP WAS MORE MEMORABLE FOR THE MARGERS AND BETS THAT WERE BEING THROWN AROUND IN THE CHEROKEE JEEP, IN WHICH ERNIE HACKETT, BILL HAZMAIER AND LUKE JAMS WERE RIDING. FIRST TO A 700 BENCH, ERNIE ADMITTED THE COUNTRYSIDE. FIRST TO A 1000 POUND SQUAT, ERNIE'S ATTENTION WAS BACK IN THE JEEP. BIGGEST SUB-TOTAL AT THE NATIONALS, ERNIE WAS MAKING SOME QUICK CALCULATIONS. IT WILL PROBABLY ALL BE FORGOTTEN BY THE TIME WHOLESON ROLLS AROUND MISSISSIPPI AND MEMORY WAS STILL FUNCTIONAL DESPITE SEVERAL KISSES ALONG THE ROAD AND THE COUNTRY ROADS AND THERE JUST MIGHT BE SOME REITERATION COMING UP.

ONE MORE DUK ONE LAST TRIP TO SOHO, AND ONE MORE REVEYED DAWN AND THE TRIP WAS VIRTUALLY OVER WITH DOUG AND BEVERLY YOUNG AND LARS HEDLUND AND HIS GIRLFRIEND, EVA, LEAVING FOR MORE LIFTING IN SWEDEN AND DENMARK, WHERE DOUG BENCHED 550 & LARS A WORLD RECORD 628, AND THE OTHERS DEPARTING BACK FOR AMERICA, WITH LONDON AGAIN ABLE TO CONTEMPLATE ITS USUAL NORMALTY.

Kaz couldn't even let things alone when he went to the Stronghow plant.

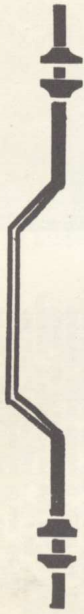
FittonFoto

Ernie Hackett said that one of the nicest aspects of the whole trip was the way that these top lifters shared their training tips, regardless of whether the year..he enjoyed the company and learned a great deal.



training tips, regardless of whether the year..he enjoyed the company and learned a great deal.

The Cambered Bench Press Bar



THE ULTIMATE IN BENCH PRESSING BLAST OFF POWER AND PECTORAL DEVELOPMENT

- 35 POUND OLYMPIC STYLE BAR.....\$95.00 POSTPAID
- 20 POUND REGULAR STYLE BAR.....\$65.00 POSTPAID

---IMMEDIATE PROCESSING OF ORDERS---

---SENT U.P.S.---

---C.O.D. ORDERS ACCEPTED---

RAW GLANDULAR SUPPLEMENTS

5 TABLETS CONTAIN:

- PITUITARY.....25 MG
- ADRENAL.....150 MG
- THYMUS.....150 MG
- PANCREAS.....150 MG
- KIDNEY.....150 MG
- HEART.....150 MG
- PROSTATE.....150 MG
- RNA.....100 MG

INCREASE STRENGTH, ENDURANCE, ENERGY, MUSCULARITY, MUSCLE DENSITY

IN A BASE OF KELP

"THE ULTIMATE IN NUTRITION IS FOUND IN THE GLANDS"

- 1000 TABS.....\$40.95
- 500 TABS.....\$21.95
- 300 TABS.....\$13.95
- 100 TABS.....\$4.95

Send check or money order to:

MACS GYM

2959 MILLER TRUNK HWY., DULUTH, MINN 55811

(218-722-6966)

tips from TONY D.

STEVE MERJANIAN... A LEGEND IN THE WEIGHT GAME... STILL CAPABLE OF SETS OF 10... THE PRESS BEHIND THE NECK WITH 225... AN AROUND A 330 SINGLES... THE UNIQUE PHILOSOPHY IN DEVELOPING OVERALL PRESSING POWER... THE METHOD OF WHICH WAS THAT YOU DON'T DEVELOP ASSISTING POWER BY JUST DOING THE PRESS... HE UTILIZED SCADS OF ASSISTING EXERCISES, CONCENTRATED PRESSING... HE UTILIZED TRICEPS... LOTS OF BENT ROWS, TRICEPS PRESSES, LAT PULLDOWNS & AND... ANOTHER TWIST... LOTS OF PULLEY WORK... THESE ASSISTING EXERCISES WERE DONE WITH A MODERATELY HEAVY WEIGHT TO PROMOTE A COMPLETE PUMP THROUGHOUT THE AREA BEING WORKED.

HE WOULD WORK ONE HEAVY DAY AND ONE LIGHT DAY... AND ON THE HEAVY DAY HE WOULD DO BENCHES, INCLINES, AND PRESSES BEHIND THE NECK... ONE AFTER ANOTHER, FOR A COMPLETE SHOULDER GIR-TLE WORKOUT... ANOTHER RATHER UNIQUE CHARACTERISTIC OF HIS TRIPPING PHILOSOPHY WAS PLENTY OF DUMBBELL WORK... HE ONCE DID A STEEP INCLINE THAT WAS PLENTY OF DUMBBELL PRESS... HE ONCE DID A EACH HAND WITH 250 LB. DUMBELLS... HE ONCE SAW CHUCK ARRENS DO THE SAME FEAT WITH 250 LB. DUMBELLS FROM HIS HANDS... CHUCK, ALONG WITH PAT CASEY, WERE STEVE'S TOOLS FROM HIS INCLINE PRESS... STEVE'S BEST, STRICT (1 SECOND PAUSE AT THE CHEST) INCLINE PRESS... HE DID THAT A COUPLE OF TIMES... AND HE MANAGED A TOUCH N GO... 500 ONCE IN THAT MOVEMENT... CONSIDERING BODYWEIGHTS, HE WAS MOST PROBABLY THE GREATEST INCLINER OF ALL TIME, THOUGH ARIZONA'S BRICK DARRROW MIGHT HAVE SOMETHING TO SAY ABOUT THAT... ALONG WITH MIGHTY CASEY HIMSELF.

ANOTHER THING THAT MERJANIAN FOUND TO BE TRUE IN HIS OWN EXPERIENCE... "OVERTRAINING IS IN THE MIND"... HE FELT THAT ONE COULD TRAIN FOR HOURS AND HOURS, HEAVY SET AFTER HEAVY SET, OVERTRAINING... CONTROL THAT AND YOU CONTROL OVERTRAINING.

TONY POINTED OUT THAT BOTH MERJANIAN AND MEL HEWESSY EMPHASIZED LOTS OF ASSISTING WORK... EVEN FOR THE LEGS (LEG LOBER PRESSES, LEG EXTENSIONS, LEG CURLS) AND THEIR EMPLOYED EXTREMELY MASSIVE MUSCULATURE TO GO ALONG WITH THEIR ENORMOUS STRENGTH... THEY LOOKED EVEN STRONGER THAN THEY WERE... COMPARE THAT TO SOME OF TODAY'S O-BOG WUNDERKINDS WHOSE POWER BELIEFS THEIR APPEARANCE.

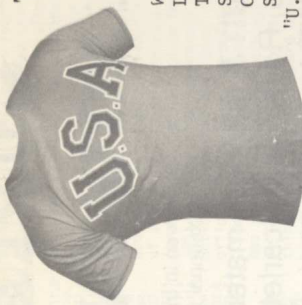
ANTHONY DITILLO
145 INSLEE PLACE
ELIZABETH, NJ 07206
201-354-9733 AFTER 5 PM

Women's WORLDS

to be held at the University of Lowell, in Lowell, Massachusetts
Official meet hotel is the Holiday Inn in Tewksbury, Massachusetts... all reservations for lifters and fans are to be made through JOE ZARELLA, BOX 43, HUDSON, NEW HAMPSHIRE 03051 or telephone for information to 617-667-1641

TICKETS... \$5 per day, or \$8 for both days (2000 advance tickets have already been sold, so reserve yours now!), contact JOE ZARELLA, BOX 43, HUDSON, NEW HAMPSHIRE 03051.

USA WORLD TEAM T-SHIRTS



JUST LIKE THE SHIRTS WORN BY OUR LIFTERS IN DAY-TON. A QUALITY SHIRT, RED IN COLOR, WITH A SILK-SCREENED "U.S.A." INSIGNIA ACROSS THE CHEST, AS SHOWN... IN SIZES MEDIUM, LARGE, AND EXTRA LARGE... \$6.95 EACH, PLUS \$1.00 POSTAGE/HANDLING PER ORDER.

also... Worlds Strongest Men

UNDER LICENSE



DID YOU SEE THE CONTEST ON TV? NOW, YOU CAN HAVE AN OFFICIAL WORLDS STRONGEST MAN CONTEST T-SHIRT... IN YELLOW WITH LARGE BLUE DESIGN ON BACK SMALL ONE ON THE FRONT. IN SIZES MEDIUM, LARGE, AND EXTRA LARGE... \$7.45 EACH PLUS \$1.00 POSTAGE AND HANDLING PER ORDER... DO IT NOW!!!

SEND ORDER TO:
Powerlifting-U.S.A.
Post Office Box 467
Camarillo, CA 93010

"POWERLIFTER" \$10.00

The Game of Competitive Weightlifting

Want to have some fun between workouts?... try the "POWERLIFTER" game, it comes with all the score sheets, instructions, and equipment you need for hours and hours of enjoyable competition... lots of ways to play, lots of fun each way, every game is different... compete against your buddy, or set up full 11 man teams... great fun for the whole family... To order your "POWERLIFTER" game, send a check or money order in the amount of \$10.00 for each game you want (California residents add \$6.00 sales tax please)... made out to "POWERLIFTING USA", Box 467, Camarillo, CA 93010 (allow 6 weeks for delivery) why not order an extra one as a gift???

PS... The manufacturers of the "POWERLIFTER" game were contacted, but did not wish to pursue marketing of their game at this time. PL USA thought the game was such an interesting one, that we've purchased some of their remaining stock in order to offer it to you at this time. Please understand that Tony Fitton's intent in last month's Powerlifting Ponderings was not to promote the game of "POWERLIFTER", merely to relate an interesting evening at the 'ood residence.

SPECIAL REPORT

USPFL/IFP/UPDATE... still in total deadlock, however there are new developments... a National Powerlifters Association of the United States has been formed and granted provisional membership in the IFP... it'll take a 2/3 vote at the 1980 IFP congress in Texas to select the NPA or the USPFL as the official American representative, the USPFL has apparently not filed an application for admission to the IFP as yet... Proceedings to suspend Clay Patterson through regular AAU channels have been started. I have not heard this from Larry himself, but according to sources at Auburn University, he will not be going to London for the IFP World Cup in any capacity. The USPFL position appears to be that athletes who compete in the London World Cup from the United States are open to suspension actions, the NPA maintains that they can not be suspended. Many threats and counter-threats are going around the rumor mills... much will depend on who shows up in London and how the IFP votes on the American representative... all meets that were threatened with withdrawal of sanction... World's, Hawaii meet, Women's Worlds, North Americans, World Masters, etc. are apparently not in danger now, however, the World Series in Auburn will apparently not receive an IFP sanction... so it will remain a national contest. Compromise is well overdue in this situation, but it seems that passion rather than common sense is major motive working now... wouldn't it be nice if the lifters had some say about what happens. Clay Patterson claims he will remove himself from national Powerlifting, if others would do the same... maybe that's what it will take, otherwise Powerlifting could be dragged down the drain with this mess.

NEW ENGLAND STATES

Got some mail on this meet, re-overweight plates, Ernie Hacketts 903 WR 50 attempt apparently weighed in the 340-950 range, other lifters felt their attempts to qualify for National meets or make Classification totals were hindered. Reportedly, meet director Joe Zarella felt that altering the weights would require altering for all, and since many people had already lifted on the plates, overweight or not, it would not be fair to change them or count them differently.



NORTH ITALY POWER MEET... included competitors from the National Champion Italian Olympic lifting club, Pordenone. The Aviano Women's Team, "DUSTY'S ANGELS" now holds all the European Women's records... some nice lifting over there.

Power SURVEY

- Should the National Committee break away from the AAU? Yes ___ No ___ ? (check one) or... Other: ___ (who?) ___ ?
- What should be the top 3 priorities for the use of funds coming into the National Committee from registration fees, television contracts, etc.?
- What percentage of lifters do you estimate use steroids?

4. In the controversy between the AAU and the IFP, who do you feel is wrong? (check one)
AAU ___ IFP ___ ?
or... Other: ___ (who?) ___ ?

5. What should we do to decrease the length of meets?

- Wild card system (7 total attempts)
- 2 attempts per lift (6 total attempts)
- Restrict number of entries to meets
- Multiple platforms
- Allow only triangular team meets (11 lifters/team)
- Other..... (explain) _____

(continued on following page)

Nutrition Corner

NEW SERIES!!!

BY JACK DIGANGI R.D.

THE BASICS OF NUTRITION AND ENERGY SUPPLY

BY JEFF EVERSON

MOST OF THE PEOPLE READING THIS ARTICLE ARE EITHER COMPETITIVE ATHLETES OR ARE INTERESTED IN SOME PHASE OF ATHLETIC TRAINING. SPECIFICALLY, MOST READERS ARE INTERESTED IN THE AREAS OF POWERLIFTING, BODYBUILDING AND WEIGHTLIFTING. ATHLETES WHO ARE INTERESTED IN SOME NUTRITIONAL PHASES, SUCH AS DIET, FEEL THAT THEY ARE ABLE TO FORMULATE SPECIFICITY OF NUTRITION FOR FOSTER GREATER SPORTING RESULTS. FOR INSTANCE, IT IS JUST AS IMPORTANT AS SPECIFICITY FOR TRAINING FOR MAXIMUM ATHLETIC PERFORMANCE AS SPECIFICITY FOR TRAINING FOR MAXIMUM NUTRIENT BREAKDOWN INVOLVES THE DEGRADATION OF SIMPLE AND COMPLEX CARBOHYDRATES INTO USABLE BLOOD GLUCOSE AND STORED MUSCLE AND LIVER SUGAR (CALLED GLYCOGEN). CARBOHYDRATES ARE CLASSIFIED ACCORDING TO THE NUMBER OF SUGARS INVOLVED IN THEIR CHEMICAL COMPOSITION. TABLE SUGAR IS A SIMPLE CARBOHYDRATE, MADE UP OF ABOUT 99% SUCROSE. ITS NUTRITIONAL BENEFIT IS, AT BEST, HIGHLY DUBIOUS. NEVER- THELESS, AMERICANS INGEST AN AVERAGE OF ONE HUNDRED POUNDS PER YEAR OF SUCROSE CARBOHYDRATES AS POTATOES AND GRAINS ARE COMPOSED MAINLY OF SUCROSE. THE REST COMES FROM COMPLEX CARBOHYDRATES. THE GLUCOSE THAT RESULTS FROM CARBOHYDRATE BREAKDOWN, BY THE VARIOUS ENZYMES, IS USED FOR ENERGY.

ANOTHER PART OF NUTRIENT BIOCHEMISTRY INVOLVES THE HYDROLYSIS (REACTION WITH WATER) OF FATS OR TRIGLYCERIDES INTO FREE FATTY ACIDS AND GLYCEROL. LIKE GLUCOSE, THE FREE FATTY ACIDS CAN ALSO BE MOBILIZED FOR ENERGY. FATS ARE USED FOR HEAT INSULATION, TRANSPORTATION OF THE FAT-SOLUBLE VITAMINS A, D, E AND K, AND FOR CONVERTING CAROTENE TO VITAMIN A AS WELL AS FOR THEIR ENERGY FUNCTION. THE TWO BASIC TYPES OF FATS ARE SATURATED AND UNSATURATED. SATURATED FATS ARE HARD AT ROOM TEMPERATURE AND ARE PRIMARILY DERIVED FROM ANIMAL SOURCES. UNSATURATED FATS INCLUDE POLYUNSATURATEDS, ARE LIQUID AT ROOM TEMPERATURE AND ARE PRIMARILY DERIVED FROM VEGETABLE SOURCES. THERE ARE ONLY THREE ESSENTIAL UNSATURATED FATTY ACIDS WHICH MUST BE SUPPLIED TO THE DIET. THESE ARE LINOLEIC, ARACHIDONIC AND LINOLENIC ACIDS.

FINALLY, AN IMPORTANT PART OF NUTRITION INVOLVES THE BREAKDOWN OF PROTEIN INTO ITS CONSTITUENT AMINO ACIDS. THE AMINO ACIDS ARE ACTIVELY TRANSPORTED THROUGH THE CELL WALL. THERE ARE TWENTY-TWO AMINO ACIDS, EIGHT OF WHICH ARE ESSENTIAL AND MUST BE PROVIDED BY THE DIET. IT IS BEST TO CONSUME PROTEIN FROM COMPLETE SOURCES SINCE THE AMOUNT OF PROTEIN USED IS NEGATED IF EVEN ONE AMINO ACID IS DEFICIENT. IF ONE DOES NOT EAT A COMPLETE PROTEIN SOURCE, SUCH AS VEGETABLE PROTEIN, IT BECOMES NECESSARY TO CONSUME A WIDER VARIETY OF PROTEINS TO INSURE THAT THE REQUIRED ESSENTIAL AMINO ACIDS ARE PRESENT. EGGS PROVIDE THE GREATEST AMOUNT OF ASSIMILABLE (USABLE) PROTEIN PER UNIT WEIGHT.

This guest series of articles on nutrition by Jeff Everson will be continued in the next issue, after which we'll return to some new material by Jack Digangi

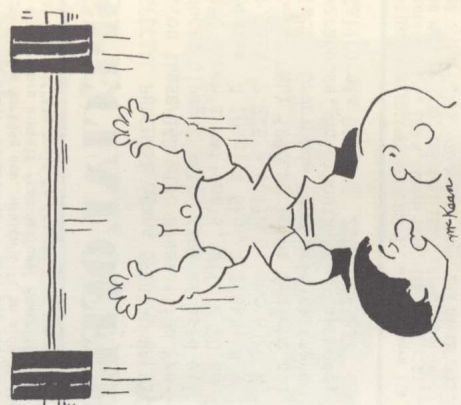
POWERPHOTOGRAPH... PL USA PHOTOGRAPH JERRY KOPLIN HAS A NICE LITTLE GYM IN HIS BASEMENT. MAY GET A TEAM GOING... HIS WIFE IS BENCHLIFTING 80", AND SO INGULFING 100+ @105 BODYWEIGHT, AFTER ONLY 3 MONTHS OF TRAINING... WHILE BEING 30 YRS. OF AGE AND A MOTHER!

6. Which features in Powerlifting USA would you like to see
 ...Continued?
 ...Dropped?
 ...Added?

PLEASE..send in your form to PL USA, Box 467, Camarillo, CA 93010 BEFORE MAY 15th Results will be compiled and published and submitted to the National Powerlifting Committee...THIS IS YOUR CHANCE TO VOICE SOME OPINIONS WHICH WILL HELP DIRECT THE FUTURE OF THE SPORT AND OF POWERLIFTING USA!

GREAT IDEA...ROBBIE ROBERTS, RECREATION SUPERVISOR AT THE MARINE CORPS RECRUITMENT DEPOT IN SAN DIEGO, HAS SOME PROFOUND IDEAS ON THE FUTURE OF THE SPORT...TIRED OF HEARING THAT MEETS ARE TOO LONG AND THAT THERE ARE NO SPECTATORS, HE FEELS THAT THE KEY TO POWERLIFTING POPULARITY IN THE FUTURE IS THE CONCEPT OF COMPETITION...FOR EXAMPLE, YOU MAY NOT BE MUCH OF A BASEBALL BUFF, BUT IF THERE'S A TEAM IN YOUR AREA, YOU'LL IDENTIFY YOURSELF CLOSELY WITH THEM, BECAUSE THEY'RE YOUR TEAM...IDENTIFYING POWERLIFTING TEAMS WITH TOWNS AND HAVING CHALLENGE MATCHES WOULD BE A GREAT IDEA...ROBBIE FEELS THAT THE MATCH WOULD ONLY LAST 3 HOURS OR SO...ROBBIE HAS BEEN IN THE HEAVY OF THE LONG TIME, 35 YEARS AT LAST COUNT, AND FEELS THAT THE HEAVY OF THE LONG ALL PULL TOGETHER AND PROMOTE THE SPORT SO THAT THE GENERAL POPULATION CAN APPRECIATE POWERLIFTING FOR THE FINE ACTIVITY IT IS.

- PIRATES OPEN BENCH PRESS CONTEST-1/21/80 WHEATON, ILL.
- | | | | | | |
|--------------|-----|----------------|-----|-------------|-----|
| T. JUNG | 260 | J. KOPECKY | 340 | J. ZIERER | 400 |
| J. MATOS | 250 | I. MENDOZA | 275 | S. GROTH | 385 |
| F. MANNA | 250 | D. POPEK | 310 | J. MILES | 355 |
| J. ARMSTRONG | 200 | R. BELCASTRO | 270 | M. SCHOLTZ | 350 |
| R. HELLER | 150 | M. MARGOTT | 310 | M. COLLET | 345 |
| R. BELCASTRO | 440 | D. HELTON | 290 | G. DESTIEN | 325 |
| J. ROUSE | 425 | E. KOTONSKI | 250 | D. MUELLER | 330 |
| J. LEPAK | 360 | L. JECK | 270 | D. TAYLOR | 320 |
| | | S. NOREN | 230 | C. KLEM | 340 |
| | | R. KRESTES | 265 | P. CANADA | 300 |
| | | S. POKORNEY | 210 | M. STEVENS | 275 |
| | | 198 # THRU SHM | | C. ANDERSON | 250 |
| | | 6. MEKULEY | 435 | | |

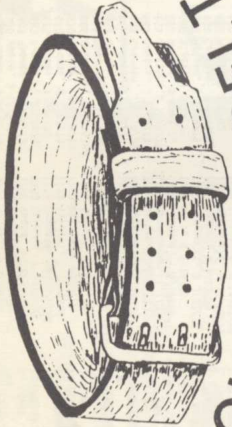


LOOKS LIKE BILL STARTED TOO LIGHT AGAIN!

7. While being practical and realistic, please check your preference as to how Powerlifting issues should be decided: by vote of interested volunteers appointed to positions by the National Committee by vote of representatives elected directly by the lifters by direct vote of individual lifters doesn't really matter other means.. (explain)

PAT'S POWER PRODUCTS

Patrick E. Malone
 R.R. 2
 Fort Branch, IN 47648



CYCLONE BELTS

WHY BUY FROM US?

- I. BECAUSE WE ARE A WHOLESALE DISTRIBUTOR, DIRECT TO THE LIFTER
- II. BECAUSE WE HAVE THE LARGEST VARIETY AND THE BEST QUALITY EQUIPMENT AT THE LOWEST COST.
- III. BECAUSE WE HAVE A FULL MONEY BACK GUARANTEE ON ALL BELTS —30 DAYS FREE TRIAL—
- IV. BECAUSE WE HAVE A CLUB DISCOUNT.....5% ON ALL ORDERS OVER 200 DOLLARS, 10% ON ALL ORDERS OVER 500 DOLLARS
- V. BECAUSE ALL TAX AND SHIPPING IN THE CONTINENTAL UNITED STATES IS INCLUDED IN THE LISTED PRICES.
- VI. AND THESE BELTS ARE NOW BEING WORN BY MANY NATIONAL AND WORLD CHAMPIONS.

MODEL NO.	LAYERS	COVERING	THICKNESS	PRICES
4 N	1	Natural	9-11 mm	\$ 29**
5 N	2	Natural	10-12 mm	\$ 46**
6 N	3	Natural	12-13 mm	\$ 53**
4 S	1	Suede	10-12 mm	\$ 49**
5 S	2	Suede	11-13 mm	\$ 57**
6 S	3	Suede	12-13 mm	\$ 67**

ALL BELTS ARE 10 CM WIDE WITH HEAVY DUTY, DOUBLE PRONG, ZINC PLATED BUCKLES. 5 STANDARD COLORS OF SUEDE..... ROYAL BLUE, NAVY BLUE, BLACK, BROWN AND RUST.

SPECIAL OPTIONS

1. OTHER COLORS OF SUEDE.....2 DOLLARS EXTRA.
2. NATURAL LEATHER DYED ANY COLOR.....5 DOLLARS EXTRA
3. CHROME PLATED BUCKLES.....5 DOLLARS EXTRA
4. WRITE FOR MORE INFORMATION ABOUT OTHER CUSTOMIZING OF BELTS.

NAME _____ PH. _____
 ADD. _____ state _____ zip _____
 city _____
 Waist size _____ Model no. _____ Color _____ Chrome buckle _____

For U.S. lifters competing from March 1979 through February 1980

SR & SR ALLEGHENY MOUNTAIN CHAMPIONSHIPS-12/17/79-SLIPPERY ROCK STATE COLLEGE, PA.

JR & SR ALLEGHENY MOUNTAIN CHAMPIONSHIPS-12/17/79-SLIPPERY ROCK STATE COLLEGE, PA.

114 LB.
 C. EDELSTEIN 170 105 240 515
 R. KROENIG 185 115 395 495

123 LB.
 T. ZEDRO 345 180 440* 965

132 LB.
 J. WELCH III 240 155 305 700

148 LB.
 L. ALZADO (CLEVELAND BROWNS) PLUS... FROM THE WORLD CHAMPION PITTSBURGH STEELERS:
 BOB YOUNG (ST. LOUIS CARDINALS)
 CURLEY CULP (HOUSTON OILERS) JON KOLB
 JOE DELAMILLIÈRE (BUFFALO BILLS) MIKE WEBSTER
 DOUG WILKERSON (SAN DIEGO CHARGERS) & LARRY BROWN

8 OF THE TOP NFL PRO-LINEMEN COMPETING AGAINST EACH OTHER ON FIVE WEIGHTLIFTING MOVEMENTS (SQUAT, BENCH PRESS, DEADLIFT, CHEAT CURL & OVERHEAD LIFT), FOR A COMBINED PRIZE MONEY OF \$33,000.

FRIDAY, APRIL 18TH, STARTS AT 7:30 PM. TICKETS: \$5.00
PLUS: THE WORLD SERIES OF POWERLIFTING*
SATURDAY, APRIL 19TH, STARTS AT 1:00 PM (114-220 LBS.) 7:30 PM (242-310) TICKETS: \$6.00

OTHER INFORMATION:

FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM

MEMORIAL COLISEUM, AUBURN UNIVERSITY, AUBURN, ALABAMA
TONY FITTON
DEPT. OF PHYSICAL EDUCATION
AUBURN UNIVERSITY
AUBURN, ALABAMA 36830
(205-826-4484)

COMBINATION TICKET... (BOTH DAYS).....\$6.00

AT: MEMORIAL COLISEUM, AUBURN UNIVERSITY, AUBURN, ALABAMA

INFORMATION: 205-821-7001
TICKETS: 205-887-3462
FROM: VILLAGE SQUARE MOTEL.....205-887-6583

THE NATIONAL STRENGTH RESEARCH CENTER
A Strength Symposium
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM
FRIDAY, APRIL 18TH, 1980 3:00PM TO 12:30PM

AT: AUBURN CONFERENCE CENTER AND MOTOR LODGE, 5 COLLEGE STREET, AUBURN, ALABAMA.

STRENGTH-Power athletes are confronted with numerous problems associated with technique, training, competition and injuries. Often lifters do not have enough information to make sound decisions in situations such as training, competition, and recovery. There are many opportunities to discuss these issues with other lifters, presenters and other lifters.

THE USES OF CHIROPRACTIC TECHNIQUES IN STRENGTH SPORTS
 6. The Role of Hypnosis, Biofeedback and Behavior Modification in Strength Sports
 7. Biomechanical Aspects of Physical Education, Albany State College, Albany, Georgia
 8. The Uses of Chiropractic Techniques in Strength Sports
 9. Frank Ester, J-Clinic, Jr., Olympia Bodybuilding Champion
 10. The Relation of Powerlifting and Bodybuilding Training

The basic format of the Symposium will be for each speaker to talk for 30 minutes, then field questions for the remainder of his allocated 30 minutes.

Seeking for the Symposium is limited. If you wish for us to reserve a seat for you, please enclose a check for \$35.00 to the Department of Physical Education, Auburn University, Auburn, Alabama, 36830. Your ticket(s) will be available at the door.

1. Introduction and Brief History of Strength Sports
 2. Psychologic Considerations in Strength Sports
 3. Anthropometric and Biometric Considerations in Strength Sports
 4. Physiological Considerations in Strength Sports
 5. Medical and Biomechanical Considerations in Strength Sports
 6. The Role of Hypnosis, Biofeedback and Behavior Modification in Strength Sports
 7. Biomechanical Aspects of Physical Education, Albany State College, Albany, Georgia
 8. The Uses of Chiropractic Techniques in Strength Sports
 9. Frank Ester, J-Clinic, Jr., Olympia Bodybuilding Champion
 10. The Relation of Powerlifting and Bodybuilding Training

11. The Biomechanics of Powerlifting
 12. The Biomechanics of Squatting
 13. The Biomechanics of Bench Pressing
 14. The Biomechanics of Deadlifting
 15. The Biomechanics of Cheating

16. The Biomechanics of Squatting
 17. The Biomechanics of Bench Pressing
 18. The Biomechanics of Deadlifting
 19. The Biomechanics of Cheating

20. The Biomechanics of Squatting
 21. The Biomechanics of Bench Pressing
 22. The Biomechanics of Deadlifting
 23. The Biomechanics of Cheating

24. The Biomechanics of Squatting
 25. The Biomechanics of Bench Pressing
 26. The Biomechanics of Deadlifting
 27. The Biomechanics of Cheating

28. The Biomechanics of Squatting
 29. The Biomechanics of Bench Pressing
 30. The Biomechanics of Deadlifting
 31. The Biomechanics of Cheating

32. The Biomechanics of Squatting
 33. The Biomechanics of Bench Pressing
 34. The Biomechanics of Deadlifting
 35. The Biomechanics of Cheating

36. The Biomechanics of Squatting
 37. The Biomechanics of Bench Pressing
 38. The Biomechanics of Deadlifting
 39. The Biomechanics of Cheating

40. The Biomechanics of Squatting
 41. The Biomechanics of Bench Pressing
 42. The Biomechanics of Deadlifting
 43. The Biomechanics of Cheating

44. The Biomechanics of Squatting
 45. The Biomechanics of Bench Pressing
 46. The Biomechanics of Deadlifting
 47. The Biomechanics of Cheating

48. The Biomechanics of Squatting
 49. The Biomechanics of Bench Pressing
 50. The Biomechanics of Deadlifting
 51. The Biomechanics of Cheating

52. The Biomechanics of Squatting
 53. The Biomechanics of Bench Pressing
 54. The Biomechanics of Deadlifting
 55. The Biomechanics of Cheating

56. The Biomechanics of Squatting
 57. The Biomechanics of Bench Pressing
 58. The Biomechanics of Deadlifting
 59. The Biomechanics of Cheating

60. The Biomechanics of Squatting
 61. The Biomechanics of Bench Pressing
 62. The Biomechanics of Deadlifting
 63. The Biomechanics of Cheating

64. The Biomechanics of Squatting
 65. The Biomechanics of Bench Pressing
 66. The Biomechanics of Deadlifting
 67. The Biomechanics of Cheating

68. The Biomechanics of Squatting
 69. The Biomechanics of Bench Pressing
 70. The Biomechanics of Deadlifting
 71. The Biomechanics of Cheating

72. The Biomechanics of Squatting
 73. The Biomechanics of Bench Pressing
 74. The Biomechanics of Deadlifting
 75. The Biomechanics of Cheating

76. The Biomechanics of Squatting
 77. The Biomechanics of Bench Pressing
 78. The Biomechanics of Deadlifting
 79. The Biomechanics of Cheating

80. The Biomechanics of Squatting
 81. The Biomechanics of Bench Pressing
 82. The Biomechanics of Deadlifting
 83. The Biomechanics of Cheating

84. The Biomechanics of Squatting
 85. The Biomechanics of Bench Pressing
 86. The Biomechanics of Deadlifting
 87. The Biomechanics of Cheating

88. The Biomechanics of Squatting
 89. The Biomechanics of Bench Pressing
 90. The Biomechanics of Deadlifting
 91. The Biomechanics of Cheating

92. The Biomechanics of Squatting
 93. The Biomechanics of Bench Pressing
 94. The Biomechanics of Deadlifting
 95. The Biomechanics of Cheating

96. The Biomechanics of Squatting
 97. The Biomechanics of Bench Pressing
 98. The Biomechanics of Deadlifting
 99. The Biomechanics of Cheating

100. The Biomechanics of Squatting
 101. The Biomechanics of Bench Pressing
 102. The Biomechanics of Deadlifting
 103. The Biomechanics of Cheating

WISCONSIN STATE-EAU CLAIRE, WIS
3/8 & 3/80

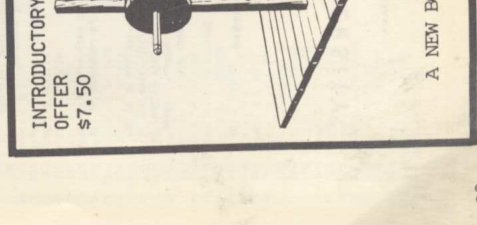
114	HOLZEM	230	145	335	710
C. HERT	235	155	315	705	660
M. CASTRO	330	200	---	---	665*
12	KNOLL	355	215	395	965
D. BASTIANSKI	360	225	375	860	530
S. SULLIVAN	280	195	300	715	520
S. SCHIMMEL	275	130	305	710	550
132	J. DORN	190	210	400	860
M. HILLMAN	250	150	350	750	590
S. LEGGETT	350	---	---	---	610
148	FROELICH	415	305	465	1070
J. WANKER	380	265	400	1045	540
J. SALETVA	380	265	400	1030	530
D. HRUBKA	325	245	335	1005	510
K. HOLZE	325	215	380	965	510
K. JOHNSON	325	215	380	965	510

114	R. KEEFER	205	115	305*	625*
105	E. OLSON	175*	120	260	585*
J. OLSON	260	140	305	705*	540
123	J. LALLERSACK	210	110	275	595
D. RUE	165	90	270	525	470
123	B. DEVINE	190	110	260	560
J. MURPHY	175	110	260	545	545

* DENOTES HIGH STATE RECORD.
BEST LIFTERS, LIFT: 114, 181:
SCOTT SALUZZI, LIA CROSSE,
HYMET: 198-SHM., JIM STEIN,
EAU CLAIRE.

DEVELOPING PHYSICAL STRENGTH

BY BOB PEOPLES
ORDER FROM
MAV-RIK
3916 EAGLE ROCK
LOS ANGELES, CA 90065



State 242 champ, Jim Stein
photo courtesy McCarthy

WITH A CAPACITY 1000 SPECTATORS, THIS MEET WAS A NICE PRELUDE TO THE SENIORS. BY THE WAY...FRED HATFIELD'S RECENT RELOCATION TO NEW ORLEANS WILL BE AN EXCELLENT COMMITTEE OF PEOPLE TAKING CARE OF THE MINOR DETAILS THAT HAVE NOT ALREADY BEEN ARRANGED, INCLUDING...

JIM STEIN, RECORD LUNA WAS ANOTHER PRE-MEET FAVORITE; HE WAS NOT PRESENT FOR THE CONTEST, HOWEVER... AT 148, LAVINE FROELICH, IN THE PAST 4 MONTHS, HE ALSO CO-PROMOTED THE MEET, AND GOT PRES IN ALMOST EVERY LIFT. BOB TRIPHANN MADE ALL NEW PRES IN HIS MOVE TO... FRED HATFIELD'S RELOCATION TO NEW ORLEANS WILL BE AN EXCELLENT COMMITTEE OF PEOPLE TAKING CARE OF THE MINOR DETAILS THAT HAVE NOT ALREADY BEEN ARRANGED, INCLUDING...

THE WOMEN SET 5 NEW RECORDS... WITH 108 LB ROSEMARY KEEFER WINNING THE YEAR IN A RECORD SETTING OF 140 LBS. IN THE 1988 DENNIS ELLIS'S 630 SQUAT WAS 700 810 A LEAD TO OVERCOME FOR BRUCE HILLMAN IN THE 720S. THE SQUAT RECORD GOT TRAGED BACK AND FORTH BETWEEN JIM VERHAGEN AND RON RUPERT, JIM MISSING 888 TWICE, BUT THE LAST TIME HE GOT IT. A DESEPERATION 715 DL TRY BY RUPERT.

MORE RECORDS IN THE 242S... FORMALY UNFORTUNATELY MISSING TRIANGLE WATION FOR HIS 315 BENCH AND HIS SOLID 670 DL EFFORT WHICH CAME UP ONLY A LITTLE BIT. A CLOSE RIVAL, BAUGHER HIGHLIGHTED THE 255S, WHILE DAVE AIEMER'S MISSES IN THE SQUAT WITH AS MUCH AS 700 LEFT HIGH SCHOOLER MARK SODUP WITH THE SUPERS

COMBATIONS ON A FINE JOB TO PERFORMANCE BOTH ON THE PLATFORM A BEHIND THE SCENES. AND THANKS TO INFORMATION ON THE MEET.

FREE SUPERWRAPS

FREE SUPER SUITS

NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT II** (stronger material) Navy Blue, Royal Blue, Scarlet (Red) **\$32.00***
 - **SUPERSUIT** Natural Color (white) **\$24.00***
- Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46.

Help Increase Your Total

The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDE SHOULDER STRAPS for GREATER BODY SUPPORT.

Free Pair of Superwraps with Each Suit Purchased!

The finest POWERLIFTING SUIT AVAILABLE. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company, and its authorized dealers. The numbered sizes give you a better fit ... DO NOT accept substitutes.

Also ... **Superwrap Sale** — 3 pair — **\$11.00***
Heavy duty knee wraps cut to official length with zig-zag stitched ends to insure no fraying.

Orders processed same day as received ... Immediate Delivery

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Check or Money Order must accompany orders.
*Overseas orders add 20%.

(Size) _____ (Height) _____ (Weight) _____

Supersuit II Navy Blue Royal Blue Scarlet Red \$ _____
Supersuit Natural Color \$ _____
Superwraps _____ (Quantity) _____ \$ _____

State size or height & weight: _____

MARATHON/A. Zangas Co. Phone: (213) 375-3802 / 541-5919
1229 Via Landeta, Palos Verdes Estates, CA 90274

"Elite"

THE "Elite" --STRONG, LONG-LASTING, AND THE NEW WRAP OF THE CHAMPIONS!
 POWERLIFTING WRAP!!! --DESIGNED SPECIFICALLY FOR POWERLIFTING
 --MEETS AAU/IPF STANDARDS
 --\$10.00/PR.

ALSO AVAILABLE:
 ::SUPER-SUIT...@ \$24 (STATE HEIGHT/WEIGHT)
 SIZES 26 THROUGH 44
 ::SUPERWRAPS @ \$5/PR. AND \$11 FOR 3 PAIRS
 ::SUPER, OFFICIAL LIFTING BELT @ \$35.00 10CM
 WIDE ALL AROUND WITH 2
 PRONG BUCKLE. MAX THICK-
 NESS AVAILABLE. EVEN SIZES
 ONLY.

Rhodes Fitness Center, Inc.

WEIGHTS AND EQUIPMENT AT DISCOUNT PRICES
 TROPHIES, PLAQUES, & MEDALS
 AWARDS FURNISHED FOR 1977 PAN-AMS,
 1977 TEXAS STATE MEET, 1978 SENIOR
 NATIONAL AAU BOXING CHAMPIONSHIPS,
 1979 SR. NATIONAL POWERLIFTING, 1979
 NATIONAL COLLEGIATES, 1978-79 CHATT-
 ANOOGA OPEN

NORWOOD VILLAGE SHOPPING CENTER
 GULFPORT, MISSISSIPPI 39503
 (601)-832-5237

"THANK YOU, THE READERS, FOR THE TREMENDOUS RESPONSE TO OUR AD ABOVE!"

CLASSIFIED ADS

CLASSIFIED ADS AND SPECIAL MEET ANNOUNCEMENT SECTION

51.00 per line per insertion. Fig- ured on 35 letters and spaces per line.

IRON MAN MAGAZINE... honest coverage of all three facets of the Iron Game... The most complete and authoritative source of information on the sport... \$7.50 for 1 year, 16 issues... Iron Man Publishing Co., 513 Black Hills Avenue, Alliance, Nebraska 68001.

CENTRAL CALIFORNIA WOMEN'S MEET... May 24th, contact 3111 Kennedy, C/O Mountain West, 2000 Box 955, Reno, Nev., 95816, 709-445-1955.

REGIONAL Saturday, May 10th, contact Mark Somers, 1973 State Ave, 216-072-3781 or 216-072-2381 even- ings, hosted by the Kent State At- 11th, beautiful places as awards, deadline for entries May 5th.

CONNECTICUT STATE... April 27 1905's... 18th State Fair, 1905's... 628 N. 4th St., Lafayette, Indiana 47901 or call 317-742-7573

INDIANA STATE WOMEN'S MEET... April 27 1905's... 18th State Fair, 1905's... 628 N. 4th St., Lafayette, Indiana 47901 or call 317-742-7573

OKLAHOMA STATE-2/22-23,900-SHAMMEE, OK

122. WOMEN'S DIV
 G. CHAIN 342-149 364 854
 * DENOTES WORLD RECORD-ON 4TH ATTEMPT, 101 369 DEADLIFT.

OPEN DIV
 M. BRIGHT 176 314 744
 R. ADAMS 176 320 623
 R. ADAMS 193 138 275 606
 R. WRIGHT 204 132 237 573
 G. WRIGHTS 154
 P. WRIGHT 154

123. POWERLIFTING AND BENCH PRESS MEET... Friday and Saturday, May 23 and 24, at Hammer Hall, Georgia Southern College, Statesboro, Georgia 30460.
 132. THE WILKINSON...
 P. PECK 380 231 446 1058
 M. BARNETT 342 320 402 964
 J. WILKINSON 276 198 407 871
 J. GONZALES 259 176 387 772
 B. MEYER 193 99 237 579
 R. JOHNSON 242

133. NATIONAL STRENGTH COACHES ASSOCIATION CONVENTION... May 22, 23, & 25, North Park Inn, Dallas, Texas.
 "The meet is in AAU sanctioned event. All inquiries should be addressed to: J. Craig Hill, J's Gym, Andover Village, Statesboro, Georgia 30458.
 Dr. Cooper will hold a seminar on Aerobics, flexibility, strength training for football, baseball, basketball, women's soccer, and other sports of Dallas Company's strength and conditioning facilities. \$15 for non-members, \$25 for members. Contact Dallas Company for registration card or money order to DENNIS SHIRLEY, 1848 Venture Dr., Lincoln, Nebraska 68502. Contact Ken Cooper, P.O. Box 31410, Lincoln, Nebraska 68501. 402-472-3000.

T-SHIRTS

WE OFFER OUR NEWEST T-SHIRT, "THE CADILLAC OF T-SHIRTS". COLORS, WHITE, YELLOW, POWDER BLUE, TAN, RED, GREEN, NAVY, BLACK, ORANGE. SIZES S-M-L-XL-2X-3X-4X (MEN) AND S-M-L-XL (WOMEN). PRICES: \$6.50 EACH, 2 FOR \$12. FOR S-M-L-XL FOR 2X-3X-4X ADD \$1 EACH. OTHER LOGOS IN STOCK: MEN'S WORLD DEADLIFT POWERLIFTING, USA DEADLIFT POWERLIFTING, BENCH PRESS, SQUAT, 3 LIFTS, MUSCLE POWER, PUMPING IRON, WOMEN'S...3 LIFTS, SQUAT, BODY BEAUTIFUL, DEADLIFT, MUSCLE POWER, PUMPING IRON.

Pumping Iron

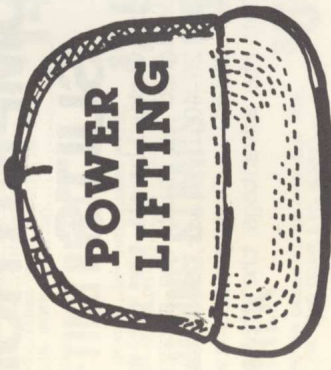
(ADD \$1.50 SHIPPING PER ORDER)

MIGHTY WRAPS...now introducing the wrap that holds everything in place while you squat, bench press and deadlift. Gets firmer, and tighter as you squat lower and lower. **WASHES BEAUTIFULLY..will last the competitive lifter for many YEARS of competition. \$10.00 A PAIR OR 2 FOR \$18.00 plus \$1.00 shipping.**

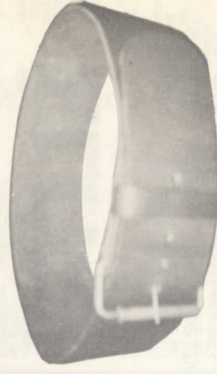
(ALSO...USA WORLD TEAM CHAMPS LOGO)
 WE ALSO DO CUSTOM ART WORK FOR CLUBS, INDIVIDUALS, TEAMS, ETC.

ALSO AVAILABLE: SILK SCREEN IRON-ONS. JUST 25 SECONDS AND A HOT IRON AND YOU CAN SCREEN ANY T-SHIRT, SWEAT SHIRT, JACKET, ETC. ANY OF THE LOGOS ABOVE ARE AVAILABLE FOR BOTH MEN AND WOMEN AT \$1.50 EACH, OR 4 FOR \$5.00...PLUS SHIPPING CHARGE OF \$.50 PER ORDER. JUST STATE THE COLOR OF THE GARMENT YOU WISH TO SILK SCREEN AND WE WILL SEND YOU THE COLOR IRON-ON TO CONTRAST WITH THE COLOR OF THE GARMENT.

POWER CAPS



THE FOLLOWING LOGOS ARE AVAILABLE FOR THE POWER CAPS...
 "WORLD CHAMPIONS USA", "POWER-LIFTING USA", "PUMPING IRON", "BENCH PRESS". THE HATS ARE \$5.00 EACH PLUS \$1.00 SHIPPING.
 THE HATS ARE 100% POLYESTER FRONT, AND MESH REAR...ONE SIZE FITS ALL...COMPLETELY WASHABLE.



LIFTING BELTS

MADE FROM THE FINEST LEATHER THAT HARNESS MAKERS USE...10 CM. WIDTH, 8 MM SINGLE THICKNESS, NATURAL COLOR...\$25.00 EACH PLUS \$2 SHIPPING, DOUBLE THICKNESS, 15 MM...\$60.00 EACH PLUS \$2 SHIPPING, SIZES: S (28-32), M(34-38), L(40-44), XL (46-50)

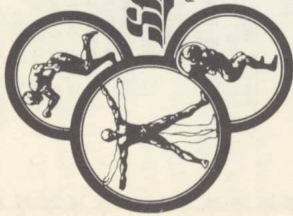
SEND CHECK OR MONEY ORDER TO:
J.W. McVEAGH CO.

P.O. BOX 935
 VICTORVILLE, CA 92392

INTRODUCING

ELITE®

COMPETITION WRAPS



Strength Systems

P. O. Box 761 / Cedar Hill, Texas 75104

From the makers of the ELITE suit, here is a wrap designed especially for Powerlifting competition. Using synthetic

materials, the weave of the wrap is designed to stretch to its maximum length, and then stop stretching. This gives the lifter extra support in the bottom of the squat, the critical position. These are the best wraps on the market and, if bought from Strength Systems, they are **GUARANTEED FOR 3 MONTHS**

(from date of shipment, against ripping of material)

2 METER LENGTH
A.A.U. APPROVED

ELITE® COMPETITION SUITS

The suit you have been hearing about. Now being worn by virtually all the top men in our sport. Scientifically designed to shift the stress from the body to the suit. Sizes 26-40 in Black, Red, and Royal Blue. (specify 1st and 2nd choice). Team prices available on orders of 8 or more. Get the advantage the champions are getting, order Now!!

ELITE wraps...\$11.50
ELITE suit...\$44.00

SEND CHECK OR
MONEY ORDER TO:
STRENGTH SYSTEMS
BOX 761
CEDAR HILL, TEXAS
75104

ALL PRICES INCLUDE
POSTAGE AND HANDLING

(INCLUDE HEIGHT AND WEIGHT INFO)

NEW PHONE NUMBER...214-299-5585

include MASTERCARD/VISA expiration date
card number

M. DIAMOND	340	425	1035
A. DENKER	345	260	400
J. FENWAY	240	200	400
R. HATFIELD	260	190	310
D. WATFIELD	260	190	310
L. WATFIELD	260	190	310
L. CHEN	300	280	485
G. FONSECA	270	185	335
R. HANSEN	270	185	335
D. PIERCE	505	335	550
L. BARKER	440	360	520
D. BAKER	395	260	520
A. MARCELLO	415	290	470
R. MILLIGAN	425	255	475
M. BOESSECKER	415	235	475
R. GAMMA	310	250	400
R. GAMMA	320	225	330
G. ATASHKARIAN	288	-	-
D. ESHARD	480	375	545
J. SACKMAN	350	270	410

SUPER SUIT
MADE BY SPANJIAN
NATURAL COLOR. SIZES: XS(32-34), S(36-38), M(40-42), L(44-46), XL(48)
HEIGHT AND BOOBYWEIGHT INFO).....
\$20.00

SUPER POWER BELT
10 CM, WIDE...1.2MM THICK, WHITE STITCHING,
ZINC PLATED STEEL BUCKLE, (SEND WAIST SIZE).....
\$55.00

SUPER WRAPS
AN EXCELLENT TRAINING WRAP..... Pair
\$5.00

SUPER WRAPS II
THE COMPETITION WRAP..... Pair
\$10.00

LIFTING SUIT
100% STRETCH NYLON...XL...NAVY, MAROON,
OR ROYAL BLUE...SUITS ARE TRIMMED IN
WHITE...OTHER COLORS AND SIZES MAY BE
SPECIAL ORDERED...\$17.00.....
\$14.00

LIFTING BELT
10 CM WIDE...5MM THICK...BRASS PLATED,
DOUBLE PRONG BUCKLE...S(34-38), M(38-44),
L(42-48), XL(46-50).....
\$29.00

TRAINING STRAPS
(SEND FIRST MEASUREMENT)..... Pair
\$5.50

CHALK
MAGNESIUM CARBONATE, FOR A NON-SLIP GRIP.
PER POUND (EIGHT 2 OZ. BLOCKS).....
\$6.00



WEIGHT
LIFTER'S™
WAREHOUSE

5542 SOUTH STREET
LAKEWOOD, CA 90713

213-920-1232

**SUPER SPECIAL: ORDER A SUPER SUIT AND
SUPER POWER BELT...RECEIVE
ONE PAIR OF SUPER WRAPS FREE!**

S. WNOTTI	470	340	530
D. CASCIO	500	315	490
D. MCLAUGHLIN	445	395	1295
D. CLARK	460	315	510
J. ALLOTTI	420	340	525
R. LETOVICK	450	285	470
R. PARKER	410	260	500
R. WONDYVA	360	255	440
L. NEVES	335	260	420
T. JONES	275	260	430
G. SHELTON	475	-	-
TERRY SHERDEL	550	360	565
M. WASTO	505	360	600
G. HILLIAMS	480	400	580
R. KOVAL	305	350	560
J. WOOD	485	360	500
J. WOOD	485	360	500
K. JOHNSON	460	360	510
J. KING	430	285	460
G. FERBER	335	275	400
K. WHEELER	480	335	488
G. SHIRES	450	370	480

T. DIXON	270	485	610
J. SALAMONE	590	315	530
R. REYNOLDS	525	340	540
G. USEY	470	330	575
S. POCHE	825	-	-
N. DUNSTON	250	280	320
J. HILLARD	300	240	300
R. HAMMOND	459	-	-
J. WELLO	550	405	625
M. WOOD	595	380	565
P. TOMA	580	360	550
T. ROBBERS	435	275	400
T. ROBBERS	435	275	400
G. FORTIN	530	425	600
G. FORTIN	530	425	600

G. JONES	1100	-	-
K. CURRY	1050	-	-
E. WEBER	995	-	-
G. RICHARD	995	-	-
M. CAUGHEIS	990	-	-
K. HUNGER	870	-	-
D. BETER	1530	-	-
J. WAIN	1025	-	-
S. DAUENHAUER	1010	-	-
D. KIRSCH	1400	-	-
M. WALKER	1100	-	-
J. GOODSON	1000	-	-

OUTSTANDING LIFTERS:
(114-168): ANDRE
VILLARS-RIVER OAKS
(181-SM-DONALD
BETEN-ABRAMSON

TEAM SCORING:
1. JOHN EHRET 48
2. ST. JOHN 30
3. RIVER OAKS 9
4. ABRAMSON 9
5. SHAM 8
6. HOLY CROSS 7
7. J. CURTIS 5
8. 101ST ASST ACAD 5
9. COUNTRY DAY 2

THANKS TO RANDY
WESSE FOR DONATING
WESSE KETUMULLI
(785 OLD) SQUATTED
375 AND BEACHED
250 THE ESTABLISH
AND 250 RESPECTIVE-
LY). AND ANDRE
VILLARS SQUATTED A
515 A 165.

ERROR... Danny Baker's 530 deadlift of Nov. 17, 1979 should have been on the TOP 100 list last month...pardon us, Dan. BILL NELSON is the one responsible for the "fill-in your own ethnic group" joke elsewhere in this issue...thanks, Bill

18 FEBRUARY 1980

IN CASE READERS ASSUME I AM ONLY A DISGRUNTLED OFFICIAL/REFEREE... LET ME ASSURE THEM I AM A COMPETITOR ALSO - AIMING FOR A 950 KG TOTAL THIS YEAR AS A SENIOR AND OVER 40 LIFTERS

AS THE (FORMER) CHAIRMAN OF THE I.P.F. DISCIPLINARY COMMITTEE... I AM REPLYING TO THE ARTICLE ON 74 OF YOUR FEB 1980 ISSUE... JASKAS' ARTICLE IS OK, AND PLAUSIBLE - AS FAR AS IT GOES...

POWERLIFTING, U.S.A. DEAR MIKE, AS THE (FORMER) CHAIRMAN OF THE I.P.F. DISCIPLINARY COMMITTEE... I AM REPLYING TO THE ARTICLE ON 74 OF YOUR FEB 1980 ISSUE...

1980 REGISTRATION FORM FOR THE UNITED STATES POWERLIFTING FEDERATION... THE COST OF THE NEW CARD WILL BE FIVE DOLLARS (\$5.00). THE NEW USPF REGISTRATION CARD WILL BE SENT OUT TO ALL REGISTERED ATHLETES AFTER JANUARY 1, 1980...

UNITED STATES POWERLIFTING FEDERATION... THE COST OF THE NEW CARD WILL BE FIVE DOLLARS (\$5.00). THE NEW USPF REGISTRATION CARD WILL BE SENT OUT TO ALL REGISTERED ATHLETES AFTER JANUARY 1, 1980...

REGISTRATION FORM with fields: NAME (PLEASE PRINT CLEARLY), LAST, MIDDLE, INITIAL, FIRST, ADDRESS, STREET, CITY, STATE, ZIP CODE, DATE OF BIRTH, AGE, SEX, MASTER ATHLETE, NAME OF CLUB (OR UNATTACHED), TELEPHONE #, SIGNATURE OF ATHLETE, SIGNATURE OF OFFICIAL RECORDING THIS REGISTRATION.

SR OHIO CHAMPIONSHIP-3/9/80

- 114 D. HEATH 365 215 405 985 S. BRINKER 355 165 300 720 KING 270 155 330 755 R. VOASE 315 265 430 1060* L. COMBS 310 205 445* 960 R. WOODS 280 185 340 775

- 114 J. STEWART 500 375 555 1530 R. RUSSAK 460 275 500 1235 J. PEARSON 475 220 500 1135 J. DEMAYE 415 285 540 1130 R. HALMES 585 355 720 1660** J. LONA 560 400 640 1600 R. EDDEL 600 320 585 1505 M. REIDEL 640 385 570 1615 J. MOORE 640 385 570 1615 J. MOORE 640 385 570 1615

JR OHIO CHAMPIONSHIP-3/9/80

- 114 S. BRINKER 355 165 300 720* KING 270 155 330 755 R. VOASE 315 265 430 1060* L. COMBS 310 205 445* 960 R. WOODS 280 185 340 775

- 114 J. STEWART 500 375 555 1530 R. RUSSAK 460 275 500 1235 J. PEARSON 475 220 500 1135 J. DEMAYE 415 285 540 1130 R. HALMES 585 355 720 1660** J. LONA 560 400 640 1600 R. EDDEL 600 320 585 1505 M. REIDEL 640 385 570 1615 J. MOORE 640 385 570 1615

WORLD'S STRONGEST TEENAGER... that's how the headlines on the Cleveland Plain Dealer Sports Section read on Monday, March 10th... after 19 yr. old Dan Wohlber "shattered all known records" in the squat with a 905, weighing only 258 lb... he went on to a 400 bench press (his pec is still bothering him) and an 800 deadlift, missing an 940 when his grill popped open... More on Dan later... there was a lot of other fine lifting at the meet as well... Jack Federan won capably, well off his MR ability of a while back as he's recently married and changed jobs, and can't train as he'd like to... Eller put it all together in the squat, but just got openers in the BP & D... a fine 1530 total was the result... Rich Halmes provided major excitement with his 720 DL that took forever to come off the floor, who was smoothly locked out... incredible lats on this guy, who Rick Mussey calls one of the nicest people he's ever known... His total broke Vince Anello's old mark, and Rich is going for Vince's 750kg deadlift mark at next year's meet.

MEET DIRECTOR: MARC GULLOP THANKS TO JOHN MAPLE FOR RESULTS * DENOTES BEST LIFTER ** DENOTES NEW SR OHIO RECORD *** DENOTES NEW AMERICAN RECORD **** DENOTES BEST LIFTER MEET DIRECTORS: RICH MUSSEY, JOE WAREHO, JOE HOWARD PRECHTEL, JOE FLORIO, JOE SCOTT AND BUSS IOWA THANKS TO FRANK PICHA FOR RESULTS * DENOTES BEST LIFTER ** DENOTES NEW SR OHIO RECORD *** DENOTES NEW AMERICAN RECORD **** DENOTES BEST LIFTER MEET DIRECTOR: MARC GULLOP THANKS TO JOHN MAPLE FOR RESULTS * DENOTES BEST LIFTER ** DENOTES NEW SR OHIO RECORD *** DENOTES NEW AMERICAN RECORD **** DENOTES BEST LIFTER

10TH ANNUAL SDSU INVITATIONAL-BROOKINGS, SD. 2/22-27/80

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

NEW JERSEY OPEN-2/23-24/80-HAWTHORNE, NJ. 2/23/80

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

COLORADO NOVICE MEET-DENVER, COLO. 2/23/80

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

TENNESSEE STATE-2/9/80

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

CASEVILLE OPEN-2/16/80-PT. AUSTIN, MICHIGAN

114 MARENTELETTE 286 137 319 743
 T. WOFFETT 264 159 286 622
 T. WATSON 176 159 286 622
 T. WATSON 176 159 286 622
 T. WATSON 176 159 286 622

8. SCOTT 633 478 606 1719
 M. BISCIAIO 600 418 650 1669
 TOR KEVIN FISHER HAD A GOOD TIME
 PUT IN A LOT OF WORK, AND WANTS
 TO THANK EVERYONE WHO HELPED OUT
 ESPECIALLY MICK CARVER... HEY START-
 HOUSTON TO 2 TEAMS IN MICHIGAN,
 AND SOON HE WILL BE IN CHICAGO,
 AS WELL AS BEING A FEARLESS COMPET-
 ING PROMOTER FOR THE SPORT.

NORTHEAST TEENAGE OPEN-NORFOLK, NEB 12/15/79

123 M. STAUDROPOLAS 295 215 340 820
 T. PODAL 190 110 280 580
 T. FISHER 335 225 385 935
 G. BOELTER 265 185 375 825
 T. CALMELL 270 170 270 710
 G. POWELL 225 155 300 680
 M. MEADY 185 105 205 495

114 SCHMITZ 242 192 385 821
 H. KINNEY 303 181 292 784
 J. WATSON 375 154 319 754

114 MARENTELETTE 286 137 319 743
 T. WOFFETT 264 159 286 622
 T. WATSON 176 159 286 622
 T. WATSON 176 159 286 622
 T. WATSON 176 159 286 622

THANKS TO KEVIN FISHER FOR RESULTS:
 OPELUSKA, MISSOURI... THE CHESTNUT
 IN MICHIGAN SHORT OF THE TEENAGE
 MEETS... THE ENDOURED JACKETS WERE
 VERY UNIQUE AMONG... WITH PLACE AND
 NAME ON THE BACK... CASEVILLE WITH A
 POPULATION OF 600... GOT A REAL THRILL
 OUT OF SEEING THE HOMETOWN BOYS COM-
 E... THE MITCHELL FAMIL-
 Y... KIPP... AND MITCH'S 15 YEAR OLD DAUGH-
 TER MARCI LIFTING AFTER TRAINING
 ONLY 6 WEEKS... AFTER VICTORY MONTHS
 ON THE WAY... JUDGED FROM WORKING TO
 THE WOMEN PUT ON A GOOD SHOW, AND
 HOPED FOR MORE WOMEN'S DIVISIONS
 MEETS... THROUGH THE MEET TOOK LONGER
 THAN EXPECTED IT WAS VERY WELL RE-
 CEIVED BY THE TOWNFOLK... THE ATMO-
 SPHERE WAS GREAT BY THE PRESENCE OF
 THANKS TO DALE BLATTNER FOR RESULTS

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

Premier Health Equipment is designed and constructed to give long life under heavy use. Made from heavy duty steel, it is designed for use in a gym, health club, school or even a home!

COMPLETE LINE OF EQUIPMENT

Benches, incline benches, pec decks, power racks, scott benches, hack machines, standing calf & seated calf machines, squat racks, cable crossovers, lat isolators, tricep isolators, lat pull machines, leg extension, leg press, pullover machines, dumbbells, barbells, Olympic sets and much much more. All machines available as plate loading or selectorized units.

ORDER YOUR CATALOG TODAY!

Why take a chance when now the best is available to all?

Send \$1.00 to :
 Premier Health Equipment
 125 North Guadalupe
 San Marcos, TX 78666

THANKS TO DALE BLATTNER FOR RESULTS



Premier HEALTH EQUIPMENT

DEALER INQUIRIES INVITED

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

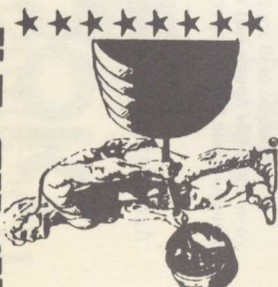
114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

114 CAMERON 140 77.5 167.5 385
 WILSON 105 67.5 115 292.5
 WILSON 87.5 50 110 247.5
 WILSON 87.5 50 110 247.5

BOB'S



POWER LIFTING

POWER LIFTERS

strong enough to
bear the strain...
man enough to
take the pain!



This USA P/L shirt is really beautiful!!!!

(S, M, L, XL)

\$7 each or 3 for \$18 postpaid.

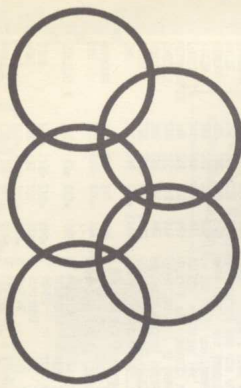


IF YOU ARE A DEDICATED POWERLIFTER THEN YOU SHOULD OWN ONE OF THESE "POWERLIFTING 1984" T-SHIRTS!

The shirt you've all been waiting for! The logo says it all! (S, M, L, XL) ..\$6 each or 3 for \$16..plus \$1 postage

ORDER FROM: RANDY WILSON
135 ST. CHARLES #500
NEW ORLEANS, LA 70130

POWERLIFTING



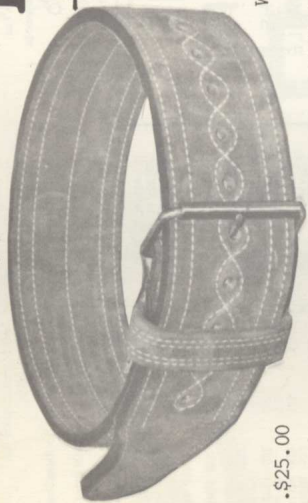
1984

if we start now, it may become a reality..Powerlifting in the Olympics! A very attractive shirt with a great theme!!! (S, M, L, XL) \$7 each postpdd

BOB'S CUSTOM LIFTING BELTS

WEAR THE BELT THAT CHAMPIONS AND RECORD HOLDERS WEAR!!!! MANY COLORS OF SUEDE!

NOW AVAILABLE WITH 2, 3, AND 4 INCH BUCKLES!!



ACCEPT NO IMITATIONS!!!

FINEST IN QUALITY

HEAVIER BUCKLES

10 CENTIMETERS WIDE

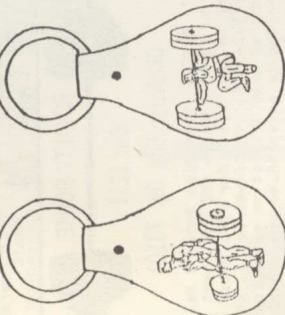
STYLE A) Deluxe suede covered belt with stitching twice around belt and around holes. With either 4, 3, or 2" buckle Each.....\$25.00

DIP BELT, Each.....\$25.00

STYLE C) Double thickness belt has stitching once around belt, down center and around holes..with 4, 3, or 2" buckle.....\$60.00

STYLE B) Suede covered belt has stitching around belt and down center. Double row of holes..with 4, 3, or 2" buckle..Each.....\$65.00

(ALL SUEDE BELTS INCLUDE CHROME BUCKLE AT NO EXTRA CHARGE)



STYLE D) Single thickness with double row of holes. 4, 3, or 2" buckle. Each.....\$30.00

NEW! Key Rings Exclusively for the Powerlifter \$1.79 (POSTPAID)
2 styles

PLEASE STATE SIZE, STYLE, COLOR CHOICE AND BUCKLE PREFERENCE

Name _____ MASTERCHARGE _____ BANKAMERICARD/VISA _____
Address _____ Acct. No. _____
City _____ State _____ ZIP _____
Style _____ Size _____ BUCKLE Size _____ Exp. Date _____
Color _____ 2nd Choice _____ Signature _____

BOB'S CUSTOM LIFTING BELTS.....689 CLARK AVENUE
POYONA, CA 91767 (714)-623-5680

CALIF STATE SENIOR CHAMPIONSHIPS 2/16/80-TOLLOUSE, CALIF.	
114	M. SHILO 325 176 407 911*
6.	G. HUNTCUTT 303 259 341 903
12.	M. SAGAHAB 385 281 457 1124
132	M. NAKHAMA 424 275 253 953
148	C. CAVALLER 473 370 540 1283
152	B. BARDUSCH 485 380 490 1262
J.	SULLIVAN 407 330 451 1190
A.	RAFAEL 137 4134 137 688
J.	CLINE
J.	ORRELY 567 374 573 1515
R.	NEELEY 507 380 578 1465
R.	WRIGHT 562 308 562 1432
D.	TALENT 523 336
R.	TATSUIT 473 374
B.	COMO 523 303
181	B. BRODLEN 644 424 669 1736*
J.	LEN 611 363 628 1603
C.	COLLINS 600 336 584 1520
D.	PACKER 512 325 540 1377
N.	BUSH 485 303
R.	MOODS 628 462 650 1741
G.	MAUR 600 413 644 1658
R.	YAMUDA 606 418 551 1575
B.	ENGLI 507 330 608 1443
J.	PARVAINEN
220	688 389 650 1768
P.	LOVE 632 424 659 1820
J.	AMFT 607 407 578 1597
G.	FORTIN 611 407 578 1597
D.	WILLIAMS 501 424 600 1526
A.	HEINAL 573 385
242	655**402 658**1708**
J.	LAWSON 639 418 639 1597
J.	FREE 611 359 639 1603
C.	DEALY 611 359 639 1603
B.	MORRIS 562 428 578 1569

IPP CARDS...there is no such thing, the other card required besides the AAU version is the USPF card..some lifters are confused about this. Ray Paget found some real problems in his associations..where his chairman refused to distribute the new cards. An application for them is in this issue.

MARK WATKINS proudly announces his love for Christ as Lord and Savior, his appreciation for his wife Dee and his friend Gladys (who provides his training facility) Look for Mark at the Nationals.

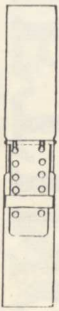
IF YOU ARE A DEDICATED POWERLIFTER THEN YOU SHOULD OWN ONE OF THESE "POWERLIFTING 1984" T-SHIRTS!

THE SHIRT YOU'VE ALL BEEN WAITING FOR! THE LOGO SAYS IT ALL! (S, M, L, XL) ..\$6 each or 3 for \$16..plus \$1 postage

ORDER FROM: RANDY WILSON
135 ST. CHARLES #500
NEW ORLEANS, LA 70130

ROB PANISSIDI AND THE GUYS FROM MAX'S IRON DEN IN NEW JERSEY HAVE SOME OPINIONS ON THE FUTURE DIRECTIONS OF THE SPORT...THEY FEEL THERE IS NO REASON TO BREAK AWAY FROM THE AAU, AS IT WILL MEAN EXPENSES, ETC. FOR THE NATIONAL COMMITTEE..AND IT IS POSSIBLE THAT THE AAU CAN DO A GOOD JOB FOR US...ALSO, THE USE OF KILOS IS NOT TOO POPULAR..AS WELL AS TIGHT-FITTING SUITS AND SPECIAL KNEE WRAPS..THEY FEEL THE WINNERS OF THE SLS SHOULD GO TO THE WORLD'S, AUTOMATICALLY. DUE TO THE ENERGY CRISIS, THEY'D LIKE TO SEE THE COLLEGIATES RUN ON A regional basis, rather than at one location..on the same lines, the possibility of holding the Worlds every other year, as in Soccer, might be considered. It would save travel money and energy both.

"POWERBELT"



SHIPPED
IMMEDIATELY

DESIGNED ESPECIALLY FOR COMPETITION POWERLIFTING.
A. A. U. AND I. P. F. REGULATION APPROVED.
GREAT FOR WEIGHTLIFTING AND WEIGHT TRAINING.

Enclose \$29.95 Check/Money Order for each belt.
Made payable to Powerbelt, P.O. Box 526, Chantanooga,
TN 37401. Price includes shipping and handling.

INCLUDE RETURN ADDRESS, SIZE, INITIALS

FEATURES:

- * NEW AND BETTER DESIGN WITH ALL-AROUND 4" (10 CM) WIDTH PROVIDES MAXIMUM SUPPORT AND PROTECTION. ACTUALLY HELPS YOU LIFT MORE!
- * DOUBLE TONGUE NICKLE PLATED BUCKLE WITH EASY ON/OFF ADJUSTMENT. NO OVERSIZED BUCKLE TO BIND YOU.
- * FIRST QUALITY EXTRA THICK LEATHER IS FINISHED IN RICH BROWN COLOR WITH YOUR INITIALS STAMPED IN.
- * EACH BELT IS HAND ASSEMBLED TO ASSURE YOU TOP QUALITY AND WORKMANSHIP.

Designed And Manufactured By:

Eddie Booklin

- * When Ordering Send Normal Waist Size, Not Pants Size.
- * Sizes Over 4" Send \$5.00 Extra
- * Orders Outside Continental U.S.A. Send \$5.00 Extra

HURRICANE KNEE WRAPS

HURRICANE WRAPS ARE THE
STRONGEST AND MOST DURABLE
KNEE WRAPS ON THE MARKET

THEY GIVE YOU MAXIMUM SUPPORT
WITHOUT RIPPING OR TEARING

HURRICANE WRAPS ARE NOW BEING
WORN BY MANY NATIONAL AND
WORLD CHAMPIONS

The wrap that won't **1 pair 10⁰⁰**
wear out or lose it's **5 prs. 45⁰⁰**
support only cost: **10 prs. 82⁰⁰**

NAME _____ Ph. _____
ADD. _____

state _____ zip _____ No. of Prs. _____
Pat's Power Products
RR 2 Fort Branch, IN 47648

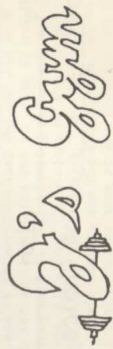
the "BENCH PRESS" powerlifting's super shirt

- *** WORN AT WORLD CHAMPIONSHIPS
- *** MAKES FOR INCREASED BENCH
- *** ONLY \$16.54

Please State Your Weight, for a Firm, Tight Fit.

STATESBORO'S FINEST GYM

STATESBORO, GEORGIA 30458



WINDSOR VILLAGE

BEST AVAILABLE ANYWHERE... ... for QUALITY and PRICE

**Super Deluxe
DECLINE BENCH**
at \$150.00

Uprights are removable. Use for barbell and dumbbell presses and pull-overs.

**Super Deluxe
UPRIGHT
CALF UNIT**
Only \$220.00

Ball Bearing Mounted and Super Calf Developer.

**Super Deluxe
PLATE HOLDER**
Only \$50.00

Designed to hold Olympic plates up to 1,000 lbs.

**Super Deluxe
CABLE ROW**
\$200.00

Comes complete with new, never wear smooth running pulleys. Pulley set at right height for maximum lat workouts.

**Super Deluxe
CABLE CURL**
Bargain at \$240.00

Ball bearing operated with double cam.

**Super Deluxe
INCLINE
BENCH \$165.**

All 2 inch square steel tubing, welded throughout for greater strength. Made for Olympic Bar.

**Super Deluxe
FLAT
BENCH \$80.**

Same quality as at left with 4 feet long, 2 inch board heavily foam padded and vinyl covered.

ALL THIS EQUIPMENT DESIGNED FOR THE GYM OWNER WHO WANTS THE BEST AT LOWEST POSSIBLE PRICES.
OUR SUPER DELUXE EQUIPMENT IS ALSO AVAILABLE IN 2 1/2" SQUARE TUBING AT SLIGHTLY HIGHER PRICES.

SEND FOR FREE SUPER DELUXE LINE LITERATURE TODAY.

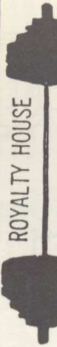
JUBINVILLE HEALTH EQUIPMENT

P.O. Box 662 • Holyoke, MA. 01040

ROYALTY HOUSE

Box 1211

Oklahoma City, OK 73101



DISCOUNT PRICES from Dick Burke's Mail Order Company on York Barbells and Equipment shipped from York to you. Write for FREE price list or call 405/942-5606. The Power Bar is available with pound or kilo sets at no extra cost. Visa or Master Charge accepted. We are stocking Olympic Sets, Bars & plates in OKC at no discount but can ship immediately or you come & get 'em. Address is 3721 N.W. 25, Okla. City, OK 73107

114	K. ARNOLD	635	181	1130	181 THRU SHM.
120	M. ALLEN	580	1025	1025	DONALD MITCH
121	S. MASTAS	570	995	995	GERALD MITCH
122	P. EDDING	570	945	945	GERALD BRADLEY
123	R. HURNOOK	545	935	935	TEAM STANDINGS:
124	G. HUGHES	865	915	1130	1ST: DESOTO-56 PTS
125	D. LYONS	780	915	1040	2ND: SULPHUR SPRINGS:
126	T. BECK	715	1035	1005	3RD: JAKE WALLAS-
127	M. HILKER	690	975	935	4TH: MCKINNEY-29 PTS
128	E. VARNELL	670	1000	975	5TH: ROCKWALL-254 PTS
129	A. SOLANO	905	880	975	6TH: J. P. EDDER-
130	D. WILLIAMS	890	880	975	7TH: MT PLEASANT-
131	J. SHEFFIELD	810	965	975	8TH: WELLS-10 PTS
132	R. GRONDS	810	965	975	9TH: OKLAHOMA
133	G. LUCIO	805	735	975	10TH: ATHENS-0 PTS
134	D. GARRETT	790	965	975	TOTAL OF 119 LIFTS
135	G. LACEY	790	965	975	THANKS TO DON ROE, OF
					THE SULPHUR SPRINGS
					OLYMPIC DEPT FOR
					RESULTS.