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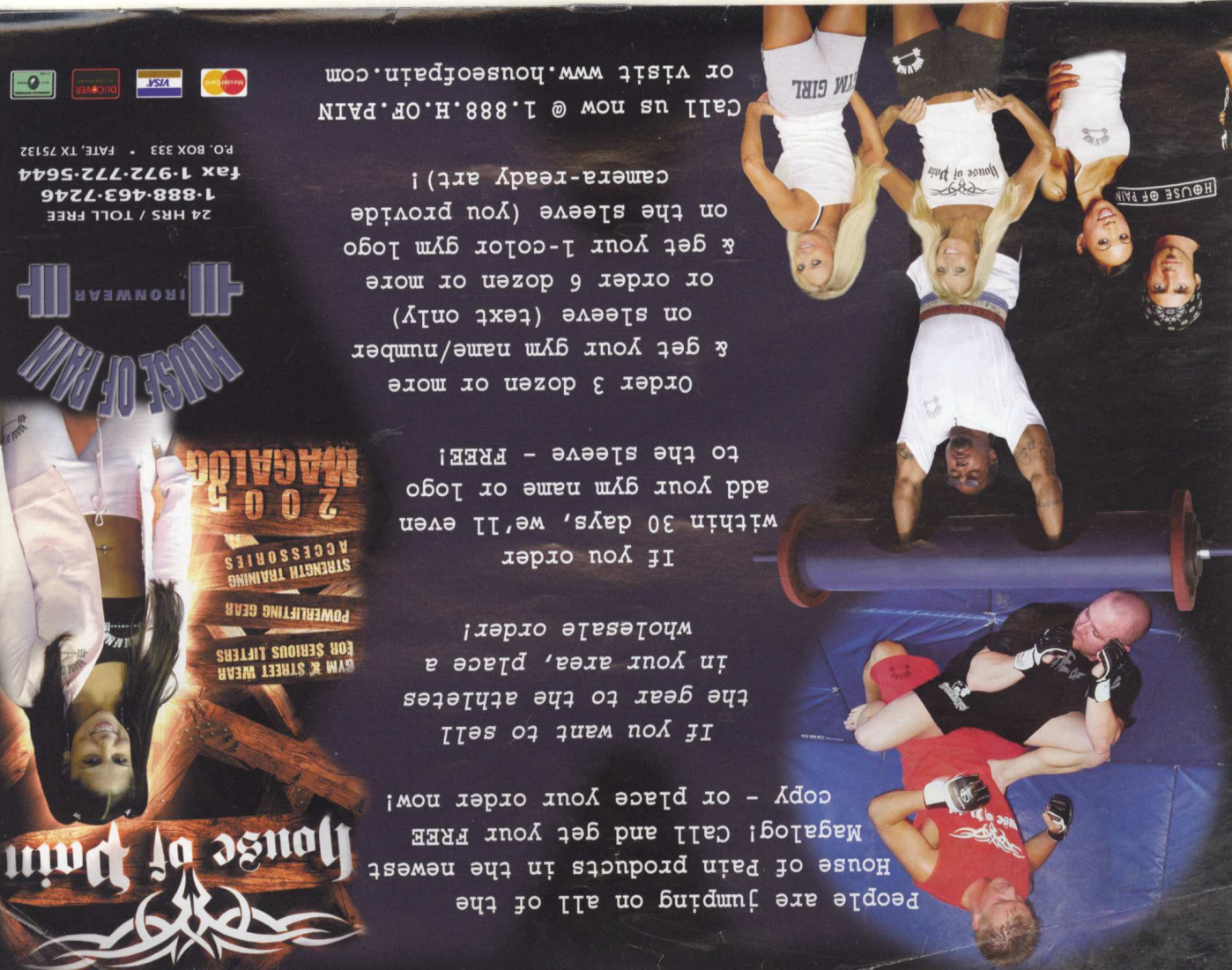
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ON THE COVER - Andy Bolton's strong pull with 971 lbs., the new all time world record deadlift poundage that finished off this year's WPO competitions at the 2006 Arnold Classic!!!

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Amint, the breadth and depth of sports that comprise the Arnold Sports Festival, which draws 120,000 fans for 30 different events, including 15 Olympic sports, and involves 15,000 athletes, and fills up 650 booths at the Arnold Fitness Expo, there is one event - according to promoter Kieran Kiddler - that brings in the greatest number of fans. It's the WPO Powerlifting Finals, held in a separate venue from the Expo. The room seats thousands, and was often at capacity or nearly so. The Finals are a loud, eye-catching, raucous spectacle. Year after year, the lifters at this competition seem to ignore that which has gone before, which was probably unprecedented, and they top it, in one way or another. This is what happened again.

There were seven women competitors. The biggest total for the women belonged to the stunning Becca Swanson, who utterly shattered several all-time records in the 198 lb. class. After dropping over 50 pounds of bodyweight in just a few months, she actually only had three good attempts in this contest, but one of them was an 804 squat. She missed 771 on a technicality on her opener, and then an even more incredible 821 on a 3rd. Pinch yourself. It's not a dream.

In the bench press, Becca had big iron problems. We heard she had a shoulder issue,

WPO Finals Women/Men Lwt-Mwt. 3 MAR 2006 - Columbus, OH by Mike Lambert



Recalibrate Your Imagination - Kutcher went 2171 as a Middleweight

prior to the event, and she looked pretty well pinned with 479 on her opener and another attempt that wasn't close. Reportedly Bill Crawford leapt to the rescue, made a few adjustments on her shirt, and adjusted where she should bring the bar down. She made that 479 strongly on a third attempt and it looked terrific.

In the deadlift she opened at 600, then stalled halfway up at 622 twice. Despite the incredible all-time records, (she totaled 1884

she was reportedly down about her performance. Her Coach Rick Hussey was grumbling all week-end. Maybe there is more, perhaps much, much more in this weight class for Ms. Becca, as impossible as that is to comprehend.

At the Arnold, there are a lot of muscular, woman bodybuilders strutting around, looking impressive, but in terms of muscle that can do something, nobody holds a candle to Becca. She was lean, athletic, ripped, and looked the part of the world's strongest woman without any question.

Next up in the women's category was the remarkable Laura Phelps, in the 165 lb. class. This lifter clearly has no fear of giant weights. She has some spectacular leverage, and she uses it spectacularly well. Missing her opener at 705, she repeated to get it, and then went to 733 (all time best squat for a woman, by formula) for a miss. In the bench press, it's almost the same story. She's got such great form, slammed a big opener at 374, followed by a miss at 402, but then she made it, and she went on to try to break the record that Kara Bohigian had set just a couple weeks before, with a 431, but missed that. Those advantages in the bench and squat are not so profound in the deadlift, but she put together a nice 473 pull before missing 496. The total was spectacular at 1581.

Jill Mills of Texas, a former World's Strong-

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



We've been lucky enough to know Shannon "Wonder Woman" Harnett for years, and given some of her recent accomplishments (Highland Games world champion, Worlds Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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Becca Swanson - an astonishing recovery with a 479 bench press.

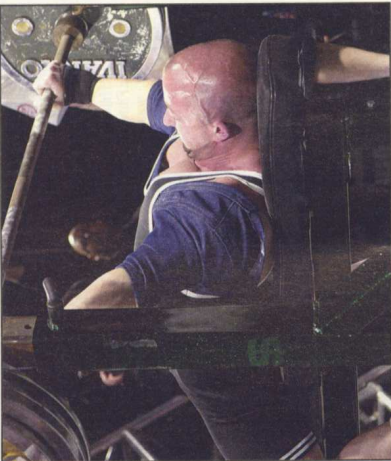
gest Woman contest winner herself, competed in the 181 lb. class and had a super meet, while barely utilizing any modern day lifting equipment. She made all three squats, missed at a 369 bench, and bitterly surrendered to a hard miss at a 567 deadlift, for a fine 7 for 9 day and a smashing 1548 total.

Amy Weisberger has now fully made her move up to the 148 lb. class, looked much stronger and very comfortable squatting. She handled 534 effortlessly, but had a couple of close misses at 573. Benchng a solid opener at 341, she suffered a couple misses at 363, and then pulled a 473 deadlift after opening at 446, and then missed at 485. That's a 1,350 total at 148, but far more than that is just around the bend for Amy.

Fourteen year old Amanda Harris, from Katy, Texas, showed excellent lifting form and great determination in handling her weights, weighing under 114 lbs., although her efforts counted in the WPO's 132 lb. division. Natalia Frolova, representing Canada although originally from Russia, did some notable benching in the 123 lb. class, with a 242 lb. effort. Carrie McCaslin, who is all of ten years old, did some nice benching of her own, making 77 lbs., 88 lbs., and just missing 100 lbs., weighing only 28.55 kgs. (62.94 lbs.).

The Men's Lightweight division, which is up to 165 lbs. in WPO competition, has seen some astonishing lifting at the Arnold over the years. In spite of all that history, we now have to make room for a new star who is just beyond the beyond, unbelievably lofty standard. Oleksandar Kutcher, of the Ukraine, is simply fantastic in every lifting discipline. He takes the term "balanced lifter" to the bizarre dimension. Nothing looks structurally easy for him, he's just built strong in every way. He celebrates each lift as if it was the greatest accomplishment of his life, then goes out and beats it on the next attempt. From very humble beginnings and current circumstances in the Ukraine and with submaximal lifting equipment, he has demonstrated that the limits of human performance are not yet known.

We missed at an 859 squat, and didn't take a third attempt deadlift, but it's really not improbable for this guy to be squatting well into the 800's, benching well into the 500's, and, after his 793, he can clearly pull a deadlift of over 800, and that can logically lead to a total over 1,000



508 lbs. in the Bench - for the lightweight phenom Brian Schwab

There are few steps remaining on the ladder he's been climbing before he becomes the greatest lightweight of all time. Dan Petrello, a veteran WPO competitor, had a 4 for 9 day, missing a 705 squat twice, and taking three times to get his opener bench in, then finally missing @ a 655 deadlift, but his 1758 total (at 165) got him third place in the lightweights.

Germany's 29 year old Marcel Mette had a perfect 9 for 9 day, including a big 716 squat that put him just behind Dan in total, with 1719. Yet another WPO veteran, Brian Strickland, also in the 165 lb. class, put together four good attempts, (missing a 705 squat, 462 bench, and a 578 deadlift), to produce his 1675 reggie total.

The WPO middleweight division includes competitors up to 220 lbs. Most of the big finishers in this division were in that weight class, with the exception of 198 lb. Mike Cartman and a guest lifter from the Ukraine.

In some very tight competition, the winner was Matt Kroczaleski. Matt had a good day, fiercely coming back from a failed squat opener at 881 to get it. He then benched a quality 617, and that made his 733 deadlift enough to secure the win, though he did try a big 760, just in case. His 2276 total was just a notch ahead of Donal Blue, who opened his squats cleanly at 914, missed 936, then came back and got it. He opened at 507 in the bench, raw, missed 628 with a shirt and then made it. He deadlifted 705 on a second, and missed a final at 758.

Jesse Kellum emerged from the devastation of Hurricane Katrina understandably a bit off his best, but could well have been higher in the mix. He missed a 920 squat, and then a 722 bench press, before missing a 705 in the deadlift to finish third in the division.

Mike Cartman, compact and muscular, was staunchly impressive, making an 859 squat, then coming back for a 914, when he yelled out, "Yaahhhhh!". We knew he had gotten it. He opened at 622 in the bench, but reached too far with 655 twice, then he missed a 677



Matt Kroczaleski - fought a 760 deadlift, but already had won

deadlift twice. Tough day, but he still got a 2182 total. Finland's Ilkka Mursu seemed a different man in this higher bodyweight category, although he missed an 881 squat and two tries at

a 617 bench, as well as a 760 final deadlift.

Tony Atkins took three tries and a young lady's bloodcurdling screams from the audience to get his 821 squat in, on his last chance, then he missed twice at a 688 bench, and at a 699 deadlift, but that still gave him a 2088 total, enough to exceed Paul Rantanen of Finland, who only had three good lifts, most notable of them being a desperate 837 final attempt in the squat.

Harald Selsam of Germany, his face ominously painted in black stripes, missed twice at a 925 squat and some big vents, for him, of 562 and 573, as well as a 733 deadlift.

The guest lifter was the ruggedly put together Dnytro Solovoy, who represented the Ukraine, and who had no misses except @ 722 in the deadlift.

There were some terrific athletes who didn't make it through the squats, and a few who faltered further along the way to a total.

Tony Conyers was a bit forward with 749 on his opener squat, then he couldn't get it passed by the judges on a follow-on attempt, nor his next attempt at 804, and he had to watch the rest of the meet from the audience. The Ukraine Prodigy - 20 year old Nick Hatch - lifting in the 148 lb. class had a depth call on his opener of 771, then a false start on his move up to 789,

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then he missed it again and was out. One of the Russian competitors, Ilya Kokorov, had horrific set up problems with 661 and bombed out with that. The obvious favorite was Travis Mash. He opened at 947, but it was hard and he could not get a lift in with three tries. Likewise for another North Carolinian, Kyle Robertson, age 24, who opened at the same 947 and could not get it passed on any try. Two monstrous possibilities had come to nothing.

Sakari Selkainaho of Finland got a nice 628 squat before missing at 683, then a 407 opening bench press knocked him out, despite three frantic tries.

Sean Frand of Nebraska, who did a tour in Iraq recently, took three tries to get in a squat, then he couldn't get in any of his bench press attempts at 683, 688, or 698 on the board. Angelo Berardinelli willingly entered the lightweight lions den, making a nice 771 opener squat, before missing 821 twice. In the bench press he was hugely improved, as he made all three, and even tried a World Record 552. Then in the deadlift, 606 completely stymied him and he bombed in disgust.

A big disappointment after a strong start was that of Chris "Ox" Mason. Chris got two beautiful squats in before missing 964, two benches before missing 628, but a 683 deadlift waylaid him awkwardly and he was out of the meet as well.

Just so you know, the judging for this group, and actually throughout the 3 days of competition proved to be tight and consistent.



Referees - included (l-r) Cordon Santee, Mike Sweeney, and Wayne Pulliam. Among others judging over the weekend were Ken and Lisa Wheeler, Russ Barlow, and Yuri Ustinov.

WPO Finals Women/Men LLAMW.

3 MAR 06 - Columbus, OH	WOMEN	Men	LLAMW
B. Swanson	804	479	600 1884
L. Phelps	705	402	474 1581
J. Mills	639	352	556 1548
Weisberger	534	141	474 1350
N. Frolova	209	231	242
K. McCaslin	88	88	88
MEN			
Lightweights	836	551	793 2171
B. Schwab	722	508	606 1836
D. Petrello	661	474	622 1758
M. Mette	716	402	600 1719
B. Strickland	661	451	562 1675
Middleweights			
D. Blue	937	628	705 2270
J. Kellum	848	700	672 2221
M. Cartman	914	622	644 2182
L. Mursu	848	595	727 2171
H. Selsam	866	540	705 2088
P. Rantanen	837	540	705 2088
H. Solsam	859	507	672 2039
Guest Lifter			
D. Solovoy	793	474	68 1962
Out			
N. Conyers	---	---	---
N. Hatch	---	---	---
I. Kokorov	---	---	---
T. Mash	---	---	---
K. Robertson	---	---	---
S. Selkainaho	---	---	---
S. Frand	---	---	---
B. McCaslin	---	---	---
Car. Mason	---	---	---
Referees	771	523	617
947			

WPO World Record Bench Bash 4 March 06 - Columbus, Ohio as told by Powerlifting USA's Mike Lambert



Ryan Kennelly's skillfully emerged with yet another Arnold Classic victory.

While the Heavyweight/ Superheavyweight Powerlifting was going on, half the WPO crew rushed over to the Expo stage to set up for the Bench Bash. The stagefront fan seating area filled up long before the event started and slowly the giant flow of humanity that meanders around the aisles ways that separate hundreds of vendor booths slowed and it's probably 20 degrees hotter into a hyper-version of standing room only as if the Mighty Mississippi just "stopped" for a couple of hours. Those who watched the proceedings. The lone female competitor this year was Kara Bohigian. She was not in the same form as at the FITExpo, but she did manage to get her 391 lb opener on the scoreboard, on her second try. She missed 402, but was granted an unofficial fourth attempt and made it,

finished in the meet was in the 181 lb. class.

In the WPO Bench Bash heavyweight division, up to 242 lbs., with (continued on page 10)

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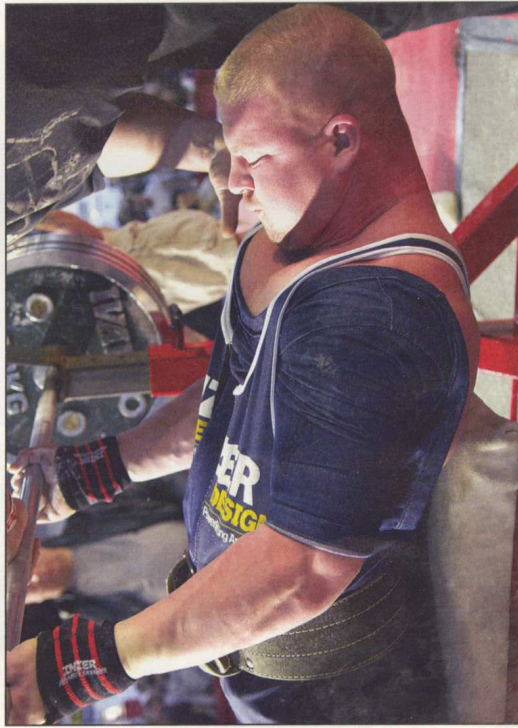
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"The Road to the Arnold" DVD Review ... Ryan "Benchmonster" Kennelly is the most successful big benchers in his toy, underscored by his third Arnold Classic victory. This Hardcorepowerlifting.com production took to victory #2 at the '05 Arnold but there is nothing dry about his 1.5 hour presentation, with its awe-inspiring graphics and slicing edge soundtrack. Presented by House of Pain, the DVD is a collection of highlights of both workouts and contest performances. What emerges immediately and flows throughout the DVD is the astonishing explosiveness that characterizes Ryan's benching. He thrives in press. He literally throws weight up in the air, most particularly on the final rep of a set, and he cranks out some amazing board press performances in training, making it look illustrated ... mindblowing floor presses with huge amounts of chains, for example. An intriguing feature of Ryan's benching is the unique pattern of training partners and Ryan himself, during training sessions, interacting with other great benchers, and at the Arnold itself ... sometimes hilarious, sometimes poignant. Ryan's benching is a masterpiece of muscularity. Check out what he tipped the way to his winning "the towel" it's all here ... a docudrama in out-of-the-ordinary detail.

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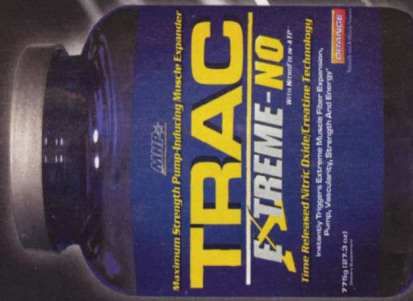
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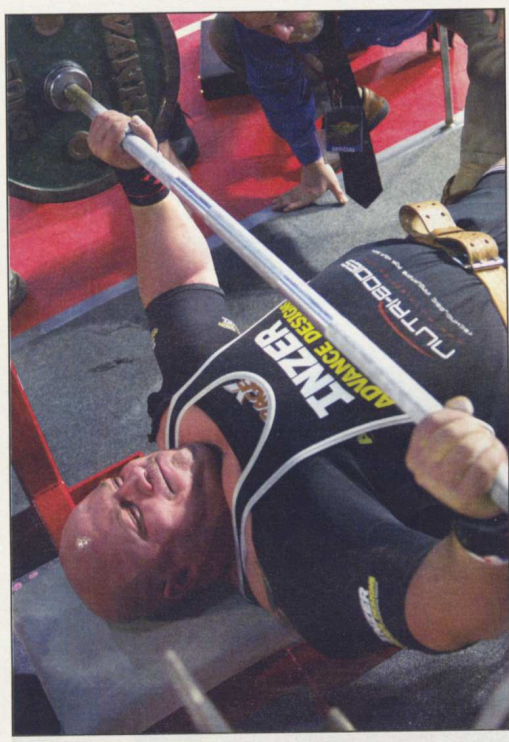
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Rob Luyando - has made a very quick and major move up the ranks of elite level bench pressers recently.

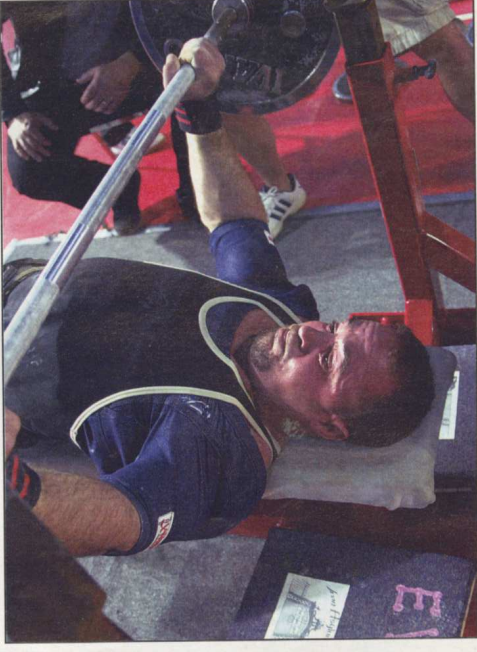
WPO Bench Bash
4 MAR 06 - Columbus, OH

BENCH	WOMEN	MEN
K. Bobigian		391
F. Boldt		628
B. Heck		611
J. Burdette		611
V. Chadkov		600
R. Wozniak		777
A. Wilson		760
B. Hein		755
Ponomarenko		749
SHAW		705
K. Kennedy		826
B. Crawford		821
V. Kravtsov		766
Out		
T. Mendelson		
H. Hamalainen		
B. Brandenburg		
B. Carpenter		
J. Wozza		
J. Pokyio		
C. Tallman		
O. Solovoyov		
B. Sapp		
B. Field		

(continued from page 8)
lots of big names crashing and burning. Rob Luyando got a second attempt at 777 and that proved to be his winning number, missing a 793 on his third attempt. Aaron Wilson, a rugged young warrior from Nebraska, opened big at 760 and just missed 777 twice, enough for him to win on bodyweight. Brad Hein made his opener at 755 and missed at 771 and '82, or he could have won. Vitaliy Ponomarenko of the Ukraine weighed very light (231) and took two attempts to get his opener of 749 and then missed at 766. Last in position in this class but first in the history in the 198 lb. division was Michael Wolfley, who weighed 198, giving away 40 pounds to most of the competitors. He made a 661 bench, and then cracked the 700 barrier with 705, and went onto try 716.

In the superheavyweights there was more bombout mayhem and just three finishers. Ryan Kennedy weighed just under the 308 mark and opened at 826, which was enough for him to win his third Arnold Classic event. Bill Crawford weighed 295, but he put together two

very good attempts, only missing his final at 832, which would have made the difference. Vladimir Kravtsov was a bundle of muscle in the 275 lb. division, and made his first two attempts, including a clean lift of 766, before missing 804. There were almost as many who bombed out as who finished. This use of peskable concern to Keran and it dumped forward on his stomach. The WPO bench rule was in effect: if you didn't make either of your first two attempts, you didn't get a third. Among those who didn't finish, ironman competition.



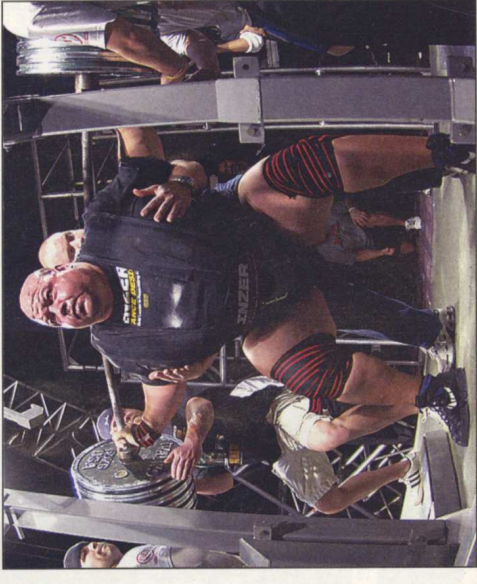
Strength Under Pressure... Fred Bolt emerged from the cauldron of this competition with a win.

WPO Finals for the Men's Heavy and SHW Division - 4 MAR 06

Chuck Vogelwohl has made the ultimate strategic move, in terms of WPO classes, going from 220 up to 275, although he still weighed light at 121.5 kilos. Even with a stratospheric start at 1080, he had a successful jump to 1118. The base upon which he squats is now so much more secure, and it wouldn't be out of the question for him to squat 1200 in the weight class in the future. In the bench press he threw up a PR 633, and in the deadlift, he's still got it with 810, and he needed every ounce of that to finish up with 2562, for the victory in one of the dopest finishes in WPO heavyweight history. Mark Bartley also bashed a barrier with a huge 1107 squat, after missing his opener at 1047 and making a successful 1069. He got a monstrous 744 bench and added on a 710 deadlift, but it was just too tempting for Chuck to not come in and edge him on bodyweight.

In the middle of things was Jim Grandick, who got an opener in the squat with 1019, missing 1041 twice. He had a terrific bench press of 782, which put him in the saddle at subtotal time. His 738 deadlift resulted in a massive 2540 lb. total. Arvaltivan of Hungary is so ruggedly muscular and has so much potential. His 992 squat was easy and deeper than necessary. In the bench press he got a 617, and then hauled up a ponderous 881 deadlift, but he couldn't get the final with 898. John Stafford made his first and second squats, but missed 975. He's got a big bench, but burned three tries to get 738. He made his opener deadlift at 771, but missed two tries at 843. Al Merhan did three beautiful squats, ending at 1074. He had three stellar benches, ending at 639, and 589, made 617, and then a successful 639. Even so, he was 120 kilos back at subtotal, but this man can pull. He opened at 903, making it easily, cleverly passed his second

Second place in the superheavyweights was Andy Bolton. Andy opened at 1036 in the squat, made a successful jump to 1124, but missed at 1157. In the bench press, he opened at 589, made 617, and then a successful 639. Even so, he was 120 kilos back at subtotal, but this man can pull. He opened at 903, making it easily, cleverly passed his second



1212 lbs. in the Squat... an All Time World Record by Superheavywt. Jeff Lewis.

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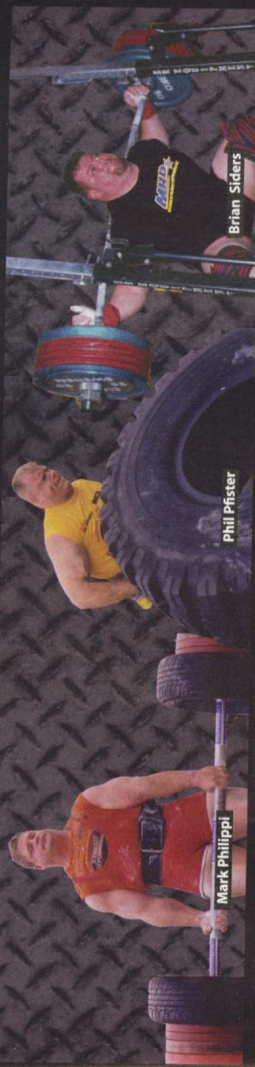
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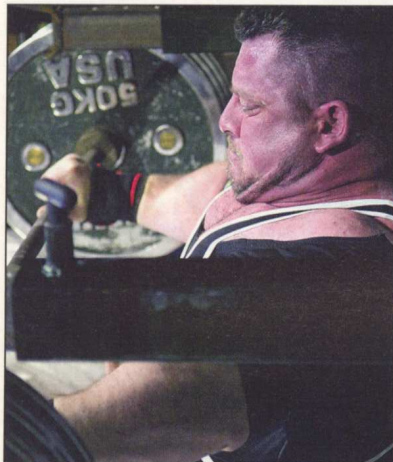


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782 .. always a great bench! Grandick is now out of this world. success at these attempts, although he did stand up with 1212.

This year there was a special event for Sunday, on the main stage in the Expo area, where there's normally been no powerlifting presence on the final day of the Classic. On Basson came back after lifting the day before and won the squat competition with 1058.

Gary Frank got second with 1036, and Steve Woods was third with 1030. James Ewing(?) did 1030 also, but was heavier. Mike Miller got fifth in this competition with 1003, but he passed after his opener.



Arnold .. having fine points of judging explained by Ken Wheeler.

Kari Kalliola of Finland was definitely improved. He did some big squats, making 1058 after missing initially. Then he benched 738 on his final try. He got his opener in the deadlift, for the same 2425 total, but he was five kilos heavier than Alhazov.

In final finishers position was Thor Meszaros of Hungary, a renowned deadlifter who obviously came to pull big, taking token lifts in the squat and bench. His 881 opener was followed by a miss at 425 kilos, and he politely declined a third attempt.

Among those who did not finish, Donny Thompson was certainly in the midst of it with a 1107 squat, missing at 1135 on his third attempt. He ramped up to an 815 bench, but he was not able to get any deadlift attempts missing 749 twice and passing his third.

Another man with vast potential who fell by the wayside was Chad Alcis, who roared up an 1107 opener in the squat, missed at 1162, but then he was unable to get any bench press attempts in with his prodigious opener of 771.



Onn Basson .. accepted into the US as an "exceptional athlete"

WPO Finals Men Hwt-Shwt, 4 MAR 06 - Columbus, OH

Heavyweights	118	633	810	2562
M. Bartley	1107	744	711	2562
A. Grandick	1019	782	738	2540
J. Stalford	948	738	777	2468
A. Mehan	1074	639	744	2458
S. Mosser	1041	683	727	2452
T. Meadows	970	617	815	2403
J. Lewis	1014	573	733	2320
J. Lewis	1212	815	771	2799
A. Bollon	1124	639	970	2734
M. Smith	1041	705	766	2513
M. Kalliola	1091	540	793	2425
T. Meszaros	220	220	881	1422
Out				
D. Thompson	1107	815		
C. Arcis	1107			
G. Frank				
J. Bayles				
M. Miller				

2006 USAPL Women's Nationals, Denver CO as told to Powerlifting USA by Disa Hatfield



Den Gaultreau, a.k.a. Jennifer Rey and the Rocky Mountain Lifting Club, hosted this year's USAPL Women's Nationals. The meet was top notch, from the spacious venue to the spotting and loading. Dan went all out, providing the athletes with unique medals and certificates, and treats for the Best Lifter of competition...

Disa Hatfield won the 82.5 kg class with a 532.5 kg total. She was a little tentative due to a shoulder injury that hindered her squat in the weeks leading up to the competition...

Disa: building a squatting legacy. record of 237.5 kg. Junior class winner Sara Greenup came in second in the Open with a 580 kg total. It was a PR for Sara, but she broke her own junior American squat record with the biggest squat of the meet, a strong 245 kg lift...

Disa Hatfield won the 82.5 kg class with a 532.5 kg total. She was a little tentative due to a shoulder injury that hindered her squat in the weeks leading up to the competition...

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Kevin Thernes (who also ranked second in the T3 class) and Joni March rounded out the deep Open division. Toni Kemper took first in the M1 category and won the Master's Women's spot, beating out veteran Maie Froehle and Kate-Dingle Craig and M1 competitor Joni March. Barb Zumstater won the M3 class, with Jeanne Harms unable to get a bench attempt represented in this class, with Amanda Baum (a newly added athlete's representative) coming ahead of Shea Frydenlund in the T2 division...

Saturday morning saw the incredibly deep 60 kg class, with 22 women. Cathy Nogle who came in first in the Open and T3 division with a 455 total. Next-Level lifter Jennifer Perry broke the American junior squat and total records on her way to 2nd in the Open. Jenn has been competing for less than a year...

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M3 division with a perfect 9-0, Jay, and was followed closely by Donna Mertes and Cathy Markstetter, who took 2nd-3rd in the M2 division. Ruth also broke the M3 American total records. Meghan Jonovnick came in second in the T2 division 415 kg total. Rounding out the Open division were Kelli Carlson, twice-time National Teenage titleist and last year's T2 winner Kanni Shroyer, and M1 winner Laesa Atzai. Caryn Daniel was second in the M1 division. Erin Ludlow struggled with her bench and deadlift, but she won with the T1 American squat record and T1 National crown.

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Stouez Hartwig-Gary @ 52 kgs.

USAPL Women's Nationals 10-12 FEB 06 - Denver, CO. Table with columns for Women, Squat, Bench, Deadlift, and Total (TOT). Lists athletes like Zintemaster, L. Harms, K. Frye, etc.

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Disa: building a squatting legacy.

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Macc Bartley -2562 lb total

Brian Schwab -1836 lb total

Travis Nash -2414 lb total

Donnie Thompson -2606 lb total

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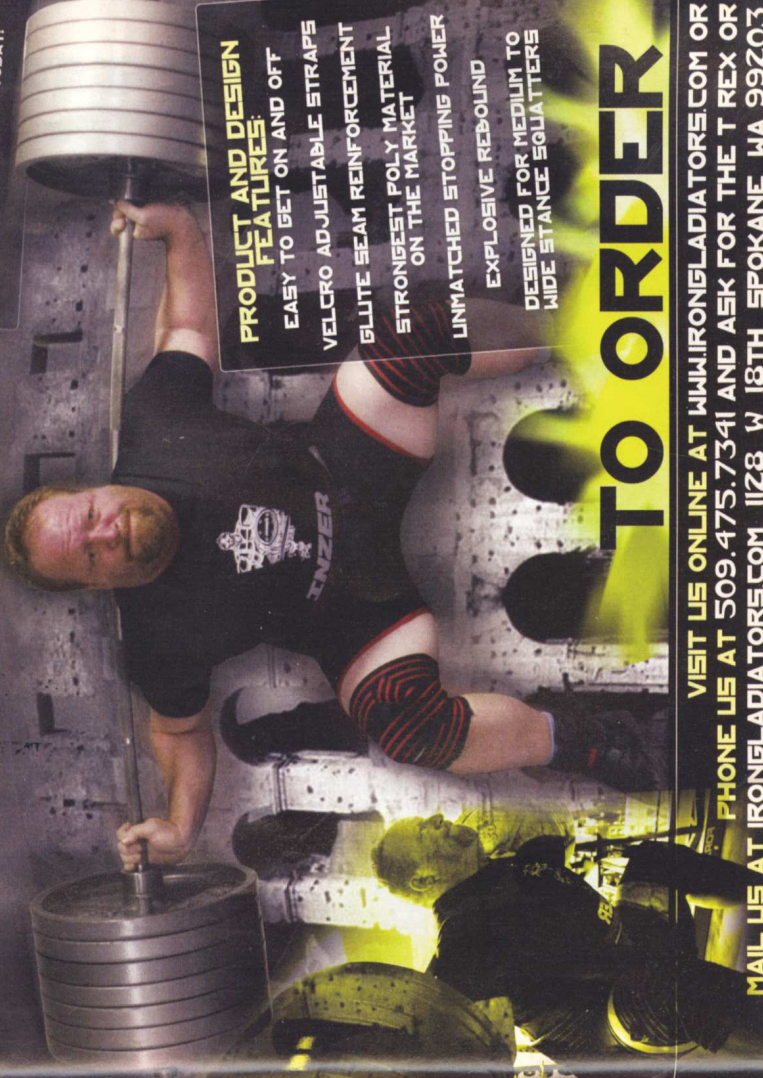
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WORKOUT OF THE MONTH

SQUAT WORKOUT as told to Powerlifting USA by Louie Simmons

I am always asked to make personal workout programs for lifters. This is impossible to do without seeing these people in the gym and observing their form. Their form may be terrible, or they may have a blatant muscle weakness that is causing bad form. For all those people, here is a sample workout to prepare you for a meet. This is the workout that Shawn Nutter used for this first

meet. His lifts at 242 were an 840 squat, a 575 bench, and a 650 deadlift. At his first meet, he totaled 2065.

We based his attempts on a max band squat of 565 bar weight plus 375 pounds of band tension. The bands were attached to the base of our Monolift, which had a 2x4 taped to each side. Although we don't truly cycle yearly for a meet, the circa-max, or

near-max, phase lasts 3 weeks, plus there are two de-load phase weeks. To begin with, Shawn used a 3 week wave with a Safety Squat bar. Throughout the year we use the Safety Squat bar and our 14 inch-cambered bar to save the shoulders and arms.

Shawn's Training for the 2005 IPA Nationals First Wave - Safety Squat bar

- Week 1:** 8 sets of 2 reps with 325 plus light bands
- Week 2:** 8 sets of 2 reps with 375 plus light bands
- Week 3:** 6 sets of 2 reps with 415 plus light bands
- Week 4:** 8 sets of 2 reps with 325 plus medium bands
- Week 5:** 8 sets of 2 reps with 375 plus medium bands
- Week 6:** 6 sets of 2 reps with 415 plus medium bands
- Switch to a 14" Cambered Bar**
- Week 7:** 8 sets of 2 reps with 405 plus strong bands
- Week 8:** 8 sets of 2 reps with 465 plus strong bands
- Week 9:** 6 sets of 2 reps with 505

plus strong bands
Circa-max Phase
Week 10: 5 sets of 2 reps with 435 plus medium and strong bands
Week 11: 4 sets of 2 reps with 465 plus medium and strong bands
Week 12: Work up to 565 with medium and strong bands, about 350 pounds of band tension at the top

Week 13 (First de-load week): Work up to 565 with one strong band for 1 rep

Week 14 (Second de-load week): Work up to 405 plus 120 pounds of chain for 3 sets of 2 reps
Week 15 (Meet): IPA Nationals
I know the training should have rendered an 860 squat at the meet. He blew up 840 like a toy. We like to leave some on the platform and make substantial progress at the next meet.

Let's look at Shawn's special exercises after the squat workout. After Friday's squat workout, Shawn first does speed pulls; 335 plus 100 pounds of band tension at the start and 220 at lock-out, 5-8 singles, each week. Next, he does 45 degree hipers, 3-5 sets with 45-135 pounds, 2-6 reps. Then he



The Westside Barbell Squat Program has produced incredible results, like Chuck Vogel's 1118 lb squat at 275 at the Arnold Classic.

45 pound plate, 4-6 reps of 3-6 reps. Next are abs of some kind, then hyper, 3 sets on the roller Reverse Hyper machine, 350 pounds for set of 10 s. After some light stretching, he's done.
Monday is max effort for the squat and deadlift.

Shawn's 15-Week Cycle (Years can vary)

Week 1: Raise GPP with sled pulls, 180 pounds for 6 trips of 200 feet as a warm-up; 10-inch low-box squat with the Safety Squat bar for max singles; good mornings on the Back Attack machine; 45-degree hipers, 4 sets of 6 reps with 90 pounds; chest-supported rows; 5 sets on the Reverse Hyper (RH) machine; abs.

Week 2: Back pulls with plates 6 inches off the floor; chest-supported rows; RH, 3 sets; roller RH, 3 sets. Strap RH; abs.

Week 3: Sled pulls, 360 pounds, 4 trips of 200 feet for a warm-up; cambered-bar good mornings to a max triple; straight-leg deadlifts work up to 455 for 5 reps; barbell rows; lat pull-downs with V-bar; strap RH; abs.

Week 4: Reverse band box squats with monster mini-bands (veluces weight on the box by 120 pounds; made 775); good mornings on the Back Attack machine; dumbbell rows; kettle-bell swings; calf/ham/glute raises holding a 45 pound plate; abs.

Week 5: Sled pulls, 135 for 8 trips of 200 feet; concentric Safety Squat bar squats done to a max single; 45-degree RH, 180 for 3 sets of 2 reps; chest-supported rows; roller RH, 3 light sets; strap RH, 3 light sets; abs.

Week 6: Close-stance sumo standing on a 2-inch box for a max single; front squats on a 10-inch box for 6-8 reps with moderate weight; calf/ham/glute raises for sets of 6 reps; barbell rows; strap RH, 4 sets; abs.

Week 7: Sled pulls, 8 trips of 100 feet; lat pull-downs; wide bar and V-handle; band leg curls; band good mornings; RH; abs.

Week 8: Band deadlifts, 370 pounds of tension at the top, max single (the male 405 on the bar with 370 pounds of band tension); chest-supported rows; calf/ham/glute raises; 3 sets of 4 ham/glute raises; 3 sets of 4

3 sets; abs.
Week 9: Light sled pulls, 135 for 8 sets of 2 reps; light lat pull-downs; roller RH, 3 light sets; abs. This workout is very easy because the following Friday the circa-max phase starts. Also during the next 3 weeks, our max effort is changed from maxing out on a barbell lift to pushing the special exercises to high limits. Don't push the low

back and lats plus abs together. Rather, we train one muscle group very hard and the others moderately hard.

Week 10: Light good mornings, work up to 70% for 3 reps, 1 set; moderate chest-supported rows; 3 sets of 3 reps of calf/ham/glute raises, as heavy as possible; heavy RH, 3 sets of 10 reps; roller RH with 360 pounds, 3 sets of 10 reps; strap RH with 480 pounds; abs.

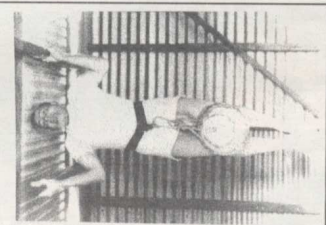
Week 11: Sled pulls, 225 pounds for 6 trips of 200 feet; barbell rows, 135 for 4 sets of 6 reps; heavy RH, both styles, weight the same as week 10; abs.

Week 12: Because we take a max on Friday with lots of band tension, no barbell exercises are done; chest-supported rows; calf/ham/glute raises, 3 sets with light weight; 45-degree RH, 200 pounds, 3 sets of 2 reps; light roller RH, 180 pounds, 3 sets of 10 reps; abs.

Week 13: Remember, this is a de-load week; sled pulls, 90 pounds, 6 sets of 200 feet; light lat rows or pull-downs; moderate RH, 2 sets on roller modeled with 270 pounds, 10 reps, 2 sets on strap model, 360 pounds for 10 reps; abs.

Week 14: this is the Monday of the meet. Do light RH and abs.
Note: After both squat day and max effort day workouts always stretch lightly and do some joint mobility work.
Most lifters at Westside never wear the straps up or knee wraps. This is up to you. All squats are done on boxes. You must taper down before meet days.
GPP is very important if you

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wants to reach the top. If you are unfit and can't do the prep-work, or do sled pulling, treadmill work, or kettlebell work, you will undoubtedly fail. I have seen men that did not believe in being physically fit have quit because of poor health. These men are classified as "norm", which are Samurais without a

master. When they quit they have no one to answer to, when they could have passed on their experience to others, so they won't make the same mistakes.

At the meet, open up light, something around 90% of your contest bust. Don't let your ego beat you. If you must, practice with your gear. Know your attempts and have good help with you. Don't let strangers to help; they don't know you or your needs. Don't look at the meet as your last, but rather build your total from meet to meet.

At Westside, we help each other. If one of our lifters asks someone outside our gym for help, we feel betrayed! You are either with us or against us. It may take a while to master the gear. There is a lot of good gear to choose from.

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THE ADFFP'S SAUL SHOCKETT - STRENGTH COACH FOR THE WINTER OLYMPICS



Power Training Helps ... the Brazilian Team pushes off at the 2006 Winter Olympic Games

National record holder, Masters lifter and W.D.F.P.F. Deadlift World Record holder and recently honored as the official Brazilian Olympic Ice Sports Federation Coach. Over the years, Saul has personally trained athletes in a large variety of sports including the following: NFL, NBA, Olympic Cyclists, a Professional Jockey, World Class Triathletes/ Dualathletes, Fighters, Special Forces members and Marathoners.

Shockett has traveled extensively coaching Brazilian Ice Sports athletes; the most notable were trips to Lake Placid for the World Cup as well as to the Innsbruck Training Camp. When the Brazilian Sled Team qualified for the 2006 Winter Olympics they honored their coach by asking him to travel with them for the entire Winter Olympics. Because of this schedule, Saul was not able to travel to Torino time to present for the 2006 Winter Olympics Opening Ceremonies. Coach Shockett departed for Torino on Feb. 20th, returning on the 27th arriving home in time to finalize preparations to host Massachusetts' FIRST A.D.F.P.F. event scheduled for March 4th. Lifters attending that meet had the opportunity of hearing Coach Saul's exciting experiences firsthand.

Reading on to learn some incredible background information:

Interestingly, Brazil is a country where people have never seen ice & snow. In spite of that fact, this nation now claims the Brazilian Olympic Ice Sports Federation as well as boasting a top level, Olympic Sled Team.

The story behind this Brazilian organization is a love-story that will soon become a movie screen play. Eric Maleson, originally from Rio De Janeiro, met and married Lisa who is from the U.S. Eric is now Captain of the Brazilian Olympic Sled Team and President/Director of the Brazilian Ice Sports Federation. The couple



Coach Saul ... analyzes the Brazilian Team's Power-Push on site.

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What An Experience ... Brazilian Strength Coach Saul Shockett with the Olympic mascots

approach to strength enhancement through resistance training provides the athletes with evidence that the program is working. Readers who are interested in learning more about S.E.T.S. program (Saul's Elite Training System) should contact Saul, who warns that although the bob-sled event is thrilling it is also dangerous; the sleds race down a mountain ice track at speeds in excess of 90mph. "This is a sport where both team coordination in terms of the initial push & sled entry, as well as individual explosive synergy are extremely important; winning or losing is determined by fractions of a second."

Saul relates some of the unique training employed by Eric when in the role of sled pilot. "Eric trained himself NOT to BLINK for close to a minute, in order to stay focused on being one with the sled & track." The success of the S.E.T.S training program can be summed up by stating the evidence: Brazil was the only tropical country to qualify for the 2006 Winter Olympic Games!

Things are going well for Coach Saul P.O. BOX 5, EAST ORLEANS, MA; 02643.



Saul Shockett ... in Torino with the Brazilian Olympic Ice Sports President Eric Maleson.

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

This is of particular value within larger

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the market helps everything fire faster. Nothing I've ever tried.

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

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

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

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

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

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK.

BodyQUICK helps everything fire faster. Nothing I've ever tried.

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

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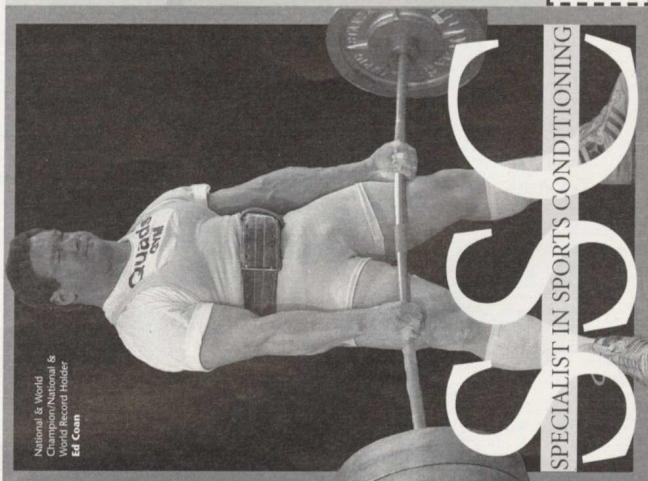
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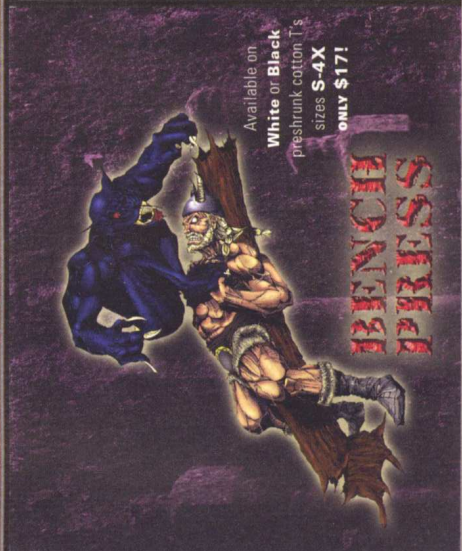


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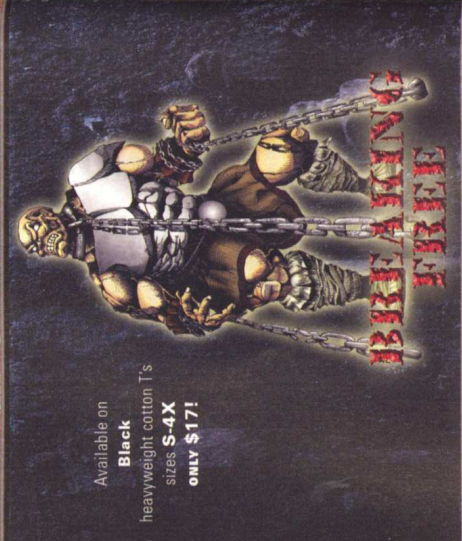
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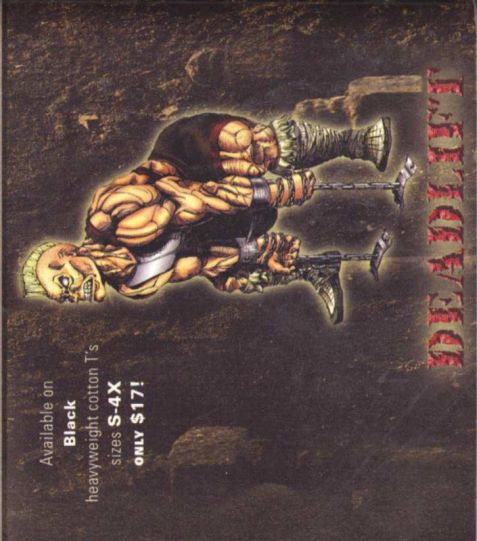


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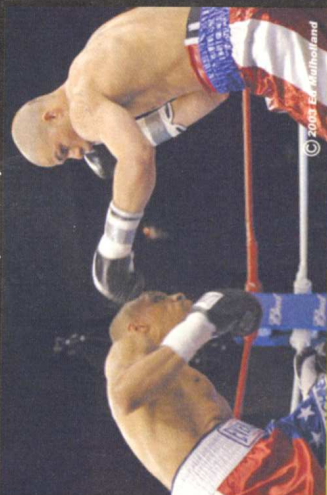
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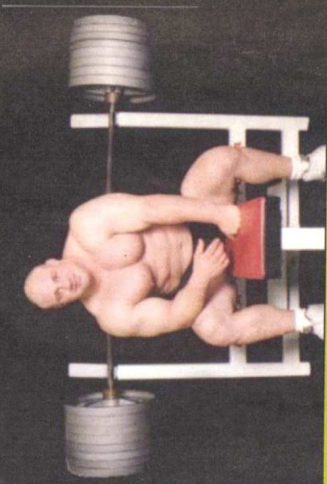
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9 World Records in Powerlifting

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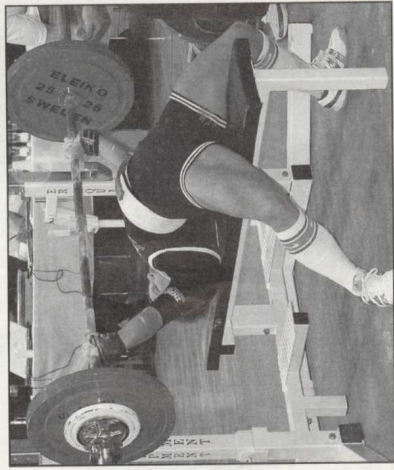
GUNDA FIONA VON BACHHAUS Team Germany with a US Passport Interviewed by Thomas Klose

Being involved in German Powerlifting for close to 25 years, I have met many of the best athletes over here. I consider Gunda von Bachhaus the most talented female athlete I have ever seen and hope you like the following interview that was done in early 2006.

TK: Gunda, as you are just back from the IPF bench Worlds, what was your impression of the meet and how do you feel about your performance?
GB: The World Bench Press Championships in Stockholm was the first international competition in the bench press for me. Stockholm is a very nice and interesting city. Our hotel was an exhibition center, and our competition was right there too, how comfortable!

The performances of the athletes were very stunning. I saw a lot of world record attempts and very strong weight classes. A lot of third attempts were so close together that the rankings were shuffled again and again. Most exciting was the men's 67.5 kg class. My buddy Markus Schick participated in this class. The first place clearly went to Gronow @ 230 kgs, but the lifters from second through fifth place all totaled 220 kgs. What a challenging class!

Concerning my own competition, I must say that I feel very proud and thankful, but I also have some feelings of regret. Let me explain. My third attempt was called invalid. Two of the referees decided that my stop at the chest was too short. When Markus objected and I was granted another attempt. Three white lights and a silver medal rewarded my second chance. I was so happy and



Gunda's debut at the IPF Bench Press Worlds was quite auspicious.

thankful, but I also wished I could have performed more solidly and consistent, so I would not have needed more than three attempts to prove what I was capable of in the bench.

I met legendary Hiroyuki Isagawa, whom my Dad introduced to me at the World Games of 1989 when I was a little girl. It was a great honor to talk to him, he is such a nice and helpful person. One of the most touching moments for me was to see him at his victory ceremony so emotional that his eyes were filled with tears.

TK: You competed for Team Germany at the World Games 2005. Have you noticed a boost for Powerlifting since then. I saw there were lots of media there to broadcast the event?
GB: Maybe yes. Powerlifting is quite unknown in Germany. In the States nearly everybody knows what a bench press is and it is likely that one trained squats during college football workouts. Recently I was asked to give a talk about powerlifting in my hometown. The woman inviting me explained me that my speech would be so interesting, because a lot of athletes of many sports ought to train with weights. I thought it was very insightful of her, and to me it is a great opportunity to present my sport.

TK: You lifted for Team Germany but you have an American passport. Please explain?
GB: I was born in Charlottesville, Virginia, USA. I was still a baby, in fact only seven weeks old, when our family moved to Germany. My brothers and I went to German schools and universities. Our family has German and American ancestors, so we feel equally grounded.

When Rudi Kuester, the National coach for the German junior team, came up to me and asked me if I was interested in competing in international meets, I was overwhelmed and felt honored to be asked. My Mother was German and became an American citizen later, but used to lift for the German National team, as well. I was proud to follow in her footsteps.

TK: Your parents are considered Powerlifting pioneers in Germany. Please tell us a bit about this?
GB: Prior to 1981, when I was born, my parents trained and competed in the US. My father was a weightlifter at first, but became a powerlifter in the Sixties and knew so

much about powerlifting's development, its history, and the people involved. My mother just trained for fitness at first, but after reading "Iron Man" or "Miscellaneous Fitness" that also women compete in powerlifting and visiting the first World Championships for women in Laurel, Mass., she directed her activities more towards powerlifting and became State Champion in Virginia. Pam Meister, and Terry Dillard were her

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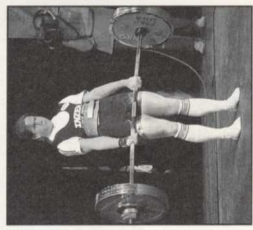
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the guitar, and other sports. Wotan, my dog, and I enjoy taking long walks in the forests. Twice a week I play volleyball.

TK: What were your early activities?
GB: When I was three years old I went to gymnastics in our local sport club, but when I was five, I did not want to go to sports anymore because the boys always pulled my long hair. My mother thought that I was gifted in sports so I had to do something. Ballet was decided as something for me to do. I did ballet until I was thirteen. My back certainly got strong doing it. "Your little back muscles stood out like cables!" I hear my Mom still say with amazement. "Your dresses were always hard to button in the back!" Most of the times I was out in the woods running around, climbing trees, jumping into over creeks. When I was thirteen I started to play handball, and that was a lot of fun. I was the fastest girl on the team, but still had to learn lots of tactics and tricks. Watching the Olympics on TV, Track and Field athletes like Carl Lewis, Jackie Joyner-Kersey and Michael Johnson hypnotized and thrilled me with their elegance, power, and speed. I fell in love with Track and Field and quit playing handball. My first track coach was very supportive of my interest, ambitions, and talent. A few weeks later I was sent to my first track meet, were I finished third. In the first year of track and field I participated in eighteen track meets and in thirteen of them I finished in first place. I was great. Training hard was great and fun, too. However, after two years of training for track and field I realized that though I was a quick learner and quite fast runner, but I was not tall enough to run the real fast times and jump over great heights. My shot put was rather awful and so the idea began to grow that if I increased my strength, I could run, jump and throw better. My Dad showed me how to bench, squat, and do power cleans. My track & field got

better because of my workouts with weights. These workouts progressed much more than I expected, but I did not want to change sports. I never lost my excitement for track and field, but there were times when I did not enjoy my hard training. I was always the first and the last on the track. I was best in my club, but my coach was "hard and demanding on me while he was mild with the others. Back then I did not understand why he treated me that way. When I increased my workouts with weights further, my Dad suggested that I enter the State Championships in powerlifting. I did really well, 80-50-115 kg and no equipment. That was in 1998, and I was 17 years old.

TK: When did you start serious power training?
GB: As stated, I did some weight training to improve my track & field abilities at first and could even win State Championships with this little bit of training. Nevertheless I still did not want to make Powerlifting my chosen sport. My love was Track & Field. I had to admit that I could reach further goals in Powerlifting than in Track and Field, due to my build and natural strength. So, little by little, Powerlifting became my priority. For a while I even trained Olympic Lifting. It



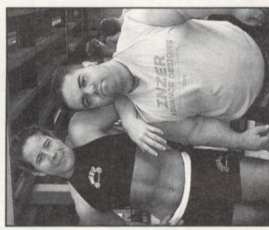
Gunda is a three-lift performer

is a great sport! Such speed and perfection of technique is required, but after two years of snatches and cleans, I went back to powerlifting. My joints seemed to work for the dynamic high impacts of the Olympic sport.

TK: I know that besides being a world class powerlifter you are still participating in other sports. Tell us about this.

GB: For six years I have been a coach for Track and Field. I stopped competing and training in this for a while because of the after every set until it gets too heavy to clean. Then I get to the deadlifts and head on up with the weights.

friend again, whom I had missed for a long time. In winter, I train once a week in gymnastics. This year I plan to run the 4 x 100m relay with my girls and I want to improve my performance in the Heptathlon. Two weeks ago we had a track meet. My kids were great, and I competed too. Running the 60m hurdles was fun. Performing and training in Track and Field makes me better. Coach as well, because I experience all the small things my kids are confronted with in a competition. I know how it is to feel nervous, I know how I can



Gunda trains with Markus Schick

influence competitors before a race and I know how I can fire up myself to help me reach specific goals. Freshening up this knowledge once in a while helps me to understand and prepare my athletes better.

For eight years I have played volleyball in a club nearby. It is fun to train with friends and meet some extra attention and I stretch a lot.

TK: You train with legendary benchmarker Markus Schick. Most know that he is a great benchman, but what is his influence as a coach.

GB: Naturally I have learned a great deal about the Bench Press from Markus. He also really supports me and believes in my abilities and I am grateful for this. However, I like it best and have best results when I am my own coach. A coach would never accept my other activities and would take the time of powerlifting too seriously. It is only a hobby I have, I do not earn money for being strong. A lot of my training routine is based on my own experience and on sport sciences I learned about at the university.

It is good, however, to have someone to work out with who can push you to new limits and help avoid mistakes.

TK: You have an athletic appearance. Do you follow a special nutrition program to achieve this look?

GB: Thanks Thomas, I really try hard to stay lean. I love to eat and I can't stop easily once I started.



Gunda with author Thomas Klose (left) and German Oler Flaminio

I always vary in my bench routine. Sometimes I warm up with dumbbells to train each side separately. After three heavy sets with the dumbbell press I bench another 3 heavy sets. One workout I press with a narrow grip, sometimes with Jump Stretch bands. The third bench workout is with a normal grip, but I do the first 5 warm-up sets with my feet on the bench. This way it makes everything a lot heavier than pressing with an arched back.

For all exercises I train three sets, deducting the warm-up sets. I call them work-sets. If there is no competition in sight each set will be completed with eight to twelve reps.

I add some assistance exercises, too, like hamstring curls, lunges, leg press, flies, bent rows, chin-ups, and abdominal exercises after the three lift workout. If I have time for a fourth workout of the week, I only train weaker muscles like the rotator cuff that I need some extra attention and I stretch a lot.

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Gunda with her dog, "WOTAN"

I try to fill up with healthy foods as a compromise. Most of the time I choose the food with low glycemic index, but I do not cut down much on fruit. Last year I started to cut down high carb food like bread, noodles and rice. I feel better with moderate carbohydrate meals. They satisfy my body much longer. My nutrition is quite simple. Citric fruit, dried fruit, green salads, vegetables, tuna, nuts, yogurt, cheese and eggs is about all I eat most of the time. Of course, being just human, I do splurge sometimes. I am trying to cut down more bodyfat, so perhaps I'll manage to go back into the 60 kg. class without losing much strength and I hope to score really well.

TK: How do you apply the support gear in your training routine?
GB: Normally I start to use the supportive gear six weeks prior to competition, so I can get used to it. For every equipment I wear the proper equipment once a week. In the bench press my technique with a shirt differs a bit from the

way I press without it. I also experiment on how best to wear the shirt. I change shirts and sizes during a workout to determine best performance in the upcoming meet. In the eighth week before a competition, once a week I do above parallel box squats to get accustomed to the higher weights which I am not used to when I train without gear.

Six weeks before a competition, I train with a squat suit only for the first two weeks. The last four weeks I train with the full gear on. The knee wraps, however, are just wrapped lightly until the last two weeks before the competition. During the last two weeks I wear the equipment exactly as in the meet. During this time I do single reps only. For the deadlift, which I actually do not train very often, I wear a deadlift suit twice or three times prior to a competition. Some sets I will train without straps, some with, doing one to three reps.

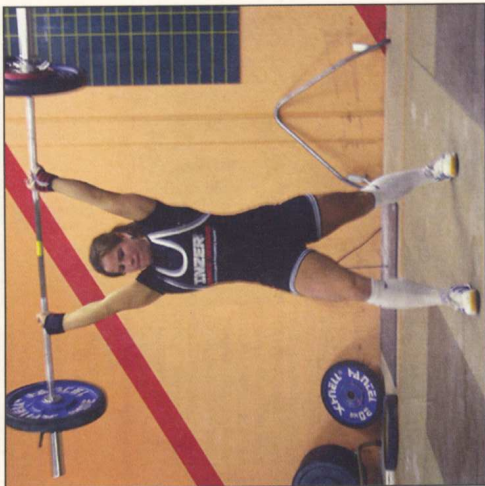
On the other workout days before a competition I do not wear any gear. I alternate heavy and light workouts. I normally bench with jump stretch bands to strengthen my triceps, but I also do dumbbell presses and flyes to exercise the pectorals in addition. For squat and deadlift I prefer heavy front squats and heavy single hamstring curls for assistant work.

TK: What are your future plans in sports and your life in general?
GB: Oh, there are many plans and goals to reach. For every sport and every task in life I try to improve progressively. Some goals are moderate just to allow me to put more energy into something else. In sports some goals are short term, and some are based on long term considerations.

The main goal in Sports is to maintain and improve health,



Gunda is proficient in a wide variety of track and field events (Gunda)



Olympic Lifting is another of her many talents in the world of sports, function as a therapist in rehabilitation and injury prevention. There are many options, but first of all I will finish my education. First things first.

TK: Gunda, thank you very much for taking the time to answer the questions in such detail. Are there any final comments you would like to express?

GB: Yes, Thomas, thank you for asking. A few months ago I cleared out our basement. Over the years my parents collected a growing archive on powerlifting literature. I re-organized the books in alphabetical order. Leaning through them, many famous names came back to my mind, Fred Hatfield, Paul Anderson, Lamar Gant, John Kuc, Mike Bridges, the young Ed Coan, Gene Bell, O.D. Wilson, Bill Karwiter, John Grimek, Capt. Kirk. It was great to travel back in time. My Dad used to tell a lot of stories about whom he had met and who had written history by doing what. Many bells rang as I sorted the first powerlifting volumes from 1978/79, through the 80s and 90s, and into the new millennium. What development! What great stories powerlifting history has to tell! I read some articles my mom had written for Mr. Lambert. I remember my Dad being friends with Mike, too, and that they corresponded regularly. I feel so honored and overwhelmed that I am permitted to fill in those footsteps my parents took a long time ago. As an American powerlifter in Germany, I am also very happy. I can connect to my origins in States this way. Thanks to you both, Thomas and Mike.

Nevertheless, performances in sports do not have to be increased endlessly to feel confident about oneself. There are different goals in life and everything has its time. I will not always aim for records and medals. Soon I hope to complete my university studies. I plan on working with athletes, analyzing biomechanical parameters. Or I imagine I could

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FORCE TRAINING

by Jim Wendler and
Elite Fitness Systems

WHAT I LEARNED FROM LOU



Jim Wendler of *Elite Fitness* presented Andy Bolton with a \$2000 check for having the biggest deadlift (971) at the WPO Finals. (photo provided by courtesy Dave Tate, Elite Fitness)

Louie Simmonds' influence on powerlifting and on strength training does not need to be substantiated. All you have to do is talk to any strength coach or trainer and, in some way, they have been influenced by Lou. Many times, it's the use of bands or chains. For others, it's the box squat. There are a lot of things that Lou has given to the strength world; if anything it's the opening of people's eyes to something different. I feel very blessed to have actually trained with Lou at Westside Barbell and there are a lot of things that do not get discussed in articles or interviews. Here is some insight into some of the other things that I have learned from Lou that many people are not privy to.

TRAIN OPTIMALLY, NOT MAXIMALLY

This was the number one thing that I learned from Lou and has taken a lot of time to comprehend. There are a lot of people out there that still believe that you have to train your balls off every single time in order to succeed. One of the best pieces of advice that I ever got was: leave the gym with something in the tank. I'm not sure who told me it, but several people have and I still think it is worth remembering. What Lou always told me is that when someone is dead on in their training, they just don't know what is enough and what is too much. Super training, a calculator and they don't consult. They just know.

Training optimally simply means that what you are doing in the weight room (and what you are not doing) is going to maximize your success. Training maximally in the weight room means that you are just pushing the pedal down every single workout, with little regard to the outcome in the long run.

TRAIN WITH STRONG PEOPLE IN THE RIGHT ATMOSPHERE

Ever hang around a really depressed person? Before you know it, all you can think about is how lousy your life is. You are your company. So, if you want to be strong, start lifting with strong people. Here's a question

of his ideas, he will still listen and immediately find a way to apply the new idea. Sometimes it works other times...well, it's not great. But the point is that you have to talk to other people that are actually DOING and not talking. There is a big difference.

3 WEEKS FROM A MEET, YOU CAN'T GET ANY STRONGER, BUT YOU CAN GET WEAKER

This nugget of wisdom is for those of you that panic several weeks before a meet and up your volume and intensity. This is not a good combination, especially before a competition. I remember that my last squat workout before a meet, I asked Lou what I should do. He responded, "Do only what you think is necessary and no more."

Experiment, but keep with the principles - I know a lot of people get confused with some of the training; there are boxes, boards, bands, chains, cambered bars, kettlebells, etc. The list just gets longer and longer. While there are a lot of different exercises and cycles, the principles remain the same:

- Dynamic effort method
- Maximal effort method
- Repeated effort method

As long as these things are being utilized and you understand them, then you are able to fit everything into your training. When things get overwhelming, Lou always has a way of keeping me (and others) know that you need to let up with the basic principles and experiment.

BE SMART IN REGARDS TO INJURIES

This is something that I indirectly learned from Lou and Dave. Both of these guys have pushed their bodies to the extreme and have suffered the consequences. That is the nature of the sport and for those that succeed. I remember during one training session, I really hurt my mid-back and it felt like I had fire running down my back and my legs. I took 4 weeks off of squatting and came back full strength and healthy. While I did get frustrated for my inability to tolerate the pain, I know (and was later told) that I did the right thing. If you are hurt, time off won't kill you. 3-4 weeks with modified training will do more for you than pushing through and being sidelined for a year.

HAVE A SENSE OF HUMOR

Although most people don't know this about Lou, he is extremely witty and a funny as hell. While there is always a sense of intensity and purpose in the weight room, Lou never lost sight of the big picture. If you mope around and are always playing the "I'm a tough guy and can't ever smile" card, there's a good chance that you are a miserable person. Laugh a little.

I hope this gives you a little insight into what I learned from Lou. Understand that there was a lot more and much of what I've learned over the years has come from him. There is no possible way I could list everything. Now I know that not everyone can train at WSB, but do your best to learn from Lou. Even if the idea seems a little strange, there is something that you can use to help you out.

For more information regarding training, the most hardcore racks and equipment, apparel, Metal powerlifting gear, a massive data base of articles for sport and powerlifting and over 10,000 archived questions and answers visit...

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How many deadlifters have you seen explode off the floor only to slow or lose the lift just inches short of lockout? I wager that your answer is 'too many' times, perhaps with yourself included. In order to strengthen the lockout part of the deadlift, lifters use several exercises and techniques.

The most common approaches are heavy rack work, shrugs, and lat training. Even though many lifters use these seemingly effective methods, on contest day, the lockout problem might still reappear. In this article, let's look at some ideas on how deadlift lockout power can be improved where and when it counts; on the platform.

Let's start with execution of these exercises. Many lifters work on partial lockouts in the power rack to improve their lockout. A

power rack enables you to overload a specific part of the lift with more weight than you could normally use for the entire range of the lift. For overloading your lockout, simply set the pins at or above knee level, load the bar and lockout. Many lifters error by positioning their bodies in the rack in such a way that the lockout does not simulate that portion of their actual deadlift. In reality, the rack lockout turns out to be a partial squat with very little upper back involvement. Because of this, little effective strength is actually transferred to the competitive lockout. This explains why some lifters are able to lockout for multiple reps in the rack with a weight they can't lockout in the full lift for one rep; they are essentially quarter-squatting the weight. If you choose to use the rack, get in a position to pull that is as similar as possible to the actual lockout position in your regular deadlift. This most likely will require you to lower the weight below your max deadlift.

My favorite lockout assistance exercise is barbell shrugs. Just like rack lockouts, these can also be done in a less than effective manner. Many lifters use too much weight which prevents them from achieving a full shrugging movement. Too heavy of a weight limits them to a very slight bend in the arms with little actual shoulder shrugging. Others perform shrugs much like an upright row, pulling the bar upwards with their arms again with little shrugging of the traps. If you can bend your arms during a shrug, you are using some really sexy weights. The important thing is to maintain a full range of movement throughout the set. Keep your arms locked straight

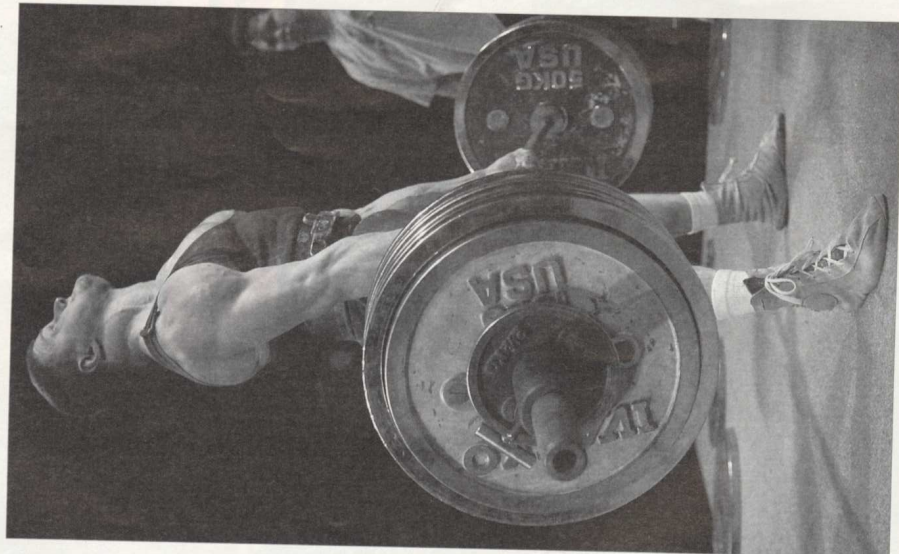
STARTIN' OUT

A special section dedicated to the beginning lifter

DEADLIFT LOCKOUT

as told to Powerlifting USA by Doug Daniels

and shrug all the way up to your ears and lower your shoulders all the way down. Shrugging back is not necessary. Hold the last rep at the top position for a count of 3 for a good finisher. The trap bar can be used here as well as dumbbells. Either way, I would suggest using lifting straps to help them in your regular deadlifts,



Here's one of the most spectacular deadlift lockouts in history. - Oleksandr Kutscher, UKR, with his 793 pull at 165 at the WPO Finals in Columbus OH.

you'll be okay.

Lat work is also a key to lockout power. I always recommend more attention to exercise form over weight used. Lat work, like chins, pull-downs, and rows are just assistance moves. It doesn't matter to anyone how much you can pull down or row, the judges will never ask or care. What matters is what you deadlift in competition. Lower the weight you use to insure you get a full extension and contraction. Concentrate on pulling the elbows down or back, and not using your biceps to pull the weight. Imagine your arms as footings for the back muscles. Using lifting straps can help with this. Your extra lat power and size will be worth the pain endured in using less weight. I'm not smart enough to know if pull-downs or rows are better for improving your deadlift. My suggestion is to alternate them every few weeks or even every workout to cover all the bases. I also recommend the Kello Shrug Book as a great source of effective exercises that can be invaluable in your training.

Improving your pull off the floor will make it easier to get the bar past the sticking points later in the lift. It's like pushing a car. It takes a lot of effort in the beginning to get the car moving, but after it gets rolling, less effort is required to keep it in motion. Look for more on improving your pull off the floor in the near future.

Finally is application. Too often, in our eagerness to overcome our weaknesses, we overload our recuperation potential with too many sets and reps. Combine 10-15 sets of lockouts and shrugs with 10-15 sets of lat work and your recuperative abilities can quickly be pushed beyond their limits. Power training should focus on quality of training, not quantity. I suggest 4-6 sets of shrugs with 4-6 sets of lat work, once a week. These can be done after your deadlift meet, drop your assistance work to avoid overtraining.

Of the three powerlifts, the deadlift can be the most frustrating. If you are lockout challenged, give my suggestions a try. Even if you are not afflicted with this dread malady, a stronger lockout helps insure a better total. Apply optimal exercise selection and execution for best results, and that's a lock.

Gene Rychlak
World Record Breaker
1005 lb. Bench Press

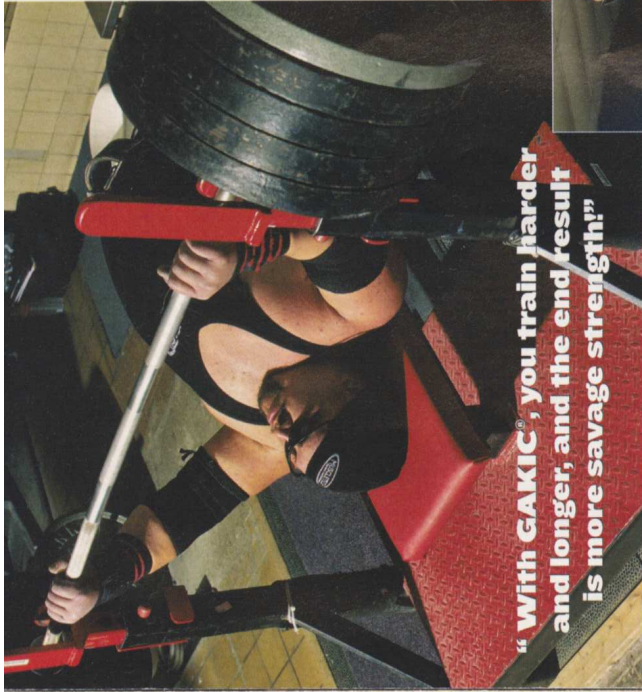
NEXT UP:

1100 POUNDS!

World record breaker Gene Rychlak and his new secret weapon, GAKIC®, are poised to set the powerlifting world on fire!

Gene Rychlak is a giant in a sport dominated by giants. At the Senior Nationals in 2003, he was the first ever to bench 900 pounds, and then, while onlookers throughout the powerlifting world were still picking their jaws up from where they had dropped and trying to make sense of that amazing feat, Gene went ahead and smashed the 1000-pound barrier with a bench press of 1005 pounds! What was so incredible was that Gene raised the record by more than 100 pounds in only one year!

For any other man, benching 1000 pounds would be considered the pinnacle of his career – a big enough feat that he could pack it in and check out of the powerlifting world on an unbelievable high. That's not so for Gene. He's a never-say-die type of guy who will continue to push the barriers of human performance far beyond what the powerlifters of yesteryear could have dreamed of.



“With GAKIC®, you train harder and longer, and the end result is more savage strength!”

Going after 1100 Pounds with GAKIC®

The next logical step in the amazing progression that has been Gene's career up to this point is, of course, 1100 pounds. You're probably thinking right now that adding another 100 pounds to an already mind-boggling record might be impossible, but Gene has a new weapon in his training arsenal, a supplement of such epic proportions that it can immediately boost your strength by 10.5 percent and increase your resistance to fatigue by up to an amazing 28 percent! This incredible revolutionary supplement is none other than GAKIC®, and powerlifters everywhere are trying to get their hands on it. It's no wonder that Gene is relying on GAKIC to take him to the next level and

“Gene Rychlak is relying heavily on GAKIC® as he plans to blast through his bench-press record!”

help him smash through his own bench-press record. GAKIC works the first time you take it and every time after that, unlike other supplements that can take days or weeks to give you even a shred of a result. The benefits of GAKIC cannot be justified in words. GAKIC helps Gene to continue training with fierce relentlessness long past the time his muscles would normally want to fail. This is because GAKIC is designed to remove fatigue toxins such as ammonia from your muscles. These toxins continue to escalate during muscle contractions and prevent the muscle from contracting beyond a certain point. What this means for powerlifters everywhere is that GAKIC gives you the

GAKIC®, in another session, they were given a placebo (an isocaloric carbohydrate drink). In each session, they were then hooked up to an isokinetic dynamometer machine, which measures muscle power and strength. In both sessions, measurements

“GAKIC® works the first time you take it and every time after that!”

were recorded. What the researchers found was shocking! When the subjects were using GAKIC, their strength was jacked up by an average of 10.5 percent immediately and they performed significantly more work than when they were given the placebo. This is huge news for powerlifters. Imagine taking GAKIC and getting 10.5 percent stronger immediately on the bench, squat, and deadlift! But just hold up a second. Another amazing result was documented. The researchers noticed significant increases in fatigue resistance when the subjects used GAKIC. Their fatigue resistance increased by up to an incredible 28 percent compared to when they used the placebo!

“If a bench-press phenom such as Gene Rychlak is using GAKIC®, you know this supplement means serious business!”

These are without a doubt the most incredible discoveries in the history of sports supplementation, and never before have such amazing real-world results been achieved. It's little wonder that GAKIC is turning the powerlifting world upside down as strength athletes are learning of its unparalleled power.

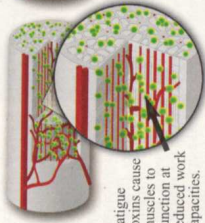
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GAKIC and Muscle Function

Fatigued Muscle Fiber

Increase Strength with GAKIC



Fatigue toxins cause dysfunction and reduced work capacities.



GAKIC is designed to neutralize fatigue toxins to increase muscle function. The result is an immediate increase in muscle power, explosive reps and performance, and a 10.5% increase in strength.

Repeated muscular contraction causes a buildup of fatigue toxins such as ammonia in the muscle. When these toxins reach a critical level, contraction becomes impossible and you'll have to stop your workout. GAKIC is engineered to solve this problem by reducing fatigue toxins in muscles, enabling you to continue training beyond failure!

Powerlifters everywhere are raving about the amazing strength gains they've achieved, and those who haven't tried it are clamoring to get their hands on it. When a bench-press phenom relies on GAKIC, you know this supplement means serious business. Gene is a monster whose willpower and determination to continue blasting through world records know no bounds. The man is on a mission, and with GAKIC as his weapon, Gene plans on once again making history in pursuit of the incredible 1100-pound bench press.

GAKIC® is Gene Rychlak's supplement of choice as he plans to blast through his bench-press record and once again shock the world when he attempts 1100 pounds!



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The Science behind GAKIC's Incredible Power

Hardcore powerlifters everywhere are hearing about the crazy results that GAKIC is becoming renowned for – results that are so off the charts even the researchers were left utterly amazed at GAKIC's power. GAKIC is no fluke supplement, however. GAKIC is one of the most heavily researched supplements ever created. It took eight long years at the University of Florida to perfect the GAKIC formula. Dr. Bruce Stevens, along with a team of scientists, had the task of proving that GAKIC wasn't just hype, but that it was just as good in real-world results as they had expected it to be. When a supplement exhibits amazing results like what GAKIC showed in the gold-standard, no-BS study they conducted, there is no question about its effectiveness. In one session, 13 healthy test subjects were given

DR. JUDD

Color Me GREAT! as told by Judd Biasiotto Ph.D.

Can color make strong men weak, weak men strong, aggressive men timid and timid men aggressive? The answers may surprise you.

In the early 1980s University of Iowa coach, Hayden Fry, had the visitors' locker room painted pink in an attempt to get a psychological edge over his opponents. He had the stadium staff spray paint the room in pastel pink with the hope of creating a soothing and calming environment for the opposing team, thereby making the visiting team as aggressive as...well...mellow-yellow. This year as part of a \$86.8 million renovation of the stadium, the school found ways to make the visitors' locker room even more tranquil or as some sports writers suggested...Barbie-esque. The university didn't choose simple "pink," but rather "innocence" for the walls and "Dusty Rose" for the toilets and urinals. While the Hawkeyes dress in a locker room decorated in the team's colors of gold and black, the visiting team changes in a room that looks like it is adorned with Pepto-Bismol. The ceramic tiles in the shower room are pink; the bathroom sinks are pink; the open metal lockers that hold players' uniforms are pink. In fact, the only thing not pink is the toilet paper.

Although there are very few incidences in the world of sports where colors were intentionally used to gain an advantage, the Hawkeyes are not the only sports team, and certainly not the first team, to use colors in an attempt to gain an edge over their opponents. The famous Alonzo Stagg, while coaching at Chicago, had two dressing rooms constructed for his players. One of the dressing rooms was painted blue for his team during rest period and the other dressing room red for the team's fight talks. Stagg apparently followed the line of thinking that blue would have a calming effect on his players, while red would have a stimulating effect. Along this same line of thinking, the athletic director at the University of New Mexico went a step further by painting his own dressing room red and the opponent's blue.

The only other application of premeditated color therapy in sports that I am aware of was at the Kansas City Baseball Academy. The Academy's involvement with colors was much more scientific and advanced than any of the aforementioned examples. Actually, the Academy spent a lot of money to research the effects that various colors had on human performance. What they discovered was fascinating.

First of all, they found a prolific number of experimental studies, which revealed that there is a powerful energy source in colors. It should be noted that color in the form of light is part of the electromagnetic spectrum. Of course, light is one of the eight components of the spectrum; others are cosmic rays, gamma rays, X-rays, ultra-violet rays, infrared rays,

radio and television rays. All of these components transport energy. The most significant studies in this area emanated from the Pittsburgh Plate Glass Company, which found that an individual's muscular, mental, and nerve activity could be altered by subjecting the person to certain variations in color. For example, they found that under ordinary white light, muscular activity measured twenty-three empirical units, but picked up slightly under blue light, increased further under green light and reached 30 empirical units under yellow light. When the subjects were exposed to the aforementioned colors for as little as five minutes, they showed significant changes in both their mental and muscular activity. In other words, the colors had a profound effect upon the subject's physical and psychological make-up. Apparently, colors can alter the normal electrical pattern in the brain and the manner in which electricity travels through the muscles of the body.

As you might expect, this can have an influence on physical performance. For instance, research has shown that if an individual focuses on the color pink for as little as fifteen seconds, he will experience measurable weakening of his muscles, which can last for as long as thirty minutes. In addition, there is strong evidence to indicate that the color red can actually enhance physiological strength. We will talk about this in a moment.

Interestingly, colors are not only effective in inducing direct biological changes in people, but they also can arouse feelings and moods in people. For example, research designed to determine the effects of colors on human behavior have revealed that colors can stimulate, depress, relax, or cheer up an individual. There are even colors that can cause irritation and actual physical discomfort. Not only that, but certain colors can arouse specific feelings in people. Blue, for example, conveys peace and contentment; dark blue has a tranquil effect. The color yellow conjures up feelings of achievement. The color red gives you the feeling of vitality, power, and the urge to win. Green and red together stir up feelings of strength and reliability. I could go on and on, because just about every color is associated with some type of feeling or emotion. Generally, though, bright primary colors prompt immediate emotions while subdued colors evoke peace and tranquility. The Academy people were so convinced that certain colors could significantly affect the performance of their ballplayers that they had the entire complex repainted. Believe me, it was no accident that the Academy had the most colored coordinated complex in baseball.

Interestingly, in 1980, a study conducted by psychologists Pellegrino and Schauss revealed that strength scores of athletes could be significantly enhanced by having them work

out in a room that was painted entirely in red. The study also revealed that athletes exhibited a significant decrement in strength when they trained in a room painted entirely in pink. Shortly thereafter, law enforcement agencies were quick to see a practical application for the aforementioned results and began painting restraining cells pink. One of the most interesting examples of color effects is Baker-Miller Pink (closely approximated by Benjamin Moore's #1328), Baker-Miller Pink, also known as drunk tank pink, was used to calm violent prisoners in jails. Dr. Alexander Schauss, Ph.D., director of the American Institute for Biosocial Research in Tacoma, Washington was the first to report the calming effect that the color pink had on prisoners. "Even if a person tries to be angry or aggressive in the presence of pink, he can't," stated Schauss. "The heart muscles can trace fast enough. It's a tranquilizing color that says your energy, even the color blind, amazingly enough, is tranquilized by pink rooms." Before you could say, "Paint your wagon." The medical profession, the academic world, restaurants, hotels and corporate America followed suit, extensively using colors in an attempt to manipulate human behavior and emotions. By 1987, just about every major field of endeavor, except the sports world, was using colors extensively to enhance performance.

Do colors per se really have the power to sway behavior? That question is still up for debate. Current experiments designed to repeat the original studies conducted on colors have revealed mixed results. It now appears that "demand characteristics" may have produced the results. Technically, demand characteristics are cues which are present during an experiment, and these characteristics influence the subjects to perform in a certain way. For example, if a subject is socialized to believe that blue is a masculine color and the color blue is a masculine color, this conditioning can influence the way the subjects are influenced by these colors. In short, the possibility exists that an individual responds to colors more by what he has been told about those colors than by the influence of the colors per se.

For instance, in a landmark study designed to test the power of suggestion, Jeffrey Smith had men and women look at eight different colored panels, one at a time and then pull on a hand dynamometer as hard as they could. Before the test, half of the subjects were told that pink would make them weaker, while blue would make them stronger. The other half were told the opposite.

The results revealed that to those who were told that pink would make them stronger, it did, and to those who were told that pink would make them weaker, it did. Smith also learned that contrary to other experiments, his subjects rated pink as more arousing and blue as more relaxing. Regardless, the explicit suggestions had more of an effect on grip strength than did color.

Interestingly, there have been numerous other studies since Smith's innovative investigation that revealed similar results. The question then is not if colors affect performance...the research clearly shows that they do...but rather if it is the inherent effect of colors themselves that have the power to influence behavior or is it the social conditioning associated with colors. That question will only be answered after considerably more research. Certainly colors are something for every coach and athlete to think about.

HARD CORE GYM #52 THE BAD ATTITUDE GYM, OF CARROLLTON, TEXAS as told to PLUSA by Rick Brewer, House of Pain

Bad Attitude Gym is a hardcore powerlifting club located in Carrollton (Dallas), TX. Founded by Sean Donegan, it and has grown into the premier PL facility in the DFW area and one of the most respected PL clubs in Texas. We have an EFS Monolith, CB3 competition bench, deadlift rack, GHR, reverse hyper, pro 45 hyper, every bar and cable attachment known to man, chains, bands, boxes, sleds, Allen Core wheels, plate loaded dumbbells, and a stereo system that will blow your head off. I have to thank Gary Bradshaw who has supplied the gym with a variety of specialty equipment from Iron Mind, EFS, and Westside barbell. Also thanks to Russ Mullins and Scott Paterbilt Prosek for the sound system. Phillip Wylie is responsible for creating and maintaining our website. We've been told repeatedly that we had attitudegym.com is one of the best.

We are Bad Attitude Gym because I got a BA dealing with the world of commercial gyms where results are mediocre and most

Members are expected to make every workout. We train on a typical conjugate method rotation, four days a week. Select members are given keys, but our entire team trains at the same time.

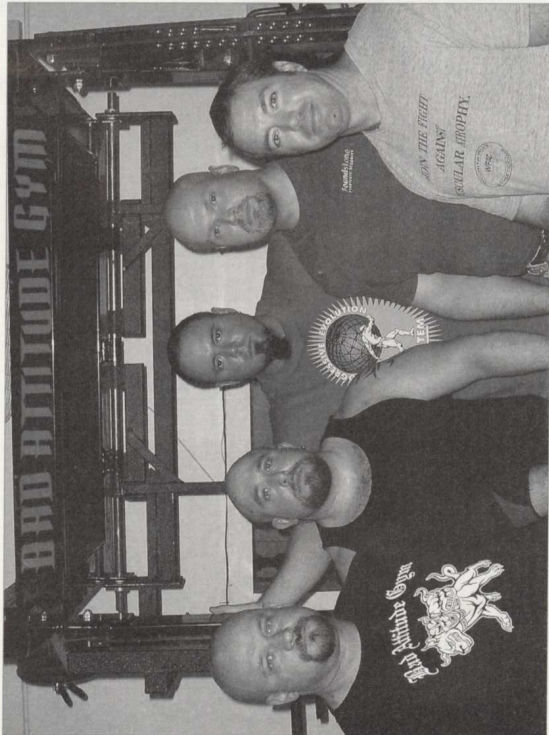
Everyone is welcome, but not everyone can stay. We don't have time to waste on know-it-alls or non-committed. It's very simple, if you are not down for the cause 100%, go home. We do anything you can't do anything for us. We want people who are willing to take on their lifestyle matters. Everybody is given the same opportunity and nobody is above or below spotting, coaching, or loading. It can be intimidating as a beginner trying to learn about the sport. I've created an environment that is safe and supportive for beginners, but hardcore and intense enough for the Elite lifter. Having traveled

around the country and trained with numerous WPO level lifters, I bring a very broad and unique background to BA Gym.

Heavy hitters include standouts Ray Pumphrey, Pierce and Katie "Diesel" Ford; elite lifters Kevin Kirkland, Russ Mullins, Phil "Rockman" Wylie, and Sean Donegan; APF Junior National Record holder Chris Hellom; and master lifter Monte Sparkman. The rest of the team is composed of guys who are having unbelievable success in their first few meets thanks to the support and coaching of our A-team. We also have quite a few NWOT's (Nutsniggers With Out T.Oals) training for their first meet.

BA Gym is all about the members. Our families stand behind every one of us and support in force at competitions. They understand that being a member requires a shift in lifestyle and commitments. Each individual member stands for the success of the group and operates from integrity in all aspects of their life. It's often noted that there is a lot more going on than just PL at BA Gym. We do not have one member whose life has not improved as a result of joining my gym.

Good luck and we'll see you on the platform!



B.A.C. Team Members: (left to right) Russ Mullins, Ray Pierce, Sean Donegan, Phil Wylie, Kevin Kirkland

THE RAGE

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• **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate, the pinched commercial seams create, the Solid Seam™ looks all parts of The Rage together, making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together, it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more. The Rage offers for big benching.

• **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

• The combination of several new contours built into the pattern complement the already super RageX system.

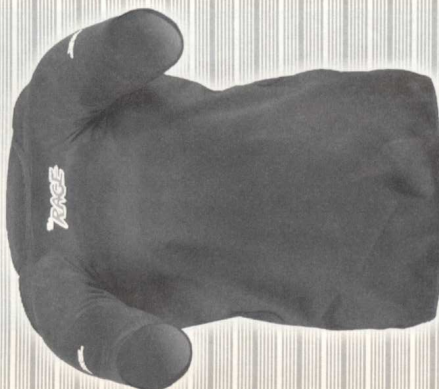
• **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jutting or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

• **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press.

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• Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.



RAGE X

A step above the shirt that's all. The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

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- Made from the exclusive HardCore material which will provide you with the most incredible balance of non-stretch and rebound rebound power available in the powerlifting combination which will provide you with world. HardCore material is also up to 40% incredible power and momentum from start to heavier than the closest poly fabric on the market being used for powerlifting gear.



- Spreads the stress over a wider area of the chest.

- The material of the Phenom has the perfect which will provide you with the most incredible balance of non-stretch and rebound rebound power available in the powerlifting combination which will provide you with world. HardCore material is also up to 40% incredible power and momentum from start to heavier than the closest poly fabric on the market being used for powerlifting gear.

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- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

Q: I have been diagnosed with recurring polychondritis. I am 52 years old and a world-class master lifter. I have had these symptoms in a minor way for many years, but recently began to have flank pain and unexplained days of extreme weakness. At a meet once, I could not squat 315 in warm-ups and knew to withdraw, but the next day squatted 600 easily! The chondritis has been recently going to the trachea and if not for my CPAP mask, I would have had to make several more trips to the hospital than I did. I got complete relief recently with a Prednisone spike that started at 80 mgs and tapered off. I stayed on 10 mgs of Prednisone. I am presently on Methotrexate, having tapered up to 15 mgs. I have taken that dose twice and been on the drug for 6 weeks. I am improving but am far from being asymptomatic. If the Methotrexate works and I am able to get the inflammation under control, do you know of any other

products or things that I can take or do that would improve my chances of being able to resume and continue competitive lifting? **Marc**

A: I can empathize with your problems as I know how I would react if I couldn't work out, even though right now I'm not into competitive lifting things may change. There's not a lot known specifically about relapsing polychondritis other than it's a rare systemic disease that attacks cartilage. No one knows what causes it and treatment for it is symptomatic with the commonest drugs used being combinations of corticosteroids and other drugs that affect inflammation and/or cellular proliferation processes such as methotrexate. As far as recommending something that may help you out, I'm reaching here since so little is known about its pathophysiology. Two of the hallmarks of the disease are the inflammatory and catabolic processes involving proteoglycan-rich structures, especially cartilage. It is possible that formulations such as Joint Support and ReNew, may be useful for your condition as they address both processes. The ingredients in Joint Support support proteoglycans and glycosaminoglycans synthesis and decrease degradation. As well, Joint Support has several ingredients that decrease inflammation. For the full info piece on Joint Support go to <http://www.mdplusstore.com/pdfs/jointup.pdf>. ReNew has some regenerative, antioxidant, anti-inflammatory and cellular protective properties that might be useful. It is very effective for both prevention and treatment of the symptoms and signs of overreaching/overtraining and burnout, both physical and mental. For the full info piece on ReNew go to <http://www.mdplusstore.com/pdfs/renew.pdf>. Keep in mind that while I can suggest that you try both of these formulations, I don't know if they will help in your situation. On the other hand they won't interfere with the prednisone and methotrexate and in fact should work with them. If you're interested in trying them, let me know and I'll work out a program for you to use in tandem with your medications. Hopefully we can work out a program that will allow you to get back to your competitive lifting. And to help out financially I'll also set up a 25% discount code for you that can be used for both products, and for that matter anything in my store.

Mauro DiPasquale MD

Q: I used steroids for several years while I was lifting. Once I got off them I found that my testosterone levels didn't return to normal. Subsequently I have been under a Doctor's care for Hypogonadism for the past 3 years. I began with my family doctor but I am currently under the supervision of a Urologist. The treatment I was on was 200mg/ml of Testosterone every 2 weeks. My wife and I are discussing adding another child to our home. Your roadmap to get off steroids is somewhat different than his. Will I be able to have children in the future and how long might it take to be in a position to try? I've included some lab tests and other procedures that were done in the past year. **Thomas**

A: Protocols for dealing with fertility can differ from protocols dealing with increasing endogenous testosterone production. In fact, in some cases exogenous testosterone is used to enhance sperm production. After looking over the material you sent it's quite likely that you will be able to have children in the near future, within the next year or sooner depending on the success of the treatments. Since treatment will vary according to your condition and response to therapy, your best bet is to be treated and followed by the specialist you're now seeing as he will know what's best to use for stimulating spermatogenesis, and also will know if he needs to refer you to someone else. FYI I've included a few papers that you may find informative. Let me know how things work out. Best of luck.

Mauro DiPasquale MD

Over the years, many of us have had the pleasure of seeing great feats of strength performed by famous lifters. I am sorry that never had the chance to see the legendary Paul Anderson lift. He was in a class by himself, but as strong as Paul was, it's doubtful that even he could duplicate one feat of strength I witnessed over a quarter of a century ago.

At that time, Bill Dunn (now deceased) was the strength coach at the University of Virginia, and John Gamble was Bill's assistant. John is now the strength coach for the Miami Dolphins, and a former National and IFF World Champion. At that time, Bill, John, and I were running powerlifting meets as well bringing in some of the strongest men of that era to Charlottesville, VA for demonstrations.

Bill thought it would be great to bring in Bill Kazmaier for a seminar, and perhaps he could do a few lifts as well. Bill made contact with Terry Todd, who was at Auburn University then, as was Kaz. Terry got the OK from Kaz and a date was set. I had heard of Kaz then, but had never seen him lift.

The seminar was held at UVA, and there were about a hundred people on hand, all in great anticipation. My first thoughts upon seeing Kaz, concerned his huge size up, it looked like Kaz was getting and that he was carrying very little

with the limited gear of his era, so with today's sleeve wraps and two ply squat suit, plus 25 pounds bodyweight, I could easily see him doing a 1025 pound squat. In the bench press Kaz did a 661 pound and IFF World Record bench press in a tee shirt. As with the squat, let's put Kaz to the test with a double ply shirt, and I could envision him doing an 800 pound bench. That's only a 139 lb. increase. Next comes the deadlift, where Kaz did an 887 pound lift. Put Kaz in a modern deadlift suit and include the power of 25 additional pounds of bodyweight and I think that a 940 pound lift would be reasonable. Add the three projected lifts up and you get a 2760 total. That's only 335 pounds over his best, totaled more, as of the writing of this article, and that is Garry Frank. Kaz had a fairly short career as powerlifter, but that was not to be free lifting, but that was not to be how many, if any, of today's powerlifters could duplicate that amazing strength feat that took place over 25 years ago. Kaz used only a belt, and these lifts were done virtually back to back, and Kaz was much lighter than most of today's superheavyweights.

Have you seen a great feat of strength that inspired you? Share it with us, and send it in to PL USA.

Let's speculate on what Kaz may have lifted with today's gear. Also, let's add 25 pounds to Kaz's frame in order to bring him up to what some of today's supers are weighing. Kaz did a contest squat of 925 pounds stronger on each rep. Eventually,

Let's speculate on what Kaz may have lifted with today's gear. Also, let's add 25 pounds to Kaz's frame in order to bring him up to what some of today's supers are weighing. Kaz did a contest squat of 925 pounds stronger on each rep. Eventually,

Great Feats of Strength That I Have Seen as told by Will Morris



Bill Kazmaier on the 2nd rep with 850 lbs. (Will Morris photograph)

bodyfat. I think his bodyweight was around 330 to 340 pounds. Bill was not peaked for this seminar. What could he have lifted on that day if there had been someone there to press him? If he would have been in top condition, then what could he have lifted? Your guess is as good as mine.

Kaz came out on stage and there were about a hundred people on hand, all in great anticipation. My first thoughts upon seeing Kaz, concerned his huge size up, it looked like Kaz was getting and that he was carrying very little

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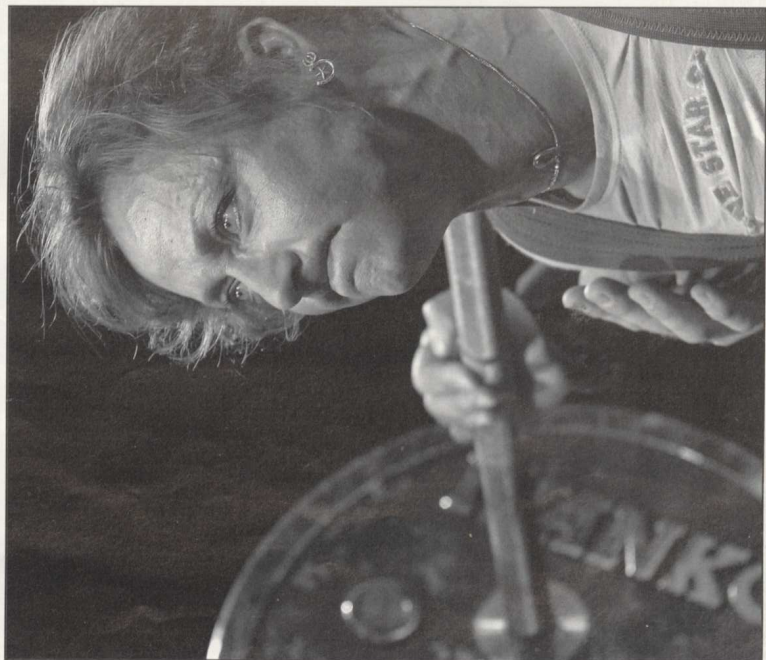
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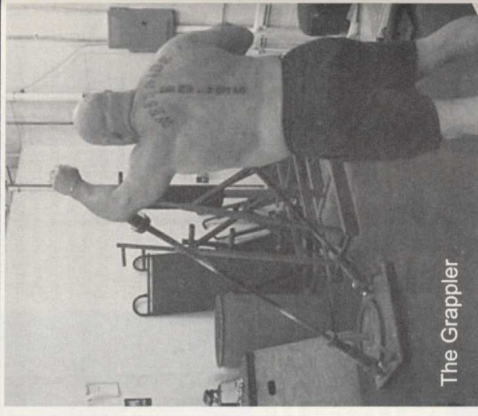
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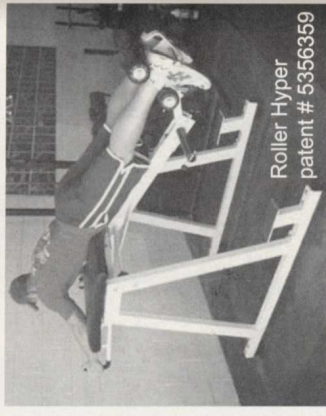
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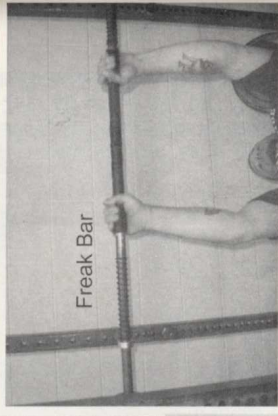
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NUTRITION

Find out what Garry Frank, Phil Harrington, Travis Mash and other world champions use to help them recover from their intense workouts.

Recovery is the main source of your success lies here. Without it, you will see massive gains, increased strength and a rock-hard physique. Without it, you will be weak, worn down, scrawny and injured. Here lies the difference between a champion and a nobody, so if your training success is important, read on to learn how to take maximum control of this very important variable. This article will focus on several different natural supplements that incorporate into the customized nutrition and supplementation programs (design for world class powerlifters and strength athletes. Lifelike to know what their favorite powerlifter is doing in training, but they also want to know what they are eating and supplements they are taking. This article will let you in on some of the secret supplements that they use to take their recovery to the next level.

Recovery is the name of the game if you are serious about posting big numbers. Just ask any top athlete, not just powerlifters, and they will tell you the same thing. Natural supplements can make a world of difference in how you recover from your training sessions, especially when your nutrition plan is dialed in and then you intelligently incorporate different formulas. You now have a plan for recovery success. Sit back and enjoy this article which will shed some light on a topic that most powerlifters know very little about!

Protein Powder

I have written about this numerous times over the years but how many lifters still make this mistake again and again. It is either out of ignorance or laziness, but no matter what your excuse it is time to jacking up! Protein is the key not only to muscle growth but it is also needed to help repair and replenish all the damage you did in the gym last time with those heavy squats and deadlifts. Most lifters diets that I have analyzed have shown me over the last decade that powerlifters and other strength athletes are not taking in enough protein. Not even close. Powerlifters know how to get in some cheese cake after a workout, but trying to get them to down a protein shake and I might as well have told them as well have told them to drink acid. It is time now for lifters to wake up and start jacking their protein through the roof because along with that protein, that total will go through the roof as well. Without enough protein in your diet you will take a lot longer to recover from your workouts and this is just one area



Including a protein powder into your supplementation plan will help you increase your rate of recovery

The Power Nutrition Supplement Keys to Recovery - Part I

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

where your competitor who is taking in enough protein will have an advantage over you. I recommend that you get in a minimum of 1 gram of protein per pound of weight per day. This is as simple as it gets. If you weigh 250 pounds you better get in at least 250 grams of complete quality protein in every day of the year. No, not just the days that you train like some like to believe, but every day. For those hardcore lifters looking to take this up a notch even more then I recommend 1.5-2.5 grams per pound of weight in protein. This may sound like a lot, but results speak for themselves and my athletes, over 60 World and National Powerlifting champions, can attest to that! For a lot of my athletes we weigh 250 pounds I have many of them consuming 500 grams of protein per day. As for the brands that I personally like and use with my athletes they would be: At Large Nutrition's Nitren, PrimaForce's Substance WPI as well as the many customized blends that I have designed using the great products from True Protein. Travis Mash drinks Substance WPI like it's water. He goes through at least 6-8 containers per month. With him drinking 4-5 protein shakes per day you better believe he goes through it fast. Phil Harrington's main protein choice is Nitren. This super blend is no doubt responsible for helping him greatly since he incorporated it in his plan. Mike Brown, the teenage phenom, has made his choice to be the great blends from True Protein. All three of these guys go through more protein in a month than some of you use all year. This shows you how seriously these world class athletes take their protein intake.

Essential. Fatty Acids are another area to look at when trying to maximize your recovery. These good fats are needed by the body to help in numerous processes. I have always pushed the "increase your Fats" theory with powerlifters, but instead of increasing their olive oil, flax oil and almond intake most of them used the excuse to increase their burger and fries intake. I have written numerous times the many benefits of consuming more healthy fats in your diet.

As for EFA supplements that I really like would be the following. Ascenda Nutra Sea Herring Oil is my



Nitren is the ultimate protein matrix for sustained release and recovery!



Nutra Sea Herring Oil is the best Omega 3 Supplement ever created!

top notch Omega 3 supplement, plus the taste is great. It provides a super concentrated dose of EPA and DHA in every serving and these are 100 Omega 3 fats that probably 99% of all powerlifters around the world are deficient in. Garry Frank and Mike Brown are very big on this product. They consume more of it than some of you do water. You don't know what you are missing until you actually incorporate them into your program and then you will see what I am talking about.

As for a combination Omega 3-6-9 oil, I prefer Udo's Choice Oil Blend. This is by far the best combination oil and is good for those who are deficient in all of their E.F.A's.

Omega 3 fats are very important for reducing inflammation that occurs in your tendons, joints and muscles following that crazy bench workout. Those who suffer from elbow and shoulder tendonitis can understand exactly what I am talking about. These fats also play a major role in cell membrane fluids as well. Your joints and tendons couldn't find a better friend than Mr. Omega 3 Fat especially in the form of DHA and EPA. You can ask any one of my athletes that has suffered from pain in joints and how my high dose EPA protocol has helped them greatly ease the joint pain that they have even suffered for years with. Take it from me and numerous other world class powerlifters in the know ... get in your fats.

Udo's Oil blend is the perfect Omega 3-6-9 formula for powerlifters



Multi-Plus is the ultimate multi vitamin/mineral formula for the powerlifter!

from your steak sub actually reach your muscle cells? It will be several hours, minimum, and that is way too long for them to wait. The thing to remember is that the foot and supplements that you consume right after your workout and also during the three hour period after your training session has finished is paramount to the rate at which you will recover.

Optimal Multi Vitamin/Mineral Formula

This is often an overlooked area in regards to recovery. Making sure that you get the proper amount of micronutrients in your nutrition plan is critical for your recovery. How can you recover from squatting over 800 pounds when you are deficient in multiple micronutrients? How are you going to repair microtrauma inflicted on your muscle fibers when you are lacking the nutrients that are responsible for basic physiological processes and functions in your body? Your body needs a proper spectrum of both fat and water soluble vitamins for it to function at its optimal level. Let's not forget your minerals and electrolytes as well. They are also critical not only for keeping your body healthy, but also for recovery. Have broken down this section into two different types of formulas. The first is a multivitamin formula that contains numerous other nutrients including digestive enzymes, herbs and more. The second is a multivitamin/mineral formula composed all in one tablet.

For the first category I highly recommend the Animal Pak from Universal Nutrition. It is one of the most complex formulas on the market today. Garry Frank loves these packs and so does another good friend of mine, super bench presser, Joe Ladhner. Just send Joe an e-mail to see exactly what I am talking about.

In the second category like Multi Plus from At Large Nutrition.

It is also a very comprehensive formula that is formulated in a single tablet. It is great for those that don't like to suck back 12 pills at a time like the Animal Pak and are looking for all the bells and whistles. Multi Plus is a true powerlifter's multivitamin making it a head and shoulders cut above the other "one a day" formulas that line the store shelves. That is why it is the

choice of Phil Harrington when he is looking to maximize his micronutrient intake to the max. Go with either one and you can't go wrong!

Testosterone Boosters

Oh, now you have your ears all perked up, eh? You bet you do! Testosterone is the King of Powerlifting hormones, I t'wix it that? Testosterone is the hormone that makes a man a man. It is the hormone that makes you aggressive. It is the hormone that makes you want to get under a max PR squat and rep it out until your nose bleeds. This is a powerlifter's hormone and any lifter who is interested in getting stronger should be looking to maximize it. Your recovery is also dependent on your testosterone level. If you have a high testosterone level you will recover from your workouts much faster. If you have a low testosterone level it will take much longer to recover and you will also feel more worn down after an intense training session. This is why those lifters who are "Chemically Enhanced" and use Testosterone as their base drug, will find their level of recovery will be phenomenal. A drug free lifter and a chemically enhanced lifter are not only in different classes due to the strength gains that Testosterone can give you, but also the affect it has on your rate of recovery. If you think that Testosterone has nothing to do with recovery then it is time to wake up and smell the coffee. Why do you think that younger lifters recover from their workouts faster than master lifters? There are several factors that control this but the Testosterone level is a major key. In regards to supplements that I have found very effective in increasing your testosterone level are Phenotest and Fuze. Phenotest is made by a company called Scivation. It is a combination of several different ingredients that help to elevate your testosterone through different pathways. Fuze is made by a company called PrimaForce. This is a Tribulus based product and is no doubt one of the best on the market today. Finding a good quality Tribulus extract formula is a very hard thing to do as many on the market contain a very low saponin content basically making it as useful as grass clippings. The stacking of both of these products is quite powerful and will not only help your rate of recovery, but it will also increase your strength and really jack up your sex drive. By the way I will let you in on a little secret here. This super test boosting stacks just keep their Test levels in tip top shape. If you can't top shop, lifters can work wonders for Travis then just think what it can do for you.



Not using a good multi vitamin is like driving a race car without a seatbelt...don't be an idiot!

from your steak sub actually reach your muscle cells? It will be several hours, minimum, and that is way too long for them to wait. The thing to remember is that the foot and supplements that you consume right after your workout and also during the three hour period after your training session has finished is paramount to the rate at which you will recover.

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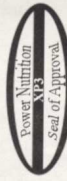
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Vitamin C helps rebuild and repair soft tissues that are damaged from hard training

There you have it folks, the first part of this two part series on how to properly choose the right supplements to increase your rate of recovery. I hope that I opened the eyes of lifters who have been left in the dark regarding the implementation of supplements for recovery. Remember, your workout is only as good as the recovery plan that you incorporate when it all over. Contrast showers, whirlpool sessions, sauna and massage are not the only tools in your recovery toolbox. Nutrition and supplementation is another area that most lifters have ignored, to their loss. If you have been one of the guilty that present to you in this series so that you can truly benefit from your training with a bigger total. Just remember if you don't maximize your rate of recovery from the info that I just mentioned I can guarantee your competition will!



All of the products mentioned in the article receive my Nutrition XP3 "Seal of Approval". For those looking to find where they can get the supplements that I mentioned in this article here they are:

Substance WPI, Fuze, Fenotest, and Animal Pak are available at www.BulkNutrition.com; Nitren and MultiPlus is available at www.alargenutrition.com; Nitra Sea Herring Oil is available at www.ascendathhealth.com; Udo's Choice Oil Blend is available at www.uderasmus.com; Multiple Protein Blends and Formulas ... www.trueprotein.com



For those who have questions or would like to know more about the Nutrition XP3 System feel free to email me at

Aricciuto@NutritionXP3.com or check out my website and forum at www.nutritionxp3.com



Vitamin C

Vitamin C is very important for numerous functions in the body. It has been shown to help reduce Cortisol levels and elevate Testosterone at the same time. Both of these physiological changes play a major role in your rate of recovery. It has also been shown to heal soft tissues and



The Fuze and Fenotest stack is one of the most potent natural testosterone boosters available!

POWER PEOPLE



Keith Scisney (center, left) was the proud recipient of 4 Gold Medals at the 2005 U.S.A.P.L. North Americans, and he is the father of 1st degree black belt, Ariel Manzanares-Scisney. (this photo provided by the courtesy of K. Scisney)

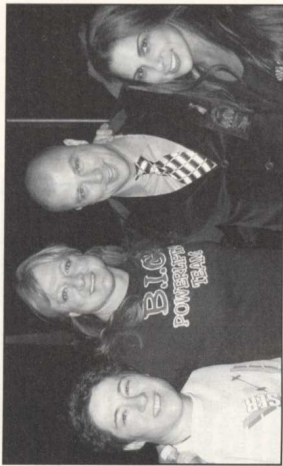
Popular Russian: Yuri Ustinov posing at the Arnold Classic (when he wasn't judging and handling Russian competitors) with WPO Superstars Amy Weisberger, Becca Swanson, and Kara Bohigian. (photograph provided to Powerlifting USA by Yuri Ustinov)



Mike Colletti's back! He began lifting in his garage in Des Plaines, Illinois back in 1956, when the powerlifts were part of the "odd lifts", and his first meet was at the Irving Park YMCA in 1969. He was the founder of the Strong Athletes Against Steroids (SAAS) organization and still has speaking engagements across the country regarding the dangers of steroids and other performance enhancing drugs, and he ran numerous PLBP meets over the years encouraging young athletes to lift drug free. He stopped competing in 1995 when he won a world bench press title with the WDEPA, but now, at age 62, he has come back to compete in 100% Raw meets being held in the Chicago area, this coming April and August. (photo and info provided by Mike Colletti)



Terry Baldwin (left) and his training partner **I.D. Scott**, competed in the WABDL meet in Missoula, Montana last year. Terry benched 507 in the 242 lb. open for a new WABDL state record and I.D. benched 485 in the 275 lb. Masters division, also a state record. Terry is a drug free pro body-builder, who enjoys incorporating heavy benching into his bodybuilding routine, as well as building thickness in the upper body. (photograph courtesy of Terry)



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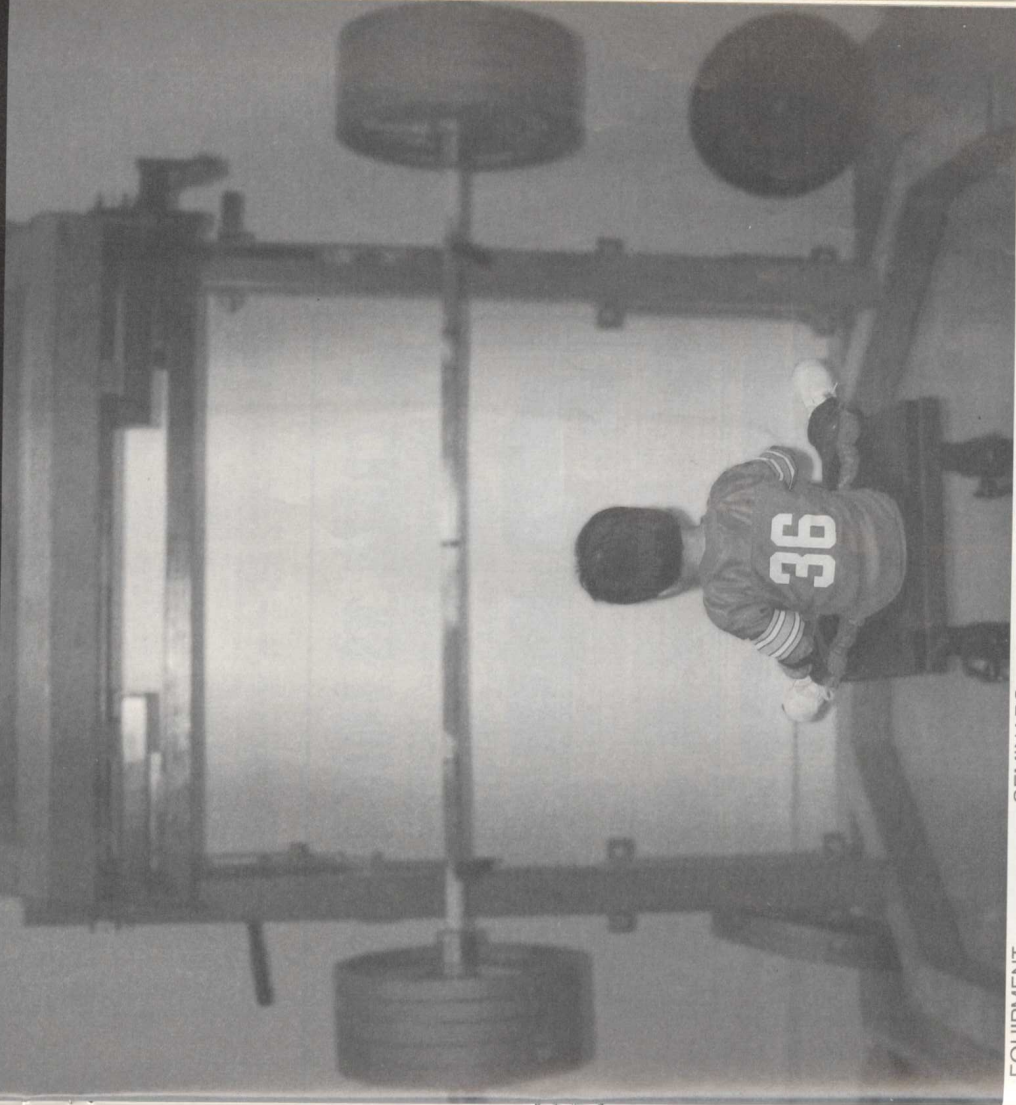
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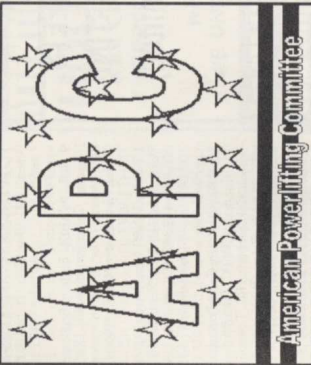


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Someday I will prepare with everything I have.
Someday I will perform to my best ability.
Someday I will prevail.



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 April 8, 2006, Georgia State Open P L and B Press, Athens, Ga. 770-713-3080
 April 15, 2006 Illinois Powerlifting and Bench Press Championships
 April 29, 2006 APC State P L and B P, Fresno, Ca. Bob Packer 559-322-6805
 July 7, 8, 9, 2006, APC National P L and B P, Sacramento, Ca.

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 22 JUL, WABDL, USAPL, Lake Regional Championships (BP/DL) Holiday Inn South, Lansing, MI) Gus Redwisch, 763-545-8654
 22 JUL, NASA Grand Nationals (PL/BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sepddl@aol.com
 22 JUL (corrected phone number/date), ADAU Raw Single Lift National Championships (Johnson City, NY) Siegel Engraving, 304 Dwyer Blvd., Elmira, NY 14850, 814-765-3231
 22-23 JUL (NEW DATE), IPA World Championships, York Barbell Company, 3300 Board Rd., York, PA 17042, Mark Chaliliet, 717-495-0024
 23 JUL, OK Powerlifting, Eilen Chaliliet, echaliliet@aol.com
 23 JUL, Old Heritage BP, DL (Oil City, PA - for cerebral palsy) Chris Snyder, 814-676-3750
 23 JUL, SLP Oklahoma Summer Open/BP/DL (Sallisaw, OK) SLP, 122 W. Tuscola, IL 61953, (217) 253-5429
 25-26 JUL, USAPL, National Championships (Special Olympics lift free - Florida) Smithy (618) 662-3413, lemmitt@tspewdy.com

29 JUL, Vermont State Open BP (men, women, teen, masters, grandmasters) All American Fitness Center, 1881 Williston Rd., Burlington, VT 05403, 802-865-3068, Rick Poston
 29 JUL, 100% Raw Strongman 5 Lift Rep Challenge (CR/CU/BP/SQ/DDP - Jarvisburg, NC) Gene Berry, geneberry@aol.com
 29-30 JUL, AAU, Olympics/PL/BP (Hampton, VA) 804-559-4624 after 7PM (EST)
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JUL, 100% Raw New York State Bench Press Championships (Boa Hamilton, IN) Anson Wood, info@e-normous.biz, 574-903-4586, www.e-normous.biz
 5 AUG, APF Florida State Bench Press Championships (Boa Boca Raton, FL) Bob Young, 561-8987, southsidebarbell@hotmail.com

5 AUG, SPF Georgia State (open raw I/P/BP, DL - City Club Fitness Center, GA) Timmie and Jennifer Powell, 770-446-1000, jesserodgers423@768410.com
 5 AUG, USPF Venice BP & DL, Joe Whately & Steve Denison, powlifts@msn.com, 661-333-9800
 5.6 AUG, NASA World Cup Championships (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sepddl@aol.com
 5.6 AUG, USAPL, Rocky Mountain State Games, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-696-3730

5.6 AUG, WNPFI International Cup PL/BP/DL/PC (UW - Copper, VA) Troy Ford, WNPFI, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com
 6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11-13 AUG, World United Amateur Powerlifting Championships (St. Louis, MO) James Rouse, JamesRouse@aol.com
 12 AUG, USAPL National BP/DL Championships (UW - Copper, VA) Troy Ford, WNPFI, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com
 12 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 AUG, SLP Wisconsin State Fair BP/DL (W. Allis, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, www.sonlightpower.com
 12 AUG, USAFL 3rd annual Southwestern Powerlifting Championships (UW - Copper, VA) Troy Ford, WNPFI, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com
 12 AUG, USAFL 3rd annual Southwestern Powerlifting Championships (UW - Copper, VA) Troy Ford, WNPFI, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com

12 AUG, YMCA Nationals (raw, single only, unlimited gear, PL plus age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, lesiflifter@netscape.com, 512-329-8528
 12-13 AUG, WABDL House of Pain National Championships (BP/DL - Crown Plaza Hotel, Dallas, TX) Gus Retwisch, 763-545-8654
 13 AUG, SLP Missouri State Fair (BP/DL) (Senola, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, 22nd Iowa State Fair Drug Free Bench Press/Deadlift Contest (Pure/Natural, Masters/Schmaster) Timmie and Jennifer Powell, 770-446-1000, jesserodgers423@768410.com
 19 AUG, WABDL Nevada State Championships (BP/DL - Stockton, CA) & Casino, Elko, NV) Raw Lopez, 775-753-2374
 19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginianpower.com
 19 AUG, SLP Indiana State Fair (BP/DL) (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, ADAU Powerlifting Championship (Hagerstown, MD) Kevin Prosser, 11215 Greenmount Ave., Hagerstown, MD 21740, 301-573-7853, www.adauonline.com
 26 AUG, WNPFI Raw Nationals & NC State (Winston-Salem, NC) Troy Ford, WNPFI, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnfp@aol.com
 26 AUG, Midwest Masters Open (masters only, PL, BP, DL, PP) Keith Machulla, 48084 Cass, Omaha, NE 68132, 402-444-5596
 26 AUG, APF Debbie Knuck Police/Firefighters BP Challenge, Daytona Beach, FL, pameladayton@aol.com, 407-243-3128
 2 SEP, USAFL New Mexico Regional (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelman, mike@littlidge.com
 2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 9 SEP, USPF Venice Beach PL/BP/DL, Joe Whately & Steve Denison, 9 SEP, IVA BDL, 661-333-9800
 9 SEP, USAFL, Tennessee State Championships (BP/DL) - Memphis (er, TN) Ken Millroy, 931-454-0935
 9 SEP, NPA Drug Free National BP/DL, Fitness Lifesports, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame
 9 SEP, 15th WNPFI Lifetime Drug Free National (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPFI, PO Box 142347, Fayetteville, GA

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 General Secretary, NAPF
 E-mail: rhk@verizon.net
 Telephone: 1-954-790-2259

Embassy Suite Hotel
 Phone 787-796-6125
 Fax 787-796-6145
 Toll Free 1-866-581-3300

☆ REVISED ☆ 2006 AAU POWERLIFTING MEETS

Below is a list of meets being offered by the Virginia Powerlifting Association
VApowerlifting@aol.com or 804-559-4624 after 7:00 pm (EST)

- June 3-4
AAU Virginia State Powerlifting Championships
Three lift meet, Raw & Assisted - Virginia Residents Only - Crossovers available
More information: www.austsports.org
Phone: 804-559-4624 after 7:00 pm (EST)
- June 3-4
2006 World Best Powerlifting Meet
Three lift meet, Raw only - Run during the three meet listed below - Crossovers available
More information: www.austsports.org
Phone: 804-559-4624 after 7:00 pm (EST)
- June 3-4
2006 Triple Crown Powerlifting Meet
Crown Plaza Hotel - Richmond, Virginia - 2006 World Best Powerlifting
Crown Plaza Hotel - Richmond, Virginia - 2006 World Best Powerlifting
More information: www.austsports.org
Phone: 804-559-4624 after 7:00 pm (EST)
- July 28
Military National Full Power and Bench Press Championships
Three lift and Bench Press Only meets, Raw & Assisted - Crossovers available
More information: www.austsports.org
Phone: 804-559-4624 after 7:00 pm (EST)
- July 29 - 30
2006 AAU Invader Olympic Games - Full Power & Bench Press Championships
Three lift and Bench Press Only meets, Raw & Assisted - No crossovers
More information: www.austsports.org
Phone: 804-559-4624 after 7:00 pm (EST)
- Oct 20 - 22
2006 AAU World Powerlifting Championships (LIMITED NUMBER OF LIFTERS EACH DAY)
Crown Plaza Hotel - Richmond, Virginia
Three lift meet, Raw & Assisted - Crossovers available
More information: www.austsports.org
Phone: 804-559-4624 after 7:00 pm (EST)
- Oct 20 - 22
2006 AAU International Single-Lift/Push-Pull Championships (LIMITED NUMBER PER DAY)
Crown Plaza Hotel - Richmond, Virginia
Bench Press, Deadlift and Push-Pull Meets, Raw & Assisted - Crossovers available
More information: www.austsports.org
Phone: 804-559-4624 after 7:00 pm (EST)
- 8 1 2 - 3 8 5 - 9 3 2
Junior/Open Subs/Masters/Novice
(BP, DL, Ironman, PO) & USSA Strongman Championships (Bomulus, Miroy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-8517-4743, www.austsports.org)
16 SEP, 15th WNPF Lifetime Drug Free Nationals (Bordenov, NJ) (PL/BB/Only/PS/PP - Longview/Rich Piers, Box 735, Noble, OK 73068, 405-527-8513, sbp@aol.com)
16 SEP, 6th Iron Boy BP Classic & IBP Cup Championships (Winston-Salem, NC) Keith Payne, keith@ironboypowerlifting.net
16 SEP, ISS K&C Bench Press Classic, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-0500, mike.strom@att.net
16 SEP, APF Open in California (Oroville, CA) PL & BP - John Fort, Iron Man-Malden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Ventura, 718 Mabel St., New Castle, PA 16101, (724) 654-4117
16 SEP, APF Havag Farm Open (PL/BP/DL - Evansville, IN) Larry Hoover,

DL (Cedonia, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
20-22 OCT (NEW DATE), WNPF World Powerlifting Championships (Bench, Bending, Australia) Jim Gledy, wtu.edu
21 OCT (new date), PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee Shimmy Man Rogers, 2550 Lumpkin Rd., Augusta, GA, 31906, (706) 790-3806, www.austsports.org
21 OCT, SLP Fall BP/DL/PP/Full Powerlifting Championships (Mantoo, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Mesnik, 818-699-7555, warrior1@earthlink.net
21 OCT, 100% Raw Virginia State Bench Press/Curl Championships (Stanardsville, VA) John Shifflett, Erie, PA 16506
7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
7 OCT, 100% Raw southern Open BP & Arm Wreeling Championships (Jarvisburg, NC) Gene Berry, dery90@mcps.net
Z OCT, APF New England Open Bench Press Championship (Ramada Monterey Center, Manchester, NH) James L. Doherty, 865-655-0825, cdo1sa@comcast.net
2 6 2 5 4 8 9
nhbodybuilding@yahoo.com or www.usbodybuilding.com
7 OCT, USPF Central California Open PL/BB/PL/DL (Modesto, CA) Dave Cummmerow & Steve Denison, pwrlifts@msn.com 661-333-9800
7 OCT, NASSA Ohio Regional (PL/BB/Only/PS/PP - Springfield, OH) Rich Piers, P.O. Box 735, Noble, OK 73068, 405-527-8513, sbp@aol.com
7 OCT, IBP Carolina Classic Powerlifting Championships (Fayette, NC) Keith Payne 336-676-3347, keith@ironboypowerlifting.net
8 OCT, SLP Big Bench at the French Hill BP (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
14 OCT, SPF WBP/A Worlds: Open/RAW/P/BP, DL (Riverside Terrace Hotel, Galiburg, TN, tum right at red light #6) www.southernpowerlifting.com
14 OCT, USPF/IBP/PL/BB/PL/PP/DL (PA) OK SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
14 OCT, NASSA Colorado Regional Championships (PL/BB/Only/PS/PP - CO) Rich Piers, P.O. Box 735, Noble, OK 73068, 405-527-8513, sbp@aol.com
15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McRae, 210 Gilloch Pike, Summit, WV 26054, 304-376-2433, mattm@comcast.net
15 OCT, SLP Mid Atlantic Championships (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429,

sonlight@netcare-11.com, www.sonlightpower.com
OCT/NOV, AAU World PL (Virginia) 804-559-4624 after 7PM (EST), www.austsports.org
1-5 NOV, GPC World PL/BB (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.gpbworldpowerlifting.com
19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-0500, mike.strom@att.net
25 NOV, NASSA Kansas Regional Championships (PL/BB/Only/PS/PP - Salina, KS) Rich Piers, P.O. Box 735, Noble, OK 73068, 405-527-8513, sbp@aol.com
25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
www.usapla.com
1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S, Centinela Ave., Los Angeles, CA 90066, (310) 995-0047
2 DEC, NASSA Missouri Regional Championships (PL/BB/Only/PS/PP - St. Louis, MO) Rich Piers, P.O. Box 735, Noble, OK 73068, 405-527-8513, sbp@aol.com
2 DEC, SLP Illinois Christmas Kids BP/DL (Marion, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
9 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com.
12 NOV, 1st Annual PL/BB/DL/PP Open Memorial BP (Antioch, IL - Lepus Chapman, 847-731-3769)
15-20 NOV, WARDL World Championships (BP/DL - Las Vegas, NV) Gus Rechinaw, 763-545-8654
18 NOV, 100% Raw World Bench Press Championships (Carrick, NC) Paul Bossi, rawlifting@aol.com
18 NOV, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com, www.sonlightpower.com
28 OCT (corrected phone number), ADAU 24th Raw 'Central PA Open' Drug Free - Bigler, PA) Stegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, aal@plkpbk.com
28 OCT, NASSA Iowa Regional Championships (PL/BB/Only/PS/PP - Des Moines, IA) Rich Piers, P.O. Box 735, Noble, OK 73068, 405-527-8513, sbp@aol.com
28 OCT, USPF Connecticut State Powerlifting Championships (PL/BB/Only/PS/PP - Danbury, CT) Dave DeGidio, 71 Commerce Dr., Danbury, CT 06804, 203-775-8548, bobbrookfield@abcglobal.net
OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, walliting@aol.com, www.virginiapower.com
OCT, USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, r.k.k.verizon.net, www.geocities.com/fortlaupl

9, 10 DEC, APC 53rd California Iron Meets (Beno, CA) Bob Packler (559) 322-6500, 1500-595-07
16 DEC, NASSA Illinois 'Christmas' Regional (PL/BB/Only/PS/PP - Flora, IL) Rich Piers, P.O. Box 735, Noble, OK 73068, 405-527-8513, sbp@aol.com
16 DEC, 9th WNPF Sauge, MrBP Championships (BP/DL - Inman, SC - Bordenov, NJ) Troy Ford, WNPF PO Box 142347, Fayetteville, GA 30214, www.aol.com
16 DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@mtsports.com
16 DEC, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, walliting@aol.com
17 DEC, AAU World BP, DL, PP/PA (Florida) Las Vegas, NV) Martin Drake, Box 108, 923-067, CA 92309, www.earthlink.net
30 DEC (New Date), SLP The Last One* BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-11.com, www.sonlightpower.com
17 FEB '07, WABDL Penn-Ohio New York Regional BP/DL Championships (World Qualifier - Beaver Falls, PA) Charles Venturella, 724-654-4117
27, 28 APR '07, WDFPF European Single Event Championships (Reno-Sierra Nevada, NV) Stegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, aal@plkpbk.com
OCT '07, WDFPF Single Event World Championships (Montesilva, Italy) www.wdfpf.com
MAY '08, WDFPF European Single Event Championships (Como, Italy) www.wdfpf.com
OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.com

MEET DIRECTORS ... there are HUNDREDS of meets for the readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for full details. We will even do the typesetting on your advertisement for you ... FOR FREE!!

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C.T. Fletcher
CEO & Co-founder



Dr. Arnold Nerenberg
Chairman & Co-founder

Saturday
May 13, 2006
RAW & DRUG FREE
COMPETITION



Location:	World Champion Bench Press Competition	Registration
RADISSON HOTEL 7320 Greenleaf Ave. Whittier, CA 90602 562.945.8511	All Wt. Classes • All Ages • Trophies Awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 • Membership Fee: \$25.00 Make checks payable to: WLOP 7238 S. Painter Ave. • Whittier, CA 90602 562.693.8005	Check In: 9:00 am Weigh In: 9:30 am Competition Starts: 10:30 am

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"World Master"



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How powerful do you look on the Street? How powerful is your presence?*

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 - Drug Free
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Entry Fee \$40.00, WLOP Membership Fee \$25.00 • For more information go to www.worldlegionofpower.com

- World Champion Bench Press Competition • Sanctioned by The World Legion of Power -

Name: _____ Age: _____ Weight: _____
Address: _____ City: _____ State: _____ Zip: _____
e-mail: _____

I know that my participation in World Legion of Power activities is potentially hazardous and can cause bodily injury or death. I assume all risk for any injury resulting from my involvement in WLOP sport activities.

X _____ Date: _____ Competing in: Bench Press Street Physique
(Participants Signature (Parent/Guardian Signature if participant is under 18 years old) (\$40.00) (\$40.00))

Check here if already a WLOP member. ***We would appreciate receiving your application by 4/25/06**

WORLD LEGION OF POWER IS A NON-PROFIT ORGANIZATION

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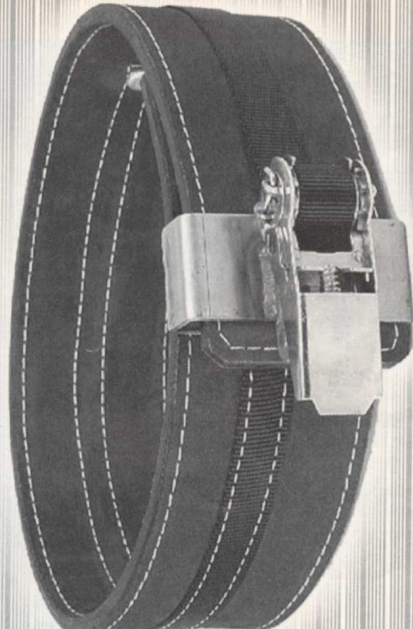
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903-236-4012

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 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
 4. Ratchet/tighten belt as desired.
 5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.
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Ed Rectenwald drove up a successful 655 BP @ 242 at the APF Orlando meet (photographs provided courtesy of Brian J. Schwab)

75	175	260	
Teen (13-16)			
114 lbs.	75	150	225
18 lbs.			
115	115	115	
Submaster Jr.			
198 lbs.	425	515	940
M. Lessman			
275 lbs.	355	550	905
308 lbs.			
S. Littleton	460	540	1000
Open			
165 lbs.	355	555	910
P. O'Grady			
225 lbs.	225	350	575
181 lbs.			
J. Castiglione	365	550	915
N. Pomerantz	275	450	725
Liberto	275	425	700
T. Watkins	340	515	855
D. Herring	365	455	820
220 lbs.			
L. Mosley	600	600	1200
405 lbs.	405	550	955
B. Elise	365	555	920
242 lbs.			
E. Rectenwald	655	430	1285
275 lbs.			
B. Youngs	400	650	1050
C. Fay	540	710	1250
Submaster (33-39)			
220 lbs.			
M. Jones	290	405	695
275 lbs.			
L. Lavarro	650	750	1400

Orlando Barbell had a great showing at our second competition with 37 competitors and at least 50 spectators. Bob Youngs won the 242 lb. deadlift with 655 lbs. and a PR bench including Lance Mosley who got a PR of 600. Ed Rectenwald with a PR and the biggest bench of the day with 655, and Charles Fay with a PR deadlift of 710. Ed Rectenwald's deadlift was the best female lift with 305 lbs. by M. Jones. Ed Rectenwald's bench was the best female lift with 405 lbs. by B. Youngs. Ed Rectenwald's year old Wayne Flesh to 63 year old Michael Churchman who won best lifter in the bench only with an American Record of 460 lbs. by M. Jones. Ed Rectenwald's biggest deadlift of the day went to 48 year old Ed Rectenwald who pulled 750 to win best man lifter. Pat O'Grady won best lifter in the deadlift only with a pull best of 555 at 165. Out: Dean Rollins 275, Shane

Veteran Bob Youngs deadlifting

Shoemaker 220, Richie Meyer 242, John Green 165 NS, Keith Southwood SHW NS. Thank you to all of the lifters for taking part in a successful meet. Special thanks to Mike and Cheryl for their support. Lifters, tables, chairs, and sound system, Darrell Carvey, Daniel Tapiero, Brandon Mitchell, Nate Posey, Chad Briley, and Jonathan Davis for loading and providing some grills. Hooper Cross and Erin Dabbs for working the door and sales, Brian Tinchor and Greg Gibson for judging, Brian Barrett with House of Pain for the great entertainment, and the lifters who went to the best lifters, Jim Lynch for his cash donation to the best lifters, and of course my wife Trinity for keeping score and helping me to keep my sanity. I hope to have pictures soon. (Thanks to Brian J. Schwab, President, Orlando Barbell, Inc., for results)

Travis Push Pull
10 DEC 05 - TRAVIS AFB, CA

132 lbs.	BP	DL	TOT
D. Lezama	75	205	280
148 lbs.			
Open/Submaster II			
T. Heller	135	275	410
148 lbs.			
Open			
C. Robinson	100	250	350
181 lbs.			
Open			
135	250	385	
198 lbs.			
Open			
K. Jones	145	275	420
148 lbs.			
Open			
B. Dempsey	250	385	635
165 lbs.			
Open			
A. Lockett	305	405	710
181 lbs.			
A. Kristiansen	300	375	600
181 lbs.			
Open			
T. Rich	305	460	765
198 lbs.			
T. Foiter	300	455	755
220 lbs.			
B. Kreutzer	325	450	725
220 lbs.			
Open			
B. Wanalista	300	500	800
242 lbs.			
G. Thomas	340	525	865
165 lbs.			
T. Adams	350	640	990
165 lbs.			
Master			
Z. Clark	475	725	1200

(Thanks to Z. Clark for providing results)

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- Jay "Big Game" Taylor, Yardley, PA

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- Alfonso Maccon, Millersville, PA

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I would like to thank you guys at super natural strength for everything! After 10 weeks I put 55 lbs on my bench (NO Bull!) I was really surprised that it was worth the time and energy to squat 3 times my body weight for reps.

Mark Stavey
Changis Mills, MD

Alfonzo Maccon
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DATE OF APPLICATION		
CITY	STATE	ZIP CODE
AREA CODE	TELEPHONE NUMBER	MO
DATE OF BIRTH	YEAR	AGE
SEX	YES	NO
REGISTRATION FEE (APF \$30, AAPF \$40)	REGISTRATION NUMBER	E-MAIL ADDRESS
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SIGNATURE X		

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Johnnie Jackson

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10-TON

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SPECIAL 4-PAGE AD REPORT

Johnnie Jackson's Motto:

Go Heavy or Go Home
There are no off-days for Johnnie Jackson. Not are there any "light" days or "high-rep" days. Every day in the gym is a balls-to-the-wall training session. Johnnie believes in maxing out every lift, whether

"When I'm training, the only thing that goes through my head is the thought of being the strongest man in the world and lifting extremely heavy! I will give it 100 percent, at 100 miles per hour, regardless!"
— Johnnie Jackson

it means puking in the locker room or passing out on the training floor. That's because he has only one goal in mind: to become one of the greatest all-around powerlifters of all time. "When I'm training, the only thing that goes through my head is the thought of being the strongest man in the world and lifting extremely heavy," Johnnie says. "I will give it 100 percent, at 100 miles per hour, regardless." With that in mind, there's no mystery behind Johnnie Jackson's partnership with Team MuscleTech. Johnnie has trusted Team MuscleTech as his training partner since 2003, because when he unracks a 545-pound barbell, it's do or die.

Nitro-Tech's Newest Bar: Chocolate Caramel Nut Crunch

New to the Nitro-Tech family, **Chocolate Caramel Nut Crunch** is the most delicious protein bar ever to hit the market. Packed with 30 grams of whey protein and real candy-bar taste, it's the easiest and best way for powerlifters on the run to get the protein they need for maximum strength.



Johnnie Jackson's Chest Routine

Heavy bench press:

- 2 warm-up sets x 15 reps
- 3 working sets x 5 reps

Floor press:

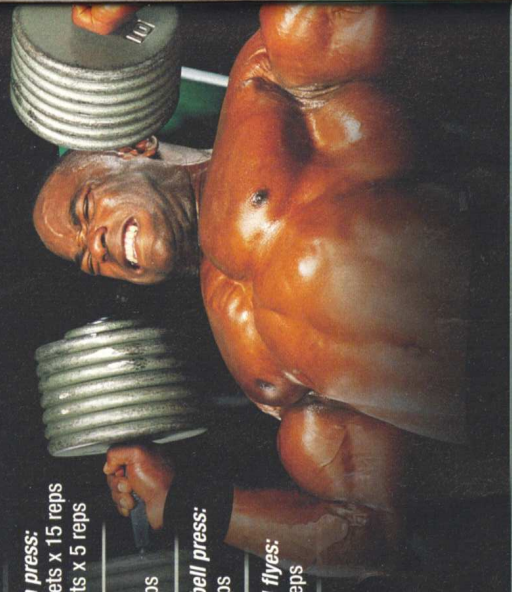
- 2 sets x 6 reps

Incline dumbbell press:

- 3 sets x 8 reps

Flat dumbbell flies:

- 3 sets x 15 reps



Nitro-Tech®: Building a Ton of Muscle
During intense training sessions, your body burns through its glycogen stores, leading to an increase in protein breakdown and muscle catabolism. That's definitely not a situation you want to be in when you're trying to push a personal best on the bench. And let's face it: With your style of training, this is going to happen every time you hit the gym. So when this occurs, a bucket of regular whey protein isn't going to cut it. That's because regular whey protein powders lack an advanced delivery system, meaning your muscles aren't necessarily absorbing every gram of valuable protein you ingest. In your case, this is a big problem, because you need all the protein you can get.

So in order to maximize protein synthesis and get you maxing out your lifts like never before, Team MuscleTech researchers developed Nitro-Tech, the most advanced muscle- and strength-building protein powder in the world. Based on years of intense research, Nitro-Tech's ingredient matrix combines the highest quality whey protein isolate in the world (97 percent) with an advanced Nitrogen Delivery System. By harnessing the power of nitric oxide production, nutrient delivery and protein transportation are increased. Bottom line: You lift heavier and more consistently because

your muscles are primed and ready exactly when you need them. Because when you're

One extraordinary subject using Nitro-Tech® astounded researchers when he gained 60 lbs. on his max bench press in only 42 days!

unracking a weight, it's not the time to find out your muscles aren't at their best.

Nitro-Tech Adds Up to 50 Pounds to a Max Bench Press in Only 42 Days!

Being a powerlifter is no easy job. Every week, you spend countless hours preparing for a meet. Nothing in this sport comes easily. Every extra pound added to the bar continues to push your body to the limit. That's why Team MuscleTech™ researchers, the most advanced sports supplement experts on the planet, work as hard as you do to make your job a whole lot easier.

In a 6-week clinical study performed at the University of Saskatchewan that included weight training, subjects using Nitro-Tech™ put up phenomenal numbers when they recorded a 42-day average max bench-press gain of 34 pounds! One

extraordinary subject astounded researchers when he gained 60 pounds on his max bench press in only 6 weeks!

Some powerlifters struggle to add this much weight to the bar in a year. With record numbers like that, you'd be crazy not to make Nitro-Tech your most trusted training partner. In addition to massive

Based on years of intense research, Nitro-Tech® is the most powerful muscle- and strength-building protein supplement ever engineered by science!

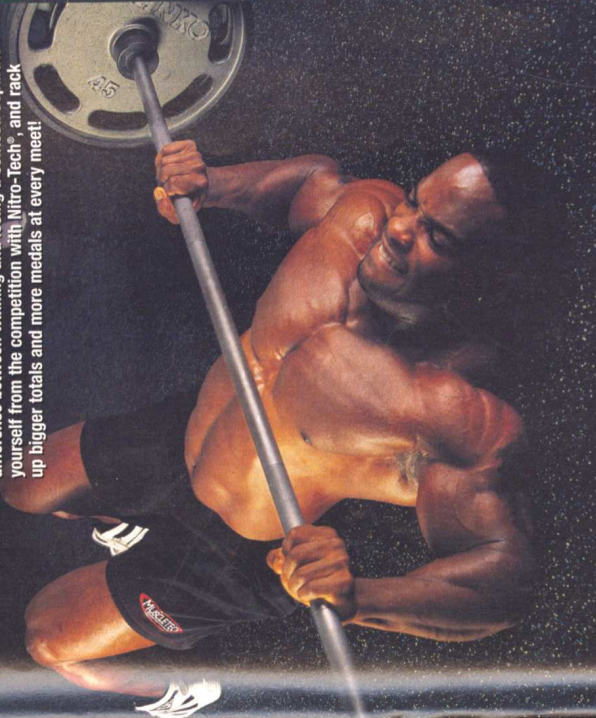
strength gains, subjects in the Nitro-Tech clinical study gained big-time muscle. Subjects using Nitro-Tech™ put on an amazing 8.8 pounds of muscle, and the same subject who added 60 pounds to his max bench press also recorded an astounding gain of 12.8 pounds of functional muscle to his frame. So now that you know the science, you just have to ask yourself one question: The next time you lie down on the bench, do you want

to disappoint or do you want to be the guy asking for more weight? The choice is yours.

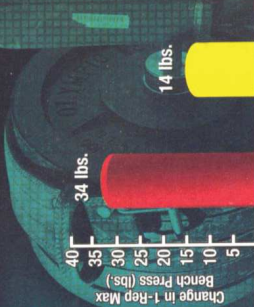
Maxing Out Your Personal Best with Nitro-Tech

Whether you're at a world-class powerlifting meet or going through another one of your intense training sessions, it all comes down to a few seconds of glory. It's only you and a loaded barbell, one that happens to be heavier than any weight you've ever attempted. Think you can handle it? With the advanced strength- and musclebuilding powers of Nitro-Tech, it's a sure bet. It's packed with the highest quality whey peptides and loaded with some of the most advanced protein-delivery ingredients on the planet so you don't have to worry about anything except pressing the weight. Think of selecting the right protein powder as being like choosing your spotter. You wouldn't pick just anyone when you've got a quarter of a ton hanging over your head. So why would you choose just any old protein powder? Get the advanced muscle- and strength-building powers of Nitro-Tech today, and watch as you easily smash through your lifting barriers.

In powerlifting, a few pounds of muscle can mean the difference between winning and losing a contest. Separate yourself from the competition with Nitro-Tech®, and rack up bigger totals and more medals at every meet!



In a 6-week study conducted at the University of Saskatchewan, Nitro-Tech™ subjects gained an average of 34 pounds on their max bench press, while subjects using regular whey protein gained only 14 pounds on their max bench press.



NITRO-TECH Regular whey protein

1. Burke, D., et al. (2001). *Int J Sport Nutr Exer Metab.* 11:349.
2. Ibid.
3. Ibid.

For more information on Nitro-Tech or to buy it online, visit www.MuscleTech.com. Or rush to your nearest GMC or local fine health-food store. All trademarks are owned by their respective trademark owners and are used with permission. © 2006 Tivate Copyright Ltd. All rights reserved.

Team MuscleTech™ researchers have pushed the limit in the lab so you can push the limit in the gym. Trust Nitro-Tech™ to help make every day a personal best!





Anna James got a new WABDL World Record of 137 in Baton Rouge, LA (photograph provided to Powerlifting USA by courtesy of Anna)

medicine, set a Louisiana state record 143 at 104-84/165; in master women, Donna Smith set 126.7 push in master women 47-53 with 96.2 Anna James set a World Record 137.7, and in master women 54-60/165 Mary Louise Coffey set a Louisiana record 99 lbs. In open men's 50-55, Robert Collins set 325.75, and in Louisiana record at Craig States was very impressive and clocked 600.7 at 275. In submaster 198, Jason McGrew set a Louisiana record 407.7. In teen men 13-15/242, Chase Langford set 16.19, in Louisiana record set 20.2, and in Louisiana record set 20.3, psyched up and went out and blasted 303 for a Louisiana record. In teen 13-15/198, Hillary Shields set a Louisiana record, 105.7; Ali Laurent 71.52 at 123, Lauren Nettles 71.5 at 132, Adrie Langlois 126.7 at 181, and Gina Strate 110 at 198. In the deadlift in class-1, Vince Breux set a record of 259, Brandon Brette set a Louisiana record 540. In master 40-46, Steven Lemarie pulled a very good 661 at 198. If he wasn't for Tom Eisman, Steven would be in World Record territory!

USAPL Last Minute Qualifier
 13 JAN 06 - Clark Summit, PA
WOMEN SC DL TOT
 J. Brown 245 135 300 680
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to USAPL for providing results)

WABDL Deep South BP/DL
 13 AUG 05 - Baton Rouge, LA
WOMEN SC DL TOT
 J. LaMontagne 181 220 308 509
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to USAPL for providing results)

USPF Ohio Open
 11 FEB 06 - VINCENT, OH
WOMEN
 J. Porter 181 220 308 509
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to Matt McCas for the results)

USPF PowerBowl
 29 JAN 06 - Molitor, 341
FEMALE
 J. Porter 176 220 308 509
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to Matt McCas for the results)

USPF PowerBowl
 29 JAN 06 - Molitor, 341
FEMALE
 J. Porter 176 220 308 509
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to Matt McCas for the results)

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Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

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Last Name: _____ First Name: _____ Initial: _____ Renewal: Y N

Street Address: _____ Club Name: _____

City: _____ State: _____ Zip: _____ Area Code/Telephone: _____

Current WABDL Classification: _____ U.S. Citizen? Y N Today's Date: _____ Card Issued By: _____

Blue Master I II III IV IFF Cat. 2 Nat. State Y N M F

Registration Fee: _____
 Adults \$25
 Teens \$15
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 P.O. Box 27499
 Golden Valley, MN 55427

If under 18, have parent/initial _____ Signature _____

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
 (801) 776-2300 • FAX (801) 776-4600

Current Card # (if Renewal) _____

Last Name: _____ First Name: _____ Initial: _____ Renewal: Y N

Street Address: _____ Club Name: _____

City: _____ State: _____ Zip: _____ Area Code/Telephone: _____

Current USPF Classification: _____ U.S. Citizen? Y N Today's Date: _____ Card Issued By: _____

Blue Master I II III IV IFF Cat. 2 Nat. State Y N M F

Registration Fee \$25.00
 Make checks payable to and mail to:
 UNITED STATES POWERLIFTING FEDERATION
 NATIONAL HEADQUARTERS
 Roy, Utah 84067

If Under 18 have Parent/Initial _____ Signature _____

USPF Venice Beach
 10 SEP 05 - Venice, CA
OPEN
 J. Hernandez 341 429 518 1278
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to Matt McCas for the results)

USPF Venice Beach
 10 SEP 05 - Venice, CA
OPEN
 J. Hernandez 341 429 518 1278
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to Matt McCas for the results)

USPF Venice Beach
 10 SEP 05 - Venice, CA
OPEN
 J. Hernandez 341 429 518 1278
 Head Referee: Steve Mann. Left Referee: Steve Mann. Right Referee: Steve Mann. (Thanks to Matt McCas for the results)

Records Worldwide!

Innovative designs, revolutionary concepts and mind-blowing performance are what sets Titan apart. Titan creates what the others can only hope to copy.

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(Kirk Karwoski, 771 lb. deadlift)



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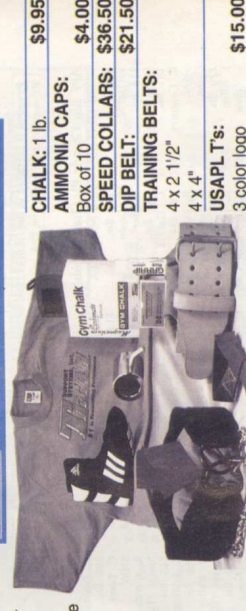
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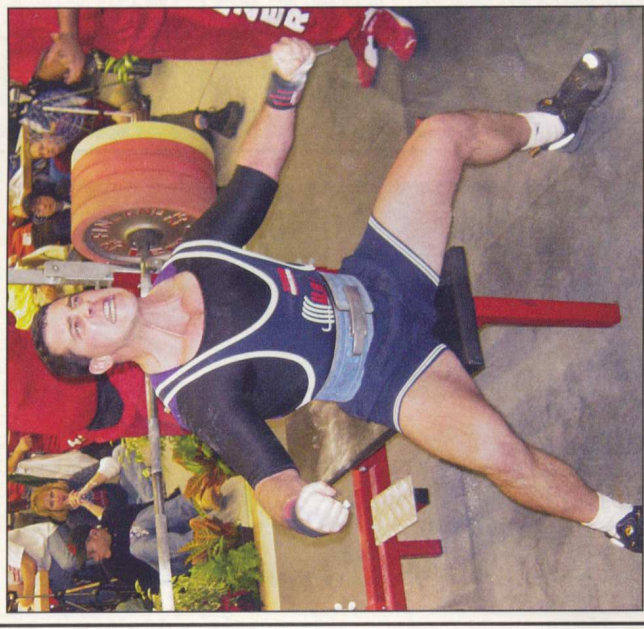
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Raw Power for MHP!

Former IPF World Record Holder and Bench America II Champion, Dennis Cleri, Uses MHP Supplements to Skyrocket His Raw Bench!

In a monumental union of the powerlifting sport and supplement industry, MHP has just added former IPF World Record Bencher, Dennis Cleri to its All Star Powerlifting lineup. Currently at 198 lbs, Dennis is a Multiple USAPL National Champion and Record Holder in 181, 198 and 220 lb divisions. He has won over 100 competitions during the past twenty years and attributes MHP supplements to his great success. "For me being a largely raw lifter, I need to use the most high-powered supplements available on the market today. Supplements like MHP's Up Your MASS, Probolic-SR and TRAC Extreme-NO give me the natural advantage I need to push up big weight."

What does the future hold for Cleri? "To continue to compete in drug-free bench competitions in raw and single-ply shirt divisions," Dennis says. "I anticipate staying in the 198lb weight class and will continue to compete in the USAPL, because it's the qualifying platform to the Superbowl of Powerlifting—the IPF Worlds." Cleri is also busy buying up gyms in the northern New Jersey area. He owns the Fitness Factory Health Center franchise with two locations—one in Palisades Park and one in Rockaway, NJ where on May 20th will hold its first USAPL meet. Call Troy Lehrer at 201-341-7400 for meet details. For more information on the scientifically advanced MHP supplements that help Dennis break World Records, visit www.getMHP.com or call 1-888-783-8844.



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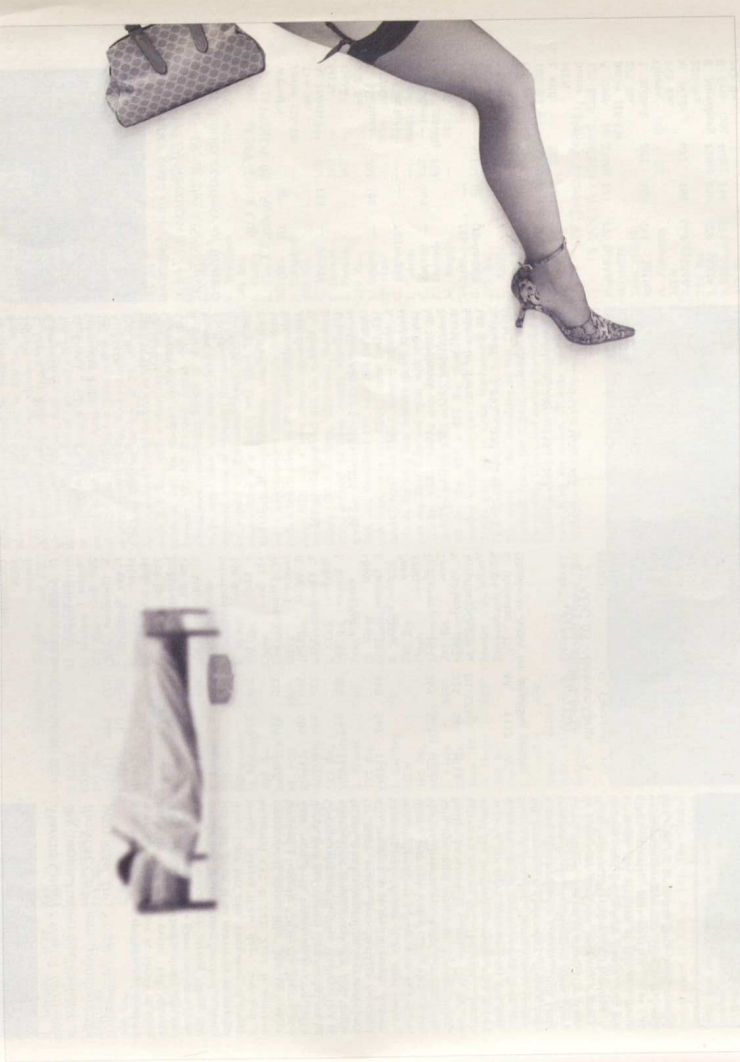
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Tim Bruner got a new American Single Lift DL Record with 746 at 275, 45-49, at the USPF Texas Cup. (photo courtesy of Bruner)

USPF Texas Cup		19 NOV 05 - Austin, TX	
	BP	DL	TOT
WOMEN			
114 lbs.		115	115
A. Harris			
MEN			
380	380	380	1140
C. Martinez			
A. Courtney	749	749	2248
Master (40-49)			
M. Moore	369	369	1107
M. Moore			
275 lbs. (45-49)			
T. Bruner	746	746	2242
WOMEN			
114 lbs.			
A. Harris			
275 lbs. (45-49)			
T. Bruner	746	746	2242
WOMEN			
114 lbs.			
A. Harris			
275 lbs. (45-49)			
T. Bruner	746	746	2242



Marcus Coulter wasn't monkeying around when he BPed 770 at the MACC BP meet. (photographs provided by Sandi McCaslin)

USPF Texas Cup		19 NOV 05 - Austin, TX	
	BP	DL	TOT
WOMEN			
114 lbs.			
A. Harris			
275 lbs. (45-49)			
T. Bruner	746	746	2242
WOMEN			
114 lbs.			
A. Harris			
275 lbs. (45-49)			
T. Bruner	746	746	2242

Marcus Coulter wasn't monkeying around when he BPed 770 at the MACC BP meet. (photographs provided by Sandi McCaslin)

...the spotters and leaders loads for the entire event. 148 Masters lifters, Steve Gees, a strong 300 lb. and spotters Brian Crowe, a 500 lb. Brian is an extremely impressive weight lifter. Zane McCaslin, competing at lower weight classes these days, benched a beautiful 635 on 240. Zane is another competitor to watch. Zane is another competitor to watch. Zane is another competitor to watch.

Zane McCaslin has taken a liking to a lower weight class, benching 635 at 242 at the MACC BP meet.

NASAs Arizona State		04 FEB 06 - Mesa, AZ	
	BP	DL	TOT
BENCH ONLY			
181 lbs.	264	264	528
T. McKee			
181 lbs.	264	264	528
T. McKee			
181 lbs.	264	264	528
T. McKee			

MACC Bench Meet		27 AUG 05 - Beaver Springs, PA	
	BP	DL	TOT
BENCH			
181 lbs.			
G. Campbell			
181 lbs.			
G. Campbell			

Zane McCaslin has taken a liking to a lower weight class, benching 635 at 242 at the MACC BP meet.

Show Me Singles		10 DEC 05 - West Plains, MO	
	BP	DL	TOT
BENCH			
181 lbs.			
J. Girdley			
181 lbs.			
J. Girdley			

16th Winter BP/DL Classic		29 JAN 06 - Granger, IN	
	BP	DL	TOT
BENCH			
181 lbs.			
J. Girdley			
181 lbs.			
J. Girdley			

Marcus Coulter wasn't monkeying around when he BPed 770 at the MACC BP meet. (photographs provided by Sandi McCaslin)

ISS Heavy Metal Open		16 JAN 06 - Kenosha, WI	
	BP	DL	TOT
BENCH			
181 lbs.			
M. Strom			
181 lbs.			
M. Strom			

14 JAN 06 - Hartford, AL		SPF Teenage Power	
	BP	DL	TOT
WOMEN			
114 lbs.			
A. Knowlton			
114 lbs.			
A. Knowlton			

World and/or American Record Breakers at the Show Me Singles meet included (left to right) Rocky Rothenbach, Rodney Wood, Ian Clark, and Stephanie Wood. (photo provided by Rodney Wood)



7 Year Old MADISON WALKER deadlifted 45 at the USPF Sooner State Winter Games (photo provided by Ricky Dale Crain)

USPF Sooner State Winter Games		4 FEB 06 - Shawnee, OK	
	BP	DL	TOT
WOMEN			
44 lbs. (10-14)			
M. Walker			
44 lbs. (10-14)			
M. Walker			

World and/or American Record Breakers at the Show Me Singles meet included (left to right) Rocky Rothenbach, Rodney Wood, Ian Clark, and Stephanie Wood. (photo provided by Rodney Wood)

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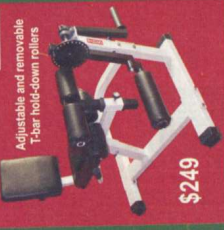


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Adjustable Safety Stands & Uprights
Heavy Duty Spotter Platform

LEG CURL & EXTENSION

#C-8080-W

\$249



Adjustable and removable
Tear hold-down rollers
Rotary range-of-motion adjustment
enables various start positions
Easy pull pin adjustment to switch from
leg extension to leg curl exercises

KETTLE BELLS

SOLID OR ADJUSTABLE



SPECIAL POWER LIFTING BARS



(IM-0260-O) MEGA TRICEP CURL BAR - 86" LONG-\$149
(IM-0250-O) MEGA BOW BAR - 92" LONG-\$199
(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$169

GLUTE & HAM STRING

#C-2626-W

\$279



Specialty Designed Diamond Toe
Plate for Foot Support
Adjustable Horizontal & Vertical Slide
Special Contoured Seat
Front & Rear leg Rests
70" x 28" W x 51" H

GENUINE COWHIDE LEATHER MEDICINE BALLS

4, 6, AND 12 LB.



\$21.95
\$29.95
\$42.95

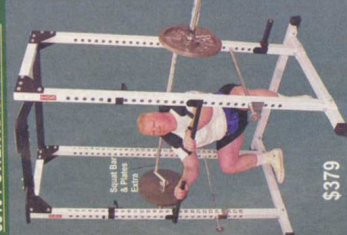
FARMER'S WALK - 2" & 5"

BLACK FINISH WITH CHROME COLLARS



2" : \$119.95
5" : \$219.95

8510 POWER RACK SYSTEM



\$379

1" Dia Solid Chrome Plated Steel Pins
Holes Spaced every 2" for Progressive Lifting
Heavy Duty "J" Hooks
Front Chin up Bars
1000 lb. Load Capacity

MEGA SHRUG BAR

#IM-5063-50



\$199

1000 lb. Capacity
Deep Knurled for Better Grip
1.25" Dia. Steel Bar - Knurled & Chrome Plated
Plates, Stand & Collars are not included

DELUXE ARM BLASTER

\$39.95



Great to do Curls, Reverse Curls
Tricep Press downs and much more...

UNBEATABLE PRICES & QUALITY

SINCE 1974

INZER

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



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

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

- Highest quality suede provides non-slip surface.
- NOT BRAIDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

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