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ON THE COVER --- Ryan "BENCH MONSTER" Kennelly.

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T.J. Hoerner missed twice on his opener and then the Lord told him to go with all time record of 804 on his 3rd attempt at the APF Texas Championships, and he made the lift strongly, weighing only 146! (photograph provided to Powerlifting USA by T.J. Hoerner)

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

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

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We've been lucky enough to know Shannon "Wonder Woman" Hahnel 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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# THREE DAYS OF DESTRUCTION

DECEMBER 4TH, 2004  
"IN THE GYM WORLD THE STRONGEST OF THEM ALL ARE THE POWERLIFTERS AND AMONGST THESE DISCIPLES OF IRON WALK THE GIANTS WHO SET THE MARKS FOR WHICH ALL OTHERS STRIVE TO ACHIEVE. RYAN "BENCHMONSTER" KENNELLY BURST INTO THE RANKS OF THE ELITE AT THE TURN OF THE MILLENNIUM AND HE'S SINCE HOISTED BENCHPRESSES IN EXCESS OF 700 POUNDS NO LESS THAN 35 TIMES IN COMPETITION, SCRIBING HIS NAME INTO THE RECORD BOOKS TIME AND TIME AGAIN.

WHEN I FIRST INTRODUCED THE BENCHMONSTER TO THE DEDICATED READERS OF BODYTALK MAGAZINE, HE HAD BECOME THE PREMIER LIFTER TO BREAK THE 800 POUND BARRIER. AND, LAUNCHING OFF THAT ACCOMPLISHMENT, HE THEN WENT ON TO MEDAL IN THREE CONSECUTIVE ARNOLD CLASSIC WPO BENCHPRESS WORLD CHAMPIONSHIPS. SINCE DESTROYING THE FABLED 800 POUND BARRIER, KENNELLY HAS NEVER SLOWED, LUMBERING EVER ONWARDS, CRUSHING RECORDS BENEATH HIS FEET.

IT WAS THE DEAD OF WINTER WHEN I MADE MY WAY NORTHWARDS TO EASTERN WASHINGTON. THE PLANE CLUCKED AND DIVED THRU THE WHIPPING CROSSWINDS AND WE LOOKED OUT THE CABIN WINDOWS DOWN ONTO THE SNOW BLANKETED FIELDS BELOW, HOPING OUR WHEELS WOULD SAFELY FIND THE GROUND. AS I STEPPED OUT INTO THE CRISP, CLEAN AIR MY BREATH FROZE IN FRONT OF ME AND I WRAPPED MYSELF TIGHTER IN MY LAYERS OF GYM SWEATSHIRTS AND SKULLCAP. OUR CREW'S SPOKANE LIFTERS WERE WAITING FOR ME AND WE PILED INTO THE CAR AND SPED OFF TO WITNESS HISTORY ONCE AGAIN.

AUGUST 3RD, 2002  
"I HAD ONE FINAL ATTEMPT AT THE BENCHPRESS THAT DAY AND THE CROWD KNEW WHAT I WAS GOING FOR. THE LOADERS PILED ON IRON PLATE AFTER IRON PLATE, THE STAGE WAS SET, AND THE ROAR OF THE CROWD BUILT LIKE A TIDAL WAVE CAREENING ONTO THE SHORELINE. I WALKED OUT ONTO THE STAGE, ALMOST IN A TRANCE, MY EYES DILATED AND MY PULSE POUNDING IN MY EARS. I SET UP ON THE BENCH AND LOOKED AT THE BAR ON THE RACK ABOVE ME. THE SPOTTERS HANDED THE WEIGHT OFF TO ME, MY HANDS SQUEEZED THE KNURLING, AND I BEGAN THE DESCENT DOWNWARDS, FEELING THE INSANE LOAD DROPPING TO MY CHEST. THE BAR PAUSED AND I FULLY CAME TO REALIZE JUST HOW HEAVY THIS BURDEN WAS. I COULD NO LONGER HEAR THE CROWD AND THE WORLD AROUND ME SEEMED TO SIMPLY DRIFT. "PRESS!" THE JUDGE COMMANDED AND EVERY FIBER IN MY BODY PUSHED AGAINST THAT WEIGHT. THE BAR CAME OFF MY CHEST LIKE A ROCKET, MY MUSCLES COURSED WITH BURNING FLAMES. MY TRICEPS AND SHOULDERS FIRED ON ALL CYLINDERS, FORCING MY ARMS TO LOOKOUT AND THE LIFT WAS MINE! I HAD JUST BENCHPRESSED 800.5 POUNDS! WHAT WAS FORMERLY THOUGHT OF AS IMPOSSIBLE, HAD JUST BEEN DONE." - KENNELLY, RYAN. THE KENNELLY METHOD. WASHINGTON: MONSTER MUSCLE, 2003.

AS IT ALWAYS DOES ON CONTEST DAY, THE FOLLOWING DAWN CAME WAY TOO EARLY AND SUNLIGHT BEAMING IN THRU THE BORROWED TRAILER'S WINDOW WOKE ME UP. WE STUMBLED INSIDE TO LEVI'S PARENTS' HOUSE TO GET OUR EYES PRIED OPEN WITH THE HELP OF HOT COFFEE AND THEN IT WAS BACK ON THE ROAD TO KENNEWICK WHERE THE AMERICAN POWERLIFTING ASSOCIATION WAS HOSTING ITS ANNUAL WEST COAST OPEN. NERVOUS ENERGY FILLED THE GYM SO, HOPING TO AVOID THE INFECTION WE SHACKED UP IN THE BREAKFAST BUFFET CROSS TOWN AND GOT OUR BENCHER HYDRATED AND BACK UP IN WEIGHT.

AS THE FLIGHTS WENT THRU, THE WEIGHTS ONLY GREW AND WHEN THE OPEN CLASS FINALLY CAME, THE LIGHTEST OF THE ATTEMPTS WAS ALREADY UP TO A QUARTER TON. I WAS BACK IN THE WAITING ROOM GETTING MY LIFTER READY FOR HIS NEXT ATTEMPT WHEN KENNELLY TOOK HIS 831 OPENER BUT I COULD TELL BY THE ROAR OF THE CROWD THAT THE GLADIATOR HAD WON THE FIRST FIGHT AND THAT THE BAR LAID VANQUISHED BACK IN THE RACKS. HE CAME MARCHING INTO THE ROOM, EYES WIDE FROM THE AMMONIA UNDER HIS SWEAT COVERED BROW AND IN HIS GAZE I SAW DETERMINATION TO SUCCEED IN WHAT WAS TO COME NEXT.

"LOAD THE BAR TO 902" CALLED OUT THE SCORE-KEEPER AND THE CREW SET TO FIGURING OUT HOW TO GET ALL THE PLATES ON AND LOCKED IN. SLAYER RIPPED OUT OF THE LOUDSPEAKERS AND OVER THE HOWLS OF THE IRON MAD FANS YOU COULD HEAR THE CHOPS AS HIS HANDLER BROUGHT HIS PALM UPSIDE KENNELLY'S EAR AGAIN AND AGAIN. THRU A CLOUD OF SMELLING SALT FUMES AND CHALK HE CHARGED THE BENCH, UNRACKED THE BAR AND BROUGHT IT DOWN ONLY TO HAVE THE BURDEN FALL TOO LOW AND ROLL ONTO HIS TORSO, TURNING HIS FACE PURPLE WITH THE PRESSURE.

MINUTES LATER THE SCENE WOULD UNFOLD AGAIN. THIS TIME THE BAR CAME DOWN RIGHT BUT, AS IT BLEW OFF HIS CHEST, BLOOD SPURTED FROM HIS NOSE AND UP INTO HIS EYE AND THE BAR DRIFTED TOWARDS THE UPRIGHTS WHERE IT STALLED OUT AND WAS AGAIN TAKEN BY THE SPOTTERS. KENNELLY CAME OFF THE BENCH WITH STEEL IN HIS BLOODSHOT GAZE. CRIMSON SPREAD OUT ACROSS HIS CHEEK AND INTO HIS HAIR AND HIS HANDLERS RUSHED TO WIPE IT AWAY AND GET HIM INTO THE RACK TO PREPARE FOR ONE FINAL ASSAULT. THE THIRD TIME HE LOCKED UP WITH THE WEIGHT IT WAS AS IF HE'D NEVER KNOWN FAILURE BEFORE. DOWN CAME THE BAR TO A STEADY PAUSE ON HIS CHEST. "PRESS!" COMMANDED THE HEAD JUDGE AND IT WENT SHOOTING UP IN A FLASH, LOCKING OUT WITH FIERY FORCE AND PANDEMONIUM BROKE LOOSE ON THE PLATFORM. KENNELLY HAD JUST BENCHED OVER 900 POUNDS AT 308 AND, ONCE AGAIN, THE PERCEPTIONS OF WHAT LIFTERS THOUGHT WAS HUMANELY POSSIBLE WAS FOREVER CHANGED." - KATTERLE, SEAN "CONQUERING THE COMPETITION BENCH." BODYTALK, DEC. 2004 - FEB. 2005





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"ON A SIDE NOTE, RYAN KENNELLY PUT ON A LITTLE SHOW HIMSELF. FOR THOSE OF YOU WHO DON'T KNOW WHO RYAN IS, HE'S ONE SERIOUS MONSTER. HE WANTED ONE OF OUR "THE CAGE" T-SHIRTS AND SET. ROCK TOLD HIM HE HAD TO WIN ONE BY GETTING ON THE BENCH AND DOING 315 FOR 30 REPS. SO WHAT DID HE DO? HE HIT 40 F\*\*KING REPS AT 315. ALL THIS AFTER BENCHING OVER 800. GOTTA GIVE THAT BROTHA PROPS. WHEN IT COMES TO BENCHING, HE'S AN ANIMAL." - ANIMAL PAK, THE CAGE @ THE ARNOLD CLASSIC 2004, PART 2. HTTP://WWW.ANIMALPAK.COM

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IF YOU'D LIKE TO VIEW SOME FREE VIDEO CLIPS OF KENNELLY IN ACTION, YOU CAN LOG ON TO HOUSEOFPAIN.COM AND VIEW TWO CLIPS OF HIM BENCHING IN HIS VIDEO SECTION AND IRONGAME.COM HAS HIS 700 POUND COMPETITION BENCH FROM 2002. HIS 821 AT THE ARNOLD CLASSIC AND TWO ANGLES OF KENNELLY'S 902.5 APA COMPETITION BENCH FROM 2004 AND THEN, AT THE 2005 ARNOLD CLASSIC, KENNELLY'S 824, 848 AND 876 COMPETITION BENCHES AND HIS 605 AND 635 POST CONTEST, RAW, EXHIBITION LIFTS.

FROM THE FALL OF 2004 THRU THE WINTER OF 2004/2005, WE AT HARDCORE POWERLIFTING HAD THE GOOD FORTUNE OF GETTING TO FOLLOW KENNELLY AND DOCUMENT HIS TRAINING PATH TO VICTORY AT THE 2005 ARNOLD CLASSIC. THIS DOCUMENTARY, THE ROAD TO THE ARNOLD, IS PROFESSIONALLY PRODUCED AND ALLOWS YOU TO GO INSIDE THE KENNELLY POWER TEAM AND WITNESS SUCH INTENSE FEATS AS 900+ POUND BOARD PRESSES, HIS 902.5 COMPETITION LIFT, 600+ POUND SHIRTLESS GYM BENCHES, A DROP SET OF 405X20 AND 315X20, HIS WINNING THAT YEAR'S WPO BENCH CHAMPIONSHIPS AND MUCH MORE INCLUDING SOME HISTORICAL FOOTAGE LEADING UP TO HIS FIRST 800 POUND PRESS! THIS MOVIE IS RIVETING FROM START TO FINISH AND YOU'LL WALK AWAY WITH A "REEL FEEL" OF WHAT IT'S LIKE TO BE IN THE GYM ALONGSIDE KENNELLY AND HIS CREW OF BENCHING BERSERKERS. THE ROAD TO THE ARNOLD IS 90 MINUTES OF ADRENALINE FUELED INSPIRATIONAL FIREPOWER AND IT'S AVAILABLE FOR \$29.99 FROM HOUSEOFPAIN.COM, IRONGLADIATORS.COM, BODYBUILDINGUNIVERSE.COM, MESOMORPHOSIS.COM, BODYBUILDING.COM, ATARGENTRITION.COM, CRITICALBENCH.COM AND DSPNUTRITION.COM. POWERLIFTERS IN AUSTRALIA CAN ALSO PURCHASE KENNELLY'S DVD FROM STRENGTHSUPPLIES.COM AND LIFTERS IN GERMANY CAN GET A COPY FROM MARKUSSCHICK.DE. THE FILMING OF THIS HARDCORE BENCHPRESSING DVD WAS MADE POSSIBLE THANKS TO PRESENTING SPONSOR HOUSE OF PAIN IRONWEAR AND THE MARKETING SUPPORT OF POWERLIFTING USA AND BODYTALK MAGAZINES AND I THANK THEM FOR THEIR SUPPORT OF THIS PROJECT AND POWERLIFTING IN GENERAL.

STAY STRONG,  
SEAN KATTERLE  
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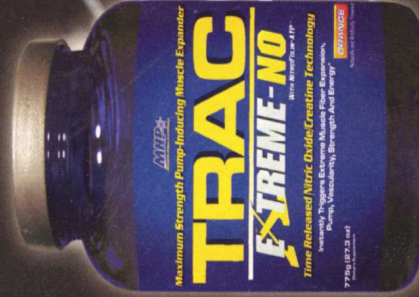
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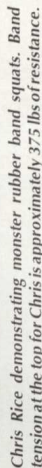
**MORE WITH BANDS**  
as told to Powerlifting USA by Dr. Larry Miller

It has been quite a few years since Louie Simmons introduced "Jump Stretch" bands to the sport (best shoulder machine lever saw) and plenty of Olympic weight along with other amenities

I put pipes up and down two walls so that I could duplicate Dick's rubber band class. My New Year's resolution for 2005 was to get in better cardiovascular condition. For the most part I have faithfully done 2 classes a week. The class is an hour long and similar to Dick's. However, I do less cardio and more resistance exercises. We use handles and bars to mimic just about any exercise which can be accomplished with weights. Even at a triple bodyweight bench at age 51, I can get through the rubber band chest and triceps exercises. The class consists of approximately 20 minutes of



We train a number of high school athletes, resistance exercises.



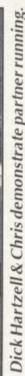
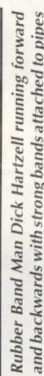
*Chris doing shoot outs ... bands have application to many sports.*



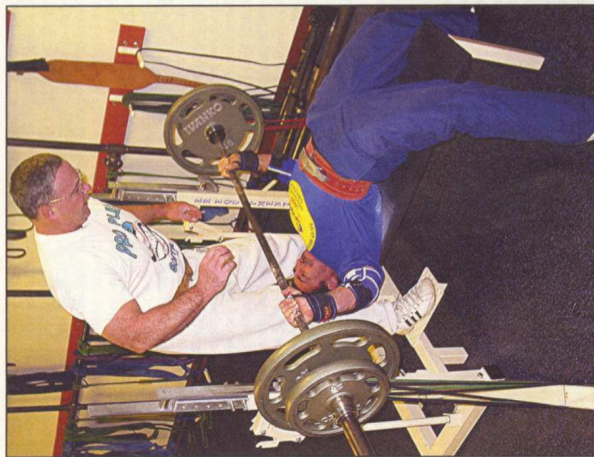
Another great band exercise for developing explosion is the rubber band shoot outs. I never thought this exercise looked like much until actually did a set. You

set the bands on your shoulders as you would for squats except you face out. You start out in a crouch and shoot out onto a chair or stool. If you get bored with doing cardio and don't find pleasure in running around a track, try attaching 3 or 4 average or strong bands. Don't attach them to your car or you'll pull off your bumper. One end attaches to something solid and the other ends are around your waist or you can do partner running. You can run forwards, backwards or side to side. You have to work extra hard to run out a few yards and then have to work to keep the bands

One of our cardio exercises in our class involves rubber band squats. Our high school athletes also do jump squats. These two exercises cause more athletes to throw up than any other. The rubber band jump squats are arguably the best exercise for improving vertical jump. You need a "jump Stretch" platform (bollo to the floor), some average bands, strong bands or monster bands, along with a Velcro strap to hold the bands over your shoulder. The rubber band squats should be done at the rate of 1 per second (ideally). Not only will this tire you out faster than anything else you







Larry Miller practicing band benches with Pat Cannon spotting.

from pulling you back in as you return to your starting position. This will push your heart rate up very quickly. There are numerous other exercises that we do with the bands to help in speed training and explosive starts. We do bear crawls with the bands around the waist and the athletes going on their hands and knees. It is very applicable for wrestlers. We also do run outs where the lifters run in place with the bands stretched at their maximum. Again, resistance running shocks the body unlike anything you have ever tried.

Dick also has attachments including baseballs and bats. The bands are very sport specific depending on the demands of the particular sport.

When someone asks me about the bands, I quote Dick and comment, "In my humble opinion I believe that the bands are the best tool available for improving flexibility, endurance, strength and speed."

Thanks to the help of Steve Spinelli, Pat Canon, Eric Curry and my brother David we came up with the following numbers for resistance with the bands. The numbers reflect the usage of mini and monster mini bands folded in half under an ER Rack. Numbers will vary based on where the bands are attached in relationship to the lifter and the thickness of what they are attached to (ER rack supports are about 2 1/2 inches).

DISTANCE FROM THE FLOOR	2 MINI	2 MONSTER MINI	2 MINI & 2 MONSTER
28.5 in.	43	70.5	113.5
34 in.	57.5	94.5	152
39 in.	71.8	112.5	184.3

Dick's numbers were slightly different. His numbers are as follows:

INCHES FROM FLOOR	2 MINI	2 MONSTER MINI	2 MINI & 2 MONSTER
28	40	50	90
29	44	55	99
30	48	60	108
31	52	66	118
32	56	72	128
33	60	78	138
34	64	84	148
35	68	90	158
36	72	96	168
37	76	102	178
38	80	108	188
39	84	114	198
40	88	120	208
41	92	126	218
42	96	132	228

Basically what this translates to (according to our figures) is if we fold a monster mini and mini in half and place it under the ER rack as shown in the picture, with a weight of 225 lbs on the bar, at chest level the weight and band resistance is 225 + 70.5 + 43 = 338.5 and at lock out it is 225 + 112.5 + 71.8 = 409.3 lbs. I can't tell you why, but when I do this weight and resistance it does feel quite a bit heavier, but it gives

you an idea of the value of the bands. From chest to lock out, you have added almost 71 lbs.

If you are interested in more information regarding using the bands as outlined in this article or if you are interested in purchasing platforms, Velcro straps and bands, give us a call at "Athletic Edge" 1-330-405-3343. Speak with Pat Wilson or Jen.



Author Larry Miller doing chest presses ... one of the many exercise variations possible with bands.

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Dennis Cieri  
—501 RAW opening lift  
at the 2006 IPF World's!

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# WORKOUT OF THE MONTH

## PAUL DICKS BP WORKOUT as told to Powerlifting USA by Ronnie Keyes

Paul's training cycle was devised by Joe Walden, Elite at 198 with a 473 bench, and Ronnie Keyes, also Elite at 198 with a 475 bench. During the off cycle Paul maintains himself in good shape with the ability to bench 500 at any time. Paul uses heavy weights on his assistance work which include incline press, decline press, lat pulldown to front and back, tricep pushdown, and bicep curls during the off cycle and maintenance type weights during the actual cycle.

and the actual press phase, isolating the triceps. We also use the type grip on the tricep pushdown. Paul has performed five reps with 455 in this manner. Everyone must remember that Paul is a bench press specialist placing very little emphasis on the other two lifts even though he has squatted 500 lbs. in high bar fashion.

Paul's cycle consist of five weeks of touch and go type benching with all other rules enforced including the week of the meet which is set aside for openers and rest. Here is the exact cycle that produced a new American and unofficial World Record by 36 lbs and makes Paul, in our opinion at the Elite Gym, the Number One Bench Presser in the World.

**Week 1** - Tuesday: 505x2  
475x5, 455x7  
**Week 2** - Tuesday: 515x2  
485x5, 465x7  
**Week 3** - Tuesday: 545x2  
515x4, 495x6  
**Week 4** - Tuesday: 565x2,  
525x4, 505x5

In summary: Paul uses the same warm up sequence for all workouts as you find in the last workout. He takes 90 lb. jumps between warm up sets unless advised otherwise.

535x4, 515x5, Friday: 575x2,  
545x4, 525x5

**Week 5** - Tuesday: 580x2,  
555x4, 535x5, Friday: 595x2,  
565x3, 545x5

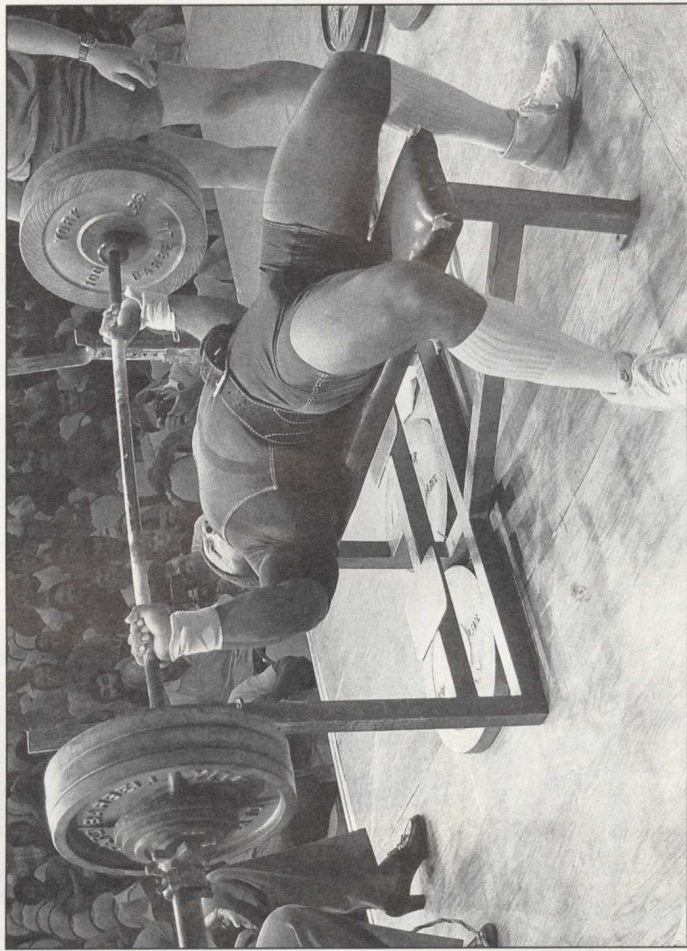
The previous weeks have been done in touch and go style. Now pauses begin with four weeks left until the competition.

**Week 6** - Tuesday: 550x2,  
520x4, 500x5, Friday: 560x2,  
530x4, 510x5

**Week 7** - Tuesday: 570x2,  
540x4, 520x5, Friday: 580x2,  
550x3, 530x5

**Week 8** - Tuesday: 590x1,  
560x2, 540x3, Friday: 600x1,  
570x2, 550x3

**Week 9** (meet week) - Monday:  
135x10, 225x8, 315x5, 405x3,  
495x2, 550x1, 450x3, 405x5,  
Saturday: 135x10, 225x8,  
315x5, 405x3, 455x1, 510x1,  
Opener: 551.2nd: 601, 3rd:  
612.2



**Paul Dicks** burst on the scene like a massively muscular rocket, putting 102 lbs. on his bench press in the mere span of one year, unofficially breaking the existing IPF world record of Mike MacDonald in the 220 lb. class by a stunning 36 lbs. when he made 612.2 in a Georgia meet, immediately earning himself an invitation to the Hawaii World Record Breakers meet back in 1985. After an injury, he departed the sport even more abruptly, but he left one profound, lasting mark in the area of training. Many of the sport's top lifters back then tried and then adopted his technique on close grip presses (described in the workout above, published in March 1985). It was a movement that many years afterwards (Lambert photograph) as the "Dicks Press", and one which has built a lot of triceps power and saved a lot of elbows from many years afterwards. (Lambert photograph)

## MORE FROM MAURO DI PASQUALE MD

### Amino Acids For Musculoskeletal Health

Amino acids contribute to musculoskeletal health and repair in many ways. For example, **proline** and **glycine** are essential for collagen production. Proline is the precursor to hydroxyproline, an essential ingredient in collagen production and thus in joint and tendon health and repair.

**Methionine** is a sulfur bearing amino acid and is necessary for cartilage formation. It has been shown to stabilize joint cartilage and protect joint tissue from damage, and also has shown to be useful in the treatment of rheumatoid arthritis.

**Arginine** aids in the release of growth hormone, a powerful hormone that aids in collagen tissue repair. As well, arginine increases nitric oxide formation, which causes vasodilation and improves circulation promoting the healing of damaged tissues and wounds. It has also been shown to act as a mild analgesic and relieve pain. A report in *The Lancet* (Vol. 352, July 25, 1998) suggests that it may help promote healthy tendons and help promote soft tissue repair.

**Taurine**, a sulfur-containing amino acid and the second most abundant amino acid, and the most abundant free amino acid, found in skeletal muscle tissue.

On a preventative level, taurine administration has been shown to increase taurine concentrations in skeletal muscles, reduce the decrease in taurine concentration in skeletal muscles on exercise, and up-regulates physical endurance.<sup>3</sup>

The branched chain amino acids, **leucine**, **isoleucine** and

**valine**, have been shown to reduce muscle damage associated with prolonged exercise. They're also invaluable in increasing protein synthesis for recovery and repair.<sup>4</sup>

**Histidine** may also play a role in joint health by decreasing inflammation and perhaps in other ways. It's thought that people suffering from arthritis benefit from supplemental histidine because of the effects it may have in reducing inflammation associated with joint disease and other musculoskeletal disorders.

Joint Support contains all of the above amino acids, both as part of the **BioCell Collagen II** that's in Joint Support, and in some cases also added individually, as well as several dozen other ingredients to help you to prevent musculoskeletal problems and to deal with muscle aches, pains and injuries.

### MD Joint Support

**Joint Support** is formulated to support muscle, cartilage and joint function in many ways. First of all by maintaining tissue integrity it helps prevent musculoskeletal problems. Secondly it provides the mechanisms and stimulus for repair of injured or damaged musculoskeletal tissue, whatever the cause. It also offers relief for aches and pains.

By providing several dozen ingredients that work along synergistic pathways to decrease inflammation and promote the body's natural synthesis and maintenance of joints, ligaments, muscles and tendons, it protects, prevents and helps in the repair of

musculoskeletal injuries and inflammation, regardless of the cause.

Joint Support is used by thousands of bodybuilders and other athletes, both amateur and professional, to help them get the most out of their training. It's also used by countless health professionals as an aid to both prevent and treat injuries.

For more information on Joint Support, and my complete line of nutritional supplements go to: <http://www.mdplustore.com/listCategory.asp?dParentCategory=40>.

### REFERENCES

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<sup>3</sup> YATABE, Y., MIYAKAWA, S., MIYAZAKI, T., MATSUZAKI, Y., OCHI, N. EFFECTS OF TAURINE ADMINISTRATION IN RAT SKELETAL MUSCLES ON EXERCISE. J ORTHOP SCI. 2003;8(3):415-9.

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the 132s at the IPF Junior World Championships. Special Olympians who received trophies included Michael Gaal, Kyle Miller, and Craig Maurer.

The Twin City Club was founded in 1927 by Lou Colletta, and is believed to be one of the oldest existing clubs in the United States. In 1947, the AAU Sr. Middle Atlantic Championships were held in Easton, PA, and that was the meet where York Barbell's Stan Stanczyk set three new world olympic lifting records in the 165 lb. class, a 277 lb. snatch, 352 lb. clean & jerk, and an 879 lb. total. Over the years, Twin City merged into powerlifting, but it still retains as members bodybuilders, Celtic

Gaines competitors, and an olympic lifter, among the 51 current members, who range from 13 to 58 years of age. Nick Theodorou, who along with Brother Bennett and George Hummel started the ADAPA in

1981, is the head coach. (information and photo were provided by Don Kuhns, ADAPA Vice President for Publicity)



**Phillip Brewer**, seen shaking hands with bodybuilding legend and pretty dog gone good powerlifter! **Ronnie Coleman**, made a big move up the Middleweight Bench Press ranks last year, earning spot #33 on the TOP 100 with a 440 bench press. (this photograph was provided by Phil Brewer)





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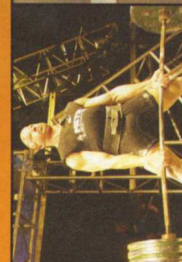
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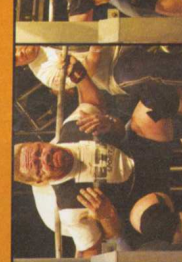
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Marc Barclay - 4562 lb total



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Trevin Nash - 2414 lb total



Donnie Thompson - 2604 lb total

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# DR. JUDD

## OLDER WOMEN-YOUNGER MEN ... A Male's Point of View as told by Judd Biasiotto Ph.D.

**Personals:** SWF40 years of age seeks a t t r a c t i v e , intelligent, well built SM 25 to 30 years of age for sincere, loving relationship.

In case you haven't tuned into Oprah, Phil, or Geraldo lately the "in" social topic is: older women dating younger men. It's not a trend yet, but it's so to say that a number of middle-aged women are exploring the male youth market as an alternative to the traditional pattern of dating older men. Their primary theme is what's good for the goose is good for the gander. In other words, if older men can date younger women, why can't older women date younger men? Whether you like the idea or not, it makes a lot of sense. In fact, from a neuro-physiological standpoint it is more logical for an older woman to date a younger man than it is for an older man to date a younger woman. Forget the old rules. Let me tell you why.

### Women Get Better With Age - Men Don't

From a strictly biological standpoint older women are much more suitable for dating a younger mate than is an older man. For instance, according to studies conducted by Johnson and Masters the average male reaches his sexual peak by the age of 23. If a guy hasn't set a world record in the sack by then it is unlikely that he ever will. Women on the other hand are just starting to warm-up at that time. Their sexual peak ranges from 33 to 35 depending on what study you read. No less significant is the fact that longevity studies indicate that women outlive men by more than eight years. And here's the real kicker. When women who were forty years of age or older were compared to men of the same age it was discovered that women, in general, exhibited better health and fitness than their male counterparts. At the age of forty most men look like a hunk of bean dip. Not only that,

greater self-esteem and self-confidence, which lead to greater desirability. Certainly, a woman can get much better with age. Not only does an older woman who trains physically have the advantage of a youthful, vibrant and desirable figure, but she has much more to offer...

### Older Women Have More Experience

Psychologists, sociologists and anthropologists have told us for years that to a large extent we are a product of our experiences. In fact, most researchers in these fields believe a linear relationship exists between an individual's experiences and his or her intrinsic growth. Generally speaking, the more experiences an individual has, the more intelligent, compassionate, mature, sincere and loving he/she becomes. It goes without saying that such qualities are the most essential part of a human being. Dr. Leo Buscaglia, in his award-winning book "Living, Loving and Learning," says: "The body is only a vehicle. It's a magnificent vehicle because it carries what is essential but, itself, is not essential...What is essential is the mind and the experiences that are locked within it."

The longer you live, the more experiences you'll have. Consequently, older women have more experiences than younger women. Makes sense, right? Assuming that the quality of experiences is similar between younger and older women, then older women have an advantage over younger women because of the quantity of their experiences. Because experience enhances intrinsic qualities, older women should be more intelligent, compassionate, sincere and loving.

Also, one must consider the sexual experiences of an older woman. That doesn't necessarily mean the quantity of experiences, but more importantly, the impact of those experiences. Often, older



JUDD BIASIOTTO Ph.D.

women are without sexual hang-ups. This is especially true of older women who work out. They are often very comfortable, even proud, of their bodies.

Glen, a research engineer, says: "Although I normally date younger women, one of the greatest relationships I've ever had was with a woman almost 15 years my senior. I was 25 when I dated her. She had already been bodybuilding for years and had the body of a centerfold. Not only was she sexually aware, but she handled herself with poise and confidence at all times. I was crazy about her."

For many men, this aura surrounding older women is captivating and is intensified by the power of well-developed physique. If the body is only a vehicle for experiences, as Buscaglia feels, then it certainly helps to ride around in style.

### Older Women Have Greater Career Maturity & Security

Money isn't everything in life, but it certainly beats the alternative. I believe that's a quote from Robin Givens. With that in mind, here's older women - they have their own money and are willing to spend it... isn't that great news. On the average, female college graduates over the age of 40 make \$10,000 more than women under 30 with the same education. Better yet, most older women believe in the concept of partnership. In other words, they believe in sharing all aspects of the relationship equally - including the financial aspects. It might be noted that younger women refer to this as BRAIN DAMAGE!

If power and status are aphrodisiacs, then many older women pack a bigger wallop than a truckload of oysters. Women are gaining an unprecedented prominence in our society. They occupy powerful governmental and corporate positions. Women serve in the House of Representatives and the Senate. Justice Sandra Day O'Connor served as our first female judge on the Supreme Court, Texas Governor Ann Richards is a widely respected and spirited politician, and a significant percentage of the NASA astronaut corps is comprised of some of the finest female scientists in the land. None of these women is below the age of 35. And don't forget Minnie Mouse. She's 94 years old and still the finest thing at Disney World.

This all lends evidence to the fact that a relationship with an older woman can be less of an hindrance and more of an enjoyment. She is normally more established in her career path and secure with herself. An older woman can be viewed as confident and capable. These attractive

"... a relationship with an older woman can be less of a hindrance and more of an enjoyment..."

attributes allow both parties to focus on the things that are really important in a relationship rather than let trivial matters get in the way.

Considering everything, it seems only logical that younger men would prefer to date older women. Apparently, though, men are illogical - a cheap trick used to avoid thinking. Numerous studies designed to investigate the social dynamics of courtship and marriage have revealed that, in general, both older and younger men prefer younger women. Interestingly, these same studies indicate that older and younger women prefer older mates and men prefer younger ones? That's simple -

social conditioning.

Generally speaking, men have been conditioned to believe that a woman's physical beauty is more important than her intrinsic qualities. Unlike Buscaglia, some men believe that the vehicle and/or body is essential, not the brain. Some men may admire an older woman's intrinsic qualities but, as numerous diverse studies have revealed, most men will avoid engaging in social or romantic relationships with them. They prefer to rob the cradle.

During the last few weeks I have interviewed a number of males of different ages about dating older women. Although this was not a scientific survey or a representative sample of male opinion, the responses were revealing. The following comments seem to summarize how most respondents felt:

1. "I would probably date an older woman if she looked attractive, but I doubt that I'd marry her."
2. "Some older women are something else, but they are only going to get older."
3. "Exercise and cosmetic surgery can do wonders but not older men. Why do women prefer older mates and men prefer younger ones? That's simple -

Well, you probably get the idea by now. As you might guess women in general have been socialized to look at a man's intrinsic qualities rather than his physical beauty. And yes, there is a substantial amount of research which supports that view. Not surprisingly, the response I get from the women I talked to about dating younger men also supports that view. The following are samples of the most typical responses:

1. "I'd probably date a younger man if he had the intelligence to deal with me, but, generally speaking, younger men don't."
2. "I'd rather date older men. They're more intelligent, honest, caring and loving."
3. "I don't want to raise a baby. I want someone with comparable experience."

Note that, unlike the males, just about every female we interviewed stressed the importance of inner qualities. Physical attractiveness, although mentioned a number of times, was not as important to women as it was to men. Of course, all of this is generalization, and in everyday life exceptions occur in different circumstances. Nor does the aforementioned research indicate that today's trends in dating will remain constant. Because men are so physique conscious, the inclination toward older women in better shape may alter current

trends. The fact of the matter is that we could use a few good changes. Let's face it, something is dramatically wrong with the love game in America. The divorce rate is approaching 60%, the abortion rate is epidemic, and genital herpes is as common place as the head cold. Heck, even the computers used by dating services have viruses these days. It's scary.

Say! Have I quoted Dr. Ruth yet? No article on human relationships worth its weight in pulp would be complete without a quote from Dr. Ruth. Let's see. Here's a good one. When Dr. Ruth was asked how old she was she said "In some ways I am not even born yet. And in other ways I'm an adolescent and I'm struggling, and I'm rebelling, and I'm really raising hell. And in other ways, I'm a sage. I'm 190 years old. So how can you ask me? What do you have to do with my age? You're never too old for anything, because age is in your head, nowhere else." Now, I know what you're thinking. Dr. Ruth didn't say that. I know she didn't, but she wished she had. The point is that chronological age should be far less important than what the individual has gained from those years. So if you're an older woman and you're thinking about a younger man - go for it! After all, it makes sense. And let's face it, the world of romance can use all the help it can get.

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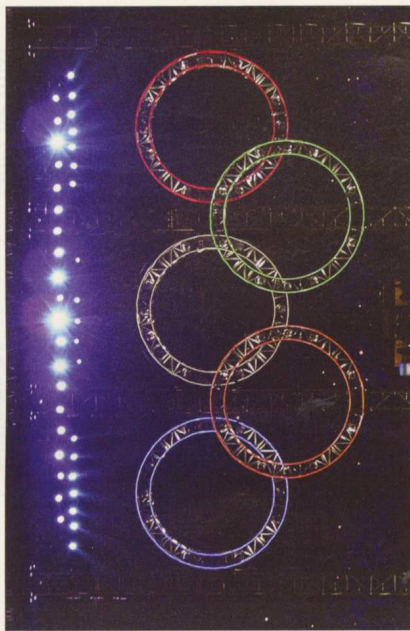
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## TALES FROM THE OLYMPIC VILLAGE as told to Powerlifting USA by Saul Shocket



The Olympic Rings at the Opening Ceremonies in Torino ... will PL ever be a part of this?

From the moment I arrived in Torino and checked in at one of the many Olympic computer stations, I was treated with respect & enthusiasm. I quickly arranged for the 2 hour drive through indescribably beautiful mountains, to my dorm in Sestriere. There were actually 3 Olympic Villages: Torino, Sestriere, and Bardonecchia. My job here was to meet the Brazilian Bobsledders and observe their push offs. After determining their strengths and weaknesses, I would design individual strength programs, test each athlete several months after the Olympics were over, then progressively cycle each program with the intent of bringing a competitive team to Vancouver in 2010.

Upon arrival at the Village, I was met by Brazilian Olympic Ice Sports Federation President, Eric Maleson, and his beautiful wife Lisa. You can imagine how the Brazilian Olympic Committee Members reacted to Eric Maleson when he first approached them with his idea of starting an ice federation. To put it mildly, they had little respect for his dream. Brazil has produced some amazing teams and athletes in the summer sports, but bobsled, luge, skeleton, figure skating, speed skating, and ice hockey in this tropical country? Eric's good friend, Prince Albert of Monaco, himself a bobsled aficionado, stepped in to convince the Brazilian Officials that Eric was for real and that they should take him seriously. That was the beginning.

There is another whole story here ... how Eric and Lisa met in Sestriere. Ma, Eric had won just enough in a Brazilian Lottery, to get him to the USA. As fate would have it, Eric took the wrong bus, landing in the small picturesque fishing village of Sestriere, Ma, where he met Lisa. They fell in love, and Eric shared his dream of forming a Brazilian Olympic Bobsled Team for the Salt Lake City Winter Games in 2002. The plan was if they were able to accomplish this quest, they would marry at the Games. Eric was the original bobsled pilot, and the team did qualify and compete in their first Olympics. True to their word, Eric and Lisa married in between bobsled runs with the rest of the world watching. There is actually a movie

Other than possibly some remote mountain areas to the south, Brazil has no snow or ice, so elite track & field athletes are recruited for bobsled.

living arrangements, I began to meet members of the Brazilian Bobsled Team. Our team had been turning in some decent times on the Olympic Track, but 2 weeks before actual Olympic Competition, the team was confronted with a very disappointing & problematic situation. I was informed of this situation 1 week before I left for Torino. A member of the team tested positive for the steroid, Nandrolone, at an out-of-competition test in Brazil. The results were revealed in Torino, just several weeks prior to competition. The bobsled event is based so much on teamwork and timing that a last minute substitution is a devastating setback.

Once I was squared away with my new living arrangements, I began to meet members of the Brazilian Bobsled Team. Our team had been turning in some decent times on the Olympic Track, but 2 weeks before actual Olympic Competition, the team was confronted with a very disappointing & problematic situation. I was informed of this situation 1 week before I left for Torino. A member of the team tested positive for the steroid, Nandrolone, at an out-of-competition test in Brazil. The results were revealed in Torino, just several weeks prior to competition. The bobsled event is based so much on teamwork and timing that a last minute substitution is a devastating setback.

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Fortunately, we carried a reserve athlete, Claudinei, who was a silver medalist 4x100 sprinter in the 2000 Summer Games. Even as accomplished an athlete as Claudinei would have much to overcome in this situation.

I was continually amazed at how sought-out the Brazilian athletes were. Each time I left our dorm wearing my team clothes, I would be besieged by athletes and fans alike asking for autographs, whatever. I believe people were attracted to the Brazilian's endearing, fun loving nature and their underdog status. Also, Brazil was the only tropical country to qualify in the 2006 Olympic Bobsled event.

Although Brazil's sledgers are elite athletes in other sports, they were somehow able to succeed in these sports without much background in weight training. That's where I come in.

It was obvious to me, that the rest of the world did take weight training seriously. This was immediately evidenced by the kind of dense muscle these guys were packing. Most looked like NFL running backs - big, strong, and explosive. Watching these athletes compete was necessary for me to begin designing effective resistance training programs for the Brazilian sledgers.

While the Olympic Experience was exciting, I did manage to get in several workouts at the Olympic Gym in our village. While there, I was able to visualize some weight-training concepts that I believe would enhance both team timing and explosiveness which in some cases will be trained cooperatively, just as the sleds are pushed cooperatively. Other than some obvious need for sport specificity, I do believe training for sport should be rather basic, with emphasis on efficiently applied leverages in some very standard lifts, aerobic/anaerobic exercise as appropriate to the sport, and leave the rest to the sport's coaches. In other words, get bigger (as the sport dictates), stronger, more explosive, and take that basic power and strength to the sport where the coaches put it to motion.

We made every effort to emphasize the

team concept in order to unite the group, which was especially necessary as we were now including a new member. This included regular team meetings and eating our meals together. Speaking of Olympic village meals ... there were a number of Olympic cafeterias. Food was extremely plentiful, and there were representative dishes from many countries of the world. Additionally, the cafeteria was open 24/7. If you were looking to gain bodyweight, this was an ideal situation.

Brazil did their best, but several crashes in the finals took us out of contention for the Olympics. I was proud of our guys, as they came back from the first crash (on an extremely curved ice track, down a mountain at 90 mph), which took courage. They did quite well on their second run. The following day, however, they crashed on their first run and were unable to continue. The sled must cross the finish line to continue toward the next round and unfortunately this was a more serious crash, preventing the sled from finishing. Fortunately, there was only 1 injury and not a serious one. All it takes is a blink of an eye and a lapse of focus ... crash! People occasionally die in those crashes. In fact, Eric once told me he trained himself not to blink during the 50+ seconds it takes to fly down the mountain track.

That final crash ended our competitive Olympics, but we still had some interesting experiences in store. Eric, Lisa, and I gave away our dosing ceremony passes, which were understandably sought after. We did this in order to meet with the president of the International Ice Hockey Federation. We met in Torino (at the IHF Mansion) and were truly wined and dined! Our location was directly next to both the ice rink where the Gold Medal hockey game was being played, and the stadium where the closing ceremonies were being held. We were able to secure the IHF's acceptance of Brazil's future Ice Hockey Federation. In fact, as previously mentioned, plans have already been made to build the first professional ice arena in Brazil. Youth hockey programs will have to be designed from scratch, and an educated hockey fan base will have to be developed in this tropical country etc. ... lots of work, but Eric and Lisa welcome this newest challenge.

As we left the Hockey mansion, the closing ceremonies were just concluding, and the fireworks were truly amazing. The city seemed to pause and view the excitement, erupting in multi-colored bursts.

The Italians were excellent hosts ... friendly, enthusiastic, and proud. As the signs located everywhere proudly proclaimed: "Passion Lives Here!"

Afterthought: As I watched the Olympic Events and observed the excellence of the venues, the excitement and intensity which surrounded the competition, and the overall respect afforded athletes from all around the world, I couldn't help but visualize Powerlifting as an Olympic Sport. In my mind's eye, I saw a lifter pulling his last DL for a gold medal in front of thousands of screaming fans in attendance and millions more around the world...



Saul Shocket at a Torino security checkpoint.

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

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

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (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 electrochemical nature of muscular contraction, it is important to understand the series of discrete events that lead 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 occurs.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated. To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two goals: training and supplementation.

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

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

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

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

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

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

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

Consumption of acetylcholine precursors and necessary conversion agents improves muscle fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcolemmal or sarcomeric. Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and enzymatic agents that increase the enzymatic half-life once acetylcholine is produced internally.

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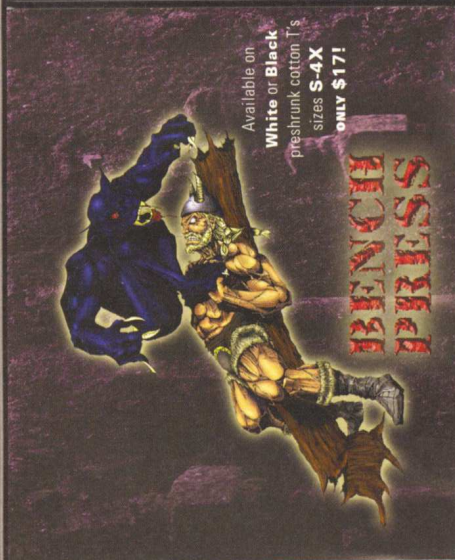
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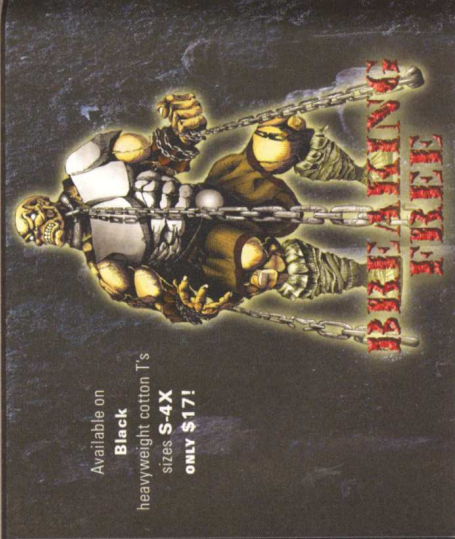
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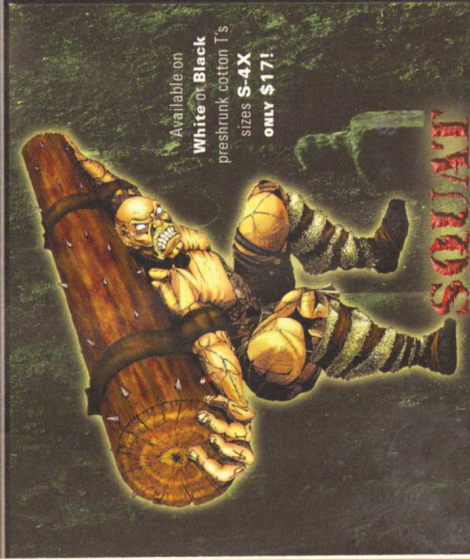


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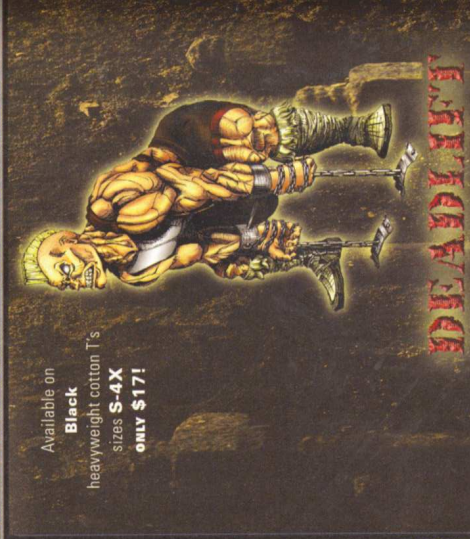


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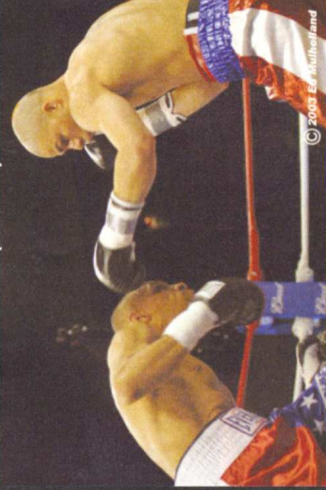
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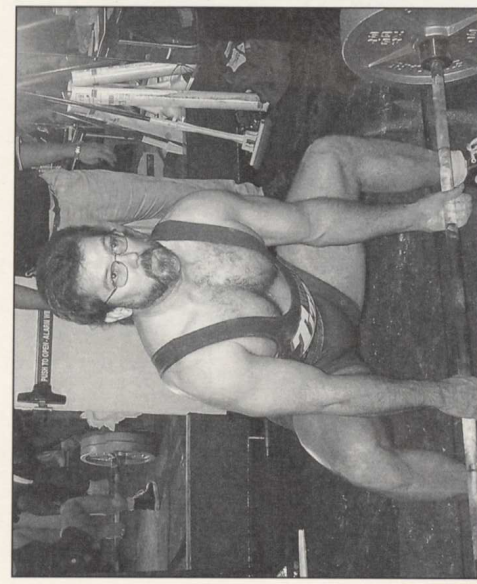
	48	35	25	15	10	5	DI	TO
	BP	BP	BP	BP	BP	BP		
A. Abuzzio	315	320	300	250	200	150	400	1100
S. Smith	305	325	305	275	245	205	475	1035
C. Smith	305	325	305	275	245	205	475	1035
P. Fishly	325	325	315	285	240	210	420	1020
F. Fisher	315	325	245	205	165	125	445	1005
D. Wolford	185	140	245	245	245	245	570	1000
C. Ferrelli	135	155	235	235	235	235	515	—
D. Wilson	—	—	—	—	—	—	—	—
65 lbs.								
A. Trickett	315	250	550	1115	—	—	—	—
L. Bruff	365	265	475	545	1085	—	—	—
A. Wicker	280	270	415	415	965	—	—	—
A. Green	195	140	300	635	—	—	—	—
C. Perez	—	—	—	—	—	—	—	—
D. Parrish	455	300	500	500	1255	—	—	—
S. Morrow	350	270	505	515	1125	—	—	—
E. Barth	330	270	455	1115	—	—	—	—
A. Franklin	335	270	455	1085	—	—	—	—
D. Nelson	320	265	475	1035	—	—	—	—
C. Wilson	300	250	405	955	—	—	—	—
M. Wilson	300	250	405	955	—	—	—	—
M. Morrow	215	245	340	910	—	—	—	—
B. Patrick	225	145	300	670	—	—	—	—
98 lbs.								
C. Webber	465	300	525	1290	—	—	—	—
S. Lindsey	405	280	425	1140	—	—	—	—
A. Ellison	400	250	425	1075	—	—	—	—
A. Harmon	330	250	455	1035	—	—	—	—
P. Peachey	330	260	410	1000	—	—	—	—
T. Thayer	300	300	375	965	—	—	—	—
C. Smith	250	240	410	—	—	—	—	—

**The Officials** who were presiding over the 100% Raw World Championships. (Greg Stott photographs)

C. Houtdryd	400	310	485	1175	D. Wofford	185	140	245	570	181 lbs.	G. Marrow	330	270	505	1125	R. Brath	390	270	455	1115
C. Cole	490	310	475	1185	106.35	195	140	300	635	198 lbs.	C. Carlson	415	250	485	1155	R. Huey	405	280	455	1145
E. Jones	420	330	315	10675	(30-34)	165	195	300	635	198 lbs.	C. Carlson	330	250	485	1155	C. Whitted	250	240	410	900
E. Jones	420	330	315	10675	(30-34)	165	195	300	635	198 lbs.	C. Carlson	330	250	485	1155	C. Whitted	250	240	410	900
C. Miller	520	365	580	1545	(16-17)	225	145	300	670	220 lbs.	C. Houtdryd	400	300	485	1185	L. Corbin	520	365	580	1465
C. Corbin	520	365	580	1545	(16-17)	225	145	300	670	220 lbs.	C. Houtdryd	400	300	485	1185	L. Corbin	520	365	580	1465
R. Beckly	520	365	580	1545	(16-17)	225	145	300	670	220 lbs.	C. Houtdryd	400	300	485	1185	R. Beckly	520	365	580	1465
E. Jones	465	320	500	1285	(45-49)	195	170	220	580	242 lbs.	C. Houtdryd	400	300	485	1185	R. Beckly	520	365	580	1465
E. Jones	465	320	500	1285	(45-49)	195	170	220	580	242 lbs.	C. Houtdryd	400	300	485	1185	R. Beckly	520	365	580	1465
E. Jones	385	265	425	1075	Polk	165	120	205	490	308 lbs.	C. Houtdryd	400	300	485	1185	R. Beckly	520	365	580	1465
E. Jones	385	265	425	1075	Polk	165	120	205	490	308 lbs.	C. Houtdryd	400	300	485	1185	R. Beckly	520	365	580	1465
E. Jones	385	265	425	1075	Polk	165	120	205	490	308 lbs.	C. Houtdryd	400	300	485	1185	R. Beckly	520	365	580	1465
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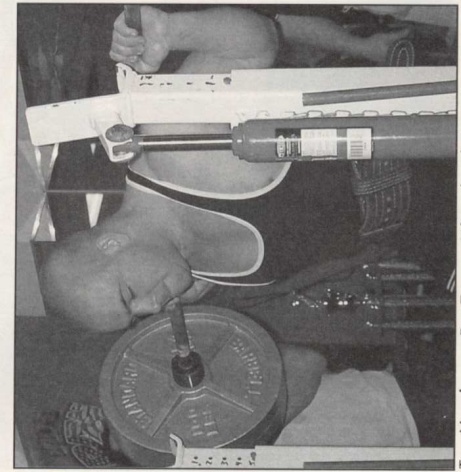


**Big Nick Minetti** got an 800 squat and totaled 2100 as a Superheavy



**Doug Parrish** out of Greenville, North Carolina was winner of the Submaster 181's

few years we always seemed to find a few lifters test positive for banned substances but I think the word has spread that we test for everything now. I'm not saying I wanted to say big thank you to Ed Brooks, and spotters. The judges were Ed Brooks, William Hawkins, Denise Kiefer, Dave Williamson, Madison Keating, James Lopez, and the spotters were Keith Greaves, Ed Brooks, and Ed Brooks. I met Ray Berry, Gene Berry, Ronnie Briggs, Daniel Briggs. Thank you to our wonderful platform managers Charlie Bartley and Jeremy Wright for their 1st class job and thank you to the wonderful table help of Savannah LaRocca, Dianne Ferry, Cheri Grant and Shawn Lytle. I would like to thank Gary Couch for his expertise as an EMT in helping with 2 of our lifters who were injured. I would like to thank the judges. Gary made a very good split that helped relieve any further injury or pain. I feel confident that we might have a front cover powerful USA magazine writer Nick's



*Irey Manning was Best Teenage Lifter ... here he is starting a 600 SQ*



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**Paul Bossi - 252-336-4188**  
**Pres@RawPowerlifting.com**



## INTERVIEW

### NICK MINNETTI 100% RAW WORLD RECORD SET 2/11/06 2100 LB RAW TOTAL interviewed by Greg Stott

**GS:** Nick Minnetti, you are the 100% RAW World Powerlifting Champion. Age: 36; Height: 6'2"; Weight: 345 lb.; Weight Class: SHW; Federations You Belong To: AAU, USAPL & 100% RAW. First off, congratulations on your new 100% RAW World Record Total.

**NM:** Thanks, Greg. For readers who may be learning about you for the first time, fill everyone in on how long you've been lifting as well as what got you started in Powerlifting?

**NM:** I've been powerlifting for 22 years, almost continuously. I started out in High School. My school had a great powerlifting team, coached by Bruce Sullivan. I always loved moving the iron. I wasn't exactly a genetically gifted athlete, but Coach Sullivan helped me develop a solid foundation.

**GS:** What were your friends & family's reaction to your huge squat and total?

**NM:** My family was happy to hear I did well, but they didn't really follow the sport. They were impressed with all the attention I've been getting for it. My lifting friends were all great in their support. The guys at the gym I work out at, The Weight Room, let my ego swell up... well, they did for a little while, anyway. My son got a kick out of the belt. 100% RAW gave away for Best Total at the Worlds.


**GS:** In your last TEAM iXL interview, February of 2006, you mentioned how the squat is your favorite lift, please take a minute and share with us why?

**NM:** I love the squat because I've worked hard to be good at it. The squat is hard to train. Training deep with huge volume workouts takes a lot out of you; it's tough to get excited and keep up the intensity. I think the squat is even more challenging when it's trained exclusively raw. I pride myself in squatting deep, and I think it is the lift that best reveals a lifter's work ethic. A good squatter is a dedicated powerlifter, in my opinion.

**GS:** What have you added or dropped from your training routine that, looking back, helped you hit the big numbers in all three lifts on February 11<sup>th</sup> in Raleigh?

**NM:** My training cycle planning is very explicit. I actually map out three or four cycles at a time - four months or more in advance. Reps, sets, weights. I map these all out all the way to openers. The tools I use to train don't change that much, but this cycle

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I really had the ratio of volume to intensity worked out really well.

**GS:** How long is your training cycle to prepare for a competition?

**NM:** My cycle usually only lasts seven weeks, but I usually do two - four of these cycles to get ready for a contest.

**GS:** Please describe for us a squat workout, say mid-competition cycle?

**NM:** I'm a big fan of mixing volume with intensity so the middle cycle volume week would be 600 for eight to ten sets of two reps each on the safety squat at 2 inches below parallel. I follow that with chain or band squat work for four or five doubles and some other stuff. A typical middle cycle intensity week would be a squat workout for 675 for six sets of doubles and then some 15" rack squats progressing from 700 to 900 over four sets of doubles.

**GS:** Who are your current workout partners?

**NM:** Gary Enrich is my only lifting partner

right now. He has been a good friend and has been the consistent partner I've had. Without him, I am convinced my lifts today would not be what they are. He is also strong and very devoted. He has been held back by injuries; otherwise this might be his interview. I have in the past trained with John Krauss - who is one strong guy; who has put up some impressive numbers of his own! He continues to help me at meets. John also sports an amazing eye in regards to what a lifter can do and should go for at a meet.

**GS:** Nick, you've shown that you can lift huge weights drug free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the drug free course?

**NM:** Drugs are a choice. Some seem to take the drug issue lightly or just make excuses like "everyone is doing it" or "it can't be stopped, so why avoid it?" If an athlete chooses to take performance enhancers, they are gambling with their life, present and future. I never felt the risk was worth the short-term gains. I'll take what God gave me and work hard to get the gains. The inevitable health risks & side effects of the drugs aren't worth it.

**GS:** What supplements are you using?

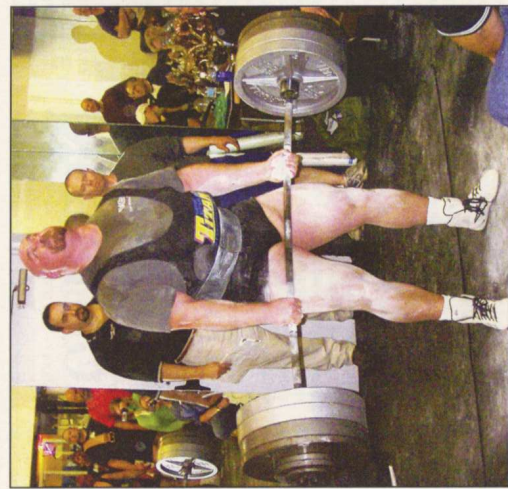
**NM:** I take a whey protein mix daily. I also do a meal replacement mix in between workouts when I split session, and sometimes after my workouts. Other than that, I just take some multivitamins.

**GS:** Tell us a little bit about your diet? Describe for the readers what a typical day of food consumption looks like as you're preparing your body to total over a ton, 100% RAW?

**NM:** I eat A LOT! Morning: a whey protein shake and 1 qt. of milk plus some dried fruit. Every three hours for the next nine: tuna sandwich meal or my beef and noodles with vegetables meal. Between split workouts: meal replacement shake. After workout meal: some kind of meat and carb meal, like chicken breast and pasta with lots of cheese. Usually some skim milk (1 qt) and some comfort food before I go to bed. If I've eaten well all day, I need at least 350 grams of protein and 5000 calories a day in season.

**GS:** What are some of your new goals you've set for yourself in Powerlifting?

**NM:** Well, I'm thinking I have a shot at 2150 to 2200 raw, but those are some big numbers. I'd like to see my bench near 550 and my deadlift back over 800 again - maybe 825 or so. My



**Nick Minnetti** with a 790 deadlift at the 100% RAW World Championships, capping his historic 2100 total. As a teenager, Nick trained under Bruce Sullivan, who still runs the excellent Wisconsin High School Powerlifting program, and at the State High School Championships of 1987. Nick came in 3rd in the 198 lb. class with a 1265 total.

squat might be able to get up there towards 825. I'm really not looking too far into the future, maybe a 2150 lb. total at the 100% Raw Nationals in Florida this August would be awesome.

**GS:** What is your vision for the sport of Powerlifting?

**NM:** I like where we are today, but there are some opportunities for improvement. Like that there are multiple federations. No one federation can be everything to everyone, so why should the lifters have to conform to one standard? There is a whole spectrum of ideas out there on how things should be done. No one idea is really wrong, unless that idea conflicts with the safety, consistency or competitiveness of the lifters, in that order.

Otherwise, it's an issue of personal preference. I do believe regardless of the sport's direction, integrity is the most important issue challenging powerlifting's future. Feds who sell out by letting lifters get lifts they didn't earn damage the sport. People see right through that facade and vote with their feet. NO

federation is immune to succumbing to the glory of having the big names and big lifts in their fed. The greatest challenge for federations will always be to stand strong on enforcement of their rules.

**GS:** How has the sport of Powerlifting affected your everyday

life? **NM:** Lifting has always been there for me. I go bonkers when I'm supposed to take time off or on the days when I don't lift. I simply love being big, the rush of getting pumped up and hitting huge weights. I eat for it, sleep for it, work for it - I plan my life around it.

**GS:** Do you feel powerlifting should be an Olympic sport and why? **NM:** Who cares? I just can't get excited about the IOC. If ballroom dancing, ping pong and curling can get in, then what's stopping some political issue stopping it. I'm sick of the debate - just don't care.

**GS:** What advice would you give to a lifter just getting started in powerlifting? **NM:** Nail the fundamentals - learn how to train, how to keep a workout log and how to cycle.

**GS:** What advice would you give to SuperStars and other TEAM iXL visitors: **NM:** Thank you Nick, for not only being a great ambassador for the sport of Powerlifting, but a fantastic role model to teens and young adults worldwide. (Greg Stott is the Founder of TEAM iXL, an organization of athletes worldwide on a mission to inform, motivate & demonstrate that there are no Limits Drug Free! For more info on SuperStars and other TEAM iXL SuperStars visit: [www.TEAMiXL.com](http://www.TEAMiXL.com))

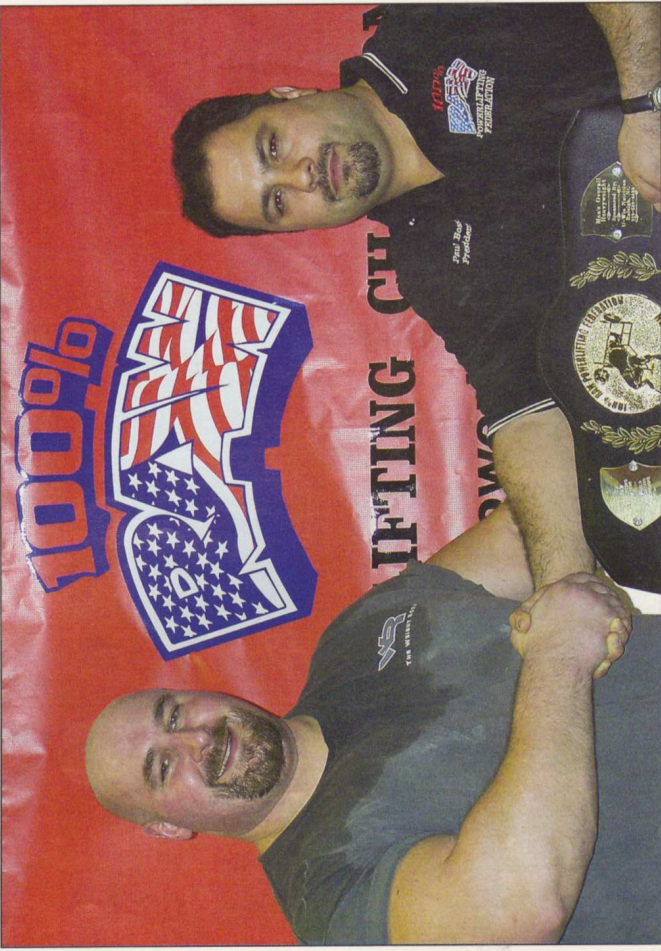
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**Nick Minnetti** is pleased to receive the 2006 World Championship Best Lifter belt from 100% RAW President Paul Bossi (Stott photos)



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

## The Power Nutrition Supplement Keys to Recovery - Part II

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

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**Your recovery with ETS will be a night and day difference.**

As you can see here ETS offers a lot of bang for your buck and will make a night and day difference in your recovery abilities. I would recommend all lifters to use this product especially during the last 16 weeks before a competition to make sure that your recovery is on the up and up for your biochemical needs. Did I mention it's

The symbol you are looking for when looking for quality supplements that work!

**ETS**  
The name of this product is called ETS and a company called At Large Nutrition makes it.

## Glutamine Peptides

This is another supplement that has many benefits for the powerlifter in terms of how it will help in your recovery process. Glutamine peptides are not the same as L-Glutamine. Glutamine peptides are absorbed by the body about 10 times more efficiently than L-Glutamine. You can find L-Glutamine by the tub at just about every health food store but go ahead and try to find pure Glutamine Peptide. Most likely you won't because most supplement companies don't sell them because they would have to increase the price too high to make a profit. Since Glutamine is the most abundant amino acid in muscle tissue I think it would be a good idea to incorporate it in your plan. Catabolism or to put it in layman's terms, muscle breakdown, can occur if the body robs muscles of glutamine for use elsewhere. This can occur in such circumstances such as nitrogen transport maintaining our immune system.

The place where I get my personal supply as well as my athletes is from True Protein. You can go to their website at [www.trueprotein.com](http://www.trueprotein.com) to find it there. For my fellow Canadian lifters you can go to [www.trueproteincanada.com](http://www.trueproteincanada.com) to get yours without having to deal with the long ship times

plus overage and duty headaches. This is one formula that is heavily used by my super teenage bench press monster Mike Brown. He not only used this in his training program but also heavily relied upon this during his rehab phase after he broke his arm attempting a 744 bench press.



**Glutamine peptides should play an important role in your supplement plan if you are serious about your recovery.**

### Creatine

Creatine has been on the scene for over

a decade and it still hasn't lost its charm. There are a few reasons why it will help you in your quest for an increased rate of recovery among other things. First off you should know that creatine helps to replenish your ATP stores. For those of you wondering what ATP it stands for Adenosine Tri Phosphate. Adenosine tri phosphate is a high energy phosphate molecule. It is used to store and release energy for work.

within the body. This powerful molecule is the major source of energy for numerous cellular reactions. This is the main energy source for your

muscles use for short bursts of power. Hence a powerlifter's dream is to maximize to the fullest and steadily replenish depleted stores. When you train intensely you severely deplete their reserves. One example is when you are doing a 5x5 squat program. On day two, you feel strong like a bull on the first set, but by the time the fourth and fifth come rolling around not only are you looking for a garbage can to hurl up your fatigued combo you had at lunch but you also feel like you have been hit by a freight train. By the fifth set you are drained to no end and you wish you were sitting poolside somewhere warm sipping on pina colodas. This is due to the fact that your ATP stores are now severely depleted compared to when you performed your first set.

Creatine can really help make a difference in helping you not only increase your one rep max but also increase your total volume per workout.

For those in the know, you have to constantly increase your volume workload to get stronger but you should also know that by increasing them it will also cut into your rate of recovery. So creatine can help in both of these ways to help you get stronger and recover faster from your intense training sessions. There are three creatine products that I use with my athletes. One is CREATFORM from Primaforte. This is an excellent product and a great price. CREATINE 5000 by A/Large Nutrition is another one of my favorites as it is of the highest quality around. James "Pit Bull" Seary is big on this product and it has definitely helped him in his quest for this 1000 pound squat drug free! I also like the CREATINE Ethyl Ester which is different from its monohydrate counterparts above from True Protein.

Creatine has stood the test of time and will help replenish ATP stores like no other.

**BCAA's**  
BCAA stands for Branch Chain Amino Acids. These consist of leucine, isoleucine and valine. These 3 amino acids are known as

essential amino acids. Essential amino acids cannot be produced by the human body. You must get them from complete protein foods that you consume in your diet or from supplementing with a good BCAA powder. The difference between your essential amino acids and your non-essential amino acids is that your body can make non-essential amino acids by itself. These can be produced from vitamins and other amino acids that you have consumed. This is not the case with essential amino acids and this is one reason why they are very important to include in your supplement program. High dose BCAA supplementation can make a world of difference in how quickly you recover from your training sessions. I personally am a big fan of BCAA's. I use them and incorporate them in the nutrition plans of my athletes because of the many benefits that they have. One product that I am very fond of is Xtend by Scivation. This is a super high dose BCAA formula that is no doubt one of the best on the market today. Travis Mash also uses this heavy in his program with up to six servings per day in the last 12 weeks of his pre contest training cycle.



BCAA's are what world class athletes like Travis Mash use to keep them ahead of the competition.

**ZMA**

ZMA is another supplement that shows

plasma in the recovery of the inflter. It stands for Zinc, Magnesium Aspartate. ZMA is used by numerous athletes of different sports because it can help increase your rate of recovery and help elevate free floating testosterone levels. ZMA contains Zinc Monomethionine Aspartate plus Magnesium Aspartate and vitamin B-6, hence the name. ZMA is a natural product that has been clinically proven to significantly increase and anabolic hormone levels like testosterone and muscle strength output in athletes. Many athletes are very deficient in both zinc and magnesium and I can attest to this. With the Nutrition XP3 program I do extensive blood work with my athletes to make sure everything is in proper working order. From the data that I have collected with hundreds of powerlifters with dozens at the world class level I can say that the large majority were deficient in these valuable minerals before working with me. Some time back I wrote about how important zinc is for your performance and health and I would like to again inform you that it is crucial for optimal recovery. There have been numerous studies conducted on ZMA and athletes and they have shown that supplementing with 30mg of Zinc and 450mg of Magnesium per day can elevate testosterone levels up to 30% above their current level. If that doesn't make you want to get up and start supplementing with it then I don't know what will. For a good quality ZMA supplement such as PrimaPurce as it is top notch using the highest quality ingredients.

ZMA has been proven in studies and on the platform for helping strength athletes recover from their training program.



**Cytomax**

I have talked about this amazing formula some time back in regards to how it can be used on contest day. Not only will it help keep your blood sugar levels stable on the most important of days, but it will also help replenish valuable muscle glycogen when you need it.

most. Remember, recovery is not just after a workout. It actually starts before and during the workout as well. I know that I am making some of your guys' heads swim with all these new theories that most of you have never heard of, but trust me, now Cytoxam has a lot to offer the powerlifter and strength athlete in more ways than one. What I want to explain in this column is how it can help you recover from sets and events. I have my lifters start sitting on Cytoxam about 15 minutes before they start warming up. Like I said, sitting not gulping down a half gallon. As they start their workout I also have them sip it during sets. This here will help you stay fresh throughout the duration of your workout. It will help you get through more sets with greater ease. This is especially important when you are doing multiple sets to increase your total volume workload. During this time Cytoxam can work wonders on helping you get through each and every set with a lot less strain than before... just try it out and see what I am talking about for yourself first hand. This is an important part of the Alpha-1-Polarize that it contains in the formula. The secret to this,

special ingredient... some time back but I will repeat it again for those who missed it or just plain forgot. Hell, I don't expect you to remember everything that I write here month after month. Polylactate is a polymer of the L-lactate molecule series. What makes so special is that it is bound with Pyruvate and different amino acids. What makes this different from Lactic Acid is that Polylactate is not an acid because the acid component has been removed from the chemical structure. Now you may be wondering how this happens? When you take lactic acid and combine it with specific amino acids the acid actually leaves this particular molecule. This then will allow the lactate to be absorbed very quickly. This means it will be used to provide the body with energy, neutralize lactic acid and maintain a stable blood sugar levels. This increase in energy with Cytoxam is a sustained and calm energy not like what you get when you down some caffeine and ephedrine right before a training session. It is a type of energy that has to be felt to understand what I am talking about. Even with caffeine and its counter part ephedrine you crash pretty damn hard after it's all over. This is not the case with Cytoxam at all. Next because it helps neutralize lactic acid build up it will help you get through your multiple sets much easier. Cytoxam is one of the best formulas to help your recovery during your training. Now just because we have discussed on how it can help your rate of recovery during your workout don't think that it won't help for your recovery after your workout is over. Yes this amazing formula will also help you recover after your training is over as well by helping reduce Cortisol production and replenishing muscle and liver glycogen as well. As you can see Cytoxam is the ideal deal and you will notice a lot of my athletes drinking it at competitions. Many of my champions will tell you that they drink something else only because they don't want you on the title server. Sorry guys! Had to share this one with all others so they can take advantage of it.

**Cytomax is great for recovery both during and after training!**

## Conclusion

So here you have it folks. This is a list of some of the best supplements for the powerlifter to help him recover from his balls to the wall workout.

workouts. The key to your success as with world champions in all sports is being able to recover better than your competitor. I know this sounds stupid to some of the uneducated lifters out there, but it is the truth. The Soviet weightlifters used to focus more on their recovery methods than on their training. Have you ever heard of such practices in the USA? You don't except for the brains behind Westside Barbell, the innovator Louie Simmons. I remember reading an article way back when I was only 14 years old about Louie's methods of recovery and how he used them to recover from different injuries. I still remember that article and it motivated me to find out more ways for the powerlifter to increase his rate of recovery and from injuries using the nutritional sciences. Even right now as I write this (which is several months before publication date) I am rehabbing one of my star athletes. The first one would be Mike Brown who broke his arm taking a 744 bench press at 19 years old. This kid has a heart of steel and I am telling you the way he's back to do damage is more again. Another one of my longtimers

Bill and his equine pals are U.S.A.V. National Champion Bill Sindelar. I have helped him recover from major shoulder surgery last year. To top that off Bill shared his biceps at the Nationals. Through the nutritional and supplementation protocols that I have outlined for him he has healed up from both injuries at a super fast rate. Even his doctor couldn't figure out why he recovered so fast from the two surgeries. If you want to hear it straight from the horse's mouth, contact me at [me@animalminds.com](mailto:me@animalminds.com) and I will let you know all about it!

You can reach him at [me@megavision.com](mailto:me@megavision.com). Bill is a true warrior and even when most master lists would give up, he is in the gym training like an animal enjoying it all looking for a World title. Nutrition and supplementation can play a huge role in how quickly you recover from not only your workouts but also your injuries!

Many lifters only see the training and equipment angles to increase their total but this is not the case. There are numerous angles to improve your performance but yet so many of them are the ignorant like to get stuck in their own little world.

If I can I broke don't fix it mentality. If you are looking to be a strength athlete of the future you need to look for every available means to make that a reality. When you are stuck in a rut and can't figure out where you may be going wrong take a look at your recovery methods. If they are not up to par this may be the weak link why you are not progressing as you should. Remember your workout is only as good as your recovery. If you don't have a recovery game plan then you can bet your bottom dollar your competition will and this may be all they need to come out the victor!

For those looking to find where they can get the supplements that I mentioned in this article here they are:

Creatorm, Xtend, ZMA and Cytomax are available at [www.BulkNutrition.com](http://www.BulkNutrition.com); Creatine 100 and ETS is available at [www.atlarginnutrition.com](http://www.atlarginnutrition.com); Glutamine Peptides and Creatine Ethyl Ester are available at [www.trueprotein.com](http://www.trueprotein.com), [www.trueprotein.ca](http://www.trueprotein.ca).

For those who have questions or would like to know more about the Nutrition XP3 System, feel free to email me at [info@nutritionxp3.com](mailto:info@nutritionxp3.com).

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Every time I go to the gym I see lifters benching. What is frustrating is that most use a common technique that actually holds back their progress. That technique is employing too narrow width of a grip for their bench press. The most common grip is somewhere around shoulder width, which in my opinion is too narrow. Often the reason for utilizing such a narrow grip is lack of proper coaching and knowledge. Many lifters started barbell set came with instructions of basic exercises that told them to bench with a shoulder width grip, and they never thought any further about the issue. Over time, the lifter progressed and grew comfortable with the shoulder width grip and saw no need for change. Eventually their bench progress slows or halts suddenly. At that point most benchers look for a new routine or a supplement when the real solution may involve a re-look at their grip width.

Most powerlifting organizations allow a lifter's hands to be up to 81 centimeters apart. This width is usually marked on power bars by a ring on each side of the bar knurling. To maximize his results, a lifter should try to use every bit of that limit he can. How to widen out that grip effectively is the challenge at hand; no pun intended.

In a nutshell, when a lifter benches with too narrow a width grip, he is not using the full potential of his pec muscles. Instead he relies more on the triceps to press the bar. The word potential is key because if the lifter doesn't approach widening his bench grip with a plan, his bench could actually drop. All things being equal, the wider the grip, the more involvement of the chest or pectorals. If a lifter has trained for an extended length of time with a narrower, shoulder width grip, he has not placed enough demand on his pecs to develop them to the necessary high strength level. Numerous elite benchers I have met over the years have told me they used a narrower grip early in their careers. Later they realized their bench was the way to go and they became some of the greatest benchers in history. They no longer primarily relied on their triceps power, instead they were adding pectoral strength to the equation. Actually, there is yet another advantage to using a wider grip that I will explain shortly.

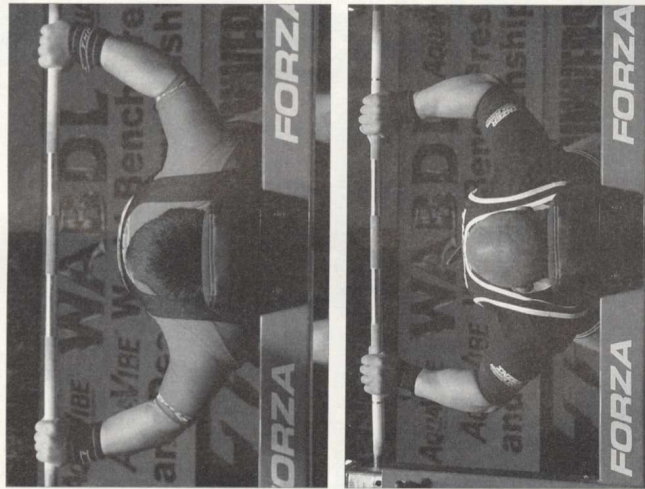
The most effective method to strengthen the pecs is to gradually increase your bench grip width over a period of time. Even a slight change in width, such as one finger's width farther out on each side, alters muscular involvement and changes the mechanics of the lift. Don't expect to immediately take your grip out from shoulder width to the 81

## STARTIN' OUT

A special section dedicated to the beginning lifter

## RE-LOOK AT BENCH PRESS GRIP WIDTH

as told to Powerlifting USA by Doug Daniels



A fairly wide grip versus a fairly narrow grip...different muscle groups are involved to different degrees, when the grip is varied this much.

centimeter competition limit and add 50 pounds to your bench. This quick change could also increase your chances of injury as your shoulders, chest, wrists, tendons and ligaments need to be slowly introduced to the different stresses of a wider grip.

Let's use a 12-week off-season training cycle to demonstrate how a lifter could widen his bench grip. On weeks 1-4, widen your grip out 1 finger's width on each side. Initially you may not be able to get the same number of reps you normally get with the grip you are accustomed to because of the reasons I explained earlier, but stick with it. If you get at least 90% of your starting reps after week 4, widen your grip out an additional finger

on each side for weeks 5-8. If after week 8 you don't get 90% of the reps, remain at that width for 1-2 more weeks then widen out the extra finger. Widening out two fingers may not sound like much, but it actually 4 finger widths as you increased 2 fingers on each side. Depending on your finger width, that can be 2-4 inches. Increase another finger width for the last 4 weeks. Continue the process up to week 12.

Now it's time to evaluate your status. If you're at or close to your usual strength level with an increased grip width, continue to use the wider grip. If your bench is lower, reduce your bench width 1 or 2 fingers and start the process again. If you're still down after

another 3-6 weeks, go back to normal grip. You should be stronger than before, using your old grip, because of your stronger pecs. Don't continue to bench wider and lift less just because I said to. If you get your grip out even 1 to 2 fingers in those 12 weeks, consider this effort a huge success. Be careful not to go out too far because the wider you go, the more stress on your shoulders, etc. Obviously, a 5-foot tall lifter would be extremely hard pressed to go to the 81 centimeter-inch limit; for this kind of effort, size does matter. Bigger lifters should try to get wide enough so their index fingers are straddling the knurling to fully stretch the limit.

If you are already using a legal 81 centimeter grip, you cannot legally go any wider in competition, but training with a wider grip can further strengthen the pecs which, in turn, can translate into a bigger bench with the max legal width grip. There may be some lifters who are meant to be close grip benchers, but I think they're in the small minority. Even they can benefit from 12 weeks of benching with a wider than normal grip. More powerful pecs are a plus no matter what width grip or style you choose to bench with. During the last 4-6 weeks prior a meet, bench with your normal grip width. Including one down set with a wide grip during this period can build and maintain pec power.

I wrote earlier of another benefit of using a wider grip. It's simple physics: a wider grip means you need to push the bar up a shorter distance to lockout. All things being equal, the less distance you have to move the weight, the more you can lift even with the same strength level.

Using a wider grip will still give you triceps plenty of work. You can include a few sets of close grips after your benches for additional triceps work. Close grips, shoulder grip width (no narrower), are the exercises of preference for many big benchers for triceps power. Even if you have no intention or desire to widen your grip, a few sets of wider grip benches in your training cycle will add variety and hopefully new pounds on your bench. The off-season is the best time to try widening your grip out, but at the meet, use the method that will yield the best results under your current circumstances. You can use my example over multiple 12 week periods during your off seasons.

When searching for ways to increase your bench press or any other lift, look beyond a new routine or supplement; examine your technique first. Widening your bench grip for competition or as assistance work may help re-ignite your progress.



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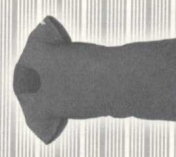
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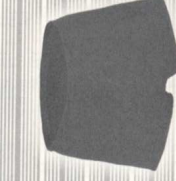
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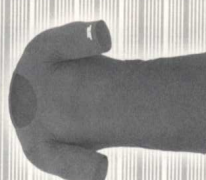
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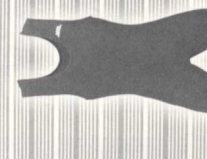
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ING USA Magazine, P.O. Box 467, Camarillo, CA 93203011. We make errors in the compilation of this list and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class we credit the efforts toward.



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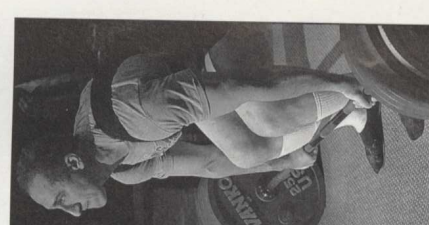
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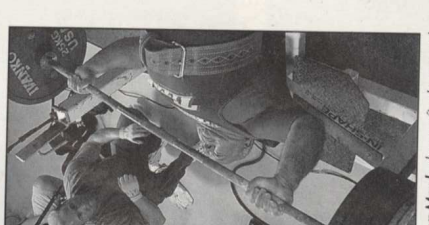
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461 Vaughan, D. 11/5/05	584 Beck, C. 5/22/05	1477 Wirth, C. 5/29/05	2067 Tracy, B. 6/4/05	1640 Williams, M. 5/29/05	2297	2427 TOT	2757	3496 TROT	4194 Ryder, K. 5/29/05
462 Vaughan, D. 11/5/05	585 Beck, C. 5/22/05	1478 Wirth, C. 5/29/05	2068 Tracy, B. 6/4/05	1641 Williams, M. 5/29/05	2298	2428 TOT	2758	3497 TROT	4195 Ryder, K. 5/29/05
463 Vaughan, D. 11/5/05	586 Beck, C. 5/22/05	1479 Wirth, C. 5/29/05	2069 Tracy, B. 6/4/05	1642 Williams, M. 5/29/05	2299	2429 TOT	2759	3498 TROT	4196 Ryder, K. 5/29/05
464 Vaughan, D. 11/5/05	587 Beck, C. 5/22/05	1480 Wirth, C. 5/29/05	2070 Tracy, B. 6/4/05	1643 Williams, M. 5/29/05	2300	2430 TOT	2760	3499 TROT	4197 Ryder, K. 5/29/05
465 Vaughan, D. 11/5/05	588 Beck, C. 5/22/05	1481 Wirth, C. 5/29/05	2071 Tracy, B. 6/4/05	1644 Williams, M. 5/29/05	2301	2431 TOT	2761	3500 TROT	4198 Ryder, K. 5/29/05
466 Vaughan, D. 11/5/05	589 Beck, C. 5/22/05	1482 Wirth, C. 5/29/05	2072 Tracy, B. 6/4/05	1645 Williams, M. 5/29/05	2302	2432 TOT	2762	3501 TROT	4199 Ryder, K. 5/29/05
467 Vaughan, D. 11/5/05	590 Beck, C. 5/22/05	1483 Wirth, C. 5/29/05	2073 Tracy, B. 6/4/05	1646 Williams, M. 5/29/05	2303	2433 TOT	2763	3502 TROT	4200 Ryder, K. 5/29/05
468 Vaughan, D. 11/5/05	591 Beck, C. 5/22/05	1484 Wirth, C. 5/29/05	2074 Tracy, B. 6/4/05	1647 Williams, M. 5/29/05	2304	2434 TOT	2764	3503 TROT	4201 Ryder, K. 5/29/05
469 Vaughan, D. 11/5/05	592 Beck, C. 5/22/05	1485 Wirth, C. 5/29/05	2075 Tracy, B. 6/4/05	1648 Williams, M. 5/29/05	2305	2435 TOT	2765	3504 TROT	4202 Ryder, K. 5/29/05
470 Vaughan, D. 11/5/05	593 Beck, C. 5/22/05	1486 Wirth, C. 5/29/05	2076 Tracy, B. 6/4/05	1649 Williams, M. 5/29/05	2306	2436 TOT	2766	3505 TROT	4203 Ryder, K. 5/29/05
471 Vaughan, D. 11/5/05	594 Beck, C. 5/22/05	1487 Wirth, C. 5/29/05	2077 Tracy, B. 6/4/05	1650 Williams, M. 5/29/05	2307	2437 TOT	2767	3506 TROT	4204 Ryder, K. 5/29/05
472 Vaughan, D. 11/5/05	595 Beck, C. 5/22/05	1488 Wirth, C. 5/29/05	2078 Tracy, B. 6/4/05	1651 Williams, M. 5/29/05	2308	2438 TOT	2768	3507 TROT	4205 Ryder, K. 5/29/05
473 Vaughan, D. 11/5/05	596 Beck, C. 5/22/05	1489 Wirth, C. 5/29/05	2079 Tracy, B. 6/4/05	1652 Williams, M. 5/29/05	2309	2439 TOT	2769	3508 TROT	4206 Ryder, K. 5/29/05
474 Vaughan, D. 11/5/05	597 Beck, C. 5/22/05	1490 Wirth, C. 5/29/05	2080 Tracy, B. 6/4/05	1653 Williams, M. 5/29/05	2310	2440 TOT	2770	3509 TROT	4207 Ryder, K. 5/29/05
475 Vaughan, D. 11/5/05	598 Beck, C. 5/22/05	1491 Wirth, C. 5/29/05	2081 Tracy, B. 6/4/05	1654 Williams, M. 5/29/05	2311	2441 TOT	2771	3510 TROT	4208 Ryder, K. 5/29/05
476 Vaughan, D. 11/5/05	599 Beck, C. 5/22/05	1492 Wirth, C. 5/29/05	2082 Tracy, B. 6/4/05	1655 Williams, M. 5/29/05	2312	2442 TOT	2772	3511 TROT	4209 Ryder, K. 5/29/05
477 Vaughan, D. 11/5/05	600 Beck, C. 5/22/05	1493 Wirth, C. 5/29/05	2083 Tracy, B. 6/4/05	1656 Williams, M. 5/29/05	2313	2443 TOT	2773	3512 TROT	4210 Ryder, K. 5/29/05
478 Vaughan, D. 11/5/05	601 Beck, C. 5/22/05	1494 Wirth, C. 5/29/05	2084 Tracy, B. 6/4/05	1657 Williams, M. 5/29/05	2314	2444 TOT	2774	3513 TROT	4211 Ryder, K. 5/29/05
479 Vaughan, D. 11/5/05	602 Beck, C. 5/22/05	1495 Wirth, C. 5/29/05	2085 Tracy, B. 6/4/05	1658 Williams, M. 5/29/05	2315	2445 TOT	2775	3514 TROT	4212 Ryder, K. 5/29/05
480 Vaughan, D. 11/5/05	603 Beck, C. 5/22/05	1496 Wirth, C. 5/29/05	2086 Tracy, B. 6/4/05	1659 Williams, M. 5/29/05	2316	2446 TOT	2776	3515 TROT	4213 Ryder, K. 5/29/05
481 Vaughan, D. 11/5/05	604 Beck, C. 5/22/05	1497 Wirth, C. 5/29/05	2087 Tracy, B. 6/4/05	1660 Williams, M. 5/29/05	2317	2447 TOT	2777	3516 TROT	4214 Ryder, K. 5/29/05
482 Vaughan, D. 11/5/05	605 Beck, C. 5/22/05	1498 Wirth, C. 5/29/05	2088 Tracy, B. 6/4/05	1661 Williams, M. 5/29/05	2318	2448 TOT	2778	3517 TROT	4215 Ryder, K. 5/29/05
483 Vaughan, D. 11/5/05	606 Beck, C. 5/22/05	1499 Wirth, C. 5/29/05	2089 Tracy, B. 6/4/05	1662 Williams, M. 5/29/05	2319	2449 TOT	2779	3518 TROT	4216 Ryder, K. 5/29/05
484 Vaughan, D. 11/5/05	607 Beck, C. 5/22/05	1500 Wirth, C. 5/29/05	2090 Tracy, B. 6/4/05	1663 Williams, M. 5/29/05	2320	2450 TOT	2780	3519 TROT	4217 Ryder, K. 5/29/05
485 Vaughan, D. 11/5/05	608 Beck, C. 5/22/05	1501 Wirth, C. 5/29/05	2091 Tracy, B. 6/4/05	1664 Williams, M. 5/29/05	2321	2451 TOT	2781	3520 TROT	4218 Ryder, K. 5/29/05
486 Vaughan, D. 11/5/05	609 Beck, C. 5/22/05	1502 Wirth, C. 5/29/05	2092 Tracy, B. 6/4/05	1665 Williams, M. 5/29/05	2322	2452 TOT	2782	3521 TROT	4219 Ryder, K. 5/29/05
487 Vaughan, D. 11/5/05	610 Beck, C. 5/22/05	1503 Wirth, C. 5/29/05	2093 Tracy, B. 6/4/05	1666 Williams, M. 5/29/05	2323	2453 TOT	2783	3522 TROT	4220 Ryder, K. 5/29/05
488 Vaughan, D. 11/5/05	611 Beck, C. 5/22/05	1504 Wirth, C. 5/29/05	2094 Tracy, B. 6/4/05	1667 Williams, M. 5/29/05	2324	2454 TOT	2784	3523 TROT	4221 Ryder, K. 5/29/05
489 Vaughan, D. 11/5/05	612 Beck, C. 5/22/05	1505 Wirth, C. 5/29/05	2095 Tracy, B. 6/4/05	1668 Williams, M. 5/29/05	2325	2455 TOT	2785	3524 TROT	4222 Ryder, K. 5/29/05
490 Vaughan, D. 11/5/05	613 Beck, C. 5/22/05	1506 Wirth, C. 5/29/05	2096 Tracy, B. 6/4/05	1669 Williams, M. 5/29/05	2326	2456 TOT	2786	3525 TROT	4223 Ryder, K. 5/29/05
491 Vaughan, D. 11/5/05	614 Beck, C. 5/22/05	1507 Wirth, C. 5/29/05	2097 Tracy, B. 6/4/05	1670 Williams, M. 5/29/05	2327	2457 TOT	2787	3526 TROT	4224 Ryder, K. 5/29/05
492 Vaughan, D. 11/5/05	615 Beck, C. 5/22/05	1508 Wirth, C. 5/29/05	2098 Tracy, B. 6/4/05	1671 Williams, M. 5/29/05	2328	2458 TOT	2788	3527 TROT	4225 Ryder, K. 5/29/05
493 Vaughan, D. 11/5/05	616 Beck, C. 5/22/05	1509 Wirth, C. 5/29/05	2099 Tracy, B. 6/4/05	1672 Williams, M. 5/29/05	2329	2459 TOT	2789	3528 TROT	4226 Ryder, K. 5/29/05
494 Vaughan, D. 11/5/05	617 Beck, C. 5/22/05	1510 Wirth, C. 5/29/05	2100 Tracy, B. 6/4/05	1673 Williams, M. 5/29/05	2330	2460 TOT	2790	3529 TROT	4227 Ryder, K. 5/29/05
495 Vaughan, D. 11/5/05	618 Beck, C. 5/22/05	1511 Wirth, C. 5/29/05	2101 Tracy, B. 6/4/05	1674 Williams, M. 5/29/05	2331	2461 TOT	2791	3530 TROT	4228 Ryder, K. 5/29/05
496 Vaughan, D. 11/5/05	619 Beck, C. 5/22/05	1512 Wirth, C. 5/29/05	2102 Tracy, B. 6/4/05	1675 Williams, M. 5/29/05	2332	2462 TOT	2792	3531 TROT	4229 Ryder, K. 5/29/05
497 Vaughan, D. 11/5/05	620 Beck, C. 5/22/05	1513 Wirth, C. 5/29/05	2103 Tracy, B. 6/4/05	1676 Williams, M. 5/29/05	2333	2463 TOT	2793	3532 TROT	4230 Ryder, K. 5/29/05
498 Vaughan, D. 11/5/05	621 Beck, C. 5/22/05	1514 Wirth, C. 5/29/05	2104 Tracy, B. 6/4/05	1677 Williams, M. 5/29/05	2334	2464 TOT	2794	3533 TROT	4231 Ryder, K. 5/29/05
499 Vaughan, D. 11/5/05	622 Beck, C. 5/22/05	1515 Wirth, C. 5/29/05	2105 Tracy, B. 6/4/05	1678 Williams, M. 5/29/05	2335	2465 TOT	2795	3534 TROT	4232 Ryder, K. 5/29/05
500 Vaughan, D. 11/5/05	623 Beck, C. 5/22/05	1516 Wirth, C. 5/29/05	2106 Tracy, B. 6/4/05	1679 Williams, M. 5/29/05	2336	2466 TOT	2796	3535 TROT	4233 Ryder, K. 5/29/05
501 Vaughan, D. 11/5/05	624 Beck, C. 5/22/05	1517 Wirth, C. 5/29/05	2107 Tracy, B. 6/4/05	1680 Williams, M. 5/29/05	2337	2467 TOT	2797	3536 TROT	4234 Ryder, K. 5/29/05
502 Vaughan, D. 11/5/05	625 Beck, C. 5/22/05	1518 Wirth, C. 5/29/05	2108 Tracy, B. 6/4/05	1681 Williams, M. 5/29/05	2338	2468 TOT	2798	3537 TROT	4235 Ryder, K. 5/29/05
503 Vaughan, D. 11/5/05	626 Beck, C. 5/22/05	1519 Wirth, C. 5/29/05	2109 Tracy, B. 6/4/05	1682 Williams, M. 5/29/05	2339	2469 TOT	2799	3538 TROT	4236 Ryder, K. 5/29/05
504 Vaughan, D. 11/5/05	627 Beck, C. 5/22/05	1520 Wirth, C. 5/29/05	2110 Tracy, B. 6/4/05	1683 Williams, M. 5/29/05	2340	2470 TOT	2800	3539 TROT	4237 Ryder, K. 5/29/05
505 Vaughan, D. 11/5/05	628 Beck, C. 5/22/05	1521 Wirth, C. 5/29/05	2111 Tracy, B. 6/4/05	1684 Williams, M. 5/29/05	2341	2471 TOT	2801	3540 TROT	4238 Ryder, K. 5/29/05
506 Vaughan, D. 11/5/05	629 Beck, C. 5/22/05	1522 Wirth, C. 5/29/05	2112 Tracy, B. 6/4/05	1685 Williams, M. 5/29/05	2342	2472 TOT	2802	3541 TROT	4239 Ryder, K. 5/29/05
507 Vaughan, D. 11/5/05	630 Beck, C. 5/22/05	1523 Wirth, C. 5/29/05	2113 Tracy, B. 6/4/05	1686 Williams, M. 5/29/05	2343	2473 TOT	2803	3542 TROT	4240 Ryder, K. 5/29/05
508 Vaughan, D. 11/5/05	631 Beck, C. 5/22/05	1524 Wirth, C. 5/29/05	2114 Tracy, B. 6/4/05	1687 Williams, M. 5/29/05	2344	2474 TOT	2804	3543 TROT	4241 Ryder, K. 5/29/05
509 Vaughan, D. 11/5/05	632 Beck, C. 5/22/05	1525 Wirth, C. 5/29/05	2115 Tracy, B. 6/4/05	1688 Williams, M. 5/29/05	2345	2475 TOT	2805	3544 TROT	4242 Ryder, K. 5/29/05
510 Vaughan, D. 11/5/05	633 Beck, C. 5/22/05	1526 Wirth, C. 5/29/05	2116 Tracy, B. 6/4/05	1689 Williams, M. 5/29/05	2346	2476 TOT	2806	3545 TROT	4243 Ryder, K. 5/29/05
511 Vaughan, D. 11/5/05	634 Beck, C. 5/22/05	1527 Wirth, C. 5/29/05	2117 Tracy, B. 6/4/05	1690 Williams, M. 5/29/05	2347	2477 TOT	2807	3546 TROT	4244 Ryder, K. 5/29/05
512 Vaughan, D. 11/5/05	635 Beck, C. 5/22/05	1528 Wirth, C. 5/29/05	2118 Tracy, B. 6/4/05	1691 Williams, M. 5/29/05	2348	2478 TOT	2808	3547 TROT	4245 Ryder, K. 5/29/05
513 Vaughan, D. 11/5/05	636 Beck, C. 5/22/05	1529 Wirth, C. 5/29/05	2119 Tracy, B. 6/4/05	1692 Williams, M. 5/29/05	2349	2479 TOT	2809	3548 TROT	4246 Ryder, K. 5/29/05
514 Vaughan, D. 11/5/05	637 Beck, C. 5/22/05	1530 Wirth, C. 5/29/05	2120 Tracy, B. 6/4/05	1693 Williams, M. 5/29/05	2350	2480 TOT	2810	3549 TROT	4247 Ryder, K. 5/29/05
515 Vaughan, D. 11/5/05	638 Beck, C. 5/22/05	1531 Wirth, C. 5/29/05	2121 Tracy, B. 6/4/05	1694 Williams, M. 5/29/05	2351	2481 TOT	2811	3550 TROT	4248 Ryder, K. 5/29/05
516 Vaughan, D. 11/5/05	639 Beck, C. 5/22/05	1532 Wirth, C. 5/29/05	2122 Tracy, B. 6/4/05	1695 Williams, M. 5/29/05	2352	2482 TOT	2812	3551 TROT	4249 Ryder, K. 5/29/05
517 Vaughan, D. 11/5/05	640 Beck, C. 5/22/05	1533 Wirth, C. 5/29/05	2123 Tracy, B. 6/4/05	1696 Williams, M. 5/29/05	2353	2483 TOT	2813	3552 TROT	4250 Ryder, K. 5/29/05
518 Vaughan, D. 11/5/05	641 Beck, C. 5/22/05	1534 Wirth, C. 5/29/05	2124 Tracy, B. 6/4/05	1697 Williams, M. 5/29/05	2354	2484 TOT	2814	3553 TROT	4251 Ryder, K. 5/29/05
519 Vaughan, D. 11/5/05	642 Beck, C. 5/22/05	1535 Wirth, C. 5/29/05	2125 Tracy, B. 6/4/05	1698 Williams, M. 5/29/05	2355	2485 TOT	2815	3554 TROT	4252 Ryder, K. 5/29/05
520 Vaughan, D. 11/5/05	643 Beck, C. 5/22/05	1536 Wirth, C. 5/29/05	2126 Tracy, B. 6/4/05	1699 Williams, M. 5/29/05	2356	2486 TOT	2816	3555 TROT	4253 Ryder, K. 5/29/05
521 Vaughan, D. 11/5/05	644 Beck, C. 5/22/05	1537 Wirth, C. 5/29/05	2127 Tracy, B. 6/4/05	1700 Williams, M. 5/29/05	2357	2487 TOT	2817	3556 TROT	4254 Ryder, K. 5/29/05
522 Vaughan, D. 11/5/05	645 Beck, C. 5/22/05	1538 Wirth, C. 5/29/05	2128 Tracy, B. 6/4/05	1701 Williams, M. 5/29/05	2358	2488 TOT	2818	3557 TROT	4255 Ryder, K. 5/29/05
523 Vaughan, D. 11/5/05	646 Beck, C. 5/22/05	1539 Wirth, C. 5/29/05	2129 Tracy, B. 6/4/05	1702 Williams, M. 5/29/05	2359	2489 TOT	2819	3558 TROT	4256 Ryder, K. 5/29/05
524 Vaughan, D. 11/5/05	647 Beck, C. 5/22/05	1540 Wirth, C. 5/29/05	2130 Tracy, B. 6/4/05	1703 Williams, M. 5/29/05	2360	2490 TOT	2820	3559 TROT	4257 Ryder, K. 5/29/05
525 Vaughan, D. 11/5/05	648 Beck, C. 5/22/05	1541 Wirth, C. 5/29/05	2131 Tracy, B. 6/4/05	1704 Williams, M. 5/29/05	2361	2491 TOT	2821	3560 TROT	4258 Ryder, K. 5/29/05
526 Vaughan, D. 11/5/05	649 Beck, C. 5/22/05	1542 Wirth, C. 5/29/05	2132 Tracy, B. 6/4/05	1705 Williams, M. 5/29/05	2362	2492 TOT	2822	3561 TROT	4259 Ryder, K. 5/29/05
527 Vaughan, D. 11/5/05	650 Beck, C. 5/22/05	1543 Wirth, C. 5/29/05	2133 Tracy, B. 6/4/05	1706 Williams, M. 5/29/05	2363	2493 TOT	2823	3562 TROT	4260 Ryder, K. 5/29/05
528 Vaughan, D. 11/5/05	651 Beck, C. 5/22/05	1544 Wirth, C. 5/29/05	2134 Tracy, B. 6/4/05	1707 Williams, M. 5/29/05	2364	2494 TOT	2824	3563 TROT	4261 Ryder, K. 5/29/05
529 Vaughan, D. 11/5/05									



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# HARD CORE GYM #53 GYM WARRIORS

as told to PLUSA by Rick Brewer, House of Pain



Paul DeSimone gets a good spot by Derek Adams at GYM WARRIORS

Last month we got a bit of an attitude, but this month we're going to war! I kept getting little cryptic e-mails from Paul DeSimone about his gym, and about his lifting accomplishments and it made me interested to see if there was any fire under all that smoke!

He sent photos of himself doing a 220# dumbbell lift, claimed he could close the Captains of Crush #3, sent a photo of a 365# shoulder press (free weight); plus he has crossover interest in competing as bodybuilder, powerlifter, and strongman! Can one do all of this? While running a gym?

The name Gym Warrior may come from his preferred training mentality, and also the fact that his family is originally Roman. He used that name to remind him of the greatness. Now we'll let Paul tell us a little about some of the gym members:

"I am Paul DeSimone (the owner of the gym) and I have been doing bodybuilding, and powerlifting since I was 16 years old. I like most people, got started with the AAU program for teens. My first competition, I missed for state record, and qualified for nationals by 40 lbs - only because I never trained with commands. I got lifts, but I did not rack my benches, and did not wait for the judges on my deadlifts. I finished 4th place. From there, I went into bodybuilding winning the Teen Mr. Mass competition and going on to the Nationals, finishing 4th place. I kept competing in bodybuilding and then in 2000 I did the Strongest Man in Tampa

sponge, soaking up as much information as he possibly can. Trying to make his lifts go up each week is a constant goal for Tom. We have seen him, slowly but surely, climb up that ladder. When he walked in he could barely bench 135, and squat 150. Now he's got his bench up to 275, deadlifting 315 for 6 reps, and squatting 275 for 4-5. This was all done in less than a year, and with no one training him. He basically watches guys lift, talks to them, and figures things out. Tom is a great guy. In fact, I know he probably doesn't want me to tell you this: but small gyms can have rough times, and when he was up to join I told him I would give him his original contract price of 120 dollars for 6 months, he told me thanks - but no thanks - and gave me 170 dollars. He told me he loved this gym and would rather pay more to be there! Now that's a person who cares about a gym.

Louie Peppe is one of our most creative lifters. He does strongman, powerlifting, and some Olympic lifts. I've seen him do a two hand snatch with a 135 lb barbell, and while holding that bar up, he picked up a thick dumbbell of 75 lbs, and snatched that up. It was truly something else. Louie also has done a 705 deadlift, squats 705, and benches 455, all with the help of a belt. No wraps at all. He was getting ready for an all natural bodybuilding contest about 2 years ago, and dieted down to 202. He quit my gym, feeling the effects from the diet, and about 4 months later he rejoined my gym, stronger than ever. I am the only one who can spot Louie when he does 600 lb. squats, 345 lb. close grip bench, and old school style hack squat with 525. He is one of the strongest people I have ever met in my life, and weighing only 216 lbs. My brother is the most deserving person to have anything written on him for this reason. Without his original money and ideas this gym could never ever

have happened. He was the original owner of the gym, and my brother and I handpicked each piece of equipment. From Bruce Derosier (Atlantis Foundation), a great guy, we got some amazing equipment at a good cost. My brother has been a powerlifter his whole life, and is a very laidback, comical figure. (We love the comics!) It's almost crazy how many people love him. Some of the younger kids, like C.J. Digambarino, tell him that he's their idol. My brother just found out that he has sleep apnea, high blood pressure, and diabetes - which a lot of 300 lb. powerlifters would find to be a lifestyle changer. My brother is the reason I know about PL USA, which gives factual information instead of imaginary.

He has bench pressed 500 raw, deadlifted 600, and squatted 650 with knee wraps and a belt only at 240 lbs. He now is 315 pounds and we are all urging him to loose some weight and get back to that 240 and win some contests. So bro, let's hit the treadmill and the weights hard this year.

All I have to say is the gym is incredible, the best atmosphere anywhere. You need to come and experience it for yourself.

I would like to say one more thing, without a magazine like this there wouldn't be any way for a small gym like mine and any of its members to get any recognition for their accomplishments.

The gym address is Gym Warriors - Paul Desimone, 119 R Foster St, Peabody, MA 01960.

Sounds way cool Paul - keep up the good work. We love simple, old school, dinosaur training! Carry on! I'll see you next month, lift bag, eat bag, sleep long.

Questions/Comments

rick@houseofpain.com

or

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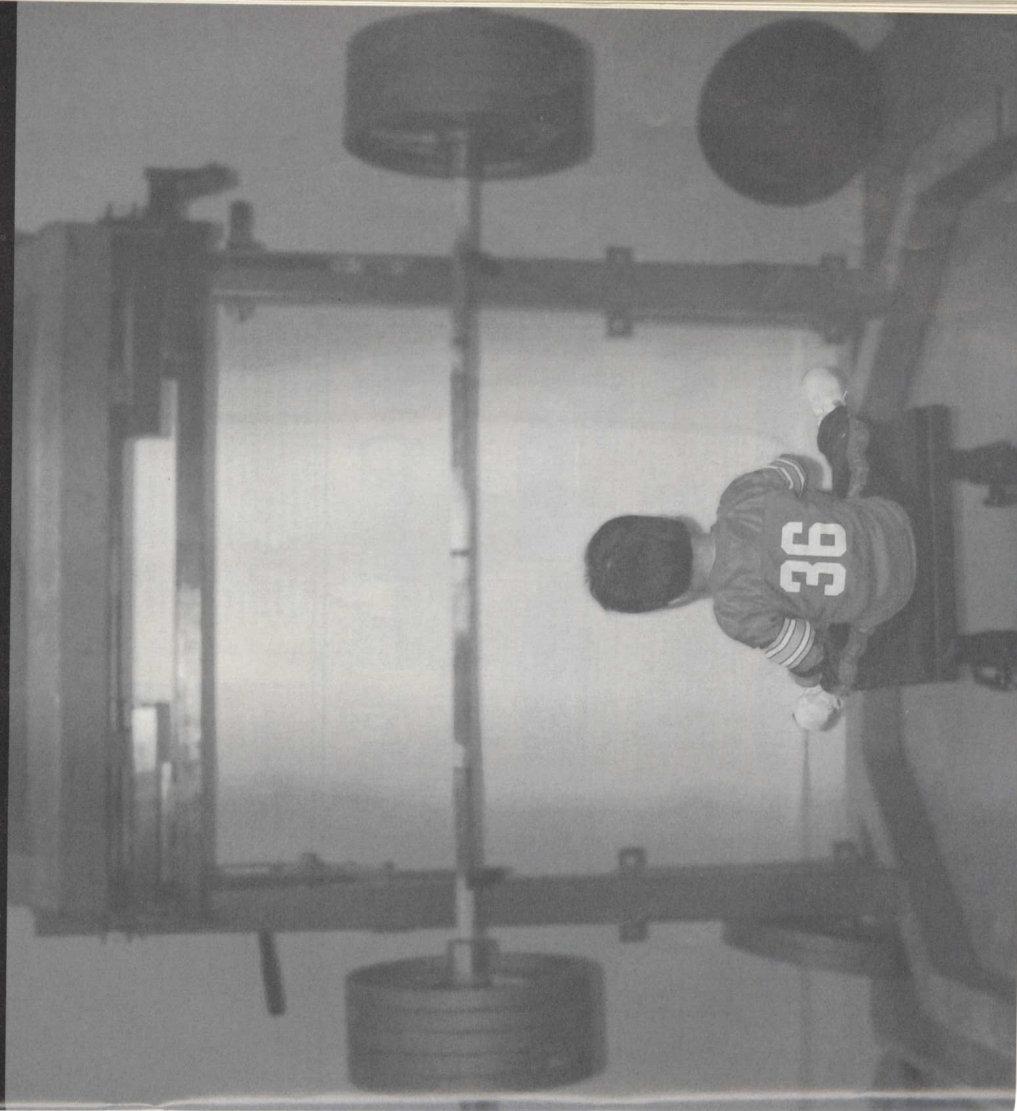
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BENCH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	Starr	300	198 lbs.																																																																																																	
2	Wilson	285	198 lbs.																																																																																																	
3	Junior	300	198 lbs.																																																																																																	
4	Y. Leung	300	198 lbs.																																																																																																	
5	Master (45-49)	95	275 lbs.																																																																																																	
6	48th-100	132 lbs.	160	165 lbs.																																																																																																
7	Westcott	160	165 lbs.																																																																																																	
8	48th-165	165 lbs.	165 lbs.																																																																																																	
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Kernoff, 802-865-2747,  
powerlifting@adelphia.net  
**3 JUN**, SLP Missouri Open BP/DL  
(Festus, MO) SLP, 122 W. Sale,  
Tuscola, IL 61953, (217) 253-5429,  
sonlight@netcare-il.com,  
www.sonlightpower.com  
**3 JUN**, USAPL "The Pete Lanzi Me-



President, 6097 Boca Colony Dr.  
#1615, Boca Raton, FL 33433, 941-  
626-4247, scott@apa-wpa.com,  
http://apa-wpa.com

10 JUN, USA West Coast BP & DL  
(Venice Beach, CA) Joe Wheatley &  
Steve Denison, pwifirst@msn.com,  
661-333-9600

10 JUN, 1st USAPF Pennsylvanian  
Festival, 10000 Pennsylvania  
6670, OH Ron Deamick, 330-792-  
6670

10 JUN, NASSA Arkansas State Cham-  
pionships (PL/BP) Rich Peters, P.O. Box  
735, Noble, OK 73068, 405-527-  
8513, sqbpd@aol.com

10 JUN, 1st USAPF Pennsylvania State  
BP/DL Championships (Waynesburg  
McCase, 210 Gilbott St., Fairmont,  
WV 26554, 304-376-2432,  
mcasae@yahoo.com

10 JUN, APA Summer Bash (Sam  
Houston High School, 100 Irvington  
Blvd., Houston, TX 77076, Tom  
McCall, 281-411-1111, g  
wehms@texastexas.com)

10 JUN, AAF Florida States, Kieran  
Kidder, Ft. Lauderdale, FL  
pameladalyton@aol.com, 386-734-  
3128

10 JUN, SLP Superman Classic (BP/  
DL) (Metropolis, IL) SLP, 122 W. Sale,  
Tuscola, IL 61953, (217) 253-5429,  
sonlight@netcare-ll.com

10 JUN, ADFFP Men & Women  
contest (raw, belt & wrist wraps only)  
8323, Spanish Valley Dr., Evansville,  
IN 47711, 812-867-1736, Dan Burdine  
10 JUN, NASSA Free Central USA  
BP/DL, Fitness Lifestyles, 641 W.  
Serpentine St., Freeport, IL 61032,  
815-233-2292, Diane Burdine

11 JUN, USA "Raw" Bench Press  
Federation Summer Nationals  
(Mattoon, IL) SLP, 122 W. Sale,  
Tuscola, IL 61953, (217) 253-  
5429, sonlight@netcare-ll.com

14-18 JUN, IPF/NAPF North  
American Nationals & Tournament  
American States (Dorado, Puerto  
Rico) (San Juan, PR) 940-2249,  
rhk@verizon.net, (954) 790-2249

17 JUN, (date assigned) (New Title)  
NAPF National States (BP, DL, PC)  
& Maryland State (Equipped &  
Raw, Baltimore, MD) Troy Ford,  
WNPF, P.O. Box 142347,  
Fayetteville, GA 30214, 678-  
817-4743, wnfp@aol.com

17 JUN, WAFL Aquavibe Great  
Northern Championships (BP/DL,  
Raw Lion Hotel, Olympia, WA) Gus  
Redwich, 363-545-8654

17 JUN, SFF WBFLA Nationals  
Open or Raw (Ft. Lauderdale, FL)  
Troy Ford, WNPF, P.O. Box 142347,  
Fayetteville, GA 30214, 678-  
817-4743, wnfp@aol.com

17 JUN, SFF WBFLA Nationals  
Open or Raw (Ft. Lauderdale, FL)  
Troy Ford, WNPF, P.O. Box 142347,  
Fayetteville, GA 30214, 678-  
817-4743, wnfp@aol.com

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817-4743, wnfp@aol.com

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Fayetteville, GA 30214, 678-  
817-4743, wnfp@aol.com

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HOUSE OF PAIN  
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T-SHIRTS BETTER THAN ANYONE ELSE  
IN THE WORLD!

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WE UNDERSTAND YOUR MARKET.

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FAX 972.772.5644  
customprint@houseofpain.com

1/2 Mile Rd., Racine, WI 53402,  
262-639-3210, snakeriver@yahoo.com

24-25 JUN, AAU North American  
PL, BP, DL, PP (Rancho American  
Vista Performing Arts Center,  
Visa, CA - early deadline 25 May)  
Martin Drake, Box 108, Nuevo,  
CA 94564, 405-527-8513,  
sqbpd@aol.com

18 JUN, USAFL Florida (Sunshine  
State Games) (BP/Miami) Robert Keller,  
954-790-2249, rhk@verizon.net,  
www.geocities.com/floridasp

24 JUN (NEW DATE/LOCATION),  
APA Louisiana State (Northwestern  
State Univ., Natchitoches, LA) PL, P-  
1856, fctol@yaho.com, www.apa-  
wpa.com

24 JUN (NEW DATE), Kansas City  
Pak/Pak/Kansas City (KS) Junt  
duree708@aol.com, 913-626-  
1111, 4

24 JUN, USA Express Fitness Open  
BP/DL (Benton, AR) SLP, 122 W.  
Sale, Tuscola, IL 61953, 217-253-  
5429, sonlight@netcare-ll.com

24 JUN, NASSA Missouri Grand (PL/  
BP Only) (PS/PP - Joplin, MO) Rich  
Peters, P.O. Box 735, Noble, OK  
73068, 405-527-8513,  
sqbpd@aol.com

24 JUN, USAFL Kansas State Power-  
lifting Championship (PS/PP) (Wayne  
Herl, 3503-A Chautauq Dr., Hayes,  
KS 67601, 785-625-1761

8 JUN, ADFFP Nationals (South  
Bend, Indiana), ADFFP Office, 27  
E. Madison, Indianapolis, IN 46204,  
917-471-9177

15 JUN, Young's Health Club Out-  
door Bench, Mike Young, 319 E.  
Superior St., Milwaukee, WI 48801, 989-  
463-8574, mike.young@ispnet.com

15 JUN, WNPF New Jersey States  
(Bordentown, NJ) Troy Ford, WNPF,  
P.O. Box 142347, Fayetteville, GA  
30214, 678-817-4743,  
wnfp@aol.com

15 JUN, AAU Larry Gurner Powerfest  
(P.O. Box 300, Dumbarton, RA, Glasgow,  
Mid 21212, Brian Washington,  
Brian@quest.net, 410-265-8264

15 JUN, USAFL Ironworks BP & DL  
Il Matt Smith, 1111 E. Wackerly St.,  
Midland, MI 48642, 989-948-3738

15 JUN (revised new date), PPL  
Southeastern Body Challenge, 1st-5th/  
Full Power/Body Free (BP/PL/PP/  
Man" Meyers, 2250 Lumpkin Rd.,

20 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK)  
21 MAY, SLP Southwest Missouri Open BP/DL (Springfield, MO)  
3 JUN, SLP Missouri Open BP/DL (Festus, MO)  
10 JUN, SLP Superman Classic BP/DL (Metropolis, IL)

20 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK)  
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3 JUN, SLP Missouri Open BP/DL (Festus, MO)  
10 JUN, SLP Superman Classic BP/DL (Metropolis, IL)

Augusta, GA 30906, (706) 790-3806,  
pythgvm@aol.com,  
www.hometownaol.com/pythgvm

15 JUL, APA 4th Maine Annual  
Open Iron Bash (Newport, ME) Scott  
Taylor, APA President, 6097 Boca  
Colony Dr. #1615, Boca Raton, FL  
33433, 941-626-4247, scott@apa-  
wpa.com, http://apa-wpa.com

12 JUL, ANPPC World Cup, SLP,  
12 JUL, ANPPC World Cup, SLP,  
(217) Sale, Tuscola, IL 61953,  
253-5429,  
sonlight@netcare-ll.com

15 JUL, WAFL Deas South Re-  
gional Championships (BP/DL - Hol-  
day Inn Select, Baton Rouge, LA) Reed  
Bauche, 225-718-2646

15 JUL, WAFL World Cup Cham-  
pionships (BP/DL - Sheraton Air-  
port Hotel, Portland, OR) Gus  
Redwich, 363-545-8654

15-16 JUL, NASSA vs AAU Team  
Challenge Official NASSA Team Only-  
Championships (BP/DL) (PL/BP Only/  
PS/PP) (Alvin, TX) Rich Peters, P.O.  
Box 735, Noble, OK 73068, 405-  
527-8513, sqbpd@aol.com

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

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

15-22 JUL, Masters & Masters  
National & North American Open  
(BP/DL) (Irving, TX) PC Power,  
Stanford, CT Troy Ford, WNPF,  
PO Box 142347, Fayetteville, GA  
30214, 678-817-4743,  
wnfp@aol.com

20-21 JUL, USAFL/USOC Palm  
Beach Sports Commission Youth &  
Fitness Festival (W. Palm Beach, FL)  
Robert Keller, rhk@verizon.net, (954)  
790-2249, www.geocities.com/floridasp

22 JUL, SLP Oklahoma Summer  
Open BP/DL (Sallisaw, OK) SLP, 122  
W. Sale, Tuscola, IL 61953, (217)  
253-5429, sonlight@netcare-ll.com

26 JUL, NASSA Tri-State Regional  
Championships (Special Olympians lit  
lesmith@jllsnet.com) (618) 662-3413,  
Lafayette, GA

29 JUL, Verano State Open BP  
(men, women, teen, masters, Grand  
masters) All American Fitness Center,  
1881 Williston Rd., S. Burlington, VT  
05403, 802-865-3068, Rick Poston

29 JUL, 100% Raw Strongman 5 Lift  
Rept Challenge (CR/CU/BP/SQ/DP-  
jerry90@mcsl.com)

29-30 JUL, AAU Jr. Olympics PL/  
BP (Hampton, VA) 804-559-4624  
after 7PM (EST),  
www.usapowerlifting.org

29 JUL, 100% Raw New York State  
Championships (BP/DL) (P.O. Box  
Hannington, Hanington, PA 17033,  
Tennant, Hanington, PA 17033,  
100% Raw Great American Club  
Lyte, Shavn

22 JUL, NASSA Grand Nationals  
(PL/BP Only/PS/PP - Pickwick,  
TN) Rich Peters, P.O. Box 735,  
Noble, OK 73068, 405-527-  
8513, sqbpd@aol.com

22 JUL (corrected phone number/  
date), ADAU Raw Single Lift Na-  
tional Championships (Johnson  
City, NY) Siegel Engraving, 304  
Salsey St., Clearfield, PA 16830,  
814-653-3214, al@pikup.com

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

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Atlantic Open PL/BP/DL/Tromman

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Atlantic Open PL/BP/DL/Tromman

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Atlantic Open PL/BP/DL/Tromman

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

# UPCOMING WNPF MEETS

## DRUG FREE POWERLIFTING

### (Raw, Single Ply, Unlimited)

**21 MAY, 7th WNPF Elite Nationals**

**3, 4 JUN, WNPF Drug Free Nationals**

**17 JUN WNPF Raw Nationals**

**8 JUL, WNPF Minnesota State**

**WNPF, PO Box 142347, Fayetteville, GA 30214**

**678-817-4743 or wnfp@aol.com**

**website - members.aol.com/wnpf**

World Championships, York Bar-  
bell Co., 3500 Board Rd.,  
York, PA 17402, Mark Chillet,  
717-495-0120

7-17-49-5-0120

Challit@suscom.net, Ellen  
Challit, challit@aol.com

23 JUL, Open Bench Press  
PA - for cerebral palsy) Chris Snyder,  
814-676-3750

23 JUL, SLP Oklahoma Summer  
Open BP/DL (Sallisaw, OK) SLP, 122  
W. Sale, Tuscola, IL 61953, (217)  
253-5429, sonlight@netcare-ll.com

26 JUL, NASSA Tri-State Regional  
Championships (Special Olympians lit  
lesmith@jllsnet.com) (618) 662-3413,  
Lafayette, GA

29 JUL, Verano State Open BP  
(men, women, teen, masters, Grand  
masters) All American Fitness Center,  
1881 Williston Rd., S. Burlington, VT  
05403, 802-865-3068, Rick Poston

29 JUL, 100% Raw Strongman 5 Lift  
Rept Challenge (CR/CU/BP/SQ/DP-  
jerry90@mcsl.com)

29-30 JUL, AAU Jr. Olympics PL/  
BP (Hampton, VA) 804-559-4624  
after 7PM (EST),  
www.usapowerlifting.org

29 JUL, 100% Raw New York State  
Championships (BP/DL) (P.O. Box  
Hannington, Hanington, PA 17033,  
Tennant, Hanington, PA 17033,  
100% Raw Great American Club  
Lyte, Shavn

22 JUL, NASSA Grand Nationals  
(PL/BP Only/PS/PP - Pickwick,  
TN) Rich Peters, P.O. Box 735,  
Noble, OK 73068, 405-527-  
8513, sqbpd@aol.com

22 JUL (corrected phone number/  
date), ADAU Raw Single Lift Na-  
tional Championships (Johnson  
City, NY) Siegel Engraving, 304  
Salsey St., Clearfield, PA 16830,  
814-653-3214, al@pikup.com

22-23 JUL (NEW DATE), IPA  
Atlantic Open PL/BP/DL/Tromman

(St. Louis, MO) James Rouse,  
jrouse41@aol.com

11.12 AUG, 100% RAW National  
Powerlifting Championships (Or-  
lando, FL)

www.RawPowerlifting.com, Paul  
Rouse, 252-336-4188,  
Paul@RawPowerlifting.com

12 AUG, APA Vermont Powerlifting  
Full Power/Meet (SQ/BP/DL/SC)  
- First in Fitness, Berlin, VT) Bert  
Kernoff, Meet Director, 802-865-  
2747, kwpowerlifting@delphia.net

12 AUG, USPF National BP/DL  
Championship in conjunction with  
the 2nd US Open Strength Chal-  
lenge (Parkersburg, WV) Matt  
McCase, 210 Gilbott St., Fairmont,  
WV 26554, 304-376-2432,  
mcasae@yahoo.com

12 AUG, SFF Open/P/P/BP, BP,  
DL (Holiday Inn, Birmingham, AL)  
Jesse Rodgers, 423-576-8411, jesse  
rodgers@bham.com

12 AUG, SLP Wisconsin State Fair  
BP/DL (W. Allis, WI) SLP, 122 W.  
Sale, Tuscola, IL 61953, (217) 253-  
5429, sonlight@netcare-ll.com

12 AUG, NASSA Colorado Grand  
Championships (PL/BP Only/PS/PP  
- Denver, CO) Rich Peters, P.O. Box  
735, Noble, OK 73068, 405-527-  
8513, sqbpd@aol.com

21.13 AUG, WAFL House of  
Pain National Championships (BP/  
DL) (Crow Plaza Hotel, Dallas,  
TX) Gus Redwich, 363-545-  
8654

13 AUG, SLP Missouri State Fair BP/  
DL (Sedalia, MO) SLP, 122 W. Sale,  
Tuscola, IL 61953, (217) 253-5429,  
sonlight@netcare-ll.com

19 AUG, 22nd Iowa State Fair Drug  
Free Bench Press/Deadlift Contest  
(Purcell, IA) Jeff Baird,  
jeffbaire@aol.com

19 AUG, 3rd Drug Free Summer Time  
Strongman Championships (Boca  
Raton, FL) Bob Young, 954-790-2249,  
rhk@verizon.net

19 AUG, 7th Power Works Gym Push  
Pull & Bar B Que (Perham, MN) Tom  
Haggenmiller, Power-Works Gym, 949  
W. Main St., Perham, MN 56573,  
218-346-5320

5 AUG, SFF Georgia State (open - raw  
P/P/BP, DL - City Club Fitness Center,  
Lafayette, GA)

19 AUG, NOVA Raw BP (Sterling,  
VA) John James, (703) 475-9885,  
www.northernvirginiapower.com

19 AUG, SLP Indiana State Fair BP/  
DL (Peach Grove, IN) SLP, 122 W.  
Sale, Tuscola, IL 61953, (217) 253-  
5429, sonlight@netcare-ll.com

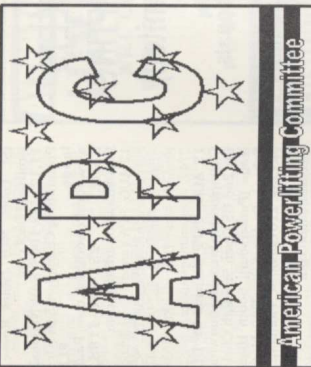
19 AUG, ADAU Texas State (closed)  
and Long Horn Cup (open) (all age  
groups and divisions, men & women)  
The Cramer, Box 300966, Austin, TX  
78703, www.powerlifting-  
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512-329-8528

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and Long Horn Cup (open) (all age  
groups and divisions, men & women)  
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78703, www.powerlifting-  
journal.com, lesliet@netscape.com,  
512-329-8528

19 AUG, WNPF North Americans  
(Panama City, FL) Troy Ford,  
WNPF, P.O. Box 142347, Fayetteville,  
GA 30214, 678-  
817-4743, wnfp@aol.com

19 AUG, SFF Kentucky Open or





July 7, 8, 9, 2006, APC National P L and B P, Sacramento, Ca.  
September 16, 2006, APC Northern California Open & Novie P L and B P John Ford 650-303-7518  
November 1-5, 2006 GPC World Championships 2006, Gent, Belgium, Promoter GPC-Belgium.  
December 9, 2006, APC 53rd, California IronMan, Fresno, Ca. Bob Packer 559-322-6805

1 R Baker 770-713-3080

For more information; [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
IronDawg Power; [www.irondawg.com](http://www.irondawg.com)

Raw P/P, BP, DL (Metro Fitness, Shelbyville Rd. (US60) Louisville, KY) [www.southpowerlifting.com](http://www.southpowerlifting.com) or call Jesse Rodgers, 423-876-8410

**19 AUG, USAPL 3rd annual Southern Ohio PL/BP.** Dave Ricks, 8835 Winston Farm Ln, Dayton, OH 45458, 937-435-2127

**20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus**

Firefighters BP Challenge, Daytona Beach, FL, pameladayton@aol.com, 386-734-3128

2 SEP, NASA New Mexico Regional (NPL)/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelman, mmike@liffinglarge.com

2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429

individual lifts & power sports, all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, [www.powerlifting-journal.com](http://www.powerlifting-journal.com), [leslifter@netscape.com](mailto:leslifter@netscape.com), 512-329-8528

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210-329-8528, SLP Illinois State Fair BP/ DL(Springfield, IL) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcure-il.com](mailto:sonlight@netcure-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
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 9 SEP. APF Gulf Coast Open BP/DL  
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 727-376-1707  
 9 SEP. USPF Venice Beach PL/BP/  
 10 SEP. Joe Wheatley & Steve Denison,  
 powflrfs@msn.com, 661-333-9800  
 9 SEP. WABDL Tennessee State  
 Championships (BP/DL - Manches  
 er, TN) Ken Millarity, 931-454-0935  
 9 SEP. NPA Drug Free National

**www.RawPowerlifting.com, Paul Bossi**  
252-336-4188,  
**Pres@RawPowerlifting.com**  
**26 AUG, SLP** Kentucky State BP/DL  
(Louisville, KY) SLP, 122 W. Sale,  
(Tuscola, IL) 61953, (217) 253-5429,  
**sonlight@netcare-il.com**,  
**www.sonlightpower.com**  
**26 AUG, WABDL** 10th Alki Beach  
Championships (BP/DL - Seattle WA)  
Call Steve at 206-725-7504

BBP/DL, Fitness Lifestyles, 641 W.  
Stenkinson St., Freeport, IL  
61032, 815-233-2292, Duane  
Burlingame  
9 SEP, 15th WNPF Lifetime Drug  
Free Nationals (BP, DL, PC-Bor-  
dentown, NJ) Troy Ford, WNPF,  
PO Box 142347, Fayetteville, GA  
30214, 678-817-4743,  
wnpf@aol.com

**Bill Stewart**, 206-725-7894  
**26 ADU Powerlifting Cham-**  
**pionship (Hagerstown, MD)** Kevin  
 Prosser, 11218 Greenmount Ave.,  
 Hagerstown, MD 21740, 301-573-  
 7853, jkprosser@yahoo.com

**26 AG Raw Nationals &**  
**WNC State (Winfall-Salem, NC)** Troy  
 Ford, WNPFF, PO Box 142347,  
 Fayetteville, GA 30214, 678-817-  
 4743, wrnp@aol.com

9 SEP, Wolf River Day of Strength  
Strongman and Powerlifting, (New  
Haven, WI) Tom Theama, 920-359-  
00432, theama@charter.net

26 AUG, Midwest Masters Open (mas-  
t) 26 AUG, PL, BP, DL, PP) Keith  
Machulda, 48084 Cass, Omaha, NE  
68132. 402-444-5596

26 AUG, APF Georgia State Power-  
lifting & Bench Press Championships  
(Kennesaw, GA) Jon Grove, 850-  
997-4288 0.  
kennesaw@fitnessresource.com;  
www.ngbb.net

26 AUG, APF Debbie Kruck Police/

15th WNPFF Pennsylvania  
State (PL, BP, DL, PC - Ephrata, PA)  
Troy Ford, WNPFF, PO Box 142347  
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## CONTACT INFORMATION

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Telephone: 787-890-4636

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Phone 787-796-6125  
Fax 787-796-6145  
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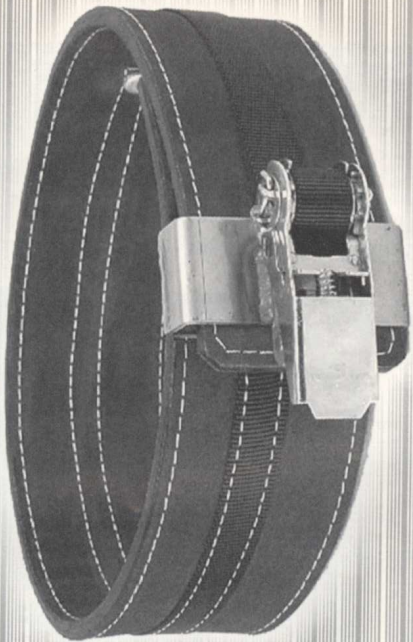




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**Sal Ribaldo** squatting at the APA Iron Warriors Meet. (Taylor photos)

Cooper's Classic  
12 FEB 06 - Weirton??, PA

CH	Age	Sex	Color	Weight	Height	Birth date	Owner	Notes
1	3	♂	Black	242 lbs.	170	260	J. Korik	
2	3	♀	Black	165 lbs.	170	260	J. Korik	
3	3	♂	Black	165 lbs.	170	260	J. Korik	
4	3	♀	Black	165 lbs.	170	260	J. Korik	
5	3	♂	Black	165 lbs.	170	260	J. Korik	
6	3	♀	Black	165 lbs.	170	260	J. Korik	
7	3	♂	Black	165 lbs.	170	260	J. Korik	
8	3	♀	Black	165 lbs.	170	260	J. Korik	
9	3	♂	Black	165 lbs.	170	260	J. Korik	
10	3	♀	Black	165 lbs.	170	260	J. Korik	
11	3	♂	Black	165 lbs.	170	260	J. Korik	
12	3	♀	Black	165 lbs.	170	260	J. Korik	
13	3	♂	Black	165 lbs.	170	260	J. Korik	
14	3	♀	Black	165 lbs.	170	260	J. Korik	
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16	3	♀	Black	165 lbs.	170	260	J. Korik	
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73	3	♂	Black	165 lbs.	170	260	J. Korik	
74	3	♀	Black	165 lbs.	170	260	J. Korik	
75	3	♂	Black	165 lbs.	170	260	J. Korik	
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78	3	♀	Black	165 lbs.	170	260	J. Korik	
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81	3	♂	Black	165 lbs.	170	260	J. Korik	
82	3	♀	Black	165 lbs.	170	260	J. Korik	
83	3	♂	Black	165 lbs.	170	260	J. Korik	
84	3	♀	Black	165 lbs.	170	260	J. Korik	
85	3	♂	Black	165 lbs.	170	260	J. Korik	
86	3	♀	Black	165 lbs.	170	260	J. Korik	
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97	3	♂	Black	165 lbs.	170	260	J. Korik	
98	3	♀	Black	165 lbs.	170	260	J. Korik	
99	3	♂	Black	165 lbs.	170	260	J. Korik	
100	3	♀	Black	165 lbs.	170	260	J. Korik	

198, class row, with the last six seats empty. This time, Michael Chick, 17, also got accredited with a massive total of 910, look for him in the future. The best in the women's was Sue Kaste of the 19th, with a score of 595. Kaste died with, at the age 39, The police, fire, and military division was also a great West Virginia State Police, and the Winterville Jail. Daniels, from the Toronto Police Department, whom could not complete due to a death in his family. We will continue to have at least two years of these incidents thanks to head judge Nick Bick, a big name at Mountainer, and judges Jason Pavlek, Brad Reese, Doug Havalecko, Brian Allen, and Nick Frankforter. Also, the collection coordinator, Tom Rager, the collection coordinator Tom Rager, and special thanks for all the help my wife Linda and my son Ryan Cooper did to help make this a great and memorable event. We will continue to provide for providing PT, USA will provide results.

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**Bill Bradford** curling in Bartow, FL  
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
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# SLP Missouri Christmas for Kids

4 DEC 05 - Poplar Bluff, MO

WOMEN 242 lbs. D. Thompson 330\*

97 lbs. R. Gibson 335\*

K. Stanley 70\* Police/Fire

4th-75\* Open/Raw

Junior 220 lbs. T. Hitt 350\*

105 lbs. M. McDonough 475\*

Novice 308 lbs. J. Schroeder 300\*

198 lbs. M. Meson 15\*

282 lbs. J. Saunders 270

242 lbs. D. Steen 425

Teen (16-17) 242 lbs. J. King 200

308 lbs. D. Daniels 405\*

350\* DEADLIFT

148 lbs. M. Finley 285\*

165 lbs. T. Denison 170\*

155 lbs. K. Stanley 97 lbs.

T. Denison 405\*

242 lbs. J. McGuire 200

Teen (16-17) 242 lbs. R. Hudnell 545\*

Master (40-44) 242 lbs. B. Dolan 330

242 lbs. B. Carnell 330

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Brian Dolan got a 505 lb. bench at the SLP Christmas meet. (D. Latch)

grave early. For the police and fire

submaster division it was Whippier Johnson

for the win at 198. Whippier finished with

a personal best and a new state record 400

Brent Stanley did the same at 220, making

his first official 400 and a new state record

division Don Thompson broke the state

record at 242 with 330 while teammate

Rodger Gibson did the same at 275 with

335. In the open police & fire division, all

records for their respective classes. Mike

Pratt won at 220 with 330, while world

police & fire champion Bill McDonough

took the 275's with his 475 opener. Jay

Wheeler won at 308 with a solid 300. In

the 400's division, James Sanders won

for James Sanders with 270 for the win at

13-15/97 with 70, but followed that with

a solid 75 fourth. At junior women 132 it

was a new state record of 115 was also

Mark Mason broke the existing state record

at novice 198 with 285, just missing a final

attempt with a personal best 300. Drake

McGuire won at 242 with 330, followed by

finishing here with 280. Johnathan McNabb

broke the state record at 16-17/08 with

a solid 350. For the 18-19 age division it

was Marco Finley with a new state record

at 165 with 425, followed by Kevin Sweeney

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at 165 with 425, followed by Kevin Sweeney

# SLP Arkansas Christmas for Kids

10 DEC 05 - Glenwood, AR

WOMEN 242 lbs. D. Thompson 330\*

97 lbs. R. Gibson 335\*

K. Stanley 70\* Police/Fire

4th-75\* Open/Raw

Junior 220 lbs. T. Hitt 350\*

105 lbs. M. McDonough 475\*

Novice 308 lbs. J. Schroeder 300\*

198 lbs. M. Meson 15\*

282 lbs. J. Saunders 270

242 lbs. D. Steen 425

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Harold Hager benched 225 @ 707.4/165 in Glenwood, AR (D. Latch)

event. Even though we had a slightly

smaller turnout than in the past, everyone

had a good time and we collected several

new toys for the needy children in the area.

In the bench press event Miles Lamboli

bested Roger Barker, best lifter in the

police & fire division, with 210. Lamboli

Power Arkansas Christmas for Kids

personal best 210. Lamboli

Press/Deadlift Championship was held at

his first official 500 at junior 308, which

was a new state record. Thanks to owner

also set the state record three. Raymond

Jason Fryar for once again hosting this

Mace broke the state record at 45-49/198

year! (results courtesy Dr. Darrell Latch)

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-Jay "Big Game" Taylor Yardly, PA

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-Alfonzo Maccon Millersville, PA

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## Old School Powerlifting in the USPF as told to Powerlifting USA by Gabe Sorenson

In the 70s and 80s, Ron Morris, ran one of the most legendary Powerlifting coaches, USPF. Karen Matthews, Chris Clements, Nicki Anson, and Joe Beede make up the new Power Unlimited power team. The entire team lifted together at the USPF Western USA Cup.



**In Front (left to right) Nicki Anson, Karen Matthews, Chris Clements, and in the back row: Joe Beede, Christine & Dan Sorenson**

Unlimited was a frequent stop for some of the most elite powerlifters in the world. Lee Moran, Dave Waddington, Paul Love, and many others lifted on Ron's platforms. The doors of Power Unlimited have been long closed, but two of Ron's workout partners, Michael and Christine Sorenson, are passing down the hardcore sensibility to a new generation of lifters.

Here in Grass Valley, CA, Michael and Christine have formed a team of powerlifters

years removed from a near fatal car crash that left her with a broken back, took a first place in the 198+ submasters (30-35 year old).

Chris Clements took first in the 165 lbs class. Chris was born with cerebral palsy but refuses to let anything but the "open class" (all lifters) despite his condition. Then there is Joe Beede. To call Joe a "throwback" is an understatement! Joe approaches the platform with intensity and aggression that has won him the admiration of elite lifters. Joe's gold medal at 181 lbs class was an impressive debut.

You don't have to look very far to see where the intensity of the Power Unlimited team comes from. With 30 years of lifting and coaching experience, Michael Sorenson organizes his team like a powerlifting's General Patton way Ron Morris ran things back when the doors of the original Power Unlimited were open for hardcore lifters. This new generation of Power Unlimited lifters reminds us all that the "Old School" sensibility and work ethic are still alive and well in the USPF.

are still alive and well in the USPF.



**Scott Smith 692 SQ, total 2320**

Western USA Cup/Fit Expo 19 FEB 06 - Pasadena, CA			
BENCH	FT	DEADLIFT	TOTAL
148 lbs	192	144	55
165 lbs	205	155	71
181 lbs	210	160	77
198 lbs	220	170	87
215 lbs	230	180	97
232 lbs	240	190	107
250 lbs	250	200	117
275 lbs	260	210	127
300 lbs	270	220	137
325 lbs	280	230	147
350 lbs	290	240	157
375 lbs	300	250	167
400 lbs	310	260	177
425 lbs	320	270	187
450 lbs	330	280	197
475 lbs	340	290	207
500 lbs	350	300	217
525 lbs	360	310	227
550 lbs	370	320	237
575 lbs	380	330	247
600 lbs	390	340	257
625 lbs	400	350	267
650 lbs	410	360	277
675 lbs	420	370	287
700 lbs	430	380	297
725 lbs	440	390	307
750 lbs	450	400	317
775 lbs	460	410	327
800 lbs	470	420	337
825 lbs	480	430	347
850 lbs	490	440	357
875 lbs	500	450	367
900 lbs	510	460	377
925 lbs	520	470	387
950 lbs	530	480	397
975 lbs	540	490	407
1000 lbs	550	500	417
1025 lbs	560	510	427
1050 lbs	570	520	437
1075 lbs	580	530	447
1100 lbs	590	540	457
1125 lbs	600	550	467
1150 lbs	610	560	477
1175 lbs	620	570	487
1200 lbs	630	580	497
1225 lbs	640	590	507
1250 lbs	650	600	517
1275 lbs	660	610	527
1300 lbs	670	620	537
1325 lbs	680	630	547
1350 lbs	690	640	557
1375 lbs	700	650	567
1400 lbs	710	660	577
1425 lbs	720	670	587
1450 lbs	730	680	597
1475 lbs	740	690	607
1500 lbs	750	700	617
1525 lbs	760	710	627
1550 lbs	770	720	637
1575 lbs	780	730	647
1600 lbs	790	740	657
1625 lbs	800	750	667
1650 lbs	810	760	677
1675 lbs	820	770	687
1700 lbs	830	780	697
1725 lbs	840	790	707
1750 lbs	850	800	717
1775 lbs	860	810	727
1800 lbs	870	820	737
1825 lbs	880	830	747
1850 lbs	890	840	757
1875 lbs	900	850	767
1900 lbs	910	860	777
1925 lbs	920	870	787
1950 lbs	930	880	797
1975 lbs	940	890	807
2000 lbs	950	900	817
2025 lbs	960	910	827
2050 lbs	970	920	837
2075 lbs	980	930	847
2100 lbs	990	940	857
2125 lbs	1000	950	867
2150 lbs	1010	960	877
2175 lbs	1020	970	887
2200 lbs	1030	980	897
2225 lbs	1040	990	907
2250 lbs	1050	1000	917
2275 lbs	1060	1010	927
2300 lbs	1070	1020	937
2325 lbs	1080	1030	947
2350 lbs	1090	1040	957
2375 lbs	1100	1050	967
2400 lbs	1110	1060	977
2425 lbs	1120	1070	987
2450 lbs	1130	1080	997
2475 lbs	1140	1090	1007
2500 lbs	1150	1100	1017
2525 lbs	1160	1110	1027
2550 lbs	1170	1120	1037
2575 lbs	1180	1130	1047
2600 lbs	1190	1140	1057
2625 lbs	1200	1150	1067
2650 lbs	1210	1160	1077
2675 lbs	1220	1170	1087
2700 lbs	1230	1180	1097
2725 lbs	1240	1190	1107
2750 lbs	1250	1200	1117
2775 lbs	1260	1210	1127
2800 lbs	1270	1220	1137
2825 lbs	1280	1230	1147
2850 lbs	1290	1240	1157
2875 lbs	1300	1250	1167
2900 lbs	1310	1260	1177
2925 lbs	1320	1270	1187
2950 lbs	1330	1280	1197
2975 lbs	1340	1290	1207
3000 lbs	1350	1300	1217
3025 lbs	1360	1310	1227
3050 lbs	1370	1320	1237
3075 lbs	1380	1330	1247
3100 lbs	1390	1340	1257
3125 lbs	1400	1350	1267
3150 lbs	1410	1360	1277
3175 lbs	1420	1370	1287
3200 lbs	1430	1380	1297
3225 lbs	1440	1390	1307
3250 lbs	1450	1400	1317
3275 lbs	1460	1410	1327
3300 lbs	1470	1420	1337
3325 lbs	1480	1430	1347
3350 lbs	1490	1440	1357
3375 lbs	1500	1450	1367
3400 lbs	1510	1460	1377
3425 lbs	1520	1470	1387
3450 lbs	1530	1480	1397
3475 lbs	1540	1490	1407
3500 lbs	1550	1500	1417
3525 lbs	1560	1510	1427
3550 lbs	1570	1520	1437
3575 lbs	1580	1530	1447
3600 lbs	1590	1540	1457
3625 lbs	1600	1550	1467
3650 lbs	1610	1560	1477
3675 lbs	1620	1570	1487
3700 lbs	1630	1580	1497
3725 lbs	1640	1590	1507
3750 lbs	1650	1600	1517
3775 lbs	1660	1610	1527
3800 lbs	1670	1620	1537
3825 lbs	1680	1630	1547
3850 lbs	1690	1640	1557
3875 lbs	1700	1650	1567
3900 lbs	1710	1660	1577
3925 lbs	1720	1670	1587
3950 lbs	1730	1680	1597
3975 lbs	1740	1690	1607
4000 lbs	1750	1700	1617
4025 lbs	1760	1710	1627
4050 lbs	1770	1720	1637
4075 lbs	1780	1730	1647
4100 lbs	1790	1740	1657
4125 lbs	1800	1750	1667
4150 lbs	1810	1760	1677
4175 lbs	1820	1770	1687
4200 lbs	1830	1780	1697
4225 lbs	1840	1790	1707
4250 lbs	1850	1800	1717
4275 lbs	1860	1810	1727
4300 lbs	1870	1820	1737
4325 lbs	188	1830	1747











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