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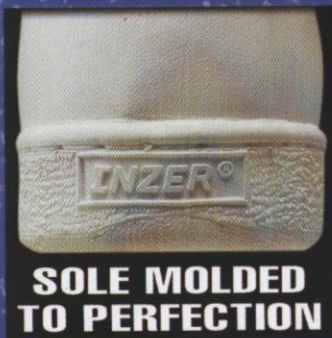
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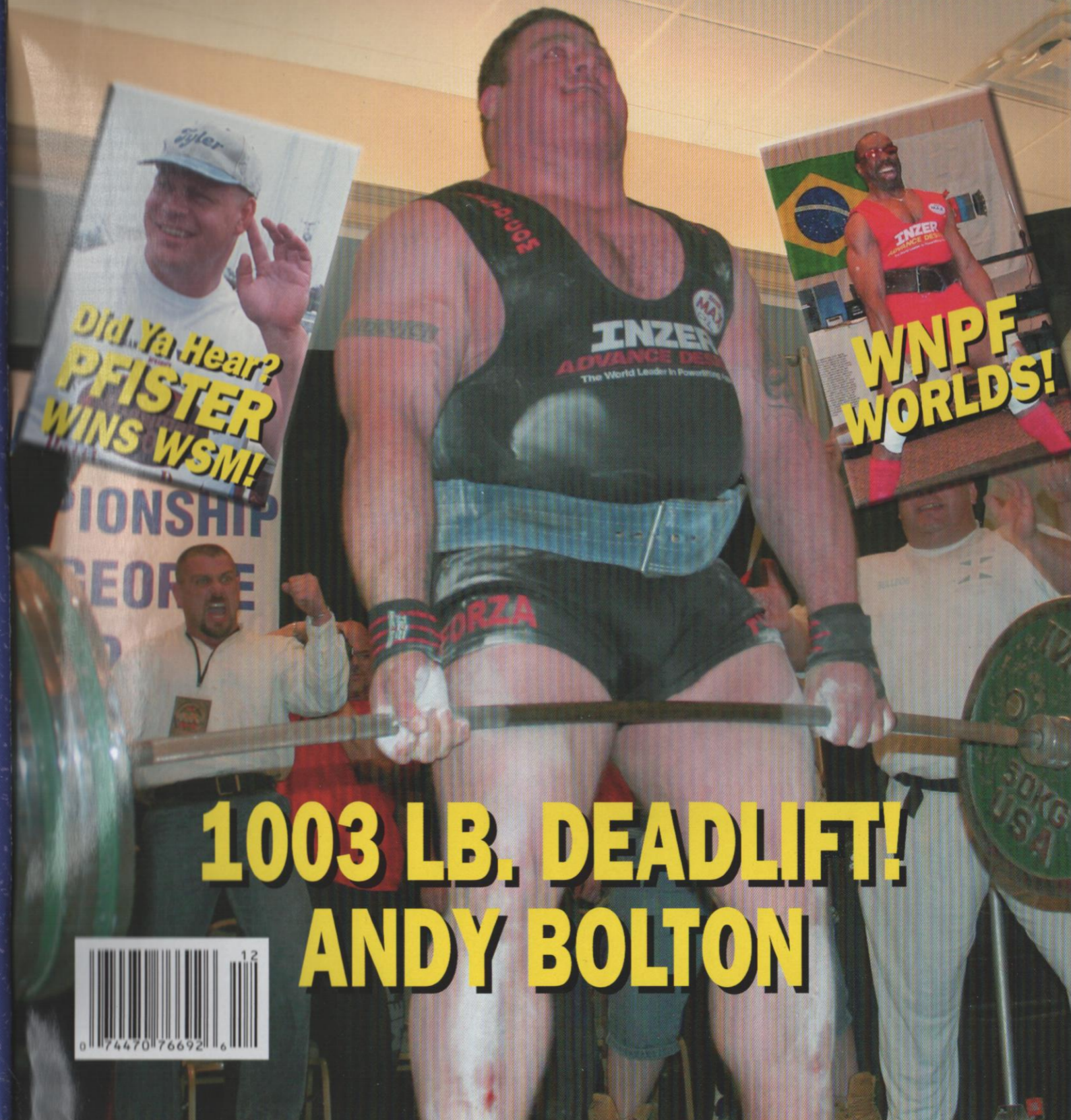
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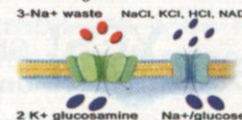
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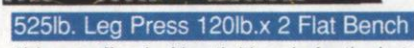


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INTERVIEW

PHIL PFISTER 2006 World's Strongest Man as interviewed by Greg Stott

On September 23, 2006 Phil Pfister of West Virginia, became the first American to win the coveted World's Strongest Man (WSM) title in twenty-four years. The last American, Powerlifting Legend Bill Kazmeir, won his third title in 1982. With over eight years of dedication & sweat equity into the sport of Strongman Phil Pfister not only broke a very long losing streak for the USA...he finally realized his dream! Beating two time WSM Champion Mariusz Pudzianowski, in the last event, in the last day of competition, was much more than just a personal victory for Pfister. It was a victory for his family, state & country. All of whom he loves and all of whom, should now celebrate his Herculean Effort!

5 - WSM Appearances, 4 x WSM Finalist, Best Prior Finish, 4th Place in 2001

Age: 35 **Height:** 6'6" **Weight:** 330 lbs. **Weight Class:** Heavyweight **Federations You Belong To:** ASC & IFSAGS:

GS: First off, Congratulations on your new title & tremendous victory in China.

PP: Thanks Greg!

GS: How have friends, family and the general public received you, since returning back to the USA with the WSM Title?

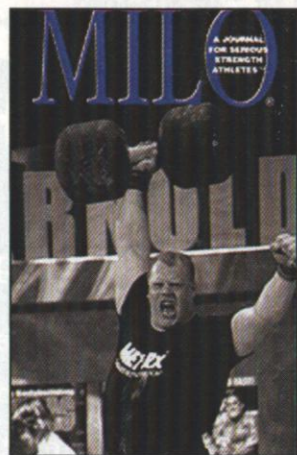
PP: To be honest Greg, I don't know if it's really sunk in yet. Everyone one has been very supportive and locally, people will stop me, congratulate me and ask me questions. Later this month and all of 2007 the competition will be shown on ESPN. I think after everyone including myself, watches the competition; all the work and what I've accomplished will finally sink in.

GS: Is it true that after the Arnold this year, you were thinking of retiring?

PP: Yes it is. I was burnt out and frustrated. I was ready to leave the sport after hearing back from the powers to be that I needed to compete some more, in order to receive an invitation to the 2006 WSM. I felt with my performance at the Arnold and other events that I should have been given a direct invite, their response was "no compete some more".

GS: So what helped to change your mind? Obviously you didn't retire.

PP: Well let's just say March & April were tough months. In May, I was at home, checking the mail and I saw that I had gotten my copy of the MILO Strength Journal. I looked down at the cover and there I was...looking at myself pressing the circus dumbbell at the Arnold. I read the story that Randall Strossen, the editor of MILO had written, well let me just say that his statements and the fact that he believed, this might be my year to win the WSM made the difference. It pumped me up enough to set some goals and start thinking



The Cover that launched a Quest! (IronMind/Strossen)



Phil after winning the last WSM event, the Atlas Stones. (Lisa Comber/TWI)

about how best to prepare for the big show.

GS: You mentioned setting some goals for the WSM. What were they?

PP: Simple, to set a PR (personal record) at this years WSM or retire from the sport of Strongman. My best finish to date was 4th. So for 2006 nothing but 1st - 3rd would be good enough. I also committed to doing whatever it took, regarding my training, for the months of June through September.

GS: Wow, that's some strong commitment. What was the key difference in both your preparation & training that you would credit with your success this year?

PP: Two words, Nick Osborne! I've known Nick for years. He owns a training facility called Built Solid in Columbus, Ohio. Nick brings a lot to the table, because he's a competitive strongman, a world-class coach and has an engineering background. When you put all that together, with my new commitment to train, I felt we had the right ingredients for a winning team. The biggest thing that happened when we linked up in June, was that now I could focus on being the Athlete and give 100% to whatever Nick decided to put me through, to prepare me for this year's

competition.

GS: What were some of the exercises and or events Nick had you doing?

PP: Once a week I'd drive from Charleston, WV to Columbus, Ohio to do a 2 - 3 hour training session, sleep over and train again the next day. Then drive home and repeat the following week. The main focus for the first two months was conditioning and torso development. My back was introduced to many new variations of the squat and deadlift. After about two months of this, we worked in some event training along with the odd lift and weight training exercises. In the fourth month we focused only on event training.

GS: What was your supplementation routine like, preparing for the WSM?

PP: When it comes to supplements, I'm not that big on anything that's not natural or needed for good health. I take Vitamin C, Creatin, Protein, and Fish Oil, while trying to eat a lot of calories. I normally eat 5 to 6 thousand calories daily. My protein intake varies...100 gm. - 300 gms. each day.

GS: Who are your current workout partners and or Coach?

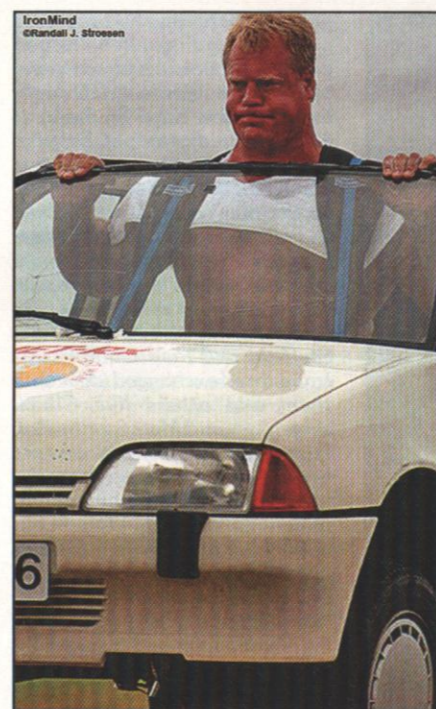
PP: Well as far as a coach, that's Nick Osborne. Matt Johnson drives up each week from Kentucky, that's 3 hours, just to train with me. For help with my power lifts, I'm fortunate to have IPF World Champion Brian Siders near by for both training & motivation.

GS: Who in Strength Sports do you look up to and admire?

PP: I think it's important to have heroes and role models. For me there have been three: John Brookfield, Brian Siders and Bill Kazmeir.

GS: What Strongman competitions will you compete in during the 2007 season?

PP: For next year, I'm only going to compete



Phil Pfister taking a car for a ride, at the MET-RX WSM (Randall Strossen/IronMind photo)

at the Arnold and the WSM. I'm also working on promoting the America's Strongest Man. I want it to be an annual event that will showcase both our sport and the state of WV.

GS: Where do you see the sport of Strongman going over the next 5 years?

PP: The sport of Strongman can't evolve until TV gets a hold of it. It's really that simple...nothing else is as important or will change the dynamics of our sport like television coverage. We need to have more athletes seen on TV and get the main stream public to know about the lives & characters that are involved in this great sport of Strongman. A sport of strength, speed, endurance and sacrifice. People believe what they see and the only way for us to build a huge following, is more television. With TV coverage over the next 5 years, Strongman can grow as big as other sports that have used their national exposure well, like the UFC & WWE just to name a few.

GS: What advice would you give to a lifter, wanting to get started in Strongman?

PP: I have seven keys to success for the sport of Strongman: 1. Be Patient 2. Stay Drug Free 3. Never Stop Learning 4. Be Creative & Have Fun 5. Identify Your Heroes & Role Models 6. Always Listen To & Respect Your Body 7. There's Not One Formula & No Absolutes

GS: Any final comments you'd like to make or people you'd like to thank?

PP: So many people have helped me realize my dream, literally hundreds of people have provided fantastic support and for that I'm very grateful. Of course I can't name them all, but let me highlight a few. Balzout Printing has been with me since the beginning. John Inzer has been very supportive over the years and I thank you. My wife Michelle and son Wyatt mean the world to me and their love and support has helped me succeed in life as well as Strongman. Finally, thanks Greg for

the opportunity to do this interview with you and help support the TEAM iXL mission worldwide.

GS: Phil, it took twenty-four years to bring the WSM title back to the USA. I can't think of a more deserving strength athlete for this great honor to be given to. You're a fireman, strongman & a family man. You've sacrificed much to pursue your dream of being named World's Strongest Man. From all of us in the strength community, let me congratulate you again and say well done Brother, well done! 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 Phil & other iXL SuperStars visit www.TEAMiXL.com

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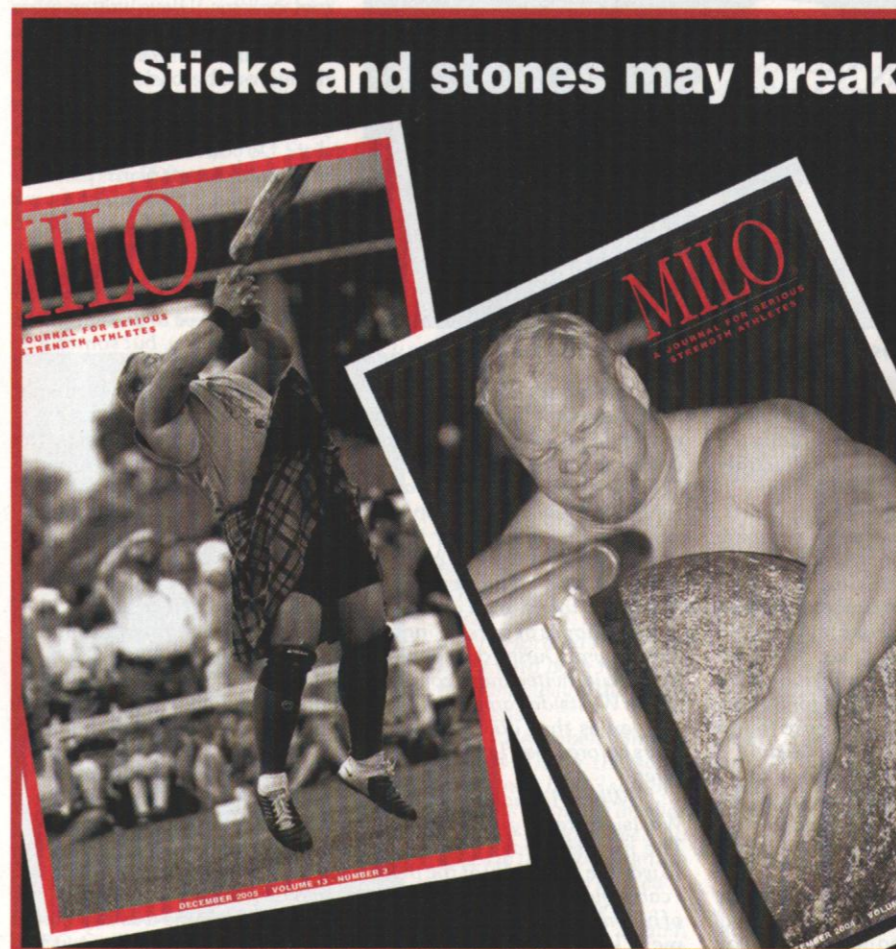
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I have to confess that I have always had a fascination with brute power. It goes back to my childhood. At that time it revolved around superheroes. Marvel Comic's Hulk and Thing characters were my favorites because they epitomized the ultimate in physical power. The Hulk held a special place in my heart as there was essentially no end to his strength. The angrier he got, the stronger he got, with seemingly no limit! My passion for physical prowess still burns just as brightly and fuels my love for all things strength related!

When I recently found out I would have the opportunity to interview a true strength mastodon in the person of Donnie Thompson I was fired up to say the least! To me, a man like Donnie is what unbridled power is all about. He hopes to soon be only the second man ever to exceed a 2800 lb. total!

What makes a guy like this tick? How did he get so friggin' HUGE? Let's find out...

ALN: Donnie, you have an extensive athletic background. Tell us a bit about that.

DT: I played high school football, baseball and track in my home state of Maryland. My first taste of competitive powerlifting was at a state level bench press meet my senior year in high school. The meet used USPF rules to include a pause. My 360 lbs. beat 181 other guy's best press.

I went on to play college football at Shepherd College in Shepherdstown, West Virginia. I was a center and was able to win several accolades to include First Team All-Conference. My freshman year I was 225 lbs but I blew up to over 300 lbs by my senior year making me 1 of only 25 NCAA players to weigh in the 300s at that time.

My father played in the NFL for both the Colts and Eagles and that fueled my desire to do the same. After college I had a brief stint as a free agent with the Tampa Bay Buccaneers and then was signed by the Arena Football League. The Arena league was different then, commanding less respect from the NFL scouts and teams than it does now. Scouts told me that the league was not credible and therefore I was not given consideration. Their opinion aside, the league had a TON of talent and has done very well for itself. In fact, the NFL now owns 80% of the league (I hope the NFL is still credible...).

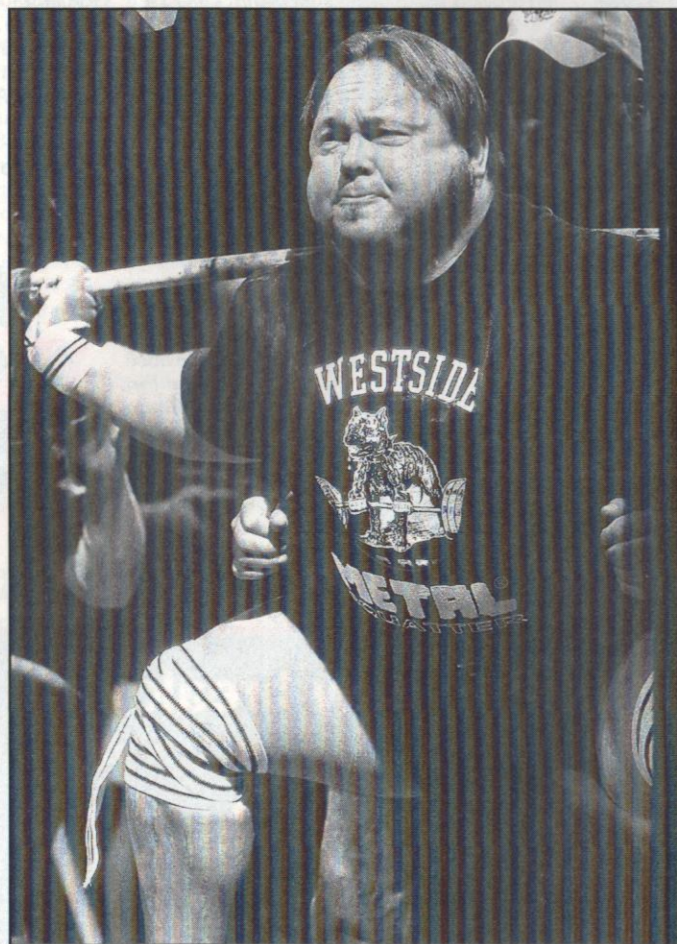
I played for roughly 5 years in the Arena league and only allowed 2 sacks the entire time! I left when (as mentioned above) I discovered that my chances of getting back into an NFL camp were slim to none.

ALN: When you played football were the weights a means to an end

INTERVIEW

DONNIE THOMPSON

interviewed by Chris Mason of At Large Nutrition



Donnie Thompson and Louie's Westside Barbell go back a long way

or were you as passionate about them as you were about football?

DT: They were of essentially the same importance. To illustrate let me tell you about a couple of specific game-time incidents. First, I remember when my ankle got rolled by a fat-ass nose-guard. All I could think was, "Oh no! I won't be able to squat this week!" Another time I broke my wrist and all I could think was, "Oh shit! There goes benching on Monday!" I loved strength for its own sake, but it was also key to my on the field success. I became a master holder and no one could swat my hands off them once I got a jersey full. I used to do barbell curls with 225 lbs. to enhance this holding strength.

ALN: Louie Simmons, the Westside Barbell (www.westside-barbell.com) strength training guru, helped you

to become the powerlifting juggernaut that you are. How did you meet him and what made you decide to seek his tutelage?

DT: I can remember seeing an ad for Louie's reverse-hyper apparatus. At the time I was in the development stage of opening my own gym. The device was intriguing to me and I contacted Louie in hopes of purchasing one for the gym. During our conversation Louie invited me to come out to the Westside campus. Things happen as they do and it was 4 years before I took Louie up on his offer.

When I finally got there, Westside literally blew my mind! The intensity was amazing, but so was the simplicity of the place. I can vividly remember thinking of how many machines and equipment I had bought for my own

gym and here was this sanctuary of mind-bending intensity and power and yet it had comparatively little equipment. It brought to mind the K.I.S.S. (Keep It Simple Stupid) principle. Far from being Spartan, the gym had just enough of the right equipment to do the job.

For the next 4 years I made it a point to attend every meet Westside was in and to compete with and against them. Over time I made friends with men like John Stafford and Paul Childress. I trained and exchanged ideas with them and others like Chuck Vogelpohl and Matt Smith. Rob Fusner had a big influence on me because I could relate to his style. I truly believe that if he had not gotten injured he would have been a world champion many times over.

ALN: How important do you consider diet to be relative to developing maximal size and strength?

DT: I think it is very important especially for beginners. I am a big man and if you look at the top strength athletes of all-time you will see that their lifts increased as their bodyweight went up. If you want to maximize your strength potential eating like a bird is not going to do the trick.

ALN: I completely agree with you Donnie. I think this is especially true for younger lifters with their fast metabolisms. I have written more than one article that focused on consuming a ton of calories and relying on the basics in order to build the massive physique so many young men want. What about your diet? Do you follow any sort of an organized dietary plan?

DT: My diet is simple. I consume 3 food-based meals per day and make sure to include some form of meat with each. I supplement with 3 Nitrean protein shakes per day. I also strive to drink 1 gallon of water per day, but sometimes fall short.

ALN: Speaking of supplements, what do you personally take?

DT: Again, I keep it straightforward and simple. As already mentioned I consume 3 Nitrean protein shakes per day. I also supplement with ETS for recovery (muscles and joints). Both products are available at www.AtLargeNutrition.com. I also include a pre-natal multivitamin. Laugh if you will, but it works!

ALN: Finding out the general training routines of the champs is interesting, but I prefer (and I think our readers prefer it as well) to get a more specific insight into their training. Can you please outline for us exactly what you did in the gym last week to include sets, reps, loads, and exercises?

DT: My training was as follows: (***) Author's note: You can find

several articles on kettlebell training here: <http://www.dragondoor.com/article/mode2/Kettlebells>

Monday Night: Bench: I used a Mastodon* bar coupled with a purple band and a Monster Mini (available at www.westside-barbell.com) doubled around each side of the bar. My working sets used 2 45s and a 10 lb plate per side (plus the aforementioned bands) for 5 sets of 2 reps. I finished with a single rep using 2 45s, a 25, and a 10 lb plate per side. That single was very tough and I had the "shakes" afterwards. *The "Mastodon" bar is sold at www.elitefts.com (<http://www.flexcart.com/members/elitefts/default.asp?m=PD&id=211&pid=872>). It is a bit longer and much thicker than a normal Olympic bar having a circumference of roughly 1 3/8" with a full 57" between the sleeves. It weighs 60 lbs.

Log Presses: My log of choice was 8" in diameter (on the inside). I used the apparatus plus 3 45s per side for 3 sets of 8 reps.

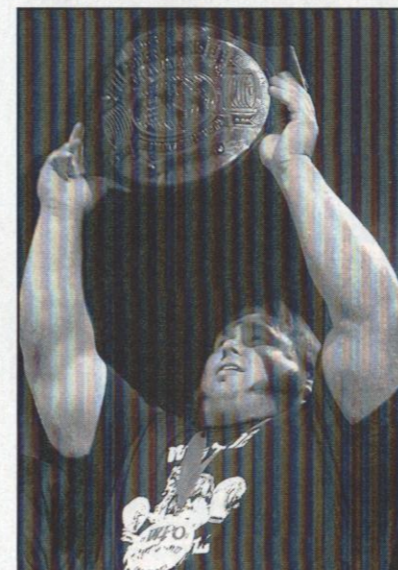
Kettlebell Extensions: I worked up from 26 lb to 72 lb kettlebells while on a stability ball for 5 sets of 12 reps.

Front Pulldowns: I used the entire stack (300 lbs) for 3 sets of 10 reps.

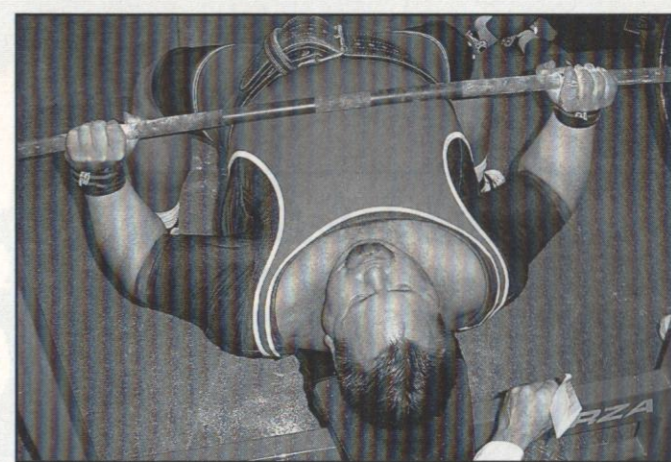
Fat Bar* Curls: I worked up to a 45 on each side for 8 sets of 3 reps. *The Fat Bar weighs 75 lbs and has a 16.5 cm circumference. It can be found at www.elitefts.com (<http://www.flexcart.com/members/elitefts/default.asp?m=PD&id=213&pid=898>).

Band Pushdowns: I used the purple bands for 3 sets of 25 reps.

Wednesday Night: Box Squats: I worked my way up to 3 blue bands, a purple band, and 3 45s



WPO Gold ... Donnie won big in 2005



Donnie went 1150 800 820 770 at the recent IPA Senior Nationals

on each side of the bar. This is a very difficult load to handle and I did 3 sets of 2 reps. I then did a set with the bands and 5 45s per side followed by one final set with 5 45s and a 25. I was wearing Metal briefs and a belt and I will say this final set was the most brutal squat I have ever done!

Good Mornings: I used chains to suspend the bar. I positioned it such that I started the movement at the bottom and had to perform the concentric portion of the lift first. I kept my lower back arched. For this workout I used 4 45s per side for 3 sets of 3 reps.

Kettlebell Swings: I did these double handed with a 106 lb kettlebell. The kettlebell is swung between the legs and then out in front of your body to the desired height (chest level for example). I had my training partner grab the kettlebell at the top of the movement and force it down. I performed 4 sets of 10 reps.

Back Raises (a hyperextension on an improved apparatus): I held a 135 lb. bar to my chest and performed 3 sets of 10 reps.

Friday Afternoon: This was speed day for my upper body.

Floor Presses: I used a 2 3/8" bar with 3 to 5 chains and 2 45s per side.

Fat Bar Triceps Extensions: This is a traditional skull crusher using the Fat Bar with 1 45 and 1 chain per side. I did 3 sets of 8 reps.

Kettlebell Side Swings: I used 2 72 lb. kettlebells and performed the movement with both hands simultaneously. I did 3 sets of 8 reps.

Kettlebell Snatch Swings: Using the same 72 lb. bells I did 3 sets of 8 reps. As the name implies a swing is employed to execute this movement as opposed to starting each rep from the floor.

Kettlebell Snatch Press: I again used the 72

lb. bells and both hands simultaneously. I snatched them to full extension and then performed a press. I then lowered the bells to the floor and repeated for 3 sets of 8 reps.

Concentration Curls: I did one arm at a time with a 60 lb. dumbbell for 3 sets of 8 reps.

Band Pushdowns: Same as Monday night.

Saturday Morning: This was my speed day for lower body.

High Pulls: I used this Olympic training movement with a twist. I used a 2" Fat Bar with 2 45s per side. I did 5 sets of 3 reps.

Sumo Deadlifts: I used the Monster Mini bands with a Mastodon bar and 365 lbs of total weight not counting the resistance provided by the bands. I did this for 5 sets of 3 reps.

Kettlebell Swings: The same as Wednesday night but with 72 lb. kettlebells.

Dead Kettlebell Snatches: You start these in the deadlift position, hence the name. I started with the 72s then proceeded to the 88s and finished with the 106 lbs for 3 sets of 3-5 reps.

Glute-Ham Raises: I did 3 sets of 10 reps.

I finished off with abs. **ALN:** You are certified in Russian Kettlebell Training and they are a big part of your personal routine. How do you recommend others incorporate them into their program?

DT: Each individual has their own strengths and weaknesses. Kettlebells are excellent at helping to address one's weak points. In my case my shoulders are my weakness and I have used snatches and presses with kettlebells to help rectify the problem. **ALN:** What would you do differently if you could start strength training all over again?

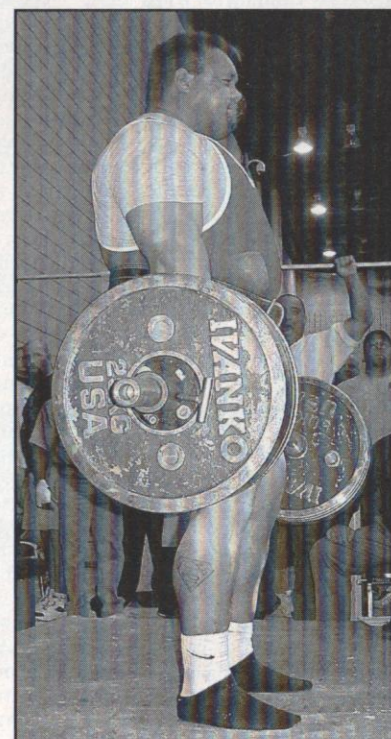
DT: In the beginning I

followed the same route so many of us have. I just copied what the biggest guys in the gym did and never questioned it. If I could do it all over again I would have sought out the proper guidance right from the beginning. Once you learn it wrong it takes a few years of de-programming and correct training to really get things right in order to be a successful competitive powerlifter or just the strongest you can be. It is easy to spot the guys that are lucky enough to get the right guidance and training partners from the start. They are the ones that come from nowhere and set records and win meets. I must confess a touch of jealousy as they make guys like me look shameful in comparison in that it took so much longer for me to reach the upper echelon of powerlifting success.

ALN: Donnie, let's wrap this up right. What is your number one training "secret" to titanic strength?

DT: My number one secret is determination! I am not as gifted as some, in the physical sense, but I have an incredible burning desire and a determination to be the best. There are literally no barriers that can stand in my way and I am willing to sacrifice nearly everything for powerlifting success. If you want to be the best it has to be your passion, your obsession!

ALN: I 100% agree with you Donnie and I must say it has been an honor to interview you and learn a bit more about how you train and what makes you the champion you are. Good luck to you in all of your endeavors!



Donnie can deadlift well into the 800s

When I left high school in 1998 I took a year off from education to find out about the real world. After working very hard as a welder for almost a year, I found that working hard is much more tiresome and would age me much quicker than working smart. In that time in my life lifting weights was a big part of who I was and it's what I wanted my profession to be. In my eyes and many that I talked to, education at the higher level was the way to go. Well, that was both right and wrong.

I entered college by the skin of my teeth in 1999 because of my grades in high school. As many kids do, I thought that I could breeze by high school and it wouldn't affect me. Little did I know my choices almost ruined my chances of getting in to higher education. The advisor I met with had recognized me from the local gym. We had a discussion about the use of creatine, and he was impressed by my knowledge, and pulled a few strings to get me into school. That wouldn't be the first time lifting changed the course of my life.

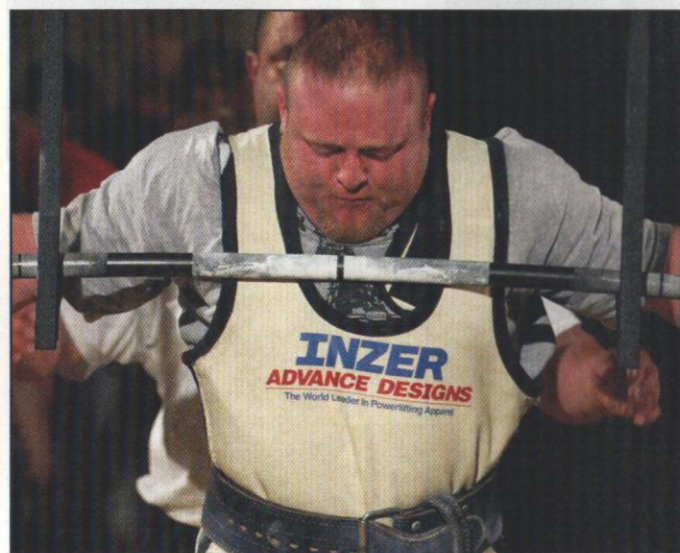
My first classes in exercise science opened my eyes, but not in a good way. I had to memorize many rules of training which I would later completely throw out the window and discard. Most of this fell along the lines of Western periodization. It showed me that in the Western world you could write about anything with no results, base everything you know off of a study with 10 recreational subjects, or even worse - be considered a pioneer of strength by having a PhD, but no hands on experience. In class we would talk about anaerobic training for a few days, and then spend the rest of the 15 week semester speaking of running, cycling, swimming -- anything aerobic, but nothing of weight training so to speak. This was not the direction that I wanted to go. As I worked my way through my undergraduate career, I just became more frustrated with the constant research of aerobic activity, but little on power and strength development.

At that time I wanted to be a strength coach, which would require me to have a master's degree, so I started my studies as a biomechanics student. This is where I learned the limitations of a lab, but the advantages of working in a weight room. I learned more by training athletes and doing my own little experiments than I ever did in class. Luckily the lab at the time had interesting studies going on, so I was able to learn quite a bit, especially about the research side. I was also lucky to have a head strength coach that was willing to let me run the teams the way I wanted to. But what really helped me was constant contact with Louie Simmons, and Westside.

Westside Training

Things I didn't learn in School

by Matt R. Wenning M.S., Westside Barbell



One Smart Lifter ... Matt Wenning of Westside at the APF Seniors

Here are a few things that I was taught in class, which later I found through reading and personal experimenting were way off. The problem is that, to this day, some of this is still practiced.

Falsehood of exercise science #1: Olympic lifting creates explosive power for any sport. Did you know that none of the eastern European countries utilize this for explosive power? They rely on 2 things, plyometrics and maximal strength. In the sport industry, especially college teams, Olympic lifting is thought of as the premier way to develop explosive power, but as I later became more educated I found that this is not true. Besides that, did you know that it takes many years to develop a perfect clean or snatch? It is one of the hardest movements in sport. Did you also know that to be a great Olympic lifter your squatting strength must be very substantial? People that are strong in the Olympic lifts have superior squatting strength as well as back strength which is already developed before the Olympic lifts are pushed up to maximal weights. In the book Explosive power and jumping ability, it states that the greatest and safest way to raise explosive power is to raise absolute strength. This is not what I was taught in my classroom. That's why the strongest Olympic lifters in the US are not Olympic lifters, they are throwers. The reason for this is that their strength is more developed

Falsehood of exercise science #2: Strength charts will tell you your 1-RM without doing it. We have all seen the charts in magazines and in top level weight rooms around the country. This chart states that if you can do 300 for 10 reps, then your bench press is 500 lbs. That is totally crazy, but it is what many students and coaches are taught to use for testing athletes because "maxing out at a 1-RM is Dangerous". Well, actually doing reps in a fatigued state is more dangerous than doing a 1-RM. Technique breaks down as the athlete becomes tired, but in a 1-RM technique must be perfect in order to lift a record. In my thirteen years of being around weightlifting I have seen less than 5 injuries of people getting hurt doing 1-RMs. I have seen more than 10x that amount in injuries while doing reps. When doing reps and 1-RMs you are also testing different energy systems due to time differences. A 1-RM at maximal contraction usually takes anywhere from 4-7 seconds, whereas a 10-RM can take 2 times that amount. If you want an accurate 1-RM then test a 1-RM. Also known as the maximal effort method, not repeated efforts method.

Falsehood of exercise science #3: You don't have to have power to be a powerlifter. This was actually told to me in class by a top professor in exercise science. Well, actually you do have to have power to do any form of anaerobic activity. Did you know that you could actually become stronger, but if your speed never increases you will not be able to display it? If your maximal strength can only be exerted for 5 seconds, and your lift takes longer than that, you just missed the weight. Not because you weren't strong enough, it's because you're too slow. This is why we have a dynamic day and constitutes 50% of our main work in a week. Not only is it one form of strength (dynamic effort method), it is important to create a fast rate of force development so you can complete your lift before you become fatigued. If you train to be fast and strong you will develop all forms of strength and be a more rounded lifter. The Soviets created the dynamic day to take place of a maximal effort day in their complex training and had great results, and so do we.

College opened many doors, helped me meet many people, and allowed me to have a good base of knowledge to grow from. But in reality I learned more from personal experience, experimentation, and reading books that I didn't receive when signing up for Exercise Science 101. The whole lesson here is to learn outside of class, involve yourself in what you like, and remember a degree means that you're willing to jump through hoops and study, not that you know everything about your particular field of interest.

Falsehood of exercise science #4: You don't have to be in good shape to be a weightlifter. At the recreational lifter level I would tend to agree, but any form of champion or world record holder would run a normal athlete out of the gym. I have seen many professional athletes from all forms of athletics step in to our gym. From football to MMA, I have yet to see anyone that can keep up with our top lifters. And I'm not just talking the heavy weight training, I'm speaking of the reps and sets used to build weaknesses and size. I don't know how many people that have become sick or had to take a break when training with Chuck Vogelphol, or Louie. Here is why. You see, people in good cardiovascular shape are usually good at doing very little. Sure, they can walk or jog all day long. But pull a sled for a 1/4 mile with 200 lbs. Or do kettlebell drills for 5 minutes, and then watch them hit the ground. This means that to make it to the top, your GPP must be very good in order to make more muscle, or get the required work done in a reasonable amount of time. After 45 minutes your body starts to shut down, that's why many top lifters train up to 10 times per week. This amount of volume can only be tolerated if the athlete is in good shape.

College opened many doors, helped me meet many people, and allowed me to have a good base of knowledge to grow from. But in reality I learned more from personal experience, experimentation, and reading books that I didn't receive when signing up for Exercise Science 101. The whole lesson here is to learn outside of class, involve yourself in what you like, and remember a degree means that you're willing to jump through hoops and study, not that you know everything about your particular field of interest.

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Anyone training for a meet has undergone some form of periodization. Unfortunately, most have misused a system in order to peak for a meet. Progressive gradual overload, or Western periodization, is based on a hypothetical goal. So, at any time, the percent of your contest max may be off by as much as 20%. Many times the lifter is missing weights three weeks from the contest. This is because their expectations are too high or possibly too low.

Training should be calculated by using a formula based on math, not dreams. I suggest everyone read books on periodization by noted authors such as Tudor Bompa or Vladimir Zatsiorsky. These books explain periodization in terms of micro- and mesocycles. After all, periodization is a reference to the division of training into a yearly plan, or even a four year plan, i.e., an Olympic cycle. This system is used for weightlifting, powerlifting, and track and field, and - of course - should be used for all sports requiring the development of power.

The former Soviet Union had so much data on training

Westside Training

Periodization of Training

as told by Westside Barbell's Louie Simmons

that they did not know what some top coaches were doing. Mel Siff (*Supertraining*) asked how I arrived at our three week pendulum system. It was quite similar to that used by the great Soviet Union SHW champion Vasily Alexeev. I stated that after 3 weeks we could not become faster or stronger, so we waved back down and started over. Mel said that Alexeev found the same to be true. So with the help of Russian and Bulgarian research and that done at Westside with over 70 Elite powerlifters, plus feedback from some of the greatest powerlifters around the world, our loading is based on A. S. Prilepin's table.

For speed work for benching we do nine sets of three reps. This is known as the dynamic effort method. Its purpose is to build a fast rate of force development. For squatting, the sets vary from 12 without bands or chains (i.e. a contrast method) to as low as three for the last week of a circa-max phase. The reps are always two. For speed pulls, the reps are one and the sets are 5-8.

The power clean and snatch are commonly used to develop speed strength in high schools and colleges, but the powerlifts can be used for the same purpose. For the bench the bar speed should be a minimum of 0.75 meters/second (m/s) and a maximum of 1.0 m/s. Jeremiah Meyers and John Stafford have pulled 495 at 1.2 m/s for sets.

To find your total loading volume, multiply the sets by the

number of reps. For example, nine sets of three reps for benching with 200 pounds on dynamic day is 5400 pounds. One should always use chains or bands to accommodate resistance and help reduce bar deceleration. For squatting, 12 sets of two reps with 500 pounds is 12,000 pounds. Only training sets should be calculated.

At Westside we follow the Rule of 60%. An extreme workout should occur every 72 hours. The max effort day will be about 60% of the dynamic day. This may sound easy to do, but stop and add the weights used on max effort day using weights of 70% up to max weight lifted, and you will be surprised how low the total volume is. We lift about 45 to 50% on average. The rule of 60% was introduced through Olympic lifting. Powerlifting training requires one to make much larger jumps. This makes it almost impossible to lift 60% of the total volume on max effort day.

At Westside we don't use the method of heavy efforts, where two reps of multiple sets are used. Using the conjugate system, we try an all time max each week on a special core

exercise. If you repeatedly use the same core exercise, you will regress, if training above 90% of a one rep max. The conjugate system was first used at the Dynamo Club in the former Soviet Union. They had 70 highly qualified lifters from whom to gather input.

At Westside we have had over 70 Elite powerlifters who have provided data over the years, in addition to many highly skilled athletes from all sports, just like the Dynamo Club. The training cannot be a flat loading system; that is, the volume cannot be the same when the intensity goes from a low of 60-70% to a high of 90-100%. Through years of experience, it is known that to gain better results, one can increase the training load. This can be done by increasing the number of workouts, increasing volume, and raising intensity, making workouts more complex through special exercises.

Periodization plays different roles in training. At Westside we use a three week pendulum wave. After three weeks, we failed to become stronger or faster. To use the wave, go up in bar weight for three weeks using 8-10 sets with the suit straps down. Base the weight on a contest max: use 50%, 55%, and 60% over the three weeks. Then wave back to 50% the following week. Using weights based on a box squat max, use 75%, 80%, and 85%. For a preparatory phase that lasts nine weeks, with a Safety Squat bar max of 640, it looks like this:

First wave	325	10 sets	2 reps
light band—70 pounds of tension	375	10 sets	2 reps
	415	8 sets	2 reps
Second wave	325	10 sets	2 reps
med. band—140 pounds of tension	375	10 sets	2 reps
	415	8 sets	2 reps
Third wave	325	8 sets	2 reps
strong band—260 pounds of tension	375	8 sets	2 reps
	415	6 sets	2 reps

You can switch bars to a 14 inch cambered bar, front squat, Manta Ray, or a regular squat bar for a 3-week wave, increasing bar weight or chain or band weight, or a combination.

For the strength speed cycle, a rule to follow is two weeks. To do this, use about 50% band tension and 50% bar weight. Joe Bayles did a two week wave for strength speed with 520 pounds of band tension and 505 pounds of bar

weight on a parallel box using four sets of two reps on week one, and three sets of two reps on week two, with 545 in bar weight and 520 in band tension. Going longer than two weeks for strength speed is too taxing on the CNS.

For speed strength Chuck Vogelpohl uses 440 pounds on the bar plus 110 pounds of band tension on the box and 260 pounds of tension at the top. This is done for a three week wave for 10 sets the first two weeks and eight sets the third. The bar weight goes to 480 for week two and 520 for week three. A speed strength cycle precedes a strength speed cycle. A speed strength cycle should precede a circa max cycle.

With two major meets a year, a circa-max wave will last three weeks. The bar weight is 47.5%, 50%, and 52% of your contest best, with 40-45% band tension. Week One: 435x5 sets of two reps, plus 440 pounds of band tension. Week Two: 485x4 sets of two reps, plus 440 pounds of band tension. Week Three: Work up to a max single. "Dollar Bill", a 308, and Phil Harrington, a 181, have

2485, a world record at 242.

The larger the squat, the greater the band tension must be. The band tension must be great on the box as well.

We use a two week wave for a circa-max cycle if three large totals are attempted in one year. Greg won the 2006 APF Nationals with an improvement from 2255 to 2369. In September, Greg made a 2485 total. For the September meet, Greg did 505 for two sets of two reps and 555 for two sets of two reps with 440 pounds of band tension on Week One. Week Two, he worked up to 645 with 440 pounds of band tension. He squatted 1000 pounds at the meet, a 60 pound PR.

Remember, you must have good form on both a box and a contest squat and be mentally prepared as well as being in a highly trainable state.

Training for a meet will take its toll on anyone. A period of 1-2 weeks to download the total volume and intensity must occur. This period is referred to as the delayed transformation phase. Don't take heavy weights 1-2 weeks before a meet. All this does is show a lack of confidence. If you are worried about your opener, you must be scared to death to take a third attempt in front of real judges.

For benching on the dynamic method day, every 3 weeks change the reactive method that you use, e.g., stron-

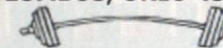
ger bands for three weeks or more chains each week for three weeks or adding weight to weight releasers each week. The bar weight must stay the same.

For speed deadlift pulls, the bar weight is 50% of your max deadlift and 30% band tension at the top. For deadlifts the band tension remains the same, but raise the bar weight slightly for three weeks, then return to the original weight.

The max effort for improving the squat, bench, or deadlift must be rotated each week. A one week plan is always used for max effort day. The conjugate system was intended for highly skilled lifters, but at Westside, when we start a new lifter who shows promise, he is placed in one of our groups and trains just like the advanced, and it has yet to fail.

One week and three week cycles are arranged to produce high results at meets, where they count. A yearly plan must be divided into one week and three week plans to fit a year of competition. It doesn't matter how strong you are before a meet or after a meet. It counts only on meet day. With 13 lifters with totals above 2300, and five over 2500, our system has served us well.

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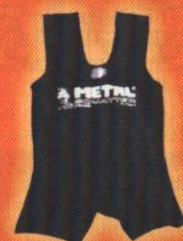
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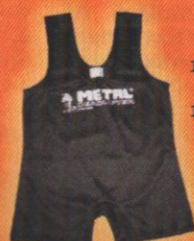
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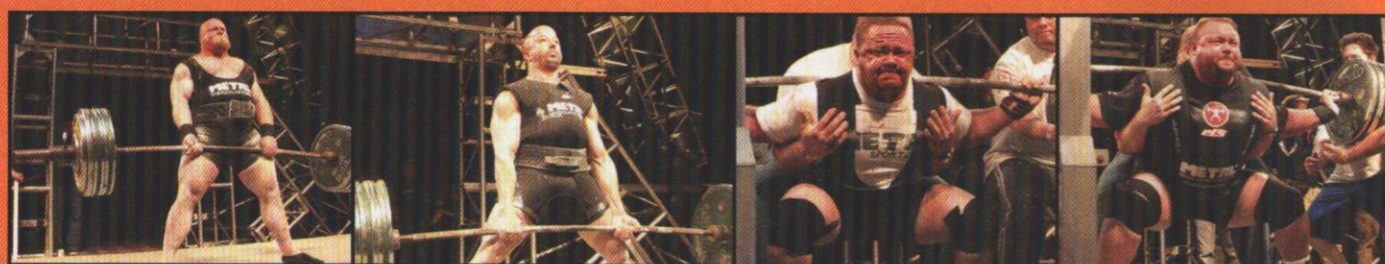


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PRO BRIEFS



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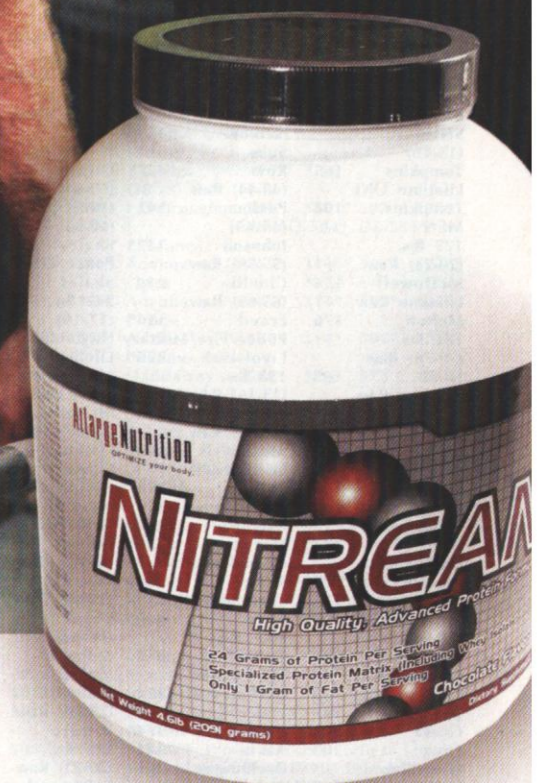
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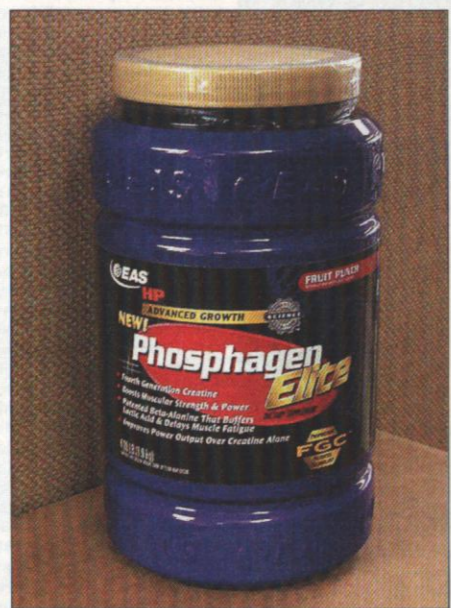
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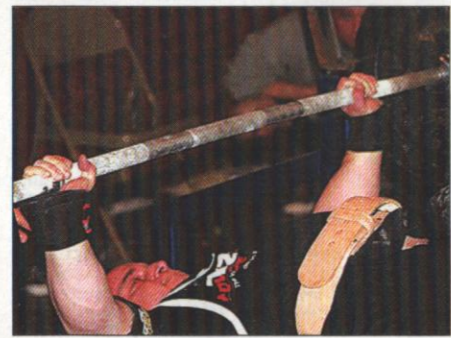
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Joe Ceklowsky just broke the all time world record in the bench press in the 148 lb. class for the second time in his career with his 525 lb. effort at the Asylum Power Meet held on Oct. 14th, 2006, in Tribes Hill, New York.

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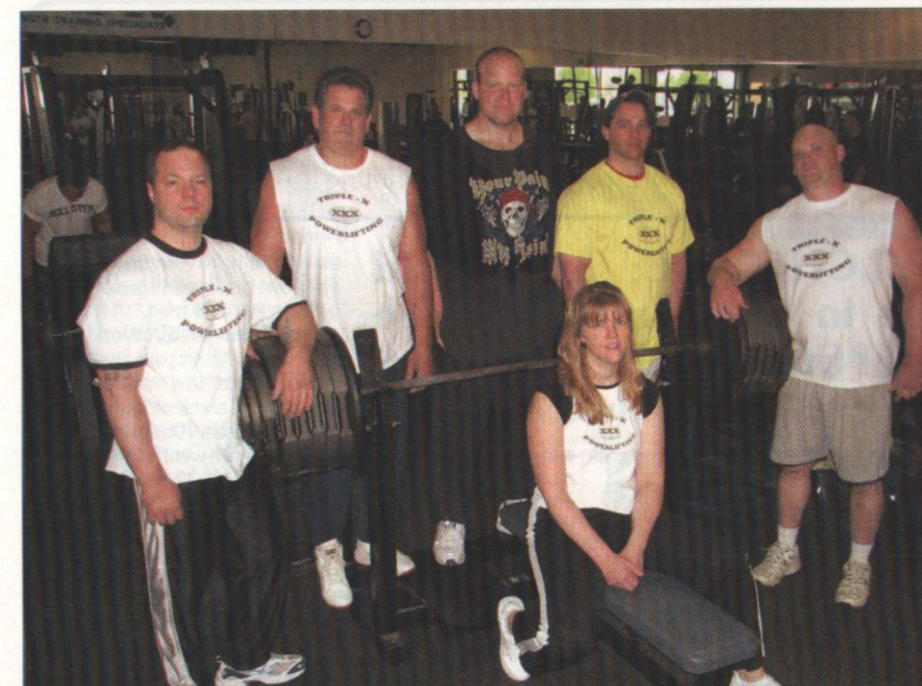
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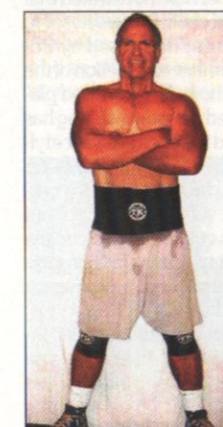
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Five Over Five! XXX-Powerlifting, based at the Howell Fitness Center in Howell, Michigan, has produced 5 bench pressers who have benched over 500 pounds in sanctioned meets. From left-right: Jame Caporosso (600 @ 220), Joe Smolinski (570 @ 242, in the 50-54 age group), Bob Bierschbach (534 @ 308), Jammie Hanson (500 @ 198), Chip Tallman (720 @ 242), Cathy Tallman (center). Visit their team website it www.xxxpowerlifting.com



Leo Falasco loved powerlifting because he felt he could eat to his heart's content and still get big and powerful. At 50, and 316 lbs., he had a checkup and his doctor prescribed blood pressure medication, but Leo decided he wouldn't need it because he intended to drop 100 lbs. of bodyweight. He reviewed the Power Nutrition articles in PL USA for a good nutritional plan and began cardio exercises, and to protect his joints and burn fat he used the TK knee and waist bands which he recently brought to the market. In 7 months, his waist went from 44" to 34" and he lost that 100 lbs. His blood pressure is perfect, without medication. Leo says "Now, for the first time in my life, I have a good chance of benching double bodyweight .. and at a wiser age of 50!"



The McDermott Team won the Bench Press Team title for the 7th time since 1994, at the 2006 NASA World Cup, August 5-6 in OKC, OK. Left - right; back row - John Lynn Jr., Lee Elliff, Brian Hughes, Steve Cyranoski, Neil Miller. Front Row: John Lynn III, Heena Patel, Krysti Hughes, Alannah McTigue, Kevin Lasiter, and Jim McDermott (Coach). (from Patel)

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

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (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 leads to all physical movement, in this example, the arm extension in the bench press:

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

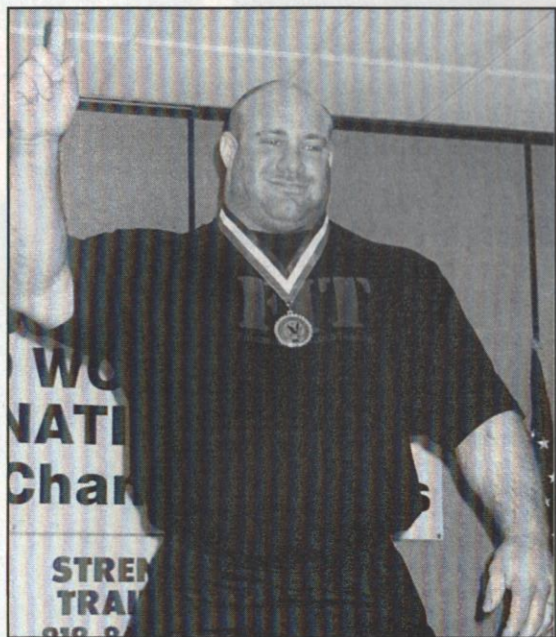
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron.

In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

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

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

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

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

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

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

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

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

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

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

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

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

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

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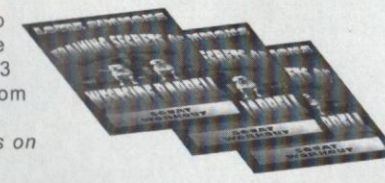
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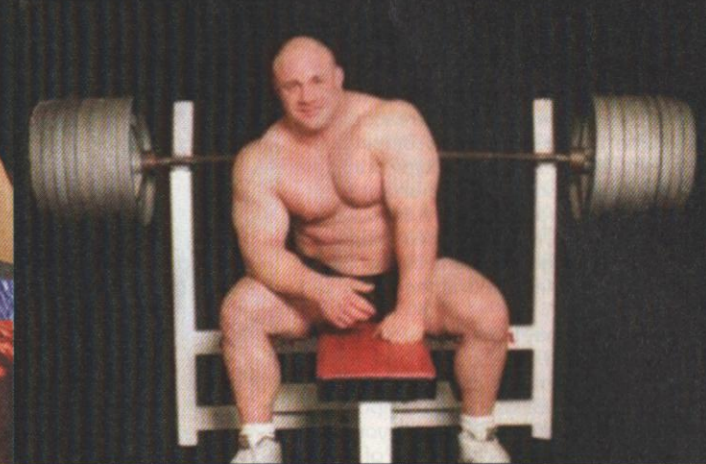
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STARTIN' OUT

A special section
dedicated to the
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DEADLIFT BASICS, PART ONE as told to Powerlifting USA by Doug Daniels

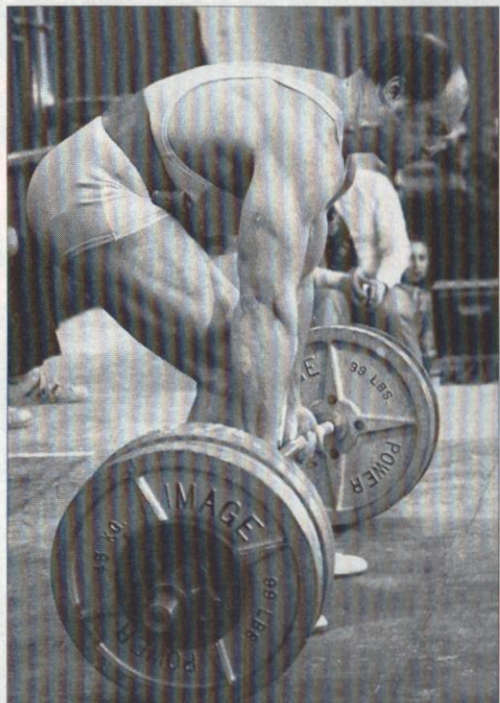
Knowledge of the fundamentals of any endeavor is necessary to produce the best results. There have been many articles on various aspects of the powerlifts, as well as many training routines, but not many articles encompassing the entire scope of a lift, from lifting technique to a competition routine. This comprehensive type of information can be critically important to a novice lifter who is starting from square one. In addition, more experienced lifters can often make good use of a review of the basics. This series will deal the basics of the deadlift.

The deadlift may be the ultimate barbell test of strength. The bench and squat permit momentum to come into play as well as a plethora of hi-tech supportive devices. With the deadlift, it's just you and that 'dead' weight lying in front of you, double dog daring you to haul it up into a fully erect posture. The deadlift also uses most of the major muscle groups of the body; the entire back structure, legs, hips, abs, biceps and forearms, not to mention a lot of guts!

Let's start with technique. There are two styles of deadlifting; conventional and sumo. The conventional style has the legs shoulder width apart between the hands on the bar while sumo has the legs positioned wider, outside the hands, just like the position sumo wrestlers take before they ram each other at the start of a match. In this article, we will deal with the conventional style which I feel is the best choice for novices, though the routines, etc. can be applied to sumo deadlift training as well.

Line up with your shins not more than one inch from the bar. Being any further away from the bar will put you out of position for an efficient pull. There is a formula that states for every inch the weight is in front of you, that much more force has to be produced to accomplish the lift, so keep the bar close to the body. Position your legs about shoulder width apart. Bend down and grip the bar with an opposing grip; one hand with the palm facing your body, the other facing away. Which hand faces which way is totally up to you; do whatever feels best. Grip the bar with a slightly wider the shoulder width, just outside the legs on the knurling of the bar. Bend your legs to a half squat position and get your butt down. Keep your back flat and as erect as possible with your head forward or slightly up. Your elbows should be locked straight throughout the movement. This is the classic pulling position.

Involve your strongest muscles, the legs, as much possible, and strive to start the pull with your legs. Visualize pushing your legs through the floor. Another key to pulling the most is to not straighten your legs out too quickly at the beginning; use them throughout the lift. As the bar rises, concentrate on driving your hips



Startin' Up with his WR 870 DL @ 242, John Kuc.

forward toward the bar. At the top, draw your shoulders slightly back and be sure to keep your knees locked as you stand erect.

After completing the rep, lower the bar under control to the floor, do not drop it or let it go. Don't bounce any rep off the floor during your workouts. Stop at the bottom of each rep and properly reset your pulling position. This not only develops good technique, but it also decreases your chance for injury due to being out of position during the pull.

Next, let's examine lifting gear for the deadlift. First, deadlift in shorts or a wrestling singlet. By lifting in long sweats, the bar will drag up your thighs and the material of the pants will retard its movement. I also recommend wearing flat, thin-soled shoes. A raised heel will position you slightly forward, making the lift unnecessarily more difficult. Some lifters use wrestling boots or even thin house slippers. Cross-trainers will also work. Don't use lifting gloves in training. They're not allowed in competition and your hands must be rough and tough to withstand the rigors of the lift in a contest. Hard calluses must be developed over time and gloves will hinder their development. Without tough hands, the skin on your hands could tear and end your meet prematurely.

I also recommend not using a lifting belt on the sets of reps over 3. Using a belt basically substitutes for strong abs. By not using a belt, your abs and entire torso will strengthen under the stress of the lift. On reps 3 or less, use a belt.

You can refer to a past article of mine in PL USA for more on lifting belts. Also, don't use lifting straps while training the deadlift. Develop your grip strength by holding on to the bar unassisted. Just like lifting gloves, straps are illegal in competition. Since the deadlift is so strenuous, I suggest not training the deadlift more than once per week for best results.

Now let's map out an 8 week off-season routine for a deadlifter with a 1 rep max lift of 400 pounds. We will not end up with a max single in this stage, but will concentrate on increasing strength for competition training. You can adjust this routine to fit your own strength level by using simple math percentages. You'll notice that the weights are low at the beginning, but they increase as the weeks progress. Take 3-10 minutes rest between heavy sets. Also, take 2-3 days between this workout and your heavy squat day. If you squat twice per week, take your light squat workout after this deadlift workout.

Here is the routine:

- * **Week 1** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 5, 285 x 5
- * **Week 2** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 325 x 5, 295 x 5
- * **Week 3** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 330 x 5, 305 x 5
- * **Week 4** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 1, 345 x 3, 315 x 5
- * **Week 5** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 1, 350 x 3, 315 x 5
- * **Week 6** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 320 x 1, 355 x 3, 325 x 3
- * **Week 7** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 325 x 1, 365 x 3, 335 x 3
- * **Week 8** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 335 x 1, 375 x 3, 345 x 3

Lat and trap assistance work should be included. The deadlift and squat will do a super job of exercising your lower back or erector muscles so they do not need extra work. What I suggest is selecting two of the three types of back exercises and alternating their use every workout. The back musculature is complex and requires a variety of exercises, but massive quantities of exercise are not desirable or required.

The first of the three back exercises should be a pull-down or chinning movement. Pull or chin to the front of the body. Pulling behind the neck puts the lifter in a position where more abdominal power is used than desirable. The second exercise should be a pullback movement like a row or low cable pull. I prefer a one arm dumbbell row with your back supported. Some companies like Hammer and Eagle have effective seated row machines that don't stress the lower back. The third exercise would be shoulder shrugs. When shrugging, be sure to shrug all the way up and down; don't waste time shrugging back. You can use lifting straps on shrugs. Try to get 3-5 sets of 6-12 reps of two of the exercises. The next time, try a different combination of two, and so on. As I always stress, form is more important than weight used. No judge will ever ask you how much you can cheat shrug or give you more white lights if you only chin part way up in your workouts for 30 reps as opposed to 6 good ones.

Next time, we'll continue training the deadlift by covering competitive aspects and I'll layout a competition routine. I'll also provide numerous tips that can make the difference between success and failure. Until then, keep pulling.

DR. JUDD

THE PERFECT LIFT as told by Judson Biasiotto Ph.D.

"Make your practices perfect and then play like you practice."

JOHN WOODEN

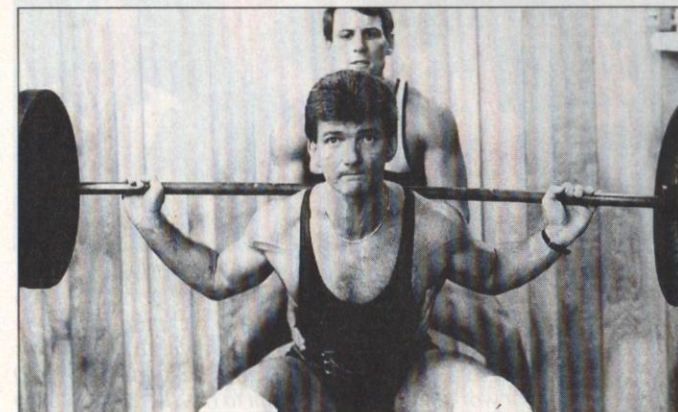
Fred Hatfield once referred to me as the weakest strong man in the world. The oxymoronic phrase he used to describe me was not only complimentary in backhanded manner, but it was extremely accurate. I certainly can't deny that when it comes to size and muscle mass, I'm not exactly Arnold Schwarzenegger. In fact, I'll be the first to admit that I don't look anything like a weightlifter. Most of the lifters I competed against were about five feet tall and five feet wide. They ate everything raw; they hated their mothers, and they had hair on the bottom of their feet. Well, I'm nothing like that. I'm fairly tall and lean. I love my mother; I cook my vegetables, and once a week, I shave the bottoms of my feet. So I don't exactly look like your typical world class athlete. As a matter of fact, I don't even look like an athlete. At best I have the body of an eleven-year-old stamp collector. My ex-girlfriend would say that my legs looked like Schwarzenegger's ... Maria not Arnold's. She would also say that my legs were so skinny that I looked like a pair of pliers in shorts ... that is why she is my ex-girlfriend.

Still, with a body that looked like it was developed at the International House of Pancakes rather than Gold's gym, I put up some fairly decent weight in all three lifts. I will say this too, there were a lot of athletes who had greater physical prowess than I had ... athletes who should have beaten me easily, but never could.

How did I beat athletes who were significantly stronger than I was? One such factor was the technical precision with which I executed my lifts. I realized early in my career that I didn't have the power of a Joe Bradley or a "Shorty Bear" Williams to "muscle up" heavy weight, so I had to learn to finesse the weight up. That's right. I finessed my way to success in a sport where brute strength was considered the ultimate factor for success. In short, I proved that might isn't always right.

Now, I don't want to brag, but — of course — you know I will. When I was competing, I honestly don't think that there was a lifter in the world who exhibited better biomechanics and/or form on the three powerlifts than I did. By perfecting the mechanical

I got John Ott, a time lapse photo expert from Disney World, to film my lifts. Ott set up a series of cameras to photograph my lifts from several angles. Once he had filmed me making the lifts with perfect form, I got Faye Reid, a cartoonist who also worked for Disney World, to replicate each frame of the film. After she completed the drawings for each lift, she went back to each picture, and with the help of Spieth and Ott, drew in the



Dr. Judd practicing his form in training with buddy Arnie Ferrando

efficiency of my lifts, I was able to enhance significantly the weight I lifted and consequently surpassed the efforts of many lifters who possessed greater physical strength. None of that happened by chance either, it was all calculated effort. In fact, I went to great lengths to ensure that I had perfect form in my squat, bench press and deadlift.

First, I hired Dr. William Spieth, a biomechanics expert, to construct a detailed biomechanical analysis of my three lifts. The first thing Spieth did was to take electromyographic readings while I experimented with different hand spacing in the bench and different foot spacing in the squat. He also tested me on various force platforms. I don't know exactly how he did it, but in less than a month, Spieth had put together a detailed biomechanical analysis for each one of my lifts.

What he found was amazing. From a biomechanical standpoint, I was doing just about everything wrong! I had to change my form from head to toe. Nothing was right - foot spacing, hip position, grip, bar placement, even my toes had to be repositioned. I had to start all over again.

After he determined the biomechanics for each lift that would give me the greatest mechanical efficiency for my body structure, I practiced for months perfecting that form. During that time, I used light weight, approximately sixty percent of my maximum. Every one of the lifts that I made during training sessions were videotaped from three different angles. After each lift, the tapes were played back so that Spieth and I could analyze my mistakes. We spent a lot of time analyzing those films.

Once I had my form down pat,

actual muscle groups that I used during each segment of the lift. The drawings were done so ingeniously, that if you flipped through them, you could see how each muscle group was recruited during the lift. For example, looking at the bench press, you could see exactly in which segment of the lift the pectorals major and minor came into play, when the deltoids were activated, and when each one of the triceps heads was being used.

In all, Faye made close to fifteen hundred drawings. After they were completed, they were made into a film so that I could view them with a loop film projector. By viewing the film, I was made aware of the muscles I was using during each segment of my lifts. When I got stuck at a certain part of the lift, I knew exactly which muscles to recruit and/or concentrate on to make the lift. The film also helped me perfect my form. For example, it taught me the exact moment during my squat when I should kick my hips in and throw my shoulders back. In short, by using the films as a training aid, I learned to synchronize my mind with my body.

During the years I competed, I must have reviewed those films at least a thousand times. I watched them so much that there were nights when I dreamed about them. I also continued to videotape every one of the lifts during my training session. If I had to point to one thing that was responsible for perfecting my form, it would have to be the films and the videotaping.

In the event that you don't have access to such sophisticated equipment and personnel, and there is a good chance you don't, there's still hope. Your local college may be one answer. Most colleges, especially ones with a sports medicine program,

have a biomechanics lab. With a little "sweet talk," some begging, and a "fifty spot," there's a good chance you can get one of the lab assistants to help you analyze your lifts. For a hundred bucks, you could most likely get the lab instructor. For two hundred bucks, you could probably get the president of the school and the head cheerleader for the night, no questions asked. If you don't have access to a biomechanics lab, there is always "self study." Get yourself a good biomechanics book and analyze your own lifts. Learn which muscles are used in each movement, how they insert, and how they innervate throughout the lift. Also, it might be a good idea to try and find yourself a reputable coach or a knowledgeable lifter to help you analyze your lifts. Remember, though, just because a guy is a great lifter doesn't mean he knows what he's doing. He might be great despite his ignorance.

Whatever you do, don't even consider starting your training until you have picture perfect form. In fact, don't do one set or a single repetition until you have mastered the exercise that you are going to perform. This will help you to get maximum development from each exercise and will help prevent you from getting injured.

I've seen numerous lifters, including world class lifters, who started training before they developed sound, technical form. Inevitably after two or three years of training, these lifters would either get injured or plateau due to the use of poor form. Consequently, they had to drop all the way back to "Square One," re-learn their form and start training all over again. Note that re-learning a skill can be more difficult than learning a new skill because of retroactive inhibition. Retroactive inhibition occurs when an athlete attempts to learn a new skill that is similar to a skill already "mastered" ... what happens is that the "cues" learned to perform the old skill interfere with the learning of cues for the new skill. Of course, it is also difficult from a psychological standpoint to start over. In fact, because of psychological reasons such as a fear of falling behind, or losing strength, many athletes will not start over even though they are aware that their "form" is mechanically inefficient and that their lifting ability is hindered. This is a mistake of significant magnitude because you will never be successful unless you build a firm foundation.

What all this boils down to is: if you don't perfect "top notch" form, you'll never come close to pushing your lift potential of which you are capable. Once again, don't start training until you have developed perfect form! This practice will not only save you time, energy, and a lot of physical abuse, but also your sanity. Best yet, proper form will allow you to be the best you can be. Isn't that what sports is all about?

**BODY SHOPPE NUTRITION
YOUR ONE STOP SHOP!**

Q: I have started to incorporate many of the supplements you recommend into my nutrition plan. I will say that they all did what you said they would. It is so nice not having to waste money on something only to find out that it sucked in regards to the results. Anyway since I am using a lot more supplements, I wanted to know of an online distributor that carries the supplements you recommend and at the best price possible. Sincerely, Saul Walberg

A: You will see that I only recommend what works. If it doesn't provide results that you can see and feel then you can bet your last pair of knee wraps it won't have my name or Nutrition XP3 Seal of Approval on it. The supplements I recommend in my column are the same ones that I use with my world class athletes and even take myself. You can trust in my column because my reputation is too precious to tarnish by recommending garbage!

My company X-treme Power has joined forces with a supplement distributor that will take care of all your Powerlifting supplement needs. This company is Body Shoppe Nutrition. You can reach them on the web at www.bodysuppenutrition.com. The Owners are Mike and Brian Fox.

You might wonder why my company and Body Shoppe Nutrition have teamed up. I needed to send my ever-growing clientele to a company that can take care of their needs. Body Shoppe Nutrition carries over 150 different brands of natural supplements. Most likely they have it or will get it for you. Next, I wanted to make sure that the company I deal with is on the ball. I want to know that my athletes as well as my readers are going to get the best service available. In addition, they have some of the best prices you will find on the net and on top of that they are always running sales to make the deal even sweeter. Just for a few of the items that I personally use I have saved over \$20 when compared to getting them down at my local mall. \$20 might not sound like a lot when you are buying one thing, but if you buy 7-10 items when placing an order it can sure add up. Even better, they give out discount code coupons that can also be used at different times of the month. Last but not least, these guys are powerlifters. Personally, there is nothing better than taking care of those that take care of you. Not only are they a part of the sport but they also sponsor both Powerlifting and Strongman shows and even Highland Game events. These guys are strength sport fanatics and that is why they cater to us and not the bodybuilding genre.

NUTRITION

Power Nutrition Q & A

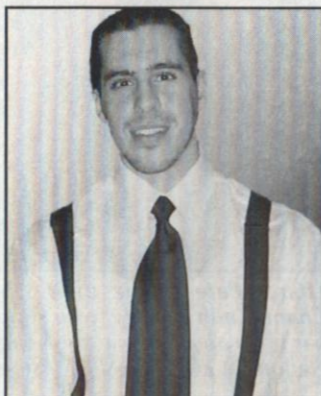
by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

Now to help out all my PL USA readers I muscled Mike around until he decided to run a special for all us powermongers. Next time, you are looking to get your monthly load of supplements send Mike an email and tell him I sent you. To get even a better deal give this code "PLUSA 10" when placing your order so you can save another 10% off some already great prices. To help out even more Mike went above and beyond with this offer. For the first 20 PL USA readers that order a BSN product they will receive a free BSN T-shirt and a goody bag of BSN products absolutely free. After the first 20 orders you will still get the goody bag on any BSN order. My client and good friend Bill Sindelar, Masters National Champion and Silver Medallist at this years Worlds better pay attention because he is a big BSN fan. Congrats again Bill...great job! Stay tuned on my forum at www.nutritionxp3.com to find out new monthly specials that Mike runs as well. Now that X-treme Power and Body Shoppe Nutrition have teamed up you can bet that you the powerlifter are going to be able to get all the supplements that you need at rock bottom prices. Finally a supplement distributor by powerlifters for powerlifters! Give them a call, you won't be disappointed!

**Laura Phelps
THE FUTURE OF
WOMEN'S POWERLIFTING**

Q: Your column always provides some great info, but I have one problem! Where's all the women profiles? All you do is profiles on men. My favorite lifter is Laura Phelps and I heard that she is working with you. I am dying to know what she eats and what supplements she uses. Let's hear it for the women, for once, otherwise I am going to have to get nasty the next time I run into you. Sincerely, Latasha "Big Bad Mama" Johnson

A: Ok, you are right in the fact that I don't do enough profiles on women. Even though I do work with some women I would have to say that 90% of the powerlifters that I do nutrition program design for are males. Since I don't want you to beat me down at the next Arnold Classic I am going to do a nice profile on your favorite



Anthony Ricciuto this is the Man Behind NutritionXP3.com

powerlifting superstar Laura Phelps. Hey, all you had to do was ask. For those of you who don't know who Laura is then dust yourself off from the rock that you crawled out from under and welcome to the sport of powerlifting. I will give you a brief synopsis of just a few of her credentials.

- **July 9, 2005** APF Summer Bash II (Chicago, IL) - 551 squat, 303 Bench, 451 deadlift, 1305 Total @ 165 lbs.

- **August 6, 2005** APF Grandhaven Meet (Grandhaven, MI) - 580 squat, 315 bench, 135 (token) deadlift @ 165 lbs.

- **October 29, 2005** WPO Semi-Finals (Chicago, IL) - 683 squat (WR), 352 bench, 468 deadlift, 1504 Total @ 165 lbs.

- **January 20, 2006** APF Ohio State Meet (Fremont, OH) - 725 squat (WR), 135 (token) bench, 135 (token) DL @ 173 lbs.

- **March 3, 2006** WPO Finals (Columbus, OH) - 705 squat (WR), 402 bench, 473 deadlift, 1581 Total (WR) @ 165 lbs.

- **July 29, 2006** APF Middletown Meet (Middletown, OH) - 725 squat, 415 bench, 510 deadlift, 1650 Total @ 164.6 lbs. (WR and 1st American Woman to Total 10x bodyweight)

- **September 16, 2006** APF Leave No Record Unbroken Meet (Fremont, OH) - 465 bench @ 178 lbs. (WR)

**All WR's are All-Time WRs

Laura holds the world record in the 165 pound class with an amazing squat of 725. Can you imagine that! Now we have a woman that can duke it out with the

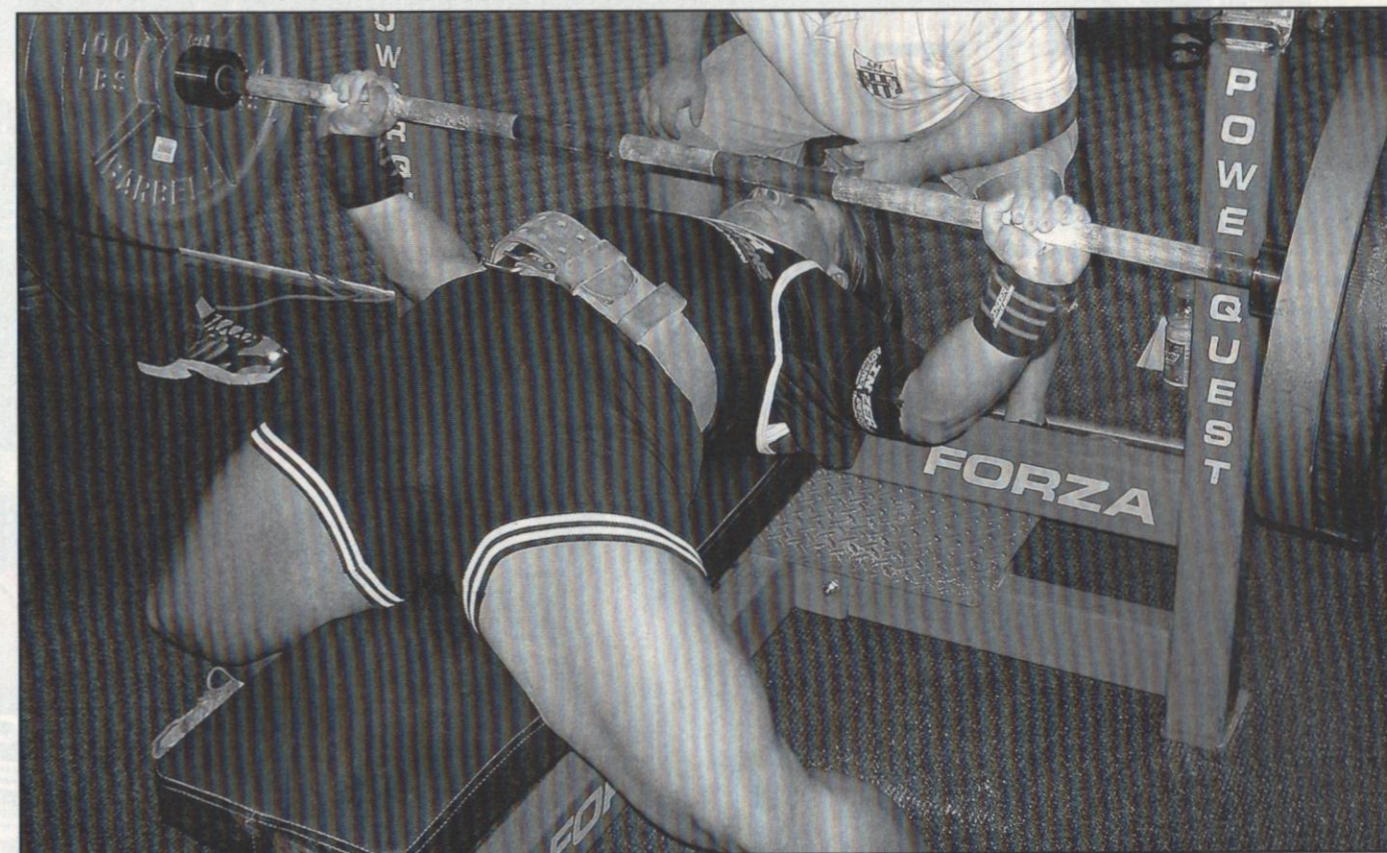
best of men. Wow, how the sport has progressed! That is not all. She also holds the world record in the total and holds the bench press record as well with a mind boggling 465. I know men at her weight that would love to do that! She is a powerhouse, who is only going to get better with me on her team. Laura is the future of the sport of powerlifting for women and she is going to re-write the record books and take a lot of titles before she is through.

Laura is one of the most gifted strength athletes I ever had the pleasure to work with. She is by far not only one of the nicest to deal with, but she is dedicated to her nutrition plan like a real trooper. There a lot of women whom I work with that complain like there is no tomorrow when I start cutting out junk food and pare down on their portion sizes. The men aren't much better, though they don't complain, they just don't listen! This is not the case with Laura and that is why she is setting the powerlifting world on fire. She is just as dedicated to her eating as she is with her training. I am going to let you in on all her secrets ... well, maybe not all of them, but you are going to be glued to that issue for sure! If you want to know what she eats, then you can be sure that you are going to find out. You want to know what supplements she uses, well, it will all be there. Hold on to your horses, take a deep breath, don't hurt anybody and just wait, because in the new year I am going to have you one super profile that you are going to love.

RATING THE ANTIOXIDANTS

Q: You have mentioned antioxidants in your column a few times before. I was wondering if you could give me some insight into what the best foods are in regards to the highest amount of antioxidant protection? How is a food rated in regards to this? I would like to know more about antioxidants since cancer runs in my family and I want to protect myself. Please let me know what you would rank as the best vegetables and fruits. Please keep up the good work since the powerlifting community needs someone like you in our corner. Yours truly, Vito Paolicci

A: I am actually planing an article series on antioxidants and the powerlifter so stay tuned to find out more info. For some of our readers who aren't in the know about antioxidants let's take a look at what they are. Antioxidants are chemical compounds that can eliminate oxidative damage through different processes. This oxidative damage is caused by a slew of different free radicals that can wreak havoc on our long-term



Laura Phelps bench pressed an historic 465 lbs. in the 181 lb. class on September 16th (photograph provided courtesy of Chuck Venturella)

health.

Scientists have designed a test to see how beneficial each food type is, antioxidantwise. This test is known as ORAC (Oxygen Radical Absorbance Capacity). This test score will help you chose the best sources of fruits and. With powerlifters, their concern for antioxidant information is very low, even though it shouldn't be. They don't have an inkling of truly how important fighting free radical production is for their long-term health and disease prevention from life altering conditions like cancer. Since weight training can actually increase free radical production it is even more important for the powerlifter to make sure that he is protecting his health.

Here is a chart that I have designed to help you understand the ORAC rating for the top 10 best fruits and vegetables. I have laid out a chart assuming a portion size of about 7 ounces or the equivalent of just under 1 cup. Let's take a look at some of the items that you should be eating in plentiful amounts to help keep you healthy.

TOP 10 VEGETABLES FOR ANTIOXIDANT PROTECTION

Vegetable	ORAC
Kale	3,540
Spinach	2,520
Brussels Sprouts	1,960
Alfalfa Sprouts	1,860
Broccoli	1,760
Beets	1,680

Red Bell Peppers	1,420
Onions	900
Corn	800
Eggplant	780

TOP 10 FRUITS FOR ANTIOXIDANT PROTECTION

Fruit	ORAC
Prunes	11,540
Raisins	5,660
Blueberries	4,800
Blackberries	4,072
Strawberries	3,080
Raspberries	2,440
Plums	1,898
Oranges	1,500
Red Grapes	1,478
Cherries	1,330

When you are trying to optimize your antioxidant protection these are your best choices. I try to get all my lifters to take in at least 3-4 cups of veggies per day minimum. Believe me, you will feel better, have more energy, and suffer from fewer health conditions by incorporating them into your nutrition plan. If they are good enough for Garry Frank, Travis Mash, Phil Harrington, and my newest female superstar Laura Phelps, then you can be sure they will be good enough for you.

Kale tops the veggie list but to tell the truth it is not the most popular vegetable in the world even though it should be. Spinach ranks number two with a bullet. You are probably thinking how could this nutrition guy be recommending

spinach after the horrific Ecoliscare that just occurred. Once those alerts are over and it is safe to eat spinach, I would recommend putting it back into your plan. Before the scare, I used to eat spinach daily, at least 2 cups worth. I put it in my eggwhite omelet in the morning and then made another spinach salad later in the day. Broccoli is another big veggie in my plans. Peppers and onions are a must in omelets and also salads. Lifters don't eat much eggplant, but I have it at least twice a week.

For the fruits, prunes take the lead by a whopping margin. Personally, I always use some type of berry in my oatmeal or cream of wheat in the morning. They can really spice up a bland breakfast. Oranges are lower on the list but they can make a nice addition as well. Cherries come in last but also have a lot of other health benefits that most people are not aware of. One of them is anti-inflammatory properties that can make a huge difference for those that suffer from these conditions. They are not always in season but when summer time comes around you can be sure to find them in my fridge.

A lot of lifters only think about a bigger total. Being focused on your sport is a great thing. Without it you won't go far. On the other side of the coin, if you neglect the many variables that keep you healthy and injury free then you truly aren't as focused as you may

think you are. You will understand this firsthand when a major injury hits you, or you suffer a health condition that you were not expecting. Type II Diabetes is one ailment that is a perfect example. Many lifters just eat whatever they want year after year not thinking of how what they put in their mouth will affect their health in times to come. The reason why preventing oxidative stress caused by free radicals is so important is that they can increase your chances for some nasty diseases. Oxidative stress can be a major factor for conditions like heart disease, arthritis, Alzheimer's disease, and even the Big "C" (cancer)! In the end I am not the bad guy you think I am because I try to force all those horrible vegetables down your throat. I am looking out for your best interests and I want you to take full advantage of the information that I present to you each month. This way you can see and feel how much a difference eating clean can have on your performance, physique and long term health.

**If you have any questions free feel to write me at:
Arcciuto@nutritionxp3.com
Or check out my website and forum at:
www.NutritionXp3.com**

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ASK THE DOCTOR

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

Q: I hope you have time for a brief question about the Anabolic diet. I have purchased the Anabolic Solution for Powerlifters and am having quite a bit of success with it. I have successfully dropped 15lb in the past month while at the same time getting stronger with all of my lifts going up. I was reading a diet forum (1st mistake! :-)) talking about Cyclic Ketogenic Diets (CKD) and I referred to your diets as being a CKD. Another poster referenced an interview with you. They have you saying that the Anabolic Diet/Metabolic Diet that's part of your Anabolic Solution does not rely upon 'ketosis' and therefore the poster says they're not CKD. My interpretation from reading your book and articles is that your diets are 'ketogenic' but that after a period of adaptation the dieter is not in a state of ketosis i.e. spilling excess ketones into the urine, breath, blood, etc. I think that basic fat metabolism in the fat adapted dieter is basically ketogenic, but I'm beginning to get influenced by others and maybe far off the mark. Are there other mechanisms at work that replace the production of ketones for energy in the fat adapted dieter? Any information would be greatly appreciated. If you don't have the time and can send me some references, I can slog through them myself. Kind regards, Will

A: The reasoning behind the Metabolic Diet is much more complex than most of the low carb and ketogenic diet people are aware of. That's one of the reasons I started the MDNCC (www.mdnc.com). I'll give you a short take here as I'm off to Italy tomorrow to give my first MDNCC seminar and don't have a lot of time. Basically you're right about ketones being formed with the low carb part of the diet (actually ketones are always formed regardless of macronutrient intake or number of calories in the diet - like many other processes including gluconeogenesis, ketone formation ramps up under certain conditions), and in fact they may spill over until the body has adjusted its energy metabolism to reflect the macronutrient intake. As the body adapts to the low dietary carbs it learns to utilize fatty acids more efficiently in most tissues so that ketone production is decreased since it's not needed in many tissues. The body also learns to conserve glucose so that it can be used most by the tissues that need it, along with producing what it needs through glycogenolysis and gluconeogenesis - with some of the glycogenolysis occurring from glycogen that has in turn come from glucose secondary to gluconeogenesis, and that mostly from amino acid carbon skeletons. To get a little more technical it's the rate of production of acetyl-CoA and its combination with oxaloacetate to form citrate that are two of the determining factors of ketone production. After an initial acclimatization phase several things happen that decrease the amount of runaway ketone production. Most of the tissues in the body increasing use fatty acids directly and have less need of ketones to produce the acetyl-CoA. The body uses the carbon skeletons of various glucogenic amino acids (as against the ketogenic ones, which also come into play under some circumstances) to increase 4 and 5 carbon unit TCA cycle intermediates. This anaplerotic process provides the oxaloacetate (which in turn combines with acetyl-CoA to form citrate - and the ability to form citrate is one of the modulating factors for ketone production), both directly through TCA cycle flux and indirectly through the malate/PEP/pyruvate/oxaloacetate shuffle or through the use of glucose secondary to gluconeogenesis and glycogenolysis (which in a low carb diet comes mostly from amino acids in one way or another). Most people believe that oxaloacetate comes solely from pyruvate by the action of pyruvate carboxylase and that all of this is carb driven. But they're wrong. There's a lot more to it than this but it's a start for you. I'll be putting some

information from the MDNCC manual that I'm in the process of writing on my sites so keep checking www.MetabolicDiet.com and www.MDNCC.com over the next several months for new articles and announcements.

Q: I got peer pressured into using steroids from my friend. I didn't really know much about them and what they can do to you. I found out the hard way I used anabolic steroids when I was 19 years old. I only used them for 2 months. I used testosterone injections 200 mg. And I went up to 400 mg a week. My testicles shrunk a lot when I was on them so I got scared and just stopped taking them. My testicles never came back to normal size. I have had nothing put problems since then. I have sleeping issues, anxiety, high cholesterol and high blood pressure since taking steroids. Which I never had before using the steroids. I never tried to get my levels back to normal with medications that you mentioned in your article. I went to my doctor and they just treat me with anti-depressants and sleeping medication. Its not helping because I cant stop thinking about what I did to my body. I am currently 31 years old my sex drive has never been the same. I have no sex drive and its hard to maintain an erection at times. I have been to doctors and they say that nothing is wrong. Is it too late to try to get help with trying to increase my natural production of testosterone the way you mentioned it in the article you wrote with using LH, or HCG. If can write back and let me know if there is any hope to try to fix my problems. Thank You, Martin.

A: Sorry for the late response but I've been away. I assume that the reason your doctors say that there is nothing wrong is because your testosterone and other values are in the low normal range, which isn't likely normal for you since you likely have reset your levels to below what they once were with the use of the anabolic steroids.

I've attached an article I did a few years ago about the problems you've run into, the reasons why it happens and some of the ways of dealing with them. Over the past few decades I've dealt with hundreds of athletes who have run into the same problems you have, basically because the use of the exogenous steroids shut down their natural testosterone production and that production never came back to normal.

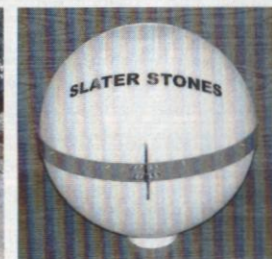
The bottom line is that there are several ways to address this problem. The first would be to try something natural to try and boost endogenous testosterone production. For this purpose I would use TestoBoost (look it up at www.mdplusstore.com - make sure you read the PDF info file), 4 tablets in the AM and 4 tablets before bed. This regimen has helped some people reset their levels as well as increase sex drive, improve the erectile dysfunction, and help deal with several of the problems you describe. You'll have to continue for at least 2 months although you should start feeling better within a few weeks.

Once you've taken the TestoBoost for 2 months, have your testosterone levels checked. This time get total and free testosterone, LH and estradiol levels done. Send these to me and I'll let you know what I think and depending on the results what the next step should be.

Don't hesitate to email me with periodic progress reports and any questions and concerns you might have.

Mauro Di Pasquale M.D.

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ST180	18"	Diameter	apx weight	240lbs.....	\$109.00
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The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.

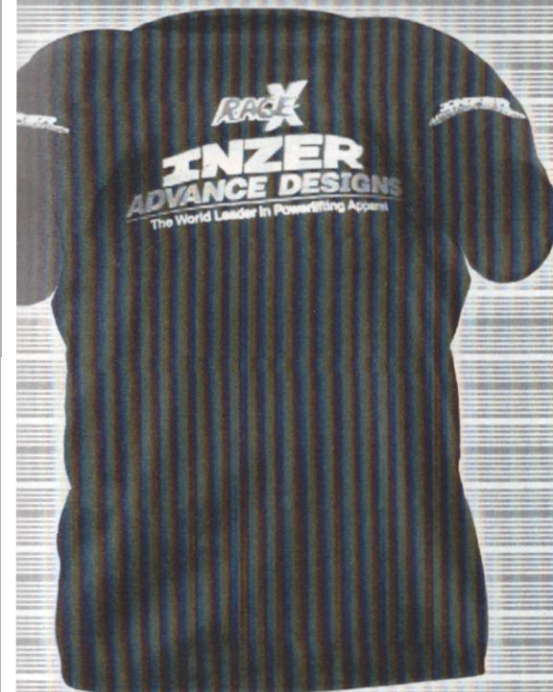
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

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

RAGE X

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



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

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

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

- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

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

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

The Phenom is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the Phenom will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.

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

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

- Since the Phenom is made from the *HardCore* material, you will also experience many more performance benefits. The Phenom will keep it's memory and will not stretch out. You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.

- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.



- The Radical Denim is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

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

- The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95



Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

\$12.95



Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.

\$10.00



Hoodie
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

\$19.50



Gym Bag
This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

\$25.00



Suit Slippers
Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

\$19.95



Fitting Gloves
Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!

\$4.95



Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

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Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

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Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

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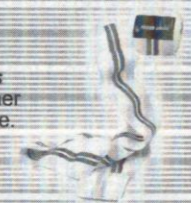
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Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

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Power-Surge Red Line Knee Wraps
Power-Surge, Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

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The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

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Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!

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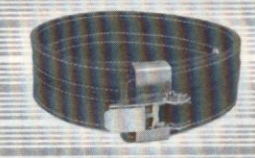
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The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

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Forever Buckle Belt 13MM
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PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.

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Forever Lever Belt 10MM
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Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.

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Power Belt Quality Economy
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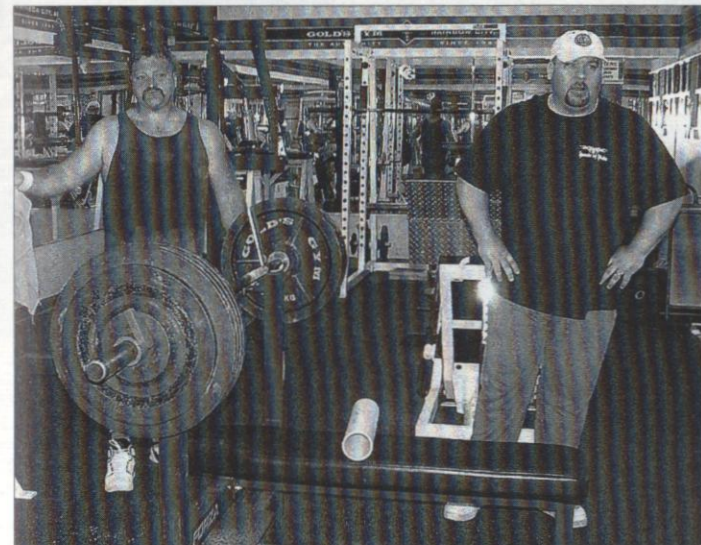
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HARD CORE GYM #60 THE DUNGEON

(With A Forward to offend everyone)

told by Rick Brewer, House of Pain



Bobby "House" Driskill (left) and Ken Overby in the Dungeon (McKee)

Last month I said that Tim Bruner might be a Texas-sized A*%\$#ole, but he is still The People's Champion! Plus, he's got a Texas-size personality! No, no - not a good personality; just a great big defective personality. At some point you simply have to honor serious nut-cases for their eccentricities. Otherwise, they think no one is watching and they become serial killers. That's what happened to Charles Manson, Ted Bundy, and Son of Sam. I didn't write an article about them; they felt slighted, and the next thing you know someone's head is on the back of the middle shelf in the refrigerator. Right next to the Mountain Dew. Why do you think Muslims cut the heads off people on TV? They want the coverage (read that: attention) most of all. With the right magazine article - we can all sleep safe.

Batman kept Gotham City safe, and when he fought - it went KAPOW! Last month we referred to that - mentioning that this month we expected to visit a gym that rhymed with Kapow. But, I lied. We never got a critical piece of info on that gym, so we hafta save that gym for another month.

Instead, this month we're going to The Dungeon! Buddy likes to call himself Buddy 'Meanness' McKee and he trains at an interesting place in Alabama. Anybody that calls themselves 'Meanness' (and is over the age of 6) deserves to tell their own story. Take it away Buddy:

"The Dungeon is very unusual in that it is a hardcore powerlifting

gym housed in the back room of an ultra-modern Gold's Gym in Rainbow City, Alabama. The powerlifters co-exist well with the bod builders and general fitness members. The owner/manager of the gym, Stace Beecham, has proven one can support all facets of the weight sports and fitness clients in the same gym successfully. We have our own room with our hardcore powerlifting equipment such as: Monolift, Forza Bench, Texas Power Bars, Excalibur Squat Bar, Oakie Deadlift Bar, Deadlift Platform, Reverse Hyper Machine, Power Rack, 55-150 lb. DBs and an Icarian Leg Press that holds 52 45 lb. (approx 2500 lbs.) plates. Yes, Ronnie Coleman, I've done 8 reps at 52 plates with no knee wraps! Not 50 plates at 8 reps with knee wraps! Come over to Alabama sometime and we will go head-to-head for bragging rights (Much respect for Ronnie)!

We do all of our heavy work on the powe lifts in the Dungeon. We have our own sound system separate from the rest of the gym. We are free to get loud, use chalk and talk (as long as we are reasonably neat and not terribly rude), and bang weights. Wow, in Gold's Gym! We are also free to use the regular wor out area. We are just a little more civilized out in the front areas! The Dungeon has every pull down, row, calf machine, and every other machine known to man. The hardcore bodybuilders are welcome to come

in the Dungeon and train with us on their basics. The Dungeon is more like the original Gold's Gym in Venice, where serious powerlifters and bodybuilders respected each other. In fact, our spotting crew that spots/loads at our meets are mostly bodybuilders and they are, in my opinion, the best crew in the United States!

The Dungeon is home to two state chairmen: APF Chairma, Buddy McKee (myself), and WABDL Chairman, Brant Bishop. The APF and the WABDL are not rival organizations, so this is a great relationship. The APF is powerlifting and WABDL is a specialist federation.

Here at Gold's Gym in Rainbow City, Alabama our powerlifting team is known as the "East Coast Clique". The team consists of: Buddy McKee (myself), a two time WPC Pro World Champion, seven time AWPC/WABDL Amateur World Champion with 13 World and American records; Rick Hagedorn, a four time WABDL Champion with 5 World and American records; Bobby "House" Driskill and Richard Anderson with multiple WABDL World Championships and each have world record lifts; Cam Clayton a Teen World Champion with three World and American Records; Ken Overby, Josh Nelson, Jonathan Leftwich, Brant Bishop (WABDL AL Chairman), Derrick Thomas, Adam Hix, Richard Champion III, Patrick Nelson, Darryl Hoard, Emery Burns, William Hamilton, James Carter, Alex Cone, Chris McDuffy, and Eric Roberts all hold multiple state records. We have a new member, Chris Samford, who is prepping for his 1st meet.

The team has also hosted some "guest members" who travel in frequently to visit and train. Among them are World Champions Brent "Sgt. Rock" Howard, Tiny Meeker, Tony Caprari, Richard Hawthorne and others. The "Cliques" home members boast a 700 bencher, a 650 bencher, two 600+ benchers, and four 500+ benchers with most of our other members well into the 400s. We have an 850+ squatter, four 700+ squatters, three 600+ squatters, and several 500+ squatters. We have a 700+ deadlifter, two 650+ deadlifters, and most others in the 500 category.

Along with the team trophies won by the "East Coast Clique" the Dungeon is the permanent display of the Team USA's 1st place

trophy won at the '05 W.P.C. Worlds in Helsinki, Finland. I, Buddy McKee, was on Team USA and chosen by my teammates to walk out and receive the trophy for the US. The Executive Officers of the W.P.C. decided the Team USA would rest at my home gym. Gold's Gym told me they are very honored to be chosen for the trophy's permanent home!

If you find yourself in Northeast Alabama and need to get a serious hard core training session in, come over to the Gadsden/Rainbow City area and visit. If you are serious about your training, the Dungeon inhabitants will welcome you to our house. Don't worry about special equipment; we have chains, bands, and board aplenty. NO EXCUSES...JUST LIFT IT! Thanks again to Stace for being bold enough to run a gym right!"

Congrats to Stace for running a cool place to train - a real Hard-Core Gym in Alabama. I know there are tons of strong folks in Alabama, because I've been to some great Powerlifting meets in Gadsden! Are you interested in Alabama trivia? If so, do you know how University of Alabama football players get girls in their dorm rooms? (Answer: they just grease her hips and push real hard!) No offense to all you Alabama folks - we love ya!

This Saturday, I'll lift in a little BP meet (wish me well). Next month, we'll visit West Virginia and learn about real hillbillies. Maybe learn some more offensive jokes. Until then, load the bar and have fun!

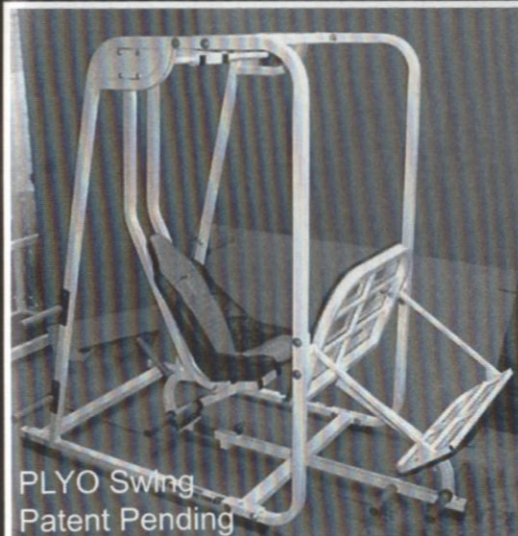
Comments:
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Note: no hillbillies were harmed in the making of this article.



Buddy "Meanness" McKee at Gold's Gym

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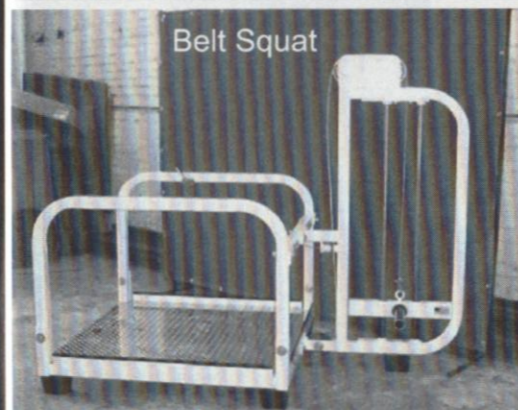
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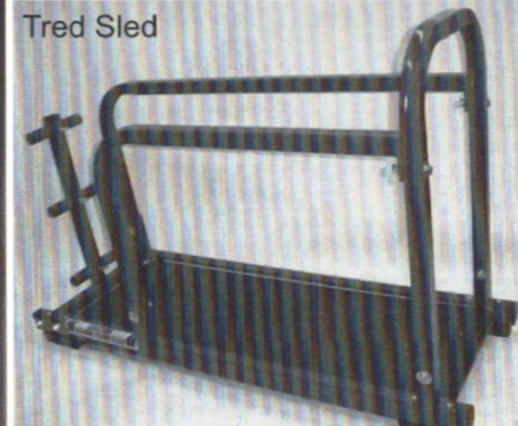
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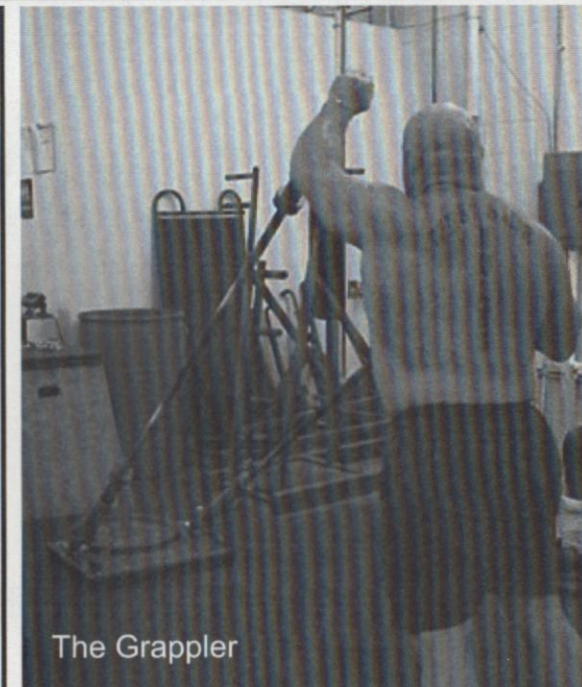
Belt Squat



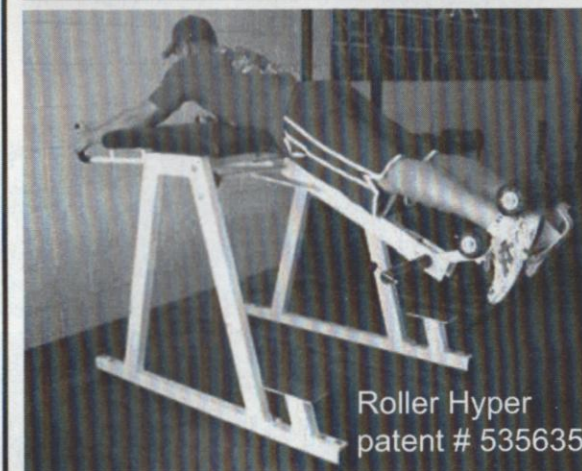
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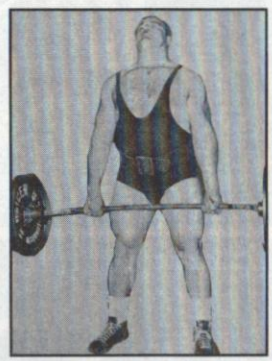
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BENCH		Submaster		MALE	
APF	M. Grimm	363		220 lbs.	
FEMALE	T. Frank	551		Open	
114 lbs.	Master I			T. Hubbard	562 716 1278
Open	M. Hennessey	584		Junior	
T. Putschio	Master II			T. Nelson	424 523 948
203	R. Ryan	639		242 lbs.	
UNL	308 lbs.			Open	
Submaster	Open			E. Czerwin	424 501 925
R. Nutter	D. Welch			R. Luyando	782 617 1399
MALE	Dan Gross	606		Submaster	
181 lbs.	Junior			M. Dullum	374 451 826
Open	R. Goldstone	562		Open	
T. Runde	SHW			P. Arroyo	540 622 1162
198 lbs.	Open			J. Biewer	683 672 1355
Open	C. Kadrlík			APF	SQ BP DL TOT
A. Sanders	A. Gassman	562		FEMALE	
490	DEADLIFT			123 lbs.	
Junior	APF			Open	
L. Lacy	M. Anderson	226	137	148 lbs.	270 633
Master I	FEMALE			Junior	
R. Hennigar	114 lbs.			A. Bryant	
463	High School (13-15)			MALE	
Master II	A. Quatrochi	214		165 lbs.	
J. Hussey	Open			Open	
358	N. Troy	286		D. Valleza	595 518 479 1592
220 lbs.	MALE			181 lbs.	
Open	181 lbs.			Open	
R. Jennings	High School (16-17)			T. Runde	804 — — —
363	D. Brubaker	424		T. Ramos	760 540 578 1879
Open	220 lbs.			198 lbs.	
S. Webb	High School (18-19)			Open	
551	D. Garrels	551		J. Power	705 512 523 1741
Master I	Open			A. Siemore	606 440 529 1576
J. Berding	T. Hubbard	716		Submaster	
440	242 lbs.			T. Quatrochi	512 352 463 1328
242 lbs.	Master I			M. Hibbing	540 303 429 1273
Open	M. DenBeste	595		Master I	
B. Carpenter	275 lbs.			R. Hennigar	501 463 440 1405
782	Open			220 lbs.	
R. Luyando	R. Simnick	650		Open	
733	M. Stuart			M. Stuart	705 501 633 1840
J. Prazak	T. Hubbard			T. Hubbard	925 562 716 2204
—	BP DL TOT			A. Hires	859 — — —
M. Magnum				C. Akers	920 589 628 2138
573				Junior	
Master II				D. Hogan	551 363 485 1399
D. Murphy				Master II	
275 lbs.					
Open					
C. Truitt					
501					
C. Hudson					
611					
Ironman					
APF					
FEMALE					
148 lbs.					
Junior					
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D. Zenzen				Norwich YMCA BP/DL			
622	396	534	1554	(Thanks to Eric Stone for the meet results)			
242 lbs.				10 SEP 06 - Norwich, NY			
Open				BENCH			
M. Magnum	672	573	578	1824	DEADLIFT		
T. Acome	903	683	633	2221	MALE		
J. Redding	881	562	628	2072	Open		
M. Hairston	903	655	644	2204	198 lbs.		
Submaster					J. Wood		
C. DenBeste	600	474	578	1653	400		
Master I					198 lbs.		
P. Schultz	777	562	666	2006	J. Ahern		
275 lbs.					220 lbs.		
Open					J. Sowle		
P. Arroyo	738	540	622	1901	275 lbs.		
S. Mount	970	655	600	2226	J. Bogart		
R. Simnick	705	501	650	1857	475		
G. Danminga	837	485	711	2033	Teen		
J. Grandick	1025	782	755	2562	198 lbs.		
Master I					G. Vokes		
G. Danminga	837	485	711	2033	220 lbs.		
SHW					A. Bogart		
Best Lifter Lightweight Bench only: Stephen Webb.					405		
Best Lifter Heavyweight Bench only: Rob Luyando.					Master (40+)		
Best Lifter Lightweight Full Power: Tyson Hubbard.					181 lbs.		
Best Lifter Heavyweight Full Power: Jim Grandick.					K. Turi		
Best Lifter Ironman: Rob Luyando.					415		
Best Lifter Overall Deadlift: Tyson Hubbard.					Teen		
					132 lbs.		
					D. Cerasani		
					185		
					(Thanks to Shannon Gawrenski, Meet Director, for providing these meet results)		

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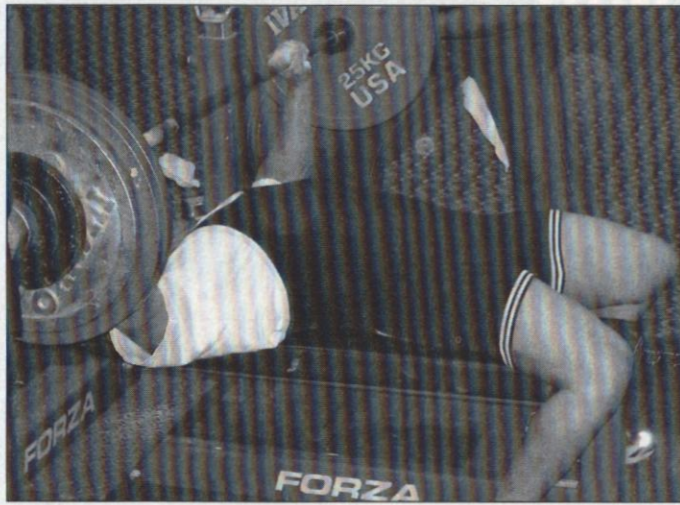
Someday I will prepare with everything I have.
Someday I will perform to my best ability.
Someday I will prevail.

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(continued from page 19)

Mike Vernon lifted well and was looking forward to meeting and getting some tips from Jeff Diegan at worlds. Jeff is the best 242 lb. raw lifter in the WNPf but he did not attend this year's championships. Big Dave Cooper won the lifetime 242 class with a 1700+ total and Jeff Fambrough won the junior raw division and made all of his squats look so easy. Jason Wood from Arizona is built like a tank with huge thighs and calves. I told him before the meet to go for the big 800 pound squat and don't worry my spotters will be there for him. He hit an easy 733 then an easy 771 and then 804 was next. He came out ready and walked up to the bar and set up, went down and was on his way up and he dropped his head and the lift was over. He knew what he did after and was upset with himself. Jason will squat 800+ in the very near future in the WNPf. Jason will also be the new WNPf Arizona state chairman and put on a meet or two in 2007. Ostrom from Michigan and Brad Lovejoy won their classes in the 275 master's divisions. Rich Luklan totaled over 1650 in the masters 300 class. Big Matt Wanat all 6'6", 300+ pounds defeated Jmukhadza from the Republic of Ca. In the SHW raw division and Marlin "Eclipse" Nelson took home his first WNPf title and he improved so much from the Pan-Am Championships in Orlando in May, now onto the World Bench Press Championships. Bonnie Benner won the 123 open and masters divisions and also took home the best lifter award with a 165 lb. bench press. Bonnie is just coming back after a 10 month layoff due to her son battling cancer in the hospital. Last year she benched 190 raw and now she's up to 165 pounds with a shirt on. I think she is a better raw lifter than shirted lifter. Jill Davish, Adrienne Fink and Tompkins from Indiana won their first world titles in the WNPf. Tim McDowell won the 123 junior division, Josh Melton in his second meet won his class. Steve Smith, not the Carolina Panther wide receiver but the famous Steve Smith won the 13270-74 class with a 165 pound bench. Smith Sam from Delaware came back in 2006 after a 4-5 year layoff won both the open and submasters division with a 270 lb. world record bench. Wayne Claypatch set a new record and won his class in the 148 lb. division and Tom Duff won the 55-59 division. Cody Bartlett defeated John Ferris in the 65-69 148 class with a 237 lb. bench. In the 165 lifetime division we had a battle going on with Ralph Lara, Joe Rosato and Beau Greer. We were hoping Jason Burns would have made it but he had some personal problems and couldn't attend. Jason the WNPf will be waiting for you when you return. Ralph took home the gold with a 369 bench. Joe Rosato and former WNPf world champ Beau Greer tied at 347 with Joe winning on bodyweight. Chuck Ventrella defeated Carlos Artur from Brazil in the open 165 class. Bill Ross won the 181 lifetime and sub divisions with a 457 bench. Allan Passman won the



Ralph Lara: Best Raw Lifter, benching 369 in the 165 pound class.

masters raw division and first timer Chris Johnson from Canada won the masters equipped division. Stan Freed and Chris Livols won their classes and they both set new world records. McDowell won the juniors and Mike McCoy won the lifetime division and best lifter. Mike took a few years off also and came back in July to qualify for worlds. Mike Bachmayer won the masters and police divisions with a 374 bench. Leo Ryan came to bench over 500 pounds and he had trouble setting up and just couldn't get it together. Then on his last attempt with 468 we adjusted the rack for him and he rammed up 468 so easy. Leo will be back in 2007 and he will bench 500+ in the 198's. Troy Lehrer won both the open and lifetime divisions with a 512 bench. Hewent up to 556 and missed it but he came very close to getting it. Phil Darouze set a world record in the masters as well as N.J. state chairman Glen Haley. Glen needs some time off, he did so many meets this year and it showed. He still locked out 435 pounds in the master's divisions. Jake Haybeidan from PA. hit a 380 new world record in the teen division. I heard this was his last WNPf meet, good luck Jake wherever you decide to lift. Kelly Fasnacht won his first title with a 441 bench. Nick Maltezos



Jason Wood: squatted 771 @ 275

one of the old WNPf veterans won two classes in the bench. Bill Bidinotto made one attempt to stay in the meet in the over 60 class. Bryan Hoffman from Indiana started out in the high 400's and missed all three attempts. He locked out his left arm but couldn't lock out his right arm due to an injury. I spoke with him after and just told him not to lock out either arm so both arms can come up evenly and this would look a lot better than his lopsided lockout. We have two lifters, Larry Davis and Pete Catina that can't lock out either arm and

we just told them to go as high as possible with their lockouts and we will count their lifts. Hopefully Brian will come back in 07 and get a lift in and become a champion. The oldest competitor in the meet Ray Romero hit 209 at 77 yrs. of age. Ray is an ex-Philadelphia Eagle football player. In the 300's and Supers we had several lifters that were attempting big, big lifts. Buddy Cawley hit 518 in the raw division and 677 in the unlimited division; Buddy won both best lifter awards in the raw and equipped divisions. Jeff Peshek tried an all time high 804 lb. bench but missed it twice, he stated that he just didn't have it today. He promised me that in 2007 at worlds he will hit 804 or more. Andy Shaffer from PA benched 600 raw at the PA states and was hoping to set an all time high raw bench at the world championships. He tried 611 three times and could not lock out the weight at the top. Now onto the World Deadlift Championships, Adam Debonis was so happy to be his first world championships and he showed out with a 407 lb. deadlift and world record. Carlos Artur from Brazil made a 584 deadlift raw in the 165 class and won best lifter. Bob Legg set a world record in the police division and John Badurek won both the open and submasters divisions. Darren Nemow could compete in two sports powerlifting and bodybuilding, this guy is put to-

gether. He deadlifted 622 lbs. in the 181 lifetime open division. Dick Jenkins and Don Levesque both 70+ years of age battled with Dick coming out ahead with a 441 deadlift. Dick would like to be the first 70+ yr. old to deadlift 500 pounds in the WNPf. Speaking of old lifters, Tee "Skinny Man" Meyers couldn't wait to hit the platform. He just turned 50 yrs. old and he wanted to hit an all time high for a 50 yr. old in the 198 class and guess what he did it. He hit a 733 deadlift and made history by becoming the all time highest deadlifter in the 198's in the 50-59 age group. This was the most weight lifted ever in powerlifting history in this class, Tee said to look it up if you don't believe him. I must mentioned because one person said that Tee is a deadlifter judging the bench press and his press signal was too long on Friday. Tee was also a full meet lifter years ago and he sustained an injury and he has trouble doing full meets now. He has totaled over 1,800 in the 198 class so he is more than qualified to judge any lift. He did not give a quick press signal on Friday because the bar was still moving on some of the lifters chest and he waited until the bar stopped to give the signal. I'll tell you many of you missed a show on Saturday with flight three of the deadlifts. These guys showed out! Meyers with 733, Sadiv with 650, Casagrande with 722, Chet Slaybaugh with 650,



Jennifer Slagus: pulled 303 pounds in the 11-12 year, 165s.

Lopez with 622 and Nemow with 622. Charles Slaybaugh lifted 633 in the 242's and Chet, Charles said he is the good looking twin brother not you. Mike Spahr set another world record and Teddy Finland hit a 606 and is good for more but he injured himself on one of his attempts. Big Dean Nichols hit 683 and hurt his back in an attempt to hit over 700 pounds. Dean and Tee went to Atlanta in July, they both hit 730+ and went back in forth talking junk until Dean lifted more than Tee and became the crowd favorite. Tee has a knack for getting lifters to push themselves to the end. He will get in their face and talk so much mess that these guys will push themselves past their limits and then they realize that Tee is a great guy once they get to know him and not the loud mouth that people think he is. Onto the Powercurl Worlds Javakishvili from the Republic of Georgia curled 136 pounds in the 132 class. Ralph Lara curled 174 pounds in the 165 class and set another world record. Mark Wilhelm set another World record and took home another best lifter award. Andy Skinner from Canada came up to me before the meet and was just hoping to place to receive one of the smaller Atlas awards. I told him that you never know what will happen you may place first and guess what he did? He placed first in both the open and masters divisions. There was a three way tie in the 198's with Skinner placing first, Bettini placing second, and McDowell placing third. Doc Hashamiyon started too high and did not make a lift in the curl and he was the favorite to win. Mike Slagush hit a 180 and then a WR 185 in the masters 40-49 division. We had four guys curl over 200 pounds, Ellinger 215, Monroe 240, Ocampo 231 and Jmukhadze 226. Onto the World Squat Championships, Carlos Artur from Brazil hit a 507 raw squat in the 165's. Mike McNinch set a new WR at 512 in the 198's raw. Mike Kenney hit 573 in the 220 class for a new WR. Nick Maltezos set records in both the open and lifetime divisions with a 600 raw squat. Jim Edgerton hit a 496 raw squat in the 242 masters class and Jason Wood hit 771 in the 275 class. Onto the World Iron Maiden/Ironman Championships. Former top USAFL women's lifter Jackie Manzo lifted in the 123 class and set records in both the bench and deadlift. Stephanie Rivers did an outstanding job for only her second meet. Crawford and Askins both lifted well in the Ironman division. Eric Winter bombed out in the squat but he came on strong in the bench and deadlift to win his class and the best lifter award in the Ironman. Crawford and Corfiss our two special Olympian lifters lifted well and both of these gentlemen set new world records also. I want to thank everyone that supported the WNPf Worlds this year. We appreciate you! We are in the business to put on quality meets and to make sure you have fun, although we didn't accomplish that with everyone we hope to do so in the near future. Before you listen to people bashing us and talking about us please come and check us out and then judge us for yourself. Again we are not perfect and never claim to be and no lifter or federation is either so please be smart and say to yourself there must be another side to this. We are going to try our best to improve on our mistakes and make things better for all of us. Everyone enjoy your holidays, put your family first and stay healthy and we hope to see you next year. Also thanks to Powerlifting USA and Mike Lambert for supporting us. (Thanks to Troy Ford for these meet results)

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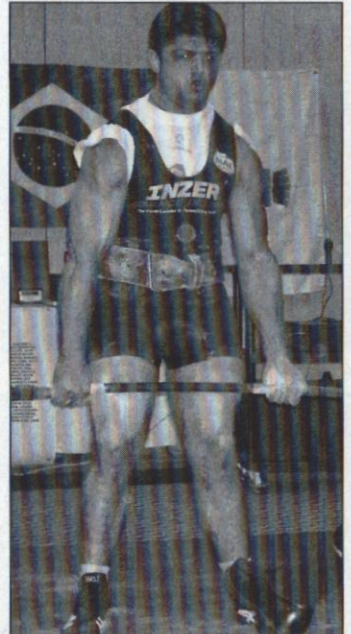
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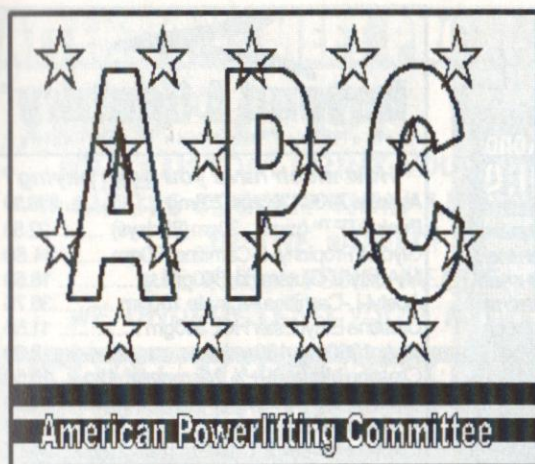
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 20 MAY, ISS Big Bench Challenge, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155
 MAY, USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
 2 JUN, Pete Lanza Memorial V, (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniashools.org
 2 JUN, WNPf Submasters, Masters & Police/Fire/Military Nationals & Powerfest 2K7 (Biloxi, MS) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 3 JUN, "We Don't Need No Stinkin' Drugs" Raw BP and Deadlift for Reps, Joe Oregina, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
 9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 9 JUN, USAPL NJ State High School, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843
 9 JUN, ADFFP Open Powerlifting (single, strongman, unequipped - Washington

Square Mall, Evansville, IN) Dick Conner, Meet Director, www.adfpl.org
 9 JUN, NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com
 9-10 JUN, USAPL Teen/Jr. Nationals, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814
 16 JUN, ADFFP Single Event Nationals (Century Center, South Bend, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jrsmoker@hotmail.com
 16 JUN, SPF Nationals (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com
 23 JUN, USA Raw BP Federation Summer Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 23 JUN, WNPf All Raw National PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 30 JUN, 100% Raw Freedom USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.rawpowerlifting.com

JUN, WNPf New York State PL & BP/DL/SC & Wnpf New York Police/Fire/Military Bench & Deadlift (Long Island, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 JUN, APE/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com
 JUN, NASA USA Nationals, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
 JUN, 5th IPF/NAFP North American Powerlifting Championships (Guatemala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249
 7 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 12-15 JUL, USAPL Men's Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
 14 JUL, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 JUL, WNPf USA PL & BP/DL/SC & WNPf Women's Nationals (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 14-15 JUL (new date), AAU National Powerlifting Championships & Sooner State Summer Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net
 15 JUL, ISS Backyard BBQ and BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155
 21 JUL, PPL Southeastern Drug Free (PL, BP, BP reps, DL, P.P. Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
 21 JUL, NASA Grand Nationals (Un-equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN)
 21 JUL, SLP Arkansas Open BP/DL (Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 22 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 28 JUL, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068/3167, allamericanfitnessvt@yahoo.com
 29 JUL, WNPf Drug Free Nationals (Youngstown, OH) Ron 330-792-6670, powerit103@aol.com
 JUL, WNPf Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 JUL, APC Nationals & America's Cup PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com
 JUL, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
 JUL, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
 JUL, AAU Junior Olympics and BP (Knoxville, TN) www.aausports.org
 JUL/AUG, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 630-896-7309, amyjackson@aol.com
 4 AUG, ADAU Single Lift Nationals (SQ, BP, DL - Men/Women - all age divisions, Joe Oregina, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
 4 AUG, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernwarawpower.com
 4 AUG, APF Florida State BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com
 4 AUG, WNPf New Jersey PL & BP/DL/

SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 5 AUG, WNPf Delaware BP/DL/SC & Delaware vs Maryland (Newark, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 5 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 12 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 12 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 22 SEP, SLP The Body Building Open II BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 18 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 25 AUG, WNPf 4th Southern USA BP/DL/SC (Warner Robins, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-3672
 8 SEP, NASA New Mexico Regionals PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelmann, 505-891-1237 or mike@liftinglarge.com

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 6 OCT, SPf Worlds (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com
 6 OCT, SLP Tennessee State BP/DL (Lexington, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 12-14 OCT, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-559-4624
 13 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 20 OCT, PPL Nationals Drug Free (PL, BP, BP reps, DL, P.P. Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
 20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
 20 OCT, SLP Chicago Open BP/DL (Chicago, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 27 OCT, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 OCT, WNPf Palmetto Bench, Deadlift & Strict Curl (Greenville, ??) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 OCT, WNPf Can-Am (Youngstown, OH) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc
 3 NOV, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernwarawpower.com
 3 NOV, NASA Kansas City Regional (Kansas City, KS) Jim Duree, jduree7086@aol.com
 3 NOV, USA Raw BP Federation World (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 10 NOV, SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

sonlight@netcare-il.com, www.sonlightpower.com
 16-18 NOV, 16th WNPf World PL & BP/DL/SC (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 17 NOV, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 NOV, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
 NOV, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
 1 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 8 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 9 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 15 DEC, 100% Raw Christmas Classic BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.rawpowerlifting.com
 29 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
 DEC, WNPf Sarge McCray BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
 DEC, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, rhk@verizon.net, 954-790-2249
 17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779
 28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814
 7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249
 MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc
 13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
 OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

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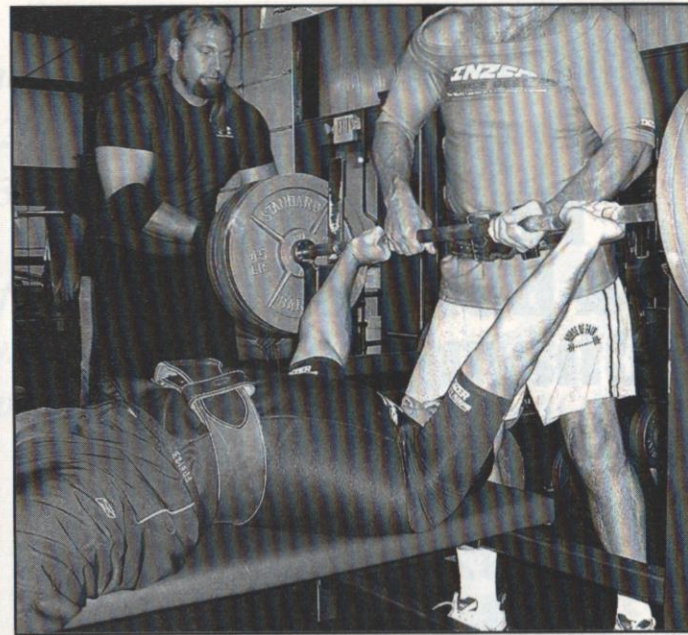
If under 18, have parent initial _____ Signature _____

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 In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

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At the SLP Olympic 24 Hour Fitness Classic: Phil Hardy, Carrie Johnson, Joe Carter, Mark Evans, and Keith Johnson (photograph provided by the courtesy of Meet Director Dr. Darrell Latch)



Roger Barker with 500 @ 242 at the Express Fitness meet (D. Latch)

SLP Olympic 24 Hour Fitness
17 JUN 06 - Clarksville, TN

BENCH FEMALE	K. Johnson	500
Junior	J. Carter	520
123 lbs.	DEADLIFT	
C. Johnson	110*	MALE
Master (45-49)	148 lbs.	Master (50-54)
181 lbs.	M. Evans	420*
P. Hardy	355*	Open
Master (50-54)	148 lbs.	M. Evans
148 lbs.	M. Evans	420*
M. Evans	235*	275 lbs.
Open	J. Carter	650
242 lbs.		

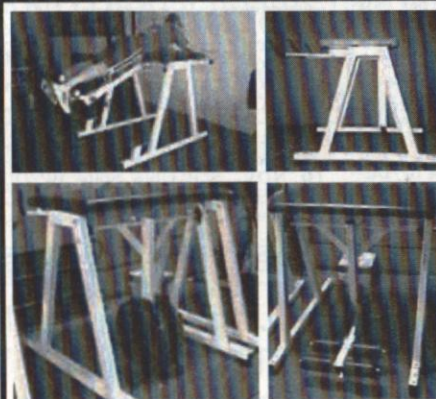
months before this meet, and in a meet here on 7/15/06 benched a PR 675 weighing 240, dropped all the way down to the 220 class, winning a weight-loss bet with his wife and benching a PR 585 in the process. He dedicated the lift to his wife, Paty, who was celebrating her birthday on this day as well. In the 242 class, Jim Thomas benched a big 405, just missing 455 at lockout, he'll get it next time. In the 275 class, Roger Metz PR'd with a huge 500 bench press. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powerlifting USA Magazine. (Results provided by courtesy of Kurt Heath)

SLP Express Fitness Open
24 JUN 06 - Benton, AR

BENCH FEMALE	J. Duckett	375*
Teen (13-15)	Open	242 lbs.
198 lbs.	R. Barker	500
M. Dickinson	95*	DEADLIFT
MALE	MALE	
Novice	Master (60-64)	242 lbs.
220 lbs.	A. Harris	365*
R. White	345	Police/Fre
Master (55-59)/Raw	242 lbs.	(60-64)
242 lbs.	Washkowiak	350*
Master (65-69)	A. Harris	365*
275 lbs.		

*=Son Light Power Arkansas state records. The first annual Son Light Power Express Fitness Open Bench Press & Deadlift Championship was held at Express Fitness in Benton, Arkansas. Thanks to owners Roger Barker, Dennis Washkowiak and D.D. Nichols for hosting this event. In the bench press competition first-timer Molly Dickinson won the teenage women's 13-15/198 class with a new Arkansas state record of 95. At age fourteen Molly is already a several-time state arm wrestling champion, who also finished fourth in the open women's nationals last year! At novice 220 it was Richard White for the win with a new personal record of 345. This was within five pounds of the existing state record! Dennis Washkowiak won at 55-59/242 with a new state raw record of 350, but was unable to get more than his opener. Jimmie Duckett also struggled, making just his opener of 375, but which was still good enough for a new state record at 65-69/275. The biggest lift of the meet came from Roger Barker who settled with 500, though he is definitely capable of much more. Roger took the open 242 class. Our lone puller was Arkadelphia Chief of Police Al Harris. Making just his opener, Al broke both the 60-64/242 and police & fire/60-64 records with his 365. Thanks again to our hosts at Express Fitness, the lifters, helpers and spectators who attended the competition. See you all again next year! (Dr. D. Latch)

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Dungeon Gym BP Challenge
16 SEP 06 - Galt, CA

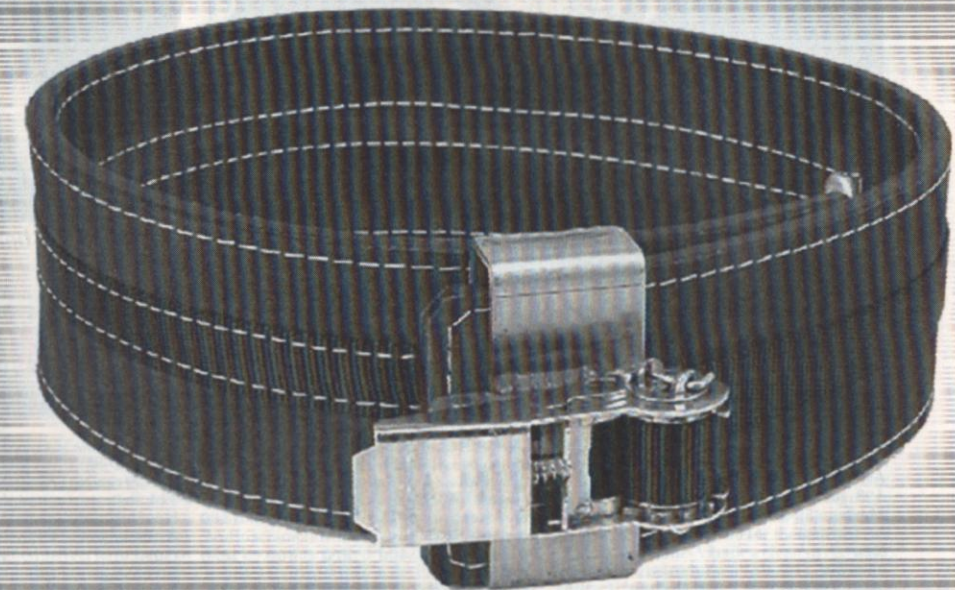
BENCH	242 lbs.	
MEN	J. Thomas	405
Open	275 lbs.	
198 lbs.	R Metz	500*
K. Harrison	425*	Master (45-49)
220 lbs.	220 lbs.	
M. Knight	585*	M. Knight
L. Mills	405	585*

*=Personal Record. The Dungeon Gym Bench Press Challenge was held on Saturday. In the Open 198 class, Kevin Harrison benched a new PR 425. Mike Knight, age 48 (weighing 285 about 5

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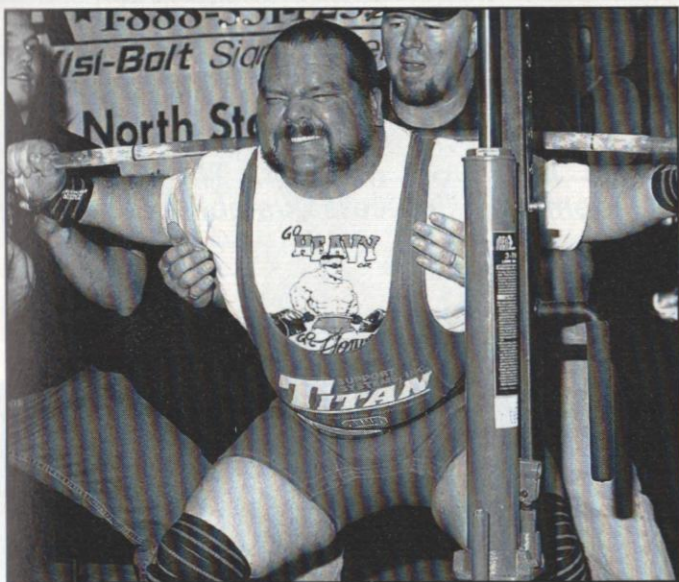
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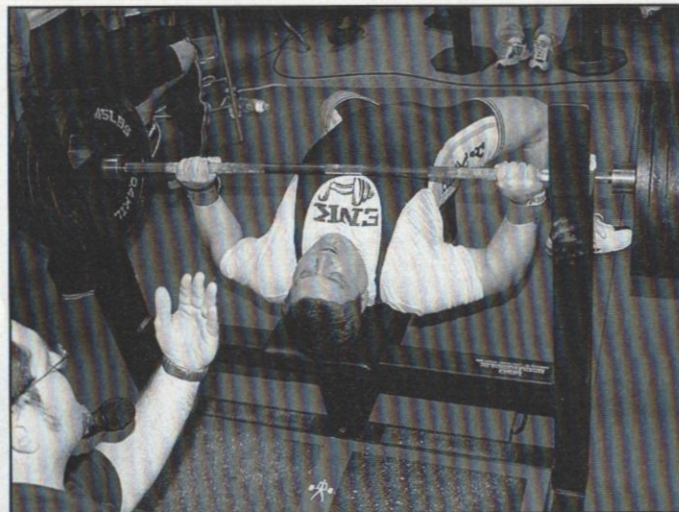
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Sean Anderson squatted 735 at the Carolina Classic (Keith Payne)

IBP Carolina Classic 7 OCT 06 - Shelby, NC				
BENCH	148 lbs.	Intermediate	Patton-Gooch 275	Open
Allah	335	Open	Patton-Gooch 275	198 lbs.
Master (50-54)	410	Open	E. Shelton 325	Raw
114 lbs.	115	Submaster	E. Shelton 325	Teen (12-13)
B. Etringer	132	SQ	BP	DL
Open	300	270	415	985
S. Warren	165	165	165	165
Teen (16-17)	370	225	370	965
T. Childress	181	181	181	181
Master (40-44)	450	330	450	1230
D. Pierce	450	330	450	1230
Submaster	405	260	500	1165
S. Maxson	198	198	198	198
Master (40-44)	660	430	570	1660
B. Nichols	660	430	570	1660
Open	660	430	570	1660
B. Nichols	242	242	242	242
Junior	585	360	585	1530
M. Harris	540	400	550	1490
K. Hall	308	308	308	308
Intermediate	735	505	630	1870
S. Anderson	308+	308+	308+	308+
Junior	615	640	500	1715
C. Martin	415	415	415	415
Raw	114	114	114	114
Teen (12-13)	165	115	220	500
B. Etringer	132	132	132	132
Teen (12-13)	160	175	200	445
T. Payne	215	150	305	670
Teen (16-17)	310	210	400	920
T. Lowery	198	198	198	198
Intermediate	495	250	525	1325
S. Carringer	495	250	525	1325
Open	495	250	525	1325
S. Carringer	350	300	405	1055
J. Fey	350	300	405	1055
Teen (16-17)	350	300	405	1055
J. Marrow	132	132	132	132

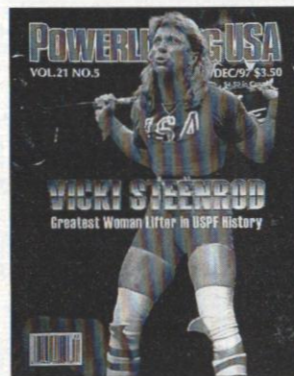


Keith Mackey benched 510 raw at the Oconee County Bench Blast

Master (40-44)	405	4th-205	405	405
E. Paul	405	4th-205	405	405
Master (55-59)	—	4th-205	—	—
T. Heyne	—	4th-205	—	—
SHW	485	Intermediate	485	485
C. Martin	485	Intermediate	485	485
Raw	88	88	88	88
88 lbs.	88	88	88	88
Youth (8-9)	75	75	75	75
B. Carraway	75	75	75	75
114 lbs.	114	114	114	114
Novice	135	135	135	135
B. Etringer	135	135	135	135
Open	135	135	135	135
B. Etringer	135	135	135	135
Teen (14-15)	135	135	135	135
B. Etringer	135	135	135	135
132 lbs.	132	132	132	132
Teen (12-13)	80	80	80	80
T. Payne	80	80	80	80
148 lbs.	148	148	148	148
Submaster	315	315	315	315
R. Stovall	315	315	315	315
242 lbs.	242	242	242	242
Open	495	495	495	495
S. Barmore	495	495	495	495
4th-505	345	345	345	345
K. Harmon	345	345	345	345
Intermediate	260	260	260	260
Teen (18-19)	255	255	255	255
J. Amerson	260	260	260	260
Police/Fire/Military	220	220	220	220
N. Leslie	220	220	220	220
275 lbs.	275	275	275	275
Submaster	320	320	320	320
R. Doiron	320	320	320	320
Police/Fire/Military	285	285	285	285
S. Simpson	285	285	285	285
280	280	280	280	280
J. Greer	280	280	280	280
Male Teen Outstanding Lifter: Jermaine				
Todd				
Male Open Outstanding Lifter: Phil				
Horn				
Female Teen Outstanding Lifter: Phil				
Horn				
Female Open Outstanding Lifter: Tiffany				
Sisk				
Female Master Outstanding Lifter: Patty				
Burnett				
Female Open Outstanding Lifter: Amy				
Caldwell				
(Thanks to Keith Payne for providing these meet results)				

BACK ISSUE OF THE MONTH

December 1997 - Vicki Steenrod is on the cover and inside Marty Gallagher's article chronicles her career achievements to justify the declaration that she's the greatest woman lifter in USPF history. Rick Brunner, of Atletika, enumerates the protein requirements of top lifters and tells how 'functional' protein powders satisfy those needs. Pennsylvanian drug free star Willie Croner was interviewed by Dr. Larry Miller, and we had an awesome photo that Bill Kazmaier sent us of him pressing a 173 lb. Inch Dumbbell replica in Perth, Australia. The idea was just to deadlift it, but Bill was able to put it over head and press it. Louie Simmons talks "Squat" in his training article, where we have a photo of one of the all-time Westside Greats, the late Matt Dimel. Walt Austen, who has deadlifted over 800 lbs. in the 242 lb. class, revealed his training routine. Herb Glossbrenner produced a list of the USPF 25 All-Time Best Women Lifters. The giant of Polish powerlifting, Andrzej Stanaszek, was interviewed by Stephen Korte. He set many world records in the IPF, while standing only four feet tall. On our Top 100 list for the 181 lb. class the



top squatter and totaler was Ray Rosales with 771 and 1862. Dave Waterman had the top bench press at 600, and Chris Turner had the best deadlift at 716. Elsewhere on the list, among lifters who are active today: in the squat, Greg Buffington was 98th with a 562. In the bench press, Jim Klostergaard was 88th with a 407. In the deadlift, Joe Orengia was 79th with a 585, and Greg Zangl was 92nd in the total with 1470. For information on how to order this back issue, and the many dozens of others that are still available, see our listing on pages 44-47 of this issue of PL USA.

(continued from page 29)
307.5 needed to win the class, but did put forth great effort. Aaron was the bronze medalist and Randy finished right behind him in fourth. Randy and Aaron battled for the spot on the team at Master's Nationals and I expect another battle again next year. Both are great lifters. Returning World Champion Floyd Givens represented the USA in the 100 kg class. Floyd had a disappointing day as he had depth issues with his squat and was unable to get one passed. Look for Floyd to be back next year. Johnny Graham not only ran the meet, he also competed in the 110 kg class. Johnny lost weight the week of the meet and weighed in at a light 234. I don't know if I have ever seen Johnny look that slim. Also, lifting in this class is the ever likeable, cattle baron, Bill Sindelar. It's tough to coach these two lifters. They are both great people and you want to see both of them in the gold medal spot on the podium. For this coaching dilemma, the next best thing is a gold and silver medalist. That is exactly how these two performed, Johnny winning the gold and Bill taking the silver. Johnny also got the gold for his accord squat and Bill got the gold in the bench press. Good ol' southern boy Curtis Wainwright was the USA's 125 kg member. I think Curtis brought all of his family with him - what a cheering section with his lovely wife Leslie and Mama Wainwright leading them all. It was neat to see all the red, white, and blue in the audience. Curtis had a disappointing experience last year in South Africa, but redeemed himself this year. Curtis found himself on the podium with four golds around his neck. Newcomer Steve Green was our 125+er. Steve gave the coaching staff a scare missing his first two bench press attempts. Steve finished as the gold medalist and received gold in all the disciplines.

MEN'S MASTER III - Robert Trujillo was the MIII representative in the 60 kg class. Robert had a solid performance going 9 for 9. He also set the World Record in the bench. Robert went home with four golds. Former multi-team member and Multi-World Champion, Robert Cortes was back with us once again in the 67.5 kg. What a joy to see a man of his young age, 76, lifting the weights that Robert does. However, Robert was not the oldest in his class. The oldest lifter was Joe Stockinger

from Canada at 77 years young. And what a battle there was between these two lifters. Robert finished as the gold medalist and Joe was the silver medalist. What an inspiration to us all. Master's team member Jim Yeats dropped weight to make the 75 kg class since we didn't have anyone in this class. Jim still exemplified perfect form, but told me it was a disappointing day. Jim finished fourth. Watch for Jim on future teams. 82.5 kg master team member Jim Lyons had a tough day. In the warm-up room, after he checked his equipment and weighed in, Jim discovered his lifting suits were not in his gym bag. It appears they had mistakenly been picked up by someone else. Jim had to scramble to find gear and get it approved. You know this rattled Jim as he missed two benches and two deadlifts. Jim finished fifth in his class. In the 90 kg class, we welcomed back former team member Bud Bower and newcomer Fred Rice. Bud must have been training hard as his squats and benches looked the best I have ever seen them. Bud got the gold for the squat, bench press and overall. Fred got a silver for squat, bench and overall. Fred must have been training hard as his squats and benches looked the best I have ever seen them. Bud got the gold for the squat, bench press and overall. Fred got a silver for squat, bench and overall. Fred must have been training hard as his squats and benches looked the best I have ever seen them. Bud got the gold for the squat, bench press and overall. Fred got a silver for squat, bench and overall.

After everyone ate, it was time for the awards ceremony. Speeches were given by Johnny Graham, Alan Ferguson, Larry Maile, and John Stephenson. John Stephenson is speaking of retirement. I hope it isn't true as he would be greatly missed. Now time for the awards. I'm proud to say the USA made a clean sweep of all the team awards: Women's Master I, Women's Master II, Men's Master I, Men's Master II, and Men's Master III. This is the first time ever we have won all five team awards. First place of the Women's Master II Champion of Champions went to USA's Harriet Hall and second place went to Ellen Stein. Regina Hackney received third in the Women's MIII Champion of Champions. Another first in history in the Men's Master I Champion of Champions as the USA swept all three spots with Brad Gillingham (1st), Tony Harris (2nd) and Ron Garofalo (3rd). Robert Trujillo received third place in the Men's Master III division. Men's Master 4 Champion of Champions went to Robert Cortes. I would like to say "Great job to each and everyone of you. I'm proud of you!" It was my pleasure and honor to work with you. I hope this experience will be one of your fondest memories. Thanks to everyone for helping each other. This is one of the Masters' strongest strengths - we are FAMILY. To the family and friends - thanks for your support. Thanks to everyone for making this a great journey. I will be watching to see you on the platform again. Maybe our paths will cross again one day. Take care!

Gina Stepleton, World Master's Team Coach and Team Manager



Greg Page is one of several incoming strong US prospects for IPF World Masters Championship Gold Medals in the years to come.




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Chris Rayner got all new WPA Teenage (16-17) World Records in the SQ, BP, DL, and TOT at the APA Summer Classic (photograph by the courtesy of Rodney Wood)

Table with columns for gender (FEMALE, MALE), weight class, and lifts (SQ, BP, DL, TOT). Lists results for various athletes like S. Wood, S. Hudson, J. Ernst, etc.

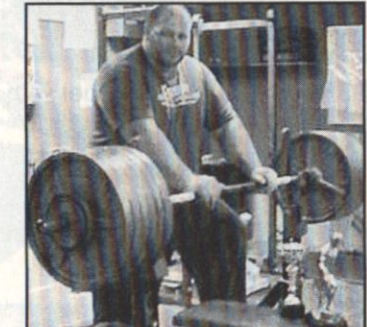
Biographical and performance text for Chris Rayner, detailing his achievements at the APA Summer Classic and his training regimen.

Advertisement for MASS Muscle and Sports Science featuring the slogan 'I love this stuff!' and 'ADAPTOGEN N'. Includes website www.musclemass.com and phone number 1-800-ASK-MASS.

Text describing the performance of Rob Van Dam, a champion wrestler, actor, and inventor of the Van Dam Lift, at the 'RVD' event.

Bay State Meet 30 SEP 06 - Norfolk, MA results table showing lifts for various athletes like R. Batchelder, Monteagudo, etc.

Text describing a hernia operation and the performance of Nick Marcus, a powerlifter, at the Nagasaki Award event.



Andy Shaffer benched the most weight raw in the WNPf with 600 at the Pennsylvania State meet on September 10th (from Troy Ford)

WNPf Pennsylvania 10 SEP 06 - Ephrata, PA results table for various weight classes and lifts.

Advertisement for LiftingLarge.com featuring 'POWERLIFTING GEAR FOR SERIOUS ATHLETES', 'BENCH SHIRTS WRAPS AND STRAPS', 'SQUAT SUITS TRAINING AIDS', and phone number 505-891-1237.

Table of results for the APF Summer Slam 23 JUL 06 - Concord, NH, listing lifts for various athletes.

Text describing the APF Summer Slam event, mentioning athletes like P. Kulas, S. Thompson, etc.

Text describing the performance of Joel 'Grand Ma-Ma' Smith at the Masters class, mentioning his bench press and squat.

Registration form for the American Powerlifting Association (APA) and World Powerlifting Alliance, including fields for name, address, and membership options.

Registration form for the World Natural Powerlifting Federation (WNPf) Membership Registration, including fields for name, address, and membership options.

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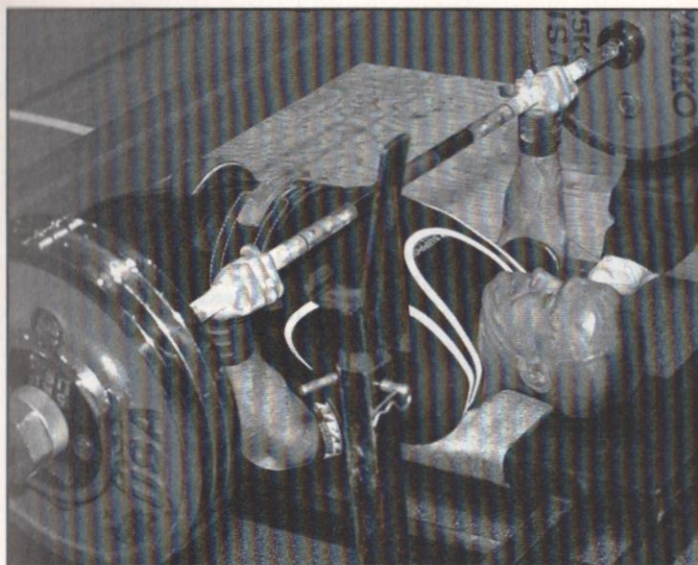
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Scott Hazelton benched 407 lbs. at 165 at the ADFPF Michigan State.

220 lbs.	Open/Master II				
B. Bolyard	363	314	529	1207	
242 lbs.	Open/Master II				
A. Diaz	463	433	463	1361	
275 lbs.	Master II				
G. Ostrom	407	352	507	1267	
319 lbs.	Teen III				
M. Arman	600	402	567	1570	
Raw					
138 lbs.	Master II				
C. Burr	220	159	314	694	
181 lbs.	Open/Master II				
C. Polena	352	292	501	1146	
M. Waller	369	259	418	1047	
220 lbs.	Master III				
D. Burr	303	253	407	964	
275 lbs.	Open/Master II				
M. Lee	407	418	—	—	

Thirty lifters representing 3 states (Illinois, Michigan & Ohio) along with families, friends, officials and work crews merged onto the Lansing Community College Campus for the Michigan State Open Powerlifting & Single Event Champion-

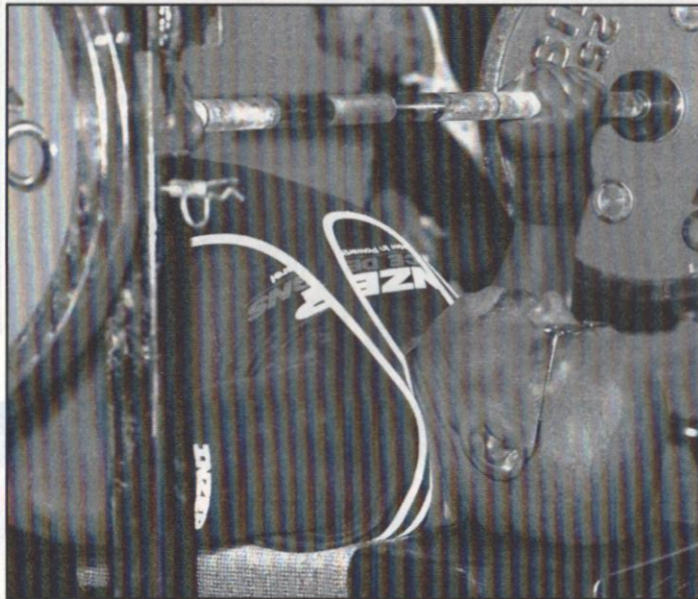


Greg Ostrom and son and trophy

ships. The ADFPF lifters were looking forward to another crack at establishing or breaking ADFPF American & State Records. Many were successful as goals were achieved; some goals had to be postponed for a future competition. By the time the last deadlift was ripped off the floor, the 30 lifters had set 25 American single event records and 16 American single event records. The Michigan State records took a beating as 38 new powerlifting and 17 new single event records replaced what had been on the books since 2005. Many thanks to the Lansing Community College Athletic Administrator, Lynn Savage, Lead Support Staff Sarah Parkhos, Kenijo Buchin, Barb & Jack Bowen, announcer Greg Brobny, J.D. Buchin, and assorted workers were well prepared for the influx of guests and lifters whose hopes were focused on doing their best. Much appreciation for Meet Director Jeff Buchin and for the dozen young men recruited from LCCs weight training classes to assist with spotting and loading. They did an excellent job! How do we thank our ADFPF Photographer Jack Stevens with lovely wife & assistant Violy? Once again, they honored us by flying in from Florida armed with cameras, large quantities of film, business cards and enthusiasm. Joining the film crew was son John, a past ADFPA & WDFPF Teenage Champion. Jack and Violy were busy throughout the meet getting pictures with names, loads on the bar, event, division, category, etc., while son John assisted lifters who arrived without a coach and

ADFPF Michigan State Open
30 SEP 06 - Lansing MI

BENCH	138 lbs.			
FEMALE	Master II			
154 lbs.	C. Burr	159		
Master II	MALE			
K. Waugh	181 lbs.			
MALE	Open			
168 lbs.	S. Baynes	341		
Open/Master I	Master III			
S. Hazelton	D. Gannage	248		
Open/Master I	Master VI			
T. Greenman	J. Kiszalik	181		
198 lbs.	Open			
Master II	V. Gilchrist	—		
J. Jachim	198 lbs.			
L. Delis	Master IV			
242 lbs.	A. Ross	292		
Master II	Master VI			
Police/Fire/Military	T. Andrews	264		
G. Andrew	242 lbs.			
Master IV	Master IV			
Police/Fire/Military	R. Moleski	325		
Washington	Master V			
281 lbs.	D. Meloche	297		
319 lbs.	R. VanEck	110		
Open/Master IV	275 lbs.			
J. Buchin	Teen III			
Raw	E. Schiauch	270		
FEMALE	SQ	BP	DL	TOT
148 lbs.				
Open/Master II				
R. Fricke	187	187	270	644



George Washington of Lansing, Michigan competed in the 242 class.

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ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF so choose.

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations _____

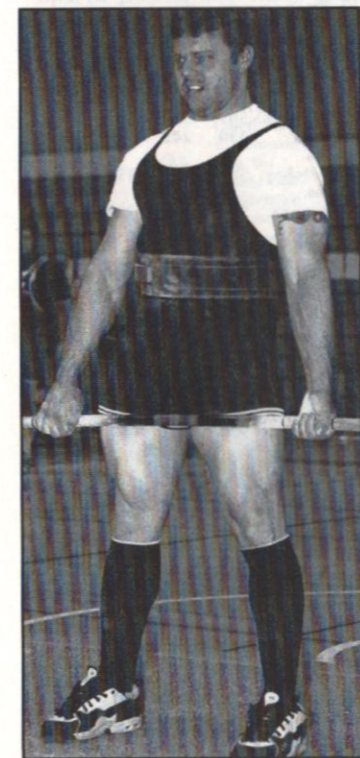
Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

when needed, John moved in to work as a back-up spotter. Anyone wanting to see the array of meet photos should contact Jack: k7kjack@yahoo.com. The ADFPF lifters had their choice of competing in the unequipped and/or the equipped division of powerlifting and/or single events. Lifters had the option of competing in seven different lifting categories depending on their specific age (date of birth) on 9-30-06 (the day of the competition); the Police/Fire/Military category can be entered by lifters who are employed full time as Police/Fire/Military personnel. Because the ADFPF is the U.S. affiliate to the World Drug-Free Powerlifting Federation, many lifters have qualified to compete in the 2006 World Championships. ADFPF members are encouraged to check the Powerlifting International Qualification Totals listed in their ADFPF Condensed Rulebooks. Qualification for participation in the 2006 Single Event World Championships is via posting a Total in an ADFPF sanctioned event. The following is our 2006 international schedule (our website includes all meet information with entry forms): www.adfpf.org. The 2006 Single Event World Championships will be held in Bendigo, Australia on October 20 (Squat event); 21 (Bench Press Event) and 22nd (Deadlift Event). The 2006 Powerlifting World Championships will be held in Kinsale, Ireland on November 11th (Unequipped Division) & 12th (Equipped Division). There were many meet highlights as evidenced by the records set and the meet results listed below. The experience and ages of the participants ran the gamut. The state of Ohio with only two entries represented the youngest and the oldest lifters in the Single Event Competition; Eric Schiauch at 19 years of age and Charles Lee at 86 years of age. Those two residents of Lima, Ohio completed the Unequipped Division Bench Press competition with Ohio State and American Records. Charles will be one of the ADFPF members representing the USA in the WDFPF Single Event World Championships held in Bendigo, Australia on October 20, 21 & 22nd. In the Equipped Division of Powerlifting, was another 19 year old, Matt Arman of Newaygo, MI who re-wrote the record book with an impressive 712 kilo total qualifying him for the 2006 Powerlifting World Championships in Kinsale, Ireland! Read on for the meet results, WDFPF



Brandon Bolyard pulled 529 lbs.

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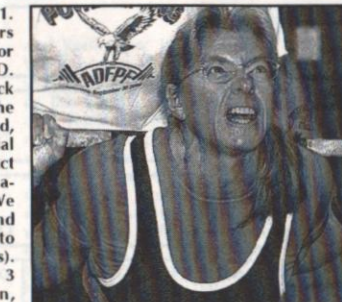
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Qualifiers and more info for athletes entering drug free international competition. Two ADFPF members qualified to enter the World Drug Free Powerlifting Federation's 2006 Powerlifting World Championships via their total in the Unequipped Division of Powerlifting: Carol Burr and Chris Polena. Congratulations to these lifters who now have a spot secured on the U.S. Team traveling to Kinsale, Ireland to compete on November 11th. One ADFPF member qualified for the 2006 World Powerlifting Championships held in Kinsale, Ireland on November 12th. Congratulations once again to 19 year old Matt Arman for winning a slot on the Teenage U.S. Team traveling to Kinsale, Ireland. All the ADFPF lifters who totaled in either the Unequipped or the Equipped Division of the Single Event Bench Press Qualified for the 2006 Single Event World Championships held in Bendigo, Australia on October 20, 21 & 22nd. Lifters who would like to take advantage of this incredible opportunity to travel to Australia, contact Judith M. Gedney immediately. All the Championships Information is posted on the ADFPF website at www.adfpf.org. The ADFPF has a travel agent who may be able to get good prices for the lifters on our U.S. Teams. Please phone the following toll free num-

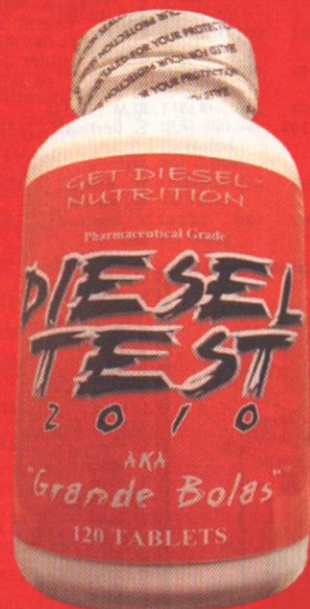
ber and ask for Margaret 877-837-4711. Congratulations to all our ADFPF lifters and special thanks to our Meet Director Jeff Buchin, wife Kenijo, and brother J.D. Also, thanks to Dick and Jan Van Eck, Jack and Barb Bowen who not only brought in the meet equipment but set it up, officiated, and even competed in the meet! Potential Meet Directors are encouraged to contact us via the ADFPF website. Bid Specification forms are available upon request. We would like to set up our National and International events A.S.A.P. (Thanks to Judy Gedney for providing these results). P.S. 30 lifters competed, the following 3 lifters were tested: Matthew Arman, Amador Diaz, and Todd Greenman; all tested were negative - per Judy Gedney



Carol Burr squatted 220 @ 63 kg.

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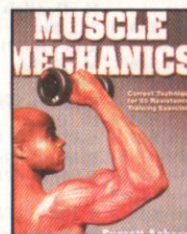
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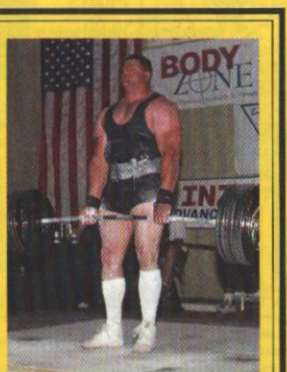


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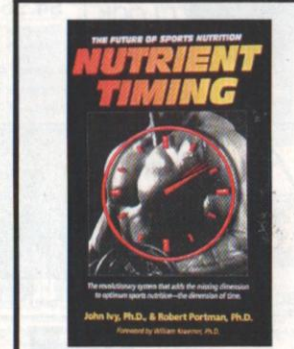
FOR REVIEW ... *Muscle Mechanics, 2nd Edition*, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He has won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is super-imposed, in an artist's color rendition, upon the photographic image. The purpose of this is to



provide a visual connection between the human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such as cable rows, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This book will be available through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-7693.



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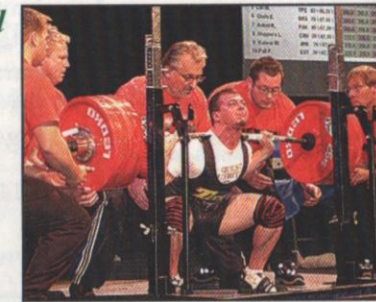
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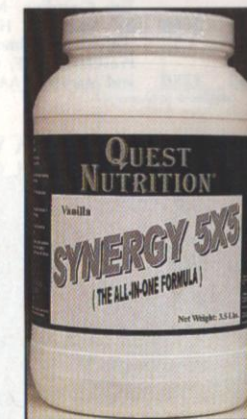
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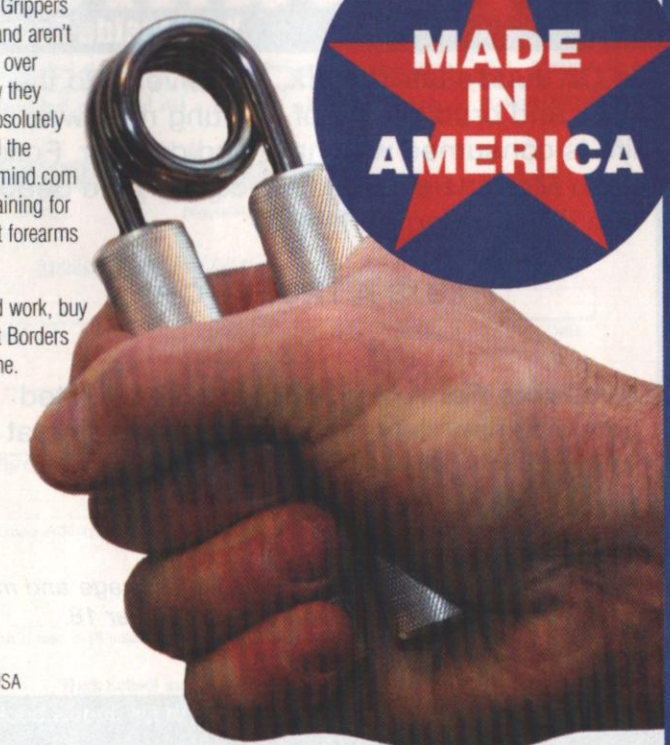
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BENCH	275 lbs.			
FEMALE	J. Wagner	355		
Open/Raw	Master (40-49)			
198 lbs.	181 lbs.			
A. Mitchell	A. Bailey Jr.	375		
MALE	Master (70-79)			
Open	181 lbs.			
198 lbs.	L. Atkinson	135		
M. Jones	415			
308 lbs.	CURL			
C. Stephenson	475			
Master (40-49)	Open			
308 lbs.	198 lbs.			
C. Stephenson	A. Mitchell	60		
475	MALE			
Raw	Master (50-59)			
Open	J. Bosley	165		
114 lbs.	242 lbs.			
J. Turner	Master (70-79)			
215	181 lbs.			
198 lbs.	L. Atkinson	80		
B. Denny	355			
A. Cohn	260			
242 lbs.	Open			
C. Junirs	198 lbs.			
405	A. Cohn	115		
Master (40-49)	BP	DL	TOT	
IronMan/Woman				
FEMALE				
Open				
198 lbs.				
A. Mitchell	195	285	695	
MALE				
Master (40-49)				
275 lbs.				
M. Herczak	390	455	845	
Master (70-79)				
181 lbs.				
L. Atkinson	135	280	415	
Open				
198 lbs.				
M. Jones	415	575	990	
A. Cohn	260	375	635	
FEMALE	SQ	BP	DL	TOT
Open				
123 lbs.				
S. Hartwig	360	230	345	935
198 lbs.				
A. Mitchell	215	195	285	695
MALE				
Open				

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198 lbs.					
M. Jones	610	415	575	1600	
Master (40-49)					
275 lbs.	J. Wagner	630	355	565	1550
YOUTH (10-12)					
66 lbs.	Marmalyukov	90	60	135	285
MALE					
Master (60-69)	R. Hutchison	300	215	415	930
198 lbs.	Master (70-79)				
L. Atkinson	150	135	280	565	
Open					
198 lbs.					
A. Cohn	315	260	375	950	
J. Bosnick	365	275	475	1115	
Teen (16-19)					
220 lbs.					
M. Bosnick	35	225	405	945	
Judges: Robert Shanks, Kenneth Davis, Calvin Tucker, and Brian Washington.					
Spotters and Loaders: Larry Walker and					

148 lbs.					
Open/DT					
H. Austin	145	275	420		
FEMALE	SQ	BP	DL	TOT	
165 lbs.					
Open					
R. Lupton	420*	270*	405*	1095*	
MALE					
Submaster					
M. Luttrell	310	230	360	900	
198 lbs.					
Open/DT					
P. Melby	365	255	460	1080	
Submaster					
M. Grizzard	305*	195	355*	855*	
220 lbs.					
Teen (18-19)					
J. Smith	705!	475	530	1710!	
4th-BP-510!					
Open					
B. Chavez	650	400	550	1600	
Open/DT					
D. Finkenstadt	355	305	380		
1070					
242 lbs.					
Open/DT					
N. Tsourounis	645	450	605	1760*	
Open					
B. Blankenship	405	375	460		
1240					
275 lbs.					
Open/DT					
M. Williams	640*	525*	545*	1710*	
Master II					
R. Beuch	405	425	405	1235	
SHW					
Open					
R. Gormus	855*	620*	635	2110!	
*=State Records. !=World Records. A big thanks to George Mason University for allowing us to hold the meet there. The venue was awesome and I look forward to holding more meets there in the future. Thanks to Jim Pope, Leigh Haines, Phil Battle, Ox, Nick, Jeff Sanderson, Pat Beuch, and all others who helped make this meet a success. Thanks for all you do as well to make the sport a success. (Thanks to Len Walker for providing these meet results)					

USA Raw BP Summer Nationals 11 JUN 06 - Mattoon, IL

BENCH	K. Minnaert	365			
FEMALE	4th-370				
Teen (18-19)					
114 lbs.	Submaster				
C. Morgan	75*	D. Matlock	325		
MALE	Master (40-49)	4th-330			
242 lbs.	Master (40-49)				
C. Muesman	205*	SHW			
4th-210*	Wojciechows	475			
MALE					
Novice	Open				
181 lbs.	181 lbs.				
T. Hague	340	B. Hanrahan	380		
Teen (18-19)	SHW				
198 lbs.	Wojciechows	500			
*=USA Raw Bench Press Federation National Records. Best Lifter Bench: Jacob Wojciechowski. The USA Raw Bench Press Federation Summer Nationals was held at Cross County Mall in Mattoon, Illinois. Thanks again to the Mall Association for promoting this event. In the teenage women's 18-19/114 class it was Courtney Morgan with a new personal and national mark of 75. Also getting a new personal, along with a new national record was Carolyn Muesman, winner at 40-49/242. Carolyn finished with 205, but returned to the platform for a successful fourth of 210! New lifter Trey Hague won at novice 181 with a new personal best of 340. Trey also took the junior 181 class as well. For the men's 18-19/198 class it was Kale Minnaert with 370, upping his previous best by five pounds. In the submaster division it was Derek Matlock with 325, followed by a 330 fourth. John Wojciechowski looked strong at 40-49/ shw as he worked through his attempts, finishing with 475. Brian Hanrahan got a strong 380 at a 181 bodyweight for the open 181 title. Our final lifter was open shw and best lifter Jacob Wojciechowski who won his class with an easy 500. All of these lifters are now qualified for the USA Raw Bench Press Federation World Championship to be held November 4! Thanks to my son Joey and others who helped out. (Thanks to Dr. Darrell Latch for providing these meet results)					

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Your Inside Source

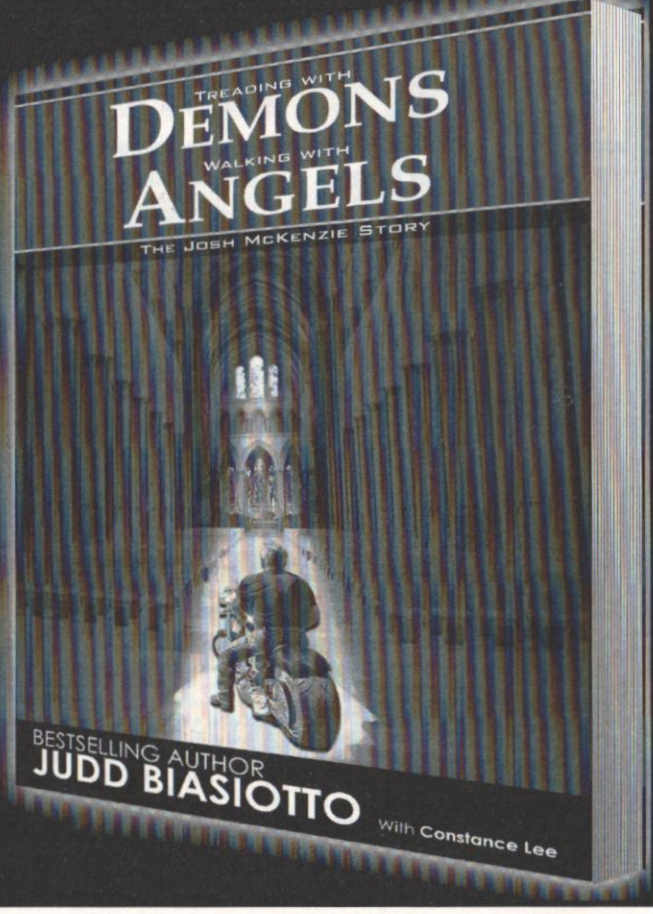
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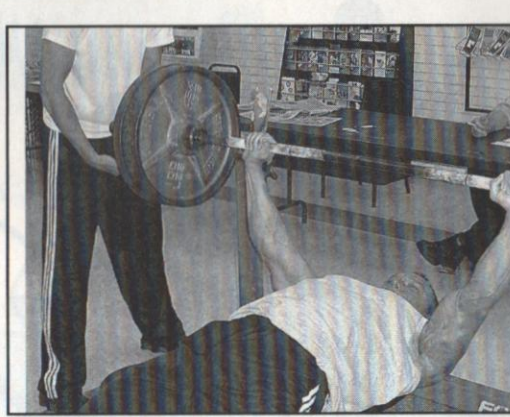
WNPF Upstate New York 23 SEP 06 - Clyde, NY

BENCH					
MALE					
Equipped	B. Mornoi	270			
220 lbs.	Natural				
(65-69)	S. Shales	360*			
S. Shales	470*	220 lbs.			
Lifetime	(45-49)				
C. Hopleight	455*	J. Mitchell Jr.	375*		
Raw	DEADLIFT				
FEMALE					
181 lbs.	Raw				
Lifetime	181 lbs.				
(75-79)					
K. Moroni	130*	VanBuskirk	345		
MALE	198 lbs.				
148 lbs.	(40-44)				
(65-69)	E. Shill	475*			
C. Bartlett	235*				
Ironman	BP	DL	TOT		
MALE					
SHW					
(40-44)					
M. Harling	400	550	990*		
MALE	SQ	BP	DL	TOT	
Equipped					
132 lbs.					
(40-44)					
K. Beatty	420*	220*	445*	1085*	
220 lbs.					
Lifetime					
M. Burne	510*	275*	500*	1340*	
Raw					
148 lbs.					
(17-19)					
D. Brault	305*	185*	370*	860*	
165 lbs.	(17-19)				
A. Ciaccia	435*	245*	500*	1180*	
181 lbs.	(40-44)				
J. Brault	385*	275*	420*	1080*	
198 lbs.	(20-23)				
(20-23)					
K. Dineen	330*	255*	405*	990*	
220 lbs.					
Natural					



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Date of Birth	Age	Sex	Application Date	Social Security Number
		Male Female		
First Name	Middle Name	Last Name		
Address				
City		State	Zip Code	
E-mail		Phone (With Area Code)		



Brian Hanrahan with 380 bench press in the open 181 lb. class at the USA Raw BP Summer Nationals (Dr. Darrell Latch photograph)

MEMBERSHIP APPLICATION:

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book. NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature	Parent/Guardian Signature
--------------------	---------------------------

For more information, contact:
Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830
Phone or Fax: 814-768-9400
E-mail: al@pikitung.com • Website: www.pikitung.com

both setting all new state records. Teen lifter Andrew Ciaccia also competed for the first time setting new state records with a strong total at 165 lb. Kevin Dineen turned in a nice total for a newcomer winning the 198 lb. junior class and Joe Sarratori returned after a few years off to put up some strong numbers in the 220 lb. class and also taking home best raw lifter. It was good to see Joe return. In the Ironman event, old iron horse Maurice Harling returned to set a new record in the heavyweight division. In the bench only divisions, new state records were set by father and son Scott and Scott Jr. Shales with both also taking home best lifter awards. Cody Bartlett, Craig Hopleight and James Mitchell Jr. also set new state records in their divisions and husband and wife team of Brian and Kelly Moroni did some strong lifts with Kelly setting a new state record. In the deadlift long time lifter Robert Marsh set a new state record as did Ed Shill in their divisions, and Owen Vanbuskirk tied his own record but is looking forward to breaking it at the WNPF Worlds. All lifters qualified for the W.N.P.F. World Championships that will be held in October in Atlantic City. Thanks to all the lifters and crew for another great meet. (Thanks to Meet Director Ron Deamicis for providing these results to POWERLIFTING USA).

INTERNATIONAL POWERLIFTING ASSOCIATION

Official Powerlifting

Application for Registration

Last Name		First	Initial	New Member	Renewal	Exp. Date	
Street Address				City			
State or Providence		Zip Code	Country				
Telephone		Email Address	Date of Birth	Age	Sex	Pro	Am
Sign if above answers are correct. Parents sign if under 18 years. Date							
Registration Fee:	Adult	\$30	High School and Special Olympics	\$25			

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

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Weightlifting Championships ■ Fencing Classic ■ Table Tennis Challenge ■ Archery Competition

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8-TICKET VIP VALUE PACKAGE includes reserved seating for Friday, March 2nd & Saturday, March 3rd competitions, a buffet party, a fitness training seminar with Arnold and the champs, and 3-day admission to Arnold Fitness EXPO 2007; \$350. **INDIVIDUAL TICKETS** available - PREJUDGING: Saturday, March 3, 12:00 Noon; \$50. FINALS: 7-10 pm; \$50 and \$75. Reserved seating. **FITNESS TRAINING SEMINAR:** Sunday morning, \$50. Arnold EXPO Tickets: \$10/Day/Person. EXPO tickets also available March 2, 3, & 4 at the Greater Columbus Convention Center, Veterans Memorial, and Nationwide Arena. **TICKETS AND INFORMATION:** www.ticketmaster.com or phone 614-431-3600.

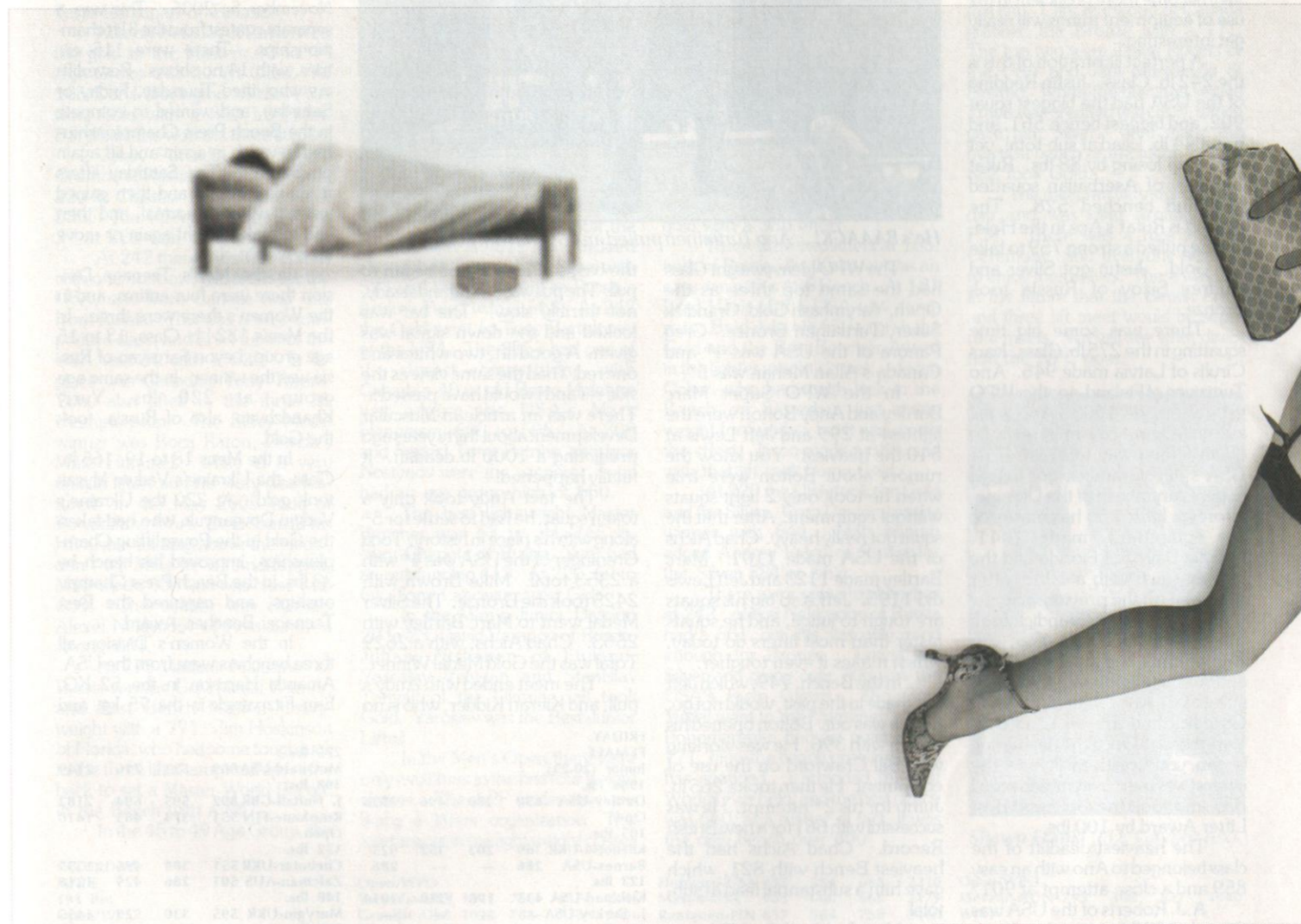
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(continued from page 7)

pull no more and Shawn took the Gold. Corey Akers with balanced lifts took the Bronze. Toledzhon Kholnaz of Tajikistan had the heaviest deadlift with a fine 749.

If you look at the overall results you will see the USA lifters are dominant in the two lifts that benefit most from the equipment. The foreign lifters have, with a few exceptions, not yet mastered the use of equipment. In the deadlift the reverse is true, the foreign lifters are more dominant. When they become more proficient in the use of equipment things will really get interesting.

A perfect illustration of this is the 242 lb. Class. Justin Redding of the USA had the biggest squat 902, and biggest bench 561, and had a 44 lb. Lead at sub-total, yet ended up losing by 88 lbs. Rufat Aghayev of Azerbaijan squatted 891 and benched 528. The deadlift is Rufat's Ace in the Hole, and he pulled a strong 759 to take the Gold. Justin got Silver and Andrey Sizov of Russia took Bronze.

There was some big time squatting in the 275 lb. Class. Ivars Cirulis of Latvia made 946. Ano Turtiainen of Finland, another WPO veteran, made 1003. Ano is tall and quite lean, so he must really go down a long way to squat. The USA's Jim Grandick got 1024. Evgen Yarymbash of the Ukraine, a foreign lifter who has mastered the equipment, made 1041. Charlie Bailey of Florida had the highest squat with a 1058, after missing it on the previous try.

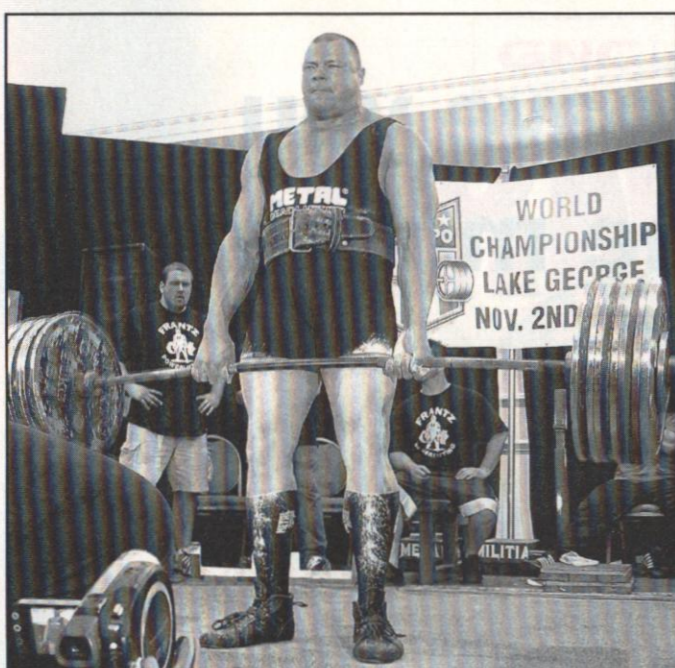
In the Bench Grandick took top honors with a 788. Ano, with his long arms, had to settle for 600, and dug quite a hole for himself. At sub-total Ano was last, and Grandick had a 5 lb. Lead over Yarymbash. Once the deadlifting began you could easily see the contest was over. Yarymbash pulled 837 and took the Gold and Best Lifter Award by 100 lbs.

The heaviest deadlift of the class belonged to Ano with an easy 859 and a close attempt at 901.

A.J. Roberts of the USA was the only 308 lb. to total and took the Gold with a 2287.

In the Super Heavy Weight Class Chris Clark of the USA beat Tibor Meszaros of Hungary. Chris had balanced lifts and totaled 2309.

Saturday also had the WPO Middleweights, Heavyweights and Super Heavyweight Classes. In the middle weight class the USA took the 1st six places. Michael Cartinian and Chris Mason had a class battle for 5th with Chris's 666 deadlift being the difference. Tyson Hubbard was 4th and Larry Hook 3rd, neither of these lifters entered the open. Carroll was 2nd and Frankl took the Gold.



He's BAAACK!... Anu Turtiainen pulled an 859, but only came in 3rd!

The WPO Heavyweight Class had the same top three as the Open, Yarymbash Gold, Grandick Silver, Turtiainen Bronze. Greg Panora of the USA was 4th and Canada's Allan Mehan was 5th.

In the WPO Super Marc Bartley and Andy Bolton were the lightest at 299 and Jeff Lewis at 540 the heaviest. You know the rumors about Bolton were true when he took only 2 light squats without equipment. After that the squat got really heavy. Chad Aichs of the USA made 1101. Marc Bartley made 1123 and Jeff Lewis did 1195. Jeff is so big his squats are tough to judge, and he squats faster than most lifters do today, which makes it even tougher.

In the Bench, 749, which Jeff has made in the past, would not go, and he was out. Bolton opened his Bench with 396. He was working with Bill Crawford on the use of equipment. He then took a 265 lb. Jump for his 2nd attempt. He was successful with 661 for a new British Record. Chad Aichs had the heaviest Bench with 821, which gave him a substantial lead at sub-total.

Matt Smith of the USA was third at sub-total, but injured his quad squatting and made only a token deadlift. Under normal conditions Matt would have been right in there.

The deadlift was the Andy Bolton show. His opener looked like 315, it was so easy. The crowd kept getting closer and closer to the lifting platform, everyone wanted a picture of history. Andy passed his second attempt, which even excited the crowd more.

When everyone else was done, the call was made and the bar was loaded to 1003. With the music blasting Andy approached

the bar, set himself and began to pull. The pull was strong and steady, not terribly slow. The bar was locked and the down signal was given. A good lift, two whites and one red. I had the same view as the side ref and I would have passed it. There was an article in Muscular Development about thirty years ago predicting a 1000 lb. deadlift. It finally happened!

The fact Andy took only a token squat, he had to settle for 5th along with his place in history. Todd Greninger of the USA was 4th with a 2353 total. Mike Brown with 2425 took the Bronze. The Silver Medal went to Marc Bartley with 2563. Chad Aichs, with a 2629 Total was the Gold Medal Winner.

The meet ended with Andy's pull, and Kieran Kidder, who is no

lightweight, was announcing when Andy completed the lift. Kieran jumped up and over the scoring table, quite a feat by itself.

The pluses of this meet by far outweigh the negatives. Tighten up the judging in the squat, do a better job of crowd control around the platform, and no one would complain.

The fellowship at this meet was outstanding. Everyone seemed to get along, and competitors routed for each other. APF/WPC/AWPO, a job well done. The WPC World Bench Press Championships were held Sunday November 5, 2006. This was a separate contest from the 3 lift championships. There were 115 entries, with 14 no shows. Powerlifters who lifted Thursday, Friday or Saturday, and wanted to compete in the Bench Press Championships had to weigh in again and lift again on Sunday. The Saturday lifters made weight, ate and then gained weight, which is normal, and then had to make weight again or move up a weight class.

In the Men's Teenage Division there were four entries, and in the Women's there were three. In the Men's 132 Lb. Class, 13 to 15 age group, Levon Sargsyan of Russia was the winner. In the same age group, at 220 lbs, Yuriy Khandzhyan, also of Russia, took the Gold.

In the Mens 18 to 19, 165 lb. Class, the Ukraine's Vadym Mysak took gold. At 220 the Ukraine's Vadym Dovganyuk, who had taken the Gold in the Powerlifting Championships, improved his bench by 33 lbs. in the Bench Press Championships, and captured the Best Teenage Bench Award.

In the Women's Division all three benchers were from the USA. Amanda Harrison in the 52 KG, Erin Fitzpatrick in the 75 kg, and

Ashton Lineham in the 90Kg were the winners. Amanda took the Best Bench Award.

There was only one entry in the Women's junior and Women's Master, both benchers from the Ukraine, Ulyana Pikhunyk and Alevtyna Skrypka. There were six women in the Open Bench with five finishing. In the 48 kg class Taisiya Kuznetsova of the Ukraine beat Lynne Barlow of the USA's 198 lb. to 176 lb. In the 56 kg class, Janet Faraone of the USA took the Gold, and won the Best Bench Award with a 303. In the 90 kg. Class, Kate Radon of the USA topped Tarja Rantanen of Finland.

Anatoly Nefedov of Russia won the gold in the Masters 40 to 44 Age Group 148 lb. Wt Class. At 165 Daryl Boyington of the USA won Gold with a 363 Lb Press. Daryl had also won the three lift title.

Valery Poryadin and Sergey Gromov of Russia took the 198 and 220 lb. Classes. Sergey had a nice 589. The USA's Joe Martin was 2nd at 220 with a 551.

At 242 there were five entries with one no show, two lifters for the USA, one from Canada and one from Russia. This was a very competitive class, and Eric Hubbs of the USA was 4th with a 523. In 3rd place was Canada's Tony Tomra. Tony also lifted in the three lift championship. The Silver Medal winner was Boca Raton, Florida's Mike Hummel. Mike is a very unique lifter, and his story was featured in the May 2005 issue of Powerlifting USA. Even though his left arm is missing above the elbow, don't tell Mike he is handicapped. Mike made 606 and was close with 639. The winner was Russia's Alexei Neklyudov of Russia with a strong 661.

At 275 Vladimir Maksimov of Russia was the Gold Medal Winner, and Best Bench Master Heavyweight with a 771. Jim Hoskinson of Florida, who had some tough luck in the three lift championship, came back to set a Master World Record in the Bench with a 667.

In the 45 to 49 Age Group, the



Bolton with a British Record 661 to go with that other PR of his - 1003

Gold Medal Winners at 148, 181 and 198 were Sergey Lopatin of Russia, Bob Benedix of the USA and Didier Theux of France. In the 220 lb. Class there were three lifters. Greg Hayes of the USA took the Bronze with a 501, Jim Pinckard also of the USA, took the Silver with 523 and the Gold went to Russia's Andrey Paley with a 562. At 242 the Gold went to Tony Bartolomei of the USA. The 275's had one of the closest competitions, with Canada's 49 yr old Bruce McIntyre just edging the USA's Mark Hennessey 600 to 595. At 308 and Super, Tony Patrino and Igor Nostynov were the winners. Tony had an age group high of 650.

The best lightweight Master Bench was 63 yr old, 165 lb. Yuriy Chepetz of Russia. Yuriy had an outstanding 413. At 220, 60 to 64, Tony Lancaster won Gold.

In the Men's Junior Division 20 to 23, David Varanov of Russia, Juhani Niskanen of Finland, Yaroslav Velygan and Stanislav Tretyak of the Ukraine, all took Gold. Yaroslav was the Best Junior Lifter

In the Men's Open there were only two lifters in the first four weight classes. The APF prides itself on being a lifters organization. This low turnout in the light weight classes

is normal. Maybe the weight classes should be looked at.

At 132 Junior Winner David Varanov also took the Open. At 148 Russia's Anatoly Nefedov was gold with a 330 effort.

There were two lifters at 165, both of Russia. Ilya Kokorev was an easy win with a 496 Bench. At 181 Brad Heck of the USA was dominate. Brad did a big 650 to grab the Gold and the Best Bench Award in the lighter weight classes. Jason Coker, who had tough luck in the Bench on Saturday, just made weight for Sunday, but it was worth the effort. Jason made a 683, and with that lift took home Gold.

At 220 the USA took the Gold and the Silver. Cory Dexter was the winner with 644. Matt Minuth edged Andrey Paley of Russia for the Silver 584 to 562.

There were some big benches at 242. Alexei Neklyudov of Russia had a 661, but this was only good enough for Bronze. Taking the Silver and going over 700 was the USA's Ryan Girard. The Gold Medal went to the Ukraine. Vitaliy Ponomarenko had an outstanding 771. How the bench pressing world has changed. I attended the first Worlds ever held, and the best bench was 660, as a matter of fact, it was the only bench over 600

At 275 the weights got even heavier. Tommy Harrison of the USA got 738, but that was only good for the Bronze. The Silver Medal was taken by Russia, with Vladimir Maksimov benching 771. The Gold Medal winner was the USA's Alberto Franco. Alberto did an 859, which was the 2nd heaviest lift of the competition. With that lift Alberto also took the heavyweight Bench Award.

At 308, Alexey Brazhkin won Gold. In the Supers, 755 lb. s. was not good enough for a medal. I think Bob McCray was looking for more, but he had to settle for 4th on this day. Clint Harwood of Canada grabbed the Bronze with a 771. The top two were Travis Rogers of the USA and Jani Murtomaki of Finland. When the dust had settled Travis was credited with 805, which gave him Silver. Jani made the heaviest bench of the meet, and his 882 took Gold.

The meet ran very smoothly all day and was over around 3:00 P.M. There was a nice Awards Ceremony, and everyone seemed to enjoy themselves. There was talk in the future that the Bench Press and three lift meet would be separate meets. We will see what direction the WPC goes.



Shawn Frankl (J.D. Gaynor pix)

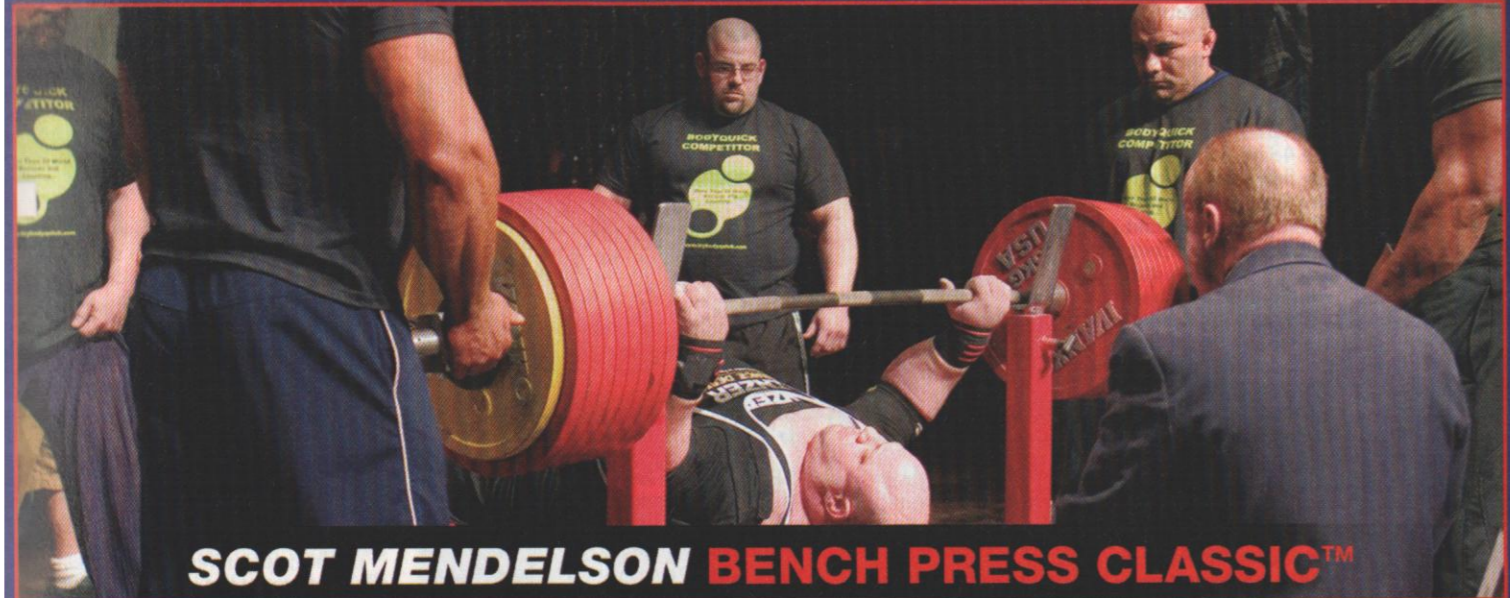
FRIDAY FEMALE				
Junior (20-23)				
198+ lbs.				
Dudley-USA	650	380	496	1526
Open				
105 lbs.				
Kuznetso-UKR	369	203	352	925
Barnes-USA	286			286
123 lbs.				
Kirkland-USA	435	198	380	1014
J. Burkley-USA				
148 lbs.				
Hartnett-USA	501	248	523	1273
Silbert-USA	463			463
165 lbs.				
Povolots-RUS	551	259	485	1295
Krupinsk-USA	451	303	429	1185
181 lbs.				
Widdis-USA	584	308	523	1416
K. Ford-USA	589	270	501	1361
MALE				
Junior (20-23)				
132 lbs.				
A. Smith-USA	407	198	413	1019
165 lbs.				
Trentin-AUS	468	363	507	1339
Grenon-USA	523	352	429	1306
181 lbs.				
Mehmel-USA	578	501	523	1603
220 lbs.				
Fedorenk-RUS	705	424	661	1791
Tretyak-UKR	606	429	595	1631
242 lbs.				
J. Jursich-USA	562	402	435	1399
275 lbs.				
McQuaid-USA	909	523	716	2149
308 lbs.				
J. Nuttall-GBR	892	595	694	2182
Ruuskane-FIN	551	374	485	1410
Open				
132 lbs.				
Chebatar-UKR	551	308	496	1355
Zalcman-AUS	501	286	429	1218
148 lbs.				
Murygin-UKR	595	330	529	1455
165 lbs.				
Kutcher-UKR	870	540	705	2116
Tincher-USA	760	507	606	1873
Kokorev-RUS	716	485	622	1824
181 lbs.				
Priakhin-RUS	771	457	672	1901
J. Hurley-GBR	782	451	595	1829
VanAlsty-USA	755	501	545	1802
Solov'iov-UKR				
275 lbs.				
Goldston-USA				
WPO Lifters				
148 lbs.				
Schwab-USA	727			727
165 lbs.				
Kutcher-UKR	870	540	705	2116
Tincher-USA	760	507	606	1873
Berardin-USA	777	501	551	1829
Kokorev-RUS	716	485	622	1824
McElroy-USA	722	380	562	1664
Talmant-UKR	650	380	584	1614
181 lbs.				
Priakhin-RUS	771	457	672	1901

SATURDAY MALE				
198 lbs.				
Open/WPO				
Delmonti-USA	854	545	705	2105
Open				
Bukhtiyev-UKR	848	534	683	2066
Driggers-USA	854	545	650	2050
220 lbs.				
Open/WPO				
S. Frankl-USA	942	733	700	2375
Carroll-USA	1030	633	711	2375
E. Reksne-LAT	771	551	727	2050
Open				
C. Akers-USA	903	606	700	2210
Milyutin-UKR	925	573	661	2160
Kholnazar-TJK	815	485	749	2050
Wisema-CAN	683	529	617	1829
Pylkkane-FIN	727	463	628	1818
Zozzoli-FRA	617	474	595	1686
242 lbs.				
Open				
Aghayev-AZE	892	529	760	2182
Redding-USA	903	562	628	2094
A. Sizov-RUS	749	440	683	1873
Holviala-FIN	727	496	628	1851
275 lbs.				

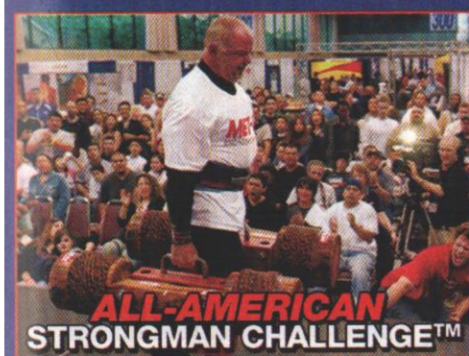
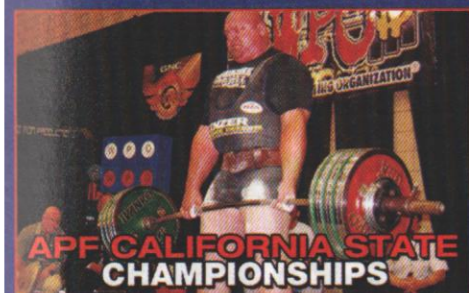
Open/WPO				
Yarymba-UKR	1041	766	837	2645
Grandic-USA	1025	788	733	2546
Turtiainen-FIN	1003	600	859	2463
I. Cirulis-LAT	948	683	771	2403
C. Bailey-USA	1058	639	683	2381
308 lbs.				
WPC Open				
Roberts-USA	881	700	705	2287
308+ lbs.				
WPC Open				
C. Clark-USA	970	606	733	2309
Meszar-HUN	793	308	837	1940
WPO Middleweights				
198 lbs.				
Turtiainen-FIN	1003	600	859	2463
I. Cirulis-LAT	948	683	771	2403
C. Bailey-USA	1058	639	683	2381
WPO Heavyweights				
242 lbs.				
WPC Open				
Panora-USA	1003	688	744	2436
275 lbs.				
Open/WPO				
Yarymba-UKR	1041	766	837	2645
Grandic-USA	1025	788	733	2546
Turtiainen-FIN	1003	600	859	2463
I. Cirulis-LAT	948	683	771	2403
C. Bailey-USA	1058	639	683	2381
WPO				
Mehan-CAN	1052	617	749	2419
Wenning-USA	1003	644	755	2403
WPO SHW				
308 lbs.				
WPO				
Bartley-USA	1124	716	722	2562
Brown-USA	1030	644	749	2425
A. Bolton-GBR	551	661	1003	2215
308+ lbs.				
L. Hook-USA	953	545	749	2248

Open/WPO				
Meszar-HUN	793	308	837	1940
WPO				
A. Aichs-USA	1102	821	705	2629
Greninger-USA	1047	595	711	2353
M. Smith-USA	1069	749	137	1956
OUT				
198 lbs.				
J. Coker-USA	777		556	1333
Coleman-USA		534	655	1190
220 lbs.				
A. Hires-USA				
242 lbs.				
Acome-USA		672	639	1311
275 lbs.				
Cole-USA	953			683
Griffin-USA		551		777
J. Bayles-USA	931			931
308 lbs.				
Cartwright-USA	1008			672
Hoskinso-USA		639		672
Stafford-USA				
308+ lbs.				
J. Lewis-USA	1196			700
Childres-USA		677		705
Nostynov-RUS		518		705

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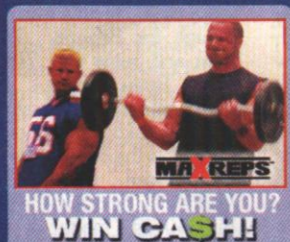


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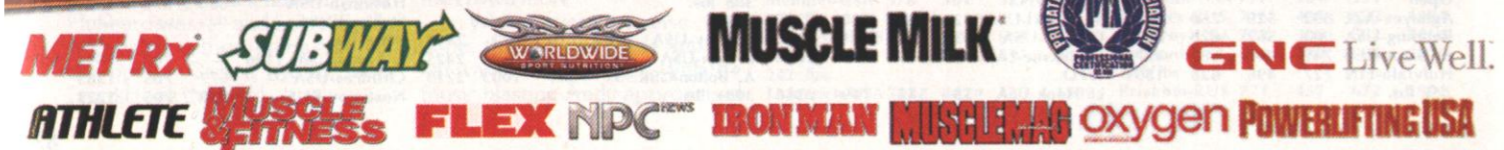
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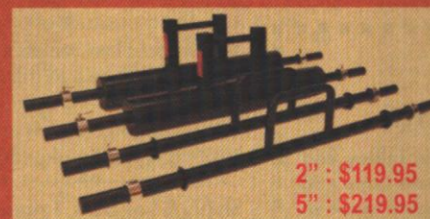


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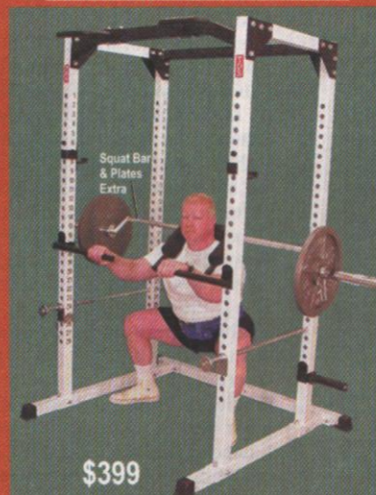
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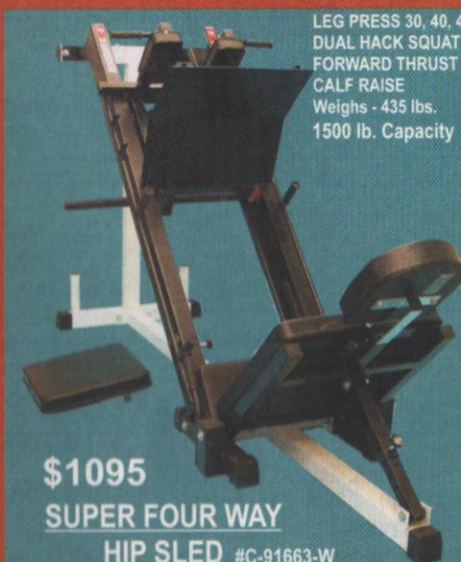
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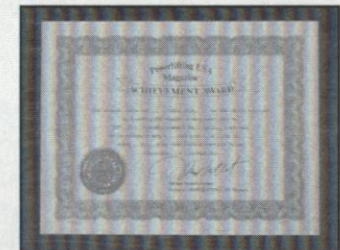
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TOP 100

For standard 148 lb./67.5 Kg. USA lifters in results received from OCT/05 through SEP/06

SQUAT	BENCH	DEADLIFT	TOTAL
1 804 Hoerner, T.J., 4/1/06	508 Schwab, B., 3/3/06	645 Williams, M., 6/17/06	1835 Schwab, B., 3/3/06
2 722 Schwab, B., 3/3/06	500 Celdovsky, J., 12/17/05	622 Hoerner, T.J., 4/1/06	1752 Williams, C., 7/7/06
3 694 Williams, C., 7/7/06	473 Williams, C., 7/7/06	606 Schwab, B., 3/3/06	1653 Hoerner, T.J., 4/1/06
4 633 Green, J., 6/10/06	470 Smith, J., 6/3/06	600 Polk, M., 2/4/06	1554 Williams, M., 6/17/06
5 600 Taylor, D., 2/25/06	468 Tom, T., 6/17/06	595 Derstine, M., 7/7/06	1504 Taylor, D., 2/25/06
6 584 Layman, S., 6/17/06	430 Albano, T., 9/2/06	584 Williams, C., 7/7/06	1504 Layman, S., 6/17/06
7 573 Williams, M., 6/17/06	418 Imamura, J., 6/17/06	578 Ruiz, M., 6/17/06	1475 Morrow, J., 8/5/06
8 570 Weisberger, A., 4/1/06	415 Knight, E., 11/5/05	573 Taylor, D., 2/25/06	1455 Green, J., 6/10/06
9 562 Edmondson, D., 6/17/06	413 Matsumoto, D., 7/7/06	565 Russell, H., 3/25/06	1449 Derstine, M., 7/7/06
10 560 Morrow, J., 8/5/06	410 Venturella, C., 3/19/06	562 Shocket, S., 10/15/05	1449 Matsumoto, D., 7/7/06
11 555 Bookman, C., 3/25/06	407 Bohigian, C., 6/2/06	556 Padro, J., 11/19/05	1444 Simmons., 10/6/05
12 555 Kuhns, M., 7/22/06	402 Evangelista, A., 3/11/06	556 Reichert, G., 5/12/06	1444 Reichert, G., 5/12/06
13 551 Simmons, G., 10/6/05	402 Crossen, W., 6/17/06	551 Brown, C., 1/28/06	1405 Polk, M., 2/4/06
14 546 Ribic, P., 7/6/06	402 Smith, D., 8/5/06	551 Dunn, N., 5/13/06	1405 Edmondson, D., 6/17/06
15 540 Brown, C., 1/28/06	400 Byrnes, C., 9/10/06	550 Ticknor, M., 2/11/06	1400 Wilson, K., 10/22/05
16 540 Walker, D., 3/25/06	391 Layman, S., 9/9/06	545 Morrow, J., 8/5/06	1399 Brown, C., 1/28/06
17 540 Flores, J., 3/25/06	385 Albert, B., 7/22/06	545 Eggers, T., 8/5/06	1399 Scisney, K., 5/6/06
18 534 Reichert, G., 5/12/06	380 Harrison, J., 6/24/06	540 Simmons., 10/6/05	1394 Holloway, W., 12/3/05
19 530 Polk, M., 2/4/06	375 Judge, T., 11/10/05	540 Weinstein, L., 11/19/05	1377 Montefolka, B., 8/5/06
20 529 Morse, C., 4/7/06	375 Donley, R., 11/19/05		1366 Ribic, P., 7/6/06
21 529 Derstine, M., 7/7/06	375 Wong, P., 8/5/06	540 Warner, J., 12/3/05	1361 Bohigian, K., 6/2/06
22 529 Matsumoto, D., 7/7/06	374 Holloway, W., 12/3/05	540 Walker, D., 3/25/06	1355 Ruiz, M., 6/17/06
23 525 Wilson, K., 10/22/05	374 James, G., 3/25/06	534 Layman, S., 6/17/06	1355 Walker, D., 3/25/06
24 525 Weinstein, L., 11/19/05	374 Montefolka, B., 8/5/06	530 Wilson, K., 10/22/05	1345 Perez, G., 3/25/06
25 525 Christenson, J., 3/25/06	370 Santarone, D., 12/17/05	530 Edmondson, D., 11/18/05	1340 Weinstein, L., 11/19/05
26 523 Scisney, K., 5/6/06	370 Morrow, J., 8/5/06	529 Corbin, K., 6/10/06	1330 Villafranca, D., 11/5/05
27 520 Perez, G., 3/25/06	365 James, W., 9/16/06	529 Schwabach, R., 6/17/06	1340 Weinstein, L., 11/19/05
28 510 Felder, J., 3/25/06	363 Hadad, J., 3/25/06	525 Phillips, J., 8/5/06	1315 Russell, H., 3/25/06
29 507 Ruiz, M., 6/17/06	360 Gelnett, J., 3/25/06	523 Rohan, B., 5/6/06	1311 Baldwin, S., 7/7/06
30 507 Baldwin, S., 7/7/06	358 Scisney, K., 5/6/06	520 Perez, G., 3/25/06	1306 Duke, P., 8/26/06
31 505 Whitney, D., 4/1/06	358 Edralin, A., 6/17/06	520 Hill, C., 3/25/06	1285 Estes., 3/9/06
32 501 Holloway, W., 12/3/05	352 Simmons., 10/6/05	518 Holloway, W., 12/3/05	1278 Christenson, J., 3/25/06
33 501 Bohigian, K., 6/2/06	352 Mansourian, N., 12/3/05	518 Scisney, K., 5/6/06	1278 Morse, C., 4/7/06
34 501 Hartnett, S., 7/7/06	352 Bracken, D., 3/25/06	512 Wilson, D., 10/1/06	1275 Wong, P., 8/29/06
35 501 Montefolka, B., 8/5/06	352 Reichert, G., 5/12/06	512 Matsumoto, D., 5/6/06	1275 Biliacione, R., 7/22/06
36 500 Russell, H., 3/25/06	352 Baldwin, S., 7/7/06	512 Green, J., 6/10/06	1265 Waggoner, Z., 11/12/05
37 500 Wong, P., 4/29/06	352 Duke, P., 8/26/06	510 Guzman, R., 3/25/06	1265 Bookman, C., 3/25/06
38 500 Monk, J., 7/22/06	350 Villafranca, D., 11/5/05	510 King., 4/22/06	1265 Kuhns, M., 6/24/06
39 490 Santiago, H., 4/2/06	350 McDonald, K., 11/19/05	507 Salemi, M., 5/20/06	1260 Revels, M., 10/22/05
40 485 Phillips, A., 1/28/06	350 Locklear, K., 1/21/06	507 Hartnett, S., 7/7/06	1260 Roselli, T., 3/26/06
41 485 Romanello, M., 2/4/06	350 Jackson, D., 2/11/06	505 Villafranca, D., 11/5/05	1256 Rohan, B., 10/6/05
42 480 Waggoner, Z., 11/12/05	350 Flowers, C., 7/15/06	505 Biliacione, R., 7/22/06	1255 Adams., 3/9/06
43 480 Biliacione, R., 7/22/06	347 Weisberger, A., 10/29/05	501 Imamura, J., 3/18/06	1255 Monk, J., 7/22/06
44 479 Tanabe, V., 12/10/05	347 Arnold, J., 11/19/05	501 Pulizzi, P., 3/18/06	1250 Whitney, D., 4/1/06
45 475 Villafranca, D., 11/5/05	347 Keseker, J., 4/22/06	501 Montefolka, M., 8/5/06	1245 Padro, J., 11/19/05
46 475 Stewart, M., 1/28/06	347 Balanga, C., 9/23/06	501 Duke, P., 8/26/06	1245 Flores, J., 3/25/06
47 475 Ramirez, E., 2/4/06	346 Kuhns, M., 7/22/06	500 Sanchez, J., 2/2/06	1245 Hartnett, S., 7/7/06
48 475 Roselli, T., 3/26/06	345 Wilson, K., 10/22/05	500 Estes., 3/9/06	1240 Hill, C., 3/25/06
49 473 Martin, K., 6/10/06	345 Roselli, T., 3/26/06	500 Whitney, D., 4/1/06	1240 Felder, J., 3/25/06
50 470 Swan, J., 2/18/06	341 Edmondson, D., 11/18/05	500 Wong, P., 8/5/06	1240 Guzman, R., 3/25/06
51 468 Schwartz, J., 12/10/05	341 Olsen, A., 6/17/06	495 Revels, M., 10/22/05	1240 Schwalbach, R., 6/17/06
52 465 Squier, W., 1/28/06	340 Jackson, A., 2/18/06	490 Abruzzo, N., 2/11/06	1229 Schwartz, J., 12/10/05
53 465 Hill, C., 3/25/06	340 Adams, 3/9/06	486 Langmead, G., 7/15/06	1225 Santiago, H., 4/2/06
54 465 Walczak, B., 6/3/06	340 Monk, J., 7/22/06	485 Waggoner, Z., 11/12/05	1220 Jenks, M., 11/2/05
55 460 Estes., 3/9/06	336 Nahorniak, E., 11/19/05	485 Jenks, M., 11/12/05	1218 Frasuquilla, S., 11/19/05
56 460 Guzman, R., 3/25/06	336 Williams, M., 6/17/06	485 Kennealy, J., 12/10/05	1218 Buck, M., 12/10/05
57 457 Frasuquilla, S., 11/19/05	336 Asp, M., 6/26/06	485 Tanabe, V., 12/10/05	1215 Ramirez, E., 2/4/06
58 457 Edwards, J., 2/4/06	336 Glenn, D., 9/24/06	480 McDonald, J., 2/25/06	1212 Tanabe, V., 12/10/05
59 451 Buck, M., 12/10/05	335 Revels, M., 10/22/05	480 Belen, T., 3/25/06	1206 Romanello, M., 5/13/06
60 451 Sato, B., 4/29/06	335 McNeil, F., 6/24/06	479 Houle, R., 10/15/05	1201 Phillips, J., 3/26/06
61 451 Fink, D., 6/3/06	331 Sowards, 4/1/06	479 Kunkel, B., 11/18/05	1200 Romanelli, B., 4/8/06
62 451 Duke, P., 8/26/06	330 Taylor, D., 2/25/06	479 Uyeoka, B., 5/20/06	1196 Shouse, A., 8/26/06
63 450 Constanzo, D., 9/24/05	330 Watkins., 3/9/06	479 Shouse, A., 8/26/06	1190 Sato, B., 4/29/06
64 450 Townsend, J., 11/12/05	330 Majewski, C., 3/18/06	475 Ramirez, E., 2/4/06	1190 Constanzo, D., 9/24/06
65 450 Gengo, J., 7/22/06	330 Romanello, M., 5/13/06	475 Smith, L., 2/11/06	1180 Stewart, M., 2/8/06
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67 445 Sanchez, O.J., 2/25/06	325 Sanchez, O.J., 2/25/06	475 Williams., 3/9/06	1170 Jordan., 3/9/06
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87 420 Kruse, K., 1/21/06	308 Brown, C., 10/16/05	457 Buck, M., 12/10/05	1125 Edwards, J., 2/4/06
88 420 Smith, S., 2/18/06	308 Kunkel, B., 11/18/05	457 Veal, W., 1/21/06	1120 Rivera, A., 1/21/06
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90 415 Gregg, D., 12/3/05	308 Green, J., 6/10/06	455 Lee, J., 1/21/06	1120 Smith, S., 2/18/06
91 415 Hixon, A., 1/28/06	308 Morse, C., 6/10/06	455 Bruff, L., 2/11/06	1120 McDonald, J., 2/25/06
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95 415 Johns, A., 8/12/05	305 Perez, G., 3/25/06	451 Morse, C., 11/3/05	1113 Wider, M., 4/8/06
96 415 Stipa., 9/10/06	305 Manns, M., 4/1/06	451 Bell, J., 1/28/06	1110 Wess, R., 10/1/05
97 410 Cook, G., 11/12/05	305 Lajja, J., 7/8/06	451 Wider, M., 4/8/06	1110 Flores, R., 11/28/06
98 413 Jones, C., 3/18/06	303 Enoch, J., 11/5/05	451 Blunski, R., 4/9/06	1110 Tucker, P., 7/8/06
99 413 Rohan, B., 5/6/06	303 Uyeoka, B., 1/14/06	451 Bohigian, K., 6/2/06	1105 Scanga, F., 3/5/06
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Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

NEXT MONTH... TOP 165s

CORRECTIONS ... Robert Dahlhamer's name was spelled incorrectly in the results of the ADAU Nationals in the October edition of PL USA. Jamie Caporosso should not have been credited with a 605 bench press in the results of the APA Great Lakes Open, on page 74 of the September PL USA. Al Siegel notes that Scott Weech's 825 lb. squat, seen on the cover of the October issue was not actually the first 800 plus squat in raw competition, as Greg "Beate" Lowe has an 850 pound lift, done raw, in June 2001, which is still on the ADAU record books. Steve Petrencak should have been credited with a 353 4th attempt bench press on the TOP 100 list for the 123 lb. class in the October 2006 issue. If you find errors in our ranking lists or the results that we publish, let us know at **POWERLIFTING USA Errors Department**, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and a correction.

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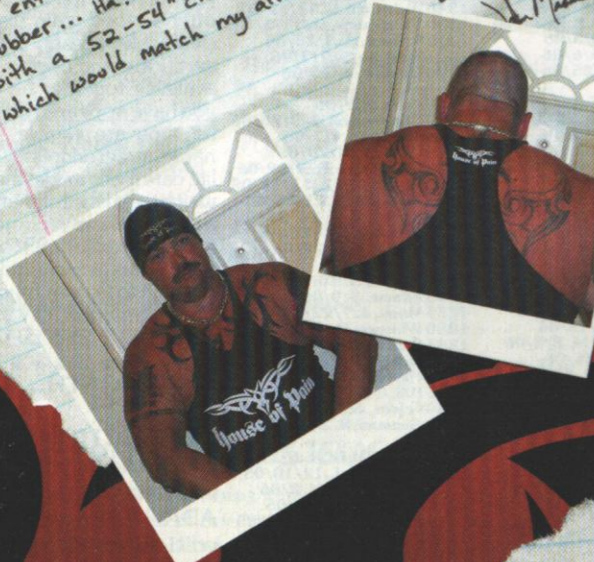
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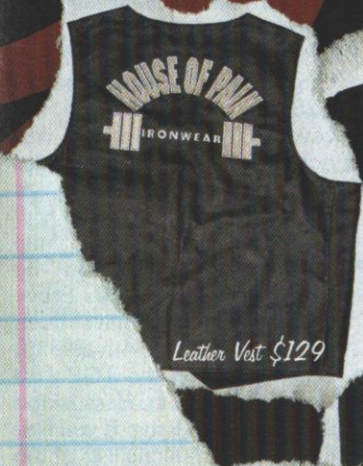


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