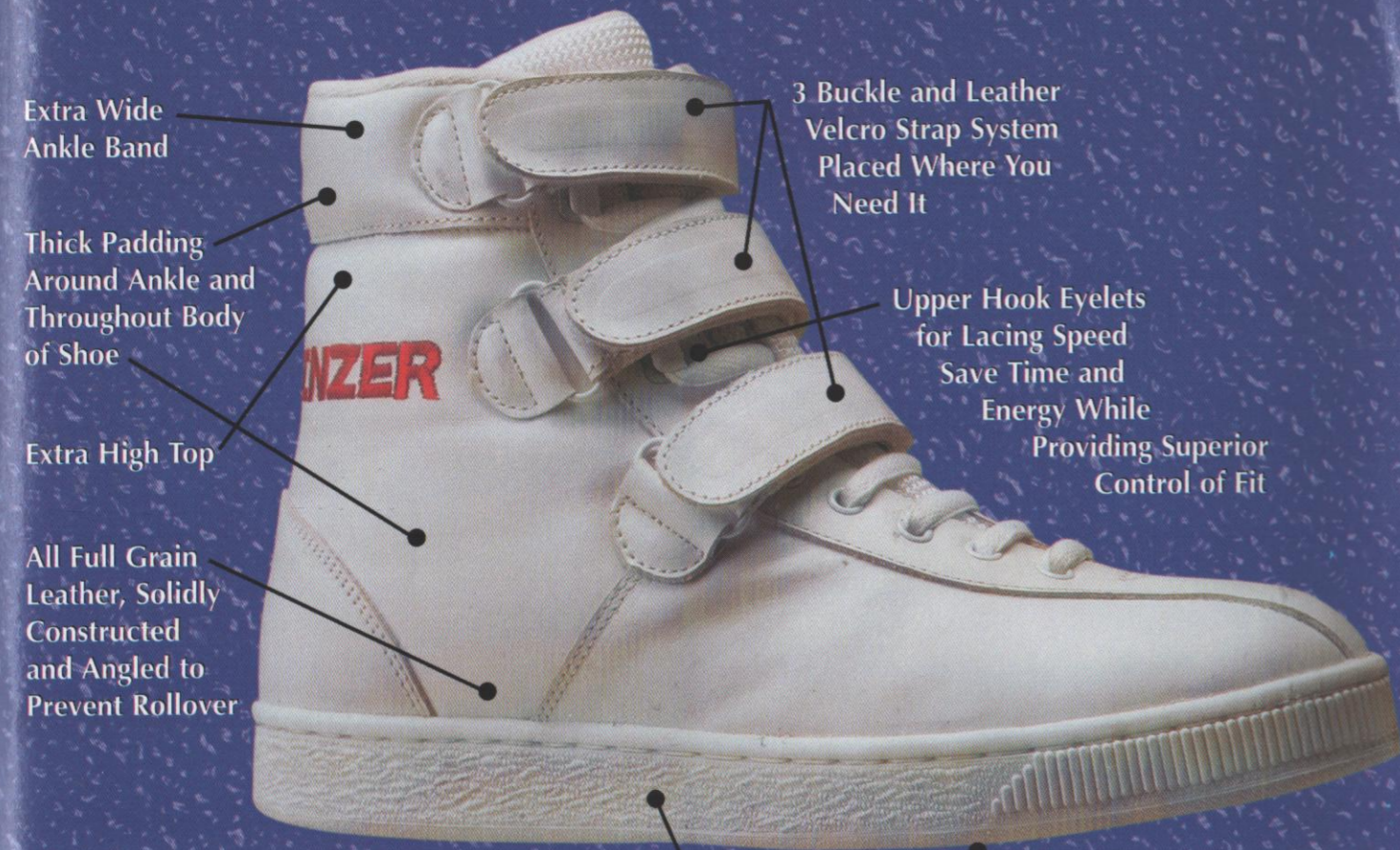


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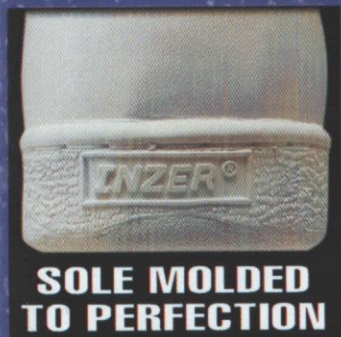
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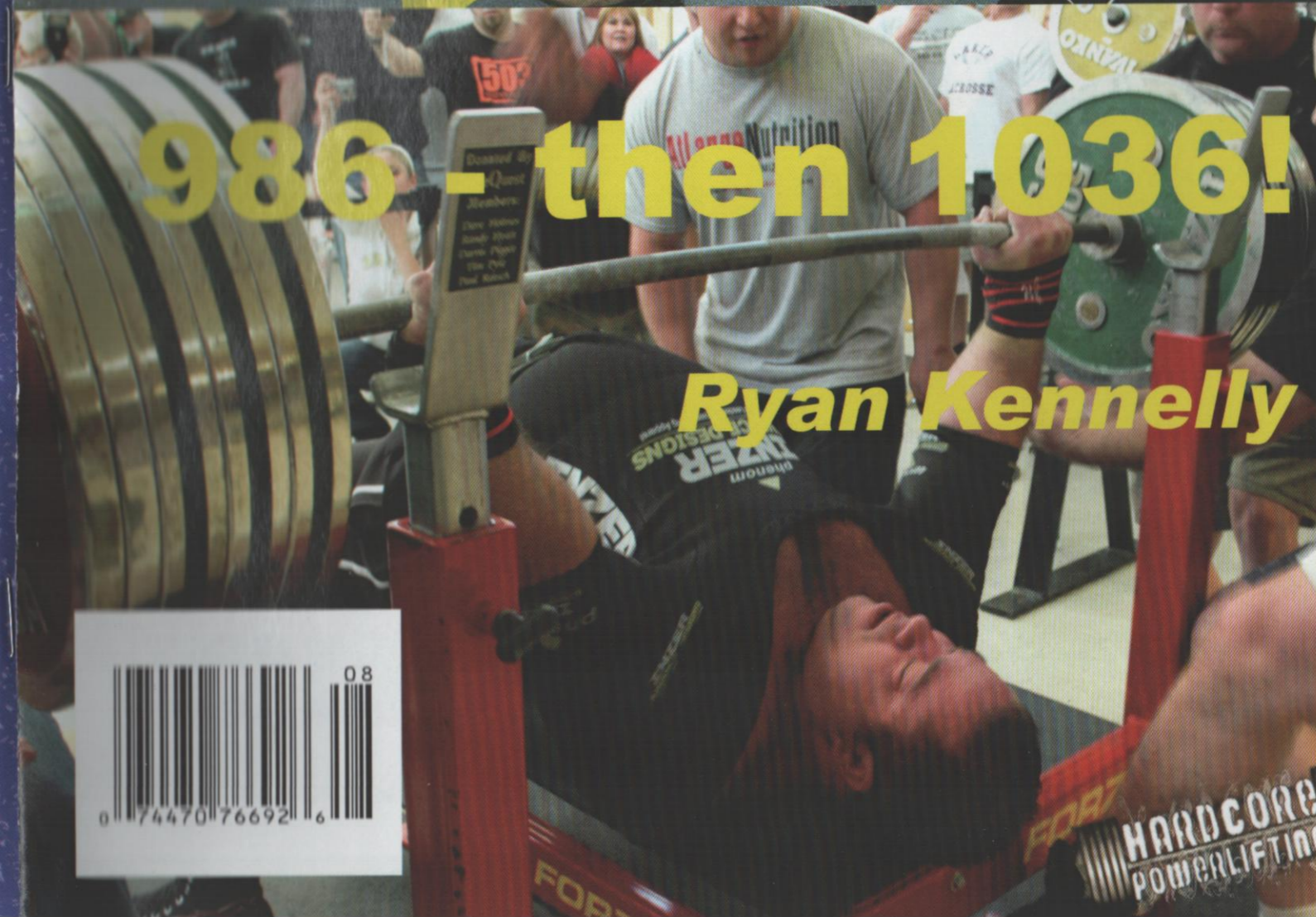
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Rob Luyando



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Ryan Kennelly

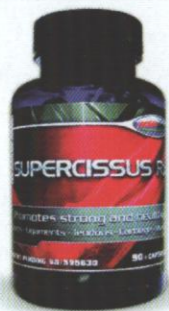


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"My left shoulder bothered me for 2 years. After almost 2 weeks of taking SuperCissus RX, I noticed that the shoulder didn't hurt as it used to. Now my shoulder doesn't hurt anymore!" **Gabriel C. - Montano, Nogales, AZ 85621 Age 23**

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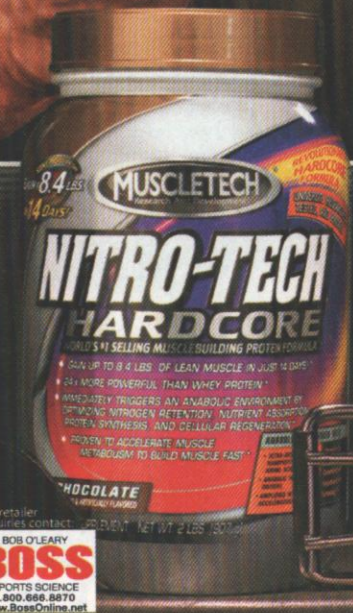
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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, through their own love for the sport this is their magazine."

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ON THE COVER ... at a meet in the Ukraine, Ryan Kennelly got an all time record 1036 bench, and Rob Luyando did another all time record 903 at 242. Both are MHP athletes.

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POWERLIFTING USA Magazine

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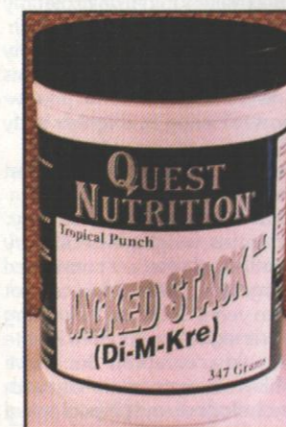
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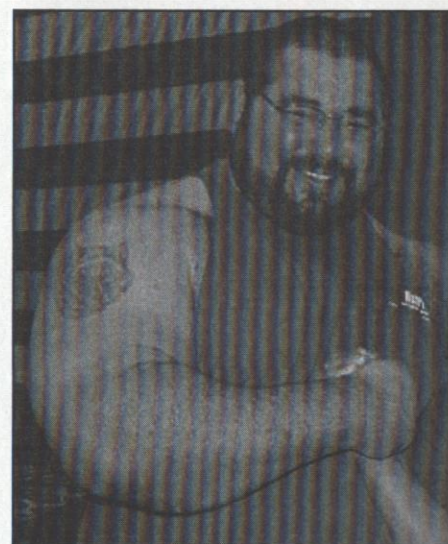
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TRAINING

MIKE'S WEIGHT LOSS as told by Chris Mason



'BEFORE' Picture Mike Wolfe at 416 lbs.

Is it possible to lose 76 lbs of body fat and increase your bench press from 835 lbs to 859.8 lbs? It is, and Mike Wolfe did it! This article will address *in-depth* exactly how he accomplished this tremendous feat while simultaneously providing you a roadmap to accomplishing your own fat loss and strength training goals.

MIKE'S INITIAL FORAY

Mike's odyssey began in July of 2006. He had just completed a personal best competition bench press of 835 lbs at a bodyweight of 416 lbs. Up to this point, Mike had fallen prey to the "bigger is better" trap that afflicts so many strength athletes. While it is true that increased bodyweight correlates (in resistance trained athletes) to increased brute strength, adding excessive amounts of body fat merely to increase one's power is not the healthiest long term strategy, esthetically appealing, or necessary.

While something like good health is a noble goal, it wasn't the driving force behind Mike's decision to slim down. No, like so many men before him, Mike's ego and competitive nature provided the fuel for his fire of change. A man by the name of John Zemmin from Detroit Barbell lifted in the same meet where Mike had set his personal record. John competed in the 275 lbs weight class and pressed a tremendous 830 lbs! The fact that this man was nearly 140 lbs lighter than Mike and only pressed 5 lbs less was not lost on him. He silently wondered what this man was doing that he was not?

A brief conversation with John cemented Mike's resolve to reshape his body. In Mike's mind, training was not the issue, he knew how to train. You can't bench well over 800 lbs if you don't know how to train, right? Time would answer that question, but for the moment, Mike was focused on altering his dietary habits. He started generally cleaning up his diet by

dramatically reducing his intake of sweets and other "junk" foods (foods which had previously dominated his daily caloric intake).

Mike quickly dropped a few pounds but soon found his weight loss stagnated. He decided to consult with a bodybuilder friend. This friend recommended that Mike both dramatically limit his carbohydrate intake and alter when he consumed them. Mike accomplished this by allotting his entire daily carbohydrate intake into three meals which would be consumed prior to 1 P.M. Below is a basic template of what Mike consumed daily at that time:

- 1) 6 A.M.** - 2 packets of instant oatmeal, 20 oz. of orange juice, and a 50g Nitrean protein shake.
- 2) 9:30 A.M.** - Large lunch meat sandwich with wheat bread, some pretzels or baked chips, 1 can of diet soda, and a 50g Nitrean protein shake.
- 3) 12:30 P.M.** - Same as meal # 2 (last carbohydrate containing meal)
- 4) 3 P.M.** - 50g Nitrean protein shake
- 5) 6 P.M.** - Lean beef, chicken, or tuna. Some sliced cheese and possibly some unsalted peanuts. His family eats out frequently, so instead of the aforementioned foods he might have had a McDonald's or Burger King salad with 2 grilled chicken breasts.
- 6) 9 P.M.** - A final protein snack consisting of another 50g Nitrean protein shake, some peanuts and cheese, or possibly a can of tuna.

As you can see, no calorie counting was performed, but the mere reduction in carbohydrate intake and subsequent overall caloric reduction resulted in Mike dropping a quick 20 lbs. Mike was thrilled at the loss, but a fellow powerlifter helped put matters in perspective for him. He said, "Mike, you losing 20 lbs is like someone throwing a deck chair off the Titanic, no one will notice..." Being a good-natured soul, Mike took this in the manner in which it was intended and didn't proceed to crush the guy. He did, however, use it as additional motivation and proceeded to lose another 30 lbs for a 50 lbs total loss. It was at this point that Mike hit another wall and could not drop any additional weight.

Even though his buddy had been ribbing him, he had made an excellent point. As with any weight loss program there is a certain number of pounds which are relatively "easy" to lose, and then the going gets rough. Mike had surpassed his "easy" loss phase and now needed a solid plan to help get him to his goal of 308 lbs. It was at this point that I became involved.

I am the co-owner of AtLarge Nutrition, LLC (www.atlargenutrition.com) and Mike is one of our sponsored athletes. During the course of conversation one day, Mike talked to me about his diet, weight loss, and the wall he had hit relative to losing additional weight. Mike uses our products and I saw an opportunity for both of us. For me, I saw the opportunity and challenge of working with a world class athlete. I wanted to showcase my mentoring and coaching abilities in both the diet and training arenas, and to demonstrate how effective our products are when properly used. For Mike, I knew that I could help him achieve his target weight of 308 lbs, or less, AND simultaneously build or maintain his strength.

We conversed at length via email and on the phone. I agreed to work with Mike on the condition that he would follow the dietary regimen I provided to the "T". Mike agreed, and our fat loss partnership was born. My first order of business was to establish Mike's average

daily caloric intake. I had Mike record every calorie containing food or liquid he consumed over the course of a week. I then calculated his total caloric intake and divided it by seven to come up with his average daily caloric intake. This worked out to roughly 5,000 calories (Mike was still weighing over 360 lbs at this point and had veered from the carbohydrate reduction plan detailed above) and became the starting point for our program.

When I devised Mike's initial daily diet my goals were as follows (in no particular order):
- Get him down to below 308 lbs so that he may comfortably compete in the 308 lbs class in his chosen sport of powerlifting, and for the positive health ramifications of living at a lighter body weight.

- Maintain, or increase his strength while he lost the bodyweight.
- Create a diet that Mike could follow easily. Mike's diet prior to his weight loss odyssey consisted almost entirely of what are considered "junk" foods in large quantities. You cannot take someone from years of this sort of eating to a "clean" diet overnight. I wanted to create a program that would accomplish the above goals and allow Mike to remain compliant with a minimum of psychological and physiological stress.

The above parameters resulted in the initial plan detailed below:

~5000 calories

Supplements (all from AtLarge Nutrition, LLC - www.atlargenutrition.com): Nitrean, Opticen, Creatine 500, Multi-Plus, ETS, Thermocin or Nitor

MEAL 1:

Supplements:
5g of Creatine 500 mixed in orange juice (see below)
3 Multi-Plus tablets
4 ETS capsules
3 Thermocin or Nitor capsules
5 whole eggs fried in butter (2 teaspoons of butter)
438 cals; 30g prot; 5g carb; 33g fat
3 slices of wheat toast with 3 teaspoons of butter
297 cals; 6g prot; 36g carb; 14g fat
1 cup of whole milk
150 cals; 8g prot; 11g carb; 8g fat
1 cup of orange juice
110 cals; 2g prot; 25g carb; 1g fat.
TOTALS: 995 cals; 46g prot; 77g carb; 56g fat.

MEAL 2:

2 servings of Opticen (mixed with 8 cups of whole milk)
TOTAL: 1846 cals; 168g prot; 140g carb; 68g fat.

MEAL 3:

Supplements:
3 Thermocin or Nitor capsules (depending on when you take this meal - don't take the Thermocin or Nitor later than 1 P.M.)
2 servings of Opticen (in water)
TOTAL: 646 cals; 104g prot; 50g carb; 3.4g fat.

Meal 4:

1 McDonald's Quarter Pounder® with Cheese
510 cals; 29g prot; 43g carb; 25g fat.
1 small french fries
250 cals; 2g prot; 30g carb; 13g fat.
1 medium Coca-Cola Classic®
210 cals; 58g carb.
TOTALS: 970 cals; 31g prot; 131g carb; 38g fat.

MEAL 5:

Supplements:
4 ETS capsules
2 servings of Nitrean (mixed with 2 cups of

whole milk)

TOTAL: 520 cals; 64g prot; 24g carb; 18g fat.

Grand Totals: 4977 cals; 413g prot; 422g carb; 183.4g fat.

THE METHOD BEHIND THE MADNESS

I am sure many of you will be **surprised/aghast** at the inclusion of a fast food meal. Remember, one of my primary goals was to come up with a plan with which Mike could remain compliant. Mike's family eats out a lot due to their busy lifestyle. That fact, combined with Mike's years of consuming whatever he wanted would have made an instant switch to a "bodybuilding" style diet a recipe for disaster.

The high sodium content of the fast food was not really a concern due to the fact Mike is not a bodybuilder. An excessive reduction in sodium intake would have been of no benefit from a strength perspective. The high sodium content of the meal was also moderated by the balance of the diet which was relatively low in sodium.

Once you overcome the initial shock of the fast food inclusion, you may note that the macronutrient breakdown was roughly 33% protein, 34% carbohydrates, and 33% fats. The relatively high initial fat content was due to the overall high caloric intake of the diet. Mike would simply have had to consume too much low fat food. The satiety factor of dietary fat was another important reason for its inclusion.

Unless one's goal is a specific physical appearance for a specific period of time, such as a bodybuilder who wishes to peak for a contest, any diet which over- or under-emphasizes a specific macronutrient(s) is not a good solution. Diets which are high in protein and fats and very limited in carbohydrates are functional in terms of losing bodyfat, but cannot be maintained for prolonged periods by most individuals. The same can be said for excessively low fat diets and so on. When looking to create a "normal" (the goal norm for the individual), sustainable physical appearance and bodyfat level, a more balanced approach must be utilized.

The inclusion of two solid, "normal" meals was integral to the overall success of Mike's program. Foods which are rich in fats and carbohydrates must be consumed in a long-term plan to alleviate the sense of deprivation so common to most weight loss "diets". These foods must be included, but cannot dominate the diet for obvious reasons. This brings us to the importance of proper protein supplementation. Protein supplements can be of great value to any dietary plan (both long and short term) due to their ability to provide a high level of protein (and other nutrients depending upon the specific product) with a minimum of calories.

As you can see, protein supplementation played a huge role in Mike's diet. We started with five "meals" of which two were of the aforementioned solid food

variety, and the balance were liquid meals provided by either Nitrean or Opticen (www.atlargenutrition.com) protein supplements. Nitrean is a protein-only blend which consists of 3 fractions of whey (isolate, hydrolyzed, and concentrate), casein, and egg proteins. This blend provides for a nearly optimal net retention of ingested protein and a markedly better degree of satiety than any whey-only protein product. Opticen is a meal replacement powder which utilizes a similar protein matrix to that of Nitrean (with similar benefits) and adds to it carbs, and a myriad of vitamins and minerals.

The proper combination of "rich" foods and protein supplements allowed for a dietary plan which was satisfying to consume, macronutrient rich, and highly functional in terms of allowing us to manipulate Mike's physique. When Mike commenced this diet he found it simple to comply with, his training flourished, and the bodyfat began to melt away.

MOVING FORWARD AND MAKING ADJUSTMENTS

Once Mike began the diet we needed a method of tracking his bodyfat and bodyweight. We would use the results to slowly reduce his caloric intake at the proper times, thus keeping his bodyfat loss moderate in pace and consistent for optimal results.

A weekly waist measurement was chosen as our primary method of body fat assessment. There are other methods which may be more effective, but none are as easily performed, readily available, or as inexpensive. All you need to measure your waist is a measuring tape, and you can make one from newspaper if funds are especially tight.

It is imperative that you measure your waist *immediately* upon arising the morning of your chosen measurement day. This allows for a consistency of measure. Food consumed

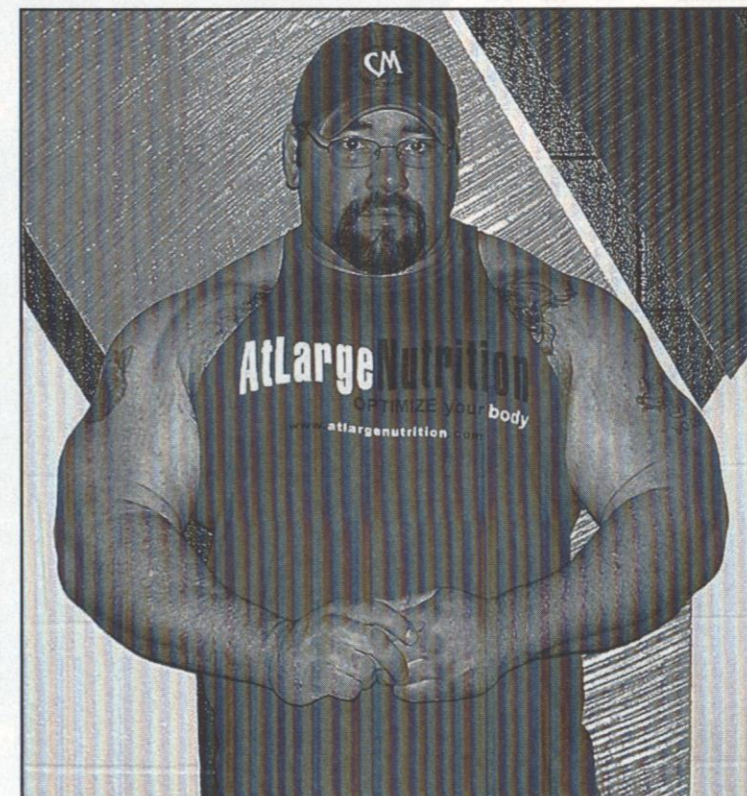
throughout the day can alter your waist measurement significantly, so measuring first thing in the morning ensures a seven or more hour fast has preempted the measurement. Accuracy of measure in terms of placing the tape in the same spot around the navel each time, and being sure to unfaillingly, completely relax your stomach (any tension of the abdominal musculature can alter the measurement) is of the greatest importance to ensure the efficacy of this method. If care is taken to ensure accuracy, this method will provide a very good barometer of your bodyfat levels. Combining it with a subsequent measure of your bodyweight (standard scale) will allow for a nearly optimal tracking of body fat levels.

Mike's chosen measurement and weigh-in day was Sunday. As a brief aside, it is on this day that he arises at 4:30 A.M. and begins his weekly pilgrimage to the world famous Westside Barbell Club (www.westside-barbell.com) in Columbus, Ohio. Strength trainer, and athlete extraordinaire, Louie Simmons presides over the vaulted lifting club which is considered by most to be the premier powerlifting training center in the United States, if not the world. Mike is lucky enough to be a member, and he is willing to drive several hours each week just for the privilege of being such.

Once Mike would obtain his measurements for the week, he would e-mail them to me and I would use the data to determine if any dietary adjustments should be made. For instance, if Mike's waist got smaller, but he lost no bodyweight, we knew that he both lost bodyfat and gained muscle. Special care was taken to watch for large drops in bodyweight. A large drop in bodyweight (assuming electrolytes are kept consistent) indicates that the individual is losing lean muscle tissue as well as fat, or is at least in great danger of doing so.

Daily caloric decrements were nearly always 200 calories. This count seems to afford the best results in that it is sufficient to elicit change and yet not so large as to overreach and cause unwanted results. Due to the fact we started Mike's diet at a near maintenance caloric intake and used small caloric variations, all of the adjustments were decrements and we never needed to increase his caloric intake to slow weight loss.

So long as Mike's waist was getting smaller, or he was losing 1-3 lbs of bodyweight per week, we would leave his daily caloric intake alone for the following week. This either/or method was used because the complexity of the human body is such that bodyfat is not removed uniformly as one loses weight. Normally, bodyfat is lost in more or less the reverse order from which it was added. For most men, Mike being no exception, the waist and lower back areas seem to be the place bodyfat is first deposited, and the last place from which it is removed. For this reason, so long as Mike was losing bodyweight and/or seemed to be getting leaner in



'AFTER' Picture ... a very muscular Mike at roughly 330 lbs and dropping!

(continued on page 78)

APF Senior Nationals
15-17 JUN 07 - Orlando, FL

BENCH	BP1	BP2	BP3	Best
MALE				
148 lbs.				
S. Tamerius	242	242	242	—
181 lbs.				
B. Heck	655	683	705	705
N. Marinis	468	548	534	468
E. Dudley	352	402	402	352
198 lbs.				
B. Williams	578	611	622	578
S. Judd	534	551	551	534
S. Frankl	771	771	771	—
220 lbs.				
M. Minuth	600	628	650	650
C. Laguna	154	165	165	165
242 lbs.				
C. Dexter	606	644	677	644
P. Tumminello	374	374	374	374
R. McNeas	374	418	—	374
M. Post	542	542	542	—
K. Robertson	749	749	749	—
275 lbs.				
Z. Voprada	655	683	705	705
D. Minks	220	463	501	220
J. Smith	711	711	711	—
308 lbs.				
W. Merrill	705	705	722	722
D. Kovacs	837	837	865	—
308+ lbs.				
K. Southwood	523	562	606	562
Massehians	507	507	507	—
S. Mendelson	1052	1052	1052	—

A.P.F. SENIOR NATIONALS

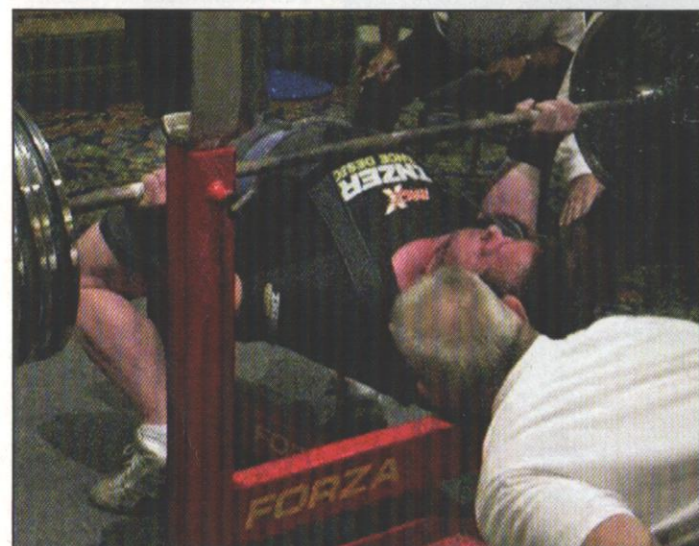


Justin Graafls, 27, took the 242s by over a 200 lb. margin. (Swanson)

Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
M. Kirkland	479	226	424	1129
148 lbs.				
S. Hartnett	584	275	540	1399
165 lbs.				
S. Krupinski	474	303	402	1179
L. Jaskiewicz	—	159	352	512
181 lbs.				
S. Keller	551	165	512	1228
K. Ford	584	231	485	1300
198 lbs.				
C. Clodfelter	424	237	485	1146
198+ lbs.				
S. Motter	424	330	308	1063
MALE				
148 lbs.				
J. Dunn	639	352	451	1444
165 lbs.				
B. Schwab	777	545	606	1929
181 lbs.				
J. May	766	628	512	1907



Shannon Hartnett, seen with Kieran Kidder, had a magnificent day. (photos courtesy of Swanson)



Brad Heck made history with his 705 lb. bench in the 181s (Swanson)



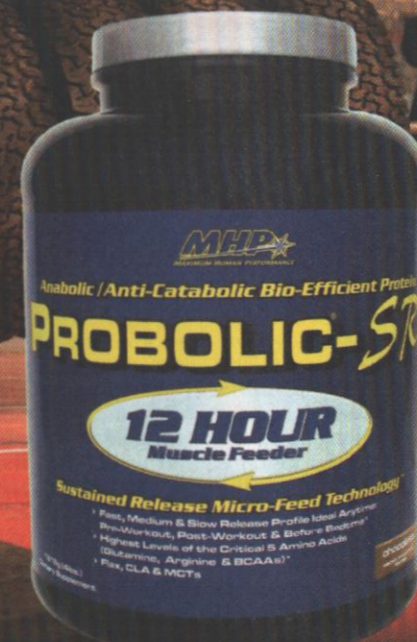
Edward G. Dudley-Robey MD took 3rd in the 181 lbs. bench.

242 lbs.				
C. Akers	—	611	650	1262
J. Graafls	1036	633	771	2441
J. Redding	942	606	683	2232
R. Jones	848	650	705	2204
J. Jordan	920	617	666	2204
T. McFarland	887	584	700	2171
L. Edwards	826	551	716	2094
R. Pierce	881	—	661	1543
D. Minks	—	463	551	1014
D. Blue	970	—	—	970
275 lbs.				
C. Bailey	1063	705	782	2551
C. Fay	1058	573	727	2358
A. Carlquist	953	650	683	2287
R. Tinney	903	551	733	2188
L. Estevez	865	551	611	2028
J. Pinder	848	—	716	1565
J. McQuaid	—	479	661	1140
308 lbs.				
J. Hoskinson	1025	683	711	2419
G. Tillinghast	942	755	711	2408
J. Manly	925	628	749	2303
Steltenkamp	925	749	606	2281
J. Vaughn	1058	—	722	1780
S. Crumbley	1052	—	622	1675
G. Theriot	953	655	—	1609
308+ lbs.				
G. Frank	—	843	843	1686
J. Ewing	—	705	672	1377



Jordan Dunn just turned 16 in May and set new Teen World and American records in winning the 148 class at the APF Senior Nationals. Seen on the way up with 639 lbs., Jordan holds all the records in the 132s and 148s in the AAPF. At 14 years of age and 132 lbs. he squatted 523 at the 2006 AAPF Nationals. (courtesy of Butch Dunn)

Engineering the Most Powerful Protein!



World Record Holder Brian Siders Pulls 1,062lbs! Powered by PROBOLIC-SR

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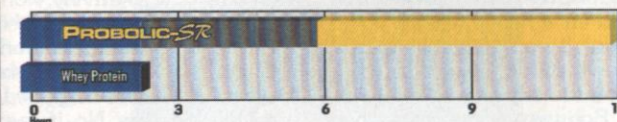
PROBOLIC-SR's patented 12 hour Sustained Release Micro-Feed Technology and superior Critical Five Amino Acid Score (CFAAS) give you something no other protein can—a continual 12 hour supply of the most critical amino acids to stimulate muscle growth, increase strength, improve recovery and prevent catabolic muscle wasting! It is truly setting new standards in the bio-efficiency and anabolic effects of protein.

Supplies Critical Amino Acids For up to 12 Hours!

In order to achieve maximum muscle growth and strength, you must have an adequate supply of amino acids to feed your muscles. Certain amino acids, called the Critical Five amino acids—glutamine, arginine and BCAAs (leucine, isoleucine and valine)—are more important than others for stimulating and supporting muscle growth.

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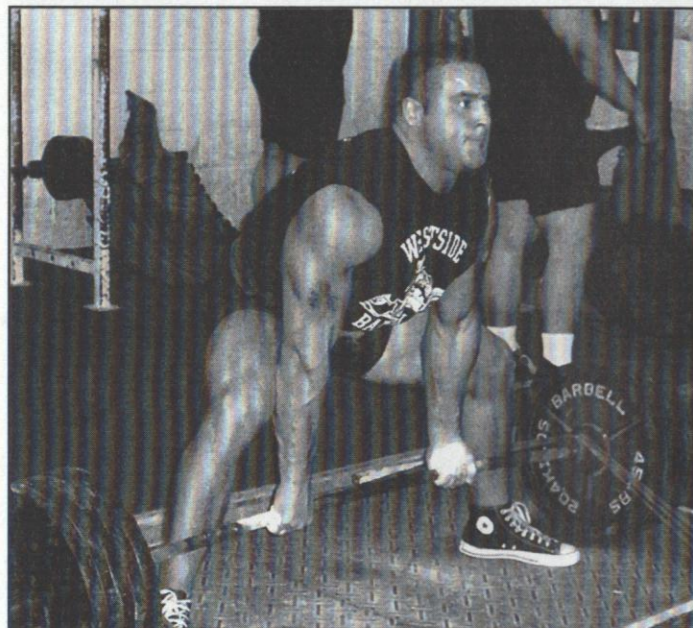
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WESTSIDE TRAINING

RACK WORK by Louie Simmons



Greg Panora doing pulls off the floor with bands attached to the rack

When one thinks of rack work, Bob Peoples comes to mind. He was a powerlifting pioneer. His 725 deadlift at 185 in the 1940s and 1950s is legendary. Bob did heavy rack work from different heights for squatting as well as deadlifting. He would also use a special device that would lift a heavy weight up to lockout. It would lower itself, and Bob would do eccentric work without the help of spotters.

Bob was very innovative when it came to lifting. His most famous lifter was Paul Anderson. He made lifts that even today would stagger the mind: 1160 in the 1950s. Paul also did a lot of partials for his squatting ability. He made squat racks that were welded to the bar. When he got under the bar, the squat racks were lifted as well. Paul did a lot of concentric work. This means that he would crawl under the bar and lift it without first lowering it eccentrically.

Paul would attach strong chains so a bar would rest in the chains at different heights off the floor, and a squat, bench, deadlift, or standing press was performed. We use the same system at Westside. They are referred to as suspended chain squats or good mornings. I have seen several Olympic lifters from East European countries do squats, pulls, and good mornings off power rack pins. I wonder if our Olympic lifters do this type of work.

A man that used a power rack to build amazing bulk and mass was

Anthony Ditillo. His training was documented in Perry Rader's old and original *Iron Man* magazine. He would place the bar on a set pin and from a dead start press the weight over, lower it back to the pin, and after a second or two do a second rep. He, like many, worked out at the local YMCA, the Elizabeth, NJ, YMCA. He would also work at his father's spool hall and candy shop. Maybe that's where he gained his unbelievable mass. No, it was the rack work.

Reading about Ditillo and his training partner Dezzie Ban, I also did a lot of rack work. I have always said that first you need a training partner, and second, a power rack. Ditillo was outrageous at 5 foot 5 inches and 330 pounds at this best. A lot of his partial movements were done with an isometric hold for 1 or 2 seconds. He would then lower the bar to the pin and rest a second, and a second partial rep was done again with an isometric hold. His system built a great amount of starting strength at different angles, and also isometric strength at the top of each rep where motion was no longer possible.

Anthony Jr. has told me his father's best was 455 for 3 reps seated and 500 for 3 reps standing and 600 for 1 rep close grip to the forehead.

Through the years after studying these men and the weightlifters from the former Soviet Union and their variations of rack

training, I have combined the old ways with the new. By using a power rack to start at any level I wanted to, I found I was able to complete almost any weight I could separate from the pin. Many modern lifters do heavy rack work and swear it works for them. I asked Chuck Vogelpohl why he does monstrous weights in the rack, sometimes up to 1100. He said it teaches him how to strain. But like many, he will never do a regular deadlift like the 1000+ rack pulls he does on a regular basis. I have observed a lot of rack pulls from all pin positions and have found that the posture of the lifter is always different from the way he would be pulling off the ground to that same height as the pin. The human body will always find the most advantageous way to do physical work. This is referred to as the kinesiological pattern, or simple biomechanics. The strongest muscle groups, the legs and back, have a big role in effective biomechanics. The body will naturally seek the most advantageous leverage to lift the most weight. This is the reason a lifter can lift 800 pounds to the knees and fail, but if the bar is lifted off a pin at the same level he can easily lift the same 800 pounds. This is simply the body's ability to effectively master motor skills. Unfortunately, when you lift the barbell off the floor, your posture is quite different. One reason is the distance the bar has to travel to reach a sticking point. Another reason is bar speed. These two factors almost always cause a miss.

Whatever your style is, when lifting the bar off the floor, at the knee or lockout, every lift must be the same. But how? How can you lift overloads, like a power rack allows, but with the same form? The answer is band pulls off the floor.

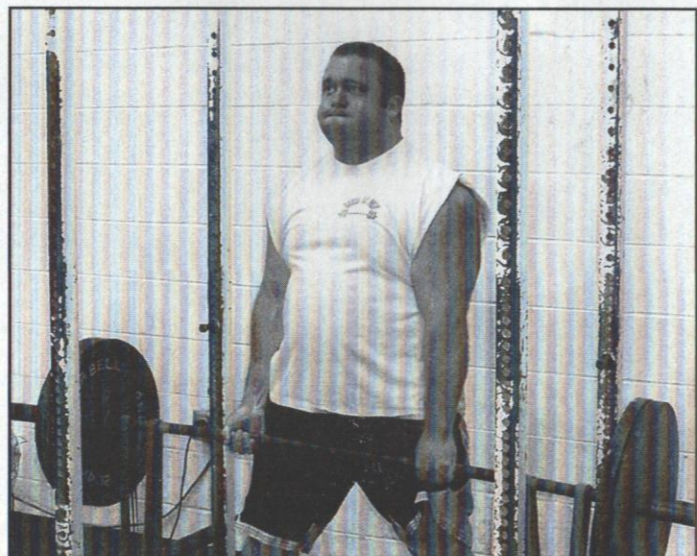
We do our deadlifts three ways. One way is off the floor with bands over the bar. For speed work, a

doubled-up mini-band over the bar is used. At the floor it provides 100 pounds of resistance, and at lockout, 220 pounds. A lifter at Westside made 475 plus mini-bands for a gym record and at a meet did 675. I made 535 plus mini-bands and made 715 at the meet. Matt Wenning has done 545 with a sumo style and 770 conventional at the meet. Matt gets a great carryover. One reason is that he is not very good at sumo style deadlifting, but it works all his weaknesses. He pulls conventionally at meets.

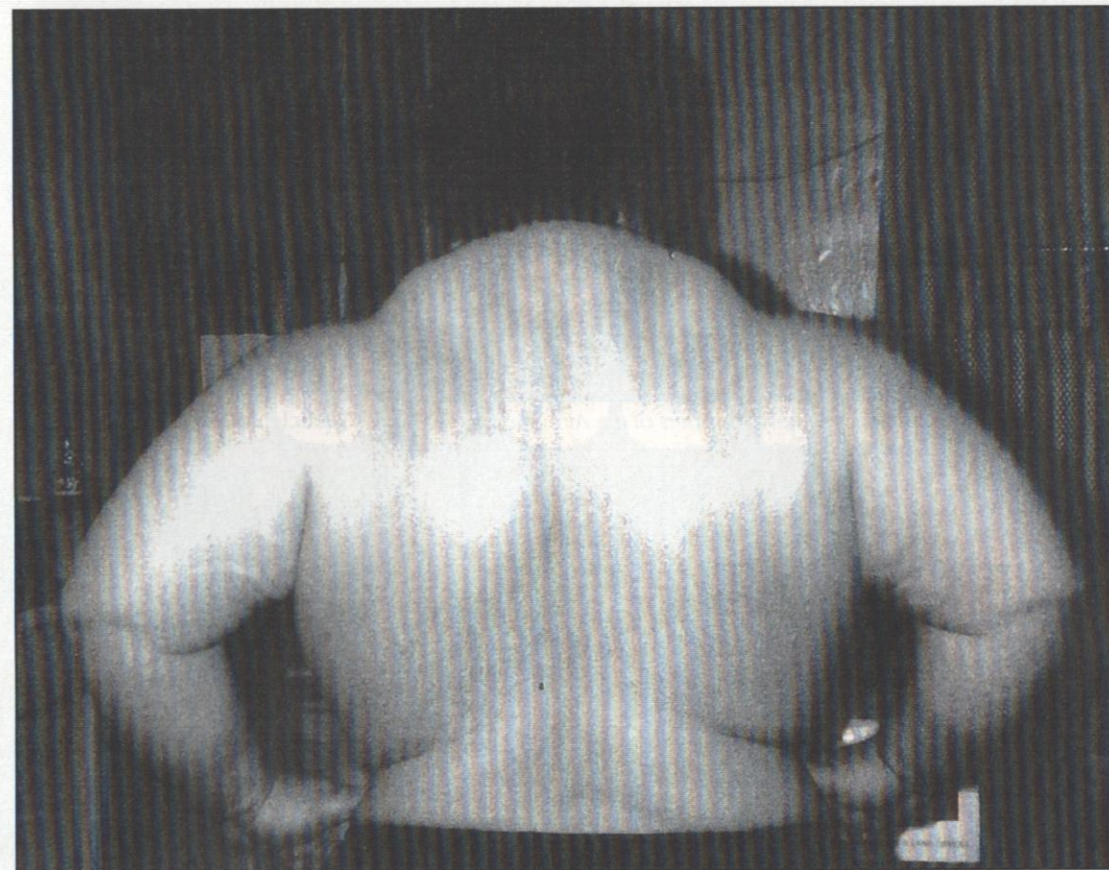
To work heavy weights at the knee or lockout, place a second band over the bar to accommodate a large amount of resistance at the knee or higher. A pair of light bands over the bar will add 100 pounds more at the top, a medium band 150 pounds, and a strong band 200 pounds. This allows you to work the lockout without changing your body position, which would normally occur with rack work at different pin heights.

Because of different body types and leverages, lifters have the ability to produce either a maximal or minimal force at the start, middle, or lockout. You have all seen this or experienced this. One lifter can be very strong at the start only to fail at lockout, while another lifter will struggle to lift the bar off the floor, but will lock out the weight easily. Changes in joint angles will alter the conditions of muscular work when muscle length and the angle of the pull is changed. This subject is discussed in *Supertraining* (p 100).

We have made new-found progress by doing rack pulls with plates 4-6 inches and 2 inches off the floor with a pair of light bands folded up four times over the bar. The tension is very great. I have witnessed an 800-pound deadlifter pull only 495 with light bands. However the lifters' form is very similar to a regular deadlift, especially



Westside Star Mike Brown pulling in the rack with bands on the bar.



Check Out Those Traps!! IRON MAN author Anthony Ditillo specialized in rack training. (Anthony Ditillo Jr.)

off low pins.

If your rack pull records are 600 on pin 1,

650 on pin 2, and 700 on pin 3, it took three

workouts and three different starting positions.

Now it can be done on one day with one workout and with a more reliable deadlift form. We are concentrating on the accentuated areas where maximum force occurs close to a particular joint angle. This system of variable resistance is a contrast method where the load is very different at different joint angles.

We combine many training systems. This falls directly into the conjugate system, which follows the objective of improving several motor skills that mimic the competitive lifts. It is said to be less effective with highly skilled lifters. Westside, with presently more than 75 Elite lifters, and the Dynamo Club of the former USSR, which had more than 70 highly skilled lifters, have found this to be just the opposite.

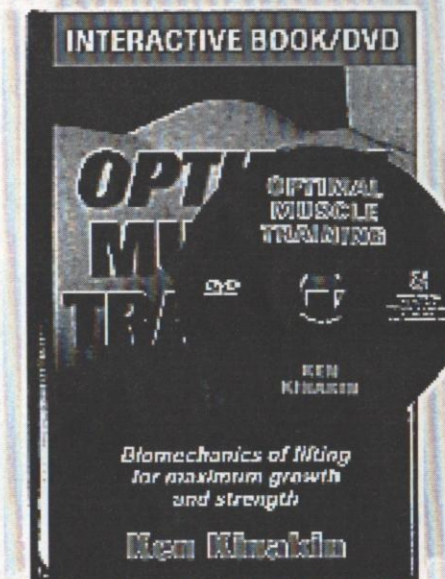
Try band pulls off the floor or the rack to push to new heights. Bob Peoples, Paul Anderson, and Anthony Ditillo have paved the way with their early pioneering research. I plan to carry on their efforts and turn a vision into a reality.

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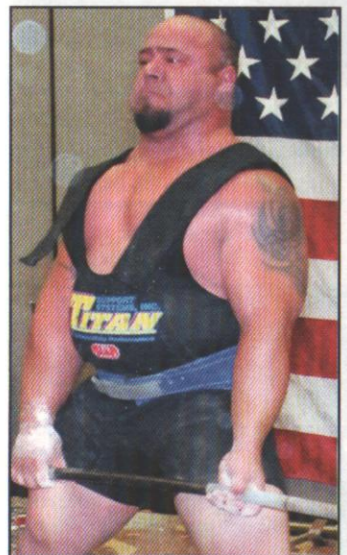
5th APC National Championships
22-24 JUN 07- Marietta, GA

A.P.C. NATIONALS



Special Olympians .. the new members of the APC National Family

BENCH	
FEMALE	
123 lbs. (50-54)	B. Coleman 369
Open	M. Glasso —
S. Callahan 220	M. Driggers 556
148 lbs. (16-17)	242 lbs. (16-17)
Montgomery 148	R. Luciano 358
Open	(40-44)
M. Sparango 248	A. Williamson 468
198 lbs. (40-44)	P. Hall 562
Special Olympics	(45-49)
T. Anchors 88	D. Moore 523
Open	(50-54)
MALE	P. Hall 562
148 lbs. (13-15)	275 lbs. (20-23)
A. Moore 143	C. Collins 589
165 lbs. (20-23)	J. Sinclair 418
B. Clark 308	(55-59)
181 lbs. (55-59)	VanBrocklin 391
Open	(60-64)
L. Sparango 358	B. Meek 485
198 lbs. (18-19)	Open
S. Williams 352	B. Mek 485
(40-44)	308 lbs. (40-44)
K. Dean 330	D. Marr 589
(50-54)	Open
G. Glenn 330	D. Marr 589
Open	T. Harrison 727
F. Caminita 705	308+ lbs. (40-44)
Special Olympics	J. Turner 303
J. Turner 303	W. Watts 633
220 lbs. (50-54)	Open
J. McDonald 391	R. Vick —
(55-59)	D. Guerra 644
R. Edwards 512	



Crain Stutes .. big gun in the 308s

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs. (40-44)				
Open				
A. Leverett 292	181	303	777	
114 lbs. (40-44)				
M. Kirkland 457	226	407	1091	
Open				
M. Kirkland 457	226	407	1091	
123 lbs. (50-54)				
S. Callahan 259	214	264	738	
Special Olympics				
J. Dewitt —	55	209	264	
132 lbs. (65-69)				
E. Keresev 275	181	352	810	
Open				
N. Mazza 303	165	253	722	
148 lbs. (40-44)				
M. Sparango 363	259	369	992	
Open				
S. Baldwin 529	352	479	1361	
165 lbs.				

(35-39)	J. Parkhurst 220	126	237	584
(40-44)	S. Hartnet 556	297	534	1388
Open	Carol Myers 463	253	402	1118
S. Hartnet 556	297	534	1388	
181 lbs. (45-49)	Open			
K. Packer 479	253	418	1151	
198 lbs. (50-54)	Special Olympics			
J. Hatch —	143	325	468	
MALE				
114 lbs. (13-15)	G. Schraub 264	132	226	622
(16-17)	148 lbs. (50-54)			
R. Sims 385	248	380	1014	
(50-54)	G. Brown 407	325	402	1135
Open	Open			
R. Dowdell 474	341	463	1278	
Special Olympics	Special Olympics			
Geohaghon 99	110	198	407	
181 lbs. (35-39)	J. Key —	—	—	—
(40-44)	D. Cobb 132	226	187	545
(55-59)	R. Lovelace 463	325	468	1256
Open	Open			
L. Sparango 512	363	474	1350	
Special Olympics	Special Olympics			
S. Smith 121	176	242	540	
198 lbs. (45-49)	M. Caplan 777	501	600	1879
D. Overbay 496	297	485	1278	
(50-54)	S. Kylis 485	330	507	1322
(55-59)	B. Sharp 418	402	446	1267
Open	Open			
M. Christie 705	457	600	1763	
J. Overbay 518	336	457	1311	
Special Olympics	Special Olympics			
S. Gerasimou —	125	275	401	



Marcus Brandon .. 2nd this year. Evangeline Keresev .. amazing lifting in the 65-69 age group, 132 lbs.

220 lbs. (16-17)	T. Sheffield 551	391	606	1548
(35-39)	L. Hook 823	584	760	2168
Open	M. Vickers 589	347	600	1537
(40-44)	J. Schraub —	—	—	—
Open	L. Hook 823	584	760	2168
(40-44)	M. Brandon 821	655	677	2155
Special Olympics	J. West 435	325	440	1201
E. Dewitt —	J. Mills 683	—	—	683
242 lbs. (13-15)	J. Schraub —	—	—	—
(16-17)	Special Olympics			
R. Bulmash 655	E. Dewitt —	99	275	374
(35-39)	242 lbs. (13-15)			
D. Boell 755	R. Bulmash 655	308	573	1537
	(35-39)			
	D. Boell 755	529	628	1912

(article continued on page 76)

DEMAND MAXIMUM TESTOSTERONE

Do Not Demand What You Cannot Take By Force. That's the tattoo that Mike Miller, World Class Powerlifter and Record Holder for the 1220lb. squat, proudly displays around his neck. That's hardcore. Everything about Mike is hardcore, including his supplement regimen.

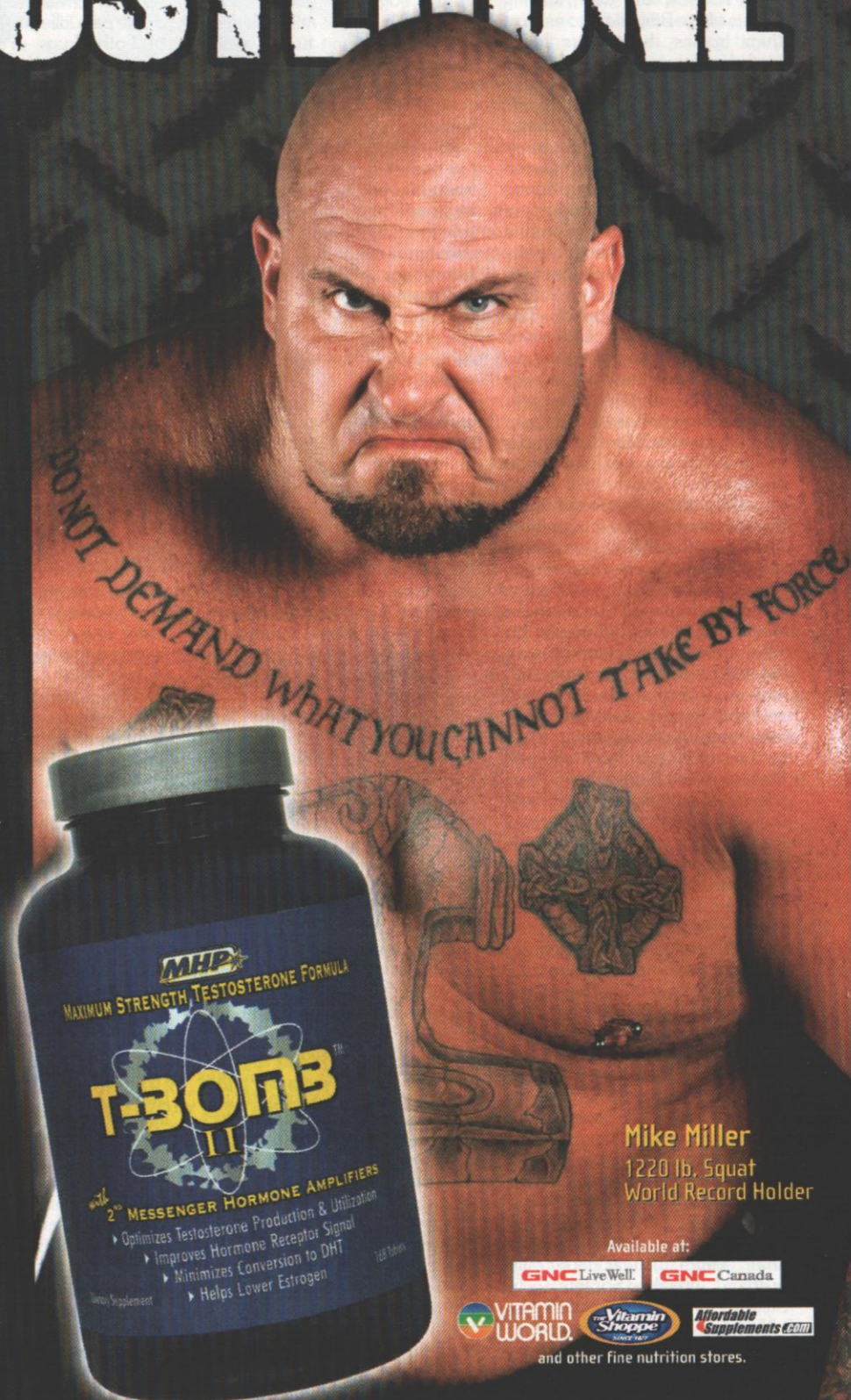
Putting up the kind of weight that Mike works with every day demands the highest testosterone levels humanly possible. That's why Mike Miller demands T-BOMB II®—the ultimate testosterone and hormone manipulation formula for unmatched power and performance.

While other Test products are often weak and one-dimensional, T-BOMB II is the only performance formula that skyrockets testosterone levels by up to 400% to give you the ammo you need to hit your biggest lifts. T-BOMB II's exclusive hormone manipulation compound, Optimone-5™, is a patent pending 5-stage complex that manipulates the entire hormonal profile, destroying male-deadly hormones such as estrogen, DHT and sex-hormone-binding globulin (SHGB). Topping off this powerhouse Test formula is a proprietary 2nd Messenger Complex that enhances androgen receptor sites, allowing you to soak up and utilize even more testosterone.

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DR. JUDD

Rage and Violence - Part I as told by Judson Biasiotto Ph.D.

I am sure you are aware by now that pro wrestler Chris Benoit killed his son and wife, leaving copies of the Bible next to each of their bodies, before he killed himself. The murders took place over a 48 hour timeline that began on a Friday with the 40 year old wrestler strangling his wife, Nancy Benoit, in an upstairs family room. The victim's hands were bound together; her feet were bound together, and she had blood on her face. The medical examiner found the bruising and blood on the victim's face to be consistent with being crushed against the floor while being asphyxiated. The following morning Benoit went to his son's room and suffocated him in his bed. Either that night or early Saturday morning Benoit went to his basement where he hanged himself. He was found hanging by his neck from a weight machine on Monday.

The initial response from Benoit's friends and colleagues was that Benoit was the very last person they would ever envision committing such a gruesome and dreadful act. They said he loved his son more than life and that he adored his wife... that he was a passive human outside of the ring and detested violence. It had to be the drugs they said; nothing else could have made him do something like that... it had to be roid rage they alleged. Perhaps Dory DeQuattro, a close friend of Benoit, summed it up best for all the rest of Benoit's close friends when he said, "He was a clean-cut kid. In my opinion, what happened to him was the steroid."

The testimonies of Benoit's friends, although heartfelt, belie Benoit's history to some degree. Although not horrific or homicidal, there was a dark side to Benoit that was somewhat ominous. In 1996, Benoit was well on his way to becoming one of the greatest names in professional wrestling, when he was set up in a bogus romance with Nancy Daus another big name wrestling performer. Daus was a sexy corner girl and wrestling manager known on stage as "Woman." It wasn't long though before the bogus relationship turned into a serious real life love affair. Ironically, it was Daus's own husband, wrestling booker Kevin Sullivan, who came up with the romantic plot line for his wife. In 2000, Daus divorced Sullivan and

married Benoit and shortly thereafter had their son. Unfortunately, as the bogus script of love and nuptial tribulations and violence in the wrestling ring turned real, it also manifested itself in the real world.

In 2003, the couple almost split when Benoit trashed their house in a fit of anger. Daus filed for divorce and petitioned for an order of protection, saying he "lost his temper and threatened to strike [her] and caused extensive damage to the home and personal belongings of the parties." The couple eventually got back together, but Benoit's life seemed to be spiraling downward. He was reportedly taking more and more painkillers and using large dosages of anabolic steroids to stay competitive. It didn't help; and in 2005, he was demoted from his main spot on "Raw." "For some reason, they decided he was going to ECW and he was going to be a coach to bring along younger wrestlers. His days were over," DeQuattro said. "That was a big demotion. That really has to mess people up." Things continued to go from bad to worse, culminating when the 5 foot 10, 220 pound Benoit killed both Daus and their 7 year old son.

Even though the abovementioned information is fairly common knowledge, the media and many anti-steroid users are using the Benoit case to substantiate roid rage and the ill effects of using steroids. I would have to say that this is a mistake of significant magnitude. The Benoit case should in no way be used to validate the phenomena of roid rage (or for that matter the ill effects of steroids). In fact, such a claim is... well... ridiculous. The case doesn't even meet the standard definition of what roid rage is. Roid rage is characterized by a loss of impulse control. It provokes overreactions by way of a stimulus that normally doesn't produce such a severe response. The reaction is instantaneous. For instance, someone says something to you that you take offense to and you put your fist through a wall. The impulse is there; it's overreaction... it's rage. The Benoit case has a three day timeline which would seem to indicate more of a premeditated judgment rather than instantaneous reaction to a stimulus.

Still, that is not the only thing that would present problems with using the Benoit case as a legitimate illustration of roid rage. Think about these things for a second. Benoit's life during his last few years was so confounded that it would be difficult if not impossible to contribute his behavior to any one thing. For instance, he was not only taking steroids, but he was consuming pain killers as well... and no telling what else. Consequently, there is no real way of telling if it were steroids that caused his problems or the pain killers or a combination of both drugs or none of the aforementioned. Another thing you have to keep in mind is that the drugs he was taking may have divulged an underlying psychiatric disorder that had been basically kept in check until he started taking such drugs. Accordingly, what you may be seeing is psychiatric disorder that has been unmasked by the drugs he was taking. In short, there is really no way of telling what caused his behavior.

In all candor, there is a much better empirical evidence in the literature that supports the relationship between anabolic steroids and aggressive behavior than the Benoit case does. Actually, I collected a small sample of that evidence myself. When I was writing the book *The World's Biggest, Strongest, Fastest Men... Their Drug Routines*, I interviewed close to a hundred athletes. If there was a common strain among the athletes I interviewed, it was that just about every one of them said that they had nearly insatiable libidos and that they experienced uncontrollable outbreaks of rage and violence. Of course, that certainly doesn't prove that there is a relationship between steroids and roid rage and violence either. I should also mention that a number of my friends who use steroids don't exhibit such symptoms... which doesn't mean that there is not a relationship between steroids and roid rage either. There is just no way of telling much of anything from individual cases. It might also be noted that there is a prolific number of such studies in the research literature, none of which tells us much of anything either.

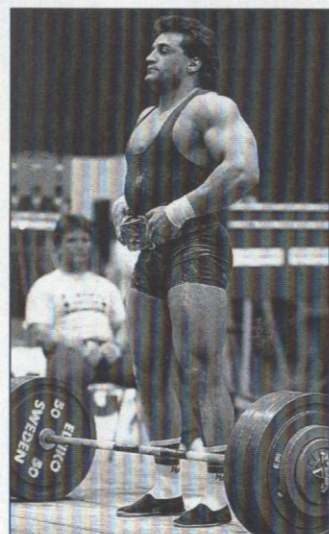
The problem with empirical research is that it can't be used to make any type of scientific inferences. For starters, you cannot make a generalization from one person to a larger group any more than you can make a generalization from a large group to one person. Just as significant is the fact that the majority of empirical studies suffer from methodological flaws. These experimental designs can't control such variables as drug dosage, diet, or training. For instance, the athletes I interviewed were using

anywhere from 1000 milligrams of steroids a week to 4000 milligrams and they were all using different types of anabolic drugs. In fact, the only thing that was consistent was that there wasn't any consistency among the drug routines.

In addition, the measurement of aggressive behavior is based generally on subjective reporting rather than on valid psychometric measures. There is also the possibility that an individual who chooses to use large dosages of steroids may very well be confounded with a number of predisposing individual differences. For example, steroid users may look at aggressiveness as a positive feeling and may respond to it as a desirable outcome.

Not surprisingly, the data from these studies are largely inconsistent and inconclusive, thereby making comparisons across studies impossible. In short, this type of evidence, although useful for stimulating further research, is of little value as an investigative tool. In laymen's terms, it is just about worthless as a method for investigating a hypothesis.

So the question remains: is there anything to roid rage or steroid psychosis, or are steroids getting a bad rap? In order to investigate this question, we will first have to take a brief look at man's biological makeup. You may be surprised by what you will find. (Part II next month)



Eddie Coppin left the 1987 IPF Worlds in Norway with the 198 lb. class gold medal, but shortly after he was arrested with 28,000 Soviet made steroid pills, which he later indicated were for his personal use, and shortly after that it was announced he had failed the drug test at the World Championships, and he was suspended by the IPF for 3 years. He committed suicide in 2001.

The year was 1997 and I was a young high school student, actually having just turned 17, and I had started my junior year. This is when I entered my first lifting meet. In the gym I used to hear crazy stories from the older veterans about how strong some of the lifters were. Before getting involved with Westside, I thought a 600 lb. squat was awesome, since I was only breaking 500 at the time. In my neck of the woods there were only a few people I knew of that were close to the 700 mark, and they were legends in the lifting world around town. When I would go to local meets, and see 600 lb. squats, I thought about how cool it would be to achieve that strength.

Boy, times they do change. Now it seems like to a lifter at Westside a 1000 lb. squat is common, but to most people a 1000 pounder is just a dream. Even some of the most gifted lifters never make it to that point. So, I'm glad that I finally made a 1003 in November of 2006, and 1055 in April of 07. One day I hope to make it to the 1100 mark which is still a milestone. We are on the verge of having 4-5 more guys hit the 1000 lb. squat mark very soon at the gym. How???

In this article I would like to give the hungry lifter, working his way up the ranks, a chance to get to this 1000 lb mark possibly a little quicker, and safer. Even if 1000 lbs. is not your goal (maybe its 500) it really doesn't matter—the key is progress. In this article there are some big points to pick up on for beginners, and advanced individuals.

The first key is believing. Do you believe that you can lift that much, or be that strong? My mental state was to never set limitations on myself. I always knew that if I worked hard enough, and—just as importantly—smart enough, then I would be able to achieve any goal. I thrived on people telling me that I would never be a good squatter, bench, or deadlifter. This made me set out to prove them wrong. I had some people that used to tell me I was not built to deadlift, now I pull 775. I wanted to be a good deadlifter, first for me, then to prove them wrong.

The second key is training partners. Do you have people around you that are in the best interests of your goals? Are the people you train with smart, driven, and consistent? If they are missing any of these components, you're setting yourself up for disaster. There are many negative people who don't want to see you get better because they don't have the balls to do it themselves. There are also people out there with excuses instead of numbers; I would rather have the numbers. There is not a person in my group that squats under 900 lbs., how about yours?

The third key is training education. Are you a student of the game or a meathead lifter? I never had the best genetics in the world, so I had to get stronger by training smart. With all the success and scientific research associated with the conjugate system, you are a fool if you don't use it. Optimal volume and optimal intensity must be used. Without

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Matt Wenning has cracked the 1000 lb. barrier in the squat by a substantial margin.

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LOUIE SIMMONS TRAINING SECRETS

it, you're basing your training on imaginary numbers and putting your faith in sub par training methods. Don't go to a meet leaving your best lifts at the gym, and don't train in the dark. There are many people who don't believe this works for certain individuals, but I've seen it, first hand, work on everyone I have had contact with that was willing to learn. From multiple ply gear to drug free, there is only one way to train; and that is the SMART way.

The fourth key also falls along the line of education, in the form of technique. You must be a master technician to lift large weights and do it safely. Good technique takes a long time to develop, but at the top there are few sloppy lifters. We get better at technique by constantly coaching the people in our group, and working the proper muscles for the development of good technique. Usually your weaker muscle groups will cause you to have bad technique, so they must be trained religiously. There is a reason that Westside has the strongest group of squatters in the world. The reason is that bad technique does not fly at this gym. Everyone is taught good technique, and is responsible for teaching it to everyone else they work with. Feedback is a key ingredient to a great lifter. So, if you're lifting with individuals who only care about themselves, it's time to move on. A great lifter comes from a great group. I'm proud to say that I train with more than one world record holder. Greg Panora is one in the 242s with over 2500, and the great Chuck Vogelphool with an 1150 squat at the 275s, and Phil Harrington with a 900+ squat in the 181s.

The last piece to the puzzle is what I call the 'grey area', not white or black. In lifting I associate this with the 2 different types of lifters in the gym. One lifter may push too hard too often while the other may not push hard enough. Both lifters are wrong in their quest for the top. In lifting it is easy to do too much work, and it is also easy to not do enough. How does Westside combat this dilemma? Our groups are made to have a few pushers and a few timid individuals; this gives us that 'grey area'. The pushers will be held back slightly by the timid, and the timid will be pushed a little more by the more aggressive individuals of the group. Louie used to tell me that Larry Pacifico would train very hard, but also leave a little in the gym. Who can argue with his results, or Alexeev and other greats of lifting. If you want to be on top you must push your limits, but also make sure you can recover for the next workout. This dilemma is also combated by using the conjugate system for volume parameters.

I hope this has given you an insight on the importance of training smart, having good people around you, and knowing the value of hard work, as well as the importance of recovery. Hopefully, one day you will reach your goals, and when you do, make greater ones to conquer.

Matt Wenning M.S.
Westside Barbell

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We have all dealt with setbacks in our lives, and everyone deals with them in their own way. As powerlifters, we have to deal with the mental and physical stress we place upon ourselves. At times we all question why we do it. When you look at the facts I'm about to reveal, I don't think many of us have had to cope with the likes of what happened to Bob Benedix.

Try to put yourself in the following position. You have dedicated your life to health and fitness. You follow a very spartan diet, almost never eating junk food. You have never smoked, and only occasionally have a beer. You have been a successful powerlifter and bodybuilder, and have trained many pro athletes. Your bodyfat stays around 10% year round. You are the picture of health, and you feel great and almost never get sick.

During one of your workouts your doctor/friend/training partner, suggests you should have a physical exam. The only reason the suggestion was made was because it had been a significant amount of time since the previous one. We all know how doctors think. For that reason, you agree.

You schedule the appointment and think little more about it. The day before your physical you are doing leg presses with close to 1200 lbs. and feel great. "How can there be anything wrong with me?"

Just about everything comes back fine, but there seems to be one problem. The thought is that your large pectoral muscle caused the unexpected result. To be certain of the situation, a stress test is ordered. So, you take the test, and before it is completed, the test is stopped and the physicians and technicians leave the room. When they return, the look on their faces tells you that something is wrong.

They tell you that you have five large heart vessel blockages, and you should have surgery immediately. You are also told you are at risk to die at any minute.

This is what happened to Bob in 2001. His world was turned upside down. Bob's first reaction was they were full of it. After conferring with his long time friend, Dr. Gregory Hayes, Bob realized he had a problem. "Why me? It can't be true! How can this possibly happen to me? Am I going to die?" These were just some of the thoughts that went through Bob's mind.

Ask yourself what you would do in that situation. Bob and Dr. Hayes both thought that a second opinion was needed. Unfortunately, the second opinion confirmed the original diagnosis. Bob was a walking time bomb.

Now there was no choice, surgery was the only option. Bob

Power Profile

BOB BENEDIX by Bob Gaynor



Bob Benedix at his World Gym office with his friend and training partner, Dr. Gregory Hayes, the man who urged him to get the examination that revealed a hidden but potentially lethal condition.

prepared his will and got his affairs in order. He said goodbye to his friends and family, and prepared for the worst.

Two weeks after the original diagnosis, Bob drove himself to Holy Cross Hospital in Ft. Lauderdale to have surgery. The surgery was to open his chest and replace the blockages with an artery removed from his left shoulder. I asked Dr. Hayes why they didn't try stents, and he told me the blockages were too long. This was the only possible option.

Bob's troubles did not end there. There were complications from the surgery, in the form of arterial bleeding, so a second surgery had to be performed. Bob's stay in the hospital was extended and his bodyweight dropped. When Bob got home from the hospital, he was a shell of his former self.

The condition Bob suffers from is called Dyslipidemia. His overall cholesterol was low, but he had almost no 'good' cholesterol. As Dr. Hayes told me, having low cholesterol should be everyone's

goal, but you must know your good and bad values. Good advice for everyone.

There is no known cause for this condition, but it is most likely hereditary. The good news for Bob was that there was no heart damage, which is amazing considering the amount of blood his heart was getting. Bob's overall great physical condition and strength certainly helped.

THE RECOVERY

Bob came home from the hospital beginning to feel better, and ready to start training again. Recovering from heart surgery today is commonplace.

Returning from heart surgery and becoming a world class athlete is Bob and Dr. Hayes mapped out a program where Bob would start using just the bar. Remember his chest had been cracked open.

They were very careful, but Bob did not baby himself. Weight was steadily added to the bar and the duration of the workout sessions increased. The weights went up - 200, 300, 400 lbs., and Bob found

his strength returning and his bodyweight increasing.

A well planned program, Bob's dedication, and Dr. Hayes' supervision soon had Bob handling heavy weights and looking to start breaking records again.

THE BEGINNING

There is a lot more to Bob than open heart surgery. He was born in Paramus, New Jersey. In 1973 his family moved to Coral Springs, Florida. It was at this time the weightlifting bug hit Bob. He joined Gold Coast Gym in Margate, FL. At that time he was weighing about 130 lbs. We all have something that gets us started training. For Bob, it was a school bully who stole his lunch money when Bob was in 8th grade. Bob made a vow it would never happen again.

Bob became dedicated to his training and developed a tremendous interest in nutrition. At that time he heard what the state bench press record was in his weight class. Since Bob knew he could top it, he found a contest and broke the record. He had entered the world of powerlifting. By the time he was 16, Bob had set a National BP record of 365 lbs. at 148. He liked to train, and his body responded well. He was getting bigger and stronger, and having fun, the goal of everyone who trains.

After High School, Bob decided on military service, and joined the Navy. Bob was lucky or unlucky, depending upon your point of view, to be assigned to nuclear subs. It was during this time, and on the Navy's nickel, that Bob got his advanced education. He has a Master's Degree in Exercise Physiology.

It was also during this time that Bob met and trained with the current governor of California, the one and only "Arnold"!

During his time in the Navy, he spent a good deal of time training and coaching other service members. He coached the Navy powerlifting team, which was good duty for Bob.

The experience in the Navy landed him a job as a nuclear reactor operator with FPL at the St. Lucie Nuclear Power Plant. During this period Bob continued to train and encourage others.

His reputation soon landed him a job with the NY Mets. He obtained the position of nutritional and training advisor to the Mets at their spring training facility in Port St. Lucie. He worked with such big league stars as Dwight Gooden, Keith Hernandez and Ron Darling, as well as many others.

His clientele increased to include athletes in other sports, top corporate executives, and even the actor/dancer Gregory Hines.

During this time Bob always wanted his own facility. In 1989 he opened the World Gym. He still operates that facility today. Bob is the proud parent of two sons. Even with the setbacks, life is good.

THE TRAINING

Bob and his group follow more of a 70s/80s routine, rather than the methods in vogue today. They do basic exercises, work the 3 lifts, not just 2, as many do today, and don't use extreme techniques. Moderate foot spacing is used in the squat, feet flat on the floor for benching, a bench from the chest, not the stomach, and mainly single ply equipment.

Bob and his group have won numerous titles in many organizations. Bob recently won the WPC World Title in Lake George, NY, and set a world record in the squat, with 804 lbs. This was done at 181 lbs body weight. Remember this was after open heart surgery.

Their training is a four day a week program. Benching is done on Tuesday and Saturday. Higher reps are done on Tuesday. No matter what day, the rep scheme is 8s, 6s, 4s, 3s, and they always attempt to increase the weight. Lower reps and heavier weights are done on Saturday. The shirt is used about six weeks prior to a

contest. Bob and most of his training partners do a mini/light weight bodybuilding program before they bench. This can take up to 20 minutes. The goal is to make sure all muscle groups are warmed up and very slightly pumped. Their injuries are minimal, so it must help.

Some additional bodybuilding is also done after the bench workout is complete. Wednesday is legs/squat/deadlifts. This is where Bob's routine is really different. The same overall warmup is done, but leg presses are done before squats. That's right, before, and remember, he is squatting 800 lbs. at 181.

The leg presses are started with just (1) 45 lb. plate on each side. Each set a 45 is added to each side. This is done till there are 8 or 10 plates on each side.

It is after this that the squat workout begins. Even though they have done leg presses, they begin squats with a 25 lb. plate on either side and workup. The Wednesday workout may be a heavy set of 5s, 4s or 3s. On Sunday it is low reps and heavy weights. Equipment is added as the weights increase.

After legs are finished it is on to deadlifts. Again, nothing fancy. Start light, take 70 to 90 lb. jumps and work up to a heavy double or triple, and then one down set. This

is done every Wednesday. About six weeks prior to a contest, deadlifts go to every ten days. Nothing fancy here, just hard work.

THE SUPPORT GROUP

Anyone who trains heavy knows how important the support group is. Without your training partners help, progress cannot be made.

Bob Benedix of the Port St. Lucie World Gym, has a great support group. Not everyone in this group is a three lift competitor, but you cannot find a better group. John Williams (198/220), has been powerlifting for just a few years, but that maybe the reason he has no bad habits, with perfect form in all three lifts. John follows Bob's routines to the letter. He hopes to go over 1800 in the next competition.

Fred Goldberg (242 lb.) benches over 450 raw, Fred's son, Ethan, helps on bench day. Fred wants to find the right shirt, and perfect the technique, and then 600 lbs. (USPF Style) should be no problem. Eric DeForest, 242 lb. Bencher and Deadlifter has done 475 raw and close to 650 in the deadlift.

Master Bench Presser, Dave Beckinsale, is always on hand to help out. The very best spotter is Big Mike George, 280 lbs. of raw strength. You feel secure with him standing behind you. Rob Conti is always available when needed.

THE DOCTOR

Bob credits Dr. Greg Hayes with much of his success. Greg and Bob have been friends for over twenty years. Greg Hayes was originally from New England. That is where he and Bob met. Dr. Hayes has been a competitive bodybuilder and powerlifter since he was a teenager, and still actively competes in powerlifting. The fact that your Doctor has already personally experienced the stress that powerlifting places upon the body was very important in Bob's rehab. Most of us have been to doctors that have no idea of what a powerlifter goes through. Doc Hayes does. Doc Hayes has competed in and won in many organizations, including APF, APC, APA, WPA, WPC, etc. He currently holds some APC American Records. Bob, Doc Hayes and the whole group are training for the USPF Nationals in Las Vegas.

Where will Bob go from here? His best lifts at 181 are 804, 501, 611. According to Bob, the best is yet to come.

The moral of this story is the next time you suffer an injury or have a couple of bad days, think about what Bob Benedix went through, and he is still making progress.



A Three Lift Man ... Bob pulling in Vegas.

Greg was a practicing chiropractor for a number of years, and then decided to return to school and become a medical doctor. His low key approach has a positive effect on our training session. He does not offer advice to others unless he is asked. Greg, with his over 25 years of weightlifting experience, combined with his medical background, is a great training partner.

DIET & MEDICATION

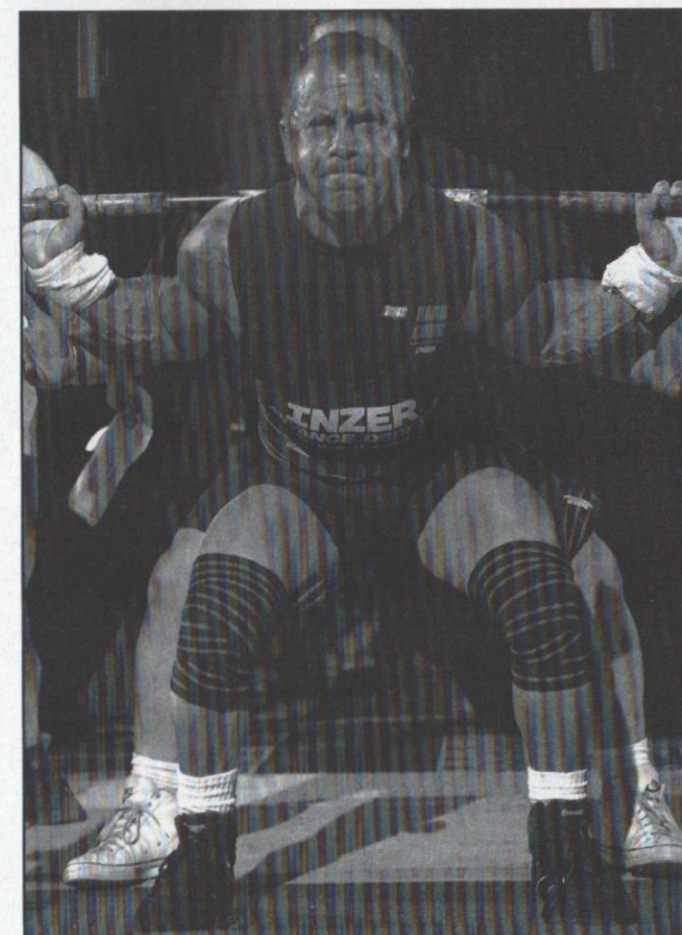
Bob always followed a strict diet, but after his surgery he refined it even more. Eight to ten egg whites for breakfast, maybe some whole wheat toast. Multiple protein drinks per day. He switched to Buffalo meet to reduce fat and cholesterol even more. A turkey breast sandwich is a treat. There is no junk in Bob's regime. After a contest he will have a piece of cheese cake.

Bob gets regular checkups. Dr. Hayes monitors his blood pressure and cholesterol on a regular basis. Bob takes his prescribed medications. This is now his way of life.

Where will Bob go from here? His best lifts at 181 are 804, 501, 611. According to Bob, the best is yet to come.

The moral of this story is the next time you suffer an injury or have a couple of bad days, think about what Bob Benedix went through, and he is still making progress.

BOB GAYNOR



Bob's great squatting form shown at the 2006 APF Senior Nationals

MAN VS. IRON

Every trip you make to train is a war between you and the iron. Find out how to jack up your raw strength, and totals, with the newest enhancement in powerlifting technology.

SPECIAL 4-PAGE AD REPORT

Johnnie Jackson
PB: Deadlift, 855 lbs.

I'll take less than three seconds to lift that bar off the ground, inches into the air, and back down. But for those three seconds, everything matters. Everything has to come together. Every nerve ending has to fire in unison. Every muscle fiber has to contract with full force. But sometimes, that's not possible, because the same strength-incinerating elements that have been lowering totals since the beginning of powerlifting remain the most overlooked factors limiting your strength.

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When it comes to lifting heavy weight, there are different methods to boost strength. Periodization, nutrient loading and adrenaline spiking can all increase a big lift. Champion lifter Johnnie Jackson knows these techniques and uses them all, but Johnnie's also a test subject for one of the most powerful strength stacks ever created - the Aplodan™ and GAKIC® Stack.

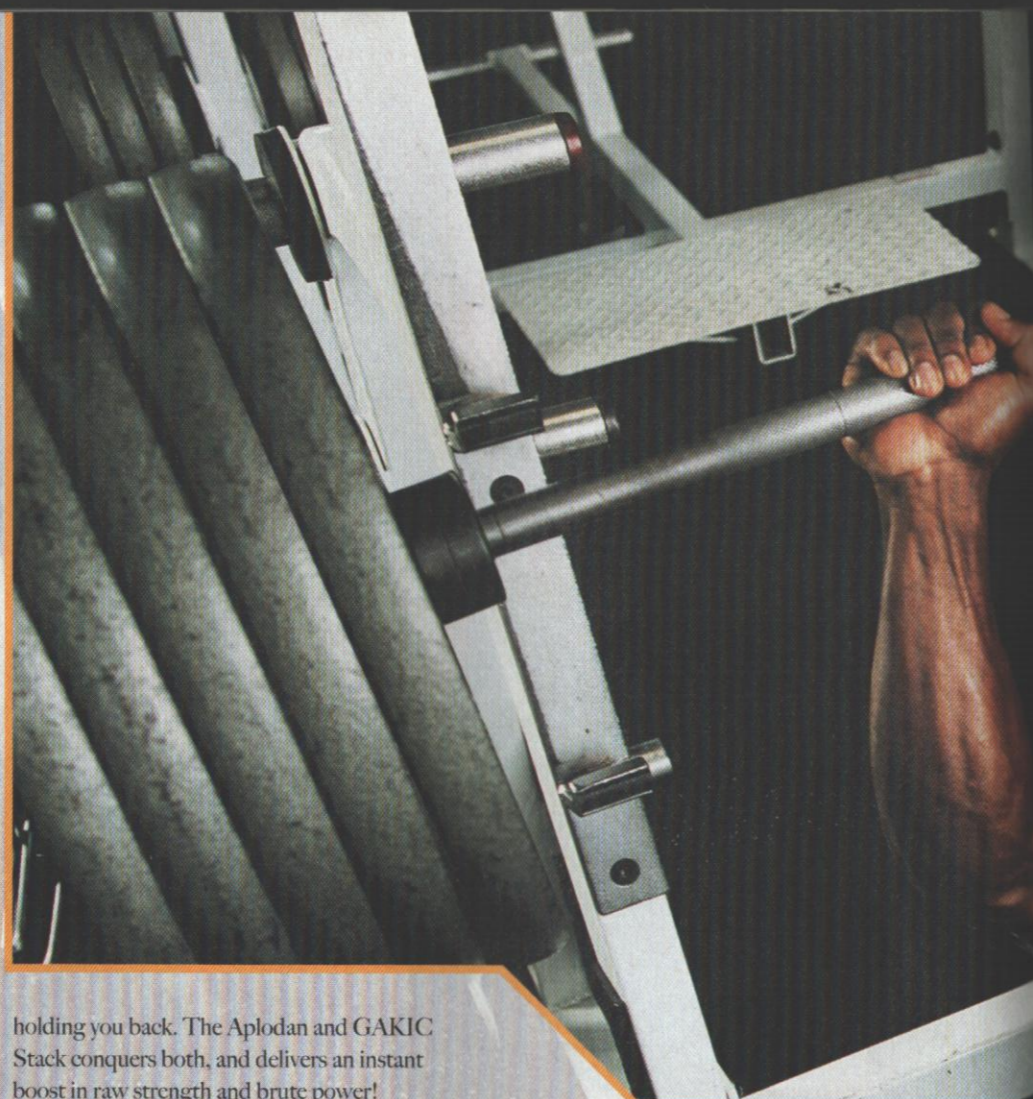
“When I’m training, all I’m thinking about is being the strongest man in the world!”

Johnnie Jackson

Once Johnnie decides to lift a weight, it's on. Mentally, he's psyched and in the zone. Nothing short of Armageddon can take his mind off lifting that weight. All he needs are his muscles to do the rest. For that, he trusts the Aplodan and GAKIC Stack. "I've experienced massive strength gains and awesome recovery by stacking Aplodan and GAKIC," testifies Johnnie. "What's normally a one-rep max, I can lift for reps!"

The Forgotten Factors of Strength

From the moment you chalk your hands, to the time you cinch up your weight belt, to the time you peel off your squat suit, fatigue toxins and DMFs are robbing you of your strength. You can't feel them or see them, but they're there. And they're the two most overlooked factors

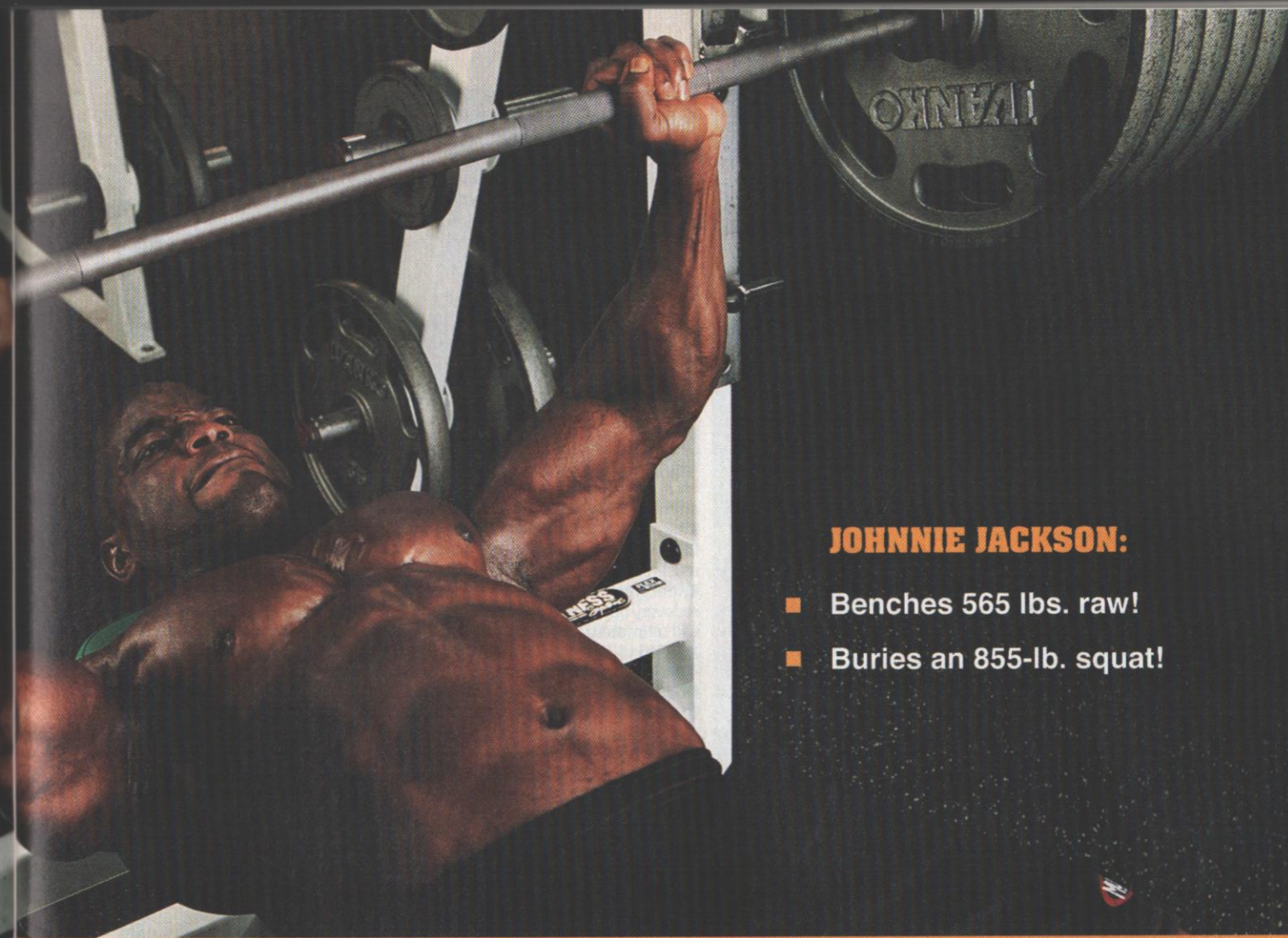


holding you back. The Aplodan and GAKIC Stack conquers both, and delivers an instant boost in raw strength and brute power!

Instantly Increase Strength by 10.5%

With each trip to your lifting club, you train your body to tolerate a new threshold of pain. But as sweat soaks your favorite bench shirt and you rep out, you're fueling a damaging

chemical process deep inside your muscles. Within seconds, a sharp pain courses through them and you find yourself struggling just to grip the weight. Failure is caused by fatigue toxins, and they're fast at work, infiltrating your working muscles and robbing them of their power capacity. It's time for you to take that power back!



JOHNNIE JACKSON:

- Benches 565 lbs. raw!
- Buries an 855-lb. squat!

THE SCIENCE BEHIND THE STACK

- 10.5% instant increase in strength
- 28% boost in muscle endurance
- 83% more muscle fiber activation
- 2 world-class universities
- Over a decade of university research
- Engineered by world-renowned researchers



GAKIC® is the only instant strength-booster in the world chemically engineered to scavenge fatigue toxins from every muscle of your body at high velocity. In fact, a university clinical test proved that GAKIC can boost your strength by 10.5 percent and increase fatigue resistance by up to 28 percent, minutes after your very first

The Aplodan and GAKIC Stack will boost your strength by 10.5% instantly and increase muscle fiber activation by 83% in just 7 days!

dose. GAKIC frees your muscles to function at a higher capacity for the first time ever, unlocking a surge of raw power and bigger totals!

Increase Muscle Fiber Activation by 83%

With fatigue toxins being removed from your muscles, you're hitting more weight, for more reps. But you're still not getting the most from your muscles because of Dormant Muscle

Fibers (DMFs). They are muscle fibers that don't maximally contribute to your strength gains, and there are millions and millions of them throughout your body. Most strength training fails to activate them, so they lie deep within your body, interconnecting like a road map of unused power potential.

But when you're face to face with a loaded barbell, every muscle fiber counts. That's why you need Aplodan™ - it's guaranteed to activate DMFs. By driving itself deep within your muscle fibers, the Aplodan complex targets unique muscle energetic pathways and increases muscle fiber activation by 83 percent in just seven days! With Aplodan, your muscles can function at a higher threshold beginning with your first dose. So it doesn't matter what you're lifting - iron

plates, bumper plates or chains - you'll be lifting more, period!

Your Heaviest Lifts Ever

Like any other warm-blooded powerlifter, there's only one thing you're concerned with - big totals! Well, to max out your bench, deadlift or squat, you need to unload the maximum amount of raw strength and brute power that your muscles can deliver. The Aplodan and GAKIC Stack makes that possible. With your muscles firing on all cylinders for the first time ever, it's game over for any weight and lift total that gets in your way!

In the words of Johnnie Jackson: "If the weight defeats you in your mind, then you won't lift it!" But with the Aplodan and GAKIC Stack, you'll have the weapon of maximum power to overcome any amount of iron you pull, push or press. So don't let your totals suffer any longer. Experience the full power of your muscles today with the Aplodan and GAKIC Stack!



The Importance of Muscle Recovery

The term "recovery" is bandied about in magazines, gyms, and on internet forums with great frequency. The purpose of this article will be to define recovery and discover how to maximize it, and therefore your results in the gym.

What is Recovery?

The skeletal muscle cells incur damage from heavy weight training. Your nervous system and a myriad of other systems in the body are also stressed or depleted by intense training. The body's response (to repair or replenish) is referred to as recovery. Without recovery, the only consequence of training would be harm to the body.

Most training systems advocate 1-7 days worth of rest from weight training for a particular muscle or muscle group in order to allow for recovery and hopefully for the adaptation of increased size, strength, or both.

Recovery Possibilities

There are essentially 3 recovery-specific results that can occur after training:

1) Recovery is not fully realized between sessions and no progress is made at best, and regression, or atrophy of the skeletal muscles can occur at worst.

2) Recovery occurs, but only to return the skeletal muscle and nervous systems back to the same state they were in prior to the training session.

3) Supercompensation occurs with hypertrophy, increased strength, or both as a result.

Ideally, the skeletal muscle and nervous systems will supercompensate via several mechanisms, one of the most important of which is hypertrophy of the contractile myofibrils within the skeletal muscles. These myofibrils contain myofilaments known as "actin" and "myosin", and it is theorized that they are the mechanisms by which our skeletal muscles are able to contract and

produce force (see the sliding filament theory of contraction). The thickening of the myofibrils contributes greatly to the overall size of the muscle, and to an increased ability to produce force.

Rest and Training for Supercompensation

Nutrition, with respect to the ingestion of the proper amounts and ratios of micro and macronutrients is important to recovery and possible supercompensation, but not as important as rest. This is where the issue gets a bit complicated (as are all things relative to the human body). The amount of rest required will depend upon the training volume, intensity of effort with respect to how close to failure one trains, intensity as a percentage of your 1RM (1 repetition maximum), and frequency of training.

The term "rest" can be a bit of a misnomer. Complete abstinence from training is not necessarily best for recovery. The notion of "active recovery" is one used by many trainers and coaches for their athletes. The theory being that light work of the musculature facilitates recovery via increased blood flow. Whatever the physiological processes upon which this principle

relies, it has been proven to be quite effective. It is also a fundamental component of the concept of training periodization.

Periodization of weight training involves varying the load, intensity of effort, volume of work, form of work, and frequency of training in order to allow the body to slowly and cyclically adapt and progress to ever higher levels of size and strength. Those who utilize periodization realize that the body simply cannot lift near maximal loads using near maximal to maximal effort on a chronic basis and produce optimal results.

In direct opposition to those who believe in periodization are the HIT (High Intensity Training) advocates whom espouse brief and infrequent training which is taken to the limit of one's ability, or "failure" as it is commonly called. These folks understand the importance of recovery but promote a routine which will ultimately not allow for it when applied to compound exercises.

The "Failure" of Training to Failure Consistently for Strength Athletes

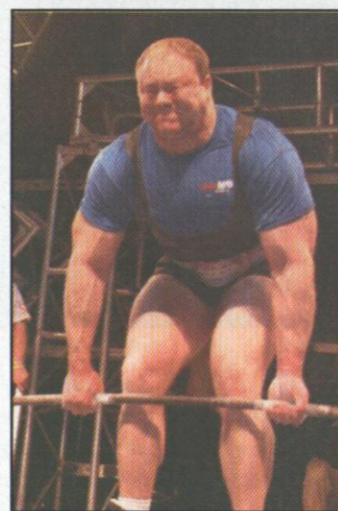
Skeletal muscles can recover from weight training in a reasonably short period of time (24-48 hours for most trainees). This can vary substantially depending upon the intensity (as a percentage of one's momentary ability) and volume of work performed. HIT style routines advocate always training to failure (and beyond). As mentioned at the beginning of this article, training with weights affects both the muscular and nervous systems. When training to failure a relatively greater stress seems to be placed upon the nervous system, especially when heavy loads are used thus demanding increased recovery time for the nervous system relative to the skeletal muscles. As time goes on, those who train to failure see this gap get greater and greater to the point that the rest periods required by the nervous system become so prolonged as to inhibit the training effect on the skeletal muscles. This phenomena is more prevalent in the basic, compound movements and less so

with isolation exercises.

Extended recovery time is counterproductive to hypertrophy and thus to the possibility of optimal supercompensation. In order to quicken recovery, one should stop the majority of their sets with compound movements (squats, benches, deadlifts and so on) short of failure by 1-3 repetitions. The difference in recovery time required between stopping 1-3 reps short of failure, and going to complete failure can be dramatic. This difference allows for a much greater frequency of training and thus a greater stimulus to the skeletal muscles per a given period of time.

Does Training to Failure Have Any Value?

Training to failure can be incorporated into one's routine. As mentioned above, when using isolation movements training to failure does not seem to produce the same (or to the same degree) effects as with compound exercises. So,



frequent use of training to concentric failure with isolation movements (biceps curls, triceps extensions, calf raises, laterals for deltoids etc.) is acceptable and should be incorporated into one's program.

Louie Simmons, of Westside Barbell (www.westside-barbell.com), advocates a day of maximum effort (ME) with compound movements. ME day involves multiple sets pyramided to a single repetition maximum effort. Louie recommends that the lifter not worry about failing on this single rep, maximum effort lift (1RM). Concentric failure is not the goal here, but an acceptable outcome when trying for a new 1RM personal record (PR).

Structuring your Training for Recovery

The Westside method of rotating compound movements by body part weekly (the conjugate method) is an excellent way of allowing for high intensity in one's training while simultaneously

(continued on next page)



avoiding neural stagnation. Choose 3-4 compound exercises by body part. On your ME day, rotate a new exercise each week for 3-4 week "cycles".

The chest, legs, hips, and lower back should be trained twice weekly (or, at a minimum, twice within a 12 day period) with the first day being a day for active recovery. Westside utilizes a dynamic effort (DE) day as their 2nd training day each week. DE day focuses on building explosive strength via speed movements. Loads of 50-60% of one's 1RM are used for multiple sets of 3 reps. Accommodating resistance in the form of bands is often used on these days as well. I differ from Louie Simmons a bit in that I feel DE days are really just a form of active recovery, and their true value lies there rather than in their ability to build explosive strength with heavy loads. You can use either a DE day as your 2nd training day (as is advocated in the Westside training system), or you can use a day where repetitions of 8-12 are incorporated and stopped 2-3 reps short of failure. This "light" day will accomplish the goal of stimulating the skeletal muscles while simultaneously allowing for neural recovery.

The length of time one can train with high intensity (defined as a percentage of one's 1RM) varies individually, and even the individual will find they can tolerate varying lengths of intense training depending upon a myriad of factors such as life stressors and general health. The individual need monitor their training and when signs of overtraining occur, periods of reduced intensity training should be utilized. This less rigid structure of one's training intensity (i.e. the lifter does not follow a set-in-stone program relative to loads used for

specific periods of time) allows for optimal progression by maximizing those periods when the body is most receptive to heavy training.

Which Supplements Can Help Recovery?

Supplementation is an important component of the recovery equation. There are few legal supplements which can have real impact upon your recovery from training. The best, most proven are listed below:

ETS is a revolutionary product unique to AtLarge Nutrition (www.atlargenutrition.com). It is the **single most potent legal recovery aid on the sports supplement market today**. The primary active ingredient in **ETS** is both amazingly effective and SAFE! **ETS** will aid your recovery by both dramatically reducing DOMS (Delayed Onset Muscular Soreness), and greatly reducing the overall rest time required for recovery. **ETS** will greatly enhance your chances to enjoy the benefits of supercompensation from your efforts in the gym. Men like Mike Wolfe and John Stafford, and women like Kara Bohigian know of its benefits. You can read more about **ETS** at:

www.atlargenutrition.com.

Creatine: in all of its various forms has been shown to improve recovery (in the sense it promotes increased size and strength) from anaerobic strength training. You are bombarded daily with all of the latest variations of creatine but the most proven and least expensive form called creatine monohydrate is still the best. AtLarge Nutrition offers a Creapure™ micronized creatine

monohydrate called **Creatine 500** which is of the highest quality.

Protein: is one of the cornerstones of bodybuilding nutrition. Aside from water, protein is the number one constituent of muscle. A sufficient intake of protein is required to facilitate not only optimal health, but also optimal recovery from intense weight training sessions. AtLarge Nutrition offers 2 protein products one of which is a **24g** per serving protein-only powder called **Nitren**. The other is a meal replacement powder called **Opticen** with **52g** of protein per serving as well as carbohydrates and various vitamins and minerals. Both products offer nearly fat-free protein supplementation of the highest quality incorporating multiple whey fractions (such as isolate, hydrolyzed, and concentrate), casein, and egg proteins.

Conclusion
As you can see, recovery is an all-important factor in the results you get from your efforts in the gym. Do everything you can to maximize it and you will soon reach your physical goals!

Powerlifting Federation

NATIONAL AND WORLD MEETS

Masters Nationals Bench Press & Strict Curl Championships
Oct. 27 * Wildwood, NJ

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Nov. 17 * Currituck, NC

World Powerlifting Championships
Nov. 30 - Dec. 2 * West Melbourne, FL

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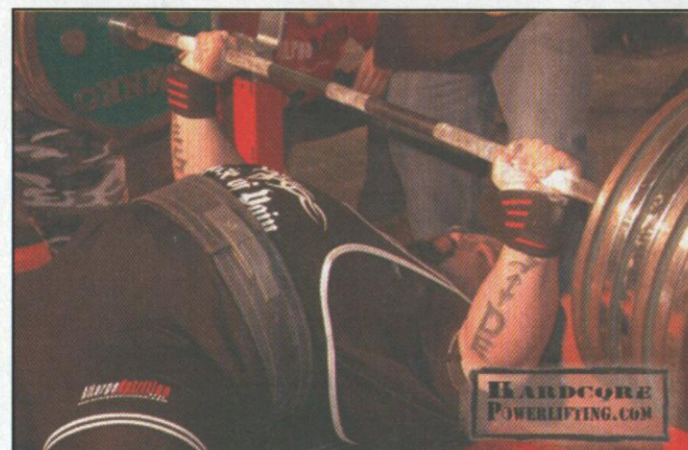
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ASK THE DOCTOR

This column features questions on nutritional, performance and medical issues. Send your questions to Mauro Di Pasquale M.D. at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days.

Dear Dr: My name is Ron and I live in Daytona Beach, FL. I am 32 years old and competed in powerlifting and bodybuilding in my teens and early twenties, but over many years I have fallen off the band wagon with my weight (6', 400 lbs). As of May I found out that I am a Diabetic type 2, and I am on insulin shots. My Doctor states that if I get the weight off I can come off the insulin. I have used the ketosis diet in the past, but now that I am taking insulin I have come to a road not traveled. Could you please give me a simple guideline of information on how to use the ketosis diet being a Diabetic and also if there are any supplements I could use to help out. Thank you for your time. **Ron**

Hi Ron: It shouldn't be all that difficult to get you off the shots and on to oral meds for the diabetes. And, if things go right with the diet, to get you off everything. On the other hand ketosis in your case is neither necessary for weight loss and to treat the diabetes, nor is it desirable. In diabetics ketosis can cause real problems, up to and including life-threatening ketoacidosis, that don't occur in people without diabetes. The problem of ketoacidosis occurs mainly in Type 1 diabetics, but I believe that it may also be a problem for people like yourself, Type 2 diabetics using insulin. As such, the ubiquitous health concerns raised by physicians, dieticians and other health professionals against low-carb diets especially in its ketogenic mode, while misplaced when talking about non diabetics, is not misplaced when dealing with insulin using diabetics. To the chagrin of many low carb dieters, I've maintained for the last three decades that the diet and results were much more important than the level of ketosis and that, in fact, measuring of ketones in the urine wasn't a necessary part of my phase shift diets. In May of this year a study substantiated my belief that ketogenic low carb diets don't have a metabolic advantage over nonketogenic low carb diets. I've copied the citation and abstract of this paper below. If you wish to read the full paper let me know and I'll email it to you. As well, chronic ketosis, because of its catabolic effects, is to be avoided. As such, my phase shift diets, including the Radical Diet, maintains all the positive effects of a low carb, high protein diet, but none of the negative effects. My advice is to follow the foods that I allow in the Radical Diet 2006 and which I've attached to this email. I have put hundreds of diabetics on this restricted food list and it's worked out great for them. In fact I recommend that you follow the Radical Diet for your weight loss, but not at the calorie levels recommended in that book, but at a higher calorie level, at least initially. If you're keen to get back into one or both of powerlifting and bodybuilding it would be a

natural progression for you to follow the Anabolic Solution for Powerlifters as this will maximize your muscle mass and power in relation to a lean bodyweight. Right now, however, it's important not to complicate things too much and to basically get started by adjusting your eating patterns using the foods that are on the attached Radical Diet food list, which contains a variety of foods that will help you lose weight, most of it as fat, while at the same time maintaining a maximum amount of muscle as you do so. Keeping the muscle mass will help you to lose more bodyfat in the long run and also will obviously help if you want to get back into powerlifting and/or bodybuilding. The Radical Diet is set up to be a self adjusting diet, with a series of mini-steps and rewards that make losing weight easier than following conventional diets. If you want to go on the Radical Diet I can help you with the number of calories you should take in initially and down the line. I can also help you the use of nutritional supplements that will impact on your weight loss, body composition and strength. Some of these supplements are mentioned in the Radical Diet with instructions on when and how to use them for best results.

Best regards, **Mauro**

AM J CLIN NUTR. 2006 MAY;83(5):1055-61. KETOGENIC LOW-CARBOHYDRATE DIETS HAVE NO METABOLIC ADVANTAGE OVER NONKETOGENIC LOW-CARBOHYDRATE DIETS. JOHNSTON CS, TJONN SL, SWAN PD, WHITE A, HUTCHINS H, SEARS B. DEPARTMENT OF NUTRITION, ARIZONA STATE UNIVERSITY, MESA, AZ 85212, USA. CAROL.JOHNSTON@ASU.EDU
BACKGROUND: Low-carbohydrate diets may promote greater weight loss than does the conventional low-fat, high-carbohydrate diet. OBJECTIVE: We compared weight loss and biomarker change in adults adhering to a ketogenic low-carbohydrate (KLC) diet or a nonketogenic low-carbohydrate (NLC) diet. DESIGN: Twenty adults [body mass index (in kg/m²): 34.4 +/- 1.0] were randomly assigned to the KLC (60% of energy as fat, beginning with approximately 5% of energy as carbohydrate) or NLC (30% of energy as fat; approximately 40% of energy as carbohydrate) diet. During the 6-wk trial, participants were sedentary, and 24-h intakes were strictly controlled. RESULTS: Mean (+/-SE) weight losses (6.3 +/- 0.6 and 7.2 +/- 0.8 kg in KLC and NLC dieters, respectively; P = 0.324) and fat losses (3.4 and 5.5 kg in KLC and NLC dieters, respectively; P = 0.111) did not differ significantly by group after 6 wk. Blood beta-hydroxybutyrate in the KLC dieters was 3.6 times that in the NLC dieters at week 2 (P = 0.018), and LDL cholesterol was directly correlated with blood beta-hydroxybutyrate (r = 0.297, P = 0.025). Overall, insulin sensitivity and resting energy expenditure increased and serum gamma-glutamyltransferase concentrations decreased in both diet groups during the 6-wk trial (P < 0.05). However, inflammatory risk (arachidonic acid:eicosapentaenoic acid ratios in plasma phospholipids) and perceptions of vigor were more adversely affected by the KLC than by the NLC diet. CONCLUSIONS: KLC and NLC diets were equally effective in reducing body weight and insulin resistance, but the KLC diet was associated with several adverse metabolic and emotional effects. The use of ketogenic diets for weight loss is not warranted.



Ryan Kennelly did a 986 bench press on June 30th at the Oregon Bench Press championships. After that he posed for this photo with (l-r) Tod Becraft, Ryan, Julie Havelka, Paul Ratsch, and Lou Andrews. (Julie H.)

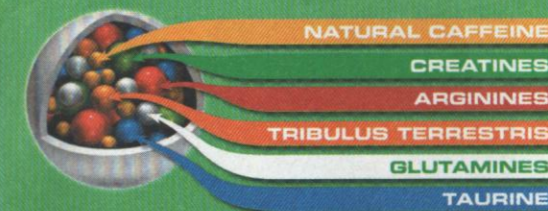


NOT GETTING THE BEST GAINS FROM YOUR WORKOUT?

We hate to be the ones to break it to you, but many of the so called Industry Experts responsible for the formulation and production of sports supplements are very happy to give you mediocre products. In fact, many of the powdered products on the market give you inconsistent dosing.

One serving may contain a lot of the active ingredients while the next has almost none. This is due to a phenomenon known in the pharmaceutical industry as "BLEND SEGREGATION". Essentially, due to different weights, sizes and electrostatic properties of each ingredient, you get an inconsistent settling and blending of ingredients within the container.

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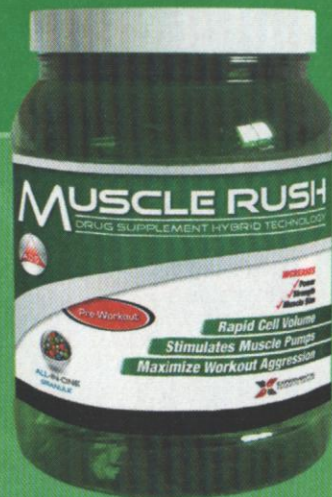
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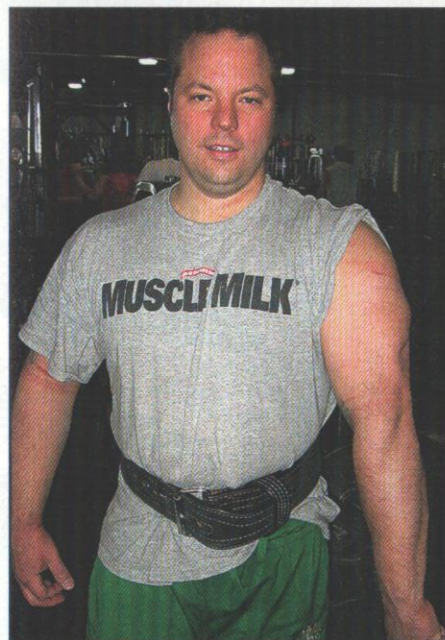
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TRAINING TIP

Blastin' Those Triceps as told by Jamie Caporosso



BLASTING THOSE TRICEPS

Triceps have to be one of the biggest assets to a big bench. One of my favorite exercises to hammer the triceps **was** the "elbows out, tricep extensions" with dumbbells. I say "was" because I finally figured out a better way to maximize the motion. It always seems that with this motion as soon as you get stronger at it, you start limiting your range of motion. Why? because the size of the dumbbells start compromising your range of motion. Basically because the stronger you get, the bigger the dumbbells get and when you fold your arms in, the head of the dumbbell limits your range of motion.

This variation of the exercise really helps you get that range of movement while maintaining the "elbows out angle" that you are looking for.

MUSCLES TARGETED

The muscles that you hit in this exercise are: Triceps brachii (Long and short head). It also hits the

Latissimus dorsi, Rhomboids, Rear Deltoids, and Trapezius.

SETTING UP FOR THE MOVEMENT

Look for the low cables that are across from each other. Usually there is a high and low set. Normally people are using the high set for Cable Crossovers. Grab a bench, and put it right between the two low pulleys. You will need to get a couple of lengths of rope (I got mine from the local hardware store) and tie them in a knot and hook them to the low pulleys. If you are lucky, there might be enough cable and you won't need the Rope.

PERFORMING THE MOVEMENT

I like to set up in my bench arch for this movement. This puts you up on the upper most part of your traps

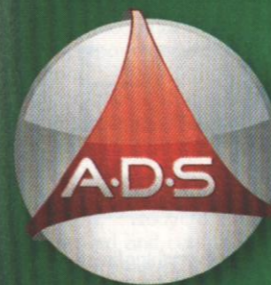
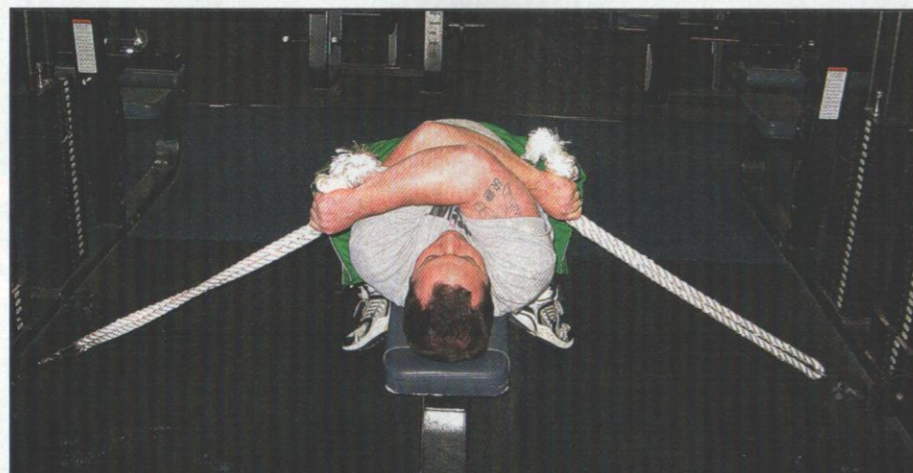
and lets you finish the movement as if you were in the lock out position of the bench press. I think this is key to a lot of movements.

Grab the ropes with opposing hands. Let the left hand grab the right rope and the right hand grab the left rope. Let the tension pull your elbows close together. Let your shoulder blades pull away from each other. Pull your elbows apart and squeeze your triceps tight at the top trying to end with your hands in the same position they would be in if you finished locking out your bench press.

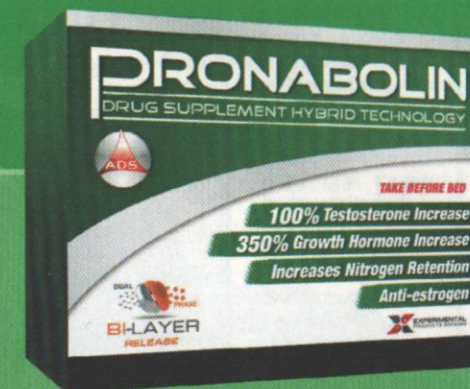
Hope this adds an extra workout to your arsenal. Keep changing it up and continue to enjoy your lifting.

Contact information for Jamie, as well as a video for this movement can be found at www.xxxpowerlifting.com You can ask him a question about the exercise or give him a hard time about flexing in this article.

Jamie



NOT GETTING THE GAINS YOU WANT?

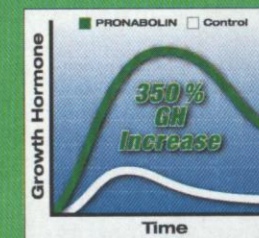
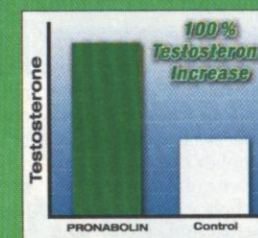


When it comes to gaining muscle everyone knows that Growth Hormone (GH) and Testosterone are king. These two hormonal "messengers" literally turn on the signal for your body to increase muscle mass. The problem is that many of legal products available do not have the technology to effectively deliver ingredients leading to an increase of both of these hormones.

New PRONABOLIN from ADS contains ingredients clinically shown to increase Testosterone by up to 100% and GH by up to 350%. Imagine what these kinds of hormonal increases would do to your gains!!! PRONABOLIN makes use of the



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POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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 (N.J.) 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 triceps. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

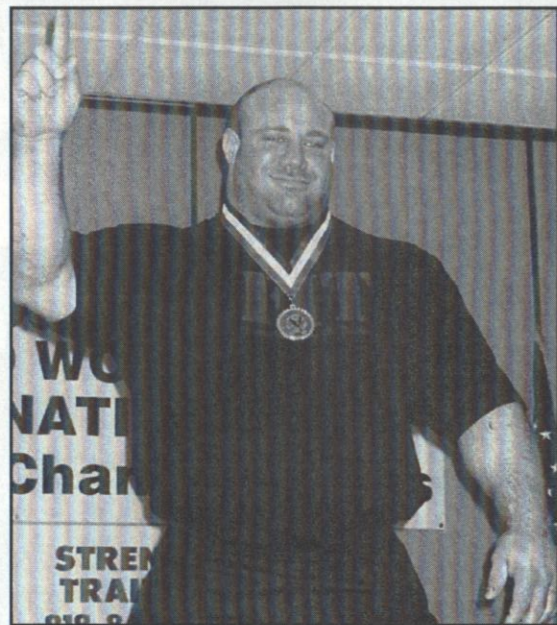
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

5) The calcium connects 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



Scott Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the triceps 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 Inledon, 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.

Scott 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 BodyQUICK.

(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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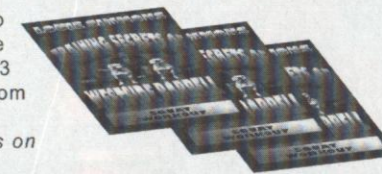
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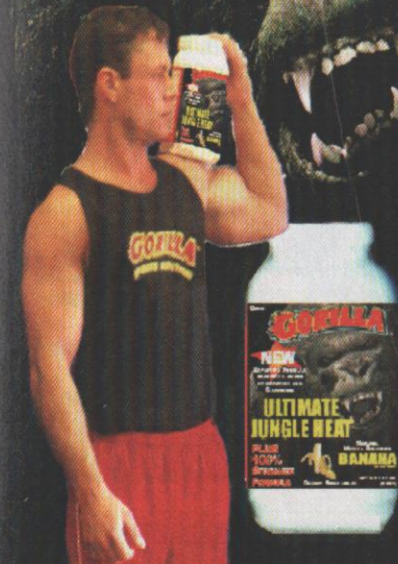
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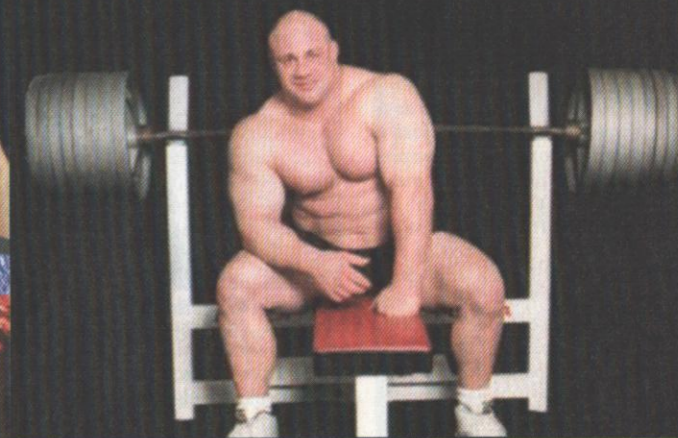
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NUTRITION

Power Nutrition Q & A

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

GETTING JACKED ON THE JUICE

Q: I loved your breakfast series that you have done over the last couple months. I will have to say that it was super comprehensive and you really hit the nail on the head in regards to how Powerlifters eat breakfast. I learned a lot from that series and hope to start incorporating some of your ideas into my nutrition plan. My question is about a product called Alpine V. Have you heard of this product before? It contains something called Sandthorn Berry and I was wondering if you could let me know more information about this. Please keep up the good work as I look forward to your article every month when my magazine comes in the mail. Sincerely, **Glen Tranos**

A: Hey, I am really happy that you liked the Breakfast series that I did. I put a lot of planning into it so I am glad it paid off. Thanks for all the kind words as it is very important to me that my readers are learning something that can benefit their training and health. Now in regards to your question, yes, I have heard of Alpine V. Well that is an understatement as I use Alpine V daily in my supplement regime. I am very picky about what supplements that I use as well as the quality of the ingredients so the fact that I personally use it should indicate a lot of credibility to you. You are correct that one of the main ingredients in Alpine V is Sandthorn Berry. What I am going to do is go over the three main ingredients in Alpine V and explain the benefits of each so you can see for yourself of what a high quality supplement it really is. Let's take a look.

Sandthorn Berry

The first people to use the Sandthorn Berry in their medicine were the Chinese. In many of their medical texts dating from over a thousand years ago it was praised for its numerous health benefits for the body. This amazing fruit has over 190 bioactive nutrients. This should make all of you who are interested in maximizing your health wake up and take note to this powerful health booster. Sandthorn Berry is very high in antioxidant protection. I have written briefly on the topic of antioxidants in the past and emphasized truly how important it is for powerlifters to obtain them. They are crucial to



Anthony Ricciuto - the food guru behind www.NutritionXP3.com

protect your cells from free radical damage that can lead to disease.

Sandthorn Berry contains 39 different isolated forms of Carotenoids. I have mentioned Carotenoids before in regards to certain food profiles that I have included. For those of you who forgot what they do, I will elaborate again. Carotenoids are very important because they protect the damage caused by free radicals on your bodies numerous cells.

They also can help inhibit certain forms of tumors, and who doesn't want that?

They can also increase the efficiency of your immune system. We all know when you are training hard for a competition your immune system can take a beating due to all stress.

They also have a positive effect on your cardiovascular profile by working on your good and bad cholesterol. I have pushed the benefits of essential fatty acids or what is known as the good fats over and over in my column due to the numerous health benefits they offer the Powerlifter.

Sandthorn Berry contains a wide spectrum of EFA's including Omega 3, 6, 7, and 9. These healthy fats are crucial for health and performance and are a must for all serious lifters. EFA's have numerous benefits to the lifters health including helping lower bad or LDL cholesterol and increasing your level of insulin sensitivity. This is of great importance to the lifter looking to take care of his long term health since Cardiovascular Disease and Diabetes are no doubt the two most common diseases that Powerlifters are known for.

I have performed nutritional analysis on hundreds of powerlifters and the large majority has shown signs of not only a bad blood profile in regards to

their cardiovascular health but insulin resistance as well. When these early signs are ignored then a heart attack and Type II Diabetes will be a reality in the near future.

Watermelon

Watermelon juice is rich in the water soluble vitamins including a wide spectrum of B vitamins as well as Vitamin C.

This nice inclusion of B Vitamins is essential for energy production as well as the absorption of the protein you consume.

Vitamin C has too many benefits to include here but immune strengthening, recovery from your training, lowering Cortisol production and raising Testosterone levels are some that all powerlifters can take advantage of.

Also provides a source of fiber and we all know that powerlifters do not get in enough daily fiber

I have pushed the many benefits of fiber numerous times which includes lowering bad cholesterol, stabilizing your blood sugar levels, fat loss, and eliminating toxins from the body just to name a few

Pomegranate

Pomegranate juice contains a wide spectrum of numerous different antioxidants. These include tannins, polyphenols and anthocyanins.

These powerful antioxidants protect you from free radical damage that harms your DNA.

It contains high levels of flavonoids and for those of you who don't know, they are a form of antioxidant.

What makes this form so special is the fact that they are known for eradicating free radicals that can lead to Cancer.

One new study showed that those that drank one glass of pomegranate juice per day actually increased the blood flow to their heart by more than a third.

This may be due to the fact that pomegranate juice prevents plaque build up on the arterial walls which as we all know is the leading cause of heart attacks and strokes.

Another study showed that pomegranate juice actually reduced the size of atherosclerotic lesions. The reason why this is so important is the fact is because these lesions narrow the arteries to the heart which can lead to heart failure.

So as you can see the ingredients contained in Alpine V are nothing less than phenomenal. This formula is not only well thought out in its design but also in the quality of the raw ingredients that are used. There are numerous other "Fruit" based health drinks currently on the market and after reviewing all those that are available I put Alpine V at the top of my list. Many other brands will use inferior ingredients or use certain ingredients in such a small dosage that they will not offer the benefits they speak of.

This is not the case with Alpine V as each ingredient is dosed in optimal ratios to make sure that you get the benefits you are looking for. I have many of my athletes using Alpine V right now as we speak and I will no doubt make it one of the staple supplements in all my athletes' plans. There are way too many health benefits not to include it their daily meal plan. I also use Alpine V daily in my supplement plan. I use 4 ounces first thing in the morning before I prepare my breakfast. Since I started using it I have noticed a lot of benefits already and I am sure that I will see more the longer that I take it. I have noticed an increase in my daily energy. I have a very hectic schedule working about 12 hours per day. Then there is the commute, gym time, errands and whatever else that needs to be done. I seem to always be on the go so it is not in my best interest to drag my ass. With the Alpine V, I don't feel a jittery burst of energy like I just downed 400mg of caffeine, but a nice calm energy that lasts all day long. I have also noticed a very nice improvement in my joint health as well. When you have been lifting close to 20 years it can take a toll on your tendons, ligaments and joints. I have noticed a lot better joint recovery between workouts and much less inflammation in my particular problem areas like my elbows and knees. This alone is worth its weight in gold and for any of you that suffer from this as well which most likely is just about everyone reading this article at one time or another, Alpine V can really make a difference. Another plus to this product is the ease of taking it. You don't have to take 5 pills three times per day like some other dosing schedules that you find with other supplements. All you need is 2-4 ounces per day first thing in the morning and you are done. It's so easy a caveman can do it ... oops, I mean a Powerlifter! I just love those commercials. For those of you out there that are looking to lower your chances of heart disease, keep Diabetes far away from you, and fight free radical damage that can lead to Cancer then this powerful formula should be part of your current supplement program!

I LOVE EATING COOKIES!

Q: I loved that articles series that you did on the protein bars my man. They were truly awesome. I tried many of the different recipes that you gave us and I actually liked them all. Now I was wondering if you had some cookie recipes too. I love cookies. Man, I can sit in front of the Television and wolf down a whole bag of chocolate chip cookies with a quart of milk like it was nothing. I know this isn't good for me, but I am a cookie junkie. Well, with the bars that I have been making I have cut down my cookie gorging fiesta to about once a week where as before it was at least a few times per week. So, nutrition man, what do you

got up your sleeve now, can you help me out or what? Keep up the good work as you always seem to give us real info that we can actually use not just quoting some stupid study that none of your readers will care to read about. Sincerely, **Bob "Bad Boy" Beltano**

A: I am really happy to hear that you liked my series on Protein Bar recipes. I put a lot of work into that series for sure and hearing your kind words made it all worth it. So, you like cookies, do ya? Well, eating as many as you do is not the healthiest thing do. I am glad to hear that you cut down to one glutinous feeding per week, but in reality it's still not making me proud to hear that. There is a little secret of mine that can really help you out. This will be good for even the laziest of powerlifters out there as well. Hell, you don't think I know that a lot of you were too lazy to even try to make even one of the recipes that I gave you? Hey, boys and girls, I know you better that you know yourselves. Well here is something you are all going to love and it's super easy as well. I am going to let you in on a cookie mix that is actually healthy. Best of all, it also tastes great so all the complainers and whiners out there don't have to have a little suckie baby fest when these cookies reach your palate. There is a site on the web called Custom Nutrition Warehouse. These guys cater to not only numerous different supplement companies, but they also sell a lot of bulk powder products ranging from Rhodiola to Raspberry Ketones. Now one of their top products is their chocolate chip cookie mix. This bag of nuggety goodness comes in a 5 pound bag and is made only with ingredients that I would give both thumbs up to. Yes, that means their isn't any sugar in them, but don't worry, they still taste fantastic. Let's take a look at the nutritional profile so you can see for yourself.

Each cookie has the following
13 grams of Protein
7 grams of Carbs
0 grams of Sugar

1 gram of Healthy Fat
Over 600mgs of Omega 3

Now here is something that will make all those lifters that want to have their cookies and eat it too something they can actually do. They contain...

NO butter
NO added salt
NO sugar
NO cholesterol

The only ingredients are 100% grain milled Flax Seed, 100% whey isolate protein powder, Hershey Healthy chocolate chips, sucralose, pure vanilla and baking soda.

So, here you have it folks, a cookies that is actually good for you. They contain about 13 grams of protein per cookie. For you cookie monsters out there, you can wolf back 4 of these guilt free cookies and you are consuming over 50 grams of

protein. That is about the amount found in two cans of tuna. What would you rather eat, two cans of oh so great tuna, or 4 of these rich chocolate chip cookies that go down so nice with a glass of low fat milk. Take your choice, but I know I would rather take in some of these cookies than look at another can of tuna. Now, what also makes these such a great idea is the preparation time? I know a lot of you guys out there don't want to sit in the kitchen for an hour to bake up something even if it tastes great. Hell, many of you don't even have the time to do if you wanted to. All you have to do is mix the cookie batter with milk, mold them into cookies and bake them in the microwave for less than a minute. Now if that isn't easy enough, then I don't know what is. Plus the wait time won't kill you because even the most impatient of you cookie munchers out there can wait less than 60 seconds for them to be finished. So, if you guys are looking for some cookies that won't add another roll of flab around your waistline then these are the cookies for you. Before I forget, you can get these online at www.CustomNutritionWarehouse.com. Give these heart healthy cookies a try because you will be glad you did and so will your cholesterol scores!

WHAT'S THE DEAL WITH CHEAT MEALS?

Q: I have a question for you about cheat meals. I have heard you talk about them many times before, but you never really explained what the deal is? Is this where you eat things you shouldn't or is it a free for all kind of junk marathon. Please expand about this so I know what you mean and how I can incorporate them into my eating plan. Yours in strength, **Gina Cartone**

A: So, you want to know what the deal is with the cheat meals eh? This is how I incorporate them. Now when I give a customized nutritional plan to an athlete I will lay out each and every meal of the day, which will consist between 6-8 meals. I know this sounds like a lot, but you have to remember each meal is customized for each person and what their specific goals are. This doesn't mean that you are going to be eating a 16 ounce T-bone steak 8 times per day. Each meal's caloric intake is calculated to best suit their needs and varies from meal to meal to maximize their results. When I present a plan to an athlete I want them to give it their best. This means that they should try and follow it to the best of their abilities. Of course, your Aunt Bertha's 90th Birthday party may throw off your plan for one meal but in the end if the rest of your days are followed it will not be that much of a problem. The goal with any plan is that the athlete will follow it for at least 90% of what I have instructed for them to consume. If there are one or two glitches during the week, as long as it's not wolfing down a bag of chips

with 2 liters of soda, things should even themselves out.

When my athletes have followed a cleaning out phase, so to speak, I will then include a cheat meal once per week. In layman's terms what I am referring to with the cleaning out period is that when an athlete comes to me and has been polluting their body for years on end, I like them to eat super clean for the first 4 weeks. This means no cheat meals allowed. This shouldn't kill most of you since you have eaten enough crap for several decades, a few weeks of eating healthy should be something your organs should welcome. Once they have done this I will allow them once per week to eat whatever they want but in moderation. This means that I don't want an athlete of mine to go out and eat a large pizza with 30 chicken wings and a case of beer for his cheat meal, because he has been eating clean for a few weeks. Remember moderation is the key. After several months of eating like an athlete instead of a couch potato slob waiting for your next junk food hit, I start to ease up a bit. There is a reason for this. Over time many changes occur which allow you to take in a little more treats that you once did. Your metabolic rate will increase so you will now burn more calories daily. Your level of insulin sensitivity will also improve and this is monitored with blood work to make sure it is happening. These are just a couple of the physiological changes your body will go through which will actually let you get away with more than you could have in the past. When an athlete drops a substantial amount of body fat, and his insulin sensitivity level is improved, I may start including 2-3 cheat meals per week. As long as the athlete is sensible about what they are consuming this can actually be a benefit instead of a hindrance. Remember I will be monitoring them weekly, so if they go out of control I will nip it in the bud quickly so they don't destroy any of their progress. This will help keep you motivated as well because you will eat clean most of the week and then once or twice you can indulge in a little something that you may have been craving. This way you get the best of both worlds. I am realistic when dealing with powerlifters. I know that you are not competitive bodybuilders, or track athletes willing to eat anything to win. Hell, I have a hard time with most of you just to take a daily multivitamin. This is why I allow some leeway for you to make progress because if it's too strict I know it won't do you any good when you throw the plan in the trash. So, Gina this is what I do with cheat meals for my athletes and if you are eating clean all week long it can be nice to cheat a little and have something you want on the weekend. This way you stay motivated and satisfied and most importantly you reach your goal because you can mentally handle eating like a champ.

If you have any questions or comments feel free to write me at: Aricciuto@NutritionXP3.com OR check out my website at: www.NutritionXP3.com



Lyn Silbert

The world of powerlifting and muscle building has lost one its most formidable and colorful people. Lyn Silbert, Ph.D., who passed away on 7/5/07 at the age of 51, thrived on lifting heavy weights and surfing the beautiful waves of Hawaii, where she lived. Lyn was a perfectionist in the art of lifting biomechanics who earned a Ph.D. in exercise physiology from the University of Hawaii and touched the lives of countless people as a friend, personal trainer, and fellow surfer. Her massive muscles and powerlifting totals were superceded only by her gargantuan heart. Through her innovative weight training methods, Lyn not only taught others how to get stronger but also gave them the gifts of greater body awareness and the ecstatic joy that accompanies physical achievement. Her commands to "squeeze your butt" and "tighten your lats" will forever ring in the ears of those she trained. She was on top of the world just days before when she set a PR in the squat with a 505 lift! Her inspiration lives on. Lyn, you will be missed.

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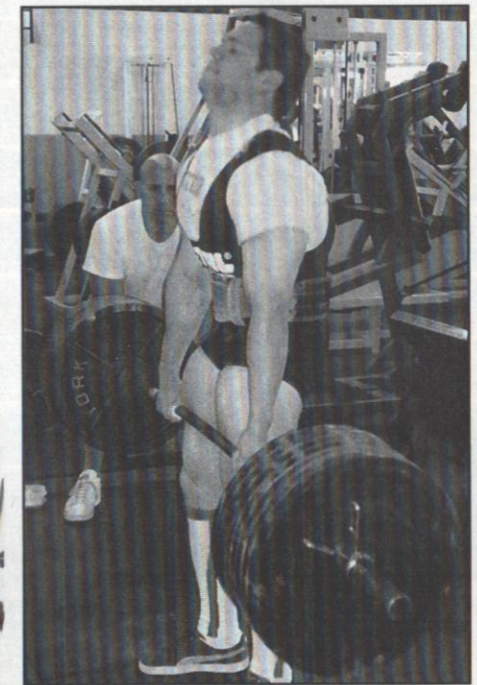
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POWER STUFF



Andy Bolton is now confirmed as having his 1003 lb. deadlift accepted into the Guinness Book of World Records, with his certificate presented at the British Championships on July 15th. (Thanks to Mike Sweeney for info)



Lauren Cohen Ph.D., 28, competes USAPL and trains at Gold's Gym in New Haven, CT with John Varrone, Rick Silverstein, Jerry Groff, and Al Hilger. His best lifts are 705 470 625. He is a Yale professor, who will be working at Harvard this coming fall. To a hard training athlete, who will be missed by all in New Haven, the Guys at Gold's wish you the best, Lauren. (photo courtesy John Varrone)

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THE RAGE

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.

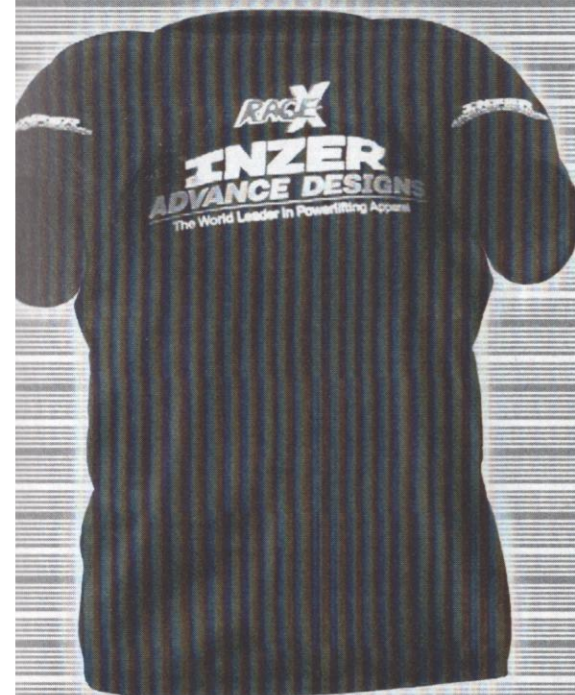
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

- **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 of 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



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

\$12.95



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



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

\$5.95



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

\$10.00



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



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

\$12.50



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

\$17.00



Camo T-shirts
Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

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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"

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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!

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Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

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

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Tank Tops
Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

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Forever Lever Belt 13MM
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.

\$70.00



Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.

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Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

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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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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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Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

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Max DL
The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

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Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

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The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

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Champion Suit has proven itself countless competitions and records over time. Enjoy the incredible support of Champion suit at unbeatable price and value.

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The Pillar
The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

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Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

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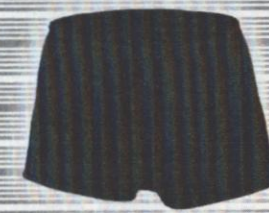
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Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

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Heavy Duty Erector Shirt
HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

\$55.00



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

\$26.00

STARTIN' OUT

SET AND REP RE-SPIN as told to PLUSA by Doug Daniels

Lifters devote a lot of time and effort in search of that 'secret' assistance exercise, the latest training method, and newest supplement, but they typically gloss over one of the most basic parts of a powerlifting program. Set and rep selection is a cornerstone of every lifter's training. It's my belief that the vast majority of the set/rep schemes used by most lifters are not efficiently designed to produce the best possible results. Let's re-spin old ideas on sets and reps to see if they can lead to better lifting progress.

To illustrate my concept, let's breakdown a few of the most popular set/rep schemes like the 5 sets of 5 reps and 'add weight / cut reps'. Each of these schemes can be made more efficient and, hopefully, more result producing.

First up is the '5 sets of 5 reps' scheme. One iteration of a '5 x 5' routine is to keep the same weight for 5 sets (warm-up not included):
225 x 5, 225 x 5, 225 x 5,
225 x 5, 225 x 5

Another '5 x 5' iteration involves an increase of the weight on each succeeding set, peaking out on the final or fifth set:

185 x 5, 200 x 5, 215 x 5,
230 x 5, 245 x 5

I agree that if you work hard and increase the weights used, when you are able, you will get stronger. So what's wrong with that, Doug, you may ask? By logically analyzing these two schemes and applying my suggestions, we can easily increase results.

In the first 5 x 5 example, if you succeeded with the fifth set with 225 pounds, what good were the first four sets? In the second 5 x 5 example the last and heaviest set was the most beneficial. The four previous sets only tired the lifter out and decreased the amount he would be capable of for the fifth set. These two methods are arguably a significant waste of time and energy. Fortunately the solution is incredibly simple.

A more efficient '5 x 5' scheme for the same lifter that would result in a much higher level of intensity and results could look like this:
200 x 5, 225 x 5, 255 x 5,
240 x 5, 225 x 5

With this more efficient scheme, a lifter would max out weight-wise on the third set with 255 pounds and then, as he tires, he would drop the weight a bit on each of the succeeding sets while maintaining a high level of intensity. This new 5 x 5 workout now becomes much more intense and result producing. More weight is



Brad Gillingham has incorporated a unique '5 x 5' squat training program into his deadlift training DVD which has been adopted very productively by a number of top drug free lifters in his home state of Minnesota and elsewhere around the world. Training the squat and deadlift together in a complementary fashion has produced over 40 competitive deadlifts of 800 lbs. or more for Brad. This DVD is available for \$26.95 plus \$5.00 shipping and handling from Poewrlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to place your order with VISA or MasterCard.

lifted in this new scenario versus the original, inefficient one.

Proper warm-up is still necessary and the examples provide it without expending valuable strength and energy needed later on the heavy work sets. Some lifters may require an additional set or two of increasing weight sets. Don't waste your time and energy performing unnecessary low intensity, marginally effective sets. Save your strength and energy for the sets that count. These are the sets that result in size and strength gains.

Now let's examine a typical add weight/cut rep each set scheme:
185 x 12, 205 x 10, 225 x 8, 245 x 6, 265 x 3, 285 x 2, 305 x 1

Here, my same principle applies. Too many light warm-up and intermediate sets and reps result in the lifter being able to lift less on the critical top set.

A better add weight/cut rep scheme for the same lifter would look like this:

185 x 12, 225 x 6, 255 x 2, 285 x 1, 315 x 1, 295 x 3, 265 x 5

The result of his change is a substantially higher amount of weight lifted over the workout while still providing adequate warm-up. The down sets in my example, as in my '5 x 5' scheme; allow the lifter to maintain intensity as his strength and energy level decreases. A real plus is that the same lifter would now be capable of a 2-5% higher top set! That may not sound like much, but over the a few months that can really add up. My suggested rule

of thumb is to decrease the weight by 5% on each succeeding set after the top set. This may require some minor adjustment for each individual, but this is a good number to start with.

Better exercise performance is another bonus. Typically, as a lifter becomes tired or fatigued, his exercise form suffers. Increasing poundage while fatigued greatly increases chances for injury. By performing the heavier sets sooner and then decreasing the weights as you tire, intensity and exercise form stay high. This is a one of those win-win scenarios.

This principle can also be applied to other set/rep schemes like the 3 x 10, 4 x 8, 6 x 6, etc. The weights you can use on the system may not be exactly in proportion to my examples and may require a little modification and experimentation on your part.

I am very confident that if you compare your current practices to my suggestions, you can immediately make all your workouts safer and more efficient and result producing without changing your selection of exercises or any other training methods. I had the chance to train a pretty good bencher at my gym a few years ago. By applying this principle he went from a max of 405 x 3 to 415 x 6 in one workout! As they say in small print, 'these results are atypical, but it is possible.'

That's the beauty behind the set/rep re-spin. You may wonder why you have not tried this before. But, don't waste your time wondering; go for it!

OK, I read in the Viagra-Spam emails that Paris Hilton went bra-less in jail, so I scored some photos for y'all and planned to talk about her new health-kick power routine. There's plenty of bare-action photos for everyone on the internet, and after our new powerlifter Paris served her hard-time in the slammer (JUST LIKE A NORMAL PERSON) she wanted a change of life-style that would make us all proud. Bless her heart! She planned to feed the homeless baby whales in Beverly Hills, and train like a powerlifter (or at least like a bulimic on crack), while drinking only flavored water and protein shakes. Alas, after the first few TV interviews - these big plans went the way of her prison diet - down the toilet.

So, now we gotta get back to the real world of working-class powerlifters, with round two of a popular name for a gym (SOUTHSIDE). Quick reminder; in 2004 we went to another SouthSide Gym, operated by hardworking Joe Sylvia who can deadlift over 500# with only 2 1/2 fingers on one hand!! (Go Joe!) In 2004 we talked to Joe Sylvia, Billy Mimnaugh, and Vincent Dizenzo about SouthSide Gym - but this is a different gym named SOUTHSIDE BARBELL. We're gonna do things a little different this time, as we visit NJ power-coach Franz Adler in Egg Harbor, New Jersey.

The most important thing I have for teaching and promoting the sport is 100s of Video Tapes and DVDs - these run on the TV in the gym constantly. Videos are METAL MILITIA, WESTSIDE, Ed Coan and Captain Kirk videos, and we have tons of magazines in the gym. One picture is worth 1000 words to a young lifter, and very inspirational to experienced lifters to boot. (And one picture of Paris Hilton in jail is worth about \$1000 on E-Bay, if you keep up with that sort of thing. RB)

NAME: SOUTHSIDE BARBELL
WHY? Because we could not call it Westside! (What are the odds that two HardCore Gyms would be called Southside? Please email me and tell me about more Southside Gyms if you know of any. RB)

AFFILIATION: METAL MILITIA - ATLANTIC COUNTY CHAPTER NEW JERSEY approved by SEBASTIAN BURNS and BILL CRAWFORD. (Very good BP numbers coming from these MM guys. A couple of friends improved their PR benches this Sunday with MM help. More on this later, RB.)

ORGANIZATIONS WE LIFT IN AND HAVE LIFTED IN: APF, AAPF, WNPf, IPA, NAACP, and AAU (Try to guess which one I added. RB)

NUMBERS: WE HAVE 7 TO 12 LIFTERS AT ANY GIVEN TIME and WE ALWAYS WELCOME GUESTS. (Rob stressed that new guys were welcome to come train. Potential new lifters in the NJ area should email lifter Rob Fishbein at this email address: fish62301@aol.com)

WHY DID SOUTHSIDE BARBELL START? Opened in 1996 because at that time in our area there was no one interested in powerlifting. Our gym is together for the sole purpose of bringing more people into the sport. I believe in the history and tradition of powerlifting. Giving honor and remembering the people who went before us. I never let anyone forget the past lifters, because without them we would not have the sport we love today.

PROGRAM HISTORY: Our programs basically follow SEBASTIAN BURNS UNDERGROUND STRENGTH VIDEOS FOR BENCH AND SQUAT TRAINING. If you ever get the chance to attend a METAL MILITIA BENCH SEMINAR you must. This style and program put 100 to 200 lbs on our lifters in the gym. (WOW.)

HOW SMALL IS TOO SMALL? GYM SIZE AND EQUIPMENT - 400 square feet.

HARD CORE GYM #65 Southside Gym by Rick Brewer

DUMBELLS 5lbs to 100 lbs, a **Monster Bench for people over 6'8"** (can monsters like that fit in this gym?!), Reverse Hyper Machine, Power Rack with 56" wide base, Crepinsek Monolift inside Power Rack, Band Attachment on bottom of Power Rack, Titanium Gut Buster Robot-Toys, 200 lbs of chains, Chest Support Row, Leg Press, Glute Ham Raise, Custom-Made METAL MILITIA Bench made by Bill Crawford, True Squat Machine, Seated Row Machine, Smith Machine, Grappler, Trap Bar, Cambered Bar, Bow Bar, Fat Bar, Fat Tire Beer, Mike McDonald Bar, EZ Curl Bar, Bar Mitzvah, Manta Ray Attachment, Sting Ray Costume, SQ Box, Bands, Boards, etc, etc. (Whew. I had to edit this list - hope I got it right. RB)

FREE WEIGHTS: Let me summarize and just say YES, PLENTY. They have plenty of weights and plates plenty of BP shirts and Inzer Belts, plenty of SQ Suits, Wrist Wraps, etc. (All the assorted gym-trash that makes us all feel at home.) They have plenty of Olympic Bars ranging from 7 to 8' long.

The most important thing I have for teaching and promoting the sport is 100s of Video Tapes and DVDs - these run on the TV in the gym constantly. Videos are METAL MILITIA, WESTSIDE, Ed Coan and Captain Kirk videos, and we have tons of magazines in the gym. One picture is worth 1000 words to a young lifter, and very inspirational to experienced lifters to boot. (And one picture of Paris Hilton in jail is worth about \$1000 on E-Bay, if you keep up with that sort of thing. RB)

GUEST LIFTERS AND SPECIAL FRIENDS: Biggest guest lifter has been Tony Barabaccio who has a 900 plus squat and 700 plus bench and is in the Top 100 superheavyweights in PLUSA 2 years running. Tony loves to teach and coach all our lifters. Dave Detittio 1763 raw total and who was a Collegiate All American at Temple for powerlifting.

We are very proud of our association with Iron Asylum Gym. Sandi and Zane McCauslin, who along with their children, Sarah and Kerri, are a world class family. Not only in powerlifting, but in every respect. Their lifting stands for itself. Zane has a 705 bench and Sandi has a 635 squat.

Franz Adler is a lifter in our gym, who is



Group photo: (top standing) Colin, Rob Fishbein, Matt Eisenstein, Pat Schell, Bill Shemmel, (center seated) Franz Adler, (front seated) Sammy Summerville and Dr. Bill Ross

57 years old. He holds numerous records: AAU New Jersey for Deadlift and Bench, World Record Holder Bench for WNPf, APF NY State Record Holder, Top 100 two times in PL USA Raw Bench in 1982 and 1983.

Nancy Adler, CFT-SPN is a certified nutritionist, fitness trainer, and a competitive runner. She helps all of us control our weight loss or gain depending on what class we are entering.

Sammy Summerville aka The Technician is always complemented on his great form. He is an IPA Record Holder and WNPf record holder for 181 class.

For two years, Rob Fishbein has been powerlifting. He has an 1800 total to his credit. His best meet lifts are 750 squat and 525 bench. He has hit 800 squat several times in the gym. He will be in the Top 100 275 class this year for squat in PL USA. He is pushing for a 2000 total this year.

Dr. Bill Ross is a Top 100 181 class with a 457 bench. He will make the Top 100 for 198 class with a 480 bench.

Dave Crawford holds numbers WNPf records. He is a former Olympic Lifter.

Pat Schell is a current record holder, 17-18 AAPF Raw Bench 365 and Raw Deadlift 555.

Matt Eisenstein hit 600 in the gym on squat. He has a 400 raw bench. Soon he will be attending the University of Hawaii on a football scholarship as a linebacker.

Dan Bolf - 220 Class 600 pound deadlift in WNPf and 375 bench.

Joe Touhy is a very, very strong 58 year-old. He has a 400 raw bench and 500 pound deadlift.

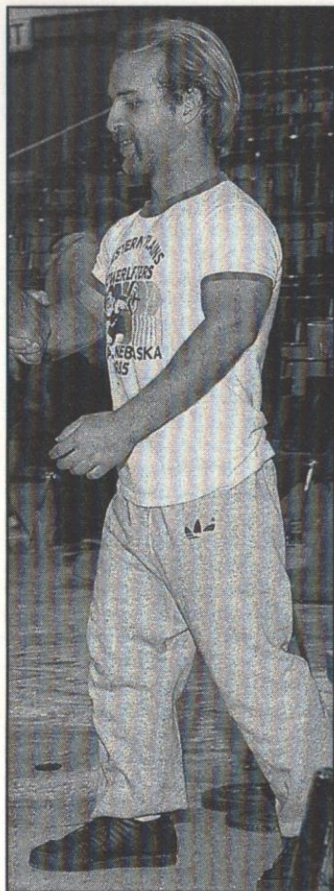
Bill Shemmel - 220 Class 1300 raw total and competes in the WNPf.

Big thanks to Rob Fishbein for proving the scoop on this HardCore Gym in New Jersey, and we wish everyone at Southside Barbell good luck and white lights! Next month, we'll get a few updates and name changes on some old friends - so email me with any important changes at past HardCore Gyms. We'll also talk about wet swimmers in the gym, Jehovah Witnesses, and big German girls. Bless their hearts! There should be something to offend everyone, I promise.

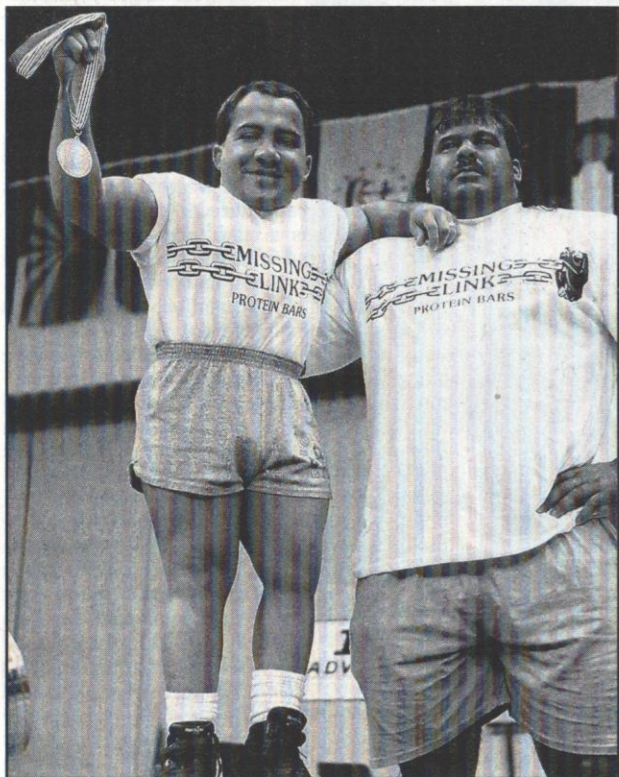
On a personal note, I did a little meet two days ago and went up a weight class just for grins. (Insert big yawn here.) My first time lifting in the 220s was a bit of a disappointment (Sunday). I got a **468# BP**, but missed 490# and was weaker than I had been in training. Natch. But, a bunch of my buddies lifted great - so here's to everyone at the TX Fire 'O' Powerlifting Meet! I learned a little about lifting fat and sassy the hard way, and strained my right bicep in the process. But I still had fun, and I'll overcome my nerves and lift better next time. I definitely enjoyed the fact that I **DIDN'T HAVE TO DIET AT ALL**. I was fully hydrated and full of food at the weigh-ins, and let me tell you - IT WAS NICE. That was the highlight of the meet for me!

Complaints and criticism: shredder
Comments and Gym info:
rick@houseofpain.com

Photos and fan mail:
Rick Brewer
HOUSE OF PAIN
P.O. Box 333
Fate, TX 75132



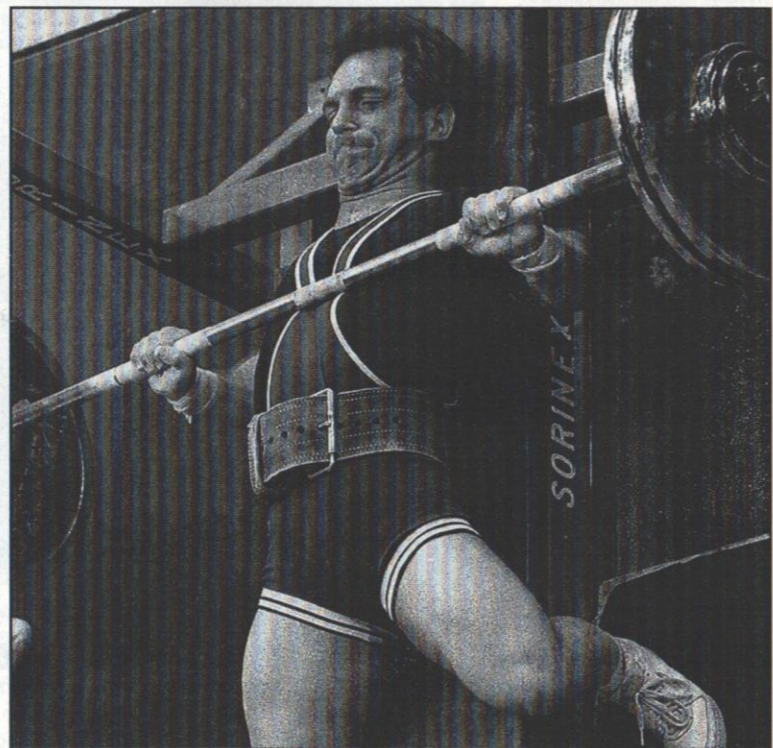
Mike Nelson (above) receiving his World Championship award from Larry Pacifico at the APF World Championships in Dayton, Ohio. The late Phil Hile (below left) shows a little contrast in size with Superheavyweight Harold "Iron Bear" Collins.



ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 114 Pound (52 Kilogram) Weight Division -- Bench

Bench Press	X-Bwt	Male American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 360.5 (163.5)	3.14X	Mike Booker/81 12/1/01 (163.5 kg., without a bench press shirt) (Laughlin, Nevada) (AAU)
2. 330.0 (149.7)	2.88X	Chris Hollyfield 10/16/92 (330.0 lb.) (Lakeland, Florida) (APF)
3. 325.2 (147.5)	*2.88X	Chuck Dunbar/57 7/7/84 (147.5 kg. @ 51.2 kg., without a bench press shirt) (Dayton, Ohio) (USPF)
4. 323.0 (146.5)	*2.82X	Joe Cunha/59 7/10/82 (146.5 kg. @ 52.0 kg., without a bench press shirt) (Dayton, Ohio) (USPF)
5. 321.0 (145.1)	2.79X	Doug McDonald 4/9/89 (320.0 lb., which later weighed out at 321.0 lb.) (Princeton, New Jersey) (ADFPA)
6. 320.0 (145.1)	2.79X	Jeff Grabowski 7/27/91 (320.0 lb.) (Hazelcrest, Illinois) (NASA)
7. 319.7 (145.0)	*2.80X	Harold Escobedo 6/5/82 (145.0 kg. @ 51.7 kg., without a bench press shirt) (Portland, Oregon) (USPF)
8. 319.7 (145.0)	*2.81X	Hung Tram Pham/74 12/3/04 (145.0 kg. @ 51.6 kg.) (Cleveland, Ohio) (USAPL/IPF)
9. 316.0 (143.3)	2.76X	Chad Ikei/71 4/7/91 (142.5 kg., which later weighed out at 316.0 lb.) (Waikiki, Hawaii) (APF/WPC)
10. 308.6 (140.0)	*2.76X	Lyle Culp 6/3/00 (140.0 kg. @ 112.0 lb.) (Eugene, Oregon) (WABDL)
11. 308.6 (140.0)	*2.71X	Erwin Gainer/66 7/9/04 (140.0 kg. @ 51.72 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
12. 303.1 (137.5)	2.64X	Kerwin Unten/68 12/10/95 (137.5 kg.) (Honolulu, Hawaii) (NSM)
13. 300.0 (136.1)	2.62X	Angelo Cruz 9/9/90 (300.0 lb.) (Park Ridge, Illinois) (ADFPA)
14. 300.0 (136.1)	2.62X	Boyd Honeycutt 5/19/91 (300.0 lb.) (Naperville, Illinois) (APF/WPC)
15. 298.7 (135.5)	2.61X	D. Jennison 12/12/98 (135.5 kg.) (Fresno, California) (USPF)
16. 292.1 (132.5)	2.55X	Joe Steinfeld/58 7/5/86 (132.5 kg.) (Chicago, Illinois) (USPF/IPF)
17. 292.1 (132.5)	2.55X	Clarence Fielder 7/7/90 (132.5 kg., without a bench press shirt) (Hollywood, Florida) (USPF)
18. 290.0 (131.5)	2.53X	Paul Bieber 11/8/80 (290.0 lb., without a bench press shirt) (Boston, Massachusetts) (USPF)
19. 290.0 (131.5)	2.53X	Mike Nelson 12/19/87 (290.0 lb.) (Omaha, Nebraska) (USPF)
20. 286.6 (130.0)	2.50X	Jim Caldwell 11/22/87 (130.0 kg.) (Dayton, Ohio) (APF/WPC)
21. 286.6 (130.0)	2.50X	Phil Hile/67-05 4/8/95 (130.0 kg.) (South Charleston, West Virginia) (USPF)
22. 285.0 (129.3)	2.49X	David Titus 4/12/93 (285.0 lb.) (Pensacola, Florida) (USPF)
23. 285.0 (129.3)	*2.49X	Tony Scheldrup/76 11/5/05 (285.0 lb. @ 114.4 lb.) (Hudson, Wisconsin) (USAPL)
24. 281.1 (127.5)	*2.48X	Mark Ferrera 6/4/83 (127.5 kg. @ 51.4 kg., without a bench press shirt) (Charlottesville, VA) (USPF)
25. 281.1 (127.5)	2.45X	Chad Wright/74 4/20/91 (127.5 kg.) (Dallas, Texas) (NASA)
26. 281.1 (127.5)	2.45X	Larry Benson 3/7/92 (127.5 kg.) (Asheboro, North Carolina) (USPF)
27. 281.1 (127.5)	*2.87X	Lenny Clark 7/24/95 (127.5 kg. @ ~98.0 lb.) (Boulder, Colorado) (ADFPA)
28. 280.0 (127.0)	2.44X	Gary Kucipak/55 6/17/78 (280.0 lb., without a bench press shirt) (Hudson, New York) (AAU)
29. 280.0 (127.0)	2.44X	Michael Sauer 11/11/78 (280.0 lb., without a bench press shirt) (Durham, North Carolina) (AAU)
30. 280.0 (127.0)	*2.52X	Jon Shorr/70 6/15/85 (280.0 lb. @ 111.0 lb.) (Detroit, Michigan) (USPF)
31. 280.0 (127.0)	2.44X	Anthony McCulley 8/26/89 (280.0 lb.) (Palatka, Florida) (ADFPA)
32. 280.0 (127.0)	2.44X	Viet Tran/76 2/4/95 (280.0 lb.) (Omaha, Nebraska) (ADFPA)
33. 275.0 (124.7)	2.40X	Bernie Miller/67 10/20/90 (275.0 lb.) (Charleston, South Carolina) (ADFPA)
34. 275.0 (124.7)	2.40X	Thomas Chaput/80 8/1/97 (275.0 lb., without a bench press shirt) (Charlotte, North Carolina) (AAU)
35. 270.1 (122.5)	2.36X	John Padova 6/7/86 (122.5 kg.) (Dallas, Texas) (USPF)
36. 270.1 (122.5)	2.36X	Bobby Adams 2/17/88 (122.5 kg.) (El Tor, California) (USPF)
37. 270.1 (122.5)	2.36X	Phil Hile/67-05 7/15/89 (122.5 kg., without a bench press shirt) (Las Vegas, Nevada) (USPF/IPF)
38. 270.1 (122.5)	2.36X	Randy Somma/71 4/1/90 (122.5 kg.) (Wilkes-Barre, Pennsylvania) (ADFPA)
39. 270.1 (122.5)	2.36X	Boyd Honeycutt 11/21/92 (122.5 kg., without a bench press shirt) (Wilkes-Barre, PA) (ADFPA/WDFPF)
40. 270.1 (122.5)	2.36X	Kelson Silva 6/11/05 (122.5 kg.) (Honolulu, Hawaii) (WABDL)
41. 270.0 (122.5)	2.36X	Gary Hunnicutt/57 5/17/80 (270.0 lb., without a bench press shirt) (Sacramento, California) (USPF)
42. 270.0 (122.5)	2.36X	Randall Kea/62 2/28/81 (270.0 lb., without a bench press shirt) (August, Georgia) (NSM)
43. 270.0 (122.5)	2.36X	Vinh Le 10/23/93 (270.0 lb., without a bench press shirt) (Reprea, California) (FCI)
44. 265.0 (120.2)	2.31X	J. Kahn 1/12/80 (265.0 lb., without a bench press shirt) (San Jose, California) (USPF)
45. 265.0 (120.2)	2.31X	Richard Williams 6/30/85 (265.0 lb.) (Rockport, Maine) (USPF)
46. 265.0 (120.2)	2.31X	Patrick Moore/69 4/18/87 (265.0 lb.) (Des Moines, Iowa) (ADFPA)
47. 265.0 (120.2)	2.31X	Bret Kimberlin 3/28/92 (265.0 lb.) (Memphis, Tennessee) (USPF)
48. 265.0 (120.2)	2.31X	Derek Ito 6/13/92 (265.0 lb.) (Kailua, Hawaii) (USPF)
49. 265.0 (120.2)	*2.33X	David Cohn/75 8/21/04 (265.0 lb. @ 51.6 kg.) (Moraine, Ohio) (USAPL)
50. 264.6 (120.0)	2.31X	Mike Nelson 7/9/88 (120.0 kg., without a bench press shirt) (Las Vegas, Nevada) (USPF/IPF)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Chuck Dunbar was always a threat to the bench press records

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 97 Pound (44 Kilogram) Weight Division -- Bench

Bench Press	X-Bwt	Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 215.0 (97.5)	2.22X	Cosette Fernandez-Neely/82 3/5/05 (97.5 kg.) (Monterey, California) (WABDL)
2. 183.0 (83.0)	*1.89X	Elizabeth "Ann" Leverett/54 6/26/96 (83.0 kg. @ 43.8 kg.) (Kitchener, Canada) (USPF/IPF)
3. 181.9 (82.5)	1.88X	Delcy Palk 4/20/96 (82.5 kg.) (Richland, Washington) (NSM)
4. 180.0 (81.6)	*1.88X	Wanda Burnette/50 4/23/05 (180.0 lb. @ 96.0 lb.) (Charleston, South Carolina) (APF)
5. 176.6 (80.1)	1.82X	Elizabeth "Ann" Leverett/54 7/26/91 (75.5 kg., without a bench press shirt) (Dallas, Texas) (USPF)
6. 173.1 (78.5)	1.78X	Susie Benford 7/6/91 (78.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
7. 172.0 (78.0)	*1.78X	Cheryl Anderson/75 9/23/06 (78.0 kg. @ 43.8 kg.) (Apple Valley, Minnesota) (USAPL)
8. 170.9 (77.5)	1.76X	Lesia Thomas-Oliver 3/16/86 (77.5 kg.) (Phoenix, Arizona) (APF/WPC)
9. 170.0 (77.1)	1.75X	Judith Gedney/40 8/8/87 (170.0 lb.) (Milan, Illinois) (NSM)
10. 165.3 (75.0)	1.70X	Michelle Evis 3/15/81 (75.0 kg., without a bench press shirt) (Mentor, Ohio) (USPF)
11. 165.3 (75.0)	*1.72X	Teri Hoyt 2/20/82 (75.0 kg. @ 43.48 kg., without a bench press shirt) (Auburn, Alabama) (USPF)
12. 165.3 (75.0)	*1.73X	Cheryl Jones/51 6/1/85 (75.0 kg. @ 43.3 kg., without a bench press shirt) (Vienna, Austria) (USPF/IPF)
13. 165.3 (75.0)	1.70X	Kay Ashton 2/6/88 (75.0 kg.) (Glens Falls, New York) (USPF)
14. 160.9 (73.0)	*1.68X	Christine Moorman 11/20/05 (73.0 kg. @ 96.0 lb.) (Reno, Nevada) (WABDL)
15. 159.8 (72.5)	1.65X	L. Whiddon 10/4/87 (72.5 kg.) (Austin, Texas) (USPF)
16. 159.8 (72.5)	*1.65X	Elaine "Scraps" Kunkle-Grimwood/70 6/14/02 (72.5 kg. @ 44.0 kg.) (York, Pennsylvania) (APF/WPC)
17. 159.8 (72.5)	*1.66X	Tina Carder/84 9/8/04 (72.5 kg. @ 43.6 kg.) (Pretoria, South Africa) (USAPL/IPF)
18. 159.8 (72.5)	1.65X	Alexandra Vallejo 6/11/05 (72.5 kg.) (Rancho Cordova, California) (WABDL)
19. 159.8 (72.5)	*1.66X	Erin Dickey/84 9/10/05 (72.5 kg. @ 43.7 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
20. 155.0 (70.3)	*1.60X	Carol Patterson/57 3/3/84 (155.0 lb. @ 97.0 lb.) (Redmond, Washington) (USPF)
21. 155.0 (70.3)	1.60X	Jill Kennedy 12/7/02 (155.0 lb.) (Stanardsville, Virginia) (USAPL)
22. 154.3 (70.0)	*1.62X	Lori Okami 10/10/81 (70.0 kg. @ 95.0 lb., without a bench press shirt) (Honolulu, Hawaii) (USPF)
23. 154.3 (70.0)	1.59X	Judith Gedney/40 5/9/86 (70.0 kg., without a bench press shirt) (Hestra, Sweden) (USPF/IPF)
24. 154.3 (70.0)	*1.59X	Ashley Hudson-Robbins/77 1/25/03 (70.0 kg. @ 44.0 kg.) (Killeen, Texas) (USAPL/IPF)
25. 154.3 (70.0)	*1.61X	Maria Pfister/84 4/13/07 (70.0 kg. @ 43.6 kg.) (Killeen, Texas) (USAPL)
26. 150.0 (68.0)	1.55X	April Delmore/67 12/9/89 (150.0 lb.) (Adel, Georgia) (USPF)
27. 150.0 (68.0)	1.55X	S. Smith 11/18/90 (150.0 lb.) (Sewickley, Pennsylvania) (NSM)
28. 150.0 (68.0)	*1.58X	Lynne Fuller-Barlow/59 11/21/92 (150.0 lb. @ 95.0 lb.) (Whitman, Massachusetts) (USPF)
29. 150.0 (68.0)	*1.55X	Lynn Frankmann 4/10/94 (150.0 lb. @ 97.0 lb.) (Bedford Heights, Ohio) (ADFPA)
30. 150.0 (68.0)	1.55X	Linda Barnes/49 5/11/96 (150.0 lb.) (Erie, Pennsylvania) (AAU)
31. 148.8 (67.5)	*1.56X	Aleatha Martin-Mills 1/29/83 (67.5 kg. @ 43.3 kg., without a bench press shirt) (Chicago, Illinois) (USPF)
32. 148.8 (67.5)	1.53X	Marianne Del Castillo 7/14/89 (67.5 kg., without a bench press shirt) (Las Vegas, Nevada) (USPF/IPF)
33. 148.8 (67.5)	1.53X	Anna James 12/11/93 (67.5 kg.) (Budapest, Hungary) (USPF/IPF)
34. 148.8 (67.5)	*1.58X	Carin Fujisaki/59 4/12/03 (67.5 kg. @ 94.0 lb.) (Napa, California) (USAPL)
35. 148.8 (67.5)	*1.57X	Barb Sieps/67 6/4/05 (67.5 kg. @ 94.8 lb.) (Detroit, Michigan) (APF/WPC)
36. 148.8 (67.5)	*1.53X	Kendra Miller/92 7/7/06 (67.5 kg. @ 44.0 kg.) (Miami, Florida) (USAPL/IPF)
37. 145.5 (66.0)	1.50X	Potter 12/16/95 (66.0 kg.) (Marshfield, Wisconsin) (NASA)
38. 145.0 (65.8)	1.49X	Lynn Dadio 2/10/85 (145.0 lb.) (Waterford, Connecticut) (NSM)
39. 145.0 (65.8)	1.49X	Linda Stallard 12/13/97 (145.0 lb.) (New Castle, Indiana) (USAPL)
40. 145.0 (65.8)	*1.53X	Nadine Cohen-Baker/57 3/20/99 (145.0 lb. @ 95.0 lb.) (Augusta, Georgia) (APA/WPA)
41. 143.3 (65.0)	*1.48X	Nancy Belliveau/53 1/26/85 (65.0 kg. @ 44.0 kg.) (Boston, Massachusetts) (USPF)
42. 143.3 (65.0)	1.48X	Tammy Martin 6/18/93 (65.0 kg.) (Greensboro, North Carolina) (USPF/IPF)
43. 143.3 (65.0)	1.48X	Barbara Talmadge 5/7/94 (65.0 kg.) (Chicago, Illinois) (ADFPA)
44. 143.3 (65.0)	*1.48X	Beth Grater/58 5/14/94 (65.0 kg. @ 44.0 kg.) (Bronx, New York) (ADFPA)
45. 143.3 (65.0)	1.48X	Laura Proulx 3/10/01 (65.0 kg.) (Lynn, Massachusetts) (APF)
46. 143.3 (65.0)	*1.49X	Caitlin Miller/90 11/1/03 (65.0 kg.) (Plainwell, Michigan) (USAPL)
47. 140.0 (63.5)	1.44X	Rose Daniels 8/3/91 (140.0 lb.) (Des Moines, Iowa) (NSM)
48. 137.8 (62.5)	1.42X	Debbie Burke 1/17/87 (62.5 kg., without a bench press shirt) (San Francisco, California) (USPF/IPF)
49. 137.8 (62.5)	1.42X	Cheryl Taylor 5/30/87 (62.5 kg.) (Stockton, California) (ADFPA)
50. 137.8 (62.5)	*1.44X	Griselle Ufret/65 6/14/02 (62.5 kg. @ 43.4 kg.) (York, Pennsylvania) (APF/WPC)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Lori Okami competed in Hawaii



Susie Benford dominated APF contests.



Ann Leverett has been a top ranked bench presser in the lighter weight classes for many years.

Russian Powerlifting 17-18 FEB 07 - Moscow, RUS				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
116 lbs.				
Senior				
Reshetova	181	126	220	529
123 lbs. (18)				
Borisova	170	115	231	518
129 lbs. Junior				
Shapovalova	192	88	248	529
Master I				
Solodovnik	159	88	187	435
Senior				
Majorikina	110	66	110	286
138 lbs. Master II				
Talikova	192	110	275	578
Tambovtseva	132	66	132	330
Senior				
Azarova	132	132	242	507
154 lbs. Junior				
Shvedova	264	143	275	683
176 lbs. Senior				
Glusschenko	248	126	242	617
Frolova	198	110	242	551
MALE				
114 lbs. Teen I				
Dolgiev	198	110	209	518
Teen II				
Timofeev	209	132	275	617
123 lbs. Junior				
Kuznetsov	286	198	319	804
Teen III				
Diakov	220	154	281	655
132 lbs. Junior				
Kriutchkov	209	154	264	628
Lapshin	203	121	264	589
Senior				
Skaskevitch	319	187	385	892
Ivanov	237	187	336	760
148 lbs. Open				
Casnichenko	352	264	396	1014
Junior				
Timofeev	314	231	341	887
Ordoyan	308	209	363	881
Bolovlenkov	281	209	352	843
Bogdanov	220	231	385	837
Tretiak	281	187	363	832
Diachenko	264	165	363	793
Tyryshnikov	259	170	347	777
Master II				
Shadrin	253	203	352	810
Senior				
Zaytsev	198	—	—	198
Shuvalov	308	198	341	848
Majorikina	220	154	220	595
Teen II				
Scheblikin	264	176	341	782
Teen III				
Vorividin	253	165	352	771
165 lbs. Junior				
Filippov	281	—	—	281
Rozov	391	237	440	1069
Kuptsov	352	253	418	1025
Shatrov	330	253	418	1003
Kozlov	314	192	385	892
Shikov	286	237	352	876
Davidov	297	198	374	870
Korneev	176	176	264	617
Master III				
Kulakov	220	237	325	782
Master V				
Vetrov	275	192	374	843
Master VI				
Brendeliov	242	198	242	683
Senior				
Niazian	418	341	496	1256
Yegorov	396	253	440	1091
Tchviagin	396	264	396	1058
Abdul	352	220	418	992
Avdonin	352	242	396	992
Teen II				
Shevko	275	226	363	865
Teen III				
Bodrov	297	214	374	887
Anikin	275	187	352	815
Shuitchikov	264	209	330	804
Babushkin	220	176	308	705
181 lbs. Junior				

Zholudiev	374	264	573	1212
Rimsha	440	242	485	1168
Kovalenko	358	264	440	1063
Kuznetsov	363	253	396	1014
Morozov	275	242	341	859
Master I				
Sorokin	275	231	352	859
Master VI				
Sannikov	259	209	314	782
Senior				
Denisov	474	286	496	1256
Zhekov	407	297	451	1157
Ivlev	385	286	474	1146
Antonov	374	297	440	1113
Prilepko	369	203	424	997
Antonov	352	242	385	981
Teen III				
Gladih	385	231	451	1069
Golubev	352	231	418	1003
Gaydarilov	319	203	330	854
Gaydarilov	303	203	330	837
198 lbs. Junior				
Kuts	518	319	573	1410
Karpushkin	429	286	474	1190
Poberezhny	374	286	485	1146
Kazakov	308	286	485	1080
Vinogradov	336	220	451	1008
Fiodorov	286	264	385	937
Master I				
Afanasiev	385	275	440	1102
Senior				
Zhukov	556	391	595	1543
Gorilenko	507	330	540	1377
Gridnev	474	352	507	1333
Ponomariov	418	308	551	1278
Schiutskoy	463	325	440	1229
Lysionov	374	231	496	1102
Ivanov	363	264	457	1085
Picklyayev	352	275	374	1003
Lipatov	292	253	385	931
Majorkin	220	220	220	661
Teen III				
Khrapov	418	231	440	1091
Zotov	336	220	407	964
220 lbs. Junior				
Chekreniov	451	352	418	1223
Master I				
Mishustin	341	286	418	1047
Master II				
Borisov	385	270	446	1102
Tchekreniov	363	253	396	1014
Master III				
Dobrokhotov	435	319	529	1284
Senior				
Korobeynikov	474	352	573	1399
Yevdokushin	463	308	595	1366
Sukharev	485	347	496	1328
Bit-Juhan	440	374	507	1322
Paramokhin	418	264	551	1234
Milkov	407	363	451	1223
Miakishev	402	303	490	1196
Kalinin	374	308	463	1146
Gorenkov	374	286	463	1124
Kuznetsov	363	242	485	1091
Gorkov	374	286	396	1058
Scherbatchev	308	396	352	1058
Kurkov	352	220	463	1036
Lipitch	220	198	264	683
Leunin	275	132	275	683
Teen III				
Kulikov	286	264	330	881
242 lbs. Junior				
Pankevitch	463	374	551	1388
Davidov	352	330	485	1168
Master II				
Novikov	529	396	617	1543
Targonsky	418	253	556	1229
Senior				

USAPL Aggie Invitational 3 MAR 07 - College Station, TX				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Stewardson	154	88	176	418
132 lbs.				
Mulrine	203	110	203	518
Lamp	270	—	297	567
Duyka	198	104	253	556
148 lbs.				
Austin	214	115	253	584
165 lbs.				
Bennett	281	137	303	722
Brantner	330	148	303	782
MALE				
123 lbs.				
Freeman	369	231	418	1019
132 lbs.				
Wacha	292	—	—	292
148 lbs.				
Arjon	—	231	402	633
Calloway	396	—	407	804
Hoerner	534	286	507	1328
Hussein	374	—	—	374
165 lbs.				
Dietz	391	314	440	1146
551	396	617	1565	
507	352	600	1460	
518	352	578	1460	
507	352	551	1410	
529	341	529	1399	
463	352	485	1300	
463	374	440	1278	
429	341	485	1256	
451	308	440	1201	
485	319	485	1289	
595	385	661	1642	
540	319	523	1383	
507	352	518	1377	
474	275	540	1289	
451	352	485	1289	
429	308	485	1223	
418	286	396	1102	
595	440	551	1587	
551	358	622	1532	

A. Esurada	485	314	567	1366
L. Edmond	451	—	490	942
O. Dixon	—	—	—	—
275 lbs.				
DeLosSantos	501	336	474	1311
J. Schnaebeli	490	325	518	1333
275+ lbs.				
J. Collins	579	—	—	579
P. Wilson Jr.	617	275	628	1521
Meet Director: Cort Spellman. (USAPL)				
MCI Shirley "Rawer Than Raw"				
17-18 APR 07 -				
Powerlifting	SQ	BP	DL	TOT
148 lbs. Lifters				
A. Silva	225	255	375	855
165 lbs.				
K. Reed	425	245	585	1255
T. Williams	285	235	405	925
181 lbs.				
A. Pitter	475	345	485	1305
J. Johnson	325	305	405	1035
R. Suttles	265	255	425	945
198 lbs.				
B. Anderson	515	350	570	1435
K. Asar	405	255	515	1175
W. Allen	280	255	405	940
S. Bannon	350	180	375	905
M. Gainey	185	275	305	765
220 lbs.				
D. MacKinnon	495	300	570	1365
R. Frederick	300	300	495	1095
242 lbs.				
C. Towne	445	340	545	1330
S. Braggs	320	365	495	1180
275 lbs.				
B. Gauthier	405	295	535	1235
D. Murphy	480	275	460	1215
B. Proposki	365	245	380	990
SHW				
D. Williams	475	385	515	1375
Best Lifter: Bruce "the Troll" Anderson.				
What's rawer than raw? How about no suits, no shirts, no wraps, no power bars, no power belts, no chalk, and no talc? What we did have was a lot of lifters putting out their very best. This was the first Meet in a number of years here, and the recreation department deserves our thanks, not only for putting this event together, but for their promise to try to make this a regular occurrence, one with a few less of the "no's" listed above. (Thank you to Bruce Anderson for results)				

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CX2 Power SHIRT - DOUBLE PLY \$175.00

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CX2 Power SUIT® (SQUAT) - DOUBLE PLY \$175.00

CX2 Power SUIT® (DEADLIFT) \$145.00

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There are always those inevitable hypotheticals that get thrown around the room following a great athletic competition. The comparisons between the "Thens, and the Nows." The "who would win between" questions. The "What would happen if you" ... put Jordan in his prime on a team against Chamberlain at his prime, or had Tyson in his prime vs. Joe Lewis in his prime. Or as powerlifters, someone might ask how a 220 lb. Ernie Frantz in his prime vs. a Chuck Vogelpohl today would play out. Well, no sooner would you have settled on the ultimate powerlifting match up of the generations when inevitably you would begin to hear the verbal thrust and parry of double-ly now, and single-ly then, and training programs now, and programs then, supplements now, and supplements then. This is what I have been reading in the last two PL USA opinion sections.

Let's take a snapshot inventory of the evolution of some of the sports as their records and/or progress seem at first glance to be related to the improvement of the equipment within that sport. Look at a pole vaulter back in the 50's riding some bamboo type pole vs. the high tech pole that literally catapults the vaulter into the air some 19'. Or the clap-skate skater now whose times destroy Bonnie Blair's once thought untouchable records of 10 years ago. Or you can even look at an Indy car from this year's 500 vs. a champion car from the 1940s. Ultimately you can look at Flo Jo's 100 meter dash and how her time was significantly faster than Gold Medalist Jessie Owens' 100 time. Does that mean the equipment and training is so much better than "back in the day?" Or, is it that perhaps the pool to draw athletes from is so much bigger? Or is the nutrition and supplementation so much more

OPINION

effective? Has the human being simply improved that much over the last 50 years? Why is it then that powerlifters are setting numbers that are so much higher than "back in the day?"

Or is that even a fair question? It is inevitable that the numbers will continue to go up, but what we as powerlifters must focus on when we ask these types of questions is that we lift in a specific time frame along the eternal timeline of this great sport that has become such a vital part of our lives, regardless of federation/equipment. We have to realize that when Ernie Frantz was competing, he was using the same equipment as the other competitors of his day, but what made Ernie the best of that generation was not simply the utilization of that era's specific equipment. Chuck Vogelpohl is in the same boat. Everyone Chuck competes against uses modern equipment like Chuck such as Monolift and modern wraps and squat suits, but not everyone in the 220 lb. class is squatting a grand. So much for equipment in and of itself being the reason a person becomes a champion.

The bottom line is that generationally speaking, what made a champion like a Frantz decades ago is the same thing that makes a Vogelpohl a champion today. It is not the equipment, or the nutrition or supplements, but it is the drive to go beyond what your body is capable of doing, and being just so much better than your peers of the same generation. Ernie Frantz in 1997 when he was already 63 years old

set yet another WPC World Record. Ernie squatted 820 lbs at 220 lbs. at 63. Ernie at 30 years old, or Ernie in his 50s or Ernie today who still squats 700 at 73 years of age in the 198 lb. class has the same inner strength that continues to drive him past barriers that the body might have you stop at. Among his peers, Ernie is still the best. Although Ed Coan is a long way from 60, he is right at the door of 45 and his knee injury aside, is doing some of the heaviest squatting of his life, not to mention in the history of powerlifting in his weight class. Chuck straps a grand on his back to sit down and can stand back up because he uses all the tools in his powerlifting tool box to his advantage; hard work, intensity, smart training, determination, incredible natural power and explosiveness, and an unmatched drive to be the best he can be.

Champions during their heyday have all the advantages and disadvantages that other non-champions have who are lifting in the same timeframe on the powerlifting timeline. So, perhaps some 50 years from now, when people in the 220 lb. class might routinely be squatting 1125 lbs., no one should question how then 80 year old Chuck Vogelpohl would stack up against this kid from the year 2052. It is apples and oranges, squat rack vs. monolift, polyester vs. double-ply, and APF vs. USAPL. Better yet, take all the guys who are Frantz' age and put them into today and put Coan and Vogelpohl and Mikesell back in "the day." Not a

surprise that Ernie would be the guy today, and Coan, Vogelpohl and Mikesell would be the legends of the golden age of powerlifting.

Being the best within your time, powerlifting federation and social setting is simply being the best. Let us never minimize the great feats of power the men and women of yesterday achieved by comparing them to today's numbers. Of equal importance, never contribute someone's success today to some super squat suit or super knee wraps. We all climb up on one another's shoulders to become better than the folks before us.

Remember, someone had to break the four minute mile, an accomplishment many thought was physically impossible. Today there have been high school students who have achieved that very 'impossibility'.

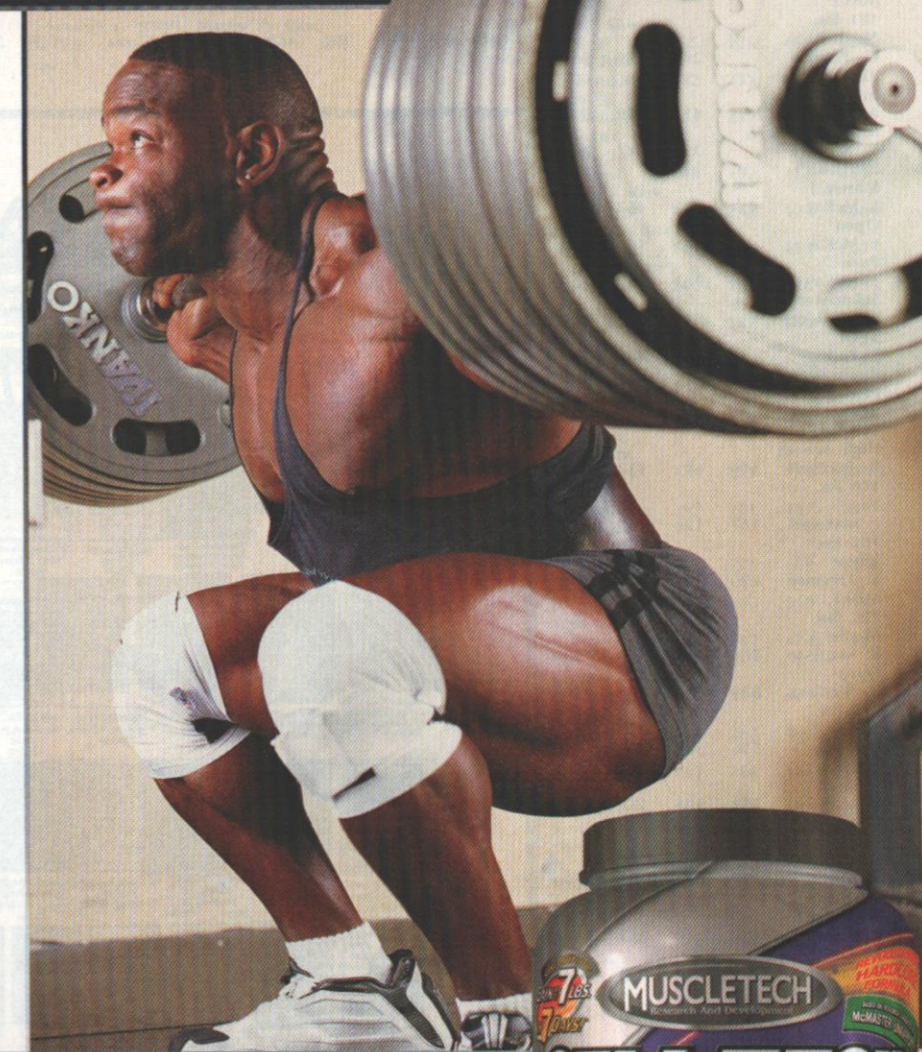
Someone has to be the first to set a record ... and as history has taught us, someone has to break that record. Powerlifting is a sport that is less than 100 years old as it stands in its present form. We are still settling into records as the sport grows, as equipment changes and all federations have differences. Records will continue to be broken in all federations, be it USAPL, or the APF, and men and women will continue to get stronger. Thus is the nature of mankind and the powerlifter, continual improvement.



Eric Maroscher ... 2-Time WPC World Powerlifting Champion

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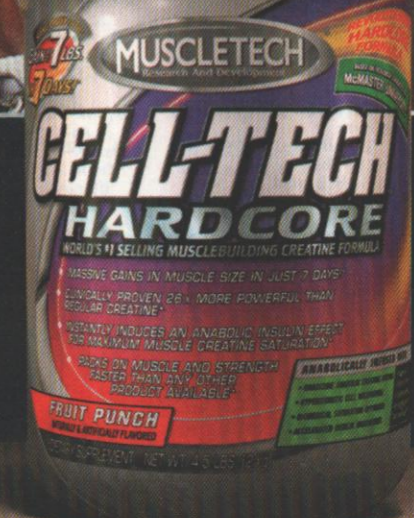
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If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for 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.

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 Name _____ Phone _____ E-mail _____
 Address _____ City _____ State _____ Zip Code _____
 Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

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NASA Arkansas State
2 JUN 07 - Russellville, AR

BENCH	High School	253			
MALE	C. Freeman	253			
220 lbs.	275 lbs.				
Master I	Submaster I				
M. Hatchett	D. Childers	369	446		
242 lbs.	Submaster Pure				
Open	J. Foss	391			
D. Martin	PS BENCH	451			
Pure	MALE				
D. Martin	148 lbs.	451			
Submaster II	Master I				
D. Martin	R. Rispollie	451	253		
Submaster Pure	275 lbs.				
D. Martin	Submaster Pure	451	391		
275 lbs.	J. Foss				
Master I	PS CURL				
J. McKay	MALE	363			
Raw	275 lbs.				
165 lbs.	Submaster Pure				
	J. Foss		176		
	BP DL TOT				
Push Pull		209	429	639	
MALE					
181 lbs.					
Novice					
D. Pittman		154	292	468	914
220 lbs.	Open				
Int					
A. Bell		418	529	948	
Submaster Pure					
T. Tucker		358	677	1036	
275 lbs.					
Master I					
J. McKay		363	463	826	
Open					
J. McKay		363	463	826	
Pure					
J. McKay		363	463	826	
Submaster I					
D. Childers		446	551	997	
Teen					
J. Phillips		286	446	733	
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
Raw					
132 lbs.					
High School					
B. Burchett		110	60	137	308
148 lbs.					
Pure					
J. Maxwell		137	126	187	451
181 lbs.					
Junior					
K. Freeman		226	104	253	584
220 lbs.					
Master I					
K. Mattison		584	440	529	1554
Open					
K. Mattison		584	440	529	1554
275 lbs.					
Master I					
J. McKay		556	363	463	1383
308 lbs.					
Submaster I					
W. Sanders		501	501	531	1535
Raw					
148 lbs.					
Junior					
B. Curtis		297	286	385	970
165 lbs.					
High School					
J. Campbell		237	170	352	760
Master I					
J. Phillips		451	303	523	1278
Master Pure					
J. Phillips		451	303	523	1278
Open					
J. Phillips		451	303	523	1278
Pure					
J. Phillips		451	303	523	1278
181 lbs.					
High School					
K. Johnson		281	192	407	881
Junior					
T. Pearl		407	209	485	1102
Open					
T. Pearl		407	209	485	1102
220 lbs.					
Pure					
M. Brock		325	308	578	1212
275 lbs.					
Open					
C. Johnson		650	440	650	1741
Pure					
C. Johnson		650	440	650	1741
Submaster I					
J. Guinn		451	352	529	1333
308 lbs.					
Submaster I					

B. Brock	352	385	451	1190	J. Smith	181	341	518	1041
SHW					Submaster I				
Junior					D. Pittman	137	209	429	777
J. Vick	606	—	—	606	Submaster II				
Power Sports	CR	BP	DL	TOT	D. Shirley	137	286	451	876
FEMALE					198 lbs.				
97 lbs.					Novice				
Youth					B. Stobaugh	137	226	407	771
M. Pittman	27	38	82	148	220 lbs.				
123 lbs.					Novice				
Novice					R. Flagg	143	270	451	865
D. Shirley	49	55	148	253	Submaster II				
MALE					T. Tucker	198	358	677	1234
148 lbs.					242 lbs.				
High School					Master I				
W. Williams	121	209	402	733	R. Storment	159	286	507	953
Teen					Master Pure				
L. Kitchen	132	248	413	793	R. Storment	159	286	507	953
165 lbs.					Open				
Junior					J. Smith	176	407	727	1311
Z. Baker	159	264	468	892	275 lbs.				
Teen					Police/Fire				
S. Thomas	110	192	319	622	J. McMillian	159	286	512	959
181 lbs.					Junior				
Junior					R. Garza	137	325	529	992
J. Coffman	154	292	468	914	SHW				
Open									

USAPL Washington State
10-11 MAR 07 - Issaquah, WA

BENCH	Submaster	154	303	556	1014
WOMEN	N. Kim				
105 lbs.	Submaster Raw				
Master IV	Joiner-Wong	121			
Novice	181 lbs.				
N. Nili	Master I Raw	88			
Master I	S. Stangl	176			
J. Makin	Master VI Raw	93			
J. Makin	Police/Fire	93			
114 lbs.	W. Pristell	148			
Open	220 lbs.				
K. Clark	J. Dietz	137			
123 lbs.	363				
Open	J. Luckie				
Master IV	242 lbs.				
I. Pantilat	Master IV Raw	—			
Teen II Raw	S. Stangl	275			
S. Moorman	Teen III	126			
132 lbs.	K. Johnson				
Master I Raw	148 lbs.				
L. Lamp	Teen III	—			
Submaster Raw	K. Powers	154			
R. Unson	165 lbs.	187			
148 lbs.	Teen I Raw				
	J. Mueller				
	181 lbs.				
	Junior				

USAPL EAC Power Play BP
19 MAY 07 - Glenwood Sprgs, CO

BENCH	Master (60-64)	292
FEMALE	B. Beamer	292
123 lbs.	181 lbs.	
Teen I (14)	Open	
K. Pebbles	C. Clark	143
165 lbs.	Master (45-49)	292
Open	T. Cencich	446
A. Miller	198 lbs.	215
Master (45-49)	Master (45-49)	303
C. York	S. Reynolds	171
181 lbs.	220 lbs.	
Master (40-44)	Junior	276
J. Lera	J. Schreiner	127
MALE	SHW	
165 lbs.	Master (45-49)	435
	T. Able	

Coordinator: Kimberly Henrie, Venue: Exclusive Athletic Club, Outstanding Male Lifter: Bob Beamer, Outstanding Female Lifter: Ali Miller. (Results courtesy USAPL)

R. Widen	314	T. Belen	226	Master VII Raw	K. Scaeffler	154	137	214	507		
275+ lbs.		Teen III		R. Waite	Submaster						
Submaster Raw		K. Johnson	242	242 lbs.	Raw						
Harnden-War	385	148 lbs.		Master IV Raw	R. Unson	159	154	242	556		
DEADLIFT		Teen I Raw		M. Murphy	148 lbs.						
WOMEN		J. Summers	231	Open	Submaster Raw						
Teen III		Teen III		M. Riedy	Joiner-Wong	209	121	231	562		
K. Powers	429	K. Powers	429	Teen III	Teen III						
165 lbs.		J. Kline	589	275 lbs.	Teen III	589	A. McWeeny	220	121	275	617
Teen I Raw		I. Mueller	363	165 lbs.	Master IV Raw						
198 lbs.		R. Unson	242	275+ lbs.	C. Grekoff	242	132	292	666		
Master II Raw		S. Savard	—	Submaster Raw	Open						
181 lbs.		Powerlifting	SQ	Harnden-War	L. Richardson	374	325	402	1102		
Master I Raw		WOMEN		BP DL TOT	Master III						
S. Stangl	319	105 lbs.			J. Mangaoang	231	187	336	755		
Police/Fire		Open			MEN						
J. Makin	198	93	248	540	Teen I						
123 lbs.		J. Voss	—	—	132 lbs.						
Submaster		Teen II			Teen II						
P. Tidmarsh	248	115	281	644	T. Belen	385	275	226	887		
Master IV Raw		G. Keeble	170	121	Junior Raw						
170	121	231	523		C. Real	325	226	407	959		
Open Raw					Open Raw						
					R. Bondurant	352	253	413	1019		
					Teen III						
					K. Powers	363	237	429	1030		
					165 lbs.						
					Junior Raw						
					S. Davis	248	192	413	854		
					Master I Raw						
					D. Unson	413	242	424	1080		
					Master III Raw						
					M. Brusser	231	259	413	903		
					Master V Raw						
					M. Miklin	110	198	220	529		
					Teen I Raw						
					I. Mueller	—	187	363	551		
					181 lbs.						
					Master IV						
					W. Terry	363	281	424	1069		
					Master V						
					A. Tepper	303	286	402	992		
					M. Jones	176	148	248	573		
					Open Raw						
					M. Hysert	374	220	451	1047		
					Teen III						
					D. Bondar	297	281	402	981		
					198 lbs.						
					Master I Raw						
					G. Reboton	451	275	468	1196		
					Master V Raw						
					B. Knudsen	226	253	319	799		
					Teen II						
					J. Garbush	363	242	474	1080		
					220 lbs.						
					Master I						
					G. Nucci	440	319	429	1190		
					Master II						
					J. Dietz	374	363	407	1146		
					Master III Raw						
					R. Silva	143	286	143	573		
					Open						
					E. Zender	463	363	490	1317		
					K. Gack	628	474	628	1730		
					Open Raw						
					N. Dufour	457	374	600	1433		
					Submaster Raw						
					M. Maury	407	275	468	1151		
					Teen III						
					M. Fujimoto	573	352	529	1455		
					242 lbs.						
					Master III						
					L. Jones	540	341	534	1416		
					Master IV						
					Raw						
					M. Murphy	380	303	479	1162		
					Open						
					T. Waters	578	325	485	1388		
					M. Riedy	540	440	672	1653		
					Teen III						
					J. Yong	622	—	—	—		
					275 lbs.						
					Junior						
					R. Widen	457	314	451	1223		
					Master I						

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USAPL Pennsylvania State
24 MAR 07 - King of Prussia, PA

BENCH	123 lbs.	170	170	170	170
FEMALE	123 lbs.	170	170	170	170
Open	123 lbs.	170	170	170	170
L. Haines	170	170	170	170	170
Master (40-49)	170	170	170	170	170
L. Haines	170	170	170	170	170
MALE	165 lbs.	418	418	418	418
Open	165 lbs.	418	418	418	418
D. Fiore	352	352	352	352	352
D. Ambrosano	336	336	336	336	336
Junior (20-23)	336	336	336	336	336
T. Brown	303	303	303	303	303
Powerlifting	SQ	BP	DL	TOT	
FEMALE	114 lbs.	385	385	385	385
High School	114 lbs.	385	385	385	385
Varsity	114 lbs.	385	385	385	385
A. Balliet	93	66	165	325	
Open	123 lbs.	82	176	385	
T. Neal	126	82	176	385	
High School JV	126	82	176	385	
J. Reiss	214	93	203	512	
132 lbs.	214	93	203	512	
Open	132 lbs.	99	209	440	
J. Lyons	132	99	209	440	
High School JV	132	99	209	440	
E. Semmens	143	82	214	440	
Junior (20-23)	143	82	214	440	
J. Lyons	132	99	209	440	
148 lbs.	132	99	209	440	
High School JV	132	99	209	440	
E. Applegate	226	132	259	617	
B. Crawford	209	99	253	562	
High School Varsity	209	99	253	562	
B. Moses	209	126	297	633	
Master (40-49)	209	126	297	633	
C. Gibson	237	143	297	677	
165 lbs.	237	143	297	677	
Open	237	143	297	677	
B. Haines	203	121	226	551	
Teen (16-17)	203	121	226	551	
B. Haines	203	121	226	551	
High School Varsity	203	121	226	551	
B. Haines	203	121	226	551	
High School JV	203	121	226	551	
Cunningham	209	77	237	523	
198+ lbs.	209	77	237	523	
Open	209	77	237	523	
S. Cole	209	154	303	666	
Master (50-59)	209	154	303	666	
S. Cole	209	154	303	666	
MALE	123 lbs.	286	198	352	837
Teen (16-17)	123 lbs.	286	198	352	837
D. Salvati	286	198	352	837	
Master (40-49)	286	198	352	837	
R. Caputo	380	198	413	992	
132 lbs.	380	198	413	992	
Open	380	198	413	992	
M. Kuhns	573	402	402	1377	
148 lbs.	573	402	402	1377	
Open	573	402	402	1377	
J. Black	325	203	363	892	
Teen (18-19)	325	203	363	892	
A. Atiyeh	314	237	429	981	
Junior (20-23)	314	237	429	981	
A. Camargo	336	259	429	1025	
165 lbs.	336	259	429	1025	
Open	336	259	429	1025	
M. Derstine	617	358	584	1559	
M. Breen	468	391	529	1388	
M. Cagliola	534	418	—	953	
Out of State	534	418	—	953	
Open	534	418	—	953	
K. Davis	485	347	518	1350	
K. Johnson	358	259	451	1069	
Teen (16-17)	358	259	451	1069	
M. Paterson	385	259	435	1080	
Collegiate	385	259	435	1080	
C. Morenz	501	275	501	1278	
Raw	501	275	501	1278	
K. Johnson	358	259	451	1069	
A. Mintzer	330	226	402	959	
181 lbs.	330	226	402	959	
Open	330	226	402	959	
J. Braca	578	358	606	1543	
T. Wagerle	501	308	501	1311	
Out of State	501	308	501	1311	
Open	501	308	501	1311	
J. DeMatteo	446	418	474	1339	
Junior (20-23)	446	418	474	1339	
A. Carroll	374	—	418	793	
High School Varsity	374	—	418	793	
S. Smith	468	248	551	1267	
Collegiate	468	248	551	1267	
J. Zsido II	380	352	479	1212	
Master (40-49)	380	352	479	1212	
J. Braca	578	358	606	1543	

Raw	264	181	292	738	
J. Zsido II	380	352	479	1212	
198 lbs.	380	352	479	1212	
Open	380	352	479	1212	
J. Brown	617	463	507	1587	
P. Grohoski	529	490	534	1554	
S. Davenport	413	374	440	1229	
Out of State	413	374	440	1229	
Open	413	374	440	1229	
L. Cohen	—	—	—	—	
High School JV	—	—	—	—	
M. Pattison	407	237	490	1135	
High School Varsity	407	237	490	1135	
D. Ryan	551	330	518	1399	
D. Myers	396	237	446	1080	
Teen (14-15)	396	237	446	1080	
N. Deluca	507	358	479	1344	
Teen (16-17)	507	358	479	1344	
D. Ryan	551	330	518	1399	
Teen (18-19)	551	330	518	1399	
B. DeMeck	418	308	429	1157	
Collegiate	418	308	429	1157	
Iaconangelo	—	286	496	782	
Master (40-49)	—	286	496	782	
J. Brown	617	463	507	1587	

A. Miller	518	402	523	1444	
T. Meekley	325	165	374	865	
Master (50-59)	325	165	374	865	
B. Clayton	55	55	143	253	
D. Ernst	—	303	529	832	
Police/Fire/Military	—	303	529	832	
S. Davenport	413	374	440	1229	
220 lbs.	413	374	440	1229	
Open	413	374	440	1229	
T. Getsinger	512	440	600	1554	
R. Painter	275	352	374	1003	
R. Zsido	—	—	—	—	
Master (40-49)	—	—	—	—	
C. Howard	226	275	446	948	
E. Feldman	55	55	143	253	
Master (50-59)	55	55	143	253	
G. Kattof	325	297	474	1096	
Police/Fire/Military	325	297	474	1096	
T. Getsinger	512	440	600	1554	
242 lbs.	512	440	600	1554	
Open	512	440	600	1554	
R. Eckhart	562	451	578	1592	
R. Ebner	—	—	—	—	
Out of State	—	—	—	—	
Open	—	—	—	—	
I. Machado	347	385	485	1218	
J. Dundon	639	468	589	1697	

E. Bonini	396	242	418	1058	
High School Varsity	396	242	418	1058	
R. Reyes	457	347	523	1328	
Teen (18-19)	457	347	523	1328	
R. Reyes	457	347	523	1328	
S. Peters	402	203	418	1025	
Master (40-49)	402	203	418	1025	
J. Dundon	639	468	589	1697	
Master (50-59)	639	468	589	1697	
M. Bowen	523	330	490	1344	
Raw	523	330	490	1344	
M. McGee	352	286	424	1063	
275 lbs.	352	286	424	1063	
Open	352	286	424	1063	
J. Zwick	242	319	275	837	
Master (40-49)	242	319	275	837	
J. Zwick	242	319	275	837	
Master (60-69)	242	319	275	837	
M. Cochran	303	242	402	948	
275+ lbs.	303	242	402	948	
Open	303	242	402	948	
D. Hulslander	—	644	716	1361	
Junior (20-23)	—	644	716	1361	
P. Tompkins	534	352	551	1438	
Raw	534	352	551	1438	
P. Tompkins	534	352	551	1438	
Venue: Inn at Valley Forge. (from USAPL)					

NASA Western States
5 MAY 07 - Mesa, AZ

BENCH	148 lbs.	181	181	181	181	
MALE	148 lbs.	181	181	181	181	
Master III	148 lbs.	181	181	181	181	
L. Janhunen	181	181	181	181	181	
165 lbs.	181	181	181	181	181	
Master IV	181	181	181	181	181	
M. Stainbrook	209	198	407	209	198	407
181 lbs.	209	198	407	209	198	407
Master III	209	198	407	209	198	407
J. Martens	242	275	319	253	402	655
198 lbs.	242	275	319	253	402	655
Master II	242	275	319	253	402	655
W. Sword	363	308	385	214	308	523
242 lbs.	363	308	385	214	308	523
Submaster I	363	308	385	214	308	523
Wadekamper	—	358	358	413	639	1052
Raw	—	358	358	413	639	1052
MALE	165 lbs.	143	66	226	435	
165 lbs.	143	66	226	435		
Master IV	143	66	226	435		
M. Stainbrook	209	115	231	556		
Pure	209	115	231	556		
181 lbs.	209	115	231	556		

M. Stainbrook	88	198	115	231	556	
198 lbs.	88	198	115	231	556	
FEMALE	114 lbs.	209	115	231	556	
Youth	114 lbs.	209	115	231	556	
K. Ishimatsu	209	115	231	556		
MALE	148 lbs.	209	115	231	556	
148 lbs.	209	115	231	556		
Master IV	209	115	231	556		
Junior	209	115	231	556		
D. Jenkins	457	352	259	474	1085	
Master Pure	457	352	259	474	1085	
M. Durso	451	352	259	474	1085	
Pure	451	352	259	474	1085	
M. Durso	451	352	259	474	1085	
PS BENCH	451	352	259	474	1085	
MALE	198 lbs.	413	639	1052		
198 lbs.	413	639	1052			
Open	413	639	1052			
J. Dickey	358	413	639	1052		
J. Dickey	358	413	639	1052		
Submaster I	358	413	639	1052		
123 lbs.	358	413	639	1052		
Pure	358	413	639	1052		
T. Johnson	143	66	226	435		
143 lbs.	143	66	226	435		
Novice	143	66	226	435		
B. Koty	226	104	203	534		
226 lbs.	226	104	203	534		
A. Webb	209	115	231	556		

Open	209	115	231	556		
A. Webb	209	115	231	556		
Pure	209	115	231	556		
A. Webb	209	115	231	556		
Submaster II	209	115	231	556		
MALE	148 lbs.	209	115	231	556	
148 lbs.	209	115	231	556		
Int	209	115	231	556		
S. Westwood	485	297	468			



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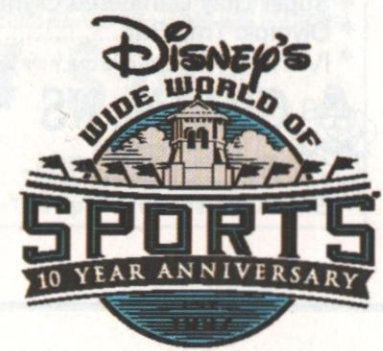
Entry packet can be obtained by sending an Email request to milly@aausports.org.

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Ph: 804.559.4624
(after 7:00 pm EST)
VAPowerlifting@aol.com



MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.

- 25 AUG, USPF Ohio State BP/DL (Columbus, OH) Matt McCas, Power Promotions CEO, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432
- 25 AUG (New Date), WNPf Tennessee PL & BP/DL/SC (Cleveland, TN) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
- 25 AUG, 12th Annual Granite State Open BP & New England Open DL (deadline 11 AUG, free shirt w/entry) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
- 25 AUG, IBP Mountain Bench Bash (Asheville, NC) Keith Payne, 336-251-8704, keith@ironboypowerlifting.net
- 25 AUG, 100% Raw Eastern USA Open BP & Curl, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valisting@aol.com, www.rawpowerlifting.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
- AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-3672
- 1 SEP, Steel Sorority Bench Press Party & Clinic (Mike Wolfe and Nick Winters - Martinville, IN) Brent Biddle, 812-988-4331, youarecoverednow@yahoo.com
- 1 SEP, UPA Iowa Bench Bash for Cash (Dubuque, IA) Bill Carpenter, Meet Director, 563-599-1390, www.UPA-iowa.com
- 1 SEP, Rich Peters Powerlifting & Strength Training Seminar (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
- 8 SEP, WABDL Hawaii BP/DL (Waimanalo, HI) Keith Ward, 808-375-8700
- 8 SEP, NASA New Mexico Regionals

COMING EVENTS

- PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelman, 505-891-1237 or mike@liftinglarge.com
- 8 SEP (New Date), 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>
- 8 SEP, AAU Marsh Monster BP, Larry Larsen, 781-767-0764 (h), powerrack@comcast.net
- 8 SEP, USPF Muscle Beach PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrliftr@msn.com, www.powerliftingCA.com
- 8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 8 SEP, APF/AAPF Summer Heat III (Primal Iron Gym, Rock Hill, SC) Will Millman, Shelter223@aol.com
- 8 SEP, Rich Peters Powerlifting & Strength Training Seminar (Ripley, WV) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
- 8 SEP, 100% RAW Central Illinois PL & BP (Bloomington, IL) Jim Bultemeier, il@rawpowerlifting.com
- 9 SEP, WABDL United We Stand BP/DL (state and world records, high end swords all places) Sir Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117, sircharles@peoplepc.com
- 15 SEP, Works Outdoor BP/DL, Matt McCas, 210 Gilbo St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com
- 15 SEP, APF/AAPF Georgia State PL & BP, (Kennesaw, GA - 1st 50 paid entries) JON Grove, 770-426-1077, kennesaw@fitnessresource.com, www.ngbb.net
- 15 SEP, APF/AAPF Late Summer Push/Pull Bash, The New Gym, 177 Woodfield Rd., W. Hempstead, NY 11552, 516-292-7361, shawna4@optonline.net
- 15 SEP, APF First State Power Frenzy

- (PL, SQ, BP, DL, PP, Raw, Equipped - The Training Center, New Castle, DE) Broderick Chavez, 302-858-7465, isquat700@mchsi.com
- 15 SEP, 100% RAW Jacksonville Open (Jacksonville, NC) Paul Bossi, 252-336-4188, pres@rawpowerlifting.com
- 15 SEP, USPF & Power Promotions Works Outdoor BP/DL (New Martinsville, WV) Matt McCas 304-376-2432, mccase@yahoo.com, www.uspf.com
- 15 SEP, APC Las Vegas Open, Mark Swank 702-245-6852
- 15 SEP, NPA Drug Free National Open BP & DL (Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032) 815-233-2292, Fitlifedb@cs.com
- 15 SEP, WABDL Washington BP/DL (Aberdeen, WA) Don Bell, 360-533-6620
- 15 SEP, SPF Bench Bash for Cash (Holiday Inn, Bristol, VA) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com
- 15 SEP, USA Raw BP Federation Fall Nationals (Holland, MI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 15 SEP, WNPf Lifetime Drug Free PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>
- 15-16 SEP (NEW DATE), WPC Can Am PL/BP & WPO Semifinals (Lake George, NY) Kieran Kidder, 866-389-4744, www.worldpowerlifting.org

APF/AAPF/WPO Schedule

- 8 SEP, APF/AAPF Summer Heat III
- 15 SEP, APF/AAPFL Late Summer Push/Pull Bash
- 15 SEP, APF/AAPF Georgia State PL/BP
- 15 SEP, APF First State Power Frenzy
- 15-16 SEP, WPC Can Am PL/BP & WPO Semifinals
- 16 SEP, APF Southern Cal Push/Pull
- 22 SEP, APF/AAPF West Metro Open
- 22 SEP, APF Louisiana Open
- OCT, APF New England BP
- 6 OCT, APF Hawg Farm PL/BP/DL
- 6-7 OCT, AAPF/APF Snake River
- 20 OCT, APF/AAPF Rise of the Deadlift
- 27 OCT, APF Texas Cup
- 27 OCT, APF Wolverine Open
- 27 OCT, APF Texas Cup
- 29 OCT - 4 NOV, WPC WORLDS
- 10 NOV, APF 2007 Extreme Powerlifting SC.
- 1 DEC, APF Record Breakers
- 1 DEC, APF West Metro Christmas BP Bash
- 1 DEC, APF Texas Gulf Coast
- 8 DEC, APF Rio Grande Valley
- 18 FEB, Scot Mendelson Bench Classic

Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress.com)

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15-16 SEP, Fernando Baez Cup (PL, Weightlifting, Bodybuilding-Adjuntas, Puerto Rico) Nestor Gregory, gregory_nestor@hotmail.com
16 SEP, APF Southern Cal Push Pull (FIT Gym, Sherman Oaks, CA) Scot Mendelson 818-399-0905, www.worldpowerlifting.com, www.apf-california.com
16 SEP, Lift for a Cure for the Ulman Cancer Fund for Young Adults, Vic Selvaggi CPT, The Colosseum Gym & Fitness, 9159-F Red Branch Rd., Columbia, MD 21043, 410-740-2339, 410-961-5393 (cell)
16 SEP, WNPf Pennsylvania PL & BP/DL/SC (Ephrata, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
21,22 SEP, 7th Iron Boy BP Classic & IBP Regional (Winston Salem, NC)

Keith Payne 336-766-3347, keith@ironboypowerlifting.com
22 SEP, WNPf Upstate New York II (Clyde, NY) Ron Deamicis 330-792-6670
22 SEP, APF Louisiana Open, Garry Frank, 225-241-8154
22 SEP, NASA Bartlesville Classic (Bartlesville, OK) Jim Duree, jduree7086@aol.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
22 SEP, WNPf Alabama PL & BP/DL/SC (Birmingham, Montgomery or Bessemer, AL) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
22 SEP (Date Assigned), APF/AAPF West Metro Open PL/BP (Elk

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GYM, 177 Woodfield Rd, W.
Hempstead, NY 11552, 516-292-
7361, shawna4@optonline.net



River, MN) Jerry 763-753-0569 oi Dave 763-441-4232, jgnerre@comcast.net

22 SEP, Upstate Battle of the Beasts (Greenville, SC) Kate Taillon, 864-286-0532, kathryn264@charter.net
22 SEP, Arizona BP/DL Challenge (men, women, masters, teen) Balanced Fitness, 3621 N. Campbell Ave., Tucson, AZ 85719, 520-907-3258/292-2100
22 SEP, NASA Ohio Regional PL, BP, PP & PS (Groveport, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhpower.com
22-23 SEP, IPA Pennsylvania State & IPA Qualifier (Full power/BP - New Castle, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com
29 SEP, 100% Raw/AAU Raw Vermont Powerlifting End of Summer Push-Pull/SC (First in Fitness, Barre, VT) Bret Kernoff, bret@vermontpowerlifting.com
29 SEP, 100% RAW East Coast Tough Man & Woman Challenge (Elizabeth City, NC) Donnie Markham, 252-331-2850
29 SEP, USAPL Tiger Open, Arval Bridges, 9750 E. Inniswood, Baton Rouge, LA 70809, 225-291-1815
29 SEP, SLP National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare.com, www.sonlightpower.com
29-30 SEP, The Kings of the Bench (Mr. Olympia Expo, Las Vegas, no bench shirts, cash &

prizes, qualify at Clash of Titans), www.mrolympia.com/bench.htm, 503-221-2238
29-30 SEP, IPA West Coast Open (Cash Prize) Kent Hoskoetter, 541-761-5309, (Grants Pass, OR)
SEP, ADAU PL/BP (Staunton, VA) Dean Griffin, 412 Betsybell Rd. Apt. 103, Staunton, VA 24401, deangriffin06@adelphia.net
SEP, WNPf Upstate NY II (Clyde, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf
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, IPA Lexen Xtreme Fall Classic (PL, BP, P-P) Dan Dague, 3665 Garden Ct., Grove City, OH 43123, 614-554-8824, www.lexenxtreme.com
6 OCT, NASA Wisconsin State Bench Press, Job Hou-Sey, 1-888-JOB-HOUSE, statechairman@wisconsinpowerlifting.com, aandz.insurance@sbcglobal.net
6 OCT, NASA CAN-AM International (Minot, ND) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
6 OCT, NASA WV Regional PL, BP, PP & PS, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhpower.com
6 OCT, APF Hawg Farm PL/BP/DL (Evansville, IN) Larry Hoover, 2089 N. St. Rd. 65, Princeton, IN 47670, 812-779-6229 or 812-385-9932,

UPCOMING SLP COMPETITIONS

- 25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY)
- 8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN)
- 22 SEP, SLP The Body Building Open II BP/DL (Van Wert, OH)
- 29 SEP, SLP National Championships (Tuscola, Illinois)

Son Light Power
 122 W. Sale, Tuscola, IL 61953
 217-253-5429

www.sonlightpower.com sonlight@netcare-il.com

NASA Powerlifting & Power Sports

- August**
 25th - Rich Peters' Training Seminar, Kansas City, KS
September
 1st - Rich Peters' Training Seminar, OKC, OK
 8th - New Mexico Regional, Rio Rancho, NM
 8th - Rich Peters' Training Seminar, OKC, OK
 22nd - Bartlesville Classic, Bartlesville, OK
 22nd - Ohio Regional, Grovesport, OH
October
 6th - Wisconsin PS/PP, Germantown, WI
 6th - East Texas Regional, Tyler, TX
 6th - Can-AM International, Minot, ND
 6th - W. Virginia Regional, Ravenswood, WV
 20th & 21st - Unequipped Nationals, OKC, OK
 27th - Iowa Regional, Des Moines, IA
 27th - Kentucky Regional, Louisville, KY
 ??? - Arkansas Regional, Russellville, AR
November
 3rd - National Masters/Submasters, Mesa, AZ
 10th - Kansas City Regional, Kansas City, KS
 17th - Colorado Regional, Loveland, CO
 17th - NASA/YMCA Great Lakes Regional, Chicago
 17th - Southeastern States, Bristol, VA
 24th - Kansas Regional, Salina, KS
December
 1st - New Mexico Push-Pull, Rio Rancho, NM
 1st - Missouri Regional, Joplin, MO
 8th - West Texas Regional, Hereford, TX
 15th - Illinois Christmas Regional, Flora, IL
January 2008
 26th & 27th - Natural Nationals, OKC, OK
February
 2nd - Arizona State, Mesa, AZ
 16th - Missouri State, (New) Diamond, MO
 16th & 17th - Ohio State HS & Teen Nat's, Springfield, OH
March
 1st - Bench Press Nationals & Power Sports
 15th - Power Sports Nationals, Oklahoma City, OK
 16th - 1st Annual Pro Power Sports Championships
 29-30th - High School Nationals, OKC
July
 12th - Youth Nationals, Ravenswood, WV
 ??? - Grand Nationals, Sheboygan, WI
August
 2nd-3rd - World Cup (OKC, OK)

Complete NASA Coming Events and Entry Forms at: www.nasa-sports.com
 Coming in 2008 - NASA Pro Power Sports

quad4hoov@peoplepc.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
6 OCT, 100% RAW Southern Open BP & Arm Wrestling (Jarvisburg, NC) Gene Berry, NC@rawpowerlifting.com
6 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com, www.powerliftinCA.com
6 OCT, NASA East Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Tyler, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com
6 OCT (New Date), USPF Central California Open PL, BP, DL (Modesto) Steve Denison, 661-333-9800, pwrfltrs@msn.com, www.powerliftingCA.com
6,7 OCT (NEW DATE), AAPF/APF Snake River PL, BP, DL (World Gym, Idaho Falls, ID) 208-528-0444, snakeriverp@yahoo.com
12-14 OCT, WDFPF Single Event World Championship (Montesilvano, Italy) www.wdfpf.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, USPF & Power Promotions 2nd annual Regional PL & NAS Strongman (Morgantown, WV) Matt McCas, mccase@yahoo.com, www.properformancex.com
13 OCT, USPF Regional Powerlifting & Single Lift (Open, National qualifier - Pro Performance, Morgantown, WV) Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com
13 OCT, Atilis Gym BP, Atilis Gym, 3015 Pacific Ave., Wildwood, NJ 08260, Chris Lambert, 609-729-2050
13 OCT, SSA Asylum Power - Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
13 OCT, 100% RAW Wilmington BP Classic (Wilmington, NC) Paul Bossi, 252-336-4188, pres@rawpowerlifting.com
13 OCT, SPF Alabama State Classic BP Championship (Open/Raw PL, PP, BP, DL - Ozark Fitness, 415 Merrick Ave., N., Ozark, AL) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com, rogersmadmax@bellsouth.net
13 OCT, 11th Pennsylvania Power Challenge (BP, DL, ironman - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com
13 OCT (New Date), WABDL Night of Champions BP/DL (All America Gym, Lakeland, FL) Louis Baltz & Ken Snell, 863-687-6268
13 OCT, NASA Arkansas Regional (Un/Equipped, PL, PS, PP, BP Only - Russellville, AR) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com
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, PP, 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, AAU 10th Crain.ws BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@allegiance.tv
20 OCT, USPF Monster Bench and Night of the Living Deadlift (Chatsworth, CA) Kevin Meske, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com
20 OCT, ADAU Central PA Open (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikitung.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
20 OCT, Mighty Christian Powerlifting III (SQ, BP, DL, ages 13+ - Mighty Gibbors Strength Center, 79-b Bassett Hwy, Dover, NJ 07801) Newton Romualdo, 973-303-3645, themightygibbors@aol.com
20 OCT, APF/AAPF Rise of the Deadlift (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com
21 OCT, 19th Indian Summer Push/Pull (Granger, IN) Jon Smoker, jrscsmoker@hotmail.com
21-27 OCT, IPC World PL/BP (Calgary, CAN) Brian Johnston,

APF/AAPF Georgia
 State Powerlifting
 &
 Bench Press
 Championships
 (Kennesaw, GA)
 Sept 15, 2007
 Limited to first 50 paid entries
 Meet Director: Jon Grove 770-426-1077
 www.ngbb.net
 kennesaw@fitnessresource.com

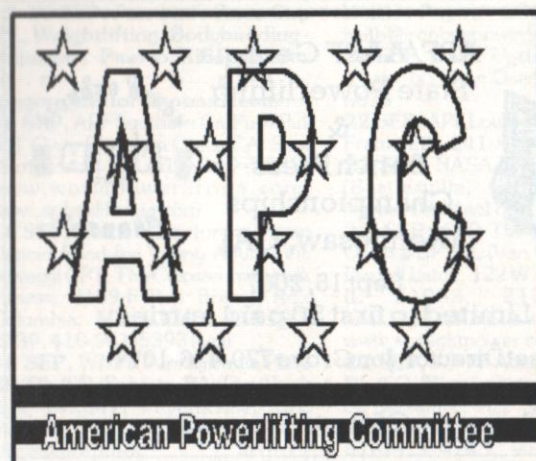
Independent Powerlifting Association 403-215-4549
27 OCT, USAPL Central PA 'Halloween Havoc', Richard Davis, Box A, Rt. 26, Bellefonte, PA 16823, 814-355-4874 x229
27 OCT, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com
27 OCT, 3rd Westminster Family Center Open BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452, sbixler1229@verizon.net
27 OCT, WNPf Single Lift Nationals & WNPf Powerfest 2K7 (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743,

wnpf@aol.com, http://members.aol.com/wnpf
27 OCT, APF Texas Cup (men, women, below 1, masters, juniors, submasters - Plano, TX) Flexion Strength Systems, Seguin Fitness, 114 E. Mountain, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com, seguinfitness@satx.rr.com
27 OCT, 100% RAW Masters Nationals BP/SC Championships (Wildwood, NJ) Bret Kernoff, VT@rawpowerlifting.com
27 OCT, IPA Iron House Open PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com
27 OCT, NASA Kentucky Regional (PL, BP, PP, PS - Louisville) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhpower.com
27 OCT, IBP South Carolina PL, Core 24 Gym, Seneca, SC, Keith Payne, 336-251-8704, keith@ironboypowerlifting.net
27 OCT, APF Wolverine Open (\$2K in prize money) Mike White, 269-207-8316
27 OCT, NASA Iowa Regional (Un/Equipped, PL, PS, PP, BP Only - Des Moines, IA) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com
27-28 OCT, USAPL New York, Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, fpanaro@hvc.rr.com
28 OCT, 5th Big Dog Classic (BP, DL, Ironman - Blackstone's Gym, 120 W. Main St., W. Lafayette, OH 43845) John or Kaylene Blackstone 740-502-4964 or 740-502-3790
28 OCT (NEW DATE), 5th Tom Foley BP/DL Classic (Drug Tested) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, 845-920-0501. Proceeds go to the Thomas J. Foley Memorial Scholarship to Clarkstown South High School. Tom Foley lost his life on September 11th, helping rescue people from the Twin Towers, and was part of Rescue 3.
29 OCT-4 NOV, WPC Worlds (Russia) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744, 630-896-7309, www.worldpowerliftingcongress.com
OCT, NASA Arkansas Regional (Russellville, AR) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
OCT, USAPL FL Collegiate State BP/PL, Jim Dundon, 717 Zebra Pl., Ft. Myers, FL 33913, 239-590-7709

UPCOMING WNPf MEETS
DRUG FREE POWERLIFTING
(Raw, Single Ply, Unlimited)

- 25 AUG, WNPf Tennessee
- 8 SEP, WNPf 4th Southern USA
- 15 SEP, WNPf Lifetime Drug Free
- 16 SEP, WNPf Pennsylvania

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



The APC is the only American Federation that truly exists for the lifters. The proceeds from all membership card sales goes into the Athlete's Fund to help pay for travel to the GPC World Powerlifting Championships.

October 21-27, 2007 GPC World Powerlifting and Bench Press Championships, Calgary, Canada. Brian Johnston, Independent Powerlifting Association 403-215-4549

December 8, 2007, APC California Ironman, Fresno, Ca. Bob Packer 559-322-8365

April 12, 2008, Georgia State Open Powerlifting and Bench Press Championships, L.B. Baker, 770-713-3080

For more information; www.americanpowerliftingcommittee.com
IronDawg Power, www.irondawg.com

OCT, NASA Kentucky Regional (PP, BP, PL, PS - Hester's Fitness Center, Louisville, KY) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

OCT, APF New England Open BP (Amoskeag Inn, Manchester, NH) Dave Follansbee or Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, nhbodybuilding@yahoo.com, AmericanPowerlifting.com

OCT, WNPFL 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, WNPFL Can-Am (Youngstown, OH) Ron 330-792-6670, powerit103@aol.com

3 NOV, NASA Masters & Submasters Nationals (Un/Equipped/PL/PS/PP/BP Only - Mesa, AZ) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com

3 NOV, USAPL Ohio PL/BP (men's open, master, raw, P/F, teen, team, women's open, raw - Bedford, OH) Frank King, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, 440-439-5464, www.kingsgymohio.com

3 NOV, WPA Open Worlds (Summitt II Fitness, 1650 NW Woods Chapel Rd., Blue Springs, MO 64015) Rodney Wood 417-256-2297, rodwood1967@yahoo.com, Bill Duncan 410-474-1071, mopowrfltr@yahoo.com

3 NOV, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.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

9-11 NOV (NEW DATE), 16th WNPFL 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>

10 NOV, APF 2007 Xtreme Powerlifting SC Championship, (Columbia, SC) Will Millman, Shelter223@aol.com

10 NOV, ADFPF Open PL & Single Events (unequipped/equipped - Canton High School, Canton, IL) Meet Director Chris Siders, 309-837-2111, www.adfpf.org

10 NOV, AAU Fred Rogers/Paul Smart BP/DL Classic (Donselaars Partyhouse, Clyde, NY) Steve Rogers 315-365-337

10 NOV, USAPL Thunderdome Classic, Jack Kaplan, 2146 Embden Pond Rd., Embden, ME 04958, 207-566-5727

10 NOV, WNY USPF BP/DL (Webster, NY) Mike Kenney 585-313-4327, mkesar@frontiernet.net

10 NOV, USAPL Ohio PL & BP, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

10 NOV, Oregon Old School Spirit Classic (no sanction, no gear, no singlets, no Monolift - Newport Hallmark Resort) bigbearsym@hotmail.com, 541-961-3845

10 NOV, APA Southeast Coast (BP, DL, PP, SC - Georgetown, SC) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

10 NOV, USAPL Southeastern USA Regional BP/PL, Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, 954-790-2249

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17 NOV, USAPL Southeastern States Regional PL, BP, PP & PS (Bristol, VA) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

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DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

8 DEC, USAPL Virginia State PL/BP/DL/Ironman, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932

8 DEC, 3rd Annual IPA Christmas Carnage & IPA Qualifier (Full power, BP - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

8 DEC, Northern California Open PL, BP, DL (Yuba City, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.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

8 DEC, NASA West Texas Regional (Un/Equipped, PL, PS, PP, BP Only - Hereford, TX) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com

8-9 DEC, USAPL Colorado State, Dan Gaudreau, 16653 E 7th Place., Aurora, CO 80011, 303-475-3366

9 DEC, ADAU Coal Country Classic (Bigler, PA) Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikilup.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, NASA Illinois Christmas Regional (Un/Equipped, PL, PS, PP, BP Only - Flora, IL) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com

15 DEC, 20th Elkhart BP Classic (Elkhart, IN) Jon Smoker, jrcsmoker@hotmail.com

15 DEC, AAU Massachusetts State Open, Larry Larsen, 781-767-0764 (h), powerrack@comcast.net

15 DEC, 100% Raw Christmas Classic BP, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 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, 100% RAW Worlds (W. Melbourne, FL) Spero Tshontikidis, tshontis@brevard.k12.fl.us

DEC, WNPFL Florida PL & BP/DL/SC (TBA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, <http://members.aol.com/wnpf>

12 JAN, 100% Raw Old Dominion Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

12 JAN, Chippewa Classic Open Powerlifting Meet (Chippewa Falls, WI) Job Hou-Sey, 1-888-J O B H O U S E Y E, statechairman@wisconsinpowerlifting.com, aandz.insurance@sbcglobal.net

16 FEB, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

16-17 FEB, NASA Ohio State High School & Teenage Nationals PL, BP, PP & PS (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

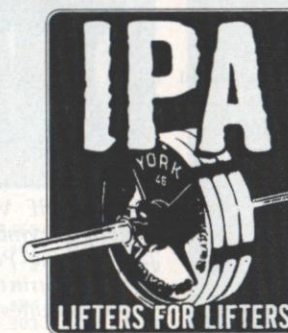
16-18 FEB, Los Angeles Fit Expo (Scot Mendelson Bench Press Classic), info@thefitexpo.com

17-19 FEB, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

23 FEB, 2nd Annual Barno/Newman Classic & IPA Qualifier (Full power, BP - Ashton, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

15 MAR, 100% Raw United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

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York Barbell Company
York, Pennsylvania
November 17 - 18, 2007

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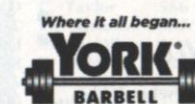
Meet Directors

Mark Chaillet at 717-495-0024, chailfit@yahoo.com

Chaillet's Private Fitness, 190 Arsenal Rd., York, PA 17404

Or Email: Ellen.Chaillet@aol.com

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3300 Board Rd., York, PA 17406

OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com

16 MAR 08, NASA 1st Annual Pro Power Sports Championships (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

29-30 MAR 08, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPD@aol.com

MAR 08, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080

26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

26-27 APR, IPA Iron Horse Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhorsezanesville.com

APR, Powerpalooza 10 (Full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

16-17 MAY, USAPL Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691

31 MAY, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.com

13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Giness Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1

'Powerlifting Stars' Pro Meet
16 JUN 07 - Cherkassy, Ukraine

(Lifter)	Bwt.	SQ	BP	DL	TOT	Glossbrenner	Earnings
Yarymbash	271	1036	749	771	2556	640.52	\$3,000
Kutcher	164	815	507	711	2033	636.43	\$2,300
Naleykin	199	925	595	749	2270	629.07	\$1,700
Postovalov	162	749	451	661	1862	588.84	\$1,200
Soloviov	178	771	501	666	1940	574.55	\$900
Lyashko	248	881	540	716	2138	541.89	\$650
Milyutin	218	826	518	639	1984	525.42	\$500
Ayko	232	793	534	683	2011	519.71	\$350
Repunov	153	617	363	496	1477	502.26	\$250
Kuznetsov	225	617	418	600	1935	427.57	\$200
Bukhtychuk	—	—	—	—	—	—	—
Trubichkin	—	—	—	—	—	—	—

(Thank you to Milyutin Konstantin and Mike Sweeney, WPC/WPO, for these results)



FROM THE VIDEO TAPE ...
Evgeny Yarymbash took the big prize at the Powerlifting Stars competition in the Ukraine (photograph courtesy Mike Sweeney)

USAPL Indiana High School State
17 MAR 07 - Indianapolis, IN

Powerlifting	SQ	BP	DL	TOT
GIRLS				
97 lbs.				
J. Benjamin	150	95	230	475
L. Grahm	155	95	180	430
105 lbs.				
K. Totleben	210	85	200	495
114 lbs.				
R. Moore	160	75	220	455
K. Totleben	185	85	185	450
123 lbs.				
K. Spencer	230	120	250	600
C. Jones	205	105	235	545
P. Alboher	150	85	175	410
198 lbs.				
K. Stewart	270	120	310	700
SHW	—	—	—	—
L. Bridges	—	150	200	350
BOYS				
114 lbs.				
F. Ray	265	185	300	750
D. Barry	110	95	190	395
132 lbs.				
W. Boeglin	225	155	260	640
D. Stewart	235	—	275	510
148 lbs.				
J. Palmer Jr.	215	145	335	695
J. Feyka	245	145	285	675
R. Reed	210	155	270	635
165 lbs.				
Apostolidos	325	235	385	945
J. Snorden	285	195	405	885
D. Murkinson	315	170	400	885
E. Burton	290	200	350	840
T. Allman	270	130	310	710
D. Howard	—	210	425	635
181 lbs.				
D. Avant	430	265	495	1190
S. Griswell	350	205	405	960
J. Morgan	340	195	390	925
W. Smith	320	170	400	890
A. Strong	305	195	405	890
A. Palmer	305	185	310	800
198 lbs.				
J. Whitney	500	325	420	1180
R. Moore	360	190	430	980
220 lbs.				
N. Moore	550	325	475	1350
C. Mitchell	405	275	455	1135
W. Lange	370	240	430	1010
242 lbs.				
D. Reed	335	215	380	880
275 lbs.				
W. Watson	535	315	510	1360
A. Johnson	200	325	510	1335
S. Johnson	440	210	365	1015
Guest Lifters				
A. Willis	525	350	540	1415
Outstanding Female Lifter of the Meet: Kristen Spencer. Outstanding Male Lifter of the Meet: Nick Moore. High School Girls Team State Champions: North Central High School. High School Boys Team State Champions: North Central High School. Venue: North Central High School. Meet Director: Marc Anderson. (by USAPL)				

Moldovan Powerlifting
24 FEB 07 - Moldova

Powerlifting	SQ	BP	DL	TOT
Lifters				
114 lbs.				
Navin	181	132	220	534
123 lbs.				
Daniuc	176	165	242	584
132 lbs.				
Telincov	286	192	330	810
Sandru	231	231	308	771
Cigrin	220	154	330	705
148 lbs.				
Rojdaichin	319	242	396	959
Chirpii	259	231	418	909
Ogurtov	286	226	352	865
Stantier	286	253	308	848
Danilenco	248	270	308	826
Titu	286	187	330	804
Ungureanu	214	214	314	744
Chiriacu	220	198	308	727
Svet	231	187	292	711
Cebanov	220	187	264	672
Mamaliga	220	176	264	661
Berghii	—	—	—	—
165 lbs.				
Romanenco	402	325	429	1157
Rusu	396	220	429	1047
Malovschi	418	226	374	1019
Gliga	275	231	418	925
Tiron	226	192	319	738
Nicolau	220	181	319	722
Butuc	286	203	—	490
Caldare	242	—	—	242
Chiriacov	—	—	—	—
181 lbs.	485	242	507	1234
Satalenco	440	264	474	1179
Popa	418	275	451	1146
Barbarov	374	275	440	1091
Coroian	336	248	474	1058
Panzari	341	226	463	1030
Lefterov	319	231	463	1014
Stupacenco	292	242	396	931
Ciugureanu	253	248	429	931
Rata	286	242	341	870
Popescu	264	259	330	854
Mihailuta	275	231	341	848
Gara	264	220	308	793
Revenco	253	198	319	771
198 lbs.				
Prodan	463	286	529	1278
Prijilevski	396	308	529	1234
Bodisteanu	308	231	396	937
Farima	264	231	396	892
220 lbs.				
Leon	429	319	463	1212
Rodin	418	303	490	1212
Tutuiescu	385	275	451	1113
Capatina	286	286	407	981
Reaboi	286	286	385	959
Boldisor	275	330	297	903
Dimov	264	264	352	881
242 lbs.				
Conic	341	264	496	1102
275 lbs.				
Marzenco	352	308	529	1190
Guest Lifters				
A. Willis	525	350	540	1415
Outstanding Female Lifter of the Meet: Kristen Spencer. Outstanding Male Lifter of the Meet: Nick Moore. High School Girls Team State Champions: North Central High School. High School Boys Team State Champions: North Central High School. Venue: North Central High School. Meet Director: Marc Anderson. (by USAPL)				

WNPFL Georgia Championships
14 APR 07 - Atlanta, GA

BENCH	Sanders	365		
165 lbs.				
(35-39) Raw				
Sternberg	150	680		
148 lbs.				
Lifetime Raw				
Patton-Gooch	280	265		
165 lbs.				
Lifetime Raw				
Paige	360	425		
181 lbs.				
(35-39) Raw				
McCurley	225	420		
(40-49) Raw				
Berlette	335	420		
198 lbs.				
Lifetime Raw				
Duncan	325	465		
Subs Raw				
Harper	370	630		
220 lbs.				
(17-19) Raw				
Ramsey	195	395		
Lifetime Raw				
Moore	375	130		
Novice Raw				
Jaffe	275	465		
(40-49)				
Raw				
Kayes	330	38		
242 lbs.				
(35-39)				
Thomas	500	28		
Lifetime				
Dacosta	28	23		
(40-49)				
Raw				
Muncy	275	23		
(35-39)				
Ironman				
WOMEN				
181 lbs.				
Lifetime Raw				
Dacosta	180	275	455	
181 lbs.				
(50-59)				
Gayton	285	435	720	
50-59 Unl.				
Gayton	315	465	780	
Powerlifting				
114 lbs.				
Lifetime				
Cohn!	400	275	425	1100
181 lbs.				
(50-59)				
Gayton	415	285	435	1135
(50-59) Unl.				
Gayton	445	315	465	1225
220 lbs.				
Lifetime Unl.				
Shetler	450	285	435	1170
275 lbs.				
(40-49)				
Kraft	475	425	450	1350
(60-69)				
Mack	505	395	465	1365
Team Champs: Team ACN, Georgia. BL=Best lifters. (Thanks to Troy Ford for results)				

Italian Powerlifting Championships
4 NOV 06 - Pescara, ITA

BENCH	(40+)	S. Bianchi	1301
123 lbs.			
Open			
M. Dicianci	578	N. Zeccolella	948
138 lbs.			
Open			
A. D'Amario	562	A. Colella	1080
T. Iaccarino	507	L. Grotta	1036
132 lbs.			
Open			
C. Esposito	716	M. Riti	1107
C. Desiderio	485	D. Gavioli	1107
148 lbs.			
Open			
Cucciniello	1399	S. DeSantis	1058
198 lbs.			
Open			
P. Rossignoli	948	G. Colella	1312
M. Minniti	942	DeCostanzo	1245
E. Costa	788	G. Pugliese	1162
U16			
F. Scandone	661	DeCicciariello	1081
Scarponcini	622	G. Stinga	1080
U23			
Open			
C. Venditti	1201	P. Narducci	1223
D. Manna	1003	F. Sudano	1058
D. Albano	837	P. Spinelli	964
S. Russo	771	242 lbs.	964
M. Caradonna			
165 lbs.			
Open			
M. Cosmai	1102	C. Ferrucci	1487
A. Pollio	925	F. Natalizi	1004
D. Cosmai	711	A. Oro	903
181 lbs.			
D. Ferrara			
871			
(Thank you to Sharon Clegg for the results)			

Lebanon HS Strength Challenge
9 JUN 07 - Fredericksburg, PA

Raw	BP	DL	TOT	
FEMALE				
9-10th Grade				
77 lbs.				
E. Monk	80	165	245	
MALE				
9th Grade				
105 lbs.				
D. Killian	95	195	290	
132 lbs.				
C. Shifflett	120	265	385	
198 lbs.				
S. Beck	175	345	520	
10th Grade				
123 lbs.				
N. Baker	145	250	395	
165 lbs.				
C. Edwards	210	355	565	
181 lbs.				
B. Arnold	265	425	690	
11th Grade				
L. Slaughter	451	402	440	1294
J. Ford	456	358	474	1288
M. Sichelman	462	270	479	1211
Master II				
D. Ricks	704	468	700	1872
K. Schiessl	539	330	490	1360
R. Walton	451	303	507	1261
J. Mumaw	429	264	518	1211
W. Kellett	330	242	429	1002
Master III				
HWT				
J. Walmer	295	465	760	
Best Lifter Women: Elizabeth Monk. Best Lifter Men 9th Grade: Steven Beck. Best Lifter Men 10th Grade: Ben Arnold. Best Lifter Men 11th Grade: Jonathan Darkes. Team Champions: Elco Raiders. (Thanks to Meet Director, John Monk Jr., for results)				

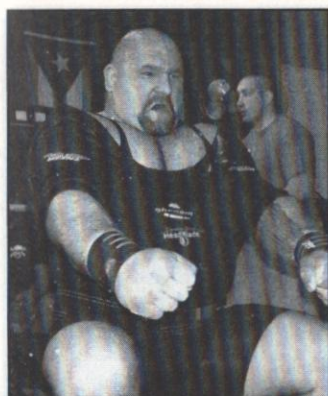
Coming Events UPDATES

25 AUG, Strengthworks.com
Bench Press Meet
(Tempe, AZ)
Christopher Souza, 480-829-0382

27 OCT, 1st annual Canonsburg
Fitness Bench Press
(Charity Event - Canonsburg, PA)
Barry Pochiba, 412-600-2600,
power_lifters@hotmail.com

USAPL Masters Nationals
4-6 MAY 07 - Milwaukee, WI

MALE	SQ	BP	DL	TOT
123 lbs.				
Master I				
E. Gainer Sr.	451	281	485	1217
138 lbs.				
Master II				
R. Caputo	352	220	402	974
Master IV				
A. Galant	330	159	336	826
132 lbs.				
Master I				
Kupperstein	473	259	562	1294
K. Jones	407	259	374	1040
Master V				
R. Trujillo	363	237	435	1035
Master-G				
R. McLaren	385	330	463	1178
148 lbs.				
U16				
D. Matsumoto	583	391	468	1442
Master III				
M. Castro Sr.	341	270	600	1211
K. Kennedy	357	270	424	1052
R. Blaumuller	264	187	330	782
Master IV				
R. Coleman	313	176	330	820
Master V				
J. Yeats	396	237	468	1101
Master VIII				
R. Cortes	335	231	429	997
165 lbs.				
Master I				
D. Thompson	517	396	512	1426
S. Lynch	500	347	551	1399
F. Kozub	418	303	474	1195
G. Simmons	555	374	165	1095
Master IV				
C. Lewis	550	341	529	1420
M. Mason	500	303	418	1222
K. Bolen	500	—	—	500
Master III				
D. Parker	341	341	374	1057
Master IV				
G. Kleyn	407	253	474	1134
M. Rosenwald	330	214	363	908
J. Rizza	374	154	374	903
A. Sheen	275	214	369	859
Master V				
S. Alduenda	462	319	534	1316
B. Weinstock	390			



Shawn Lattimer joined the short list of 900 benchers with his 905 lber at the APF Imperium contest.

APF/AAPF Imperium 12 MAY 07 - Tribes Hill, NY	
APF BENCH	SHW
WOMEN	Open
123 lbs.	S. Lattimer 905
Open	Master III
J. Faraone 315	V. Vardine 460
MEN	AAPF BENCH
181 lbs.	MEN
Open	181 lbs.
A. Manatrizio 345	Teen (18-19)
242 lbs.	R. Rodriguez 325
Open	Submaster
B. Futrell 405	J. Roberts 415
Submaster	SHW
E. Bedow 470	Master III
Master III	F. Farina 365
M. Kemeka 335	APF DEADLIFT
275 lbs.	WOMEN
Open	181 lbs.
J. Farina 435	Open
J. Toranzo —	K. Seaberry 285

APF SQUAT	Submaster	S. Nilsen —		
MEN	BP	DL	TOT	
220 lbs.				
APF Ironman				
MEN				
181 lbs.				
Junior				
D. Lynch	325	530	855	
Powerlifting	BP	DL	TOT	
WOMEN				
APF				
148 lbs.				
Open				
R. West	290	205	275	770
165 lbs.				
Teen (16-17)				
A. Lamont	205	155	325	685
181 lbs.				
Teen (16-17)				
S. Richards	175	105	225	505
MEN				
APF				
148 lbs.				
Junior				
S. Tepper	500	350	400	0250
165 lbs.				
Open				
D. Slivka	450	240	520	1210
220 lbs.				
Submaster				
S. Roew	875	610	620	2105
275 lbs.				
M. Ferlito	505	355	495	1355
181 lbs.				
Open				
D. Byrd	700	405	615	1720
220 lbs.				
AAPF				
Open				
B. Furgala	655	455	495	1605
220 lbs.				
Submaster				
C. DelPreore	770	515	590	1875
242 lbs.				
Teen (18-19)				
D. Halton	560	335	440	1335
Master I				
J. Zemken	745	515	540	1800
181 lbs.				
Open				
K. Seaberry	285			



Chris DelPreore added 50 lbs. to his meet PR with his 1875 total. (Sandi McCaslin photos)

awesome people help out. Our first thanks would have to go out to John Inzer of Inzer Advance Designs. He always makes sure we have a nice promotion package for our meets, including plenty of tee shirt ammunition for the tee shirt cannon. House of Pain Ironwear also sends some nice items for our lifters. Iron Woody Fitness has recently joined our list of sponsors. We welcome them and hope you will look for their products on our website at ironasylumgym.com Our sponsors enable us to do a little bit extra with each meet, and for this we thank them and encourage people to spend the money with the ones who give back to this sport. Carl Seeker packed up the trophies for this meet and came up from Warren, P A as always to help in any way he can. He not only brings his amazing trophies, he also brings his me skills and platform assistance as well.

Ed and Kathy always handle our kitchen, and did a great job as always. So much help on the platform. Jon Rock, what a freaking guy. He came strictly to help out, and he loaded and spotted all day long. You just don't come across people like this every day. Thank you from the bottom of our hearts Jon. John Impallomeni came to the meet with John Bott and his crew. John helped out all day long as well. Jose came up to support Joel Toranzo, and was more than willing to help out all day also. Jim Farina, Tone Barbaccio and Kia Seaberry were a big help all day. Joe Ceklovsky and his wife, Natalie came down on Friday night to help move all the equipment around and do all the last minute meet preparations. They stuck around on Sunday to see Sarah's performance in "Grease" too, and this really meant the world to her. She even did Joe's signature "penguin" dance on stage in Joe's honor. With that I must also thank Sarah and Kerrigan for all the work that they put into our meets at the asylum. Our kids are awesome! We had some really talented first time lifters as well as some of the seasoned favorites. In the full power we had three female first time lifters, two of them being high school girls that train at the asylum. Rheta West also stepped on the platform for the first time, after only training a few months. Sandy "The Sandblaster" Tepper put up his first 500 squat at 148 bodyweight. Denis Slivka, who has only lived in the states for seven years, made his asylum debut. Scott Rowe put up an impressive 2105 total at 220. Damon Byrd and Chris DelPreore both put some impressive lbs on their totals, as did Brian Furgala in his first double ply meet. John Zemken of Albany Strength totaled an awesome 1800 at 242 Masters. Dan Lynch, an impressive raw lifter from NH, impressed the crowd once again, with his 325 bench and 530 deadlift at a bodyweight of 181. Kia Seaberry, girlfriend of the legendary Dave Kirschen (okay, legend in his own mind), pulled her first compe-

tition deadlift of 285. Some incredible bench action was happening as well, with top contender in the female 123 division, Janet Faraone benching 315 and putting a great effort into 350. Bill Futrell came out from Syracuse to bench in his first meet, putting up 405 at 242. Raphael "Hero in a Half Shell" Rodriguez benched 325 in his first meet, he was accompanied by Jake Roberts who benched a very impressive 415. We've known Jake for some time, and he's a real solid guy with great integrity. Ed Bedow came in all the way from Grand Valley, PA to compete. I really wish we could have broken him in properly at the post meet shenanigans, but he was called away. Another first time competitor, Mark Kemeka, benched an impressive raw 335 in the Masters III division. Jim Farina also competed raw in the 275 class and benched 435. Masters lifter Vinnie Vardine, came in at a bodyweight of 312 and benched 460, just missing 475. We certainly can't forget the asylum's own Frank Farina, who at an age of 53 has suddenly taken an interest in bench shirts. Frank, training just a few months, benched 365. Great work Frank. 400 is right around the corner. The superstar of the bench was Shawn Lattimer. Shawn has been through injury and personal hell in the past year (probably more). Some may have thought he wasn't coming back around, but we personally have seen him making his comeback, one step at a time. On this day, he put up an amazing 905 bench, which puts him on a very short list of men who have accomplished this. The post meet shenanigans were as good as would be expected. The hotel that accommodates our lifters went above and beyond as always. There was plenty of good food and drink to be had. We tried to recall the next week what kind of drinks were being passed along, and I still don't know that the list was complete. Many great lifts and many great bonds to be celebrated. Good times! At one point



APF/AAPF Membership Application

Check the box that applies below

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STREET ADDRESS				DATE OF APPLICATION
CITY		STATE	ZIP CODE	
AREA CODE	TELEPHONE NUMBER	DATE OF BIRTH MO DATE YEAR	AGE	SEX
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)		REGISTRATION NUMBER	E-MAIL ADDRESS	
APF \$30	AAPF \$30	APF & AAPF \$40		
<p>ATHLETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF 505 Westgate Drive Aurora, IL 60506 worldpowerliftingcongress.com • 1-866-389-4744</p>				
<p>ARE YOU A PREVIOUS APF OR AAPF MEMBER? <input type="checkbox"/> YES <input type="checkbox"/> NO</p>				
IF UNDER 18, HAVE PARENT INITIAL		SIGNATURE X		

we were sitting at the bar kicking back with some beers and John Bott looked into a small bar and had a great time. Kern stayed up until 4 am with us. It is a good idea to have your 11 year old hanging out with all the filthy powerlifters until wee hours of the morning? Of course it is. They are all like family to her and they all supported the 2007 Imperium. We appreciate each and every one of you. Look for complete results, pics and vids at www.ironasylumgym.com. (Thank you to Sandi McCaslin for providing the results)

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American Powerlifting Association World Powerlifting Alliance



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APA Fit For Life Power Palooza 12 MAY 07 - Bossier City, LA		STRICT CURL		MALE		A. Hixon 450 275* — —	
BENCH	Submaster (33-39)	FEMALE	148 lbs.	275 lbs.	181 lbs.	Teen (18-19)	585 360* 455* 1400*
MALE	R. Phillips 485	148 lbs.	A. Micka 100*	W. Tew 145*	308 lbs.	C. Jackson 500 340 530 1370	4th-SQ-595!
165 lbs.	Master (40-49)	308 lbs.	J. Micka 170*	J. Micka 170*	BP DL TOT	J. Bozzelle 650! 405 580* 1635!	
Junior (20-23)	L. Sexton 405*	Push Pull	BP DL TOT	Open	J. Bozzelle 650* 405 580* 1635*	Open	
Tested	308 lbs.	MALE	181 lbs.	J. Bozzelle 650* 405 580* 1635*	181 lbs.	198 lbs.	
K. Simms 375*	Open	DEADLIFT	J. Bozzelle 405 580* 985	Teen (16-17)	J. Self 500* 225 430 1155*	220 lbs.	
198 lbs.	J. Micka —	Open	J. Bozzelle 405 580* 985	Teen (18-19)	R. Giglio 375* 275 415* 1065*	220 lbs.	
Open	DEADLIFT	Open	J. Bozzelle 405 580* 985	Tested	K. Soileau 585 300 635* 1520	220 lbs.	
D. Hickerson 400	MALE	Open	J. Bozzelle 405 580* 985	Open	J. Steen# 855! 495 600 1950*	220 lbs.	
220 lbs.	220 lbs.	Open	J. Bozzelle 405 580* 985	Open	C. Millett 650 — 500 —	220 lbs.	
Open	Open	Open	J. Bozzelle 405 580* 985	Open	(60-69)	220 lbs.	
J. Steen 495	J. Steen 600	Open	J. Bozzelle 405 580* 985	Open	J. Cassels 340 270 405 1015	220 lbs.	
C. Millett —	C. Millett 500	Open	J. Bozzelle 405 580* 985	Open	Tested	220 lbs.	
242 lbs.	242 lbs.	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
Junior (20-23)	Master (50-59)	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
D. Pierce# 610!	R. Wharton 450*	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
275 lbs.	SHW	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
Open	Tested	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
W. Tew 515	J. Tabarlet 350*	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
C. Parker 445	Master (40-49)	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
J. Barnes 440	J. Tabarlet 350*	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	
	Teen (16-17)	Open	J. Bozzelle 405 580* 985	Open		220 lbs.	

Teen (18-19)
C. Peyton 585 360* 455* 1400*
4th-SQ-595!
275 lbs.
Tested
A. Harris 600 440 135 1175
308 lbs.
Open
H. Smith 555* 365 535 1455*
#=Best Lifters. * =Louisiana State Records.
! =World Records. (Ryan P. Cidzik results)



From the Video Jody Steen's APA World Record squat 855 at 220. (photo courtesy of Ryan Cidzik)

APA Nutmeg Open Championships
17 MAR 07 - Newington, CT

BENCH		MEN	
114 lbs.	R. Huber 25	181 lbs.	
(16-17) DT	242 lbs.	181 lbs.	
S. Gittleman 140	J. Knobler 31	181 lbs.	
148 lbs.	DEADLIFT	181 lbs.	
(13-15) DT	MEN	181 lbs.	
J. Cameron 265	165 lbs.	181 lbs.	
220 lbs.	Junior DT	181 lbs.	
(50-59) DT	B. Trigila 395	181 lbs.	
K. Mattson 530!	(18-19) DT	181 lbs.	
Raw DT	J. Sagherian 565!*	181 lbs.	
D. DeMaio 310	198 lbs.	181 lbs.	
242 lbs.	Open	181 lbs.	
Open DT	K. Barnes 515	181 lbs.	
J. Knobler —	(40-49)	181 lbs.	
275 lbs.	T. O'Conner 545	181 lbs.	
(50-59) DT	220 lbs.	181 lbs.	
B. Borofsky —	(16-17) DT	181 lbs.	
308 lbs.	J. Marino 505	181 lbs.	
Junior DT	242 lbs.	181 lbs.	
M. DeMello 500	(40-49)	181 lbs.	
Raw DT	T. Chojnowski 650	181 lbs.	
M. DeMello 500	275 lbs.	181 lbs.	
Raw Open	(40-49) DT	181 lbs.	
M. DeMello 500	J. Schultz 520	181 lbs.	
BENCH REPS	BP DL TOT	181 lbs.	
Push Pull		181 lbs.	
MEN		181 lbs.	
198 lbs.		181 lbs.	
(18-19) DT		181 lbs.	
D. Anneser 455 455 910		181 lbs.	
220 lbs.		181 lbs.	
Open		181 lbs.	
B. Bissonett 475 675 1150		181 lbs.	
Powerlifting	SQ BP DL TOT	181 lbs.	
MEN		181 lbs.	
165 lbs.		181 lbs.	
Junior DT		181 lbs.	
D. Slivka 415 230 515 1160		181 lbs.	
220 lbs.		181 lbs.	
Open DT		181 lbs.	
B. Beckwith 415 315 450 1180		181 lbs.	
DT=Drug Tested. * =American Record.		181 lbs.	
! =World record. Best Lifters: Denis Slivka, Brian Bissonett, Ken Mattson, and Tom Chojnowski. Special thanks to TNT Fitness for providing an excellent meet site and spotters. And thanks to those who judged. Due to the blizzard, turnout was greatly effected. Special thanks to those who showed. It made my drive from Florida worthwhile. Lots of great lifting took place and we are preparing to hold our next event in Newington in May. Turnout will be much larger with no snowstorms. (Thanks to Scott Taylor, APA President, for results)		181 lbs.	

The Ken Patera Story



Bruce Wilhelm has put together a full and up to date biographical edition on Ken Patera, who is considered by many to be the strongest man in the world.

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It finishes off by talking about his venture in the gym business and then moving on to Twin City Wire where he has once again met success as one of their best performing sales personnel.

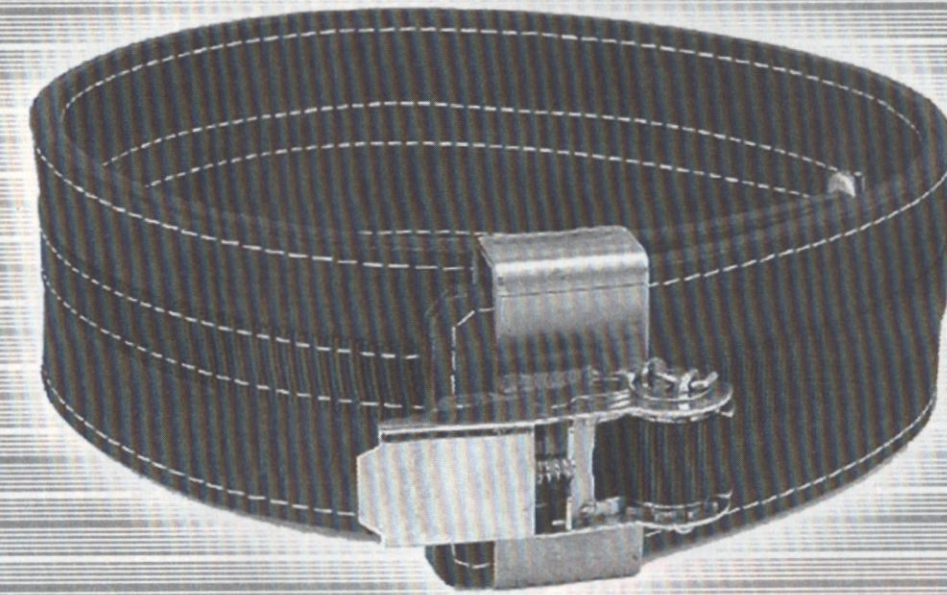
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3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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- Saves your energy. Tightening the PR Belt absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
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- Very secure. The belt automatically locks until you manually release it.
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WABDL Northwest Regional
10 MAR 07 - Medford, OR

BENCH WOMEN	Open	181 lbs.	514
Master (40-46)	R. Harris	181 lbs.	514
132 lbs.	Law/Fire		
D. Sutton	Submaster		
165 lbs.	242 lbs.		
S. Klocke	A. Oh	429	
199+ lbs.	T. Adams	385	
K. Sandoval	308 lbs.		
Open	J. Taylor	556*	
165 lbs.	Master (40-46)		
S. Klocke	165 lbs.		
M. Rochat	R. King	303	
MEN	181 lbs.		
Class I	J. Riley	—	
181 lbs.	198 lbs.		
N. Diaz	J. Noblit	402	
198 lbs.	E. Georgeon	330	
R. Cruise	220 lbs.		
220 lbs.	R. Joachim	369	
D. Wilcox	242 lbs.		
J. Sandlin	385		
242 lbs.	E. Macauley	—	
C. Dodson	259 lbs.		
308 lbs.	R. Fisher	424	
J. Smith	325		
Elite Open	220 lbs.		
198 lbs.	D. Marci	330	
G. Warrington	650		
Junior (20-25)	123 lbs.		
220 lbs.	L. Muth	165	
J. Sandlin	385		
A. Georgeon	380		
J. Bollig	341		
Law/Fire	D. Hawkins	314	
Master (40-47)	R. Hieb	275	
220 lbs.	198 lbs.		
D. Wilcox	413		
259 lbs.	J. Beteta	336	
D. Bodenstab	—		
Law/Fire	G. Nelson	—	
Master (48-55)	309+ lbs.		
242 lbs.	D. James	507	
J. Holloway	336		
4th-341*	148 lbs.		
Law/Fire	L. Vincent	242	
	Master (80-84)	181 lbs.	

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165 lbs.	J. Mugleston	286*	Open	J. Capello	777
D. Gibson	170	198 lbs.	148 lbs.	4th-806*	
Open	N. Edinger	330	A. Wass	325	Master (54-60)
165 lbs.	242 lbs.		123 lbs.		
D. Fisher	341	C. Dodson	314	T. Holte	413*
181 lbs.	308 lbs.	374*	M. Rochat	374*	
R. Harris	514	C. Gail	319	Teen (16-19)	
Submaster (33-39)	DEADLIFT	148 lbs.		4th-468*	
220 lbs.	WOMEN				
S. Edmondson	473	Master (40-46)		R. Wass	451
275 lbs.	148 lbs.			242 lbs.	
P. Martin	512	H. Gantz	440*	B. Anderberg	573
Teen (12-13)	97 lbs.	K. Kennedy	347	4th-601*	
C. Grizzle	55	UL		198 lbs.	
105 lbs.	55	K. Sandoval	374	Master (61-67)	
D. Sites	122*	Master (47-53)		220 lbs.	
123 lbs.	123 lbs.	D. Ruff	358	T. Charley	573
A. Grizzle	104	148 lbs.		J. Nickerson	611
132 lbs.	110*	B. McGowan	303	4th-650*	
J. Ditty	110*	165 lbs.		L. Vincent	341
Teen (14-15)	148 lbs.	T. Holte	413*	Open	
148 lbs.	248*	Master (54-60)		C. Callaway	584
R. Mahoney	248*	148 lbs.		J. Smith	407
181 lbs.	P. Pendergast	341		D. Fisher	512
				181 lbs.	
				D. Guches	622
				R. Godard	617

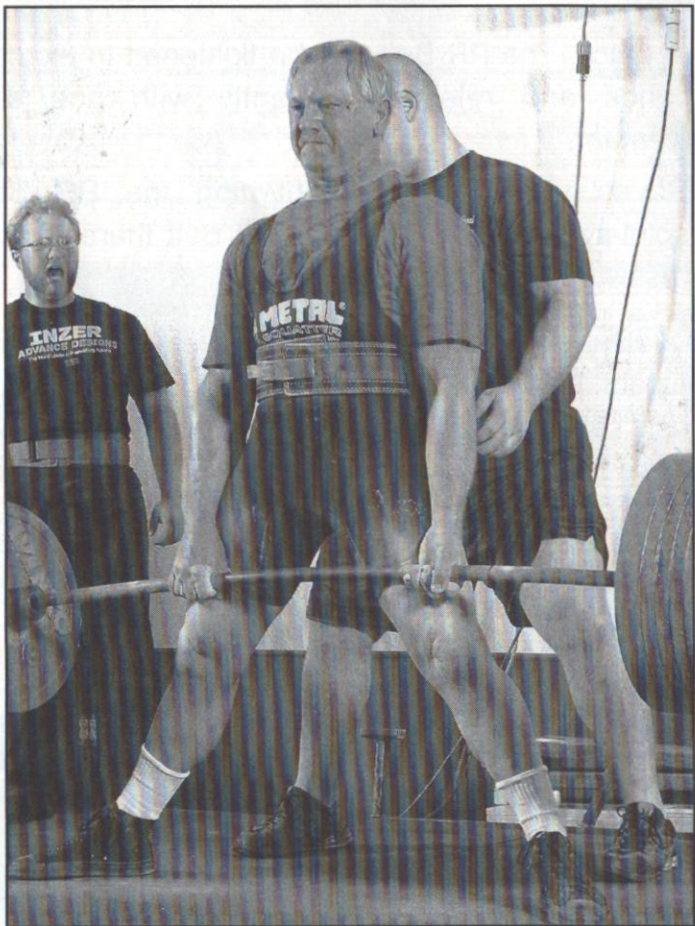
165 lbs.	J. Mugleston	286*	Open	J. Capello	777
D. Gibson	170	198 lbs.	148 lbs.	4th-806*	
Open	N. Edinger	330	A. Wass	325	Master (54-60)
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R. Harris	514	C. Gail	319	Teen (16-19)	
Submaster (33-39)	DEADLIFT	148 lbs.		4th-468*	
220 lbs.	WOMEN				
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105 lbs.	55	K. Sandoval	374	Master (61-67)	
D. Sites	122*	Master (47-53)		220 lbs.	
123 lbs.	123 lbs.	D. Ruff	358	T. Charley	573
A. Grizzle	104	148 lbs.		J. Nickerson	611
132 lbs.	110*	B. McGowan	303	4th-650*	
J. Ditty	110*	165 lbs.		L. Vincent	341
Teen (14-15)	148 lbs.	T. Holte	413*	Open	
148 lbs.	248*	Master (54-60)		C. Callaway	584
R. Mahoney	248*	148 lbs.		J. Smith	407
181 lbs.	P. Pendergast	341		D. Fisher	512

Open 242 and Master 47-53/242. In Class I deadlift, Jim Nickerson pulled 650.2 at 275 for an Oregon record. In Law/Fire Master 40-47/259 Don Bodenstab set an Oregon record 589.5. In Law/Fire Master (56+) Dennis Cameron set a world record 468.2 at 220. Dennis also set a Nevada state record. James Taylor set an Oregon record 628 in Law/Fire Submaster 308. In Master (40-46) Dan Guches set an Oregon record 622.7 at 180, way above average. In Master 54-60/123 Larry Muth set a world record 347. In Master women 40-46/148 Heidi Gantz set a world record deadlift 440.7 and in Master 47-53/165 Teresa Holte set a world record 413.2 pounds, which is tremendous weight all things considered. In Teen 12-13/105 Dylan Sites set a world record 248 lbs. deadlift. In 12-13/132 Jimmy Ditty set a world record 304.1 lbs. fantastic weight for that age! Elliot Ransdell was about as good with a world record 319.5 in Teen 12-13/148. In Teen 14-15/165 Nathan Thorton set an Oregon record with a big 425.3 lbs. those teenage lifts are huge and very impressive. Moving onto the bench press, Jeff Holloway set an Oregon record 341.5 pounds in Law/Fire Master 48-55/242. In Law/Fire Submaster 308 James Taylor set a national record 556.5 and Dylan Sites set a world record 122.3 at 12-13/105. In Master women 40-46/198+ Kelli Sandoval set an Oregon record 270. Sam Pecktol was the meet director. Rhonda Guches was the scorekeeper along with Rochelle Charlie. Gary and Elma Thomas were excellent on the computer and weigh-in room. According to Sam Pecktol, "I couldn't and wouldn't run my meet without them." the MC was Chris Erhardt and the judges were Jerry Luehrs, Sam Pecktol, Dan Guches, Gus Warrington, Don James, and Christie Hansen. (report courtesy of Gus Rethwisch)

USAPL Shawn Ray Classic
2 JUN 07 - Denver, CO

BENCH	198 lbs.		
FEMALE	Master II		
123 lbs.	R. Martinec	358	
Open	Open		
T. Adelman	226	A. Harrell	364
132 lbs.	Open/Master I		
Open	Shalkowski	463	
Diaz de Leon	214*	220 lbs.	
165 lbs.	Master IV		
C. Grizzle	121	D. Barkee	364
105 lbs.	Open		
D. Sites	248*	A. Miller	220
123 lbs.	Master II		
A. Grizzle	187	C. York	187
132 lbs.	MALE		
J. Ditty	264	148 lbs.	
4th-304*	Master I		
148 lbs.	L. Perea	292	
E. Ramsdell	319*	181 lbs.	
J. Everett	303	Master II	
S. Curtius	236	275+ lbs.	
Teen (14-15)	Open		
165 lbs.	V. Narolsky	518	
N. Thornton	425*		
Teen (16-19)	Powerlifting	SQ	
148 lbs.	FEMALE		
A. Russell	473*	181 lbs.	
198 lbs.	Master I		
N. Edinger	457	J. Lerew	254
308 lbs.	MALE		
C. Golf	518	148 lbs.	
Master II			
B. Sato	463	292	480
165 lbs.			
Teen III			
M. Lee	402	220	402
181 lbs.			
Master II			
F. Agos	402	331	540
220 lbs.			
Master IV			
D. Barkee	446	364	446
242 lbs.			
Open			
A. Rich	507	347	601
R. Jacobson	502	402	540
Master II			
JW. Briggs	529	309	535
Teen III			
JT. Briggs	474	254	463
275+ lbs.			
Teen III			
B. Sumner	728	480	639
(Thanks to the USAPL for these results)			

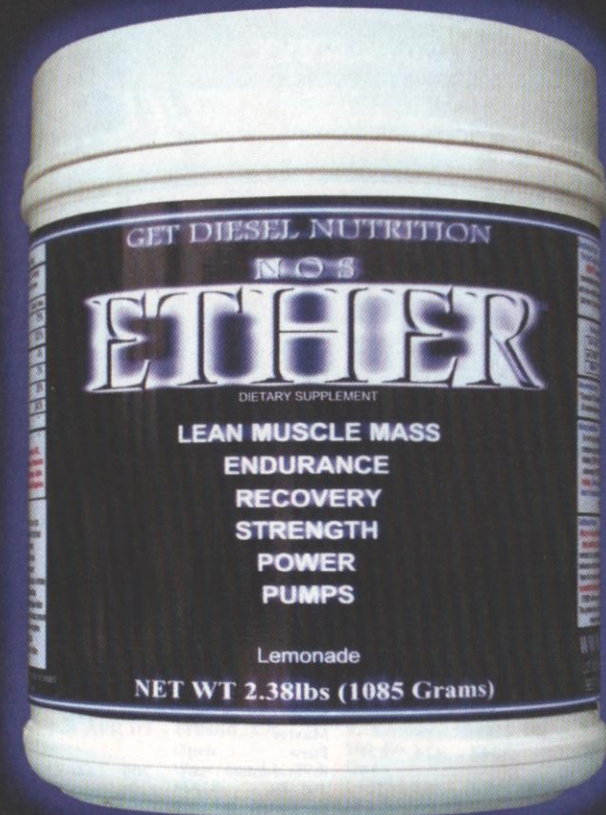
*=State Records. !=World Records. Head Bench Judges: Don James and Sam Pecktol. Bench Side Judges: Chuck McFarland, Dan Guches, and Christie Hansen. Head Deadlift Judge: Terry Luehrs. Deadlift Side Judges: Gus Warrington and Donald James. Venue: Ramada Inn. About 100 contestants showed up for this event and the biggest lift, the highlight of the meet was Jerry Capello deadlifting 806.7, weighing 239 pounds at age 50 and passing the drug test. Jerry is lifetime drug free and was a logger for over 20 years. His grandfather was killed logging, his father was severely injured and Jerry was knocked out twice by falling trees. He is now a personal trainer. He opened with 705 lbs. went to 749.5, the 771, and then 806.7. The vast majority of lifters open too heavy on their deadlifts. The only other lifter to pull over 800 pounds at age 50 was George Brink and he pulled 804.5 weighing about 290 lbs. Jerry's lifts were world records in



Jerry Capello pulled 806 at the WABDL Northwest Regional. (SOS)

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Calories: 50	
Total Fat: 0g	
Total Carbohydrates: 15g	5%
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-Sugars (Xylitol/D-Ribose)	
B-3 (Nicotinamide)	15mg 75%
Vitamin C (Ascorbic Acid)	1000mg 1666%
Iron (as Monomethionine)	5mg 34%
Sodium (as Na Bicarbonate/Phosphate)	258mg 10%
Potassium (as K Bicarbonate/Phosphate)	476mg 17%
Phosphorus (as NaK Phosphate)	876mg 88%
Magnesium (as Creatine Mg Chelate/Mg Malate)	250mg 63%
Zinc (as Cr Polymalate)	400mg 360%
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Bioenergy™ D-Ribose™, Arginine-AKG, Xylitol, Kre-Alkalyn™ Creatine, N-Acetyl-L-Glutamine, Acetyl-L-Carnitine, Magnesium Creatine Chelate, L-Leucine, Magnesium Malate, Sodium Phosphate, Potassium Bicarbonate, Potassium Phosphate, Sodium Bicarbonate, Grape Seed Extract, Glycylglycine, Lecithin, Rhodiola Rosea, Stevia, Alpha Lipoic Acid, Citridium, Myricetin, Rosemary, Vanadium (Amino Acid Chelate), Coenzyme Q10, Maraltea Leaf, Bioperine.	

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NASA Ohio State
21 APR 07 - Springfield, OH

BENCH Only	D. Mason	474	
FEMALE	Raw		
148 lbs.	148 lbs.		
Junior	High School		
A. Comstock	L. Melcher	264	
Master I	Master I		
M. Kramer	R. Manning	237	
Pure	165 lbs.		
M. Kramer	J. Kimmert	259	
MALE	181 lbs.		
132 lbs.	Master I		
Novice	R. Burns	330	
P. Wiseman	Master II		
165 lbs.	L. Donahue	253	
Police/Fire	198 lbs.		
T. Simpson	Pure		
181 lbs.	B. Burns	264	
Teen	220 lbs.		
Z. Whitney	Master II		
198 lbs.	T. Boyer	354	
High School	Novice		
W. Hanley	J. Barker	—	
Junior	Open		
Cummerlande	C. Poore	418	
220 lbs.	T. Boyer	354	
High School	Pure		
K. Smith	J. Hall	474	
Int	T. Boyer	354	
R. Haynes	275 lbs.		
Novice	Submaster Pure		
A. Antonelli	J. Durkin	308	
Pure	PS BENCH		
J. Hall	MALE		
Submaster I	220 lbs.		
C. Poore	Open		
242 lbs.	C. Poore	418	
Novice	Pure		
C. Stollings	J. Hall	474	
Police/Fire	Submaster II		
L. Edwards	K. Baltes	402	
Submaster	PS CURL		
Pure	MALE		
J. Knight	242 lbs.		
275 lbs.	Submaster		
Junior	Pure		
McWhorter	J. Knight	137	
Submaster II	275 lbs.		
R. Wiseman	Submaster		
413	Pure		
Submaster	J. Durkin	143	
Pure	PS DEADLIFT		
R. Wiseman	MALE		
413	308 lbs.		
Int	308 lbs.		
C. Holmes	Int	457	
Master I	R. Walch	468	
Push Pull	BP	DL	TOT
FEMALE			
114 lbs.			
Master I			
L. Lowey	126	226	352
Teen			
L. McGonagle	82	181	264
MALE			
114 lbs.			
Youth			
A. Edwards	99	220	319
165 lbs.			
Master II			
M. McGonagle	203	341	545
Master III			
R. Dodson	181	369	551
181 lbs.			
Master II			

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Push Pull	BP	DL	TOT	148 lbs.	Powerlifting	SQ	BP	DL	TOT
L. Donahue	253	330	584	Novice	A. Soboleski	540	402	600	1543
Master				A. Kunkel	308 lbs.				
Pure				231	99	264	595		
L. Donahue	253	330	584	High School	Submaster II				
198 lbs.				M. Baker	J. Barrett	385	424	451	1262
Submaster I				352	203	440	997		
B. Brown	297	578	876	C. Harris	352	187	325	865	
220 lbs.				Master III	Master I				
Submaster II				R. Dodson	M. Soboleski	402	402	496	1300
C. Underhill	440	518	959	181 lbs.	Raw				
242 lbs.				Master II	165 lbs.				
Master I				R. Friedman	Teen				
L. Edwards	347	474	821	Master	T. Phipps	220	126	303	650
Novice				Pure	181 lbs.				
R. Shotts	275	363	639	R. Friedman	Master I				
Police/Fire				385	209	446	1041		
L. Edwards	347	474	821	198 lbs.	Master II				
Pure				D. Clayton	R. Burns	402	330	396	1129
D. Brown	352	600	953	220 lbs.	Master II				
275 lbs.				Master I	R. Friedman	385	209	446	1041
High School				N. Benefield	L. Donahue	308	253	330	892
C. Edwards	154	259	413	Open	198 lbs.				
Powerlifting	BP	DL	TOT	424	325	446	1196		
FEMALE				M. Adams	Junior				
Raw				562	352	523	1438		
148 lbs.				242 lbs.	Novice				
Junior				Pure	J. Barker	402	—	—	402
A. Comstock	226	77	303	J. Abnee	Open				
MALE				672	391	611	1675		
275 lbs.				Submaster	Pure				
				J. Abnee	672	391	611	1675	

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State - ____ Zip - _____ Phone - ____ - ____ - ____

Date of Birth - ____ - ____ - ____ Age - ____ E-mail Address - _____

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USAPL Anchorage Spring Classic
31 MAR 07 - Anchorage, AK

Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Teen (14)				
K. Maile	2775	143	275	694
198 lbs.				
Open				
V. Baxter	253	170	297	722
198+ lbs.				
Open				
R. Etheridge	292	159	341	573
MALE				
181 lbs.				
Open				
D. Paliament	—	341	—	341
198 lbs.				
Open				
E. Keib	440	374	501	1317
J. Kiser	451	286	507	1245
J. Hackett	396	264	523	1184
220 lbs.				
Open				
C. Leu	507	380	562	1444
M. Bishop	534	358	584	1476
Master (45-49)				
M. Newton	137	462*	264	865
Open				
R. Schmor	462	330	501	997
242 lbs.				
Open				
J. Friesen	—	391	—	391
SHW				
Open				
J. Potosky	523	374	644	1543
*=State Records. Coordinator: Ron Burnett. Venue: Polaris Gym. (from USAPL)				

USAPL Massachusetts HS
24 MAR 07 - Brighton, MA

Powerlifting	SQ	BP	DL	TOT
MALE				
Fro/Soph				
114 lbs.				
P. Morto	140	95	170	405
123 lbs.				
L. Avededo	230	140	255	625
132 lbs.				
P. Hagerty	145	135	230	510
148 lbs.				
M. DiPlacido	265	190	305	760
165 lbs.				
M. Zeghibe	250	150	265	665
181 lbs.				
S. Grassa	360	280	420	1060
D. Hudson	350	220	450	1020
J. Cassaro	245	160	285	690
J. Zeno	265	120	300	685
J. Robles	205	145	315	665
R. Moore	365	225	435	1025
V. DeSilva	355	215	360	930
W. Valentin	305	185	400	890
J. Izquierdo	285	145	400	830
S. Metellus	250	175	300	725
R. Fitzgerald	175	105	265	545
C. Martin	—	195	340	—
220 lb.				
M. Lima	365	220	370	955
S. Corbesero	285	160	385	830
275 lbs.				
A. Tisme	—	200	375	—
Junior/Senior				
114 lbs.				
D. Orsi	265	165	275	705
132 lbs.				
J. Lewis Jr.	375	150	420	945
Tannozzivi	265	165	300	730
148 lbs.				
J. Heckstell	370	175	380	925
B. Iozzo	265	185	350	800
P. Torres	215	205	275	695
C. Devaney	—	160	—	—
165 lbs.				
S. Labathe Jr.	325	240	430	995
R. Chan	235	185	300	720
K. Lopez	225	—	300	—
181 lbs.				
M. Bruno	360	280	460	1100
P. Oullette	385	245	445	1075
M. LeVine	355	245	420	1020
K. Sanon	365	175	325	865
E. Minelli	395	—	—	—
198 lbs.				
J. Norcott	570	335	555	1460
D. Petrino	515	235	540	290
M. Shea	495	275	500	1270
R. Crowley	455	305	455	1215
J. Walsh	445	260	440	1145

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J. Bruno	330	305	410	1045	(16-17)	A. Aerts	440	(50-54)						
C. Ross	360	245	415	1020	J. Evans	203	M. Esquedna	380	H. Pardi	132	226	402	760	
P. Asack	330	230	410	970	181 lbs.		D. Esquedna	352	MALE					
M. Morris	305	195	420	920	Junior		M. Rivera	352	114 lbs.					
H. Coburn	275	195	360	830	S. Overstreet	319	B. Lincoln Jr.	—	(13-15)					
B. Mellet	350	—	—	—	Open		T. Doran	176	82	203	463			
R. Bradshaw	—	—	—	—	P. Cervantes	303	D. Esquedna	352	165 lbs.					
220 lbs.					(45-49)		Open							
E. Tomolillo	500	275	460	1235	E. Ladenheim	165	D. Shay	275	S. Santellon	226	192	341	760	
G. O'Brien	415	285	460	1160	198 lbs.		(50-54)		Junior					
K. Azeez	400	250	450	1100	Open		A. Aerts	440	Open					
C. McFadden	425	245	425	1095	(70-74)		C. Trembly	463	S. Overstreet	275	319	440	1036	
K. O'Connell	—	290	585	—	N. Diliddo	248	J. Evans	—	Open					
242 lbs.					220 lbs.		(65-69)		G. Soto	413	275	501	1190	
M. Pimentel	495	305	475	1275	Junior		H. Garris	270	198 lbs.					
P. Freeman	465	275	490	1230	Open		309 lbs.		Junior					
K. Nedd	410	270	500	1180	A. Contreras	319	B. Wheeler	507	507	—	—	507		
M. Richmond	405	265	455	1125	Open		D. Guerra	633	Open					
K. Santiago	400	220	400	1020	J. Deluca	451	J. Kegrice	688	688	—	—	688		
K. Raftery	320	185	345	850	(50-54)		VanBrooklyn	396	(50-54)					
B. Jasper	530	—	525	—	R. Ruiz	418	D. Bertier	—	—	—	—	—		
275 lbs.					242 lbs.		Open		(70-74)					
B. Anderson	675	350	615	1640	Open		S. Dozier	501	P. Wilson	—	—	—		
B. Kipp	465	315	510	1290	P. Hakola	606	L. Contreas	429	220 lbs.					
M. Condon	365	275	405	1045	(45-49)		(45-49)		(50-54)					
SHW					B. Thompson	380	A. Ramsey	—	D. Mullins	501	270	485	1256	
J. Previte	500	320	470	1290	275 lbs.		(50-54)		242 lbs.					
M. White	390	245	465	1100	Open		L. Contreas	429	Open					
(Thanks to USAPL for providing results)					Powerlifting	SQ	BP	DL	TOT	P. Hakola	—	606	711	1317
					FEMALE					SHW				
					132 lbs.					Open				
					(65-69)					D. Guerra	644	633	600	1879
					V. Kersey	341	181	363	887	Best Lifter Men's Open: Darrin Guerra.				
					165 lbs.					Best Lifter Men's Master: Dave Mullins.				
					Open					Best Lifter Women's Open: Lisa Wheeler.				
					MALE					Best Lifter Women's Master: Vangi Kersey.				
					148 lbs.					Best Lifter Teen/Junior: Steve Overstreet.				
					(45-49)					Best Lifter Bench Open: Charles Trembly.				
					B. Aerts	104	C. Keyser	181	K. Packer	457				

IPA Iron House Classic
31 MAR-1 APR 07 - Newark, OH

BENCH	T. Ashbrook	335		
MALE	242 lbs.			
181 lbs.	Open PRO			
Open AM	T. Trombly	610		
T. Hensley	540	275 lbs.		
T. Williams	400	Open PRO		
198 lbs.	S. Rock	525		
Master PRO	R. Miller	500		
M. Lindsay	400	SHW		
Open PRO	Open PRO			
F. Boldt	640	T. Rogers	825	
Open/Submaster	T. Fletcher	690		
AM	T. Webster	725		
FEMALE	BP	DL	TOT	
165 lbs.				
Master AM				
A. Tressler	430	305	440	1175
198 lbs.				
Master AM				
J. Koenig	275	170	335	780
165 lbs.				
Open AM				
J. Roney	550	300	550	1400
J. Burk	215	260	400	875
K. Weneck	365	135	365	865
181 lbs.				
Master AM				
R. Hamsher	530	375	520	1425
Open PRO				
K. Dean	600	420	605	1625
198 lbs.				
Open AM				
D. Buyan	600	425	550	1575
Open PRO				
M. Hill	755	485	600	1840
T. Ramos	700	535	85	1320
W. Mills	655	455	555	1665
220 lbs.				
Junior				
Z. Whalen	530	375	540	1445
Master AM				
S. Glover Sr.	485	385	430	1300
Open AM				
S. Pollock	640	450	540	1630
D. Boffo	545	385	540	1470
Open PRO				
D. Hanson	705	540	610	1855
R. McNutt	725	500	600	1825
T. Butson	700	445	560	1705
M. Wiedemer	600	440	620	1660
242 lbs.				
Junior				
S. Flanagan	735	545	650	1930
N. Fraas	700	425	610	1735
Open AM				
M. Lawrence	550	400	525	1475
J. Bales	515	350	525	1390
Master PRO				
D. Havrilesko	600	455	550	1605
Open PRO				
R. Rose	560	405	550	1515
V. Cook	825	650	625	2100
S. Evans	575	480	610	1665
275 lbs.				
Teen				
D. Hoff	960	655	700	2315
M. Madjar	740	485	545	1770
L. Walker	715	505	505	1725
Master AM				
P. Aracri	730	570	530	1830



Chuck Vogelpohl squats 1150. (a Gnl photo via Mike Maxwell)

put the subtotals between the two only 5 lbs. apart with Mike maintaining the 5 lb. advantage. Tony was good with a 550 dead opener while Mike was good with a 555 opener. Tony went to 585 on a second so to keep pace for the win Mike went to 590 but missed while Tony's lift was good. So it came down to the last lift for both lifters. Tony went to 600 so Mike had to do the same. Mike pulled sumo for his first two attempts but decided to change to conventional for his last attempt. I tried to talk him out of it but he proceeded to tell me he's never missed a 600 dead in this f ing suit. Tony was up first and missed but Mike still needed to pull his 3rd for the win. We cranked the music up and Mike approached the bar with purpose as I watched on a bit skeptical about the switch to conventional. Mike cranked the bar off the floor like it wasn't loaded, easily locked it out and proceeded to explain to everyone in colorful terms that "he's got this" while holding the bar for about 10 seconds. With the pull Mike won the class and best lifter for the light weights. It may not have been Mike's best pull but he showed a lot of what they call intestinal fortitude to make the lift with the meet on the line. Best Lifter for the 220 and under Mike Hill. Part II: Sunday was set for the big boys, 242 and up. Flight 1 consisted of 242 Open AM & Masters as well as 275 Open AM & Submasters. In the 242 Open AM, Mike Lawrence was successful with all attempts and finished with a 1650 and first place while Jason Bales finished in second place with a 1390 total. In the 275 Open AM, third place went to David Lemmel with a 1640 total. First and second place in the 275 Open AMs was decided by 30 lbs. with Patrick Shafer taking 2nd place with a 1720 and 1st place going to Sean Schumm with 1750. The Bench Only division on Sunday was top notch. In the 242 Open Pro class Tim Trombly hit all 3 lifts and finished with the strong 610. In the 275 Open Pros Ryan Miller also went 3 for 3 and finished with 500 for 2nd place while Shannon Rock took first with a 525 opening attempt. In the SHW class, 3 world class benchers battled it out for the \$1000 prize money. Tom Webster finished in third place with a solid 725 press. This left two competitors vying for the top bench of the meet and the loot. Travis Fletcher is a monster at 6' 7" 330 lbs., despite his size Travis has been known to be lapped in a foot race by large shapely women (please ask him to elaborate if you ever meet Travis, its one hell of a story). Travis opened with 690 and destroyed the weight. He then jumped to 750 on a second attempt to out press fellow Westsider Matt Smith by 2 lbs. to reclaim the bench board for SHWs at the gym. With the 750 locked in, Travis went to 775 on a 3rd attempt but was unsuccessful with the weight. He finished the day with a strong 750 and 2nd place in the SHWs. The top bench of the meet was Travis Rodgers of NY. Mr. Rogers got wind of the \$1000 prize for the top bench and

made the trek the night before the meet from New York to Ohio. Travis opened with a monster 825 and nailed it. Travis then called for 865 twice but was unsuccessful on both tries. But the 825 was enough for the win and a grand from Louie Simmons. The second flight of the Sunday session featured some of the strongest lifters on the planet. In the 242 Open Pro Vinnie Cook took first place with a 2100 total. In the 308s there was impressive lifting by Westside lifters Matt Wenning and Matt Lenigar (aka Chewy). Chewy as he's known at Westside was strong and consistent in all disciplines. He nailed a 900 squat after missing the same weight on a 2nd attempt, cruised through the benches finishing with 660 and hauled up 735 on his way to a 2295 total and 2nd place in the 308s. Zach Cole also lifted in the 308s and was explosive in the squats going 2 for 3 and finishing with 1030. On Zach's opening bench of 605 his shirt imploded and he was forced to wear a shirt he had never worn before which proved to be the end of his day. Zach is young and a bit crazy and I guarantee he will be a force to reckon with in the immediate future. Matt Wenning was the top dog in the 308s and appeared to get stronger with every squat attempt. Matt opened with a smooth 900 and moved to 975 on a 2nd which was stronger than his opener. On his final squat, Matt called for 1055 and absolutely killed it. He struggled a bit on the bench and was only able to hit his opening attempt of 640. He made up for the bench on the deadlift going 3 for 3 and finished with a strong 770 en route to a 2465 total. Joe Bayles (pronounced Bails when you're boozin') decided last minute to lift in the meet in the 275s and was explosive as ever with his squats. Joe dismantled his 850 opener and 935 2nd attempt and looked poised to squat a grand which he actually did, unfortunately he cut the 1000 lb 3rd attempt a bit high and the lift was no good. Joe benched 625 then 675 while passing on a 3rd after a slight tweak of a pec. In the deads, Joe hit 2 of 3 and finished with 730 and a very impressive 2340 total which was good for 2nd place. 1st place went to a guy named Chuck Vogelpohl Chuck There was a lot of buzz leading up to the meet with Chuck Vogelpohl's name on the list of lifters competing at the Iron House Classic. Only a few weeks removed from a disappointing performance at the Arnold, Chuck was set to rectify the situation in convincing manner. Chuck looked like a house as usual but weighed in well under the 275 limit at 264 lbs while eating a sandwich. For those who don't know Chuck he is actually a soft spoken person. I always find it ironic that such a soft spoken person can unleash hell like he does on the platform. The intensity Chuck displays could power a small country. He also displays an unbelievable work ethic in the gym. I have been fortunate enough to train with Chuck, he works harder than any other lifter I know and is quick to help



Showing Him the Money (l-r) Chuck Vogelpohl, Louie Simmons, and the Meet Director Mike Maxwell, at the IPA Iron House Classic.

other lifters in the gym regardless of strength but you better be working your ass off! On to the meet. Chuck looked strong in warm-ups destroying each weight he attempted. He did have some issues putting his Chuck T. shoes on though and had to get some help from Bob Coe that's a VISA commercial priceless! Chuck opened with a "conservative" 1050 and had trouble with the setup no lift. The next attempt was bumped up to 1075. No issues with setup this time and he absolutely demolished the weight good lift. Up to 1150 on a 3rd attempt again no issues with the setup plenty of depth and absolute violence out of the hole good lift. Chuck absolutely man handles the weight out of the hole and to the top. You have to see the video of the lifts to truly appreciate how strong these lifts were (ironhousezanesville.com). I thought he may try to break the 1200 barrier on a 4th but he decided the 1150 was sufficient for now and probably to conserve some strength to put up another big total. Chuck went 3 for 3 on the bench, opening raw with 430 and then hitting another PR of 635 with a shirt. An easy 750 opener in the deadlift was followed up with a strong 820 lb. pull. A 3rd attempt of 860 proved too heavy. Chuck finished the day with a monster 2605 total first place in the 275s best lifter and \$2000 richer for the biggest squat and deadlift of the meet thanks to Louie Simmons. Special thanks to Louie & Doris Simmons of Westside Barbell, Mike Ferguson of Powerstation Gym, Mark Chaillet and the entire Iron House crew for putting on another great meet. (Thanks you to Mike Maxwell for results & report)

SLP Harvery's Gym Open
17 MAR 07 - Tullahoma, TN

BENCH	Master (55-59)			
MEN	220 lbs.			
Teen (13-15)	B. Johnson	305*		
165 lbs.	Master (65-69)			
A. Brown	175*	220 lbs.		
220 lbs.	C. Green	260*		
H. Allen III	255*	Open		
242 lbs.		181 lbs.		
J. Hill	200	P. Hardy	315	
Submaster		198 lbs.		
220 lbs.		T. Mims	265	
T. Simmons	450	275 lbs.		
Master (40-44)	D. Taylor	425		
275 lbs.	DEADLIFT			
E. Ladd	450	MEN		
Open		Teen (13-15)		
165 lbs.		165 lbs.		
M. Cotner	330	A. Brown	275	
4th-340		4th-320*		
275 lbs.		220 lbs.		
J. Carter	540	H. Allen III	385*	
J. Hill	525	4th-415*		
308 lbs.		242 lbs.		
J. Hurley	500	J. Hill	325*	
Raw		Master (40-44)		
Teen (18-19)		275 lbs.		
181 lbs.		E. Ladd	575*	
J. Taylor	250*	Open		
4th-270*		165 lbs.		
Master (50-54)		M. Cotner	480*	
181 lbs.		275 lbs.		
P. Hardy	315	J. Carter	740*	
*=Son Light Power Tennessee state records. Best Lifter: Joe Carter. Best Lifter Bench Press: Joe Carter. The Son Light Power Harvey's Gym Open Bench Press & Deadlift Championship was held in Tullahoma, Tennessee. A special thanks to the gang at Cell Block Gym in Manchester, Tennessee for supplying the weights and bars for the competition. In the raw bench press competition Josh Taylor set the Tennessee state record for the 18-19/181 class with 250, followed by a great fourth of 270. State record-holder Philip Hardy won at 50-54/181, making just his opener of 315. Philip also won at open 181. First-timer B.J. Johnson broke the state record at 55-59/220 while Chuck Green, lifting raw for the first time, set the record at 65-69/220 with 260. For the open division Travis Mims won at 198 with 265 along with D. J. Taylor, who captured the 275 class with 425. In the assisted division we had three lifters at 13-15, all of which did a great job! At 165 it was Austin Brown with a new state record of 175, along with Hunter Allen III, who finished with 255. Jacob Hill won at 242 with 200. Teddy Simmons won at submaster 220 with 450, as did Elliott Ladd at 40-44/275. For the open division Mike Cotner won at 165 with a great ten pounds over double bodyweight 340. Best lifter Joe Carter				

had some problems with his opener, making just 540, but at a 270 bodyweight was good enough to take it all at 275. J.B. Hill looked strong at 275 as well, but finished second to Joe with 525. Johnny Harley took the 308's with 500. In the deadlift competition each lifter broke the existing Tennessee state record for their respective classes. At 13-15 it was Austin Brown with a solid 320 fourth at 165. Hunter Allen III set his second state record at 220 with 415 while Jacob Hill finished with a great 325 pull. Elliott Ladd got a strong 575 state record at 275, while Mike Cotner got his at open 165 with 480. Taking his second best lifter award of the day was Mighty Joe Carter. Joe finished with a new personal best and Tennessee state record of 740! Thanks to my son D.C. for loading and spotting, to Molly Mullins for taking some great pictures and to everyone else who helped out. (Thanks to Dr. Darrell Latch for providing results)

Cabin Fever Meet
25 MAR 07 - Wyoming, MI

BENCH	M. King	535
242 lbs.	J. Jeurink	505
G. Heiss	650	SQUAT
DEADLIFT		165 lbs.
97 lbs.		L. Boshoven
S. King	185	220 lbs.
220 lbs.		T. Sheenan
		650

This year's meet was held at Lynne Boshoven's Gym. Of all the gyms live been in, this is by far the cleanest place you'd ever find. You could eat off the floor. At age 49, Lynne is stronger than ever. Weighing around 160, she squatted a phenomenal 570 lbs. Considering her daily workload, I don't know how she does it. At 220, Tim Sheen squatted a pr of 650. Since he was training for a body building event, I thought it was a great effort. Gordy Heiss at 54 and 242 pounds was the only double event entry. With his long arms the bench is a long push, but in the deadlift it is an asset as he hit a personal record 435. Gordy's bench was 235 pounds. Mike King had the misfortune of having his house broken into the day of the meet, so he was a little off, but still he pulled a respectable 535 at 220 pounds. Stephen, his son at 12 years of age, pulled a great personal record 185 at 97 pounds body weight. At his young age, with his discipline and Dad for a coach, he could be a future star. Jim Jeurink, at 54 and 220 pounds, opened with a 505 and jumped big to 610 in the deadlift. Although he didn't get it, I'm sure the Dutchman will come back strong in the future. It was my pleasure to substitute for Jon Smoker at this meet and I had a great time. (Mike Wider results)

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Lifters Iron Lifters Pro-Am Powerlifting

Application for Registration Office use only, do not complete

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

100% Raw HS National/FL Open
19 MAY 07 - W. Melbourne, FL

Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
A. Graham	130!	65!	160	355!
E. Blackett	105	60	165!	330
(12-13)				
R. Fernandez	85	65	135	285
(14-15)				
B. Kissel	95	60	140	295
123 lbs.				
C. Lozano	105	65	175	345
(14-15)				
J. Goodwyn	150!	95	230!	475!
4th-BP-100!				
(50-54)				
M. Quinn	—	95	135	230
148 lbs.				
R. Lara	95	65	160	320
165 lbs.				
C. Viger	125!	80	180!	385!
181 lbs.				
S. Warren	110	75	175	360
Open Overall				
105 lbs.				
A. Graham	130	65	160	355
E. Blackett	105	60	165	330
114 lbs.				
R. Fernandez	85	65	135	285
B. Kissel	95	60	140	295
123 lbs.				
C. Lozano	105	65	175	345
132 lbs.				
J. Goodwyn	150	95	230	475
4th-BP-100				
M. Quinn				
— 95 135 230				
148 lbs.				
R. Lara	95	65	160	320
165 lbs.				
C. Viger	125	80	180	385
181 lbs.				
S. Warren	110	75	175	360
MEN				
66 lbs.				
Tshontikidis	65!	40!	125!	230!
114 lbs.				
T. Braniam	—	175!	—	—
148 lbs.				

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(14-15)	M. Brown	120	110	220	450	S. Ryder	360	360!	425	1145	
(30-34)	S. O'Grady	—	305!	—	—	(14-15)	T. Goff	220	160	300	680
(12-13)	K. Strauss	200	160	265	625	(20-24)	M. Harrigan	—	155	—	—
(14-15)	J. May III	—	200!	—	—	Open Overall	T. Braniam	—	175!	—	—
(18-19)	J. Joseph	185	175	285	645	114 lbs.	Tshontikidis	65!	40	125!	230!
(70-74)	M. Hughes	225	155	265	645	148 lbs.	T. Braniam	—	175!	—	—
(60-64)	Ghaeenzadeh	195	165	275	635	148 lbs.	M. Brown	120	110	220	450
(12-13)	J. Wilson	180	140	250	570	165 lbs.	S. O'Grady	—	305!	—	—
(18-19)	R. Pill	—	—	350	—	165 lbs.	J. Joseph	185	175	285	645
(70-74)	B. Tinkler	—	210	300	—	181 lbs.	M. Hughes	225	155	265	645
(60-64)	J. May, Sr.	—	245!	—	—	181 lbs.	Ghaeenzadeh	195	165	275	635
(12-13)	C. Crosby	180!	130!	255	565!	198 lbs.	J. Wilson	180	140	250	570
(40-44)	S. Crossman	—	325	—	—	181 lbs.	B. Tinkler	—	210	300	—
(45-49)	Tshontikidis	375	255	475	1105	198 lbs.	J. May III	—	200	—	—
(35-39)	C. Crosby	180	130	255	565	181 lbs.	R. Pill	—	—	350	—
(35-39)	T. Braniam	—	175!	—	—	198 lbs.	J. May, Sr.	—	245!	—	—
(35-39)	S. Crossman	—	325	—	—	220 lbs.	Tshontikidis	375	255	475	1105
						4th-DL-275!	C. Crosby	180	130	255	565
						(35-39)	S. Crossman	—	325	—	—

220 lbs.
S. Ryder 360 360! 425 1145
242 lbs.
T. Goff 220 160 300 680
275 lbs.
M. Harrigan — 155 — —
! = World Records. Best Lifter Women: Janell Goodwyn. Best Lifter Men: James Joseph. Venue: Central Middle School. After five years of service in the Global War on Terrorism, it was great to return to the platform and host the 2007 100% RAW High School Nationals & Florida Open! Please take a moment to pray for our men and women serving the Middle East and around the world as they defend the freedoms we cherish as Americans. Their sacrifice, and that of their families, affords us the opportunity to lift and compete on a drug free platform in the greatest country on earth! Ten ladies participated in today's contest, setting numerous Florida State records and shattering the World Record book as well! Teenage lifters Elise Blackett and Amanda Graham battled it out in the 12-13 year old age group, 105 pound class, with Elise breaking the World Record in the deadlift and Amanda finishing with World Record lifts in the squat, bench, and the total. Courtney Viger also had an outstanding day, going eight for nine and breaking World Records in the squat, deadlift, and total. Janell Goodwyn was the meet's Outstanding Female Lifter, shattering the World Record books with lifts of 150 pounds in the squat, 100 pounds in the bench, and 230 pounds in the deadlift (475 pound total). Ranging in age from ten years old to seventy-two years young, the men registered impressive numbers and logged new numbers in the record books as well. Ten year old Sava Tshontikidis finished with four World Records in the 66 pound division, including a double bodyweight deadlift of 125 pounds. Lifting in the "Bench" category, Jimmy May, Sr. (60-64/181) and grandson Jimmy May, III (12-13/165) broke World Records in the single-lift categories with top lifts of 200 pounds and 245 pounds, respectively. Mike Harrigan, who was recently disabled in an automobile accident that left him a quadriplegic, didn't let his life's challenges bring him down. Mike began lifting the day he came home from the hospital and accomplished what he set out to do: compete on a drug free platform and bench 155 pounds! Teenage lifter James Joseph won the Outstanding Male Lifter award after a nine for nine performance to win the 165s on bodyweight. At seventy-two years young, Bill Tinkler registered lifts of 210 pounds and 300 pounds in the push-pull category to capture his division and be selected as "what" we all want to be when we grow up! Congratulations to all the lifters on their efforts and accomplishments. We hope to see everyone back on the platform the weekend of August 10-12 for the Teenage Nationals & Florida State Championships! Eagle Powerlifting, the host team for today's contest, captured the Mixed Team title. Led by Janell, Amanda, and James, the Eagles set over 75 Florida State records and broke 19 World records in their powerlifting debut. Special thanks to Central Middle School principal Pamela Mitchell for affording the Eagles the opportunity to introduce our great sport to Brevard County students and for the outstanding meet site her school made available to the federation. More thanks to Bill Beekley (Head Judge), Caryn Tshontikidis, and Steven Ryder for officiating; Brian Kissel, Daniel Hamm, and Roger Newman for spotting & loading; Denise Graham and Sam Gough for announcing & scoring; Mollie Harrigan for expediting; Jennifer and Christina Perduto for concessions; Brian Silk and family for filming the event and running the House of Pain Ironwear booth; and the entire contest staff for their help and support of drug free, RAW powerlifting in the state of Florida! And even more thanks to 100% RAW President Paul Bossi of Elizabeth City Trophy for the awards; Brigid and the folks at Sandpiper Screening for the contest shirts; Sue and the gang at Smartlite

Company Signs Outlet for the banners; Dan and the guys at Play It Again Sports for the bars and weights; and John Polak of PolakMade LLC for the incredible platform equipment and Mike's bench; and David, Mollie, and Mike Harrigan for donating the platform equipment in support of RAW lifting in the state of Florida. Finally, thanks to our Armed Forces for preserving our freedom and defending our homeland may God protect you and bring you home safe! And to our Lord and Savior Jesus Christ thank You for Your sacrifice on the Cross of Calvary. It is to Your glory and honor that we stand "Redeemed Among the World." (Thank you to Spero Tshontikidis for the results)

USAPL Mississippi Invitational
17 MAR 07 - Diamondhead, MS

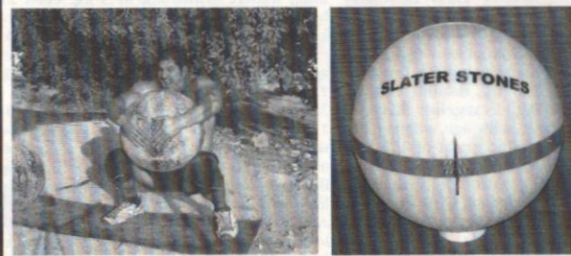
MALE	SQ	BP	DL	TOT
Open				
123 lbs.				
C. Tran	275	175	415	865
132 lbs.				
M. Blaize	245	135	270	650
148 lbs.				
F. Trapani	525	425	505	1455
R. Savelle	325	240	405	970
B. Campo	305	165	400	870
J. Legg	310	185	350	845
R. Blaumuller	260	210	345	815
165 lbs.				
J. Trapani	320	215	360	895
A. Sheen	290	220	380	890
181 lbs.				
F. Knight	435	250	555	1240
A. Shoto	460	230	550	1240
B. Burkhalter	355	260	440	1055
B. Steltz	305	285	405	995
198 lbs.				
S. Lemarie	565	385	660	1610
J. Walker	555	370	655	1580
J. Vining	365	365	440	1170
L. Langlinais	375	300	475	1150
J. Wold	395	255	460	1110
M. Goto	350	240	420	1010
R. Curtis	275	215	315	805
220 lbs.				
J. Reape	675	520	560	1755
T. Werner	680	465	585	1730
A. Hayes	650	320	650	1620
R. Laughlin	530	365	600	1495
D. King	475	340	500	1315
J. Henderson	500	295	520	1315
C. Bridges	425	315	525	1265
R. Duff	345	275	385	1005
242 lbs.				
J. Douglas	775	535	650	1960
R. Billiot	625	365	575	1565
C. Parker	570	445	525	1540
C. White	475	405	435	1315
D. Maxwell	—	—	—	—
N. Coombs	295	285	475	1055
275 lbs.				
B. Nichols	675	585	625	1885
J. Goussit	660	520	555	1735
275+ lbs.				
T. Wesbrook	725	375	555	1655
B. Patton	530	435	515	1480
E. Krause	480	280	550	1310

(Thanks to USAPL for providing results)

USPF Pro Performance BP/DL
14 APR 07 - Morgantown, WV

BENCH	L. Breeding	363	
FEMALE	Police/Fire		
148 lbs.	M. Plaso	484	
Master (40-49)	DEADLIFT		
C. Williams	MALE		
220 lbs.	181 lbs.		
Junior (18-19)	Junior (20-23)		
R. Pinelli	S. Brooks	523	
242 lbs	198 lbs.		
Master (40-49)	Submaster (35-39)		
R. Perkins	M. Deriggi	507	
Submaster (35-39)	220 lbs.		
R. Harbert	Junior (20-23)		
Submaster (35-39)/FF242 lbs.	Sparrow Jr.	253	
D. Wamsley	402		
275 lbs.	Master (50-59)		
Junior (16-17)	J. Rubenstein	551	
FEMALE	BP	DL	TOT
132 lbs.			
Junior (20-23)			
T. McKee	82	242	324
MALE			
132 lbs.			

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ST120	10"	Diameter	apx weight	42lbs\$55.00
ST120	12"	Diameter	apx weight	72lbs\$59.00
ST140	14"	Diameter	apx weight	116lbs\$79.00
ST160	16"	Diameter	apx weight	175lbs\$99.00
ST180	18"	Diameter	apx weight	240lbs\$109.00
ST200	20"	Diameter	apx weight	335lbs\$135.00
ST210	21"	Diameter	apx weight	354lbs\$149.00
ST220	22"	Diameter	apx weight	400lbs\$169.00

Junior (20-23)	A. Herrick	220	402	622	P. Miles	225	391	616	Open Submaster					
165 lbs.	J. Walker	181	347	528	O. Clark	292	413	705	R. Painter	402	402	804		
Junior (20-23)	J. Vining	181	347	528	C. Sparks	248	325	573	Junior (20-23)	Christopher	352	622	974	
181 lbs.	L. Langlinais	341	451	792	Open				242 lbs.					
Junior (16-17)	J. Wold	341	451	792	F. Goff				Submaster (35-39)	D. Smiley	484	606	1090	
T. Saffle	M. Goto	352	352	704	Junior (18-19)				275 lbs.	Junior (18-19)	T. Brown	236	352	588
Junior (18-19)	R. Curtis	259	402	661	Open Police/Fire				220 lbs.	S. Cook	407	518	925	
G. Wessells	J. Reape								(Thank you to Matt McCase for results)					
Junior (20-23)	T. Werner													



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Street Address				Club Name
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Elite Master I II III IV	IPF Cat.1 Cat.2 Nat. State		Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
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Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

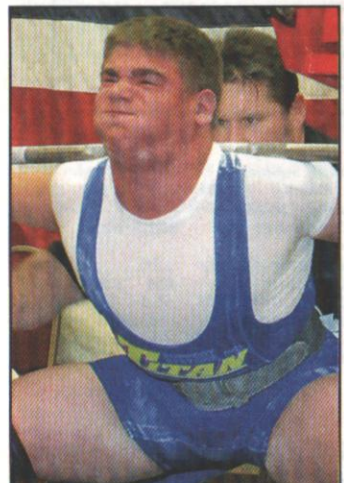
In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial _____

Signature _____

(article continued from pg. 12)

(40-44)				
B. Myers	507	314	507	1328
Open				
G. Baggett	782	578	622	1984
S. Parkhurst	766	485	683	1934
D. Boell	755	529	628	1912
M. Swank	727	562	600	1890
C. Bryson	—	—	—	—
T. Niblett	—	—	—	—
275 lbs.				
(13-15)				
J. Abernathy	237	159	259	655
(40-44)				
R. Tilson	705	463	573	1741
N. Bramlett	650	540	540	1730
C. Bailey	1102	639	672	2414
A. Hunter	661	—	—	661
(60-64)				
B. Meek	755	545	573	1873
Open				
C. Bailey	1102	639	744	2485
B. Meeks	755	545	573	1873
T. Schaefer	650	402	551	1603
Special Olympics				
C. Reis	—	176	292	468
B. Bateman	220	154	352	727
308 lbs.				
Open				
C. Stutes	1003	711	677	2392

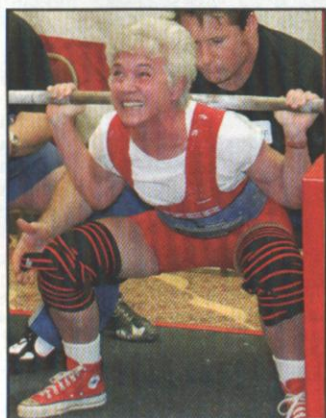


Teen Power.. Reese Bulmash, 15

E. Stoker	733	303	722	1758
Special Olympics				
C. Neal	—	104	297	402
308+ lbs.				
(35-39)				
M. Lanier	914	529	727	2171
Open				
M. Lanier	914	529	727	2171
D. Guerra	755	688	661	2105

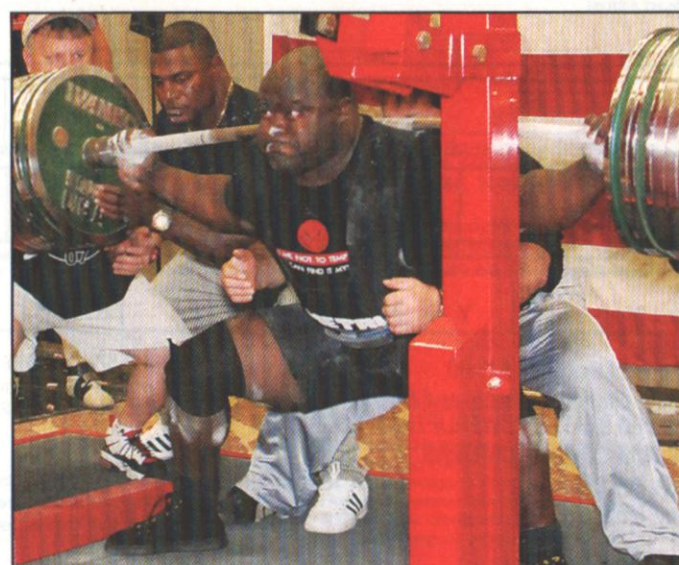
The 5th American Powerlifting and Bench Press Championships were held at the Crowne Plaza Hotel. Thanks and congratulations go to Curtis Leslie and Tom Bowman, and their wives, for a great contest. The spotting/loading was the best there is with Cary Callahan and crew keeping things moving. David Sewell made sure the scoring table was in order and the judging, supervised by technical officer Bob Packer, was by the rules, fair and consistent. In all there were 44 new GPC World Records. A large field of women was led off by Ann Leverett of Savannah who won the 48 kg. Open with a 132.5 kg. squat, 82.5 kg. world record bench, and 137.5 kg. deadlift for a total of 352.5kg. Margaret Kirkland swept through the 52 kg. Open and 40-44s with 207.5 kg. squat, 102.5 kg. bench and 185 kg. deadlift for a winning total of 495 kg. and best lifter of the women. Nicole Mazza, newcomer from Bonaire Barbell Club of South Georgia won the 60 kg. Open class with 137.5 kg. squat, 75 kg. bench, and 115 kg. deadlift for the total of 437.5kg. Sonji Baldwin continues to set high marks in the Open 67.5 kg. division with a squat of 240 kg., a bench of 160 kg., deadlift of 217.5 kg. for the winning total of 617.5kg. Shannon Hartnett had a great day in the

Open 75 kg. class with a squat of 252.5 kg., bench 135 kg., deadlift 242.5 kg. with the winning 630 kg. total for Open and 40-44 followed in the Master class by Carol Myers who had a 210 kg. squat, 115 kg. bench, 182.5 kg. deadlift, and a total of 507.5kg. Sabra Callahan, Las Vegas, won the 56 kg. 50-54 division with a squat of 117.5 kg., bench 97.5 kg., deadlift 120 kg. for a total of 335kg. Evangeline Keresey continues to improve with age winning the 65-69/60 kg. class with a squat of 125 kg., bench 82.5 kg., and deadlift of 160 kg. for a total of 367.5kg. Monica Sparango, California, won the 40-44/67.5 kg. division with 165 kg., 117.5kg., 167.5 kg. to total 450 kg. Kim Packer continues to improve winning the 82.5 kg. 45-49 class with 217.5 kg., 115 kg., 190 kg. and a total of 522.5kg. Jodi Parkhurst of Illinois won



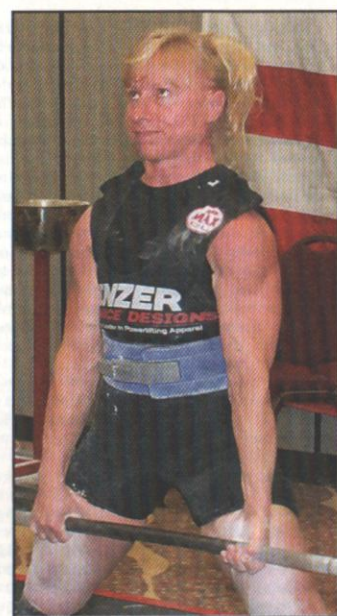
Ann Leverett ... (Baker photos)

the 35-39 Submaster 75 kg. division with a squat of 100 kg. bench 57.5 kg., deadlift 107.5 kg. for a total of 265kg. A new Special Olympians division was added to the APC this year. The first Special Olympians contest was hosted by Earl and Ann Leverett in Savannah, Georgia, earlier this year and they escorted a team of Special Olympians to the APC Nationals this year. The IPA of Canada also has hosted Special Olympians contests and a special day has been set aside for them at the GPC Worlds in Calgary in October. The Special Olympians are Tisha Anchors 90 kg. class bench 40 kg., James Turner 137.5 kg. bench 90 kg. class, Jill Dewitt 56 kg. class total 120 kg., Eric Dewitt 100 kg. class total 170 kg., Stefan Gerasimou 90 kg. class 182.5 kg. total, Christopher Neal 140 kg. class total 182.5 kg., Chuck Reis 125 kg. class 212.5 kg. total, Jane Hatch



Biggest APC Squat Ever!.. Charles Bailey getting on up with 1102.

90 kg. class 212.5 kg. total, Herbert Geohaghton 75 kg. class total 185 kg., Shaylen Tilley 67.5 kg. class 197.5 kg. total, Robert Armstrong 67.5 kg. class 210 kg. total, Stanley Smith 82.5 kg. class 245 kg. total, and Billy Joe Bateman 125 kg. class 330 kg. total. A great field of teenagers was led by Gage Schraub in the 13-15/52 kg. class with a winning total of 282.5kg. Richard Sims won the 75 kg. 16-17 class with 460 kg. and the 100 kg. class was won by Tyler Sheffield with a fine total of 702.5 kg., good in any Open class. Reese Bulmash in the 110 kg. 13-15 was lifting like an Open lifter with 4 world records and a total of 697.5 kg. Finishing up the teens was Jacob Abernathy with 297.5 kg. in the 125 kg. 13-15 kg. class. Gary Brown led off the masters 75 kg. class with the winning total of 515 kg. In the open 75 kg. class R.J. Dowell won with a 580 kg. total. David Cobb won the 82.5 kg. 40-44 class with the total of 247.5 and Robert Lovelace won the 55-59/82.5 kg. class with 570 kg. Leon Sparango won the 82.5 kg. open class with 612.5 kg. Marc Caplan led off the 90 kg. class in the 45-49 class lifting like an open lifter with the winning 852.5 kg. total followed by Danny Overbay at 90 kg. in the 45-49 class with 580 kg. Steve Kyllis had a strong 600 kg. total in the 90 kg. 50-54 class for the win followed by Butch Sharp with 575 kg. in the 90 kg. 55-59 class. Matt Christie had a good day in the 90 kg. Open class with 800 kg. over Jeremy Overbay who had 595 kg. Larry Hook led off the 100 kg. Open class with 982.5 kg. followed by runner up Marcus Brandon who had 977.5 kg. and Jonathon West took the bronze in the 100 kg. Open with 545kg. Larry Hook shows up again in the 100 kg. Submasters class to win with 982.5 kg. over Mark Vickers who finished with 697.5kg. Bobby Myers cruised to victory in the 110 kg. 40-44 class with 602.5 kg. Glenn Baggett of the NGBB won the 110 kg. Open class with the elite total of 900 kg. followed by Stephen Parkhurst with 877.5kg. Donovan Boell took third in the 110 kg. Open class with 867.5 kg. which earned him first in the 110 kg. Submaster class, and finishing up a tough class was Mark Swank with 857.5kg. Rocky Tilson led off the 125 kg. 40-44 class with the winning total of 790 kg. followed by Nathan Bramlett with 785 kg. Brian Meek won the 60-64/125 class setting world records along the way with 850 kg. total which was good enough to win the silver medal in the Open behind Charles Bailey. Charles Bailey now has the best squat in the APC/GPC with the world record 500 kg. on his third attempt. Charles had a 290 kg. bench and 337.5 kg. deadlift to earn him the highest total in the APC/GPC of 1127.5 kg. Thomas Schaefer managed the bronze medal in the 125 kg. Open class with 727.5kg. Craig Shutes had a



Margaret Kirland .. 1091 @ 114!

good day in the 140 kg. class with a 455 kg. squat, 322.5 kg. bench and a 307.5 kg. deadlift for the winning total of 1085 kg. followed by Eric Stoker with 797.5kg. Mike Lanier won the 140+ kg. class with a pr squat of 415 kg., bench 240 kg., and deadlift 330 kg. for 985 kg. which also won first place in the sub master class. Darrin Guerra followed Mike in the open 140+ kg. with 955 kg. The Bench Press single lift division was led off by Blade Clark in the 75 kg. Junior division with 140 kg. followed by 125 kg. Junior Chase Collins who had a fine 267.5 kg. In the Masters 50-54/90 kg. class Garry Glenn had 150 kg. and Kendall Dean followed in the same class with 150 kg. In the 100 kg. class Joe McDonald had 177.5 kg. in the 50-54 age category and Billy Coleman did 167.5 kg. in the 60-64 age division. Ronnie Edwards managed a strong 232.5 kg. bench in the 55-59 age group. Brian Meek did 220 kg. in the 125 kg. class 60-64 age group. Andy Williamson did a strong 212.5 kg. in the 110 kg. 40-44 division. David Moore of the Bonaire Barbell Club managed a strong 237.5 kg. in the 110 kg. 45-49 division. In the 110 kg. 40-44 group Pat Hall had a strong 250 kg. bench. Jim Sinclair in the 125 kg. 50-54 group finished with 190 kg. and Dave Van Brocklin did 177.5 kg. in the 55-59 group. In the 140 kg. class David Marr had 267.5 kg. in the 40-44 age group and Wayne Watts came on strong in the 140+ kg. class with 287.5 kg. in the 40-44. In the Open bench press single lift Leon Sparango led off the 82.5 kg. division with 162.5 kg. Frank Caminita in the 90 kg. Open class was impressive with 320 kg. Brian Meek is back in the 125 kg. Open class with 220 kg. and Pat Hall also in the 110 kg. Open with 255 kg. David Marr in the 140 kg. Open class did 267.5 kg. and Tommie Harrison had the heaviest bench of the day with 330kg. Darrin Guerra in the 140+ kg. class finished with 292.5 kg. Rounding out the open benchers was Mark Driggers of the Eastside Barbell Club with 252.5kg. Austin Moore led off the teenagers in the 13-15 67.5 kg. class with 65 kg. and Shane Williams 90 kg. 18-19 group had 160 kg. followed by Robert Luciano in the 110 kg. 16-17 group had 162.5kg. In the women's division Monica Sparango at 67.5 kg. Open had a strong 112.5 kg. followed by the Master 50-54 56 kg. Sabra Callahan with 100 kg. Finishing out the day was Brittany Montgomery 16-17/67.5 kg. class with 67.5 kg. Thanks to all the lifters and spectators and the countless number of people who helped to bring this great contest together for coming and we hope to see you all at the 2008 APC Nationals hosted by Mark Swank and crew in Las Vegas. It will only get better. (thanks to APC President L.B. Baker, for the results)

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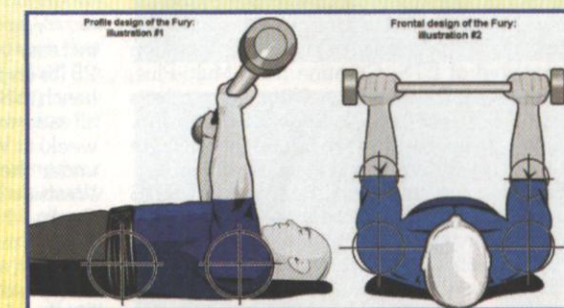
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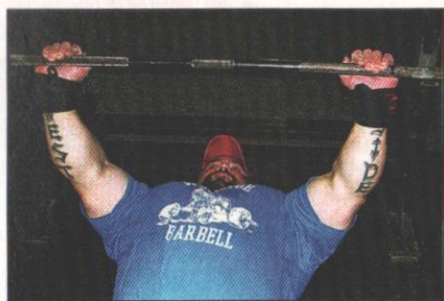
THE FACTS TELL THE STORY:

63 MEDALS WERE PRESENTED AT THE 2005 IPF BENCH PRESS WORLDS

51 WENT TO TITAN BENCH SHIRT WEARERS!



Kenneth Sandvik
 4 MR's in one meet with the F6!



Mike doing the Floor press - start up (at left) paused, arms touching the ground (at right)

(continued from page 7)

an overall sense (arms more defined, etc.), we were not overly concerned whether or not his waist size was decreasing each week. The real importance of the weekly waist measurements lied in the fact that if his waist got smaller he had invariably lost bodyfat. Additionally, any increase in his waist measurement would have been a sure sign things had gone awry.

I want to emphasize that caloric decrements were only initiated when both bodyfat reduction factors (weight and waist size) did not change sufficiently in a week's time.

SUPPLEMENTING FOR WEIGHT LOSS

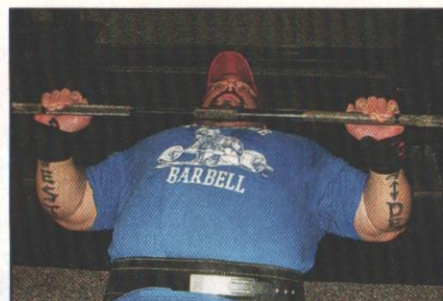
We have already explored the reason for the liberal inclusion of protein shakes in Mike's daily diet. The balance of his supplementation consisted of ETS, Creatine 500, Multi-Plus, and either Thermocin or Nitor (all products available from www.atlargenutrition.com). Below is a brief description of why each of these products was included in Mike's arsenal:

ETS: is a very unique recovery product. ETS dramatically aids in both muscular and joint recovery from intense training. A hypo-caloric diet normally limits one's ability to recover from intense training, and most individuals find they are compelled to train with less resistance when they are dieting. ETS offsets this limitation and allows you to keep training heavy and hard! ETS was one of the major components to Mike's success.

Thermocin and Nitor: are both stimulant/thermogenic supplements. Both products pack a powerful "punch" which offsets the usual lack of energy one feels when on a hypo-caloric diet. Both products also suppress appetite, increase fat oxidation, and promote thermogenesis. Their difference lies in the pathways they utilize to achieve their effects and in their potency. Nitor is hands-down one of the most potent products of its kind.

Mike optimized their use by alternating them over the course of his program. Nitor was the backbone, but he would switch to Thermocin every 60 days or so (for a 30-45 day stint) in order to get the most out of both products. These products were absolutely integral to the incredible success Mike enjoyed, and continues to enjoy on his way to 308 lbs or less.

Creatine 500: is Creapure™ creatine monohydrate. It is one



of the purest forms of monohydrate commercially available. Creatine promotes lean muscle mass and strength in resistance trained individuals. Lean muscle tissue increases your basal metabolic rate and burns fat preferentially as an energy source even when at rest. Creatine helps to maintain or add lean muscle mass even during a hypo-caloric diet.

Multi-Plus: is a multi-vitamin. It is unique in the sense that it does not take the "everything but the kitchen sink" approach. It was specifically formulated for the resistance trained individual. A multi-vitamin is a *must have* for anyone on a hypo-caloric diet as such diets tend to be lacking in nutrients due to their low overall caloric content and food variety.

MIKE'S TRAINING

You don't lose 76 lbs of body fat and increase your best competition bench press by 25 lbs (especially when going from an 835 lbs bench to 859.8 lbs) without proper training. As already mentioned, Mike trained (once per week) at Westside Barbell in Columbus, Ohio under the watchful eye of Louie Simmons. Westside is also the home to strength legend George Halbert. George is a multi-record holding, multi-title holding titan of bench pressing strength, and quite possibly the strongest pound for pound bench presser to ever compete. He took Mike under his wing and was instrumental in helping Mike to increase his already prodigious pressing power.

Mike is a bench specialist. He does not compete in all three of the powerlifts (squat, bench press, and deadlift). Mike's training had therefore always focused on upper body work, virtually excluding lower body exercise.

After his July 06 meet, Mike, George and others reviewed video from the competition. They were looking for relative weaknesses with the idea of addressing them with changes in Mike's training. It was noted that Mike was having trouble stabilizing the bar near lockout. Mike and his advisors determined this was due to a weakness in the upper back area. The solution implemented was to increase his upper

back training frequency and volume with a three day per week upper back routine.

Below is Mike's resulting training template (to include some alterations he made over time) for his assault on the WPO Bench Bash at the 2007 Arnold Classic:

Sunday (Max Effort day - ME): This day involved pyramiding up to a personal record (PR) single attempt using a rotation of several pressing exercises. The exercises and a brief description are listed below:

Floor Presses: are exactly what the name implies. The trainee lies on the ground and performs a modified bench press. The ground prevents a full range of motion (ROM). A medium width grip should be used with this movement. The barbell is lowered until the triceps touch the ground. The forearms and upper arms should form a nearly perfect right angle at this point. The bar is paused, and then pressed to lockout. Floor presses strongly work the lifter's ability to lockout a heavy load.

Board Presses: are a tremendously popular exercise in the powerlifting world. The movement is a standard, paused bench press with a twist. Boards are placed on the lifter's chest running the length of his or her body. These boards are used to limit the ROM during the press. The limited ROM allows for tremendous weights to be used thus promoting an overload effect and allowing the lifter to work whatever portion of the ROM they desire (by using more or less boards stacked upon one another).

Band Presses: are typically standard ROM bench presses which incorporate the use of special elastic bands. These bands add varying levels of resistance to the bar depending on which ones are used (they are coded by color), and how they are used (doubled up, where they are anchored, etc.). Their advantage lies in the fact that they provide "accommodating resistance" by increasing the resistance as the barbell approaches lockout. In a standard barbell press, once the sticking point has been passed the leverages involved in our skeletal muscle system make the movement progressively easier as the barbell approaches lockout. The bands increase the resistance during this time, thus helping to maintain a maximal load on the involved muscles.

Foam Presses: are a very unique form of the bench press. Giant blocks of foam are placed on either end of the barbell. The barbell is then lowered onto the foam at which point the lifter pauses, allowing the weight plates to literally sink into the foam, and then presses the weight back up. The foam absorbs all of the kinetic

energy from the barbell, thus mandating that the lifter produce a tremendous amount of force to get the barbell moving. The foam is also typically used to limit the ROM much like boards during board presses.

The above exercises were rotated weekly during monthly cycles. The idea of rotating variations of

a given movement (in this case, the bench press), or rotating exercises which work similar muscle groups, is known as the *conjugate method* of training. This method allows for highly intense training performed more often. Training harder and heavier, more often, can only lead to greater progress assuming one recovers properly between sessions.

The conjugate method's "secret" lies in the fact it varies the stress on the central nervous system (CNS), thus allowing for more frequent bouts of high intensity training without the concurrent CNS overtraining that would occur had a single movement been practiced with the same intensity and frequency.

As mentioned above, Mike would pyramid the load up to a 1RM PR attempt. Once the PR had been set, or attempted, Mike would move on to heavy triceps training. His triceps training consisted of 1-2 of the following exercises each session:

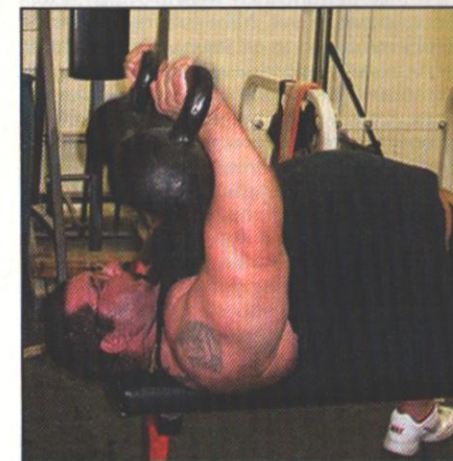
Lying Dumbbell Triceps Extensions: are performed lying on a flat bench. A dumbbell is held in each hand with your palms facing each other. The movement begins with the arms at full extension (as in the completion position of a dumbbell bench press). Rotation occurs only at the elbows and the lifter lowers the dumbbells simultaneously until they touch their shoulders. The movement is then reversed and the dumbbells are returned to full extension.

Lying Kettlebell Extensions: are performed much like lying dumbbell extensions, but with kettlebells used for resistance and an obvious change in hand position dictated by the kettlebell handles.

Dumbbell JM Press: is a movement which incorporates the benefits of both close grip bench presses and lying triceps extensions. The exercise is performed lying on a bench. The movement begins with the arms at full extension



Pausing on the foam ... ready to press up.



Mike at his top body weight performing kettlebell extensions for a big triceps pump

in the same position as the lying dumbbell extensions detailed above. The dumbbells are lowered via rotation around the elbows until they are roughly 4-5" above one's head. Rotation then occurs around the shoulder joint and the dumbbells are "slid" (they remain the same height above the body) to a position where the lifter can press them back to full extension (normally a few inches proximal to the head relative to the nipples).

Triceps pushdowns: This movement is performed using a high-pulley apparatus (the pulley is overhead) which can be found at most gyms. A handle must be attached to the pulley apparatus to allow execution of the movement.

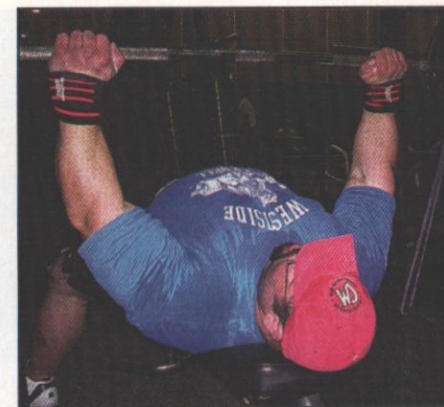
To begin, you will be in a standing position and should have the handle attached in such a fashion as to allow you to grasp it at approximately eye level. You can use a straight bar/handle, or other types of handles which will allow for varying grips. The most common position of the palms for this movement is facing downwards.

As you grasp the handle you are to bend your arms at the elbow until the upper and lower arm form a slightly less than 90 degree angle at the elbow (you will have to be leaning slightly forward to do this). Your hands should be in front of your body and you should be standing relatively close to the pulley apparatus. Proceed by pulling your upper arms down while retaining the bend at the elbow until the handle is roughly even with the bottom of your chest. Your elbows will move towards the rear of your body as you do this. Your wrists should be flexed such that they make roughly a 90 degree angle with the forearm (your fingers will be pointing away from you). This will be the starting position for the movement.

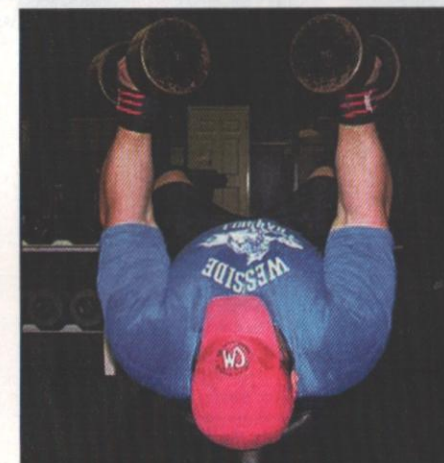
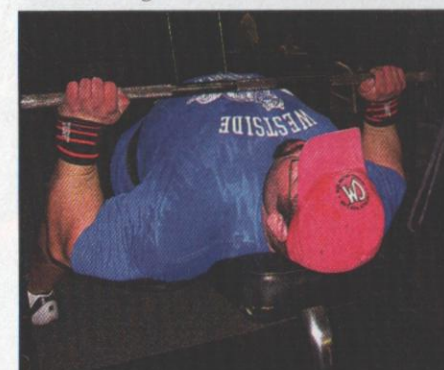
Commence the movement by using your triceps to straighten your arms with the primary rotation being around the elbow. Your elbows should be kept relatively close to your sides throughout the movement and your wrists should gradually straighten. Once you have straightened your arms fully your hands should be at waist level and just slightly in front of you. Reverse this motion and return to the starting position to complete one rep. Pausing momentarily in the fully extended position is advisable to give an extra contraction of the triceps.

Mike would perform 4-5 sets of 8-10 reps of either one or two of the above exercises for his heavy triceps training. He *always* finished his ME days with pushdowns, so if he was not feeling his training "oats" on a given day that would be the one triceps movement performed. When he was feeling strong he would perform one of the other movements first using a conjugate rotation (switching the exercise from week to week).

In late September Mike made a significant change to his training regimen. A Westside lifter by the name of Tony Ramos was experimenting with bands and kettlebells in order to help rehabilitate his shoulders and strengthen his upper back. He created a unique movement which incorporated a standard Olympic barbell, mini-bands, and kettlebells (both the bands and kettlebells are available at www.westside-barbell.com). The lift was performed using a full ROM bench press. Instead of plates being used for the load, kettlebells were suspended from each collar using mini-bands. This setup made for a very unusual and productive exercise. The elasticity of the bands made the kettlebells literally bounce around as the bar was lowered and pressed.



Band presses - near lockout position (above); and touching the chest with the bar (below)

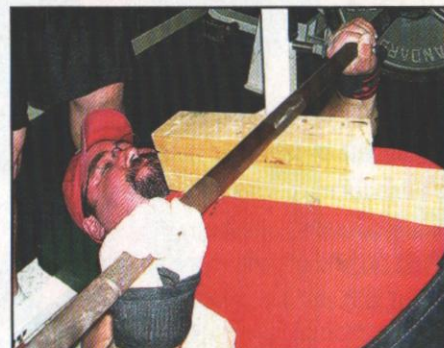


Lying dumbbell extensions - start position.

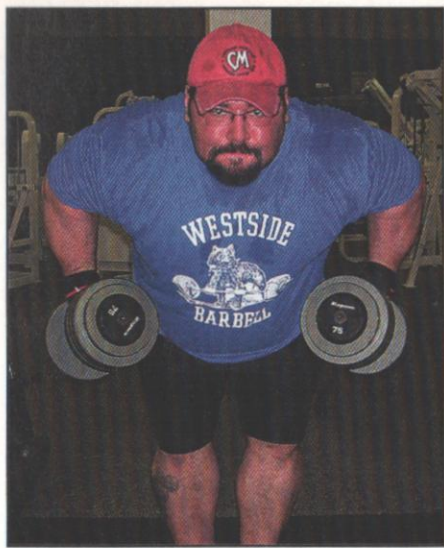
This chaotic state (as Louie Simmons described it) placed a huge burden on the stabilizing muscles and seemed to work the pectoralis to an even greater degree than a standard bench press.

Mike incorporated this movement into his routine and instantly found that it helped him learn to properly use his lats when pressing thus eliminating a weakness that had previously plagued him. Getting away from the conjugate method for a bit, Mike used this exercise for his ME day for 3 straight months. He eventually worked up to a whopping 440 lbs of kettlebells for 6 repetitions! He strayed from the 1RM ideal of the ME day because this movement demanded it, but still went for a multi-repetition PR each session.

Wednesday (Dynamic Effort - DE): Wednesdays were Mike's DE, or speed work days. As per the Westside Barbell training



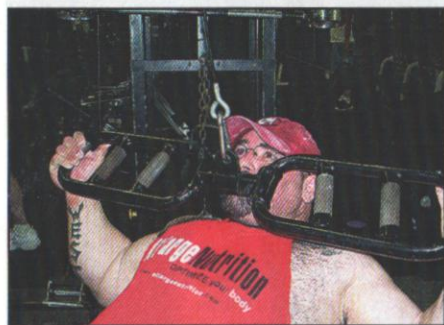
Board presses - in the start position (at left); pausing with the bar on the boards (at right)



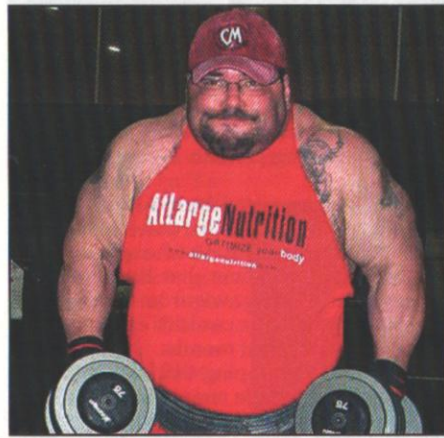
Two arm dumbbell rows - an intense move



Face pull - 'Westside' Mike gets ready to pull



Squeeze those rear delts! - and be careful



'No Neck' Mike working those huge traps!

protocol these days are intended to help the lifter work on the generation of explosive power and bar speed. This is typically accomplished through the use of relatively light loads (50-60%

of one's 1RM) for 8 sets of 3 repetitions with a minimum of rest between sets. In addition, light bands are often employed. Mike practiced this typical format from July through December of 2006.

In late December, Mike made the conscious decision to alternate his typical Westside DE days with a bodybuilding-style chest workout. This decision was the result of physical changes occurring due to his weight loss. Mike felt he needed to "fill-in" his pecs which had shrunk in absolute size due to the loss of bodyfat. He wanted to replace the fat with pure muscle and decided to focus on a hypertrophy stimulating workout every other week. This decision was very interesting in the sense that it proved to be effective and helped to validate a theory I had conceived relative to speed work. From my reading and understanding of motor learning and the general nervous system relative to resistance training, it had always been my feeling that speed work does very little to enhance one's 1RM in a direct sense. In other words, lifting light weights very quickly will not make you able to move heavy loads quickly. My thoughts were that DE days were essentially a form of active recovery. The light loads used stimulate blood flow and help the skeletal muscle recovery process while not stressing the nervous system in the same manner, or to the same degree as heavy training. Mike's bodybuilding training worked similarly in that it involved lighter loads of higher repetitions. The difference was that more skeletal muscle stimulation was incurred when compared to a normal Westside DE day.

The bodybuilding workout Mike employed is outlined below:

- Light Barbell Bench Press: 4 sets of 12 reps with 225-275 lbs
- Dumbbell Bench Presses: 3 sets of 25 reps with 100 lbs dumbbells
- Dumbbell Flies or Cable Crossovers: 3-4 sets of 10-12 reps

This workout focused on form and the pump. After alternating it with traditional Westside speed work for roughly 2 months Mike switched to using this routine every DE day. The variety (from his usual DE day) and recovery promoting effects of the routine were integral to Mike's success at the Arnold Classic.

Monday, Thursday, and Saturday (upper back training): Training the upper back three times per week may seem like overkill, but Mike and his advisors determined that he would benefit from the increased volume and frequency. Mike has truly superior recovery ability, and that fact combined with the lack of volume his training incorporated for his lower body allowed for a recovery "reserve" he could utilize to resolve his relative weakness in his upper back.

Mike's upper back routine included the following exercises:

Lat Pulldowns: are a bodybuilding standard exercise. Varying grips should be used from one workout to the next.

Seated Rows: are another standard that targets the lats.

Two Arm Dumbbell Rows: are a unique variation of an old standard. This is essentially the same movement as a barbell bent-over row with dumbbells used for the resistance. The difference is HUGE, with a much greater degree of control allowed for, and thus a superior contraction of the lats.

Face Pulls: are a unique exercise designed to train the rear delts. They are performed on a lat pulldown machine and closely resemble a

pulldown to the front. Mike prefers to use a specialty attachment sold by Westside Barbell. You can find it here: http://www.westsidebarbell.com/specialty_bars.htm.

The movement begins just like a seated lat pulldown to the front. The upper body should be angled back at roughly 35 degrees. The difference from the standard pulldown is that the handle is pulled to the face instead of the chest. Care must be taken to avoid pulling too hard and whacking oneself in the face! Keeping the elbows high throughout the motion serves to further target the rear delts.

A variation of this movement is to use the 2 handled rope attachment and to pull outwards on the handles as they are pulled towards the face. This provides rotator stimulation to augment the rear delt work.

Rear Delt Dumbbell or Cable Raises: are another bodybuilding staple.

High Dumbbell Shrugs: are yet another twist on a standard. The difference from standard shrugs is that there is bending at the elbows. The lift is essentially a hybrid of a shrug and a row. The head should be slightly tilted forward during the execution of the exercise. As the dumbbells are shrugged the arms are simultaneously bent at the elbows allowing for a fantastic contraction of the traps.

Each training day consisted of 2 of the above pulling movements (rotated weekly), face pulls, rear delt raises, and high dumbbell shrugs. Mike did 4 sets of 8-10 reps per exercise. None of the exercises were taken to concentric failure (he stopped 1-2 reps short).

MY CONTRIBUTION TO MIKE'S TRAINING REGIMEN

As already mentioned, Mike is a bench specialist. Due to this fact and personal choice, Mike did not do any direct work for his lower body prior to my involvement. One of the very first recommendations I made was that he perform some form of leg work. My reasoning was simple; the muscles of the hips and legs constitute a huge percentage of one's total skeletal muscle mass. Increased lean body mass equals increased caloric expenditure and fat burning even when at rest. In addition, while I know of no real science to back it, it is commonly accepted in the bodybuilding world that one cannot optimize their upper body without lower body training. In other words, the body thrives when trained as a whole. In my considerable experience this tenet seems to hold true.

When deciding what leg training I would have Mike perform there were two main factors I considered. First, Mike suffers from ankle problems due to an old injury. This precludes certain movements, at least relative to compliance on his part. Second, as Mike had done virtually no leg training in years, I felt that choosing one compound movement to be performed once per week would be best (again, primarily from a compliance standpoint).

The exercise of choice ended up being the leg press. Squats were out due to the aforementioned ankle (and some knee) problems. The leg press has a low skill requirement, and is thus easy to perform. I instructed him to use a slow, controlled cadence and to really go for the "feel" of the movement. The goal was simply to stimulate some hypertrophy in the major muscles of the lower body while simultaneously protecting his ailing joints. I instructed Mike to perform 3 sets of 10 reps (post warm-up) once per week.

In addition to the leg work, I instructed

Mike to add yet another missing link to his training regimen. You guessed it, CARDIO! Cardio was hardly a part of Mike's vocabulary let alone a training staple. In my early years of training I too bought into the idea that cardio is catabolic and not to be used by the strength athlete. What it took me years to realize was that properly performed cardio not only helps one to lose bodyfat, it can also aid overall recovery. In short, properly used, cardio is a boon to strength training! The key is to control for the intensity of effort and therefore your heart rate. The target heart rate for this form of cardio is 120-130 beats per minute. If you stay within this parameter you are burning fat, building cardiovascular health, aiding your overall recovery, and in no way hampering your strength training results.

The final piece of the puzzle for Mike was the addition of mid-section training. Contrary to what has been purported over the years, spot reduction is possible to some degree. This fact combined with the general benefits of a strong mid-section compelled me to include work for this area in Mike's regimen. I instructed Mike to perform 2 sets of 10-15 reps of two different exercises twice per week. He would alternate the exercises of choice each workout.

After some cajoling on my part, Mike added the leg presses, cardio (3 times per week for 20 minutes at a time), and mid-section training to his routine, and the combination took Mike's results to a whole new level!

THE FINAL PREPARATION FOR THE WPO BENCH BASH AT THE 2007 ARNOLD CLASSIC

Mike took a brief break from dieting during the holidays. January 2nd saw the beginning of preparation in earnest. To that point, Mike had seen his weight drop into the mid 350s (with a bit of a spike from the holidays). His strength was through the roof, setting PRs virtually every session.

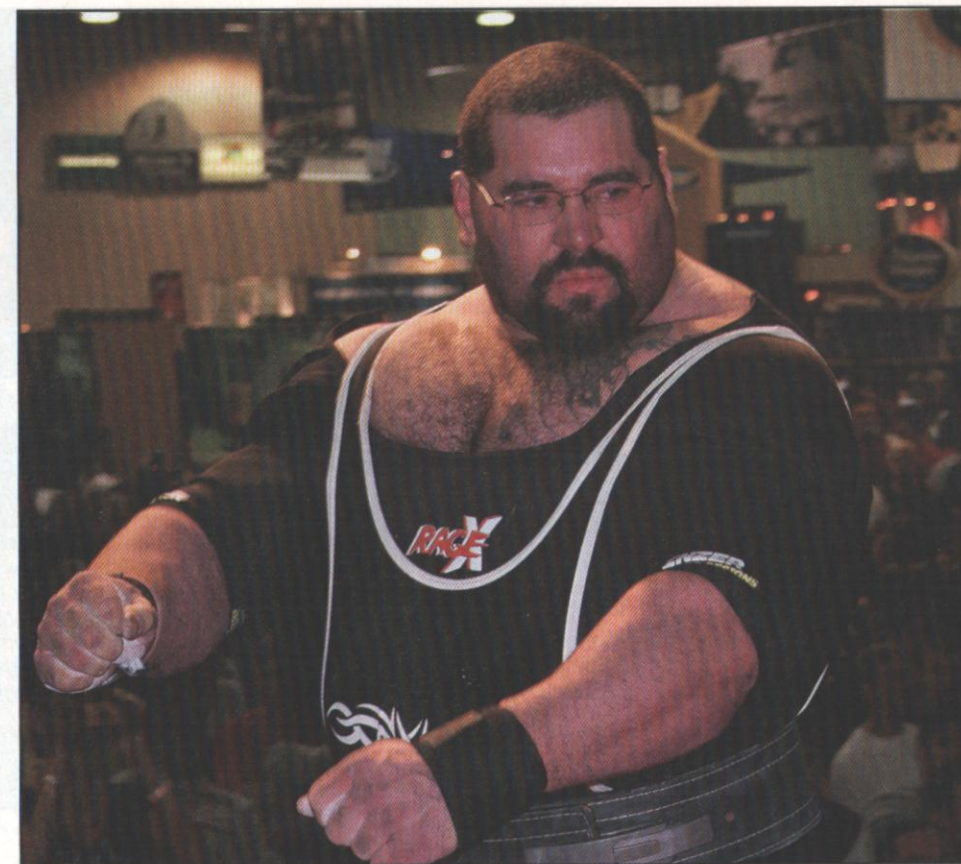
Mike and I had the initial goal of getting him down to the 308 lbs weight class for the Arnold, but we were never willing to do so at the expense of muscular size or strength. Our results relative to decreasing his bodyweight and increasing strength were thus far so profound that we made the decision to drop him no lower than 340 lbs in order to not jeopardize those results, and to have Mike at his absolute best for the Arnold.

In order to stabilize his bodyweight we added 2 Nitrean (protein only) shakes to his daily intake. We also allowed him to take a few cheat meals at his discretion. These changes did the trick.

THE BENCH SHIRT

Mike competes "equipped". This involves the use of a "bench shirt". These shirts are made of special materials that allow them to add support and aid to the lift. Getting optimal results from one's bench shirt requires a degree of skill.

Mike chooses to use equipment manufactured and sold by Inzer Advance Designs. Roughly three months prior to the Arnold, he made the decision to switch to their Rage X shirt (http://www.inzer.net.com/detail.asp?PRODUCT_ID=rageX). Mike had two shirts custom made by Inzer with one smaller than the other. The idea behind having



Mike staring down the weights at this year's Arnold Classic! (photos courtesy of Chris Mason)

two shirts was that he would be losing bodyfat in the preceding 3 months and he wanted to be sure to have a tight fitting shirt for the day of the meet.

Once in possession of the shirts, Mike began by breaking-in the larger of the two. He accomplished this by working on his ROM in a progressive fashion using board presses. He started with a 3-board press and over the course of several sessions worked his way down to a 1-board press. Once that was done, he began work on the smaller shirt. A few weeks later he worked to a 1-board heavy single with what would be his opening lift at the competition. This was just a couple of weeks out from the meet. The lift went well and Mike decided he was done with heavy lifting until the day of the meet.

THE 2007 WPO BENCH BASH AT THE ARNOLD CLASSIC

Mike arrived in Columbus the Thursday prior to the competition. I will let Mike tell you the rest in his own words:

"I came to the Arnold confident I was going to do well. We arrived in Columbus on Thursday night, got settled into our hotel and just relaxed. I showed up for weigh-in Friday morning with a belly full of food and bristling with confidence! After the weigh-in, my family and I spent most of the day walking around the expo hall meeting and talking to friends we only get to see once or twice per year. Along the way, I also met a lot of "strangers" who recognized me and showed me tons of support! This only served to get me even further fired-up!

Saturday morning, I went to the expo hall around noon. As I was coming down the escalator, I got my first glimpse of the crowd waiting to get in. It was HUGE!!! This started

my nerves a rollin', but I knew in my heart I was ready and all would be good!

Around 1 P.M., I made my way to the main stage at the rear of the expo hall. This is where the meet would be held. At that point, I knew there would be no turning back. I went backstage to the warm-up area and began getting my body ready for the most important lifts of my life. For some reason, all of my warm-up attempts felt heavy. This was a bit worrisome, but I knew I had to forge ahead and figured the adrenalin rush of being onstage in front of thousands of fans would handle the problem.

As the time came for me to take my opening lift, I grabbed my box of Mike and Ike's candy and my Mountain Dew, got my sugar rush, and out I went. I knew it was my time to shine with my wife and 2 kids, my parents, my training partners, and a ton of my friends in the audience. I was ready!

I got my opener, came back and missed my 2nd attempt. I was going to repeat with my failed 2nd attempt weight for my third and final lift, but I knew I had more in me so I jumped to a PR attempt with 859.8 lbs. I smoked it!!! I can't tell you the feeling... it was a culmination of all that I had gone through with the diet, waking up at 4:30 A.M. every Sunday to make the pilgrimage to Westside, 10 years of busting my ass in the gym, and hitting a PR in the biggest bench contest in powerlifting in front of thousands of fans. It was, AMAZING!!!

CONCLUSION

Mike and I both hope that this article will inspire and educate you on how to reach your own physical goals whether they be a world record bench press, or simply to get in the best shape of your life!

**Illinois State/Great Rivers
12 MAY 07 - Harrisburg, IL**

BENCH		(33) Raw		
WOMEN		McWilliams Jr. 380		
Illinois State		T-1		
114 lbs.	D. Horn	303		
(16) T-2	275 lbs.			
H. Bennett	45	(55) Open/M-4		
P. Schutt	82	G. Churn		
T-1	534*			
R. Mahan	60	Illinois State		
123 lbs.	148 lbs.			
T-1	(67) Open/M-6			
E. Phipps	66	I. Zwick		
148 lbs.	(18) T-3	292		
T-2	B. Fritts	126		
S. Taylor	82	T-2		
T-3	D. Jackson	275		
L. Bundren	88	165 lbs.		
165 lbs.	(18) T-3			
(50) M-2	J. Gibbs	259		
M. Keller	126	181 lbs.		
198 lbs.	(44) M-1			
(68) M-6	D. Evarard	380		
J. Russell	55	(24) Open		
+198 lbs.	J. Andrews	374		
(16) T-2	198 lbs.			
A. Griggs	88	(47) M-1		
(58) M-4	D. Gill	363		
L. Flahardy	71	275 lbs.		
Open	(50) M-2			
J. Youssef	115	T. Thomas		
T-3	(17) T-2	424		
C. Mitchell	110	A. Milligan		
314	UNL			
Great Rivers	(18) T-3			
220 lbs.	M. Gooch	347		
Powerlifting	SQ	BP	DL	
WOMEN				
Great Rivers	123 lbs.			
(48) Raw	D. Thomas	143	71	214
165 lbs.	(16) Raw			
M. Sutton	203	93	214	
Illinois State	97 lbs.			
(11) Guest	M. Johnson	88	55	132
114 lbs.	(15) T-1			
R. Mahan	126	60	132	
(17) T-2	P. Schutt	137	82	209
123 lbs.	(15) T-1			
E. Phipps	154	66	99	
148 lbs.	(18) T-3			
L. Bundren	126	88	170	
(17) T-2				



S&M Fitness at the USAPL Illinois State Meet: front row, Jake Gibbs, Paige Schutt, Gabriel Motsinger, Matthew Phipps, Laura Bundren, and Mike Phipps; back row, Suzanne Motsinger, Caleb Motsinger, Ben Beggs, Sarah Taylor, Jana Youssef, Emily Phipps, Reina Mahan, Heather Bennett, Amanda Griggs, Jonathan Duke, Austin Milligan and Mark Motsinger. Team members not pictured: Dava Thomas, Miraela Johnson, Catrina Mitchell, Janet Russell, Lyn Flahardy, Logan Nolen, Ben Fritts, and Mychal Gooch. (Thanks to Mark Motsinger of S&M Fitness in Harrisburg, Illinois for providing photograph)

S. Taylor	82	82	159	N. Ulrich	314	220	402	(36) Raw			
198+				(19) Raw				G. Andreasen	402	336	424
(16) T-2				A. Ulrich	369	248	440	(47) Raw			
C. Mitchell	143	110	242	(40) Open	402	248	474	D. Morris	341	259	380
(39) Open				R. Bertel				(17) Raw			
J. Youssef	220	115	281	181 lbs.				J. Ralph	374	248	385
MEN				(16) T-2				242 lbs.			
Great Rivers				N. Jacobson	418	226	407	(54) M-3			
123 lbs.				(18) Raw				K. McWilliams Sr.	303	330	402
(15) Raw				N. Morris	407	259	374	(52) Raw (GR&IL)			
M. Stagg	187	126	275	(35) Open				A. Probyn	402	253	507
(40) Raw				P. Houston	457	358	451	275 lbs.			
D. Hall	220	132	286	198 lbs.				(17) T-2			
148 lbs.				(17) T-2				T. Gordon	474	314	440
(17) Raw				A. Hare	501	330	501	(40) M-1			
B. Lydon	248	154	281	(23) Raw				K. Hayes	782	457	672
(18) T-3				M. Lane	463	286	600	(27) Open			
J. Parkinson	275	192	281	Raw				N. Weite	688	501	700
(38) Raw				D. Lee	402	279	463	(30) Open			
M. Stagg	330	264	435	220 lbs.				J. Welte	644	429	606
(50) Raw/M-3				(14) T-1				UNL			
P. Braun	308	159	319	D. Horn	325	303	380	(19) T-3			
165 lbs.				(17) Raw				J. Hernandez	573	402	573
(18) Raw				Z. Schiff	424	259	429	(23) Open			

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As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the 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 USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, or any other publication that USAPL so chooses.

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Date Of Birth: _____ **Age:** _____ **Sex:** _____ **U.S. Citizen?** _____ **USAPL Registered Club Represented:** _____

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Card # _____ Merchandise Shipping: \$5.85

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Al Caslow won the APF Junior Nationals & Best Lifter Lightweight.

R. Risner	611	363	606	APF Jr. Nationals/Windy City 28 APR 07 - Willowbrook, IL					
(29) Open				BENCH					
B. Manion	562	407	573	WOMEN					
(38) Open				Windy City Open					
R. Saylor	562	463	567	Windy City Open					
Illinois State				181 lbs.					
97 lbs.				Teen (18-19)					
(10)				S. Thoms 353					
G. Motsinger	88	55	126	B. Waldvogel 408					
114 lbs.				275 lbs.					
(11)				MEN					
M. Phipps	93	71	143	Junior Nationals					
123 lbs.				Open					
(15) T-1				165 lbs.					
L. Nolen	132	126	220	O. Martynuk 408					
132 lbs.				220 lbs.					
(17) T-2				T. Harrison -					
K. Presswood	352	176	352	SHW					
165 lbs.				Powerlifting SQ					
(24) Raw				BP				DL	TOT
A. Kim	451	341	523	WOMEN					
(18) T-3				Junior Nationals					
B. Cuvar	259	242	374	Open					
181 lbs.				148 lbs.					
(17) T-2				K. Martin 507					
C. Motsinger	402	242	468	292				452	1251
(33) Raw				165 lbs.					
M. Phipps	275	275	374	T. Brewton 336					
(41) M-1				215				347	898
T. Scagliarini	540	336	501	Windy City Open					
(56) M-4				165 lbs.					
J. King	286	253	336	Master (40-44)					
198 lbs.				T. Brewton 336					
(16) T-2				215				347	898
B. Klump	303	192	358	MEN					
(18) T-3				Junior Nationals					
D. Vignano	314	237	451	Open					
220 lbs.				148 lbs.					
(30) Raw				R. Murygin 595					
J. Schiffer	457	424	501	265				507	1367
(32) Open				165 lbs.					
T. Smallwood	507	341	622	A. Caslow 750					
(34) Open				463				645	1857
K. Dickson	407	363	501	181 lbs.					
242 lbs.				C. Yuhas 496					
(24)				265				441	1202
C. Stroup	407	363	501	E. Domanski 590					
(52) M-3 (GR/IL)				331				557	1477
A. Probyn	402	253	507	Wambsgans 606					
275 lbs.				265				524	1394
(65) M-6				220 lbs.					
W. Allen	170	242	407	S. Chalmers 705					
(22) Junior				502				601	1808
D. Berginn	440	380	567	H. South 601					
*American Records. (Mark Motsinger)				226				557	1383
				Z. Zenzen 722					
				441				612	1775
				242 lbs.					
				R. Fuciarelli 805					
				502				672	1979
				S. Flanagan 739					
				524				661	1924
				J. Wagner 788					
				562				634	1984
				A. Best 810					
				529				705	2045
				275 lbs.					
				P. Arroyo 816					
				551				601	1968
				R. Bowsher 832					
				308 lbs.					
				M. White 1003					
				628				755	2386



Mike White at the APF Jr. Nationals where he squatted 1003 and totaled 2386, to take Best Heavyweight Lifter, as well as Best Windy City Lifter. (photos are by Thoms)

Open	M. Hibbing	485	314	419	1218
220 lbs.					
Open	D. Gonzalez	584	402	524	1510
Submaster	Y. Zarif	314	336	457	1108
242 lbs.					
Open	Z. Kroeger	750	480	584	1813
Junior	S. Flanagan	739	524	661	1924
275 lbs.					
Submaster	C. Beck	529	413	568	1510
308 lbs.					
Open	M. White	1003	628	755	2386
Venue: Velocity Sports. Best Lifters					
Windy City Open: Best Male Bench:					
Nick Zostaudas. Best Male Powerlifter:					
Mike White. Best Female Bench:					
Sidney Thoms. Best Lifters Junior					
Nationals: Best Male Bench: Olesandr					
Martynuk. Best Female Powerlifter:					
Kelly Martin. Best Male Heavyweight					
Powerlifter: Mike White. Best Male					
Lightweight Powerlifter: Al Caslow.					
(Thank you to Eric Stone for the results)					

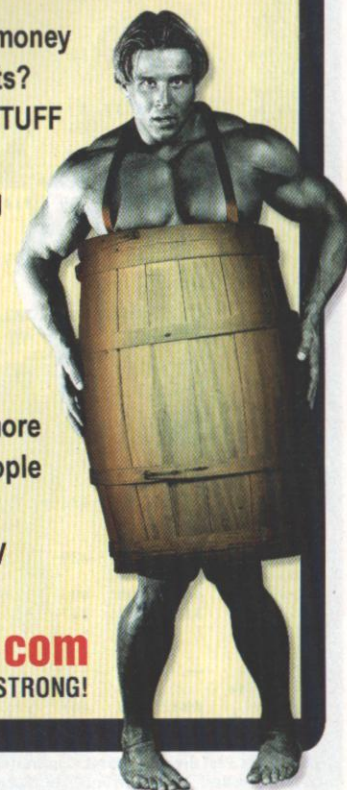
French Quarter Final		10 DEC 06 - Guard, FRA					
BENCH		220 lbs.					
MALE		B. Herbert 573					
132 lbs.		Raw					
G. Polido	286	132 lbs.					
148 lbs.		G. Polido 275					
P. See	176	165 lbs.					
181 lbs.		B. Governed 264					
K. Knueppel	843	363					
Windy City Open		Powerlifting SQ					
148 lbs.		BP				DL	TOT
Master (70-74)		220 lbs.					
K. Anderson	320	231				281	832
181 lbs.		Della-Vittoria 463					
		341				529	1333
		(Thanks to Sharon Clegg for the results)					

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WNPF Quad State
28 JAN 07 - Philadelphia, PA

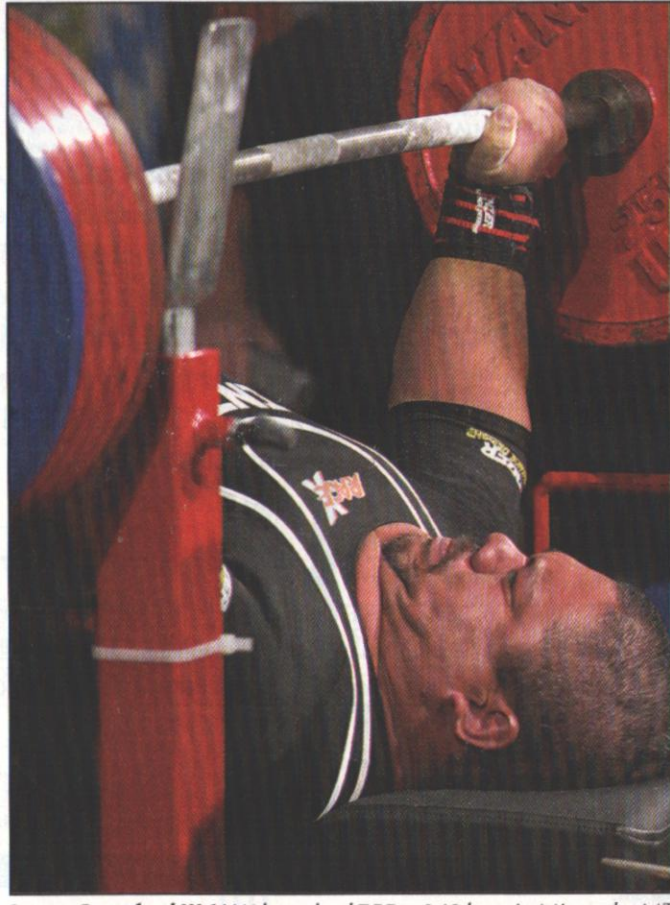
BENCH	(50-59)			
114 lbs.				
Subs Raw				
Longshore	99	148 lbs.		
MEN	(60-69)			
132 lbs.				
Lifetime Raw				
Sam	270	181 lbs.		
148 lbs.				
(17-19) Raw				
McCoy	181	198 lbs.		
(13-16)				
Raw				
Foltz	121	148 lbs.		
(60-69) Raw				
Ferris	193	181 lbs.		
181 lbs.				
(17-19) Raw				
Mongelluzzo	314	181 lbs.		
(40-49) SP				
Mann!	396	148 lbs.		
(40-49) UNL				
Foltz	325	198 lbs.		
198 lbs.				
(13-16)				
Raw				
Barrett	237	148 lbs.		
(13-16) SP				
Volkes	275	198 lbs.		
(17-19) Raw				
Austin	303	220 lbs.		
220 lbs.				
Lifetime Raw				
Hicks	308	220 lbs.		
(40-49) Raw				
Hicks	308	220 lbs.		
Smith	303	220 lbs.		
(60-69) Raw				
Davis	319	220 lbs.		
300 lbs.				
(60-69) Raw				
Plummer	308	220 lbs.		
SHW				
Novice Raw				
Simmons	341	242 lbs.		
CURL				
(40-49) Raw				
Edgerton	490	259 lbs.		
BENCH for Repts				
114 lbs.				
Subs				
Longshore	55	39		
Lifetime				
Longshore	55	39		
MEN				
148 lbs.				
(60-69)				
Ferris	143	15		
242 lbs.				
(40-49)				
Edgerton	237	12		
SHW				
Lifetime				
Simmons	303	8		
Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
(13-16) Raw				
Klaassen	99	55	159	314
132 lbs.				
(60-69) SP				
Winkelblech	193	93	308	595
148 lbs.				
Lifetime Raw				
Spano!	237	154	391	782
Leisey	121	93	181	396
(50-59) Raw				
Spano!	237	154	391	782
SHW				
(17-19) Raw				
Cohn	259	132	270	661
MEN				
165 lbs.				
(17-19) Raw				
Klaassen	325	193	435	953
198 lbs.				
(13-16) SP				
Volkes	479	275	479	1234
Lifetime Raw				
Johnson	446	308	496	1250
Short	319	281	347	947
242 lbs.				
Subs				
Fryberger	—	—	—	—
(40-49) Raw				
Edgerton	490	303	441	1234
Lifetime Raw				
McLaughlin!	551	363	573	1488
SP=Single Ply division. UNL=Unlimited division. !=Best lifters. (from Troy Ford)				

WABDL Karl Tyler Classic
31 MAR 07 - Missoula, MT

BENCH	(50-59)			
Spano	82	181 lbs.		
WOMEN				
Master (40-46)				
181 lbs.				
T. Welton	319*	220 lbs.		
S. Weil	104	220 lbs.		
4th-121*				
J. Nelson	534*	242 lbs.		
Master (47-53)				
181 lbs.				
J. Alviri	485*	198 lbs.		
C. Bertek	187*	198 lbs.		
Master (47-53)				
H. Oxford	242	198 lbs.		
Open				
123 lbs.				
R. Johnston	336	259 lbs.		
D. Moretto	148	259 lbs.		
(13-16)				
Master (61-67)				
C. Bertek	187*	259 lbs.		
S. Nummi	325	259 lbs.		
Teen (14-15)				
105 lbs.				
Master (68-74)				
J. Welton	71	220 lbs.		
Teen (16-19)				
H. Smith	352	220 lbs.		
148 lbs.				
4th-363*				
Open				
C. Krahan	115	220 lbs.		
220 lbs.				
J. Nelson	534*	259 lbs.		
181 lbs.				
4th-126*				
MEN				
Class I				
275 lbs.				
A. Holby	396	309+ lbs.		
198 lbs.				
C. Gomes	—	309+ lbs.		
242 lbs.				
Crawford III	755	220 lbs.		
J. alvari	485	220 lbs.		
Submaster (33-39)				
Wetzel	331	220 lbs.		
259 lbs.				
E. Nettleton	468*	309+ lbs.		
J. Pablo	330	309+ lbs.		
SHW				
275 lbs.				
A. Holby	396	309+ lbs.		
Crawford III	755	309+ lbs.		
Novice Raw				
Simmons	501	220 lbs.		
Junior (20-25)				
Teen (12-13)				
198 lbs.				
132 lbs.				
D. Taylor	264	132 lbs.		
C. Weil	60	132 lbs.		
4th-292*				
Teen (16-19)				
220 lbs.				
K. Hibler	308	198 lbs.		
198 lbs.				
A. Klautd	259*	220 lbs.		
P. Hart	275*	220 lbs.		
M. Moss	319*	220 lbs.		
4th-325*				
R. Nelson	402*	220 lbs.		
Law/Fire				
Open				
275 lbs.				
R. Emerick	159	275 lbs.		
259 lbs.				



John Nelson benched 534 in the 220s to set a new WABDL Minnesota State Record at the Karl Tyler Classic (courtesy Nelson)



James Crawford III (WA) benched 755 at 343 bwt. in Missoula, MT

*=State Records. !=World Records. In Class I deadlift, Eric Nettleton set a Montana record 584 and a Montana state record in the bench with 468.2. In Submaster luperheavy bench, James Crawford at 343.4 lbs. benched a Washington state record 755 and passed the drug test. In Open women, Deb Moretto set a Montana record 214.7. At 40-46/220, John Nelson set a Montana record 534.5 and passed the drug test. John was turned down with 537.5 on his first but came back and got it. Harold Smith benched a Montana record 363.7 at 220 age 74 raw! Bob Barker of Salem, Idaho, set a state record with 363.7 at 47-53/198. Russ Nelson was very impressive in the deadlift with a 551 Montana record in Teen 16-19/242, and he also set a Montana record 402.2 in Teen 16-19/242 bench. Sonny Nummi age 65 in the 259 class set an Idaho record 363.7, weighing 243. I want to thank Dave Edmondson who brought warm-up benches and all the warm-up weights all the way from Ogden, Utah, our judges David Edgell, Dave Edmondson, and Jon Cunningham. Also thanks to Terry Baldwin, who provided warm-up weights and helped promote the event in Missoula, Karl Tyler Chevrolet in Missoula, our main sponsor. The other sponsors I'd like to thank were Brent Mikesell of Iron Gladiators, who sell a great line of t-shirts and Inzer gear, Dave Tate and Jim Wendler of Elite Fitness Systems, who sell the metal bench shirts and deadlift suits, Neal Spruce of Apex Fitness, Giorgio Usai Jr. of Forza Strength Systems, Mike Lambert of Powerlifting USA magazine, Brian Welker of Welker's Competitive Edge Gym in Sugarland, Texas, Chet Groskreutz of Ivanko Barbell and Ken Anderson and Pete Alaniz of Titan Support Systems. (Gus Rethwisch results)



The Chickahominy Family YMCA held its annual Bench Press Classic on May 19, 2007 to raise money for its Seeds of Hope campaign. Lifters came from all over the states of Virginia and North Carolina. Special thanks goes out to Len Walker, Jeff McVicar, Eric Cline, the Chickahominy Staff, members and the many volunteers for helping with the set up and clean up. The meet would not have been possible without their help. (results and photo courtesy of Nancy Burnet & Phillip Battle)

Chickahominy YMCA BP Classic
19 MAY 07 - Sandston, VA

BENCH	Junior (20-23) Raw			
FEMALE	N. Slemm	231		
105 lbs.	Master (50-54) Raw			
Open Raw	B. Dabney	264		
L. Richard	143	M. Smith	236	
132 lbs.	220 lbs.			
Master (50-54) Raw	Open			
T. Buck	121	F. Shuetz	473	
148 lbs.	Master (45-49)			
Open Raw	J. Shifflett	363		
C. Penn	126	Master (65-69)		
Master (45-49)	P. Kitchen	248		
Raw	Master (50-54)Raw			
C. Penn	126	M. Williams	319	
165 lbs.	Master (55-59) Raw			
Master (45-49) Raw	W. Kingston	220		
D. Mourtzakis	Master (65-69) Raw			
121	D. Budlong	270		
181 lbs.	242 lbs.			
Master (45-49) Raw	Teen (18-19) Raw			
B. Hayes	214	B. Lively	330	
MALE	Open Raw			
148 lbs.	J. Henderson	440		
Teen (18-19) Raw	Q. Davis	429		
J. Farrell	198	R. Staten	330	
165 lbs.	M. Nynan	—		
Junior (20-23)	Master (50-54) Raw			
D. Sand	424	R. Staten	330	
C. Wilson	292	Master (45-49)		
Open Raw	F. Beckers	468		
J. Preskar	253	W. VanSickle	330	
181 lbs.	Master (60-64)			
Teen (16-17) Raw	M. Nickols	286		
M. Haynes	264	275 lbs.		
Open Raw	Open Raw			
C. Newcomb	336	J. Jones	534	
J. Penn	286	S. Kuzma	507	
C. Gregory	264	B. Mitchell	424	
Master (40-44)	J. Penn	314		
Raw	Master (40-44)			
M. Taylor	319	Raw		
J. Penn	286	S. Kuzma	507	
C. Gregory	264	J. Pebn	314	
Open	Master (45-49) Raw			
G. Columbo	451	T. McKnight	407	
198 lbs.	SHW			
Teen (18-19) Raw	Open Raw			
M. Mellons	264	T. Rush	507	

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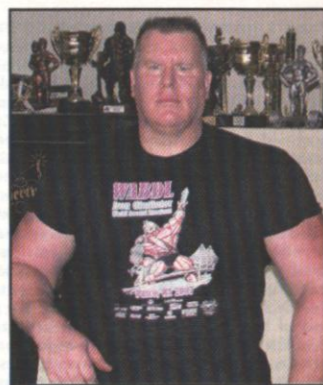
USAPL 6th Dave Martin Memorial
31 MAR 07 - Bloomington, IN

Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Teen (14-15)				
S. Biddle	154	121	236	512
198+ lbs.				
Teen (16-17)				
H. Biddle	286	121	292	700
MALE				
123 lbs.				
Master (50-54)				
S. Meadows	341	248	446	1036
148 lbs.				
Junior (20-23)				
A. Roberts	—	292	—	—
165 lbs.				
Open				
E. Nickson	622	429	644	1697
Teen (16-17)				
R. Horn	462	286	451	1201
181 lbs.				
Teen (16-17)				

S. Apostolidis	325	236	402	964
Teen (18-19)				
S. Griswell	385	214	407	1008
Master (45-49)				
C. Trotter	429	—	—	—
198 lbs.				
Open				
J. Ellis	418	270	529	1218
Teen (16-17)				
T. Cahill	440	319	462	1223
Teen (18-19)				
J. Whitney	435	308	—	—
Master (50-54)				
J. Willis	485	231	496	1212
242 lbs.				
Open				
M. O'Donnell	738	—	628	—
Teen (18-19)				
J. Bourne	512	286	556	1355
J. Tumej	451	336	480	1267
275 lbs.				
Open				
M. Brown	—	440	—	—
Coordinator: Greg Simmons. (from USAPL)				

WABDL Iron Gladiator
24 MAR 07 - Pasco, WA

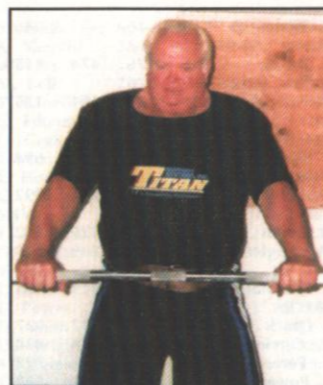
BENCH WOMEN	E. Zerbst 95
Junior 165 lbs.	Teen (14-15) 123 lbs.
K. Vytacil 132	T. Colvin 88
Law/Fire	132 lbs.
Open	C. Simpson 82
UL	181 lbs.
VanAmeronge 330	C. Frost 187*
Law/Fire	Teen (16-19) 114 lbs.
Submaster	114 lbs.
UL	A. Cade 82
VanAmeronge 330	165 lbs.
Master (40-46)	A. LaVigne 99
165 lbs.	181 lbs.
T. Jacobs 214	J. Otto 176
181 lbs.	N. Gilbertson 121*
E. Harwood —	MEN
198 lbs.	Class I
S. Jackson 348*	148 lbs.
M. Goodwin 115	Hilderbrand —
Master (47-53)	148 lbs.
148 lbs.	J. Benesi 198
N. Huxley —	181 lbs.
181 lbs.	P. Mehlenbacher
P. Michaels 214	303
198 lbs.	R. Munson 236
C. Erickson 154	198 lbs.
UL	B. Brizendine 457*
M. Huston 203	B. Walker 418
Master (54-60)	C. Gomes 363
148 lbs.	A. Parkin 275
L. Lastufka 137	220 lbs.
UL	T. Sybouts 424
K. Cash 193	D. Brann 457
4th-203*	259 lbs.
132 lbs.	G. Loss 424
M. Hobbs 193	275 lbs.
165 lbs.	T. Pia —
T. Jacobs 214	308 lbs.
198 lbs.	V. Brumfield 429
S. Jackson 348*	SHW
Submaster	D. Better 396
114 lbs.	D. Welling 259
D. Snow 132*	Elite Open
132 lbs.	165 lbs.
M. Hobbs 193*	R. Hickman 518*
Teen (12-13)	Law/Fire
148 lbs.	Master (40-47)
S. Grant 126*	259 lbs.
Teen (14-15)	P. Morrison 507
123 lbs.	Law/Fire
K. Cade 115	Master (56+)
4th-116*	Peratrovich 225*



Jeff Place benched 633 (Place)

Law/Fire	4th-347*
Open	220 lbs.
259 lbs.	T. Sybouts 424
P. Morrison 507	D. Wilson 341
Law/Fire	242 lbs.
Submaster	A. Gose 446
SHW	SHW
A. Jackson 374*	J. Mickelson 501
220 lbs.	D. Better 396
E. Zender 396	Master (54-60)
Master (40-46)	181 lbs.
165 lbs.	P. Plush 380*
K. Lyons 281	220 lbs.
198 lbs.	Peratrovich 225
S. Olson 413	SHW
220 lbs.	R. Patterson 716
R. Garza 402	Master (61-67)
D. Andrews 374	181 lbs.
259 lbs.	R. White 192
Christensen 540	198 lbs.
375 lbs.	G. Holzinger 336
R. West 451	K. Schlef 143
J. Garcia 402	259 lbs.
308 lbs.	S. Nummi 314*
V. Aleaga —	Master (68-74)
J. Place 622	148 lbs.
4th-633*	D. Barden 275*
Master (47-53)	220 lbs.
148 lbs.	P. Goucher 253
Evangelista 396	275 lbs.
181 lbs.	G. Johnson 308
B. Brink 402	Open
198 lbs.	148 lbs.
R. Johnston 336	Evangelista 396

VanAmeronge —	Junior (20-25)
Law/Fire	220 lbs.
Submaster	S. Clendaniel 501
UL	308 lbs.
VanAmeronge —	J. Buettner 540
Master (40-46)	Law/Fire
165 lbs.	Master (56+)
T. Jacobs 404*	220 lbs.
181 lbs.	Peratrovich 385*
E. Harwood 303	Law/Fire
198 lbs.	Submaster
S. Jackson 425*	165 lbs.
M. Goodwin 264	A. Jackson 574*
Master (47-53)	220 lbs.
148 lbs.	E. Zander 501
N. Huxley 308	Master (40-46)
181 lbs.	165 lbs.
P. Michaels 358*	K. Lyons 363
UL	220 lbs.
M. Huston 288	R. Garza 617
UL	D. Andrews 457*
K. Cash 314*	275 lbs.
Open	R. West —
165 lbs.	J. Garcia 551
T. Jacobs 404	SHW
198 lbs.	V. Eldridge 683
C. Neff 485	J. Place 623*
4th-502*	Master (47-53)
S. Jackson 425*	148 lbs.
Submaster	Evangelista 468
114 lbs.	181 lbs.
D. Snow 255*	D. Hall 501
Teen (12-13)	198 lbs.
97 lbs.	R. Johnston 407
B. Jackson 126	4th-424*
148 lbs.	220 lbs.
S. Grant 259	D. Rodgers 567
4th-275*	242 lbs.
Teen (16-19)	A. Dawson 573
114 lbs.	259 lbs.
A. Cade 231*	J. Waldo 644
181 lbs.	4th-661*
J. Otto 305*	S. Smith 639
MEN	4th-650
Class I	SHW
181 lbs.	J. Mickelson 529
R. Munson 391	D. Better 518
Master (54-60)	198 lbs.
165 lbs.	C. Walchli 600*
B. Brizendine 562*	J. Benesi 358
220 lbs.	220 lbs.
D. Allen 473	Peratrovich 385
D. Beale 402	242 lbs.
SHW	C. Sandberg 606
J. Place 623*	275 lbs.
D. Belter 518	M. Neal 534
D. Welling 347	Master (61-67)



Randy Patterson continues to bench like no other master lifter (photograph courtesy of Randy)

165 lbs.	165 lbs.
J. Luther 481*	L. Forbes 330
A. Jackson 374	181 lbs.
181 lbs.	R. White 286
D. Linderud 480	198 lbs.
4th-501*	G. Holzinger 492*
198 lbs.	K. Schlef 286
A. Keave'aiko 496	242 lbs.
4th-501*	B. Dodd 407
B. Brizendine 457	L. Corulli 352
259 lbs.	259 lbs.
T. Chun —	S. Nummi 402*
308 lbs.	275 lbs.
V. Aleaga —	G. Johnson 325
SHW	Master (80-84)
E. Aleaga —	C. Anderson 363*
J. Crawford III 710	Open
J. Place 622	G. Langmead 479
4th-633	A. Evangelista
J. Mickelson 501	468
Submaster (33-39)	165 lbs.
148 lbs.	A. Jackson 574
Hilderbrand —	198 lbs.
G. Langmead 325	B. Brizendine 562
4th-336*	242 lbs.
198 lbs.	B. Matheson 705
B. Love 418	275 lbs.
259 lbs.	K. Jensen 727
T. Chun —	SHW
Teen (12-13)	V. Eldridge 683
97 lbs.	J. Mickelson 529
C. Grizzle 66*	Submaster (33-39)
114 lbs.	148 lbs.
J. Wood 148*	G. Langmead 479
123 lbs.	275 lbs.
A. Grizzle 93	R. Neff 650
132 lbs.	Teen (12-13)
C. Bird 126	97 lbs.
181 lbs.	C. Grizzle 143
T. Qadir 104	114 lbs.
Teen (16-19)	J. Wood 249**
132 lbs.	123 lbs.
R. Segura 220	A. Grizzle 187
148 lbs.	132 lbs.
J. Torrence 220	C. Bird 231
165 lbs.	4th-236*
J. Davis 248	181 lbs.
220 lbs.	T. Qadir 181
A. Kubin 418	Teen (16-19)
242 lbs.	132 lbs.
P. Hart 270*	R. Segura 380
DEADLIFT	148 lbs.
WOMEN	W. Baxter 358
Junior	165 lbs.
165 lbs.	J. Davis 402
K. Vytacil 319	220 lbs.
Law/Fire	A. Kubin 501
Open	308 lbs.
UL	B. Rizzo 523

This event had 126 lifters from Idaho, Oregon and Washington. World records in the deadlift were set by Alfred Jackson with 574.1 at 165/Law & Fire Submaster, a very good coefficient. Alfred is now in downtown Baghdad serving his country. Other deadlift world records were set by the amazing 81 year old Chuck Anderson, a former logger. He ripped up 363.7 weighing 174. Teresa Jacobs pulled 404.4 at 165 in Master 40-46. Susan Jackson, the wife of Alfred, pulled 425.3 in Master 40-46/198. Christine Neff pulled a 502.6 for the highest deadlift in WABDL by a woman in Open 198. Jordan Wood in 12-13/148


pulled a 249.1 world record and Sonja Grant was impressive with a 275.5 world record in 12-13/148. Bench world records were set by Les Peratrovich in Law/Fire Open and Law/Fire Submaster. In Master 68-74 Donald Bardon benched 276.6 at 148 for a world record. Susan who had set a world record in the deadlift pushed a world record also with a huge 348.1. In Teen men 12-13/114 Jordan Wood set a world record bench of 148.7. Sonja Grant did double duty with her world record deadlift by adding on a 126.7 in 12-13/148 bench. Notable state record deadlifts were Cody Walchli with an Oregon record 600.7 in Class I/198. Former New England Patriot Jeffrey Place hauled in 623.8 in Class I super and Master 40-46 super. Jim Waldo was amazing with a 661.2 Oregon record in Master 47-53/259 and Steve Smith wasn't far behind with a 650.2 in Master 47-53/259 for a Washington record and a nice war with Waldo. Godfrey Holzinger who has set world record benches is moving his deadlift and pulled a 492.7 Washington state record in Master 61-67/198. Notable benches were performed with amazing force and speed by 59 year old Randy Patterson who opened with 633 and had one arm locked with 705 and momentarily locked out 716 before it settled back. That is tremendous weight for a 59 year old. Nobody can bench that kind of weight at that age! Don Linderud was very impressive with a 501.5 Idaho record at 181 and only weighed 179.6. Joe Luther, weighing only 163.6 set a Washington record 481.7. Ray Hickman in Elite Open 165 was awesome with 518 and a near miss with 557. In super 4-046 Eddie Aleaga put up 661.2 in the bench and Jeffrey Place set an Oregon record



WABDL Team Champions in Pasco: These guys took home 11 first place trophies, six new Oregon State records, and had four Best Lifters, along with the team award. (Left to right, back row) Jerame Linnell, Jimmy Waldo, Team Captain Joe Garcia, Jeff Place, and Dave Rodgers. (Bottom row) Roland Garza, Kathy Cash, and Cody Walchli (photo courtesy of Roger Cash)

633.7. In women's 198+ Kathy Cash got over the 200 hump with an Oregon record 2003.7 in Master 54-60 and Apache Keawelaiko set a Washington record 501.5 at Open 198. Phil Morrison got a PR

507 at 259 and has been competing with Randy Patterson since 1984. I want to thank the judges Don James, Mike Scott, Brian Baertlein and Gus Rethwisch. The MC was Ted Davis who always does an excellent job. The scorekeeper was Gary Thomas, and Elma Thomas was superb on the computer. James Partch was a bouncer in Bend, Oregon, with me and also a great martial artist and boxer was fast and tireless as the spotter loader and platform manager. James and I kept this particular bar safe from the punks and so called tough guys, knives and guns were shoved where the sun don't shine. Comments such as "who the f is going to make me" were met with plastic surgery on their faces and holes in walls made by various punks and craniums with James and I providing the momentum to make those holes. Pictures on walls were rearranged to cover up the holes in the walls and life went on peacefully until the next punk came along. Finally we both got fired because our violent behavior scared the owners. Within six months after were left two waitresses were sexually assaulted, two bartenders were knocked out and the place turned into a modern day Dodge City. The attitude at this place was like in the movie Independence Day, 4th of July, Nice Aliens, or at this bar "Nice Punks - just be nice to them they won't hurt you." James and I backed each other always watching each others back. He's been very loyal for 17 years! I want to thank our sponsors Brian Welker and Denise Welker of competitive Edge Gym in Sugarland, Texas, Brent Mikesell of Iron Gladiators who sells great t-shirts and distributes Inzer gear, Pete Alaniz and Ken Anderson of Titan Support Systems, Kelley Mahoney of LifeQuest Fitness Centers, Steve Schwartz of Schwartz Tree Service, Jim Wendler and Dave Tate of Elite Fitness Systems the distributors of the Metal gear, Neal Spruce of Apex Fitness Systems the makers of the best digestible creatine glutamine mix ever. I sell it wholesale about \$10 a bottle cheaper than Gold's Gym or 24 Hour Fitness. I also want to thank Chet Groskreutz of Ivanko the best barbell company in the world, Giorgio Usai Jr. of Forza Strength Systems, and Mike Lambert of Powerlifting USA magazine. Powerlifting was at its hey day from 1977-1981 with the men's and women's nationals and world's being televised on network TV, and my record breakers being televised on NBC in 1978, CBS in 1979, and a half hour special on ESPN in 1988 that was aired nine times and out drew live major league baseball. (Gus R.)



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

Last Name		First Name		Initial	Residential	Current Club (If Registered)	
				Y N			
Street Address							Club Name
City	State	Zip	Area Code/Telephone				
Current WABDL Classification		Reference Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued by
Elite Master I II III IV	World National State	Y N	Y N	MM	FF		

Registration Fee:
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Signature _____

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ADAU Great Lakes Championship
31 MAR 07 - Erie, PA

Powerlifting	SQ	BP	DL	TOT
WOMEN				
114 lbs.				
B. Steffan	165	100	270	535
Master (40-44)				
B. Steffan	165	100	270	535
123 lbs.				
B. Servidio	170	110	230	510
C. Runninger	105	75	145	325
Teen (16-17)				
C. Runninger	105	75	145	325
132 lbs.				
T. Natale	120	70	235	425
4th-DL-240				
S. Levand	75	50	100	225
Master (45-49)				
T. Natale	120	70	235	425
4th-DL-240				
MEN				
114 lbs.				
A. Barrett	65	65	115	245
4th-BP-67				
A. Ellis	60	35	80	175
D. Ellis	40	40	70	150
55 lbs.				
YOUTH (5-6)				
A. Ellis	60	35	80	175
YOUTH (7-8)				
A. Barrett	65	65	115	245
4th-BP-67				
D. Ellis	40	40	70	150
132 lbs.				
B. Cochran	200	145	275	620
C. Edgar	185	105	270	560
Kaliszewski	140	80	175	395
4th-BP-82				
YOUTH (9-10)				
Kaliszewski	140	80	175	395
4th-BP-82				
Teen (14-15)				
B. Cochran	200	145	275	620
C. Edgar	185	105	270	560
148 lbs.				
J. Martucci	345	240	420	1005
165 lbs.				
B. Stoner	440	275	500	1215
R. Cruz	440	280	480	1200
J. Stazer	390	250	515	1155
M. Decker	295	245	465	1005
A. Susmarski	330	235	430	995
M. Schneider	285	170	430	885
Comperatore	285	225	370	880
Teen (16-17)				
M. Schneider	285	170	430	885
Junior (20-23)				
A. Susmarski	330	235	430	995
Master (45-49)				
R. Cruz	440	280	480	1200
181 lbs.				
B. Jones	455	295	560	1310
D. Swingle	320	220	490	1030
G. Natale	340	—	—	—
R. Spaniel	—	—	—	—
Submaster (35-39)				
B. Jones	455	295	560	1310
198 lbs.				

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Siegel, Jay Siegel, Nick Theodorou and Nick Vlasic. Brenda Siegel and yours truly kept the microphone humming and only mispronounced a few names. Sorry about that. If (forgot to mention anyone, forgive me. I'm only human. The Contest-Ladies First: Benita Steffan was the lightest but managed to have the highest total, so of course she was the Champion of Champions in the women's division. Way to go Benita. She won gold in the 114 open and masters' classes. Beth Servidio managed to set all new personal records, at 123, for her winning performance and will be a definite threat at the nationals. Also at 123, in her first contest, sixteen year old Chloe Runninger set all new teen state records to take first in the teen and second in the open. At 132, the youthful 49 year young, Theresa Natale won gold while setting four master state and three master American records and is excited about doing her next contest. Shay Levand took the silver, while competing in her first, ever, contest. The men: Talk about future talent. Three lifters with a combined age of 22, managed to set nine records and all qualified to lift at the June Nationals, in Maryland. The first was six year old, Aaron Ellis, who won gold with four new state records while Allen Barrett and Dominick Ellis went first and second in the 8-9 year old division. Barrett set four state and one American record. Three training partners, from Joe's Gym of Erie, went Gold, Silver and Bronze at 132 pounds in the open. Brewster Cochran was the champion and also took Gold in the teen 14-15 division with Conner Edgar taking the Silver in both open and teen. Ten year old Devin Kaliszewski will be a force to deal with. He took the Bronze in the open and won Gold in the youth

division while setting four state and American youth records. At 148, Joe Martucci was the lone lifter and did token lifts to focus on the Nationals. The 165 class put on a great show with the medals going down to the last deadlift. Brian Stoner had a great day to win the Gold and light weight Champion of Champions. Multi-National champion, Ray Cruz, just couldn't get it together so he settled in for the Silver in the open and won the Gold in the Masters. Jason Stazer took the Bronze just missing a 540 dead lift. At 181 we started out with four and ended with two. Brett Jones was impressive for the Gold and the outstanding deadlift award with his 560 pull. Sixty year young, Don Swingle, won Silver and made a great attempt at a 500 dead lift. Matt Catalina won the 198 class and heavy weight Champion of Champions in his comeback contest and should have a huge "RAW" total at the Nationals. Greg Menser and Lance Schrecengost did some impressive lifting for Silver and Bronze while the infamous Bugs Bayer, at 61 years, placed fourth in the open and won masters Gold. Bugs set all new master state records and American records in the squat and dead lift to win the Master Champion of Champions. Also at 198, fifteen year old Tom Moon won Gold in the teen division and managed a new American squat record along with three Pennsylvania state teen records. The 2005 Champion of Champions, Lenny Creatura, just missed the title this year but still won the 220 class with an American masters total record of 1495. Pat Huntley did some fine "raw" lifting for the open silver and masters Gold, at 40-44. Jon Neenan (19 years) showed great promise with the teenage Gold and a new teen state squat record to win teen Champion of Champions. Dave Grandinetti won the 242 Gold after dropping twenty pounds to make weight with Ben Ott taking second and winning the masters division. At 275, Rob Mostoller had a great day and ran away with the championships and the outstanding bench trophy while Craig Amstone and Matt Kantz went second and third, respectively. Sean Green cleaned up at 319, with a submaster state squat record and first place with Ron Jeffery and Chris Blattenberger going down to the last deadlift for the silver and bronze. Jeffery also managed to set new American records in the squat, dead lift and total at 59 years. Ten times Drug-Free National Champions (1997 thru 2006), Joe's Gym of Erie, PA, took the team title and will band together to defend their national title in Maryland, the first weekend in June. Good Luck, team. "It's not enough to be busy. The question is: what are we busy about?" — Henry David Thoreau. (from Joe Oregina)



REFEREE STATUS: National Referee _____ State Referee _____

Club No. _____ Club Name: _____

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First Name _____ Middle Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____ Phone (With Area Code) _____

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 _____

USAPL Alabama State
31 MAR 07 - Talladega, AL
Powerlifting SQ BP DL TOT
FEMALE
132 lbs.
Teen
D. Davis 195 132 325 655
148 lbs.

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

Teen				
M. Chippell	352	187	380	920
165 lbs.				
Master				
R. Hoggie	299	143	308	751
SHW				
A. Waites	203	148	303	655
MALE				
123 lbs.				
Teen				
H. Garrett	622	352	606	1581
L. Moton	220	126	319	666
H. Wither	187	137	281	606
132 lbs.				
D. Lett	137	110	275	522
M. Cochran	—	264	—	264
148 lbs.				
Teen				
D. Simmons	143	137	253	539
Master				
D. Palmer	325	220	391	936
165 lbs.				
J. Aughtman	402	253	440	1076
M. Cochran	—	264	—	264
220 lbs.				
Master				
P. Hogg	374	259	402	1036
Grandmaster				
R. Sullivan	45	45	374	469
D. Haskow	—	214	—	214
242 lbs.				
E. Leverett	617	435	551	1603
B. Garber	—	—	—	—
SHW				
L. Maxwell	473	275	479	1328
(Thanks to USAPL for providing results)				

USAPL Sioux City Open
11 MAR 07 - Sioux City, IA

BENCH	D. Clark	358		
165 lbs.	D. Ottis	209		
J. Ochs	187	242		
D. Goodwin	176	T. Anderson	600	
198 lbs.	D. Gulling	374		
S. Fergen	—	275		
220 lbs.	D. Walker	485		
J. Probascco	402			
Powerlifting	SQ	BP	DL	TOT

FEMALE				
114 lbs.				
B. Taylor	220	121	187	529
A. Cook	165	110	192	468
R. Hardy	137	60	187	385
123 lbs.				
J. Williams	170	104	214	490
132 lbs.				
S. Marshall	170	110	220	501
148 lbs.				
J. Nieves	143	110	181	435
165 lbs.				
S. Esta	242	132	275	650
N. Kuenner	192	110	275	578
Y. Baller	198	115	259	573
181 lbs.				
E. Spicer	231	99	275	606
198 lbs.				
S. Peterson	181	154	220	556
198+ lbs.				
B. Grant	203	110	314	628
C. Hall	203	137	253	595
MALE				
114 lbs.				
J. Vieth	264	143	319	727
123 lbs.				
P. Olmos	248	159	292	700
132 lbs.				
I. Young	286	214	347	848
B. Brooks	253	187	325	766
L. Dellaca	286	165	308	760
B. Finney	275	148	308	733
148 lbs.				
T. Powell	314	226	369	909
J. Federico	319	198	352	870
165 lbs.				
I. White	330	286	402	1019
R. Thomas	363	237	396	997
T. Boyd	352	209	435	997
K. Rolow	347	242	391	981
T. Svanda	341	231	374	948
G. Robinson	325	209	391	925
M. White	286	220	347	854
J. Ochs	281	187	330	799
D. Goodwin	192	176	347	716
181 lbs.				
D. Thurman	363	501	402	1267
J. Vizcaya	369	242	440	1052
J. Gardner	374	237	424	1036
M. Knox	391	237	396	1025
S. Harris	330	209	435	975
J. Turner	319	264	358	942

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198 lbs.	C. Friend	418	314	435	1168
J. Hocklstein	369	259	446	1074	
W. Hedlul	358	203	501	1063	
D. Young	292	248	446	986	
D. Grundy	358	187	429	975	
220 lbs.					
D. Clark	424	358	578	1361	
M. Davis	407	314	457	1179	
S. Sivard	424	275	463	1162	
R. Huffman	380	292	463	1135	
T. Careslay	352	275	501	1129	
J. Gazzo	380	220	468	1069	
D. Ottis	220	209	330	760	
Ahlschwede	644	429	628	1703	
D. Gulling 463 374 512 1350					
G. Bell 485 330 496 1311					
275 lbs.					
J. Kline 468 — — 468					
Best Female Lifter: Brandy Taylor. Best Male Lifter: Mitch Ahlschwede. Best Bench: Tim Anderson. Team: Woodbine Academy. Meet Director: Bryan Getchell. (Thank you to the USAPL for these results)					

(40-49) Raw	Bachmayer	341	Open Raw	Dantzier	165*
220 lbs.			242 lbs.		
Junior Raw	McDowell	297	(17-19) Raw	Griffith	479
Lifetime Raw	Smith	314	Lifetime	Bernstein!	501
Open Raw	Smith	314	POWERCURL		
(40-49) Raw	Smith	314	114 lbs.		
Open					
(60-69) Raw	Davis	325	Dantzier	48*	
(13-16)					
242 lbs.					
(17-19) Raw	Griffith	242	Open		
Lifetime	Bernstein	363	220 lbs.		
300 lbs.	McDowell	152*			
(50-59)	Walk	325	(40-49)		
DEADLIFT	Slagus	191*			
80 lbs.	A. Slaybaugh	130*			
(9-10) Raw	B. Slaybaugh	115	(11-12) Raw	226*	
114 lbs.	Slagus				
Powerlifting	SQ	BP	DL	TOT	
165 lbs.					
(11-12) Raw	Slagus	226*	110	319*	655*
MEN					
148 lbs.					
Lifetime	Stipa	407*	259*	418*	1084
Open	Stipa	407*	259*	418*	1084
(13-16)	Levine	253*	176*	402*	832*
Schramm	181	99	264	545	
165 lbs.					
(13-16)	Gordon	248	143	314	705
(17-19)	Giaquinto	347	198	407	952
181 lbs.					
(13-16) Raw	Wenegar	237	143	270	650
198 lbs.					
(20-23)	Hammond	347*	308*	418*	1073
(35-39)	Perez	523*	352	451	1326
Open Raw	West!	523	303	507	1333
(40-49) Raw	West	523	303	507	1333
West					
*=National Records. !=Best Lifters. Team Champs: B&R Fitness Power Team. (Thanks to Troy Ford for providing these results)					

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

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SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____
DATE _____ (memberships are valid for one year)

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

**WABDL California State
17 MAR 07 - Chico, CA**

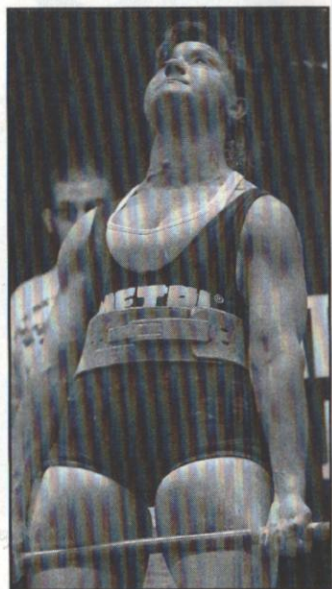
BENCH	B. Adley	424
WOMEN	220 lbs.	
Junior	R. Palomino	330
132 lbs.	Law/Fire	
E. Ansberry	181*	Master (40-47)
Law/Fire	J. Tovar	—
Master (40-47)	114 lbs.	309+ lbs.
114 lbs.	D. Schultz	—
Rosales-Buie	143	Master (48-55)
165 lbs.	220 lbs.	
D. McCollum	242	G. Alves
Law/Fire	407	D. Martinez
Open	308 lbs.	
114 lbs.	B. Sabin	—
Rosales-Buie	143*	Law/Fire
Master (40-46)	Open	
114 lbs.	242 lbs.	
C. Rivera	154	D. Talerico
123 lbs.	154	259 lbs.
A. Barnhill	154	551
148 lbs.	A. Porter	
S. Maher	170	Law/Fire
B. Nolen	225	Submaster
4th-231*	242 lbs.	
165 lbs.	D. Talerico	402
D. McCollum	242	259 lbs.
198 lbs.	J. Tolle	534
J. Hase	259*	4th-545*
Master (47-53)	Master (40-46)	
132 lbs.	165 lbs.	
B. Hansen	104	M. Laurel
148 lbs.	181 lbs.	319
P. Presley	148	B. Levering
199+ lbs.	220 lbs.	473
S. Vaterlaus	236	M. Hatfield
Master (54-60)	242 lbs.	501*
148 lbs.	R. Ludlam	—
S. Bax	101	J. McMurray
4th-102*	308 lbs.	
Master (61-67)	J. Barnard	485
123 lbs.	F. Simmons	314
Y. Zwetsloot	93	309+ lbs.
4th-95*	J. Sheffield	485
165 lbs.	Master (47-53)	
J. Ptry	—	181 lbs.
Open	P. Janoff	386*
123 lbs.	198 lbs.	
J. Braguine	159	D. Rene
P. Cordova	143	220 lbs.
132 lbs.	L. Wyckoff	325
S. Staines	148	242 lbs.
148 lbs.	H. Munro	424
E. Stephens	165	259 lbs.
J. Watts	236*	J. Masten
Submaster	4th-525*	512
123 lbs.	308 lbs.	
J. Braguine	159	B. Sabin
132 lbs.	309+ lbs.	—
M. Nunes	132	D. Schultz
148 lbs.	Master (54-60)	—
J. Watts	236*	181 lbs.
Teen (14-15)	J. Alvarez	325
181 lbs.	E. Ansberry	308
B. Braguine	270	D. Cain
281*	198 lbs.	281*
MEN	R. Tsutsui	319
Class I	220 lbs.	
148 lbs.	D. Marba	424
J. Arnold	369*	D. Martinez
165 lbs.	407	
S. Demello	264	275 lbs.
M. Laurel	319	D. Knapp
181 lbs.	Master (61-67)	—
G. Paltridge	341	165 lbs.
K. Rothe	325	T. English
220 lbs.	4th-264*	253
A. Hillstead	341	220 lbs.
242 lbs.	R. Kunz	236
J. Crow	440	J. Nutty
J. McLane	380	R. Urrea
I. Soekardi	490	259 lbs.
259 lbs.	M. Bonifield	341
S. Henry	440	Master (68-74)
D. Vasquez	475*	165 lbs.
308 lbs.	R. Goodman	225
J. Barnard	485	220 lbs.
B. Cikana	562	J. Ketchersid
4th-567*	259 lbs.	236
309+ lbs.	B. Kehl	374
L. Scott	523	Master (75-79)
Elite Open	220 lbs.	
198 lbs.	D. Lovas	236
M. Lamarque	705*	Master (80-84)
309+ lbs.	220 lbs.	
M. Womack	800	E. Miranda
Junior (20-25)	Open	248*
181 lbs.	148 lbs.	
A. Singh	441	J. Arnold
4th-446*	220 lbs.	369
198 lbs.	W. Beavers	462



Matt Lamarque earned 700 Club membership in the 198s with his 705 weighing 197.2 (photograph is courtesy of Tiffany Penfield)

J. Laija	529	Law/Fire	D. Talerico	545	259 lbs.
S. Pena	562	Open	Master (40-46)	A. Gonzales	429
242 lbs.	114 lbs.		220 lbs.	309+ lbs.	
H. Munro	424	Rosales-Buie	D. Peterson	446	R. Lamont
G. Stephens	551	4th-286*	242 lbs.	242 lbs.	Special Olympian
259 lbs.	Master (40-46)		R. Exum	573	309+ lbs.
A. Gonzles	402	114 lbs.	308 lbs.	J. Mayes	330
J. Hunter	672*	C. Rivera	F. Simmons	501	Submaster (33-39)
J. Masten	512	123 lbs.	Master (47-53)	242 lbs.	
4th-525	A. Barnhill	297	165 lbs.	I. Soekardi	622
309+ lbs.	148 lbs.		R. Cirigliano	600	Teen (12-13)
B. Alex	545	S. Maher	P. O'Neil	440	97 lbs.
R. Lamont	573	Master (47-53)	220 lbs.	C. Grizzle	137
J. Sheffield	485	199+ lbs.	L. Wyckoff	137	K. Rothe Jr.
Special Olympian	S. Vaterlaus	281	242 lbs.	114 lbs.	165*
309+ lbs.	Master (54-60)		S. Gaytan	490	D. Sites
J. Mayes	242	148 lbs.	H. Munro	529	240*
4th-253*	S. Bax	192*	259 lbs.	A. Grizzle	187
Submaster (33-39)	Open		M. Moore	644*	132 lbs.
181 lbs.	123 lbs.		Master (54-60)	R. Hammers	187*
K. Daniels	485*	J. Braguine	181 lbs.	123 lbs.	Teen (14-15)
198 lbs.	336	P. Cordova	E. Ansberry	457	123 lbs.
L. Jones	—	325	198 lbs.	Z. Hampel	264
220 lbs.	132 lbs.		K. Kirk	374	4th-276*
S. Staines	259		220 lbs.	198 lbs.	
S. Pena	562*	148 lbs.	P. Murphy	501	J. Thrakill
242 lbs.	E. Stephens	281	242 lbs.	220 lbs.	363
J. Alvarez	325	413*	C. Ferris	424	A. Saran
E. Ansberry	308	Submaster	424	Teen (16-19)	165 lbs.
B. Braguine	270	123 lbs.	J. Braguine	336	Open
281*	672*	J. Hunter	B. Alex	545	148 lbs.
198 lbs.	123 lbs.	309+ lbs.	J. Watts	413*	165 lbs.
R. Tsutsui	319	148 lbs.	J. Arnold	468	W. Michael
220 lbs.	D. Marba	424	165 lbs.	D. Narigl	501
D. Martinez	407	275 lbs.	R. Cirigliano	600	J. Poma
97 lbs.	G. Grizzle	60*	242 lbs.	198 lbs.	407
114 lbs.	165 lbs.		H. Munro	529	G. Bozin
B. Potrie	292	4th-128*	G. Stephens	606	T. Grenon
123 lbs.	424		*=State Records. !=World Records. Venue:		
A. Grizzle	110	148 lbs.	Holiday Inn. There were 132 lifters for		
Teen (14-15)	J. Arnold	468	this event, with some great lifting. World		
123 lbs.	181 lbs.		records in the bench were set by five		
J. Crow	440	501	lifters. Weighing 197.2 Matt Lamarque		
J. McLane	380	242 lbs.	did a picture perfect bench of 705.2 and		
I. Soekardi	490	584	had 744 2/3 of the way up for the all time		
259 lbs.	M. D. Vasquez	507	best. He opened with 633 then missed 672.		
S. Henry	440	225*	I didn't think he would make 705 but he		
D. Vasquez	475*	507	did with ease. James Hunter broke the 259		
308 lbs.	R. Goodman	225	submaster record with 672.2, weighing		
J. Barnard	485	248	only 246. At the world championships in		
B. Cikana	562	573	November, at the Riviera Hotel in Las		
4th-567*	J. Ketchersid	236	Vegas, he broke the 242 submaster world		
309+ lbs.	B. Kehl	374	record with 700.1. He tried 705.2 at this		
L. Scott	523	319	meet and was very close but not quite.		
Elite Open	220 lbs.	435	Juan "John John" Laija set a world record		
198 lbs.	D. Lovas	236	in Teen 14-15/165 with 337.1. He was		
M. Lamarque	705*	567	coached by his proud father Juan, who is		
309+ lbs.	T. Grenon	308	a very good bencher himself, with over		
M. Womack	800	567	500 lbs. to his credit. Dylan Sites of		
Junior (20-25)	Open		Oregon set a world record with 128.9 in		
181 lbs.	148 lbs.		12-13/114 and Leticia Rosales-Buie set a		
A. Singh	441	369	world record in Law/Fire Open 114 with		
4th-446*	220 lbs.		143.2. There were four world records in		
198 lbs.	W. Beavers	462	the deadlift. Leticia Rosales-Buie set a		

world record in the deadlift after getting one in the bench with 286.5 in Law/Fire Master 40-47, and she set a world record in Law/Fire Open with 286.5. Jeanne Watts was a pulling dynamo that wouldn't give up. She got 413.2 in submaster weighing only 140.8 and wouldn't give up on 424.2. She got it more than half way up. Dylan Sites set a world record 248 at 12-13/114. Other notable bench records were Jason Arnold who set a California record 369.2 in Class I/148. David Vasquez set a California record 475.9 in Class I/259 and Brad Cikana put up 567.5 in Class I/308. In Junior 181 Amandeep Singh keeps improving and got a 446.2 California record. Erica Ansberry got a California record 181.7 in Junior 132. In Law/Fire Submaster bench JC Tolle put up a picture perfect 545.5 at 259. In Master 40-46/220 Mark Hatfield set a state record 501.5. In Master 47-53/181 Paul Janoff weighing only 175 put up 386.8. In Master 47-53/259 Jim Masten put up a CA record 525.7. In Master 80-84/220 Eugene Miranda put up an impressive 248 at age 82. In Submaster 181 Keith Daniels set a HI record with 485 and in Submaster 220 Steve Pena who is blind, was very impressive with a California record 562. In Open women 148 Jeanne Watts set a CA record 236.7. Brenda Nolen was very good with 231.2 in Master 40-46/148 and Janet Hase set a California record 259 in Master 40-46/198. Some of the more impressive deadlift state records were Mike Moore with 644.7 in Master 47-53/259, Susan Bax with 192.7 in Master 54-60/148, and Zach Hampel with a CA record 276.6 in 14-15/123. Kenny Rother Jr. pulled 165.2 in 12-13/97 weighing only 80 lbs. I want to thank Jim Presley, the main reason this event was in Chico. He provides me with a place to stay, supplies and organized the whole staff. Michelle Stebner did an excellent job as scorekeeper. Jim Presley, Tim Barnard and Greg Alves helped set up. Ticket sales were Betty Hanson, her husband, and Peach Presley. Warm-up weights were provided by Ed Hanson and the Body Works Gym of Willows. Jody Woods provided a warm-up bench and did a great job of MCing. Mike Moore provided a warm-up bench. The judges were Jim Presley, Ken Anderson, Gus Rethwisch, and Jody Woods. James Partek was the platform supervisor. JP Krachunis was a judge as well as Sam Pektol. The platform weights were provided by Ivanko Barbell and Chet Groskreutz. Forza Strength Systems provided warm-up benches and the platform bench. Other sponsors were Brent Mikesell of Iron Gladiator, Chris and Diane Winters of Aquavybe bottled water, Brian Welker of



Jeanne Watts got a new WABDL CA State Record in the deadlift.



James Hunter hit a 672 bench weighing a mere 246 at the WABDL California State contest.

Welker's Competitive Edge Gym, Shawn Madere of GLC Direct the official joint formula of WABDL, Pete Alaniz and Ken Anderson of Tital Support Systems, Mike Lambert of Powerlifting USA, Neal Spruce and Jim Staff of Apex Fitness Group makers of the best Creatine/Glutamine complex, Jim Tate and Jim Wendler of Elite Fitness Systems, the distributors of the Metal Gear. (Results Gus Rethwisch)

**WABDL Midwest Regional BP/DL
26 MAY 07 - Minneapolis, MN**

BENCH	T. Pernu	501*
FEMALE	242 lbs.	
Master (40-46)	J. Steffens	424*
132 lbs.	275 lbs.	
B. Cable	154*	G. Gulseth
148 lbs.	Master (47-53)	540*
D. Damminga	192*	165 lbs.
165 lbs.	B. Mayo	325*
L. Staplin	181*	242 lbs.
199+ lbs.	E. Molnar	457*
K. Franklin	209	275 lbs.
Open	S. Fronk	402
165 lbs.	E. Knudsen	—
R. Schmidt	154*	Master 961-67)
199+ lbs.	181 lbs.	
K. Franklin	209	D. Hawkinson
259*	198 lbs.	
MALE	Haggenmiller	270
Class I	Master (68-74)	
148 lbs.	165 lbs.	
Kammuller	242	L. Dashevsky
181 lbs.	253*	
S. Aguilar	214	Open
S. Carr	336	114 lbs.
M. Reuer	286*	T. Scheldrup
4th-292*	148 lbs.	253*
198 lbs.	W. Vargas	325*
S. Rickford	325	165 lbs.
220 lbs.	M. Coopet	380*
J. Schweigart	468*	B. Mayo
242 lbs.	181 lbs.	325*
E. Molnar	457*	K. Kowarsch
J. Steffens	424	4th-457*
308 lbs.	198 lbs.	
C. Reuben	479*	D. Ross
J. Riley	451*	220 lbs.
Disabled	J. Canton	407*
198 lbs.	C. Holte	468
S. Rickford	325*	242 lbs.
Junior (20-25)	T. Cassata	518
148 lbs.	259 lbs.	
Kammuller	242*	J. Lerch
165 lbs.	4th-546*	
L. McMasters	292	309+ lbs.
181 lbs.	C. Kadrik	—
S. Carr	336	Submaster (33-39)
M. Inderhees	170	165 lbs.
198 lbs.	M. Coopet	380*
J. Cady	501*	T. Owens
L. Cross	358	198 lbs.
275 lbs.	D. Ross	—
D. Bergman	402	242 lbs.
Master (40-46)	P. Mercado	429
220 lbs.	308 lbs.	

C. Reuben	479*	220 lbs.
DEADLIFT	Burlingame	600
FEMALE	275 lbs.	
Master (40-46)	E. Knudsen	374*
132 lbs.	4th-402*	
B. Cable	303*	Master (54-60)
148 lbs.	132 lbs.	
D. Damminga	363*	C. Wong
4th-374*	220 lbs.	440*
Open	R. Waldorf	580
97 lbs.	Master (61-67)	
C. Anderson	314	181 lbs.
132 lbs.	D. Johnson	580*
L. Lerch	214	R. Krowech
148 lbs.	198 lbs.	578*
K. Krych	303	Haggenmiller
MALE	440	440
Class I	Master (68-74)	
148 lbs.	259 lbs.	
R. Andre	462*	
Kammuller	413	4th-479*
165 lbs.	Open	
B. Folgate	451	114 lbs.
181 lbs.	T. Scheldrup	442*
S. Aguilar	385	165 lbs.
S. Carr	573*	B. Mayo
198 lbs.	181 lbs.	352
B. Bittner	551*	K. Kowarsch
220 lbs.	R. Krowech	501
B. Graupmann	523	578*
M. Taylor	440	T. Eiseman
242 lbs.	J. Icenhour	771*
D. Schmidt Jr.	518	622*
Junior (20-25)	B. Tittle	612*
148 lbs.	4th-623*	
Kammuller	413*	220 lbs.
165 lbs.	Burlingame	600
L. McMasters	556*	J. Canton
181 lbs.	M. Edelstein	633*
S. Carr	573*	

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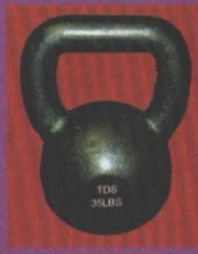
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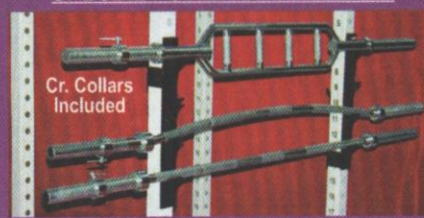
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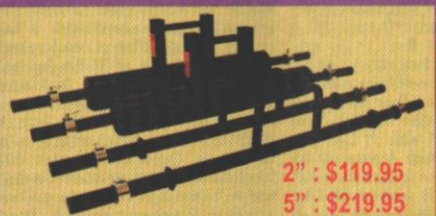
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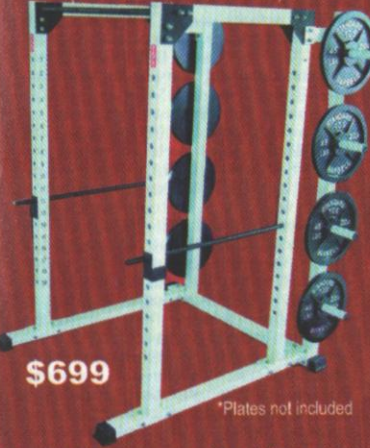
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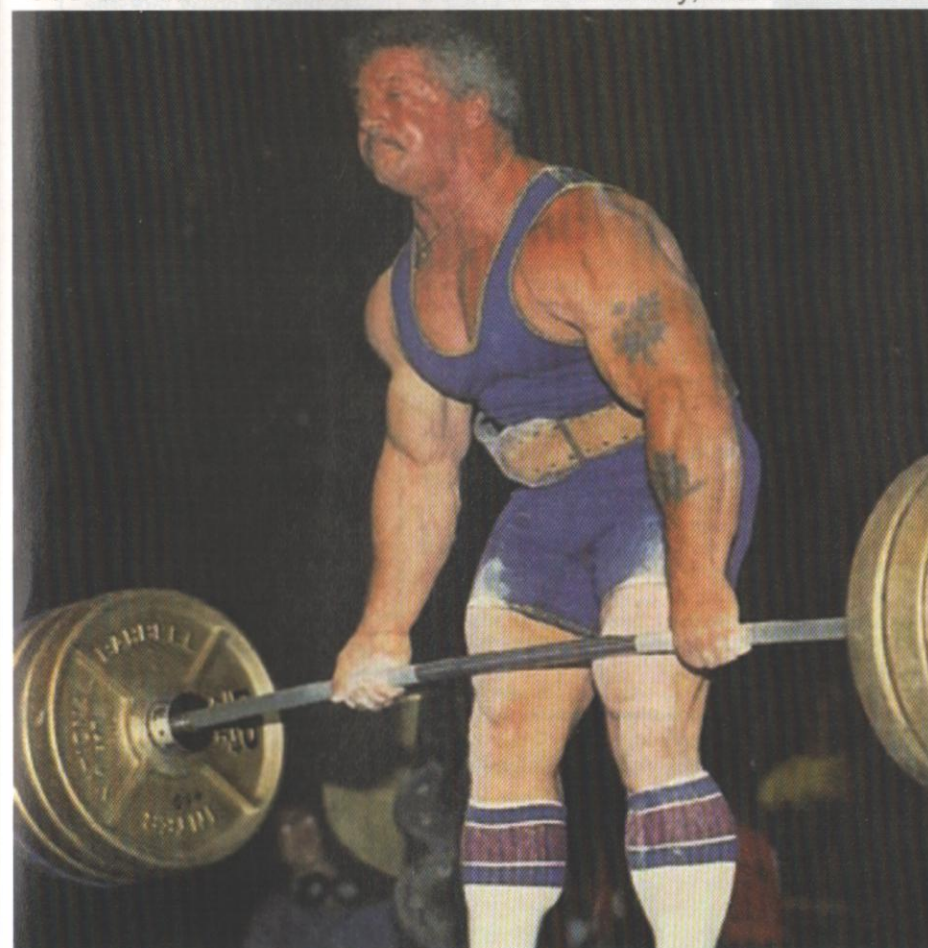
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Dear Friends;

Time has gone by and I now find myself at 73 feeling very strongly about the future of powerlifting and of today's up and coming youth. I am especially thinking of how we can give back to our communities, our young people, and to this great sport that has given us so much happiness and so many rewards in life.

I have to admit that the last five years have given me great sorrow after agreeing to sell the WPC and turn over management of the APF and AAPF. I had hoped that things would change for the better, but they did not. I have been quiet for some time now but that time is over and I feel that I must now speak out publicly. So many issues like arbitrary rule changes, inconsistent judging, outrageous promotion tactics and 48 hours weigh-ins have divided and weakened what were once the strongest federations in powerlifting. Not only has this been destroying the APF/AAPFIWPC, but has been damaging to the sport of powerlifting overall. It is certainly not an environment I'd want to see our sons, daughters, and other young lifters exposed to. LET THIS SAD TIME FOR POWERLIFTING BE AT AN END!

Our sport can be saved and we can grow forward by learning from the mistakes made.

To all those who started out with me and the real APF but who, for one reason or another, felt that it was necessary to set up your own organizations let me firstly say that you are all still my friends. That also goes for the long-suffering state chairmen and other supporters of the current APF who feel you have been hung out too long with no real support from the federation. I understand and share all your frustrations. And I also feel that the only way for us to revitalize our sport is to all work together.

Here is what I propose:

To really re-energize our sport and grow it for the long term, we need new, eager, and energetic young lifters to rebuild our ranks. And with so many of the young people of today at risk from drugs, gangs, violence, and lack of leadership, this is where we need to reach out the most. By providing these young people with leadership and discipline through the sport of powerlifting in positive, drug-free training centers we not only help them, but help ourselves and the whole powerlifting community now and for the future.

To make this happen we need new organization, new training centers, and new avenues of thought. Some of you may already know about my C.R.E.D.O. organization (www.joincredo.com) that I started in Aurora, IL as an outreach to local, at-risk youth.

We are now getting ready to grow C.R.E.D.O. into a nation-wide force. How? State and federal funding is already in progress with the help of my close family friend, Mr. Dennis Hastert, past Speaker of the House of Representatives and his right-hand man Brian Hartman. (I've had the pleasure of coaching and training both Brian and his son in powerlifting.) We have already been in contact with folks in Washington, DC and



Ernie at the APF Seniors in Vegas

have received very positive responses with regards to developing our program. C.R.E.D.O. will reach out to these kids as early as grade school by getting them away from gangs and drugs and providing them with a totally free training center.

C.R.E.D.O. will also promote new raw divisions for high school powerlifting competitions and promote school against school meets that will include appropriate age groups, weight divisions, individual lifts, School, district, and state level records can be established as well as lifts for repetitions. These school meets would permit loose singlets, belts, and short knee wraps. No advertising or sponsor logos would be permitted on the suits, only the name of the school and the name of the lifter across the back would be allowed. C.R.E.D.O. would also support the school athletic programs through training seminars at the school or at our training centers which would be funded by sponsors and/or donors.

C.R.E.D.O., working in conjunction with the established powerlifting federations, would also provide participating schools with up to 12 "floating" membership cards to allow coaches to send good student-athletes to outside drug tested meets with discounted entry fees for the schools.

I sadly find that I cannot support many of the directions that the AAPF and APF have taken in the past few years, especially as a forum for C.R.E.D.O. and other new lifters. So, after much thought, I have decided to re-establish the American-Frantz Powerlifting Federation (AFPF) and the Amateur American-Frantz Powerlifting Federation (AAPFF). In essence, these are not new federations, but a return to what the APF and AAPF were originally intended to be. We are just adding the letter 'F' so that the lifters, chairmen, etc. will all know who they are standing with... Ernie Frantz.

The AAPFF will continue to be the platform for drug-tested athlete showcasing the raw and limited ply divisions and our C.R.E.D.O. lifters. The AAPFF will continue to offer unlimited ply divisions and a platform for the professional lifters.

Control and management of these federations will be put back where it belongs, with the board members here in the USA. Anyone who has left to form their own federation but who is willing to come back and join with me now will be included in the board and, as such, will be equal owners in the new corporation. All state chairmen will also be given a vote and all rule and policy decisions will be voted on by all of you. I, Ernie Frantz, desire only to be your Godfather, helper, and advisor, if you will have me. This is not about me. It is about bringing our sport back together again.

Currently, Carol Upton the long-time AAPF/APF state chair for Nevada has agreed to act as the Secretary-Treasurer for the new federations and to help manage things out on the West coast. Amy Jackson, who has been my secretary for 20 years now and another real key to the APF will hopefully come on board to help manage things in the east. Now I am reaching out to you, the current state chairs, the breakaway federation presidents, the APF / AAPF lifters, and all who want to see powerlifting return towards respectability and unity.

I am also planning the formation of the AAFWPC and AFWPC for world and international level events with voting input from all member countries. With that in mind, Bruce Grieg of Canada has agreed to work with us to set up the 2007 World Famous Invitational Cup to be put on in Las Vegas later this year to start things off with a really big splash!

Many people have been in contact with me asking me to move forward with these plans.

As an indication of my dedication to this cause and to help assure our success, I will be selling my home and business in Illinois to move to Las Vegas to set up our new headquarters and move this venture forward. I know that some of you have put a lot of hard work and dedication in developing your own organizations, but by joining together as one organization, you will see a ten-fold increase in meet entries as well as having direct say-so over rules and the development of more consistent and unified judging.

Please bring us back together as one family again that I feel we all need and want. If you cannot, in your heart, join me in the rebirth of these federations; please work with us to promote C.R.E.D.O. and its Principals through your own organizations. Either way you will always have my respect and friendship. Positive thinking and timing are of the essence now.

Ernie Frantz,
62 So. Broadway,
Aurora, IL 60505,
Phone: 630-897-2582
or 630-892-1491
Cell: 630-546-3769
Fax: 630-892-0909
Email: ErnieFrantz@aol.com
(June 13, 2007)

THE GODFATHER IS BACK...

Powerlifting History Lesson 101: who invented and developed most of the specialized equipment used in modern powerlifting, including the 1st walk-through power rack, the 1st use of hydraulic lifting racks, the 1st monolift, the 1st denim and canvas suits, the 1st double-ply suits, the 1st open-backed shirts and so many other firsts? ERNIE FRANTZ! Who has been actively involved in powerlifting, training lifters, and fielding powerlifting teams for over 53 years? ERNIE FRANTZ! Who wrote the first great powerlifting training guide, "The Ten Commandments of Powerlifting", first used by the Russians in the early 1980s and still in great demand today? ERNIE FRANTZ! Who still squats over 700 lbs. and deadlifts over 500 lbs. at age 73? ERNIE FRANTZ! Who is stepping up to create a new path for giving back to the youth of our country and to the future of powerlifting? ERNIE FRANTZ! WHO IS THE GODFATHER OF POWERLIFTING? ERNIE FRANTZ!!! Ernie Frantz, the owner and founder of the Frantz Sports Center in Aurora, IL is still going strong today in business and in lifting. Ernie has established numerous National and World records and has won over 20 World Championships in the sport of powerlifting, not to mention his share of physique titles along the way as well. Here's a few other things that you all should know about The Godfather of Powerlifting. * 1950-1953 served in the Korean War * 1954 Instructor for YMCA * Sergeant for Plano, IL and Chief of Police for Valley View, IL * Worked at Valley View Boys School * 15 years in Recreation for the State of Illinois (setting up powerlifting programs) * 8 years experience in union carpentry * gym owner, coach, and trainer of athletes for all sports since 1964 * founded two powerlifting federations in 1982 - over 3,000 members national and 28 countries worldwide. Sponsored many World, National, and local powerlifting competitions, including the Arnold Classic with Arnold Schwarzenegger, the Children of Mooseheart, and wheelchair competitions. You want innovation? No one has invented or developed more products and equipment than Ernie Frantz! You want Old School? Ernie Frantz built that school and is still the headmaster!

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WABDL Tennessee State BP/DL 9 SEP 06 - Manchester, TN

BENCH	FEMALE	Junior	132 lbs.	E. Haislar	220*	148 lbs.	C. Postell	159*	4th-165*	Master (40-46)	181 lbs.	E. Reeves	231*	C. Williams	181*	4th-192*	Master (47-53)	181 lbs.	C. Weber	250*	Master (61-67)	165 lbs.	M. Yale	115*	4th-126*	Teen (12-13)	105 lbs.	M. Bradley	66*	J. Johnson	66*	Teen (14-15)	123 lbs.	E. Burroughs	99	Teen (16-19)	114 lbs.	B. Burroughs	110	123 lbs.	N. Williams	187	MALE	Class I	165 lbs.	F. Klein	319	181 lbs.	J. clon	358*	Derengowski	358	A. Ramos	286	J. Huddleston	352	S. Miller	363*	4th-404*	198 lbs.	D. Millrany	341*	242 lbs.	J. Fain	424	259 lbs.	A. Doyle	347	275 lbs.	P. Dean	556*	J. Reece	—	Junior (20-25)	165 lbs.	A. Kim	501	J. Reyes	314	181 lbs.	Derengowski	358	S. Miller	363*	4th-404*	C. Plumb	303	198 lbs.	D. Militana	—	220 lbs.	M. Cole	319	J. Smith	501*	Master (40-46)	198 lbs.	G. Gibson	159*	4th-165*	M. Retter	275	220 lbs.	T. Womack	363	242 lbs.	G. Lands	—	259 lbs.	P. Lindstrom	325	M. Patrick	473*	Master (47-53)	181 lbs.	T. Greene	—	A. Traylor	352	4th-385*	198 lbs.	M. Cole	320*	259 lbs.	M. Harden	507	Master (54-60)	181 lbs.	T. Gonnering	363*	4th-381*	242 lbs.	R. Harrison	385	Master (61-67)	198 lbs.	J. Day	170*	220 lbs.	M. Glasco	325	Open	165 lbs.
K. Harmon	440*	B. Leming	502*	D. Militana	452*	P. Dean	—	T. Kesting	137	Submaster (33-39)	181 lbs.	J. Colon	358*	J. Huddleston	352	E. Eaton	396	J. Carter	606	Teen (12-13)	97 lbs.	S. Hale	99	J. Meinersmar	110*	165 lbs.	C. Luttrell	93*	181 lbs.	M. Farris	176*	308 lbs.	C. Arnold	231*	Teen (14-15)	97 lbs.	J. Bruno	110	123 lbs.	J. Wansor	100	181 lbs.	J. Spielman	187	275 lbs.	L. Wright	—	Teen (16-19)	148 lbs.	D. Cornell	170	A. Ramos	286	165 lbs.	B. Leming	502*	P. Mitchell	231	220 lbs.	J. Gonnering	275	242 lbs.	J. Fain	424	275 lbs.	S. Carter	501*	K. Romano	402	DEADLIFT	402	FEMALE	Junior	132 lbs.	E. Haislar	309*	Master (40-46)	181 lbs.	E. Reeves	341	Master (47-53)	181 lbs.	C. Weber	402*	Open	123 lbs.	C. McCloud	170*	MALE	Class I	165 lbs.	F. Klein	424	198 lbs.	G. Gonzalez	501	D. Millrany	540	259 lbs.	A. Doyle	551*	275 lbs.	J. Reece	473*	Junior (20-25)	165 lbs.	A. Kim	529	J. Reyes	468	198 lbs.	B. Cantrell	534	G. Gonzalez	501	220 lbs.	R. Calton	562*	309+ lbs.	M. Scott	606*	Master (40-46)	198 lbs.	G. Gibson	308*	220 lbs.	T. Womack	501	259 lbs.	M. Patrick	457	308 lbs.	M. Phillips	644*	Master (47-53)	198 lbs.	M. Cole	374*	4th-402*	220 lbs.			

M. Smith 475* 165 lbs.
E. Morgan 606 275 lbs.
T. Reeves 573* 242 lbs.
Master (54-60) 275 lbs.
R. Harrison 562* 275 lbs.
T. Morgan 507 148 lbs.
Master (61-67) 198 lbs.
J. Day 310* 308 lbs.
M. Phillips 644 275 lbs.
Teen (12-13) K. Romano 457
*State Records. !World Records. Venue: Manchester Convention Center. Ninety lifters showed up for this event, 70 miles south of Nashville. In Class I deadlift Anthony Doyle set an Arkansas state record 551 at 259. John Reece of Tennessee set a state record deadlift of 473 in Class I/275. In Junior 220 Richie Colton set a Tennessee record 562 with a well fought pull. In Junior SHW Marques Scott set an Illinois record 606.2. In Junior women the Illinois Co-State Chairman Erica Haislar set a state record at 132 with a 309.6. In Master men 40-46 Greg Gibon set a Tennessee record 308.5 in the deadlift. At 308 Mark Phillips who is 6'3" pulled a Tennessee record 644.7. In Master 47-53 Mauri Cole pulled his way to an Arkansas record 402.2 at 198. At 220 Myron Smith set a Tennessee record 475.9. At 275 Tim Reeves set a Tennessee record 573 with ease. In Master 54-60 Rex Harrison set an Alabama record 562 at 242. In Master 61-67/198 Jim Day set a Tennessee record 310.7. In Master women Cindy Weber set a world record 402.2 at 47-53/181. In Teen 14-15/275 Levi Wright set a Georgia record 418.7 and John Bruno at 14-15/97 class set a Georgia deadlift record with 231.2. Moving onto the bench press in Class I James Colon set a Tennessee record 358 at 181 but Scott Miller of Alabama won the class with 363.7 and then 404.4 on a fourth attempt for an Alabama record 556.5. In Junior men bench Andrew

Kim of Illinois didn't set a record but nevertheless was potent at 165 with 501.5. At 282 Scott Miller of Alabama set a state record with 404.4. At 220 James Smith of Kentucky set a state record with 501.5. In Junior women Erica Haislar set a world record 220.2 at 132, the third time she has broken that record. In Junior women 148 Courtney Postell set a Georgia record 170.7. In Master men 40-46/259 Mark Patrick set a Georgia record 473.7. In Master men 47-53 Alan Traylor set a Georgia record 385.7 at 181. Alan trains many lifters out of his garage gym and doesn't charge for his services. In Master 54-60 Tom Gonnering set a world record 381.3. In Master women 40-46 Eleanor Reeves set a Tennessee record 231.2 bench at 181 and Cheryl Williams set a Georgia record 192.7 at 198. Cindy Weber set a world record 250.2 in Master 47-53/181. She is a former 100 meter track star in high school in Tennessee. In Open men 165 Brandon Leming set a world record 502.6 and David Militana set a Tennessee record 452.8 at 198. In Teen men world records were set by Chris Arnold of George Herring's Gym in 12-13/308 with a 231.2 bench and Brandon Leming 502.6 16-19/165. Seth Carter was on his game with a Tennessee record 501.5 at 275 in 16-17. In Teen women 12-13/105 Magie Bradley set a world record 66. I want to thank the meet director Ken Millrany who picked a great meet site, which has a convention center attached to the hotel. It's in Manchester about 10 miles south of Nashville on I-24. Insane Nutrition was a Sponsor, the Trophy Shop provided trophies. Ken's right hand helpers were Brent Tracy, Brent Morris, and Cindy Weber. The MCs were Gus Rethwisch and Ken Millrany. The judges were Charles Phillips, Sandra Herring, Harry Lindstrom, Mark Phillips, and Gus Rethwisch. (results are by courtesy of Gus)

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Cindy Weber is one of the great lifters in WABDL competition, within Tennessee and nationally

WNPFL	South Georgia	10 FEB 07 - Warner Robins, GA	BENCH	WOMEN	181	Lifetime Raw	175	MEN	165 lbs.	Open SP	350	(50-59) Raw	245	(50-59) SP	245	Chapman	130	(50-59) SP	300 lbs.	Gayton	270	(50-59) UNL	170	Gayton	295	181 lbs.	Novice Raw	—	220 lbs.	(40-49) Raw	345	Chapman	495	Subs UNL	198 lbs.	McKinney	495	Open UNL	198 lbs.	McKinney	495	Lifetime UNL	300 lbs.	Lifetime UNL	525																																			
(50-59) SP	Gayton	181 lbs.	Lifetime SP	Skrrip	425	360	BENCH for Reps	Lbs.	Reps	360	245	415	660	270	425	695	335	525	860	Powerlifting	SQ	BP	DL	TOT	165 lbs.	(17-19)	Wright	410	275	450	1135	(50-59) Raw	360	245	415	1020	(50-59) SP	425	270	425	1120	(50-59) UNL	450	295	455	1200	Lifetime SP	Skrrip	530	320	505	1355	198 lbs.	Novice Raw	—	220 lbs.	Sherman	330	220	435	985	(40-49) UNL	Hickman	565	365	610	1540	(40-49) SP	525	315	555	1395	275 lbs.	(40-49) UNL	Rhoades!	600	445	675	1720	UNL=Unlimited division. SP=Single ply division. !=Best Lifters. (Troy Ford results)

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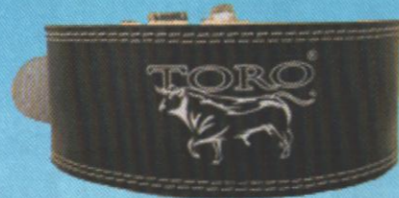
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USAPL St. Xavier Qualifier
22 MAY 07 - Louisville, KY

Powerlifting	SQ	BP	DL	TOT
MALE				
114 lbs.				
Teen I				
J. Severs	210	155	220	585
123 lbs.				
Teen II				
J. Bolander	290	160	280	730
132 lbs.				
Teen I				
J. Franklin	290	175	265	730
148 lbs.				
Teen II				
B. Floyd	310	150	340	800
165 lbs.				
Teen I				
P. Scholar	320	180	325	825
181 lbs.				
Teen I				
T. Skaggs	405	215	305	925
181 lbs.				
Teen II				
J. Ford	400	230	365	995

181 lbs.	315	390	1135
Teen I			
J. Mullins	430	315	390
J. Vallentine	315	200	410
198 lbs.			
Teen II			
C. Yared	420	240	410
220 lbs.			
Teen I			
J. Bochnlein	395	235	345
242 lbs.			
Teen I			
P. Payne	375	240	405
275 lbs.			
Teen I			
B. Miller	405	250	390
300 lbs.			
Teen II			
J. Clark	500	300	500
HWT			
Teen I			
J. Jordan	415	250	402
Coordinator: Larry Traub. Venue: St. Xavier High School. (Thanks to USAPL for results)			

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Do you have Health and Accident Insurance?	Club Code (if Known)	Club Name (if Known)
<input type="checkbox"/> YES <input type="checkbox"/> NO		Sport Code (see list below)

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Member's Signature	Parent/Guardian Signature
Date	Date

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TOP 100

For standard 275 lb./125 Kg. USA lifters in results received from APR/06 through MAY/07

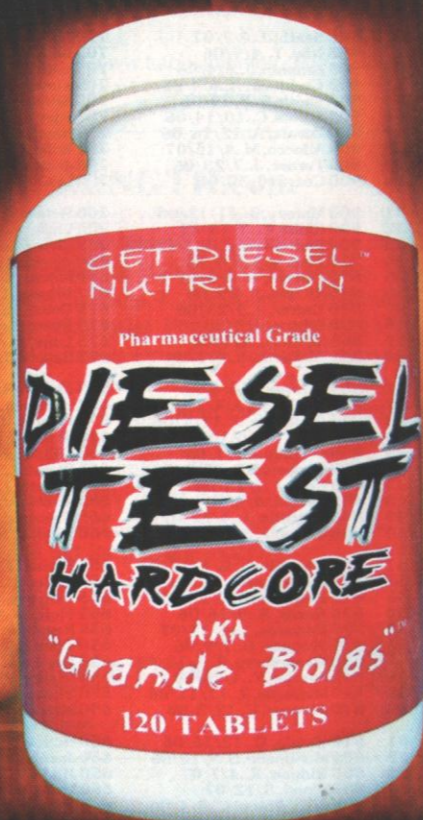
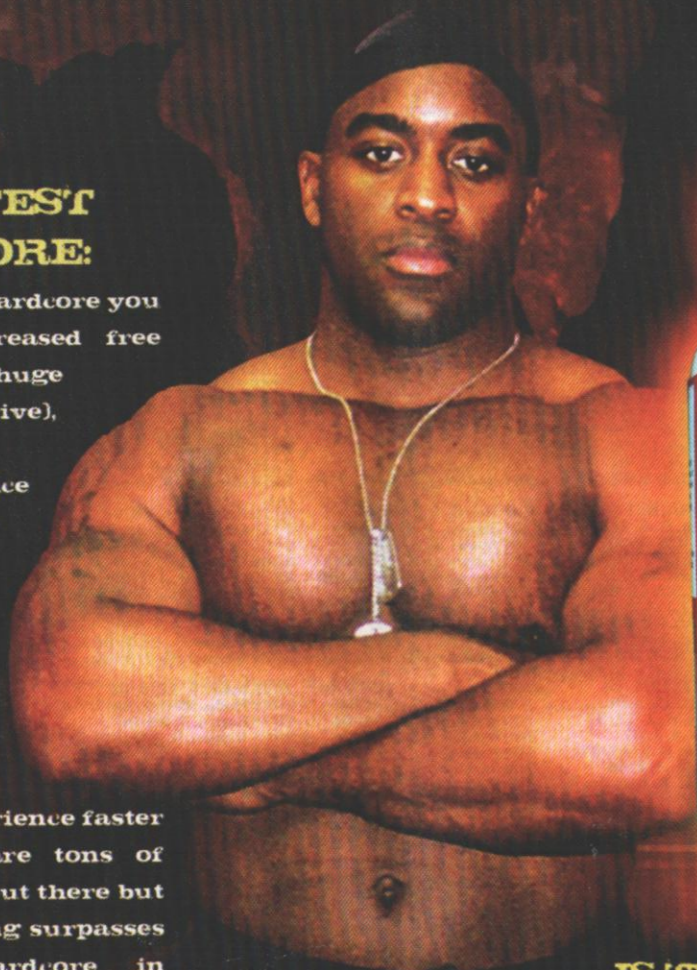
SQUAT	BENCH	DEADLIFT	TOTAL
1 1150 Vogelpohl, C. 4/1/07	850 Franco, 11/4/06	821 Griffin, M. 7/29/06	2605 Yard, S. 9/30/06
2 1080 Bailey, C. 4/1/06	843 Zemmen, J. 11/20/07	820 Vogelpohl, C. 4/1/07	2605 Vogelpohl, C. 4/1/07
3 1052 Griffin, M. 7/29/06	840 Yard, S. 9/30/06	815 Cardella, T. 4/22/07	2600 Grandick, J. 7/23/06
4 1052 Fay, C. 12/3/06	815 Harrison, T. 2/11/07	804 Brown, M. 1/4/06	2430 Bailey, C. 7/9/06
5 1050 Grandick, J. 7/23/06	800 Grandick, J. 7/23/06	775 Culnan, S. 12/2/06	2430 Griffin, M. 7/29/06
6 1050 Yard, S. 9/30/06	782 Briggs, R. 6/4/06	775 Seath, J. 4/7/07	2414 Fay, C. 12/3/06
7 1003 Pierce, R. 11/4/06	777 Womack, M. 11/18/06	766 Holloway, P. 11/18/06	2341 Zemmin, J. 6/4/06
8 1000 Cole, Z. 4/2/06	770 Robertson, K. 5/12/07	766 McGettigan, P. 1/27/07	2340 Bayles, J. 4/1/07
9 1000 Mount, S. 1/27/07	765 Harris, P. 4/21/07	755 Pritchett, J. 5/20/06	2336 Wenning, M. 6/4/06
10 960 Hoff, D. 4/1/07	760 Luyando, R. 6/4/06	755 Field-Eaton, C. 6/4/06	2330 Cole, Z. 4/2/06
11 947 Moretto, N. 6/4/06	760 Taylor, C. 3/31/07	755 Bailey, C. 7/9/06	2320 Mount, S. 1/27/07
12 942 Wenning, M. 6/4/06	750 Burns, S. 9/2/06	755 Hodges, J. 8/5/06	2315 Hoff, D. 4/1/07
13 942 Levario, N. 6/4/06	750 Carpenter, B. 2/17/07	755 Grandick, J. 8/12/06	2275 Taylor, C. 3/31/07
14 936 Poremba, J. 6/4/06	749 Laskowski, J. 11/18/06	755 Rogers, D. 5/6/07	2254 Pierce, R. 11/4/06
15 935 Bayles, J. 4/1/07	730 Hollis, D. 4/21/07	750 Geiger, M. 2/17/07	2250 Matney, B. 11/12/06
16 925 Nash, T. 12/3/06	730 Smith, J. 5/12/07	749 Tuschcherer, M. 9/10/06	2250 Steltenkamp, D. 1/27/07
17 915 Taylor, C. 3/31/07	725 Steltenkamp, D. 1/27/07	740 Carter, J. 3/17/07	2248 Poremba, J. 6/4/06
18 910 Covey, E. 1/27/07	722 Senese, C. 8/26/06	733 Kahle, R. 6/18/06	2243 Cardella, T. 7/9/06
19 909 McQuaid, 11/4/06	720 Tallman, C. 9/16/06	733 Ferguson, J. 7/29/06	2232 Carlquist, A. 6/4/06
20 905 Jacobs, J. 4/1/06	711 Lade, S. 9/3/06	733 Meulenber, R. 1/13/07	2230 Seath, J. 4/7/07
21 905 Seath, J. 4/7/07	710 Rabon, J. 1/27/07	733 Schoen, S. 1/27/07	2221 Allocco, M. 4/15/07
22 903 Irby, T. 4/9/06	705 Bell, M. 6/4/06	730 Bayles, J. 4/1/07	2215 Bell, M. 6/4/06
23 903 Zemmin, J. 6/4/06	705 Girard, R. 7/9/06	728 Klein, R. 7/22/06	2210 Jacobs, J. 4/1/06
24 903 Carlquist, A. 6/4/06	705 Timbs, H. 10/21/06	727 Tinney, R. 9/9/06	2209 Zavala, A. 12/16/06
25 903 Smith, S. 8/19/06	705 Allocco, M. 11/18/06	727 Jensen, K. 3/24/07	2200 Ritchie, J. 4/2/06
26 903 Stutes, C. 10/14/06	705 Parnell, P. 11/18/06	725 Ball, N. 4/29/06	2200 Stutes, C. 10/14/06
27 903 Zavala, A. 12/16/06	705 Snyder, J. 2/17/07	725 Edwards, L. 8/24/06	2200 Chilia, C. 1/13/07
28 903 Allocco, M. 4/15/07	701 Kelley, B. 12/3/06	725 Prevet, M. 5/12/07	2185 Turner, T. 7/23/06
29 900 Turner, J. 7/23/06	700 James, A. 5/20/06	722 Wenning, M. 6/4/06	2182 Irby, T. 4/9/06
30 900 Cox, J. 9/30/06	700 Leslie, C. 6/17/06	722 Fay, C. 12/3/06	2182 Smith, S. 8/19/06
31 900 Matney, B. 11/12/06	700 Roberts, A. 9/16/06	716 McQuaid, 11/4/06	2165 Levario, N. 6/10/06
32 900 Chilia, C. 1/13/07	700 Vickery, S. 11/11/06	716 Wesolowski, A. 12/2/06	2154 Lade, S. 6/24/06
33 900 Steltenkamp, D. 1/27/07	683 Biewer, J. 8/12/06	715 Yarn, S. 9/30/06	2154 Robinson, J. 4/15/07
34 876 Tinney, R. 9/9/06	680 Wenning, M. 9/16/06	710 Damminger, G. 8/12/06	2149 Tinney, R. 9/9/06
35 876 Harbin, R. 5/6/07	680 Mount, S. 1/27/07	710 Coleman, D. 10/14/06	2149 McQuaid, 11/4/06
36 875 Ritchie, J. 4/2/06	677 Gibson, T. 2/17/07	710 McClain, 12/9/06	2130 Carter, J. 9/23/06
37 870 Carter, J. 9/23/06	675 Dawd, K. 6/17/06	710 Chilia, C. 1/13/07	2125 Dick, P. 7/23/06
38 870 Gibson, J. 3/25/07	675 Ryan, R. 9/16/06	710 Bartos, M. 2/17/07	2116 Richards, S. 6/4/06
39 865 Mistic, L. 4/1/06	675 Lane, H. 3/31/07	710 Krogman, J. 3/3/07	2116 Estevez, L. 6/4/06
40 859 Richards, S. 6/4/06	675 Bayles, J. 4/1/07	710 Robinson, J. 4/15/07	2115 Coppola, S. 2/17/07
41 859 Estevez, L. 6/4/06	673 Lincoln Jr., R. 11/18/06	706 Wood, J. 7/8/06	2110 Kahle, R. 6/18/06
42 859 Robinson, J. 4/15/07	672 Bowman, D. 8/26/06	705 Jacobs, J. 4/1/06	2110 Gibson, J. 3/25/07
43 854 Anderson, J. 11/4/06	672 Hunter, J. 3/17/07	705 Ryder, K. 5/7/06	2105 Tuschcherer, M. 9/10/06
44 850 Dick, P. 7/23/06	670 Bell, M. 7/22/06	705 Poremba, J. 6/4/06	2100 Covey, E. 1/27/07
45 850 O'Reilly, P. 11/06	666 Tillinghast, G. 7/22/06	705 Fernandez, J. 7/15/06	2100 Linnell, J. 4/7/07
46 848 Soppelsa, D. 12/2/06	666 Wood, J. 12/10/06	705 Bell, M. 8/5/06	2088 Field-Eaton, C. 6/4/06
47 845 Bott, J. 7/23/06	665 Schutz, J. 4/17/07	705 Scroggins, K. 11/18/06	2083 Randa, D. 12/16/06
48 843 Bell, M. 6/4/06	665 Ritchie, J. 4/2/06	705 Rial, N. 1/13/07	2083 Harbin, J. 5/6/07
49 843 Cardella, T. 4/22/07	660 Turner, J. 7/23/06	705 Hollis, D. 3/10/07	2080 Culnan, S. 12/2/06
50 840 Coppola, S. 2/17/07	660 Rigdon, R. 4/7/07	700 Davidson, D. 6/3/06	2077 Wagner, G. 7/9/06
51 837 Damminger, G. 8/12/06	655 Farina, J. 12/2/06	700 Carlquist, A. 10/28/06	2075 Nash, T. 12/3/06
52 837 Tuschcherer, M. 4/15/07	655 Bailey, C. 12/3/06	700 McMillan, J. 11/4/06	2070 Hollis, D. 4/2/06
53 832 Bowsler, R. 4/28/07	655 Zingaro, M. 2/17/07	700 Matney, B. 11/12/06	2070 Bott, J. 7/23/06
54 825 Burns, R. 9/16/06	655 Hoff, D. 4/1/07	700 Driskill, B. 11/18/06	2065 Ridgon, R. 4/7/07
55 825 Edwards, L. 1/13/07	655 Reynolds, B. 5/13/07	700 Forbes, T. 1/27/07	2061 Moretto, N. 6/4/06
56 821 Wagner, G. 7/9/06	650 Conkey, J. 4/2/06	700 Jurkowski, G. 2/3/07	2055 Davis, J. 12/3/06
57 815 Meulenber, R. 1/13/07	650 Carlquist, A. 6/4/06	700 Hoff, D. 4/1/07	2050 Edwards, L. 1/13/07
58 815 Arroyo, P. 4/28/07	650 Dick, P. 7/23/06	700 Linnell, J. 4/7/07	2050 Prevet, M. 5/12/07
59 810 Makiejus, R. 11/11/06	650 Stutes, C. 7/29/06	700 Payne, J. 4/7/07	2040 Reynolds, B. 2/25/07
60 810 Stewart, K. 12/3/06	650 Matney, B. 11/12/06	700 Weite, N. 5/12/07	2033 Damminger, G. 8/12/06
61 810 Randa, D. 12/16/06	650 Holloway, P. 11/18/06	700 Krych, E. 5/26/07	2028 Hammock, M. 4/15/07
62 805 McKimmie, S. 9/16/06	650 Jacobs, J. 12/3/06	690 Cole, Z. 4/2/06	2022 Meulenber, R. 1/13/07
63 805 Ridgon, R. 4/7/07	650 Hicks, A. 1/13/07	688 Coppola, S. 6/4/06	2017 Tillinghast, G. 7/22/06
64 805 Wood, S. 12/07	650 Linnell, J. 4/7/07	685 Young, N. 12/16/06	2017 Soppelsa, D. 12/2/06
65 804 Field-Eaton, C. 6/4/06	644 Wright, E. 8/5/06	683 Richards, S. 6/4/06	2011 Brown, M. 11/4/06
66 804 Kahle, R. 6/18/06	640 Cole, Z. 4/2/06	683 Brunner, B. 6/18/06	2006 Mistic, L. 4/1/06
67 804 Lade, S. 6/24/06	639 Boxley, J. 8/26/06	683 Moore, M. 12/16/06	2000 Conkey, J. 4/2/06
68 804 Favre, D. 9/9/06	639 Ross, J. 11/18/06	683 Modessitt, S. 1/28/07	2000 Burns, R. 9/16/06
69 804 Jurkowski, G. 9/9/06	639 Fay, C. 12/3/06	680 Beers, D. 9/2/06	2000 O'Reilly, P. 11/06
70 804 Brown, M. 11/4/06	635 Hoffman, B. 2/17/07	680 Bell, M. 10/7/06	2000 Stewart, K. 12/3/06
71 804 McKee, 11/4/06	635 Vogelpohl, C. 4/1/07	677 LaMaster, M. 4/7/07	2000 Krogman, J. 3/3/07
72 804 Davis, J. 12/3/06	633 Gilliam, 7/22/06	675 Nash, T. 10/28/06	1985 Cox, J. 9/30/06
73 804 Gregg, R. 12/3/06	633 Tovar, J. 11/18/06	675 Senese, C. 10/28/06	1984 Ward, S. 7/9/06
74 804 Moore, M. 12/16/06	633 Zavala, A. 12/16/06	675 Vickery, S. 11/11/06	1980 Jordan, J. 8/12/06
75 804 Prevet, M. 1/27/07	633 Randa, D. 12/16/06	675 Rhoades, 2/10/07	1980 Rial, N. 1/13/07
76 804 Krogman, J. 3/3/07	630 Rogers, T. 6/10/06	675 Smith, R. 4/7/07	1978 Ferguson, J. 7/29/06
77 804 Wells, D. 5/12/07	630 Tabler, B. 3/31/07	672 Irby, T. 4/9/06	1978 McGettigan, P. 1/27/07
78 800 Snyder, J. 4/2/06	628 Hoekstra, S. 6/18/06	672 Ransbotom, J. 5/6/06	1967 Arroyo, P. 4/28/07
79 793 Hammock, M. 4/15/07	625 Goldsworthy, D. 5/6/06	672 Gonzales, D. 5/7/06	1962 Wells, D. 5/12/07
80 790 Jordan, J. 8/12/06	625 Martin, D. 1/13/07	672 Wagner, G. 7/9/06	1956 Favre, D. 9/9/06
81 782 Sturdivant, B. 5/6/07	625 McElrath, J. 4/7/07	672 Hammock, S. 11/18/06	1956 Belk, M. 3/24/07
82 782 Hayes, K. 5/12/07	625 Manns, R. 4/21/07	672 Pennella, T. 11/18/06	1950 McKimmie, S. 9/16/06
83 780 Hollis, D. 4/2/06	622 Levario, N. 6/10/06	672 Droesser, W. 12/10/06	1950 Wood, S. 12/07
84 775 Halter, L. 1/13/07	622 Schroeder, A. J. 7/15/06	672 Zavala, A. 12/16/06	1945 Moore, M. 12/16/06
85 760 Brown, D. 11/4/06	622 Nichols, B. 10/14/06	672 Thompson, J. 3/25/07	

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