

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

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

Vitamins	
Vitamin A	10,000 I.U.
Vitamin D	400 I.U.
Vitamin E	1,000 Mg
Vitamin B-1	150 Mg
Vitamin B-2	100 Mg
Vitamin B-6	100 Mg
Vitamin B-12	500 MCG
Pantothenic Acid	300 Mg
Niacinamide	300 Mg
Choline	200 Mg
Inositol	200 Mg
Folic Acid	400 Mg
PABA	100 Mg
Biotin	30 MCG
Minerals	
Calcium (phosphate)	1,000 Mg
Phosphorus	500 Mg
Magnesium	500 Mg
Manganese	25 Mg
Iodine	218 MCG
Iron	90 Mg
Potassium	50 Mg
Zinc	50 Mg
Digestive Enzymes	
Betaine HCL	100 Mg
Pancreatin	100 Mg
Pepsin	100 Mg

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

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

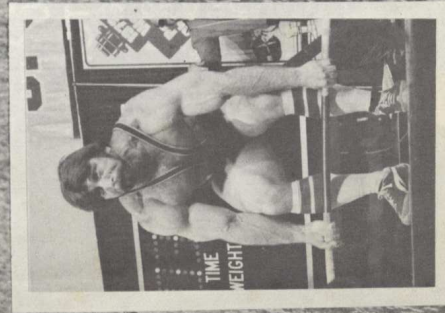
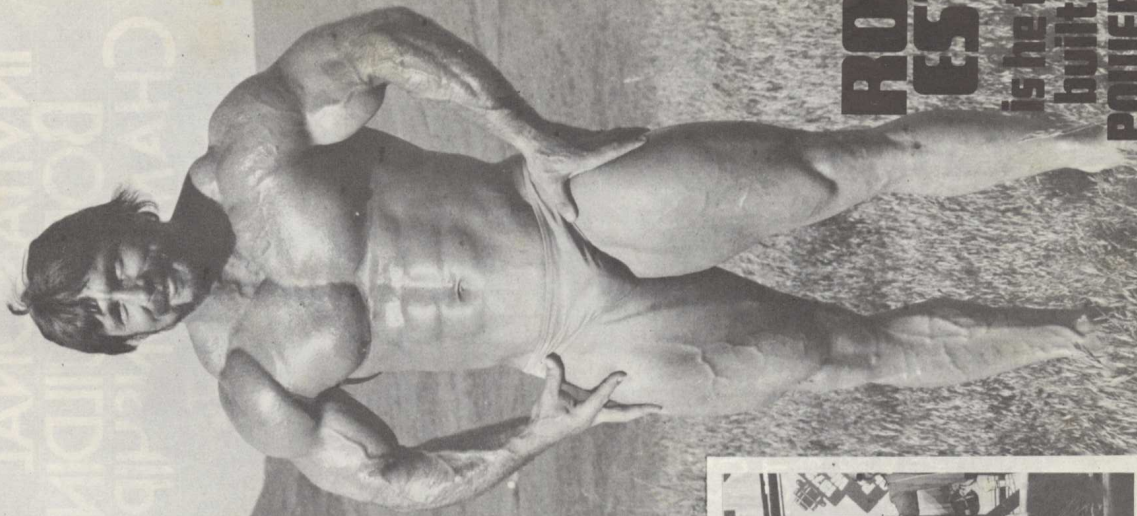


THOMPSON

5-112
5-111
5-161

Powerlifting-U-S-A

**VOL. 3
NO. 12
JUN/80
\$1.50**



**ROGER
ESTER**
is he the best
built man in
POWERLIFTING?

ZANE

WOMEN'S INVITATIONAL BODYBUILDING CHAMPIONSHIPS



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

SANCTIONED BY THE I.F.B.B. WOMEN'S COMMITTEE

SEE THE WORLD'S MOST BEAUTIFULLY DEVELOPED WOMEN COMPETE FOR MORE THAN \$6,500.00 IN CASH PRIZES!

SEE A WORLD RECORD BENCH PRESS BY DONG YOUNG, AND

A WORLD RECORD DEADLIFT BY PAM MEISTER

POSING SPECTACULAR! FRANK ZANE, MR. OLYMPIA.

ON HIS WAY TO 4-IN-A-ROW!

TICKETS ON SALE: \$15, \$12.50, \$10 AT SANTA MONICA CIVIC BOX OFFICE

OR WRITE ZANE WOMEN'S INVITATIONAL, P.O. BOX 366, SANTA MONICA, CA 90406

SPECIAL ZANE SEMINAR

MAKE IT A WEEKEND EXTRAVAGANZA. PLAN TO ATTEND FRANK AND CHRISTINE'S FULL DAY SEMINAR ON FITNESS AND BODYBUILDING, SUNDAY, JUNE 29, 11:80

FOR TICKETS AND FURTHER INFORMATION WRITE ZANE SEMINAR, P.O. BOX 366, SANTA MONICA, CA 90406

Powerlifting-U S A

Post Office Box 467

Camarillo, CA 93010

EDITOR-IN-CHIEF Mike Lambert
INTERNATIONAL EDITOR Tony Fitton
FEATURED CONTRIBUTOR Ken Leistner
SUBSCRIPTION SERVICES Jean Lambert
PUBLISHER Mike Lambert

"...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 support of the magazine."

POWERLIFTING USA (ISSN 0199-8636) is published monthly for \$15 per year. The office of publication is 863 LEWIS DRIVE, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, Box 467, Camarillo California 93010.

Subscription rates:

USA & Canada, 1 yr.....\$15.00 US
USA & Canada, 2 yr.....\$28.50 US
Foreign, Surface mail.....\$15.00 US
Foreign, Air mail.....\$25.00 US

MEMBER

COSMOPOLITAN

COMMITTEE OF SMALL MAGAZINE EDITORS AND PUBLISHERS
BOX 703 SAN FRANCISCO, CA. 94101

CONTENTS

JUNE/1980

Volume 3, No. 12

- ROGER ESTEP...is he the best built man in POWERLIFTING?.....Mike Lambert.....4
- WOMEN'S WORLDS...Tony Fitton.....6
- NORTH AMERICANS REPORT.....10
- TRAINING WITH JOHN KUC.....12
- MORE FROM KEN LEISTNER.....13
- "MULLETS"...humor by Bill Starr.....15
- NUTRITION CORNER...Jack DiGangi.....17
- BENCH PRESS BIBLE...Pete Vuone.....19
- TELL IT TO THE JUDGE.....20
- STARTING OUT...our exciting new column for beginners.....Rocky Amorese.....22
- CYCLING THE POWERLIFTS..George Elder..24
- TOP 100 220s.....26
- FOR THE RECORD.....44
- LATE FLASH BULLETIN OF THE EUROPEAN CHAMPIONSHIPS.....Tony Fitton.....48

NEXT MONTH....full coverage of the National championships in Arkansas, outstanding training article on Roger Estep, continuation of George Elder's detailed analysis of CYCLING THE POWERLIFTS....and much more!!!!

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

Powerlifting-U S A

\$15.00 FOR 12 MONTHLY ISSUES, 2 YRS. -\$28.50
checks payable to "POWERLIFTING USA"
BOX 467, CAMARILLO, CALIFORNIA 93010

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

NAME _____
STREET _____
CITY _____
STATE _____
ZIP _____

Editor, Mike Lambert

ROGER ESTEP

is he the best built man in POWERLIFTING?

ROGER ESTEP GOT A LETTER THE OTHER DAY... IN IT WAS THE STATEMENT THAT, IF HE BECAME A FULL-TIME BODYBUILDER, "I'M SURE YOU COULD MAKE \$100,000 A YEAR". THE LETTER WAS FROM JOE WEIDER... HE'S GOT A NICE FRAMED PICTURE IN HIS APARTMENT, FROM FRANK AND CHRISTINE ZANE... IT'S SIGNED... "TO THE MOST BEAUTIFUL BODY IN POWERLIFTING"... SOME STRONG SUPPORT FOR THE CLAIM THAT ROGER ESTEP IS THE BEST BUILT MAN IN POWERLIFTING, BUT ROGER DOESN'T MAKE THAT CLAIM HIMSELF... HE DOESN'T HAVE TO... HE CARRIES HIS EVIDENCE AROUND WITH HIM EVERY DAY OF THE YEAR... AS YOU CAN SEE FROM THE COVER PHOTO, HE POSSESSES TENDENTIOUS THIGH MASS... ESPECIALLY FOR A MAN WEIGHING 205 LBS... AND IN BETWEEN, A NARROW WAIST AND TRIM HIPS... ESPECIALLY FOR A MAN WEIGHING 205 LBS... IT WASN'T ALWAYS THAT WAY THOUGH... ROGER WAS BORN IN KENTUCKY... SON OF A COAL MINER, WHO ENDED UP WITH A BROKEN BACK FROM HIS TOIL IN THOSE DARK TUNNELS... HIS FAMILY LATER MOVED TO MICHIGAN, WHERE YOUNG ROGER BEGAN TO SHOW REAL TALENT IN BASEBALL AND FOOTBALL... AFTER HIS DAD'S INJURY, THE ESTEP FAMILY MOVED TO THE PEACE AND QUIET OF SOUTHERN OHIO AND THE TOWN OF WELLSTON, WHICH ROGER HAS TO CONSIDER, AT LEAST SENTIMENTALLY, HIS "HOMETOWN".

ROGER WAS A STAR RUNNING BACK FOR THE WELLSBORO GOLDEN ROCKETS... WINNING ALL-STATE HONORS IN THAT SPORT AS WELL AS BASEBALL... HE EVEN RAN SOME TRACK ON THE SIDE. ROGER GRADUATED FROM WELLSTON AT 17 AND WENT ON TO OHIO STATE UNIVERSITY... RECRUITED BY WOODY HAYES WITH A FOUR YEAR SCHOLARSHIP... RIGHT??? NOT QUITE... YOU SEE ROGER WAS ONLY TIPPING THE SCALES TO ABOUT 150 AT THAT TIME... AND IN BETWEEN HIGH SCHOOL AND COLLEGE WAS A HITCH IN THE SERVICE, WITH VIET NAME DUTY. ROGER HAD FETTERED WITH WEIGHTS AS EARLY AS 16 AND WHILE IN THE SERVICE HE TRAINED AT ALL THE BASES HE WAS STATIONED AT... HE WAS INTERESTED IN POWERLIFTING WHEN IT WAS PRETTY MUCH UNKNOWN IN WELLSTON, AND THIS CONTINUED WHEN ROGER DID GET TO OHIO STATE... WHERE HE SET UP A PROGRAM FOR LIFTING AT THE SCHOOL THAT IS STILL IN EFFECT TODAY... AFTER GRADUATION, ROGER FOUND A GOOD JOB IN NEW MARTINSVILLE, WEST VIRGINIA... LAUNCHING PAD FOR THE LIKES'S GYM TEAM... AND AFTER A WHILE, MOVED BACK TO OHIO TO WORK FOR THE NEW DEPARTMENT HYATT DIVISION OF GENERAL MOTORS CORPORATION... IN FACT, HE WAS FRONT PAGE NEWS ON ONE EDITION OF THE HOUSE PUBLICATION "INDY NEWS" NOT TOO LONG AGO... ROGER'S POWERLIFTING CAREER STARTED OUT IN 1973 WITH THE JUNIOR OHIO STATE MEET, WHERE HE FINISHED BEHIND ED WATZ... NEXT... 1520 TOTAL AT 193 BODYWEIGHT... HE THEN WENT ON TO THE SENIOR OHIO STATE MEET, WHERE HE FINISHED BEHIND ED WATZ... EFFORT... HE MADE THE CLASS LIMIT, BUT HAD NO STRENGTH OR ENERGY AND BOMBED WITH A 500 SQUAT... THIS LED TO HIS INTRODUCTION TO GEORGE FRENN, AND A WHOLE 'NOTHER STORY THAT WE WILL DELVE INTO NEXT MONTH... IN THE 1975 NATIONAL COLLEGIATE CHAMPIONSHIPS... ROGER WAS BEATEN BY DON HAINSELDER... BUT CAME BACK STRONG FOR THE 1976 MEET, HELD BY HIS FRIEND, JACK WILSON, AT THE ALMA MATER, OHIO STATE... FURTHERMORE, ROGER HAS BEEN A 3 TIME NATIONAL YMCA CHAMPION... IN 1977, HE REPRESENTED THE UNITED STATES IN THE PAN AMERICAN POWERLIFTING CHAMPIONSHIPS... WHERE HE WON TWO GOLD MEDALS... THAT SAME YEAR ROGER WAS NAMED AMATEUR ATHLETE OF THE YEAR FOR THE STATE OF WEST VIRGINIA... HE HAS ALSO BEEN NORTH AMERICAN CHAMPION, SETTING A WORLD RECORD OF 722 IN THE SQUAT AT THAT MEET... SUBSEQUENTLY, HE SET ANOTHER SQUAT MARK OF 769, AND BROKE LARRY PACIFIC'S SEEMINGLY IMMORTAL 1935 TOTAL RECORD WITH A 1940 TOTAL OF HIS OWN... HE THEN WON THE SENIOR NATIONALS IN 1979, SO ROGER HAS HAD A BIG MEASURE OF SUCCESS SO FAR IN HIS CAREER.

ROGER IS A TRULY SERIOUS STUDENT OF HIS SPORT... HE GRADUATED FROM OHIO STATE WITH A PRE-PHYSICAL THERAPY DEGREE... WHILE A STUDENT THERE HE WAS LUCKY ENOUGH TO STUDY UNDER... AND EVEN WORK FOR, A RENOWNED EXERCISE PHYSIOLOGIST... DR. HAEGERMAN... PHYSIOLOGIST FOR THE U.S. OLYMPIC ROKING TEAM... HE'S ALSO BEEN INVOLVED WITH PROGRAMS FOR NASA IN SUPPORT OF THE SKYLAB ASTRONAUTS... THROUGH HIS ASSOCIATION WITH DR. HAEGERMAN, ROGER HAS LEARNED TO ANALYZE HIS TRAINING ROUTINE VERY SCIENTIFICALLY... INTERESTINGLY, DR. HAEGERMAN'S PERSONAL VOICELIFTER IS MARATHON RUNNING, AND WITH ROGER BEING A WEIGHTLIFTER AND SLOW TWITCH MUSCLE FIBERS LED TO WHAT WAS PROBABLY THE FIRST HUMAN BIOPSIES OF MUSCLE TISSUE IN THE UNITED STATES... AN INCISION WAS MADE IN THE SIDE OF THE THIGH WITH A PENCIL SIZE PLUNGER IN EACH OF THE SUBJECTS... WHICH INCLUDED ROGER... MARATHON RUNNERS, AND SOME CONTROL SUBJECTS WHO WERE NOT ACTIVE IN ANY SPORT... THE SAMPLES WERE IMMEDIATELY FROZEN IN LIQUID NITROGEN AND MANY THIN, AS THIN AS A FEW MICRONS, SLICES WERE TAKEN FROM EACH SAMPLE FOR STUDIES ON ENZYME REACTIONS, SUGAR BUILDUPS, AND FIBER SIZE... ONE ASTOUNDING FINDING OF THE STUDY WAS THAT ROGER'S FAST TWITCH FIBERS, THOSE THAT ARE SUPPOSED TO PRODUCE EXPLOSIVE POWER, RATHER THAN ENDURANCE... WERE ACTUALLY FOUR TIMES THE SIZE OF THE CONTROL GROUP'S AND THE MARATHON RUNNERS.

RIGHT... In another pose Roger exhibits great size and muscularity... in places where powerlifters aren't supposed to have places. This photo and cover shot by Lambert

ROGER TOLD A GIRL AT A PARTY THE OTHER DAY THAT HIS PHILOSOPHY WAS "TRAIN HARD... PARTY HARD... MAKES THE BODY HARD"... JUST JOKING, OF COURSE, BUT ROGER IS NO DOWBATIST WHEN IT COMES TO SUPPLEMENTS... HE EATS THREE TO FOUR MEALS A DAY... LOTS OF MEAT AND VEGETABLES... HE REALLY LOVES PEPSI... AND MILK AS WELL... "MILK IS EVERYTHING" SAYS ROGER... ALTHOUGH WHEN HE FIRST STARTED OUT HE USED VITAMINS, HE NO LONGER DOES SO... FEELING THAT IF YOU WATCH WHAT YOU EAT, YOUR BODY WILL DO THE REST.

SO... IS ROGER ESTEP GOING TO GO BODYBUILDER ON US... OR WHAT? AFTER A NICE OFFER FROM JOE WEIDER, ROGER HAD TO THINK ABOUT IT... WATCHING THE MR. OLYMPIA CONTEST ON TV THE OTHER DAY, I HAD TO THINK THAT EXCEPT FOR A FEW FINISHING TOUCHES HERE AND THERE, PLUS THE DEVELOPMENT OF PROPER POSING TECHNIQUE, ROGER COULD BE DOING A NUMBER ON A FEW OF THOSE GUYS... AND WHEN YOU REALIZE THAT THERE ARE GUYS OUT THERE WHO COULDN'T EVEN QUALIFY FOR THE OLYMPIA WHO ARE KNOCKING \$1500 A CRACK FOR POSING EXHIBITIONS, YOU CAN UNDERSTAND WHAT GAVE ROGER REASON TO PAUSE WHEN WEIDER SAYS HE CAN SEE A SIX FIGURE INCOME FOR ROGER IF HE WOULD JUST DO A LITTLE MORE PUMPING WITH A LITTLE LESS IRON... BUT... POWERLIFTING HAS TRULY BEEN A WAY OF LIFE FOR ROGER, AND HE'S NOT ABOUT TO PULL AN ABRUPT ABOUT FACE ON THE SPORT HE HAS LOVED... YES... FOR THE TIME BEING, ROGER'S GOING TO STICK WITH POWERLIFTING... THOUGH HE ADMITS THAT IF THE FINANCIAL ATTRACTIONS BECAME TOO IRRESISTIBLE, HE MIGHT HAVE TO SUCCEED TO THEM... NOW THAT HE'S HAD A GOOD DEAL OF NATIONAL AND INTERNATIONAL COMPETITION AND LEARNED HOW TO DEAL WITH THE INJURIES AND MISTAKES THAT HE SUFFERED THROUGH EARLIER IN HIS CAREER, HE SEES SOME MAJOR IMPROVEMENTS IN HIS LIFTS JUST OVER THE HORIZON... AND IT WOULD BE A SHAME TO NEGLECT THE HARD-WON OPPORTUNITY TO FULFILL HIS GOALS.

ROGER TAKES A GREAT DEAL OF PRIDE IN HIS SPORT... MANY OF US HAVE HEARD THE TYPICAL "BOMB-BLITZ" DIALOGUE TELLING US HOW MUCH TOP BODYBUILDERS HURT WHEN THEY REP OUT, BUT ROGER FEELS NOTHING COULD BE MORE PAINFUL THAN BOOP-ON YOUR BACK WHEN YOU'VE GOT A MUSCLE PULL OR TWO AND... DESPITE THAT, YOU DO WHAT YOU'VE GOT TO DO TO KEEP YOUR TRAINING PROGRAM GOING THE WAY YOU WANT IT TO GO... ROGERS KNOWS THAT PUMPING OUT WITH A 50 LB. DUMBBELL HAS GOT TO BE EASIER THAN THAT... STILL... YOU'VE GOT TO WONDER... WITH THE ECONOMY DOING LIKE IT HAS, GM ISN'T SELLING TOO MANY CARS, AND ROGER'S OUT ON FURLOUGH FROM HIS JOB ONCE AGAIN... HE'S GOT SEVERAL COMMENTS FROM JOHN KOLB AND MIKE WEBSTER FOR THE VACANT STEELER POSITION, AND... THERE IS THE POSSIBILITY THAT HE MAY END UP IN A POSITION WITH A MAJOR EQUIPMENT MANUFACTURER... WHICH WOULD ALLOW HIM TO GO BACK TO SCHOOL TO GET HIS PHYSICAL THERAPY DEGREE... WHEN ROGER WAS OUT IN L.A. TO TRAIN WITH GEORGE FRENN PRIOR TO THE AUBURN MEET, HE PUT SOME FEELERS OUT FOR A JOB THERE... THAT LETTER FROM JOE WEIDER AWAY???

NEXT MONTH: AFTER THIS MONTH'S LITTLE TEASER, WE GET DOWN TO SERI-EXPOSITION OF ROGER ESTEP'S TRAINING ROUTINE... AND HIS INSPIRING RELATIONSHIP WITH THE GREAT GEORGE FRENN, A MAN WHO HAD MUCH INFLUENCE ON THE ROGER ESTEP WE KNOW TODAY.



ROGER ESTEP relaxes at the site of the OHIZCO celebration in Wellston, Ohio where he and his accomplishments were saluted.

Gillis photo

Premier Collector Items

BUMPER STICKERS
\$1.00 EA
(For Studs Only)

T-shirts
Only \$6.50
(For Studs Only)

POSTERS
Only \$4.95 each

- ★ Pen and ink lithographs
- ★ Suitable for wall framing in home, gym or office
- ★ SUPER high quality-- finely detailed
- ★ LARGE 11 x 14 inches on textured paper

ORDER TODAY!

Premier Collector Items
for the discriminating powerlifter

Circle One: Bumper Stickers, Poster B, Set (A & B) How many? _____

State Size: S M L XL T-shirt _____

Dear Sir: Please send me the items I have checked above. I enclose \$ _____ plus \$1.50 for postage and handling. Make check or money order payable to: *America's Ent.*

Texas residents add 5 percent sales tax.

Name _____
Address _____
City _____
State _____ Zip _____

125 N. Guadalupe
San Marcos, Texas
78666

WOMEN'S WORLDS

THE WOMEN'S WORLD POWERLIFTING CHAMPIONSHIPS... AS WITH THE MEN'S CHAMPIONSHIPS OF THE PAST, CREATES A FRENZY THAT DESCENDS UPON THE SELECT FEW PARTICIPANTS... AN INTENSITY, A DEDICATION, A CONTROLLED CRAZINESS.

ON MAY 3rd and 4th WE HAD ALL THIS... AND MORE AS POWERLIFTING SCORED AN EXTRA BONUS POINT WITH THE LIFTING CHAMPIONSHIPS. IT WAS A LARGE AND MULTI-COLORED FEATHER IN THE CAP OF JOE ZABELLA, DUBBED THE FATHER OF WOMEN'S POWERLIFTING, AND IT SEEMED FOR A WHILE THAT HE MIGHT MATCH THE SAME SEMI-COMATOSE ECCENTRICITY OF OUR OTHER ACCLAIMED FATHER, AS HE WANDERED ABOUT IN A WEATHER BEATEN BOSTON STEEL SON AND A SWEAT SHIRT THAT HAD EVIDENCE OF MANY HURRIED MEALS... AND A PAIR OF BLUE JEANS THAT HELD RESEMBLANCE TO AN ELEPHANT ON A CRASH DIET. HOWEVER, BUOYED BY THE VIVID ATTITUDE OF THE INTERNATIONAL COMPETITORS ARRIVING WITH A NATURAL HIGH OF ADRENALINE AND ANTICIPATION OF THE CHALLENGE TO COME, IT WAS WITH CONSUMATE PRIDE THAT JOE PRE-SIDED OVER THE COMING TOGETHER OF THE BEST IN THE POWERLIFTING WORLD. THE CHAMPIONSHIPS HAD EVERYTHING YOU COME TO EXPECT FROM A WORLD CHAMPIONSHIP AND MORE BESIDES.

BY THE ONLY NOTED EXCEPTION BEING JOCK STRAPS... NOT A ONE WAS PASSED BY THE ZEALOUS SCRUTINY OF DENNIS BURKE, THE IPF DELEGATE TO THE CHAMPIONSHIPS. REGARDLESS OF THE ABSENCE OF THE TESTOSTERONE PRODUCERS, THE GIRLS LIFTED FULL OF SPUNK.

THE FIRST WOMEN'S WORLD CHAMPIONSHIPS HAD AN ALL-ROUND BETTER START THAN THE MEN'S 9 YEARS EARLIER, WITH REPRESENTATION FROM 8 COUNTRIES. A HEALTHY TELEVISION CONTRACT ALREADY SECURED, AND CONSISTENT RULES. HOWEVER, THE IPF ALWAYS SEEMS TO BE ABLE TO COME UP WITH AT LEAST ONE INCONSISTENCY PER CONTEST. AND THIS ONE WAS NO EXCEPTION. IT WAS RULED THAT EACH COUNTRY COULD ENTER ONLY 9 LIFTERS... LATER IT WAS DECIDED AS BEING MORE AGREEABLE TO THE TEAMS AND THE CONTEST ITSELF THAT EACH TEAM BE ALLOWED NINE MORE COMPETITORS WITH THE STIPULATION THAT THEY COULD TAKE NO POSITION IN THEIR CLASSES AS FAR AS THE WORLD CHAMPIONSHIPS WERE CONCERNED. CONSEQUENTLY TWO OF THE AMERICAN COMPETITORS, MISSY ORTH AND JAN TODD, COULD DERIVE ONLY PERSONAL SATISFACTION FROM OUT-TOTALING EVERYONE IN THEIR CLASS.

THE OPENING CEREMONIES WERE FOLLOWED BY THE LIFTING IN THE 97 LB. CLASS WHERE JOAN FRUTH ATTAINED THE DISTINCTION OF BEING POWERLIFTING'S FIRST WOMAN WORLD CHAMPION. SELDOM DOES ONE SEE SUCH SINGLE MINGED PURPOSE, CONFIDENCE, DEDICATION AND STRENGTH IN ONE WITH JUST OVER A YEAR'S PARTICIPATION. JOAN LIES AT THE VERY TIP OF THE SPARKHEND OF WOMEN'S LIFTING AND CERTAINLY VERIFIES THAT THE CAPITAL "P" IN POWERLIFTING STANDS FOR "PIZZ-AZZ" AS WELL AS POWER. HER 237 WORLD RECORD SQUAT WAS STRONG AND EASY AND SHOWED THAT HER MISS AT 259 WILL COME SOON... AND MORE AFTER THAT... HER WORLD RECORD TOTAL OF 606 WAS DONE ON 5 ATTEMPTS. THE JAPANESE LIFTERS NEVER FAIL TO ADD A "PLEASANTNESS" TO THE COMPETITION AND THIS OUTING WAS NO EXCEPTION. CAROL SANTANDREA GOT "FRUTHERED-OVER" ONCE AGAIN, BUT AC-

QUITTED HERSELF WELL WITH A 286 MR DEADLIFT.

SUE ROBERTS WAS VERY STRONG AND VERY DETERMINED. PAM MEISTER HAD AN INJURED BACK, WHICH... HOPEFULLY... ANOTHER YEAR OF TRAINING IN CALIFORNIA WILL CLEAR UP. AFTER WARMING UP TO 120 IN THE REAR, SHE FAILED THREE TIMES WITH 121 ON THE PLATFORM, THOUGH SHE CAME CLOSE WITH HER LAST ATTEMPT, GAINING ONE WHITE. THE MISSES BEING DUE TO HIP RAISE, ETC.

LEFT... a determined Joan Fruth benched a solid 110.

Welding photos

RIGHT... Paul Jordan's girl friend, Sue Roberts, did very well.

AS TOLD BY TONY FITTON

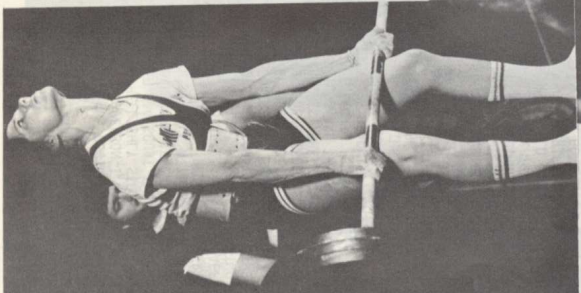


International editor, Tony Fitton. (IPF USA)

EFFICACIOUS TERRY DILLARD WEIGHED IN AT ONLY 106 AFTER A GIANTIC BREAKFAST IN ORDER TO MAKE WEIGHT... HER CONTROLLED STRENGTH AND POISE REMINDED ME OF REN COLLINS AND AS SHE PROCEEDED TO MAKE ALL HER SQUATS, AND AFTER A MISLOADING PROBLEM, A Ponderous 369 DEADLIFT ATTEMPT THAT WAS ANTICLIMATICALLY MISSED AFTER A LONG DELAY.

WOMEN'S WORLDS CHAMPIONSHIPS

LOMELL, MASSACHUSETTS		3, 4 MAY 80	
44 KG.			
J. FRUTH	USA	237	110 259 606
Y. ONO	JAP	176	93 187 457
H. SATRACHI	JAP	154	60 198 413
B. team			
C. SANTANDREA	USA	187	110 286 583
48 KG.			
S. ROBERTS	AUS	275	132 319 727
P. MARENHETTE	CAN	198	77 214 490
C. MARENHETTE	CAN	170	66 198 435
P. MEISTER	USA	248	121 270 628
B. team			
K. TUITE	USA	242	116 270 628
D. CASSIDY	AUS	176	77 193 446
52 KG.			
T. DILLARD	USA	314	116 336 766
J. GINGRAS	CAN	253	88 303 644
L. VICKERS	AUS	253	116 264 633
R. ROBERTSON	CAN	193	82 264 540
B. UEHARA	JAP	214	99 214 529
B. team			
T. MOBLEY	USA	242	121 270 633
C. BAYTODD	AUS	159	82 242 485
C. RAYFORD	AUS	132	66 187 385
56 KG.			
S. ELWYN	USA	242	159 325 727
B. GASSON	AUS	248	132 286 667
R. PETERSON	CAN	242	132 314 655
B. APARECIDA	BRA	209	132 286 628
B. team			
M. ORTH	USA	264	159 319 744
J. AUSTIN	USA	264	137 319 722
60 KG.			
K. GAJDA	USA	358	159 374 892
P. DORTAN	AUS	308	132 352 793
E. HOELTSCHE	NOR	259	148 330 738
H. ANDERSON	NOR	253	104 286 644
S. ASARUMA	JAP	264	99 264 628
M. STMONI	CAN	193	93 259 545
A. ILULOMA	FIN	---	
B. team			
M. LEMS	AUS	187	137 248 573
Guest Lifter			
T. WOODLEY	NETH	---	
ANT.	ANT.	248	176 336 760
67.5 KG.			
J. REID	USA	314	203 374 892
K. SKAFFINGTON	AUS	308	143 374 826
L. JAKOBSEN	NOR	242	88 286 617
A. CONNOLLY	CAN	220	110 281 611
A. MARA	BRA	154	88 220 462
B. team			
R. JOUBERT	USA	297	165 369 832
75 KG.			
B. FRANCIS	AUS	385	253 374 1014
S. MOODY	USA	336	220 396 953
B. team			
R. WELDING	USA	253	143 336 733
A. BONAIC	USA	308	110 314 733
82.5 KG.			
V. GAGNE	USA	374	187 429 992
G. GARDNER	AUS	253	127 341 722
OVER 82.5 KG			
A. TURBYNE	USA	429	254 413 1108
J. MARSHALL	CAN	374	176 385 936
B. team			
J. TODD	USA	507	198 451 1157



ABOVE... Terry Dillard and Dis... RIGHT... Missy Orth sets for a lift while fellow Illinois Karen Gajda psyches below.

Tuite photos



KAREN GAJDA'S POWERFUL LIFTING WAS OVERSHADOWED BY THE MARKS OF GAYLA GRAIN SET A FEW WEEKS EARLIER, ALTHOUGH KAREN DID TRY TO BREAK THOSE MARKS WITH ATTEMPTS AT A 380 SQUAT AND 413 DEADLIFT. KAREN IS A TRUE STUDENT OF THE SPORT, BUT UNFORTUNATELY IT SEEMS SHE WILL BE DIRECTIONING THOSE STUDIES TO THE OBTAINING OF HER MEDICAL CERTIFICATION, AT LEAST FOR THE TIME BEING.

TINA WOODLEY SET AN UNOFFICIAL WORLD RECORD IN THE BEACH PRESS BECAUSE HER COUNTRY IS NOT AN IPF MEMBER, HER 176 WAS QUITE IMPRESSIVE HOWEVER.

JUSTE GINGRAS OF CANADA SHOWED THAT STRENGTH AND UNRESTRAINED FEMININITY CAN GO TOGETHER WELL AS SHE WIGGLED AND GIGGLED ON HER WAY OFF THE PLATFORM AFTER EACH SQUAT AND DEADLIFT ATTEMPT. IF I WERE TO TRY TO DO THE SAME, I WOULD PROBABLY END UP IN THE WOMEN'S WORLD CHAMPIONSHIP AS WELL.

SUE ELWYN'S PROMISE IN THE BEACH PRESS WAS MATCHED BY MISSY ORTH WHO ALONG WITH JULIE AUSTIN LED A VERY STRONG BANTAMWEIGHT CONTINGENT. MISSY FAILED WITH ATTEMPTS AT A 297 SQUAT AND 330 DEADLIFT... WHILE JULIE ATTEMPTED 347 IN THE DEADLIFT. SUE GOT OFF TO A SLOW START WITH TWO MISSED AT A 275 SQUAT.



Tina Woodzey from the Netherlands Antilles set an unofficial record.

RECORD IN THE DISCUS THROW), SHOWED THE DECISION TO BE AN EXCELLENT ONE AS SHE DOMINATED HER DIVISION WITH EASE, BREEZING THROUGH 3 SUCCESSFUL SQUATS OF 330, 363 AND 374 AND THREE SUCCESSFUL DEADLIFTS OF 363, 407, AND 429. HER ONLY MISCUE COMING IN TWO MISSED ATTEMPTS AT A 209 BENCH PRESS. HER COMPETITOR, GINETTE GARDNER OF AUSTRALIA HAD A SIMILARLY SUCCESSFUL DAY, MANAGING ALL HER LIFTS SAVE A SUCCESS WITH A 363 DEADLIFT.

EDITOR'S NOTE: "AUSTRALIA'S MS. INCREDIBLE HULK", THAT'S WHAT THE NEWS-PAPERS DOWN UNDER CALL BEV FRANCIS. BEV SAYS "I'D RECOMMEND WEIGHTLIFTING TO ANY WOMAN THERE IS A LOT OF SELF-CONFIDENCE TO BE GAINED FROM IT. I'M NOT AFRAID OF WALKING HOME IN THE DARK LIKE MOST WOMEN." HER BIG BICEPS DON'T GO UN-NOTICED...WHILE SHE'S OUT ON A JOB IT'S NOT UNUSUAL FOR A STRANDED MOTORIST TO SHOUT... "HET MATE, GIVE US A PUSH". GETTING IN AND OUT OF LADIES LAVATORIES HAS ALSO BEEN A PROBLEM, RAISING A FEW EYEBROWS. "PEOPLE HELPFULLY TELL HER IT'S THE LADIES LAVATORY SHE IS ABOUT TO ENTER AND LOOK AGHAST WHEN THEIR WARNING IS COURTEOUSLY ACKNOWLEDGED, AND IGNORED. "I HAD ONE PERSON COMPLAIN TO THE MANAGER THAT A "BIG BLOKE" HAD GONE INTO THE LADIES ROOM...IT WAS SORTED OUT WITHOUT MUCH FUSS, THOUGH."

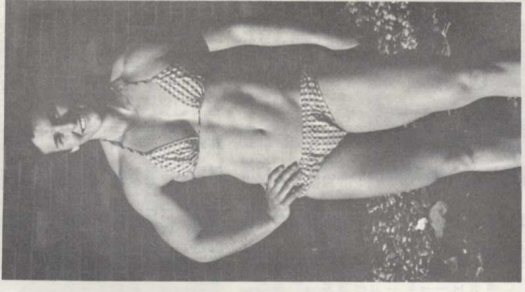
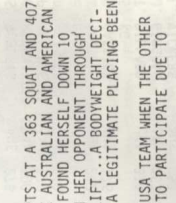
THE ONLY REGRET BEV EXPRESSES CONCERNING HER 39 INCH CHEST AND 24 INCH THIGHS IS THAT SHE CAN'T FIND JEANS TO FIT HER IN AUSTRALIA. ...PLUS, SHE DOESN'T SEEM TO BE ABLE TO WEAR STILETTO HEELED SHOES. COACHED BY THE RENOWNED FRANZ STAMPEL, MS. FRANCIS HAS THROWN THE SHOT NEARLY 55 FT. AND HAS TRAVELLED THE WORLD TO VARIOUS INTERNATIONAL TRACK AND FIELD COMPETITIONS...INCLUDING A RECENT TRIP TO MELBOURNE PHYSICAL EDUCATION TEACHER, ONLY 24 YEARS OF AGE, WAS ONE OF THE TOP CANDIDATES FOR THE AUSTRALIAN OLYMPIC TEAM UNTIL RECENT DEVELOPMENTS. PERHAPS SHE WILL NOW DEDICATE HERSELF WHOLLY TO THE PURSUIT OF BIGGER AND BETTER RECORDS IN POWERLIFTING. NOW THAT HER APPETITE HAS BEEN WHETTED BY AN OFFICIAL WORLD RECORD IN THE BENCH PRESS AND TOTAL, AS WELL AS A WORLD CHAMPIONSHIP VICTORY, THE FIRST TIME SHE EVER COMPETED IN POWERLIFTING SHE MOVED THE AUSTRALIAN RECORDS UP FROM 67.5 KILOS IN THE SQUAT TO 145, AND IN THE BENCH THE MARK WENT FROM THE PREVIOUS 27.5 TO 97.5 KILOS. OBVIOUSLY HER NATURAL STRENGTH HAS BARELY BEEN TAPPED.

BELOW...Vicky Gagne let her hair down and won a World title.



HAVING BEEN IN AND AROUND POWERLIFTING SINCE BEFORE DIANABOL, I HAVE SEEN MANY GREAT LIFTERS AND I HAVE TO SAY THAT JENNIFER REID IS THE MOST THOROUGH, DEDICATEDLY DIFFERENT, AND DRYLY HUMOROUS PERSON I HAVE ENCOUNTERED...AS WELL AS BEING HELLSHLY STRONG AND CAPABLE OF LOTS MORE AS HER 314 SQUAT AND CLOSE MISS AT 330, HER 203 WORLD RECORD BENCH PRESS AND GOOD TRY AT A 396 DEADLIFT WILL ATTEST. THE B TEAM ENTRY FOR THE UNITED STATES, REBECCA JOUBERT, HAD A FINE 9 FOR 9 DAY. AUSTRALIA'S KRIS SKAEFFINGTON SHOWED GOOD PROMISE, MISSING ONLY TWO ATTEMPTS, ONE BEING A 319 SQUAT AND THE OTHER A 154 BENCH PRESS. BEV FRANCIS SHOWED HERSELF VERY STRONG, THOUGH THE RUMORED 300 LB. BENCH PRESS DID NOT APPEAR. SHE WAS REPORTEDLY SUFFERING FROM A SLIGHT INJURY. REGARDLESS, SHE BECAME THE LIGHTEST LADY TO TOTAL OVER 1000 AND THE FIRST TO DO SO OFFICIALLY AT MIDDLEWEIGHT. BEV FAILED A 264 BENCH PRESS TRY AND A 396 DEADLIFT, EASILY DEFEATING THE USA ENTRANSANT STEPHANIE MOODY, WHO, THOUGH SHE COULDN'T HAVE CAUGHT THE AUSTRALIAN LASS, MADE VALIANT ATTEMPTS AT A 363 SQUAT AND 407 DEADLIFT. THE B TEAM SAW A CLOSE BATTLE BETWEEN THE AUSTRALIAN AND AMERICAN COMPETITORS. RUTH WELDING AND ANGELA BOTANIC. RUTH FOUND HERSELF DOWN TO KILOS AT THE SUBTOTAL AND DEADLIFTED ENOUGH TO WATCH HER OPPONENT THROUGH EACH OF THEIR THREE SUCCESSFUL ATTEMPTS IN THE DEADLIFT. A BODYWEIGHT DECISION WOULD HAVE GIVEN THE NOD TO THE AUSTRALIAN HAD A LEGITIMATE PLACING BEEN CONTESTED BETWEEN THESE ALTERNATES. HOWEVER, WICKI GAGNE, WHO MADE HER WAY ON TO THE OFFICIAL USA TEAM WHEN THE OTHER COMPETITORS IN THIS CLASS AT HER NATIONALS DECLINED TO PARTICIPATE DUE TO TRACK AND FIELD COMMITMENTS (INCIDENTALLY, LORNA GRIFFITH, THE WINNER IN LOS ANGELES...HAS GONE ON TO SET AN AMERICAN RECORD IN THE DISCUS THROW).

148 World Champ, Jennifer Reid. All photos on this page by Kathy Ruite

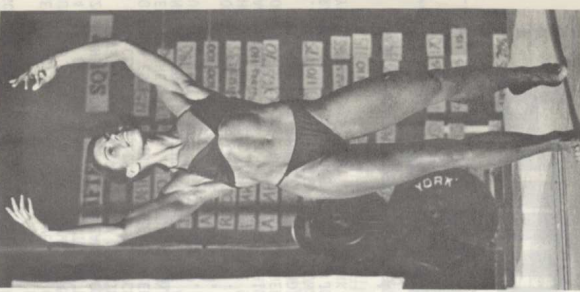


Bev Francis exhibited very heavy musculature to match her impressive strength.

THE GREAT SHOWDOWN BETWEEN ANN TURBYNE AND JAN TODD IN THE ADIES SUPERHEAVYWEIGHT DIVISION WAS LACKLUSTRE DUE TO THE FACT THAT JAN COULD NOT ACTUALLY WIN THE TITLE UNDER THE TERMS OF HER ENTRY AS A MEMBER OF THE UNITED STATES B TEAM AND THE FACT THAT ANN WAS RATHER BADLY INJURED. HAVING DONE SO AS A RESULT OF HER TRACK AND FIELD ACTIVITIES. AN INJURED KNEE AND BAD BACK CAUSED HER GREAT DISTRESS IN HANDLING HER SECOND AND THIRD ATTEMPTS AT A 451 SQUAT. SHE SIMPLY HAD NO CONTROL, COULD NOT REMAIN TIGHT WITH THE WEIGHT AND ACTUALLY STUMBLER WITH HER FINAL ATTEMPT AT IT. HER BENCH PRESS WAS A WORLD RECORD. BUT SHE TOOK ONLY ONE DEADLIFT AND WAS SUBSEQUENTLY SEEN RECEIVING A VIGOROUS RUBDOWN FROM ERNIE HACKETT. ACTUALLY, A VIGOROUS RUBDOWN FROM ERNIE MIGHT BE A GOOD WAY FOR AN AVERAGE PERSON TO GET A BAD BACK, THOUGH IT SEEMED TO DO ANN MUCH GOOD. JAN TODD TOOK HER WORLD RECORD 507 SQUAT TWICE BEFORE MAKING IT...IN AN ATTEMPT THAT APPEARED HIGHER THAN HER RECORD IN LOS ANGELES. SHE WENT ON TO MISS A 203 BENCH PRESS AND AN ANTI-CLIMATIC 473 DEADLIFT, BEFORE PASSING HER FINAL ATTEMPT.



PHOTOS by Kathy Ruite
RIGHT...Jan Todd finally out-totaled rival Turbyne.
LEFT...Best Lifter was Terry Dillard, seen accepting her award from dapper Larry Pacifico. USA won the team title with 93 pts, followed by Australia (76), and Canada (61). Tentative telecast date is in the month of June.



LOWER RIGHT...Lynn Comwright put on a very well received posing exhibition, I understand that she has been invited to the big '82 Women's Invitational Bodybuilding Championships (see inside front cover for further info)

TO CLOSE, I'D LIKE TO RECALL A QUOTE FROM EUGENE S. WARE... "ALL GLORY COMES FROM DARING TO BEGIN". ALL THESE GIRLS DARED TO BEGIN. WITH THEIR INITIATIVE PARTICIPATION IN THE FIRST WOMEN'S WORLD POWERLIFTING CHAMPIONSHIPS AND FROM WHAT I SAW IT IS MERELY ACADEMIC THAT NEW GLORY WILL BE COMING TO MANY OF THEM IN THE FUTURE.

TONY FITTON

PS...TWO UNFORTUNATE BOMBOUTS OF THE CHAMPIONSHIPS WERE JUDY GLENEY, WHO COULD NOT GET ANY OF HER SEEMINGLY DEEP SQUATS PASSED, AND ANNA-MAIJA ILLULOHA OF FINLAND WHO MISSED HER OPENER AND SECOND ATTEMPTS ON DEPTH, AND WAS TIMED OUT ON HER THIRD ATTEMPT.

PPS...THE TEAM SPIRIT OF THE AUSTRALIAN TEAM, JUST AS THEIR MEN'S TEAM, WAS OUTSTANDING...AS WAS THAT OF THE CANADIAN CONTINGENT. THE CAMARADERIE OF THE AMERICAN WAS NON-EXISTENT. NO DOUBT DUE TO THE DAMPENING INFLUENCE OF THE NON-SCORING B TEAM RESTRICTIONS.

ATTENTION...scheduled CBS coverage of the Auburn World Series of Powerlifting on May 24th was pre-empted by their showing of the 6th game of the Stanley Cup Series. It has been tentatively re-scheduled to some time during the month of July.

North-Ams

NORTH AMERICAN CHAMPIONSHIPS

17 MAY 80	KENT, OHIO		
114	D. MACVICAR	385 242 374 1001	
123	J. COLES	402 226 435 1063	
D. JAMES	385 220 407 1014		
S. MOIR	380 192 380 964		
132	J. SLENO	396 264 418 1102	
E. CANGEMI	407 231 429 1069		
J. MOIR	573 380 606 1599		
J. WARNER	468 264 540 1273		
165	J. ROUSE	557 435 606 1598	
181	J. GRUDZIEN	606 391 672 1669	
R. HALMES	578 336 677 1592		
198	J. CASH	677 402 722 1802	
D. WARRNER	551 352 628 1532		
F. HUCKS	557 319 540 1416		
220	J. ROBERTSON	705 424 650 1780	
D. ROBERTSON	468 396 617 1482		
242	S. MILSON	782 540 771 2094	
275	R. MILSON	755 462 727 1945	
M. MERCER	606 507 540 1563		
314	J. WASHINGTON	959* 578 722 2259	
M. CATALANO	705 418 578 1705		

* WORLD RECORD...ACTUAL WEIGHT 968!

THANKS TO MEET DIRECTOR MARK SCHMIDT FOR RESULTS



WASHINGTON TOOK TWO TRIES TO GET THE WORLD RECORD IN HAND. photo by KATHY DEWITT

MEET DIRECTOR, MARK SCHMIDT HAD A VERY BUSY WEEK...WHAT WITH HIS PROMOTION AND LIFTING IN THE REGION 6 MEET MAY 10th, & PUTTING ON THE NORTH AMERICAN CHAMPIONSHIPS THE FOLLOWING WEEKEND...QUITE A DEBUT ON THE NATIONAL SCENE I WOULD SAY. DURING THE WEEK JOE ZABELLA PUT ON A RULES CLINIC AND GAVE THE NATIONAL REFEREES EVAN, NOT EVERYONE PASSED BUT "THEY ALL LEARNED A HELL OF A LOT ABOUT PROPER POWERLIFTING," SAYS MARK. SATURDAY THE FESTIVITIES BEGAN WITH A CEREMONIAL INTRODUCTION OF THE LIFTERS AND OFFICIALS FOLLOWED BY THE LIFTING. MACVICAR CRUISED TO 1000+ AT 114, AND JOE COLES DID MUCH THE SAME AT 123 WHICH WAS ALSO SO THE CLASS OF SCOTT MOIR, SON OF THE REIGNING WORLD 148 CHAMP, JIM MOIR...SCOTT'S ONLY 17 AND WELL ON HIS WAY. ONTARIO'S NELSON SLENO HAD A TOUGH MATCH WITH ED CANGEMI, WITH ED HAVING A SHOT AT THE WINNING DEADLIFT. DADDY MOIR HAD HIS WAY, VERY IMPRESSIVELY, IN THE 148S...MISSING ONLY ONE SQUAT, TOTALING A CANADIAN RECORD TOTAL, PLUS WINNING THE OUTSTANDING LIFTER AWARD...HE LOOKS VERY TOUGH FOR THE WORLDS.

JIM ROUSE, ANOTHER LONER IN HIS PARTICULAR CLASS THIS DAY, LIFTED WITH "SENIORS LEVEL INTENSITY" ACCORDING TO MARK...MISSED A 451 ON FOOT MOVEMENT, AND LOOKS FORWARD TO A WORLD RECORD IN JULY. IT WAS A USA BATTLE AT 181...JIM GRUDZIEN GOT A VERY BAD DAY OUT OF HIS SYSTEM...LOSING HIS FIRST SQUAT ON BALANCE (SEVERAL LIFTERS COMMENTED ON THE STEADINESS OF THE PLATFORM)...HE SEEMED OVERTAINED IN THE BENCH, BUT FELT GOOD ABOUT THE DL...EVEN THOUGH THEY DIDN'T PASS HIS FINAL 694, JIM FELT HE DIDN'T HITCH IT, HE WAS ONLY SHAKING ON THE WAY UP...JIM EXPRESSED HIS THANKS TO KENT STATE, MARK SCHMIDT, AND LYNN FRANKS, THE TRAINER...FOR THE OPPORTUNITY TO PARTICIPATE IN THIS MEET.

RICH HALMES TRIED AN AMERICAN RECORD 755 DL TWICE, BUT COULDN'T RECORD 755 DL TWICE. CAMPBELL OF CANADA WAS HURT AND DIDN'T SHOW, JUST AS WELL AS JIM CASH HAD A POOR OUTTING, DUE TO 14 LBS. OF BODYWEIGHT LOSS. STILL, HE ROLLED AN 821 WR DL TO HIS KNEES.

220 WINNER, JOHN FLOREN, ALSO CAME CLOSE WITH A BIG DL, MISSED 710 TWICE. A STEVE WILSON PERFORMED VERY WELL IN THE 242S, MISSED A 357 BENCH AFTER A LONG CLAP, AND PULLED A 795 DL SO CLOSE TO COMPLETION THAT, ACCORDING TO ROGER ESTEP, IF THERE'D BEEN A BREEZE IT WOULD'VE BLOWN THE BAR THE REST OF THE WAY UP...BIG RANDY WILSON HAD A FIELD DAY, MISSED ONLY 1 LIFT AND TOTALED BIG, AFTER TRAINING ONLY A FEW WEEKS FOR THIS MEET, MERCER OF QUEBEC GOT HIS FIRST OFFICIAL 500 BP.

STAR OF THE SHOW, DAVE WASHINGTON, GOT SOME LOCAL PRESS SAYING HE'D SQUAT 1000, AND HE CAME CLOSE TO IT...ON HIS 2ND ATTEMPT THE SPRING IN THE 28 MM BAR FORCED HIM TO DUMP THE 959 (ACTUAL WT. 968), BUT HE CAME BACK STRONGLY FOR IT ON HIS 3RD...THIGH CRAMPS KEPT HIM FROM GETTING MORE THAN A 722 DL, BUT IT WAS ANOTHER FINE TOTAL FOR HIM.

THE POST MEET BANQUET WAS OUTSTANDING, MANY THANKS FOR THE MEET GO TO P. J. MEDURI, MARTY KLEIS, PHIL HAITON, TODD MONROE, ED STANFORD, BOB KRAUSE, DOUG ESTEP, DAVE SHEFFIELD, JOE ZABELLA, BILL JAMISON, MILLIE MYERS, JOHN BLACK, TONY FITTON, FRANK PICHA, RICK MUSSEY, RUSS IOMA, ETC.



STEVE WILSON WAS BACK IN AWESOME FORM, AS SEEN BELOW. photo by KATHY DEWITT

ATTENTION - ATTENTION - ATTENTION

SUPERWRAP II

"The finest knee wrap available for competition or training"

• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00*

(Sold under other names and by other companies at Higher Prices.)

- STRONGER • HEAVIER •
- LONGER LASTING • OFFICIAL LENGTH •
- GREATER STRETCH WITH BETTER COMFORT •

SUPERWRAP II is currently the **most effective** knee wrap used. Top competitors around the world find **SUPERWRAP II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

"... add pounds to your SQUAT & TOTAL."
Use **SUPERWRAP II** and save \$\$\$!

Also... **SUPERWRAP**

• 3 Pairs \$12.00* • 1 Pair \$5.00*

... the original heavy duty knee wrap cut to official length.

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

Name: _____ Superwrap II (Quantity) \$ _____
 Address: _____ Superwrap (Quantity) \$ _____
 City _____ State _____ Zip _____
 Check or Money Order must accompany orders.
 *Overseas orders add 20%. TOTAL \$ _____

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

THE POWER WRAP

• A NEW, SYNTHETIC MATERIAL... DESIGNED SPECIFICALLY TO WITHSTAND THE STRESSES ONLY A POWERLIFTER PLACES ON WRAPS
 • 1 PR. SUPERWRAPS COSTS \$5, WEIGHS 7 OZ., AND LASTS 2 MONTHS.
 • 1 PR. POWER WRAPS COSTS \$10, WEIGHS 8.5 OZ., AND WILL LAST ONE YEAR!!!!!!
 • ARE YOU TIRED OF REPLACING WRAPS? IF SO, TRY THESE. THEY ARE EXPENSIVE, BUT THEY ARE THE BEST. IF YOU DON'T FEEL THEY ARE, SEND THEM BACK FOR A FULL REFUND!!!
 POWER WRAPS/\$10-PR.
 SEND MONEY TO:
 ORDER TO:
 LINCOLN HEALTH CLUB
 838 N. 48TH STREET
 LINCOLN, NEBRASKA 68504
 PS... WE STILL CARRY SUPERWRAPS FOR THOSE WHO DESIRE MEDIOCRITY!!!!!!

TRAINING WITH JOHN KUC

FOR EIGHT WEEKS AFTER A CONTEST, JOHN DOES HIS BODYBUILDING ROUTINE ON TUESDAYS AND FRIDAYS. HE LIFTS 100 POUNDS FOR 16 SETS... 3 SETS OF 8 FOR THE ARMS, 8 SETS OF 8 FOR THE TRICEPS... CLOSE GRIP BENCH PRESSES (4 SETS WITH ABOUT 200 LBS.) AND 4 SETS OF INCLINE TRICEPS EXTENSIONS... WITH AN H-BAR CONSTI-TUTE THE TRICEPS WORK... WHILE 4 SETS OF STANDING CURLS WITH AN EZ CURL BAR... AND 4 SETS OF DUMBBELL CURLS COMPRISE THE SICEP ACTIVITY... HE DOESN'T REALLY TRY TO PILE THE WEIGHT ON FOR THESE EXERCISES... THERE'S NO NEED TO PUSH IT, THIS IS A REST PERIOD IN THE CYCLE.

JOHN HAS A 20 MINUTE LAT ROUTINE HE DOES ON WEDNESDAYS AND SATURDAYS... CONSISTING OF PULLUPS AND PULLDOWNS, IN SETS OF 45... MUCH OF 25... HE DOES TOTAL 4500 REPS... EACH WEEK... 12 PEA-K CONTRACTION STUUPS, ELBOWS ON KNEES HELD FOR A 2 SECOND COUNT... THIS WHOLE WIDESECTION ROUTINE IS DONE BRISKLY, TAKING JOHN ONLY 5 MINUTES TO COMPLETE.

(look for John's squat, bench press and deadlift routine in coming issues...)

CUSTOM MADE WEIGHTLIFTING EQUIPMENT

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



San Francisco, Calif.

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

Catalog \$1.50

HURRICANE KNEE WRAPS

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

THEY GIVE YOU MAXIMUM SUPPORT WITHOUT RIPPING OR TEARING
HURRICANE WRAPS ARE NOW BEING WORN BY MANY NATIONAL AND WORLD CHAMPIONS

The wrap that won't 1 pair 10.00 wear out or lose it's 5 prs. 45.00 support only cost: 10 prs. 82.00

NAME _____ Ph. _____

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

More from Ken Leistner

I'M DOING LITTLE ELSE BESIDES THINKING ABOUT THE NATIONALS. I FULLY INTEND TO AVOID MY USUAL ROUND OF PERSONAL DIFFICULTIES AND MAKE IT TO THE MEET THIS YEAR. I'VE BEEN DOING SOME HEAVY COLOR THINKING FOR WHAT THE NATIONALS (OPS IN THE OLD DAYS) AND THE CITY OF THE ANGELS WILL BE LIKE IN '81. AS USUAL AS I'M CONCERNED, IS ONE OF THE STRANGEST PLACES IN THE WORLD (THIS COMING FROM A VERY STRANGE PERSON WHO HAS BEEN IN A LOT OF STRANGE PLACES)... AND THE POWERLIFTERS? WELL, FOR THOSE WHO HAVE BEEN TO ZUVER'S HALL OF FAME GYM, IT IS A MONUMENT TO SOMETHING, I'M NOT SURE JUST WHAT. BOB ZUVER, MINISTER AND PROPRIETOR, HANDCRAFTED, WITH MUCH ASSISTANCE FROM 1988 BIRMINGHAM, THE BIGGEST PLASTIC PHYSIQUE DUDE YOU HAVE EVER SEEN, OH, ABOUT 12 FEET TALL OF WRITTING MUSCLE THAT STOOD BY THE GYM ENTRANCE. AFTER HIS VERY GOOD EQUIPMENT, CASHING THE LOCAL TEENAGERS TO HOLLER ALL SPORTS, AND I'M SURE, ALL THE LOCAL TEENAGERS TO HOLLER ZUVER'S, WAS A HOTBED BACK IN THE SIXTIES. I'VE WRITTEN ABOUT THE GYM PREVIOUSLY, BUT BESIDES ZUVER'S GARAGE (THE REST-SIDE CLUB) IT WAS A HAPPENING PLACE FOR POWERLIFTING. ONE THING THAT BOB USED TO STRESS IS THAT ONE MUST LIFT IN THE SAME GEAR THAT ONE WILL USE IN A MEET. RICKY GRAIN SAID THE SAME THING IN A TERRY TODD'S MANUAL ON PL. NOW, ONE MIGHT THINK THAT WITH THE ADVENT OF THE ELITE SUIT, THE SUPER SUIT, WRAPS I AND II, ETC. THAT THIS PRINCIPLE MAY NOT BE WISE. PERSONALLY, I HAVE MIXED FEELINGS ON THE MATTER, BUT THINK THAT A SIMPLE EXPLANATION WILL GIVE THE REASON NECESSARY. WE ALL KNOW THAT THE SUIT IF YOU ARE GOING TO COMPETE IN IT, WE ALL KNOW THAT THE SUIT IS WORTH HIS BOUND TO HAVE DEPTH AND/OR BALANCE PROBLEMS IN A MEET. IT'S SUCH A DIFFERENT FEEL THAN SQUATTING WITHOUT IT, THAT MANY GUYS WEARING IT FOR THE FIRST TIME, CAN SQUAT A LOT MORE, BUT OFTEN CAN'T GET ONE PASSED DUE TO LACK OF DEPTH, OR BALANCE PROBLEMS. YOU HAVE TO TRAIN IN THE SUIT TO GET THE FEEL OF IT. NO RUNNER ENTERS A MARATHON WEARING NEW SHOES. IT DOESN'T MAKE SENSE FOR THE END RESULT WILL BE PAINFUL Blisters AT THE LEAST. SOME OF THE BEST COACHES I KNOW ARE SQUATTING TO GET THE FEEL OF FISHING FOR DEPTH, HESITATING ON THE BOTTOM, STRUGGLING TO STAY UPRIGHT, ETC.

ON THE OTHER HAND, I KNOW A FEW LIFTERS WHO SQUAT IN EXCESS OF 700 REGULAR IN MEETS (ONE HAS ATTEMPTED A NATIONAL AND WORLD RECORD) BUT WHO CAN BARELY SQUAT 500 FOR A TRIPLE IF THEY GO WITHOUT A SUIT AND WRAPS. MAN, THEY'LL START TO OUAKE AND SHIVER, WALK WITH THE BAR, DAWN NEAR SUIT A GUT COMING OFF OF THE BOTTOM. THE USUAL SOLUTION IS TO RUN FOR THE SUIT, THEY CREATE A SITUATION WHERE THEY REALLY CAN'T SQUAT WORTH A DAMN ONE IS TO WALK WITH THE BAR, THEN DISMOUNTING POSITION TO BE IN THESE PRESSED. ITS JUST THAT YOU DON'T? IS THERE A LIFTER WHO'S IN HERE DRESSED OUT FOR IT, YOU KNOW? THIS HERE LIFTERNESS I'M UP, I THINK IT IS VITALLY IMPORTANT FOR THE VERY LIFTER TO LAY A SOLID FOUNDATION OF STRENGTH PRIOR TO THE CONTEST SEASON. MOST TOP MEN LIFT IN BUT TWO MEETS A YEAR, AND IF THEY'RE LIFTING IN MORE, THERE'S NO NEED TO REALLY BET HEAVY FOR THE ONES THAT DON'T COUNT TOWARDS THE NATIONAL TITLE. TAKE A PART OF THE YEAR, AND TRAIN LIKE HELL, BUT WITHOUT SUITS AND WRAPS (USE ENOUGH WRAP TO PREVENT INJURY BUT NOT NECESSARILY TO JACK THE BUILD, SOME WISE HIGHER REFS (8 TO 20 IN VARYING COMBINATIONS) & BE AUGMENTED BY THE SUIT. SOME STRENGTH TRAINING WILL BE TEST NEARLY DROP REPS, AND USE THE SUIT WRAPS, BELT, SHOES, ETC. JUST AS YOU WOULD DO IT FOR REAL COMBAT, ONCE A WEEK. MOST GUYS SQUAT HEAVY ONCE A WEEK, A LIGHT/MODERATE ONCE A WEEK. PERHAPS FOR HIGHER REFS, ON THE OTHER DAY, IN ORDER TO MAINTAIN WHAT WE'RE CALLING REAL STRENGTH. IN THE LONG RUN, TWO OR THREE YEARS DOWN THE ROAD, YOUR SUIT WILL BE MUCH HIGHER FOR IT TO BE. S. OH, OLD BLUE OF N. CITY HAS NOT THE KIND OF TEAM I WOULD WANT TO BE WITH. I'M SURE YOU KNOW THE OTHER (WITH OLD BLUE BERKELEY SHAKING THE PATE AND COUGHING COAST CLUBS) AND ONE HAS TO EXCEL TO PLAY STRENGTH IS ALWAYS EXTRA TIGHT ONE). BUT IT WASN'T THERE ON THE PITCH. NOT CLOSE. "CAN'T FIGURE IT KEN, YOU EVER HAD THE SAME PROBLEM?" I EXPLAINED TO HIM THAT I NEVER USED A SUIT (NOT THEN ANYWAY) AND COULD PRETTY WELL TAKE THE HIP AND LEG STRENGTH I HAD AND SHOW IT IN THE FORM OF OTHER ATHLETIC MANEUVERS. "MAYBE I JUST NEED TO SQUAT ANOTHER DAY A WEEK?" I TOLD HIM THAT HE REALLY DIDN'T HAVE AS MUCH STRENGTH AS YOU FEEL, WHO WAS, WITHOUT HIS "MUMMY OUTFIT" AS HIS COUSIN CALLED IT. THIS HAPPENS TO A LOT OF GUYS. THEY CAN BLOW AWAY THE LOCAL ASSOCIATION RECORD IN THE SUIT, BUT FALL A HUNDRED POUNDS SHORT OF IT OTHERWISE AS THEY NEVER GO WITHOUT THE SUPPORT.

KEN

MIDWESTERN DISTRICT CHAMPIONSHIPS

5/21-22-OMAHA, NEBRASKA

114. J. LARSON	330*	180	325	835*
D. JUCERA	180	95	275	550*
L. WELTER	135	85	220	440
123. R. HELMS	405*	205	390	1000*
S. OYSTER	400	215	380	995
R. STEVENS	395	170	320	815
K. SCHMIDT	325	170	315	825*
132. J. CONNELL	325	170	315	825*
C. BROWN	370	250	405	1025
R. HEWINS	370	205	390	965
146. J. JONES	445	260	500	1205
S. DILLON	440	230	445	1115
S. GILLILLAN	420	220	360	910
D. J. SMALL	375	205	350	875
R. WITTECK	345	190	300	755
T. JONES	300*	165*	270	735*
C. HAYES	235	160	275	670
155. J. DEBAN	100	295	595	
165. HELGEBERGER	490	305	540	1335
M. JURNETT	470	290	520	1260
K. BAHADO	450	300	575	1225
D. WILSON	450	305	525	1225
R. BRETHAUER	420	290	505	1225
D. SASADOU	425	300	500	1225
R. MONYNY	420	235	530	1205
D. HENNING	410	275	485	1170
E. PALOMARI	430	255	485	1170
G. WESS	405	270	440	1135
D. MONYNY	405	295	435	1045
R. RYAN	390	260	410	1010
J. WELICHLICH	370	270	410	950
181. HAZELWOOD	555	300	655	1390
D. JASGES	525	365	645	1335
R. TROMASSELLO	490	275	525	1290
R. FRENCH	420	325	425	1150
R. EDWARDS	350	225	375	950
D. EDWARDS	350	225	375	950
J. BAKER	330	215	360	905
C. HEKWAY	215	135	315	715
198. SCHWELLEN	600*	360	655*	1585*
G. ARENDE	555	300	650	1525
D. JAGICK	500	300	550	1350
D. JAMES	365	300	490	1155
220. J. VOTH	440	290	495	1145
220. J. LANGHART	540*	375	570	1585
B. FITZKE	475	365	600	1440
D. WARD	460	350	550	1360
B. WARD	500	300	520	1305
G. FANT	390	250	400	1240
242. GEBELING	670*	480*	635	1795
R. LAME	605	350	570	1530
R. BORME	510	310	610	1430
J. ROSALES	505	415	490	1410
275. SRYTHIA	490	340	485	1295
R. AXMAN	580	395	650	1630
D. COOK	530	310	520	1360
D. JUCKLEY	500	350	500	1350
B. GARRETT	430	285	400	1168
S. CROUSE	555			
275. FULMOTO	500	340	500	1340
D. WALTERS	505	285	450	1240
J. PLUMBECK	375	240	425	1040
D. KENEDY	390	195	360	945
300**165**270	735**			
300**115**315**	625**			
C. CONNELL	180	95	275	550**
D. JUCERA	100	100	295	595
L. WELTER	135	85	220	440

BEST LIFT: MONTE LUTIFING
BEST LIFTER: OMAMA AHT. CTR.
TEAMS: 1ST: OMAHA AHT. CTR.
2ND: CENTRAL NEBRASKA POWER CLUB
IN THIS PART OF THE COUNTRY BECAUSE
IS RAPIDLY BECOMING THE CLASS MEET
OF ITS EXCELLENT ORGANIZATION
AND THE QUALITY OF THE COMPETITION
BEING VALUE DUE TO THE DILIGENT
WORK DONE BY MIKE SHINES, JOHN
LUTRY, PETE BUTTERNET, AND THE
HEIGHT TRAINING COUNCIL WHICH
OVERSEES MOST OF THE BODYBUILDING
AND POWERLIFTING ACTIVITY IN THE
MIDWESTERN DISTRICTS. THE INCREASED
POPULARITY OF POWERLIFTING IS
DUE TO THE INCREASED POPULARITY OF
IDAMO AND SURROUNDING AREAS BE-
CAUSE OF THEIR FINE EFFORTS.

* NEW RECORD
** NEW RECORD
TIED RECORD

SPONSORS: CHAMPION CHARLES MUSCLE
PALACE, THANKS TO CHAMPION CHARLIE
BROWN FOR RESULTS

NORTHWESTERN USA OPEN-4/19/80
BOISE, IDAMO

MIDWEST DIV
B. WESS 210 125 265 820
D. LUTRY 165 115 265 540
R. LUTRY 205 115 250 570
M. SPINCLER 180 90 240 510
B. WELMOTH 185 110 275 570

FREE SUPERWRAPS

SUPER SUITS

NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT II** (stronger material)
Navy Blue, Royal Blue, Scarlet (Red) **\$32.00***
 - **SUPERSUIT** Natural Color (white) **\$24.00***
- Do Not accept substitutes! These suits are custom sized to fit for greater support.

Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

Free Pair of Superwraps with Each Suit Purchased!

Help Increase Your Total

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJAN SUPERSUITS are now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company. The numbered sizes give you a better fit ... DO NOT Accept substitutes.

ATTENTION

SUPERWRAP II

ATTENTION

Currently the most effective knee wrap used for the SQUAT.

- STRONGER • HEAVIER • LONGER LASTING •
- GREATER STRETCH WITH BETTER COMFORT •

• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00* •

(Sold under other names, by other companies at higher prices.)

... add pounds to your SQUAT & TOTAL.

Also ... SUPERWRAP

• 3 Pairs \$12.00* • 1 Pair \$5.00*

... the original heavy duty knee wrap cut to official length.

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

Indicate 1st, 2nd, and 3rd choice of color.

Name: _____

Address: _____

City _____ State _____ Zip _____

Check or Money Order must accompany orders.

*Overseas orders add 20%.

Supersuit II Navy Blue Royal Blue Scarlet Red \$ _____

Supersuit Natural Color \$ _____

Superwrap II _____ (Quantity) \$ _____

Superwrap _____ (Quantity) \$ _____

State size or height & weight: _____ (Size) _____ (Height) _____ (Weight) \$ _____

Total \$ _____

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

Nutrition NEW SERIES!!!

Corner

BY JACK DIGANGI R.D.

THE BASICS OF PROTEIN:

WITH ALL THE LITERATURE GOING AROUND ABOUT PROTEIN, I'D LIKE TO GET BACK TO SOME OF THE BASICS OF PROTEIN. PROTEIN IS OFTEN DESCRIBED AS THE "LANGUAGE" OF THE BODY. IN THE 26 LETTERS OF THE ALPHABET, THERE ARE 22 "LETTERS" OF PROTEIN. IN THE 26 LETTERS OF THE ALPHABET, THERE ARE 5 "HOMELS" IN THE ALPHABET WHICH CORRESPOND TO 8 ESSENTIAL AMINO ACIDS. THESE 8 AMINO ACIDS ARE CALLED COMPLETE PROTEIN FOODS. THOSE WITH 7 OR LESS ARE CALLED INCOMPLETE SOURCES OF PROTEIN. THE COMPLETE SOURCES OF PROTEIN ARE WIDELY KNOWN AND FAIRLY UNDERSTOOD, I.E., MEAT, FISH, POULTRY, EGGS, MILK, ETC. HOWEVER, IT IS THE INCOMPLETE PROTEIN SOURCES THAT ARE GENERALLY IGNORED. THE BODY HAS THE CAPACITY TO UTILIZE THE INCOMPLETE PROTEINS SEVEN OR LESS BY COMBINING TWO OR MORE FOODS AND THUS ACHIEVING THE NECESSARY 8 ESSENTIAL AMINO ACIDS. SEVERAL ESSENTIAL AMINO ACIDS ARE COMBINED WITH OTHER AMINO ACIDS OF OTHER INCOMPLETE FOODS. THE RESULT IS THAT THESE MIX AND MATCH SOURCES ADD PROTEIN TO YOUR DIET AS WELL AS DOES ANY STEAK. FOR EXAMPLE, FOODS IN COMBINATION SUCH AS RICE AND LEGUMES, CORN AND LEGUMES, ETC., ARE AMONG THIS GROUP OF COMPLEMENTARY PROTEINS. (IF YOU WILL SEND A SELF-ADDRESSED, STAMPED ENVELOPE, I'LL BE GLAD TO SEND YOU THE ENTIRE LIST.) THE AMOUNT OF PROTEIN SET BY THE NATIONAL RESEARCH COUNCIL IS GIVEN IN THE R.D.A.'S (RECOMMENDED DIETARY ALLOWANCES) AS A PROTEIN PER 1000 CALORIC INTAKE. THE COUNCIL RECOMMENDS .4 GRAMS OF PROTEIN PER 1000 CALORIC INTAKE. THE REASON FOR THIS RECOMMENDATION, HOWEVER, RECENT EVIDENCE SUGGESTS THE PROTEIN SHOULD BE BASED ON TOTAL CALORIC INTAKE. A FIGURE OF 15% APPEARS MORE SUITABLE TO WEIGHT TRAINED ATHLETES. TAKE A FEW MINUTES AND ROUGHLY FIGURE YOUR PROTEIN CONSUMPTION (TAKE A FEW MINUTES AND ROUGHLY FIGURE YOUR PROTEIN CONSUMPTION ONLY) FOR THE LAST 3 DAYS. IT SHOULD BE AROUND

/S/ JACK DIGANGI, R.D.
PUBLIC HEALTH NUTRITIONIST
116 DORSON PLACE
WEST MONROE, LOUISIANA 71291

P.S.: NEXT ARTICLE: EATING AFTER THE WEIGH-IN.

P.S.S.: TO CLARIFY AN AMBIGUOUS IMPLICATION, THE 1979 LOUISIANA STATE P/L CHAMPS IS THE NEW ORLEANS P/L TEAM. THE 1978 P/L P/L CHAMPS IS THE MONROE Y TEAM. (OKAY, RANDY!!!!!!)

WHAT THE POWERLIFTING WORLD HAS BEEN WAITING FOR!!

SUPERPOWER BAR

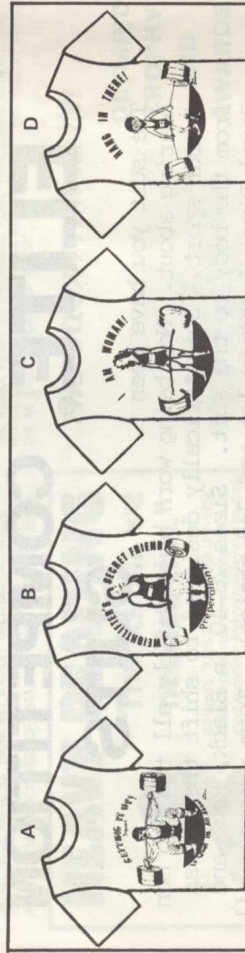
CONFORMS TO ALL AAU/IFF SPECIFICATIONS
READY FOR IMMEDIATE SHIPMENT

189999

WEIGHTLIFTERS WAREHOUSE
5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232

Shipping paid at time of delivery
California residents add 6% sales tax

LIKE JANS - I FINALLY FIGURED OUT WHO YOU LOOK LIKE...A CROSS BETWEEN BOSS HOGG OF HAZARD COUNTY AND ORSON WELLES.



Light Blue

Yellow

Light Blue

Tan

\$7.00 each

SIZE	QUANTITY
A	
B	
C	
D	

ORDER BLANK

Total postage \$ _____
(add \$1.00 postage per shirt)

Total enclosed \$ _____

Name _____

Address _____

City _____

State _____

Zip _____

send to:

ONE LINERS UNLIMITED
P. O. Box 491
ALVA, OK 73717

S - M - L - XL

ps...the t-shirts advertised above are high-quality material and the designs, which are silk screened on, look very durable, fade and crack resistant.

INTRODUCING ELITE®



COMPETITION WRAPS

Strength Systems

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

From the makers of the ELITE suit, here is a wrap designed especially for Powerlifting competition. Using synthetic materials, the weave of the wrap is designed to stretch to its maximum length, and then stop stretching. This gives the lifter extra support in the bottom of the squat, the critical position. These are the best wraps on the market and, if bought from Strength Systems, they are **GUARANTEED FOR 3 MONTHS**

(from date of shipment, against ripping of material)

2 METER LENGTH
A.A.U. APPROVED

ELITE® COMPETITION SUITS

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

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

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

(INCLUDE HEIGHT AND WEIGHT INFO)

NEW PHONE NUMBER...214-299-5585

include MASTERCARD/VISA expiration date
card number

BENCH PRESS BIBLE

A comprehensive guide to bench pressing by long time powerlifter Pete Vuono, especially for beginners, but applicable to the top level trainer as well..brought to you in six parts.

OUTLINE

1. TECHNIQUE
2. OVERLOADING
 - A. CHEATING METHOD
 - B. "TAPPING" WITH PAUS
 - C. "TOUCH" METHOD
 - D. FLOOR PRESS LOCK-OUTS
 - E. NEGATIVE TRAINING
 - F. POKER STARTS
3. POWER RACK TRAINING
4. DEVELOPMENT OF STICKING POINTS
 - A. BOTTOM POSITION
 - B. MIDDLE POSITION
 - C. TOP POSITION
5. OVERCOMING POOR LEVERAGE
6. A WORD ABOUT REPETITIONS

PART ONE

IN ALL THE YEARS THAT I HAVE LIFTED WEIGHTS, I HAVE SEEN MANY FINE ARTICLES ON HOW TO IMPROVE THE BENCH PRESS. HOWEVER, IN ALL SUCH ARTICLES THERE WAS USUALLY ONLY ONE TECHNIQUE DESCRIBED. THEREFORE, IF THAT TECHNIQUE DIDN'T WORK, I FOUND MYSELF SCOURING HUNDREDS OF MAGAZINES LOOKING FOR ANOTHER WAY.

HEAVY READING

"Thanks Bill, we needed this."



Bill Pearl's, "KEYS TO THE INNER UNIVERSE" This 638-page volume-encyclopedia is the most complete and comprehensive training guide ever published on bodybuilding. Over 1000 fully illustrated exercises -- all the secrets of 30 years of experience.

Only \$25.00 plus 10% for tax and Shipping. One FREE Power Elite Tank top with each order. ONE FREE BOOK with an order for 12 or more Super Suits, from Pacifico Enterprises. See our other ad in this issue.

Enclosed is my check or money order for copy(s) of Bill Pearl's "Keys To The Inner Universe" at \$25. each, plus 10% for tax and shipping:
NAME _____ ADDRESS _____ CITY/STATE _____ ZIP _____
P.O. Box 14152 N.R. Branch Dayton, Ohio 45414
FREE Tank Top Size _____

"RETURN OF THE MAD STORK"...THE COMEBACK OF ENGLAND'S DAVE CARTER SEEMS COMPLETE...HE RECENTLY WENT 727 374 788 AT 242. GOT UP WITH A 749 SO BUT STUMBLER WITH IT, PUSHED UP 396 THICE BUT NOT TO THE JUDGE'S SATISFACTION...OTHERWISE HE WOULD HAVE SET A NEW BRITISH TOTAL RECORD.

FOR THIS REASON, I HAVE TAKEN ALL THE MAJOR AND LESS POPULAR TECHNIQUES AND HAVE PUT THEM TOGETHER SO THAT THE TRAINER CAN HAVE ONE REFERENCE TO REFER TO FOR BENCH PRESS TECHNIQUES WITHOUT HAVING TO SEARCH THROUGH SEVERAL REFERENCES TO FIND HIS OR HER OWN SPECIAL WAY.
I HAVE DIVIDED MY ARTICLE INTO SIX PARTS AS LISTED.

1. TECHNIQUE

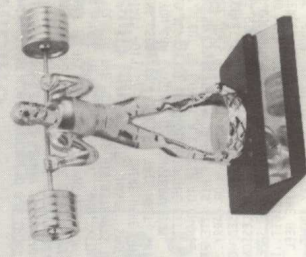
MOST GOOD BENCH PRESSERS HAVE ONE OF THE FOLLOWING THREE PHYSICAL CHARACTERISTICS: SHORT ARMS, A FLEXIBLE BACK OR A LARGE CHEST. IF YOU ARE DEFICIENT IN THESE THREE CATEGORIES, YOU CAN STILL HELP TO OVERCOME THEM WITH BETTER TECHNIQUE. FIRST, THERE IS NOTHING YOU CAN DO ABOUT THE LENGTH OF YOUR ARMS, BUT IF YOU WIDEN YOUR GRIP TO THE MAXIMUM OF THIRTY-TWO INCHES THE DISTANCE BETWEEN THE BAR AND THE TOP OF YOUR CHEST IS GREATLY DECREASED. THIS MAY BOOST YOUR POUNDAGES IMMEDIATELY. IF YOU FIND THAT YOU HAVE STRONG TRICEPS, TURNING YOUR HANDS INWARD AT AN ANGLE SO THAT THE BAR RESTS ON THE HEEL OF THE HANDS AND THE ELBOWS POINT OUTWARD, CAN PUT A GREAT DEAL OF THE MORE FLEXIBILITY THAT YOU ATTAIN IN YOUR ARMS TO USE TO YOUR BETTER AND HIGHER A BRIDGE YOU WILL ACHIEVE. THIS WILL COMPENSATE FOR A SMALLER CHEST. YOU CAN ACHIEVE FLEXIBILITY THROUGH VARIOUS STRETCHING EXERCISES. GYMNASIUMS WHICH PROMOTE FLEXIBILITY TRAINING EXERCISES WHICH PROMOTE FLEXIBILITY.

AS FAR AS THE DESCENT OF THE BAR IS CONCERNED, THERE ARE SEVERAL OPINIONS. SOME PEOPLE CLAIM THAT A QUICK DESCENT BUILDUP UP A REFLEX ACTION IN THE PECTORALS STRETCHING THEM AND THEREFORE MAKING THEM MORE APT TO SPRING BACK UPWARD. OTHER PEOPLE BELIEVE IN A SLOW DESCENT FOR THE SAKE OF CONTROL. THIS MUST BE THE LEFTER CHOICE. HOWEVER, SEEM TO BE VERY UNPOPULAR. BUT HANDS, NOWADAYS, SEEM TO BE VERY UNPOPULAR. BUT DON'T FORGET THAT A POOR HANDOFF WILL MAKE YOU WAIT LONGER TO ACHIEVE PROPER BALANCE. IN THE EXTRA AMOUNT OF TIME IT TAKES YOU TO ACHIEVE PROPER BALANCE, STRENGTH COULD BE LOST. IF POSSIBLE, I RECOMMEND THAT YOU TAKE THE BAR OFF THE STANCHIONS BY YOURSELF.

LASTLY, ON YOUR ASCENT OF THE BAR, CONCENTRATE AS HARD AS POSSIBLE ON SPEED. THIS, I'M SURE, WILL HELP YOU. ALSO, DO NOT JUST DRIVE THE BAR STRAIGHT UP. DRIVE THE BAR UP AND BACK. THIS WILL HELP YOU TO GET YOUR FEET UNDER THE BAR. IF YOU ARE A MEMBER, THAT IT IS EASIER TO CLIMB STAIRCASES THAN ANY OTHER MEMBER, THIS PRINCIPLE ALSO APPLIES TO BENCH PRESSING. IF YOU CREATE AN ARC ON THE DESCENT AND ASCENT. ONE WAY OF DOING THIS, IS TO BRING YOUR ELBOWS IN TOWARD THE BODY AS THE BAR DESCENDS. KEEP THIS POSITION ON THE UPWARD THRUST AND AS THE BAR REACHES THE MIDDLE POINT OF THE BENCH, FLARE YOUR ELBOWS OUTWARD. THIS MOTION CAN AND WILL CREATE AN ARC OR ANGLE. YOU WILL BE CREATING AN INCLINE PLANE OF ASCENT.

THE SQUATTER IS IN!

OLYMPIC TROPHY AND AWARDS CO.



proudly presents the trophy figure you've all been waiting for. Please place orders 4-6 weeks in advance of your contest as this figure is a custom made figure and not a stock item.

Call or Write for FREE Catalog
4408 N. Milwaukee Ave., Chicago, IL 60630 USA
(312) 545-0449

HOT NEW AUSSIE...JOHN CARROLLA JUST DID AN 800 KG TOTAL AT 198...INCLUDING A 705 SQ, 385 LB...AND 672 DL...MISSING A 710 DL TWICE...ALSO, I HEAR THAT ELITE WRAPS ARE GOING FOR \$21 PER PAIR...DOWN THERE...AND YOU THOUGHT THINGS WERE TOUGH IN THE STATES.)

TELL IT TO THE JUDGE

THIS ARTICLE IS THE FIRST OF WHAT WILL HOPEFULLY BE A SERIES... DEALING WITH EXPLANATIONS AND INTERPRETATIONS OF THE RULES THAT GOVERN OUR SPORT... PL USA ENCOURAGES OFFICIALS TO CONSIDER CONTRIBUTIONS TO THIS DEPARTMENT... THE MAJOR CONTRIBUTION TO THIS DEPARTMENT THAT FOLLOWS... THE MATERIAL SUBMITTED PROVIDES SOME KIND OF INSIGHT TO THE READERSHIP REGARDING THE RULES... SO THAT LIFTERS AND OFFICIALS ALIKE CAN UNDERSTAND EACH OTHER BETTER... AND FURTHERMORE, SO THAT CONTESTS CAN BE CONDUCTED AS SMOOTHLY AS POSSIBLE... FOR THE BENEFIT OF THE PARTICIPANTS AND THE FANS.

IN A LETTER TO JOE ZARELLA, IAIN BURGESS, A VETERAN LIFTER, HAS PROTESTED THE RESULTS OF THE REGION II MEET HELD ON APRIL 12, 1980. IN HIS LETTER, IAIN DETAILS THE HISTORY OF THE MEET AS HE EXPERIENCED IT, LEADING UP TO AND FOLLOWING HIS DISQUALIFICATION... AT THE DIRECTION OF REFEREE, LARRY EGGLESTON, WHO RESPONDED TO MY INQUIRY ABOUT THE SITUATION WITH A LETTER OF HIS OWN.

BOTH MEN HAVE DOCUMENTED SEVERAL DISCREPANCIES AT THIS MEET (THE SAME KIND THAT OCCUR AT MANY MANY MEETS ACROSS THE COUNTRY) AND I WON'T GO INTO "HOSE DETAILS" OTHER THAN TO SAY THAT IT IS INTERESTING HOW DIFFERING PARTIES CAN "SEE" THE SAME INCIDENT. IAIN WAS DISQUALIFIED ON THE BASIS OF EXCESSIVE HEEL WIDTH ON HIS "KARHU" LIFTING BOOTS. HE POINTED OUT THAT THESE SAME BOOTS HAD BEEN PASSED AT OTHER CONTESTS (THERE WAS APPARENTLY NO EQUIPMENT INSPECTION AT THIS MEET), OTHER LIFTERS HAD WORN THESE KARHU BOOTS, AND IAIN EVEN CAME UP WITH PICTURES OF THESE KARHU BOOTS, WHICH THE REFEREE WAS WEARING THAT WAS CLEARLY A PART OF KARHU LIFTING BOOTS.

THE RULES... PROPER LIFTING COSTUME... REGARDING SHOES BEGINS AS FOLLOWS: "...PROPER LIFTING SHALL INCLUDE SHOES... THE HEELS MUST NOT EXTEND LATERALLY... AND THAT'S ALL IT SAYS. THERE ARE NO DIAGRAMS, ETC. TO EXPAND UPON THAT STATEMENT. THE INTERPRETATION THAT LARRY USES TO IMPLEMENT THIS RULE (ONE WHICH I HEARD EXPRESSED BY SOME OTHER INTERNATIONAL REFEREES) IS THAT THE HEEL, WHEN VIEWED FROM THE REAR, MUST NOT BE WIDER THAN THE MAXIMUM WIDTH OF THE UPPER PART OF THE SHOE... WHY DO WE HAVE TWO IMPORTANT CONTRIBUTORS TO OUR SPORT DISAGREEING SO VIOLENTLY ABOUT THIS ISSUE? LARRY IS CONVICTED THAT THE HEEL WIDTH ON IAIN'S PAIR OF SHOES WAS WIDER THAN THE MAXIMUM BREADTH OF THE UPPER, AND THAT IS WHY HE DISQUALIFIED IAIN... LARRY STUCK BY WHAT HE BELIEVED IN THIS MATTER. ON THE OTHER HAND, YOU CERTAINLY HAVE TO FEEL FOR IAIN... WHO, WITHOUT ANY PRIOR WARNING, WAS TOLD IN THE MIDDLE OF HIS ATTEMPTS THAT HIS SHOES WERE "ILLEGAL"... WITH LITTLE TIME TO CHANGE SHOES OR DO ANYTHING ABOUT IT, IAIN POINTED OUT THAT THERE WERE OTHER REFEREES WHO WERE USING DIFFERENT LIFTERS AT THIS MEET, WHICH WERE NOT DISQUALIFIED BECAUSE OF THESE SHOES.

YES, THE RULES SHOULD ALWAYS BE INTERPRETED CONSERVATIVELY. ONE CAN ARGUE WITH THAT... BUT TO EXPECT A LIFTER TO CHANGE EQUIPMENT AS IMPORTANT AS SHOES IN THE MIDDLE OF HIS ATTEMPTS IS A BIT MUCH. THE BLAME DOES NOT LIE WITH IAIN OR LARRY, YOU COULD PROBABLY ASSIGN IT TO THE OFFICIALS WHO PASSED IAIN'S SHOES AT PREVIOUS CONTESTS... BUT THE IMPORTANT LESSON IS THIS: ALL OFFICIALS DO NOT INTERPRET THE RULES THE SAME. THE RULE ABOUT SHOES AND HEEL WIDTH IS NOT VERY SPECIFIC... IT SHOULD BE CLEAR TO EVERYONE THAT THE WIDTH OF THE HEEL FEARED HEELS, WHICH IS NOT MENTIONED IN THE RULEBOOK, BUT THEY ALL SHOULD... SOME KARHU LIFTING BOOTS, EITHER THROUGH DESIGN OR MEAN... (I DON'T KNOW WHICH) ARE APPARENTLY ILLEGAL.

EVER AGAIN, BE USA USES THAT INTERESTED OFFICIALS AND CONTESTERS WILL UNDERSTAND THE WAY DRUDGE GOING, SO THAT WE CAN ALL UNDERSTAND THE WAY DRUDGE GOING, SO TO BE ON AND AVOID THE KIND OF SITUATION AS DESCRIBED TO BE THE MEET IN QUESTION, WHICH IS, UNFORTUNATELY, THE HARD-EST MAY TO LEARN ANY LESSON... LIFTERS, IF YOU HAVE A QUESTION ABOUT THE RULES... SEND IT IN... I'LL TRY TO GET IT ANSWERED BY THE BEST REFEREES I CAN FIND. OFFICIALS, IF YOU HAVE AN UNDERSTANDING OF A RULE THAT SEEMS TO ESCAPE MOST LIFTERS... SHARE YOUR KNOWLEDGE... IT'S APPROPRIATE

TO GET COMMENTS FROM LIFTERS IN RESPONSE, I'LL DO SO... ANECDOTE... IF YOU'VE BEEN INVOLVED IN A DISPUTE ABOUT THE RULES, LIKE IAIN AND LARRY, SEND IN YOUR SIDE OF THE STORY... PL USA WILL TRY TO LOCATE THE OTHER PARTIES INVOLVED, LISTEN TO WHAT THEY HAVE TO SAY... AND DRAW SOME CONCLUSIONS... IF WE ALL WORK TOGETHER, THIS CAN BE ONE OF THE MOST USEFUL PARTS OF THE ENTIRE MAGAZINE.



"POWERLIFTER"... the game of competitive weightlifting... fun for lifters, wives, and friends everytime you play it... includes score sheets, rule book, and all the things you need for hours of enjoyment. \$10.00 postpaid (Calif. residents add 60c tax)... checks payable to POWERLIFTING USA, Box 467, Camarillo, CA 93010 (Allow 6 weeks for delivery)

CLASSIFICATION AWARDS DEADLINE... LARRY EGGLESTON, WHO IS THE NATIONAL AWARDS CHAIRPERSON REPORTS THAT... AFTER JUNE 1st... HE WILL NO LONGER ACCEPT OR HONOR ANY APPLICATIONS FOR CLASS IV THRU CLASS I, MASTER, OR ELITE PATCHES SUBMITTED ON THE OLD FORMS, ACCORDING TO THE OLD TOTALS. IT HAS BEEN SIX MONTHS NOW SINCE THE NEW FORMS HAVE BEEN IN CIRCULATION... IF YOU DON'T HAVE A COPY OF THE NEW TOTALS, PLEASE CONTACT LARRY AT 409 N. 8th AVENUE, HOPEWELL, VIRGINIA 23860

THE PROTOTYPE 275 POUNDER??... WAS NONE OTHER THAN OUR NATIONAL CHAMPION, WHOSE BEST LIFTS, WEIGHING 275, WERE 650 405 700. JOE LOVED TO SQUAT, AND ACTUALLY HELD AN UNOFFICIAL WORLD RECORD FOR BEING THE YOUNGEST MAN TO SQUAT OVER 500. JOE DIDN'T WIN ANY NATIONAL TITLES, BUT HE CERTAINLY WOULD HAVE BEEN A BIG FACTOR HAD HE BEEN ABLE TO GET INTO A MAJOR MEET.

BIG SQUATS BACK EAST... I HEAR THAT STEVE SANDERSON RECENTLY DOUBLED 740 WEIGHING 238 AND IS LOOKING TO GET HIS DEBUT LIFT UP TO THAT LEVEL ALSO. SOUNDS INCREDIBLE, BUT ERNIE HACKETT IS APPARENTLY THINKING IN TERMS OF 900-950-1000 FOR HIS ATTEMPTS IN THE SQUAT AT THE SENIORS!!

DR. TONY BANKS ON DRUGS... Dr. Banks is a noted Sports Medicine expert from the United Kingdom... he reports that lifters have been using a CIBA formulation "Slow Sodium", the release NaCl (common table salt) solution to ease the A British drug (pamphlet) to extreme fluid weight loss. as well, one of it's major effects is presumed to be an expansion of the blood vessels, notable among the side effects is gastro-intestinal upset (I know several top lifters who can vouch for this). Tony feels that 5% bodyweight loss is the maximum one can endure without major negative effects, such as weakness of the muscles. (Information presented at the National Strength Research Center Seminar, April 1980)

Flash!!

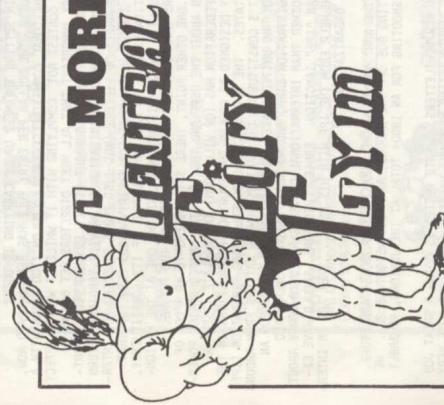
TEE-SHIRTS and TRAINING SHORTS



TEE-SHIRTS
Sizes S,M,L,XL
Just \$8.00
Gold or Light Blue with two-color design
Also available with this psych-up training logo on your back:
"Blood, Muscle & Bones"
- no extra charge.

The best available
TRAINING SHORTS
anywhere, 100% long-lasting nylon, won't shrink, fade, or rip. Notched thighs for squating comfort and great looks.
\$8.00 post-paid
Sizes S,M,L,XL
Navy with white logo
White with blue logo

THE HOTTEST POWER GYM IN THE EAST!
Send Check or Money-Order to:
U.S.A. Gym
8 School Street
Westfield, Ma. 01085



MORE POWER TO YOU!
ORIGINAL
RUSSIAN FORMULA

"WORLD-FAMOUS"
T-SHIRTS
\$8.00
Gold or Navy

B-15*
"Davinici Gluconic 15"
100 Tabs — \$ 8.95
200 Tabs — 15.95
*B-15 retards lactic acid build-up, for more ENDURING WORKOUTS!

"LIFETIME BELTS" LIFTING
Sweat-proof inner lining on high quality leather
Small - 24-30"
Medium - 30-36" ONLY **\$35.00**
Large - 36-42"
"This belt will outlive your conventional belt by years."



Send Check or Money-Order to:
CENTRAL CITY GYM EQUIPMENT
567 Main St.
Springfield, Mass. 01105

Startin' Out

A special section dedicated to beginning lifters.

(contributions welcomed)

FIRST AMONG CONTRIBUTIONS FOR THIS COLUMN IS THE INTERESTING POINT OF A LETTER JUST INTO THE SPORT. ROCKY AND I RECEIVED YOUR RESPONSE TO THE PROPOSAL FOR "THIS COLUMN HAS BEEN PREVIOUSLY ABUNDANT... AND MANY FINE TIPS WILL BE FOUND IN FUTURE EDITIONS OF THIS SECTION OF THE MAGAZINE."

THOUGH I HAVE BEEN POWERLIFTING STEADY FOR ONLY 3 MONTHS, I HAVE POWERLIFTED OFF AND ON FOR 14 YEARS. MY INCONSISTENCY HAS DUE TO NOT HAVING A PLACE TO WORK OUT. I HAVE BEEN INVOLVED WITH WEIGHTLIFTING FOR APPROXIMATELY 4 YEARS. MY INTRODUCTION TO POWERLIFTING CAME DURING MY LAST 6 MONTHS OF SERVICE WITH THE USAF. I WAS TRANSFERRED TO ELLSWORTH AFB, S.D. WHERE I MET GREG FOX, WHO RECENTLY SET 3 INVITATIONAL AND S.D. STATE RECORDS AT BROOKINGS. I WAS AT THE BASE GYM WORKING OUT WITH WEIGHTS IN BODY BUILDING TYPE EXERCISES, WHEN GREG

AFTER WATCHING HIM WORK OUT ON THE DEADLIFT, I WAS HOOKED. HIS STRENGTH AMAZED ME. SOON HE BECAME GOOD FRIENDS AND HE TAUGHT ME A LOT.

EVEN THOUGH I HAVE NOT YET COMPLETED A POWERLIFTING TOURNAMENT, I'D LIKE TO PASS ALONG THE VERY BASICS FOR SOMEONE WHO IS THINKING ABOUT BECOMING A POWERLIFTER. SINCE YOU WILL OBVIOUSLY BE GETTING WORKOUT ROUTINES FROM OTHER, MORE EXPERIENCED POWERLIFTERS, I WILL BE WRITING AN INTRODUCTION TO PL FOR YOU.

THE FIRST THING A BEGINNER SHOULD DO IS TO GET A PHYSICAL TO BE SURE YOU ARE IN GOOD ENOUGH HEALTH FOR SOME HEAVY LIFTING. ONCE YOUR PHYSICAL FITNESS HAS BEEN ESTABLISHED, YOUR NEXT STEP IS TO LOCATE A PLACE WITH THE EQUIPMENT (OLYMPIC WEIGHTS) TO WORK OUT. MOST Gyms ARE EQUIPPED AND MEMBERSHIP RATES ARE ABOUT THE SAME AS SOME PRIVATELY OWNED Gyms.

THE THIRD STEP ACTUALLY TAKES PLACE AT THE SAME TIME OF THE SECOND STEP AND HAS 3 PARTS: KNOWLEDGE OF THE SPORT, BUY A BOOK ON POWERLIFTING SUCH AS "INSIDE POWERLIFTING" (THOUGH IT PERTAINS MAINLY TO HEAVYWEIGHTS TWO SHK. IT HAS SOME GOOD INFO AND INCLUDES IFF RULES AND REASONS FOR DISQUALIFICATIONS). SUBSCRIBE TO POWERLIFTING MAGAZINES, SUCH AS PL USA. THEY NOT ONLY GET TIPS, BUT ALSO INFO ON UP COMING MEETS. YOUR RESULTS (SO YOU CAN COMPARE YOURSELF AND SCOUT THE COMPETITION), AS WELL AS DEALS ON EQUIPMENT. B. EQUIPMENT IS ANOTHER ESSENTIAL PART OF TRAINING. YOU MUST HAVE A WEIGHT BELT TO HELP PREVENT SERIOUS INJURY TO YOURSELF. I A SKEWED TO A WOOD PAIR OF KNEE WRAPS. FOR THE TIME BEING, EVER YOU MUST REMEMBER YOU NEED A GOOD SUPERVISOR TO CORRECT IN HOW I SUGGEST YOU HAVE YOUR SUPERSET AT LEAST ONE MONTH BEFORE YOUR FIRST MEET. THIS WAY YOU CAN WEAR IT DURING YOUR WORKOUTS AND GET USED TO ITS TIGHT FIT.

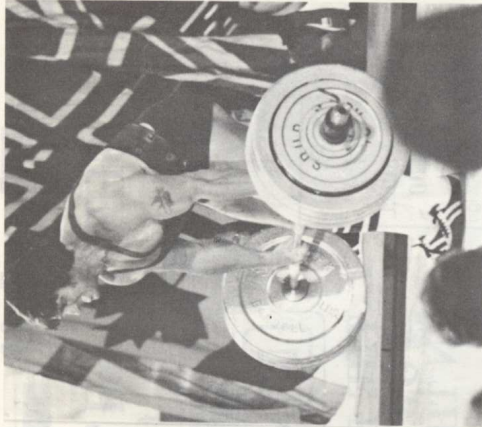
THE LAST PART OF YOUR EQUIPMENT ISN'T REALLY EQUIPMENT AT ALL. IT'S YOUR ABU CARD AND YOUR U.S. POWER FEDERATION CARD. YOU NEED THESE CARDS TO COMPLETE IN MOST POWERLIFTING TOURNAMENTS. (I'VE ONLY READ ABOUT ONE MEET WHERE YOU DIDN'T NEED EITHER CARD). C. FINALLY, GET TO KNOW SOME OF THE OTHER POWERLIFTERS. THEY CAN HELP YOU GET STARTED AND THE MORE POWERLIFTING FRIENDS YOU HAVE, THE BETTER YOUR WORKOUTS CAN GET.

THE LAST AND PROBABLY THE MOST IMPORTANT ITEM TO REMEMBER BEFORE BEGINNING YOUR WORKOUT IS THE "BUDDY SYSTEM." NEVER WORKOUT ALONE! ACCIDENTS AND INJURIES DO HAPPEN, AND YOUR BUDDY COULD SAVE YOU FROM SERIOUS INJURY OR EVEN SAVE YOUR LIFE. SO STAY CLOSE TO YOUR PARTNERS.

SINCERELY,

/S/ JOE "ROCKY" BRODSE
35 PEARSON ST.
ROCHESTER, N.Y. 14612

IF YOU FEEL YOU HAVE SOME GOOD IDEAS OR RECOMMENDATIONS THAT WOULD BE USEFUL TO THE LIFTER JUST "STARTIN' OUT" PLEASE SEND THEM IN TO POWERLIFTING USA, BOX 467, CANA- RILLO, CALIFORNIA 91510



RON COLLINS, at the London World Cup with record DL try. Unitt photo

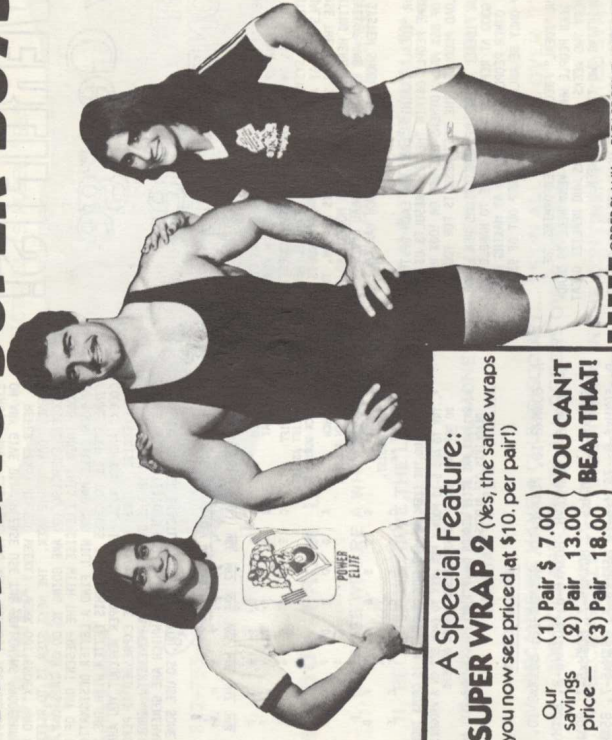
DOLLAR PER ENTRY FALL-OUT... I'VE HEARD THAT MASTERS RECORDS SET AT THE HEIRTON, WEST VIRGINIA NATIONAL MASTERS CHAMPIONSHIPS HAVE BEEN INVALIDATED BECAUSE THE DOLLAR PER ENTRY FEE FOR THE NATIONAL TRAVEL FUND WAS NOT SENT IN. ERNIE NAGY TELLS ME THAT HE SPENT \$75.00 SANCTION FEE FOR EACH EVENT (POMER AND OLYMPIC) PLUS \$105.00 FOR CHAMPIONSHIP PATCHES FROM THE A.A.U. PLUS HE FEELS THAT HE DIDN'T HAVE ANY HELP FROM THE USPF OR THE IFF. GETTING THE REE UP OR CARRYING IT OUT.

BUT THE NATIONAL COMMITTEE CERTAINLY HAS BEEN DROPPED NOW, NATIONAL CONTEST NOT COMPLYING WITH IT WHILE IT WAS IN EFFECT. IT IS VERY IMPORTANT THAT ALL MEET DIRECTORS GET BEHIND A NATIONAL ORGANIZATION AND SUPPORT IT. IT IS ALSO VERY IMPORTANT TO THE MAJORITY OF LIFTERS (NOT JUST THOSE SELECTED FOR INTERNATIONAL TERMS) IN EXCHANGE FOR THEIR VARIOUS FEES, IF THAT ORGANIZATION EXPECTS TO HAVE THE SUPPORT OF ITS CONSTITUENCY. ALL MASTERS CHAMPIONSHIPS STATIONS LIKE THE ONE AT THE NATIONAL MASTERS CHAMPIONSHIPS. THESE STATIONS ARE BEING OF CONFUSION ABOUT THE USPF AND THE IFF. THE UNITED STATES POWERLIFTING FEDERATION HAS (OR WILL SOON) INCORPORATE ITSELF AS AN ENTITY DESIGNED TO GOVERN THE SPORT OF POWERLIFTING IN THE UNITED STATES. THE INTERNATIONAL POWERLIFTING FEDERATION (IPF) HAS AS ITS CONSTITUENCY THE VARIOUS MEMBER NATIONS FROM AROUND THE WORLD. NO UNITED STATES POWERLIFTER HAS TO PAY FOR AN IFF REGISTRATION CARD, AND NO MEETS HELD IN THE UNITED STATES ARE IFF MEETS. INTERNATIONAL CONTESTS, NEED TO WORRY ABOUT GETTING AN "IFF" SAID FOR ENTRY. THEREFORE, SHOULD HAVE EXPECTED TO HELP FROM THE IFF WITH HIS MEET... THEY ARE AN INTERNATIONAL ORGANIZATION.

"JAN THE MAN" VAN DE WEGHE... HAS PULLED 700x5, AND 750x2 PLUS GETTING 805 OFF THE GROUND, AT A BODYWEIGHT OF 233. HE WILL BE SHOOTING FOR AN 1800+ TOTAL AT THE JUNIORS, PROBABLY AT 242.

SUPER NEW NEWSLETTERS... MATE FOSTER IS DOING A GREAT JOB WITH HIS "POWERLIFTING MISSOURI VALLEY"... HE'S HAD SOME VERY EXCELLENT TRAINING TIPS IN EACH ISSUE, PLUS... FORMER WORLD RECORD HOLDER (AND GOING FOR IT AGAIN AT THE NORTHERNS) JIM CASH'S WORLD RECORD TRAINING ROUTINE... THAT ALONE IS WORTH GETTING AN ISSUE. SUBSCRIPTION PRICE... I THINK HE'S TRYING TO GET HIS HANDS OFF THE TRAINING ROUTINE FOR A FUTURE ISSUE AS WELL. PLUS... TOM ELDRIDGE WITH LOTS OF NEWS ON THE IMPROVING POWERLIFTING NEWSLETTER... WITH LOTS OF NEWS ON THE IMPROVING POWERLIFTING NEWSLETTERS... PLUS... TOM IS EXPECTING TO HAVE WORLD RECORD HOLDER LARRY KIDNEY'S ROUTINE (WHO RECENTLY BECAME A MASTER) IN A COMING ISSUE... \$10 FOR A SUBSCRIPTION. NOW FOR THE ADDRESSES TO SEND AWAY FOR THESE PUBLICATIONS: MATE FOSTER, 204 HARVEY DRIVE, MANHATTAN, KANSAS 66502 (\$7) TOM ELDRIDGE, 1621 MELANIE ALINE, ARCADIA, CA 91006 (\$10)

UPLIFTING SUPER BUYS



A Special Feature:

SUPER WRAP 2 (Yes, the same wraps you now see priced at \$10. per pair!)

Our savings price —
(1) Pair \$ 7.00
(2) Pair 13.00
(3) Pair 18.00

SUPER SUIT — All items as shown above. Sizes 24-46 (larger sizes available). Royal Blue, Red and Navy. Only \$32. One FREE pair of Wraps & 1 Tank Top included. Add \$10 for one FREE Bill Pearl "KEYS TO THE INNER UNIVERSE" book with 12 or more ordered.

SUPER SUIT — Sizes 26-46. White only. \$24. One FREE Tank Top with each item ordered.

SUPER BELT — by Bob Morris. \$62

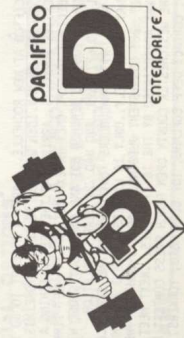
SUPER WRAPS — 3 pair for \$12

POWER STRAP — \$6 per pair.

"POWER ELITE" T-SHIRT — \$5, 7.5 Red with White Trim & Symbol, White with Red Trim & Symbol. 50% Cotton/50% Polyester, S,M,L,XL.

"POWER ELITE" TANK TOP — \$6.50 each. Yellow with Navy Trim & Symbol, Sky Blue with Navy Trim & Symbol. 50% Cotton/50% Polyester, S,M,L,XL.

SEND FOR A FREE CATALOG — Olympic Sets and Lifting Equipment are now available.



PACIFICO
ENTERPRISES

ITEM & CODE LETTER	COLOR	SIZE	WAST OR WEIGHT CLASS	QUANTITY	PRICE
ORDER BLANK — PLEASE PRINT					
NAME: _____					
ADDRESS: _____					
CITY/STATE: _____ ZIP: _____					
SHIPPING (outside USA only add 10%)					
TOTAL (Check or Money Order)					

All prices include Tax and Shipping in USA. Outside USA add 10% for Postage & Handling. Satisfaction Guaranteed. Allow one week for delivery.

Mail to: Pacifico Enterprises
P.O. Box 14152 N.R. Branch Dayton, Ohio 45414

SPECIAL SHIRTS (Worn by Loaders at World Championships)\$9.50

CYCLING THE POWERLIFTS!

by George
PART ONE
Elder

RECENTLY, I HAVE RECEIVED MANY LETTERS INQUIRING AS TO HOW ONE IS TO GO ABOUT SETTING UP A CYCLE TRAINING SYSTEM FOR THE THREE POWERLIFTS. THIS IS AN EXTREMELY COMPLICATED QUESTION AND IS ABSOLUTELY NO SYSTEM THAT IS IDEAL FOR ALL PEOPLE. DIFFERENCES IN PHYSIQUE, AGE, AND TRAINING HISTORY WILL ALL INFLUENCE THE SYSTEM I AM PRESENTING HERE. IT IS TO BE USED AS A GUIDELINE TO HELP YOU DEVELOP AND EVOLVE YOUR OWN TRAINING SYSTEM. YOUR OWN SYSTEM SHOULD BE BASED ON SUCH VARIABLES AS:

- (1) WHAT IS YOUR "IDEAL" TRAINING LOAD FOR EACH OF THE THREE LIFTS? SOME PEOPLE OBTAIN THE BEST RESULTS USING TRAINING LOADS OF 85%... OTHERS USE 95% OR 100% MAX. WHAT TRAINING LOAD PRODUCES THE BEST RESULTS FOR YOU?
- (2) WHAT IS YOUR "IDEAL" NUMBER OF REPETITIONS PER LOAD? PEOPLE WHO ARE GOOD AT REPPING MAY BE ABLE TO HANDLE 95% MAX BY 3 REPS... OTHER PEOPLE WHO ARE GOOD AT MAKING A REP NOT REPPING MAY ONLY BE ABLE TO GET ONE REP OUT OF 95% MAX.
- (3) WHAT IS YOUR "IDEAL" FREQUENCY OF PERFORMING THE 3 LIFTS? I HAVE SEEN PEOPLE WHO RESPOND VERY WELL TO DEADLIFTING ONCE EVERY TWO WEEKS AND OTHERS WHO REALIZE GREAT SUCCESS IN DEADLIFTING TWO TIMES PER WEEK.
- (4) WHAT IS YOUR "IDEAL" ASSISTANCE WORK FOR EACH OF THE THREE LIFTS. SOME PEOPLE FIND MARMON GRIP BENCHES GREAT FOR LOCKOUT POWER, OTHERS HAVE GREATER SUCCESS WITH HEAVY PARTIALS IN THE BACK. DO ONLY ASSISTANCE WORK THAT HAS PROVEN TO BE BENEFICIAL.

ONLY IF YOU KNOW YOURSELF SO TO SPEAK CAN YOU FORMULATE A CYCLE SYSTEM THAT WILL BE EFFECTIVE FOR REALIZING YOUR GOALS. OF COURSE, EXPERIMENTATION IS THE BEST WAY OF KNOWING YOURSELF. SO DON'T LIMIT YOUR WEIGHT TRAINING PROGRAM TO FIXED PATTERNS THAT MAY NOT BE VALID ANY LONGER. ALL LIFTERS ARE PHYSIOLOGICALLY DYNAMIC INDIVIDUALS AND, AS THEIR STRENGTH POTENTIALS EVOLVE, CHANGES SHOULD BE MADE IN THEIR PERSONAL PROGRAMS TO INSURE CONTINUED SUCCESS.

IF I HAVE BEEN STATED, LET US CONSIDER A BASIC ELEVEN WEEK CYCLING PROGRAM. IT IS INTENDED TO BE USED PRIOR TO A MAJOR MEET. INCLUDED WILL BE DEADLIFT, SQUAT, BENCH, DEADLIFT AND ASSISTANCE EXERCISES. ALL OTHER MOVEMENTS SUCH AS BODYBUILDING AND THE LIKE, ARE TO BE USED AT YOUR DISCRETION. IT IS IMPORTANT TO NOTE, HOWEVER, THAT EXTREMELY HEAVY MOVEMENTS SHOULD BE KEPT TO A MINIMUM PRIOR TO THE MEET. ONE SHOULD ALSO NOT DO SO MANY EXTRA MOVEMENTS THAT HE "BURNS" HIMSELF OUT AND ADVERSELY AFFECTS HIS POWERLIFTS. BELOW IS THE WEEKLY SEQUENCE OF EXERCISES IN OUR MODEL....

WEEKLY SEQUENCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BENCH	HEAVY BENCH	HEAVY BENCH	HEAVY BENCH	HEAVY BENCH
BENCH	BENCH	DEADLIFT	DEADLIFT	DEADLIFT
SQUAT	SQUAT	ASSISTANCE	ASSISTANCE	ASSISTANCE
		BACK WORK	BACK WORK	BACK WORK

PLEASE NOTE THAT THE WEEKLY SEQUENCE OF EXERCISES IS FAIRLY BASIC. WEDNESDAY'S DEADLIFT ASSISTANCE WORK MUST CONSIST OF PARTIAL D-LIFTS IN THE BACK AND BACK WORK MUST CONSIST OF GOOD MORNINGS. TRI WORK CAN CONSIST OF ANYTHING FROM FRENCH CURLS TO PROME-TRI-EXTENSIONS. ON FRIDAY YOU MAY WANT TO DO PAUSE SQUATS FOR YOUR SQUAT WORKOUT AND HEAVY PARTIAL SQUATS FOR YOUR SQUAT ASSISTANCE WORK. LIGHT DEADLIFTS SHOULD CONSIST OF EITHER DEADLIFTS OFF BLOCKS OR STIFF LEGGED DEADLIFTS. DO ASSISTANCE WORK AND LIGHT MOVE-

MENTS THAT WORK YOUR SPECIFIC WEAKNESSES. DON'T DO EXERCISES THAT DON'T PRODUCE RESULTS. IF YOU'RE GOING STALE, CHANGE YOUR ASSISTANCE WORK.

LET US CONSIDER THE TRAINING LOADS AND REPS WE ARE GOING TO USE OVER THE COURSE OF OUR ELEVEN WEEK CYCLING MODEL.

THE FOLLOWING IS THE WEEKLY "WORK OUT INDEX" AND THE OTHERS WILL BE USED TO DETERMINE YOUR WORKOUT IN ORDER TO DETERMINE EXACTLY WHAT EXERCISE AND HOW MANY REPS YOU ARE GOING TO DO ON ANY GIVEN DAY. PLEASE USE THE FOLLOWING INFORMATION TO REFER FIRST TO THE WEEKLY "WORK OUT INDEX" TO DETERMINE THE PRESENT DAY OF THE WEEK. THE NEXT STEP IS TO REFER TO THE SPECIFIC EXERCISE YOU ARE GOING TO DO ON THIS DAY OF THE WEEK. CROSS INDEX THIS EXERCISE WITH THE PRESENT DAY OF THE WEEK AND YOU WILL FIND A LETTER DESIGNATION. THE FINAL STEP IS TO CROSS INDEX THIS LETTER WITH THE "WORK OUT INDEX" AND YOU WILL FIND THE PROPER WORKOUT YOU ARE TO DO IN THE EXERCISE. THE REPS ARE EXPRESSED AS PERCENTAGES OF YOUR MAXIMUM IN THE SPECIFIC EXERCISE. HOWEVER, GENERALITY VALID RANGE OF REPETITIONS FOR EACH EXERCISE ARE GENERALLY VALID. THEY MAY NOT BE EXACTLY RIGHT FOR YOU, SO USE SOME DISCRETION.

WEEKS	WEEKLY WORKOUT INDEX												
	1	2	3	4	5	6	7	8	9	10	11	12	13
BENCH	A	D	F	F	F	F	F	F	F	F	F	F	F
SQUAT	A	D	F	F	F	F	F	F	F	F	F	F	F
D-LIFT	A	D	F	F	F	F	F	F	F	F	F	F	F
ASSIST.	A	D	F	F	F	F	F	F	F	F	F	F	F
BACK WORK	A	D	F	F	F	F	F	F	F	F	F	F	F
BENCH	A	D	F	F	F	F	F	F	F	F	F	F	F
SQUAT	A	D	F	F	F	F	F	F	F	F	F	F	F
D-LIFT	A	D	F	F	F	F	F	F	F	F	F	F	F
ASSIST.	A	D	F	F	F	F	F	F	F	F	F	F	F
BACK WORK	A	D	F	F	F	F	F	F	F	F	F	F	F

*...DON'T DO THE EXERCISE WHEN THIS DENOTATION IS CROSS INDEXED

**...TRY TO ADD 5-10 POUNDS PER WEEK TO EACH SET ON A PROGRESSIVE BASIS.

DO NOT FALL BELOW THE DESCRIBED NUMBER OF REPS

†...WET-LEGGED D-LIFTS OFF BLOCKS, WKB-MK11 ARE REGULAR DEADLIFTS OFF BLOCKS

WORKOUT CODEX

- A--60%MX8-10, 70%MX8-10, 80%MX8-10, 80%MX8-10
- B--60%MX6-8, 70%MX6-8, 80%MX6-8, 80%MX6-8
- C--60%MX6-8, 70%MX5-7, 80%MX5-7, 80%MX5-7
- D--60%MX6-8, 75%MX5-7, 85%MX5-7, 85%MX5-7
- E--60%MX6-8, 75%MX5-6, 85%MX5-6, 85%MX5-6
- F--60%MX6-8, 75%MX5, 85%MX5, 90%MX3-5, 90%MX3-4, 90%MX2-4
- G--60%MX6-8, 75%MX5, 85%MX4, 90%MX3-4, 90%MX2-4
- H--60%MX6-8, 75%MX5, 85%MX4, 90%MX2-3, 95%MX2, 95%MX2
- I--60%MX6-8, 75%MX5, 85%MX3, 90%MX2, 95%MX1-2, 95%MX1-2
- J--60%MX6, 75%MX4, 85%MX3, 92.5%MX1, MAXX1, NEW MAXX1

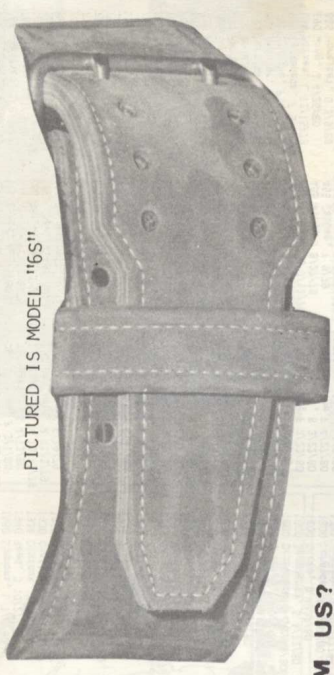
THIS EXCELLENT ARTICLE, BY STRENGTH COACH GEORGE ELDER, WILL BE CONCLUDED NEXT MONTH WITH ACTUAL EXAMPLES OF CYCLES FOR THE SQUAT, BENCH, AND DEADLIFT.

SACRAMENTO OPEN... BILL ENNIS TOTALLED 1775, ALMOST PULLED A 700 LB... ZWISER WANDER BURRUEL JR. SQUATTED A 735.

PACIFIC CO AT NEW ROCHELLE... LARRY'S ATTEMPT TO GO 198 AND BUST SOME RECORDS ON MAY 10TH. HIS WORKOUT IS AS FOLLOWS: HIS GLUTE ON 2 SUCCESSIVE WORKOUTS. ARRIVED AT THE MEET AT 10:30 AM. HE WAS UP TO 206. HE BENCHED 501 AND CAME VERY CLOSE WITH 540. HE DEADLIFTED 677, 699, AND HAD 722 NEAR COMPLETION. THE MEET WENT WELL, WITH ANNOUNCERS TONY CARPINO AND STEVE CORSO GUIDING THE WAY VERY NICELY. ONLY 18 LIFTERS, WITH 3 BOMBING DUE TO THE STRICT, BUT CONSISTENT JUDGING. LARRY'S SEMINAR THE FOLLOWING DAY WAS APPRECIATED BY THE 16 ATTENDEES... NEXT MEET UP THAT WAY IN THE WESTCHESTER COUNTY OPEN BENCH PRESS CONTEST ON SEPTEMBER 22. CONTACT JEFF COPLAND, 107 GLEN ROAD, YONKERS, NEW YORK 10704.

BRIDGES AT 181... MIKE PLANS TO LIFT IN A LOCAL MEET SOON AND GO 755-485 705 AT 181. APPARENTLY TO MAKE SURE THERE ARE NO QUESTIONS ABOUT HIS QUALIFYING FOR THAT CLASS AT THE SEVATORS. ...AS JIM GRUZZIEN SAID "BAD NEWS FOR THE REST OF US"

CYCLONE BELTS



PICTURED IS MODEL "6S"

PAT'S POWER PRODUCTS
Patrick E. Malone
R.R. 2
Fort Branch, IN 47648
PH. 812-753-4639

WHY BUY FROM US?

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

MODEL NO.	LAYERS	COVERING	THICKNESS	PRICES
4 N	1	Natural	9-11 mm	\$29**
5 N	2	Natural	10-12 mm	\$49**
6 N	3	Natural	12-13 mm	\$59**
4 S	1	Suede	10-12 mm	\$49**
5 S	2	Suede	11-13 mm	\$59**
6 S	3	Suede	12-13 mm	\$69**

ALL BELTS ARE 10 CM WIDE WITH HEAVY DUTY, DOUBLE PRONG BUCKLES.
15 COLORS OF SUEDE: ROYAL BLUE, NAVY BLUE, BLACK, BROWN, RUST, LIGHT BLUE, LIGHT GREEN, DARK GREEN, GOLD, RED, GRAY, PURPLE, MAROON, LIGHT BROWN, AND SAND.

'SPECIAL OPTIONS'

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

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

DLK 5
WKS 570
570
Squats
Bench
WKB
315
520

12-10-80
520-58
520-58

1st heavyweights

FOR 1979 THROUGH APRIL 1980

1979	1980	1979	1980	1979	1980	1979	1980	1979	1980
1	300	800	800	800	800	800	800	800	800
2	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
3	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
4	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
5	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
6	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
7	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
8	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
9	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
10	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
11	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
12	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
13	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
14	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
15	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
16	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
17	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
18	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
19	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
20	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
21	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
22	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
23	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
24	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
25	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
26	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
27	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
28	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
29	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
30	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
31	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
32	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
33	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
34	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
35	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
36	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
37	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
38	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
39	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
40	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
41	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
42	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
43	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
44	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
45	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
46	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
47	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
48	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
49	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
50	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
51	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
52	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
53	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
54	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
55	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
56	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
57	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
58	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
59	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
60	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
61	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
62	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
63	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
64	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
65	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
66	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
67	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
68	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
69	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
70	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
71	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
72	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
73	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
74	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
75	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
76	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
77	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
78	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
79	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
80	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
81	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
82	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
83	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
84	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
85	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
86	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
87	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
88	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
89	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
90	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
91	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
92	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
93	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
94	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
95	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
96	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
97	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
98	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
99	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80
100	785	McCain, D	819/79	760	Rosenstein, P	1/15/80	760	Rosenstein, P	1/15/80

NOTE: DAN GODDARD'S 500 BP OF 11/18/78 SHOULD HAVE BEEN ON THE LAST TOP 100 220 LIST

THE T-SHIRT

THE WORLD'S GREATEST SPORT.

POWERLIFTING

THESE HEAVY-DUTY T-SHIRTS ARE A DREAM COME TRUE FOR THOSE OF YOU WHO HAVE BEEN WAITING FOR THE POWERLIFTING DESIGN THAT SAYS IT ALL. JUST \$7.50 EACH.

SIZES...S,M,L,XL
 COLORS...gold, lt. blue, white with navy trim
 MATTHEW BALABAN
 396 N. Euclid
 St. Louis, Mo. 63108
 (wholesale prices available upon request)

38 YR. OLD WARREN, OHIO POLICEMAN MORRIS HILL IS A SUCCESS STORY. AFTER A BACK INJURY HE STARTED LIFTING TO REHABILITATE HIMSELF. AFTER WORKING OUT 6 MONTHS HE DECIDED TO TRY SOME COMPETITION AND, UNKNOWNLY, ENTERED THE EXTREMELY COMPETITIVE BOB MOON CONTEST, WHERE HE TALLIED 1080 AT 198. NOW, AFTER 2 YEARS OF TRAINING HIS LIFTS ARE REALLY STARTING TO MOVE, THOUGH HE HAS HINDERED FOR A WHILE BY SOME CRACKED RIBS SUFFERED IN A POLICE SHOOT-OUT. HE DID 540 350 860 1950 AT THE JUNIOR OHIO STATE MEET. HE IS NOW WORKING FOR A 700 DL AND 1600+ TOTAL. MORRIS HAS ACHIEVED TO A LARRY PRACTICE SEMINAR FOR THE SUCCESS HE HAS GAINED. MORRIS HAS ACHIEVED TO A LARRY PRACTICE SEMINAR FOR THE SUCCESS HE HAS GAINED. MORRIS HAS ACHIEVED TO A LARRY PRACTICE SEMINAR FOR THE SUCCESS HE HAS GAINED.

PAT'S POWER PRODUCTS brings you the new MIRACLE SUIT

The Powerlifting Uniform you've been waiting for!

LONG HOURS OF EXPERIMENTAL RESEARCH HAS LEAD TO THE DEVELOPMENT OF THE ULTIMATE POWERLIFTING UNIFORM. THIS SUPERIOR LIFTING SUIT IS OFFERED IN 8 COLORS, AND 14 SIZES (20-46) STATE SIZE WHEN ORDERING.

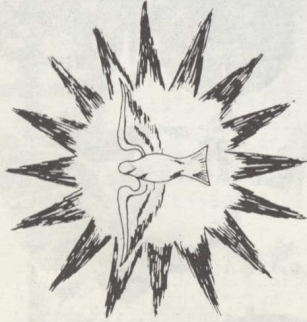
AVAILABLE COLORS: LIGHT BLUE, ROYAL BLUE, NAVY BLUE, BLACK, BROWN, GRAY, GOLD, AND MAROON (OTHERS ON REQUEST)

PAT'S POWER PRODUCTS

30 DAY GUARANTEE
 FREE REPLACEMENT
 R.R. 2
 Fort Branch, IN 47648
 PHONE: 812-753-4639



ABOVE...Morris Hill pulling a 630 DL. Powerphoto by Roplita



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

COMPLETE LINE OF EQUIPMENT

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

ORDER YOUR CATALOG TODAY!

Premier

HEALTH EQUIPMENT

DEALER INQUIRIES INVITED

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

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

USA P/L

This USA P/L shirt is really beautiful!!!!
(S, M, L, XL)
\$7 each or 3 for \$18 postpaid.



POWER LIFTING

POWER LIFTERS

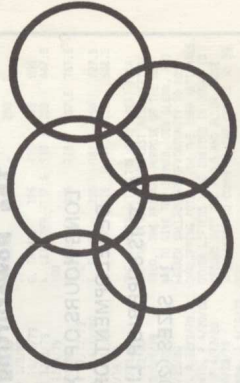
strong enough to bear the strain... man enough to take the pain...

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

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

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

POWERLIFTING



1984

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

Back Issue Closeout

- VOL. 1, NO. 1... 'CONCEPTS & TECHNIQUE'...
- VOL. 1, NO. 2... 'THE SECRETS OF THE BENCH PRESS'...
- VOL. 1, NO. 3... 'WORLD'S STRONGEST MAN CONTEST'...
- VOL. 1, NO. 4... 'NATIONAL CHAMPIONSHIPS RECAP'...
- VOL. 1, NO. 5... 'TRAINING INJURIES BY ROUTINE'...
- VOL. 1, NO. 6... 'THE GREATEST MEET'...
- VOL. 1, NO. 7... '100 SUPERS'...
- VOL. 1, NO. 8... 'THE FABULOUS HAWAII'...
- VOL. 1, NO. 9... 'NATIONAL COLLEGIATES'...
- VOL. 1, NO. 10... 'NATIONAL YOUNG MEN'S MEET'...
- VOL. 1, NO. 11... 'NATIONAL YOUNG MEN'S MEET'...
- VOL. 1, NO. 12... 'WORLD RECORDS ON BLUE'S EFFORT'...
- VOL. 2, NO. 1... 'WORLD'S STRONGEST MAN CONTEST'...
- VOL. 2, NO. 2... 'NATIONAL CHAMPIONSHIPS RECAP'...
- VOL. 2, NO. 3... 'TRAINING INJURIES BY ROUTINE'...
- VOL. 2, NO. 4... 'THE GREATEST MEET'...
- VOL. 2, NO. 5... '100 SUPERS'...
- VOL. 2, NO. 6... 'THE FABULOUS HAWAII'...
- VOL. 2, NO. 7... 'NATIONAL COLLEGIATES'...
- VOL. 2, NO. 8... 'NATIONAL YOUNG MEN'S MEET'...
- VOL. 2, NO. 9... 'NATIONAL YOUNG MEN'S MEET'...
- VOL. 2, NO. 10... 'WORLD RECORDS ON BLUE'S EFFORT'...

This Is It!

PL USA will not be reprinting the original size issues of the magazine any longer, so the remaining stock we have of back issues is all there ever will be..THEY WILL NEVER BE AVAILABLE AGAIN!

Read down the list of contents of these magazines..this is powerlifting history as you will find it in no other publication..now's the time to pick out the numbers of special interest to you!!

SEND \$2 FOR EACH ISSUE YOU WANT, AND BE SURE TO SPECIFY ALTERNATE CHOICES IN CASE WE RUN OUT BEFORE YOU GET YOUR ORDER IN.

SPECIAL OFFER...OR- DER 10 OR MORE OF THESE BACK ISSUES AND GET 'EM FOR A SPECIAL PRICE OF \$1.75 EACH.....

K. REEDER	500	370	560	1430
L. WILSON	515	510	915	1400
J. WILLIAMS	430	370	940	1400
C. WORTHAM	615	450	550	1615
S. JOHNS	640	320	520	1690
G. POLSON	620	305	575	1500
B. SMITH	465	380	550	1295
T. WATKINS	190	140	380	680
J. WRIGHT	255	130	380	645
J. DAVIS	125	110	185	420
D. BROOKS	95	75	150	320
D. JAY	315	220	350	885
D. COLLINS	250	205	365	820
J. MOORE	225	150	380	855
D. WORTHOUTT	255	225	380	960
A. PERHEL	190	165	335	780
B. MEYER	190	100	390	580
D. RAFT	370	340	440	1050
M. BAKER	365	240	375	980
C. MC GILBRA	315	235	420	970
J. FREEZE	275	240	375	890
V. POWLER	320	200	385	885
P. POTER	385	270	410	1045
J. JULLMAN	330	225	410	965
A. KENNEDY	505	225	400	930
R. HANCOCK	320	225	385	910
R. WANCE	320	225	385	910

MAKE A LIST OF THE ISSUES YOU WANT... MAKE A CHECK OUT TO POWERLIFTING USA FOR THE PROPER AMOUNT..PUT IT IN AN ENVELOPE, AND SEND IT IN TODAY WHILE THE SELECTION IS STILL GOOD.....

SAND SPRINGS OPEN & NOTICE P/L CHAMPIONSHIPS-5/7/80-SAND SPRINGS, OKLA.

H. WRIGHT	180	140	280*	680
R. WRIGHT	255	130	260	645
D. BROOKS	95	75	150	320
C. CHRISTENSEN	515	375	485	1375
D. FURMAN	475	320	545	1340
M. KUSHYAKI	435	325	525	1285
M. KIELSON	425	325	485	1140
D. BROOKS	475	415	500	1390
H. PHILLEY	450	315	480	1255
B. JACKSON	430	350	500	1180
J. VILLINES	330	235	425	990
J. WILLIAMS	400	370	540	1400
P. JONES	460	275	460	1135
J. CLOMMS	385	270	500	1255
S. BOWPASS	390	270	590	1150
J. SMITH	465	280	580	1295
J. SMITH	465	280	580	1295
THANKS TO GARDIN COLLINS FOR RESULTS WEST VIRGINIA WOMENS P/L CHAMPIONSHIPS-4/27/80-HUNTINGTON, W. VA.	510	305	620*	1114
J. JEFFREY	255*	100	285*	620*
K. ZBARROWS	100*	90	235	515
S. ELLIS	145	85	215	445
L. MCIVIER	160	70	195	425
J. BAXTON	155*	100*	165	410*
B. BENNETT	145	45	100*	290
J. ROBERTSON	170*	90*	175*	435*
J. WALKER	300	180	450	1250
K. WALKER	300	180	450	1250
WOMENS STATE RECORD	500	365	550	1545

ROYALTY HOUSE
Box 1211
Oklahoma City, OK 73101

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

Super Wrap II is here

THE EXACT SAME WRAP YOU HAVE BEEN PAYING \$10.00 A PAIR FOR

PACIFICO

ENTERPRISES

- 1 PAIR.....\$7.00
- 2 PAIR.....\$13.00
- 3 PAIR.....\$18.00

MAIL CHECK OR MONEY ORDER TO:

PACIFICO ENTERPRISES

P.O. Box 14152-N, R. BRANCH

DAYTON, OHIO 45414

FOREIGN ORDERS ADD 15% FOR AIR MAIL



**PACIFICO
ENTERPRISES**

WHO BELONGS TO THOSE MOUNTAINOUS PECS?.. Bud Ravenscroft, that's who...with 490 at the World Cup... Unfile Photo



WORLD CUP
PENGGELL'S VENTURE INTO THE 1485 PLANS ON GOING 132 FOR THE EUROPEANS, WHERE THEY EXPECT HASSAN SAITH TO TOTAL 700 KILOS AT 485. COLLINS ONLY GOT ONE SQUAT AND ONE DEADLIFT...THUS THE 1780 TOTAL...RALPH FARQUHARSON OF ENGLAND WAS ONLY VOLD THE DAY BEFORE THAT HE WAS GOING TO LIFT...REPORTEDLY THE BRITISH FANS WERE DISAPPOINTED AT NOT SEEING MIKE BRIDGES, BILL KAZDAUER, ETC. IN OTHER ENGLISH NEWS, PHIL STRINGER GOT DOWN TO FLYWEIGHT, MADE A NATIONAL SQUAT RECORD OF 473, MISSING WHAT WOULD HAVE BEEN A WORLD RECORD 221 KILOS. THANKS TO DENNIS UNITT, OF BRITISH POWERLIFTING MAGAZINE, FOR THE INFORMATION AND REPORT.

165
TEMPLE UNIVERSITY OPEN-4/26/80
PHILADELPHIA, PA

F. JAKUBOWSKI	285	130	415	890
F. CLARK	295	235	350	895
B. CONROY	255	205	335	795
C. LECARD	265	190	375	710
C. LESCH	265	190	375	710
C. LESCH	265	190	375	710
J. ALINE	170	90	165	425
J. GRECO	140	60	130	380
T. SWINBER	380	230	455	1065
F. BLASS	315	225	360	900
F. BLASS	320	160	395	975
G. MIPPNER	325	200	385	860
D. DEVAL	250	125	310	715
R. ASHTON	225	155	330	710
P. SHERRY	155	95	230	480
T. SWINMAN	390	285	490	1165
T. THIBAUT	375	225	425	1025
P. COOPER	345	265	485	1100
K. CONNER	345	265	485	1100
P. VIKARSTIS	315	240	375	995
R. VALKASIAN	315	240	375	995
J. BALLE	255	115	300	670
J. BALLE	255	115	300	670
O. MCWILLEN	420	270	560	1250
M. PASPITO	405	270	540	1175
T. PASPITO	405	270	540	1175
M. SCACCA	410	290	440	1160
D. PARISE	385	265	460	1110
J. LYNNSTON	440	245	415	1100
C. ZELP	385	230	435	1050
A. CLARK	350	210	460	1020
D. CECERE	360	275	380	1015
J. GREEN	300	250	380	930
J. SMITH	310	225	390	925
M. RUTKOWSKI	330	210	395	925
G. WARTHE	415	160	520	1495
J. SPILLMAN	295	140	310	665
E. KONOPSKI	155	30	200	445
K. THOMPSON	375	-	-	-
C. DANIEL	420	270	560	1250

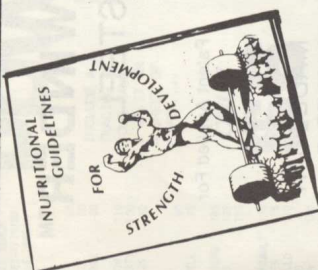
J. WOLCIC	490	270	475	1235
B. HAIG	420	270	520	1215
J. MATTHEWS	425	310	435	1170
J. BOATRIGHT	420	210	515	1145
J. HARRISON	360	290	465	1090
M. CULLEN	360	290	465	1090
P. MARCELL	350	300	470	1060
M. FLOOD	350	270	405	965
24. CICLES	290	200	340	900
G. WALKER	625	390	640	1655
H. SIEGA	615	325	605	1545
S. BURMAN	530	325	550	1455
B. KATES	475	225	465	1165
275	-	-	-	-
O. HAINES	630	430	720	1790
M. WALKER	630	430	720	1790
T. MCALLER	300	190	330	820
R. CARUO	595	475	610	1670
B. EDWARDS	555	330	500	1385
279	-	-	-	-
TOP 8 IN WOMEN'S DIV. (MARGIE FORM)	-	-	-	-
1. J. HULLY LITTLE 131	670	580	49	-
2. J. JESLOWSKI 113	580	565	01	-
3. J. PHEBAN 120	25	615	53	0
4. J. SHERRY 120	25	480	44	97
5. P. SHERRY 120	25	480	44	97

1ST SESSION BEST LIFTS:
50 FALCONIO, SP GREEN, OL SWINBER
BEST LIFTS: 2ND SESSION
BEST LIFTS: 3RD AYARS, BP CAULFIELD
BEST LIFTS: 4TH AYARS, BP CAULFIELD
BEST LIFTS: 5TH AYARS, BP CAULFIELD
TEAM WINNERS: IRON KNIGHTS
THANKS TO LINC GOTHALK FOR RESULTS.
MIDNIGHT OF THE MEET WAS THE GREAT
TITANS...WHEN POINT WAS THE LACK OF
LENGTH OF THE CONTEST AND THE CAN-
TAINMENT OF THE MEET...THE WINNERS
WAS STILL A TEENAGER...AS WAS 132 WINNER
RICK SILLMAN.
AT 485 BOB WILLEN COME CLOSEST TO
TEMPLE UNDER HIS BELT...AFTER COMPE-
TING IN HIS NATIONAL COLLEGIATE MEET-
LIER...AT 165 A BIG BATTLE WAS
AVERTED WHEN JOHN HARRONE MISSED
WEIGHT BY A LB...JOHN HAD TO DO
ABLY BY VETERAN LIFTER JOHN GEESEY,
ONE VERY HUMOROUS FELLOW...SAYS MEET
DIRECTOR LINC GOTHALK...AT 198
675 A GOOD SHOT IN THE RESULT GAVE
UNRETIRED GEORGE WALKER GAME 670
506 AND DLS GOOD EFFORTS...AND LOOKS
HIM TO DO SO...BARRY HILLMANN
HAINES SQUARED A 730 AND WAS COM-
SIBERING 810 BUT THE LATENESS OF
SETTLING FOR THE ATTEDO HAND, HE TEN-
TIAL GREAT IN THE 275 LB CLASS.
A FINE FIRST EFFORT FOR LINC &
THE PEOPLE LIFTERS...HOPEFULLY
TOP LEVEL COMPETITIONS.

SOUTHERN OPEN-29 FEB/1 MAR-RALEIGH,
NORTH CAROLINA

114	-	-	-	-
C. LOCKARD	220	130	305	655
S. BAKER	210	135	270	605
C. BAKER	175	120	230	525
T. PUGH	160	100	200	460
122	-	-	-	-
C. BRADFELD	335	210	305	855
R. BRADG	250	225	415	890
T. BRIDGERS	305	175	360	840
T. MURPHY	300	190	350	840
A. REINER	255	185	325	715
N. BRACKTON	150	85	230	465
136	-	-	-	-
T. COVINGTON	315	200	450	1095
J. BRYANT	315	255	400	970
M. FELL	300	200	345	845
J. WELLS	300	200	350	900
148	-	-	-	-
C. BRUNSON	585	300	590	1455
C. WRIGHT	595	325	560	1450
A. JOLE	485	250	570	1235
D. ADLF	450	235	520	1205
S. HARRISON	440	225	485	1150
L. EGLESTON	385	235	425	1025
B. CROFT	330	240	420	990

* MASON-DIXON WLC LIFTERS
WASINGTON, D.C. FEB 11-12
RESULTS: MASON-DIXON WON THE TEAM
TITLE WITH THEIR 15 LIFTERS...IN-
CLUDING FRIENDS AND FAMILY...327
TERED A BUS TO HAIL THEM ALL...THESE
AND BACK...MASON-DIXON HAS WON 6
TEAM HONORS SINCE JANUARY...THESE
WORK AND WERE ONLY RETURNED BE-
CAUSE OF DELAY IN GETTING THE "E"
FINE LIFTS TO YOU.)



YOU CAN MAKE QUALITY GAINS
Faster than before!

Like never before, this book will tell you how to make those quality gains... that distinguish the winner from the loser... Now, you can find out how to improve your strength, size, and nutrition... Learn how to keep records of your progress... Learn the sources for balanced meals... Understand proper supplementation!!!

ILLUSTRATED INFORMATIVE AUTHORITATIVE

Find out what you're missing!!!
Get ahead... Get strong...
Get this book today!!!

\$4.50

New! Revised Edition

Dear Sir: Please send me one copy of your new book, **NUTRITIONAL GUIDELINES FOR STRENGTH DEVELOPMENT**. Make check payable to: Premier Enterprises, 125 N. Cuadalupe, San Marcos, TX 78666

Name _____ State _____ Zip _____
Address _____
City _____
Texas Residents add 5 percent sales tax.

REGION II CHAMPIONSHIPS-4/12/80
PATUENT RIVER, MARYLAND

114	PERREIRA	225	170	350	745
	LOCKHARD	235	130	330	695
	DILLBECK	285	230	370	865
	HALUP	275	135	350	760
132		365	295	410	895
	TRALL	315	225	385	835
	CARTER	285	170	380	835
	SHORT	215	160	380	755
	SMITH	***	***	***	***
148	SMITH	350	260	435	1045
	BOHLI	325	255	405	985
	ALDORFER	310	210	315	905
	GREEN	185	140	310	635
	MCILWAIN	195	140	310	635

165	SHANKWALTZ	455	395	525	1285
	ECK	395	320	480	1195
	WILLIAMS	395	355	470	1120
	CASERHALD	425	390	400	1115
	WILSON	400	370	400	1095
	LICALDER	340	195	370	905
	SMITH	325	305	385	895
	BARFIELD	455	330	500	1385
	SMITH	495	325	500	1330
	TAYLOR	375	345	470	1090
	STEARNS	350	310	500	1080
	WILSON	445	390	475	1210
	MCCLUNE	445	390	475	1210
	HANSEL	350	325	475	1150
	WILSON	375	345	470	1090
	CONOVER	310	285	425	990
	GREEN	340	340	400	985
	SMITH	250	270	380	900
	MCILWAIN	575	480	580	1635
	BOHN	580	460	580	1620
	BOHN	395	425	515	1505

THE **Elite**

---STRONG, LONG-LASTING, AND THE NEW WRAP OF THE CHAMPIONS!

POWERLIFTING WRAP!!!
---DESIGNED SPECIFICALLY FOR POWERLIFTING

---MEETS AAU/IPF STANDARDS
---\$10.00/PR.

SEND CHECK OR MONEY ORDER TO:

Rhodes Fitness Center, Inc.

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

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

1980 SENIOR NATIONALS!



featuring the world's strongest men!

JULY 11 - 12 - 13, 1980

Inn on the Park/Downtown
22 South Carroll

Madison, Wis. 53703
(608) 257-8811 (Reservations)
c/o Lou Ann Masino

Schedule of Competition

Friday, July 11th:
Meeting Hall, Inn on the Park
--- U.S.P.F. National Committee Meeting
--- U.S.P.F. Executive Committee Meeting
--- Exact times of meetings to be announced.

Saturday, July 12th:
First Day of Competition*
--- Session One: 114 lb./62 kg. (11:00 a.m.)
123 lb./56 kg.
132 lb./60 kg.
--- Session Two: 148 lb./67.5 kg. (4:00 p.m.)
165 lb./75 kg.
181 lb./82.5 kg.

Final Day of Competition*
--- Session Three: 198 lb./90 kg. (11:00 a.m.)
220 lb./100 kg.
--- Session Four: 242 lb./110 kg. (4:00 p.m.)
275 lb./125 kg.
+ 275 lb./ + 125 kg.

*Times subject to change. Notice will be given.

Ticket Information

Saturday, July 12th:
Reserved Seats \$8.00
Advance Order General Admission \$5.00
At the Door (seating limited) \$6.00
Sunday, July 13th:
Reserved Seats \$8.00
Advance Order General Admission \$6.00
At the Door (seating limited) \$7.00
Tickets for Both Days: Reserved \$15.00
Advance Order General Admission \$10.00

For tickets, entry forms and information, write to:
Jeff Everson, Assoc. Director
1980 Senior National Powerlifting Championships
University of Wisconsin Athletic Department
1440 Monroe Street
Madison, Wisconsin 53706

POWERLIFTING CHAMPIONSHIPS

BENTON PRESS, CONTEST
4/20/80-LOUISVILLE, KY

- BMT BP
 - B. BLISSOP 880
 - J. J. WALKER 160 310
 - D. BETHUEL 174 300
 - G. WILSON 121 300
 - R. GIBSON 165 210
 - R. PICKETT 113 135
- THANKS TO NORM MACK FOR RESULTS.
- SOUTHEASTERN OPEN & NOVICE-CHATTANOOGA, TN 4/5/80
- 114. OPEN 880
 - M. SAUBERS 95
 - R. TEMPLETON 590
 - J. HECK 590
 - 123. CROSS 110
 - V. SCLEFO 335
 - 132. 1150
 - P. KUCARAL 400
 - M. SHAROCK 840
 - D. POSEY 910
 - 148. 1125
 - A. JULLER 1100
 - A. CARTER 165
 - 1475. 1475
 - J. HODD 1475
 - M. JOYNER 1370
 - R. TAYLOR 1280
 - 181. 1625
 - C. BUSH 146
 - L. LINDSEY 1370
 - B. MUSBAUM 1240
 - 18. STONES 1530
 - M. STEVE 1530
 - D. HOOPER 1375
 - 190. 1800
 - F. WATKINS 1715
 - J. JAMES 1615
 - 242. 1380
 - P. HAZARD 1380
 - K. METWRE 1290
 - G. HILDENS 1025
 - 275. 1510
 - G. HILDENS 1025
 - 1690. 1690
 - R. REYNOLDS 1690
 - J. CAMPBELL 1480
 - 1480. 1480
 - K. EEE-11-81 NOVICE: 165
 - 440. 440
 - 198-SHM NOVICE: 615
 - C. WEBB 440
 - 680. 680
 - T. HILLS 680
 - B. LABBE 655
 - S. WATSON 645
 - D. WATSON 645
 - H. CONY 148
 - H. GEORGE 165
 - 1235. 1235
 - J. COOPER 1235
 - D. CONER 1135
 - T. WHITE 1075
 - B. SHIPES 1065
 - B. WHEED 1065
 - B. MORROW 810
 - 181. 181
 - L. MOON 1345
 - D. SCHULZ 1290
 - M. WILLIAMS 1235
 - B. WIGGINS 1065
 - M. REDUS 1055
 - M. REDUS 1055
 - S. ELLIS 905
 - 198. 198
 - A. DANIEL 1225
 - E. COLE 1180
 - D. DUNGAN 1035
 - J. MCCOY 1035
 - 1584. 1584
 - C. GRANT 1400
 - C. PERRY 1400
 - J. CARPENTER 1350

THANKS TO DON STAR FOR RESULTS

- J. BROUJAS 1310
- F. HADLEY 1305
- T. HADLEY 1035
- 123. 123
- 1380. 1380
- B. WEARS 1380
- R. MCNORRIS 1380
- L. SZABURGIS 1290
- R. HARTSOFF 1025
- 1225. 1225
- 48. 48
- 114-181 OPEN: 808 MC
- 1480. 1480
- 198-SHM NOVICE: 615
- C. WEBB 440
- 680. 680
- T. HILLS 680
- B. LABBE 655
- S. WATSON 645
- D. WATSON 645
- H. CONY 148
- H. GEORGE 165
- 1235. 1235
- J. COOPER 1235
- D. CONER 1135
- T. WHITE 1075
- B. SHIPES 1065
- B. WHEED 1065
- B. MORROW 810
- 181. 181
- L. MOON 1345
- D. SCHULZ 1290
- M. WILLIAMS 1235
- B. WIGGINS 1065
- M. REDUS 1055
- S. ELLIS 905
- 198. 198
- A. DANIEL 1225
- E. COLE 1180
- D. DUNGAN 1035
- J. MCCOY 1035
- 1584. 1584
- C. GRANT 1400
- C. PERRY 1400
- J. CARPENTER 1350

CLUB RULES



Virginia St. team champs, Charlottesville BBC, I-T Front, Charles Ward, Gary Fontana, Allen Shank, Warren Collier, Bobby Hildebrand, back row, Brian Miller, Willie Morris, John Gamble, Bill Dunn. photo courtesy Willie Morris

VA STATE P.V.L. CHAMPIONSHIPS-3/22/80
MINCHESTER, VA-HOST: WEIGHTLIFTING
UNLIMITED

J. MEALEY	325	280	405	890
R. MCARTY	275	195	300	700
C. BISSOP	198			
D. BURMAN	550	300	560	1460
G. HACKETT	455	34	525	1325
G. MILLER	430	30	535	1285
J. SHEKLER	375	300	485	1160
L. SHERIDAN	415	270	355	1045
M. O'CONNOR	370	220	425	1015
R. MCCARTY	270	260	425	955
M. HANCOCK	305	225	400	930
G. WALTER	575	370	600	1545
D. COLANGELO	560	370	585	1515
V. PATELLA	510	315	500	1335
C. FALVELLO	465	355	500	1320
M. BIDDU	455	300	550	1305
J. MITCHELL	430	300	550	1280
J. NIEMAN	460	255	470	1205
D. ELLIOTT	465	250	460	1175
F. SIMMONS	375	310	475	1160
L. HUNTOR	425	305	600	1025
C. WALKER-MS	640**	430**	615**	1685**
J. J. CHARLE	550	410	510	1570
B. EDMONDSON	565	355	640	1560
R. GREASER	490	365	550	1505
B. EDMONDSON	370	320	470	1160
J. MANSEL	325	305	450	1080
M. MORRIS	590**	400	585	1575
M. MORRIS	535	375	615	1520
J. BURTON	545	350	555	1385
J. STEPHANO	490	350	500	1365
D. GEFEE	435	400	500	1305
R. MORGAN	430	315	500	1305
B. DUNN	695	485	610	1700
M. MORRIS	470	470	1220	
**VIRGINIA STATE RECORD				

THANKS TO WILLIE MORRIS FOR RESULTS
TEAM MANAGERS: KEVIN CHARLOTTEVILLE
BARRELL CLUB, FOLLOWED BY TRI-CITY
WALKERS CLUB AND THE NEWPORT NEWS
BULLDOGS.

FREE SUPERWRAPS

SUPER SUITS NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT II** (stronger material) Navy Blue, Royal Blue, Scarlet (Red) **\$32.00***
 - **SUPERSUIT** Natural Color (white) **\$24.00***
- Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

Free Pair of Superwraps with Each Suit Purchased!
Help Increase Your Total

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company. The numbered sizes give you a better fit ... DO NOT Accept substitutes.

ATTENTION SUPERWRAP II ATTENTION

Currently the most effective knee wrap used for the SQUAT.

- STRONGER • HEAVIER • LONGER LASTING •
- GREATER STRETCH WITH BETTER COMFORT •

• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00* •

(Sold under other names, by other companies at higher prices.)
... add pounds to your SQUAT & TOTAL.

Also ... SUPERWRAP

- 3 Pairs \$12.00* • 1 Pair \$5.00*

... the original heavy duty knee wrap cut to official length.

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

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

Supersuit II Navy Blue Royal Blue Scarlet Red Natural Color

Supersuit _____ (Quantity) _____
Superwrap II _____ (Quantity) _____
Superwrap _____ (Quantity) _____

State size or height & weight: _____ (Size) _____ (Height) _____ (Weight)

Total \$ _____

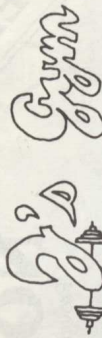
MARATHON/A. Zangas Co. Phone: (213) 375-3802 / 541-5919
1229 Via Landeta, Palos Verdes Estates, CA 90274

the "BENCH PRESS" powerlifting's super shirt

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

Please State Your Weight and Chest Size for a Firm, Tight Fit

STATESBORO'S FINEST GYM



UNIVERSITY VILLAGE
STATESBORO, GEORGIA 30458

'88		'89		'90	
ARKANSAS	STATE-N LITTLE ROCK-RK 5/27/80	560	360	500	1520
K. MALL	R. SPOBORN	550	365	590	1505
T. PACE	R. PORTER	615	345	540	1500
G. BAKELA	R. HALL	500	325	510	1335
G. QUALLS	J. EDWARDS	400	325	460	1205
G. MC MORAN	J. FROST	415	305	475	1195
F. STULLS	S. SPARR	675	425	650	1750
R. TURNER	L. SHELLY	555	405	625	1585
R. BELL	S. HALL	515	320	585	1400
R. MORRAN	M. HAN	425	290	520	1465
R. MOHRIC	J. HODGES	425	290	520	1465
D. HUMPHREY	G. SMITH	450	225	585	1240
D. RIBERSON	R. MOITCHEM	560	360	585	1455
A. BUSHAM	N. MOORE	500	360	580	1300
M. BROWN	R. ROSS	600	415	575	1590
X. SANDERS	H. CAVIER	460	275	500	1235
	R. TALON	385	248	396	1030
	R. MIKOVAC	385	220	451	997
	M. LAPLORET	451	325	501	1278
	D. ROY	385	226	573*	1190
	P. PIERREAU	385	231	440	1057

QUEBEC PROVINCIAL CHAMPIONSHIPS
MONTREAL, QUEBEC-4/19/80

'88		'89		'90	
QUEBEC PROVINCIAL CHAMPIONSHIPSMONTREAL, QUEBEC-4/19/80	501	314	658*	1443*	
M. PAULIN	528*	275	384	1387*	
M. PAULIN	600*	363	611	1574*	
M. GAGNE	567	314	606	1468	
C. SAVARD	633*	347	551	1532*	
R. DUREAU	556	319	556	1432	
M. THOMPSON	485	314	522	1322	
P. VILLENEUVE	606	380	567	1554	
J. GIBRARD	659*	424	650	1730	
M. ROUSSEAU	579	407	717*	1704	
M. GOSSELIN	750**	528	650	1930**	
C. VERGE	512	396	633	1541	

THANKS TO MEET DIRECTOR, NELSON SLENO, FOR RESULTS (LOOK FOR HIM TO GO 1200* AT 132 AT THE CANADIAN NATIONALS.)

MIKE MACDONALD SYSTEMS PRESENTS
SOME HIGH QUALITY SUPPLEMENTS AT VERY LOW PRICES

ULTRA ONE SUSTAINED RELEASE 30.....\$5.30
(THE ULTIMATE VITAMIN MINERAL FORMULA) 60.....\$9.70
90.....\$14.15

B COMPLEX 60.....\$7.70
125 MG SUSTAINED RELEASE 90.....\$11.15

ULTRA C 60.....\$6.35
2000 MG SUSTAINED RELEASE 90.....\$8.75

VITAMIN E 30.....\$6.35
1000 I.U. 60.....\$11.40

TRIM PLEX (FAT BURNER) 90.....\$4.20
KELP, LECITHIN, APPLE CIDER VINEGAR, B-6 180.....\$8.00

LIPO PLEX (FAT BURNER) 60.....\$6.20
CHOLINE, INOSITOL, METHIONINE 90.....\$8.80

RAW GLANDULAR SUPPLEMENTS
(5 TABS CONTAIN PITUITARY 25 MG, 1000.....\$40.95
ADRENAL 150 MG, THYMUS 150 MG, 500.....\$21.95 IN A BASE
PANCREAS 150 MG, KIDNEY 150 MG, 300.....\$13.95 OF KELP
HEART 150 MG, PROSTATE 150 MG, 100.....\$4.95
RNA 100 MG)

ARGENTINA BEEF LIVER TABS 300.....\$9.75
(20 GRAIN)

ORCHIC TABS (150MG) 90.....\$4.75
(CRAW TESTICAL GLAND)

POSTAGE PAID
ON ALL ORDERS
\$25.00 AND UP

IMMEDIATE PROCESSING OF ORDERS
SENT U.P.S.
C.O.D. ORDERS ACCEPTED

MIKE MACDONALD SYSTEMS
29 CATO AVENUE
DULUTH, MINNESOTA 55808
1-218-722-6966 BUSINESS
1-218-624-1661 HOME

MARCY POWER BAR\$186.00 FOB
.....A BAR OF QUALITY.....WITH MANY WORLD RECORDS TO BACK IT UP

OFFICIAL IPF POWERLIFTING RULE BOOK.. (YOU GOTTA KNOW THE RULES)..\$3.75
DEADLIFT SHOES..SEND SHOE SIZE..\$9.95 INSIDE POWERLIFTING... TERRY ..\$6.95
(SECRETS OF THE CHAMPS).. TODD ..\$10.95
SMELLING SALTS...\$3.50...2 FOR \$5.00 ANABOLIC STEROIDS AND SPORTS..\$10.95
THE BEST FOR YOUR HEAD...LASTS UP (WRIGHT)...TRUE STORY ON STEROIDS
TO SIX MONTHS....

INSIDE WEIGHT TRAINING FOR WOMEN
BARRILLEAUX.....\$5.95
J.J. (CHARACTER) T-SHIRTS.....\$7.95
(SEND SIZE/COLOR)

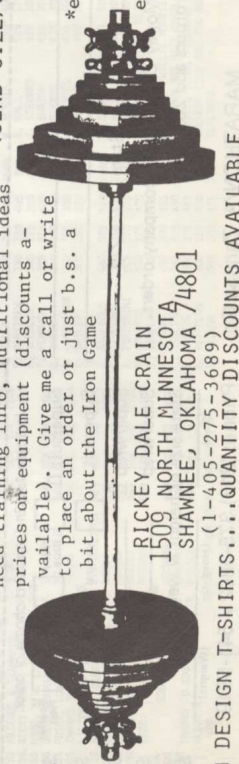
I AM A POWERLIFTER
*need training info, nutritional ideas
prices of equipment (discounts a-
available). Give me a call or write
to place an order or just b.s. a
bit about the Iron Game

FREE
BUMPER
STICKER
WITH
ANY
ORDER!

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

CUSTOM DESIGN T-SHIRTS...QUANTITY DISCOUNTS AVAILABLE

*enclose stamped, self-addressed envelope.



ATTENTION -- ATTENTION -- ATTENTION

SUPERWRAP II

"The finest knee wrap available for competition or training"

• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00*
(Sold under other names and by other companies at Higher Prices.)

- STRONGER • HEAVIER •
- LONGER LASTING • OFFICIAL LENGTH •
- GREATER STRETCH WITH BETTER COMFORT •

SUPERWRAP II is currently the **most effective** knee wrap used. Top competitors around the world find **SUPERWRAP II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

"... add pounds to your SQUAT & TOTAL."
Use **SUPERWRAP II** and save \$\$\$!

Also . . . SUPERWRAP
• 3 Pairs \$12.00* • 1 Pair \$5.00*

. . . the original heavy duty knee wrap cut to official length.

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

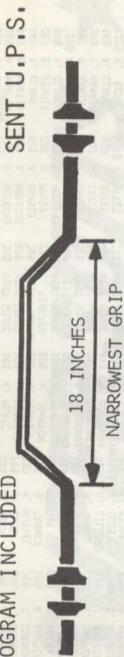
Name: _____
 Address: _____ \$ _____
 City _____ State _____ Zip _____
 Superwrap II (Quantity) \$ _____
 Superwrap (Quantity) \$ _____
 Check or Money Order must accompany orders.
 *Overseas orders add 20%.
 TOTAL \$ _____

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

MIKE MACDONALD SYSTEMS PRESENTS

The Cambered Bench Press Bar

TRAINING PROGRAM INCLUDED



FOR THE ULTIMATE IN BENCH PRESSING BLAST OFF POWER, PECTORAL DEVELOPMENT AND TRICEP LOCKOUT POWER

35 POUND OLYMPIC STYLE BAR,..... \$100.00 POSTPAID
 20 POUND REGULAR STYLE BAR,..... \$60.00 POSTPAID

IMMEDIATE PROCESSING OF ORDERS C.O.D. ORDERS ACCEPTED

ORDER FROM

QUESTIONS...CALL 218-722-6966
 (AFTER JUNE 26) 218-624-1661

MIKE MACDONALD SYSTEMS
 29 CATO AVENUE
 DULUTH, MINNESOTA 55808

EASTERN OPEN MASTERS MEET-COINSHOCKEN, PA 5/7/80	
40 TO 44 AGE GROUP	
J. LUSK	155 102.5 197.5 455.
75K/165	
T. WALKER	217.5 122.5 227.5 567.5
82.5K/181	
R. BEYER	150 100 162.5 182.5 450.
J. KENNEDY	192.5 102.5 210 505
J. KENNEDY	132.5 95 185 412.5
90K/198	
H. MCCOY	160 107.5 185 482.5
P. SWAIN	287.5 155 350 692.5
J. SANTILLO	205 155 190 557.5
SHW/211.5	
45 TO 49 AGE GROUP	
A. ENMARO	37.5 77.5 137.5 312.5

60K/132	
E. OUBER	105 67.5 127.5 300
62.5K/137	
C. LANGILLOTTI	177.5 110 227.5 515
P. STROMBERG	185 112.5 210 507.5
J. BOCCELLA	167.5 107.5 152.5 467.5
R. DURANTE	182.5 125 182.5 490
M. LAPORTA	152.5 127.5 182.5 467.5
T. STAHB	100 65 120 285
J. OGDONER	205 152.5 185 532.5
J. ZABER	190 125 210 525
110K/242	
50 TO 54 AGE GROUP	
L. MEISLHOSS	272.5 182.5 272.5 727.5
52.5K/165	
60 70 110	
120 102.5 187.5 410	
82.5K/181	
C. PASLAY	177 137.5 170 485
110K/242	
L. RADZIEFSKI	265 182.5 185 742.5
170 115 215 500	

55 TO 59 AGE GROUP	
E. JOHMAN	125 102.5 137.5 385
60 TO 64 AGE GROUP	
E. WAGO	237.5 172.5 240 650
75K/165	
90K/198	
M. STARLING	142.5 85 187.5 415
F. BRUCE	127.5 97.5 165 390
82.5K/181	
E. CIANFRANI	172.5 97.5 227.5 497.5
90K/198	
E. CIANFRANI	80 70 122.5 272.5
70 KURPIEER AGE GROUP	
D. CANOVA	142.5 92.5 197.5 422.5
85 80 130 295	
75K/165	
85 40 110 235	
82.5K/181	
A. TAORMINA	70 52.5 132.5 255

SPONSORED BY THE REVENUED HOLY SAVIOUR ALC OF WOODSTOWN, PA
 THANKS TO JIM HESSER FOR RESULTS

THE 1980 TEENAGE NATIONAL POWERLIFTING CHAMPIONSHIPS

DATES: August 8-10, 1980.

SPONSORED BY: Sports Fitness Institute.

TO BE HELD AT: Illinois Benedictine College, Lisle, Illinois

For entry blanks and information sheets, fill out the following form and send to:

Sports Fitness Institute
 682 Roosevelt Road
 Glen Ellyn, Illinois 60137

NAME _____ ADDRESS _____
 CITY _____ STATE _____ ZIP _____



The famous SPANIAN SUPERSUITS are now offered in FOUR COLORS.

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

ONE FREE PAIR OF SUPERWRAPS WITH EACH SUIT PURCHASED!

Also . . . SUPERWRAP SALE --3 pair-- \$12.00*
 Heavy duty knee wraps cut to official length
 with zig-zag stitched ends to insure no fraying.

Orders processed same day as received . . . Immediate Delivery

Indicate 1st, 2nd, and 3rd color choice
 SUPERSUIT II

Indicate color

Navy Royal Scarlet
 Blue Blue Red

SUPERSUIT (natural color) \$ _____

Quantity \$ _____

State size or height and weight
 size height weight

Check or Money Order must accompany orders.

*Overseas orders add 20% for shipping

MIKE BRIDGES SYSTEMS
 4026 ILLINOIS AVENUE
 PEORIA HEIGHTS, IL 61614

FOR THE RECORD

THIS SECTION IS RESERVED FOR ANY AND ALL KINDS OF LIFTING RECORDS...EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, ASSOCIATION, MEET, CLUB SCHOOL, GYM RECORDS...ANY KIND OF RECORDS. SEND TO POWERLIFTING USA, BOX 467, CAMARILLO, CALIFORNIA 93010

STATE	NAME	WEIGHT	RECORD
ALABAMA	W. MARTIN	285	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	300	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	310	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	320	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	330	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	340	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	350	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	360	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	370	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	380	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	390	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	400	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	410	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	420	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	430	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	440	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	450	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	460	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	470	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	480	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	490	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	500	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	510	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	520	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	530	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	540	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	550	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	560	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	570	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	580	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	590	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	600	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	610	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	620	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	630	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	640	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	650	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	660	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	670	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	680	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	690	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	700	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	710	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	720	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	730	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	740	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	750	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	760	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	770	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	780	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	790	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	800	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	810	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	820	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	830	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	840	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	850	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	860	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	870	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	880	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	890	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	900	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	910	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	920	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	930	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	940	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	950	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	960	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	970	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	980	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	990	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1000	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1010	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1020	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1030	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1040	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1050	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1060	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1070	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1080	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1090	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1100	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1110	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1120	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1130	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1140	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1150	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1160	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1170	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1180	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1190	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1200	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1210	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1220	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1230	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1240	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1250	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1260	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1270	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1280	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1290	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1300	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1310	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1320	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1330	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1340	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1350	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1360	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1370	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1380	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1390	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1400	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1410	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1420	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1430	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1440	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1450	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1460	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1470	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1480	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1490	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1500	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1510	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1520	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1530	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1540	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1550	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1560	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1570	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1580	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1590	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1600	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1610	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1620	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1630	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1640	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1650	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1660	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1670	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1680	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1690	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1700	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1710	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1720	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1730	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1740	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1750	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1760	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1770	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1780	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1790	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1800	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1810	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1820	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1830	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1840	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1850	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1860	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1870	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1880	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1890	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1900	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1910	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1920	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1930	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1940	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1950	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1960	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	1970	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	1980	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	1990	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2000	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2010	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2020	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2030	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2040	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2050	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2060	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2070	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2080	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2090	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2100	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2110	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2120	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2130	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2140	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2150	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2160	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2170	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2180	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2190	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2200	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2210	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2220	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2230	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2240	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2250	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2260	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2270	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2280	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2290	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2300	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2310	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2320	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2330	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2340	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2350	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2360	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2370	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2380	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2390	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2400	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2410	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2420	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2430	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2440	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2450	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2460	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2470	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2480	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2490	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2500	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2510	100 LB. BENCH PRESS
ALABAMA	R. HOPKINS	2520	100 LB. BENCH PRESS
ALABAMA	K. GOMEZ	2530	100 LB. BENCH PRESS
ALABAMA	M. MARTIN	2540	

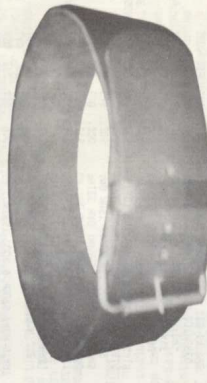
T-SHIRTS

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

PRINTED T-SHIRTS BY THE DOZEN IN LOGO SHOWN \$54 PER DOZEN PLUS \$2.50 SHIPPING. (ADD \$1.50 SHIPPING PER ORDER) (ALSO...USA WORLD TEAM CHAMPS LOGO)

WE ALSO DO CUSTOM ART WORK FOR CLUBS, INDIVIDUALS, TEAMS, ETC.

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



LIFTING BELTS

MADE FROM THE FINEST LEATHER THAT HARNESS MAKERS USE...10 CM. WIDTH, 9 MM SINGLE THICKNESS, NATURAL COLOR...\$35.00 EACH PLUS \$2 SHIPPING. SIZES S (28-32), M (34-38), L (40-44), XL (46-50)

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

P.O. BOX 935 VICTORVILLE, CA 92392



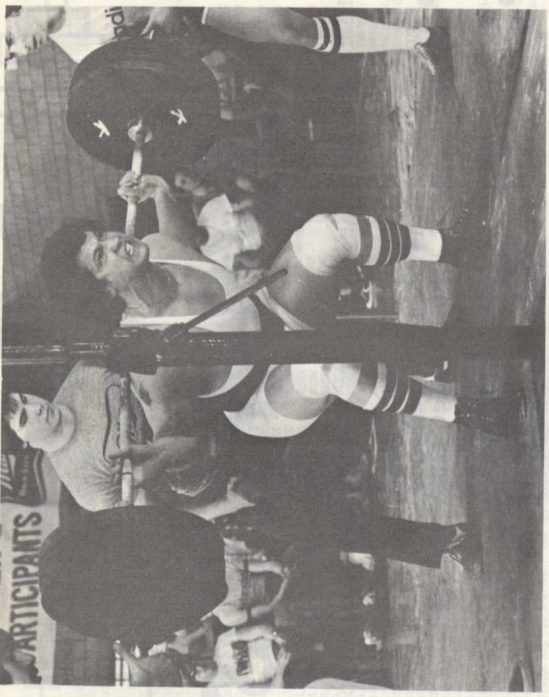
MIGHTY WRAPS...now introducing the wrap that holds everything in place while you squat, mer, and tighter as you squat lower and lower. WASHES BEAUTIFULLY...will last the competitive lifter for many YEARS of competition. \$10.00 A PAIR OR 2 FOR \$18.00 plus \$1.00 shipping.

POWER CAPS



THE FOLLOWING LOGOS ARE AVAILABLE FOR THE POWER CAPS... "WORLD CHAMPIONS USA", "POWERLIFTING USA", "PUMPING IRON", "BENCH PRESS", "POWERLIFTER", "SQUAT" LOGO, "DEADLIFT" LOGO, "MUSCLE POWER", "HELITE", "MASTER", "CLASS I", "CLASS II", "CLASS III". THE HATS ARE \$5.00 EACH PLUS \$1.00 SHIPPING.

THE HATS ARE 100% POLYESTER FRONT, AND MESH REAR...ONE SIZE FITS ALL...AND THEY ARE COMPLETELY WASHABLE!



1988, DAVE KLEIN, TRYING A 615 SQUAT AT THE MIDDLE ATLANTICS. JIM POPE PHOTO

SR MIDDLE ATLANTICS-19/20 APRIL 80 MILKES-BARRE, PA

114	J. JESTOLCZAKI	195	110	265	570
123	W. ECH...	480	275	500	1255
130	S. SVRGER	380	315	450	1045
131	P. JAKUBOWSKI	300	195	425	910
132	D. JIJER	290	195	325	810
133	T. BRYAN	450	315	1115	
134	R. DORNEY	300	185	460	945
135	M. WILLEN	430	255	550	1235
136	M. MC DONNELL	350	285	370	895
137	M. LITZELMAN	250	245	380	870
138	R. DEWA	580	300	590	1540
139	R. O'NEBROGI	550	300	575	1425
140	J. MALZUCA	500	300	585	1415
141	J. FALCONIO	550	340	490	1390
142	M. WELCHER	475	320	480	1175
143	D. LAIDACKER	375	285	575	1175
144	P. HALESEY	385	250	450	1085
145	R. HODDY	385	255	420	1090
146	M. GRANTAK	400	310	475	985
147	F. CANTAFIO	325	220	475	960
148	R. SPARTY	320	195	400	825
149	M. DEWEE	320	195	400	825
150	M. DEWEE	320	195	400	825
151	M. DEWEE	320	195	400	825
152	M. DEWEE	320	195	400	825
153	M. DEWEE	320	195	400	825
154	M. DEWEE	320	195	400	825
155	M. DEWEE	320	195	400	825
156	M. DEWEE	320	195	400	825
157	M. DEWEE	320	195	400	825
158	M. DEWEE	320	195	400	825
159	M. DEWEE	320	195	400	825
160	M. DEWEE	320	195	400	825

3RD ANNUAL NEW LIFE FITNESS CENTER CLOSURE MEETINGS

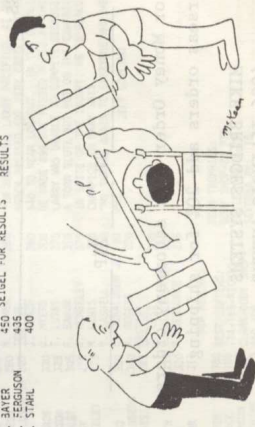
MEET DIRECTOR: SCOTT SAURE

AWARDS IN THIS 3RD ANNUAL COMPETITION BETWEEN THE NEW LIFE FITNESS CENTERS OF NEW CASTLE AND RICHMOND

LIFTED OVER BODYLEIGHT SUBTRACTING THE LIFTERS BODYLEIGHT FROM EACH INDIVIDUAL LIFT, AND SUBTRACTING THE BEST JUDGES' FEELINGS FROM EACH AND AWARDS TO THE WINNER.

THANKS TO HERB GLOSSBRENER FOR RESULTS

375	C. WALKER	400	310	440	1160
376	J. TORRES	360	245	385	990
377	J. BARBER	350	235	405	995
378	R. KURTSM	390	235	390	1015
379	M. SMITH	350	215	405	920
380	M. FIGGEE	560	310	440	1085
381	J. BEINHAM	530	285	435	1270
382	J. BEINHAM	530	285	435	1270
383	J. BEINHAM	530	285	435	1270
384	J. BEINHAM	530	285	435	1270
385	J. BEINHAM	530	285	435	1270
386	J. BEINHAM	530	285	435	1270
387	J. BEINHAM	530	285	435	1270
388	J. BEINHAM	530	285	435	1270
389	J. BEINHAM	530	285	435	1270
390	J. BEINHAM	530	285	435	1270
391	J. BEINHAM	530	285	435	1270
392	J. BEINHAM	530	285	435	1270
393	J. BEINHAM	530	285	435	1270
394	J. BEINHAM	530	285	435	1270
395	J. BEINHAM	530	285	435	1270
396	J. BEINHAM	530	285	435	1270
397	J. BEINHAM	530	285	435	1270
398	J. BEINHAM	530	285	435	1270
399	J. BEINHAM	530	285	435	1270
400	J. BEINHAM	530	285	435	1270

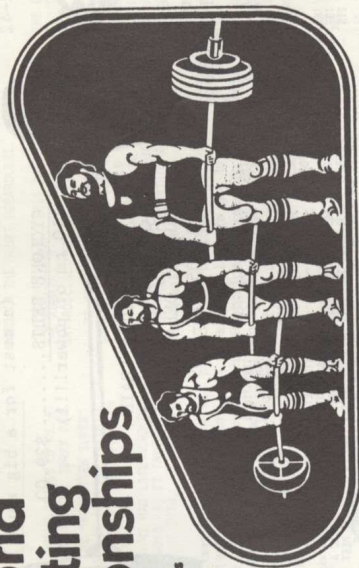


"STILL GETTING THE 100'S MIXED UP WITH 45'S, EH SLEDLY?"

Cools
Presents

1980 World Powerlifting Championships

November 7-9, 1980
Roadway Inn, Arlington, Texas



	Class	Competition	Gen. Adm.
Friday, Nov. 7	59KG / 54KG	1500 Noon	\$ 5.00
	60KG / 57KG	500 P.M.	5.00
Saturday, Nov. 8	75KG	9:00 A.M.	8.00
	85KG	5:00 P.M.	8.00
Sunday, Nov. 9	90KG	7:00 P.M.	18.00
	100KG	10:00 A.M.	5.00
Weekend Pass	110 110 + KG	5:00 P.M.	12.00

SEND ALL ORDERS, RESERVATIONS AND INQUIRIES TO:
CHAMPION SPORTS AGENCY, INC.
P.O. BOX 6094
ARLINGTON, TEXAS 76011
PHONE (814) 647-9115

Accommodations

The Roadway Inn will be the site of all events and will be the home of all lifters and officials during their stay at the event. Contact the Promoter for Reservations.

Tickets

Reserved tickets will be sold on a first come - first served basis for seats in the first 12 rows. They are \$50.00 per day or \$18.00 for a weekend pass. General admission seats will be available for \$5.00 per day or \$12.00 for a weekend pass. Tickets will be mailed promptly upon receipt of check or money order and the coupon below.

T-Shirts

The Standard Meet T-Shirt displaying the emblem on this brochure is now available for \$5.50 each in sizes Small, Medium, Large or Xtra-Large. The World Championship Caricature T-Shirt is available for \$5.00 each. These very special shirts will be collectors items. Order in sizes: Small, Medium, Large or Xtra-Large.

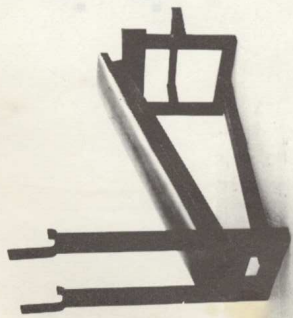
ROOM RESERVATIONS Double 144 - 148 Telephone 644 - 131 Arrive Date _____ Departure Date _____ Name _____ Address _____ City _____ State _____ Zip _____ Enter 14 night's rooming with reservation. Amount Enclosed \$ _____	TICKETS Nov. 7 _____ Nov. 8 _____ Nov. 9 _____ Weekend Pass _____ Name _____ Address _____ City _____ State _____ Zip _____ Enter 14 night's rooming with reservation. Amount Enclosed \$ _____	WORLD CHAMPIONSHIP CARICATURE T-SHIRT \$5.50 Each Small _____ Medium _____ Large _____ Xtra-Large _____ Total Amount Enclosed \$ _____ Name _____ Address _____ City _____ State _____ Zip _____	WORLD CHAMPIONSHIP CARICATURE T-SHIRT \$5.00 Each Small _____ Medium _____ Large _____ Xtra-Large _____ Total Amount Enclosed \$ _____ Name _____ Address _____ City _____ State _____ Zip _____
--	---	---	---

SEND ALL ORDERS, RESERVATIONS AND INQUIRIES TO:

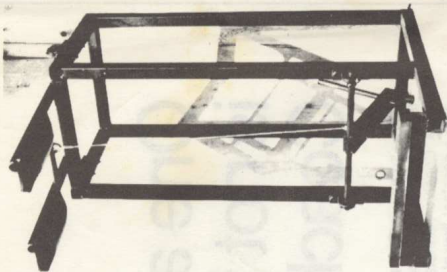
CHAMPION SPORTS AGENCY, INC.
ARLINGTON, TEXAS 76011
PHONE (814) 647-9115

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

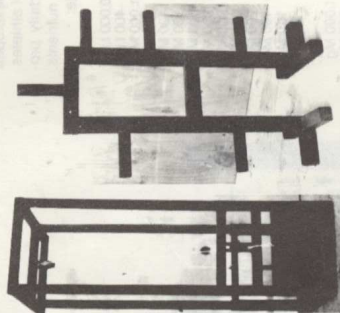
**Super Deluxe
DECLINE BENCH**
at \$150.00
Uprights are
removable. Use
for barbell and
dumbbell presses
and pull-overs.



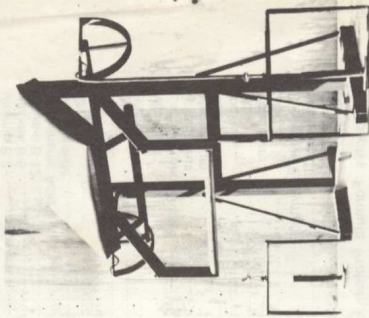
**Super Deluxe
UPRIGHT
CALF UNIT**
Only \$220.00
Ball Bearing
Mounted and
Super Calf
Developer.



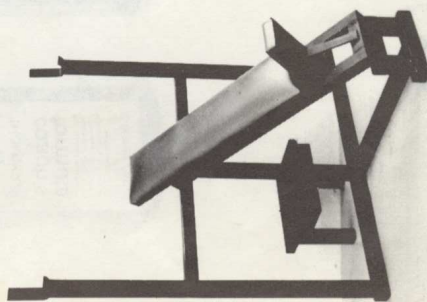
Super Deluxe PLATE HOLDER
Only \$50.00 Designed to hold
Olympic plates up to 1,000 lbs.



Super Deluxe CABLE ROW
\$200.00
Comes complete with new,
never wear smooth
running pulleys. Pulley
set at right height
for maximum lat workouts.

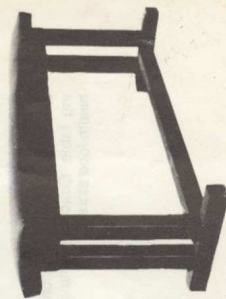


Super Deluxe CABLE CURL
Bargain at \$240.00
Ball bearing operated
with double cam.



**Super Deluxe
INCLINE
BENCH** \$165.
All 2 inch
square steel
tubing, welded
throughout
for greater
strength.
Made for
Olympic Bar.

**Super Deluxe
FLAT
BENCH** \$80.
Same quality
as at left
with 4 feet long,
2 inch board
heavily foam
padded and
vinyl covered.



ALL THIS EQUIPMENT DESIGNED FOR THE GYM OWNER WHO WANTS THE BEST AT LOWEST POSSIBLE PRICES.

OUR SUPER DELUXE EQUIPMENT IS ALSO AVAILABLE IN 2 1/2" SQUARE TUBING AT SLIGHTLY HIGHER PRICES

SEND FOR FREE SUPER DELUXE LINE LITERATURE TODAY.

JUBINVILLE HEALTH EQUIPMENT P.O. Box 662 • Holyoke, MA. 01040