

INZER[®]

POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit

All-Direction Traction Bottom

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

INZER POWER SHOE \$119.95
Available in solid white with scarlet red logo.
Solid black available soon. Sizes 4 1/2 - 15

INZER[®]
ADVANCE DESIGNS

The World Leader In Powerlifting Apparel
P.O. Box 2981 • Longview, Texas 75606
800-222-6897 • 903-236-4012



SOLE MOLDED TO PERFECTION

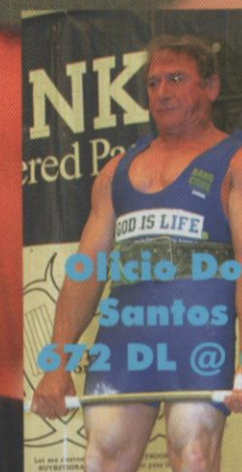
POWERLIFTING USA

JAN/2008 VOL. 31, No. 3

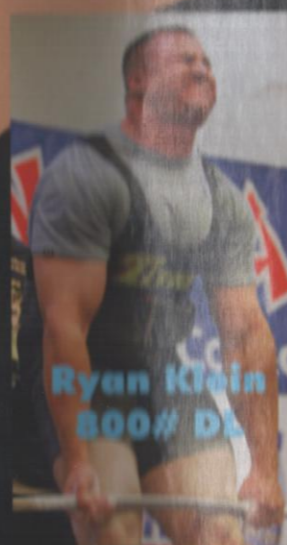
\$3.95
\$4.95 in Canada



Robert O. Smith
551-BP @ 65



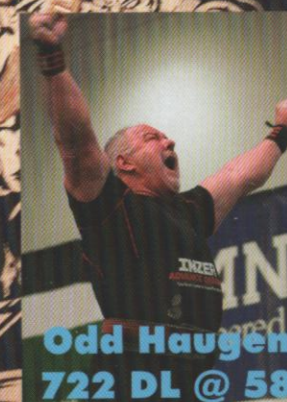
Olificia Santos
672 DL @ 4



Ryan Klein
800# DL



Nicki Williams
World Records
in SEVEN
Weight Classes



Odd Haugen
722 DL @ 58



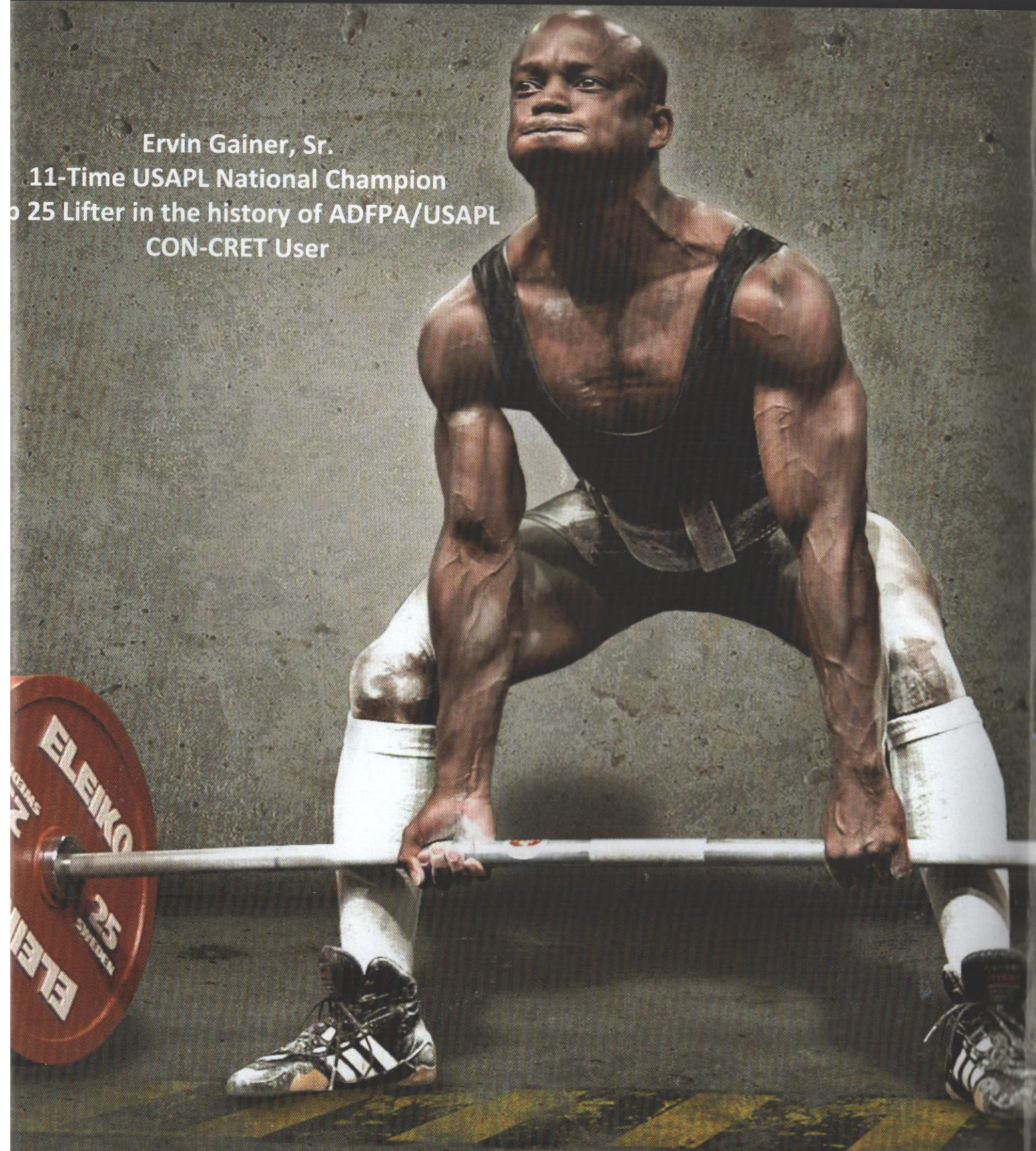
Karen Campbell
400 BP @ 188#

TINY MEEKER
900 BP - Single Ply



USP LABS
WABDL WORLDS

Ervin Gainer, Sr.
11-Time USAPL National Champion
Top 25 Lifter in the history of ADFPA/USAPL
CON-CRET User



FOR BLOCK-HARD MUSCLES

All of the strength and muscle building, none of the side effects.™*

Don't ask us - ask Ervin!

Ervin Gainer, Sr. uses CON-CRET®,
the world's first and only concentrated creatine.
This is not a mono nor is it an ester - just pure creatine
the way it was meant to be.

"When I first read the label, I thought,
'just another creatine supplement,' but my skepticism was
quickly brushed aside during my last training cycle.
I'm now a firm believer as I have seen an
immediate increase in endurance and recovery
without the negative side-effects.
I recommend you keep a jar of CON-CRET in your gym bag."

CON-CRET®

*When taken as directed. Actual results may vary.

Find out for yourself why Ervin, and other former mono
and ester users, have converted to CON-CRET

PROMERA
health

For more information, visit us at:
www.con-cret.com

GNC LiveWell

Powerlifting USA
 Post Office Box 467
 Camarillo, CA 93011

Editor-In-Chief *Mike Lambert*
 Contoller *In Joo Lambert*
 Statistician *Michael Soong*
 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 own love for the sport this is their magazine."

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
 USA addresses, 1 yr.....\$36.95
 USA addresses, 2 yr.....\$67.95
 First Class Mail, USA, 1 yr...\$60.00

Outside USA, air mail ..\$96.00 US

Telephone Orders
 Subscription Problems
 800-448-7693/805-482-2378
 FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 31, Number 3 - January 2008 -

WABDL WORLDS	Gus Rethwisch	8
WPC WORLDS	Mike Sweeney	10
GPC WORLDS	L.B. Baker	12
SPECIAL STRENGTH	Louie Simmons	18
IPF WORLDS 365 KG+ DLS	Brad Gillingham	20
HARDCORE GYM #70	Rick Brewer	25
POWER NUTRITION	Anthony Ricciuto	34
DR. JUDD	Judd Biasiotto Ph.D.	37
STARTIN' OUT	Doug Daniels	42
OPINION	Larry Miller DDS	43
ALL TIME TOP 50 MEN 123 DL	Mike Soong	44
ALL TIME TOP 50 WOMEN 105 DL	Mike Soong	45
ANTI-OXIDANTS	Mauro Di Pasquale MD	46
GPP - THE HARD WAY	Aaron DiPrima	48
COMING EVENTS	Mike Lambert	57
UNCLASSIFIED ADS		102
TOP 100 148 LB. CLASS	Mike Lambert	103

ON THE COVER ... Seven of the top lifters at the WABDL World Championships. (photos by Namea Designs & PL USA)

Copyright 2008 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ State _____ Zip _____

YES! SIGN ME UP!
 Check one:

- NEW
 RENEWAL
 Address Change
 (indicate previous address)

\$36.95 for 12 monthly issues.
 \$67.95 for 2 years
 (USA address rates)
 Payable to: Powerlifting USA, Box
 467, Camarillo, CA 93011
 (MC/VISA also accepted)

INZERNET.COM

800-222-6897

903-236-4012

IRON WRAPS Z

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



- Super tight, extreme rubber strand design for the super rebound.
- Gets tighter, easier, during the movement even when not wrapped to total tightness.
- When wrapped to total tightness, generates the most energy and power of any wrap in the world.
- Smoke all your lifts with the *Iron Wraps Z!*

IRON WRIST WRAPS Z

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



- Provides excellent comfort and perfect support.
- The best wrist wraps in the world make it the choice of champions worldwide.
- Strong grip Velcro straps fasten the *Iron Wrist Wraps Z* securely in place.
- The Velcro straps are wide for strength and long for generous adjustment advantage.
- Strong, durable and wide elastic thumb loops are secured in place with long lasting construction.

SEE MORE SELECTION AT INZERNET.COM

INZER

ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

House of Pain



SHIELD
Color: black, brown
Size: S-4X
Price: \$25.00

GYM GIRL MUERTE
Color: black, brown, scarlet red
Size: S-XL
Price: \$18.00

MUERTE
Color: black, grey
Size: S-4X
Long Sleeve / \$30.00
Short Sleeve / \$25.00



SHIELD HOODIE
Color: black, brown
Size: S-4X
Price: \$55.00

CALL OR
ORDER ONLINE
1-888-463-7246
houseofpain.com



Noy Alexander
GYM GIRL IRON CROSS / \$18.00
photography by Michael M. Perez

THE PRODUCT
YOU HAVE
BEEN
WAITING FOR!



JACKED
STACK II

We at Quest Nutrition are staying on the cutting edge and are proud to introduce the next generation in supplements: Di-M-Kre.

Kre-Alkalyn®

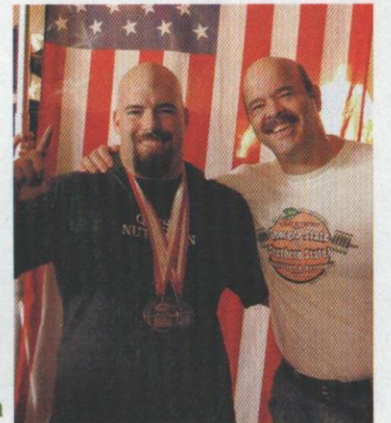
- * 100% Stable
- * Strength Increase
- * No water retention
- * No upset stomach
- * Increased muscle mass
- * 10 times more effective than Creatine
- * No Loading
- * Body Fat Loss
- * No Bloating
- * 100% conversion
- * Increased production of ATP

HBM (calcium-hydroxy-methylbutyrate)

- * Quicker recovery
- * Decreased body fat
- * Increased strength
- * Increases lean muscle mass
- * Minimizes protein breakdown

Di-Arginine Malate

- * Increased strength
- * Long lasting muscle pumps
- * Ultimate NO stimulating substance
- * Increased endurance
- * Increased vascularity



IPF World Champion Tony Cardella
with USA Men's Coach Sherman Ledford

HOLIDAY
SPECIAL!
(2) JACKED STACK II
FOR ONLY \$75.
SAVINGS OF \$10!

www.quest-nutrition.com
1-888-35-QUEST (78378)

This led to this



We won't say that it's 100% perfect, but it is true that *MILO* has something of a crystal ball when it comes to sensing what's about to happen in the strength world—which is why we put Phil Pfister on the cover of our June issue last year, predicting that it might be his year to win the World's Strongest Man contest. Phil went on to win—the first American since Bill Kazmaier—and Phil, bless his soul, made no bones about what fired him up to win the big one . . . it was our cover!

We can't guarantee you'll make the cover of *MILO*, or that even if you do, you'll win the World's Strongest Man contest—but we can guarantee that if you read *MILO*, you'll be better equipped to win at whatever you do and instead of throwing your money away, you'll have bought something worth collecting.

MILO: A Journal for Serious Strength Athletes.
Four books a year, 128 pages.

\$52.95/year* USA; US\$62.95/year Canada/Mexico; US\$74.95 all others
*California residents, please add 7.375% sales tax

Order now at www.ironmind.com



IronMind Enterprises, Inc., P.O. Box 1228, Nevada City, CA 95959 USA Website and on-line store: www.ironmind.com; e-mail: sales@ironmind.com

Build 15 times more Muscle

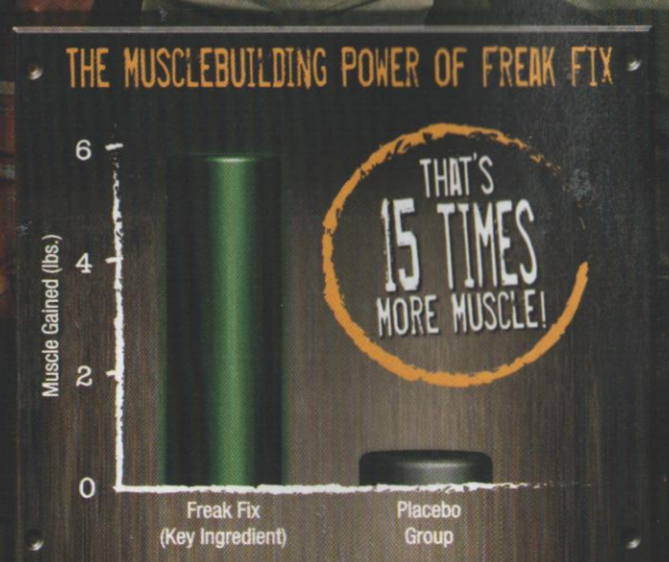
Why Freak Fix is Superior to Milk Protein & Ordinary Whey Protein for Building Muscle

Freak Fix™ is specifically designed for bodybuilders who need a scientifically superior protein matrix. This shockingly anabolic protein formula triggers extreme muscle growth and explosive strength gains. Anabolically infused with 34 grams of ultra-pure and highly potent whey protein, the scientists at the Muscle Asylum Project™ dedicated countless

Scientifically Superior to Milk Protein & Ordinary Whey Protein for Building Muscle.

hours to formulating Freak Fix. Mega-dosed with over 20 scientifically researched ingredients, delivering a 6,450-mg hyper-anabolic hit, Freak Fix quickly saturates your musclebuilding machinery to force unstoppable gains in muscle size. In a groundbreaking scientific study, administration of just one key ingredient found in the Freak Fix formula caused a 68-percent increase in protein synthesis.

Extreme lengths were taken by the MAP scientists to guarantee that no other inferior milk-based and ordinary whey protein powder could rival the severe musclebuilding power of Freak Fix. In a second clinical study, subjects ingesting another key ingredient in Freak Fix gained a shocking 15 times more lean mass than the placebo group



In a 6-week clinical study, subjects ingesting a key ingredient in Freak Fix gained a shocking 15 times more lean mass than the placebo group (5.88 lbs vs. 0.37 lbs)!

in only six weeks as precisely calculated through a 7-point skinfold assessment (5.88 lbs. vs. 0.37 lbs.)!

THE BEST TASTING PROTEIN FORMULA

Freak Fix is formulated to be the most extreme, scientifically advanced protein formula ever. We understand how important taste is to bodybuilders who drink a lot of protein, which is why MAP scientists and researchers did not give their stamp of approval until they believed they had also developed the best tasting formula in bodybuilding history. To make this

Freak Fix is Made With 100% Ultra-Pure Whey Protein Unlike Inferior Milk Protein.

happen, MAP scientists collaborated with leading flavoring experts, analyzed and reviewed multiple flavoring technologies, employed aggressive taste testing protocols and developed countless prototypes until they achieved their goal. This process alone took many months. That's why even the fat sources are engineered with a strategically calculated dose to dramatically enhance taste and help improve the musclebuilding process.

REDEFINING THE SCIENCE OF NUTRIENT DELIVERY

By applying the latest advancements in nutramolecular theory, MAP scientists chemically engineered the Freak Fix formula with Rapid Wave Pulse Technology™. This revolutionary technology leverages a precise portion of strategically scaled compounds

to take advantage of, and improve upon, dynamic nutrient transport. The Freak Fix formula is designed to invade your body in rapid chemical priority. The power of this

Best Tasting Protein – Guaranteed.

formula is undeniable, as no other protein in existence has been designed to work the way Freak Fix does. With this scientifically superior formula, you'll experience massive muscle growth and an overwhelming increase in strength. Freak Fix is the choice of bodybuilding extremists willing to do whatever it takes to get BIG.

ADDED 2.3 INCHES ONTO HIS CHEST



Witness the shocking muscle transformation triggered by the daily administration of Freak Fix, which allowed amateur bodybuilder Shaun Crump to pack 2.3 inches onto his chest in 13.5 weeks.

Best Tasting Protein Ever - Guaranteed!



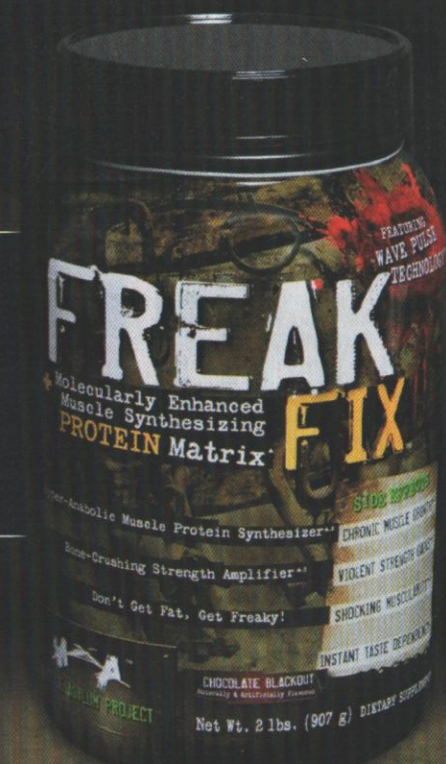
If you're not blown away by the incredible taste from one serving of Freak Fix, you can return the balance of the product for a full refund. Call 1-866-813-5883 for details.

MUSCLE ASYLUM PROJECT™

Scientifically Superior,
Mega-Dosed Bodybuilding Supplements

www.MuscleAsylumProject.com

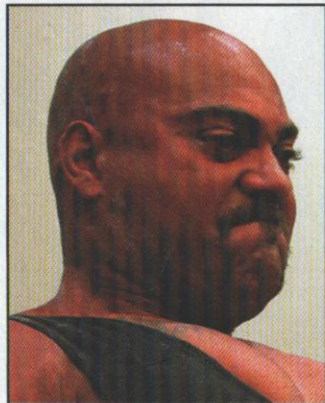
All trademarks are owned by their respective trademark owners. © 2008. Shaun Crump also used other MAP products and has been remunerated.



Treatment Available at **GNC LiveWell**

11th WABDL USP Labs World Bench Press & Deadlift 15-20 NOV 07 - Anaheim, CA

There were 583 lifters from 37 states in the USA and the following countries: Finland, Sweden, Norway, Brazil, Guatemala, Canada, New Zealand, Estonia, India, United Kingdom, Saudi Arabia, Vietnam, Poland, Palestine, which amounted to 53 contestants who came from foreign countries. The contest was six days and we ran 62 flights over those six days. There were 45 world records in the deadlift and 59 world records in the bench press. The venue was the Anaheim Hilton Hotel, which is three blocks from Disneyland and many lifters brought their families and had a great time. I flew Tommy Kono in from Hawaii and Bruce Wilhelm presented him with an award as the greatest Olympic lifter of all time. Tommy won eight consecutive world championships from 1952 to 1959 in three different weight classes, 148, 165, and 181. He won gold medals each at the 1952 Olympics in Helsinki, Finland, the 1956 Olympics in Melbourne, Australia, and a silver medal at the 1960 Olympics in Rome, Italy. He competed in 40 different countries and won three Mr. Universe contests in bodybuilding. The Shah of Iran was in Honolulu sometime in the late Sixties and sent a limo to Kono's house and had dinner with Tommy Kono at the Royal Hawaiian Hotel. Tommy had won both a Mr. Universe contest and a World Olympic Lifting championship in Teheran and the Shah said the people of Iran considered him to be the greatest athlete in the world and that he had achieved almost mythical status in Iran. Tommy set 41 world records and he was the coach of the German weightlifting team at the 1972 Olympics, the Mexican weightlifting team at the 1968 Olympics in Mexico City and the Japanese weightlifting team at the 1964 Olympics in Tokyo. Tommy Kono was the first person to arouse my interest in lifting when I was growing up in northeast Iowa. When I was in 7th grade I started working in my dad's lumberyard in Harper's Ferry, Iowa, on the Mississippi River. It would take two men three days to unload 900 sacks of cement in a railroad boxcar. When I was 14, I had read where Tommy Kono had set two world records. My dad would pay two men \$60 total for 2-1/2 days to unload the cement. At



Colin Keohulua came from HI

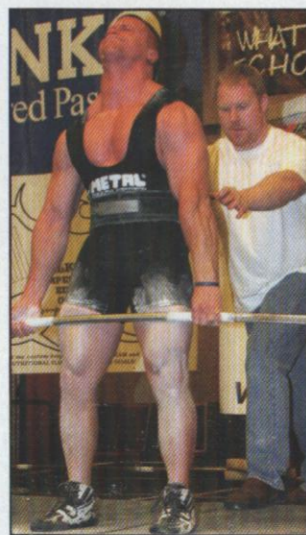
USP LABS WABDL WORLDS as told to Powerlifting USA by Gus Rethwisch



Tommy Kono formally recognized by WABDL and Bruce Wilhelm.

age 14 I said, "Give me \$40 and I'll do it by myself in one day." I started at 6:30AM and finished at 6:30PM with no breaks other than juice and water. My back locked up for a full day; and if I moved at all, I got a huge cramp. I was hooked on lifting ever since, even though I didn't do any formal lifting until about nine years later. I also need to talk about the presenter of Kono's award, Bruce Wilhelm. Bruce won two World's Strongest Man contests on CBS Sports Spectacular in 1977 and 1978. He was on prime time network TV from 1:00PM to 2:00PM on Saturday for 20 Saturdays. He was one of the Miller Lite All-Stars and was featured on three different commercials that aired off and on for two years. He won the Big 8 wrestling championship for Oklahoma State, he was an All-American shot putter with 69 feet six inches being his best, at Arizona State. He swam with the Santa Clara Swim Club when he was in high school and tied for third in the 1976 Olympics in Montreal with a 485 lb. clean and jerk and 407 lb. snatch. He power cleaned 485. We became friends when I competed against him in the 1978 World's Strongest Man contest, which was contested at Universal Studios. He won and I was in fourth place, but couldn't do the refrigerator race because I had injured my heel on the tram pull and finished fifth out of ten. The meet was contested over three days. We did ten events. The temperature was 109 and they had third stage smog alerts

every day. When the Strongman was televised they only did one event per Saturday for ten Saturdays, the average viewing audience was 26 million, more than what the Beatles had on the Ed Sullivan show in 1964. Back to the WABDL Worlds. The Anaheim Hilton is a 1500 room hotel, by far the best venue ever for any kind of weightlifting event in southern California. but it still doesn't quite measure up to big casino hotels like the Riviera in Vegas, which has 2200 rooms and the Peppermill and Reno Hilton in Reno, which have 1700 rooms and 2000 rooms respectively. In the **DEADLIFT Class I** Omar Alaqueeli of Saudi Arabia set a national record of 303 in the 132s. He is the first lifter from Saudi Arabia to represent his country in any international powerlifting tournament in any federation. At 148, Ben Kammuller of Wisconsin set a state record 440.7. Justin Gourley of Illinois was second with the same weight and an Illinois state record. At 165, Joseph Lamonica of Canada set a Canadian national record of 440.7 but finished second to Erik Vorsatz of California who hauled in 457.2 to win the World's in Class I/165. At 198, Brendan Ridings of Illinois set a state record 633.7 to beat out Earl Solidium of Hawaii who set a state record 601.8. Nate Krohn of Minnesota was third with 600.7 and a state record. Bobby Burns of Indiana was fifth with a state record 562. At 220 Jeremy Drecksel of Utah set a Utah record 606.2 to win the



Steven Herrmann hauls a DL.

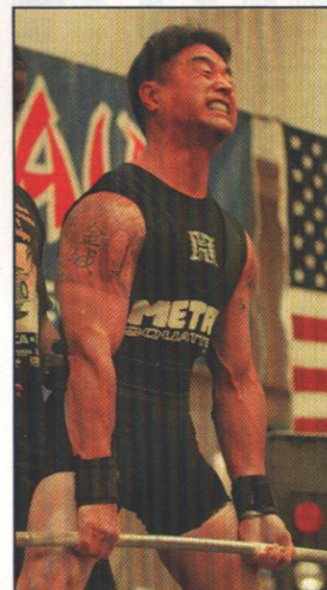
any federation. At 148, Ben Kammuller of Wisconsin set a state record 440.7. Justin Gourley of Illinois was second with the same weight and an Illinois state record. At 165, Joseph Lamonica of Canada set a Canadian national record of 440.7 but finished second to Erik Vorsatz of California who hauled in 457.2 to win the World's in Class I/165. At 198, Brendan Ridings of Illinois set a state record 633.7 to beat out Earl Solidium of Hawaii who set a state record 601.8. Nate Krohn of Minnesota was third with 600.7 and a state record. Bobby Burns of Indiana was fifth with a state record 562. At 220 Jeremy Drecksel of Utah set a Utah record 606.2 to win the

Worlds over Andy Whitaker of Louisiana who pulled 584 for a state record. At 259 Colin Keohulua of Hawaii pulled a huge 661.2 for a state record to easily win the gold by about 100 lbs. In 308, Timothy Palengat pulled a California state record 633.7 to edge out Robert Speno of California who did 628.2 which was a California record for a short period of time. At super Eric Welch who is six foot six inches and hails from Nevada set a Nevada record 694.2 to beat Thomas Guiney of Oklahoma who did a respectable 661.2. The three lifters with great coefficients were: Andrew Billing of Illinois with 556.5 at 181, Brendan Riding of Illinois with 633.7 at 198, and Colin Keohulua of Hawaii with 661.2 at 259. Moving onto Junior men deadlift, at 132 Nick Lenhart of Utah had an off day with 485. He's done over 500 lbs. In second was Neal Crago of Illinois with 457.2, which was an Illinois state record. At 148 Ben Kammuller set a WI record 440.7 to win his second world title. He also won in Class I. At 165 Laramie McMasters of Illinois won easily with an impressive 562 and an Illinois state record to boot. At 181 Steven Herrmann of Michigan opened with 617.2 and jumped to 661.2 and was close, but he still won the gold by over 100 lbs. Galen Lyle of Minnesota was second with a Minnesota state record 485. At 198, Brendan Ridings of Illinois won his second world title for the week 63.7. Bobby Burns was second with an Indiana record 562. At 220 Jason Perez of Texas won with 650.2 and Daniel Winslow of Idaho was third with an Idaho record 600.7. Andy Whitaker was fourth with a Louisiana record 584 and Patrick Shippert of Illinois was second with 606.2. At 242 Andy Munsey won the gold with 584 and came close with 617. Ben Smith of Maine was third with a state record 462.7. At 259 David Bergman of Massachusetts won gold with a 573 state record. At 308 Ronnie Castro of California didn't set a record but came up with a nice 672. At super Tyler Roessler of Utah won gold with a state record 622.7. High



Ricardo Nort came from Brazil

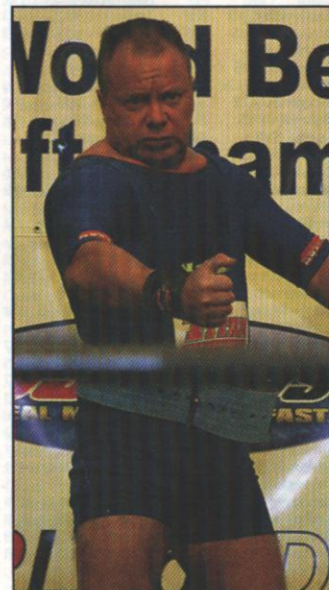
coefficients in Junior were Brendan Ridings with 633.7 at 198, and Jason Perez with 650 at 220. In **Junior women**, Natalie Freed of Pennsylvania set a world record 303 at 105 and Katelyn Tobin of Minnesota set a world record 325 at 114. In **Law/Fire Master 40-47/242** Jim Casemier of Michigan set a Michigan record 650.2 to beat out Yanto Soekardi who pulled 633.7. Yanto is usually capable of over 700 lbs. In **Law/Fire Master 48-55/220** William Denniston set a Michigan record 435.2. In **Law/Fire Master women 40-47** Rauaroha Joy Heta of New Zealand set a national record 319.5. In **Law/Fire Open men** Jason Dean of Alabama set a state record at 165 with 451.7, and at 198 Adrian Yerby set a California record 600.7. At 242 Yanto Soekardi won with 633.7. At 308, Ricardo Nort of Brazil set national record 710.7 and at Super Keoni Reich of Hawaii set a world record 701.9. In **Law/Fire Submaster**, a world record was set by Ricardo Nort of Brazil, and Keoni Reich of Hawaii. In **Law/Fire Submaster women** Lee Itule of Arizona set a world record 286.5 at 148. In **Master men 40-46** Dan Guches of Oregon beat Sakari Selkainaho of Finland at 181 lbs. 589.5 to 562. Sakari set the Finnish national record. Sakari brought 14 lifters from Finland and, as usual, many are great deadlifters. At 220 Al Tortorelli was impressive with a 628.2 to beat out five competitors for the world title. At 242 Al Bianchi set a Massachusetts record 661 to edge out Jim Casemier of Michigan who pulled 650.2. At 259 Terry Putnam of Oklahoma set a state record 678.8 for the gold. Terry



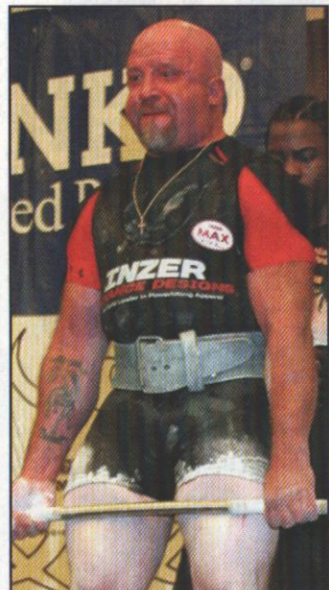
Dean Kaneshiro .. 562 @ 148#



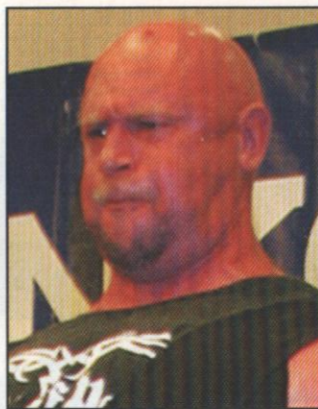
Neil Schoenebeck got 655 lbs.



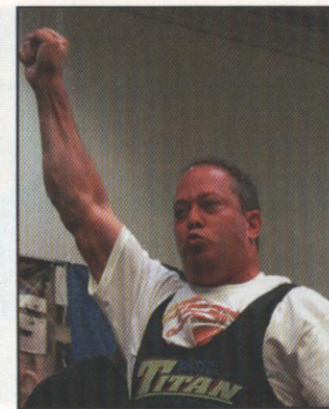
Sakari Selkainaho from Finland.



Al Dawson pulled a solid 666.



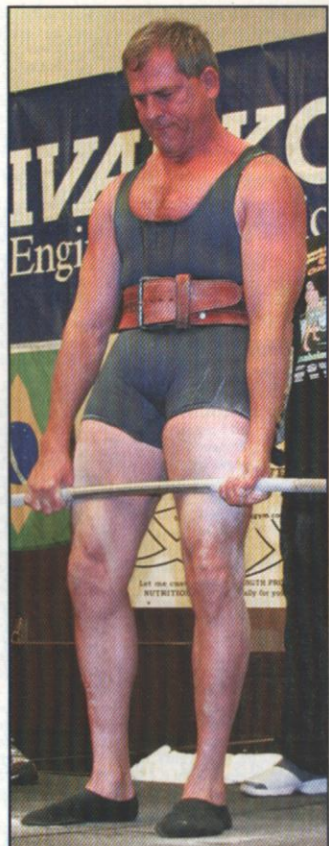
Big DLers included Keoni Reich



Tom Eiseman looking for 800#

gave 700 a ride but no go. He wants that 700 real bad. At 275 Khalid Shadid of Texas edged Russ Bennett of Utah 673.3 to 650 and also got the Texas state record. At super, Thomas Guiney of Oklahoma set a 661 state record, to win and beat Dean Munsey of Oregon who set a 661 state record and John Hudson of Texas who set a 655 state record. John locked out 683 but was turned down 2-1. It would have given him the win. In **Master 47-53/123** Glenn Murphy set a Maryland record 292. At 148 Dean Kaneshiro was spectacular with a world record 562 and was 120 lbs. ahead of the second place finisher. The open world record is only 578 within striking distance for Dean. At 165 Richard Cirigliano got 600.7 and tried a 618.3 world record but not quite. He still won the gold. At 181 Tom Eiseman opened with 727 and jumped to 766 for a world record. He only needed 746.2 to break Tee Myers record of 745.1. At 198 Leamon Woodyly of Washington beat Sergey Dermelev of Estonia 672.2 to 617.2. Sergey at least set a national record. At 220 Neil Schoenebeck of Michigan set a state record 655.7 to win gold. At 242 Al Dawson of Washington, who brought a group of hardcore underprivileged teenagers, won gold with 666.7 and a state record. Al does a great job

man underneath him that he manages. Joe does a great job as state chairman. He traveled to a meet in Cour d' Alene, Idaho, and he went to all of the meets in Washington, Olympia, Aberdeen, Seattle, Pasco, and Issaquah. That's the job of a state chairman to help out at meets and make sure that everything runs as smoothly as possible. At Super Alan Valentin of Hawaii won gold with a state record 556.5. In **Master 54-60/165** Gregory Kleyn of Illinois set a world record 540. Alan Sheen of Louisiana was second with a state record 402.2. During hurricane Katrina Alan's home was badly damaged, but he still made it to the Worlds. That's dedication and that's what keeps me passionate about WABDL. It's for the rank and file. Everybody gets treated equally and as fairly as possible. In third place at 54-60/165 was Gary Miller of Nevada with a 336 state record. At 181, Eric Ansberry keeps making progress as he won his first World Championship in six tries with a 451.7. At 198 Anders Wahlund of Sweden came back after a three year absence due to heart problems and pulled a 573 Swedish national record to win gold. At 259 Eddie Morgan of Arkansas set a world record 651.3. Eddie is a schoolteacher who teaches math. At Super steady Leo Contreras won with



Eddie Morgan and his WR 651.

an easy 413 deadlift. Leo has been to every Worlds since 2000. In **Master 61-67** there was some unbelievable deadlifting, probably the best in the whole contest, all things considered! At 148 Ted Feight, the WABDL Michigan State Chairman won with a state record 363.7. Ted won two bronze stars and a silver star in Vietnam with the Army light infantry. You would never know by looking at him, and he never told me. I was in his house once and I said, "Is this what I think it is?" He just said, "Lock

(continued on page 80)

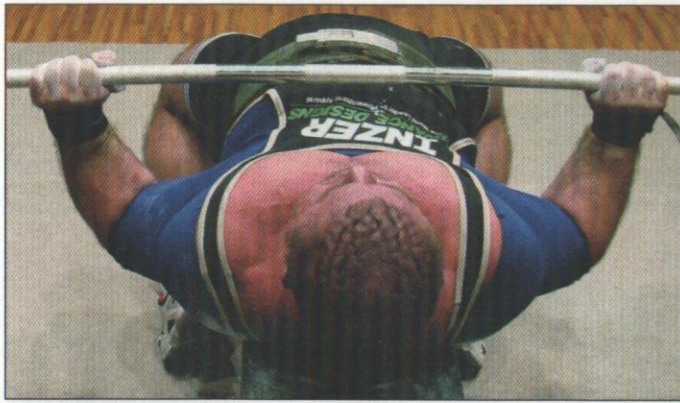
WPC World Championship

30 OCT-4 NOV 07 - Togliatti, RUS

BENCH

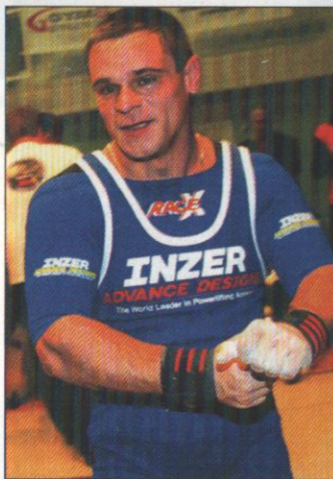
WOMEN

98 lbs.	Open	Bychkov-RUS	187
Voronova-EST	154	Master (45-49)	314
105 lbs.	Junior (20-23)	Shteynbergs-LAT	314
Sergiyenko-RUS	148	Kim-RUS	363
Open	Master (65-69)	Kiselev-RUS	203
Dzina-RUS	159	Chistyakov-RUS	148
Okhotina-RUS	115 lbs.	Open	523
Teen (18-19)	Sivokon-KAZ	523	
Grishechkina-RUS	165	Speranskiy-RUS	485
Junior (20-23)	Allakhverdiyev-AZE	396	
Shmakova-RUS	137	Nikitin-RUS	385
Open	Eldin-FRA	319	
Zotova-RUS	215	165 lbs.	
Shtin-RUS	165	Teen (13-15)	336
Gileva-RUS	123 lbs.	Tychynin-RUS	319
Yakiarov-RUS	319	Teen (16-17)	
Podelko-RUS	104	Lopatin-RUS	374
Teen (18-19)	Khrushchev-RUS	275	
Amelina-RUS	159	Teen (18-19)	402
Junior (20-23)	Chebykin-RUS	402	
Yurina-RUS	275	Meteliev-RUS	391
Nalobina-RUS	237	Fedotov-RUS	264
Grieva-RUS	182	Junior (20-23)	485
Isayeva-RUS	171	Nekipelov-RUS	485
Open	Blinov-RUS	413	
Liptakova-SVK	198	Upolovnikov-RUS	407
Stepanovich-RUS	187	Zlobin-RUS	385
123 lbs.	Abubekirov-RUS	374	
Teen (18-19)	Semikolenny-RUS	363	
Ustyuzhanin-RUS	171	Pshenichnyy-RUS	330
Kaveshnikov-RUS	126	Olexandr-RUS	440
Junior (20-23)	Master (45-49)	Romanov-RUS	440
Kondratova-RUS	215	Baranchikov-RUS	341
Stepanova-RUS	215	Stoyanov-RUS	270
Open	Master (50-54)	Junior (20-23)	402
Malteva-RUS	242	Tatarkin-RUS	402
Master (45-49)	Master (55-59)	Hooker-USA	485
Kharif-ISR	99	Khlopenev-RUS	330
148 lbs.	Master (65-69)	Stefanov-RUS	396
Teen (18-19)	Petukhov-RUS	314	
Tokareva-RUS	171	Master (70-74)	209
Junior (20-23)	Pereladov-RUS	209	
Lovtsova-RUS	Open	Aliyev-AZE	446
Medvedeva-RUS	264	Rode-RUS	440
Dubrovina-RUS	193	Kuznetsov-GER	413
Master (45-49)	Paderin-RUS	413	
Markus-ISR	132	Uskov-RUS	391
165 lbs.	Tsetulin-RUS	352	
Open	Abubekirov-RUS	352	
Sheludko-RUS	330	Pleshkov-RUS	352
Sinacheva-RUS	253	Kokorev-RUS	253
Raputa-RUS	253	Robey-USA	181 lbs.
Mokra-SVK	215	181 lbs.	
Open	Teen (13-15)	Duskyadche-RUS	187
Sablina-RUS	253	Teen (16-17)	330
Rackova-CZE	198	Chudin-RUS	314
198+ lbs.	Titov-RUS	314	
Master (45-49)	Abdulayev-RUS	308	
Rantanen-FIN	115 lbs.	Teen (18-19)	253
MALE	Mikayelian-RUS	374	
115 lbs.	Fedotkin-RUS	363	
Teen (13-15)	Markelov-RUS	330	
Petukhov-RUS	165	Junior (20-23)	402
Fomin-UKR	132	Karyagolov-RUS	474
Pavlyuk-RUS	121	Dyatkov-UKR	418
Alexandrov-RUS	176	Shapovalov-RUS	402
Open	Grisin-RUS	396	
Artemyev-RUS	297	Shisterov-RUS	396
124 lbs.	Doronin-RUS	512	
Teen (13-15)	Dyachenko-RUS	507	
Baranov-RUS	176	Master (40-44)	507
Amazyan-RUS	253	Vateha-SVK	507
Junior (20-23)	Grebers-LAT	429	
Abdiyev-RUS	286	Petryakov-RUS	418
Open	Melnikov-RUS	407	
Artemyev-RUS	303	Belousov-RUS	479
Onuchin-RUS	253	Alexeyev-RUS	457
132 lbs.	Rodionov-RUS	Koshkin-RUS	374
Teen (13-15)	Reshetnikov-RUS	396	
Gorny-UKR	154	Teen (18-19)	396
Teen (16-17)	Likh-RUS	341	
Shelaykin-RUS	231	Larin-RUS	275
Teen (18-19)	Teen (18-19)	Master (55-59)	606
Kachan-UKR	209	Korolchenko-RUS	286
Junior (20-23)	Druzhdov-RUS	551	
Vartanov-RUS	374	Stankevich-RUS	518
Master (40-44)	Master (60-64)	Master (65-69)	446
Mukhamedyev-RUS	176	Craig-USA	429
Master (55-59)	Master (55-59)	Tsariyev-RUS	286
Cheblakov-RUS	214	Biserov-RUS	281
Open	Yakushev-RUS	264	
Vartanov-RUS	374	Yakushev-RUS	264
148 lbs.	Master (70-74)	Belikov-RUS	418
Teen (18-19)	Malyshyev-RUS	303	
Pshenichnyy-RUS	242	Open	661
Junior (20-23)	Koshkin-RUS	661	
Karavayev-RUS	374	Nechayev-RUS	595
Kolesnikov-RUS	363	Popov-RUS	556
Lisunov-RUS	363	Nigmatullin-RUS	551



Vladimir Maximov was the Best Open Bench Presser at the Worlds

Baumer-EST	551	Master (55-59)	Tretyakov-RUS	352	Kapusta-RUS	352			
Garipov-RUS	485	Givens-USA	446	Zaytev-RUS	352				
Shchuplov-RUS	463	Porotskiy-ISR	330	Kiselev-RUS	308 lbs.				
Meteliev-RUS	451	Master (60-64)	Voronin-RUS	352	Teen (16-17)	352			
446	Lancaster-USA	446	Teen (18-19)	352	Krymskiy-RUS	485			
Dyachenko-RUS	446	Master (65-69)	Martirosov-RUS	314	Zerev-RUS	374			
418	Martirosov-RUS	314	Junior (20-23)	611	Korshkov-RUS	611			
Bogatkov-RUS	198 lbs.	Goldman-RUS	352	Junior (20-23)	352	Matsur-RUS	606		
Teen (16-17)	Fedyayev-RUS	661	Master (40-44)	595	Laptev-RUS	595			
Udovichenko-RUS	330	Minuth-USA	661	Master (40-44)	810	Dubrovina-RUS	418		
Maklakov-RUS	286	Kushin-RUS	617	Chernykh-RUS	551	Bobchuk-UKR	440		
Teen (18-19)	Romanov-RUS	440	Paley-RUS	606	Luchkov-RUS	540			
Dorgobuzov-UKR	440	Gromov-RUS	573	Norkin-RUS	507	Vesely-CZE	507		
Balashov-RUS	308	Grigoryev-RUS	551	Lukyanchik-RUS	352	Maximov-RUS	810		
Junior (20-23)	Martirosov-RUS	551	Novolokov-RUS	551	Polyakov-RUS	595			
Yevtushenko-RUS	551	Gorbenenko-RUS	551	Master (45-49)	485	Povolotskaya-RUS	595		
270	Simagin-RUS	551	Lopatskiy-RUS	551	Shishkin-RUS	551	Master (45-49)	810	
402	Hooker-USA	485	Petukhov-RUS	551	Sychev-RUS	391	Murniex-LAT	170	
330	Rogov-RUS	424	Palshin-RUS	540	Master (50-54)	529	Master (50-54)	358	
396	Stefanov-RUS	396	Korshunov-RUS	529	Pevko-LAT	628	Kravtsov-RUS	529	
314	Grigoryev-RUS	330	Denisov-RUS	529	Zemerov-RUS	485	Bulgakov-RUS	485	
209	Markiv-UKR	507	Faduyev-RUS	507	Bulichev-RUS	485	Gulyayev-RUS	507	
209	Pereladov-UKR	507	Rantanen-FIN	507	Ligier-FRA	369	446	1322	
446	Mirzoyan-RUS	463	Master (65-69)	308+ lbs.	Sheverdina-RUS	507	369	446	
440	Dmitriyev-RUS	363	Zozoli-FRA	451	Dobri-EST	319	Sarychev-RUS	633	
440	Chidingov-RUS	451	Open	451	Open	451	Master (40-44)	606	
413	Rollot-FRA	440	Bobkov-RUS	749	Kushnarev-RUS	749	Clark-USA	606	
385	Shubin-UKR	385	Bobkov-RUS	749	Laszlo-HUN	733	Master (45-49)	308	
391	Rachkov-RUS	385	Bobchenko-UKR	688	Nastynov-RUS	308	Open	308	
391	Uskov-RUS	391	Berman-RUS	639	Open	308	Shabalina-RUS	705	
352	Master (45-49)	385	Koltakov-UKR	639	Open	308	Shabalina-RUS	705	
352	Master (45-49)	385	Velibekov-RUS	573	Budey-RUS	628	Baranov-RUS	308	
396	Thaux-FRA	396	Duseyev-RUS	573	Brazhkin-RUS	595	Gormy-UKR	292	
407	Master (50-54)	407	Teen (16-17)	463	Seregin-RUS	518	Korkin-RUS	556	
407	Mattei-FRA	407	Yalyugin-RUS	463	Kadera-CZE	507	Grad-RUS	507	
380	Zayvalov-RUS	380	Litvinenko-PMR	485	Shishlyannikov-RUS	485	Tsvetkov-RUS	485	
363	Muran-RUS	363	Teen (18-19)	485	WOMEN	396	BP	DL	TOT
363	Shpringer-RUS	485	Pestichev-RUS	485	WOMEN	396	242	418	1058
363	Pyatakhin-RUS	380	Junior (20-23)	485	WOMEN	396	242	418	1058
363	Barskiy-ISR	363	Brylin-RUS	573	Open	396	242	418	1058
253	Metelkin-RUS	253	Kubata-RUS	529	Novikova-RUS	242	104	226	573
253	Rondalainen-EST	463	104 lbs.	463	Teen (16-17)	226	110	253	589
275	Master (60-64)	275	Teen (16-17)	275	Snakova-SVK	226	110	253	589
275	Master (60-64)	275	Open	275	Open	226	110	253	589
275	Master (60-64)	275	Nekhyudov-RUS	727	Dzina-RUS	286	159	308	755
275	Master (60-64)	275	Tretyakov-RUS	507	114 lbs.	286	159	308	755
275	Master (60-64)	275	Ponomarev-RUS	672	Teen (16-17)	286	126	242	655
275	Master (60-64)	275	Podelko-RUS	396	Khabibullina-RUS	286	126	242	655
275	Master (60-64)	275	Master (45-49)	496	Teen (18-19)	286	126	242	655
275	Master (60-64)	275	Pozdnyakov-RUS	496	286	126	242	655	
275	Master (60-64)	275	Yagovimov-AZE	490	286	126	242	655	
275	Master (60-64)	275	Dubrovina-RUS	418	286	126	242	655	
275	Master (60-64)	275	Kazanov-RUS	418	286	126	242	655	
275	Master (60-64)	275	Vateha-SVK	507	286	126	242	655	
275	Master (60-64)	275	Royanov-RUS	507	286	126	242	655	
275	Master (60-64)	275	Bobrov-RUS	496	286	126	242	655	
275	Master (60-64)	275	Pokhvasheche-RUS	485	286	126	242	655	
275	Master (60-64)	275	Master (55-59)	374	286	126	242	655	
275	Master (60-64)	275	Larin-RUS	374	286	126	242	655	
275	Master (60-64)	275	Master (60-64)	352	286	126	242	655	
275	Master (60-64)	275	Maslov-RUS	352	286	126	242	655	
275	Master (60-64)	275	Ischenko-RUS	352	286	126	242	655	
275	Master (60-64)	275	Master (65-69)	286	286	126	242	655	
275	Master (60-64)	275	Lobachev-RUS	286	286	126	242	655	
275	Master (60-64)	275	Open	727	286	126	242	655	
275	Master (60-64)	275	Nekhyudov-RUS	727	286	126	242	655	
275	Master (60-64)	275	Dexter-USA	705	286	126	242	655	
275	Master (60-64)	275	Ozols-LAT	677	286	126	242	655	
275	Master (60-64)	275	Czegeny-HUN	672	286	126	242	655	
275	Master (60-64)	275	Pshymintsev-RUS	600	286	126	242	655	
275	Master (60-64)	275	Kolesnikov-RUS	573	286	126	242	655	
275	Master (60-64)	275	Kostylev-RUS	551	286	126	242	655	
275	Master (60-64)	275	Likhman-RUS	551	286	126	242	655	
275	Master (60-64)	275	Bubnov-RUS	551	286	126	242	655	
275	Master (60-64)	275	Chizhov-RUS	529	286	126	242	655	
275	Master (60-64)	275	Goldodnov-RUS	529	286	126	242	655	
275	Master (60-64)	275	Kucherov-RUS	529	286	126	242	655	
275	Master (60-64)	275	Maximov-RUS	485	286	126	242	655	
275	Master (60-64)	275	Balakin-RUS	485	286	126	242	655	
275	Master (60-64)	275	Rakipishvili-RUS	485	286	126	242	655	
275	Master (60-64)	275	Gorbachev-RUS	485	286	126	242	655	
275	Master (60-64)	275	Rakhmanov-RUS	485	286	126	242	655	



Alexey Sivokon won the 148 lb. class bench press with 523 lbs.

Grishechkina-RUS	253	159	281	694	
Gass-RUS	242	143	220	606	
Open					
Zotova-RUS	330	209	374	914	
Petryukova-RUS	319	154	319	793	
Master (55-59)	242	143	242	628	
Orenicova-SVK	242	110	275	628	
Teen (16-17)	242	110	275	628	
Sborovskaya-RUS	242	110	275	628	
Teen (18-19)	380	165	352	898	
Amelina-RUS	380	165	352	898	
Junior (20-23)	424	264	330	1019	
Yurina-RUS	286	154	242	683	
Isayeva-RUS	286	154	242	683	
Poteshkina-RUS	286	154	242	683	
Open	485	253	374	1113	
Medvedeva-RUS	485	253	374	1113	
132 lbs.	Teen (18-19)	308	176	264	749
Ustyuzhanin-RUS	308	176	264	749	
Junior (20-23)	Kondratova-RUS	429	198	352	981
Stepanova-RUS	396	209	330	937	
Tomchina-RUS	385	176	352	91	

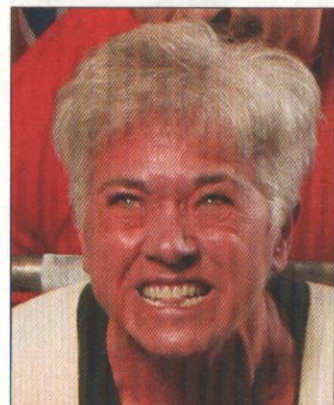
GPC World Championships
22-27 OCT 07 - Calgary, CAN

BENCH		(55-59)			
WOMEN		Kruger-GER	451		
115 lbs.		220 lbs.			
(50-54)		Junior			
Nefjodova-LAT	132	Girardin-CH	407		
132 lbs.		Open			
(16-17)		Herbert-FRA	639		
Montgomer-USA	137	Zimmerma-CAN	551		
148 lbs.		Rautio-FIN	440		
Open		(40-44)			
Cooney-CAN	159	Vrba-CZ	374		
(40-44)		Dean-USA	330		
Sparango-USA	259	(45-49)			
(65-69)		Brasseur-FRA	507		
Keresey-USA	—	Jakobowski-CAN	330		
181 lbs.		Open			
Barter-CAN	159	McDonald-USA	—		
123 lbs.		(55-59)			
Special Olympics		Douet-FRA	308		
Duckett-CAN	115	(60-64)			
132 lbs.		Marion-FRA	374		
(65-69)		242 lbs.			
Schweitzer-GER	137	Open			
Special Olympics		Wooden-CAN	402		
Hurley-CAN	115	Kousa-FIN	396		
148 lbs.		(40-44)			
Triangle-BEL	181	Didler-FRA	540		
(55-59)		Williamson-USA	463		
Guercio-FRA	292	(45-49)			
165 lbs.		Krumholz-GER	463		
Junior		(55-59)			
Clark-USA	314	Vetter-GER	485		
(55-59)		Haudenschil-USA	501		
Muller-GER	281	4th-518			
Lazreg-FRA	264	275 lbs.			
(60-64)		Junior			
Winterscheidt-GER	264	Collins-USA	650		
181 lbs.		Open			
Feraud-FRA	264	Harrison-USA	804		
181 lbs.		Baumbach-GER	600		
Junior		Ihalainen-FIN	584		
Marro-FRA	418	(50-54)			
Open		Sinclair-USA	363		
Sparango-USA	374	(60-64)			
(55-59)		Meek-USA	490		
Leskenmaa-FIN	352	308 lbs.			
(60-64)		Open			
Kubick-FRA	330	Piatelli-CAN	600		
(65-69)		(40-44)			
Hogg-AUS	341	Marr-USA	545		
(70-74)		308+ lbs.			
Gontoli-FRA	214	Junior			
198 lbs.		Lisogor-UKR	451		
Open		(40-44)			
Gonzalez-FRA	485	Watts-USA	644		
(50-54)		(45-49)			
Glenn-USA	319	Ramsay-USA	512		
Powerlifting		BP	DL	TOT	
105 lbs.					
Open					
Leverett-USA	286	176	314	777	
115 lbs.					
(50-54)					
Nefjodov-LAT	231	121	297	650	
123 lbs.					
Open					
Herbepiti-FRA	330	198	330	859	
(40-44)					
Senger-CAN	209	132	248	589	
(50-54)					
Greco-CAN	286	176	326	789	
132 lbs.		4th-DL-338			
Open					
Michiels-BEL	418	231	396	1047	



Dan Martin out of Las Vegas.

4th-DL-418						
(40-44)		Hinds-CAN	143	104	176	424
148 lbs.		(18-19)				
Junior		Toews-CAN	297	143	308	749
165 lbs.		Open				
Junior		Sohier-BEL	352	154	330	837
181 lbs.		Open				
Hartnett-USA	584	264	540	1388		
Baldwin-USA	501	352	474	1328		
McDougall-CAN	180	115	220	517		
(40-44)		Sparagn-USA	369	237	396	1003
Open		181 lbs.				
Stumpfova-IRE	582	330	463	1375		
Special Olympics Open		(45-49)				
Nefjodov-LAT	457	253	402	1113		
4th-BP-259		Open				
Cooke-CAN	99	93	132	325		
McDonna-CAN	77	66	148	292		
198 lbs.		Special Olympics (40-44)				
Sullivan-CAN	143	110	198	451		
MEN						
115 lbs.		Special Olympics Open				
Duckett-CAN	154	143	159	457		
123 lbs.		Special Olympics Open				
Piche-CAN	93	115	181	391		
132 lbs.		Special Olympics Open				
Hurley-CAN	187	148	181	518		
Special Olympics (18-19)						
Hale-CAN	13	132	209	354		
148 lbs.		Open				
McNamar-IRE	738	385	551	1675		
Lang-CAN	—	226	352	578		
(40-44)		Triangle-BEL	308	203	330	843
(55-59)		Bobrovit-CAN	402	292	396	1091
165 lbs.		4th-BP-297				
(18-19)		Conant-USA	518	2171	407	3097
Open		Open				
Dowdell-USA	440	286	479	1207		
Greenba-CAN	319	165	363	848		
(50-54)		Brown-USA	402	319	407	1129
(65-69)		Hogg-AUS	132	352	176	661
Special Olympics Open		Luyendy-CAN	192	159	242	595
181 lbs.		Open				
Hansjurg-CH	595	341	677	1614		
Phillips-CAN	633	413	562	1609		
Brooks-GBR	633	380	589	1603		
Sparang-USA	518	385	479	1383		
(40-44)		Graham-CAN	622	303	562	1488
(45-49)		Dunn-IRE	529	371	584	1484
Towes-CAN		—	209	407	617	
(55-59)						



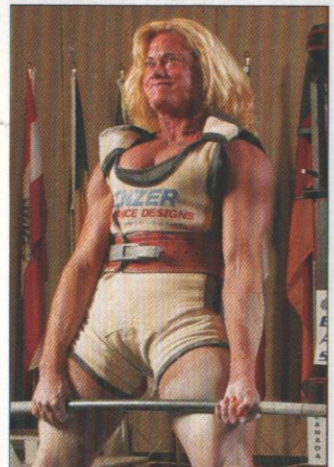
Ann Leverett GPC World Champ

Lovelace-USA	463	330	474	1267
(60-64)				
Pereira-CAN	490	104	529	1124
(65-69)				
Martin-USA	508	248	457	1213
Special Olympics (40-44)				
Ricardo-CAN	237	148	275	661
198 lbs.				
Open				
Overbay-USA	523	369	463	1355
Moore-USA	—	551	600	1151
(40-44)				
Johnston-CAN	738	363	170	1273
Fisher-CAN	501	308	551	1361
(45-49)				
Caplan-USA	683	507	562	1752
Overbay-USA	479	303	485	1267
220 lbs.				
Kratochvi-CZ	749	440	584	1774
Weiss-FRA	639	418	573	1631
Ville-FIN	—	—	—	—
Hook-USA	—	—	—	—
(40-44)				
Vrba-CHZ	595	374	440	1410
(45-49)				
Graham-GBR	683	418	617	1719
Slyk-CAN	237	176	286	700
(55-59)				
Dunn-CAN	606	319	661	1587
Special Olympics Open				
Smith-CAN	88	93	115	297
242 lbs.				
Open				
Kosnar-CHZ	848	595	705	2149
Middleton-GBR	793	529	716	2039
Vauls-GBR	749	518	650	1918
Zimmer-CAN	694	606	617	1918
Merrill-CAN	722	429	584	1736
Simek-CHZ	485	418	529	1433
Kousa-FIN	—	—	—	—
Ville-FIN	—	—	—	—
(50-54)				
Bowman-USA	711	429	617	1758
Special Olympics (40-44)				
Gray-CAN	192	154	226	573
Special Olympics Open				
Harding-CAN	242	220	253	716
Russel-CAN	220	214	286	722
275 lbs.				
Open				
Schrott-GER	903	562	705	2171
Ihalainen-FIN	297	617	451	1366
Leavins-CAN	551	259	479	1289
Bailey-USA	—	—	—	—
(40-44)				
Boulton-GBR	782	297	617	1697
Tilson-USA	644	435	584	1664
(45-49)				
Marshall-GBR	848	440	771	2061
4th-SQ-881				
(60-64)				
Meek-USA	688	523	562	1774
308 lbs.				
Open				
Stutes-USA	903	705	661	2270
Piatelli-CAN	821	705	661	2188
Crets-BEL	771	529	793	2094
(45-49)				
Marshall-GBR	810	485	722	2017
308+ lbs.				
Open				
DeVadde-BEL	727	474	573	1774



Svetlana Nefjodova from Latvia

The annual GPC World Powerlifting and Bench Press Championships were held in the beautiful city of Calgary, Alberta, Canada. Brian Johnston, meet director and company, went all out for this contest sparing no expense to make sure the venue and equipment was first rate. Linda Orr did an excellent job managing the event with valued help from Lora Greco, Michelle Senger, Paz Greenbaum, Louise Piatelli, and Shaun Owens. The meet hotel and contest venue were the beautiful Sheraton Suites Calgary Eau Claire in downtown Calgary. The city of Calgary is now a boom town with a crane on almost every block with new construction. After all the preparation the turnout from the European nations was very disappointing. There were a total of 70 powerlifting entries and 52 Bench Press only entries with most from the US followed by Canada. Great Britain mustered six powerlifters and no Bench only and Belgium had 5 powerlifters and no Bench only. With 4 out of 5 GPC Board Members living in Great Britain and Belgium I would expect better participation from those two countries. I remember the 1999 World Powerlifting Championships in Calgary, 40 powerlifters from Austria and 39 powerlifters from Great Britain alone. The GPC President explained that Calgary was just too far for the Europeans to travel. With the exclusion of Russia from the bids for future contests for the same reason and the revocation of the bid from Slovakia for 2008, which was awarded by vote at the AGM in Belgium in 2006, it seems the GPC is becoming a centralized European federation. Thanks again to Brian Johnston for providing the best spotter/loading crew available, the Heinz Buhl team from Austria. The Women led off the powerlifting with Lauren Towes of Canada winning the 18-19/67.5 kgs. category with a squat of 135 kgs., bench 65 kgs., deadlift 140 kgs. to total 340 kgs. Kelly Sohier of Belgium won her junior 67.5 kgs. class with a total of 380 kgs. and team mate Wendi Michiels won the 60 kgs. open class with 475 kgs. total. The perennial winner from Savannah, Georgia, Ann Leverett, won the open 48 kgs. class with a squat of 130 kgs., bench press 80 kgs., deadlift 142.5 kgs. with the winning total of 352.5 kgs. Natacha Herbepiti of France won the open 56 kgs. class with a 390 kgs. total. Shannon Hartnett, a marine biologist from California, dominated the open 67.5 kgs. class with a squat of 265 kgs., bench 120 kgs., 245 kgs. deadlift, for a great total of 630 kgs. Followed by Atlanta Police Officer Sonji Baldwin with squat 227.5 kgs., bench press 160 kgs., deadlift 215 kgs. and a total of 602.5 kgs. For the bronze medal Andrea McDougall of Canada had a squat of 82.5 kgs., bench 52.5 kgs., deadlift 100 kgs. for a total of 234.5 kgs. Petra Stumpfova from Ireland won the open 82.5 class with a total of 622.5 kgs. Michelle Senger of Canada won the masters 40-44/56 kgs. class with a squat of 95 kgs., bench 60 kgs., deadlift 112.5 kgs.



Shannon Hartnett pulling huge.

and 267.5 kgs. total. In the 40-44/60 kgs. class Canadian team mate Terry Hinds had the winning squat of 65 kgs., bench 47.5 kgs., deadlift 80 kgs. to total 192.5 kgs. From the USA Monica Sparango led the 40-44/67.5 kgs. class with a squat of 167.5 kgs., bench press 107.5 kgs., deadlift 180 kgs., for a winning total of 455 kgs. In the 45-49/82.5 kgs. class Kim packer of the USA had the winning squat of 207.5 kgs., bench press 115 kgs., deadlift 182.5 kgs., for the winning total of 505 kgs. In the 50-54/52 kgs. class the lady who traveled the longest distance to win was Svetlana Nefjodova, a sports writer and newspaper editor from Latvia. With a squat of 105 kgs., bench press 55 kgs., deadlift 135 kgs., for the winning total of 295 kgs. Lora Greco of Canada had a good day in the 50-54/56 kgs. class with squat 130 kgs., bench press 80 kgs., deadlift 148.5 kgs. for a winning total of 357.5 kgs. Brad Conant from the USA led off the men's session in winning the 18-19/75 kgs. category with a squat of 235 kgs., bench press 95 kgs., deadlift 185 kgs. for a total of 515 kgs. Gerry McNamara from Ireland won the open 67.5 kgs. division with a total of 760 kgs. Todd Lang of Canada in the open 67.5 kgs. class did not have a successful squat but took lifts in the bench of 102.5 kgs. and a deadlift of 160 kgs. Ronald Dowdell of the USA who had 200 kgs. in the squat, 130 kgs. bench, 217.5 kgs. deadlift and total of 547.5 kgs. for the win in the 75 kgs. open class over Ben Greenbaum of Canada with squat 145 kgs., bench press 75 kgs., deadlift 165 kgs., for a total of 385 kgs. In the open 82.5kgs. class Kalin Hansjurg of the Sweden had a total of 732.5 kgs. barely winning over Matt Phillips of Canada with 730 kgs. total. In third was Adam Brooks of Great Britain with total of 727.5 kgs. followed by Leon Sparango of the USA with 627.5 kgs. In the open 90 kgs. class Jeremy Overbay won with squat of 237.5 kgs., bench press 167.5 kgs., deadlift 210 kgs., and total 615 kgs. over fellow American Robert Moore who opened with a strong 322.5 kgs. squat but after three attempts couldn't satisfy the judges on his depth. He went on to take token lifts of bench 250 kgs., deadlift 272.5 kgs. In the 100 kgs. open class other casualties of judges who couldn't see bottom were Larry Hook of the USA and Rautio Ville of Finland. Winning the division was Jaromir Kratochvil of the Czech Republic with a total of 805 kgs. followed by Frank Weiss of France with the total of 740 kgs. The 110 kgs. open class fared better with Martin Kosnar of the Czech Republic winning with the total of 975 kgs. followed by Steven Middleton of Great Britain with the total of 925 kgs. and with the silver medal we have Kyle Vauis of Great Britain with 870 kgs. total. Mike Merrill of Canada finished in fourth with 787.5 kgs. Casualties in the squat in the 110 kgs. class was Antti Kousa and team mate Rautio Ville of Finland. In the 125 kgs. open class Michael Schrott of Germany had one of the best squats of the day with



Charles Bailey tried to break the 1000 lb. barrier.

410 kgs. which he opened with and made on his third attempt. He benched 25

APT PRO GEAR

.....WORLD RECORD PROVEN!

700+ PRODUCTS!



USE THE PROMO CODE
PROGEAR FOR A
FREE SET OF 12"
WRIST WRAPS AND
15% OFF OF YOUR
ENTIRE ORDER!

ProWristStraps.com

TOLL FREE 1-888-236-1258 E-MAIL APT@PROWRISTSTRAPS.COM

The Strongest Raw Bench In The World Trusts USPLabs – Shouldn't You?

Nick Winters, the man responsible for the world's best raw bench (675 competition – 715 training) uses USPLabs supplements to help him lift heavy and pain free. Here's what he had to say...



"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products: Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that my muscles have been sore, the recovery I get from these supplements is incredible.

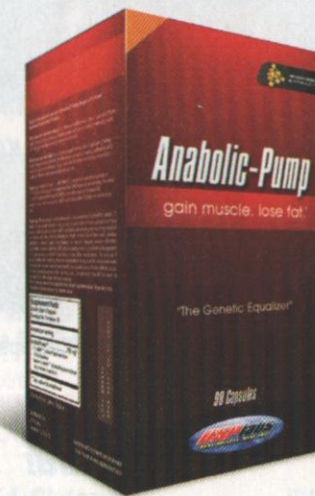
I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it hurt like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a long pause, and it doesn't really hurt at all.

I strongly recommend every powerlifter use these three effective products from USPLabs."

- Nick Winters

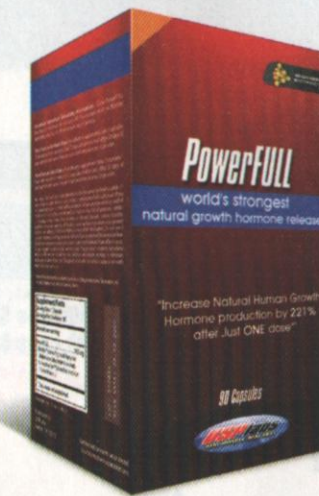
NERB champion bench - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

Anabolic-Pump™



Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic dream, creating a highly anabolic muscle building, fat burning environment. Even steroids do not work unless this occurs. Simply put, if you're currently eating (and I know you are or you wouldn't be reading this!) then you can gain muscle and lose fat by merely adding Anabolic-Pump before your meals. It's really that simple and it's backed by tons of research proving its safety and efficiency!

PowerFULL™



Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective, unlike it's synthetic counterpart. PowerFULL can dramatically increase strength, recovery and help you feel and perform at your best. PowerFULL also promotes anabolic sleep, causing a cascade of growth hormone released while you sleep so you wake up refreshed and recovered!

SuperCissus Rx™

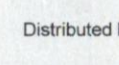
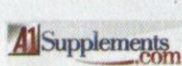


This patent-pending joint pain formula will have your joints and tendons feeling great so you can attack the weights without fear! In addition to it's awesome joint health properties, it's main ingredient has been proven to be as anti-catabolic as Deca & D-bo! It also significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus RX is also theorized to deliver nutrients directly to tendons keeping them healthy and strong. Do not risk injury. Lift heavy and lift often with SuperCissus RX.



www.USPLabsDirect.com

OFFICIAL WABDL SPONSOR



SUPPLEMENT DIRECT.COM



Compare OUR products to the competition's and SAVE UP TO 567%!

TOP QUALITY Supplements at ROCK BOTTOM Prices!

SUPPLEMENT DIRECT tests EVERY batch of EVERY one of our products at an independent laboratory to assure you of quality. Check our website for REAL lab results on the products we are currently shipping.

Order Line: **1-888-776-7629**

<p>ARGININE ALPHA-KETOGLUTARATE</p> <p>1 gm \$14.99 5 gm \$24.99 SAVINGS: \$141.66 SAVE 567%! Owned!</p>	<p>L-GLUTAMINE</p> <p>500 gm \$17.99 1000 gm \$29.99 2000 gm \$54.99 SAVINGS: \$120 SAVE 400%! Sick!</p>	<p>TRIBULUS</p> <p>250 caps \$19.99 500 caps \$29.99 90 caps \$18.95 SAVINGS: \$29.95 SAVE 152%! Nice!</p>	<p>KRE-ALKALYN</p> <p>250 caps \$27.99 500 caps \$49.99 120 caps \$29.99 SAVINGS: \$75 SAVE 150%! Pwned!</p>
<p>WHEY PROTEIN</p> <p>1 lb \$13.99 5 lbs \$74.99 1 lb \$27.99 5 lbs \$54.99 1 lb \$199.99 SAVINGS: \$30 SAVE 100%! Alot!</p>	<p>CREATINE ETHYL ESTER HCL</p> <p>250 gm \$12.99 500 gm \$19.99 240 gm \$34.99 SAVINGS: \$46 SAVE 180%! KaPOW!</p>	<p>BCAA</p> <p>250 caps \$19.99 500 caps \$34.99 \$59.99 SAVINGS: \$89.99 SAVE 257%! Fa-Shizzle!</p>	<p>WHEY PROTEIN HYDROLYSATE</p> <p>2 lbs. \$17.99 2 lbs. \$46.98 SAVINGS: \$24.95 SAVE 125%! Sweet!</p>

<p>L-CITRULLINE MALATE</p> <p>250 gm \$24.99</p>	<p>BCAA POWDER</p> <p>250 gm \$11.99 500 gm \$19.99</p>	<p>CISSUS</p> <p>100 gm \$9.99</p>	<p>BETA ALANINE</p> <p>250 gm \$14.99</p>	<p>L-LEUCINE</p> <p>250 gm \$14.99</p>	<p>L-TRYPTOPHAN</p> <p>100 gm \$19.99</p>	<p>ACETYL L-CARNITIN</p> <p>250 gm \$19.99</p>
<p>WHEY PROTEIN ISOLATE</p> <p>2 lbs \$17.99 5 lbs \$34.99 44 lbs \$249.99 3 lbs \$57.50 SAVINGS: \$65.83 SAVE 219%! Owned!</p>	<p>COMPLEX CARBS</p> <p>8 lbs \$14.99 50 lbs \$74.99 2.2 lbs \$14.44 SAVINGS: \$37.50 SAVE 250%! Deal!</p>	<p>RIBOSE</p> <p>200 gm \$24.99 200 gm \$33.39 SAVINGS: \$33.39 SAVE 133%! Frightening!</p>	<p>HIGH PERFORMANCE CREATINE</p> <p>7.7 lbs \$29.99 \$79.99 SAVINGS: \$61.94 SAVE 206%! Baa-Da-Bing!</p>			
<p>N-Acetyl-L-Glutamine</p> <p>250 gm \$14.99 500 gm \$24.99 100 serv \$59.99 SAVINGS: \$30 SAVE 100%! Good Deal!</p>	<p>PURE ZMA</p> <p>180 caps \$19.99 360 caps \$34.99 90 caps \$24.99 SAVINGS: \$65 SAVE 185%! Shocker!</p>	<p>DHEA</p> <p>25 mg/100 \$6.99 100 mg/100 \$14.99 100 mg/60 caps \$29.99 SAVINGS: \$35 SAVE 233%! Sick!</p>	<p>CREATINE MONOHYDRATE</p> <p>500 gm \$7.99 1000 gm \$13.99 2000 gm \$24.99 1200 gm \$46.99 SAVINGS: \$51.98 SAVE 207%! Incredible!</p>	<p>DEXTRASE</p> <p>11 lbs \$9.99 50 lbs \$39.99 2 lbs \$3.25 SAVINGS: \$42.25 SAVE 106%! Impressive!</p>		

SUPPLEMENT DIRECT.COM Order Line: **1-888-776-7629**
12320 Los Osos Valley Rd., San Luis Obispo, CA 93405
WHY PAY MORE?



SUPPLEMENT DIRECT.COM

Make sure the products you buy are tested by an independent lab BEFORE you buy or log on to www.SupplementPolice.com for a full list of products independently tested to insure quality!

Do you know the importance of special strength development? What are the velocities of explosive strength and isometric strength? The answer is high velocity and zero velocity. But what does this have to do with you? Will one help develop mostly speed and the other strength?

Isometric work will increase strength where speed is less important. Explosive strength is essential when high velocity is required against small loads. Remember, the amount of speed obtained is a direct reflection of external resistance.

Let's look at how to build special strengths and to understand how important a role they play in the development of a world class powerlifter. Through much study of world class weight lifters, the average weight lifted by percent and total volume goes up as mastery of the sport increases. This rule holds true for throwers and sprinters as well. I'm probably the only person to collect data on world class powerlifters, so some may think my findings inconclusive because there's no other data to compare to. However, they are along the same lines as the Soviet Olympic lifters.

One must possess all special strengths to succeed. Explosive strength is also referred to as explosive power and is the ability to rapidly increase force (Tidow, 1990). It is best developed through jumping, bounding, and other forms of plyometrics, not Olympic lifts. To be the fastest would require no resistance.

For jumping, one must use a rotational system: vertical jumping, jumping from the knees, jumping from the knees with weight on your back, power snatch on the knees, power snatch while seated, power snatch into a split stance.

We have had enormous success with football 40-yard times from jumping with dumbbells of different weights and onto different box heights, jumping with ankle weights up to 20 pounds on each leg, a combination of jumping with dumbbells and ankle weights, and jumping onto a box while standing on a foam pad. It is to be noted that many don't know how to jump or land. Here we do a series of jumps up to a box and down and up to a second, and possibly a third.

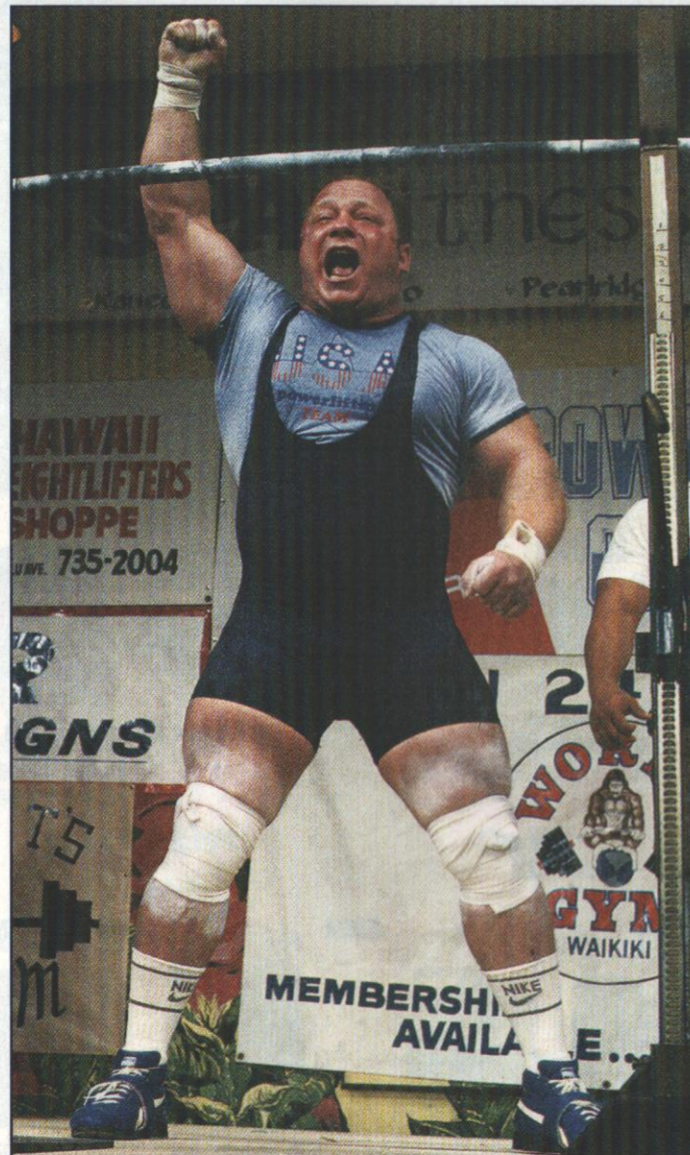
Jumping is not as simple as it looks. For general explosive strength, jump down and onto an even higher box. For the development of concentric strength, we jump down from a low box to a much higher box. Eccentric development is best gained by jumping down from a high box and rebounding up to a low box. The optimal box height depends on general fitness.

Jumping with resistance does not disturb jumping form, but running with resistance will. You need to know these basic concepts. Much information can be found on this subject in the book *Explosive Power and Jumping Ability for all Sports* (Starzynski and Sozanski).

Speed strength is the ability to exert maximal

WESTSIDE TRAINING

SPECIAL STRENGTH as told by Louie Simmons



Dr. Squat - Fred Hatfield Ph.D. ...one of the first to squat 1000 lbs.

force during high-speed movement (Allerheiligen, 1994). It is most common to train athletes of all types with small weight resistance to build speed strength. This is a very sensible method to increase speed, sometimes referred to as the dynamic method. This is quite common for football players. By using light weights of the same resistance over and over, one can develop a phenomenon known as the speed barrier. I watch runners run at the same pace; then eventually they cannot run faster. This is true for football players as well. If a player trains with only light weights, he will not become any stronger or faster. The problem of a speed barrier occurs most likely with novices who start sport-specific

training too early without extensive GPP. You have all seen it: Ball players that only play their brand of baseball, football, or basketball (Naglak, 1977).

The answer is to raise absolute strength. Increasing maximal strength improves speed of movement with heavy weight and will have a positive effect on small loads or even body weight. Let's say lifter A can squat a max of 300 pounds and trains at 60%, or 180 pounds, for speed strength for multiple sets, and lifter B can squat 600 pounds for a max. Now let's say lifter B uses lifter A's 60% (180 pounds). Can you imagine how fast he would move the same 180 pounds? This points out the importance of raising your limit strength to improve speed strength.

How can the speed barrier be broken? On speed strength day, we use a 3-week wave with bar weight ranging from 40% to 60% of a 1-rep max. To vary the accommodating resistance, we use one, two, or three sets of 5/8-inch chain hanging from the bar. (The Westside Barbell DVDs will show you how to use chains correctly.) After a 3-week wave, switch to weight releasers. Increase or decrease the weight during the 3 weeks. We also use a wide variety of band tensions. We also hang kettle bells from the bar using a doubled-up mini-band. Use your imagination. There are many ways to break the speed barrier. For more information, see *Science of Sports Training* (Kurz).

Strength speed is sometimes referred to as slow strength. When lifting near-maximal loads over 90%, the barbell will move slowly due to minimal acceleration. As Dr. Hatfield said, no one can lift a heavy weight slow. Instead one tries to complete the lift as fast as possible. The top weight lifters overseas use weights from 75% to 85% 51% of the time.

All strength types are connected. When one is properly trained using the three methods—dynamic, repetition, and maximal effort—each method will contribute to the other two.

Of course, a barrier exists with heavy weights as well. We have all been stuck at some weight in some lift. We know that one must train as heavy and often as possible. If one trains with a weight of 90% or more for more than 3 weeks, one will fail, thus causing a slow speed barrier. What's the answer?

At Westside we use the conjugate system. Each week we max out, but we switch the core exercise each week. For example, for squat or deadlift training, on week 1 do a low box squat with the Buffalo bar; week 2, rack pulls; week 3, lightened band deadlifts; week 4, Safety squat bar on a foam box while standing on foam. On bench max effort day, on week 1 do 3-board press; week 2, cambered bar with 5 sets of

(continued on page 68)

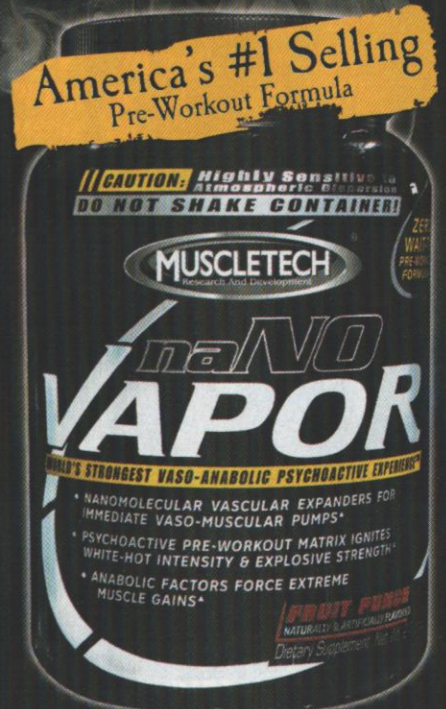


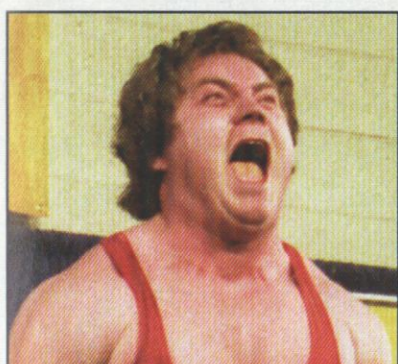
You suffer day in and day out through boring, stagnant workouts. You've tried every product imaginable that promised to ignite your training sessions with explosive strength gains, but nothing has been able to deliver the results you want. Introducing naNO Vapor™ – the World's Strongest Vaso-Anabolic Psychoactive Experience™. The scientifically advanced naNO Vapor formula is guaranteed to ignite immediate anabolic effects that force extreme muscle growth. Whether you're attempting the deadlift or battling the bench press, the incomparable naNO Vapor formula and

its six revolutionary matrices will invade your body, giving you the ultimate lifting experience. With skin-splitting pumps, extreme thermogenesis, neuro-activation, blazing intensity, massive cellular expansion and immediate anabolism, your powerlifting machinery will be primed to hit another PB. Systematically created with cutting-edge key ingredients and blends, you'll attack the weights with power. With naNO Vapor – America's #1 Selling Pre-Workout Formula – fueling your lifting sessions, you'll immediately get what you need to take your powerlifting gains to the next level.

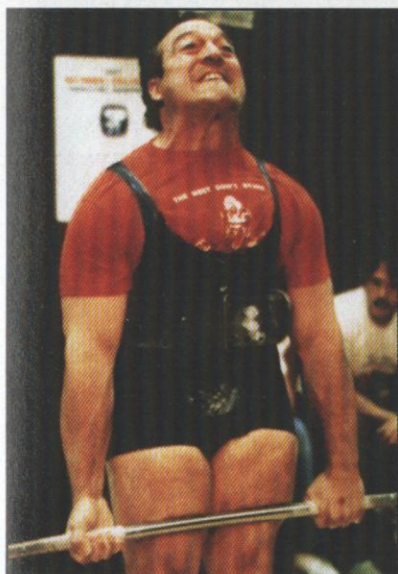
Available at **GNC LiveWell.**

Read the label before use. All trademarks are owned by their respective trademark owners. © 2008. For more information visit vaporexperience.com™.

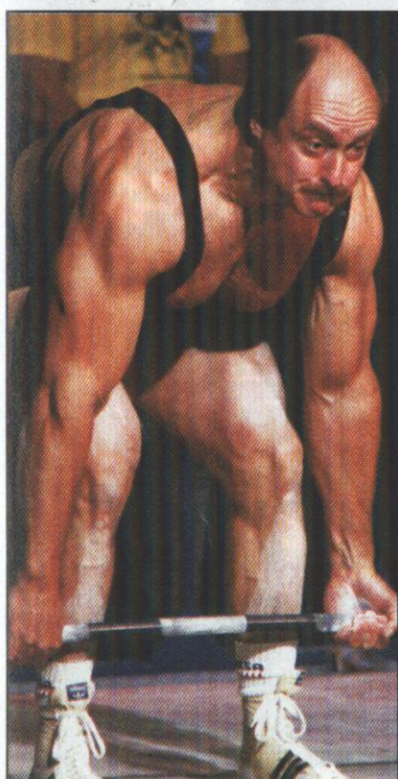




Arthur White got an 826 at 242 for Great Britain at the 1987 I.P.F. Worlds



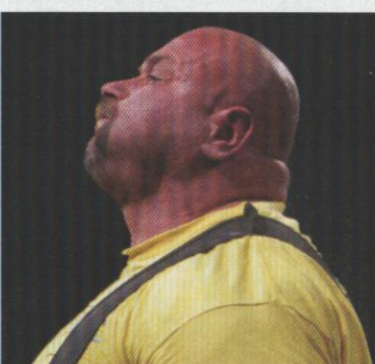
Vince Anello is among the lightest lifters in history to make it into the 804# club



John Kuc went from the making IPF history to set new records in the ADFPA

IPF Men's Worlds 365 kg + Deadlifts 1971-2007 by Brad Gillingham

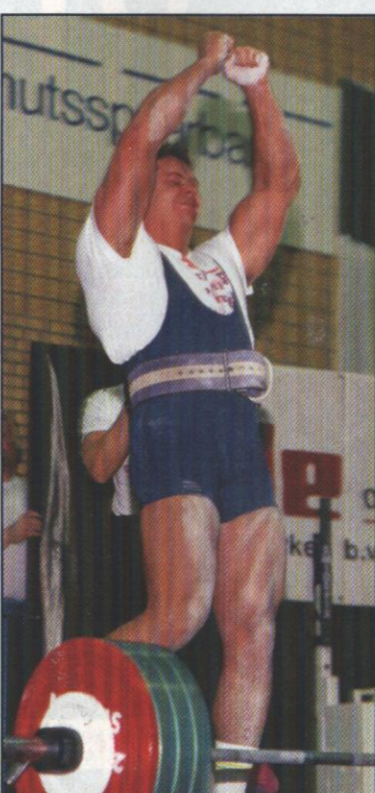
Rank	Name	Class	KG	LB	Place	Year
1	Meszáros-Hungary	125+	407.5	898	Trencin, Slovakia	2002
2	Meszáros-Hungary	125+	406.5	896	Sotkomo, Finland	2001
3	Noren-Sweden	125+	405	892	Fredrikstad, NO	1987
4	Meszáros-Hungary	125+	400	881	Cherkasey, Ukraine	1998
5	Meszáros-Hungary	125+	400	881	Capetown S. Africa	2004
6	Arvai-Hungary	125	397.5	876	Capetown S. Africa	2004
7	Kuc-USA	110	395	870	Arlington, USA	1980
8	Kuc-USA	110	390	859	Dayton, Ohio	1979
9	Coan-USA	100	390	859	Jonkoping, Sweden	1993
10	Malanichev-Russia	125	390	859	Miami, USA	2005
11	Gillingham-USA	125+	390	859	Solden, Austria	2007
12	Gillingham-USA	125+	387.5	854	Trencin, Slovakia	2002
13	Arvai-Hungary	125	387.5	854	Vejle, Denmark	2003
14	Kuc-USA	110	385	848	York, USA	1974
15	Kapyla-Finland	110	385	848	Den Haag, NL	1990
16	Fendorenko-Russia	110	385	848	Miami, USA	2005
17	Kuc-USA	110+	383.2	845	Harrisburg, USA	1972
18	Kenady-USA	110+	382.5	843	Arlington, USA	1980
19	Gankov-Russia	110	382.5	843	Cherkasey, Ukraine	1998
20	Reinhoudt-USA	110+	380	837	Birmingham, England	1975
21	Reinhoudt-USA	110+	380	837	York, USA	1976
22	Gillingham-USA	125+	380	837	Akita, Japan	2000
23	Barkhatov-Russia	110	380	837	Solden, Austria	2007
24	Reinhoudt-USA	110+	377.5	832	York, USA	1974
25	Kuster-Germany	125	377.5	832	Perth, Australia	1988
26	Coan-USA	100	377.5	832	Johannesburg, S.A.	1994
27	Spinov-Ukraine	125+	377.5	832	Pori, Finland	1995
28	Gillingham-USA	125+	377.5	832	Trento, Italy	1999
29	Malanichev-Russia	125	377.5	832	Vejle, Denmark	2003
30	Bondarenko-Russia	125+	377.5	832	Solden, Austria	2007
31	Kenady-USA	110+	375	826	Turku, Finland	1978
32	White-Gt. Britain	110	375	826	Fredrikstad, NO	1987
33	Podtyinni-Russia	125	375	826	Trento, Italy	1999
34	Vyshnytsk-Ukraine	100	375	826	Sotkomo, Finland	2001
35	Gillingham-USA	125+	375	826	Sotkomo, Finland	2001
36	Fendorenko-Russia	110	375	826	Capetown S. Africa	2004
37	Bondarenko-Russia	125+	375	826	Miami, USA	2005
38	Wilson-USA	125+	372.5	821	Perth, Australia	1988
39	Gurjanov-Russia	125+	372.5	821	Trento, Italy	1999
40	Jonsson-Iceland	125	372.5	821	Sotkomo, Finland	2001
41	Voroshyn-Ukraine	110	372.5	821	Vejle, Denmark	2003
42	Fendorenko-Russia	110	372.5	821	Capetown S. Africa	2004
43	Gillingham-USA	125+	372.5	821	Capetown S. Africa	2004
44	Siders-USA	125+	372.5	821	Capetown S. Africa	2004
45	Mirowski-Poland	125	372.5	821	Miami, USA	2005
46	Kuc-USA	110+	371.9	820	York, USA	1971
47	Anello-USA	90	370	815	Turku, Finland	1978
48	Naleikin-Ukraine	125+	370	815	Cherkasey, Ukraine	1998
49	Ukrantsev-Russia	125+	370	815	Cherkasey, Ukraine	1998
50	Gurjanov-Russia	125+	370	815	Cherkasey, Ukraine	1998
51	Meszáros-Hungary	125+	370	815	Trento, Italy	1999
52	Vyshnytsk-Ukraine	100	370	815	Vejle, Denmark	2003
53	Papazov-Ukraine	125	370	815	Vejle, Denmark	2003
54	Barkhatov-Russia	100	370	815	Capetown S. Africa	2004
55	Ljungberg-Sweden	125	370	815	Capetown S. Africa	2004
56	Freydun-Ukraine	100	370	815	Miami, USA	2005
57	Anello-USA	90	367.5	810	Perth, Australia	1977
58	Anello-USA	90	367.5	810	Arlington, USA	1980
59	Gillingham-USA	125+	367.5	810	Cherkasey, Ukraine	1998
60	Jonsson-Iceland	125	367.5	810	Trento, Italy	1999
61	Papazov-Ukraine	125+	367.5	810	Trencin, Slovakia	2002
62	Muravlyov-UA	125	367.5	810	Vejle, Denmark	2003
63	Suslov-Russia	110	367.5	810	Miami, USA	2005
64	Harris-USA	125+	367.5	810	Miami, USA	2005
65	Martikainen-FI	125+	367.5	810	Miami, USA	2005
66	Cardella-USA	125	367.5	810	Solden, Austria	2007
67	Wrenn-USA	110+	365	804	Dayton, Ohio	1979
68	Wrenn-USA	125+	365	804	Calcutta, India	1981
69	Kuster-Germany	125	365	804	Fredrikstad, NO	1987
70	Coan-USA	100	365	804	Perth, Australia	1988
71	Toivanen-Finland	100	365	804	Salzburg, Austria	1996
72	Spinov-Ukraine	125+	365	804	Salzburg, Austria	1996
73	Davidsen-Norway	125	365	804	Prague, Czech Rep.	1997
74	Gillingham-USA	125+	365	804	Prague, Czech Rep.	1997
75	Naleikin-Ukraine	125+	365	804	Prague, Czech Rep.	1997
76	Podtyinni-Russia	125	365	804	Cherkasey, Ukraine	1998
77	McGettigan-USA	125	365	804	Trento, Italy	1999
78	Gurjanov-Russia	125+	365	804	Akita, Japan	2000
79	Muravlyov-Ukraine	125	365	804	Sotkomo, Finland	2001
80	Fendorenko-Russia	110	365	804	Trencin, Slovakia	2002
81	Malanichev-Russia	125	365	804	Trencin, Slovakia	2002
82	Arvai-Hungary	125	365	804	Trencin, Slovakia	2002
83	Karpik-Ukraine	125	365	804	Vejle, Denmark	2003
84	Rui-Norway	125	365	804	Capetown S. Africa	2004
85	Muravlyov-Ukraine	125	365	804	Capetown S. Africa	2004
86	Cardella-USA	125	365	804	Stavanger, Norway	2006
87	Martikainen-Finland	125+	365	804	Stavanger, Norway	2006



Meszáros of Hungary has four of the biggest deadlifts ever done in the IPF



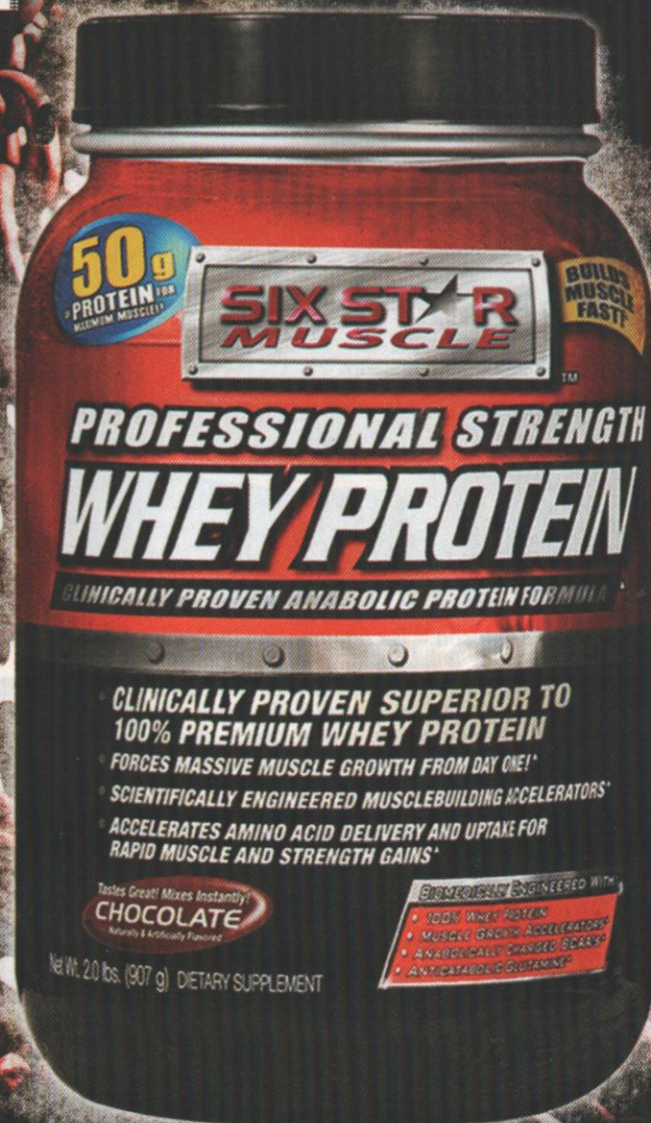
Compiler Brad Gillingham is on this list for a noteworthy eight mighty DLs



Aare Kapyla pulled 848 at 242 at the '90 IPF Worlds in Den Haag, Holland

THE QUEST FOR STRENGTH

The quest for strength is one of man's basic instincts. After all, few things are more important in life than physical strength – with the exception of size. For those of us who are married to the iron and feel most at home pushing heavy-ass weights, it's our passion. The squat rack is our church and the deadlift platform, our temple. As powerlifters, we take great pride in blasting through our previous PB's and will stop at nothing until our lifts are clean. To combat the brutal assault we put our bodies through, Six Star® Muscle has created Professional Strength Whey Protein – a cutting-edge protein formula designed to repair and rebuild those war-torn muscles with biomedically engineered anabolic agents and muscle growth accelerators. And with 50 grams of high-powered, 100-percent whey protein per maximum serving, your strength and size gains will kick in from day one. With the advanced Six Star® Muscle formula surging through your veins, **the iron doesn't stand a chance.**



AVAILABLE AT



WALMART



SIXSTARMUSCLE.COM

Carefully read the label before use. All trademarks are owned by their respective trademark owners and are used with permission. © 2007.

Strength-Size-Power — OPTIMIZE Your Post-Workout Nutrition!!!



Donnie Thompson – is certainly one of the world's strongest human beings, with one of the highest powerlifting totals ever posted!

Post-workout (PWO) nutrition has been shrouded in half-truths and lies for too long. It is time to set the record straight.

The current accepted norm for PWO nutrition is that one should consume a whey-only protein shake

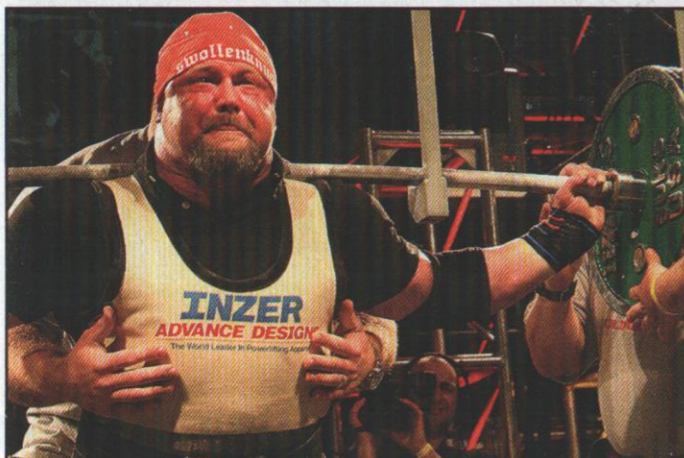
as soon as possible after training. The reasoning provided is that the quick absorption rate of whey stimulates protein synthesis at a time when the body is most receptive to said stimulation. This concept is valid, but neglects the "rest of the

story" as Paul Harvey used to say. Immediately after an intense session in the gym our body is in a net negative state relative to skeletal muscle protein. Intense training accelerates the catabolism of muscular protein and blunts its

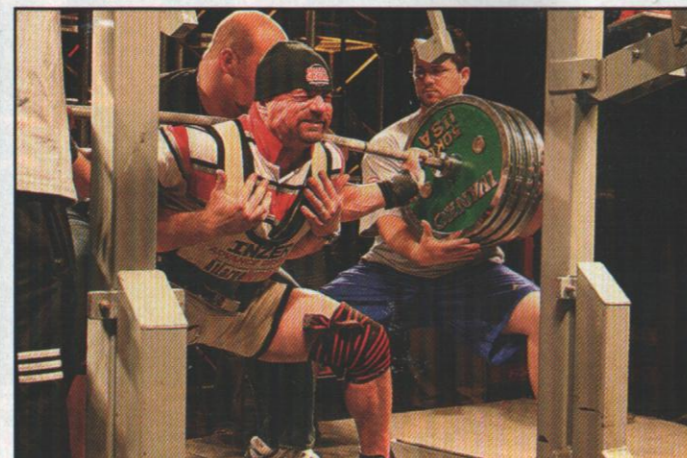
synthesis with this double whammy resulting in a net **catabolic** state.

The consumption of whey protein by itself PWO is really quite ineffective. Whey protein **is** quickly

(continued on next page)



Chuck Vogelpohl – raw power incarnate, a ferocious competitor!



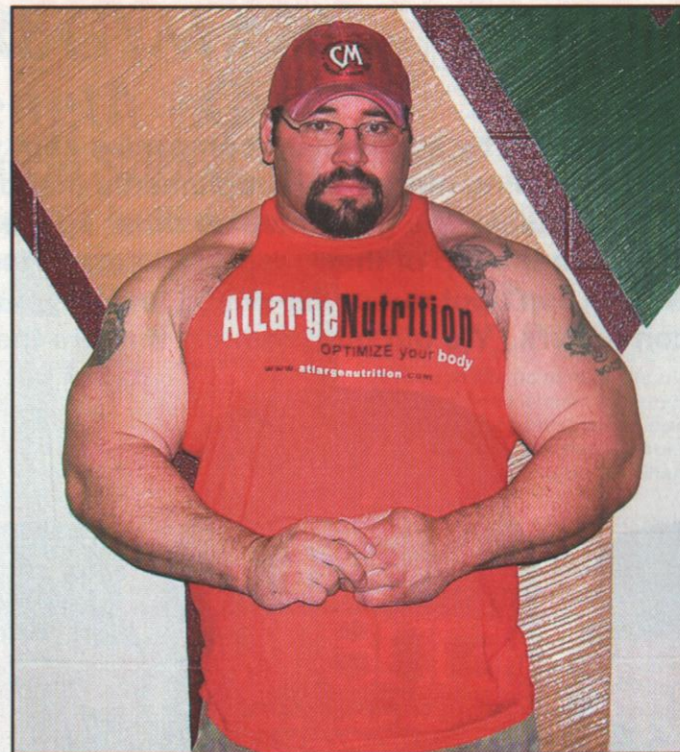
Phil Harrington – squats over 900 lbs at 181 lbs of body weight!

(Advertisement)

absorbed and **does** promote a spike in protein synthesis. However, whey does **very little** to attenuate protein catabolism, thus it only affects one portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high quality proteins such as casein and egg.

The real key to the PWO puzzle lies in empirical evidence (what the biggest and strongest have known for years) and in the research if one is unbiased and willing to delve into the world of scientific mumbo-jumbo (I know, there are a few of those terms used here). Men like Louis Cyr, Paul Anderson, Doug Hepburn, and now Chuck Vogelpohl, Phil Harrington, and Donnie Thompson, the **strongest** men to have ever walked the planet, have always known the one must eat after training. From milk to steaks, calorie dense, protein packed foods have always been the PWO foods of choice for the mass monsters. Research proves-out this iron wisdom. A complete "meal" PWO is the most efficient means of getting the skeletal muscles into a net positive protein state. This is due to a myriad of factors of which the three most important are briefly outlined below:

1) Insulin, a very important anabolic hormone, is released primarily in response to the ingestion



Mike Wolfe – bench presser extraordinaire, with a ripped physique!

of carbohydrates. Insulin provides for a "permissive" effect relative to the stimulation of protein synthesis. Its presence in and of itself does not directly enhance protein synthesis, but its absence results in dramatically reduced protein synthesis.

2) Cortisol is a catabolic

hormone released during and after training which both suppresses protein synthesis and enhances protein catabolism. The ingestion of a meal PWO quickly reduces its blood levels thus permitting an anabolic environment.

3) Amino acids from ingested

protein work in concert with insulin to synergistically enhance protein synthesis.

Now, for an additional fact that you may never have heard before (especially in an article like this): protein synthesis, assuming a normal level of nutrition, will be spiked within a few hours of training and a net positive protein state will be realized nearly irrespective of what is done nutritionally. That said, **a net positive state will be more quickly realized and said state will be more anabolic if one consumes a complete meal as soon as possible after training.** If said meal is in a liquid state the results will be even better. Thus, the ideal PWO meal is a liquid shake which provides all of the macronutrients to include a high quality protein blend, a relatively high-GI rating form of carbohydrate, and a small amount of fat (so as to not delay absorption). **Opticen** by AtLarge Nutrition, LLC (www.atlargenutrition.com) is a product which does exactly that.

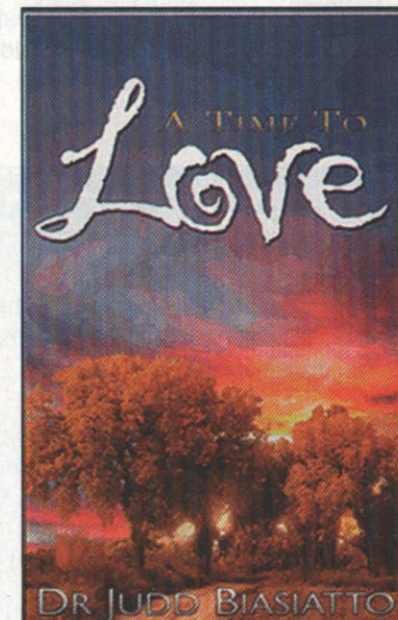
For best results, one 2/3 serving size Opticen shake should be consumed immediately PWO. At the 1-hour PWO mark, another shake, or a solid food meal should be consumed. Follow these instructions and you will be able to train harder, more often, and reap increased benefits from each and every training session. Heck, you may even become one of the strongest men on the planet like the AtLarge Nutrition athletes pictured above!

This is for a great cause. If you can help, we would greatly appreciate it. If you need assistance ordering books, I will be glad to help you ... Constance

GIVE A GIFT OF LOVE

Most of you know Dr. Judd Biasiotto. For those of you who might not know him, Dr. Judd is a renowned sports psychologist, an award winning speaker and writer (he has written 44 books and close to 700 articles), a celebrated educator, a world class athlete, and a close friend.

Every year Dr. Judd writes a motivational book to help the needy and impoverished. This year Dr. Judd is committed to help Judy McCarty who is suffering from a serious incurable illness and is in dire financial need. Judd wrote the book "A Time to Love" for her. **All of the proceeds from "A Time to Love" will be donated to Judy.** The book is totally enjoyable. It's an instructional book for the soul. "A Time to Love" is designed to be a collector's item. It has a high quality matted hardback cover with high quality paper. More importantly, the book is a treasure chest of magnificent stories that will warm your heart, enlighten your mind and inspire your soul to strive for success, happiness, and self-fulfillment. It is a splendid manuscript



about love, compassion, tolerance, courage, and self-assurance. Every page shines with warmth and wisdom. It is truly an instruction book for the soul. One of the best works I have ever read, I know you will love it. In fact, if after reading this book you don't think it is one of the most inspiring books you ever read, Dr. Judd said he would personally send you your money back and you can donate the book to your local library.

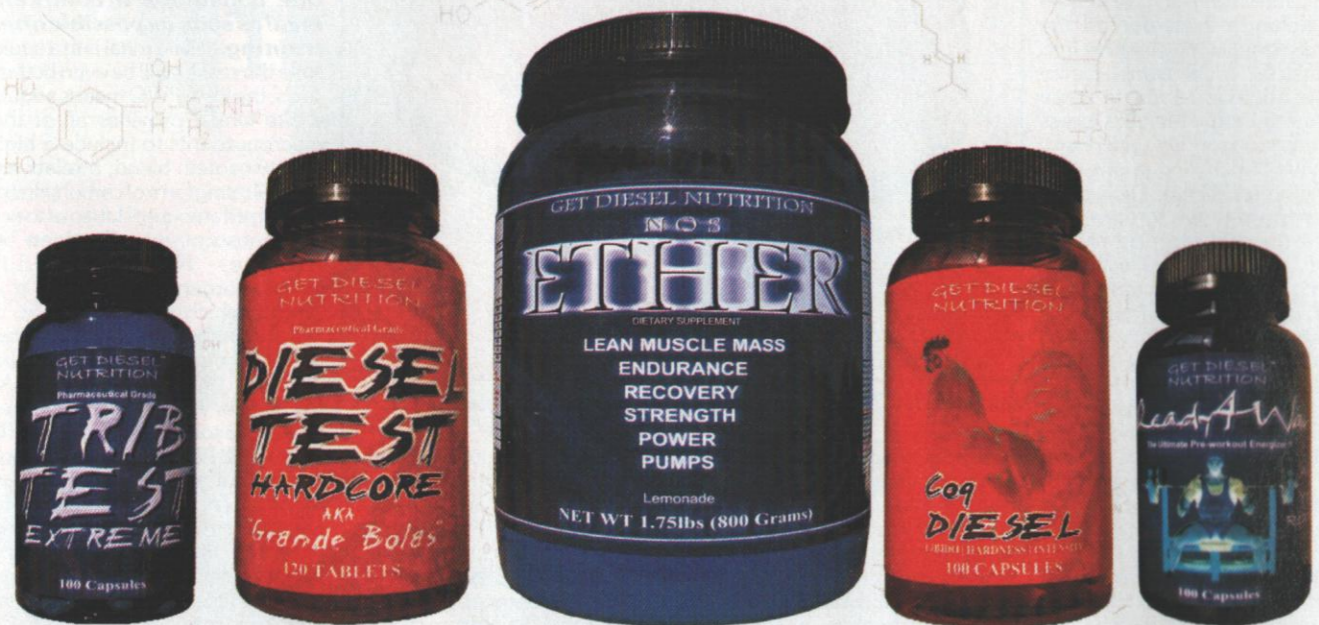
Judd and I are hoping that you might want to give it to others as a gift of love throughout the coming year. After reading this book, I think you will agree that it would be a wonderful gift for someone you love. Consequently, if you can find it in your heart to purchase additional copies of "A Time to Love" as gifts for the people you love, you will also be giving a gift of love to someone who is in great need.

To purchase "A Time to Love" go to www.DrJudd.net, which is offered at \$12.95 per copy plus shipping and handling.

Constance Lee, Crlee93@aol.com

Can they make this Guarantee?

Have ridiculous, off-the-wall claims by supplement companies kept you from buying their products or "tricked" you into spending money on supplements that don't deliver? Instead of empty promises we make guarantees! We guarantee no other sports supplement company has a better line up of products at the top of their respected categories based on results than **GET DIESEL NUTRITION**. We don't put out under-dosed, over hyped products like this is some game with consumers. We put out products that are the best available!



DIESEL TEST Hardcore - GUARANTEED to outperform any herbal testosterone booster available at increasing total and free testosterone levels, while also decreasing cortisol, prolactin and bad estrogen. Diesel Test Hardcore will increase your sex drive, training intensity, recovery, motivation, mood, and sexual health "below the belt" increasing hardness and ejaculate volume better than any product available! DIESEL TEST Hardcore produces intense pumps and fast strength gains all 100% drug free and natural.

NOS ETHER - GUARANTEED to increase strength/power better than any creatine/ATP product available without the water bloat seen with most creatine products. The pumps blow other Nitric Oxide products out the water. The recovery, endurance and true lean muscle mass gains on NOS ETHER are 2nd to none. That's not hype, that's GUARANTEED. Read the customer feedback on our website for yourself.

TRIB TEST Extreme - GUARANTEED to be the 2nd most effective herbal test booster available behind our DIESEL TEST Hardcore at a lower price than DIESEL TEST Hardcore for those on a budget. Trib Test Extreme is excellent at increasing total and free testosterone and libido. Results are GUARANTEED!

Ready4War - GUARANTEED to outperform any pre-workout energizer available at increasing motivation, mental focus, training intensity, and mood. Ready4War (R4W) also produces Nitric Oxide enhancement with thermogenic effects you will feel. Endurance will be up and you will destroy the gym every single workout!

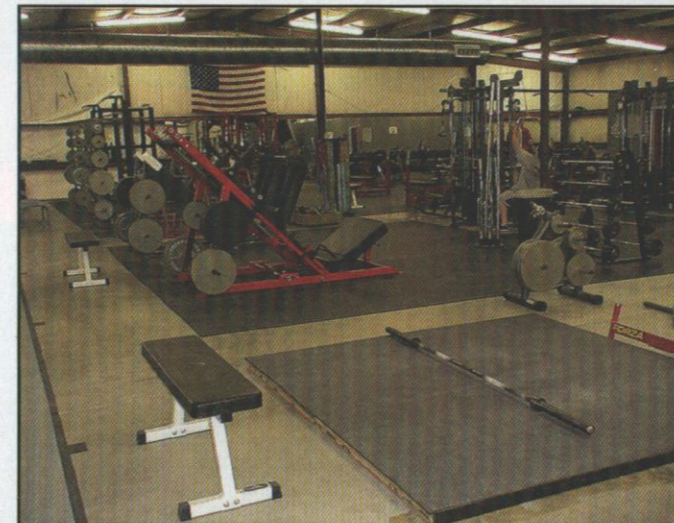
Coq Diesel - GUARANTEED to increase hardness/frequency/firmness and libido/sex drive over any other sexual health product on the market! This isn't a "gain 4 inches" product or a "good for tonight, take when needed" pill. This is 24/7 increased libido/sex drive and 24/7 increased hardness whenever you need it. You will be satisfied with the results; your partner will be even more satisfied.

GET DIESEL NUTRITION | SINCE 2002 | GETDIESEL.COM | 1-888-269-9610



Statements have not been evaluated by the FDA or Health Canada. These products are not intended to prevent, treat or cure any disease.

HARD CORE GYM #70 Brute Strength Gym (Power & Strength in Norfolk, VA) as told to Powerlifting USA by Rick Brewer



Last month we saw some leprechauns wrestling at Shamrock Athletic Club. I've always loved leprechauns and even the Keebler elves, so that was fun. I saw a dwarf Michael Jackson dancing in the New York City subway tunnels one time, and that was a little scary - but other than that one incident - I applaud the wide diversity of life. This month, I'm gonna tell you a joke about a 320# male gynecologist. But hold on; I'm getting ahead of myself.

First, I got a note from Gayle Schroeder telling me about a new gym that was friendly to strongman competitors. Gayle has been powerlifting since 1986, and he's been promoting powerlifting meets for over a decade, so he knows what makes a good gym. Brute Strength Gym has many of the

normal strongman events indoors: Conan's Wheel, Power-Stairs, Sled, Yoke, Tire Flipping, Farmers Walk, etc. AND they have keg throwing & a weighted wheelbarrow outside. Way cool by me.

There are some gyms that let you drag sleds outside, and a few other gyms that have some tires to flip - but not a lot of commercial gyms that have all of this under one roof. That's why most of my strongman friends are forced to train at home. The fact is, I can't think of a single top-tier strongman competitor who primarily trains at a regular gym. But Brute Strength is not just a regular gym.

Here's the Brute Strength story, straight from the mouth of their director Gayle Schroeder, with random insertions from (me):

I've been a personal/strength trainer since '94 and have had to train my clients at a local gym. Dr. David Peters, who is now the owner of Brute Strength Gym, has been my client for the past 2.5 years.

Over the past 3 years, I branched out into training middle and high school athletes. Not only do I help them squat and deadlift, but our training incorporates a lot of sled and strongman training. No machines, only free weight. Although the owners at the old gym had been gracious enough to allow me to bring in my own equipment, I was pretty much scoffed at by the grand trainers at that gym.

David came to me to train him for strongman. He's a big man: 6'3", 320 lbs. Funniest thing is that he's a gynecologist. (Told ya!) Our (intimidating) presence and training methods, although tolerated, were not very appreciated. (Perhaps Dave's offer of free gynecological exams to various attractive women in the gym may have been offensive to some of them. Go figure.)

So, 2 years ago we started working on ideas for the dream training facility. We had the same dream and vision: To train strongman events indoors and outdoors. To train for powerlifting with the best equipment. To train (high school) athletes as real athletes, not as fitness boys. Brute Strength Gym was soon born!

When I describe this gym to people, they do not understand or think that I'm talking junk. (Is it cuz the initials are BS?) But when they walk into the gym they are in awe!

I have it set up so strongman events are good to go; from training to the actual competitions. Very little work-effort is needed to set up a strongest man event.

We have (2) 100 ft. lanes to perform; Sled [dragging, pulling and pushing]; Super Yoke, Tire Flipping, Farmers Walk. Also, my football and baseball players can work on their 40 and 60 sprints, as well as the shuttle. I also have ply blocks for them.

We have 4 power platforms: the big one have the Mono Lift and Hydraulic Squat; while the 2 smaller platforms are for deadlifting, log-lifting or weight-lifting [we have bumper plates as well]. Indoors we also have the PowerStairs and Conan's Wheel, Atlas Stone.

This whole area is easily set up to run a Full Powerlifting or Weight Lifting Meet, with room for spectators; or a Strongman Competition [which we also run outside]

We have a fully equipped weight room: all equipment is from Forza or Elite. Dumbbells [up to 200 lbs.] and plates from Ivanko. We have all the powerlifting needs: from bands to chains, and boards to power racks. We also have everything else; from kettlebells to medicine balls. (There is) not much we are missing.

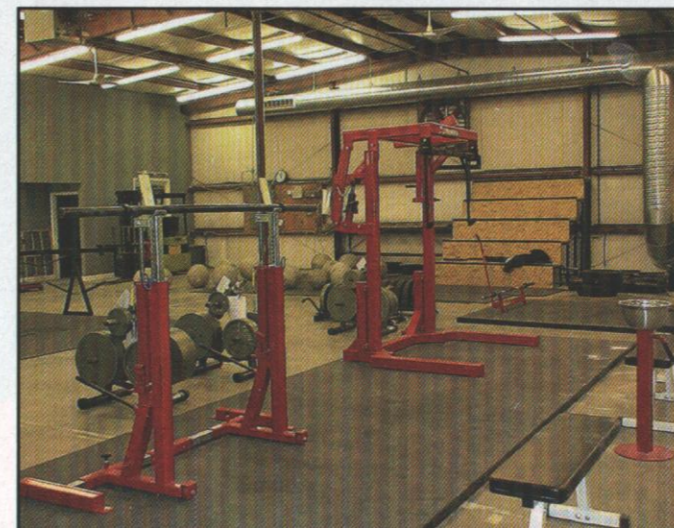
Outside we are going to have a small track. In the center will be a permanently installed

Throw for Height [keg toss]; Shot-Put; Husafel Stone, and we already have a concrete arena for car flipping (who lets you flip their car?), and tire flipping.

Our lounge has a big screen TV (for people too lazy to work out?), on which we run DVDs of strongman, powerlifting, or the movie '300' (awesome flick!).

This is not just our dream [David's and mine]. This is every lifter's dream. If you can get out here to see it, you will not be disappointed. It's not fancy. It's not supposed to be. It's just a big warehouse [full of meaty

(continued on page 100)





Ben White
- 2007 Bench America Champion

"I'M GOING TO BENCH 1,000 LBS!"

Staring upward at 711 pounds of cold iron, arms locked by his tight bench shirt, Ben White gripped the bar with his chalk-dusted hands. Psyched and in the zone, his entire body tensed under the stacked bar as his muscles unleashed the most explosive power he'd ever called upon. That was at Ben's last meet.

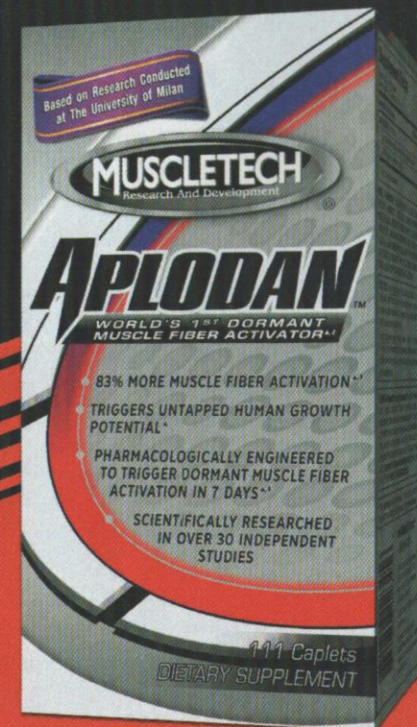
With Aplodan™, Ben regularly presses 315 pounds for 30 reps, or will toss up 505 pounds for nine reps – raw. Having also benched 605 pounds raw, he's ready to suit up again and truly test his limits! Convinced that Aplodan is a potent powerhouse, Ben White is returning to powerlifting, and he's hungry for more weight and a new PB as he climbs toward 1,000 pounds!

Boost Your Strength in 7 Days!

With a rapid-release caplet, Aplodan chemically charges Type II B muscle fibers that are vital to maximum power output. This hyperactivates these muscle fibers, making them more powerful than ever – in just seven days! The result is an increased power output for your bodyweight – which means bigger totals. And that's exactly why Ben White trusts it.

Countless other powerlifters are training toward new totals with Aplodan's potent, strength-boosting formula. Now it's your turn to join them. Prepare your muscles for an assault of raw, explosive power and become a record-breaking powerhouse with the latest advancement in powerlifting technology – Aplodan!

- Clinically Engineered to Enhance Raw Strength in Just 7 Days!
- Amplifies Strength for More Muscle Fiber Activation!
- Maximize Your Totals and Smash Your PB!



"With Aplodan I plan to beat the WNPf record and one day become the best bencher in the world."

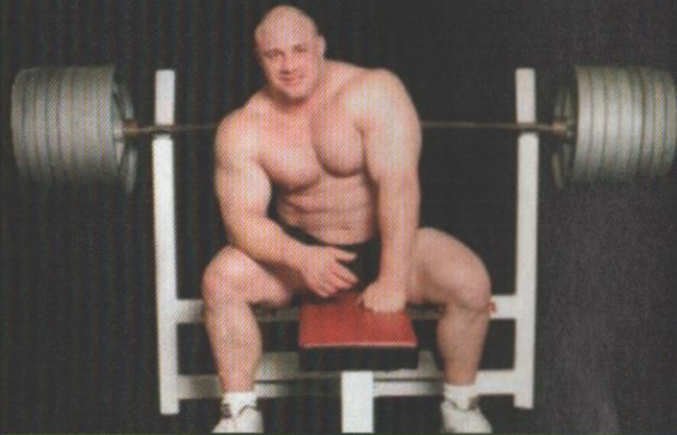


After just seven days of using a key ingredient in Aplodan, subjects were able to achieve higher muscle tension thresholds and thus increased muscle fiber activation greater than baseline (3.18 vs. 1.74 mins.). © 2008. All trademarks are owned by their respective trademark owners. Aplodan is patented.

The Fastest Way to Increase Speed and Power. Guaranteed.

The Fastest Welterweight Boxer
24-1 (22 KO)

The Strongest Presser in History
1008 lb. Bench-Press, 715 lb. Raw



"When Kerm took it the first time, it was ridiculous how he performed. He was like a machine, extra fast and strong, with his right hand coming off like it was shot out of a cannon. We will need more of it..."
Joe Pastore, Strength Coach, Team Cintron
Kermit "Killer" Citron, 24-1 (22 KO)

"The power and speed it generates is like nothing I've ever tried. Take it from a world champion who's seen it all... this product really, truly works. Run, don't walk, to get it while you can."
Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

**USED BY 19 WORLD CHAMPIONS, NO PAID TESTIMONIALS
AS FEATURED ON FOX SPORTS AND CBS...**

As featured on FOX Sports Net and CBS' "Science of Fitness", BodyQUICK (Cognamine) is the world's first Olympian-tested neural accelerator, designed to improve fast-twitch muscle fiber recruitment and oxygen delivery within 60 minutes of the first dose.

Clinically Supported Science: Designed for Athletes

Based on 6 years of scientific development and testing by 19 world champions, BodyQUICK works by facilitating the production of acetylcholine, a key neurotransmitter necessary for muscular contraction. By improving how messages are sent through the body, BodyQUICK has electrified the world of professional sports, allowing athletes to train faster, stronger, and longer than with conventional supplementation. Just 1 of the 8 active components alone has been demonstrated with computer-administered testing to safely increase reaction speed in excess of 35%. BodyQUICK™ does not contain ephedrine or other dangerous stimulants, and is approved by the ASDA for sports use.

100% Guaranteed Results within 60 Minutes of the First Dose

BodyQUICK™ is used by both world-champion professional athletes and preparing 2008 Olympic athletes for its dramatic effects on reaction speed and muscular contraction. It is the only neural accelerator 110% guaranteed to work within 60 minutes of the first dose.

Forget creatine, forget ephedrine, and get the next generation of real-world results in 60 minutes or less—get BodyQUICK. Experience the difference today...

www.bodybuilding.com

1-877-991-3411



Try it risk-free for 60 days!

UNLEASH 10.5% MORE STRENGTH!



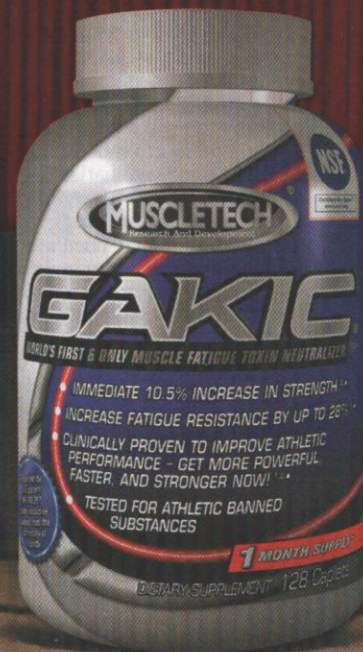
Johnnie Jackson
WORLD'S STRONGEST BODYBUILDER

With blood coursing through your veins and your adrenaline maxed, you desperately struggle for one last rep. But when you're at the brink of muscular failure, and with the iron threatening to defeat you, you've gotta do more than just dig deep. You've gotta defeat the destructive forces within – forces trying to cripple your strength and prevent you from moving the iron. These nasty forces are fatigue toxins such as ammonia and they will paralyze your strength in an instant! The more you bang out the reps, the more these toxins set in and inevitably shut your muscles down. But when failure is not an option, there's

GAKIC™ – the world's first and only muscle fatigue toxin neutralizer!

GAKIC is the result of eight years of scientific research conducted at the prestigious University of Florida and is engineered to neutralize fatigue toxins. In fact, in a gold standard, double-blind, placebo-controlled study, subjects taking GAKIC immediately increased their strength by an astonishing 10.5 percent while increasing resistance to fatigue by up to an amazing 28 percent! For you this means more reps, heavier weights and more raw power. Get GAKIC on your side today and unleash hell on the iron.

- **INCREASE STRENGTH BY AN AVERAGE OF 10.5%!**
- **INCREASE RESISTANCE TO FATIGUE BY UP TO 28%!**
- **WORKS IMMEDIATELY AFTER THE FIRST DOSE!**



GNC Live Well.

GNC RITE AID
In Select Rite Aid Locations

Vitamin
Supplements

BOSS
SPORTS SCIENCE
1-800-854-8870
www.BossOnline.com

POPEYE'S
SPORTS SCIENCE
1-800-854-8870
www.PopeyEs.com

In a clinical study, GAKIC™ supplementation increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. © 2007. All trademarks are owned by their respective trademark owners. GAKIC is patented and available only from Team MuscleTech™. For more information visit GAKIC.com™.

POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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

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

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

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

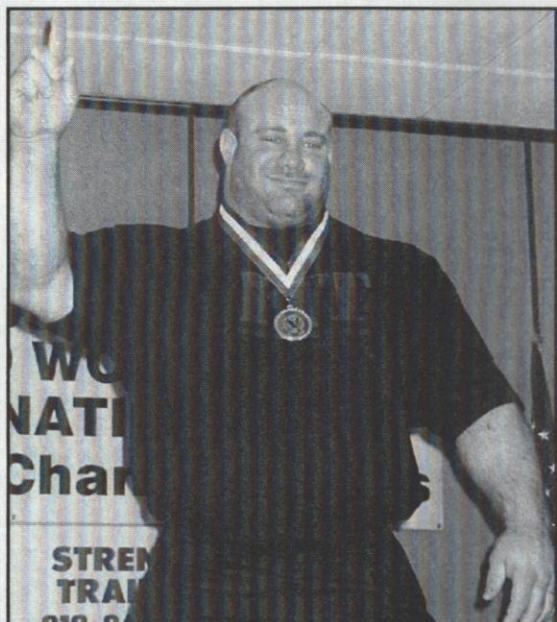
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scott Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

REFERENCES:
1. Wurtman RJ. Effects of dietary amino acids, carbohydrates and choline neurotransmitter synthesis. Mt. Sinai J Med 1988; 55(1): 75-86.
2. Wurtman RJ, Hefti F, Melamed E. Precursor control of neurotransmitter synthesis. Pharmacol Rev 1981; 32(4): 315-25.
3. Maire JC, Wurtman RJ. Effects of electrical stimulation and choline availability on release and contents of acetylcholine and choline in superfused slices from rat striatum. J Physiol Paris 1985; 80: 189-95.
4. Blusztajn JK, Wurtman RJ. Choline and cholinergic neurons. Science 1983; 221: 614-20.
5. Bierkammer GG, Goldberg AM. Release of acetylcholine from the vascular perfused rat phrenic nerve hemidiaphragm. Brain Res 1980; 202: 234-37.
6. Dietrich HA, Lindmar R, Loffelholz K. The role of choline in the release of acetylcholine in isolated hearts. Arch Pharmacol 1978; 301: 207-15.
7. Linden DC, Newton MW, Grinnell AD, Jenden DJ. Rapid decline in acetylcholine release and content of rat extensor digitorum longus muscle after denervation. Exp Neurol 1983; 81: 613-26

LOUIE SIMMONS' PRESENTS

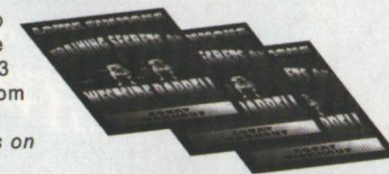
Training Secrets of Westside Barbell Club

Now on Video and DVD!

	Video	DVD
Squat Workout ...	\$54.95	
Bench Workout ..	\$54.95	\$59.95
Bench Press		
Secrets	\$39.95	\$44.95
Squat Secrets	\$29.95	
Deadlift Secrets .	\$35.95	\$40.95
Special Strength.	\$54.95	\$59.95
Reactive Method.	\$44.95	\$49.95
Vogelphohl XXX..	\$49.95	\$54.95

Send Check or Money Order to: Shipping/handling - \$6.00

Westside Barbell Club
3884 Larchmere Drive
Grove City, Ohio 43123
www.westside-barbell.com



Back view of dog appears on back of t-shirts

www.westside-barbell.com

3884 Larchmere Drive Grove City, Oh 43123
Phone (614) 801-2060

National & World Champion/National & World Record Holder
Ed Coan, ISSA CFT

GI BILL APPROVED

Do people ask you how to train? How to eat? Need an extra edge?

BECOME A Personal Trainer

There has never been a better time to take your passion to the next level and become a Certified Personal Trainer. As a powerlifter, you know that whether you are in the gym or at the beach, people look up to you. They admire your dedication to training and most importantly, they see the results of your hard work, which makes you a perfect candidate to help others achieve their fitness goals. Call ISSA today and get started with a successful career in training! Mention PLUSA108 for current offers and promotions.

Call for more information
800.892.4772
ISSAPower.com
Mention source code PLUSA108



International Sports Sciences Association
The World Leader in Fitness Education

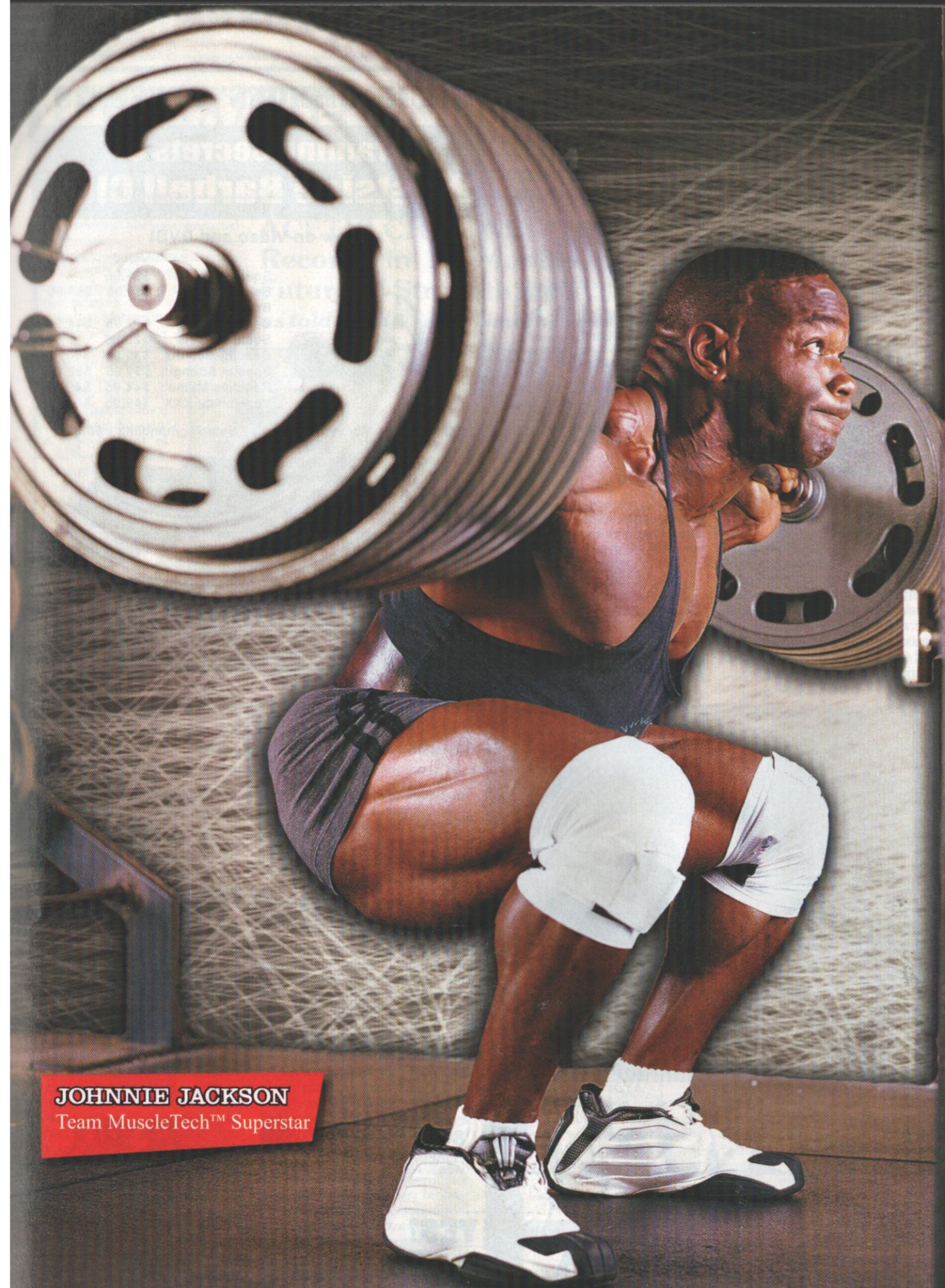
YES!
I want to know more about becoming a personal trainer!
Please send me a:

PDF (email) printed brochure (US mail)

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____

ISSA • 1015 Mark Avenue • Carpinteria, CA 93013

(Advertisement)



JOHNNIE JACKSON
Team MuscleTech™ Superstar

The World's MOST HARDCORE STRENGTH-BOOSTING STACK

You bust your **ass** in the gym, trying to move thousands of pounds of iron each session just to **gain** an ounce of **strength**.

You've paid your dues with countless hours under the weights but you still aren't happy with your results. And if you continue to use regular creatine and protein supplements, you'll never see maximum returns from your training. But with the accelerated edge of Cell-Tech™ Hardcore and Nitro-Tech® Hardcore you can push the boundaries of human performance. For years the Cell-Tech/Nitro-Tech Stack has been trusted by countless athletes worldwide as their #1 stack for packing on pounds of iron to the bar. Now, thanks to revolutionary Nano-Diffuse™ technology, Team MuscleTech™ researchers have changed musclebuilding supplements forever.

With a precise portion of key ingredients powered by Nanomolecular Hyperdispersion Technology™, Cell-Tech Hardcore and Nitro-Tech Hardcore invade your muscle cells from every possible angle, producing dramatic gains in muscle growth and strength. The Cell-Tech/Nitro-Tech Hardcore Stack is the world's most hardcore POWER-PACKED STRENGTH STACK! Nothing works like it for fast, pulverizing power!

- **Jack up your bench by over 86 lbs using the Cell-Tech/Nitro-Tech Hardcore Stack**
- **Scientifically superior to regular formulas for building powerful muscle!**
- **Powered by cutting-edge Nanomolecular Hyperdispersion Technology™!**



GNC Live Well!

GNC RITE AID
In Select Rite Aid Locations

hi-health
www.hihealth.com

Vitamin Shoppe

POPEYE'S

BOSS
SPORTS SCIENCE
1-800-848-8870
www.BossOnline.net

In one 8-week study, subjects using the Cell-Tech/Nitro-Tech Hardcore Stack increased their max bench by an average of 86.4 pounds.
© 2008. All trademarks are owned by their respective trademark owners. Cell-Tech™ Hardcore and Nitro-Tech™ Hardcore are patented.

Q: I loved your last column on Quinoa. Since I read the article I have been eating it every day and I actually like it. You were on the money when you said that it will help give you more energy for your training. I noticed a big difference and so did my training partners when I was leaving them in the dust during our training sessions. I have a question for you about ginger. I have heard that it has a lot of health benefits. I like to drink ginger tea especially in the winter cold weather. My mom had me drink it all the time and I guess it has just stuck with me all these years. If you could give me some in depth info on it that would be great. Thanks again for such an interesting column. Sincerely, **Geoff Justinson**

A: It's nice to have you write back again. In regards to your question all I can say is that mom is always right and you should listen to her more often. Yes, ginger offers tons of nutritional benefits that just about anyone can take advantage of. Ginger has many known scientific health benefits and it also has a very positive reputation in Traditional Chinese Medicine as well. No matter which way you slice it there is a lot of good that can be taken from using ginger regularly in your nutrition plan. I am going to give you some of the major benefits that ginger has to offer your health. Let's take a look.

- Ginger has numerous different gastrointestinal benefits that everyone can take advantage of.
- One of these benefits includes its positive affect on motion sickness and sea sickness. In one study it was actually put up against the most popular motion sickness drug and was found to be more effective at reducing symptoms.
- Here is another benefit just about all male powerlifters can take advantage from. Actually their families and pets even more so. Ginger has been shown to have a positive effect on eliminating gas. You all know who you are and what you do once you come home from the gym.
- For those of you who get gas and cramping after a meal, ginger may just be the answer. Not only does it help eliminate that funk you carry around with you like a cloud of napalm, but it can also help ease stomach cramps. It can help soothe your little tummy when you decide to go and eat six greasy burritos because they were on sale for ninety-nine cents each.
- Another stomach related benefit to ginger is the fact that it helps stimulate digestion. This means that it will help you breakdown your foods more efficiently so your body will utilize more of the nutrients.
- For those of you who know someone that has undergone chemotherapy you can fully assist

NUTRITION

Power Nutrition Q & A

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



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

that the side effects can be horrible. Ginger has been shown to have benefit for those individuals that are going through chemo and suffer from nausea. This is a common side effect that the large majority of people do suffer from. Different studies have shown that ginger does help reduce this problem.

- In the Journal of Obstetrics and Gynaecology one study showed that consuming small amounts of ginger can actually reduce the symptoms of nausea and vomiting in pregnant women.
- If you suffer from rheumatoid or osteoarthritis listen up! Ginger has some very potent anti-inflammatory benefits that can work wonders on your pain.
- Ginger won't only cut inflammation when taken daily, but it will also help reduce swelling as well.
- One very promising fact is that ginger has shown some very good effects on arthritis in the knees.
- In another study published in Osteoarthritis Cartilage, not only did those taking ginger find a huge improvement in their knee pain but they also noticed a huge difference in knee swelling.
- Now to make consuming ginger even sweeter I have even better news. Ginger has been shown to have antioxidant benefits as well.
- In case you didn't know antioxidants fight free radical damage that can cause such diseases like Cancer.
- According to one very important study, ginger extract was shown to have anti tumour effects on your body's cells. If this doesn't make you want to start including ginger in your daily plan then I don't what will.
- Another study showed that the active phytonutrient in ginger known as Gingerol can play a very important role in dealing with Cancer.
- This study showed that it actually killed ovarian Cancer cells. Hey Power Vixens reading this pay attention.
- This was caused by two different mechanisms. The first was autophagocytosis which in layman's terms is a form of self digestion that causes its destruction.
- The second mechanism was by apoptosis which is a form of programmed cell death.

- Another thing that will blow your mind is the fact that these ovarian Cancer cells often become resistant to different drugs designed to destroy them. But this is not the case with ginger as the Cancer cells do not become resistant to its Cancer eradicating effects.
- Ginger has been shown to have benefits for those with Diabetes and high blood sugar levels. Ginger helps reduce serum glucose levels thereby helping improve Insulin sensitivity.
- Ginger also has a very beneficial effect on your cardiovascular system. It has been shown to help reduce your bad or LDL cholesterol and prevent hardening of the arteries.
- These are two things that all Powerlifters can take advantage from since cardiovascular disease is a plague in our sport.
- Ginger also can help strengthen your immune system and protect you from invading pathogens. This has been shown with some respiratory tract pathogens known to wreak havoc especially on those who suffer from respiratory ailments like asthma.

As you can see, ginger offers a lot of health benefits that just about all of us can take advantage of. There are many ways to get your daily dose of ginger without it becoming a hassle. One way is to use it in your cooking. There are numerous dishes where you can use small amounts of ginger to help flavour up a bland dish. For those of you who like tea it is very easy to consume this as well. All you need to do is dice up a few slices of fresh ginger and throw it in your tea pot and boil. Once this is done, you can just drink it with your meals to help

aid in the digestion process. You will love ginger tea on those cold and blustery winter mornings to help warm you up before you go out in the cold. You can also buy ginger tea in already prepared packets. You can find this at any Traditional Chinese Herbal store. I used to buy these all the time as all you have to do is add them to some hot water and the crystals dissolve. I would prefer you to use fresh ginger, but when time is of the essence this is better than chugging back some cola. For those of you who simply can't take the taste of ginger I recommend you get some ginger extract capsules. Make sure you get one that has at least a 5% concentration of Gingerols. This way you can take them without having to taste it. I actually like ginger slices with my sushi and sashimi. I add it right on top of the sushi and then dunk it in some soy sauce and wasabi. I am getting hungry just thinking about it, but in Japanese tradition it usually isn't supposed to be eaten with the sushi, but afterwards to clean your palate. Ginger should be something that you start incorporating into your nutrition plan for so many reasons. It doesn't have to be time consuming or a pain in the backside either.

Q: I just wanted to drop you a line to tell you that I find your column new and interesting each time I pick it up. I also have one thing that I would like to see more of. Why haven't you done any interviews lately? You used to do them with different nutritionists or specialists in the past but I haven't seen one in a very long time. I like your column a lot but one of the things that I really found interesting was some of the interviews that you did. So what gives? Yours Truly, **Sherry Thomas**

A: Ok, you got me here, you are 100% correct. I have not run an interview in a long time, my bad! I am actually working with a few other nutritionists that specialize in different fields as we speak. I have some very interesting ideas planned for 2008. I am hoping to run at least 3-4 different interviews in the new year on some really good topics that will relate to powerlifters. I have some well thought out ideas that are going to help shed some light on several new topics that I have not discussed in the past. Just wait and see. Some of the information is going to shock you. Don't be too mad at me because you can look forward to some really in depth, out of the box topics that are really going to open your eyes on several different fronts. Each article or interview that I do does take a lot of time. There is a lot of prep work involved, and I try to make each of my articles to help

packed with info that you can actually apply to your life. If I just go off on a scientific tangent there will be a few of you that will find it interesting but the other 99% of you will just flip the page and read the next article in the magazine. I don't want that to happen so I try my best to write in a manner that best suits my intended audience. Since I can relate to the powerlifting community, I think I do a pretty good job at getting my message across. Don't be a hater, because you can look forward to some very interesting interviews coming just around the corner!

Q: I have heard you promote extra virgin olive oil in your column numerous times. I was wondering what is the difference between the extra virgin olive oil and just the regular olive oil? I know the regular one is cheaper so I was wondering if there was any nutritional difference or is it all pretty much the same thing? If you could let me know more about this that would be great. Sincerely, **Latasha Johnson**

A: I have talked about olive oil numerous times before and the many good things it has to offer your health and performance. Not only does it taste great, (I guess being Italian has me biased) but if you consider just the cardiovascular benefits it has makes it a "must have" oil. Now there is definitely a difference when it comes to comparing extra virgin olive oil and other forms of olive oil. First off you should know that extra virgin olive oil (EVOO) comes from the first pressing of the olive. This makes it the most pure. This also means that it has the lowest level of acidity which is less than 1%. EVOO also signifies that the extraction process took place through physical means and not by the use of chemicals. It also contains no other subgrade refined oils added to the mix. This is why you will find EVOO to have the strongest and richest taste of any olive oils on the market. You should also look to make sure that it says "first cold pressed" on the label. This means not only that it contains oil from the first press, but also the fact that heat was not used in the extraction process which can damage the oil and cause its chemistry to be altered.

Let's take a look at the other types. Virgin Olive Oil is another one that you will see line the shelves at the grocery store. Its acidity rate will not usually exceed 2%. With Virgin Olive Oil no other refined oils can be added as well. There are no chemicals used in the extraction process. It will also not necessarily be the first press of the olive as with EVOO. Pure Olive oil is another term used on labels that you may notice when going to your local grocery store. This type of olive oil



AFFP/AAFPF Membership Application

Check the box that applies below

- American Frantz Powerlifting Federation
 Amateur American Frantz Powerlifting Federation
 Please Print Clearly & Complete All Entries



Last Name		First Name		M.I.	
Street Address					Date of Application
City			State	Zip Code	
Area Code	Telephone Number		Date of Birth	Age	Sex
					U.S. Citizen YES NO
Registration Fee (Circle Appropriate Fee)			Registration Number		Email Address
AFFP: \$30 AAFPFF: \$30 AFFP & AAFPFF: \$40					
Fill out card completely, make check payable to AFFP/AAFPF and mail to: Are you a previous AFFP of AAFPFF Member? <input type="checkbox"/> YES <input type="checkbox"/> NO					
Ernie Frantz, Chairman/Founder Email: ErnieFrantz@aol.com			AFFP/AAFPF - West 3010 N. Torrey Pines Drive. Las Vegas, NV 89108 702-656-6762 630-546-3769		AFFP/AAFPF - East 62 So. Broadway Aurora, IL 60543 603-546-3769
If under 18, have parent initial here		I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFFP or AAFPFF			Signature X

is not as "Pure" as the two above. This is usually blended oil. This refers to it being a mix of some refined oil and also a small portion of one of the purer forms of olive oil. To make sure you understand this properly you need to know what refined refers to when you are talking about olive oil. Refined means that the oil has been chemically treated. This is not good for several reasons. One major reason is the fact that it destroys the fatty acid content of the oil. The whole purpose of consuming olive oil, besides it tasting incredible (there I go again) is to take advantage of the health benefits these good fats have to offer your

body. With Pure Olive Oil you are not getting the same cardiovascular benefit as when consuming EVOO. For my personal choice I wouldn't use anything but EVOO. You want an oil to remain as pure as possible and not to be laced with chemicals or solvents. You also want to make sure that the fatty acid structure is intact so you can take advantage of what nature intended. Remember, not only for olive oil, but for all foods, the closer it is to nature the better it is for you. This is a rule that I tell all my clients and one that holds true when choosing the best foods. So, until next month, eat clean, train hard, and start eating more ginger as I guarantee your

long term health will thank me later.

If you have any questions or comments please contact me at:

Aricciuto@NutritionXP3.com
 Or check out my website at:
 www.NutritionXP3.com

NOTE: I had a major virus take down my computer system in December that lasted close to two weeks before being resolved. If you have e-mailed me and not got a response, forgive me, as I have lost some of the e-mails and couldn't respond. If you sent me an e-mail, send it again, as all problems have been rectified.



REFEREE STATUS: National Referee _____ State Referee _____

Club No. _____ Club Name: _____

Membership good for 1 year from date of application.
 For information on registration and program, call your State Chairman or 814-833-3727.
 A.D.A.U. membership provides each member with an opportunity to participate in A.D.A.U. events.

MEMBERSHIP APPLICATION:

Adult 25.00 Youth 15.00

ANTI-DRUG ATHLETES UNITED, INC.

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

Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Application Date	Social Security Number
First Name		Middle Name	Last Name	
Address				
City		State	Zip Code	
E-mail		Phone (With Area Code)		

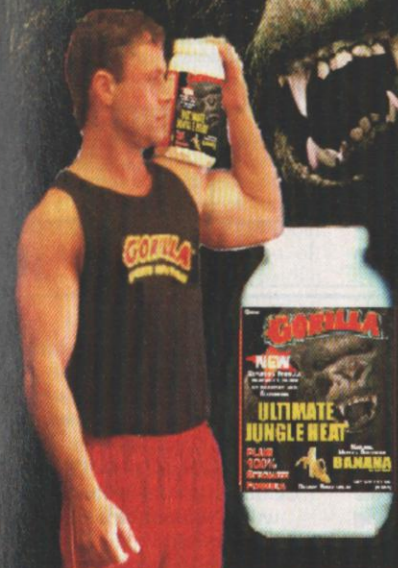
Member's Signature _____
 Parent/Guardian Signature _____

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

GORILLA[®]

SPORT NUTRITION PRODUCTS

WILL SURETTE SAYS
"YOU'VE TRIED THE
REST... NOW TRY
THE BEST."



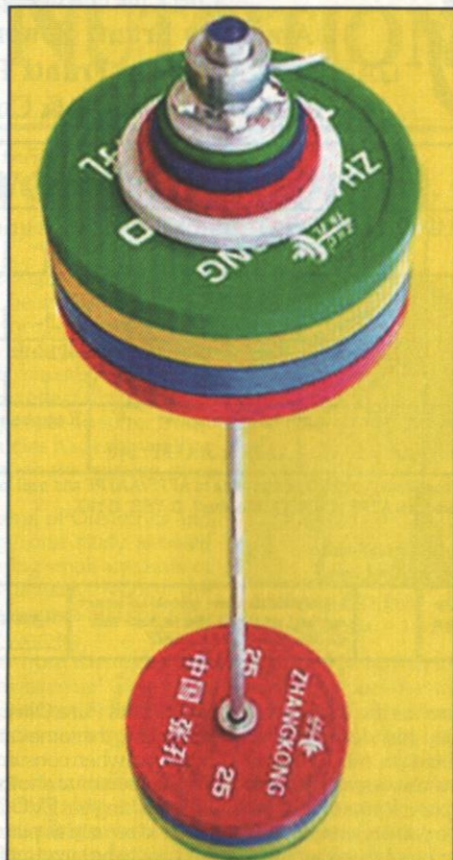
**A Complete Line Of
Nutrition
Supplements**

NEW GORILLA[®] JUNGLE MEAT HAS BEEN REFORMULATED NOW WITH 50 MG. OF CREATINE MONOHYDRATE, 50 MG. OF GLUTAMINE, 20 MG. OF TRIBULUS TERRESTRIS, 40 GRAMS OF MILK AND WHEY PROTEIN, INSTANTIZED EGG WHITE ALBUMIN, AMINO ACIDS, ALL YOUR HERBALS AND MUSCLE ACTIVATORS. THIS IS THE ONLY ONE OF ITS KIND SPECIALLY FORMULATED AND BALANCED WITH ALL THE ESSENTIAL NEEDS FOR THE SERIOUS BODYBUILDERS, POWERLIFTERS, AND ALL AROUND ATHLETES THAT WANT TO PUT THE ANIMAL IN THEIR WORKOUT'S

**FOR ORDERS CALL
TOLL FREE 1-800-852-0425**

OR VISIT US ON THE WEB:
WWW.GORILLA-NUTRITION.COM
DEALER INQUIRIES WELCOME 02076
GNC FRANCHISES AVAILABLE
LIVE HEALTHY!
TEL (860) 523-8261 FAX (860) 523-8079

NEW PRODUCT



The Official Barbell of the 2008 Olympic Games in Beijing, China can be yours. Zhang Kong Barbells, officially certified by the International Weightlifting Federation, are available at www.ironwoodyfitness.com or call Mike White at 717-677-7570, 330-219-4860

Bay State Correctional Center Powerlifters in Norfolk, Massachusetts are looking for your help in keeping their powerlifting activities alive. The powerlifting program has been ongoing since 1992, and has been a huge success, with semi-annual meets for both inmates and outside lifters. To date, no reason has been given for the program's removal by their Superintendent. Richard Seymour asks interested parties to "... help us save our program by calling, or writing, or E-mailing the Commissioner of Corrections of Massachusetts, Howard Clark, 50 Maple Street, Suite 3, Milford, MA 01757-3698, 508-422-3300, and voice objection to the closing of the powerlifting program here at Bay State Correctional Center."

UB Presents the BEST in POWERLIFTING The STABILIZERS

UB SOLID from the GROUND ↑
For more information check our website www.liftersathleticwear.com or call 713-898-0927

QUEST NUTRITION



BRIAN SIDERS

JSF 5500 The Ultimate Joint Support Formula

BUILDING BLOCKS:

- Glucosamine X3 (2200mg)
- Chondroitin Sulfate (1200mg)
- Collagen (5000mg)

OTHER ESSENTIAL INGREDIENTS

- MSM (2500mg)
- Manganese (40mg)
- White Willow (15mg)



Special!
(2) JSF 5500
For only \$45
Savings of \$11.00

Quest Nutrition
3000 Mattison St. NW
Duluth, GA 30096
770-495-0787
QUEST-NUTRITION.com

"Anything that exposes the truth about drug use in sport is good for ensuring the integrity of sport."
CRAIG MASBACK

Simply put Marion Jones is gifted. Even without drugs, Jones may very well have been the fastest woman on earth and arguably the greatest female athlete in the world. As a small child, she was great at everything she attempted ... softball, basketball, track and field, tennis, golf, even volleyball. At age 15, presumably without drugs, she ran the 200 meters in 22.87 seconds, breaking the national high school record, and at the age of 18, she led the University of North Carolina to a national championship in basketball. There was nothing she couldn't do in the field of sports at an elite level. Like I said, even without drugs, she was strictly world class. With drugs, she became otherworldly ... perhaps the greatest female athlete to ever walk the face of the earth. She certainly could outrun just about anything on earth and anywhere else for that matter. That is the catch ... with drugs she was wraithlike, without them simply world class. She clearly understood the circumstances, and she obviously understood the decision she had to make ... a choice that would be difficult for any athlete.

Bruce McDaniel, a former world class high jumper, informed me of the difficulty of making such a decision. "When I was in my first year of college," said Bruce, "my coach came to me and said that if I was ever going to make it to the next level, I would have to start using drugs. I was by far the best high jumper on the team. Actually, I was the best straddler in the world. To be honest, I really wasn't convinced that steroids were going to make me that much better so I begged off. Within less than a year, my competitors who were using steroids started closing in on me. Guys who were nowhere as good as I was were jumping right with me. I realized real quickly that unless I started using drugs I would never fulfill my dreams as an Olympic athlete. Believe me that decision haunted me for years, but I never succumbed to the temptation. I felt drug use was cheating, and I was concerned about the health effects. Of course, I never did realize my dream of being an Olympic athlete, which hurts to this very day.

I am sure that is the same decision Marion Jones had to make. I am not saying I agree with her decision, but I understand why she made it. The way it is today, it is difficult to compete unless you cheat. That sounds terrible to say, but unless you are gifted, your chance of competing at a world class level are slim unless you use drugs. The fact is that drugs give you that much of an advantage. With drugs an average athlete can become world class, a world class athlete can become otherworldly ... they work just that well."

And what does this tell us? McDaniels summed that up nicely as well. "That old saying, 'Cheaters never win is the furthest thing from the truth.' Cheaters do win. If you want to win, you should cheat ... that is exactly what cases like Marion Jones and Barry Bonds tell us. Our children see that the way to succeed in sports is to cheat, and consequently many of them will give in to such

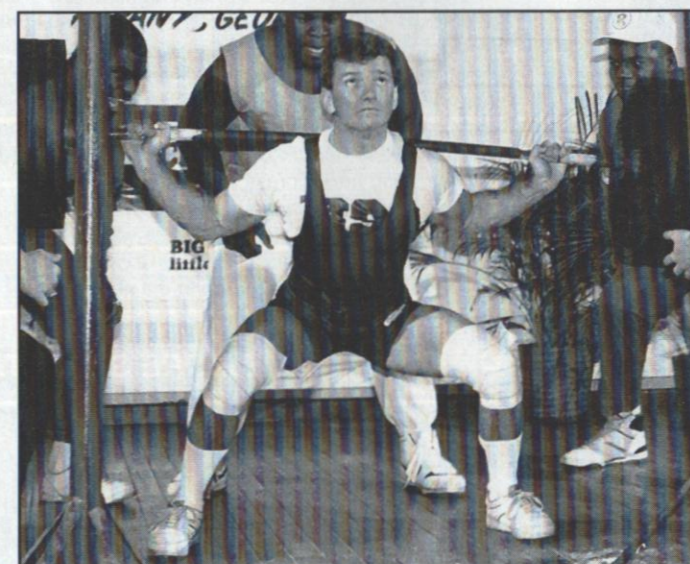
DR. JUDD

What Can Be Learned From Marion Jones? as told to Powerlifting USA by Judson Biasiotto Ph.D.

temptation, especially when they see that the reward for cheating far outweighs the consequences. That is why I hope some day they can get on top of the drug situation and literally get cheaters out of all sports."

At least today Jones is extremely remorseful that she cheated ... NOT! As Mike Golic said, "She is sorry that she got caught ... it is forced remorse, not genuine sorrow." I would have to agree with Golic. I find it difficult to believe that Jones would ever have admitted she cheated if she had not gotten caught red handed. Let's be frank, she adamantly denied she had ever taken drugs for close to a decade. Worse yet, she sued BALCO founder Victor Conte, in 2004, for \$25 million alleging Conte tarnished her reputation when he said on ABC's 20/20 that he supplied performance-enhancing drugs to Jones. She settled that lawsuit on February 5, 2006. According to Conte, the lawsuit cost him a lot of money to defend himself. She also slandered her ex-husband, C. J. Hunter, calling him a liar and a cheat. Just as revealing, she wrote in her 2004 autobiography *Life in the Fast Lane*, "I have always been unequivocal in my opinion: I am against performance-enhancing drugs. I have never taken them, and I never will." She also made this quote on Sept. 26, 2006 edition of *The New York Times* after receiving word that her "A" sample tested positive for a steroid at the U.S. Track and Field Championship. "I've defended myself against this. I said I never used performance-enhancing drugs. I'm for a drug-free sport."

What does this tell us? Simply put, that a cheater can also be good liar. One thing I will say, though, Jones understood exactly what she had done. She not only apologized to her family, friends and supporters, but she also apologized to all of her competitors, whom she had cheated. She acknowledged that her fellow competitors, teammates and the sport are paying



Dr. Judd Biasiotto squatting a world class 603 in the 132lb. class.

the price for her mistakes and that her admission cannot erase all of that damage. And it certainly was major damage. Not only did she steal all of those Olympic medals from her competitors, but she also stole millions of dollars in bonuses and commercial endorsements. Bruce summed that up nicely also: "The gut wrenching thing from an athlete's standpoint is that you train

your entire life to realize your goals. You do everything ethically and morally right and then a cheater comes along and robs you of all you worked for your entire athletic life ... the opportunity to compete, the recognition and - in many cases - a lot of money. That is certainly how it was for me. There were guys who would never have beaten me drug free, but they went right on past me because they were loaded on drugs. It is not fair and it hurts. I know a lot of people will say that everyone at that level is dirty. That is not the case. I never used drugs, and a lot of my friends who were world class competitors never used them. That is just an excuse for cheaters. Even if that were true, which it isn't, that still is not fair to the guy who does everything right and does not make it to that level because his competitors were loaded on drugs. Who knows, that guy you never heard of may very well be a world class competitor if everyone was drug free. That is the problem; good people are being robbed of their dreams."

Of course, Jones paid for her cheating and indiscretion. All of her medals, as well as her relay teammates' medals, had to be returned, and she was required to repay an estimated \$750,000 that she was awarded for her winnings. Actually, the financial penalty was rather lenient considering that she earned over \$20 million in endorsement moneys from her victories. That goes without mentioning the money and glory she stole from her competitors. Australian Olympic Committee Chief John Coates echoes those sentiments: "It's very, very disappointing for all of the athletes that competed against her (Jones). ... I don't think an acknowledgment now will ever right the injustice for those other ladies who were robbed of glory, money and opportunities. I would hope that she is punished thoroughly." Darryl Seibel, spokesman for the U.S. Olympic Committee, agrees with Coates: "Our position on doping is unequivocal. Doping is cheating, and under no circumstance will it be tolerated. If an athlete cheats, they deserve to pay the price for their action."

What can we learn from this? Perhaps Jon Drummond, a gold medalist in the 400 relay in Sydney summed it all up best: "Any use of performance-enhancing substances is a tragedy for the athlete, their teammates, friends, family and the sport. It's like that old saying, 'Cheaters never win.' So no matter how glorious or glamorous things look, you'll get caught and pay a price for it. It doesn't help track and field at all, except maybe by letting the world know that people always get to the bottom of things. We shouldn't be afraid of the truth, but it's sad it came to this. I hope it never happens again, but I am sure it will."

THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

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



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

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



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive **HardCore** material which will provide you with the most incredible rebound power available in the powerlifting world. **HardCore** material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the Phenom is made from the **HardCore** material, you will also experience many more performance benefits. The Phenom will keep it's memory and will not stretch out. You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

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



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

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts

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

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



Camo T-shirts

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

\$10.00



Tank Tops

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

\$10.00



Forever Lever Belt 13MM

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

\$70.00



Forever Buckle Belt 13MM

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

\$70.00



PR Belt

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

\$140.00



Forever Lever Belt 10MM

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

\$60.00



Forever Buckle Belt 10MM

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

\$60.00



Power Belt Quality Economy

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

\$39.95

Forever Belts™ are guaranteed forever!



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

\$14.95



Warm Up Pants

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

\$23.95



Hoodie

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

\$19.50



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

\$12.95



Beanies

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

\$10.00



Gym Bag

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

\$25.00



Suit Slippers

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

\$19.95



Fitting Gloves

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

\$4.95



Max DL

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

\$145.00



Lifting Singlet

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

\$33.00



Z-Suit

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

\$42.00



Champion Suit

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

\$42.00



The Pillar

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

\$115.00



Standard Blast Shirt

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

\$38.00



High Performance HD Blast

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

\$77.00



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

\$5.95



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

\$10.00



Elbow Sleeves XT

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

\$55.00



Knee Sleeves XT

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

\$55.00



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

\$4.95



Power-Surge Red Line Wrist Wraps

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

\$12.50



Power-Surge Red Line Knee Wraps

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

\$16.50



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

\$12.95



Iron Wrist Wraps Z

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

\$17.00



Iron Wraps Z

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

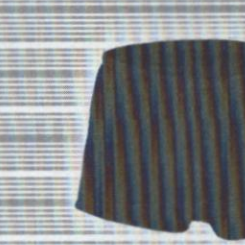
\$22.00



Heavy Duty Erector Shirt

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

\$55.00



Heavy Duty Groove Briefs

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

\$26.00

Assistance exercises can strengthen weaknesses and build on strengths on all three powerlifts. They also add variety to our workouts and also help improve our physiques. The trouble is, we do not always get the results we'd expect from our efforts. The countless tricep press downs you grunted out the last training cycle did not translate to an improved bench press. Things do not add up, but the answer may be very easy to find.

Look first at your exercise form used on your assistance work. Most lifters start out with great attention to exercise form, properly performing assistance lifts. But to keep the weight increasing, lifters add other muscles outside of the targeted ones, decreasing the range of motion of the exercise or add momentum. Ingenious lifters combine all these weight enhancing techniques to keep the weight moving up. The result is an assistance exercise barely resembling what the lifter started using.

Every exercise has standard cheating techniques universally shared by lifters. Let's look at a few of the most popular assistance exercises and the cheating techniques most commonly used. While you're reading, take an objective look at your own technique to see if it applies to you.

Let's begin with the most popular assistance exercise, the bicep curl. The majority of lifters do not lower the bar to full extension, thereby reducing the range of motion. Lifters justify this by saying this keeps tension on the bicep for building a Mr. Olympia bicep peak. This is a tired excuse. A lifter knows exactly how far he can lower the weight in a lift and still get it back up again. If he'd lower it another inch, he would not be able to curl it up again. This is similar to cutting a squat off high, any lower and they would get buried. That is an instinctive ability lifters are born with. Another popular curl cheat is turning it into a reverse grip power clean. The weight is heaved up using more lower back and traps than biceps. Combining reducing range of motion with the reverse power clean heave-ho creates the best scenario. For best results, perform your curls with a full extension and contraction with a full range of motion. Keep your back straight and curl with the biceps, don't lift the weight using power clean technique.

Bent over rowing is a favorite lat exercise. This can resemble a bent over power clean curl as in the example above. A lot of swinging and heaving, not much lat work. Keep your back flat, parallel to the ground and pull your elbows back with the lats using the arms as hooks. Using a rowing machine can help reduce your swinging, but are not cheat-proof.

Shrugs are the best choice for deadlift lockout power, but best results come only if the traps are doing the shrugging. Too many lifters' shrugs consist of bending their arms with little, if any, shrug motion. Focus on shrugging with your traps, again

STARTIN' OUT

EXERCISE FORM

as told to PL USA by Doug Daniels

using the arms as hooks. If you can bend your arms with your shrug weight, you're using some weenie weights. Use your traps to shrug and watch your deadlift improve.

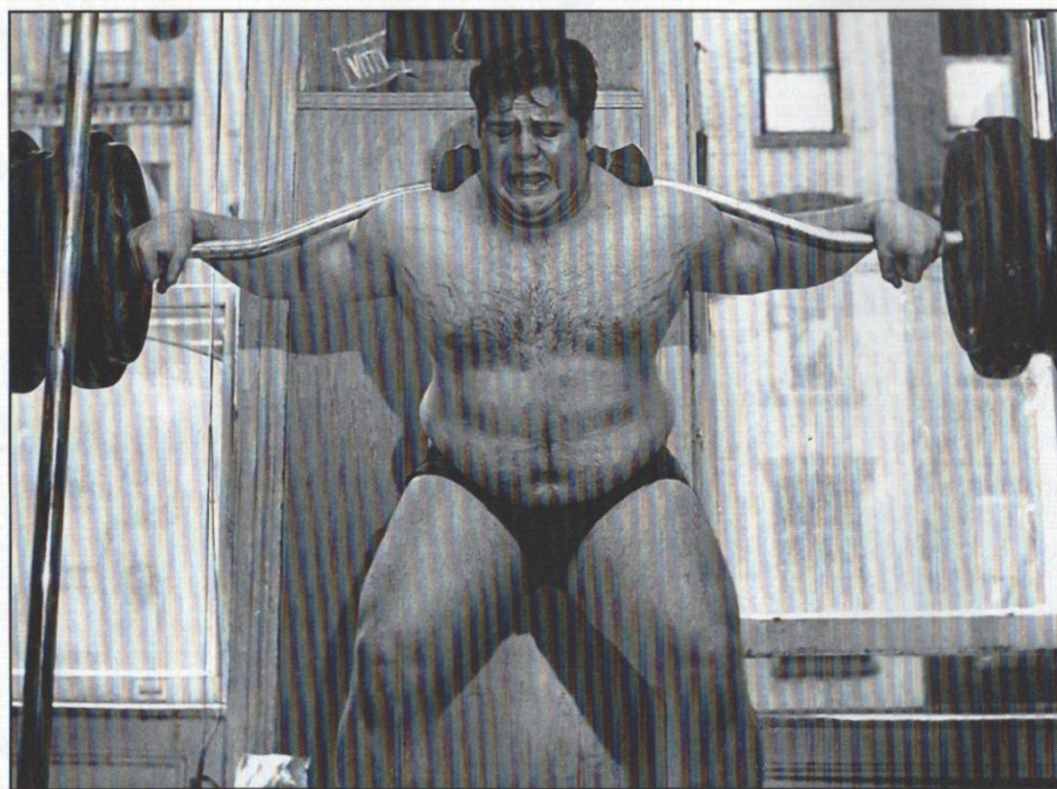
Incline benches work the upper pecs and front delts. The inclined angle of the bench reduces the contribution from the pecs so less weight can be used than in the standard flat bench press. Resourceful lifters have conquered this limitation. As they press the bar, they raise their butts and lower back off the bench, moving their torso parallel to the floor, turning this exercise into a pseudo flat bench. Might as well stick with flat benches in this case. If you chose to do inclines, maintain the proper position on the incline bench. A rule of thumb is the greater the incline angle; the less pec and more delt. A thirty-degree angle may be best all around incline angle of choice.

Decline benches focus on overloading the lower pec. Some lifters claim that they can decline more than they can flat bench. The reason this is possible is they lower the bar below their chest, nearer their waists, decreasing the range of motion. Physics 101 teaches us that the less distance you need to move something, the easier it is. If you chose to do declines, lower the bar to chest level for a full range of motion and best results.

Tricep pulley pressdowns are great for building bench power but they are also victims of workarounds. They're several ways of cheating on this exercise. Leaning into the movement helps to get weight down. Keeping the elbows out away from the body adds the delts, pecs and lats to the exercise making it a dip like movement. Leaning more to one side than the other, results in more than 50% of the weight being moved by one side of your body. This results in uneven

strength development and imbalance. Of course, throw in decreasing range of movement either on top or on the bottom. The pulley cable should remain in line with your nose to be sure each arm is doing its equal share. Bring the weight up as far as you can while keeping your elbows locked to the side of your torso and press the weight down to lockout.

These are just a few examples. As I wrote earlier, every exercise has some standard cheating technique. If I have described your exercise form, drop the weight used and learn and maintain proper form. This can be the hugest challenge for most lifters. Using lower weights with perfect form can be very ego killing. I sound like a skipping CD but the judges and spectators at the meets DO NOT CARE how much you can cheat curl or heave row. Using proper exercise form also greatly decreases the chance of injury. For best results, keep continual tabs on your exercise form. Increase the weight and reps only when you can do it using proper form. Have a knowledgeable lifter demonstrate proper form and critique your form. There is a chance you were performing exercise incorrectly from the get-go. If your assistance exercises are going up but your competitive lifts aren't, step back and objectively examine your exercise form.



Bruce Randall made huge gains in strength and bodyweight doing the Good Morning exercise. The key in any assistance movement for the powerlifts is to use enough weight to stimulate the muscles involved, but not so much weight that proper form (and maybe something else!) gets broken in the process.

Dear Mr. Gallagher,

I hope I caught you before you put your thesaurus away. I wanted to respond to your article in the October issue of *Powerlifting USA*. I was not intending to respond to yours, but you brought out so many valid points, I couldn't resist.

First of all, I am not sure where you are from but we Northerners don't consider NASCAR to be a sport nor do we consider the drivers to be athletes. Comparing powerlifting to race car engines caught my attention. You indicate how NASCAR placed limits on engine size and did so due to advances in technology. Please don't get me wrong, I am in favor of technology, but not in favor of changing the rules of our sport. Why was it ok for NASCAR to place limitations on engines, but not ok for Powerlifting to do the same? Probably for starters, unlike NASCAR, we have some 20 different organizations all of which due to egos and for monetary reasons have let our rules go to hell. How much technology did it take to go from a single ply to a double ply to a triple ply? I don't believe that was rocket science. As I stated before, when bench shirts were established, they were defined as a tight fitting t-shirt and had to follow the design of a t-shirt. Explain to me how an open back Velcro bench shirt mimics a t-shirt? Oh, I know, it's technology.

Math was my best subject in school and I greatly appreciated the fact that you figured out the percentages that shirts have typically added to one's bench press. You indicated that lifts in the bench press have improved by 40-60% and someday it may go to 100%... Can you tell me of any sport, legitimate or not, whereby an improvement of 40-60% was found and deemed acceptable? Can you imagine what would happen if the sport of weightlifting saw the type of improvement that we have seen in Powerlift-

OPINION

ing. It is making a joke out of the sport I have enjoyed for almost 40 years. **Sometimes you have to put the sport first, ahead of everything else.** We have leaders of organizations and equipment manufacturers that support the philosophy that bigger is better, but what do you think goes through the average person's mind when he sees an individual bench 300 in the gym and 500 in a shirt. Does he come away saying "Wow that guy got 200 lbs. out of his shirt, wasn't that awesome"?

I don't have a problem with technology; I just spent \$80,000.00 on a laser that treats periodontal disease and am one of a handful of dentists in Ohio who have one. Yes, companies like Titan went to a stronger material and a new design. They worked within the guidelines and due to supply and demand and, probably for financial reasons, also manufacture double ply shirts. I also don't find fault with the lifters who go to triple ply or squat 4 inches high. The problem is with the organizations that allow the referees to pass a squat that is 4 inches high or a bench press where by the bar goes to the waist or they never lock out.

If, and this is a big if, the sport of powerlifting became an Olympic sport, what do you think would happen? First of all, they would want to work with an organization that has a large international following. They would also insist on a strong drug testing program. I also believe they would want an organization that adheres to a strict set of rules. The IPF has more competing countries than any other organization, they

drug test and they still adhere to the basic rules of the sport. How do you explain it when an IPF champion has trouble making the Top 20 list of "Powerlifting USA Magazine"? Oh, I forgot, it's technology.

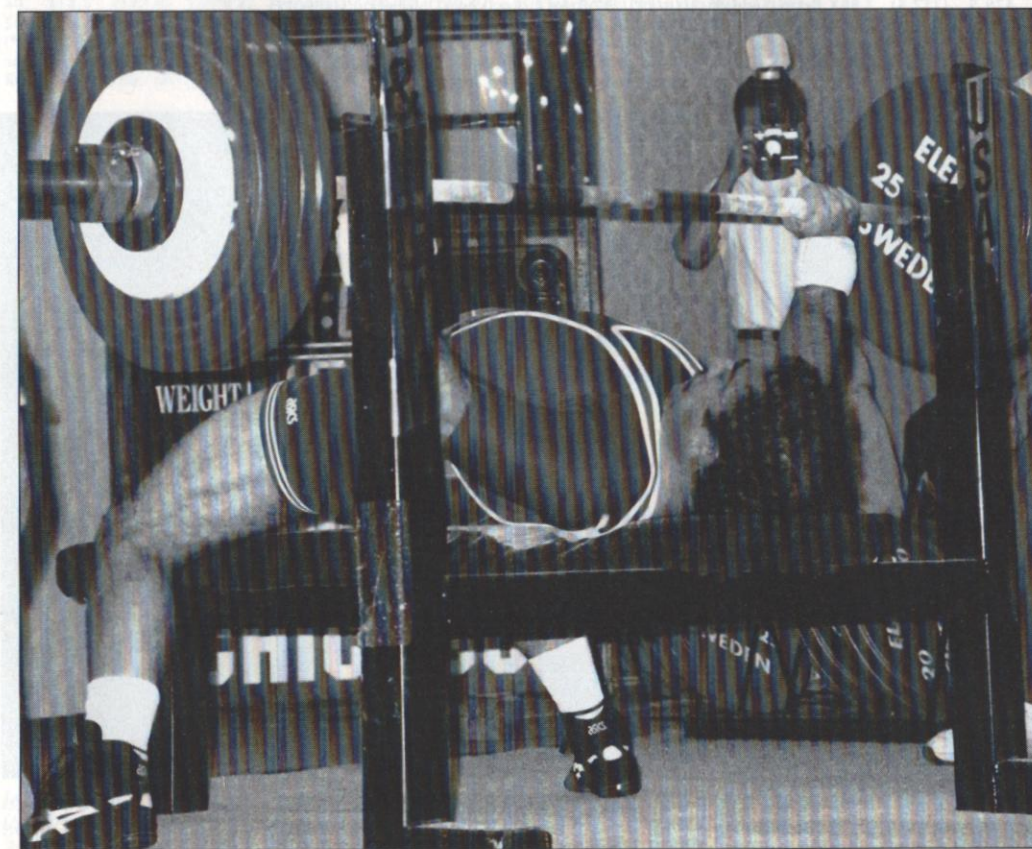
If a 220 lb. lifter can squat 1,000 lbs going 4 inches high wearing a double ply canvas suit with extra long knee wraps, then I give him a great deal of credit. Is that person stronger than a 220 lb lifter who squats 800 in an IPF meet? I don't know, but until the two compete head to head, I believe each one deserves credit based on what they did under a particular set of circumstances. Please don't tell me that the lifter squatting 800 is anti-technology. I recently spoke with 2 meet directors running non-sanctioned meets. Both allow for double ply, but not triple ply. Are they anti-technology? Their comments were they didn't want it to look like a circus with the triple ply. Can someone explain to me why it doesn't look like a circus with double ply or even single ply? Wherever a lifter wants to compete, under whatever conditions is all right with me. Until they have competed on the same platform with the same conditions, don't tell me one is better than the other. Each lifter has their own valid reasons for lifting as they do.

When the sport of powerlifting evolved it basically divided into 2 groups, drug free and not. You are right that we have way too many variables nowadays to secure a fair ranking system. I believe we have 3 basic groups of lifters; raw; single ply lifters who adhere to basic rules and, lastly, anything goes lifters. Each group needs to respect the others and that was my point.

Some of the higher lifts are due to technology, but most are due to heads of organizations, meet directors, equipment manufacturers and referees that have allowed the sport of powerlifting to change for the worse. You indicated that your 700+ bench press friend doesn't work his raw bench and instead of spending a year to add 50 lbs. to his raw bench he might get the 50 lb. jump by working with his shirt. Doesn't this sound absurd to you? It is a joke, not technology. So what do you tell an individual who is getting started in the sport of Powerlifting? Do you tell them it's not about how strong you are, it's about how you can master the equipment? What other sport is there that is not based on athletic performance but instead on equipment or what you call technology? Football, Basketball, Baseball, Hockey, Wrestling, Track and Field, Volleyball, I don't believe so. Now don't put words in my mouth. As in the example I gave previously, the 1,000 lb squatter is an athlete, but look at what some of these lifters are getting credit for. You gave me credit as a sensitive, intelligent person. I am hoping that you are brighter than some of these individuals that go on line and make no sense (Yes, I'm talking about you Billy).

I think I'm going to invent a bowling ball that explodes when it hits any pin and assures each person of a 300 game. Wouldn't that be wonderful? Technology is such a wonderful thing.

Larry Miller D.D.S.



Larry Miller DDS is one of the best master bench pressers in USAPL and IPF history.

METAL[®]

Accessories

Briefs

Wraps

Deadlift Suits

Bench Shirts

Squat Suits

General Physical Preparedness THE HARD WAY as told by Aaron DiPrima

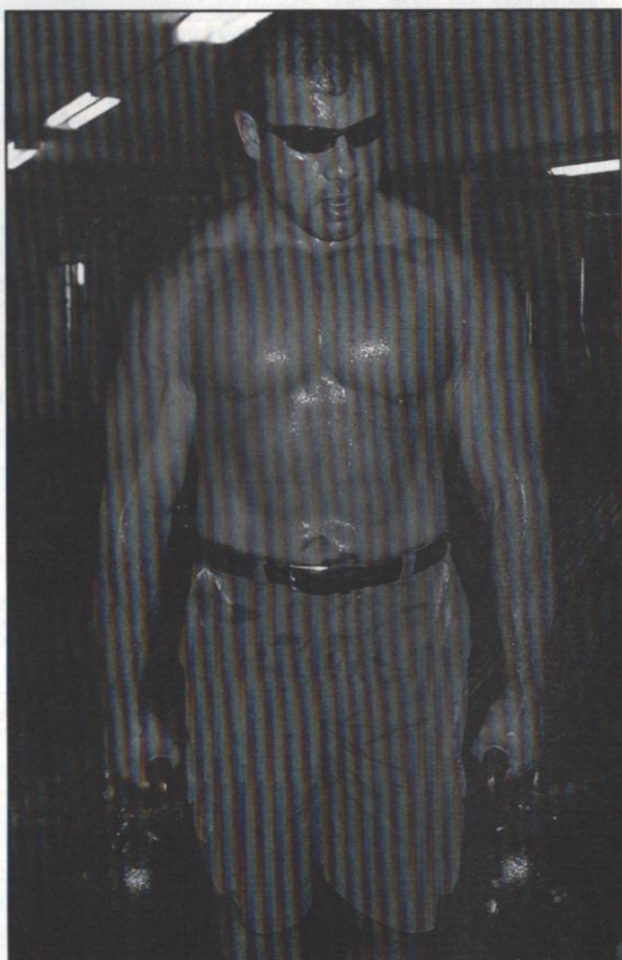
In training, we at Strength Beyond have been focusing more on the conditioning aspect as of late, i.e., getting in better shape so you can train harder. In my previous article I documented how my training partner Dain Soppelsa dropped almost 100 lbs. of bodyweight and kept his bench press up. These drills were part of our training during this time. Most weight training enthusiasts weight train to get in shape, we on the other hand get in shape in order to benefit our training. Plus, it is always nice not to be fat when talking to women or trying to get on carnival rides. The conditioning drills we use are always done after the workouts. This has the effect that workouts and regular training seem ridiculously easy (at this point) because for one, we are in much better shape, and two, the drills are so challenging.

One of the drills we refer to as Mark Romans (named for a pudgy, four eyed, geeky, pretentious, holier than thou moron). He is the reason other races make fun of white people. This drill sucks as well, hence the name. To perform Mark Romans you will need Kettlebells, a Prowler, and you do not need Mark Roman, actually nobody needs Mark Roman, but every gym I've been to has at least one (some have many) but you do need a workout partner. Simply push the prowler down to the end of the parking lot, with your partner carrying the Kettlebells, switch with your partner so you are carrying the Kettlebells and he or she is pushing the prowler, walk back and then switch again, try to go until someone gives up. Try different size Kettlebells and different weights on the Prowler.

The second drill we refer to as '300s' after the movie name-sake and because it will get you shredded up like a spartan soldier. Hanging around after the workouts in full spartan gear and applying lotion to your workout partners muscular shoulders in homo-erotic fashion is optional. A word of advice, if you go to a bar or nightclub in full spartan getup DO NOT BREAK CHARACTER! If you do, they will lose respect for you! This drill you do by

yourself. Set up the Prowler and the Kettlebells on one end of the parking lot, and put a weighted sled with a handle on the other side. Now push the prowler to the sled, pull the sled backwards holding the handle, working the quads, back to the Kettlebells, and walk the Kettlebells to the Prowler and start over again. You can go for time or rotations. Any combinations of different size kettles or different weights on the devices can be used.

The final drill we refer to as "Pom Stars". There is no real reason we call them this, we just really enjoy porn, I guess, and wanted to give a little something back to the industry. We load up the prowler with 25 lb. plates on a crossbar we had welded on laterally. Push the prowler to the end



Getting Ripped and Ready ... article author Aaron DiPrima practicing what he preaches at the Strength Beyond facility.

of the parking lot, take off a 25lb plate from each side, push to the starting position, repeat stripping the weight, back and forth until there is no weight loaded laterally, now proceed to curse me for coming up with such a ridiculously painful drill, throw up, and spend the rest of the day in a wiped out coma like state.

Please call with any questions
Aaron DiPrima
Strength Beyond
269-655-0066

And as much as I hate to admit it, I hope no one takes this the wrong way as Roman and I are friends. Actually I would probably guess that I am his only friend around here because everything I said about him is totally accurate and he would agree with me.

METAL
powerlifting gear



Mark Bell
elitefts.com/markbell



Team Elitefts

Exclusive Supplier:

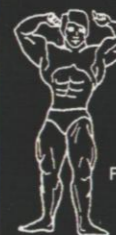
Elitefts

Elitefts.com/Metal
888.854.8806

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLEMAN!

Free 48 Page WHOLESALE Catalog
fully describing our 50 one-of-a-kind
Bodybuilding supplement formulas
that produce results!



CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
104 Evans Ave., Dept. PL 0108
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

Strong(er)



IRONBUG PRODUCTIONS
PRESENTS

POWER

UNLIMITED

UNLIMITED WILL.
UNLIMITED POWER.
UNLIMITED STRENGTH.

LEGENDS:

Ed Coan, Lee Moran, Kirk Karwoski, Bev Francis, Dave Wadington and many more.

RISING STARS:

Ryan Kenneley, Scot Mendelson, Scott Cartwright, Becca Swanson and many more.

"It will be good for the public to see what cult sports are like." - Ed Coan

"Powerlifting is a real sport." Bev Francis

VIEW THE TRAILER AND ORDER YOUR DVD COPY TODAY AT
WWW.POWERUNLIMITEDTHEMOVIE.COM

gher perspectives
PRODUCTIONS

IRONBUG LLC.

THIS FILM HAS NOT YET
BEEN RATED.

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to 1000s of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice.

12 JAN, SLP Central Illinois Winter Open BP/DL (Athens, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

19 JAN, SLP Ozark Fitness Open BP/DL (Poplar Bluff, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

26 JAN, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

26 JAN, APF North Carolina State (Clayton, NC) Kyle Robertson, 919-625-8921

26 JAN, USPF 3rd PowerBowl BP & DL (Middletown Mall) Power Promotions, Matt McCasie, Director, 210 Gilbob St., Fairmont, WV 26554, mccasie@yahoo.com, 304-376-2432

2 FEB, Slaughterhouse Gym & Iron Age Gym BP/DL/Ironman (equipped & raw - Minerva, OH) Craig Hurst 330-868-7925 or Dave Bosler 330-868-3109

2 FEB, AAU Sooner State Winter Games, Crain's Muscle World, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689

2 FEB, APF Colorado State Push Pull (Pueblo, CO) Chris Helton, 719-330-6409

2 FEB, USAPL MN State Open, Angela Simons, 1168 Laurel Ave., St. Paul, MN 55104, 651-260-2644

2 FEB, SPF Alabama State PL/BP (Adult Activity Center, Gulf Shores, AL) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

9 FEB, APF Open State PL/BP/DL & Raw (Phoenix, AZ) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

9 FEB, USAPL Go Big Bench Meet, Jack Kaplan, 2146 Embden Pond Rd., Embden, ME 04958, 207-566-5727

9 FEB, WABDL PA/OH/WV/NY BP/DL World Qualifier (high end

COMING EVENTS

swords 1st-5th place - Holiday Inn, Beaver Falls, PA) Charles Venturella 724-654-4117, sircharles148@peoplepc.com

9 FEB - WNPFLifetime Southern USA PL, BP, DL, PC Championships (Warner Robins, GA) WNPFLifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com

9 FEB - WNPFLifetime Southern USA PL, BP, DL, PC (Warner Robins, GA) Troy Ford 678-817-4743, wnpf@aol.com

9 FEB, WABDL Power Station Bar Bending State Open (Humble, TX) Tiny Meeker 832-423-7662

9 FEB, IBP Regional Push Pull (Mocksville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

9 FEB, SLP Meador's Gym Open BP/DL Classic (Lawrenceburg, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 FEB, SLP Black Iron Gym Open BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 FEB, 2nd Blackstone's Gym Classic (BP, DL, Ironman - Lafayette, OH) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-4964

15-17 FEB, USAPL Women's Nationals (Killeen, TX) Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

16 FEB, USPF American Cup PL (Invitational Only - Los Angeles, CA) Steve Denison 661-333-9800, pwrliftr@msn.com, www.powerliftingCA.com

15-17 FEB, LA Fitness Expo/WPO Finals/Scot Mendelson BP (Los Angeles, CA) Scot Mendelson, 818-817-3643

16 FEB, APF Open State PL/BP/DL/DL/Raw (Phoenix, AZ) J.R. Bolger, 602-820-3497

16 FEB, SLP Brickyard Open BP/DL (Milwaukee, WI) Darrel Latch,

126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

16 FEB, SPF Iron Chain Class (Woodbury, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.vhepower.com

16 FEB, AAU Wisconsin State & Midwestern Regional BP/DL/PP, Wisconsin Health & Fitness, N112 W15800 West Mequon Rd., Germantown, WI 53022, Dave Constantineau, 262-253-1278, Guy Powell, 920-988-5161

16 FEB, West Coast Open & Novice BP, John Ford 650-303-7518

16 FEB, Red Brick Meet (Assist, Raw,

all weight & age divisions - Lewiston Red Brick School, Lewiston, NY) Dennis Brochey, Meet Director, 205 N. 5th St., Lewiston, NY 14092, 716-200-3533, edbrochey@roadrunner.com. This is a benefit meet for our troops overseas and their families back here.

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

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

17 FEB, ADFPF 1st Rocks Massachusetts State PL (unequipped, equipped - SETS, Hingham, MA) Mark Marocco, 781-243-1662, www.adfpf.org

17 FEB, USPF Fit Expo BP/DL (Los Angeles, CA) Steve Denison 661-333-9800, pwrliftr@msn.com, www.powerliftingCA.com

APF/AAPF WPO Schedule

- 2 FEB, APF Colorado State Push Pull
- 9 FEB, APF Open State PL/BP/DL /Raw
- 16 FEB, APF Open State PL/BP/DL /Raw
- 23 FEB, Orlando Barbell BP/DL Classic
- 1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL
- 8 MAR, APF John H. Reagan PL
- 12 MAR, AAPF 12th Annual FrankKostyo Meet
- 15-16 MAR, APF/AAPF Illinois State
- 15-16 MAR, APF/AAPF Alabama State
- 16 MAR, APF California State
- 22-23 MAR, APF/AAPF Snake River PL/BP/DL
- 29 MAR, APF/AAPF Michigan State
- 29 MAR, APF Hawg Farm BP
- 12 APR, APF Gulf Coast Open
- 12-13 APR, AAPF Nationals
- 3-4 MAY, APF Master, Teen & Junior Nationals
- 5 MAY, APF Bench Press Meet
- 30-31 MAY, APF Senior Nationals
- JUN, APF/AAPF Chicago Summer Bash 5
- 16 AUG, APF Push Pull Meet
- 23 AUG, APF/AAPF High Country Push/Pull
- OCT, APF/AAPF Snake River
- OCT, APF Halloween Monster Bench Bash
- 8 NOV, APF Bench Press
- NOV, WPC World PL/BP

Dates subject to change Call 886-389-4744 for info.
(worldpowerlifting.org) (worldpowerliftingcongress.com)

ATTENTION: MEET PROMOTERS

HOUSE OF PAIN

WILL CUSTOM PRINT YOUR MEET
T-SHIRTS BETTER THAN ANYONE ELSE
IN THE WORLD!

WE KNOW YOUR NEEDS.
WE UNDERSTAND YOUR MARKET.

Fax 972.772.5644 Phone 972.772.8600
customprint@houseofpain.com

American Powerlifting Committee (APC)
 www.americanpowerliftingcommittee.com
 P O Box 40
 Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name _____ Date _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____
 Date of Birth _____ Age _____ Sex _____ US Citizen _____ Club _____
 Prices: Adult \$30.00 Teenage \$15.00 Special Olympian \$10.00

Signature _____ If under 21 Parent or Guardian _____

Card expires 12 months from date of purchase

**Paul Kelso Presents
 THE POWERLIFTING
 TIMELINE ©**

- a unique history wall chart -

WHAT? WHO DID IT? WHEN?

220-plus great lifters, milestones and moments of the game!

Listed by year - early days to mid 2007.

Dozens of rare photos of the giants.

A laminated 36" x 24" four-color chart, with

different info and photos front and back.

.....

A FINE HOLIDAY GIFT !!
 DELIVERY BEGINS DECEMBER 1ST !!
 ORDER NOW !!

Only \$24.95 plus \$7.00 S & H
 (lower 48 states) (shipped in mailing tube)

Toll free # 1-800-978-0206 - 9am -2pm EST.

Fax: 734-827-8122

Money order, cashiers check or personal check to:

Trap Bar Training - Dept TL

P O Box 4429, Ann Arbor, MI, 48106

Or see: www.trapbartraining.com



Orlando Muniz-Zacca, shown above spotting Mike Bridges at the historic 1978 Senior National Championships, has passed away, and his friend Ernie Milian ran a meet in Hollywood, FL, to remember him.

SSA Backyard Meet
 4 AUG 07 - Tribes Hill, NY

BENCH
 MEN
 181 lbs.
 Junior
 D. Cull 375
 T. Stanton 330
 Open
 R. Hillyard 390
 275 lbs.
 Masters (40-44)
 Ironman
 WOMEN
 148 lbs.
 Open
 R. West 225 315 540
 MEN
 198 lbs.
 Teen (16-17)
 J. Kiernan 315 475 790
 220 lbs.
 Submaster
 M. Ferlito 425 455 880
 (Thank you to Sandi McCaslin for results)

100% Raw North Carolina State
 23 JUN 07 - Charlotte, NC

BENCH
 FEMALE
 148 lbs.
 Master (50-54)
 R. Jenkins 90
 165 lbs.
 Junior
 L. Sandee 105
 MALE
 123 lbs.
 Teen (14-15)
 B. Etringer 160
 132 lbs.
 Teen (14-15)/Open
 J. Powell 160
 148 lbs.
 Open
 E. Patton 260
 165 lbs.
 Junior (20-24)
 D. Sylvester 325
 Master (60-64)
 R. Fecteau 185
 Open
 D. Jones 305
 J. Manuel 300
 S. Kirkwood 265
 Open/(30-34)
 J. Brown 330
 181 lbs.
 Junior (20-24)
 A. Williams 345
 (25-29)
 J. Adams 425
 Master (50-54)
 J. Layman 275
 Open
 D. Wilson 350
 M. Franklin 325
 Open/(25-29)
 S. Wesley 335
 Submaster
 G. Dale 415
 198 lbs.
 (30-34)
 S. Cox 315
 Junior (20-24)
 M. Wilson 300
 Master (45-49)
 T. Whitted 250
 W. Anderson 275
 Open
 Summerfield 325
 J. Wheeler 310
 B. Lancaster 250
 Open/P/F/M
 Master (45-49)
 J. Lovallo 375
 220 lbs.
 Junior (20-24)
 J. Wilson 345
 Master (45-49)
 R. Pardue 350
 Master (65-69)
 W. Anderson 125
 Open/Submaster
 C. Pickett 410
 Submaster
 C. Kennedy 385
 242 lbs.
 Junior (20-24)
 A. Brown 375
 (25-29)

J. Wright 420
 Master (40-44)
 E. Horwitz 225
 Open/Master (50-54)
 B. Powell 315
 Open
 Master (60-64)
 I. Brooks 265
 275 lbs.
 Master (50-54)
 J. Hilliard 475
 Open
 M. Belk 580
 K. Cole 455
 Open/(30-34)
 B. Jones 540
 Submaster
 F. Banks 410
 Submaster
 J. Bates 390
 Master (45-49)
 T. McVicker 480
 Submaster
 J. Gentry 445
 DEADLIFT
 MALE
 123 lbs.
 Teen (14-15)
 B. Etringer 245
 132 lbs.
 Open/Teen (14-15)
 J. Powell 225
 165 lbs.
 Open
 S. Kirkwood 435
 J. Manuel 400
 181 lbs.
 Master (55-59)
 R. Layman 470
 198 lbs.
 Junior (20-24)
 M. Wilson 390
 Master (45-49)
 T. Whitted 350
 220 lbs.
 Master (65-69)
 W. Anderson 275
 242 lbs.
 Junior (20-24)
 A. Brown 435
 Master (40-44)
 E. Horwitz 185
 Open/Master (60-64)
 I. Brooks 405
 CURL
 MALE
 123 lbs.
 Teen (14-15)
 B. Etinger 70
 132 lbs.
 Open/Teen (14-15)
 J. Powell 85
 181 lbs.
 Submaster
 G. Dale 150
 198 lbs.
 (30-34)
 S. Cox 145

BODYTECHUSA.COM
STRENGTH MAGAZINE
 Where the big boys play ®

A monthly E-Strength Magazine featuring exclusive video clips, photos, and reports of National and World Strength Competitions.

J. Avila 358 181 lbs.
 B. Nichols 259 lbs.
 Blankenship 457* 308 lbs.
 C. Wimmer 551
 Disabled 220 lbs.
 D. West 314
 Junior 920-25)
 148 lbs.
 J. Frank 325*
 Law/Fire
 Master (48-55)
 198 lbs.
 M. Berteaux 4551*
 Law/Fire Open
 275 lbs.
 T. Prince 501
 308 lbs.
 C. Wimmer 551*
 Master (40-46)
 165 lbs.
 K. Lyons 308
 181 lbs.
 D. Carr
 Cunningham 5031*
 198 lbs.
 F. Dena III
 Master (47-53)
 148 lbs.
 S. Richey 303*
 198 lbs.
 R. Cowles 319
 4th-325*
 M. Berteaux 455*
 220 lbs.
 J. Layman
 M. Mari 402*
 SHW
 G. Gertner 529
 Master (54-60)
 165 lbs.
 G. Miller 336*
 181 lbs.
 K. Cain 242
 220 lbs.
 D. West 314
 SHW
 P. Herdt 418
 Master (61-67)
 181 lbs.
 D. Covello 181
 Master (68-74)
 165 lbs.

J. DiGregorio 176*
 198 lbs.
 W. Prince 281
 Open
 181 lbs.
 Cunningham 503*
 198 lbs.
 F. Dena III
 D. Tracy 446
 308 lbs.
 J. Dennison 578
 Submaster (33-39)
 148 lbs.
 K. Nichols 137*
 220 lbs.
 B. Nichols
 Teen (18-19)
 181 lbs.
 E. Daucette 209
 275 lbs.
 J. Davis 275
 DEADLIFT
 WOMEN
 Open
 148 lbs.
 T. Agenbroad 270
 4th-283*
 C. Danielson 264
 4th-282*
 165 lbs.
 K. Williams 248
 4th-264*
 J. Chappell 231
 UL
 D. Richards 429
 Submaster
 T. Agenbroad 270
 4th-283*
 165 lbs.
 K. Williams 248
 4th-264*
 J. Chappell 231*
 Teen (12-13)
 181 lbs.
 J. Wickens 2811*
 Teen (18-19)
 123 lbs.
 K. Phipps 248
 4th-270*



Eric Nahorniak qualified for the WABDL World Championships with his lifting at the WABDL Nevada State Championships.

Open Summerfield 135
 Open/Junior (20-24)
 B. Martin 130
 220 lbs.
 Submaster
 BENCH for Reps
 MALE
 Lightweight
 D. Wilson 170 32
 J. Layman 180 23
 B. Etringer 120 3
 Heavyweight
 J. Lovallo 195 31
 J. Adams 180 29
 G. Dale 185 29
 (Thank you to Paul Bossi for these results)

C. Pickett 175 275 lbs.
 Master (50-54)
 B. Powell 135 308 lbs.
 Master (60-64)
 I. Brooks 75 275 lbs.
 T. Norwood 121 259 418 799
 High School
 (Results courtesy Mike & Teale Adelman)

WABDL Nevada State
 11 AUG 07 - Elko, NV

BENCH
 WOMEN
 4th-104*
 Open
 198 lbs.
 J. Chappell 104*
 T. Agenbroad 104
 165 lbs.
 K. Williams 93
 4th-104*
 198 lbs.
 J. Chappell 104
 UL
 D. Richards 187
 Submaster
 148 lbs.
 T. Agenbroad 104
 165 lbs.

K. Williams 93
 4th-104*
 MEN
 Class I
 E. Nahorniak 341
 4th-347*
 K. Nichols 137
 198 lbs.
 B. Alvarez 441*
 220 lbs.

NASA Push-It Pull-It Lift-It
 1 DEC 07 - Albuquerque, NM

BENCH
 MALE
 181 lbs.
 Junior
 T. Duran 314 435 749
 Master II
 E. Duran 314 485 799
 Open
 C. Harty 374 501 876
 220 lbs.
 Master I
 M. Teupell 418 529 948
 Master Pure
 R. Garcia 424 551 975
 Novice
 N. Garcia 369 501 870
 Teen
 S. Smith 319 501 821
 275 lbs.
 Submaster I
 G. Vigil 325 385 711
 Power Sports CR
 BP DL TOT
 FEMALE
 148 lbs.
 Master III
 J. Wood 55 99 203 358
 181 lbs.
 Master I
 J. Sierer 55 104 231 391
 MALE
 220 lbs.
 Submaster II
 M. Hunter 110 231 380 722
 242 lbs.
 Submaster Pure
 B. Koski 165 325 446 937

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

Last Name _____ First Name _____ Initial _____ Renewal _____ Current Card # (If Renewal) _____
 Y N

Street Address _____ Club Name _____

City _____ State _____ Zip _____ Area Code/Telephone _____

Current WABDL Classification: Elite Master I II III IV Referee Status: World National U.S. Citizen? Y N Date of Birth: / / Sex: M F Today's Date: / / Card Issued By: _____

Registration Fee: \$35.00
 Teenagers, Disabled, & Special Olympians: \$25.00
 Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS PO Box 27499 Golden Valley, MN 55427

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

If under 18, have parent initial _____ Signature _____

As a Power Lifter I trained to get big and strong and I thought nothing of

eating a whole family pizza followed with a half gallon of ice cream by myself in one sitting. I loved Power Lifting because I could eat to my heart's content and become big and powerful!

I had a physical checkup by my family doctor two months after turning 50 years of

03/08/06 316



09/16/06 209



age. At 5 feet 11 1/2 inches in height I weighed 316 pounds and my blood pressure was too high so the doctor prescribed blood pressure medication for my condition.

I told him I did not need it because I would drop my bodyweight. He countered by telling me that losing weight would not do it. He



In my high school days as a champion 200-pound wrestler, I was never able to wear 36" size pants. Now I can fit into size 34". This shows the effectiveness of the TK waist band along with exercise and diet.

was thinking I meant 20-30 pounds but I was thinking in terms of losing 100 pounds. I left his office with the blood pressure medicine in hand but with a definite goal in mind -- that of losing 100 pounds of body fat by following a sound diet and an exercise program geared to lose body fat.

My background as an athlete in Power Lifting helped me set definite goals so my plan included following a good nutritional program I picked up from (Power Nutrition) articles in Powerlifting USA. Cardiovascular exercise was included too so the increased circulation prevents loose skin from forming as fat would disappear.

The cardiovascular movements such as jumping rope, biking or jogging meant constant pounding on the knee joints and to pre-

WISDOM

vent wear and tear and to keep stability and warmth in the knees, I used the TK Knee Bands. The pounding

affects the lower back and spine as well so I wore the TK Waist Band that kept my back warm and gave good support to the lower back.

The one thing that helped me lose inches around my waist was the TK Waist Band. It is common to lose 3 pounds or so in exercising

from sweating and all this can be gained back by hydrating yourself but what most people do not understand is that the TK Waist Band helps generate heat and that in turn improves blood circulation. This, in turn, helps metabolize this area faster.

My waist came down from 44 inches to 34 inches and I did lose 100 pounds in body fat in 7 months' time. If you check my shoulder and chest area on the "after" picture, I have not lost any size or shape there but the waist has impressively trimmed down. Incidentally, my blood pressure reading is perfect and I do not take any medication. They say with age comes wisdom and I find this to be so true.

In one photo you see me wearing what I call the TK Suit of Armor for my exercise program....prevents injuries of the knees, lower back and trims the waist. The support and warmth created by the TK bands on the joints is critical especially for a heavy person who perform any repetitive movements. I strongly advise anyone who wishes to lose bodyweight to wear these TK Bands as a protective measure against stress and strain of the joints that will under go constant pounding. If your joints go, so does you cardiovascular exercises and the high metabolic rate!

PS. Now, for the first time in my life, I have a good chance of Benching double bodyweight...and at a wiser age of 51!

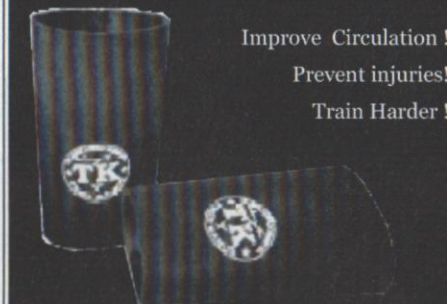
TOMMY KONO BANDS

For knee or elbow provide stability and warmth.

Improve Circulation!

Prevent injuries!

Train Harder!



S. M \$39.95

L \$42.95 pr.

T.K. WAISTBAND

SHRED

YOUR ABS!

T.K. Waist Band provides both support comfort odor free!

One Size Fits All

\$29.95

POWER HOOKS

REVOLUTIONARY TOOL TO PER-LOAD AND SELF-SPOT DUMBBELLS!

Powerhooks make your workouts More intense-More Effective Results in maximum exercise benefit.

\$49.95 pair

Fits all Dumbbells



PATENT NO. 5971339

POWER UP

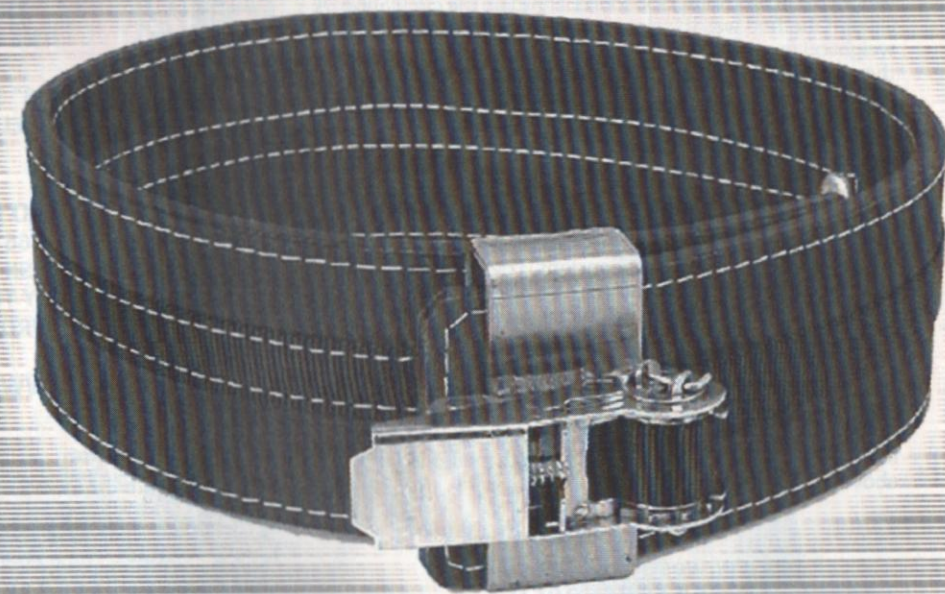
ORDER NOW! Add \$6.75 S&H per order 888-669-6316

or send check or money order to:
COUNTRY POWER INC.
85-979 Farrington Hwy.
Waianae, HI 96792
WWW.POWERHOOKS.COM

PR BELT

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

- **Unlimited adjustability.** Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

- **It's quick.** The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.

- **Saves your energy.** Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.

- **Quality.** Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.

- **Very secure.** The belt automatically locks until you manually release it.

- Hand-crafted in the USA. Patent # 5,647,824

PRBELT.COM INZERNET.COM

INZER

ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

(continued from page 18)

chains; week 3, floor press; week 4, steep incline press. These are just examples, and of course, the small exercises or special exercises will change as well, but not as often. By constantly changing the core lift each week, one can max out throughout the year without burning out. This system allows you to work on your weaknesses. This is a tremendous advantage over other systems, plus it perfects your form.

Another special strength is isometrics. Bob Peoples experimented with isometrics years ago. He found them very taxing yet very productive. He would sometimes hold the weight for 40 seconds. Bob found it hard on the circulation. A second method was to select a position and barely move the weight off the pins. Set a goal of 5 reps and work up to 10 reps; then add weight. For both systems he would use very heavy weight. We use more moderate weight for many sets.

Isometrics will build strength 15 degrees in each direction, above and below the bar position. The Eastern Bloc training system found that it was just as effective to pull on a static bar for time as it was to pull very hard for 3-6 seconds. Select three or four positions to work from in each workout.

In isometric action the muscle tension changes while the length of the muscle remains constant. The effort for the most part should be increased gradually until the desired intensity is achieved. Of course, it is hard to gauge the amount of effort being displayed. You can approximate the effort more closely by lifting a predetermined weight off one pin up to a second pin. Hold for the time desired. Always do isometric work at the end of the workout.

It is your job as a coach or a self-taught weight enthusiast to learn where and when to use the strength methods described above.

Westside Barbell
www.westside-barbell.com
614-801-2060

TOPPER SUPPLY COMPANY
2108 S. HIGH STREET
COLUMBUS, OHIO 43207

**THE SEARCH STOPS HERE!!!
THE COMPLETE POWERLIFTING
ASSEMBLY:
5/8" SET \$98.95 1/2" SET \$79.95
ELITE AND PROFESSIONAL
POWERLIFTERS**

**TO ORDER CALL TOLL FREE
866-4CHAINS (866-424-2467)
ASK FOR LARRY, IVAN OR RON
MONDAY THRU FRIDAY 7:30 AM TO 4:30 PM
SATURDAY: 7:30 AM TO 12:00 PM EST.**

WWW.TOPPERSUPPLY.COM

**LOUIE SIMMONS
TRAINING SECRETS**

Discover MasterCard Visa

(continued from page 46)

associate and produce the force that generates movement. When the nerve cell innervating a muscle cell signals that cell to contract, calcium is released from the sarcoplasmic reticulum into the region of the contractile filaments, thereby permitting contraction to occur. In one study calcium was shown to be effective in prolonging time of onset of fatigue in striated muscle.²⁶

Several studies have shown that calcium plays a key role in body weight regulation and especially on fat metabolism (with possible effects on lipolysis, fat oxidation, lipogenesis, energy expenditure, and appetite suppression) and thus is a useful supplement for those looking to decrease weight and body fat.^{27,28,29,30,31,32,33,34,35,36}

For example, Zemel et al. (2002) looked at the effects of calcium supplements on obese adults who were dieting. They found that a high-calcium diet (1200-1300 mg/day) resulted in greater weight and fat loss in humans compared to a low-calcium diet (400-500 mg/day).

Another study published in November, 2004 found that a high intake of calcium may hinder weight and fat regain.³⁷ The study found that after putting mice on a low calorie diet and producing weight and body fat loss, that those on a low calcium diet regained their weight after 6 weeks. However, for those on a high calcium diet it was a different story. They found that the high calcium diets produced significant increases in lipolysis, decreases in fatty acid synthase expression and activity, and reduced fat regain. They also found that increasing calcium through the use of dairy products had significantly greater effects on fat regain.

CHROMIUM

It has been shown through various studies that chromium is an essential element involved in carbohydrate and lipid metabolism. Since the need for chromium increases with exercise,³⁸ and modern refined foods are low in chromium, there may be a need for chromium supplementation in athletes and other active people,³⁹ and especially in those wanting to lose weight and/or improve their body composition.⁴⁰

Insufficient dietary chromium has been linked to maturity-onset diabetes and cardiovascular diseases, with supplemental chromium resulting in improvements of risk factors associated with these diseases.^{41, 42, 43}

One of the most frustrating aspects of being overfat is that your body has become conditioned to converting excess calories, especially if combined with high carbohydrate intake, into body fat. Part of the problem with this fat conditioning involves insulin. The problem is that as you gain more body fat you become more insulin resistance so that you need more insulin to do the same job as when you had less body fat. This increase in insulin decreases your ability to use body fat as fuel, and stores more energy as body fat. The end result is a fatter you.

Chromium helps to increase

**Dr. Mauro Di Pasquale's
ANABOLIC SOLUTION**
The Holy Grail Of Diets for Powerlifters

MASS & STRENGTH

The Anabolic Solution is all about manipulating lean body mass and body fat. And it does this by affecting metabolic changes and altering the body's anabolic and the catabolic hormones and growth factors. But the Anabolic Solution is more than just the best natural way to reach your powerlifting goals. By duplicating much of what people get from the use of ergogenic and body composition changing drugs the Anabolic Solution is a safe, effective, and natural alternative to the use of these drugs.

Enter Discount Code
PLUSA
& save 15% in our store

MD+ www.ASforPL.com
email: ceo@metabolicdiet.com or call toll free 1-866-397-1343

insulin sensitivity and thus your body's ability to burn off body fat as a preferred fuel, and decreases body fat production. Along with its effects on muscle, chromium picolinate has been shown to have significant effects on body composition.^{44, 45, 46}

Although most diets just barely provide the RDA for chromium, for many it's not enough to make up for daily losses, especially if they exercise. **CHROMIUM AND CONJUGATED LINOLEIC ACID (CLA)**

It's been shown that combining chromium with CLA (see below for information on CLA) enhances insulin sensitivity and body composition even more when used together. A recent study found that CLA alone lowered body weight, total body fat mass, and visceral fat mass, the last of which decreased further with the combination of CLA and Chromium.⁴⁷

POTASSIUM

Potassium is one of the essential dietary minerals. While most diets supply an adequate amount of potassium, athletes may have increased needs since it is one of the electrolytes lost in sweat. While it is important for athletes to replace the increased electrolytes lost due to sweating, it is especially important to replace potassium.

Even mild potassium deficiency can lead to fatigue and decreased performance,⁴⁸ while a significant deficiency can lead to cardiac problems. Muscular fatigue is manifested by a decline in force- or power-generating capacity and may be prominent in both submaximal and maximal contractions. Disturbances in muscle electrolytes play an important role in the development of muscular fatigue. Unfortunately, surprisingly little research has been carried out to

investigate the effects of exogenous potassium on training intensity and muscle hypertrophy.

Studies with isolated animal muscle fibers have shown that potassium may help alleviate muscle fatigue. KCl- or caffeine-induced release of Ca²⁺ from intracellular stores has been shown to decrease fatigue by reversing long-lasting interference in excitation-contraction coupling.⁴⁹

Since some studies have implicated the decline of the intracellular to extracellular potassium gradient and extracellular K⁺ accumulation during activity is an essential factor of muscle fatigue,⁵⁰ it might be argued that excessive potassium accumulation at the surface of the muscle cell might increase fatigue. A recent study investigated the role of K⁺ in muscle fatigue by testing whether an increased extracellular K⁺

CREPINSEK STRENGTH EQUIPMENT

- HAND CRAFTED IN THE USA
- INDUSTRIAL GRADE
- BUILT YOUR WAY
- FACTORY DIRECT
- SINCE 1988



SCOTT MENDELSON

831-637-0797

WWW.1500LB.COM

NXG PLUS Breaking Records Worldwide!

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

Titan was the first to introduce: (1) the only patented harness design for suits and briefs to increase support; (2) bench shirts featuring hemispherical 90° sleeves and stretch backs to increase power; (3) the patent pending F6 design for arched benching to improve and increase control; and, (4) the most radical, strongest threads and fabrics ever seen in the lifting world. All Titan products feature thread so strong that one loop has been tested to support 10 kg of calibrated weight! And of course only Titan products feature **NXG PLUS** fabric, another Titan creation. **NXG PLUS** is the strongest, most supportive and most run resistant fabric in the lifting world.

When you need gear, consider that the best national teams in the world turn to Titan! And consider the blistering pace of world records set using Titan. In the past 3 years, so many records have been broken using Titan, that it's been suggested that this pace may be a record in itself.

Titan is the strongest name in powerlifting.

We guarantee that even our basic suit will outperform any other suit on the market. This includes our competitors premium suit that cost over three times as much!

is not a marketing gimmick. Our new fabric is simply that good, that strong, that supportive. So imagine what you'll get with more advanced models such as the Custom A, Custom B, the Centurion, the Dual Quad and Deadlift Suits.

Super Suit Fans – if you miss your Super Suits, then you'll love our suits. There are a few things you'll have to get used to forever... no runs, no tears, better support and unparalleled guarantees.

C, WPO, IPA etc. – ask about our new **BOSS** suits. This was designed specifically for unlimited divisions and delivers performance exceeding that of canvas!

The most radical performance guarantee ever:

All suits feature 1 YEAR on blowouts and 1 1/2 YEARS on runners!

TITAN SUPERIOR SUIT (VICTOR)

24 – 58. IPF✓ \$59.95

CUSTOM A

made with commercial Serger side Regular, meet or competition fit. IPF✓ \$85.00

CUSTOM B

made with our original 3 cm side Regular, meet or competition fit. IPF✓ \$99.00

DEADLIFT SUIT

24 – 58. IPF✓ \$99.00

IPF✓ = IPF approved

WPC✓ = WPC, WPO, IPA legal

THE CENTURION

Features our patented harness system. In sizes 24 – 58. IPF✓ \$150.00

DUAL QUAD

Custom made with our patented harness system. Regular, meet or competition fit. IPF✓ \$180.00

THE BOSS

Features double thickness, laminated NXG Plus fabric and (military grade) Aplix straps. WPC✓ \$275.00

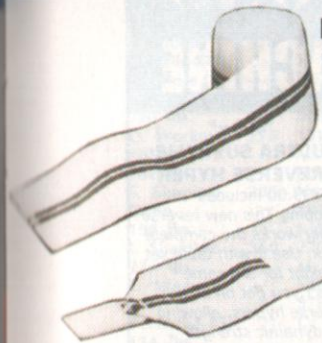
CUSTOM BOSS

Custom made version. Built to your specs. WPC✓ \$305.00

POWER WASH

revolutionary, patented wash that actually strengthens fabric and even makes it more resistant to runs. on any synthetics. i.e. – suits and shirts. \$7.95

RED DEVIL



KNEE WRAPS – One of the most supportive, tightest wraps ever! \$16.00/pr.

WRIST WRAPS – 6 month guarantee! Titan stitching and Aplix (30% stronger than Velcro).

Standard 12" .. \$9.00/pr.
50cm..... \$10.00/pr.
Mid Length 24"..... \$11.00/pr.
Full Length 36"..... \$12.00/pr.

SAFE'S SQUAT SHOES



CONTENDER: Designed & manufactured exclusively for powerlifting. Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; lateral strap (7) Avg. width & standard heel \$169.95

SST PRO SERIES: \$189.95

(Both styles add \$15.00 for sizes 14-15-16 AND \$15.00 for any width other than D)

SINGLET



(Kirk Karwoski, 771 lb. deadlift)

TITAN POWER SINGLET

This new fabric features the highest quality, heavyweight nylon/spandex fabric available. Unlike sheer lightweight lycra fabrics, our fabric has full body for great coverage, great 2 way stretch for maximum comfort, vibrant colors and a beautiful sheen. All singlets feature a power cut and full-length leg with a comfortable spandex leg band.

Colors: Black, Royal Blue, Red, Gold, and Silver.

Price \$40.00 (Add \$4.00 for logo)

BELTS

COMPETITION buckle belts; feature stainless steel seamless roller & full leather buckle foldover. \$89.95

LEVER belts; feature Hi-Tech patented lever for maximum tightness and easy on/off application. \$89.95

ULTRA Belt \$119.95
Dip Belt \$29.00
4"x4" Training Belt \$34.95
4"x2.5" Training Belt \$32.95

All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

EQUIPMENT

IVANKO POWER BAR – 1500 lb. test bar with center knurl. The only bar made in the USA certified by the IPF\$400.00 + freight (call)

SERPA D/L HELPER – Lifts the entire bar and keeps it suspended with any amount of weight!\$160.00 + Frt.(call)

SERPA SQUAT RACKS – See full page Hi-Performance ad. Call for information and prices.

OTHER PRODUCTS



CHALK: 1 lb.	\$9.99
AMMONIA CAPS: Box of 10	\$4.00
SPEED COLLARS:	\$36.50
DIP BELT:	\$29.00
TRAINING BELTS:	
4 x 2 1/2"	\$32.95
4 x 4"	\$34.95
USAPL T's:	
3 color logo	\$15.00

SUIT SLIP ONS: get into suits easier! give weight	19.95
BRIEFS: Titan quality and performance	25.00
DUAL QUAD BRIEFS: Patented Harness Design	45.00
DEADLIFT SLIPPERS: Low profile, rubber soled	7.95
GRRRIP LIQUID CHALK: Silica compound grip enhancer!	7.95
LIFTING STRAPS: 1.5", 2" (leather)	Call
TRICEP ROPE: Great for cable work	19.50
ADIDAS DEADLIFT SHOES: Gummed rubber soled	59.00
TITAN T-SHIRTS (up to 3XL):	\$8.75; TANK TOPS (up to XL) 8.75
PATRIOT LOGO T's (up to 3XL):	10.75

ORDER FORM

ITEM	Color		Size	Quantity	Price
	1st	Alt.			
Hi or Low Cut _____					
CUSTOM SUIT <input type="checkbox"/> Reg. <input type="checkbox"/> Meet <input type="checkbox"/> Comp					
Male <input type="checkbox"/> Female <input type="checkbox"/>					
Height _____ Weight _____					
Hips (Buttocks) _____ Leg (Largest part) _____					
Overall (TOP OF TRAP TO 6" BELOW CROTCH) _____					
Titan Support Systems, Inc. • 1214 Rickey • Corpus Christi, TX 78412 • USA					Shipping & Handling \$6.00
Visa, MC, Amex, Discover, Diners Club and Carte Blanche, COD					Int'l: Air rate + 20%
www.titansupport.com					Tx. Res. add 8.25%
					Total

Application for Registration in the Natural Athlete Strength Association

First Name - Last Name - Date - Mailing Address - City - State - Zip - Phone - Date of Birth - Age - E-mail Address -

Keep Copy Of This Card For Your Records - Memberships Are Kept On Computer File And Are Not Mailed

I compete in- Powerlifting BP Only Power Sports

Please Circle Below

High School \$15.00 Adult \$30.00

NASA, P.O. Box 735, Noble, OK. 73068 Phone- 405-527-4589 www.NASA-SPORTS.COM

Table with columns: Event, Weight, Division, and Results. Includes 'NASA Iowa Regional' and 'USPF WNY Championships'.

Table with columns: M/F, Age, and Results. Lists names like S. Hou-Seye, J. Carter, J. Zhrieseo, etc.

making this meet a success. I would also like to thank the YMCA in Webster, NY for allowing the USPF the opportunity to hold this meet there.

Table with columns: Event, Name, Weight, and Results. Includes 'APF Florida State BP/Ironman' and 'NOVA Raw PL/BP'.

Table with columns: Event, Name, Weight, and Results. Includes 'NOVA Raw PL/BP' and 'WNPF New York State Open'.

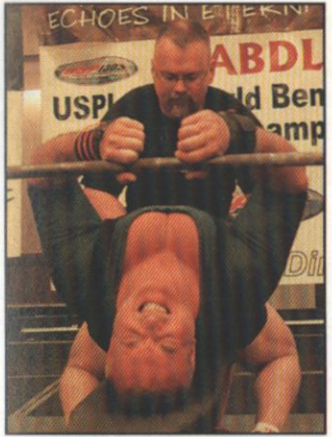
APF/AAPF Membership Application form with fields for name, address, phone, date of birth, age, sex, and registration fee.

World Natural Powerlifting Federation (WNPF) member since 1990 made a comeback and hit 470 lbs. Kevin Hibert was impressive in both the squat and deadlift hitting 600 and 605 lbs.

World Natural Powerlifting Federation (WNPF) Membership Registration form with fields for name, address, phone, date of birth, age, sex, and registration fee.

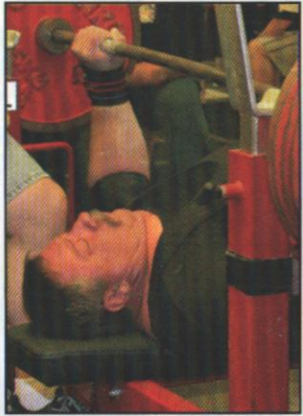
Application for Registration UNITED STATES POWERLIFTING FEDERATION form with fields for name, address, phone, date of birth, age, sex, and registration fee.

The WNY Bench Press and Deadlift Championships was a fantastic meet. The contest went very well and there were no serious injuries. The meet was held at the YMCA and sponsored by the Pain Clinic.



Ken Millrany prepares to bench

envelopes are stuffed, sealed, labeled, and stamped. It's an amazing process. He can do 3000 envelopes an hour. At 220, Ken Millrany of Tennessee won the Worlds with a 606.2, way ahead of second place finisher Juha Pukkila of Finland. At 242, Brian Brubaker of California finished first. Jeff Alvri was second with a Utah record 501.5. There were seven contestants at Master 40-46/242. At 259, Scott Hoekstra won the World's with a solid 622.7. Scott has been tested numerous times and has passed. At 275, Robert Lincoln, Jr., put up 705 to beat Eric Dublin of Texas who did a very respectable 622.7. Gary Gulseth of Wisconsin was third with a state record 551. Narash Kumar of India was sixth with 385.7. At Super, Ken Overbey of Alabama set a state record 705 with Dave Marchant of Utah in second with 650. Greg Guernsey of Maine was third with a state record 501.5. There were nine lifters that benched over 600 in Master 40-46 and two that benched over 700. In Master 47-53/165 George Baker of Oklahoma set a world record



Roger Ryan Bped a 639 @ 51

485. George is one of the top four or five lightweight master benchers in the world. At 181/47-53 Mark Lo of Hawaii beat out four contestants with a 380. Mark and I both trained at the Power Pit in Hawaii in the eighties. At 198, Mike Bertreaux who works as an Air Marshall and travels all over the world won 198 with 440.7 but he has done 513 very recently. At 220 Ed Macauley of Oregon set a state record 507 to edge out Mike Frizzell of Illinois who put up a 501.5. At 242, Mark Patrick of Georgia set a state record 526.8 to win gold. Both Ed Macauley and Mark Patrick have trained hard and made small consistent gains the drug free way. At 259, Rick Duncan set a Texas state record of 490.5 in route to winning the world title. Ron L'Huillier of Michigan was fourth with a Michigan state record 451.7. At 308, Roger Ryan put up a 639.2 at age 51. Dennis Schultz was second with a California 611.7 and Lyle Kamaka was third with a Hawaii record 523.5. Roger Ryan has put up 700 in a two-ply shirt. At Super, Tom Manno set a world record 683.2 that had a questionable lockout. His elbows are bent from previous injuries. In second place was Gary Gertner of Colorado with a state record 575.2. Gary is the WABDL Colorado State Chairman. In Master 54-60/132 Gary Bobrovitz of Canada set a world record 292. Gary has recruited lifters from the Calgary area to compete in WABDL. At 165, Gary Miller of Nevada set a world record 358. Gary is from Pahrump, not far from Area 51. If all of a sudden



Gary Gertner coach & lifter

accomplishment. Joe's team has won two team titles, tied for first one other time, and came in second another time. At 198, Mark "Jamey" Mauldin of Texas beat out five contestants with a 358. Jamey has brought in numerous sponsors for WABDL and on at least two occasions the sponsorship money definitely saved the federation from dire financial problems. At 242, Leonard Pokora of Michigan set a Michigan record with 446 to win the World's. Larry Orlando of California won the 220 class with 424. At 275, Collin Bonneau of Canada set a national record 534.5. Collin is an accomplished church musician. He plays all brass instruments and has played in the Canadian Royal Band. He has been a church organist for over 40 years. At 308, Bruce Sabin set a world record 611.7. It took Bruce three meets of attempting 600 before he finally got it. Dr. Jeff Fahrenbruch of Arizona also set a world record on an opener of 534.5 until Bruce broke it. At Super, long time lifter Peter Herdt won gold with 424. In Master 61-67/181 men, Michael Minietta of Nevada beat out

Gary benches 558 then we would have to believe that the UFOs in and around area 51 are not USA experimental flying object. At 181, Perry Plush beat out six lifters with a 369.2 and his first place win helped Joe Head's Team Headquarters team win first place in the team competition. All of Joe Head's team members train at his gym, which is quite an



Tom Manno made a 716 bench

four contestants with a state record 330.5. At 198, Joe Beteta of Oregon beat out four contestants with a 336, which is 30 pounds less than what he's done recently. At 220, world record holder Vince Breaux had to settle for 446 even though his world record is 458. At 242, Vietnam combat veteran Daniel Smith III set a California record 436.3 to edge out Bob Evans who did the same weight was the heavier man. Evans has the state record because he did it first. At 259, Robert Lincoln, Sr., hit the highest bench ever for a man over 60 with 551, a world record. That's an incredible lift for a man his age! It's an incredible lift for any age! At 308, Robert O. Smith, who is 65, trumps Robert Lincoln. He is heavier, but he's four years older and he did the same weight 551, an incredible feat. So both Robert Lincoln and Robert O. Smith have the highest bench over 60 and I think they both will hit 600 in their sixties in a single ply shirt! Robert O' has won ten WABDL world championships in a row. He's a member of the screen actor's guild and has had numerous bit parts in movies and has done numerous voice-overs for cartoon such as the



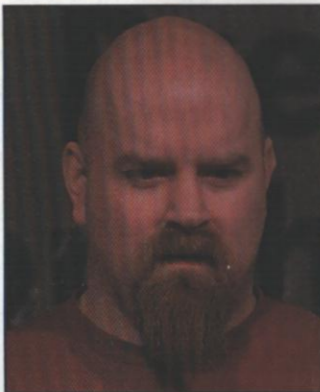
Ken Overbey hit a 705 BP.



Pat Robey from 70 up to 248 lbs.

Incredible Hulk. He started Olympic lifting in California in 1963 and has been lifting non-stop ever since. At Super, Don James of Oregon, who has done 523 at age 63, just had knee surgery about 2-1/2 months ago and won with a 462.7. In Master 68-74/148 men, Richard Gidcomb set a Michigan record 203.7. At 165, Bill Tinkler of Florida put up 231.2 for a world title. At 181, Charlie Vause was good for 214.7 and a world title. At 198, William Prince put up a nice 282.1 for a Nevada state record and for his world title. At 220, Korean war hero (silver star) Harold Smith benched 369 raw at age 73! Bob Bassman of Texas was second with 369, but was the heavier man. John Herbein, a graduate of the Naval Academy and a former captain in the Navy was third with 275.5. At 275, Bob Kehl of California was very impressive with a world record 447.3 at age 69! In Master 75-79/165, Robert Cortes hit 242.5 at age 77 and was the best of four lifters in that age group. Russell Combust was pretty good with 286.5 raw at age 76. He's six foot four inches, and he only weighs 229. In Master 80-84, Robert Fornachon of California set a world record 182.8 weighing 145 at age 81. At 165, Jim Schall set a Washington record 148.7. At 83, Eugene Miranda looked pretty good with 236.7 weighing 214. In Master 85+, Bladen McClelland set a world record 200.4 at age 86 at 172 bodyweight! He bounces up the steps to the stage like he's 50! Dr. Donald Dreyer of Louisiana, who still practices medicine at age 86, also set a world record with 157.5 on an opener for second place. In Women

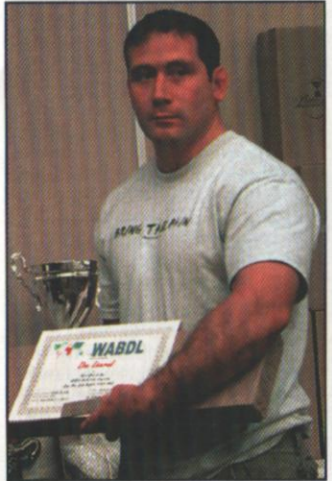
Master 40-46/123, Laurie Lamp set a Washington record 198.2 to take the world's over three contestants. At 132, Betty Cable of Illinois set a state record 159.7 to garner top honors. At 148, Brenda Nolen of California set a world record 248 to beat four contestants. At 198, Karen Campbell, weighing 188, became the lightest woman to ever bench 400 drug-free in a single ply shirt. She has also deadlifted 402 and she's 40 years old. A tremendous accomplishment! On top of that, she passed her drug test. In second place was Kelli Sandoval of Oregon who set a state record 253.5. In Unlimited, Joy Heta of New Zealand set a national record 214.7. In Master 47-53/114 women, Suzanne Hedman set a world record 199.3. At 105, Karen Poyner of Virginia put up 126.7 weighing 102.4. At 123, Karen Denniston of Michigan set a state record 104.5. At 148, Peach Presley won the World's with a 154 in only her second meet. She also helped sell tickets and helped set up the hospitality suite. At 165, Nancy Carpenter of Canada set a national record 198.2 for a world title. At 181, Cindy Weber blasted 242.5 with a lot of bar speed to win the Worlds. At 198, Cheryl Erickson won a world title with 181.7. At Unlimited, Sue Vaterlaus has made small strides in her training since 2002 when she was only benching 126. Well, these small strides add up and she got a world record 254.6 to beat Margie Huston who got a 220.2. In Master 54-60/97 women, Sherry Abblett got a world record 85.7 weighing 93 pounds. At 114, 58-year-old Ita Pantilat at 112 got a world record 225.7. Very impressive! In Master women 61-67/114 Betty Lafferty of Alabama weighing 109 hit a 154 at age 63. In second was Mary Ellen Buchanan with a Washington record 115.5. At 132, Mary Miller of Indiana won the World's with 110 lbs. At 181, Pat



James Hunter 706 in the 242s.

Robey, ably coached by Joe Head, put up a very impressive 248 at age 63 for a world record. Pat is a perfect example of "it's never too late to start lifting for health." She started at age 56 and has lost 20 pounds, and her bench has gone from 70 pounds to 248 in that time. Louise Jones was second with a California record 126.7. In Master 68-74/123 women, Yoka Zwetsloot of California set a world record 101.2 in her first Worlds. At 181, Winifred Pristell set a world record 170.7. Bull Stewart, who is one of the best deadlifters of all time, ably coaches her. In Master 75-79/132 women, Malvina Basso of Brazil set a national record 77 lbs. The oldest woman in the meet, Melicent Whinston, is 80 and did a world record 68.2 weighing 132. She's in perfect shape. She walks straight with the gait of a 50 year old. In Open Men 114, Tony Scheldrup of Minnesota set a world record bench of 276.6. Tony also holds the world record deadlift of 441.2. At 132, Gary Bobrovitz of Canada set a national record 292. In second place was Omar Alaqeeli of Saudi Arabia with a national record 254. At 259 there were three bombs, and they were all 600 benchers. Scott Hoekstra was world champion after the smoke cleared with 622.7. Jani Ihalainen of Finland was second with 606.6 and Patrick Parnell of Texas was third with 600.7. At 275, Jari Rosendahl of Finland set a national record and won the World's with 611.7 and Brad Cikana and Brandon Bankston of Louisiana were at 562 with Cikana being the lighter man at second. At 308, Dave Forstner of Michigan won with 705. Dave is the first lifter in WABDL to both bench and deadlift 700! At Super, Tiny Meeker benched 900.4 to become the first man in WABDL to bench

110. At 148, the two big guns Freddie Evangelista and Kevin Harmon bombed and Charles Venturilla set a world record 426.4 at age 44. At 165, Ray Hickman, Michael Hara, and Joe Luther were absent and Adolpho Davila of California put up 485. He's done 507 and he's capable of a 525. In second place was David R. Smith with a Texas record 447.3. Pasi Sipilainen of Finland was third with 407.7. At 181, Don Linerud of Idaho set a world record 532.3, a big time lift. In second was Chris Neal of Mississippi with 507 and Korry Kowarsch of Minnesota was third with a state record 473.7. Kim Paivoke of Finland was fourth with a national record 473.7. At 198, Josh Decker of Michigan set a state record 518 to beat Jason Carson and Christopher Gillam of Arizona who

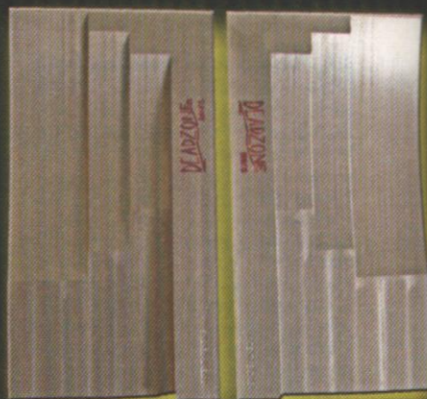


Don Linerud ... 532 BP at 181#

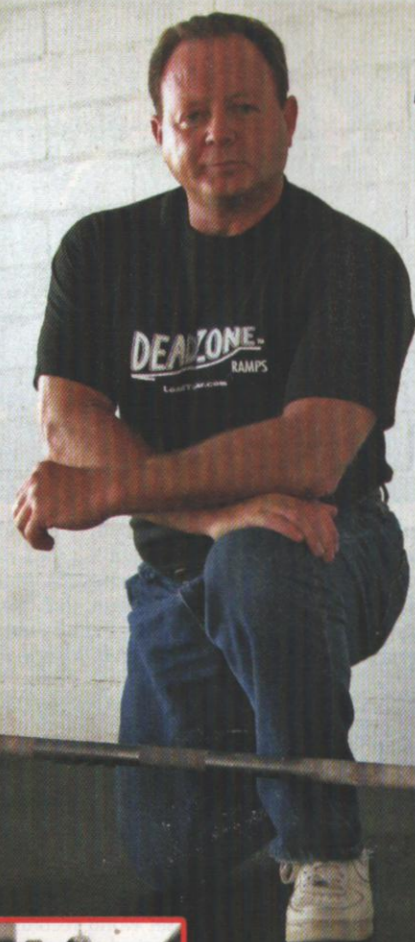
Table listing various lifters, their names, and their bench press records in different categories.

DEADZONE™

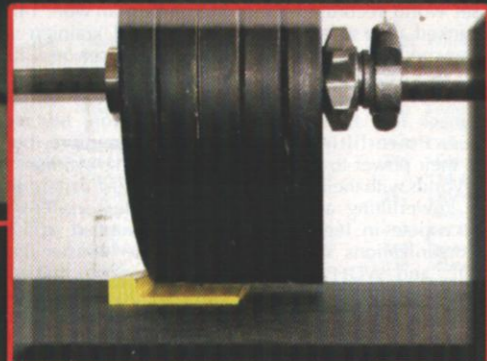
RAMPS/MATS



Don't work loading/unloading your weight, Save It For The Lift.™



JIM McCARTY
SUPERMAN of the CENTURY



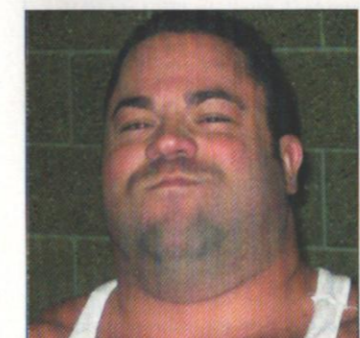
BEACHSIDE FITNESS EQUIPMENT
1982 St. Rd. 44, Suite 125
New Smyrna Beach, FL 32168
(386) 957-1416 1-866-543-1605

LOADTHEBAR.com

UPA Bench Bash For Cash
1 SEP 07 - Dubuque, IA

BENCH WOMEN	Master I	562
UPA	Frank	—
165 lbs.	Master II	402
Open	Barnett	—
Yaneff	Open	606
123 lbs.	Barnes	—
High School	Gross	628
PRO	Hudsoo	688
105 lbs.	Hobmeier	—
Putchio	—	—
181 lbs.	Truitt	—
Goliszek	Greene	—
UNL	308 lbs.	—
Nuller	Open	474
358	Hennessey	—
Swanson	Open	744
MEN	Merrill	—
148 lbs.	308+ lbs.	—
Leibfried	Master I	573
Open	Nutter	—
165 lbs.	Open	611
Master I	Kadrlik	—
Chrencik	MEN AD	—
319	148 lbs.	—
Reichert	380	—
181 lbs.	High School	—
High School	Open	341
Nelson	Johnson	—
Master I	Open	330
Rieger	Sass	292
Open	Johnson	—
Farley	275 lbs.	—
198 lbs.	Open	584
Master I	Haigh	—
Hennigar	308 lbs.	—
Master II	Master II	468
Egli	Grimm	661
Open	Ryan	—
Warstler	308+ lbs.	—
Webb	Open	435
220 lbs.	Dolson	—
Master I	PRO	—
Schmidke	Lightweight	694
Bauer	Heck	683
Berding	Fry	529
Open	Strom	523
Berding	Pfeiffer	369
S. Judd	Hillyard	—
Submaster	611	—
T. Judd	Heavyweight	905
Tomaskiewicz	Luyando	832
242 lbs.	Briggs	788
Junior	Frankl	—
Sahfield	Mickelson	335
Master I	Smith	—
Pernu	501	—
Open	Sceppe	—
Biggiam	Fields	—
Prazak	534	—
275 lbs.	Burdette	—
	Open	—
	SHW	964
	523	—
	Kennelly	804
	567	650
	Harrison	—
	705	—
	Rausch	—
	Vick	—
	Key	—

Venue: Grand River Center. (Thanks to Bill Carpenter for providing meet results) (excerpted from Jeff McVicar's meet report at www.jeffmcvicar.com) This weekend was nothing short of consistent huge lifting, talent, and loads of laughs. Bill Carpenter and legendary bench specialist Kenny Patterson have put together the U.P.A. and have a new label on the well known meet that Bill has put on so many times. You know I like to b.s. and pull some pranks but I never lead you



Big Bad Ryan Kennelly (McVicar)



Becca Swanson, Jeff McVicar, and Rick Hussey relaxing at the bar.

down the wrong path. I've got to tell you with the sincerity of a .45 between the eyes, this meet is a MUST ATTEND. It is smooth, professional, fast, friendly and has all the electricity of the Arnold in a much less crowded atmosphere. You can shake hands with your buddies and the big names without having to beat your way through 10,000 strangers walking around with plastic bags of free stuff. The place is as big and nice as the exhibition hall we use for the powerlifting show at the Arnold and is in NO WAY crowded. I am trying to change that. If you ever wanted to be in a personal atmosphere with some of the biggest heros in the sport, this is the place to be. Nice hotels, good food, and Midwest hospitality. A real kick ass place to watch some freaky stuff go down, get some pictures with your heros, and bring some pictures to get autographed. I don't know a single one of these great people who wouldn't be happy to sign whatever you have. Hats off to Bill's family, Kenny, all the spotters, loaders, judges and table people for putting on the Ritz.

Now for the Talent themselves. Rob Luyando is a freak, as the world knows, and pushed just a little further with the record plates to hit a 905 at 240. Not really his style to chip it up instead of blasting it out of the water, but he gave it a shot with 921 or so and missed. Rob is a riot and is the best sport around as seen here and in his skivvies in Bodytalk Magazine. He always makes a guy feel welcome. He got down to the weight with little effort and just to show how good of shape he was in he blanked out, dehydrated, and smoked a red light, only to hit the gas in an evasive maneuver hard on a 45 degree angle over a curb, through the bushes, another curb, and into a parking lot -- with his foot on the gas the whole time!! Didn't bust a tire or anything, parked perfect! It was hilarious. I asked him if he wanted me to drive. We switched and I went up the wrong way on a one way and smoked two red lights myself. We were all laughed up purple. Tara Runde, as well as Scott Sceppe and Richie Briggs, were in the back. And they were all letting me know real loud that I was a dumbass - haha. Rob Bloated right up for the show to 260+. The man's an artist. Won the Middles. Best Lifter too.

Ryan hit a 960+ something to take the win in the Supers. The guy's a stud, literally. I was watching on a dozen occasions women elbowing each other when 'Study' walked by with a tank top. He showed up to the meet with a pretty bad groin tear. The top of his left leg was all black and blue and he just tied it up with a knee wrap (Inzer) haha. We were talking about his warmups being fun without any leg drive and he didn't use his legs until the 960 something. It was pretty funny to see a light foot flat on the floor with 800 plus in the warm up room. Ryan is a beast. And he takes up too much room in public, haha. But he's got the all timer and the babes. What else is there anyway???

Richie Briggs is one of the funniest people I have ever met in my life. If he ever runs out of options, stand up would be a natural for him. Every move that dude makes leaves the bunch in stitches. It's hard to explain his humor but an example would be that you think you are

alone with Rob or somebody laughing about something and you'll hear a quiet voice add on some derogatory phrase that tops it all and turns you close to a stroke with laughter. This happens constantly when he is around and you just cannot help but to be happy around Richie. Everyone loves that guy. Out of the blue, he's on the scene with an 830+ bench @ 242 (check results) and his form is real, real clean. The guy's a pro and a junior!! I hope he is around forever.

"Shawn Frankl" The name is synonymous with Freak. Scott Sceppe and Shawn were all set to go head to head in the 198s, both with 740-760 under their belts. Shawn had a flawless meet, like the pro that he is. His attempts were something like 40, 60, and 80, all of them textbook. What ended up was the very first 4 times bodyweight over 700 pounds. That was his goal. I was putting a little friendly pressure on him to skip the 788 and go for the big 804. He had a plan though and executed it. By the way he did try the 804 afterward and if you see the video you'll see just how close the guy was. Shawn is only 30 years old and is on a roll, benching and full power, that most of us can only dream of. This after serving a full tour of duty in Afghanistan. Nothing there better than any of our other fine troops all over the world, but I think it is well worth mentioning as a

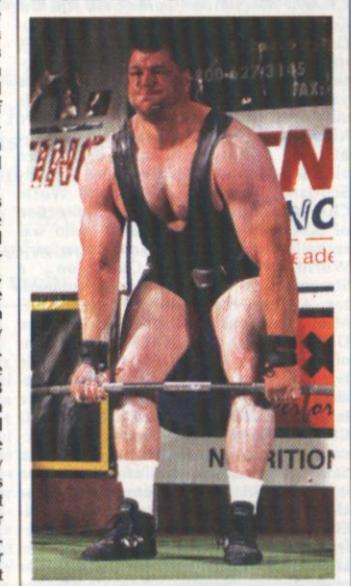


Richie Briggs relaxes post-event.

tribute to his personality, bravery and patriotism. He's an expecting Father soon with a beautiful wife. A modest, God fearing, all around good guy. You can't help but to like and respect him. Becca Swanson was there with Rick who also seemed quite relaxed during his coaching duties. Becca benched a 518 I believe and did it after a year and a half off with very little training time before the meet. Becca is a sweetheart and the undisputed strongest woman walking the face of the earth. All that and still cool. Rick has been battling some serious health ups and downs. He tells the horror stories with a smile. He is one of those people who will never let you feel uncomfortable. He can somehow tell a first hand account of tough things gone by and have you in stitches at the same time. He's one tough hombre. Becca and he were a great sight to see.

There are so many people to talk about. Bobby and Kathy Fields, Bobby ended up going to the hospital after the meet with a bruised lung I think. Freakin Bobby. And I think I enjoyed meeting Scott Sceppe (pronounced SEP - for you guys still trying to pronounce Rychlak (RICH-lak) haha). Scott was there with a fearsome looking monster, Nick (who's last name I couldn't get cuz Scott SCEPPE is too freakin' busy to answer his stinkin phone!) Those two are a freakin riot. We found a lot in common to talk about, none of which would be appropriate to mention. I could go on and on but you gotta see

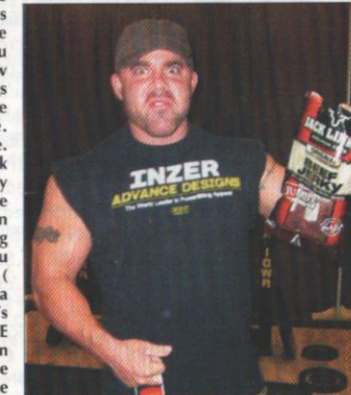
Pull BIG - NOW!



2 time IPF World Champ Brad Gillingham's Deadlift DVD shows you the training program that produced 40 plus contest deadlifts over 800 lbs., plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

for yourselves. Fly out there for the next meet. Fly into Moline IL. And get a rental. It'll save you quite a bit and whatever you spend for the trip, it will be well worth the money.

Special thanks to Tony Runde for putting Rob and I up. Tony's left power training for a while and is fighting M.M.A. He's doing scary good too. Pick a fight when you meet him, hahaha, and I cant leave without saying how great it was to see the Bill Crawford, my man, buddy, teacher, and partner in crime. He was the head judge. Everyone was talking about what a great motivator he was. Thanks for readin', JEFF McVICAR



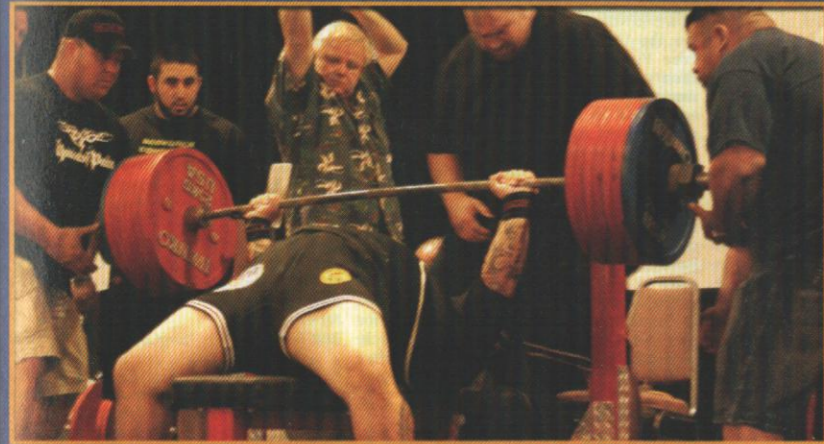
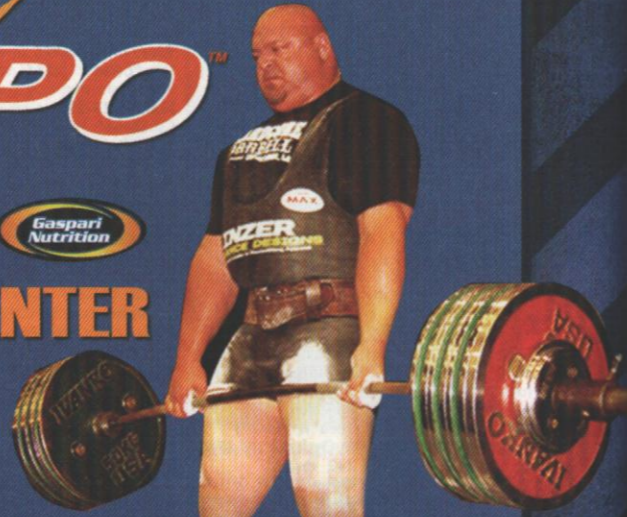
Shawn Frankl's secret weapon!

THE BIGGEST POWERLIFTING WEEKEND OF THE YEAR!

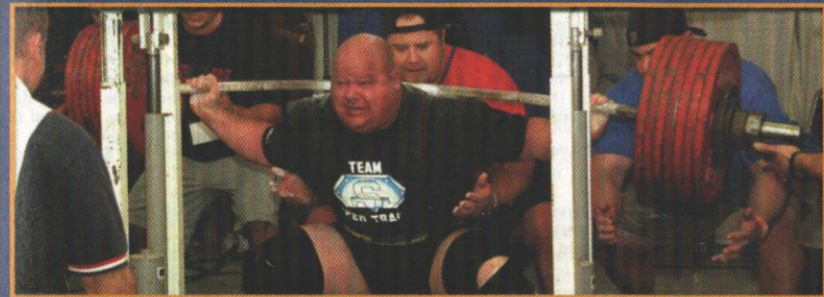
the LOS ANGELES FITEXPO™

NOW AT THE LOS ANGELES CONVENTION CENTER
FEBRUARY 15-17, 2008

Presented By



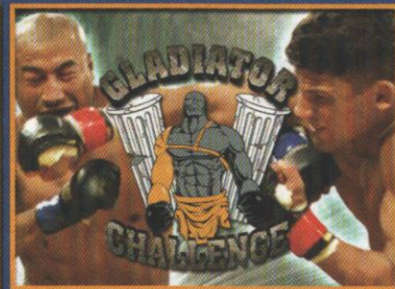
WPO CHAMPIONSHIPS & SCOT MENDELSON PRO CLASSIC



USPF AMERICAN POWERLIFTING CUP



IRON MAN PRO XIX



15 CAGE FIGHTS LIVE!

www.thefitexpo.com

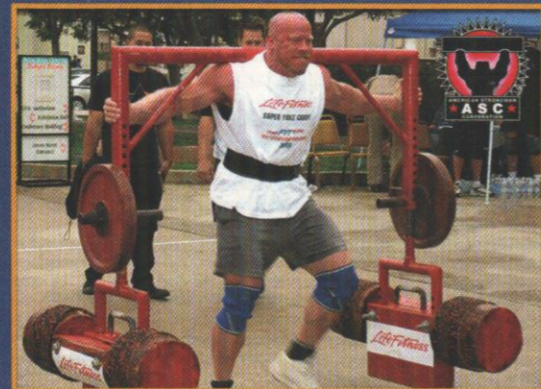
★ Hundreds of Exhibitors

★ Free Seminars & Tons of Samples!

★ On-Stage Events & Demonstrations

★ Admission Only \$10/Day!*

*Some events have separate admission fee. Check online for complete details



ALL-AMERICAN STRONGMAN CHALLENGE



APF Ohio State
 14 OCT 07 - Circleville, OH

BENCH	McWhorter	—	—	—	
MEN	Master (45-49)	220 lbs.	—	—	
Open	R. Largent	460	—	—	
181 lbs.	C. Scherer	375	Master (50-54)	—	
198 lbs.	K. Elick	530	181 lbs.	—	
220 lbs.	R. Schoffner	430	242 lbs.	285*	
275 lbs.	R. Largent	460	D. Goble	475	
Powerlifting	D. Welch	720	Master (70-74)	—	
	SQ	BP	DL	TOT	
MEN	Open	—	—	—	
181 lbs.	D. Diemert	610	355	525	1490
198 lbs.	B. Hibbing	550	325	480	1355
220 lbs.	S. Jeschenig	790	440	640	1870
275 lbs.	C. Chilia	915	575	700	2190
Teen (18-19)	J. Goodwin	475	550	515	1540
220 lbs.	E. Lemons	625	380	525	1530
Raw	T. Tilley	605	405	660	1670
220 lbs.	H. Turner	605	—	—	605

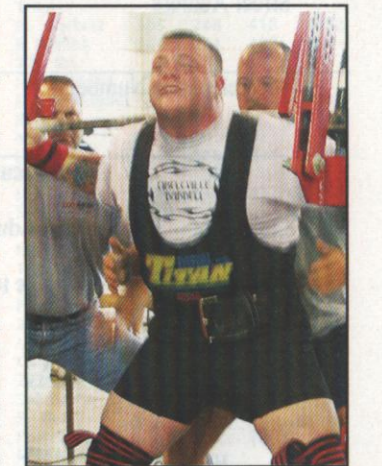


At the APF Ohio State Meet ... (left to right) APF Ohio State Chairman Jason Harbin, Darien Bolin - who sold t-shirts, and meet director Jon Elick, promoting one of the event's major sponsors, APT ProWristWraps. (photo courtesy of Jon Elick)

partner, Dan Goble, went 3 for 3, finishing with 475 in the M50-54/242. Finally, the ever-present Charles Workman was still kickin' ass at 70 years old with his American Record of 260 in the 220s. The Men's Open benchers also hit some PR's, settling for a PR of 375. In the 198's, Kevin Elick finally broke past the 500 that has been plaguing him for several meets, with a best of 530. Ron Schoffner came in next with a solid 430. Drex Welch posted a smooth 720 in the 275 class. He may be knocking down 800 next year if he keeps it up. Also in the 275s, Gerard McWhorter couldn't quite get his shirt issues ironed out and unfortunately missed all his lifts. Best Bencher went to Drex Welch. On to the powerlifting. Danny Diemert and "Bama" Hibbing battled it out in the 181's, with Diemert's 610-355-525 (1490 total) besting Hibbing's 550-325-480 (1355 total). In the 198 class, Shane Jeschenig

2190. The lone Teen lifter, Easton Lemons, went 625-380-525 for a 1530 total in the 18-19/220s. We also had two Raw Division lifters. Harry Turner, at SHW, started off well with a 605 squat. Then things fell apart when he opened a bit too heavy in the bench and bombed out. His training partner, Travis Tilley, was a machine. At 201, this guy looks like a bodybuilder but lifts like a powerlifter. Tilley drilled a 605 squat, smoked a 405 bench, and hauled up 660 to total 1670. He'll be dangerous when he learns to use gear. Best Powerlifter was Chris Chilia. I'd like to thank Jason Harbin, the APF state chairman, for his assistance with this meet. John Kelly for being my scoretable wizard and taking care of the music. Thanks to the Circleville Barbell crew for the flawless spotting/loading. Sponsors are a huge part of this sport. Chris Mason and AtLarge Nutrition provided tons of supplements to package up for Best Lifter

proved that he belongs with the big boys, hitting 790-440-640 for an 1870 total. In the 275 class, Jon Goodwin lifted in his first full meet totaling 1540 by way of a 475-550-515. Jon opened by squatting raw. If he could have finished locking out 700 on subsequent attempts, that total would have been much better. Also in the 275s, Chris Chilia nailed the biggest squat of the day with 915. Tack on a 575 bench and 700 deadlift and he goes home with the biggest total of



Circleville Barbell's Jon Goodwin tried a 700 SQ in his first PL meet.

We make weak hands and missed deadlifts obsolete!

Captains of Crush® Grippers



Are you tired of dropping deadlifts?

It's bad enough to lose a contest because you don't have the overall horsepower to pull the winning deadlift... but what if you missed the lift because your grip gave out?

If you don't want this to happen to you, we'll show you how to develop the kind of grip strength that will allow you to hang onto any deadlift you can pull. We have the equipment, the knowledge, and the system that strips away the voodoo and eliminates the guesswork... leaving you with record results in record time.

Captains of Crush Grippers®, the gold standard of hand grippers, are the worldwide benchmark for building and testing hand strength, and they come in ten strengths—suitable for everyone, from youths to grand masters, from novices to elite-level lifters. Proudly designed and built in the USA.

Each \$19.95 plus S&H: \$6.00 U.S.; US\$11.00 Canada; US\$16.00 all others

Available in our on-line store at www.ironmind.com.



IronMind Enterprises, Inc. ... Hand Strength Headquarters™ ... since 1988.

The Official Gripper of:

- The Arnold Sports Festival
- The GNC Grip Gauntlet
- U. S. Wristwrestling/ U. S. Armwrestling

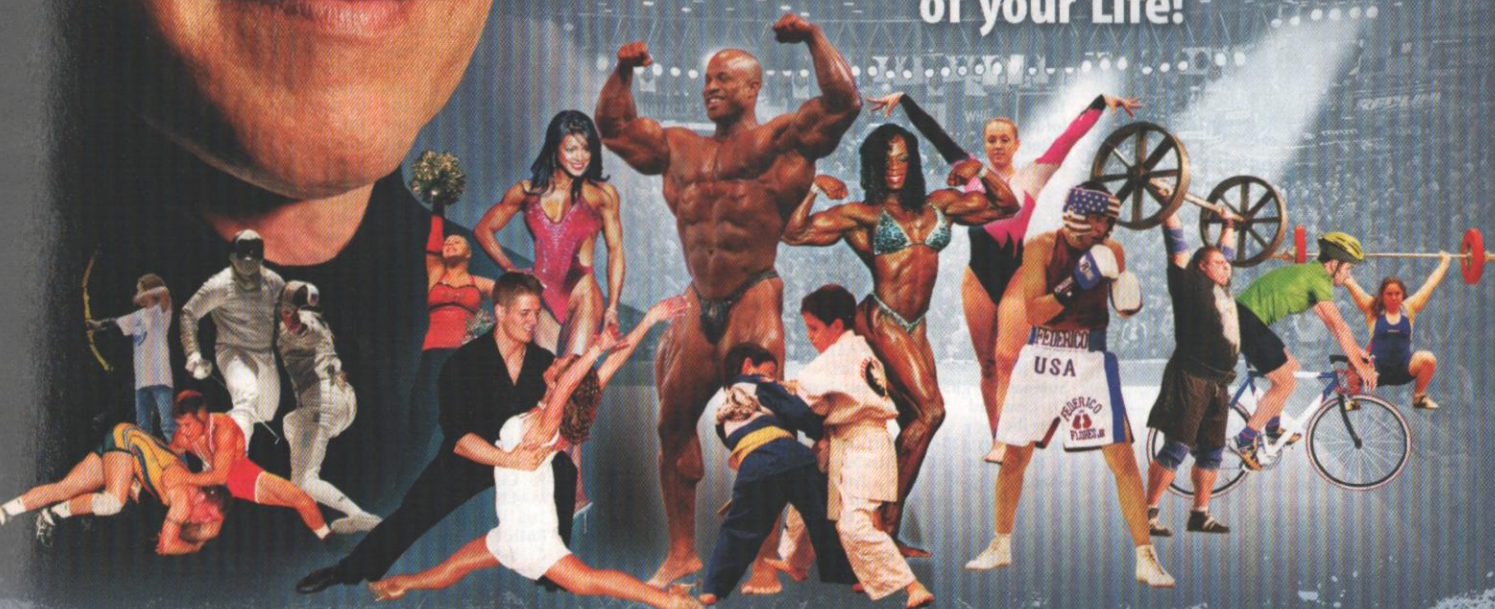
GNC Live Well.

ARNOLD



The Arnold Classic
20th
ANNIVERSARY

For the Sports-Fitness Experience
of your Life!



20th Anniversary Arnold Classic ■ Active Aging Festival ■ Amateur IFBB International Bodybuilding, Fitness & Figure Archery ■ Armwrestling ■ Bench Press ■ Boxing ■ Cheerleading & Dance ■ Cycling ■ DanceSport ■ EXPO ■ Fencing ■ Figure International ■ Fitness Fashion Show ■ Fitness International ■ Fitness Training Seminar ■ Grappling/Ju Jitsu ■ Gymnastics ■ Judo ■ Karate ■ Martial Arts Festival ■ Ms. International ■ Powerlifting ■ Pump & Run (5K) ■ Strength Training Summit ■ Strongman Contest ■ Table Tennis ■ Tae Kwon Do ■ Weightlifting ■ Wrestling ■ Wu Shu

VIP PACKAGE - Pro competitions Friday & Saturday (reserved seating), buffet dance party, fitness training seminar with Arnold and the champs, 3-day admission to Arnold Fitness EXPO; \$350.
INDIVIDUAL TICKETS - Pro Women's FINALS: Friday, 7-10 pm; \$50 and \$75 (reserved seating). Arnold Classic PREJUDGING: Saturday, 12:00 Noon; \$50. Arnold Classic FINALS: Saturday, 7-10 pm; \$50 and \$75 (reserved seating). FITNESS TRAINING SEMINAR: Sunday, 9-12 noon; \$50. Amateur Fitness & Figure PREJUDGING: Thursday, 7 pm; \$25. Amateur Men's & Women's Bodybuilding PREJUDGING: Friday, 9 am; \$25. Amateur Men's & Women's Bodybuilding, Fitness & Figure FINALS: Saturday, 9 am; \$10 EXPO ticket. ARNOLD EXPO Tickets: \$10/Day/Person, 10yrs. & under FREE if accompanied by an adult. NO STROLLERS ALLOWED. TICKETS AND INFORMATION: www.ticketmaster.com/arnold or phone 614-431-3600.

WEEKEND INFORMATION: www.arnoldsportsfestival.com www.arnoldclassic.com www.arnoldexpo.com www.arnoldmartialarts.com

FEB. 29, MARCH 1 & 2, 2008

Veterans Memorial ■ Greater Columbus Convention Center ■ Nationwide Arena ■ Columbus, Ohio USA



ANPPC World Cup 14 JUL 07 - Tuscola, IL

BENCH	Police/Fire (40-44)			
Master (45-49)	308 lbs.	P. Newton	445*	
220 lbs.				
M. Maxwell	360	Open		
Master (50-54)	198 lbs.	C. Erber	230	
198 lbs.				
D. Newman	385*	DEADLIFT		
308 lbs.		Junior		
C. Cozine	505*	198 lbs.		
Master (55-59)		C. Fulscher	540*	
181 lbs.		Master (45-49)		
D. Sparks	—	181 lbs.		
308 lbs.		M. Raya	525	
B. Blackmon	450*	Open		
Master (65-69)		198 lbs.		
220 lbs.		C. Erber	420*	
C. Green	310*			
Powerlifting	SQ	BP	DL	TOT
Master (45-49)				
181 lbs.				
E. Reeves	355*	225*	345*	925*
Open				
165 lbs.				
J. Gosney	235	135	275	645
Junior				
198 lbs.				
J. Stanton	600*	295	575*	1470
Submaster				
220 lbs.				
M. Maidens	370	280	460*	1110
Master (40-44)				
220 lbs.				
T. Carnaghi	780*	380	605	1765
Master (45-49)				
242 lbs.				
C. Price	625	—	—	—
Master (50-54)				
198 lbs.				
D. Newman	505*	385*	485*	1375
220 lbs.				
R. Butcher	475	—	—	—
Master (65-69)				



"E" Girl Reeves with a world record 355 squat @ 45-49/181.

242 lbs.				
T. Hall	415*	215*	485*	1115
Open				
165 lbs.				
P. Halverson	350	335	400	1085
181 lbs.				
T. Borrelli	325	255	375	955
220 lbs.				
T. Carnaghi	780*	380	605	1765

*=ANPPC World Records. Best Lifter Powerlifting: Tom Carnaghi. Best Lifter Bench Press: Cozy Coziine. Venue: Son

Light Power Gym. At the last moment we had two teams cancel, including a team from the country of Colombia, who had problems getting here. Nonetheless we had a great meet filled with some impressive lifting. Starting with the women's division, "E" Girl Reeves had a great day, setting all new world cup marks for the 45-49/181s. "E" Girl finished with a 355 squat, 225 bench and a 345 pull for a record 925 total. Jessica Gosney, lifting in her first world cup, did well at open 165. Lifting "raw", Jessica had a 235 squat, 135 bench and a 275 deadlift for a fine 645 total. Junior 198 winner, Jesse Stanton actually got in a great 700 squat, but was called for depth, then settled with his opener of 600. Making just his opening bench with 295, Jesse finished the day by making all three of his deadlifts, ending with 575. This gave Jesse a record total of 1470. Jesse's squat and deadlift were also new world cup records. Newcomer Mark Maidens won at submaster 220, finishing with a fine 1110 total. Mark, who lifts "raw" with near perfect form, set new prs in his squat with 370 and the deadlift. Mark's pull with 460 also broke the existing world cup record. In the bench press Mark finished with 280, just missing a personal best final attempt with 300. Tom Carnaghi continues to make his "comeback", lifting here at master 40-44/220. Tom started with a great 780 record squat. His 380 bench, along with his 605 pull gave him his world cup total of 1765. Tom also won at 220 open, taking the overall best lifter as well. Moving to the 50-54/198 class, Dave Newman came to break all of the records there, which he did with just his openers. Dave ended with a 505 squat, 385 bench and a 485 pull for a record 1375 total. Upset with the personal best 700 squat he came to get, Dr. Charles Price dropped out of the competition, taking Randy Butcher with

him. Too bad, since Randy, who was competing in the 50-54/220 class, was on track to break some world cup records for the day. Sixty-eight year old Tom Hall won at 65-69/242 with all new world cup records. Tom finished with a 415 squat, 215 bench and a great 485 pull for a 1115 total. In the open division Phil Halverson, who was by far the deepest squatter of the meet, won at 165 with a 1085 total. Phil finished with a 350 squat, followed by a 335 bench and a 400 deadlift. Newcomer Tim Borrelli, aka "Wrap Boy", won at 181, going 325-255-375 for a great 955 total. In the bench press event Mike Maxwell won at 45-49/220, making just his opener of 360. Dave Newman broke the record at 50-54/198 with 385, as did Cozy Cozine at 50-54/308, where he finished with 505. Weighing in just over the 275 limit, Cozy won the best lifter for the bench press competition. Darris Sparks, a great master benchman from Ohio, failed with his opener of 385 three times at 55-59/181. Barry Blackmon broke the world cup record at 308 with a great 450! Another great master lifter out of Tennessee, Chuck Green broke the cup record at 65-69/220 with 310. Paul Newton broke his own world cup record at police & fire/40-44/308 with 445. Chris Erber, in his first bench press competition, won at 198 open with 230. In the deadlift event Chris Fulscher pulled a personal best and new world cup record of 540 for the win at junior 198. Wow! Mike Raya regained his title at 45-49/181 with 525. Then at open 198 came Chris Erber, who broke the world cup record with 420. Thanks to my son Joey and grandson Daniel for doing a fine job loading and spotting, and to the many others who helped out. Also to my judges Mary Tewell, Linda Middleton and my wife Susie, who also took some great pictures of the lifters. See you all this fall for the ANPPC Nationals! (Darrell Latch)

STRENGTH SOLD HERE

Dandell Blue
2500 pounds total @ 220 pound bwt
2007 Arnold Classic WPO Powerlifting Champion

Strength in a Bottle

Five new hard core products. Best on the market for strength. Not for USAFL or AAU. Call for more information 813-843-7652.

\$59 per bottle
3 or more at **\$49** per bottle

Joint Complex Formula

28 ingredients all for long term tissue rebuilding and short term pain relief. Users report little to no joint pain in the first week of use.

\$36 for 30 Daily Mega Packs

Call about our Contest Super Stack
All 6 Strength Building Products
6 Week Cycle
9 Bottles Total for \$319

GEARMAN NUTRITION
GearManNutrition.com 813-843-7652



Marcel Mette of Germany finished 4th in the 75 kgs. in Togliatti, RUS.



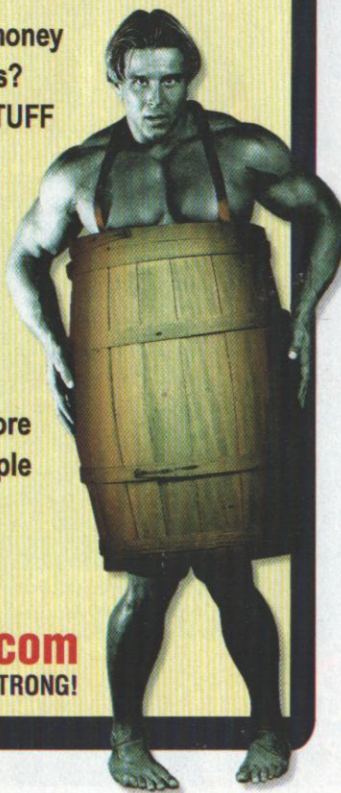
Craig Coombes of Great Britain opened & closed at 925 in the squat.

Going Broke Buying Junk Supplements?

Tired of wasting your money on worthless supplements? Then why not give **HOT STUFF** a try? Either you agree it's the **best** bodybuilding supplement you've ever used or we'll refund all of your money - no questions asked!

Visit our website for more details on what many people have called "the greatest supplement in the history of bodybuilding."

HotStuffWorld.com
20 YEARS AND STILL GOING STRONG!



Ano Turtiainen squatted 1102 and totaled 2557 at the WPO Semifinals contested in Russia

WPO Semi Finals 3-4 NOV 07 - Togliatti, RUS

Powerlifting MEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
Open 165 lbs.										
Ayvazov-RUS	705	737	771	374	396	407	595	633	644	1824
Pryakhin-RUS	694	715	749	418	457	463	611	655	—	1824
Nekipelov-RUS	617	660	727	462	479	479	578	606	633	1813
Mette-GER	661	715	738	374	402	443	562	595	611	1730
220 lbs.										
Ayvazov-RUS	859	902	948	517	518	540	738	815	815	2182
Sharapov-RUS	793	858	859	220	—	—	220	—	—	1234
4th-SQ-916										
Reksne-LAT	815	814	—	572	595	595	716	716	716	—
Coombs-GBR	925	924	925	—	—	—	—	—	—	—
275 lbs.										
Stepanov-RUS	837	880	914	528	529	551	683	705	727	2138
275+ lbs.										
Turtiainen-FIN	1036	1100	1151	638	672	672	815	859	—	2557
Karnauchov-UKR	925	968	970	550	551	595	749	821	859	2386
Nastynov-RUS	925	1012	1107	506	562	584	661	716	760	2226
Murtom ki-FIN	970	968	970	—	—	—	—	—	—	—

(Thank you to Yuriy Ustinov, President AWPC/WPC/WPO Russia, for these results)

Lakeland Powerlifting 18 NOV 07 - Coldwater, MI

Powerlifting	SQ	BP	DL	TOT
148 lbs.				
Myler	265	295	365	925
165 lbs.				
Freeman	345	285	395	1025
Brown	345	245	420	1010
Rogers	285	185	410	880
Herron	275	225	315	815
181 lbs.				
Mask	445	305	455	1205
Henderson	365	315	515	1195
Warren	315	275	455	1045
Barfell	335	225	480	1040
Johnson	245	205	405	855
198 lbs.				
Kaurman	225	195	315	735
220 lbs.				
Villa	495	305	525	1325
Morgan	315	275	530	1120
Flowers	335	225	475	1035
Harrington	275	265	365	905
248 lbs.				
Depriest	445	345	475	1265
Carter-X	—	295	500	795
275 lbs.				
Hamilton	505	385	565	1455

Meet Director: Bruce White. We had a good turn out. But, no records were set. Thanks to the meet workers as the meet ran smoothly. (Results by M. Bruce White)

WWW.NEWYORKBARBELLS.COM

SERVING THE INDUSTRY FOR OVER 30 YEARS!

CL-95810
BIO SEATED MILITARY PRESS



\$599

Bi Angular Arm Movement to Duplicate Natural Motion

C82626-WP
GLUTE & HAM STRING MACHINE



\$499

Extra Wide Diamond Toe Plate for Foot Support
Adjustable Horizontal & Vertical Slide
Special Contoured Seat
Front & Rear Hand Grips
2" X 4" Base for Stability

C-PRO92580
TITAN POWER RACK-96"
(PLATE RACK INCLUDED)



\$799

3" X 3" X 11 Gauge Steel Tube Construction
Self Locking Jumbo Steel Pins
Self Locking Jumbo "J" Hooks
Front Deep Knurled Chinning Bar
33" Space between front & Rear Posts

LEG CURL & EXTENSION
#C-8080-W



\$429

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

GENUINE COWHIDE LEATHER
MEDICINE BALLS
4, 8, AND 12 LB.

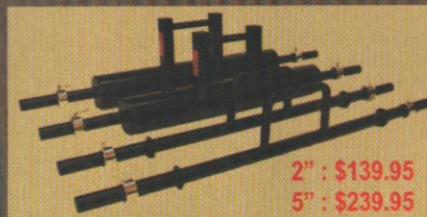


\$21.95

\$29.95

\$42.95

FARMER'S WALK - 2" & 5"
BLACK FINISH WITH CHROME COLLARS



2" : \$139.95
5" : \$239.95

MEGA SHRUG BAR
#IM-0063-O



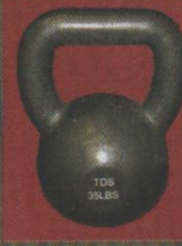
\$229

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

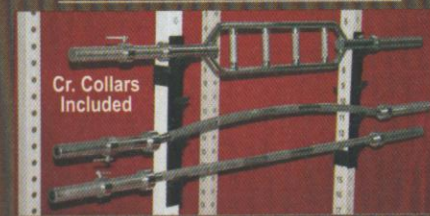
BENCHES, CALF MACHINES
DUMBBELL RACKS, LAT MACHINES
PLATE HOLDERS, POWER RACKS
SMITH MACHINES, PLATES
HEX DUMBBELLS, BARS,
WEIGHT SETS
STRONGMAN EQUIPMENT
AND MORE!!

UNBEATABLE
PRICES & QUALITY
SINCE 1974

KETTLE BELLS
SOLID OR ADJUSTABLE



SPECIAL POWER LIFTING BARS



(IM-0260-O) MEGA TRICEP CURL BAR - 86" LONG-\$169
(IM-0250-O) MEGA BOW BAR - 92" LONG-\$229
(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$189

LEG PRESS 30, 40, 45
DUAL HACK SQUAT
FORWARD THRUST
CALF RAISE
Weights - 435 lbs.
1500 lb. Capacity



\$1195

SUPER FOUR WAY
HIP SLED #C-91663-W

WEIGHTED VEST-50 lb.
#IM-5634



ONE SIZE FITS ALL
ADJ. 2LB - 50 LB.

\$129

(Free shipping in USA)

PLYO BOXES



Solid Non-Skid Ribbed Rubber Top
6, 12, 18, 24, 30, 36 & 42"H

6" - \$54.95; 12" - \$65.95

18" - \$89.95; 24" - \$109.95

30" - \$129.95; 36" - \$139.95 & 42" - \$159.95

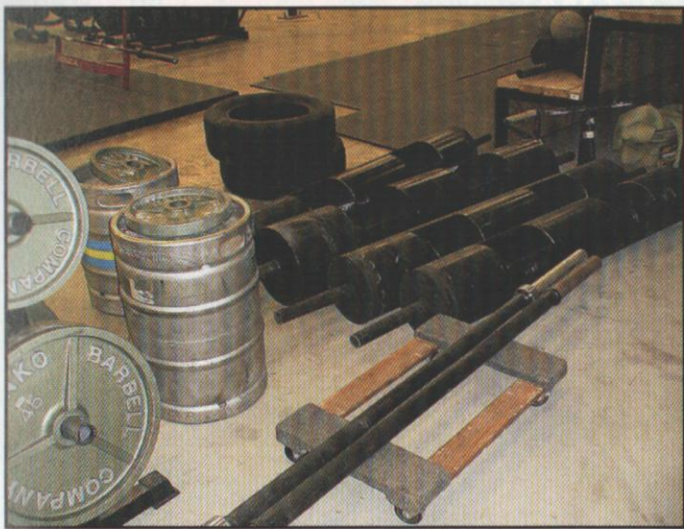
BUY A COMPLETE SET AND SAVE EVEN MORE!!

Call for Special Discounts for
Government & military orders

New York Barbell of Elmira, Inc.

10,000 Square Ft. Showroom Open to the Public

160 Home St., Elmira, NY 14904
Tel: 800-446-1833
Fax: 607-733-1010
Email: info@newyorkbarbells.com



(continued from page 25)

lifters). Why did we open it? David loves the strength sports. He supports the lifters and wants to provide them with the best equipment and environment to prepare for competition or for their personal gains. We were both tired of the negative attitude (and ridiculous rules) of other gym owners toward strength athletes. Also, I wanted a place where I could train my athletes without worrying about the weather. (And they both wanted the big-screen TV.)

Gayle, all I can say is WOW. This is probably the best strongman-training facility that I've ever heard of! So many guys have to train outside, or in barns; this is a great idea!! Sounds way cool to me, and also know how tough it can be to keep high-school lifters focused. So my hat is off to both Gayle & David!

As far as that goes; we offer a HOUSE OF PAIN shout out to all the other lifters at Brute

Strength - including Stella Krupinski (APF Nats in 2007), **Thomas Dillard** (Raw Nationals & World), a trio of strongest man competitors (**Jeff Crane, Kenny Davis, and Tim Stallings**), and to all the future supermen who are training there while still in high school.

This article is geared for strongmen - so it is dedicated to our good friend Jesse Marunde. We have a lot of friends that are big-time strongest-men competitors, but Jesse was a special favorite. He went out in a blaze of glory doing what he loved - training for Strongest Man competition. I bow my head and offer a heartfelt prayer for his widow and their family. Everyone here at HOUSE OF PAIN will miss him, and I look forward to seeing him again in heaven...

Until next time,
Rick@houseofpain.com

**HOUSE OF PAIN
P.O. Box 333
Fate, TX 75132**

**USPF Central California
7 OCT 07 - Modesto, CA**

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Junior (13-15)				
148 lbs.				
C. LaMantia	121	71	214	407
Junior (19-23)				
198 lbs.				
M. Little	187	93	226	507
Open				
114 lbs.				
B. Aerts	121	93	192	407
148 lbs.				
C. LaMantia	121	71	214	407
198 lbs.				
M. Little	187	93	226	507
198+ lbs.				
N. l'Anson	380	254	358	993
Master (40-49)				
114 lbs.				
B. Aerts	121	93	192	407
198+ lbs.				
N. l'Anson	380	254	358	993
MEN				
Junior (16-18)				
308 lbs.				
D. Ortega	551	402	534	1488
Open				

114 lbs.				
C. LaMantia	110	66	159	336
148 lbs.				
S. Layman	584	385	512	1482
165 lbs.				
S. Santellan	253	203	374	832
181 lbs.				
B. Pacheco	446	370	463	1279
198 lbs.				
M. Gautreaux	424	297	435	1157
B. Ball	286	308	402	997
220 lbs.				
A. Aguilar	457	330	529	1317
242 lbs.				
B. Marum	584	451	573	1609
P. O'Neal	485	297	518	1300
275 lbs.				
A. Aerts	308	464	518	1290
308 lbs.				
B. Mikesell	771	507	655	1934
Master (40-49)				
220 lbs.				
B. Moberg	391	275	429	1096
J. Torrence	319	319	402	1041
275 lbs.				
J. Amaral	463	297	479	1240
308 lbs.				
B. Mikesell	771	507	655	1934
Master (50-59)				

220 lbs.							
B. King	666	407	672	1747			
275 lbs.							
A. Aerts	308	464	518	1290			
BENCH							
WOMEN							
Open							
114 lbs.							
B. Aerts	93	C. LaMantia	214				
132 lbs.		Open					
M. Nunes	165	114 lbs.					
198 lbs.		B. Aerts	192				
T. Stephens	103	148 lbs.					
M. Little	93	C. LaMantia	214				
Junior (19-23)							
198 lbs.		T. Stephens	286				
M. Little	93	M. Little	226				
Master (40-49)							
114 lbs.		198 lbs.					
B. Aerts	93	M. Little	226				
198 lbs.		Master (40-49)					
T. Stephens	104	114 lbs.					
Junior (19-23)							
165 lbs.		B. Aerts	192				
J. Graziano	226	198 lbs.					
Open							
165 lbs.		T. Stephens	286				
B. Risenhoover	253	MEN					
181 lbs.		Junior (16-18)					
M. Risenhoover	286	308 lbs.					
198 lbs.		D. Ortega	534				
I. Smalley	—	Junior (19-23)					
198 lbs.		198 lbs.					
C. Tremblay	—	T. Nguyen	568				
Open							
A. Aerts	464	220 lbs.					
308 lbs.		A. Aguilar	529				
A. Galafate	479	114 lbs.					
308+ lbs.		C. LaMantia	159				
D. Schultz	551	165 lbs.					
Master (40-49)							
242 lbs.		S. Santellan	374				
D. Copeland	352	181 lbs.					
308+ lbs.		I. Smalley	463				
D. Schultz	551	220 lbs.					
Master (50-59)							
198 lbs.		M. Frazee	507				
P. Dyer	198	A. Aerts	518				
Open							
A. Aerts	464	308 lbs.					
Master (60+)							
198 lbs.		A. Galafate	501				
S. LaFollette	325	Master (50-59)					
275 lbs.		198 lbs.					
P. Crawford	297	P. Dyer	385				
Meet Director: Steve Denison. International: Referee: Bill Ennis. State Referees: Alan Aerts, Kelli LaMantia, Mike Koufos, Curtis Pracht, Karen Matthews, Steve Matthews. National Referees: Pete Wilson, Steve Denison, and Chuck LaMantia. Announcer: Chuck LaMantia. Scorekeeper: Kelli LaMantia. Master Sheet & Computer: Steve Denison. Spotters & Loaders: Frank Cable, Charlie Telesco, John Alvarado, Paul Schwab, George Beckham, and Bryan Batista. Bar loading program: Joey Rocha and Desmond FitzGerald. Concessions: Tyler VanLoon and Chris Fernandez. (results of the meet are courtesy of Steve Denison)							

**NASA Arizona Regional
3 NOV 07 - Mesa, AZ**

BENCH							
MALE							
198 lbs:							
Int							
L. Olsen	—	D. Wilson	187				
Novice		181 lbs.					
H. Pineda	380	High School					
220 lbs.		A. Trail	209				
Master II							
J. Olson	352	220 lbs.					
Police/Fire		Master IV					
J. Olson	352	E. Evatt	259				
SHW		PS BENCH					
Open		220 lbs.					
T. Manno	711	Master IV					
Raw		E. Evatt	259				
123 lbs.		Open					
J. Pereja	203	Schmuecker	363				
132 lbs.		PS CURL					
Teen							
J. Adams	214	220 lbs.					
Youth							
Push Pull		Novice					
MALE							
		J. Fsguirre	137				

House of Pain



MUERTE
COLOR: black, charcoal
PRICE: \$25.00

IRON CROSS
COLOR: grey, black,
brown, green, red
PRICE: \$18.00

SHEILD
COLOR: black, brown
PRICE: \$25.00

CAMO FLEX FIT CAP
COLORS: woodland, desert
PRICE: \$17.00

**CALL OR
ORDER ONLINE**
1-888-463-7246
houseofpain.com

**DIABLO FLEX FIT
TRUCKER CAP**
COLORS: white, black
PRICE: \$17.00

Hayley Michaels
GYM GIRL IRON CROSS / \$18.00
CAMISOLE THONG / \$10.00
photography by Michael M. Perez

houseofpain.com

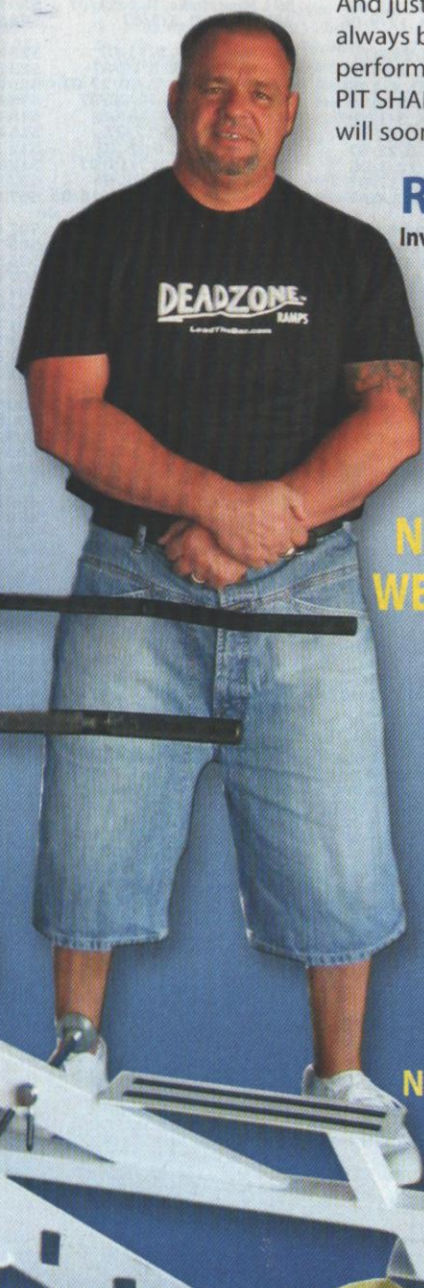


WEIGHT-LOADED CHIN/DIP MACHINE

The PIT SHARK™ allows one to safely load the barbell apparatus with weight. With the patent-pending design the weight-loaded barbell apparatus is attached to a person by means of a chain and belt. Do rugged, extremely effective chins, dips, squats, and calves without weight-plates dangling between your legs. These training moves can also be done without attaching weight. Stand on the floor or stand on the foot pads, doesn't matter due to the fully adjustable chin/dip handles. The dip handles also adjust horizontally to provide 6 different grip widths from narrow (small) to 3XL. This machine is definitely to be respected.

And just as the PIT SHARK™ will always be loyal to give you top performance, your loyalty to the PIT SHARK™ as your #1 machine will soon follow.

RICK HOOLE
Inventor of The PIT SHARK™



NEVER ATTACH WEIGHT-PLATES DIRECTLY TO YOUR BODY AGAIN

BEACHSIDE FITNESS EQUIPMENT
1982 St. Rd. 44
Suite 125
New Smyrna Beach
FL 32168
386-957-1416
1-866-543-1605

**CHINS
DIPS
CALVES
BELT SQUATS**

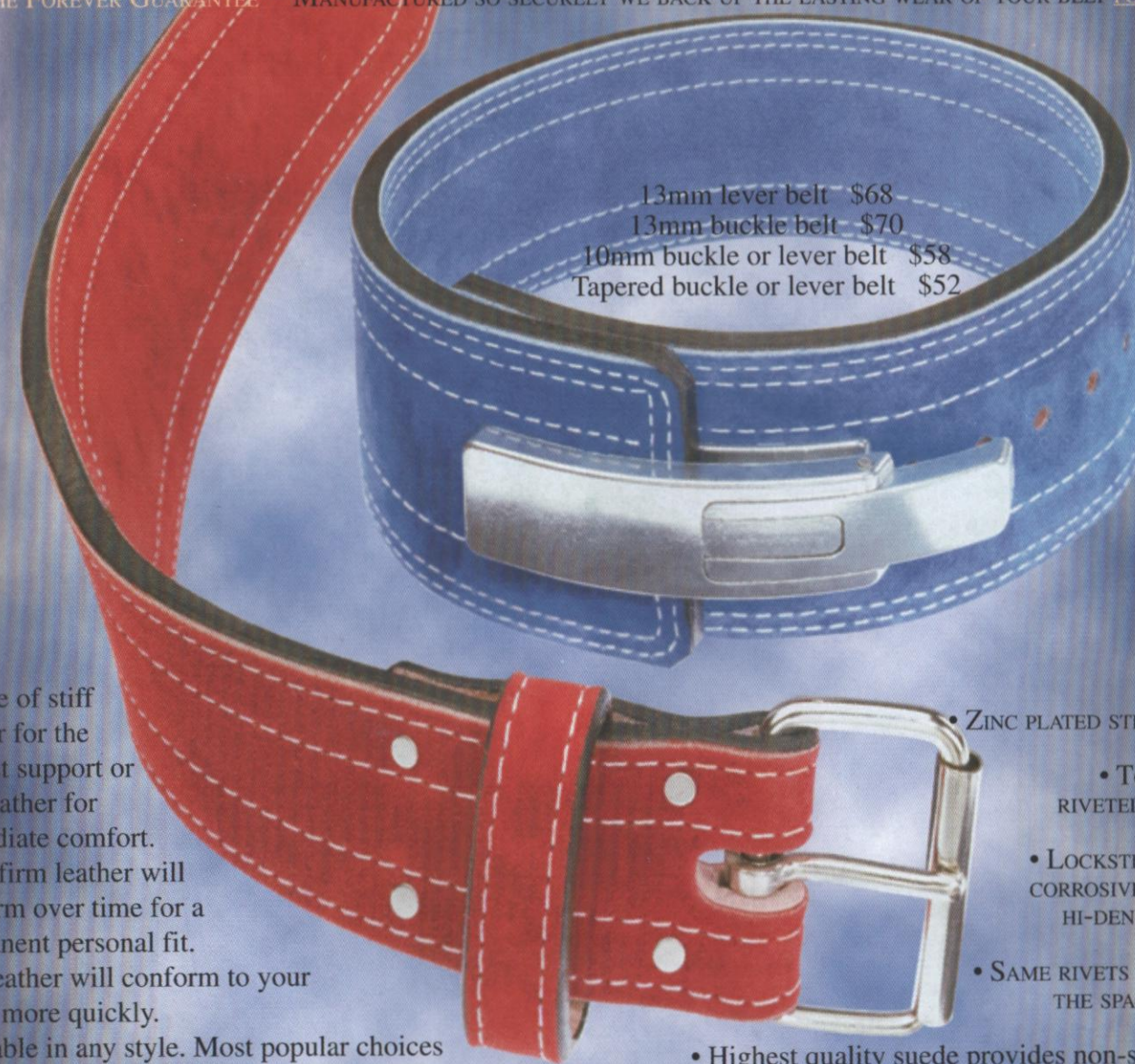
2,995.00
plus S/H

Patent-Pending

LOADTHEBAR.com

INZER ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



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

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER
WE MAKE POWER GEAR A SCIENCE
1-800-222-6897

