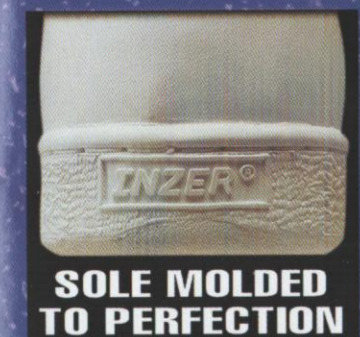


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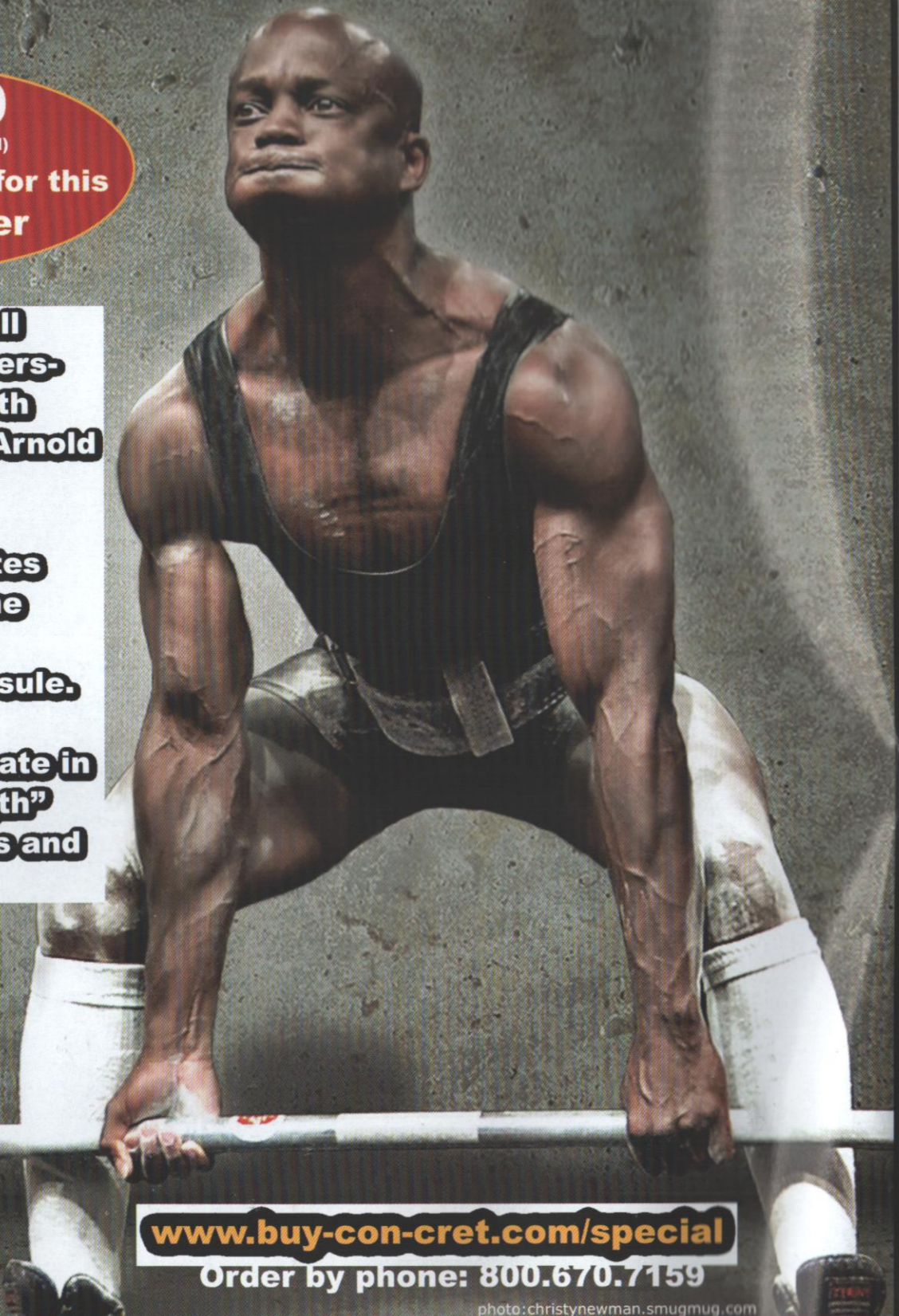
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ON THE COVER ... *Donnie Thompson , Joe Ceklovsky (Sandi McCaslin), Herb Glossbrenner (courtesy Ellen Chaillet)*

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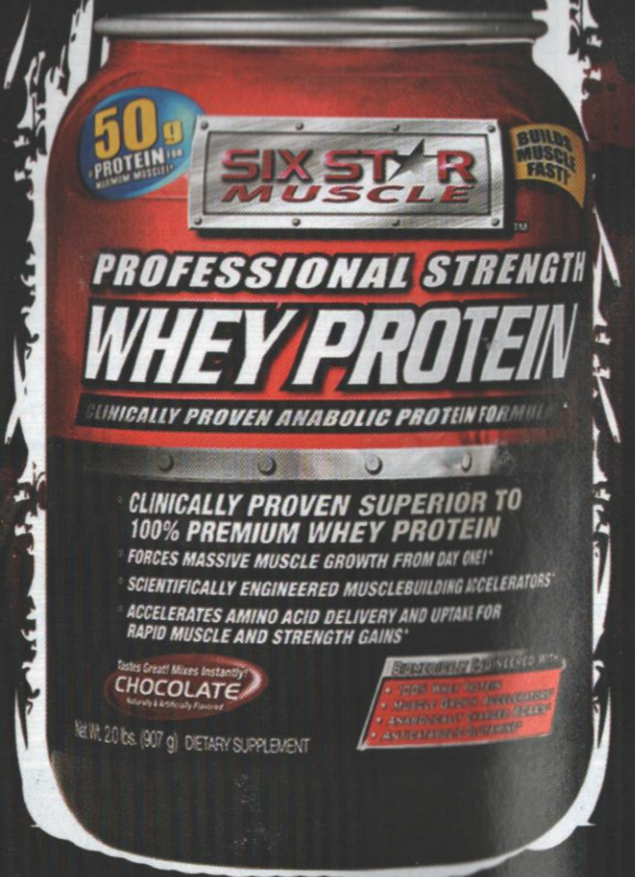
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The iron game is all about man versus weight and the ultimate pursuit of size and strength. Regular weight trainers don't understand it. They don't understand the need or the purpose of throwing on five, six, seven or eight plates aside and going ass-to-grass with a fully loaded bar bending across their traps. They don't understand the power of the squat, king of all exercises. But we powerlifters do. We know that a powerful squat can add massive size to not only your quads, but your entire body. That's why only true iron warriors battle through the pain and agony that a vicious squatting session can deliver. 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 premium whey protein per maximum serving, your quads won't know what hit them. The key ingredients found in Six Star Professional Strength Whey Protein have been battle tested in the trenches where test subjects consumed this potent formula and the results were epic. In just six weeks, test subjects saw their one rep max in the squat skyrocket by an unbelievable 20-percent! With Six Star® Muscle surging through your veins **size and strength gains will start from day one.**



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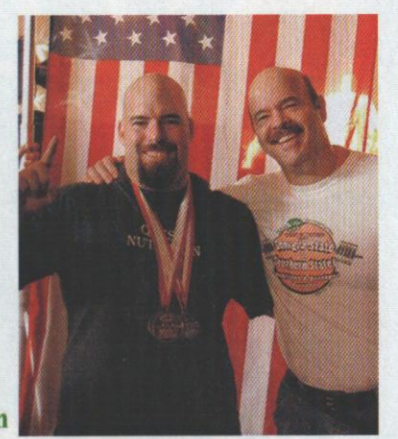
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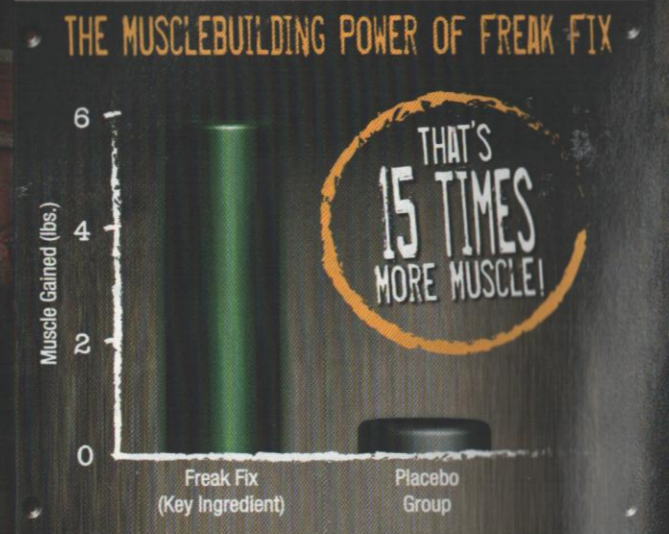
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Scientifically Superior to Milk Protein & Ordinary Whey Protein for Building Muscle.

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

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Greg Butler .. USA's youngest.

World Championships 22, 23 NOV 07 - Torreon, MEX

Table listing powerlifting results for the 2007 World Championships in Torreon, Mexico. Columns include weight class (e.g., 115 lbs, 123 lbs, 132 lbs), gender (BENCH, JUNIOR, TEEN), and athlete names with their respective scores.

Continuation of the powerlifting results table, listing scores for various weight classes and categories such as Junior (Under 23), Master (40+), and Open.



Jose Hernandez pulls hard while...



Bob Gaynor gets the ref check.



Karen Matthews .. USA winner.

Table listing powerlifting results for Karen Matthews, showing scores in various categories like 242 lbs, 275 lbs, and Master (40+).

GB Perspective: British powerlifters traveled 24 hours to arrive at Torreon, Mexico to participate in the 2007 World Powerlifting Championships...

(continued on page 98)



Rob Luyando World Record Bench Press 909@275

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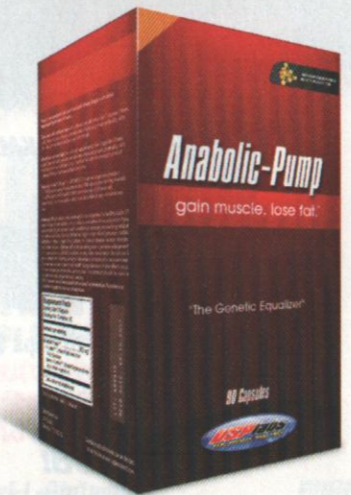
"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products: Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that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

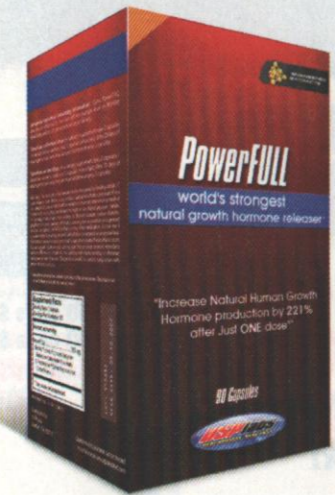
- Nick Winters
NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

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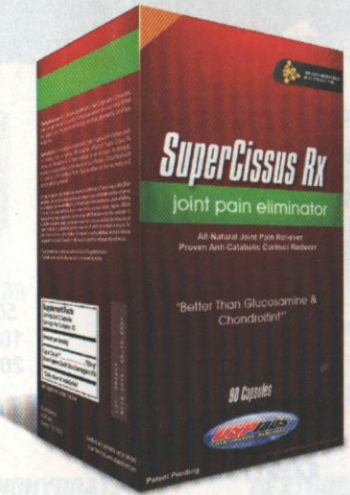
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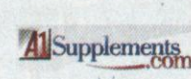
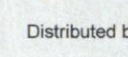


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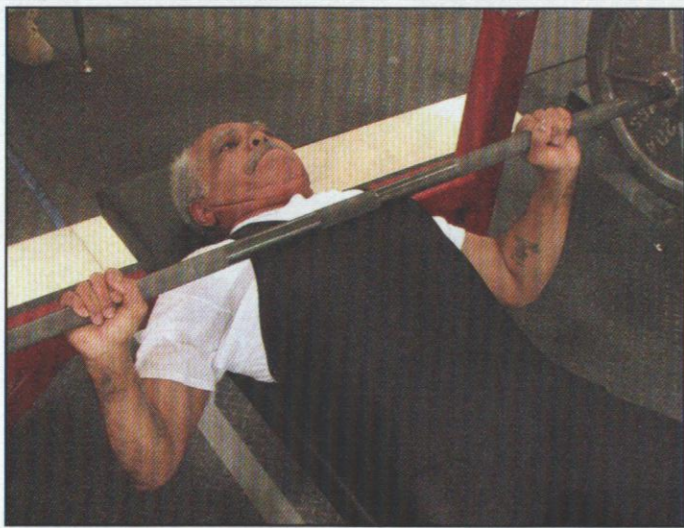
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12-13				
K. Thompson	80*	45*	115*	240*
88 lbs. (12-13)				
M. Douglas	82*	50*	127*	259*
97 lbs. (12-13)				
C. Koceski	100	70*	25	195
105 lbs. (12-13)				
A. Graham	150*	72*	190*	412*
114 lbs. (12-13)				
D. Dermelev	132*	55	155	342
123 lbs. (12-13)				
S. Shores	137*	65	195*	397*
14-15				
E. Newport	—	—	—	—
16-17				
N. Scardino	115	90	200	405
45-49				
L. Watson	—	115	140	255
50-54				
K. Rayburn	—	—	—	—
132 lbs. (14-15)				
B. Kissel	150*	80	185	415
20-24				
J. Shultis	—	—	—	—
40-44				
M. Stein	205*	135*	245*	585*
50-54				
E. Stein	275*	140*	335*	750*
148 lbs. (16-17)				
N. Heck	145	80	215	440
35-39				
M. Pritzl	—	—	—	—
45-49				
N. Hubbard	210*	140*	300*	650*
50-54				
M. Quinn	95*	100*	180*	375*
165 lbs. (30-34)				
H. Matsykur	—	—	—	—
45-49				
Montgomery	—	145	340*	485
181 lbs. (30-34)				
S. Wyatt	225*	115*	270*	610*
4th-SQ-235*				
4th-DL-280*				
198 lbs. (40-44)				
K. Sabin	310*	215*	400*	925*
97 lbs. (10-11)				
Montgomery	—	65	160	225
114 lbs. (12-13)				
P. Moran	125	65	160	350
123 lbs. (16-17)				
F. Ramos	175	130	280	585
Vijayvargiya	145	125	230	500
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J. Wadzinski	200	145	245	590
C. Baker	135	85	165	385
14-15				
D. Cioppa	240	165	300	705
16-17				
Tshontikidis	315	185	415	915
J. Schill	235	215	345	795
Vann-Campbe	255	195	340	790
A. Miller	250	175	300	725
18-19				
J. Manuel	327*	230	455	1012
R. Splain	270	180	330	780
35-39				
R. Manso	410*	280	495	1185
T. Roselli	360	265	440	1065
45-49				
D. Daube	195	200	320	710
60-64				

100% Raw World Championships



Noble Carr, 75, with his 260 pound world record bench (Spero T)

P. Griffith	375*	45	135	555
165 lbs. (16-17)				
S. Kirkwood	345	190	475	1010
R. Ripollone	235	205	360	800
C. Douglas	215	185	335	735
J. Hathcock	200	185	310	695
S. Rauchfuss	210	160	315	685
18-19				
D. Jones	385	260	450	1095
45-49				
T. Conyers	500*	365*	450	1315*
J. Polak	450	320	500*	1270
60-64				
Annunziato	225	235*	355*	815*
70-74				
B. Tinkler	—	205	275	480
181 lbs. (14-15)				
J. Rossi	190	140	280	610
16-17				
T. Wheeler	330	235	420	985
J. Wadzinski	275	200	335	810
C. Maldonado	205	145	325	675
18-19				
A. Ozuath	—	—	—	—
25-29				
G. Yaeckel	315	205	405	925
45-49				
S. Dermelev	462*	330*	530*	1322*
60-64				
P. Currey	315*	275*	410*	1000*
30-34				
J. Impastato	500	430	600	1530
35-39				
S. Ryder	430	425	535	1390
40-44				
W. Leonard	555*	340*	565	1460*
45-49				
B. Beekley	435	295	500	1230
A. Decker	300	340	375	1015
R. Blackwood	—	225	425	650
J. Crowther	—	—	—	—
50-54				
D. Lhota	430*	365	385	1180*
242 lbs. (16-17)				
T. Carden	250	250	375	875
20-24				
M. Harrigan	—	155	—	—
25-29				
N. Hammer	625*	415*	620*	1660*
E. Frank	510	390	550	1450
S. Jones	515	325	585	1425
30-34				
M. Eaton	630	400	700	1730
40-44				
J. Jacobs	650*	430*	700*	1780*
P. Maynard	440	315	415	1170

Ellen Stein and her WR 315 DL

R. Hoover	480	305	450	1235
B. Ripollone	245	225	385	855
55-59				
L. Bucchioni	385*	225	505*	1115
R. Young	340	315*	340	995
60-64				
G. DeRise	400	225	430	1055
275 lbs. (30-34)				
J. Yuhus	415	365	600	1380
35-39				
T. Burns	500	365	485	1350
45-49				
J. Rooney	590*	420*	500	1510
65-69				
R. Cerrato	455*	360*	540*	1355*
308 lbs. (30-34)				
D. Corridean	620	400	700	1720
45-49				
B. Kissel	505*	405*	575*	1485*
308+ lbs. (16-17)				
A. DiBiase	445*	270	475*	1190
20-24				
C. Yager	650*	440*	700*	1790*
40-44				
B. Moore	725	540	700	1965

*=World Records. Women's Champion of Champions: Ellen Stein. Women's Teenage Best Lifter: Amanda Graham. Women's Open Best Lifter: Marci Stein. Women's Masters Best Lifter: Kari Sabin. Men's Champion of Champions: Rolando Manso. Men's Teenage Best Lifter: Jacob Manuel. Men's Open Best Lifter: Robert Samsa. Men's Masters Best Lifter: Tony Conyers. Men's Team Champions: Florida Raw Dogs. Overall Mixed Team Champions: Wildcat Powerlifting. Open Mixed Team Champions: Power in the Blood. Master's Mixed Team Champions: Melbourne Beach Fitness. Venue: West Shore Junior/Senior High School II. Hosted by: Power in the Blood and Wildcat Powerlifting. First let me say "Praise God!" The 2007 "100% Raw" World Powerlifting Championships were an overwhelming success! Over 100 athletes participated, 68 lifters and four teams captured world titles, 123 world records were shattered, and my very good friend, Brian Kissel 45-49/308 broke four world records and won his class. Brian is a member of the Power in the Blood contest staff and team, and is going in for back surgery on December 5th. Please keep Brian and his family in your prayers. The 2007 Worlds were run in four sessions over two days. The 220s, 242s, 275s, 308s, and SHWs invaded the platform on Saturday morning with a vengeance. Junior lifter Robert Samsa of Shadyside, OH, was flawless, going ten for ten en route to his world title. Robert shattered the record books in all three lifts and won Best Lifter honors in the Open division, totaling 7.78 times his bodyweight. Steve Ryder of Power in the Blood went without a belt in the submasters and broke all four Ironman records in his world title win. Master lifter (40-44) Woody Leonard of Leland, NC, went nine four nine in his world title bid, breaking world records in the squat 555, bench 340, and total 1460. In the 242s, Nick Hammer (25-29) of Edgewater, FL destroyed the record books with his 1665 total. Michael Eaton (30-34) of Hanover, MD represented Polak Made Hard ore Gym Equipment and finished with a 1730 total that included an awesome 700 deadlift! Master lifter James Jacobs of Clearwater, FL, lifting with the Florida Raw Dogs, broke all four records in his class, nailing lifts of 650, 430, and 700 to take the win. Master lifters John Rooney (45-49) of Huntingtown, MD and Richard Cerrato (65-69) of Tampa, FL posted huge numbers in the 275s in their world title wins. John tallied world record lifts in the squat 590 and bench 420, and Richard ran the table, going 455, 360, and 540. Odenton, Maryland's Dan Corridean, also representing Polak Made Hard ore Gym Equipment, joined Brian Kissel in the 308s, taking the 30-34 age group with his 700 deadlift (without a belt!) and 1720 total. Finally, three athletes competed in the SHWs and each won their respective age group. Sixteen year-old Anthony

(continued on page 80)

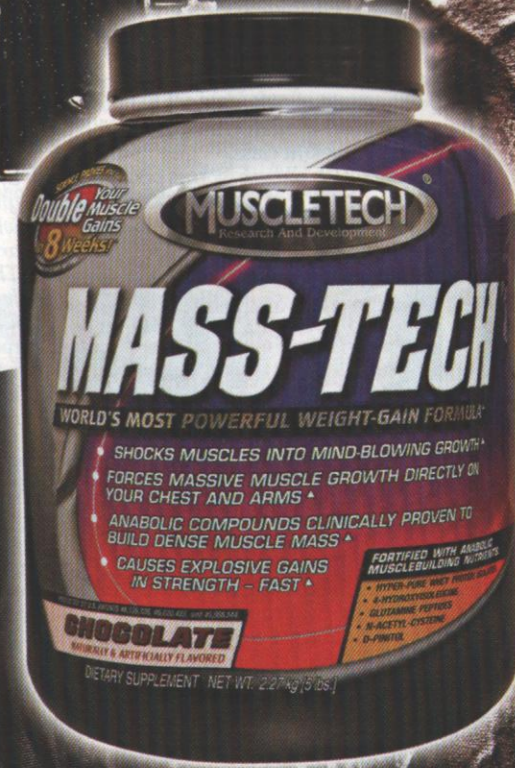
THE WORLD'S MOST POWERFUL WEIGHT GAINER



How many guys tipping the scale at one hundred sixty pounds do you see boasting a five hundred pound bench, seven hundred pound squat or an eight hundred and fifty pound deadlift? None. To lift big, you have to be big. The key to jacking up your size and strength gains is by pounding back the calories and supplying your muscles with potent musclebuilding compounds from a scientifically formulated weight gainer. But for true, hardcore powerlifters not just any weight gainer is going to cut it. You need the world's most powerful weight gainer - Mass-Tech®. Just two servings of Mass-Tech adds a whopping 2,000 calories to your massbuilding diet. Mass-Tech® shocks muscles into mind-blowing growth by saturating your system with clinically proven anabolic compounds. Fortified with a monster dose of whey protein along with glutamine and key BCAAs, this potent massbuilder will force the massive muscle growth to your chest and arms necessary to throw around the heavy iron.



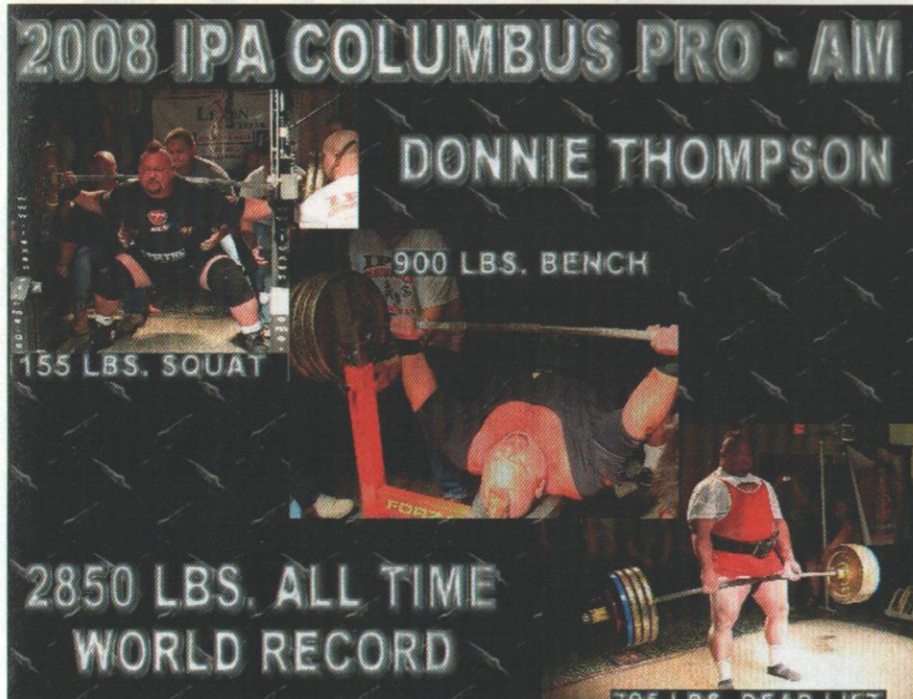
An 8-week study examined the addition of 2,000 calories (the amount of calories found in two servings of Mass-Tech, each mixed with two cups of skim milk) to a high-protein diet containing approximately 2,300 calories and a weightlifting program. On average, subjects gained 6.2 pounds of muscle along with 1.2 inches on their chests and 0.5 inches on their arms. Control subjects gained only 3.1 pounds of muscle. All trademarks are owned by their respective trademark owners. © 2008. For more information on Mass-Tech, visit MuscleTech.com™.



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INTERVIEW

Donnie Thompson interviewed by Chris Mason



Donnie setting the ALL-TIME record total of 2,850 lbs. at the IPA Columbus Open!!!

Donnie Thompson is inarguably one of the world's strongest men. A lofty claim, yes, but eminently true if one considers lifting the heaviest load for a single repetition through a full range of motion while minimizing the skill component to be the true test of strength. By this definition, **powerlifting as a sport is the only true competitive test of strength.** Ergo, the strongest powerlifter is the competition proven strongest man or woman on the planet in his or her respective weight class.

Donnie set the all-time highest powerlifting total January the 20th at the LexenXtreme IPA Columbus Pro-Am in Columbus, Ohio. His lifts and total:

Squat: 1,155 lbs
Bench: 900 lbs
Deadlift: 795 lbs
Total: 2,850 lbs!!!

The following is a brief Q&A session I had with Donnie following his record setting performance:

CM: Donnie, how does it feel to be the strongest powerlifter on the planet?

DT: Thank you for the compliment, but I don't feel I am the strongest, just one of the strongest. Today's top lifters are pushing the bar to the breaking limit! There are a number of us capable of upping the record at any given meet. It seems now that the top lifter whose body holds up best through training and meets is the one who sets the new record. These guys all have one thing in common, no fear of weights and no limitations!

CM: You had narrowly missed setting the record in recent meets. To what do you attribute your recent assault on the record books?

DT: I attribute it somewhat to luck. The strength has been there for some time, I just

needed to put it all together in one meet. For instance, I came close two times before with a 2,770 lbs and 2,775 lbs total. The difference in those meets was just missing a few 3rd attempts.

At the risk of seeming like captain obvious, my training also played a huge role. Everyone at my level trains heavy, but not everyone trains for recovery like I do. I do a tremendous amount of recovery work with bands and kettlebells. A unique twist I use is training the same body part the day after a heavy session. The following day I work the same area for about an hour and a half using recovery promoting exercises. I truly believe this method makes a HUGE difference and that it is the glue which holds me together. Sitting idle is not in my repertoire.

CM: Donnie, there was some chat online about your total and the fact you had a relatively low pull. Can you tell us what happened? Were you fried from the monster squats and benching?

DT: My record almost didn't happen. My back was tweaked prior to the meet and I literally had trouble putting on my shoes and socks in the warm-up area. The bed I was sleeping on at my hotel didn't help matters and it really killed my L-4 and L-5 vertebrae. The back pain definitely hampered my deadlift. I am still having trouble walking today 6 days after the meet!

By the way, I don't care about what negative things people have to say on the net (I do appreciate the well wishes). When they are online gossiping, I am in my compound training 4-5 hours at a click. I would have a lot more competition if the strong would stick to training and not keyboard warfare...

CM: I understand, the anonymity of the net definitely allows people to do and say things they would never even consider in real life encounters.

Donnie, I know you are not a supplement junkie and you are very selective about what you use.

Your AtLarge (www.atlargenutrition.com) supplement of choice is MAXIMUS™. What, if anything, do you feel supplementing with MAXIMUS™ has done for your training?

DT: I weigh around 375 lbs all year long. I simply can't eat the quantity of food that I need to maintain my body weight and promote optimal recovery. You may find it hard to believe from a 375 lbs man, but I get full with just one average size plate of food. It is a heck of a lot easier to drink calories than it is to eat them. MAXIMUS™ lets me hit my target daily caloric intake with quality protein and carbs. In addition, I feel its unique ingredients like Microlactin® and inulin

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Donnie squatting a massive 1,155 lbs!!!



Donnie benching a rare full-meet 900 lbs!!!



375 lb. Donnie pulling 795 to set the record

(Advertisement)

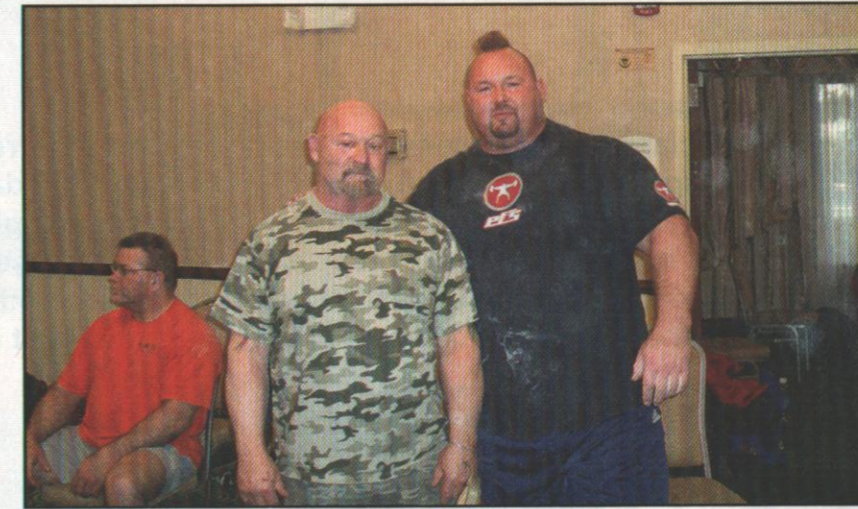
provides an ergogenic benefit. Bottom line, I really like the stuff and when I ran out over the holidays my training stamina was way off and I felt like I was on a diet!

CM: Yep, consuming sufficient calories to fuel increased size and strength can be a real problem. There are a lot of young men out there who think they are "hard gainers" when they are really under-eaters. Drinking a high calorie MAXIMUS™ shake packed with quality protein and carbs as well as the ergogenic ingredients you mentioned can really be the ticket to new growth and success in the gym.

Donnie, let's switch gears and move back to training. You demonstrate your prodigious strength both equipped and raw. What are your feelings on each form of training and competing? Do you feel one helps the other?

DT: I think my longevity in the sport gives me a unique perspective on geared vs. raw training. I have been training since 1979 and never even knew what gear was until 1998. To clarify, raw to me is training with just a belt. Single ply lifting is not raw.

I feel gear helps raw lifting tremendously. I think that is a misunderstood fact. If I squat over 1,150 lbs with gear, how in the world would squatting 900 pounds raw scare me? The overloads afforded by geared lifting make raw lifting seem easier psychologically and aid physically. Much like training with partials,



Donnie Thompson and powerlifting and strength coaching legend Louie Simmons

the massive loads from geared training strengthens your body in such a way as to carry over to raw lifting. Geared lifting is also a form of conjugate variation in that it has a whole different feel to it.

An interesting fact about me is that I only wear gear for the squat and bench. I ALWAYS deadlift raw. To my knowledge, I am the only one doing that in multi-ply meets.

CM: I agree completely that gear aids raw lifting. I have never used a squat suit or bench shirt, but when I was younger I used a belt and knee wraps for squatting. I can remember that my squat really jumped with or without the knee wraps once I started incorporating them regularly into my training. The knee wraps helped me in the hole when squatting and allowed me to use much heavier loads which then translated to a big increase in my squat even without the wraps.

I said this was a brief Q&A so let's wrap it up with a little look into the future. What is your next goal in powerlifting? How much longer do you plan to compete?

DT: I feel that I am in my prime, and I don't have any definitive plans relative to my retirement from the sport as of now. I can tell you that my career thus far has been very satisfying. I have met or exceeded every goal I have ever set in the sport. I think very few people in any discipline can say that.

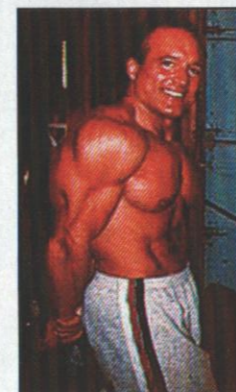
When I do retire, I want to be remembered

for my will and determination. I truly don't feel I am an all-time or even a current great. I hope that people will (and do) respect my work ethic and the fact I was willing to go to almost any length to realize and maximize my strength potential. Powerlifting for me is more than a sport or hobby; it is my life and my obsession. I live and work in a training facility. Some people find Jesus in a wooden church. I find him in a steel weight room. I do a lot of praying when I am about to get crushed by 1,000+ lbs. There are no atheists in a foxhole as the saying goes. That is what separates me and people like me from the rest of the pack!

CM: Donnie, I appreciate your humility, but I think you don't give yourself enough credit. I truly believe you are one of the all-time greats and that has and will continue to be proven out in the years to come. Thanks for taking the time to chat!

INTERVIEW

Vince Anello interviewed by Chris Mason



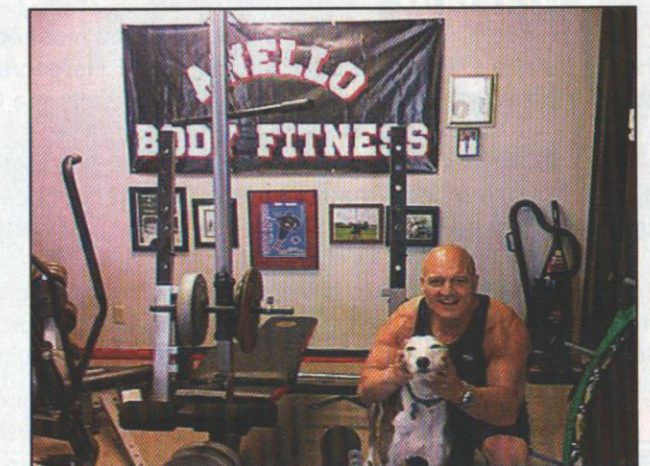
Vince Anello is a living powerlifting legend. He was the first man in history to pull over 800 lbs at a bodyweight of less than 200 lbs! Vince competed over the course of 3 decades during what might be considered a golden age in the sport when mastodons like Casey, Reinhoudt, Kuc, Williams, Cole and many others ruled the platform. A tremendous all-around lifter, Vince's legacy as one of the all-time great deadlifters is etched in the annals of powerlifting history.

CM: Vince, first, I want to thank you for agreeing to this interview. From the first time I read about you in Fred Hatfield's *The Complete Guide to Power Training* I have always been in awe of your deadlifting prowess. My goal with this interview is to pay homage to your tremendous accomplishments in the sport of powerlifting and to deadlifting in particular. I want to introduce you to a whole new generation of powerlifters and to remind those who know of you just how great you were.

To that end I would like to start this interview with you providing a brief highlight of your powerlifting career to include some of your amazing accomplishments.

VA: Thank you Chris. My competitive powerlifting career spanned 3 decades. Below is a list of some of the highlights (in reverse order): 1998 Inducted into the Strength Hall of Fame (York, Pa.) 1988 Drug Free N.A.S.A. National Champion, Open Division 1987 National and World Champion, Masters Division 1980 Senior National Champion and World Champion

(continued on page 68)



You can contact Vince at www.americanstrengthlegends.com

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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!



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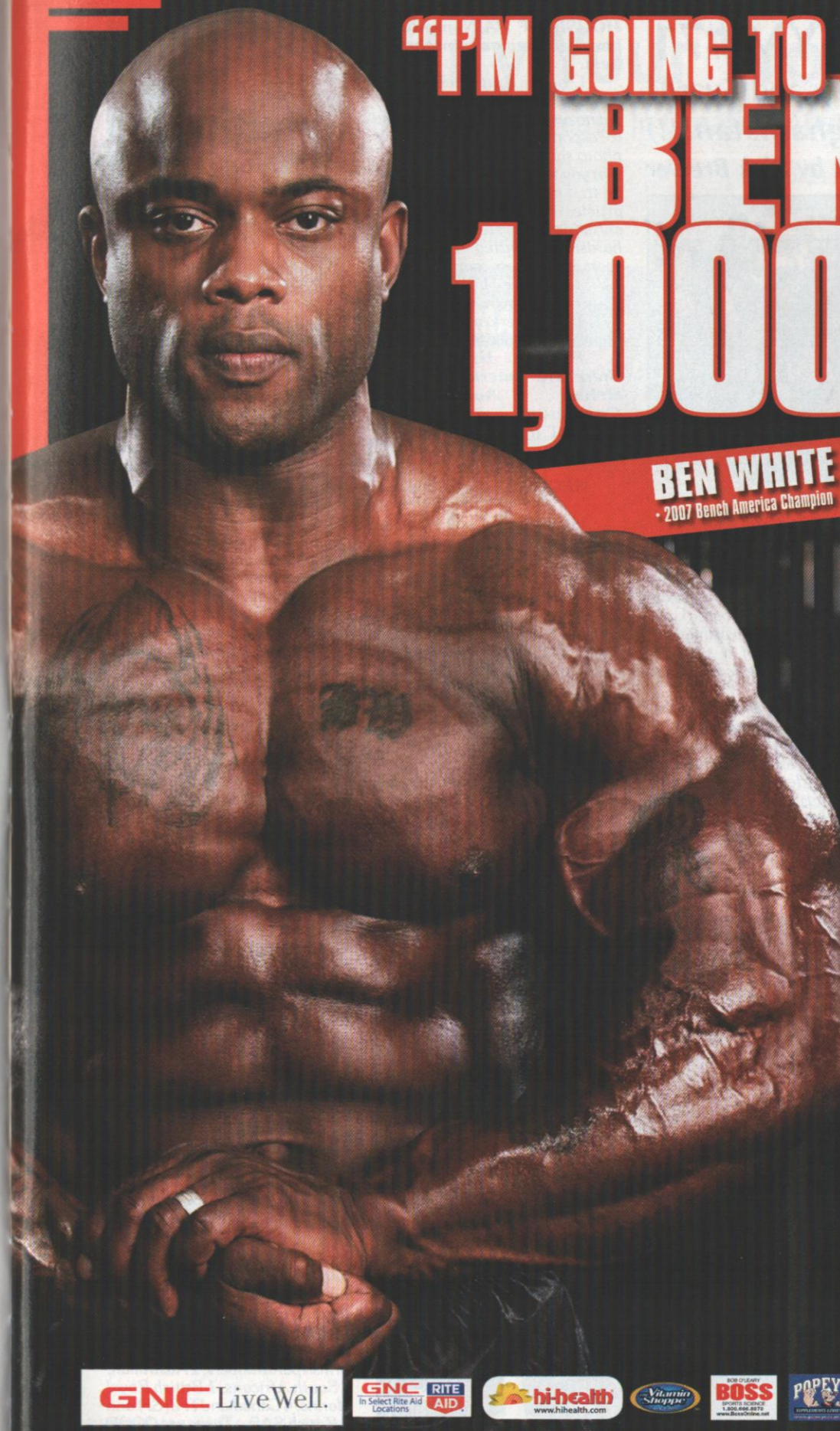
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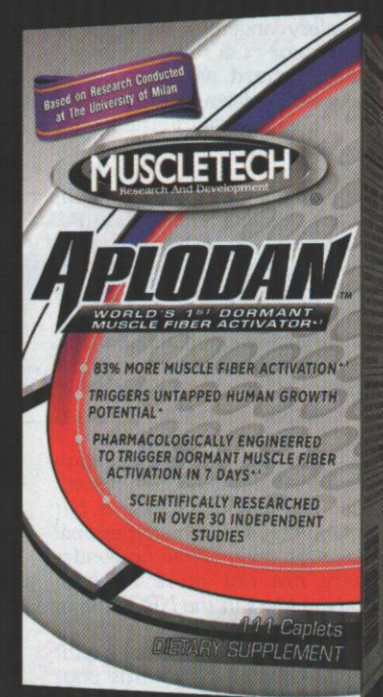


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BEN WHITE
- 2007 Bench America Champion

With Aplodan™, Ben White has already benched 605 pounds – raw. Convinced that Aplodan is a potent powerhouse, Ben is returning to powerlifting, and he's hungry for more weight and a new PB as he climbs toward 1,000 pounds!

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Experience the potent, strength-boosting effects of Aplodan – the latest advancement in powerlifting technology – and become a record-breaking powerhouse!



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.

HARD CORE GYM #71

HardCore Gym with Guns and Guards (Gym #71 is in Afghanistan!!!) as told to Powerlifting USA by Rick Brewer



The Crew ... these guys work, work out, live and die with each other.

Last month, we visited Brute Strength Gym in Norfolk, where High School lifters, powerlifters, and strongest-man competitors peacefully coexist without friction. But would they still get along if they all carried AK-47's in the gym and swore to kill each other? A famous man once said that an armed society is a polite society, and I do believe that guns often keep the peace. But most gym environments would be a little different with loaded AK-47's in every corner; in fact - they might be just like our Gym # 71, which is in Afghanistan. As you may know, there are many American diplomatic security forces all over the mid-east. Most of these guys are ex-military, all are heavily armed, and certainly all are muscular and hopefully dangerous. But where do they train? Let's ask our friend Greg Richard, who is on one of these security teams in Afghanistan:

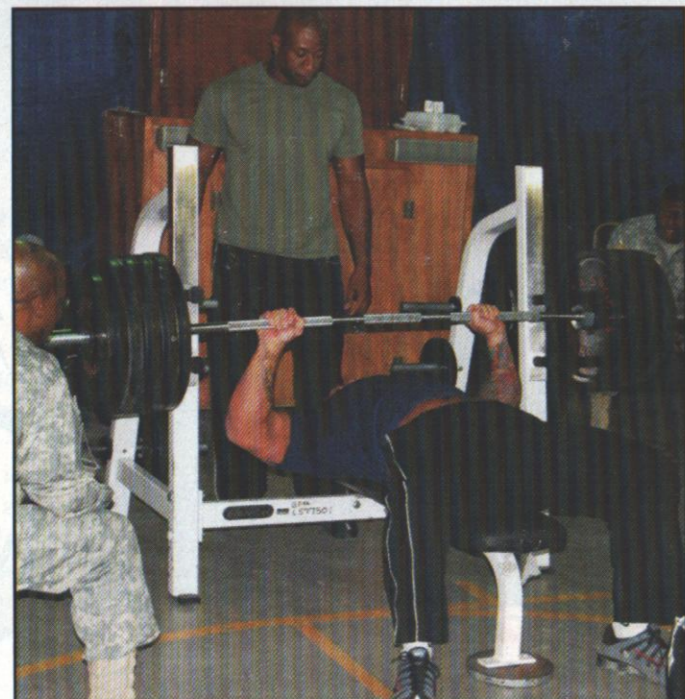
"Besides military installations - which require Department of Defense and installation IDs - there are very few gyms for American, British and other expatriates to use. Currently we are living in the local economy - trying to blend in; building hearts and minds. The gyms in Afghanistan are very spartan, but they do have the basic essentials: free weights, flat benches, and squat racks. (There are no other accessories.) We currently train at the Hindu Kush Gym Club.

Hindu Kush is the Afghanistan National Bodybuilding Champion's gym. He has over 200 clients, but only makes \$4 US for each personal training session. (Wow; no wonder there are not more Afghani bodybuilders in the NPC!! Rick) Your recent donations (from HOP) will publicize the good-natured spirit of US companies towards poor Afghan lifters. As we enter the

Hindu Kush Gym Club, amongst other Afghan, and many other nationalities - we must set aside our weapons (while we train). We always have one of us with full battle kit on (they keep one member of the group armed), in case of a situation developing - but to be honest, it's all about jacking steel.

By the way, while we train - there are 2 Afghan security guards armed with AK-47s provided by the gym owner. This helps to insure our safety, in order to get our training done, and prevent unwanted Taliban or suicide attempts. This is as hardcore and dangerous as it gets.... that's why we need HOUSE OF PAIN gear!

I will continue to support



The Camp Eggers Bench Press Meet ... that's 485 lbs. on the bar.

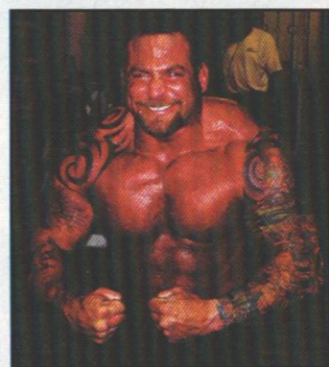
HOUSE OF PAIN products because they are simply the best.

I have contacted other hardcore powerlifting companies, but no response... you are the first to respond. I'm excited about the photo shoot and article. I'm glad that you took first chance to get in on it. I may write a powerlifting article, complete with photos showing the standards and hardships of lifting - in the iron sport - in a war torn country. Maybe we'll take more black and white photos of the gym, training, AK-47's and Americans punishing themselves hardcore in the gym.

Here in Hindu kush there are American lifters, Brits, Australians, Canadians, and many Afghani lifters."

GREG RICHARD
US DIPLOMATIC
SECURITY SPECIALIST

How many of you Personal Trainers want to work for \$4 per hour? How many NPC champs want to earn \$4 an hour? As I talked to Greg over a few months, we learned more about his guys, got cool photos of lifters - and even found a US military powerlifting meet there in Afghanistan for Americans. *Because Blackwater was a similar private diplomatic security force, I had also asked Greg about the accusations against that particular organization.. You may recall that Blackwater is a US-based private diplomatic security force that recently drew criticism for everything from unjustified shootings to steroid abuse. Greg's crew seems stable in comparison, and I naturally wondered what he thought about



Bodybuilding even in Afganistan

the Blackwater crew. Back to Greg for his various responses:

"There is a Military Powerlifting meet 30 Nov, 2007. The US military men and women have been busting their butts for this contest, but there are very few rewards, if any. However, for publicity it will be aired on TV, by AFN (Armed Forces Network), and will appear in the Army Times news paper.

We go on missions daily and, of course, I can not break operation security, but I see no reason why you couldn't run a hardcore gym session of US and Afghans busting their guts in the gym. I hear you loud and clear on the down low.... no worries. The gym is unique.... fully armed guards with AK-47s and all the bells and whistles. They let us keep one of our own men in full kit as well in case s*** hits the fan!

My guys will absolutely love this most are hardcore lifters, MMA fighters, Thai boxers (one guy trains in Thailand every 8 weeks for a month), and we have a bad ass boxing trainer who works us out 3-4 times a week, but I'm primarily the weightlifter. I love House of Pain gear, and when we are decked out in HOP - we do a good Afghan gym session with heavy weights and guns. Sometimes we throw a fight or two in there (over plates)!

Hey thanks for the response.... over here a little goes a long way!

I feel bad for Black Water, it is a huge organization. They have done some good things. But when you get that big, vetting isn't properly done, and you get s*** like this that effects us all.

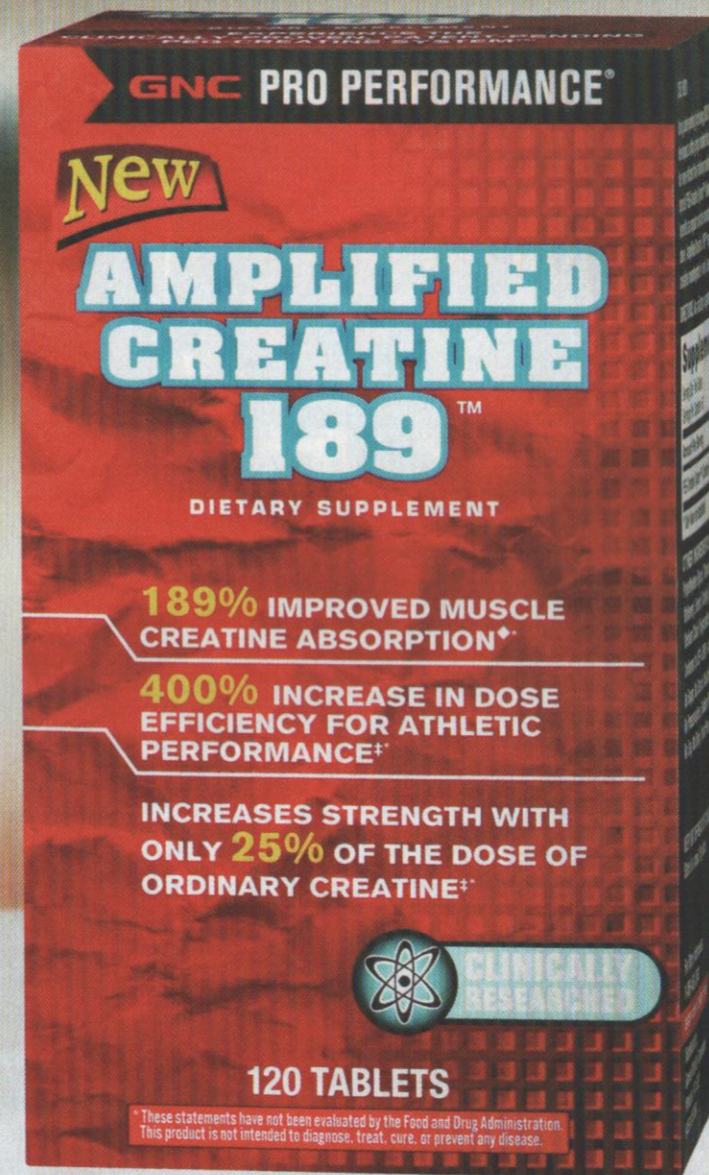
My team consists of 2 US Army Rangers, 3 US Special Forces, 5 British paratroopers, 1 Australian, 3 South Africans, 1 British Royal Marine, 4 Canadian JTF2 (SF) and 2 British SAS. These are GOOD

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NEW

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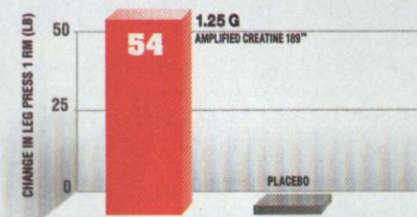
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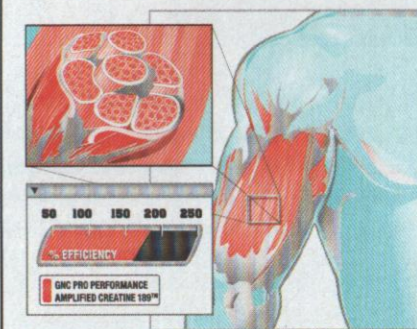
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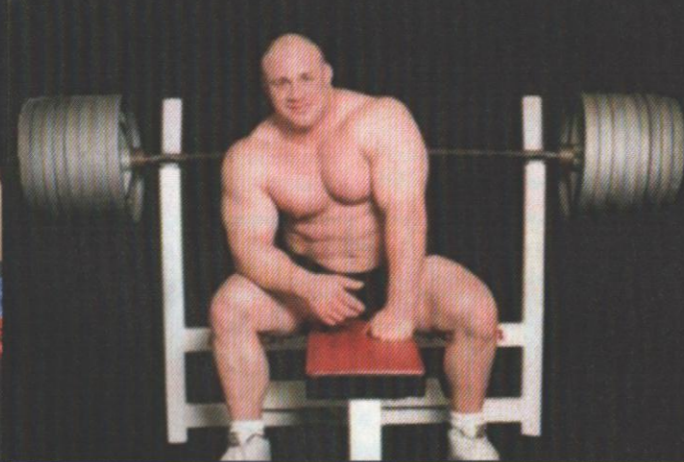
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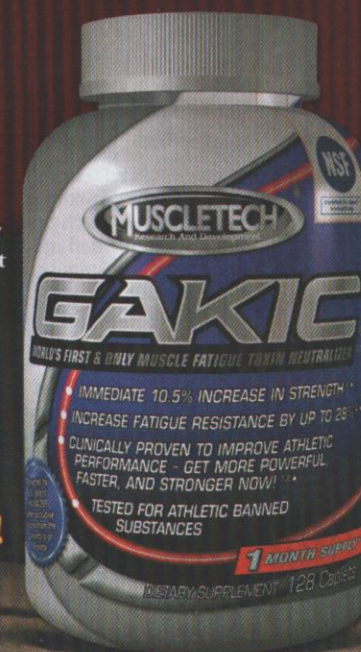
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POWER - RESEARCH

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

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

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

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

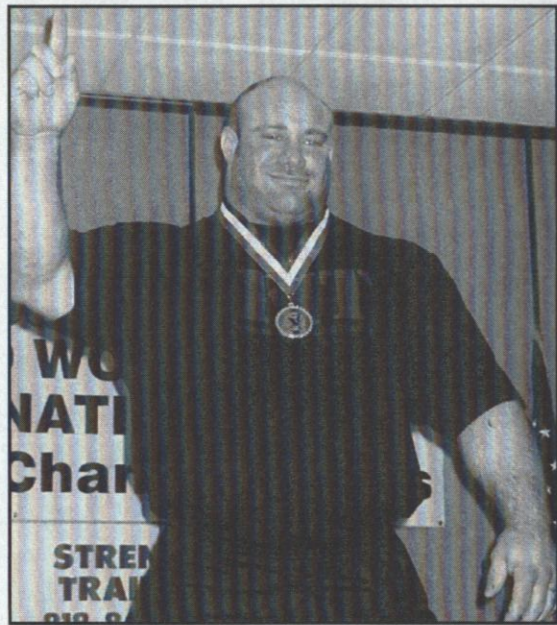
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

5) The calcium 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 tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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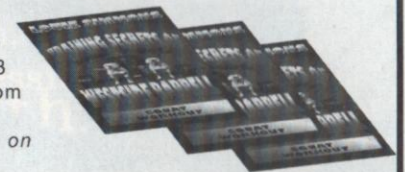
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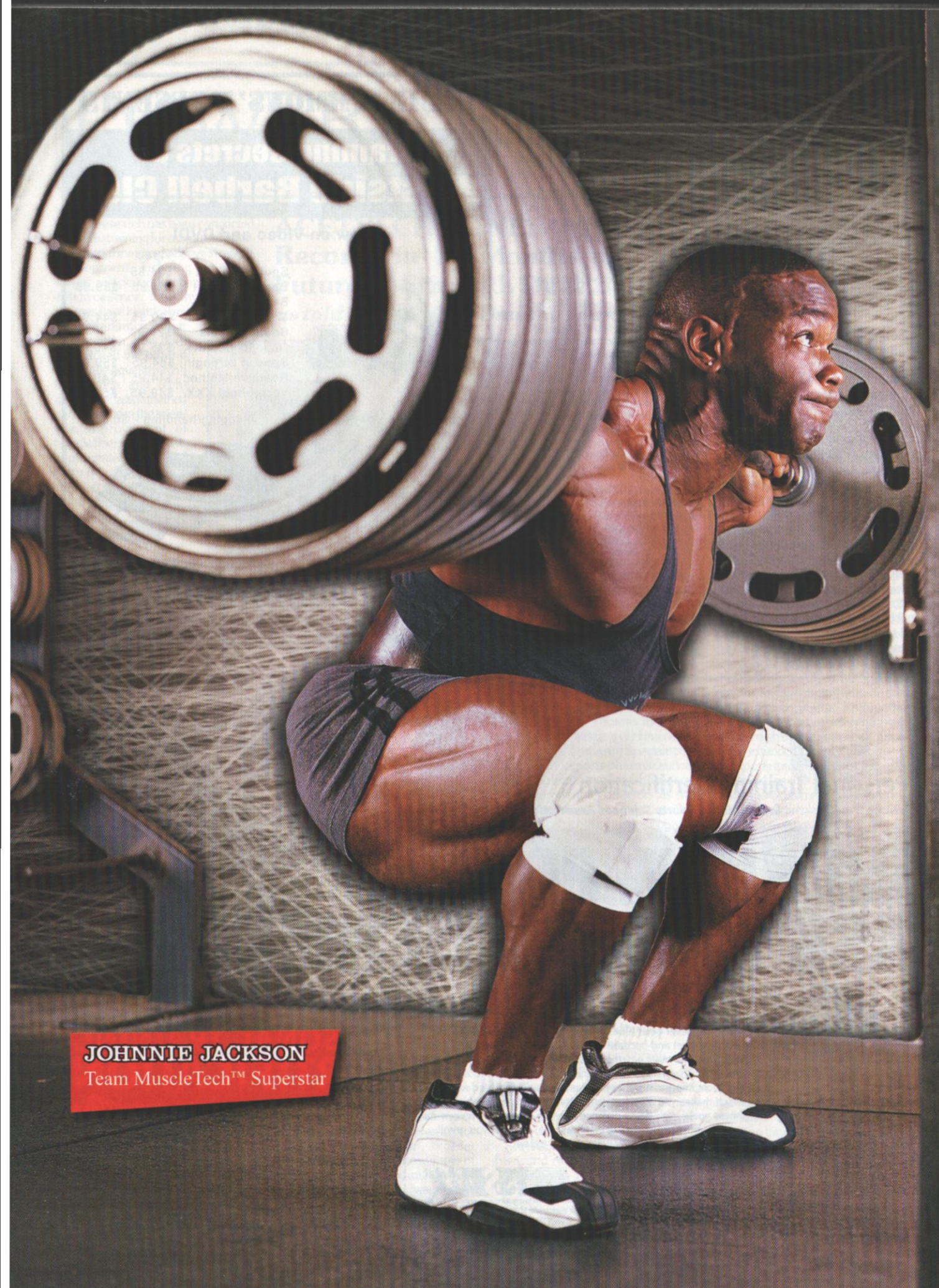
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PLEASE HELP ME!

Q: I really like your column each month but there is one problem; I don't follow your advice. The reason is because I eat a ton of junk food and a large percentage of my meals are fast food. I do exactly the opposite of what you recommend. I want to get my diet plan on track but it seems I have no will power. On top of that it seems like a pain prepping all the meals and taking supplements throughout the day. I was wondering if you could give me some ideas to get me started. I know this may seem like a very basic question but the reality is I need it. I know for a fact there are a lot of other powerlifters out there just like me, but they won't admit to it. Please help me out as my latest blood readings from my doctor are really bad. My bad cholesterol is through the roof, and my good cholesterol... where the hell is it? It's so low that my doctor said that I am a prime candidate for heart attack in the coming years. I have four beautiful children and I really want to be around long enough to see them get married and have children of their own. I would hate to think that my eating habits will cut valuable years off my life. Please help me out. I really want you to set me straight and give me that push I so desperately need!
Sincerely, **Salvatore Diproffettis**

A: I know exactly what you are going through. You see, the majority of the North American population is going through the same thing. Even elite athletes in our sport fight with the same. Starting and actually sticking to a healthier eating plan is something a lot of people fail at and that is why America has one of the highest rates of obesity in the world. What I am going to do is give you some basic tips and also some words of encouragement that will hopefully get you out of the nutritional slump that you are in. I am going to layout some very basic tips below for you but remember you need to walk before you can fly. So we have to start right from the bottom and work our way up.

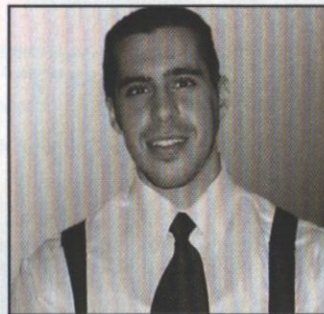
You have to make up your mind once and for all ...

This is the first and the most important point I am going to make. Eating clean and getting your nutrition on track is a mindset for victory. If you are serious about taking on your health conditions and becoming the best powerlifter that you can be then this is reality. A lot of people won't like to hear this, but this is what separates the men from the boys. If you are totally focused on what you want to accomplish, there is very little to

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

stop you. I consult with all types of world class athletes. The main thing that the best all have in common is the mindset of a champion in all aspects related to their sport. This is the case even if one of those aspects is something they don't like or even hate. If you are determined to be a champion then no matter what you have to do to get to the top, it shouldn't be a problem for you to work on. Of course, I don't want you to go out and break the legs of the guy in your class that keeps whipping you in the squat. Your mind is the strongest muscle you have and if it's programmed to fail then that is what is going to happen. If it's programmed for victory then it's only a matter of time before the gold is yours!

Make a game plan ...

Here is another very important point. You need a plan of action that is going to get you on track. When you are planning a contest outing, you lay out a complete game plan for all your workouts. You figure out all the weights that must be hit in each workout before the contest. At the contest, don't you determine your attempts in advance to make sure that you break that record? Of course you do and this is what I am talking about. The problem is most powerlifters don't put his kind of preparation into their supplementation planning. Remember this - if you fail to plan then you are planning to fail. Get a plan written down on paper and organize it to best suit your goals. You should also keep a daily journal - this is something I do with all my athletes whether they like it or not. This record will keep you on track and if you screw up you will see it right in front of your face. This way you are accountable for everything you put in your mouth.

Stick to your game plan ...

Now that you have a game plan worked out, the next part of the equation is to stick to it. Once the game plan is dialed in, it's time to implement it, day by day, week by week until you accomplish what you want to do. Don't think just because you have designed your plan of action that you can't make adjustments to it to make it best suit your needs. I am talking about

about decades of studied knowledge and as much if not more of application in the gym and on the competition platform. They know more about training than most lifters could dream of. If you need help to figure out how you are going to lose 50 pounds and maintain your strength, get help! Don't be shy, and don't be arrogant, because there is always someone smarter out there!

Start slowly don't rush it ...

If you are one of those over enthusiastic teenagers that wants to do as much as you can all at once, take a step back. If you are one of the middle age overweight guys who hates eating clean as much as getting his teeth pulled, take it slow. Rome wasn't built in a day and neither are the world champions of this sport or any other. For the teenager who is running on jet fuel in terms his love of training he may try and do everything under the sun all at once without realizing he is doing more harm than good. IF 8 sets of 3 reps is good for benching then he will do 16 sets of 8 reps. More is better, right? WRONG! The same thing will go for his nutrition plan. They may try and go from eating three meals per day to ten because they read this is what Garry Frank did to set his All Time Total record. Or they will start taking 20 different nutritional supplements with many of them overlapping each other and wasting a lot of money in the process. Start with the basics and go from there. You won't lift what Gary does after a year of powerlifting, so why try and eat like him. Everyone is different when it comes to their training and nutritional needs and abilities so you have to do what is best for you, not what you may think is best for you.

Seek out help ...

Here is something a lot of people don't do because they think that they know everything. This is the wrong mentality because you will stop yourself from learning. When you think you know everything, this is when you truly know nothing. A true expert in any field will tell you the same. Just when they think they know everything there is to know about a certain topic someone pops up and opens their eyes to something they never even thought possible. It's not a problem to simply ask as many questions as you need to, and you shouldn't ever feel stupid for doing so. If I am designing a training plan I don't feel stupid to ask an expert like Louie Simmons or Matt Wenning about how to get the most out of bands or how to do advanced circa max training. The reason is because they are experts in the field. They are guys who have done their homework with text books and in the gym. We are talking

Prepare your meals in advance ...

You may not like the sound of this but it is a must. That is unless you live in a 20 million dollar home in Dubai, and have maids and master chefs that prepare all your meals for you at your beck and call. Most likely, you are lucky if you can get your wife to heat you up some two week old macaroni and cheese left over from the kids. And that's on a good day. Prepping your meals in advance will be the best way for you to stick to your game plan. There is nothing like not having your meal prepared ahead of time to destroy your dedication. It goes like this: "Oh it looks like Shirley forgot to pack my lunch of chicken and asparagus. I guess I will just stop by KFC for a family size bucket of greasy chicken and wolf down a double pack of French fries." Heck, it was Shirley's fault anyways. It was because of her that I had to go out and devour 8000

"... Your mind is the strongest muscle you have and if it's programmed to fail then that is what is going to happen. If it's programmed for victory then it's only a matter of time before the gold is yours!"

calories of fat and grease. Heck, she even made sure that I got a regular cola and not a diet. Man, what that women does to me! I have heard stories like this over and over. The reality is when they tell me these stories they really believed it wasn't their fault.

Bring a cooler bag to work ...

You have to take responsibility for your meals and there is no better way to make sure they are always with you. IF you have your cooler bag loaded with your meals and healthy snacks then it is a lot harder to throw it to the side and go and eat a pound of grease eased down with some sugary goodies. The more you tie

yourself to your plan, the better the chances are you will stick with it. At the beginning it's not going to be fun. While your friends are going out and eating all those heart clogging burgers it can be tempting. Or when they go on gluttonous rampages at an "All you can Eat" buffet at lunchtime, it can be disheartening to sit there with some whole wheat pasta and turkey meat balls. Believe me, I know what you are dealing with, but in the end you are the one that is going to have to deal with the consequences. If that means heart disease or diabetes is on your plate, remember, your friends won't be there when you are taking 5 injections of Insulin every day for the rest of your life just so you can exist. With Powerlifters getting them to go to the gym is not a hard task, as they all seem to love to hit the iron. On the other side of the coin trying to get them to take responsibility for their health and following a proper nutrition plan is tough. It's like I am asking them to give me their first born child. All the while they aren't doing it for me; they are doing it for themselves!

Reward Yourself ...

You heard that right, I said reward yourself. What I mean by that is that you need to take note when you are doing well with your

plan. Let's say that you have just completed the first three weeks of your plan and you haven't broken down once. That is great and you should be happy you had the will power to not touch all the junk you were known for shovelling down your throat on a daily basis. This means you should schedule yourself a cheat meal. Yep, it's time to go out and have a little fun. I didn't say go have a crazy night out with the boys eating and drinking everything in sight, only to awaken in a frothy pool of your own vomited ninety-nine cent cheese dogs and peach schnapps, in some gothic girls apartment that you have never met before. That may have been a little extreme but you get the point. It's time for you to go out and enjoy whatever you want - for one meal. If you have been craving a juicy steak or a cheeseburger with a slice of cheesecake, go for it. Try your best to keep it under control a little. Don't wolf back 20 White Castle Jalapeno burgers and an entire 2 pound coffee cake at one sitting. I know a lot of you boys can do that easily so don't go overboard, but enjoy. Remember you shouldn't have to get your stomach pumped every time you do a cheat meal. Moderation is the key!

Stay the Course ...

Alright, this is not a State of

the Union Address or any other Presidential rambling. What I will say to you is that you do have to stay dedicated to what your goal is no matter what. If you want to make a difference in your training or your health it will not happen overnight. To increase your squat or add 200 pounds to your total, it doesn't just happen magically in a couple days. If you want to accomplish your goal you have to get down in the trenches and make it happen. And the way to make it happen is to tough it out even when you don't feel like it. Actually the time when you don't feel like doing it is the time you should really kick yourself in the ass and force it. This shows your true inner determination. This isn't something anyone else can give you. It's all you baby. Remember it's easy to start something hard but the true victor is the one that stays the course and makes it happen under all circumstances, no matter what barriers stand in your way. That is the hallmark of a champion not only in Powerlifting, not only in sports, but in life!

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

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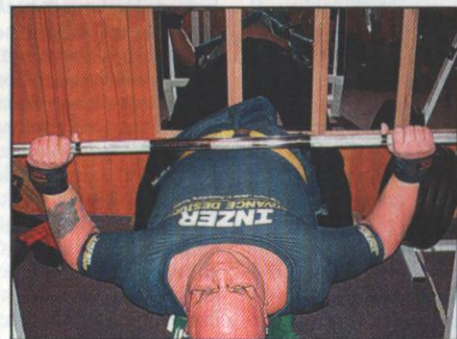
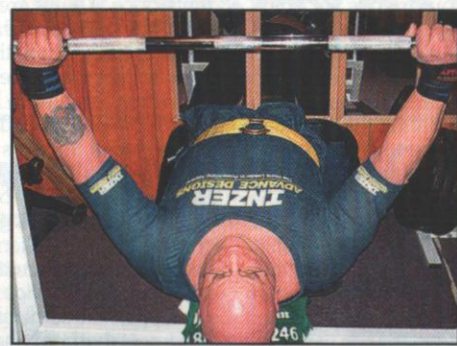
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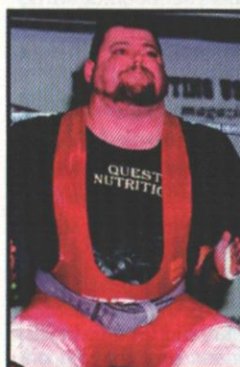


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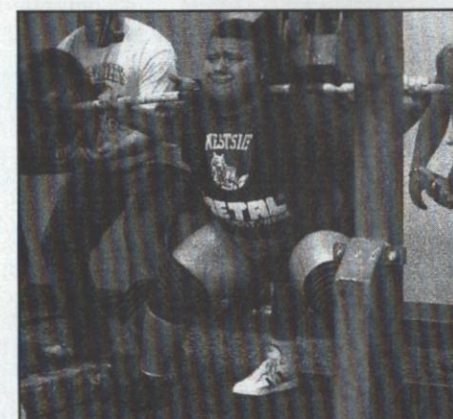
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WESTSIDE TRAINING

TEEN LIFTING

as told by Louie Simmons



Dave "Neutron" Hoff in action. (D. Simmons)

There has been much said about lifting and age. Everyone has their viewpoint. The United States, for the most part, will start young, 8-10 years old, in a particular sport such as football, baseball, basketball, boxing, and wrestling. It's almost always sports specific. That is, they participate in the sport with no prior general physical preparedness (GPP).

In the old Soviet countries, there were sport institutes that prepared the youth age 12 and above for sports but not by playing a certain sport, but by a well-prepared process of GPP. This is general mobility, flexibility, dexterity, endurance, hand/eye coordination, balance, and strength. For example, pushups, pull-ups, rope climbing, medicine ball work, kettle bell work, and some running and short sprints are done. They produced the model athlete for their sports system. Children were chosen for the sport that suited their physical, mental, and emotional qualities. Neither the child nor the parents were able to pick the sport.

Here in the United States, football is huge. Go to any park and a million kids are playing football. Of course, only a small percentage will go on to play college ball, and even fewer will go on to the NFL. But all that sprinting, jumping, and agility drills formed the GPP for power lifting.

Kenny Patterson started lifting at Westside at 14 years old and became the youngest to bench press over 700 pounds and hold an open world record at 22 years old with a 728 bench at 275 body weight. Mike Brown benched 735 at 19 years old, still the biggest bench by a teen. Mike has gone on to

total over 2500. Dave "Neutron" Hoff, at 16, squatted 805, benched 515, and deadlifted 650 at 220. Now at 19 years old Neutron has made a 1005 squat, a 680 bench, and a 745 deadlift, to total 2430. This is the largest and only 1000-pound squat by a teen and the biggest total by any teen at any weight.

How did Kenny Patterson, Mike Brown, and now Neutron make the lifts they did? When they came to Westside, each was placed in a group of advanced lifters. Instead of one coaching many, many coached one. Bob Coe and Gritter Adams oversaw everything Neutron did. He was surrounded by top 10 lifters to help in his development. He could easily handle the physical work, but more important to me was the fact he could cope with the mental process of learning the methods and with the never-ending expectations placed on him. Like those that preceded him, Neutron has the most advanced methods at his disposal.

Like Mike Brown, Neutron uses a lot of foam box squatting, lowering his regular box and placing a 7-inch foam pad on top. This makes box squatting very taxing on the muscles. It feels like there is no bottom in the squat. This causes better balance and feels somewhere between a regular squat and a box squat. On max effort day he does rack pulls with and without bands, good mornings with a variety of bars, Zercher squats, fronts squats, or Manta Ray squats. When he feels fatigued, he will do only hypers, glute/ham raises, lat work, sled work, and abs. There are many exercises to choose from on max effort day. He will do 3 or 4 exercises and rotate them according to his needs. By switching exercises frequently, the central nervous system is never fatigued. The max effort exercises are rotated weekly. The special exercises are rotated whenever

progress slows or boredom sets in. Neutron does very little special exercises after the main workout. He is biomechanically suited to squat, bench, and deadlift; thus his training is geared toward that fact. Pavel would say that Neutron is a model athlete. On speed squat day bands and chains are used 95% of the time. Occasionally he will use free weights while squatting on foam. He will stand on foam and sit on foam about 25% of the time. About 60% of the workouts are done sitting on foam only, but always sitting on some kind of a box. He will warm up in gym shorts, then groove briefs, and will use what gear it takes on very heavy work days.

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His bench workout looks the same, but he never uses a bench shirt on speed day. Nine sets of 3 reps with three different grips are used. Mini-bands, monster mini-bands, or 2 or 3 sets of 5/8 inch chains are used to accommodate resistance in many combinations. Triceps extensions with dumbbells or barbells are done every workout and with as high volume and high intensity as possible. The lats are second on his list. He then does pull-downs, rows with barbells or dumbbells, chest-supported rows, upper back, rear and side delts, and some hamstrings and curls to end the workout.

On max effort bench day the workout changes each week. The following can be done: floor press with just bar weight, with chains, or bands, regular bench with chains or bands, incline or decline press, weight releasers, ultrawide-grip or close-grip bench, and dumbbell press at different angles. This is the conjugate system.

Changing the rate of bar speed on dynamic day, changing the amount of bands or chains on the bar, or adding a hanging kettle bell to the bar causes a chaotic state. The lightened method with overhead bands of different strength can also be done.

Science tells us that doing the same exercise for 3 weeks with a weight of 90% or greater will cause progress to stop. By switching the main core exercise each week, you can continue to make progress indefinitely. How? By not negatively affecting the CNS. This holds true for speed day as well. By switching the accommodation resistance, one can avoid the speed barrier. This is when one feels he cannot move the bar any faster regardless of how hard they try.

As you can see, we train a teen like an advanced lifter, just by training by percents and picking the correct special exercises to complement his weaknesses. Only time will tell how far he can go, but so far there's no stopping Neutron.

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• **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.

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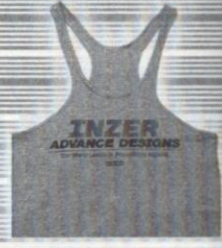
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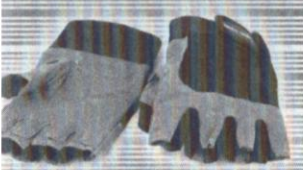
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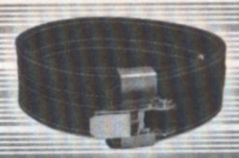
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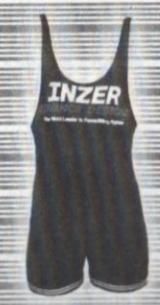
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ASK THE DOCTOR

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

Dr. Di Pasquale: Last Wednesday I tore my left pectoral for the second time in ten years. I was going a bit heavier on bench presses than I had in the past, and it tore again. It appears to be about 20-30% torn, and my doctor advised I can start training chest again in about eight weeks. This was the same course of action I took for the first one. My question is twofold. First, do you recommend any treatment during the eight weeks? Also, do you think substituting Hammer Strength Bench Presses for barbell bench presses would reduce the chance for future injury? Thank you, Alex

Hi Alex: My usual recommendation for tears like yours is to let it heal without any drastic intervention in the form of various growth factors. The one thing I could recommend is my Joint Support (have a look at <http://www.mdplusstore.com/pdfs/jointsup.pdf>) not because it's one of my products but because it's the only supplement on the market that provides the matrix and also supports the healing environment for musculoskeletal injuries. I have several therapists and orthopedic surgeons who prescribe Joint Support for their trauma and surgical patients. The only other supplement I would consider and which could be stacked with Joint Support is GHboost (see <http://www.mdplusstore.com/pdfs/ghboost.pdf>) as it will increase tissue levels of IGF-I and GH and thus aid in the healing process.

As far as substituting hammer strength bench presses for barbell I think it would be a good idea to spread the work load between the two and see how your body responds. I've had some issues myself with my bench presses and that's what I do to ease the overall stress that benching puts on the muscles involved in the bench press. Best regards, Mauro

Dear Dr. Mauro:

I just have a question, How many grams of sugar of will create an insulin spike? Thank you, David

Hi David: If you take it alone as little as a teaspoon will cause a spike with the amount of insulin secreted proportional to the

amount of sugar you take in. Insulin response to glucose, other sugars, amino acids, fatty acids, and nutrients is complex. Some of the confusion arises when extrapolating from murine studies. I've copied the citation and abstract below, and attached a paper that you may find useful and that will help answer some of the questions you may have. Best regards, Mauro

DIABETES. 2006 Dec;55(12):3470-7. NUTRIENT CONTROL OF INSULIN SECRETION IN ISOLATED NORMAL HUMAN ISLETS. HENQUIN JC, DUFRANE D, NENQUIN M. Pancreatic islets were isolated from 16 nondiabetic organ donors and, after culture for approximately 2 days in 5 mmol/l glucose, were perfused to characterize nutrient-induced insulin secretion in human islets. Stepwise increases from 0 to 30 mmol/l glucose (eight 30-min steps) evoked concentration-dependent insulin secretion with a threshold at 3-4 mmol/l glucose, K(m) at 6.5 mmol/l glucose, and V(max) at 15 mmol/l glucose. An increase from 1 to 15 mmol/l glucose induced biphasic insulin secretion with a prominent first phase (peak increase of approximately 18-fold) and a sustained, flat second phase (approximately 10-fold increase), which were both potentiated by forskolin. The central role of ATP-sensitive K(+) channels in the response to glucose was established by abrogation of insulin secretion by diazoxide and reversible restoration by tolbutamide. Depolarization with tolbutamide or KCl (plus diazoxide) triggered rapid insulin secretion in 1 mmol/l glucose. Subsequent application of 15 mmol/l glucose further increased insulin secretion, showing that the amplifying pathway is operative. In control medium, glutamine alone was ineffective, but its combination with leucine or nonmetabolized 2-amino-bicyclo [2,2,1]-heptane-2-carboxylic acid (BCH) evoked rapid insulin secretion. The effect of BCH was larger in low glucose than in high glucose. In contrast, the insulin secretion response to arginine or a mixture of four amino acids was potentiated by glucose or tolbutamide. Palmitate slightly augmented insulin secretion only

at the supraphysiological palmitate-to-albumin ratio of 5. Inosine and membrane-permeant analogs of pyruvate, glutamate, or succinate increased insulin secretion in 3 and 10 mmol/l glucose, whereas lactate and pyruvate had no effect. In conclusion, nutrient-induced insulin secretion in normal human islets is larger than often reported. Its characteristics are globally similar to those of insulin secretion by rodent islets, with both triggering and amplifying pathways. The pattern of the biphasic response to glucose is superimposable on that in mouse islets, but the concentration-response curve is shifted to the left, and various nutrients, in particular amino acids, influence insulin secretion within the physiological range of glucose concentrations.

Dear Mauro: Does glutamine need to be cycled? Thanks, Chris
Hi Chris: That's a good question and the answer you get depends on who you're asking. If you ask someone who doesn't believe we need supplements, just the right food, then the answer might be not to take the glutamine in the first place. If you're asking someone in the supplement business, the answer might be to take it year round as your body will

determine what it will do with the glutamine, i.e. use it for replenishing depleted states, turning it into glucose (gluconeogenesis), synthesis of glutathione, involvement in ureagenesis and ammoniogenesis, protein synthesis, or simply oxidizing it as a cellular fuel.

My answer would be that it's a good idea to cycle all supplements, except perhaps for your basic one a day, antioxidants, and essential fatty acids as these act as foundation supplements. The reason behind the cycling is that I'm not sure just how the constant long term use of one or more supplements will affect the body in the long term. As such, I tend to advise people to use supplements when you need it the most and cut back when you don't. In the case of glutamine's useful in all forms of stress, since trauma, surgery, burns, ischemia, infections, fasting, malnutrition and of course exercise, all deplete the body, including the gut, immune system and muscles, of glutamine. So I would use the glutamine under more stressful conditions such as when you're training hard, especially if you're overreaching, rather than at times when you're either taking a break from training or just coasting. I hope this information is useful. Best regards, Mauro

WHAT THEY ARE SAYING ABOUT.....

THE POWERLIFTING TIMELINE ©

-Paul Kelso's unique history wall chart -

THOMAS KLOSE ... 'Terrific work!'; BOB GAYNOR ... '...excellent job!'; JOHN INZER ... 'The depth...thoroughness...quality are outstanding ... extraordinary.'; RIDLEY DALE CRAIN ... '... it is really neat.'; TONY CARDELLA ... 'Looks great!'; JOE ROARK ... 'Paul ... feel free to plug it on my site. No, wait, I will plug it!'; DENNIS UNITT ... '... a must for every powerlifting fan.' (INT'L POWERLIFTER); JOE WOLF ... 'The amount of work and research...had to be incredible.'

WHO DID IT? WHAT HAPPENED? WHEN?

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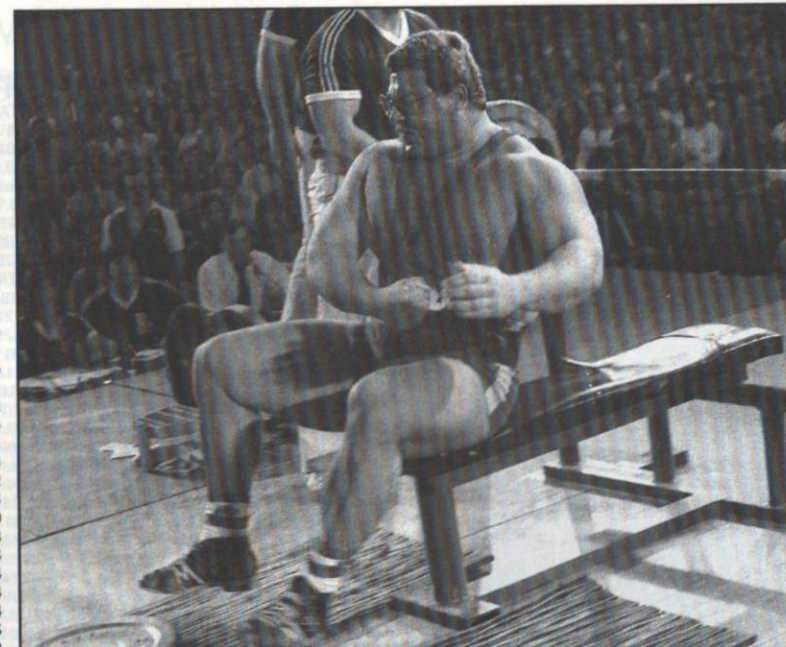
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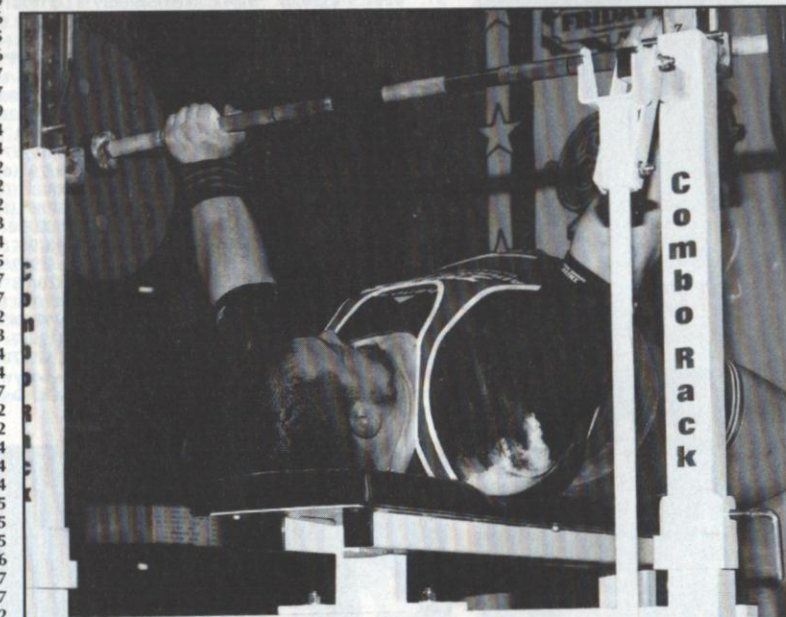
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IPF Men's Worlds 600 lb.+ Bench 1971-2007 by Brad Gillingham

Rank	Name	Class	KG	LB	Place	Year
1	Midote-Japan	125+	350.5	772	Miami, USA	2005
2	Siders-USA	125+	337.5	744	Capetown S. Africa	2004
	Sandvik-Finland	125+	337.5	744	Miami, USA	2005
4	Svensson-Sweden	125+	330	727	Solden, Austria	2007
5	Yarymbush-Ukraine	125	325	716	Miami, USA	2005
6	Svensson-Sweden	125+	322.5	710	Miami, USA	2005
7	Mirowski-Poland	125	320	705	Miami, USA	2005
	Wahlqvist-Sweden	125+	320	705	Solden, Austria	2007
9	Siders-USA	125+	317.5	699	Vejlje, Denmark	2003
	Lehto-Finland	125+	317.5	699	Solden, Austria	2007
11	Midote-Japan	125+	315	694	Solden, Austria	2007
12	Lehto-Finland	125+	312.5	688	Stavanger, Norway	2006
13	Sandvik-Finland	125+	310	682	Capetown S. Africa	2004
	Midote-Japan	125	310	682	Stavanger, Norway	2006
15	Williams-USA	110+	306.1	675	York, USA	1971
16	Midote-Japan	125+	305	666	Trencin, Slovakia	2002
17	Yarymbush-Ukraine	125	300.5	662	Capetown S. Africa	2004
18	Midote-Japan	125+	300	661	Solkamo, Finland	2001
	Midote-Japan	125+	300	661	Vejlje, Denmark	2003
20	Williams-USA	110+	299.4	660	Harrisburg, USA	1972
21	Muravlev-Ukraine	125+	297.5	655	Miami, USA	2005
22	Midote-Japan	125	295	650	Akita City, Japan	2000
23	Staerkjaer-Denmark	125+	292.5	644	Vejlje, Denmark	2003
24	Muravlev-Ukraine	125+	290	639	Capetown S. Africa	2004
	Sedmik-Czech Rep.	125+	290	639	Capetown S. Africa	2004
	Svensson-Sweden	125+	290	639	Capetown S. Africa	2004
	Papazov-Ukraine	125	290	639	Capetown S. Africa	2004
28	Freydun-Ukraine	100	290	639	Miami, USA	2005
29	Lehto-Finland	125	287.5	633	Vejlje, Denmark	2003
	Svensson-Sweden	125+	287.5	633	Vejlje, Denmark	2003
	Freydun-Ukraine	100	287.5	633	Capetown S. Africa	2004
	Bowling-Great Britain	125	287.5	633	Stavanger, Norway	2006
33	Bondarenko-Russia	125+	285	628	Miami, USA	2005
	Harris-USA	125+	285	628	Stavanger, Norway	2006
	Krymov-Ukraine	90	285	628	Solden, Austria	2007
	Mardell-Canada	125+	285	628	Solden, Austria	2007
37	Kazmaier-USA	110+	282.5	622	Dayton, USA	1979
	Cardella-USA	125	282.5	622	Capetown S. Africa	2004
	Suslov-Russia	110	282.5	622	Miami, USA	2004
40	Staerkjaer-Denmark	125+	280	617	Trencin, Slovakia	2002
	Sedmik-Czech Rep.	125+	280	617	Trencin, Slovakia	2002
	Papazov-Ukraine	125+	280	617	Vejlje, Denmark	2002
	Wahlqvist-Finland	125+	280	617	Vejlje, Denmark	2003
	Thompson-Gt. Britain	125+	280	617	Capetown S. Africa	2004
	Gayanov-Kazakhstan	125	280	617	Miami, USA	2005
	Bondarenko-Russia	125+	280	617	Solden, Austria	2007
	Randen-Norway	125	280	617	Solden, Austria	2007
48	Gillingham-USA	125+	277.5	611	Trencin, Slovakia	2002
	Svensson-Sweden	125+	277.5	611	Vejlje, Denmark	2003
	Kupcsik-Hungary	100	277.5	611	Capetown S. Africa	2004
	Suslov-Russia	110	277.5	611	Capetown S. Africa	2004
	Gillingham-USA	125+	277.5	611	Solden, Austria	2007
53	Papazov-Ukraine	125+	275	606	Trencin, Slovakia	2002
	Siders-USA	125+	275	606	Trencin, Slovakia	2002
	Arvai-Hungary	125	275	606	Capetown S. Africa	2004
	Bowling-Great Britain	125	275	606	Capetown S. Africa	2004
	Gillingham-USA	125+	275	606	Capetown S. Africa	2004
	Malanichev-Russia	125	275	606	Miami, USA	2005
	Cardella-USA	125	275	606	Miami, USA	2005
	Harris-USA	125+	275	606	Miami, USA	2005
	Randen-Norway	125	275	606	Stavanger, Norway	2006
	Barkhatov-Russia	110	275	606	Solden, Austria	2007
	Spingl-Czech Republic	125+	275	606	Solden, Austria	2007
64	Kuc-USA	110+	272.5	600	Harrisburg, USA	1972
	Hedlund-Sweden	110+	272.5	600	Dayton, USA	1979
	Moran-USA	125+	272.5	600	Dallas, USA	1984
	Collins-USA	125+	272.5	600	Jonkoping, Sweden	1993
	Gillingham-USA	125+	272.5	600	Akita City, Japan	2000
	Arvai-Hungary	125	272.5	600	Vejlje, Denmark	2003
	Fedorenko-Russia	110	272.5	600	Miami, USA	2005
	Cardella-USA	125	272.5	600	Stavanger, Norway	2006



Lars Hedlund (SWE) held the IPF World Bench Press Record in the early years.



Brian Siders (US) will likely take over the lead on this list at his next IPF Worlds.



Kenneth Sandvik (FIN) interviewed by BP great Markus Schick.



Daisuke Midote (JPN) has been prolific as a big time bencher at the Worlds.

Recently, I was asked by a student in my weightlifting class at Albany State University, "Who is the greatest bench presser of all-time?" What he was really asking was, "Who is the greatest superheavyweight bench presser of all-time?" which would seem a lot easier to answer. WRONG! I pondered the question for five solid minutes, but couldn't come up with an answer. Then he asked me who the best superheavyweight bench presser in the world was today. I mulled over that question for a good five minutes and couldn't come up with that answer. Finally, he asked who the best superheavyweight bench presser in the world was when I competed. Not only could I answer that question right off the top of my head, but I could also tell him who the best bench presser was in every weight class, without much forethought.

When I got home that night, I started thinking about the initial question that my student asked, "Who is the greatest (superheavyweight) bench presser of all-time?" My mind constantly wrestled with that question until ten o'clock when Beyoncé's MTV videos came on.

The next day when I got to my office I looked up Michael Soong's rankings of the Top 100 bench pressers of all-time. Talk about adding chaos to confusion, there was no less than 15 powerlifting organizations on the list whose governing rules I can't keep up with. I am not even sure if some of these organizations even have written rules.

Obviously, the first name on the list was Ryan Kennelly who recorded a mindboggling 1050 pound bench press. Of course, Kennelly used a bench press shirt to accomplish the feat. I was told by a number of authorities in the sport that the shirt he was wearing when he did the 1050 pound bench press gave him between 300 and 400 pounds. I was also told that the shirts that produced many of these otherworldly bench presses are so tight that the lifter literally has to pull the weight to his chest and then the weight springs up past his sticking point. Consequently, the lifter is basically doing a lock-out. Now for a lifting shirt to enhance an athlete's bench press by more than 30 percent is in itself astonishing and a little scary. To be honest, the first thing that ran through my mind was "How safe is that?" If the shirt allows an individual to lift 30 percent more than his maximum, what happens if the shirt blows out? I would think that would lead to a serious injury, which I believe is contrary to what the shirts were initially designed for... safety. That is just a thought in passing and a discussion for a later date.

The real issue for me at the time was Kennelly's 1050 bench press. For a human being, I am assuming Kennelly is a human being, to unrack 1050 pounds, lock it out, lower it to his chest and then drive it back up to a locked-out position is absolutely incredible. I don't care what he was wearing. The feat almost defies human comprehension. I doubt seriously if there are a handful of superheavyweights who could even lock-out 1050 pounds let alone bench press it. I would also venture to say that you could wrap every one of them in a pallet of Kevlar and denim and they couldn't duplicate that lift. When I was in the best shape of my life, I couldn't roll 1050 pounds across the gym. Although, I really don't like the use of equipment that is designed to enhance performance, I would have to say that Kennelly's accomplishment is one of the greatest feats of strength in the history of man. I won't say it was a great bench; I will say it was an incredible feat. Either that or I am missing something.

Now, if it is true he was getting 300 pounds on his lift, (that sounds like a lot but a number of people told me that) I would assume he could bench press

DR. JUDD

Who Is The Greatest Bench Presser of All-Time? as told to Powerlifting USA by Judson Biasiotto Ph.D.

750 pounds raw which would still make him the greatest bench presser of all-time since the record without a shirt is Scot Mendelson's 715 pounds.

However, if he were getting as much as 400 pounds from the shirt, which is hard for me to believe, his raw lift would not even put him in the top ten. If that were the case, Mendelson would be the best bench of all-time except for the fact that I was told other guys on the list such as Gary Frank, Gene Rychlak, Anthony Clark and Jamie Harris used shirts that gave them significantly less of an advantage on the bench. How much less? From the people I talked to the estimates ranged from as little as 50 pounds to as much as 300 pounds depending on the shirts they were wearing. This just made the issue more perplexing.

The more I researched the matter the more it became quite clear that because of the equipment used from one organization to another and the difference in rules from one organization to another it was impossible to really know who was the greatest of all-time. For instance, some organizations allow one ply shirts, others two ply and others unlimited number of plies. The material which is allowed to make the shirts also varies from federation to federation which makes things even more confusing. Some shirts are made of denim, others canvas, and some polyester. The federation you lift under determines what type of shirt you can use. It goes without saying that a bench press recorded under the rules in one federation can not be compared to a bench press recorded under the rules of another federation.

What does all this mean? I guess it means that being ranked number one on the all-time list doesn't necessarily mean you are number one. It could mean you are actually... well, number five, or number ten or number fifty. And being number ten really might not mean you are number ten, you may actually be...well, number one, number thirty or number seventy. And fifty could be seven, and seven could be four and four could be fifty and so on and so forth. Who can figure?

One thing that bothers me most about the rankings is that a guy like James Henderson is not even ranked in the top 50 on Soong's all-time top hundred. Now, I may be biased because James is a good friend of mine, but I doubt seriously if there are 2 or 3 guys better than James in the bench press, and there is certainly not 50 guys better than him. Actually, James just might be the best of all-time. One thing I will say is that the lifts he recorded were all done wearing only a T-shirt and with strict officiating.

What bothers me most though about all of this is the factionalism it is causing in our sport. Let me say straight out that I am all for equipment if it is designed for safety. Let me also say that I have nothing against someone using a ten ply denim shirt laced with Kevlar if the organization he is lifting in sanctions such equipment. If I were lifting in a federation that allowed such equipment, I would use



Judson Biasiotto Ph.D.

it too. I would be a fool not too. (I know I am stretching it a little with the ten ply thingy.) And I certainly don't think that the guys who lift in such federations are not great athletes. It is obvious that some of them are the best in the world. Still, all these organizations and all of this equipment that is designed to enhance performance by 20 and 30 percent are destroying the sport. I didn't say hurting the sport. I said destroying the sport. To be quite candid, I also think it is hurting the lifters because many people in and out of the sport think that their lifts are bogus. Consequently, these great athletes, instead of getting credit for their athletic ability, are looked at by many people as phonies and their lifts cartoonish, which is sad to me. If you don't believe me, do an independent study on that.

The International Powerlifting Federation (IPF) president Norbert Wallauch made some rather poignant comments about the bench press shirts on the market that I would like to share with you. He said:

"The increasing number of no-lifts in this discipline, along with the many bomb-outs and the dangerous situations lifters and spotters often meet; please let us consider implementing necessary changes to avoid Bench Pressing that becomes more and more ridiculous. When you watch lifters not being able to touch their chest with the bar due to a much too tight a shirt, or when spotters have to thank God that nothing serious has happened when a lifter is slipping the bar onto his chest or his shirt has blown up. From a sporting fight for strong people, the Bench Press has moved to a fight of manufacturers who challenge each other by producing fabrics which are thicker and less stretchable... It is often not the lifters who achieve new records but mostly the material they use. I want to say it frankly: Some manufacturers have outrun our rules, and on the other hand some of our approval staff has in the past been much too broad-minded. But shall we now keep it as it is and wait until our sport is completely destroyed? I say no, and I expect from the manufacturers that their interest should not only be to make business, but also to serve the sport.

Other federation's lifters may use what they want - multiply denim or even armours out of leather and metal - but we want to preserve Powerlifting as a serious sport which shall have a chance to once become a recognized member of the Olympic Movement. Let us walk this way together."

Actually, he was only talking about single ply shirts here. I can only imagine what he thinks of unrestricted use of shirt materials and plies. Still, I have to agree totally with Wallauch. I wish that one day powerlifting will once again unite as one solid entity the way it was initially. I know that maybe be a little idealistic, but that is my wish. In order for that to happen, there most likely would have to be compromise... if that means using one or even two ply shirts so be it... but if the sport is to survive, there has to be unity and consistency. Also, athletes (and the manufactures of equipment as Wallauch suggests) will have to start doing what is best for the sport rather than what is best for them. In the long run, though, what is best for the sport will be best for them because if all of this continues the way it is going powerlifting will be reduce to rubble... when that happens no one will give a damn who the best bench presser in the world is.

DR. JUDD BIASIOTTO

STARTIN' OUT

SQUAT GEAR

as told to PL USA by Doug Daniels

Several years ago I got adventuresome and took scuba diving lessons. One of the drills was to throw all our scuba gear such as mask, air tank, flippers, etc. into the deep end of the swimming pool and then dive in and put all of it on while under water and come up with it all on. There was a certain order that you would follow in putting on the gear. The first thing you did was put the mouth-piece from the air tank in your mouth to breathe. Then you proceeded to put the rest of your gear on in the prescribed fashion. I believe using squat gear in competition and training should also follow a prescribed method by which each piece of gear should be added. There are numerous opinions on how this can best be done. Some believe a lifter will get best results when a full complement of gear is used throughout the contest training cycle. There are others who believe that by using it sparingly during training, best results will be achieved. I guess I'm just a middle of the road guy on a lot of things and the use of squat gear in training is one of them. To accomplish this, you must have a plan to incorporate squat gear into your routine as the meet nears. The best way to illustrate what I mean is to lay out an 8 week cycle leading up to a contest.

Before I get to the contest training routine, I suggest that during the time prior to your contest training cycle, which I call the 'off season', a lifter limit his squat gear to a light belt for the top set. During this off-season period, the goal is to build strength, not to demonstrate it. At one of my company's safety meetings, the use of a lifting belt at the work place was brought up. Some companies supplied workers who lifted heavy objects on the job with a type of lifting belt. This was seen as a way to decrease back injuries. What these companies found out was instead of a decrease in back injuries; there was an increase. In reality, the belts substituted for strong abdominal muscles and the workers lost strength in their abs. When they lifted objects off the job without the belt, they suffered back injuries due to weakened torso muscles. By minimizing the use of a belt and other gear, your supportive muscles will be forced to strengthen.

When we begin the 8-week contest phase, we can start to add squat gear into our routine. In this example, we cut our reps on our heavy days down to 5's for the first 3 weeks. We would use a belt and add knee wraps on the third week of the heavy sets. The sets and weights might look something like this: 135 x 8, 225 x 5, 315 x 5, 355 x 5, 335 x 5, 315 x 5.

On the third set, add a thin belt, the fourth and fifth sets add wraps, and on the last down set, use only the belt. I would strongly suggest not using any gear at all on your light day, but if you must, limit it to using a light belt on the heavy sets.

By adding equipment in this manner, you'll get an extra kick from each piece of gear. This will make the weight seem easier because of the support each piece of gear contributes.

The next 3 weeks concentrate on heavy sets of 3's. During this period we would add an older or less tight squat suit. If you do not have

an older suit, use what you have. The progression goes like this: 135 x 8, 225 x 5, 315 x 3, 355 x 2, 395 x 3, 375 x 3, 345 x 5.

On the third set add a thick belt, add knee wraps on the fourth, and then add a squat suit with the straps down on the fifth. On the last two sets use only knee wraps and a belt. This gradual introduction of the squat suit will provide the previously mentioned 'kick' while slowly accustoming you to the use of the squat suit.

During the final 2 weeks we would use full squat gear on the top sets. But again, each piece of gear is added progressively as the weight increases. Here we would attempt a single: 135 x 8, 225 x 5, 315 x 3, 355 x 1, 395 x 1, 435 x 1, 415 x 1, 355 x 5.

On the third set, use a thick belt and knee wraps. On the fourth, add your competition squat suit with straps down. On the fifth and sixth sets, pull up the squat suit straps. For the last set, lower the straps to finish. The light day would be eliminated, and you would squat once a week. This helps to reduce the chance of over

training so close to the contest.

I feel that a lifter needs time to get used to the feel of squat gear. This is especially important to a newer lifter who has had little experience using squat gear. Each piece of gear has a distinct impact on the feel and the execution of the squat. More experienced lifters have a better idea of what to expect and may not need such a gradual process of adding gear. By progressively introducing squat gear through the contest training period, as well as each training session, you will continue to build strength and acclimate yourself to your competition gear. This will also add to your confidence, which is key to lifting to your capabilities.

When a lifter competes, he should be using all the squat gear that the rules and his budget allow. He must also be familiar with their effects during a competition squat attempt. Just like in scuba diving, there is an optimal order in which to put on your squat gear. Your use of squat gear is as integral factor to your success in the squat as is your training methods and nutrition.



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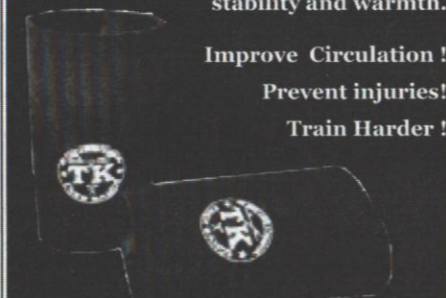
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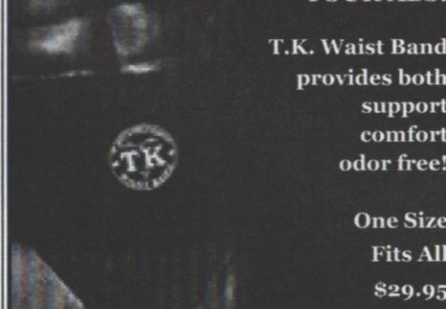


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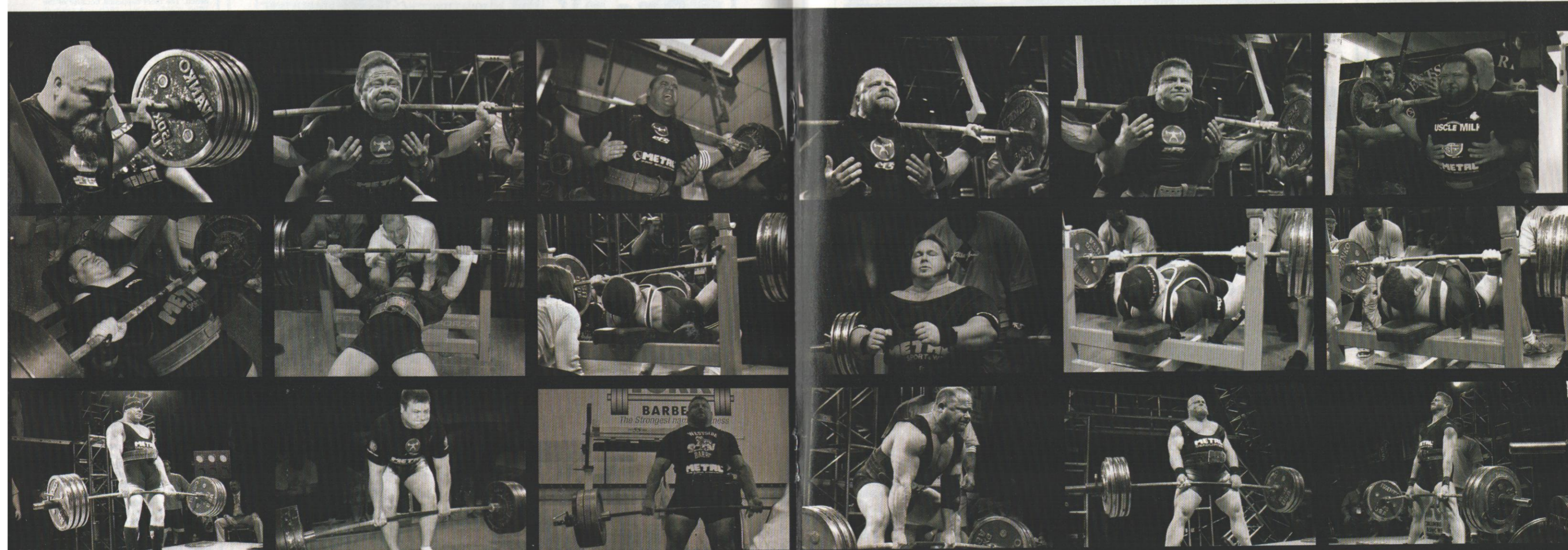
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23 FEB, WV VA BP (Beckley, WV) Donald Robbins, 304-320-9072
23-24 FEB, USAPL Florida State Open (Miami) Robert Keller, Box

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24 FEB, 18th Winter BP/DL Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com
29 FEB - 2 MAR, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600
1 MAR, APC California State, Bob Packer, 555-322-6805
1 MAR, Police & Fire Nationals (Kansas City, KS) JDuree@aol.com
1 MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplchair@aol.com
1 MAR, Dutch International PL/BP, Fitness Centrum Butzelaar, Bouwerskamp 21, 8301 AE Emmeloord, Holland, www.wppowerlifting.com
1 MAR, NPA Midwest Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292
1 MAR, USPF National Qualifier (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com
1 MAR, Macomb Salvation Army ADFPF Record Breaker & International Qualifier (unequipped, equipped, PL/Single - Macomb, IL) Tim Piper & Judith M. Gedney 309-837-2111, www.adfpf.org
1 MAR, SPF Kentucky State PL/BP (Mt. Washington, KY) Jesse Rodgers, 423-344-7161, roddersmadmax@bellsouth.net, www.southernpowerlifting.com
1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL (Mexico, MO) Bill Duncan, 410-474-1071
1 MAR, SLP Memphis Open BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9,

sonlightgym@verizon.net, www.sonlightpower.com
1 MAR, WABDL California State BP & DL (Holiday Inn, Chico, CA) Gus Rethwisch 763-545-8654 or 503-901-1622
1 MAR, NASA BP Nationals & Power Sports Equipped & Unequipped BP & Pro Qualifier (Denver, CO) 405-527-8513, Rich Peters, Box 735, Noble, OK, 73068, SQBPDL@aol.com
2 MAR, APA Maine Winter Games BP, DL, PP, Overhead Press, SC, Strength Sports (New Gloucester, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247,

scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm
2 MAR, New Jersey High School Drug Free PL (high school only) Paul Sacco, 609-567-0046, paulsacco567@comcast.net
2 or 9 MAR - WNPF Ohio State (Youngstown, OH) Ron Deamicis 330-792-6670, powerit@aol.com
7-8 MAR, USAPL Military/Armed Forces Nationals, James Henderson-Coffey, 2490 Hallmark Dr., Pensacola, FL 32503, 850-748-7565
8 MAR, NASA Police, Fire & Military Nationals, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (KC, KS) Jim Duree, JDuree7086@aol.com
8 MAR, NASA Southeastern States, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Bristol, VA/TN) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

APF/AAPF WPO Schedule

- 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
- 15 MAR, APF Charleston, SC
- 15 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
- 29 MAR, APF/AAPF Michigan State
- 29 MAR, APF Hawg Farm BP
- 5-6 APR, APF/AAPF Snake River PL/BP/DL
- 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

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IBP South Carolina Championships
27 OCT 07 - Seneca, SC

Table listing IBP South Carolina Championships results for Female and Male categories, including age groups like 165 lbs, 198+ lbs, and 148 lbs, with names and scores.



Outstanding Lifters at the IBP South Carolina Championships included Gary Bolton, Aslynn Halvorson, William Brothers, and Neil Bolling. (photograph courtesy of Meet Director Keith Payne)

Table listing lifters G. Bolton, R. Stovall, and others with their scores in various categories like Open Raw, Submaster, and 198 lbs.

WNPF Pennsylvania
16 SEP 07 - Ephrata, PA

Table listing WNPF Pennsylvania results for Women and Men categories, including age groups like 148 lbs and 181 lbs, with names and scores.

Table listing Open Raw and Subs Raw results, including lifters Miller and Ramberger with their scores.

SPF Record Breakers
1 DEC 07 - Chattanooga, TN

Table listing SPF Record Breakers results for Women and Men categories, including lifters D. Haro, M. Maddox, and others with their scores.

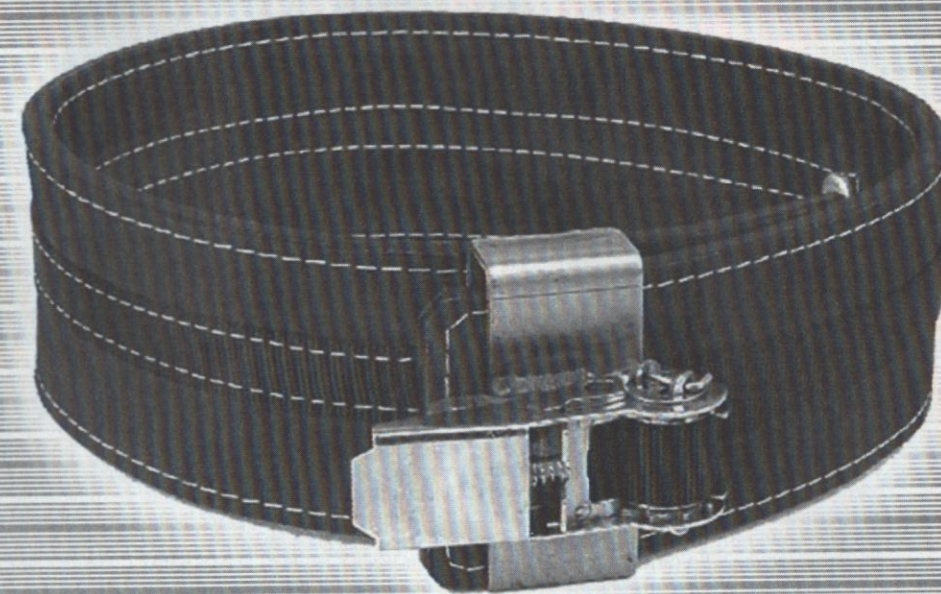
Table listing Powerlifting results for Women and Men categories, including lifters Brown, Larson, and others with their scores.

Monk, Jr! (60-69) Raw Griffith 198 lbs. Lifetime Raw Walmer Burne 400 260 430 1090... Best Lifter Single Lift: Curt Dennis. Best Lifter Powerlifting: Chris Janek.. We want to take time to thank everyone that took part in this event, the lifters, workers, Officials, and even the people that took time to come and watch. Thanks you everyone. The Officials were, Sam Byrd, Rick Posey, Nicky Peppers, Derek Minor, Justin Abnee, Victoria Rodgers and the meet Director was Jesse Rodgers. (Thanks to SPF President Jesse Rodgers for results)

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(continued from page 23)

1979 Third Place World Championship (Dayton, Ohio)
1978 Hawaii Invitational Champion, Senior National Champion and World Champion (Turku, Finland)
1977 Senior National Champion and World Champion (Perth, Australia)
1976 Senior National Champion, 2nd Place World Championship, Pan American Champion
1975 National YMCA Champion, Pan American Champion Became First man under 200 to pull over 800lb
1974 National YMCA Champion
1973 National YMCA Champion
1972 World Champion, Light Heavyweight Division (York, PA)
1971 National YMCA Champion
1970 Broke World Deadlift Record - National Champion
1970 National Collegiate Champion

My best unofficial pull was 880 lbs at 200 lbs body weight. In competition, my best pulls were:
- 821.2 lbs in the 198 class
- 811.3 lbs in the 220 class
- 750.5 lbs in the 181 class

CM: You had a very unique deadlifting style. Tell us a bit about that and how you developed your technique.

VA: You know, I was never one to over-analyze my training technique. My particular style was something that came naturally and felt best and strongest for me. I always felt the KISS (Keep it Simple Stupid) principle was best. On the opposite end of the spectrum, I had a training partner who was very methodical in his approach. He studied and analyzed every nuance of his form. This guy truly had the potential to be one of the strongest men in the world, but I felt he cheated himself out of that chance with paralysis by analysis.

CM: Vince, everything about powerlifting training was different when you were at your peak. The gear (bench shirts, suits etc.) were either non-existent or dramatically different than the gear of today. The training equipment was different as well; chains and bands were not part of the repertoire back then. With that said, yourself and the best of your generation were able to build absolutely awe-inspiring strength and set some records which still stand today. Tell us a bit about your training. What methods did you find worked best? Do you have any "secrets" that can help the strength trainees of today?

VA: Chris, I have always kept my training fairly simple. There are many different training methodologies these days and there have been champions from each camp. In the end, heavy progressive resistance training coupled with recovery is what makes you bigger and stronger. The "secret", if there is one, is the bulldog mindset! You set a goal and you don't let go of it until you have achieved it. The best of the best in any endeavor all share that common trait, **dogged determination!**

CM: Vince, your point is well taken. I definitely think there is a place for the conjugate method and various other training modalities and



Vince pulls at the 1977 Senior Nationals in LA.

apparatus, but the end-game is heavy and hard. A current strength **freak** that comes to mind who exemplifies this is Jeremy Hoornstra. To my knowledge, his training routine is much like that of a bodybuilder, yet the guy is probably the strongest benchner ever having done well over 600 lbs raw at only 242 lbs.

Vince, this talk about hard and heavy training has me curious, was your training influenced at all by the great Bob Peoples?

VA: Well, I did not pattern my training after that of Bob's per se, but I had and have a tremendous amount of respect for the man. When I first was coming to prominence he was a living strength legend. In fact, I had read about him in junior high and to this day have a book he wrote. Actually, I have an interesting Bob Peoples story. I was the first man to pull over 800 lbs at under 200 lbs of body weight. The first time I did it in competition was at the 1975 Senior Nationals. After the pull, this older gentleman approached me to congratulate me. Surprise, surprise, it was Bob Peoples! I wanted so badly to get a picture taken with him, but as things go I got sidetracked speaking with other lifters and by the time I tried to find him for the picture he was gone.

CM: I have that same book Vince! It is titled *Developing Physical Strength*, no? Bob was an absolutely amazing strength athlete. For our uninformed readers, Bob was a powerlifter before the term existed. In fact, he pulled 725 lbs at roughly 185 lbs body weight using a hook grip and no other supportive apparatus in **1949!!!**

Vince, I think you and Bob were cut from the same cloth when it comes to being master deadlifters. To me, you are the living deadlift legend that Bob was to you.

VA: Thank you Chris. I don't think of myself in those terms, but if you or anyone else feels that way I am truly flattered.

CM: Please provide us the specific deadlifting routine you followed prior to your all-time best pull.

VA: I worked my way up to heavy singles. I would warm-up with sets of 10, 8, and 6 reps. I would then start my singles with 80% of my estimated or tested 1 rep maximum (1RM). Next, I would do a single with 90% and then a final one with 95%.

The readers may find it interesting that I almost never pulled

from the floor. I did what I call "negative accentuated" pulls. I would take the bar from the rack and emphasize the eccentric portion of the movement by slowly lowering it to the ground. I would allow the bar to come to a dead stop. I would then perform an explosive positive.

Partials from varying heights were also regularly included in my training. I was able to move some pretty crazy weight with the partials. I once got 1050 lbs from mid-knee level.

CM: There is a saying that great men stand on the shoulders of giants. If we want to be great, we must build on the foundation laid by the giants of the past. Thus, I am always excited to pick the brain of someone who has done something I aspire to do (in your case pull over 800 lbs at less than 220 lbs). I firmly believe in learning from the experience (sometimes the mistakes) of others. What, if anything, would you do differently relative to your strength training if you could do it all over again?

VA: I wouldn't really change the way I trained per se. As I mentioned above, I once pulled 880 lbs at 200 lbs body weight in training. About my only regret is that I did not cycle my training to hit that peak in a meet!

CM: You competed with and against some of the greatest powerlifters in the history of the sport. In your opinion, who was the greatest powerlifter you ever encountered?

VA: I hate these questions because I don't want to leave anyone out. If I do, please forgive me. The names that jump into my head are Don Reinhoudt, Larry Pacifico, Roger Estep, Jerry Jones, and Ricky Dale Crain.

CM: Did you adhere to any special dietary practices?

VA: When trying to make weight I would use a low carbohydrate diet. It is funny, my former dietary practices are a case of I wish I knew then what I know now. Actually, your question brings to mind a story. I was in Perth (Australia) in 1977 for the Senior

Nationals. I used my low carbohydrate approach to make weight. I was under weight the night before the weigh-in and had a terrible craving for some candy. Needless to say I went out at 3 A.M. and bought some candy bars. I ate them, but drank nothing. Later that morning I made weight. I then went and drank a bunch of water. Wow! In short order the sugar drove the water into

my muscles and they just blew up! My strength went through the roof! I had inadvertently carb-loaded. I had no idea what carb-loading was, but man, I knew what it did! Lol, like I said, I wish I knew then what I know now.

CM: Vince, tell us another story. I am sure you have a ton of them.
VA: Ok, I think this is a good one. Back in 1977 I roomed with my buddy Lamar Gant (editor's note: Lamar was an incredible lifter in his own right, still holding the record for the deadlift in the 123 lbs class with 639.3 lbs!) while competing at the World's in Perth (Australia). Lamar had won his class the day before and had gone out to celebrate. Lamar and I both liked to chase the ladies back in those days.

I had gone to bed and was awakened in the middle of the night by a knock at my door. I opened the door and was surprised to see Lamar with 5 women! Needless to say, he brought them to party and they came in and instantly started getting amorous with me. Lol, I have to tell you that at that point I did the hardest thing I ever had to do in my life. I had to throw them all out of my room to get my rest as I was competing the next day. I hadn't come half way around the world just to fool around with some women. How's that for dedication?

In the end it was worth it as I won my class and pulled a new world record of 810 lbs in the 198s. All was not lost on the female front either as Lamar rewarded me by bringing one of the women back to go out and celebrate my victory. Lamar, his woman, me and my woman all proceeded to have one heck of a wild 3 days!!! Things were so crazy we almost missed our flight back to the US. We literally arrived at the airport 2 minutes prior to takeoff!

Our teammates had their tour of Australia and we had ours. You guess which was better!

CM: Vince, that is GREAT stuff! Lol, I can imagine your thoughts as you tossed 5 women out of your room!

I want to say thank you again for taking the time to do this interview with me. I am sure the readers of Powerlifting USA will find it a compelling read and I am very happy to be a part of introducing you to a whole new generation of strength athletes. I wish you the best of luck in all of your future endeavors!



Vince pulls at the IPF World Championships



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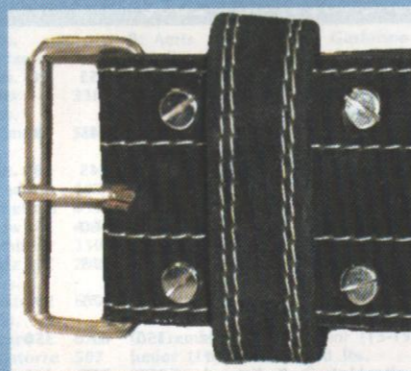
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SPF Ironoberfest
10 NOV 07 - Hartford, AL

BENCH	242 lbs.		
Masters (40-44)	242 lbs.		
Raw	420		
Teen (13-15)	123 lbs.		
S. Smith	140		
Teen (18-19)	220 lbs.		
A. Dead	245		
Push Pull			
Masters (50-54)	242 lbs.		
T. Squerson	340	500	840
Raw			
Teen (13-15)	165 lbs.		
B. Buholz	180	430	610
4th-DL-435			
Teen (18-19)	198 lbs.		
J. Johnson	325	435	715
4th-DL-340			
Powerlifting SQ			
FEMALE			
Raw			
Teen (13-15)	114 lb. lbs.		
L. Smith	225	75	230 530
4th-DL-245			
Teen (16-17)			
H. Faulkner	155	75	215 460
123 lbs.			
P. Slaughter	210	100	245 555
4th-DL-260			
148 lbs.			
(16-17)			
L. Howell	225	105	275 605
MALE			
181 lbs.			
A. Bowen	570	365	585 1520
Raw			
Teen (16-17)			
148 lbs.			
C. Lowery	315	165	385 865
165 lbs.			
N. Stevenson	315	185	350 850
Teen (18-19)			
181 lbs.			
D. Gillen	325	280	450 1055
4th-DL-470			
275 lbs.			
D. Olesen	500	225	470 1195
Open			
165 lbs.			
W. Tindall	315	290	430 1035
259 lbs.			
C. Senese	635	500	605 1740
SHW			
C. Coaker	605	430	405 1440
Police/Fire/Military			
242 lbs.			

T. Helms 375 420 405 1200
 We want to than everyone for coming out and taking part in this event. Also want to take time to thank Bobby and Carol Ann Myers for coming out and taking time to help judge and also thank all the Spotters and loaders for doing a great job. The SPF also thanks Scotty and Heather Cox for putting on this event and doing the great job they always do. Thanks everyone. (results from SPF President Jesse Rodgers)

18th Summer Push/Pull Meet
10 JUN 07 - Granger, IN

BENCH	430		
Masters (45+)	365		
SHW	450		
Masters (60+)	242 lbs.		
198 lbs.			
R. Cuny	275 lbs.		
Natural			
165 lbs.			
Novice			
D. Whitehead	430		
M. Myers	365		
198 lbs.			
K. Warstler	535*		
242 lbs.			
M. Harrison	275		
275 lbs.			
T. Macik	430		
Novice			

275 lbs. L. Boshoven 500
 R. Ford 400 Novice
 Teen (16-17) 275 lbs.
 131 lbs. R. Ford 530
 C. Fawley 160 Teen (16-17)
 165 lbs. 131 lbs.
 E. Eastway 225 C. Fawley 290
 DEADLIFT 165 lbs.
 Youth E. Eastway 345
 115 lbs. Natural
 S. King 200 242 lbs.
 WOMEN C. Mow 600
 165 lbs. M. King 535
 *Central Bench Press League records.
 Kory Wartzler came back with a vengeance after bombing out of his previous meet, getting not one, but two CBPL records on his first and second attempts, 515 and a whopping 535, which should land him in the top 50 in the country, quite an achievement. He wisely passed his third attempt as he had already had a meet of epic proportions. Dustin Whitehead had cut down to 165 with an eye on Rich Salvagni's legendary CBPL record of 475. But unbelievably just a few days before the meet, he had his bag with all his gear stolen. He scrambled around to find a couple replacements shirts, but they both left something to be desired. He still managed a great, top 50, 430, leaving everyone to wonder what might have been. And I had to feel for Matt Myers who's an excellent athlete who did a great, close to the top 100 bench of 365, but had to settle for 2nd. Ryan Ford was also impressive, getting a 400 in his first meet ever. In the deadlift, young Stephen King impressed everyone, getting his 1st 200 at just 115. Again Ryan Ford did a great job for a first timer, getting two pr's and finishing with 530. Both 16 year olds in the meet did a good job; Cameron Fawley getting 290 at 132, and Ethan Eastway making 345 at 165. Crowd favorite Chris Mow made 600 at 242 and with the crowd behind him he made a valiant effort at a pr 650 but it just wasn't quite there. Special thanks to Lynne Boshoven for supplying the deadlift bar. (Jon Smoker)

USAPL Orange County/NYS
27-28 OCT 07 - Pine Bush, NY

BENCH	242 lbs.		
Open	165 lbs.		
T. Albano	485		
C. Parody	395		
Masters II	132 lbs.		
C. Mangra	200		
Masters V	181 lbs.		
B. West	290		
Push Pull			
FEMALE			
148 lbs.			
Teen (14-15)			
S. Blincoe	75	195	270
132 lbs.			
Teen (14-15)			
R. Degennaro	90!	230	320
MALE			
Masters I			
198 lbs.			
R. Landman	—	—	—
Raw			
198 lbs.			
J. Montero	315	570	885
Raw			
220 lbs.			
R. Hanington	290	515	805
Powerlifting SQ			
FEMALE			
Youth (10-11)			
114 lbs.			
A. Sexton	115	60	140 315
123 lbs.			
A. Sexton	115*	70	140 325*
(12-13)			
123 lbs.			
E. Sexton	125	60	150 335
Teen (16-17)			
132 lbs.			
S. Kane	170!	110	235 515!
Junior			
132 lbs.			
N. Relyea	170	100	225 495
Masters I Raw			
132 lbs.			

O. Ceresnak	235	—	285	—
181 lbs.				
E. Brown	225	120	325	670
Masters II				
123 lbs.				
C. Anderson	170	90	265	525
MALE				
Teen (14-15)				
148 lbs.				
T. Decamp	155	100	250	505
Junior				
148 lbs.				
M. Mangra	280	205	325	810
Raw				
165 lbs.				
C. Dejoy	325	335	400	1060
C. Rose	325	285	425	1035
Masters III				
165 lbs.				
K. Buddle	450	210	500	1160
Masters V				
165 lbs.				
J. Jacobs	440	270	500	1210
Masters VII				
132 lbs.				
D. Maier	280	145	350	715
Out of State				
198 lbs.				
R. Landman	315	—	—	—
Masters I				
198 lbs.				
T. Gibson	575	485	650	1710
Open				
198 lbs.				
R. White	490	345	515	1350
Masters V				
198 lbs.				
R. Stahura	330	145	330	805
Raw				
220 lbs.				
M. Schwartz	570	305	600	1475
R. Hanington	440	290	515	1245
C. Lorendo	310	220	470	1000
Open				
220 lbs.				
F. Ball	560	470	630	1660
R. Brunck	610	470	550	1630
R. Hanson	600	370	655	1625
Masters I				
220 lbs.				
R. Brunck	610	470	550	1630
Open				
242 lbs.				
J. Bogart	540	565*	555	1635
Submasters				
242 lbs.				
J. Bogart	540	565*	555	1635

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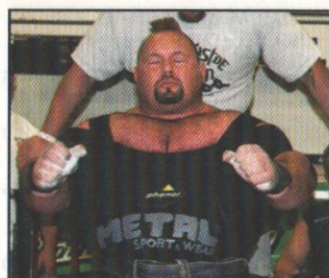
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Rheta West blew away all the IPA Submaster Women's records and won Best Amateur Woman Lifter (article continued from pg. 8)

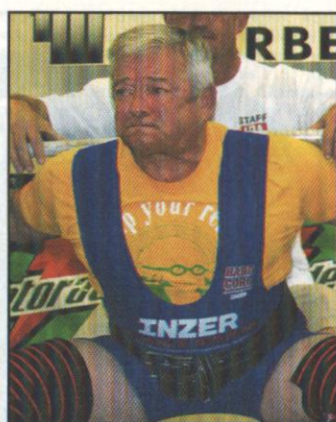
powerlifting and the athletes. Gatorade provided drinks for all the athletes, Westside Barbell, C.A. Weber, and Reliable Equipment for put up \$1,000 each toward the Biggest Three Lifts Challenge, Byer's Tires pitched in \$250 for the best female lifter, and Outback Steakhouse kept us well fed. Full Power Results: Saturday started with a memorable collection of tremendously strong women lifters. In the women's teen division, both girls were record breakers with Sarah Welch breaking two of her own records with a 240 squat and a 230 deadlift; at all of 109 lbs. and 14 years-of-age! Just when you thought 14 year-old Anna McCloskey (181 class) couldn't be more impressive, she smashed all the records with a 535 pound squat, 235 pound bench, and a 430 pound dead lift, totaling a 1200 pound IPA record which earned her the Women's Teen Best Lifter Award. The Amateur and Professional women were no less impressive. Rheta West joined us for the first time and stole the



376 lb. Donnie Thompson won \$3000 and almost totaled 2810

Amateur Women's Best Lifter Award with a 405 pound squat, 235 pound bench, 360 deadlift, totaling 1000 pounds. Rheta's numbers broke all the 148 pound Women's Submaster records. Among the Professional Women, our Ukrainian friend Taisia Kuznetsova took two Best Lifter Awards home for the Women's Open Full Power and the Bench Only meets, plus a bonus \$250 for the best overall woman lifter based on coefficient. Taisia weighed-in at a mere 103.1 pounds and mopped up the competition with jaw-dropping lifts. She broke the squat record with a 385 squat, a 220 bench, broke another record with a 340 deadlift, rounding out her day with a record 1000 total; nearly 9.7 times her body weight. IPA favorite, Elaine Grimwood (105 pound class) joined us after a hiatus since 2005. Elaine took a little time off from the weights to run some long distance races. A quick 12-week training cycle had Elaine back in tip-top shape squatting 330, benching 180, and deadlifting 300. Cheryl Clodfelter lifting in the 198 pound class pulled an IPA record breaking 510 pound deadlift, congrats! Lynne Boshoven, lifting in the 165 pound Women's Master 50-54 division proved herself an IPA record

breaker with three records 500 squat, a 465 deadlift and a 1225 total. Amateur Men's Divisions: In the Amateur Men's Teen division, Sebby Buccheri 181/14-15 went home with the gold and a Best Lifter award with a 475 squat, 275 pound bench, 440 pound deadlift for an 1190 total. The Amateur Men's Junior division was dominated by Michael Welch whose 725 pound squat was a record in both the Men's Open and Junior divisions. Michael's stellar lifting earned him the Amateur Men's Lightweight Best Lifter Award. You're awesome, Michael! There was stiff competition leaving Adrian Griffin and James Adam tied for first in the Amateur Men's Open 198 class. First place went to Adrian Griffin by less than one pound bodyweight at 196.4 to Adam James' 197.3. Both lifters totaled 1755. Chris Del Preore owned the Amateur Men's 220 class with an IPA record-breaking 1950 total. Chris' exceptional performance won him the coveted Amateur Men's Heavyweight Best Lifter Award. In the Amateur Submaster Division, Eric Winter broke the existing IPA record with a 770 pound squat in the 242 weight class winning him first place in his division. Our Master lifters were no less impressive. IPA's loyal follower and all-around nice guy, Sam Glover, Sr. won the Amateur Men's Master Best Lifter award with a 460 pound squat, 365 pound bench, and a 400 pound deadlift at age 64. James Shaughnessy lifted and broke records in both the Master (40-44) and the Police Divisions. James' fourth attempt squat of 725 pounds and 1730 pounds fourth attempt total broke the record in both divisions, while his 485 bench smashed the existing Police Division record. Ted Forbes



Sam Glover Sr. earned Amateur Men's Master Best Lifter honors.

gave us a performance worth noting in the 275 Police Division with an IPA record-breaking 900 pound squat and a 2110 total. In the Elite Amateur Division, Brian Crowe broke his own bench record with 505 pounds; and Brian's records are hard to break! Professional Men's Divisions David Kirschen posted the biggest coefficient number winning the Professional Men's Lightweight Best Lifter Award. While David's numbers broke no records, they clearly earned him the lead with a 750 pound squat, 530 pound bench, 580 pound deadlift, for a winning 1860 total in the Open Men's 181 weight class. Ricardo Ingraver edged out Brett Rapp by a mere five pounds on the total with Ricardo finishing with 1665 pounds in the 198 pound Open class. Rapp squatted an impressive 835 pounds Jason Mink won the 220 pound Open class by 65 pounds leading James Howell who finished with a 1700 pound total. In the 242 pound class, big squatter Jason Cox squeezed out a 45 pound lead over Jim Laird winning with a 2200 pound total. Jason wowed the crowd with his trademark BIG SQUAT of 1050 pounds. Big Jim Hoskinson won both his 308 pound divisions Master (40-44) Open with a 2485 pound total winning him the Professional Men's Master Best Lifter Award. Jim's 2485 pound total and 1085 pound squat are new IPA Records in both the Men's Open and Master (40-44) divisions. Clearly the guy who won the show, again, was Donnie Thompson. Donnie's performance was nothing less than spectacular with an 1140 pound squat, trying 1175 pounds on a third attempt. Donnie followed-up with an 830 pound bench, missing 870 on a third attempt, finishing with an 805 pound deadlift. The crowd erupted when Donnie took an 840 pull to his knees, which had been successful would have broken the existing All-time Record. Donnie won all

the cash for the biggest of all three lifts and won the Professional Men's Heavyweight Best Lifter Award. Congratulations! In the Professional Men's Open Raw 275 Division, Luke Edwards re-wrote the records with a 700 pound squat and an 1850 pound total. Scott Rowe was another multiple IPA record-breaker in the Professional Men's Submaster 220 division with a huge 905 lb. squat, a 610 pound bench and an 1850 total. Bench Only Results: Amateur Men's Divisions: Mark Holdren, competing in the Men's Teen 18-19/198 smashed a record with a 435 bench winning him the Men's Teen Best Lifter Award. Sarah McCaslin at 105 lbs. and age 16 benched a new record 150 pounds in the Women's Teen Division and took home the Teen Best Lifter Award. Robin Kilts (123 pound class) came to York to bench, and bench she did with a 215 pound bench press winning the Amateur Women's Best Lifter Award. Taisia Kuznetsova squarely earned her second best lifter award with a 220 pound bench in the 105 Professional Women's Open Division. Meghann Butler lifting in the 132 pound class, won first place with her record-breaking 175 pound bench press in the Amateur Women's Open Raw Division.



Cheryl Clodfelter made a 510 DI on a 4th. (DiPanfilis photos)

Steven Dussault, broke both the 198 pound Men's Open and Men's Master (45-49) bench record with a big 565 pound bench winning his divisions and the Amateur Men's Master Best Lifter Award. Ronald Yard (275 pound class) never disappoints benching a mammoth 805 pounds in the Elite Amateur Division. In the 275 Men's Master (45-49) Raw Division, Lawrence Short re-wrote the record book with a 435 pound bench press. Also lifting in the 275 class benching an award winning 700 pounds was Richard

Putnam. Richard won the Amateur Men's Open Best Lifter Award. Professional Men's Divisions: The man of the hour, and the biggest record-breaker of the entire meet was Joe Ceklovsky who at a body weight of 148.4 benched 560 lbs., breaking the All-Time Record by 30 pounds on his opening attempt! I guess it's no surprise that Joe took home the Professional Men's Open Best Lifter Award. Notable benches were seen from all the Men's Open lifters weight classes 220 SHW with benches ranging from 500 by Bill Cox to 725 pounds by Zane McCaslin. There were a couple of new IPA records set among the Men's Masters' divisions. Randy Robinson, lifting in the 242 (40-44) group, benched a record 625 lbs., winning him the Professional Men's Master Best Lifter Award! Bob Bellerby benched a huge 500 pounds as a 275 pounder in the 60-64 age group. Bob says 500 pounds earns him the title as the first to accomplish this milestone at the age of 62 years. Many thanks are extended to all of the lifters who support the IPA and our events. Without the help of all our volunteers and the lifters these tremendous events wouldn't take place. Thanks to our scorekeepers and announcer, Michelle and



Mike Welch squatted a new IPA record of 725 lbs. @ 181!!

Glen Bahn, our all-around guy Bill Schlag who can make anything work, Tracey Reeve and Maureen Schlag for taking care of the main entrance and helping to set-up, Gene and Ame Rychlak who provide some of the excellent equipment on the platform and in the warm-up area, Ethel for keeping our bellies full, Ame Rychlak for tirelessly updating the website, to those who helped set-up and spotters & loaders: Al Haun, Derrick Byer, Vinnie Cooke, Richard Safreed, Bill, Paul Martin, Smoke, Stacey Bond, Andy, Kyle Reeve, Nick. To all our judges: Gene Rychlak, Sharon Batiste, Tom Levering, Mark Dimiduk, and Bob Grimwood. Thanks to you all! (Report courtesy provided by Ellen Chaillet)



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State or Providence		Zip Code	Country		
Telephone	Email Address	Date of Birth	Age	Sex	
		Pro		Am	

Sign if above answers are correct. Parents sign if under 18 years. Date

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

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

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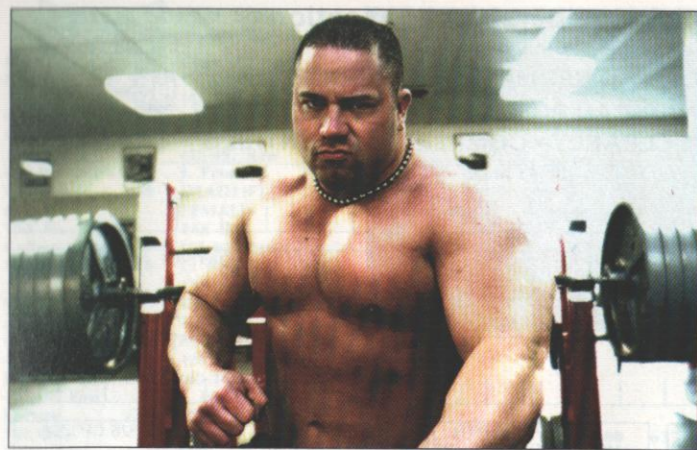
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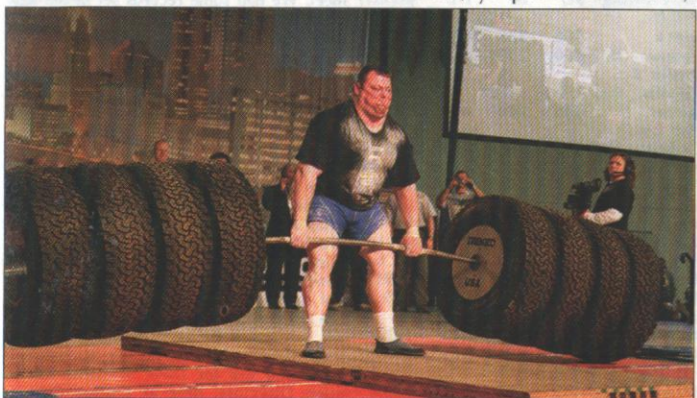
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Team MHP Shatters 2 More World Records!!!!

In powerlifting, the two world records that hold the most prestige are the Bench Press and the Total (bench, squat, deadlift). No one had ever broken the 1,000 bench barrier until then-MHP athlete Gene Rychlak blasted up 1,005 lbs. back in 2004. Then current MHP athlete Ryan Kennelly went on to up the mark and set a new world record with 1036 lbs. Recently, Ryan surpassed his own world record with an amazing 1050 lbs., putting an end to the chance of anyone breaking his record and reign as the World's Greatest Bencher ever! As Ryan was making history, so was another fellow MHP Power Team Member, Brian Siders. After breaking Bill Kazmaier's long standing world record total with 2575 in 2006, Brian recently broke his own record with a mind-blowing 2601. This feat has many of the Iron Game insiders considering Brian Siders to be the best powerlifter ever! Team MHP is on a record-breaking tear. Their team is so far superior that it seems the only World Records left to break are their own!!! (by April Matera/MHP).



N. Wilson	325	455	780
Single Ply			
Master (50-54)			
G. Brown	300	500	800
198 lbs.			
UNL			
Open			
M. Driggers	500	675	1175
Single Ply			
Junior (20-23)			
K. Fulghum	350	510	860
Standard Raw			
Teen (18-19)			
S. Jones	280	465	745
220 lbs.			
Single Ply			
Junior (20-23)			
S. Strickland	305	475	580
Single Ply			
Open			
W. Kelley	420	575	995
275 lbs.			
Standard Raw			
Teen (18-19)			
Z. Moates	325	430	755

USAPL Thunderdome Classic 10 NOV 07 - N. Anson, ME

BENCH				
MEN				
265 lbs.				
L. Beaulieu	350			
275 lbs.				
S. Garbiel	505*			
275+ lbs.				
D. Barbeau	450			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Teen (14-15)				
148 lbs.				
R. Kaplan	315*	185*	325*	825*
Teen (16-17)				
198 lbs.				
A. Pluntke	255	155	300	710
Teen (18-19)				
123 lbs.				
S. Mueller	—	110	—	—
Open				
148 lbs.				
R. Crapo	315	210*	345	870
J. Durphy	315	145	365	825
MEN				
Teen (14-15)				
198 lbs.				
A. Lane	265*	245*	265*	875*
Teen (16-17)				
181 lbs.				
G. Johnson	405	265	385	1055
275 lbs.				
S. White	525	475*	485	1495*
J. Rolfe	525	405	525	1455
275+ lbs.				
A. Waring	245	335	350	930
Teen (18-19)				
165 lbs.				
M. York	470*	290*	480*	1240*
181 lbs.				
P. Iodice	400	205	335	940
220 lbs.				
J. Hughes	620	425*	500	1545
Junior (20-23)				
165 lbs.				
C. Murray	410*	340*	465	1215*
275 lbs.				
P. Goodness	225	185	335	745
Para Olympian				
181 lbs.				
C. Popper	—	250*	—	—
Open				
220 lbs.				
G. Sousa	500	350	550	1400
SHW				
T. Blakeslec	400	340	565	1305

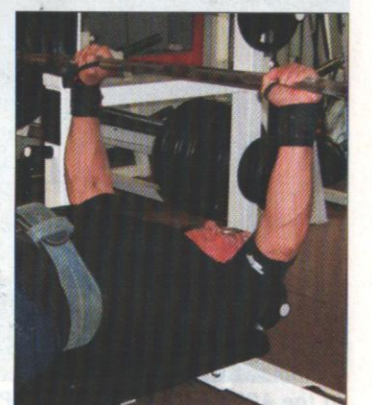
SSA Winter Assault 8 DEC 07 - Fitzgerald, GA

BENCH				
All Lifters				
181 lbs.				
Unlimited				
Master (40-44)				
Richardson	365			
198 lbs.				
Standard Raw				
Master (40-44)				
B. Lindsey	340*			
220 lbs.				
standard raw				
Open				
M. Renfroe	405			
DEADLIFT				
All Lifters				
59 lbs.				
Single Ply				
W. Alexander	100			
69 lbs.				
Ironman				
All Lifters				
148 lbs.				
Single ply				
Teen (14-15)				
A. Moore	200	315	515	
181 lbs.				
Single Ply				
Submaster (33-39)				

SLP Arkansas Open 21 JUL 07 - Glenwood, AR

BENCH				
WOMEN				
198 lbs.				
Raw				
Open				
4th-115*				
MEN				
132 lbs.				

Submaster 242 lbs.
C. Norwood 385*
Master (45-49) 308 lbs.
K. Brown 420*
Master (60-64) 220 lbs.
B. Taylor 255*
4th-275
242 lbs.
J. Turner 355
Open
308 lbs.
K. Brown 420*
DEADLIFT
WOMEN
Master (60-64) 160 lbs.
R. Taylor 220*
MEN
Police/Fire (60-64) 242 lbs.
A. Harris 420*
*Son Light Power Arkansas state records.
Best Lifter Bench Press: Mike Perry. The Son Light Power Arkansas Open Bench Press & Deadlift Championship was held at Glenwood Athletic Club. A special thanks to all who helped with the competition. In the raw bench press event we had a couple of new lady lifters, both of which did quite well, capturing not only their class but setting new Arkansas state records as well. In the open 132 class it was Sherry Morris with 100 while Priscilla Shaw finished with 115 at 198. For the men, big Alvin Clay broke the state record for the novice 275 class with 405. Newcomer Josh Howard won at 13-15/123 with a new state record of 140. Samuel Holt got his record at 18-19/198 with 275, though he did come close with a personal best 300! For the submaster division Curtis Norwood won at 242 with a new state record 385. Kelvin Brown won two titles at 308, first in the 45-49 age group, then for the open class. Big Kelvin finished with 420, but by correcting his narrow grip, he will be much closer to 500! At master 60-64 Bill Taylor broke the raw record at 220 with 255, but then put on a bench shirt to finish the meet with 275. Jim Turner won at 242 with a strong 355! In the assisted division Mike Perry continues to move closer to that coveted 500 he has been looking for, finishing here with 485. Mike won at submaster and police & fire/220, setting the state record for the later. T. C. Lewis, who had some health problems a few years ago, is looking great and at 74 is aiming for a 300 bench at the WABDL Worlds later this year! T. C. finished here with 265, just getting used to his shirt again. Kris Treadway broke the police & fire 40-44/181 record with a strong 335, just missing a final with 350. The best lifter award went to Mike Perry. In the deadlift event Rose Taylor broke the Arkansas state record for the women's 60-64/165 class with 220. Al Harris broke his own state record at police & fire/60-64/242 with his 420 final pull! Thanks to my son Joey for his help loading and spotting and to my photographer (?) and trophy girl Kelly Treadway. See you all in December! (Thanks to Dr. Darrell Latch for results)



T.C. Lewis benches 265 at 181/70-74 at the SLP Arkansas Open

USAPL Anchorage Fall Classic 10 NOV 07 - Anchorage, AK

BENCH				
Open				
148 lbs.				
B. Ward	220			
FEMALE	SQ	BP	DL	TOT
Open				
181 lbs.				
V. Raynor	269	203	319	792
198 lbs.				
V. Baxter	335	264	330	929
MALE				
Open				
165 lbs.				
J. Betts	363	242	407	1012
181 lbs.				
L. Maile	572	407	550	1529
220 lbs.				
E. Keib	451	352	500	1303
242 lbs.				
R. Schmidt	500	341	506	1347
Master I				
275 lbs.				
C. Werda	550	319	561	1430
Master II				
181 lbs.				
L. Maile	572	407	550	1529
Master VI				
165 lbs.				
B. Brent	319	187	451	957
(Thank you to USAPL for providing results)				

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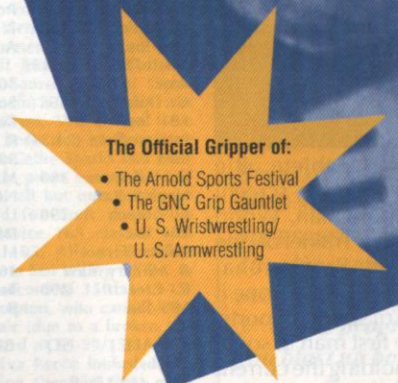
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1. What is your primary powerlifting goal? _____
2. Do you currently use any sports nutrition supplements? (Yes _____) (No _____)
3. If Yes, what supplements do you use?
a) Creatine _____, b) Protein _____, c) Nitric Oxide _____, d) Others _____
4. Do you feel sports nutrition supplements play a significant role in helping you reach goals?
(Yes _____) (No _____)
5. Why/Why Not? _____
6. Aside from improving your powerlifting abilities, do you have specific bodybuilding goals?
(Yes _____) (No _____)
7. If Yes, what specifically? _____
8. How would you most like to improve your physique?
a) By adding muscle, b) By adding size, c) By adding strength, d) By losing fat
9. How would you most like to improve your performance?
a) By adding explosive power, b) By increasing endurance
c) By increasing mental focus, d) Other _____

(Send completed results to Powerlifting USA Magazine Reader Poll, Box 467, Camarillo, CA 93011 and receive the upcoming issue free for newsstand readers or an extra issue on your subscription for subscribers)

(continued from pg. 12)

Drury said, "It was a great honor to represent their country. The huge success of the team was due to team spirit, commitment and camaraderie". The GB team manager David Carter put GB success down to good long distance travel planning, preparation and athlete's positive approach to all their lifts. GB were very pleased to rekindle WPF relationships with the USA athletes, along with all other Nations; and look forward to meeting up with you all on platform in 2008.

WPF Worlds USA Wins Gold! The USA Team is proud to bring home 16 Golds, two Silver medals, and 13 World Records! It all started in Las Vegas in August 2007 at the USPF Nationals. Participation on the World Team was by invitation. Team members were selected by their Las Vegas Performances. The WPF Worlds started off with the women and lightweight men on Thanksgiving Day. The competition was held at Auditorio Municipal De Torreon. A huge auditorium in the round, featuring a dome roof. The opening ceremonies featured performances by Folklorico dancers, a Mexican Military band and precision marching units. To watch their fellow dancers, about 100 school children came to watch the opening ceremony and the beginning of the women's Competition. The women started off the day with an impressive 17 women lifters. Two were Americans from California, Bonnie Aerts (M45+, 114 weight class) and Karen Matthews (open, 148 weight class). Bonnie Aerts won Gold in her weight class and age group. Bonnie brought home the Gold for the USA in the Powerlifting. Karen Matthews put in a clutch performance with a gutsy 4th attempt 369 Squat for a potential WR only to have the record dashed by problems in the bench. After the women came the lightweight men. Lifting in this class was Kevin Meskew (50+ 123 weight class) and Gordon Santee (60+ 148 weight class). Both of these men received Multiple World Records and won Golds. Kevin Meskew started off his trip with lost luggage his whole trip. Meskew still had an 11 for 11 day! He went for a World Record 4th attempt squat and a World Record 4th attempt deadlift, and went home with a World Record in all three lifts and the total, as well as a Gold. Gordon Santee's records were amazing despite the fact that his flight into Torreon had been cancelled. On that flight were USA Lifters Bob Gaynor, Matt McCasie, Greg Baxter, Fred Goldberg and his son, Ethan and Bob Benedix. However Santee was due to lift the next day. After a few hours sleep, no sight of their lost luggage, the USA team arrived in Torreon. Santee arrived after weigh-in's were finished and was told he was not allowed to lift. However, on the same cancelled flight was WPF President Eric Butzelaar. Butzelaar granted Santee permission to lift, knowing of his circumstances. So with little sleep, no food and virtually no warm up, he finished with two perfect squats, a World Record 4th attempt in the bench, and a World Record 4th attempt on his Deadlift and another Gold. Last light weight lifter for the 1st day was Dan Sorenson (M40+, 148 weight class) Sorenson finished off the day with a perfect World Record Deadlift and brought home Multi-world records in all lifts and the total and a Gold for the USA. Bob Benedix M45+, 181 weight class) edged out his competitor from Mexico. With his great numbers for the day, Benedix also received Gold in his weight class. California lifter Jose Hernandez (Open, 181 weight class) finished off the second day of Powerlifting. Hernandez had two great squats, three perfect benches and two great deadlifts bring in Silver for the USA Team. Greg Baxter (M50+, 220 weight class) started off his day a little rough, missing his 2nd and 3rd squat. However, Baxter pulled ahead



Bob Benedix .. smooth success.

of his Dutch competitor by performing out standing in his bench and Deadlift and pulling ahead and winning the Gold. Matt McCasie (Open, 220 weight Class) was ready for his competition. McCasie finished with an impressive 698 lb World Record in the Deadlift and McCasie received Silver in his weight class. Courtney Stanley (M60+, 242 weight class) came in strong and received two World Records for his 584 Squat and 1526 Total. Courtney brought home another Gold for the USA Team. Mark Menslage (M40+, 275 weight class) started his day looking worried, missed his first two squats However, Menslage was able to get a strong total of 1529 lbs, to win Gold in his class. Finishing of the Powerlifting Competition for the USA was Alan Aerts (M50+, 308 weight

class) was there with his wife Bonnie Aerts. They were the only husband and wife team at the Worlds. Alan started strong in the squat and nailed his second bench for a World Record. However, on his 3rd attempt, Aerts was finishing his bench when there was a loud ripping sound. He had torn his shoulder. Despite his shoulder injury, Aerts continued on and pulled a smooth 500 lbs deadlift and a total of 1309 lbs, winning him another Gold. After a long three days of Powerlifting, the lifters were treated to a celebration party at the Christa de Noas. The restaurant was located above the city of Torreon. The scenery was breath taking as we ate our dinner and relaxed outside in the open air restaurant. It was a great time to visit with other lifters from other countries. With the power lifting competition behind us, it was a lot of fun to relax and joke with fellow lifters. We meet many great lifters from Holland, Mexico and Germany and made new friends from England. Dave Carter, President of British Powerlifting Organization, Goodwill Ambassador, Paul Murphy, Dean Dury, Phil Benisten, and David Belchers to name a few of the British Team. But we couldn't stay out to late as some lifters were lifting in the World Bench Press Competition the next day, Sunday. A total



The Aerts' .. Alan and Bonnie

of seven lifters represented the USA Bench Press Team. The USA Team won Gold in the Bench. On Sunday, the two women from California started off the day with two Golds. Bonnie Aerts benched in the World Bench Press Competition despite the wrist injury she had occurred on Thursday during the powerlifting competition and brought home another Gold for herself. Matthews made a come back and got back under the bench after having 192 lbs fall on her jaw during her powerlifting competition on Thursday. Matthews pulled it together and won the Gold in the Bench Worlds on Sunday and also helped bring the USA Team the Gold. Greg Butler, our youngest competitor at 23 years-old, benched an impressive World Record 484 lbs in the 100kg's, putting him in first place over his junior competitor from Mexico. He had a lot of support from his mom, who was there to cheer him on. Fredrick Goldberg (M40+ 242 weight class) brought along his son Ethan. Ethan was a big help to the USA Benchers. With the help of his son, Goldberg received a World Record for his 539 lbs bench winning him a Gold. Bill Bradley, our nicest and oldest competitor at M70+, 242 weight class. He ended up benching a perfect 275 lbs, earning him a second well deserved World Record and a Gold for 1st place. Alan Aerts (M50+, 308 weight class) showed up to the warm up room with a bag of ice strapped to his shoulder from his previous injury in the bench the day before. After spending 30 min. trying to get on his bench shirt with the help of "Cool Katz" Mike, Alan was finally ready to bench. Putting aside his pain, Aerts benched through it all and still received a Gold. Last but not least, JW Potts, aka Thunder (M40+, 308 weight class) dominated the bench press day for the USA and sealed the deal by benching a World Record of 561 lbs. Bring home a Gold for the USA Team. Of course I can not forget Dave Jeffery, President of the USPF and California State Chairman Steve Denison, President of the British Powerlifting Organization, Dave Carter and WPF President Eric Butzelaar for their contributions to making this a successful meet. I would also like to recognize and Congratulate Steve Denison USA, Dean Drury England, Francisco Gomez, Mexico and Mario Hernandez, Mexico for receiving their WPF International Judging Certificates. The next WPF Competition will be held in Vienna, Austria, for 2008. The 2009 World Powerlifting, Bench Press and Deadlift Competition will be held in fabulous Las Vegas. (WPF World Championships article written by KAREN MATTHEWS)

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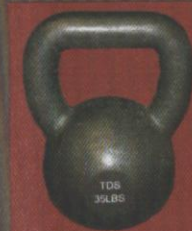
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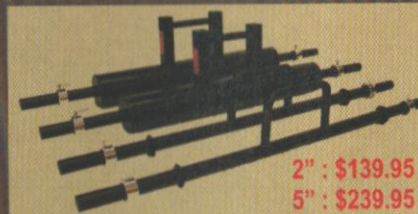
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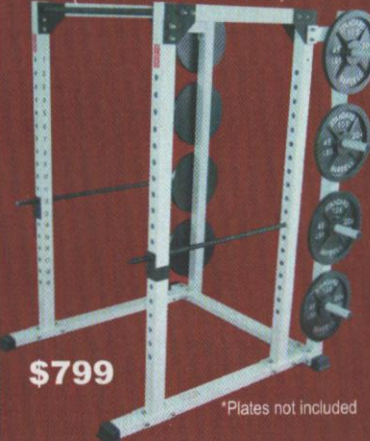
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Designed for arched benchers, to improve control and increase the potential for bigger benches!

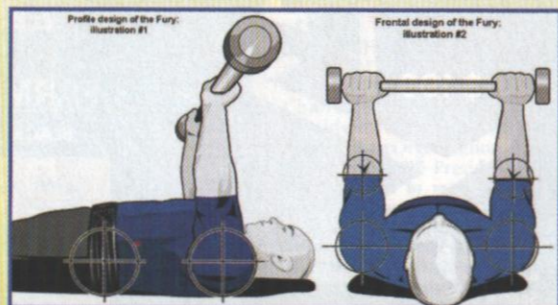


This design accomplishes:

- ◆ A lower groove - the new sleeve allows the bar to drop straight to the "sweet spot" with less wandering.
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- ◆ Increased power - this all adds up to the ability to redirect previously expended power to press the bar UP!

the **FURY**

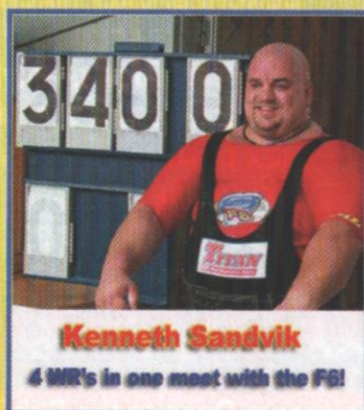
Sleeve angle is what makes a shirt work. The Fury gets right to the point! A 90° sleeve angle means energy is stored as soon as the elbows are cracked and the bar descent begins. More energy storage (resistance) means more explosive power and bigger benches.



THE FACTS TELL THE STORY:

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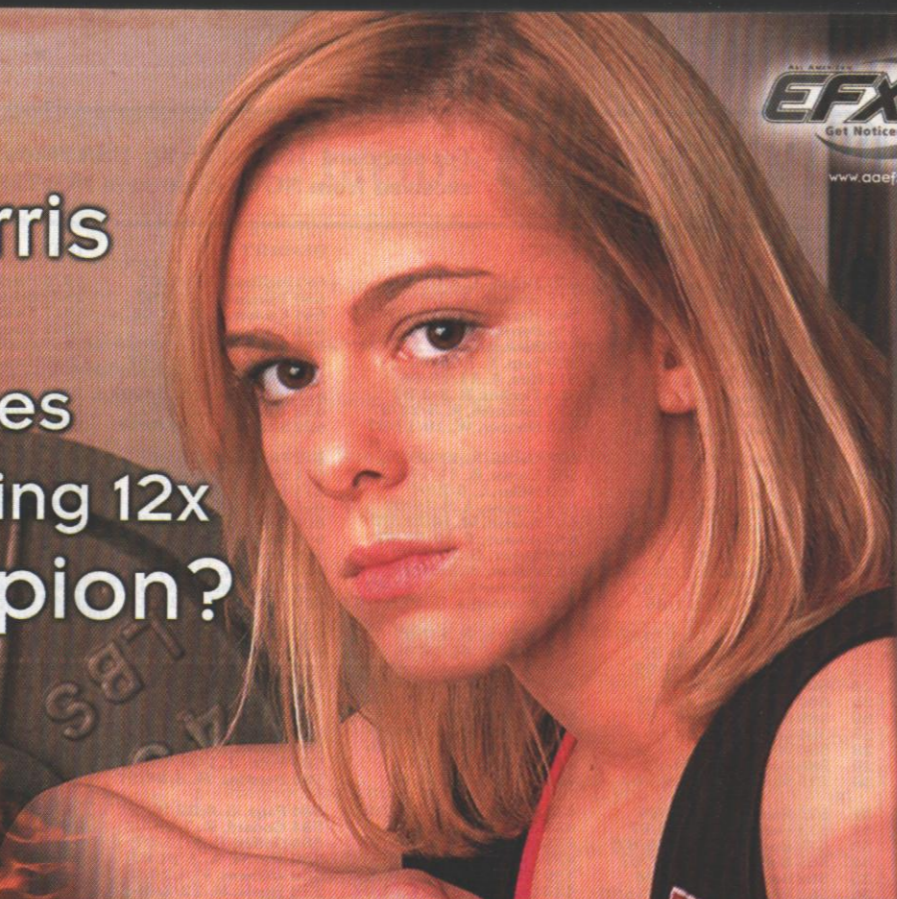
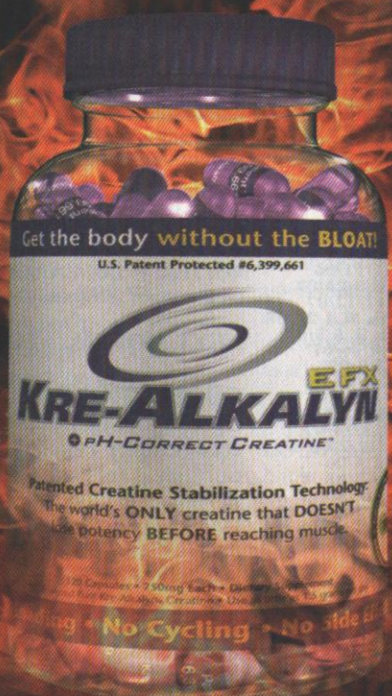


Photo of Amanda Harris courtesy of Dan Bay Photography



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The list of achievements young "Natural Freak™" Amanda Harris has already racked up reads more like those from lifters 2 or even 3 times her age. Here's just a few...

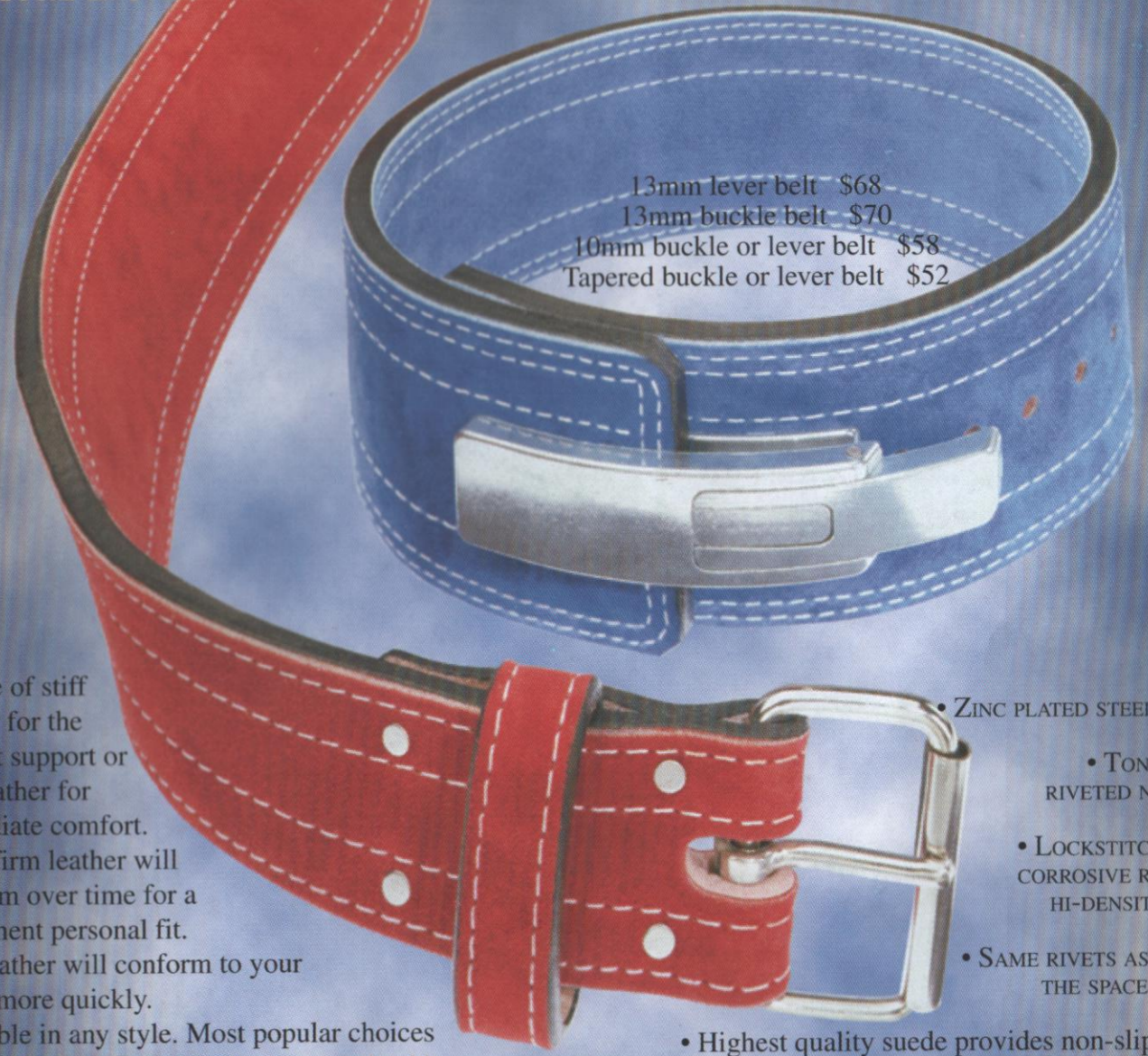
- 86 Competitions—86 First-Place finishes.
- 468 State, National, and World Records
- Officially 12-Times World Champion
- The first athlete ever to attempt and win 7 World Championships in one year (2006)

Pound for pound Amanda Harris is already one of the strongest women ever to walk the planet. And when it comes to rock-solid supplements that work, Amanda leans on top sports nutrition company All American EFX for a natural, drug-free competitive edge. In the past 2 years, no other company has released as much "Cutting Edge" technology. Take it from Amanda...other companies put out stuff that works; All American EFX products just work better!

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