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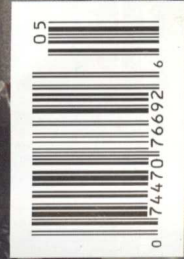
POWERLIFTING USA

MAY 2008
VOL. 31, NO. 7

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BRIAN SCHWAB

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Lance Karabel: Knocking out a 942lb. squat at the 2008 Arnold Classic

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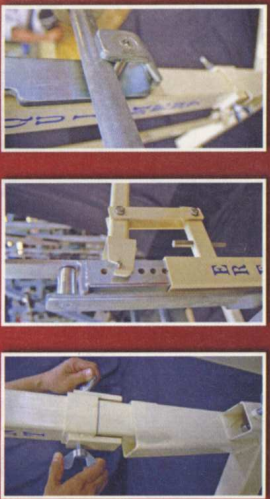
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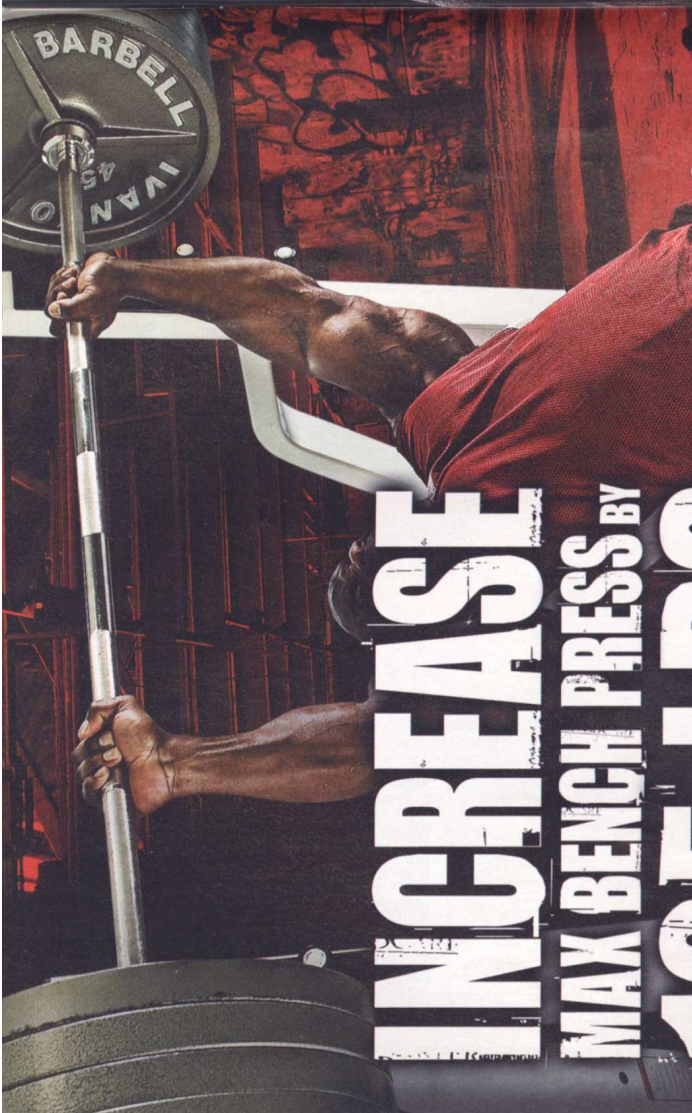


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SS: How did you get started in powerlifting?

BS: I started weight training when I was fourteen years old and a freshman in high school. I saw it as something that I had ultimate control over in my life and was hooked from the start. After high school I continued to train and eventually missed the drive I got from competition. In 1995, while going to the University of Florida, I met Mike Bliznard who helped get me started in competitive powerlifting. Initially I competed in bench only contests. Within a few months I was competing in full meets starting primarily in the AAU. It just happened to work out for me that in 2001 Kieran Kladler held the first WPO meet in nearby Daytona. I couldn't turn down the opportunity to potentially make money doing what I love.

SS: Did you try any other sports first?

BS: When I was in grade school I was in Tae Kwon Do, soccer, and gymnastics. When I started high school I joined the wrestling team which fueled my desire to win. This is where I learned the dedication necessary to succeed in sports. I suffered through intense training, starvation, and running with a garbage bag, sweat, and a solar suit into the early morning hours on a nightly basis to continue to wrestle in the skinny 103 lb. weight class all the way into my senior year. I went to state ranked first, having previously beat the second place finisher, but unfortunately, lost in an early round. I even had to run to cut weight after losing because of the possibility of having to make weight the next day. Unfortunately, it didn't matter, I was carried through and didn't place. Although I didn't accomplish my goal of winning the state championship I've never lost the determination and ability to sacrifice, which I learned at a young age. I was also on the weightlifting team, but primarily just to gain strength in the off season for wrestling. I loved lifting from the start, but it wasn't until my wrestling career was over that I began to realize my true potential.

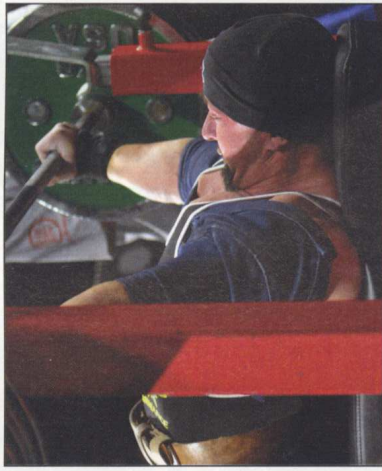
SS: When was your first meet?

BS: I started competing in bench only meets in 1995. Like many lifters, I started out competing raw, then transitioned to single ply in the USPF and AAU, eventually evolving with the sport into the multi-ply gear of today. My first full meet was Buddy Duke's USPF Meet in Adel, Georgia. I competed as a light 165er where my lifts were around a 475 squat, a 330 bench and a 500 deadlift.

SS: What are your best lifts so far?

INTERVIEW

BRIAN SCHWAB as interviewed by Sakari Selkainaho



Brian has repeatedly accomplished amazing things in the bench press to our sport.

SS: What are the major changes you see happened since 2000?

BS: Well, the start of the WPO and cash prizes has to be the biggest. What do you think about the money means now very common in the powerlifting?

BS: Let me start by saying that I don't compete for the money. I don't think any of us got into this sport to make a living or even a profit. I think the original idea was great. Unfortunately it started out too big too soon and has gone full circle, only to start all over again.

SS: How do you like the format the WPO uses?

BS: I've had the honor of competing in the past 5 Arnold Classic WPO Finals. I've competed in the WPO since its inception. Nothing beats the feeling of being on stage competing against the best of the best with thousands of people watching. It's unfortunate that this past year may have been the last Arnold for the WPO.

SS: You put on some meets yourself. Are you planning on promoting any big meets in the future?

BS: So far we've only held push/pull meets so we could keep them at our location and help promote Orlando Barbell (www.orlandobarbell.com). I would like to begin holding full meets starting with one in the

change to bring more credibility

winter or early spring of next year. We're currently working out the details for finding a larger venue for February.

SS: The results have gone sky high during last five years. Where do you see the limit?

BS: I don't like to think that there's any limit to human potential. The gear has improved quite a bit more recently. Once this settles down the improvements won't be as drastic, developing a big-A Squat?

BS: 1. Perfecting technique via box squats; 2. Strengthening the glutes and hamstrings via GHRs, GMs, or reverse hypers; 3. Increasing the speed out of the hole via low box dynamic effort work.

SS: B. Bench?

BS: * I plan to have a unique bench training DVD for sale on www.EliteFTS.com and www.OrlandoBarbell.com just in time for the holidays.

For shirred benchers I would say: 1. Perfecting the technique via shirred board work; 2. Increasing speed and force production via dynamic effort work as well as strengthening the lockout via DB tricep extensions, Tate presses, JM presses, or "Schwab's" (a modified version of the JM press using the smith machine), which are beneficial for lifters looking for a safe way to strengthen their lockout without training partners; 3. Shoulder rotation to strengthen the rotator cuffs and prevent injury.

For raw benchers I would say: 1. Increasing pec strength via wide grip benches and dumbbell presses; 2. Increasing speed and force production via dynamic effort work as well as strengthening the triceps via board presses, or the previously mentioned lockout exercises; 3. Shoulder rotation to strengthen the rotator cuffs and prevent injury.

SS: C. Deadlift?

BS: 1. Perfecting technique via varied heights of heavy rack pulls; 2. Increasing overall back strength via heavy rowing motions; 3. Grip work which is something I need to focus on more.

SS: Name 3 most common mistakes on each lift.

BS: Squat: 1. Lifters never squatting to full depth or below training, which carries over to the same in a meet; 2. Not sitting back enough to fully recruit the hamstrings and glutes; 3. Training too heavy too often, this obviously leads to overtraining.

Bench: 1. Not learning the (continued on page 10)



Ryan Kennelly - Team MHP Member
World Record Bench
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(continued from page 8)
groove of a shirt well enough to touch light weights or relying on too tight of a shirt; 2. Relying on the shirt too much without increasing raw strength and speed; 3. Not working on injury prevention with a proper warm up and shoulder rotation.

Deadlift: 1. Lifting too heavy too often; 2. Not taking the time to calculate which method (sumo vs. conventional) will work best for them; 3. Improper technique.

SS: Whom do you think are the people you have learned the most from in the sport?

BS: I trained alone for so long and followed a basic bodybuilding routine while focusing on the powerlifts. It wasn't until I read Louie Simmons training methods that I really began to improve. Louie was the pioneer in bringing the Russian methods of training to the United States and has revolutionized the sport. He is also very personable and will talk to anyone anytime without hesitation.

SS: Name some top books about strength training.

BS: I would have to say the NSCA "Essentials of Strength Training and Conditioning" taught me as much, if not more, than I learned while achieving my Bachelor of Science Degree in Exercise and Sport Sciences.

Dave Tate's "Under the Bar" is the most uplifting and inspirational book that I feel a powerlifter could read.

I try to keep up to date by reading training articles online, primarily on www.elitefts.com, which I feel can be more informative than books that can become outdated.

SS: Name lifters you respect.

BS: In order to really do this question justice regarding the lifters that have influenced me I would like to refer to an excerpt which posted on my Elite training log (www.elitefts.com/brianschwab) the night before the last Arnold Classic:

"I've been competing in the WPO since its inception. In this time I've had the honor of sharing the stage with some of the greatest lifters to ever walk the planet including Ed Coan, Travis Mash, Chuck Vogel, Phil, Steve

Goggins, Paul Childress, and many, many more. I've competed against the likes of Olexandr Kutcher, Tony Conyers, Ron Palmer, Wade Hooper, Angelo Berardinelli, Nick Hatch and more. I saw George Hiltbert bench 733 @ 220 at one of my first meets. Garry Frank broke the all time highest total time and time again. Jeff Lewis squatted 1200. Andy Bolton deadlifted 1003 and I was there. I witnessed larger than life Anthony Clark compete before his unfortunate and untimely death. I had a conversation with Glen Chabot at my first Arnold before he disappeared from our sport. I've spoken with Louie Simmons, the ultimate guru of Powerlifting, on numerous occasions. It was at a WPO meet that Dave Tate gave me the privilege of being one of the chosen few lifters to call

myself part of the Elite Fitness Team. I've built lasting friendships with some of my competitors including Brian Tinchler, my now business partner, Don Perrillo, Brian Strickland, Brad Heck, Joe Mazza, and Eric Talmont. I have even accomplished my dream of opening my own Powerlifting Gym, Orlando Barbell, and now have the gift of coaching up and coming Powerlifters.

SS: Name 3 most common mistakes beginners make.

BS: 1. Setting unrealistic goals which cause them to become discouraged when they don't achieve them; 2. Not taking the time to learn proper technique along with thinking that they're going to immediately get huge carryover from the gear. To succeed in this and any sport you need determination and

powerlifts is essential for any sport requiring strength and speed. Athletes need to be strong in order to be successful. The majority of their sport specific abilities will improve by actually playing or competing in the sport. Powerlifting builds a foundation of strength off of which all other movements can be based.

SS: How do people see the value of strength training in their sports?

BS: Any elite/pro athlete should be doing whatever it takes to be the best in their sport. Strength training is an essential element for success.

SS: What kind of meaning do you feel personal training and PT's have in strength training?

BS: Just as with Powerlifting, most beginners don't know the proper technique required for

(continued on page 12)

consistency; 3. Overtraining. More isn't always better. Beginners need to take the time to set a realistic goal and determine the steps necessary to achieve it.

SS: What advice would you give to a novice powerlifter?

BS: Increase your raw strength as much as possible before incorporating too much of the gear. Find an experienced lifter who is stronger than you and learn from them. Plan to compete in a meet to make your training worthwhile but focus on competing against your own PRs. Always open your PRs. Always open light. It's not what you start with, it's what you finish with that counts. Most of all have fun while you're training.

SS: How much differences have bands and chains made in strength training?

BS: I think they've made a huge difference. A common training resistance allows for your body to train with higher percentages with less required recovery time. They also allow for the ability to increase speed with varied tension, which carries over to constant speed with increasing resistance. I have found with my own training that they are ideal to use for improving speed, but not as necessary for max effort work.

SS: What is the value of powerlifts in other sports, like football or track and field?

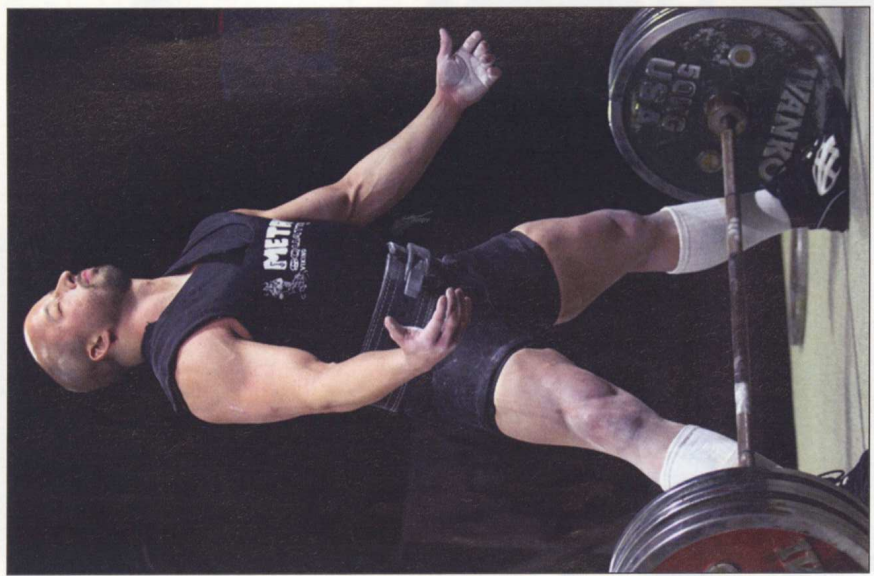
BS: I think training the powerlifts is essential for any sport requiring strength and speed. Athletes need to be strong in order to be successful. The majority of their sport specific abilities will improve by actually playing or competing in the sport. Powerlifting builds a foundation of strength off of which all other movements can be based.

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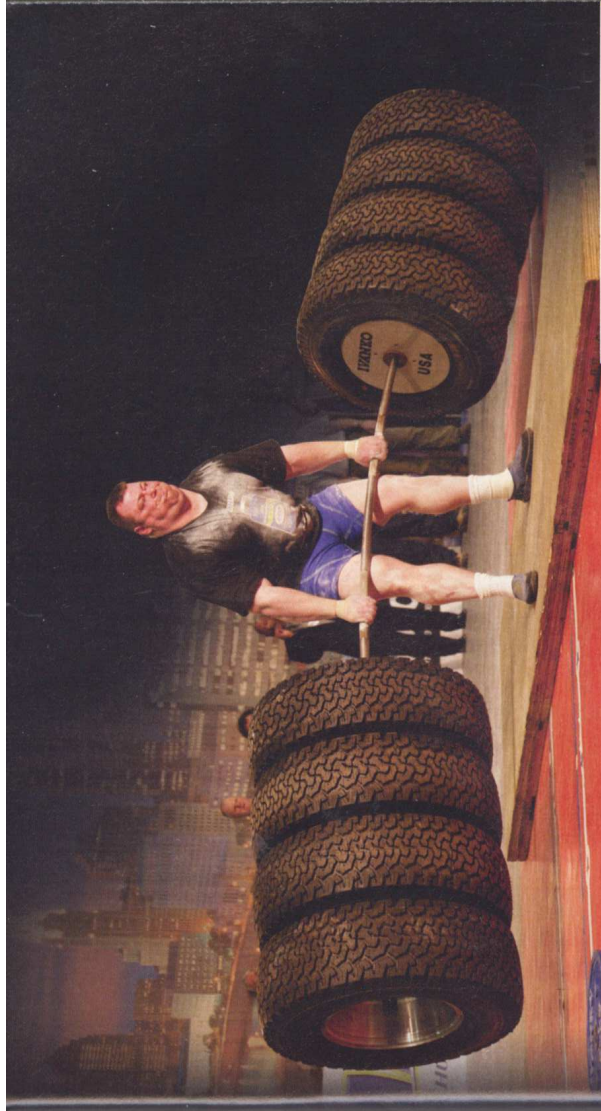
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Brian possesses a quiet but profound determination; that leads to excellence in each lift



Brian Siders - Team MHP Member
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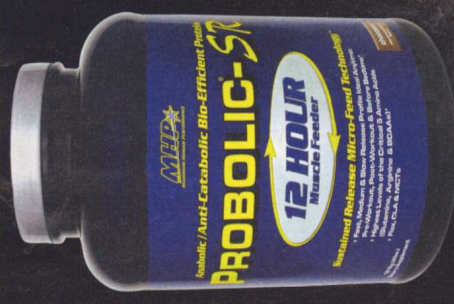
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(continued from page 10)

strength training or how important increasing lean muscle mass is for creating permanent changes in their metabolism. It's easy for beginning weight trainers to get discouraged from a lack of progress or get burnt out when they don't see immediate changes. Having a personal trainer will keep them consistent and motivated along with providing variety.

SS: Do you think strength training fits into a commercial gym?

BS: Strength training is a fundamental characteristic of any commercial gym. Most often people interested in general fitness place far too much emphasis on cardiovascular exercise and neglect to strength train. The majority of commercial gym goers don't realize that strength training is far more important for lasting physical changes than cardio.

SS: How do you see the role of speed in strength training?

BS: The stronger an athlete is, the faster they will be. When dealing specifically with powerlifting, I feel that building a working foundation of speed is crucial for optimal strength. However, after the initial speed has been established, the specific dynamic effort work seems less necessary.

SS: How would you use plyometrics for shotputter?

BS: The vast majority of my clients are focused primarily on attaining general fitness, so I don't have the opportunity to work with athletes as much as I would like. Regardless of this I do have my NSCA CSCS and am familiar with sport specific training methods. I would incorporate 3 sets of 10 repetitions of three lower body plyometric exercises such as box jumps, 2 leg bounding jumps, and 1 leg zig zag bounding jumps after an upper body strength training routine and 3 sets of 10 of upper body plyos such as med ball throws, explosive med ball push ups, and side to side rotation (with more focus on rotational plyos due to the nature of the throw) could be included after a

lower body strength training routine.

SS: How has your own training changed during the last few years?

BS: I've had to adapt my training to a routine that has proven to give me the best results over time. I now focus more on intensity, often only performing two maximal sets on each exercise and less on duration and incorporate my gear on a regular basis. I have also geared my training to prevent injury more and more. I now limit my dynamic effort/bench training to once every three weeks.

SS: How do you see it change into next few years?

BS: I now know what works best for me and hope to continue to make steady gains utilizing my program with increased training percentages. As the gear, equipment, and training methods evolve and improve I will continue to evolve with them.

SS: What kind of gear you use?

BS: I use the Metal Ace briefs with the Ace suit to squat with the black Metal knee wraps. I still use my Karin Klein's bench shirt, the same one I've used for about 5 years now. It's been good to me, but I'm continuing to work with Elite on new shirt ideas. I currently deadlift in the Ace as well, but am beginning to train with the King Pro Sumo Deadlift.

SS: What kind of results do you do RAW?

BS: Honestly, until recently, I would have had no idea. There has been so much hype lately about Raw lifting that I decided to see what I could do. After training while wearing some form of gear on for so long I was interested to see. At my normal bodyweight of around 165 I squatted 525 and deadlifted 545 in training with just a belt. I have these lifts posted, as well as many others, under my name on www.youtube.com. In regard to the bench, I have tripled 365 on decline but still haven't tested my raw flat bench max. I would estimate that it is somewhere between 375 and 425.

With training I'm sure I could significantly improve on these numbers but enjoy the equipped lifting too much to put in the time. **SS:** Tell us about your bench press DVD.

BS: Since I've been on mpe.com for over 12 years I've trained using every method possible including periodization, Westside Barbell, and Metal Militia. I've found a combination of these that I feel is ideal to promote continued improvement without injury. I don't want to give away too much, but I can tell you this. My training partners already know my training methods but guarantee they're still going to buy the DVD. We hope to have it released soon.

SS: What is different in that compared to others on market?

BS: First of all, after watching the DVD the viewers will have a definitive workout plan, regardless of their goals, geared or raw. Second of all, the DVD will have some appealing aspects that I'm amazed no other Powerlifting DVD has included.

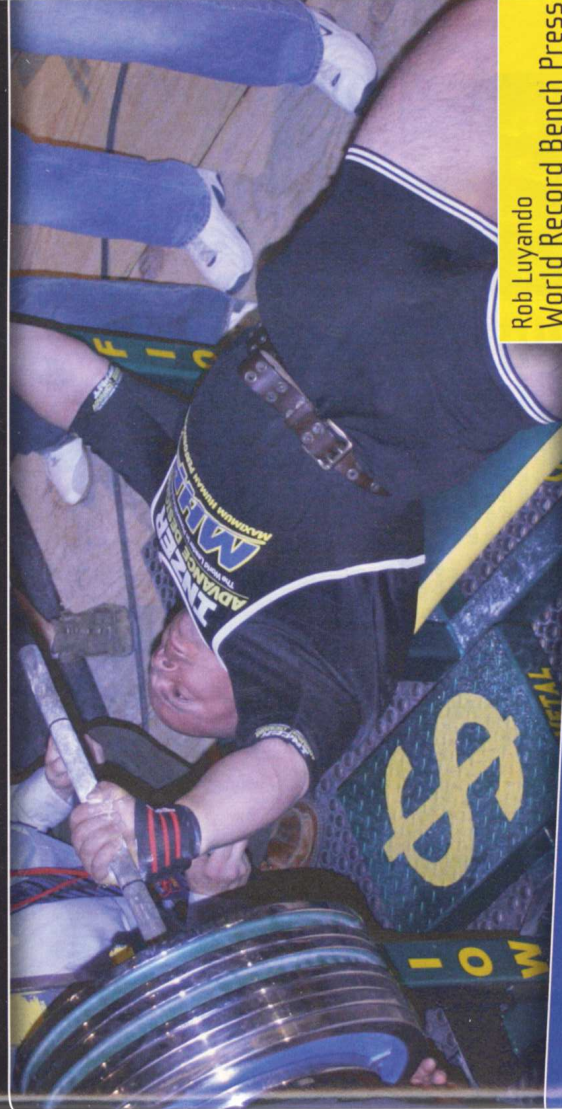
SS: What has been your most valuable education for powerlifting?

BS: Trial and error. I've ended up sticking with what works best for me, which has become a more and more modified five-day Westside routine.

SS: What are biggest errors in coaching in powerlifting today?

BS: I would say pushing (continued on page 98)

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The ULTIMATE TOP TEN

In the first article we will cover the 114 and 123 lb. classes. The 114 lb. class was added in the early 1970s. It was very popular for a while, but in the last ten years you see fewer and fewer competitors. The IPF eliminated it for the 2007 Worlds. The number one pick was pretty much a runaway, but filling out the top 10 was difficult for some panel members.

The 123 lb. class was one of the seven original weight classes. The number one pick here was close to unanimous. Keep in mind this Top Ten is comprised of U.S. lifters only.

114 LB. CLASS
1. Chuck Dumber - Chuck stood 4'4" of pure power. He was a 7 time Senior National Champion. At the 1984 Worlds he beat Japan's legendary Inaba. (The all-time best 114 lb. Vince Anello) A great squatter and bencher, he held the World Record in both lifts. Chuck was one of the many great lifters from West Virginia. Chuck won 6 titles in 8 years and then came back 10 years later for #7.

2. Joe Cumba - The muscular man from California appeared out of nowhere. Big time Squat (523 lbs) and bench press. Stayed on top for a few years and then disappeared. (One of the 1980's great lifters of the 1980's, and a great delight to be around, Ricky Dale Crain). Held the World Record in both the squat and bench

Who is the best - at anything - that is something very difficult to determine. How do you compare Babe Ruth to Alex Rodriguez, Peyton Manning with Johnny Unitas, Michael Jordan with Will Chamberlain?

Everyone has their opinion as to whom is the best, and Powerlifting is no exception. When I first discussed this project with Mike Lambert, we decided that a panel of folks would pick the best lifters.

In assembling the panel, I tried to find men with the experience to span the 40 or 50 years of formal powerlifting. What we needed were people who have seen the changes in Powerlifting, and have the ability to make decisions in a fair and honest method. As I began to contact people, some were very enthusiastic, and others were apprehensive. The first thing that was needed was a list of potential candidates by weight classes. Ricky Dale Crain, Bob Packer, Bill Ennis, Joe Pyra and myself worked on that list.

The 2nd step was to find panel members to vote. The final panel members had over 550 combined years of powerlifting experience. The panel consisted of Gus Reithwisch, Jon Smoker, Joe Pyra, Gordon Santee, Ricky Crain, Fred Glass, Jim McCarty, Kenny Croxdale, Vince Anello, Steve Dentison, Kevin Meskew, and Bob Gaynor.

The panel members all received the list of potential candidates, but were free to add in whatever manner they felt was best.

Some of the comments I received was how difficult this process was. How do you compare different eras, changes in equipment, and rules in performance.

The consensus was to judge each lifter on his total body of work. Outstanding performance over a period of time makes an all-time great in any sport. All-time high lifts do not necessarily make one an all-time great. Roger Maris held the most sacred record in baseball for 35 years, but was not an all-time great.

I am sure there will be different opinions, and if this list is done 5 years from now there might be some different results.

A lifter was not limited to not just one weight class, and some will appear in two or more weight classes.

Indianapolis, IN. He stands 5'2", and was employed for some time in a corporate training program with Liberty Mutual Insurance. Competed in USPF, ADPPA and USPF Meets, and was very successful. Numerous medals, IPF American Records. (Very good on all lifts. Kevin Meskew) Still going strong, winning the 2007 USAPL Nationals. I personally thought Erv would have rated a little higher.

7. Gary Hunnicutt - Another California Champion. Gary was extremely strong and always at or near the top each year. He was a great high school wrestler. He was a great promoter of the ADPPA in California in the 1980's. Won the 1st ADPPA Nationals in 1983. A very balanced lifter. ("Great raw strength." Kevin Meskew.) Gary always conducted himself in a very professional manner.

8. Doug Heath - Doug's platform personality was as good as any pro wrestler. Competed at 114/123/132. Started training in 1971 and competing in 1976. A long and successful career. Numerous World Titles. Elite in 4 weight classes. A great believer in self-hypnosis. Loved to break records. ("Doug was most famous for his propensity for intensity. For a man his size he could muster upon an incredible will to succeed." Bob Packer)

9. Ken McDowell - One of the all-time greats. Over 30 National and World Titles. This was done by

lifted in the first session, and Dave out-squatted everyone except one 181 lb. lifter. Held the World Record in Olympic Lifting in the Press. Won the 1964 Olympic Trials, but was left off the team.

Spent his life in Reading, PA. 2 Time National Powerlifting Champion. One of the top lifters. Dave weighed under 120 and if the 114 lb. class existed he would have been unbeatable. ("A mini Hercules." Herb Glesner)

4. Mike Cross - When Mike was in 9th Grade and 93 lbs, he started training, doing both power and Olympic lifts. He was from Signal Mountain TN. In his 3rd power meet he took 2nd at the Sr. Nationals. Won the Seniors in 1967 and 1970. Dealt with an American Record 550/213 lbs. at 123. On June 5, 1971 he went thru the windshield of a Mustang and spent 7 weeks in the hospital. He fought his way back and again became a National Record Holder. (Tough as nails.)

10. Doan Nguyen - Doan dominated the ADPPA in the 90's. At the 94 Nationals there were 5 lifters and he won by 200 lbs. Could compete in any organization. The Class of the ADPPA. ("He is strong

and gear. American and World Record Holder. Ken lifted at all levels and had a very successful career. Only time he had competition was at the big meets.

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Erv Gainer - consistent champ.



Chuck Dumber - '84 World Champ



Phil Hile - successful as a powerlifter, and successful as a human being.

winning 1 per year. Lifted in his first Worlds at age 16 and finished 2nd in the Open. Pulled 639 at 123. ("With his deadlift, he was unbeatable at 123." Jon Smoker.) Moved to Colorado late in his career and worked in the meat packing industry. I am not sure anyone could beat him at this weight class.

2. Enrique Hernandez - The amazing thing about Enrique is that both his knee caps were smashed in 1967. Was on the Puerto Rican Weightlifting Team at the '68 Olympics. Held American Bench Press Records at 123 and 132 at the same time. National Champion in 1970, 73, 74 and 75. World Champion in 1975. Professor at San Diego State University. He probably had greater success at 132 lbs.

3. Dave Moyer - Dave was born in April of 1934. The smallest of 7 children at 4'5" Tall. He was born with a genetic handicap, dwarfism. Dave was also severely bowlegged. At that time the Squat Racks were not adjustable and Dave brought his own. The 123 through 181 lbs

lifted in the first session, and Dave out-squatted everyone except one 181 lb. lifter. Held the World Record in Olympic Lifting in the Press. Won the 1964 Olympic Trials, but was left off the team.

Spent his life in Reading, PA. 2 Time National Powerlifting Champion. One of the top lifters. Dave weighed under 120 and if the 114 lb. class existed he would have been unbeatable. ("A mini Hercules." Herb Glesner)

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5. Milt McKimney - Milt was a star in the 60's. Milt was 5'4" and was from Toledo, OH. He was the first World Champion at 132. In addition to lifting Milt was a National Referee and Meet Promoter. He set records in all 3 lifts. Milt's best deadlift was just under 550 lbs. He trained with George Crawford and Larry Pacifico in Bob Watz's garage gym. In 1979 Milt met a very untimely death. ("Powerlifting original, a pioneer of our sport." Herb Glesner)

6. Dave Pattaway - Dave was the USPF Champion from 1986 thru 1990. Dave had a very good squat and a very good deadlift. The bench was his worst lift, and probably cost him some titles. He was the APE National Champion in 1990 and 1991. Dave represented the Air Force in most contests. You really wanted to be way ahead of Dave at sub-top.

7. John Redding - John is rated Top 10 in both the 114 and 123 lb. classes. In the late 70's there was a lot of controversy involved in picking the World Teams. John always felt the winners of the Nationals should be on the World Team, but others saw it differently. John was a great competitor in any weight class. John had very strong feelings about fairness in the sport. Really moved some heavy iron for a small man.

8. Doc Hollaway - Damario "Doc" Hollaway is one of the top lifters of today. Doc has won USAPL Nationals and IPF Junior World Titles. An Open World Title in the immediate future. Doc has a big deadlift and may challenge some of Lamar's marks in the future. If he continues he will move up the ranking list. 132 will probably be his weight class. Doc will only get better.

9. Bob Lech - Bob was from Lancaster, PA. It was hard to believe the weights he lifted. Always did well in the Senior Nationals, won the 1979 Championships. ("Was always near the top and appeared to always be a contender." Bob Packer). He was the first ADPPA National in 1983. Bob's squat and deadlift were near 500 lbs. A very humble individual.

10. Tim Taylor - Tim represented the Air Force. He competed in the ADPPA, USPF and the USAPL. Member of 6 World Teams. Tim was from Waycross, GA. A very well balanced lifter, but has the big deadlift to come from behind. From 91 thru 97 he was the USPF National Champion. Tim received support in two weight classes. Another lifter that thought was a little underrated.

Other 123 lifters who received some support were Fred Higgins, Leroy Mabie, and Phil Trujillo. Next month we will cover the 132 and 148 lb. voting. I would like to thank everyone who worked on this project. BOB GAYNOR

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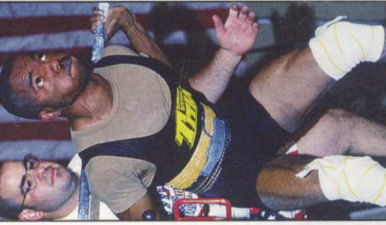
and gear. American and World Record Holder. Ken lifted at all levels and had a very successful career. Only time he had competition was at the big meets.



John Smoker



Doc Hollaway - a man to watch.



Dave Pattaway - precision power.

Tim Taylor - decades of excellence



Lamar Gant - indisputably THE best ever.

on all three lifts and rarely makes a mistake on the platform. ("Mike Lambert.) You would not know Doan was at a meet, and all of the sudden he was the winner.

123 LB. CLASS

1. Lamar Gant - One of the all-time greats. Over 30 National and World Titles. This was done by



Doan Nguyen - perfectly proportioned 114.

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WESTSIDE TRAINING

STATS as told by Louie Simmons



Louie Simmons and Sakari Selkainaho checking out stats (Doris Simmons)

Stats are always important to success. All ball teams keep stats and they are invaluable to a team's success. European weight lifting coaches kept many stats on how many lifts should be performed, what percent of 1-rep max is optimal, what constitutes speed strength and strength speed, what percentage to use for a circa-max cycle, how many box jumps to do per workout, and how to calculate volume. Let's look at some very important stats for a powerlifter.

Before going into some boring facts about powerlifting, I would like to acknowledge some former Soviet coaches that helped me formulate the method of training we use, commonly known as the Westside system. First, I would like to thank the late Prof. Mel C. Siff. I had many conversations with Mel, as well as co-speaking at seminars with him. He had great insight and knowledge about training. I first gained my training knowledge from Ohio's greats, which are Anello, Crawford, and Pacifico. I picked up vast knowledge from Zatsiorsky, Roman, Vorobyev, Ozolin, Matveev, Kusnetsov, Komi, Kuntz, Berger, and Verkhoshansky, for his jumping and shock experiment, and last but not least, Jim Wendler, for saying that Westside is nothing special, it's just the atmosphere. Jim, like many others, was handed a successful system that has been evolving long before he arrived at Westside, to develop a system of box squatting, board pressing, floor pressing, training by percents, band and chain training, circa-max phase, three-week pendulum waves, and now foam training. If Jim would have been at Westside in 1983 when I started implementing the research by A.S. Prilepin published in 1974, then learning about reactive methods, overspeed eccentrics, virtual force effect, and all of the methods mentioned above, he might realize beyond attitude there was aptitude. One will never learn to train until he is injured or stuck at a plateau. The first to say this was Vasily Aleveev, the greatest weight lifter of all time.

Now about those stats, my first experience with true stats was A.S. Prilepin's 1974 research mentioned in the book *Managing the Training of Weight Lifters* by Laputin and Oleshko, which showed that the following numbers of lifts are optimal.

Percentage	Reps	Optimal #
70%	3-6	18
80%	2-4	15
90%	1-2	7-10

Prilepin recommended the following number of lifts: 70% no less than 12 and no more than 24; 80% no less than 10 and no more than 20; 90% no less than 4 and no more than 10. I suggest following the optimal number of lifts for a certain percentage.

For those strong enough to do the circa-max

405-455 in a 3-week wave with one set of strong jump Stretchbands. The usual 100 pounds in the bottom and 200 pounds at the top. At that time, his squat was 1000 pounds. You do the math. A 500-pound squatter would do half the bar weight and half the band tension. Nine sets of 2 reps is optimal.

For speed benching roughly 40% band tension at the top of the lift is used. For example, Fred Boldt has a contest best of 655 at 181 body weight. His floor press is 480 pounds, and his speed bench weight is 205 pounds, which equals roughly 40% bar weight and 40% band tension at the top. Because the bench speed strength weight is so light, 8 sets of 3 reps, the maximal number of lifts in the 70% range, is used. The system develops a fast rate of force development.

THE MAXIMAL EFFORT METHOD

This method is exercising with maximal resistance with weight or a combination of weight and bands or chains. This means to lift a maximal weight with no time limit. This workout should occur 72 hours after speed work. I find it far superior to the method of heavy efforts, which means 2 or 3 reps with a slightly less than maximal effort. I want the highest intensity as possible, which means a max, single depending on your level of preparedness. This method is superior for improving both intramuscular and intermuscular coordination. If you want to squat 1100, you must train for an 1100 pound squat. The muscles and the central nervous system adapt only to the load placed upon them (V. M. Zatsiorsky, *The Science and Practice of Strength Training*). When training weights exceed 90% for 3 weeks, the CNS will fail. Westside uses the conjugate exercise system. Every week we max out, but on a different bar exercise. This eliminates the stress on the CNS. We also use a 3-week pendulum wave. Westside had three men squat their first 804 by using a 3-week wave with 120 pounds of chains.

Week 1: 405 x 8 sets of 2 reps

Week 2: 440 x 8 sets of 2 reps

Week 3: 480 x 6 sets of 2 reps

This was around 1995. This workout was done on Fridays; Monday was max effort day. For strength speed, the band tension should be as great as or greater than the bar weight. This system builds absolute strength. The bar may move very slowly, producing a very high rate of force production. Because the total weight is almost 100%, the number of lifts should be 6-8 singles. This is very hard work. Wear whatever gear you desire, no straps, no knee wraps. One cannot use just weight or just bands.

When training with band tension, because of shrinkage, the tension can be too light in the bottom. This can cause momentum at the start, producing very little resistance at the start of the lift. Only bar weight can be too heavy at the start.

(article continued on page 72)

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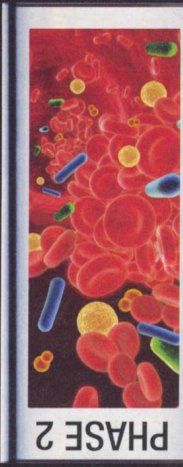
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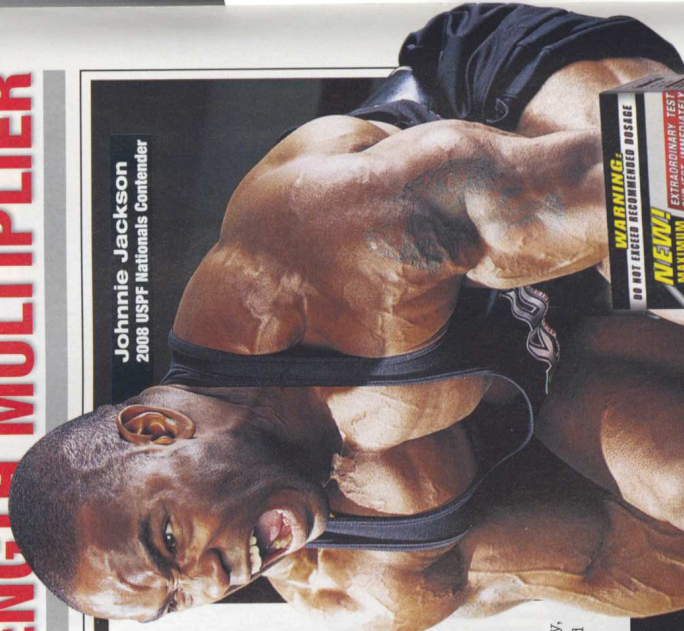
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The Strongest Raw Bench In The World Trusts USPLabs – Shouldn't You?

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



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

I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My heck squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 450x3. 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
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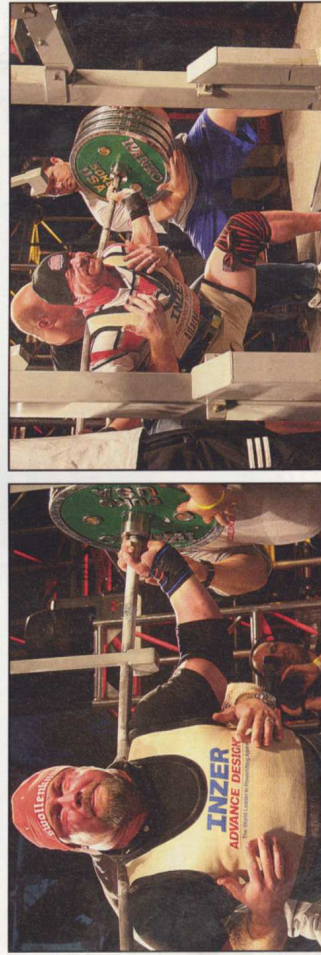
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Strength-Size-Power — OPTIMIZE Your Post-Workout Nutrition!!



Domnie Thompson — is certainly one of the world's strongest human beings, with the highest powerlifting total posted in the sport's history! Post-workout (PWO) nutrition has reasoning provided is that the quick absorption rate of whey stimulates protein synthesis at a time when the body is most receptive to said stimulation. This concept is valid, but neglects the "rest of the story" as Paul Harvey used to say. Immediately after an intense PWO nutrition is that one should consume a whey-only protein shake as soon as possible after training. The

(continued on next page)



Phil Harrington — squats over 900 lbs at 181 lbs of body weight!
Chuck Vogelpho — raw power incarnate, a ferocious competitor!

(Advertisement)

portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high-quality proteins such as casein and egg.

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

1) Insulin, a very important anabolic hormone, is released primarily in response to the ingestion of carbohydrates. Insulin provides for a "permissive" effect relative to the stimulation of protein synthesis. Its

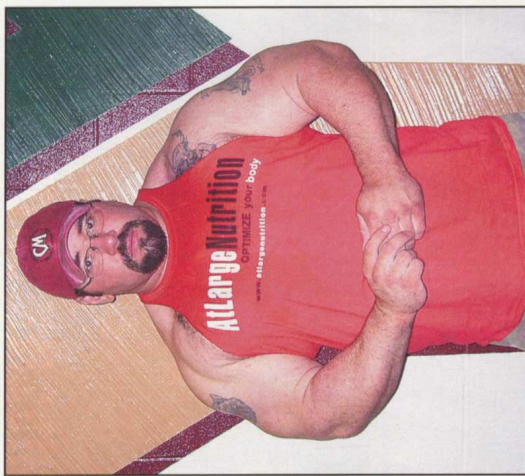
released during and after training which

presence in and of itself does not directly enhance protein synthesis, but enhances protein catabolism. The ingestion of a meal PWO quickly reduces protein synthesis, its blood levels thus permitting an anabolic environment.

2) Cortisol is a catabolic hormone released during and after training which

3) Amino acids from ingested

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



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

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

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

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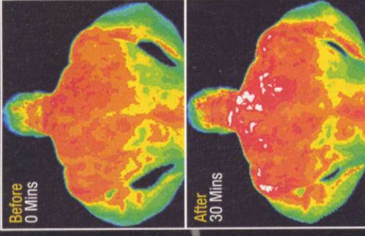
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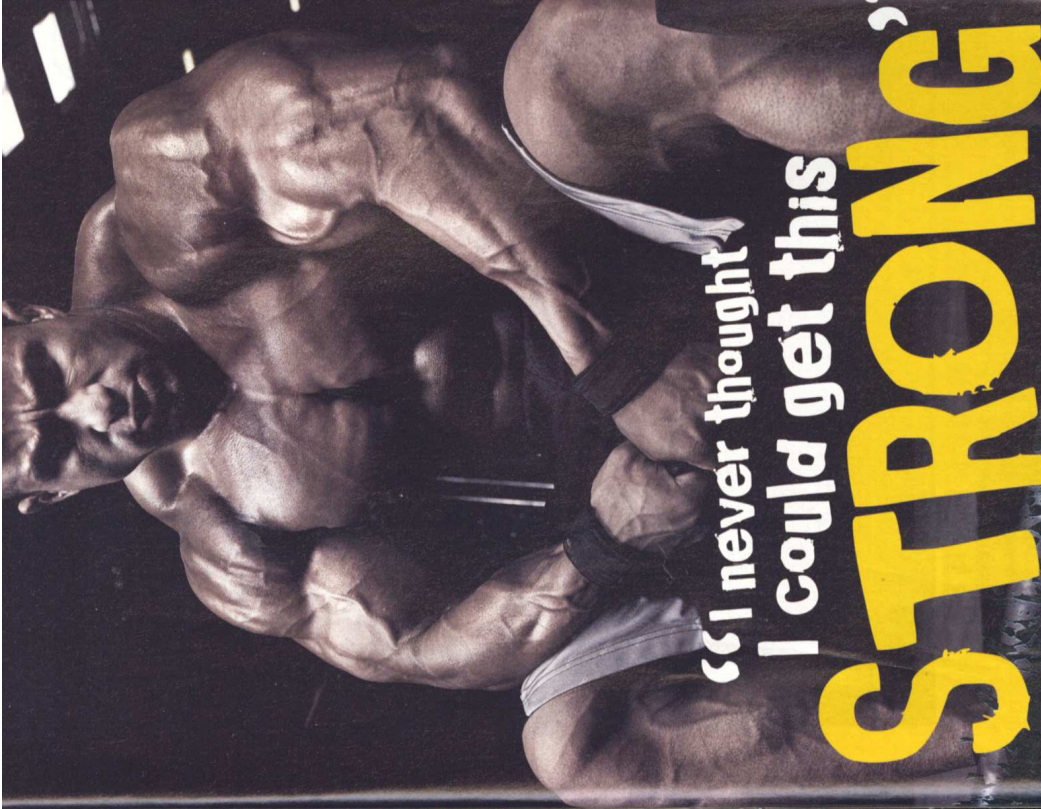
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STARTIN' OUT

POWDER AND CHALK as told to by Doug Daniels

Friction is defined as the rubbing or resistance of one object or surface against another. Friction has a definite impact on powerlifting, but unfortunately many lifters do not understand its importance and how controlling friction can make a measurable difference in the powerlifts. A lifter's two main tools to control friction are powder and chalk. Chalk increases friction, while powder decreases it. Knowing the when, where, and how to use each is the key. This knowledge can have a definite impact in your lifting results, especially at a contest.

To start, let's talk chalk. As I said in the intro paragraph, chalk is used to increase friction or resistance. Spreading chalk on the palms of your hands can improve grip by increasing resistance by causing the bar to drag a bit more on the skin. This really comes into play for the deadlift where grip can be half the battle for some lifters. Spreading chalk on your hands can also be used for the squat or bench for a more secure, confident grip. By spreading chalk on a lifter's back for the squat, you help prevent the bar from rolling down during the lift. Similarly, chalk can also be spread across a lifter's back, shoulders and butt prior to the bench press to reduce sliding on the bench while bench pressing. As you can see, chalk can make its mark on all 3 powerlifts. Not to be overlooked is chalk's contribution to a lifter's confidence and psyche. Applying that chalk to your hands, etc., is usually the last action taken prior an

attempt.

Baby powder or talc has the opposite effect of chalk as it reduces friction. Spreading baby powder on a lifter's thighs and shins for the deadlift helps the bar slide up the legs to lock out. Be very careful to not get any powder on your hands as this could compromise your grip and could cause you to lose grip on the bar. I found the best way to apply powder is to squeeze it from the container directly on your thighs and shins while not getting any on your hands. Next, turn the powder container upside down and use it to spread the powder evenly over your thighs and shins. Apply it just prior to putting on your lifting belt to take your deadlift attempt.

Powder can also ease getting on your bench shirt and squat suit. Apply some powder to your body, and then put your shirt or gear suit on. It absorbs sweat and helps the gear slide on your body with less effort. Squirt a little inside your lifting shoes to help combat foot odor and provide a little cooling to your feet. Be sure to wipe off any powder residue from your hands after applying the powder. You can ask a buddy or coach to help with the application. Use a little common sense and courtesy when using chalk and powder. While many lifters supply chalk, by the time the deadlift pieces, the supply gets used up or broken into pieces too small to use. The answer to this is to bring your own. You can order blocks of chalk

from ads in this magazine. Bring at least 2 chalk blocks and store them in a Tupperware-like container. Toss them in your gym bag before you leave for the contest. I suggest leaving a block in your car as a spare or keep the blocks out of sight from other lifters or they will disappear quickly. Baby powder is seldom supplied at meets, so buy some in a squeezable container. A cheap generic brand will do. During the meet, chalk tends to accumulate on the knurling of the power bar from other lifters. If too much accumulates, the bar will become hard to grip as the chalk will cover the knurling. If you notice this, ask the spotters and loaders to brush the chalk residue off the bar before your attempt. Chalk and powder can also accumulate on and around the lifting platform, which can create a safety hazard for both you and the loaders and spotters. If the platform gets dusty, ask the spotters to wipe the platform before your attempt. Courtesy and a little common sense come in handy. Apply chalk and powder off the platform.

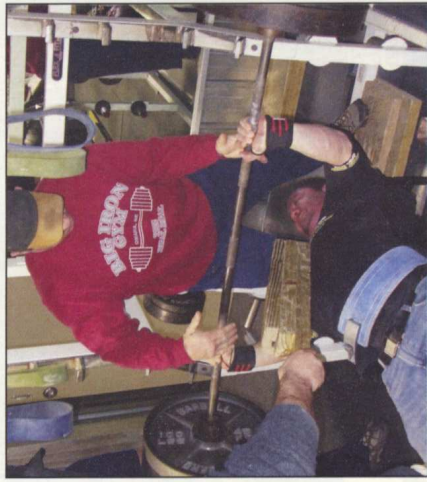
Controlling friction can have a positive impact on both your training and competition and should be regarded as a tool like you would a squat suit or lifting belt. The ideas in this article apply to lifters of all levels and persuasions. Don't underestimate any aspect of powerlifting, least among them powder and chalk.



Chalking Up is often the last thing a lifter does before taking an attempt (photo courtesy of Gundula Fiona Von Barchhaus)

TRAINING

BRAD HECK - TRAINING CLOSE-GRIP BENCH THE 'BIG IRON GYM' WAY as told to PL USA by Becca Swanson



181 lb. Brad Heck of Big Iron Gym benching 705 lbs in the gym.

First things first, Big Iron Gym does not max out raw on any lift. After warm-up raw, we increase our last set every week, to improve raw strength, but we never max out to compete raw. We don't bench shirts. Therefore, we train in bench shirts.

Too many lifters are making the mistake of training only raw. They expect to throw a double ply shirt on and be able to handle 200-300 extra lbs. Big Iron technique says you should shirt up about 10 weeks prior to your meet.

Triceps close-grip bench work is done 3 days after regular bench press day. Coach Rick Hussey has his lifters use bands from top, de-loading the weight during descent. We don't believe in bands from bottom because it doesn't promote your correct bench "groove" or path of motion. Bands from top lets you stay in the same groove as on your regular bench.

Coach Hussey has us start with black bands. Load the bar with weight first, and then put the bands on. Warm-up raw then put your shirt on before you feel anything close to max effort. You should make a 90 lb. jump when you shirt up, until you

last two heavy work-sets, then increase the weight as needed. At Big Iron our goal is to close grip bench 250 lbs. over what our bench press currently is. Using black bands and doing doubles. Once we get to close to our heavy set if the strength is not there, we will add a blue band and do a set to work on speed. Then add 90 lbs. and the green bands, again working on speed.

Coach Hussey has us train triceps close-grip bench heavier and heavier until 5 weeks from the meet. At this time the regular bench days will be so heavy, we will stop increasing the weight on close-grips and just try to move the weight faster.

Short armguys will work off of a 3-board. Longer arm guys will work off a 4-board.

Hand grip is one hand length in from a normal bench grip. So, when training triceps close-grip bench your pinky finger will be where your index finger is on regular bench.

Here is an example of my last triceps close-grip workout, 8-weeks from Nationals: 445 x 3 black bands to chest, no shirt; 535 x 2 black bands to chest, no shirt; 645 x 2 black bands to 3-board, no shirt;

even when you think your shirt is too tight.



Rick Hussey's delicate coaching technique

735 x 2 black bands to 3-board, Inzer Double Rage X; 825 x 2 black bands to 3-board, Inzer Double Rage X; 915 x 2 black bands to 3-board, Inzer Double Rage X; 985 x 2 black bands to 3-board, Inzer Double Rage X; 1005 x 2 black bands to 3-board, Inzer Double Rage X;

To illustrate this workout and more, Coach Hussey will be releasing an instructional Triceps Workout DVD. This will walk you step-by-step, weight-by-weight, band-by-band how to get to a meet. Check www.bigirongym.com for details.

Coming soon, an article about touch lighter weight to your chest, even when you think your shirt is too tight.

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WORKOUT OF THE MONTH

In Pursuit of a 1000 lb. Squat by Mike McDaniel

I'm Mike McDaniel. I lift in the APF, am a WPC judge, and am the current APF Vice President. I've been competing since 1985. My lifts have never been notable but have gotten respectable as I've aged. I have a goal of being the first lifter over age 50 to squat 1000+ in a competition. Since 1993, 500 I've attempted and missed 1000 three times in competition, once on depth, once on an unstable set, and once from a hip strain. My most recent competition was September 22, 2007 at age 51. In training for that meet I had a legal 1015, but gym lifts only count as a measure for meet potential. For the meet I weighed in at 285, opened with a successful 925, and then missed 1003 twice as described above on the last two misses. Inside the box were my prior squat workouts.

The training cycle doesn't start below 80% of the projected meet peak. Training warm-ups stay reasonably consistent with meet day. Enough supportive gear is always worn to ensure that the percentage of effort required matches or is lower than scheduled weight percentage versus peak. Alternating volume days with peak singles keeps both mind and body fresh. The bands improve stability and acceleration. The 80% volume day ensures the continuation of a solid base. The band assisted overloads and standup/breakouts prepare the central nervous system for heavier weight. Peaking seven weeks pre-meet allows full recovery prior to the meet. Training on an eight day rotation allows for 35% more rest for recovery than training on a seven day rotation. All aspects of the training cycle were developed by others. Taking bits and pieces from the varying approaches resulted in what we do. It's been successful for me and my training partners. I'll respond to any questions sent to mcdaniel242@abcglobal.net. My next competition is APF Teen, Junior, Sub-master, and Master Nationals in Baton Rouge, LA, May 3/84. My opening squat will be 930 for a new record. 1003 will be my second attempt. Best to all, Mike McD

All training lifts were successful versus meet requirements	09/22/07 Competition
09/14/07	255x3, 455x2, 655x2, 835x1
09/06/07	925/good - 1003/miss - 1003/miss
08/29/07	805x5 last squat workout - approx. 80% of projected second meet attempt
08/21/07	925x1 meet opener then 1075 standup/breakout
08/13/07	740x5 approx. 80% of next scheduled single
08/05/07	835x1 projected last warm-up at meet then 955 standup/breakout
07/28/07	670x5 approx. 80% of next scheduled single
07/20/07	1015x1 cycle peak (was training against a projected 1068 meet peak)
07/12/07	810x5 approx. 80% of next scheduled single
07/04/07	780x3, 860x2, 950x1, 1100 band assisted overload x1
06/26/07	675 plus choked purple bands x5 approx. 80% of next scheduled single
06/18/07	730x3, 810x2, 900x1, 1050 band assisted overload x1
06/10/07	635 plus choked purple bands x5 approx. 80% of next scheduled single
06/02/07	710x3, 780x2, 850x1, 1000 band assisted overload x1
05/25/07	545 plus choked green bands x5x2 approx. 80% of next scheduled single
05/17/07	650x3, 720x2, 800x1, 950 band assisted overload x1
05/09/07	505 plus choked green bands x5x2 approx. 80% of next scheduled single
04/23/07	620x5, 680x3, 750x1, 900 band assisted overload x1
04/15/07	415 plus choked blue bands x5x2 approx. 80% of next scheduled single
04/07/07	570x5, 630x3, 700x1, 850 band assisted overload x1
03/30/07	365 plus choked blue bands x5x3 approx. 80% of next scheduled single
03/22/07	540x5, 590x3, 650x1, 800 band assisted overload x1
	335 plus choked blue bands x5x4 approx. 80% of next scheduled single
	490x5, 540x3, 600x1, 750 band assisted overload x1
	295 plus choked blue bands x5x5 approx. 80% of next scheduled single



Mike McDaniel, at age 51, looking very solid while giving 1003 pounds a go on September 22nd, 2007.

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NUTRITION

An in Depth Interview with Holistic Nutritionist Mike Adams on THE DANGERS OF SODA CONSUMPTION ... PART III

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

Ok readers, it's time for another installment of this very informative interview with Mike Adams. I have gotten a ton of e-mails about this interview series from PL USA readers who couldn't imagine that soda was so harmful to the body. I have seen some very positive feedback on this series and I am very happy that Mike helped shed some light on a very basic yet very important topic that affects so many of you reading this column. I am happy to see that so many Powerlifters have given me good news about the fact that they are no longer going to drink soda. If just one person stops drinking soda, then it makes all the hard work worth it. In the last part, Mike discussed in detail about what soda does to the skeletal and neurological development of children. I received e-mails from some very responsible parents out there who listened to my warnings and informed me that their kids are now off soda for good. This is one of the best things you can do for the future health of your children, because poisoning them with soda will hurt them down the road for many years to come. I am very pleased to hear all the positive news coming from our lifters who wrote into me and are starting to see the reality of how bad soda consumption is.

In this third installment Mike is going to touch on some areas that were not covered in the previous two parts. Mike will discuss the reality of diet soda and neurotoxins. If that doesn't make you wake up and listen, then I don't know what will. He also will let us in on some very valuable and unknown information regarding the politics involving soda and artificial sweeteners. I am sure those of you who are into politics will find this very interesting. Another very important area of concern is the relation of soda consumption and kidney health. Many of you are unaware of the relation of these two. Mike will unveil some ideas that will shock you! Mike will also let us in on some herbal remedies that are used to help prevent kidney stones and improve overall function. So, get ready for another information packed installment that will inform you of hidden info the soda companies don't want you to know. Let's take a look at what this issue has in store for us.

AR: Does soda contain neurotoxins? If so can you explain to the readers of what they are and what they do to the body?

MA: Yes, soda does contain neurotoxins, and the most popular is the artificial sweetener aspartame. Dr. Russel Blylock wrote in his book that aspartame is an excitotoxin. It works by overstimulating the nerve cells in the body. It actually harms your brain

of chemicals and the lovely side effects that you can now enjoy are upon you!

MA: I agree Anthony, because if you don't drink soda and do eat nutrient-dense super foods then you will never have kidney stones. To add a little more breath to the topic you need to understand that when you are creating the kidney stones in your body, you are forming gall stones as well in your gallbladder. Passing a gall stone is reportedly just as painful as passing a kidney stone.

AR: Great Mike, that is fantastic news. I am sure that this info will help wake up our readers who without thinking of the health consequences that they are causing themselves down the road.

MA: If you are not into pain, then I think that would give you some good reasons why not to drink soda.

AR: If you are not a masochist then put down the soda because you are only asking for the pain train sooner or later.

MA: Let me give the readers a few tips on how to get rid of those kidney stones while we are on this topic.

AR: Mike that would be fantastic. This info would be well appreciated by the readers who have passed kidney stones in the past. I am sure they will find this very beneficial.

MA: There are two herbs in particular that I like to use. If you go to the grocery store you can buy some fresh corn that is still in the husk. What you do is take the silk, you know the stringy stuff between the husk and the corn.

AR: Yeah, the stuff that is a pain in the ass to clean off the corn and seems to stick to your fingers.

MA: Right, that stuff. Now take that and boil the corn silk in a pot. Now don't drink the corn silk, just the tea that you got from boiling it. Drinking this will cause you to eliminate kidney stones over time.

AR: That is some very good info, Mike. I can see just all these Powerlifters at the grocery store lining up with carts full of corn.

MA: Now the second herb is called Channa Piedra. This is a South American herb for those of you who haven't heard of it before.

This herb will actually eliminate kidney stones quite aggressively.

AR: Yes, Mike, I am familiar with that herb actually. This is a very powerful herb that has numerous health benefits and not just for kidney stones.

MA: Yes, that is true. **AR:** Is there any specific dosing protocol that you would recommend with the above two herbs to help someone overcome kidney stones or prevent them?

MA: With Channa Piedra you can get it in a supplement form.

I would just recommend following the instructions enclosed. It is a very safe herb. With the corn husk tea you can simply drink it several times.

AR: I am sure our readers will be very interested in this, especially those who have suffered from kidney stones in the past. Can you touch on the topic of soda rumors? I am sure that you have heard that if you put a nail in a can of soda it will actually dissolve. Is this true? Are there any others that you found interesting that you would like to share with the readers?

MA: The nail rumor I think got started because of the Phosphoric Acid. If you drop a nail in a can of soda it's not going to dissolve overnight, so that's probably a myth. If you drop a nail in a can of Phosphoric Acid then it will, indeed, dissolve. Here is something you will find interesting. Phosphoric Acid is actually what the U.S. military uses to clean rust off battleships. Another very good point is that some mason's use phosphoric acid to help catch patterns into stone.

AR: So you are telling me the same stuff that the military uses to clean hardened rust off their ships and equipment is what people are drinking? I was totally unaware that some masons also use Phosphoric Acid for pattern etching. I think the readers will do a double take and finally realize the poison that they are putting into their bodies.

MA: You can go to a hardware store and buy Phosphoric Acid. If you touch it, the Phosphoric Acid will eat away at your tissue.

AR: Great, that is exactly what people should be putting into their bodies especially in large amounts every day of the year ... NOT!

MA: That is how strong this stuff is. Like, come on here, the military uses it as a rust remover!

AR: Kids all across the U.S. are drinking this stuff in large amounts on a daily basis.

MA: Well, that really is nutritional insanity! Another myth that is out there about soda is that you can use it to clean the chrome on your car or to clean toilets. Now this is absolutely true. It's not only the Phosphoric Acid in there, but also due to the fizziness and bubbling effect that causes things to loosen up. I have also heard from EMT's or ambulance crews that you can use cola to clean up blood.

AR: It's funny, Mike, that you said that because I was just about to ask you the same question.

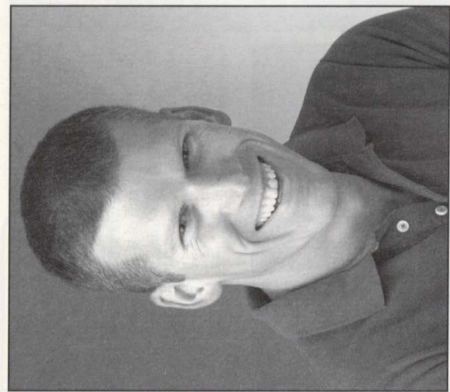
MA: Yes, that is a true story - they do actually use cola to clean up blood.

AR: Wow, that was one that I thought was a myth.

MA: Yes, it is very good at cleaning up blood. Again this is because of the fizziness as well as having all the acid in it. It's probably a very expensive way to clean up blood, but it is effective.

AR: I have heard a lot of people tell me that once they ceased drinking soda they actually stopped getting headaches, especially those who suffer from migraines. Is there a link here or is it just coincidence?

MA: It's no coincidence. You see, headaches are not normal. Healthy brains don't hurt. Anyone that suffers from headaches needs to look at the cause. The cause is usually dietary. When we look at people who consume diet soda, they should never be surprised if they are getting headaches. Remember diet sodas use Aspartame in them and that is an excitotoxin like I



Mike Adams holistic nutritionist (photo courtesy Adams)

mentioned earlier. If you are drinking regular sodas and you are getting headaches that could be due to the massive blood sugar swings that the soda causes. So, no, it's no surprise to me at all. If you clean up your diet, your headaches will disappear and I think that I even mean migraines. I think it's a shame in this country that when people get headaches they go to the doctor. Then the doctors give them drugs to help cover up what they eat, then they won't experience headaches in the first place.

AR: I know, Mike, it really is a shame the way the system works in North America. When the population here gets sick they run off to their local MD. The he, on the other hand, likes to dispense meds like candy because that is their mentality. Instead of trying to find out what is causing a particular ailment, like the headache problem mentioned above, the large majority just try and cover it up with drugs and pain killers. After that, they don't even think about the consequences of these drugs that people are putting into their bodies or the side effects that they pose to their health from their continual use. In other societies the people try to prevent disease before it hits them. This is the case with Traditional Chinese Medicine. The 'take home' point here is to try and keep yourself healthy in the first place. Prevention is the best cure! But in this society the large majority of people don't think twice about watching their health until a major health problem arises. Then, all of the sudden, they are put in a situation where they don't know what to do. They use radical drugs to try to cure the disease that they brought on

themselves. In turn, most of these drugs cause other side effects and health ailments. In the end this is a vicious cycle and the only ones truly benefiting from it are the drug manufacturers. In closing I would like to say to the readers that keeping yourself healthy and monitoring your nutrition plan are the single most important thing you can do for yourself. Instead of trying to figure out how to do when your arteries are all clogged up, think about this a little earlier so you can take the necessary steps to make sure that it doesn't happen in the first place. Powerlifters are notorious for this type of attitude when it comes to their health and it really needs to change for the better, otherwise you will be the product of that lifestyle.

OVERVIEW OF PART III

Well, as you can see with this installment Mike revealed some top notch info that I am sure you had no clue about. The fact that your kidney health is directly related to your soda consumption is something all Powerlifters should take note of. I have worked with more Powerlifters than you can shake your power belt at, and I know the reality firsthand. Many Powerlifters suffer from kidney stones and I can attest to that fact, without a doubt. It is very important that you take good care of your organs. Remember, you only have one set to last you a lifetime. The fact about Phosphoric Acid being used on military equipment to eliminate rust really hit home for me, that is for sure. I can't believe that people actually drink the same chemical in abundance. I hope this will help open your eyes to the fact that sodas are not good for your health and no one should drink it. I know the younger guys out there will make fun and poke jokes about this, but don't forget you will get older too. You have to take care of yourself in your younger years so that you can enjoy your mature years in good health. There is no need to poison your health through the food and drinks that you pollute your body with. In the end, the only thing to look forward to is to get old and have to take 10 different medications because of all the negligence you practiced in your youth. Remember, you reap what you sow, so if you turn your body into a toxic dumpster, then you can mark my words that, sooner or later, you will suffer the consequences of your lifestyle and nutritional choices. Now, I know the health guys out there, (at least the guys who may think they are healthy because they are not sick yet) will think that I have had a heart attack, or has been diagnosed with Type II Diabetes, or they will tell you the same thing. They all would have done something different in their younger years if they knew then what they know now and could have avoided the situation they are currently in. Please take this seriously because your health is the most valuable resource you have. Without it, there is nothing! So until next month train hard, eat clean, and don't poison yourself with these chemicals any longer because now you know the truth!

If you have any questions or comments drop me a line at: Anticuto@NutritionXP3.com Or you can check out my website at: www.NutritionXP3.com

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Jay Koepfer (right) receiving the Mike Morris Memorial Award from Marty Einstein at the NASA Arizona State Championship. (photo courtesy of NASA President Richard Peters)

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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.

Dear Mauro: I'm forty one and I'm doing your anabolic solution for powerlifters diet. I'm trying to lose the rest of my fat. I'm eating about 2500 cals. I weight about 210 with maybe 12 percent bodyfat. I want to stay on about 30 grams of carbs everyday till I get under 10 percent and then keep that regimen during the week and weekends take in more calories for two day (so basically I'll stick to very low carbs until I reach that goal and then use the 5 day and 2 day diet. Also during the week I'll still take Lipoflush My other question is how long can I stay on testobost ghboost and such, they can be used indefinitely metabolic, before taking a break from it? Or do I even have to? Thanks for everything keep up the great work.

Marc

Hi Marc: I think sticking low carb until you hit a certain point is a good idea. In fact it's the basis of my new Radical Diet. Also once you lose the body fat you want and since everyone is slightly different you'll have to experiment with low calorie week days and high calorie week ends to see how it suits you. As far as staying on the TestoBoost, GH-boost, and Metabolic, they're all meant to ramp up your system and to correct any hormonal issues. As such, they can be used indefinitely

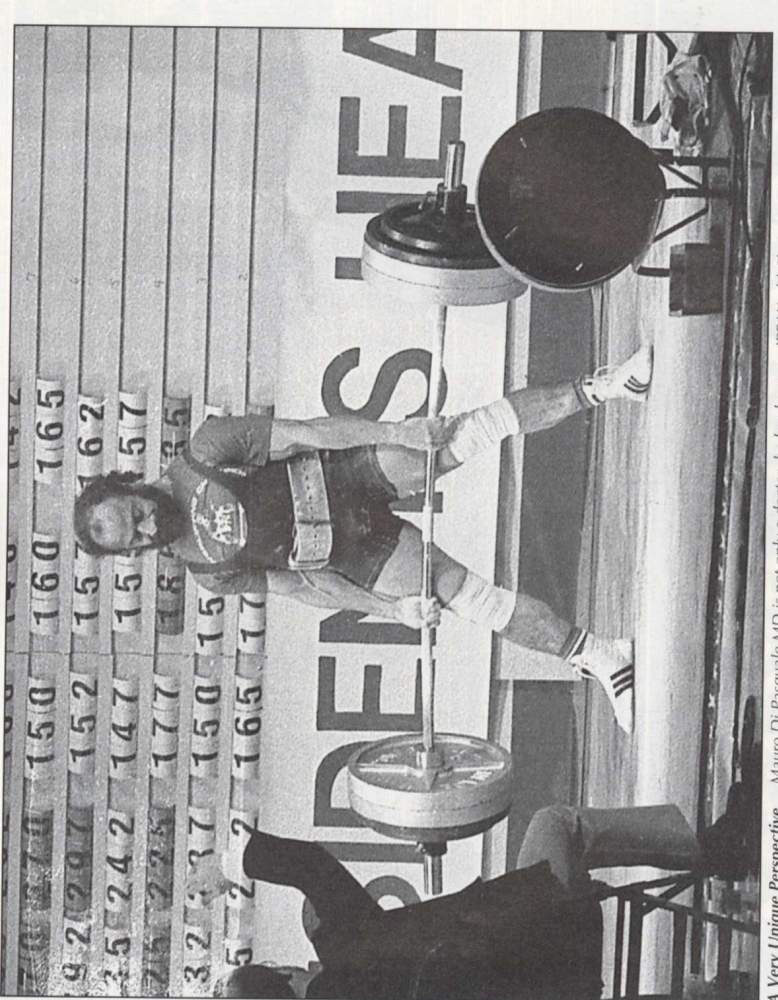
since they don't shut down your system as do the use of anabolic steroids and human growth hormone. Best regards, **Mauro**

Dear Mauro: On a Ketone diet you lose a lot of water and sodium and I get a lot of cramps. If I take in high sodium intake say, 6000-8000 mgs, how much water should I be drinking to keep my blood sodium levels good? I notice if I drink a lot of water I flush out all my sodium and it's a crazy cycle. because they feel they need to because of water loss, or because they're cramping, it can actually go against them by first of all increasing urine output as the body attempts to keep sodium levels under control, leading to a vicious cycle on having to drink more water and then taking more salt, and secondly by decreasing the levels of the other electrolytes in the body.

So the bottom line if you're cramping is not to go out of your way to take in extra salt, just follow your normal habits or at the very most maybe add a little extra salt to your food, but to take in extra potassium, calcium and magnesium. I hope that this information helps. **Mauro**

Thanks, **Mike**

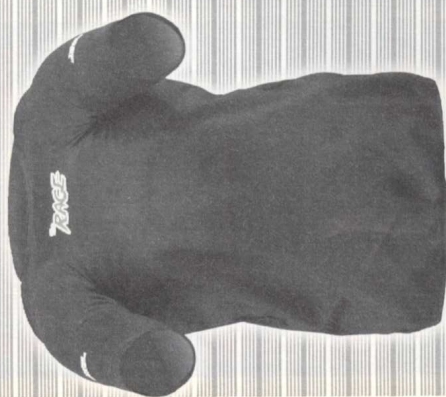
Hi Mike: On a low carb diet, the loss of water and electrolytes is secondary to the diuresis associated with ketone and urea nitrogen excretion. However, as your body becomes accustomed to the diet, the diuresis diminishes as does the loss of water and electrolytes. If you suffer cramps in the beginning or less likely after you've been low carb for a while, the best way to deal with the cramps is to increase the intake of not only sodium chloride, but just as important if not more so, the other important electrolytes, at least in this instance, potassium, calcium and magnesium.



A Very Unique Perspective ... Mauro Di Pasquale MD is not only a doctor, he has been an IPF World Champion in Powerlifting as well

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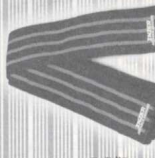
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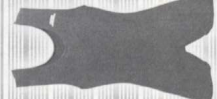
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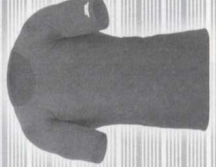
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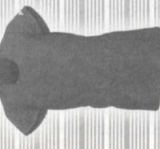
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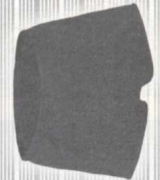
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HARD CORE GYM #74

MORE MILITARY BIZ IN THE DESERT

as told to Powerlifting USA by Rick Brewer

Last month we went OLD SCHOOL at the Retro Gym in CT. We played Old School Games like 'Pin-the-toupee-on-the-bald-guy' and the ever popular 'Hide-and-go-seek-my-teeth.' But between these retro games, we found some very serious retro lifters, and my hat & hairpiece are off to all of them!

Speaking of old things - I gotta give a quick shout-out to our old (meaning long-term, not aged) Army friend Colonel David Mullins! Colonel Super-Dave has been a serious lifter for years, and he and his wife just might be the nicest people I know. We first met him when he was part of the army crew who tested physical readiness of various US National Guard troops. His whole CAT crew was great, and we were all excited when Dave made full Colonel. Then Dave went to Iraq to meet some foreign women; but this year he finally came back home to his wife Shari. (Just kidding Shari. RB) Seriously, Super-Dave, we missed you - welcome back to Texas!

I get a lot of crazy stories from our US Military - everything they must do to keep training while serving overseas. Props to all of them; never quit! It's been a while since we got sand in our singlet, so we'll visit a hardcore gym in the sands of the AZ desert. Strength Works is owned by a former Marine; we'll let Cezar Danilewski fill you in:

"The (Strength Works) Gym was created out of pure necessity. I got out of the Marines and started training to get my pro card in strongman. Training at LA Fitness and stopping by a buddy's house to use his implements wasn't cutting it. After playing sports and training while in the Marines, I was used to a more serious environment, to say the least. I wasn't prepared for the commercial fitness scene when I got out. LOL. So, after speaking with a Marine Buddy, we decided to build our own gym in Tempe AZ. We built it entirely out of sand and cactus. (OK, I made that up. RB) It's got everything you need; Elite FTS benches and racks, Texas Powerbars, chalk bumper plates, platforms, chalk bumper plates, boards, chains, tumbleweeds, boards, logs, huge tires, fat bars, dumbbells up to 150 lbs. (still working on getting heavier ones), farmers walk implements, astix, kegs, motivating music, etc.

We've got a bunch of powerlifters; a couple of Elite lifters, a former NFL player currently playing arena football, college athletes, amateur strongman(lifter) and so far one pro strongman, a male model, MMA fighters, Olympic lifters. (one recently got

tact me for the address of these Hard-Core Gyms, so we'll start including it when ever possible. What is the address?

The address is 1400 S. McClintock Tempe, AZ 85281. We're a block east of Arizona State University. We opened the doors in August 2006.

Tell me about some other interesting people training there.

Well the APF chairman for AZ comes down on Bench days on Monday. Kevin made it to the WSM, so technically he's the 8th strongest man in the world. One of our senior lifters trained in the Olympic Training Center for two years and another is there currently. One of our best members has spent some serious prison time. Then we have the Morris Clan; five brothers who powerlift and compete against each other. One is bringing in his son to the sport so it's growing to 6 now. (Wow, sounds like a breeding to strengthen the Tempe genetics. RB)

How well do the MMA fighters, powerlifters, and strongmen co-exist?

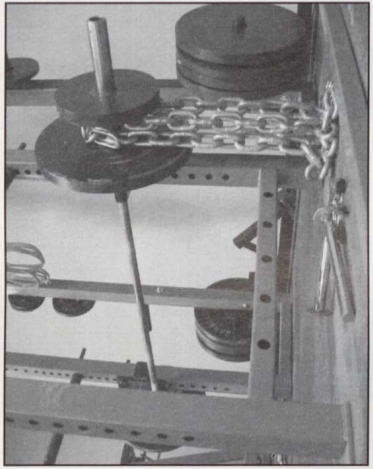
Everyone seems to be getting along great. People learn a lot from each other. The strongmen are getting help with their power-cleans from the Olympic lifters. The Olympic lifters are learning to bench from the powerlifters who are then going out back and flipping tires with the strongmen. MMA fighters flip tires, too. It's not uncommon to see one guy squatting in a rack, and another cleaning in the attached platform. Everyone is serious about their training, which seems to bond us all together.

Tell us about the male model.

He's not gay, and he doesn't do modeling anymore. He did it before to make some extra cash while in CA. (I think that's how Jenna Jameson got started. RB) Now he works as an electrician. The cool thing is that he was the guy in the first Hostel poster part cause he looks all crazy with his tattoos. You'll have to see him to get what I mean, but he's not a person that most gyms would allow inside. LOL. (I remember the Hostel poster; congrats on adding him to the party! RB)

What is the craziest thing that ever happened there?

Well, we've broke a 2300lb stone, shot a PVC pipe through a wall using some bands and a bench. (I've always wanted to try using the bands against slingshots!) RB) Knowing that both I and my business partner (Chris Souza)



ready/had to fix the concrete floor underneath the platforms due to the amount of weight being dropped on it repeatedly - even under 3 inches of rubber, LOL."

Cezar Danilewski (owner) StrengthWorks Gym 480-829-0382

A little more Q/A info. Cezar, what did you do in the Marines? Where?

My MOS was in Information Systems. I was stationed to check out our video of Kevin pulling 855 lbs. and near missing 880 lbs. He would have gotten it had the plates not fallen off. Since then, we've added 100 lb. plates. That's how we adapt; something breaks - so we get stronger sh#t. Heck, we at-

are Marines - and we are in AZ - members bring in their firearms to show off their toys. So it wouldn't be uncommon to walk into the office and see someone clean a weapon. LOL. Also, we've rolled the 650 lb. tire with people inside it!

How is it different from



other gyms?
We're different cause this place was built to provide a place to train first - not as a way to make tons of money. I was training at a "fitness" gym and working towards getting a strongman pro card, and it just wasn't cutting it. I looked hard for a good gym, but there wasn't any like I needed - so I built one. Most gyms ban chalk, and have carpet in the weight room so it looks pretty, and they can sell more membership to the ignorant. We provide chalk bin, and the whole place has high quality thick floor matting. I'm sure you know how valuable chalk can be. (Yep. RB) Most gyms have tons of machines, cause it's easy to fool someone into sitting in a machine and it will somehow do the work for you. We actually have lifting platforms where you have a dedicated place to deadlift and do Olympic lifts. We took the cash to get Texas Power Bars,

Knowing how important it is to have a good bar, I've seen gyms that spend tons of money on a pool, but then buy \$90 chrome bars that bend and are hard to grip.

Where are you from? What is the origin of your unusual family name?

I'm from Chicago. My family is from Poland.

Since we've already done Polish jokes; we'll skip that here. Any last words?

As far as big news: we did recently go 247 with a key card access control system. (Very cool data. RB)

Strength Works Gym is worth a visit next time you're in Tempe, AZ. If you live out there in the land of sand - you better go join ASAP. And by all means, take your guns - an armed society is a polite society. It's great that there are places where serious lifters of all different stripes can get together and work out - getting stronger in new ways. Flipping tires and cleaning gyms is great - as long as no Bodbuilders are allowed to pose in front of the mirrors. LOL, just kidding, jeez.

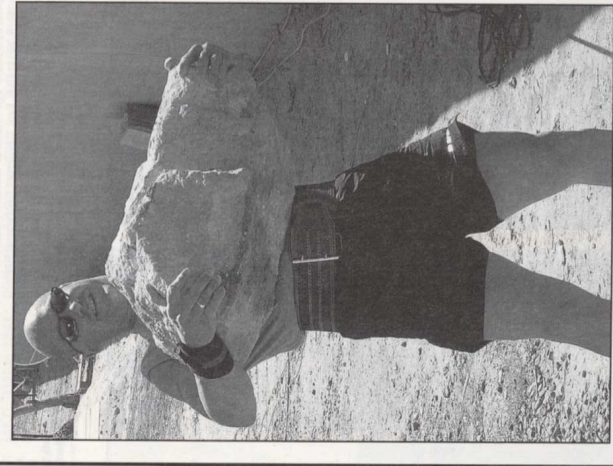
Gym Info, Comments, & Crazy Ideas?
Rick@houseofpain.com



Mirror-monkeys are OK until they put their posing trunks on. **US (I'm just saying) - once they put those Speedos on - it gets twisted.**

Thanks to all our Armed Forces, for keeping the USA safe. And thanks to whoever invented A/C, so people can live in Tempe, AZ. Next month, we'll travel about 10,000 miles to visit a HardCore Gym. Yes, that was correct - 10K miles. That's a long way to get a workout; I'll let you decide if it was worth it. Until then, keep the bar loaded, and train wherever you are!

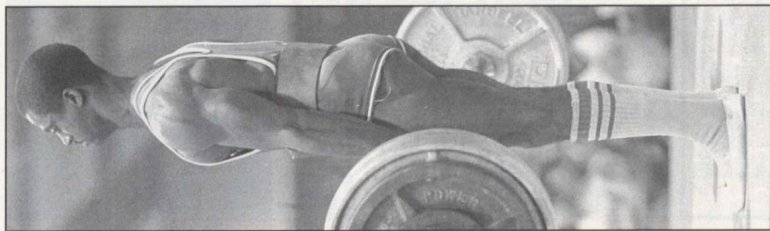
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David Mullins first walked into HOUSE OF PAIN when he was assigned to the Command Assistance and Assessment Team #9 (CAAT9) that assisted Army Reserve units in preparation for mobilization. During that time, Dave and MSG Marty Hilliard were training partners and both competed in the 2001 NPC Lackland Classic in San Antonio. We reasoned with them, and they turned to powerlifting with Dave's first meet in the 2003 APF South Texas Championship. Subsequent power meets were in the USAPL and re-assigned to III Corps at Fort Hood, Texas as the Senior Army Reserve Advisor to the Commanding General. He deployed with III Corps in Nov. 2006 as the CG's Army Reserve Advisor and Chief of Force Generation for rotating units in and out of Iraq. While in Iraq, Dave enjoyed basic dinosaur training - with whatever he found laying around in the sand. He trained with a variety of equipment to include kettlebells, weights, and BARs (Big Ass Rocks) or BFRs. He also rehabilitated some injuries during his 15 month deployment.

Since returning to Fort Hood in Feb 08, Dave has found his way back to the comfort of the weight room and heavy iron. He even brought his own power rack and Texas Power Bar into the HQ's fitness center, so he could squat and deadlift. He continues to supplement his training with kettlebells, grip work, and sled pulls. Once a dinosaur, always a dinosaur. All info provided by COL. Jon David Mullins, who adds: thanks for remembering the Army! BTW, the Army Reserve will celebrate it's 100th anniversary on 23APR08. Dinosaur training - HOOAH! PS: Our hats off to all the hardcore lifters who never quit training, no matter where they are. In Iraq, in prison, in Afghanistan, or in sheds and sheds - serious hardcore lifters are determined to train wherever they are - with whatever they have. The US Military, in particular, has proven their adaptability to me hundreds of times, with photos from all over the world. Many of these photos grace the walls of HOP. I salute them all.

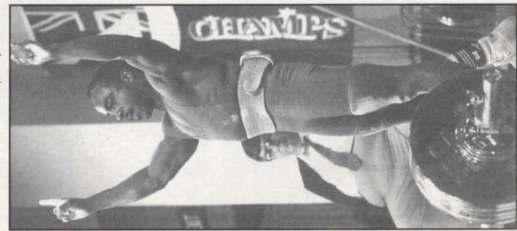
Rick Brewer



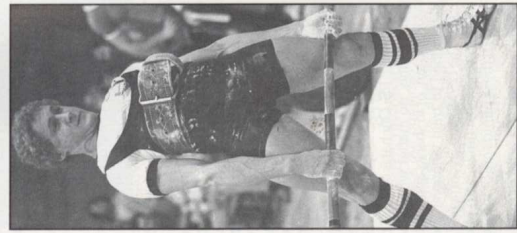
Lamar Gant just after his 683.

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 132 Pound (60 Kilogram) Weight Division -- DEADLIFT

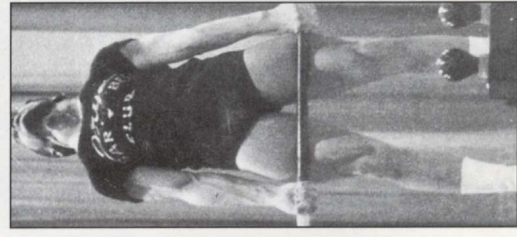
Table listing top 50 American men's deadlifters in the 132 lb (60 kg) weight division. Columns include DL, X-BMI, Name, Athlete, YOB, Date, Actual Weight, Exact Bodyweight, Location, and Federation. Top entries include Lamar Gant (683.4), John D. Carr (675.7), and Eugene Williams (670.0).



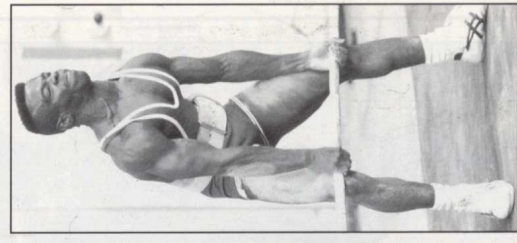
Frankie Vedro - pulling proclivity



Mike Cross a pioneer of pull



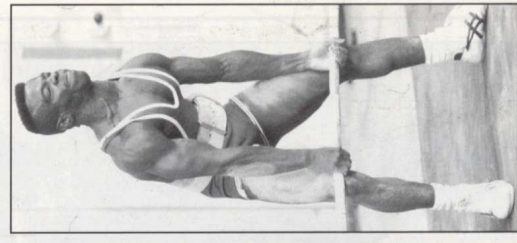
Todd Suttles - athlete of strength



Lamar Gant just after his 683.

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

Table listing top 50 American women's deadlifters in the 114 lb (52 kg) weight division. Columns include DL, X-BMI, Name, Athlete, YOB, Date, Actual Weight, Exact Bodyweight, Location, and Federation. Top entries include Diana Rowell (435.4), Margaret Kirkland (430.0), and Yuet-Chun Chang (425.0).



Diana Rowell best 114 DL ever



Gayla Crain is Rickey's sister



Evangelina Kizer-Keresey 363



Felicia Johnson - PL USA cover

A woman once asked Carlos Castaneda how to achieve a spiritual life. He responded, "When you go home tonight sit in your chair and remember that your joy, love, your husband, everyone you love, and you yourself, are going to die — and that they will die in no particular order, unpredictably. Remember this every night, Castaneda said, "and you'll soon have a spiritual life."

In life, every now and then you run into a special individual who significantly alters the way in which you perceive the world... a person who modifies the way you think and feel about life. About five years ago, I had the opportunity to meet just such a person at the gym. His name is Barry Carr, and he has since become not only a good friend, but one of my greatest heroes. I know this may sound capricious, but Barry is one of the most extraordinary human beings I have ever met. He is so gentle and so wonderful and so full of beautiful things to share... his entire life is one of giving, as I would like my entire life to be and as I am sure you would like your entire life to be. I wish I could share him with you.

Actually, I am not the only one who feels that way either. People who know Barry use words like "kind," "caring," "loving" and "unique" to describe him. Believe me, those adjectives are well deserved. In point of fact, I can add another word to describe him too... modest. I know Barry for over a year, and I was never aware that he was an elite fisherman until another guy in the gym told me about all the records he had. In all the time that I spent with Barry, he never mentioned that he even fished competitively let alone held numerous records in the sport. That is humility... something that few athletes know anything about.

One thing that he did talk a lot about, though, was his family, which I always found intriguing and, well, beautiful. It is kind of funny because I never met anyone in Barry's family, but I felt like I knew all of them personally because he was always talking about them. His son, Stephen or "Rock" as he called him, was the one member of his family I really wanted to meet. Barry would tell me about how good of an athlete he was in football, powerlifting, and baseball and how proud he was of him. At first, I thought Barry was just a proud father talking about the son he loved. Then I asked a number of guys in the gym who knew Stephen just how good he was when it came to sports. They would all say the same thing... "He is just like his dad. He is always smiling, always joking around and always reaching out and helping others." Those statements were always prefaced with "Don't let him catch you on the football field... he will flat out kill you." Like I was going to run out on a football field and jump on a guy with a nickname like "Rock"?

As I recall on this one particular sunny day, I was walking from my car to the gym. It was such a beautiful day. All of these magnificent crepe myrtles and azaleas, which beset the gym landscape, were in radiant full bloom and I was thinking what a paradise this place is. Some of you who have been to South Georgia know how beautiful it can be. Just by luck, Barry pulled up and got out of his car and we started walking into the gym. For some reason I was verbally carrying on about what a magnificent day it was and everything I knew about horticulture... running my mouth about all the wonderful things...

DR. JUDD

WONDERFUL PEOPLE JUST DON'T HAPPEN

as told by Judson Biasiotta Ph.D.



Dr. Judson Biasiotta
I just stood there listening to every heart breaking word... wishing that there was something I could do to help him and wishing that I had a magic wand that could wave and make everything right, but I didn't.

To bury your own child, I can only imagine, is the worst suffering that could ever happen to a parent... a searing and unspeakable pain. There can not be anything more tragic than caring for your child, loving him, and dreaming of his future only to have him taken away from you. Children are not supposed to die before their parents. It is not the natural order of things. The natural order of our journey through life is that parents don't outlive their children. Parents expect to see their children grow up, mature and become adults. Ultimately, they expect to depart this life and leave their children behind... this is the normal course of life events, the life cycle continuing as it should.

I can't even imagine how Barry and Julie must have felt after losing their son and I wouldn't even pretend that I did. I remember when I was in college I read what Ralph Waldo Emerson said about the death of his son. His words impacted on me drastically... it gave me an ever so slight glimpse of the pain and anguish that an individual can experience when you lose the most precious love of your life. In fact, Emerson's statement is etched into my memory till this very day. He said, "My son, a perfect little boy of five years and three months, ended his earthly life. You can never sympathize with me; you can never know how much of me such a young child can take away. A few weeks ago I accounted myself a very rich man, and now the poorest of all." He had said that the loss of a child is the loss of innocence, the death of the most vulnerable and dependent. The death of a child signifies the loss of the future, of hopes and dreams, of new strength, and of perfection. It goes without saying that no parent should have to experience such anguish.

Barry and Julie's loss bothers me still, and I often think to myself... that the purpose of life is to matter, to stand for something, to have made a difference in someone else's life, to have made some difference that we lived at all. And in the end, it's not the years in your life that count. It's the life in your years. And then there is... Stephen did all that and more.

A couple of months ago, I asked Barry how he was doing... how he was dealing with everything. He said this amazing thing. He said, "I feel so blessed that God gave me Stephen for eighteen years. I am so fortunate to have had a son who was so loving, and so caring, and so giving to others. I know he is in a much better place than here and am so happy for Stephen, but I miss him terribly and I always will." Is that amazing or what?

You know the most wonderful people I have known are those individuals who have experienced defeat, endured pain, undergone torment, suffered loss, and have found their way out of the depths of despair. These people have an appreciation, an incredible sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern for others. Wonderful people don't just happen.

and told her parents. When she got back home, I went to farm and found my father and told him. Then my father and I went and told my mother. It was the most difficult day of my entire life. I can't imagine any day being worse.

I just stood there listening to every heart breaking word... wishing that there was something I could do to help him and wishing that I had a magic wand that could wave and make everything right, but I didn't.

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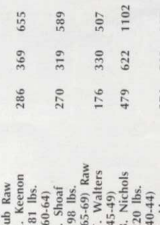
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Greg Crook won best Powerlifter honors at the UPA, SC State meet (photos courtesy of Kate Tallion)

UPA South Carolina Inaugural
12 JAN 08 - Greenville, SC

BENCH	MALE	DEADLIFT
148 lbs.	165 lbs.	
Open Raw	60-231	Raw
Patton-Gooch 297	242 lbs.	275
Open Raw	Open (40-44)	716
B. Kelley	7031	TOT
308 lbs.		
BP	DL	
286	369	655
L. Keenon		
181 lbs.		
(66-64)		
198 lbs.		
(65-60)		
T. Walters		
(45-49)		
181 lbs.		
(40-44)		
S. Masson		
374	562	937
Open		
G. Crook		
556	595	1151
Open Raw		
D. McCauren		
347	529	876



Eddie Patton-Gooch with UPA State Chair Bart Kelley at the inaugural UPA South Carolina Championships in Greenville.

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(40-44) Raw	281	413	694		
M. Culbertson	242 lbs.	314		J. McDermott	143
308 lbs.	Master (60-64)	298		T. Nicolini	298
J. Moose	181 lbs.	452		B. McGuire	402
(20-23)	J. Stevens	281		I. Hedstrom	408
J. National Records, A special thanks to all the lifters in South Carolina! It was a lot of fun and we saw a lot of new faces along with several regulars. We had several lifters from North Carolina and Georgia as well as our home state of South Carolina. Brett Kapp, the new UPA Raw Powerlifter, was a member of the crew of lifters that dominated the platform, including Greg Crook, Best Powerlifter. Also, congrats to Greg on his upcoming nuptials which just HAPPENS to be the date of the UPA South Carolina Inaugural! The Bests April 02! Make a good record of the wedding to South Carolina, Tom Walters, our oldest lifter at age 69, lifted raw in the 198 class and put up an 80 kilo bench and a 130 kilo deadlift. Lifting like a pro, Mike and went 9 in 9 in the 220 raw division. Brad Kelley also came back after a long hiatus and put up an impressive 320 kilo bench. Look for more of Brad this year. Eddie Patton-Gooch also fared well and broke his 135 kilo bench record in the 220 raw division, winning Best Lifter. Tom National Records were broken at this meet and all South and North Carolina lifts were State Records. Special thanks to Troy Nash, Carl Kelley, Greg Crook, Brett Kelley, Bill Frady, Andy Painter, Brad Kelley, Bill Cooke and especially South Carolina State Chair Bart Kelley. (results by Kate Tallion)					
USAP/FSF Senior State Games	8 DEC 07 - FL Myers, FL				
BENCH	MALE	DEADLIFT			
165 lbs.	181 lbs.	220 lbs.			
Master (55-59)	242 lbs.	303			
Master (60-64)	242 lbs.	303			
C. Phillips	110	183			
Master (70-74)	181 lbs.	215			
R. Magistro	44	220 lbs.			
114 lbs.	132 lbs.	138			
S. Pares	(55-59)	181 lbs.			
220 lbs.	191 lbs.	220 lbs.			
D. Grossman	303	303			
242 lbs.	MALE	DEADLIFT			
Master (55-59)	242 lbs.	265			
M. Marsilio	(60-64)	181 lbs.			
181 lbs.	MALE	DEADLIFT			
W. Hansen	303	303			
J. Stevens	187	242 lbs.			
198 lbs.	242 lbs.	347			
S. Walker	(55-59)	220 lbs.			
220 lbs.	220 lbs.	309			
J. Czerepak	309	309			
242 lbs.	L. Wallen	309			

BP	DL	TOT
110	265	375
441	518	959
302	287	589
265	314	579
187	452	639
309	276	584
309	281	491
309	705	1014
303	143	446
193	143	336
215	298	513
298	402	700
226	408	634
138	364	502
BP	DL	TOT
303	287	645
265	314	634
187	452	639
309	276	584
309	281	491
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-2007 Bench America Champion

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Engineered with a rapid-release caplet, Aplodan chemically charges Type II B muscle fibers that are vital to maximum power output. This hyperactivates these muscle fibers, making them more powerful than ever – in just seven days! The result is an increased power output for your bodyweight – which means bigger totals. And that's exactly why Ben White trusts it. 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 compared to baseline (3.18 vs. 1.74 mmHg). © 2008. All trademarks are owned by their respective trademark owners. Aplodan is patented.

MEET DIRECTORS ... a listing here is a **FREE** service. Send details, preferably at least 3 months prior to your event to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice.

- 16-17 MAY, USAPL, Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691
- 16-18 MAY (New DATE/NAME), 100% RAW/Raw United Florida State (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-500-5119
- 16-18 MAY, IAAU Oldtime State High School & Open PL (broken Arkansas), OKD, Jimmy Berry, 518-695-3823, DIBerr48@aol.com
- 24 MAY, USA, Southeast Regional (PL), PP, BP, DL - Douglassville, GA, Scott Taylor, 583 Douglasville Rd, Douglasville, GA 30135, 404-272-7272
- 24 MAY, ADAPF, Recorder & Interim, all Qualifier, PL, Single (Mexico High School), M, M, NO Bill 99901, 907-247-8463
- 17 MAY, USAPL, Ketchikan Spring Record Breakers, Doug Gregg, 1225 S. Port Higgins Rd., Ketchikan, AK 99901
- 17 MAY, TBR Fitness Center 1st Annual Bench Bash (Dallas, PA) TBR Fitness Center, Rt. 309, Ferwood Plaza, Dallas, PA 18612, 570-674-2420, thropower@epix.net
- 17 MAY, 3 lift/BP Meet (sculpted trophies, all divisions), Gym Warriors, 119 Foster St., Peabody, MA, Paul, 978-766-6280, pauldesme01@aol.com
- 17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 West Sale St., Tulsa, OK 74103, 217-253-5429, sonlightgym@verizon.net
- 17 MAY, Nasa Colorado State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Denver, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBBDL@aol.com
- 17 MAY, Atllis Gym BP, Chris Lambert, 3015 Pacific Ave., Wildwood, NJ 08260, 609-229-2050
- 17 MAY, WABDL USP Labs National BP/DL (Wisconsin Dells, WI) Gus Rehwisch, 763-545-8654 or 503-901-1622
- 17 MAY, San Jose Open PL/BP/DL, DL (Doubletree Hotel, Modesto, CA)

- Steve Denison, 661-333-9800, pwrflts@msn.com, www.powerliftingusa.com
- 17-18 MAY, APF Maine State, Matt Ives, 207-415-2075, rawlifting@aol.com
- 23-25 MAY, WPC European Cup (Vienna, Austria) Harald Seism, hapou@seism.at
- 24 MAY (NEW DATE), Nasa Kentucky (PL, PS, PP, BP Only) Greg & Susan Van Wagoner, Rt. 1 Box 166, Ravenna, WV, 26164, 304-273-2283, rathb@comcast.net
- 24 MAY, IAAU Oldtime State High School & Open PL (broken Arkansas), OKD, Jimmy Berry, 518-695-3823, DIBerr48@aol.com
- 24 MAY, APA, Southeast Regional (PL), PP, BP, DL - Douglasville, GA, Scott Taylor, 583 Douglasville Rd, Douglasville, GA 30135, 404-272-7272
- 24 MAY, ADAPF, Recorder & Interim, all Qualifier, PL, Single (Mexico High School), M, M, NO Bill 99901, 907-247-8463
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- 17 MAY, 3 lift/BP Meet (sculpted trophies, all divisions), Gym Warriors, 119 Foster St., Peabody, MA, Paul, 978-766-6280, pauldesme01@aol.com
- 17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 West Sale St., Tulsa, OK 74103, 217-253-5429, sonlightgym@verizon.net
- 17 MAY, Nasa Colorado State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Denver, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBBDL@aol.com
- 17 MAY, Atllis Gym BP, Chris Lambert, 3015 Pacific Ave., Wildwood, NJ 08260, 609-229-2050
- 17 MAY, WABDL USP Labs National BP/DL (Wisconsin Dells, WI) Gus Rehwisch, 763-545-8654 or 503-901-1622
- 17 MAY, San Jose Open PL/BP/DL, DL (Doubletree Hotel, Modesto, CA)

COMING EVENTS

- 31 MAY, PPL, Georgia State Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pflstrongsm@aol.com
- 31 MAY - WNPF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico - Ephrata, PA) Troy Ford 678-817-4743, wnpf@aol.com
- 31 MAY, Nasa Arkansas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBBDL@aol.com
- 31 MAY, Team Weber YWCA Push Pull (Trap Bar - YWCA, Clinton, IA) Bob Weber Jr., 563-259-8690, Dan Phipps, 563-259-4075
- MAY - WNPF USA vs. Brazil (Casas do Sul, Brazil) Troy Ford 678-817-4743, wnpf@aol.com
- MAY 08, WDPFF European Single Event (Como, Italy) www.wdplf.com

- 17-18 MAY, APF Maine State
- 30-31 MAY, 1 JUN, APF Senior Nationals
- 7 JUN, APF South Texas
- JUN, APF-AAPF Florida State
- JUN, APF/AAPF Chicago Summer Bash 5
- 12 JUL, APF Texas Rio Bravo
- 19 JUL, AAPF Big Sky State Games
- 19 JUL, APF Barbee Classic
- 26 JUL, APF Southeast Challenge
- 1-3 AUG, AWPC World Championship
- 16 AUG, APF Push Pull Meet
- 23 AUG, APF/AAPF High Country Push/Pull
- 6 SEP, APF Georgia State
- 13 SEP, APF Cornerstone Fitness Push/Pull I
- 20 SEP, APF Indiana St/Haug Farm BP/DL
- 27 SEP, APF Bend It Championship
- 25 OCT, APF Halloween Monster Bench Bash
- OCT, APF/AAPF Snake River
- OCT, APF Mississippi State PL/BP
- 1 NOV, APF Texas Cup
- 8 NOV, APF Bench Press
- NOV, WPC World PL/BP
- 6 DEC, APF Gulf Coast
- 13 DEC, APF Rio Grande Valley
- DEC, APF/AAPF Southern States

APF/AAPF/WPO Schedule

- 17-18 MAY, APF Maine State
- 30-31 MAY, 1 JUN, APF Senior Nationals
- 7 JUN, APF South Texas
- JUN, APF-AAPF Florida State
- JUN, APF/AAPF Chicago Summer Bash 5
- 12 JUL, APF Texas Rio Bravo
- 19 JUL, AAPF Big Sky State Games
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- 1 NOV, APF Texas Cup
- 8 NOV, APF Bench Press
- NOV, WPC World PL/BP
- 6 DEC, APF Gulf Coast
- 13 DEC, APF Rio Grande Valley
- DEC, APF/AAPF Southern States

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

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 19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucula, IL 61953. 217-253-5429, www.southlightgym.com
 19 JUL, WABDL, Great Lakes Regional BP/DL, (Holiday Inn South, Lansing, MI) Gae Retiwisch 763-545-8694 or 503-901-1622
 19 JUL, AAPF Big Sky State Games (Bulling, MT) Jim Thompson, 406-208-6094, jimthompson@breesman.net
 19 JUL, AAPF Barbee Classic (Houston, TX) Gary Pendergrass, 800-378-3786, www.seguintfitness.com
 19 JUL, USA 2nd Show of Strength PL Challenge (Iowa & Equipment - Morroque, NC) Brent Hindman, 704-582-9567, trent.hindman@psa-nam.com
 19 JUL, USA PL Mid Atlantic Open (PL/BP/DL) Froman, raw, assisted-standardsville, VA) John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapl.com
 19 JUL, (NEW DATE), NASA Thr-State Regional, Lindell Smith, ismily@speedy.com, 681-662-3413
 19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-327-8513
 19-20 JUL - WNPFF Drug Free Team Deamatics (PA) Troy Ford 678-817-4743, wnp@aol.com or Ron Deamatics 330-792-6670, deamatics103@aol.com
 26 JUL, APF Southeast Challenge (Beaumont, TX) Gary Pendergrass, 800-378-3786
 26 JUL, (NEW DATE), ADAU SQ, Rob DL Nationals (Lehighton, PA) Rob Edhart, 1271 E. Lizard Creek Rd., Lehighton, PA 18235, 610-377-5852, edhart@epid.net
 26 JUL, 4th OH Heritage Weightlifting Competition (Obergh, Scott Hall, Oil City, PA, to benefit T.J. Wilson, 2 year old with heart transplant complications) Chris Snyder 814-676-3750
 26 JUL, Sports Fest at Cedar Beach Allentown YCA/WCA BP/DL (Allentown, PA) Bonnie Brenner, Mike Michalski, 610-434-9333
 26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881 Williston Rd., Burlington, VT 05403, 802-865-3068, 802-999-7845, www.allamericanfitness.com
 26 JUL - WNPFF Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC - Kennesaw, FL) WNPFF Lifetime, P.O. Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpfflifetime@aol.com
 26 JUL, WNPFF 10th Florida State & USA Championships (Kissimmee, FL) Troy Ford 678-817-4743, wnpff@aol.com
 26 JUL, SSA West Coast Summer Ironman Classic (Newport, OH) Jason Centoni 540-336-2779, www.strengthalliance.com
 26 JUL, SLP YMCA of Kansas City Past/Pull Classic (Kansas City, KS) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net

Ravenwood, WV 26164, www.ravenwoodgym.com
 12 JUL, USPF Fresno Open PL/BP/10 masters, 61-533-9800, p.w.steffens@msn.com, www.ravenwoodgym.com
 12 JUL, WNPFF North Americans (Anaheim, CA) Troy Ford 678-817-4743, wnp@aol.com
 12 JUL, WNPFF Championships (Atlanta, GA) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpfflifetime@aol.com
 12 JUL, WNPFF World Cup PL, Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net, www.ravenwoodgym.com
 12 JUL, WNPFF Midwest Regional BP/DL (Merrill Hotel, Minneapolis West, MN) Greg Petrich 763-545-8654, or 503-901-1622
 12-13 JUL (NEW DATE), UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman Competition (Aurora, IL) Bill Carpentier, 636-590-1390, Kenny NE 68046 DJ Sauterfeld 402-592-1243, djcarpentier@yahoo.com
 12 JUL, NABA Youth Nationals & 19 JUL, IPRL Southeasterns, Tee Mev 29250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, amyjackson@aol.com
 12 JUL, WNPFF Powerfest 2K8 PL BP, DL, PC (Nantux, NY) Troy Ford 678-817-4743, wnpff@aol.com
 12 JUL, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted McCabe, uspfri@cox.net, Matt McCasella, uspfri@cox.net, Matt McCasella, uspfri@cox.net
 3-5 JUL, IBSA (USAPL) World BP & Powerlifting Championships for the Blind and Visually Impaired (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhh@verizon.net, www.geocities.com/flordauspl
 5 JUL, SLP Samson's Gym Open BP/PL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net, www.southlightgym.com
 5-6 JUL (additional day), NABA East Coast Nationals & Pro Qualifier, Powerfest & Un-equipped PL & BP and Power Sports & Push Pull (includes qualifier for all NABA Pro events - NO 405-527-8513, P.O. Box 735, Noble, OK 73068, SOB3PDL@aol.com)
 6 JUL, USA PL Open BP & DL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhh@verizon.net, www.geocities.com/flordauspl
 6 JUL, WABDL 4th Somy's 'His Legacy Lives On' BP/DL (Sheraton Waikiki Hotel, Honolulu, HI) Jocelyn Ronolo 808-387-8776 or Mike Saito 808-221-0129
 12 JUL, Kansas Open,

5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727
 29 JUN, AAU Wisconsin Summer BP Powerlifting Championships (Bosc, WI) Paul Bossi 252-339-5025, valifting@aol.com, www.rawpowerlifting.com
 12 JUL, Monster Muscle Record Breakers BP & DL (single lift, equipped) Judy Sverchek 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com
 12 JUL, NABA Strongest Man Strongman Competition (Aurora, IL) Bill Carpentier, 636-590-1390, Kenny NE 68046 DJ Sauterfeld 402-592-1243, djcarpentier@yahoo.com
 12 JUL, NABA Youth Nationals & 19 JUL, IPRL Southeasterns, Tee Mev 29250 Lumpkin Rd., Augusta, WV) Greg Van Hooser, RRI Box 166, Kitterid, 866-389-4744, amyjackson@aol.com
 12 JUL, WNPFF Powerfest 2K8 PL BP, DL, PC (Nantux, NY) Troy Ford 678-817-4743, wnpff@aol.com
 12 JUL, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted McCabe, uspfri@cox.net, Matt McCasella, uspfri@cox.net, Matt McCasella, uspfri@cox.net
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 5 JUL, SLP Samson's Gym Open BP/PL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net, www.southlightgym.com
 5-6 JUL (additional day), NABA East Coast Nationals & Pro Qualifier, Powerfest & Un-equipped PL & BP and Power Sports & Push Pull (includes qualifier for all NABA Pro events - NO 405-527-8513, P.O. Box 735, Noble, OK 73068, SOB3PDL@aol.com)
 6 JUL, USA PL Open BP & DL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhh@verizon.net, www.geocities.com/flordauspl
 6 JUL, WABDL 4th Somy's 'His Legacy Lives On' BP/DL (Sheraton Waikiki Hotel, Honolulu, HI) Jocelyn Ronolo 808-387-8776 or Mike Saito 808-221-0129
 12 JUL, Kansas Open,

21 JUN, ADPFL PL National & WDPFF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters, police/fire/military - Evansville, IN) Meet directors: Mike Stagg 812-204-3755, Derek Wallace 812-867-1736, or Dick Connor 812-867-4939, 309-837-2111, www.adpfl.org
 21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director, Brent Kernoff 802-865-2747, bret@vermontpowerlifting.com, www.vermontpowerlifting.com
 21-22 JUN, NABA USA Nationals, Equipped & Un-equipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOB3PDL@aol.com
 26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Lahnhalde), Friedrich-Ludwig-Jan-Strasse, 91301 Forchheim, Germany, Peter and Jorg, www.wpffpowerlifting.com
 28 JUN, ADAU National Powerlifting (men, women, all ages) Joe Oreggia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727
 28 JUN, WNPFF 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpff@aol.com
 28 JUN - WNPFF Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPFF Lifetime, P.O. Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpfflifetime@aol.com
 28 JUN, 100% Raw Freedom USA Open BP/CR, John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
 28 JUN, AAU Sooner State Summer Games PL/BP/DL (Shawnee, OK) Ricky Dale Crain, rcrain@allegianceva.com
 28 JUN, IBSA Southeastern PL (Rochingham, NC) Keith Payne 336-251-8704
 28 JUN, 100% Raw National BP/PL/CR Championships (Annapolis, MD) Paul Bossi 252-339-5025, valifting@aol.com, www.rawpowerlifting.com
 28 JUN, APA Bay State Open BP, SC - Northampton, MA) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727
 28 JUN, APA Missouri State (West Plains, MO) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727
 28 JUN, WABDL 12th Alii Beach BP/DL (Seattle, WA) Bull Stewart 206-725-7894
 28-29 JUN, IPA World PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-749-5024
 28 JUN, USA Raw Bench Press Federation Summer Nationals (Tusculo, IL) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net, www.southlightgym.com
 21 JUN, USA Raw Bench Press Federation Summer Nationals (Tusculo, IL) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net, www.southlightgym.com
 21 JUN, USA PL State (Bridgeway House) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956

7 JUN, New England Raw PL/BP/DL, DL - Bowling Green, OH) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727
 7-8 JUN, NABA Northeastern States Powerlifting & Bench Press Championships (Norfolk, VA) Meet Director, Gaele Schroeder, 757-650-5410, Brute Strength Gym, 757-893-3911
 7 JUN, WADI National Push Pull (Shroton, VA) Percent Hotel, Phoenix, AZ) Gae Retiwisch 763-545-8654 or 503-901-1622
 7 JUN, 6th USA PL, Pete Lantz Memorial PL, IM, BP (Cleveland, OH) Gary Kanasa, www.BKGSPOWERMETS.com
 7 JUN, NABA Minnesota State PL, MN, PS, PP, Pro Qualifier, Rochester, MN) Josey Powerhouse Gym, 1800-1056, www.powerhousegym.com
 7 JUN, SLP Missouri Open BP/DL (Chesterfield, MO) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net, www.southlightgym.com

17th - Colorado State Championships, Denver, CO.
 24th - Kentucky State, Moorehead, KY
 24th - South Texas Open, Alvin, TX
 31st - Arkansas State, Russellville, AR
 June
 7th - Northeastern States, Washington, PA
 7th - Minnesota State, Rochester, MN
 14th - East Texas Open, Tyler, TX
 21, 22nd - USA Nationals, Lancaster, Ohio
 July
 5th - East Coast Nationals (Hickory, NC)
 12th - Youth Nationals (Ravenwood, WV)
 19th - Virginia Open (Sheboygan, WI)
 19th - Grand Nationals (Sheboygan, WI)
 26th - Tri-State Regional, Flora, IL
 26th - South Texas Classic (Alvin, TX)
 August
 2, 3 AUG - World Cup (OKC, OK)
 September
 6th - New Mexico Regional (Rio Rancho, NM)
 20th - Ohio Regional
 27th - Arkansas Regional (Russellville, AR)
 October
 4th - East Texas Regional (Tyler, TX)
 18th - Unequipped Nationals (OKC, OK)
 19th - 1st Pro Equipped Nationals (OKC, OK)
 25th - Iowa Regional (Des Moines, IA)
 November
 1st - Masters /Submasters Nationals (Mesa, AZ)
 15th - Colorado Regional (Loveland, CO)
 22nd - Kansas Regional (Salina, KS)
 29th - Oklahoma Open
 December
 6th - Missouri Regional
 13th - West Texas Regional
 20th - Illinois Christmas Regional
 Coming Events/ Entry Forms at: www.nasa-sports.com

UPCOMING SLP COMPETITIONS
 17 MAY, SLP Platinum Fitness BP/DL (Tulsa, OK)
 7 JUN, SLP Missouri Open (Chesterfield, MO)
 14 JUN, SLP Superman Classic (Metropolis, IL)
 5 JUL, SLP Samson's Gym Open (Hamilton, OH)
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 217-253-5429
 www.southlightgym.com
 www.sonlightpower.com
 12 JUL, WNPFF Lifetime USA PL, BP, DL, PC Championships (Atlanta, GA) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpfflifetime@aol.com
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 12 JUL, WNPFF Midwest Regional BP/DL (Merrill Hotel, Minneapolis West, MN) Greg Petrich 763-545-8654, or 503-901-1622
 12-13 JUL (NEW DATE), UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman Competition (Aurora, IL) Bill Carpentier, 636-590-1390, Kenny NE 68046 DJ Sauterfeld 402-592-1243, djcarpentier@yahoo.com
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 5 JUL, SLP Samson's Gym Open BP/PL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, southlightgym@verizon.net, www.southlightgym.com
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GET READY TO LIFT HEAVY!



Events Calendar

2008 IPA WORLD POWERLIFTING CHAMPIONSHIPS

York Barbell Company
York, Pennsylvania
June 28 - 29, 2008

2008 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

York Barbell Company
York, Pennsylvania
November 22 - 23, 2008

For information about the meet and lodging, visit www.IPAPOWER.com for a downloadable entry form.

Meet Directors
Mark Chaillet at 717-495-0024,
190 Arsenal Rd., York, PA 17404
Or Email: Elien.Chaillet@eclairlet@aol.com

Thanks to our Event Sponsors:

York Barbell
3300 Board Rd., York, PA 17406

- www.sonlightpower.com
- 26 JUL, Gemite State BP & Ppl the Crp DL, Louie LaPoint, 337 Roxbury St., Acene, NH 03431, 603-352-9590
- 26 JUL, Nasa, South Texas Classic, Equipped & Un-equipped PL & BP, 1701 W. Loop West, Houston, TX 77057, 281-461-1111
- 26-27 JUL, AAU Junior Olympics/AAU Bench Press (Detroit, MI) Judy & Steve Wood, Jill Meads, vaporlifting@aol.com, 804-559-4624
- 26-28 JUL, USAPL, Raw National Championships (St. Louis, MO) Harold Gaines, 314-805-2044, haroldgaines@earthlink.net
- 27 JUL, APA Maine Iron, BP, DL, PP, SC (Freeport, ME) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
- 27 JUL, WNPFF Drexel, Raw National Championships (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078
- 30 JUL-3 AUG, AWPC/Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wp@awpc.org
- 1-3 AUG, AWPC Worlds (Oakbrook, IL) Kieran Kidder/Amy Jackson, 866-389-4744, amjackson@aol.com
- 1-3 AUG, 100% RAW/RAW United Women's Nationals and Kids Youth/Teenage Nationals (all current membership cards honored, all lifters & teens receive awards, entry deadline Saturday, July 12) Sperry Fitness, 4353 Collinswood Dr., Melbourne, FL 32901, 321-505-1194, ishomts@earthlink.net
- 2 AUG, USAPL, Raw National Championships (Venice Beach, CA) Steve Denton, 661-333-9800, pwltrf@msn.com, www.pwltrf.com
- 2 AUG, USAPL Larry G. Memorial PL (Trooson, MD) Brian Washington, Brian Washington, 410-265-8264, www.uspl.net/2008Garrow.html
- 2 AUG, APA Texas Open (PL, PP, BP, DL, McAllen, TX) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247
- 2 AUG, SSA Backyard Bench/Deadlift/Iron Man (from Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
- 2 AUG, WABDL From Gladstone, Great Northern BP/DL (Red Lion, PA) Gabe Retnisch, 763-545-8654 or 503-901-1622
- 2, 3 AUG, Nasa World Cup, Equipped & Un-equipped PL & BP and Power Sports & Push/Pull & Pro Qualifier (OKC, OK) 405-572-8513, P.O. Box 735, Noble, OK 73068, SOBPPDI@aol.com
- 3 AUG, SLP Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 9 AUG, N Virginia Raw PL/BP (VA) Joe James, 703-475-9858, www.northernvirginiarepower.com
- 9 AUG, IPA New York PL/BP (Rochester) Gene Rychlak Jr., 143 Second Ave., Rochester, PA 19468, 610-948-7823, bench_a_grand@aol.com
- 9 AUG, WABDL Southern Regional BP/DL (Columbus, GA) Mike Womelsdorf, 909-880-8654 or 503-901-1622
- 9 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 9-10 AUG (NEW DATE) WABDL World Cup (Hotel Ives, Tampere, Finland - 1.5 hours from Helsinki Airport) Sakari Seikkala, 011-358-505-354-106, sakke@voimaharjoittelu.net, www.wabdl.org
- 10 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 10 AUG, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker, 832-423-7662
- 10 AUG, PC Championships (Philadelphia, PA)

- WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wmpflifetime@aol.com
- 10 AUG - WNPF Single Lift Nationals & Ironman Nationals (BP, DL, PP - Philadelphia, PA) Troy Ford 678-817-4743, wmpflifetime@aol.com
- 15-16 AUG, Europa Super Show World Powerlifting Championship Event (Dallas Convention Center) Betty Pariso, P.O. Box 210145, Bedford, TX 76095, 817-498-3631, BettyPariso@aol.com
- 16 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 16 AUG, 24th Iowa State Fair BP/DL (BP - pure, natural, raw, novice, teen, women, masters, submasters, beginners, DL - natural, women, masters, submasters) Jeff Baird, baizrd@aol.com
- 16 AUG, APA Nimgem State Open (PP, BP, DL, SC - Wallingford, CT) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247
- 16 AUG, USAPL Northern California PL (West Coast Muscle Athletic Club - Yuba City, CA) Mike Womelsdorf, 909-880-2948, usaplcoach@aol.com
- 16 AUG, AAU & 100% Raw International Can-Am Championships (PP single, SC - Sheraton Burlington, S., Burlington, VT) Bret Kernoff, bret@vermontpowerlifting.com
- 16 AUG, APF Push Pull Meet (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net
- 17 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 23 AUG, 100% Raw Eastern USA Open BP/CR (John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com)
- 23 AUG, APF/AAFP (Brighton City, UT) Jon Cunningham, 801-985-1164
- 23 AUG, APA Razorback State PL, PP, DL, PP, SC Overhead Pass, Strength Sports - Russellville, AR) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247
- 23 AUG, IBP Mountain Bench Bash & Strict Curl (Ashville, NC) Keith Payne 336-251-8704, keith@ironbonypowerlifting.net
- 23 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 30 AUG, APA Wolke's State (PL, PP, BP, DL, SC - Grand Rapids, MI) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247
- 30 AUG, 2nd USPF Works Outdoor BP/DL (New Martinsville, WV) Matt McCase, 210 Gilbok St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com
- 30 AUG, PPL Southeastern Strongman, PPL 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
- 30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914
- 5-12 SEP, APC World Championships (Birmingham, England)
- 6 SEP, APF Georgia State (Kennesaw, GA) Jon Kennesaw@fitnessresource.com 770-426-1077
- 6 SEP, Nasa NM Regional (PL/BP/PS), mike@liftinglarge.com, www.liftinglarge.com
- 6 SEP - WNPF Lifetime Southern States (Fitzgerald, GA) WNPF Lifetime, P.O. Box 142347, Fayetteville, GA 30214, 678 817-4743, wmpflifetime@aol.com
- 6 SEP - WNPF 2nd Jake the Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wmpflifetime@aol.com
- 6 SEP, WABDL United We Stand BP/DL (New Castle, PA) charles venturilla 724-654-4117
- 6 SEP, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662
- 6 SEP, SLP Tennessee State Fair BP/DL (Nashville,

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505-1194, Isomts@earthlink.net	12.00
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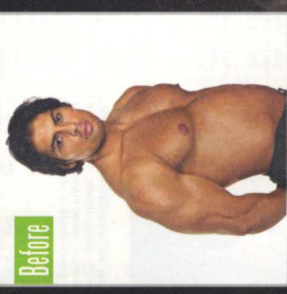
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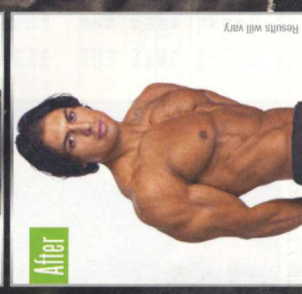
- www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 27 SEP, USPF 1st Tom Ethridge Top Gun Arizona State Championship PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-9555, www.coldirongym.com
- 27 SEP, APF Bend It (Victoria, TX) Gary Pendergrass, 800-378-6460, www.segmentfitness.com
- 27 SEP, Nasa Arkansas Regional, Equipped & Un-equipped PL & BP and Power Sports & Push/Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPPDI@aol.com
- 27 SEP (NEW DATE) USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denton, 661-333-9800, pwltrf@msn.com, www.powerliftingca.com
- 27 SEP, IBP Regional PL (Pittsford, NY) Keith Payne, 336-251-8704, keith@ironbonypowerlifting.net
- 27 SEP, SLP Nationals Powerlifting Championship (Tucula, IL) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 27 SEP, USAP Blue Ridge classic BP/DL (Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932, valifting@aol.com, www.virginiapowerlifting.blogspot.com or Will Morris, 434-985-6858
- 27 SEP - WNPF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wmpflifetime@aol.com
- 27 SEP - WNPF Lifetime (Bordentown, NJ) WNPF Lifetime, P.O. Box 142347, Fayetteville, GA 30214, 678 817-4743, wmpflifetime@aol.com
- 28 SEP - WNPF Lifetime, Pennsylvania State (Ephrata, PA) WNPF Lifetime, P.O. Box 142347, Fayetteville, GA 30214, 678 817-4743, wmpflifetime@aol.com
- 28 SEP, APF North American BP, DL, PP, SC (Brewer, ME) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, wmpflifetime@aol.com

- PA 19468, bench_a_grand@aol.com
- 28 SEP, WNPF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wmpflifetime@aol.com
- 29 SEP-4 OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.povpowerlifting.com
- 30 SEP, Raw National Championships (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078
- 3-5 OCT, 100% RAW/RAW United Armed Forces Nationals and North American Open (opens to active duty soldiers, reservists, gentlemen and veterans, all current membership cards honored, all lifters & teens receive awards, entry deadline Saturday, September 13) Sperry Fitness, 4353 Collinswood Dr., Melbourne, FL 32901, 321-505-1194, ishomts@earthlink.net
- 4 OCT, Nasa East Texas Regional BP/DL (Unpaired PL & BP and Power Sports & Push/Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPPDI@aol.com
- 4 OCT, SPF WABDL World PL (BP) (Gaitlinburg, TN) Jess Rodgers, 423-344-7161, rodgersdmax@earthlink.net
- 4 OCT, SLP Tennessee State BP/DL (Leesport, TN) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 5 OCT, 100% Raw & AAU Meet (Full Single Lift, Strict Curl, Greater Burlington YMCA, Burlington, VT) Bret Kernoff, bret@vermontpowerlifting.com
- 9 OCT, USAPL Powderlifting Clinic (California, CA) San Bernardino, CA) Mike Womelsdorf, 909-880-2948, usaplcoach@aol.com
- 10-12 OCT, WNPFF Single Event Worlds (equipped, raw, men, women, Open, teens, masters, police/fire/military - Amateur, BEL) Wim Bakelstein, 309-837-2111, adfpf.org
- 11 OCT, WNPF 9th Palmito PL, BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743, wmpflifetime@aol.com
- 11 OCT, 17th annual Special Olympics Liftoff/Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlon Mack & Koan Mack, 1101-399-2775, ross.garcia.310.794.3393
- 11 OCT - WNPF Lifetime Carolina State BP/DL PC Championships (Greenville, SC) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wmpflifetime@aol.com
- 11 OCT, SLP Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
- 14 OCT, APA Northeast Regional (BP, DL, PP, Dower, NH) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247
- 18 OCT, SLP Monon Fitness BP/DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucula, IL 61953, 217-253-5429, www.sonlightpower.com
- 18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
- 18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meekau, 818-899-7555, wario@01@earthlink.net, www.powerliftingca.com
- 18 OCT, APC North California Open PL/BP, John Ford 650-303-7518
- 18 OCT, Nasa Un-equipped Nationals, Un-equipped Powerlifting, Power Sports, Un-equipped Push/Pull, Un-equipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPPDI@aol.com
- 19 OCT, Nasa 1st Annual, Pro Un-equipped Nationals, Un-equipped Powerlifting, Power Sports, Un-equipped Push/Pull, Un-equipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPPDI@aol.com
- 21 OCT, 4th Westminster Family Center BP/WFC (11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452

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Before



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TORCHES 35% MORE FAT

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➔ HOW ARSON TORCHES FAT

1 STAGE

The pro-competition strength Arson formula kick-starts the fat-burning process by blocking adenosine receptors, which allows your body's critical fat-burning hormone to be increased by 40% in 24 hours.



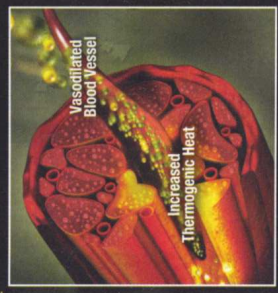
2 STAGE

Arson ensures the fat-burning signal remains at extreme levels by blocking alpha-2 receptors. This dramatically increases lipolysis (the breakdown of stored fat).



3 STAGE

Arson's scientifically designed formula supports vasodilation, which helps to shuttle newly mobilized free-fatty acids directly to your muscles where they can be burned as fuel to generate energy as thermogenic heat.



WHAT IT FEELS LIKE TO BE ON ARSON
 Minutes after taking your first dose, before you've even put hands to iron, the fat-scorching fire ignites. Engineered to dramatically increase your key fat-burning hormone by 40 percent, you can think of nothing but unleashing hell on the gym floor. No other thermogenic formula is designed to provide the unstoppable fat-burning effects the way Arson does. The result of over three years of research by the Muscle Asylum Project™, this pro-competition strength fat burner is mega-dosed with 15 scientifically advanced ingredients and engineered to deliver a devastating 1,184 mg of fat-burning trepover per dose. In fact, one university study confirmed that the key components of Arson's cutting-edge formula were clinically proven to increase fat oxidation by an incredible 35 percent more than a placebo in just 24 hours (103 vs. 76.2 grams)! After your very first dose, you'll understand why Arson is the hardest hitting fat burner in existence.

➔ No other thermogenic formula will deliver the unstoppable fat-burning effects of Arson.

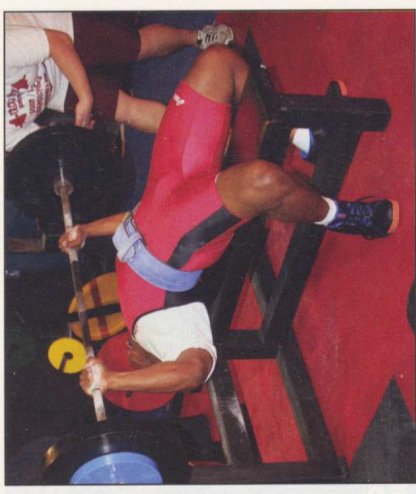


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IBP Regional Push Pull
9 FEB 08 - Mocksville, NC

Raw	BP	DL	TOT
BENCH			
114 lbs.			
Teen (12-13) Raw	100	215	315
148 lbs.			
Teen (12-13) Raw	100	210	310
155 lbs.			
Teen (14-15) Raw	90	205	295
160 lbs.			
4th-DL-210	90	205	295
180 lbs.			
Teen (16-19) Raw	250	340	590
200 lbs.			
Master (20-23) Raw	65	155	220
230 lbs.			
Master (20-23) Raw	55	110	165
250 lbs.			
Master (20-23) Raw	55	115	170
275 lbs.			
Master (20-23) Raw	85	190	275
300 lbs.			
Master (20-23) Raw	105	215	320
325 lbs.			
Master (20-23) Raw	105	215	320
350 lbs.			
Master (20-23) Raw	105	215	320
375 lbs.			
Master (20-23) Raw	105	215	320
400 lbs.			
Master (20-23) Raw	105	215	320
425 lbs.			
Master (20-23) Raw	105	215	320
450 lbs.			
Master (20-23) Raw	105	215	320
475 lbs.			
Master (20-23) Raw	105	215	320
500 lbs.			
Master (20-23) Raw	105	215	320
525 lbs.			
Master (20-23) Raw	105	215	320
550 lbs.			
Master (20-23) Raw	105	215	320
575 lbs.			
Master (20-23) Raw	105	215	320
600 lbs.			
Master (20-23) Raw	105	215	320
625 lbs.			
Master (20-23) Raw	105	215	320
650 lbs.			
Master (20-23) Raw	105	215	320
675 lbs.			
Master (20-23) Raw	105	215	320
700 lbs.			
Master (20-23) Raw	105	215	320
725 lbs.			
Master (20-23) Raw	105	215	320
750 lbs.			
Master (20-23) Raw	105	215	320
775 lbs.			
Master (20-23) Raw	105	215	320
800 lbs.			
Master (20-23) Raw	105	215	320
825 lbs.			
Master (20-23) Raw	105	215	320
850 lbs.			
Master (20-23) Raw	105	215	320
875 lbs.			
Master (20-23) Raw	105	215	320
900 lbs.			
Master (20-23) Raw	105	215	320
925 lbs.			
Master (20-23) Raw	105	215	320
950 lbs.			
Master (20-23) Raw	105	215	320
975 lbs.			
Master (20-23) Raw	105	215	320
1000 lbs.			
Master (20-23) Raw	105	215	320



Kirk Hubbard at the IBP Regional Push-Pull on February 9th, 2008

Raw	BP	DL	TOT
NOVICE			
150 lbs.	150	320	470
160 lbs.	150	320	470
170 lbs.	150	320	470
180 lbs.	150	320	470
190 lbs.	150	320	470
200 lbs.	150	320	470
210 lbs.	150	320	470
220 lbs.	150	320	470
230 lbs.	150	320	470
240 lbs.	150	320	470
250 lbs.	150	320	470
260 lbs.	150	320	470
270 lbs.	150	320	470
280 lbs.	150	320	470
290 lbs.	150	320	470
300 lbs.	150	320	470
310 lbs.	150	320	470
320 lbs.	150	320	470
330 lbs.	150	320	470
340 lbs.	150	320	470
350 lbs.	150	320	470
360 lbs.	150	320	470
370 lbs.	150	320	470
380 lbs.	150	320	470
390 lbs.	150	320	470
400 lbs.	150	320	470
410 lbs.	150	320	470
420 lbs.	150	320	470
430 lbs.	150	320	470
440 lbs.	150	320	470
450 lbs.	150	320	470
460 lbs.	150	320	470
470 lbs.	150	320	470
480 lbs.	150	320	470
490 lbs.	150	320	470
500 lbs.	150	320	470
510 lbs.	150	320	470
520 lbs.	150	320	470
530 lbs.	150	320	470
540 lbs.	150	320	470
550 lbs.	150	320	470
560 lbs.	150	320	470
570 lbs.	150	320	470
580 lbs.	150	320	470
590 lbs.	150	320	470
600 lbs.	150	320	470

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Raw	BP	DL	TOT
TEEN			
148 lbs.	275	430	705
160 lbs.	275	430	705
170 lbs.	275	430	705
180 lbs.	275	430	705
190 lbs.	275	430	705
200 lbs.	275	430	705
210 lbs.	275	430	705
220 lbs.	275	430	705
230 lbs.	275	430	705
240 lbs.	275	430	705
250 lbs.	275	430	705
260 lbs.	275	430	705
270 lbs.	275	430	705
280 lbs.	275	430	705
290 lbs.	275	430	705
300 lbs.	275	430	705
310 lbs.	275	430	705
320 lbs.	275	430	705
330 lbs.	275	430	705
340 lbs.	275	430	705
350 lbs.	275	430	705
360 lbs.	275	430	705
370 lbs.	275	430	705
380 lbs.	275	430	705
390 lbs.	275	430	705
400 lbs.	275	430	705
410 lbs.	275	430	705
420 lbs.	275	430	705
430 lbs.	275	430	705
440 lbs.	275	430	705
450 lbs.	275	430	705
460 lbs.	275	430	705
470 lbs.	275	430	705
480 lbs.	275	430	705
490 lbs.	275	430	705
500 lbs.	275	430	705
510 lbs.	275	430	705
520 lbs.	275	430	705
530 lbs.	275	430	705
540 lbs.	275	430	705
550 lbs.	275	430	705
560 lbs.	275	430	705
570 lbs.	275	430	705
580 lbs.	275	430	705
590 lbs.	275	430	705
600 lbs.	275	430	705
610 lbs.	275	430	705
620 lbs.	275	430	705
630 lbs.	275	430	705
640 lbs.	275	430	705
650 lbs.	275	430	705
660 lbs.	275	430	705
670 lbs.	275	430	705
680 lbs.	275	430	705
690 lbs.	275	430	705
700 lbs.	275	430	705
710 lbs.	275	430	705
720 lbs.	275	430	705
730 lbs.	275	430	705
740 lbs.	275	430	705
750 lbs.	275	430	705
760 lbs.	275	430	705
770 lbs.	275	430	705
780 lbs.	275	430	705
790 lbs.	275	430	705
800 lbs.	275	430	705
810 lbs.	275	430	705
820 lbs.	275	430	705
830 lbs.	275	430	705
840 lbs.	275	430	705
850 lbs.	275	430	705
860 lbs.	275	430	705
870 lbs.	275	430	705
880 lbs.	275	430	705
890 lbs.	275	430	705
900 lbs.	275	430	705
910 lbs.	275	430	705
920 lbs.	275	430	705
930 lbs.	275	430	705
940 lbs.	275	430	705
950 lbs.	275	430	705
960 lbs.	275	430	705
970 lbs.	275	430	705
980 lbs.	275	430	705
990 lbs.	275	430	705
1000 lbs.	275	430	705

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Face it. You're not an ordinary person who goes to the gym a few times a week in order to "stay in shape." You're among the elite group of athletes who relentlessly push themselves to the limit day in and day out. And in order to maximize your strength gains from every workout, you need to be serious about what you take when you're done. That's why you need the world's #1 strength-building stack.

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JOHNNIE JACKSON
World's Strongest Bodybuilder

▶▶ "Within days of using the stack, my strength exploded on my big lifts. Now my totals are bigger than ever!"
— Johnnie Jackson

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weight class. Lifters also need to promote a healthy immune system by ingesting enough micronutrients to help with recovery and prevent injury and illness. To be honest, I actually feel like I have more energy and recover better when my diet isn't as clean. I think this is mostly because I just don't get enough overall calories in when I limit my diet too much.

SS: Do you use any supplements?
BS: I'm honored to be sponsored by MHP (www.maxperformance.com) and have greatly benefited from the use of their MacroBolic MRP, ProBolic-SR, Take Off, Glutamine-SR, and TRAC. I literally take all of these on a daily basis.

SS: I understand many adults recommend their kids not to start powerlifting. What would you say?
BS: I would say they need to better educate themselves on the benefits of strength training for children. Unfortunately, I think lifters of shorter stature like me often give people the impression that weightlifting stunts growth. Admittedly, one of the reasons I began lifting is because I am short, but it certainly didn't make me this way. To me, it seems naive for people to think that something that makes the body stronger could somehow hinder the growth process. In fact, numerous studies now show that resistance training is safe and healthy for kids. It will actually increase the strength of their bones, reduce their risk of injury, and improve their athletic performance for other sports. The old myths need to die.

SS: Brian, thanks for the interview. Any final comments?
BS: Thanks for the opportunity for the interview. I would like to thank my wife Trinity, my training partners, MHP, and sponsor, EliteFTS, and my Karim Klein for helping to get me where I'm at today.

SS: I would like to end with a modified version of a quote I wrote for one of my Elite articles to help explain what it is we do and why.
"Training and the development of strength is not a short process. It takes time, effort and sacrifice beyond what most people will ever know. What takes seconds on the platform, takes years of training. One successful PR takes hours in the gym. For every inch the bar moves in a meet, hours of training have to take place. Most people will never understand the desire and commitment it takes to do what we do, nor the feeling of success from victory."
Stay strong, motivated, and healthy...
BRIAN SCHWAB

SS: How does this approach affect your performance?
BS: I tend to keep my body fat in the low single digits year round. I'm around 5% right now. This isn't necessarily by choice; I just tend to eat relatively clean. That, combined with training heavy, keeps me lean. My blood pressure and cholesterol levels are both very low as well.

SS: I actually have a hard time gaining weight which has been both a blessing and a curse. I do try to take in at least a gram of protein per pound of body weight a day with equal amounts of low glycemic carbohydrates.
BS: How important is nutrition?
BS: This is actually a difficult question. I think powerlifters need to make sure to take in enough macronutrients to increase their lean mass while limiting increases in body fat. This is often easier said than done. Too many lifters feel that bigger is better without taking into account that they are most likely not going to increase their strength at the same rate as their bodyweight. This could make their efforts fruitless when they are less competitive in the next

SS: What kind of health value you think this has?
BS: Well, I think decreasing body fat percentages to decrease blood pressure and cholesterol levels is extremely important for increasing longevity and improving quality of life. Now Dave has somehow managed to put back on a significant amount of weight while still keeping his blood pressure and cholesterol down. I'm not sure how he pulled this off but more power to him.

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Brian becoming the best he can possibly be as a 148 lb. lifter. (continued from page 12)

SS: You must be very busy. How do you find time for friends and family?
BS: Well, honestly my friends are the Orlando Barbell team. This is like a second home for most of them, so I see them almost every day. My wife realizes that this is my passion and livelihood so she's learned to accept and embrace it.

SS: What do you do when you have some time off and want to relax?
BS: It doesn't take much for me to relax. I like to drink beer with my buddies from the gym, watch UFC, and go to the beach.

SS: Did you ever imagine that you could run this all by yourself and no one can do it better?
BS: Well, along the lines of running Orlando Barbell, I now have over ten years of personal training experience, so the revenue from that has helped to keep the doors open. I'm learning the business aspect as I go and feel strongly that we'll beat the

SS: What do you think about system strength coaches are educated with in the USA?
BS: I feel similar to them as I do to Registered Dietitians who recommend the food guide pyramid. There is no one way that is ideal for everyone.

SS: What would change on that system?
BS: More education on the different systems that the Europeans use.

SS: What kind of meaning does attitude have in education?
BS: A coach has to be willing to adapt their teaching methods in order to improve on themselves and their pupils. Narrow-mindedness will only lead to a lack of productivity. You can't expect change by doing the same thing.

SS: How does this approach affect your performance?
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- Anabolic compounds clinically proven to build dense muscle mass
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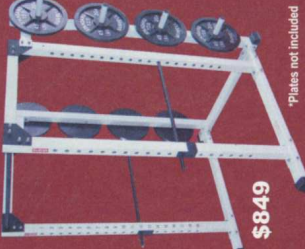


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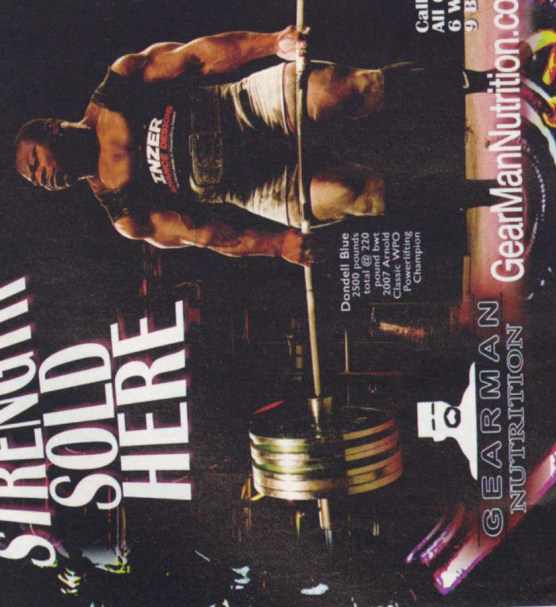
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J. Lee	Master (65-69)
225*	198 lbs. Williams 175*
Master (50-54)	4th-185*
181 lbs.	165 lbs. McEwen (70-74)
P. Hardy	335*
R. Hager	305
Master (70-74)	181 lbs. Hager (80-84)
181 lbs.	165 lbs.
T. Lewis	265
Raw	G. Neel Fire (40-44)
220 lbs.	181 lbs. Fire
C. Mott	K. Treadway 315
4th-340	4th-335
242 lbs.	Police/Fire (60-64)
D. Harrison	330*
114 lbs.	SHWiffin
C. Carson	70*
4th-85*	P. Brewer
Teen (18-19)	198 lbs.
M. Larson	242 lbs. D. Siler 275*
198 lbs.	J. Edwards 285*
J. Brown	305*
Junior	T. Schories 355*
123 lbs.	225*
181 lbs.	DEADLIFT
J. Wilkens	185*
220 lbs.	J. Lee 123 lbs. 335*
L. Heinen	123 lbs. 335*
165 lbs.	123 lbs. 335*
R. Chermault	205*
4th-210*	Open
198 lbs.	121 lbs. 335
Master (50-54)	J. 4th-350*
181 lbs.	335*
P. Hardy	198 lbs. 325
Master (60-64)	K. Jordan

This turned out to be a raw bench press competition, with the exception of a few attempts in the bench shirt. For the novice classes we had Chris Mott with the win at 220 lbs., finishing with a new on rail state record of 340 with his shirt. Doug Hanson won at 198 with 305 while T.C. Lewis won again at 70-74/181 with 265. In the deadlift competition it was Jon T25, 465. 350 final pull set records for all three events in an amazing display of strength! Our only novice record was set by 181 lb. Ken Jordan, finished with 325. Thanks again to all the lifters, helpers and spotters for making this another successful SIP meet. And thanks to the generosity of the lifters several area children will have a happier Christmas. See you again at the next meet, provided courtesy of Dr. Darrell Latch



Best Bencher -- Mr. Phil Brewer.



Jon Lee pulled 350 @123 on a 4th attempt. (Dr. Latch photos)

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TOP 100

For standard 220 lb./100 Kg. USA lifters in results received from MAR/07 through FEB/08

SQUAT	BENCH	DEADLIFT	TOTAL
1 1063 Boyd, S., 9/15/07	766 Blue, D., 3/2/07	785 Schwabke, M., 2/23/08	2463 Blue, D., 3/2/07
2 981 Frankl, S., 3/2/07	765 Frankl, S., 3/2/07	760 Krocakowski, M., 3/2/07	2414 Krocakowski, M., 3/2/07
3 981 Norman, J., 6/17/07	755 Frankl, S., 3/2/07	755 Hartman, J., 7/14/07	2391 Simmons, C., 6/17/07
4 981 Norman, J., 6/17/07	744 Blue, D., 3/2/07	744 Blue, D., 3/2/07	2375 Frankl, S., 3/2/07
5 953 Blom, D., 3/2/07	720 Norman, J., 6/17/07	720 Norman, J., 6/17/07	2347 Frankl, S., 3/2/07
6 930 Blom, D., 3/2/07	720 Norman, J., 6/17/07	733 Gohagan, C., 7/14/07	2337 Frankl, S., 3/2/07
7 930 Blom, D., 3/2/07	661 Krocakowski, M., 3/2/07	661 Krocakowski, M., 3/2/07	2337 Frankl, S., 3/2/07
8 925 Alers, K., 3/25/07	661 Minth, M., 1/14/07	661 Minth, M., 1/14/07	2335 Rowe, S., 1/18/07
9 925 Alers, K., 3/25/07	661 Minth, M., 1/14/07	661 Minth, M., 1/14/07	2335 Rowe, S., 1/18/07
10 914 Frankl, S., 3/2/07	661 Minth, M., 1/14/07	661 Minth, M., 1/14/07	2335 Rowe, S., 1/18/07
11 905 Bares, M., 6/24/07	655 Bares, M., 6/24/07	715 Abalaraz, H., 10/20/07	2237 Bares, M., 6/24/07
12 903 Mash, T., 3/2/07	644 Elch, J., 7/15/07	644 Elch, J., 7/15/07	2237 Bares, M., 6/24/07
13 903 Mash, T., 3/2/07	644 Elch, J., 7/15/07	644 Elch, J., 7/15/07	2237 Bares, M., 6/24/07
14 903 Mash, T., 3/2/07	644 Elch, J., 7/15/07	644 Elch, J., 7/15/07	2237 Bares, M., 6/24/07
15 903 Mash, T., 3/2/07	644 Elch, J., 7/15/07	644 Elch, J., 7/15/07	2237 Bares, M., 6/24/07
16 860 Cass, B., 1/3/07	630 Piggie, D., 4/7/07	630 Piggie, D., 4/7/07	2150 Brantner, R., 1/9/07
17 855 Stone, L., 5/12/07	630 Piggie, D., 4/7/07	630 Piggie, D., 4/7/07	2150 Brantner, R., 1/9/07
18 855 Stone, L., 5/12/07	630 Piggie, D., 4/7/07	630 Piggie, D., 4/7/07	2150 Brantner, R., 1/9/07
19 854 Fratcher, J., 9/22/07	628 Mash, T., 3/2/07	628 Mash, T., 3/2/07	2149 Alers, K., 3/25/07
20 850 Smith, C., 2/23/08	628 Mash, T., 3/2/07	628 Mash, T., 3/2/07	2149 Alers, K., 3/25/07
21 843 Soudack, M., 8/4/07	625 Bares, M., 6/24/07	625 Bares, M., 6/24/07	2149 Alers, K., 3/25/07
22 832 Luckett, L., 6/17/07	625 Bares, M., 6/24/07	625 Bares, M., 6/24/07	2149 Alers, K., 3/25/07
23 821 Moseley, L., 3/18/07	622 Alers, K., 3/25/07	622 Alers, K., 3/25/07	2149 Alers, K., 3/25/07
24 821 Moseley, L., 3/18/07	622 Alers, K., 3/25/07	622 Alers, K., 3/25/07	2149 Alers, K., 3/25/07
25 821 Moseley, L., 3/18/07	622 Alers, K., 3/25/07	622 Alers, K., 3/25/07	2149 Alers, K., 3/25/07
26 821 Moseley, L., 3/18/07	622 Alers, K., 3/25/07	622 Alers, K., 3/25/07	2149 Alers, K., 3/25/07
27 821 Moseley, L., 3/18/07	622 Alers, K., 3/25/07	622 Alers, K., 3/25/07	2149 Alers, K., 3/25/07
28 810 Beck, J., 7/14/07	610 Bares, S., 5/12/07	610 Bares, S., 5/12/07	2149 Alers, K., 3/25/07
29 805 Cowick, J., 5/12/07	606 Look, L., 3/2/07	606 Look, L., 3/2/07	2149 Alers, K., 3/25/07
30 805 Cowick, J., 5/12/07	606 Look, L., 3/2/07	606 Look, L., 3/2/07	2149 Alers, K., 3/25/07
31 804 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	2149 Alers, K., 3/25/07
32 804 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	2149 Alers, K., 3/25/07
33 800 Weigert, C., 4/21/07	600 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	2149 Alers, K., 3/25/07
34 800 Weigert, C., 4/21/07	600 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	2149 Alers, K., 3/25/07
35 800 Weigert, C., 4/21/07	600 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	2149 Alers, K., 3/25/07
36 800 Weigert, C., 4/21/07	600 McCracken, J., 3/18/07	600 McCracken, J., 3/18/07	2149 Alers, K., 3/25/07
37 786 Cudde, R., 7/18/07	584 Brantner, R., 1/9/07	584 Brantner, R., 1/9/07	2149 Alers, K., 3/25/07
38 780 Peppers, N., 6/30/07	584 Brantner, R., 1/9/07	584 Brantner, R., 1/9/07	2149 Alers, K., 3/25/07
39 779 Rasmussen, J., 7/14/07	578 Anderson, C., 1/18/07	578 Anderson, C., 1/18/07	2149 Alers, K., 3/25/07
40 779 Rasmussen, J., 7/14/07	578 Anderson, C., 1/18/07	578 Anderson, C., 1/18/07	2149 Alers, K., 3/25/07
41 775 Hoover, L., 6/24/07	575 Norman, J., 6/17/07	575 Norman, J., 6/17/07	2149 Alers, K., 3/25/07
42 775 Hoover, L., 6/24/07	575 Norman, J., 6/17/07	575 Norman, J., 6/17/07	2149 Alers, K., 3/25/07
43 775 Hoover, L., 6/24/07	575 Norman, J., 6/17/07	575 Norman, J., 6/17/07	2149 Alers, K., 3/25/07
44 750 Blough, C., 6/24/07	575 Norman, J., 6/17/07	575 Norman, J., 6/17/07	2149 Alers, K., 3/25/07
45 750 Blough, C., 6/24/07	575 Norman, J., 6/17/07	575 Norman, J., 6/17/07	2149 Alers, K., 3/25/07
46 744 Ladd, M., 8/19/07	570 Blough, C., 6/24/07	570 Blough, C., 6/24/07	2149 Alers, K., 3/25/07
47 738 Stockton, D., 6/16/07	570 Blough, C., 6/24/07	570 Blough, C., 6/24/07	2149 Alers, K., 3/25/07
48 738 Stockton, D., 6/16/07	570 Blough, C., 6/24/07	570 Blough, C., 6/24/07	2149 Alers, K., 3/25/07
49 738 Stockton, D., 6/16/07	570 Blough, C., 6/24/07	570 Blough, C., 6/24/07	2149 Alers, K., 3/25/07
50 725 McBurn, R., 4/1/07	565 Johnson, J., 2/24/08	565 Johnson, J., 2/24/08	2149 Alers, K., 3/25/07
51 705 Walker, R., 6/24/07	565 Johnson, J., 2/24/08	565 Johnson, J., 2/24/08	2149 Alers, K., 3/25/07
52 722 Flowers, G., 7/21/07	562 Luckett, M., 6/17/07	562 Luckett, M., 6/17/07	2149 Alers, K., 3/25/07
53 722 Flowers, G., 7/21/07	562 Luckett, M., 6/17/07	562 Luckett, M., 6/17/07	2149 Alers, K., 3/25/07
54 722 Flowers, G., 7/21/07	562 Luckett, M., 6/17/07	562 Luckett, M., 6/17/07	2149 Alers, K., 3/25/07
55 722 Flowers, G., 7/21/07	562 Luckett, M., 6/17/07	562 Luckett, M., 6/17/07	2149 Alers, K., 3/25/07
56 722 Flowers, G., 7/21/07	562 Luckett, M., 6/17/07	562 Luckett, M., 6/17/07	2149 Alers, K., 3/25/07
57 716 Schmidt, R., 12/2/07	551 Schupp, M., 9/15/07	551 Schupp, M., 9/15/07	2149 Alers, K., 3/25/07
58 716 Schmidt, R., 12/2/07	551 Schupp, M., 9/15/07	551 Schupp, M., 9/15/07	2149 Alers, K., 3/25/07
59 710 Lemons, E., 1/19/08	551 Moore, L., 10/26/07	551 Moore, L., 10/26/07	2149 Alers, K., 3/25/07
60 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
61 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
62 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
63 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
64 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
65 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
66 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
67 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
68 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
69 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
70 705 Taylor, K., 3/18/07	551 Gable, J., 11/10/07	551 Gable, J., 11/10/07	2149 Alers, K., 3/25/07
71 700 Ladewski, M., 10/13/07	640 Dvorak, C., 3/25/07	640 Dvorak, C., 3/25/07	2149 Alers, K., 3/25/07
72 700 Harrod, A., 1/18/07	640 Dvorak, C., 3/25/07	640 Dvorak, C., 3/25/07	2149 Alers, K., 3/25/07
73 699 Iron, S., 2/23/08	639 Edmonson, S., 6/9/07	639 Edmonson, S., 6/9/07	2149 Alers, K., 3/25/07
74 699 Iron, S., 2/23/08	639 Edmonson, S., 6/9/07	639 Edmonson, S., 6/9/07	2149 Alers, K., 3/25/07
75 699 Iron, S., 2/23/08	639 Edmonson, S., 6/9/07	639 Edmonson, S., 6/9/07	2149 Alers, K., 3/25/07
76 699 Iron, S., 2/23/08	639 Edmonson, S., 6/9/07	639 Edmonson, S., 6/9/07	2149 Alers, K., 3/25/07
77 699 Iron, S., 2/23/08	639 Edmonson, S., 6/9/07	639 Edmonson, S., 6/9/07	2149 Alers, K., 3/25/07
78 688 Boushon, R., 4/1/07	640 Boushon, R., 4/1/07	640 Boushon, R., 4/1/07	2149 Alers, K., 3/25/07
79 683 Tuckley, P., 6/23/07	639 Veer, R., 12/15/07	639 Veer, R., 12/15/07	2149 Alers, K., 3/25/07
80 683 Tuckley, P., 6/23/07	639 Veer, R., 12/15/07	639 Veer, R., 12/15/07	2149 Alers, K., 3/25/07
81 680 Werner, T., 3/17/07	629 Dunham, B., 6/24/07	629 Dunham, B., 6/24/07	2149 Alers, K., 3/25/07
82 680 Werner, T., 3/17/07	629 Dunham, B., 6/24/07	629 Dunham, B., 6/24/07	2149 Alers, K., 3/25/07
83 677 Zabe, G., 3/25/07	625 Stogus, P., 6/23/07	625 Stogus, P., 6/23/07	2149 Alers, K., 3/25/07
84 677 Zabe, G., 3/25/07	625 Stogus, P., 6/23/07	625 Stogus, P., 6/23/07	2149 Alers, K., 3/25/07
85 677 Zabe, G., 3/25/07	625 Stogus, P., 6/23/07	625 Stogus, P., 6/23/07	2149 Alers, K., 3/25/07
86 677 Zabe, G., 3/25/07	625 Stogus, P., 6/23/07	625 Stogus, P., 6/23/07	2149 Alers, K., 3/25/07
87 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
88 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
89 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
90 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
91 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
92 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
93 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
94 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
95 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
96 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
97 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
98 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
99 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07
100 675 Marcus, M., 3/24/07	630 Holley, S., 5/5/07	630 Holley, S., 5/5/07	2149 Alers, K., 3/25/07

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NEXT MONTH... TOP 242s

CORRECTIONS ... David Anderson's lifts of 520 250 550 1320 at 165 were not reflected on the most recent William Ross DC was bit credited on the TOP 100 for the 181 lb. class for his 500 bench press at the SSA Asylum Power Meet. Col. David Mullins indicates that the Atlas Daily Relief product reviewed in the March 2008 issue of PL USA (page 32) actually retails for \$19.95 for a 2

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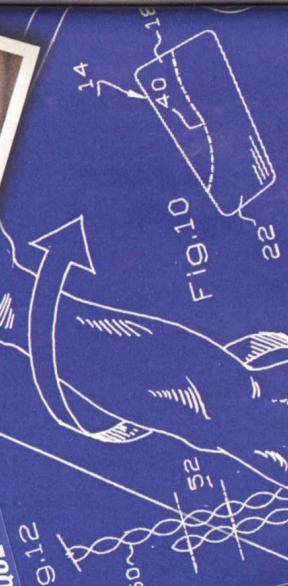
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