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JASON FRY
706.5 @ 181

The STUDENT
and the MASTER



GEORGE HALBERT 766 @ 198

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

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MUSCLE MENU

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ON THE COVER... All Time Record Buster Jason Fry with his 706.5 BP @181 lbs. and his mentor George Halbert, in his comeback, with 766 @ 198. (photographs from the UPA Nationals were provided by the courtesy of GNL Productions)

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CALEB WILLIAMS

	Bwt	P/L Total	O/L Total	Superman	Schwartz	Sinclair	Superman Rating
1 Caleb Williams	149	1769	612	2381	1282	822	2104
2 J. McCarty	164	1760	699	2460	1175	860	2036
3 J. Cole	267	2363	770	3133	1231	781	2003
4 M. Henry	405	2382	881	3264	1106	881	1988
5 K. Patera	332	2165	891	3046	1066	891	1957



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This

led to this

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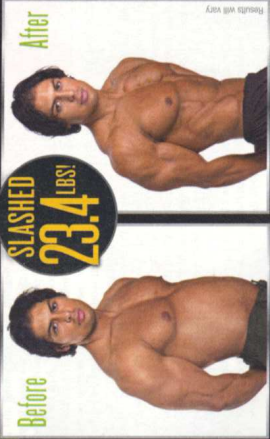
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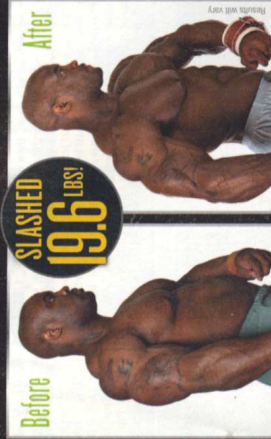


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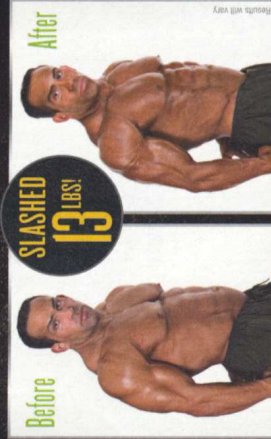
Read the label before use. All trademarks are owned by their respective trademark owners. © 2008 Diego Azzi. Shaun Crump and Abbas Khattami also used other MAP products and have been recommended. In a 6-week study, subjects taking a key ingredient in Arson lost an average of 10.56 pounds, over 6 weeks. In a 24-hour research study, subjects consuming the key ingredients in Arson increased fat oxidation by 40 percent.



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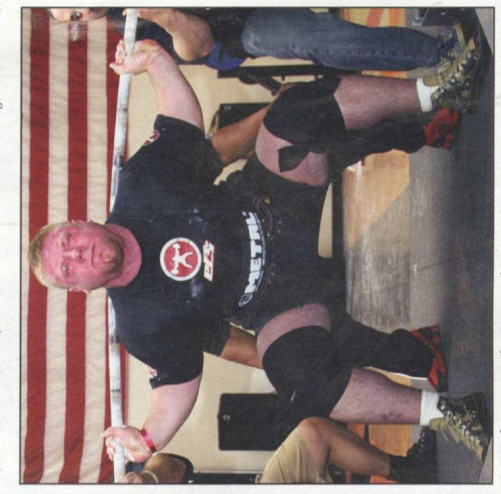
UPA Nationals by Kenny Patterson

19 APR 08 - Columbus, OH

BENCH	661
G. Larson	
J. Ellick	606
F-5	Open
K. Trausch	203
J. Johnston	600
MALE	
M. Mayer	242
M. Mayer	485
I. Chrencik (40-44)	
R. Mamm	705
Master (40-44) AD	
T. Gavin	380
Master (50-54)	
Open	556
D. Abbot	
FEMALE	
R. Hilliard	424
O. Przekaz	777
Teen (18-19) AD	
D. Hanson	529
F. Young	501
J. Herel	385
198 lbs.	
Master (50-54) AD	
Master (50-54) AD	275
J. Christis	501
R. James	463
Open	
G. Halbert	914
R. Lovando	914
S. AD	677
George	407
Teen (18-19)	374
220 lbs.	
Master (45-49) AD	
D. Stuck	463
Master (50-54) AD	
I. Berding	677
D. Stuck, Sr.	523
Open AD	
J. Thomas	545
T. Borstad	650
Open lifting SQ	
FEMALE	
105 lbs.	
Open	
L. Barnes	281
124 lbs.	
S. Lake	270
132 lbs.	
Open AD	
J. Ladewski	363
181 lbs.	
Open	
H. Harper	451
181 lbs.	
Open AD	
M. Preece	286
165 lbs.	
Junior	
D. Leibrick	385
181 lbs.	
Open	
T. Ramos	771
Teen (18-19)	
B. Conant	617
198 lbs.	
Master (40-44)	
A. Roberts	551
Master (40-44) AD	
J. Pfeiffer	336
Open	
A. Griffin	744
Open	
C. Boos	551
Teen (14-15)	
D. Pfeiffer	148

George Halbert made a solid comeback to top level bench pressing

220 lbs. Master (45-49) AD 374
 D. Stuck 463
 Master (50-54) AD 677
 I. Berding 677
 D. Stuck, Sr. 523
 Open AD 650
 J. Thomas 545
 T. Borstad 650
 Open lifting SQ
 FEMALE
 105 lbs.
 Open
 L. Barnes 281
 124 lbs.
 S. Lake 270
 132 lbs.
 Open AD
 J. Ladewski 363
 181 lbs.
 Open
 H. Harper 451
 181 lbs.
 Open AD
 M. Preece 286
 165 lbs.
 Junior
 D. Leibrick 385
 181 lbs.
 Open
 T. Ramos 771
 Teen (18-19)
 B. Conant 617
 198 lbs.
 Master (40-44)
 A. Roberts 551
 Master (40-44) AD
 J. Pfeiffer 336
 Open
 A. Griffin 744
 Open
 C. Boos 551
 Teen (14-15)
 D. Pfeiffer 148



A.J. Roberts won the 308s. (photographs courtesy: GNL Productions)



Dan Varela over 2000 at age 55!

a 2342 total and best lifter honors in the men's heavyweight division. The 275's were as impressive as the 308's. With Andy Zavala finishing with 2311 and 2111, respectively, Ted O'Neill at 1862 and Mario Montalvo at 1851. It was great to see Ted O'Neill back on the platform and working his way back into competition shape. The 308's pitted two of the best 308's around against one another, A.J. Roberts and Mark Bell. A.J. followed by Mark's 937 opener that was equally as easy. A.J. blasted away a 1008 second attempt followed by Mark's 1025. Their third attempt was successful with 1062 respectively. Mark unfortunately pulled his hamstring on his third attempt in the squat and had to play it safe the rest of the meet to preserve his PR squat. A.J. Roberts finished with a strong 711 in the bench and a 705 deadlift for a 2425 total and a first place victory. Mark's decision to play it safe and preserve his squat still netted him a 2011 total which isn't bad for basically doing a token bench at 304 and deadlift at 400. The meet was a success for the all-around hard work and dedication by the athletes assembled by meet director, Kenny Patterson. He would like to thank the following people: Bill Carpenter, Jim Setzer, Laura Dodd, Christine Sehon, Angie Robinson, Matt Sexton, Nate Sambhanet, Mike Roberts, Mariah Liggett, Matt Wenning, Todd Brock, Jimmy Williams, Rob Luyando, Julie Patterson, Jeff Patterson, Julie Patterson, Lisa Maungans, Josh Kennedy, and Cory andbecca Corby over 55 years of age to total over 2000 lbs. The 242 open class brought out some great lifters with Dalen Randa taking 3rd with a 2149 total. Mark Hairston finished 2nd with a 2166 total including an impressive 705 bench. The star of the 242's was Jeremy Fry of Mount Vernon, Iowa. Jeremy opened with an 870 squat, then on to 914 for a successful 2nd attempt. His third attempt at 940 proved to be unsuccessful. Following this event: Elite Fitness Systems, Aldgere Nutrition, Dr. Warren DDS, Ken Conroy, and the Columbus, Ohio, Genoa Mitchell Restaurants West Metro Beach, Pontiac-GMC, Gym Gems, Brio Italian Grill, High Street Tattoos, APT Pro Wrist Straps. (report from Kenny Patterson, President United Powerlifting Association LLC)

220 lbs. Master (45-49) AD 374
 D. Stuck 463
 Master (50-54) AD 677
 I. Berding 677
 D. Stuck, Sr. 523
 Open AD 650
 J. Thomas 545
 T. Borstad 650
 Open lifting SQ
 FEMALE
 105 lbs.
 Open
 L. Barnes 281
 124 lbs.
 S. Lake 270
 132 lbs.
 Open AD
 J. Ladewski 363
 181 lbs.
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 A. Roberts 551
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 J. Pfeiffer 336
 Open
 A. Griffin 744
 Open
 C. Boos 551
 Teen (14-15)
 D. Pfeiffer 148



Ryan Kennelly - Team MHP Member World Record Bench 1036 lbs.

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The last time you read anything from me here in the pages of PL USA life was plugging right along. I had a little business I was working on with clothing, building a gym, running the 2005 WPA Worlds and my training group was as big as ever. Life seemed pretty good, however, much changed just a few months later. As I am typing this, I am getting ready for a return to a couple platforms for the first time in a couple of years. Let's do a little background on why this was such a big comeback for me. My most recent competition was back in July 2006. That meet itself was somewhat of a comeback as that gotten separated and then divorced the previous year. I have been very fortunate that I have not been sidelined by a serious physical injury, but all of us know that changes can effect your life in many ways, let alone your training and competitive aspirations. This upcoming meet for me was the culmination of overcoming a divorce, the loss of a job of 14 years, and then the deaths of three people very close to me. Those people were Chuck Foresman, John Fischer and my Father, Harold Johnson. I would like to tell you just a little about all three.

Chuck had been a training partner of mine for almost 10 years. He believed in me when no one else did and always told me that I was going to do great things in this sport. It is his spirit and determination to overcome so many health obstacles, several injuries and his desire to train with me and the group. Chuck drove more than 50 miles one way just to come to the gym. Anytime he could, he would donate his time for the gym and meals and bought our first pair of hundred pound plates and band sets. I have an old weight belt of Chuck's that hangs in my gym and I think of him often.

Johnny was yet another pal of mine that I trained with off and on through out the last 10-12 years. Johnny and his wife Leigh opened up a Smoothie King and I consulted with the supplement aspect of the new store. I always admired Johnny's work ethic and ability to get the job done and do it in such a professional manner. My Father is where the root of my strength comes from. From early on, he pushed me, working on our farm and in my athletic endeavors. Working on our farm forced me to become

a little more than I expected ... 340. That was a new one for me. The last meet I competed at 330. I knew that during the last 18 months of training, I had put on a lot of muscle size and strength but, I was not expecting 10 lbs more. Oh, well, my gear fit, and I felt strong, so it was time to see what would happen. But that would have to wait until the next day. It was time to go to the hotel, chill out and, hopefully, get some sleep.

The next morning, after some breakfast, I went to the warm-up area and the meet director, Jesse Rodgers, saw me and smiled and said, "go on back there and get a spot". He knew I was a little edgy and, to be honest, I think he was enjoying it, since he and I go back a ways. I got my little camp set up with cooler and gear and sat down and started hydrating and taking my supplements while getting everything laid out just so. From there, the group I train with was there, going over the game plan and what was to be expected for the day. These guys have been with me since the beginnings of this comeback, every day in the gym.

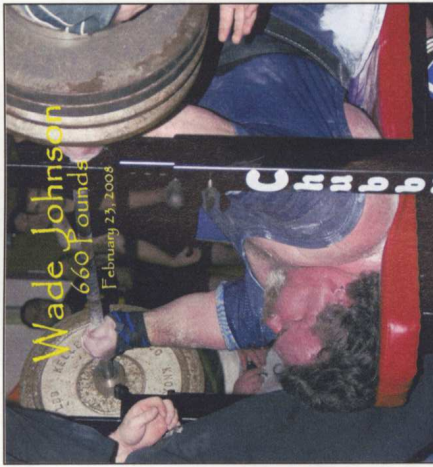
So now, it is time to start warming up for the squats. I finished warm ups with 825 and felt like I was in pretty good shape. I opened up with 850 and it was a good squat with plenty of pace. I upped the weight to 930 for a new personal record and the number 1 goal that I was hoping for that day. 930 was good, but it was not as quick as I would have liked. At any rate, I went with my plan and called for 960. Not only would this be a new personal best, but at the last two meets 955 had been my alltime and I missed each time because of some technicality. Today was different. I took my time setting up and made sure it was right. I took a huge breath and stood erect with the weight and got the squat command. Down, down, down I went until I heard one of my guys scream, "Up!!!!" and, up it came, with room to spare. Finally, the monkey was off my back, and squats were over. I went back to my little spot. I kept hydrating and taking some supplements while resting up.

Next was bench press and my training cycle had me confident in a new personal record. I warmed up to a final weight of 545 that flew up. That was where the challenge really began. The meet bench was at a different height than the warm up bench. I was really the only one that seemed affected as I use a huge arch even though I am a pretty big guy. I struggled with 625 and knew that this was going to be a dogfight. I went to 660, which was my goal weight and just missed

(continued on page 96)

The COMEBACK

WADE JOHNSON



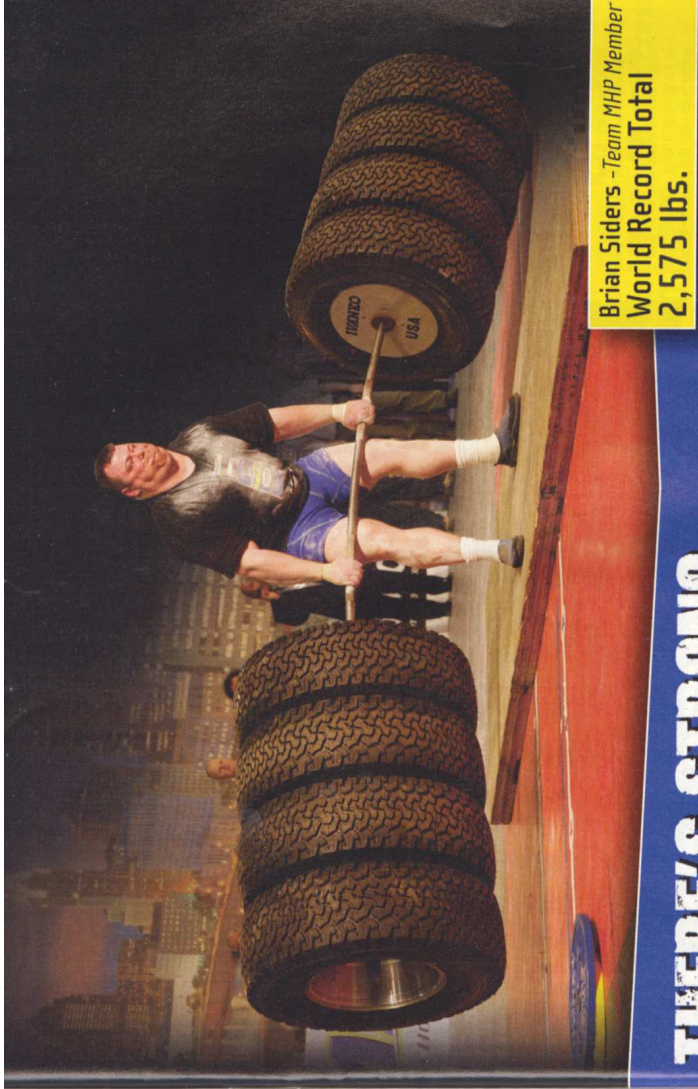
Wade Johnson had a terrific return to the platform, with a PR bench.

strength. There are far too many people to mention that have been so supportive but, it is important to note that all of us who compete have a huge support staff, and without them, we simply would not be able to do what we do. I am no different. I have a great group of people who I train with and who support me all the way in training and competing. They will even run training sessions when I have to be absent from my gym. It doesn't get any better than that.

Training is the easy part for me. I am truly the proverbial gymrat. I really only like and feel comfortable in training clothes and feel right at home amongst all the equipment and folks in the gym. It's very much home to me. But the platform, ah, that's the part that is hard. I have to wait to compete and I am not in control of the tempo of things, so it's pretty much a nerve wracking event for me. This meet was no different. I was pretty nervous as I entered the meet venue to weight in. Being a superheavyweight, I was certainly not worried about making weight but, it is always fun to see where I have landed. Just minutes before stepping on the scale, I had eaten a steak dinner so, it would make my weight



Wade went three for three in the squat, ending with 960



Brian Siders - Team MHP Member
World Record Total
2,575 lbs.

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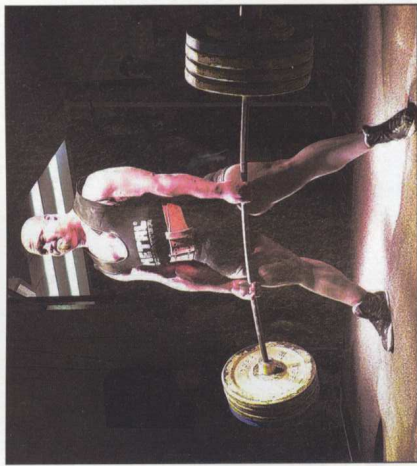


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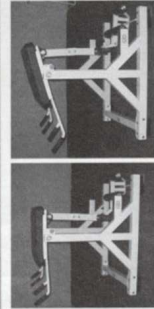
Luke Edwards - newest member of the Westside 800lb. deadlift club

A weak man has a weak back and a strong man has a strong back. It's that simple. But how do you acquire a strong back without getting hurt? Let's start with large exercises like rack pulls.

RACK PULLS

Steve Coggins was famous for his back work. He was the first to squat 1100 with a bodyweight of 262. Chuck Vogelohl has always done heavy rack work, and sometimes he worked up to 1100 or more on high pins. He holds the world record squat in the 275 bodyweight class at 1150 at an actual bodyweight of 264. I asked him why he did such heavy rack work. His answer was that it taught him how to strain. I thought if anyone knows how to strain, it's Chuck. But then I realized it. Rack work taught him not only to strain, but to think his way throughout the lift correctly. Most of his rack work was just below his knees to just above the knees. Mostly singles, but sometimes 3 reps were done for added muscle tension. This is common for Russian and Ukrainian training. Chuck was so strong off the floor, that he had to slow the start to hold onto the bar. His best meet deadlift was 835, and 900 in the gym, with straps. I recommend that those of you who are not very strong at the floor do some pulls with the plates 2-4 and 6 inches off the floor.

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mornings can be done with straight legs, bent legs, rounded back, arched back, or any combination. Use a squat bar, Safety Squat bar, a 14-inch-cambered bar, or a Buffalo bar using a wide or close stance. At Westside, we do heavy good mornings lowering the plates into large foam blocks.

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A third heavy bar exercise is the Zercher squat. Westside has developed a harness to do the lift with little stress on the arms. We do several versions of Zercher lifts off of the floor like Ed Zercher, the inventor, intended them to be done. Use whatever stance you like: wide, moderate, or close. Rack work is popular at Westside for the Zercher. Zercher squats off of a box can also be done. The reps will vary from 1 to 10. Walking with the Zercher harness loaded with up to 225 for a 1/4 mile will blow up your lower back, hips, and hamstrings.

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For lower back and hip strength the very low box squat is great. If you have never squatted on a 10-inch or lower box, you are in for a treat. There are two versions of this. The close stance version will work the quads and lower back. Westside uses the front squat, Safety Squat bar, Buffalo bar, Zercher Squat bar, and Mania Ray but never a regular squat bar. A squat bar is too hard on the bicep tendons. Also try very wide stance, low box squats with any bar mentioned in this article. You want to work up to a 3-5 rep max, but establish a 1-rep max as well. For weight gain, 5 reps work best. If you have to keep your weight down, do singles.

(article continued on page 72)

"A weak man has a weak back and a strong man has a strong back. It's that simple. But how do you acquire a strong back without getting hurt? Let's start with large exercises like rack pulls."

LOUIE SIMMONS

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As a competitive powerlifter you face many adversaries, some major and some just simply annoying. One of the annoying ones, which can either be minor or major, is balancing work with training. I myself always find it interesting what elite level powerlifters do for a living. I know personally that I have worked in situations that were entirely unproductive of my powerlifting efforts. Be that as it may, I now work in a situation where I only have to turn to my partner, Mike Martin, to speak to someone who knows exactly what I am dealing with training to balance the demands of work with the drive to always get stronger. Mike Martin is a Special Agent with the U.S. Department of Homeland Security, Office of Inspector General in Dallas, Texas. Mike has best official lifts of a 775 squat, 617 benchpress, a 715 deadlift and a 2080 lb. total. Mike has been able to achieve all of the following while being a law enforcement officer, husband, father of 2 and soon to be 3 boys, drummer in his Church's band, and trainer to various members of Martin's Hardcore Barbell. Let's find out what makes this Michigan-Born Texas powerhouse tick.

PL: Mike, thanks for granting me this interview. Please describe to me what type of training philosophy you believe in and follow.

MM: Thank you for interviewing me. It is an honor to be interviewed for Powerlifting USA. I train following the Westside Barbell principles as explained by Louie Simmons. I hit both my bench and my squats/deadlifts with both a Max Effort (ME) workout every week and a Dynamic Effort (DE) workout as well. On all of my workout days I will hit key assistance effort exercises using the Repetition Effort (RE) method.

PL: What's your feeling on the use of gear in training?

MM: I primarily lift in APF meets so I support the idea of using gear to increase your competition maximum effort lifts. That being said, I still like "old school" type strength and trying to just lift a heavy weight all by myself or "raw" as they say.

PL: I will add to your point, Mike, because you are far too humble to tell people about your strength, but I will. I have seen Mike floor press 500 lbs. raw on more than one occasion. The most impressive time was at the Federal Law Enforcement Academy gym in the summer of 2006 after Mike had been running up to 5 miles per day, swimming for 2 hours and going through the weekly grind of the Special Agent Academy.

INTERVIEW

MIKE MARTIN as interviewed by Paul Leonard



Mike Martin squatting 772 pounds in competition. (courtesy Leonard)

and Chuck Vogelwohl demonstrates on the original Westside Deadlift Secrets tape. What do you feel strengthens your deadlift best?

MM: I find that speed squats done to a box with sufficient intensity make my deadlift increase. I like to do speed pulls after my DE box squats. Tempoly most of the traditional Westside based assistance movements to build a stronger body for bigger deadlifts. Cal/ham glute raises, reverse hypers, ab work, lat work, etc. If you've seen the Westside DVDs, there are really no secrets, just hard work topped off by some more hard work build a stronger body that can deadlift more weight. I know that you and I both laugh when we see meet results and there is a huge discrepancy between a lifter's squat and deadlift.

MM: I truly believe that my training as a law enforcement officer has assisted my powerlifting by allowing me to have my mental focus and being able to enact that correct fighter flight response when a heavy weight is in my hands.

PL: Your best bench, 617, was done in a single ply bench shirt correct?

MM: Yes it was. I did that bench at 245 lbs. wearing a large Tich F6.

PL: Finish this sentence for me please, "The lift I am most proud of is..."

MM: My 715 deadlift, which I did conventional style in a meet wearing only a belt and a singlet.

PL: I can attest to your pulling strength and to the fact that you are as strong conventional as you are in sumo style. This is something that Louie preaches about all the time

PL: You owned a commercial power gym, Martin's Hardcore Barbell, which has closed and is now only a private club. Tell me about that please.

MM: Through the generosity of others I am able to have members of my barbell club train at private warehouse in Denton, a few miles from where my gym was open. It has worked out really well for me, not trying to maintain a commercial gym while trying to balance all that I have to in my life. I say it has worked because since I have been training at the new location I hit my best total. Stronger is always better period.

PL: What weight class do you compete in Mike?

MM: I have competed at 242 and 275, but currently I am going to lift at 242 or 259 when I do WAABDL. I feel healthier at 242 and can keep up with my kids better.

PL: Please list for me some of your best lifts in the following well known Westside ME exercises:

MM: 1 Board bench - 650 lbs; 2 Board bench - 700 lbs; 3 Board bench - 715 lbs; Close grip bench - 405 lbs x 8 reps; Incline Bench - 405 lbs x 2 reps; Floor Press - 500 lbs x 1, followed by 405 x 5 reps; Dumbbell bench presses - 110's x 20 reps; Good morning - 500 lbs x 3 reps; Squat against bands - 500 lbs + blues and greens; Deadlift on jump stretch platform - 500 + monster minis

PL: Like myself Mike, I know you who has done more than powerlifting. Could you tell me about some of the strength exhibitions you have done as a member of Team Impact?

MM: On occasion, I help out Team Impact (a Christian Missionary Team) and travel to churches to bring a positive message to those who are lost. I've been blessed in many ways and I am very fortunate to assist the team when needed. During the Team Impact services, feats of strength are conducted such as: overhead log lifts that are set on fire, breaking stacks of concrete with elbows, forearms, and skull, snapping wooden and aluminum bats, blowing up hot water bottles until they explode, pressing heavy logs for reps on beds of nails, and running through huge walls of ice. It is all done for a higher purpose than showing off or boasting about our personal strength.

PL: This is always one of my favorite questions to ask. Tell me about some things you have seen that impressed you strength-wise in your experience as a strength

(continued on page 102)

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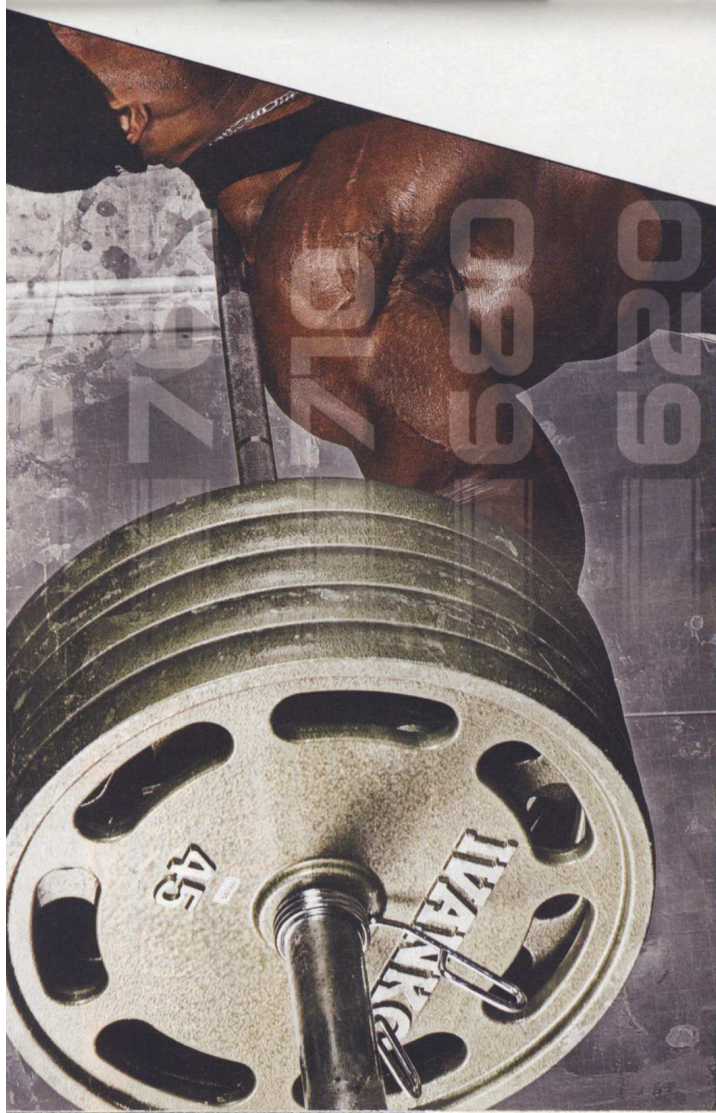


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STRENGTH IN NUMBERS

A s a powerlifter, every pound counts. The harder you train the easier it will be to claim that number one spot in your weight class. But when it comes to a meet, the most important numbers for any competing powerlifter are 3 and 9 – three lifts, nine attempts. So when the Six Star® Muscle scientists created Professional Strength Whey Protein specifically for powerlifters, they knew that they had to have the numbers to back the effectiveness of this anabolic supplement. Professional Strength Whey Protein is biomedically engineered with 50 grams of high-powered, 100 percent whey protein per maximum serving combined with a 21-ingredient growth-accelerating blend, totaling a staggering 6,676 milligrams. In fact, in one 10-week study, individuals using the key ingredient in Six Star Muscle Whey Protein increased their one-rep max bench press by an incredible average of 105 pounds. With a dramatic improvement like that, just imagine the increase in poundage you'll see on your other lifts, like your squat. With the scientifically researched Six Star® Muscle Professional Strength Whey Protein formula fueling your lifts you'll be number one in no time!



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The Strongest Raw Benchers 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 760 but I took a step with it. My best squat went from 785.10 to 965.5. Shoulder press went from 405x3 to 450x3. Bench is hard to tell due the bicep tendinitis nagging my lifting so much, but when the tendinitis was at its worst it hurt like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a long pause, and it doesn't really hurt at all.
I strongly recommend every powerlifter use these three effective products from USPLabs.

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

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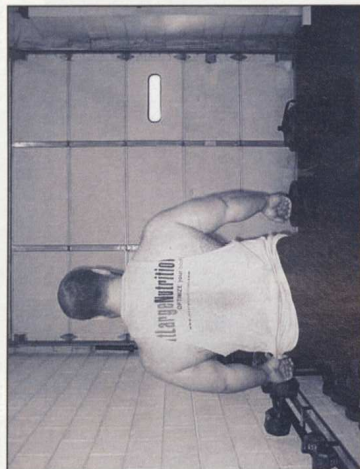
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The Making of a POWERLIFTER!

as told to Powerlifting USA by Travis Bell and his Westside Odyssey

The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible men in his field. Louie is a busy guy, but he is known for taking a few minutes out of his hectic days to dole out training advice to those who seek it via a phone call to Westside. So it was with Travis Bell...



Travis Bell (image above) and contemplating his next move (below)

Travis Bell was exposed to the iron game at an early age. His father trained at home with weights as far back as he can remember. As so many young men do, Travis wanted to emulate his father and began lifting weights on his own at the tender age of 12. At 16 he was given a membership to the local Powerhouse Gym franchise along with some training sessions from an ex-bodybuilder. Those sessions led to his early interest in the sport of bodybuilding. Travis did well in the sport, but quickly concluded the grueling pre-contest dieting required was just not his cup of tea.

Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the 181 lbs class).

His early success quickly devolved to training frustration. He had obtained a single ply bench shirt and was struggling with it. The nuances of geared benching eluded him, and he simply did not have access to the proper help. As often happens, fate intervened in the form of a recommendation from a friend at home that Travis check out the Westside Barbell website (www.westside-barbell.com). Travis did just that and was amazed to find that he had arguably the greatest powerlifting mind and resource in the world literally only a 1 hour drive away!

With some trepidation (remember the Westside intimidation factor?) Travis decided to give Westside a call. To his surprise, Louie himself got on the line and spoke with him. Showing some of the steady resolve that makes him such a fierce competitor, Travis of proper training and help him to and the great lifters at Westside

(George Halbert, Mike Wolfe, Greg Panora, Matt Smith, and Phil Harrington just to name a few) through his way. Below is the resultant training template he currently follows:

Monday: Back and Shoulders;

Tuesday: Light Biceps;

Wednesday: ME Bench;

Thursday: Squat; **Friday:** DE and Shoulders; **Saturday:** Back Bench;

Sunday: Off.

As you can see, Travis is a bench specialist, but he trains his entire body.

For the uninitiated, ME work consists of the lifter warming up to a 1 repetition maximum (1RM) personal record (PR) attempt on a given exercise which is rotated weekly usually for 3-4 week cycles. The rotation of exercises is referred to as the conjugate method. The conjugate method allows for weekly 1RM attempts without overtraining via the fact that variations, even small ones, in different exercises tax the central nervous system (CNS) differently thus precluding neural stagnation which is one of the primary underlying factors of generalized overtraining.

DE/day usually consists of speed work. Speed work for the bench press consists of 3 reps completed in a target time of 3 seconds or less. This timeframe mimics that of a 1RM attempt (as 1RM attempts are slower by definition) thus allowing the lifter to train their nervous system to the explosively in less time than it takes to perform a 1RM. Resistance used for speed work should be no more than 60% of one's tested raw (no special bench shirt) 1RM, or 55% of one's tested equipped 1RM. The use of jump stretch bands and/or chains is recommended (see www.westside-barbell.com) to provide for accommodating resistance and thus to overcome the inherent limitations of the barbell. A recent ME Wednesday for Travis:

Foam Press
Travis: "I've never done these before so it was a new experience for me. I must say I really liked them! All sets were done raw with a medium grip (pinkie on the ring). 135x8:225x5; 315x3; 405x1; 495x1; 585x1; 675x1; 725x1; 765x1; 815x1; 855x1."

"I then moved my grip in a bit (about thumb length from the smooth part of the bar) and did some foam presses for reps..." 500x10;

"Next we got triceps work. I did what we (at Westside) call Panora Presses. These are named (continued on next page)

for Greg Panora, one of the top powerlifters in the world. They are basically a triceps rope press/rope with a range of motion (ROM) which is limited to the bottom half of the movement." 80x10; 80x10; 80x10; 80x10; 140x15; 140x15.

TRAVIS' DIET AND SUPPLEMENTATION
Like most powerlifters, Travis does not follow a regimented diet in the classic sense of calorie counting and the consumption of specific foods at specific times. Travis is a lifter who has a hard time putting on and maintaining body weight. Thus he consumes a minimum of 5, and up to 7 meals per day. The meals consist of high protein, caloric dense foods such as meats, eggs, whole

Nutrition, LLC
Travis' daily supplement intake includes the following, AllLarge Nutrition (only available at

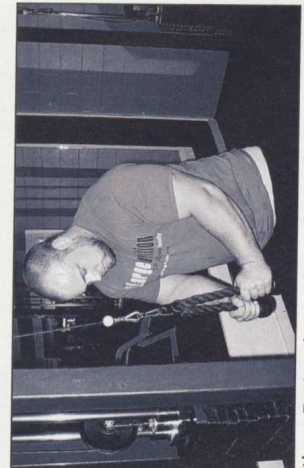
www.allargenutrition.com) they are coming in much bigger jumps than before. I recover faster and have gotten significantly bigger. What more could you ask for from a supplement?"

Here are Travis' thoughts on the products in his own words:

"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitreen daily in addition to the protein I get from solid foods. Opticin is my supplement of choice for post-workout purposes. ETS, RESULTS, Multi-Plus and Fish Oil are all taken daily. I honestly cannot say enough about Nitreen supplements on the planet as I've been taking it for almost 3 months now and I've never felt this strong before! Typically hit PRs on ME day, but right now powerlifting goals!



A recent ME Wednesday workout for Travis: The Foam Press



Above: Travis performing a Panora Press to focus work his triceps

Wrap
Travis entered Westside a neophyte powerlifter with a burning desire to be the best. His accomplishments thus far have far exceeded his wildest dreams. Follow the Westside template (www.westside-barbell.com) make sure you are consuming sufficient calories for growth, use the best supplements on the planet (www.allargenutrition.com), and perhaps you too can blow away your hit PRs on ME day, but right now powerlifting goals!

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In an 8-week study, one extraordinary test subject using the Cell-Tech/Nitro-Tech Hardcore Stack with diet and weight training gained 110 pounds on his max bench press while subjects gained an average of 66 pounds to their max bench. In the same 8-week study, test subjects using the Cell-Tech/Nitro-Tech Hardcore Stack gained, on average, significantly more mass (660%) than those subjects using a placebo (11.4 vs. 1.5 pounds). All trademarks are owned by their respective trademark owners. Cell-Tech™ Hardcore and Nitro-Tech® Hardcore are patented. © 2008.

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

JOHNNIE JACKSON
World's Strongest Bodybuilder

Before starting this interview we'd like to congratulate Mike for his recent showing at the 2008 Orlando Barbell APF Classic where he posted lifts of 930/640/785 for a 2,355 total at a weight of 220 pounds in the Pro Division.

My name is Mike Westerdal and I have been fortunate enough to train beside Mike Schwanke for a couple of months now at Tampa Barbell. Mike busies his but in the gym every practice and motivates everyone else to do the same. He is very team oriented, passionate about the sport, and extremely intense. I'm honored to do this interview with him and introduce "Breaker" to the powerlifting world. If you haven't heard of him yet stay tuned, he's just getting warmed up.

Critical Bench: Mike, your powerlifting resumes is just fantastic and the numbers speak for themselves! You're right there with the super heavy weights. Awesome job! So tell us about yourself.

MS: Well, my name is Mike Schwanke "aka Breaker" I am 29 years young and now residing in Tampa FL. I have been weight training since high school and I have always have enjoyed strength related sports. I have served over 10 years in the military now, I had dual service time six being Army and four in the Air Force. I am currently a Satellite Systems Shift Supervisor and just finished a tour in Korea. Life has always been very fast paced for me, but I will admit it certainly keeps things interesting and always presenting me with new challenges. There are many things I enjoy in life, but top on my list is weight training / powerlifting. I truly appreciate the hell out of this sport and have met and trained with some truly inspirational people. I have been extremely fortunate to have trained with many pro level athletes and also huge reason behind my own success. Currently I train at Tampa Barbell and it is by far the best barbell club I have trained with to date! We have a great group of guys there and they are all about promoting team success, not just individual!

Critical Bench: Benching is an individual sport, but requires the help of training partners. How important do you think quality training partners are?

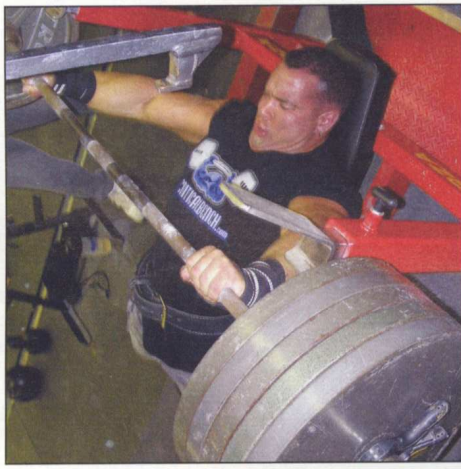
MS: They mean everything and are a vital part in the equation of success. You need them to motivate and coach you - it is quite simple - people you can count on and who will be there when you need them.

Critical Bench: What has powerlifting taught you about life?

MS: It taught me to focus my

INTERVIEW

MIKE SCHWANKE as interviewed by Mike Westerdal



Mike Schwanke has a big bench and everything else for a 3 lift total have a 335 lb. raw bench and a respectable 275 lb. Clean and Jerk. I soon entered the Army and my lifting would be on the back burner for a while, just due to the nature of what it is. Army expects physically. By 2003, I just really had enough of the Army and did not like the path I was on. My last Platoon Sergeant was a real worthless piece of s**t! So, I booted the hell out and tried to play the job market, which was terrible at the time, but when bad things happen, good things are around the corner! Met a good friend, Joey Smith, at the local gym and we started to take our training off from there.

Critical Bench: Interesting. What advice would you give to someone who has lifted weights in the past, but wants to get involved in the sport of powerlifting?

MS: I talk and train with people that know what the hell they are doing!

Critical Bench: What are your future goals?

MS: I would love to squat a Grand, hit a 700 lb. bench and pull 800 lb. Nothing in this world is free nor comes easy, but I am more than willing to put in my time and make these goals happen!

Critical Bench: What kind of

bench shirt do you use and why did you choose it?

MS: I first started off with double denim, but I had no idea how to use the damn thing, so after taking 500 in the face I finally started to listen to the voice of reason. Since I am a long limbed lifter, denim does not fit my particular lifting style and body frame, so with some research and a few trips to ECBB I switched to a poly design and took everything ground zero.

Critical Bench: Have you faced any adversities in your training?

MS: Yeah, dealing with the military's idea of what fitness is. If you're in this sport and you have to bust your ass running, they tend not to mix. Additionally, with the added stress in doing grass drills and training heavy with weights you will be well on your way to injury. I never have a problem running and do enjoy it to some extent, but running 6+ miles is just f**king stupid to me and thank Christ the Air Force has leaders with common sense.

Critical Bench: You were in the Army for 6 years and then the Air Force. Which experience was more extreme and what was each experience like? Was being in the Air Force or Army as extreme as powerlifting?

MS: Oh boy! It has been a great transition in my life and I am not going to bash the Army too harshly. But, the Army treats you more like a number vs. the Air Force which treats you like a member. I really enjoy my job and taking care of our Airman in the World's best Air Force, for me there is no greater honor. One thing I must say about the Air Force, it is very education demanding and they put great emphasis on it. It has put me about 5 classes away from getting my associate's degree; so once again I win with the Blue. Now, for anyone going to join the military, do not take my opinion as gospel. I have my ideas and they are just that "mine"! All I can say is consider the 3-D's "do what you want to do and do it well!"

Critical Bench: Tell us about your powerlifting routine and diet?

MS: I am a real supplement nerd. I take all your basic supplementation and nothing requiring rocket science. However, I have learned how to cycle supplementation almost, too absolute perfection and believe it or not I have made a night and day impact on my progress! One thing I will say is to be creative, but at the same time keep it simple! Basic multi-vitamins and protein is a great start for any athlete who is pushing their body and



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Pat: Tell us who you are.
Pat: My name is Patric Curry, spelled the Gaelic way. I am 65 years old and weigh 180 pounds. My wife Margie is retired vice-president of Macy's Department Stores. My grown children are Nicole and David, and my other relatives are too many to count, not even including all the others we have in Ireland. I am the captain of the 74 foot yacht "Golden Lady" and live in Palm Harbor, Florida. I am a powerlifter.
Pat: When did you win your first world championship?
Pat: I won my first two titles, raw and equipped, in the WNPFF Worlds in 2004. I also won the WDPFF Worlds raw and equipped and last December I won the 100% Raw Worlds. I have also won the USAPL National Bench Press Championships and the Tropical Games championship twice. I have entered 15 competitions since coming out of retirement in 2004 and am undefeated with five world championships.
Pat: When did you begin lifting?
Pat: I started training with weights when I was 14 and I began competing while I was at Florida State University. It was hard to find meets within 100 miles back then and conditions were pretty primitive. Then in 1980 I took a job which lasted 24 years until 2004.
Pat: What was your best lifetime lift?
Pat: When I was 30, I made a 425 bench in a t-shirt. That was at a meet in Canada, and they didn't even have an Olympic bar. Those old style plates looked like half-ton. I think that would be a good lift even today.
Pat: Why such a long layoff?
Pat: I just got busy. I had a business building custom yachts in Miami and traveled quite a bit to the Bahamas, Canada, Europe, Ireland. I was also heavily involved in boxing as a professional and later I trained and managed fighters and promoted matches all over.
Pat: How did boxing work out?
Pat: Very well. I trained my fighters at the famous Fifth Street Gym in Miami Beach during the time frame Mohammed Ali trained for most of his career. Many great fighters passed through that gym. In addition to Ali, I was fortunate to meet Joe Frazier, Jimmy Ellis, George Foreman, Sugar Ray Leonard, Oscar Bonavena, and Willie Pastrano, to name a few. Over 20 world champs trained there at one time or another. I managed several young prospects with Rocky Marciano just before his untimely death in 1969. Joe Louis was as good as retired at one of my fight cards. I was one of the few trainers who employed weight training before Exander Huflied made it legitimate.
Pat: Any good boxing stories?
Pat: The best one is this. I was one of the group promoting the Bob Foster-Vicente Rondin lightweight unification bout in 1972. Foster won and went on to fight Ali. I had a good kid on the under card and at the last minute his opponent cancelled. Chris Dundee, Angelo Dundee's brother, recommended another fighter to fill in but he warned me to be careful, that this fighter's uncle was a well-known, very

INTERVIEW

PATRAIC CURREY as told to Dan Matthews, DSW, CSSC



heavy New Yorker with an ethnic last name. Then the uncle called and told me to take care of his nephew. "He's got twelve straight KOKs." No good. Comes light night, the nephew changes out of his corner at the bell, sticks out his chin and throws a wild looping right. My boy ducked, hit his square on the button and knocked him cold. Not good. The uncle called right after the fight. I told him what happened, and he said, "Dammit, now he has 13 straight KOKs."
Dan: Does powerlifting seem boring after that kind of excitement?
Pat: The only thing boring in powerlifting competition is the lifter who is afraid to fail. The excitement comes from lifters who are out on the edge testing their own limits. It doesn't matter if it is a new lift or taking his first squat or someone famous taking a world record attempt. A max effort will always bring everybody to their feet.
Dan: What made you end your layoff?
Pat: My nephew Jerry from Colorado came down to Miami to get my help training to play football. We worked out together and I began to feel maybe I had something left, and looked on the internet for help. Rob Keller of the USAPL suggested that I contact Kamikaze Dan at the World Gym, East Fort Lauderdale, and pretty soon you had me back out on the platform.
Dan: What do you enjoy most about powerlifting competition?
Pat: It's unique. There is no other sport where men who are in competition with each other are so friendly and helpful. Some of the big names I have met, like Tony Conyers and Dr. Larry Miller, are more generous with their time than ordinary guys in the gym.
Dan: What are your training methods?
Pat: They depend on the Westside model. I have a fully equipped home gym and Margie is my spotter. I am lifetime drug free, and I don't take any supplements. I never am sick and I don't seem to need any help other than a good diet.
Dan: What lifters do you admire most?

be well served, as Anthony Clark used to say, to take it out on the platform.
Dan: What is the future of our sport?
Pat: The future depends on our ability to bring in young people. Push-pull and raw competition not only moves much faster, but allows young lifters and the many gym lifters to compete without a major investment.
Dan: What do you think are the biggest mistakes made by lifters?
Pat: Overtraining and the refusal to seek quality coaching, even if it costs a few dollars.
Dan: What was your best day lifting since your comeback?
Pat: The 100% Raw World's last December. This was a truly professional meet organized for the lifters with entries from eight countries including big names like Tony Conyers and Beau Moore. I broke existing world records with my squat and benchpress, improved the squat and bench and broke the total on my opening deadlift. The deadlift record was 65 pounds up, and I had a trained deadlift in two months. My coach's strategy is if you have won, then shoot for the moon. After some training, I took a new record. I don't remember the lift, but I made it, and when I put the bar down the whole place was screaming. You told me afterwards the lift must have taken 15 seconds. What a great day.
Dan: Does it bother you lifting in the Masters?
Pat: It did, but now it doesn't anymore. I can't do what I used to do, but there's great satisfaction in knowing that I'm stronger than 99% of all men my age. You know, these meets are not held in secret. Anyone who wants to beat me can sign up and show up.
Dan: My wife Margie 100% committed to my training and competition.
Pat: Powerlifting is an integral part of my life. It has kept me young. I think I am at about 70 to 80% of my potential so there is no reason to quit anytime soon. A few issues back Mary Callagher advised Larry Miller that it was time for them to sit on the sidelines and watch. That's good, guys. You can come and watch me. I plan to lift until the loaders have to take my cold Irish arse off the platform.
Patric Curry can be contacted at ThreeWheelights@aol.com. Dan Matthews can be contacted at www.SouthFloridaSportsTraining.com.

meets are not held in secret. Anyone who wants to beat me can sign up and show up.
Dan: Who is your strongest supporter?
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Patric Curry at the 100% Raw World Championships, where his lifts were judged 'technically perfect'

Patric Curry at the 100% Raw World Championships, where his lifts were judged 'technically perfect'

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STARTIN' OUT

DESCENDING PAUSE SETS as told to by Doug Daniels

Descending sets and rest pause are my two favorite training methods to increase workout intensity. The first method: descending sets, involve working a set of an exercise to failure, then quickly decreasing the weight and resumming the set. This method enables the lifter to work past normal failure, taking training intensity to higher levels. The weight can be decreased several times, doing as many descending sets as you can or are capable of. The second method, rest pause, involves a lifter performing a very heavy, low rep set. After completing the set, he would take a very short rest or pause (under 30 seconds) then resume the set. The thinking behind rest pause is that the majority of strength and size gains come from the last rep or two of a set. If you could make all of the reps of your set the equivalent of the last one or two reps, intensity would be boosted and no rep would be wasted. The time between each rest pause set is very short so the interim sets are considered by the body as one set. My descending pause sets method combines the best features of the two.

Let's begin with an example descending pause set of machine bench presses. After warm-up, the lifter takes his top set off 250 pounds, which can quickly lower the weight, 20% to 200 pounds and resumes the set. The decrease in weight and short rest while adjusting the weight, allows the lifter to get 1-3 more reps after failure with the original 250 for

3 reps. If he chooses, the lifter then can lower the weight another 20% to 160 and get 2-3 more reps. The time between these interim sets during a drop to pause set should be limited to the time required to change the weight. The lifter could still proceed with further weight reductions if desired or do an additional set. After a tough set like this, you may not want to do another or may be unable to due to extreme muscle fatigue. If you choose to do another drop to pause set, I recommend lowering the starting weight by 20% due to muscle fatigue from the previous set.

A weight machine with a selectorized weight stack enables the lifter to safely and efficiently use descending pause sets because the weight lifted can be quickly adjusted. Also many weight machines do not require a spotter. If you use dumbbells, set them up nearby so they can be easily accessed as you descend in weight used after each set. If you use a barbell or a non-selectorized machine, a good idea would be to pre-load the bar so that it can be quickly stripped down by removing plates off each end. For example, if you're starting with 300 pounds and plan to drop to 250 and then 200, load the bar so with a pair of 25 pound plates on each end so they can be taken off quickly from each side per weight drop. Using quick lock collars enhances safety, and reduces the time required to lower the weight.

Alert spotters are necessary for barbell and dumbbell exercises because a lifter can fall on any rep at any time during the set. Descending pause sets are most suitable for assistance exercises. It is not practical or safe to try this with the squat or deadlift, but with planning and good spotters/loaders, you could bench press using this method. Overtraining is possible when using such a high intensity training method. I suggest using descending pause sets once a week for no more than 4-6

weeks, and then revert to your normal training methods. Begin the first week by doing only one descending pause set, progression to get used to their feel and complexity. Pushing too hard too fast could result in injury. The 20% weight reduction I gave you is only an example. You may want to use a higher percentage reduction to insure you get more reps on subsequent sets or vice versa if you desire to keep the reps lower. Experimentation and personal preference will be your guides. Another advantage of reducing weight is that it will facilitate better exercise form as you tire. Not only will you reduce the chance of injury due to improper form, but also you will more effectively exercise the targeted muscle groups.

The reps for each drop to pause set are up to you. You may wish to start with a weight that allows 3-5 reps. The descending pause method will work with any rep scheme and reps can even be varied after each weight drop. This can be accomplished by varying the percentage of weight dropped after each interim set. It's key to have a plan for each workout and have your weight drops set up in advance with necessary spotters/loaders. Warm-up is required before you get to your descending pause sets.

Descending pause sets fit best during your off-season. I suggest foregoing them within the last 4-5 weeks prior a meet to avoid overtraining. Two descending pause sets are all that's needed. If you have energy or desire for more, you did not go hard enough. Always warm-up and lay out all your weight drops out in advance. The rest or pause between sets should only be the time required to make the weight change. Be sure to have alert spotters for exercises that require them. Irons that combining descending weights and pausing can be a powerful method to increase your strength level.



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GAKIC HARDCORE as told to PL USA by Andrew Garven



strength gains eventually become stagnant. This piece will further describe why this is happening... and how we can overcome it.

Muscle weakness is a direct term for the inability to exert force with one's muscles to the degree that would be expected given the individual's general physical fitness. In performing the three core lifts that make up powerlifting (the bench press, the squat and the deadlift), with each rep that you perform, your muscles contract in one of two ways: a concentric contraction (muscle actively shortening) or an eccentric contraction (muscle lengthening). Intense weight training causes a rapid build-up of metabolites (or intramuscular toxins) with every muscle contraction. This accumulation triggers an decrease in the pH level of the muscle tissue interfering with the muscle's ability to release calcium. Unfortunately, the final outcome of this accumulation is always the same: fatigue and a rapid decline in muscle power, strength and endurance, thus compromising the performance of the athlete.

GROUNDBREAKING RESULTS HAVE THE POWERLIFTING COMMUNITY ABUZZ!

Two recent university studies on high-intensity anaerobic exercise have delivered groundbreaking results. They argue that fatigue toxins can be controlled and that strength and endurance can be immediately increased by supplementing preworkout with Glycine-l-arginine-alpha-ketoisocaproic acid calcium.

The first significant study into the benefits of glycine-l-arginine-alpha-ketoisocaproic acid calcium with anaerobic exercise was conducted by Dr. Bruce R.

Stevens and his colleagues at the University of Florida. The purpose of their study was to quantify the effects of glycine-l-arginine-alpha-ketoisocaproic acid calcium supplementation on human muscle dynamic performance (strength, work and fatigue) measured under conditions of acute, exhaustive high-intensity anaerobic isokinetic exercise. Thirteen healthy male subjects participated in a double-blind, randomized crossover study comparing the effects of glycine-l-arginine-alpha-ketoisocaproic acid calcium versus isocaloric sucrose using a computer-controlled isometric dynamometer over a 23-day interval.

The second study conducted at Truman State University, by Britni Buford and Dr. Alexander Koch, examined the effects of pre-workout supplementation of glycine-l-arginine-alpha-ketoisocaproic acid calcium on repeated bouts of anaerobic cycling performance. Following the exact same dosing regimen as the University of Florida study, 10 healthy male subjects completed a randomized, double-blinded, placebo-controlled exercise protocol of two sessions separated by seven days.

10.5% INCREASE IN STRENGTH!

The findings of these two studies have the powerlifting community abuzz. In both cases Glycine-l-arginine-alpha-ketoisocaproic acid calcium supplementation resulted in significantly increased levels of athletic performance when compared to the isocaloric sugar treatment. The University of Florida study showed that Glycine-l-arginine-alpha-ketoisocaproic acid calcium increased the ability to sustain muscle force by up to 28 percent and increase muscle work (total) by 10.5 percent. This resulted in an increase in sustained muscle performance during anaerobic exercise. Truman State had similar findings, concluding that Glycine-l-arginine-alpha-ketoisocaproic acid calcium supplementation improved retention of mean power during repeated bouts of supermaximal exercise.

The potential benefits of

Glycine-l-arginine-alpha-ketoisocaproic acid calcium supplementation to powerlifters are staggering. Imagine a 10.5 increase in strength and an ability to sustain muscle force. Finally we have the help we need to breakthrough those stubborn, mentally draining plateaus.

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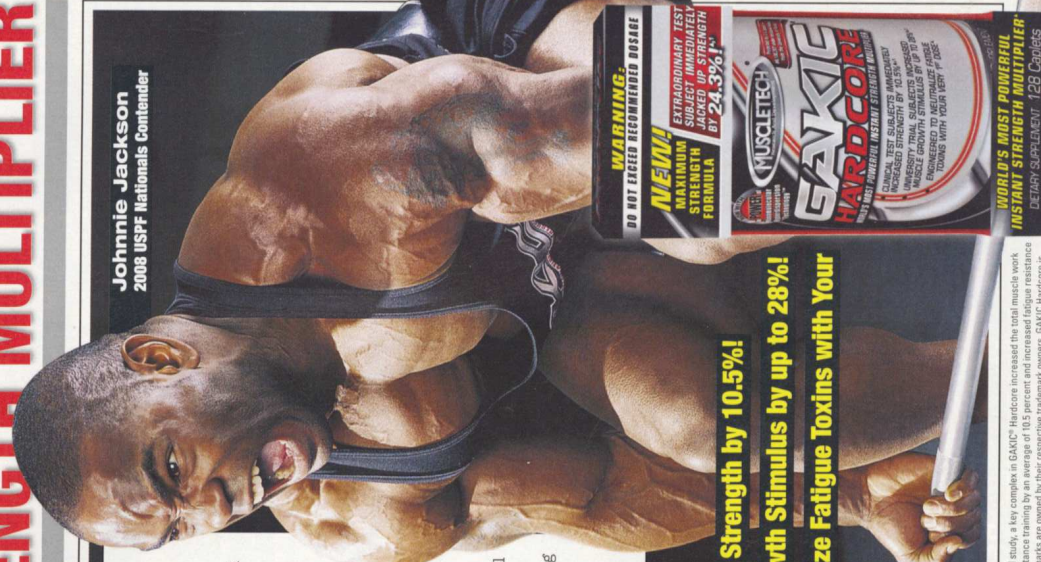
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Stevens B., et al. (2000). High-Intensity Dynamic; Human Muscle Performance Enhanced by a Metabolic Intervention. *Med Sci Sports Exerc*; 32(12):2102.
Buford B., et al. (2004). Glycine-Arginine-L-Ketoisocaproic Acid Calcium Supplementation Improves Acid Cyclic Sprints. *Med Sci Sports Exerc*; 36(4):583.

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Mikey Don't Like It! A 'To-Do' List to Live - or Die - by! as told to Powerlifting USA by Aaron DiPrima

Mike White is old fashioned, not in the traditional sense - where you would think he has the good ol' family values of the 1950s, more so he has the real old fashioned values of the Dark Ages where negotiating skills, practical application, and reason took a backseat to whoever was the strongest and/or was wielding the biggest meat cleaving weapon! As a matter of fact in this year, 2008, Mike has over his mantle in his office his most prized possession, a double sided battle axe he adoringly refers to as "Rex Calbur Puss Morticus", which loosely translates to something like "Terrible Steel Death to Weakness". On my several visits with Mike over the years I have seen him get angry on occasion, and he will glance at Rex Calbur as if weighing his options and the consequences. Most of these irritants don't really make much sense to me, such as: Men wearing pink shirts; the Government; Minorities (by which I mean everyone who isn't Mike White); Céline Dion; generally disagreeing with Mike on any topic whatsoever, and for whatever reason; Platypus documentaries on the Discovery Channel. Mike does know the weights though, with a 1000lb plus squat, a 700lb plus bench press, approaching an 800lb deadlift, and a huge total, he has paid his dues and he knows what works and what is a waste of time. When Mike witnesses somebody doing something stupid in his gym you see his eyes glaze over, sweat start to bead on his forehead (actually this is happening all the time as Mike weighs over 300 lbs. and refuses to wear anything besides flannel and bib overalls) and I swear on occasion I have seen Rex Calbur start to shake on its mantle and grow bright red in anger. So, what I have done is compose a

list that will keep you off Mike's radar in his gym, and keep Rex Calbur in its slumber on the wall.

1. Cable Work ... Cable work is pretty worthless for most of the weight training population, but some trainees do a majority of their work with the pulley devices. I like a couple of select cable exercises (just don't tell Mike!) In general, though, if you need to get bigger and stronger stay away from these apparatuses and stick to free weights and bodyweight exercises.

2. Triceps Kick Backs ... Pretty much the most worthless

Mike White stands with some of his handiwork.



treadmill. Go ahead and do some cardio for your heart, but make sure you are putting the majority of your time into (1) not showing Oreos down your gullet, and (2) weight training.

7. Not Squatting ... Don't tell Mike about your trick knee or bad back, get your lazy, gelatinous, worthless excuse for a body in the squat rack period.

8. Anything In A Smith Machine ... I often wondered why Mike even had one of these, and then it occurred to me. A member started doing some stupid exercise on it. Mike calmly checked the members card, pulled out his journal, and jotted the members name down. "Oh S**t!" I thought "He is keeping a f**king list!" So when the end comes, and you look up and comes, and you look up at the fourth horse of the Apocalypse, and Mike is it's rider, think to yourself... "Did I use the Smith Machine?"

9. Fibromyalgia ... Mike doesn't believe this is a real disease. And if it is he has the prescription, and the prescription is REX CALBUR!!

10. Assisted Lifting ... If you can't do the weight, Mike sure as hell isn't going to help you, and if you are doing more than your max with your buddy or even worse, your girlfriend assisting you then -- if you are lucky -- Mike will just laugh, and if you are unlucky well

Have a good month!

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NUTRITION

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

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

The e-mails continue to roll in from our readers at PL USA. It is amazing that so many were unaware of what a poison soda is for the body. Numerous letters have been written in swearing that they will no longer drink soda in any form. I am happy to hear that the work put into this series reaped some long lasting health benefits for our readers. In this last installment Mike is going to uncover some interesting points in regards to how soda manufacturers want their products to be addictive and how they are intentionally created that way. For those of you who want to kick their soda addiction, but are unsure of what they need to do, Mike will let you in on some of his proven tips that have helped thousands of people get off soda for good.

AR: I know a lot of readers drink diet soda thinking that it is so much better than regular soda, but I know this not to be the case. Can you expand the case of regular versus diet soda?

MA: Let's take a look at the reason why people drink diet soda in the first place. Most people drink it to lose weight or at least not to gain weight. But that premise has been proven false by many scientific studies. If you want to look at the science, go to Pub Med and look at the studies done on diet soda. You will see that they cause no weight loss whatsoever. Plus, a recent study showed that consuming diet soda actually increases your risk of getting a heart attack.

AR: I have not seen that, but I will definitely look it up. I am sure readers who drink diet soda feeling like they are going with the healthy choice will feel different after reading this.

MA: Diet is just as harmful as regular soda, in different biochemical ways.

AR: That is why I push my athletes to stay away from soda completely.

MA: There is nothing healthier about diet soda. Drinking soda is harmful, no matter if it is diet or not.

AR: What about performance and from consuming any types of soda because it will cause a decrement in their training performance. Can you expand on how this would relate to strength athletes in particular?

MA: This is an area that I speak about a lot. If you want optimal performance, both mental and physical, you have to have a solid nutritional foundation. In this magazine I have been preaching long to let that you back me up. I am glad to hear that you did that is rich in superfoods. You also need to avoid anything that will cause a depletion of nutrients.

AR: Strength athletes need to consume healthy nutrient dense foods and avoid garbage that will rob their body of precious nutrients.

MA: The body depletes nutrients from B-Vitamins, Calcium and Magnesium minerals that your body needs to function at elite levels. If you are an

they manipulate the nicotine levels in their cigarettes. The soda companies manipulate the caffeine levels. You see these so called energy drinks on the market. In my opinion these are even more dangerous than soda because they contain even more caffeine and they are more biochemically addictive. I think the number of people that are addicted to these energy drinks is constantly growing and we are going to have a huge problem with our youth with such health ailments as Type II Diabetes and obesity as a result of this. Yes, believe they intentionally make them addictive. If you or I worked as a CEO of a soda company we would probably say to make them addictive too. But, we have better ethics than that and that is why we don't work for these companies.

AR: Can you explain to the readers why soda is so addictive?

MA: Caffeine is a powerful psychoactive substance. Most of you don't know this but it is actually a pesticide. It is produced by plants to kill bugs. The way it kills bugs is by destroying the nervous system.

AR: I am sure that 99% of the readers were totally unaware of that fact Mike.

MA: A lot of people don't know that caffeine is a pesticide. That is why it gives humans a higher heart rate because your body is trying to get rid of that poison. It is natural pesticide, not synthetic. Never the less the purpose of caffeine is to kill bugs. Caffeine has harmful effects in the human body as well. The reason why it is so powerfully psychoactive is because it is brain chemistry drugs. Anyone addicted to illegal drugs they will tell you it is the hardest addiction to get rid of. I have never been addicted to street drugs, but I know from reports that people that have been addicted to heroin or crack have often said that nicotine and caffeine are just as difficult to get off of.

AR: Since soda is addictive, is the best method to get off it — just to quit cold turkey or should you wean yourself off it little by little?

MA: My advice is to never try to quit go about it and it is destined to fail. This is especially the case if you are addicted to caffeine. The withdrawal symptoms will kick in and you will be reaching for a can before you know it. You must eliminate the sensory additions one by one. The first step in kicking the habit is to switch from drinking caffeine to a non caffeine soda and reduce the amount. If you are drinking four cans of cola per day what you need to do is to drink 3 cans of cola and maybe have Sprite. You should do this for a week and then start to take in 2 cans of cola and 2 cans of Sprite. You will do it a break fast that I have every morning and actually crave it. I am sure you can understand that the difference in performance when consuming a breakfast of what I just mentioned or someone who consumes

beverages. You can now go to 3 cans of Sprite and I can now go to 5 cans see what I mean?

AR: Yes. Set exactly what you mean. You have to quit the chemical additions first and then the sensory additions during the next phase. This is some excellent info that our readers will really be able to take advantage of if they decide to go clean.

MA: Yes to make sure the ice tea is not caffeinated, otherwise you will get back on the caffeine habit. Then from here you have to slowly shift to ice tea and get off the Sprite. From that point you can shift from ice tea to room temperature tea. You actually want to get rid of the ice tea habit and there you switch to herbal tea and water. Now that is how to go to your goal. It may take you two months, but that is fine. You don't need to do it overnight. If you do it in six months then you are successful!

AR: I was wondering if there were any other drinks you would recommend the readers to drink instead. I am a big advocate of green tea, but is there anything that may entice some of the more picky readers?

MA: Green tea is an excellent example. Primarily people are going to expect all these sensory cues that they get with soda. That includes the intense sweetness, the carbonation, the coldness and the caffeine. Now you have to work on eliminating these cues one at a time. The last thing to usually go is the sweetness. Many of you might want to know why would I want to eliminate the sweetness. The reason for this is that this is what is causing the blood sugar problems, promoting Type II diabetes and now the way Viagra works is that it essentially starts drinking non sweetened natural beverage like water or herbal tea that doesn't have any chemical additives at all. Here is the good news for you reading this. You are going to be very successful if you are drinking soda right now your taste buds have adjusted to a very intense sweetness. On the other hand, right now, if you had some green tea it will taste horrible to you unless you load it up with sugar. But, after six months and you adjust off all that sugary soda your taste will adapt and that green tea will taste very good. What you need to know is that your taste is not fixed. It adjusts according to what you feed yourself. Little by little, you will adjust and you will enjoy your new found drinks. I was actually just drinking something when you just mentioned something like water called. It is a mixed glass of juice kale, celery, cabbage, and berries. I would have thought that is the nastiest stuff on the planet, but now it's a break fast that I have every morning and actually crave it. I am sure you can understand that the difference in performance when consuming a breakfast of what I just mentioned or someone who consumes

Coke or Pepsi. I am willing to challenge any doctor out there who doesn't think nutrition plays a role in performance to cardiovascular test. Then we will see who can go farther. AR: I am sure there wouldn't be too many willing to take you up on that offer because they know they will get burned. What are some of the first health and performance improvements strength athletes will notice once they ditch soda for good?

MA: The first thing Powerlifters will notice is an overall improvement in their performance. They will notice an increase in their endurance and a faster rate of recovery. They are also going to have better sleep, better sex and better brain function.

AR: Well, I am no rocket scientist, but I have a feeling that the better sex I would prefer the better sex improved brain function. Actually I was just teasing, but I am sure that Powerlifters will be happy to hear these areas of improvement that will not only help their training in the gym but also their health and quality of life.

MA: Like you mentioned Anthony most people care about these things and mainly it is the better sex. Soft drink consumption really impairs sexual function. Remember, you don't need Viagra, you just need a healthy diet.

AR: Wow I am sure a lot of readers didn't know that! So put down those little blue pills and fix up that nutrition plan. I can just see the wives and girlfriends of Powerlifters all across America now taking interest in their man's nutritional plan all of a sudden!

MA: You are going to see huge performance changes very quickly. Now the way Viagra works is that it brings oxygen to the tissues. If you have blood in a carrying much oxygen. Imagine trying to be an elite Powerlifter and your blood isn't carrying much oxygen. You are not going to be very successful are you? So what causes that? What contributes to that is nutrient depletion and imbalanced nutrient intake.

AR: I couldn't have said it any better myself Mike, you hit the bull's eye with that statement.

MA: This is what affects the blood oxygen capability of an athlete. So, remember, every time you drink soda you are depriving yourself of nutrients and hydration. You are impairing your body's job of carrying oxygen. Of course, that is going to lower your performance, mental function, and for some of you most importantly it is going to lower your sexual function.

AR: That's going to hurt, for all those male soda drinkers out there. Literally AR: When you stop drinking soda and you start drinking natural wholesome clean beverages like water and high end nutritional supplements, your body is going to reform itself and start carrying much

more oxygen. This means your workouts will be more intense, you can work out longer, because you won't be so tired. You will also have better mental clarity before, during and after your workouts as well. To top this off later that night you will also have very healthy normal sexual function.

AR: I think all the male lifters were just waiting to hear that one.

MA: Plus you won't need drugs to enhance your libido, which is a ridiculous idea when you can be fertile at any age. I know guys in their sixties that eat clean diets and they are having plenty of sex.

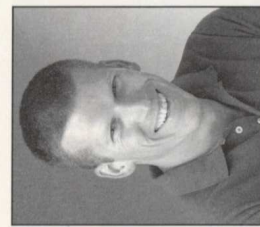
AR: Can you briefly mention how your immunity is affected by drinking soda and what can Powerlifters do to help improve their current situation?

MA: One thing that I wanted to touch on was the fact that the acidity caused by soda also impairs your immune system. Did you ever notice how you catch a cold after a really heavy workout? The intense workout will wear down your immune system and then you will suppress it further by consuming a strongly acidic drink like soda. You will be much more susceptible to catching colds or the flu or whatever is circulating around if you drink soda. If you are a Powerlifter you should take extra care of your immune system. Before I go to the gym, I basically load up on Vitamin C, eat Camu Camu berries, sprouts and sea vegetable and micro algae supplements like spirulina and chlorolla. I also throw in some zinc and I do that all before I go to the gym. The reason why I took all that before I train is due to the fact that my immune system is suppressed. Know that it is this I am greatly enhancing my immunity to any type of infectious pathogens.

AR: Mike it has been a real honour having you here at Powerlifting USA magazine. Mike Lambert and I would like to thank you for all your insight. Do you have any last words that you would like to touch on before we close?

MA: Yes I want readers to know that forget your health. Powerlifters need to take responsibility for their health and look at the long term picture. Don't wait until severe health ailment takes you down before you decide to change your ways, because then it will be too late. Take heed of my warnings now so that your later years will be full of health and a quality of life that you and your family can truly enjoy. So until next month, eat clean, train like a beast, and please don't poison yourself with harmful chemicals that offer nothing to your performance or health!

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



Mike Adams Holistic Nutritionist
www.naturalnews.com

Thanks again for all your help Mike and I am sure that the readers will truly appreciate all the fantastic info that you have shared with us in this series.

CONCLUSION

In closing I would like to remind all of you reading this series that my intention behind this was not to mock Powerlifters for consuming soda in large amounts. I wanted to open your eyes to the dark reality of soda addiction even though you may have not been aware of it before now. Heck, some of you are so stubborn you could be addicted and you may still be denying it. The purpose of this extensive series was to help educate you on a topic that very few have ever explored, especially in strength circles. I didn't just want to entertain you for several issue of this magazine, but I wanted to motivate you to change your ways so that you can live a healthier and longer life. If you are serious about your performance and becoming the best lifter you can be, then it means that you are willing to take on anything to make it to the top. What is the point of training with blood, sweat and tears in the gym year after year only to decrease your performance by polluting your body? If you are truly serious about reaching your optimal potential in this sport then something as simple as giving up soda should be a no brainer. Let's not forget your health. Powerlifters need to take responsibility for their health and look at the long term picture. Don't wait until severe health ailment takes you down before you decide to change your ways, because then it will be too late. Take heed of my warnings now so that your later years will be full of health and a quality of life that you and your family can truly enjoy. So until next month, eat clean, train like a beast, and please don't poison yourself with harmful chemicals that offer nothing to your performance or health!

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

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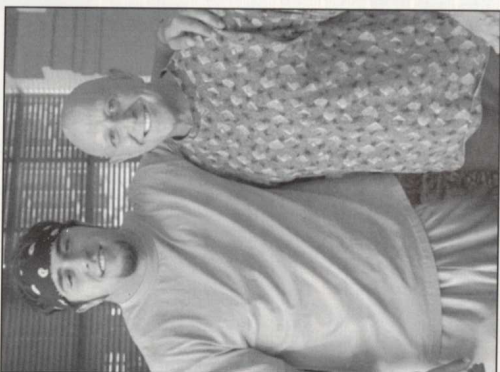
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And the cat's in the cradle and the silver spoon,
Little boy blue and the man in the moon,
"When you coming home, son?" "I don't know when, But we'll get together then, dad. You know we'll have a good time then."
SANDY & HARRY CHAPIN

DR. JUDD

THE CAT'S IN THE CRADLE as told by Judson Biasiotto Ph.D.



A Father and Son Getting Together ... 9 Times World Champion Larry Pacifico and his son Jimmie, the day he was headed out for the California Junior College State Track and Field Championships. Representing Moorpark College, Jimmie is looking forward to breaking the 60' mark officially in the shotput, and later this summer he hopes to get into a powerlifting meet, and he's looking forward to a 1000 lb. squat exactly what you put into it. That just goes with the territory. "That was his weekly, if not daily, speech.

When I was younger, I hated that concept of all work and no play. I would think, "I wish he would stop working for a second and have a little fun. We never go anywhere, and we never do anything but work." Now, I am not saying he would neglect us because every moment he had free he would spend it either helping us with homework, or he would have me in the backyard playing catch. And none of us ever doubted his enormous love for us ... he told us constantly how much we meant to him and how much he loved us.

Still, the moments we had together were rare, and as we got older they practically vanished. My father never saw me play a game of football, basketball, or baseball when I was in high school, and he only saw me lift weights once in competition at the World Star of Stars Championships. After which he said, "I didn't realize you were that good." My poor sisters, who were literally his heart and soul, probably received even less attention. To be candid, I hated that the dad I have more time to be with us. When I got older though, it started dawning on me that both my father and my mother had actually sacrificed their entire lives to ensure that their children

would have the opportunity to be successful. Like I said, I was thoroughly blessed. I loved my father dearly and I wanted to be just like him. I basically worked to achieve that very goal ... to be just like my dad. Within less than two decades after my graduation from college, I found myself perched on top of the world. It seemed like I was one of life's chosen people. Everything I touched turned to gold. My company, World Class Enterprises, was doing extremely well. My latest book, *In Pursuit of Excellence and Self-Fulfillment*, was getting outstanding reviews and was selling like hotcakes. I was a feature writer for seven magazines, and every day I wrote for like another magazine editor would call me to write for them. My athletic career was going just as well. *Powerlifting USA* named me as one of the best lifters of the century, and I was in a position to break all of the ADPPA world records in the sport of powerlifting.

It seemed like I had everything - a beautiful house, three cars, more money than I ever imagined possible, friends, fame and endless opportunities. Everything was so great and wonderful for me that I couldn't imagine it getting any better. Like I said, I was literally on top of the world.

All of my friends would say, "Man, you are lucky. You have it made." Of course, like my dad I had to pay a price for all of that. I would get up in the morning, brush my teeth, and then immediately shift my body from first gear to fifth. From that point, I would grind it out for the rest of the day. Everything I did I took right to the limit. I showed myself no mercy. My day knew no limit. I would teach school for six hours, then drive to the gym and train for three hours. From there I would drive home, grab something to eat and sit down at my computer and read and write for another five or six hours. Actually, it wasn't uncommon for me to work at my computer until two or three in the morning, and it was nothing for me to get out of bed at four in the morning to write something that caught my mind while I was sleeping. Yes, my goals and work filled even my dreams. I was running in a thousand different directions at once. I was absorbed totally in my work - trying to expand my corporation and garner fame and fortune. I was rarely ever at peace with myself. And when I was, I really wasn't, because my mind was always focused on doing something more.

In retrospect, I probably spent an inordinate amount of time working. Believe me I sacrificed a lot. Hardly dated. I constantly watched my diet. I worked my body and mind unmercifully, and I seldom got a chance to visit my family. I kept telling myself this is what it takes to be great. You have to be willing to take yourself to the very limit. You have to be willing to pay the price. There was just no other alternative. The highway to success that I maintained was definitely a toll road. Everything in life had a price. Moreover, I contended that hard work was the secret to happiness because hard work led to accomplishments and accomplishments led to happiness. Work hard, achieve, and eventually you will find happiness.

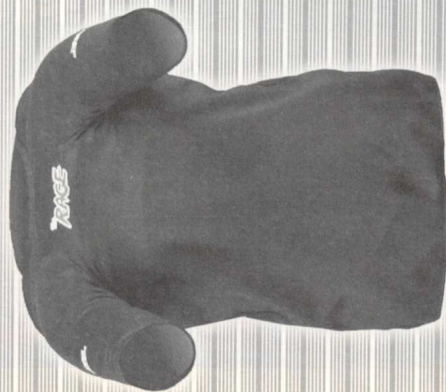
Well, like I said, I worked and I achieved and I was happy, but there was something missing. When I couldn't figure out what it was,

(continued on page 84)

THE RAGE

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

- The Round-Sleeve™ design is very user-friendly because it accommodates construction and stitching on the Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt has always been the forerunner of bench shirt technology and construction. The most important thing the Solid-Seam™ does is eliminate the erratic bar-wavering that another's shirts cause. Instead of the quarter-inch or open play between sleeve and chest-plate the pinched commercial seams create, the Solid-Seam™ looks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more. The Rage offers for big benching.
- Extra Reinforced front, shoulder, seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already superior RageX system.
- SOLID SEAM™ technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or tautening and keep it safe to boot. Proven in numerous world records.
- RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.



RAGE X

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



- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a MORE AGGRESSIVE design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- RageX in DOUBLE LAYER. Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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PHENOM

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

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



RADICAL DENIM

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

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



ULTIMATE DENIM

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



Inzer Advance Designs Logo T-Shirts
 This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow, haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, orange, maroon, red, and black.

\$8.00
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 Keep warm in Superwatts Crewneck with embroidered Inzer logo.

\$14.95



Jersey Knit Short
 50% polyester/50% cotton jersey knit, elastic waistband, large Inzer logo.

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

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

\$5.95



Gym Chalk
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\$10.00



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

\$4.95



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

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

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

\$23.95



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

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

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 Double Red Line Competition Wrist Wraps. Convenient wrist-cut design. Velcro wrap-around. Full length. Extra thick. Strong support. Comfortable.

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

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

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

\$19.50



Gym Bag
 This large deluxe embroidered gym duffel is easy to look at, Inzer logos and Spongest. Sport. Large compartment and roony pockets on each end. Heavy nylon. Great value.

\$25.00



Forever Lever Belt 13MM
 The 13mm thick Lever Belt is so quick and easy to use, tighten your belt with a push of the thumb Lever for the most support possible.

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

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

\$140.00



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

\$60.00



Forever Buckle Belt 10MM
 Available in one of two prong precision buckle.

\$60.00



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

\$39.95



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

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Lifting Singlet
 Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear over your bench shirt or for workouts.

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

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

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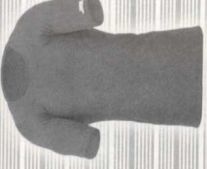
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 The Pillar will increase the poundage you can lift through several key designs built in: Feet the super support and power on your feet and in your lifting with this outstanding power shoe.

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

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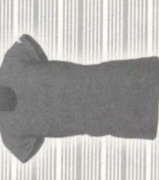
High Performance HD Blast
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\$77.00



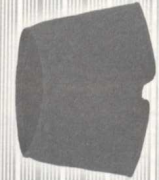
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 HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly, it's like lifting with an extra erector muscle.

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

\$26.00



The ULTIMATE TOP TEN

This month we are going to cover the results of the 132 and 148 lb. classes.

Both of these were among the original 7 weight classes. There were many exceptional lifters in both of these weight classes.

#1 Joe Bradley:

At the 1980 IPF Worlds Joe squatted 650 lbs. at 132 in a Marathon Squat Suit. "Smokin Joe", as he was called, was unique, as he began his career in the Wisconsin Penal System. He held world records in the squat and bench press. First to do a triple bodyweight bench press (no shirt). ("Tied with Fred Hatfield as the best squatter of all-time." Jon Smoker) Joe had no fear of the weights, just load the bar. Didn't have a long career, but really impressed the voters.

#2 Lamar Gant:

Tough to rate Lamar Number 2. Voting was close ("Had a little more competition at 132, but still the best." Kevin Meskew) Had been accused of ducking Bradley, but beat him at the 1980 IPF Worlds. So many titles, so many records. Lamar was built to deadlift, but did really well on the other 2 lifts. The USA's most successful International Lifter. In my opinion, one of the top 5 lifters of all-time. Lamar always said he only trained 6 or 7 months a year, which made his accomplishments even more remarkable.

#3 Enrique Hernandez:

The top in of his day. He was great at 123, better at 132. ("Enrique was a legend and great motivating factor in my lifting." Vince Anello). Kept in mind Enrique squatted after recovering from having his knee caps crushed in an auto accident. In addition to powerlifting he held the American Record in the Olympic Press. The smaller lifters never got as much credit as the heavier weight classes. At one of the Senior Nationals Larry Pacifico gave Enrique his Best Lifter Trophy. Larry thought Enrique deserved it. Enrique was one of the big stars of the early 70's.

#4 Alan Lord:

Alan was a schoolteacher from Adelphi, Maryland. If there was ever a Clark Kent character in powerlifting it was Alan. If you looked at Alan (tall and thin), you might of thought he was a tennis player, but never a powerlifter, but boy could he lift. Competed in Nationals from '66 to '78. A 2-Time World Champion. ("Stickman, he always looked like Smoker). Record setter in the deadlift. ("Jon Smoker) Record setter in the squat. His record at 132 lb to total over 1200 lbs. His record at the Senior Nationals was 5 first places and 4 second places. Not bad for a "Stickman".

#5 J.D. Carr:

J.D. was born and raised in Chicago. He began his lifting career at age 8. His first competitions were in Olympic lifting. He

Newton Square, Pennsylvania. Competed on the National level in the 60's and 70's. He started training at age 11 at the Harrisburg YMCA in PA. Jack competed at 132 and 148. He had a BS degree in biology and a MS in Human Nutrition. Was IPF World Champion in 1972. Jack deadlifted 615 at 143 bodyweight. Lifted as a Master in the ADPPA and WNPFF. Always had that come from behind pull. Jack competed at 132 and 148. He won the 1974 Senior Nationals at 148.

#8 Franklin Riley:

Franklin was one of the early stars of powerlifting. He was from Chicago. Franklin had 3 good lifts, which made him very tough to beat. ("A consummate lifter, it is a shame he has been forgotten." Jon Smoker). 1969 Senior National Champion. 1972 National and World Champion. At the 1972 IPF World Championships Franklin had a class high bench press, squat and deadlift. Franklin did not wear knee wraps when he squatted. Died a premature death from diabetes.

#9 Tim Taylor:

Tim was very successful at 123 and 132. ("Good bench press and outstanding deadlift." Kevin Meskew) Tim won 7 straight National Titles. Competed in many different organizations. Represented the US in International Competition. Tim could have easily been rated higher. He is going strong today. Tim made the military a career choice. The fact that he got support at both 123 and 132.

(continued on page 90)

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 Wilt 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. I chose Rick Crain, Bob Parker, Bill Mills, Joe Pyra and myself worked 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 Rethwasch, Jon Smoker, Joe Pyra, Gordon Santee, Rick Crain, Fred Glass, Jim McCarty, Kenny Crowdale, Vince Anello, Steve Denison, Kevin Meskew, and Bob Caynor. The panel members all received the list of potential candidates, but were free to add in whatever manner they want.

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 Mains held the most sacred record in baseball for 35 years, but was not all time great. 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.

#6 Doug Heath:

One of the great showmen of powerlifting. It was just as entertaining to see his performance after a World Record as the record itself. Doug was elite in 4 weight classes. He won numerous World Championships. Doug could compete with anyone. Multi-time World Champion. 132s was probably his best weight class. Doug would not only win, he would win by very large margins.

#7 Jack Keammerer:

Jack was from

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.

BOOSTING TESTOSTERONE - NATURALLY

It seems everywhere you look endogenous (developed within the body) hormone production avoids testosterone hysteria. It's either about athletes using anabolic steroids and prohormones or about the use of testosterone for replacement therapy. In a way we're talking about the same thing. In both cases the hormones used are synthetically made and used like a medication. And in both cases their use shuts down the hypothalamic-pituitary-testicular axis (HPTA) that controls testosterone production on the body. So instead of helping stimulate testosterone production, the use of testosterone and anabolic steroids decreases the natural production of testosterone and basically shuts down your internal machinery for making testosterone. Not only does it decrease natural testosterone levels in the body but it also decreases the levels of many other hormones along the testosterone metabolic pathway.

This creates two separate problems. First of all, shutting down your natural production of testosterone can lead to problems once you go off whatever you're taking. In some cases testosterone levels never even come close to recovering the pre androgen use levels, and the only alternative, if the system can't be "kicked started" to produce testosterone, is to go back to taking testosterone or anabolic steroids.

The second problem has to do with the disruption of the natural hormonal rhythms and levels of many hormones in the body, including testosterone and several other hormones. This can lead to many problems including, paradoxically, the loss of sex drive. On the other hand, increasing

testosterone levels when you stop.

effects, and to use multiple ingredients that work together to produce superior results. In the case of TestoBoost the desired effect was an increase in basal and elevated testosterone levels in the body, a decrease in counter productive elevations in cortisol, and a salutary effect on overall health, libido and sex drive.

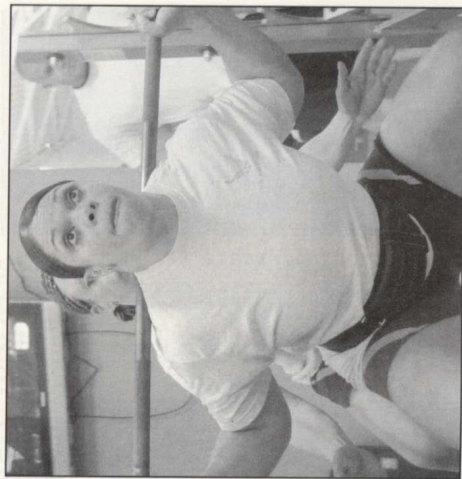
This is accomplished by using a variety of ingredients that impact TestoBoost: contains bioperine, which significantly enhances the bioavailability of supplemented nutrients through increased absorption. As a result TestoBoost will: Increase testosterone Block excessive estrogen production Decrease production of dihydrotestosterone Enhances prostate health in men Increase libido and sex drive in both men and women Provide a potent anabolic effect Decrease body fat

The bottom line is that TestoBoost v3.0 is the most effective testosterone booster on the market today. For more information on TestoBoost, and my complete line of nutritional supplements go to: <http://www.mdbplusstore.com/listCategoriesAndProducts.asp?dParentCategory=40>.

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Strongest Female in the AOR/AFCENT (Southwest Asia) is **USAF Master Sgt. Tina Robinson** off her 300 lb. squat and 250 bench at a recent contest (March 29th). The Brooklyn, NY native, a Reservist on a 60 day deployment out of Kessler Air Force Base in Mississippi, had a personal best of 315 in the squat and 325 in the bench, but had stopped power training to concentrate on the Air Force fitness test, and only had a week to prepare for her most recent contest. A mother and a grandmother, she has earned an MBA from William Carey College during her time in the Air Force. (Domonique Simmons photo, USAF)

full production of testosterone - e.g. magnesium, zinc, B6. Increasing peripheral formation of testosterone. Decreasing peripheral formation of dihydrotestosterone and estrogens or blocking their effects. As well, other compounds that have been shown to have effects on sexual desire and performance can be used in the mix. On top of this TestoBoost: contains bioperine, which significantly enhances the bioavailability of supplemented nutrients through increased absorption.

As a result TestoBoost will: Increase testosterone Block excessive estrogen production Decrease production of dihydrotestosterone Enhances prostate health in men Increase libido and sex drive in both men and women Provide a potent anabolic effect Decrease body fat

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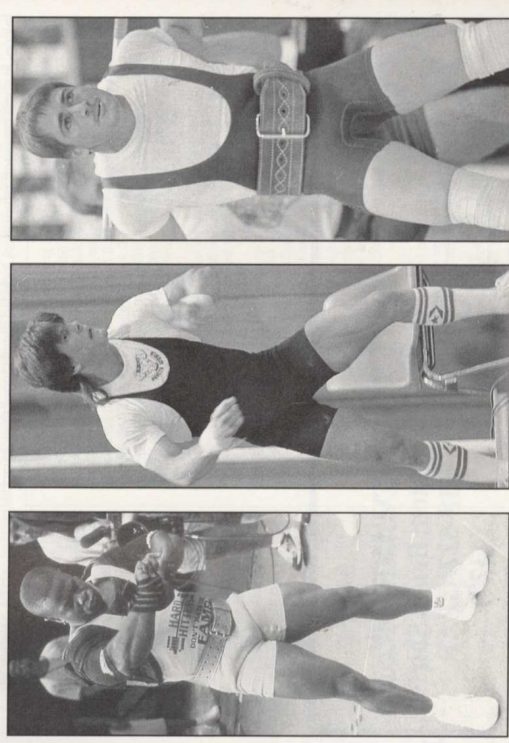
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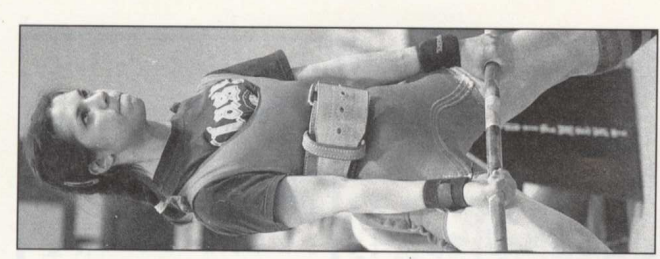
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ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 132 Pound (60 Kilogram) Weight Division -- TOTAL

Table with columns: Rank, Name, YOB, Date, Actual Weight, Exact Bodyweight, Location, Federation. Lists top 50 male bodybuilders including Lamar Gant, Annals Covington, Doug Heath, and Russ Steinhouser.



Doug Heath ... in character ... Russ Steinhouser ... at Seniors.



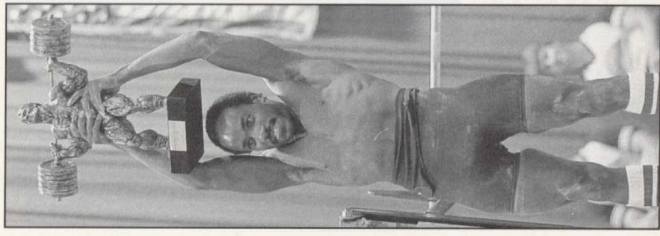
Jennifer Maile ... this youthful superstar is the daughter of U.S.A.P.L. President Larry Maile

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

Table with columns: Rank, Name, YOB, Date, Actual Weight, Exact Bodyweight, Location, Federation. Lists top 50 female bodybuilders including Margaret Kirkland, Hartwig-Gary, and Lori Shoppes-Fisher.



Lori Shoppes-Fisher and Mary Jeffrey (top) both on the same TOP 50 ranking



Lamar Gant stands atop the All Time-Ranking for the 132 lb. class



Annals Covington was a prominent A.D.F.P.A. Champion.

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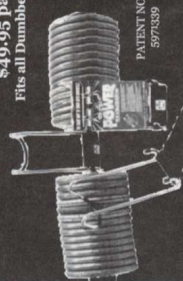


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We are pleased to announce that the 2008 WDFPF World Championships will be held in the USA (Evansville, IN) on November 22-23, 2008. Meet directors are Mike Stagg (812) 204-3755, email: stagg@insightbb.com and Derek Wallace (812) 217-0939, email: squatbeast@wowway.com. All potential competitors are encouraged to qualify at the 2008 ADFPF Nationals if possible (they are also in Evansville, IN) on June 21, 2008. All categories will be contested in both events (OPEN, MASTER, MILITARY/FIRE/POLICE, TEEN, WOMEN/MEN, EQUIPPED/UNEQUIPPED)

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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.

21 JUN, WADL Northeastern Regional, BP/DL (Newport, ME) Al Stork, 207-223-5945
 21 JUN, Iron Chamber Gym Summer Bench Bash (Sandy Valley High School - Magnolia, OH - 125 entry limit) Jeff Begue, 330-844-1011 ICG-Pride@hotmail.com

21 JUN, Somy's 4th WABDL Push Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito, 808-221-0129 Joelyn Ronolo, 808-387-8776, Levana Furrado, 808-368-6727

21 JUN, USA Raw Bench Press Federation Summer Nationals (Tuscola, IL) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956

21 JUN, ADPP PL National & WDPF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters, police/fire/military - Evansville, IN) Meet directors: Mike Stragg 812-204-3755, Derek Wallace 812-217-0939, Dick Connor 812-867-1736, or 309-837-2111, www.adppf.org

21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director: Bret Kernoff 802-865-2747, bret@vermontpowerlifting.com, www.vermontpowerlifting.com

21-22 JUN, NASA USA Nationals, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-327-8513, P.O. Box 735, Noble, OK 73068, SQBPD@aol.com

26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Gönnhalla), Friedrich-Ludwig-Jahn-Strasse, 91301 Forchheim, Germany, Peter and Jorg wfpfpowerlifting.com

28 JUN, WLOP World Champion of Power Competition, WLOP

7283 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionpower.com

28 JUN, USAPL South Carolina State Columbia, SC 29229, 803-736-1956

28 JUN, ADAU National Powerlifting (Men, Women, all ages) Joe Oregina, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

28 JUN, WNPFL 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpfl@aol.com

28 JUN, WNPFL Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 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@alligance.tv

28 JUN, IBP Southeastern PL (floodingham, NC) Keith Payne 336-251-8704

28 JUN, 100% Raw National BP/DL/CR Championships (Annapolis, MD) Paul Bossi 252-339-5025, rawlifting@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 All 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, 717-495-0024, chaillet@yahoo.com, Ellen Chaillet, echaillet@aol.com

thestone@chicagopowerlifting.com
 JUN - WNPFL Lifetime Pan-Americans PL, BP, DL, PC Champs (Manuel, NY) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

JUN, APF-AAFP Florida State, Kieran Kidder, 866-389-4744, amyjackson@aol.com

JUN - WNPFL Powerfest 2K8 PL, BP, DL, PC (Manuel, NY) Troy Ford 678-817-4743, wnpfl@aol.com

JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted Isabella, uspf-ri@cox.net, Matt McCase mccase@yahoo.com

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, rkh@verizon.net, www.geocities.com/kidder

28-29 JUN, USPF Multi-Nationals (Men, Women, Junior, Masters, Police & Fire, BP & DL, Sheraton-Providence Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net, www.rtpl.org

29 JUN, AAU Wisconsin Summer BP (Open, Raw, Assisted, Crossovers, Medals for all, Sculpted trophies for best lifters - Summerfest Grounds, WI - ENTRY DEADLINE June 15, 2008) Dave Constantineau, 262-253-1280, sp991@earthlink.net

JUN, APF/AAFP Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone, 630-079-9405, erik@verizon.net, www.geocities.com/kidder

COMING EVENTS

APF/AAFP/WPO Schedule

- 12 JUL, APF Texas Rio Bravo
- 19 JUL, AAAP Big Sky State Games
- 19 JUL, APF Barbee Classic
- 26 JUL, Western American
- 26 JUL, APF Southeast Challenge
- 1-3 AUG, AWPC World Championship
- 16 AUG, APF Push Pull Meet
- 23 AUG, APF/AAFP High Country Push/Pull
- 6 SEP, APF Georgia State
- 13 SEP, APF Cornerstone Fitness Push/Pull I
- 20 SEP, APF Indiana S/Hawg Farm BP/DL
- 27 SEP, APF Bend It Championship
- 18 OCT, Northern California Open
- 25 OCT, APF Halloween Monster Bench Bash
- OCT, APF/AAFP 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
- 6 DEC, APF Iron Man
- 13 DEC, APF Rio Grande Valley
- DEC, APF/AAFP Southern States

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

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6 SEP SLP Tennessee State Fair BP/DL Championship, TN Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
7 SEP WNPFF Uprate New York IL (Rochester, NY) Ron, 330-792-6670 or 330-519-3078
12-13 SEP USPAL Central Dr., Broadview Hts., OH 44147, 440-717-9624
13 SEP USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com

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www.seguintfitness.com
13 SEP WABDL Hawaii BP/DL (Kamiloiki Elementary School, Waimanalo, HI) Keith Ward, 808-375-8700
13 SEP WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bill Stewart 206-725-7894
13,14 SEP USPF Muscle Beach Pl/BP/DL/Venice Beach, CA) Steve Demison, 661-333-9800, pwrfit@msn.com, www.powerliftingca.com
14 SEP WABDL United We Stand (Holiday Inn, Beaver Falls, PA) Charles Venturini, 718 Mable St. New Castle, PA 16110, 724-654-4117, archie418@peoplepc.com, www.wabdl.org
14 SEP (NEW DATE), UK Open PL, BP, DL (Four Seasons, Trullow Road, Llanesamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (078 14 939047) www.xpffpowerlifting.com
20 SEP (NEW DATE/LOCATION), ADFFF Bill Beckwith Memorial Pl/Single Lift, Rich Van Eck (Greenwich Rapids, MI) vranneck@tpc-bci.com, 269-529-0071
20 SEP (NEW DATE), NPA National Drug Free BP, DL (FitnessLifestyles, 641 W. Stephenson St., Elmhurst, IL 61032, 755-233-2292)
20 SEP (NEW DATE), Gym Spars Foundation Pl/BP/DL Classic (Dry Ridge, KY) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
20 SEP Supreme Fitness Challenge II 100% Raw & AAU Pl/BP/SC (Supreme Fitness, Brantlewood, VT) Neer Director, Bret Nemoff, 802-865-2747, volmontpowerlifting.com, www.volmontpowerlifting.com
20 SEP APF Indiana State Pl & Havg Farm BP/DL (Perrysville, IN) Larry Hoover, 2089 N. SR 65, 765-447-6770, 812-385-9532
20 SEP SAC Strongman Master Nationals/Heartland Challenge (Omaha, NE) & Co-founder Saterfield 402-592-1243, & Jerey, Omaha, NE) DO, www.meb.com
20 SEP NAPA Ohio Regional, Equipped & Unequipped Pl & BP (Pierce Street & Push Pull, Pro Qualifier (OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com)
20 SEP WABDL National Collegiate BP & DL (Galena, Connecticut) Center, 10 Min., NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, www.wabdlcollegiateathletics.info
20 SEP APC NAPA (Cottoner) Ignite Strength Gym, Norfolk, VA) 757-893-9111, 757-650-5410, schooler@igniteatfitness.com, www.powerandstrengthgym.com
26 SEP IBP 8th Birth Press Classic & Strict Curl (Pflaffraun, NC) Keith Payne 336-231-8704, keith@triborpowerlifting.net
27 SEP APA North America BP, DL, PP, SC (Brewer, ME) Scott Taylor, 5243 First St, #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/
27 SEP USPF 1st Tom Eldridge Top Gun Arizona State Championship Pl/BP/DL (Cold Spring, Tombstone, AZ) 520-447-3955,
www.coldspringgym.com
27 SEP APF Bend It (Victorias, TX) Gary Penlandzer, 800-378-6460, www.seguintfitness.com
27 SEP NAPA Arkansas Regional, Equipped & Unequipped Pl & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
27 SEP (NEW DATE) USPF Central California Open Pl/BP/DL (Modesto, CA) Steve Demison, 661-333-9800, pwrfit@msn.com, www.powerliftingca.com
27 SEP IBP Regional Pl (Pflaffraun, NC) Keith Payne keith@triborpowerlifting.net, 336-251-8704,
www.powerliftingca.com
27 SEP SLP Nationals Powerlifting Championship (Tucsola, IL) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429,

sonlightgym@verizon.net, www.sonlightgym.com
27 SEP USAPA Blue Ridge Classic BP/DL (Standardsville, VA) John Shifflett, 186 Haysphollow Rd., Ruckersville, VA, 22968 434-985-3932, valifting@aol.com
 Will Morris, 434-985-6858
27 SEP - WNPFF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford wmp@aol.com, 678-817-4743,
www.wnpff.com
27 SEP WNPFF Lifetime New Jersey (Bordentown, NJ) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wmp@aol.com
28 SEP WNPFF Lifetime Pennsylvania State (Elizabeth, PA) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wmp@aol.com
28 SEP (tentative) IPA Pennsylvania PL, BP (location tba), Gene Ryehick, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823,
bench_a_grand@yahoo.com
28 SEP - WNPFF 17th Penn States Open Pl, BP, DL, Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wmp@aol.com
29 SEP 4-OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.usapowerlifting.com,
3-5 OCT, 100% RAW/RAW United Armed Forces National and North American Open (open to active duty soldiers, reservists, guardsmen, and veterans), cards current, membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194,
4 OCT NAPA Texas Regional, Equipped & Unequipped Pl & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
4 OCT, SPF WBP/PL World Pl/BP (Gatlinburg, TN) Jesse Rodgers, 4 2 3 4 4 7 1 6 1, rogersmadmax@bellsouth.net
4 OCT, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
5 OCT 100% Raw & AAU & AAFP Meet (Full Single Lift, Strict Curl - Greater Burlington YMCA, Burlington, VT) Bret K e r n o r t h
bret@vermontpowerlifting.com
9 OCT USAPL Powerlifting Clinic (Cal State University, San Bernardino, CA) Mike Womelsdorf, 909-880-2948, usaplcoach@aol.com
10-12 OCT, WDPFF Single Event Worlds (equipped, raw, men, women, open, teen, masters, police/military - Antwerp, Belgium) Wim Backelandt, 309-837-2111, www.adpfi.org
11 OCT - WNPFF 9th Palmetto Pl, BP, DL, CL (Clemson, SC) Troy Ford 678-817-4743, wmp@aol.com
11 OCT, 17th annual Special Olympi-

ans Liftoff, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlon Mack & Kevin Meskev 310-399-2775, Rosie Garcia 310-794-3393
11 OCT, UPA South Carolina Fall Classic (PL, BP, DL - Greenville, SC) Bart Kelley, 864-704-7152, Kate Tallon 864-286-0532, k.tallon@hotmail.com
11 OCT - WNPFF Lifetime Carolina State BP, DL, PC Championships (Greenville, SC) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wmp@aol.com
11 OCT, SSA Full Power/Iron/Trimbles Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylum.com
14 OCT APA Northern Regional BP, DL, PP, Dover, NH) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4277
18 OCT SLP Monarch Fitness BP/DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pyrhongym@aol.com
18 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskev, 818-899-7555, warrior.01@earthlink.net, www.powerliftingca.com
18 OCT APF Northern California Open Pl/BP, John Ford 6610-303-7518
18 OCT, NAPA Unequipped Nationals, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) Noble, OK 73068, SQBPDL@aol.com
18 OCT, The Mighty Christian Powerlifting Contest (Dover, NJ) 973-300-3645, mightyghibbors@aol.com, www.themightyghibbors.com
18 OCT, 12th PA Power Challenge (BP, DL - Leeshport, PA) Gene Ryehick, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
18-19 OCT, CPAJ Levenxtreme Fall Classic (Marriott Courtyard Hotel, 2350 Roberts Rd., Columbus, OH) Dan Dague 614-554-8824, lexenxtreme@aol.com
19 OCT, NAPA 1st Annual Pro Unequipped Championships 2008-

11 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
12-17 NOV, WABDL World BP/ DL (Riverside Hotel, Las Vegas, NV) Gus Redwisch 763-545-8654 or 503-901-1622
13-16 NOV, WPF World Pl, BP, DL (Austragsgorsort, Wien, Austria, Gerhard Hollner, www.wppowerlifting.com
15 NOV, USAPL Ohio Pl/BP (Men - Women - Masters - Open/Raw, Teen - Youth) Ed or Frank King, 440-439-5464, www.lingsgym.com
15 NOV, USAPL Ohio PL & BP Championships (Bedford Hills, OH) Ed King, 24775 Bedford Rd., Bedford Hills, NY 14516-4440-439-5464
15 NOV, USAPL Anchorage Fall Classic, Ron Barmet, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996
15 NOV, USAPL Southern California Regional Pl & BP (Santa Clarita, CA) Lance Slaughter, 310-995-0047, lanceoslaughtier@yahoo.com,
15 NOV, USAPL Florida Classic BP/ DL (Tucsola, IL) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
25-26 OCT - WNPFF Lifetime IST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wmp@aol.com
25-26 OCT, APF Mississippi State Pl/BP (Pascaqua, MO) Joe Ladtner, 228-669-4240, theadline@bellsouth.net
25-26 OCT, APF/AAFP Snake River Pl/ BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-

521-3434
1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
1 NOV, USAPL 6th Tom Foley BP & DL Classic (Nanuet, NY, proceeds to the Thomas J. Foley Memorial Scholarship) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, 845-920-0501, www.premierfitnessny.com
1 NOV, APF Texas Cup (Plano, TX) Gary Pendergrass, 800-378-6460, www.seguintfitness.com
1 NOV, CA State San Bernardino Collegiate Push Pull (non-sanctioned) with USAPL rules - Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplcoach@aol.com
1 NOV, NAPA Masters & Submasters Nationals, Equipped & Unequipped Pl, Power Sports, Push Pull, Equipped & Unequipped BP (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
1,2 NOV, 100% RAW Worlds (Hagerstown, MD) Paul Bossi, 139 Maria's Way, Camden, NC 27921, 252-339-5025,
rawlifting@aol.com, www.rawpowerlifting.com
2 NOV, APF New England Open BP/ DL (equipped, raw) Dave Follansbee & IBFB Pro Maggie Blanchard, 865 Secord St., Manchester, NH 03102, 603-626-5489,
2 NOV, NAPA World Building (NH) Bob Odjif, nhnbod@building@yahoo.com, www.nhnbodbuilding.com
2 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net
8 NOV, USAPL Florida Collegiate State BP & Pl (Miami) Robert Keller, Box 281571, Dove, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridaisupl
9 NOV, USAPL Southeastern USA Regional BP & Pl (Miami, FL) Robert Keller, Box 281571, Dove, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridaisupl
12-17 NOV, WABDL World BP/ DL (Riverside Hotel, Las Vegas, NV) Gus Redwisch 763-545-8654 or 503-901-1622
13-16 NOV, WPF World Pl, BP, DL (Austragsgorsort, Wien, Austria, Gerhard Hollner, www.wppowerlifting.com
15 NOV, USAPL Ohio Pl/BP (Men - Women - Masters - Open/Raw, Teen - Youth) Ed or Frank King, 440-439-5464, www.lingsgym.com
15 NOV, USAPL Ohio PL & BP Championships (Bedford Hills, OH) Ed King, 24775 Bedford Rd., Bedford Hills, NY 14516-4440-439-5464
15 NOV, USAPL Anchorage Fall Classic, Ron Barmet, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996
15 NOV, USAPL Southern California Regional Pl & BP (Santa Clarita, CA) Lance Slaughter, 310-995-0047, lanceoslaughtier@yahoo.com,
15 NOV, USAPL Florida Classic BP/ DL (Tucsola, IL) Darrel Latch, 126 W. Sale, Tucsola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com
25-26 OCT - WNPFF Lifetime IST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPFF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wmp@aol.com
25-26 OCT, APF Mississippi State Pl/BP (Pascaqua, MO) Joe Ladtner, 228-669-4240, theadline@bellsouth.net
25-26 OCT, APF/AAFP Snake River Pl/ BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-

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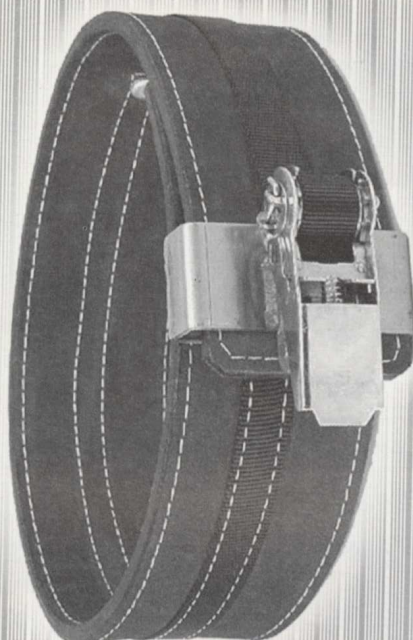
equipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
25 OCT, 4th Westminster Family Classic (PL, BP, DL - Longwell Ave, Westminster, MD) 211157, Scott Bisher, 443-789-9452
25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2799, www.strengthhall.com
25 OCT, APA Carolina's Cup (PL, PP, BP, DL, SC, Overhead Press, Strict Curl, Sports - Georgetown, SC) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4277
25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, MN) Anita Ramsey/Churchs Schultz, 505-377-3099, sonlightgym@verizon.net, www.sonlightgym.com
8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net
8 NOV, USAPL Florida Collegiate State BP & Pl (Miami) Robert Keller, Box 281571, Dove, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridaisupl
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You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



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Master I	413	496	909
R. Byars			
Thompson IV	209	303	513
T. O'Keefe			
Submaster Pure			
M. Hunter	292	502	794
308 lbs.			
Int			
Thompson	502	700	1202
Power Sports CR	BP	DL	TOT
148 lbs.			
MALE			
Master Pure			
M. Herrera	55	105	215
114 lbs.			
Junior			
C. Hood	72	132	209
Open			
W. Humberg	121	237	320
123 lbs.			
High School			
J. Scott	88	154	254
Open			
So. Hood	105	226	331
132 lbs.			
Master II	105	226	331
High School			
PS DEADLIFT			
J. Hood	88	165	187
148 lbs.			
L. Mochon	94	187	248
High School			
R. Lucero	77	187	353
Open			
R. Hood	83	187	254
165 lbs.			
C. Claunch	127	270	380
165 lbs.			
Master Pure			
K. Kaiser	171	276	375
114 lbs.			
Novice			
T. Hill	83	138	226
198 lbs.			
Master III			
T. Lynn Jr.	127	220	254
132 lbs.			
S. Swanson	132	254	347
Submaster II			
T. Scott	187	320	446
220 lbs.			
J. Miller	132	303	419
175 lbs.			
Master I			
R. Cundiff	127	320	402
175 lbs.			
M. Hill			
D. Berthman	105	254	386
308 lbs.			
High School			
R. James	176	331	408
176 lbs.			
Outstanding Lifter BP: James Whitehead			
CO: D. Wingo			
BP-PS: Mike Durso/AZ: Outstanding Lifter			
Raw: Jerry Butler-TX: Kyle Moseman-UT			
Outstanding Women: Jessica Welton-CO			
Kristy Hughes-CO. (results by Rich Peters)			

WV/VABP LA East BP			
23 FEB 08 - Beckley, WV			
RENEWAL			
Open	242	439	320
WOMEN			
B. Chapman	405		
198 lbs.			
Juniors (20-23)			
S. Campagna	130		
165 lbs.			
MEN			
J. Mann	245		
148 lbs.			
B. Riffe	220		
165 lbs.			
H. Forren	330		
275 lbs.			
C. Chapman	280		
198 lbs.			
Z. Perkins	480		
220 lbs.			
B. Huga	420		
140 lbs.			
B. Kirk	405		
181 lbs.			
Raw	220		
J. Sweet	330		
198 lbs.			
Novice			
300 lbs.			
West Virginia/Virginia Press			
Two Virginias Bench Press Organization			
(Thanks to Donald Robbins for the results)			

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 - Spud Straps
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 - Hefty Yelks
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Submaster I	452		
E. Mckelvey	220		
308 lbs.			
Int			
Thompson	502		
148 lbs.			
A. McFrighte	237		
Master Pure			
A. Cunningham	364		
Open			
Cunningham	364		
Pure			
Cunningham	364		
220 lbs.			
J. Welton	77		
114 lbs.			
Junior			
R. Strubel	320		
123 lbs.			
Master I	369		
K. Hughes	204		
Master III			
H. Blackmon	424		
148 lbs.			
High School			
Blackmon	424		
275 lbs.			
Master I			
J. Whitbread	546		
Master Pure			
D. Walker	502		
485 lbs.			
Master III			
J. McDermott	320		
Open			
J. Kline	408		
Master Pure			
R. Gellar	485		
Novice			
D. Peterson	270		
Open			
A. Kizirian	248		
198 lbs.			

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First Initial New Member Renewal Exp. Date

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Street Address Zip Code Date of Birth Age Sex

Telephone Email Address Pro Am

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(article continued from page 12)

SMALL EXERCISES FOR LOWER BACK

Pull-Throughs on a Cable Device:

Face away from the low pulley, grip a rope or short handles, walk forward a step or two, and squat down, letting your hands go between and behind your body, then pull your arms forward while keeping your arms straight and stand up. High reps (10-20) are used. Bent legs work the hamstrings, glutes, and lower back. The straight leg version will isolate the lower back more effectively.

Dimel Deadlifts:

Use a shoulder-width stance, hands outside the legs with your back arched. After picking up the first rep, drop the bar first to the knees and return to lock out. Use a fast up and down tempo for 2 sets of 20 reps. Use a grip with the palms facing toward the body or use straps. Matt Dimel used this exercise to push an 820 squat that was stalled for a year to the 1010 world record that stood for years. His common weights were 225 to 275 for 2 sets of 20 reps four times a week. You want to do this for 2 weeks, then switch to a different social exercise. This exercise pushed Steve Wilson's deadlift up from 815 to an official deadlift of 965 at around 265 bodyweight.

Ukrainian Deadlifts:

Sled pulling will raise not only your GPP, but also your squat and deadlift. For strength we pull 200 feet at a time. A strap is placed over your power belt, not on the shoulders. Do more, less than six trips with very heavy weights: three 45-pound plates to six 45-pound plates. As the

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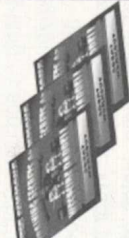


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core of the muscular skeletal system. This also helps with the flexibility to perform dynamic motions. To make it simple, it makes you strong while retaining the entire back, hamstrings, and glutes. Greg Panora pushed his squat from 920 to 1050 in 18 months. His deadlift has gone from 770 to 800. Luke Edward's deadlift was 740 before coming to Westside, and in 5 months it went to 810. Greg and Luke are both 242-pound lifters. The Reverse Hyper is done at least four times a week, twice very heavy on squat day. This machine not only builds your lower back and complete posterior chain, but provides decompression of the spinal column and aids in range of motion. There should be one in every gym, because it will not only build the lower back to the extreme, but is the best rehab and restoration tool available on the market today. To become extremely strong, one must be healthy and fit; the exercises large and small discussed here will prolong your lifer career. The great Jon Cole once said the most important test a lifter has to pass is the test of time. Amen.

Reverse Hypers:

I came up with this exercise in early 1974 after breaking my fifth lumbar vertebra. Nothing that had previously done had helped the pain or range of motion, but this worked. I received my first United States patent in the 1990s. Now I own three U.S. patents, and Reverse Hyper is U.S. trademarked. This exercise is a decompression tool. It builds strength to stabilize

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SPF Tennessee State Powerlifting 23 FEB 08 - Chattanooga, TN

BENCH 220 lbs. 390
Masters (60-64) 308 lbs. 405
R. Mangrum 510
Submasters 220 lbs. 385
C. Wooten 242 lbs.
SHW 405
Crump 405
Masters (50-54) 315
Masters (60-64) 315
CURLS
MALE
165 lbs. 155
J. Bowers 181 lbs.
Masters 320
Submasters 181 lbs.
W. Stovers 120
R. Venable 330
Masters (50-54) 170
Masters (60-64) 282
C. Kesterson 170
Thummins 260
Masters (65-69) 65 (65-69)
P. Crane 110
C. Mackey 535
DEADLIFT
MALE
480 Submasters
C. Reese 575
Masters 132 lbs.
Masters (60-64) 340
M. Cross
SQUAT
MALE
315
C. Sloan 285
Masters (18-19) 181 lbs.
W. Stover 280
Masters (50-54) 455
Masters (60-64) 308 lbs.
Masters (65-69) 308 lbs.
J. Cameron 305
Masters (40-44) 19

pushed a very nice raw 225 in the Master II division, also for a state record. Mark they completed in just about everything. reps 35 near perfect repetitions at 308 lbs. R. Mangrum 510 always a highlight to see Scott Kuzma bench press. One of the strongest raw bench pressers in the state. He was the record in the Men's 181 lb. Strict Curl. His very first meet! Guilherme Oliveira was the sole competitor in the Tire Flip! D. Radford 225 jump and hoisted a 240 lb. tire over its edge. 220 lbs. Masters (65-69) 220 lbs. 155 consecutive times with a jump in 20 seconds. 242 lbs. record of 1 minute and 44 seconds! The event was not a huge one, but the quality and spirit of the competitors more than made the day a huge success! My appreciation to the participants, the officials, the judges, Len Walker, Dan Long, and George Wilson (thank you for the use of your bench!), and the "weight technicians" (Alie Pennington, Billy Estridge, Justin Dohring). My deep gratitude as always to one of the best and most generous men to ever support Powerlifting. Alan Thomas of APT ProWristStraps, and to the wonderful and God-fearing, who made the longest drive to the meet. A load of goodies for the crowd. We managed to raise \$125 for The Special Olympics of Delaware. Thank you, Paul Timmons, not only for the use of your beautiful new energized spirit of athleticism and sport, but by courtesy of Kate Baird, Meet Director)

AAU Scituale Bench Bash
15 MAR 08 - Scituale, MA

BENCH 375
C. Peters 335
Masters (60-64) 450
D. Mansfield 287
Masters (50-54) 530
M. Comer 935
M. Cross 905
C. Molanson 402
A. Sater 305
Masters (16-17) 205
Masters (18-19) 315
Masters (20-24) 825
MALE
275 lbs. 605
C. Porter 1535
Raw Sub 480
B. Tracy 480
M. Deegan 630
K. Taylor 1885
B. Barger 450
Masters (50-54) 370
Masters (60-64) 525
Masters (65-69) 1420
SHW 700
W. Johnson 660
Masters (55-59) 340
Masters (60-64) 270
Masters (65-69) 430
Masters (70-74) 1040
S. Sanders 650
Raw 440
M. Whelp 500
J. Spraker 450
C. Reissig 385
242 lbs. 450
T. Wood 380
Masters (15-17) 525
Masters (18-19) 1355
S. Maddaloni 310
Best Lifters Bench Press: Keith Mackey with a 335 lb. Bench in the 259 lb. division
Wooten who Bench'd 385 lbs. 220 lbs. and at the age of 65. Great Benchling Chester, all hats are off to you, Best Lifter Powerlifting Men: Wade Johnson, Judges: Pusey, Nick Koppers, and Sam, Byrd, Katie Miller, Nathan Wilson, Timmy and Steve Brown. Score Table Jesse and Victoria Rodgers. Thank you to everyone, another great meet. Thank you to all the lifter and coaches who made the lift come out to watch we consider the lift to be a success guys. (Thank you to SPF President Jesse Rodgers for providing these meet results)

APA DE Ironfest/Firm Fitness
16 FEB 08 - Rehoboth Beach, DE

BENCH 650
Master I 242 lbs.
T. Hunter/ Master IV 220 lbs.
B. Townsend/ 350
Raw 425
Open 198 lbs.
165 lbs. 485
M. Ohey/ 165 lbs.
Raw I 485
P. Timmons/ TRIC CURL 181 lbs.
B. Maus/ 275 lbs.
S. Kuzma 480
DEADLIFT 160
P. Timmons 165 lbs.
P. Timmons 150
P. Timmons 150
M. Alarcon/ 245
B. Maus/ 145
Standard Equip. 150
Firm Fitness Challenge 150
BENCH for Reqs 150
M. Ohey 160
D. Lingo 185
D. McCartney 181
DEADLIFT for Reqs 120
P. Timmons 330
20X 240lb UMP 17
G. Oliveira 144
Push Pull BP DL TOT
130master 210
R. Bodine/ 320
242 lbs. 530
T. Hunter/ 340
Open 650
C. Webb/ 875
Master I 350
220 lbs. 525
350 525
P. Domingi 875
330 505
Firm Fitness Center played host to the 2008 APA Delaware Open Ironfest Powerlifting meet and Firm Fitness Challenge event. The event was produced and hosted by the Delaware State Championship Kate Baird. There were several APA Delaware state records set at this event, including a 485 raw deadlift by firm owner Paul Timmons in the 165 lb. Open division, and a 245 lb. deadlift by

pulling a very nice raw 225 in the Master II division, also for a state record. Mark they completed in just about everything. reps 35 near perfect repetitions at 308 lbs. R. Mangrum 510 always a highlight to see Scott Kuzma bench press. One of the strongest raw bench pressers in the state. He was the record in the Men's 181 lb. Strict Curl. His very first meet! Guilherme Oliveira was the sole competitor in the Tire Flip! D. Radford 225 jump and hoisted a 240 lb. tire over its edge. 220 lbs. Masters (65-69) 220 lbs. 155 consecutive times with a jump in 20 seconds. 242 lbs. record of 1 minute and 44 seconds! The event was not a huge one, but the quality and spirit of the competitors more than made the day a huge success! My appreciation to the participants, the officials, the judges, Len Walker, Dan Long, and George Wilson (thank you for the use of your bench!), and the "weight technicians" (Alie Pennington, Billy Estridge, Justin Dohring). My deep gratitude as always to one of the best and most generous men to ever support Powerlifting. Alan Thomas of APT ProWristStraps, and to the wonderful and God-fearing, who made the longest drive to the meet. A load of goodies for the crowd. We managed to raise \$125 for The Special Olympics of Delaware. Thank you, Paul Timmons, not only for the use of your beautiful new energized spirit of athleticism and sport, but by courtesy of Kate Baird, Meet Director)

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15 MAR 08 - Scituale, MA

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K. Taylor 1885
B. Barger 450
Masters (50-54) 370
Masters (60-64) 525
Masters (65-69) 1420
SHW 700
W. Johnson 660
Masters (55-59) 340
Masters (60-64) 270
Masters (65-69) 430
Masters (70-74) 1040
S. Sanders 650
Raw 440
M. Whelp 500
J. Spraker 450
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242 lbs. 450
T. Wood 380
Masters (15-17) 525
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Team Firm at the Rehoboth Beach, DE meet-Broc Townsend, Paul Timmons, Marisol Alarcon, and Guilherme Oliveira. (Photos courtesy from Kate Baird)

Marisol Alarcon in the 123 lb. Women's division was setting a new deadlift record for me when wearing a 150 lb. deadlift for bodyweight in the 2008 APA Delaware State Championship. There were several APA Delaware state records set at this event, including a 485 raw deadlift by firm owner Paul Timmons in the 165 lb. Open division, and a 245 lb. deadlift by

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Marisol Alarcon pulled 245 to set a Delaware State Record in the women's 123 pound class at the APA Delaware Open Ironfest.



Team Firm at the Rehoboth Beach, DE meet-Broc Townsend, Paul Timmons, Marisol Alarcon, and Guilherme Oliveira. (Photos courtesy from Kate Baird)

Marisol Alarcon in the 123 lb. Women's division was setting a new deadlift record for me when wearing a 150 lb. deadlift for bodyweight in the 2008 APA Delaware State Championship. There were several APA Delaware state records set at this event, including a 485 raw deadlift by firm owner Paul Timmons in the 165 lb. Open division, and a 245 lb. deadlift by

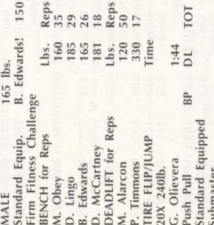


APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance

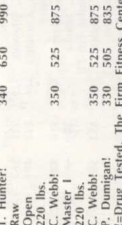
First Name _____ Middle Initial _____ Today's Date _____
Last Name _____ State _____ Zip Code _____
City _____
Street Address _____
Telephone Number _____ E-Mail address _____
Date of Birth _____
Sex _____ Social Security Number _____
Signature (Parent if under 18 years old) _____
 \$25 Adult Membership \$15 High School Student
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Steve Dwelle 670x242



Russell Anderson-Drew 685x275



Curt Dennis 705x518

Steve Dwelle 670x242
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SFPA Alabama State Championship
2 FEB 08 - Gulf Shores, AL

BENCH	Raw			
Teen (13-15)				
A. Phillips	60			
Masters (40-44)				
165 lbs.				
C. Phung	275			
Masters (55-59)				
240 lbs.				
Masters (60-64)				
DEADLIFT				
Masters (40-44)				
540				
Masters (45-49)				
405				
Masters (50-54)				
540				
220 lbs.				
J. Ray	625			
WOMEN				
BENCH for Reqs				
M. Gummy	660			
M. Myers				
148 lbs.				
75	47			
180	32			
Submasters				
165 lbs.				
BP	DL	TOT		
Push Pull				
Teen (18-19)				
325	420	745		
J. Johnson				
Powerlifting (SQ)				
BP	DL	TOT		
MEN				
181 lbs.				
375	345	475	1195	
Submasters				
D. Carpenter	610	370	525	1505
(Multi-Ph)				
WOMEN				
148 lbs.				
225	150	550	625	
A. Rhodes				
181 lbs.				
550	365	550	1465	
A. Bowen				
Masters (40-44)				
600	440	625	1665	
250 lbs.				
575	440	500	1515	
M. Smith				
Teen (13-15)				
220 lbs.				
315	220	370	905	
H. Foster				
198 lbs.				
425	325	520	1270	
D. Hock				
220 lbs.				
500	350	525	1375	
M. Bradin				
242 lbs.				
S. Reid	525	365	625	1515
Super				
K. Wilkerson	805	550	550	1905
Masters (40-44)				
240 lbs.				
S. Hart	375	255	440	1070

Master	165	100	235	495
E. Woolfolk				
198 lbs.				
Senior	132			
R. Richardson	175	150	275	600
220 lbs.				
Senior				
R. Hutchinson	250	190	345	785
275 lbs.				
Master	175	100	320	595
M. Barren				
198 lbs.				
Master	375	255	440	1070
K. Martin				
60	75	135		
MALE				
48 lbs.				
60	55	115		
D. Taylor				
242 lbs.				
Master				
M. Canaday	300	225	525	
375 lbs.				
M. Canaday	143			
L. Umphlete	155	165	320	
Powerlifting				
BP	DL	TOT		
MALE				
132 lbs.				
100	80	140	320	
T. Baker				
181 lbs.				

Master	225	143	297	666
R. Colburn	435	275	501	1212
Teen II				
C. Hubbell	402	236	402	1041
Master VI				
D. Detenmann	253	286	429	970
220 lbs.				
Master II				
J. Potter	374	325	534	1234
Master II Raw				
K. Carroll	330	259	418	1008
Master IV				
M. McClure	341	236	429	1008
242 lbs.				
Open				
M. Elder	650	440	600	1692
M. Tuley	551	429	633	1614
Teen II				
567	314	451	1333	
Master III				
B. Rome	352	325	418	1096
Teen II				
348	253	358	859	
Canada				
M. Sidelar	—	418	589	1007
SHW				
Junior				
J. Cuevas	451	264	589	1306
Junior Raw				

Master	225	143	297	666
M. Smith				
132 lbs.				
Teen I				
L. Porras	248	126	308	683
Teen III				
D. Detenmann	253	286	429	970
Teen III				
G. Neal	281	165	286	733
Teen II				
M. Barren	385	259	457	1102
Teen III				
G. Harrison	363	214	451	1030
165 lbs.				
Open				
A. Leiker	424	292	402	1118
Teen I				
M. Tuley	236	132	253	622
181 lbs.				
J. Barren	225			
Teen I Raw				
C. Forshey	374	264	418	1058
Master II				
G. Harrison	330	203	352	887
Teen II				
303	176	330	810	
Teen III				
A. Ward, Jr	—	319	462	781
Open				
E. Espinoza	523	363	545	1432
Junior Raw				

Master	225	143	297	666
M. Smith				
132 lbs.				
Teen I				
L. Porras	248	126	308	683
Teen III				
D. Detenmann	253	286	429	970
Teen III				
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165 lbs.				
Open				

(continued from page 41)

I buried myself in more work. I became so engrossed in chasing down life, in running after goals, that I forgot how to live. I mean really live.

I might have stayed on that course if it had not been for an ironic chance meeting with Harry Chapin. You know the "Car in the Cradle" Harry Chapin. I was flying back to Atlanta from LA and just happened to get the seat next to him. To be honest, I didn't know who he was, and I really didn't want to talk. I had just got my butt beat in competition and I was dead tired. It was obvious though that he wanted to talk, so I figured I would chat with him for a while and then explain to him that I was dead tired and that I needed to get a little nap.

Well, it didn't work out that way. We started talking and the guy just captivated me. He was so intelligent and nice that I couldn't help but like him. It's funny how you will get on a plane and just spill your guts to the person sitting next to you. Sometimes you will tell a stranger what you won't tell your closest friend. I guess it's because you figure you will never see the person again, so what is the harm? It was a four hour plane ride, and we just sat there telling each other our entire life stories. Eventually, he got around to telling me who he was and about his

his dad to join him in childhood activities, but the father always tells him he is too busy with work. The father always promises though that as soon as he has time they will get together and "have a good time then." At first, the father's excuses seem understandable because of his fast paced life and his extreme work schedule which was necessary to pay the bills. The son accepts that fact, and loves his dad despite the lack of quality time they have together. The recurring verse has the son saying, "I'm gonna be like you, Dad, you know I'm gonna be like you."

While I was listening to the song it started to become ever so clear to me that this sounded a little like my dad and me.

As the song goes on, both the father and son over time begin to switch roles. The son now has goals and ambitions of his own... driving, college, grades and dating. Years pass and the lonely, aging father, who is now retired and free from the constraints of work, desires to spend time with his son. By this time, though, the son is all grown up with a fast-paced job and lots of his own, Hoping to make up for lost time, the father reaches out to his son to spend more time with him, but slowly grasps the reality that now his son has no time for him. Like his father once had, the son promises that someday in the future they will

spend time together and "have a good time then." In a glaring twist of roles, the son now has no time to spend with his father. The last verses end with the lines "I'd love to dad if I could find the time/ You see my new job's a hassle and the kids have the flu/ But it's sure nice talking to you, dad... And as I hung up the phone, it occurred to me/ He'd grown up just like me/ My boy was just like me...". The more I listened to the song, the sadder I became because it was now sounding more and more like my dad and me.

Sadly, the father realizes that his son is now giving him vague promises just like he once gave to his son. The last line also reveals that the son's desire to grow up and be just like his dad has now come true but not in a way that the father would have hoped. By this time, it is also obvious that the recurring lines of "we will get together a good time then" are purely wishful thinking.

As I listened to that last verse I sat on my bed crying because it was now totally evident that the song was about my dad and me. The problem was I couldn't pick up the phone and say, "I'm coming home, Dad, and when we get together, you know, we'll have a good time then." You see... he is gone!

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132, may have effected his overall rating. A great representative for the sport.

#10 John Bojazi:

One of the first powerlifters. John was also a pretty good showman. He would rub his hands on the platform before a heavy pull. John was from Norristown, PA and lifted for Jim Messer's Holy Savior Club. John was already a Master when he started to compete at the National level. He won the IPF Worlds at age 48. John was one of the pioneers. Many of John's early meets were 4 lift meets. He was one of the top lightweight lifters of his day. John died in 1979, but those who saw him lift will never forget him.

Others who received support at 132 were Leroy Mabie, Ernie Thayer and George Hummel. The choices were tough at 132, and they were even harder at 148. This class had a large number of great lifters over the years. Picking the Top 10 was a tough job. The voting was very close. The first place was a close call. Some great lifters did not make the list.

#1 Dan Austin:

Dan won in a very close vote with Rickey Crain. Dan was a 9-Time World Champion. ("The cream of the crop of great lightweights," Jon Smoker) Dan was from Greenfield, South Carolina and a graduate of Newberry College. He started weight training at age 12. Dan was an 11-Time National Champion. He was a bodybuilder early in his career. A great high school athlete, he was strong in all 3 lifts, especially the deadlift. Pulled 725 at 148 at John Inzer's Deadlift Deadlift Contest. ("Calm platform demeanor carried over to many big lifts and titles," Kevin Meskew). A great choice for #1.

#2 Rickey Dale Crain:

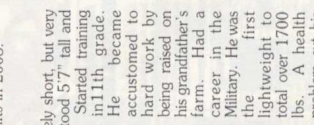
Rickey burst on the scene in the 70's as a huge squatter. Every time Rickey lifted he seemed to break a squat record. He was born in Phoenix, Arizona 2/18/53. Rickey started lifting before the age of 10. Rickey worked hard on his deadlift and became a record setter, pulling 661 at 148. Multi-time National Champion. Had some great battles with Rick Gaugler. Rickey, his father Don and sister Gayle all held IPF World Records at the same time. ("Rickey was the perfect powerlifting package with impeccable technique in all 3 lifts," Bob Packer). Making the 148 lb. class became very difficult for Rickey as he matured.



Dan Austin DLs



AUSBY-ALEXANDER



#5 Ausby Alexander:

Ausby had a relatively short, but very productive career. He stood 5'7" tall and was very lean at 148.

Started training in 11th grade. He became accustomed to hard work by being raised on his grandfather's farm. Had a career in the Military. He was the first to total over 1700 lbs. A health problem cut his career short. When he was at his best he was a good as anyone in the world. Another lifter, with three great lifts.

#6 Jack Welch:

Jack is from Alquippa, Pennsylvania. Jack was a great technician and good on all three lifts. Jack won National and World Titles, but never set a World Record. He was that well balanced. ("I would attend his weight class competition just to see him lift," Vince Anello). Jack won the Senior Nationals in 1969, 1970, 1973 and 1975. He started in the 1960's and is still active. Jack in addition to lifting, was always willing to help out.

#7 Wade Hooper:

Currently the most successful U.S. lifter in international competition. Wade has a World Record level squat and bench press. Wade is USAPL and IPF. He has also competed in the WPO. Wade won his first National title in 1995 and is still going strong. Not only is he a great lifter, he is a great ambassador for the sport. A grip problem has kept Wade from even more world titles. When Wade isn't setting powerlifting records, he is teaching high school algebra.

#8 Brian Schuab:

Brian is from Florida and represents Orlando Barbell. He currently holds APF/

#3 Mike Bridges:

Mike's career started in 1976 and he is still winning today. In Mike's first contest he set a World Bench Press Record at 148, at the 1976 Badger State Open. Mike was born in Peoria, Illinois in 1957. ("Dominant from the start, one of the very few who were extremely proficient in all 3 lifts," Kevin Meskew). Mike would set multiple World Records in every contest. Could not stay at 148 as he continued to grow. ("Perfect form, made the lifts look easy," Bob Gaynor) Won the 1978 Worlds at 148 with 2 World Records. One of the all-time greats regardless of weight class.

#4 Tony Conyers:

One of the all-time greats from Tampa, Florida. Toned Elite in his 1st contest in 1984. Tony has lifted everywhere, USPF, ADFFA, APF, WPO and RAW. In addition to being a great lifter, he is always happy and very polite. ("Ageless and powerful all in one package," Rickey Dale Crain). Won National titles in the USPF, APF and ADFFA in the same year at 148 lbs. Everyone should get the same enjoyment from the sport that Tony does. Tony was looking to do some big USAPL lifts in 2008.

#9 Rick Gaugler:

Rick was 5'7" and competed from 148 to 198. ("He was a sensation at 148," Jon Smoker) He set over 20 World Records in his career. ("May very well be the best powerlifter the Lone Star State has produced," Herb Glessbrenner) He started training at age 15. Rick was born 6/1/54. He had a unique training "wave" which never used less than 85%. He had many great battles with Rickey Crain at 148. He always battled the scale at this weight class. When Rick was not injured, world records fell.

#10 Bob Cortes:

What a career. This man has had ("Should be called the Powerlifter's Powerlifter," Bob Packer). Bob was born 7/16/1930. Started as an Olympic Lifter. Competed in 8 Senior Nationals, most of them as a Master Lifter. Has won over 25 Master National Titles and at least a dozen World Titles. He has been a 148 lb. lifter his whole career. He won a Master World Title in his 60s competing against lifters who were 13 years younger than him. There was no over 60 class back then. He is still going strong today. ("Has anyone had a longer, more productive career," Jon Smoker) Other 148 lifters who received support were Jesse Jackson, Jay Foschione, Clyde Wright and Jim McCarty.

#11 Wade Hooper:

Wade Hooper is a powerlifter who has set multiple world records in the 148 lb. class. He is known for his exceptional technique and consistency. He has competed in various international competitions and has won several titles. Wade is a role model for many lifters due to his dedication and sportsmanship.



Wade Hooper pulling.



Rick Gaugler squatting.



Bob Cortes deadlifting.



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(article continued from page 26)

needing that enhanced recovery time. Everyone has the general idea, i.e., you have to make protein in shakes, but why is that; think outside the box and make protein pancakes, hell, even protein coffee creamer. Lastly, for beginners, read what the hell you are taking. If it says, take 1-2 scoops, that does not mean 5! There is a reason why it is 1-2 scoops; just like eating. Would you eat 8 pieces of chicken at one time or spaced throughout the day? The answer is throughout the day and the reason why your body only processes 40-60 grams of protein an hour!

Critical Bench: Good advice and so true. I'm going to name some people and tell me what it was like training with them and what they were like: Tommy Fannon **MS:** He has been a great friend and in my opinion one of the greatest coaches I have ever met. He lives, dreams and breathes this sport and allows you to use his experiences for your benefit. Tommy will do anything to help you to become better and most importantly to become a smarter lifter.

Critical Bench: John Cena WWE Professional Wrestler. **MS:** There is a funny story here, a good friend of mine was working

at Life Style Family Fitness in Tampa. I was coming down to visit him one weekend and he said he had a workout planned for me. I said sure. So, I get there thinking that we were going to hit the weights, and all of a sudden John Cena comes walking out and my buddy says "here is your training partner for today!" I will say this: John is a super cool guy and very down to earth and I also picked up some nice bodybuilding routines from him!

Critical Bench: What training philosophy do you think is the best? What are your pet peeves when it comes to the gym?

MS: Be open minded to new ideas and take constructive criticism from experienced lifters. Be on time and never make excuses for your own mistakes. It's just part of learning. Lastly, always be humble and not some ego-jackass - people will only hate you for it and sooner or later it will cause your downfall.

Critical Bench: You have helped a lot of people get better, including myself. How does helping a beginner, intermediate and an advanced lifter differ?

MS: I try to give back from what I have taken and truly believe that is what separates our sport from the rest. Different levels lifters are both either easy or difficult to help and coach in the

right direction. **The Beginner Lifter:** This is just what it says - a beginner - so you have to help them from the ground up and invest some time in them! **The Intermediate Lifter:** They

have some knowledge, but are still making small mistakes, but in my opinion, they are the easiest to help and steer in the right direction!

The Advanced Lifter: This is



Mike is a Deadlifting Machine (photographs courtesy Westerdahl)

Mike is a double at the IPA Power Station Cincinnati Pro-Am meet, truly a quacking eagle; the more you lift and you will bomb out of the meet! Keep in mind, I am a three lift competitor, so I do not bench twice a week. Not basing training methods by any means, but stating what has and is working for me.

Critical Bench: What makes you different from other lifters? **MS:** I would say one is, being Military, I am restricted to weight standards and have to run and have to do the whole total physical concept. Second, I would say drive and dedication in willing to

powerlifting and two days of hell out of bands and chains with a few speed days. Boards have their place, but only for CNS work. My philosophy is this: if you squat high all the time in your training and meet time comes around and you try to hit parallel, it will be very difficult and you will most likely bomb out of the meet. The same goes for boards, in my opinion, if you always doing 2-4 boards in your training and say, hypothetically, you can hit 750 lb bench off 2 boards. If you only do this type of training and never take a weight to your chest, when the meet rolls around, you can

bet that some 750 lb will

be better than you.

MS: Simple answer - the numbers will only get more insane, and the bar will get set higher and higher each year.

Critical Bench: What do you think about the new AFPP federation? Do you feel there are too many federations or do you welcome more competition? **MS:** I do not welcome it. We already have enough federations and making one more just puts us that much farther away from where they are. Spawning new federations and keep this sport from becoming even a bigger mess.

Critical Bench: Thanks for the interview and the insight Mike. Appreciate your time and wish you the best in your future meets. In closing, is there anyone who you would like to thank or any final words of wisdom? **MS:** First and foremost: I would like to thank the service members of our Armed Forces deployed throughout the world. Personally thank you for what you are doing and for the sacrifices you make in your daily lives! Second: I was once under this magical delusion that a double bench shirt would equal a 600 lb + bench. I got a new flash for everybody who also believes this - you're wrong! It now has been 3 years for me using equipment and I am still learning new tricks with every workout. I see many internet jockeys bashing lifters and the whole raw us, equipped is just stupid. First off, the hating must stop. I have not one problem in admitting somebody is better than me. Matter of fact, there is always someone who will be

achieve my goals and always wanting to be a better lifter.

Critical Bench: How do you see the future of benching? **MS:** Simple answer - the numbers will only get more insane, and the bar will get set higher and higher each year.

Critical Bench: What do you think about the new AFPP federation? Do you feel there are too many federations or do you welcome more competition? **MS:** I do not welcome it. We already have enough federations and making one more just puts us that much farther away from where they are. Spawning new federations and keep this sport from becoming even a bigger mess.

Critical Bench: Thanks for the interview and the insight Mike. Appreciate your time and wish you the best in your future meets. In closing, is there anyone who you would like to thank or any final words of wisdom? **MS:** First and foremost: I would like to thank the service members of our Armed Forces deployed throughout the world. Personally thank you for what you are doing and for the sacrifices you make in your daily lives! Second: I was once under this magical delusion that a double bench shirt would equal a 600 lb + bench. I got a new flash for everybody who also believes this - you're wrong! It now has been 3 years for me using equipment and I am still learning new tricks with every workout. I see many internet jockeys bashing lifters and the whole raw us, equipped is just stupid. First off, the hating must stop. I have not one problem in admitting somebody is better than me. Matter of fact, there is always someone who will be

enforced in competition. If the lift is questionable and it gets flamed then it was well deserved.

I would like to thank all of my training partners past and present. Tommy Fannon, Blaine Stussy and all the members of Tampa Barbell. Alan Thomas of APF Pro Gear, Joey Smith, Rodney Coates & Barry Williams, Granite City Barbell, Chris Smith & Joe Deverville of Set-Fit Nutrition in Macon, GA; Reggie Fely, Jason Powell, Robert Homes aka the Korea Crew, Paul Wolford and CriticalBench.com for taking the time to interview and post my story!

THE MIKE SCHWANKE RESUME
06/06/99: Ft. Bragg, NC Base Bench Competition - 380 lbs. Raw Bench in 1st - 2nd Place.
06/06/00: Ft. Bragg, NC Base Bench Competition - 405 lb. Raw Bench in 181st - 1st Place.
03/04/04: Western NC Bench Press Championship - 460 lb. Bench in 220s - 5th Place.
05/21/05: Charlotte, NC, YMCA RAW Championship - 500 lb. Raw Bench in 242s - 1st Place.
06/15/05: Sanford, NC 100% Raw State Bench Press Championship - 450 lb. Raw Bench in 242s - 1st Place.
08/26/05: NGBBB GA, APF State Championship - "Bombed Out" in Full-Power 242s - 1st Place.
12/17/05: Irmo, SC APF State Championship - 1940 lb. Total in Full-Power 242s - 2nd Place (Elite).
01/28/06: Clayton, NC APF State Championship - 2044.7 lb. Total in Full-Power 242s - 1st Place (Elite).
10/14/06: 8th Army Powerlifting Championship - 2180 lb. Total in Full-Power 220s and 242s - 1st Place (Overall Meet Champion).
06/02/07: 242s - 1st Place (Elite).
08/20/07: IPA Cincinnati Power Station Pro/Am - 2295 Total in Full-Power Division 220s - 1st Place (Elite).
10/13/07: Tampa Barbell Invitational Meet - 2350 Total in Full-Power 220s - Meet Champion (Elite).
02/23/08: Orlando Barbell APF Classic - 2355 Total in Full-Power 220s (Elite).

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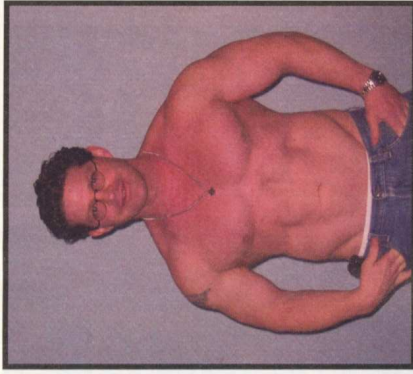
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Thomas O'Connor, M.D.

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I have been training in sweat shops all over the world, well before attending medical school. My life-long love for the iron game has guided me in the direction of becoming one, if not the only, board certified medicine physicians to train on an elite level of power lifting and be a doctor at the same time. I live our "underculture" and understand your concerns and will not alienate you as a patient. I have been caring for many amateur and some professional athletes for over 10 years and have decided to offer my services to you.

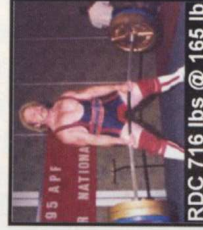
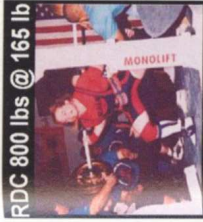
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USAPL Minnesota State
2 FEB 08 - Little Canada, MN

Class	Weight	Raw	Open	Raw	Open
15/132 class	225 lbs.	408	452	860	1372
198 lbs.	474	391	507	1372	
220 lbs.	474	391	507	1372	
242 lbs.	474	391	507	1372	
265 lbs.	474	391	507	1372	
287 lbs.	474	391	507	1372	
310 lbs.	474	391	507	1372	
332 lbs.	474	391	507	1372	
354 lbs.	474	391	507	1372	
376 lbs.	474	391	507	1372	
398 lbs.	474	391	507	1372	
420 lbs.	474	391	507	1372	
442 lbs.	474	391	507	1372	
464 lbs.	474	391	507	1372	
486 lbs.	474	391	507	1372	
508 lbs.	474	391	507	1372	
530 lbs.	474	391	507	1372	
552 lbs.	474	391	507	1372	
574 lbs.	474	391	507	1372	
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640 lbs.	474	391	507	1372	
662 lbs.	474	391	507	1372	
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706 lbs.	474	391	507	1372	
728 lbs.	474	391	507	1372	
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772 lbs.	474	391	507	1372	
794 lbs.	474	391	507	1372	
816 lbs.	474	391	507	1372	
838 lbs.	474	391	507	1372	
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904 lbs.	474	391	507	1372	
926 lbs.	474	391	507	1372	
948 lbs.	474	391	507	1372	
970 lbs.	474	391	507	1372	
992 lbs.	474	391	507	1372	
1014 lbs.	474	391	507	1372	
1036 lbs.	474	391	507	1372	
1058 lbs.	474	391	507	1372	
1080 lbs.	474	391	507	1372	
1102 lbs.	474	391	507	1372	
1124 lbs.	474	391	507	1372	
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1168 lbs.	474	391	507	1372	



USAPL Minnesota State
2 FEB 08 - Little Canada, MN

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Richard Zareck
 18 MAY 1942 - 13 OCT 2007
 In memory of Richard Zareck who tragically died of a heart attack on October 13, 2007. He was age 65. Richard loved powerlifting. In fact, he got married while lifting at the WABDL 2005 World Championship bench press meet. He had an outstanding bench press record that he really enjoyed. He could bench 450 lbs. and was working toward his goal of 500 lbs. He was not only a great bench presser, but he was also a very friendly person. He would discuss with fellow lifters ways to improve his bench press. He just really loved the sport and knowing that he passed away would be a great loss to all of us. We miss you, Richard. God bless you.

Tom Trevorch
 11 MAR 1934 - 4 JAN 2008
 Tommy Trevorch passed away on January 4, 2008. He was age 73. Tommy was a powerlifting pioneer. He was one of the first to use the term "powerlifting" in 1966. He had a true passion for the sport. For years he had a Florida state meet in his town of Palatka. The quality of his meets drew lifters from all over the state as well as out of state. He was a very friendly person and help referee other contests, along with his wife Ellen and son Carl. Tommy was an exceptional lifter. He deadlifted over 500 lbs. He was a very friendly person and active in helping with powerlifting for many years. He was a very friendly person and special Olympian. Not enough can be said about Tommy regarding his life decades of competing and what he has done to promote the sport. He was a true powerlifting member to us all. Thanks for showings the way, Tommy. God bless you!

Stephen Montrose
 17 JUL 1917 - 28 OCT 2007
 Stephen Montrose passed away on October 28, 2007, just two weeks and one day after his 90th birthday. He was a true powerlifting legend. He was one of the first to use the term "powerlifting" in 1966. He had a true passion for the sport. For years he had a Florida state meet in his town of Palatka. The quality of his meets drew lifters from all over the state as well as out of state. He was a very friendly person and help referee other contests, along with his wife Ellen and son Carl. Tommy was an exceptional lifter. He deadlifted over 500 lbs. He was a very friendly person and active in helping with powerlifting for many years. He was a very friendly person and special Olympian. Not enough can be said about Tommy regarding his life decades of competing and what he has done to promote the sport. He was a true powerlifting member to us all. Thanks for showings the way, Tommy. God bless you!

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

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			Y/N	
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Elite/Master I II III IV	World	Y/N	MM/YY	M/F
Card Issued By				

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Signature: _____
 If under 18, have parent initial _____

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PASSINGS ...

PHILLIP PATRICK BATTLE

MAY 8, 1977 -
MARCH 9, 2008



Born to Phillip and Myrtle Battle of Mechanicsville, VA, he was an active member of Holy Rosary Catholic Church, where he was baptized, received his first Holy Communion, was confirmed, and served as an altar boy for 8 years. A 1995 graduate of Ailee High School, he attained the rank of Eagle Scout that same year, and he graduated from Bluefield College in 1999 with a B.S. in Health & Physical Education, and a minor in Health & Wellness. He was the Director of the Health & Fitness Club at the 5 star Jefferson Hotel, and was a fitness instructor at the Chickahominy YMCA for 8 years. Vice Chairman of USAPL in Virginia, he also organized powerlifting meets for the Virginia Youth Special Olympics, and was an exceptional powerlifter himself, winning an IPA World title in 2003. I will always remember my friend and Powerlifting brother (Paul Sutphin) Phillip was reportedly killed in a car accident on his way to church. Several prominent powerlifters were among his pallbearers.

DANNY HERRERA

of Rowland Heights, CA passed away on April 25, 2008 of an apparent heart attack at the age of 70. He was a graduate of Humboldt State University and was a current teach at Rosemead High School. Danny started powerlifting at the age of 60 and soon started re-writing the record books. He currently holds the squat, bench press, deadlift, and total records in the USPF in the 65-69 age group, 275 lb. weight class. These are California State records and American records, plus he holds the single lift bench press records as well. He also holds all the USAPL California State powerlifting and bench press records in the same age group and weight class. He also set State and World records in WABDL and AAU. His best lifts are a 540 lb. squat, 440 lb. bench, 501 lb. deadlift, and 1410 total, all performed at 65+ years of age. The lift he was most proud of was his 413 lb. raw bench press at 64 years of age, which is the AAU raw American record. His final goal in powerlifting was to be



the first man in USPF history to bench press over 400 lbs. at age 70+. He tried to do it at the USPF Nationals in Las Vegas last August, but fell short, and now his time has run out. I will miss you my friend. (Bob Evans)

RANDY YAMADA 5/18/52 - 5/10/08



"A friend for 36 years, devoted father, devoted father, and a member of the California Powerlifting Hall of Fame, Randy was one of the original members of the International Powerlifting Club. Although it has disbanded, we still consider ourselves members, and Randy, one of the founding fathers. Everyone knows what he did on the lifting platform, but as a father and

friend he was truly an elite performer. Worlds cannot describe the loss. This was not the way it was supposed to be. We were all going to grow old, telling exaggerated stories. All of us will miss our friend and never forget him. Robert Kennedy spoke in remembrance of his brother, John: When he shall die, cut him into little stars; and he shall make the face of heaven so fine, that all the world will love to the garish sun. And now, as we cherish our evenings a little bit more, we will remember Randy, and say a fond hello to a dear friend." THE INTERNATIONAL POWERLIFTING CLUB (via Bob Taketa). Randy reportedly had suffered a massive unexpected stroke. His memorial service was held at the Sacramento Buddhist Church on May 14th.

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Where's my Hardcore Gym article this month? "HOUSE OF PAIN founder & president Rick Brewer got married to the most beautiful girl in the world on 5/17/08! Rick & Kris have met thousands of you lifters over the years, at powerlifting meets all over the USA - so you are their family. They are wanted everywhere to know of the happy union. Peace on all the platforms!"

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I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAPFF
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Email: Ernie@frantz@aol.com

Signature X

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Street Address	_____				
City	State	Zip Code	Date of Application	_____	
Area Code	Telephone Number	Date of Birth	Age	Sex	U.S. Citizen
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Registration Fee (Circle Appropriate Fee)	Registration Number	Area Code	Telephone Number	City	State
AFPF \$30 AAPFF \$30 AAPFF & AAPFF \$40	Registration Number	Area Code	Telephone Number	City	State
AFPF/AAPFF - West	Registration Number	Area Code	Telephone Number	City	State
3010 N. Torrey Pines Drive	Registration Number	Area Code	Telephone Number	City	State
Las Vegas, NV 89108	Registration Number	Area Code	Telephone Number	City	State
702-656-6762	Registration Number	Area Code	Telephone Number	City	State
603-546-3769	Registration Number	Area Code	Telephone Number	City	State
AFPF/AAPFF - East	Registration Number	Area Code	Telephone Number	City	State
62 So. Broadway	Registration Number	Area Code	Telephone Number	City	State
Aurora, IL 60543	Registration Number	Area Code	Telephone Number	City	State
603-546-3769	Registration Number	Area Code	Telephone Number	City	State

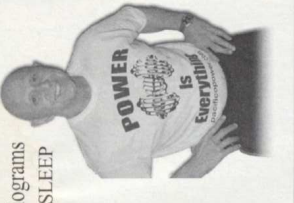
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For standard 242 lb./100 Kg. USA lifters in results received from APR/07 through MAR/08

TOP 100

For standard 242 lb./100 Kg. USA lifters in results received from APR/07 through MAR/08

SQUAT		BENCH		DEADLIFT		TOTAL	
1	1050 Panoz, G., 8/19/07	903 Lunardo, R., 7/28/07	810 Coan, E., 8/11/07	2600 Panoz, G., 8/19/07			
2	848 Griggs, R., 11/10/08	848 Bragg, R., 11/10/08	848 Griggs, R., 11/10/08	2600 Panoz, G., 8/19/07			
3	1036 Gonals, J., 6/17/07	800 Gonals, J., 6/17/07	800 Panoz, G., 8/19/07	2414 Griggs, R., 11/10/08			
4	888 Harris, A., 7/15/07	788 Harris, A., 7/15/07	788 Harris, A., 7/15/07	2414 Griggs, R., 11/10/08			
5	1003 Redding, J., 11/10/07	755 Redding, J., 11/10/07	755 Redding, J., 11/10/07	2324 Acome, L., 1/19/08			
6	1003 Redding, J., 11/10/07	750 Panoz, G., 8/19/07	771 Griggs, R., 11/10/07	2305 Edwards, L., 1/19/08			
7	848 Griggs, R., 11/10/07	735 Gonals, J., 6/17/07	755 Redding, J., 11/10/07	2296 Redding, J., 11/10/07			
8	981 Gonals, J., 6/17/07	735 Gonals, J., 6/17/07	755 Redding, J., 11/10/07	2296 Redding, J., 11/10/07			
9	970 Jordan, J., 1/19/08	725 Brocchini, G., 10/6/07	755 Redding, J., 11/10/07	2259 Coan, E., 8/11/07			
10	970 Jordan, J., 1/19/08	706 Hunter, J., 11/18/07	750 Phillips, K., 10/27/07	2259 Coan, E., 8/11/07			
11	936 Vite, T., 4/15/07	705 Deuster, C., 11/4/07	750 Phillips, K., 10/27/07	2259 Coan, E., 8/11/07			
12	811 Coan, E., 8/11/07	705 Carroll, B., 12/2/07	749 Smith, J., 9/27/08	2210 Taylor, M., 11/20/07			
13	811 Coan, E., 8/11/07	705 Carroll, B., 12/2/07	749 Smith, J., 9/27/08	2210 Taylor, M., 11/20/07			
14	925 Benson, J., 12/2/07	681 Smith, J., 9/27/08	744 Holmes, G., 3/8/08	2155 Lard, J., 11/18/07			
15	903 Benson, J., 12/2/07	661 Kelly, J., 7/14/07	744 Holmes, G., 3/8/08	2155 Lard, J., 11/18/07			
16	903 Benson, J., 12/2/07	660 Munn, R., 2/21/08	744 Holmes, G., 3/8/08	2155 Lard, J., 11/18/07			
17	903 Benson, J., 12/2/07	659 Benson, J., 12/2/07	733 Cooper, S., 2/20/07	2132 Probst, S., 9/22/07			
18	903 Benson, J., 12/2/07	659 Benson, J., 12/2/07	733 Cooper, S., 2/20/07	2132 Probst, S., 9/22/07			
19	900 Cass, B., 6/2/07	650 Girard, R., 6/9/07	728 Howard, B., 2/17/08	2100 Fidler, R., 12/28/07			
20	900 Cass, B., 6/2/07	650 Jones, R., 6/17/07	728 Howard, B., 2/17/08	2100 Fidler, R., 12/28/07			
21	881 Pierce, R., 6/17/07	650 Jones, R., 6/17/07	725 Elliott, S., 11/18/07	2100 Fidler, R., 12/28/07			
22	881 Pierce, R., 6/17/07	650 Jones, R., 6/17/07	725 Elliott, S., 11/18/07	2100 Fidler, R., 12/28/07			
23	870 Edwards, L., 1/19/08	650 Jones, R., 6/17/07	725 Elliott, S., 11/18/07	2100 Fidler, R., 12/28/07			
24	870 Edwards, L., 1/19/08	650 Jones, R., 6/17/07	725 Elliott, S., 11/18/07	2100 Fidler, R., 12/28/07			
25	855 Lard, J., 11/18/07	640 Fidler, R., 12/28/07	725 Wasniowski, C., 12/8/07	2166 Alera, C., 1/26/08			
26	855 Lard, J., 11/18/07	640 Fidler, R., 12/28/07	725 Wasniowski, C., 12/8/07	2166 Alera, C., 1/26/08			
27	850 Dungan, S., 8/19/07	639 Gettings, N., 11/10/07	716 Andrews, P., 6/9/07	2155 Lard, J., 11/18/07			
28	850 Dungan, S., 8/19/07	639 Gettings, N., 11/10/07	716 Andrews, P., 6/9/07	2155 Lard, J., 11/18/07			
29	848 Jones, R., 6/17/07	639 Gettings, N., 11/10/07	710 Hunter, T., 4/21/07	2132 Probst, S., 9/22/07			
30	848 Jones, R., 6/17/07	639 Gettings, N., 11/10/07	710 Hunter, T., 4/21/07	2132 Probst, S., 9/22/07			
31	843 Harris, A., 7/15/07	633 Gonals, J., 6/17/07	705 Best, A., 4/28/07	2095 Nutter, S., 8/19/07			
32	843 Harris, A., 7/15/07	633 Gonals, J., 6/17/07	705 Best, A., 4/28/07	2095 Nutter, S., 8/19/07			
33	832 Aler, J., 4/15/07	631 Carson, C., 6/9/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
34	832 Aler, J., 4/15/07	631 Carson, C., 6/9/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
35	825 Stoppel, D., 8/19/07	630 Duffin, C., 12/1/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
36	825 Stoppel, D., 8/19/07	630 Duffin, C., 12/1/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
37	821 Tunkl, N., 7/15/07	628 Anderson, T., 3/2/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
38	821 Tunkl, N., 7/15/07	628 Anderson, T., 3/2/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
39	820 Boell, D., 4/7/07	625 Clark, E., 6/23/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
40	820 Boell, D., 4/7/07	625 Clark, E., 6/23/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
41	810 Best, A., 4/28/07	625 Clark, E., 6/23/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
42	810 Best, A., 4/28/07	625 Clark, E., 6/23/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
43	810 Best, A., 4/28/07	625 Clark, E., 6/23/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
44	810 Best, A., 4/28/07	625 Clark, E., 6/23/07	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
45	804 Hall, P., 9/15/07	620 Hildebrand, J., 1/19/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
46	804 Hall, P., 9/15/07	620 Hildebrand, J., 1/19/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
47	804 Hall, P., 9/15/07	620 Hildebrand, J., 1/19/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
48	804 Hall, P., 9/15/07	620 Hildebrand, J., 1/19/08	705 Jones, R., 6/17/07	2085 Cook, V., 8/19/07			
49	799 Wright, L., 5/18/07	617 Young, B., 11/18/07	694 Fritz, A., 1/15/07	2005 Embury, S., 3/1/08			
50	799 Wright, L., 5/18/07	617 Young, B., 11/18/07	694 Fritz, A., 1/15/07	2005 Embury, S., 3/1/08			
51	788 Wagner, J., 4/28/07	617 Young, B., 11/18/07	694 Fritz, A., 1/15/07	2005 Embury, S., 3/1/08			
52	788 Wagner, J., 4/28/07	617 Young, B., 11/18/07	694 Fritz, A., 1/15/07	2005 Embury, S., 3/1/08			
53	782 Dungan, S., 8/19/07	610 Pierce, D., 5/12/07	690 Eucker, B., 11/3/07	2000 Aler, J., 4/15/07			
54	782 Dungan, S., 8/19/07	610 Pierce, D., 5/12/07	690 Eucker, B., 11/3/07	2000 Aler, J., 4/15/07			
55	782 Dungan, S., 8/19/07	610 Pierce, D., 5/12/07	690 Eucker, B., 11/3/07	2000 Aler, J., 4/15/07			
56	782 Dungan, S., 8/19/07	610 Pierce, D., 5/12/07	690 Eucker, B., 11/3/07	2000 Aler, J., 4/15/07			
57	771 Probst, D., 6/9/07	610 Wagoner, J., 8/29/07	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
58	771 Probst, D., 6/9/07	610 Wagoner, J., 8/29/07	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
59	771 Probst, D., 6/9/07	610 Wagoner, J., 8/29/07	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
60	770 Waters, L., 1/18/07	600 Swank, M., 12/8/07	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
61	767 Garner, J., 9/22/07	600 Swank, M., 12/8/07	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
62	767 Garner, J., 9/22/07	600 Swank, M., 12/8/07	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
63	767 Garner, J., 9/22/07	600 Swank, M., 12/8/07	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
64	750 Stokes, G., 6/24/07	600 Chumra, R., 2/9/08	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
65	750 Stokes, G., 6/24/07	600 Chumra, R., 2/9/08	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
66	750 Stokes, G., 6/24/07	600 Chumra, R., 2/9/08	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
67	750 Stokes, G., 6/24/07	600 Chumra, R., 2/9/08	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
68	750 Stokes, G., 6/24/07	600 Chumra, R., 2/9/08	688 Doding, J., 12/10/07	1995 Mann, S., 7/15/07			
69	749 Fritz, A., 1/15/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
70	749 Fritz, A., 1/15/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
71	745 Zelenka, J., 5/12/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
72	745 Zelenka, J., 5/12/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
73	745 Zelenka, J., 5/12/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
74	738 Flanagan, S., 8/19/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
75	738 Flanagan, S., 8/19/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
76	738 Flanagan, S., 8/19/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
77	738 Flanagan, S., 8/19/07	586 Garner, J., 9/22/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
78	733 Kim, K., 6/16/07	585 Hunter, D., 10/20/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
79	733 Kim, K., 6/16/07	585 Hunter, D., 10/20/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
80	727 McDonald, J., 3/1/08	585 Hunter, D., 10/20/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
81	727 McDonald, J., 3/1/08	585 Hunter, D., 10/20/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
82	725 Faussey, M., 4/21/07	585 Hunter, D., 10/20/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
83	725 Faussey, M., 4/21/07	585 Hunter, D., 10/20/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
84	725 Faussey, M., 4/21/07	585 Hunter, D., 10/20/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
85	716 Ford, J., 12/8/07	578 Stewart, W., 7/15/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
86	716 Ford, J., 12/8/07	578 Stewart, W., 7/15/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
87	716 Ford, J., 12/8/07	578 Stewart, W., 7/15/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
88	716 Ford, J., 12/8/07	578 Stewart, W., 7/15/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
89	715 Warner, L., 1/12/08	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
90	715 Warner, L., 1/12/08	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
91	715 Warner, L., 1/12/08	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
92	715 Warner, L., 1/12/08	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
93	710 Peterson, M., 4/15/07	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
94	710 Peterson, M., 4/15/07	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
95	710 Peterson, M., 4/15/07	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
96	710 Peterson, M., 4/15/07	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
97	710 Peterson, M., 4/15/07	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			
98	710 Peterson, M., 4/15/07	575 Hull, B., 8/19/07	672 Fuciarath, S., 3/15/08	1923 Holmes, G., 3/8/08			

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TORQUE SLEEVE DESIGN

FIG.12



FIG.10



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