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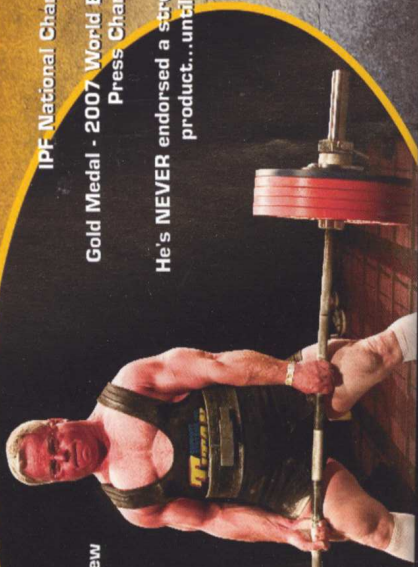
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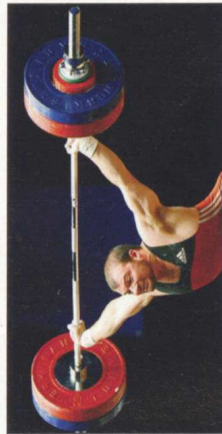
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3 J. Cole	267	2363	770	3133	1231	781	2003
4 M. Henry	405	2382	881	3264	1106	881	1988
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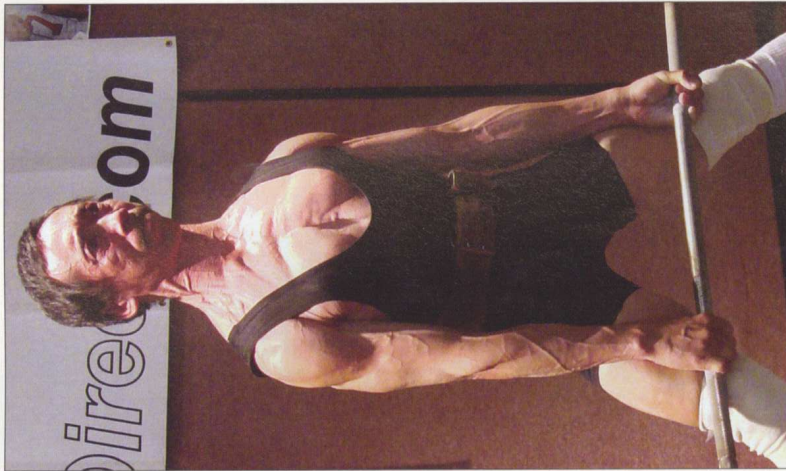
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## WABDL USP Labs National Bench Press and Deadlift Championships - Chula Vista Resort, Wisconsin Dells, WI, May 17th, 2008

The Chula Vista is a 700 room resort with the best steakhouse, best rooms, and best buffet of any hotel I've been in in the last 30 years. The rooms were \$89 - \$99 with the going rate at \$139. They have 14 foot vaulted ceilings, coffee maker, refrigerator, microwave, lanai, and fireplace; two beds and a roll-away couch; the condo had three bathrooms; two TVs, two DVD's, two kitchen with all the utensils, etc. Those went for \$199 and the going rate was \$358. In the bench press the big story was Robert Vick from Chicago, at 375 he set an all time single ply bench shirt drug tested record of 909, a 2.1 decalation. I was the MC and got right behind the head judge's left shoulder and it blew up. He had done as much as 1100 lbs. on two ply shirt on two boards. Rick Marzanna of Massachusetts set a phenomenal world record, breaking Michael Green's open world record and his own junior world record. Dan Swift set a world record in the master 54-60/198 with a 473.7. Dan is from Peñon, IL, and has set 6 world records in 4 years time, all in single ply shirt. He's 5'9 and 265 lbs. He's from Titon and lives with his wife, Kelly, Rages, Fury's, E's, and Katanas. Other impressive bench presses were Gary Gulseth from WI weighing 267 benching 606 in master 40-46, a state record and the first person from Wisconsin to bench 600 in WABDL. Marla McElroy set an Illinois record 154.2 in submaster 123; Wendy Wierop set a submaster Wisconsin record 132 at 235.2; and Matt Vinopal set a state title record 165.2 in 14-15/165. Tom Eastman set a class 1 submaster record 242.5 at 165 for Michigan. Matthew Ogunrek set a Michigan record 468.2 in class 1 and submaster 198. Leonard Polora set a master 54-60/242 Michigan record 485. Ed Angstrom set an Iowa state record 61-67/181 with 303. Steve Smith of Florida set a state and national record 687-7/132 weighing only 127 lbs. Dave Ewen of Indiana set record 275.5. Noble Corzine of Iowa, after a six year absence set a record 473.7 in master 47-53/275 and Terry Schrupp was impressive with a 573 Minnesota record in master 47-53/275. Dave Ewen of Indiana set a state record 413 in both open and class 1. In an open 242 Matt Vinopal was way above average with a 351 Wisconsin state record. David Lewis set an Illinois



Chuck Wong... veteran of many TOP 20 Masters Rankings in the DL

record 606 in submaster 275 and Gary Powell a high school principal from Oshkosh, Wisconsin set a state record bench of 556 in submaster 308. Finally, Chad Holte of Minnesota set a state record 490.5 in submaster 220. Joey Zorn, who benched 501, Terry Schrupp who benched 573 and Holte were all coached by Trent Holte. Ewen on to the deadlift, these amazing lifts set records 181 with 540. Al Biggs, Fred Peterson who had passed WABDL drug tests, deadlifted 650, weighing 251, at age 70, with no belt and no deadlift suit! Mind blowing! Fred is from Worcester, MA and has lived a storied life. He was a gymnast, circus performer, graduated from MIT and worked with the Manhattan Project scientists in the 50s and early 60s, such as Robert Oppenheimer, who developed atomic bombs. The next lift was by D. D. Ewen, who placed 308 for out of Medford Lakes, New Jersey,



Team Wisconsin... won the team title at the WABDL Nationals; back row, left to right, Kerry Simplot, Gary Powell, Dennis Johnson, Stuart Coughan, Trent Holte; Dave Constantineau, Wendy Wiesjahn, Ryan Monroe, Dave Felton (photo courtesy of Dennis & Sherry Johnson)

who pulled a world record 772.6 weighing 689.6 at age 49. He opened with 716 and vaporized it. He then did 772.6 with room to spare and then pulled 800.1 to his knees which was only two, maybe three inches from lockout. Ryan Snelling from Missouri weighed 161.2 and pulled 644.7, 4 times bodyweight. He is lifetime drug free like Peterson and Eisenman. Ryan is a former professional bodybuilder, has a remarkable 50 inch waist, 66 inch chest, 16 inch arms, and 16 inch legs. He was developed and by looking at him I would put his max at 500. But he opened with 540, went to 589.5, then a Missouri state record 633.7 and then 644.7 a 4th and he was good for 655. Other deadlifts that were also notable: Dennis Johnson weighing 162 at age 65 pulled 540 for a world record in age group 01-67/165. He had 573 over his nois but leggedly pulled 540. He had a world record 545.5 weighing 164.8 in age group 54-60. Chuck Wong in age group 54-60/132, who weighed in at 131.2 pulled a world record 442.9. Bob Krowech at age 63 weighing 191.2 pulled a Minnesota record 573. When you take the Schwartz and Foster formulas of those six deadlifters I just mentioned you have the following rankings: Fred Peterson 3, 1067.4; Dennis Johnson 469.85, 4; Ryan Snelling 436.97, 5; Bob Krowech 425.53, 6; Gregory Kleyan 418.04, 7; Chuck Wong 417.34. The highest coefficients in WABDL previously were Dennis Johnson with 465, O. Dos Santos Filho with 495.75 who had done 683.2 weighing 181.4 at age 57. Ross Phillips had done 524.8 at 181.4 at age 69, which gave him 471.67. See flyers for more info. Howling at 181.6 which is 508.32. However, in the 2007 Worlds in Anaheim, 74 year old Leo Houkala, weighing 165.2 pulled 507 which is a whopping 613.43. Robert Cortes pulled 493.8 at the 2003 Worlds in Vegas at age 73, weighing 148, which is the highest all time coefficient of 623.87. So the All Time WABDL Deadlift Coefficient rankings are: Robert Cortes, 623.87; Fred Peterson MA 519.05, 4; Tom Meyers, GA 508.32, 5; Tom Eisenman, NJ 507.38, 6; Ross Phillips, OR 471.67; Davis, UT 457.44, 9; Tony Caprati, MS 454.19, 10; Ryan Snelling, MO 436.97. Other deadlifts that were notable: Jimmy Duckett from Oklahoma and the Oklahoma State Chairman set a world record in Master 68-74/275 and 688.8 at 220.4 in master 68-74 state record 692.2 at 61-67/181. Bob Huchstein set an Illinois record 551 in 61-67/198. In both class 1 and master 47-53/165 Dave Constantineau set state records with 479.5. Justin Goutley of Illinois set class 1 and teen 18-19 state record at 148 with 473.7 and had 501.5 over his knees. Dave Ewen of Indiana steadily improves and got a 429.7 state record in class 1/242; Fred Peterson set a record 181 with 540. Al Biggs of the Massachusetts WABDL state chair set a state record 672.2 at open and law/fire master 40-47 with 672.2. Wendy Wiesjahn set a Wisconsin record 259 in submaster 123. Dave Anderson was impressive with a 556.5 weighing 162.4 at age 52. Kerry Simplot set a Wisconsin record 628.2 in 47-53/308. Kerry is a rugged 305 lbs. and has

(article continued on pg. 108)



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Raw	181 lbs.
132 lbs.	B. Bobolz
155 lbs.	Jonitors
165 lbs.	Z. C. Cal
165 lbs.	I. Brasseaux
265 lbs.	C. Porter
MEN	
165 lbs.	Masters (40-44)
265 lbs.	Teen (16-17)
365 lbs.	M. Farris
545 lbs.	L. Bagley
750 lbs.	D. Minor
242 lbs.	Masters (40-44)
545 lbs.	G. Wilson
425 lbs.	Masters (40-44)
500 lbs.	D. Martin
RAW	
165 lbs.	M. Farris
165 lbs.	I. Phillips
390 lbs.	C. Bonyer
530 lbs.	J. Phillips
259 lbs.	181 lbs.
345 lbs.	W. Stover
425 lbs.	275 lbs.
500 lbs.	Police/Fire
390 lbs.	C. Bonyer
275 lbs.	J. Byrd
500 lbs.	Masters (40-44)
415 lbs.	I. Phillips
530 lbs.	181 lbs.
550 lbs.	J. Sneed
400 lbs.	T. Harris
355 lbs.	Masters (45-49)
250 lbs.	B. Hester
505 lbs.	McCarragher
STRICT CURLS	
425 lbs.	T. Morgan
505 lbs.	Masters (40-44)
MEN	
275 lbs.	Masters (45-49)
430 lbs.	M. Farris
200 lbs.	Police/Fire
242 lbs.	M. Farris
460 lbs.	J. Byrd
175 lbs.	Masters (60-64)
360 lbs.	B. Coleman
SQUAT	
240 lbs.	G. Lambdin
RAW	
165 lbs.	Masters (40-44)
132 lbs.	J. Phillips
255 lbs.	T. Coist
448-475	Masters (45-49)

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290 lbs.	B. Harper	840	525	755	2120
POLICE/FIRE					
145	29	300	505	805	
WOMEN					
181 lbs.	Blankenship	425	245	425	1095
220 lbs.	Baggett	315	150	310	775
220 lbs.	Masters (45-49)				
270	11	290	155	315	750
MEN					
275 lbs.	Teen (13-15)				
275 lbs.	H. Pospser	385	240	400	1025
165 lbs.	J. Phillips	460	275	530	1265
205	22	440	260	440	1100
BP					
200 lbs.	T. Tucker	485	345	630	1460
200 lbs.	S. Hart	400	260	440	1100
259 lbs.	J. Thompson	440	330	450	1220
Masters (50-54)					
355	325	680	485	310	485
242 lbs.	M. Smith	485	310	485	1285
242 lbs.	E. Whitfield	600	410	660	1670
Masters (40-44)					
215	365	570	460	275	530
181 lbs.	T. Wilson	460	275	530	1265
225	405	630	440	330	450
Masters (40-44)					
375	500	875	400	260	440
Masters (40-44)					
275	530	805	250	165	335
405	575	980	250	165	335
Masters (40-44)					
455	555	1010	250	165	335
Masters (40-44)					
455	555	1010	250	165	335
Masters (40-44)					
275	530	805	250	165	335
395	440	835	250	165	335
Masters (40-44)					
390	525	915	250	165	335
Masters (40-44)					



Jeff Brandon doing his deadlift of 750 pounds in the 308 lb. class.



Brian Siders - Team MHP Member  
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# WORKOUT OF THE MONTH

## Bruce Greig Deadlift Routine as told to PL USA by Paul Leonard

I am writing this article as a way to thank the great Masters powerlifter Bruce Greig. For those lifters who are unfamiliar with Bruce and his accomplishments, I will start by telling you that this former professional ice hockey enforcer turned powerlifter has officially deadlifted over 800 lbs. 100 times in competition with a best of over 880 in a meet. Despite Bruce's deadlifting prowess, the most incredible thing about Bruce is his willingness to help out a fellow lifter. A few years ago my deadlift had stagnated and I needed a program to jolt it into high gear for the upcoming APF Senior Nationals. In March I pulled a difficult 622 in a meet and a mere 107 days later I nailed a 750 at the Seniors to tie for first place in the 308lbs for the deadlift. I owe this lift to the teachings of Louie Simmons and Bruce Greig. Greig provided me with a peaking routine for his deadlift that I want to share with my fellow hardcore deadlifters.

**Monday: Max Effort/Heavy Deadlift Day...** Bruce would position a barbell with the weights resting on wooden blocks, beginning with the plates 10 inches off the floor, a level from which he would pull a max single for two weeks and then the opposite box height one inch every two weeks until he was pulling from the floor for a week prior to the meet. Every third week Bruce

would pull on the jumpstretch platform against the heavy blue bands for a heavy single. Bruce said he would begin pulling against the bands with 600 lbs. of bar weight and he would go up 10 lbs. every 3<sup>rd</sup> week when he did these to finish up with 660 lbs. of bar weight and 250 lbs of hand tension at the top. Bruce would begin his pulling against the bands every third week with 225 lbs. of bar weight and he would do 3 to 5 reps adding 90 lbs. per set until he got to 600 plus of bar weight for that day's single. The pulling week depending upon how a lifter feels. Bruce said he would do the deadlift against the bands following his heavy single from the deadlift on the blocks.

For assistance work, Bruce would do platform back squats aka behind the back deadlifts, with his heels positioned on a 2" board. Bruce would begin this exercise using 365 lbs and add 10 lbs per week up until the meet. This exercise built Bruce's incredible hip speed. When Bruce felt he needed a change of pace he would pull using an extra wide sumo stance with a front facing grip up to 600 lbs. for a triple. Bruce is a conventional deadlifter in competition, but ala Louie Simmons, he knows that a lifter must occasionally train in a weak stance to become stronger in their competition stance. According to Bruce: "The sumo is no different than the conventional in that you need to have

leg drive, your hips must go back from the bar, sit back and the bar will counter the feeling of falling back."

**Friday: Speed deadlifts ...** Bruce followed a four-week rotation where he would do 8 sets of two reps with his conventional deadlift stance using compensatory acceleration for each repetition and keeping the rest period between the sets very short. Bruce would have the weights up by 22 lbs. per week beginning with 545 lbs. and ending the week with 605. For you non-percentage oriented folks out there you can see that Bruce worked his speed deadlifts with between 60 and 66% of his maximum competition pull. This percentage amount corroborates Philippen's chart, which is often quoted by Louie. Over the course of the year, Bruce never changes his dynamic deadlift wave weights, just working on manhandling the weights a little bit faster each time through the cycle. Bruce told me "You want to do these in about 6 to 8 minutes with the first set and the last set equal in speed."

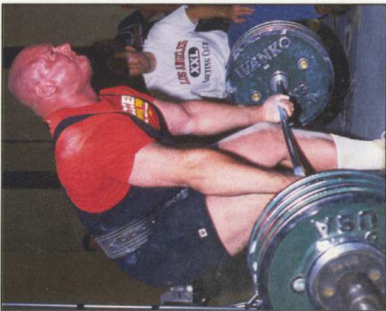
**Speed day assistance:** Bruce alternated his assistance exercises on this day, with one week doing a heavy barbell good morning for reps to the following week switching to heavy weighted back raises for 3 to 5 reps. For these assistance exercises Bruce would

try to increase the weight until the contest. Bruce said he would begin his good mornings with 315 lbs. and would increase the weight by 50 lbs. per set until he got up to 500 lbs. for 12 reps. By the time of the contest Bruce would be handling 705 lbs. for 5 reps in the good morning.

**Modifications:** One way I have found effective in modifying this routine is to substitute lightened deadlifts for the max effort deadlifts from the boxes. I have had great success with cycling my deadlift by pulling a max effort single from the deadlift bar suspended in a blue band that is 5'6" off the ground, the second week trying to tie or break the first week's weight while the bar is suspended in a green/medium strength band and then on the third week de-loading by pulling against bands on a jumpstretch platform for a single. On the fourth week I would take a regular deadlift off the floor, hopefully always able to hit at least 90% of my max or go to a meet and hit a PR.

**Final Advice:** Bruce and I didn't specifically discuss bar work but rest assured you need a strong gut to pull big weights so hit those abs hard and get a PR with Bruce's program. Thank you Bruce Greig, Louie Simmons, and Terry McCormick for your help and inspiration.

### Paul Leonard



Paul Leonard on his very successful day at the 2003 APF Senior Nationals in Los Angeles, where he happily nailed a 340 kg. deadlift for top lift in his 308 lb. weight class, an improvement in his deadlift of over 125 lbs. in 107 days, thanks to the Bruce Greig deadlift workout

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## CROWNING THE FINNISH KING OF THE BENCH

The 19th of April was the first time to find out who would be the Finnish King of the Bench. Jari Wientula's Bullfarm Gym invited ten of the nation's very best benchers to the House of Culture in Helsinki for the strength event called 'Bullfarm's King of the Bench'.

The competition was tough. All the most experienced lifters received more than two white lights, at least once, although half of the lifters did not even get a single qualified lift.

Juha Someroja, a steel worker from Raabe, obviously knows how to work with iron. This 240 pounder teamed 750 lbs. with ease. That is why Juha

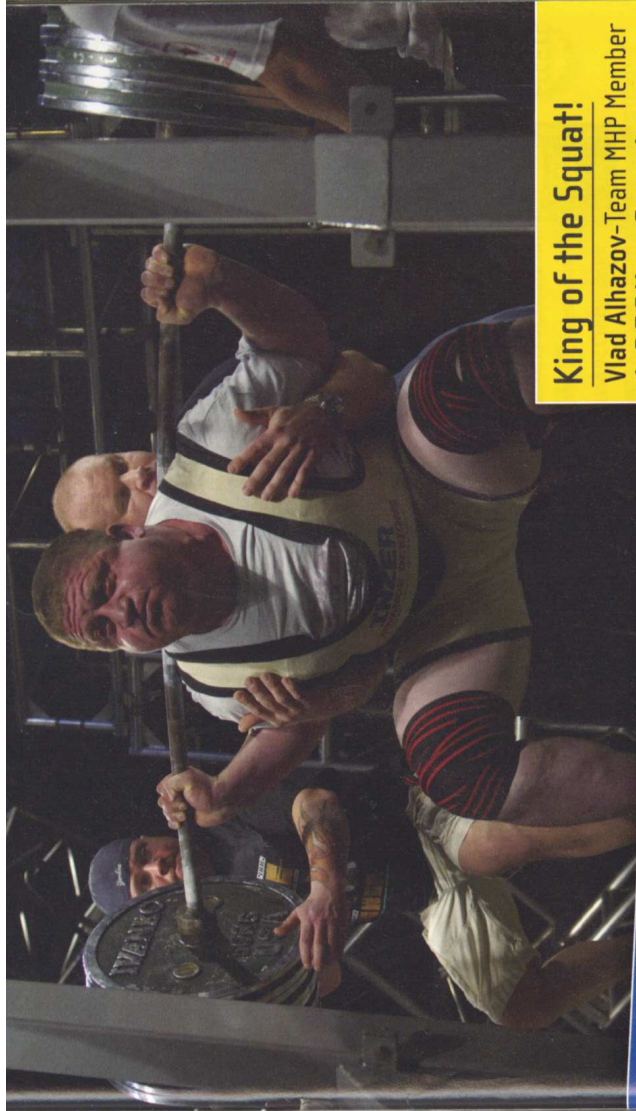
Bullfarm's own Jonas Rantanen defended the reputation of his gym with great success. Three white lights and 770 lbs. earned this 285 pounder third place. That was over 20 lbs. improvement from the Nationals two weeks earlier, where Jonas totalled 2614 lbs including an 1104 lbs squat. I can honestly say that we will definitely head 200r about him in the future, because Jonas is just 23 years old.

**Results:**  
 1. Juha Someroja (109.9 kg - 242 lbs)  
 2. Kari Kalliola (161 kg - 355 lbs)  
 3. Jonas Rantanen (130.2 kg - 287 lbs)  
 4. Jussi Tuomainen (134.7 kg - 296 lbs)  
 5. Ilkka Mursu (100 kg - 220 lbs)

**(text & photos:**  
 Lasse  
 Arkela)



Kari Kalliola (above) and King Juha Someroja (below)



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## The ULTIMATE TOP TEN

This month we will cover the voting for the 165 and 181 lb. weight classes. The 165 lb. class was one of the toughest. Five different lifters received 1<sup>st</sup> place votes. These two weight classes at one time were the most popular.

I want to thank the panel, Fred Glass, Gordon Santee, Joe Pyra, Ricky Crain, Kenny Croxdale, Kevin Meskew, Jim McCarty, Jon Smoker, Gus Rethwisch, Steve Denison and Vince Anello.

Everyone put a lot of time into this project, and I am sure many of their choices were difficult. I know they were extremely difficult for me.

The method was to review the body of work (performance over a period of time). Records and titles in the 60's, 70's, 80's and early 90's were probably more meaningful than today. Winning a National Title, with so many organizations, is not an extremely difficult accomplishment.

One of the panel members made the comment "What a contest it would be to see the top 10, 165 lifters go at it in their prime under the same set of rules." That could really apply to any of the weight classes.

Let's get started with the 165 lb. weight class.



165s... Ricky Dale Crain (left), Gene Bell (center) and Joseph (Doc) Rhodes



1991, an industrial accident ended his career. Herb Glossbrenner did a great story on Rick in the March 1997 issue of Powerlifting USA.

### #4 Walter Thomas

The quiet, polite man from Oklahoma, Walter did not start lifting till he was 26. He grew up in a very rough environment, and was actually shot twice. The Oklahoma City YMCA and Dick Burke helped to change his life. Walter's first big meet was the 1973 Junior Nationals in Stillwater, Oklahoma. Walter won his first Open USPF Senior National Title in 1974 and his last in Britain's all-time great Ron Collins. Walter won a total of 8 USPF Senior National Championships. He won Open and World Master Championships. Walter was one of those lifters who made World Records look easy.

### #5 Ausby Alexander

Ausby's career was cut short by a heart ailment. What he accomplished in a short time was incredible. Ausby lifted at 148 and 165, but at 5'7" he seemed best suited for 165s. Ausby was a career military man. 8 All-Marine Titles, 6 Armed Forces Titles, 5 National Championships, 14 World Records, 14 WPC Worlds, 23 Nationals and 14 World Records. A very, very impressive record. In addition to being a great ambassador for the sport, health issues ended his career when he was in his prime. He has adjusted and continues to live a productive life.

### #6 Wade Hooper

Wade is still winning titles and setting World Records today. ("Has been an International Star for quite some time, consistently great." Jon Smoker) Before he is finished he may challenge Lamar Gant for most Open National Championships. When competing Wade is a high school algebra teacher. Wade is one of those exceptional lifters

### #3 Rick Gaugler

Rick started his career as a 148 lb. lifter, he also lifted at 165, 181 and 198. The 165s were probably his best class. ("700+, 450+, 700+, back in the late 70's is mind boggling." Kevin Meskew) When Rick was healthy he was as good as anyone. 6 National Titles, 2 World Titles in the USPF and APF. He set over 20 World Records. He was not the technician that Bridges and Crain were, he lifted on brute strength. In

who show up at the big meets every year. Every time he competes you can expect to see a World Record Squat. Will only move up the ratings as he continues to compete. A 777 lb. Squat in single ply under IPF conditions is incredible. The future will surely hold bigger numbers.

### #7 Tony Conyers

At the APF Gulf Coast Classic Tony totaled 2033 at 165 in the 40 to 44 age group. It was an all-time record at that time. One of the most enduring and sensational lifters of all-time. At one time Tony held the WPO World Record with a 852 lb. squat at 165. Tony can lift in any organization and under any set of rules. The Tampa native is still going strong in his late 40s. Anyone who has ever met Tony would describe him as a perfect ambassador for powerlifting. Tony always downplays his lifting, and is quick to praise others. Tony won the USPF and ADPPA titles in the same year.

### #8 Gene Bell

Another lifter who's career has spanned 4 decades and four weight classes. Gene started as a 165 lb. lifter. Gene was born and raised in Florida, and was an outstanding high school athlete. He won the USPF Senior Nationals at 165 in 1984 and 1985. Gene featured 3 balanced lifts. Gene quickly outgrew the 165 lb. class, but impressed the voters while he was there. ("A really great lifter." Vince Anello) Considering his success in many different weight classes he must be considered, regardless of weight classes as one of the all-time best. Gene is still going strong today.

### #9 George Crawford

The great squatter from Ohio. Squat records fell just about every time George lifted. (continued on page 106)

### 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 Shaquille O'Neal, Muhammad Ali with Mike Tyson, and so on? There is no exception. When I first discussed this project with Mike Lambert, we decided that a panel of folks would pick the best lifters.

In assembling the panel, I tried to find men with the experience to span the 40 or 50 years of formal powerlifting. What we needed were people who have seen the changes in Powerlifting, and have the ability to make decisions in a fair and honest method.

As I began to contact people, some were very enthusiastic, and others were apprehensive. The first thing that was needed was a list of potential candidates by weight classes. Ricky Dale Crain, Bob Packer, Bill Ennis, Joe Pyra and myself worked on that list.

The 2nd step was to find panel members to vote. The final panel members had over 30 years of powerlifting experience. The members included: Jon Smoker, Joe Pyra, Gordon Santee, Ricky Crain, Fred Glass, Jim McCarty, Kenny Croxdale, Vince Anello, Steve Denison, Kevin Meskew, and Bob Crain.

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

I am sure there will be different opinions and if this list is done 5 years from now there might be some different results. A lifter was not limited to not just one weight class, and some will appear in two or more weight classes.

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USES IT!



# NUTRITION

**NUTRITION FOR OPTIMAL PERFORMANCE**  
 as told by **Matt R. Wenning, M.S., Sports Biomechanics**

Nutrition can play a key role in one's ability to lift and to recover. In a perfect world, athletes would eat real food, in balanced amounts of carbs, proteins, and fats, about every 2-3 hours. We would also eat the proper foods before and after training, to give fuel for the workout, and fuel for the recovery after the strenuous exercise.

But this is the real world. The real world barely leaves us enough time to train, let alone eat properly. This is where supplements come into play. Supplements allow us proper amount of calories from the proper types of nutrients in an efficient and time sparing way. They also make sure that our immune system, recovery, and general health stay in top shape.

We can start by analyzing protein; what it's for, and how much is needed, since most people think about this nutrient the most. Athletes often think about the amount of protein they need and develop the "more is better" attitude, but this is simply not true. It has been proven in literature that the body can only utilize 2 grams per kilogram of body weight in nitrogen based analysis. This means that a 200 lb. man can only utilize 200 or so grams of protein per day. The real key is timing. Protein does not get utilized well in large quantities. It must be evenly dispersed throughout the day in about 30 gram intervals. More protein than

that in one sitting and it's wasted after and sometimes during activity and the body will go to protein for alternative fuels. This means no gains in the present, and muscle breakdown long term. That's also why you don't see any high level strength athletes on the Atkins diet. No carbs means no strength, no speed. If you want to be a skinny fat man, then by all means get rid of carbs in your diet. If you want muscle, then keep reading. Carbs must also be taken in throughout the day. Did you know that your brain runs on 70% carbs? Did you also know that your brain and spinal cord is primarily responsible for fast twitch muscle action? Carbs are very similar to protein in that they are best utilized throughout the day, rather than in large quantities. But remember, there are many types of carbs; this is why the glycemic index and timing of carbohydrates is so important. High glycemic carbs are best utilized both pre- and post-workout, while

low glycemic carbs are best when taken throughout the day for steady insulin levels. That is why recovery and pre-workout supplements have so many simple sugars; this brings blood sugar levels back to normal after a workout has drained them. The real key is steady blood sugar throughout the day, through your low glycemic index. Read up on the glycemic index for more info.

Last, but certainly not least, are fats. Fats are essential for muscle protection, proper cell function and recovery. Fats come in all forms, from omega fatty acids, plant fats, animal fats, and all are important. 90% of Americans get plenty of the worst kind of fat in their diet, but most do not get enough omega 3-6 fatty acids, or plant fats. Most of the way our food is prepared in restaurants and even at home usually allow us to get plenty of saturated or bad fats. This means that meal replacement powders or bars should have the right kind of fats in their makeup for a full spectrum of nutrients. Fish Oil tablets are also a great way to acquire those omega fatty acids.

Also, remember that nutrient timing is a crucial part of absorption as well as utilization. Taking multi vitamins, fish oil etc. at the same time every day helps to utilize the supplement much better, in this way a certain mineral, etc. is not overloaded and discarded. Also, remember that these macronutrients protect cell membranes, and protect against protein degradation. That's why it is important for vitamin and mineral supplementation. Many of us not only train hard, but work demanding jobs that do not always allow us to eat properly without supplementation. Proper nutrients and the appropriate timing of administration of the nutrients allow the body to repair, grow, maintain muscle, and to stabilize energy for demanding workouts. If you want to reach the top, training is not enough. You must make an effort both in and out of the gym.

I'm always asked what kind of supplements I take, so here it is: Creatine from At Large Nutrition, fish oil tabs 1-3k grams per day, Amino Acid tablet, and ETS recovery tabs from At Large Nutrition, and a multivitamin. This choice has allowed me to not get sick near as much through hard training, keeps soreness to a minimum, and allows me to push a little harder.



Powerlifters like **Matt Wenning**, at the highest levels of competition, (above at the 2006 APF Senior Nationals in Las Vegas, Nevada) can not afford to neglect the nutritional aspect of their preparation.

**Matt Wenning**  
 M.S. Sports Biomechanics  
 MINOR SPORTS NUTRITION

References: DREWILL, J., AND WOLANSKY, I. 1999. ENERGY-BUILDING MACRONUTRIENTS AND ENERGY METABOLISM IN SPORTS NUTRITION. BOCA RATON, FL: CRC PRESS, WILLIAMS, M. 2002. NUTRITION FOR HEALTH, FITNESS & SPORT. Sixth Ed. McGraw Hill, NY, NY.

# 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 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due the bicep tendinitis hampering 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's champion benchers - 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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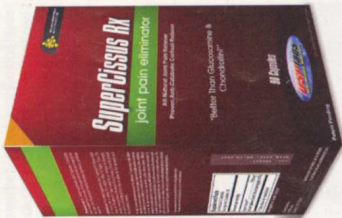
Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic dream, creating a highly anabolic muscle building, fat burning environment. Even steroids do not work unless this occurs. Simply put, if you're currently eating (and I know you are or you wouldn't be reading this!) then you can gain muscle and lose fat by merely adding Anabolic-Pump before your meals. It's really that simple and it's backed by tons of research proving its safety and efficiency!

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# The Making of a POWERLIFTER!

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

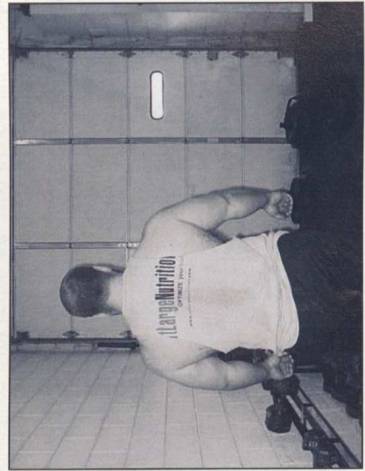
The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible 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 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 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](http://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 steely resolve that makes him such a fierce competitor, Travis



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



had the gumption to ask Louie if he could come to Westside for some direct training advice. Louie agreed, and the next phase of Travis' powerlifting evolution had begun.

Travis recalls well his first Westside visit. Perhaps it was nerves, but getting lost 3 times on his way to Westside did not bode well for the budding powerlifter. He finally arrived at the gym. Taking a few moments to collect himself, he entered Westside with visions of a crazed, super-intense and impatiently awaiting him (despite their amicable phone call days earlier). Nothing could have been further from the truth! Louie was indeed awaiting his arrival, but instead of being angry and intense he was filled with energy and excitement! He was ready to work with this newcomer and to do as he always does, school him in the ways of proper training and help him to

optimize his strength potential. In short, teach him the Westside training methodology. As has been the case so many times prior, Travis' training at Westside took him to strength heights he could only previously have dreamed of. Travis' best benching prior to joining Westside was a 365 lbs raw and a 475 lbs equipped press. In short order, Louie's instruction took him to his current 520 lbs raw and 725 lbs equipped. In fact, he is currently benching 625 lbs raw and 800 lbs equipped. Louie's training press at 242 lbs body weight and has that as his goal for the upcoming Pro-Am meet in August.

Travis' Westside Training Template  
Travis is a quick study and his thirst for power spurred him to eagerly absorb everything Louie and the great lifters at Westside

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

Pec Deck: 140x15; 140x15; 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, calorie dense foods such as meats, eggs, whole

foods such as meats, eggs, whole milk, and just about anything else that he feels will add to his daily calorie count and be of some benefit to building size and strength. Travis' supplementation regimen is a direct result of his affiliation with Westside Barbell. Louie Simmons personally uses, endorses, and has his athletes take AllLarge's supplements. Louie's endorsement was good enough for Travis. He tried some of the products and was hooked! About a year after initially training the products, Travis was offered a sponsorship and is now one of an elite group of strength athletes sponsored by AllLarge Nutrition, LLC.

Travis' daily supplement intake includes the following AllLarge products: Nitrean, Opticen, ETS, RESULTS, Multi-Plus; Fish Oil.

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



A recent ME Wednesday workout for Travis: The Foam Press

"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen 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 calories for growth, use the best about RESULTS. I've been taking supplements on the planet for almost 3 months now and I've never felt this strong before! Typically perhaps you too can blow away your

fit PRs on ME day, but right now

powerlifting goals!

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?"

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](http://www.westside-barbell.com)) make sure you are consuming sufficient calories for growth, use the best supplements on the planet (for almost 3 months now and I've never felt this strong before! Typically perhaps you too can blow away your



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

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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?"


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I've just returned from the Olympic Training Center at Lake Placid, NY. As some of you might know, I'm director of strength & conditioning for the Brazilian Olympic Ice Sports Federation. My job this weekend was to test the 2 man Olympic bobsled athletes, so that I could more accurately design a strength training program in preparation for the 2010 Winter Olympic Games to be held in Vancouver, BC. Powerlifters take note... accurate & sport specific tests designed & implemented before



Strength Coaches Saul Shocket and Lee Beame test 100 speed/anaerobic fitness in Lake Placid

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developing a pre-meet routine to move some of the guesswork & add an organized touch to your program design. I wasn't surprised to find the training facilities excellent. In fact, the lifestyle these athletes are fortunate enough to experience is forty times more ideal in regard to optimal training. Basically, you train, eat, & sleep, while enjoying the support of an elite sports med staff & a performance lab designed to test & measure each athlete in their quest for peak performance. Whether an athlete is trying to add lean muscle mass or drop weight, the cafeteria is open 24/7, offering a very wide variety of food, complete with nutritional stats. The residences are similar to college dorms. The Brazilian Team was there for two weeks training, culminating in the America's Cup Bobsled Competition. To be held the following week. The upcoming competition dic-



Saul Shocket and son Ari at OTC

tated a conservative approach to our testing. The non strength tests included: vertical jump, a measured footspeed drill, skinfold measurements, & a flexibility test. The strength/power tests included: squat, bench press, & split hang clean. The testing went exceptionally well. No one was injured, the athletes were very coachable, & I gathered some interesting & helpful stats. In fact, I was so enthused at the potential benefits of this sort of testing, that I'm already planning to order a variety of testing modalities for my strength & conditioning business. I was very ably assisted by my son Ari, Lee Beame, & Mark Morocco. Incidentally, Mark had an opportunity to fly down the Olympic Course in a bobsled, travelling 93 mph. On my return trip, I couldn't help thinking how great it would be to live at the OTC for 6 months and enjoy a life of training, eating, & sleeping. Hey, any wealthy/benevolent readers out there, desiring to fund a training complex in a warm climate for despoising powerlifters, should contact Mike Lambert @ PL-USA. Train Wisely ...

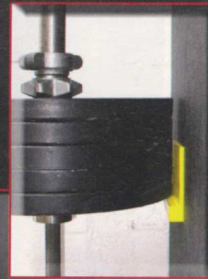
Saul Shocket

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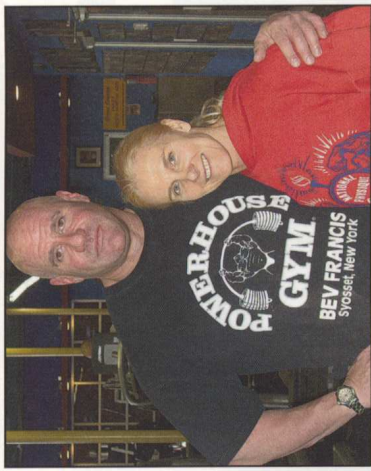
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# HARD CORE GYM #75

## Bev Francis' Powerhouse Gym as told to Powerlifting USA by Rick Brewer



Steve Weinberger and Bev Francis ... inside their Powerhouse Gym press three hundred pounds, and she retired from powerlifting

First of all, let me explain a few things. The last HardCore Gym article was Strength Works Gym, HC # 74, in Tempe, Arizona. That was really a cool gym, with a broad mix of lifter interests and abilities. The next gym was supposed to be 10K miles away, because we had planned to feature an Australian gym - but then I got married last month (yeah!!) and still needed a bit more info on the Aussie gym anyway - so we'll totally skip over that gym for now. Since we're shipping to a different gym, I decided to include something special - my wedding gift to you!

When I was a young and impressionable lifter, Bev Francis stood out as an example of what could be accomplished against all odds. Long before she starred in Pumping Iron II, we all heard of her strength accomplishments. From powerlifting platform to bodybuilding stage, she was always special. With all the naivete of youth, I thought: if that girl can do it - I know I can do it! (Of course, this was long before Becca Swanson totally cleared all of my chauvinistic thoughts out of my chauvinistic head!) Bev Francis inspired millions of lifters to be bigger and better; to push past the limits ordained by society, to grow bigger, to get stronger - to be BETTER. She inspired me.

This article is about Bev's Powerhouse Gym in Syosset, NY. Most info comes from powerlifter Tony 'Big T' Monchinski.

Nick Saccone is a big man, big to the tune of 400 pounds. Big to the tune of squatting 800 raw with a blown knee. Big to the tune of having his sights set on a thousand pound raw squat in the near future at a bodyweight of about 340 pounds (he's coming down in bodyweight, now). Ask Nick Saccone what makes Bev Francis Powerhouse Gym unique and he'll tell you. "You can't beat the



Nick, Chris, and Scott ... are some of the top powerlifters at the gym

331 she did it in a t-shirt," says husband Steve. "Not a bench shirt, a t-shirt." Steve is no stranger to the powerlifting or bodybuilding game himself—these were, after all, the sports that brought him and Bev together, first as friends, now as a family with two kids. Steve is modest about his accomplishments in the world of powerlifting, and when I point out that his lifts were also done without a bench shirt or squat suit he agrees, but he doesn't try and knock the guys and gals who choose to use the gear today. "That's just the world," he says, "if everyone's using the same equipment - it's what it is. People want to see big numbers, just like people want to see big bodybuilders. You just got to accept it and roll with it."

Aside from champion powerlifters, a variety of professional athletes and fitness industry movers and shakers can be found pounding away at the weights alongside the regular Joe and James who just want to tighten up, lose a few pounds, and feel better about themselves. Some beautiful women (who just happen to be world class athletes) all Powerhouse Gym members. The 2008 and 2007 IFBB Ms. Kim Klein owns her own gym in New Jersey but has been traveling to Powerhouse at least once a week for the past five years to train. The 2007 IFBB NY Pro Figure Champion Zvile Raudoniene, originally from Lithuania, trains and works out of Powerhouse.

Mainstream professional athletes also pound the iron at Powerhouse. The New York Jets' John "Jumbo" Elliot, Baltimore Ravens' Rob Burnett, the Washington Redskins' Jason Fabini, all have enjoyed extended training stays under his roof. Recently, retired NFL punter Sean Landeta says the gym is "so exceptional, the layout of the gym itself, the 'flow' if you will, and the quality of the people

(continued on page 100)



Casey, Sean, and Stuart ... (photographs are courtesy Rick Brewer)

the others, so when you have over 60 cutting-edge ingredients of scientifically engineered musclebuilding compounds, pump-inducing agents, cell volumizers, thermogenics and neuro-activators backing you up on the platform, there is only one outcome to expect and that is victory. Take a hit of naNO Vapor and step into the pit to experience the raw power of America's #1 Selling Pre-Workout Formula - another PB is yours for the taking.

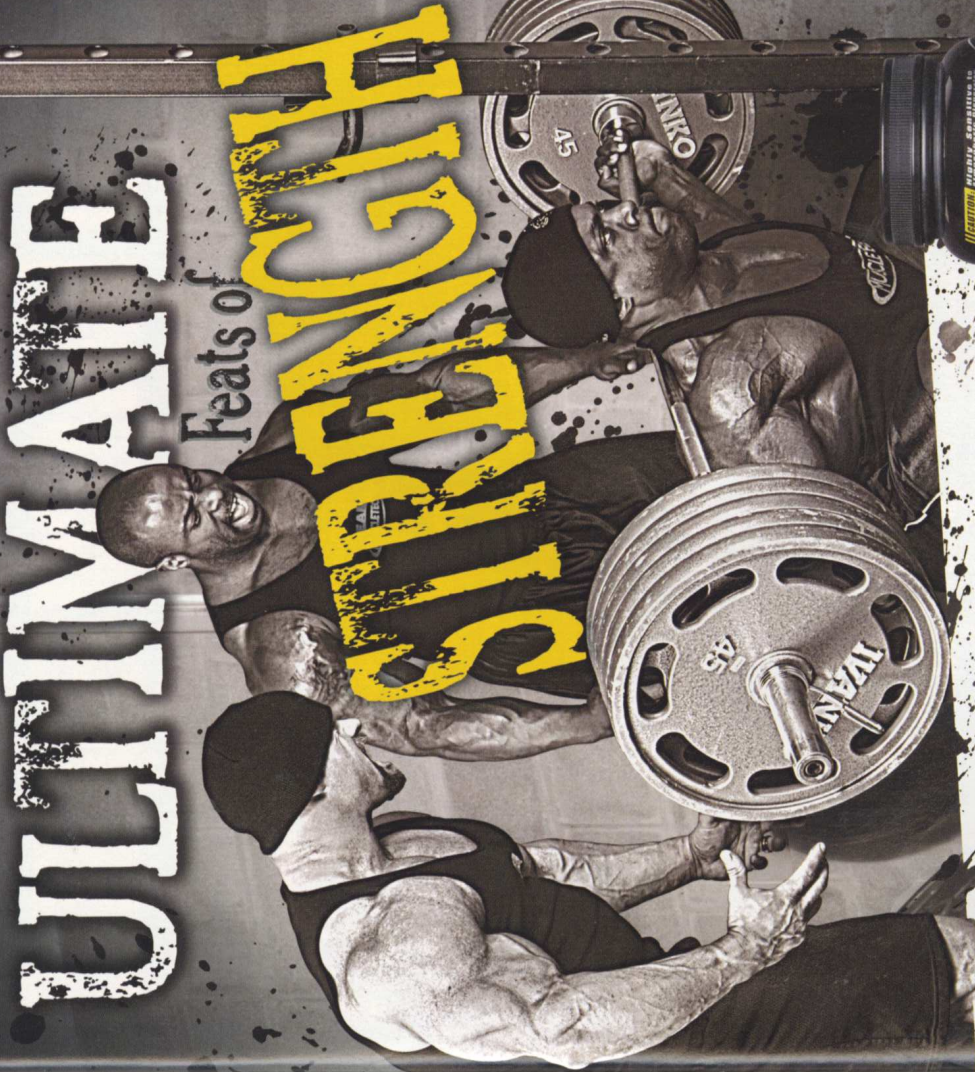
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"Sometimes I'm confused by what I think is really obvious. But what I think is really obvious obviously isn't obvious ... I know that you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant." **ROBERT McCLOSKEY**

**THE REAL SUPER SUIT**

There is good news for all those lifters who compete in federations that allow bench press shirts made of any type of fabric and unlimited plies. Mangano Strength technology produced a new cutting edge technology, three ply Kevlar bench shirt. According to Dr. Mangano, the high quality Canadian made Kevlar shirt is easy to put on and take off. The shirt, which is 100% Canadian, can be purchased for the low price of \$949 (Canadian currency). The shirt is advertised to give you that little extra when the going gets tough ... like 400 to 500 pounds extra from what I was told. Just think, for right under a thousand dollars, you can now purchase a shirt that can almost bench press as much as you can ... well, maybe more than you can.

**HONESTY ANYONE?**

Although our culture formally and authoritatively condemns behavior that allows an individual to succeed by strategically breaking the rules rather than prevailing by merit as fraud, cheating, corruption and deceitfulness, we seem to accept or at the very least tolerate such immoral behavior. In fact, there is growing evidence that the next generation of Americans will usher into the culture a very tolerant attitude toward cheating and lying.

Surveys conducted involving Masters of Business Administration (MBA) students, college students and high school students have revealed a common strain among them when it comes to honesty and integrity. Of the students surveyed, 50 to 70% of them admitted cheating, and similar numbers indicate that they think there is nothing wrong with being dishonest. Worse yet, most of these students regard cheating as a 'real world' skill that is essential for success.

How did we get to the point where cheating is viewed as a 'real world' skill that is socially acceptable and essential for success? Rutgers professor Donald McCabe, who conducted a number of the studies in question, believes that sports is one of the major culprits. "Sports ... the cultural 800 pound gorilla," says McCabe, "clearly demonstrates that cheating works and that cheating is no big deal."

He is right you know. In fact, just about every major sport has verified this notion that cheaters win. Do really have to give you the list? Okay, I will ... Barry Bonds, Roger Clemens, Mark McGuire, Rafael Palmeiro, Sammy Sosa, Ben Johnson, Marion Jones, Jose Canseco, Ken Caminiti, Kelvin Sampson, Danny Alton, Tonya Harding, Tim Donaghy, Jamie Gold (The World Series of Poker Champion), Darrel Waltrip's crew chief, Floyd Landis, Rosie Ruiz, the New England Patriots, East German Olympians, college football and basketball teams all over the country, the Spanish intellectually-disabled basketball team, (can you really believe that), and the list goes on and on and on. Actually, that is just the tip of the iceberg and ... names I came up with off the top of my head

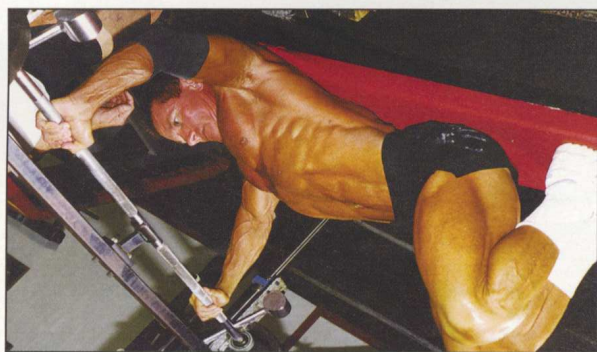
identify their federations. To say that powerlifting has myriads of federations and variations is a colossal understatement. A search of the Internet revealed that there are no less than 21 powerlifting federations in the United States, 5 Canadian federations, 4 British federations and 8 international federations. If my math is right, that adds up to a whopping 38 powerlifting federations throughout the world. To add chaos to confusion 23 of the aforementioned federations have separate divisions. For example, the American Powerlifting Association (APA) has an open division, a tested division, an unlimited open division, an unlimited tested division, a raw division, and a raw tested division. If you count the federations and their divisions independently, there are 67 different divisions that a powerlifter could choose to lift in. In America alone, there are 41 different divisions a lifter could choose to compete in. Theoretically this means that in America, every year, in every state, we could have 41 state champions in every single weight class. In other words, in America, powerlifting could have 2050 state champions (50 states x 41 state champions) in every weight class or a total of 22,550 state champions (11 weight classes X 2050 state champions) every year. That does not include the women's divisions, the teenage divisions, the high school divisions and the college divisions. Following the same logic, the sport could also have 410 regional champions and 41 national champions in each weight class each year or a total of 4510 regional champions (11 weight classes X 410 regional champions) and 451 national champions (11 weight classes X 41 national champions). Compare those numbers to 1984, when there were 50 state champions, 10 regional champions and 1 national champion for each weight class in the entire sport.

**SAY WHAT?**

Recently, I heard ESPN's Steven A. Smith say that we need to leave Barry Bonds alone because a lot of players are on drugs in baseball and besides Bonds gave the sport a lot of glorious moments. I am sure he would say the same thing about Marion Jones who brought multiple gold home to the good old USA and set records that were otherworldly. This just goes to show me that Steven A. Smith is naive when it comes to what is important in sports. I am saying that in a very loving and compassionate way. Okay, let me put it another way ... he is ignorant! First of all, like Marion Jones, Bonds stole glorious moments from pure players and sports fans. Both Bonds and Jones (you can probably add Clemens to that list) set records that unless rescinded might never be broken without drugs. Consequently, both athletes and fans lost future glorious moments because of Bonds and Jones. For instance, when A-Rod was on pace to hit 62 home runs last season which would have broken the legitimate homerun single season record, it went literally unnoticed. If someone were on such a pace prior to McGuire's and Bonds home run assault, baseball fans would be thrilled and excited, following the guy's progress day in and day out and the athlete who was chasing the record would have received legitimate attention, praise, and endorsements. Unfortunately, these individuals were robbed of glorious moments because of dishonesty and deceit.

**DR. JUDD**

**THINGS THAT MAKE YOU SHAKE YOUR HEAD as told by Judson Biasiotto Ph.D.**



in the last minute. That's right I timed myself, ... and I didn't cheat.

As a postscript to the aforementioned, I love what Jon Saraceno says about the present state of America's integrity. His sentiments are exactly mine, but he says it a lot better than I could ever think about saying it. He says, "What irks me about this sordid stew of alchemy and deceit is our creeping nonchalance. There is a pervasive malaise of permissiveness and 'Oh, well' white-flag surrender to lesser (and illegal) standards of conduct. Have we all thrown in the towel, on outrage? Have we become so desensitized by the base instincts of our athletes that integrity, credibility and authenticity of records no longer matter? Because we're all tired of hearing about it? Because our fun will be ruined? We do all co-conspirators in this because we don't demand a full accounting and appropriate sanctions."

Perhaps the Wizard of Oz in the Broadway musical Wicked has the answers to Saraceno's questions. The Great Oz said, "There are precious few at ease with moral ambiguities, so we act as though they don't exist."

**WILL THE REAL CHAMPION PLEASE STAND UP?**

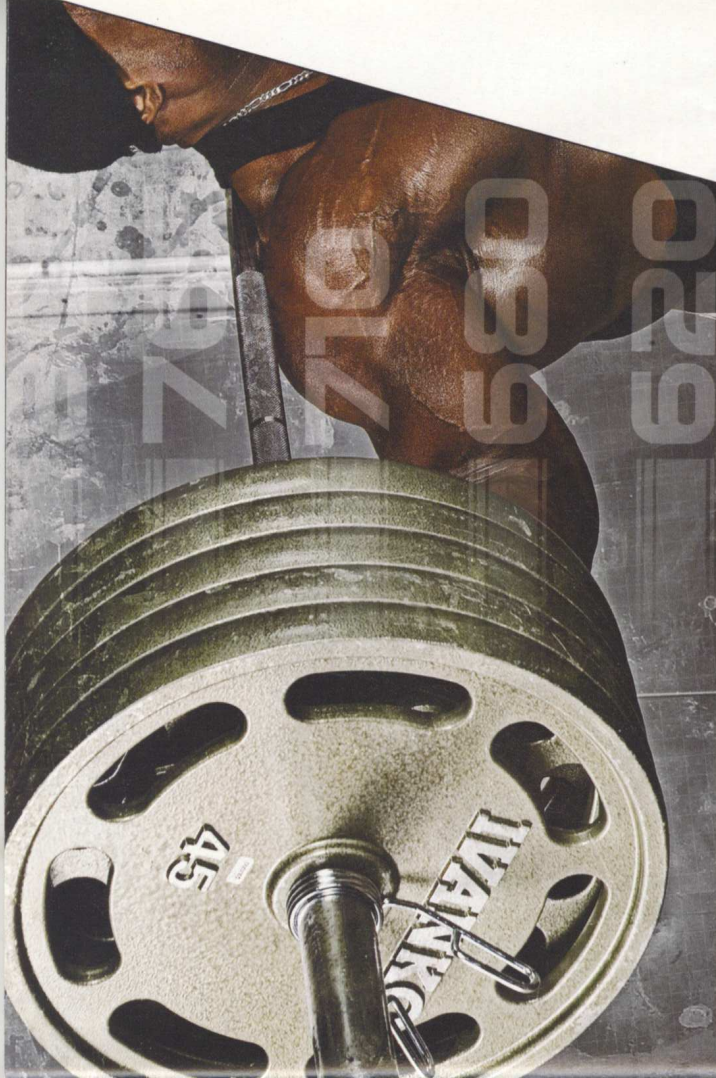
Powerlifting is running out of acronyms to

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## POWER PROFILE

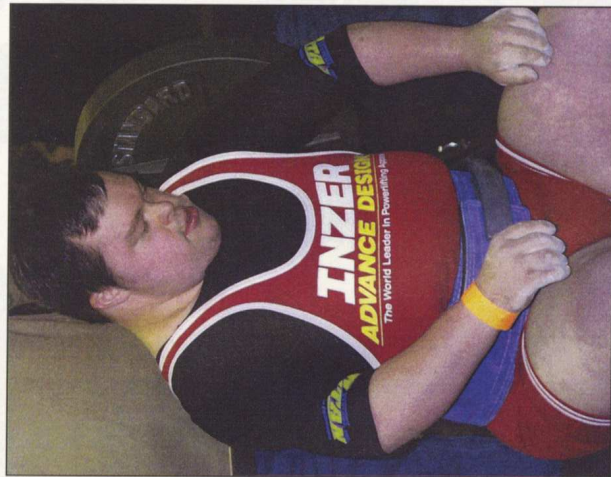
### SAM CHAPALA

by Tom Chapala, Sam's Father

For those who know Sam Chapala, they think of him as a strong, friendly, hardworking guy. And even though he had Down Syndrome, he has accomplished much as a powerlifter. Sam has set many powerlifting records at the state, national, and world levels.

Sam has now been lifting for sixteen years. He started in the eighth grade when his father, then a high school coach, would take him to the weight room with his teams. At first Sam just watched the other guys lift. Once when his dad had to leave the room, the guys put Sam on the bench to see what he could do. The rest is history! Sam was now one of the guys! They even got his dad to enter him in the Indiana Special Olympics. Sam took to powerlifting and never looked back.

When his dad retired from teaching and coaching, they both joined the local gym. As luck would have it, a couple of guys in the gym were competitive powerlifters and asked Sam to join their team. A whole new world opened up! Sam



more than all of Sam's accomplishments is the example he sets and the inspiration he brings to those around him.

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The Hardcore Truth About Anabolics  
as told to PL USA by Justin Haberman

leucine, rises above the rest and is considered to be one of the best anabolic agents for powerlifters!

## THE LOWDOWN ON ANABOLISM

First off, for those who don't know, anabolism occurs in the metabolic pathways and causes the construction of complex molecules from smaller units. Whereas, the term catabolism refers to the breakdown of complex molecules into smaller units. Unfortunately, many don't understand the importance of being and staying anabolic throughout the day. As powerlifters, you have to realize that you can't train all you want but if you're not anabolic, you simply won't build up the strength needed for those record-breaking lifts! You need to be in a consistent state of anabolism if you want to develop the forceful strength that will undoubtedly give you an edge over others. Without a word of a lie, taking a high-quality anabolic activator will help increase the odds of you lifting that bent, heavily stacked barbell with greater ease!

**LEUCINE'S MUSCLEBUILDING POTENTIAL EXPLAINED**  
If you find yourself wondering exactly what leucine is and how it can help you as a powerlifter - listen up! Leucine is an essential amino acid and is considered to be the strongest and most important Branch Chain Amino Acid (BCAA) for inducing anabolism because of its involvement in stimulating the signal for protein synthesis in skeletal muscle. In terms of BCAA, as a whole, they are crucial "building blocks" of the body because they play an especially important role in

muscular growth and development. What's more, BCAAs facilitate the release of insulin, which promotes the uptake of amino acids into your muscle cells. These beneficial actions potentially lead to increased protein synthesis, muscle growth, and added raw strength.

Leucine is a vital supplement for every level of powerlifter because of its huge contribution to the creation of a total anabolic environment for your system. In fact, the effectiveness of leucine as an anabolic signal activator has been tested and proven by some of the world's most renowned universities. This alone explains why leucine is used as the key ingredient for many industry-leading anabolic activators. It's this amplified anabolic environment that's crucial for building muscle and lifting heavy!

Nuts, brown rice, whole wheat bread products and meats all contain leucine; however, the amount of leucine found in these foods may not be enough for a truly hardcore powerlifter. For this reason, it's important to supplement with a scientifically engineered leucine supplement designed to initiate quick absorption, thus spiking plasma leucine levels and activating anabolic pathways.

## RATED BEST IN THE BUSINESS

As mentioned before, there are many different anabolic activators available on the market today, so which one do you go with? A word of advice: Go with the activator that is light years ahead of its time and will launch your muscular performance to new heights. Go with the one that is scientifically engineered to be the most powerful and absolutely no match for the competition. Luckily for you, there is one product that has it all! Team MuscleTech researchers have scientifically designed the ultimate anabolic activation supplement - LEUKIC® Hardcore. This newly developed hardcore supplement is the world's first 100 percent anabolic compound with zero androgenic side effects.

LEUKIC Hardcore amplifies your anabolic state with its key

ingredients being transported into your muscle cells where they have their own nutrient signaling pathway. Once inside muscle cells, LEUKIC Hardcore works to activate an important protein synthesis signaling complex. This complex consists of two subunits (A and B), which when bound together are inactive, and no protein synthesis can occur. A key ingredient causes the phosphorylation of subunit B, causing subunit A to separate from subunit B inside muscle cells. The detachment of subunit A triggers increased ribosome efficiency and amplified protein synthesis, priming your system for growth. This process is essential for unrivaled gains in muscular density and could lead to more strength and bigger lifts!

In fact, researchers demonstrated that test subjects who trained and took a key component in LEUKIC Hardcore forced 350 percent more anabolic signal activation at the muscle fiber level than when taking a placebo. What's more, a key ingredient in LEUKIC Hardcore has been scientifically shown to increase levels of training-induced growth hormone (GH) by an incredible 106 percent. This fully demonstrates why LEUKIC® Hardcore is the World's #1 Selling Anabolic Activator!

As a powerlifter you can't afford to rely on cheap imitation anabolic supplements. If you're going to push your body to the limit day in and day out, you need an anabolic activator you can trust. One that is backed by real science. One that is guaranteed to deliver results. The choice is yours, but try to guess which one the record holders choose.

REFERENCES: Karlsson HK, Nilsson PA, Blom J, Chagnin AV, Zerah JH, et al. 2007. Leucine and beta-alanine co-act to increase p70S6 phosphorylation in human skeletal muscle after resistance exercise. *Am J Physiol Endocrinol Metab*. 2004 Jul;287(1):E1-7; Nassar E, Mulligan C, Taylor L, Kerkick C, Gallbreath M, Greenwood M, Kreider R, Wilkoff J, et al. 2007. Effects of a single dose of leucine on body composition, muscle resistance exercise, and growth hormone/IGF-1 axis in young males and females. *J Int Soc Sports Nutr*. 2007;4:14; Kimball SR, Jefferson LS. Regulation of protein synthesis by branched-chain amino acids. *Curr Opin Clin Nutr Metab Care*. 2001;4(1):39-43.

# The World's #1 Selling ANABOLIC ACTIVATOR

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LEUKIC Hardcore is the world's first, 100 percent anabolic compound with zero androgenic side effects. And if that wasn't enough, the revolutionary LEUKIC Hardcore formula forces 350 percent more anabolic signal activation and an incredible, 106 percent increase in Growth Hormone (GH) levels, providing you with the brute strength to stack on plate after plate!

Bottom line: LEUKIC® Hardcore feeds your muscles the anabolic power needed to stay anabolic, build muscle and get stronger for those world record lifts!

Ben White  
Team MuscleTech™ Athlete

- World's First 100% Anabolic Compound!
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GNC Live Well.



## INDUSTRY BUZZ

The buzz on recent trends toward the use of anabolic agents is growing louder by the day. So loud, in fact, that you can actually hear the term anabolism getting thrown around gyms, locker rooms and supplement shops throughout the powerlifting communities. As our heightened demand for muscular size and strength becomes more vocalized, newbies lifters are quickly overwhelmed with a foreign anabolic language.

"You have to be anabolic to build muscle and strength." It's a simple statement that spreads like wildfire and makes you realize the importance of adding a hardcore anabolic activator to your cherished supplement stash. Being anabolic is vital for building superhuman strength and the following will outline why the underestimated amino-acid,







United States, today's youth are in the worst shape, and consume more junk than any generation before them. They eat the worst diet; they get little to no exercise, play too many damn video games, and are larger than kids in earlier generations. I want to let the parents who emailed me about ditching soda for good that they are doing something for the health of their children that will last a lifetime.

I know I hear on the way lifters eat and their horrible lifestyle choices, but over the years writing this column I have seen a major change in thinking among many lifters. This new mentality is positive towards nutrition for increasing performance and lam happy to have been part of that transformation. There are a lot more lifters out there who are actually thinking about long term health and doing something about it. Many are not as hardcore as they should be, in terms of their nutrition, but even small changes can yield great results in health and performance. Ditching soda this will cause a major increase in health, especially long term, and let's not forget the major improvements it will have on performance. Doing small things like eliminating soda, staying away from trans fats, drinking more water, reducing sugar intake, taking a multivitamin, and eating more fish are things that any lifter can do. Even those little changes which won't cause a major inconvenience, can do wonders for health and performance. I don't just want to entertain you with my column, I want you to apply the information that I give you so that you can be bigger and stronger and live a healthier and longer life!

If you have any questions or comments feel free to write me at:

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

ever has. Just to give you a heads up I will be doing a profile on Joe and his nutritional regimen in the near future. I haven't run as many profiles in my athletes as I should but you will definitely be seeing more. One scoop I will give you is that Joe is changing weight classes. I can't let you know if he is going up or down but his competition better watch out because he is dead serious about shattering records no matter what class he is in!

**SODA POP RECAP**

**Q: I wanted to commend you on a fantastic series of interviews on soda and the powerlifter. I never knew any of the things that were discussed. Thanks to your series my family and I are now off the soda poison for good. I really want to thank you and Mike Adams. I am sure you will help a lot of people because of what you are writing. Thank you so much and please keep up all the interesting articles. My wife and I read them first thing every month. Well, to be honest, I read the column first, then yours. Sincerely, Simon Goldberg.**

**A: I am happy to hear the news about you and your family tackling soda to the curb. This is one of the best things you could do. With the number of emails I got from this series I know I struck a chord with lifters and opened their eyes to the reality of the addiction many lifters have with soda.**

**I am quite impressed with the number of emails from parents. It's nice to see them taking an active role in what their children are drinking. There are too many parents in the US who load their children with garbage foods. When their kids are obese or come down with ADHD, they wonder why this is happening. If you stopped filling your kids with refined sugars, food coloring, additives, nitrates, trans fats, refined carbs and numerous other health destroyers then your kids would not be in the state they are in. To be honest, in the history of the**

who love to get their hands on. For those of you like to make their own products, bulk powders is the way to go. First off, you are getting exactly what you want, not a proprietary blend. Many supplement companies won't even let you know how much of a certain ingredient is in there. They say this to protect their formulation from copy cats. In my opinion with many of the others it's a scam to not let you know how little of certain ingredients they put in there. The detective type powderlifters could look at the label and realize he could have made the same thing for 25% of what you paid. The other reason, which I just touched on, is that you save a ton of money. I know you lifters are penny pinchers and you should be. You got the car payment, the mortgage, the credit card bill, plus food and we all know powderlifters can pack it in. With all these expenses, it's good to know you can still find top quality supplements at a cheap price. The good news is that Custom Nutrition Warehouse and all they offer is still around and so is Mike to take care of your bulk supplement needs.

**JOE CUKOVSKY AND TEAM XP3**

**Q: I heard from a forum that you have taken on Joe Cukovsky as one of your XP3 clients. Is this true? Can you give some insight of what you are doing with him and any things that are going on in the pipeline? Yours in strength, Fred Folker.**

**A: Joe is one of the athletes I have taken under my wing to help design customized supplement plans. Joe and I have kept this on the down low so how did you find out about it? Anyway, the cat is out of the bag and you can expect some amazing things from Joe in the near future. Joe takes his nutrition as serious as his training and he will no doubt be shattering the record books again and again. I can't give you the scoop on what Joe and I have been up to, but I will say that he will be stronger than he**

Chanca compared to those that didn't receive Chanca. Another study showed it lowered the incidence of liver tumours in mice. Another plus is that rats given Chanca also normalized their fatty liver. I know several lifters who have this condition and Chanca can help. In the same study they found Chanca lowered the levels of carcinogen metabolising enzymes in the liver. This shows the protective ability that Chanca offers in regards to cancer.

**WHAT HAPPENED TO CUSTOM NUTRITION WAREHOUSE?**

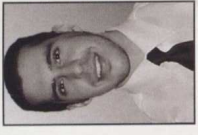
**Q: I wanted some info about Custom Nutrition Warehouse. I know you mentioned them in the past as the place you get all your bulk products. Their website was down and I want to order some more things so what's the deal? Thanks again for a great column and info we can actually use. Last time I checked the site it redirected me to another site. What is going on? Sincerely, Porter Washington.**

**A: Yes, it's true that I get my supplements from Custom Nutrition Warehouse, especially bulk powders. This makes it easier to make my own formulations which include exactly what I want, and not what some supplement manufacturer thinks I need. I apologize that I didn't give you guys a heads up. I meant to let you know about the situation but my soda series was a little longer than expected. The reason the site is down is that they have changed their name. Don't worry they have not gone out of business, or changed owners, they simply changed their name because another company claimed they had some legal rights to the previous name. To skip over all the details, you should have no worries at all. The old Custom Nutrition Warehouse is now called Zom Nutrition. You can still find them on the web at [www.zomnutrition.com](http://www.zomnutrition.com). Another thing that you don't have to worry about is that Mike Fox still owns and operates the company. The only thing different is that Mike will be adding several more hard to find ingredients I know many of you**

here another major benefit here not just the breakdown of the stones. In one study done in India, Chanca was shown to help reduce blood cholesterol as well as triglycerides. For most lifters this is a problem. Many are diagnosed with high cholesterol and I know cholesterol and I know triglyceride levels go hand in hand. Chanca has also been used in treating gallbladder stones effectively as well as even though little scientific research has been done up to this date for this specific condition. The fact that 20 million people in the US get gallstones annually shows that such a high incidence most definitely has to do with improper nutritional practices and lifestyle choices. Much research has been done on Chanca's lowering effect on high blood pressure.

**Power Nutrition Q&A**

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



Anthony Ricciuto

So you are getting another major benefit here not just the breakdown of the stones. In one study done in India, Chanca was shown to help reduce blood cholesterol as well as triglycerides. For most lifters this is a problem. Many are diagnosed with high cholesterol and I know cholesterol and I know triglyceride levels go hand in hand. Chanca has also been used in treating gallbladder stones effectively as well as even though little scientific research has been done up to this date for this specific condition. The fact that 20 million people in the US get gallstones annually shows that such a high incidence most definitely has to do with improper nutritional practices and lifestyle choices. Much research has been done on Chanca's lowering effect on high blood pressure. Scientists believe that a phytochemical called Geranin in Chanca is what is responsible for lowering blood pressure. Another reason why Chanca has been effective at lowering blood pressure is due to its diuretic effect. Another area of concern, especially for those lifters who are using pharmaceuticals is liver protection. Chanca has been shown to help protect the liver from many toxins. For those not taking pharmaceuticals to enhance your performance don't think that you won't need it.

Chanca is used in many South American countries in treatment for diabetes and from the research available you can see that they were right on the money all those years. One area of study that you may not be familiar with Chanca is in relation to its pain killing effect. There have been half a dozen studies on this in the last decade to prove its effectiveness at relieving pain. One study showed that it is seven times more effective in terms of old analgesic effect than good old acetaminophen or even aspirin. That is one powerful analgesic. What is really nice is that it doesn't have all the side effects that acetaminophen carries along with it. Those who take Chanca also help eliminate kidney stones as well as how effective it is at helping the horrible pain they are going through.

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## POWERPEOPLE

**Austin Thomason**, 5 years old, from Roanoke, West Virginia, is the great nephew of Ken Samples, of South Charleston, West Virginia. Ken is a multiple time Masters State and National Champion with the USPF and NASA and holds many impressive bench press records. Austin is the 2008 West Virginia State Youth Wrestling Champion in the 40 pound weight class, with a 35-8 record. Austin loves to lift weights and looks up to his Uncle Ken for motivation and guidance. Austin says the weights have helped him to be able to do 100 pushup and 100 situps a night, quite an accomplishment for a 5 year old. He says he wants to grow up to be just like Uncle Ken and win championships. Obviously, the future of our sport is in good hands with examples like Ken and dedicated youth like Austin.

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In my opinion, the most effective assistance exercise for the squat is the close or narrow stance squat. Simply put, the close stance squat is performed with a narrower than normal stance. The close stance reduces the contribution from the hips while placing more of the demand on the thighs. Since the close stance squat is in reality a squat, there should be a high positive transfer of strength gained to your competitive squat, very similar to the way the close grip bench press affects the regular bench press.

For this exercise I recommend shoulder width stance, which is narrower than most powerlifters' competitive squats. This squat style is a cornerstone lift for Olympic lifters. For powerlifters using an extremely wide stance, this style is quite different and can be a real challenge for your squatting muscles. This change in stance may require some getting used to at first as the balance and leverages involved are vastly different. Larger lifters may have trouble using shoulder width stance. In that case, try to get as close as comfortably possible. To place more load on the leg muscles, these are best performed with a flat back while remaining as upright as possible throughout the movement.

Start by using 50-60% of your max competitive single for sets of 12 reps for the first week or two. After this break-in period, gradually increase the weight until you find a weight that is challenging for sets of 6-12 reps while maintaining proper form. If you use bad form with light weights from the start, you stand little or no chance of using proper form with heavier weights later. Do them right from the beginning for best results.

I did not possess the flexibility to perform these squats with an erect or upright back position, but narrowing my stance as described and maintaining as erect posture as could still produced solid results. Some lifters may have trouble keeping their heels on the floor at the low position. This can be remedied with

## STARTIN' OUT

### CLOSE STANCE SQUATS as told to by Doug Daniels

gastrocnemius stretches. Some lifters use a small plate (5-10 lbs) under their heels to achieve the same result. True Olympic squats also entail resting the bar high on the back, across the shoulders, near the base of the neck, as opposed

to the normal power squat that rests just on or above the rear delt. If holding the bar that high on your back causes pain or discomfort, hold the bar in your normal power squat position. This will still be effective if you maintain close stance and erect posture.

The off season is best time to work close stance squats into your routine, that is the time period before the 8-10 weeks prior to meet. I believe that sticking solely with power squats throughout your entire training year will not give the best long term results. As far as depth goes, squatting parallel is sufficient. Descend in a controlled manner

keeping your back flat with torso as erect as possible and avoid bouncing at the bottom. Hamstring flexibility really helps here and gaining increased flexibility is well worth the effort. Flexibility work will greatly benefit not only your close squats, but also your competitive style squat and deadlift.

If you decide not to do all your off season squats with a close stance, add one or two sets at the end of your squat workout for 6-12 reps. Drop these no later than 4-5 weeks away from a meet to focus on meet performance and to avoid overtraining.

My suggestion is to not use a squat suit, knee wraps or lifting belt while doing close stance squats. This equipment lifts some of the weight for you. Make your muscles do the work.

As meet day nears, work gradually back into contest training style. Don't directly train your last close stance squat workout to heavy competitive squat training. It's best to reacquaint yourself with your normal squat stance and hopefully you'll notice improved squatting power. Maintain flexibility work throughout the whole year as it benefits all aspects of your lifting, including injury prevention.

I strongly urge our readers to include close stance squats next off season. They can be used exclusively during that period or work them into your routine as a finisher on your light days. Since they are, in essence, strength gains should readily transfer over to your competitive squat. There may be a few adjustments to your execution, such as bar placement and increased emphasis on flexibility. They also add variety and new challenges to your workouts.



Adrian Blindt representing England at the 1989 WDFPP World Championships in Chicago used a rather narrow stance, even for his competition style squats.

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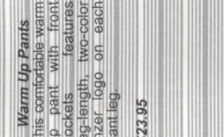


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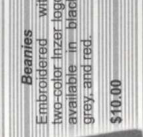
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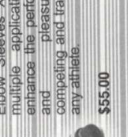


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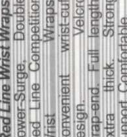
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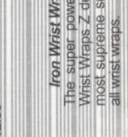
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**Iron Wrist Wraps Z**  
 The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

**\$17.00**

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

**\$10.00**



**Hoodie**  
 Super-wear's Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

**\$19.50**



**Gym Bag**  
 This rugged deluxe embroidered gym duffel is easy to look at. Inzer logo and 'Strongest Sport' powerlifting design.

**\$25.00**

**Knee Sleeves XT**  
 The high tech knee support advantage for strongman competitors and other athletes.

**\$55.00**



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

**\$16.50**



**Iron Wraps Z**  
 The most powerful, most popular, most effective knee wrap in the world!

**\$22.00**



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

**\$70.00**



**Forever Ballis™**  
 Forever Ballis™ are guaranteed forever!



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

**\$70.00**



**Forever Lever Belt 10MM**  
 All the manufacturing quality and lever belt support in a pleable 10mm thickness.

**\$60.00**

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

**\$60.00**



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

**\$145.00**

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

**\$33.00**



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

**\$42.00**



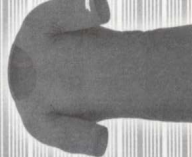
**Champion Suit**  
 Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

**\$42.00**



**The Pillar**  
 The Pillar will increase the poundage you can lift through the use of the design of the lift. Feet the the heel and wear on your feet and in your lifting with this outstanding power shoe.

**\$115.00**



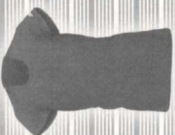
**Standard Blast Shirt**  
 Based on the original, legendary design. Made of unique material found in no other shirt, heavy exposure rated stitched suit, prefer this bench shirt. Unbeatable value and price.

**\$38.00**



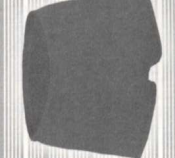
**High Performance HD Blast**  
 Steps above in Radical™ technology, the HPBD will enter you into the world of HD in polyester material.

**\$77.00**



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

**\$55.00**

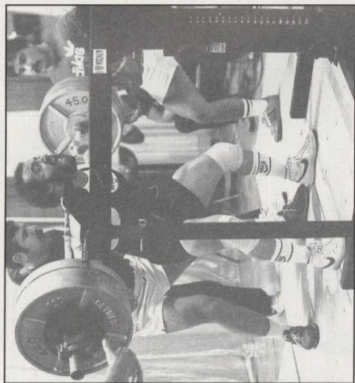


**Heavy Duty Groove Briefs**  
 Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

**\$26.00**



## Perspective: 1982-2008



**Above, Marc Caplan squatting at the 1982 American Cup, held at the Shrine Auditorium in Los Angeles, and below, Marc, now 50, at the 2008 USPF American Cup, part of Fit Expo, at the Los Angeles Convention Center (CS photograph). Just before he wrote this, he was with his 25-year-old daughter, who was born only a month after that first Cup. Few can speak to the changes that have taken place in the sport from his point of view: same weight classes, similar strength levels, and ranked near the top in his division, after over 25 years have passed.**



total at 198, and Shawn Frankl's 2,400 pound total in the same class. Their squats are comparable, and I bench 451 and pulled 715 in 2004, at age 46. I squatted 810 and last October, at 49, I benched 507. I can't use my deadlift as an example, as my best has been 639 since my back injury. G gear improvements mean my main reason my squat and deadlift are higher now than when I was in my 20s. The bottom line is that we should tip our hats equally to our past champions, and the champions of today. We should never compare numbers between these different eras. An example of this would be to look at Ed Coan's 2204 pound

stand, how to grip the bar, everything in history, was one of the greatest deadlifters in history, pulling 903 in the heat at Gas's Hawaiian Record Breakers, while weighing in at under 300 lbs. I was one of the fortunate few who witnessed Doyle's 1003 lb. pull in training in 1982. The Mountain Man, as he was known, shook violently, and possibly hitched a bit, but he pulled that bar down on the platform. It was an amazing event to witness, and I cherish that memory even today.

Under Doyle's tutelage, I quickly climbed the ranks, first in the 165s, then the 181s and I was just moving into the 198 lb. class when I was seriously injured in December, 1982, competing at the Caesar's Palace Invitational in Las Vegas. I had just won the American Cup at 181 lbs. and was training for the Vegas meet, when I managed to get a severe case of food poisoning. I can still hear Doyle and my wife, Danielle, telling me not to go to Vegas. Both of them feared me getting injured, after being weakened and missing the last couple of weeks of training. I was 24 and felt invincible. A tomcat, slipped disc (between L4 and L5—sound familiar to any lifters out there?) and pinched nerves, proved me very wrong. Although I was only a few years in the sport, I had the privilege of meeting, training and competing alongside lifters like David Shaw, Tom Magee, Fred Hatfield, Bill Evans, Curtis Leslie, Roger Estep, Rich Woods, John Gamble, Gus Rethwisch and, of course, Doyle Kennedy.

In 2002, some local high school wrestlers who knew of my powerlifting career from two decades before, asked me if I would train them. I agreed, and proceeded to pull all my equipment out of storage, purchased a few other pieces, and set it all up in the basement of my house. It soon became known as "The Dogg Lb." When I told one of my best friends I was training these guys, he implored me to get back into it myself. I said, "It's not just something you did, it's part of who you are." He was absolutely right. So right, in fact, that not only did I get back into the competitive aspects of lifting, I started a sports training business out of the Dogg Lb., which has now expanded considerably. We train powerlifters through The Dogg Lb. (www.DoggLb.com) where 220 lb. professional lifter Larry Hook, is my head powerlifting coach, and my other coaches and I conduct sport specific training, primarily for football and hockey players, at Elite Speed and Strength Development (www.EliteSpeedStrength.com).

Since my return to the platform, I have competed in the AAPE, APF, WPC, IPA, USPF, APC, GPC, and IWABDL, and I was recently voted onto the Board of the APC. Regarding which lift you compete in, what gear you wear, or if you gear at all, keep working hard to improve every time you hit the platform. Learn from your mistakes and listen to your body. Don't make the mistake I made, and miss out on the prime years of your lifting career. Young lifters: find training partners you can count on, and, if possible, a veteran lifter to teach you. Read your *Powerlifting USA*. Don't just search the meet results to see your name. Seriously read the articles and learn from them. Most are written by guys who have been on the platform, and have knowledge and experience to share with you.

I'm concerned about the heading, though our sport appears to be heading in this article, I would like to discuss what I believe to be the main problem. My opinion is based on what I have seen over the 30 plus years I have been involved in powerlifting.

Many argue the gear vs. raw debate is the main point of divisiveness. Some think it is the steroid issue. While these definitely cause contention, neither of these is the primary reason. In my opinion, nothing discredits our sport more than the numerous record holders and "World" champions we have. Of course, this is the result of the many federations that exist today.

In an ideal world, there would be one federation. That's all there was when I did my first meet in 1975. Everything was under the AAU. Today, there are so many federations I've lost count. Do we really need all of them? Probably not. But, that's not going to change. In fact, it will likely get worse as gear and technology progress. The good thing is there is something for everyone.

Remember, not all federations are available in every location. Some are available in every location, but some areas are predominantly APF, while another may be USAPL. Maybe someone who lifts in SLP doesn't have RAW in their area.

As the years pass, it's becoming more difficult to find someone to compete against. This is the result of the many federations, and the multitude of divisions we have. I don't think that it is a bad thing to have all these divisions, but how much fun is it to compete against yourself? There is the argument that you are really only competing against yourself anyway. To a point, that's true, but it's not the whole truth. It's competing against someone else that brings out the best in yourself.

When I started out, most meets were "open". There were separate "novice" meets, Teenage Nationals, Collegiate Nationals, etc., but this is an area where I think we should go back to the good old days. My solution is that all meets should be "open". Let's bring back the spirit of competition. How can we now when most lifters are lifting unopposed?

The answer is going back to open meets. Records could still be set for the individual divisions, and meet directors could still offer prizes for best teenage lifter or Masters lifter, 2nd and 3rd place awards would be given in the open competition only. We must address the issue of too many world champions and world record holders. The title of World Champion and World Record Holder must be reserved for the best of the best. We have diluted that distinction with all the federations we have. Is there a solution?

It involves putting egos behind and looking at what is best for the sport. We will not be able to eliminate the multiple federations, but we can

due about whether big lifts were done raw or with gear, juiced or unjuiced. They just hear 1200 lbs.

One thing they do care about is individual integrity. Betray their trust and see how quickly they will turn on you. The public doesn't care that Barry Bonds was probably on steroids while breaking the home run record. It is his lying about using steroids that has resulted in him being despised by the general population. The same is true of Roger Clemens. The thing you need to be concerned about in this sport is integrity.

Regarding internet federation busting between federation supporters, I challenge all forum moderators to stop these attacks as soon as they are noticed. If you are going to allow this, require posters to post with their real name. Otherwise, just delete the post. Forum moderators have a responsibility to our sport and should be held accountable if you are going to allow bigotry to continue amongst us. If you want to take some positive action, control your boards.

Federation leaders must come together for the good of powerlifting. It is time that you put aside your egos. You don't have to give up your federation, but you have to realize that having 20 federations each with 50 World Champions and 200 World records is not good for the overall credibility of our sport.

I challenge the leaders of these federations to sit down and discuss implementing some of the ideas I have proposed. Find common ground to unite on. Start having open meetings to bring back the spirit of competition and camaraderie. Create a unified National meet. Have a national meet. Create records for the main disciplines that exist within our sport. Let's not dilute this sport any more.

Our sports similar to martial arts. There are many different fighting styles. They are all martial arts. No one is better than the other. They coexist. Whether you lift raw, single ply or multi-ply, you have put just as much blood, sweat and tears into your training as the next guy. You are just as strong in your discipline as the other lifter is in theirs.

Solutions have been proposed. However, for our sport to survive and move forward, it will be necessary for both individuals and federation leaders to put aside their egos and make concessions. Will you do your part?

Vince Scelfo is the current WPC, APF and AAPF record holder in squat, bench and total for the 148 lb., 50-54 division. He is also a former AAPF National and AWPC World Champion.

# OPINION

## A DRASTIC SOLUTION TO RESTORING THE CREDIBILITY OF POWERLIFTING by Vince Scelfo



do something to solve the multiple World Champions issue. If the federations can sit down and compromise...

We must understand that there are essentially three forms of lifting in the powerlifting community. They are raw, single ply and multi-ply. These would be the categories for which World Champions and World Records will be recognized.

What needs to happen first is that all federations should cease crowning World Champions and recognizing World Records. They can have Federation champions and federation records, but they can no longer be referred to as World champions or World records. The winners of each federation's championship will then compete at true Senior National Championships against other federations of similar rules. The winners would then advance to a true World Championship.

For example, in the raw divisions, NASA, AAU, RAW, etc. would each hold their own separate qualifying meet. The winners would advance to a raw Senior National meet. The winners would then compete in a true raw World Championship.

The same would be true for single ply where you have USAPL, USPF and AAU, etc. In multi-ply you have APF, IPA, APA, UPA, etc. This could also exist for the Teenage and Masters divisions.

As an example, it would be necessary to set up a main single ply coalition. It could be called the National Single Ply Federation and it would consist of representatives from USPF, USAPL, AAU, etc. They would come up with an agreeable set of rules to govern a "unified" National championships. This national coalition will be responsible for overseeing National records. They do not set rules and regulations for the individual federations.

On the international level, this coalition could apply to compete in the IPF World Championships. The result would be that we are sending the best single ply lifters our country

has to offer. Even if this could not be done on a world level at this point in time, there is nothing to prevent this from being at least started here in the USA. We're aware that Eric Talman has done from the raw perspective. My proposal would be that Eric's unified meet would be considered sort of a Raw Senior Nationals. The winners would then go to a Raw World meet.

All disciplines must treat each other with respect. The internet bashing that occurs on a daily basis needs to cease. While at times it may seem entertaining, it does nothing but fuel the fires of divisiveness. The raw vs. gear, users vs. non-users schtick, is just plain getting old. It does nothing to make you as a person or our sport any better.

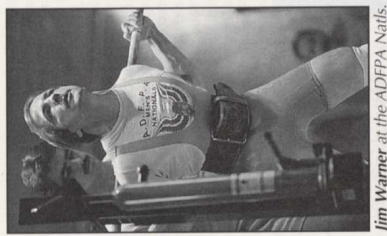
If it can be learned anything from the MLB steroid issue, it is this: The public doesn't care if somebody who hits a game winning home run is on steroids or not. They only care about the thrill of the moment and that their team won. In the end, they will still pay money and fill the seats regardless of how many players may be on steroids. The general public will be on



## ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 148 Pound (67.5 Kilogram) Weight Division -- SQUAT

Rank	Name	DOB	Date	Actual Weight	Exact Bodyweight	Location	Federation
1.	884.7	884.7	884.7	884.7	884.7	884.7	884.7
2.	788.2	337.5	5.30X	Thomas James "T.J." Hoerner	77	4/1/06	(365.0 kg @ 146.2 lb.) (Houston, Texas) (AEP)
3.	765.0	(347.0) *5.14X	Nick Hatch	85	3/4/05	(337.5 kg @ 67.5 kg.) (Columbus, Ohio) (WPO)	
4.	722.0	(322.5) *4.87X	Calvin Williams	84	1/20/08	(765.0 lb. @ 67.3 kg.) (Columbus, Ohio) (IPA)	
5.	705.0	(318.0) *4.76X	Dee Hochstetler	58	12/13/03	(700.0 lb. @ 67.4 kg.) (Stavanger, Norway) (USAP/JPF)	
6.	700.0	(316.7) *4.70X	Larry Lucketti	58	2/24/08	(700.0 lb.) (Aron Lake, Ohio) (IPA)	
7.	685.0	(310.7) 4.60X	Tony Conyers	59	12/12/92	(685.0 lb.) (East Charlotte, Florida) (APA)	
8.	682.3	(309.5) 4.59X	Wade Hooper	70	1/17/98	(395.0 kg.) (Honolulu, Hawaii) (USAP/JPF)	
9.	672.4	(308.5) 4.57X	Jose Hernandez	60	3/5/90	(395.0 kg.) (Chicago, Illinois) (USAP/JPF)	
10.	665.0	(306.8) 4.53X	Joe Austin	58	4/8/88	(295.5 kg.) (Honolulu, Hawaii) (USAP/JPF)	
11.	655.9	(295.2) 4.41X	Don Bradshaw	56	10/2/82	(295.0 kg.) (Wits University, South Africa) (USPF)	
12.	650.4	(295.0) 4.37X	Calvin Dial	3/23/91	(295.0 kg.) (Urbana, Illinois) (NSM)		
13.	650.0	(294.8) 4.37X	Tracy Hodges	4/25/93	(650.0 lb.) (Vienna, Illinois) (NSM)		
14.	650.0	(294.8) 4.37X	Andy Treacher	9/20/92	(292.5 kg.) (Columbus, Ohio) (USAP/JPF)		
15.	648.0	(294.5) 4.36X	Dennis D'Amico	61/6/07	(290.0 kg.) (Columbus, Ohio) (USAP/JPF)		
16.	643.3	(294.3) 4.30X	Dominic Sardo	59	7/28/90	(287.5 kg.) (Daytona Beach, Florida) (APF/WPC)	
17.	633.8	(287.5) 4.24X	John Green	61	6/10/06	(287.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)	
18.	633.8	(287.5) 4.24X	John Green	61	6/10/06	(287.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)	
19.	630.0	(285.0) 4.23X	Jim Finch	10/9/82	(630.0 lb.) (Canton, Ohio) (USPF)		
20.	628.5	(285.0) 4.23X	Rickey Dale Craney	53	11/8/80	(285.0 kg.) (Fort Lauderdale, Florida) (AAMP)	
21.	628.5	(285.0) 4.23X	Mike Bridges	57	11/27/78	(282.5 kg.) (Tulsa, Oklahoma) (USPF/JPF)	
22.	622.8	(282.5) 4.19X	Doug Abbey	64	3/15/03	(282.5 kg.) (Omaha, Nebraska) (AEP)	
23.	622.8	(282.5) 4.19X	Doug Abbey	64	3/15/03	(282.5 kg.) (Omaha, Nebraska) (AEP)	
24.	622.8	(282.5) 4.19X	David Edmondson	61	8/4/07	(282.5 kg.) (Rosemont, Illinois) (AAMP/WPC)	
25.	620.0	(281.2) 4.17X	James Sweet	5/4/02	(620.0 lb.) (Clen Mills, Pennsylvania) (ISCPA)		
26.	620.0	(281.2) 4.17X	David Edmondson	61	8/4/07	(282.5 kg.) (Rosemont, Illinois) (AAMP/WPC)	
27.	611.8	(277.5) 4.11X	Tom Perkins	5/17/94	(277.5 kg.) (Columbus, Ohio) (USAP/JPF)		
28.	611.8	(277.5) 4.11X	Tom Perkins	5/17/94	(277.5 kg.) (Columbus, Ohio) (USAP/JPF)		
29.	611.8	(277.5) 4.11X	Scott Stiegel	66	6/21/97	(277.5 kg.) (Atlanta, Georgia) (APF/WPC)	
30.	611.8	(277.5) 4.11X	Scott Stiegel	66	6/21/97	(277.5 kg.) (Atlanta, Georgia) (APF/WPC)	
31.	606.3	(275.0) 4.07X	Clyde Wright	5/1	12/8/01	(277.5 kg.) (Aurora, Illinois) (USPF)	
32.	606.3	(275.0) 4.07X	Jim McCarty	7/1	4/25/82	(275.0 kg.) (West Lafayette, Indiana) (USPF)	
33.	606.3	(275.0) 4.07X	Jim McCarty	7/1	4/25/82	(275.0 kg.) (West Lafayette, Indiana) (USPF)	
34.	605.0	(274.4) 4.07X	Ron Diermo	3/15/92	(605.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)		
35.	600.8	(272.5) 4.04X	Jim Warner	1/10/81	(272.5 kg.) (Columbus, Ohio) (USPF)		
36.	600.8	(272.5) 4.05X	Jay Roscignione	5/6	7/11/81	(272.5 kg.) (Corpus Christi, Texas) (USPF)	
37.	600.8	(272.5) 4.05X	Jay Roscignione	5/6	7/11/81	(272.5 kg.) (Corpus Christi, Texas) (USPF)	
38.	600.8	(272.5) 4.06X	Jesse Kellum	64	9/15/87	(272.5 kg.) (Arling, Virginia) (USPF)	
39.	600.8	(272.5) 4.06X	Jesse Kellum	64	9/15/87	(272.5 kg.) (Arling, Virginia) (USPF)	
40.	600.8	(272.5) 4.04X	Charles Lawson	11/18/87	(272.5 kg.) (El Toro, California) (USPF)		
41.	600.8	(272.5) 4.04X	Charles Lawson	11/18/87	(272.5 kg.) (El Toro, California) (USPF)		
42.	600.8	(272.5) 4.06X	Miguel Taoy	2/15/89	(272.5 kg.) (Long Beach, California) (USPF)		
43.	600.8	(272.5) 4.06X	Miguel Taoy	2/15/89	(272.5 kg.) (Long Beach, California) (USPF)		
44.	600.8	(272.5) 4.06X	Justin Maltre	8/2	9/16/00	(272.5 kg.) (Chia Yi, Taiwan) (USAP/JPF)	
45.	600.0	(272.2) 4.03X	Jack Thum	5/15/88	(600.0 lb.) (Milwaukee, Wisconsin) (AEP/WPC)		
46.	600.0	(272.2) 4.03X	Randall Kea	6/2	9/11/88	(600.0 lb.) (Hinesville, Georgia) (AEP/WPC)	
47.	600.0	(272.2) 4.03X	Randall Kea	6/2	9/11/88	(600.0 lb.) (Hinesville, Georgia) (AEP/WPC)	
48.	600.0	(272.2) 4.03X	Carlos Leeper	9/28/91	(600.0 lb.) (El Reno, Oklahoma) (USPF)		
49.	600.0	(272.2) 4.03X	Carlos Leeper	9/28/91	(600.0 lb.) (El Reno, Oklahoma) (USPF)		
50.	600.0	(272.2) 4.03X	Todd Suttles	12/4/94	(600.0 lb.) (Atlanta, Georgia) (WNPF) (ADPPA)		
51.	600.0	(272.2) 4.03X	Todd Suttles	12/4/94	(600.0 lb.) (Atlanta, Georgia) (WNPF) (ADPPA)		
52.	600.0	(272.2) 4.03X	Greg Pappas	6/3	4/26/04	(483.0 kg.) (Chattanooga, Tennessee) (USPF)	
53.	600.0	(272.2) 4.03X	Greg Pappas	6/3	4/26/04	(483.0 kg.) (Chattanooga, Tennessee) (USPF)	
54.	600.0	(272.2) 4.03X	Evangelina Kizer-Kersev	41	12/14/05	(157.5 kg.) (San Diego, California) (USPF)	
55.	600.0	(272.2) 4.03X	Evangelina Kizer-Kersev	41	12/14/05	(157.5 kg.) (San Diego, California) (USPF)	

(\*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70, Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Jim Warner at the ADFFA Natls.



T.J. Hoerner leads the way at 804



Nick Hatch did big lifting for the Big Iron Gym



Jesse Jackson a lean, mean squatting machine



Miguel Taoy a product of our military program

## ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 123 Pound (56 Kilogram) Weight Division -- SQUAT

Rank	Name	DOB	Date	Actual Weight	Exact Bodyweight	Location	Federation
1.	486.1	(210.5) *4.12X	Margaret Kirlind	(206.3) 5/30/08	(220.5 kg @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC)		
2.	480.0	(217.7) 3.89X	Joey Burley	70	6/24/06	(480.0 lb.) (Lake George, New York) (AEP)	
3.	451.9	(205.0) *3.77X	Joey Burley	70	6/24/06	(480.0 lb.) (Lake George, New York) (AEP)	
4.	449.0	(204.0) *3.75X	Mary Ryan	60	7/16/08	(200.0 kg @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)	
5.	440.0	(200.0) *3.58X	Carrie Bondreau	67	7/21/95	(191.5 kg @ 54.9 kg.) (Baton Rouge, Louisiana) (USPF/JPF)	
6.	422.2	(191.5) *3.49X	Vicky Steenrod	49	1/28/84	(190.0 kg @ 55.7 kg.) (Austin, Texas) (USPF/JPF)	
7.	420.8	(190.9) *3.43X	Felicia Johnson-Ahny	58	1/26/85	(187.5 kg @ 55.8 kg.) (Boston, Massachusetts) (USPF)	
8.	413.4	(187.5) *3.36X	Kathy Baker	70	1/19/05	(187.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)	
9.	407.9	(185.0) *3.30X	Michelle Amodeo	79	9/11/02	(172.5 kg @ 56.0 kg.) (Sotchi, Russia) (USAP/JPF)	
10.	407.9	(185.0) *3.30X	Michelle Amodeo	79	9/11/02	(172.5 kg @ 56.0 kg.) (Sotchi, Russia) (USAP/JPF)	
11.	400.0	(181.4) 3.24X	Diana Bona	5/3/86	(400.0 lb.) (Saint Johnsbury, Vermont) (USPF)		
12.	391.3	(177.5) 3.17X	Caithleen Kelli	54	12/3/95	(177.5 kg.) (San Anselmo, California) (NSM)	
13.	391.3	(177.5) 3.17X	Caithleen Kelli	54	12/3/95	(177.5 kg.) (San Anselmo, California) (NSM)	
14.	390.0	(176.9) 3.16X	Diane Frantz	10/17/87	(390.0 lb.) (Victoria BC, Canada) (APF/WPC)		
15.	385.8	(175.0) *3.12X	Anna Biskob	7/29/94	(175.0 kg.) (Chicago, Illinois) (APF/WPC)		
16.	385.8	(175.0) *3.12X	Anna Biskob	7/29/94	(175.0 kg.) (Chicago, Illinois) (APF/WPC)		
17.	385.8	(175.0) *3.12X	Anna Biskob	7/29/94	(175.0 kg.) (Chicago, Illinois) (APF/WPC)		
18.	380.3	(172.5) *3.10X	Diana Rowell	83	4/16/05	(175.0 kg.) (Baton Rouge, Louisiana) (USAP/JPF)	
19.	380.3	(172.5) *3.10X	Diana Rowell	83	4/16/05	(175.0 kg.) (Baton Rouge, Louisiana) (USAP/JPF)	
20.	380.3	(172.5) *3.10X	Diana Rowell	83	4/16/05	(175.0 kg.) (Baton Rouge, Louisiana) (USAP/JPF)	
21.	380.3	(172.5) *3.10X	Cheryl Finley	7/25/92	(172.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)		
22.	374.8	(170.0) *3.08X	Nancy Avigliano	56	6/10/00	(170.0 kg.) (Warren, Michigan) (APF/WPC)	
23.	369.3	(167.5) *3.03X	Julie Thomas	60	1/29/83	(167.5 kg.) (Chicago, Illinois) (USPF)	
24.	369.3	(167.5) *3.03X	Julie Thomas	60	1/29/83	(167.5 kg.) (Chicago, Illinois) (USPF)	
25.	369.3	(167.5) *3.03X	Julie Thomas	60	1/29/83	(167.5 kg.) (Chicago, Illinois) (USPF)	
26.	369.3	(167.5) *3.03X	Julie Thomas	60	1/29/83	(167.5 kg.) (Chicago, Illinois) (USPF)	
27.	369.3	(167.5) *3.03X	Julie Thomas	60	1/29/83	(167.5 kg.) (Chicago, Illinois) (USPF)	
28.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
29.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
30.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
31.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
32.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
33.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
34.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
35.	363.8	(165.0) *2.98X	Sheila Ward	68	1/17/86	(165.0 kg.) (Topeka, Kansas) (USPF)	
36.	360.0	(163.0) 2.92X	Suzanne "Stuuz-Z" Harwig-Cary	66	7/15/06	(360.0 lb.) (Towson, Maryland) (AAU)	
37.	358.3	(162.5) *3.01X	Debbie Candalaria	82	3/29/08	(162.5 kg.) (Houston, Texas) (ADPPA)	
38.	358.3	(162.5) *3.01X	Debbie Candalaria	82	3/29/08	(162.5 kg.) (Houston, Texas) (ADPPA)	
39.	356.9	(161.9) *2.91X	Debbie Candalaria	82	3/29/08	(162.5 kg.) (Houston, Texas) (ADPPA)	
40.	352.7	(160.0) 2.86X	Beth Fisher-Street	65	6/28/85	(160.0 kg.) (Rockport, Maine) (USPF)	
41.	352.7	(160.0) 2.86X	Beth Fisher-Street	65	6/28/85	(160.0 kg.) (Rockport, Maine) (USPF)	
42.	352.7	(160.0) 2.86X	Beth Fisher-Street	65	6/28/85	(160.0 kg.) (Rockport, Maine) (USPF)	
43.	352.7	(160.0) 2.86X	Beth Fisher-Street	65	6/28/85	(160.0 kg.) (Rockport, Maine) (USPF)	
44.	352.7	(160.0) 2.86X	Beth Fisher-Street	65	6/28/85	(160.0 kg.) (Rockport, Maine) (USPF)	
45.	352.7	(160.0) 2.86X	Beth Fisher-Street	65	6/28/85	(160.0 kg.) (Rockport, Maine) (USPF)	
46.	352.7	(160.0) 2.86X	Beth Fisher-Street	65	6/28/85	(160.0 kg.) (Rockport, Maine) (USPF)	
47.	350.0	(158.0) 2.83X	Ruth Shaler	59	11/21/81	(350.0 lb.) (Salem, Oregon) (USPF)	
48.	350.0	(158.0) 2.83X	Ruth Shaler	59	11/21/81	(350.0 lb.) (Salem, Oregon) (USPF)	
49.	347.2	(157.5) 2.81X	Evangelina Kizer-Kersev	41	12/14/05	(157.5 kg.) (San Diego, California) (USPF)	
50.	347.2	(157.5) 2.81X	Evangelina Kizer-Kersev	41	12/14/05	(157.5 kg.) (San Diego, California) (USPF)	

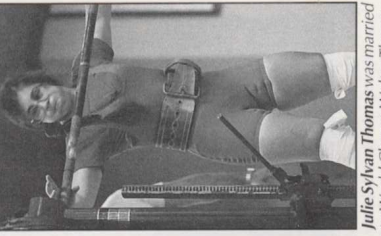
(\*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70, Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Kelly at the ADFFA Women's



Diane Frantz .. the wife of Ernie



Julie Sylvan Thomas was married to World Champ Walter Thomas



Debbie Candalaria .... one of Arizona's best ever.



Eileen Todaro later was married to lifter Brian Wade



## ASK THE DOCTOR

**WEIGHT LOSS IS AN OXYMORON**  
*as told to PL USA by Mauro Di Pasquale M.D.*

Weight loss is an oxymoron. Who really wants to just lose weight? That means losing weight from all of the various tissues in your body, including muscle and bone.

That's not what people want when they say they want to lose weight. What they really want to lose is FAT, not muscle. After all maintaining or even increasing musculature not only makes the body look and function better, but it makes it easier to lose body fat and keep it off.

It's important to realize that fat loss is not simply a matter of exercising more and eating less, although these are part of the fat loss equation. Effective fat loss also means guiding your body down the right metabolic paths where you target fat breakdown and spare muscle.

It's also more than just breaking down body fat. You also have to do something with that body fat so it doesn't simply reform. That means getting rid of it by increasing the burning of this fat for fuel and flushing some of it right out of the body.

Simple as that sounds, it's not what most weight and fat loss supplements do. Many of the formulations on the market today, including the once popular ECA stack (combinations of ephedra, caffeine and ASA) formulations, will increase fat breakdown (lipolysis) but do not dispose of this fat efficiently and in most cases the fat is reformed and just goes right back to the same body areas. Also the weight loss and fat loss formulations miss the mark when it comes to using cutting edge research studies to solve the fat loss equation.

Besides increasing lipolysis and making sure you get rid of that released fat, it's also important to make sure that the weight you lose is fat and not muscle. Cutting calories can lead to weight loss but some or even most of this weight loss may in fact represent muscle and other tissues. The trick to losing weight is to lose mostly fat so that when you're down to your target goal you look and feel good.

It's also important to keep making progress. Anyone can lose weight at first but it's a real challenge to keep it up. That's because your body reacts to the imagined threat of starvation by instituting some age-old survival mechanisms, mainly slowing the metabolic rate so you can get by on fewer calories, and increasing hunger so you can take full advantage of any food that you find. Even though you're deliberately trying to lose weight to improve your looks and health, your body looks at the calorie reduction as a sign of impending starvation and adjusts accordingly.

So unless you understand what happens when you cut back on your calories, and make the appropriate adjustments, including taking the right supplements, you can reach a plateau fast.

Put all this together and it's no wonder that most people find it impossible to lose any significant amount of fat, to keep any fat they do lose from coming back on, and to prevent loss of muscle while they're dieting.

### EFFECTIVE FAT LOSS

In my mind the most important steps to effective fat loss, besides reducing calories and exercise, are:

- Increasing fat release from the fat stores in the body, including cellulite - this is done by triggering lipolysis via various mechanisms including triggering the right signaling systems (for example by selectively increasing cyclic AMP levels in fat cells either directly or indirectly) and maintaining thyroid hormone levels and activity.
- Decreasing fat formation or lipogenesis. This is done by using various



**In an amazing transformation from the '85 Hawaii Invitational to the '87 meet, George Hechter lost 113 lbs. of bodyweight, to 240 lbs., and actually increased his deadlift, 5 pounds, to 826!!**

ingredients that decrease the stimulus and the enzymes that support lipogenesis. Decreasing inflammation, insulin resistance and cortisol secretion are important in both increasing fat release and decreasing fat formation.

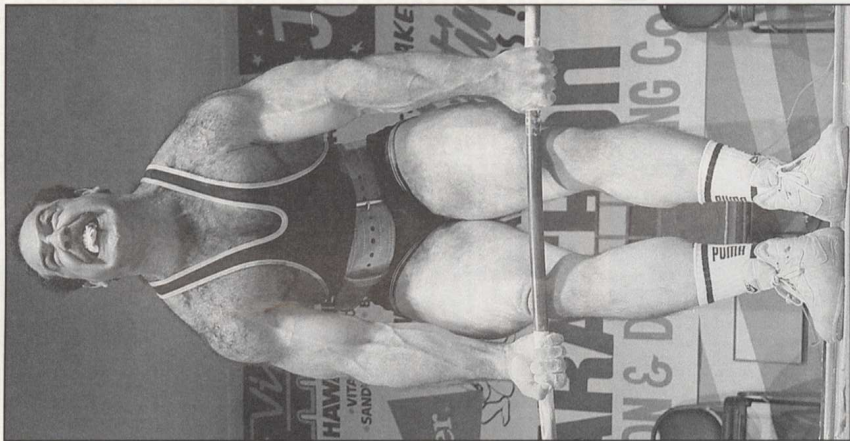
- Increasing the elimination of the released fat from the body by burning it up and by flushing it out.
- Increasing the burning of fatty acids is done by increasing the metabolic rate (including normalizing thyroid hormone levels, increasing T3 formation and effect, and increasing UCP3 uncoupling protein - these also increase lipolysis), increasing the transport of fatty acids into the mitochondria (fat fat lumines of the body) and by priming and optimizing the functioning of the TCA cycle so that beta oxidation and the efficient utilization of the basic 2 carbon groups that result from fatty acids metabolism.
- Increasing the removal of fat from the body is done by increasing the amount of fatty acids that are dumped into the urine and flushed out of the body.
- Targeting fat loss and not muscle loss. This is done by increasing levels of certain hormones and factors, such as IGF that have anti-catabolic effects.

And counteracting the metabolic effects of dieting, i.e. increased hunger and decreased metabolic rate.

And that's what LipoFlush is all about. LipoFlush does it all and then some because it attacks the problem of getting rid of body fat in innovative ways.

LipoFlush not only has all the "usual suspects" - the fat loss ingredients that are in all the other high profile weight and fat loss supplements, but it also has ingredients, and synergistic combinations of ingredients not found anywhere else.

The natural ingredients in my supplements work synergistically at many sites to produce the desired fat loss effect, without side effects and with health benefits to boot. Targeting various ingredients to affect various aspects of pathways that lead to specific effects, as against violently disrupting a specific pathway as some drugs do, is a much more natural and effective way to go.



When you cut back on your calories, and make the appropriate adjustments, including taking the right supplements, you can reach a plateau fast.

Put all this together and it's no wonder that most people find it impossible to lose any significant amount of fat, to keep any fat they do lose from coming back on, and to prevent loss of muscle while they're dieting.

### EFFECTIVE FAT LOSS

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I started Powerlifting as a teenager in the mid to late 1980s and back then there were plenty of articles in Powerlifting USA slanted towards beginning and intermediate lifters. For some reason these type of articles seemed to disappear, but with the innovation of the newest powerlifting support gear on the market, an article of this nature seems more appropriate than ever. Powerlifting suits hit the market in the 1970s followed by the bench press shirt in the early 1980s.

These suits were basically the same, a polyester one-piece costume designed to give one support as well as generate momentum from the bottom of the squat and deadlift, when bench shirts came along they were basically an aid to protect the lifter's chest and shoulders as well as help press the bar from the chest. As in any sport, manufacturers pushed the envelope in order to have the best, most result producing product on the market, as they should. Somewhere along the way Ernie Frantz started experimenting with different materials for his squat suits and bench shirts and before long we had canvas squat suits and denim bench shirts and the lifter had an even bigger arsenal at hand. Around this time companies started making their one-ply suits and shirts in two-ply versions, thus providing more support and thus, bigger numbers, again a good thing. A few years later new types of polyester gear began to arrive on the market. I refer to it as "super-polyester" because truly that is what it is. Up until the new polyester came out it was common knowledge that the canvas squat suit was the strongest, most supportive squat suit a lifter could wear, but maybe not so anymore, as some of the new "super-poly" gear in fact can surpass the performance of canvas and/or denim if used correctly by the lifter. Herein lies our problem... what type of gear should a beginner use, when should a lifter progress to stronger gear and why? I am going to try to answer these questions as best as I can and remember everything I say is only advice, take it with a grain of salt... it is up to you in the end.

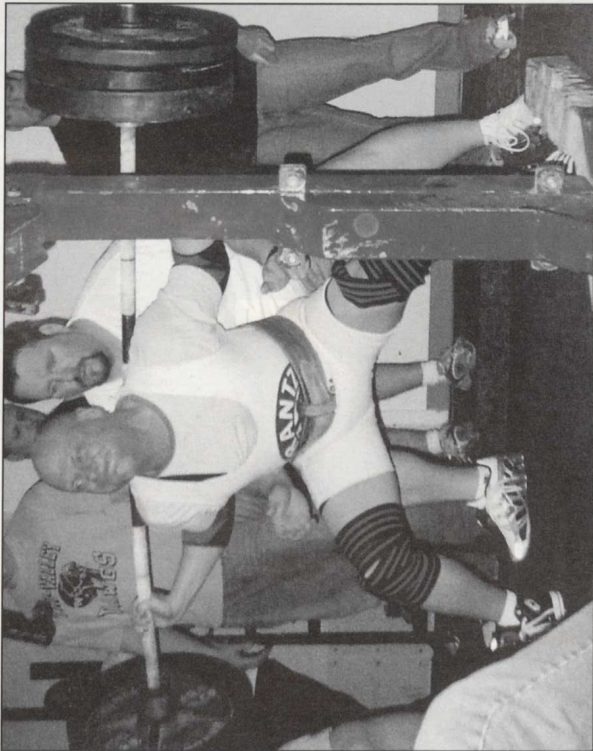
Most lifters who have been competing since the 1980s all started out the same way, the basic poly suit and bench shirt, possibly the supportive polyester underwear.

Almost anyone could start with this gear and within a given amount of time, master the gear enough to successfully compete in a contest. Today that is not true and many newer lifters are not getting the full benefit of the gear by using equipment that is too strong for them too soon, or worse yet, sustaining a serious injury. The best way a newer lifter can tell when to progress to stronger gear is by the observations of his training partners, they know by the lifter's form, strength gains, etc. when the time is right. Nothing can compare to the keen eye of a seasoned, experienced powerlifter... he or she will know best when a newer lifter can and should move on to stronger gear. That being said I believe all new lifters should start with regular polyester suits, they can be double-ply if need be, but regular, old-school polyester something under \$100. This will be everything a beginner to intermediate will need to progress and compete. When and if to add squat

## STARTIN' OUT

**GEAR PRIMER FOR THE BEGINNING TO INTERMEDIATE POWERLIFTER**  
*as told to PL USA by Derek Barker*

So many times a newer lifter wears it all right away... instant results... and it can be difficult to keep your ego in check and start out with basic gear, but using powerlifting gear is a skill in and of itself and one that must be mastered to achieve success as well as stay injury free. I have seen it time and time again, a novice lifter purchases say a double-denim, open-backed bench shirt with little to no experience with such an item. What happens? Failure? Injury?... success? Maybe, but why play catch-up? The nice thing about starting out with the lighter gear is how fast you can master it and move on to stronger gear... it really is a progression and it can be a rapid one by starting out sensibly. Many times novice lifters try the strong gear and cannot master it or get hurt and quit the sport because they feel they cannot succeed. Not true! Just another reason to start with lighter gear. It's out there, all the gear manufacturers still make it and sell it. I also believe there is no "special" way for a novice lifter or intermediate lifter to train in gear, that's where your partners come in. In the beginning stages of a lifter's career it is especially important to listen, to be on time, to not miss sessions and to remember this: to be a part of a good crew is usually not a democracy, most situations will have you keep your mouth shut, ears open, and do what you're told. If you don't think you can back it, unfortunately, you may miss out on the best opportunities of your lifting career. It is a gift to have good lifters take you under their wing, so don't blow it! In summary, if you are new, start out with the lighter stuff (you have been at it awhile and feel like you want to go to the stronger stuff, ask your training partner what he or she thinks and go for it, before you know it you'll be hitting numbers you never dreamed about.



**Derek Barker has squatted as much as 705 pounds in the 220 pound division in competition. Derek won the 2002 IPA World Cup/Iron Houses Classic, finished 2nd in the 2003 IPA World Championships, and won the 2006 IPA Ironhouses was provided to PL USA by the courtesy of Derek Barker**



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**Linda Christopher** has had more than a 30-year career in sports winning titles in swimming, running, karate, bodybuilding, olympic lifting, as well as powerlifting championships in NASA, USAPL, USPF, AAU, and WABDL.

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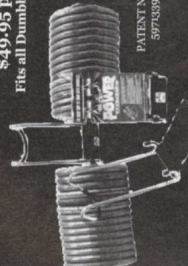
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- 26 JUL, APF Southeast Challenge (Beaumont, TX) Gary Pennington, 8 0 0 - 3 7 8 0 6 4 0
- www.squatchpower.com
- 26 JUL, Granite State BP & Rip the Strip (NJ) Louie LaFount, 357 Roxbury St., Merrimack, NH 03043, 605-352-8590
- 26 JUL, NWSA South Texas Classic, Equipped & Unequipped Pl & BP and Power Sports & Push Pull & Pro Qualifier (OAK, OK) 405-527-3775-5852, eckhardt@pro-qualifier.com
- 26 JUL, USAPL Tennessee State & Appalachian Open (Elizabeth, TN) Alex Campbell, 423-725-2415/26 JUL, APF World Press (Detroit, MI) Iron4766, 8 0 0 - 5 3 5 4 6 2 4
- 26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines, 314-805-2044, www.usaplnationals.com
- 27 JUL, APN Amateur Iron Push Pl, BP, DL, PP, SC (Frederick, MD) Scott Taylor, 5233 First St., #4-1, Zephyrhills, FL 33542, 941-626-4247, scott@apnentrifirms.biz, www.apa-wpa.com/entrifirms.htm
- 27 JUL, WNPFF Drug Free Nationals (Youngstown, OH) Ryan 330-792-6670 or 330-519-3078
- 30 JUL-3 AUG, AVPC/WPC Eurasian Championships (Cheljabinsk, Russia) Vadimir Chadkov, wpc@wpc-avpc.ru
- 1-3 AUG, AVPC/WPC Worlds (Oakbrook, IL) Kieran Kidder/Amy Jackson, 866-389-4744, amjackson@aol.com
- 1-3 AUG, 100% RAW/RAW United USA Championships (Kissimmee, FL) Troy Ford, 678-817-4743, wmp@aol.com
- 26 JUL, WABDL World Cup USA (Manchester, TN - Manchester Coffey County Conference Ctr) Ken Millrany, 931-962-1596
- 26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason Centoni, 540-336-2779, www.strengthalliance.com
- 26 JUL, SLP YMCA of Kansas City Push/Pull Classic (Kansas City, KS) 2008, Tony Cordella, 31707 Catalpa Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, 217-253-5429, 217-7385, 281-

## APF/AAPF/WPO Schedule

- 26 JUL, Western American
- 26 JUL, APF Southeast Challenge
- 1-3 AUG, AWPC World Championship
- 16 AUG, APF Push Pull Meet
- 23 AUG, APF/AAPF High Country Push/Pull
- 6 SEP, APF Georgia State
- 13 SEP, APF Cornerstone Fitness Push/Pull
- 20 SEP, APF Indiana St/Hawg Farm BP/DL
- 27 SEP, APF North Carolina BP
- 27 SEP, APF Bend It Championship
- 5 OCT, AAPF Raw New England
- 18 OCT, Northern California Open
- 25 OCT, APF Halloween Monster Bench Bash
- OCT, APF/AAPF Snake River
- OCT, APF Mississippi State PL/BP
- 1 NOV, APF Texas Cup
- 8 NOV, APF Bench Press
- NOV, WPC World PL/BP
- 6 DEC, AAPF River Valley Club
- 6 DEC, APF Gulf Coast
- 6 DEC, APF Iron Man
- 13 DEC, APF Rio Grande Valley
- DEC, APF/AAPF Southern States

Dates subject to change Call 866-389-4744 for info.  
(worldpowerlifting.org) (worldpowerliftingcongress)

## COMING EVENTS

- 419-0286
- 2 AUG, SPT Santa Rosa Push Pull, Dan Belanger, Box 584, Milton, FL 32572, dbpowerports@bellsouth.net, 850-0995-1290, 850-668-2965
- 2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwr1tr@smsn.com, www.powerliftingCA.com
- 2 AUG, USAPL Larry Garro Memorial PL (Towson, MD) Brian Washington, Brian@usbl.net, 410-265-8264, www.usbl.net/2008Open/PL, PP, BP
- 2 AUG, APA Texas Open (PL, PP, BP, DL - McAllen, TX) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apnentrifirms.biz, www.apa-wpa.com/entrifirms.htm

- sonlightgym@verizon.net, www.sonlightgym.com
- 26 JUL, Granite State BP & Rip the Strip (NJ) Louie LaFount, 357 Roxbury St., Merrimack, NH 03043, 605-352-8590
- 26 JUL, NWSA South Texas Classic, Equipped & Unequipped Pl & BP and Power Sports & Push Pull & Pro Qualifier (OAK, OK) 405-527-3775-5852, eckhardt@pro-qualifier.com
- 26 JUL, USAPL Tennessee State & Appalachian Open (Elizabeth, TN) Alex Campbell, 423-725-2415/26 JUL, APF World Press (Detroit, MI) Iron4766, 8 0 0 - 5 3 5 4 6 2 4
- 26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines, 314-805-2044, www.usaplnationals.com
- 27 JUL, APN Amateur Iron Push Pl, BP, DL, PP, SC (Frederick, MD) Scott Taylor, 5233 First St., #4-1, Zephyrhills, FL 33542, 941-626-4247, scott@apnentrifirms.biz, www.apa-wpa.com/entrifirms.htm
- 27 JUL, WNPFF Drug Free Nationals (Youngstown, OH) Ryan 330-792-6670 or 330-519-3078
- 30 JUL-3 AUG, AVPC/WPC Eurasian Championships (Cheljabinsk, Russia) Vadimir Chadkov, wpc@wpc-avpc.ru
- 1-3 AUG, AVPC/WPC Worlds (Oakbrook, IL) Kieran Kidder/Amy Jackson, 866-389-4744, amjackson@aol.com
- 1-3 AUG, 100% RAW/RAW United USA Championships (Kissimmee, FL) Troy Ford, 678-817-4743, wmp@aol.com
- 26 JUL, WABDL World Cup USA (Manchester, TN - Manchester Coffey County Conference Ctr) Ken Millrany, 931-962-1596
- 26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason Centoni, 540-336-2779, www.strengthalliance.com
- 26 JUL, SLP YMCA of Kansas City Push/Pull Classic (Kansas City, KS) 2008, Tony Cordella, 31707 Catalpa Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, 217-253-5429, 217-7385, 281-

## ATTENTION: MEET PROMOTERS

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www.northernvirginiaairpower.com  
**9 AUG**, IPA, New York, PL/PP/Rochester, Genes, NY, 143 Second Ave., Rochester, NY, 14668, 610-478-8273  
**9 AUG**, AAU Meet, Dave Kingwater, 214 Oriskany Blvd., Whitesboro, NY 13492, TeamWebster@aol.com  
**9 AUG**, Team Webster Meet at Cannanthe (A) Days, Bob Webster 563-259-8695, Dan Phlips 563-259-4418, and Bob Weber III 563-212-6424  
**10 AUG**, North American Strongman Competition (Bridgton, MO) 314-770-9279, www.nastronstrongman.com  
**9 AUG**, WABDL, Southern Regional BP/DL (Crown Plaza Hotel, Dallas, TX) Gas Rethwisch 763-545-8654 or 503-901-1622  
**9 AUG**, SLP Wisconsin State Fair BP/DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com

www.sonlightpower.com  
**9-10 AUG** (NEW DATE), WABDL World Cup (Hotel Ives, Tampere, Finland) 1.5 hours from Helsinki Airport) Sakari Selkainaho 011-358-505-354-106, www.wabdl.org, sakke@voimajarjoitellu.net, www.wabdl.org  
**10 AUG**, SLP Missouri State Fair BP/DL (Sedalia, MO) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**10 AUG**, WNPFL Lifetime 1st World Cup BP, DL, PC Championships (Philadelphia, PA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com  
**10 AUG**, WNPFL Single Lift World Nationals & Ironman Nationals (BP, DL, PC - Philadelphia, PA) Troy Ford 678-817-4743, wnpfl@aol.com

**NASA Powerlifting & Power Sports**

**July**  
**26th** - Tri-State Regional, Flora, IL  
**26th** - South Texas Classic (Alvin, TX)  
**August**  
**2-3 AUG** - World Cup (OKC, OK)  
**September**  
**6th** - New Mexico Regional (Rio Rancho, NM)  
**20th** - Ohio Regional  
**27th** - Arkansas Regional (Russellville, AR)  
**October**  
**4th** - East Texas Regional (Tyler, TX)  
**18th** - Unequipped Nationals (OKC, OK)  
**19th** - 1st Pro Equipped Nationals (OKC, OK)  
**25th** - Iowa Regional (Des Moines, IA)  
**November**  
**1st** - Masters (Submasters Nationals (Mesa, AZ)  
**15th** - Colorado Regional (Loveland, CO)  
**22nd** - Kansas Regional (Salina, KS)  
**29th** - Oklahoma Open  
**December**  
**6th** - Missouri Regional  
**13th** - West Texas Regional  
**20th** - Illinois Christmas Regional  
**Coming Events/Entry Forms at:** www.nasa-sports.com

**15-16 AUG**, Europa Super Show World Powerlifting Championship Expo (Dallas Convention Center) Betty Pariso, PO Box 210145, Bedford, TX 76095, 817-498-3631, BettyPariso@aol.com  
**16 AUG**, SLP Indiana State Fair BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com  
**16 AUG**, 24th Iowa State Fair BP/DL (WP - pure, natural, raw, novice, teen, women, masters, submasters, beginners, DL - natural, women, masters, submasters) Jeff Baird, Bairdjr@aol.com  
**16 AUG**, APA National Open (PP, BP, DL, SC - Wallingford, CT) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727  
**16 AUG** (change), USAPL California Summermeat Push/Pull & BPO (Santa Clarita, CA) lanceolaula@yaho.com, 310-995-0047, www.usapowerlifting.com  
**16 AUG**, AAU & 100% Raw International Con-Am Championships (PP, single, SC - Sheraton Burlington, S. Burlington, VT) Bret Kernoff, bret@vermontpowerlifting.com  
**16 AUG**, R.A.W. Unity National Qualifier Series (Ft. Myers, FL) Danny Aquilino, 10710 Canal St., Ft. Myers, FL 33908, 239-247-1727  
**16 AUG**, Summer Fest Push/Pull (tested and nontested - Frantz Sports, Aurora, IL) Ernie Frantz, 630-897-2582, erniefrantz@aol.com  
**16 AUG**, APF Push/Pull Meet (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net  
**17 AUG**, SLP Illinois State Fair BP/DL (Springfield, IL) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightgym.com  
**23 AUG**, 100% Raw Eastern USA Open BP/CR, John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com  
**23 AUG**, APF/AAPF High Country Push/Pull (Brighton City, UT) Jon Cunningham, 801-985-1164  
**23 AUG**, APA Razorback State (PL, Strength Sports - Russellville, AR) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727  
**23 AUG**, IBP Mountain Bench Bash & Strict Curl (Asheville, NC) Keith Payne 336-251-8704, keith@ironbodypowerlifting.net  
**23 AUG**, Strongman Competition (Pensacola, FL - indoor) Dan Belanger, dhpowersports@bellsouth.net, 850-313-0615  
**23 AUG**, SLP Kentucky State Fair BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**30 AUG**, APA Wolverine State (PL, PP, BP, DL, SC - Grand Rapids, MI) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727  
**30 AUG**, 2nd USPF Works Outdoor BP/DL (New Martinsville, WV) Matt McCase, 210 Gibbous St., Fairmont, WV 26554, 304-376-7538, mcase@yaho.com  
**30 AUG**, PPL Southeasterns Strongman, PPL, 2250 Lumpkin Rd.,

Augusta, GA 30906, 706-790-3806, pathongam@aol.com  
**30 AUG** (NEW DATE), USAPL Larry Garro Memorial PL/PP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.usfl.net/  
**2008 Garro pl**, www.usfl.net/  
**30 AUG**, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914  
**30-31 AUG**, USAPL Bench Press Nationals (Charlotte, NC) Jennifer Thompson, 704-408-8794, www.2008benchpress.com  
**5-12 SEP**, GPC World Championships (Birmingham, England)  
**6 SEP**, APF Georgia State (Kennesaw, GA) Jon Groves, 770-426-1077, kennesaw@fitnessresource.com  
**6 SEP**, N.A.S.A. NM Regional (PL/PP/PS), mike@liftinglarge.com  
**6 SEP** - WNPFL Lifetime Southern States (Fitzgerald, GA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com  
**6 SEP** - WNPFL 2nd Jake the Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpfl@aol.com  
**6 SEP**, Raw United Mid-Atlantic Open (Hagerstown, MD) John Polak 717-428-2561, polakmade@aol.com  
**6 SEP**, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662  
**6 SEP**, SLP Tennessee State Fair BP/PP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**7 SEP**, WNPFL Upstate New York II (Rochester, NY) Ron, 330-792-6670 or 330-519-3078  
**12-13 SEP**, USAPL Kansas Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hs., OH 44147, 440-717-9624  
**13 SEP**, USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**13 SEP**, APA Golden State "All Raw" Overhead Pass, SC & Strength Sports (PL, BP, DL, PP - Sacramento, CA) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727  
**13 SEP**, 100% Raw "Dino Challenge" (PP, BP, DL - 1126 Eden Rd., Abilene, TX 76710) DJ Satterfield, 402-592-1243, djnechair@yaho.com, or Scott Tully 785-826-5940, www.nebraskapowers.com  
**13 SEP**, APF Cornerstone Fitness Push/Pull (Bastrop, TX) Cornerstone Fitness, 512-321-2667, www.seguintfitness.com  
**13 SEP**, WABDL Hawaii BP/DL (Kamiloiki Elementary, Waimanalo, HI) Keith Ward, 808-375-8700  
**13 SEP**, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894  
**13-14 SEP**, USPF Muscle Beach PL/PP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingca.com  
**14 SEP**, WABDL United Falls PA Charles (Holiday Inn, Beaver Falls, PA) Charles

Augusta, GA 30906, 706-790-3806, pathongam@aol.com  
**27 SEP** (NEW DATE), USPF Central California Open PL/PP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.uspowerliftingca.com  
**27 SEP**, IBP Regional PL (Pittsford, NY) Keith Payne 336-251-8704, keith@ironbodypowerlifting.net  
**27 SEP**, SLP Nationals Powerlifting Championships (Tuscola, IL) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**27 SEP**, Donnie Thompson's Kettlebell Power/Strength Workshop (Allentown, PA) www.tyckettlebellsystems.com/KBWorkshop.html, 610-948-7823  
**27 SEP**, Arizona Bench & Deadlift Challenge (Tucson, AZ) Balanced Fitness, 7038 W. Camelback Rd., Tucson, AZ 85743, 520-907-3258  
**27 SEP**, APF North Carolina BP (Gm F.B., Mooresville, NC) Joey Smith, 290-442-8379, valifting@aol.com  
**27 SEP**, USAPA Blue Ridge Classic BP/DL (Standardsville, VA) John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932, valifting@aol.com, or www.virginiapowerlifting.com  
**27 SEP**, APF Bend It (Victoria, TX) Gary Pendegrass, 800-378-6460, www.seguintfitness.com  
**27 SEP**, N.A.S.A. Arkansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push/Pull & Pro Qualifier (Russellville, AR) 505-527-8513, 27 SEP - WNPFL Lifetime New Jersey

Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com  
**28 SEP** - WNPFL Lifetime Pennsylvania State (Ephrata, PA) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com  
**28 SEP**, (tentative) IPA, Pennsylvania PL, BP (Lancaster, PA) Gene Ryckhik, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench\_a\_grand@yahoo.com  
**28 SEP** - WNPFL 17th Penn. States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wnpfl@aol.com  
**29 SEP** - 4 OCT, IPF Masters World (Pain Springs, CA) Lance Shlaughtner, 310-995-0047, www.usapowerlifting.com  
**3-5 OCT**, 100% RAW/RAW United Armed Forces Nationals and Open Push/Pull (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tsionikides, 4353 Collinwood Dr., Melbourne, FL 32901, 321-503-5119, 4tsionikis@brevard.k12.fl.us  
**4 OCT**, N.A.S.A. East Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push/Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 305, Noble, OK 73068, SQRBPDL@aol.com  
**4 OCT**, SLP WABLA World/PL, BP, CR (Gumburg, TN) Jesse Rodgers, rodgersj@bellsouth.net  
**4 OCT**, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**4 OCT**, Chattanooga YMCA BP (Ashtabula, OH) Lomie Anderson, 440-964-3013  
**5 OCT**, 100% RAW, AAU, AAPF Raw New England Championships (YMCA Burlington, VT) Bret Kernoff, bret@ironbodypowerlifting.com  
**5 OCT**, 100% Raw & ACU, AAPF Meet (Full, Single Lift, Strict Curl - Center Burlington YMCA, Burlington, VT) Bret Kernoff, bret@ironbodypowerlifting.com  
**9 OCT**, USAPL Powerlifting Clinic (Cal State University, San Bernardino, CA) Mike Wormelsdorf, 909-880-2948, usaplbach@aol.com  
**10-12 OCT**, WIDPEP Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military, Autwurst, BEL) Wim Backelant, 309-837-2111, www.adfjrf.org  
**11 OCT**, WNPFL 9th Palmetto PL, BP, DL (Clemson, SC) Troy Ford 678-817-4743, wnpfl@aol.com  
**11 OCT**, 17th annual Special Olympics Liftoff, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlon Mack & Kevin Meskew 310-399-2775, Rosie Garcia 310-794-3393  
**11 OCT** (NEW DATE), NAS Strongman Master Nationals/Heart-land Challenge (69th St. & Mercy,

Venturella, 718 Maple St., New Castle, PA 16101, 724-654-4117, sircharles148@peoplepc.com, www.wabdl.org  
**14 SEP**, DL (NEW DATE), UK Open PL, BP, DL (Four Seasons, Tralton Road, Llananslet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wppowerlifting.com  
**20 SEP** (NEW DATE/LOCATION), ADPFF Bill Beckwith Memorial PL/PP/DL (Rich Van Eck/Grand Rapids, MI) vraneck@tpc-bat.com, 269-521-4031  
**20 SEP** (NEW DATE), NPA National Drug Free BP/DL, Fitness Lifesyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292  
**20 SEP**, SLP Bodyworks Gym Squires Foundation Benefit BP/DL Class (Dry Ridge, KY) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**20 SEP**, Supreme Fitness Challenge II 100% Raw & AAU PP/PP/SC (Supreme Fitness, Brattleboro, VT) Meet Director Bret Kernoff, 802-865-2747, Vermontpowerlifting.com, bret@vermontpowerlifting.com  
**20 SEP**, APF Indiana State PL & Hawg Fam BP/DL (Evansville, IN) Larry Hoover, 2089 N. SR 65, Princeton, IN 47670, 812-385-9932  
**20 SEP**, N.A.S.A. Ohio Regional, Equipped & Unequipped PL & BP and Power Sports & Push/Pull & Pro Qualifier (OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQRBPDL@aol.com  
**20 SEP**, WABDL National Collegiate BP & DL (Gateway Convention Center, 10 mn. NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, hudsonj4@uid.edu, www.wabdlcolumbiainfo.com  
**20 SEP**, APC National Qualifier (Brute Strength Gym, Norfolk, VA) 757-893-9111, 757-650-5410, schroeder\_gayle@yahoo.com, www.powerandstrength.com  
**21 SEP**, New Body Health & Fitness Open BP, New Body Health & Fitness, 107 N. Henry, Bay City, MI 48708, Terence Danglefield, 989-891-1365, Murry Suberland 989-892-7686  
**26 SEP**, IBP 8th Bench Press Classic & Strict Curl (Pittsford, NY) Keith Payne 336-251-8704, keith@ironbodypowerlifting.net

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**PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl**  
**JULY 26**  
**WNPF Florida State and USA Championships (Kissimmee, FL)**  
**AUGUST 10**  
**WNPF SINGLE LIFT/IRON MAN NATIONALS (Philadelphia, PA)**  
**August 10**  
**WNPF LIFETIME 1st WORLD CUP (Philadelphia, PA)**  
**August 10**  
**WNPF LIFETIME Youth, Teen, Jr., Sub, Masters, P&F (Kissimmee, FL)**  
**August 10**  
**WNPF LIFETIME 1st WORLD CUP (Philadelphia, PA)**  
**Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com**  
**\*\*\*\*\***  
**WNPF LIFETIME DRUG FREE EVENTS**  
**(FOR THE LIFETIME DRUG FREE LIFTER)**  
**WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)**  
**JULY 26**  
**WNPF LIFETIME Youth, Teen, Jr., Sub, Masters, P&F (Kissimmee, FL)**  
**AUGUST 10**  
**WNPF LIFETIME 1st WORLD CUP (Philadelphia, PA)**  
**Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com**

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**PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl**  
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**August 10**  
**WNPF LIFETIME 1st WORLD CUP (Philadelphia, PA)**  
**Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com**  
**\*\*\*\*\***  
**WNPF LIFETIME DRUG FREE EVENTS**  
**(FOR THE LIFETIME DRUG FREE LIFTER)**  
**WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)**  
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**Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com**

Venturella, 718 Maple St., New Castle, PA 16101, 724-654-4117, sircharles148@peoplepc.com, www.wabdl.org  
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**20 SEP** (NEW DATE/LOCATION), ADPFF Bill Beckwith Memorial PL/PP/DL (Rich Van Eck/Grand Rapids, MI) vraneck@tpc-bat.com, 269-521-4031  
**20 SEP** (NEW DATE), NPA National Drug Free BP/DL, Fitness Lifesyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292  
**20 SEP**, SLP Bodyworks Gym Squires Foundation Benefit BP/DL Class (Dry Ridge, KY) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**20 SEP**, Supreme Fitness Challenge II 100% Raw & AAU PP/PP/SC (Supreme Fitness, Brattleboro, VT) Meet Director Bret Kernoff, 802-865-2747, Vermontpowerlifting.com, bret@vermontpowerlifting.com  
**20 SEP**, APF Indiana State PL & Hawg Fam BP/DL (Evansville, IN) Larry Hoover, 2089 N. SR 65, Princeton, IN 47670, 812-385-9932  
**20 SEP**, N.A.S.A. Ohio Regional, Equipped & Unequipped PL & BP and Power Sports & Push/Pull & Pro Qualifier (OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQRBPDL@aol.com  
**20 SEP**, WABDL National Collegiate BP & DL (Gateway Convention Center, 10 mn. NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, hudsonj4@uid.edu, www.wabdlcolumbiainfo.com  
**20 SEP**, APC National Qualifier (Brute Strength Gym, Norfolk, VA) 757-893-9111, 757-650-5410, schroeder\_gayle@yahoo.com, www.powerandstrength.com  
**21 SEP**, New Body Health & Fitness Open BP, New Body Health & Fitness, 107 N. Henry, Bay City, MI 48708, Terence Danglefield, 989-891-1365, Murry Suberland 989-892-7686  
**26 SEP**, IBP 8th Bench Press Classic & Strict Curl (Pittsford, NY) Keith Payne 336-251-8704, keith@ironbodypowerlifting.net

Augusta, GA 30906, 706-790-3806, pathongam@aol.com  
**30 AUG** (NEW DATE), USAPL Larry Garro Memorial PL/PP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.usfl.net/  
**2008 Garro pl**, www.usfl.net/  
**30 AUG**, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914  
**30-31 AUG**, USAPL Bench Press Nationals (Charlotte, NC) Jennifer Thompson, 704-408-8794, www.2008benchpress.com  
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**6 SEP** - WNPFL 2nd Jake the Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpfl@aol.com  
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**6 SEP**, SLP Tennessee State Fair BP/PP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**7 SEP**, WNPFL Upstate New York II (Rochester, NY) Ron, 330-792-6670 or 330-519-3078  
**12-13 SEP**, USAPL Kansas Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hs., OH 44147, 440-717-9624  
**13 SEP**, USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com  
**13 SEP**, APA Golden State "All Raw" Overhead Pass, SC & Strength Sports (PL, BP, DL, PP - Sacramento, CA) Scott Taylor, 5833 First St., #K-16, Zephyrhills, FL 33542, 941-626-4727  
**13 SEP**, 100% Raw "Dino Challenge" (PP, BP, DL - 1126 Eden Rd., Abilene, TX 76710) DJ Satterfield, 402-592-1243, djnechair@yaho.com, or Scott Tully 785-826-5940, www.nebraskapowers.com  
**13 SEP**, APF Cornerstone Fitness Push/Pull (Bastrop, TX) Cornerstone Fitness, 512-321-2667, www.seguintfitness.com  
**13 SEP**, WABDL Hawaii BP/DL (Kamiloiki Elementary, Waimanalo, HI) Keith Ward, 808-375-8700  
**13 SEP**, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894  
**13-14 SEP**, USPF Muscle Beach PL/PP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingca.com  
**14 SEP**, WABDL United Falls PA Charles (Holiday Inn, Beaver Falls, PA) Charles



















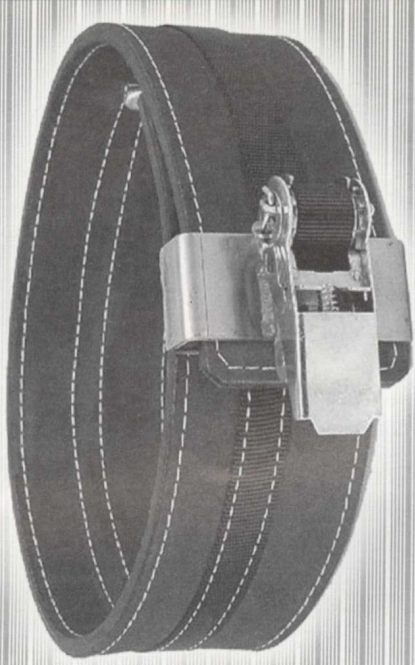




# PR BELT

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

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



- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock-stitch sewn with corrosion resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus.
- Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

## HOW THE PR BELT IS WORN

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

PRBELT.COM INZERNET.COM

# INZER ADVANCE DESIGNS



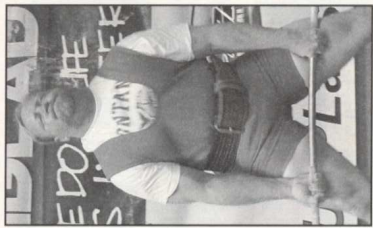
**Team Crown** at the WABDL Montana meet included (left to right): Mike Horvath, J.T. Guindon, Charlie Farmer, Brian Sullivan, Dustin Hanson, Josh Thurner, Greg Budd, Jared Hockaday, and in front is Jamie Clawson, (thanks to Charlie Farmer for photograph)

missed a world record 771. All he needed to break Tom McCullough's record was 60/275. In Master 40-46/165 women, Teresa Nummi was super with an Idaho record of 525 on the 100 lb. deadlift record. Stephanie Weil set a Montana record of 154.2. In Open men bench, John Nelson set a Montana record 55 at 220 and Ben West set a Montana record 523.5 at 250 and he's the best ratcheter. Dave Edmondson was a bench and all the warmup weights all the way from Roy, Utah. Dave does a great job on the platform making sure there's no chalk or talcum powder on the platform and enthusiasm. In Teen 12-13/130 lbs, the deadlift with 1482 and the bench with 77 lbs. In Teen 14-15/148, Jared Hockaday set MT records in the deadlift with 242.5 and the bench with 209.2. In Teen 18-19/180 lbs, Dustin Hanson was slipping it up with 281 in the bench. Moving onto some of the more impressive bench presses, holly with 275.5. James Crawford III was 354 lbs. set a world record in the deadlift and locked out a world strongman record 834 and was turned down 2-1 for beating the rack command. He also passed his drug test for the second item and Brent Mikeseil also passed his drug test. In Class 1/190 lb bench, 220, Mark Salansky was impressive with a Montana record 490.5 and Josh Thurner at 242 popped a Montana record 429.7. In Junior men bench, Matt Menke set a record of 242.5. In Junior 12-13/130 lb bench, Larik Demidov set a WA record 744 and just a Montana record. In Master 40-46 men, John Nelson set a Montana record with a huge 551 at 220. He passed his drug test (169 lbs) last year and also this year. James Noblit set a WA record of 242.5. In Junior 13-19/130 lb bench, Olyvia got a 540 Oregon record. His wife Diana Sutton supplied the best chocolate chip cookies ever to the staff. In Master 47-53/230 lb bench, Bob Baker set an Idaho record 358. Bob Baker is from the Fairhead Indian Reservation. In Master 60-69/220 lb bench, Matt Ahern set a Montana record 660. In Master 60-69/220 lb bench, Tim Myers who hadn't (Results from Meet Director Loui Laroun)

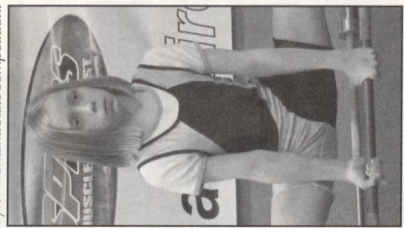
**New England Open Deadlift**  
25 AUG 07 - Swanzey, NH  
Master (45-49) 600 (262 lbs.)  
B. Sweeney 600 (202 lbs.)  
M. Ritter (50-54) 500 (190 lbs.)  
J. Burke 415 (192 lbs.)  
Master (55-59) 450 (192 lbs.)  
K. Reynolds 405 (232 lbs.)  
Master (65-69) 450 (232 lbs.)  
F. Peterson 630 (194 lbs.)  
P. Bennett 440 (194 lbs.)  
Meet Director Loui Laroun

## Paul Kelso's POWERLIFTING BASICS - TEXAS

STYLE. The Game's Funniest Book: ... join Lope and Lavonda in the "ultimate blend of hilarity and common sense". \$14.95 plus s/h, from IronMind Ent. Box 1228, Nevada City, CA 95959, 916-265-6725, www.ironmind.com



The Mikeseils, Brent above and Kalli below at the WABDL Kari Tyler Montana State competition.



Turner at 242 set a MT state record with 545.5. At 250, Josh Carter pulled a respectable 556.5. In Master 40-46/300, Brent Mikeseil set a WA record 744 and just 198 lbs.



James Crawford locked out 834 in Missoula, but missed the rack command (photographs provided courtesy of Gus Rehwisch)

WABDL Kari Tyler Montana State  
23 FEB 08 - Missoula, MT

BENCH	429
J. Thurner	429
Master (40-46)	424*
J. Carter	523*
B. Prewitt	187
165 lbs.	187
40-198*	187
40-154*	187
Master (47-53)	462
525 lbs.	462
132 lbs.	330
J. Pablo	330
D. Saffron	275*
198 lbs.	275*
H. Oxford	523*
B. Prewitt	523*
309+ lbs.	788*
Teen (16-17)	788*
Teen (12-13)	788*
M. Trojany	154*
148 lbs.	154*
MALE	77*
C. Well	77*
Teen (14-15)	192*
198 lbs.	192*
L. Dennison	209*
148 lbs.	209*
C. Gomez	154*
358	154*
D. Plant	154*
220 lbs.	154*
M. Salansky	479
40-290*	479
525 lbs.	479
C. Wright	192*
242 lbs.	192*
J. Thurner	281*
132 lbs.	281*
D. Hanson	281*
DEADLIFT	281*
J. Carter	424
390+ lbs.	424
Disabling	462
462	462
D. West	330
220 lbs.	330
Junior (20-25)	97
97 lbs.	104
M. Mikeseil	104
M. Menke	319*
319*	319*
198 lbs.	319*
Class I	556
L. Dennison	451*
451*	451*
K. Hibler	518
D. Taylor	325*
325*	325*
40-545*	325*
220 lbs.	325*
Open	556
J. Carter	556
Junior (20-25)	424
198 lbs.	424
Master (40-46)	424
198 lbs.	424
K. Hibler	424
303	424
308 lbs.	424
40-46)	424
B. Mikeseil	744*
744*	744*
J. Nelson	47-53)
242 lbs.	424
40-198*	424
540*	424
R. Johnson	424
E. Aleaga	424
Master (61-67)	330
220 lbs.	330
191 lbs.	330
S. Nummi	330
B. Baker	358*
358*	358*
R. Johnson	325
325	264*
Master (54-60)	264*
220 lbs.	523
J. Anthony	523
220 lbs.	523
J. West	556
330	556
275	556
T. Myers	374*
374*	628
309+ lbs.	628
Submaster (33-39)	490
P. Herdi	490
Master (61-67)	490
198 lbs.	490
S. Nummi	170
170	170
S. Nouri	170
Teen (12-13)	126
126	126
Master (68-74)	231
231	231
H. Smith	336
336	231
Open	231
181	231
A. Cook	231
220 lbs.	231
J. Nelson	231
242 lbs.	231
J. Noblit	297
297	297
D. Saffron	297
297	297

\*=State Records. The first Montana meet in 2005 had 22 lifters. This one had 45 lifters. Venue: Ruby's Inn, one block from 1-90. The hotel rooms are great. There are good restaurants close by and the Montana Club, which has Custer and Crazy Horse theme, has the best steaks I ever had. The drive from Spokane is 180 miles, from Portland or Seattle it's about 500 miles. It's a beautiful area. James Crawford and his boys from Everett, WA have come to love the drive. It's very scenic going across the Idaho panhandle and western Montana. Moving onto the meet, in the deadlift in Class I, Josh

Turner at 242 set a MT state record with 545.5. At 250, Josh Carter pulled a respectable 556.5. In Master 40-46/300, Brent Mikeseil set a WA record 744 and just 198 lbs.



# ADD UP TO 110 LBS. TO YOUR MAX BENCH IN ONLY 8 WEEKS!

*You set up under the bar. It looks close to snapping in half because of the sheer amount of metal that hangs off each end. All this means nothing to you. You're going to explode through this titanic amount of weight because you're using the world's most potent strength-boosting stack – the Cell-Tech™/Nitro-Tech® Hardcore Stack!*

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

Team MuscleTech™ researchers have scientifically researched this powerful stack for over a decade to push the threshold of powerlifters' strength to new heights. The powerful combination of Cell-Tech™ Hardcore and Nitro-Tech® Hardcore

eradicates the boundaries of ordinary workouts. Team MuscleTech infused both of these advanced products with the revolutionary Nanomolecular Hyperdispersion Technology™. By shrinking a precise portion of key ingredient particles up to 7,400 percent of their original size, the powerful blends can invade your muscle cells faster than ever!

As a powerlifter, you need a supplement stack that works just as hard as you. Trust the science behind the Cell-Tech™/Nitro-Tech® Hardcore Stack to boost strength and power, fast!

- Boost Your Max Bench by up to 110 lbs. in Only 8 Weeks!
- Scientifically Proven to add 660% More Mass Than A Placebo!
- Backed By More Than A Decade of Scientific Research!



▶▶ "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

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**POPEY'S**  
Low Carb Protein

**BOSS**  
Low Carb Protein

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 86 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 (66%) than those subjects using a placebo (1.4 vs. 1.5 pounds). All trademarks are owned by their respective trademark owners. Cell-Tech™, Hardcore and Nitro-Tech® Hardcore are patented. © 2006.



















**100% Raw Nebraska State**  
22 MAR 08 - Omaha, NE

BENCH	Open	319	231	407	937
MALE	Open	303	507	810	TOT
Open (20-24)	BP	407	236	429	1072
Powerlifting	SQ	435	336	451	1222
123 lbs.	BP	518	402	551	1471
161-175	BP	407	347	440	1194
181-195	BP	507	319	540	1366
201-225	BP	402	275	490	1167
226-250	BP	440	253	512	1205
251-275	BP	402	292	407	1101
276-300	BP	440	440	573	1453
301-325	BP	501	374	523	1398
326-350	BP	451	308	578	1337
351-375	BP	314	236	418	968
376-400	BP	567	462	628	1657
401-425	BP	446	259	429	1134
426-450	BP	462	330	534	1326
451-475	BP	418	319	429	1166
476-500	BP	418	319	429	1166
501-525	BP	369	264	435	1068
526-550	BP	518	407	578	1503

**Robert Kubat Jr. benched a national record 369 lbs. in the 275 lb. 60-64 class at the 100% Raw Nebraska State Meet. (photo graph courtesy of D.J. Satterfield)**

M. Gottsch 319 231 407 937  
 Master (55-59) 407 236 429 1072  
 198 lbs.  
 Open (20-24) 435 336 451 1222  
 220 lbs.  
 Powerlifting 518 402 551 1471  
 123 lbs. 407 347 440 1194  
 161-175 507 319 540 1366  
 181-195 402 275 490 1167  
 201-225 440 253 512 1205  
 226-250 402 292 407 1101  
 251-275 440 440 573 1453  
 276-300 501 374 523 1398  
 301-325 451 308 578 1337  
 326-350 314 236 418 968  
 351-375 567 462 628 1657  
 376-400 446 259 429 1134  
 401-425 462 330 534 1326  
 426-450 418 319 429 1166  
 451-475 418 319 429 1166  
 476-500 369 264 435 1068  
 501-525 518 407 578 1503



**Robert Kubat Jr. benched a national record 369 lbs. in the 275 lb. 60-64 class at the 100% Raw Nebraska State Meet. (photo graph courtesy of D.J. Satterfield)**

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 bench press, and the 115 lbs. 10-12  
 deadlift. The 181 lbs. 165 lbs. bench  
 Scudlocke hit a nice 402 lbs. deadlift, in the  
 Power Female Lifter: Darryl Sharp.  
 Outstanding Bench: Darryl Sharp.  
 Outstanding Push Pull: Ronnie Powell.  
 Outstanding Squat: Vince Vincent.  
 Director: Richard "Vince" Vincent.  
 198 lbs. open division. Josh put up a  
 1222 total, the 220 lbs. open division saw  
 six lifters go at it, with the win going to John  
 McClaren, only four months out from knee  
 surgery, followed by Travis Powell, who  
 followed by Darryl Sharp, who followed by  
 and total, then it was Jesse Fredrickson,  
 Dustin Kass, Adam Baber and Derrick Wood.  
 the 242 lbs. open division was a close  
 battle with Casey Meckwan winning it and  
 followed by Bert Carter and John Poulfick.  
 in the 275 lbs. division Zack Best was the  
 winner and put up an awesome total of 1657  
 lbs., qualifying him for Elite, he was  
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 total, then it was Jesse Fredrickson,  
 Ray Peters totaled 1166, the SHW submaster  
 division saw Robbie Taylor hit a nice 1503  
 lbs. total and in the Master 40-44, Daniel  
 Bossi & Elizabeth City, Awards and Keith  
 of the meet, 181 lbs. open division Matt  
 Gottsch totaled 638lbs., in the 198 lbs.  
 Master 60-64 division, Ronnie Powell  
 totaled 810 lbs., while breaking his own  
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 with a 534 lbs. bench. Once again I would  
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 a new national record, the 308 lbs.  
 submaster and open division was won by  
 Richard "Vince" Vincent with a 363 lbs.  
 bench and the Master 40-44 division saw  
 Darryl Sharp with a 402 lbs. bench and  
 with a 534 lbs. bench. Once again I would  
 like to personally thank everyone that was  
 involved in any way with the 100% RAW  
 Powerlifting Federation 2008 Nebraska  
 State Meet. I hope you all enjoyed the meet  
 of you, that this met turned out to be a huge  
 success, results courtesy D.J. Satterfield

nice 203 lbs. squat, the 165 lbs. 14-15  
 bench press, and the 115 lbs. 10-12  
 deadlift. The 181 lbs. 165 lbs. bench  
 Scudlocke hit a nice 402 lbs. deadlift, in the  
 Power Female Lifter: Darryl Sharp.  
 Outstanding Bench: Darryl Sharp.  
 Outstanding Push Pull: Ronnie Powell.  
 Outstanding Squat: Vince Vincent.  
 Director: Richard "Vince" Vincent.  
 198 lbs. open division. Josh put up a  
 1222 total, the 220 lbs. open division saw  
 six lifters go at it, with the win going to John  
 McClaren, only four months out from knee  
 surgery, followed by Travis Powell, who  
 followed by Darryl Sharp, who followed by  
 and total, then it was Jesse Fredrickson,  
 Dustin Kass, Adam Baber and Derrick Wood.  
 the 242 lbs. open division was a close  
 battle with Casey Meckwan winning it and  
 followed by Bert Carter and John Poulfick.  
 in the 275 lbs. division Zack Best was the  
 winner and put up an awesome total of 1657  
 lbs., qualifying him for Elite, he was  
 followed by Nick Linell with a 1426 lbs.  
 total, then it was Jesse Fredrickson,  
 Ray Peters totaled 1166, the SHW submaster  
 division saw Robbie Taylor hit a nice 1503  
 lbs. total and in the Master 40-44, Daniel  
 Bossi & Elizabeth City, Awards and Keith  
 of the meet, 181 lbs. open division Matt  
 Gottsch totaled 638lbs., in the 198 lbs.  
 Master 60-64 division, Ronnie Powell  
 totaled 810 lbs., while breaking his own  
 national record with 307 lbs. deadlift, in  
 the 242 lbs. open division, Casey Meckwan  
 Bloom hit a nice 325 lbs. bench while in  
 the 181 lbs. open division, Darryl Sharp  
 set the new national record with a 440 lbs.  
 press, in the Master 55-59 Vellon Brown set  
 a new national record with 573 lbs. total  
 in the 198 lbs. Master 45-49 division saw  
 Dennis Mesenbamer set a national deadlift  
 record of 483 lbs. in the 181 lbs. open  
 division. Ed Horvitz benched 270lbs. in  
 the submaster division Shane Peterson  
 won with a 380 lbs. lift, the Master 40-44  
 saw Ed Horvitz bench 270 lbs., and the  
 Kubat Jr. with a 369 lbs. bench which set  
 a new national record, the 308 lbs.  
 submaster and open division was won by  
 Richard "Vince" Vincent with a 363 lbs.  
 bench and the Master 40-44 division saw  
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198 lbs.  
 J. Burne 500 370\* 480\* 1350\*  
 220 lbs.  
 (17-19)  
 Open 515\* 333\* 490\* 1340\*  
 J. Bellanca 630\* 375\* 580\* 1585\*  
 198 lbs.  
 J. Bellanca 485\* 300\* 520\* 1305\*  
 Police/Fire 550\* 370\* 515\* 1435\*  
 242 lbs.  
 Ray, Pedro 660\* 450\* 600\* 1710\*  
 165 lbs.  
 L. Boyington 375\* 273\* 405\* 1055\*  
 242 lbs.  
 S. Collier 500\* 295\* 540\* 1335\*  
 (20-23)  
 A. Collister 440\* 300\* 470\* 1210\*  
 F. Chatham 335 220 405 960  
 114 lbs.  
 Guest Lifetime 400\* 225\* 480\* 1180\*  
 J. Pippard 610 475 450 1535  
 J. Mitchell Jr. 385  
 FEMALE  
 114 lbs.  
 N. Shtylades 80\*  
 C. Macri 100\*  
 M. Polubhank 335\*  
 SHW  
 (50-59)  
 M. Weinstein 135  
 Police/Fire  
 T. Zeck 630\*  
 DEADLIFT  
 335\*  
 M. Polubhank 335\*  
 315  
 305  
 360  
 275\*  
 385\*  
 220  
 M. Weinstein 275  
 J. Neubauber 265  
 National Records -  
 (50-59)  
 D. Brochey 400\* 285\* 330\* 1015\*

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 385\*  
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 M. Weinstein 275  
 J. Neubauber 265  
 National Records -  
 (50-59)  
 D. Brochey 400\* 285\* 330\* 1015\*



**Free t-shirt with order**

last year but the quality of lifters was just  
 as good at the WNP Update New York  
 meet held at the Jewish Center in Buffalo,  
 NY. Special thanks to Toy Evans and Al  
 Lewis for their help. (from Ron Deamich)

APA Best in the West  
 22 MAR 08 - Sacramento, CA  
 Master I Raw 132 lbs.  
 Master I 550  
 J. Jatalah 200 110 200 510  
 165 lbs.  
 Open Raw 170 90 230 490  
 K. Sarber 406-SQ-175  
 Open Raw 170 95 210 475  
 M. Smythe 406-SQ-175  
 220 lbs.  
 Master I 330 235 335 900  
 J. Tanson  
 Open Raw 330 235 335 900  
 N. Fanson  
 MALE  
 148 lbs.  
 Teen (13-15) Raw 175 115 240 530  
 165 lbs.  
 Teen (16-19) Raw 308 188 440 1030  
 C. Ampania 350 240 440 1030  
 Open Raw  
 J. Crozier 345 280 495 1120  
 Submaster Raw  
 T. Weston 360 315 400 975  
 Master III Raw  
 D. Knapp 250 175 315 740  
 Master II  
 M. Musto 600 425 630\* 1655  
 R. Fisher 610 390 550 1550  
 J. Lanson  
 Michael Musto, Powerlifting Mens Best Lifter  
 Michael Musto, Powerlifting RAW Best Lifter  
 Joe Rogers, Bench Press RAW Best Lifter  
 Dreck Shill, Deadlift RAW Best Lifter  
 Dreck Shill, Push Press RAW Best Lifter  
 Mike Bayane, Deadlift Best Lifter: Robert  
 Exum. A very special thanks to Chip  
 Conrad and the Body Tribe crew of Sacra-  
 mento for doing an excellent job putting on  
 the event. Spotting was excellent, judging  
 was strict but fair and everything ran on  
 time. The event was very smooth and the  
 competition level with a lot of interest shown in  
 the several records which were broken.  
 to the APA last year after being absent for  
 several years, the raw category is drawing  
 lots of interest within the APA. Our next  
 event in Sacramento will be a totally raw  
 lifters to you start setting up your  
 (results from Scott Taylor APA President)

198 lbs.  
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 220 lbs.  
 (17-19)  
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 A. Collister 440\* 300\* 470\* 1210\*  
 F. Chatham 335 220 405 960  
 114 lbs.  
 Guest Lifetime 400\* 225\* 480\* 1180\*















# WOMEN'S TOP 20

These are the PL USA TOP 20 women powerlifters in the United States for the year 2007. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



**Bonnie Brown** made the transition from age group to open competition, very effectively. (P. Brown)

**Yes, You Can...** order the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and affiliates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax)

97 SQ

- 281 Carter, L. 413/07
- 282 Campbell, L. 217/07
- 283 Sammons, A. 310/07
- 284 Mooreman, L. 117/07
- 285 Williams, M. 310/07
- 286 Johnson, M. 310/07
- 287 Johnson, M. 310/07
- 288 Johnson, M. 310/07
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- 297 Johnson, M. 310/07
- 298 Johnson, M. 310/07
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- 300 Johnson, M. 310/07

97 DL

- 314 Anderson, C. 5/26/07
- 315 Anderson, C. 5/26/07
- 316 Anderson, C. 5/26/07
- 317 Anderson, C. 5/26/07
- 318 Anderson, C. 5/26/07
- 319 Anderson, C. 5/26/07
- 320 Anderson, C. 5/26/07
- 321 Anderson, C. 5/26/07
- 322 Anderson, C. 5/26/07
- 323 Anderson, C. 5/26/07
- 324 Anderson, C. 5/26/07
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- 326 Anderson, C. 5/26/07
- 327 Anderson, C. 5/26/07
- 328 Anderson, C. 5/26/07
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- 330 Anderson, C. 5/26/07
- 331 Anderson, C. 5/26/07
- 332 Anderson, C. 5/26/07
- 333 Anderson, C. 5/26/07

97 TP

- 738 Carter, L. 413/07
- 739 Carter, L. 413/07
- 740 Carter, L. 413/07
- 741 Carter, L. 413/07
- 742 Carter, L. 413/07
- 743 Carter, L. 413/07
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- 758 Carter, L. 413/07

97 DT

- 1159 Kildand, M. 615/07
- 1160 Kildand, M. 615/07
- 1161 Kildand, M. 615/07
- 1162 Kildand, M. 615/07
- 1163 Kildand, M. 615/07
- 1164 Kildand, M. 615/07
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148 SQ

- 534 Hartnett, S. 615/07
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148 BP

- 413 Bohigian, K. 317/07
- 414 Bohigian, K. 317/07
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148 DL

- 552 Hartnett, S. 615/07
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148 TP

- 259 Sparano, M. 10/23/07
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181 TP

- 1725 Phelps, L. 11/27/07
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181 DL

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181 TP

- 1686 Miller, M. 9/18/07
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181 DL

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181 TP

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181 DL

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181 TP

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181 DL

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(continued from page 26)

who work out and work there." Landeta notes that "the passion of Bev and Steve, of the men and women who train in Powerhouse, it all makes for some great workouts and lends an old-school feel to the gym." This gym may be old-school, but it has all the latest equipment. Landeta swears by the Powerhouse leg area, calling it "one of the best in the entire country," and this from a guy who has access to every elite NFL training center.

**Chris Taylor, Nick Saccone** and **Scott Sceppe** like to train their bench at Powerhouse on their favorite Reflex power bench. "It has an awesome handoff platform and adjustable lifts," notes Chris. Taylor also swears by the gym's Hammer power rack and Lois Simmons pro model reverse hyper with roller foot attachments. "Aside from those pieces of equipment," says Chris, "the gym is loaded with awesome machines for back, legs, arms, everything. That and the atmosphere just makes you wanna add another plate to whatever it is you're doing!"

Not only was Bev Francis a successful powerlifter, she was also one of a few who dominated competitive female bodybuilding in the '90s. An **IFBB pro bodybuilder**, Bev **Women** had five top three finishes at the Ms. Olympia, and for many of us (including this writer) remains the uncorrupted 1991 Ms. Olympia - though the judges saw fit to award Bev second place. Therefore it will come as no surprise that Powerhouse Gym also hosts a variety of elite amateur and professional bodybuilders. From **IFBB pro Kevin English** to NPC up-and-coming NPC amateur **Casey Faith**, there is a lot of muscle lumbering around this gym on two legs. IFBB pro **Jason Arntz** travels an hour and a half each way to train, noting that "the best people in the world come here. Training at Powerhouse brings me back to my/hardcore roots." Amateur bodybuilder **Stuart Bernstein** has lived all over the world - Miami, San Francisco, Singapore, Brazil - and says he always returns to Bev Francis' Powerhouse Gym, the same way a "fisherman travels to a good fishing hole."

Powerhouse Gym has attracted some of the biggest names in powerlifting and bodybuilding. **Steve Weinberger** still shakes his head remembering eight-time Mr. Olympia and former competitive powerlifter **Ronnie Coleman** lunging the length of the parking lot with hundred-pound dumbbells, the veins in his massively muscled thighs popping through the

was some time ago. These days Scott has moved up from the 198-pound class (where he nailed 740 and broke the all-time record at the time) to the 220s, where he recently whilelighted 750 and narrowly missed 785. Give him time! **Frank Sepe** is a man of fitness and physique model to photographer and magazine editor. His new magazine, **Men's Athletic Quarterly** is on newsstands now and his new **Mixed Martial Arts**-inspired clothing line, **Dangerous Games**, is about to drop. Scott and Frank are another two who travel the distance to train in a unique atmosphere. Scott from Staten Island and Frank from his photography studio in Manhattan.

The danger that sometimes arises when you're doing everything to everyone is that you often wind up being nothing to no one. Powerlifter or house-freak, businessman or bodybuilder, professional football player or high-school student, Bev Francis' Powerhouse Gym has something for you. It offers something for everyone without losing its edge and its identity. Well lit and clean, with a variety and range of equipment you won't find anywhere else, the gym is open 365 days a year and exudes hardcore. Walk into Bev Francis' and you're going to want to train hard; it's run by a hardcore couple and is a hardcore gym in the best sense of the word.

**Bev Francis**, thanks for fitting me up when I was just a stupid kid with poor training habits! You go, girl! Kudos to Bev & Steve for running such a cool gym! Also, thanks to Big T for all this info, and thanks to all of you faithful readers who patiently waited (last month) for me to marry the most beautiful girl in the world! Because we always get mixed up on the order of these Hardcore Gyms somewhat; I won't say for sure we'll talk about next month. But I think we'll either be in Australia or Barcelona! We'll see!

Until next month, lift big, eat well, sleep long. Avoid mirrors, and mementos of famous people. Don't worry about Craig Titus; he's a big boy. Do whatever they tell you can't be done, and never look back. Lift heavy things without handles or grips.

Tell me where you train, and tell me why.

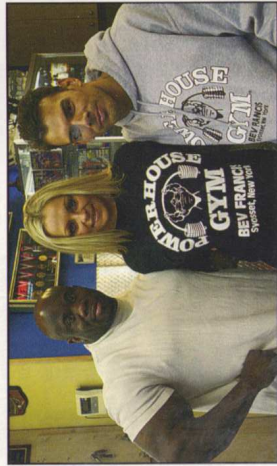
**Rick@houseofpain.com**



**Bev Francis ... winning the 1983 Women's Worlds**

spandex of his tights. Much like Rommie Coleman; Bev's powerlifting training gave her a foundation, a level of muscle mass and thickness unparalleled in her day in the female side of the sport.

A couple of guys whose name sounds like no stranger to the world of powerlifting. When he met **Chris Taylor**, Scott could bench 550 raw and had no idea how to use a bench shirt. That



**Kevin, Zeville, and Frank ... are among the regulars mentioned above.**



**Jason Arntz ... big time bodybuilders like Bev and Steve's gym too!**

# 420% MORE MASS

**A**fter several years of progress, you've hit a plateau in both strength and bodyweight. You start to cringe at the thought that this must be it - you've maxed out. To smash through those stubborn plateaus and get back on the muscle and strength-building train, you need to get on the world's most powerful weight gainer - Mass-Tech™. To lift big you have to be big and calories are the name of the game. Mass-Tech adds an incredible 2,000 calories to your massbuilding diet. In fact, in an eight-week clinical study, test subjects who consumed the amount of calories found in two servings of Mass-Tech gained an unprecedented 420 percent more powerful mass than the control group. Mass-Tech™ can give you the extra mass you need to pull the weight off the platform and leave your plateaus dead and gone - never to be seen again!



- Shocks muscles into mind-blowing growth
- Forces massive muscle growth directly on your chest and arms
- Anabolic compounds clinically proven to build dense muscle mass
- Causes explosive gains in strength - fast!



Supplements That Work!  
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An 8-week study examined the addition of 2,000 calories (the amount of calories found in two servings of Mass-Tech) to a high-protein diet containing approximately 2,200 calories and a weightlifting program. On average, subjects gained 6.8 pounds of mass along with 12 inches on their chest and 0.3 inches on their arms. Control subjects gained only 1.3 pounds of mass. All trademarks are owned by their respective trademark owners. © 2008. For more information on Mass-Tech, visit MuscleTech.com.



18th Weightlifting, Unlimited  
12 APR 08 - Winchester, VA

BENCH MEN	425
R. Pugh	425
M. Shipley	370
T. Jenkins	365
C. Bennett	405
Open	75
C. Will	425
148 lbs.	425
R. Pugh	425
S. Grimm	425
Open	335
D. Pezzonite	260
240 lbs.	240
B. Rouzer	240
Open	330
R. Kelly	330
Open	655
D. Sands	655
R. Shiley	325
Novice	240
Master (50-59)	240
Master (60+)	240
Master (60+)	265
A. Pannone	265
Submaster	275
275 lbs.	275
D. Vanneter	285
Novice/Open	450
Master (40-49)	50
50-59	50
L. Burgess	300
Novice	315
L. Brown	250
S. Karza	475
Submaster	440
D. Shifflet	440
181 lbs.	440
Master (40-49)	415
415 lbs.	415
B. Drummond	530
Open	230
Heavyweight	405
B. Miller	405
G. Grear	315
Master (40-49)	315
L. Burgess	300
Novice	315
E. Hallen II	300
Master (60-69)	Open
Master (60-69)	Open
Master (60-69)	325
B. Youker	485
220 lbs.	485
Master (50-59)	45
45 lbs.	45

Heavyweight

Novice/Open

Master (40-49)

50-59

Novice

Master (60-69)

Open

Master (60-69)

Open

Master (60-69)

Open

Master (60-69)

Open

Master (60-69)

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Master (60-69)

Open



Gold - 250<sup>gms</sup>  
Silver - 130<sup>gms</sup>



Gold - 500<sup>gms</sup>  
Silver - 375<sup>gms</sup>



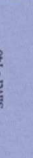
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Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 125<sup>gms</sup>



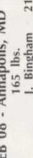
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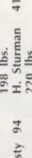
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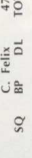
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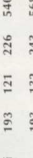
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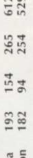
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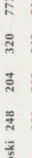
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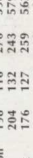
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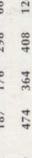
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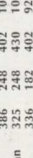
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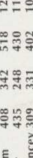
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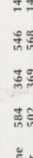
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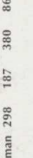
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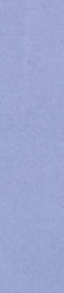
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Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
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Gold - 500<sup>gms</sup>  
Silver - 375<sup>gms</sup>



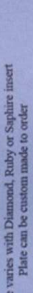
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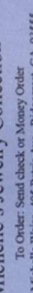
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Gold - 250<sup>gms</sup>  
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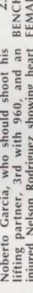
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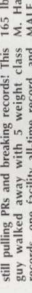
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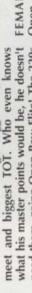
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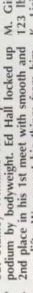
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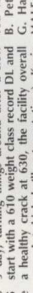
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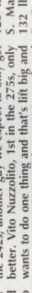
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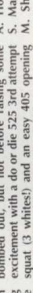
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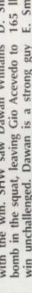
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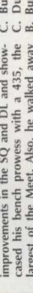
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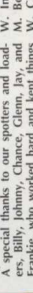
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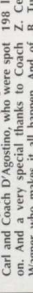
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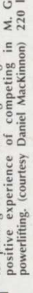
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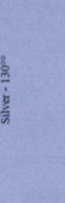
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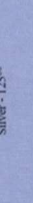
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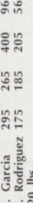
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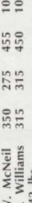
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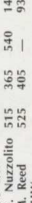
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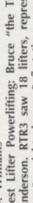
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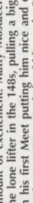
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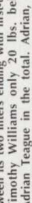
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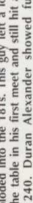
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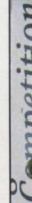
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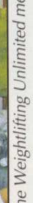
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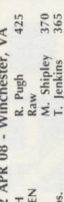
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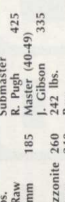
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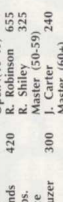
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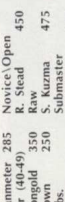
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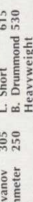
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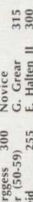
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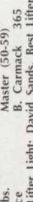
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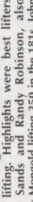
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



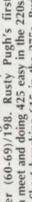
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



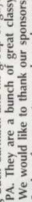
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



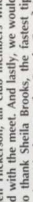
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



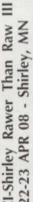
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



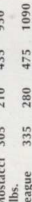
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



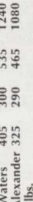
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



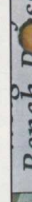
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



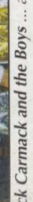
Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 500<sup>gms</sup>  
Silver - 375<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>



Gold - 250<sup>gms</sup>  
Silver - 140<sup>gms</sup>





**MEET OFFICIALS:** LCDR Jamie Henderson-Coffee, Johnny Graham, Robert Keller, Malinda Baum, Lanette Lopez, Jim Wold, John Krause with some National and two world records being set as well. Mike Green, Marine



**DARYL EVANS; pulled 644 lbs.**

Cops did a 661 bench at 242 body weight. He also attempted a 722 but couldn't get it to lock out. We had some excellent lifts being performed by Sgt. John Graham, VP USAPL, Lanette Lopez and Malinda Baum judging and keeping the meet flowing smoothly. We witnessed the Honor that every participant and guest felt for the Dais as we paid tribute to his memory. We raised some proceeds that were committed to benefit the Navy & Marine Corps Relief programs. While LCDR Henderson-Coffee worked tirelessly putting on this event, his dedication and hard work is outstanding job. Your dedication and efforts were remarkable. Also some recognition and thanks to Dr. James Wold and CMDR Mark Goto for all of this awesome meet. As for the volunteers and support personal my hat is off to you all for a superb job, well done, what better place for this event to take place than beautiful Fort Belvoir. We are proud to be a part of this event. You may find out more at [www.alpha1nals.com](http://www.alpha1nals.com). (courtesy USAPL)

8 MAR 08 - NAS Pensacola, FL

**BENCH**

J. Reape	546
T. Taylor	524
E. White	524
F. McClain	546
M. Green	661
E. White	546
J. Reape	524
D. O'Neil	524
D. Jackson	204
D. Amos	176
M. Pritzel	325
D. Bryant	364
S. Zabawa	298
S. Johnson	215
<b>MEN</b>	
A. Smith	380
B. Harrison	424
B. Carmichael	265
J. Schneider	408
T. Taylor	419
D. Banker	441
D. Atkins	354
D. Parris	326
G. Geyer	424
J. Thompson	518
R. Geyer	452
E. White	645
A. Monaghan	408
C. Mendez	463
A. Ghoslon	612
D. Davis	502
C. Thompson	551
R. Geyer	331
A. Sheen	276
R. Chavez	165

16th USAPL Military Nationals  
**MEET OFFICIALS:** LCDR Jamie Henderson-Coffee, Johnny Graham, Robert Keller, Malinda Baum, Lanette Lopez, Jim Wold, John Krause with some National and two world records being set as well. Mike Green, Marine

**8 MAR 08 - NAS Pensacola, FL**

**BENCH**

J. Reape	546
T. Taylor	524
E. White	524
F. McClain	546
M. Green	661
E. White	546
J. Reape	524
D. O'Neil	524
D. Jackson	204
D. Amos	176
M. Pritzel	325
D. Bryant	364
S. Zabawa	298
S. Johnson	215
<b>MEN</b>	
A. Smith	380
B. Harrison	424
B. Carmichael	265
J. Schneider	408
T. Taylor	419
D. Banker	441
D. Atkins	354
D. Parris	326
G. Geyer	424
J. Thompson	518
R. Geyer	452
E. White	645
A. Monaghan	408
C. Mendez	463
A. Ghoslon	612
D. Davis	502
C. Thompson	551
R. Geyer	331
A. Sheen	276
R. Chavez	165



**Emnis White; squatted 644 lbs.**

# CRAIN CXX1 & CXX2 XTREME LIFTING GEAR

ALL Single Ply Gear IFF Approved

**RDC 800 lbs @ 165 lb**

**Bubba Dowling 705 lbs WR**

**RDC 716 lbs @ 165 lb**

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\* When ordering SUITS please give height, weight and thigh measurements.

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**CX1 Power SUIT® (DEADLIFT)** \$145.00 **DOUBLE PLY** \$175.00

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**CX2 Power SUIT® (SQUAT)** \$145.00 **DOUBLE PLY** \$175.00

**CX2 Power SUIT® (DEADLIFT)** \$145.00 **DOUBLE PLY** \$175.00

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 Give Height & Weight

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**Power Suit®** \$42.00

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**Genesis Power Suit® (Deadlift)** \$64.00

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**Genesis Power Brief** No legs \$34.00

**Double Ply**

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**Genesis Power Trainer** No straps w/ legs \$93.00

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 #7 Silver (120-150 lb) - \$27.00  
 #8 Gold (150-200 lb) - \$27.00  
 #9 White (200-250 lb) - \$27.00  
 #10 Black (250-300 lb) - \$27.00  
 #11 Blue (300-350 lb) - \$27.00  
 #12 Red (350-400 lb) - \$27.00  
 #13 Green (400-450 lb) - \$27.00  
 #14 Purple (450-500 lb) - \$27.00  
 #15 Yellow (500-550 lb) - \$27.00  
 #16 Silver (550-600 lb) - \$27.00  
 #17 Gold (600-650 lb) - \$27.00  
 #18 White (650-700 lb) - \$27.00  
 #19 Black (700-750 lb) - \$27.00  
 #20 Blue (750-800 lb) - \$27.00  
 #21 Red (800-850 lb) - \$27.00  
 #22 Green (850-900 lb) - \$27.00  
 #23 Purple (900-950 lb) - \$27.00  
 #24 Yellow (950-1000 lb) - \$27.00  
 #25 Silver (1000-1050 lb) - \$27.00  
 #26 Gold (1050-1100 lb) - \$27.00  
 #27 White (1100-1150 lb) - \$27.00  
 #28 Black (1150-1200 lb) - \$27.00  
 #29 Blue (1200-1250 lb) - \$27.00  
 #30 Red (1250-1300 lb) - \$27.00  
 #31 Green (1300-1350 lb) - \$27.00  
 #32 Purple (1350-1400 lb) - \$27.00  
 #33 Yellow (1400-1450 lb) - \$27.00  
 #34 Silver (1450-1500 lb) - \$27.00  
 #35 Gold (1500-1550 lb) - \$27.00  
 #36 White (1550-1600 lb) - \$27.00  
 #37 Black (1600-1650 lb) - \$27.00  
 #38 Blue (1650-1700 lb) - \$27.00  
 #39 Red (1700-1750 lb) - \$27.00  
 #40 Green (1750-1800 lb) - \$27.00  
 #41 Purple (1800-1850 lb) - \$27.00  
 #42 Yellow (1850-1900 lb) - \$27.00  
 #43 Silver (1900-1950 lb) - \$27.00  
 #44 Gold (1950-2000 lb) - \$27.00  
 #45 White (2000-2050 lb) - \$27.00  
 #46 Black (2050-2100 lb) - \$27.00  
 #47 Blue (2100-2150 lb) - \$27.00  
 #48 Red (2150-2200 lb) - \$27.00  
 #49 Green (2200-2250 lb) - \$27.00  
 #50 Purple (2250-2300 lb) - \$27.00  
 #51 Yellow (2300-2350 lb) - \$27.00  
 #52 Silver (2350-2400 lb) - \$27.00  
 #53 Gold (2400-2450 lb) - \$27.00  
 #54 White (2450-2500 lb) - \$27.00  
 #55 Black (2500-2550 lb) - \$27.00  
 #56 Blue (2550-2600 lb) - \$27.00  
 #57 Red (2600-2650 lb) - \$27.00  
 #58 Green (2650-2700 lb) - \$27.00  
 #59 Purple (2700-2750 lb) - \$27.00  
 #60 Yellow (2750-2800 lb) - \$27.00  
 #61 Silver (2800-2850 lb) - \$27.00  
 #62 Gold (2850-2900 lb) - \$27.00  
 #63 White (2900-2950 lb) - \$27.00  
 #64 Black (2950-3000 lb) - \$27.00  
 #65 Blue (3000-3050 lb) - \$27.00  
 #66 Red (3050-3100 lb) - \$27.00  
 #67 Green (3100-3150 lb) - \$27.00  
 #68 Purple (3150-3200 lb) - \$27.00  
 #69 Yellow (3200-3250 lb) - \$27.00  
 #70 Silver (3250-3300 lb) - \$27.00  
 #71 Gold (3300-3350 lb) - \$27.00  
 #72 White (3350-3400 lb) - \$27.00  
 #73 Black (3400-3450 lb) - \$27.00  
 #74 Blue (3450-3500 lb) - \$27.00  
 #75 Red (3500-3550 lb) - \$27.00  
 #76 Green (3550-3600 lb) - \$27.00  
 #77 Purple (3600-3650 lb) - \$27.00  
 #78 Yellow (3650-3700 lb) - \$27.00  
 #79 Silver (3700-3750 lb) - \$27.00  
 #80 Gold (3750-3800 lb) - \$27.00  
 #81 White (3800-3850 lb) - \$27.00  
 #82 Black (3850-3900 lb) - \$27.00  
 #83 Blue (3900-3950 lb) - \$27.00  
 #84 Red (3950-4000 lb) - \$27.00  
 #85 Green (4000-4050 lb) - \$27.00  
 #86 Purple (4050-4100 lb) - \$27.00  
 #87 Yellow (4100-4150 lb) - \$27.00  
 #88 Silver (4150-4200 lb) - \$27.00  
 #89 Gold (4200-4250 lb) - \$27.00  
 #90 White (4250-4300 lb) - \$27.00  
 #91 Black (4300-4350 lb) - \$27.00  
 #92 Blue (4350-4400 lb) - \$27.00  
 #93 Red (4400-4450 lb) - \$27.00  
 #94 Green (4450-4500 lb) - \$27.00  
 #95 Purple (4500-4550 lb) - \$27.00  
 #96 Yellow (4550-4600 lb) - \$27.00  
 #97 Silver (4600-4650 lb) - \$27.00  
 #98 Gold (4650-4700 lb) - \$27.00  
 #99 White (4700-4750 lb) - \$27.00  
 #100 Black (4750-4800 lb) - \$27.00  
 #101 Blue (4800-4850 lb) - \$27.00  
 #102 Red (4850-4900 lb) - \$27.00  
 #103 Green (4900-4950 lb) - \$27.00  
 #104 Purple (4950-5000 lb) - \$27.00  
 #105 Yellow (5000-5050 lb) - \$27.00  
 #106 Silver (5050-5100 lb) - \$27.00  
 #107 Gold (5100-5150 lb) - \$27.00  
 #108 White (5150-5200 lb) - \$27.00  
 #109 Black (5200-5250 lb) - \$27.00  
 #110 Blue (5250-5300 lb) - \$27.00  
 #111 Red (5300-5350 lb) - \$27.00  
 #112 Green (5350-5400 lb) - \$27.00  
 #113 Purple (5400-5450 lb) - \$27.00  
 #114 Yellow (5450-5500 lb) - \$27.00  
 #115 Silver (5500-5550 lb) - \$27.00  
 #116 Gold (5550-5600 lb) - \$27.00  
 #117 White (5600-5650 lb) - \$27.00  
 #118 Black (5650-5700 lb) - \$27.00  
 #119 Blue (5700-5750 lb) - \$27.00  
 #120 Red (5750-5800 lb) - \$27.00  
 #121 Green (5800-5850 lb) - \$27.00  
 #122 Purple (5850-5900 lb) - \$27.00  
 #123 Yellow (5900-5950 lb) - \$27.00  
 #124 Silver (5950-6000 lb) - \$27.00  
 #125 Gold (6000-6050 lb) - \$27.00  
 #126 White (6050-6100 lb) - \$27.00  
 #127 Black (6100-6150 lb) - \$27.00  
 #128 Blue (6150-6200 lb) - \$27.00  
 #129 Red (6200-6250 lb) - \$27.00  
 #130 Green (6250-6300 lb) - \$27.00  
 #131 Purple (6300-6350 lb) - \$27.00  
 #132 Yellow (6350-6400 lb) - \$27.00  
 #133 Silver (6400-6450 lb) - \$27.00  
 #134 Gold (6450-6500 lb) - \$27.00  
 #135 White (6500-6550 lb) - \$27.00  
 #136 Black (6550-6600 lb) - \$27.00  
 #137 Blue (6600-6650 lb) - \$27.00  
 #138 Red (6650-6700 lb) - \$27.00  
 #139 Green (6700-6750 lb) - \$27.00  
 #140 Purple (6750-6800 lb) - \$27.00  
 #141 Yellow (6800-6850 lb) - \$27.00  
 #142 Silver (6850-6900 lb) - \$27.00  
 #143 Gold (6900-6950 lb) - \$27.00  
 #144 White (6950-7000 lb) - \$27.00  
 #145 Black (7000-7050 lb) - \$27.00  
 #146 Blue (7050-7100 lb) - \$27.00  
 #147 Red (7100-7150 lb) - \$27.00  
 #148 Green (7150-7200 lb) - \$27.00  
 #149 Purple (7200-7250 lb) - \$27.00  
 #150 Yellow (7250-7300 lb) - \$27.00  
 #151 Silver (7300-7350 lb) - \$27.00  
 #152 Gold (7350-7400 lb) - \$27.00  
 #153 White (7400-7450 lb) - \$27.00  
 #154 Black (7450-7500 lb) - \$27.00  
 #155 Blue (7500-7550 lb) - \$27.00  
 #156 Red (7550-7600 lb) - \$27.00  
 #157 Green (7600-7650 lb) - \$27.00  
 #158 Purple (7650-7700 lb) - \$27.00  
 #159 Yellow (7700-7750 lb) - \$27.00  
 #160 Silver (7750-7800 lb) - \$27.00  
 #161 Gold (7800-7850 lb) - \$27.00  
 #162 White (7850-7900 lb) - \$27.00  
 #163 Black (7900-7950 lb) - \$27.00  
 #164 Blue (7950-8000 lb) - \$27.00  
 #165 Red (8000-8050 lb) - \$27.00  
 #166 Green (8050-8100 lb) - \$27.00  
 #167 Purple (8100-8150 lb) - \$27.00  
 #168 Yellow (8150-8200 lb) - \$27.00  
 #169 Silver (8200-8250 lb) - \$27.00  
 #170 Gold (8250-8300 lb) - \$27.00  
 #171 White (8300-8350 lb) - \$27.00  
 #172 Black (8350-8400 lb) - \$27.00  
 #173 Blue (8400-8450 lb) - \$27.00  
 #174 Red (8450-8500 lb) - \$27.00  
 #175 Green (8500-8550 lb) - \$27.00  
 #176 Purple (8550-8600 lb) - \$27.00  
 #177 Yellow (8600-8650 lb) - \$27.00  
 #178 Silver (8650-8700 lb) - \$27.00  
 #179 Gold (8700-8750 lb) - \$27.00  
 #180 White (8750-8800 lb) - \$27.00  
 #181 Black (8800-8850 lb) - \$27.00  
 #182 Blue (8850-8900 lb) - \$27.00  
 #183 Red (8900-8950 lb) - \$27.00  
 #184 Green (8950-9000 lb) - \$27.00  
 #185 Purple (9000-9050 lb) - \$27.00  
 #186 Yellow (9050-9100 lb) - \$27.00  
 #187 Silver (9100-9150 lb) - \$27.00  
 #188 Gold (9150-9200 lb) - \$27.00  
 #189 White (9200-9250 lb) - \$27.00  
 #190 Black (9250-9300 lb) - \$27.00  
 #191 Blue (9300-9350 lb) - \$27.00  
 #192 Red (9350-9400 lb) - \$27.00  
 #193 Green (9400-9450 lb) - \$27.00  
 #194 Purple (9450-9500 lb) - \$27.00  
 #195 Yellow (9500-9550 lb) - \$27.00  
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 #201 Red (9800-9850 lb) - \$27.00  
 #202 Green (9850-9900 lb) - \$27.00  
 #203 Purple (9900-9950 lb) - \$27.00  
 #204 Yellow (9950-10000 lb) - \$27.00  
 #205 Silver (10000-10050 lb) - \$27.00  
 #206 Gold (10050-10100 lb) - \$27.00  
 #207 White (10100-10150 lb) - \$27.00  
 #208 Black (10150-10200 lb) - \$27.00  
 #209 Blue (10200-10250 lb) - \$27.00  
 #210 Red (10250-10300 lb) - \$27.00  
 #211 Green (10300-10350 lb) - \$27.00  
 #212 Purple (10350-10400 lb) - \$27.00  
 #213 Yellow (10400-10450 lb) - \$27.00  
 #214 Silver (10450-10500 lb) - \$27.00  
 #215 Gold (10500-10550 lb) - \$27.00  
 #216 White (10550-10600 lb) - \$27.00  
 #217 Black (10600-10650 lb) - \$27.00  
 #218 Blue (10650-10700 lb) - \$27.00  
 #219 Red (10700-10750 lb) - \$27.00  
 #220 Green (10750-10800 lb) - \$27.00  
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 #222 Yellow (10850-10900 lb) - \$27.00  
 #223 Silver (10900-10950 lb) - \$27.00  
 #224 Gold (10950-11000 lb) - \$27.00  
 #225 White (11000-11050 lb) - \$27.00  
 #226 Black (11050-11100 lb) - \$27.00  
 #227 Blue (11100-11150 lb) - \$27.00  
 #228 Red (11150-11200 lb) - \$27.00  
 #229 Green (11200-11250 lb) - \$27.00  
 #230 Purple (11250-11300 lb) - \$27.00  
 #231 Yellow (11300-11350 lb) - \$27.00  
 #232 Silver (11350-11400 lb) - \$27.00  
 #233 Gold (11400-11450 lb) - \$27.00  
 #234 White (11450-11500 lb) - \$27.00  
 #235 Black (11500-11550 lb) - \$27.00  
 #236 Blue (11550-11600 lb) - \$27.00  
 #237 Red (11600-11650 lb) - \$27.00  
 #238 Green (11650-11700 lb) - \$27.00  
 #239 Purple (11700-11750 lb) - \$27.00  
 #240 Yellow (11750-11800 lb) - \$27.00  
 #241 Silver (11800-11850 lb) - \$27.00  
 #242 Gold (11850-11900 lb) - \$27.00  
 #243 White (11900-11950 lb) - \$27.00  
 #244 Black (11950-12000 lb) - \$27.00  
 #245 Blue (12000-12050 lb) - \$27.00  
 #246 Red (12050-12100 lb) - \$27.00  
 #247 Green (12100-12150 lb) - \$27.00  
 #248 Purple (12150-12200 lb) - \$27.00  
 #249 Yellow (12200-12250 lb) - \$27.00  
 #250 Silver (12250-12300 lb) - \$27.00  
 #251 Gold (12300-12350 lb) - \$27.00  
 #252 White (12350-12400 lb) - \$27.00  
 #253 Black (12400-12450 lb) - \$27.00  
 #254 Blue (12450-12500 lb) - \$27.00  
 #255 Red (12500-12550 lb) - \$27.00  
 #256 Green (12550-12600 lb) - \$27.00  
 #257 Purple (12600-12650 lb) - \$27.00  
 #258 Yellow (12650-12700 lb) - \$27.00  
 #259 Silver (12700-12750 lb) - \$27.00  
 #260 Gold (12750-12800 lb) - \$27.00  
 #261 White (12800-12850 lb) - \$27.00  
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 #300 Red (14750-14800 lb) - \$27.00  
 #301 Green (14800-14850 lb) - \$27.00  
 #302 Purple (14850-14900 lb) - \$27.00  
 #303 Yellow (14900-14950 lb) - \$27.00  
 #304 Silver (1495



(continued from page 18)

He was Senior National Champion in 1971 and 1977. ("He won World Championships on the strength of those thighs," Jon Smoker). George had huge quads and perfect form in the squat. Probably would have rated higher if not for a problem in the deadlift. This deficiency cost him 3 more National Championships. An American and World Record Holder in the Squat many times over. ("George would come to our meats in Squatin in the early 70s, and at 165 would out squat the 198 lbs.," Bob Gavnor). Probably the first lifter to wear a super suit. Died of surgery complications a few years ago.

**#10 Joseph "Doc" Rhodes**  
A great lifter with a great career. Doc started in the 60's and still does an occasional contest today. Doc was always at or near the top. He won the Seniors in 1970 and 1974. His "74" victory was one of my memorable moments of powerlifting. Doc dropped a bench press on his chest and cracked some ribs. He did not officially drop out, but changed into his street clothes and was sitting in the stands. Crawford proceeded to miss all of his deadlifts. Doc hurried to the locker room and changed. This was before the rounds system, so the bar kept going up. By the time Doc got to the platform the weight was at 605. After returning the bar to the platform he passed out and smashed his forehead requiring a dozen stitches, but he was the National Champion. Doc held the IPF Deadlift Record for a time, and in the 80's he won the ADFPA Nationals. In addition, to being a competitor, Doc was an official, meet promoter and operated Rhodes Fitness in Gulfport, Mississippi for many years. When 165 lbs. who received support were Jim, McCarthy, Dave Ricks, Angelo Berardinelli and Jay Rosciglione.

The 181 lb class was very close except for the #1 spot. Almost everyone picked the same lifter.

**#1 Mike Bridges**  
When you say the best of the best the list becomes very small. One name that has to be on it is Mike Bridges. 181 was Mike's best class. The numbers he put up 25 years ago are still hard to beat today - an 832 lb. squat in a Marathon Squat Suit and a pair of super wraps. Mike has had 3 careers. His USPF Career in the late 70's, early 80's, his ADFPA career in the late 80's, and his current USAPL Career. (Absolutely unbeatable - Jon Smoker). When Mike was at his peak in the late 70's and early 80's, he could not be beat. If he had not retired for a number of years, who knows what he might have done. Mike would easily lift weights that others could only dream about.

**#2 Walter Thomas**  
Walter lifted at 165, 181 and 198, and was outstanding at all three. He won the USPF Senior National Title at 181 in 1976, 77, 78 and 79, and came back in 1994 to do it again. ("So good for so long, won a World Title in his late 40s," Jon Smoker). Walter was good on all three lifts and set many American and World

Records in his career. He pulled over 800 lbs. at 198. He won a total of 8 Open National Championships, plus many Master Nationals. In IPF World Competition he had 5 firsts, 3 seconds and 1 third. A great lifter and a perfect gentleman. ("A great well-rounded lifter," Kevin Meskew) makes his achievements even greater. Walter has a long career in the National Guard and retired a major.

**#3 Gene Bell**  
Gene performed at a World Class level in 4 weight classes. Gene won his first National Title in 1980, and is still setting Master World Records today. Gene has the ability to lift in any organization with any type of equipment. During his career he won 5 IPF World Titles. 198 might have been his best weight class. ("At 181 he was just getting going. 198s look out." Kevin Meskew) His all-time best lifts are right up there with Mike Bridges.

**#4 Ernie Frantz**  
The Godfather of powerlifting, as some call him. Ernie started in the 50s and just recently did a contest. Ernie looked strong and was strong. He competed at a very high level in the physique world. ("181 was the perfect weight class for him," Jon Smoker) In addition to being a great lifter, Ernie was and still is an organizer, meet promoter and equipment manufacturer. Ernie perfected the canvas-squat suit and it's progeny. In 1980 he was involved in the NPA/USPF dual teams at the Worlds.

Ernie recently started another federation. Ernie did his best lifting as a master. He won numerous open championships and holds countless master world records. Ernie probably has had as much effect on powerlifting as any one individual.

**#5 Dave Ricks**  
A top flight lifter for over 20 years. Won his first National Title in 1991 and is still winning today. ("Solid, consistent lifter who's still handling big weights," Kevin Meskew) Very competitive at the IPF Worlds. Dave was a career Military Man, and a great ambassador for the sport. He just seems to get better with age. One of the very few modern day lifters to win multiple IPF World Championships. David has 3 good lifts, with his deadlift being his ace in the hole. With that big pull he's never out of a contest. By the time this is published his battle with Wade Hooper at the 2008 USAPL national will be history. He will probably need that big pull.

**#6 Vince Anello**  
"Mr. Deadlift". Vince lifted at 181, 198 and 220 and held World Records in all 3 classes. His leverages were not the best at 181, but the best ability to pull over 750 made his one of the best in any contest. Vince is from Middlebury, Ohio, and won his first World Title in 1972. Vince competed in ten Senior Nationals. In the late 80's, and early 90's, won some Master Titles. Vince makes his living today as a personal trainer. Vince deadlifted like a machine, just a slow steady pull and then a World Record. You



**#7 Ray Benemerito**  
One of the great ambassadors of the sport. The New Jersey native had a great career and enjoyed every minute of it. Ray's entire career was in the USAPL. He lifted and won titles at 148/165/181/198, and once at 220. I think his best lifting was at 181. At the 1993 ADFPA nationals on the memo section of his entry check, Ray wrote 1906. That is exactly what he totaled. At that time, it was one of the best performances in the world. Ray did not set individual records, all 3 of his lifts were very good. At the end of the day he stood on the victory stand. One of the best supporters of the ADFPA

**#8 Jack Barnes**  
Jack was from Phoenix, Arizona. All of Jack's lifts were good, but his squat was outstanding. Jack was a multi-time National Champion and Record Holder in the Squat and Total. At local meets Jack would out squat everyone. Won an early World Championships, but by the mid-70's his career was over. Jack was the "Doctor Squat" of his era. He would do well over 700 in a singlet and knee wraps at 181. Jack had his own training routine. It was a 5-4-3-2-1-5 System. Do your warmup and start with a set of 5, add weight (wanted from lift to lift), and do 4, add the same amount and then 3, 1 would look like this. 500x5 520x4 510x3 560x2 580x1 505x5. Many got great results with it. ("One of the greatest squatters of the sport," Kevin Meskew)

**#9 George Herring**  
George came on the scene in the early eighties. He competed at 165/181/198 and currently does WABDL meets at 220 or 242. George was from Lilburn, Georgia, and is still active in the gym business, along with competing. During the course of his career George won 3 IPF World Championships. He has been on many big-time deadlifters, pulling over 800 lbs on many occasions. George was also successful at 198. He is now doing mainly push/pull meets, but don't rule out a big squat in the future.

**#10 Ronnie Ray**  
One of the early pioneers of the sport. Did a lot of work with Jim Witt to publicize powerlifting. Won the first Senior Nationals, set American Records in the Bench Press and Total. Ronnie was benching 500 raw over 35 years ago. His big bench and 2 other good lifts made his next impossible to beat. ("Pioneer, great lifter," Vince Anello) Ronnie's training methods were 100% powerlifting. He would say to improve your bench, bench press. Was involved in the promotion of many of the early National Championships. Did well with real estate and the fitness industry.

Like all the other classes many great lifters did not make the top 10. Others receiving support were Dennis Wright, Rob Wagner, Jesse Kellum.

In the next issue we will cover the 198/220 lb weight classes.

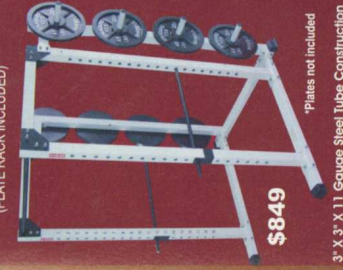
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I. Miller 420 220 385 1005  
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R. Repach 495 305 545 1345  
J. Caslow 540 320 480 1340  
D. Gibson 425 315 510 1250  
220 lbs.  
E. Marinelli 460 285 560 1305  
K. Foremba 400 260 430 1090  
S. Bennett 390 250 435 1075  
S. Moran 365 320 500 1185  
C. McAuley 460 275 500 1235  
L. Schaefer 555 375 570 1500  
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J. Capprellino 600 375 575 1550  
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K. Wron 360 195 350 905  
C. Sears 275 200 320 795  
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N. Edwards 320 340 470 1330  
K. That 435 320 430 1185  
E. Lovinson 415 285 475 1175  
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L. Prunedu 375 215 468 1058  
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Junior  
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