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ON THE COVER ... Chuck Fought at the IPA Lexen Extreme meet, starting his 900 lb. deadlift (a Scott DePantiflis photo)

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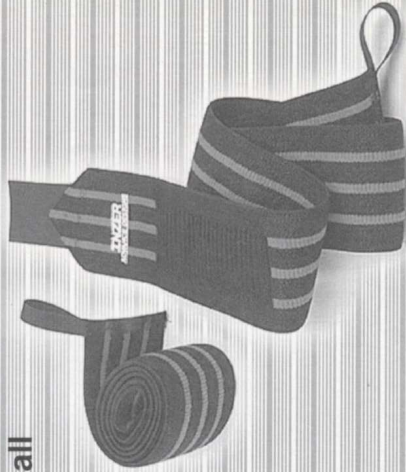
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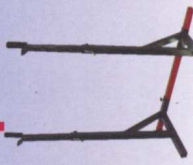
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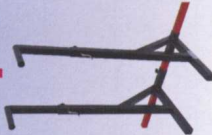
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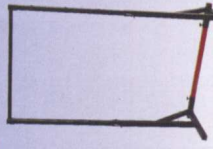
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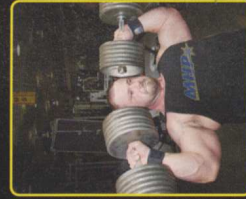
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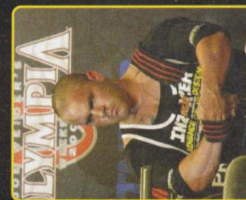
Dennis Cieri
IPF World Record Bench
634 lbs @ 198 lbs



Jeremy Hoornstra
World Record "raw" Bench
615 lbs @ 242 lbs



Brian Schwab
World Record Total
2,045 lbs @ 165 lbs



Shawn Frankl
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Ryan Kennelly - Team MHP Member
World Record Bench
1074 lbs.

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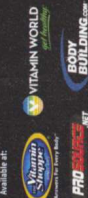
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On January 16th, 2009, Lexen Xtreme hosted the second annual IPA PRO/AM. Forty five amateurs competed on Saturday in three flights, and then twenty pros competed on Sunday in two flights. The two day event took place at the Courtyard Marriott Columbus West Hotel, Columbus, OH—an ideal location, large spacious rooms, on-site restaurant, free internet access, and very large event hall to run the meet. The hotel management “loves powerlifting” and went out of their way to make everyone content. The breakfast buffet was the best!

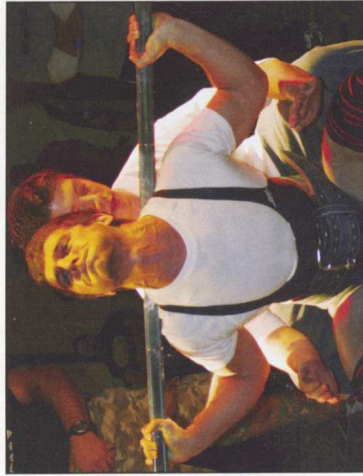
The Pro/AM circuit has become a top venue for national and international stars of powerlifting. The first PRO/AM1 covered was on Sunday, August 19th, 2007 in Franklin, OH, then the following year at the Sharonville Convention Center in Ohio. With the world economy in crisis, government and consumer debt at their highest ever, it's no wonder top lifters are traveling less (or not at all) and seeking head-to-head venues boasting the best this sport has to offer. Fortunately the PRO/AM has begun to offer some additional locations like Tennessee, and I was recently informed, Nebraska may promote a PRO/AM.

Meet promoter Dan Deque started Lexen in his house in 2004 and moved to a gym in the same year. “I needed more space, as we started to grow. We have moved two more times since 2004 and now have a 3000 sq ft gym, and are still growing.” Dan brought in John Bott and Daane Miller as side judges. The head judge was Tim Sansbury; all elite ranked powerlifters, the loaders/spotters were incredible. Their names were Jared Cobble, Matt Burke, and Mark Reiser. Jared



Teen Powerhouse, Jim Esterline

IPA PRO/AM Columbus, OH as told to PL USA by Scott DePanfilis



Ralph Stover took the 148 pound class in the Junior Division and Matt loaded all day, both days. He opened with 250 pounds and sunk it really deep. Bobby went to 275 - got it on his third attempt, great job. Bobby looked strong, with solid form during his opening 215 bench, and then 225, but 240 got out of the groove. During the deadlifts, Bobby really excelled. His numbers were 315, 330, and 350. Systems “Educating & Outfitting the Strongest Athletes Around the World,” House of Pain, Chiropractic & Physical Therapy Centers of Ohio, Nutrition Forum, “Your Partner in Wellness”, Berry’s Barbell & Fitness Equipment Co. Columbus, OH, Bloomingburg Spring & Wire Form, APT Pro Lifting Gear, Pro-Cro Mixes, & SCHRAMM ROTADRILL. I also want to mention that the platform and staging brought back memories of the WPO PRO shows. Dan’s past work experience included lighting production and he built all of it, unreal. I was very impressed with the lighting, as a lot of hotel venues are too dark, but not here, really top notch. We had a full house on both days, not just Sunday.

On to the show of strength; the first amateur lifter to hit the platform on Saturday was 123 Sub Master Beth Craft. I believe out of North Carolina, and two excellent training facilities, East Coast Barbell and Granite City Barbell. Beth hit a deep squat opener of 185, but two attempts with 215 were unsuccessful. Beth smoked through the bench press and deadlifts events; best lifts were a 150 bench press and a 230 deadlift. Her final total was 565, great job. Next up lifting was 148 Teen Bobby Sutherby,

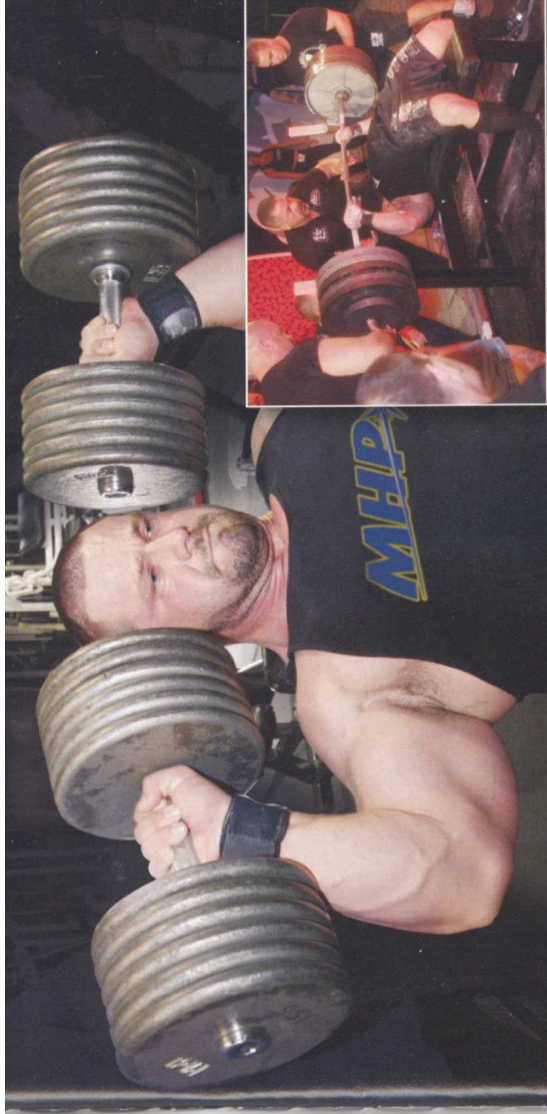
The next competitor to hit the platform was 181 Jessica Boyce from Team Xtreme. Jessica performed well under pressure. She toyed with her opening 300 pound squat; cut it a little high on her second 330 attempt, but more than made up for it during her final 355 squat. Nice speed off the bottom. During the bench press, and with a little coaching/handling assistance from Natalie Harrington, Jessica opened with nice 180. Her second attempt 195 was also fast off the chest, but may have hit the pin before getting the rack call. A final successful attempt with 205 really gave Jessica and her teammates a

boost of energy, she was pumped-up! During the deadlifts, Jessica pulled 300 sumo style, and then 340, but a slight hitch with 355 was

(continued on page 86)

IPA Columbus Amateur 17 JAN 09 - Columbus, OH

BENCH	AMATEUR	220 lbs.	535
T. Williams	—	—	—
R. Hildner	242 lbs.	380	—
L. Boyer	—	—	—
J. Chrissis	405	—	—
Powerlifting	SQ	BP	DL
FEMALE			
Open	123 lbs.	350	225 330 905
J. Forstach	—	—	—
Submaster	185	150	230 565
Open	165 lbs.	—	—
Open	181 lbs.	415	275 430 1120
M. Edwards	—	—	—
Open	355	205 340	900
Open	198 lbs.	—	—
Open	430	275 425	1130
L. Jaskiewicz	—	—	—
MALE			
Open	148 lbs.	430	260 455 1145
R. Stover	—	—	—
Teen Raw	275	225 350	850
D. Cuthbert	—	—	—
Open	181 lbs.	—	—
Open	465	325 465	1255
M. Davis	—	—	—
Master	655	400 545	1600
Y. Murray	—	—	—
S. Herrick	400	315 440	1155
Teen	650	375 560	1385
A. Hare	—	—	—
Open	198 lbs.	565	425 600 1590
T. Tolson	—	—	—
Z. Whalen	—	—	—
Submaster	625	385 540	1550
J. Brock	—	—	—
Open	220 lbs.	700	450 615 1765
Gummerlamade	—	—	—
S. Michael	—	—	—
Master	315	330 605	1250
O. Cash	—	—	—
J. Bokowsky	750	550 550 1850	—
J. Brown	725	580 510 1815	—
M. Adams	585	485 575 1645	—
Teen	225	320 505	1050
Open	242 lbs.	—	—
Master	630	360 580	1570
M. Terman	—	—	—
Open	800	510 640	1950
A. Ange	—	—	—
A. Roman	—	—	—
J. Riddle	—	—	—
Master	705	410 565	1680
H. Hatter	—	—	—
Open	750	540 700	1990
C. Mello	800	585 575	1960
J. Luczyk	700	550 705	1955
R. Douglas	—	—	—
Submaster	615	435 530	1580
Submaster	—	—	—
J. Brown	—	—	—
Open	—	—	—
M. D. Damminga	—	—	—
Open	765	600 560	1925
P. Avacris	—	—	—
J. Willoughby	—	—	—
Open	755	600 725	2080
D. Schwab	—	—	—
Open	—	—	—
SHW	—	—	—
Open	—	—	—
J. McNett	—	—	—
Teen	650	300 515	1465
I. Esterline	—	—	—



Jeremy Hoornstra - Team MHP Member
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INTERVIEW

RICKY HUSSEY of BIG IRON GYM
interviewed for PL USA by Michele Cogger



Ricky Hussey, coach and founder of Big Iron Gym in Omaha, Nebraska, is probably one of the most misunderstood people in powerlifting. Producing some of the top lifters since he began coaching, Rick's reputation as a world-class coach speaks for itself, but there is so much more to this man than most people have the pleasure of knowing. Those that don't know him well may have developed their own perceptions of who Rick is, but those that know him and train with him consider him to be a great coach and friend.

Rick lives and breathes for his gym and his team. The amount of passion he has in seeing athletes succeed is unparalleled. When going through cancer treatment in 2007, Rick's body was weak and tired from chemotherapy and radiation, but he was still in the gym coaching every day.

I had the opportunity to sit down with Rick and probe his mind, learning some of the great insights he has to offer the sport of powerlifting. For those who don't have the pleasure of seeing Rick in the gym every day, I can tell you that this interview only scratches the surface.

Michele Cogger: Tell us about how you got started in competing and coaching.

Rick Hussey: A guy named John Jones from the community center I was working out at asked me to come do a meet. I've been hooked ever since. That was 25 years ago. I have been coaching probably 15 years. I got started doing that just training with people and they were following me, doing what I was doing. When I started I was coaching and didn't even know it.

MC: Do you have any favorite memories from when you were competing?

RH: I remember one meet where a kid had been talking crap about how he was going to beat me. When he blew his squat suit, I pulled one out of my bag and threw him another one so he could still compete. Then I beat him. I did 100 and some meets over ten years. I was doing almost one meet a month.

MC: After spending so many years as a lifter, how did you come to start Big Iron Gym?

RH: We just started with a little gym, at a time when powerlifting had died in Nebraska pretty much. Becca Swanson was bodybuilding and she got sick of that. I read the records and she was strong enough to go after them, so that's

RH: The best thing is to take watch them grow up in the sport. Like Mandy Bennett right now, she's starting to get serious in her lifting, and she was all giggles for the first two years. You see them mature right before your eyes and turn into grown-ups. It's pretty cool. So, I do get kind of pissed off when they go off and do the wrong things, because I have a lot of time invested in them and they just slip off. I get mad, kind of like their father or something. You see them going the wrong way, but you don't really have the right to tell them what to do outside of the gym. You can kick their ass off the team, but then they just get further gone when you do that.

It helps keep them out of trouble when they are training. The worst part is to see people that are genetically gifted just walk away and quit. To do nothing, that's one of the worst things...to give up on everything.

MC: Many people are aware that you battled cancer in 2007. How did this affect your ability to coach your team?

RH: I didn't think about it. I just did the same thing I did before. I was just a lot weaker and more tired. We went to Ohio a week after I got out of radiation, which was pretty rough because my body temperature was running very, very hot. Of course, you can't taste anything, and are thirsty all the time. I was in radiation for 8 weeks, 5 days a week, 30 minutes a day. The chemo makes you throw up, the radiation just makes you really tired and weak. Your legs feel like they weigh 500 pounds each, just to take a step. You can fall asleep just sitting on a bench, but you can't sleep at night. It was miserable. Even before the chemo I remember coaching through one of my knee surgeries. I was in my hospital room on the phone with the guys while they were training. I was calling their numbers in kilos, while on morphine. It was pretty funny actually. The next week, they were so thoughtful they moved the stinky couch next to the squat rack.

MC: The lifters at Big Iron would say your coaching style is pretty unique. How do you motivate the lifters?

RH: By reminding them that they are s**t. You have to work harder if you want to beat people. They want to be the best, and you are

(continued on page 97)

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Rob Luyando
World Record Bench Press
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Westside has always used the conjugate method. I realized I could only squat, bench, or deadlift so much by doing only those three lifts. I was using several pin levels, different box heights, and many forms of benching such as board pressing and floor pressing in the early 1970s. I found out early on that after 3 weeks of doing the same lift I regressed. That's how the 3-week pendulum wave became a constant fixture at Westside.

Westside max effort day is designed with the best of three systems. The Bulgarian max effort day is distinguished by lifting as heavy a weight as possible on that day. Their max effort day may not be the most ever lifted, but rather the heaviest weight possible on that day. They would concentrate on just a few lifts after mastering technique in the classical lifts. They were, remember, model athletes, built for their sport.

The former Soviet Union claims to have invented the conjugate method at a club known as the Dynamo Club. They had 70 highly ranked lifters and used 25 to 40 special exercises to complement the Olympic lifts. A study of this system showed that only one lifter was satisfied and the rest wanted more exercises to choose from. Many times they would do the heavy effort method. This means weight over 90% but not an ultimate record. This develops a higher total volume but less than 100% intensity. They would push the number of classic lifts near contest time and decrease special exercises.

Westside's conjugate method follows the Bulgarian system of making out on each max effort day. We want a new all-time record, not even 90% or 97½%, but something we have never done. Like the Soviet system, we use a multitude of special exercise during the weekly or monthly plan. Each week we use different exercises to max out on. We can train at 100%+ each week, year in and year out. Do you want to lift 1% under your best or 1% over your best? I feel this is superior to all other systems. It trains a lifter mentally, psychologically, and physically. In our training we are used to breaking new records each week, making it easy at contest time.

Here are some examples of max effort workouts for the squat and

WESTSIDE TRAINING

Using the Conjugate System as told to PL USA by Louie Simmons



deadlift.

Light front squat for warm up; rack pulls with one pin for max single; 3 to 6 sets of glute/ham raises; 3 to 6 sets of low pulley 8 to 12 reps; 3 to 6 sets of Reverse Hyper machine; 8 to 12 reps of abs while standing up, as heavy as possible; 6 trips of sled pulls 60 yards with 2 to 4 45-pound plates; Safety Squat bar to max single on 12-inch high box; 3 sets of pull-through, high reps; 3 to 6 sets of chest-supported machine, heavy; straight-leg sit-ups with weights; 14-inch cambered bar off of a low foam box, 10 sets heavy; 4 to 6 45-pound plates sled pulls 60 yards; 4 sets of chest-supported rows heavy; 3 to 6 sets Reverse Hyper machine heavy; 6-inch foam roller dumbbell or barbell; 3 to 6 sets of heavy Reverse Hyper machine; sled pulls, 8 trips of 60 yards with moderate weight; 3 sets of straight-leg sit-ups.

Concentric good morning max 3 reps; 6 to 8 sets of belt squats heavy; 6 to 8 sets of dumbbell row; 3 sets of 45-degree back raise; 3 to 6 reps; 3 to 6 sets of Reverse Hyper; 3 to 6 sets of leg lifts with ankle weights; Box deadlift on 4-inch box max single; front squat, work up to 6-rep max; pull-through 4 sets; Ukrainian deadlifts 2 sets of 20 reps; low-pulley rows 3 to 6 sets heavy; 6 to 8 high box; 3 sets of pull-through, high reps; 3 to 6 sets of chest-supported machine, heavy; straight-leg sit-ups with weights; 14-inch cambered bar off of a low foam box, 10 sets heavy; 4 to 6 45-pound plates sled pulls 60 yards; 4 sets of chest-supported rows heavy; 3 to 6 sets Reverse Hyper machine heavy; 6-inch foam roller dumbbell or barbell; 3 to 6 sets of heavy Reverse Hyper machine; sled pulls, 8 trips of 60 yards with moderate weight; 3 sets of straight-leg sit-ups.

low-pulley rows heavy; 3 to 6 sets of Reverse Hyper machine heavy; 3 to 6 sets of heavy straight leg sit-ups; Zercher lift off of the floor to max single; 6 sets of sled pulls 4 to 6 45-pound plates; 3 sets of heavy dumbbell strugs; 3 to 6 sets of chest-supported rows heavy; 3 to 6 sets of Reverse Hyper machine heavy; 3 to 6 sets of hanging leg raise with weight; walk ½ mile with 10-pound ankle weight and 50-pound weight vest.

Safety squat bar with 300 to 450 pounds of band tension max single; 45-degree hyper per for 6 sets heavy for 6 reps; 3 to 6 sets of low-pulley rows heavy; 3 to 6 sets of dumbbell rows heavy high reps; 3 to 6 sets of Reverse Hyper machine heavy; 3 to 6 sets of straight-leg sit-ups heavy; walk with wheel barrow heavy for ½ mile.

Floor deadlifts plus 370 pounds of band tension for a max single; 2 sets of 20 reps Ukrainian deadlift; 6 sets for 60 yards sled pulls using 5 45-pound plates; 6 sets of dumbbell rows heavy 8 to 10 reps; 3 to 6 sets of Reverse Hyper machine heavy; 3 to 6 sets of 6-inch foam roller sit-ups heavy; 1 mile walk with 10-pound ankle weights.

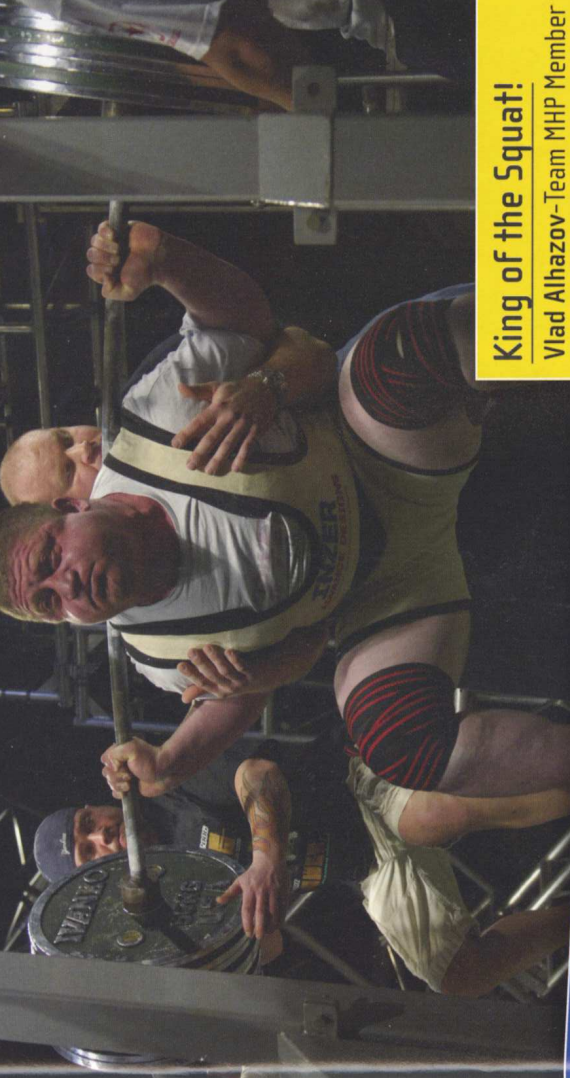
Low box squat on foam; 14-inch cambered bar to max; speed pulls 60%; plus 220 pounds of band tension 8 singles; 45-degree back raise; 3 to 6 sets heavy phy swing; 5 sets of 6 reps jumps; barbell rows 6 sets heavy; 3 to 6 sets of Reverse Hyper machine heavy; hanging leg raises with weight for 6 sets.

Buffalo bar and good mornings for 5 sets of 5/8-inch chains to max 3 reps; 3 to 6 sets of glute/ham raises; 6 trips of sled pulls 60 yards; 5 45-pound plates dumbbells shrugs 3 to 6 sets of 10 reps; straight leg sit-ups 6 to 10 reps.

Rack pulls with plates 6 inches off floor max; low-pulley rows 3 to 6 sets heavy; wheel barrow walk heavy 10 trips for 60 yards; Reverse Hyper machine 3 to 6 sets heavy; 6-inch foam roller sit-ups heavy.

Box deadlift on 4-inch box max single; chest-supported rows 3 to 6 sets; 3 sets of Ukrainian deadlift; 20 heavy reps; 3 to 6 sets of glute/ham raise heavy; 3 to 6 sets of Reverse Hyper machine heavy; 3 to 6 sets of hanging leg raises touching toes to bar.

(continued on page 110)



King of the Squat!
Vlad Alhazov-Team MHP Member
1,250lbs. Squat

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DEAR MAURO: I am a strength coach that has bought your products consistently over the past few years. I have a number of pro athletes that I train and I had one question. If one of my athletes is going in for surgery what are some things you would recommend for pre and post surgery healing. I've read much of your writings on sports injuries and rehabilitation but haven't found mention of any specific supplement protocols that I can recommend. I'd appreciate anything specific that perhaps I missed in your writings.
Thanks in advance.
Carl

CARL: There are a lot of supplements that would be of use but two specifically, Joint Support and GH-boost (available at www.mdplus.com) would be most useful and if used properly would preclude the use of any other supplements. I've had great results with Joint Support. I formulated it to help rebuild the matrix for injuries, including bone, ligament, tendon, and muscle injuries. There are a lot of therapists and orthopedic surgeons using it on their patients post injury, and pre and post operative. Have a look at the info on Joint Support at <http://www.mdplus.com/pdfs/jointsup.pdf>.

GHboost is also well suited for

ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

most of my life and did some powerlifting while in the military. I pride myself in the fact that I never took any enhancing drugs and I want to stay that way. Therefore here is my predicament: because of my choice to jump out of airplanes and stuff like that my body has been beat-up quite a bit and a few years ago I had to have back surgery. I was out of the gym for a couple of years and I have recently got back to working out. I want to start taking supplements such as amino acids but how can I know where the line is? The line I don't want to cross is into any type of steroids. I was reading about LEU-KIC and it sounds good but how can I know? Is there a particular ingredient I am to look for? Are there particular key names or words that identify the products to avoid? How do you know? How can I tell? Please help.

Roger

ROGER: With all the misinformation on nutritional supplements out there I can understand your confusion. Unfortunately, Leukic, like many of the supplements out there, is more hype than fact. There is information on supplements in my Anabolic Solution for Powerlifting—see the info at <http://www.mdplus.com>. Perhaps you should also have a look at my line of supplements. I back up all the formulations with factual information as you can see by looking at the PDF files in my store at www.mdplusstore.com under each of the supplements. If you're interested I can set up a supplement regimen for you that will get you back in the lifting groove and improve your body composition and strength.
Let me know.
Best regards,
Mauro

Vitamins and Minerals for Recovery and Repair

Recovery and repair of tissues require a host of vitamins and minerals that participate in synthesis of new cells and tissue. For example, certain vitamins and minerals are required to facilitate the formation of endogenous anti-inflammatory

compounds, including Vitamin B6, Vitamin E, Vitamin C, niacin, zinc, selenium and magnesium. Many vitamins and minerals also serve as antioxidants and help protect cells against the oxidative damage produced by inflammation.

Vitamin C is necessary for collagen synthesis and is a strong antioxidant. It's involved in the enzymatic hydroxylation of proline to form 4-hydroxyproline, an amino acid that is an integral part of collagen and elastin.

Research on vitamin C shows that it may have important effects in reducing pain and inflammation secondary to exercise. In one study 400 mg daily of vit C reduced postexercise pain and inflammation. In another the use of vitamin C increased recovery from demanding exercise.

As well as being an antioxidant, vitamin E, has been demonstrated to reduce exercise induced muscle damage, and muscle damage pain in arthritic patients.

Both vitamin C and E are important in treatment of arthritic conditions, as shown in studies, possibly by reducing oxidative stress induced by TNF. And both of these vitamins are also helpful in reducing muscle soreness secondary to exercise. Clinical studies report that supplementing with vitamin E and C reduce post-exercise inflammation and pain in muscles and joints.

Vitamin D deficiency is fairly common, especially in the more Northern climates. Several studies have found a link between vitamin D deficiency and various disorders that have an inflammatory link. As well, studies have shown an association between vitamin D deficiency and inflammation in otherwise healthy people, and a decrease in inflammation with vitamin D supplementation.

Several clinical studies have shown the anti-inflammatory effects of niacinamide and its benefits of in both rheumatoid and osteoarthritis. Pantothenate or vitamin B5 has been shown in several studies to influence wound healing and collagen synthesis. Some studies have also shown that low levels of pantothenic acid (vitamin B5) are inversely related to increased joint pain and stiffness.

Several of the B vitamins target inflammation and in particular the pro-inflammatory cytokines including vitamins B6, B12 and folic acid. Methylcobalamin, as well as other methyl group donors such as folic

(continued on page 106)



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Only the strong survive. That's why GNC Pro Performance products have been around for 20 years. When it comes to building your strength, nothing complements your weight training regimen like WheyBolic Extreme 60. It's bodybuilding's top whey isolate and leucine formula, proven in clinical studies to give you a 30% increase in strength* and a 100% increase in exercise efficiency.** The potent anabolic blend of 60 grams of whey isolate and 7.7 grams of leucine strikes quickly to increase muscle protein synthesis. In fact, WheyBolic Extreme 60 has been shown to increase muscle strength and endurance with half the sets.** It's hardcore to the core.



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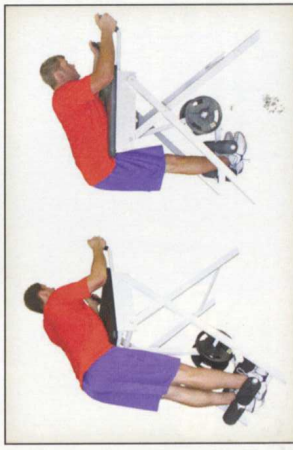
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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4482 or visit www.gnc.com for the store nearest you. ©2005 General Nutrition Corporation. May not be available outside the U.S. An eight-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using this proprietary isolate of whey protein and leucine had greater increases in muscle strength and size than those on a placebo. **In an eight-week, randomized double-blind placebo-controlled study of 30 healthy male volunteers comparing one set of resistance training (RT) + Active or Carbonylation Peptide to two sets RT alone with no supplement, the Active group showed equal gains in maximal muscle strength (RM5) and muscle endurance (RM3) compared to the control group.

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 You're bruised, bloody and numb but still manage to pull more weight than ever, shattering another personal best. Today something's different. Today, record-breaking lifts seem more like warm-up sets. Your strength is at an all-time high and the only thing fueling your system is the power of two hardcore supplements - Cell-Tech® Hardcore and Nitro-Tech® Hardcore!

Backed by over 75 clinical studies and abstracts on their formulas and ingredients, the Cell-Tech Hardcore/ Nitro-Tech Hardcore Stack is scientifically engineered to

jack up your strength and give you the explosive power you hunger for. In an eight-week study, not only did subjects load an average of 660 percent more mass to their frame, but they also unleashed 266 percent more leg strength and increased their max bench by over 85 pounds! With these numbers, you can expect to move more weight.

Bottom line: Powerlifting revolves around one thing - lifting heavy-ass weight. Take Cell-Tech Hardcore and Nitro-Tech Hardcore and start exploding with more strength and power. Because let's face it, that's the only thing that matters!

CELL-TECH HARDCORE

- World's #1 Selling Creatine Formula!
- 26X More Powerful Than Regular Creatine!
- Gain 325% More Muscle!

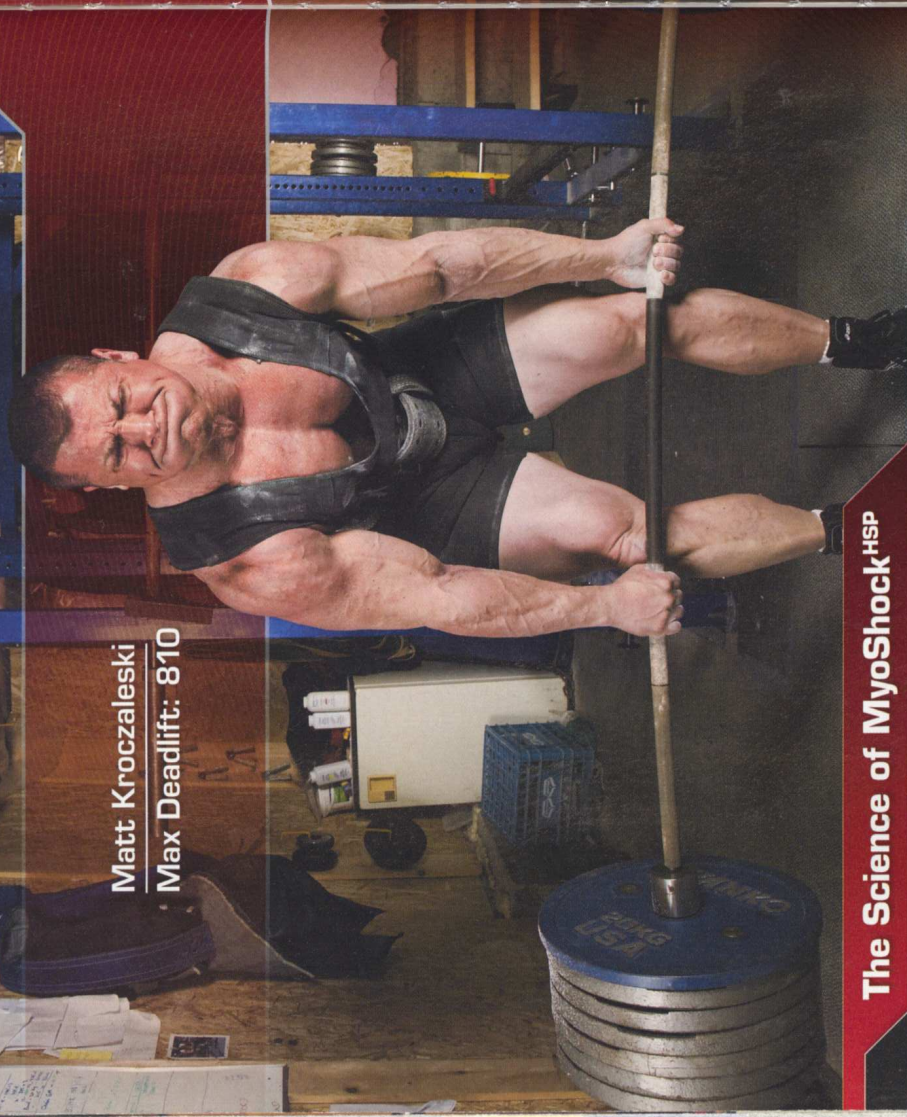
NITRO-TECH HARDCORE

- World's #1 Selling Protein Formula!
- Gain up to 8.4 lbs. of Muscle in Just 14 Days!
- Jack Up Your Bench by 34 lbs!

In one 8-week study, subjects using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack gained, on average, 660 percent more mass (11.4 vs. 1.5 lbs) and amplified their max leg press by 256 percent (122.2 vs. 34.9 lbs) more than subjects using a placebo. Subjects also gained 86.4 lbs. on their max bench in a 28-day study, subjects using Cell-Tech Hardcore gained 29 times as much as their max bench subjects using creatine mixed with juice. Also, in another 28-day study, subjects taking Nitro-Tech Hardcore built 24 times (2.75 vs. 0.11 lbs) more muscle than subjects using regular whey protein. One extraordinary test subject even gained 8.4 lbs. of muscle in just 14 days. In a six-week study, subjects using Cell-Tech Hardcore added 34 lbs. to their max bench.

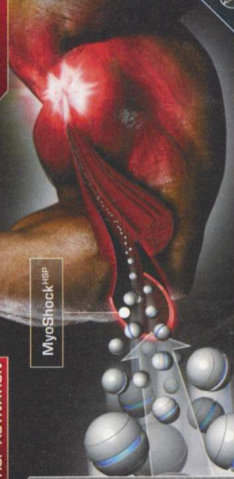


Matt Kroczaleski
Max Deadlift: 810



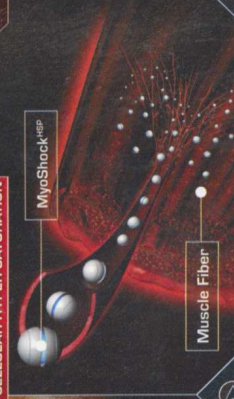
The Science of MyoShock HSP

HSP ACTIVATION



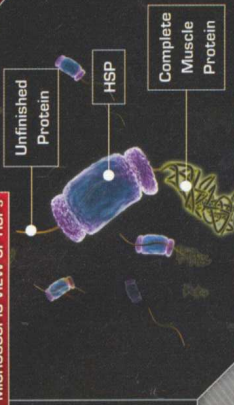
Throughout your muscles, MyoShock^{HSP} rapidly increases absolutely critical Heat Shock Protein (HSP) expression and shotguns a flood of powerful musclebuilding and extremely anabolic growth factors to muscle cells.

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With your first rep, MyoShock^{HSP} immediately goes to work dilating blood vessels with its cutting-edge formula to trigger enhanced delivery of its scientifically advanced key ingredients.

MICROSCOPIC VIEW OF HSPs



HSPs act as guardians against biochemical and physiological stressors, helping to protect and stabilize muscle cells. Moreover, the expression of HSPs is critical to the anabolic process of protein synthesis.

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MyoShock HSP

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The life of a powerlifter isn't for the weak. To survive this life you need dedication, discipline and raw explosive power. All that matters is moving the weight, and you want the most advanced supplement engineered to jack up your strength when you head into your next meet.

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Team MuscleTech™ brings to you the only pre-workout product to harness the extreme power of Heat Shock Proteins (HSPs) - MyoShock^{HSP}. This cutting-edge supplement has been designed for ruthless powerhouses like you in order to

instantly jack up your strength capacity, shock your muscles into hyper-growth and shuttle anabolic compounds directly to muscles.

What all powerlifters need to know is that priming your body for HSP activation pre-workout is the optimal time to increase HSP activity during training, and MyoShock^{HSP} is engineered to activate HSPs at the cellular level.

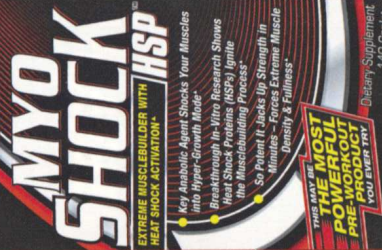
Be an extreme powerhouse like Matt Kroczaleski and make sure you're always powering the bar up on the bench, exploding with the weight on the deadlift and driving yourself out of the hole on the squat with the extreme strength-enhancing power of MyoShock^{HSP}!

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As far as I'm concerned, the key ingredient for any lifter to ultimately reach his or her maximal potential, is training with an immense amount of intensity. Right now, our sport is in its industrial revolution age, in which we have training philosophies and equipment that surpass our sports ancestor's wildest imaginations. However, without an intense attitude, all of the current advances out there today will not help you achieve your own maximal potential, know what training regimen you follow.

For anyone hearing the word "intensity" and envisioning in their head that intensity is a lifter screaming at the top of his lungs and having someone smack him in the head before a final set of 6 x 5 of 5 board presses does not know what true intensity is. This lifter would best come to grips with reality that a training exercise is neither a contest, nor is it an important max effort attempt in which this kind of exaggerated energy would be appropriate (a PR attempt at a bench press with a bench shirt in the gym after a 12 week cycle of working with the shirt would be a good example of when it is appropriate for an all-out effort). This lifter would best save his energy and use it where it counts; by following the 5-board presses with multiple work sets of important assistant exercises that would directly target lagging muscle groups for the competition bench including the lats, upper back, shoulders, and perhaps some extra hypertrophy tricep work for an example.

True intensity is never without, it is ALWAYS within. It is a feeling of complete concentration and focus on the task at hand. This type of intensity I speak about should not only be implemented for the main lift of the day, but also for all assistant work that should follow. Every set and rep of every exercise you perform in any given training session should be done because you need improvement in this area, therefore, every set and every rep you do should be as intense as the main lifts themselves because these are exercises that will make you stronger. Remember, the intensity I am speaking of is a professional, non-b.s. inner strength and perseverance type intensity; not a nervous energy burner by screaming, rattling, raving and so

TRAINING

The Importance of Intensity as told to PL USA by Anthony Ditillo Jr.



David Jurgens is the epitome of an intense trainer, witnessed by his extraordinary, deadlifting power. (photograph courtesy of Curtis Lambert)

forth. In other words: show others that you are hardcore by your lifting and not your words!

Powerlifting, like any other sport for that matter, takes a tremendous amount of time, energy, and work to eventually reach your personal peak performance. This being said, remember that we are mortal and we only have "x" amount of time in this world. Therefore, every single training session you will ever do will never come back again. I believe in treating every training session as if it is your last; train as if this is your last chance to prove to yourself that this is what you are here for to do

a lifter who hollers and burns precious nervous energy while training in the gym is considered by others to be intense as hell, while a lifter who trains with the look in his eyes of complete concentration and dedication is looked upon as if he is constantly in a bad mood or even that he has an attitude problem (if this is not the definition of irony, I don't know what is.) I have also found that these people just mentioned are also the ones who generally sit on an empty, unused bench and talk about either related or non-related training issues while the intense lifter is finishing up work set number 30 of the day.

Talking while training whether it is training related or not, is as much a killer to intensity as oncoming traffic is to pedestrians. The longer you talk the more dramatically your intensity will decrease. My goal while training is to limit conversation as much as possible without being rude to only asking for help when needed or offering help to other lifters.

I can personally say that I have been asked a countless amount of times in the gym, "why are you in a bad mood today?" I have tried to explain countless amounts of times to countless amounts of people that I am never in a bad mood when I'm training; I am simply concentrating on the goals I have for the day. Once you get asked this question by someone, you will know you are training with true intensity!

You can train your squat all you want and tweak your technique from now till ten years from now; but intensity cannot be trained nor given to you, it is simply a decision on your attitude. You can decide that your best squat is 300 lbs. below your weight class's current world record and not doing your assistant work after your squats won't be a big deal; or you can have the attitude of a winner and say that the current world record is the very reason why your assistant work is so important! Intensity is the most important key to reaching success; however, along with your attitude, it also the one and only thing you will always have complete control over. So now the question is: are you training intensely? Only you can be the judge of that.

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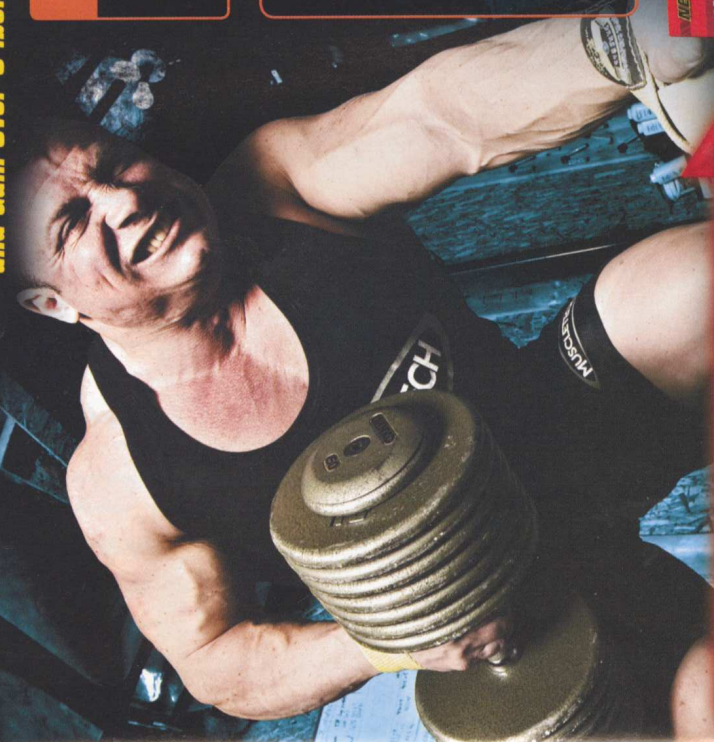
MATT KROCALESKI
Powerlifter: 220 Class

Squat: 1,014 lbs.
Bench: 705 lbs.
Deadlift: 810 lbs.
Big 3 Total: 2,529 lbs.

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Matt Kroczaleski
Powerlifter: 220 Class
Squat: 1,014 lbs.
Bench: 705 lbs.
Deadlift: 810 lbs.
Total: 2,529 lbs!

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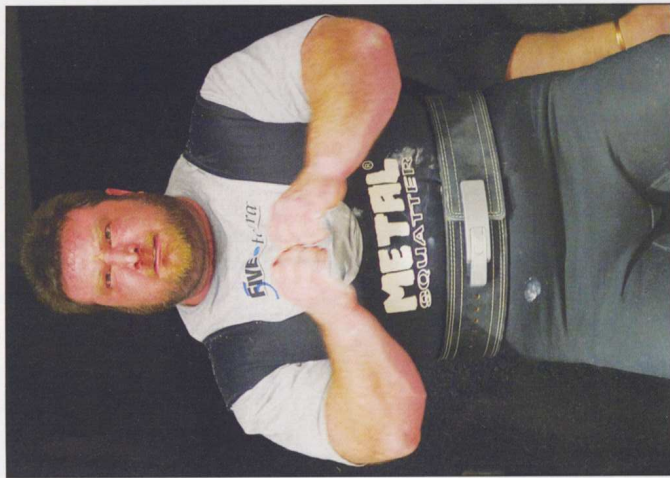
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In one general study, the amino acid complex found in Prototype 216 caused a shocking 216% increase in muscle uptake in what clinical research indicates is a key marker of protein synthesis (phenylalanine), which of course is muscle growth occurring at the cellular level. In the same study, researchers discovered that test subjects consuming a key complex in the Prototype 216™ formula before training increased blood amino acid delivery directly to muscles by an astounding 650%. © 2009. Read the label before use.

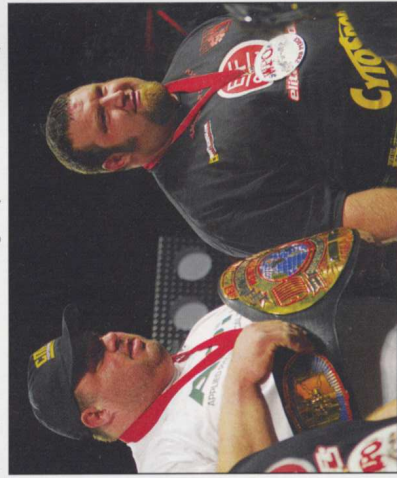
INTERVIEW

CHAD AICHS

interviewed by Ben Tatar Jr. of Critical Bench



(Above) Chad Aichs about to unleash his energies on a squat attempt
(Below) Chad has risen to sharing the platform with the very best



some because I spent most of my days training. It was the closest thing I have ever gotten to being a professional athlete. I would lift twice a day, run, swim, and then spend the evening playing some type of sport.

CB: Those were the days. Were you always very strong?

CA: No! I was just average. I figured out at a young age that I did have a lot more power when I harnessed my anger. I showed a lot more strength when I was pissed. Maybe that's why I always liked the Incredible Hulk! Once I got in high school I started lifting and used to direct a lot of my anger towards that. I busted my butt lifting from my freshman year all the way through my senior year. I benched around 345 lbs., squatted over 500, and pulled over 500 at 275, which is not all that impressive.

CB: I'm sure that's inspiring to a lot of people showing that some of the best lifters in the world today didn't always start out super strong. Chad, what are your parents and family like?

CA: Like anyone else's family I guess—a little messed up. Ha ha. My dad was always a pretty big guy at 6'4" and high 200s to low 300s. He was a good high school athlete in the shot put and football. My mom is short and never really did a lot of athletics, but she was always tough. She spent a lot of time on farms in the Midwest when she grew up. I think she was a tomboy when she was young.

I have one brother around a year older than me and he is about my height, but skinny (around 230). He never really excelled at conventional sports, but does pretty well at the extreme stuff. I attribute that to the fact that he is mostly nuts, like me!

My younger sister never did hardly anything sportswise or liftingwise. She has two kids, my niece and nephew. I am hoping they will be into sports, but what I really care about is that they show some drive towards something and that they are happy. My family is really good about supporting my powerlifting and my parents have done a lot of traveling to see me compete. I know my father is proud of what I have accomplished, but he really wishes I would do something that had more of a future, where I could make some money.

CB: Very interesting family you (continued on page 100)

I'm excited to go one on one with powerlifting great Chad Aichs and discussing what it will take to put powerlifting on the mainstream map. During the first part of the interview we learn a little bit about Chad and then in the second part of the interview we talk to Chad about the steps powerlifting must make in great detail to keep the hardcore aspect while making it as prime time as possible.

Critical Bench: Chad, tell us about yourself!

Chad Aichs: What is there to tell, I am "THE CHAD!" Ha ha, well I am a powerlifter with best lifts of 1173 squat, 821 bench press, 755 deadlift, and a 2733 total. I hold all the AWPFC world records and had the full meet WPO bench press world record.

I also compete in the Scottish Highland Games and like to mess around with strongman equipment, but have not competed in that. I love motorcycles and ride whenever I can. I am also into quads and dirt bikes, again riding whenever I can. It seems like I am usually too busy to shoot much, but guns and rifles are also a hobby of mine.

I am very into photography and love to shoot just about anything. I love the creativity and challenge of photography. I would say landscapes are my favorite to shoot, but I really love to shoot stuff I am passionate about. Stuff like motorcycles, cars, guns, lifting competition, and—of course—nieces and nephews!

CB: Wow, Chad it's always fun to see what successful powerlifters are like away from the gym. Do you have any links where people can read about you?

CA: Well, the best link would be my website. There is a lot of information on there. www.chadaichs.com.

CB: Chad what was your life like as a kid?

CA: That's an interesting question and kind of hard to answer without taking a lot of time. I did a lot of fighting in school and a lot of sleeping during class. Even in kindergarten it seemed like I would get into a fight every time they let us out for recess. I would say I was a pretty angry kid.

I did not play any organized sports until high school, up until that point it was just neighborhood stuff. I am not a real social person and usually just had small groups of friends around. I absolutely hated school, but the summers during high school were awesome.

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Of all the many different proteins, the whey protein found in Six Star Professional Strength Whey Protein is one of the most bioavailable forms of protein in the world and is considered best in class.

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There is no denying the power of protein, but just because something is proven to work doesn't mean that it can't be improved. Six Star® Muscle took a proven muscle and strength builder in protein and made it even better! What makes Six Star Muscle Professional Strength Whey Protein far superior to regular whey protein is that this advanced formula has been engineered through countless hours of scientific research and has university, clinical studies on trained subjects supporting its key ingredients. The Pro-



Test Subjects Gained Strength and 340% More Muscle

When it comes to powerlifting, you need to be at the top end of your weight class to put yourself in the best possible position to win. Test subjects taking the key ingredients in Six Star Muscle Professional Strength Whey Protein were able to pack on an average of 340 percent more jaw-dropping muscle versus placebo in just six weeks! That equates to 8.8 pounds of quality lean mass versus a measly 2.0 pounds. So not only will you look strong, you'll feel strong, which will only help you lift more weight.

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As a powerlifter, you can't afford to rely on cheap, inferior protein supplements. If you're going to push your body to the limit day in and day out, you need a name you can trust. One that is backed by real science. One that is guaranteed to deliver results. Six Star Muscle Professional Strength Whey Protein is that name and it can help you get the most out of each lift. Powerlifters like you demand the best out of themselves and should demand the best when it comes to supplementation. With Six Star® Muscle Professional Strength Whey Protein surging through your veins, failure will never be an option!

As a powerlifter, you can't afford to rely on cheap, inferior protein supplements. If you're going to push your body to the limit day in and day out, you need a name you can trust. One that is backed by real science. One that is guaranteed to deliver results. Six Star Muscle Professional Strength Whey Protein is that name and it can help you get the most out of each lift. Powerlifters like you demand the best out of themselves and should demand the best when it comes to supplementation. With Six Star® Muscle Professional Strength Whey Protein surging through your veins, failure will never be an option!

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Cribb, et al. International Journal of Sport Nutrition and Exercise Metabolism, 16, 494-509, 2006.

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Leo "The Freak" Ingram
720 lb. Raw Squat
585 lb. Raw Bench



TEST SUBJECTS GAINED 105 ON THEIR MAX LIFT IBS.

Sure, it's a bold claim, but you can't argue with hard science. When subjects in a clinical university study took a key ingredient in Six Star® Muscle Professional Strength Whey Protein, they increased their 1-rep max on a key lift by an average of 105 lbs. in just 10 weeks – that's a few bumper plates a side.

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In one 10-week study, subjects taking the key ingredients in Six Star Professional Strength Whey Protein increased their one-rep max bench by an average of 105 lbs. © 2008.

INTERVIEW

AMANDA MICKA The Power Within the Woman Interviewed by Amber Suter LMT, NMT, AAS



Amanda is a National Level Bodybuilding Competitor and Powerlifter

For those of you that haven't had the opportunity to meet Amanda Micka, let me take the time to bring her to you. Amanda, Micka is a current resident of Mississippi, but a World Record holder in the Bench Press and additionally, National Level Bodybuilding Competitor. I met Amanda several years ago as her voice rose above the crowd's at the support of her husband's successful equipped bench press attempt at an APF powerlifting competition. I learned at that time she was chasing a 300 lb bench press in the women's 148 class. That day she was so close but not attainable due to dieting for a bodybuilding competition. Since that day, I hoped the best for her and looked forward to hearing that she reached her goal. Years later, I entrusted her talented husband with my dieting goals and came to find out that her bench press goal was reached! Amanda now holds the APA Female World Record with her 300 lb bench press in the 148 class along with APA Women's 148 American Record for her 215 lb Raw bench press, and as icing on the cake, holds the APA Strength Sport Record with a 110 lb Curl! She does sport some Big Guns! (great for her bodybuilding career!) I truly admire Amanda Micka's journey and hope you enjoy the candid look into her, her powerlifting career, and know why she is such an inspiration to me and many women of the sport. Thanks Amanda.

Amber Suter: What got you interested in powerlifting? What got you hooked on powerlifting?

Amanda Micka: My husband, John Micka (then trainer) is who got me interested in lifting.

AS: When and what was your first competition like? And is there any advice you would give those who are a novice?

AM: I was actually invited into doing my first competition. John needed females to compete in a meet he was hosting and he hounded me until I gave in. I benched 85 lbs—it was the most I had ever lifted. At that moment, I was gut hooked. Advice I would give: Consistency is key. Eat right, train hard and the numbers will come.

AS: What are your accomplishments in powerlifting so far both raw and equipped?

AM: The one I am the most proud of is 300 lbs @ 148 equipped (in a borrowed Phenom shirt from Carol Ann Myers). I have been chasing that one for a long time. I did a bench for reps—75 lbs for 71 reps. My triceps were blown off

ter that. I have curled 110 and the best bench I have done raw in the gym is 230 lbs.

AS: When you achieved Elite status with your 300 lb bench at 148, did your goals change? If so, how?

AM: No. It was a nice accomplishment but my goal has always been to get stronger and I am as driven and focused as ever.

AS: Have you had any challenges along the way, such as physical illness, injury, etc.? How did that drive you to rebound from it?

AM: I was diagnosed with cancer in 1998 and had to have a hysterectomy. That is the whole reason why I started lifting weights to begin with. I was losing bone density and my doctor told me I need to start doing weight bearing exercises. That's when I started training with John. As far as injuries—just the usual problems I guess all lifters have—tendinitis, achy joints, etc. I am a firm believer in icing!

AS: How has powerlifting affected female powerlifters in your experience, positively or negatively?

AM: Honestly, I have never had a negative experience in the powerlifting circle. Everyone has always been very encouraging and supportive. However, the general public is not as accustomed to seeing a lot of muscle on a woman and I have experienced some negative comments.

AS: In what do you feel is important in being a role model for other female powerlifters?

AM: I certainly don't consider myself as a role model. Encouraging women that may be reluctant to try powerlifting—I try to fan the flame of enthusiasm. Trying to make women aware of the benefits of powerlifting—it certainly provides a great base for any type of athletics not to mention body composition changes and increased self confidence and self-esteem. You can be feminine and lift weights.

AS: Have you competed in figure competitions? If so, how was that experience?

AM: No. I am considered a bit too muscular to compete in figure.

AS: Describe your bodybuilding career and how it affects your powerlifting.

AM: There is no reason you have to choose between the two. I think training for both benefits the other. I certainly believe that powerlifting put the muscle on me which has allowed to me to compete and do as well as I have in

(continued on page 93)

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J.T. Hall – NASA Hall Of Famer- 8 time PLUSA Top 100 Bencher 1999-2007

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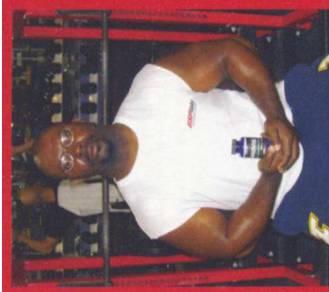
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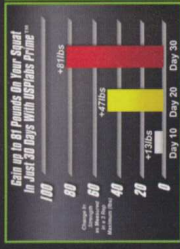
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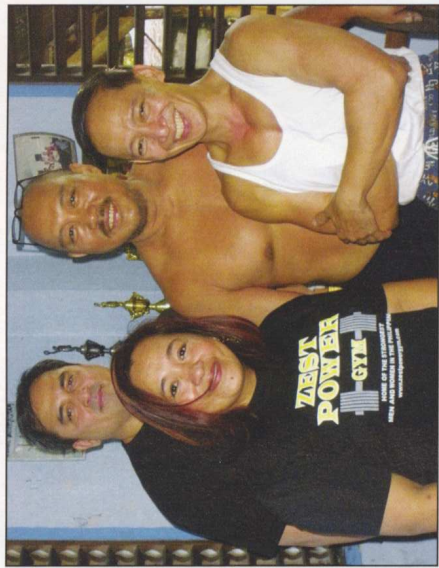
Last month we kicked it 'Old School' at Old School Fitness in chilly PA. That was cool, but I promised a warmer climate for this month's featured gym. Well, ZEST Power Gym is in the Philippines, in an old army camp—and it's warmer there. Not just warmer, but it's also humid-year round. It often rains every day in the Philippines; even during the hot/dry season, but it rains MORE in the wet/rainy season. When you first read this, it will be their hot/dry season, with temperatures reaching about 95 degrees Fahrenheit. Think of a tropical paradise version of Louisiana or east Texas; except with more rain, and less cows and horses. More importantly, think of a tropical paradise full of super-strong powerlifters!

Longtime PL USA writer Paul Kelso first told me about ZEST gym almost a year ago. He said that we should tell their story, because powerlifting champions just keep pouring out of this small Philippine gym! When Kelso first met Philippine lifters at the IPF Asians in 1990 they had not won any international Golds. Pecante was the 1st IPF Champ in 1993, at the Tawean Asian in 1995, and soon became friends with the ZEST lifters. These lifters generally spoke English—in addition to Japanese, Chinese and other Asian languages. Kelso found them invaluable in preparing his reports on Asian powerlifting for PL USA. Powerlifting is a universal language and a common ground that transcends cultural differences. Because of the powerlifting friendships he established with these Philippine people, Kelso and wife Samko returned to the islands in 2006. Since Paul is on-site (in the Philippines), I'll let him fill you in on ZEST Power Gym:

How has a small under-funded group of lifters from a struggling country, managed to become a power in Asian powerlifting, and go on to win ten world masters' titles as well as other medals in the Opens? Did I mention that they have very little monetary support, except for a few sponsors, or modest stipends from the Philippine Sports Commission?

Zest lifters have brought home IPF Open & Masters medals in recent years, plus 'special' and paralympic medals—including a Bronze Medal from the Paralympic games

Hard Core Gym #84 IN A LAND FAR, FAR AWAY ZEST POWER GYM as told to Powerlifting USA by Rick Brewer



Lily Pecante, Tony Taguebao (front L-R); Eddie Torres, Mon Debuque (back L-R) in Sydney in 2000. Where are they training, and what are they doing at Zest? In the Kamuning district in a crowded neighborhood in Quezon City, Zest Power Gym sits on the old campus of the Victoria private school, part of what was a small Japanese Army Camp during World War II. It's a small gym, in a small country (where powerlifting is not common). There are less than 400 active powerlifters in a country of 80+ million. But the Zest lifters have had success out of proportion to their numbers, and incongruent with available equipment and funds. There are 500 plus gyms in the Philippines, but as in the USA, most lean towards bodybuilding and fitness. Zest has been more successful in powerlifting than all the other gyms combined.

The Debuque family owns the former army camp now, and also lives there. Son Ramon (Mon), now 49, was a member of the Philippine International Weightlifting squad from 1978 to 1981. Interest in powerlifting in the country began in the late 70's, and The Powerlifting Association of the Philippines (PAP) formed in 1982.

er awards. Debuque (whose family owns the camp) is a several times former PAP board member, and Torres is currently the president of this Powerlifting Association. Torres, Debuque, and many other Zest lifters began training in the University of Philippines—at the Dilliman campus weight club 30 yrs ago. In fact, college clubs provide perhaps 1/3 of all Philippine powerlifters, but the powerlifting gains are held back in the country because facilities are not available to most of the population for economic reasons.

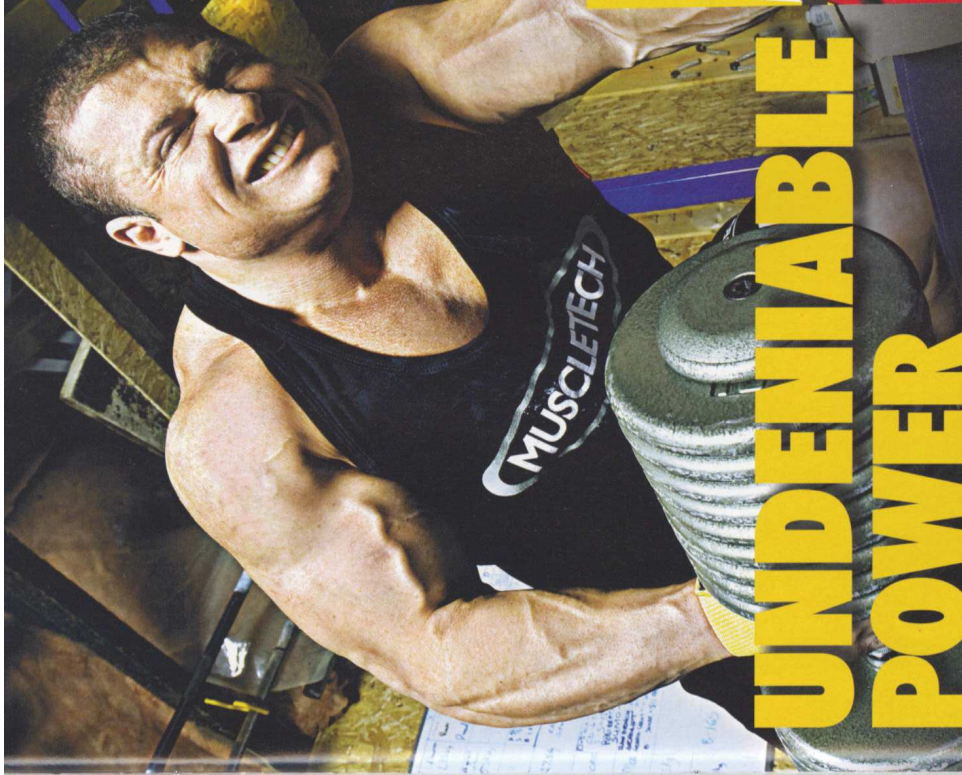
Walking into the Zest Power Gym the first time is like stepping into a YMCA basement weight room back in the pre-powerlifting days. Zest has a no tolerance policy for steroids. It boasts no air conditioner to fight the sultry heat, no showers, and toilets are outside. This insures a hardcore group of lifters, as the gym is no place for those wanting chrome or a social atmosphere. An informal party after Saturday night training sessions is a long established tradition—featuring 7% alcohol Red Horse beer.

The primitive situation is deliberate, in order that the least well-off can afford to train. Monthly dues are 500 pesos, that's \$10, as of February 1st. Zest Power Gym operates more like a key club than a commercial gym, and has two paid employees. The Gym is open from early morning to about 9 PM. Lifters arrive on motorized trikes or motorcycles, in beignets or cars, and some even arrive by train. Taxis are too expensive.

Much equipment is homemade; including 2 power racks, and a multi-purpose station of heavy pipe for squats, bench, and overhead presses. There are 3 competition benches, incline and decline benches, a heavy grip training apparatus, an oversize home-made Gerard Trap Bar (55 lbs.) and a Dr. Ken log bar from John Wood.

There are about 50 pairs of dumbbells, fixed and adjustable, from many companies and different designs. The operative word is OLD, but all equipment is OPERATIVE and well maintained. There are plates from at least a dozen companies; many long out

(continued on page 80)



MATT KROCZALESKI
Powerlifter: 220 Class
Squat: 1,014 lbs.
Bench: 705 lbs.
Deadlift: 810 lbs.

WHETHER HE'S CINCHING up his weight belt another notch, or re-racking the iron bar loaded with 705 pounds of dead weight, powerlifting's newest young gun, Matt Kroczaleski, never worries about falling on a PB lift. With the force of an angry rhino, he's able to summon every ounce of propulsion and raw

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reducing increases in the unwanted metabolite DHT in just 14 days! But the potent effects don't stop there. CryoTest is formulated with a key ingredient that's clinically proven to increase androgen receptor concentration in just 21 days! CryoTest's advanced

formulation is the only testosterone amplifier on the market that's designed to boost and drive anabolically active testosterone directly into muscles. And as any world-class powerlifter like Matt knows, testosterone is truly what separates the champions from the rest of the pack. If you're ready to step onto the platform as a true powerlifter, then you need CryoTest!

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MATT KROCZALESKI

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Attending meets in the mid south region, you have probably seen this guy. He doesn't say a whole lot, is super muscular and consistently has a raw bench that increases at a rapid rate. I am proud to introduce to all of the readers arguably the best raw bench in the world, and certainly the most consistent, Ben Graves. If you have ever seen him bench press, you can attest to the fact that Ben's raw strength and explosive power is unparalleled. Ben has officially bench pressed 615 lbs. raw, with a close miss at 630, and has bench pressed over 600 four separate times in competition.

JB: Ben, congratulations on officially benching press 600 lbs. raw in four separate meets, holding the APA World record Raw and being the first person to crack 600 raw in the "Blue Grass" State! Thanks for the interview opportunity. Introduce yourself to the readers.

BG: My name is Ben Graves. I live in Franklin, Kentucky. I am 30 years old, 6 foot and 305 pounds. My occupation is Gym Manager and personal trainer. I compete mainly in bench press only meets.

JB: How did you get started in powerlifting?

BG: I have been weight training since I was 14 years old. In '03 I was training with a couple of

INTERVIEW

BEN GRAVES interviewed for PL USA by Josh Bryant

friends using a five day split bodybuilding type workout and got decently strong. So, I figured why not give this a shot and see what happens.

JB: How long have you been competing? Have you competed in anything besides bench press meets?

BG: I did my first APA push pull in 2004. I think I ended up with a 530 pound raw bench and a 630 pound raw deadlift at around 265 pounds of body weight. Yeah, I tied for first place at 2007 Texas Strongest Man (Atlanta's format).

I also won a North American Strongman Society Gold Level meet in Illinois in January of '08.

JB: As a strength athlete, what is your proudest accomplishment?

BG: Without a doubt my 615 pound raw bench press at 297 pounds. The bench press has always been my favorite lift.

JB: What are your best lifts in the

journey? I am inspired by many lifters of the late 70's and early 80's: Arcidi, Kaz, and Doug Young. As far as recent lifters, I like to watch Kennelly, of course. I also like the other lifts such as the Atlantis format. I thought that was really cool. Josh Bryant's 445-pound overhead press was insane.

JB: You have always lifted raw, what is your reason for this? Has it ever crossed your mind to wear a bench press shirt and see what you can do?

BG: Honestly, it feels natural to me and I have a decent raw bench, therefore, I really don't have a reason to shirt up. I have never even put on a shirt, and I don't have any plans to anytime soon.

JB: What do you attribute to such rapid strength gains? You went from a slightly above average bench presser to arguably the best raw bench presser in the United States?

BG: The gains are definitely from consistent training and sticking to our game plan. I don't miss meals and I don't miss training, everything else has to wait. If your going to reach your potential, you can't halfway do something.

JB: Tell us about your training and how you prepare for competitions?

(continued on page 114)



(Left to Right) Interviewee Ben Graves, and Metroflex Gym impresario Brian Dobson pose for a group shot

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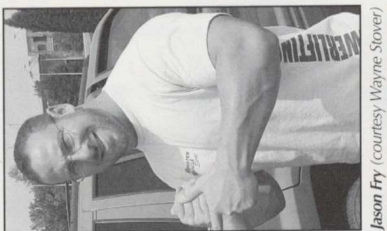
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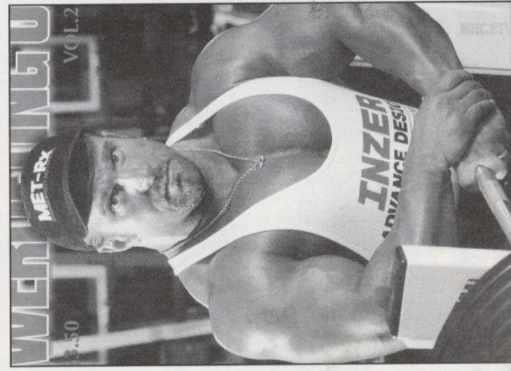


Jason Fry (courtesy Wayne Stover)

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 181 Pound (82.5 Kilogram) Weight Division — BENCH

Bench Press	Rank	Name	YOB/Dob	Actual Weight	Exec Bodyweight	Location	Federation
1	700.5	Brad Heck	81	181.5 lb.	181.5 lb.	Ohio (USA)	(AFA)
2	697.5	Michael Gartinian	76	182.5 lb.	182.5 lb.	Davona Beach, Florida	(AFA/WPC)
3	697.0	Johnny May	67	181.5 lb.	181.5 lb.	Sharonville, Ohio	(IWA)
4	677.9	Johnny May	67	181.5 lb.	181.5 lb.	Columbus, Ohio	(WPO)
5	677.9	Johnny May	67	181.5 lb.	181.5 lb.	Columbus, Ohio	(AFA/WPC)
6	655.0	Fred Boldt	76	127.07 kg.	127.07 kg.	Omaha, Nebraska	(AFA/WPC)
7	655.0	Fred Boldt	76	127.07 kg.	127.07 kg.	Columbus, Ohio	(AFA)
8	633.8	Joe Sherman	84	126.08 kg.	126.08 kg.	Columbus, Ohio	(WPO)
9	623.0	Tim Sherman	81	126.08 kg.	126.08 kg.	Dubuque, Iowa	(AFA)
10	623.0	Brad Vargason	76	126.08 kg.	126.08 kg.	Dubuque, Iowa	(AFA)
11	611.8	James Gies	81	126.08 kg.	126.08 kg.	Columbus, Ohio	(AFA)
12	608.0	Greg Saxon	74	126.08 kg.	126.08 kg.	New Castle, Delaware	(AFA)
13	608.0	Greg Saxon	74	126.08 kg.	126.08 kg.	Columbus, Ohio	(AFA)
14	600.0	Kevin Chester	84	126.08 kg.	126.08 kg.	Jacksonville, Florida	(AAFP)
15	600.0	Dave Waterman	71	126.08 kg.	126.08 kg.	Columbus, Ohio	(AFA/WPC)
16	595.2	Greg Saxon	74	126.08 kg.	126.08 kg.	Columbus, Ohio	(WPO)
17	573.2	Arnold Calman	65	126.08 kg.	126.08 kg.	Columbus, Ohio	(AFA)
18	573.2	Arnold Calman	65	126.08 kg.	126.08 kg.	Columbus, Ohio	(WPC)
19	573.2	Trey Lewent	86	126.08 kg.	126.08 kg.	Dallas, Texas	(WABDU)
20	573.2	Adam Mamola	78	126.08 kg.	126.08 kg.	Czech Republic	(USAPL/IFF)
21	570.0	Tony Ramos	71	126.08 kg.	126.08 kg.	Sharonville, Ohio	(IWA)
22	565.0	Jeff Schmitt	80	126.08 kg.	126.08 kg.	Sharonville, Ohio	(IWA)
23	565.0	Jeff Schmitt	80	126.08 kg.	126.08 kg.	Sharonville, Ohio	(AFA)
24	562.2	Chris Comtesse	65	126.08 kg.	126.08 kg.	Port Charlotte, Florida	(AFA/WPC)
25	562.2	Chris Comtesse	65	126.08 kg.	126.08 kg.	Port Charlotte, Florida	(AFA/WPC)
26	562.2	Devin Capolatti	73	126.08 kg.	126.08 kg.	Dubuque, Iowa	(AFA/WPC)
27	562.2	Dave Nelson	80	126.08 kg.	126.08 kg.	Dubuque, Iowa	(AFA/WPC)
28	556.7	Lance Kirchner	78	126.08 kg.	126.08 kg.	Omaha, Nebraska	(AFA/WPC)
29	556.7	Lance Kirchner	78	126.08 kg.	126.08 kg.	Omaha, Nebraska	(AFA/WPC)
30	556.7	Wade Hooper	70	126.08 kg.	126.08 kg.	Killeen, Texas	(USAPL/IFF)
31	555.0	Donald Robbins	68	126.08 kg.	126.08 kg.	Bluefield, West Virginia	(NSA)
32	555.0	Mike Gagnon	69	126.08 kg.	126.08 kg.	Rochester, New York	(IWA)
33	551.2	Anthony "Frank" Caminita	70	126.08 kg.	126.08 kg.	Omaha, Nebraska	(AFA/WPC)
34	551.2	Anthony "Frank" Caminita	70	126.08 kg.	126.08 kg.	Omaha, Nebraska	(AFA/WPC)
35	551.2	Daniel Tsaprotis	87	126.08 kg.	126.08 kg.	Indianapolis, Indiana	(NSA)
36	550.0	Rich Salvagnini	78	126.08 kg.	126.08 kg.	Omaha, Nebraska	(AFA/WPC)
37	545.6	Mike Hara	60	126.08 kg.	126.08 kg.	Omaha, Nebraska	(AFA/WPC)
38	545.6	Mike Hara	60	126.08 kg.	126.08 kg.	Omaha, Nebraska	(AFA/WPC)
39	545.6	Al Calow	78	126.08 kg.	126.08 kg.	Seattle, Washington	(WABDU)
40	545.6	Al Calow	78	126.08 kg.	126.08 kg.	Seattle, Washington	(WABDU)
41	542.5	Ron Daly	66	126.08 kg.	126.08 kg.	Lake George, New York	(AFA)
42	542.5	Ron Daly	66	126.08 kg.	126.08 kg.	Lake George, New York	(AFA)
43	540.1	Jimmy Reeves	12	126.08 kg.	126.08 kg.	Audubon, Oregon	(USP)
44	540.1	Jimmy Reeves	12	126.08 kg.	126.08 kg.	Audubon, Oregon	(USP)
45	540.1	Bob Masella	69	126.08 kg.	126.08 kg.	Warwick, Rhode Island	(USP)
46	540.0	Joe Dougherty	65	126.08 kg.	126.08 kg.	Columbus, Ohio	(IWA)
47	540.0	Angelo Berardelli	65	126.08 kg.	126.08 kg.	Columbus, Ohio	(IWA)
48	540.0	John Land	83	126.08 kg.	126.08 kg.	Tampa, Florida	(AFA)
49	534.0	Ken Spitzer	70	126.08 kg.	126.08 kg.	Davona Beach, Florida	(WPO)
50	529.0	Ken Spitzer	70	126.08 kg.	126.08 kg.	Davona Beach, Florida	(WPO)

* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court, Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.



Brad Heck out of Big Iron Gym



Fred Boldt — of the Westside Barbell Club



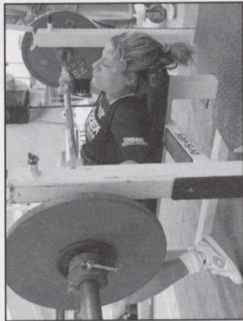
Lance Kirchner at the Arnold Classic

Rich Salvagnini moved some major iron

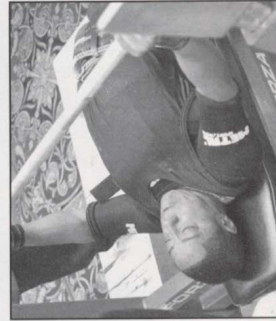
ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 148 Pound (67.5 Kilogram) Weight Division — BENCH

Bench Press	Rank	Name	YOB/Dob	Actual Weight	Exec Bodyweight	Location	Federation
1	413.4	Kara Bohigian-Smith	75	148.0 lb.	148.0 lb.	Atlanta, Alabama	(AFA)
2	380.0	Jeri Lynn Lippert	70	148.0 lb.	148.0 lb.	Las Vegas, Nevada	(WABDU)
3	374.8	Michelle Borzoff	73	124.03 kg.	124.03 kg.	Las Vegas, Nevada	(WABDU)
4	355.0	Any Weshberger	65	148.0 lb.	148.0 lb.	Newark, Ohio	(IWA)
5	352.7	Any Weshberger	65	148.0 lb.	148.0 lb.	Newark, Ohio	(WPC)
6	352.7	Any Weshberger	65	148.0 lb.	148.0 lb.	Newark, Ohio	(WPC)
7	347.2	Gundula von Bachhaus-Fiona	81	132.08 kg.	132.08 kg.	Saxmengen, Switzerland	(AFC/GPC)
8	347.2	Gundula von Bachhaus-Fiona	81	132.08 kg.	132.08 kg.	Saxmengen, Switzerland	(AFC/GPC)
9	347.2	Priscilla Ribic	72	132.08 kg.	132.08 kg.	Columbus, Ohio	(IWA)
10	336.2	Mari Asp	75	132.08 kg.	132.08 kg.	El Cerrito, California	(USAPL)
11	336.2	Mari Asp	75	132.08 kg.	132.08 kg.	El Cerrito, California	(USAPL)
12	336.2	Linda Blackburn	60	132.08 kg.	132.08 kg.	Lincoln, California	(WABDU)
13	336.2	Linda Blackburn	60	132.08 kg.	132.08 kg.	Lincoln, California	(WABDU)
14	336.2	Missie Ortaga	77	101.50 kg.	101.50 kg.	Fresno, California	(AFA/WPC)
15	308.6	Disa Hatfield	74	115.08 kg.	115.08 kg.	St. Louis, Missouri	(AFA)
16	308.6	Disa Hatfield	74	115.08 kg.	115.08 kg.	St. Louis, Missouri	(AFA)
17	308.6	Any Freccer	60	130.01 kg.	130.01 kg.	Blaine Springs, Missouri	(AFA)
18	308.6	Any Freccer	60	130.01 kg.	130.01 kg.	Blaine Springs, Missouri	(AFA)
19	308.6	Shannon Williams	65	112.00 kg.	112.00 kg.	Palmdale, California	(AFA/WPC)
20	308.6	Shannon Williams	65	112.00 kg.	112.00 kg.	Palmdale, California	(AFA/WPC)
21	308.6	Any "Wildchild"	68	130.01 kg.	130.01 kg.	Spokane, Washington	(AFA)
22	308.6	Any "Wildchild"	68	130.01 kg.	130.01 kg.	Spokane, Washington	(AFA)
23	308.6	Brittany Hood	80	129.50 kg.	129.50 kg.	San Bernardino, California	(AFA)
24	292.1	Vicky Stearnod	49	132.5 kg.	132.5 kg.	Raleigh, North Carolina	(USP)
25	292.1	Vicky Stearnod	49	132.5 kg.	132.5 kg.	Raleigh, North Carolina	(USP)
26	290.0	Vanessa Schweitzer	63	132.5 kg.	132.5 kg.	Willowbrook, Illinois	(AFA/WPC)
27	290.0	Vanessa Schweitzer	63	132.5 kg.	132.5 kg.	Willowbrook, Illinois	(AFA/WPC)
28	285.0	Julia Stanger	51	132.5 kg.	132.5 kg.	Columbus, Ohio	(AFA/WPC)
29	281.1	Carla Westin	73	127.5 kg.	127.5 kg.	Columbus, Ohio	(AFA/WPC)
30	281.1	Carla Westin	73	127.5 kg.	127.5 kg.	Columbus, Ohio	(AFA/WPC)
31	281.1	Julie Scanlon	76	127.5 kg.	127.5 kg.	Northbrook, Illinois	(USP)
32	275.0	Jaleena Bennett	84	127.5 kg.	127.5 kg.	Houston, Texas	(AFA)
33	275.0	Jaleena Bennett	84	127.5 kg.	127.5 kg.	Houston, Texas	(AFA)
34	275.0	Patricia Barral	2/25/96	127.5 kg.	127.5 kg.	Omaha, Nebraska	(NSA)
35	270.1	Danni Hartmann-Eldridge	40	122.5 kg.	122.5 kg.	San Bernardino, California	(USP)
36	270.1	Danni Hartmann-Eldridge	40	122.5 kg.	122.5 kg.	San Bernardino, California	(USP)
37	270.1	Rachel Mathias	60	122.5 kg.	122.5 kg.	Pueblo, Colorado	(NASC)
38	270.1	Rachel Mathias	60	122.5 kg.	122.5 kg.	Pueblo, Colorado	(NASC)
39	270.1	Bobbi Dahl	2/6/88	127.0 lb.	127.0 lb.	Minot, North Dakota	(NSA)
40	270.1	Bobbi Dahl	2/6/88	127.0 lb.	127.0 lb.	Minot, North Dakota	(NSA)
41	265.0	Carol Ann Myers	66	104.08 kg.	104.08 kg.	Gallatinburg, Tennessee	(SFF)
42	265.0	Carol Ann Myers	66	104.08 kg.	104.08 kg.	Gallatinburg, Tennessee	(SFF)
43	265.0	Krista Ford	66	127.91 kg.	127.91 kg.	Fresno, California	(AFA/WPC)
44	265.0	Krista Ford	66	127.91 kg.	127.91 kg.	Fresno, California	(AFA/WPC)
45	264.0	Victoria Bross	9/27/83	120.0 kg.	120.0 kg.	Aberteen, Washington	(WABDU)
46	264.0	Victoria Bross	9/27/83	120.0 kg.	120.0 kg.	Aberteen, Washington	(WABDU)
47	259.0	Susan Vesely-Huber	9/20/92	117.5 kg.	117.5 kg.	Dixon, Illinois	(AFA)
48	259.0	Susan Vesely-Huber	9/20/92	117.5 kg.	117.5 kg.	Dixon, Illinois	(AFA)
49	259.0	Andrea Raeder	81/09	117.5 kg.	117.5 kg.	Galveston, Texas	(USP)
50	259.0	Andrea Raeder	81/09	117.5 kg.	117.5 kg.	Galveston, Texas	(USP)

* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court, Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.



Kara Bohigian-Smith — over 400



Priscilla Ribic leads the USAPL



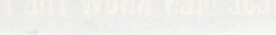
Cara Westin at the Fit Expo



Monica Sparagno



Sonji Baldwin



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THESE MEN KNOW THE POWER OF ATLARGE NUTRITION'S RESULTS WHAT ABOUT YOU?

How many deadlift attempts have you seen where the lifter rips the bar off the floor only to slow and lose it at the top, just inches shy of lockout? To the powerlifter, gravity is public enemy number one. Luckily, there are a few exercises and techniques available to help lifters battle our worst foe. The most common of these are heavy rack work, shrugs, and back and lat training. However, sometimes even after a lot of hard work on these, on contest day the lockout problem still exists. A few tweaks here and there can make all the difference in the world.

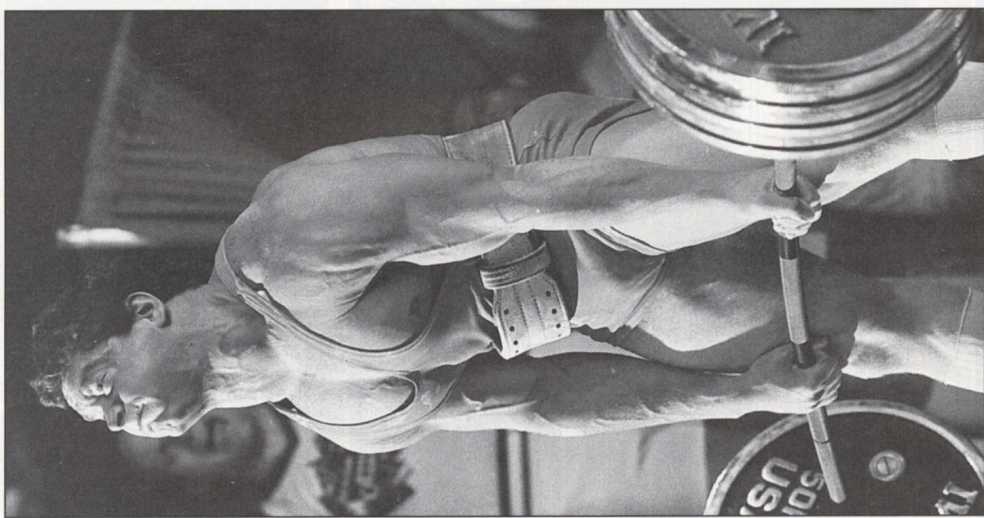
Let's begin with rack work. Many lifters use the power rack for heavy partial lockouts. A power rack, in theory, can allow a lifter to overload a specific part of the deadlift with more weight than he could normally lift for the complete lift. Many lifters go wrong when they align their bodies in a pulling position in the rack that is unlike the position in their actual deadlift. The rack lockout ends up being a quarter squat with very little upper back involvement. Most of the lifting is done by the legs so little effective strength is actually built for the deadlift. This explains why some lifters are able to lock out for reps in the rack what they can't lock out in the actual lift for a single rep. If you choose to use the rack, get in a position to pull that is as similar as possible to the actual pulling position in your regular deadlift for best results. This may require lowering the weight below your max deadlift to get the proper feel and position.

My favorite exercise to improve the lockout is barbell shrugs. These can also be done in a less than efficient manner. Some lifters use too much weight, which prevents a full shrugging movement. Many times a shrug with a weight that's too heavy results in a slight bend in the arms with very little shoulder girdle elevation. The other extreme is too light of a weight. Going light does allow a full range of movement with extreme strictness, but reduces the potential benefits of this exercise. Other lifters perform their shrugs much like an upright row. They bend their arms and do very little shrugging of the shoulders at all. They feel the bar moving, but it is all due to the pulling of the arms. If you can bend your arms while shrugging, you are using some really teenie-weenie weights. The important thing is to maintain a full range of movement, pull with your

STARTIN' OUT

DEADLIFT LOCKOUT

as told to Powerlifting USA by Doug Daniels



An Amazing Deadlift Lockout - Ed Coan locking out 859 at 198 lbs.!

worry about possibly not building grip strength by using straps for your shrugs. As long as you do not use them in your regular deadlifts, you will be okay.

Lat work is another key to lockout power. I recommend paying more attention to using proper exercise form over the amount of weight used. Lat work, like chin-ups, pull-downs, and rows are assistance moves. It matters to no how much weight you use for these exercises. Trust me, the judges at a powerlifting meet will never ask. What should matter are the end results of your efforts. Lower the weight used in order to get a full extension and contraction. Concentrate on pulling your elbows down or back and not using your biceps to pull the weight. Visualize your arms as hooks for the back muscles. Using lifting straps can help achieve this. This will also necessitate using less weight, for now, to get used to the feel of the exercise. It may take a little practice to get used to the 'arms as hooks' method, but give it a sincere try.

Don't overlook the value of having a strong pull off the floor. If you can improve your pull off the floor, it will be easier to get the bar past the sticking points later in the lift due to less energy expenditure and momentum. The pull off the floor will be the subject of a future article.

The final topic is applying all this to your training. Sometimes in our enthusiasm to overcome our foe, gravity, we over-stress our recuperative abilities with too many sets and reps. Combine numerous sets of lockouts and shrugs, add on top of that 20-25 sets of lat work and you're really burning your candle at both ends. The key word for powerlifting training is 'QUALITY', not quantity. I would suggest 5 sets of shrugs with 5-8 sets of lat work, once a week. If you cannot decide if you want to do rowing or pull-downs, alternate them every week or every 6 weeks to cover all your bases.

Two weeks before the meet, drop the assistance work to avoid overtraining and to insure being fresh for the meet. The deadlift can be divided into 3 distinct parts: the pull off the floor, at the knees and the lockout. By strengthening each part with proper training methods, your deadlifts will be smoother and hopefully heavier. Our foe, gravity cannot be totally vanquished, but it can be tamed.

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POWER PROFILE

JOHN GAMBLE

A Powerlifting Legend

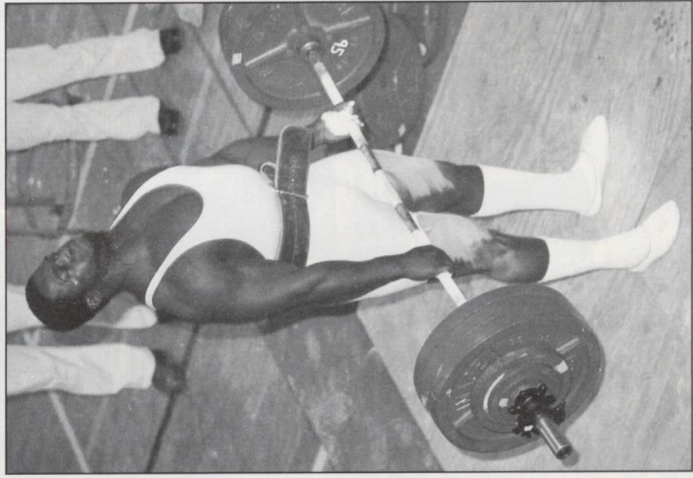
as told to Powerlifting USA by Will Morris

John Nathan Gamble burst on to the American Powerlifting scene with the force of a nuclear explosion at the YMCA Nationals in Columbus, Ohio, on January 10, 1981. This meet was put on annually by Gary Benford and some of the best lifters from the USA would compete in it over the years and one of these was Big John. This was his coming out party as he had only lifted in a few local contests previously and was a virtual unknown. Nobody knew what he was capable of lifting. If pressed to do so, John would total almost 300 pounds more in the future, but this was his debut. John was unique in that he could rise to the caliber of his competition at the drop of a hat, lifting weights that were far beyond what he had done in the gym or at a previous contest. He rarely maxed out on a lift in the gym, preferring to save it for the contest. I remember him benching in one of my contests in 1978 and he did an easy 400 with such power, the first 400 bench I had ever seen, and he only weighed about 220. John was also a man of high morals and a devoted friend. At this time, John was the Assistant Strength Coach at the University of Virginia under Bill Dunn, who was a pretty good superheavy back then, and about a year or so previous to the 1981 YMCA nationals, John proved to me what a class act he was.

The 1980 Virginia State championships were to be held at Winchester, Virginia and they were hosted by the Weightlifting Unlimited Barbell Club. At that time the Charlottesville Barbell Club and Curtis Walker's powerlifting team were rivals for the team title. Curtis, the father of Virginia powerlifting, and several times state, national, and world masters champion was just about unbeatable at 242 pounds, and no one, including me, relished



1982 Jr. Nationals Promoters: (l-r) Bill Dunn, Will Morris, John Gamble



John pulling at the 1981 YMCA National - his bigtime PL debut!

the idea of competing against him. Myself, Bill and John met about 7 or 8 weeks prior to the state meet to discuss strategy. We knew that we needed to place high in each weight class in order to win the team title. John was weighing in at about 260 pounds. Out of the blue John said, "I will drop the weight and lift against Curtis." I was stunned and told him that was a bad idea as we needed him at 275 where he was a shoe-in to win, but John insisted and the die was cast. John would go down to 242, and I would go up to 275. John sweated off the 20 pounds and Curtis beat him, handing him his only career loss. This was the nature of John Gamble, willing to make a sacrifice to help his team and a friend. I won the 275 pound class and our team won first place, thanks to John.

Getting back to the 1981 YMCA Nationals, John had lifted previously at about 260 pounds so he put on some additional weight and traveled out to Ohio to compete against some top lifters and shock the hell out of a few more, including Larry Pacifico who was amazed at John's raw strength. John had a good day going 744 in the squat, 512 in the bench (just missing a third attempt at 523), and he pulled 749 for a 2006 total and he won. This was pretty impressive for a young man with less than three years experience and it was only a sample of what was going to come down the road in the next three years, as his stature would rise in each of his future contests as he honed the training ideas that would take him to the World Championships.

Next up for John was the Junior Nationals in Boise, Idaho, on June 14, 1981, and although he did not get the lifts he wanted he still got in a 777 squat (missing a move up to 832). He did a 529 bench, just missing



In Boise, ID, getting ready to squat

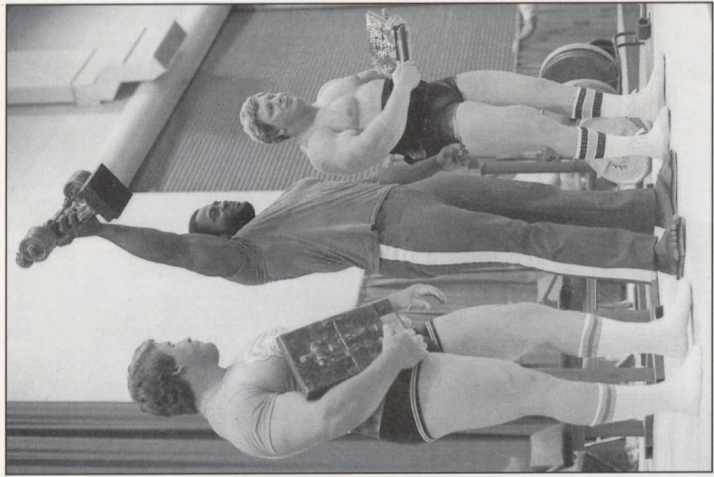


Overhead shot of John benching at the 1982 Senior Nationals on his third. John's total was a great 2188 total, his best to date. Also that year John, Bill and yours truly put on the Junior Nationals at the U of VA in Charlottesville. It was a good meet with close to 100 lifters, but we only made about 700 dollars as the U VA got the lion's share.

Now John was ready for the big time, the 1982 Senior Nationals in Dayton, Ohio promoted by the Great One, Larry Pacifico and his brother Dick. As I recall, John had to shed a few pounds in the last few days leading up to this meet. John made 3 good squats of 815, 848, and a 865, the first time I had seen John make three squats. In the bench, and the deadlift as well, he was only able to make one attempt, a 523



Benching without a shirt at the 1981 YMCA Nationals in Columbus, OH



Victory in Dayton: (l-r) Bob Dempsey, John, and Steve Wilson

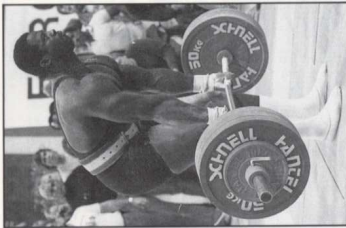
Championship. Big John did not have a good day in terms of his lifts, but the big issue was getting the win. He would only make his opening squat of 782 and miss back to back squats of 810. This would set the tone for the rest of the contest. He was able to get in two benches of 473 and 490 before missing a third with 501. In the deadlift, he would only make his opener at 727, missing 760 twice. John's total of 2000 lbs. won his first world title over the second place Elstrom of Sweden by a 110 pounds. Also worthy of note, John competed in the 1982 World's Strongest Man contest held at Magic Mountain, California, and placed a very respectable third place, which was in itself a great accomplishment. In 1983 John would return to the lifting platform at the 1983 Senior Nationals and post some of his best lifts.

John's bodyweight had moved up quite a bit in 1983 to over 290 pounds and he was forced to drop almost 20 pounds just prior to the Seniors. The 1983 Senior Nationals were held on July 23rd and July 24th in Austin, Texas, and the meet director was Chip McCain. The 275s were with his performance at his first World



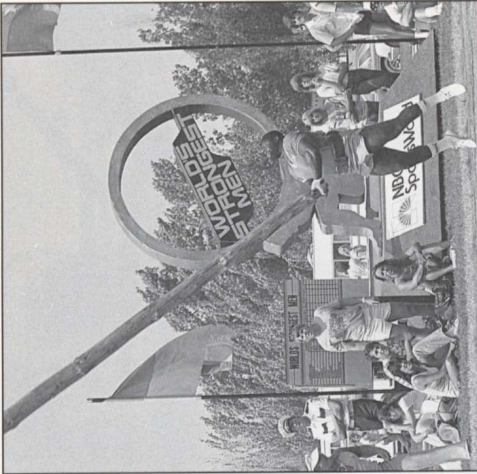
Dunn helping John @ '82 YMCAs

loaded with some of the best from all over the USA: Moran, Dempsey, Shaw, Palmer, Martin, Wohleber, Sandlin and Kidney. John locked horns with Moran, the only one who had a chance to beat him after the first squat. John stormed out and put up 832, 870 and 892, three straight lifts without a miss. Moran made his opener of 903 and missed 953 on second and third tries, and this would come back to haunt him. In the bench John would go 3 for 3, 534, 551, and a huge 573. He was 6 for 6 with a big subtotal of 1466. Moran would go 573 and 600 in the bench before missing 617 for a subtotal of 1504, the highest in the meet, and a lead over John of almost 40 pounds, but



John pulled at the '82 Worlds

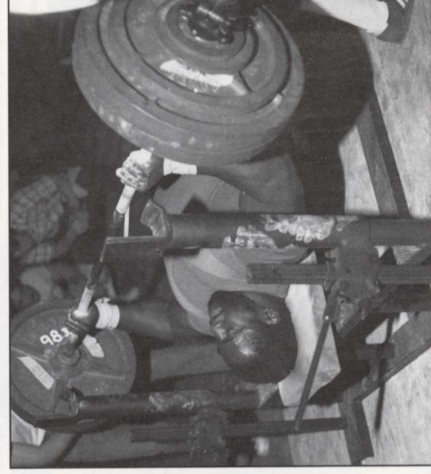
the deadlift would decide the final outcome. Moran opened at 705 and John responded with a 777 opener. Next Moran tried 744 and missed it, John then pulled 804 and Moran missed his third dead of 744 and it was over, no reason to pull a third. The final results were: Gamble first with a 2270 total, Moran second with 2210, Dempsey third with 2193, Shaw took fourth with 2121, Palmer fifth with 2088, Martin sixth with 2072 and Wohleber seventh with a 2055. Both Sandlin and Kidney failed to get in



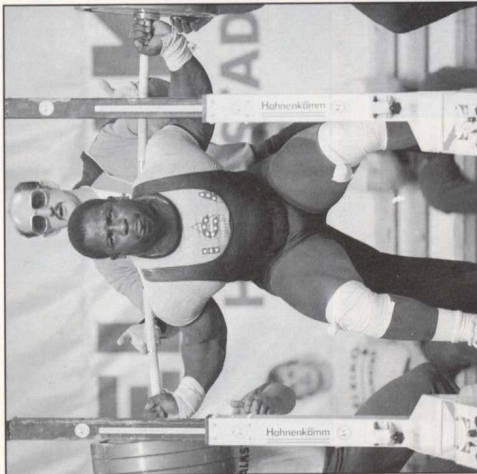
John Gamble tossing the caber at the 1982 World's Strongest Man

a squat. Big John had won, going 8 for 9, a first for him, as most times in the past he was only able to get 5 or 6 lifts in. The 2270 total was his best performance to date and most important, he was learning how to harness his great strength and to lift smart.

The 1983 Worlds were held in Gothenburg, Sweden, on November 10th through the 13th and they were with 771 and it was over. John totaled 2132 and won by over 150 pounds for his second world title, back to back. As in 1982, John would then compete in the 1983 World's Strongest Man contest at Christchurch, New Zealand. John did not place as well as he did the previous year but still squatted big with a 771 and 815 and



John moving up his bench at the 1982 YMCA National meet

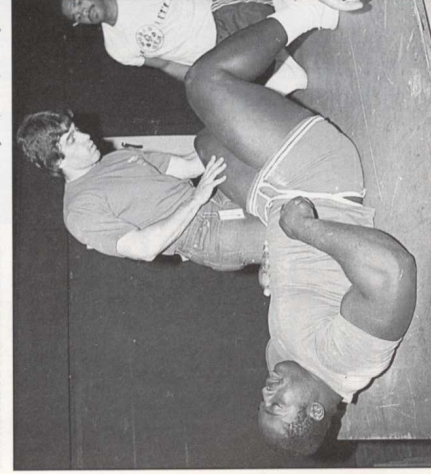


John Gamble squatting deep at the 1983 World Championships

speculate as to what he could have done if he had the time to properly train just for this event and put on 25 pounds.

It is mind boggling to think of just how far John had come in such a short span of time. The numbers

that he would put up, the places he would travel to and the people he would meet would change, but the one constant was his friendship with Bill Dunn which would stay intact until Bill's untimely death some years later. It is hard for me to imagine one without the other, late put these two men together for a reason. Bill would give John the means, the motive, and the opportunity to pursue something that he seemed destined to accom-

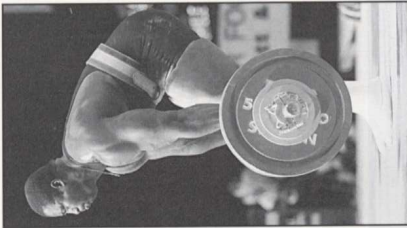


Dr. Ken Leistner works on John at the 1983 Seniors (Kathy L.)



John helped at the '83 Seniors by Dr. Fred Hatfield (Kathy Leistner) and Wilson, all capable of pushing John on a given day, would round out this very powerful group.

John opened his squats with a easy 848 followed by 881 and he picked 898 for his third and missed it. In the meantime Chaillet got in a third with 821. Henderson managed a first attempt with 854, missing twice with 887 (this would hurt him later in the overall standings). Shaw, looking as big as a house, got in a 815 second and Kidney posted a first squat with 793 and went down twice with 843 and 848. This rounded out the top



Showing solid form in the deadlift

and 8th. Once again Larry Pacifico would put on this event, perhaps his best ever as over 2000 powerlifting fans would attend. The line up for the 275s was a stellar list of the very cream of the crop. Chaillet had arrived on the national scene and he along with Henderson, Shaw (who looked as impressive as John, physically), Kidney (always dangerous), the rugged McCormick, as well as Dempsey



John benches at the 1983 Worlds in Gothenburg, Sweden

five as McCormick would miss a 760 on his opening dead lift and bomb out. Dempsey would leave early as well with 3 straight misses at 501 in the bench and, lastly, Wilson would miss twice in the squat, once with 771 and a second with 804 and he was gone. The bench press portion started and John made his opener at 529, missed his second with 545 and came back to make it on his third try. Chaillet came in with a 473 opener and missed twice with 485. Henderson made it 3 for 3 in the bench with 473, 490 and 501. Shaw only got his first with 490, missing 507 twice. Kidney, the cagey vet, only got in his second with 540. The subtotals were, Gamble 1427, Henderson

1355, Kidney 1333, Shaw 1306, and Chaillet 1295.

Last up, the bar would hit the floor, and that's when the contest starts and Gamble made three straight lifts of 760, 788 and 804. He had totaled 2232 and won his third Seniors in a row by 100 pounds, but the battle for second place was raging on. Chaillet made 788 and a huge 837 and passed his third. Henderson pulled 788 and missed 804 twice and tied Chaillet with 2132 total and took third place behind Chaillet because he was the heavier man. Shaw would pull 788 on his first deadlift and miss 832 twice in a vain try to move up to second place, so he finished in fourth place. Kidney would haul



John had to cut weight to make the 275s at the '84 5s. (Kathy L.)



John earned one of the magnificent trophies at Larry Pacifico's 1984 Seniors (Kathy Leistner)

up 760 and miss at 788 and 799 to tie Shaw but he would take the 5th spot because he was about a half kilo heavier than Shaw, both men totaling 2094. As stated above, this was to be John's swan song on the powerlifting platform, but fate still had a surprise for him, as his career as one of the top college strength coaches around would make its way to the big time.

John decided it was time to focus on his career and personal life. In 1986 he would marry the love of his life, Sharon, and eventually they would have two sons. In 1987 he got a call from the Miami Dolphins as they wanted him to be their strength coach. UVA did not want him to leave, and although he liked his job there and he also liked living in Charlottesville, John was going to Miami and that was that. John has been with the Dolphins for a long time, and the last I heard he was still there. Sometimes if you look close you will see his massive frame on the sidelines rooting for the Dolphins.

The one question that will never be answered is what could he have lifted if he would have moved up to the Superheavies. It is true that he was having some problems making the 275s the last few years of his lifting career and a move up to the Supers would seem to have been a natural one, but it did not happen. What could he have lifted at Super, well, let's take a guess. At 275, his best lifts were a squat of 892 pounds in the bench he did a 573, his best deadlift was a 826 and his best total was 2270. At around 325 or so in both weight I would say that a squat of 950, a bench of 625, and a deadlift of 875 for a total of 2450 would have been well within his reach. Going a bit further, lifting today at 275 with today's gear and current training methods, he could have gone, at least, the same as I projected at Super. Needless to say, and we all know it, powerlifting gear has come a long way in the last 25 years, but it has in all major sports as well.

In closing, John was, as Bill Dunn used to say, the 'Real Package'. John was very good at all three of the lifts, he enjoyed training, and liked the thrill of competition. He was a humble man who did not brag or flaunt his great strength. He would always be there if you needed him. He was afraid of no one on the platform and his greatest asset was that he did not fear the big weights. John's star flashed across the skies for a short time, but the memories he left behind will last a lifetime. I, for one, will never forget this amazing sportsman, who gave us so many great moments in our great sport of Powerlifting.
A friend, Will Morris.

I received my February 2009 Powerlifting USA issue the other day and was prompted to write after reading an article regarding the WABDL Championships held in Las Vegas this past November. In the article it addressed a rule banning lifters from competing in other organizations other than IPF affiliates. It mentioned a lifter who earned the right to participate in the Arnold Classic by qualifying with his lifting performance and by being drug free. That bothered me!

I have been a member of the ADEPPA/USAPL. I believe this organization does a great job at quality control for the drug free product they offer. I think they offer strict, fair, consistent judging and rules of fair, consistent judging and rules of performance for the power lifts. I think good people are on the board to assure the quality. I don't think these people are the problem.

The problem? ... the IPF! Most nations in the world do not enjoy the freedoms of a democratic republic as we do in the United States. I would say the IPF may be seen as a microcosm of the United Nations. The United States attempts to promote freedom and democracy, but in the end, other countries can block ideas or choose to go along (usually after negotiations that include a payoff). Many countries do not understand that United States citizens enjoy freedom and will exercise it by voting with their money and their feet.

What does this have to do with powerlifting? Well, recently two countries were suspended from IPF competitions. Maybe banned?! I believe the Ukraine and Russian teams were, but then allowed to come back early before the suspensions expired (Ooops ... the Russians failed again). Why were they allowed to come back early? My guess is that since these two teams are usually top ranked with the USA following, the IPF may have been concerned with the legitimacy of the IPF World Championships. With the top two teams out the USA may have won. I think this would be similar to past Olympic events.

The IPF has been turned down again and again for Olympic consideration. Why? The IPF people put a positive spin on the subject by saying that the IOC does not want to add another lifting sport. What is the reality? Hhhmmmm..... drug failures, drug failures, and more drug failures. The way I see it is that the IPF needs USAPL for credibility way more than USAPL needs the IPF.

Now back to the WABDL

OPINION

as told to PL USA by Pat Beaumaster

Championship article. The drug free lifter was not going to be allowed to compete even though he is drug free and followed the rules of performance. Why? Because the IPF has a rule and since USAPL is an affiliate, it must follow the rules. It appears to me that IPF rules do NOT have real teeth, but are only a set of dentures that they can decide on when to put them in and when to use them. This choice apparently has more to do money than the founding principles of the ADEPPA/USAPL. It is inexcusable to me to exclude one drug free lifter and then include two teams of drug failures. IPF priorities appear obvious and wrong.

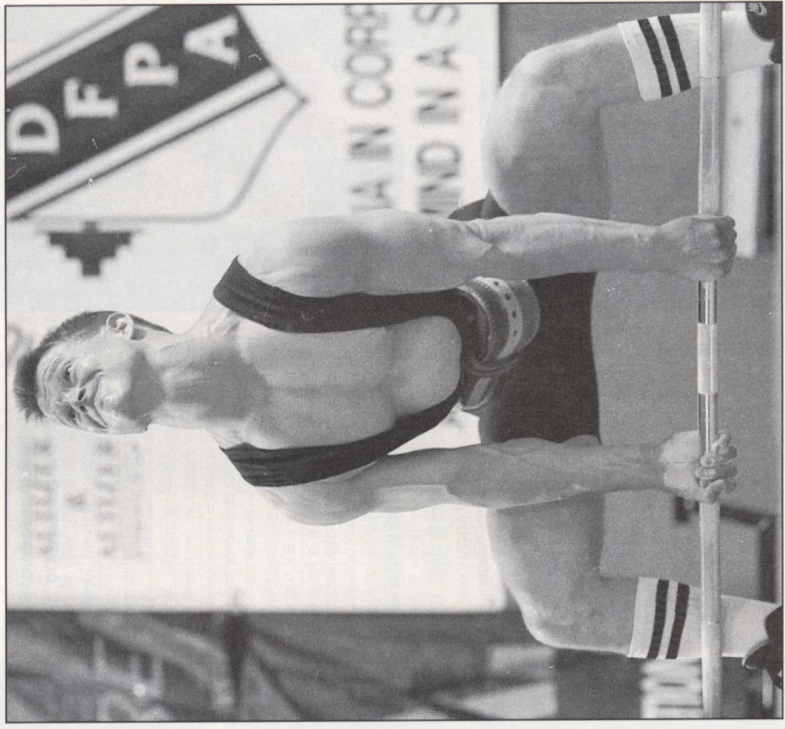
1) Priority one is drug free. Walk the walk and not just talk the talk. Other federations may be able to demonstrate better testing results. US lifters may vote with their money and their feet.

2) Let USAPL and other IPF affiliates allow their drug free lifters to lift in other organizations. Let the drug free lifters be a beacon of light for the other organizations and the world. We are ambassadors wherever we go. We are advertising drug free lifting to other organizations.

3) Make memberships two years in length, with an implied consent clause for testing up to three years after the membership expires. If drug free is the priority, this would help ensure that the drug free standard is being met.

These are my perceptions, opinions, and ideas. I am certain others will disagree. Now that I have possibly angered many, and made myself a target for the IPF, I can't wait for my next issue of Powerlifting USA. Bless.

Respectfully submitted,
George P. Beaumaster
17363 Riverview Ln SE
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763-482-9727



Pat Beaumaster, opinion article author, competing at the 1995 ADEPPA Men's National Championships

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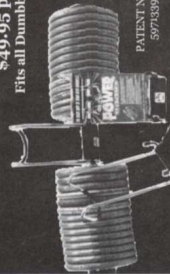
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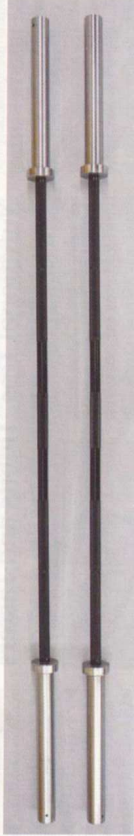
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NUTRITION

Did You Know... Nutritional Tips, Tidbits and Tasters by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.



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

One thing I see as a common problem among many lifters is sleep apnea. Many lifters in the heavier weight classes suffer from this health condition. Sleep apnea is when you stop breathing while you are sleeping. A friend of mine, who is a Powerlifter, found out that he would stop breathing over 60 times per hour. That means that he would cut out air about once a minute. He would actually wake up in the morning with his arms and legs asleep. You know the tingling feelings you sometimes get when you sit on your foot too long watching a movie. Imagine having all your limbs doing that. On top of that he would always feel sluggish and tired. He would even get a lot of anxiety and heart palpitations during the day. He was prescribed a CPAP machine to help him breathe during the night. He used this over a year and then decided it was time to drop some weight. After dropping over 50 pounds with my guidance, he no longer needs to use the CPAP machine.

The reason why I am telling you this story is because recent studies have shown that obesity has a direct link to sleep apnea. For those of you who suffer from this condition it is imperative that you get treated for it. If left unchecked you will no doubt shorten your lifespan! Not only can you choke and die during your sleep, but you will increase your chances for a heart attack. Let's also take a look at the other side of the coin. Inadequate sleep

are eating refined carbohydrates, saturated fats, and unhealthy processed foods, you will increase the size of your current fat cells. To make matters worse, you will also help multiply the number of your fat cells in the future. These new fat cells can then grow and increase in size and again multiply. The fact that the number of fat cells your body contains is established during childhood solidifies that if you are overweight as a child most likely you will be overweight as an adult. This is one of the main reasons why I encourage proper nutritional ideas not only for athletes, but also for children and teenagers to help prevent future obesity problems.

The fact that fat cells only shrink and do not get destroyed by dieting and exercise is one of the reasons why so many people gain weight back once they go back to their previous eating lifestyle. If you were overweight as a child, then you must realize that being overweight as an adult can be a reality if you are not constantly monitoring your nutritional intake. The fact that fat cells can generate quite easily is another factor to consider. I find it frustrating because for the muscle cell to split and generate (known as hyperplasia) is very hard to do. Some scientists don't even believe it is possible. This is the reason why some bodybuilders are known for the pharmaceutical use of Growth Hormone and Insulin Growth Factor 1 (IGF-1) because it is believed that they can cause hyperplasia where as anabolic steroids only cause hypertrophy which is increasing the size of the muscle cell. I think it is only a common sense that with the size of today's professional bodybuilders standing on stage at close to 300 pounds at fewer than 4% bodyfat they have no doubt caused hyperplasia. The main thing to remember here is that if you lose fat weight if you start falling off the wagon and don't return to your eating habits that got you there in the first place.

Did you know... Obesity has a direct link to Sleep Apnea?

functions is to regulate blood sugar levels and production of Insulin and Glucagon hormones. When it becomes Cancerous, removal is not an option. The take home message from this is that if you are going to be drinking beer on a regular basis, you should limit it to one to two bottles per day maximum. I hate to rain on your parade, but just by reducing your beer intake slightly, it can help prevent this disease in the long run.

Did you know... Eating chocolate can be good for you?
When I say that eating chocolate can be healthy for you I am not referring to eating a king size Snickers bar. Sorry, you should have known there was a catch. You see, I know how powerlifters think. I tell them that chocolate is good for them and they pick up three chocolate bars on the way to work to snack on during their breaks. This is not what I want you to do, so don't go around telling people that this nutrition guy says to eat as much chocolate as you can 'cause it's good for you.

Yes, eating chocolate can be good for your health. It all depends on what type of chocolate you are eating. The type that is actually good for your health is the raw, dark cocoa. The chocolate bars you like so much are not healthy because they have been processed, fermented and then sweetened by unhealthy sugars. Some of you may not know this, but chocolate does grow on trees. It grows on the cacao tree in the form of fruit and raw powdered cocoa comes from here. One of the reasons why natural chocolate can be good for you is that it is very high in antioxidants. One study showed that it has twice the amount of antioxidants than are found in red wine. Another benefit of this powerful, healthy chocolate is the fact that it contains a high amount of L-Tryptophan. This is an amino acid that is responsible for increasing serotonin levels in the body, which is a neurotransmitter that can help lower the incidence of depression. I guess this is why women, especially after a breakup from their boyfriend, reach for the chocolate for some comfort. You see, there is truth to that. Another study showed that those who ate raw chocolate regularly also had improved cardiovascular health when compared to those that did not eat it.

They showed fewer signs of heart attacks, strokes and even blood clots. It has also been shown to help lower blood pressure levels, both systolic and diastolic readings. To make this even better it has been shown to help lower the LDL or bad cholesterol as well. Lastly, one thing that I am very excited about is the fact that it has been shown to help improve your level of insulin sensitivity. With all of these many different health benefits you can see why I am very forward in recommending raw chocolate in its natural form as part of your daily diet. Can you imagine eating chocolate daily that will keep you healthy and help you even lose bodyfat? Remember, you must get the unprocessed natural raw cacao that you get from the health food store not the king size peanut nutmeg caramel coated Diabets bomb in a wrapper that you are used to picking up from your local 7-Eleven. So, take it from me now, you can eat your chocolate and enjoy it guilt free.

Did you know... Eating Mediterranean style can help prevent Cancer?
It is well known that those living in Mediterranean countries like Italy, Greece, Spain and Turkey live longer than those in North America. On top of this they have fewer health conditions like Cancer and Heart Disease when compared to those living in North America. Why are they so much healthier and live longer than we do? It all comes down to what you are feeding your body. Those living in the Mediterranean eat much differently than the majority of those in the US. Here we eat high saturated fat meals like it was going out of style. On top of that the consumption of refined

carbs, sugars like high fructose corn syrup, and processed foods is off the diet staples of the Mediterranean but such as eating more fatty cuts of fish, reducing the amount of red meat consumed, eating more fresh fruits and vegetables, and eliminating refined and processed foods are all very basic tips that can be followed with little effort. With me being Italian I guess I followed a lot of those rules even before taking interest in the Nutritional sciences. I know some of you don't want to give up your hamburgers and fries for a plate of whole wheat pasta and chicken breasts, but all of you need to improve your eating habits even if they are small steps because in the long run it can add years to your life.

Conclusion
Well, that wraps another installment of this series. Don't worry, there will be more installments throughout the year, so don't think that will forget about you. With all the positive response that I have gotten just after the first installment it will now be part of my column regularly. As I mentioned, if there are topics you would like me to discuss in this format or any interviews you would like to see just send me an e-mail. It may take me a few days to get back to everyone just because I get so many e-mails daily, but I will get back to you. If I don't get back to you send it over again just in case it got filtered by my spam box and I didn't receive it. So until next month train hard, eat clean, and yeah - go enjoy yourself with a nice piece of healthy chocolate.

If you have any questions or comments feel free to reach me at: Ariccuto@NutritionXP3.com
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25 APR. USAPL Nebraska State (Lincoln, NE) Bill Smiddear, 1497 Rd R., Howells, NE 68641, 402-986-1784
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25 APR. USAPL Indiana State & Full Power (Washington Square Mall, Evansville, IN) Meet Director, Michael E. Staag, 812.624.0031, staag@insightbb.com, www.adiplog
25 APR. APF Texas Classic (Austin, Texas) Greg & Heather Tillinghast, aptexas@yahoo.com
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3 MAY. WNPF Bench Press Nationals & WNPF Deadlift Nationals (Atlanta, GA), WNPF POBOX 142347, Fayetteville, GA 30214, www.wnplf.net
9 MAY. USAPL Ketchikan Spring Record Breakers, Doug Gregg, 1225 S. Pt. Higgins Rd., Ketchikan, AK, 99901, 907-247-8463
9 MAY. WNPF Powercurl Nationals & 13th WNPF North Americans Powerlifting Championships (Aberdeen, WA) Dr. Don Bell,

High School, Suffolk, VA) Rob Kelly, 757-375-8478, robkelly@spk12.net
2 MAY. SLP Southwest Missouri Open BP/DL (Branson, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@verizon.net
2 MAY. Ohio USPF Division I & II PL & Single Lift State (Linton Community Center, Plainfield, OH) Tim Cochran, Ohio USPF Chairman, Box 11, Belpre, OH 45714, tcochran@yahoo.com
2 MAY. USPF San Diego Open (San Diego, CA) Steve Denison, 661-333-9800, powlfrs@nsn.com
2 MAY. NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
2 MAY. IPA 2nd Virginia State (Fredericksburg, VA) Gene Rychlak, Jr., 610-948-7823, 143 Second Ave., Rye Grand, PA 19468, bench_a_grand@yahoo.com, www.rychlakpowerlifting.com
2 MAY. AAU Middle & High School Boys & Tulsa Open & Masters (Bishop Kelly HS, Tulsa, OK) Danny Berry, 1301 W. Ingleswood St., Broken Arrow, OK 74011, dbermy48@windstream.net, 918-695-3823
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3 MAY. WNPF Bench Press Nationals & WNPF Deadlift Nationals (Atlanta, GA), WNPF POBOX 142347, Fayetteville, GA 30214, www.wnplf.net
9 MAY. USAPL Ketchikan Spring Record Breakers, Doug Gregg, 1225 S. Pt. Higgins Rd., Ketchikan, AK, 99901, 907-247-8463
9 MAY. WNPF Powercurl Nationals & 13th WNPF North Americans Powerlifting Championships (Aberdeen, WA) Dr. Don Bell,

UPCOMING SLP COMPETITIONS

18 APR. SLP Wisconsin State (Delavan, WI)
25 APR. SLP National BP/DL (Tuscola, IL)
2 MAY. SLP Southwest Missouri Open (Branson, MO)
16 MAY. SLP Platinum Fitness Open (Tulsa, OK)
30 MAY. SLP Ho-Chunk Nation Open (Baraboo, WI)

Son Light Power
 122 W. Sale, Tuscola, IL 61953
 217-253-5429
 www.sonlightpower.com sonlight@netcare-il.com

lanta, GA) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnplf.net
9 MAY. USAPL Florida High School State BP/PL Championships (Deland, FL) Robert Keller, 954-790-2249, ehk@verizon.net, www.gocities.com/floridauspl
9 MAY. Lifetime Natural PL Nationals, Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@verizon.net
9 MAY. NASA KY State Powerlifting, BP, PP & Power Sports (Morehead, KY) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpwv.com
9 MAY. IBP NC State Youth/Teen PL (Statesville, NC) Keith Payne, Keith@ironboypowerlifting.net
9 MAY. NASA Oklahoma State (OKC) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
9 MAY. WNPF 13th Western Penna (Beaver Falls, PA) Ron DeAmicis, 330-792-6670
9 MAY. APF Maine State PL/BP (Westbrook, ME), Matt Israelson, 207-415-2075, dynamax21@yahoo.com
9 MAY. 100% Raw National Masters/North American Open PL (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@blogspot.com
9 MAY. WABDL Rocky Mountain Regional BP/DL (Colorado Hotel, Glenwood Springs, CO) Gary Gertner, 720-394-6667
9 MAY. WABDL Washington State BP/DL (Sam Berni Gym, Aberdeen, WA) Dr. Don Bell,

23 MAY. SPF National PL & BP (Nashville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
23 MAY. IBP SC State P-P (Seneca, SC) Keith Payne, keith@ironboypowerlifting.net
23 MAY. USPF Military Nationals PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, powlfrs@msn.com
23 MAY. APA Guerilla Gorilla Open (PL, PP, BP, DL, SS, OF, CR, Gear, UNL, Raw) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
23 MAY. WABDL Capitol City BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA), Jody Woods, 916-524-0914
23 MAY. USAPL, Illinois State & Great Rivers Open, Mark Moisinger, 201 North Gum St., Harrisburg, IL, (618) 252-0881
24 MAY. USPF Muscle Beach BP/DL (Venice Beach) Steve Denison, 661-333-9800, powlfrs@msn.com
23 MAY. APF Caribbean Open (PL, PP, BP, DL, SS, OF, CR, Gear, UNL, Raw) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
16-17 MAY. WDFPF European Single Event Championships (Bourdon, Lancy, FRA) secretary@worlddd.org
17 MAY. Police, Fire, Corrections Open BP Meet (Court yard

9 MAY. NASA Oklahoma State (OKC) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
9 MAY. WNPF 13th Western Penna (Beaver Falls, PA) Ron DeAmicis, 330-792-6670
9 MAY. APF Maine State PL/BP (Westbrook, ME), Matt Israelson, 207-415-2075, dynamax21@yahoo.com
9 MAY. 100% Raw National Masters/North American Open PL (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@blogspot.com
9 MAY. WABDL Rocky Mountain Regional BP/DL (Colorado Hotel, Glenwood Springs, CO) Gary Gertner, 720-394-6667
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AAPF/AAPFF Membership Application
 Check the box that applies below
 Amateur American Frantz Powerlifting Federation
 Amateur American Frantz Powerlifting Federation
 Please Print Clearly & Complete All Entries

Last Name	First Name	Mt
Street Address	Date of Application	
City	State	Zip Code
Area Code	Telephone Number	Age
Registration Fee (Circle Appropriate Fee)	Registration Number	Sex
AAPFF \$30 / AAPFF \$30 / AAPFF & AAPFF \$40		T / S / Other
Are you a previous AAPFF or AAPFF member? YES / NO	Email Address	YES / NO
Fill out card completely, make checks payable to AAPFF/AAPFF and mail to: AAPFF/AAPFF, West Drive 3010 N. Hollywood Blvd Las Vegas, NV 89108 702-656-6762 630-546-3769	APFF/AAPFF West Drive 3010 N. Hollywood Blvd Las Vegas, NV 89108 702-656-6762 630-546-3769	
Ense Frantz, Chairman/Founder Email: ErnieFrantz@aol.com		
I understand how the above amounts are computed and that I am eligible in accordance with the rules of the AAPFF or AAPFF	Signature X	

NASA Powerlifting & Power Sports

April
 18th - Kansas State (Salina, KS)
 25th - WV State Championships (Ravenswood, WV)
 25th - Wisconsin Regional
 25th - Arizona State High School BP/PL (Mesa, AZ)
May
 2nd - Western States Nationals (Mesa, AZ)
 9th - Kentucky State (Morehead, KY)
 9th - Oklahoma State (OKC, OK)
 16th - Bench Press Nationals (Denver, CO)
 23rd - South Texas State (Alvin, TX)
June
 6th - West Texas Open (Hereford, TX)
 13th - East Texas Open (Tyler, TX)
 20th - USA Nationals (Columbus, OH)
 27th - Grand Nationals (Waukesha, WI)
July
 11th - NASA Youth Nationals & WV Open (Ravenswood, WV)
 18th - South Texas Open (Alvin, TX)
 25th - Tri State Natural Regional (Flora, IL)
August
 1st-2nd - NASA World Cup (OKC, OK)
September
 5th - Gilmer E. Texas (Gilmer, TX)
 26th - Tennessee Regional (Pickwick Park)
October
 3rd - East Texas Regional (Tyler, TX)
 17th - 100% Tested Nationals & KY Regional (Morehead, KY)
 24th - 32nd Oklahoma Grand (OKC, OK)
 24th - Unequipped Nationals (OKC, OK)
 31st - Wisconsin State
November
 14th - WV Regional (Ravenswood, WV)
 21st - Kansas Regional (Salina, KS)
 21st - North Carolina Regional (Hickory, NC)
Coming Events/Entry Forms at: www.nasa-sports.com

USPF National Powerlifting Championship
USPF National Benchpress Championship
USPF National Deadlift Championship
 July 3, 4 & 5, 2009 Anahem, CA

Meet Director: Steve Denison 661.333.9800
 pwrlifts@msn.com www.powerliftingca.com

Qualifier for the WPF World Powerlifting, World Benchpress, and World Deadlift Championship
 November 10-15, 2009 Riviera Hotel Casino, Las Vegas, NV

Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.com

12-14 JUN, USAPL Men's Open & Junior/Teen Nationals (Denver, CO) Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366

13 JUN, WABDL National BP/DL (Shilo Hotel, Portland, OR) Gus Rethwisch, 763-545-8654 or 503-901-1622

13 JUN, NASSA East Texas Open (Tyler, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

13 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

13 JUN, IFM Festival BP (Youngstown, OH) Ron DeAmicis, 330-792-6670

13 JUN, WNPFF Raw Nationals & 10th Powerfest 2K9 Equipped Championships (Ephrata, PA) WNPFF PO-BOX 142347, Fayetteville, GA 30214, www.wnpff.net

13 JUN, USAPL Florida Sunshine State Games BP/PL Championships (Lakeland, FL) Robert Keller, 954-790-2249, ehk@floridauspl.com, www.geocities.com/floridauspl

13-14 JUN, APF Sr. Nationals PL/BP (Palm Beach Gardens, FL) Kieran Kider/Amy Jackson, 630-896-7309

14 JUN, WNPFF New Jersey Powerlifting Championships & 2nd WNPFF Lifetime Raw Nationals (Bordentown, NJ) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnpff.net

14 JUN, IFM Strongman Meet (Granger, IN) Jon Smoker, jiresmoker@hotmail.com, 330-792-6670

17-19 JUN, Western States Police & Fire Games (College of the Canyons, Santa Clarita, CA) Sgt. Janna Wilshire, 626-300-3122, www.wspflg2009.org

20 JUN, SLP Michigan Open BP/DL (Ionia, MI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

20 JUN, USAPL Mid Atlantic Open (PL, BP, DL, Ironman, Raw, Pwrlifts@msn.com)

Assisted - Standardville, VA) John Shufflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valift@aol.com, www.virginiapowerlifting.blogspot.com

20 JUN, WABDL Houston Open BP/DL (Humble, TX) Tiny Meeker, 832-423-7662

20 JUN, NASSA USA Nationals, Equipped/Unequipped PL, PS, PP, BP (Columbus, OH) Rich Peters Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

26-28 JUN, European PL, BP & DL (Amsterdam, HOL) entry to BPO no later than May 15th, Meet Director Ed Fernema, www.wplpowerlifting.com

27 JUN, Gym Warriors 3lift/slit curl, Paul DeSimone, 119 Foster St. Bldg. 2, Peabody, MA, 978-766-6280, pauldesimone01@aol.com

27 JUN, SLP Samson's Gym Open BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

27 JUN, APF/AAPF Chicago Summer Bash VI (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, www.apf-illinois.com, www.chicagopowerlifting.com

27 JUN, WABDL Louisiana State BP/DL (Zachary High School, Zachary, LA) Brandon Bankston, 225-362-2391

27 JUN, NASSA Grand Nationals (Waukesha, WI) John Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

27-28 JUN, AAU North American PL, BP, DL, P-P - World Qualifier (Vista, CA) Martin Drake, Box 108, Nuevo, CA 92567, 951-928-4797, naturalpower@hughes.net, 310-953-5030

27-28 JUN, IPA World Powerlifting Championships, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-495-0024, chaillet@yahoo.com, Ellen Chaillet, echaillet@aol.com

27-29 JUN, WDPFF European Powerlifting Championships (Estonia) secretary@worlddrugfreepowerlifting-federation.org

3-5 JUL, USPF National PL, BP, DL (Anahem, CA) Steve Denison, 661-333-9800, Pwrlifts@msn.com

4 JUL, Sonny's 5th annual WABDL Push-Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito (meet issues) 808-221-0129, Jocelyn Ronolo (coordinating issues) 808-387-8776, Levana Furtado (entry issues) 808-368-6727

10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplntations.com/bsa

11 JUL, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

11 JUL, IBSA National (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylungym.com

18 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654 or 503-901-1622

18 JUL, NASSA South Texas Open (Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24-25 JUL, Vermont State Open Raw BP (S., Burlington VT) All American Fitness Center (802) 999-7845

24-26 JUL, USAPL Raw Nationals (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valift@aol.com, www.virginiapowerlifting.blogspot.com

25 JUL, USAPL Iron Works Open V, Matt Smith, 601 E. Wackerly Rd., Midland, MI 48642, 989-835-2437

25 JUL, USAPL Central Maine Open BP and Push/Pull, Terry Halliday, 3 Seavey St., Waterville, ME 04901, 207-314-0430

25 JUL, WNPFF American Cup Championships & WNPFF Lifetime Florida States (Kissimmee, FL) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnpff.net

25 JUL, USPF 2nd Virginia State BP & DL, Matt McCase, 304-376-7538, mcase@yahoo.com, www.uspf.com

25 JUL, NASSA Tr State Natural Regional PL, BP, PS, PP, The Gym, 112 W. North Ave., Flora, IL 62839, (618) 662-3413, lesmith1@bcspeedy.com

31 JUL - 2 AUG, AWPCC World PL/BP (Burr Ridge, IL) 630-896-7309, amy-jackson@aol.com

1 AUG, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch, 763-545-8654 or 503-901-1622

1 AUG, USAPL Chuck Peterson Memorial BP/DL (IN) Sonny Rumyon, 3421 W. Armitage Rd., Muncie, IN 47302, 765-75-2587

1 AUG, SPF Southern States (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southern-powerlifting.com

1 AUG, USPF Muscle Beach Push-Pull (Venice Beach, CA) Steve Denison, 661-333-9800, Pwrlifts@msn.com

1 AUG, IFA New York Meet, Gene Rychlak, 143 Second Ave., Roversford, PA 19468, www.rychlakpowerlifters.com

8 AUG, APF Maine State (Westbrook, ME), Matt Israelson, 207-415-2075, dynamaxx21@yahoo.com

8 AUG, WABDL Nevada State BP/DL (Pahrump Nugget, Pahrump, NV) Gary Miller, 775-751-5763

9 or 16 AUG, 21st WNPFF World BP/DL/PC Championships & WNPFF Lifetime Single Lift Nationals (Bordentown or Atlantic City, NJ) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnpff.net

15 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Jody Woods, 916-524-0914

15 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 61953, 217-253-5429, www.wnpff.net

30 MAY, AAPF Carolina Classic Push/Pull/Bench Press (Belmont, NC) Eric Hubbs, 803-366-9895, netfin-fish@msn.com

30 MAY, IFA Battle of the Bench Press III, Jon Elick, 8226 Stoussville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com

30 MAY, USPF 4th Summer Fest BP & DL (Parkersburg, WV) Matt McCaslin, 304-376-7538, mcase@yahoo.com, www.uspf.com

30 MAY, SLP Ho-Chunk Nation Open BP/DL (Baraboo, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

30 MAY, AAU 2nd High School Team PP Challenge (Lee Davis High School, Mechanicsville, VA) Coach Jason Meade, 804-513-2460, meade@leedavisfootball.com or July at 804-559-4624, VAPowerlifting@aol.com

30 MAY, WABDL GLC National Push-Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch, 763-545-8654 or 503-901-1622

30 MAY, Maple Street YMCA Open (Omaha, NE) Linda or Haley, 402-393-3700

30 MAY, 100% Raw New York State BP/DL/Curl, Wayne Claypatch, 1028 Whittemore Hill Rd., Owego, NY 13827, 607-786-9720, gopher101@aol.com

31 MAY, AAU Triple Crown Classic & AAU East Coast BP Classic & AAU Virginia State Championship (Lee Davis High School, Mechanicsville, VA) VAPowerlifting@aol.com

3 JUN, 100% Raw AAPE AAU Granite City Iron Wars VI (First in Fitness, Berlin, VT) bret@vermontpowerlifting.com

5-7 JUN, APC National

1 AUG, USAPL Chuck Peterson Memorial BP/DL (IN) Sonny Rumyon, 3421 W. Armitage Rd., Muncie, IN 47302, 765-75-2587

1 AUG, SPF Southern States (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southern-powerlifting.com

1 AUG, USPF Muscle Beach Push-Pull (Venice Beach, CA) Steve Denison, 661-333-9800, Pwrlifts@msn.com

1 AUG, IFA New York Meet, Gene Rychlak, 143 Second Ave., Roversford, PA 19468, www.rychlakpowerlifters.com

8 AUG, APF Maine State (Westbrook, ME), Matt Israelson, 207-415-2075, dynamaxx21@yahoo.com

8 AUG, WABDL Nevada State BP/DL (Pahrump Nugget, Pahrump, NV) Gary Miller, 775-751-5763

9 or 16 AUG, 21st WNPFF World BP/DL/PC Championships & WNPFF Lifetime Single Lift Nationals (Bordentown or Atlantic City, NJ) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnpff.net

15 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Jody Woods, 916-524-0914

15 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 61953, 217-253-5429, www.wnpff.net

4 JUL, Sonny's 5th annual WABDL Push-Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito (meet issues) 808-221-0129, Jocelyn Ronolo (coordinating issues) 808-387-8776, Levana Furtado (entry issues) 808-368-6727

10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplntations.com/bsa

11 JUL, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

11 JUL, IBSA National (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylungym.com

18 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654 or 503-901-1622

18 JUL, NASSA South Texas Open (Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24-25 JUL, Vermont State Open Raw BP (S., Burlington VT) All American Fitness Center (802) 999-7845

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25 JUL, USAPL Central Maine Open BP and Push/Pull, Terry Halliday, 3 Seavey St., Waterville, ME 04901, 207-314-0430

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25 JUL, USPF 2nd Virginia State BP & DL, Matt McCase, 304-376-7538, mcase@yahoo.com, www.uspf.com

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31 JUL - 2 AUG, AWPCC World PL/BP (Burr Ridge, IL) 630-896-7309, amy-jackson@aol.com

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25 JUL, USAPL Central Maine Open BP and Push/Pull, Terry Halliday, 3 Seavey St., Waterville, ME 04901, 207-314-0430

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25 JUL, NASSA Tr State Natural Regional PL, BP, PS, PP, The Gym, 112 W. North Ave., Flora, IL 62839, (618) 662-3413, lesmith1@bcspeedy.com

31 JUL - 2 AUG, AWPCC World PL/BP (Burr Ridge, IL) 630-896-7309, amy-jackson@aol.com

1 AUG, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch, 763-545-8654 or 503-901-1622

1 AUG, USAPL Chuck Peterson Memorial BP/DL (IN) Sonny Rumyon, 3421 W. Armitage Rd., Muncie, IN 47302, 765-75-2587

1 AUG, SPF Southern States (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southern-powerlifting.com

1 AUG, USPF Muscle Beach Push-Pull (Venice Beach, CA) Steve Denison, 661-333-9800, Pwrlifts@msn.com

1 AUG, IFA New York Meet, Gene Rychlak, 143 Second Ave., Roversford, PA 19468, www.rychlakpowerlifters.com

8 AUG, APF Maine State (Westbrook, ME), Matt Israelson, 207-415-2075, dynamaxx21@yahoo.com

8 AUG, WABDL Nevada State BP/DL (Pahrump Nugget, Pahrump, NV) Gary Miller, 775-751-5763

9 or 16 AUG, 21st WNPFF World BP/DL/PC Championships & WNPFF Lifetime Single Lift Nationals (Bordentown or Atlantic City, NJ) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnpff.net

15 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Jody Woods, 916-524-0914

15 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 61953, 217-253-5429, www.wnpff.net

4 JUL, Sonny's 5th annual WABDL Push-Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito (meet issues) 808-221-0129, Jocelyn Ronolo (coordinating issues) 808-387-8776, Levana Furtado (entry issues) 808-368-6727

10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplntations.com/bsa

11 JUL, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

11 JUL, IBSA National (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylungym.com

18 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654 or 503-901-1622

18 JUL, NASSA South Texas Open (Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24-25 JUL, Vermont State Open Raw BP (S., Burlington VT) All American Fitness Center (802) 999-7845

24-26 JUL, USAPL Raw Nationals (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valift@aol.com, www.virginiapowerlifting.blogspot.com

25 JUL, USAPL Iron Works Open V, Matt Smith, 601 E. Wackerly Rd., Midland, MI 48642, 989-835-2437

25 JUL, USAPL Central Maine Open BP and Push/Pull, Terry Halliday, 3 Seavey St., Waterville, ME 04901, 207-314-0430

25 JUL, WNPFF American Cup Championships & WNPFF Lifetime Florida States (Kissimmee, FL) WNPFF POBOX 142347, Fayetteville, GA 30214, www.wnpff.net

25 JUL, USPF 2nd Virginia State BP & DL, Matt McCase, 304-376-7538, mcase@yahoo.com, www.uspf.com

25 JUL, NASSA Tr State Natural Regional PL, BP, PS, PP, The Gym, 112 W. North Ave., Flora, IL 62839, (618) 662-3413, lesmith1@bcspeedy.com

31 JUL - 2 AUG, AWPCC World PL/BP (Burr Ridge, IL) 630-896-7309, amy-jackson@aol.com

1 AUG, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch, 763-545-8654 or 503-901-1622

1 AUG, USAPL Chuck Peterson Memorial BP/DL (IN) Sonny Rumyon, 3421 W. Armitage Rd., Muncie, IN 47302, 765-75-2587

1 AUG, SPF Southern States (Russellville, AR) Jesse Rodgers, 423-255-3672, www.southern-powerlifting.com

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15 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, 61953, 217-253-5429, www.wnpff.net

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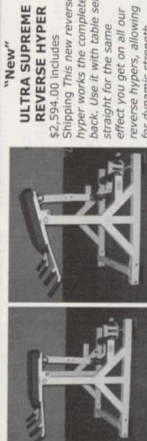
10-11 JUL, IBSA World BP & PL Championships for Blind Athletes (Miami, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.usaplntations.com/bsa

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11 JUL, IBSA National (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylungym.com

18 JUL, WABDL Great Lakes Regional BP

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ULTRA SUPREME REVERSE HYPER
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NEW! The Reverse Hyper Machine works the complete back. Use it with table set straight for the same effect you get on all our reverse hyper machines, allowing development in the spine, concentration, concentration, while serving as a rehabilitation mechanism in the eccentric phase by gently pulling the spine into the spine column with spinal fluid and the low back muscles with blood. Use it with table tilted down toward front and feel the difference. Use it with table tilted up and feel the difference. Use it with table tilted forward into the complete thoracic area. When you tilt the machine down toward your feet, it works like a 15 degree reverse hyper, highly stimulating the erectors and the glutes.

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Phone (614) 801-2060

sonlightpower.com, sonlightgym@verizon.net

15 AUG. 2nd ADFFF Battle on the Beach (BP, DL and/or Ironman, State Park, Holland, MI) John Jachim, JM-Gedney@viiu.edu

15 AUG. Team Weber PP (Camanche, IA), Bob Weber, 563-259-8695, (c) 563-219-2644

15-16 AUG. RAW United Powerlifting Extravaganza (Fort Myers, FL) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, raw-united@efi.com

16 AUG. SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

22 AUG. 25th annual Drug Free Iowa State Fair BP/DL, Jeff McCas, 515-953-6833, Bairdzz@aol.com

22 AUG. APF-AAFP Summer Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890

22 AUG. 100% Raw Eastern USA Open (BP, DL, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA, 22968, valifting@aol.com,

29 AUG. USPF Missouri State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

29 AUG. USPF Doubly-Ply Championships (Court yard Marriott, Columbus, OH) Power Promotions, Matt McCas, 304-376-7538, mccas@yahoo.com, www.powerpromotionsusa.com, www.uspff.com

29 AUG. SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

29 AUG. 100% Raw Eastern USA Open (BP, DL, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA, 22968, valifting@aol.com,

29 AUG. APF-AAFP Summer Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890

29 AUG. 100% Raw, AAPF, AAU Supreme Fitness Challenge III (Brattleboro, VT) bret@vermontpowerlifting.com

29 AUG. USPF Missouri State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

29 AUG. USPF Doubly-Ply Championships (Court yard Marriott, Columbus, OH) Power Promotions, Matt McCas, 304-376-7538, mccas@yahoo.com, www.powerpromotionsusa.com, www.uspff.com

29 AUG. SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

29 AUG. 100% Raw Eastern USA Open (BP, DL, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA, 22968, valifting@aol.com,

29 AUG. SPF Temple Gym PP Classic (AL) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

29 AUG. USPF 3rd Ohio Open PL & Single Lift (Cincinnati, OH) Matt McCas, 304-376-7538, mccas@yahoo.com, www.uspff.com

29 AUG. WABDL Hawaii State BP/DL (Kamiloiki Elementary, Waimanalo, HI) Keith Ward, 808-375-8700

AUG. APF Texas Meet (Houston, TX - Tentative), Greg Tillingshast, aptexas@yahoo.com

5 SEP. NASA Gilmer East Texas (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

5 SEP. UK Open (University of Bath, Somerset, GBR) Entry to BPO no later than August 15th, Meet Director Greg Ashford, 01373-859997, www.wrpwpowerlifting.com

5 SEP. APF/AAPF Summer Heat V (Rock Hill, SC), Eric Hubbs, 803-366-9895, netthfish@msn.com

5 or 12 SEP. WNPF Jake The Hammer Classic & WNPF Lifetime BP, DL, PC National (Warner Robins, GA) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnppf.net

11 SEP. 9th IBP Bench Press Classic & Strict Curl (Winston Salem, NC) Keith Payne, keith@ironbodypowerlifting.net, 336-251-8704

11-13 SEP (Date Change), WDFPF World Single Event (Bradford, England) JM-Gedney@viiu.edu

11-13 SEP. RAW United Armed Forces Championships (Free Contest!), Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@efi.com

12 SEP. IPA Pennsylvania State (Allentown, PA) Gene Rychlak, 143 Second Ave., Royersford, PA 19468, bench_a_grand@yahoo.com, www.rychlakpowerlifting.com

12 SEP. IBP Regional Powerlifting (Winston Salem, NC) Keith Payne, keith@ironbodypowerlifting.net, 336-251-8704

12 SEP. SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

12-13 SEP. USPF Muscle Beach Classic (Pleasanton, CA) Steve Danison, 661-333-9800, pwlifts@msn.com

12-13 SEP. USAPL Bench Press Nationals, (Cleveland, OH) Gary Kanaga, 591 Central Dr., Broadview Heights, OH 44147, 440-717-9624, www.usaplbenchpressnationals.com

19 SEP. SLP Bodyworks Gym Spears Foundation Benefit BP/DL Classic (Fry Ridge, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

24-27 SEP. WUAP World PL/BP/Saint-Avoid, France, v.seminatore@mairie-saint-avoid.fr, for information call L.B. Baker, 770-713-3080, www.americapowerliftingcommittee.com

26 SEP. NASA Tennessee Regional (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

26 SEP. 2nd Tom Eldridge Top Gun USPF AZ State (PL, BP, DL) Cold Iron Gym, Tombstone, AZ, 520-457-3955, www.coldirongym.com

26 SEP. SLP National PL Championships (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

26 SEP. USPF 3rd Pennsylvania Open (Pittsburgh, PA) Matt McCas, 304-376-7538, mccas@yahoo.com, www.uspff.com

27 SEP. WNPF All-American Powerlifting & WNPF Lifetime Pan-American Championships (Pt. Lucie, FL) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnppf.net

27 SEP. WYF Upiatone NY II (Rochester, NY) Ron Deamicis, 330-792-6670, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnppf.net

SEP. APF Louisiana State (St. Francisville, LA), Barry Frank, 225-241-8154, gullydog@bell-south.net

2-3 OCT. IFF North American Regional (Acapulco, MEX) Robert Keller 954-790-2249, ehk@verizon.net

3 OCT. Halloween Monster

17 OCT. 100% Raw, AAPF, AAU Supreme Fitness Challenge III (Brattleboro, VT) bret@vermontpowerlifting.com

17 OCT. USAPL National PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

24 OCT. ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

24 OCT. NASP Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 OCT. NASP 4th Regional PL & Single Lift (Parkersburg, WV) Matt McCas, 304-376-7538, mccas@yahoo.com, www.uspff.com

24-25 OCT. WNPF World Powerlifting Championships & International BP/PL/PC & Cam-Am Championships (Ephrata or Lancaster, PA, or Bordentown, NJ) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnppf.net

24-25 OCT. WNPF Can-Navia Expo (Lahti, FIN) bullfarm@bullfarm.fi, sakke@voimaharjoittelu.fi, 011-358-505-354-106

3-4 OCT. SPF/WBPLA World (Nashville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com

3 or 10 OCT. WNPF Palmetto (Greenville or Duncan, FL) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnppf.net

10 OCT. SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net

12 OCT. IPA Power Challenge, Gene Rychlak, 143 Second Ave., Royersford, PA 19468, bench_a_grand@yahoo.com, www.rychlakpowerlifting.com

17 OCT. 100% Raw, AAPF, AAU Supreme Fitness Challenge III (Brattleboro, VT) bret@vermontpowerlifting.com

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18 OCT. SLP Premier Fitness Open BP/DL (Muskego, WI) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net
24 OCT. ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net
24 OCT. NASP Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
24 OCT. NASP 4th Regional PL & Single Lift (Parkersburg, WV) Matt McCas, 304-376-7538, mccas@yahoo.com, www.uspff.com
24-25 OCT. WNPF World Powerlifting Championships & International BP/PL/PC & Cam-Am Championships (Ephrata or Lancaster, PA, or Bordentown, NJ) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnppf.net
24-25 OCT. WNPF Can-Navia Expo (Lahti, FIN) bullfarm@bullfarm.fi, sakke@voimaharjoittelu.fi, 011-358-505-354-106

Am Championships (Youngstown, OH) Ron Deamicis, power103@aol.com
24-25 OCT. USAPL Northeastern USA Regional BP/PL (Ft. Washington, PA) Robert Keller 954-790-2249, ehk@verizon.net
27 OCT - 1 NOV. WABDL World BP/DL (Peppermill Hotel, Reno, NV) Gus Reithwick, 763-545-8654 or 503-901-1622
31 OCT. 27th ADAU Raw Power Central PA Open (Bigler, PA), Siegel Engraving, 814-765-3214, al@piktip.com
31 OCT. USAPL New Hampshire State & New England States BP/DL PP Championships (North Conway, NH) Robert Keller 954-790-2249, ehk@verizon.net
31 OCT. USA RAW Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net
31 OCT. 5th Westminster Family Center Open Bench Press (WFC, 11 Longwell Ave., Westminster, MD) Scott Bkler, 443-789-9452
31 OCT. NASA Wisconsin State (9:30AM), Monster-Bench-Bash-4-Cash (6 PM), (Sheboygan),

17 OCT. 100% Tested Nationals & KY Regional PL, BP, PP & Power Sports (Morehead, KY) Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com
17 OCT. USPF Monster Bench/ Night of the Living Deadlift (Chatsworth, CA) Kevin Mestew, 818-723-3350
17 OCT. SSA Asylum Power (Iron power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com
17 OCT. SLP Indiana State Open BP/DL (Beech Grove, IN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.wnppf.net
3 OCT. Bulls PL @ Scandina via Expo (Lahti, FIN) bullfarm@bullfarm.fi, sakke@voimaharjoittelu.fi, 011-358-505-354-106
3-4 OCT. SPF/WBPLA World (Nashville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
3 or 10 OCT. WNPF Palmetto (Greenville or Duncan, FL) WNPF POBOX 142347, Fayetteville, GA 30214, www.wnppf.net
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Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
Street Address	City	State	Zip	Club Name
Current WABDL Classification	Reformer Status	U.S. Citizen	Date of Birth	Sex
Elite Member	I, II, III, IV	Y, N	Y, N	M, F
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If under 18, have parent initial _____ Signature _____				

NOTE: All WABDL-sanctioned meets will be subject to drug testing.
 In recognizing the need for drug usage, detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

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BENCH	
L. Dyles	105 lbs
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K. Roberts	265
C. Devo	405
A. Jones	345
J. Galloway	410
DEADLIFT	
M. Nichols	45
Southernland	77 lbs
D. Hills	62.5
K. Roebert	150
M. Schert	55
C. Foster	200
J. Galloway	600
MALE	
T. Williams	65
S. Brown	75
C. D. Zeller	60
M. Henderson	125
B. Dahlhammer	125
Q. Foster	135
D. Hayward	105

Special thank you's go to Jim Roberts for his help in organizing the event, and Jeremy Shifflet and Ziba Dearden for spotting and loading. The event was highlighted by Project Lift, who had 12 kids in the meet all did a wonderful job helping. (Thanks to John Shifflet for results)

30 NOV 08 - Cloverdale, VA	
Session II	
BENCH	
J. Cantone	353
H. Day	110
E. Lamp	105
J. Martin	61
A. Martin	44
B. Phillips	298
MALE	
A. Martin	146
A. Short	276
W. Kappel	110
P. Vorey	342
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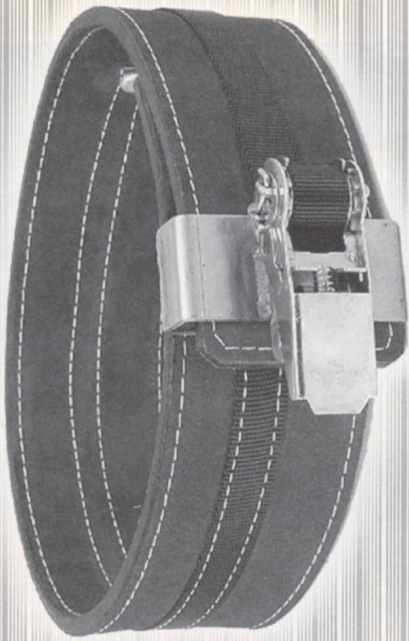
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- Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
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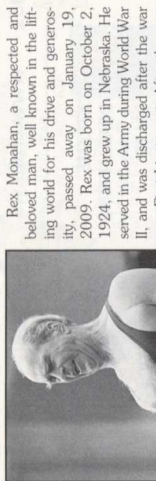
1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp 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.

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REX MONAHAN October 2, 1924 – January 19, 2009



Rex Monahan, a respected and beloved man, well known in the lifting world for his drive and generosity, passed away on January 19, 2009. Rex was born on October 2, 1924, and grew up in Nebraska. He served in the Army during World War II, and was discharged after the war as a First Lieutenant. After the war, Rex returned to Nebraska and studied Psychology as well as Geology at the University of Lincoln. By 1950 he had received both bachelor's degrees. Rex married Doris Laller in 1947, and they had four children: Susan, Kathleen, Melissa, and Rex William. Rex began his career as a roughneck for Louifland Brothers, until he ventured on his own as a leasebroker and moved to Sterling, Colorado, in 1951 during the height of the oil boom. He lived there for the duration of his life.

Rex competed in weightlifting and at age 60 began to win many national and international championships including the masters weightlifting and age division, three Pan-American titles, one Senior Olympics, and 17 Worlds Masters. He was inducted into the American Weightlifting Association at the age of 60.

Rex Monahan at the 1987 National Masters. With unbelievable strength at 60+, Rex is famous for his unbeatable 350+-lb. one-hand deadlift.



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(continued from page 8)

called no lift. Overall a lot of talent, and nice form. Jessica's final total was 900 pounds.

Next up was 165 Molly Edwards, handled by her powerful husband Luke Edwards. Luke hit a beautiful 1,000 pound squat during a PRO/AM last August, but now it was Molly's turn to shine. She basically destroyed her three squat attempts, 350, 385, and a deep 415 pounds. During the bench, Molly opened with 250, but it misgrooved on the way down, no lift. She stayed with the same weight, and with some excellent coaching, made it her final attempt with 275 looked even stronger, awesome! During the deadlifts, Molly also went sumo style. She made quick work out of 350, 410 and 440. She turned to exit and her husband Luke gave her a big hug, an exciting day for the Edwards family. Molly totaled 1,120 pounds. Next up was 123 Junior Jean Forgatsch. In my opinion, Jean could best be described as a fitness model that happens to be a talented powerlifter. She certainly broke stereotypes when she opened with a successful teenage world record 350 pounds. Jean went after 370 pounds, real deep, but stalled at the bottom. Her final attempt with 370 went about the same, no lift. During the bench press, Jean opened with 210, no problem. Her second attempt with 225 was a

world record; she missed it, but got it on her final attempt. Jean went on to sumo deadlift 300, and then missed 530. His final total was 1,466.

Master 181 Tim Sansbury was next to walk out to the squat platform. He opened with a big 625, but cut it high, no lift. For his second attempt, the weight went to 655. After the pick, Tim stepped back, got off balance, and was guided back into the rack by the spotters, no lift. That put Tim into difficult position; miss his final attempt and bomb out of the meet. The weight stayed the same, and down and up he went - good lift for Tim Sansbury. During the bench Tim, smoked his 375 opener, and then again with 400 pounds, 425 was called on a technicality. I think his right elbow was not locked out enough for the head judge. During the deadlifts, Tim opened with 500, but missed it because of a slight hitch at the top. He repeated the 500, and smoked it! 545 was in the bag, nice lift. Tim's final total was a big 1,600 pounds.

1,601 pounds. Andrew Hare was up next; very strong - a lot of potential. Andrew opened with 650, nice squat. Two attempts with 700, no lift, but Andrew handled the weight on his second attempt. I suspect he'll be back and will make that 700! During the bench press, Andrew opened with 375, no problem. Two attempts with 420 were no good, but Andrew gave it a fearless attempt. During the deadlifts, Andrew made his first two pulls, 515, and 560, but ran out of steam with 575. His final total was 1,585, great job! I believe there was one bench only 181 Rudy Hilliard in this first flight, a lot of heart, but unfortunately he had a bad day. That was it for the first flight. It went quickly thanks to Jared Goble, and Matt Burke leading and unloading at light speed!

Nine lifters were in the second flight. The first competitor was powerlifting veteran master lifter 220 Jim Cash. Jim opened with a deep 225, and Jim opened with 315, looked effortless. He passed on his third attempt. During the bench press, Jim smoked through all the three attempts, ending with 330 pounds, same for the deadlifts, ending with a big world record 605! Jim's final total was 1,250 pounds.

Next up was teen 220 Joey Venezuela I believe lifting raw. He began with a 225 squat, passed on his second and third attempts. Joey's opening attempt bench 290 looked easy, good form. A second attempt 320 was a miss, but Joey came back and got it on his third attempt. Like Jim Cash, Joey was

here to do some deadlifting, 460, 505, and a miss at 520. He totaled 1,050 pounds. Next up was 198 Ted Toalston. Ted was lifting for Team EFS, and being coached by none other than Mike Ruggera. Ted had a perfect day, solid technique, went nine-for-nine. His best lifts were 565, 425, and 600 deadlift, intuitive, realistic numbers leading up to an impressive 1,590 total. Up next was 220 Matt Adams. Matt began with a big 550 squat, followed by 585, nice job. A third attempt 600 would have been nice, but Matt stalled after going deep off the bottom and the spotters came in for the grab. Matt went on to bench two big numbers, 465, and 485, passed on his third attempt, and the same during the deadlifts, a big 545, and then 575 before calling it a day.

Matt's final total, 1,645 pounds, nice job, 220 Junior Shawn Michael was up next, but just couldn't find his groove, ended up bombing out. 198 Submaster Jason Brock was deep, good lift. His second attempt and made it on his final attempt. During the bench press Jason began with 370, and then 385, 415 would have been nice, but not today. On to the deadlifts, 500, 540, and a miss at 565 pounds; still a big finish - 1,550 pound total. 220 Ray Cumberlander was up next, a big squatter, a wide stance, opened with 370, then a jump to 700 during his third attempt. Ray had several teammates cheering him on - we all wanted him to make this lift, and he did, nice job - great effort. During the bench press, Ray opened with the big 450, but two attempts with 485 were no good. With long arms, I was expecting Ray to sweep through the deadlifts, but after his first successful attempt with 615, a jump to 675 was a bit much, and Ray ran out of steam; overall a nice

but at least he got it off the floor. Marc's final total—1,570 pounds was 275 Submaster Jeff Brown was up next. Jeff opened with a big 615, but his final attempt slipped out of his right at the top. Augie totaled a big 1,950. Great job!

275 Richard Douglas was being handled by EFS Jim Wendler. He opened with 700, no problem, but his second attempt 765 miss grooved on the way down, and Rich wisely came up early realizing something was wrong. During his final attempt, Date Tate stood to one side, the lift looked picture perfect, but Rich ran out of steam in the hole. During the bench press, Rich opened with 550, he got the hand off from Jim Wendler, it looked effortless. Rich went to 615, but stalled just inched before locking out. He decided to save his energy for the deadlift event, which again was a wise decision. Rich opened with a 600, then 665, but even

at 650 squat, then 700, and finally 750. Each lift looked solid, good speed and form. During the bench press Chris opened raw—then went to gear and pressed 515, and 540, with more to go. During the deadlifts, Chris put those big arms to work and hoisted 605, 660, and then a huge 700 - awesome—I suspect Chris will be totaling well into the 2,300—2,400 range in the future. For now, he'll have to settle for 1,990 pounds. Wow!

Up next was 275 Master Lynn Halter. Lynn began with a 675 squat, cut it a little high, but got on his second attempt. Now warmed up, Lynn went to a big 705 squat and made it. During the bench press Lynn opened with 385, no problem. Lynn went to 410, and pressed the weight like it was 135. His final attempt with 430 also came up at warp speed, but didn't lock out and was called no lift. On to the deadlifts event, Lynn began with 515, and then pulled 565, and finally 585, but no luck. His final total was 1,680 pounds; smart attempts, a solid powerlifter.

242 Augie was up next. He began with a 700 pound opener; he made it look like a toy as Augie went down and up, really nice speed. He got the up command a little too early, and shot up like a booster rocket, two red-lights. Augie's second attempt was 750; he smoked it. Then during his third attempt, a big 800 pound squat; so much speed coming off the bottom, I think he could go more. During the bench event, Augie opened with 460, made it look easy. His second attempt was 510 also on the money, but 540 came up a little awkward,

more spectacular was his final 705 pull. Fellow lifters cheered him on, and with great determination Rich locked his hands around that heavy deadlift bar, and didn't stop pulling until his hips were locked out—awesome. His final total 1,995 pounds. Next up was 308 Master, Palmo Aracris. I first watched Palmo a few years back during a Date Tate IPA meet, and was very impressed. Palmo is a modest powerlifter, who still continues to improve. He certainly has the backing of his family. Palmo opened with a strong, deep 700 pound squat, three white lights! His second attempt was 735; he made the lift, but was red-lighted for cutting it a little high. Palmo's final attempt was a beautiful 765 squat, three white lights. During the bench press, Palmo opened with 565, down and up, nice job, 600 pounds also looked powerful, but Palmo also decided to stop and save his energy

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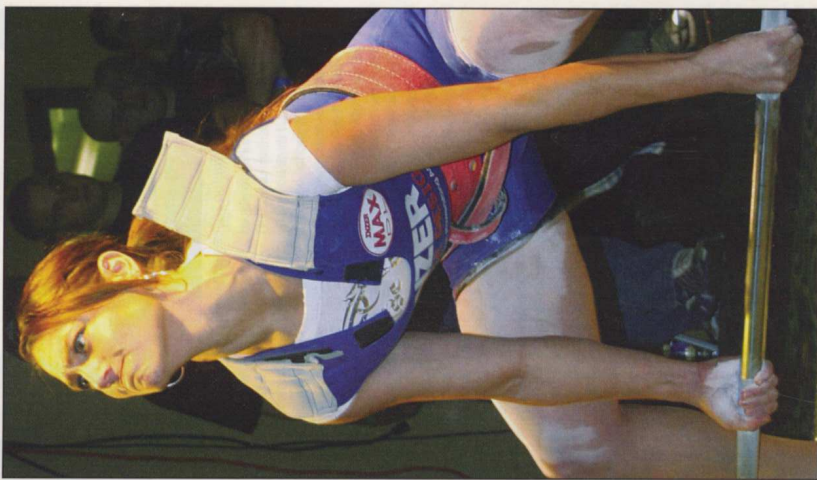
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Jean Forgatsch starts a deadlift (photos courtesy Scott DePanillis)



Dave Schwab focuses on success

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Full Force—Phil Harrington successfully pulls a big deadlift attempt

beautiful squat. Jesse went to 840 pounds, which would have been the biggest squat of the day. He had a nice pick, and began to descend, but called out to the spotters to take it. Jesse kept the weight at 840 for his final attempt. I actually thought he was going to get it. He came down, but cut it high, and up he went. He has the strength, and has probably done this much weight and more in practice. During the bench press I kind of expected Dave Schaub to have a difficult time benching with those long arms, but 515, 550, and 600 pounds looked fantastic, solid bench technique. Jesse Luczyk also had clean consistent benches, 525, 565, and 585 picture perfect. The final deadlift was going to be a battle, finally an event where long arms rule. Jesse went 525, then 575, but a jump to 645 was too much. Dave Schaub had a field day. He opened with a big 680, sumo style and smoked it. 725 also looked effortless, but 745 had a slight hitch, and got red-lighted. Dave ended the day with a huge 2,080 total, the biggest total of the day. Jesse Luczyk pulled 1,960 pounds. I was very excited for all the lifters on Saturday, what a great show of strength, the

camaraderie back stage and on the platform was inspirational to witness. During the entire day, Danny Dague worked like a professional project manager; he never stopped or mysteriously disappeared from the event. He even did a great job working the microphone. All I can say is that I was impressed and was looking forward to another great day of lifting on Sunday during the PRO division. There were a handful of bench only competitors, 220 Travis Williams, made quick work out of his 535 opener, no luck with 575. 198 Jeff Chrissis - three attempts with 405 pounds, got it on his third attempt. 242 Tom Boyer, lifting raw, went three for three, 350, 370, and 380. A couple of benchers bombed out. We would have liked to have seen 220 Gary Larson make his 705 bench press next time.

After dinner Saturday night with Dan, John, and Mark, we got back to the hotel early enough for a long discussion on the state of affairs in modern day powerlifting. I got to bed early, and was also up early. My room was across the hall from the meet. Just before 9:00 am, I headed over to the big hall to cover the final day of the PRO/AM. Virtually every big time PRO powerlifter that's currently competing or could find a way to travel was at this show either competing or helping someone else compete. Twenty lifters were here to compete. To my surprise, 308 Paul Childress out of Buffalo, NY had arrived to compete, although it wasn't easy traveling with all that snow and ice. Paul is an assistant strength coach for the University of Buffalo, NY. I think some lifters

underestimate Paul's commitment and conditioning for powerlifting. He looked more than ready for this PRO division. He told me he has the team to do the same workouts that he does. At 242, Jim Grandick was looking phenomenal and all healed-up, and 220 Shawn Frankl was also on board. Shawn told me he didn't care where the meet was taking place or what federation was running it; he just wanted to lift against the best. At 181—Michael Cartwright and 165 Al Caslow both looked shredded for a bodybuilding show.

I also saw SHW Tony Bolognone, 220 Phil Harrington, 308 Matt Wenning, and 308 Chick Fought. Everyone was looking confident, conditioned and good-humored. I would have liked to have seen international representation, but let's face it, the world economy is not going to get back on track anytime soon. Traveling by plane is convenient, but expensive. A lifter like 308 Chuck Fought, who should be competing in Finland, the Ukraine, or England, for the world to see him pull 900 pounds with ease is not going to spend \$1,000 to \$2,000 to travel when he can perform the same lift in his own backyard. That's why I brought my video equipment to capture the moment.

Let's get to it! Unfortunately we lost seven top competitors after the squat event. I was stunned. At this level of powerlifting where a 220 competitor like Shawn Frankl opens with a 1,000 pound squat, anything can happen. These balls-to-the-wall attempts are not improbable, but they certainly are unique. I just wish everyone had made it through unscathed. When the chalked

IPA Columbus Pro - 18 JAN 09 - Columbus, OH

	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	
FEMALE	525	555	555	250	270	295	515	540	540	1335	
Open Pro											
C. Clodfelter											
MALE											
Open Pro											
165 lbs.											
A. Caslow											
181 lbs.	830	850	875	525	550	550	640	665	675	2015	
T. Ramos											
M. Guipino	800	830	830	550	580	580	640	700	700	1900	
N. Strong	710	770	770	540	570	580	600	640	660	1890	
D. Diemert	700	750	750	500	530	560	570	605	625	1885	
198 lbs.	600	630	650	375	375	375	540	610	1565		
Ben Hooker	700	750	800	500	550	550	600	600	700	1850	
M. Maxwell	750	820	820	450	480	450	570	605	605	1805	
220 lbs.	715	770	800	625	650	660	640	670	670	2060	
Ben Hooper	870	920	950	225	—	—	615	670	700	1800	
S. Frankel	1000	1000	1020	—	—	—	720	750	765	—	
242 lbs.											
D. Hoff	880	925	925	720	770	800	715	770	805	2420	
J. Grandick	1010	1010	1010	700	700	700	—	—	—	—	
I. Bayless	900	920	935	720	760	800	—	—	—	—	
308 lbs.	1040	1085	1105	685	725	725	770	850	900	2670	
C. Fought	1065	1100	1110	—	—	—	740	780	820	700	775
T. Bolognone	1065	1100	1100	—	—	—	—	—	—	—	
SHW	1040	1040	1040	—	—	—	—	—	—	—	

cleared away from the platform, Shawn Frankl, Jim Grandick, Joe Bayless, Michael Cartman, Dan Stelkenkamp, Tony Bolognone, and Paul Childress were out. There were initially two lights, but after the squats, the bench and deadlifts were combined into one.

The first lifter to hit the platform on Sunday was also the only woman competitor in the PRO division, 198 Cheryl Clodfelter. I first watched Cheryl during the 2007 Senior Nationals in Daytona, FL, where she totaled 1,146 pounds. She continues to improve. I believe Cheryl trains at East Coast Barbell, Kernersville, NC. One of the partners to this club is none other than Pro Powerlifter Chris 'Ox' Mason. Needless to say, Cheryl has surrounded herself with some great friends/coaches/lifters/resources. North Carolina is yet another Mecca of great powerlifters, like Chris Clark, Mike White, Travis Mash, Kyle Robertson, Joey Smith, Mike Schwanke to name but a few in this dynasty. On this day, Cheryl totaled 1,335. Her numbers were a beautiful squat 525 opener, three benches 250, 270, and 295, and then a single pull at 515 before succumbing to 540 pounds; overall a great job and show of strength.

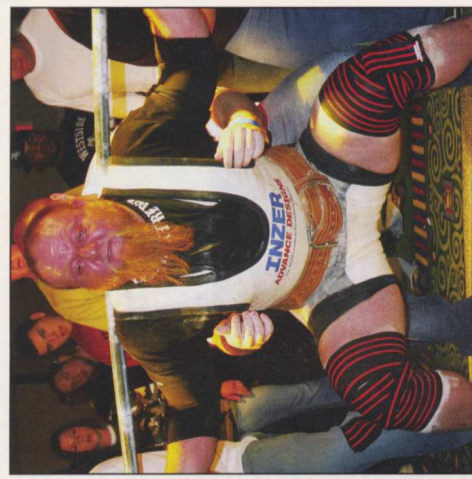
Next up was 181 Danny DiBernardelli. Danny had three nice deep squats, with 600, 630, and 650. During the bench press, Danny got into a little bit of trouble; his second groove his opener, then his second attempt, but finally pressed 375 on his third attempt, which looked effortless. During the deadlifts, a 540 pound pull looked great. A second attempt 610 was too much, and he called it a day. Danny totaled 1,565. Next up was 198 Ben Hooker; I believe lifting out of East Coast Barbell. Ben had a really nice

700 pound squat opener, two white lights. Next was 750 pounds and Ben again got a two to one call in his favor. His final attempt was a big 800 pounds. Ben brought it down slowly, got to parallel, but stalled at the bottom and asked the spotters to take it. During the bench, Ben opened with 500, a clean press, but two attempts with 550 were not successful. Ben's attempts were done without the use of a weight belt. Ben's first 600 deadlift opener came out of his hands at the top of the lift. He looked down at his open hands puzzled at what they just did. Ben repeated his 600 opener, got it passed, but a jump to 700 pounds was too much. Ben's final total 1,850 pounds.

This is the second time I've watched 181 Nate Strong lifting out of Team Lexen Xtreme. He was being handled by none other than Chuck Vogelphol. Back in August 2008 Nate totaled 1,805 pounds in Cincinnati during a PRO/AM. This time Nate totaled 1,885. I could see the improvements—technique and strength. Nate's family is always supportive and cheering him on to victory. I've met Nate's Mom on each occasion, lovable, a ton of energy. Nate's numbers were 750, 530, and 605. A 1,900 total is just around the corner, and 2,000 is certainly within his grasp, especially with training guru Chuck Vogelphol and Matt Wenning on the same Xtreme team. Next up was 181 Mike Guipino. Mike had quite a battle on his hands competing against Nate Strong, but also Westside Barbell's Tony Ramos. All these men were competing in the 181 class, and all totaling within 5 or 10 pounds of each other. Mike had a beautiful 710 squat opener. Two attempts with 770 were unsuccessful, but he did handle the weight; I think



Meet Director Dan Dague congratulates Al Caslow of Big Iron Gym



Matt Wenning did some awesome squatting at the IPA PRO/AM he can do it, so it's frustrating that he missed it. Mike opened with 540 during the bench—looked powerful, but 570, and 580 were red lighted on technicalities. And finally during the deadlifts, Mike opened with 600 pounds, sumo style, made a clean pull; then again with 640, but 660 slipped out of his hands. Mike's final total was 1,890 pounds.

Next up was 220 Tom Bollig lifting out of Big Iron, Omaha, Nebraska. Tom was our first lifter to break the 2,000 barrier. He totaled 2,060 pounds with a 735 pound deep squat; nice speed on the way up—impressive. He went to 770, and again, deep, and a lot of speed out of the hole. Tom's final attempt with 800; he seemed to handle it well off the rack, but it seemed to be too much as he descended—the spotters grabbed the bar. Tom went on to make magnificent benches, his opener was 625, and his second attempt was 650. Tom's final attempt was 660, but misgrooved on the way up. During the deadlifts Tom had a tremendous 640 opener, last, looked effortless, but two attempts with 670 received red lights. His second attempt was pulled to lock-out, but Tom had a slight misdirection at the mid-point, the bar wobbled, there was no way of getting around it. Tom's final attempt got a little forward and ripped out of his hands. Again, I believe Tom can pull these attempts, but just had bad luck. Up next was 198 Mike Maxwell. Mike opened with a 750 squat, got it. At his next attempt was a bone crushing 820, but Mike fell forward, and was quickly

not today. During the bench press, 181 Tony Ramos totaled 1,990 pounds, and was lifting out of Westside Barbell. His big openers wound up being his best lifts. Tony began with an 800 pound squat, down and up. The front judge wouldn't give the rack call until Tony showed control with the bar at the top; it was an intense three or four seconds. A.J. Roberts was the back spotter, now training at Westside Barbell. During the bench press Tony got 550 opener, smoke show. During the deadlift Tony opened with 640 pounds, a nice quick snap off the floor.

AAU NYS Dan Miller	
14 FEB 09 - Clyde, NY	
BENCH	390
M. Puhlybank	400
(40-44) Raw	350
Open Raw	485
Life E	485
MALE	
DEADLIFT	205*
Open Raw	305
M. Kaufman	385
(50-54) Raw	200*
D. Wickham	181 lbs.
MALE	
Open Raw	405
(55-59) Raw	400*
R. DiIorio	315*
(20-23) Raw	545*
D. Hanna	460
(45-49) Raw	470
J. Mitchell, Jr.	365
(50-54) Life Raw	355
D. Srinivasar	275 lbs.
(50-54) Life Raw	275 lbs.
J. Morrow	420
(45-49) Life Raw	585*
Open Raw	550
B. Maldonado	550
BP	DL
120*	200*
320	



T.C. and Nick Carroll received the Dan Miller Deadlift Award from AAU New York State Meet Director Steve Rogers (c. Rogers photograph)

Lifetime. Equipment. The AAU New York State Meet Director Steve Rogers (c. Rogers photograph) presented the award to Dan Miller, a young man in a white t-shirt, standing on a stage and receiving an award from T.C. and Nick Carroll. He is holding a framed certificate or award.

told me that you deserve this. Keep holding so that we can lift on the platform together again. I want to thank my good friend from Kirkwood who presented me with a 6 foot trophy honoring my first 500 bench from 2004. I was humbled and it made my day. I need to thank the crew: Brent Wells and Peter Hand, the best spotters you could have. I need to thank the coaches: Steve Rogers, Patrick Murray and Rich Molinari. Without guys none of this is possible. My International Referees Tom Kristof, Rich Molinari, Jason and Terry Stafford. My wife Michelle you are the greatest, every lifter knows without you these meetings are not possible. Also Dave Kingwater for announcing and entertaining the crowd. Thanks to Don Reinhardt for the 50/50 tickets. Until the door and selling the 50/50 tickets. Until the Don Reinhardt Classic on April 25, 2009, take care and stay healthy! (by Steve "Big Dawg" Rogers, NYS Chair)

NASA Chippewa Classic	
17 JAN 09 - Chippewa Falls, WI	
BENCH	353
J. Phillips	265
(55-59) Raw	336
Open Raw	35
Life E	94
MALE	
DEADLIFT	143
Open Raw	342
(50-54) Raw	397
D. Clark	276
(20-23) Raw	281
D. Clark	281
(45-49) Raw	309
J. Clark	463
(50-54) Raw	772
Open Raw	193
(55-59) Raw	342
535	
BP	DL
TOT	

250	405	655
N. Carroll	181 lbs.	
(16-17) E		
198 lbs.		
A. Rosario	315	485
(20-23) Raw	325*	545*
D. Hanna	290	440
(60-64) E	280	500*
(18-19) E	420*	600*
(60-64) E	360*	455
275 lbs.	480*	570
(20-23) Raw	250	400*
T. Pipe	650	

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

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Street Address			Home Phone		
Application Date			Work Phone/Ext		
E-Mail Address			Fax Number		
Birth Date			Call Number		
Do you have Health and Accident Insurance?			Club Name (if known)		
<input type="checkbox"/> YES <input type="checkbox"/> NO			<input type="checkbox"/> Male <input type="checkbox"/> Female		
Sport Code (see list below)			Parent/Guardian Signature		
By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at www.aauusports.org . NOTE: Parent/Guardian signature if member is under 18 years old.			Date		

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War Veteran Peter Jensen took second place in the masters 198 lbs. Quadrilateral division, and first place in the masters IV unequipped division, the masters IV power sports division, and the masters V push pull, Jensen's Squat of 231 was sufficient, by 3/10 of a pound, to keep him the quadrilateral event, which has included an 88 strict curl, a 193 bench, and a 242 lbs. deadlift, which combined for a total of 832. In addition to setting several Wisconsin state records, Jensen's 231 squat was a new American record in the masters 70+ unequipped division. Peter competed at a bodyweight of 192.25 lbs. Jensen finished the day with a total of 181 lbs. Jensen had 43 entries, and finished out-squatted many of the men lifting at the event, with an unequipped squat of 457. Her unequipped total of 1102, which edged out all teen and youth lifters, as well as many of the adult male lifters at the meet, is sure to place her high on the all-time list. Jensen's 231 squat was a new American record in the masters 70+ unequipped division. Peter competed at a bodyweight of 192.25 lbs. Jensen finished the day with a total of 181 lbs. Jensen had 43 entries, and finished out-squatted many of the men lifting at the event, with an unequipped squat of 457. Her unequipped total of 1102, which edged out all teen and youth lifters, as well as many of the adult male lifters at the meet, is sure to place her high on the all-time list.

APF/AAPF Georgia State	
12 Sept 08 Kennesaw, GA	
Masters RAW	220
L. McCormick	220
Open	331
G. Glenn	320
S. McDonald	220 lbs.
198 lbs.	
L. Miller	552
T. Mason	309
SHW	474
R. Bush	628
MALE	
SC	BP
DL	TOT
540	342
419	1301
181 lbs.	
B. Lovelace	520
143	165
829	
634	562
529	1725
198 lbs.	
Leichenberger	220 lbs.
Open	540
M. Warren	347
579	1466
198 lbs.	
705	408
507	1620
650	304
1534	
854	524
733	2111
651	661
2050	
959	650
744	2163



Leo Cichelli receiving the Fred A. Rogers Sportsmanship award from Steve Rogers in Clyde, New York

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ATTENTION

USPF California Lifter of the Year

by Steve Demison & Alan Aerts

1. There is no cost and no paper work to fill out to compete for the "Lifter of the Year" award. All of your points will automatically be calculated for you at the end of each month, and the current top 10 in each category will be posted in order on the USPF web site monthly.

2. There will be a "Lifter of the Year" for each category, Junior, Open, and Masters, both men and women for a total of 6 first place, 6 second place, and 6 third place awards. This applies for USPF Division 1 meets only.

3. The top three places (1st-3rd) in each category will share in over \$3600 in prizes including an extra large loving cup trophy, a \$50 dinner gift certificate for two, and your choice of entering any USPF Division 1 meet in California next year at no cost including one cross over entry.

The 1st place winner in each category will have their photo posted on the USPF web site for the following year. The first place winner will also have their photo run in an issue of Powerlifting USA along with an article.

4. For every USPF Division 1 meet you enter in California and complete you will be awarded 15 points. For

every 1st place you accomplish you will be awarded an additional 10 points, for each 2nd place an additional 5 points, and each 3rd place an additional 3 points. Cross over entries do earn you additional 1st-3rd points also. Because of the elevated level of competition, lifters who compete in either the US Nationals or the Worlds will be awarded double points in all categories. This means the points for entering would double from 15 to 30, and the points for a 1st place would double from 10 to 20.

5. The competition period each year will run from January 1st thru December 31st. At the beginning of each New Year all lifters will be wiped clean with all lifters starting over at zero.

6. In the case of a tie at the end of the year, points will be awarded for each State (1 point), and American (2 points) record set during the year, with the lifter who has the highest point total being the winner.

7. This new USPF program has been designed to not only create more competition for our lifters, but to do it in a fun way that every lifter can enjoy. A panel of three USPF National Judges will decide any disputes that should occur during this program, with their decision being final.

8. This program is only open to legal California residents who reside in the State during the entire year of the competition.

9. A lifter's age classification for this award will be determined by their age at the start of the calendar year. If a lifter is 23 years old on January 1st (Junior), then has a birthday on May 10th (turning 24 years old) (Open), they will finish out the calendar year for this competition only as a Junior lifter.

10. Because this competition awards points equally if you are a full powerlifter, or a bench or deadlift specialist, it gives every lifter the same chance at winning the "Best Lifter of the Year" award.

11. Should you feel there is an inaccuracy in your point total as posted on the web site, or have any questions about the program, please contact Alan Aerts at aaeas@hotmail.com.

12. Beside promoting more professionally organized meets at some of the best venues in California than any other Federation, the USPF is always striving for new innovative ways to show our appreciation to the many lifters who have supported us over the years. We sincerely hope you take part in, and enjoy this new competitive program we designed for you.

(continued from page 10)

never good enough in this sport because there is always someone coming right up behind you.

You have to know that, because if you slack off they'll just step right on top of you and take your place.

MC: What drives you to keep your lifters going?

RH: Now that they are on top, it's a goal to stay on top. You know, you have been recognized finally, so you gotta stay with it. No one wants to slip back into the number two spot.

MC: When it comes to building a successful team, how important is coaching?

RH: It plays a big role, because these guys will either do too much—like they'll miss a weight, for example, and try to do that number again and again. And you know once you go to failure like that it puts you backwards for two or three weeks in that lift. And you have to know how much percentage to put into the lift that week, depending on how many weeks out you are from your tournament. If someone is looking really good, I'll let 'em go (heavier) and if they are looking slow in the lift we will back down and go heavier the next week.

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RH: I can keep everybody's workout in my head, all their reps and sets. I don't know how I know it, I just do. I know what they did last week.

MC: Do some lifters need more attention than others?

RH: I will probably get slammed for this, but it seems like benchers need more attention than full lifters. They are a little more susceptible with their set-ups and their lifts. Everything has to be just right, where powerlifters are a little goofier, they just grab s*** and go.

MC: Was every one of your champion lifters from the start?

Can you think of who has made the most improvement over the years?

RH: The most improvement, that's a hard one. Shawn Frank still grows that we have had several good guys that we lost. But when we lose one good one we gain another good one. That's what those guys don't understand, it's like, you think you are the best, but there's someone who can replace you. You didn't walk in here a superstar, you became a superstar. That's what they forget. An old friend of mine, pro fighter Dick Ryan says, it's a short trip from the limo to the curb. When you start thinking you are a hot shot, someone will pull the plug out from underneath you.

MC: In your eyes, does a lifter's attitude play a big role in his potential and success in this sport?

RH: On our team, we do not like egos. Everyone has to respect each other's lifts at Big Iron. The 200 pound lifter is just as important as the 800 pound lifter. Of course, they don't get to share the same rack, they get the "turk rack," and the "turk bench," until they move up. Everyone gets matched up with who they can lift with. And they don't like being called the turk team. It's motivating to get you off that team, to the B team. A turk team guy, if he trains hard enough, becomes a B team guy, which is basically like a 2nd string of lifters. And then if he gets good enough he gets to be an A team lifter. Those are the ones who get to go to the big meets, the pro meets, the Arnolds, stuff like that. These steps.

We have a record board too, and we move the records all the time, every time someone gets close to getting like, a 500 lb bench, I move it to 550. It keeps them going, so they can keep training harder. Because if they achieve their goals, they quit. That's one of the motivating things I do to people, you have to keep them thinking they are not good enough. It's not just to bring them down, but there is someone know that there is someone better. You didn't push your record far enough, you have to get them up there or they will be gone within a year. And your existence as a powerlifter will vanish. Whatever happened to that Nick Hatch... There are so many new faces all the time, powerlifting is as you decide to quit nobody mentions your name. Some people they don't care, they come—think they are big shots and they can walk around, but you will be forgotten in 3 months. Unless

MC: There have been a lot of strong lifters at Big Iron throughout the years. Do you know how many records have been set by your team's lifters?

RH: We have teenage champions, junior champions, women open champions, women master champions, and in several different federations. I can't even count, last time I tried counting we had over 150 different world records throughout the federations. Some of them, of course, have been beaten since then, but a lot of our world record holders had someone from here that took their record. And that's pretty cool to lose your record to your teammate. It's like, damn, he was behind you and now he's beating you. That's what drives them, a lot of people won't put up with that. You are training with a guy, and at the same time you are helping a guy train to beat you, which is pretty cool. I had state records that stood for almost 15 or 20 years and then I trained Shawn Frank! at his first meet to take all my records. That was pretty cool to train someone to destroy your own records, otherwise no one would have ever touched them—which they were pretty good for back in those days. I did a 761 squat and he smoked that with an 810, and then I had the total record at 1900 and he smoked that.

MC: How many guys that are training with you today were there at the beginning?

RH: Probably just Jim Grandick, he was the first one. He watched his wife train and then he decided to try it. He was a little bodybuilder, a gymnasist. Now he's

week, and I know they will do next week.

MC: How many lifters are on the team?

RH: Oh, it varies, because you gain some, and lose some. It's anywhere from 25 to 50.

MC: How important is it to have training partners?

RH: It is about 90% of their lifting. No training partners, no training. You can't do this alone. These guys that do it in their garages alone would probably be stronger than all of our guys if they had a team like we did. You don't see any great football teams playing alone, they practice together.

MC: Do you approach training girls any differently than the guys?

RH: I do. Girls train with assistance work that is harder, because they don't make the gains like guys do. And girls are easier to coach because they listen. You tell them to do four sets—they do four sets. Tell guys to do four sets and they do one set. You tell them what to do, and look over, and they are walking out of the gym. Like what the hell, he couldn't have done them that fast! And they'll lie. Girls lie too, just not about that!

I take pride in making girls strong because a lot of people didn't do it for years. They didn't think girls could do this, they all thought to them at a certain weight. Saying, "you're gonna get hurt if you get any heavier." I have proved that girls can be as strong as men, they just have to stick with it like the guys do. Train, train, train. I don't take it easy on them.

MC: Do some lifters need more attention than others?

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Current Category	U.S. Citizen	Y N	Y N	Y N	Y N
PF Cat. 1	CA 2	Nat. State	Y N	Y N	Y N
Religious Status	Current High School	Special Olympian	Inmate		
		Y N	Y N	Y N	Y N
District	Birth	Sex	Today's Date	Card Found by	
Y N	Y N	M F	/ /		

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Witness/Member _____
Print Name/Address _____

If Under 18 have Parent Initial _____



Rock wrapping the knees of Jr. World record setter Kristal Cary who is a legend like Ed Coan or someone like that.

MC: At meets, do you have any special or special routines?
RH: I don't say anyone's number of what they are going to lift. I have to wrap the right knee first, every time. And I have to wear my lucky black cap. The luck ran out in Ohio, so I guess I don't have to wear it any more. No, I'm not wearing it anymore, three bombs and slaughtered everybody. Now we are right in there with them.

MC: Do you think anyone can be a powerlifter or does it take a certain kind of person?
RH: Anybody can do it, but to be really good at it you have to have something pretty much wrong with you to want to do that to yourself. You are always taking a chance at a bad injury that can send you to the hospital where you will need something sewn back on. It takes a certain breed, just like a boxer. Who would like to get punched just compete against the bar, the number you know you can lift. But with competition, that's how you start beating yourself—you try to beat somebody. And if you can't beat them that day, you may beat them that year. So you just have to stick with the training; that's why we do so many meets. If someone squats a grand, and you are squatting 960, and he only does a meet once a year, in two meets you will be doing more than a grand and beating him.

MC: What is your relationship with Louie Simmons?
RH: I had just heard a lot about him, and then I met him at the Arnold classic, when Becca first competed there. I remember saying to him that I would like to have a team someday to compete against

er direction.
MC: Does a person have to be an elite lifter or someone who has established themselves to train with you?
RH: Nope, that's part of the fun of powerlifting. You can take someone who can't lift anything and then within a year they are lifting weights they never even dreamed of rolling. All of the guys here were genetically weak. Nick Hatch and Shaun Frankl were probably the only ones who were pretty strong to start with. The rest of them were average people that walked in off the street and couldn't bench 185. Most of them actually started at 185. Squatted 185, too. Some of the guys with athletic backgrounds were a little better at the start, but most of them had to be taught everything.

MC: Is it true that you even train people over the phone?
RH: Yes, as long as they email me their lifts so I can see where their sticking points are. I have to know where they slow down, where they are fast, and where they get stuck—even if they train with another team. That just makes our guys have to work a little harder if they are beaten with their own game.

MC: How important is knowledge of how to use gear?
RH: It's critical. You have to know it like your body, you have to know it all. It has to become second nature, so you don't have to think about lifting the weight in it. If you are thinking about the gear, you forget about the weight and it crushes you. When you know how to just drop right into where you have been training, you can lift almost anything. All you have to do is get mad, get a little tighter gear, and go. Tighter gear is not for a novice lifter, they need to start in looser gear, and learn to use it, or else the gear is using them. These guys and girls need to get extremely strong before they can use that extremely tight gear. Because it pushes you around if you don't.

MC: How has the gear evolved since your days as a competitive lifter?
RH: It has evolved a lot, which is good. Runners got better shoes, football players got better uniforms, race car drivers are driving better cars. So, these guys that pour about it are stupid. They should want their sport to evolve, you know, move forward. Why not, they are lifting more weight, which is just as cool as the guy lift-

ing a bunch of weight with nothing on. He was good in his day, let these guys be good in their day.
MC: Do you think genetics or technique plays a bigger role in becoming a top lifter?
RH: For the benchers, it's a lot of technique in these shirts. You have to bench a lot different than you did back then, it's all technical. And with genetics, you can be super strong but if you don't know how to use gear, your dummy power won't help you at all. But someone who is not genetically gifted can become a champion, if he's smart and patient. The old belief is that all weightlifters are dumb because they are so strong, but really you have to be super smart to know how to use that gear and lift hundreds of pounds and put it in the parts of your body that you don't lift raw in. Like setting 900 pounds on your stomach when you are supposed to set it on your chest, or to squat below parallel with 1,100 pounds on your back.

MC: What are some things other lifters could do to get better?
RH: They need to use their gear more, train in it, learn it. You have to learn the gear because if you lift raw it's not the same form that you get into with the gear. We start ten weeks out, training a few weeks in briefs, then we put the suit on. We start with straps down for a few weeks then straps up after that. We know how much poundage you can add with the straps up, and know how much weight you can add with the suit on. You can find your depth in each piece of gear, it's all about knowing how to feel it. The guys that don't train in their gear are not comfortable when they put it on, they don't know where they are at. They are fighting the gear and the weight at the same time.

MC: How critical is accessory work in improving strength?
RH: It's a huge part of it. If your stabilizer muscles aren't strong enough to handle the big loads of lift, that's when you will always be getting hurt. You almost have to train every body part like a bodybuilder, to strengthen every little muscle on your body. A lifter's body is like a race car; they don't just put a big motor in a car and then you jump on it, or you will tear the rear end off and spin the wheels right off from underneath it. So you have to have high performance parts on the whole car, and so does a powerlifter. Every body part has to be high perfor-

mance, or things will come off.
MC: And along with that, how important are strong abs?
RH: Well, I think the body is like a hard book, if the back is one part of the cover, the front has to be the other part. It's closing together so it needs to be solid like that. We train the front as hard as the back.

MC: Do you have any advice for people who want to get into powerlifting?
RH: Find a local gym where they will let you powerlift, get some buddies and go train. Get friends to lift with you and stay with it. Train three to four times a week. Give it a couple months to make your gains and you will see progress.

MC: Do you have a split that you recommend?
RH: Well, beginners can get away with anything. At Big Iron, we do chest and shoulders on Monday, Tuesday off, and then Wednesday all back work (deadlifts and accessory work). Thursday is triceps and biceps, Friday off, and Saturday is squats and leg work. Ab work is done on back day and leg day. Sunday off. Start over.

MC: How do you feel about helping other lifters that aren't on the Big Iron team competitions?
RH: It doesn't bother us at all, we welcome lifters who want to come visit, they are just here to learn. You gotta respect a guy who's goals are your goals. Why wouldn't you? They want to try what we are trying and if it works for them, more power to them. They can take the knowledge home and do something with it. Then we know our stuff works for other people too.

MC: What about helping people at meets where your guys are competing against them?
RH: All of our guys go out of our way to help somebody, especially if you see people at a meet that doesn't have anybody helping them. We have 20 guys and I will try to send somebody right over, or they go over on their own, and help them with their straps and things like that. We try to tell people what they are doing wrong to keep them from bombing at that meet. If you see someone squatting high you try to tell them, you gotta get down there a little lower, and that, just to keep them from wasting their whole training cycle on some little mistake that could have been fixed in the back room if somebody had just opened their mouth. Our lifters have made

a lot of friends throughout the tournaments. Actually, I used to tell the guys to not piss your competitors off, but to be friends with them. His goals are your goals. You don't have to be enemies to compete against each other, you can be best friends.
MC: Big Iron lifters seem to be competing every month, is there a reason you have them do so many meets a year?
RH: To practice the mistakes we make at each meet. And it just keeps them from drifting off, lifters may fade away if you don't keep going to meets. They just don't stay interested in training and slack off. Plus the more meets you do, the more comfortable you are on the platform, it helps them get over being nervous.

MC: What percentage of those lifts are close to home?
RH: We only do two at home a year, usually one full and one bench meet. The rest of them, usually 5-6 meets a year, we travel to. We have been to Finland twice, we went to South Africa too, that was even further away. We have been all over, so many times.
MC: What federations does the Big Iron team compete in?
RH: Right now we do APF and WPC. We did some IPA meets lately in Ohio, and we did a lot of IPA meets and the WPO, that's pretty much it for now. But we are willing to do any federation that they will allow us in. We have a few USAPL lifters and kids.

MC: What is something interesting about you that most people don't know?
RH: I love to clean. I am a clean freak. I clean everything. And I have two wild cats and a pitbull that bites me...a dog that I can't pet. I have a raccoon that comes around and beats the s**t out of my cats on the front porch, then eats their cat food. Now he's bigger than my pitbull.

MC: How is your coaching style different?
RH: I don't think it is that different. Actually when I was training years ago I never read the magazines or anything. And about 5 years into it I read an article on Ed Coan's training and I was actually training almost just like him and didn't even know it. That was pretty cool to me back then because he was a legend and he still is.

MC: How much of your time do you spend at the gym?
RH: I am there 10 AM to 10:30 PM, Monday through Friday. Sat-

urdays I am there for six hours; Sundays five hours. So basically seven days a week, helping anybody that asks.
MC: What do you do for your own workouts?
RH: For my workouts, I just workout about an hour a day. Seven days a week, all year long, even through chemo. I never miss a workout unless I'm in the hospital. My heart is back to normal, but last time I went for a follow-up after my cancer treatment, they found some living cells still in my chest. I will be getting a biopsy soon that will put me down for a week. I was supposed to get it done last month, but this meet coming up was more important. I guess I will know more soon.

MC: I'd like to thank Rick for taking the time to sit down with me and share a little bit about himself and his training philosophies that most people don't already know. If you want to learn more, anyone is always welcome and encouraged to visit and train at Big Iron Gym. Also, if you want to learn more about Rick's training methods or keep track of what's going on at Big Iron, visit www.bigirongym.com.



Rick gets ready for Shannon Hartnett's work out (Michele Cogger photos)

(continued from page 24)

have there. Chad, how important is technique when it comes to the squat, bench, and deadlift?

CA: That is a huge question that could take hours. **WARNING:** shameless self-promotions coming!!!! I am finishing up my first training video which will focus on what I consider to be the foundation of a strong powerlifting or strength career, technique. Proper technique is one of the only ways to lift more weight without actually getting strong. Proper technique will allow you to reach your maximum potential. Proper technique will help to keep injuries away.

Understanding proper technique will allow you to figure out weak points fast, which will allow you fix them faster. I have been to lots of meets and lots of different gyms and I find technique is one of the most overlooked areas of powerlifting. There are also many many guys out there that think they know proper technique, but have no clue. I hope to explain all about proper technique for vari-

ous different lifters with various gear in this video. I want to start new lifters off on the right foot and help some current lifters to bust through some plateaus and put up the numbers they are capable of. Look for this video within the next few months on my website www.chadaichs.com or www.elfitfits.com.

CB: Keep your eyes out people for Chad's video! Chad, tell us your role in the BFS movie!

CA: Ha, ha, it was not much of a role. They simply taped when I went down with 1154! (I think) at the APF Nationals in Vegas. That is about it, a clip lasting 5 seconds. It was pretty funny to see everyone in the movie theater gasp when that clip came up. I was laughing. I think it is awesome. I was awake for something like 8 days before that meet and I crashed with all that weight, but walked away from it. Most people don't get it, but I am proud of that. I was very thankful that I didn't hurt any of the spotters though, that would have been really bad. The people were really good. The people from Magnolia Pictures wanted some shots that really stood out

to promote the movie. I heard that they were not really impressed with anything until they saw some pics of it and they just said that's it, that's what we are going with.

CB: Just another hardcore crazy experience in the life of "THE CHAD!" What is it like being sponsored by Muscle Milk?

CA: I am sponsored by them (CytoMax/Muscle Milk), but did not work the booth. I have been with them for 3 years now and absolutely love their products. I live on Muscle Milk! They are great about getting me products whenever I need them. They have not really done that much marketing with me, which I would like to do. Maybe that will happen in the future. They really don't ask too much of me, just lift big!

CB: Nice... just what you do best! Chad, although you are one of the strongest men on the Earth, you still claim you aren't any better than anybody else. Tell us about that.

CA: I don't judge myself by my strength, I am much more than just a lifter. I love strength sports and always have. Ever since I was young I wanted to be big and

night?

CA: Not really. I think it is important to have a protein drink before bed. When I am trying to put on mass I look at food from a portion prospective... meaning I eat whatever has the most calories in the smallest portions. It is usually named Hostess or Little Debbie!

CB: How does powerlifting compare and contrast to your other hobbies?

CA: I would say powerlifting is like a lot of my hobbies in that it is all about strength and power. Motors, cars, and motorcycles are all like art to me. I love the lines and mechanical aspects of them, but what I really like is the power. A car that actually shakes when it rolls by and a motorcycle where you can feel the exhaust; it's all about power and how it feels. I am always trying to get the biggest and most powerful guns and rifles I can afford. The bigger the better, like me. I don't do this stuff to feel better than anyone else, I just love to do it.

Another thing that is the same is the intensity I have for my hobbies. I want to do the absolute best I can at everything I do. I want to be the best photographer, rider, and shooter I can. It is just that right now powerlifting takes up most of my time and focus.

The biggest difference is the person I become in order to lift the weights I do. I have put myself in a very angry and aggressive state. When I do my photography I am usually very calm, and I have slow things down and concentrate. I have to focus on angles, composition, camera setting, and be creative. Most of the time riding is just relaxing for me, except when I am racing or riding fast. Then it is more of an amped up, but relaxed kind of focus. I guess you could say the difference all boils down to my mental state.

CB: You are king of hardcore. Moving on to the second part of the interview. I must ask, why don't you think powerlifting is mainstream at this time?

CA: There are a lot of reasons. I think the main one is that powerlifting doesn't really want to be mainstream. I think there are a lot of lifters who like it being underground and kind of unknown. It also seems like a lot of the promoters out there are just in it for themselves. They are too worried about how they look and how much control they have.

There are probably a lot of lifters that could do a great job of helping to promote the sport,

but as lifters we make almost no money so it is very difficult to take up a training program, take care of life stuff, and worry about promotions at the same time. I still feel like powerlifting could go mainstream, but at least the level of strongman, but it would take a lot of work.

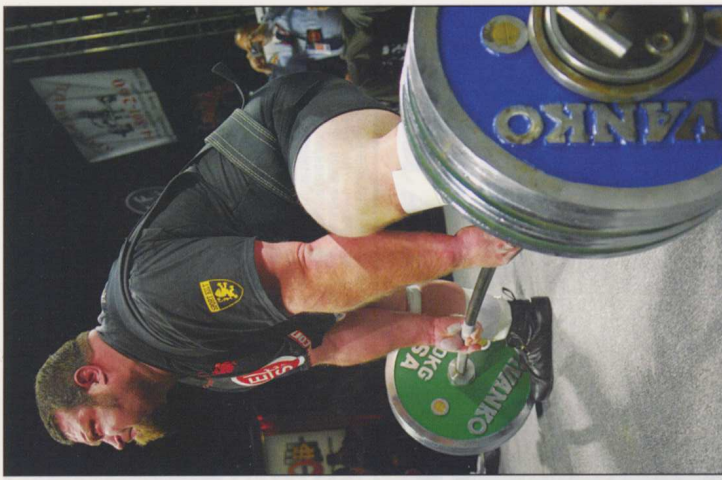
CB: Why do you think most people don't get powerlifting and can't relate to you or other powerlifters?

CA: I think most people don't get it because they know nothing about it. Most people don't even understand what powerlifting is. I always get asked stuff like "are you in the Olympics" or "are you on TV lifting the stones?" Most people have no idea what powerlifting really is. Almost everyone that has ever done a sport or been to a gym knows the main lifts, they just don't know about powerlifting.

I think a lot of people could relate to powerlifters. Most powerlifters have regular lives too. I think the best way for people to get it is through publicity. Someone has to see the potential for the sport and get it out there in more mainstream magazines and television. They need to introduce lifters and the type of people who are in the sport. That way people can make connections with powerlifters, and then they will be more likely to stay interested in it. They will want to keep up on what the guys they like, and hate, are doing.

CB: Exactly, if they could learn about different powerlifters behind the scenes and what they are like, they could choose who to root for not root for and that will increase ratings. I also like the idea of head to head, one on one powerlifting match ups. Chad, what do you think it will take for powerlifting to go mainstream?

CA: It will take publicity first off. We have to get the sport out to the general public and show them what it is. We have to introduce them to the characters and stars of the sport. Like I said earlier, people need to make a connection with a lifter or something about the sport so that they are more interested and want to keep up with the progress. If a person sees an interview with me and finds out I am into some of the same things as them, then they may have that connection with me. They may like the fact that I am into riding quads like them, so that gives them a reason to cheer for me. They become a fan and now



Chad showing a classic start position at the deadlift attempt they keep watching to see how I describe a typical powerlifter?

CA: Most powerlifters are a little off tilt (crazy) and I think that's exactly why I get along with them!

I would say that 90% of the guys I have met in any of the strength sports have been great guys. They are down to earth and humble. They just want to have some fun and lift heavy stuff. Some of the best times I have had in the sport were hanging around with all the other lifter before and after competitions. Like any group, there are a few that I don't get along with, but it is very few.

CB: Yes, that is another great thing about powerlifting... it's a big family! However, I think powerlifting needs drama to go mainstream. Take the UFC for example, to a lot of outsiders, people feel they are just watching people hump each other into submission and it isn't very interesting. I think powerlifting needs some kind of drama and behind the scenes stuff and even have the powerlifters go at it before they lift and

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CB: Great points. How would you



Chad Aichs is ONE OF THE BEST BENCHERS in three lift history Chad at the scene of his greatest lifts - the WPO Arnold Classic

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not even like each other (but respect each other after the lifts), what is your take on all of this?

CA: Yes, I agree with the fact that there has to be some type of drama to make it more exciting. I think it is already there though; it's just that no one markets it. There are always guys that go to a meet to beat someone else or guys betting each other who will win. A guy could get beat by someone three times in a row and all through his next training cycle he is just focusing on beating that one guy.

I have been in competitions where there was friendly trash talking (more or less just messing around with each other) between guys. There are rivalries between certain gyms. There is a lot of stuff going on that people never see. I am sure most guys would be willing to play that up a bit if needed. I would: I think it would be funny to do. On the platform, it is all business though. They played a lot of things up in the movie PUMPING IRON, if they hadn't it would have never been as good.

CB: How can we promote this in a

healthy way to put powerlifting over the top?

CA: It would all be through media. Maybe reality shows or have guys taping in the warm-up areas at competition. I wouldn't worry too much about healthy competition, some people just don't get along and that's the way it is.

CB: If powerlifting goes mainstream which way do you think it should go?
CA: It should go WPO style with lights, big TV screens, card girls, and loud music. That makes it exciting for the lifters and the spectators. The WPO Arnold Classic was the coolest competition I ever did. There was so much energy and as you looked over the crowd you could just feel their excitement. I have done some other meets that are more restrictive and they are boring. I don't even get excited at them.

CB: To make powerlifting go mainstream, do you think that there should be weight classes?
CA: Unfortunately, I don't think weight classes are all that marketable. No offense to the smaller lifters, but I think people want to see the huge guys that are way out of the normal range. Some of

the smaller lifters are completely insane strong, but I don't know if people want to see that. Strong man has only two weight classes, but which I think is a good idea, but you never see the lightweighters on TV. The most popular bodybuilders are always the biggest guys too. I think from a marketing standpoint, you could do under 220 and over 220. Then it is up to the lifters to decide what's best for them. I know in the upper weight class the numbers are not far off between classes. This would also make it easier to run meets and keep track of the athlete's places.

CB: Do you think powerlifting should have pay per view events down the road like the UFC and WWE?
CA: Yeah, I think pay per view would be great. Right now, I don't think they would make too much money, but with the right marketing I think it would do well. Anything that can bring money into the sport is good as long as it makes its way down to the lifters, but if it doesn't, then the lifters will just end up doing backyard meets and who could blame them.

CB: Would mainstream powerlifting kill the dark side of the sport? Many powerlifters simply don't want powerlifting to be mainstream because they like the idea of powerlifting being an underground sport. How can powerlifting go mainstream while still keeping its exciting edge?
CA: I think powerlifting can go mainstream and still keep the dark side. Mainstream just means that the general public gets into the sport. They watch it on TV, go to events, and buy merchandise of the guys they like. They are not really going to be following around the hardcore lifters; the general population will probably still be scared as hell of them. The dark side guys will still train in little gyms that the normals are not allowed in. All going mainstream means it's all going to be able to make a living doing what they love. They will be able to become bigger, stronger, and more hardcore than ever.

CB: Chad, we know powerlifters in the game say "Setting a personal record is all that matters. The only person you must beat is yourself." Explain why you think this is so important.
CA: For me, it is all about setting goals. When you first start lifting, you can't set a goal to break a world record in your first meet or to put up the all time total,

You have to start off with small goals. When I first started, my goals were to beat my own personal best total at each meet. I did have big goals of being one of the top supers, but I knew that small goals were the best way for me to reach my all time goal. So, yes, I think it is really good for people to go after personal records and that is what it is about, but there will be a time when you will start looking at other lifters and the all time numbers. I still say the best way is to keep looking to yourself and just focus on making yourself better. If you keep pushing yourself and trying to break your own personal best, then it will all work itself out. One of my goals is to break the all time total, but I don't focus on what the other lifters are doing. I focus on what I am doing and how I can make my numbers keep growing. I can only affect my training. I can not change what other people are doing.

CB: How can powerlifting attract high dollar sponsors for meets?
CA: Powerlifting can get money from almost any type of sponsor. The problem is that the sponsors want something in return and they deserve that. They want some press and marketing. Someone with some very good business sense and some money has to come along. The best marketing we could ever give sponsors would be television coverage. The problem with that is no one will give us television coverage unless we can prove it will pay off. It's a 'catch 22'. Some one would have to front the cost of the first few television events and hope that it pays off in the end. We need someone with money, business sense, and a vision. MMA fighting has gone completely crazy and a lot of people said that would never make it.

CB: This is true! How could powerlifting personalities put their egos aside and all come together to make powerlifting grow? And what do you say to those lifters who say "who gives a crap?" As some powerlifters simply don't care whether or not powerlifting gets put on the map!
CA: Well, there will always be egos and that might not be a bad thing. It makes for good entertainment. We do need to get together for a main goal of making some damn money in this sport. Although this sport has cost me a ton of money and almost killed me, I love it and want it to grow. Whenever I go into some commercial gym, I just laugh at all the stupid people wasting their time.

I want there to be real gyms in every city in the world and I want big strong ass people walking down every street in the world. I want people to understand and respect what all the top lifters put themselves through. For the people who say "who gives a crap," screw them. They are probably just in it for themselves and afraid that if the sport gets bigger then it will attract better athletes who will challenge them.

CB: Chad, you are super enormous and strong. Has it been worth it?
CA: Yes! I wrote an article about this question for Elitefts.com a while back. I have been though some messed up stuff over the last 8 years and some of that may have been compounded by lifting, but it was worth it.

CB: Well, Chad it has been great talking to you today. Only time will tell us what the future of powerlifting holds. I hope that your interview has made people think and try new things to help propel the sport of powerlifting in new ways. There is an old saying "If you do what you always did, you will get what you always got." I think by trying new things with powerlifting can help the sport in very new and exciting ways. Chad, it has been a pleasure.

showing intense emotion - Chad's got plenty to shout about after an awesome attempt.



SHOWING INTENSE EMOTION - Chad's got plenty to shout about after an awesome attempt.



At the 2003 APF Seniors, Chad was showing signs of what was to come.

(continued from page 12)

Heavy sled pulls 4 to 6 45-pound plates for 10 trips; front squat light for 6 sets on low box; low-pulley rows for 6 sets heavy; 3 to 6 sets of Reverse Hyper machine heavy; straight-leg sit-ups for 6 sets heavy.

These workouts can be arranged in any way you want. After the core exercise is done for a max single the selection of small exercises can also be mix and matched any way you want. The most advanced lifters should do 2 max effort and 1 squat workout or 1 squat and 2 max effort workouts. Remember that you have to back down on the fourth day. Friday is squat day, and max effort day is on Monday. Every 72 hours a high-volume or high-intensity workout can be done on either the bench training or the squat/deadlift training day.

During the bench max effort day the volume must change from large to small, from dynamic effort on Sunday to max effort on Wednesday. A 500-pound lifter would do about 200 pounds plus mini pulls for 10 sets. This is 6,000 pounds with low intensity or low percentage.

On max effort day, if you have a 500 floor press, you start at only 70% to calculate the weights. A lesser percent won't contribute to max strength. A workout would look like this:

Warm up to 315 for reps. Now add:

- 365x1
- 405x1
- 435x1
- 470x1
- 485x1
- 505x1 (personal record)

This is 2,665 pounds. The Olympic lifting rule of 60% is that one workout should be 60% volume of the most recent workout for the same muscle groups. In powerlifting the rule is 30% give or take 5%. Why? Powerlifting commonly jumps 50 or 90 pounds per set. Olympic lifters jump 11 or 22 pounds per set. This rule of 30 is true for benching or squatting workouts. Let's look at some max effort workouts for the bench.

Rack lockouts to max single; 2 sets of moderate dumbbell press flat; 6 to 8 sets of dumbbell triceps extension roll backs; 6 to 8 sets of chest-supported rows; 8 sets side and rear delt raise; hammer curl 3 to 4 sets.

Floor press plus 200 pounds of chain, singles; 5 sets of low-pulley rows; 3 sets of dumbbell power cleans for 20 reps; 6 to 8 sets rear and side delts; hammer curls.

Incline press to max single; light weight for 15 reps close and wide; dumbbell rows 6 to 8 reps sets heavy; face pulls high reps 2 sets; 6 sets straight bar triceps extension; hammer curls.

2-board press raw max single; 3 to 6 sets of dumbbell extensions with elbows out to side; 6 sets of lat pull-downs; dumbbell power cleans for 20 reps for 2 sets; hammer curls.

Max bench with mini-bands; J.M. press 4 to 6 sets for 3 to 5 reps; 2 sets of dumbbell incline; low-pulley rows 4 to 8 sets heavy; rear and side delt raises; hammer curls.

This is 2,665 pounds.

The Olympic lifting rule of 60%

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Decline press to max single; incline dumbbell press for 5 sets; heavy; dumbbell roll back extensions 8 sets of 8 reps; lat pull-downs for 6 sets; face pulls for 4 sets; hammer curls.

2-board light band press max; drop down with close grip for max 5 reps; 2 sets of seated press 10 to 15 reps; elbows out dumbbell extensions; 6 sets of push downs; 6 sets of 15 reps of dumbbell power cleans; 2 sets of 15 reps hammer curls.

Foam press to max single; 6 sets of dumbbell flat bench 10 to 15 reps; low-pulley rows 6 sets; dumbbell rows 6 sets; superset dumbbell roll back with light push-down; hammer curls.

Floor press with monster minis to max; kettlebell press 6 sets of 10 to 15 rep max; dumbbell extensions with elbows out 8 sets of 8 reps; barbell rows 6 sets of wide grip; hammer curls.

Pick a dumbbell 100, 125, or 150 pounds for a 3 set max rep, no less than 10 reps per set; lat pull-downs 8 sets; face pull 3 sets dumbbell power clean; 2 sets of 15 reps hammer curls.

Future band press to max single; 2 sets of decline press with close grip and light weight; for 20 reps; upright rows for 6 sets; hammer curls.

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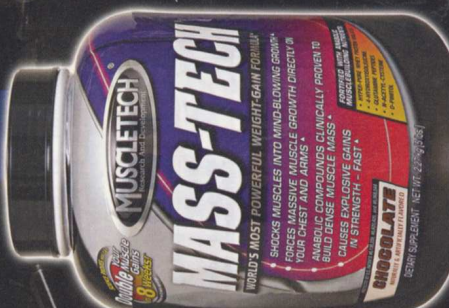
Completely different in form, function and execution, the purpose of this lift is to move as much weight as humanly possible. The most crucial part of the squat is when the top surface of the legs, at the hip joint, is lower than the top of the knees.

This is also known as the hole. At this point, explosive strength and power is needed to drive the weight up to complete the lift. Mass-Tech™ – the World's Most Powerful Weight-Gain Formula – can help powerlifters lock out every time. Just two daily servings of Mass-Tech loads your system up with more than **12,000 massbuilding calories**, **114 grams of anabolic protein** and up to **388 grams of strength-inducing carbs** to give you the explosive strength and power needed to move more weight. Mass-Tech is so powerful that, in an eight-week study, test subjects consuming an additional 2,000 calories – the amount found in two servings of Mass-Tech – **gained 102 pounds on their leg press**. That's a massive increase in explosive leg strength! Add a ton of raw power to your lifts today by supplementing with Mass-Tech™ and be ready for the judges to flash you three white lights every time!

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Completely different in form, function and execution, the purpose of this lift is to move as much weight as humanly possible. The most crucial part of the squat is when the top surface of the legs, at the hip joint, is lower than the top of the knees. This is also known as the hole. At this point, explosive strength and power is needed to drive the weight up to complete the lift. Mass-Tech™ – the World's Most Powerful Weight-Gain Formula – can help powerlifters lock out every time. Just two daily servings of Mass-Tech loads your system up with more than **12,000 massbuilding calories**, **114 grams of anabolic protein** and up to **388 grams of strength-inducing carbs** to give you the explosive strength and power needed to move more weight. Mass-Tech is so powerful that, in an eight-week study, test subjects consuming an additional 2,000 calories – the amount found in two servings of Mass-Tech – **gained 102 pounds on their leg press**. That's a massive increase in explosive leg strength! Add a ton of raw power to your lifts today by supplementing with Mass-Tech™ and be ready for the judges to flash you three white lights every time!

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(continued from page 36)

BG: My training is old school powerlifting, with some newer twists. I don't use boards or chains, but I use jump stretch bands occasionally. Using the full range of motion with bands has great transference to a raw bench press. I like the JM press and the overhead work. Sometimes we do concentric bench presses from a rack starting directly on my chest. I train speed quite a bit, that's why I can drive explosively through sticking points. I do not train speed how Westside traditionally does. I train all three lifts every week, split up into four days. I would love to relocate somewhere train squats and the deadlift with the same intensity as the bench work. I think this has helped me tremendously. Josh Bryant is my trainer; he sends me my workouts weekly and we correspond frequently by e-mail and phone. His web site is joshstrength.com.

BG: Does your training differ preparing for competition from the off-season?

BG: Oh yeah. Off-season training has a ton of volume. As a meet approaches, the weight gets heavy. Sometimes, he has me do overload work, but he always factors in deload training sessions. This keeps

my central nervous system fresh and minimizes aches and pains.

I'm not a big fan of off-season work. I have to do a lot of reps!!!!!! Ha ha. I know it has its place in the scheme of things, but I would much rather train for a meet. Josh follows a periodization model, throughout the program. We never get away from the core lift.

JB: Do you have training partners?

BG: I haven't had a training partner in over two years. I really don't have a great environment to train in. I train in a commercial gym. I always have to find a spotter and I have to listen to pop music. I would love to relocate somewhere else to be able to train in a more suitable atmosphere, perhaps to Metro Flex Gym in Arlington, Texas. This would be more beneficial to me now more than ever.

JB: Do you follow a specialized diet or take any supplements?

BG: When training for a meet I eat a lot of everything. Mostly beef, pasta, peanut butter, whole milk, chicken, and eggs. I get in around 7000-7500 calories a day. I drink 2 protein shakes per day between meals and a 1200 cal shake before bed. My metabolism is fast; gaining weight is hard for me!

JB: Anyone that has seen you in



Ben Graves attempting 630 pounds! (photos courtesy of Bryant)

person can attest to the fact of your presence. You have the classically strong look, unlike many elite shirted bench pressers. What do you attribute this to?

BG: I attribute that to never using equipment. Having never used a shirt, I have a good, strong base to work with. I can't hide behind weak power off my chest and arm-dioce lock out; my muscles do all the work. I don't have weak body parts. Everything has to work together to get the lift. To build size, using high volume, heavy weights, a high protein diet, are essential.

JB: What does the future hold for Ben Graves? Do you have any

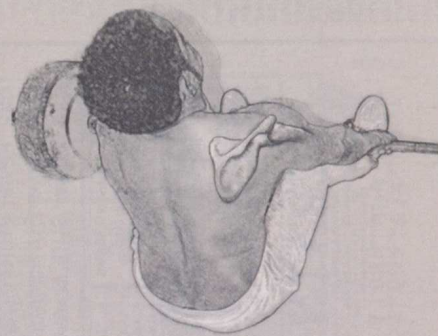
goals or predictions you would like to share?
BG: I want a 650 pound raw bench this year; I feel that is very obtainable. My long-term goal is to break the record, no doubt about it. Some guys benching raw today have made claims yet to be seen. I can back it up.
JB: Thank you for this interview Ben, anything you'd like to add?
BG: I thank my family, friends and all of the support I have received throughout the powerlifting community. Thank you to Josh Bryant for taking me from average to world-class in less than two years.

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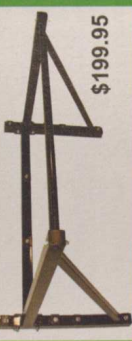
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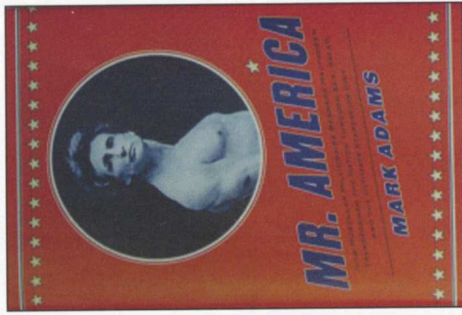
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FOR REVIEW



"MR. AMERICA - How Muscular Millionaire **Bernarr Macfadden** Transformed the Nation Through Sex, Salad, and the Ultimate Starvation Diet" by **Mark Adams**. This is an in-depth look at a man who was not only one of the most influential figures in the history of physical culture, but one who simultaneously made a major mark in the arenas of publishing, entrepreneurship, religion, politics, utopianism, and challenging the standards of society in general. It's difficult to imagine, after reading this book, that he didn't provide the intellectual spark for later empires that would eventually dwarf his own, like Bob Hoffman's York Barbell, and Weider Enterprises. The phrase "Mens Sana in Corpora Sana", which later became the motto of Brother Bennet's American Drug Free Powerlifting Association (ADFFA) was coined by Macfadden, and he actually grew up a sickly child (who built himself healthy by extraordinary physical and nutritional means) in Macomb, IL (the home of drug free lifting icon **Ludy Gedney**). His life was a whirlwind of action, with many spectacular turns, some successful and some not so. Published by Harper, it is available in hardcover for \$25.99. (ISBN: 9780060594756). For further information check <http://mrmrericbook.com> or to see a video about Macfadden visit: <http://www.youtube.com/watch?v=ngXlcl4LE>

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STARTING STRENGTH - Basic Barbell Training is a new 2009 video production from the Aasgaard Company. It's not simply a video version of its book by a similar name, but this DVD complements that effort in a unique way. As we've said before in **POWERLIFTING USA** reviews, if a good photo is worth a thousand words, then a good video is worth a thousand photos, and **STARTING STRENGTH** is a great video, a profoundly effective teaching tool. Human process information visually, and when they receive a lesson they can "see" regarding the best way to perform a basic strength training movement, the educational result is quick and long lasting. Filmed at Mark Rippetoe's Wichita Falls Athletic Club and CrossFit/Wichita Falls, the geography has been edited with a very clever videography technique that changes the trainee, from individual to individual, as they are performing the same lift, while Mark's dialogue continues on without interruption. Mark is a "born" coach, and one useful insight after another just flows from his conversation, literally like a river of knowledge on the subject of getting strong. Mark might make a minor suggestion regarding technique, and you can dramatically see how that tip works on the next rep or two his trainee performs. One good, specific example of this principle is a "reveal" section on how the wrong head position at the start of the lift can actually "kill" leg drive in the squat. Covered in the DVD are the key, basic strength exercises for any athlete: the Squat, the Press, the Bench Press, the Deadlift, and the Power Clean. For the novice weight trainer, this is all golden, and for the advanced lifter, you will find something in this production that either you never knew or you had long ago forgotten, and it will put pounds on your total. The DVD, produced by Mark Rippetoe, Lon Kliger, PhD, and Stef Bradford, PhD, is available from the Aasgaard Company, 3118 Buchanan, Wichita Falls, Texas 76310. www.aasgaardco.com for the price of \$24.95, and you can check out their advertisement for the DVD in this edition of **POWERLIFTING USA**, to be found on the preceding page 114.

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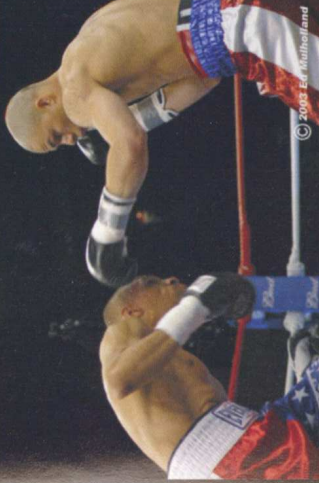
FUNCTIONAL STRONGMAN TRAINING FOR ATHLETES AND COMPETITORS - The Flip, Atlas Stones, Log Press, Farmers Walk, Super Yoke, Sled (Series 1 - Video 1 & 2) is now available on one DVD disc. This Total Performance Sports production provides key descriptive, safety, and execution footage on the major strongman events, as noted in the title. C.J. Murphy runs Total Performance Sports, a private training facility in Everett, Massachusetts, that is one of the only fully equipped strongman training centers in New England (but they also offer personal training, sports nutrition, boxing, kickboxing, and group fitness programs). He has broad creditation in the Iron Game, from professional certificates on the wall to the skinning his knees in actual, high-level strongman and powerlifting competition. With C.J.'s voiceover, his gym members (gentlemen and ladies both) do the deed with the various paraphernalia of strongman competition and training, and there's some great music in the background as well. The video is priced at \$39.99, however, **POWERLIFTING USA** readers can get a special 10% discount if you order both the strongman video and C.J.'s "The Complete Guide to Using the Safety Squat Bar" book (which was just reviewed in the March 2009 PL USA, page 114). For more information, contact C.J. Murphy directly at his office at Total Performance Sports LLC, 11 Victoria St., Everett, MA 02149, 617-387-5998, www.totalperformancesports.com.



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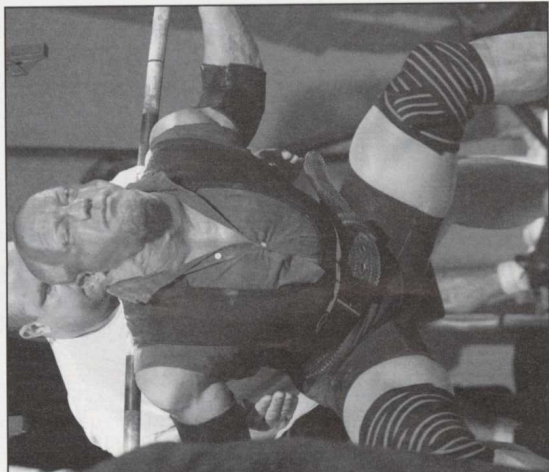
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The TOP 100 Photo Page

Will you make the upcoming TOP 100 list for the 242 lb. class? Last time we ranked this class the minimum lifts to make that ranking were 683 lbs. in the squat, 550 lbs. in the bench press, 650 lbs. in the deadlift, and 1779 in the total. Each year the minimum amounts to make the list varies a bit, often upwards, but not always. The time period for the next ranking of the 242 lb. class will most likely be competitions held April 2008 through March 2009, and it will likely appear in our June 2009 edition (unless we get the TOP rankings into that issue). If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page" send a photo of your recent lifting (or something off the wall, like your high school graduation portrait) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplus@aol.com (we recommend a JPEG at least 200 lb in size). If you made them lift for the best lifts in the results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list.



Larry Hoover is moving major league weights in this weight class



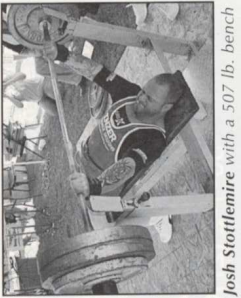
Sean Frankl is getting insanely strong



Ed Koo at the '09 Fit Expo



Craig Terry is one of the most consistent big time pullers in the 198s



Josh Stottlemire with a 507 lb. bench

TOP 100

For standard 198 lb./90 kg. USA lifters in results received from FEB/08 through JAN/09

SCOUT	BENCH PRESS	DEADLIFT	TOTAL
1 825 Driggers, A. 8/23/08	850 Frankl, S. 8/23/08	772 Eisenman, T. 5/17/08	2025 Driggers, A. 8/23/08
2 826 Colter, G. 2/23/08	796 Colter, G. 2/23/08	750 Meyers, M. 9/13/08	2205 Barnes, T. 12/6/08
3 825 Tracy, B. 10/4/08	733 Kelly, J. 1/16/08	749 Terry, C. 3/1/08	2000 Cull, R. 6/29/08
4 815 Biesch, D. 6/21/08	722 Woffley, M. 2/16/08	749 Caprari, T. 11/19/08	2000 Rock, J. 5/9/08
5 805 Parks, R. 2/23/08	700 Fry, J. 2/24/08	716 Frankl, S. 5/31/08	1989 Dunn, B. 11/20/08
6 840 Hoover, L. 5/9/08	688 Cortina, M. 9/6/08	710 Rickle, D. 3/1/08	1920 Meyer, B. 10/9/08
7 800 Rock, J. 9/27/08	650 Neuh, D. 3/29/08	700 Gorenst, K. 3/1/08	1929 Strom, M. 1/31/09
8 790 Maxwell, M. 6/22/08	639 Hensley, T. 9/9/08	669 Caprari, B. 9/29/08	1918 Flach, D. 6/21/08
9 777 Dunn, B. 11/20/08	632 Call, R. 6/29/08	683 Johnson, J. 6/14/08	1870 Bishop, B. 8/23/08
10 760 Brown, M. 1/31/09	622 Call, R. 6/29/08	683 Johnson, J. 6/14/08	1870 Bishop, B. 8/23/08
11 750 Hoover, L. 5/9/08	604 Saha, S. 9/6/08	680 Driggers, A. 8/23/08	1855 Buchanan, J. 6/22/08
12 750 Hoover, L. 5/9/08	604 Saha, S. 9/6/08	672 Decker, J. 7/19/08	1851 Walker, J. 6/14/08
13 749 Peterson, J. 5/6/08	603 Dussault, S. 12/20/08	661 Koo, E. 3/1/08	1850 Hooker, B. 1/19/09
14 749 Peterson, J. 5/6/08	600 Calk, J. 4/5/08	661 Koo, E. 3/1/08	1850 Hooker, B. 1/19/09
15 725 Hauss, A. 12/6/08	600 Calk, J. 4/5/08	661 Koo, E. 3/1/08	1850 Hooker, B. 1/19/09
16 725 Hauss, A. 12/6/08	600 Driggers, A. 8/23/08	660 Tronec, B. 6/7/08	1824 Griffin, A. 4/19/08
17 722 Williams, 11/7/08	600 Rock, J. 9/27/08	660 Smith, D. 12/6/08	1824 Griffin, A. 4/19/08
18 720 Adams, J. 8/23/08	595 Chert, D. 6/27/07	660 Ramon, T. 12/6/08	1810 Nichols, B. 5/3/08
19 720 Adams, J. 8/23/08	589 Hanselman, B. 3/15/08	655 Richardson, K. 3/29/08	1805 Parks, R. 2/23/08
20 716 Bridges, M. 3/1/08	573 Parks, R. 2/23/08	655 Parks, R. 2/23/08	1805 Parks, R. 2/23/08
21 716 Bridges, M. 3/1/08	573 Parks, R. 2/23/08	655 Parks, R. 2/23/08	1805 Parks, R. 2/23/08
22 711 Walker, J. 6/14/08	570 Hanisk, J. 6/29/08	655 Parks, R. 2/23/08	1805 Parks, R. 2/23/08
23 705 Cull, R. 6/14/08	568 Henniger, R. 6/21/08	650 Hoover, L. 5/9/08	1805 Maxwell, M. 1/19/09
24 705 Cull, R. 6/14/08	568 Henniger, R. 6/21/08	650 Hoover, L. 5/9/08	1805 Maxwell, M. 1/19/09
25 705 Cull, R. 6/14/08	568 Henniger, R. 6/21/08	650 Hoover, L. 5/9/08	1805 Maxwell, M. 1/19/09
26 705 VanAlstine, M. 8/22/08	568 Henniger, R. 6/21/08	650 Hoover, L. 5/9/08	1805 Maxwell, M. 1/19/09
27 705 VanAlstine, M. 8/22/08	568 Henniger, R. 6/21/08	650 Hoover, L. 5/9/08	1805 Maxwell, M. 1/19/09
28 705 Shaw, C. J. 9/12/08	559 Hoover, L. 5/9/08	645 Sudo, J. 9/21/08	1785 Van Alstine, M. 8/22/08
29 700 Conatog, B. 8/23/08	559 Hoover, L. 5/9/08	645 Sudo, J. 9/21/08	1785 Van Alstine, M. 8/22/08
30 700 Conatog, B. 8/23/08	559 Hoover, L. 5/9/08	645 Sudo, J. 9/21/08	1785 Van Alstine, M. 8/22/08
31 700 O'Malley, S. 10/18/08	551 Dobogya, D. 11/7/08	644 Scaturo, A. 3/30/08	1785 Petron, J. 9/6/08
32 694 Copolatti, D. 12/6/08	551 Dobogya, D. 11/7/08	644 Scaturo, A. 3/30/08	1785 Petron, J. 9/6/08
33 694 Copolatti, D. 12/6/08	551 Dobogya, D. 11/7/08	644 Scaturo, A. 3/30/08	1785 Petron, J. 9/6/08
34 685 House, G. 3/29/08	550 Ramon, T. 12/6/08	641 Gaylor, B. 5/4/08	1745 Harrod, A. 10/19/08
35 685 House, G. 3/29/08	550 Ramon, T. 12/6/08	641 Gaylor, B. 5/4/08	1745 Harrod, A. 10/19/08
36 685 House, G. 3/29/08	550 Ramon, T. 12/6/08	641 Gaylor, B. 5/4/08	1745 Harrod, A. 10/19/08
37 680 Barker, D. 5/31/08	546 Decker, J. 7/19/08	639 Buckley, S. 11/15/08	1735 Hauss, A. 12/6/08
38 672 Lewis, G. 5/17/08	544 Johnson, J. 6/14/08	635 Title, B. 4/12/08	1735 Hauss, A. 12/6/08
39 672 Lewis, G. 5/17/08	544 Johnson, J. 6/14/08	635 Title, B. 4/12/08	1735 Hauss, A. 12/6/08
40 675 Watkins, T. 10/18/08	540 Stroshine, T. 11/15/08	633 Wiley, J. 11/15/08	1720 Smith, G. 6/14/08
41 672 Jones, 5/4/08	529 Captain, B. 3/29/08	630 Parrell, A. 10/5/08	1715 Parrell, A. 10/5/08
42 672 Jones, 5/4/08	529 Captain, B. 3/29/08	630 Parrell, A. 10/5/08	1715 Parrell, A. 10/5/08
43 666 Letman, E. 2/28/08	529 Gerasch, J. 4/26/08	628 Hunt, K. 3/8/08	1703 Brady, C. 11/15/08
44 666 Letman, E. 2/28/08	529 Gerasch, J. 4/26/08	628 Hunt, K. 3/8/08	1703 Brady, C. 11/15/08
45 666 Letman, E. 2/28/08	529 Gerasch, J. 4/26/08	628 Hunt, K. 3/8/08	1703 Brady, C. 11/15/08
46 661 Alexander, M. 3/8/08	520 Bishop, B. 8/23/08	622 Maraglia, K. 7/19/08	1675 Letman, E. 2/28/08
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48 661 Alexander, M. 3/8/08	520 Bishop, B. 8/23/08	622 Maraglia, K. 7/19/08	1675 Letman, E. 2/28/08
49 661 Godwin, T. 8/22/08	520 Adams, J. 8/23/08	622 Gibson, T. 7/27/08	1675 Letman, E. 2/28/08
50 661 Godwin, T. 8/22/08	520 Adams, J. 8/23/08	622 Gibson, T. 7/27/08	1675 Letman, E. 2/28/08
51 661 Sutton, P. 9/22/08	512 Farley, N. 2/28/08	620 Lugo, F. 3/30/08	1665 Fung, B. 10/11/08
52 661 Sutton, P. 9/22/08	512 Farley, N. 2/28/08	620 Lugo, F. 3/30/08	1665 Fung, B. 10/11/08
53 660 Smith, 6/14/08	512 Farley, N. 2/28/08	620 Lugo, F. 3/30/08	1665 Fung, B. 10/11/08
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55 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
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59 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
60 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
61 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
62 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
63 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
64 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
65 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
66 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
67 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
68 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
69 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
70 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
71 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
72 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
73 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
74 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
75 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
76 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
77 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
78 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
79 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
80 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
81 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
82 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
83 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
84 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
85 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
86 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
87 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
88 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
89 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
90 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
91 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
92 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
93 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
94 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
95 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
96 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
97 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
98 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
99 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08
100 650 Kanemoto, K. 5/17/08	510 Hooker, B. 5/3/08	620 Yang, J. 5/2/08	1665 Gallier, A. 10/19/08

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine. Hand signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

NEXT MONTH...TOP 220s
CORRECTIONS... Masther litter Gregory Klein's deadlift of 562 and total of 1350 were not reflected on the TOP 100 for 165 lb class. 17 year old Jordan Dunn's lifts of 744, 457, 501, 1702 were not reflected on the TOP 100 for the 165 lb. class as well. Also on the TOP 100 list of 529 and total of 1333 were not recorded. There were some omissions from the results of the IPA Nationals (published in the FEB/09 issue of Powerlifting USA) involving Elaine Grimwood's 4th attempt deadlift of 345, and Tim Meyers lifts of 600 375 625 1600 at 220 lbs (45-49). If you find errors in our articles, TOP 100/200 weight class rankings or in the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the manner (which can take a variable length of time, depending on the specific situation) and an appropriate correction in a following issue.