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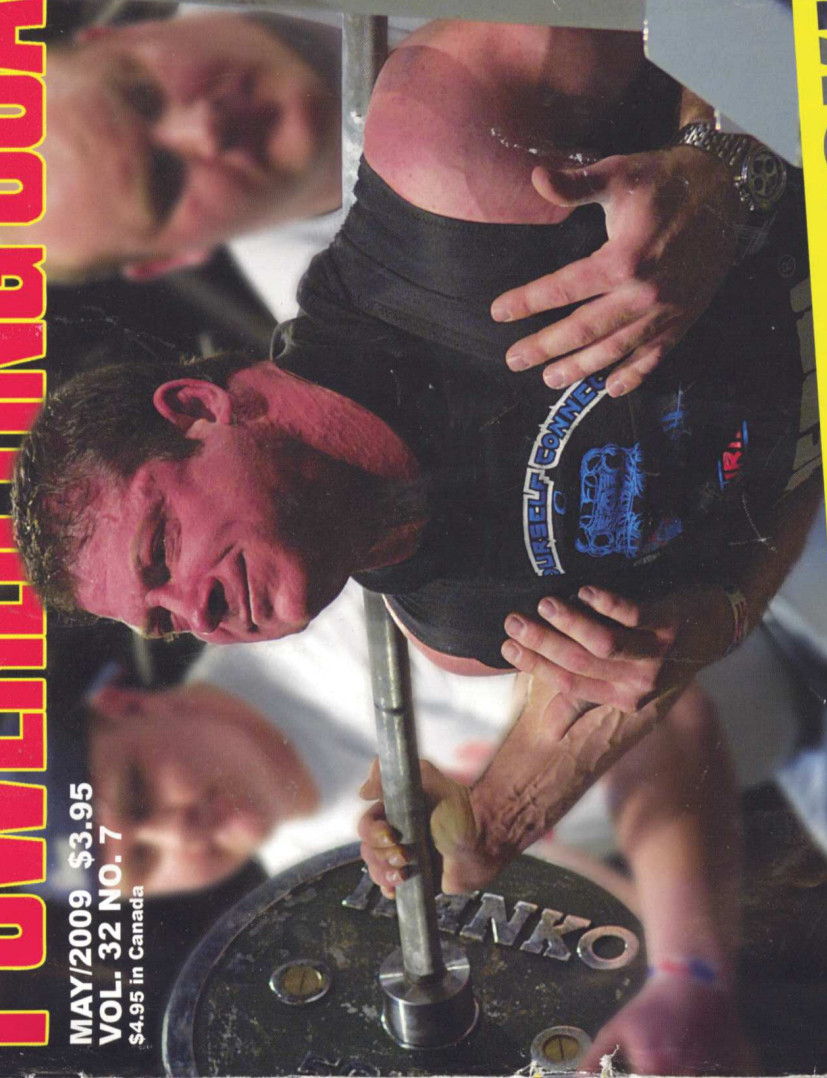
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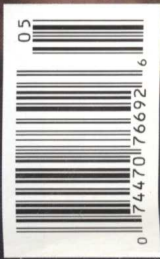
POWERLIFTING USA

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MATT KROETZALESKI

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+ Charles Bailey's thoughts on **WHAT IT TAKES** to be the best

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MUSCLE MENU

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ON THE COVER ... Matt Kroczaleski in WPO competition

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Bolton Deadlifts 1008!

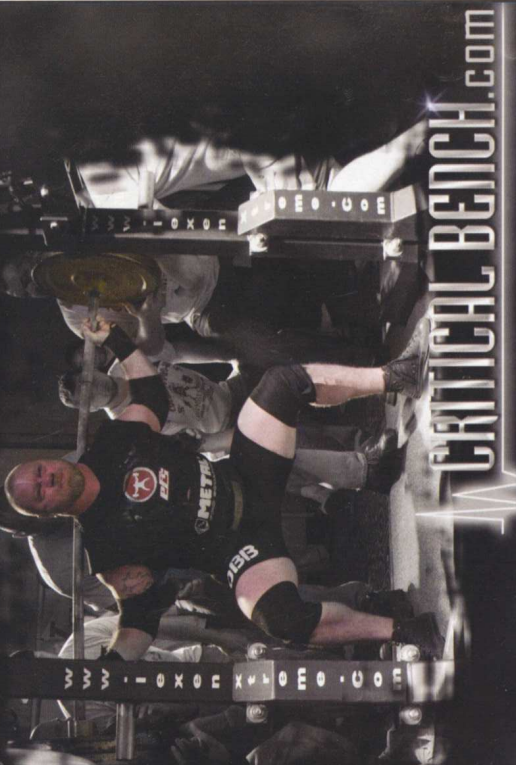


On April 5th, 2009, Andy Bolton deadlifted 1008 lbs. in England to break his own 1003 lb. all time record and become the only man to deadlift over 1000 lbs. twice! Andy feels that 1014 or 1020 could have gone, except for a grip problem, which has now been resolved. Next year in April, at this same meet, he plans to go for 1034!!!



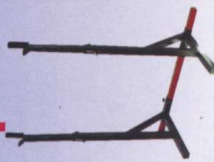
1008 lbs. at the finish!!!

Powerlifter **Jo Jordan** 2325 @ 242



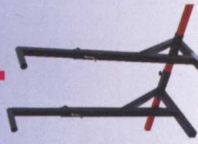
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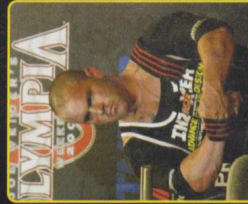
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Brian Schwab
World Record Total
2,045lbs @ 165lbs



Shawn Frankl
World Record Total
2,539lbs @ 220lbs



Joe Ceklowsky
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Ryan Kennelly - Team MHP Member
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INTERVIEW

MATT KROCZALESKI interviewed for PL USA by Bruce Citerman

Bruce Citerman: Please tell us a little about your family, and what you do for a living.

Matt Kroczaleski: I am a pharmacist and I usually work the night shift at a 24-hour pharmacy. Unfortunately, I am no stranger to 90+ hour work weeks, but I never use this as an excuse to miss training. Still, I am trying to cut back on my hours, and at least my job

is not physically demanding, so it doesn't affect my recovery ability beyond the sleep aspect. My brother Kurt is an ironworker and has a very physically demanding job and has made great progress over the last several years. He is on the verge of becoming one of the biggest deadlifters in the sport. I hate to hear people make excuses about work and why they can't achieve their goals because of it. Simply put, there are no real excuses—only self-imposed ones. All champions have overcome adversity to reach the top of their sport.

In regard to my family, I am not proud to say that I went through a divorce two years ago after nearly ten years of marriage, and I never wanted that or thought that it would happen to me. Still, I have come to realize it was the best thing for everyone involved. I am much happier now. I learned a lot from that experience and hope that some day I will find the girl of my dreams to share my life with. I have three wonderful boys: Logan—age 10, Garrett—age 8, and Maxx just turned 7. I love them more than anything in this world. One of my biggest goals in life is when my children reach adulthood and are parents themselves and understand what it means to be a father. I want them to believe that they had the best dad in the world. Everyone thinks their dad is the greatest when they're a child but it isn't until you're in that position yourself that you truly understand what it means to be a great father.

BC: Tell us about your time in the Marine Corps and how it has affected your life today, on and off the platform.

MK: The Marine Corps was just something I had wanted to do for a long time, to test myself mentally

and physically, in boot camp I was selected to go through a special screening program and was lucky enough to eventually be selected for Presidential security duty. I ended up spending most of my first two years in the Marines stationed in Washington, DC, and my last two years at Camp David, the Presidential Retreat, working in security

under President Clinton.

I was already very disciplined and motivated before going into the Marines, but I learned a couple of very important lessons there. I thought I had pushed my body to extremes before that, but while in the Marines I learned that my body could take so much more than I thought it could. I realized that I

and still drives me to this day. I love competition and thrive on it.

I started lifting consistently at age nine, but I remember messing around with weights as young as age 6. I remember sneaking into the room where my dad had some weights and doing curls, 10 reps

(continued on page 64)

could suffer through sleep and food deprivation, total physical and mental exhaustion, and still keep going. I realized then and there that it was my mind that was weak and not my body. That has had a huge carryover to my powerlifting success and a big reason why I often sleep no more than 3-4 hours per day and I'm still able to make progress in my lifting.

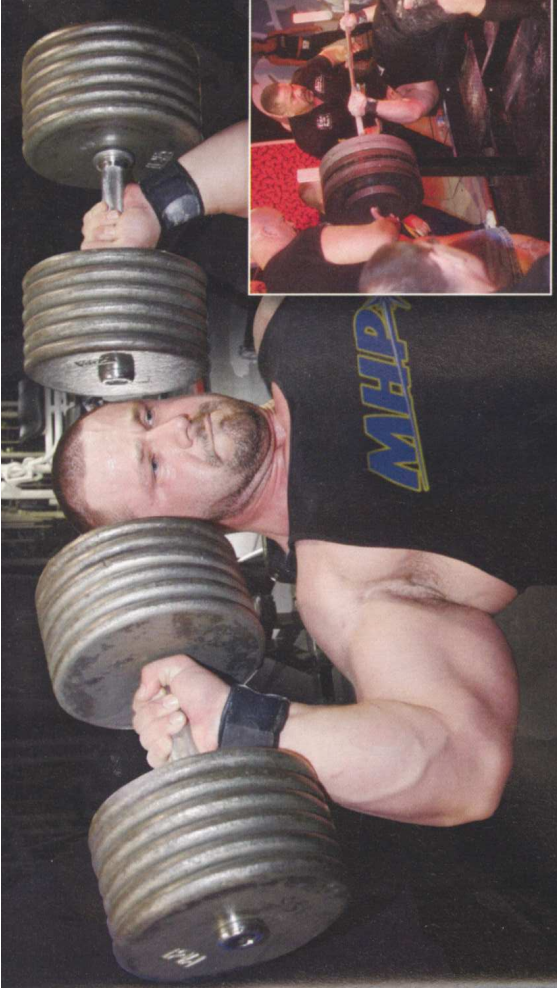
I also learned how to channel my anger and aggression and use it to my advantage. Before that I was too nice and lacked a real killer instinct. The Marines taught me that sometimes to do the right thing you need to be cold-hearted and lack compassion. It gave me a mean streak that I could bring out and use to my advantage. I never had that before the Marines.

BC: How long have you been competing, and how did you get started?

MK: I just always had this innate desire to be big and strong. I remember at a very early age being impressed with size and strength and having a strong predilection to become that way myself. I had terrible genetics for gaining muscle and I was more of a natural runner. I had some natural athletic ability, but was very skinny, your classic ectomorph. The biggest advantage I had was a relentless desire to achieve my goals. I started training myself for track and field day in third grade. I just decided that I wanted to be a winner and I knew I needed to work hard to achieve that. I ran timed half miles, sprints up sandhills and did

pushups and chin ups and lifted makeshift weights for months leading up to track and field day. I did this all on my own, with no coaching or support from anyone. My mother was actually quite concerned that I was going to hurt myself. I just always wanted to win badly. That is what has always driven me

and still drives me to this day. I love competition and thrive on it. I started lifting consistently at age nine, but I remember messing around with weights as young as age 6. I remember sneaking into the room where my dad had some weights and doing curls, 10 reps



Jeremy Hoornstra—Team MHP Member
World Record "RAW" Bench
615 @ 242

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INTERVIEW

CHARLES BAILEY interviewed by Ben Tatar Jr. of Critical Bench

Ben Tatar: Let's get right to it. You have accomplished an 1102 squat, 705 bench, 782 deadlift for a total of 2551. Incredible. Thanks for the interview opportunity, Charles. Tell us about yourself.

Charles Bailey: Well there's really not much to tell. I'm an average guy, single parent of a 17 year old who is the pain and joy of my life. I was born and raised in the West Indies up until I joined the Navy. I spent 9 years there. It was good but not for me. I then left the navy and became a personal trainer and I have been doing that ever since. Damn, that sounds boring as hell, doesn't it?

BT: You're doing what you love, nothing wrong with that. What fed do you compete in and why?
CB: I compete in numerous feds and all for the same reason—the need to know where I stand in my weight class. There's also the challenge of having to perform in different situations that somehow is exciting to me. There's also the fact that when I'm done with this I don't want to guess who was better than me—I would like to be sure.

BT: What do you enjoy about the feds that you compete in?

CB: Well, here's the thing, the lifts make the fed; if the lifters are in my opinion; the fed is crap. Perception is everything. If I had a good time at a particular meet chances are I'll be back. That's what I like about the APF, APC, USPF and the IPA. I only have good things to say about my experiences with these feds.

BT: We mentioned your multi-ply total above, what are your best single ply lifts?
CB: My best lifts in single ply are 903 squat 650 bench 733 deadlift. Best total 2221.

BT: Wow! That is crazy strong! Can you give us your powerlifting routine?

CB: I wish I could but I don't have a set routine that I follow. I'm really not disciplined enough to stick to anything that long. The

ing journey what has been your favorite, funniest, craziest, and most powerful moment?

CB: My favorite was going back to back APF/APC nationals two years in a row.

The funniest was watching my partner miss his opening squat because he was looking up the head referee's skirt.

My most and most powerful moment happened at the same time crazy Kieran Kidder from a seated position jumped and cleared the announcer's table. This was because Andy Bolton had just done the most powerful thing in powerlifting, a 1003 deadlift.

BT: What are your favorite things about the sport of powerlifting?

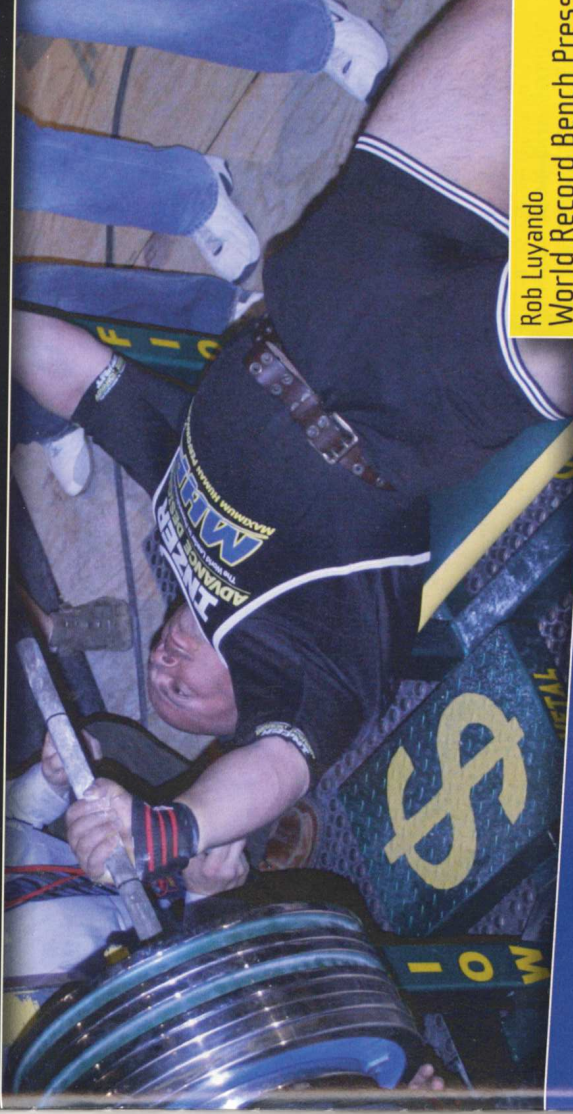
CB: I like powerlifters—on the day of the meet they're the most helpful, friendly people on the planet. The best part about powerlifting is the actual coming together when we are away from our keyboards.

BT: What do you enjoy doing away from powerlifting?

CB: I like football, soccer, swimming and just doing nothing hardcore. So far in your powerlit-

(continued on page 114)

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Rob Luyando
World Record Bench Press
909@275

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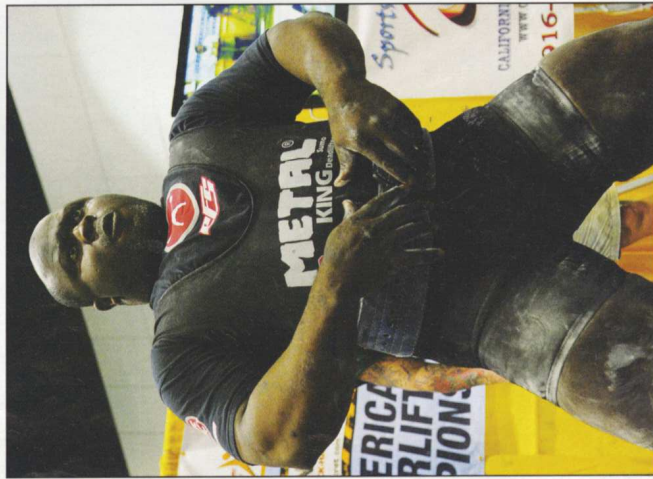
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Charles squatting at the 2006 APC Nationals, where he was champ



Mighty Charles Bailey sets up for a big pull at the 2009 Fit Expo

INTERVIEW

ROBERT HERRING interviewed for PL USA by Alex Campbell



(Above) Robert Herring pulled out the overall title at the Arnold Classic. (Below) Robert (on the left) won the \$1000 over Brad Gillingham by formula (photograph courtesy of Alex Campbell)



Fig 10. GNC Pro Performance Pro Deadlift Challenge \$ 1,000.00

Alex Campbell: How long have you been lifting?
Robert Herring: I've been lifting on and off since 1986. Then I took a 7 year break from 1998 to 2005 after winning All Armed Forces Europe.
AC: How did you first get into lifting?

RH: I got into lifting while playing football and running track. Then my High School coach discovered I had a high deadlift for a small guy. It all started one day in the gym when we were maxing out on the deadlift. At the time my max was 315 lbs. at a bodyweight of 154 lbs. One of my fellow football team members tried to pull 545 lbs. and missed the attempt. Then I asked the coach as a joke to let me try it and he said "you are too little to do 545 lbs." He then told me to move out of the way. That was a big mistake! Then I asked again and this time I was serious and really ticked off because of what he had said. I walked up to the bar and ripped up 545 lbs like it was paper weight. I was 154 lbs. bodyweight and deadlifted 545 lbs! Everyone in the gym went wild and I was surprised. After that I went to several push and pull meets and was hooked.

AC: You do both bodybuilding and powerlifting events? What inspires you to compete in both?
RH: I personally like having the look of a bodybuilder and the people say it's not possible to do both, but I've been successful in winning in both at military level, state and national level. The first bodybuilding show I did was a dare from someone I beat in powerlifting. To make a long story short he didn't show up on contest day and I won 1st place in my first novice NPC show.

AC: Have you ever competed in a full power meet? If not, why do you choose the deadlift?
RH: I have done full meets for years and have won several state meets and All Armed Forces both state side and Europe. I choose to do the deadlift now because I prefer lifting against the man and not all of his high tech equipment. I but they were hard to find up until recent years. Now I currently hold the 100% RAW World Record in the 198 lbs. class with a 751.8 lbs. deadlift.

AC: You are also a member of the US Army. What is your job, and do you find it hard to balance your training with your military require-

ments?
RH: I am a US Army Special Operations Recruiter. It is very hard being a powerlifter and a bodybuilder while being on active duty due to the fact that both sports slow down my run time. I balance it by doing a mixture of exercises and high protein low carb diets. I also have to cut out the heavy squats and deadlifts about a month before a physical fitness test, due to the fact that when I am at my strongest on squat and deadlift I am at my slowest on the distance run.

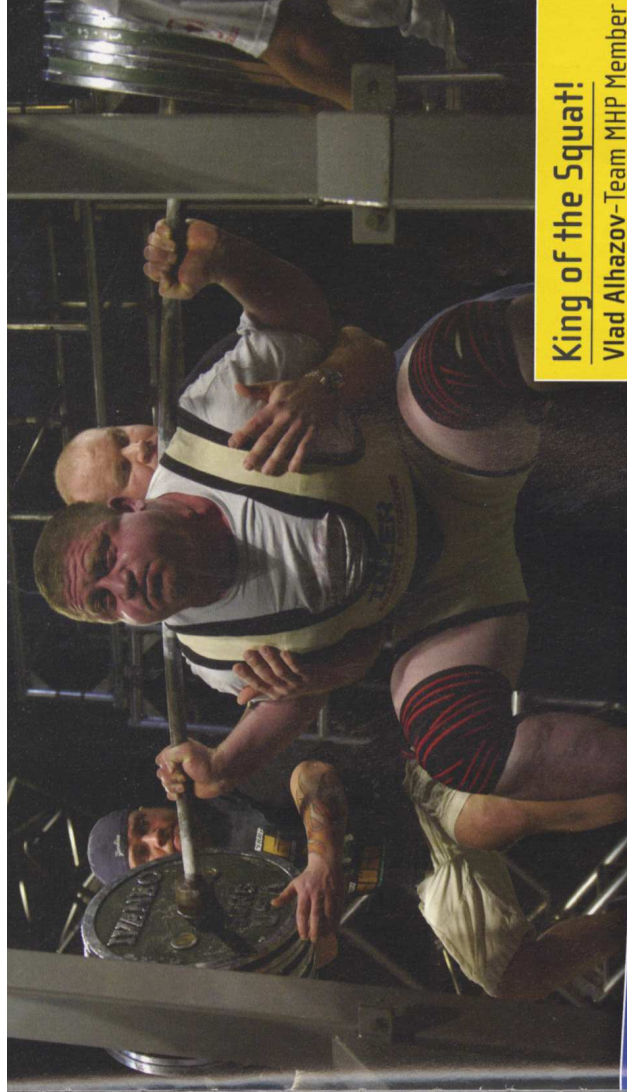
AC: You recently decided to try and qualify for the Arnold deadlift competition. What convinced you that you were ready when you had never even been to a USAPL meet? And did the thought of going up against the nation's and world's best pullers intimidate you?

RH: I had done several USAPL meets years ago and had won. I knew I was ready due to the fact that I've pulled over 700 lbs. in the 181 lbs. class several times in meets over the years. I did have one thing holding me back and that was the fact that I broke my foot in two places playing football in December 2008. It was funny to a lot of people in the gym while I was doing deadlifts on a smith machine in a soft cast. They asked me why was I training on a broken foot and I said I am training for the Arnold Classic International Pro Deadlift. You should have seen the amount of people that laughed, but I smiled and kept training.

I once met this older powerlifter name Ben Brent in Alaska that weighed about 165 lbs. He could pull over 600lbs. He told me that I was a good powerlifter, but there are sharks in the water and I can't be beat. I have kept those words in my head for years, but I decided to be the shark this time.

Also, Tee Myers emailed me a few times and said wrap your foot and keep training. Alex Campbell also motivated me to come qualify for the Arnold Classic and coached me for the win. He worked magic with the numbers and all I had to do is move the weight.

I was never intimidated by competing against the world's best lifters and I trained for first place. There was nothing between me and the win except for some well-tuned, highly-trained deadlifters. I just had to figure out a way to move the obstacle to get to my objective... to win the Arnold Classic International Pro Deadlift.



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

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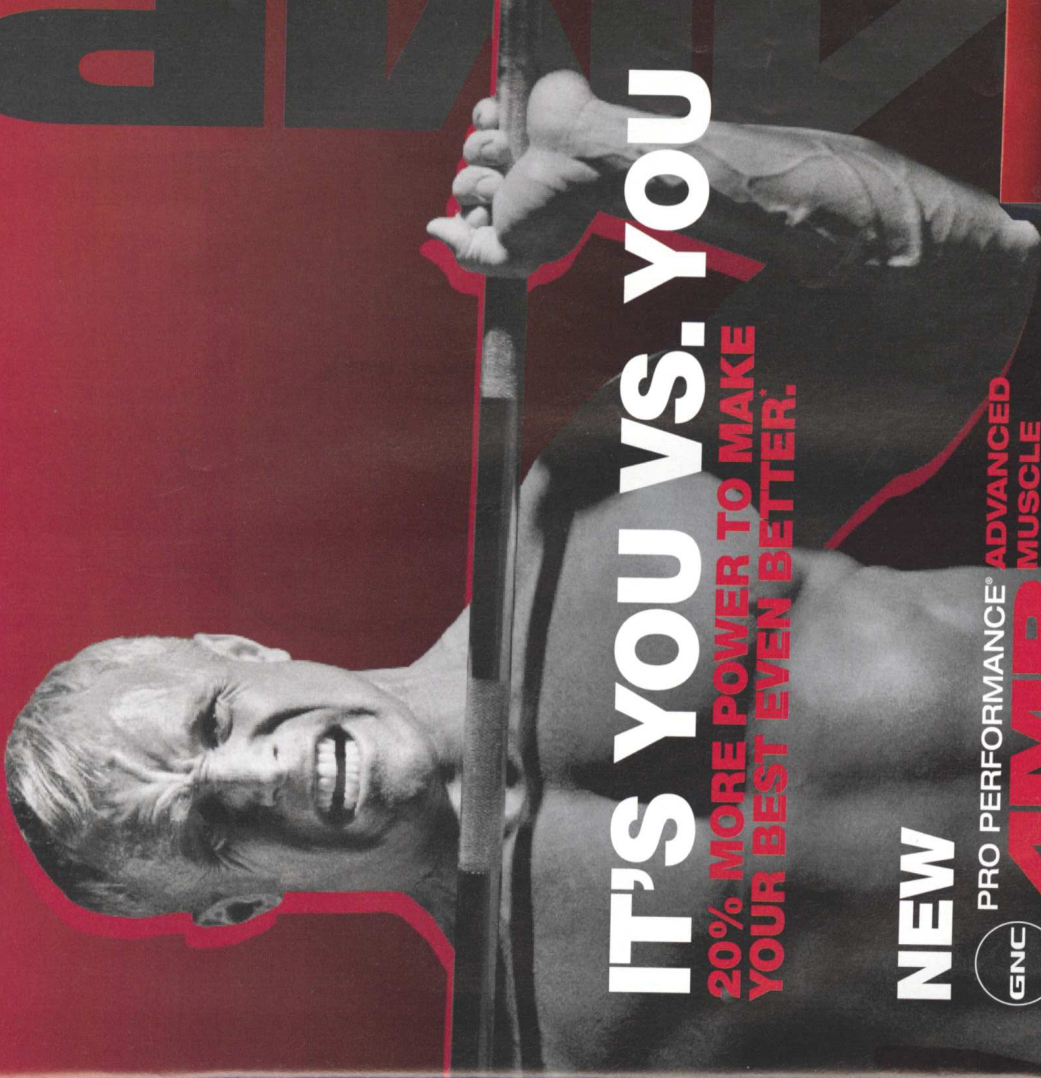
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An exemplary product, enhancing four phases of your workout, starting with a 300% pre-workout calorie burn.* It improves physical and mental intensity, provides antioxidant protection and extends cardio endurance by five minutes.* This is a great new workout partner that gives you the push you need to break through to the next level.

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*In a randomized, double-blind, placebo-controlled study, 50 healthy endurance male volunteers were given Amplified Maxertion N.O. or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo and again after the treatment period was finished. The subjects who received Amplified Maxertion N.O. had a 20% increase in PWCFT (physical working capacity at the fatigue threshold) after four weeks of supplementation relative to the placebo group. In an eight-week, randomized, double-blind, placebo-controlled study, 50 healthy endurance male volunteers were given Amplified WheyBolic Extreme 60 or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo and again after the treatment period was finished. The subjects who received Amplified WheyBolic Extreme 60 had a 30% increase in muscle strength (1RM) and a 100% increase in exercise efficiency (time to exhaustion) relative to the placebo group. In a randomized, double-blind, placebo-controlled study, 50 healthy endurance male volunteers were given Amplified Muscle Igniter 4X or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo and again after the treatment period was finished. The subjects who received Amplified Muscle Igniter 4X had a 300% increase in pre-workout calorie burn (measured by oxygen consumption) and a 5-minute increase in cardio endurance relative to the placebo group. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.877.4482 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S. All-Amino Photo: Arnie

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Let's Go ... Up! ... Come on, breathe, breathe! 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 256 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 (232 vs. 34.6 lbs.) more than subjects using a placebo. Subjects also gained 86.4 lbs. on their max bench. In a 28-day study, subjects taking Cell-Tech Hardcore gained 26 times more mass than subjects using regular creatine (4.34 vs. 0.16 lbs.) and 325 percent more muscle (3.4 vs. 0.8 lbs.) than 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. Overall, in a 14-day study, subjects using Cell-Tech Hardcore added 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.

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VIRGINIA WORLD

DEAR MAURO: Good day, sir. I am desperate for some help and I'm hoping you can be of assistance. I have been gradually having a big problem with depth on one side when squatting. My right side is always 2" low and my left side is always 2" high. I'm a 181 pounder with a 1400 lb. total, natural and 46 yrs old...been lifting for about 30 years. Right side gl is always lit up. IT band is always lit up. L5/S1 has been deteriorating for a while. I use the best chiropractor in town and have tried prolotherapy. The right side hip x-ray was not bad; minor spur, but good spacing around femur head in socket.

It also feels like a ligament is catching in my right thigh when I sit and try to get up. Should I proceed with the MRI? Your thoughts?

Thanks,
Dave

DAVE: It could be a number of problems/injuries that could be causing your problem and an MRI will help diagnose the problem. Do you have pain in that hip/leg? Do you feel a snapping sensation when you squat or when you get up after sitting?

Best,
Mauro

DEAR MAURO: Yes, I have pain in the front of my quadriceps/hip flexor. When I sit for more than 10 minutes my right leg brims and it's like a ligament is catching—very painful at that point. Do I have a quad tear and is it biding up?

Thanks,
Dave

P.S. I have a contest this weekend...should I compete?

DAVE: I'm sorry about the late response to your email but I've been on the road the past month and am actually writing this from an airport waiting on a flight that was delayed. Has there been any progress/updates on your injury?

Mauro

DEAR MAURO: I understand, traveling can be a time consumer. Since I wrote I had X-Rays and an MRI of the right hip. There are loose bodies in there, torn labrum, and virtually bone to bone at two areas (bone spurs), obviously impairing on motion. The rest of the joint capsule looks good with good spacing—just those two areas. My orthopedist says within

ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

five years I'll need it replaced; within 2 years if I keep squatting and deadlifting.

Why can't this be scoped? Clean it up, take a break, and let that cartilage recover? Has anyone successfully power/lifted again after a hip replacement?

Thanks,
Dave

DAVE: It can be if the damage isn't too severe. Did the orthopedic surgeon give you that option?

As far as powerlifting after a hip replacement, you should contact Rickley Crain since he had one last year and at present is squatting well over 500 lbs. His email address is rcrain@allegiance.tv.

Best,
Mauro



Muscle Aches, and Pains - Part of the Game

The human body is a magnificent piece of machinery with pulleys, rubber bands, hinges and joints throughout. And while most of the time it functions magnificently, it can be stressed and even broken in places. In fact, muscle and connective tissues are major sources of physical discomfort and disability, especially in athletes. This is not surprising, considering that muscle and connective tissues are the most abundant and widely distributed tissues in the body.

We can all understand the importance of muscle tissue in athletes; however the role of connective tissue is often under appreciated. It shouldn't be since it forms our bones, surrounds our organs, holds our teeth in place, forms cushions and lubricates our joints, and connects the muscles to our skeleton. In

antioxidants, amino acids, and others, if used in a proper and timely fashion, have a positive effect on the immune system, overtraining and both preventing and treating injuries. They can also be useful in treating musculoskeletal pain, inflammation and degenerative/arthritis conditions.

The best example of a comprehensive, multifaceted, synergistic supplement that can be useful for all of these conditions is Joint Support, now in version III.

Joint Support Version III

Joint Support is formulated to support muscle, cartilage and joint function in many ways. First of all by maintaining tissue integrity it helps prevent musculoskeletal problems. Secondly it provides the mechanisms and stimulus for repair of injured or damaged musculoskeletal tissue, whatever the cause. It also offers relief for aches and pains.

By providing several dozen ingredients that work along synergistic pathways to decrease inflammation and promote the body's natural synthesis and maintenance of joints, ligaments, muscles and tendons, it protects, prevents and helps in the repair of musculoskeletal injuries and inflammation, regardless of the cause.

Joint Support is used by thousands of bodybuilders and other athletes, both amateur and professional, to help them get the most out of their training. It's also used by countless health professionals as an aid to both prevent and treat injuries.

References

Ding C. Do NSAIDs affect the progression of osteoarthritis? Inflammation. 2002 Jun;26(3):139-42. Review.



Doctor Mauro Di Pasquale MD

Matt Kroczaleski
Team Muscle Tech™
Powerhouse

**DRINK INTRAVOL WHILE YOU TRAIN
AND JACK UP YOUR
STRENGTH
BY 39%**

ALL YOU HAVE TO DO is go online and you'll quickly understand that Matt Kroczaleski will do anything to add pounds to his total. Videos of his training sessions are among the most extreme powerlifting videos on the Internet. Log lunges in the snow, 300 pound dumbbell rows for reps - the Kroc will do whatever the hell it takes.

So when Team Muscle Tech™ researchers told Matt that he could increase his strength for the 2009 UPA Nationals by doing something as simple as drinking INTRAVOL™ while he trained. It was a no-brainer - he just had to have it.

See, INTRAVOL is backed by one of the most stunning clinical studies on strength and muscle development ever documented. Conducted at Charles Sturt University in Australia, this groundbreaking study revealed that drinking the key complex in INTRAVOL during training jacks up maximum strength by 39 percent! That's right, in just 12 weeks, test subjects using the key complex in INTRAVOL during training jacked up their maximum leg press strength by 39 percent more than subjects using a placebo (463 vs. 334 lbs.). Even more shocking, test subjects only trained twice a week! Yes, only twice a week!

There's no doubt that a hardcore powerlifter like you can achieve serious gains in strength by adding INTRAVOL to your workouts!



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The FDA has expanded its list of tainted weight loss products containing declared pharmaceutical ingredients.

Herbal Xenical (found to contain ceftriaxone, an obesity drug not approved in the U.S.) along with Slibionnic and Xvellean (both containing sibutramine, a prescription-only weight loss drug) have been added to the list of tainted dietary supplements.

There are now 72 products on the list. The FDA also identified the following undeclared pharmaceutical ingredients as appearing in some other products on the list:

- fenproporex, and amphetamine derivative that can cause arrhythmia
 - fluoxetine, an antidepressant
 - fluoxetine, a prescription-only diuretic
- The agency advises consumers to discontinue use of these supplements and then to consult their healthcare provider. Two of these are banned substances!

Richard T. Herrick, MD
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FDA WEIGHT LOSS ARTICLE

The U.S. Food and Drug Administration is expanding, for the second time, its nationwide alert to consumers about tainted weight loss products containing undeclared, active pharmaceutical ingredients.

FDA Uncovers Additional Tainted Weight Loss Products

Agency alerts consumers to the finding of new undeclared drug ingredients as told to PL USA by Dr. Richard Herrick, MD

The FDA has identified additional weight loss products (Herbal Xenical, Slibionnic, and Xsvellean) and new undeclared active pharmaceutical ingredients (fenproporex, fluoxetine, fursemide, and ceftriaxone). The current list now includes the following 72 products:

- 2 Day Diet
- 2 Day Diet Slim Advance
- 2X Powerful Slimming
- 3 Day Diet
- 3 Days Fit
- 3X Slimming Power
- 5X Imelda Perfect Slimming
- 7 Day Herbal Slim
- 7 Days Diet
- 7 Diet
- 7 Diet Day/Night Formula
- 8 Factor Diet
- Eight Factor Diet
- 21 Double Slim
- 24 Hours Diet
- 999 Fitness Essence
- BioEnergexin
- Body Creator
- Body Shaping
- Body Slimming
- Cosmo Slim
- Extrim Plus
- Extrim Plus 24 Hour Reburn
- Fasting Diet
- Fatloss Slimming
- GMP
- Herbal Xenical
- Imelda Fat Reducer
- Imelda Perfect Slim
- JM Fat Reducer
- Lida DaiDathua
- Meili
- Meiziting
- Miaozi MeiMaoQianZhiJiaoNang
- Miaozi Slim Capsules
- Natural Model
- Perfect Slim
- Perfect Slim 5X
- Perfect Slim Up
- Phyto Shape
- Powerful Slim
- ProSlim Plus
- Reduce Weight
- Royal Slimming Formula
- Sana Plus
- Slim 3 in 1
- Slim 3 in 1 Extra Slim Formula
- Slim 3 in 1 Extra Slim Waist Formula
- Slim 3 in 1 M18 Royal Diet
- Slim 3 in 1 Slim Formula
- Slim Burn
- Slim Express 4 in 1
- Slim Express 360
- Slim Fast
- Slim Tech
- Slim Up
- Slim Waist Formula
- Slim Waistline
- Slibionnic
- Sliminate
- Slimming Formula
- Somotrim
- Starcaps
- Super Fat Burner
- Superslim
- Super Slimming
- Trim 2 Plus
- Triple Slim
- Venom Hyperdrive 3.0
- Waist Strength Formula

(continued on page 82)

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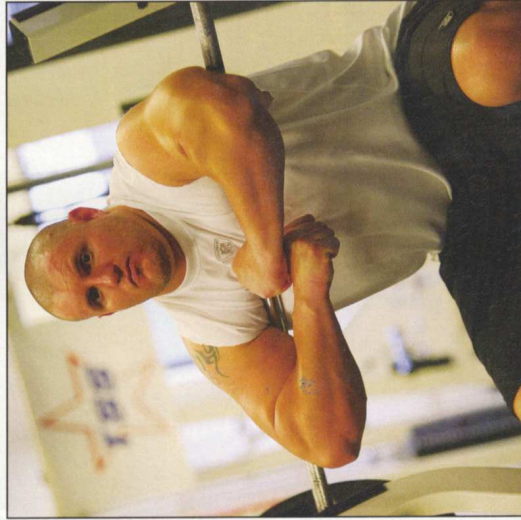


Dr. Richard Herrick (on the far right) with (left to right) Olympic lifting legend Tommy Kono, his wife Stella Herrick, and Powerlifting legend Ed Coan, at the 2009 Arnold Classic. Dr. Herrick was recently re-elected to a virtually unprecedented 4th consecutive term as chair of the IWF Medical Committee by the highest percentage of voters of any candidate up for election. He is a former chair of the IPF Medical Committee as well.

Hard Core Gym #85 BACK IN THE USA: PHILLY, PA TRI-STATE SPORTS as told to Powerlifting USA by Rick Brewer



(Above) Some of our great members: back row (from left): **Jovine Bobbit, Amir Gibbs, Jake Zuzek, Bob, John Carlos**. Front row: **Fitness Center director Al Thompson, Zain Hodges, and Nick Lewandowski**. (photo courtesy Doug Rotwitt) (Below) Farmer Eagles offensive lineman **Scott Young** now with the Cleveland Browns, has trained at Tri-State Sports Fitness.



Last month we got warm at ZEST Gym in the Philippines, and learned that it doesn't take fancy gear to produce super-strong powerlifting champions with a good tan. We try to switch things up, so now we'll go to a monster gym in a cooler climate. In fact, we'll visit a gym so big that they can play paintball in it. Don't ask me why you would want to play paintball at the gym; just enjoy the craziness of it all!

Al Thompson is the director of the Fitness Center at Tri-State Sports. He's running one of the largest sports complexes in the country, and he has a lifting gym that can definitely qualify as hardcore. I had doubts when he told me about the paintball, but we happen to know a little about his Liberty Strongman Classic—and he has a bigger crowd at that contest than any other we've ever seen. Plus, Al won me over with cool pictures of a lot of big lifters training at Tri-State. Al's a big boy, so I'll let him talk:

Al Thompson: One of the pictures is of former Eagles offensive lineman Scott Young, now with the Cleveland Browns. He has trained here as has the entire Philadelphia Soul Football Team. There is also a photo of world bench press record holder Gene Pichak, who helps Tri-State host several powerlifting meets (featured in Powerlifting USA). Other sports luminaries include Jameer Nelson—Orlando Magic of the NBA—and college basketball star Tyreke Evans...a regular here and now the leading scorer for Memphis as a freshman.

Rick Brewer: What is the total square footage of Tri-State?
AT: Tri-State Sports is on 33 acres of ground. The "Tent Building" with the three rinks is 60,000 square feet, and the "Brick Building" is 30,000 square feet—for a total of 90,000 square feet under one roof!

RB: I know you have some big guys training for your huge Liberty Strongman Classic Contest. What is one of the more interesting pieces of strongman equipment in the Tri-State Gym?
AT: The Conan's Wheel—seen in the photos—while being used by Phil Pfister at last summer's MHP Liberty Strongman Classic is available to Tri-State members and guests to train on.

RB: Can you tell me anything in-

teresting from a previous Liberty Strongman event?

AT: The signature event of MHP Liberty Strongman Classic is the unique Atlas Stones discipline. We travel to Wilmington, Delaware, and the home of the Wilmington Blue Rock Minor League baseball team—Daniel S. Fraunley Stadium. The contest is always held over the July 4th Holiday—we are there on fireworks night, and there are always about 7,000 fans on hand. We have the competitors zoom from base to base to lift and load Atlas Stones; this part of the event is always a major hit with the fans! The 2008 "World's Strongest Man" emulated the event for its finale; it was flattering to see them use a form of the event. Check out the photo of strongman Wait Gogola leading a stone at the stadium!

RB: Is this Liberty Strongman event sanctioned by NAS, or any other entity?

AT: The MHP Liberty Strongman Classic is a pro show (NAS is amateur) and is independent, just as the Arnold and Super Series, Fortissimus and World's Strongest Man are.

RB: What makes Tri-State different from a large 24-Hour Fitness or LA Fitness corporate gym?

AT: Tri-State is as amazing as it is massive. We have a building, the "Brick Building" that houses our weightlifting facility (where we build powerlifters), three basketball courts, locker rooms, meeting rooms, as well as the offices for Captain Carl's—a successful paint ball facility that operates on the grounds of Tri-State. Captain Carl's has a full outdoor paintball course. Dang, I was imagining shooting paintballs indoors while guys were squatting! **RB:**

In the Brick Building, Tri-State has hosted a myriad of basketball tournaments, and has its own pro basketball summer league run by FIDance. Basketball stars such as Jameer Nelson (Orlando Magic) and Tyreke Evans (Memphis American) grew up playing here and training here. Evans learned Olympic lifting here, before heading to Memphis, where he currently leads the Tigers in scoring as a freshman. The Philadelphia Inquirer projects Evans to be the first pro-

(continued on page 108)

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Powerlifting is all about designing the perfect battle plan so you can focus on what needs to be done to up your squat, bench and deadlift. To prepare powerlifters for their daily war with the iron, Team MuscleTech™ has engineered Alpha Amino Prototype 216™—the next generation super-amino muscle growth accelerator.

Prototype 216 is based on research conducted at the University of Texas where a human clinical study was performed on the key components of this super-amino supplement. The study showed that test subjects who consumed the amino acid matrix found in Prototype 216, with carbohydrates prior to lifting, experienced a 216 percent increase in anabolic muscle response.

Test subjects also increased blood amino acid delivery by 650 percent directly to the muscle. By consuming Prototype 216, you'll be supplying your muscle tissue with key amino acids and vital anabolic nutrients to repair, rebuild and grow long after you've stepped off the platform. You'll come back fully recharged and ready for another war. With Alpha Amino Prototype 216—pumping through your veins, you'll not only survive the battle with the iron—you'll dominate it with every lift.

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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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In one clinical 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%. © 2008. Read the label before use.

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720 lb. Raw Squat
585 lb. Raw Bench



TEST SUBJECTS GAINED

105 lbs. ON THEIR MAX LIFT

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.

But that's not all. You know that more muscle means more strength and a better PB. So Six Star Muscle Whey Protein is megadosed with **32 g of high-quality protein** and more than **10,642 mg of anabolically charged compounds** per max serving, forcing you to build unmatched muscle and strength in the shortest amount of time possible. Science backs it! In a clinical study, subjects taking the key ingredients in Professional Strength Whey Protein gained, on average,

a massive **340% more muscle** (8.8 vs. 2.0 lbs.) in just six weeks compared to the placebo! Gains like these can power you through the explosive starts and strong lockouts needed for those record-breaking lifts.

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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

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POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Experience the Power of Heat Shock Proteins as told to PL USA by Team MuscleTech

Nobody understands the need to continually get stronger, both mentally and physically, better than powerlifters. As powerlifters, you're continually searching for a way to increase your strength and surpass the competition. One thing that is certain in the powerlifting realm is that no matter how hard you train and how much you focus, eventually you will plateau on the lifts that matter most—bench, squat and deadlift.

Since the beginning of the strength and powertraining era, few discoveries have been truly groundbreaking. Now, there's a new scientific discovery that can be classified as revolutionary, and it's changing the way powerlifters look at training all over the world—Heat Shock Proteins (HSPs).

HSPs are biological regulators that are increased throughout the body during periods of stress, specifically during intense training sessions. The key function of HSPs is to act as a protective mechanism for muscle cells, which create new usable protein strands. To illustrate just how cutting edge the research on HSPs is, scientists have theorized that their effects may be useful for helping astronauts preserve valuable muscle throughout space flight. Researchers have concluded that HSPs have been shown to act as safeguards against proteotoxic stresses and assist in protein formation and stabilization.

Additionally, HSPs were found to help the newly formed protein fold or configure into the correct 3D shape to make it functional; HSPs also help move the protein to its correct location in the cell. In addition, cutting-edge research shows that HSPs play an extremely crucial role in accelerated protein synthesis and activating intracellular growth signals. HSPs help maintain homeostatic mechanisms and myocellular stability and help generate new functional muscle tissue. Astute researchers have observed that skeletal muscles can upregulate the levels of HSPs during times of intense exercise and researchers believe this can trigger myocellular stability and even amplified anabolic growth potential. A recent breakthrough laboratory study (in-vitro), showed HSPs to be a powerful tool for building muscle. In addition, priming your body for HSP activation pre-workout will help trigger maximum HSP response during training.

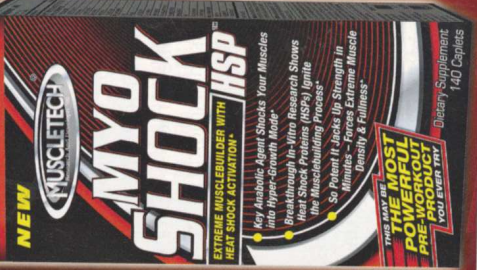
With the power-amplifying ability of HSPs clearly evident, one company instantly went to work formulating a product designed to activate HSPs pre-workout at the cellular level. Team MuscleTech™ brings you MyoShockHSP™—a product that's engineered to jack up strength capacity, increase

"As I trained for the UPA Nationals, I wanted to demolish the competition. That's why I got on MyoShock™. I knew it would help me get bigger and stronger. Now I have something the competition doesn't — the power of MyoShock™!"
— Matt Kroczaleski
PB PULL: 810 LBS.



PULL MORE RAW WEIGHT WITH MYOSHOCK HSP

WARNING: DO NOT EXCEED RECOMMENDED DOSAGE



WHAT IS MYOSHOCK™? IT COULD VERY WELL BE THE MOST POWERFUL PRE-WORKOUT PRODUCT YOU'LL EVER TRY. Team MuscleTech™ researchers know that of all the serious athletes in the world, NONE of them hold a candle to the hardcore intensity of powerlifters. You're the ones that let NOTHING stand in your way of pulling more weight — not pain, not fear, not the blood that spills from your open wounds.

That's why Team MuscleTech researchers developed MyoShock™, the world's FIRST pre-workout HSP activator. It's scientifically engineered to INSTANTLY jack up your strength after the very first serving to help you set new PBs and increase your total at every meet! It is also scientifically engineered to activate Heat Shock Proteins (HSPs), critical biological regulators that are so CUTTING EDGE, scientists have theorized that they may be useful for counteracting the effects of astronauts' muscle degradation in zero-gravity environments! Now elite powerlifters, like you, can get the strength they want and activate HSPs with MyoShock™ — the MOST ADVANCED way to totally demolish your "competition" at your next meet!

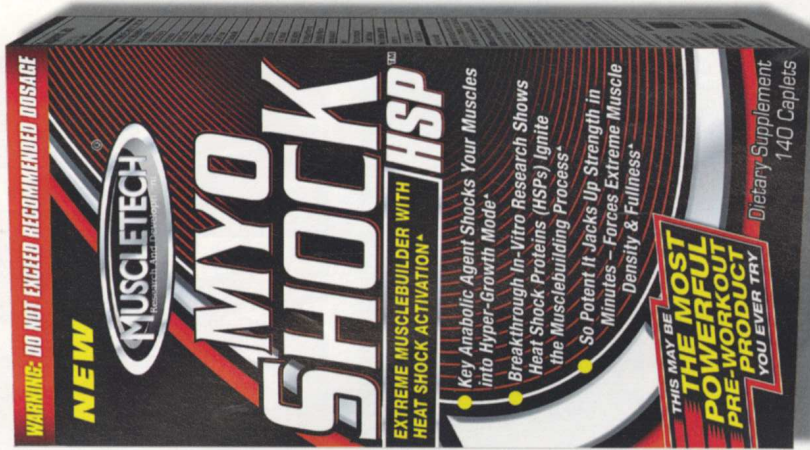
- INSTANTLY JACKS UP LIFTING STRENGTH!
- ACTIVATES HSPs PRE-WORKOUT, FAST!
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BEWARE! Don't settle for imitators — MyoShock™ is the only HSP activator that contains a key ingredient shown to instantly jack up strength!



muscle fullness in minutes and shock muscles into hyper-growth mode. Powerlifters around the world are sure to set record PBs with the relentless power of MyoShockHSP.

REFERENCES

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Houston, M.E. (2001). Biochemistry Primer for Exercise Science. (2nd ed.). Champaign: Human Kinetics Publishers.
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"The next best thing to being clever is being able to quote someone who is."
— Mary Pettibone

I love motivational quotes and passages. In fact, you might say that I have an inordinate preoccupation with collecting inspirational quotes, passages and stories. I doubt seriously if a day has gone by in the last four decades that I didn't attempt to read a new inspiring narrative or passage or a motivational quotation. Reading and collecting motivational stories and books of quotations is one of my pursuits in life. For me they provide daily encouragement and inspiration. Whenever I'm feeling a little down or I am having trouble getting the best out of myself, I'll turn to my collection of positive affirmations for some inspiration and words of wisdom. Like I said, for me positive passages of condensed thought and striking anecdotes, of sound

DR. JUDD

SIMPLE TRUTHS CAN MAKE A DIFFERENCE

as told to PL USA by Judson Biasiotto Ph.D.

but I don't know who, so I will use it as if it were my own.
Anywho, what follows is a collection of my favorite quotes. I hope these quotes will inspire you to achieve your best through good sportsmanship, confidence, hard work, determination and faith. Don't just read through them. Take your time and really digest what your time and really digest what message the authors are trying to convey to you. Irrespective of how inspiring or motivating an inspirational quote may be, it needs to be absorbed in order for it to be effective. So, when you read each quote spare a moment for contemplation of the quote's meaning. Really give them some serious thought. I am hoping, like me, you find these inspirational quotes a source of emotional strength and guidance.

"The will to win means nothing if you haven't the will to prepare."
— Juma Kangaa

"I know what I have to do, and I'm going to do whatever it takes. If I do it, I'll come out a winner, and it doesn't matter what anyone else does."
— Florence Griffith Joyner

"You miss 100% of the shots you don't take."
— Wayne Gretzky

(continued on page 116)

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AMERICA'S STRONGEST MAN

Derek Poundstone Wins the Arnold Classic – Powered by MHP

Not only is Derek Poundstone the strongest man in America—he's also 330 lbs. of rock solid lean muscle and the newly crowned winner of the 2009 Arnold Classic Strongman competition. Derek's size and drive have propelled him to the top of the Strongman ranks. He holds many world records, including the Thomas Inch Dumbbell at 15 reps, the Tire Deadlift at 961 lbs., the title "America's Strongest Man" and now he is the Arnold Classic 2009 Champion!

Derek's world-class power and massively muscled physique is the result of intense training and MHP's high-quality supplements Up Your Mass, T-BOMB and Dark Rage. Derek's Strongman stack has powered him to the top of the field, smashing records and crushing competitors to conquer his goal of becoming the Arnold Classic Strongman Champion!



"NASA HALL-OF-FAMER & MAY 2008 PLUSA COVER BOY J.T. HALL BREAKS 15 PR'S IN JUST 30 DAYS ON USPLABS PRIME!"

"In 30 days, I set more than 15 personal records (pr). My biggest PR is a 680 reverse band bench press and a 455lb x 3 flat barbell bench press. I'm a drug tested national/pro bench press competitor and always looking to get the advantage over my competitors. If you want to set some big PR's in a short time, I highly suggest get several bottles of USPlabs Prime!"

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

STERIOD-LIKE STRENGTH, YET COMPETITION LEGAL?

USPlabs has hit the motherload...

A product that delivers massive strength & recovery, on par or better than pro-hormones (and even mild steroids), yet is completely legal to use in ALL competition because it is:

- A. 100% Natural
- B. Won't skew hormones & cause failed drug tests or false positive powerlifters setting PR's virtually EVERY workout?

There's NEVER been anything like USPlabs Prime before...A potent natural anabolic that delivers all the goods, yet NONE of the sides...

- **Permanent Muscle Gains** – Hormonal levels are not affected, therefore there's no drop-off – What you gain is yours to keep! Permanent Muscle Gains – No "rollercoaster" effect.
- **Enormous Strength Gains** – Own The Weight Room...Own the Platform! Increase your lockout, PRIME will allow you to press harder for longer – Can you imagine training without sticking points!
- **Does not cause shut-down or suppression** – NO Post Cycle Therapy required!
- **Promotes Muscle Gain of Thick, Dense Variety** – Sport that full, 'on' look!
- **Extremely Potent Re-composition Effects** – Even test subjects consuming 750-1000 calories a day ABOVE baseline lost bodyfat while gaining mass & strength!
- **Incredible Recovery Speed** – Feel like you've had a two-week layoff – even the day after the most intense workout of your life! Overnight recovery, be ready to train the very next day. No more sore days off. Recover from GPP work instantly. Do not skip any more workouts because you are 'too sore'.
- **All-Day Muscle Fullness/Hardness** – Your Muscles Will Feel Like Granite!
- **Pumps that do not negatively affect strength/ performance like N.O. boosters...**
- **Balls-To-The-Wall Training** – Train harder and longer than you ever have – and like it!
- **Aggression and drive like never before, feel the rage** – Fight yourself to leave gym and/or take an off day
- **Incredible Euphoria** – **Feel Like Superman!**
- **ZERO Bloat** – Increase vascularity – even while gaining mass & strength! **No puffy look, rock hard**
- **Safe to use in all competition** – all natural ingredients – **WILL NOT** cause positive drug test! Complies with... This is the product that they don't want you to know about. With the ability to train more frequently, **have a HUGE step up on the competition.**

PROVEN BY SCIENCE!

In a 30-day pilot study using experienced lifters, the strength gains were simply mind-blowing... The best gains were 81 pounds on a 3RM squat and 62 pounds on a 3RM bench... in just 30 freakin' days! And the results get better, the longer you use PRIME.



ZERO NEGATIVE SIDES

Wait, did I mention there are ZERO side effects?
...That's right, none of the nasty sides that come along with pro-hormones or steroids. No suppression, no lethargy, no trouble sleeping, no PCT, no bloating, no breaking the law/ rules...
Just **AWESOME** strength, lean mass & recovery that will send your totals skyrocketing!
...Combine USPlabs Prime with your bad-ass training and completely dominate your gym. It's really that simple. Easy to take, too. Simply take 2 caps, 3 times a day with food – That's it!

Best,
Jacob Geisler CEO USPlabs

P.S. Even if you use "prescription anabolics", PRIME is the perfect bridge with PCT between cycles. In fact, you'll be able to maintain and even gain strength when you're "off".

P.S. Little "Instant Strength" trick...If you need to gain a lot of strength in a very short period of time such as pre-comp, "load" 9 capsules of USPlabs Prime a day for a super-charged anabolic effect. Even at 9 caps a day, there's still no negative sides!

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If you truly want to have THE best training experience of your life, I HIGHLY suggest you give USPlabs Prime a shot for 6 weeks. I want you to shatter your previous best while using our product. Why? Because I know once you do, you'll tell everyone about your awesome experience. I'm going to make this a "no-brainer" & take ALL risk away from you. Give USPlabs Prime a legit shot for 6 weeks. If you don't hit at least 1

GNC Pro Performance IPF Deadlift Championships

IPF GNC Pro Performance

7 MAR 09 - Columbus, OH

DEADLIFT DL1 DL2 DL3 Best

140 lbs

A. Hitchcock 437 463 496 463

P. Ribic 496 524 540 540

K. Wallord 485 503 507 485

D. James 502 524 536 524

L. Bilka 452 485 503 485

MALE

181 lbs

T. Herring 705 733 759 733

T. Eisenman 716 746 759 746

198 lbs

C. Terry 694 739 750 750

D. Ricks 666 694 750 666

220 lbs

225 lb

225 lb

242 lbs

N. Yulki 711 761 769 761

275 lbs

B. Eucker 716 750 767 750

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Its second showing at the Arnold Sports Festival in Columbus, Ohio. Again it was held on the main expo stage. That place is absolutely huge and filled to capacity all throughout the weekend. There are wall to wall vendors, booths, sponsored athletes, sports demonstrations, and don't forget the huddled masses of humanity crunched into the room. It took me almost a full hour to make my way from the front door to the back of the hall where the main stage was. The strongman behemoths were getting the crowd fired up just before the deadlift event. As a few of the strongman fans filtered out, the seats were voraciously gobbled up by row fans awaiting the deadlift show. By the time the show was ready to start, every seat was full, and the crowd was standing a full 20 people deep all around the stage.

Just who had all these fans come to see, a collection of 18 of the greatest pullers on the planet. I dare anyone to find another meet that has this much deadlift firepower. The lineup was stacked with national champions, national record holders, world champions, and world record holders. Five females were selected for the competition. You had perennial world champ and returning winner of the GNC deadlift competition, Priscilla Ribic. Inger Bilka was the lone international competitor, and she has been lifting heavy iron for many years in Norway. In fact she is 48 years old and still in this elite class of female pullers which is quite an accomplishment. The final 3 ladies in the field were 30 years of age and under. Kimberly Wallord was there at just over the 148 pound limit. Alyssa Hitchcock was also a fairly light competitor at just over 150 pounds. I have seen her many times helping and coaching at the USAPF High School Nationals with the Seahawk team and she always looked like she could deadlift the house, so I was excited to finally get to see her lift. The final competitor was the junior age group deadlift phenom from Texas, Dalaani James.

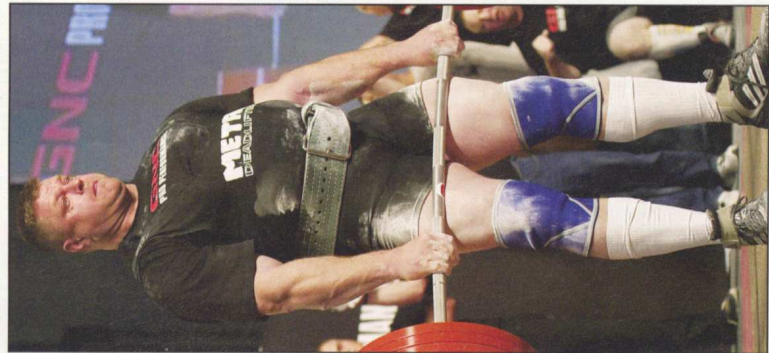
When the strongmen had cleared the stage, the platform was quickly readied for the deadlifting. Hitchcock started with the lightest opener and that was a very fine 435 lbs. She pulled it up easily, but was a bit quick putting it down and got reds for not leaving her shoulders back far enough. Bilka quickly hit a nice 452 and the other 3 ladies all went over 485 with Wallord going 485, the defending champ. Ribic going 496, and the phenom James with the highest opener 502. The gauntlet had been laid down and if Ribic wanted to defend her title, she was going to have to earn it against the quick rising James.

On seconds, Hitchcock jumped to 463 and again pulled it easily, and this time was much slower as she was nearing her max 485, but this time was patient and got the 3 whites. Bilka hit poundage. Wallord made the smallest jump to 502, but missed. That left James and Ribic again with the 2 highest lifts, but Ribic strategically called for the same weight as James, knowing she was the lighter lady. They both pulled their lifts of 524 and Ribic was now in first on bodyweight.

On thirds, Hitchcock made another nice jump to 496, but it was just a tad too heavy. Bilka made a small increase to 502, but she was spent after her tough second. She still finished with a nice smile on her face and a wave to the crowd. Despite missing her second, Wallord decided to jump to 502. It was a curious jump and she must have picked that number based on a personal goal as repeating her 485 would have put her above James into second even if James got her third, and jumping to 502 was still going to leave her a few tenths of a point behind Ribic even if Ribic missed her third. It turned out to be inconsequential as she missed the small jump and stayed locked into third. James had tested the defending champ, but was feeling her limits approach as she chose 535 and just missed it. Ribic picked 540 to have both the biggest coefficient and the biggest pull outright. Just as she has done at so many national and world competitions, she picked just the right number and pulled it perfectly. A very fine performance by the ladies especially considering many had just lifted a few weeks prior at the USAPF Women's Nationals.

All of the ladies pulled over 460 pounds, excellent considering the average bodyweight was only 156 pounds. It took nearly 225 Wilkes points just to pull into the top 3. Ribic is still the queen of deadlift, but there are a few little iron princesses on her tail, and next year's meet should be a real nail biter.

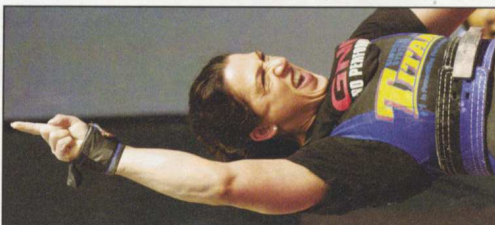
(continued on page 94)



Brad Cillingham got a solid PR and possibly could have gone over 900 (thanks to Brad for lining up these photos and for his comments on the event)



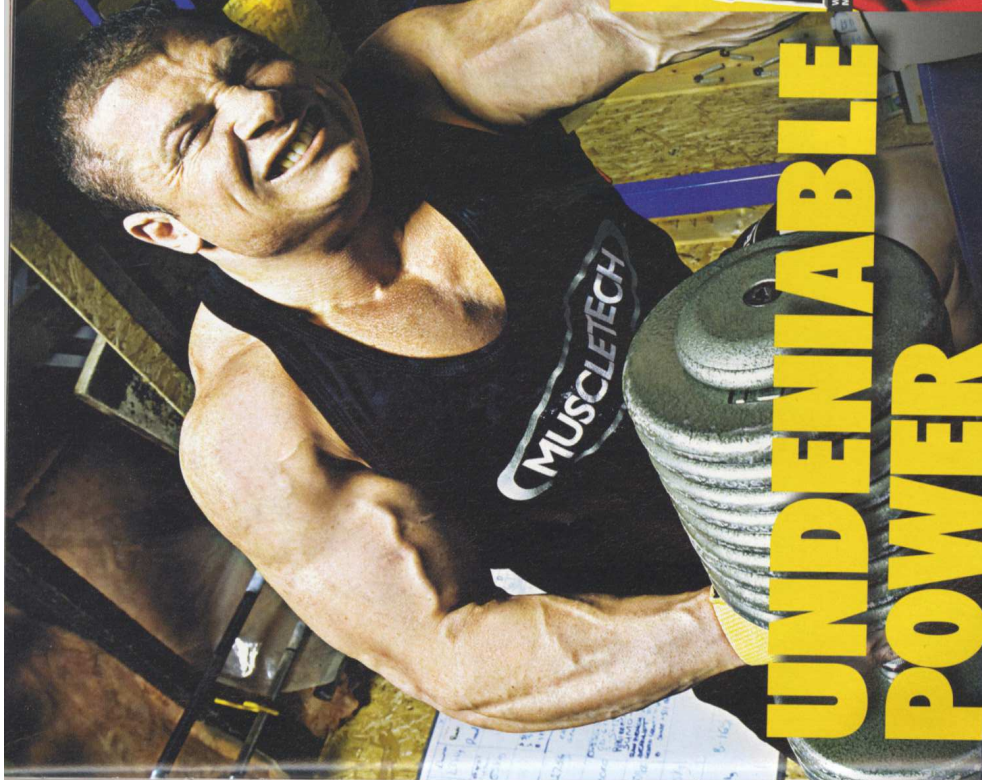
Jon Krogman - the 2007 IPF Junior World Champion, is only 22 years old! (all photos by Fei Lung)



Priscilla Ribic signifies her first place position in the race for \$1000 in the women's category



Craig Terry made all 3 attempts



MATT KROCZALESKI
Powerlifter: 220 Class
Squat: 1,014 lbs.
Bench: 709 lbs.
Deadlift: 810 lbs.



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"I THOUGHT I WAS STRONG BEFORE
JOINING TEAM MUSCLETECH, BUT NOW
WITH CRYOTEST I'M AN ANIMAL!"
— MATT KROCALESKI

LIFT WITH RAW TESTOSTERONE

When you talk about the most hardcore sports on the planet, nothing is more balls-to-the-wall intense than powerlifting. And when it comes to the craziest and most bad-ass lifts out there, nobody hits them harder than powerlifting freak and Team MuscleTech™ superstar Matt Kroczaleski. Matt knows that jacking up testosterone is a major part of getting freaky power, which is why he only relies on the world's most hardcore anabolic testosterone amplifier — CryoTest™.

DRAMATICALLY INCREASE RAW TESTOSTERONE WITH CRYOTEST

When it's all about power, testosterone separates the men from the boys. So the faster you can jack up testosterone, the better. That's why Team MuscleTech sought out the very latest research from the *Journal of the International Society of Sports Nutrition*. In this study, a powerful key compound in the CryoTest formula was found to increase

BOOST AND DRIVE RAW TESTOSTERONE INTO MUSCLES WITH CRYOTEST TO UNLEASH YOUR TRUE LIFTING POWER!

testosterone just 3 days after dosing! After just 14 days, this same compound increased testosterone to over 10,000pg/mL! This is the maximum physiological level possible. (Maximum physiological levels represent the highest levels of testosterone within the normal range for men. Anything higher would be supraphysiological).

CRYOTEST DRIVES TESTOSTERONE DIRECTLY INTO MUSCLES

Not only does CryoTest jack up testosterone levels, but it's also engineered to drive it directly into muscles. To do this, Team MuscleTech researchers endowed CryoTest with another groundbreaking compound that was based on intense third-party research conducted at the Human Performance Laboratory at the University of Connecticut. This powerful compound increases androgen receptors and was added to the CryoTest formula to drive anabolically active testosterone directly into muscle cells, where it can trigger signals for strength increases.

JACK UP TESTOSTERONE WHILE REDUCING DHT

Team MuscleTech knows that jacking up testosterone levels is crucial for powerlifters. Unfortunately, an increase in testosterone can lead to an increase in the unwanted metabolic DHT. This increase can cause negative side effects like acne and baldness. CryoTest has been formulated with a key compound that was shown in a clinical study to boost testosterone while reducing DHT in only 14 days! For hardcore powerlifters like you, this means extreme testosterone-driven power. Another reason why CryoTest is superior. Get on CryoTest and start lifting with raw testosterone!

After only 21 days of a study on a key compound in CryoTest, test subjects dramatically increased pre-workout androgen receptor concentration. Read the label before use. CryoTest™ is patented. © 2009.

JACK UP TESTOSTERONE LEVELS TO OVER 10,000 pg/mL!



In a two-week study on a key complex found in CryoTest™, researchers showed that the average level of serum total testosterone increased to maximum physiological levels! (Maximum physiological levels represent the highest levels within the normal range for men. Anything higher would be supraphysiological.)

ONLY CRYOTEST JACKS UP
TESTOSTERONE TO MAXIMUM
PHYSIOLOGICAL LEVELS
WHILE REDUCING DHT!

WARNING: NEVER EXCEED RECOMMENDED DOSAGE



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Like most everyone, when I was in my twenties I felt I was invincible. I could work eight hours a day at a relatively physical job and then hit the gym for a heavy deadlift workout. The next day, I'd be back to work again and follow that up with some heavy benching in the evening. I'd sprain my ankle on Sunday playing softball and 2 days later hit some squats. Now, during my middle age crisis years, this is not the case. Aches and pains last a lot longer than they used to. As a powerlifter or any athlete progresses in years, he must take into account the effects that age can have on his training as well as general health. In this article, I'd like to outline a few pointers that can keep our over 40 readers recording PRs just that much longer.

The drop-off in our recuperative ability is perhaps age's greatest effect, but there are a few things we can do to fight back. First, maintain or increase your recuperative ability. Increased attention to nutrition is a sure-fire way to maintain or increase your recuperative ability. Eat more high quality, low fat, high fiber foods. Give your body the nutrients it needs and the chances of quicker recuperation and overall well being will increase.

I am not recommending complete abstinence from the all your favorite foods, but moderation is the best way to go. For insurance, take a

high quality vitamin-mineral supplement daily. There are several nutritional products on the market like fish oils and glucosamine that many believe can decrease joint pain. A protein shake about 45 minutes after your workout would add concentrated protein to help rebuild the muscles torn down during lifting.

Recuperation is not usually a high priority for most powerlifters. When we're young, fitness may not be an issue, but it should be as we mature. Not only will adding aerobic work to your routine burn more fat, but it will also increase your recuperative ability. I am not suggesting training for marathons; moderation is the key here. Add 2-3 days a week of low impact aerobic work, such as stationary biking, swimming, or elliptical work. If you choose to run or jog, use the proper shoe and if possible, run on a treadmill with a shock-absorbing track to lower the impact on your

Many time **World Champion Gene Bell** with his son **Ian Bell**, who just won the **Division I Championship Best Lifter** award at the **Texas State High School Championships** with lifts of **630, 310, and 650** at **179 lbs.** Ian may train with the same intensity and routines that Gene did when he was younger, but those same programs might not be the choice Gene would make now that he is in the masters category.

work. I suggested earlier as well as life's other challenges. More frequent training layoffs are also a good idea. Take one week off from weights every 12 to 16 weeks to rest both your body and mind. The amount of competitions we enter should also be reduced. Entering fewer competitions would require less time spent lifting maximum weights. Two to three meets per year would be a good target. Depending on the lifting association you compete in, you may be eligible to lift in masters or sub-masters events. These will pit you against other lifters in your age group.

While decreasing the amount of training, I suggest increasing the amount of reps you do, especially in the off season. Include more sets in

also allow more time for the aerobic

STARTIN' OUT

Getting Older? Get Smarter!

as told to Powerlifting USA by Doug Daniels



work. I suggested earlier as well as life's other challenges. More frequent training layoffs are also a good idea. Take one week off from weights every 12 to 16 weeks to rest both your body and mind. The amount of competitions we enter should also be reduced. Entering fewer competitions would require less time spent lifting maximum weights. Two to three meets per year would be a good target. Depending on the lifting association you compete in, you may be eligible to lift in masters or sub-masters events. These will pit you against other lifters in your age group.

While decreasing the amount of training, I suggest increasing the amount of reps you do, especially in the off season. Include more sets in

also allow more time for the aerobic

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the 15-30 rep range. These higher rep sets place less stress on the body and allow better lifting form. Finishing off with a high rep set of 20-30 can pump the muscles with refreshing blood, aiding recuperation. More warm-up sets and reps may be required to get loose and prevent injury also. Warm-up progressions you used early in your lifting career may not work anymore.

Let's go back to better lifting form for a second. Since we tend to recover from injuries slower as we age, this would demand better attention to exercise form. Many unnecessary injuries occur due to bad lifting form. Hopefully, a mature lifter would not be tempted to lift too heavy a weight with sloppy form just to stroke his ego. The side benefit of better form is increased work on the targeted muscle groups and that should lead to better results.

I also suggest reconsidering the weight class you compete at. At a younger age carrying around excess weight generally presents less health risks than it would to an older lifter. A better diet and increased aerobic work can help drop the fat pounds and increase your efficiency as well as improving your health prospects. This is especially important if you have high blood pressure or a risk of diabetes.

Chronological years are not the only measurement of an athlete's age. Years of powerlifting can even effect a younger lifter. Just like pro football running backs, powerlifters absorb a lot of wear and tear from their chosen sport. Numerous meets and countless heavy training sessions add up over time. There are rare cases of lifters who can compete for decades or running backs who last more than 12 years in the NFL, but these are exceptions. Consult a sport medicine doctor or health professional if you have chronic pain or suffer any more than a minor injury.

Getting older does not mean the end of your powerlifting career. However, it should mean re-evaluating your training and nutritional practices. Train smarter and eat better. In fact, many of my suggestions could be used by younger lifters also. You may not be what you used to be, but you can still enjoy powerlifting for many more years. Just get smarter.

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Joe Ceklowsky
All-Time World Record
600lb bench @ 148lbs.



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class, aside from guest lifter Ulyana Pikhunyk, with a bench press of 214 pounds. Jen also successfully made her second attempt at 102.5 kilos (226 pounds). Jen later told me that she and her husband, Dan, both won their weight classes. She thinks they may be the first husband/wife team to have done this! Pretty cool. Hopefully, they will have more time to have their little one together before they head off to the 2009 IFFB Bench Press Worlds!

Cathy Marksteiner put up an impressive raw bench in the masters 3 division with a second attempt of 182 pounds. She also went for 187 pounds on her third attempt, but this lift was not good. Cathy is another one of those amazing people who after lifting spent the rest of the meet judging and helping out, making sure things ran smoothly. She came in first in the Masters 3 division and raw bench press.

Maureen Chary came in second in the open division and second in the masters 3 with a bench press of 171 pounds. Sarah also placed first in the 132 pounds class with a bench press of 132 pounds. She also placed first in the 132 pounds class. Guest lifter Ulyana Pikhunyk, put on quite a show with a final bench press of 130 kilos (286.5 pounds). For full results, see the meet results.

Three lifters battled it out at 165 pounds for the open title: C.I. Smith, 2008 Bench Press Worlds team member, Tammy Walker, a local North Carolina favorite, and Ali Miller, who is coached by Robb Gibshan. Both C.I. and Tammy made big opening attempts with 248 pounds. Ali opened up with 214 pounds, but missed the lift. Both C.I. and



Jennifer Thompson (c. Newman)

USAPL Bench Press Nationals as told to PL USA by Maura Shuttleworth

Ann when I grow up. Although Ann is in the M3 age category, she competed in the open division. Ann opened up with an easy bench of 165 pounds. She moved up to 176 pounds for a successful second attempt. 68.5 kilos. This was her first time on this day and she ended up with her second attempt of 176 to win the 105-pound class. This in perspective, most open 105 lifters in the U.S. cannot even bench close to this!

Next up was the women's 114-pound class. This class was a battle between three experienced lifters: Diam Nelson (2008 Masters World Bench team member), Julie Smith (2007 National Bench Champion at 114 and 2008 Bench Worlds team member), and me, after a move up to the 114s from the 105s. Diam is a truly phenomenal lifter. She opened up with a bench of 146 pounds. She lifted 146 on her first attempt, but she missed her opening lift. Diam and I both made

Diam moved up to 154 pounds for a new American raw record on her second attempt. I made a successful attempt at 182 pounds. Diam attempted 159 on her third, but it was a little too heavy. She will undoubtedly get that 159 soon. With a little extra body weight in my new weight class, I benched 198 on my third attempt. Unfortunately, Julie Smith could not get a lift in with all the weight cutting she had done to make the 114s. I have to give a lot of credit to Diam. It has been a real challenge, we would have been back to back.

In the 123-pound class, 2008 IFFB Bench Press World Champion Teale Adelman was ready to dominate! After getting her first taste of IFFB gold, Teale was hungry to insure her place on the USA World Team. She came in favored to win, but there were several other veteran lifters in this class: Gina Benton (two-time Bench Worlds team member), Mary Cencich (2006 Bench Worlds team member), and Joanne Harms (multi-time Masters Bench Worlds team member). Rounding out the class was a relative newcomer: Liz D'Entremont. Teale opened up with a 110-lb press (247 pounds) and this was a personal record for her and a new place on the Open Bench Worlds team.

At this point, it was a fight for second among the rest of the class. Hometown girl, Gina Benton, opened up with a successful attempt at 95 kilos (209 pounds). I believe this was a personal record for her and a new North Carolina state record. Liz made her

S. Miller	126	132	143	132	B. Eringer	193	193	209	193	Master I	187	220	—	220
L. Padue	99	104	110	110	M. Miller	298	298	309	309	M. Miller	430	452	463	452
T. Walker	248	259	259	259	Master III	301	303	303	309	G. Curtis	287	309	320	309
M. Miller	244	231	248	248	C. Mangra	231	265	265	231	Guest	573	573	—	—
S. McKinlay	181	181	192	192	Master VI	204	231	243	243	V. Narolsky	347	364	369	364
D. Dean	393	393	393	393	M. Lawson	231	265	265	231	J. Bardley III	347	364	369	364
D. Nelson	148	154	159	154	M. Beck	148	148	148	148	D. Semans	358	358	397	358
M. Sura	220	225	236	225	Master I	231	265	265	231	L. Highman	391	408	408	—
R. Hackney	140	148	165	148	S. Petrenak	331	369	369	331	Junior Raw	248	276	292	292
H. Oxtord	253	264	270	270	Master VI	292	309	309	309	J. Sturman	353	364	364	353
D. D'Entremont	374	374	407	407	J. Smith	446	480	485	446	T. Zintmaster	474	474	491	491
D. Drumm	253	297	316	253	Guest	397	430	457	397	D. Thurman	564	564	584	—
F. Huston	198	215	231	215	M. Olynyk	430	452	457	457	M. Har	551	551	557	557
MALE	198	215	231	215	D. D'Entremont	419	430	430	419	Master III	342	353	358	342
H. Sauer	225	238	248	248	D. Madaglia	430	430	430	430	C. Smith	325	336	353	336
J. Ramirez	209	209	209	209	Master III	220	—	353	220	P. Carroll	309	336	336	309
P. Gaudreault	214	225	242	225	L. Miller	276	292	320	292	B. Clayton	342	353	364	353
I. Gaudreault	170	181	187	181	Master V	—	—	—	—	D. Cumberrow	342	353	364	353
Master II	170	181	187	181	Master VII	—	—	—	—					
Master I	148	159	165	165										
M. Chary	170	181	187	181										
M. Chary	148	159	165	165										
P. Burnett	132	143	154	132										
N. Hubbard	132	143	154	132										

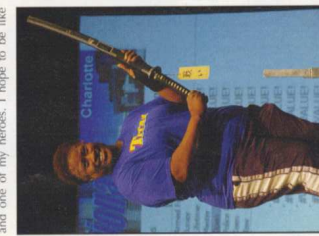
As the qualifier for the 2009 IFFB Bench Press Worlds, the 2008 Bench Nationals was sure to be the bench press event of the year. Sure enough, on Labor Day weekend, 174 lifters descended on Charlotte, North Carolina to show off their skills.

Meet directors Jennifer Thompson and Tim Anderson, coached by USAPL World Bench Team Coach Donor Thompson, pulled out all the stops to make this an unforgettable experience for the lifters. Omni Hotel in downtown Charlotte with a rooftop pool and a gorgeous luxury hotel with a dining room and a sunning deck. The meet directors managed to get some seriously discounted rates on these hotel rooms for the lifters. Jen and Tim also planned numerous social activities for the lifters, including a meet and greet the evening before the meet started and an after party at Whiskey River.

The meet itself was held in the Spirit Square Theatre, only a short walk from the hotel. There, only a short walk from the hotel, about having to walk, but it was only a few blocks. With Tim Anderson helping to plan the meet, the lifters had a great time. Tim and I were told me at Bench Worlds 2007 in Denmark that I should drive to the North Sea rather than walk and that turned out to be about a ten-minute walk.

Seriously, the Spirit Square Theatre is a great venue. It has great visibility for the spectators since it is set up as a theatre. The warm-up room was huge and had plenty of high-quality benches for the lifters to get ready on.

First lifters up were the women. Ann Leverett was the sole competitor in the 105-pound class. Ann is an amazing lifter and one of my heroes. I hope to be like



Deb Ferrell and her sword award

USAPL Bench Press Nationals	30-31 AUG 08 - Charlotte, NC
BENCH	BP1 BP2 BP3 Best
FEMALE	
A. Leverett	165 176 183 176
Shuttleworth	170 181 198 198
D. Nelson	148 154 159 154
M. Sura	165 165 165 165
123 lbs.	
T. Adelman	242 253 271 271
G. Benton	209 220 220 209
D'Entremont	170 181 187 181
M. Cencich	154 159 165 165
Ann	88 95 111 181
132 lbs.	
J. Thompson	308 325 325 308
H. Sauer	225 238 248 248
J. Ramirez	209 209 209 209
P. Gaudreault	264 275 286 286
I. Gaudreault	214 225 242 225
Master II	170 181 187 181
M. Chary	170 181 187 181
M. Chary	148 159 165 165
P. Burnett	132 143 154 132
N. Hubbard	132 143 154 132

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his team of researchers tested 13 healthy male adults over a 23-day period. Using a computer-controlled isokinetic dynamometer (the most widely used device for objectively measuring muscle strength), test subjects using the key complex in GAKIC Hardcore experienced, on average, a 10.5 percent instant surge in strength with their very first dose. One extraordinary test subject even saw his strength increase by a freaky 24.3 percent... yes, 24.3 percent!

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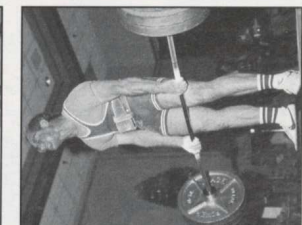
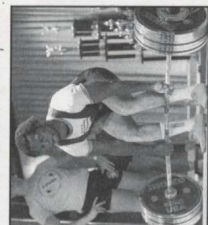
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Curtis Payne - a magnificent puller



(Above) **Ray Benemerito** - out-totaled the world in '95. (Below) **Vinson Keytea** - historic lifts in the ADFPF. (Bottom) **Bob McKee** was a former IPF World Champion.



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

Rank	Name	YOB/Date	Actual Weight	Exact Bodyweight	Location/Federation
1.	791.5	(359.0)	4,37X		
2.	771.6	(359.0)	4,24X		
3.	766.1	(347.5)	4,21X		
4.	759.5	(347.5)	4,13X		
5.	750.5	(340.2)	4,12X		
6.	750.0	(340.2)	4,118X		
7.	749.6	(338.0)	4,14X		
8.	745.2	(338.0)	4,10X		
9.	744.1	(337.5)	4,20X		
10.	744.1	(337.5)	4,09X		
11.	744.1	(337.5)	4,09X		
12.	744.1	(337.5)	4,10X		
13.	740.0	(335.7)	4,07X		
14.	738.5	(335.7)	4,06X		
15.	734.5	(332.5)	4,06X		
16.	734.5	(332.5)	4,06X		
17.	733.0	(332.5)	4,03X		
18.	730.0	(331.1)	4,03X		
19.	727.5	(330.0)	4,06X		
20.	727.5	(330.0)	4,06X		
21.	725.0	(328.9)	3,99X		
22.	725.0	(328.9)	3,99X		
23.	725.0	(328.9)	3,99X		
24.	725.0	(328.9)	3,99X		
25.	722.0	(327.5)	3,97X		
26.	722.0	(327.5)	3,97X		
27.	722.0	(327.5)	3,97X		
28.	720.0	(326.6)	3,96X		
29.	720.0	(326.6)	3,96X		
30.	720.0	(326.6)	3,96X		
31.	720.0	(326.6)	3,96X		
32.	716.5	(325.0)	3,94X		
33.	716.5	(325.0)	3,94X		
34.	716.5	(325.0)	3,94X		
35.	705.5	(320.0)	4,01X		
36.	705.5	(320.0)	4,01X		
37.	705.5	(320.0)	3,88X		
38.	705.5	(320.0)	3,88X		
39.	705.5	(320.0)	3,88X		
40.	705.5	(320.0)	3,88X		
41.	705.5	(320.0)	3,88X		
42.	705.5	(320.0)	4,05X		
43.	705.5	(320.0)	3,93X		
44.	705.5	(320.0)	3,93X		
45.	705.5	(320.0)	3,88X		
46.	705.5	(320.0)	3,88X		
47.	705.5	(320.0)	3,88X		
48.	705.5	(320.0)	3,88X		
49.	705.5	(320.0)	3,88X		
50.	705.5	(320.0)	3,88X		

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

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

Rank	Name	YOB/Date	Actual Weight	Exact Bodyweight	Location/Federation
1.	521.3	(250.5)	3,80X		
2.	521.3	(250.5)	3,80X		
3.	545.0	(242.0)	3,37X		
4.	524.7	(238.0)	3,67X		
5.	510.0	(231.3)	3,44X		
6.	501.6	(227.5)	3,37X		
7.	501.6	(227.5)	3,37X		
8.	500.0	(226.0)	3,37X		
9.	500.0	(226.0)	3,37X		
10.	500.0	(226.0)	3,39X		
11.	496.5	(222.5)	3,30X		
12.	496.5	(222.5)	3,30X		
13.	496.5	(222.5)	3,32X		
14.	496.5	(222.5)	3,32X		
15.	479.5	(217.5)	3,35X		
16.	479.5	(217.5)	3,22X		
17.	479.5	(217.5)	3,22X		
18.	479.5	(217.5)	3,22X		
19.	474.0	(215.0)	3,19X		
20.	474.0	(215.0)	3,19X		
21.	470.0	(213.0)	3,19X		
22.	465.0	(210.0)	3,12X		
23.	465.0	(210.0)	3,13X		
24.	465.0	(210.0)	3,11X		
25.	463.0	(210.0)	3,11X		
26.	463.0	(210.0)	3,11X		
27.	463.0	(210.0)	3,11X		
28.	463.0	(210.0)	3,13X		
29.	463.0	(210.0)	3,07X		
30.	457.5	(207.5)	3,15X		
31.	457.5	(207.5)	3,15X		
32.	457.5	(207.5)	3,19X		
33.	457.5	(207.5)	3,19X		
34.	451.9	(205.0)	3,04X		
35.	451.9	(205.0)	3,04X		
36.	451.9	(205.0)	3,04X		
37.	451.9	(205.0)	3,25X		
38.	451.9	(205.0)	3,06X		
39.	451.9	(205.0)	3,09X		
40.	451.9	(205.0)	3,04X		
41.	451.9	(205.0)	3,04X		
42.	450.0	(204.5)	3,08X		
43.	446.4	(202.5)	3,22X		
44.	440.9	(200.0)	3,28X		
45.	440.9	(200.0)	3,05X		
46.	435.4	(197.5)	2,95X		
47.	435.4	(197.5)	2,95X		
48.	435.4	(197.3)	2,92X		
49.	435.0	(197.3)	2,92X		
50.	435.0	(197.3)	2,92X		

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

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

Rank	Name	YOB/Date	Actual Weight	Exact Bodyweight	Location/Federation
1.	791.5	(359.0)	4,37X		
2.	771.6	(359.0)	4,24X		
3.	766.1	(347.5)	4,21X		
4.	759.5	(347.5)	4,13X		
5.	750.5	(340.2)	4,12X		
6.	750.0	(340.2)	4,118X		
7.	749.6	(338.0)	4,14X		
8.	745.2	(338.0)	4,10X		
9.	744.1	(337.5)	4,20X		
10.	744.1	(337.5)	4,09X		
11.	744.1	(337.5)	4,09X		
12.	744.1	(337.5)	4,10X		
13.	740.0	(335.7)	4,07X		
14.	738.5	(335.7)	4,06X		
15.	734.5	(332.5)	4,06X		
16.	734.5	(332.5)	4,06X		
17.	733.0	(332.5)	4,03X		
18.	730.0	(331.1)	4,03X		
19.	727.5	(330.0)	4,06X		
20.	727.5	(330.0)	4,06X		
21.	725.0	(328.9)	3,99X		
22.	725.0	(328.9)	3,99X		
23.	725.0	(328.9)	3,99X		
24.	725.0	(328.9)	3,99X		
25.	722.0	(327.5)	3,97X		
26.	722.0	(327.5)	3,97X		
27.	722.0	(327.5)	3,97X		
28.	720.0	(326.6)	3,96X		
29.	720.0	(326.6)	3,96X		
30.	720.0	(326.6)	3,96X		
31.	720.0	(326.6)	3,96X		
32.	716.5	(325.0)	3,94X		
33.	716.5	(325.0)	3,94X		
34.	716.5	(325.0)	3,94X		
35.	705.5	(320.0)	4,01X		
36.	705.5	(320.0)	4,01X		
37.	705.5	(320.0)	3,88X		
38.	705.5	(320.0)	3,88X		
39.	705.5	(320.0)	3,88X		
40.	705.5	(320.0)	3,88X		
41.	705.5	(320.0)	3,88X		
42.	705.5	(320.0)	4,05X		
43.	705.5	(320.0)	3,93X		
44.	705.5	(320.0)	3,93X		
45.	705.5	(320.0)	3,88X		
46.	705.5	(320.0)	3,88X		
47.	705.5	(320.0)	3,88X		
48.	705.5	(320.0)	3,88X		
49.	705.5	(320.0)	3,88X		
50.	705.5	(320.0)	3,88X		

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

Rank	Name	YOB/Date	Actual Weight	Exact Bodyweight	Location/Federation
1.	791.5	(359.0)	4,37X		
2.	771.6	(359.0)	4,24X		
3.	766.1	(347.5)	4,21X		
4.	759.5	(347.5)	4,13X		
5.	750.5	(340.2)	4,12X		
6.	750.0	(340.2)	4,118X		
7.	749.6	(338.0)	4,14X		
8.	745.2	(338.0)	4,10X		
9.	744.1	(337.5)	4,20X		
10.	744.1	(337.5)	4,09X		
11.	744.1	(337.5)	4,09X		
12.	744.1	(337.5)	4,10X		
13.	740.0	(335.7)	4,07X		
14.	738.5	(335.7)	4,06X		
15.	734.5	(332.5)	4,06X		
16.	734.5	(332.5)	4,06X		
17.	733.0	(332.5)	4,03X		
18.	730.0	(331.1)	4,03X		
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20.	727.5	(330.0)	4,06X		
21.	725.0	(328.9)	3,99X		
22.	725.0	(328.9)	3,99X		
23.	725.0	(328.9)	3,99X		
24.	725.0	(328.9)	3,99X		
25.	722.0	(327.5)	3,97X		
26.	722.0	(327.5)	3,97X		
27.	722.0	(327.5)	3,97X		
28.	720.0	(326.6)	3,96X		
29.	720.0	(326.6)	3,96X		
30.	720.0	(326.6)	3,96X		
31.	720.0	(326.6)	3,96X		
32.	716.5	(325.0)	3,94X		
33.	716.5	(325.0)	3,94X		
34.	716.5	(325.0)	3,94X		
35.	705.5	(320.0)	4,01X		
36.	705.5	(320.0)	4,01X		
37.	705.5	(320.0)	3,88X		
38.	705.5	(320.0)	3,88X		
39.	705.5	(320.0)	3,88X		
40.	705.5	(320.0)	3,88X		
41.	705.5	(320.0)	3,88X		
42.	705.5	(320.0)	4,05X		
43.	705.5	(320.0)	3,93X		
44.	705.5	(320.0)	3,93X		
45.	705.5	(320.0)	3,88X		
46.	705.5	(320.0)	3,88X		
47.	705.5	(320.0)	3,88X		
48.	705.5	(320.0)	3,88X		
49.	705.5	(320.0)	3,88X		
50.	705.5	(320.0)	3,88X		

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

Rank	Name	YOB/Date	Actual Weight	Exact Bodyweight	Location/Federation
1.	791.5	(359.0)	4,37X		
2.	771.6	(359.0)	4,24X		
3.	766.1	(347.5)	4,21X		
4.	759.5	(347.5)	4,13X		
5.	750.5	(340.2)	4,12X		
6.	750.0	(340.2)	4,118X		
7.	749.6	(338.0)	4,14X		
8.	745.2	(338.0)	4,10X		
9.	744.1	(337.5)	4,20X		
10.	744.1	(337.5)	4,09X		
11.	744.1	(337.5)	4,09X		
12.	744.1	(337.5)	4,10X		
13.	740.0	(335.7)	4,07X		
14.	738.5	(335.7)	4,06X		
15.	734.5</				

BIGGER FASTER STRONGER



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OPTIMIZE your body.

THE STRONGEST POWERLIFTER ON THE PLANET

DONNIE THOMPSON

USES IT!

THE BADDEST POWERLIFTER ON THE PLANET

CHUCK VOGELPOHL

USES IT!

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

I am not sure how many of you remember me, but as an introduction, allow me say hello and thank you for reading my story. Last November I wrote about my quest to change my lifestyle. After breaking many world records in the bench press and making the number one spot in the Bench Press Hall of Fame for heaviest unequipped over triple body weight lift (556 in the 181 class), I got fat and out of shape. I am not sure how it happened. I got older, life deals out many hands to play and it just happened. Turning 50 was the straw that broke the camel's back. Now or never. I chose NOW. So I bring you part two or what I like to call.

I'm Not Half the Man I Used to Be... I Am Three Quarters

Crossing the finish-line I realized some important things:

1. Winning is not the most important thing.
2. With proper training and mental attitude we can accomplish much.
3. No man is an island.

The journey began 8 months ago at a time in my life when change was necessary. 205 lbs. was the calendar reading. Big fat out of shape was my self evaluation. I knew I had not reached the over-the-hill stage yet as Grandma Weil is still kicking at 108. Mentally I prepared for a drastic life-style change.

The diet was tough. I eat lots of fruit, yogurt, granola, and diet soda during the work day. Followed later in the day with chicken, veggies and pasta for dinner. The new rule: eat when hungry only. The eating patterns needed to change. Evenings with the remote control always seemed to trigger the snack button. Noon meant lunch. Middle of the night trips to the bathroom meant a stop in the kitchen for a snack. Advertisements needed to stop working on me (two all beef patties, special sauce, lettuce, cheese,

I'm Not Half the Man I Used to Be... I Am Three Quarters as told to Powerlifting USA by Rick Weil

know what these wonderful people do for jobs. I do not feel close about their families. But I know about them. When a new person shows up for a class I want them to succeed and feel welcome. Our leader Erica stresses the importance of not making sense now. We have individual goals, but we work together as a unit. I am pretty sure my turn signals on my truck really do not know Mr. Brake Pedal. And Auntie Seat Belt rarely visits the spare tire. But they all make up my means of transportation, working together to get me to my destination. (You want good analogies, get Readers Digest.)

I set my goal for the Marathon, but more importantly I let everyone know this goal. It is so easy to back out of a goal that no one knows about. Oddly enough, I found several of my Boot camp family members were also running the marathon, half marathon or 15k. I lost a lot of weight while training and dieting. I ran farther each week and got in better shape. The marathon was getting closer. I set sub goals. Finish in under 4 hours getting up at 4 a.m. to get to class. But then the most amazing thing started to happen. I found that the group at the 5:30 a.m. boot camp became my drive, my competition, my support. I never trained that way when I was breaking world records. I could barely walk 14 days before a 26.2 mile run. Needless to say, I started to baby my knee. Ice, heat, stretch, more ice, stretch again.

Walk when the class was running. I called my sister in Buffalo. Nancy is a psychic and she must be pretty good because I do not believe that kind of stuff, but I cannot explain some of the things she has said and seen in her trances. Nancy told me

that she saw me crossing the finish line and that the hurt knee was to add Drama to the story she knew I was going to end up writing. Well, I did cross the finish line and you are reading the story and there certainly is some drama added to the experience.

I did not finish in 4 hours 30 minutes. I finished in 5 hours and 15 minutes. My knee felt like it was ready to explode for about 18 of the 26 miles. I had runners in their 70's and 80's passing by me, but all the time with words of encouragement for me. And I crossed. Breaking world bench press records was no doubt an amazing feeling of accomplishment, but I can honestly say I felt as much if not more pride finishing 782nd out of 1303. I brought a thank you card to the race organizer and gave her a big hug.

I am 157 lbs. this morning and started a new Boot camp class. I finished way ahead of my class in the timed two mile, but could not complete all of the abdominal exercises that Torturella (my nickname for our instructor Erica) had us perform. I am three quarters of the man I was back 8 months ago. But only based on the gravitational pull of my prior fat body. I feel like not just twice the man I was, but a healthier more positive confident man. I am already training for the next marathon. Always need another goal set. The big change is I go into the gym at 5 a.m. to work out with free weights before Boot Camp. Please do not ask what I bench press now. I can tell you it is not triple my body weight. However, you may see me back, going after some Master World Records in the near future.

I realize how far I have come. After crossing the finish line, someone from the class was there to cheer all of us on. She wanted a picture of me with my wife. It was the first time in years that prior to the click of the shutter I had no need to suck in my gut.



The Core Fitness Gang - Rick is kneeling in the front and instructor Erica in green, at right



Rick Weil's historic 556 lb. press in the 181 lb. class at the '86 APF Senior Nationals

THE RAGE

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



- The Round-Sleeve™ design is very user-friendly because it accommodates many benching styles.

- Reinforced thicker neck. No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

- Stretchy-Back™ makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

- Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

- The combination of several new contours built into the pattern complement the already superior RageX system.

- SOLID SEAM™ technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

- RAGE X IS FOR EXPERIENCED BENCH PRESSERS- ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press.

- Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- RageX in DOUBLE LAYER- Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

- Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

- The RageX is the bench shirt for those who want an immediate step-up to stratospheres of bench press power because it is a MORE AGGRESSIVE design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that.

- It is about numerous details - creating a cumulative effect that is undeniably the best. The most. Quality and Results are yours in the RageX.

- The RageX is the most amazing poly bench shirt in the history of the benching.

RAGE X

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



- The RageX is the most extreme bench pressing experience for top level benching.

- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.

- Proven in countless world record breaking bench press performances.

- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

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

- The design provides flexibility for your arm angle, preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.

- Spreads the stress over a wider area of the chest.

- Made from the exclusive HardCore material which will provide you with the most incredible rebound power available in the powerlifting world. HardCore material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.

- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.



RADICAL DENIM

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

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



ULTIMATE DENIM

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

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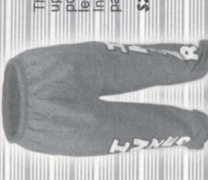
INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



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

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



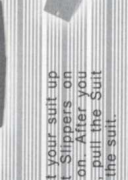
Warm Up Pullover Crewneck
Keep warm in this pullover crewneck. Superior sweat-wicking features. Crewneck with embroidered Inzer logo on each two-color Inzer logo.

\$14.95



Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, stretch-inseam. Large two-color Inzer logos.

\$12.95



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

\$19.95



Gym Chalk
Essential for workouts and competitions. Magnesium of carbonates. Large black chalk.

\$10.00



Meshback Lifting Gloves
Quality handwear for higher workout gloves. Power-Surge.

\$4.95



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

\$12.95



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

\$10.00



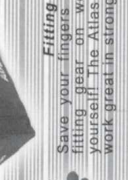
Warm Up Pants
This pullover warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$22.95



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

\$10.00



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

\$4.95



Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



Power-Surge Wrist Wraps
Power-Surge Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Valcro wrap-end. Full length Extra thick. Strong support. Comfortable.

\$12.50



Iron Wrist Wraps Z
The most powerful iron wrist wraps. Most supportive support of all wrist wraps.

\$17.00



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

\$10.00



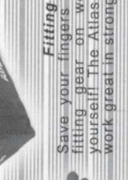
Hoodie
Superior sweat-wicking pullover hoodie. Two color Inzer logo. Chases away the chills.

\$19.50



Gym Bag
This large deluxe embroidered gym duffel is easy to look at Inzer logos and Strongest Sport. Powerlifting design. Large department and roomy pockets. Heavy nylon. Great value.

\$25.00



Knee Sleeves XT
The high-tech knee support advantage for squatters, jumpers and other athletes.

\$55.00



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

\$16.50



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

\$22.00



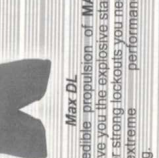
Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$70.00



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

\$70.00



Forever Belts
Forever Belts™ are guaranteed forever!

\$140.00



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

\$39.95



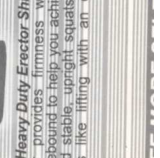
Lifting Singlet
Classic design lifting singlet sports several finishing touches to make this singlet a pleasure to wear as minimum required attire for your bench shirt or for workouts.

\$33.00



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

\$145.00



Z-Suit
The legendary Z-Suit provides fantastic support and excellent value. Now updated for even more power support of Champion suit at an unbeatable price and value.

\$42.00



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

\$60.00



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

\$60.00



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

\$33.00



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

\$42.00



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

\$38.00



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

\$26.00



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

\$55.00



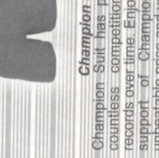
PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to lift yourself differently each set, precisely how you need it.

\$140.00



Z-Suit
The legendary Z-Suit provides fantastic support and excellent value. Now updated for even more power support of Champion suit at an unbeatable price and value.

\$42.00



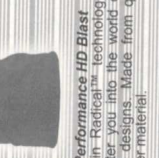
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\$55.00

The Importance of Blood Work

Q: My friend is one of your clients and all she can say is good things about your work. She really liked the fact that she has dropped over 20 pounds working with you and her strength has gone up. One of the things she mentioned to me was that you recommend different blood tests throughout the year. Why do you want your athletes to get this done? I am interested in working with you, but I wanted to know the real purpose behind doing this. By the way, are there any doctors you would recommend? Thanks for the fantastic articles—please keep up the excellent work.

Sincerely,
Rose DiCirello

A: Results in this sport are the name of the game so I try my best to help each and every athlete that I take on to reach their ultimate potential. I do recommend blood work for all athletes of every sport that I work with. The reasons for this are many, so I will help break them down for you. First off, I know this may sound horrible, but many powerlifters do not get their regular yearly physical. This is something that all people should do, but is even more important for strength athletes. By my requiring it when you start working with me it has taken many from not doing it next to doing it 2-3 times per year. Next, I want to see what the blood profile is of any new client that I am taking on. This allows me to see if there are any major or minor health conditions that I need to be aware of. Powerlifters are not the healthiest people in the world. This has to do with the fact that many do not eat a healthy nutritious diet. They love to eat fast food, sugary junk foods, processed meat products and many times consume too much alcohol. All of these lifestyle choices can and will destroy your health. Some people may think they are getting away with their lifestyle choices, but believe me, sooner or later you will pay the piper and when he comes asking for his money you don't want it to be you. Having all my athletes get blood work allows me to see many important readings that play a major role in my design of their nutrition and supplementation plan.

If someone comes to me with high cholesterol or triglyceride problems then I have to address this with what I am outlining in their nutrition program. There are many different health conditions that Powerlifters

NUTRITION

Power Nutrition Q&A

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



Anthony Ricciuto - the food guru behind www.NutritionXP3.com
me to see how insulin sensitive or insulin resistant you are. This plays a major role in how I lay out your macronutrient ratios for your meals as well as what foods I include in your plan and what I avoid. Most lifters don't know this, but this plays a very important role in the customization process of designing a meal plan.

In regards to your question about Doctors that I would recommend there is one that really stands out. I am sure you have seen him in the pages of Powerlifting USA in the past. He is known as the "Anabolic Doc" and his website is at www.AnabolicDoc.com. His name is Thomas O'Connor and he is board certified in Internal Medicine. The reason why he is known as the Anabolic Doc is due to the fact that he is very familiar with the underground Powerlifting scene. He is a competitive and record holding Powerlifter himself and has been in the sport for decades. His passion is for medicine, but his love is none other than the sport of Powerlifting. Combining the two we have a Doctor that specializes in working with Powerlifters and strength athletes of all levels. Unlike many other Doctors, he is very familiar with the mentality of lifters from all angles. How many times have you gone to a regular MD with an injury and then they tell you that you will never be able to lift again, but through your will power and determination you show him that nothing is going to hold you back. For other lifters who decide to use pharmaceuticals to enhance their performance, how many times

were you afraid to tell your doctor that you were using anabolic steroids due to the fact you would just hear the story that you need to stop without listening to you? The difference with the Anabolic Doc is that he truly understands what it takes to be a hardcore lifter and yet he has a full understanding on how the performance enhancing side of medicine works. Seeing Dr. O'Connor allows you to feel at home as he works with you one on one. There is no greater comfort for a Powerlifter who pharmaceutical enhancement to have full trust in his doctor in regards to his applicable knowledge and secondly someone who can relate and understand the culture of Powerlifting. He is one of the very few Doctors in the country who can truly work with you closely with knowledge of the endocrine system and its relation to performance enhancement as well as monitoring the key vital readings that I mentioned earlier in this question that are specific for strength athletes. I am going to be doing an in-depth interview with the Anabolic Doc to let you know more of what he does and the services he offers the Powerlifting and strength community. I am so happy to have met Dr. O'Connor because he is truly filling a void that is much needed in our community not only for those that need to be under doctor supervision due to their lifestyle choices, but also because of the fact that he is one of us and can understand the reality of how Powerlifters think. So you can look forward to a very interesting and informative interview series with the Anabolic Doc in the near future.

Master Lifters and Injury Recovery
Q: I am a Masters Lifter who is 56 years old. I have been lifting for close to 20 years now. I love the sport and I never want to quit. The problem is over the last few years I have had a couple of more serious injuries. I tore my biceps 3 years ago and just recently found out I have a torn labrum which needs repair. My question is in regard to nutrition and the healing process. I have heard you say in the past that nutrition plays a major role in the healing of injuries and I was wondering if you could expand on that for me more in depth. I am not as young as springtime any more, but I really want to keep competing because I love this sport so much and have a ton of fun. Please let me know if you can help me with it as I

have been thinking of joining your XP3 program for some time now. Thanks for your time.
George Borrtopolous

A: I work with lifters of all ages from teenagers to those in their 70's. In regards to your question about age and lifting, all I can say is that as you age you cannot treat your body the same as you did in your younger years. I know you are only as old as you feel and age is only a number, but the aspect of recovery as you get older is even more important than when you were younger. Even when you lift in your teens and twenties the stuff you can get away with is truly amazing. It's like your body is indestructible. You recover quickly from your workouts and if you get injured it heals in record time. Once you get in your thirties and above this is no longer the case. During this time you start feeling the aches and pains from all the abuse you gave yourself in your younger years and then you realize that you are not made of molten steel like you thought you once were. As you get into your forties and fifties you are in an entirely different ballpark altogether. The number of workouts you can do per week is reduced. You will find yourself getting sorer even when those intense workouts takes a lot longer than in earlier years. Lastly, your chances of getting injured are much higher. Over the years smaller injuries that you just shrugged off can come back to haunt you. They can lay the groundwork for scar tissue formation that can in later years weaken muscles and tendons. This then makes you more susceptible to tears and ruptures. As you can see from my quick synopsis above, as

you age your training program and recovery methods are critical for keeping yourself healthy and competing. The role nutrition plays with the Master lifter recovering from injuries is very important. The role of proper nutrition and supplementation for all lifters looking to recover from injuries is something that should not be avoided, but for the Masters lifter it is even more critical because your body does not heal as quickly as it once did.

There are many reasons why nutrition plays a role in healing of injuries. Just to give you a couple very basic examples let's take a look at vitamins and healing. It is well known that Vitamin C helps heal soft tissues and collagen. If you have torn a muscle it is very important that you are taking in proper amounts of this water soluble vitamin to help the healing process. Healing really doesn't take place until inflammation is dealt with. Eating certain processed foods that are loaded with Omega 6 fats can make things worse. They will actually increase your level of inflammation so that the healing time is taking longer than it should. On the other hand, increasing Omega 3 fat intake can decrease inflammation in tissues and tendons thereby helping heal injuries faster. These are only

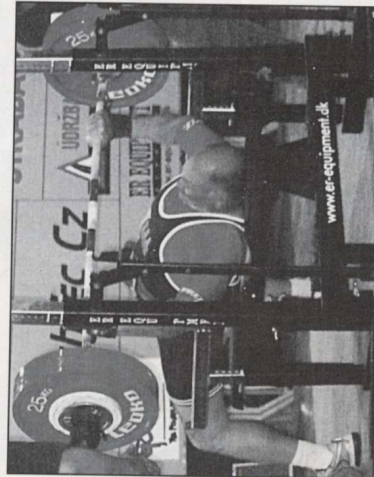
two examples of how nutrition and supplementation plays a role in the healing process, but there are many more than this. I could do an entire article series on this and have this planned in the future.

I will give you an example of one of my Master level lifters. His name is Bill Sindelar and he is a National Masters Champion with the USAPL. I have worked with Bill since 2003, not only for contest prep, but also for helping him rehab his injuries. Now Bill has had a few major injuries over his time as a Powerlifter. Let's take a look at some of the different ones that Bill has suffered from. In September of 2004, Bill tore the rotator cuff on his right shoulder. He had arthroscopic surgery done that month where they had to make five holes to complete the work. I remember during this time Bill had to sleep in a recliner for over 7 weeks. By week 12 Bill was back in the gym working just to get his form back. Little by little he trained consistently to help rehab the injury while at the same time trying to slowly increase his strength week by week. By May 2005, Bill staged his first comeback and competed at the USAPL Masters Nationals and boosted his bench PR by over 40 pounds. Bill has the determination of a lion and just from the drive that he showed through his rehab and training

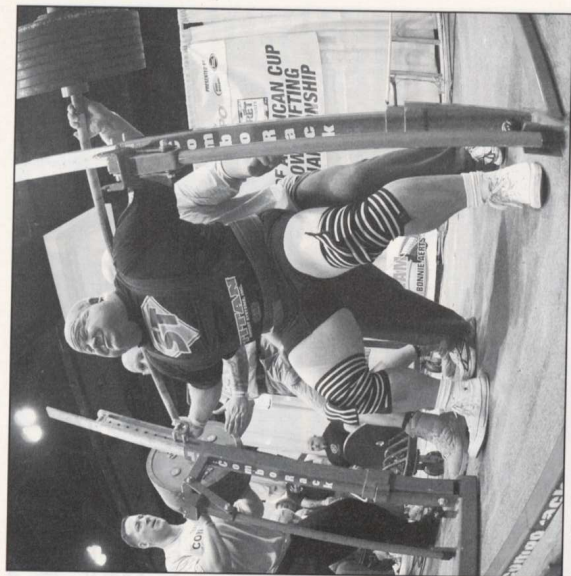
proved that he was not going to let an injury slow him down. The same month that Bill competed at the Nationals, he then tore his left biceps. I helped Bill again during this time designing a very specific healing protocol for him with his nutritional intake as well as natural supplement plan. The healing process really went over, think again. Bill injured his left rotator cuff this time in October of 2008. He actually had a 100% tear of his supraspinatus. This would mean another surgery would have to take place to heal this muscle tear. In only 9 weeks Bill was back in the gym once again with the eye of the tiger. Bill is currently training for the May 2009 Master Nationals and once again you can all be sure that he will hit some more PRs. What is important to note is that the bicep tear which he did Deadlift was his only real Powerlifting related injury. He believes that due to the strenuous physical work he

through his rehab and training

Bill Sindelar benching at the IPF World Masters, took 2nd place overall



Bill Sindelar benching at the IPF World Masters, took 2nd place overall



Scott "HOSS" Cartwright is one of the Super Training lifters. Anthony is now working with

two examples of how nutrition and supplementation plays a role in the healing process, but there are many more than this. I could do an entire article series on this and have this planned in the future.

I will give you an example of one of my Master level lifters. His name is Bill Sindelar and he is a National Masters Champion with the USAPL. I have worked with Bill since 2003, not only for contest prep, but also for helping him rehab his injuries. Now Bill has had a few major injuries over his time as a Powerlifter. Let's take a look at some of the different ones that Bill has suffered from. In September of 2004, Bill tore the rotator cuff on his right shoulder. He had arthroscopic surgery done that month where they had to make five holes to complete the work. I remember during this time Bill had to sleep in a recliner for over 7 weeks. By week 12 Bill was back in the gym working just to get his form back. Little by little he trained consistently to help rehab the injury while at the same time trying to slowly increase his strength week by week. By May 2005, Bill staged his first comeback and competed at the USAPL Masters Nationals and boosted his bench PR by over 40 pounds. Bill has the determination of a lion and just from the drive that he showed through his rehab and training

(continued on page 83)

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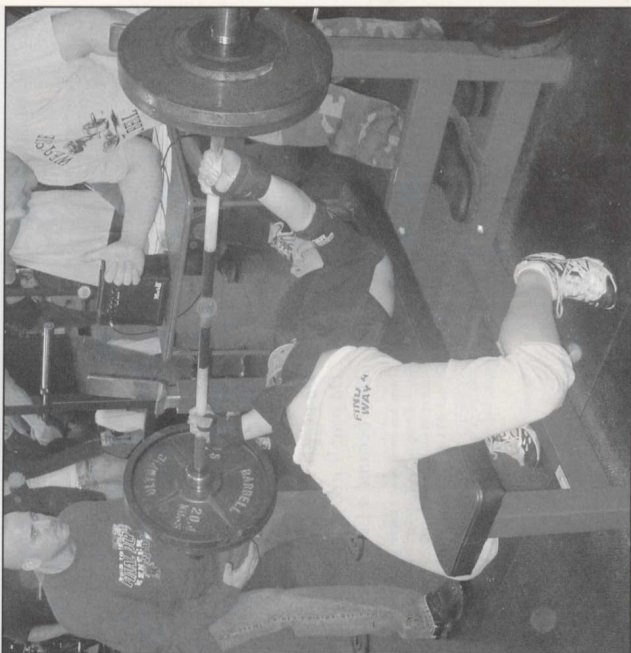
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Kentucky state record of 250 at 13-15/165; Johnathan Thomas returned to competition after about a year off, to break the state record at junior 242. Chad Breeden looked strong at submaster 275 with 525; just missing his final attempt with 550. Steven Matzek, who continues to come back 1500g and who as now lost failed to get in his opener of 365. Tom Chapala looked strong at 65-69/275, taking the win there with 340. Our final assisted lifter was Patrick Matzek, who set the state record at 242 open with 570. A final with 600 should have went, but missed the groove on the way up. Patrick had just moved up to Louisville, having lifted in Nashville with the few years. Patrick also won the best lifter award for the bench competition. Moving to the raw division, Steven Currey, who was featured in the January issue of Powerlifting USA, won at special Olympic 198 with 220. In the novice classes lifting, in just his second competition, taking the win at 242 with 275. Chad Breeden set a record at 18-19 broke his own state record at 220 with 340. James Robinson, who is slowly but surely coming back from some of his injuries, broke the state record at 45-49/275 with a solid 385. Ever consistent Mark Evans won at 50-54/148 with 230. Mark Jones, lifting in his first competition, set the state record at 18-19 broke his own state record at 220 with 340. Both lifters set new state records for their respective classes in the deadlift.

Lots of potential here! Best lifter James Robinson pulled a solid 670 state record at 45-49/275, just beating out Mark Evans for the best lifter title, who pulled 445 at a 140 bodyweight! Mark won at 50-54 and open 148. Thanks to Chris Hamilton and Stephen Butler for doing a great job spotting and loading and to the staff at the SLP for making the competition a great one. See you all in August for the SLP Kentucky State Fair competition! (results are from Dr. Darrell Latch)

(Below) Alison Strecker with a 250 record at 165/13-14

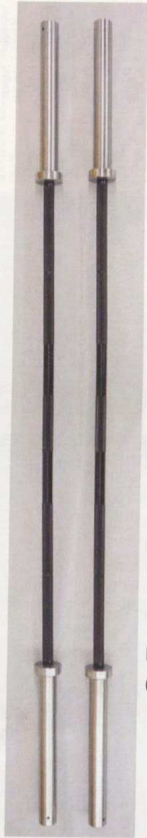


Best Lifters - at the SLP Bluegrass Open were Patrick Maupin and James Robinson (D. Latch photos)

SLP Bluegrass Open	21 FEB 09 - Louisville, KY	405
BENCH	C. Haves	220
Iron (13-15)	M. Barnett	340*
MALE	A. Strecker	250*
Special Olympic	J. Robinson	383*
191 lbs.	Master (50-54)	300*
242 lbs.	M. Evans	230
4th-525*	Police/Fire Open	275*
Submaster	M. Jones	275*
181 lbs.	Open	4th-300*
4th-300*	Z. Melhans	300*
C. Breeden	J. Phillips	365*
525	DEADLIFT	
Master (55-59)	MALE	
S. Matzek	Open	500
Master (65-69)	G. Jones	275 lbs.
275 lbs.	P. Maupin	570*
242 lbs.	Raw	670*
Open	Spectral Olympic	220
242 lbs.	Novice	445
275 lbs.	A. Bollig	275
	M. Evans	445

*Son Light Power Kentucky State Records.
Best Lifter Bench: Patrick Maupin. Best Lifter Deadlift: James Robinson. The Son Light Championship was held at the Fitness Factory. Thanks to the owners here and the Kentuckiana Power Team for all their help and support for this competition. In the assisted bench press event, Sam Chapala had a great day, finishing 310 was close, just slipping out of the groove from Ohio with her trainer Scott Vickery. Just about to turn sixteen, Alison finished with a new

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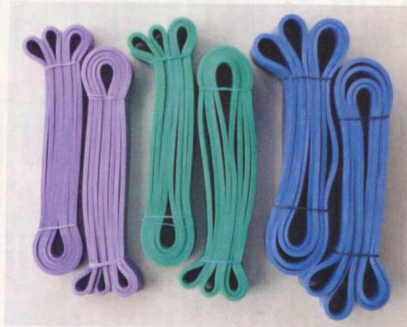
Item Number	Qty.	Color Code	Weight (Kg)	Item Number	Qty.	Color Code	Weight (Kg)
CBP-25KG	2	Black	0.25 Kg	CBPP-10KG	2	Black	10 Kg
CBPP-5KG	2	Black	0.5 Kg	CBPP-15KG	2	Yellow	15 Kg
CBPP-1.25KG	2	Black	1.25 Kg	CBPP-20KG	2	Blue	20 Kg
CBPP-2.5KG	2	Black	2.5 Kg	CBPP-25KG*	4	Red	25 Kg
CBPP-5KG	2	Black	5 Kg	CO-2.5KG	2	Competition Forged Pressure Ring Collars	
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MEET DIRECTORS—a listing here is a **FREE** service. Send details, preferably at least 3 months prior to your event, to: Coming Events, Box 467, Camarillo, CA 93011, to obtain proper advance notice.

- 11-16 MAY, GPC European Championship (Bardejov, Slovakia) www.powerlifting-slovakia.com**
- 16 MAY**, 2nd Biggest Bench in Bucks - Drug Free & Raw (CEC HS, Fairless Hills, PA) Grant/Passman, 267-261-7821, passman4@aol.com, www.biggestbenchinbucks.com
- 16 MAY**, USAPL EAC Power Play, Kimberly Henne, 118 W. 6th St., #60, Glenwood Springs, CO 81601, 970-309-2400
- 16 MAY**, AAU California State Meet (Gold's Gym, Santa Maria, CA) Ken Tawzer, 805-344-2186 (cell), kmctawzer@verizon.net
- 16 MAY**, Big Sky Show of Strength PL, BP, DL (Missoula, MT) raw and equipped, Judy Swerchek, 208-964-5066, www.PridePowerlifting.com
- 16 MAY**, RAW United Push/Pull Extravaganza (Fort Myers, FL) Sperto Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.rr.com
- 16 MAY**, SLP Platinum Fitness Open, BP/DL (Tulsa, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 16 MAY, NASA Bench Press Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-73068, 405-527-8513, sqbpd@aol.com**
- 16 MAY, USAPL Texas State PL/BP, Johnny Graham, 2203 Excel Dr., Killen, TX 76542, 254-526-0779**
- 16-17 MAY, WDEFPF European Single Event Championships (Bourdon, Lancy, FRA) secretary@world-drugfreepowerliftingfed-**

COMING EVENTS

- 17 MAY**, Police, Fire, Corrections Open BP Meet (Courtward Marriott, Columbus, OH) Dan Dague, 614-554-8824, www.lexenxtreme.com
- 23 MAY, (New Date) Gym Warriors 3 lift/stict curl, Paul DeSimone, 119 Foster St. Bldg. 2, Peabody, MA, 978-766-6280, pauldesimone01@aol.com**
- 23 MAY**, NASA S, Texas State (Alvin, TX) Rich Peters, Box 735, Noble, OK, 73068, 405-527-8513, sqbpd@aol.com
- 23 MAY**, USAPL Pennsylvania State BP/DL/PP (Ambler, PA) Robert Keller, 954-790-2249, ehk@verizon.net, www.njpowerlifting.com
- 23 MAY**, IBP SC State PP (Seneca, SC) Keith Payne, keith@ironboypowerlifting.net
- 23 MAY, USPF Military Nationals PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwriftrs@msn.com**
- 23 MAY**, APA Guerilla Gorilla Open (PL, BP, DL, SS, OP, 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, 62946, smf11@hotmail.com
- 24 MAY**, USPF Muscle Beach BP/DL (Venice Beach) Steve Denison, 661-333-9800, pwriftrs@msn.com
- 27 MAY**, USAPL YMCA Seattle Summer Classic (1700 23rd Ave., Seattle, WA) Paula Houston, 206-760-8724
- 30 MAY**, AAFP Carolina Classic Push Pull/Bench Press (Belmont,

- NC) Eric Hubbs, 803-366-9895, nettin.fish@msn.com
- 30 MAY**, UPA Battle of the Bench Press III, Jon Elick, 8226 Stouville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com
- 30 MAY**, USPF 4th Summer Fest BP & DL (Parkersburg, WV) Matt McCasie, 304-376-7538, mccasie@yahoo.com, www.uspl.com
- 30 MAY**, SLP Ho-Chunk Nation Open (Omaha, NE) Linda or

- 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 Judy at 804-559-4624, VAPpowerlifting@aol.com
- 30 MAY, WABDL (Sheraton National Push-Pull) (Crescent Hotel, Phoenix, AZ) Gus Rethwisch, 763-545-8654 or 503-901-1622**
- 30 MAY**, Maple Street YMCA Open (Omaha, NE) Linda or

APF/AAPF/WPO Schedule

- 15-17 MAY, APF Raw Nationals - POSTPONED
- 30 MAY, AAFP Carolina Classic PP/BP
- 13 JUN, AAFP Vermont PL Granite City Iron Wars VI
- 13-14 JUN, APF Senior Nationals DL/BP
- 27 JUN, APF/AAPF Chicago Summer Bash
- 31 JUL - 2 AUG, AWPC World PL/BP
- 8 AUG, APF Maine State
- 22 AUG, APF/AAPF Summer Challenge
- 22 AUG, APF California State AUG, APF Texas Meet
- 5 SEP, APF/AAPF Summer Heat V SEP, APF Louisiana State
- 3 OCT, Halloween Monster Bench Bash
- 17 OCT, AAFP Supreme Fitness Challenge III
- OCT, APF/AAPF 2nd Annual Rise of the DL Beast of the BP
- 8 NOV, AAFP Old School Iron Wars
- 14-15 NOV, APF Pine Tree Open
- NOV, APF Texas Cup
- 5-6 DEC, APF Southern States PL/BP

Dates subject to change
 or go to our websites:
www.worldpowerlifting.org
www.worldpowerliftingcongress.com

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, AAPF, AAU Granite City Iron Wars VI (First in Fitness, Berlin, VT) bret@vermontpowerlifting.com
5 JUN, APA Texas State Championships PL, PP, BP, DL, SP, OP, SC, Reprs (McAllen, TX) Troy Ford, 770.668.4841,

NASA Powerlifting & Power Sports

May
 16th - Bench Press Nationals (Denver, CO)
 23rd - South Texas State (Arlin, 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 (Arlin, TX)
 26th - 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

wnpf@aol.com, WNPFF PO-BOX 142347, Fayetteville, GA 30214, www.wnpp.net
6 JUN, 6th annual Super Bench & Eastern States Raw BP, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.elitepowerlifting.com
6 JUN, SLP Missouri Open BP/DL (Chesterville, MO) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
6 JUN, USPF Sierra Nevada Cup Grass Valley Karen and Steve Matthews, 530-477-2946 or 432-1426, Karen@mail2free.com
6 JUN, NASA West Texas Open (Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
7 JUN, (NEW DATE) WNPFF New Jersey Powerlifting Championships & 2nd WNPFF Lifetime Raw National Powerlifting Championships (Bordentown, NJ) Troy Ford, 770.668.4841, wnpp@aol.com, WNPFF PO-BOX 142347, Fayetteville, GA 30214, www.wnpp.net
7 JUN, Summer Push/Pull Meet (Granger, IN) Jon Smoker, jrsmoker@hotmail.com
7 JUN, New England RAW PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 0292, 401-952-9166, joemulhead84@yahoo.com, www.motonutrac-ing.com
7 JUN, USAPL New Jersey HS PL Championships (Hillsborough, NJ) Mark Salandra, 5 Thompson Close, NJ 08844, 908-874-6125, www.strength-condition.com
12-14 JUN, RAW United Northeast Regionals & Pennsylvania State (Greencastle, PA) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cl.rr.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, APA Apollon Open Battle of the Barbarians championships (PP, BP, DL, SP, OP, SC, Reprs - Edison, NJ) Scott Taylor,

UPCOMING SLP COMPETITIONS

16 MAY, SLP Platinum Fitness Open (Tulsa, OK)
 30 MAY, SLP Ho-Chunk Nation Open (Baraboo, WI)
 6 JUN, SLP Missouri Open (Chesterville, MO)
 13 JUN, SLP Superman Classic (Metropolis, IL)
 20 JUN, SLP Michigan Open (Ionia, MI)
 27 JUN, SLP Samson's Gym Open (Hamilton, OH)
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 217-253-5429
 www.sonlightpower.com sonlightgym@verizon.net

American PL, BP, DL, P-P World Qualifier (Visita, CA) Martin Drake, Box 108, Nuevo, CA 92567, 951-928-4797, naturalpower@hughes.net, cell 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, echaillat@aol.com
27-29 JUN, WDFPF European Powerlifting Championships (Estonia) secretary@worlddrugfreepowerliftingfederation.org
3-5 JUL, USPF National PL, BP, DL (Anaheim, CA) Steve Denison, 661-333-9800, Pwriftr@msn.com
4 JUL, Sonny's 5th annual WAB-DL Push-Pull (Sheraton Walki Hotel, Honolulu, HI) Mike Saito (meet issues) 808-221-0129, jockeyronolo (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.usaphnations.com/bsa
11 JUL, ADFPF National Powerlifting Championships (Columbia, MO) Eli Burks, 573-298-0727 (cell) embyq5@missouri.edu, Bill Duncan, 410-474-1071 (cell) mopwriftr@yahoo.com, Mike Stagg, 812-624-0031 (home) stagg@insightbb.com
11 JUL, APA 22nd Nutmeg Open (PL, BP, DL, SP, OP, SC Assisted-Standardville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valting@aol.com, www.virginiapowerlifting.blogspot.com
20 JUN, WABDL Houston Meetler, 832-423-7662
20 JUN, NASA USA Nationals, Equipped/Unequipped, PL, PS, PP, BP (Columbus, OH) Rich Peters Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
21 JUN, WNPFF Summer Classic (Pt. St. Lucie, FL) Brian Burritt, 812.204.2886
26-28 JUN, European PL, BP & DL (Amsterdam, HOL) entry to BPO no later than May 15th, Meet Director Ed Fennema, www.wplpowerlifting.com
27 JUN, USAPL Big Ks 7th annual PL Meet, (PP, BP, PP) (Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigspowermeets.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.chicagopowlifting.com
27 JUN, WABDL Louisiana State BP/DL (Zachary High School, Zachary, LA) Brandon Bankston, 225-362-2391
27 JUN, NASA Grand Nationals (Waukesha, WI) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
27-28 JUN, AAU North

(Wallingford, CT) Scott Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
11 JUN, (NEW DATE) WNPFF Pan American Championships (Antigua, GUA) Troy Ford, 770.668.4841, wnpp@aol.com, WNPFF PO-BOX 142347, Fayetteville, GA 30214, www.wnpp.net
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
13 JUN, SLP Supermam Classic (Metropolis, IL)
13 JUN, SLP Missouri Open (Chesterville, MO)
13 JUN, SLP Superman Classic (Metropolis, IL)
20 JUN, SLP Michigan Open (Ionia, MI)
27 JUN, SLP Samson's Gym Open (Hamilton, OH)
18 JUL, SLP Arkansas Open BP/DL/Curl (Bryant, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
18 JUL, SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasytngym.com.
18 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Reth-wisch, 763-545-8654 or 503-901-1622
18 JUL, NASA South Texas Open (Arlin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
19 JUL, (New Date) WNPFF USA Championships & WNPFF Lifetime USA Championships (Atlanta, GA) Troy Ford, 770.668.4841, wnpp@aol.com, WNPFF PO-BOX 142347, Fayetteville, GA 30214, www.wnpp.net
19 JUL, (New Date) WNPFF Drug Free National Powerlifting Championship & WNPFF Lifetime All-American Championships (Youngstown, OH) Ron Deamatics, 330-792-6670, power103@aol.com
 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, valting@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, USPF 2nd Virginia State BP & DL, Matt McCaslin, 304-376-7538, mccaslin@yahoo.com, www.uspf.com
25 JUL, NASA Tri State Natural Regional PL, BP, PS, PP, The Gym, 112 W. North Ave., Flora, IL 62839, (618) 662-3413, lesmitry@bbspeedy.com



WORLD NATURAL POWERLIFTING FEDERATION
 6 JUN, WNPF Raw Nationals & 10th Powerfest 2K9 Equipped Championships (Eprata, PA)
 7 JUN, WNPF NJ PL Championships & 2nd WNPF Lifetime Raw National PL Championships (Bordentown, NJ)

11 JUL, WNPF Pan American Championships (Antigua, GUA)
 12 JUL, WNPF Drug Free National PL Championships & WNPF Lifetime All-American Championships (Youngstown, OH)
Contact Info: Troy Ford, 770.668.4841 or wnfp@aol.com
www.wnpf.net

Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com
 14 NOV, Northern Virginia Raw, John James, 703-475-9885, www.northernvirginianpower.com
 14 NOV, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller 954-790-2249, ehk@verizon.net
 14 NOV, Monster of the Midwest PL/BP (Winchester, IN) Sommy Runyon, 3421 W. Armitage Rd., Muncie, IN 47302, 765-716-2587
 14-15 NOV, APF Pine Tree Open (Westbrook, ME), Matt Israelson, 207-415-2075, dnamaxx21@yahoo.com
 14-15 NOV, WNPF Lifetime Drug Free International Powerlifting, SQ, BP, DL, PC Championships (Orlando, FL) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnpf.net
 14-16 NOV, (Location Change) WDPFF Powerlifting World Championship (England) JM-Gedney@wiu.edu
 21 NOV, SLP Fall National 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
 21 NOV, NASSA Southeastern States Regional Powerlifting, BP & Power Sports Championships (Hickory, NC) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@whpower.com
 21 NOV, Kansas Regional, Equipped & Unequipped Powerlifting, BP, Power Sports and Push Pull, (Salina, KS)
 21-22 NOV, IPA Senior National Powerlifting & Bench Press Championships (York, PA) Mark Chaillet, 717-495-9024, chaillet@yahoo.com, or Ellen Chaillet, echaillet@aol.com, www.ipapower.com
 14 NOV, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym@verizon.net
 14 NOV, WV Regional PL, BP, PP & Power Sports, Greg

(Must Qualify!), Spero Tshontkidds, 4353 Colshawwood Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cfl.rr.com
 5 DEC, IPA Christmas Car-nage/Gene Rychlak Bench Classic, Gene Rychlak, 143 Second Ave., Royersford, PA 19468, bench_a_grand@yahoo.com, www.rychlakpowerlifting.com, www.rychlakpowerlifting.com
 5 DEC, USAPL Florida Senior/Master State Games 40+ Championships (BP, DL, PP, F, Mylers, FL) Robert Keller 954-790-2249, ehk@verizon.net, www.geocities.com/floridausapl
 5 DEC, WNPF Ironman Nationals & 12th Sarge McCray BP, DL, PL (Bordentown, NJ) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnpf.net
 5 DEC, SLP Tennessee Christmas For Kids BP/DL/Curl (Memphis, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 5 DEC, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virgin-lapowerlifting.blogspot.com
 5-6 DEC, APF Southern States PL/BP (Jacksonville, FL) Wayne Pullum, pullumsp@att.net
 5-6 DEC, AAU World BP, DL, P-P & AAU International PL (all divisions, raw equipped - Laughlin, NV) Martin Drake, Box 108, Nuevo, CA 92567, 951-928-4797, naturalpower@hughes.net, cell 310-953-5030
 6 DEC, APF U.S. Open, BP, DL, P-P (Manchester, NH) Dave Follansbee, APF President, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.org
 6 DEC, 17th ADAU Raw Power coal Country Classic (Bigler, PA), Stegel Engraving, 814-765-3214, al@pikitup.com
 6 DEC, WNPF Delaware Championships Lewes, DE) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnpf.net

12 DEC, APA Southern Texas Championships PL, PP, BP, DL, SP, OP, SC, Reps (Mission, TX) Scott Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com
 12 DEC, WNPF Georgia Powerlifting Championships (Atlanta, GA) Troy Ford, 770.668.4841, wnfp@aol.com, WNPF POBOX 142347, Fayetteville, GA 30214, www.wnpf.net
 12 DEC, Arkansas Christmas Classic (Russellville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com
 12 DEC, SLP Arkansas Christmas For Kids BP/DL/Curl (Rogers, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virgin-lapowerlifting.blogspot.com
 13 DEC, British BP & DL Record Breakers (Connaught Leisure Centre, Tongham Rd, Aldershot, Hampshire, GBR) Entry to BPO no later than November 22nd, Meet Director David Carter, 07770-757321, www.wnfpowerlifting.com
 19 DEC, WNPF High School Nationals & 2nd YMCA (SC) DL, Rep Classic (Duncan, SC) Steve Yeargin, 864-237-0425, syeargin@polarcorp.com

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4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047
 2-7 NOV 2010, World PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.wnfpowerlifting.com

19 DEC, USFP NorCal PL/BP/DL (Sacramento, CA) Steve Denison, 661-333-9800, Pwrifts@msn.com
 26 DEC, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
 28 FEB 2010, APF 8th annual Northeastern Open BP, DL, P-P (Manchester, NH) Dave Follansbee, APF President, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.com
 18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (California site, TBA) Lance Slaughter, wnpowerlifting.com

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**2009 AAU World Powerlifting
International Push-Pull & Single Lift Championship**
November 28th & 29th 2009

Location: Crown Reef Conference Center at South Beach Resort
Myrtle Beach, South Carolina

Hosted by: Virginia Powerlifting Association

Meet Director: Judy & Steve Wood (804.559.4624)
Jill Meek (804.730.8800)
VP: vpowerlifting@aol.com

Schedule: All Women, Special Athletes, Teens up to 19 years & Men up to and including 190 weight class will lift on Saturday, November 28th.
All Men 220 weight class and up will lift on Sunday, November 29th.

Divisions: All male and female weight and age classes.
Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

Membership: All participants must be members of the AAU. AAU athlete membership is \$32.

Entry Fee: \$65 per athlete & \$35.00 for cross overs.

Deadline: November 15, 2009

More info: Email Judy at vpowerlifting@aol.com or AAUsports.org website under powerlifting

Come celebrate Thanksgiving at the Beach! The Crown Reef Resort will be hosting one of the largest Thanksgiving Celebrations in Myrtle Beach. Bring your family and friends to the beach for a great time and watch some outstanding lifting!

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**Taiwan Company Offers
OEM/ODM Option for Dumbbells**

The 2009 Taipei International Sporting Goods Show (TaiSport) held in Taiwan, March 19-21, did not disappoint with a variety of new items of special interest to gym rats.

The booth by Teng Cheng Industrial Company in southern Taiwan had a variety of high quality dumbbell options, including custom design and development for those who would like to market their own dumbbell design for the market.

Dubbed the TC-Man-Woman Dumbbell series, Teng Cheng showed off its new TC-001 "mechanism adjustable dumbbell."

The TC-001 uses a "single key to assemble and disassemble weight plates," said Teng Cheng's sales rep Chen Hung-lung. Adjustable dumbbells range from 4-20 lbs at 1 lb increments and 20-30 lbs at 2 lbs increments. "A carrying case is available for lighter dumbbells (4-16 lbs)," he said.

The company is available to design new types of dumbbells, plates and bars. "No matter what customers require, sales, acting as an agent, OEM (Original Equipment Manufacturer) or ODM (Original Design Manufacturer), we absolutely have confidence in offering the best service and quality for customers," said Chen.

So anyone out there interested in promoting their own designs and establish their own market for a new product, Teng Cheng could be a company worth considering, he said.

"We believe that our products are able to meet your requirements for sure, and also hope we have the opportunity to cooperate with you to create the great commercial achievement in common," he said.

Teng Cheng has been designing weightlifting equipment for 20 years. They use advanced computer aided design (CAD) and computer aided manufacturing (CAM) software to design weightlifting equipment and use computer numerical controlled (CNC) manufacturing equipment.

Other products produced by the company include both transparent coated and chrome plated nonadjustable dumbbells ranging from 4-50 lbs at 2 lb increments (TC-008/TC-010). There are also metric weights (TC-018/TC-020) ranging from 1-20 kgs at 1 kg increments.

The company also produces rubber-coated metric dumbbells (TC-021) ranging from 2.5-60 kgs at 2.5 kg increments.

Teng Cheng also produces a dumbbell rack (TC-HDR-016) with rubber trims for preventing scratching. Dimensions are L/W/H) 121cm x 41cm x 82 cm. Check out www.tc-man-woman.com

by Wendell Minnick, Taipei | wendellminnick@yahoo.com



.....
6 JUN 2nd Annual Collell County Strength and Power Championships, Powerhouse Gym (Westminster, MD) (Male/Female, all divisions, all weight classes), ask for Chaz or Glenn, 410-857-1232

POWERLIFTING PASSINGS

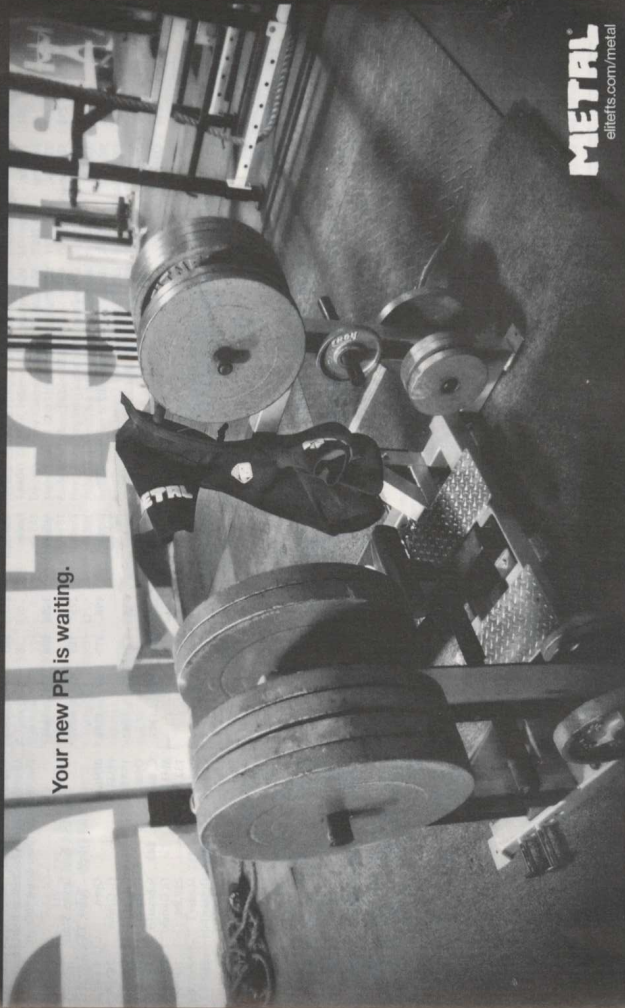


Joe Zarella, a pioneer in the sport of powerlifting, who initiated the All American Women's Open Championships in 1978 and promoted the first Women's World Powerlifting Championships in 1980, passed away on April 6, 2009 at 81 years of age, following a stroke. A former national chairman for powerlifting, he also served as an international referee for many years, and reportedly was still training regularly up until just prior to his passing.



Sue Benford has passed away at the age of 51, on April 6th, 2009, following a battle with cancer. A former nurse, she is survived by husband Joe Marino and daughters Erika and Alexis Benford, her parents Marion and Dorothy Strezze, and she was preceded in death by a brother Steve Strezze. She had won numerous national and world powerlifting titles, and her former husband Gary Benford has commented that she was also a world champion as a mother.

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Teenagers, Disabled, & Special Olympians: **\$25.00**
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Golden Valley, MN 55427

If under 18, have parent initial _____ Signature _____

Class	Powerlifting	SQ	BP	DL	TOT	Class	MALE	Female
31 JAN 09 - Milwaukee	154	110	303	568		Teen	154	110
BENCH						123 lbs.		
114 lbs.	535	314	176	298	788	181 lbs.	386	231
Kingsley	154	110	303	568		220 lbs.	474	243
180 lbs.	595	353	201	333	1181	242 lbs.	617	402
198 lbs.	402	243	138	276	656	282 lbs.	571	303
PRISM	231	154	110	303	568	333 lbs.	557	303
MALE	231	154	110	303	568	366	524	1383
Teen	231	154	110	303	568	400	524	1383
181 lbs.	281	181	176	298	788	438	524	1383
181 lbs.	281	181	176	298	788	474	524	1383
181 lbs.	281	181	176	298	788	500	524	1383
181 lbs.	281	181	176	298	788	536	524	1383
181 lbs.	281	181	176	298	788	572	524	1383
181 lbs.	281	181	176	298	788	608	524	1383
181 lbs.	281	181	176	298	788	644	524	1383
181 lbs.	281	181	176	298	788	680	524	1383
181 lbs.	281	181	176	298	788	716	524	1383
181 lbs.	281	181	176	298	788	752	524	1383
181 lbs.	281	181	176	298	788	788	524	1383
181 lbs.	281	181	176	298	788	824	524	1383
181 lbs.	281	181	176	298	788	860	524	1383
181 lbs.	281	181	176	298	788	896	524	1383
181 lbs.	281	181	176	298	788	932	524	1383
181 lbs.	281	181	176	298	788	968	524	1383
181 lbs.	281	181	176	298	788	1004	524	1383
181 lbs.	281	181	176	298	788	1040	524	1383
181 lbs.	281	181	176	298	788	1076	524	1383
181 lbs.	281	181	176	298	788	1112	524	1383
181 lbs.	281	181	176	298	788	1148	524	1383
181 lbs.	281	181	176	298	788	1184	524	1383
181 lbs.	281	181	176	298	788	1220	524	1383
181 lbs.	281	181	176	298	788	1256	524	1383
181 lbs.	281	181	176	298	788	1292	524	1383
181 lbs.	281	181	176	298	788	1328	524	1383
181 lbs.	281	181	176	298	788	1364	524	1383
181 lbs.	281	181	176	298	788	1400	524	1383
181 lbs.	281	181	176	298	788	1436	524	1383
181 lbs.	281	181	176	298	788	1472	524	1383
181 lbs.	281	181	176	298	788	1508	524	1383
181 lbs.	281	181	176	298	788	1544	524	1383
181 lbs.	281	181	176	298	788	1580	524	1383
181 lbs.	281	181	176	298	788	1616	524	1383
181 lbs.	281	181	176	298	788	1652	524	1383
181 lbs.	281	181	176	298	788	1688	524	1383
181 lbs.	281	181	176	298	788	1724	524	1383
181 lbs.	281	181	176	298	788	1760	524	1383
181 lbs.	281	181	176	298	788	1796	524	1383
181 lbs.	281	181	176	298	788	1832	524	1383
181 lbs.	281	181	176	298	788	1868	524	1383
181 lbs.	281	181	176	298	788	1904	524	1383
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181 lbs.	281	181	176	298	788	1976	524	1383
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181 lbs.	281	181	176	298	788	2192	524	1383
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181 lbs.	281	181	176	298	788	2264	524	1383
181 lbs.	281	181	176	298	788	2300	524	1383
181 lbs.	281	181	176	298	788	2336	524	1383
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181 lbs.	281	181	176	298	788	2696	524	1383
181 lbs.	281	181	176	298	788	2732	524	1383
181 lbs.	281	181	176	298	788	2768	524	1383
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181 lbs.	281	181	176	298	788	2840	524	1383
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181 lbs.	281	181	176	298	788	2948	524	1383
181 lbs.	281	181	176	298	788	2984	524	1383
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181 lbs.	281	181	176	298	788	3236	524	1383
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181 lbs.	281	181	176	298	788	3416	524	1383
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181 lbs.	281	181	176	298	788	3488	524	1383
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181 lbs.	281	181	176	298	788	3848	524	1383
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181 lbs.	281	181	176	298	788	4244	524	1383
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181 lbs.	281	181	176	298	788	4352	524	1383
181 lbs.	281	181	176	298	788	4388	524	1383
181 lbs.	281	181	176	298	788	4424	524	1383
181 lbs.	281	181	176	298	788	4460	524	1383
181 lbs.	281	181	176	298	788	4496	524	1383
181 lbs.	281	181	176	298	788	4532	524	1383
181 lbs.	281	181	176	298	788	4568	524	1383
181 lbs.	281	181	176	298	788	4604	524	1383
181 lbs.	281	181	176	298	788	4640	524	1383
181 lbs.	281	181	176	298	788	4676	524	1383
181 lbs.	281	181	176	298	788	4712	524	1383
181 lbs.	281							

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Street Address	Date of Application on		
City	State	Zip Code	
Area Code	Telephone Number	Age	Sex U.S. Citizen
Registration Fee (Circle Appropriate Fee)	Registration Number	YES NO	
AFPF \$30 AAPFF \$30 AFPF & AAPFF \$40			
Fill out card completely, make check payable to AFPF/AAPFF and mail to: AFPF/AAPFF - West			
Are you a previous AFPF or AAPFF Member? YES NO			
Ernie Frantz, Chairman / Founder			
Email: ErnieFrantz@aol.com			
If under 18, have parent or guardian sign and seal that I am eligible in accordance with the rules of the AFPF or AAPFF			
			Signature X



Jason Ferreiro of Canada at 181

APA Florida Open		7 FEB 09 - Tampa, FL	
BENCH	220 lbs.	Master III DT	460
		L. Zymewski	
		UNL	
		R. McLeod	275 lbs.
		Master III DT	475
		L. Spasato	415
		J. LaComb	475
		Master III DT	
		J. LaComb	475
		DEADLIFT	
		E. Fitzpatrick	500
		Raw	
		132 lbs.	
		Junior DT	
		Master DT	
		T. Bishoff	295
		O. PRESS	
		L. Gallerez	260
		Master III DT	
		L. Gallerez	260
		165 lbs.	
		Master III DT	
		L. Lichile	240
		198 lbs.	
		Master III DT	
		L. Kozler	240
		180 lbs.	
		Master III DT	
		K. Steward	285
		242 lbs.	
		Submaster DT	
		D. Stevens	150
		S. Eastburn	370
		G. Boldisar	385
		Master III DT	
		L. May	115
		Push Pull	
		Raw	
		181 lbs.	
		Master III DT	
		J. Perez	255
		242 lbs.	425
		Master III DT	680



Joe Zymewski benching 460 at the APA Florida Open (Taylor photo)

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L. Barry	325	525	850	D. Daubert	600	450	600	1650
Full Power	BP	DL	TOT	Open DT				
132 lbs.				UNL				
J. Ferreiro	530	315	550	1395	308 lbs.			
198 lbs.				Open DT				
B. Highnote	640	460	530	1630	K. Mirak	650	400	600
230 lbs.				Open DT				
S. M. Franz	475	375	525	1375	Open DT			
132 lbs.				Raw				
T. Durham	140	105	220	465	Open DT			
165 lbs.				Raw				
J. Sunday	230	140	302	672	Open DT			
165 lbs.				Raw				
J. Garcia	250	175	405	830	Open DT			
198 lbs.				Raw				
J. Wong	455	290	445	1190	Open DT			
198 lbs.				Raw				
J. Leather	330	185	500	1015	Open DT			
242 lbs.				Raw				
				Submaster DT				



Querubin Rodriguez pulled 325 lbs. in the 165 lb. division at the APA Lone Star Open. (photo-graphs courtesy of Scott Taylor)



Chris Papillon bench pressed 600 lbs. at Scott Taylor's APA Lone Star Open on March 14th

APA Lone Star Open 14 MAR 09 - McAllen, TX
BENCH
All Lifters 273 lbs.
Mast 1 SG DT 325
G. Garza 181 lbs.

USAPL North Carolina State 8 NOV 08 - Raleigh, NC
BENCH
D. Thompson 430
J. Harman 309

APA Lone Star Open 14 MAR 09 - McAllen, TX
BENCH
All Lifters 273 lbs.
Mast 1 SG DT 325
G. Garza 181 lbs.

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION
Use Legal Name
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Fax Number
Call Number

Table with columns: Name, Weight, Club Code, Club Name, Signature, Date. Lists various athletes and their performance details.

Table with columns: Name, Weight, Club Code, Club Name, Signature, Date. Continuation of athlete list.

Table with columns: Name, Weight, Club Code, Club Name, Signature, Date. Continuation of athlete list.

Table with columns: Name, Weight, Club Code, Club Name, Signature, Date. Continuation of athlete list.

Table with columns: Name, Weight, Club Code, Club Name, Signature, Date. Continuation of athlete list.

APPLICATION FOR REGISTRATION
American Powerlifting Association
World Powerlifting Alliance
First Name Middle Initial Today's Date
Street Address City State Zip Code
Telephone Number E-Mail address
Sex Social Security Number Signature (Parent if under 18 years old)



Dave Karam squatted 750 at APA Lone Star Open in McAllen, TX

Table with columns: Name, Weight, Club Code, Club Name, Signature, Date. Continuation of athlete list.

(continued from page 20)

Xsvelten

Zhen de Shou

These tainted weight loss products pose a great risk to public health because they contain undeclared ingredients and, in some cases, contain prescription drugs in amounts that greatly exceed maximum recommended dosages," said Janet Woodcock, M.D., director of the FDA's Center for Drug Evaluation and Research. "Consumers have no way of knowing that these products contain dangerous drugs that could cause serious consequences to their health."

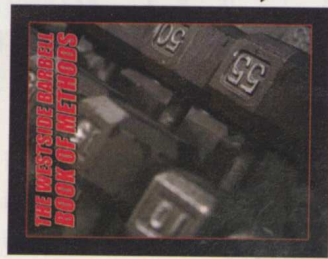
On Dec. 22, 2008, the FDA warned consumers not to purchase or consume 28 different products marketed for weight loss. On Jan. 8, 2009, the FDA expanded the list of tainted weight loss products to include 41 additional tainted products. The FDA will continue to update this list as warranted.

The products listed above, some of which are marketed as dietary supplements, are promoted and sold on various Web sites and in some retail stores and beauty salons. Some of the products claim to be "natural" or to contain only "herbal" ingredients, but actually contain potentially harmful ingredients not listed on the products' labels or in promotional advertisements. These products have not been approved by the FDA, are illegal, and include the following undeclared active pharmaceutical ingredients:

- sibutramine (an appetite suppressant available by prescription only and a controlled substance)
- fenproporex - a controlled substance not approved for marketing in the United States
- fluoxetine - an antidepressant available by prescription only and a controlled substance

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(continued from page 51)

does with his job actually caused the other two shoulder injuries, which later may have been exacerbated by training.

The reason I wanted to give you the example about my long time friend and client Bill Snider, is that as you age you can no longer train in the manner that many younger guys can get away with. As a Masters lifter you need to focus on injury prevention and recovery from your training sessions. Bill believes that he has recovered from these muscle tears and surgeries much quicker than he expected mainly due to his customized nutrition and supplementation plans. Even his doctors were amazed at the progress that he made after each of his surgeries in such a short time span.

As we speak, I continue to consult with Bill to help him in his quest for a World Title. I know with full confidence that Bill will recover from his latest injury with flying colors and tackle the Nationals in May and no doubt do some damage on the platform once again. I also wanted to mention Bill's example for another reason. Many Masters lifters, when they have an injury, easily get discouraged and this should not be the case. Yes, you may take a little longer to heal than those younger than you, but you should never give up.

As you can see with Bill, he never gives in or lets an injury get him down. Instead it only provides more fuel to the fire to help him hit that next PR. I want you to take Bill as a prime example of what a true lifter at heart does. A true lifter never gives up in times of hardship, but uses them to take his performance to the next level.

Super Training, Super Nutrition

Q: I heard that you are now working with the team over at Super Training in Sacramento. Is that true? If you are, who are you working with and can you give us some updates of what you are doing over there?

Thanks,
Sam Corle

A: Yes, you heard right. I am working with the team over at Super Training Gym. It is owned and operated by none other than Mark "Smelly" Bell. No, I didn't come up with that nickname for him. It was made famous with his brother Chris's movie "Bigger, Stronger, Faster." For those of you who have not seen it I highly recommend you

do. It looks at the use of performance enhancing drugs in sports. It is no doubt the most thoroughly researched film of its kind, looking at both sides of the coin without being biased either way. It is an excellent production and since there are several powerlifters in the film including Mark, Scott "Hoss" Carwright (I just love these nicknames), Shannon Hartnett, Cara Westin, Janet Lovell and many more. It has been a pleasure working with them as they are a great team of lifters, but also really nice people too. Just by watching any of his training clips on

YouTube.com, you will know what I am talking about. If you haven't seen them, then I also recommend looking them up as they are really good. On top of that, he is so funny all the time that he will have you on the floor with laughter. I have taken a lot of lifters from there including Mark, Scott "Hoss" Carwright (I just love these nicknames), Shannon Hartnett, Cara Westin, Janet Lovell and many more. It has been a pleasure working with them as they are a great team of lifters, but also really nice people too. Just by watching their videos you will see

that training at Super Training Gym is serious business, but they also have a good sense of camaraderie and have fun lifting together too. If I lived in the area it would be my gym of choice to train at no doubt. In the future I will be doing some Power Profiles on lifters from Super Training so that you can see what they are doing with their nutrition and supplementation programs.

If you have any questions or comments please contact me at: Ariccuto@NutritionXP3.com. Or check out my website at: www.NutritionXP3.com

- | | |
|-------------------------|--------------------------|
| Ryan Celli | George Halbert |
| Curt Dennis Jr. | J.T. Hall |
| AJ Roberts | Robert Wilkerson |
| Phil Harrington | Brent "Sgt. Rock" Howard |
| Sam Byrd | Chris Taylor |
| Vincent Dizenzo | John Bernor |
| Joey Smith | Rob Luyando |
| James "Priest" Burdette | Damian Osgood |
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(continued from page 8)

with one arm and then 10 reps with the other until I had done 100 reps with both arms, at around age six. My first set of weights was a bunch of milk jugs filled with sand and my first bench was a 2x12" laid across two cinder blocks. A year or two later my dad made some dumbbell plates for me from lead melted down from old car-batteries. Finally, when I was in fifth grade (age 11) I received a barbell set and bench for Christmas. Even though I trained hard and consistently over the next several years, when freshman football came around I still only weighed 118 lbs. I did two high school powerlifting meets and did poorly at both of them; I didn't even place. I lifted in two more meets while in the Marines and then I started lifting in sanctioned competitions when I got out of the Marines in December of '95. I have been competing seriously for the last 13 years now while averaging about two to three competitions a year, including one bodybuilding show in '96 and a strongman



Matt (left) placed 3rd at the 2002 USAFL Men's National Championships

would have to be the WPO Semi Finals in November of 2005. I was just coming back from surgery to repair my second torn biceps tendon five months earlier and had been out of competition for the last two years due to another biceps tear in addition to surgery and radiation therapy to treat testicular cancer in the spring of 2004. Going into the deadlifts I was in fourth place and going into my final attempt I had moved into second. I took 755 lbs, which was a 25 lb. PR for me at the time, going for the win. My second attempt at 716 had not been easy and after that my training partner and I figured I was good for 733 or maybe 738, but I needed 755 for the win. It was a very long, very slow pull which seemed to stop several times along the way, but I finally locked it out and the place went nuts. I pulled so long and hard that I actually separated my acromio-clavicular joint during the pull. My training partner ran onto the platform and hoisted me into the air and we were all hooting and hollering. That was always how I had dreamed of winning a big meet, with a PR pull to come from behind to take the victory. The part that really makes it memorable though is that about 15 minutes after it was over,

one of my training partners realized that they had added the weight I needed for the win incorrectly and I actually came up short and took second. They debated for a few minutes to decide who would be the lucky one to come over and tell me, but I really wasn't upset because I never would have gotten a PR dead if I hadn't thought that it was for the win.

BC: Describe your training program for us.
MK: I view training as more of an evolution rather than a revolution. What I mean by this is that I am an advocate of making small changes to your program and evaluating the effect it has on your progress, then keeping what works and throwing out what doesn't. I am always making changes and tweaking my program as my strengths and weaknesses change. I focus on bringing up my weak areas and continuing to progress in my strong ones. Too many people look to others to tell them how to train when really they should be asking themselves. There is no better teacher than experience and getting under heavy iron everyday is the best experience that I know of. My current training program is as follows:

Monday: Deadlifts or some variation of it, hamstrings, calves and abs.
Tuesday: Arms.
Wednesday: Upper back, favorite exercises being heavy dumbbell rows and chins.
Thursday: Shoulders, hamstrings, squats, hamstrings, calves and abs.
Saturday: Off.
Sunday: Bench and assistance work.

To see exactly what I do on a daily basis including exercises, sets, reps and weight you can go to www.elitefts.com and click on logs and then click on my name in the left hand column. I update my training log almost every day and often post pictures and videos of my lifting.

BC: What keeps you motivated to continue lifting and competing?
MK: The desire to achieve more, the desire to do something that no one else has ever done and the enjoyment I get from competing. I absolutely love to compete and thrive in those types of situations. My training partners provide me with challenges when I need them and I test myself frequently to push my limits. For anyone that has watched some of my youtube videos that is what my 40 rep drop set of squats was all about. Just putting myself in pain and challenging myself to persevere when it is difficult to do so. I plan crazy things from time to time to keep myself mentally tough. This includes things like very difficult training sessions that lead to vomiting and other methods of self-imposed pain to strengthen the mind. Probably the craziest thing I have done (and I don't recommend this) was to take a 4" long nail and drive it all the way into my arm with just my hands just to make myself withstand the pain. I dislike pain as much as anyone else, but I have learned to be able to control it in most situations.

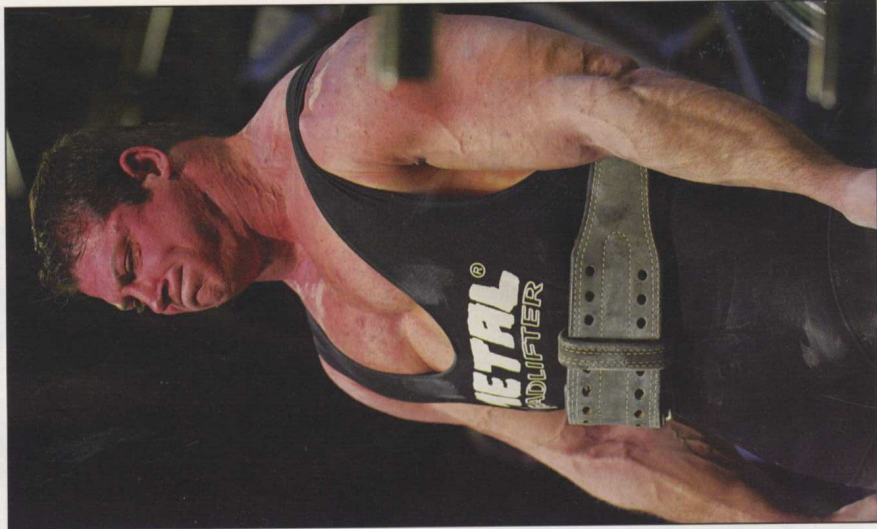
BC: You are known for sustaining and overcoming many injuries; tell us about that.
MK: I have had lots of injuries in recent years including two torn distal bicep tendons that both required surgery (right in eight, 2004; and left in five, 2005). I was on crutches three weeks out from the 2006 Arnold (my first win) with a severely swollen ilio-tibial band that to this day no one knows how I injured. I had partial tears in both triceps a couple of weeks out from the 2007 Arnold and dislocated my left shoulder the week prior to the meet while trying a new bench shirt. I have torn up my lower back pretty bad numerous times and I have torn ligaments in both wrists that often bother me whenever I do a lot of heavy shirted benching. Plus I suffered a large right quad tear last January, but came back to squat a PR 1014 lbs. in July. I have also separated my acromio-clavicular joint, torn my left calf and my left lat and all of these injuries occurred in competitions and I never pulled out of any of the meets—just put

my head down and kept going. Injuries are just part of this sport and learning how to train around them and compete with them is often what separates the champions from the rest.

BC: How did you get involved with MuscleTech and elite fitness systems?
MK: MuscleTech began looking to expand their advertising into powerlifting last year and one of their marketing guys was pretty familiar with the sport so he narrowed it down to his top five pics and took them to the guys that make the final decisions. They looked at everyone and after seeing pictures and videos of mine that are posted on youtube, I was lucky enough to be selected. They contacted me and offered me a contract, which—of course—I was very excited about. Since signing with them it has been even better than I had hoped and they have treated me first class all the way. The photo shoots and public appearances I have done with them have been great experiences and I couldn't feel more fortunate to be sponsored by MuscleTech.

I was lucky enough to get noticed by Elite after winning the Arnold Classic in 2006 and it didn't hurt that I was already wearing Metal Adlifter powerlifting gear, which they are the distributor for here in the United States. Dave Tate and his right hand man, Jim Wendler, have both been great to me and have helped me not only with the sponsorship, but also with training and competition advice. I consider both of these guys to be good friends of mine and I can't say enough about what great guys they are and how well Dave treats his sponsored lifters. Recently he has started holding training weekends for his top sponsored lifters called the Underground Strength Series. A bunch of us from all over the country come out for the weekend and train together and exchange ideas. This has been awesome, as not only are we often able to help each other overcome plateaus and reach our goals, but I have made some great new friends this way as well.

BC: What are your current PRs and what should we expect to see from you in the future?
MK: My current PRs are 1014 in the squat, 705 in the bench, and an 810 dead, but I expect to exceed all of those at my next meet. My main goal is to post the highest total ever in at least one weight class. I would give you numbers, but those are constantly evolving and all the time and are likely going to be much loftier in the near future as my competitors continue to raise the bar. I am also interested in putting up good numbers raw and in single-ply competitions. I want to do well under all of the different standards of lifting, but it is tough competition that I enjoy most and currently a majority of the best lifters compete in the feds that have less restrictive gear rules, so for now they put their mind to.



Keep Pushing Yourself & Never Quit... the former Marine finishes out a big DL

that is where you will find me doing most of my competing.

BC: How do you want to be remembered in the sport when your competition days are over?
MK: I just want to be remembered as the guy who worked as hard as anybody, never let anything stop him, and that did what most people told him he was not capable of. I had so many people tell me when I was younger that I didn't have the genetics to get that big or strong and that I would never achieve my goals. I want my career to be a lesson to anyone else that has been told the same thing by anyone about any goal in any part of their life they want to achieve. With enough desire and hard work, I truly believe anyone can accomplish anything they put their mind to.



Brian Cote and Leo Grandinason
at the APL U.S. Open BP/DL (photo
courtesy from Dave Follansbee)

APL U.S. Open BP/DL
9 Nov 08 - Manchester, NH

BENCH	M. Almonosa	260
Raw	M. Lovell	435
Junior (13-19)	S. Cormier	455
Submaster (33-39)	M. Lovell	435
Open	S. Cormier	455
198 lbs.	M. Lovell	435
220 lbs.	S. Cormier	455
242 lbs.	M. Lovell	435
270 lbs.	S. Cormier	455
300 lbs.	M. Lovell	435
330 lbs.	S. Cormier	455
360 lbs.	M. Lovell	435
390 lbs.	S. Cormier	455
420 lbs.	M. Lovell	435
450 lbs.	S. Cormier	455

Pride Raw Championships
6 DEC 08 - Coeur d'Alene, ID

BENCH	J. Hefley	345
Raw	J. Hefley	345
Open	J. Hefley	345
Junior (20-25)	M. Kampen	430
132 lbs.	T. Wasilecki	295
150 lbs.	R. Ellison	375
165 lbs.	T. Wasilecki	295
180 lbs.	R. Ellison	375
200 lbs.	T. Wasilecki	295
220 lbs.	R. Ellison	375
240 lbs.	T. Wasilecki	295
260 lbs.	R. Ellison	375
280 lbs.	T. Wasilecki	295
300 lbs.	R. Ellison	375
320 lbs.	T. Wasilecki	295
340 lbs.	R. Ellison	375
360 lbs.	T. Wasilecki	295
380 lbs.	R. Ellison	375
400 lbs.	T. Wasilecki	295
420 lbs.	R. Ellison	375
440 lbs.	T. Wasilecki	295
460 lbs.	R. Ellison	375
480 lbs.	T. Wasilecki	295
500 lbs.	R. Ellison	375

German Nationals

Powerlifting	SQ	BP	DL	TOT
FEMALE				
A. Götter	243	94	309	645
M. Friedrich	287	—	270	557
115 lbs.				
N. Ebel	220	110	309	639
A. Pfeiffer	110	138	254	502
230 lbs.				
H. Schüssler	376	165	309	750
242 lbs.				
M. Segerer	303	154	281	739
132 lbs.				
A. Gantner	325	171	314	810
C. Gallen	298	187	287	772
F. Hedrich	292	149	292	733
C. Schöberl	276	160	281	716
165 lbs.				
D. Bauer	170	121	270	560
148 lbs.				
G. Bachhaus	474	347	463	1284
E. Schreiber	386	187	380	953
N. Wetter	325	149	292	766
J. Kozak	387	193	309	788
181 lbs.				
M. Segerer	320	176	375	871
165 lbs.				
148 lbs.				
165 lbs.				
E. Topper	507	265	551	1323
J. Müller	562	463	601	1626
M. Ehrlicher	540	292	529	1361
A. Schütz	463	287	551	1301
S. Trippke	507	331	457	1295
181 lbs.				
B. Baker	463	331	485	1279
181 lbs.				
M. Schröder	639	386	562	1587
L. Jablonowski	617	397	573	1587
R. Schröder	595	397	562	1554
K. Konetschitz	562	386	551	1499
Derzapp	601	364	529	1494
J. Pabls	501	342	557	1483
A. Lysenko	507	336	507	1350
198 lbs.				
J. Baas	645	562	639	1846
K. Burghardt	683	480	661	1824
R. Lochno	750	419	639	1808
220 lbs.				
D. Dawson	750	419	639	1808
198 lbs.				
C. Erbs	716	419	705	1841
M. Hinz	683	480	612	1775
R. Ullrich	683	463	612	1758
S. Stecklina	689	507	551	1747
T. Hauser	683	413	628	1725
M. Meyer	640	468	507	1516
242 lbs.				
M. Steinhilber	617	513	628	1758
A. Stamm	650	485	617	1753
M. Schimpf	694	419	617	1731
B. Schneider	551	552	551	1655

WNPF Johnny G's Classic
FEB 09 - Warner Robins, GA

BENCH	M. Sizemore	320
Open	M. Sizemore	320
11-12 SP	Chatham	110*
165 lbs.	Paige	220 lbs.
Open Raw	Chatham	110*
190 lbs.	Hunt*	374*
210 lbs.	Hunt*	374*
230 lbs.	Hunt*	374*
250 lbs.	Hunt*	374*
270*	Moore	441*
300*	Moore	441*
330*	Moore	441*
360*	Moore	441*
390*	Moore	441*
420*	Moore	441*
450*	Moore	441*
480*	Moore	441*
510*	Moore	441*
540*	Moore	441*
570*	Moore	441*
600*	Moore	441*
630*	Moore	441*
660*	Moore	441*
690*	Moore	441*
720*	Moore	441*
750*	Moore	441*
780*	Moore	441*
810*	Moore	441*
840*	Moore	441*
870*	Moore	441*
900*	Moore	441*
930*	Moore	441*
960*	Moore	441*
990*	Moore	441*
1020*	Moore	441*
1050*	Moore	441*
1080*	Moore	441*
1110*	Moore	441*
1140*	Moore	441*
1170*	Moore	441*
1200*	Moore	441*
1230*	Moore	441*
1260*	Moore	441*
1290*	Moore	441*
1320*	Moore	441*
1350*	Moore	441*
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1920*	Moore	441*
1950*	Moore	441*
1980*	Moore	441*
2010*	Moore	441*
2040*	Moore	441*
2070*	Moore	441*
2100*	Moore	441*
2130*	Moore	441*
2160*	Moore	441*
2190*	Moore	441*
2220*	Moore	441*
2250*	Moore	441*
2280*	Moore	441*
2310*	Moore	441*
2340*	Moore	441*
2370*	Moore	441*
2400*	Moore	441*
2430*	Moore	441*
2460*	Moore	441*
2490*	Moore	441*
2520*	Moore	441*
2550*	Moore	441*
2580*	Moore	441*
2610*	Moore	441*
2640*	Moore	441*
2670*	Moore	441*
2700*	Moore	441*
2730*	Moore	441*
2760*	Moore	441*
2790*	Moore	441*
2820*	Moore	441*
2850*	Moore	441*
2880*	Moore	441*
2910*	Moore	441*
2940*	Moore	441*
2970*	Moore	441*
3000*	Moore	441*

Open Raw

J. Christus	600	429	573	1602
L. Schultz	600	429	573	1602
270 lbs.				
C. Faggiano	783	463	683	1929
R. Arnold	750	463	678	1890
A. Hoffmann	750	463	678	1890
M. Schwanke	672	540	579	1791
B. Loeper	705	386	606	1620
C. Stomels	617	386	606	1620
80 lbs.				
W. Kamper	540	275*	667	1604
198 lbs.				
K. Ondraschow	716	524	689	1929
T. Wisliewski	565	579	617	1901
E. Schwanke	705	579	617	1901
A. Blank	750	457	617	1824
M. Mohkami	683	485	639	1808
M. Wilke	728	—	—	728
181 lbs.				
M. Scalalaha	575	—	—	705
C. Bray	259	198	375	728
220 lbs.				
H. Page	400	—	—	705
198 lbs.				
M. Hook	450	—	—	705
220 lbs.				
M. Sizemore	320	—	—	705
165 lbs.				
A. Dinmore	305	—	—	705
Special Olympian				
A. D. C. (40-49)				
Open Raw				
190 lbs.				
210 lbs.				
230 lbs.				
250 lbs.				
270*	Moore	441*	—	705
300*	Moore	441*	—	705
330*	Moore	441*	—	705
360*	Moore	441*	—	705
390*	Moore	441*	—	705
420*	Moore	441*	—	705
450*	Moore	441*	—	705
480*	Moore	441*	—	705
510*	Moore	441*	—	705
540*	Moore	441*	—	705
570*	Moore	441*	—	705
600*	Moore	441*	—	705
630*	Moore	441*	—	705
660*	Moore	441*	—	705
690*	Moore	441*	—	705
720*	Moore	441*	—	705
750*	Moore	441*	—	705
780*	Moore	441*	—	705
810*	Moore	441*	—	705
840*	Moore	441*	—	705
870*	Moore	441*	—	705
900*	Moore	441*	—	705
930*	Moore	441*	—	705
960*	Moore	441*	—	705
990*	Moore	441*	—	705
1020*	Moore	441*	—	705
1050*	Moore	441*	—	705
1080*	Moore	441*	—	705
1110*	Moore	441*	—	705
1140*	Moore	441*	—	705
1170*	Moore	441*	—	705
1200*	Moore	441*	—	705
1230*	Moore	441*	—	705
1260*	Moore	441*	—	705
1290*	Moore	441*	—	705
1320*	Moore	441*	—	705
1350*	Moore	441*	—	705
1380*	Moore	441*	—	705
1410*	Moore	441*	—	705
1440*	Moore	441*	—	705
1470*	Moore	441*	—	705
1500*	Moore	441*	—	705
1530*	Moore	441*	—	705
1560*	Moore	441*	—	705
1590*	Moore	441*	—	705
1620*	Moore	441*	—	705
1650*	Moore	441*	—	705
1680*	Moore	441*	—	705
1710*	Moore	441*	—	705
1740*	Moore	441*	—	705
1770*	Moore	441*	—	705
1800*	Moore	441*	—	705
1830*	Moore	441		

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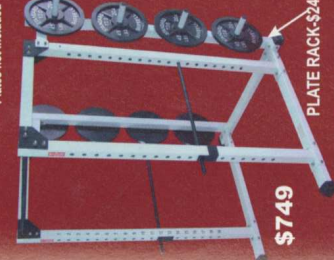
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New York Barbell of Elmira, Inc.

RB: Who owns Tri-State? Do you own it?

AT: I am the director of the Fitness Center. This spectacular piece of property is owned by attorney Jeff Rotiwitt, a great guy—who also owns the KIXX. He gets offers all the time to sell; I do not believe he will ever sell.

RB: When did it start, and why? AT: Tri-State was an employee facility for Sun Oil many years ago and was bought by Mr. Rotiwitt and a group of investors a few years ago.

RB: You've listed tons of pro athletes; do any other powerlifters or strongest-man contestants train at Tri-State?

AT: Jake Zuzek, a 6'2", 294-pound all-state offensive lineman (center) from West Catholic High School is our resident big man right now since the Arena League is on hold.

Jake is just a junior and already getting interest from football powers such as Pitt and the Big 10. He can really throw the weights around. And he is tough!

RB: Just how tough is Jake? AT: He broke his leg in the state championship game in the 3rd quarter and stayed in on offense for the duration! The game went two overtimes before losing a heartbreaker. His teammates carried him from play to play for the rest of the game so he could snap the ball and block. (Wow; nuff said RB.)

RB: What events will you promote through Tri-State in 2009? AT: I am happy to announce the gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

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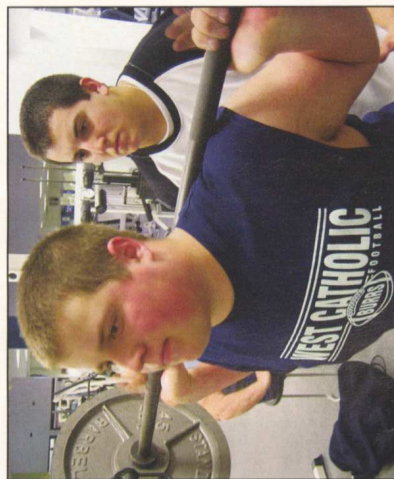
gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat



Tough Guy Jake Zuzek hits the squat rack; **West Catholic teammate Nick Lewandowski** is his spotter (photo courtesy of Doug Rowitt)

MHP Liberty Strongman Classic will return to the Wilmington Blue Rocks minor league baseball stadium for an Atlas Stones event on July 3rd. Over 7,000 fans rock the stadium for this awesome Strongest Man Contest. Check out the videos on Footballstories.com for highlights from previous years.

RB: What is the gym's address, and/or some form of contact info? AT: Tri State Sports is located at 63 Concord Road, Aston, PA 19074. Phone: 610-494-3600. Website: www.tristatesports.com

Thanks to Al Thompson, for a view into the most unusual gym ever. I've NEVER heard of a gym with Dog Shows, Lacrosse, Cat

gym with Dog Shows, Lacrosse, Cat

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gym with Dog Shows, Lacrosse, Cat

(continued from page 22)

taken in the NBA draft this spring if he chooses to leave Memphis.

This has been the training facility for three professional sports teams: The Philadelphia Soul of the Arena Football League, the Philadelphia KIXX, a championship indoor soccer team, and the Philadelphia Wings pro lacrosse team.

We also have a giant "Tent Building" that has three rinks for deck and roller hockey as well as soccer, flag football, field hockey, lacrosse and in some cases baseball.

We have hosted pro boxing, dog shows, cat shows, trade shows and model train shows.

Gene Richlak has held several IPA powerlifting events here, as has Robert Keller's USA Powerlifting organization. (Wait; did Al say DOG & CAT SHOWS? RB)

Tri-State Sports has hosted an amateur strongman (NAS) and has many strongman events for members and guests to practice on including Atlas Stones, super yoke, farmer's walk, and log press (Williams Strength).

Tri-State Sports also has an Olympic lifting platform that many athletes, male and female, from high school to pro have taken advantage of.

Pro strongman Walt Gogola has trained at Tri-State as well as outstanding amateurs such as Doug Kirby, Evan Oxner, Mike Berens, Matt Keller, Buddy Schweder and the Linden Scott Crew. Then Eagles lineman Scott Young (now with the Cleveland Browns) has even stopped by to check out our gym.

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(Continued from page 10)

BT: That's an interesting combination of interest you have. You're well rounded. What adversities have you had to overcome?

CB: I don't know if I would say I've had to overcome anything. I mean, any problem I have had to deal with I have always found a way to work around it. The problem I have to overcome, if I could call them that, is I have bone spurs in both ankles and knees. I also have two bulging discs in my neck and lower back. The thing is though, I had all this before I started powerlifting so I can't use them as excuses.

BT: What makes you different from everyone else?

CB: Well, I guess the only thing that's different about me is I started powerlifting later than most. I started when I was 39; I'm now 45. I also don't put limits on myself. I'll try anything—I don't factor fear into my lifting. The thing that makes me different from everyone else, now

that I've thought about it, I would say it's me being who I am at all times.

BT: Tell us about the gym you train at and what is it like?

CB: The gym I work out at is your typical fitness center that my training partner and I have—without permission—semi converted a section into a make shift powerlifting gym. The music is random and half the time sucks, but what can you do man. Like I always say, it is better than the alternative.

BT: Good work. What are your biggest pointers for a bigger total?

CB: Train the upper back—lots of shrugs/zerchers/good-mornings and humpers. Box squats is a must if you want to be explosive out of the hole.
For the bench press do floor presses in and out of the shirt; use bands and chains. Not using them is crazy. Cycle your bench shirt from easy to hard to help maintain raw strength. Do rack-presses at different heights.
Last thing is you have to train heavy to lift heavy.

BT: What was the worst advice you were ever told?

CB: I don't know if I have ever

gotten bad advice. I have a "stupid filter," so if it was bad it probably didn't get stored in the memory bank.

BT: What supplements do you take?

CB: I take Nitro Tech protein powder, Cell Tech creatine, Galkic Hardcore on lift days and a joint supplement. That's pretty much the extent of my supplement regimen.

BT: How do you envision the future of powerlifting?

CB: I really don't know; it seems that powerlifting is getting farther and farther away from what it should be. I guess if the question is what "would I like the future of power lifting to be?"...then I would like to see a more unified community with more competitions that are meaningful. I would like to see the best of the best get together every two years and go at it in a battle royale. We should form a group that collects dues, a sort of lifters union. They would then use these dues to provide cash prizes at major events. These funds could also pay for trips to desecrating lifters who would not otherwise be able to compete because of financial issues. I would also love to see strict judging across the board in

every fed.

BT: I like the way you think. When you are all finished with powerlifting, how do you want to be remembered?

CB: I want to be the guy that even if you didn't like me you still would have something nice to say on my behalf. I would also like to be remembered as the guy that was always willing to help his fellow powerlifter.

BT: It has been a pleasure. What a journey you have had. We can't wait to see what you do next. You will be remembered and respected! In closing, who would you like to thank?

CB: I would like to thank first my mother (Falcona Francis) for raising me to believe I can do anything I put my mind to. Thanks to my sponsor Elite Fitness Systems; they have always been there for me when I needed help. I'd also like to thank my girlfriend Allison Francis, my son Francisco, and my son who thinks I'm the strongest man on the planet, but is too cool to say so. Last but not least my training partner (Jeffery Vaughn) and all the others that have helped along the way.



Pushing the Envelope – big efforts were made while missing this massive bench press attempt in Los Angeles at the 2009 Fit Expo



Zack Spidel's 700 deadlift without a lifting belt at the Mid Atlantic Open (Charles Venturilla photos)

Mid-Atlantic Open		7 MAR 09 - Greencastle, PA		
Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
A. Davis!	155	95	255	505
4th-DL-265				
132 lbs.				
A. Johnson		90		
140 lbs.				
(25-29)				
P. Hopkins	175	125	245	545
4th-DL-250				
(35-39)				
K. Hopkins	170	105	210	485
132 lbs.				
(75-79)				
P.alingburg	115	100	170	385
148 lbs.				
(40-44)				
K. Murphy!	365	315	435	1115
165 lbs.				
Z. Whitmer	255	190		
165 lbs.				
(20-24)				
J. Staller	315	260	450	1025
(25-29)				
Z. Whitmer	275	200	380	935
(20-24)				
J. Keene	225	205	375	805
(65-69)				
J. Osborne	275	155	360	790
(50-54)				
T. Funk		195		
130 lbs.				
(35-39)				
E. Lough	300	210	375	885
198 lbs.				
(45-49)				
(30-34)				
C. Smith	415	260	505	1180
(65-69)				
D. Junkins	400	245	410	1055
(20-24)				
J. Simmons	315	215	425	955
(50-54)				
(20-24)				
J. Simmons	200	155	345	700
4th-SQ-300				
(50-54)				
Montgomery		210	390	600

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World Championships - Las Vegas, NV - OCT 2009
World Single Lift Championships - Norfolk, VA - NOV 6-7 2009

A 700 pound deadlift is not the largest total lifted at the 2009 Powerlifting Federation National Championships. Many thanks to Frank Thomas and the staff at the Sports Inn in Greencastle, Pennsylvania for hosting the meet; Doc Junkins and Zack Spidel for helping organize the contest; Dave Liboa, John Frisk, Paul Simmons, and Doc Junkins for the assistance in setting up the meet; J. Shane XXX and Joe Montgomery for spotting and loading; John Polak of PolakMade in the greatest country on earth! And, most importantly, thanks to our King and Creator of R.A.W. United! More thanks to America's finest brave men and women of the United States Armed Forces! Thanks to each of you who supported this event in any way possible. For the awesome "United We Stand" plaques, sacrifice. (courtesy of Spiero /shotfields)



The Sports Inn Power Team led by Doc Junkins (2nd from right, front row) hosted the Mid-Atlantic Open

(continued from page 28)

"It is the weak who are cruel; gentleness is to be expected only from the strong."
—Walter Lippmann

"I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is above all to matter, to count, to stand for something, to have made some difference that you lived at all."
—Leo Rosten

"The only way of finding the limits of the possible is by going beyond them into the impossible."
—Arthur C. Clarke

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."
—Aristotle

"You cannot plough a field by turning it over in your mind."
—Author Unknown

"If you can't imagine it, you can't achieve it; if you can dream it, you can become it."
—William Arthur Ward

"Imagination rules the world."
—Napoleon Bonaparte

"Happiness comes only when we push our hearts and souls to the furthest reaches of which we are capable."
—Leo Rosten

"If you can't accept losing, you can't win."
—Vince Lombardi

"If you don't know where you are going, you'll end up somewhere else."
—Yogi Berra

"The greatest mistake you can make in life is to continually be afraid you will make one."
—Elbert Hubbard

"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy."
—Martin Luther King, Jr.

"Any one can hold the helm when the sea is calm."
—Publius Syrus

"We think too small, like the frog at the bottom of the well. He thinks the sky is only as big as the top of the well. If he surfaced, he

"Nobody can acquire honor by doing what is wrong. He has honor if he holds himself to an ideal of conduct though it is inconvenient, not trying."

"One man practicing sportsmanship is far better than 50 preaching it."
—Knute Rockne

"When you win, say nothing, when you lose, say less."
—Paul Brown

"The only one who can tell you 'you can't' is you. And you don't have to listen."
—Nike

"If you hear a voice in your head that says don't paint. Then for God's sake paint and the voice will disappear."
—Picasso

"A free lunch is only found in mousetraps."
—John Capuzzi

"I can accept failure. Everyone fails at something. But I can't accept not trying."
—Michael Jordan

"In the end, it's extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don't win, how can you lose?"
—Jesse Owens

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would have an entirely different view."
—Mao Tse-Tung

"In this world a man is either going to be an anvil or hammer."
—Henry W. Longfellow

"You have enemies? Good. That means you've stood up for something, sometime in your life."
—Winston Churchill

"The dreams of today are the realities of tomorrow."
—Unknown author

"You must be the change you wish to see in the world."
—Mahatma Gandhi

"There comes a time when one must take a position that is neither safe, nor political, nor popular, but he must take it because his conscience tells him it is right."
—Martin Luther

"A wise man learns by the mistakes of others, a fool by his own."
—Latin Proverb

"After the game, the king and the pawn go into the same box."
—Italian Proverb

"Anyone who has never made a mistake has never tried anything new."
—Albert Einstein

"The best way to prepare for life is to begin to live."
—Elbert Hubbard

"He knows the water best who has waded through it."
—Danish Proverb

"Men give me some credit for genius. All the genius I have lies in this: When I have a subject in hand, I study it profoundly. Day

and night it is before me. I explore it in all its bearings. My mind becomes pervaded with it. Then the effort which I make is what the people call the fruit of genius. It is the fruit of labor and thought... not genius."
—Alexander Hamilton

"Our greatest glory consists not in never falling, but in rising every time we fall."
—Oliver Goldsmith

"At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by 'I was hungry and you gave me food to eat, I was naked and you clothed me, I was homeless and you took me in.'
—Mother Teresa

"God's gift to you is life, your gift to God is how you live it."
—Author unknown

Zig Zigler who is also a proponent of motivational passages was once told, "Zig, motivation doesn't last, so why get so excited about your daily quotes?" To which Zigler responded, "Bathing doesn't either; that is why I recommend it daily. Words to live by!

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—Joe Pastore, Strength Coach, Team Citron (2005)

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—Scott Mendelson, World's #1 Bench Presser

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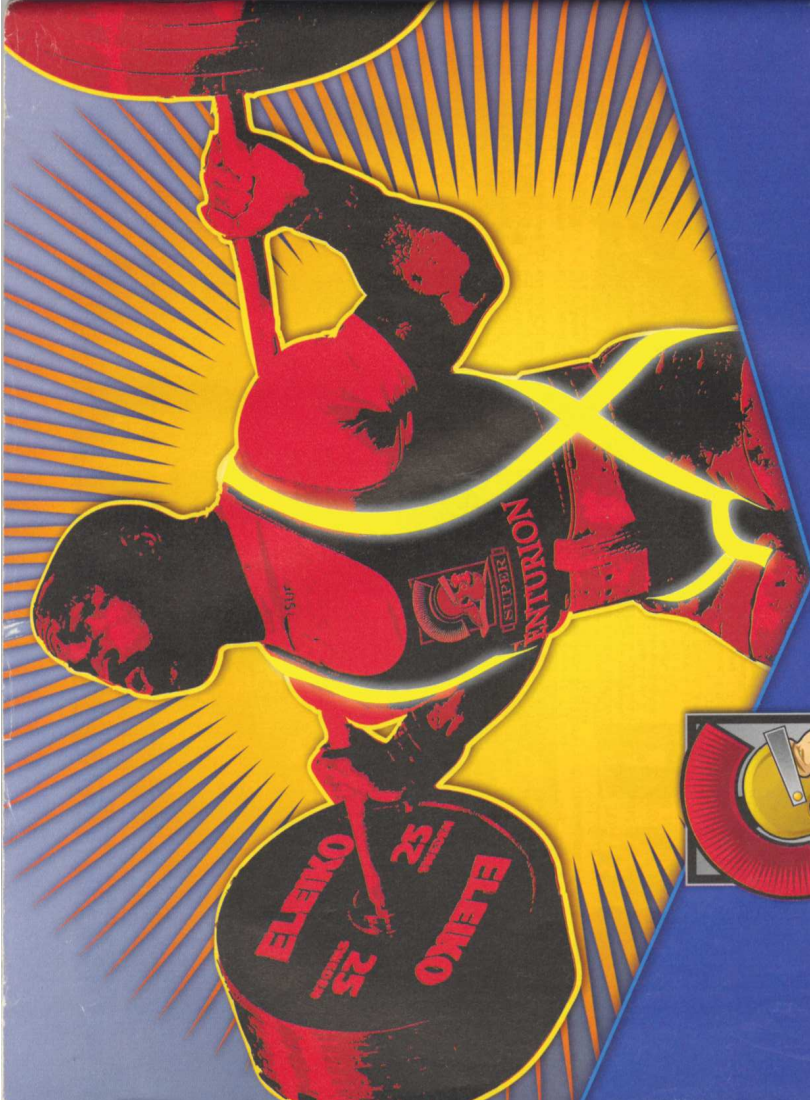
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