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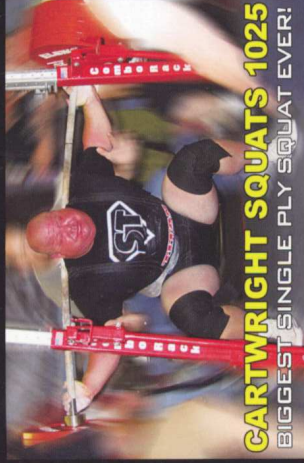
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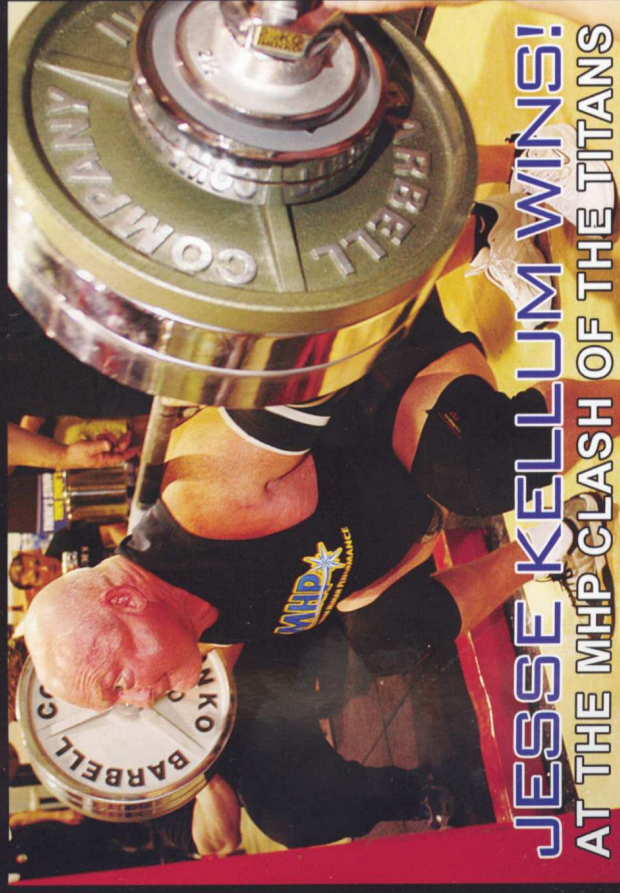
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**JESSE KELLUM WINS!**  
AT THE MHP CLASH OF THE TITANS



**+ TOP 20**  
**RANKINGS**



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# CREATINE STUDY AT TWO MAJOR UNIVERSITIES REVEALS DRAMATIC NEW DATA IN PLASMA UP-TAKE!

In over twenty years of peer-reviewed scientific studies performed on creatine by major universities abroad and in the United States, the common denominator has been: when creatine monohydrate is dosed properly, it will provide as much or more desired performance enhancement (increased strength and recovery) as any of the subsequent creatine "improvements".

Even though the molecule is not very bio-available or soluble, Creatine monohydrate has been the most steadfast supplement in the sports nutrition industry simply because nothing else has been developed that has been shown to actually be better (although many claims of improvement have been made). In an industry that is largely not regulated by the FDA, some supplement companies have been involved in shallow or "creative" science in order to back-up product claims. But when subjected to real scientific methods and data interpretation, little or no evidence of improvement is found. As one industry observer said, "When it comes to dietary supplements it's like the Wild West and the bad guys know they don't have to take the sheriff seriously".

When the **CON-CRET** molecule was introduced in the later part of 2007, it was a breakthrough in creatine science. For the first time, a creatine molecule was developed that was so bio-available, it allowed users to dose on body weight like a pharmaceutical compound does (no other creatine product does this) and to catalyze dramatic performance enhancement. It simply is remarkably soluble in liquids, very pure, all natural, and highly concentrated.

However, sports nutritionists were understandably skeptical of another new "improvement" and at the 2008 National Strength Coaches conference in Las Vegas, Dr. Jose Antonio said, "you can garner accolades and testimonials all day long, but as a scientist I want to see the hard facts on paper and in a study that truly reveals what this molecule does".

Therefore, ProMera Health looked to the University of Nebraska and the University of Manitoba to assist in conducting a full double blind, placebo-controlled, balanced cross-over, plasma up-take study in order to expand understanding of, and scientifically document, the comparative performance of **CON-CRET** vs. creatine monohydrate (and other top selling creatines).

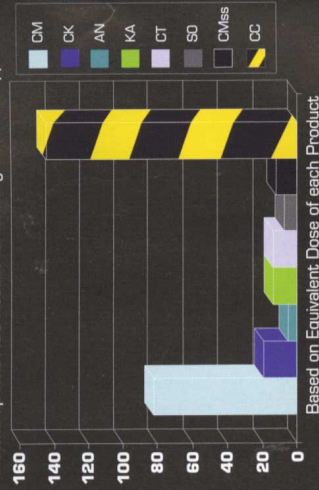
Prior to the uptake study, data from the University of Nebraska Medical Center and Vanderbilt University had already confirmed that not all creatines have the same solubility / potency.

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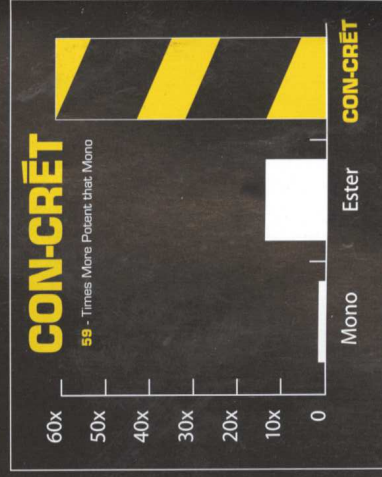


Based on Equivalent Dose of each Product

The reason solubility is such a big deal is simple -- if it isn't in solution (soluble), it won't be absorbed into the bloodstream. Creatines vary in performance largely based on solubility. The task for Manitoba and Nebraska was to measure human volunteer subjects specifically dosed with different forms of creatine and then test and evaluate absorption in the bloodstream.

The results were clear. For the first time in 20 years of formal academic creatine research, it showed convincing evidence of a significant improvement in plasma uptake of a creatine product as compared to creatine monohydrate (or any other form). Peak creatine plasma concentrations and plasma area under the curve (AUC) was significantly greater in the **CON-CRET** treatment phase. These assessments were done using the FDA method for assessing relative bioavailability, and the **CON-CRET** formulation was over 60% greater than that of creatine monohydrate.

Together these studies demonstrates that **CON-CRET** provides a more efficient dosage form of creatine with improved oral absorption properties. **CON-CRET** has revolutionized the creatine market and truly makes all other creatines obsolete.



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We've always considered it an honor to be able to conduct business in a sport that we love. As a customer you deserve not only the best products available but the best service possible.

### Innovation and Craftsmanship

Founded in 1981, Titan was built on the principles of innovation and craftsmanship. When graded on these variables, Titan rules the roost. While the others imitate, we originate.

We're proud of the fact that we deliver innovative, world record setting products of the highest quality. However, we recognize that our weak point has been slow retail delivery times when ordering directly from Titan.

These slow delivery times pertain only when ordering directly from Titan. For quicker delivery go to our website and find a dealer in your area. They are our frontline. They consist of knowledgeable and reputable companies who can not only answer gear and training questions, but who have stock available for immediate shipment.

### Commitment

It's not enough to simply recognize a weak point. There has to be a commitment to address it. That's why for the last 18 months we have quietly been working on our biggest project yet...a new, larger production facility.

There is one thing we refuse to do to improve delivery times and that's to compromise on the craftsmanship of our products. Most do not realize that it takes almost 3 times longer to construct a Centurion squat suit than our competitor's premium suits. That's because our competitors use a traditional 3 panel suit construction while the Centurion uses our patented 11 panel construction. That's a big difference.

### Action

Based on these guiding principles, there can be only one solution and Titan has acted on it.

- We've purchased and remodeled a 12,000 square foot building on a 2 acre property adjacent to a state highway that provides easy access for shipping & freight companies.
- We've installed textile machinery to facilitate the handling and processing of a minimum of 7 tons of fabric at any one time and redesigned the factory floor to accommodate at least 50 employees.
- We've installed a new high speed computer network linking the production floor and the offices as well as providing external communications.

Quite simply, this is the biggest investment in Titan history. We are committed to continue bringing the lifting world the best gear ever. Now, the focus will be to make retail delivery times commensurate with the quality of our goods.

A new era is at hand.

Pete Alaniz  
President, Titan Support Systems

WWW.TITANSUPPORT.COM

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**Post Office Box 467**  
**Camarillo, CA 93011**

Editor-In-Chief Mike Lambert  
 Controller In Joo Lambert  
 Statistician Michael Soong  
 Publisher Mike Lambert  
 Art Director Kelly Anglin

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

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ON THE COVER ... Jesse Kellum at the MHP Clash of the Titans (Winsor photo), Scott Cartwright's 1025 lb. Squat (CSS photo), and the NASA Pro Power Sports Winners: (l-r) Cyrus Ford, Jason Smith, Mike Bishop, J.T. Hall, David Wilson, Heena Patel, Desmond Phillips (Hall photo)

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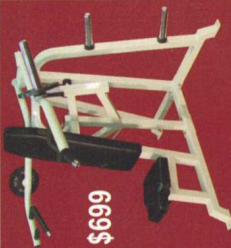
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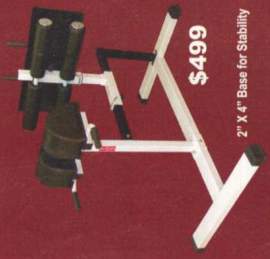
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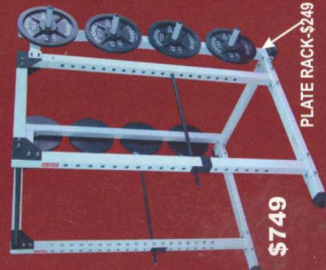
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2,601lbs @ SHW

**Joe Mazza**  
IPA World Record Bench  
675lbs @ 165lbs

**Ryan Kennelly**  
Greatest Bench Ever  
WR 1,075lbs @ 308

**Rob Luyando**  
World Record Bench  
832lbs @ 220lbs  
905lbs @ 242lbs  
947lbs @ 247lbs

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**Dennis Cieri**  
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634lbs @ 198lbs

**Jeremy Hoornstra**  
World Record "Raw" Bench  
615lbs @ 242lbs

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

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

**Joe Ceklovsky**  
World Record Bench  
600lbs @ 147.6lbs

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April 18th marked the fourth professional powerlifting competition produced and promoted by Hardcore Powerlifting, LLC. This year, both the bench press and powerlifting championships would be merged into one super strength shootout at The Ronnie Coleman Classic Expo in Mesquite, Texas.

### MHP's Kings of the Bench III & Clash of the Titans II

18 APR 09 - Mesquite, TX

#### Lightweight Division

1st Place	Jamie McDougal	1,530 Total
2nd Place	Eric Talamant	600 Deadlift
3rd Place	Adam Yezzer	620 Deadlift
4th Place	James Hinson Jr.	1,330 Total
5th Place	Jeff Phillips	560 Deadlift
6th Place	Thomas Phillips	1,300 Total
7th Place	Thomas Phillips	1,300 Total
8th Place	Thomas Phillips	530 Deadlift

#### Middleweight Division

1st Place	Jesse Kellum	1,950 Total
2nd Place	Brandon Cass	1,800 Total
3rd Place	Adam Yezzer	1,610 Total
4th Place	Ben Patel	1,300 Total
5th Place	Steve Coyne	570 Deadlift
6th Place	Steve Coyne	Del Not Total
7th Place	Steve Coyne	0 Deadlift

#### Light Heavyweight Division

1st Place	Scott Smith	2,130 Total
2nd Place	Chip Edalgo	1,750 Total
3rd Place	Shane Jones	1,720 Total
4th Place	Shane Jones	660 Deadlift

#### Heavyweight Division

1st Place	Randall Harris	2,010 Total
2nd Place	Jonathan Vick	1,910 Total
3rd Place	Shane Jones	1,505 Total
4th Place	Shane Jones	700 Deadlift

#### Prize Money Breakdown

1st Place	Jamie McDougal	450 Pounds
2nd Place	Eric Talamant	420 Pounds
3rd Place	Adam Yezzer	310 Pounds
4th Place	James Hinson Jr.	520 Pounds
5th Place	Jeff Phillips	490 Pounds
6th Place	Thomas Phillips	540 Pounds
7th Place	Thomas Phillips	520 Pounds
8th Place	Thomas Phillips	450 Pounds
9th Place	Al Davis	560 Pounds
10th Place	Randall Harris	520 Pounds

#### Overall Biggest Total & Light Hwt. Powerlifting Champion

\$2,000 Cash, Scott Smith

#### Overall Biggest Benchpress & Hwt. Benchpress Champion

\$2,000 Cash, Jamie McDougal

#### Overall Biggest Squat & Hwt. Squat Champion

\$1,000 Cash, Randall Harris

#### Hwt. Powerlifting Champion

\$1,000 Cash, Jesse Kellum

#### Mwt. Powerlifting Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Powerlifting Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Benchpress Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Squat Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Total Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Overall Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Powerlifting & Benchpress Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Squat & Benchpress Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Total & Benchpress Champion

\$500 Cash, Adam Yezzer

#### Light Hwt. Total & Squat Champion

\$500 Cash, Adam Yezzer

## Once Again... The Kings of Powerlifting Clash in Texas!

MHP's Kings of the Bench III & Clash of the Titans II as told to PL USA by Sean Zilla Katterle of HardcorePowerlifting.com

The Coleman Classic is one of the best NPC based expos in the country, as Brian Dobson of Metro Flex Gym and 8x Mr. Olympia, Ronnie Coleman, have been building it up for years now. At this year's show, the organizers added arm wrestling, an NPC bikini division, and they teamed up with my company MHP sponsored yet another stellar MHP sponsored pro lifting match up.

In order for a sport to be successful on a large scale, I believe it has to have a highly active grass roots level and then a legitimate professional tier for up-and-coming athletes to strive for. Thanks to MHP (GetMHP.com) new life has been breathed into the elite performance division of the barbell lifting community. MHP is the #1 nutritional supplement sponsor of building professional strength sports in the world. In addition to helping many of the sport's top players get the muscle building support they need, MHP pays out over \$100,000 per year in

tendence has been crazy! We were sold out, as far as seats, within 20 minutes of opening up the door. So, just thank God." Later, Dobson confirmed to me that they'd sold over 1,800 general admission tickets to this one day festival!

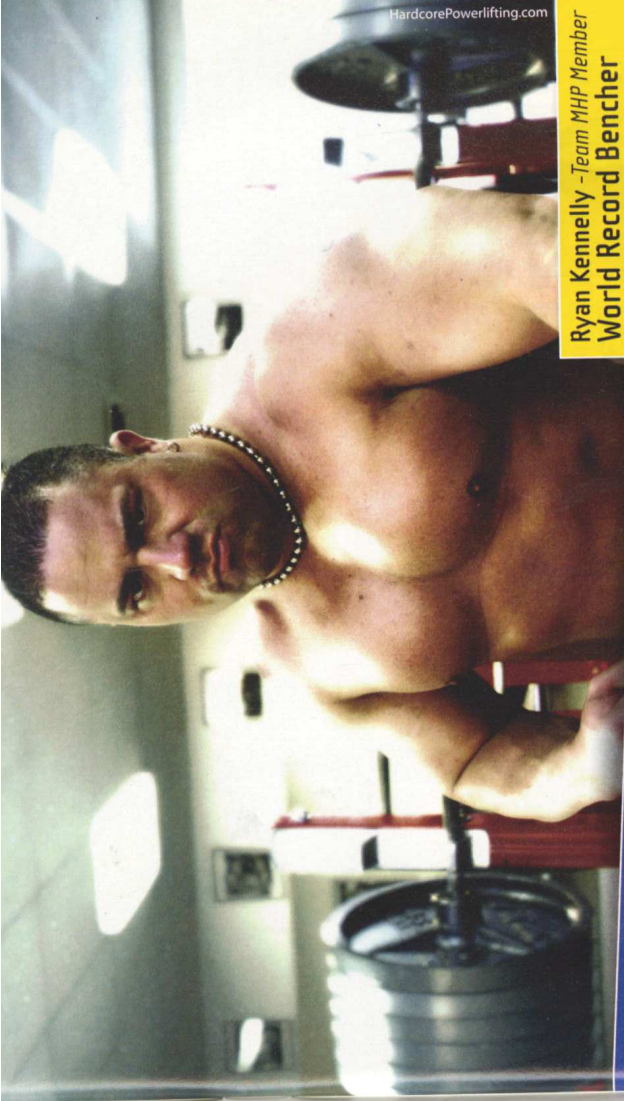
For the second time, Bodybuilding.com flew in a TV camera crew from their headquarters to cover the lifting. Powerlifters and powerlifting fans alike can now log on to their superstore and catch all the action on video at Bodybuilding.com simply by searching for Kings of the Bench 2009 on their superstore.

This media coverage on the part of Bodybuilding.com has had a very positive impact on the growth of the sport as literally hundreds of thousands of people on average watch the event videos the company films and airs. This is the kind of positive publicity the sport of powerlifting needs and it's another step towards getting it back on prime channel cable/satellite television.

Official MHP Kings of the Bench III & Clash of the Titans II Sponsors:

Maximum Human Performance

(continued on page 96)



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

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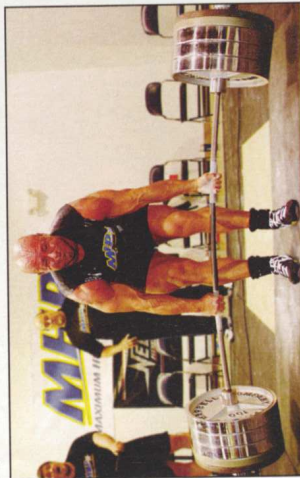
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Hywyt Champ Randall Harris



Brandon Cass actually got an 850 DL moving! (c. Winsor Photos)



Collin 'Pooch' Bear Rhodes came up tops in Lt. Heavy Bench Press



Chip Edalgo was 2nd in Lt. Heavy



# WOMEN'S TOP 20

These are the PL USA TOP 20 women powerlifters in the United States for the year 2008. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



(Above) Julie Kimoto of Hawaii has made her 198 lb. comeback! (Below) Massive Pulling - Middleweight phenom Theresa Holte



(continued on page 98)

## 97 SQ

- 270 Campman, D., 314/08
- 240 Binash, S., 377/08
- 245 Vela, D., 314/08
- 240 Caffrey, C., 314/08
- 236 Summers, A., 4/08
- 235 Sherman, R., 314/08
- 235 Smith, J., 314/08
- 235 Agostini, J., 4/08
- 235 Gomez, V., 314/08
- 231 Krebs, H., 329/08
- 226 Sanchez, S., 314/08
- 225 Bazzan, R., 314/08
- 225 Aguirre, K., 314/08
- 225 Mallos, S., 314/08
- 220 Stewart, S., 273/08

## 105 SQ

- 340 Grimwood, E., 11/22/08
- 335 Fontenot, M., 278/08
- 300 Durham, K., 314/08
- 286 Binash, S., 377/08
- 286 Helms, R., 314/08
- 270 Whitaker, R., 1/31/08
- 264 Anderson, C., 6/18/08
- 264 Jackson, M., 3/14/08
- 260 Draville, L., 2/28/08
- 260 Coleman, A., 2/28/08
- 255 Blachette, C., 11/15/08
- 253 Steiner, C., 4/08
- 250 Hayes, N., 3/14/08
- 240 Pennington, S., 3/7/08
- 235 McGuffill, L., 3/14/08

## 114 SQ

- 396 Awall, A., 11/15/08
- 365 Carr, N., 4/26/08
- 340 V.D. Voort, J., 3/7/08
- 310 Williams, M., 6/21/08
- 310 Schilling, A., 9/1/08
- 290 Voort, J., 3/7/08
- 290 Ruby, M., 3/14/08
- 286 Laver, C., 6/21/08
- 281 Shumaker, A., 10/26/08
- 280 SantaMaría, E., 3/14/08
- 275 Hogan, D., 2/28/08
- 275 Foster, C., 3/14/08
- 270 Pennington, S., 3/7/08
- 265 Garcia, L., 3/14/08
- 265 Martinez, L., 3/14/08

## 123 SQ

- 406 Kehlman, M., 6/20/08
- 425 Carr, N., 4/26/08
- 418 Rotsinger, J., 11/20/08
- 352 Dunson, L., 4/08
- 352 van Dusen, K., 4/08
- 347 Ferek, J., 9/2/08
- 336 Miller, K., 2/16/08
- 335 Allen, M., 3/14/08
- 330 Malherbe, A., 2/16/08
- 325 Schilling, A., 3/7/08
- 325 Gaona, L., 3/14/08
- 314 Owens, A., 4/08
- 314 Bennett, D., 1/15/08
- 308 Kempner, L., 2/16/08
- 305 Goertz, B., 3/14/08

## 132 SQ

- 430 Harrington, N., 10/18/08
- 420 LaFriere, B., 4/26/08
- 413 Perry, J., 1/17/08
- 410 LaFriere, B., 4/26/08
- 402 Bennett, J., 5/20/08
- 400 Furniss, J., 6/28/08
- 398 Thompson, L., 11/20/08
- 369 Stacey, S., 8/27/08
- 365 Fergalsch, J., 1/19/08
- 363 Perry, L., 6/19/08
- 358 Carter, M., 1/26/08
- 347 Steiner, C., 4/08
- 335 Powels, K., 3/14/08
- 330 Myers, B., 2/23/08
- 325 King, K., 3/14/08
- 320 Hagrove, C., 3/14/08
- 320 Vaziri, K., 10/25/08

## 97 DL

- 275 Summers, A., 4/08
- 270 Thomas, S., 3/29/08
- 260 McCaslin, K., 1/20/08
- 264 Seelrock, S., 3/28/08
- 260 McGool, C., 3/14/08
- 259 Sherman, R., 3/14/08
- 250 Sherman, R., 3/14/08
- 250 Bazzan, R., 3/14/08
- 250 Campman, D., 3/14/08
- 250 Gomez, V., 3/14/08
- 245 Stewart, S., 2/23/08
- 245 Sanchez, S., 3/14/08
- 245 O'Leary, J., 3/14/08
- 245 O'Leary, J., 3/14/08
- 242 Mallos, S., 3/28/08
- 242 Aguiar, A., 11/16/08
- 240 Buckler, S., 2/23/08

## 105 DL

- 342 Grimwood, E., 11/22/08
- 335 Fontenot, M., 2/28/08
- 315 Sherman, M., 4/26/08
- 310 Byrnes, M., 4/19/08
- 290 Callin, C., 2/23/08
- 286 Barnes, L., 4/19/08
- 286 Ryan, M., 9/20/08
- 275 Poyner, K., 3/14/08
- 275 Freed, N., 4/19/08
- 270 Pennington, S., 3/7/08
- 270 McGuffill, L., 3/14/08
- 270 Hernandez, S., 3/14/08
- 265 Hirtz, M., 2/28/08
- 264 Zember, E., 2/16/08

## 114 DL

- 391 Awall, A., 11/15/08
- 365 Carr, N., 4/26/08
- 360 Ochoa, J., 3/28/08
- 340 Carr, N., 4/26/08
- 340 Carr, N., 4/26/08
- 340 Carr, N., 4/26/08
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- 340 Carr, N., 4/26/08

## 123 DL

- 451 Kehlman, M., 11/20/08
- 391 Rotsinger, J., 11/20/08
- 370 Carr, N., 4/26/08
- 365 Padell, H., 10/9/08
- 352 Brown, J., 2/16/08
- 347 Van Dusen, K., 4/08
- 347 Ferek, J., 9/2/08
- 341 Malherbe, A., 2/16/08
- 341 Kempner, L., 2/16/08
- 340 Snow, D., 8/23/08
- 330 Miller, K., 2/16/08
- 330 Dunson, L., 5/4/08
- 330 Clark, K., 12/6/08
- 325 Carlson, B., 1/26/08
- 325 Wright, A., 3/15/08

## 132 DL

- 418 Perry, J., 6/19/08
- 410 Hart, C., 10/4/08
- 396 Thompson, L., 11/20/08
- 385 Stone, B., 8/22/08
- 380 Carter, M., 1/26/08
- 380 LaFriere, B., 4/26/08
- 375 Baker, S., 8/27/08
- 374 Baker, S., 8/27/08
- 374 Stein, E., 11/20/08
- 374 Dunson, L., 11/20/08
- 369 Holtsch, L., 6/14/08
- 363 Gaudreau, J., 2/17/08
- 363 Ladewski, J., 4/19/08
- 363 Buff, D., 8/20/08
- 360 Harrington, N., 10/18/08
- 350 Hirtz, M., 2/28/08

## 97 TOT

- 633 Summers, A., 4/08
- 620 Binash, S., 3/7/08
- 616 Sherman, R., 3/14/08
- 605 Gomez, M., 3/14/08
- 600 Campman, D., 3/14/08
- 595 Geddy, J., 11/22/08
- 595 Bazzan, R., 3/14/08
- 595 Stewart, S., 2/23/08
- 575 Rogers, B., 3/14/08
- 575 Stewart, S., 2/23/08
- 575 Krebs, H., 3/29/08
- 570 Vela, D., 3/14/08
- 566 Gomez, Y., 3/14/08
- 565 Alminosa, D., 7/27/08
- 555 Vasquez, J., 3/14/08

## 105 TOT

- 855 Grimwood, E., 11/22/08
- 840 Fontenot, M., 2/28/08
- 835 Van Dusen, M., 3/28/08
- 835 Van Dusen, M., 3/28/08
- 830 Barnes, L., 4/19/08
- 820 Callin, C., 2/23/08
- 800 Durhan, K., 3/14/08
- 800 Ryan, M., 9/20/08
- 800 Ochoa, J., 3/28/08
- 795 Byrnes, M., 4/19/08
- 795 Jackson, M., 3/14/08
- 790 Whitaker, R., 3/14/08
- 785 Brito, P., 3/14/08
- 785 Fontenot, M., 5/4/08
- 780 Pennington, S., 3/7/08
- 780 Ruby, M., 3/14/08
- 770 Ybarra, S., 2/14/08
- 770 Clough, J., 3/14/08
- 760 Byrnes, M., 4/19/08
- 760 Byrnes, M., 4/19/08
- 755 Williams, M., 6/21/08
- 755 Hogan, D., 2/28/08
- 755 Foster, C., 3/14/08
- 750 Pennington, S., 3/7/08
- 750 Garcia, L., 3/14/08
- 750 Martinez, L., 3/14/08

## 114 TOT

- 1019 Awall, A., 11/15/08
- 995 Carr, N., 4/26/08
- 985 Voort, J., 3/7/08
- 985 Williams, M., 6/21/08
- 985 Williams, M., 6/21/08
- 985 Williams, M., 6/21/08
- 985 Williams, M., 6/21/08
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- 985 Williams, M., 6/21/08

## 123 TOT

- 1109 Kehlman, M., 11/20/08
- 1063 Rotsinger, J., 11/20/08
- 970 Carr, N., 4/26/08
- 942 Lopez, K., 1/15/08
- 898 van Dusen, K., 4/08
- 892 Demmon, L., 5/4/08
- 881 Brown, J., 2/16/08
- 843 Miller, K., 2/16/08
- 832 Carlson, B., 1/26/08
- 821 Kempner, L., 2/16/08
- 810 Schilling, A., 3/7/08
- 782 Padell, H., 10/9/08
- 780 Allen, M., 3/14/08
- 760 Hedman, S., 9/27/08
- 755 Wright, A., 3/15/08
- 755 Mach, S., 9/30/08

## 132 TOT

- 1079 Perry, L., 6/19/08
- 1058 Perry, L., 6/19/08
- 1058 Perry, L., 6/19/08
- 1035 LaFriere, B., 4/26/08
- 1020 Harrington, N., 10/18/08
- 1000 Furniss, J., 6/28/08
- 948 Baker, S., 8/27/08
- 931 Demmon, L., 5/4/08
- 920 Carter, M., 1/26/08
- 892 van Dusen, K., 9/2/08
- 887 Fergalsch, J., 1/19/08
- 881 Stein, E., 11/20/08
- 860 Hart, C., 10/4/08
- 826 Decosta, A., 4/08
- 826 Myers, B., 2/23/08
- 826 Hirtz, M., 2/28/08

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# TEEN'S TOP 20

These are the PL USA TOP 20 teen powerlifters in the United States for the year 2008. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



(Above) **Jordan Dunn** (165) with his father **Baruch Dunn** (also a highly ranked lifter, in the masters) has been doing incredible lifts as a teen (photo courtesy Teresa Frank)

**Yes, You Can...** order the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, teens, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents add 8.25% sales tax)

(continued on page 100)

114 SQ

- 415 Garza, E., 3/29/08
- 416 Holland, 3/29/08
- 417 Rodriguez, 3/29/08
- 418 Campes, B., 3/29/08
- 419 Over, 3/29/08
- 420 Torres, E., 3/29/08
- 421 Torres, C., 4/19/08
- 422 Torres, C., 4/19/08
- 423 Salgado, J., 3/29/08
- 424 Castillo, D., 3/29/08
- 425 McBride, M., 3/29/08
- 426 Rocha, 3/29/08
- 427 Williams, 3/29/08
- 428 N., 3/29/08
- 429 Hinkel, J., 7/26/08
- 430 Camarillo, R., 3/29/08
- 431 Hernandez, 3/29/08
- 432 Perez, 3/29/08
- 433 Lopez, 3/29/08
- 434 Martinez, A., 3/29/08
- 435 Lozano, P., 3/29/08

123 SQ

- 475 Lazonovski, N., 3/29/08
- 476 Lawrence, J., 3/29/08
- 477 Smith, C., 3/29/08
- 478 Luna, M., 3/29/08
- 479 Rotz, R., 3/29/08
- 480 Rotz, R., 3/29/08
- 481 Sander, L., 3/29/08
- 482 Sander, L., 3/29/08
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132 SQ

- 500 Almaraz, 3/29/08
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148 BP

- 540 Rios, S., 3/29/08
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- 578 Rios, S., 3/29/08
- 579 Rios, S., 3/29/08
- 580 Rios, S., 3/29/08

165 SQ

- 657 Olson, J., 9/27/08
- 658 Holmbeck, A., 10/18/08
- 659 Williams, 3/29/08
- 660 Douglas, K., 4/19/08
- 661 Miller, R., 3/29/08
- 662 Miller, R., 3/29/08
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- 680 Miller, R., 3/29/08
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- 693 Miller, R., 3/29/08
- 694 Miller, R., 3/29/08
- 695 Miller, R., 3/29/08
- 696 Miller, R., 3/29/08
- 697 Miller, R., 3/29/08
- 698 Miller, R., 3/29/08
- 699 Miller, R., 3/29/08
- 700 Miller, R., 3/29/08

181 SQ

- 650 White, 6/13/08
- 651 White, 6/13/08
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114 DL

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123 DL

- 510 Smith, C., 3/29/08
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132 DL

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148 DL

- 556 Rios, S., 6/13/08
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Now, GNC introduces Pro Performance<sup>®</sup> AMP, a new line of advanced muscle performance supplements. Working with new ingredient technologies and advanced delivery systems, all products have been developed through rigorous scientific testing to reach unparalleled performance claims that are tried and true.



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Exemplifies the difference Pro Performance<sup>®</sup> AMP can claim. This best-in-class protein formula features a base of 60 grams of whey isolate protein, 7.7 grams leucine and 8.5 grams of micronized aminos. It all adds up to a 30% increase in muscle strength,<sup>2</sup> larger muscles and a 100% increase in exercise efficiency.<sup>3</sup>



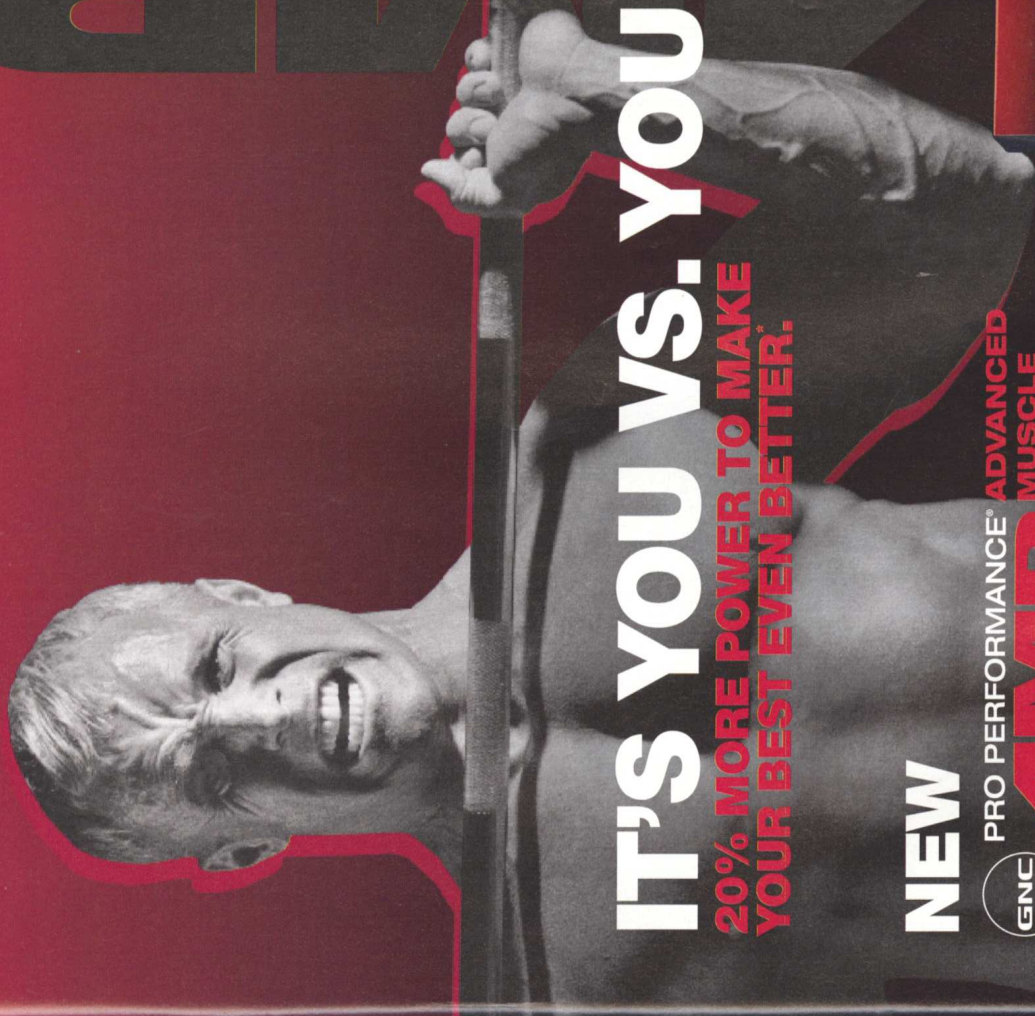
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An exemplary product, enhancing four phases of your workout, starting with a 300% pre-workout calorie burn.<sup>4</sup> It improves physical and mental intensity, provides antioxidant protection and extends cardio endurance by five minutes.<sup>5</sup> 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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Pro Performance<sup>®</sup> AMP is a comprehensive line of sports nutrition supplements that work pre, post and during your workout. They can be combined into regimens customized around an athlete's needs and goals. And when you add up all the claims, you get explosive workout results. Here are just a few of the breakthrough products that show the advantages you get with Pro Performance<sup>®</sup> AMP.



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\*In a randomized, double-blind, placebo-controlled study, 50 healthy untrained male volunteers were given Amplified Maxertion N.O.<sup>™</sup> or a placebo. Each subject exercised on a cycle ergometer prior to measuring the fatigue threshold after four weeks of supplementation relative to the placebo group. These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S. All Amino Acids. Photo: Arnel

PRO PERFORMANCE<sup>®</sup> AMP

AMPLIFIED MAXERTION N.O.<sup>™</sup>

Increases Power Output at the Onset of Fatigue by 20%<sup>1</sup>  
 Delay the Onset of Neuromuscular Fatigue by 20%<sup>1</sup>  
 Increases Aerobic Anaerobic Lactic Acid Enzyme



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130 TABLETS







**DEAR MAURO:** I am a strength and conditioning coach working in the middle east at the Aspire Sports Academy in Qatar (www.aspire.qa).

We work with track and field athletes and soccer players. I have your outstanding book *Amino Acids and Protein for the Athlete*. It is a brilliant book and I refer to it regularly.

Anyway, we are currently in a bit of a head to head with our dietitian at the academy. She does not support any supplementation of protein and is a staunch advocate of diet fulfilling all nutritional requirements. Our boys are 13-18. They are growing. They are doing heavy olympic lifts and powerlifting movements. They eat a typical arabic style of diet (a lot of carbs (rice and bread) traditionally and many poor nutritional choices outside of the academy as a result of an exploding fast food culture).

We wish to have our boys at least get a good protein source immediately after their lifting sessions—sometimes as much as 5 sessions per week. They train 9 times a week in total at the academy. And their smaller boys (6g protein).

Our dietitian has replaced our EAS products with Ensure (12g protein) for our big throwers and will only allow a flavoured milk to the smaller boys (6g protein).

We are currently doing an extensive lit. review and going to produce a position statement on protein for the academy and I was hoping you could give us some additional guidance.

We contend that Olympic lifting and powerlifting place huge demands on the musculature of the body. Large muscle breakdown; is there any specific research out there on these sports. A lot of the "strength training" research isn't real strength training as we see it. Do you know of any research that exists highlighting this phenomenon in the literature?

This type of training is very hard on the CNS for athletes. Our sprinters and throwers also perform a lot of dynamic explosive exercise in their training outside of the gym—adding to the CNS stress load. Is there any research on protein supplementation and nervous system recovery?

Our boys are growing. The RDA for this age group is higher than sedentary adults. Would this have an additive effect on the protein requirements for a population that is already involved in high level training?

## ASK THE DOCTOR

### Questions answered by Mauro Di Pasquale MD

In regard to diet vs. supplementation, is there any research in subjects where a normal balanced diet was compared against a normal diet with protein supplement?

Thank you for your guidance. I appreciate any help you can provide.

Yours sincerely,  
Mark Wigallon

**MARK:** I find it difficult to deal with mainstream dietitians as they're very conservative and fixed in their ways. It takes a lot to change their mindset even when presented with reliable research. The protein requirement debate is similar to the debate on the usefulness of anabolic steroids in strength athletes. For decades, the medical and scientific community denied that they had any ergogenic effects, but the athletes knew better. So it is now with protein requirements. Athletes know that higher levels of protein are ergogenic in that they maximize body composition and performance. However, the medical and scientific community for the most part denies this.

Much of the information you need to provide a credible argument is in my book, including the protein requirements for athletes. But the person has to have an open mind and most do not.

Unfortunately most of the research looks at protein requirements for athletes, and conclude that they don't need much more than is provided by the average diet. However, everyone concerned is missing the point. It's not the protein requirements that should be looked at but rather the metabolic advantages of a higher protein diet in those involved in any kind of hard training, particularly strength but also endurance and without protein and amino acid supplementation, etc. There are no such studies to date—only anecdotal evidence. About the only studies of any use are the ones that show the advantages of increasing protein and carbohydrate intake after

training and carbohydrate intake after exercise.

Without nutrient intake after exercise protein synthesis and protein breakdown are increased but net balance does not become positive as it does after amino acid intake after fasting. Because of the exercise stimulus, when amino acids are provided after exercise protein synthesis increases more than that after exercise or AA feeding alone, and protein breakdown remains similar to exercise without feeding. Thus the provision of AA enhances protein synthesis and leads to a positive net protein balance and an overall increase in protein accretion.<sup>2</sup>

In addition, while the increase in protein synthesis after feeding is a transient storage phenomenon, physical exercise stimulates a longer-term adaptive response. Provided nutrition after physical activity takes advantage of the anabolic signaling pathways that physical activ-

ity has initiated by providing amino acid building blocks and energy for protein synthesis.

Glycogen compensation and super compensation (after glycogen depleting exercise) after exercise requires a substantial carbohydrate load that results in a quick and large increase in glycogen levels in both liver and skeletal muscles. Once the stores are full, or even super full, the stimulus declines dramatically. However, if no carbohydrates are given post exercise the muscle will maintain a capacity to fully compensate or supercompensate glycogen until enough carbs are either available through the diet or by gluconeogenesis to fill the glycogen stores as much as possible.<sup>3</sup>

Because of the over-emphasis placed on maintaining glycogen stores to maximize exercise performance, much of the research has centered around the effects of post exercise carbs, and post exercise carbs combined with protein.<sup>4</sup> and the effects these have on glucose transporters (GLUT1, GLUT2, GLUT4), glucose metabolism, including levels of hexokinase and glycogen synthase, and insulin.<sup>5,6</sup> there's not much out there dealing with just the use of protein and fat after exercise.

The usual advice is that carbs, with some protein thrown in, are a necessary part of post exercise nutrition regardless of diet that you're following, including a low carb diet.<sup>7,8</sup> However, that's not true. In fact the use of carbs post training can be counter productive and eliminating post training carbs can have added anabolic and fat burning effects.

That's because the intake of carbs after exercise blunts the post exercise insulin sensitivity. That

(continued on page 90)



Doctor Mauro Di Pasquale MD

# VASO-ANABOLIC POWER IN JUST MINUTES!



**Matt "Kroc" Kroczaleski**  
POWERLIFTER: 220 Class  
MAX BENCH 738 lbs.

When powerlifter Matt "Kroc" Kroczaleski needs to transform into the sick, twisted beast that you've seen destroying a massive 300 lb. dumbbell and firing up a mind-blowing 738 lb. bench press, he gets jacked up on **naNO Vapor**.

As one of the elite powerlifters in the game, Matt depends on the scientifically advanced naNO Vapor formula to help him smash PBs and break records with ease—and so should you.

Just minutes after a max dose, the zero wait-time formula slams key, cutting-edge ingredients into your system. You'll immediately feel more energy, more focus and a killer instinct to destroy the weight. But more importantly, the vaso-anabolic formula will have you primed with immense pumps that shotgun anabolic nutrient-rich blood into muscles, filling them out with massive size. If you're truly hungry to keep hitting new PBs, get on America's #1 pre-workout nitric oxide brand today!

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Mike Brantley has quite an interesting story to tell. Mike was born into a Harlem inner-city setting from which he knew he had to escape for his own eventual survival. By the age of 20, most of his buddies were either on drugs, in jail, or dead.

Searching for a place to get away from a life like his friends were leading, Mike settled in rural New Jersey. In Jersey, his life took a turn for the better. Among the things that Mike got involved with was higher education where he earned a two-year degree in Industrial Technology. At age 32, he got involved with weight training and became hooked on it. His weight training led him first to body building, then to powerlifting. Mike made great strides in his training and was once featured in *World Gym Magazine*.

Just when everything seemed to be going his way, life threw him a terrible curve. On his way to the gym, on August 26, 2003, his motorcycle was hit by an on-coming car. The car was passing a pick-up truck and hit Mike's head on.

"The car tried to pass the truck. He pulled out and never saw me," Mike says.

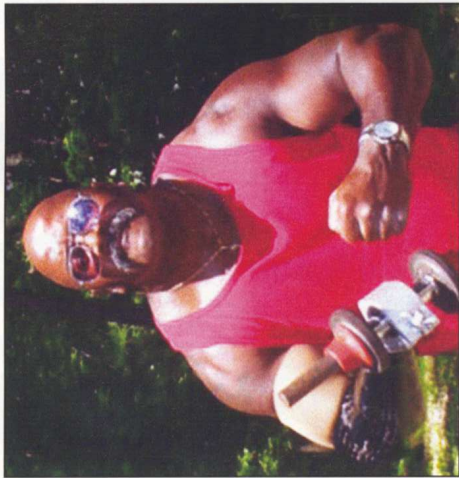
"My hand went through the windshield. I was snatched off the motorcycle and the driver refused to stop. He dragged me down the highway with my hand in the windshield."

Because of Mike's musculature and size, the car received a lot of damage, but the driver still did not stop. It wasn't until Mike's legs were pulled into the wheel well he finally got free from the vehicle.

"The front tire eventually blew"

## POWER PROFILE

### Meet Mike Brantley as told to PL USA by Brooke Blough



Mike has not let a devastating injury hold him back from anything!

out because it was locked up by my leg and when the tire blew out, it blew me off of the car like a bomb," says Mike.

While lying in the road seriously injured, Mike took stock of his injuries. His right hand was held onto

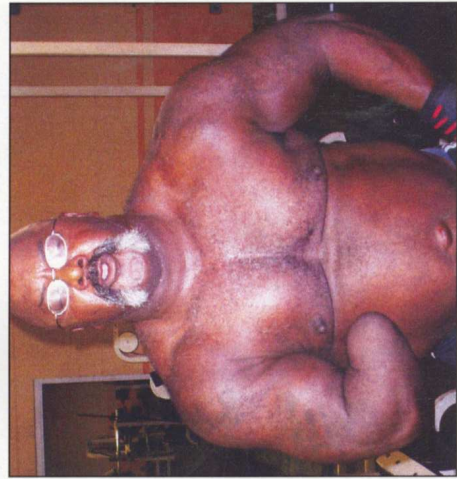


"Git 'er done!" - Mike Brantley bench presses through the use of a unique prosthetic device and he keeps himself in great shape

his right hip and removed what was left of his right hand and wrist. They also performed surgeries to clean up the damage done to the rest of his right side. When hospital personnel realized Mike's interest in returning to lifting, he was put in touch with Matt Oppedisano, a prosthetist who developed a device for Mike's right arm which made it possible for him to continue training and competing. Only four months after his accident he was back in the gym training.

His immediate powerlifting plans are to continue competing with his eye on a 500 lb. bench press. Not too shabby for a person that has been through what Mike's been through. His philosophy of life is if life throws you curves, put on your big boy pants and "Git 'er done!" Don't spend time wallowing in pity; but rather, pick yourself up, dust yourself off, and soldier on. It's this kind of positive attitude that makes Mike so incredible.

Having such an indomitable spirit enables Mike to have a positive impact on people he meets throughout his life. He feels that he is Christ driven, and feels that he has been put on this planet to do something good for others. To that end, since his accident, he has been busy earning certifications in personal training, health and fitness, C.P.R., automated external defibrillator, and osteoprosis. Currently, Mike is a physical trainer at local gyms. One of his primary goals in life is to earn a degree in physical therapy so that he can help people with disabilities lead as normal a life as possible. After all, what better example could they have than Mike Brantley?



# PUSH, PULL AND DRIVE INTO YOUR MUSCLES



**Matt Kroczaleski**  
POWERLIFTER: 220 lb. Class  
SQUAT: 1,003 lbs.  
BENCH: 738 lbs.  
DEADLIFT: 810 lbs.  
TOTAL: 2,551 lbs!

What does increasing amino acid delivery mean for a powerlifter? Absolutely everything. Powerlifters need amino acids. Period. And if amino acids aren't getting into your muscle cells, you're not maximizing your true lifting potential! That's why world record holder and team MuscleTech® powerlifter, Matt Kroczaleski, relies on Alpha Amino Prototype 216™. Unlike other interior formulas, this new super-amino is backed by research based out of the Medical Branch at the University of Texas and is proven to increase blood amino acid delivery by 650 percent directly into muscle cells! More amino acids in your muscles mean greater anabolic activity for rapid gains in size and strength and more power behind each lift. Just check out the science!

In the same university study, researchers also recorded a shocking 216 percent increase in muscle uptake in what clinical research indicates is a key marker of protein synthesis (phenylalanine uptake), which of course is muscle growth occurring at the cellular level! These results are so groundbreaking they were later published in a peer-reviewed medical journal.

**Bottom line:** Alpha Amino Prototype 216 has been proven to increase amino acid delivery, which is going to help give you the strength needed to push and pull those record-breaking lifts!

Immediately jacks up muscle growth activity by 216%  
Increases amino acid delivery directly into muscles by 650%  
Triggers anabolic activity for massive muscle and strength gains!

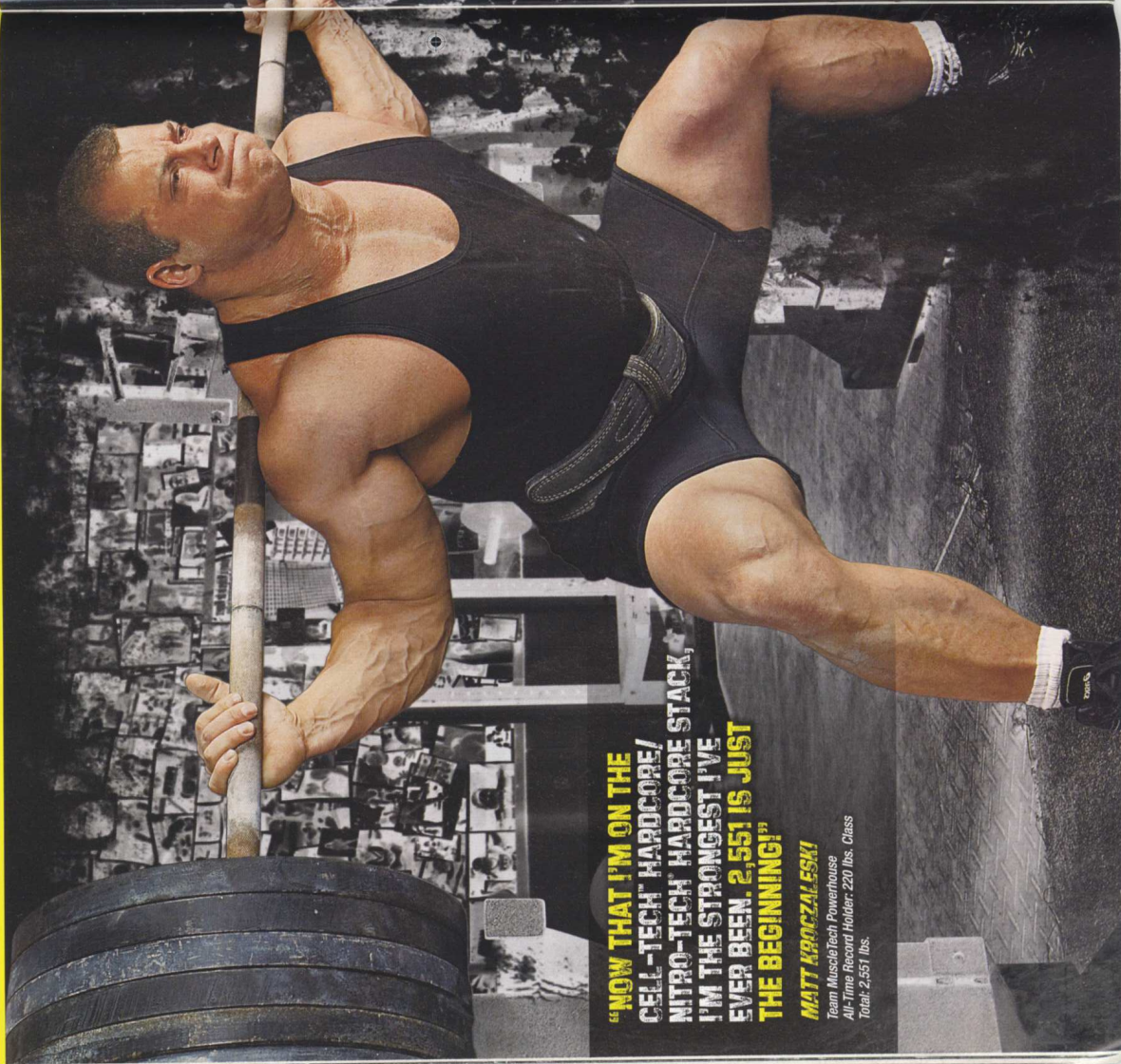


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# RECORD SETTING STRENGTH!



**"NOW THAT I'M ON THE CELL-TECH<sup>™</sup> HARDCORE/NITRO-TECH<sup>™</sup> HARDCORE STACK, I'M THE STRONGEST I'VE EVER BEEN. 2,551 IS JUST THE BEGINNING!"**

**MATT KROCZALESKI**  
Team MuscleTech Powerhouse  
All-Time Record Holder: 220 lbs. Class  
Total: 2,551 lbs.

The stage was set in Dubuque, Iowa. After posting a 1,003 in the squat and 738 in the bench, Matt Kroczaleski needed an 810 in the pull to set an all-time total record in the 220 pound class. As he stepped up to the platform, Kroc knew this would be the lift that would secure his legacy. His confidence was sky high because after only months of being on the Cell-Tech<sup>™</sup> Hardcore/Nitro-Tech<sup>™</sup> Hardcore Stack, the Kroc had seen a huge increase in his strength. 810 was just a number. The pull was a long slow grinder but he didn't quit until he had his shoulders all the way back and was fully locked out. **White Lights! 1003-738-810=2551, for a new all-time total record!**

## **SMASH YOUR PBs WITH THE CELL-TECH HARDCORE/NITRO-TECH HARDCORE STACK!**

All-time totals are just the beginning. 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 make you stronger – fast! In an eight-week study, not only did subjects add an average of 660 percent more mass to their frames, but they also unleashed 256 percent more leg strength and increased their max bench by over 86 pounds!

Matt Kroczaleski joined Team MuscleTech<sup>™</sup> – the most research-driven team in the industry – and now he's setting all-time records. Just imagine what the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack could do for you.



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**26X MORE POWERFUL THAN REGULAR CREATINE!**

**GAIN 325%<sup>66</sup> MORE MUSCLE!**

**WORLD'S #1 SELLING PROTEIN FORMULA!**

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**JACK UP YOUR BENCH BY 34 LBS!**

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and Healthy

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% of 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 250 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. One extraordinary test subject even gained 8.4 lbs. of muscle in just 14 days. In a six-week study, subjects using Nitro-Tech Hardcore added 34 lbs. to their max bench.



# INTERVIEW

## ERIC TALMANT interviewed for Powerlifting USA by Bob Gaynor



Whether he's equipped or not, Eric Talmant is a great puller. BG: Athletic background or interests other than Powerlifting? ET: As I stated previously, I played organized basketball and baseball at a very early age. I continued to play both for many years, and then got involved in junior high track when I was in 5th grade. This was

a big deal in Flora because you really were not supposed to "officially" start junior high track until 7th grade. However, as is the case in many small towns my dad was good friends with the track coach and this got me a "try out." I was tested in some of the sprints, quarter mile, half mile, and the mile. I did well enough to earn a spot on the team, and then continued to run track for several years. I did the basic compound lifts when I was in high school, but we did not have organized powerlifting per se.

BG: How did you get started? ET: When I went to college I met Tony Maslan, who became one of my best friends and remains one of my best friends to this day. We began weight training together in college and it became more serious when Tony joined the University of Evansville powerlifting team our junior year. I thought that I was not strong enough and so I worked hard that year as Tony taught me in his spare time all the things he was learning on the powerlifting team. Finally, I decided to join the powerlifting team my senior year of college in 1995/96.

This was a big deal at the University of Evansville because the previous year (Tony's first year) U of E won the A.D.F.P.A. (which would later become the USAPL) Collegiate National Championships, beating the likes of Louisiana Tech, the service academies, the University of Texas, etc. I competed in the 165 pound class and totaled over the required 1075 to make the team and compete in the 1996 ADFFA collegiate nationals in Killeen, Texas, at Fort Hood. I still have the shirt to this day.

BG: What federations did you lift in? ET: I have competed in the ADFFA, NASA, AAPF, APF, WPO, APA, the Raw Unity Meet, and have plans to compete in R.A.W. United (I have judged there), the USPF (single ply Senior National) and perhaps the SPF in November.

BG: You lifted in the Arnold one year? ET: Yes, I competed at the WPO Finals at the Arnold Classic in 2007. It was the main reason that I got involved in the APF in the first place because what Kluder was doing at the time was good for the sport and I wanted to be a part of it. In my opinion, I think that if there was ever a home for

(Continued on page 108)

Eric Talmant has been active in Powerlifting for over 12 years. His first 10 years were mainly as a competitor. Eric always has a great interest in the history of Powerlifting. In his mind he saw Powerlifting drifting further and further from its roots.

In early 2007 he developed a plan that would hopefully change that. He wanted to create a meet that would bring together the best lifters (regardless of their affiliation). Something along the lines of the old YMCA nationals or Hawaiian invitational.

Eric spent a lot of time and a lot of his own money to accomplish this. He wanted to create a meet where all lifters would feel comfortable and compete on an equal basis. In 2008 he held the first Raw Unity meet and he had a good turnout. The 2009 addition was even better with many top lifters from all over the country competing. Big name lifters like, Scott Smith, Brian Schwab, Ryan Celli, Tony Conyers, Mike Tuscherer, Taylor Stallings and Scott Weech, just to mention a few.

I have worked with Eric on both of these meets and look forward to the 2010 event. (This interview was done in March 2009)

Name: Eric Talmant

Age: 34 at the time of this. Where born & raised? I was born in a small town (5,400 people) in southern Illinois named Flora. When I was growing up, basketball was king and I began playing organized basketball at probably 8 years old. We also played a lot of organized baseball; first Tee Ball and then little league.

Education: I graduated from the University of Evansville with a degree in Political Science and enough hours for a minor in philosophy and history.

Occupation: I am a Metabolic Typing® advisor. For more information you can visit my web site at <http://www.ericaltmant.com> or simply Google "Metabolic Typing®" or "Metabolic Typing® advisor". In very basic terms, it is customized nutrition of the highest order that builds and maintains vibrant health and longevity.

Bob Gaynor: You spent some time in the military? Any interesting stories? Were you able to lift while in the military?

Eric Talmant: Yes, I am very proud and honored to be a veteran of the United States Armed Forces. Yes, I have plenty of interesting stories from the military, but those are for my closest friends and family.

# TEST SUBJECTS JACKED UP THEIR BENCH BY 105 LBS.



It's the calm before the storm. Seconds before grasping the cold, hard iron, you spend one final moment envisioning every single muscle fiber firing on all cylinders ... smashing another gravity-defying personal best. There isn't a seed of doubt lurking in the back of your mind. Why? Because you've been training with Six Star® Muscle Professional Strength Whey Protein. Formulated with a monstrous 52 grams of hyper-pure protein and an ultra-precise 10,642 mg of key amino acids per max serving, Six Star Whey Protein will prime your muscles to explode through even the heaviest lifts. In fact, in a 10-week clinical study from Victoria University, individuals using a key ingredient in Six Star Whey Protein increased their max bench press by an incredible average of 105 pounds! Now just imagine what this powerful whey protein formula could do to raise your PB. This isn't make believe. This is real science. Get Six Star Muscle Whey Protein and amp up your raw power starting from your very first dose!

## UNIVERSITY TEST RESULTS:

- Test Subjects Built 340% More Strength-Amplifying Muscle!
- Mega-Dosed with Scientifically Superior Protein
- Forces Massive Muscle Growth from Day One!

Available at:

GNC Live Well  
SHOP NATIONWIDE OR AT GNC.COM

AMERICAN SUPPLEMENT COMPANY

AMERICAN SUPPLEMENT COMPANY

Super Centers

BODY BUILDING

AMERICAN SUPPLEMENT COMPANY

SIX STAR MUSCLE.COM

\*In one 6-week study, individuals taking the key ingredients in Six Star Whey Protein gained, on average, more lean mass than subjects using a placebo (8.8 vs. 2.0 lbs.). In one 10-week study, subjects taking the key ingredient in Six Star Professional Strength Whey Protein increased their one-rep max bench by an average of 105 lbs. © 2009



# POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## INTRAVOL Unlocks Untapped Power Potential for Bigger Lifts as told to PL USA by Team MuscleTech

Powerlifting is all about moving what the average person would deem an insurmountable weight. Assuming that your technique is perfected—or close to it—your power potential may be your limiting factor. With the field of supplement science making leaps and bounds every year, new research has revealed that intra-workout supplementation is critical to optimal power generation. More importantly, leading industry innovator Team MuscleTech™ has harnessed the latest research to engineer INTRAVOL™—the most advanced intra-workout supplement designed to catapult gains in both size and strength to unprecedented levels.

**Heavy Resistance Training Releases Strength-Limiting Catabolic Signals**  
What many lifters don't realize is that a number of catabolic factors are activated during training—many of which interfere with optimal strength production and muscular development. For starters, resistance exercise stimulates heightened changes in the rate of muscle protein turnover, resulting in an increase in both protein synthesis and degradation.<sup>1</sup> Another clinical study took it a step further by identifying that net muscle protein balance was negative in the early stages of recovery.<sup>2</sup> The aforementioned findings reiterate the importance of minimizing muscle breakdown. This can be done by controlling supplementation and nutrient timing to maximize anabolism. Failure to properly support exercise-induced recovery with the appropriate nutrient profile actually leads to muscle degeneration. Even more alarming, another clinical study discovered that resistance exercise designed to maximally stimulate the major muscle groups being trained produced hypersecretion of the highly catabolic hormone, cortisol.<sup>3</sup> The more cortisol present in your system, the higher the likelihood of increased muscle degradation and diminished strength. The underlying message is, if you want to push more bar-bending weight, you need more power. And power is a derivative of quality mass and strength. So, if your goal is to get stronger, you need to mitigate your body's natural response to increase muscle protein degradation following intense bouts of resistance training. This involves controlling insulin concentration levels as well as minimizing cortisol production through proper nutrition.

**Peak Performance Heavily Dependent on Muscle Energy Reserves**  
Another major limiting factor that may negatively affect your performance in the gym is the declining presence of glycogen, electrolytes and essential and non-essential amino acids in your system during intense bouts of training. All three elements work in synchrony to generate peak muscle contractile energy during training as well as protein synthesis. As you progress through set after set of fiber-tearing weight, your muscle energy stores gradually deplete. Therefore, you need to find a method of replenishing these stores between sets for optimal muscle performance.

**Drinking INTRAVOL During Training Increases 1 Rep Max by 463 lbs.**  
Now there's no doubt that proper post-workout nutrition is essential to defueling catabolism, but the latest research on intra-workout supplementation will change the way you lift—forever. In a groundbreaking clinical study conducted at Australia's Charles Sturt University, researchers analyzed the effects of intra-workout supplementation. Test subjects consumed key components of the INTRAVOL formula during their workouts and were evaluated for hormonal and muscular adaptations as well as biochemical response (6% liquid carbohydrate and 6 grams of essential amino acid solution during training). After 12 weeks, the results were astounding! When compared to the placebo group, test subjects using the key compounds in INTRAVOL during training increased their strength by a staggering 39 percent, increasing their one rep max leg press by an average of 463 pounds! The placebo group only increased their one rep max leg press by .334 pounds. As if this statistic alone isn't enough to convince you of the benefits of intra-workout supplementation and, more specifically, consuming INTRAVOL during your workout, test subjects also packed on 127 percent more muscle (9.04 vs. 3.97 lbs.) than the placebo group. Muscle fiber expansion across Type I, Type IIa and Type IIb muscle fibers was also significantly increased.<sup>4</sup> As all type of gains in muscle will definitely increase your quality mass. And as we all know, more quality mass equals more power! What's even more astonishing is that test subjects who achieved these amazing results were untrained individuals who only worked out twice a week. If they could achieve extraordinary gains like this, just imagine what you could achieve by adding INTRAVOL to your intense lifting program.

**INTRAVOL—Precisely Formulated for Maximum In-Gym Performance**  
Knowing the importance of every single set during your training, Team MuscleTech researchers scientifically formulated INTRAVOL to be the ultimate intra-

Matt Kroczaleski  
Team MuscleTech™  
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 MuscleTech™ 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 jacked 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!



Get stronger and shatter your PRs - drink INTRAVOL™ during every workout!

Based on Leading University Research

12 WEEK STUDY  
1 SHAKER CUP  
WORLD'S MOST ADVANCED INTRA-WORKOUT MUSCLE GROWTH MIXTURE

Experience the INTRAVOL Effect:  
• Builds New Muscle During Your Workouts  
• Enhances Performance & Accelerates Recovery

NOW AVAILABLE AT:  
**GNC LiveWell**  
SHOP.NATIONWIDE.GNC.COM

Read the label before use. © 2009.



"The legacy of heroes is the memory of a great name and the inheritance of a great example."  
— Benjamin Disraeli

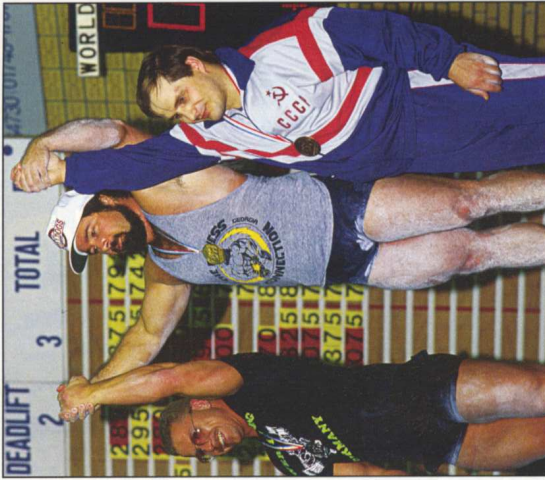
Have you ever wondered what happened to the superstars of yesterday? Many of them I am sure are etched in your mind forever... lifters who, by way of their greatness, literally transformed powerlifting from a backyard event into a forceful and thriving international sport. I am also sure there are other lifters, despite their greatness, who have escaped the recesses of your mind for some reason or another.

A number of these lifters had seemingly endless careers before fading into obscurity, while others had careers that were like a blazing comet searing across the skies to thrill us but for what seemed like an instant at best before splashing into oblivion.

Many of these lifting greats have moved on to greener pastures... starting new ventures, and reaching new heights as entrepreneurs, missionaries, family men and women, clergy, and even athletes in other sports. Over the next few months I am going to profile some of our sports most celebrated lifters drawing upon interviews, research, and articles from Powerlifting USA in order to determine where they are now. In short, we are going to take a trip down memory lane in order to call to mind what some of these lifters accomplished during their ca-

# DR. JUDD

**WHERE ARE THEY NOW?**  
as told to PL USA by Judson Biasotto Ph.D.



George won at the 1990 IPF Worlds, where the Russians first showed up

reers and to find out what they're up to now.

## George Herring

I first met George Herring in 1980 at the Georgia Ironman Championships. He was just a young kid with no special physical skills, but he had one quality that was evident to everyone competing at that meet. He had tremendous heart. On every lift he attempted that day, he gave his entire heart and soul. I am not sure if he even won his weight class in that meet, but I do recall vividly that he earned the respect and admiration of everyone in that auditorium...including a number of elite lifters who were competing that day. After the meet, Herring came up to me and said, "One day I am going to be a world champion." I remember thinking, "Yeah, and one day I am going to be the President of the United States." A child's dream I thought.

Well, George Herring not only became a world champion, but he also became one of the greatest powerlifters to ever walk onto a lifting platform. Arguably he is the greatest lifter of all time. He is certainly right there with the sports' true greats like Eddie Coan and Mike Bridges. During his unbelievable career, he won 21 national championships, 19 WABDL world championships and three IPF world championships. In addition, he set

(continued on page 97)



George was very balanced — good at everything in his 3 lift meets



George as a Middleweight, at the 1982 National Cup at Vanderbilt

# "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 456lb 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 Benchner 1999-2007

## STEROID-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's:

- A. 100% Natural
- B. Won't skew hormones & cause failed drug test or false positive.

I know, I know...it sounds WAY good to be true...But, if that was the case, why are 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.
- Excess 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 test gains were 81 pounds on a 3RM squat and 62 pounds on a 3RM bench...in just 30 training days! And the results feel better the longer you use it!!!



## 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 Gausler - 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!

www.USPlabsDirect.com  
1-800-850-3067

## Unbelievable 100% Risk-Free PR Guarantee

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 major PR (most are hitting 3-5 NEW PR's or more) I'll refund every last cent of your purchase price. That's a pretty ballsy statement. And I'd be an idiot to offer it if I wasn't completely sure how much USPlabs Prime can help you.



**IMAGINE TRAINING WITH YOUR CURRENT PR'S ON SPEED DAY!**





**TOP QUALITY Supplements**  
at **ROCK BOTTOM Prices!**

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SUPPLEMENT DIRECT tests EVERY batch of EVERY one of our products at an independent laboratory to assure you of quality. Check our website for REAL lab results on the products we are currently shipping.

**L-Valine 250 grams \$14.99**  
**Taurine 250 grams \$6.99**  
**Piracetam 250 grams \$14.99**  
**Microcactin 250 grams \$17.99**  
**DL-Methionine 250 grams \$19.99**

**L-Iso-Leucine 250 grams \$19.99**  
**L-Ornithine 250 grams \$19.99**  
**L-Phenylalanine 250 grams \$11.99**  
**L-Threonine 250 grams \$7.99**  
**Caffeine 200 grams \$9.99** 400 grams \$17.99

**NEW!**  
200 caps \$19.99  
500 caps \$29.99  
SAVINGS: \$29.95  
SAVE 152%! Nice!

**NEW!**  
500 gm \$17.99  
1000 gm \$29.99  
2000 gm \$54.99  
SAVINGS: \$120  
SAVE 400%! Sick!

**NEW!**  
200 gm \$14.99  
500 gm \$24.99  
SAVINGS: \$147.66  
SAVE 567%! Owned!

## ARGININE

### ALPHA-KETOGLUTARATE

5 lbs \$9.99  
6 lbs \$19.99  
11 lbs \$37.99  
44 lbs \$139.99  
SAVINGS: \$30  
SAVE 100%! Alot!

## L-GLUTAMINE

### GLUTAMINE

500 gm \$17.99  
1000 gm \$29.99  
2000 gm \$54.99  
SAVINGS: \$120  
SAVE 400%! Sick!

## TRIBULUS

### TRIBULUS

200 caps \$19.99  
500 caps \$29.99  
SAVINGS: \$29.95  
SAVE 152%! Nice!

## KRE-ALKALYN

### KRE-ALKALYN

200 caps \$27.99  
500 caps \$49.99  
SAVINGS: \$75  
SAVE 150%! Pwned!

## BCAA

### BCAA

200 caps \$19.99  
500 caps \$34.99  
SAVINGS: \$89.99  
SAVE 257%! Fa-Shizzle!

## CREATINE ETHYL ESTER HCL

### CREATINE ETHYL ESTER HCL

500 gm \$14.99  
1500 gm \$24.99  
SAVINGS: \$46  
SAVE 1800%! Kapow!

## WHEY PROTEIN

### WHEY PROTEIN

5 lbs \$49.99

## WHEY PROTEIN HYDROLYSATE

### WHEY PROTEIN HYDROLYSATE

2 lbs \$24.99  
SAVINGS: \$24.95  
SAVE 125%! Sweet!

## BCAA

### BCAA

200 caps \$19.99  
500 caps \$34.99  
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### KRE-ALKALYN

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## NASA PRO POWERSPORTS as told to PL USA by J.T. "Big Willie" Hall



**Top Women Winners:** Heena Patel, Krysti Hughes, Teale Adelmann, Kasey Demarest, Amy Lovar, Elaine Waugh, and Robbin Hedrick

Total division a lifter must be entered in all four categories, Curl, BP, DL & Total. The lifter will then be eligible for awards in all four award categories. Prospective Pro lifters MUST have been an active member of NASA within the past year (2007) for the 2008 Pro Powersports. The Pro Powersports participation in NASA lifter/retiree or membership was current as of the date of Pro Powersports development and implemented by Rich Peters in 1996, was designed to test an athlete's overall strength levels. The mere fact that an athlete's equipment is allowed is a testament of the athlete's confidence in his strength levels and his true power as a strength athlete. Curls demonstrate bicep, upper back and shoulder girth strength. Bench press displays the strength level of the athlete's chest, shoulders and triceps. Deadlift, the true test of overall body strength using the legs, lower back, upper back and shoulders. "Power Sports" Lifters: required to do strict curl, bench press and deadlift in the full meet. Lifters may enter any event individually. No supportive equipment is allowed except a 4" lifting belt. One-piece lifting suits MUST be worn. There will be only one division and no weight classes in the Pro Division. This event is for only the Best of the Best in Power Sports. Awards will be made according to the lifter's coefficient in each portion of the meet that the lifter chooses to enter. To compete for the awards in the



**Top Overall Highest Total Winners:** Desmond Phillips, Jason Smith, Dane Harris, Tyson Meyers, and Cyrus Ford



**Top Deadlift Winners:** Jason Smith, Mike Bishop, Desmond Phillips, Tyson Meyers, and David Wilson

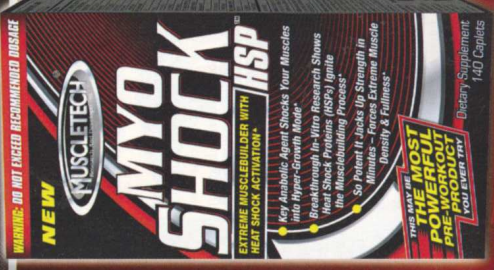
(continued on page 110)

testing challenge by any of his fellow lifters in the competition. If a lifter would like to challenge another lifter he must provide a check or cash deposit of \$100 to pay for the Test and administrative expenses. If the challenged lifter fails his drug test the \$100 will be returned to the lifter filing the challenge. If the lifter challenged passes the test, the challenger will forfeit the \$100 deposit. The Pro Selection Committee: Rich Peters, Dan Black, Tad Peters, Greg Van Hoese, Job Hou-sey, JT Hall, John McKay and others will be selected. All Pro applicants MUST be approved by the selection committee to be issued an invitation to lift in any NASA Pro Event. The Pro Powersports Cash Award: \$15,500. Women Pro Powersports Cash Award \$19,250. Men Special Bonus Cash Award \$14,000. Women Special Bonus Cash Award \$7,750. The sponsors of the special bonus money for women: \$50 Cyrus Ford. CO Best Curl + Deadlift, \$50 Teale-Adelmann/NM Best Masters Women's Deadlift. From: NM, \$50 Heena Patel CO Heaviest/Women's Curl, \$25 Teale-Adelmann/NM Heaviest Women's BP, \$50 Tara & Ken Patel CA Heaviest Women's Total from KS, OK or TX, \$50 Tara & Ken Patel CA Best Coefficient for TX, LA or MO, \$100 Jim McDermott CO Best Women's Coefficient for CO, AZ or NM, \$100 Jim McDermott CO Highest Women's Masters Coefficient, \$50 Jim McDermott CO Heaviest Women's Weight, \$50 Jim McKay CO Heaviest Highest lbs for 18 Total, \$50 Ted Williams Highest Coefficient for BP + DL, \$100 Springfield Health & Fitness Highest Women's Masters Coefficient. The sponsors of the special bonus money for men (Prize Money, Sponsors, Amount, Sponsor): #1 Heaviest Curl 114-181 lbs, \$50 NASA, #2 Heaviest Curl 198-SHW lbs, \$50 NASA, #3 Best Coefficient for LA, MI, MO \$50 NASA, #4 Best Coeff. Curl for KS Lifters 114-220 \$50 NASA, #5 Heaviest Curl for TN, KS, MI or MO Lifters \$50 NASA, #6 BP Best Coefficient for MI, TN, TX Lifter \$50 NASA, #7 Heaviest BP 198-242 lbs, \$50 APT, #8 Heaviest BP 275-SHW lbs, Hedricks, #9 Heaviest BP for KS, OH or TX Lifter \$50 APT, #11 Best Coeff BP for CO, KY, MI or KS Lifter \$50 NASA, #12 Best Coeff BP for TX, AR, MO or OH Lifters \$50 APT, #13 Best Coeff BP for TX, OH or AR Lifters \$50 APT, #14 Heaviest BP for OH, TN, KS or MO Lifters \$50 NASA, #15 Heav-

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- Matt Kroczaleski  
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**ALVIN FRITZ**

**Dave Ricks:** Al, please give us a little background about yourself.  
**Alvin Fritz:** Well, I was born and raised in Pennsylvania. I joined the U.S. Air Force after high school and have been part of the military for over 22 years. I have been living in Hawaii for the past 15 years and recently got married to my wife, Melody, and gained a son in the process. Life could not be any better!

**DR:** How did you get started in powerlifting?  
**AF:** I started lifting weights when I was stationed in Alaska, but did not start competing until I moved to Hawaii. I began lifting with a group of powerlifters in 1999 and they told me that I should enter this WABDL meet that was being held here in Hawaii. That is when the addiction set in.  
**DR:** You are very tall and lean to be a powerlifter. What have you done to increase your development in the sport?

**AF:** Being tall does have some disadvantages, but I just have to adjust some of the routines out there to help them benefit me as a lifter. I try to take advice from some of the great training partners that I have lifting with me. For my squat and deadlift, I give much of the credit to Tony Harris. Without Tony pushing me to continually improve, I don't think I would be at the level I am at right now. I also take advice from two of our strongest benchers in the state, Leonetta Richardson and Darren Matsumoto. Both always try to help me with my bench, but I think I just have that mental bench block on.

**DR:** Tell us some of the most significant accomplishments in your powerlifting career?  
**AF:** In my first meet, I benched 479 and deadlifted 661 at 220lbs.

This is when I got hooked on Powerlifting. Some of my best lifts were my 771 Squat at USAPL Master Nationals and my 1972 total at the AAU International Worlds, where I benched 512 and deadlifted 705. But my biggest accomplishments were winning the 2008 USAPL Master Nationals and the 2008 IPF Master Worlds.  
**DR:** What does winning your first World title on your first try mean to you and what are your goals for your future?  
**AF:** Although I did not do as well as I wanted to in my first world meet, it was a great feeling winning a world title on my first try. It has been a blessing to have Tony

**INTERVIEW**

**POWER BUDDIES**  
**Alvin Fritz & Tony Harris**  
 interviewed for Powerlifting USA by Dave Ricks



**Al Fritz (L) and Tony Harris (R)**—Masters stars and training partners

**Harris** there as a coach, with all of his experience in powerlifting it is very hard to make any rookie mistakes. Tony has always kept me in the meet, and keeps my lifts within my own ability. As far as the future, I am going to do the 2009 USAPL Master Nationals and will try to backup my first IPF World title. I am also looking at doing a RAW meet in the near future; I just need to find one close to Hawaii.

**DR:** Anyone you would like to thank?  
**AF:** I would like to take this opportunity to thank Dave Ricks for doing this interview. Also, a big "Mahalo" to all my training partners: Tony Harris, Austin Keamu, Leonetta Richardson and Darren Matsumoto.  
**TONY HARRIS**  
**Dave Ricks:** Tony, please give us a little background about yourself.  
**Tony Harris:** I was born and raised in Mobile, Alabama. After high school I enlisted in the U.S. Army and did nine years of active duty. Then, I ETS'd (Expired Term of Service) from active duty in Hawaii and I decided to stay here. I went into the Army Reserve and have been here for the past 20 years.  
**DR:** How did you get started in powerlifting?  
**TH:** I got started in powerlifting after training with a few powerlifters who encouraged me to do a

contest. After that I was hooked, and here I am still competing.  
**DR:** What is the most significant accomplishment in your powerlifting career?  
**TH:** The most significant accomplishment? That's a tough one, but I have to say competing with the best in the world and winning my first Master World Championship. There are other accomplishments that stand out, like the state battle a Men's Nationals with James Morrison in 1998 and with Mike Mastrean in 2007. Both came down to the final deadlift and ideally that's the way you would love to win.  
**DR:** What types of challenges have you had due to powerlifting injuries?  
**TH:** My injuries have come at the most inopportune times—during the beginning of a meet on the squat, but I managed to finish the meet and get better after each injury. First, the 2000 Worlds in Japan, I herniated a few discs (L4L5 S1) in my lower back after my second squat and managed to continue the contest, but bombed in the deadlift. I didn't lower my opening attempt because I was figuring on pulling it and stopping, and I would have ended up in the top three. Next, the 2003 Nationals South Dakota and 2003 Worlds Denmark. I tore my right quadriceps on my third attempt squat at both contests and managed to finish the lifting and finish first at

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**MATT KROCALESKI**  
 Powerlifter: 220 lb. Class  
 Squat: 1,014 lbs.  
 Bench: 738 lbs.  
 Deadlift: 810 lbs.

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**A NEW BREED OF MULTIVITAMIN**

(continued on page 99)



**Critical Bench:** Tell us about your self.

**Doctor Bench:** I'm a 35 year-old physician who lives with two dogs and four cats, a big-screen HDTV and a motorcycle.

**CB:** Tell us about your new big bench press site and what it is about.

**DB:** [www.DoctorBench.com](http://www.DoctorBench.com) is the beginning of a new chapter in my career. It's going to bring together my lifting and awards, clinical research applicable to sports sciences, and innovations in training, equipment, and supplementation, in an environment to which every athlete can relate. We are also going to form a lifting team here in the Bakersfield/SFV, CA, area that the site will highlight as well.

**CB:** List 5 things that you have achieved in bench pressing life that you are proud of and write a little about each.

**DB:** 1. Winning the World Bronze Medal last year at the GPC World Championships in England. It is always an honor to represent your country, and to bring home a little hardware was a great personal thrill.

2. Winning the 2007 APF California State Championship. This was my first major win and set me on the path to my present achievements and future goals.

3. Taking the bronze medal at the 2007 APF Senior National Championship. Brad Heck killed me, yet this is where I earned my first ticket to a world championship, and learned a lot about what it takes to be a champion.

4. Competing for the United States of America at the 2007 WPC World Championships in Russia. Even though this contest was a complete disaster (the worst run hands down, I have ever attended) there was a proud feeling to be representing the United States. I also had the opportunity to visit orphans and disadvantaged children of that region—the memory of them made the whole experience worthwhile. To this day, the base they gave me is the most prized possession of my lifting career. May God bless them.

5. The variety of different environments in which I have been able to have success. This year in France will be the fourth country in which I have competed. A true champion is not someone who just hits big numbers in their home gym, but will test themselves against the best in the world—no matter where that is.

**DB:** I've set 16 records in five different federations over two different weight classes with every combination imaginable—raw, single ply, and multi-ply equipment. Powerlifting is such a diverse sport, with major talent everywhere, that you learn to be flexible if you want the whole experience.

**CB:** Tell us about your job.

**DB:** Currently I'm finishing up a fellowship in Pain Management/Addiction medicine. This will be a huge asset while moving forward through residency, and into clinical practice. I always want to stay involved with sports, and unfortunately this. The knowledge I have gained will make me better able to serve athletes in the future.

**CB:** You are a World's Bronze Medalist. Tell us about the experience.

**DB:** It has been a roller coaster ride. It was the thrill of a lifetime to stand on stage wearing the United States flag to accept the

of America at world championships. I've made many friends, spent time with legends such as Ed Coan, and seen a bit of the world as well. It's a true learning experience, because you watch the best from the United States and dozens of countries around the world. Everyone there is a real competitor. There are no freebies or guarantees, and it's the challenge of a lifetime: a true trial by fire. Champions are made by who they beat, not numbers. If you want to be the best, the world championships is where you become a true champion.

**CB:** Let's review some of the records you set in your career.

**DB:**

**75 KG Class:**

**GPC Records:**  
 GPC North American (USA, Mexico, Canada) Open Bench 9/2008  
 GPC North American (USA, Mexico, Canada) Submaster Bench 9/2008

**UPA Records:**  
 UPA American Submaster Bench – 3/1/2009 – Current Record  
 UPA California State Open Bench – 3/1/2009 – Current Record

**USPF Records:**  
 USPF Division 2 American Open Bench – 3/1/2009 – Current Record

**USPF Division 2 American Submaster Bench 9/2008**  
 USPF Division 2 California State Open Bench 9/2008  
 USPF Division 2 California State Submaster Bench 9/2008

**APFF / AAFPP Records:**  
 APFF American Submaster Bench – 6/22/2008 – Current Record  
 APFF / AAFPP California State Open Bench 6/22/2008 – Current Record  
 APFF / AAFPP California State Submaster Bench – 6/22/2008 – Current Record

**American Powerlifting Federation, California State Records:**

Open Men's Bench only – 9/16/2007  
 – Current State Record – Set RAW  
 Submaster Men's Bench only – 9/16/2007 – Current State Record – Set RAW

**American Powerlifting Federation, California State Records:**

Open Men's Bench only – 6/15/2007  
 Submaster Men's Bench only – 6/15/2007

**CB:** Wow, you've set a lot of records! Which one are you the most proud of?

**DB:** Probably the GPC North American and USPF division 2.

(continued on page 94)

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Joe Ceklowsky  
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— MATT KROCZALESKI

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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.

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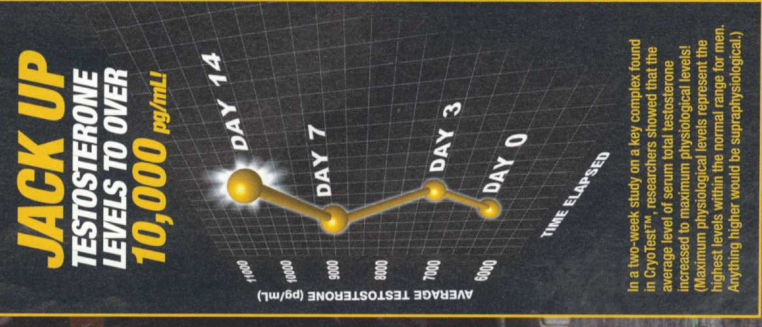
Team MuscleTech knows that jacking up testosterone levels is crucial for powerlifters. Unfortunately, an increase in testosterone can lead to an increase in the unwanted metabolite DHT. This increase can cause negative side effects like acne and baldness. CryoTest has been formulated with a key compound 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!

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**Powerlifter Jo Jordan** 2325 @ 242

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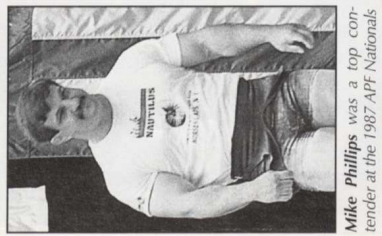
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Danny Gay was a perennial powerhouse, here at the '86 APF Worlds in Hawaii (Davis)



Mike Phillips was a top contender at the 1987 APF Nationals

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

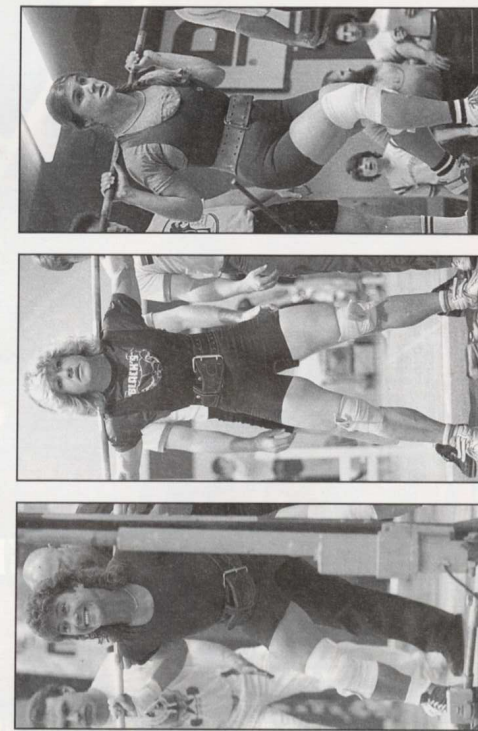
Table with columns: Rank, Name, YOB, Date, Actual Weight, Exact Bodyweight, Location, Federation. Lists top 50 male bodybuilders in the 181 lb division.



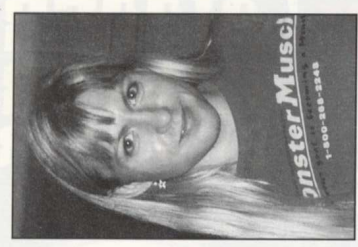
Mike Cartinian has done some stupendous strength feats in this class to some huge totals at 181 lbs.

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

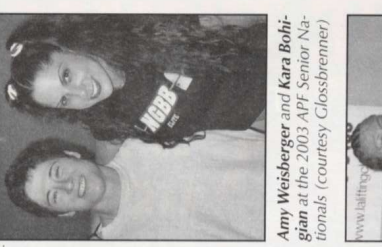
Table with columns: Rank, Name, YOB, Date, Actual Weight, Exact Bodyweight, Location, Federation. Lists top 50 female bodybuilders in the 148 lb division.



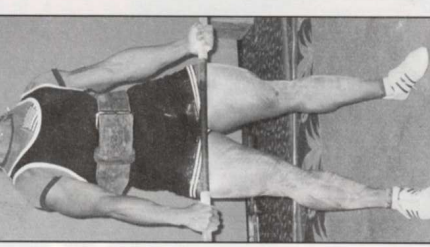
Mariah Liggitt Ph.D. was the star at the 1987 APF World Championships in Dayton, Ohio



Julie Sverchek of Monster Muscle



Amy Weisberger and Kara Bohigian at the 2003 APF Senior Nationals (courtesy Glosbrenner)



Melissa Ortega deadlifting 451 pounds in the 148 pound class (courtesy of Herb Glosbrenner)



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

If you have ever faced the task of pushing a disabled car, you know it is relatively tough to get the car rolling, but after it starts to roll it becomes much easier to keep it moving. That broken down car may just describe your deadlift. For some, the pull off the floor may be the hardest part, like getting the car rolling. If you can get the bar up to your knees, you can lock it out with relative ease. What's the solution? There is a great exercise to strengthen the start of your deadlift; the platform deadlift. The saying goes "to deadlift more, deadlift." That's the beauty of platform deadlifts. Platform deadlifts are deadlifts done from a slightly elevated height. Strength gained while training the platform deadlift will readily transfer over to your competition lift.

This additional elevation makes all the difference in the world by requiring the lifter to pull from a deeper starting position. The added range of movement changes the lift just enough to work your deadlifting musculature over a greater range of motion, especially overloading the start of the lift. Although this stresses the start of your pull, the midrange and lock-out portions of your deadlift also benefit. In a nutshell, if you can improve your pull off the floor, the bar should travel to lockout with greater power and velocity. This could mean that you will more easily break through any sticking points later in the lift. Just like pushing a car, once it starts to roll, keeping it rolling is relatively easier due to momentum. Isaac Newton, I think, said 'an object in motion tends to stay in motion.'

Let's start with a description of this lift. Platform deadlifts are done with the lifter standing on a sturdy platform made of wood or even on a 100 pound barbell plate. The major requirement is that the platform be sturdy enough to balance and support both the weight of the lifter as well as weight of the loaded bar. The platform also must not be too high or the bar will hit the arch of your feet when it is fully lowered to the floor. About 2-4 inches touch the floor after each rep with no bouncing. This will insure better pull-

# STARTIN' OUT

## PLATFORM DEADLIFTS

as told to Powerlifting USA by Doug Daniels

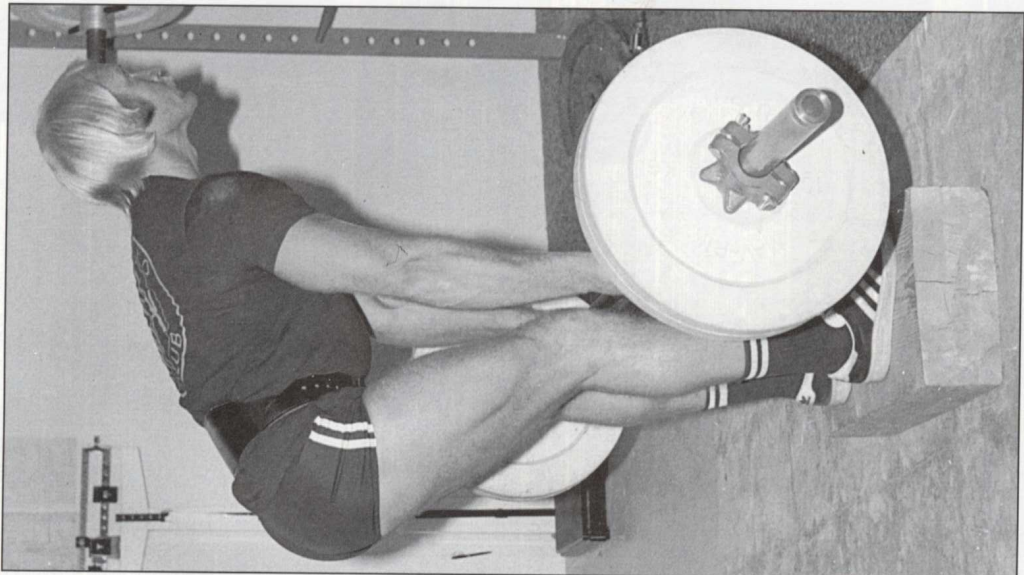
ing form and less chance for injury. Perform this lift in the conventional style that is, hands outside your legs. This exercise does not work well sumo style.

Flexibility in the ankles and hamstrings is vital as a lack of flexibility will limit how efficiently you can execute the lift. As far as how much weight to use, I suggest starting out with 50% of your best single deadlift for 5-6 reps to get the feel of the extended range of movement and balance. Increase the weight slowly from there. I don't recommend going lower than 3 reps with this exercise due to the higher chance for injury because of increased range of motion and unusual pulling position.

Working these into your routine is next. Platforms should be substituted for regular deadlifts in the off season, which I consider to be the time up to 8-10 weeks prior to a contest. When training for a contest 8-10 weeks or less away, I suggest you return to regular deadlifts off the floor.

If you chose not to rely totally on platforms during the off season, try doing a down set or two of platforms after your regular deadlifts. Sumo deadlifters can use these also and may benefit more than conventional pullers. The sumo style uses more hip and leg power than the conventional style with less lower back involvement. Due to this, a sumo lifter's erectors or lower back may not be as strong compared to a conventional puller's and potentially could be a weak link. By including platform deadlifts in the off season, the erectors will get stronger. This should add up to a bigger sumo deadlift.

Platform deadlifts are an excellent choice for any powerlifter, regardless of lifting style or experience level. Start with a light weight as I suggested and slowly work up in weight. Don't ignore the importance of efficient lifting technique and flexibility. Even if pulling the bar off the floor is your strength, getting the bar moving quickly at the start will help it continue past other potential sticking points later in the lift. That is simple - an object in motion tends to stay in motion - physics. Who ever thought that the apple that hit Isaac Newton's head would someday help us powerlifters?



Strengthen you DL with the Platform Deadlift - Jaska Parviainen, author of the Finnish Deadlift Program, demonstrates how to properly perform a deadlift off blocks



# 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.

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- **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.

when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more. The Rage offers for big benching.

# 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.



- **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 super RageX system.

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- **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.

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# 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.

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

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



# RADICAL DENIM

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

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- 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.

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- 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

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**Inzer Advance Designs Logo T-Shirts**  
 This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: red, blue, yellow, black, white, green, blue, yellow, forest green, khaki, canvas leather, oxford, natural, white, stars 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 Superweats Crewneck with a two-color Inzer logo.

**\$14.95**



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

**\$12.95**



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

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**Sticum Spray**  
 Use this excellent product for a variety of muscle aches, twinges in training and competition.

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 Essential for workouts and competitions, compresses into a black chalk.

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

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

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

**\$23.95**



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

**\$10.00**



**Hoodie**  
 Superweats Pullover Hoodie with embroidered two-color Inzer logo, chiseled away the details.

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**Gym Bag**  
 This large deluxe embroidered gym duffel is easy to look at Inzer logos and Strongest Sport. Largest main compartment and two smaller pockets on each end. Heavy duty. (Girth value 20" X 13" X 12")

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

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 The high tech knee support advantage for strongman competitors and other athletes.

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

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

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**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.

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 The finest buckles in the world - with unmatched buckle strength. Available in one or two-prong, zinc plated steel, seamless roller buckle.

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**Forever Buckle Belt 10MM**  
 Forever Belt quality in the 10mm choice. Available in one or two-prong precision buckle.

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

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

**\$145.00**

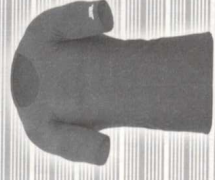


**Z-Suit Singlet**  
 The legendary Z-Suit provides fantastic support and excellent value. Now updated for even more power.

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

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

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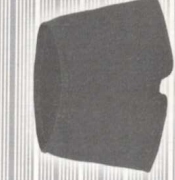


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 The Pillar will increase the poundage you can lift through several key design features. Built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

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**High Performance HD Blast**  
 Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

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

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

**\$26.00**



### Go Green for your Joints

**Q:** My question is about green tea. I know you have done articles about green tea in the past so I thought you might know something about my question. I heard that green tea can be good for your joints. Is this true? I have never heard this before, but since you are the guy to go to I thought I would ask you first and foremost. Thanks for the excellent articles. I find them refreshing and very informative.

Sincerely,  
Chris Klitzko

**A:** Yes, I have done some write-ups on green tea in the past because of the many health benefits it offers lifters, not to mention all the performance benefits. In regards to you hearing that green tea can be good for your joint health you are correct. Even though most people know that green tea is popular because of its antioxidant effects and fat burning properties, very few know that it can also help with joint pain. You were wondering how the heck a cup of green tea helps reduce the joint pain that is nagging you so much. As I have mentioned before, green tea contains something called Epigallocatechin-3-gallate (EGCG). This is a polyphenol that has numerous benefits. One that a recent study proved was the fact that EGCG can actually inhibit the production of several molecules in the human immune system responsible for causing joint inflammation in those that suffer from rheumatoid arthritis. To make this even better, this same study showed that it also suppressed inflammatory compounds in the connective tissues themselves as well. This, over the long term, can help minimize the joint deterioration that is caused by rheumatoid arthritis. This is no surprise to me because with all the numerous health benefits that green tea has to offer I am sure we will continue to see more and more different studies showings how potent it really is. I have been singing the praises of green tea since I began writing for PL USA over 7 years ago and study after study is showing that it has even more beneficial qualities than even previously thought. So, once again I will tell all the lifters reading this...drink your green tea! Like I have mentioned before, get a good high quality Japanese Green Tea. You can get the cheaper Chinese versions, but the taste is not nearly the same nor is the quality. There are some lifters that hate the taste of green tea, but

asked where it was they said it was all gone. Then he starts arguing with them that it was there a minute ago and was still half full. This turned into a nice broohaaha with Rhino and the manager. Just a word of advice, never try and take food away from a hungry Rhino! When this guy is hungry, you have to feed him—otherwise he will throw a temper tantrum and that is the last thing you want him to do.

Sorry for going off on a tangent there, but I was sure that many of you would find it funny. You see, I like to educate you on the finer points of nutrition, but I like to entertain you as well. Wasabi is known as Wasabia Japonica in its proper terminology. Your friend is correct because Wasabi does have several very powerful health benefits that lifters can take advantage of. Let's take a look at what Wasabia is, all about. You may not know this, but Wasabia is mainly harvested in Japan and in Sakhalin Island. This is a small island that is just north of Japan. It cannot just grow anywhere and this is one of the reasons why it is so special. It grows in the gravel beds of mountain streams and its requirements for proper harvesting are very climatic and geographically specific.

There is one thing that all you sushi fans should know about. True Wasabia is very expensive and is not what the large majority of sushi restaurants use, even though they call it wasabi. Many actually use horseradish root and add in some green food coloring to give you that authentic Japanese feeling, but in reality it's not. Due to its high cost and the fact that it spoils easily, most restaurants use the cheaper horseradish version. Only the true connoisseur would know that a difference exists, but now you know the truth!

Since real Wasabia is very popular in Japanese cuisine and because it does have numerous health benefits, many scientists believe that this may be one of the reasons why the Japanese have such long life spans. Let's not forget that the Japanese do not eat tons of refined and processed foods, eat plenty of fish and vegetables, and drink tons of green tea. These are just a few of the healthy cultural dietary practices that the Japanese have been performing for centuries that no doubt lead to less disease and longer lives.

Let's take a look at some more interesting facts about Wasabia that you most likely are not aware of.

- Wasabia is high in water soluble vitamins as well as minerals
- It contains one very important

# 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](http://www.NutritionXP3.com)

question. No matter what the topic is, if you don't know something, feel free to ask me anytime, that is why I am here. So, you like eating sushi, do you? I do too. In Toronto, where I live, there are sushi places just about everywhere. I don't know how popular they are in the US, but here there are so many you wouldn't believe to ask me anyone, that is why I am here. There is a large Asian community in Toronto consisting mostly of Chinese, Korean, and Phillipino descent. Even though sushi is Japanese and there are so many Japanese Restaurants in the GTA, there are very few Japanese people here. Wasabi, as you called it, is a green type of paste that is used for sushi. For those of you who have never had it, you don't know what you are missing. Usually the sushi chef will put a small amount under the fish slice when combining it to the rice. The authentic way to use Wasabi is to apply it directly to the sushi. But in North America the large majority just adds a small amount to your soy sauce in the little dish and mixes it together. This provides you with some very spicy and unique flavor to your sushi. Just the thought of all this is making me hungry. I love tempura dishes, starters like sea weed salad, and even teriyaki beef. Rhino just loves the Teriyaki beef. They get a little frustrated when he orders like 5 servings of it just for himself. He is a carnivore in the true sense of the word. He likes sushi, but he loves his beef even more.

Rhino once ate so many bowls of green tea ice cream, that they took the large bucket from the open freezer and brought it in the back. When he went up to the owner and

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family of compounds known as Glucosinolates (GS). To make this a little less scientific and complicated, these Glucosinolates through multiple conversions transform into something known as Isothiocyanates (ITC).

- What makes Wasabia so special is the fact that it has a higher concentration of ITCs than other plants in the same family and especially the long chain versions.
- There are about twenty different forms of ITCs that are contained in Wasabia and it is these compounds that provides you with all the medicinal value that it has.
- One of the many benefits it has is its anti-inflammatory effect on different parts of the body.
- Many diseases like allergies and asthma are caused by inflammation and Wasabia has been used to help control both of these conditions.
- Studies have shown that Wasabia has inhibitory effects on different strains of bacteria.
- Some of you may not know this Japanese cuisine tidbit, but I am sure you will find it quite interesting. The reason why Wasabi was brought into the culture of eating sushi was due to its strong antimicrobial properties. By combining Wasabia with raw fish it helped fight off any bad microbes that could be consumed by eating fish in a raw state. I knew you would find this interesting for sure—especially all the sushi lovers out there.
- One point you will find very interesting is the fact that Wasabia has been shown to be a potent anti-bacterial even when dealing with powerhouses like Staphylococcus and E.Coli.
- Another interesting fact is that it has been shown to also inhibit the streptococcus strain that is responsible for dental cavities. Maybe I should come up with a Wasabi flavored toothpaste...just joking!
- A very strong bacteria that you definitely don't want to have anything to do with is H.Pylori. This is one very nasty bacteria and believe me, if you get it you may have a very hard time getting rid of it even after several doses of antibiotic cycles. You may be wondering why I don't like this bacterium very much. This is because it is responsible for causing stomach ulcers. Left unchecked it can also turn into stomach and esophageal Cancer. This bacterium is very bad as I have seen friends who have gotten it from traveling overseas. It can cause numerous other health ailments and can make you feel so very sick in many different ways. You can get it from

infected water, hence being careful if you go to third world countries. On top of that it is easily transmitted to other people. Usually once someone gets it in a family, then everyone also tests positive for it. The good news is that Wasabia also has been shown to have inhibitory effects against this really strong bacteria. That means a lot from a scientific viewpoint, since H. Pylori can even out maneuver potent antibiotics.

- Now there is also some good news about this super food in terms of its effects in fighting Cancer. The ITCs that I mentioned earlier have been shown to have anti cancer benefits. These ITCs inhibit enzymes that take pre-carcinogenic compounds found in the body and are responsible for turning them in to carcinogenic ones. These bad boys are known as Phase 1 enzymes. Wasabia fights the Phase 2 enzymes as well. The reason why this is so special is the fact that it inhibits Carcinogene growths and also blocks the cell cycle and protein production in Cancerous cells. Anyone that knows how Cancer grows and multiplies will find this truly amazing to say the least.

- Now the term Metastasis refers to the spreading of Cancer beyond its local extension. The ITCs found in Wasabia have been found to inhibit this action thereby reducing the spread of Cancerous cells throughout the body. To make this even better, a recent study showed that the ITCs found in Wasabia caused apoptosis. This means that it caused the Cancer cells to die. This hasn't just been shown in one type of Cancer—it has been proven in cases of colorectal, breast, lung and even Leukemia.
- Since these ITCs are so potent at fighting Cancer cells you might be wondering how they affect other healthy cells in the body. The good news is that they do not harm healthy cells while specifically attacking Cancer cells.
- To make this even better, Wasabia has been shown to help with bone calcification as well. This means that you can help make your bones stronger and is something all women—especially those who may be going through menopause—should look into.
- Wasabia has been shown to help increase your immune response as well. This means that it can help protect you from

from getting sick, especially after those tough workouts wear down your immune function.

- Now for those with Diabetes, insulin also tests positive for it. The help protect the nephrons in your kidneys. As most of you know, many Diabetic patients suffer from kidney problems as the disease progresses.
- So, there you have it my dear friend. Yes, Wasabia in its true pure form is no doubt one of the healthiest foods that you can consume. As I mentioned before, please don't get fooled by what the majority of sushi houses offer you, as most of the time it is just cheap horseradish. If you are looking to get some real Wasabia Japonica you need to go to a specialty Japanese or Asian store. Make sure you ask for the real deal because you don't want to go home with its cheaper imitation. You can use the Wasabia in numerous different foods to help add a nice spicy exotic flavor to your dish. Getting in some Wasabia regularly can really help protect your health from several different life threatening diseases. Just its Cancer protection alone is something that makes me want to take it daily. I hope that I shed some light on yet another very important health booster from the Far East. As a practitioner of Traditional Chinese Medicine myself, I can say without a doubt that there is so much knowledge in terms of health and improved performance that we can learn from our neighbors to the East. I hope I helped open your eyes to something new that you will take advantage of. Too many lifters are close-minded in their lifestyle and mental outlook and miss out on numerous benefits to not only their health, but their performance as well. So until next month, eat clean, train hard, and get some of that spicy goodness into your meal plan.
- If you have any questions or comments please contact me at: [Arri@NutritionXP3.com](mailto:Arri@NutritionXP3.com)
- Or check out my website at: [www.NutritionXP3.com](http://www.NutritionXP3.com)

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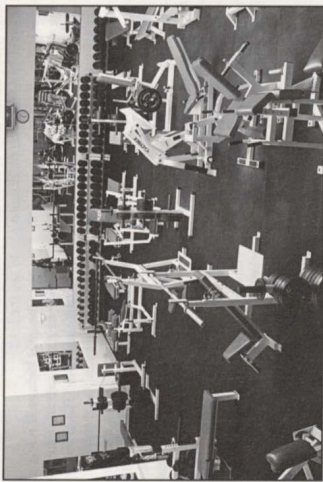
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# Hard Core Gym #86 Princess of Pump in El Paso, Texas BACKSTREET GYM as told to Powerlifting USA by Rick Brewer



(Above) **Mary Ellen Jerumbo** on her custom Harley in her gym.  
(Below) **The Backstreet Gym** is full of world class equipment; Mary Ellen says "you won't find a better equipped gym in the country!"



Last month, we went to a HUGE facility in PA, called Tri-State Fitness. Not only was Tri-State enormous, they even had paintball and dog shows! What could be crazier than that? Well, to get crazier than a dog show in a gym, we'll have to head further south. How about a hard-core gym run by one of the nicest (and strongest) women I know—with everything from 200 lb. dumbbells to chandeliers and a full bar? Yep, I said chandeliers, 'cause that's how ladies do it in the south. And a fully stocked bar, with ballroom dancing???

Okay, so you don't wanna dance and you heard that I can't spin. True-dat, but I did spin around on the floor at Jason's big crazy HOUSE OF PAIN wedding last week. I think I was awesome, even if some of those you-tube videos were ugly. Even so, I know that I can't ballroom dance. But I CAN fully appreciate the convenience of a full bar in the gym! That's the kind of crazy business that people outside of Texas don't believe when it shows up on TV. Which brings us to Mary Ellen Jerumbo's BackStreet Gym! I'll let Mary Ellen fill you in:

I wanted to provide a facility in El Paso that had a completely different concept of health and fitness training. With this goal in mind, and the research the medical community has provided, I feel that I have created that facility. It will provide the services to satisfy the needs of all individuals from teens, to special need individuals, athletes, and seniors. If you have the (weightlifting) need, I can help. (And she can mix you a drink at the same time! RB)

BackStreet Gym was established on January 1, 2006. The name of the gym came about with the idea that the main entrance would be in the back of the building. Since the opening of the facility, we have expanded to the front of the building.

This facility has the latest and the best strength and cardio equipment the fitness industry has to offer. There are plenty of weights, including dumbbells that even go up to 200 pounds! The extras include TVs, a club sound system, and even a "bit of bling" dressed with crystal chandeliers! (Crazy, RB)

The BackStreet Gym is the best equipped gym ever! If you can find a better equipped gym, I'd like to know where it is. (Can I get a vodka/monster drink while we wait for the feedback on other gyms? RB)

of the year. Mary Ellen has been a strength coach for many years, and is currently strength coaching the El Paso Rhinos Hockey Team. She has also helped train many individuals, ranging from weekend warriors to Olympic athletes—always stressing their sports specificity and nutritional demands. Her ideal motivation is "How do you find the champion within each individual?" She also loves to volunteer her time with developing youth, special education, and activities throughout the community. She has created motivational seminars for physician groups and professional teams.

But what about the weightlifting? Where did all that come from? After graduating from Northern Michigan University, Mary Ellen was teaching in her hometown of Manistee, Michigan. About that time, women's bodybuilding was being introduced. Mary Ellen was always fascinated with strength and muscles. It was the perfect time for her to jump into that sport.

After picking up her first Muscle and Fitness magazine in December of 1980, and seeing pictures of five women in high heels and bikinis competing in the first Miss USA Bodybuilding Championship, she instantly realized that competition was her calling. That is what she was destined to do. She immediately decided to fix up the local High school weight room and start her training. She also drove 30 miles to another gym three times a week, where she could work out on women's day and after only three months entered her first show. (Anyone remember 'women's day' at the gym? RB) She placed second out of twelve women and was immediately hooked. With the Northern economy depressing from 1980 to 1981, she flew to the Texas Rio Grande Valley and was offered many teaching and coaching positions. However, with her love of bodybuilding, she decided to take a position in McAllen, Texas, because of the Bodyshop Fitness Center owned by Don Amus that was located there. At that time the gym was segregated into men's and women's facilities (were the weightlifting Middle Ages really so recent? RB) but Don saw real enthusiasm in Mary Ellen and allowed her to work out on the men's side of the gym with all the world class equipment, giving women's bodybuilding and lifting empowerment to flourish.

After a couple years of successful winning and training, Mary Ellen went on to win a Miss Texas title and in 1985 she won the National Bodybuilding Championship. The

gym was then sold and made smaller. It was then that one of the most recognized contest promoters, Bob Dickson encouraged Mary Ellen to move and train under his guidance and expertise at his new Olympic Gym, in San Antonio, Texas. After several feats of strength, Bob encouraged her to begin competing in powerlifting—starting in 1986. Her success in lifting came naturally, and to this day Bob Dickson continues to be her number one mentor, friend and inspiration (she often calls on him for expert advice).

Ultimately, her intensity and strength (with the love for the sport) introduced her to her future husband, Scott Warman. She got married and moved to Huntsville, Texas, where Scott was the strength coach for Sam Houston University. Scott was a 275 lb. powerlifting world champion for many years. They were immediately considered the strongest married couple in the world! In June 1989, Scott accepted the strength coach position at

UTEP in El Paso, Texas. After traveling around the world and earning many world titles, the couple decided to divorce, which brings us to the present day—where Mary Ellen owns the Backstreet Gym.

Mary Ellen lives/eats/sleeps/thinks about lifting, nutrition and health. She believes that when training, 80% of the work is physical and 20% is mental. However, when it comes to competition, it is the exact opposite (80% mental). Mary Ellen has overcome many adversities in her life and it is her positive motivation and spiritual outlook that continues to drive her day-to-day activities.

Is she still getting better? Currently she is being advised and trained by the biggest "Mutant Beast" in the bodybuilding world, Dave Palumbo. She believes with Dave's vision, and his unsurpassed knowledge; she will reach new heights in bodybuilding and power lifting.

Mary Ellen came out kicking as a baby and is still kicking today.

how progressive resistance activity fights the aging process. In layman's terms, to slow aging or halt time and reverse its effect through eating and working out. She is also interested in the anti-gravitational process. What gravity pulls down; she wants to lift up via lifting. If you come to train with her, she will take the time to put you in a plan that can help you reach your top potential.

Mary Ellen wakes up and has a moment with the Lord every morning. She asks herself, "What can I do better today?" And at night she has a moment with the Lord and reflects on those completed objectives.

At the Backstreet Gym, a gender specific training program does not exist; everyone trains as a top athlete. When trying to be the best, gender is not a factor. There are beginner, intermediate and advanced programs—some of which are even posted online. People often ask Mary Ellen, "what's the best way to train?" and she answers, "every dumbbell up to 200 lbs. and the best equipment on the market."

Mary Ellen "Pump Princess" Jerumbo also has eating tips and suggestions to help you reach your goals; check it out online at www.backstreetgym.com. I was impressed that she would offer this sort of info online, instead of holding it back until you visit the gym.

If you are anywhere near El Paso, I suggest that you go to Backstreet Gym and find out what Mary Ellen Jerumbo can do for your lifting! Work out first, then have a drink at the fully-stocked chandelier-lit bar. Friday night is happy hour; after the daily workout from 5 p.m. to 7 p.m. clients can sit and sip wine. Then at 7:00 p.m. they can light the cigars. Mary Ellen believes in working hard and playing hard!

Working hard and playing hard; with knives, fire, and a full bar—I like this lady! Four times bodyweight like this lady! Four times bodyweight like this lady! If I lived near El Paso, I would be training at BackStreet Gym! If you get a chance to go, here is the address and contact info:

7410 Remon Circle, Suite C-5  
El Paso, Texas 79912  
Phone: 915.833.0935  
Fax: 915.832.0513

Next month, we'll probably go outside the USA—but we won't find another gym with a full bar for a while! Lift big, eat big, and sleep like a rock!  
Info & stories: rick@houseof-morphological changes specifically

She tries to teach others not to get comfortable and let things go. Her rule in life has always been, when you break your discipline, things get taken away. As a child she was taught that if you didn't do your job or if it wasn't done right, you didn't get your nickel. Nowadays, if she doesn't eat right, for example, her Corvette gets taken away. She believes the worst thing for a fighter is to get civilized. "Don't treat yourself to everything—make it a reward. If you are in good health, get off your lazy ass and do one more repetition," she says. Mary Ellen is not a personal trainer, but an elite coach with training techniques driven by unsurpassed knowledge of 30 years. Bodybuilding is not a paycheck, it's her life.

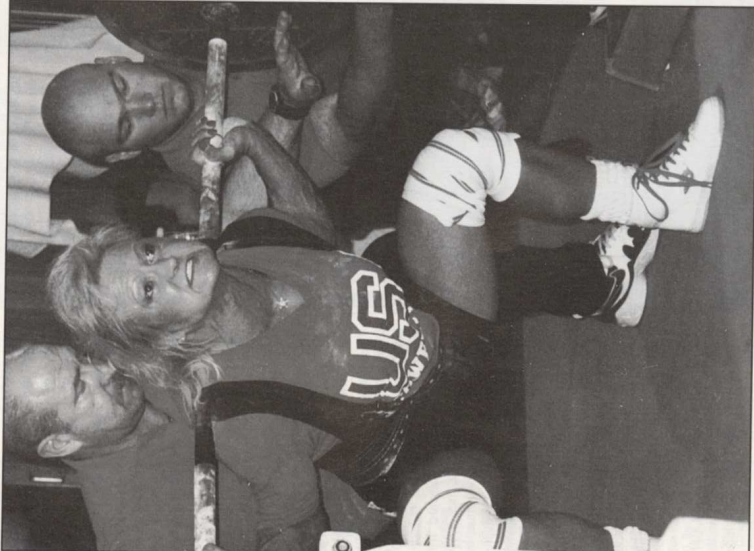
What does Mary Ellen like to do in her free time? "Anything physical!" She works out every day. To her, the gym is like going to the playground, which is something that never gets old. When she walks in the door the enthusiasm builds and as she touches the hard cold metal, a rush of blood races to all her muscles. She works out 6-7 days a week and on the few days she does not work out, she jumps on her custom Harley-Davidson and goes for a leisurely ride.

Mary Ellen loves standing on the performance stage with all the lights shining on her, her home and her place of Zen. When she is on stage she feels like "nothing can harm her." A nuclear bomb could fall and she would feel like "nothing could touch her." She has been an entertainer and performer: twirling with knives, fire, and a full bar—I like this lady! Four times bodyweight like this lady! Four times bodyweight like this lady! If I lived near El Paso, I would be training at BackStreet Gym! If you get a chance to go, here is the address and contact info:

Mary Ellen never sits down and reads a book cover to cover, but she does love to read medical journals and science articles. While reading these articles, she found out her ambition in life is to understand the morphological changes specifically

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Mary Ellen Jerumbo squatting at the 1998 WPC World Championships



# WESTSIDE TRAINING

## REHAB & PREHAB as told to PL USA by Louie Simmons

In this article I am asking you to not take my advice. Why? Because I am not a doctor or a licensed therapist. But read how I and others have overcome some of the most serious injuries a powerlifter can have. Low back, knee, and shoulder injuries can end a career in the blink of an eye.

**Lower Back:** I broke my L5 vertebra in 1973. I had a contest best of 670 in the deadlift in the 181-pound class. I thought my back was indestructible. I was wrong. I was on and off crutches for 10 months. No one was helping me. All that I had done before was impossible to do without severe pain.

One day while I was trying to do back raises with great pain, I thought what if I did just the opposite? To do a back raise, you must apply force with the ankles to raise the upper body. I jumped on a platform while my legs hung down at a 90° angle. I held onto the front of a power rack and with my legs held straight, raised my legs to the rear while arching my upper back, until my legs were parallel to the ground, without hyperextending my lower back. I then lowered my legs well under the platform until I could see my toes underneath me and pointing upward. I repeated the procedure until I had done 10 or 12 reps. I had no pain and my back was pumped up for the first time in almost a year. I did a few more sets of 12 reps and found I had no pain at all, plus my

3. Foam roller sit-ups: Place a foam roller under your lower back and lower your upper back until you touch the bench and do a sit-up. This builds flexibility first and a course strong abs. This is one of my favorite exercises for back health.

**Remember to keep the fibroblal (IT) band in good shape.** If it is tight, it can cause the lower vertebrae to become misaligned. If it is tight at the side of the knee, it can also cause knee discomfort and eventually damage. I have seen over and over again low back problems disappear when the IT band is worked on. Also try an inversion table. It works for at least some back problems. It could work for you as well.

With the help of some local doctors, I have used prolotherapy injections to strengthen the tendons and ligaments. Sodium chloride (0.9%) injections work very well also. I found unbelievable success with oxygen injections at a homeopathic clinic. I found this therapy from Tour de France bicyclists. There, doctors are far ahead in sports performance compared to many.

**Knees:** I had a complete rupture of the patella tendon in 1991. At that time I had an 821 squat. I squatted 920 10 years later at 235 bodyweight. John Bott had a similar story with a complete patella tendon tear. He hit 820 before and 900 after. Jim Hinkinson made a 744 squat before the patella rupture and 1107 after. Here is how I did it and what I suggested that John and I did.

Ride an exercise bike in reverse to gain range of motion. Then do a lot of seated calf raises and band leg curls to stabilize the knees above and below. The calf plays a large role in maintaining balance below the knee, and of course the hamstrings maintain knee stability on both sides of the knee. If the hamstring is stronger on the outside, then the foot will turn outward. If it is stronger on the inside, then it will turn the foot inward. They must be balanced to maintain knee stability.

For overall knee strength the best method is sled pulling. It will build the entire posterior chain plus build the calves. With sled pulling, there is no downward pressure on the knees, but it will stimulate all the muscles, tendons, and ligaments without compression. Tendons and ligaments need many reps to increase strength. Walking up to 1 mile will stimulate the soft tissue of the knee itself, plus build great stability in the calves, hamstrings, glutes, and hips,

(continued on page 71)



Rehabilitation and pre-habilitation are important subjects to Westside trainees (courtesy Wayne Stover)

### USPF Sacramento Open

26 APR 09 - Sacramento, CA

BENCH	198 lbs.	457
123 lbs.	4th-473	
FEMALE		
S. Diefrick	424	
S. Diefrick	413	
C. Young	423	
D. Cannalano	363	
220 lbs.		
I. Hunter	435	
T. Robinson	341	
M. Musio	446	
I. Lahti	573	
A. Argumedo	424	
242 lbs.		
M. Wild	573	
A. Aerts	473	
D. Vargas	330	
J. Kenley	330	
165 lbs.		
M. Bell	—	
181 lbs.		
S. HWH	507	
G. Gonzalez	644	
R. Lopez	373	
J. Kurland	314	
M. Riso	688	
308 lbs.		
B. Newman	—	
308 lbs.		
Baumgarten	550	
123 lbs.		
B. Aerts	—	

K. Geoffrey	137	248	585
488-RP-144			
M. Jacobo	209	325	534
165 lbs.			
S. Stanley	248	495	732
S. Stanlio	176	288	482
181 lbs.			
G. Gonzalez	253	398	650
C. Tremblay	270	352	622
M. Riso	220	308	608
198 lbs.			
D. Grevon	429	595	1025
D. Cannalano	363	341	705
220 lbs.			
J. Tremblay Jr.	391	622	1014
J. Blanco	352	479	832
275 lbs.			
A. Aerts	473	551	1025
A. Baumgarten	429	501	931
J. Kurland	314	490	804
Full Power	SQ	BP	DL
FEMALE			
123 lbs.	198	137	248
K. Geoffrey	93	77	192
132 lbs.			
B. Rich	286	198	319
D. Puckett	170	139	259
488-DL-264			
C. Keating	159	93	248
165 lbs.	121	88	209
165 lbs.			
C. Blackwell	363	181	319
T. Kalfos	176	115	203
C. Westin	407	—	407
T. Kalfos	176	115	203
111 lbs.	407	—	407
N. Stern	—	—	—
198 lbs.			
J. Lowell	501	319	462
165 lbs.			
J. Puckett	413	297	440
J. Stanley	291	155	387
J. Stanley	347	248	485
J. Stanley	347	248	485
181 lbs.			
B. Pacheco	512	396	496
C. Tremblay	341	270	352
C. Gonzalez	288	260	398
Z. Trowbridge	264	214	352
A. Bitaman	303	154	275

### USPF SACRAMENTO OPEN

#### Scott Cartwright Makes History at the USPF Sacramento Open Powerlifting Meet

The almost two hundred lifters and spectators in attendance at Mark Bell's Super Training Gym this April 26th counted themselves fortunate to have witnessed one of the most amazing lifting performances of this or any other decade. Super Training team member Scott Cartwright, lifting in the super heavies, succeeded in squatting 1025 pounds. This is the largest officially recognized single-ply squat in the history of the sport.

Cartwright's record-breaking day began with an opener of 953 pounds, which he handled with ease. His second successful attempt at 1003 avowed the crowd and placed him in an extremely small and elite group of single-ply lifters who have surpassed the 1000 pound mark. Those few who have legends of the sport, including Ed Coan and Dave Pasanella. When Scott approached the platform for his final attempt of 1025, the crowd went wild. The excitement in the room was palpable. Cartwright set the weight on his back, stood up, and appeared to struggle and lose his balance on the workout. Everyone held their breath for a moment to see if he could steady the enormous weight. He did, settled the weight, and received the squat command. Down he went, into the hole; his teammate called him up, and he began to drive the weight up. Everyone in the room was on their feet screaming encouragement. Up the weight rose until Scott stood, knees locked, with 1025 pounds wrapped over his back. Three white lights! The room exploded with excitement and there were few dry eyes in the house.

Four teams vied for the prize, with Team Super Training coming out on top. Team Wild Iron was not far behind, followed by Black Ice Power team and Team Alan and Bonnie Aerts. Although many people contributed to the success of this history-making event, special thanks needs to go out to Mark Bell and his Super Training team for all their hard work and the exceptional safety they provided to all the lifters on the platform. Thanks also to Team Alan and Bonnie Aerts for their sponsorship and for the exceptional awards, including the award of swords to the Best Lifters. Thanks also to sponsor APT for providing complimentary wrap. And finally, a huge debt of gratitude is owed to the masterful Steve Denison for his organization, advice, help and support.

Scott Photo Design was on hand and can be contacted for the purchase of photos and video from this historic event.

— Cara Westin



Scott Cartwright after his historic lift with 1025 lbs. (CSS Photo Design)

pound barrier, going three for three in the squat and finishing with a massive 501. Janet's smile as she locked out the weight was incandescent. This was a huge personal best for Janet, who weighed in light at only 193, Janet's friends, family and teammates were all on hand to help celebrate her record breaking squat, which places her first in the Powerlifting Watch rankings. Janet got her opening bench of 319, but was not able to add to it. She then came back for another three for three performance in the deadlift, finishing with a 462 pull and another personal best. Her total of 1284 places her first in the 198 lifter rankings. She also set new National squat, deadlift, and total submaster records, breaking previous marks she set herself at January's Fit Expo. Both Cartwright and Lowell walked away with the Open Best Lifter honors.

Raw 132 lifter Becky Rich, ranked eleventh in the world, put together another impressive performance with lifts of 286, 198 and 319. Her 804 total exceeded all but two of the geared lifters, including those in heavier classes.

Nineteen year old 198+ Grisdela Gonzalez, hit a 253 raw bench in the Bench Only division. Watch this young lifter in the future. She has much bigger numbers to come. Super Trainings own Juan Lajia hit his 573 opener, which earned him the Open Bench Only Best Lifter award.

Other Best Lifter performances included 123 Master Lifter Bonnie Aerts, with her 198 squat, 144 fourth attempt bench, and 248 deadlift. Junior 198 Greg Lewis, only 19 years old, squatted 479, had a successful fourth attempt bench of 418, and a 501 pull. Alan Aerts took the Open Push Pull award with his 473 bench and 551 deadlift. 220 Master Lifter Bradley King walked away with the Master Best Lifter for his 716 squat, 413 bench, and 639 pull.

Team Super Training coming out on top. Team Wild Iron was not far behind, followed by Black Ice Power team and Team Alan and Bonnie Aerts.

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— Cara Westin



**Part II**

**Alex Campbell:** Tell me about the week leading up to the Arnold Classic, the travel, military obligations, and all the demonstration deadlifts you did at the schools.

**Robert Herring:** During the week leading up to the Arnold Classic, I flew in on Tuesday and worked with some local high schools on Wednesday and Thursday. I went in with one of the recruiters from the Columbus area one day and one from the Dayton area the next day. I did deadlifting demonstrations all day with 500 lbs. both days for the students along with a few other lifting demonstrations like the reverse grip bench.

The first day I did 8 demonstrations and the second day I did 3 demonstrations. I didn't have to do it with weight, but it's like saying you can shoot an apple off someone's head with a bow and arrow from a hundred yards. People are not going to believe it unless you show them. So, I figured doing 500 lbs. during the demonstration would be enough for them to get the point. Plus, I figured it was doing it for a good cause. Most of the kids loved it, and I really enjoyed doing it, due to the fact I am a father and I love kids.

After doing all the demonstrations, my back was fried. I then started going to the sauna on Thursday for relief and using back rubs, etc. I also told Alex during that time my back was a little out of whack, and that I was planning to go in a little lighter than expected. Alex asked if I would still be able to pull strong at a lower weight, and I said with a little adrenaline flowing it should be no problem.

**AC:** You had a strategy to cut weight before the Arnold. You were already a pretty lean lifter, what made you decide it would be better to cut weight when you really did not have much to lose?

**RH:** I normally train around 205 lbs. When I started going to the sauna I was at 189 lbs. on Thursday. So I said to myself you have pulled over 700 lbs. at 181 lbs. so might as well go down to 181 lbs. When I did the weigh in, I hit 181 on the dot, but the only way I could hit it on the dot was to weigh in totally nude. Also that is the same strategy Tom Eiseeman used in the NOTLD Glory qualifier. So, I figured I could pull it off by fighting fire with fire.

**AC:** You had the last lot number so you stepped on the scale later-

the spotlights hit me then I say to myself, "It's show time." When I am on stage in bodybuilding or powerlifting, I am so focused that I don't pay attention to the crowd at all. It's like I am in my own world at that time.

**AC:** How did you feel about your lifts that day? Your handler had picked 728 for your second, but you wanted 739. The pick of 733 was the perfect number and how was that decision made and how interesting was it that it was a limit lift and the exact number needed to win down to the tenth of a Wilkes point?

**RH:** I felt I could have done more if I would not have burned myself out doing demos earlier in the week at the high schools, but I had a goal before I hit the stage. My goal was to pull at least 730 lbs. at 181 lbs. I didn't want to go 728 lbs. because it wasn't my goal and I knew more than likely I would not have anything left after the second pull. It took everything I had left in my body to pull the 733 lbs.

**AC:** What did it say to you when you no one attempted a third lift that was big enough to beat your second lift?

**RH:** It basically said I did my home work and I hit my goal by going for the Wilkes score. It also proved that Alex Campbell was a great coach.

**AC:** When did you realize that you had won the meet? What was the first thought that went through your mind when you realized it?

**RH:** I realized it after I saw the other lifters weren't changing their third attempts and Alex came over and told me I won way in advance.

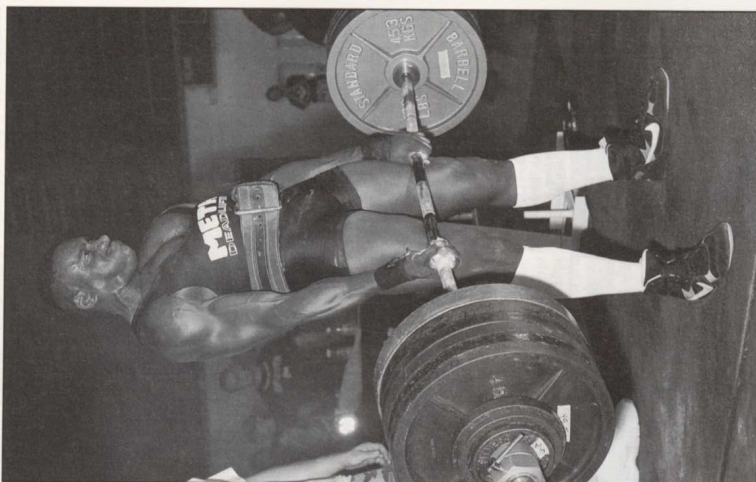
**AC:** I know that your goal was to get qualified for the Arnold so that the best deadlifters in the country. It seems not many people were still paying much attention to you after the qualifier. Do you feel that you have earned some respect and notoriety for yourself after that meet?

**RH:** I did a meet a week before the qualifier where I pulled 751.8 lbs. Raw. My goal in the qualifier was to at least hit 700 lbs. to qualify for the Arnold Classic. I was ranked number 9 and not even on the radar to win. I feel that people are looking for a big guy when it comes to powerlifting and bodybuilding. I have learned over the years to work with what little bit I have and never give

(continued on page 80)

# INTERVIEW

## ROBERT HERRING PT. II interviewed for PL USA by Alex Campbell



**Robert Herring** deadlifting at the Night of the Living Deadlift Contest. Part I of this interview appeared on page 12 of the May issue.

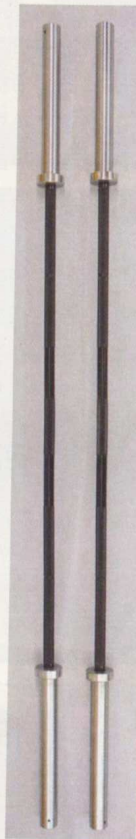
ally about 45 minutes before the show started. Were you worried the weight cut would be too much?

**RH:** I wasn't worried due to the fact that I know I trained really hard and dieted for the show. My main goal during training was Tom Eiseeman's Wilkes score. Plus, I was fired up and had to prove a point to win—because I was the underdog.

**AC:** You have a very unusual warm-up routine. Can you tell us a little about that? Where did you come up with it, and exactly how did your warmups go and how did they feel at the Arnold.

**RH:** It felt like being on a stage to compete in bodybuilding and the spotlights were on me. When

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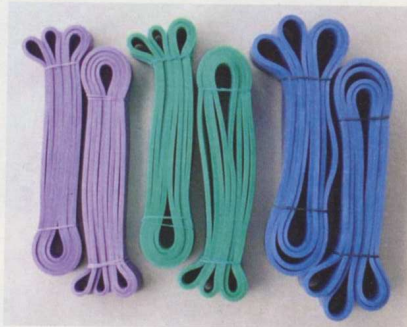
Item Number	Qty.	Color Code	Weight (Kg)	Item Number	Qty.	Color Code	Weight (Kg)
CBP--25KG	2	Black	0.25 Kg	CBPP-10KG	2	Black	10 Kg
CBPP--5KG	2	Black	0.5 Kg	CBPP-15KG	2	Yellow	15 Kg
CBPP-1.25KG	2	Black	1.25 Kg	CBPP-20KG	2	Blue	20 Kg
CBPP-2.5KG	2	Black	2.5 Kg	CBPP-25KG*	4	Red	25 Kg
CBPP-5KG	2	Black	5 Kg	CO-2.5KG	2	Competition Forged Pressure Ring Collars	
1	1	Q-BAR: 20Kg, IPF Approved, 1500 Lbs. Test					

**\* ADDITIONAL CBPP-25KG (Red): 10% OFF, \$140.00 EA.**

**Training Bar Starter Set: \$1750.00 Total 234KG (515.75Lbs.)**

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(Assistance/Resistance Exercise Bands)



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- #2 Red, 40 lbs. (3/4") \$12.50 EA
- #3 Purple, 60 lbs (1 1/8") \$16.95 EA
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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.

**12-14 JUN**, RAW United North-East Regionals & Pennsylvania State (Greencastle, PA) Sperto Ishonikidids, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunited@cfjrr.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**, Sheldon Levy Memorial (MAC Fitness Center, 334 Plaza Rd., Kingston, NY) Pat Carroll, 845-339-6381

**13 JUN**, 16th Miller's Ironhouse Natural BP (sculptured awards & swords - Miller's Gym, Cumberland, MD) Brian Miller, 301-777-0644, bmillersgym@yahoo.com

**13 JUN**, APA Apollon Open Battle of the Barbarians championships (PL, BP, DL, SP, OP, SC, Repts - Edison, NJ) Scott Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

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

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

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

**13 JUN**, IHM Festival BP (Youngstown, OH) Ron Deamicis, 330-792-6670, power1103@aol.com

**13 JUN**, USAPL Florida Sunshine State Games BP/PL Championship (Lakeland, FL) Robert Keller, 954-790-2249, rtk@verizon.net, www.geocities.com/floridausapl

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

**14 JUN**, IHM Strongman (Youngstown, OH) Ron Deamicis, 330-792-6670, power1103@aol.com

**17-19 JUN**, Western States Police & Fire Games (College of the

# COMING EVENTS

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

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

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

Canyons, Santa Clarita, CA) Sgt. Jonna Willshire, 626-300-3122, www.uspfg2009.org

**20 JUN**, **100% Raw PL & BP National Championships (Marlowe Heights, MD) Meet Director Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com**

**20 JUN**, The Iron Chamber Gym Summer Bench Bash (Canton, OH) Jeff Begue, 330-844-1011, jebgpride@hotmail.com

**20 JUN**, USAPL West River Powerlifting Meet (SD) Brent Steinhilch, 3110 8th Ave., Spearfish, SD 57783, 605-642-5960

**20 JUN**, APA Mightigan Open Battle of the Bad (PP, BP, DL - Monroe, MI) Scott Taylor, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com

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

**20 JUN**, USAPL Mid Atlantic Open (PL, BP, DL, Ironman, Raw, Assisted - Standardsville, VA) John Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

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

**20 JUN**, **NASA USA Nationals, PP, BP (Columbus, OH) Rich Peters Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

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

**27 JUN**, USAPL Big K's 7th annual PL Meet. (FP, BP, PP) (Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigkspowermeets.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

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

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

**3-5 JUL**, **USPF National PL, BP, DL (Anahheim, CA) Steve**

# APF/AAPF/WPO Schedule

- 13 JUN, AAPF Vermont PL Granite City Iron Wars VI
- 13-14 JUN, APF Senior Nationals DL/BP
- 17 JUN, APF/AAPF Chicago Summer Bash
- 19 JUL, APF Texas Fire Olympics Powerlifting
- 31 JUL - 2 AUG, AWPC World PL/BP
- 1 AUG, APF/AAPF High Country PP & Raw
- 8 AUG, APF Maine State
- 22 AUG, APF/AAPF Summer Challenge
- 22 AUG, APF California State
- 29 AUG, APF Texas Meet
- AUG, APF Georgia State
- 5 SEP, APF/AAPF Summer Heat V
- 19 SEP, APF Indiana State
- SEP, APF Louisiana State
- SEP, APF/AAPF Snake River Powerlifting
- 3 OCT, Halloween Monster Bench Bash
- 17 OCT, AAPF Supreme Fitness Challenge III
- OCT, APF/AAPF 2nd Annual Rise of the DL Beast of the BP
- 7 NOV, APF Texas Cup
- 8 NOV, AAPF Old School Iron Wars
- 14-15 NOV, APF Pine Tree Open
- 5-6 DEC, APF Southern States PL/BP
- DEC, APF/AAPF Illinois Raw Power Challenge

Dates subject to change  
 Call 866-389-4744 for more information  
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[www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)







**USPF National Powerlifting Championships**  
**USPF National Benchpress Championships**  
**USPF National Deadlift Championships**

July 3, 4 & 5, 2008 Anaheim, CA

Meet Director: Steve Denison 661-333-9800  
 pwiftrts@msn.com www.powerliftingga.com

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

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

5 SEP, APF/AAPF Summer Heat V (Rock Hill, SC), Eric Hubbs, 803-366-9895, nettin-fish@msn.com  
 5 SEP, WNPFL Jake The Hammer Classic & WNPFL Lifetime BP, DL, PC Nationals (Warner Robbins, GA) Troy Ford, 770.668.4841, wnpf@aol.com, www.wnpfl.net  
 12-13 SEP, USPF Muscle Beach PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, Pwiftrts@msn.com

6 SEP, WNPFL Can-Am Nationals (Youngstown, OH) Ron Deamicis, 330.792.6670, powerl103@aol.com  
 11 SEP, 9th IBC Curl Press Classic & Strick Curl (Winston Salem, SC) Keith Payne, keith@ironbodypowerlifting.net, 336-251-8704

11-13 SEP, WDPFF World Single Event (Bradford, England) JM-Gedney@vuu.edu  
 11-13 SEP, RAW United Armed Forces Championships (Free Contest!), Spero Tshontikidis, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, rawunit@cl.rr.com  
 12 SEP, APA Keystone State Championships PL, PP, BP, DL, SP, OP, SC, Reps (Lancaster, PA) Scott Taylor, 941-626-4247, wcpa@apa-wpa.com, www.apa-wpa.com

12 SEP, IPA Pennsylvania State (Allentown, PA) Gene Rycklak, 143 Second Ave., Royersford, PA 19468, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
 12 SEP, IBP Regional Powerlifting (Winston Salem, NC) Keith Payne, keith@ironbodypowerlifting.net, 336-251-8704  
 12 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, Son Light Power,

122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 12 or 13 SEP, WNPFL Lifetime Drug Free Nationals (Philadelphia, PA) or Bordentown, NJ), Troy Ford, 770.668.4841, wnpf@aol.com  
 24-27 SEP, WUAP World Dominique Seminatore, France, v.seminatore@mairie-saint-

avoid, fr, for information call L.E. Baker, 770-713-3080, www.americanpowerlifting-committee.com

26 SEP, NASA Tennessee Regional (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 77068, 405-527-8513, SQB-PDL@aol.com  
 26 SEP, 2nd Tom Eldridge Top Gun USPF AZ State (PL, BP, DL) Cold Iron Gym, Tombstone, AZ, 520-457-3955, www.coldirongym.com

26 SEP, SLP National PL Championship (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 26 SEP, USPF 3rd Pennsylvania Open (Pittsburgh, PA) Matt McCaslin, 304-376-7538, mccase@yaho.com, www.uspf.com

27 SEP, WNPFL All-American Powerlifting & WNPFL Lifetime Pan-American Championships (Pt. Lucie, FL) Troy Ford, 770.668.4841, wnpf@aol.com, www.wnpfl.net  
 27 SEP, WNPFL Upstate NY (Rochester, NY) Brian Burritt, 812.204.2886, wnpf@comcast.net  
 SEP, APF/AAPF Snake River Powerlifting Championships (Idaho Falls, ID), Mike & Linda Higgins, 208-528-0444, snakervp@yaho.com

SEP, APF Louisiana State (St. Francisville, LA), Garry Frank, 225-241-8154, bulldogbr@bell-south.net  
 9-10 OCT, (NEW DATE) 4th NAPP/TFP North American Regional (Acapulco, MEX) Robert Keller, 954-790-2249, rhk@verizon.net, www.usapoverlifting.com/USPF-NorthAmerica

3 OCT, USAPL National Senior Games (Ages 50+) Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl, www.nesga.com  
 3 OCT, USAPL South Florida BP/DL (Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

3 OCT, Halloween Monster Bench Bash (Eagle Nest, NM), Curtis Schultz, apfnwmexico@yaho.com  
 3 OCT, NASA East Texas Regional (Tyler, TX) Rich Peters, Box 735, Noble, OK 77068, 405-527-8513, SQB-PDL@aol.com  
 3 OCT, SLP Tennessee State BP/DL (Lexington, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com

3 OCT, USPF Central California Open PL, BP, DL (Modesto, CA) Steve Denison, 661-333-9800, Pwiftrts@msn.com  
 3 OCT, 21st Ashtabula YMCA Bench Press, Lomie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-964-3013, anderson1142@yahoo.com  
 3 OCT, Bulls PL @ Scandia farm@bullfarm.fi, sakkie@voimaharjoittelu.fi, 011-358-505-354-106

3 OCT, WNPFL Winter Classic Powerlifting Championship (Aurora, IL) Matt McCaslin, 304-376-7538, mccase@yaho.com  
 3 OCT, SLP Indiana State Open BP/DL (Beech Grove, IN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 17-18 OCT, WNPFL World Powerlifting Championships (Ambridge, PA) Ron Deamicis, 330-792-6670, powerl103@aol.com  
 3-4 OCT, SPF/WBPLA World (Nashville, TN) Jesse Rodgers, 423-255-3672, www.southernpowerlifting.com  
 10 OCT, (NEW DATE) WNPFL Palmetto (Greenville or Durcan, FL) Troy Ford, 770.668.4841, wnpf@aol.com, WNPFL POBOX 142347, Fayetteville, GA 30214, www.wnpfl.net

10 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 11 OCT, 7th Big Dog Classic (John Blackstone, 4120 W. Main St., W. Lafayette, OH 43845, 740-502-4964)  
 12 OCT, IPA Power Challenge, Gene Rycklak, 143 Second Ave., Royersford, PA 19468, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
 17 OCT, USAPL 2nd Annual Columbia City Powerlifting Classic (Seattle, WA), Bill Stewart 206-725-7894, billstewart@hotmail.com, Richard Schuller, 206-280-8122, r@bullr.com  
 17 OCT, Iowa Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Des Moines, IA), Rich Peters, P.O. Box 735, Noble, OK, 77068, 405-527-8513, sqbpd@aol.com  
 17 OCT, 100% Raw, AAPE,

8824, lexenxtreme@aol.com, www.lexenxtreme.com  
 27 OCT-1 NOV, WABDL World BP/DL (Peppermill Hotel, Reno, NV) Gus Reithwisch, 763-545-8654 or 503-901-1622  
 31 OCT, 27th ADAU Raw Power Central PA Open (Bigler, PA), Siegel Engraving, 814-765-3214, a@pltkip.com

31 OCT, USAPL New Hampshire State & New England States BP, DL, PP Championships (North Conway, NH) Robert Keller 954-790-2249, rhk@verizon.net  
 31 OCT, USA RAW Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 31 OCT, 5th Westminster Family Center Open Bench Press (WFC, 11 Longview Ave., Westminster, MD) Scott Bickler, 443-789-9452  
 31 OCT, NASA Wisconsin State (9:30 AM), Monster-Bench-Bash-4-Cash (6 PM), (Sheboygan, WI) Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 1-888-502-4087

OCT, 100% Raw Worlds (Las Vegas, NV) Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com  
 OCT, APF/AAPF Rise of the DL Beast of the FL (Willowbrook, IL), Amy Jackson, 630-896-7309, amyjackson@aol.com  
 6-7 NOV, 100% Raw World Single Lift (Norfolk, VA) Meeg Director Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com  
 7 NOV, (NEW DATE) APF TX Cup (Dallas, TX), Greg & Heather Tillinghast, aptexas@yahoo.com  
 7 NOV, (NEW DATE) USAPL Virginia State (BP, DL, PL, Iron-Grand (OKC, OK) Assisted - Standards-114, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
 7 NOV, USAPL 7th Tom Fooley BP/DL Classic (Nanuet, NY) Premier Fitness, 845-920-0501, www.premierfitnessny.com  
 7 NOV, SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-

8 NOV, 100% Raw, AAPE, AAU Old School Iron Wars (raw, equipped) bret@vermontpowerlifting.com  
 10-15 NOV, WPF World PL, BP, DL (Riviera Hotel Casino, Las Vegas, NV) Steve Denison, 661-333-9800, Pwiftrts@msn.com  
 13-15 NOV, RAW United North American Open (Greensville, PA) Spero Tshontikidis, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunit@cl.rr.com  
 14 NOV, (Tentative) Colorado Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Loveland, CO), www.nasa-sports.com  
 14 NOV, Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 14 NOV, WV Regional PL, BP, PP & Power Sports, Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com  
 21 NOV, Kansas Regional, Equipped & Unequipped Powerlifting, Power Sports and Push Pull, (Salina, KS)  
 21-22 NOV, IPA Senior National Powerlifting & Bench Press Championships (York Barbell Co., 3300 Board Rd., York, PA) Mark Chaillet, 717-495-9024, chaillet@yahoo.com, or Ellen Chaillet, echaillet@aol.com, www.ipapower.com  
 4-6 DEC, RAW United National Championships (Tuscon, AZ) Spero Tshontikidis, 401 Highway A1A, Unit 122, Satellite Beach, FL 32937, 321-505-1194, rawunit@cl.rr.com  
 5 DEC, Missouri Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Joplin, MO), www.nasa-sports.com  
 5 DEC, 9th Pocket Samson's Christmas BP/DL (Powerhouse Gym, Westminster, MD) Glen or Chaz, 410-851-1232  
 5 DEC, IPA Christmas Carnage/ Gene Rycklak/Bench Classic, Gene Rycklak, 143 Second Ave., Royersford, PA 19468, bench\_a\_grand@yahoo.com, www.rychlakpower-systems.com  
 5 DEC, USAPL Florida Senior/

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 14 NOV, Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 14 NOV, WV Regional PL, BP, PP & Power Sports, Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com  
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 5 DEC, Missouri Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Joplin, MO), www.nasa-sports.com  
 5 DEC, 9th Pocket Samson's Christmas BP/DL (Powerhouse Gym, Westminster, MD) Glen or Chaz, 410-851-1232  
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 14 NOV, WV Regional PL, BP, PP & Power Sports, Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com  
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 5 DEC, 9th Pocket Samson's Christmas BP/DL (Powerhouse Gym, Westminster, MD) Glen or Chaz, 410-851-1232  
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8824, lexenxtreme@aol.com, www.lexenxtreme.com  
 27 OCT-1 NOV, WABDL World BP/DL (Peppermill Hotel, Reno, NV) Gus Reithwisch, 763-545-8654 or 503-901-1622  
 31 OCT, 27th ADAU Raw Power Central PA Open (Bigler, PA), Siegel Engraving, 814-765-3214, a@pltkip.com

31 OCT, USAPL New Hampshire State & New England States BP, DL, PP Championships (North Conway, NH) Robert Keller 954-790-2249, rhk@verizon.net  
 31 OCT, USA RAW Bench Press Federation World (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightgym.com  
 31 OCT, 5th Westminster Family Center Open Bench Press (WFC, 11 Longview Ave., Westminster, MD) Scott Bickler, 443-789-9452  
 31 OCT, NASA Wisconsin State (9:30 AM), Monster-Bench-Bash-4-Cash (6 PM), (Sheboygan, WI) Wisconsin Powerlifting, Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 1-888-502-4087

OCT, 100% Raw Worlds (Las Vegas, NV) Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com  
 OCT, APF/AAPF Rise of the DL Beast of the FL (Willowbrook, IL), Amy Jackson, 630-896-7309, amyjackson@aol.com  
 6-7 NOV, 100% Raw World Single Lift (Norfolk, VA) Meeg Director Paul Bossi, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com  
 7 NOV, (NEW DATE) APF TX Cup (Dallas, TX), Greg & Heather Tillinghast, aptexas@yahoo.com  
 7 NOV, (NEW DATE) USAPL Virginia State (BP, DL, PL, Iron-Grand (OKC, OK) Assisted - Standards-114, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
 7 NOV, USAPL 7th Tom Fooley BP/DL Classic (Nanuet, NY) Premier Fitness, 845-920-0501, www.premierfitnessny.com  
 7 NOV, SLP Ohio State BP/DL (Hamilton, OH) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-

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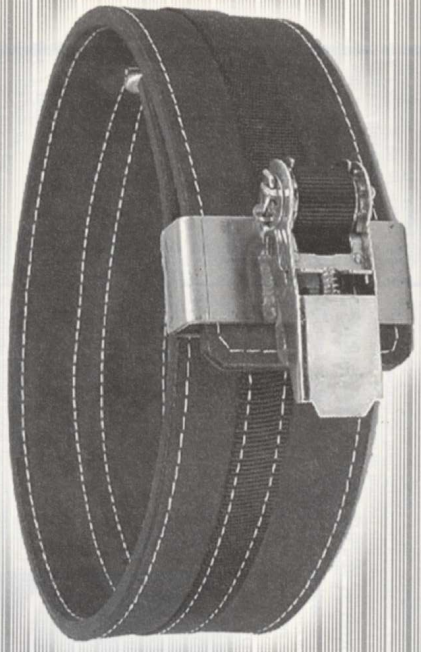




# PR BELT

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



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

## HOW THE PR BELT IS WORN

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

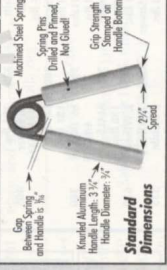
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## CUSTOMIZE YOUR BEEF BUILDER

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WABDL Texas State	Law/Fire	Submaster	Master	Elite	Super Elite	Grand Elite	Pro	World Class
21 FEB 09 - Humble, TX	Open	402	611*	391*	496	485	424	485*
BENCH	R. Hawthorne	Master (40-46)	Master (40-46)	Master (47-53)	Special Olympian	Special Olympian	Special Olympian	Special Olympian
FEMALE	I. Hendrix	Master (40-46)	Master (40-46)	Master (47-53)	Special Olympian	Special Olympian	Special Olympian	Special Olympian
103 lbs	M. Barnett	402	611*	391*	496	485	424	485*
118 lbs	T. Epling	402	611*	391*	496	485	424	485*
141 lbs	S. Livingston	402	611*	391*	496	485	424	485*
177 lbs	D. Oliver	402	611*	391*	496	485	424	485*
203 lbs	M. Barnett	402	611*	391*	496	485	424	485*
228 lbs	T. Epling	402	611*	391*	496	485	424	485*
253 lbs	S. Livingston	402	611*	391*	496	485	424	485*
278 lbs	D. Oliver	402	611*	391*	496	485	424	485*
303 lbs	M. Barnett	402	611*	391*	496	485	424	485*
328 lbs	T. Epling	402	611*	391*	496	485	424	485*
353 lbs	S. Livingston	402	611*	391*	496	485	424	485*
378 lbs	D. Oliver	402	611*	391*	496	485	424	485*
403 lbs	M. Barnett	402	611*	391*	496	485	424	485*
428 lbs	T. Epling	402	611*	391*	496	485	424	485*
453 lbs	S. Livingston	402	611*	391*	496	485	424	485*
478 lbs	D. Oliver	402	611*	391*	496	485	424	485*
503 lbs	M. Barnett	402	611*	391*	496	485	424	485*
528 lbs	T. Epling	402	611*	391*	496	485	424	485*
553 lbs	S. Livingston	402	611*	391*	496	485	424	485*
578 lbs	D. Oliver	402	611*	391*	496	485	424	485*
603 lbs	M. Barnett	402	611*	391*	496	485	424	485*
628 lbs	T. Epling	402	611*	391*	496	485	424	485*
653 lbs	S. Livingston	402	611*	391*	496	485	424	485*
678 lbs	D. Oliver	402	611*	391*	496	485	424	485*
703 lbs	M. Barnett	402	611*	391*	496	485	424	485*
728 lbs	T. Epling	402	611*	391*	496	485	424	485*
753 lbs	S. Livingston	402	611*	391*	496	485	424	485*
778 lbs	D. Oliver	402	611*	391*	496	485	424	485*
803 lbs	M. Barnett	402	611*	391*	496	485	424	485*
828 lbs	T. Epling	402	611*	391*	496	485	424	485*
853 lbs	S. Livingston	402	611*	391*	496	485	424	485*
878 lbs	D. Oliver	402	611*	391*	496	485	424	485*
903 lbs	M. Barnett	402	611*	391*	496	485	424	485*
928 lbs	T. Epling	402	611*	391*	496	485	424	485*
953 lbs	S. Livingston	402	611*	391*	496	485	424	485*
978 lbs	D. Oliver	402	611*	391*	496	485	424	485*
1003 lbs	M. Barnett	402	611*	391*	496	485	424	485*
1028 lbs	T. Epling	402	611*	391*	496	485	424	485*
1053 lbs	S. Livingston	402	611*	391*	496	485	424	485*
1078 lbs	D. Oliver	402	611*	391*	496	485	424	485*
1103 lbs	M. Barnett	402	611*	391*	496	485	424	485*
1128 lbs	T. Epling	402	611*	391*	496	485	424	485*
1153 lbs	S. Livingston	402	611*	391*	496	485	424	485*
1178 lbs	D. Oliver	402	611*	391*	496	485	424	485*
1203 lbs	M. Barnett	402	611*	391*	496	485	424	485*
1228 lbs	T. Epling	402	611*	391*	496	485	424	485*
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1603 lbs	M. Barnett	402	611*	391*	496	485	424	485*
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1878 lbs	D. Oliver	402	611*	391*	496	485	424	485*
1903 lbs	M. Barnett	402	611*	391*	496	485	424	485*
1928 lbs	T. Epling	402	611*	391*	496	485	424	485*
1953 lbs	S. Livingston	402	611*	391*	496	485	424	485*
1978 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2003 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2028 lbs	T. Epling	402	611*	391*	496	485	424	485*
2053 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2078 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2103 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2128 lbs	T. Epling	402	611*	391*	496	485	424	485*
2153 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2178 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2203 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2228 lbs	T. Epling	402	611*	391*	496	485	424	485*
2253 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2278 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2303 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2328 lbs	T. Epling	402	611*	391*	496	485	424	485*
2353 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2378 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2403 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2428 lbs	T. Epling	402	611*	391*	496	485	424	485*
2453 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2478 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2503 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2528 lbs	T. Epling	402	611*	391*	496	485	424	485*
2553 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2578 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2603 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2628 lbs	T. Epling	402	611*	391*	496	485	424	485*
2653 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2678 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2703 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2728 lbs	T. Epling	402	611*	391*	496	485	424	485*
2753 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2778 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2803 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2828 lbs	T. Epling	402	611*	391*	496	485	424	485*
2853 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2878 lbs	D. Oliver	402	611*	391*	496	485	424	485*
2903 lbs	M. Barnett	402	611*	391*	496	485	424	485*
2928 lbs	T. Epling	402	611*	391*	496	485	424	485*
2953 lbs	S. Livingston	402	611*	391*	496	485	424	485*
2978 lbs	D. Oliver							



















**Kuwait Bench Championships**  
**15 FEB 09 - Camp Arifjan, KUW**  
**FEMALE**  
 G. Tumbaga 245  
 L. Johnson 290  
 M. Pope 135 lbs.  
 C. Pardo 305  
 P. Price 105  
 P. Harrell 95  
**MALE**  
 E. McKay 375  
 B. Hill 335  
 L. Crawford 460  
 C. Chavez 415  
 The Kuwait Power Girls... who benched at Camp Arifjan (l-r): Princess Harrell, Phoebe Price, and Michelle Pope. (courtesy Joe Meyers)

**West Virginia High School State**  
**14 FEB 09 - South Charleston, WV**  
**BP DL TOT**  
**GIRLS**  
 C. Knuckles 100\* 200\* 300\*  
 B. O'S 114 lbs.  
 J. Scholove 70\* 165\* 235  
 J. Smith 70  
 C. Cobb 70 180 250  
 C. Knuckles 100\* 200\* 300\*  
 B. O'S 114 lbs.  
 J. Scholove 70\* 165\* 235  
 J. Smith 70  
 C. Cobb 70 180 250

**181 lbs.**  
 Middleschool  
 Fr. Adams 220 lbs.  
 S. Jeffries 175 370 545  
 T. Smith 220 325 545  
 Sophomore  
 K. Wright 315\* 425 740  
 J. Corada 250 425 675  
 J. Smith 205 315 635  
 A. Bickler 205 430\* 635  
 L. Cherke 200 315 515  
 Junior  
 S. Roush 250 415 665  
 J. Accord 245 395 640  
 S. McKinney 245 385 630  
 J. Adams 230 370 600  
 A. Vickers 230 370 600  
 L. Ash 155 425 580  
 W. Hale 190 255 445  
 Senior  
 J. Hebb 200 380 580  
 M. L. 195 360 555  
 M. L. 185 345 530  
 Sophomore  
 R. S. Clair 270\* 440\* 710\*  
 G. Starcher 210 420 630  
 D. Walls 300\* 520\* 820\*  
 Junior  
 W. Wurstler 280 440 720  
 D. Wenzel 280 435 715  
 N. Gregory 225 425 650  
 B. Clark 220 400 620  
 J. Beard 190 365 555  
 M. Fritz 220 415 635  
 Sophomore  
 S. W. 220 415 635  
 N. Kelly 300\* 440\* 740\*

**185 lbs.**  
 Middleschool  
 Fr. Adams 220 lbs.  
 S. Jeffries 175 370 545  
 T. Smith 220 325 545  
 Sophomore  
 K. Wright 315\* 425 740  
 J. Corada 250 425 675  
 J. Smith 205 315 635  
 A. Bickler 205 430\* 635  
 L. Cherke 200 315 515  
 Junior  
 S. Roush 250 415 665  
 J. Accord 245 395 640  
 S. McKinney 245 385 630  
 J. Adams 230 370 600  
 A. Vickers 230 370 600  
 L. Ash 155 425 580  
 W. Hale 190 255 445  
 Senior  
 J. Hebb 200 380 580  
 M. L. 195 360 555  
 M. L. 185 345 530  
 Sophomore  
 R. S. Clair 270\* 440\* 710\*  
 G. Starcher 210 420 630  
 D. Walls 300\* 520\* 820\*  
 Junior  
 W. Wurstler 280 440 720  
 D. Wenzel 280 435 715  
 N. Gregory 225 425 650  
 B. Clark 220 400 620  
 J. Beard 190 365 555  
 M. Fritz 220 415 635  
 Sophomore  
 S. W. 220 415 635  
 N. Kelly 300\* 440\* 740\*

**205 lbs.**  
 Middleschool  
 Fr. Adams 220 lbs.  
 S. Jeffries 175 370 545  
 T. Smith 220 325 545  
 Sophomore  
 K. Wright 315\* 425 740  
 J. Corada 250 425 675  
 J. Smith 205 315 635  
 A. Bickler 205 430\* 635  
 L. Cherke 200 315 515  
 Junior  
 S. Roush 250 415 665  
 J. Accord 245 395 640  
 S. McKinney 245 385 630  
 J. Adams 230 370 600  
 A. Vickers 230 370 600  
 L. Ash 155 425 580  
 W. Hale 190 255 445  
 Senior  
 J. Hebb 200 380 580  
 M. L. 195 360 555  
 M. L. 185 345 530  
 Sophomore  
 R. S. Clair 270\* 440\* 710\*  
 G. Starcher 210 420 630  
 D. Walls 300\* 520\* 820\*  
 Junior  
 W. Wurstler 280 440 720  
 D. Wenzel 280 435 715  
 N. Gregory 225 425 650  
 B. Clark 220 400 620  
 J. Beard 190 365 555  
 M. Fritz 220 415 635  
 Sophomore  
 S. W. 220 415 635  
 N. Kelly 300\* 440\* 740\*

**215 lbs.**  
 Middleschool  
 Fr. Adams 220 lbs.  
 S. Jeffries 175 370 545  
 T. Smith 220 325 545  
 Sophomore  
 K. Wright 315\* 425 740  
 J. Corada 250 425 675  
 J. Smith 205 315 635  
 A. Bickler 205 430\* 635  
 L. Cherke 200 315 515  
 Junior  
 S. Roush 250 415 665  
 J. Accord 245 395 640  
 S. McKinney 245 385 630  
 J. Adams 230 370 600  
 A. Vickers 230 370 600  
 L. Ash 155 425 580  
 W. Hale 190 255 445  
 Senior  
 J. Hebb 200 380 580  
 M. L. 195 360 555  
 M. L. 185 345 530  
 Sophomore  
 R. S. Clair 270\* 440\* 710\*  
 G. Starcher 210 420 630  
 D. Walls 300\* 520\* 820\*  
 Junior  
 W. Wurstler 280 440 720  
 D. Wenzel 280 435 715  
 N. Gregory 225 425 650  
 B. Clark 220 400 620  
 J. Beard 190 365 555  
 M. Fritz 220 415 635  
 Sophomore  
 S. W. 220 415 635  
 N. Kelly 300\* 440\* 740\*

**215 lbs.**  
 Middleschool  
 Fr. Adams 220 lbs.  
 S. Jeffries 175 370 545  
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 Sophomore  
 K. Wright 315\* 425 740  
 J. Corada 250 425 675  
 J. Smith 205 315 635  
 A. Bickler 205 430\* 635  
 L. Cherke 200 315 515  
 Junior  
 S. Roush 250 415 665  
 J. Accord 245 395 640  
 S. McKinney 245 385 630  
 J. Adams 230 370 600  
 A. Vickers 230 370 600  
 L. Ash 155 425 580  
 W. Hale 190 255 445  
 Senior  
 J. Hebb 200 380 580  
 M. L. 195 360 555  
 M. L. 185 345 530  
 Sophomore  
 R. S. Clair 270\* 440\* 710\*  
 G. Starcher 210 420 630  
 D. Walls 300\* 520\* 820\*  
 Junior  
 W. Wurstler 280 440 720  
 D. Wenzel 280 435 715  
 N. Gregory 225 425 650  
 B. Clark 220 400 620  
 J. Beard 190 365 555  
 M. Fritz 220 415 635  
 Sophomore  
 S. W. 220 415 635  
 N. Kelly 300\* 440\* 740\*



**The Kuwait Power Girls...** who benched at Camp Arifjan (l-r): Princess Harrell, Phoebe Price, and Michelle Pope. (courtesy Joe Meyers)

**14 FEB 09 - Melbourne, AUS**  
**MALE**  
 Bostock-NZL 716.5 818  
 S. 617\*  
 Girvan-AUS 507 276  
 Portelli-AUS 485 283  
 DPiscalli-AUS 463 191  
 Brown-AUS 441 218  
 Brown-AUS 441 218  
 (Best) Charlie Cole  
 you to Tony Doherty, leaders and Spotters and equipment in the rain. Also another huge thank you to our Proud Sponsor Muscletech and Doherty's 24/7. Held in conjunction with the Pro Bench competition in conjunction with the Australian Powerlifting calendar. With prize money and the title of "King of the Bench" available. Australia's best bench pressers rolled up from far and wide. Seven men had achieved the 200 kg lift on the large crowd which had gathered to watch these men do battle with the iron. A rainy day saw excited organizers haul a mini-van load of weights, benches and other equipment through the crowds and up in good spirits about the day and the lifters assembled into the foyer for the weigh-in. Conducted during the inter-mission of the Bodybuilding show, the emergence of the Powerlifters backstage soon saw the bodybuilders and Clint Grogan were able to post successful lifts at 220 kg and 200 kg, respectively. This could have left the crowd wondering if these guys could really lift over 200 kg? The second round saw the crowd with Marty Girvan, solidly impressed and D. Piscalli all putting solid numbers behind them. The crowd was three, only Steve Brown and Shaun Bostock had yet to register a lift. Steve recified this with Steve hitting 200 kg. The final attempt of the competition belonged to the crazy New Zealand lifter Shaun Bostock. Shaun, with the encouragement of the vocal crowd, set a victory in the air as he walked on stage and nailed 325 kg. Congratulations Shaun. Thank you to: Referee: Geoff Barclay (President), Charlie Colero and Frank Mormine (President), Mr Paul Napp, Event Promoter: Tony Doherty. (Report submitted by CAPOA, Australia)



**Shaun Bostock** with a new all time Australian bench press record of 716 pounds at Australia's professional "King of the Bench" competition (this photograph by CAPO Australia, courtesy Darren Burns)

**MATT KROZALESKI**  
 Team Muscletech™ Powerhouse  
 2009 UPA World Record Holder  
**MATT KROC'S PBS**  
**TOTAL: 2,529 LBS.**  
 Squat: 1,014 lbs.  
 Bench: 705 lbs.  
 Deadlifts: 810 lbs.  
 One Arm Rows: 300 lbs.

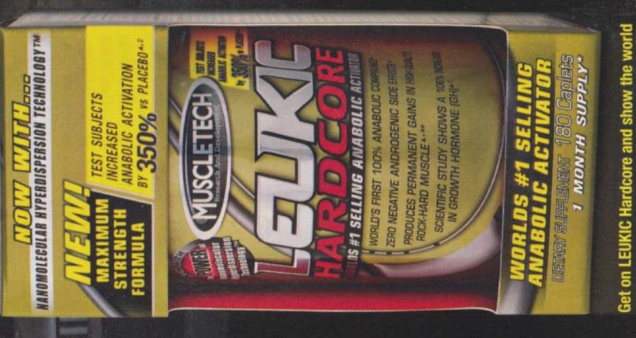
**TOTAL ANABOLIC POWER**

**WHEN YOU'RE ABOUT TO BATTLE THE IRON TO JACK UP YOUR NUMBERS AND SET RECORD PBS, YOU NEED TOTAL ANABOLIC POWER!**

Team Muscletech superstar and hardcore powerlifter Matt Kroczaleski knows all about total anabolic power. With PBS that amount to well over a ton, this guy's the definition of powerhouse! Matt knows that for real gains he needs to be anabolic, which is why he relies on the world's first 100% anabolic compound - LEUKIC® Hardcore.

**THE SCIENCE BEHIND TOTAL ANABOLIC POWER**  
 To ensure ruthless power and rapid recovery, LEUKIC Hardcore contains innovative key compounds that help keep your muscles anabolic. Team Muscletech researchers scientifically engineered LEUKIC Hardcore to make sure each and every pre-training dosage is loaded with key compounds that have undergone exhaustive research. As a matter of fact, one of the key compounds in LEUKIC Hardcore was researched at the Department of Health and Sport Sciences at the University College of Physical

Education in Stockholm, Sweden. In this study, researchers used specialized EMG electrodes that were placed on the quads and hamstrings of test subjects to measure muscle activity. Using another method of measurement, it was discovered that this key compound is able to force 350% more anabolic signal activation. For powerhouses like you, that means turning on the switch for powerful gains.  
 Another key ingredient in LEUKIC Hardcore was researched at Baylor University using a Dade Dimension RXL clinical chemistry analyzer. This key ingredient was shown to increase Growth Hormone (GH) by 106%! For you, this means more anabolic potential. And in the end, an anabolic environment that will allow you to pound the weights even harder. With all the numbers and research backing LEUKIC Hardcore, you'll be lacking up your anabolic power for record PBS in no time.



Get on LEUKIC Hardcore and show the world what your total anabolic power is all about!



© 2009. Test subjects who trained and took a key component in LEUKIC Hardcore (creatine) 350% more anabolic signal activation at the muscles than their own taking a placebo. A key molecular structure within LEUKIC Hardcore has been scientifically shown to increase training-induced Growth Hormone release by 106% after just one pre-workout serving.



(continued from page 18)

means that once muscle has loaded up on glycogen, which it does pretty quickly on carbs, insulin sensitivity decreases dramatically.

This statement runs counter to present thinking and research about post-exercise nutrition. As such, let's take it step by step so that I can make my reasons for the above statements clear and easier to understand.

First of all it's well known that a single session of exercise increases insulin sensitivity for hours and even days.<sup>9, 10</sup>

It's also known that a bout of resistance exercise results in a significant decrease in glycogen and that total energy content and CHO content are important in the resynthesis of muscle and liver glycogen.<sup>11</sup>

Glucose uptake and glycogen synthesis are enhanced in the presence of insulin following an acute exercise bout that lowers the muscle glycogen concentration and activates glycogen synthase.<sup>12, 13</sup>

Muscle glycogen concentration dictates much of this acute increase in insulin sensitivity after exercise.<sup>14</sup> Therefore, an increased availability of dietary carbohydrate in the hours after exercise and the resultant increase in muscle glycogen resynthesis reverses the exercise-induced increase in insulin sensitivity.<sup>15</sup>

Along with glucose uptake, amino acid uptake and protein synthesis also increase. As well, the use of fatty acids as a primary fuel also rises after exercise since glycogen resynthesis takes priority to the use of glucose for aerobic energy.

However, as liver and muscle glycogen levels get replenished, insulin sensitivity decreases, as does amino acid uptake, protein synthesis and the use of fatty acids as a primary fuel.

By increasing insulin levels and not providing carbs you stunt your body's metabolism to the use of more fatty acids for energy while at the same time keeping muscle glycogen levels below saturation and amino acid influx and protein synthesis elevated for a prolonged period of time post-exercise.

This increased capacity for glycogen synthesis, and everything that goes with it, can persist for several days if the muscle glycogen concentration is maintained below normal levels by carbohydrate restriction. By keeping carbs low and protein and energy high after training, you can increase protein synthesis over a prolonged period of time and get long term anabolic effect.<sup>16</sup>

It would also be desirable to increase growth hormone (GH) and insulin-like growth factor-1 (IGF-1) levels at the same time as insulin, in order to further enhance the anabolic effects of insulin and decrease, and actually reverse, the undesirable effects of insulin on fat metabolism.

The bottom line is that the key to maximizing body composition, and to increase performance in fat adapted athletes is to keep carbs low and energy and protein intake high for several hours or even more after exercise.

There are also reasons for fat adapted athletes to keep carb levels low before and during exercise. We'll look at these in another article.

### DEAR MAURO: So taking carbs after a workout decreases insulin sensitivity, resulting in a slower and less efficient break-down of amino acids? Bearing in mind that I'm trying to gain mass, size, and strength whilst giving my body as much fuel as possible, wouldn't "eating carbs at anytime" (including prior workout and midday) decrease insulin sensitivity as well? If I'm trying to provide my body with as much fuel as possible, when is the best time to eat carbs? (this is in response to "Post-Workout Carbs May Be Counter Productive")

Thank you & many regards,  
Hany

**HANY:** It's more complicated than that. Essentially, taking in post-workout carbs allows the body to increase glycogen levels and by doing this decreases insulin sensitivity once glycogen levels have been restored. This decreased insulin sensitivity is counter productive as it decreases amino acid transport and protein synthesis for several hours after glycogen stores have been replenished. It also decreases the use of fat for energy.

Keeping glycogen stores lower by not using carbs post workout allows for increased protein synthesis and increased lipolysis (breakdown of body fat) and fat oxidation (burning of fat for energy).

The best time for using high glycemic carbs is in the morning as long as you don't train shortly after taking them. This allows for a short insulin spike that has definite anabolic effects but doesn't interfere with your metabolic status in and around training. Small amounts of complex carbs in the form of low starch vegetables can be taken with each meal if desired since glucose

insulin sensitivity are minimally affected.

As far as providing your body with as much fuel as possible, you can do that and still keep carbs low. A common misconception is that you need carbs to fuel your body and workouts. When you're fat adapted that all changes and your primary fuel becomes fats, both dietary and body fat, and not carbs.

Best,  
Mauro

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(continued from page 95)

**DB:** Stick with the basics:  
1. Consistency in training (every week, rain or shine). Powerlifting is a marathon, not a sprint. The longer you train, the better lifter you become.  
2. Have a good recovery program—remember you don't get any stronger in the gym itself. While you're working out you are putting micro-fiber tears in the muscles. These muscles repair themselves getting a little bigger and a little stronger each time, but they must have the recovery time.  
3. Spend time with other top lifters—nothing replaces the motivation and feedback that a group of lifters can give you. It's also a good way to compare yourself and learn from others.  
4. Set realistic goals (no one starts as a 500 lb. bench). Set a goal, work hard, achieve your new PR, repeat. If you're constantly setting new personal records it won't be long before you're setting national records!

**DB:** I am lucky in having received positive press from a variety of different environments: powerlifting magazines/web sites, medical journals/web sites, and sport sections in newspapers. Winning the world bronze medal took me to another level of exposure, and I hope to get the sponsorship needed to reach all of my goals.  
**CB:** Being a bench press expert and a doctor, what are your 10 do's and don'ts for a bigger bench press?

**DB:** I definitely remember the

5. Good diet—you are what you eat. Don't expect a Formula One race car to run on pump gas. It needs racing fuel. If you want to perform like a Formula One car, maintain and feed yourself like one.  
6. Correct supplementation program for you (everyone is different). Don't just believe everything you read in an advertisement. Do your research, learn what the supplements are and figure out which ones are best for you at the stage you are in your career. It's like a key fitting a lock—a supplement might be the world's greatest key, but if it doesn't fit, you, it's useless. Remember, no supplement adds 100 pounds to your bench without hard work.

7. Good equipment—maintain your gear and replace it if necessary. Remember, as you get stronger you will need stronger equipment to handle what you are doing. Make sure that bench shirts fit correctly and your wrist wraps are not worn out. Currently, I am sponsored by Titan and APT and they definitely make some of the best equipment in the business.  
8. Get treatment for injuries (don't just push through major injuries). This is a huge mistake that lifters make all of the time. Even I have been guilty of this. Remember, a small injury can be treated quickly, but if you let it progress to a large injury that can put you on the shelf for months.

9. Warm up, and use liniment on the areas you're going to be working. This is a big help. I'm currently using FlexPower which is a gradually heating liniment to help warm up the body parts I'm lifting on that day. Not only will this reduce pain, allowing you to lift more, but it will also help prevent injuries. Anything you can do to prevent injuries is worth its weight in gold.  
10. Support work, support work, support work, support work—we all love to bench, and we all hate the support work that goes with it. Stronger back means more stability, stronger triceps mean better lockout, stronger legs mean better leg drive, etc.

**CB:** How do you see the future of the bench press? What can you do to help it?  
**DB:** I think that, not too long in the future, you will see Powerlifting as an Olympic sport. Walk into any gym in the world and the first question everybody asks isn't "do you bench press?" If the Olymp-

pics can find room for ballroom dancing and chess, there must be room somewhere for the true test of strength on the planet, Powerlifting. Unfortunately, by the time this comes around, I will probably be retired. However, I hope to be an ambassador for the sport and to help guide the next generation of lifters to success.  
**CB:** Give us your bench press routine!  
**DB:** I train my bench press twice a week, I have a speed day and a maximum effort day. Usually Wednesdays is my speed day, I warm up to about 315 on a flat bench then after a couple of sets, I move on to my second exercise. For speed days, I tend to vary it, however, one of the big ones is five sets of three reps and three seconds to help gain explosion off the chest. On other days I'll train using bands or chains (though they can be hard on the elbows), floor presses and maximum repetition sets. Support work then follows: close grip bench, pin presses, hammer curls, triceps and back work. Occasionally I throw in a set of a bicep curls just to help fill out the bench shirt but this is not an emphasis.

Saturday are usually my maximum effort day. I'll warm-up to about 315 RAW for one or two sets then break out the shirts. My first set depending on the day and equipment is somewhere between 400 and 450 pounds, second set is generally between 450 and 500, and sets beyond that depend on the goals for that training cycle. At the beginning of the cycle I do these sets to a two board, middle of the training cycle to one board and toward the end of the training cycle all the way to chest. Occasionally, I will do the first shirted set all the way to the chest, no matter where I am in the training cycle, just to have a good feel of what it will take to touch when I need it to. Support work and second exercises follow the pattern of my speed days just at a heavier weight.

**CB:** How often do you change your bench press routine?  
**DB:** All the time! I rotate in and out exercises not only for a change, but to shock the muscles. I love going to train with new people because I get to steal from their routines the things which might be a benefit to me and incorporate them into my training programs. However, the core basics when you are a competitive bench presser tend to stay the same.

time I've ever handled the weight it's probably "thank God there are good spotters and lift-off people!" If it's in a competition, I know that I have been hitting a weight in the gym for a long time and now it's time to just do what I have been training for this entire time.  
**CB:** What is your goal in regards to your website?  
**DB:** To grow into a home for applicable sports science that athletes can use. I just teamed up with Dr. Eric Ip of Tuoro University in California and his research team to start doing projects, which will produce data directly applicable to Powerlifting. I've done some award-winning research before and I think this is a great opportunity to bring top-of-the-line research to the people who need it most—the competitors. I would like to see the site become a world-class resource for credible sports science that can be applied on a day-to-day basis.  
I'm also working on putting to-

**DB:** Depends on where I am. If I'm in the gym and it's the first close grip bench, pin presses, hammer curls, triceps and back work. Occasionally I throw in a set of a bicep curls just to help fill out the bench shirt but this is not an emphasis.

**DB:** Depends on where I am. If I'm in the gym and it's the first close grip bench, pin presses, hammer curls, triceps and back work. Occasionally I throw in a set of a bicep curls just to help fill out the bench shirt but this is not an emphasis.

**DB:** Depends on where I am. If I'm in the gym and it's the first

gether a bench press video for the website that will allow fans to get ideas for their training routine. I plan to bring in a couple of other big lifters in other weight divisions so that the video applies to everyone.  
**CB:** You have had an amazing bench press journey. How are you going to remember your bench press journey?  
**DB:** As my personal best. Eventually someone will break my records. Federations come and go, yet once a champion, always a champion. Pain heals, but glory lasts forever.  
**CB:** Dr. Bench, it has been fun in closing, who would you like to thank?  
**DB:** James "Priest" Burdette for all his help. Pete from Titan, Alan from APT, Ken from FlexPower, my agents Michael and Tom at FK Sports Management, all of my friends, family, supporters and my mother (who would never forgive me if I didn't).



Dr. Edward Dudley-Robey training his benchpress (photographs courtesy of Ben Tatar/Critical Bench)



BENCH PRESS STAR James "Priest" Burdette posing for a photo with Edward Dudley-Robey. MD



(continued from page 6)

it's the next step towards getting powerlifting back on television. Just go to Bodybuilding.com's superstore and look up Kings of the Bench 2009 and you'll be directed to the video page.

Official Results for MHP's Kings of the Bench III & Clash of the Titans II:  
-Wrist/knee wraps, chalk and powerlifting belts were allowed.  
-Powerlifting suits and bench press shirts were NOT allowed.  
-A monolith was employed, but the competitors had to walk their squats out.

-Squatters had to convincingly break parallel in the squats.  
-Benchers had a start, press and rack command.

-Deadlifters could not hitch at all during their pulls.  
-2 hour weigh-ins were conducted.  
Next year we're going to return to the 3 Attempt System (at this most recent event, we experimented with bringing back The Progressive Bar Load System) and we're looking into adding a Women's Division and



Al Davis roars up 560 lbs.

Instead of writing out a play-by-play, I highly encourage all of you to please log on to Bodybuilding.com and to watch the contest on video which, in my opinion, is much more exciting and entertaining and



Jamie McDougall won 11v1v1 BP/PL



Rene Imesch from Switzerland won the Middleweight Bench Press

money this year plus they funded that majority of our advertising and marketing efforts and they covered over 80% of our total production costs! In addition to our Hardcore Powerlifting productions, MHP also sponsors professional strongman shows (like the Arnold Classic Strongman Challenge) and they sponsor many of our country's top iron sport competitors—allowing them to train as hard as possible and giving them the nutritional support they need to recover from their work in the weight room.

Sean Strong and I will see you at MHP's Kings of the Bench IV and Clash of the Titans III!

Scott Smith receives \$2000 in prize money from Sean Katterle



Scott Smith receives \$2000 in prize money from Sean Katterle



Jon Grove squatted a big 750 pounds in the Heavyweight Division

(continued from page 28)

87 national records and 60 world records. He is considered by most powerlifting experts as the greatest drug-free powerlifter of all time. His best lifts at a body weight of 198 pounds are an 840 pound squat, a 602 pound bench press, and a 744 pound deadlift. In 2005, he also totaled in an exhibition with the newer multi-ply gear minding 2599 pounds at a bodyweight of 211. That total is still one of the greatest feats of strength in the history of the sport. Not surprisingly, he was named to the All-Century Team by Sean Scully in Powerlifting USA at the turn of the millennium.

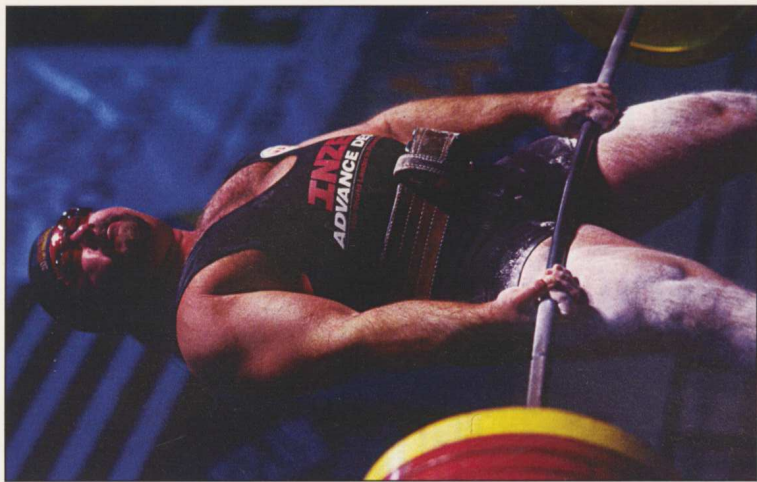
George retired two years ago from powerlifting competition to devote more time to his highly successful fitness studio, Body by George in Lawrenceville, Georgia (www.BodyByGeorge.com) and as he says, "To help others achieve their dreams." He certainly has achieved his latter goal. Through his personal training, George has literally helped hundreds of teenagers, seasoned athletes, middle-aged beginners, and even great-grandmothers reach fitness goals they never thought possible. The aforementioned list includes 15 world champions and a number of professional football and baseball players. Needless to say, George is not only a world class athlete, but he is also a world class individual. When I interviewed him for this article, he was more concerned with telling me

who had helped him along the way than he was about telling me what he had accomplished in his career. Here are just a few of the individuals he mentioned... the Todds, Kaz-Rickey Dale Crain, Sherman Ledford, Curtis Leslie, Buddy Duke, Ken Anderson, Mike Lambert and the list went on and on. It was like a who's who list in powerlifting. Oh yeah! He also mentioned his beautiful wife a few thousand times during our interview as well as training partners Gary Landis, Matt Christy, and Steve Ramsey.

I would also have to say that he has achieved his former goal, too. With the money he made with his fitness studio, he parlayed it into a multi-million dollar real estate business. Nowadays he spends a large majority of his time at his beach house on St. George Island. Such good fortune could not have happened to a nicer guy.

During our conversation, he did mention that he was somewhat disappointed in the direction that powerlifting has taken over the years. His greatest disappointment was all the different federations that have sprung up in the sport. He was also somewhat miffed about all of the ridiculous equipment that was being used to make bogus lifts. On a brighter side, he is enjoying life to its fullest. "I have had a blessed career," he said, "no real injuries, no surgeries. Nearing 50, I feel fresh and I believe I could still total with the young ns!"

I wouldn't bet against him.



George has recently pulled some amazing deadlifts in WABDL meets



Winning his first IPF World Championship title, in NFLD, Canada



George won the IPFs again in 1991, in Birmingham, England

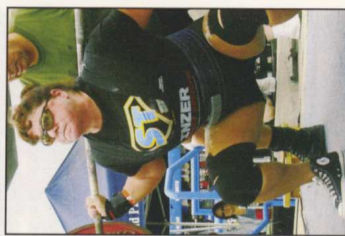




(Continued from page 8)

- 148 SQ  
385 Harnett, S., 11/20/08  
386 Myers, C., 10/4/08  
387 Rhee, P., 11/1/08  
388 Hatfield, D., 11/1/08  
389 Williams, C., 1/26/08  
390 Borzok, M., 6/28/08  
391 Hitchcock, A., 6/21/08  
392 King, S., 11/15/08  
393 King, S., 11/15/08  
394 Hatfield, D., 11/1/08  
395 Lafferre, R., 1/19/08  
396 Mayer, R., 3/1/08  
397 Overier, A., 8/9/08  
398 Overier, A., 8/9/08  
399 Overier, A., 8/9/08  
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500 Overier, A., 8/9/08

(Above) Brooke Feinis-Curry is an all-around athlete. (Below) Janet Lovell - one of the best women squatters of 2008, she has since broken the 500 lb. barrier at the USPF Sacramento Open



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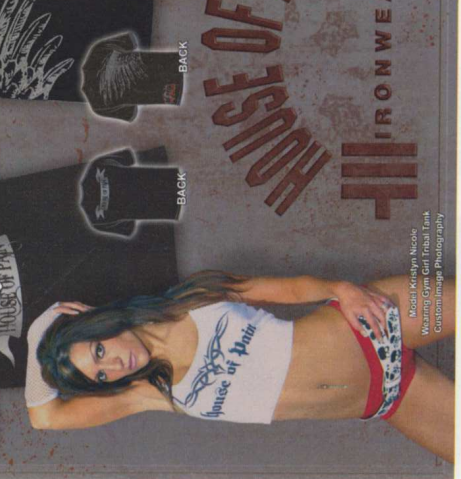


Al Fritz (shown at left) and Tony Harris (shown at right) are both ROCK SOLID SQUATTERS (photographs are courtesy of Dave Ricks)

As it is, you still can't make everyone happy. DR: Anyone you would like to thank? TH: I would like to thank the God Almighty for giving me the strength to compete and I would like to thank John Inzer/Peter Thorne of Inzer Advance Designs for the top notch equipment they provide me. Sherman Leaford of Quest Nutrition for my supplemental needs, Brandi Hirai and Dr. Masters for putting me back

together and keeping me that way, my training partners Al Fritz who's been a Godsend since we started training together, Austin, Leoneta Richardson, Darren Matsumoto and the many others who have helped me along the way and pushed me to work harder and get stronger. Thank you all. Strength through understanding because knowledge is power.

(Right) Tony Harris' wife, Nalei, and twin girls Athena and Alasia



there is one true national champ and not a hundred from all the federations. That one federation could have a raw division, single ply division and multi ply division for all those who are drug free and the same for those who choose to use drugs. This way everyone has a division to lift in and it is your choice where you choose to lift, whether it be in single ply or multi ply, drug tested or not drug test-

ed. As it is, you still can't make everyone happy. DR: Anyone you would like to thank? TH: I would like to thank the God Almighty for giving me the strength to compete and I would like to thank John Inzer/Peter Thorne of Inzer Advance Designs for the top notch equipment they provide me. Sherman Leaford of Quest Nutrition for my supplemental needs, Brandi Hirai and Dr. Masters for putting me back

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(continued from page 12)

(Above) **Fabian Wambags** is the only 181 lb. 60+ lifter to squat 700 lbs.!!! (c. Gail Wambagsans) (Below) **Marc Caplan** (181) at the FITExpo (photo courtesy Plein)

479 Gilson, L. 5/12/08	599 Miles, R. 9/16/08	710 DeCicco, L. 4/26/08	832 Ferris, M. 5/12/08	951 Moore, R. 6/14/08
480 Holmes, E. 11/9/08	600 Dumas, S. 1/20/08	711 D'Elia, L. 4/19/08	833 Ferris, M. 5/12/08	952 Moore, R. 6/14/08
481 Lemus, D. 4/19/08	601 Dumas, S. 1/20/08	712 D'Elia, L. 4/19/08	834 Ferris, M. 5/12/08	953 Moore, R. 6/14/08
482 Caplan, M. 2/17/08	602 Dumas, S. 1/20/08	713 D'Elia, L. 4/19/08	835 Ferris, M. 5/12/08	954 Moore, R. 6/14/08
483 Rivera, A. 10/25/08	603 Dumas, S. 1/20/08	714 D'Elia, L. 4/19/08	836 Ferris, M. 5/12/08	955 Moore, R. 6/14/08
484 Bingham, A. 1/9/08	604 Dumas, S. 1/20/08	715 D'Elia, L. 4/19/08	837 Ferris, M. 5/12/08	956 Moore, R. 6/14/08
485 Caplan, M. 2/17/08	605 Dumas, S. 1/20/08	716 D'Elia, L. 4/19/08	838 Ferris, M. 5/12/08	957 Moore, R. 6/14/08
486 Moore, C. 1/20/08	606 Dumas, S. 1/20/08	717 D'Elia, L. 4/19/08	839 Ferris, M. 5/12/08	958 Moore, R. 6/14/08
487 Caplan, M. 2/17/08	607 Dumas, S. 1/20/08	718 D'Elia, L. 4/19/08	840 Ferris, M. 5/12/08	959 Moore, R. 6/14/08
488 Moore, C. 1/20/08	608 Dumas, S. 1/20/08	719 D'Elia, L. 4/19/08	841 Ferris, M. 5/12/08	960 Moore, R. 6/14/08
489 Caplan, M. 2/17/08	609 Dumas, S. 1/20/08	720 D'Elia, L. 4/19/08	842 Ferris, M. 5/12/08	961 Moore, R. 6/14/08
490 Moore, C. 1/20/08	610 Dumas, S. 1/20/08	721 D'Elia, L. 4/19/08	843 Ferris, M. 5/12/08	962 Moore, R. 6/14/08
491 Caplan, M. 2/17/08	611 Dumas, S. 1/20/08	722 D'Elia, L. 4/19/08	844 Ferris, M. 5/12/08	963 Moore, R. 6/14/08
492 Moore, C. 1/20/08	612 Dumas, S. 1/20/08	723 D'Elia, L. 4/19/08	845 Ferris, M. 5/12/08	964 Moore, R. 6/14/08
493 Caplan, M. 2/17/08	613 Dumas, S. 1/20/08	724 D'Elia, L. 4/19/08	846 Ferris, M. 5/12/08	965 Moore, R. 6/14/08
494 Moore, C. 1/20/08	614 Dumas, S. 1/20/08	725 D'Elia, L. 4/19/08	847 Ferris, M. 5/12/08	966 Moore, R. 6/14/08
495 Caplan, M. 2/17/08	615 Dumas, S. 1/20/08	726 D'Elia, L. 4/19/08	848 Ferris, M. 5/12/08	967 Moore, R. 6/14/08
496 Moore, C. 1/20/08	616 Dumas, S. 1/20/08	727 D'Elia, L. 4/19/08	849 Ferris, M. 5/12/08	968 Moore, R. 6/14/08
497 Caplan, M. 2/17/08	617 Dumas, S. 1/20/08	728 D'Elia, L. 4/19/08	850 Ferris, M. 5/12/08	969 Moore, R. 6/14/08
498 Moore, C. 1/20/08	618 Dumas, S. 1/20/08	729 D'Elia, L. 4/19/08	851 Ferris, M. 5/12/08	970 Moore, R. 6/14/08
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512 Moore, C. 1/20/08	632 Dumas, S. 1/20/08	743 D'Elia, L. 4/19/08	865 Ferris, M. 5/12/08	984 Moore, R. 6/14/08
513 Caplan, M. 2/17/08	633 Dumas, S. 1/20/08	744 D'Elia, L. 4/19/08	866 Ferris, M. 5/12/08	985 Moore, R. 6/14/08
514 Moore, C. 1/20/08	634 Dumas, S. 1/20/08	745 D'Elia, L. 4/19/08	867 Ferris, M. 5/12/08	986 Moore, R. 6/14/08
515 Caplan, M. 2/17/08	635 Dumas, S. 1/20/08	746 D'Elia, L. 4/19/08	868 Ferris, M. 5/12/08	987 Moore, R. 6/14/08
516 Moore, C. 1/20/08	636 Dumas, S. 1/20/08	747 D'Elia, L. 4/19/08	869 Ferris, M. 5/12/08	988 Moore, R. 6/14/08
517 Caplan, M. 2/17/08	637 Dumas, S. 1/20/08	748 D'Elia, L. 4/19/08	870 Ferris, M. 5/12/08	989 Moore, R. 6/14/08
518 Moore, C. 1/20/08	638 Dumas, S. 1/20/08	749 D'Elia, L. 4/19/08	871 Ferris, M. 5/12/08	990 Moore, R. 6/14/08
519 Caplan, M. 2/17/08	639 Dumas, S. 1/20/08	750 D'Elia, L. 4/19/08	872 Ferris, M. 5/12/08	991 Moore, R. 6/14/08
520 Moore, C. 1/20/08	640 Dumas, S. 1/20/08	751 D'Elia, L. 4/19/08	873 Ferris, M. 5/12/08	992 Moore, R. 6/14/08
521 Caplan, M. 2/17/08	641 Dumas, S. 1/20/08	752 D'Elia, L. 4/19/08	874 Ferris, M. 5/12/08	993 Moore, R. 6/14/08
522 Moore, C. 1/20/08	642 Dumas, S. 1/20/08	753 D'Elia, L. 4/19/08	875 Ferris, M. 5/12/08	994 Moore, R. 6/14/08
523 Caplan, M. 2/17/08	643 Dumas, S. 1/20/08	754 D'Elia, L. 4/19/08	876 Ferris, M. 5/12/08	995 Moore, R. 6/14/08
524 Moore, C. 1/20/08	644 Dumas, S. 1/20/08	755 D'Elia, L. 4/19/08	877 Ferris, M. 5/12/08	996 Moore, R. 6/14/08
525 Caplan, M. 2/17/08	645 Dumas, S. 1/20/08	756 D'Elia, L. 4/19/08	878 Ferris, M. 5/12/08	997 Moore, R. 6/14/08
526 Moore, C. 1/20/08	646 Dumas, S. 1/20/08	757 D'Elia, L. 4/19/08	879 Ferris, M. 5/12/08	998 Moore, R. 6/14/08
527 Caplan, M. 2/17/08	647 Dumas, S. 1/20/08	758 D'Elia, L. 4/19/08	880 Ferris, M. 5/12/08	999 Moore, R. 6/14/08
528 Moore, C. 1/20/08	648 Dumas, S. 1/20/08	759 D'Elia, L. 4/19/08	881 Ferris, M. 5/12/08	1000 Moore, R. 6/14/08

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529 Gilson, L. 5/12/08	649 Dumas, S. 1/20/08	759 D'Elia, L. 4/19/08	882 Ferris, M. 5/12/08	1001 Moore, R. 6/14/08
530 Holmes, E. 11/9/08	650 Dumas, S. 1/20/08	760 D'Elia, L. 4/19/08	883 Ferris, M. 5/12/08	1002 Moore, R. 6/14/08
531 Lemus, D. 4/19/08	651 Dumas, S. 1/20/08	761 D'Elia, L. 4/19/08	884 Ferris, M. 5/12/08	1003 Moore, R. 6/14/08
532 Caplan, M. 2/17/08	652 Dumas, S. 1/20/08	762 D'Elia, L. 4/19/08	885 Ferris, M. 5/12/08	1004 Moore, R. 6/14/08
533 Rivera, A. 10/25/08	653 Dumas, S. 1/20/08	763 D'Elia, L. 4/19/08	886 Ferris, M. 5/12/08	1005 Moore, R. 6/14/08
534 Bingham, A. 1/9/08	654 Dumas, S. 1/20/08	764 D'Elia, L. 4/19/08	887 Ferris, M. 5/12/08	1006 Moore, R. 6/14/08
535 Caplan, M. 2/17/08	655 Dumas, S. 1/20/08	765 D'Elia, L. 4/19/08	888 Ferris, M. 5/12/08	1007 Moore, R. 6/14/08
536 Moore, C. 1/20/08	656 Dumas, S. 1/20/08	766 D'Elia, L. 4/19/08	889 Ferris, M. 5/12/08	1008 Moore, R. 6/14/08
537 Caplan, M. 2/17/08	657 Dumas, S. 1/20/08	767 D'Elia, L. 4/19/08	890 Ferris, M. 5/12/08	1009 Moore, R. 6/14/08
538 Moore, C. 1/20/08	658 Dumas, S. 1/20/08	768 D'Elia, L. 4/19/08	891 Ferris, M. 5/12/08	1010 Moore, R. 6/14/08
539 Caplan, M. 2/17/08	659 Dumas, S. 1/20/08	769 D'Elia, L. 4/19/08	892 Ferris, M. 5/12/08	1011 Moore, R. 6/14/08
540 Moore, C. 1/20/08	660 Dumas, S. 1/20/08	770 D'Elia, L. 4/19/08	893 Ferris, M. 5/12/08	1012 Moore, R. 6/14/08
541 Caplan, M. 2/17/08	661 Dumas, S. 1/20/08	771 D'Elia, L. 4/19/08	894 Ferris, M. 5/12/08	1013 Moore, R. 6/14/08
542 Moore, C. 1/20/08	662 Dumas, S. 1/20/08	772 D'Elia, L. 4/19/08	895 Ferris, M. 5/12/08	1014 Moore, R. 6/14/08
543 Caplan, M. 2/17/08	663 Dumas, S. 1/20/08	773 D'Elia, L. 4/19/08	896 Ferris, M. 5/12/08	1015 Moore, R. 6/14/08
544 Moore, C. 1/20/08	664 Dumas, S. 1/20/08	774 D'Elia, L. 4/19/08	897 Ferris, M. 5/12/08	1016 Moore, R. 6/14/08
545 Caplan, M. 2/17/08	665 Dumas, S. 1/20/08	775 D'Elia, L. 4/19/08	898 Ferris, M. 5/12/08	1017 Moore, R. 6/14/08
546 Moore, C. 1/20/08	666 Dumas, S. 1/20/08	776 D'Elia, L. 4/19/08	899 Ferris, M. 5/12/08	1018 Moore, R. 6/14/08
547 Caplan, M. 2/17/08	667 Dumas, S. 1/20/08	777 D'Elia, L. 4/19/08	900 Ferris, M. 5/12/08	1019 Moore, R. 6/14/08
548 Moore, C. 1/20/08	668 Dumas, S. 1/20/08	778 D'Elia, L. 4/19/08	901 Ferris, M. 5/12/08	1020 Moore, R. 6/14/08
549 Caplan, M. 2/17/08	669 Dumas, S. 1/20/08	779 D'Elia, L. 4/19/08	902 Ferris, M. 5/12/08	1021 Moore, R. 6/14/08
550 Moore, C. 1/20/08	670 Dumas, S. 1/20/08	780 D'Elia, L. 4/19/08	903 Ferris, M. 5/12/08	1022 Moore, R. 6/14/08
551 Caplan, M. 2/17/08	671 Dumas, S. 1/20/08	781 D'Elia, L. 4/19/08	904 Ferris, M. 5/12/08	1023 Moore, R. 6/14/08
552 Moore, C. 1/20/08	672 Dumas, S. 1/20/08	782 D'Elia, L. 4/19/08	905 Ferris, M. 5/12/08	1024 Moore, R. 6/14/08
553 Caplan, M. 2/17/08	673 Dumas, S. 1/20/08	783 D'Elia, L. 4/19/08	906 Ferris, M. 5/12/08	1025 Moore, R. 6/14/08
554 Moore, C. 1/20/08	674 Dumas, S. 1/20/08	784 D'Elia, L. 4/19/08	907 Ferris, M. 5/12/08	1026 Moore, R. 6/14/08
555 Caplan, M. 2/17/08	675 Dumas, S. 1/20/08	785 D'Elia, L. 4/19/08	908 Ferris, M. 5/12/08	1027 Moore, R. 6/14/08
556 Moore, C. 1/20/08	676 Dumas, S. 1/20/08	786 D'Elia, L. 4/19/08	909 Ferris, M. 5/12/08	1028 Moore, R. 6/14/08
557 Caplan, M. 2/17/08	677 Dumas, S. 1/20/08	787 D'Elia, L. 4/19/08	910 Ferris, M. 5/12/08	1029 Moore, R. 6/14/08
558 Moore, C. 1/20/08	678 Dumas, S. 1/20/08	788 D'Elia, L. 4/19/08	911 Ferris, M. 5/12/08	1030 Moore, R. 6/14/08
559 Caplan, M. 2/17/08	679 Dumas, S. 1/20/08	789 D'Elia, L. 4/19/08	912 Ferris, M. 5/12/08	1031 Moore, R. 6/14/08
560 Moore, C. 1/20/08	680 Dumas, S. 1/20/08	790 D'Elia, L. 4/19/08	913 Ferris, M. 5/12/08	1032 Moore, R. 6/14/08
561 Caplan, M. 2/17/08	681 Dumas, S. 1/20/08	791 D'Elia, L. 4/19/08	914 Ferris, M. 5/12/08	1033 Moore, R. 6/14/08
562 Moore, C. 1/20/08	682 Dumas, S. 1/20/08	792 D'Elia, L. 4/19/08	915 Ferris, M. 5/12/08	1034 Moore, R. 6/14/08
563 Caplan, M. 2/17/08	683 Dumas, S. 1/20/08	793 D'Elia, L. 4/19/08	916 Ferris, M. 5/12/08	1035 Moore, R. 6/14/08
564 Moore, C. 1/20/08	684 Dumas, S. 1/20/08	794 D'Elia, L. 4/19/08	917 Ferris, M. 5/12/08	1036 Moore, R. 6/14/08
565 Caplan, M. 2/17/08	685 Dumas, S. 1/20/08	795 D'Elia, L. 4/19/08	918 Ferris, M. 5/12/08	1037 Moore, R. 6/14/08
566 Moore, C. 1/20/08	686 Dumas, S. 1/20/08	796 D'Elia, L. 4/19/08	919 Ferris, M. 5/12/08	1038 Moore, R. 6/14/08
567 Caplan, M. 2/17/08	687 Dumas, S. 1/20/08	797 D'Elia, L. 4/19/08	920 Ferris, M. 5/12/08	1039 Moore, R. 6/14/08
568 Moore, C. 1/20/08	688 Dumas, S. 1/20/08	798 D'Elia, L. 4/19/08	921 Ferris, M. 5/12/08	1040 Moore, R. 6/14/08
569 Caplan, M. 2/17/08	689 Dumas, S. 1/20/08	799 D'Elia, L. 4/19/08	922 Ferris, M. 5/12/08	1041 Moore, R. 6/14/08
570 Moore, C. 1/20/08	690 Dumas, S. 1/20/08	800 D'Elia, L. 4/19/08	923 Ferris, M. 5/12/08	1042 Moore, R. 6/14/08











(continued from page 24)

the WPO it was at the Arnold Classic in Columbus.

**BG:** Who are your training partners?

**ET:** I now train alone in my detached garage. However, my coach and good friend Dave Bates has been with me ever since I moved to Florida in 2002. We used to train together 4 times a week for a few years until I bought my house. I now live 40 minutes away from Dave, so training at home is very convenient for me.

**BG:** Did you use multi ply equipment?

**ET:** Yes, at the time I tried all that was out there. I first started in a Grady Phillips canvas suit in 2005. I still used a single ply Titan bench shirt and a single ply Titan dead-

lift suit at the time, though. From the canvas I then tried a 2-ply METAL Ace suit and qualified for the WPO in March 2006. I eventually went into a 2 ply METAL bench shirt, but I always deadlifted in a single ply suit. Here and there I would go back to single ply in both the squat and bench press, and the odd thing is that I almost always got about as much out of a single ply as I did double ply. For one meet I finally tried to wear a pair of 2 ply briefs under my 2 ply squat suit and that was enough for me. Most of the other guys I was competing against were able to handle and perhaps master the gear, but for me that was just too much. It was the beginning of the end.

**BG:** Why did you stop? (I think this is an interesting story.)

**ET:** Well, besides the fact that I was just not getting the carryover in the suits as many of my other competitors; I also got a big reality check. I was offered a sponsorship with Elite Fitness Systems and METAL Sport and Wear after the Arnold in 2007, and I happily accepted it. Shortly after, Elite sent out a press release detailing my new sponsorship. My hometown newspaper received that press release and I believe it was the athletic director (at the time) of my old high school that got my contact information from my dad back home and got in contact with me. He thought that it would be great for the entire student body to see me in action, since I was from Florida, and was now making a name for myself in the powerlifting community. Well, I had to explain to

him that I would need some folks to help me get into my suit, and I would need so many competent spotters, a monolift, etc., etc. He sounded very confused and asked me, "You mean you can't just get under the bar, walk out, and squat 700 pounds like the press release says?" At this point, I knew that I was done defining myself as a multi-ply powerlifter. Now, that is not to knock what multi-ply powerlifters do or what any equipped lifter does. However, for me at that particular moment I decided that I wanted to define myself as a powerlifter differently. That is how I began training and competing raw. I also have plans to do a single ply meet in the future, but I will not define myself within just one genre of powerlifting. I think that the majority of the population knows what a squat and bench press are, and many know the deadlift. When they ask me how much I can squat or bench or deadlift, I will now always reply with my raw numbers—proudly—because the general public can relate.

**BG:** What changes did you incur going from equipped to raw?

**ET:** Training wise, I did not change much of anything because I only put on gear a couple of times before competing. The rest of my training was always done raw. I live in a very rural area that is a geographical oddity (seriously, it seems that I am 40 minutes (one way) from everywhere. Forty minutes from Rick Lawrence and his Pasco Power team, 40 minutes from Tommy Fanon and Tampa borboli, and 40 minutes from my coach Dave Bates house. Therefore, training raw in my detached garage made the most sense to me.

**BG:** What were your best lifts equipped? Let's see: 683 pound squat (2006), 392 pound bench press (2007), and 650 pound deadlift (2007).

**BG:** Do you have any rivalries in powerlifting?

**ET:** Yes I do, but probably the best one is with my good friend Johnny Vasquez. Johnny and I have known each other since 2002 and have al-

ways competed against one another. We have only competed at the same meet, however, twice; and both times were at Raw Unity. The meet results may not show it, but Johnny and I are very close in total lift. When Johnny puts it together, he is capable of a 1400 pound raw (no knee wraps) total at 165. We are the best of friends and talk almost every day—always about powerlifting! I have some other rivalries, but not as intense or as long as the one I have with Johnny.

**BG:** How about Raw?

**ET:** My best lifts raw are a 485 pound squat (without knee wraps), a 290 pound bench press, and a 635 pound deadlift.

**Raw Unity**

**BG:** What made you decide to promote the Raw Unity Meet?

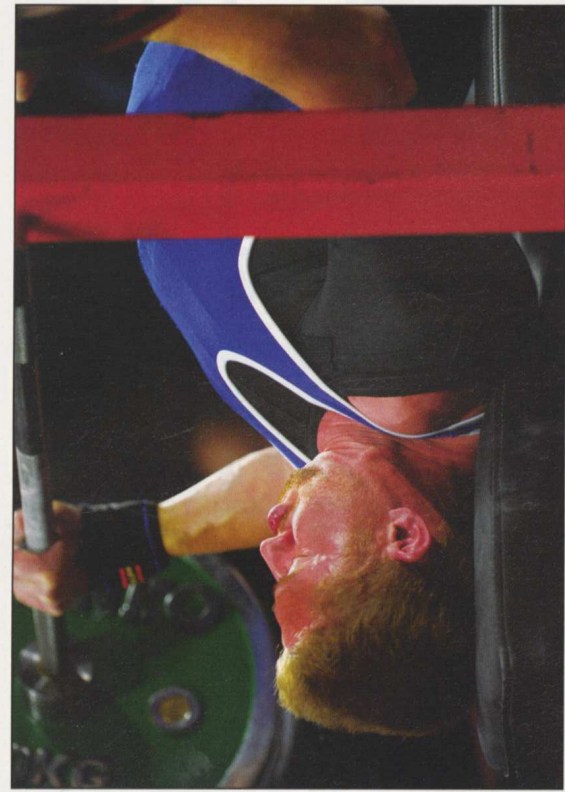
**ET:** The more I educated myself in the history of powerlifting, the more and more I came to appreciate minimal equipped lifting and just how strong the lifters of yesteryear were. When I made the switch from multi-ply lifting to raw lifting it quickly became clear to me that there was no central meet where the best raw lifters came to do battle against one another. For single ply lifters it is the IPF Worlds and for multi-ply lifters it used to be the WPO Finals at the Arnold, but now it is the Pro-Am. There was no equivalent for raw and so I figured that I would give it a go.

**BG:** What is your goal for the Unity Meet?

**ET:** It is very simple. To take powerlifting back to the way it used to be before there were multiple federations. To gather all of the strongest powerlifters that dare to compete raw under one roof and one set of rules and see who is the strongest in each class.

**BG:** Will there be any changes for 2010?

**ET:** The Raw Unity Meet is always evolving to reflect what the lifters want and what makes the event better. We are considering having perhaps open division in the single lifts or maybe even a North American Raw Unity open for those that would like to compete in the Raw Unity atmosphere, but cannot make the qualifying totals



Eric Talmant, who maintains a Metabolic Typing Diet, has competed at a high level in many organizations

yet. Since all of the proceeds from the 2010 event will go towards the Jackson Springs Recreation Center in Hillsborough County (Tampa) for their youth programs, we are really looking to grow the event; but in a manner that is true to the Raw Unity theme of a real national championship with the best lifters always being the focal point.

**BG:** You have had some big name lifters come to your meet, any hints on who might be there next year?

**ET:** I have recently talked (since of-ter 2009's event) to some big name lifters—names that most anyone in powerlifting would recognize—and many have expressed interest in coming next year. However, I gave each lifter my word that I would not say anything until they have been able to totally commit to the meet. As various lifters do commit to the event, I will make sure to let everyone know through our Raw Unity newsletters and on our web site at <http://www.rawunitymeet.com>.

**BG:** I understand you and Johnny Vasquez are developing all time raw records for the lifters at the Raw Unity Meets to shoot at.

**ET:** That is correct, and it is certainly more Johnny's work than mine. For several months now, Johnny has been going through powerlifting magazines, meet results, sending emails, making

phone calls, etc. to verify and then compile two separate all time records lists: the all time records for raw lifts, and the all time records for lifts that were done in knee wraps. Johnny has told me that he is 95% comfortable with what he currently has, and we think it is a great and perhaps the only way to pit lifters of yesteryear against the lifters of today in a fair way.

**BG:** Are you happy with the growth of the Raw Unity Meet?

**ET:** Yes, we are pleased with how the Raw Unity Meet has grown from 2008 to 2009. As long as quality lifters continue to come out and compete in bigger and bigger numbers, then Raw Unity will continue to take steps towards our ultimate vision of a true national powerlifting championship.

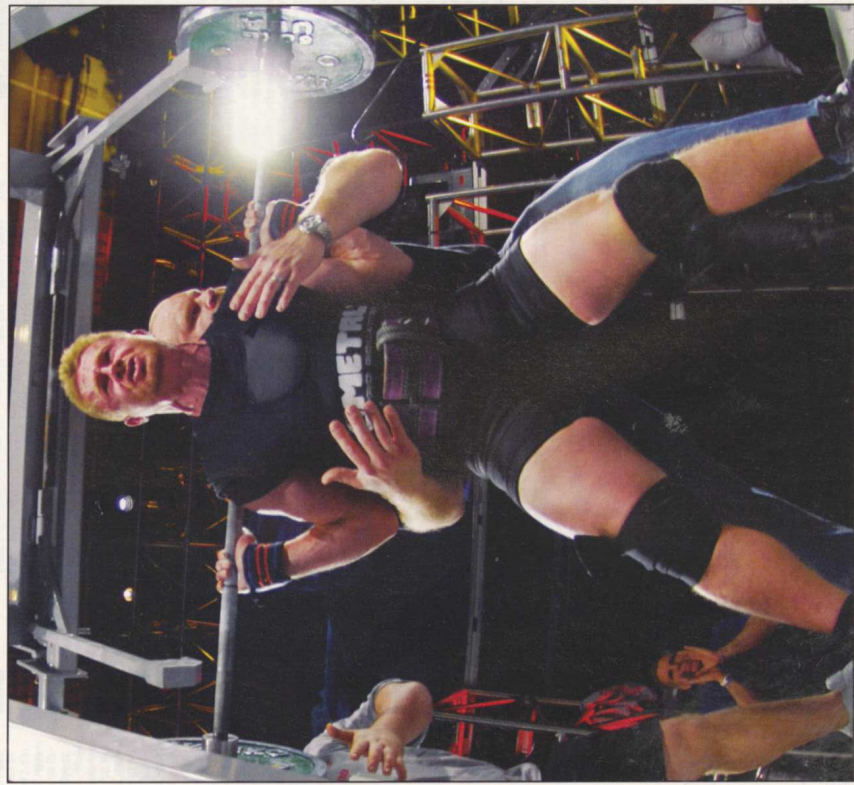
**BG:** What do you see as the future for Powerlifting?

**ET:** This is impossible to say. **BG:** Has the internet been good or bad for Powerlifting?

**ET:** This is another tough question. On the positive side, the internet is really good for getting an idea out at the grass roots level (like we did for Raw Unity), for exchanging information and meet results, and for getting in touch with other lifters. There are too many negatives to list. I guess like most things, you have to take the good with the bad.

**BG:** What does the future hold for you?

**ET:** I will keep doing 4-5 meets a year in multiple genres of powerlifting, and I will continue to promote the Raw Unity Meet until the ultimate vision is realized. **BG:** Any final comments? **ET:** I would first like to thank all the great lifters that have competed and supported the Raw Unity Meet. Without those great lifters the Raw Unity Meet would never have left the ground and it would not be gaining speed like it is right now. The meet will always be about the lifter because it is organized by lifters. Next, I would like to thank those companies that sponsor the Raw Unity Meet and allow us to award some prize money to the competitors: BMF Sports, Critical Bench, Titan Support Systems, APT Pro Lifting Gear, At Large Nutrition, Powerlifting Watch, Iron Drive Sports, Powerlifting USA, Elite Fitness Systems, and Pit-Bull gym of Tampa. Finally, I would like to thank my sponsors: BMF Sports, Ultra Life, Inc., Critical Bench, and Titan Support Systems. In this blue collar sport of ours, it is difficult to travel and compete and keep your head above water with all of the expenses. I am very fortunate and honored to represent these four companies when I go and compete across the United States every year.



Eric getting ready to squat at the 2007 WPO meet at the Arnold Classic; one of his favorite PL moments







Welsh England Championships

Event	Weight	Rank	Name	Weight	Rank	Name	Weight	Rank	Name		
BENCH	150	353	S. Davies	287	230	298	805	485	265	441	1190
Open	150	342	R. Jones	342	231	304	936	486	266	442	1191
Junior	150	397	M. Edwards	496	331	474	1301	487	267	443	1192
MALE	150	413	H. Whale	220	143	309	672	488	268	444	1193
Open	150	187	J. Hough	446	419	639	1505	489	269	445	1194
Junior	150	342	A. Brain	507	353	551	1411	490	270	446	1195
DEADLIFT	150	220	R. Truscott	683	419	617	1720	491	271	447	1196
Open	150	320	M. Metcalf	595	441	617	1653	492	272	448	1197
Junior	150	309	N. Hinde	402	209	413	1168	493	273	449	1198
MALE	150	413	P. Fishlock	441	276	463	1179	494	274	450	1199
Open	150	397	C. Yenn	397	287	485	1166	495	275	451	1200
Junior	150	413	M. Jones	595	375	551	1521	496	276	452	1201
DEADLIFT	150	413	A. Brown	176	231	452	860	497	277	453	1202
Open	150	320	R. Marfin	176	231	452	860	498	278	454	1203
Junior	150	413	N. Morley	397	353	551	1411	499	279	455	1204
MALE	150	413	M. Morley	298	121	287	705	500	280	456	1205
Open	150	413	S. Morris	408	209	413	1168	501	281	457	1206
Junior	150	413	J. Law	408	209	413	1168	502	282	458	1207

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Event	Weight	Rank	Name	Weight	Rank	Name	Weight	Rank	Name	
BENCH	115	402	A. Trappier	480	1196	B. Lovelace	540	342	496	1378
Open	115	402	R. Brain	446	849	J. Martinez	105	105	143	353
Junior	115	474	D. Emott	303	441	1219	502	309	524	1334
MALE	115	441	M. Progerio	425	435	1135	408	265	408	1080
Open	115	441	M. Chapman	358	220	441	1020	409	266	409
Junior	115	441	M. Progerio	425	435	1135	408	265	408	1080
MALE	115	441	M. Chapman	358	220	441	1020	409	266	409
Open	115	441	M. Progerio	425	435	1135	408	265	408	1080
Junior	115	441	M. Chapman	358	220	441	1020	409	266	409
DEADLIFT	115	441	J. Moade	347	220	474	1042	410	267	410
Open	115	441	J. Kline	452	320	551	1323	411	268	411
Junior	115	441	R. Talley	380	281	463	1124	412	269	412
MALE	115	441	L. Brain	171	105	231	507	413	270	413
Open	115	441	L. Hill	309	215	342	865	414	271	414
Junior	115	441	B. Knudsen	276	259	254	748	415	272	415
MALE	115	441	A. Holm	154	83	243	480	416	273	416
Open	115	441	R. Franklin	457	320	562	1339	417	274	417
Junior	115	441	R. Franklin	457	320	562	1339	418	275	418
MALE	115	441	S. McFarland	358	248	452	1058	419	276	419
Open	115	441	D. Strom	276	209	364	849	420	277	420
Junior	115	441	M. Jones	595	375	551	1521	421	278	421
DEADLIFT	115	441	A. Brown	176	231	452	860	422	279	422
Open	115	441	R. Marfin	176	231	452	860	423	280	423
Junior	115	441	N. Morley	397	353	551	1411	424	281	424
MALE	115	441	M. Morley	298	121	287	705	425	282	425
Open	115	441	S. Morris	408	209	413	1168	426	283	426
Junior	115	441	J. Law	408	209	413	1168	427	284	427

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21 MAR 09 - Springfield, OH

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GIRLS

Freshmen-Sophomore

97 lbs.

A. Vidan

114 lbs.

H. Smiddy

C. Smith

K. Holcomb

K. Decker

L. Decker

C. Evershart

132 lbs.

M. Jennings

140 lbs.

B. Musser

S. Griffith

D. Allen

K. Jamison

M. Alexander

165 lbs.

Z. Seelig

A. Matthews

I. Lyons

H. Kelly

B. Zettel

A. Barlow

198+ lbs.

B. Evans

230 lbs.

T. Riggs

J. Cooper

123 lbs.

T. Jarrell

B. Cox

C. Potter

148 lbs.

A. Anders

E. Boyd

D. Zaleski

181 lbs.

M. Leese

S. Leese

198 lbs.

L. Branstad

198 lbs.

C. Mowery

240 lbs.

250 lbs.

300 lbs.

350 lbs.

400 lbs.

450 lbs.

500 lbs.

550 lbs.

600 lbs.

650 lbs.

700 lbs.

750 lbs.

800 lbs.

850 lbs.

900 lbs.

950 lbs.

1000 lbs.

1050 lbs.

1100 lbs.

1150 lbs.

1200 lbs.

1250 lbs.

1300 lbs.

1350 lbs.

1400 lbs.

1450 lbs.

1500 lbs.



Ohio High Schoolers Jacob Jones, Keissy Holcomb, Jordan Lyons, Taylor Jarrell, BJ Estridge (D. Ricks)

230 lbs.

J. Pennell

235 lbs.

C. Weeks

250 lbs.

D. Hines

250 lbs.

R. Hundy

250 lbs.

C. Schindler

250 lbs.

Z. Johnson

250 lbs.

I. Fazio

250 lbs.

A. Caputo

250 lbs.

L. Zappe

250 lbs.

K. Blawie

250 lbs.

M. Adams

250 lbs.

B. Arms

250 lbs.

B. Arms

250 lbs.

C. Mitchell

250 lbs.

S. Swaffler

250 lbs.

C. Swaffler

250 lbs.

J. Wolski

250 lbs.

J. Mowery

250 lbs.

250 lbs.

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250 lbs.

250 lbs.

250 lbs.

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Boys: BJ Estridge with a 365 lb. squat, 395 lb. bench press, and a 475 lb. deadlift.

Holcomb with a 125 lb. bench press, 95 lb. deadlift, and a 220 lb. deadlift.

for Junior-Senior Girls: Taylor Jarrell with a 145 lb. squat, 105 lb. bench press, and a 250 lb. deadlift.

to Jordan Lyon for her tremendous positive attitude.

The team award for boys and girls team went to the Shawnee High School Powerlifting team.

I would also like to give thanks to the following who provided an invaluable service to making this a successful meet: Gary Kanagaratne, Joe D. Grabowski and Cathy Masterson; who ran the competition.

Page, a referee and as state chairman does a lot of good work behind the scenes.

referee, Jerry Mallock-spotted and helped Ervin A. Shiers from Indianapolis, Indiana to help out which has my back (from David Ricks).

AAU Orchard Powerlifting

4 APR 09 - Orchard, NE

BENCH

148 lbs.

J. Nelson

159

165 lbs.

R. Wells

82

L. Wentworth

192

181 lbs.

B. Reed

220

165 lbs.

S. Steel

143

R. Bowman

242

97 lbs.

M. Worden

77

165 lbs.

M. Heinz

275

123 lbs.

M. Worden

132

123 lbs.

K. Trenhaile

104

123 lbs.

E. Babin

181

148 lbs.

M. Worden

77

123 lbs.

M. Worden

154

165 lbs.

C. Baustert

143

148 lbs.

S. Steele

71

170

242

165 lbs.

S. Steele

143

303

446

148 lbs.

K. Trenhaile

330

286

821

181 lbs.

115

253

369

275

429

705

236

—

236

402

523

925

203

303

507

225

385

611

—

154

385

540

270

462

733

275

473

749

374

606

981

225

275

501

297

485

782

—

551

501

132

71

203

407

192

82

220

496

176

93

231

501

143

88

245

457

192

88

248

529

281

143

303

727

77

132

286

104

170

347

181

82

176

424

—

88

115

264

314

424

970

225

198

246

776

203

203

303

694

203

137

275

617

203

132

214





**The Best Performing  
IPF Approved 1-Ply Suit Ever Created  
For Use In International Competition  
Has Just Gotten Better!  
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**[SUPER]  
CENTURION  
FORGED BY TITAN**

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Complete harness system that cradles the lifter as the lifter sits into the squat. It provides more support and rebound out of the bottom of the squat than any other suit in the lifting world!
- ▶ **STRONGEST THREAD, MORE STITCHES**  
The strongest thread used on 1-ply legal lifting gear today. Every suit uses an average of 8,448cm per suit. That's nearly the length of an American football field!
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This is the fabric that changed the entire sport. It is quite simply the strongest, heaviest fabric ever approved by the IPF. Available only from Titan!
- ▶ **▶ NEW! REINFORCED 3CM SEAMS**  
Reinforced strap, hip and glute harness seams to create the heaviest, strongest support system ever developed in a single ply suit.

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## ADVANCE DESIGNS

**THE BEST POWERLIFTING BELTS IN THE WORLD**  
THE FOREVER GUARANTEE MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



- Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.
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  - TONGUE LOOP RIVETED NOT SEWN.
  - LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
  - SAME RIVETS AS USED ON THE SPACE SHUTTLE.
  - HIGHEST QUALITY SUEDE PROVIDES NON-SLIP SURFACE.
  - NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
  - New, closer prong holes for more choice in precise fitting.

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