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# SHAWN FRANKL

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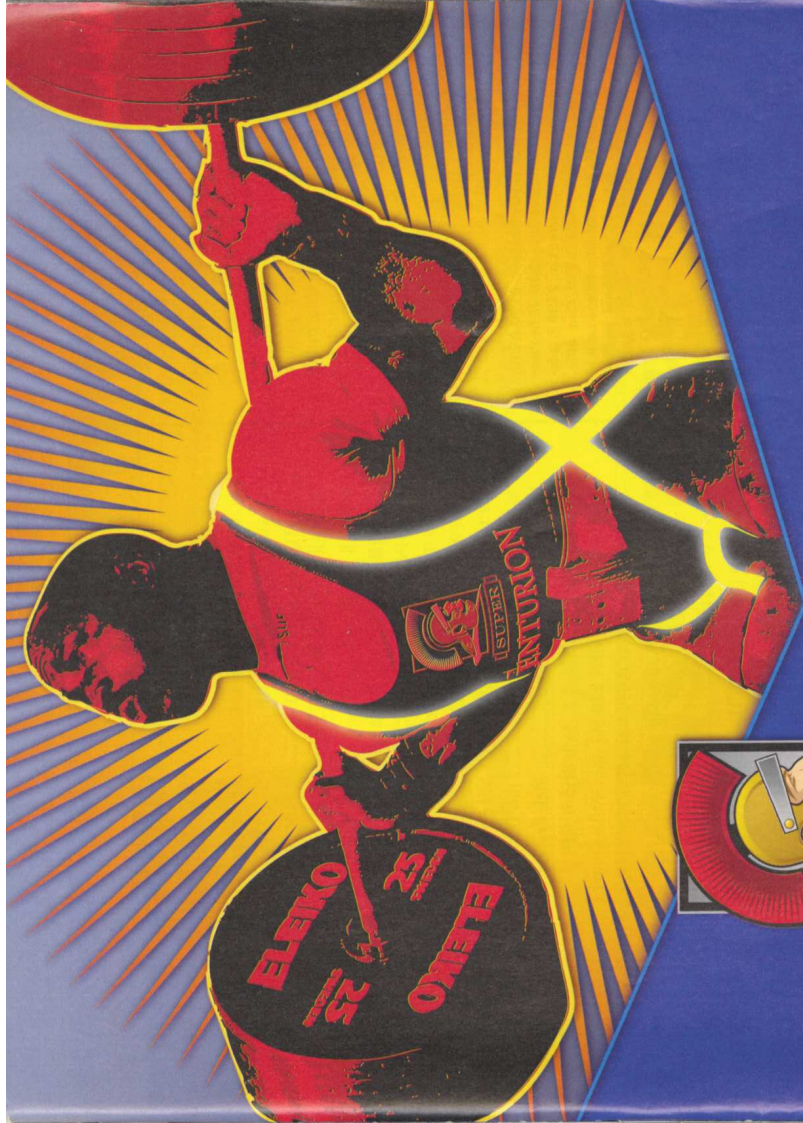
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 Art Director Kelly Anglin

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- Volume 33, Number 1 - November 2009 -

POWER STATION PRO/AM ..... Louie Simmons ..... 6  
 SHAWN FRANKL PROFILE ..... Steve Downs ..... 8  
 SCOTT LAYMAN INTERVIEW ..... Bob Gaynor ..... 10  
 POWER NUTRITION ..... Anthony Ricciuto ..... 12  
 POWER STUFF ..... Kelly Anglin ..... 16  
 OVERTRAINING ..... P. Walters Ph.D./D. Hardt ..... 18  
 STARTIN' OUT ..... Doug Daniels ..... 23  
 DR. JUDD ..... Judd Biasotto Ph.D ..... 26  
 WDPFP WORLD SINGLE LIFT ..... Roger Gedney ..... 28  
 PHILLIP DANIELS INTERVIEW ..... Mike Westerdal ..... 30  
 SLIDE BAR DEADLIFT ..... Jim Douglas ..... 32  
 HARD CORE GYM #91 ..... Rick Brewer ..... 34  
 PLYOMETRICS ..... Josh Bryant MFS ..... 36  
 ALL TIME TOP 50 MEN 220 SQ ..... Mike Soong ..... 38  
 ALL TIME TOP 50 WOMEN 181 SQ ..... Mike Soong ..... 39  
 ASK THE DOCTOR ..... Mauro DiPasquale M.D. .... 41  
 COMING EVENTS ..... Kelly Anglin ..... 57  
 UNCLASSIFIED ADS ..... ..... 64  
 POWERLIFTING RESEARCH ..... Team MuscleTech ..... 70  
 TOP 100 PHOTO PAGE ..... ..... 102  
 TOP 100 123s ..... Mike Lambert ..... 103

ON THE COVER... Shawn Frankl after his amazing 825 bench press at the Power Station Pro/AM (Scot DePanfilis photo)

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IPF World Record Total  
2,601 lbs. @ SHW

**Joe Mazza**  
IPA World Record Bench  
685 lbs. @ 165 lbs.

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

**Ryan Kennedy**  
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**Vlad Alharov**  
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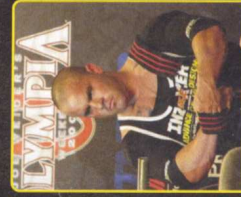
**Dennis Cieri**  
IPF World Record Bench  
634 lbs. @ 198 lbs.



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



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



**Shawn Frankl**  
World Record Total  
2,630 lbs. @ 198 lbs.



**Joe Cektlovsky**  
World Record Bench  
600 lbs. @ 147.5 lbs.

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(Above) Despite his injuries **Chuck Vogelpohl** squats an amazing 1140 pounds while **Mike Cartinian** (below) hits 930 pounds at 181

**POWER STATION PRO/AM**  
as told to Powerlifting USA by Louie Simmons



**Mike Schwanke** prevailed at 220

at 198 lbs. Great job Derek! Jared Shimmer who was a 242 pounder will have to change his reservations to fit his new schedule to lift on Sunday after making 2200 at 242 lbs. See you next year dude, on Pro day. Everyone did a great job with very stick judging. Mike and I hope to see you all next year and bring your friends. Best lifters on Friday: 3rd place-Treston Shull who had an 1164 co-efficient, 2nd place-Jared Shimmer who had an 1180 co-efficient, 1st place-Andreas Gallagher who had an 1181 co-efficient. Saturday was the light weight day up to 220 lbs. class. There was one 148, Brian Schwab, and unfortunately he couldn't squat 765 or 805 and was done for the day. Al Caslow could not get lower than 167 and had to lift in 181 pound class, but fell to the bomb bug as well. The 181 class saw Phil Harrington and Arnold Coleman who could not make a squat. The only woman Laura Phelps, squatted 750, benched 490, but ran into a problem with a 525 deadlift and was history. Three 181 pounders did not make it through the meet. In 3rd place Sakari Selkio: ratio was on, making 720 squat, 490 bench and 560 deadlift for a 1770 total. Sakari from Finland vowed to be back next year with his posse. See you then my friend. Second place in the 181's was Brian Tincher, who was in good shape, making a very impressive 2015 total. His 800 squat was solid and a 570 bench and 645 deadlift, with a missed at 670 in deadlift. The show for the 181's was from Big Iron, Mike Cartinian. He has made solid

(continued on page 76)



some of the greatest lifting ever took place. And many thanks to our many pro total in front of great judging. Friday was the amateur day and a great way to start although this is strictly Somex Exercise Equipment, APT, Allarge Nutrition, Muscledpharm, House of Pain, Muscle Mafia, Swollen Knuckles, MPH, Cellblock Gym and side. Derek Wilcox will be lifting on Saturday next year after totaling 1960



**Finland's Murtomaki** pulls for cash

The Power Station Pro/Am was a great success. Thanks to meet director Mike Ferguson for all the work he does putting together the meet. We had all identical equipment on the three warm-up platforms, as well as the meet platform. The judges were very tough but fair John Bait, Ken Wheeler and Russ Barlow manned the side chairs and Phil Covillion was the head judge for the entire three days. The IPA, APF, WPC, WPO, and the IPF were represented. The meet was sanctioned by SPP with its president Jesse Rodgers in attendance for all three days. Thanks to the paying fans that watched as



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Riddle me this: It is possible to lose weight and still get stronger? The truth may surprise you. In fact, for powerlifter extraordinaire Shawn Frankl, dropping 22 lbs. to make weight added up to a whopping increase of 91 lbs. in his total! Dramatic weight loss is just one of the lifting strategies that helped make Frankl the heaviest lifter ever to squat 5x his bodyweight and total over 13x his bodyweight. Welcome to Shawn's secrets for incredible pound-for-pound strength!

#### MAKING WEIGHT

When first targeting the Powerstation Pro meet to attack the 198 record, Shawn opted to keep his weight under control in off-season. He already owned the world's best total at 220 lbs. (2539 lbs.), so he was aiming to lift heavier than ever, but at a lighter body weight. Before this meet he dieted a little bit so he could up the calories once he was hitting the heavy weights. Starting his training cycle at 202 lbs. ensured that even with increased caloric intake, he wouldn't weigh more than 212 at any time. Obviously, making weight at 198 was critical.

"I relied on MHP's Dark Rage before each workout, and Dark Matter afterward for recovery," Shawn says. "Dark Rage gets me pumped for my sessions and Dark Matter pushes whey, creatine and waxy maize into my body. I was eating several times a day to keep my metabolism up. I kept my bodyweight at 210-212 the whole cycle, so I felt strong the entire time."

Of course, that was good over the course of his nine-week training cycle, but it was the last two days leading up to the meet when things got really interesting. The Powerstation Pro featured a 24-hour weight-in window, so Shawn's goal was to be as light as possible on Friday when he stepped on the scale

## POWER PROFILE

### SHAWN FRANKL WORLD RECORD STRATEGIES REVEALED! as told to Powerlifting USA by Steve Downs, C.S.C.S.



Shawn Frankl en route to a historic total at the Powerstation meet

so he made weight. He started the week by drinking two gallons of water a day on Monday, Tuesday and Wednesday. The goal was to "trick" his body into dumping more water than usual, because he was imbibing more fluid than normal.

"On Thursday, I didn't drink much that day, but kept going to the bathroom most of the day," he recalls. "That helped me cut an extra 3-4 lbs. just by peeing a lot. I only ate a few eggs and salad on Thursday. I took MHP's Xpel natural diuretic first thing in the morning and then a few more doses during the day—every three hours or so, so I could monitor my body. Because of the extra potassium and electrolytes in Xpel, I didn't have any cramping."

Weighing in at 202 just before bedtime on Thursday, Shawn was forced to cut almost four pounds on Saturday. He sat in the sauna and steam room the next morning and dropped down to 199, still a ways to go.

"I felt miserable to be honest," he explains. "It is harder to lose weight when you are that lean and hard to begin with. I wasn't bloated at all. I peed once more and actually puked at one point. When I stepped on the scale officially, I made the weight. I made the weight, but it's the last time I go 198!"

After this water-stripping process, Shawn had 24 hours to refill his muscles and return to a body weight where he felt strong and powerful. Immediately after weighing, he went to his hotel room and mixed three packets of MHP's post-workout drink Dark Matter with Pedia Light. He downed this and immediately felt better. "The Dark Matter helped drive fluid, electrolytes and nutrients right back into my muscles," he says. "If you've

(continued on page 82)

### SHAWN FRANKL WINS INZER OLYMPIA POWERLIFTING SUPERSHOW

October 1, 2009—Team MHP superstar Shawn Frankl—who recently set the 198 lb. World Record total of 2630 lbs.—won the Lightweight class in the Inzer Olympia Powerlifting SuperShow Bench Press Contest in Las Vegas on Saturday, September 26. The Powerlifting SuperShow was held as part of the 2009 Olympia Weekend at the Las Vegas Convention Center.

The event featured only two weight classes: 220 & Under and Over 220 lbs. Each lifter in the Lightweight group had to bench press 600 lbs. for as many reps as possible, then finish with one set of max reps at 500 lbs.

Frankl was the surprise performer of the show after winning both the 600 and 500 sets in the 220 lb. lightweight class. He hammered out 6 reps off his first set at 600 lbs., then because there was a three-way tie, he came back to equal that number on his second set (winning the 600 bench-off). When the weight was dropped to 500 lbs., Shawn won the 6-man class with 11 monster reps.

Powerlifting SuperShow director Nick Busick and his team's efforts resulted in the largest audience of any power show in Olympia history. Inzer Bench Sports was the lead sponsor.

Other team MHP athletes who fared well in the contest included Joe Mazza and Jason Fry. Mazza hit 3 reps at 600 and 8 reps at 500, despite giving up almost 50 lbs. in bodyweight to Frankl. Also competing as a lightweight, Fry blew out 3 reps at 600 and 6 at 500.

CONTACT: Steve Downs, MHP Marketing Director (sdowns@maxperformance.com; 973-785-9055)  
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Vlad Alhazov - Team MHP Member  
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This interview was done with Scott Layman shortly after he took 2nd place at the USPF Nationals in Anaheim, CA, and won the USAPL raw nationals in VA. Scott has been a competitive lifter for 20 years. Scott is a relatively tall and lean individual whom dressed in street clothes would not give the impression he could lift the weights he does.

**Bob Gaynor:** Where were you born?

**Scott Layman:** Bakersfield, CA, on September 29, 1970.

**BG:** Where do you currently live?

**SL:** I live in Bakersfield where I was born and raised.

**BG:** What is your educational background?

**SL:** I have a degree in liberal arts; I wanted to be an elementary teacher at one time.

**BG:** Are you married and do you have any children?

**SL:** I got married on December 14, 2008. I have two step children (Lake, 17, and Rhiannon, 10). I have had my daughter Trisha, 13, since she was two months old, plus I have a son, Trey, that was born this September.

**BG:** Where are you employed?

**SL:** I work at United Parcel Service. I've been there for 15 years. This is the only type of cardio that I do.

**BG:** What powerlifting titles/records do you have?

**SL:** 2003 USAPL National Champion, 2007 USPF National Champion, 2008/2009 2nd Place USPF Nationals, 2000/2002/2005 USAPL 2nd Place Nationals.

**BG:** How did you get started powerlifting?

**SL:** A guy named Mel Waldrop saw me in a gym training and asked if I had ever done a meet. He took me to my first meet in 1989 in Santa Rosa, CA (ADFFA).

**BG:** What is your current weight class and bodyweight, and what other weight classes have you lifted in?

**SL:** I have always lifted in the 148's. However, my mentor, Mr. Ken Wheeler, would like me to move up to 181 or 198 (yeah right!).

**BG:** What kind of training routine do you follow; number of days, sets, reps?

**SL:** I usually train 4 days a week, Sat/Sun/Tues/Thurs.

Saturday is heavy squats, some days we do some type of chain work, other days it might be heavy box squats, it just depends on what myself and my partners want to do. Next we might do some light deads or seated good mornings. Squats are usually 5 sets x 3-5 reps. The rest is usually 3x-10.

## INTERVIEW

### SCOTT LAYMAN interviewed for PL USA by Bob Gaynor

like the B.S. that goes on when all the videos pop up about this lift and that lift. Squat depth is the most irritating to me. Ref's have a different view than anyone else watching.

**BG:** What do you think of the current state of powerlifting?

**SL:** Too many federations—if Joe Blou doesn't like this or that they start their own fed. I personally think there should be maybe three feds. Single ply/tesst-single ply/untested and a multiply fed.

**BG:** I tease about starting my own and calling it SQUAB (squat and bench) because I hate the deadlift.

**BG:** Do you think we will ever eliminate some of the current federations?

**SL:** No.

**BG:** Who are some of the lifters you have admired/respected?

**SL:** That's an easy question. Any one who has the guts to get on a platform and have a lift critiqued. As for names, Ed Coan, Cpt. Kirk, Wade Hooper, Mike Bridges, Caleb Williams, Brian Schaub, Darren Matsumoto, Brian Siders, Kaz and that's the short list. Those are some of the big names. As for those that I know well, Stene Denison for what he has done for powerlifting, especially in CA, and Mr. Ken Wheeler (Mary Ryan Jeffrey's original coach) for always being available to me as a lifter and a friend. I get his opinion on lifting or anything else I think to bug him about, and he gives me his answers/thoughts straight from the hip.

**BG:** What has been the biggest change in powerlifting during your career?

**SL:** Gear—the first suit I ever wore was a Marathon, that was too long ago to remember/compare to what I wear now. There are, in my opinion, way too many bogus lifts passed at meets now. Probably another big change is all the politics involved in some feds.

**BG:** Does a powerlifter need training partners to succeed?

**SL:** Yes, I think everyone should have training partners. One big reason is that sometimes it's hard to get motivated to train. A partner can motivate you as a lifter to do what needs to be done.

**BG:** What, if anything, can be done

to make powerlifting more popular?

**SL:** Get rid of all the different feds, and that way more lifters will lift again/together in big meets. All these feds water down the meets.

There are too many trophy shores out there. What's the joy of winning a national or world meet if you are the only lifter in a class or division?

**BG:** What was your all time favorite moment so far in your career?

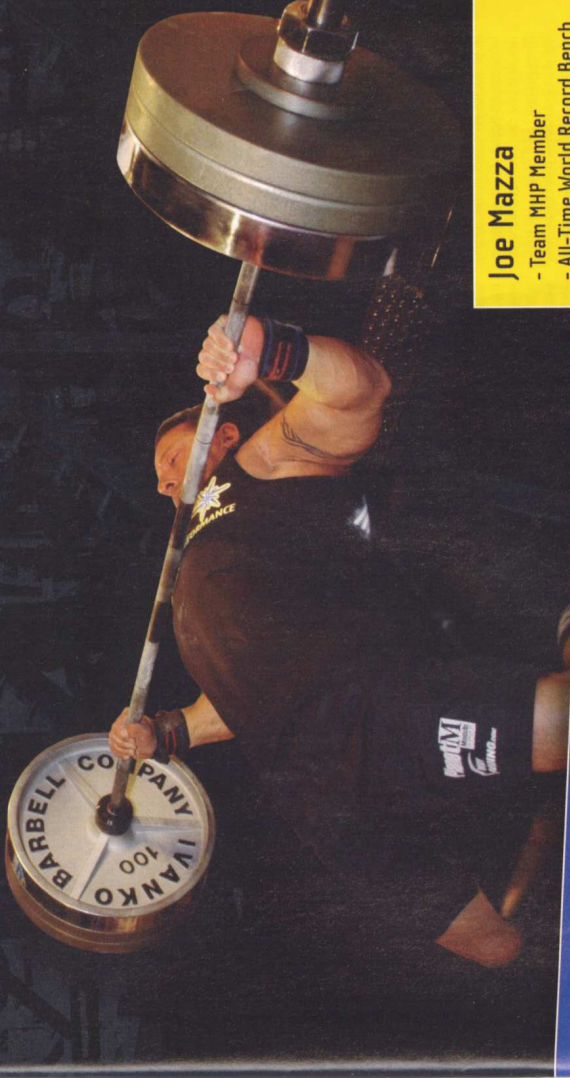
**SL:** That would have to be winning the 2003 USAPL Nationals. I think there were 8 of us lifting at 148 and we were all really close in our attempts. There wasn't much time between attempts, and I had to wait for Keith Scisney, Greg Simmons and Greg Page to pull to see if I won. The other would be watching my 13 year old daughter, Trisha, pull 221 at the Fit Expo.

She decided two weeks earlier she wanted to lift. So with only two workouts she set a single lift CA State and American Record!

**BG:** Scott, thank you for your time and good luck in the future.



Scott Layman squatting at the 2009 CA State Championships



**Joe Mazza**  
- Team MHP Member  
- All-Time World Record Bench  
- 685 lbs. @ 165 lbs.

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# NUTRITION

## Power Nutrition Q & A

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

properties it can help reduce inflammation as well as joint damage that occurs in prolonged cases of the disease.

Many people who take it daily have shown improvements with less joint stiffness, less pain, the ability to commence physical activity and even reduced joint swelling.

This has made Turmeric a very important spice when dealing with diseases of any inflammatory nature.

This wonder spice has also been shown to help in relation to neurodegenerative diseases.

In mice, it has been shown to inhibit the progression of Alzheimer's disease and even Multiple Sclerosis.

More studies are being done in Europe, especially in this regard, because of the positive results that have been shown thus far.

So as you can see, it is one very potent medicinal spice that can be taken every day in your food or in supplement form for those that may not prefer the flavor. Make sure that you get Turmeric powder when you purchase it, not curry powder. Even though it is a component of curry powder, you want straight Turmeric and don't understand the mindset of an enhanced power-lifter who lives and breathes this sport. Telling me to get off is like telling someone not to breathe.

Anyways, Dr. O'Connor put me on some blood pressure meds and gave me some really good advice in many areas. Where have you been all my life, Anabolic Doc? He is worth every penny. There is finally a doctor in the powerlifter community that can relate to us on a real level, not like these other clowns that pose as doctors.

Thanks again, Anthony, for bringing the Anabolic Doc into my life with the interview you did because I truly feel it is going to not only help my performance, but also increase my longevity in the sport and my long-term health. Thank you so much.

Healthy and Lacked 4 Life

A: Thank you so much for the Anabolic Doc. I will be honest with you on this one. Both I and the good Doc spent several months preparing this and putting it all together. I

health benefits to simply ignore. Adding some into your food may not be an option for those of you who eat burgers and fries as a main course meal on a regular basis. For those of you who like to venture out and eat different culturally based foods, then this may be more appealing and possible. Whether you take it in spice form or as a supplement, it should be a part of your health plan. Take advantage of its

healthy cells from cellular DNA damage.

What is even more important is that it has been shown to help eliminate Mutated Cancer cells.

This is extremely important because by destroying them it also prevents them from traveling and spreading to other organs in the body.

To make this even better, it has also been shown to help inhibit specific proteins that are instrumental in the formation of tumors.

It also destroys and inhibits the creation of new blood supply to the Cancer cell for further growth and replication. For those of you who understand the science behind Cancer and how it spreads this is some unbelievable qualities to say the least!

New studies have shown that by taking in Turmeric daily, it can lower your chances for Lung, Colon and Breast Cancer.

It does this by preventing tumor formation from happening right from the start.

Other studies have shown positive results in cases dealing with Colon and Prostate Cancer as well.

Cardiovascular conditions are another area where powerlifters have many problems. Turmeric's medicinal properties can help prevent oxidation of cholesterol. This is important because this is what damages and clogs your arteries and injures delicate blood vessels.

It has also shown good results in lowering Homocysteine levels.

Studies have shown that it can help lower bad or LDL cholesterol and it does this by directly interacting with genes in your liver cells.

One study performed on mice showed that it even helped prevent Breast Cancer from spreading into the lungs, which is a common occurrence.

For those of you who like to use oral anabolic steroids in your training cycles listen up. Turmeric has been shown to help detoxify the liver from toxic chemicals. This is very important for optimal liver health for those that use pharmaceuticals of an oral nature.

It has also been shown to help reduce inflammation associated with Rheumatoid arthritis.

Due to its potent antioxidant

anti-Cancer benefits along with all the other healing properties that it offers!

The Anabolic Doc Rocks!  
Q: Hey, Anthony. How is it going, man? I hope all is well on the nutrition front. That series you did with Dr. Tom O'Connor was so great! It was the best interview I have ever read! You talked about so many cutting edge health topics that relate to powerlifters and it was long on its content.

Anyways, I have been using steroids for the last 15 plus years of my powerlifting career and I am a several-time national champion. I am a master lifter now, so taking care of my health is of the greatest importance for me. I called the Anabolic Doc up and all I can say is that he is so nice and down to earth. I went and visited him as I was lucky enough to get a spot on his client roster. The session was fantastic to say the least. He spent a real 3 hours with me going through everything from top to bottom. It was the most thorough exam I have ever had. What was nice is that he is so real hardcore lifter just like me, so it was nice to actually talk with an educated Doctor who knows his stuff—not only about training, but also about pharmaceutical enhancement side with this article series. Going back and forth with Dr. O'Connor on so many phone calls and emails was really exciting the entire time. He is not only super knowledgeable in the medical and Anabolic Enhancement fields, but he is also one really funny guy as well. You have been seeing him as a patient now so I am sure you know what I am talking about. You are right in fact that he will make you feel comfortable and at home, which is something that the large majority of other MDs out there do not do. Instead they have no idea about performance enhancement, which is sad because they should have a better understanding of this. They also don't understand the mentality of those who use pharmaceuticals to increase their performance because it's a whole other ball game so to speak. With Dr. O'Connor it is like talking to a friend, not a crusty old MD that doesn't want to listen to you or even give you the time in the office that you ultimately deserve. When I get these types of e-mails it makes me feel happy that I am making a difference in lifter's lives. I have always wanted to leave a profound impact on the powerlifting community and to look after their health from many angles including nutrition and lifestyle choices. So if your lifestyle choice is to use Anabolic Steroids then you should educate yourself and monitor your health with a real

professional that knows what he is talking about. Believe me, it can save your life!

A Pain in the Gut  
Q: Anthony, kudos on the Anabolic Doc series. It was awesome! I can't believe you had the guts to ask questions like that. That took a lot of backbone to say the least, especially in the climate of what is going on in the United States right now. My hat is off to you and the Doctor for telling the truth and openly talking about what everyone wants to read.

I am a drug-free athlete, but I will say your interview series was really remarkable. You had me on the ground several times especially with that transgender steroid use question that you asked the Doc. I actually saw that documentary on television so when you mentioned it I couldn't stop laughing. All in all, it is good to see that those who decide to go down the anabolic route actually have someone to take care of their health. Like the doctor mentioned, even hardcore meth addicts can get medical care, but the steroid user is left in the dark. You see even though I am a drug-free lifter by choice, I do hate many other fellow gym partners who use steroids. I am not one of those anti-drug crusaders who accuse everyone of using and walk around wearing drug-free shirts like some kind of moron. It is my personal choice to be drug-free, but I don't criticize those who have chosen a different path in life.

My question is about digestive problems. I know you haven't really talked much about digestive disorders in your column and was wondering if you could do something on that. I get heartburn sometimes and I know it's most likely when I eat fatty and greasy foods. I know you are going to give me (bleep) for even admitting to it, but yes, I do splurge a couple times per week. I was thinking maybe you could do something on this in the future with your column. Thanks again and please keep up the good work. I look forward to your column and I read it right after the Westside training article every month. Thanks.

Sincerely,  
Paul Covitch

A: Hey, Paul, thanks for the comments on my Anabolic Doc series. I am so happy to hear that your liked heart into it and I knew that it would be a big hit with the readers here at PL USA. Heck, like you, I have been getting a lot of drug-free lifters giving me praises on this interview.

Even though they have decided to stay clean they still follow the series really cool. I really haven't gotten any negative comments at all on the series so far and people from both camps really loved it.

Hey, I always read the Westside column first 'n' man, at least we are both honest. I have been reading that column since I think 1990 and it's still my favorite.

Now, about your problem of heartburn. There are many factors on why you can be getting this problem. First off, it could be what you are eating. Eating spicy foods or greasy ones can cause you to get this. Next, what you are eating in a meal can play a major role as well. Eating certain foods combined with other foods that don't digest well can be causing it. Are you eating and then lying down right after? You shouldn't lie down for at least 3 hours after eating a meal. Otherwise the stomach acid that is trying to break down your foods can rush back up into your esophagus, causing this problem. Caffeine intake is another area to look at. Things like coffee and other drinks that contain caffeine can actually cause your LES (which stands for Lower Esophageal Sphincter) to relax, and when

it does stomach acid rides back up into your throat. Eating foods that are acidic in nature can also cause problems.

Unfortunately, the American diet is made up of pure crap, so say it bluntly. Processed foods, refined flours, sugars, Trans fats, high fructose corn syrup, nitrates and preservatives are all the hallmark of American nutrition. Consuming all these horrible foods day in and day out can wreak havoc on your digestive system. These processed foods also cause your body to become very acidic in nature and this in turn can give you heartburn.

This is an article in itself—that is how complex it is. The good news is that I have just conducted an interview with one of the leading holistic nutritionists in the world that specializes in digestive disorders. She will be going through a ton of valuable information that everyone can benefit from. So look for it next month, and you will learn plenty on the many digestive conditions that plague millions of Americans.

If you have any questions or comments feel free to reach me at: Anricciuto@NutritionXP3.com or check out my website at: www.NutritionXP3.com






The Powerlifter's Doctor - The Anabolic Doc. Dr. Tom O'Connor



**“A hardcore training session is never over until I pound back my Cell-Tech Hardcore/Nitro-Tech Hardcore Stack. It’s made me so much stronger, I’ll never train without it!”**

**— Matt Kroczaleski,**  
All-Time 220 lb. Total Record

**Matt Kroczaleski PBs**

-  Pull 810 lbs.
-  Squat 1,014 lbs.
-  Push 738 lbs.

# THE ULTIMATE TOOLS FOR JACKING UP STRENGTH!

**Sheds better known as gyms. Unorthodox training methods. No fear of crushing limbs beneath the sheer amount of weight you want to push, pull or squat. These are just a few of the tools you need to be a world-renowned powerlifter like Matt Kroczaleski.**

When it comes to moving massive weight, you will do whatever it takes to finish the lock out or drive out of the hole. That's why powerlifters are known as the most hardcore athletes on the entire planet. Team MuscleTech™ researchers understand your unrelenting pursuit of heavier weight. That's why we have developed the world's most advanced musclebuilding stack for your training arsenal – the Cell-Tech™ Hardcore/Nitro-Tech® Hardcore Stack!

Why use an advanced stack like this post-workout? Because it's just as important what you do AFTER a grueling training session as it is what you do during. In fact, test subjects using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack in a eight-week clinical study packed on 660 percent (11.4 vs. 1.5 lbs.) more raw mass than subjects using a placebo! And even more shocking is the fact that these same test subjects added

an AVERAGE of 86.4 pounds to their max push and one extraordinary subject added a strength-defying 110 pounds in just six weeks!

If you're prepared to do whatever it takes to jack up your total to new personal bests, you simply can't train without having the powerful Cell-Tech Hardcore/Nitro-Tech Hardcore Stack as a mainstay in your musclebuilding arsenal. If you're looking to truly shock the crowd and judges at your next meet, get on this advanced stack today and experience the power of the world's most advanced musclebuilding stack!



**Jack Up Your Max Push by Over 86 lbs!**

**Pack On 660% More Pure Mass!**

**The Most Scientifically Advanced Stack, EVER!**



Read the label before use. 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 (123.2 vs. 34.6 lbs.) more than subjects using a placebo. Cell-Tech Hardcore/Nitro-Tech Hardcore Stack test subjects also gained 86.4 lbs. on their max bench while subjects using a placebo only gained 14.3 lbs. © 2009.

# POWERSTUFF

## Norman D. Flom 1941 - 2009

Injuries sustained in a car accident clarified the life of longtime powerlifter Norman Flom, 67, of Coeur d'Alene, Idaho. He passed away on February 10, 2009. The accident also took the life of his son, Jason.

Norm spent 20 years (1980-2000) successfully competing in powerlifting contests in the Northwest and Montana. Some of his highlights include: 1984 Bigfoot Powerlifting, Spokane, 1st place; 1985 Washington Open Championship (Master Lifter), 1st place; 1993 NW Regional Championships, 1st place in the Masters competition, 220 lbs.; 1999 Budweiser-7-Up World Record Breakers, Men's Masters, 1st place with a 245 lb. BP; and 2000 USAPL Holiday Classic, 1st place.

"We hit it the first time we met in the late 70s," said long-time friend Bud Bower - Pullman, Washington, winner of the Master's Division 2006 World Championship in Kilsen, TX. "He was so unselfish. He helped me train and worked with a lot of young kids. He was a mentor to whoever was around him." Bower never was competing in Pocatello, Idaho, two years ago. "I asked Norm to stay over night, but he said 'I've got to get home and see my grandkids.' That's the way they were. Family was always important to him."

— Bud Bower

## BULLY BLAST BAR



Nick Busick, formerly the "Big Bully" of WWE and famed 2009 Olympia Powerlifting promoter is proud to announce his latest venture...

**THE BIG BULLY "Bully Blast" Energy Protein Bar.** The world's first bar with 5 grams of pharmaceutical grade NITRIC OXIDE FORMULA. This product debuted at the 2009 Olympia and flew off the shelves.

Available in delicious melt-in-your-mouth Chocolate Peanut Butter, this product will be sold by the leading nutritional retailers and a few select individual distributors.

If you are a gym owner or meet promoter, this bar will create an additional revenue stream quickly!

For a confidential Distributors Kit, call Ron Fernando, VP of Sales at 630.674.1681.

www.bullyblast.com

## POWER MAGAZINE



POWER magazine will bring you everything you want to know about the sport you love: powerlifting. Here is a sneak peek at what is in store for the first issue—**One on One with Ed Coan** by Mark Bell, **10 Steps to a Huge Practical Powerlifting** by 2009 World Games Gold Medalist Mike Tuchscherer, **Training Tip of the Month - Boards: Use 'em or Lose 'em!** by Rob Luvando, **Loss Weight Not Strength** by FB8 Bodybuilder Stan Efferding, **One Opening your Own Powerlifting Gym** by Marcus Wild, **Rant of the Month** by Gene Rychlak and **Get to Know...** Shannon Hartnett.

— Andee Bell, publisher of POWER magazine

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## THE WORLD LEGION OF POWER

### World Records - Raw & Drug Free

Name	Age	Wt. Class	BP	Date
Steve "Hollywood" Brown	50-54	275+ lbs.	480 lbs.	6/11/05
Steve "Hollywood" Brown	55-59	275+ lbs.	485 lbs.	6/28/08
David Fink	Open	165 lbs.	391 lbs.	7/31/04
Narbe Mansourian	Open	148 lbs.	375 lbs.	2/21/04
Dr. Arnold Nerenberg	65-69	220 lbs.	365 lbs.	9/6/06
John Parker	60-64	242 lbs.	355 lbs.	6/11/05
Alvin Waldon	50-54	242 lbs.	490 lbs.	6/11/05
Alvin Waldon	55-59	242 lbs.	450 lbs.	1/17/09

## SHOULDER SURGERY

**Doesn't Prevent Return to Sports**  
KEYSTONE, CO.—Replacing a joint in any part of the body often leads to a long recovery process and the possibility of not being able to return to a sport or activity. However, a new study presented at the American Orthopaedic Society for Sports Medicine's (AOSSM) Annual Meeting in Keystone, CO, (July 9-12) presents findings that even an older individual who receives a total shoulder joint replacement can return to full participation within approximately six months of surgery.

"In our study, approximately 94 percent of the patients who have a total shoulder arthroplasty or joint replacement, were able to return to sports and 85 percent were able to return to the type-specific sport they were involved in before the surgery," said Orthopaedic Drake, DO, Fodren, Orthopaedic Group, Texas Orthopaedic Hospital, "Eighty-eight percent of the individuals in our study returned to their activity levels for periods greater than 30 minutes per session with the same level of intensity. It also appears that the most likely reason for returning to the same level of participation is dependent on the motivation of the individual. Athletes can be a great motivator for patients to stick to a rehabilitation schedule," said Drake.

The AOSSM is a world leader in sports medicine education, research, communication and fellowship, and includes national and international orthopaedic sports medicine leaders. For more information, contact AOSSM Director of Communications, Lisa Weisberger, or call the Society office at 847.292.4900.

## WORLD'S STRONGEST MAN

### FINAL RESULTS

1. Zydrunas Savickas, Lithuania
2. Mariusz Pudzianowski, Poland (5-time champion)
3. Brian Shaw, USA

— posted by Drew Cobb on COHEAV.com forums

## ALL AMERICAN GYM

REACHES ITS 30 YR. MARK!



Ken Snell (l) with Louis Baltz (r), owner of All American Gym

## Stimulus? 'Get it up, America'

### Job Creation Bench Press

**NEW YORK, October 5, 2009, PRNewswire**— If all you had to do is "get it up" to help create jobs, would you do it? Most people would answer yes. And that is exactly what The Foundation for Job Creation is hoping supporters will do. Maybe not exactly the way you are thinking about it right now, but in a different way. The Foundation for Job Creation, www.jobcreation.us, on December 13, 2009, is conducting a healthy, fun Virtual Bench Press contest (www.benchpresscontest.com) and an attempt at a Guinness Book World Record. Cash prizes add up to \$14,000 and all contestants get in the Guinness Book when the Foundation lifts the world record. The record attempt is for the "most weight lifted cumulatively" in a weightlifting event by all participants. The general idea behind the event is to allow people to do something tangible to get tangible results for Job Creation. Individual registration is now for a limited time as low as \$10-\$20, team registration is \$100. Forming a team is a great way to get your school/organization to develop some unity and spirit, earn some funds and is a good entrepreneurial way for you to possibly make some money. Contestants should register now online at [www.jobcreation.us](http://www.jobcreation.us) or at [www.benchpresscontest.com](http://www.benchpresscontest.com) to take advantage of registration before fees increase.

The Foundation for Job Creation 732.995.3914  
Mark Nejmech | mark@jobcreation.us

## SpinaTrak



The average person sleeps 8 hours per night or 1/3 of their lifetime. A 60 year old person, therefore has spent 20 years horizontal and 40 years vertical. "The vertical gravitational pressure of the human torso on the lower back, for two thirds of your life, accounts for a large percentage of back pain." This is according to Dr. John Boren, president of SpinaTrak International, manufacturer of the new SpinaTrak IDE machine.

## DON'T STRETCH BEFORE EXERCISING

The cutting-edge science of evolutionary medicine is turning much of what we believe about fitness on its head. In his groundbreaking new book, *Evolution: The Practical Guide to Harnessing Our Inmate Capacity for Health and Healing*, William Meller, MD, explains why this common bit of wisdom is wrong.

"Always stretch before exercising is a piece of advice that most of us heard countless times—from coaches, parents, doctors, gym teachers, and scores of fitness experts. Yet a sizeable body of research now contradicts this age tenet of fitness. Meller, an expert in the field of evolutionary medicine and avid runner, explains why stretching actually increases the risk of injury and hinders our natural ability to heal from it.

Meller is available for interviews. Topics he can discuss:  
• Science vs. conventional wisdom  
• How stretching slows down healing  
• Warm up, don't stretch out  
• What's evolution got to do with it?  
— Lorna Garrano, 519.922.9765, [lornagarrano@gmail.com](mailto:lornagarrano@gmail.com)

## New Book for Youth Strength

CHAMPAIGN, IL.—Kids as young as seven can use strength training to improve their health and fitness, as well as ward off the degenerative effects of aging. However, coaches, teachers and fitness instructors often try to accommodate kids' needs by simply watering down adult programs—which can lead to injury. Now, two of the nation's top strength training authorities, Avery Faigenbaum and Wayne Westcott, provide up-to-date advice on designing age-specific strength training programs in their new book, *Youth Strength Training* (Human Kinetics, Sept. 2009).

— Patsy Lehn, 217.403.7558  
[www.humankinetics.com](http://www.humankinetics.com)



SHW Andy Elvis Doerner squatted a new record at the German Nationals of 423 kg. at 131 kg. (courtesy Gunca Von Bachhaus)

## Harbinger's Big Grip "No-Slip" Padded Lifting Strap



NAPA, CA, Aug. 31, 2009—Harbinger has made its mark by producing great accessories for weight lifters including gloves and lifting straps. Harbinger's straps have gained the respect of serious lifters by including features such as the rubber strip which prevents the strap from slipping, nylon weave that makes it last longer and an easy-adjust loop. Now, responding to feedback the company has received from lifters to create a more comfortable strap, Harbinger has designed the Big Grip "No-Slip" Padded Lifting Strap. The addition of a neoprene foam pad to the popular Big Grip "No-Slip" Padded Lifting Strap makes it the most comfortable and strongest lifting strap the company has developed.

The Big Grip "No-Slip" Padded Lifting Strap's features include:  
• Neoprene cushioning pad that makes it more comfortable for use; preventing strap rash.  
• Proprietary rubberized strips that grip the bar for added traction.  
• Nylon weave that increases durability.  
• 21.5" length that will wrap the bar twice for added stability.  
• One size fits most.

The Big Grip "No-Slip" Padded Lifting Strap is available at select sporting goods and fitness specialty retailers, fitness clubs as well as online throughout the US and Canada. The suggested US retail price is \$13.  
— Adrienne Fener, [adrienne@campbellconsulting.com](mailto:adrienne@campbellconsulting.com)  
[www.harbingergripfitness.com](http://www.harbingergripfitness.com)

## DIABETES PREVENTION

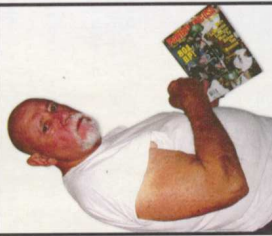
BLACKSBURG, VA, Sept. 9, 2009—Systematic, progressive resistance training, also called strength training, is a safe and efficient way for middle-aged and older adults to improve their health. A Virginia Tech led research team that includes experts in behavior, exercise, physiology, and medicine is designing a program to help pre-diabetic adults begin and maintain resistance training in order to prevent diabetes.

"In the case of diabetes, improved muscle function may improve insulin and glucose metabolism," said Brenda Davy, associate professor of human nutrition, food, and exercise in the College of Agriculture and Life Sciences at Virginia Tech. "But these positive effects depend upon maintaining resistance training over the long-term," said Winnet.

To read the full article, go to <http://www.vtnews.vt.edu/story.php?year=2009&itemno=628>  
For more information, contact Susan Trulove, 540.231.5646, [stulove@vt.edu](mailto:stulove@vt.edu).

## STILL SUPER STRONG

Ernie Lanier is 265 lbs. with 20" Arms at 70 yrs!



Ernie Lanier, a former professional wrestler known as the "Executioner" still pumps iron. He hopes to set the world record in the STRICT CURL.

Ernie used to train with legend Chuck Braxton and now with Matt Poe, and Big Wade Johnson in Nashville, TN. Ernie has previously appeared in PL USA with a snake wrapped around his neck while lifting. (photo courtesy of Matt Poe)

# POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## THE SCIENCE OF OVERTRAINING & RECOVERY

as told to PL USA by Peter Walters, Ph.D. - Associate Professor Wheaton College, assisted by Daniel Hardt - Applied Health Science Major



Ed Coan avoided overtraining and saved his best for the platform

**Introduction**  
I can't help but smile when I hear or read a strength training "expert" confidently communicate that it takes 24-48 hours for a muscle or muscle group to fully recover. Oh, how I wish that were true! Can you imagine being able to do heavy deadlifts on Monday and then 48 hours later on Wednesday pulling some ugly strong deadlifts again and then again on Friday since you, of course, would be "fully recovered." It makes my back ache just thinking about the kind of violence this type of training would do to any intermediate, much less advanced lifter, in a matter of a couple weeks. It would be so convenient and simple if muscle recovery could be boiled down to one simplistic formula like 24-48 hours, but any lifter who has spent much time in a gym knows intuitively that it's much more complex.

Powerlifting is my avocation. My actual vocation is teaching and research at a college just west of Chicago in Wheaton, IL. For my 50th birthday, I decided to give competitive powerlifting another "go." Being quite a bit older, I quickly realized that one of several changes that had taken place over the years was that my recovery time had significantly regressed. In an effort to better understand how I could deal with this new reality, I began my search which turned out to be more than 30 years of research on overtraining and recovery. As usual, at the end of my search I was left with more questions than answers, but here is the fruit of my work for those of you thinking about preventing overtraining and enhancing recovery.

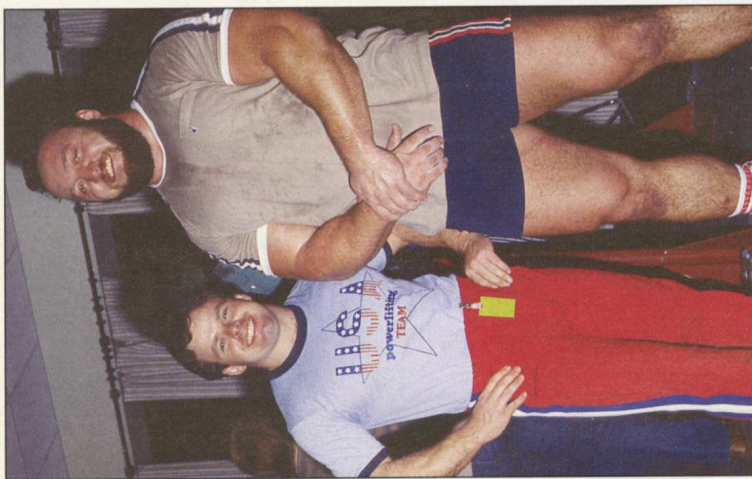
### Disclaimer

Let me quickly mention three details important to note at the beginning. First, there is quite a bit of physiological difference between aerobic and anaerobic overtraining and recovery. One of the most common methods I've heard people talk about regarding measuring whether or not you are overtraining, is an elevated heart rate. While this may be true for aerobic athletes, it is definitely NOT true for individuals participating in anaerobic sports. Important point: the information outlined in this article is specific to anaerobic activity. Next, there are NO published studies on the effects of taking anabolic drugs for enhanced muscle recovery. Most hardcore lifters know the powerful effect that steroids, growth hormones, and now gene expression can have on strength development and recovery. Since scientific data is not currently available, I will not include this subject as part of the discussion. Finally, I'm neither getting paid, reimbursed, nor am I affiliated in any way with a supplement or strength training company. My desire in writing this is to give a little back to the many lifters who have helped me over the years.

### Prevalence

Dr. Andrew Fry, Professor in the Department of Human Movement Sciences and Education at the University of Memphis, has suggested that athletes involved in high-intensity power sports are more susceptible to overtraining than low intensity aerobic athletes.

In addition, it seems that overtraining occurs with much greater frequency among intermediate and advanced lifters than beginners. Reasons for this include a beginner's inability to recruit a high percentage of muscle fibers, lowered motivational drive among novice lifters, and a beginner's reluctance to push the limits of their strength. The majority of studies report that somewhere between 10-20% of elite athletes are in some condition of overtraining. There appears to be no significant gender difference when it comes to overtraining, so men and women are equally at risk.



Bill Kazmaier (right) with Mike Bridges (left) at the 1983 IPF World Championships in Sweden. Neither lifter peaked their training very often (photograph provided by courtesy of Doyle).

### Measures of Overtraining

I've often dreamed of how nice it would be if a simple urine or saliva sample could tell me if I'm getting close to, or in a state of overtraining. Unfortunately, no such tests exist, even when using the most sophisticated biomedical equipment currently available. For more than three decades exercise scientists have speculated about how various biochemical markers might tell us when we are "over doing it." There have been several possible indicators suggested as meaningful measures of overtraining: changes in hematocrit levels, amount of blood testosterone, ratio of testosterone to cortisol, levels of epinephrine/non-epinephrine, amount of creatine kinase, and plasma glutamine levels. Yet each of these potential markers, when tested under rigorous conditions with a variety of subjects, fall in their ability to produce accurate and consistent measures of overtraining. What we are left with as the most reliable and consistent measures of overtraining are two somewhat subjective factors: fatigue and performance.

Fatigue can take on a range of different forms such as: suppressed appetite, restless sleep, decreased libido, increased stress, loss of motivation, or an overall sense of exhaustion. While feeling depleted is quite normal at the end of training, it should not be something that lingers and is present at the beginning of the next training period. A less subjective criteria than just how energetic you feel, is simply your performance. This one is a bit tricky since experienced lifters invariably hit plateaus, frequently lasting weeks or even months. However, if one's performance never seems to increase or even worse, begins to decline, it might be time to take a bit of a layoff.

### Training Variables that Affect Our Ability to Recover

According to the experts there are seven primary factors that affect

one's ability to recover from strength training.

1. **Muscle size:** Smaller muscles recover more quickly than larger ones. The legs, hips, and low back make up the largest, most powerful muscles of the human body. They are also the slowest to recover from an intense bout of exercise.

2. **Overall size:** Although there is less scientific data to support this point, there is a large amount of anecdotal evidence that the size of the individual needs to be considered with regard to recovery. In short, the belief is that larger athletes need more recovery time.

3. **Muscle function:** Muscles that are activated frequently in daily living recover in a quicker fashion. The calves and forearms are good examples of muscles that are used frequently in daily living. Both of these muscle groups recover quite quickly when compared to a less often used muscle group such as the neck and chest.

4. **Fiber Type:** Slow twitch (typically associated with low intensity and long durations) recover faster than fast twitch muscle fiber (high intensity for short duration).

5. **Range of movement:** Partial movements appear to require less recovery time than full range movements.

6. **Range of Repetitions:** Recovery happens quicker from low and high repetitions than repetitions in the middle range (between 4 and 12).

7. **Contraction Type:** Heavy eccentric loading is one of the most demanding and damaging of training modalities. In some severe cases, muscle damage is still present after 8 weeks of heavy eccentric loading.

"An ounce of prevention is worth a pound of cure" when it comes to overtraining. However, very few serious lifters have always stayed within the limits of their recovery system. Most in an effort to improve performance have pushed beyond the limits of their recovery system. So what methods, techniques, and supplements are available for individuals seeking to enhance their system of recovery?

Everything from magnets to sleeping positions are purported to enhance restoration. Yet, a much smaller number of methods have both a sound theoretical and physiological basis. Here is the short list:

1. **Rest:** This is one of the hardest things to convince any serious athlete to do is to take some time off. In addition to not making progress, they feel lazy, uncommitted, and even depressed when not involved in rigorous training. Yet the evidence is quite compelling how beneficial periodic "down time" can be. According to Dr. William Kraemer, one of the top minds in the strength training world, this is one of the fundamental reasons why periodization of training works so well. In periodization, it's like you have different "seasons of training" — spring when you do the preparatory work, "summer" when you pour it on, autumn when you're competing, and "winter" when you are hibernating. Neither crops nor humans can survive with only summer.

2. **Variation of exercises:** Perhaps one of the best training methods I picked up from the folks at Westside was how a slight variation in a basic movement (squat, deadlift, bench) can have a very positive effect with regard to muscle stimulation and the avoidance of injury caused by repetitively using the exact same exercise. To do this they use bands, chains, and an assortment of exercises in which they rotate on a fairly frequent basis (the last time I talked with Louie it was every 2 to 6 weeks).

3. **Sleep:** Approximately 80% of all the human growth hormone that our body produces is released during stage 3 and stage 4 sleep (the deepest levels of sleep we go through). Therefore, if you're not sleeping well—both in quantity and quality—it is time to start.

4. **Nutrition:** This one is really tough since virtually every nutrient is somehow connected to the body's ability to restore itself and function properly. Let me give you a short list of the "tried and true" that is more directly related to recovery. Quality protein is the building block of the body. Vitamin-C is important for collagen reformation. Omega-3 oils help with the inflammatory effects which typically accompany intensive training. Before leaving this subtopic, let me quickly mention that thanks to the work of several sports nutritionists, it is now safe to say that a post-workout meal consisting of 25g of protein and 50-75g of quick digesting carbohydrates aids in recovery.

5. **Ice:** While it is not clear as to the degree of assistance someone can gain from icing after training sessions, the bulk of the evidence indicates that it can help. The preferred method for doing this is applying ice through a wet towel for up to 30 minutes following a workout.

Allow me to conclude by saying that although there is scientific evidence for the factors that contribute to overtraining and recovery, actually knowing when you're in a state of overtraining is much more of an art than a science. Therefore, you will undoubtedly need to experiment a bit with the suggestions listed above to know more specifically how this affects your performance and rate of recovery.

“This Stack Drives Me to

# AWHILLATE

Matt “Kroc” Kroczaleski – Team MuscleTech™ Authority on Power

Matt “Kroc” Kroczaleski knows what it takes to get the job done. With record PBs no man on earth can touch, he has straight-up earned his credibility. Find out why Kroc only trusts the MuscleTech® brand...

**Q** You're a serious, elite athlete with serious supplement needs.

**What's important to you when stacking supplements?**

**A** I gotta have supplements that work to provide crazy feats of strength and explosive power. I take the KIC Muscle & Strength Stack because that's exactly what it does!

**Q** Why is a multivitamin essential, and what do you look for when choosing one that works?

**A** I need a potent multivitamin that takes care of my musclebuilding needs. Anabolic VITAKIC™ was created specifically for hard-training athletes; that's why I don't miss a single dose.

**Q** How does GAKIC Hardcore help you when training?

**A** It jacks up my strength like nothing else. I never train without taking GAKIC™ Hardcore beforehand 'cause I can't afford to waste even one training session on half-ass lifts. I trust it because I know it works.

**Q** How important is it for you to be as anabolic as possible?

**A** Anabolism is absolutely vital to my performance. The more anabolic I am, the more muscle I build, which means I lift heavier – it's not a complicated equation. I use LEUKIC™ Hardcore because it helps me stay anabolic.

**Q** Everyone knows creatine is essential for any hard-training athlete looking to gain muscle and strength. How has CREAKIC Hardcore helped you?

**A** Creatine's a weapon I have to have in my arsenal, and I take CREAKIC™ Hardcore for one simple reason: it works! It's given me results I've seen for myself – you just can't argue with that.

**Q** One last question, Kroc... What can we expect to see from you in the future?

**A** That's an easy one – HUGE lifts, mind-blowing PBs and untouchable records. And I'll be taking this MuscleTech stack to help me along the way.

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USPF World Record Deadlift

■ **MATT "KROC" KROCZALESKI**  
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Safety at work is a top priority for most, if not all, businesses. The goal is to leave the same way you came, no new cuts or bruises, etc. A huge amount of time and money is spent on this effort also. But how much thought do we as lifters give to our safety at a powerlifting meet? Of course, lifters do not have to deal with explosives, molten steel, high voltage electricity or sharp pencils, but there are safety issues involved in lifting competition. The question is how can each lifter insure that their competitive experience is a safe one?

The meet director has the overall responsibility to provide all lifters and spectators the safest possible and most meet friendly conditions. But I am not sure there are safety standards that are required to be met by any organization. For example, spotters do not have to go to spotter camp, attain spotter certification or require any previous spotting experience. They usually are made up of the meet director's buddies; some that have probably never seen a lifting meet, let alone spotted someone squatting 700 pounds or more. Sometimes in a pinch, spotters can be asked to volunteer from the audience. The meet director should also provide properly working equipment which should include secure locking collars, sturdy squat racks, and non-slippery platforms in both the platform and warm-up areas. But as all veteran lifters know, meet conditions vary greatly from meet to meet. Too many meets are equipped with unsafe equipment, inexperienced spotters and loaders and just lousy meet conditions.

Taking that into consideration, each lifter must basically look out for themselves. For strength in numbers I would suggest working together with your buddies who accompany you to the contest. Before each attempt, one of you should check to make sure the bar is loaded symmetrically on each side. Sometimes one loader will not load the bar correctly and the bar will be heavy or light on one side. This can prove to be dangerous to the lifter as well as the spotters if the lifter misses the lift due to losing his balance. Also, the spotters should make sure the collars are on securely and the plates are tight together from the inside collar to the outside collar. Loose plates can also compromise the lifter's control during execution of the lift.

Another worthwhile check is to make sure that the platform is dry and uncluttered. Spotters may get distracted and not place the loose plates back on the

# STARTIN' OUT

## MEET SAFETY as told to Powerlifting USA by Doug Daniels

The meet platform is not the only place that has safety issues. An even greater threat is the warm-up room. Warm-up rooms are basically free-for-all areas with an every man for himself attitude. There is no structure or order in the warm-up room. There are no dedicated spotters or loaders back there, each lifter must fend for themselves. Don't get the impression that no one helps each other there, but you must be aware that the ultimate responsibility of safety rests on you. You can contribute significantly to safety in the warm-up room by making sure you do not have any lifting gear, etc., in the way where lifters are warming-up or walking. Be considerate and help spot (safely) fellow lifters in the room. They will usually return the favor and spot you. I would suggest finding lifters of similar strength levels to share warm-up platforms with. If you are a 300 lb. squatter, I would not ask to join a group of 700 pound squatters.

When walking around the warm-up room, be aware of things going on around you such as lifters warming-up or wrapping, a collision could be disastrous. If you are not

warming-up or helping your buddy warm-up, stay out of the warm-up room and watch the meet from the audience. It's a good policy for meet directors to limit entry to the warm-up area to solely meet workers, lifters and helpers.

Considering the amount of recent attention given to infectious viruses, the latest flu strain, etc., it is important to wash your hands regularly. Pack some bandages and antiseptic for your own use in case you cut yourself or rip calluses. The no-water needed hand cleaner can come in handy too. It's just common sense and good hygiene.

Do not overcook the temperature and ventilation at the meet facility. I've attended high level meets that were in hotel hallways and around swimming pools. Some were just off a steamy, humid beach. These types of conditions can affect a lifter's energy level and could cause cramping or blackouts from overheating. Get occasional fresh air and cool water whenever possible to minimize these stresses.

The vast majority of meets are safe, but accidents can occur. Safety in any environment comes down to plain old common sense. Be aware of unsafe conditions and act accordingly. If you notice a safety issue at the meet, let the meet director or judges know as soon as possible. Most of these safety issues can be applied to your workouts in the gym. Do your part as a meet director, judge, lifter, spotter, helper or spectator to make each meet an accident free success.

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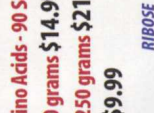
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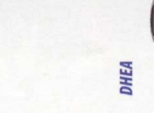
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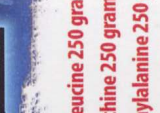
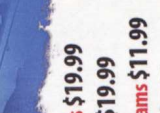


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I've had the opportunity and pleasure to know Dr. Fred Hatfield on both a professional and a personal level. Trust me when I tell you that Dr. Hatfield is no ordinary man. When I was working in professional baseball, I was around some of the most intelligent and renowned sports researchers in the world, and when I worked as a sports psychologist, I was around some of the greatest professional and amateur athletes in the world. I believe it is fair to say that I have met some really high-powered people in my lifetime. I am not easily impressed. Dr. Fred Hatfield impresses me.

To put it mildly, Dr. Hatfield is a Renaissance man. As a powerlifter, he was a lifting phenomenon—arguably one of the greatest lifters to ever walk the face of the earth, certainly the greatest squatter to ever walk this planet. Think about this for a second, he broke more than 30 world and national records in five different weight divisions, a feat never before accomplished by any athlete in any sport. I doubt seriously if anyone will ever come close to duplicating that accomplishment. His most memorable achievement in sports came at age 45 when, at a body weight of 255 pounds, he lifted 1014 pounds in the squat. At the time that was more weight than any man in history had ever lifted successfully in competition. Think about that, too. He was 45 when he did that. More than two decades later there are still only a handful of lifters who can squat that kind of weight without the assistance of performance aided equipment. He broke the world record on such a consistent basis that he became affectionately known around the world as "Dr. Squat." Not surprisingly, in June of 2000, Hatfield was inducted into the Powerlifting Hall of Fame, located in York, Pennsylvania.

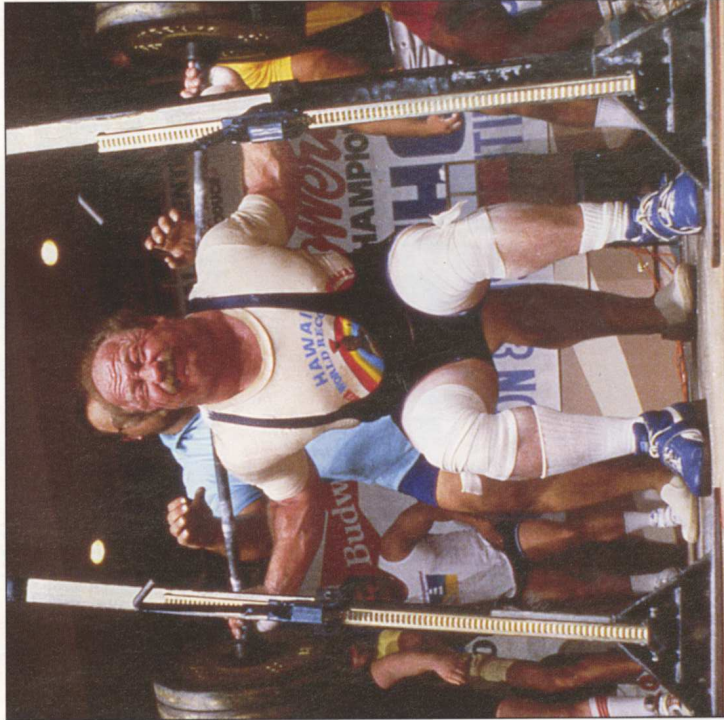
Incredibly, he has achieved similar elite accomplishments in a number of different disciplines. As a writer, he distinguished himself as a best-selling author. He has published 63 books. Many of his books have been translated into Italian, Japanese, Spanish, German and Russian for overseas publication. He has also written over 250 articles that have been published internationally. In 1985, he launched (for Weider Health & Fitness, Incorporated) one of the most successful sports training magazines in the country, Sports Fitness, which was later renamed Men's Fitness. Eventually, he advanced to the position of Senior Vice President of Weider Health & Fitness, Incorporated, and was director of research and development for that corporation until June 1991. During that time,

remained internationally competitive in the sports of master's level powerlifting and weightlifting. In August 1998, he represented the USA Weightlifting Team at the Nike World Masters Games in Portland, Oregon.

Unfortunately, he recently completed a long stint in the hospital where he had to have a radical prostatectomy for prostate cancer. The operation led to some major complications which resulted in several months in the hospital, including three weeks in intensive care for kidney failure. When he was released from the hospital, he had lost over 40 pounds and was disabled. He was confined to a wheelchair for two months, then a walker, a cane and now he has fully recovered. Not to my surprise or to anyone else who knows Fred, he is back in the gym and making great gains.

All of that is just the tip of the Fred Hatfield success story. There is so much more...too much more to mention here. That is the absolute reality of it all.

To learn more about this extraordinary human being, go to his website at: <http://drsqat.com>.



Dr. Fred Hatfield's 1014 at the 1987 Hawaii Record Breakers was the heaviest in history at the time

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# 2009 SINGLE EVENT WORLD CHAMPIONSHIPS Congratulations to the USA Team!



as told to Powerlifting USA by Roger H. Gedney

The 2009 Single Event World Championships took place in Bradford England on Sept. 11-13th. Meet Directors John Stokes and Gerald Pilling of the British Drug-Free Powerlifting Association hosted this exciting event in the Bradford University Atrium. Although both John and Gerald have successfully competed in several WDPF World Championships this was their first experience organizing and running a World Championship.

Bradford, located in the Northern portion of the UK, was much larger than anticipated. The culture & architecture was mainly European; newer modern structures, stood out as if totally out of place. The student gathering place, named The Atrium was a new, quite beautiful structure complete with concession facilities, study nooks, etc. The front wall & entry-way was made of glass that extended in a sloping manner to form a roof that attached to the top of a 4 story building forming the back wall of the venue.

The Championships weather was more than accommodating with plenty of sunshine; not one overcast or rainy day! The warm weather was appreciated by the lifters/fourlists who daily hailed about the city and surrounding areas. There were roughly 200-300 lifters competing of five ADFPF members represented in the Single Event World Championships throughout the three-day period. Team U.S.A. was composed

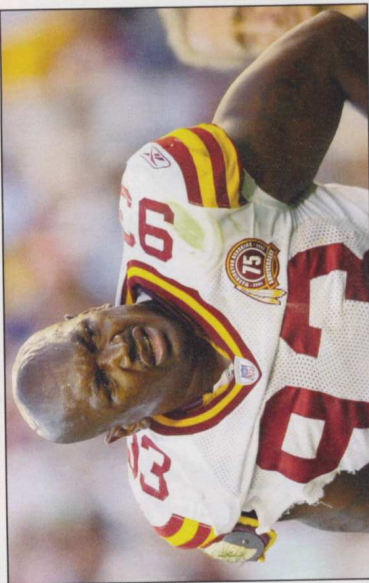
by Judith M. Gedney. We are very pleased to announce that during this competition each USA Team member set at least one World Record in their respective Weight Class, Division & Age Category.  
 The meet results are posted on the ADFPF Website, www.adpff.org. The results of our United States participants are as follows. In the unequipped squat event Judy Gedney finished with an 80 kilo squat giving her a second place finish in the open class and the Gold in the 65-69 yr age group of the 47.5 kilo weight class. Brad Lovejoy set a new World record of 202.5 kilos in the 145 kilo weight class. 50-54 age group. Gary Krueger competing in the 125 kilo weight class, 60-64 age group, established a new World record of 190 kilos.  
 In the Equipped Division Squat event Judy Gedney, Brad Lovejoy & Gary Krueger returned to the platform for the following: Judy squatted 103 kilos for a new Masters World record. Brad squatted 220 kilos and Gary squatted 227.5 kilos for another new Masters' World record. We believed Gary to be the second powerlifter with a prosthetic hip replacement (continued to page 68)

Category	Country	Weight	Record	
11-13 SEP - Bradford, ENG	USA	55kg	248	
	USA	61kg	176	
	USA	67kg	187	
	USA	73kg	94	
	USA	79kg	125	
	USA	85kg	122	
	USA	91kg	110	
	USA	97kg	110	
	USA	103kg	77	
	USA	109kg	116	
	USA	115kg	121	
	USA	121kg	132	
	USA	127kg	132	
	USA	133kg	122	
	USA	139kg	121	
11-13 SEP - Bradford, ENG	USA	55kg	363	
	USA	61kg	341	
	USA	67kg	385	
	USA	73kg	374	
	USA	79kg	264	
	USA	85kg	196	
	USA	91kg	341	
	USA	97kg	512	
	USA	103kg	495	
	USA	109kg	407	
	USA	115kg	424	
	USA	121kg	341	
	USA	127kg	341	
	USA	133kg	341	
	11-13 SEP - Bradford, ENG	USA	55kg	352
USA		61kg	308	
USA		67kg	457	
USA		73kg	429	
USA		79kg	407	
USA		85kg	396	
USA		91kg	319	
USA		97kg	363	
USA		103kg	526	
USA		109kg	446	
USA		115kg	434	
USA		121kg	206	
USA		127kg	206	
11-13 SEP - Bradford, ENG		USA	55kg	352
		USA	61kg	308
	USA	67kg	457	
	USA	73kg	429	
	USA	79kg	407	
	USA	85kg	396	
	USA	91kg	319	
	USA	97kg	363	
	USA	103kg	526	
	USA	109kg	446	
	USA	115kg	434	
	USA	121kg	206	
	USA	127kg	206	



# INTERVIEW

## Washington Redskins DE PHILLIP DANIELS interviewed by Mike Westerdal of Critical Bench



Defensive lineman, Phillip Daniels, hopes to help the Redskins win the Super Bowl.

I grew up in Northern Virginia as a huge Redskins fan. I live in the Tampa Bay area now so I've had a chance to go to some of the Skins/Bucs games that turned into a big rivalry over the last couple of years.

We've got a defensive end from the Washington Redskins, Phillip Daniels, on the line right now. A lot of you guys know Phillip is also an off-season powerlifter.

He's here today to talk to us about a hardcore gym he just opened up. It's called Monster Garage Gym in Illinois, and he opened it with 2-time WPC powerlifting champion Eric Maroscher.

**Mike Westerdal:** What's up, Big Phil? Thanks for being here today.  
**Phillip Daniels:** Thanks for having me!  
**MW:** You missed last year with a knee injury, right? Have you gotten back into any heavy lifting yet?  
**PD:** I think I was squatting about 500 in early March. So, actually, I'm exactly where I was last year, squatting wise and strength wise. So my knee is doing great. It's doing really well!  
**MW:** How did you originally get hooked up with Eric Maroscher from the powerlifting team?

**PD:** It's a long story, but I'll try to make it as short as possible. I was sitting in my office here in Illinois, and I told me the days in Illinois, I was just trying to find a gym I could train in—a powerlifting gym—because I did powerlifting in the past. So I went to look around on the Internet and I found this site called PowerliftingWatch. I was clicking around that site, I saw they had a space where it said "gym" and then they had "gym per state." So I clicked on Illinois and looked at all the gyms in Illinois and I saw there was a gym in my area—Monster Garage Gym.

I sent him a quick email, told him who I was, that I was from the Redskins and I was looking for a gym to train at. That I had previously wanted to try to get stronger and you know, "if you can help me out, let me know."  
He went back and forth. I think that first Eric really didn't know and he actually wanted to know what my numbers were. I gave him my numbers from meets up in Washington.

In that process, Eric mentioned it to Ronald Legereta who was a powerlifter on the team and a big-time Redskins fan. Ronald said "yeah, bring him in man, you

You know 2-time WPC powerlifting champ Eric Maroscher, Ronald Legereta, Pate Hurley—all those guys come through and they train hard.

Monster Garage Gym is just one of those gyms that is strictly for powerlifters; for guys who want to get strong, guys who want to push their body to the limits, but at the same time, Monster Garage will keep you safe.

**MW:** Right, it's not for everyone, but if you want to get stronger, for sure, this is the kind of place you need to find.

Everybody knows Westside Barbell, in Ohio, and they get a lot of athletes coming in there. They get stronger from what they learn, so I'm sure you'll have different people stopping by too.

On the website, www.monstergaragegym.com it mentions 24/7 access. Does that mean that it's open for other people to join too that don't want to train with the powerlifting team, but want to get stronger and want that kind of atmosphere?

**PD:** Yeah, any team member can come train at Monster Garage Gym any time they want to, as long as we give you a key, you go in, you train whenever you want to. It's 24-hour access. The gym is just a great addition for guys to just come in and get the training they need. We don't hate to be there.

We just want guys to come in, enjoy the gym, and get stronger. If you want to join our powerlifting team, that's good too. We'll happily accept you to come in and train with us.

**MW:** That sounds good. The only rule is don't do barbell curls on the monolith.

**PD:** Exactly. I was trained in regular gyms in the past. Now I currently train at Tampa Barbell, so I definitely don't think I can ever go back to a commercial gym where they don't have the equipment you need for athletes and powerlifters. I mean, you guys have bands, and chains, you can use that for squatting, reverse hyper... You've got all that a serious athlete is going to need.

So, why do you think so many people are just getting sick of commercial gyms? Seems like a trend, people are just starting to want to find their own place to train or start their own places.

**PD:** Well, for guys who try to get strong—really strong—commercial

cial gyms don't give you any kind of safety. In a powerlifting gym, you got guys behind you, and on the sides. You got guys who are really going to make sure you're safe.

In commercial gyms you've got to get a gym standing around in the gym to come give you a spot. But you don't know who this guy is, and he might not be a great spotter. He might not hand the weight right just be terrible.

In a power gym, you have guys you know; guys that hand off to you all the time, they know exactly how to spot you on the squat and all that.

Of course, as you mentioned, you can use chalk, powder, bands, chains... there are no bands and chains in commercial gyms.

Working out in a commercial gym, let me tell you, it's hard to get strong. A lot of commercial gyms won't even let you put a lot of weight on the bar.

**MW:** I know, you can put only like 225 lbs. on the bar at some places.  
**PD:** Exactly! They will limit what you put on the bar. If you put too much, they're will come and tell you "we don't allow so much weight on the bar, so you might have to find another gym."

Monster Garage Gym is the perfect gym because you can put what you want on the bar. We have people in there, like Eric Maroscher, and guys like my son who has been lifting for a while. All the guys that are in there are going to help you and spot and tell you what to put on next, and don't go too heavy and stuff like that, and you're going to get stronger.

I think that's the difference from going to a commercial gym and going to a power gym.

**MW:** You pretty much summed it up. Safety, though, is huge in this environment. Every time you want to be the best at something, you need to be around people that have that same drive. You need people that are going to keep you safe, and a place where you get all the equipment you need.

You don't want some pencil neck trainer at a commercial gym coming up to you and telling you that you're benching wrong or kicking you out of the gym for stupid stuff.

**PD:** Any time you go to a commercial gym, you can almost tell that when you get a lot of weight on the bar (if they allow you) that everybody is stopping to look at you. Like you're crazy. I mean, I'm trying to get stronger, but at the same time, they are thinking, "you are going to hurt yourself."

**MW:** In a commercial gym, you're like the strongest guy in there. People are just staring at you. You go to a barbell club or a powerlifting gym and you're just kind of blend.

**PD:** Exactly. I saw your videos where you did an APF meet in 2008. You hit a 722 squat and deadlifted 600. That was impressive. I swear, it looked like your warm-up sets I don't know if that was getting close to camp or what. Football is your livelihood; that's how you're making a living. The meet or do you treat it more like a workout?

**PD:** You know, everything I do in competition, I do in my workouts. Eric does a great good job trying to keep me safe. He knows my progression, he's not going to try to get me hurt. If you have the proper technique, you won't get hurt. Last year, I wasn't even close to getting hurt. I could probably have done 800 easy.

I go to the meet with a goal. We have numbers already written down that I want to get. So at that last meet, 700 was my goal. I got 700 on the second lift.

proper technique, you won't get hurt. Last year, I wasn't even close to getting hurt. I could probably have done 800 easy.

I go to the meet with a goal. We have numbers already written down that I want to get. So at that last meet, 700 was my goal. I got 700 on the second lift.

We don't just pile a bunch of weight on there and try to beat some kind of record or anything like that. We go up another 15 pounds or whatever. I just try to get a PR for myself, and I'm not trying to hurt myself in any way, but I'm trying to get a PR for me.

I'm competing with myself pretty much. I'm just trying to get something I'm comfortable with. Everything that I do at the meet, I'm close to in the week before I did the 722. I did 680. It was really easy. So I knew I could do 700 and something.

We just stay safe. People that said that powerlifting can injure you and stuff, that's only because you are not lifting right. You don't have the proper technique.

**MW:** Yeah, some people have big egos and try to touch weight they aren't ready for. Just take it nice and steady.

**PD:** For all of you that say that powerlifting can hurt you, okay, I powerlift, and I didn't get hurt doing powerlifting. But I got hurt playing football, and that's fine, but when you pile a lot of weight on the bar you risk injury? I risk injury every time I line up on the field. If you don't push yourself in the off-season you're not going to have any success on the field. So I push myself to get stronger and hopefully it pays off on the field.

**MW:** Overall, getting bigger and stronger should keep you safer on the field.

**PD:** Exactly. I remember when I played in Seattle in 1999 and that was one of my best years.

I stayed strong and did the things that I do on the field. To those that say I'm taking a risk, I don't think it's a risk, I think it's an opportunity to get better.

**MW:** You can't focus on the bad things that can happen. Were you wearing gear in that meet or do you guys compete raw?

**PD:** We wear singlet ply. Single-ply will keep you safe, it's not going

to give you too much, but at the same time you'll be able to feel the weight.

I see a lot of guys with multi-ply gear and it's just too much. I just want to do something simple where I know that most of the weight I know. We do a pretty good job in the singlet-ply. We can do a lot more weight by going double-ply, but why? Why put on that suit that will do most of the work for you, when you can go single-ply and you do most of the work?

**MW:** You mentioned that the lifting is making you a better football player, do you think it's making you more explosive too? Some of the heavy squatting—do you think it's helping you come off the ball better?

**PD:** For me as a defensive lineman, the key is the first three steps. We have to get through the big guys in the first three steps and the rest is just the luxury in getting the quarterback sack and getting to the back field.

When I got into powerlifting a year and a half ago, that was my whole goal—to get faster and quicker and to get more explosive coming off the ball—and I've done that.

Just in the practices, I can tell a big difference. After the first three steps, I've made my decision, and made my move...now I just have to get to the quarterback. I think that guys who powerlift and build their bodies that way, they have a lot of explosion.

That's the thing I wanted. Powerlifting works for every position, if you think about it. Every position needs that burst, that initial burst to get where they are going. We'll see this year, I think I'm stronger this year.

**MW:** Do you guys get tested in any one rep max lifts or do the coaches not want to risk injuries?

**PD:** We don't get tested, you just show up and play.

**MW:** So at the NFL level you're expected to be in shape?

**PD:** They have so much money invested in you. They don't allow you to really put a whole lot of weight on the bar. They do more sets and reps, those kind of things.

**MW:** A lot of former strength exercisers I would imagine.

**PD:** On my own, I like to get some reps on days that I need to do it, but they don't do power on days that I need to do power. The only time I remember getting tested was my first year with Mike Holmgren when I got to Seattle. We did a lot that year, we got tested on everything. We did 315 for reps. The

(continued on page 74)



Eric Maroscher is a record setting squatter (photos courtesy of Critical Bench)

# TRAINING

## THE SLIDE BAR DEADLIFT

as told to PL USA by Jim Douglas of PowerBuilders Gym in Jackson, MI

I have been experimenting with a deadlift design that would allow me to overload the start (weak area) of my deadlift and not tax the rest of the lift. My reasoning for this would be to preserve more of my recuperative ability for the start. My likelihood of overtraining would be less if I exerted less at the top and only trained hard at the start of the lift.

I have deadlifted using partial movements from the floor and stopping half way up. I felt that stopping half way was programming my muscles and nervous system to stop or at least to not accelerate enough. It is unnatural to start off of the floor and stop half way. Stopping against a safety bar or stretch strap in the power rack was still unnatural. So metrics also teaches your muscles and nervous system to not come off with some exercise that would overload just the start of the lift.

My Slide Bar Deadlift trains the start of the deadlift using a mechanical disadvantage. I use the leverage of the slide bar placed in the power rack to keep the deadlift bar a distance out from the shin at the start of the lift. The deadlift bar being forced out away from your shin creates a leverage disadvantage for your back. We have overloaded the desired portion of the lift, the start. The deadlift bar comes closer to the body as it rises up the slide bar towards the top, reducing the leverage disadvantage and decreasing the effort at the top. The leverage compensates for the lesser weight at the bottom. If you are weak at the start, this will address your problem.

The Slide Bar Deadlift forces you to maximize your effort at the start without using excess effort throughout the rest of the lift. This factor also allows acceleration to occur. The Slide Bar Deadlift training will train you to accelerate at the top because you can. You will not instinctively accelerate. It must be a conscious effort. This acceleration creates a neurological response to

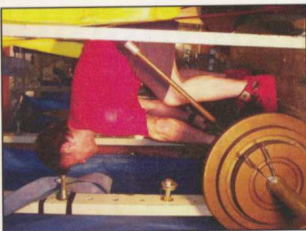
build explosive strength. The deadlift heavier. You should work up to 5 sets of 5 reps with 100 lbs. less than your 5 rep max. I recommend using an overhead grip and straps so as to not twist as you are pulling in, which would create torsion on your back. Do not use a touch and go technique, restart each rep from a dead stop. Maintain as close to the same mechanical joint angles as you can to your normal deadlift form. Your transfer of strength will not crossover if you are training using a different technique than you actually use to deadlift.

Remember to lower the bar slowly to take advantage of the eccentric phase of the lift. The mechanical leverage disadvantage creates a much greater effort at the start of the lift. The degree of difficulty can be varied not only by weight, but by the angle of ascent, and the starting distance from the deadlift bar.

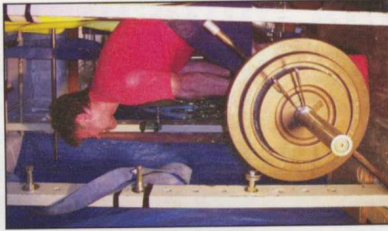
Injury prevention is also one of the better tools to use to make gains in lifting. An oversimplified theory of back injuries is that they are caused from lack of flexibility and strength imbalances. Actually we have more control over injuries than we realize.

Causes like insufficient warm-ups, over-training, lack of progression, and predisposed structural deficiencies are the greatest causes of injury, and we can control them. The hip flexor muscles stabilize the lumbar area and must be extra strong for the deadlift because the joint angle at the start of the lift disadvantages the hip flexor muscle. Abdominal muscles must be extra strong at the start of the lift to give core stability and low back rigidity. The mechanical disadvantages of the Slide Bar Deadlift addresses both of these muscle groups, and forces them to adapt to the extra stress.

You should begin these Slide Bar Deadlifts with light weights because of the disadvantaged starting position. Remember to keep a tight back. Progress is not only innovation, it is growth and advancement. I hope those of you that are challenged at the start of your deadlift will try these Slide Bar Deadlifts—they are another tool for your deadlift toolbox. If you are a hard gainer, you have to train hard, train smart, and be more resourceful with your work out plans.



At the start of the deadlift — notice the distance from the bar



Midway through the DL — the bar moves towards the body to make contact above the knees



Top of the DL — a normal lockout

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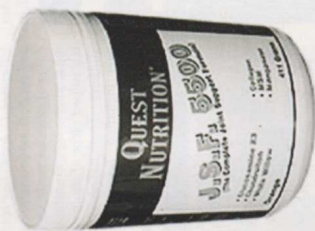
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# Hard Core Gym #91 MENDELSON'S F.I.T. GYM as told to Powerlifting USA by Rick Brewer



The Big Bench man, **Scott Mendelson**, owns **F.I.T. Gym** in the LA area

Last month, we went to Barber's Gym and heard about Paul Vargo's horrific arm-snapping injury. We also learned that Barber's Gym was a cool place to meet future wives. Speaking of wives: Scott Mendelson's wife is very supportive of his awesome lifting—many of you have seen her smack him around as he gets ready to lift. They are a real dynamic duo of lifting fury at the edge of a powerlifting platform! I saw Scott at the Mr. Olympia a couple of weeks ago in Vegas, and he was bigger than a Hyundai station wagon (if they make one)! Want to know more about the gym where he trains?

Hi, Rick, it's been a while. Hope things are going well for you. I had a small request. I train with Scott Mendelson and would like to request that his gym F.I.T. be featured as a Hard Core Gym in Powerlifting USA. His gym is really amazing with not only full powerlifting training, but also MMA, wrestling and top notch trainers. His gym changed location to increase the size of the gym, and he could use some publicity. So I would appreciate it if you could consider this, and keep up the good work—I like your articles! Thanks, Peter Tuminello

Heck, that email was enough to hook me. Peter's a really talented graphic artist, and he even pretends to like my articles! And Mendy is a super-human BP beast! I've seen

Scott lift too many times to count, and I have talked to him several times about his gym, but I never got all of the info. If his F.I.T. Gym is now in a new location, this is the time to jump on it! We'll start with Peter's info, then I'll ask Scott a few questions.

Scott Mendelson's F.I.T. (Fitness Individualized Training) is THE powerlifting gym in the Los Angeles area. F.I.T. Gym is located in



F.I.T. (Fitness Individualized Training) Gym is a 6,000 sq. ft. facility with everything a powerlifter needs

Van Nuys, California, in the San Fernando Valley near most of Hollywood's major studios. F.I.T. is a multi-purpose co-ed gym with an enormous list of exercises and trainers.

F.I.T. offers personal training in boxing, capoeira (Thank a-batic kicking dance. RB), wrestling, grappling, MMA, and of course, powerlifting. Each type of training is taught by professionals with real practical experience: either one-on-one, or in group sessions. One of the first things I noticed about F.I.T. is that Scott has gone out of his way to truly make you feel like this gym is your home away from home. Does this mean that I can eat Cheetos on the couch between SQ sets? RB: Maybe not, but the environment is still pretty casual, and everyone at the gym is there to see that you make the most out of your time there.

F.I.T. opened in 2004, but moved to the current location in 2007. The gym is a 6000 sq ft facility with everything a powerlifter would want for outstanding training sessions. There are 2 mono-lifts, 3 Forza benches, a deadlift platform and one power rack. For all of the weight training related to powerlifting, banks kilogram plates are used, totaling an excess of 2000lbs. There are also large supplies of pound weight plates, including rubber weights that make deadlifts and squats a lot easier to load. For secondary and support work, there is a wide range of exercise machines including a reverse-hyper machine which is a valued piece of equipment for '3 lifters.' There are also specialty bars including Texas and Okie squat bars.

For some of the heaviest cardio you can find, Scott's Hummer is out back. It has XL tires, and has been equipped for some heavy duty pulls in the parking lot. (Cool. RB)

F.I.T. has fully equipped locker rooms with showers. Scott's gym is also a very kid friendly environment, and some parents spend quality time with their kids on the wrestling mats.

It goes without saying that bench press training with Scott Mendelson will not only be a unique experience, but offers results like no other. Scott's bench press routines are taught twice a week—in group sessions on Tuesday night and Saturday morning. If you need additional attention, Scott can schedule you for one-on-one training. But Scott's gym is not BP only. Three-lifters have a squat and deadlift day or Thursday, currently taught by Justus Owens who has extensive experi-

ence in powerlifting and Olympic style lifting.

F.I.T. powerlifters know the importance of safety (side spotting over 1000 lbs. is usually a br-weekly event). They are a great group of lifters that will make you look forward to your next workout! Currently the powerlifting group ranges from 8-20 members, depending on schedules. Our youngest member is 18, and our oldest is 72. Like they say, powerlifting is truly a sport for every age!

Thanks for all that 'nto Peter. F.I.T. sounds like a cool place to lift. I wish I lived in LA, because I know Scott could help my BP! Plus, I could eat Chicken & Waffles at Roscoe's more often.

Here are a few questions that I had to ask Scott Mendelson:

**Rick Brewer:** I was astounded by the 500 and 600 pound BP reps at the 2008 Europa Show in Dallas! It was a war when you and Tiny went head-to-head! Would you ever try that again?

**Scott Mendelson:** I would try it again, but would prefer different circumstances.

**RB:** What can you tell me about the 715 lb. raw BP at New England BP Classic (5/22/05)?

**SM:** I didn't train for it. It was more about making a statement does Gene Rychlik.

**RB:** Who is your toughest BP opponent?

**SM:** ME. I don't care who I compete against. I am my own worst enemy. I have personal goals I plan to achieve and those goals exceeded anyone I compete against.

**RB:** Is it hard to run F.I.T. Gym while training for a maximal BP attempt?

**SM:** Unfortunately there is a shortage of companies that have

Beyond powerlifting, F.I.T. Gym also caters to wrestling, boxing, capoeira, grappling and MMA

serious interest in real athletes (in the sport of powerlifting). Many companies would rather pay a girl \$200, than hire a real athlete.

**RB:** What is next? What are your plans?

**SM:** I have been training to break the 1100 mark, as was published in MUSCLE & FITNESS. My event in January, the SCOT MENDELSON BENCH PRESS CLASSIC, has no petty politics. It is for those who have a true passion for the love of lifting. No B.S.; just get under the bar and

show the world what you can do.

In addition to the MENDELSON CLASSIC, I am also planning on attending APF Worlds in November, and the APF "Festival of Strength" in Camarillo, CA.

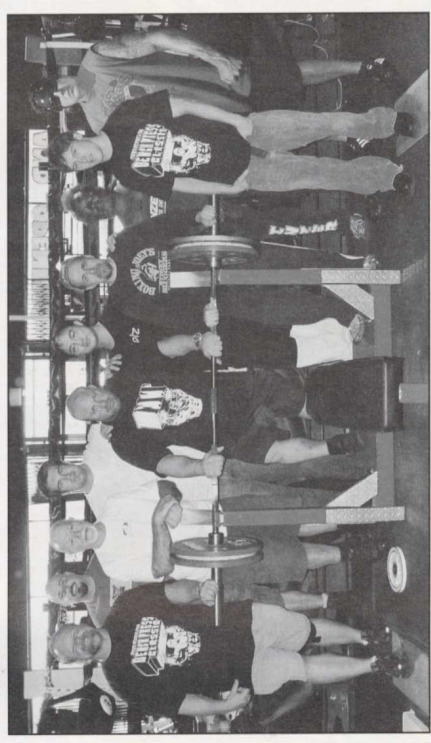
Very good. Scott, if anyone can hit an 1100 lb BP, it is you! I know that you'll do well in these future powerlifting meets. I've heard many good things about your BP Classic, and I know a couple of lifters who can't wait! Congrats on hosting a cool and unbiased meet, and congrats on your cool gym! I don't know much about Capoeira, but the next time that I'm in LA, I want to come let you critique my BP form!

If any you lifters are in the LA area, then you better hustle on over to F.I.T.! Don't make Scott hunt you down!! Here's the address and contact information:

**Fitness Individualized Training (F.I.T.)**  
6628 Van Nuys Blvd  
Van Nuys, CA 91405-4617  
Phone: (818) 817-3643

Next month, we'll probably look at another gym in CA, PA, or TX—because evidently there are no powerlifters outside these 3 states. In fact, the rest of the world is filled with weaklings who think 15 minutes on the treadmill is a "workout." Outside of TX, PA, and CA, every one wears pink leotards when they train.

Got any proof to the contrary? Email: Rick@houseofpain.com



Scott (center) stands with some of the lifters who work out at Fitness Individualized Gym in Van Nuys

# POWER RESEARCH

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## PLYOMETRICS

### The Solution to the Raw Bench Press

as told by **Josh Bryant, MFS, CSCS, PES ISSA-SPN, CPT, SSC**

The bench press is classified as a low-speed, muscular strength test. Require 3 seconds or less for one repetition max (5, p. 288). In spite of this, speed training in the bench press has become increasingly popular. Louie Simonian of West Side Barbell Club popularized this concept by advocating a speed day in the bench press. Some call it a "dynamic" day, some call it a "light" day. Fred Hatfield is a proponent of Compensatory Acceleration Training (CAT), which is defined as lifting sub maximal weights with maximum force. These developments in dynamic training have changed powerlifting and play a large part in the success of powerlifters in the bench press.

During the concentric portion of the bench press, there are three phases. First is the initial acceleration phase, where the weight is brought from a stand still at the chest rest position to maximum speed. The constant speed phase maintains maximal speed. In the deceleration phase, the weight slows toward lock-out to avoid hyperextension of the joint (4).

To lift maximum weights, it is necessary to keep the constant speed over as long a distance as possible. This is very similar to a 100-meter dash. After the initial 45-55 meters, it is reached (5, p. 475). It then becomes a matter of how long maximum speed can be sustained, which is usually about 3 seconds. This is referred to as speed endurance (1, p. 32). Therefore, the principles that apply to the 100-meter dash are similar to that of the bench press. In sprinting, the deceleration phase sets in because a lack of speed endurance and a transfer in energy systems be-

come recommended by Dr. Chu as a beginner, is 80 to 100 foot contacts; intermediate is 100 to 120 foot contacts; and advanced is 120 to 140 foot contacts (2, p. 435). However, I was a 300-pound person, and the smaller muscle groups of the upper body fatigue faster than lower body muscles. Through repeated trial and error, I found sets of all four movements, using 5-10 repetitions. Since the energy system being used is the phosphagen system, an appropriate work to rest ratio of 1:12 to 1:20 should be incorporated. This will allow maximum power achieved because of the long recovery period. I do this workout once a week, however, if you want to try it twice a week, I recommend 72-96 hours between training sessions.

The specificity principle asserts that the best way to develop physical fitness for your sport is to train the energy systems and muscles as closely as possible to the way they are used in your sport. (6) Medicine ball walk-overs are very popular with fighters and other athletes. While these do have their place for these athletes, we must look at the specificity. In my opinion, the walkover is not specific enough for the bench press to include it in the bench press training arsenal.

Dr. Chu says, "A practical definition of plyometric exercise is a quick, powerful movement using a pre-stretch or counter movement, that involves the stretch-shortening cycle, SSC." (2, p. 428). Because the bench press involves an eccentric and concentric phase, it is obvious how these plyometrics can benefit a powerlifter. I am not railing against speed bench presses; they obviously fall within the principle of specificity and the S.A.I.D. principle. Speed bench presses have limiting factors that upper body plyometrics do not! For anyone who is an advanced raw bench presser stuck in a plateau, I suggest they give upper body plyometrics a try!

References:

1. Larry Bureleson, et al. ISSA Strength Quickness Speed
2. Don Chu and Janet C. Harris. Essentials of Strength Training & Conditioning.
3. Fahey, Thomas D. ISSA Specialist in Sports Conditioning
4. Goldstein, Yuval. <http://www.me-somorphosis.com/articles/goldstein-speed-training.htm>
5. Janet C. Harris, et al. Essentials of Strength Training & Conditioning
6. <http://www.humankinetics.com/>



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**Gary Drigo**—teen star whomade it to the top of the APF/WPC



**Joe Norman** under a big load

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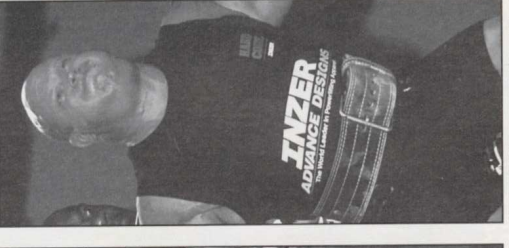
## ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 220 Pound (100 Kilogram) Weight Division — SQUAT

Squat	X-Bwt	Female American Lifter/YOB/Date/Actual Weight/Exact Bodyweight/Location/Federation
1.	1100.0 (499.0)	Sam Byrd/81/67/08 (1100.0 lb. @ 219.0 lb., Heaviest men's quintuple bwt. squat) (Gallinburg, TN) (SPF)
2.	1050.0 (476.3)	Daniel Blue/75/107/26 (1050.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (WPO)
3.	1025.0 (464.9)	Chuck Simmons/80/67/17 (1025.0 lb. @ 220.0 lb.) (Charleston, West Virginia) (IPA)
4.	1008.6 (457.5)	Christian Simpson/80/67/17 (1008.6 lb. @ 99.55 kg, 99.55 kg, 99.55 kg, 99.55 kg) (Palm Beach Gardens, Florida) (APF/WPC)
5.	1008.6 (457.5)	Shawn Frankl/77/11/21/08 (457.5 kg @ 99.38 kg, 99.38 kg, 99.38 kg, 99.38 kg) (Palm Beach, Florida) (APF/WPC)
6.	1003.1 (455.0)	Joe Norman/68/12/30/06 (455.0 kg @ 99.8 kg, 99.8 kg, 99.8 kg, 99.8 kg) (Lake City, Florida) (APF)
7.	1003.1 (455.0)	Michael Schwab/73/4/25/09 (455.0 kg @ 100.0 kg, 100.0 kg, 100.0 kg, 100.0 kg) (Columbus, Ohio) (WPO)
8.	1003.1 (455.0)	Joe Norman/68/12/30/06 (455.0 kg @ 99.8 kg, 99.8 kg, 99.8 kg, 99.8 kg) (Lake City, Florida) (APF)
9.	1003.1 (455.0)	Michael Schwab/73/4/25/09 (455.0 kg @ 100.0 kg, 100.0 kg, 100.0 kg, 100.0 kg) (Columbus, Ohio) (WPO)
10.	981.1 (445.0)	Larry Hook/69/3/2/07 (445.0 kg @ 99.0 kg, 99.0 kg, 99.0 kg, 99.0 kg) (Columbus, Ohio) (WPO)
11.	976.0 (440.0)	Jesse Kellum/65/11/7/03 (443.0 kg @ 98.2 kg, 98.2 kg, 98.2 kg, 98.2 kg) (Atlanta, Georgia) (WPO)
12.	976.0 (440.0)	Travis Mash/77/3/4/05 (440.0 kg @ 100.0 kg, 100.0 kg, 100.0 kg, 100.0 kg) (Columbus, Ohio) (WPO)
13.	964.5 (437.5)	Ed Coan/83/11/22/87 (964.5 kg @ 215.0 lb., 215.0 lb., 215.0 lb., 215.0 lb.) (Daytona Beach, Florida) (APF/WPC)
14.	964.5 (437.5)	Ed Coan/83/11/22/87 (964.5 kg @ 215.0 lb., 215.0 lb., 215.0 lb., 215.0 lb.) (Daytona Beach, Florida) (APF/WPC)
15.	950.0 (430.9)	John Cooney/72/12/20/04 (950.0 lb. @ 100.0 kg, 100.0 kg, 100.0 kg, 100.0 kg) (Salem, Virginia) (APF)
16.	943.0 (430.0)	Chris "Ox" Mason/72/3/3/06 (430.0 kg @ 98.8 kg, 98.8 kg, 98.8 kg, 98.8 kg) (New York) (WPO)
17.	937.0 (425.0)	Paul Urchick/59/5/18/97 (425.0 kg) (Aurora, Illinois) (APF/WPC)
18.	937.0 (425.0)	Tyson Hubbard/81/11/4/06 (425.0 kg @ 99.8 kg, 99.8 kg, 99.8 kg, 99.8 kg) (Lake George, New York) (WPO)
19.	925.9 (420.0)	Willy "Aussie" Adams/77/12/16/08 (925.9 lb. @ 90.0 kg, 90.0 kg, 90.0 kg, 90.0 kg) (Nurserieshoro, Tennessee) (SPF)
20.	925.9 (420.0)	Willy "Aussie" Adams/77/12/16/08 (925.9 lb. @ 90.0 kg, 90.0 kg, 90.0 kg, 90.0 kg) (Nurserieshoro, Tennessee) (SPF)
21.	920.4 (417.5)	Gene Bell/56/11/2/06 (417.5 kg @ 97.6 kg, 97.6 kg, 97.6 kg, 97.6 kg) (Lake George, New York) (APF/WPC)
22.	920.4 (417.5)	Henry Fletcher/63/6/14/09 (417.5 kg @ 98.1 kg, 98.1 kg, 98.1 kg, 98.1 kg) (Palm Beach Gardens, Florida) (APF/WPC)
23.	920.0 (417.5)	Dan Blankenship/78/1/20/08 (920.0 lb. @ 99.7 kg, 99.7 kg, 99.7 kg, 99.7 kg) (Columbus, Ohio) (IPA)
24.	909.4 (412.5)	Jerome Bailey/67/9/6 (412.5 kg @ 98.0 kg, 98.0 kg, 98.0 kg, 98.0 kg) (Daytona Beach, Florida) (APF/WPC)
25.	909.4 (412.5)	Jerome Bailey/67/9/6 (412.5 kg @ 98.0 kg, 98.0 kg, 98.0 kg, 98.0 kg) (Daytona Beach, Florida) (APF/WPC)
26.	903.9 (410.0)	Scott Rowe/74/11/18/07 (903.9 lb. @ 219.6 lb.) (York, Pennsylvania) (IPA)
27.	903.9 (410.0)	Adam Driggers/74/12/02/05 (410.0 kg @ 98.0 kg, 98.0 kg, 98.0 kg, 98.0 kg) (Jacksonville, Florida) (APF)
28.	903.9 (410.0)	Kyle Robertson/81/10/29/05 (410.0 kg @ 100.0 kg, 100.0 kg, 100.0 kg, 100.0 kg) (Chicago, Illinois) (WPO)
29.	903.9 (410.0)	Mark Hairston/67/11/4/06 (410.0 kg @ 99.7 kg, 99.7 kg, 99.7 kg, 99.7 kg) (Lake George, New York) (WPO)
30.	903.9 (410.0)	Mark Hairston/67/11/4/06 (410.0 kg @ 99.7 kg, 99.7 kg, 99.7 kg, 99.7 kg) (Lake George, New York) (WPO)
31.	903.9 (410.0)	John Colker/75/3/29/08 (410.0 kg @ 98.3 kg, 98.3 kg, 98.3 kg, 98.3 kg) (Houston, Texas) (APF)
32.	903.9 (410.0)	Ray Pierce/72/6/7/08 (410.0 kg @ 216.5 lb.) (Omaha, Nebraska) (APF/WPC)
33.	903.9 (410.0)	Bobby Frankl/81/3/22/09 (410.0 kg) (Omaha, Nebraska) (APF)
34.	903.9 (410.0)	Jesse Soule/76/1/17/09 (410.0 kg @ 99.2 kg, 99.2 kg, 99.2 kg, 99.2 kg) (Bay City, Michigan) (APF)
35.	900.0 (408.2)	John Wardell/81/3/22/09 (410.0 kg) (Omaha, Nebraska) (APF)
36.	887.4 (402.5)	John Wardell/81/3/22/09 (410.0 kg) (Omaha, Nebraska) (APF)
37.	887.4 (402.5)	Doug Carroll/69/3/24/07 (402.5 kg @ 98.7 kg, 98.7 kg, 98.7 kg, 98.7 kg) (Taylor, Michigan) (APF)
38.	881.8 (400.0)	Fred Hatfield/42/2/12/82 (400.0 kg @ 220.5 lb.) (Honolulu, Hawaii) (USPF/IFF)
39.	881.8 (400.0)	Steve Goggins/63/12/6/87 (400.0 kg @ 218.0 lb.) (Dallas, Texas) (USPF)
40.	881.8 (400.0)	Kenny Patterson/72/10/8/04 (400.0 kg @ 219.5 kg, 219.5 kg, 219.5 kg, 219.5 kg) (Atlanta, Georgia) (APF/WPC)
41.	880.0 (399.2)	Brandon "C4" Cass/74/6/12/04 (880.0 lb. @ 217.0 lb.) (Blue Springs, Missouri) (NSM)
42.	875.0 (396.9)	Brandon Phillips/3/25/95 (95.8 kg) (Huntington, Pennsylvania) (NSM)
43.	865.3 (392.5)	Gary Drigo/64/12/3/89 (392.5 kg) (Stone, England) (APF/WPC)
44.	865.3 (392.5)	Keith Ferrara/71/11/0/06 (392.5 kg @ 99.25 kg, 99.25 kg, 99.25 kg, 99.25 kg) (New Orleans, Louisiana) (WPO)
45.	865.3 (392.5)	Keith Ferrara/71/11/0/06 (392.5 kg @ 99.25 kg, 99.25 kg, 99.25 kg, 99.25 kg) (New Orleans, Louisiana) (WPO)
46.	865.0 (392.4)	Jim Buck/17/4/24/96 (865.0 lb.) (New Carrollton, Maryland) (IPA)
47.	865.0 (392.4)	Jim Buck/17/4/24/96 (865.0 lb.) (New Carrollton, Maryland) (IPA)
48.	860.0 (390.1)	Adam Hires/79/8/12/06 (390.0 kg @ 100.0 kg, 100.0 kg, 100.0 kg, 100.0 kg) (Dubuque, Iowa) (APF)
49.	859.0 (389.8)	Adam Hires/79/8/12/06 (390.0 kg @ 100.0 kg, 100.0 kg, 100.0 kg, 100.0 kg) (Dubuque, Iowa) (APF)
50.	855.0 (387.8)	Joey Steen/74/5/12/07 (855.0 lb.) (Bossier City, Louisiana) (APA)

(\*) indicates exact bodyweight (lineout of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court, Swannah, Georgia 31415; PH 912-926-2031; Email Address soongm@comcast.net). Records accurate as to my knowledge as of 10/30/08.



**Chris "OX" Mason** in the WPO



**Kenny Patterson**—UPA/President



**Kyle Robertson**—also a WPO man

## ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 181 Pound (82.5 Kilogram) Weight Division — SQUAT

Squat	X-Bwt	Female American Lifter/YOB/Date/Actual Weight/Exact Bodyweight/Location/Federation
1.	770.0 (349.3)	Laura Phelps-Sweet/80/11/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
2.	765.0 (346.8)	Laura Phelps-Sweet/80/11/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
3.	765.0 (346.8)	Dan Williams/69/6/27/06 (765.0 kg @ 172.3 kg, 172.3 kg, 172.3 kg, 172.3 kg) (San Antonio, Texas) (APF)
4.	765.0 (346.8)	Dan Williams/69/6/27/06 (765.0 kg @ 172.3 kg, 172.3 kg, 172.3 kg, 172.3 kg) (San Antonio, Texas) (APF)
5.	762.8 (345.8)	Kristina Rainwater-Grimwood/64/04/15/95 (620.0 lb. @ 179.0 lb.) (Lithamton, Pennsylvania) (IPA)
6.	762.8 (345.8)	Kristina Rainwater-Grimwood/64/04/15/95 (620.0 lb. @ 179.0 lb.) (Lithamton, Pennsylvania) (IPA)
7.	760.0 (345.0)	Dawn Reibel/66/11/3/06 (267.5 kg @ 82.45 kg, 82.45 kg, 82.45 kg, 82.45 kg) (Lake George, New York) (APF/WPC)
8.	758.0 (344.0)	Dawn Reibel/66/11/3/06 (267.5 kg @ 82.45 kg, 82.45 kg, 82.45 kg, 82.45 kg) (Lake George, New York) (APF/WPC)
9.	756.7 (343.3)	Terry Roland-Rohal/60/7/17/88 (257.5 kg @ 181.5 kg, 181.5 kg, 181.5 kg, 181.5 kg) (Columbus, Ohio) (APF/WPC)
10.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
11.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
12.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
13.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
14.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
15.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
16.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
17.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
18.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
19.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
20.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
21.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
22.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
23.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
24.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
25.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
26.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
27.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
28.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
29.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
30.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
31.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
32.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
33.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
34.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
35.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
36.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
37.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
38.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
39.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
40.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
41.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
42.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
43.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
44.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
45.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
46.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
47.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
48.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
49.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)
50.	757.8 (343.0)	Stella Krupinski/62/6/8/08 (253.0 kg @ 80.2 kg, 80.2 kg, 80.2 kg, 80.2 kg) (Norfolk, Virginia) (APC/WUAP)

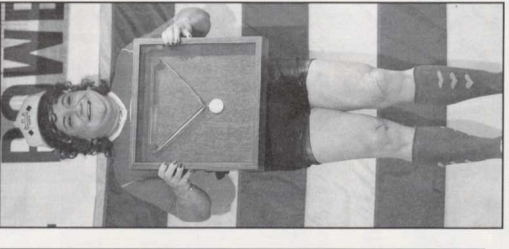
(\*) indicates exact bodyweight (lineout of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court, Swannah, Georgia 31415; PH 912-926-2031; Email Address soongm@comcast.net). Records accurate as to my knowledge as of 10/30/08.



**Maris Sternberg**—record breaker



**Betsy Ojanen**—impressive squatter who dominated the ADFPA



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**DEAR MAURO:** I had to write in and let you know about the results I'm getting from your Joint Support.

First of all, although I've never competed, I've been an avid powerlifter for decades and over that time I've followed your excellent column in Powerlifting USA.

I've been having problems the past year with arthritis in my hands and knees. I'm 59 years old and an orthopaedic surgeon who isn't ready to retire, at least not just yet. Also I'm not ready to stop powerlifting. But I was considering both since I couldn't get a handle on the arthritis even though I've been on numerous medications including NSAIDs and prednisone, and had various therapies.

A colleague suggested that I read Ming Chew's book, *Permanent Pain Relief*, to see if his methods could help. On reading the book, which is excellent, I noticed that he recommends taking nutritional supplement ingredients to help with pain and healing and that he personally takes your Joint Support.

I never believed much in nutritional supplements other than a one a day but I decided to order some of your Joint Support and also your MVM, which I used in place of my usual one a day. I got the order three days later and started taking 2 tabs of MVM and 5 tabs of Joint Support twice a day with breakfast and supper.

Frankly I didn't expect much and certainly didn't expect any results in the first few days. I was shocked when the soreness began subsiding after the first day. It's been five days now since I started taking the MVM and Joint Support and the swelling in my hand and knee joints has subsided and I can close both of my hands almost to the point of when the arthritis started acting up and my knees are almost painless. At this point I'm ready to follow some of the advice in Ming's book to enhance the beneficial effects of the supplements.

I'd certainly appreciate some advice from you on how to carry on and also about starting to lift again, particularly squatting. Over the past year I've lost some muscle mass and gained body fat, especially around the middle where I've moved up two notches in my belt. Maybe you could suggest some other supplements that may help me to get back into shape and improve my body composition.

Thanks for everything you've done and for the information you've dispensed over many years.

Leo

## ASK THE DOCTOR

### Questions answered by Mauro Di Pasquale MD

**LEO:** Thank you for your kind words. It makes my efforts more worthwhile when I hear that some of the things I do have helped others.

A lot of health professionals, including physical therapists, chiropractors, physicians and surgeons, use my supplements and recommend them to their patients. I heard about Ming Chew's book and the fact that he recommends my Joint Support. His book outlining methods for dealing with musculoskeletal pain, with an emphasis on the fascia, is one that all athletes should read since it injuries and pain—and for older athletes, arthritis—are common companions.

As far as my advice and recommendations, I'll do my best to point you in the right directions so that you'll get back in shape and back to lifting.

First of all, follow Ming's advice as outlined in his book and get some further relief from his methods. I'd stay on your present supplement regimen for at least another four to six weeks or longer if need be. Once the pain and stiffness is gone drop back the Joint Support to 5 tablets a day along with the 4 tabs of MVM, which is the recommended daily dose. At your age (and my age as well) taking Joint Support on a preventative level is something that I feel is as important as taking a daily vitamin and mineral supplement.

In a week or so I'd start back into a light powerlifting routine. Keep the weights low and the reps relatively high. The squat is going to be the toughest of the three and I recommend that you get a Safety Squat Bar (look for one at [www.dittels.com](http://www.dittels.com)) and train with that instead of a straight power bar.

The advantage of the Safety Squat Bar is that you can balance the bar on your shoulders without having to put your hands on it. This leaves your hands free to use on your knees and take some of the weight and pressure off as you go down. By varying how much support you get from your arms you can control your descent and gradually ease your way down to a parallel squat. After a while

You can use knee wraps if you wish for both the deadlift and squat, but keep them light and don't tighten them up too much as the wraps can be counter productive at this stage. In fact you'd likely be better off to use wide tensor bandages or knee sleeves for now and later on go with the powerlifting wraps as needed.

There are several other supplements I could recommend, but at this point I'd only add a few more to your supplement regimen. My first recommendation would be to take some GHBoost and TestoBoost before your training sessions and before bed. These two will boost your anabolic and fat burning hormones and help your performance and body composition. In a month or so, once we see how you progress, we can add some others, such as LipoFlush and Exersol that will accelerate your strength and body composition gains. I'd look these supplements up, especially the lengthy PDF files, in my store at [www.MDPlusStore.com](http://www.MDPlusStore.com).

Let me know how things go and if you have any questions on anything we've discussed, feel free to email me at any time.

Mauro

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- **Reinforced thicker neck.** No cheap, flimsy "low-profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.



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- The combination of several new contours built into the pattern complement the already superior RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jilting or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.



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The World Leader in Powerlifting Apparel

# PHENOM

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

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



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- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
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- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.



# ULTIMATE DENIM

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- The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

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 This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow, haze, yellow, misty green, jade, kelly green, forest green, kiwi, canis major, pink, orange, maroon, red, and black.  
**\$8.00**  
 (2X-3X add \$2.00 4X-5X add \$4.00)



**Warm Up Pullover Crewneck**  
 Keep warm in this comfortable warm up pullover with front pockets.  
**\$23.95**



**Jersey-Knit Short**  
 60% polyester/40% cotton jersey shorts with elastic waistband and side seam.  
 Large two-color Inzer logo.  
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**Suit Slippers**  
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 This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.  
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 The high quality Knee Sleeves XT are designed to improve circulation, reduce the performance and pleasure of competing and training for any athlete.  
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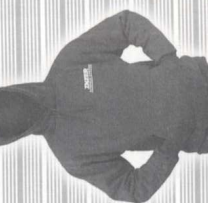
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 This large deluxe embroidered gym duffel is easy to look at Inzer logos and Strongest Sport. Powerlifting design. Large main compartment and smaller pockets for socks, shoes, and Heavy Duty Eractor Shirt. Great value.  
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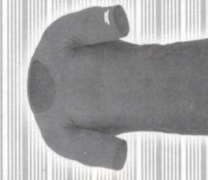
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**The Pillar**  
 The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your ankles during your lifting with this outstanding power shoe.  
**\$115.00**



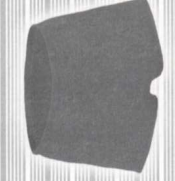
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 Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.  
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**High Performance HD Blast**  
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**Heavy Duty Eractor Shirt**  
 HD Eractor provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra eractor muscle.  
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**Heavy Duty Groove Briefs**  
 Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.  
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**SLP 10th Superman Classic**  
13 JUN 09 - Metropolis, IL

BENCH	R. Gray	430
Master	181 lbs.	
165 lbs.	D. Sullivan	285
M. Bischoff	242 lbs.	600
MALE	J. Lawson	370
Wheel Chair		
172 lbs.		
220 lbs.	Tein (16-17)	370
DEADLIFT		
220 lbs.	Tein (16-17)	565*
Stubblefield		
Tein (13-15)	S. Gaudish	455
165 lbs.	Junior	385
L. Wolfe	198 lbs.	
165 lbs.	1st year	
B. Hill	220 lbs.	
448-195	S. Butler	418-405
Tein (16-17)		
165 lbs.	Submaster	
D. McKittrick	300*	680*
275 lbs.	275 lbs.	
Tein (18-19)	J. 408-700*	
W. Wedeking	310*	
198 lbs.	Master (45-49)	
D. Darnell	400	
T. Taylor	Master (60-64)	
355	165 lbs.	
448-370	1st year	360
M. Barnett	370*	
Master (40-44)	Open	
220 lbs.	S. Smith	580
J. Starford	550*	
Master (45-49)	C. Williams	600

**2-Sun Light Power Illinois State Records.**  
Best Lift: Darnell, Joe Carter, Best Lifter Son  
Bench: Joey Lawson. The tenth annual Son  
Light Power Superman Classic at Metropolis,  
Illinois, thanks once again to Carla Ogilvie and  
the city of Metropolis for sponsoring the event.  
The best wheel chair athletes in the country,  
Multi-state record-holder Health Logsdon had  
a great day, matching his personal best with  
225. Lifting at 132 Health broke the Illinois state  
record with 370 lbs. Kevin Stubblefield had  
a great day, matching his personal best with  
at 220 he had set last year with a strong 375.  
A final attempt with a personal best 400 al-  
most went awry. Our only judy competitor  
was Marianne Bischoff, who finished with a  
personal best and new state record of 135 at  
165. In the 165 lb. class, 16-17 (225 class with 565) this  
year's competition. At junior it was  
134-151/165. In that same age group Brandon  
Hill got 195 at 181. Dalton McKittrick, another  
first-timer, broke the state record at 165-171/165  
with a strong 300. Our final teen lifter, local  
favorite Tony Taylor, broke the state record  
at 220 with 370. In the senior division  
it was Tony "The Tiger" Taylor for the win at  
198 with 370. Marc Barnett got a new pr while  
he tied the existing state record at 242 with  
370. Jerry Stafford continues to improve on

(13-16) SP	(50-59)	15			
Subs	Caterisano				
220 lbs.	Novice	17			
Payne	DEADLIFT				
420	Pinilla				
(50-59) Raw	242 lbs.				
Caterisano	275 lbs.	430			
(46-49) SP	(50-59)				
Chabani	40-49)				
Novice SP	Burnette	490			
McCure	POWER/CURL				
(17-19) Raw	105 lbs.				
Junior Raw	Greenickle	60			
325	220 lbs.				
Chancellor	Open				
335	Saxon	140			
Subs Raw	Open				
350	Caterisano!	150			
BENCH for Reps	52 lbs.				
105 lbs.	(50-59)				
Junior	Trull	160			
35	275 lbs.				
Greenickle	Open				
123 lbs.	Lowell	125			
(13-16)	Burnette	130			
Caterisano	SQUAT				
198 lbs.	198 lbs.				
Subs	Mammio	425			
220 lbs.	Junior				
21	(17-19) Raw	455			
Uhaa!	22				
Powerlifting	BP	DL	TOT		
198 lbs.	425	270	460	1155	
Subs Raw	460	290	500	1250	
40-49) Lifetime	460	290	500	1250	
Greene	545	385	630	1560	
(44-49) SP	Yearling				
220 lbs.	(50-59) Lifetime	340	270	385	995
340	Junior Raw				
450	Slack	450	225	455	1130
242 lbs.	Slack				
(40-49) SP	Maudlin	380	350	470	1200
Subs SP	Durham	545	440	510	1495
SHW	Open:	825	400	610	1935
100 lbs.	Junior	112-120	SP	105	
112-120	Chabani	100	132	lbs.	
105	Greenickle	100	132	lbs.	
100	100	132	lbs.		
123	123	lbs.			
80	80				
75	75				
198	198				
198	198				

Kevin Stubblefield with an SLP state record bench press of 375 pounds in the wheel chair (220 lb. division) (photo courtesy of Dr. Darrell Latch)

second attempt, as he won the 220 class. Our final puller was Big Chuck Williams, won with 550 at 40-44/220. At 45-49/220 it was Ron Gray with 430, just missing a PR 455 on his fourth attempt. For the open division Dale Lawson finished with 600 at 242, wearing just a single-ply shirt. Switching to his double-ply jersey came within inches of locking out 650 for a final attempt. Our final bench was Adam Miller who finished with 370 at 275. In the deadlift event, the 16-17 (225 class with 565) this year's competition. At junior it was Tony Taylor with 455 while Stephen Butler took the 220 with 405. Best lifter Joe Carter pulled an amazing 700 raw for the win at submaster level. This being three pounds over his personal best. In the senior division it was Tony Taylor for the win at 198 with 370. In the senior division it was Tony Taylor for the win at 198 with 370. Marc Barnett got a new pr while he tied the existing state record at 242 with 370. Jerry Stafford continues to improve on

**WNPF South Carolina Powerlifting**  
2 MAY 09 - Greenville, SC

BENCH	MALE	
105 lbs.	112-120	SP
105	Chabani	105
100	Greenickle	100
132	132	lbs.
80	80	
75	75	
198	198	
198	198	



(Below) competitors at the WNPF South Carolina State Meet (Ford)

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by Todd E. Bostrom

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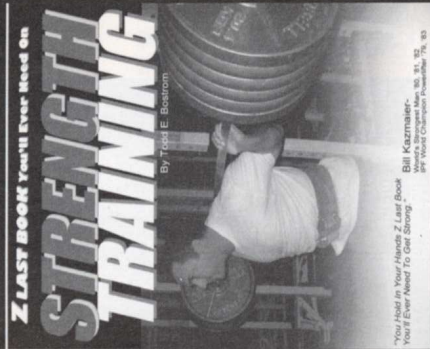
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IPF World Champion Powerlifter '79-'83

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Trainer of Champions

"If you want straightforward, time-tested, easy to follow, strength building formulas and routines- Todd's book is for you."  
**PHIL PFISTER**  
2006 Mac-Rx World's Strongest Man

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**MIKE LAMBERT**  
Powerlifting USA  
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**FRANCO COLUMBU D.C.**  
Mr. Olympia '76-'81



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## FORMER EDITOR STEVE DOWNS JOINS MHP

Former magazine editor, Steve Downs, recently joined MHP (Maximum Human Performance) as the new Marketing Director. The New Jersey-based company is a fast growing nutritional supplement marketer under the direction of former bodybuilding great Gerard Dente.

"MHP welcomes Steve to our team," says Dente. "His background in fitness magazines, bodybuilding, marketing and contest promotion makes him a perfect fit in helping our brand continue to grow. Steve is a great addition to MHP."

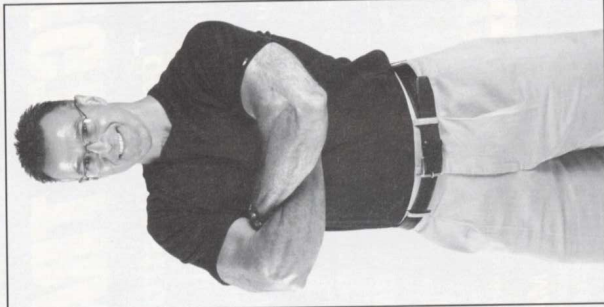
Downs was the Editorial Director of Chelo Publishing and Chairman of the World Natural Bodybuilding Federation for the past 21 years before joining MHP. He was responsible for launching Natural Bodybuilding & Fitness magazine in 1988 and Men's Exercise in 1990, and was instrumental in organizing the professional WNBFF and its amateur affiliate, the INBF. As a bodybuilder, he was the Natural U.S. Champion and Mr. Natural North America. He also competed in powerlifting (placing fourth in the ADPPA Lifetime Natural Nationals) and played semi-pro and college football. He received his Masters degree in Athletic Administration, has Bachelors degrees in English and Mass Communications and received the Certified Strength & Conditioning Specialist certification from the NSCA.

"I am very excited to work with Gerard Dente and be a part of MHP," says Downs. "I have used MHP supplements for several years, including Trac, Proholic-SR and Cyclin-GF, and these are products I truly believe in. This was a big move for me, but a fantastic opportunity to help the company grow."

Downs now oversees MHP's marketing activities, promotional projects, advertising, athlete relations, tradeshow planning and more. For more information or to contact him, send e-mails to [sdowns@maxperformance.com](mailto:sdowns@maxperformance.com).

— April Matera  
([amatera@maxperformance.com](mailto:amatera@maxperformance.com))

Maximum Human Performance  
21 Dwyight Place, Fairfield, NJ 07004  
973-785-9055



MHP's new Marketing Director, Steve Downs, has the experience needed to help MHP grow.

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Improve Circulation!  
Prevent injuries!  
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L. \$42.95 pr.

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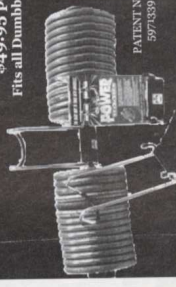
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lower price of  
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- 25g Carbs
- 5g Glutamine
- 500% Vitamin C

2 for  
**\$70**  
Special!



WADE HOOPER

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For years, powerlifters have wanted the stability and improved technique provided by an Olympic shoe combined with the ankle support and feel of a high-top. Well, **BAF SQUAT SHOES** ARE that combination. The raised heel and solid sole keep the lifter balanced and on their heels where they should be, while the firm construction and high-top design keep the lifter supported throughout the setup and the lift. Don't waste another day in the gym trying to squat in shoes that weren't made for squatting. **BAF SQUAT SHOES** are the combination that you need.

Sizes: Men's 7.5 - 13.5

**\$115**



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Arginine base powder, 300gm.....	12.00
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Citrulline, 100gm.....	11.50
Arginine Alpha KIC 750mg, 120 caps.....	11.25
Whey Protein 90% instant isolate, 24oz.....	18.75
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**100% Raw Eastern USA Open**  
22 AUG 09 - Standardville, VA

BENCH	Weight	Open	Score
B. Blough	62	435	325
B. Blough	65-69	260	
M. Algrin	77 lbs.		
M. Algrin	80-84		
M. Algrin	105 lbs.	487	
J. Anderson	Supers		
J. Brinn	(35-39)	450	
L. Anderson	(30-34)		
L. Anderson	(14-15)		
L. Anderson	(16-17)		
L. Anderson	(18-19)		
L. Anderson	(20-25)		
L. Anderson	(26-30)		
L. Anderson	(31-35)		
L. Anderson	(36-40)		
L. Anderson	(41-45)		
L. Anderson	(46-50)		
L. Anderson	(51-55)		
L. Anderson	(56-60)		
L. Anderson	(61-65)		
L. Anderson	(66-70)		
L. Anderson	(71-75)		
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L. Anderson	(811-815)		
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L. Anderson	(831-835)		
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L. Anderson	(841-845)		
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L. Anderson	(896-900)		
L. Anderson	(901-905)		
L. Anderson	(906-910)		
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L. Anderson	(961-965)		
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L. Anderson	(976-980)		
L. Anderson	(981-985)		
L. Anderson	(986-990)		
L. Anderson	(991-995)		
L. Anderson	(996-1000)		

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**100% RAW Powerlifting Federation**

Membership Application  
LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ INT. \_\_\_\_\_  
STREET ADDRESS: \_\_\_\_\_  
CITY / STATE / ZIP: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
AREA CODE / TELEPHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_  
AGE: \_\_\_\_\_ SEX: \_\_\_\_\_  
REGISTRATION FEE: \_\_\_\_\_  
\$25 - ADULTS  
\$10 - HIGH SCHOOL  
LIFTERS SIGNATURE: \_\_\_\_\_ PARENTS SIGNATURE IF UNDER 18 YRS. OLD \_\_\_\_\_  
DATE OF APPLICATION: \_\_\_\_\_ (This Will Be Your Renewal Date)  
By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

**USAPL Mountain Slates**  
21 MAR 09 - Aurora, CO

BENCH	Weight	Open	Score
A. Miller	165 lbs.	253	
A. Miller	181 lbs.		
A. Miller	197 lbs.		
A. Miller	213 lbs.		
A. Miller	229 lbs.		
A. Miller	245 lbs.		
A. Miller	261 lbs.		
A. Miller	277 lbs.		
A. Miller	293 lbs.		
A. Miller	309 lbs.		
A. Miller	325 lbs.		
A. Miller	341 lbs.		
A. Miller	357 lbs.		
A. Miller	373 lbs.		
A. Miller	389 lbs.		
A. Miller	405 lbs.		
A. Miller	421 lbs.		
A. Miller	437 lbs.		
A. Miller	453 lbs.		
A. Miller	469 lbs.		
A. Miller	485 lbs.		
A. Miller	501 lbs.		
A. Miller	517 lbs.		
A. Miller	533 lbs.		
A. Miller	549 lbs.		
A. Miller	565 lbs.		
A. Miller	581 lbs.		
A. Miller	597 lbs.		
A. Miller	613 lbs.		
A. Miller	629 lbs.		
A. Miller	645 lbs.		
A. Miller	661 lbs.		
A. Miller	677 lbs.		
A. Miller	693 lbs.		
A. Miller	709 lbs.		
A. Miller	725 lbs.		
A. Miller	741 lbs.		
A. Miller	757 lbs.		
A. Miller	773 lbs.		
A. Miller	789 lbs.		
A. Miller	805 lbs.		
A. Miller	821 lbs.		
A. Miller	837 lbs.		
A. Miller	853 lbs.		
A. Miller	869 lbs.		
A. Miller	885 lbs.		
A. Miller	901 lbs.		
A. Miller	917 lbs.		
A. Miller	933 lbs.		
A. Miller	949 lbs.		
A. Miller	965 lbs.		
A. Miller	981 lbs.		
A. Miller	997 lbs.		
A. Miller	1013 lbs.		
A. Miller	1029 lbs.		
A. Miller	1045 lbs.		
A. Miller	1061 lbs.		
A. Miller	1077 lbs.		
A. Miller	1093 lbs.		
A. Miller	1109 lbs.		
A. Miller	1125 lbs.		
A. Miller	1141 lbs.		
A. Miller	1157 lbs.		
A. Miller	1173 lbs.		
A. Miller	1189 lbs.		
A. Miller	1205 lbs.		
A. Miller	1221 lbs.		
A. Miller	1237 lbs.		
A. Miller	1253 lbs.		
A. Miller	1269 lbs.		
A. Miller	1285 lbs.		
A. Miller	1301 lbs.		
A. Miller	1317 lbs.		
A. Miller	1333 lbs.		
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A. Miller	1365 lbs.		
A. Miller	1381 lbs.		
A. Miller	1397 lbs.		
A. Miller	1413 lbs.		
A. Miller	1429 lbs.		
A. Miller	1445 lbs.		
A. Miller	1461 lbs.		
A. Miller	1477 lbs.		
A. Miller	1493 lbs.		
A. Miller	1509 lbs.		
A. Miller	1525 lbs.		
A. Miller	1541 lbs.		
A. Miller	1557 lbs.		
A. Miller	1573 lbs.		
A. Miller	1589 lbs.		
A. Miller	1605 lbs.		
A. Miller	1621 lbs.		
A. Miller	1637 lbs.		
A. Miller	1653 lbs.		
A. Miller	1669 lbs.		
A. Miller	1685 lbs.		
A. Miller	1701 lbs.		
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A. Miller	1749 lbs.		
A. Miller	1765 lbs.		
A. Miller	1781 lbs.		
A. Miller	1797 lbs.		
A. Miller	1813 lbs.		
A. Miller	1829 lbs.		
A. Miller	1845 lbs.		
A. Miller	1861 lbs.		
A. Miller	1877 lbs.		
A. Miller	1893 lbs.		
A. Miller	1909 lbs.		
A. Miller	1925 lbs.		
A. Miller	1941 lbs.		
A. Miller	1957 lbs.		
A. Miller	1973 lbs.		
A. Miller	1989 lbs.		
A. Miller	2005 lbs.		
A. Miller	2021 lbs.		
A. Miller	2037 lbs.		
A. Miller	2053 lbs.		
A. Miller	2069 lbs.		
A. Miller	2085 lbs.		
A. Miller	2101 lbs.		
A. Miller	2117 lbs.		
A. Miller	2133 lbs.		
A. Miller	2149 lbs.		
A. Miller	2165 lbs.		
A. Miller	2181 lbs.		
A. Miller	2197 lbs.		
A. Miller	2213 lbs.		
A. Miller	2229 lbs.		
A. Miller	2245 lbs.		
A. Miller	2261 lbs.		
A. Miller	2277 lbs.		
A. Miller	2293 lbs.		
A. Miller	2309 lbs.		
A. Miller	2325 lbs.		
A. Miller	2341 lbs.		
A. Miller	2357 lbs.		
A. Miller	2373 lbs.		
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A. Miller	2613 lbs.		
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A. Miller	2645 lbs.		
A. Miller	2661 lbs.		
A. Miller	2677 lbs.		
A. Miller	2693 lbs.		
A. Miller			

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Strength. Size. Endurance. You want it. You need it. So push the limits. And crush the competition. Introducing Pro Performance<sup>®</sup> AMP from GNC. It's a breakthrough moment in sports and fitness nutrition that raises the bar on all the others. And it's sure to be a breakthrough moment in your pursuit of your personal best.

There are a ton of sports nutrition products that promise to give you the edge you need to get bigger, stronger and more powerful. But not all products live up to their promise. Pro Performance<sup>®</sup> AMP is a new line of advanced muscle performance supplements. Working with new ingredient

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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.



**AMPLIFIED WHEYBOLIC EXTREME 60<sup>™</sup>**

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 amino acids. It all adds up to a 30% increase in muscle strength,<sup>1</sup> larger muscles and a 100% increase in exercise efficiency<sup>2</sup> for more gains from your workout.

**INCREASES MUSCLE STRENGTH BY 30%**



**AMPLIFIED MAXERTION N.O.<sup>™</sup>**

Pump up your workout with Amplified Maxertion N.O.<sup>™</sup> It's the first and only nitric oxide product clinically shown to delay muscle fatigue and boost intensity, to give you the power to push through the wall. In fact, it's been shown to improve physical performance by 20%.<sup>3</sup>

**IMPROVES PHYSICAL PERFORMANCE BY 20%**

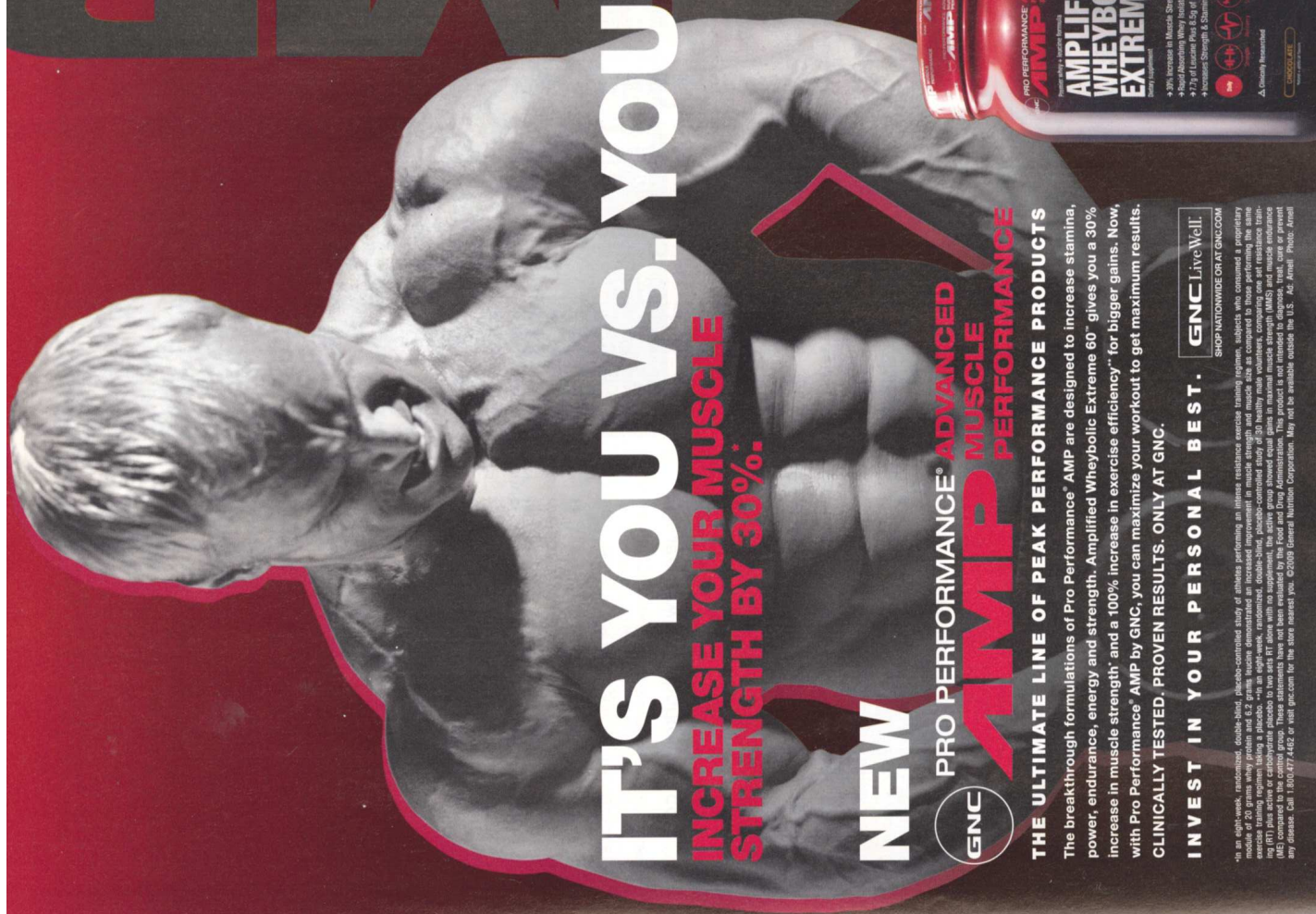


**AMPLIFIED MUSCLE MEAL**

GNC's most complete nutrition shake is packed full of nutrients your body needs to fuel your toughest workouts. Fifty grams of multi-action protein fuels muscles, 23 grams of micronized amino acids facilitate better absorption of muscle fuel, and the TriMG Intusion<sup>™</sup> gives you the ultimate power to perform.

**142% FASTER ABSORPTION<sup>4</sup>**

<sup>1</sup>In an eight-week, randomized, double-blind, placebo-controlled study of athletes performing an intense resistance exercise training regimen, subjects who consumed a proprietary increased improvement in muscle strength and muscle size as compared to those performing the same regimen while taking a placebo. In a separate study of 20 grams whey protein and 6.2 grams leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same regimen while taking a placebo. In a separate study of 7.7 grams leucine and 8.5 grams of micronized amino acids demonstrated a 30% increase in muscle strength and a 100% increase in exercise efficiency. <sup>2</sup>In a randomized, double-blind, placebo-controlled study of 20 grams whey protein and 6.2 grams leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same regimen while taking a placebo. In a separate study of 7.7 grams leucine and 8.5 grams of micronized amino acids demonstrated a 30% increase in muscle strength and a 100% increase in exercise efficiency. <sup>3</sup>In a randomized, double-blind, placebo-controlled study of 20 grams whey protein and 6.2 grams leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same regimen while taking a placebo. In a separate study of 7.7 grams leucine and 8.5 grams of micronized amino acids demonstrated a 30% increase in muscle strength and a 100% increase in exercise efficiency. <sup>4</sup>In a randomized, double-blind, placebo-controlled study of 20 grams whey protein and 6.2 grams leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same regimen while taking a placebo. In a separate study of 7.7 grams leucine and 8.5 grams of micronized amino acids demonstrated a 30% increase in muscle strength and a 100% increase in exercise efficiency. ©2009 General Nutrition Corporation. May not be available outside the U.S.



**IT'S YOU VS. YOU**  
**INCREASE YOUR MUSCLE STRENGTH BY 30%.**

**NEW**  
**PRO PERFORMANCE<sup>®</sup> ADVANCED MUSCLE PERFORMANCE**



**THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS**  
 The breakthrough formulations of Pro Performance<sup>®</sup> AMP are designed to increase stamina, power, endurance, energy and strength. Amplified Wheybolic Extreme 60<sup>™</sup> gives you a 30% increase in muscle strength<sup>1</sup> and a 100% increase in exercise efficiency<sup>2</sup> for bigger gains. Now, with Pro Performance<sup>®</sup> AMP by GNC, you can maximize your workout to get maximum results. **CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC.**

**INVEST IN YOUR PERSONAL BEST. GNC.LiveWell.**  
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<sup>1</sup>In an eight-week, randomized, double-blind, placebo-controlled study of athletes performing an intense resistance exercise training regimen, subjects who consumed a proprietary muscle of 20 grams whey protein and 6.2 grams leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same regimen while taking a placebo. In a separate study of 7.7 grams leucine and 8.5 grams of micronized amino acids demonstrated a 30% increase in muscle strength and a 100% increase in exercise efficiency. <sup>2</sup>In a randomized, double-blind, placebo-controlled study of 20 grams whey protein and 6.2 grams leucine demonstrated an increased improvement in muscle strength and muscle size as compared to those performing the same regimen while taking a placebo. In a separate study of 7.7 grams leucine and 8.5 grams of micronized amino acids demonstrated a 30% increase in muscle strength and a 100% increase in exercise efficiency. ©2009 General Nutrition Corporation. May not be available outside the U.S. Ad: Ampli Photo: Arnel



**AMPLIFIED WHEYBOLIC EXTREME 60**  
 PRO PERFORMANCE<sup>®</sup> ADVANCED MUSCLE PERFORMANCE  
 30% Increase in Muscle Strength<sup>1</sup>  
 100% Increase in Exercise Efficiency<sup>2</sup>  
 7.7g of Leucine Plus 8.5g of Micronized Amino Acids  
 23g of Protein Plus 2g of Branched Chain Amino Acids  
 100% Clinically Tested  
 100% Clinically Tested





# HOLIDAY FESTIVAL OF STRENGTH

**APF/AAPF POWERLIFTING GOLDEN STATE CHAMPIONSHIP DECEMBER 12, 2009**

Open to all APF/AAPF Registered Athletes  
Competitors may lift in the full meet (squat, bench press, and dead lift for a total) or in a 2-day meet (bench or deadlift only).

**DIVISIONS:**  
Raw (non-equipped), Multi-Ply, Single Ply (Mandatory Equipment Check), Single or one-piece lifting suit mandatory.

**APF WEIGHT IN:**  
24-hour weigh-in rule will apply.

Friday, December 11, 10:00 am - 4:00 pm  
Saturday, December 12, 6:00 am - 8:30 am

**MANDATORY APF RULES BREEFING:**  
Saturday, December 12, 8:30 am

**APF LIFTING STARTS:**  
Saturday, December 12, 10:00 am

**ENTRY FEES:**  
Full Meet or Push/Pull \$65  
Bench or Deadlift Only \$40

**USAW OLYMPIC LIFTING DECEMBER 13, 2009**

Open to all USAW Registered Athletes

**USAW WEIGHT IN:**  
24-hour weigh-in rule will apply.

Saturday, December 12, 10:00 am - 4:00 pm  
Sunday, December 13, 8:00 am - 9:30 am

**USAW LIFTING STARTS:**  
Sunday, December 13, 10:00 am

**UNIFORM:**  
Single or one-piece lifting suit mandatory.

**USAW ENTRY FEE \$25**

**ALSO:**  
Bench for Reqs. & Curl for Reqs. Contest - 2 Weight Classes, Cash Prizes Awarded!

**PLUS:**  
KETTLEBELL TRAINING SEMINAR  
CROSS FIT TRAINING SEMINAR  
WOMEN'S FITNESS BOOT CAMP

**DOWNLOAD ENTRY FORMS:**  
HTTP://APFCALIFORNIA.PROBOARDS.COM

OR  
**WWW.BODYTEMPLEGYM.US**

3316 MAYA LINDA UNIT-B, CAMARILLO, CA 93012 • (805) 484-5553

**AWARDS: SCULPTURED TROPHIES FOR 1ST PLACE • MEDALS FOR 2ND AND 3RD PLACE**

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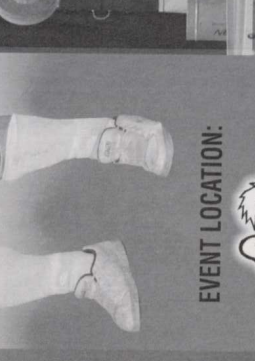
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**SPECIAL APPEARANCE: SCOT MENDELSON**  
1025 LB WORLD RECORD BENCH PRESS!



**EVENT LOCATION:**  
**BODYTEMPLEGYM**

**AWARDS: SCULPTURED TROPHIES FOR 1ST PLACE • MEDALS FOR 2ND AND 3RD PLACE**

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**SCIVATION**

## UPCOMING SLP COMPETITIONS

- 14 NOV, SLP Kentucky State (Louisville, KY)
- 21 NOV, USA Raw BP World Championships (Tuscola, IL)
- 22 NOV, SLP Michigan State BP/DL Champs (Sarasota, MI)
- 5 DEC, SLP Tennessee Christmas for Kids (Bartlett, TN)
- 12 DEC, SLP Arkansas Christmas for Kids (Rogers, AR)
- 26 DEC, SLP The Last One! BP/DL Champs (Tuscola, IL)

**San Light Power**  
122 W. Sale, IL 61953  
217-253-5429  
www.sanlightpower.com

Classic (Hopewell, VA) Meet Director, Barry Walker, (804) 458-7918  
**5 DEC**, 22nd Annual Elkhart Bench Press Classic (Elkhart, IN) Jon Smoker, jrsmoker@hotmail.com  
**5 DEC**, 9th Pocket Samson's Christmas BP/DL (one toy from each lifter for Toys for Tots - all wt. classes/divisions/age groups), (Westminster, MD), Chaz Riddle's Powerhouse Gym, 410.857.1232  
**5 DEC**, 56th Annual USPF Div. II Iron Man PL (GPC Rules), (Fresno, CA), Bob Packard, 559.323.3892 (after 8 PM), (c) 559.760.2970  
**5 DEC**, NASSA Missouri Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Carthage, MO), www.nassa-sports.com  
**5 DEC**, IPA Christmas Carnage/ Gene Ryckhag YMCA Bench Classic, Gene Ryckhag, 143 Second Ave., Royersford, PA 19468, bench\_a\_grand@yahoo.com, www.nyhlpowersystems.com  
**5 DEC**, USAPL Florida Senior/Master State Games 40+ Championships (BP, DL, PP - Ft. Myers, FL) Robert Keller, 954-790-2249, rtk@verizon.net, www.geocities.com/floridausapf  
**5 DEC**, WNPFL Lifetime Nationals & 12th Sarge McCray BP, DL, PL (Bordentown, NJ) Troy Ford, 770.668.4841, wrnpf@aol.com, WNPFL POBOX, 142347 Fayetteville, GA 30214, www.wrnpf.net  
**5 DEC**, SLP Tennessee Christmas for Kids BP/DL/Curl (Memphis, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sanlightpower.com, sonlightgym@verizon.net  
**5-6 DEC**, APF Southern States PL/BP (Jacksonville, FL), Wayne Puhum, pulsumplatform@aol.com  
**5-6 DEC**, AAU World BP, DL,

Director, Barry Walker, (804) 458-7918  
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**5 DEC**, SLP Tennessee Christmas for Kids BP/DL/Curl (Memphis, TN) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sanlightpower.com, sonlightgym@verizon.net  
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**5-6 DEC**, APF Southern States PL/BP (Jacksonville, FL), Wayne Puhum, pulsumplatform@aol.com  
**5-6 DEC**, AAU World BP, DL,

- P-P & AAU International PL (all divisions, raw equipped - Laughlin, NV) Martin Drake, Box 108, Nuevo, CA 92567, 951-928-4797, naturalpower@hughes.net, cell 310-953-5030
- 5 DEC**, USPF Musclesport Nutrition Open BP, DL, PP (USPF Division II, multi-ply) (Manchester, NH) Dave Follansbee, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.org
- 6 DEC**, 17th ADAU Raw Power coal Country Classic (Bigler, PA), Siegel Engraving, 814-765-3214, al@rkitup.com
- 6 DEC**, WNPFL Delaware Championships (Lewes, DE) Troy Ford, 770.668.4841, wrnpf@aol.com, WNPFL POBOX 142347, Fayetteville, GA 30214, www.wrnpf.net
- 12 DEC**, USAPL MA/RI States Open PL/BP (Johnston, RI) Eric Cordeiro, 59 Maplewood St., Watertown, MA 02471, 617-797-6597
- 12 DEC**, APF Holiday Festival of Strength (Body Temple Gym, Camarillo, CA), Larry Pollock, 805-484-5553, www.bodytemplegym.us
- 12 DEC**, SPF Body by George Mini-Meet Push-Pull (Lawrence, MA) George Herring, 770-963-6738, bbga2000@bellsouth.net
- 12 DEC**, East Coast Open BP/ DL (Feasterville, PA) Dave West, 215-355-2700 ext 130
- 12 DEC**, APF/AAPF Illinois Raw Power Challenge (Velo-city Sports - Willowbrook, IL) Eric Chicago, 630-677-4358, thestone@chicago-powerlifting.com
- 12 DEC**, WPC Israel Open Championships (Haifa, Israel), Anna Marcus, big-champ@big-champ.com, www.worldpowerliftingcongress.com
- 12 DEC**, APA Southern Texas Championships (Mission, TX) Scott Taylor, 356 Lakeland Dr. #3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com, www.apa-wpa.com/entryforms.htm
- 12 DEC**, 16th WNPFL Georgia State Powerlifting Championships (Atlanta, GA), www.wrnpf.net
- 12 DEC**, USPF NorCal/BP/ DL (Sacramento, CA) Steve Denton, 661-333-9800, Pwifitrs@msn.com
- 12 DEC**, NASSA West Texas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Hereford, TX), www.nassa-sports.com
- 12 DEC**, Arkansas Christmas Classic (Russellville, TN) Jesse Rodgers, 423-255-3672, www.
- 12 DEC**, SLP Arkansas Christmas for Kids BP/DL/Curl (Rogers, AR) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sanlightpower.com, sonlightgym@verizon.net
- 12 DEC**, USAPL Region VII (Philadelphia, MS) Jim Battenfield, 1490 Government St., #9, Brandon, MS 39042, 601-665-7783
- 12 DEC**, Iron Chamber Gym BP/ DL (Glenwood Middle School - old GOHS West Campus - Canton, OH) Jeffrey Begue, 330-844-1011, www.icg-pride.com, icg-pride@hotmail.com
- 12 DEC**, ADFFF competition (BP & DL with SQ for world qualifiers - Riverside High School, DeGraff, OH) gedney@logotix.net
- 13 DEC**, Paxton Strongman IV (Paxton, MA - Anna Maria College) Nathan, 508-791-3291, paxton-powergym.com
- 13 DEC**, British BP & DL Record Breakers (Cromwell Leisure Centre, Tongham Rd, Adleshott, Hampshire, GB) Entry to BPO no later than November 22nd, Meet Director David Carter, 07770-757321, www.wipowerlifting.com
- 19 DEC**, NASSA Illinois Christmas Regional, Equipped & Unequipped Powerlifting, Power Sports, Push Pull, Equipped & Unequipped BP only, Power Press (Flora, IL), www.nassa-sports.com
- 26 DEC**, SLP The Last One! BP/ DL (Tuscola, IL) Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sanlightpower.com, sonlightgym@verizon.net
- DEC**, APF Push Pull Meet (W. Lafayette, OH) John Blackstone, 740.502.4964, www.worldpowerliftingcongress.com
- 9 JAN 2010**, APA Bench Press Nationals (Hattiesburg, MS - all divisions) John Micka, jgmicka@aol.com, Bobby Myers, alaqua-pite@netzero.com
- 9 JAN 2010**, USAPL Wisconsin DeLis High School Meet, Brian Kenny, Box 556, Wisconsin Dells, WI 53965, 608-448-9034
- 16 JAN 2010**, USAPL Louisiana State PL (Lafayette, LA) Kirk Lavergne, 940 Wagon Trail Rd., Calendero, LA 70520, 337-247-1618
- 23 JAN 2010**, APF Ironclaw Open Record Setters BP (raw &



**WORLD NATURAL POWERLIFTING FEDERATION**

14 NOV. WNPF Lifetime Drug-Free International Championships & WNPF USA vs. WORLD Championships (Orlando, FL)  
 5 DEC. Sarge McCray-Ralph Peach Memorial & 21st Lifetime National Championships (Bordentown, NJ)  
 6 DEC. WNPF Delaware Championships (Lewes, DE)  
 12 DEC. WNPF Georgia State Championships (Atlanta, GA)

Contact info: Troy Ford, 770.668.4841 or wnfp@aol.com  
 www.wnfp.net

equipped, Athens, GA, National Qualifier) L. B. Baker, 770-713-3080  
 23-24 JAN 2010, Gorilla Pit Strength Sports Powerlifting Seminar featuring Chad Aichs (limited to 20 people), 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210  
 30 JAN 2010, USAPL High School & Collegiate RAW (Summit, PA) steve@purepowerlifting.com  
 31 JAN 2010, USAPL 8th High School & Collegiate North East USA Regional (Scranton, PA) steve@purepowerlifting.com  
 Cup (Fit Expo, Los Angeles, CA) Steve Denison, 661-333-9800, www.theftexpo.com  
 23-24 JAN 2010, Nasa National Nationals, Equipped/Unequipped PL/BP/PS/PP (OKC, OK) www.nasa-sports.com  
 30 JAN 2010, BPO Scottish Open BP, DL (Antonine Sports Center, Clydebank, Glasgow) Hamish Davidson, 07786 690607  
 30 JAN 2010, 100% Raw Potomac Open BP, DL, SC (Potomac Gym, Woodbridge, VA) John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com  
 30 JAN 2010, USPF Sooner State Winter Games (Shawnee, OK) Ricky Dale Crain, 405-275-3689, 800-272-0051, rcrain@alligancee.tv  
 30 JAN 2010, USAPL Wisconsin Winter Championships (Wausau, WI) Steve Denison, 661-333-9800, www.wisconsinpowerlifting.com  
 30 JAN 2010, USAPL National Championships (Denver, CO) www.nasa-sports.com  
 6 FEB 2010, USAPL Washington State Powerlifting Championships (Tumwater, WA) Valley Athletic Club, full powerlifting with bench and/or decurling option, Bull Stewart, 206-725-7894, bullstewart@hotmail.com, Richard Schuller, 206-280-8122, r@bullr.com  
 6 FEB 2010, Nasa Arizona

State, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com  
 6-7 FEB 2010, IPA LEX-EXTREME Columbus Pro Am (Courtward Marriott, Columbus, OH) Dan Dague, (614) 554-8824, lexextreme@aol.com, www.lexextreme.com  
 6-7 FEB 2010, WNPF Pan-American Championships (Antigua, Guatemala), wnfp@aol.com, www.wnfp.net  
 13 FEB 2010, Nasa Missouri State, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com  
 13-14 FEB 2010, Nasa Ohio State HS, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com, www.nasa-sports.com  
 20-21 FEB 2010, USAPL New Jersey State BP/PL, Rob Keller, Box 291571, Davie, FL 33329, 954-790-2249  
 27 FEB 2010, APF/AAPF Utah Powerlifting Meet (UT) John Cunningham, benchpress500@comcast.net, www.worldpowerliftingcongress.com  
 27 FEB 2010, USAPL Virginia Open PL/BP/PL/Ironman (raw and assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com  
 27 FEB 2010, USAPL SD PL/BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411  
 27 FEB 2010, Nasa East Texas State, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com  
 28 FEB 2010, USPF Northeastern Open BP, DL, P.P (Manchester, NH) Dave Follansbee, APL President, 603-626-5489, NHbodybuilding@yahoo.com, www.AmericanPowerlifting.com  
 FEB 2010, USPF Sacramento Meet, Steve Denison, 661-333-9800, pwrlifts@msn.com, www.worldpowerliftingCA.com  
 6 MAR 2010, Nasa Colorado State, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com  
 MAR 6-7 2010, USAPL Washington State Powerlifting Championships (Tribune, WA) Valley Athletic Club, full powerlifting with bench and/or decurling option, Bull Stewart, 206-725-7894, bullstewart@hotmail.com, Richard Schuller, 206-280-8122, r@bullr.com

13 MAR 2010, USPF Div. 2 California State (Fresno, CA - Bob Packer) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.worldpowerliftingCA.com  
 13 MAR 2010, 100% Raw Bench Press Meet (Hopewell, VA) Meet Director: Barry Walker, (804) 458-7918  
 13 MAR 2010, 100% Raw Ironman Nationals and United States Open BP, BL, SC (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com  
 14 MAR 2010, BPO Welsh & England Open PL, BP, DL (Four Seasons, Trillick Rd., Llanisamlet, Swansea) Ken Williams 07970 625946  
 20 MAR 2010, Nasa House of Pain Expo, Equipped/Unequipped PL, Strongman, Bikini Contest (Amarillo, TX) James Henson & Rich Peters, www.nasa-sports.com  
 20-21 MAR 2010, Nasa Jr. High, Teenage and Junior Nationals, Equipped/Unequipped PL/PS (Springfield, OH), Greg Van Hoese, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com, www.nasa-sports.com  
 21-22 MAR 2010, USAPL PA State (State College, PA) www.purepowerlifting.com  
 26-28 MAR 2010, USAPL High School Nationals, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034  
 27 FEB 2010, USPF California State, Equipped/Unequipped PL/BP/PS/PP (Palo Alto, CA) www.purepowerlifting.com  
 27 MAR 2010, USPF California State (Los Alamitos, CA) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.worldpowerliftingCA.com  
 27 MAR 2010, (TENTATIVE) USPF 46th Oklahoma State Meet, (Shawnee, OK) Ricky Dale Crain, 405-275-3689, 800-272-0051, rcrain@alligancee.tv  
 MAR 2010, USAPL 28th Pennsylvania State (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com  
 MAR 2010, APF/AAPF Illinois State Meet (Milwaukee, WI) Eric Stone, 630.677.4358, thestone@chicago-powerlifting.com, www.worldpowerliftingcongress.com  
 3 APR 2010, Nasa Kansas State, Equipped/Unequipped

PL/BP/PS/PP (Salina, KS) www.nasa-sports.com  
 9-11 APR 2010, APF High School Nationals, Garry Frank, 225.241.8154  
 10 APR 2010, APC Georgia State PL/BP (raw & equipped, Athens, GA, National Qualifier) L. B. Baker, 770-713-3080  
 11 APR 2010, 11th Pittsburgh Monster BP/DL (men, women, all classes, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Baraveshko, 152 Dewey Dr., Moon Township, PA 15108, 412-264-9996, vechko@verizon.net  
 11 APR 2010, Nasa Power Sports Nationals, Cunt/BP/DL, www.nasa-sports.com  
 16-18 APR 2010, AAPF Nationals (Qualifier for AWPC Worlds) (Detroit, MI) JJ Thomas, 734.642.7877, jjthomas@lifenetfitness.com, www.worldpowerliftingcongress.com  
 17 APR 2010, APC Illinois State Open PL/BP (raw & equipped, national qualifier, Joliet, IL) Jim Rouse, 815-347-4393  
 17 APR 2010, USAPL Texas State, Jim Yakubovsky, 5900 W. Pioneer Pkwy., Arlington, TX 817-466-8339  
 17 APR 2010, USPF Las Vegas Open (Joe Dentice) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.worldpowerliftingCA.com  
 17 APR 2010, Nasa Iowa State, Equipped/Unequipped PL/PS/PP (Des Moines, IA) www.nasa-sports.com  
 17 APR 2010, APA Raw Nationals, http://aparawnationals.webs.com  
 17-18 APR 2010, APF/AAPF Single Ply Nationals (Orlando, FL) Kieran Kidder/Amey Jackson, 630.896.7309, ameyjackson@aol.com, www.worldpowerliftingcongress.com  
 24 APR 2010, 31st annual ADAU Raw Power Day Classic (separate BP/DL meets, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.piklup.com, a@aol.com  
 24 APR 2010, Kern County High School (Bakersfield, CA) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.worldpowerliftingCA.com  
 24 APR 2010, USAPL Battle on the Bayou Invitational (Martsville, LA) Wade Hooper, 8724 Sharlane Dr., Baton Rouge, LA 70809, 225-620-7680  
 24-25 APR 2010, BPO European Championships PL, BP,

DL (Akureyri, Iceland) Sigfus Fossdal  
 APR 2010, USAPL 29th Collegiate National Championships (Scranton, PA) steve@purepowerlifting.com, www.worldpowerlifting.com  
 1 MAY 2010, Nasa Western States Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com  
 24 JUN, 6th Vermont State Meet Open BP, All American Fitness Center, 1881 Williston Rd., Burlington, VT 05403, 802-999-7845, Rick Poston, www.allamericafitnessvt.com  
 25-26 JUN 2010, ADEFP PL Nationals, (MO) Bill Duncan, mowpwr@aol.com  
 26 JUN 2010, (TENTATIVE) DATE) Nasa USA Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com  
 JUN 2010, APF Senior Nationals, Kieran Kidder/Amey Jackson, 866.389.4744, ameyjackson@aol.com, www.worldpowerliftingcongress.com  
 15 MAY 2010, Nasa Bench Press Nationals, Equipped/Unequipped BP/PS/PP (Denver, CO) www.nasa-sports.com  
 22 MAY 2010, Nasa Tennessee State, Equipped/Unequipped PL/BP/PS/PP (Pickwick, TN) www.nasa-sports.com  
 29 MAY 2010, Nasa South Texas State, Equipped/Unequipped PL/BP/PS/PP (Alvin, TX) www.nasa-sports.com  
 29-30 MAY 2010, USPF Military Nationals and Steve Beach PL (Venice Beach) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.worldpowerliftingCA.com  
 29 MAY 2010, USAPL Dells Summer High School Classic, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034  
 10 JUL 2010, (TENTATIVE) DATE) Nasa Grand Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com  
 10 JUL 2010, California State Games (sanctioned by USAPL) (San Diego, CA) Lance Slaughter, (310) 995-0047, lance@lance@sls@yahoo.com, calcistategames.org  
 24 JUL 2010, USPF Muscle Beach Push - Pull (Venice Beach, Joe Wheatley) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.worldpowerliftingCA.com  
 24 JUL 2010, ADFF "Un-Equipped" Larry Garro Memorial BP, DL, USPC FC (Dumbarton Middle School, Towson, MD) Brian Williams, 07970 625946, brian@usdi.net  
 24 JUL 2010, USAPL Mississippi State (Hattiesburg) www.usaplmisssippi.com, Knute Douglas, 601-606-1912, ogdawg29@yahoo.com  
 28-29 JUN 2010, USAPL Bench Press Nationals (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, 434-985-3932  
 JUL or AUG 2010, AWPC World Championships, Kieran Kidder/Amey Jackson, 661-333-9800, pwrlifts@msn.com

www.worldpowerliftingCA.com  
 12 JUN 2010, Nasa East Texas as Open, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com  
 18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (Palm Springs, CA) Lance Slaughter, 310-995-0047, lance@sls@yahoo.com  
 Recession Buster Entry Fee - \$30  
 Contact: Jon Smoker jfsmoker@hotmail.com  
 866.389.4744, ameyjackson@aol.com, www.worldpowerliftingcongress.com  
 7-8 AUG 2010, Nasa World Cup, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.denver.com/holiday-iron-central, www.nasa-sports.com  
 14 or 21 AUG, USPF Sierra Nevada Cup (Grass Valley, Steve and Karen Matthews) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.powerliftingCA.com  
 28-29 AUG 2010, USAPL Bench Press Nationals (Charlottesville, VA - www.usaplnationals.com/2010-benchpress-nationals/index.html) John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com  
 3-4 SEP 2010, AWPC/WPC Raw Worlds (Idaho Falls, ID) Mike & Linda Higgins, 208.528.0444, snakeriver@yahoo.com, www.worldpowerliftingcongress.com  
 4-5 SEP 2010, USPF Muscle Beach PL (Venice Beach - Joe Wheatley) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.powerliftingCA.com  
 11 SEP 2010, APF/AAPF Summer Heat VI (Rock Hill, SC) Eric Hubbs, 803.366.9895, net-tin\_fish@msn.com, www.worldpowerliftingcongress.com  
 12 SEP 2010, BPO UK Open PL, BP, DL (Four Seasons, Trillick Rd., Llanisamlet, Swansea) Ken Williams, 07970 625946  
 2 OCT 2010, Nasa East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com  
 16 OCT 2010, Nasa Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) www.nasa-sports.com  
 23 OCT 2010, 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women - Bigler, PA, the longest continuous

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 14 or 21 AUG, USPF Sierra Nevada Cup (Grass Valley, Steve and Karen Matthews) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.powerliftingCA.com  
 28-29 AUG 2010, USAPL Bench Press Nationals (Charlottesville, VA - www.usaplnationals.com/2010-benchpress-nationals/index.html) John Shifflett, 186 Happy Hollow Rd., Rockersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com  
 3-4 SEP 2010, AWPC/WPC Raw Worlds (Idaho Falls, ID) Mike & Linda Higgins, 208.528.0444, snakeriver@yahoo.com, www.worldpowerliftingcongress.com  
 4-5 SEP 2010, USPF Muscle Beach PL (Venice Beach - Joe Wheatley) Steve Denison, 661-333-9800, pwrlifts@msn.com, www.powerliftingCA.com  
 11 SEP 2010, APF/AAPF Summer Heat VI (Rock Hill, SC) Eric Hubbs, 803.366.9895, net-tin\_fish@msn.com, www.worldpowerliftingcongress.com  
 12 SEP 2010, BPO UK Open PL, BP, DL (Four Seasons, Trillick Rd., Llanisamlet, Swansea) Ken Williams, 07970 625946  
 2 OCT 2010, Nasa East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com  
 16 OCT 2010, Nasa Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) www.nasa-sports.com  
 23 OCT 2010, 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women - Bigler, PA, the longest continuous



ally conducted drug free meet in the world) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pik1up.com, a@pik1up.com

**30 OCT 2010, (TENTATIVE)** Equip/Un-equipped PL/BP/PS/PP (Springfield, OH) www.pwefitf.com

**OCT 2010**, USPF Modesto Open (Modesto - Mike Womack) Steve Denison, 661-333-9800, pwefitf@msn.com, www.pwefitf.com

**13 NOV 2010**, USA Regional, Equip/Un-equipped PL/BP/PS/PP (Springfield, OH) www.pwefitf.com

**12-14 NOV 2010**, WD-PF World PL Championships (Crown Plaza Hotel, Dundalk, Co. Louth, Ireland) gedney@logomix.net

**13 NOV 2010**, USPF Central California Open (Taft, CA) Steve Denison, 661-333-9800, pwefitf@msn.com, www.pwefitf.com

**13 NOV 2010**, USA Colorado Regional, Equip/Un-equipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com

**20 NOV 2010, (TENTATIVE DATE)** NASA Kansas Regional, Equip/Un-equipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com

**NOV 2010**, WPC World Championships (Ukraine) Vitaliy Bobchenko, www.worldpowerliftingcongress.com

**NOV 2010**, USAPL Virginia State PL, DL, Ironman (law & assisted - Starnardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiaopenlifting.blogspot.com, valifting@aol.com

**NOV 2010**, USAPL Stars & Stripes BP & DL (Scranton, PA) Steve Denison, 661-333-9800, www.purepowerlifting.com

**NOV 2010**, USPF NorCal PL (Sacramento - Mark Bell) Steve Denison, 661-333-9800, www.purepowerlifting.com

**NOV 2010**, USPF San Diego Open, Steve Denison, 661-333-9800, pwefitf@msn.com, www.purepowerlifting.com

**11 DEC 2010**, USA West Texas Regional, Equip/Un-equipped PL/BP/PS/PP (Herald, TX) www.nasa-sports.com

**18 DEC 2010**, NASA Illinois Christmas Regional, Equip/Un-equipped PL/BP/PS/PP (Flora, IL) www.nasa-sports.com

**JAN 2011**, USAPL HS/Collegiate Raw (Scranton, PA) www.purepowerlifting.com

**8-10 APR 2011**, USAPL Collegiate Nationals (Scranton, PA) www.purepowerlifting.com

**10-12 JUN 2011**, USAPL Men's Open, Teen, Jr., National, Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Peart, MS 39208, 601-665-7783

**JUL 2011**, USAPL Raw Nationals (Scranton, PA) www.purepowerlifting.com

**10-11 DEC 2011**, USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Peart, MS 39208, 601-665-7783

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**DL** Open Record Breakers, (Four Seasons, Trillum Rd., Lansanriet, Swansea) Ken Williams, 07970 625946

**4 DEC 2010, (TENTATIVE DATE)** NASA Missouri Regional, Equip/Un-equipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com

**4 DEC 2010**, IronMan D2 PL Raw ADAU "Coal Country" Classic (separate SQ/ BP/DL meet, open and all age groups/divisions for men/women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pik1up.com, a@pik1up.com

**11 DEC 2010**, 100% Raw Christmas Classic BP, DL, SC (Starnardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiaopenlifting.blogspot.com, valifting@aol.com

**11 DEC 2010**, USPF San Diego Open, Steve Denison, 661-333-9800, pwefitf@msn.com, www.purepowerlifting.com

**11 DEC 2010**, USA West Texas Regional, Equip/Un-equipped PL/BP/PS/PP (Herald, TX) www.nasa-sports.com

**18 DEC 2010**, NASA Illinois Christmas Regional, Equip/Un-equipped PL/BP/PS/PP (Flora, IL) www.nasa-sports.com

**JAN 2011**, USAPL HS/Collegiate Raw (Scranton, PA) www.purepowerlifting.com

**8-10 APR 2011**, USAPL Collegiate Nationals (Scranton, PA) www.purepowerlifting.com

**10-12 JUN 2011**, USAPL Men's Open, Teen, Jr., National, Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Peart, MS 39208, 601-665-7783

**JUL 2011**, USAPL Raw Nationals (Scranton, PA) www.purepowerlifting.com

**10-11 DEC 2011**, USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Peart, MS 39208, 601-665-7783

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### WABDL Great Lakes Regional

18 JUL 09 - Lansing, MI

**FEMALE**

Law/Fire Open 990\*

Schert 47-53

220 lbs. 126\*

132 lbs. 115

114 lbs. 121

108 lbs. 236\*

114 lbs. 181\*\*

123 lbs. 148

148 lbs. 242\*

155 lbs. 490\*

165 lbs. 336

181 lbs. 341

198 lbs. 369

215 lbs. 52\*

232 lbs. 246\*

250 lbs. 363

267 lbs. 413

284 lbs. 319

301 lbs. 275

320 lbs. 542\*

337 lbs. 485\*

354 lbs. 465\*

371 lbs. 369\*

388 lbs. 418\*

405 lbs. 529\*

422 lbs. 366

439 lbs. 347\*

456 lbs. 429

473 lbs. 407

490 lbs. 363

507 lbs. 418

524 lbs. 628

541 lbs. 622

558 lbs. 347

575 lbs. 600

592 lbs. 627

609 lbs. 716

626 lbs. 700

643 lbs. 628

660 lbs. 628

677 lbs. 622

694 lbs. 622

711 lbs. 622

728 lbs. 622

745 lbs. 622

762 lbs. 622

779 lbs. 622

796 lbs. 622

813 lbs. 622

830 lbs. 622

847 lbs. 622



Jeff Begue got a new WABDL World Record at 308, Law/Fire Submaster Men (courtesy of Jeff Begue)

gan record. Harold Hills from Michigan set a new WABDL World Record at 308, Law/Fire Submaster Men (courtesy of Jeff Begue). Jeff Begue is a 308 lb. powerlifter from Michigan who has been competing in the sport since 1988. He has a long and successful career, having won numerous titles and records. In 2009, he set a new WABDL World Record at 308 lbs in the Law/Fire Submaster Men category. This record was a significant achievement for him and for the sport. Jeff is known for his strength and dedication to the sport. He has been a member of the Michigan Powerlifting Federation and has competed in many other competitions. His record at 308 lbs is a testament to his hard work and talent. Jeff is currently training at the Michigan Powerlifting Federation in Lansing, Michigan. He is looking forward to competing in more competitions and hopefully setting more records. Jeff is a role model for many young powerlifters and is a great ambassador for the sport.

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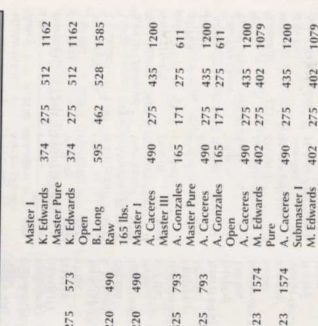
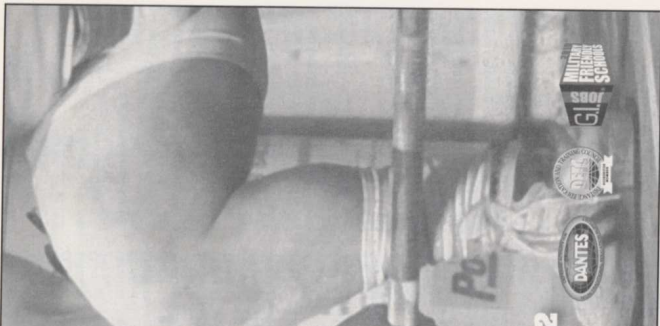
There are so many ways to use your fitness education. You can open your own one-on-one fitness studio, work for a health club, or contract with a resort or hospital fitness facility. **And, ISSA will help get you there.** First, we'll give you the knowledge you need. Our distance education programs and flexible payment plans help you earn one of the industry's top fitness certifications on a schedule that works for you.

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APA Lion Heart Central FL Raw	Raw	11 lbs	1162
BENCH	K. Edwards	374	275 512 1162
FEMALE	K. Edwards	374	275 512 1162
123 lbs	J. Najera	154	143 275 573
Open	B. Long	595	462 528 1585
Master II	165 lbs.		
Master I	165 lbs.	490	275 435 1200
181 lbs.	A. Gonzales	165	171 275 611
Open	A. Caceres	490	275 435 1200
198 lbs.	A. Caceres	165	171 275 611
220 lbs.	A. Caceres	490	275 435 1200
242 lbs.	M. Edwards	402	275 402 1079
260 lbs.	Pure		
280 lbs.	A. Caceres	490	275 435 1200
300 lbs.	Submaster I	402	275 402 1079
320 lbs.	Submaster I	220	
340 lbs.	Junior		
360 lbs.	R. Saucedra	297	176 358 831
380 lbs.	Master II		
400 lbs.	B. Richardson	281	187 369 837
420 lbs.	Master IV		
440 lbs.	Master IV	231	204 270 705
460 lbs.	Master Pure		
480 lbs.	M. Hunter	297	237 435 969
500 lbs.	242 lbs.		
520 lbs.	Open		
540 lbs.	White Eagle	319	286 451 1057
560 lbs.	Open Sports		
580 lbs.	148 lbs		
600 lbs.	Junior		
620 lbs.	Z. Williams	105	209 369 683
640 lbs.	165 lbs.		
660 lbs.	Master II		
680 lbs.	R. Hotz	116	182 330 628
700 lbs.	R. Hotz		
720 lbs.	R. Hotz	116	182 330 628
740 lbs.	Master IV		
760 lbs.	J. Koch	94	204 270 567

**Paul Keiso's**

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(Results courtesy from Rich Peters - NASA)

AAPE/AFPE Space City Open	29 AUG 09 - Humble, TX	297	303	325	925
BENCH	J. Ruiz				
165 lbs.	D. Wiggins				
181 lbs.	Master I				
200 lbs.	R. Bell	281			
220 lbs.	242 lbs.	176	138	231	545
240 lbs.	Master III				
260 lbs.	M. Harrison	440	308	473	1222
280 lbs.	Open				
300 lbs.	C. James Jr.	501			
320 lbs.	272 lbs.				
340 lbs.	Submaster				
360 lbs.	M. Gill	187			
380 lbs.	P. Parnell	650			
400 lbs.	Open				
420 lbs.	C. McDford	451	330	435	1217
440 lbs.	198 lbs.				
460 lbs.	Junior				
480 lbs.	A. Harrod	661	512	600	1773
500 lbs.	308 lbs.	446	363	473	1283
520 lbs.	Master III				
540 lbs.	Master I				
560 lbs.	181 lbs.				
580 lbs.	SHW				
600 lbs.	J. Chaney				
620 lbs.	Open				
640 lbs.	T. Tran	457	369	473	1299
660 lbs.	220 lbs.				
680 lbs.	Master III				
700 lbs.	Master I				
720 lbs.	S. Mata	501			
740 lbs.	Master I				
760 lbs.	181 lbs.				
780 lbs.	Master I				
800 lbs.	358	749			
820 lbs.	Open Raw				
840 lbs.	Master IV				
860 lbs.	B. Kline	413	501	562	1475
880 lbs.	220 lbs.				
900 lbs.	Master VI				
920 lbs.	220 lbs.				
940 lbs.	501	600	374	501	1475
960 lbs.	Open Raw				
980 lbs.	BP	451	319	473	1244
1000 lbs.	DL				
1020 lbs.	Powerlifting				
1040 lbs.	SQ				
1060 lbs.	114 lbs.	143	94	154	391
1080 lbs.	165 lbs.				
1100 lbs.	165 lbs.				
1120 lbs.	165 lbs.				
1140 lbs.	303	187	314	804	
1160 lbs.	Open				
1180 lbs.	M. Mathis	341	264	358	963
1200 lbs.	Submaster				
1220 lbs.	181 lbs.	242	187	281	710
1240 lbs.	181 lbs.				
1260 lbs.	Master III				
1280 lbs.	K. O'Reilly	66			
1300 lbs.	MALE				
1320 lbs.	Natural				
1340 lbs.	165 lbs.				
1360 lbs.	Natural				
1380 lbs.	165 lbs.				
1400 lbs.	Junior				

APA Summer Classic	29 AUG 09 - Wyoming, MI	743	440	628	1811
Powerlifting	SQ				
BP	DL				
TOT					
FEMALE	181 lbs.				
200 lbs.	L. Boshoven	600	260	510	1370
220 lbs.	148 lbs.				
240 lbs.	Teen (14)				
260 lbs.	S. King	205	135	345	685
280 lbs.	D. Sweeney	600	468	650	1718
300 lbs.	275 lbs.				
320 lbs.	Submaster (36)				
340 lbs.	R. Salhani				
360 lbs.	Master (56)	472	645	1117	
380 lbs.	Master (56)	655	355	525	1535
400 lbs.	J. Jeunak				
420 lbs.	220 lbs.				
440 lbs.	Master (44)	300	270	575	1445
460 lbs.	Master (43)				
480 lbs.	D. Kiss	525	300	465	1290

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(continued from page 28)

placement, who has squatted a competition load of over 500 lbs. Ricky Dale Crain maintains this lead. This news should be of encouragement to others who have had or who need joint replacements.

In the Un-equipped Division Bench Press Judy Gedney set a new Masters World Record of 51 kilos. Gary Krueger established a new World Masters record of 140 kilos. Jeff Buchin (145.0 kg. Weight Class) benched 185 Kilos in the Masters-5 age group and Brad Lovejoy, a mere Masters 3 lifter benched 160 Kilos.

In the Equipped Division Bench Press event Judy, Gary and Jeff all set new Masters World Records of 56 Kilos, 150 kilos and 202.5 kilos respectively.

In the Un-equipped Division Deadlift, Tom C. Smith established a new Masters World Record of 232.5 kilos on his first pull! Each of Gary Krueger's 3 attempts were Masters World Records ending with 217.5 kilos. Judy Gedney set a new Masters World Record of 113 kilos with Brad Lovejoy deadlifting a World Record of 215 kilos.

In the Equipped Division Deadlift Judy set another Masters World Record of 115.5 kilos with Gary finishing the Deadlift with all new Masters World Records the best being 220 kilos.

Approximately 12 ADFPF qualified powerlifters have been accepted to compete on the USA Team traveling to the 2009 WDFPF World Power-



Gary Krueger (USA) posing with Yeva Nurmazorova of Turkmenistan



Brad Lovejoy (USA), 2nd from right, with the Swiss WDFPF officials



The impressive venue at the University of Bradford in England



Brad Lovejoy (USA), 2nd from right, with the Swiss WDFPF officials

November, should continue training and notify the ADFPF National Office immediately.

The 2010 Powerlifting World Championships are encouraged to continue training while planning Championships held in Crowne Plaza Hotel in Dundalk, Co Louth, Ireland to be held Nov. 13 (Un-equipped Division) & 14 (Equipped Division).

Advertisement for Atomic Athletic's 'Old Time Strongman' DVD set, featuring 'Pigging' and 'Buy the DVD!' with price \$29.95 plus \$5 S&H.

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Table listing powerlifters with columns for Name, Age, Weight Class, and Record. Includes names like Inchev-ENG, Inchev-ENG, Inchev-ENG, etc.



# POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## GET MORE OUT OF TRAINING WITH INTRAVOL as told to Powerlifting USA by Team MuscleTech

Q: I've been powerlifting for as long as I can remember. I've got an impressive total for my weight, but I want to push even more. I make sure to eat enough calories and I take supplements before AND after workouts, but it seems like I'm in a total training rut. Can you recommend something for me to use to get more out of my training?

— Doug, Lansing, MI

A: Hi Doug, great question—a lot of powerlifters struggle to overcome plateaus because of the tremendous amount of weight we lift compared to other training disciplines. It sounds like you understand the importance of a high-calorie diet when you're trying to lift more and you are also taking pre- and post-workout supplements, which is a great start. But, you're doing what I have seen many powerlifters do in the past—they neglect one of the most important anabolic windows for jacking up strength, which is intra-workout. This anabolic window occurs DURING your training sessions, yet most powerlifters have never considered this time important for anything other than pushing, pulling or squatting tons of metal.

Think of it like racing a car. You're burning through fuel like crazy and you wear down the treads on your tires after just a few laps. If you run out of fuel, you don't finish the race. You let your tires get worn down too low, you don't finish the race. These are inevitable repercussions of racing—but what if you could do something to help prevent both of these from happening?

The same theory applies to training. In order to increase your strength and move more weight, it's no secret that you have to go through hell during your training sessions—always pushing yourself to the brink and beyond. But when you do this, you're inevitably triggering destructive effects in the body. Effects like tissue breakdown, usage of critical energy stores, increases in catabolic signaling compounds such as 3-methylhistidine (3MH) and the release of negative, catabolic hormones like cortisol. What you need to do to help overcome plateaus and increase your total is to concentrate on reducing these negative effects. That's why intra-workout supplementation can be so vital for triggering massive gains. It's like racing a car and having the ability to refill with high-octane fuel DURING the competition without needing a pit stop!

Of all the current intra-workout supplements on the market, I highly recommend the breakthrough INTRAVOL™ formula released by MuscleTech®. It contains a key scientifically studied ratio of powerful carbohydrates and amino acids, it contains zero sugar and it helps to reduce the catabolic effects of intense training when consumed DURING training.

The key complex in INTRAVOL was scientifically studied at the School of Human Movement Studies at Charles Sturt University in

Australia over a 12-week period. Thirty-two test subjects participated and were divided into four separate groups. The results of the study showed that test subjects using the key complex in INTRAVOL increased one-rep leg press strength by 129 pounds or 39 percent (463 vs. 334 lbs.) more than the placebo group. These test subjects also packed on 9.04 pounds of muscle—127 percent (9.04 vs. 3.97 lbs.) more than the placebo group. To add to this, all test subjects in this 12-week study were ONLY TRAINING TWICE A WEEK!

Looking at the hormonal evidence, researchers found that subjects consuming the placebo experienced increases in cortisol levels—an indicator of catabolism—while subjects consuming the key complex in INTRAVOL experienced a marked decrease in serum cortisol. Also, 3MH—a key chemical marker of muscle breakdown—was dramatically reduced when subjects consumed the key complex in INTRAVOL.

On top of all these scientific findings, consuming INTRAVOL during training provides your body with a high-octane source of fuel to help you go full-force through any hardcore training session. There are multiple anabolic benefits to using INTRAVOL's advanced strength-enhancing and musclebuilding formula DURING your training sessions. If you're absolutely serious about increasing your total, fast, then I'd highly suggest getting INTRAVOL into your training sessions, ASAP!

— Team MuscleTech



**"TAKING INTRAVOL DURING MY TRAINING SESSIONS HAS INCREASED MY STRENGTH, FAST!"**  
 — Matt Kroczaleski,  
 All-Time Total Record in the 220 lb. Class

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(continued from page 6)

progress for years but after moving to Big from he has blown up the squat record. He was turned down for his opener and then commenced to kill 910 and a world record 930 squat. This was just a warm-up to a bench press 705 and pull a 625 opener deadlift for a 2260 world record total. Great lifting, to say the least! The 198 Jason Fry, known for his benching was in deep water, a 620 squat, 675 opening bench with misses at 735 and 750 gave him a subtotal of 1295. A 570 deadlift and an 1815 total were good for third place. Cell Block Gym's Brent Tracey was ready for the judges going three for three and a fine 835 squat, a 475 bench and finally 655 pull to total 1975 and second place. No 198's had bombed and with Shawn "the freak" Frankl was on like no one ever in powerlifting, no one. Going three for three in the squat, 960-1010 and 1055 world record squat. His bench was just as impressive. 800 lbs. was his opener and 825 lbs. was miss grooved and a repeat was smoked. It was the deadlift where he was unstoppable. 700, 725 lbs. and 750 lbs. on the third attempt to make the greatest powerlifting total co-efficiently in the history of the sport. The 2630 total is equal to Pauro's 242 world record total. I have seen them all including Larry Pacifico, Mike Bridges, Ed Conan and now Shawn Frankl can and should be mentioned in the same sentence, oh, I just did. He is strong, a great gentleman and well-trained at Big Iron Gym owned by Rick Hussey. Many at the meet wanted the freak tested, not for drugs, but to see if he's human. It was an honor to be there. The 220 class was up next. Tom Bollig placed 4th after some missed attempts. Tom went 770, 650 and had a 650 deadlift to total 2070. Not bad on four attempts. Mihlytin from Ukraine. He hit an 840 lbs. squat, 670 bench press and after missing his opener and a 615 deadlift. It is always great to see lifters around the world come to Cincinnati to lift. Come again next year Konstantin.

In bench press, Konstantin was second place, Konstantin's teammate Venglovski Vladimir. He was solid and had a great 935 lbs. squat, 610 lbs. bench press and 700 lbs. deadlift and a 2350 total win in a very tough meet. In bench press and 745 lbs. deadlift. This is a 2290 total which is not bad for a jet lifter. See you again next year. Mike Schwankie, the winner of the 220 lbs. class after almost bombing in the squat but finally making 925 lbs. A solid 705 lbs. opener and a miss at 805 lbs. and Mike called it a day. Great lifting to make a total of 2380 lbs. Not what he wanted, but we will see you next year. The money winners were as follows: 3rd place-Mike Schwankie \$1,000, 2nd place-Mike Cartman \$1,500, 1st place-Shawn Frankl \$2,500. On Sunday, it was the big boys. The 242 lbs. class starting with Chuck Vogelpholt was fighting injuries but you would not know that. His squats were insane. The 220, 275 and the current record holder for 242's were three for three and a big world record of 1140. After taking a token 145 bench press he could not lock out 600 lbs. or 650 lbs. but he smoked three deadlifts ending with 820 lbs. Great lifting with Chuck! Jo Jordan was second with a fine 960 lbs. in his squat, 650 lbs. bench press and ending his day with 700 lbs. deadlift and a 2310 total, nice job! The winner of the 242's was Aaron

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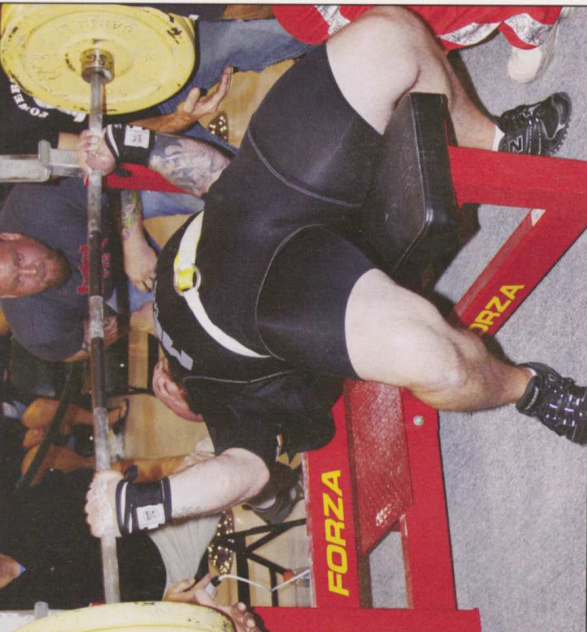
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lead. Dave took 805 lbs. but missed the 2310 total, nice job! The winner of the 242's was Aaron

lead. Dave took 805 lbs. but missed the 2310 total, nice job! The winner of the 242's was Aaron



Jeremy Frey benched 815 lbs. for a 2625 total, and took the win for the 275 pound class!



Louie Simmons checks the cash (photographs courtesy of Defiantills)

it, ending his day with a 2615 total. Ben Brand was super strong making a 1075 lbs. squat, a 775 lbs. bench press and a 720 lbs. deadlift to total a respectable 2570. The title was up for moving up for next year I can't wait. Congratulations, Jeremy. Next was Murtoimaki from Finland. Jani struck the 308's. So far no one bombed out on Sunday with the tough judging for this show and the caliber of the lifting. There were two 308 pounders which included AJ Roberts who had moved to Columbus in December with a 2400 lbs. total. Today, AJ goes three for three and a 1,000 lbs. squat two out of three in the bench press and 760 lbs. personal record. He opened with 740 lbs. deadlift and his received first 2,500 total. Two tries at 800 and AJ hit the showers, great lifting! The winner, Matt Wenning, hit a 1100 lbs. personal record and it was strong. A few years ago he was squatting into 700 lbs. a 745 lbs. bench press which is well below his 815 lbs. was all he had today. He shined in the deadlift Best Squat \$1,000; Shawn Frankl going three for three and his first 800 lbs. deadlift. Between Lovett Extreme and Westside Barbell in Columbus, OH we had 17,800 lbs. plus pullers; Matt's total was 2645 which was a little off his world record last year in the same meet. Next was the SHW class. There were four big SHW lined up and the squats were great. Tony Bolepong was up first and after squatting a strong 1100 he bombed in the bench press.

(report courtesy of Louie Simmons)

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PAY-DAY - Matt Wenning rakes in the dough on the platform







(continued from page 8)

gone through this weight loss, you don't want to hold water and feel bloated. You want it driven into your muscles. The waxy maize and creatine in Dark Matter helped to fill me out right."

This latter point is especially important to Shawn. He says that if his muscles aren't fully filled out, his lifting gear doesn't fit right, especially in the legs. He continued to eat small meals, drink Gatorade and he had some jerky to be sure his sodium levels were up. His strategy allowed him to pump his weight back up to almost 215 lbs. before Saturday's starting lifts. He did some light squats and benches after weighing in, then spent most of his time in his room filling back out. On Saturday it was time to destroy the world record!

#### IN THE GYM

Creating the strength base to hoist gut-busting amounts of iron is no easy task. A powerlifter relies longevity almost as much as world record numbers. After all, nobody wants to be a one-shot wonder on the platform. For Frankl, he's only gotten stronger as the years have passed. His training strategy is hard-core. But he doesn't shy from the heavy weights. Yet his lifting style is not for the weak of heart.

Shawn does his heavy lifting on Monday, Wednesday and Saturdays at Big Iron Gym in Omaha, Nebraska, which is a 90 minute drive from where he lives in Sioux City, Iowa. He has been a member there for six years now. He pretty much goes very heavy every week, with "real weights." Other powerlifting teams use strategies with chains and bands for resistance, with less real weight. For instance, a lifter might train with 500 lbs. of weight on the barbell and another 300 lbs. in chains. In this case, the "real weight" is only at the top end, the bottom is lighter. But Shawn relies on iron that's as heavy as possible, so it's more like what he has to handle at a meet.

"My opener squat was 960," the 5'6" powerhouse explains. "I started training cycle nine weeks out and felt 960 on my back every week. The closer I got to the meet, the higher I worked up."

The guys at Big Iron Gym use a reverse bands technique so they're able to load even heavier weight while squatting. This involves using bands from the Monolith so that the heaviest load is when you're standing. As you start to descend, the bands take some of the resistance off your back.

"So if I'm squatting 1000 lbs., I can actually put 1150 at the top," Shawn continues. "This works

the stabilizer muscles and allows my body to get accustomed to the weight. I'll use at the meet. I overload the weight, so that from the heaviest standing position it gets lighter during the squat. I'm really familiar with how it feels because I train heavy every week. My 'down week' would be going to my opener weight. I do that and heavier every single week. So when I open at the meet, it will be no problem."

The 32-year-old's lifting regimen involves lots of single attempts. A sample squat day would have him start with 900 at his first heavy set, then 960, then reverse band set of 1070, then 980 or 1000. He will hit 4-5 sets over 900 lbs. He says he wants to get stronger with straps down, so when he puts the straps up it'll add 50 lbs. "I squatted 1000 in training, then hit 1055 in meet," he says. "I've done 1100 in training with real weight. I wasn't worried about weight in this training cycle as much as technique, so I would stay in the groove."

Frankl also bucks the trend of many lifters in that he trains in his gear the whole lifting cycle. The first couple weeks he's just in briefs for squats. Then he puts on the suit with straps down for a few more. Finally, for the last 2-3 weeks he'll pull straps up for squats.

On the bench press, he uses bench shirts every single week. He actually trains like this almost year-round. He will go up to a certain weight every week going raw, but then puts on the shirt. He also employs boards in his bench workouts to handle the heaviest poundages possible. For instance, 800 is the lightest weight Shawn will do off a 1.5-inch board. He even went up to 900 so he feels heavy weight right off the bat. He reports that his bench weight will go down as poundages on the squat go up, so the increasing thickness boards help him hoist heavier weight than if he were going full range of motion.

"I build my endurance to heavy weight," Shawn states. "I'll hit 135, 225, 315, 405, 500 and then 600 with a small board. Then I'll bench 700, 800, 825, 855 and 880. I handled 900 twice with a 2-inch board and once with 1-1/2 board. I do lots of volume, but only 4-5 working sets. I try consistently feeling heavy, heavy, heavy. People say you should go light one week before a meet, that you'll feel better. But I've been training up to 1100 lbs., so 960 is light for me!"

For deadlifts the multiple world record holder tried something different for the Powerstation Pro meet—he employed lots of volume in higher rep ranges. While singles worked well on squats and bench, his deads weren't moving with this



Shawn Frankl pulls for a record breaking total (c. Scott DePanfilis)

technique, so he started doing lots of sets of 2-3 reps. He went as high as 19 working reps in some sets. It revved up his core strength and helped him battle fatigue, so at the meet he'd be more fresh by the time the deadlift came around.

"I worked with 650-675 lbs. for doubles triples and lots of sets," he explains. "But I pulled 750 up the first time I attempted single, so this system worked very good for me. In the past the weight up to 1100 lbs., then another set. I do 4-5 sets like this, then switch to go lighter and go 15-20 reps with a minute between sets, doing 6-7 sets more."

Overall, Frankl's schedule looks like this: Monday - bench; Tuesday - shoulders; Wednesday - deadlifts, upper back and abs; Thursday -

arms. On Friday, he takes the day off, followed by squats, legs and abs on Saturday. Sunday is another day off from the weights.

#### EATING TO WIN

"My diet is pretty straightforward," Shawn relates. "In the morning I have six hardboiled eggs and natural peanut butter on toast. Then I'll munch on trail mix with nuts. It seems like I'm always eating something! For lunch, I'll have chicken breast or steak. I still eat a lot of rice or a baked potato and broccoli. Before my workout I'll down some oatmeal and eggs. Then immediately pre-training I'll drink MHP's Dark Rage. Immediately afterward, to pump creatine, nitric oxide and way make into my system for ana-bolic-recovery, I always drink a Dark Matter shake."

"For supper it's steak or chicken, plus some veggies," he continues. "I'll finish each day with a Protein-SR protein shake right before bed and then start over the next morning. On the weekends after a big squat workout I typically eat a cheat meal because I've worked out so long. My body is dying so I eat whatever I want!"

#### FINAL THOUGHTS

"I started weight lifting when I was 12 years old," Frankl recalls. "My bench press goal was 315 before my freshman year in high school. (He weighed only 135 lbs.

at the time!) I always lifted weights even playing sports. I did a lot of bench-only comps when I was young. My first full power meet was in 2001 and didn't even know what I was doing. I did one meet with USAPL and it qualified me for Nationals! I didn't have a clue what I was doing. I later hooked up at Big Iron and they taught me correct technique. My numbers really jumped from there."

Shawn works as a Sales Manager for TruGreen ChemLawn. He is married to Melissa and has a two-year-old daughter, Hailey, and 12-year-old son, Austin.

"I don't know how my wife puts up with me," Shawn laughs. "I thank her for letting me keep doing this! Thank you also to MHP for all the help with terrific supplements, to Big Iron Gym owner Rick Caslow, Brian Carroll and all the guys I train with there. Also thanks to my equipment sponsor, Inzer Advanced Designs, for their gear. Most importantly, I'd like to give thanks to God for giving me the opportunity to do this."

"Perhaps most of all, Shawn is thankful he'll now be back lifting in the 220 class for the foreseeable future!"

**Editor's Note:** To find out more about MHP supplements, visit [MHPStrong.com](http://MHPStrong.com). Shawn can be reached via e-mail at [sfrankl@cbionet.net](mailto:sfrankl@cbionet.net).

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198 lbs. Master I	165 lbs. Master II	539	606	1145	2190
220 lbs. Master I	165 lbs. Master II	193	363	556	1012
220 lbs. Master I	165 lbs. Master II	231	306	359	896
220 lbs. Master I	165 lbs. Master II	435	451	886	1772
220 lbs. Master I	165 lbs. Master II	259	418	677	1344
220 lbs. Master I	165 lbs. Master II	606	644	1250	2480
220 lbs. Master I	165 lbs. Master II	622	374	506	1503
220 lbs. Master I	165 lbs. Master II	407	248	490	1145
220 lbs. Master I	165 lbs. Master II	639	385	600	1624
220 lbs. Master I	165 lbs. Master II	622	374	506	1503



The Nation's most prolific Youth Lifter was in Oklahoma City for Day 1 of the 15th NASA World Cup. Samson Hou-Sey, 9, missed the World Cup in 2008, due to family obligations, but took 1st place this year, for his 5th World Cup title. Samson has lifted in 67 meets in 15 states, since June of 2004. He was successful on 8 out of 9 attempts, include a personal best 38.5 lb. curl, a personal best 57.2 lb. bench press (see above), and a personal best 118 lb. deadlift, for a personal total of 214 lbs. Samson was competing in the 88 lb. Youth Power Sports Division, and competed at a bodyweight of 82.5 lbs. NASA Youth are prohibited from lifting more than 150% of bodyweight, and may not wear any supportive lifting gear, other than a lifting belt. (photograph courtesy of Ibb Hou-Sey, NASA Wisconsin State Chairman)

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BENCH	SHW	R. Byers	P. Daniels	181 lbs. Master I	165 lbs. Master II	220 lbs. Master I	165 lbs. Master II
523	446	517	1486	330	562	1409	815
639	385	600	1624	347	275	374	677
407	248	490	1145	275	165	330	771
622	451	501	1574	215	209	336	760
639	385	600	1624	606	352	727	1683
1002	606	644	2252	672	363	666	1701
573	391	473	1437	639	385	600	1624
639	385	600	1624	650	407	545	1602
848	600	672	2119	385	413	429	1228
622	374	506	1503	639	341	666	1646
1002	606	644	2252	622	451	501	1574
622	451	501	1574	55	94	237	385
738	600	672	2119	72	127	292	490
617	534	539	1690	63	105	237	404
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Mike Mastream injured in the SQ

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Joe Marksteiner and Meet Directors Will Morris and John Shifflett

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Al Siegel - kept things running

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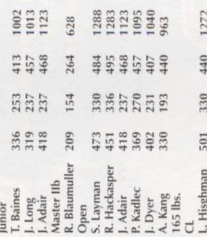


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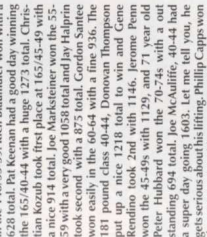
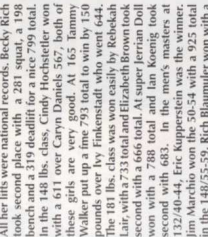
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defeat for second. Cam Lorenzo won the 60-64...

and she did not disappoint as she went 292 in...

the 148 lbs. class. Cindy Hochstetler won...

the 181 lbs. class was won easily by Rebekah...



to our sport. We want to thank Jack Marcus...

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Mike Hill - 2nd at Masters 242

Mike Hill - pulling a 512 DL

Joe Marksteiner and Meet Directors Will Morris and John Shifflett

Al Siegel - kept things running

Al Siegel - kept things running

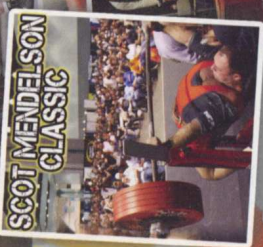
# A WEEKEND OF GIANTIC PROPORTIONS

at The Los Angeles Convention Center  
**JANUARY 23-24, 2010**

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### APA Magnolia Open Iron Fest

15 SEP 09 - Fulton, MS

BENCH	310
FEMALE	
Submaster DT	C. Barnes
242 lbs	
Open DT	J. L. Hines
242 lbs	
MALE	
Open DT	A. Rivers
275 lbs	
Open DT	S. Pounds
275 lbs	
Open DT	K. Harmon
275 lbs	
Open DT	J. Barnes
275 lbs	
Open DT	A. Johnson
308 lbs	
Open DT	A. Campbell
308 lbs	
Junior	T. Sellars
840	
Open DT	S. Coker
840	
FEMALE	
Open DT	C. Harmon
145	
MALE	
Youth Raw	
P. Hight	
55	
Open DT	Y. Marks
835	
Junior DT	J. Jackson
830	
Open DT	R. Sisson
830	
Open DT	H. Thomason
715	
Submaster DT	J. Manchester
920	
Powerlifting	
SQ	
BP	
DL	
TOT	

### Seth Coker benched 840 at the APA Magnolia Iron Fest (Taylor)

88 lbs	High School	523	523	523	523
R. Duncan	308 lbs	55	55	55	55
MALE					
242 lbs					
K. Rutz	358	358	358	358	358
Open DT					
H. Thomason	644	644	644	644	644
Raw					
4th-154					
M. Walters	149	149	149	149	149
Submaster I					
148 lbs					
M. Walters	149	149	149	149	149
220 lbs					
SHW					
4th-154					
D. Gonzalez	325	325	325	325	325
PS DEADLIFT					
369					
SHW					
Pure					
484					
D. Gonzalez	484	484	484	484	484
BP					
DL					
TOT					
99	220	319	244	116	201
641					
198	330	528	248	110	270
628					
198	330	528	248	110	270
628					
644	606	1249	650	501	685
1835					
650	501	685	650	501	685
1835					
501	314	501	501	314	501
1316					
650	501	685	650	501	685
1835					
501	314	501	501	314	501
1316					
903	644	606	2152	644	606
2152					
424	429	484	424	429	484
1338					
424	429	484	424	429	484
1338					
402	253	446	402	253	446
1101					
573	352	600	573	352	600
1525					
407	336	407	407	336	407
1151					
52	52	275	52	52	275
99					
52	275	99	52	275	99
99					

### Jeremy Jackson deadlifted 515 pounds at the Fulton, MS APA competition (photo: Scott Taylor)



### NASA Glimmer Texas State Cookout

5 SEP 09 - Gilmer, TX

BENCH	148 lbs
FEMALE	
Master I	S. Gonzalez
275 lbs	
Raw	K. Romero
275 lbs	
Open	R. Hedrick
181 lbs	
Open	H. Thomason
99	
Power Sports	
CR	
BP	
DL	
TOT	

Master (50-54)	325	325	325	325	325
R. Hight	242 lbs				
Open					
Master (45-49)	385	385	385	385	385
C. Salazar	369	369	369	369	369
L. Sellers	275 lbs				
Master (55-59)	275 lbs				
Open					
L. Sides	248	248	248	248	248
Open					
D. Giesecke	418	418	418	418	418
Submaster					
H. Caronough	446	446	446	446	446
446					
MALE					
Master (40-44)	325	325	325	325	325
M. Nussell	275	275	275	275	275
181 lbs					
Open					
S. Douglas	391	391	391	391	391
Master (40-44)	407	407	407	407	407
L. Tamayo	435	435	435	435	435
1189					
Open					
C. Valentine	319	319	319	319	319
374					
925					
Open					
R. Hedrick	61	107	231	399	
High School					
534	402	523	1459		
C. Salazar	479	385	506	1371	
242 lbs					
Master (50-54)	374	374	374	374	374
Open					
275 lbs					
Master (40-44)	551	551	551	551	551
J. Roy	363	363	363	363	363
1437					

—State Records. I am so glad we had the chance to help with the Texas Firefighter Olympics. I was there for 10 years and have great memories from that time. I hope you all had fun and that you are in that line of work. I know how hard it can get. Congratulations to everyone. We hope you had fun, and, even more, we hope to see you at one of our other meets this year. We were one in Humble, TX August 29th, and we were one in Houston, TX January 10th. We hope to have one in January/February 2010, and, then, we are off to Austin April 10, 2010. Take care and be safe. (results courtesy Heather Tillghash)



### APA MEMBERSHIP APPLICATION

Send application and make check payable to: APA, 356 Lakeland Dr #3, Hot Springs, AR 71913

Adult Membership: \$30 Child Membership (Under 18): \$15

In consideration of my acceptance as a member of the APA I hereby release the American Powerlifting Association (APA), Scott Taylor, all competition facilities, and their employees, all APA meet officials and contest staff from any responsibility or liability for any injury or personal loss to myself resulting from participation in any APA competition. I acknowledge that I realize there is a high risk of injury in the sport of personal lifting gear, bench press shirts, powerlifting suits, wraps and all equipment worn when participating in APA events and realize that the use of bench press shirts and some supportive gear can be dangerous and result in accidents and/or personal injury. I agree to hold the APA, and meet directors and contest staff members free of liability for any unintentional injury or damages suffered by me. I will be the sole decider on the amount of weight I attempt to lift at all competitions, and will not make attempts that I know are beyond my limitations and a reasonable and prudent amount. I am responsible for my behavior and that of my guests at APA events, and if asked to leave an event due to their behavior will do so immediately and voluntarily and forfeit any entry costs I may have incurred for the event. I hereby represent and warrant that I have reviewed and understand the terms of acceptance prior to electronically submitting and signing this waiver/membership application form. If I am under the age of 18 my parent or legal guardian will review and sign and this entry form assuming responsibility for me.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_ (PARENT OR GUARDIAN SIGN IF UNDER 18 YRS)  
 DATE \_\_\_\_\_



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