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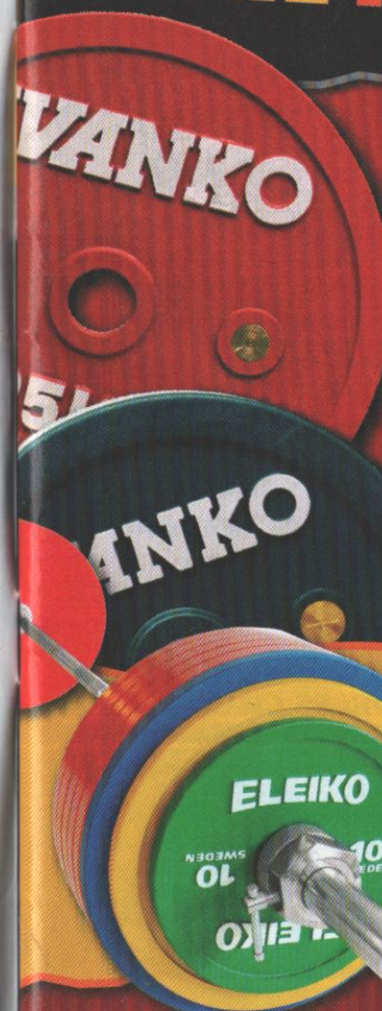
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**Controller** In Joo Lambert  
**Statistician** Michael Soong  
**Publisher** Mike Lambert  
**Art Director** Kelly Anglin

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

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**MUSCLE MENU**

- Volume 33, Number 3 - January 2010 -

WESTSIDE BENCH WORKOUTS ..... Louie Simmons ..... 6  
 DARK MATTER ..... Steve Downs ..... 8  
 ATHLETIC MOUTH GUARDS ..... Dr. Larry Miller ..... 10  
 BENCHTECHNIQUE ..... Sheiko/Fetisov/Lukyayov ..... 12  
 POWER NUTRITION ..... Anthony Ricciuto ..... 16  
 IPF MEN'S/WOMEN'S WORLDS ..... 19  
 MENDELSON BENCHES 1031 ..... Kelly Anglin ..... 22  
 LIVING, LOVING, LEARNING .... Judd Biasiotto Ph.D ..... 24  
 POWERLIFTING RESEARCH ..... Team MuscleTech ..... 26  
 ULTRA STRETCH COMPONENT ..... Jim Douglas ..... 28  
 RETAKE ON FORCED REPS ..... Doug Daniels ..... 31  
 ALL TIME TOP 50 MEN 220 DL ..... Mike Soong ..... 34  
 ALL TIME TOP 50 WOMEN 181 DL ..... Mike Soong ..... 35  
 ASK THE DOCTOR ..... Mauro DiPasquale M.D. .... 37  
 HARD CORE GYM #93 ..... Rick Brewer ..... 42  
 LESSONS FROM BOB ..... Aaron DiPrima ..... 44  
 COMING EVENTS ..... Kelly Anglin ..... 53  
 UNCLASSIFIED ADS ..... 66  
 POWER PHOTO OF THE MONTH ..... J.T.Hall ..... 72  
 TOP 100 PHOTO PAGE ..... 92  
 TOP 100 132s ..... Mike Lambert ..... 93

ON THE COVER... Scot Mendelson with his 1031 opener at 275 at the APF Holiday Classic. He went on to try 1118 and 1135. Prior to this contest, in training, he had reportedly done 1201 lb. See page 22 for more photo coverage of his effort. (photographs courtesy of Curtis & Mike Lambert)

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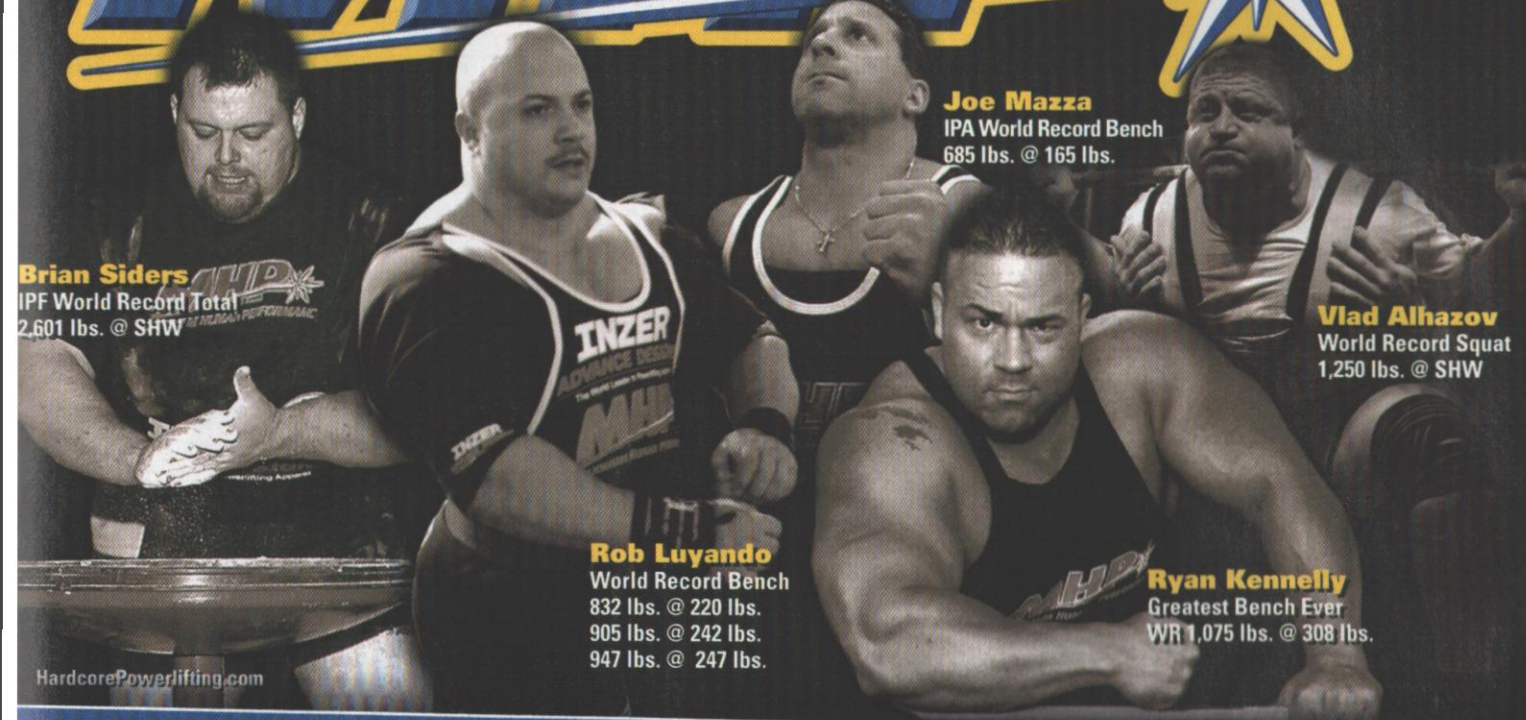
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# MHP



**Brian Siders**  
IPF World Record Total  
2,601 lbs. @ SHW

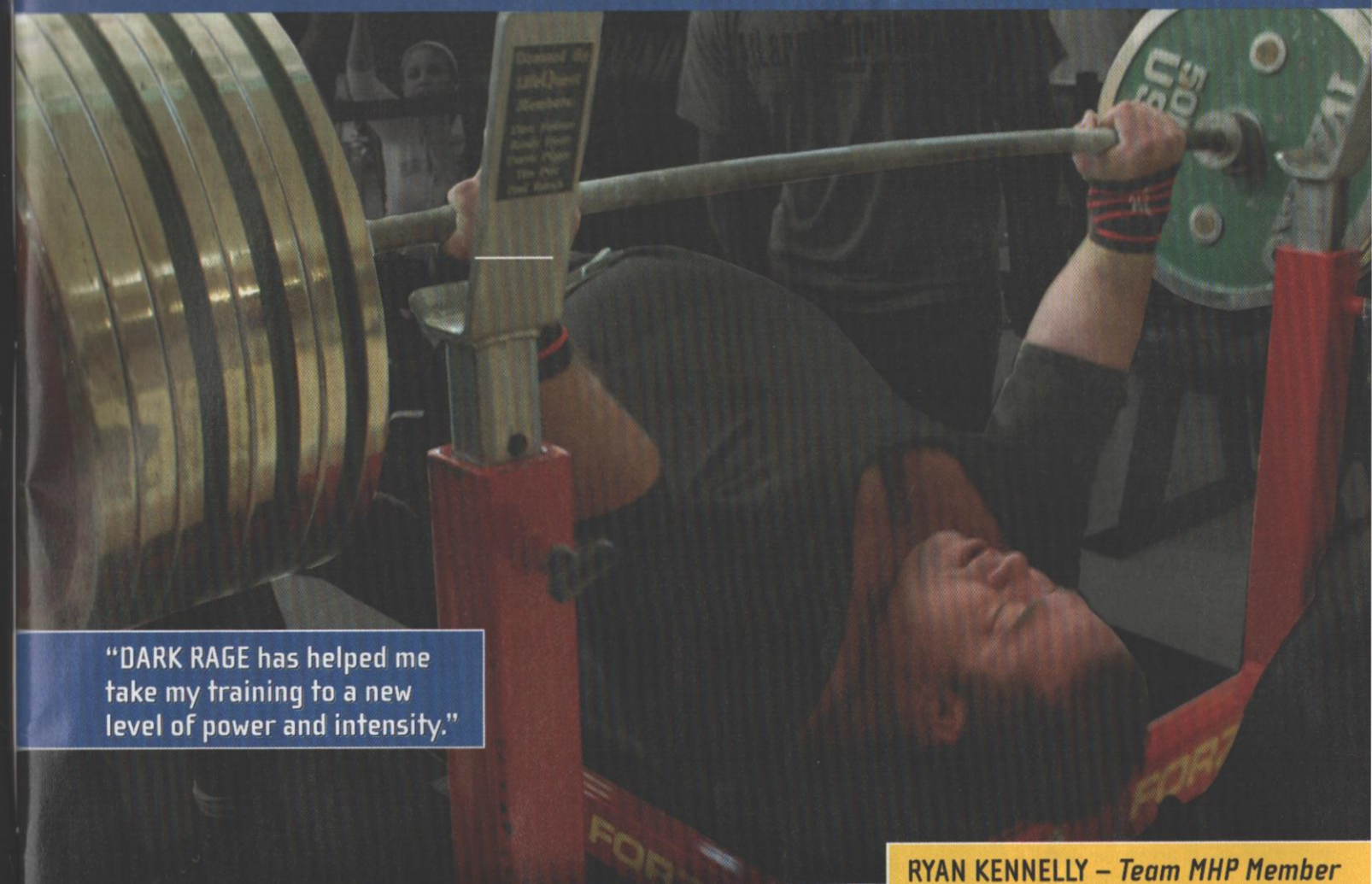
**Rob Luyando**  
World Record Bench  
832 lbs. @ 220 lbs.  
905 lbs. @ 242 lbs.  
947 lbs. @ 247 lbs.

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

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

**Vlad Alhazov**  
World Record Squat  
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World Record 1,075 @ 308 lbs.

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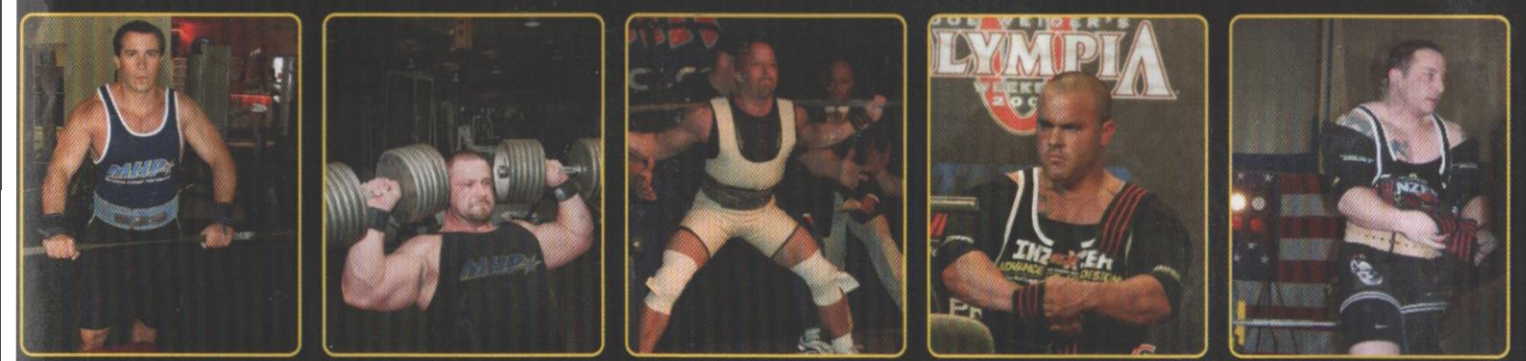
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**Shawn Frankl**  
World Record Total  
2,630 lbs. @ 198 lbs.

**Joe Ceklovsky**  
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Westside has 30 members who bench more than 700 pounds and four who bench more than 800 pounds. We also have Laura Phelps, with a 505 at 165 body weight, who has the greatest female bench coefficient ever. Five members have held all-time world records in the bench. They all use a speed day, commonly referred to as the dynamic method. The weight is relatively light, but force = mass x acceleration. You must use bands or chains to accommodate resistance. This develops a fast rate of force development, which is essential to develop a fast start. This is done on the weekend, and 72 hours later is max effort day. Here, a max weight is lifted in a variety of special exercises.

Here are some of their workouts: floor press with weight, bands, or chains; rack press off pins at different heights; band press with three band tensions; board press using 1-5 boards, doing incline, wide, or close grip; decline presses with a wide or close grip; flat presses with a max 6 reps close grip while constantly changing the weight or the amount of bands or chains or weight releaser weight; three sets of dumbbells to failure (for example, use 100, 125, 150, and 175 pounds. Westside uses heavy dumbbells every 3 or 4 weeks.)

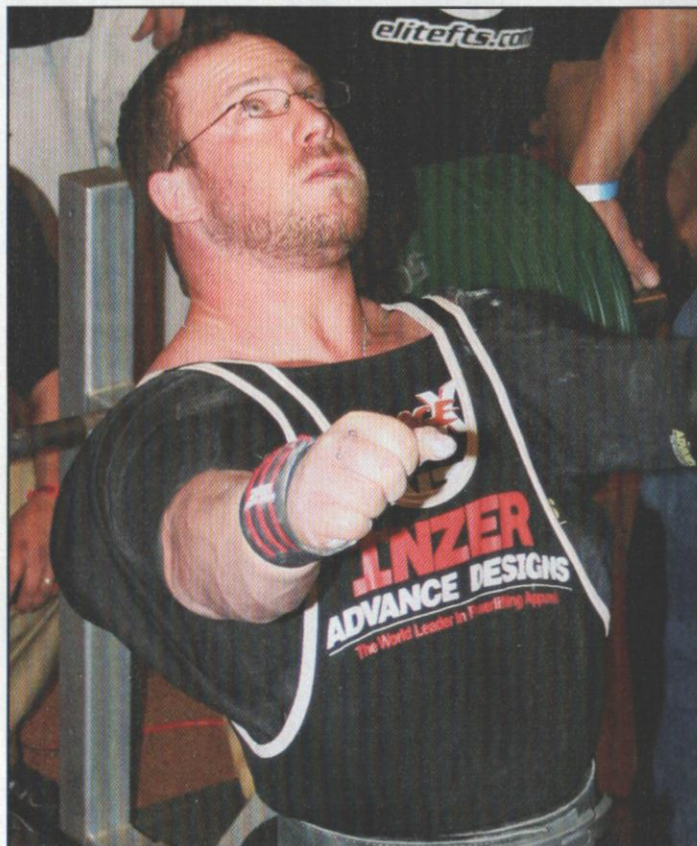
This system is built on special exercises. Our best benchers use a bench shirt every fourth week, on average.

Let's start with Tony Bolognone, who has a 2700-pound total at 325 bodyweight and an 860-pound bench. He explains some of his workouts: speed bench for 8 sets of 3 reps with 225 pounds of bar weight and a light band for the first 4 sets. Add choked monster mini-bands for the last 4 sets. Starting hand grip is close, working all the way out to competition grip for the last two sets. He believes that adding the monster mini-bands for the last 4 sets teaches you to push through all the way to the top. Before adding the mini-bands, he noticed in his speed sets he was letting off three-quarters of the way up, so he would not over-extend his elbows. This caused him to mimic that in a bench shirt and get stuck three-quarters of the way up, trying to grind the weight out as he forgot to keep pushing. This problem seemed to go away after he added the mini-bands, and he consistently pushes all the way through the lift in his speed sets and with a bench shirt. After he started this, he hit his biggest benches of all time.

His favorite bench accessory exercises are all types of triceps extensions and skull crushers. One of his favorite skull crushers is using the football bar with hanging

## WESTSIDE TRAINING BENCH WORKOUTS

as told to Powerlifting USA by Louie Simmons



Jason Fry has benched 750 lb. at 181 (courtesy of Doris Simmons)

kettlebells. He believes this helps him build stabilization and hits his triceps very well. Another one of his favorite triceps exercises is dumbbell extensions off his chest. When he does these, he tries to keep the dumbbells touching and use nothing but triceps. This is one of his personal tests to see where he is in his bench. He knows if he can do 120-pound dumbbells strictly for 3 sets of 10-12 reps, his lockout should be strong and well over the 800-pound range.

One of his favorite max effort exercises is benching off of foam blocks. When he does this, the weight comes real close to, if not touching, his chest and clears the foam blocks by about 2 inches at lockout. This usually gives him a good idea of what he can lock out in a bench shirt. For example, when he did his first 830-pound bench press at a meet, he did 815 pounds off of the foam blocks. He did 855 pounds in the gym in a bench shirt.

He always tries to set personal markers to tell where he is on his bench. His favorite is when he is

warming up; he goes up to 500 pounds in a t-shirt full range. He knows if it goes up easy, it should be a very good bench day. If it is slow or sluggish, it is probably not going to be a very good day. The last workout prior to going to a meet he tries to pick something like a floor press and goes up to the 500-pound mark with straight weight. If it feels bad or slow, it usually tells him that training has been good and he should be healed and ready to compete by meet time. If it feels good, it's a good guess that he is peaking at the wrong time.

For both workouts, on max effort and speed day, he tries to do at least three triceps isolation exercises. He usually does 3 sets of 10-12 reps per set on these exercises. After he is done doing these triceps exercises, he does a triceps burnout usually on the lat machine with a push-down bar; he tries to do 40-100 reps depending on the weight. If he is using a bar, he moves his grip every 10 reps.

For a typical speed workout, he does 8 sets of 3 benches. Next

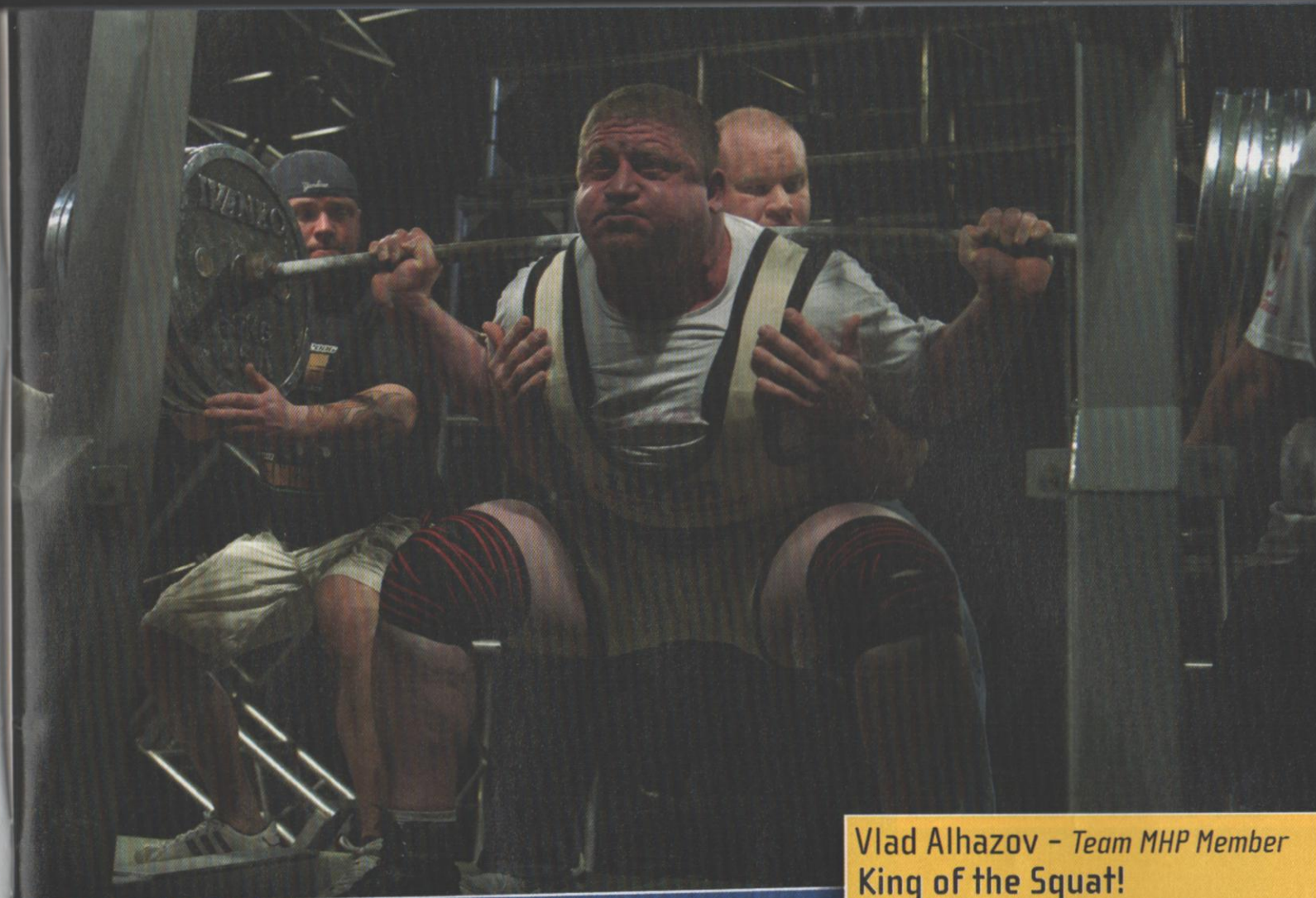
he does 3 sets of 10 skull crushers, then 3 sets of 10 triceps extensions. Sometimes he does push-downs on the dip machine. He normally increases the reps to 15-20 and still does 3 sets. Then he would be burned out on triceps. Next he would do some shrugs, different delt work, light pecs, and biceps. This would be a basic speed day or max effort day. He tries to never repeat exercises twice in one week. Occasionally for volume he will do a cycle after speed sets at maximum reps with straight weight starting at 315 the first week, 365 the second week, 405 the third week, 455 the fourth week, and 495 the last week.

Next up is Mike Wolfe, a bench-only SHW with an 859-pound bench. His speed day is 225 pounds with a mini or monster mini or light bands much like Tony's. Both have a 600-pound raw bench. Mike likes 9 sets of 3 reps, with 3 sets with the index finger touching the smooth, 3 sets 2 inches out from the smooth, and 3 sets with the little finger touching the ring. After speed benching he will do 2 sets of dumbbell presses with a moderate weight or 100 or 110 pounds for 15 reps, then do triceps extensions. Mike likes dumbbell roll-backs and extensions with the elbows out to the side. Mike uses 125 pounds for a lot of his dumbbell extensions. You have to have a strong upper back to handle 800 pounds in the bench. Lots of rows with dumbbells or a barbell, chest-supported rows, and low-pulley rows are rotated in and out during the weeks of training. Shrugs, side and rear delt work, and hammer curls round out the speed day.

On max effort day some of Mike's favorite exercises are raw two and three-board press, two and one-board presses with a shirt, reverse band press with and without a bench shirt, max 6-rep ultrawide benches, and heavy dumbbell pressing. Mike has undergone a huge weight loss from 420 pounds to 255 pounds bodyweight. So the next chapter is yet to be written for Mike.

Dave Hoff has a 2615 total at 260 pounds bodyweight, a 1005-pound squat at 19 years old and 252 pounds bodyweight, and an 825-pound bench at 262 pounds bodyweight. On speed day he does 205-275 pounds for 9 sets of 3 reps using the three grips Mike Wolfe uses. The band tension ranges from 85 with mini-bands to 125 with monster mini-bands and 200 pounds with light bands, and he also will use 120 pounds of chains on occasion. A lot of work on speed

(continued on page 62)



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

# THERE'S STRONG... THEN THERE'S MHP STRONG!

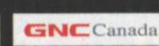
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# POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## RECOVER FASTER & STAY ANABOLIC LONGER WITH DARK MATTER

as told to Powerlifting USA by Steve Downs, C.S.C.S.

In the world of powerlifting, you are only as strong as your last best lift. And if you aim to rocket those poundages through the roof, you have to use all the means at your disposal to make it happen fast. This applies not just to what you do in the gym, but how to maximize anabolic recovery from your balls-to-the-wall training. For the world's strongest men, the answer to increased strength and massive muscular growth is the advanced nutritional matrix found only in MHP's post-workout supplement Dark Matter.

Most lifters know that pre-workout nutrition is important to maximize energy levels, muscular endurance and ATP regeneration during their workouts. This sets you up for a great workout, but what happens afterward?

Scientific study proves that there is a critical 1 hour period post-workout that is absolutely critical for enhanced muscular recovery. When you train, you break down muscle tissue, saturate your muscles with metabolic waste products and deplete muscle glycogen and BCAAs. This puts your body into a deadly catabolic state, unless you take definitive steps to halt the exercise-induced damage, and instead flood your muscles with critical nutrients that make you totally anabolic.

Dark Matter takes a quantum leap forward into a new dimension of post-workout muscle growth called the "Anabolic Axis." This is the time and point at which insulin levels simultaneously peak with amino acids, creatine and glycogen transport into muscle tissue during the critical 1 hour period immediately after your workout. Dark Matter is the first and only supplement to employ a new technology called Precision Nutrient Infusion, which allows for this synergistic anabolic reaction to occur at the Anabolic Axis.

In order to achieve this major breakthrough, MHP scientists bio-engineered new compounds and a revolutionary High Velocity Nano-Physics Technology. These new developments have rendered all post-workout creatines, whey protein/high carbohydrate combos and all other post-workout formulas inferior and outdated. Dark Matter blasts open the critical Anabolic Window faster, wider and longer, allowing you to experience the most powerful anabolic reaction ever!

This is how it all works: The faster you can get aminos into muscle tissue post-workout, the better. Dark Matter's ProSynthagen is designed to stimulate post-workout protein synthesis faster than any protein - even whey isolate. ProSynthagen isn't just fast, it's extremely powerful, too. Its unique combination of essential free form amino acids was found in independent research to stimulate protein synthesis by an amazing 600%.

Furthermore, ProSynthagen's amino acid matrix uses a fine-tuned "Dual Portal Transport" for even faster and greater intestinal uptake by combining these powerful free form aminos with Leucrose, an exclusively newly developed leucine-alanine dipeptide. This dipeptide takes advantage of selectivity utilizing both the free form uptake portals and the super-abundant peptide uptake portals, achieving maximum amino acid saturation. Leucrose also increases anabolic activity by regulating protein synthesis and sparing critical BCAAs. These unique characteristics give ProSynthagen a much higher Protein Synthesis Score than any other protein source, which will result in the greatest muscle building effects.

But abundant amino acids aren't the only critical nutrients required after a hardcore workout. The key to pushing these aminos into the muscles is to

spike insulin levels and flood the muscle tissue with glycogen. This ensures the quick, precise delivery of anabolic amino acids to starving, damaged muscles at a time when they are absolutely needed.

Dark Matter's proprietary WaxiMax-C3G is a tri-polymer carbohydrate matrix comprised of low-viscosity, high molecular weight, osmotic waxy maize starch, Maltoplex-18 glucose polymer and dextrose. The goal of WaxiMax-C3G is to move the carb matrix through the stomach quickly so it reaches the intestines intact, where it can be absorbed directly into the bloodstream, along with the muscle-building creatine, aminos and protein. To improve and lower viscosity of the normally thick and high viscous waxy maize starch, MHP developed a Maxflow Molecular Dispersion Technology. This technology enables the WaxiMax-C3G to empty out of the stomach faster and super-hydrate muscle cells and flood them with glycogen better and faster than any other waxy maize product.

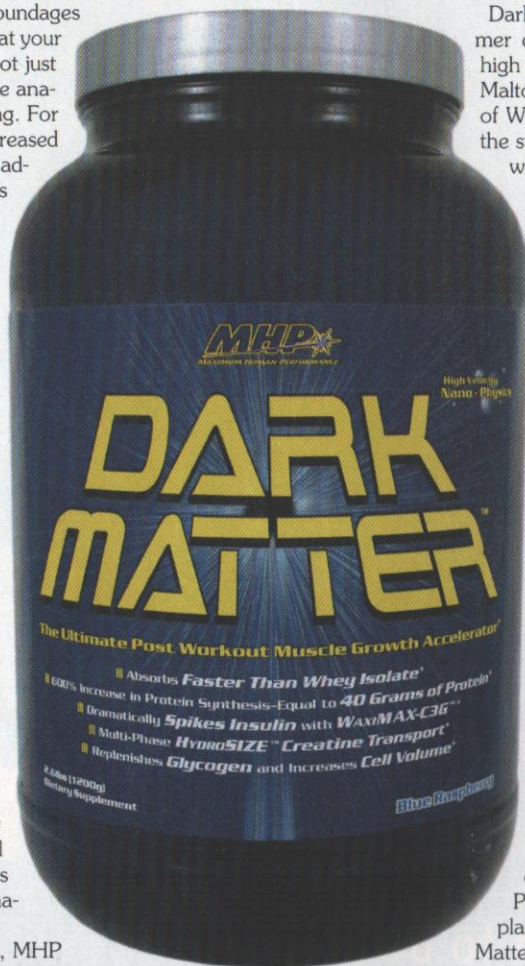
WaxiMax-C3G's tri-polymer matrix delivers the precise infusion to illicit a quick, powerful and sustained insulin response, thereby opening the anabolic window faster and keeping it open longer allowing for greater absorption of the key muscle-building compounds at the Anabolic Axis. To make your body even more anabolic, Dark Matter contains a patented concentrated source of C3G (cyanidin-3-glucoside), which further boosts insulin levels and improves insulin sensitivity, therefore enhancing the muscle building effects of insulin.

To complete the ultimate post-workout anabolic infusion, MHP's research team developed HydroSIZE, a multi-source creatine/glycerol complex for the greatest muscle volumizing and bioenergetic creatine loading into muscle tissue. This complex provides an optimal amount of creatine in the form of InstaPeak (Creatine Pyruvate), which has been shown to peak creatine plasma levels faster than any other creatine. Dark Matter combines InstaPeak with IntraPhase (Creatine Gluconate) and transports them in tandem during peak insulin levels at the Anabolic Axis with Microtein, a patented time released creatine that continues to supply creatine for up to 8 hours to maximize creatine saturation and cell volumizing.

To ensure that all of this research-supported post-workout anabolic nutrition is delivered in prime anabolic fashion, MHP scientists utilize a new type of nano-technology called High Velocity Nano-Physics. This technology is based on high-velocity particle physics collision of nano-fusible compatible materials. High Velocity Nano-Physics allows for maximum speed, bio-effectiveness and micro-nutrient timing to open the Anabolic Window fast and create a synergistic delivery of ProSynthagen, WaxiMax-C3G and Hydro-SIZE to simultaneously peak at the Anabolic Axis. The end result is that Dark Matter floods muscles with key muscle-building nutrients and keeps the Anabolic Window open longer.

In the world of power and strength, post-workout recovery supplementation is perhaps even more important than pre-workout supplements. After all, you have to make every second under the iron count, but it's those 22 hours outside the gym where your muscles repair and you actually get stronger. And the one hour immediately after your workout is when your body is most primed to experience anabolic growth and recovery. To make the most of your powerlifting prowess, never skip the Dark Matter as soon as you pump out your last rep.

For information about Dark Matter or other MHP supplements, visit [MHPstrong.com](http://MHPstrong.com).



## EVERY WORKOUT ENDS WITH DARK MATTER!



Rob Luyando - Team MHP Member  
World Record Bench Press  
909 lbs. @ 275 lbs.

## THERE'S STRONG... THEN THERE'S MHP STRONG!

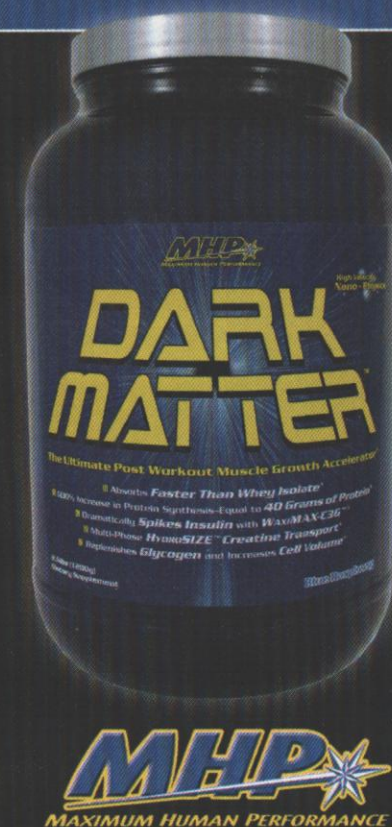
Watching Rob Luyando train is an eye-opening experience. The amount of intensity he puts into every workout is mind blowing. The fact that his body can withstand so many grueling workouts day after day defies human physiology. How does this phenom of strength do it? DARK MATTER!

After every workout, Rob refuels his body with DARK MATTER - the ultimate post-workout recovery and growth accelerator. DARK MATTER takes a quantum leap forward into a new dimension of post-workout muscle growth called the ANABOLIC AXIS. The Anabolic Axis is the time and point at which insulin levels simultaneously peak with amino acids, creatine and glycogen transport into muscle tissue during the critical 1-hour period immediately after your workout. DARK MATTER blasts open the critical "Anabolic Window" faster, wider and longer, allowing you to enter the ANABOLIC AXIS for the most powerful anabolic reaction you've ever experienced!

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**MHP**  
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I recently came across a dental magazine featuring dental mouth guards in relationship to athletic performance. I did a little research and elected to interview Dr. Henry Cross who has been working in this particular field for a number of years.

**Larry Miller:** Dr. Cross, why don't you start with some background information about yourself?

**Dr. Henry Cross:** I spent 36 years at Colgate Palmolive as a scientist and administrator putting new products into the marketplace, retiring as their Technical Director in 1992. In addition, I've been a competitive shooter for over 66 years. An All-American with rifle at Georgetown, Chairman of the US Shooting Team for eight years and currently a class AA trap shooter. I was exposed to the performance enhancing potential of mouth wear (it worked for me) and have directed research in this field with a number of consultants and universities for 15 years.

**LM:** The supposition that mouth guards have helped in athletic performance has been around for as long as I can remember, but the evidence to substantiate has been questionable. Is there now concrete evidence that supports this theory?

**HC:** Until the large scale, double blind, placebo controlled grip strength study conducted for us at the University of Tennessee, there were no significant studies in this field. Positive results here led us to endurance, reaction time, stress reduction and lactate control testing at both the University of Tennessee and the Citadel. All demonstrated the benefits of Bite Tech's patented wedge construction in producing performance enhancement. This information is available in detail in the July/August 2009 supplement to the Compendium of Continuing Education in Dentistry.

**LM:** The body goes through numerous physiological changes during sports activities. Can you describe how stress affects athletic performance?

**HC:** The stress induced "fight or flight" response introduces a cascade of hormones into the body that gives us the familiar "choking" behavior in sports. Our system is trying to protect itself and a large part of our nerves and muscles are distracted to that task instead of what we are directing them to do.

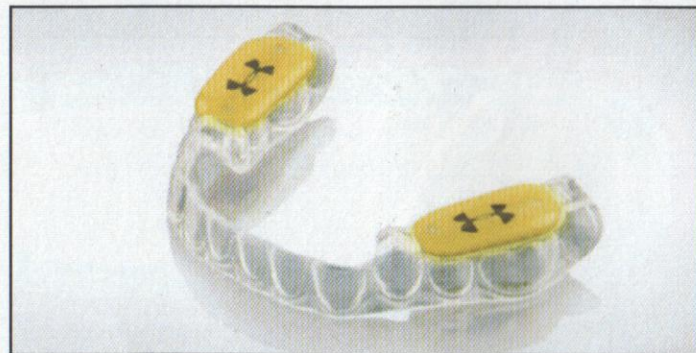
**LM:** How does wearing a dental appliance influence athletic performance?

**HC:** Using a performance mouthpiece interrupts the message to the hypothalamus sent by clenching the teeth and, as measured

## INTERVIEW

### ATHLETIC MOUTH GUARDS

interviewed for Powerlifting USA by Larry Miller



(Above and below) Bite Tech partnered up with Under Armour to create this custom-fitted performance enhancing mouthguard



by Cortisol production, reduces stress.

**LM:** For the sport of powerlifting the body goes through an enormous amount of stress. Are there studies to support wearing a mouth guard either to enhance performance or to protect the athlete's teeth?

**HC:** We have not conducted a large-scale test on powerlifters, but preliminary studies and a host of anecdotal information suggest that a positive effect would be obtained. Mouth guards, of course, have been regarded as protecting the teeth for at least 50 years.

**LM:** You have a number of professional athletes using your mouth guards. What type of response have you been getting from your athletes?

**HC:** The results from literally hundreds of professional athletes have been outstanding.

**LM:** How does your sports guard differ from the one your average dentist will make for his/her patients?

**HC:** The performance mouthpiece is not a mouth guard. Its function is to place a small reverse wedge between the molars. This technology can easily be fitted in to a mouth guard.

**LM:** Can any dentist make your particular mouth guard?

**HC:** At this point, the role of the

dentist is to take an accurate cast of a subject's jaw, which will then be sent to our manufacturing facility in Florida for a 48-hour turn around. Through Patterson Dental we are rapidly teaching and certifying a very large number of dentists.

**LM:** What type of cost should the athlete be prepared to spend for the construction of a sports guard?

**HC:** The custom fit product will have a suggested retail price of

\$495.00.

**LM:** Are there different types of guards that you offer and if so, how do you know which one is best for you?

**HC:** We make a performance enhancing mouth piece for all uses that do not require a mouth guard and a true mouth guard for sports like football that require one.

**LM:** Is it safe to use your guards at night to prevent grinding?

**HC:** As yet we have no studies on nighttime wear of our products. This will come in the future.

**LM:** Do you have a web site where by the athletes can go to get more information?

**HC:** The web site is [www.BiteTech.com](http://www.BiteTech.com).

**LM:** Typically, what type of time might pass before benefits in performance is noticed?

**HC:** Positive results are obtained immediately.

**LM:** You have joined with Under Armour sports. How did this come about and what was your purpose in working with them?

**HC:** Long experience in the large-scale introduction of new consumer products shows that cost and time make it almost impossible for a start up company, particularly in the areas of distribution and marketing. We were seeking the right major sporting goods partner with us. We made several presentations to Under Armour management who agreed that it was a win-win situation with entry in to an entirely new field—performance mouth wear. Distribution through dentists assures a custom fit. We expect an international business with application in many sports.

**LM:** Do you have any additional comments you would like to make?

**HC:** Any questions can be directed to me at: [hankcross3@aol.com](mailto:hankcross3@aol.com) or toll free 877-878-9681.

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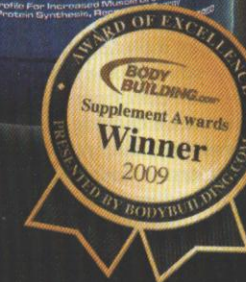
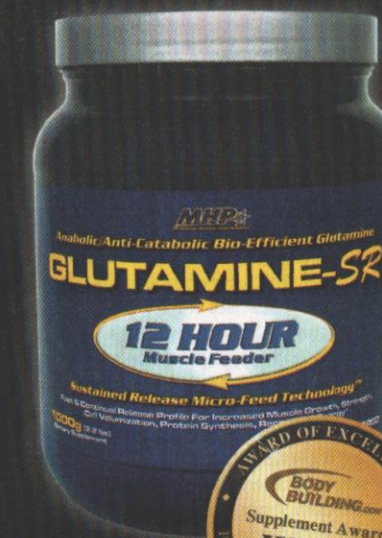
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The athlete's technical skill is an integral notion of the sport training theory and methods. Technical skill takes a special place amongst the other components of athletic condition because it directly relates to an athlete's physical, tactical and theoretical—an athlete's all-around training—results. The skill, in its turn, is based on such notions, as sport technology and technical preparation. The sport technology is a system of the athlete's physical actions, directed on high sport results achievement in a chosen kind of sport [1]. The technical preparation is a specific form of the training process organization, whose purpose is to use the pedagogical facilities, allowing an athlete to reach the required level of technical skill. The formation and improvement of physical actions is a multi-sided process which is inseparable from the learning and work-out session. At present time, many specialists [1,8] consider the technical preparation as a strategic direction of modern sport training.

As a man executes meaningful actions, he is interested in a manner of the goal's achievement—how well and easily he manages to do it in given conditions. In order to reach better results more easily, a man consciously takes into account and uses the conditions, in which the motion is being realized. Besides, he learns more perfectly how to execute movements. A person, in this case an athlete, studies which way and which conditions of the actions' execution are better and how he can master them. The general aim of the motions' study consists in estimation of applied forces efficiency in order to achieve the object in view. Any study of motions is finally directed on how to help to make them better. Before proceeding to the elaboration of the best ways of actions, it is necessary to estimate the already existing ones. From this, the study's aim follows consisting in the estimation of efficiency of the motion making manners.

In order to ensure the efficient technical training of an athlete, it is necessary to have some models of efficient and economical technique of competition exercises. The sport exercise technique is considered as a system of motions, consisting of some separate subsystems, which include the hierarchical lower-level structural components of the technique system of more or less difficult sport exercises. A system of motions as an integral unit is not simply the amount of its forming parts. The system's parts are connected by correlations, adding new system characteristics, which are not the content of its parts. Each system has its structure and functional connections—these are the main regularities of the subsystems interaction. The knowledge of the exercises' technique structure and functional correlations between subsystems is an essential condition to achieve the highest technical sports skill. It is necessary to present this unit, to know its structure and ways of correlation between components in a system.

The motion of parts of the body of a man represents displacements in space and time, which are being accomplished simultaneously and consecutively in a great number of joints. The movements vary in their forms and nature; they depend on the action of a quantity of applied forces. All the motions are naturally united in integral organized actions, which are being controlled by a man by the means of his muscles. Nowadays it is generally accepted that the technique of any exercise must be individual for each athlete. However, in spite of a great number of particular differences in the technology of competition exercises execution by athletes, there are its general fundamentals. Analyzing a technique, both the basis and the details, becomes an important notion. The basis of a technique is a totality of

# TRAINING

## BENCH PRESS TECHNIQUE as told to Powerlifting USA by Boris Sheiko, Vladimir Fetisov, and Boris Lukyanov



Boris Sheiko's training theories are behind the success of the Russian PL team

the movements and actions, which are required for the fulfillment of a moving task by the specified way. The basis of a technique is obligatory and necessary for any athlete. The exclusive importance in mastering the rational technique is devoted to the knowledge of essential components of an athletic exercise, providing for the accomplishment of the exercise's main aims.

It is very important to elaborate the correct fundamental requirements for the rational movements' performing, which will be kept with-in by all high qualified athletes. This decision allows to create a model, a sample which is to be taken into account during forming an individual technique by each powerlifter. It is also important to remember that the level of an athlete's technical skill shouldn't be estimated only generally (by the efficiency and economy indicators etc.), but we should also proceed from the biomechanical structure, phase criterions and elaborate requirements for the rational individual technique of competition exercises on the base of these criterions.

The system of a modern athletic training process should aim the realization of the methodology of the athlete's technical training—which must be more efficient and be based on objective quantitative biomechanical parameters of technique elements. During the educational and training process it is very important for the external environment (in our case these are the application of the exercise set and the selection of training weights) to gain such new characteristics, which would be optimum not only for different physical factors, but also stimulating the determined biomechanical directions of the training process in the athletic and technical skill improvement.

In the sport of powerlifting, there is a shortage of information on the biomechanical parameters of the competition exercise's execution. Having analyzed the scientific and methodological literature, the authors didn't find any works describing the rational basis of powerlifting exercises' technique, so the undertaking of studies in the indicated direction is revealed as very opportune. It can give very valuable information to trainers and lifters on discovering the essential principles of technical skill and rational carrying out of the training process. The detailed knowledge of the competition movements features will considerably contribute to elaborate recommendations on methodology of technique improvement by powerlifters of different qualification.

The biomechanics is an experimental and empirical science, so it studies the movements on the base of experiments. The devices register the quantitative characteristics; for example trajectories, velocities, speed-ups and others. This allows distinguishing movements and comparing them. By examining these characteristics, they mentally dismember the motion system on its component parts defining its structure. The structure components of sport exercises technique are interconnected by functional correlations on the base of objective quantitative features of motion parameters.

The analysis of motion system mechanics reveals most often dynamic, kinematical and temporal structure of a movement. We have investigated kinematical characteristics of sport exercises. For a system in question its kinematical structure represents functional correlation regularities of motion in space and time. It becomes apparent in spatial, temporal and space-time characteristics. With reference to powerlifting exercises these are the trajectories, velocities and speed-ups of the barbell's centers of gravity, of particular parts of the lifter's body, and of the common center of gravity of the system "athlete-barbell".



Picture 1 –Frames of the bench press video segment featuring Babin A., world-class athlete, weight category: 90 kg., barbell's weight: 245 kg.

The analysis of special methodological literature is evidence of the fact that nowadays in sports practice one of the most perspective means of registration and analysis of athletes' motor actions are optical and electronic methods, which serve as the basis for the biomechanical video computing analysis. The bench press technique research consisted of filming the exercise's execution with a digital camera. Then the video segments were processed by the program Motion Trace/Weightlifting elaborated in the Ufa State Aviation Technical University specially intended for the motion analysis of weightlifters and powerlifters [2]. This program makes possible, in particular, to get the graphs of trajectories of needed points, as well as the graphs of vertical constituents of displacement, velocities and speed-ups of these points depending on time. The trajectories are reduced to the plane which is parallel to the lifter's sagittal plane regardless of the corner of video filming.

The authors have investigated more than 250 attempts of exercise performances by athletes of different levels and weight categories, analyzing the above-mentioned kinematical characteristics of the CBB's motion. The first results of the research were received, making possible to systematize the forms of the apparatus displacement trajectories in bench press exercises which are classified by typical features on several groups. [5] We are going to follow up the essential components of the kinematical structure of exercises technique on example of bench press making by Babin A., a world-class master of sports of Russia, a member of combined team of the Ufa State Aviation Technical University.

The analysis of bench press technique was carried out on the base of the phase structure of bench press [5, 7] (table 1).

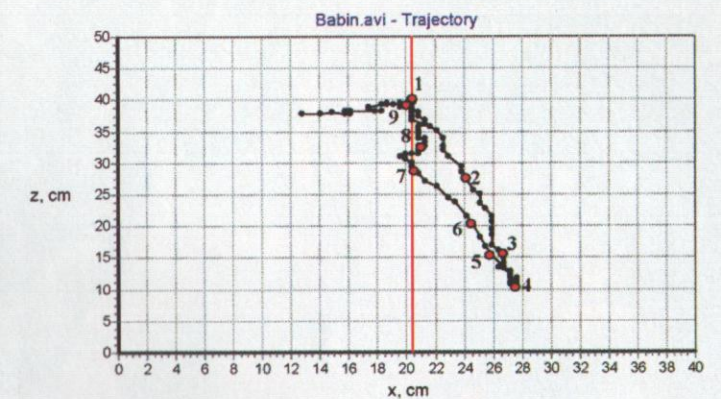
### Phases of Bench Press Execution

- Phase 1.** Prior start position
- Phase 2.** Start position (fixing the weight on straight hands)
- Phase 3.** Descent of the weight to the chest after the referee's command «start»
- Phase 4.** Fixing the pause with the weight on the chest
- Phase 5.** Bench pressing after the referee's command «press»
- Phase 6.** Fixing the apparatus in the final position
- Phase 7.** Bar's placing to the racks after the referee's command «racks»

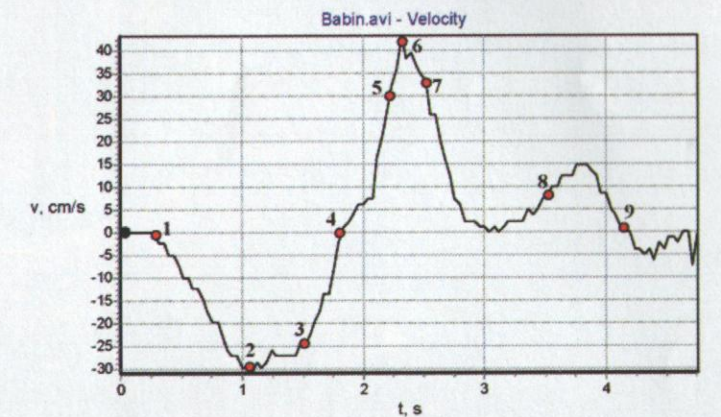
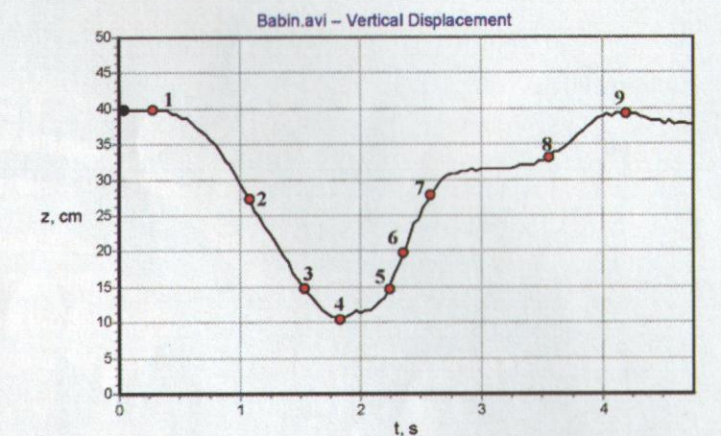
According to the technical competition rules, the 1st and the 7th phases are executed by athletes by the means of assistants [4], that's why the bench press technique analysis directly from the 3rd to 5th phases provokes the most interest.

For our research we have chosen the traditional point of such kind of analysis—the centre of the barbell's butt (CBB).

In the obtained video sequence we have marked the frames (picture 1), which are convenient for the technique analysis. These frames correspond to the points, shown on time sweeps of displacement and velocity of apparatus motion (pictures 2, 3).



Picture 2 –Trajectory of bench press execution  
1 – descent beginning, 2 – descent middle, 3 – bar's descent ending (5cm to the chest), 4 – bar on the chest, 5 – ascent beginning (a butt is in 5 cm from the chest), 6 – ascent middle, 7–8 – «dead point» passing, 9 – ascent ending



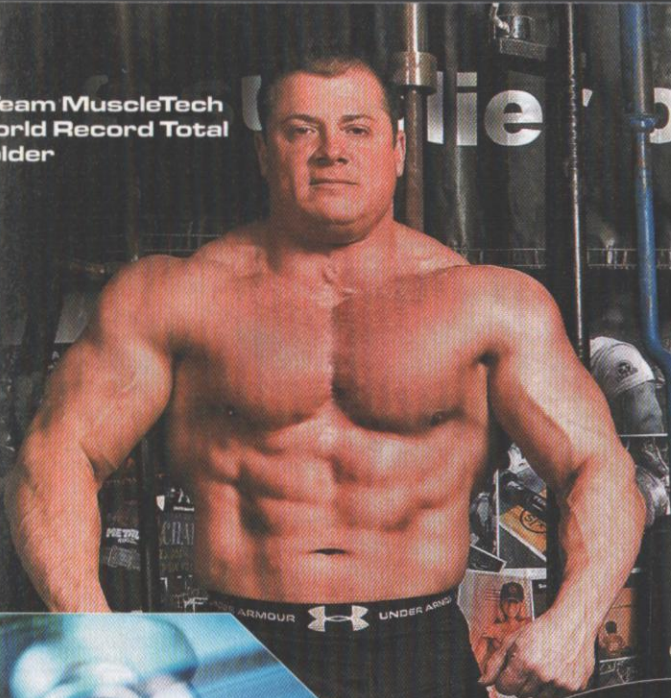
Picture 3 – Graphs of the bar vertical displacement and motion velocity Velocity modules for the points: 1–0 cm/sec, 2–30 cm/sec, 3–25 cm/sec, 4–0cm/sec, 5–30cm/sec, 6–42cm/sec, 7–32cm/sec, 8–8cm/sec, 9–0cm/sec. 1 – descent beginning, 2 – achievement of the descent maximum velocity, 3 – deceleration of barbell's descent velocity, 4 – bar on the chest, 5 – bar's ascent in 5 cm from the chest, 6 –achievement of the ascent maximum velocity, 7–8 –velocity «failure», 9 – ascent ending

We are going to consider the chosen frames in greater detail:  
**Frame 1.** The start position: gripping the bar in an overhand closed grip (thumbs around bar). According to the competition rules, the spacing of the hands may not exceed 81 cm. Using this grip width the great deal of load is on the chest muscles. Head, shoulders and buttocks should touch the bench surface. The back is slightly arched. The back and buttocks muscles are fully strained. Athlete's feet should be flat on the floor. The lifter pushes the bar to a straight elbow position fixing it a motionless position and waiting for the referee's signal «start».

(continued on page 70)



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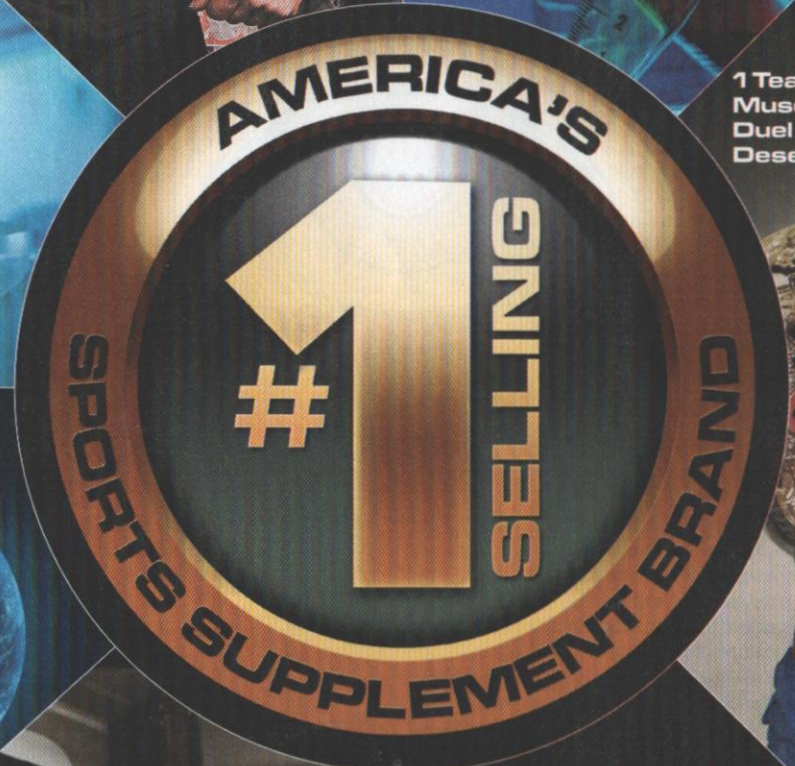
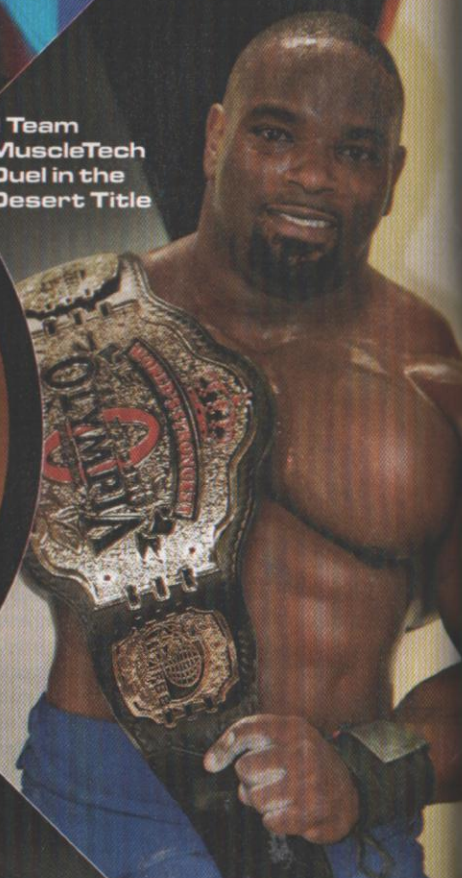


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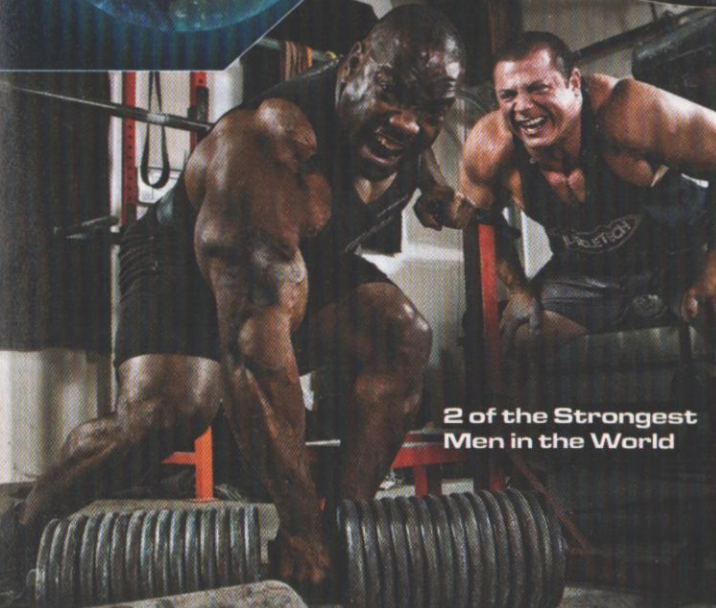
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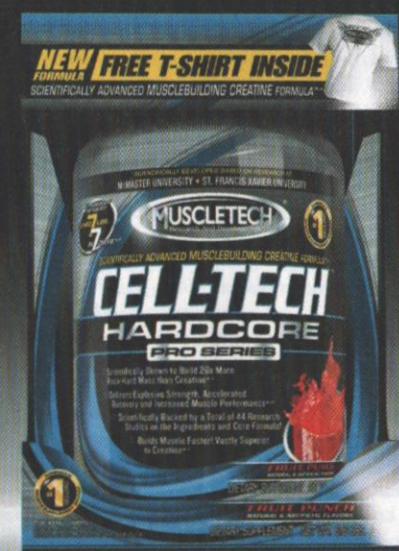
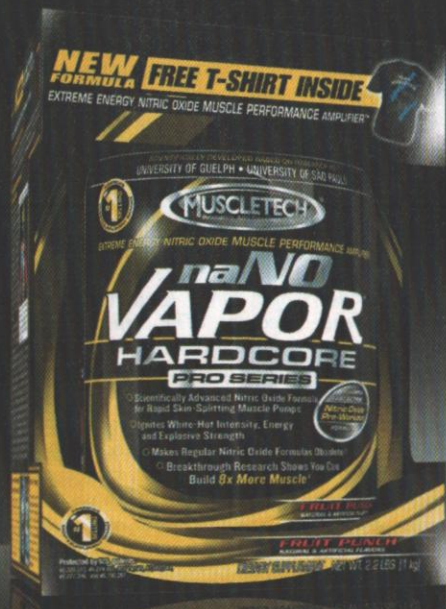
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## Part 2

Okay folks, the Power Nutrition guru is back once again with another installment focusing on digestive health. Last month I introduced you to Sherry Brescia, world renowned author and holistic nutritionist, who specializes in digestive disorders. In the previous issue she shed some light on some of the different disorders that affect millions of Americans and some of the root causes behind them—mainly that being what you eat and in what combinations. This time she will discuss some more advanced digestive disorders as well as expand on her nutrition system designed to help alleviate these problems once and for all. So sit back and enjoy another issue dedicated to educating you on the finer points of digestive disorders and why they occur.

**Anthony Ricciuto:** Have you ever worked with anyone with this IBS? Can you expand?

**Sherry Brescia:** Yes, I have, starting with myself. Since changing my diet 17 years ago, I have been completely IBS and medication-free. I regularly enjoy all of the classic foods that IBS sufferers are told to stay away from, like raw vegetables, broccoli, cabbage, beans, spicy foods—all without a single pain. The key is not in what you eat, but in the combinations of foods that you eat together.

I also have helped thousands of IBS sufferers do the same by teaching them the principles of correct food combining in my Great Taste No Pain system.

I receive success stories every day from former IBS sufferers—feel free to go to my website and check some of them out at: [http://www.greastastepain.com/cs/success\\_stories\\_cat17.asp?offset=0](http://www.greastastepain.com/cs/success_stories_cat17.asp?offset=0)

**AR:** Can you tell us more about your Great Taste No Pain system?

**SB:** The Great Taste No Pain system is comprised of a 176-page recipe book and a set of straight forward, easy to read manuals that teach you the principles of correct food combining and the importance of an alkaline pH.

The manuals in GTNP include:

- "How to End Stomach Pain Forever, Even If Your MD Says, 'No Way'" is the Great Taste No Pain Bible. It shows you the science behind food combining, explains the basic principles and teaches you the dangers of things like processed foods.

- "Foods That Create Acid, Foods That Take It Away" shows you why it's so important to have an alkaline pH if you want to enjoy any measure of good health. It also lists which foods are acid-creating to the body and which are

# NUTRITION

## An in depth interview with author Sherry Brescia DIGESTIVE DISORDERS Are They Ruining Your Life?

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

alkaline.

• "What To Eat With What" is a series of charts that show you which foods go together to create delicious, pain-free combinations. It makes meal planning super easy.

• "Pain-Free in 1 Day" is the Great Taste No Pain "quick start guide" that spells out four days of correctly combined meals and snacks to get you on your way fast.

There is also an optional manual that clients can purchase called 30 Days Of Great Taste No Pain, where I'm basically your personal food coach and walk you through 30 days of eating this way—breakfast, lunch, dinner and snacks.

**AR:** With all people, but especially powerlifters, asking them to eat seaweed and bean sprouts as a meal won't happen no matter how much digestive pain they are in. Are the meals you recommend tasty or is there a lot of sacrifice in this department?

**SB:** Let me assure you—I don't exist on seaweed and bean sprouts. I LOVE great food, and every single recipe in the Great Taste No Pain system is positively delicious.

I'm talking about chili, soups, spaghetti sauce, pastas, breads, fish and shrimp dishes, even desserts like my famous carrot cake. There's nothing boring about any of that.

**AR:** Tell us a little bit more about your recipe books?

**SB:** When I first learned how to eat correctly combined meals 17 years ago, I quickly noticed that the recipes in the books available on the subject were bland or unimaginative. So I blended my passion for cooking delicious, gourmet-style meals and my knowledge of the principles of food combining and created my own recipe book. It's proof that you can eat for health and still enjoy absolutely fantastic food.

There are delicious recipes in a variety of categories—breads, condiments, soups, pastas, seafood, stews, snacks, side dishes and even desserts.

All of the recipes are great, but I've gotten the most rave reviews over my spaghetti sauce, feta and

tomato shrimp scampi, carrot cake, minestrone soup and black bean chili.

**AR:** Diverticulitis is a serious condition that sometimes requires surgery? How would your system work with someone with this condition? Do you have any success stories with people that suffer from this problem?

**SB:** I have a lot of former diverticulitis sufferers for clients. To show how Great Taste No Pain can help, I need to explain a bit about diverticulosis and diverticulitis:

Diverticulosis is the existence of bulges or pouches in the colon (large intestine). Think of them like potholes in a road. The road's surface (like the inside of your colon) should be smooth, but then THUMP—there's a pothole.

These potholes (called diverticula) are the result of stools building up in the colon and hardening. Eventually this build up causes the colon walls to weaken and over time you have a growing problem.

Also, when you've got wastes lodged in your colon, bowel movements can be difficult. The pressure and straining that result only add to the problem.

It's interesting to note that that diverticulosis was unheard of until the early 1900s. That's the same time that we started adding low-fiber, nutritionally dead processed foods into our diet (like refined sugar, white flour, and boxed/canned "foods" that are lab creations packed with chemicals and preservatives).

Without the benefit of all the natural fiber from whole grains, fresh fruits and vegetables, people started experiencing wastes lodging in their colon and difficult bowel movements, and diverticulosis was born.

When you have diverticulosis, you're automatically a candidate for diverticulitis. Diverticulitis is when one or more of your pouches (diverticula) becomes infected and inflamed. That's when the intense pain usually strikes and you can end up in the hospital.

Diverticulitis can lead to:

- Bleeding in the colon, needing

surgery if it won't stop.

- An abscess (an infection with pus) in the colon, needs to be drained with a needle inserted through the abdomen.

- Complete blockage of the colon (intestinal obstruction), needing emergency surgery.

- If an abscess isn't treated in time, it can grow and infect other areas of the abdomen (called peritonitis). Peritonitis can cause death if not treated in time.

One out of every four people with diverticulosis gets diverticulitis—so not learning how to eat to take the risk away is basically like playing Russian roulette.

If you've got diverticulosis or diverticulitis, it's essential to eat nutrient-rich REAL foods, and combine them in a way that ensures thorough digestion. That's where Great Taste No Pain has been a tremendous help to thousands of former diverticulitis sufferers. It teaches you how to prepare delicious meals using healthy real foods and eat combinations of foods that allow for proper digestion.

Better, more thorough digestion means easier elimination of wastes and less chance of diverticula forming in the colon. And even if diverticula have already formed, they are less likely to become inflamed.

I've received a number of touching diverticulitis success stories—you can read some of them here at: [http://www.greastastepain.com/cs/success\\_stories\\_cat10.asp](http://www.greastastepain.com/cs/success_stories_cat10.asp)

**AR:** Colitis is another major problem that affects the digestive system. Can you explain to the readers more about this condition and any work you have done in this area?

**SB:** Ulcerative colitis (UC) is a condition where inflammation and sores form in the lining of the large intestine (colon) and rectum. The inflammation kills the healthy cells in the colon wall, and the resulting sores bleed and produce pus.

The most common symptoms are severe stomach cramps and bloody diarrhea, and flare-ups can occur anytime with no warning.

UC sufferers are usually given drugs that cause a host of problems on their own. Here are some side effects for the typical UC drugs:

- Aminosalicylates (like Asacol, Pentasa, Azulfidine and Mezavant): Side effects include nausea, vomiting, heartburn, diarrhea, and headache. (Note that diarrhea is one of the biggest problems with UC—and these medicines can CAUSE it.)

- Steroids (like Celestone, Decadron, Prednisone and Clinicort):

Can cause weight gain, acne, increased blood sugar, high blood pressure, diabetes, mood swings, bone mass loss, cataracts, and an increased risk of infection.

- Immunomodulators (includes Methotrexate, Thalidomide, Azathioprine): People taking these drugs need to be closely monitored for complications like pancreatitis, hepatitis, a reduced white blood cell count and an increased risk of infection. They also cause nausea, vomiting, diarrhea, stomach ulcers, rashes and liver inflammation.

In addition, I would be remiss if I didn't mention the Thalidomide tragedy in the late 50s and early 60s, where more than 10,000 children worldwide were born with deformities as a consequence of Thalidomide being prescribed to their mothers for morning sickness.

An estimated 25%–40% of people with ulcerative colitis end up having some or all of their colon completely removed.

What most UC sufferers (and their doctors) don't realize is that they can achieve great relief through reducing acidity in their body and improving their diet, and that's where I have helped a great many colitis sufferers with Great Taste No Pain.

Our bodies are meant to be alkaline. When you have an acidic pH, your body is in a state of inflammation. This can lead to or worsen all kinds of aches, pains and digestive problems, including UC. My Great Taste No Pain program stresses alkaline foods and good food combinations, which help reduce acidity in the body. Less acidity means less inflammation all over, including the colon.

Plus eating this way helps lead to smooth, regular bowel movements, with no constipation or diarrhea. That's music to a UC sufferer's ears.

Here is a link to read some success stories from former colitis sufferers:

[http://www.greastastepain.com/cs/success\\_stories\\_cat5.asp](http://www.greastastepain.com/cs/success_stories_cat5.asp)

**AR:** In powerlifting circles, lifters are known for being full of hot air. What I mean for this is that they have the reputation for having some of the worst flatulence in the free world. Can you expand on what is causing this massive gas build up?

**SB:** Powerlifters are rightfully concerned about getting proper nutrition. The problem is, in their efforts to take in the needed proportions of nutrients, they almost always mix incompatible foods together. As their system tries to digest the badly combined foods, a LOT of gas is created.

I have explained to my power-

lifter clients in the past that they can still eat all the foods they want to ensure their bodies are getting the nutrients they need—they just need to mix them together a little differently or eat them at different times.

**AR:** I have worked with clients that suffer from a hiatus hernia. What can be done to help this as well? Is surgery the best option here or can it be controlled through proper digestive protocols?

**SB:** Hiatal (hiatus) hernia can be prevented or successfully controlled through a low-acid, correctly combined diet. Here's how: Your diaphragm has a small hole where your esophagus passes through and connects to the stomach. A hiatal hernia occurs when the top section of your stomach pushes up through that hole in your diaphragm and bulges out. Hiatal hernias occur when the muscle around the hole in your diaphragm becomes weak.

Many things can weaken the muscle—severe coughing, vomiting, pregnancy, straining (such as when you are constipated), lifting heavy objects and eating too much.

Since the stomach is bulging out where it doesn't belong, the dam is weakened, so to speak. That makes it easier for undigested food and acid to leak back up into your esophagus after eating. That leads to heartburn, belching, chest pain and nausea—all the classic hiatal hernia symptoms.

When you eat good food combinations that are alkalizing to the body, you get the benefit of all the nutrients from your food because they're not destroyed by the overproduction of acid. When your body is nourished with nutrients, you don't feel hungry until you truly need more food. So you are less likely to overeat, and therefore less likely to create a hiatal hernia or aggravate an existing one.

Also, when you eat acid-forming, poorly combined meals, your food can sit in your stomach for 8 hours or more, while the stomach repeatedly secretes acid trying to digest it. As this is happening, the food isn't being digested like it should, there's a lot of excess acid in your stomach and there's nowhere for the food and acid to go except UP. That means you get a three alarm fire in your chest.

Great Taste No Pain shows you how to correctly combine your foods and eat mainly alkaline-rich foods to make digestion easy, comfortable and keep stomach acid at a minimum. When you don't have overproduction of acid and food is digested quickly and easily like it

should be, it's much less likely to come back up "over the dam" and into your throat.

**AR:** If people follow your program will they still need to take medication on a daily basis?

**SB:** Thousands of my clients have been able to get off medications that they have been on for years. While I cannot promise that every single person that eats this way will be able to get off their medications, the vast majority are able to decrease or completely eliminate the need for drugs.

**AR:** What if they have been on these medications for years—is there still hope for them to come off of them for good?

**SB:** Absolutely, because by changing the way you eat, you are removing a root cause of your symptoms. Take away the cause and you have no need for medications.

### Conclusion

In this informative segment I hope that Sherry and I helped open your eyes to the reality of digestive disorders and how they can be tackled from a holistic angle. Many times people only look to Western medicine to heal all their woes, but in many cases this is only

one piece of the puzzle.

The fact remains that digestive disorders are much more complicated than taking a simple pill and having them disappear like magic. From the clients that I have worked with that suffer from these problems it is much more complex than this. Each person's case can vary from one to another even if both of these people suffer from the same disease or medical classification. This is why for some people medication may work and for others it does nothing but make it worse.

In the end, what you put in your mouth and the combinations of such foods is ultimately going to affect your digestive process more than you think. For those of you who like to indulge in their horrible lifestyle of the "standard American diet" of refined flours, sugars, processed meats and pastries, trans fat fast foods and all the other things American cuisine is known for, then you may not like to hear the dark

grim reality that it is ultimately you causing your health problems. It really doesn't take much more detective work to see what may be the root of all your digestive problems than simply going over to your pantry shelves and opening up your fridge to see what you stock in it week after week.

Like I have said since I started this column close to eight years ago, the lifestyle and dietary choices of powerlifters is the main cause for their health problems. Sadly this is the same reason why many lifters suffer even greater consequences of these choices which ultimately leads to a shortened lifespan.

Next month, in the final segment of this series, Sherry and I will be discussing the reality of Big Pharma in benefiting financially on your continual health crisis. She will also touch on some important topics related to women's digestive disorders more specifically. So until next month eat clean, train hard and get ready for another information packed issue.

If you have any questions or comments feel free to reach me at: [Arcciuto@NutritionXP3.com](mailto:Arcciuto@NutritionXP3.com) OR check out my website at: [www.NutritionXP3.com](http://www.NutritionXP3.com)

For more information on Sherry you can check her out at: [www.Greastastepain.com](http://www.Greastastepain.com)



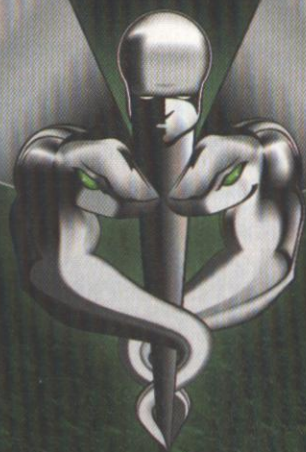
Sherry Brescia, author of "Great Taste, No Pain," gives tips on how to fight digestive issues with food combinations



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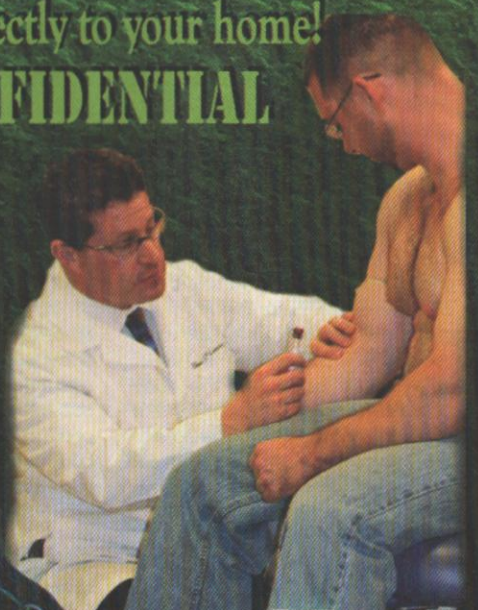
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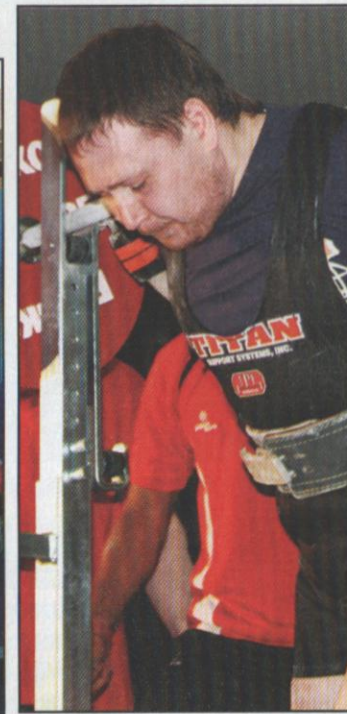
**IPF WORLD POWERLIFTING**



Russian winner—women's 148 lb. class



(Above) 275 lb. winners: (L-R) Testsov (UKR), Gagin (RUS) & Wagner (USA)  
(Below) Women's SHW winners: Hugdal (NOR), Karpova (RUS) & Orobets (UKR)



Maxim Barkhatov (RUS)—242 lb. champ

**IPF World Powerlifting**  
7-11 NOV 09 - New Delhi, IND

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
105 lbs.				
Chou-TPE	358	171	418	947
Li-TPE	336	193	396	925
Lepanse-FRA	358	204	319	881
Apuli-FIN	341	171	319	831
Tanaka-JPN	286	165	275	727
Ocampo-USA	248	127	286	661
Schweng-AUT	275	—	325	600
Mulyana-INA	352	—	396	749
115 lbs.				
Salnikov-RUS	418	259	385	1062
Sirkia-FIN	358	198	358	914
Wang-TPE	336	209	363	908
Sandvik-FIN	330	253	319	903
Teramura-JPN	308	193	308	809
123 lbs.				
Filimono-RUS	468	226	418	1112
Rantamak-FIN	391	226	402	1018
Lindberg-FIN	352	198	369	919
Brown-USA	347	182	336	864
Okamura-JPN	319	198	308	826
132 lbs.				
Poletaev-RUS	468	336	424	1228
Sari-INA	451	275	473	1200
Lukina-RUS	440	286	418	1145
Ivanova-UKR	451	264	396	1112
Chou-TPE	396	215	429	1040
Wu-TPE	352	242	385	980
Gevers-AUS	352	204	341	897
Tachiban-JPN	314	165	303	782
Hayashi-JPN	286	171	319	776
148 lbs.				
Potselue-RUS	517	361	451	1330
Akhmam-UKR	501	264	413	1178
Kryukova-KAZ	407	242	352	1002
Hsu-TPE	380	220	385	985
Kaas-DEN	396	204	385	985
Hrabalov-CZE	374	204	369	947
Marts-USA	341	220	374	936
Banu-IND	413	176	330	919
Gudenstei-ISL	341	209	369	919
Overbee-NED	341	220	341	903
Ip-HKG	275	160	314	749
165 lbs.				
Kozlova-UKR	545	286	545	1376
Biruk-UKR	517	330	523	1371
Blikra-NOR	501	319	473	1294
Iskander-KAZ	501	314	462	1277
Tseng-TPE	468	226	440	1134
Singh-IND	363	154	314	831
181 lbs.				
Dedyuly-RUS	551	396	484	1431
Pantina-RUS	517	308	429	1255
Chang-TPE	506	264	446	1217



Pederse-DEN	429	281	468	1178	Guha-IND	424	231	352	1007
Arnesen-NOR	451	286	440	1178	Bushuyev-UKR	385	248	352	985
Hung-TPE	407	330	341	1079	Baum-USA	341	215	358	914
Lonkar-IND	435	248	330	1013	Raj-IND	352	160	363	875
Lair-USA	391	209	347	947	198+ lbs.				
198 lbs.					Karpova-RUS	705	418	517	1640
Shcheglo-RUS	573	380	490	1442	Hugdall-NOR	573	444	440	1457
Strik-NED	551	374	506	1431	Orobets-UKR	551	363	457	1371
Pecante-PHI	473	270	451	1195	Meule-NED	539	385	424	1349
Buckley-NZL	407	303	473	1184	Manaena-NZL	506	303	484	1294
Szczepa-POL	374	286	352	1013	Varlamo-UKR	534	—	534	1068

<b>MALE</b>				
123 lbs.				
Fedosien-RUS	628	385	562	1574
Puthiyar-IND	562	352	468	1382
Wszola-POL	539	369	462	1371
Lu-TPE	562	220	578	1360
Isagawa-JPN	462	369	473	1305
Tinebra-FRA	473	308	457	1239
Joseph-IND	468	270	495	1233
Yang-TPE	374	215	573	1162
132 lbs.				
Hsieh-TPE	589	418	600	1607
Danilov-RUS	611	385	584	1580
Rana-IND	562	264	584	1409
Raja-IND	573	297	539	1409
Lited-FRA	539	330	534	1404
Lakehal-ALG	551	297	462	1310
Tan-PHI	451	308	484	1244
148 lbs.				
Gladkikh-RUS	639	429	617	1685
El Belghit-FRA	628	358	688	1674
Makarov-RUS	628	424	573	1624
Koiwai-JPN	573	396	584	1552
Otani-JPN	606	396	506	1508
Miller-CAN	573	374	551	1497
Lin-TPE	484	435	562	1481
Aissa-ALG	462	330	628	1420
Ruso-CZE	573	220	517	1310
165 lbs.				
Olech-POL	804	479	672	1954
Gromov-RUS	760	539	573	1872
Shalokha-UKR	699	495	639	1833
Huang-TPE	672	473	661	1806
Nieminen-FIN	650	396	650	1696
Kean-CAN	600	418	606	1624
Baali-FRA	617	407	595	1618
Kuan-TPE	573	341	666	1580
Keranen-FIN	606	374	595	1574
Korell-GER	595	374	556	1525
Nursaha-TKM	517	451	506	1475
Yoshioka-JPN	556	396	495	1448
Kailey-NED	539	347	551	1437
Sigala-USA	451	308	462	1222
Vasant-TRI	495	—	462	958
181 lbs.				
Sorokin-RUS	826	473	672	1971
Naniev-UKR	771	484	672	1927
Rysevyr-UKR	754	473	639	1866
Toubal-ALG	694	446	694	1833
Miller-POL	738	473	606	1817
Singh-IND	672	451	683	1806
Kobayaka-JPN	661	440	617	1718
Rosales-PHI	584	495	573	1652
Rohr-USA	617	363	655	1635
Sommers-CAN	644	—	—	644
198 lbs.				
Bulanuy-UKR	793	534	749	2075

(continued on page 68)



“This Stack Drives Me to

# ANNIHILATE THE IRON!

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...

■ **MATT “KROC” KROCZALESKI**  
UPA World Record Holder

■ **JOHNNIE JACKSON**  
USPF World Record Deadlift

**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?

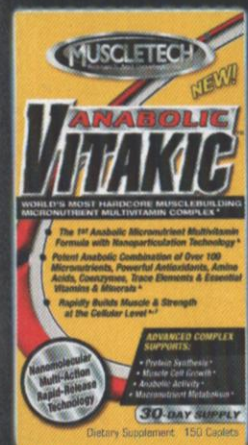
**A** Creatine's a weapon I have to have in my arsenal, and I take CREAKIC® Hardcore for one simple reason: It works! It's given me results I've seen for myself – you just can't argue with that.

**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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**PRE-WORKOUT**

- Contains powerful strength amplifying agents
- Experience a 10.5% instant surge in strength



**PRE-WORKOUT**

- Increase anabolic signal activation by 350%
- World's first ever 100% anabolic compound

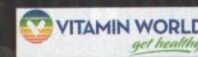


**POST-WORKOUT**

- Jack up muscle fiber protein content by 58%
- Most powerful hardcore creatine pill in existence



**GET ON THE KIC MUSCLE & STRENGTH STACK NOW!**



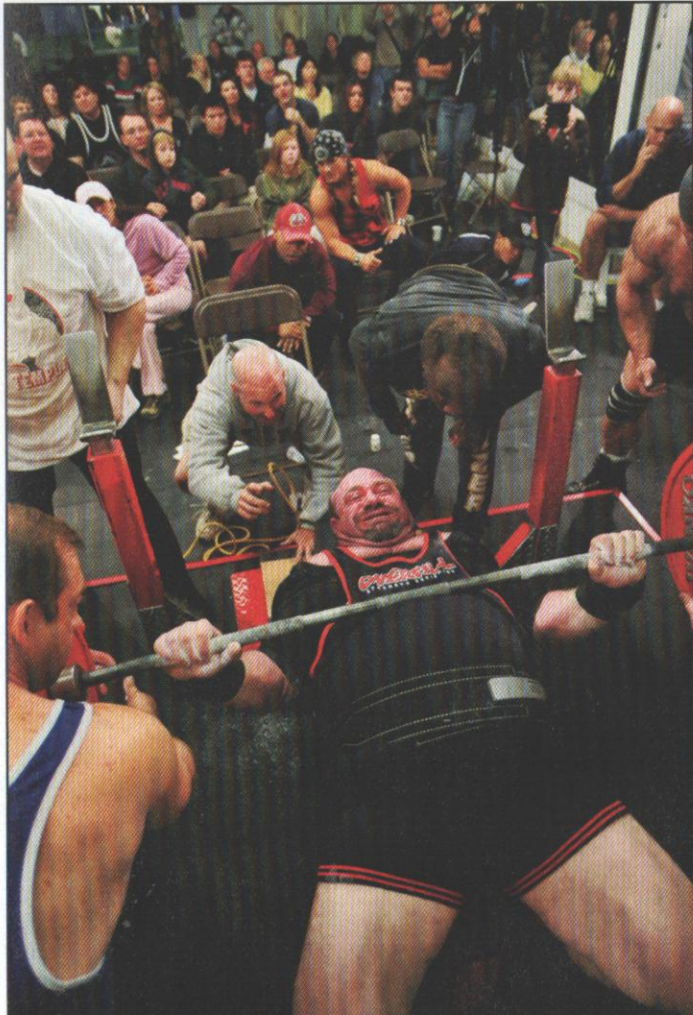
In a clinical study, a key complex in GAKIC Hardcore increased the total muscle work performed during intense sets of resistance training by an average of 10.5%. Test subjects who trained and took a key compound in LEUKIC Hardcore forced 350% more anabolic signal activation at the muscle fiber level than when taking a placebo. In a 12-week clinical study, test subjects consuming a key ingredient in CREAKIC Hardcore increased muscle fiber protein content by 58%. Read the labels before use. © 2009.



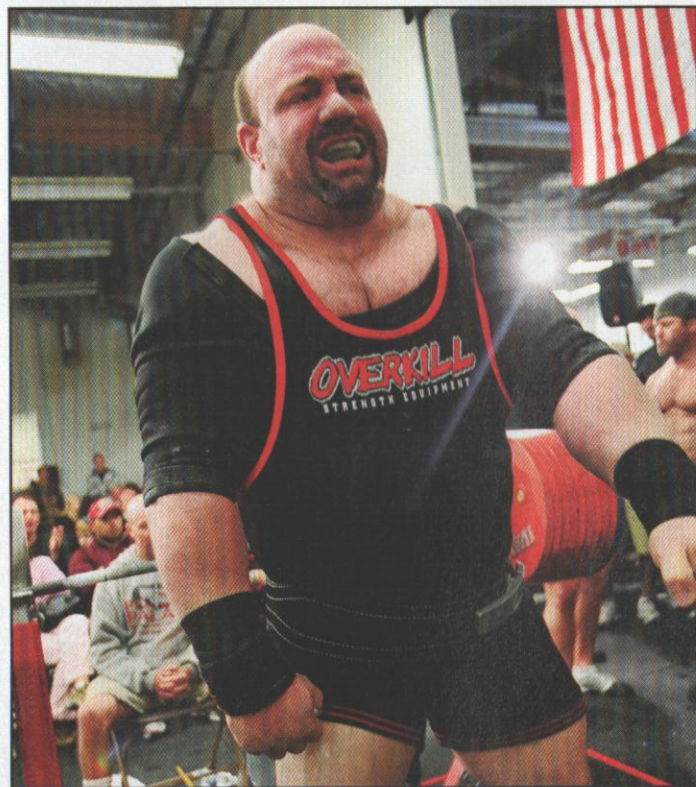
# SCOT MENDELSON

at the APF Holiday Festival of Strength

December 12th at Body Temple Gym in Camarillo, CA



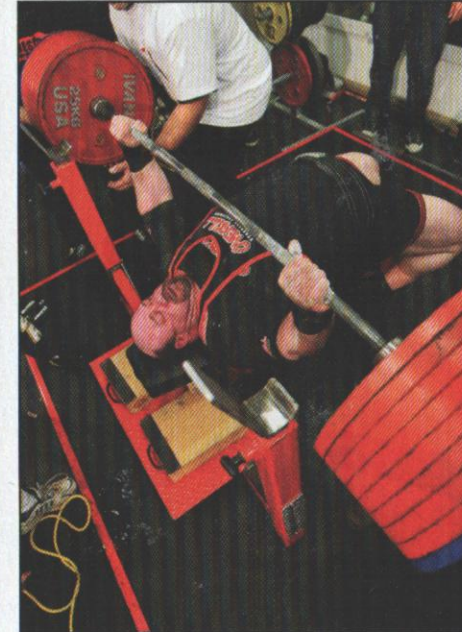
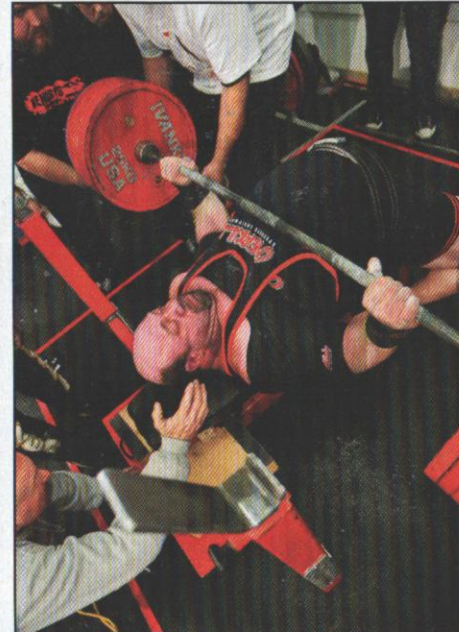
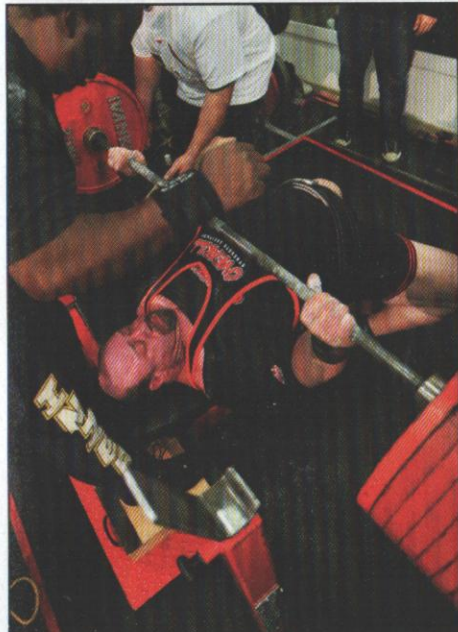
The crowd waits in anticipation as Scot tries for a bigger BP record



Amped up and ready to rock – Scot gets fired up for his BP attempt



Wake up call – Scot prepared for his BP with the help of Justus Owens



Making it look as easy as 1-2-3 – Scot Mendelson benched an all-time record of 1031 lb. @ 275 lb. at the APF Holiday Festival of Strength

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There is a wonderful mythical law of nature that the three things we crave most in life—happiness, freedom, and peace of mind—are always attained by giving them to someone else. No person was ever honored for what he received. He was honored for what he gave.  
—Peyton Conway March

## DR. JUDD

**LIVING, LOVING & LEARNING**  
as told to PL USA by Judson Biasiotto Ph.D.

When I was a youngster, I grew up near Philadelphia, Pennsylvania. Isn't that a beautiful name for a city? It literally means the city of brotherly love. Actually, I was raised in Bethlehem, a small city just outside of Philadelphia. I'm sure you have heard of Bethlehem...the Christmas city. It was a magnificent place to grow up in. Everyone there was so loving and caring. If Philadelphia was the city of brotherly love, Bethlehem was simply the city of love.

We lived in a row house on Sycamore Street. Our entire neighborhood was one house after another built in endless rows, as far as a small child's eye could see. The homes all had tiny little front yards and back yards. The front yards had little fences around them with little to no vegetation. Actually, some of the yards were just concrete slabs.

Let me say right here, though, row homes are not developments. They are neighborhoods with wonderful neighbors. I have heard some people, condescendingly say, that row homes are glorified apartments, except that there is nobody above you and nobody below. We share our walls with the neighbors on either side. When our neighbors laughed, we laughed. When they cried, we cried along with them, and when they fought, we were sent to the other side of the house.

We lived so close together that even when our neighbors cooked, we could smell the magnificent aro-

mas coming from their stove, and when Mama cooked, they could do the same. It was no big secret that when Mama cooked her celebrated lasagna why our next door neighbors would just happen to drop by at dinner, for dinner—which they were always welcome to do. In truth, it made Mama happy to share her lasagna. Mama's greatest joy was sharing what she had with others and she always chose the best to give away. The best was her lasagna. Her lasagna wasn't just for our immediate neighbors either. She would often go into the neighborhood with large thin flat metal sheets loaded with lasagna to share with the other families on our block. My dad would try to tell her that maybe her lasagna wasn't for everyone. That some neighbors might not think her lasagna was "food for the gods." After all, one slice of her lasagna had to contain an astronomical amount of calories, fat and cholesterol. Mama would respond to my father's words of caution, with her wonderful Italian insight. "Stupido, everyone loves lasagna...have you gone crazy, Innocento?!" Amusingly, my father always wanted to be called Inny because he hated his real name, Innocento. Naturally, Mama would always call him Innocento because he hated it; she had a way of doing stuff like that. Of course, she would do it in a very loving manner.

Needless to say, Mama would ignore my father's notion that not everyone in the neighborhood loved her lasagna. She would go off passing out huge slices of lasagna to the neighbors. The truth is, all the neighbors loved Mama's lasagna, and they loved her too. In all candor, the world needs more of mama's lasagna—it is loaded with love, affection and tenderness—it had real power. Believe me, Sycamore Street had a love affair with Mama's lasagna and Mama had a love affair with all her neighbors.

Of course, food wasn't the only thing that was shared in our neighborhood. Everyone's home was open to everyone else, and to my knowledge nothing was off limits when someone was in need. I remember when I was a little boy, we would leave our back door open in case our neighbors needed anything, and they would do the same for us. If we needed something we

would just go over to their house and borrow it, and then later that day we would bring it back, and the neighbors would do the same. For instance, some mornings while we were sleeping they would come in and borrow eggs or sugar, or whatever they needed. Then later on, they would come back and say, "Here are the eggs we borrowed this morning. Thanks!" It was so nice sharing with friends. Everybody watched out for each other. It was a wonderful thing.

I can see you thinking...who the heck wants to live in a row house with your neighbors living just about in your living room. Well, I can tell you it is a fantastic thing to live with your neighbors and to realize how dependent we all are on each other and how rewarding it is to be needed and how beautiful it is to be able to say to someone, "I need you." The wonderful thing was how everyone cared about everyone else—the closeness, and the caring for each other was remarkable, absolutely splendid. If someone was ill, everybody in the neighborhood knew it and everyone there would go out of their way to make sure that person had everything he or she needed to get well. I am not exaggerating when I tell you our neighborhood was a community of loving human beings; real down to earth, gentle and thoughtful people.

Perhaps, one of the most beautiful moments in my life was my seventh Christmas.

Christmas was always very special in our neighborhood. Perhaps because there were at least two children to every household living there. Believe it or not we had ninety-six kids on our little block, which just goes to show you what great lovers we had on Sycamore Street. They were cranking out kids on the block like they were trying to create a new nation.

Anywho, as mentioned, Christmas was always very special in our neighborhood because of all the kids and most likely because it was predominately an Italian neighborhood of "die hard" Roman Catholics who sincerely celebrated Christ coming as well as St. Nickolas' benevolence. All the families in the neighborhood would go out of their way to spread the love and joy of the Christmas spirit. I doubt seriously if any other community in the world,

or anywhere else for that matter, celebrated Christmas any better.

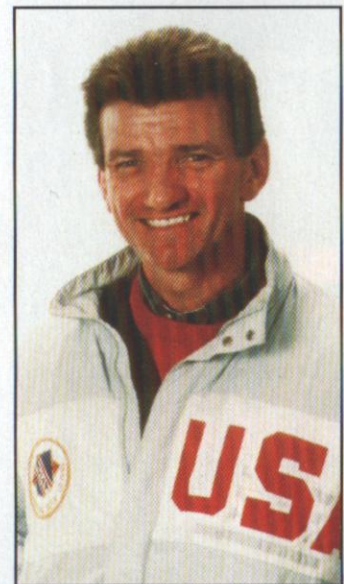
My parents had this unique tradition of putting our gifts under the tree about a week before Christmas. All of the gifts except the ones that Santa was going to bring us went under the tree. Interestingly, the ones that Santa would bring us were totally irrelevant gifts because he didn't have a clue as to what we wanted for Christmas. We would write him these long letters telling him exactly what we wanted in painstaking detail, and he would just ignore our request and bring a bunch of junk. I always wondered if the guy could read. Typically, he would bring me socks, underwear, a white shirt and a clip on tie for school. GREAT...just what I didn't want. Oh yeah, and he would always leave us a bunch of crummy fruit, including oranges that I absolutely hated. Consequently, the gifts that had any real meaning were the ones my parents gave us. You know, the ones under the tree.

This tradition of putting our gifts under the tree a week early would drive my sisters and me crazy. I think it was my parent's twisted idea of psychological torture. For a solid week we would look at those gifts, their size, shape, and contour and drive ourselves mad trying to figure out what was inside those presents. We weren't allowed to touch them. We were only allowed to look at them. Inevitably, my presents always seemed to have the wrapping torn a little at the corners and finger prints all over them. I could only assume that gremlins or my sisters must have rummaged through the presents and inadvertently, on purpose, damaged the Christmas wrappings. At least that was the explanation I would give my parents. Whatever!

Anywho, on this particular Christmas there were three presents under the tree with my name on them. That was a record number of gifts for me. One of the presents was a big beautiful wrapped box with my name on it. I was sure it was either an electric football set or a knock hockey board. I had been lobbying for both gifts since the Christmas before. Every morning I would go downstairs and look at that big beautiful present with my name on it. I just couldn't wait until Christmas morning so that I could rip into that present. I even dreamed about it one night.

Then two nights before Christmas, something terrible happened. One of our neighbors, the Carpelletis, were robbed. Someone broke into their home during broad daylight while they were at work and their children were in school and

(continued on page 65)



Dr. Judd Biasiotto, Ph.D.

Team MuscleTech Releases Its  
**MOST POWERFUL**  
**STRENGTH-AMPLIFYING**  
**CREATINE**  
**FORMULA**

**NEW**  
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**MATT KROCZALESKI**  
2009 UPA WORLD RECORD HOLDER

Unlike low-dosed creatine supplements, new Cell-Tech™ Hardcore Pro Series is engineered with a 10,000 mg (that's right, 10 grams!) super dose of creatine. That's at least twice as much creatine than other leading creatine products. Plus, this advanced formula also contains an insulin-potentiating, 75 grams of dextrose to get more creatine into muscles faster, for explosive gains in bar-bending mass! What's more, it also contains 200 mg of ALA (Alpha Lipoic Acid), a key ingredient in an exclusive blend found only in the patent-protected Cell-Tech Hardcore Pro Series formula. In fact, no other creatine formula on the planet has this powerful, mega-dosed combination of ingredients that's scientifically validated to saturate your muscles with creatine!

In a 28-day study, subjects taking the core formula in Cell-Tech Hardcore Pro Series built 26 times more mass than those taking creatine alone. And remember... more mass equals more power! Plus, in a third-party, 6-week study on 35 males with at least 2 years of strength training experience, subjects taking a key ingredient in Cell-Tech Hardcore Pro Series jacked up their bench over 11 times more than the placebo group (24.58 lbs. vs. 1.92 lbs.). Those aren't novices, but experienced athletes! No other creatine supplement can do *all* this – period! **Get on new Cell-Tech Hardcore Pro Series and smash your PB's in no time!**

- Test subjects jacked up their bench by more than 11x in just 6 weeks!
- Patent-protected core formula scientifically validated 26x more effective than regular creatine at building powerful mass.
- Powered by 10,000 mg of creatine – at least twice as much creatine as other top brands!



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In a placebo-controlled, 28-day study on 32 individuals divided into four groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core formula in Cell-Tech Hardcore Pro Series with a hardcore training program built 26 times more mass than those taking creatine alone (4.34 vs. 0.16 lbs.). Cell-Tech™ Hardcore Pro Series is patented. © 2009.

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**PRO PERFORMANCE® ADVANCED  
AMP MUSCLE PERFORMANCE**

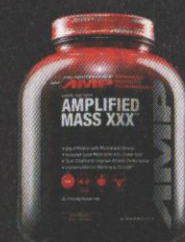
THE NEW BEST IN CLASS FROM GNC.

Strength. Size. Endurance. You want it. You need it. So push the limits. And crush the competition. Introducing Pro Performance® 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® AMP is a new line of advanced muscle performance supplements. Working with new ingredient technologies and advanced

delivery systems, all products have been developed through rigorous scientific testing to reach unparalleled performance claims that are tried and true.

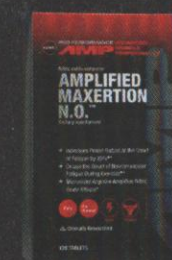
Pro Performance® AMP is a comprehensive line of sports nutrition supplements that work pre, post and during your workout. They can be combined into regimens customized around an athlete's needs and goals. And when you add up all the claims, you get explosive workout results. Here are just a few of the breakthrough products that show the advantages you get with Pro Performance® AMP.



**AMPLIFIED MASS XXX™**

Our best lean mass gainer ever. This rock-solid formula is engineered with 50 grams of protein and additional ingredients proven to increase lean mass with 40% fewer reps and sets.<sup>1</sup> Includes micronized amino acids, three grams of a powerful creatine matrix blend and anabolic ingredients to pack on the muscle.

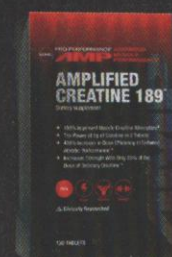
**LEAN MASS  
WITH 40%  
FEWER SETS**



**AMPLIFIED MAXERTION N.O.™**

Pump up your workout with Amplified Maxertion N.O.™ 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>2</sup>

**IMPROVES  
PHYSICAL PERFORMANCE  
BY 20%**



**AMPLIFIED CREATINE 189™**

A cutting-edge solution that tops ordinary creatine monohydrate. Amplified Creatine 189™ has been clinically proven to improve leg press results by 54 pounds with only 25% of the dose of ordinary creatine. This amplified formula also provides a 400% increase in dose efficiency to enhance athletic performance.<sup>3</sup>

**400%  
INCREASE  
IN DOSE EFFICIENCY**

<sup>1</sup>In an eight-week, randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed three sets of resistance training (RT) daily with the macronutrient blend in Amplified MASS XXX™, and 16 subjects performed five sets RT daily with no supplement. After eight weeks, subjects on the supplement showed equal gains in body weight, fat-free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only three sets RT per day compared to the control group who completed five sets RT per day. <sup>2</sup>In a randomized, double-blind, placebo-controlled study, 50 healthy, untrained male volunteers were given Amplified Maxertion N.O.™ or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo and again after the treatment period was finished. Those subjects supplemented with Amplified Maxertion N.O.™ had a 20% increase in FWCF (physical working capacity at the fatigue threshold) after four weeks of supplementation relative to the placebo group. <sup>3</sup>In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took GNC Pro Performance® AMP Amplified Creatine 189™ containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 pounds, while subjects on five grams of creatine monohydrate improved by 54 pounds, and the placebo group demonstrated no significant improvement. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S.



**IT'S YOU VS. YOU**  
**LEAN MASS WITH 40% FEWER SETS.\***

**NEW**



**PRO PERFORMANCE® ADVANCED  
AMP MUSCLE PERFORMANCE**

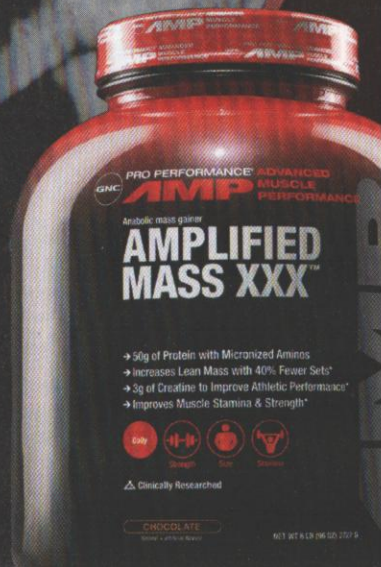
**THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS**

The breakthrough formulations of Pro Performance® AMP are designed to increase stamina, power, endurance, energy and strength. Amplified Mass XXX™ is engineered with 50 grams of protein and proven to increase lean mass with 40% fewer reps and sets.\* Now, with Pro Performance® AMP by GNC, you can maximize your workout to get maximum results. CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC.

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Clinically Researched

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<sup>\*</sup>In an eight-week, randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed three sets of resistance training (RT) daily with the macronutrient blend in Amplified MASS XXX™, and 16 subjects performed five sets RT daily with no supplement. After eight weeks, subjects on the supplement showed equal gains in body weight, fat-free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only three sets RT per day compared to the control group who completed five sets RT per day. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S. Ad: Arnell. Photo: Arnell



My *Ultra Stretch Component* has been adapted partially from plyometric training, and partially from the necessity of adapting to age. Us older athletes have to be cautious of plyometrics because our joints and muscles are more brittle. At the age of 15 I wouldn't think twice about doing a 10 foot depth jump, but at 60 I cringe thinking about jumping off of a bench. Most younger athletes can safely perform plyometrics. The participation of senior athletes in our sport is growing geometrically. We need a safer exercise option like the *Ultra Stretch Component*. Plyometrics has a significant effectiveness on training, and I believe the *Ultra Stretch Component* will also be significant for you and your training regime.

The amount of tension created by a muscle is related to the length of the muscle immediately preceding the contraction. At lengths greater than the optimum length of contraction, the contraction will result in a decreased active output of force. A muscle that is stretched to optimum length before a concentric contraction will contract more forcefully and more rapidly. An example of this is the crouch before the jump. The muscles involved in the jump are biomechanically stretched before the jump, producing a more powerful movement. A muscle that is overstretched will produce a less than maximum contraction, giving your repetition a mechanical disadvantage. These statements are the basis of my *Ultra Stretch Component* of training. What this means is you are more likely to make greater strength gains by putting your muscle at a position of overstretch before contraction. This forces you to work harder because you are putting each fiber in a more challenging disadvantaged position. We are not using the elastic energy created or the stretch reflex created as are used in plyometrics. We are however raising the difficulty and being safer with our joints and muscles. The *Ultra Stretch Component* can also stimulate growth factors and can be used in the rehabilitation field.

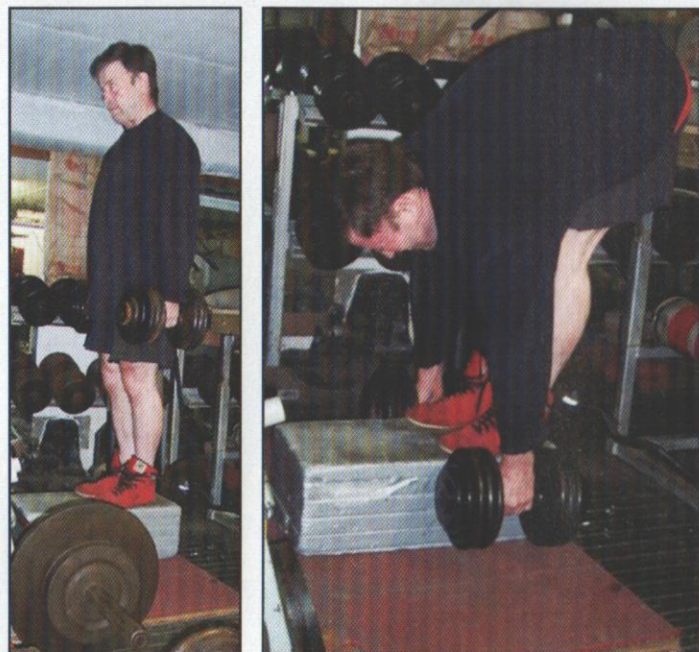
Eccentric exercises create a longer time course for damage recovery of the muscle fiber. Eccentric training cannot be used as often because of the recovery disadvantage, although it can be more productive than isometric or concentric exercise. The muscle groups you train with the *Ultra Stretch Component* should not be trained more than once a week. Athletes should have a substantial strength training background before attempting the *Ultra Stretch Component*. I believe anyone reading *Powerlifting USA* is in that category.

Tight muscles are weak muscles. Healthy muscles and connective tissues are more pliable and have achieved greater circulation to aid in recovery. Most muscle injuries occur with the muscle in a normal range of motion, but before it has had an adequate opportunity to lengthen. For example, the sudden contraction of an

# TRAINING

## ULTRA STRETCH COMPONENT

as told to PL USA by Jim Douglas of Power Builders Gym



Starting Position (left) & Bottom, Pause, Stretching Position (right)

antagonist (a muscle on the opposite side of a joint from the contracting muscle) before the agonist (the primary mover) has an opportunity to lengthen. Tight joints can also cause injury. Eccentric contraction can be more damaging due to a mechanical more than a metabolic factor.

My deadlift has always had a mechanically or genetically disadvantaged start. My training plan is based on the gains I have made in my deadlift training since implementing my overstretch straight leg deadlifts. I have obviously used many other training routines to aid the start of my deadlift. Standing on a block, speed deadlifts, grip work, bands, chains, power cleans, thick bar deadlifts, good mornings, reverse good mornings, glute ham raises, leg presses, zercher squats, front squats, ½ deadlifts (just the bottom), keystone deadlifts box squats, trap bar deadlifts, side deadlifts and numerous other core exercises, high rep deadlifts sled work, and numerous variations of these exercises. I think everything contributes, but my *Ultra Stretch Component* deadlifts have also kept my back healthy and I have been competing for thirty four years.

I do my *Ultra Stretch Component* straight leg deadlifts standing on a 10" high block with dumbbells so I

can achieve this deeper than floor level overstretch. I also overstretch at the bottom for 3-5 seconds. By putting the muscles in an overstretch position you are putting the muscle fiber at a biological disadvantage. Overcoming this advantage is the adaptation your muscle is forced to adapt to. This can be a compromising position so safety is obviously an important factor. This overstretch is a dynamic form of stretching, so move in a very slow and controlled motion. This type of exercise is not intended for anyone with any type of injury in the area that is exercised. Do not perform this exercise without beginning with very light weights and progressing slowly to a heavier weight. You should not begin this exercise with anything greater than 10% of your maximum deadlift weight for each dumbbell. Do not push this exercise to failure in the early stages of adding this type of exercise to your routine. To maintain total joint health in any joint involved by the *Ultra Stretch Component* I recommend you maintain a functional amount of mobility and strength on all sides of the joint being focused on. For example, if you are focusing on the elevated dumbbell ultra stretch straight leg deadlift, you should also introduce weighted long range of motion (hang

off the end of a bench) sit ups. Long range of motion weighted side bends should also be incorporated into your routine. This will address the issue of total joint health mobility and strength of the spine and hip flexors.

This *Ultra Stretch Component* can be introduced into various other exercises. I also use it for my bench when I use my Narrow Board Dumbbell Bench Press, which was introduced in the August 2009 issue of *Powerlifting USA*. This narrow bench allows a deeper descent of the dumbbells. This deep stretch adds a greater degree of difficulty to the exercise. This Narrow Board Dumbbell Bench Press should also be started with no more than 10% of your maximum barbell bench in each dumbbell. Be sure to maintain control at the bottom with your 3-5 second overstretch.

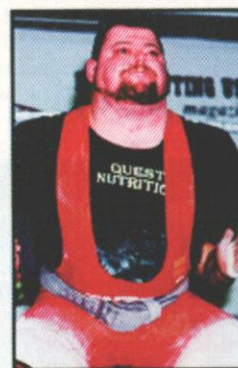
The squat can also be targeted by this *Ultra Stretch Component*. The squat can be done in a narrow style by touching your butt to your heels. This adds a great degree of difficulty to the exercise. Bouncing is definitely not allowed as with any of the *Ultra Stretch Component* exercises. A slow, controlled, dynamic stretch is used for each repetition and good form is mandatory for this exercise to be safe. The wide squat can also be targeted with the *Ultra Stretch Component*, but more safety is advised because of the possibility of hip or low back injury. Do not take these precautions lightly, as injury can occur. Your weight selection should be strongly adhered to. Weights should be considerably less than bodyweight at the beginning of this squatting routine. Do not go above 20% of your maximum squat early in your training routine, and always perform adequate warm ups.

You can use your imagination with shrugs, rows, leg presses, weighted dips, and a number of other exercises that can be adapted to the *Ultra Stretch Component*.

Repetitions are meant to be in the 5-8 range because there should be an almost relaxing 3-5 second stretch at the bottom of each repetition. Remember to keep them controlled enough to breath freely. Remember not to bounce. Remember, whatever does not injure you makes you stronger. Remember, as in all weight training, to warm up before every routine, mentally and physically. This exercise will challenge your flexibility and benefit your weak areas to adapt and improve. Using the *Ultra Stretch Component* gives me one more tool to put my muscles into the adaptation phase.

I do believe with the large number of lifters competing in the raw categories and masters divisions that assistance exercises like the *Ultra Stretch Component* will become more popular and necessary. Joint mobility and stability are more important without the aid of assisted shirts and suits. Exercises that challenge mobility and stability need to be addressed for the safety and longevity of powerlifters.

## QUEST NUTRITION



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## HARALD SELSAM



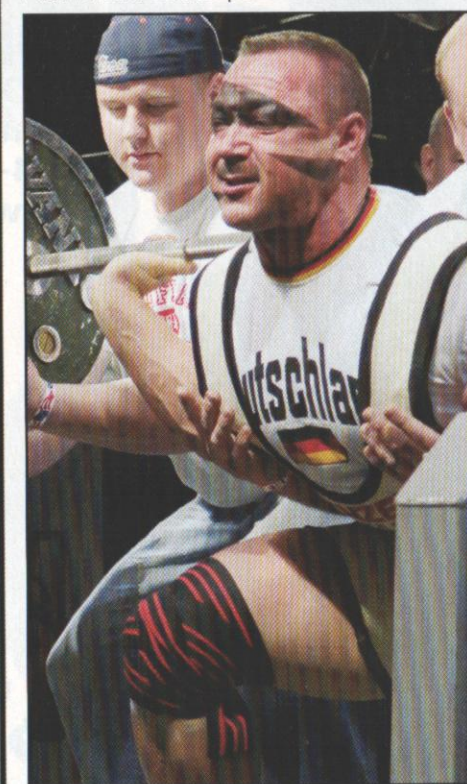
**WORLD CHAMPION POWERLIFTER NOW A SUCCESSFUL BODYBUILDER**— Many time German, European and WPF/WPC World Champ Harald Selsam decided to focus on bodybuilding after a long career in powerlifting. Success came immediately.

His first highlight was the overall victory at the German "Newcomer" Championships in April 2009 with a superb package of density, mass and definition. At the IFBB German Championships he was able to beat a few of the experienced athletes and captured a remarkable 4th place. He then was nominated for the IFBB Masters European Championships in Romania and immediately placed 3rd at a very tough +90 kg. category. He finished his first season with an impressive 1st place performance at the International Austria Cup in Vienna.

Harald is now working on his weak points and will try to qualify for the IFBB World Masters Championships in the Fall of 2010.

In powerlifting, Harald won 7 World and 2 European titles in different federations. Among them were the 1999 WPF World Championships as well as the 2002 and 2004 WPC titles at 220 lb. and a victory at the WPO Semi Finals. Harald's PRs include a 425 kg. (937 lb.) squat, a 247.5 kg. (545 lb.) bench, and a 330 kg. (727 lb.) deadlift. His highest total was made at the 2005 WPO Super Open Championships, where he placed 5th with a great 977.5 kg. total at 220 lb.

He runs a gym in Vienna, Austria, with his girlfriend Gaby and still supports and prepares both Austrian and German power athletes.



Harald Selsam squatting during his powerlifting days, and (top inset photo) now as a bodybuilder (photos courtesy of Selsam)

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# POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## NANO VAPOR HARDCORE PRO SERIES

### NEW PRE-WORKOUT RESEARCH REVEALS 18.3% INCREASE IN STRENGTH

as told to *Powerlifting USA* by *Team MuscleTech*

Powerlifting is a technical sport dictated by several scientific disciplines such as biomechanics, physiology and anatomy. Your success is determined in part by your ability to understand and master each of these disciplines and make them work to your advantage in the gym. To really master the biomechanics of Powerlifting, it takes strict adherence to exact angles, body positioning and the knowledge of how to create maximum force production. The anatomy of Powerlifting deals with how well you know which specific muscles are contributing to your big lifts. By developing primary, secondary and stabilizer muscles involved in your lifts, you can break through plateaus fast. The third discipline to master is the physiology of Powerlifting. Part of this science deals with your pre-workout ritual – which, if done correctly, can prime your mind and body for an all-out training performance. This is where choosing your pre-workout formula can either make or break your training session.

#### The Limits of Regular Pre-Workout Formulas

Most regular pre-workout supplements are designed to help your workout through one or two different mechanisms. For example, regular arginine-based nitric oxide formulas are designed to help increase blood flow while you're training, which could help to get you a decent pump in the gym. Other pre-workout formulas that are primarily stimulant-based might work to help get you fired up to train for a short period of time. What you really need is a pre-workout formula that does it all – rapidly cranks up your intensity, triggers massive pumps that last and instantly increases strength for a training experience like none other.

To create an unparalleled training and musclebuilding experience that hardcore powerlifters would instantly get hooked on, Team MuscleTech™ researchers reviewed cutting-edge published university research from around the world. They looked at innovative supplement science out of the University of São Paulo, new pre-workout strength studies conducted by researchers from Arizona State University and an impressive musclebuilding study conducted at Texas Christian University. It's this relentless drive and passion for groundbreaking science and pre-workout dominance that led to the development of the new naNO Vapor® Hardcore Pro Series formula.

#### First-Dose Instant Increase in Strength

To help you increase strength in the gym, one of the core ingredients in the new naNO Vapor Hardcore Pro Series formula is engineered to instantly increase strength with your very first dose. In a third-party, double-blind, crossover, placebo-controlled study, 18 subjects taking a key ingredient in naNO Vapor Hardcore Pro Series increased strength on the chest press by 18.3 percent compared to when using a placebo (5,254 vs. 4,442 lbs. of total weight lifted). That's more raw lifting power to help you tear through the heaviest poundages and break through your plateaus. In addition to this, this key ingredient is also shown to stimulate the release of catecholamines. Research has shown that with an increased circulation of catecholamines, more free fatty acids are released into your bloodstream – a potential marker

of fat breakdown.<sup>2</sup>

#### Increase Mental Focus

Another critical factor required for a powerful training experience is mental focus. You can't underestimate the importance of the mind-muscle connection whether your goal is to increase strength or build muscle. How well you can focus will help determine what you get out of each workout. To achieve this training objective, a key ingredient in naNO Vapor Hardcore Pro Series is shown in other university research to trigger extreme focus.

#### Pure Musclebuilding Power in Just Weeks

Increasing strength and improving mental focus are key factors for any type of lifter that wants to improve the quality of each training session. But it's also important to take in precise dosages of key ingredients shown in research to build muscle fast. To help you experience rapid muscle gains from each workout, a key ingredient in the new naNO Vapor Hardcore Pro Series formula is shown in third-party research to pack on muscle in test subjects compared to a placebo. As published in the *Journal of Medicine and Science in Sports and Exercise*, 22 untrained test subjects were divided into three separate groups. At the end of just 12 weeks, the subjects consuming a key musclebuilding compound gained 7.12 pounds of muscle while subjects using a placebo gained only 1.30 pounds! Researchers in this study suggested that this key ingredient produces increases in muscle protein myofibrillar content, which leads to greater muscle and strength gains. This key ingredient also plays a primary role in regenerating muscle ATP content when you're in the gym – helping you to produce explosive strength and power.

In addition to all this research, yet another third-party controlled independent scientific study conducted at the University of São Paulo, that separated 20 test subjects into two groups of 10, showed that the subjects consuming two other key ingredients in naNO Vapor Hardcore Pro Series gained eight times more muscle than control subjects in only eight weeks (3.72 vs. 0.41 lbs.!).

If your regular pre-workout supplement is lacking the science backing its key ingredients, your training sessions may be limited. When you get on naNO Vapor Hardcore Pro Series, your training sessions will change forever and you'll see and feel exactly what you've been missing out on.

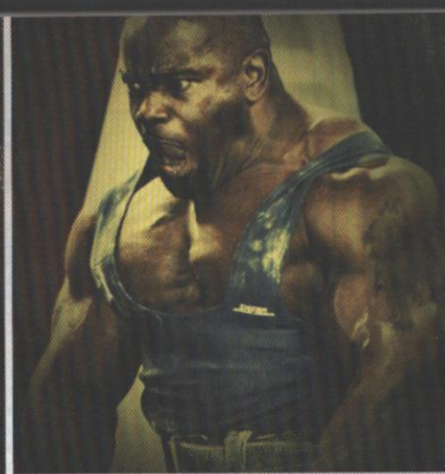
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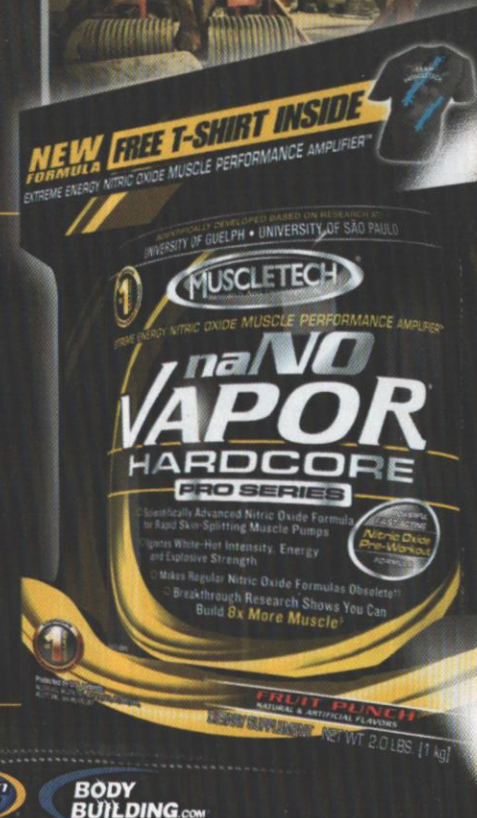
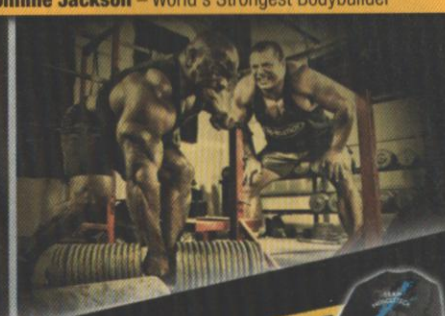
INTRODUCING NEW  
naNO Vapor Hardcore Pro Series

The Undisputed  
**WORLD'S STRONGEST BODYBUILDER**

Bench: 600 x 1 | Squat: 826 x 1 | Deadlift: 814 x 1



“With my level of training intensity, naNO Vapor Hardcore Pro Series is the only formula I will depend on!”  
Johnnie Jackson – World's Strongest Bodybuilder



#### Powerful Key Ingredients Deliver Rapid Effects During Training

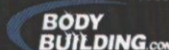
- HYPER-AMPLIFIED TRAINING INTENSITY
- RAZOR-SHARP MENTAL FOCUS
- MASSIVE N.O. BLOOD RUSH
- RAPID SKIN-SPLITTING MUSCLE PUMPS
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- EXPLOSIVE STRENGTH AND POWER
- INCREASED NUTRIENT DELIVERY
- DECREASED MUSCLE FATIGUE
- MUSCLE GROWTH ACTIVATION

On September 26, 2009 at the *Duel in the Desert*, Johnnie "JOJ" Jackson solidified himself as the official world's strongest bodybuilder. Here's how he did it. Amidst the fury of brutal trash talking being hurled at him from another self-proclaimed "world's strongest bodybuilder", Johnnie Jackson chose to stay out of it and let his lifting do the talking. Rather than participating in the war of words, Johnnie teamed up with another member of Team MuscleTech™ – powerlifter Matt "Kroc" Kroczaleski – for a few crazy workouts at Kroc's garage. It was also during this visit that Johnnie gained some valuable lifting tips and some new ways to channel deep inner strength.

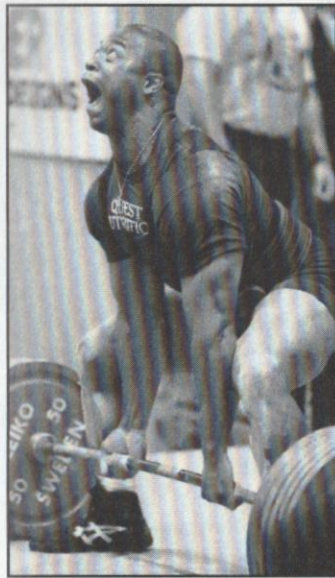
When the dust settled and the stage was set, Johnnie brought a fury of unleashed adrenaline to the stage and trampled his adversary, claiming the title as the world's strongest bodybuilder. Only a potent dose of naNO Vapor® Hardcore Pro Series can ignite this type of raw, high-voltage power. To check out some raw footage of Johnnie Jackson training with Powerlifter Matt "Kroc" Kroczaleski, head over to: <http://www.muscletech.com/resources/videos>.

COMING SOON!

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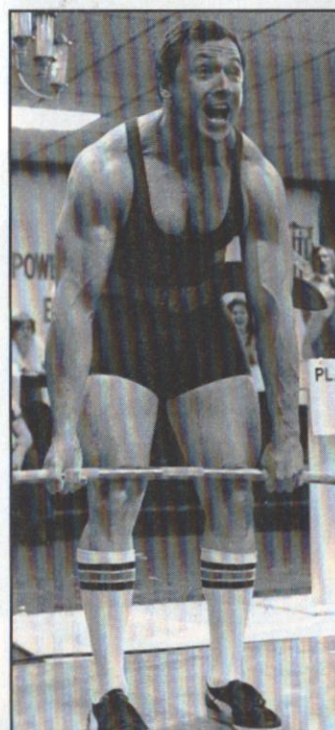




Charr Gahagan – blasting off



Tony Pharr at the '85 IPF Worlds



Phil Rosenstern – 1980 Jr. Natls.

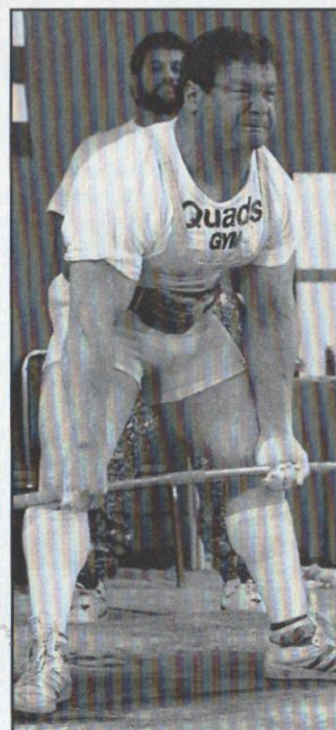
## ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 220 Pound (100 Kilogram) Weight Division — DEADLIFT

Rank	Deadlift	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	901.7	(409.0)	*4.10X Ed Coan/63 7/28/91 (407.5 kg. @ 99.8 kg., actual value of overweight plates = 409.0 kg.) (Dallas, TX) (USPF)
2.	837.8	(380.0)	*3.80X Jim Cash/49 7/8/84 (380.0 kg. @ 100.0 kg.) (Dayton, Ohio) (USPF)
3.	830.0	(376.5)	*3.86X Chad Holmes/71 2/24/96 (830.0 lb. @ 215.0 lb.) (Tuscola, Illinois) (SLP)
4.	821.2	(372.5)	*3.77X Steve Goggins/63 12/6/87 (372.5 kg. @ 218.0 lb.) (Dallas, Texas) (USPF)
5.	821.2	(372.5)	*3.73X Robert Washington 10/28/89 (372.5 kg.) (Greensboro, North Carolina) (USPF)
6.	815.7	(370.0)	*3.70X Johnny Jackson 6/16/01 (370.0 kg.) (Plano, Texas) (INSA)
7.	815.7	(370.0)	*3.70X Chuck Vogelpohl/65 3/5/04 (370.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
8.	811.3	(368.0)	*3.83X Vince Anello/47 3/29/77 (810.0 lb. @ 212.0 lb., later weighed out at 811.25 lb.) (Culver City, CA) (AAU)
9.	810.2	(367.5)	*3.68X Matt Kroczaleski/73 4/25/09 (367.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA)
10.	805.0	(365.1)	3.65X Charr Gahagan/76 1/20/01 (805.0 lb.) (Saint Amant, Louisiana) (USAPL)
11.	804.7	(365.0)	3.65X Sherman Backus 9/26/82 (365.0 kg.) (Nashua, New Hampshire) (NSM)
12.	804.7	(365.0)	3.65X Jimmy Pegues/64 2/18/88 (365.0 kg.) (El Torra, California) (USPF)
13.	804.7	(365.0)	*3.66X Michael Schwanke/78 6/14/08 (365.0 kg. @ 220.0 lb.) (Kennesaw, Georgia) (APF)
14.	801.4	(363.5)	*3.64X Michael Kalter/Netherlands/72 7/15/01 (363.5 kg. @ 99.9 kg.) (Omaha, Nebraska) (IPF)
15.	800.3	(363.0)	*3.67X George Herring/59 12/12/04 (363.0 kg. @ 218.0 lb.) (Lawrenceville, Georgia) (WABDL)
16.	800.0	(362.9)	3.63X Wylie Webster/72 3/13/93 (800.0 lb.) (Liberty, Texas) (THSPA)
17.	800.0	(362.9)	3.63X James Morton/69 4/13/96 (800.0 lb.) (New Castle, Delaware) (ADFFPA)
18.	799.2	(362.5)	*3.63X Travis Mash/73 10/18/03 (362.5 kg. @ 100.0 kg.) (Gautier, Mississippi) (APF)
19.	793.7	(360.0)	3.60X Joe Hood 4/27/86 (360.0 kg.) (Longview, Texas) (USPF)
20.	788.2	(357.5)	3.58X Chip McCain/91 11/8/80 (357.5 kg.) (Arlington, Texas) (USPF/IPF)
21.	788.2	(357.5)	3.58X Kevin Fisher 6/3/84 (357.5 kg.) (San Diego, California) (NSM)
22.	788.2	(357.5)	3.58X Ray Harris 2/18/88 (357.5 kg.) (El Torra, California) (USPF)
23.	782.6	(355.0)	3.55X Edward Riley II 5/26/90 (355.0 kg.) (Chicago, Illinois) (ADFFPA)
24.	782.6	(355.0)	3.55X Timothy Diem 6/22/97 (355.0 kg.) (Atlanta, Georgia) (APF/WPC)
25.	782.6	(355.0)	*3.64X Brandon "C4" Cass/74 6/8/03 (355.0 kg. @ 219.0 lb.) (Houston, Texas) (WABDL)
26.	782.6	(355.0)	*3.58X Jeremy Hartman/83 11/6/08 (355.0 kg. @ 99.04 kg.) (Saint John's, Canada) (USAPL/IPF)
27.	780.0	(353.8)	3.54X Bruce Graser 10/18/86 (780.0 lb.) (Murfreesboro, Tennessee) (USPF)
28.	777.1	(352.5)	3.53X Buddy Duke/56 12/20/80 (352.5 kg.) (Greenville, South Carolina) (USPF)
29.	777.1	(352.5)	3.53X Ron Tullis 3/26/83 (352.5 kg. @ 98.66 kg.) (College Station, Texas) (USPF)
30.	777.1	(352.5)	3.53X Kent Johnson 7/18/92 (352.5 kg.) (Charlottesville, Virginia) (NASA)
31.	777.1	(352.5)	*3.55X Tony Harris/64 7/9/00 (352.5 kg. @ 99.4 kg.) (Chicago, Illinois) (USAPL/IPF)
32.	777.1	(352.5)	*3.58X Larry Hook/69 6/3/06 (352.5 kg. @ 98.4 kg.) (Las Vegas, Nevada) (APF/WPC)
33.	775.0	(351.5)	3.52X Joe Ladnier/63 4/14/85 (775.0 lb.) (Tampa, Florida) (USPF)
34.	775.0	(351.5)	3.52X Keith Ferrara/71 11/17/01 (775.0 lb.) (Columbus, Ohio) (IPA)
35.	771.7	(350.0)	3.50X Phil Rosenstern 6/7/80 (350.0 kg.) (El Dorado, Arkansas) (USPF)
36.	771.7	(350.0)	3.50X Mark Dimiduk 3/22/81 (350.0 kg.) (Honolulu, Hawaii) (USPF/IPF)
37.	771.7	(350.0)	3.50X Bret Russell/60 1/8/83 (350.0 kg.) (Columbus, Ohio) (USPF)
38.	771.7	(350.0)	*3.63X Ernie Frantz/34 7/7/85 (350.0 kg. @ 96.5 kg.) (Chicago, Illinois) (USPF)
39.	771.7	(350.0)	*3.52X Tony Pharr 11/9/85 (350.0 kg. @ 99.45 kg.) (Espoo, Finland) (USPF/IPF)
40.	771.7	(350.0)	3.50X Hugh Dunagan/68 8/1/98 (350.0 kg.) (Oklahoma City, Oklahoma) (APF)
41.	770.0	(349.3)	3.49X Doug Borden/62 2/23/85 (770.0 lb.) (Birmingham, Alabama) (USPF)
42.	766.1	(347.5)	3.48X J. Moffet 7/8/82 (347.5 kg.) (San Francisco, California) (USPF)
43.	766.1	(347.5)	*3.56X John Black 2/8/87 (347.5 kg. @ 215.5 lb.) (Weirton, West Virginia) (APF/USPF)
44.	766.1	(347.5)	3.48X Steve Glende 12/3/88 (347.5 kg.) (Columbus, Ohio) (USPF/APF/WPC)
45.	766.1	(347.5)	3.48X Randall Henderson 11/17/02 (347.5 kg.) (Reno, Nevada) (WABDL)
46.	766.1	(347.5)	*3.50X Jason Beck/78 11/12/05 (347.5 kg. @ 99.2 kg.) (Miami, Florida) (USAPL/IPF)
47.	765.0	(347.0)	3.47X Bob Crosniak/59 6/30/84 (765.0 lb.) (Jacksonville, Florida) (NSM)
48.	765.0	(347.0)	3.47X Antonio Simmons 7/2/94 (765.0 lb.) (Dallas, Pennsylvania) (NSM)
49.	760.6	(345.0)	3.45X Patrick O'Brien 3/1/80 (345.0 kg.) (Memphis, Tennessee) (USPF/IPF)
50.	760.6	(345.0)	3.45X Carl Snitkin/46 9/28/80 (345.0 kg.) (Plymouth, Massachusetts) (USPF)

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



Shermam Backus – 804 in 1982



Ed Coan and his #1 lift of 901

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

Rank	Deadlift	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	590.0	(267.6)	*3.26X Dawn Reshel-Sharon/55-00 6/16/90 (590.0 lb. @ 181.25 lb.) (Wilwaukee, Wisconsin) (APF/WPC)
2.	562.2	(255.0)	*3.09X Krista Ford/66 6/5/04 (255.0 kg. @ 82.5 kg.) (Baton Rouge, Louisiana) (APF/WPC)
3.	562.2	(255.0)	*3.26X Jill Brown-Mills/71 7/22/06 (255.0 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
4.	550.0	(249.5)	*3.07X Tamara Rainwater-Grimwood/64-00 11/20/94 (550.0 lb. @ 179.0 lb.) (Brick, New Jersey) (APF/WPC)
5.	540.0	(244.9)	2.97X Debbie Sorenson 4/18/87 (540.0 lb.) (Belpre, Ohio) (APF/WPC)
6.	529.1	(240.0)	*3.15X Sarah Keller/83 10/27/07 (240.0 kg. @ 168.2 lb.) (Plano, Texas) (APF)
7.	525.0	(238.1)	2.89X Laura Phelps-Sweatt/80 5/23/09 (525.0 lb.) (Nashville, Tennessee) (SPF)
8.	523.6	(237.5)	*3.00X Deb Widdis/60 11/3/06 (237.5 kg. @ 79.15 kg.) (Lake George, New York) (APF/WPC)
9.	523.6	(237.5)	*3.15X Daliann James/87 3/7/09 (237.5 kg. @ 75.4 kg.) (Columbus, Ohio) (USAPL/IPF)
10.	518.1	(235.0)	2.85X Terry Byland-Rohal/60 11/10/85 (235.0 kg.) (Parkersburg, West Virginia) (USPF)
11.	518.1	(235.0)	2.85X Ali Huston/85 6/4/05 (235.0 kg.) (Detroit, Michigan) (APF/WPC)
12.	515.0	(233.6)	2.83X Lynne Boshoven/58 5/30/99 (515.0 lb.) (Wyoming, Michigan) (NSM)
13.	507.1	(230.0)	*2.82X Jessica Watkins-O'Donnell/80 9/11/03 (230.0 kg. @ 81.45 kg.) (Koscian, Poland) (USAPL/IPF)
14.	501.6	(227.5)	2.76X Victoria Gagne-Hembree/61 5/12/81 (227.5 kg. 1st woman to DL 500 lb.) (Honolulu, HI) (USPF/IPF)
15.	501.6	(227.5)	2.76X Dawn Young 12/14/91 (227.5 kg.) (Irving, Texas) (USPF)
16.	501.6	(227.5)	*2.87X Bonnie Priest/72 6/3/00 (227.5 kg. @ 79.3 kg.) (Seguin, Texas) (USPF)
17.	501.6	(227.5)	*2.90X Tammy Thomas/70 10/18/03 (227.5 kg. @ 78.5 kg.) (Gautier, Mississippi) (APF)
18.	500.0	(226.8)	2.75X Sue Meany 6/8/85 (500.0 lb.) (Akron, Ohio) (NSM)
19.	500.0	(226.8)	2.75X Tori Masonis 1/16/93 (500.0 lb.) (New Brunswick, New Jersey) (NASA)
20.	500.0	(226.8)	2.75X Kym Allen 6/11/95 (500.0 lb.) (Margate, Florida) (APA/WPA)
21.	490.5	(222.5)	*2.90X Liane Cataldo-Blynn/72 11/6/08 (222.5 kg. @ 76.8 kg.) (Saint John's, Canada) (USAPL/IPF)
22.	485.0	(220.0)	*2.68X Juanita Trujillo/64 2/1/86 (220.0 kg. @ 82.2 kg.) (Salt Lake City, Utah) (USPF/IPF)
23.	485.0	(220.0)	*2.67X Leslie Look/70 8/20/01 (220.0 kg. @ 82.3 kg.) (Akita City, Japan) (USAPL/IPF)
24.	485.0	(220.0)	*2.74X Stella Krupinski/62 9/5/09 (485.0 lb. @ 177.0 lb.) (Salem, Virginia) (SPF)
25.	475.0	(215.0)	2.61X Kim Bergman/65 3/28/98 (475.0 lb.) (Florence, South Carolina) (APA/WPA)
26.	475.0	(215.0)	*2.62X Julie Havelka/74 4/3/04 (475.0 lb. @ 181.5 lb.) (Spokane, Washington) (APF)
27.	474.0	(215.0)	*2.69X Laura Jo Wood/Puerto Rico 11/21/87 (215.0 kg. @ 176.25 lb.) (Dayton, Ohio) (APF/WPC)
28.	474.0	(215.0)	2.61X Sharon Powell 12/1/89 (215.0 kg.) (Stone, England) (APF/WPC)
29.	474.0	(215.0)	*2.61X Annie Rivieccio/63 6/7/03 (215.0 kg. @ 82.35 kg.) (Los Angeles, California) (APF/WPC)
30.	474.0	(215.0)	*2.64X Nicolai Meador-Stern/67 1/24/09 (215.0 kg. @ 179.5 lb.) (Los Angeles, California) (USPF)
31.	470.0	(213.2)	2.58X Geneva Williams 1/22/94 (470.0 lb.) (Baton Rouge, Louisiana) (USPF)
32.	468.5	(212.5)	*2.83X Vicky Steenrod/49 5/7/95 (212.5 kg. @ 75.1 kg.) (Chiba City, Japan) (USPF/IPF)
33.	465.0	(210.9)	*2.69X Carla Prewitt 2/27/99 (465.0 lb. @ 173.0 lb.) (Columbus, Ohio) (IPA)
34.	463.0	(210.0)	*2.63X Maggie Sandoval/60 7/19/86 (210.0 kg. @ 79.8 kg.) (San Francisco, California) (USPF)
35.	459.7	(208.5)	2.53X Jennifer Taylor 8/22/09 (208.5 kg.) (Olympia, Washington) (WABDL)
36.	458.6	(208.0)	2.52X Karen Campbell/63 4/25/09 (208.0 kg.) (Wisconsin Dells, Wisconsin) (WABDL)
37.	457.5	(207.5)	2.52X Lorna Griffin 2/7/81 (207.5 kg.) (West Lafayette, Indiana) (USPF/IPF)
38.	457.5	(207.5)	*2.71X Laura Dodd/57 1/26/85 (207.5 kg. @ 76.7 kg.) (Boston, Massachusetts) (USPF)
39.	457.5	(207.5)	*2.58X Christine Neff/80 11/19/06 (207.5 kg. @ 177.4 lb.) (Las Vegas, Nevada) (WABDL)
40.	455.0	(206.4)	2.29X Linda Jo Belsito/58 6/14/97 (455.0 lb.) (Oceanside, New York) (APF)
41.	451.9	(205.0)	*2.64X Linda Rodriguez 1/30/83 (205.0 kg. @ 171.0 lb.) (Chicago, Illinois) (USPF)
42.	451.9	(205.0)	*2.61X Margaret Murphy/63 1/26/85 (205.0 kg. @ 78.5 kg.) (Boston, Massachusetts) (USPF)
43.	451.9	(205.0)	2.48X Linda Devaney 3/9/91 (205.0 kg.) (San Bernardino, California) (USPF)
44.	451.9	(205.0)	2.48X Lu Ann Rogers 5/15/92 (205.0 kg.) (Raleigh, North Carolina) (USPF)
45.	451.9	(205.0)	2.48X Joanne Warner 11/16/01 (205.0 kg.) (Reno, Nevada) (WABDL)
46.	451.9	(205.0)	*2.64X Michelle Price/73 3/31/07 (205.0 kg. @ 171.0 lb.) (Houston, Texas) (APF)
47.	450.0	(204.1)	*2.55X Joanne Swanson/73 7/19/97 (450.0 lb. @ -80.0 kg.) (Lincoln, Nebraska) (USAPL)
48.	450.0	(204.1)	2.47X Phyllis Coates 7/27/97 (450.0 lb.) (Newark, New Jersey) (WNPF)
49.	450.0	(204.1)	*2.54X Anna McCloskey/92 4/20/08 (450.0 lb. @ 177.0 lb.) (Leesport, Pennsylvania) (IPA)
50.	446.4	(202.5)	*2.67X Aloma Marquis 1/29/84 (202.5 kg. @ 75.8 kg.) (Austin, Texas) (USPF/IPF)

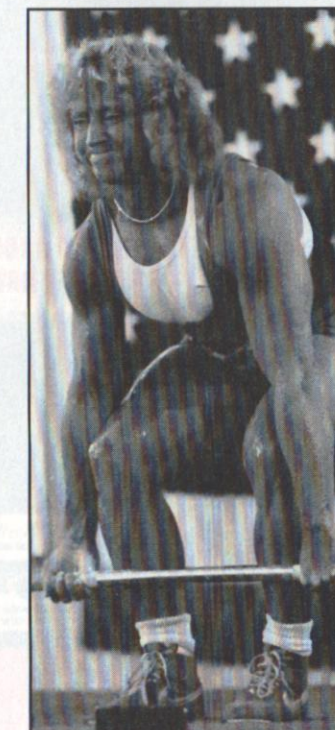
(\* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.



the late Dawn Sharon – 590 lb.



Linda Jo Belsito – ADFFPA Champ



Laura Dodd – Policewoman Power



Victoria Hembree – 1st 500!!



Maggie Sandoval – Nurse Power



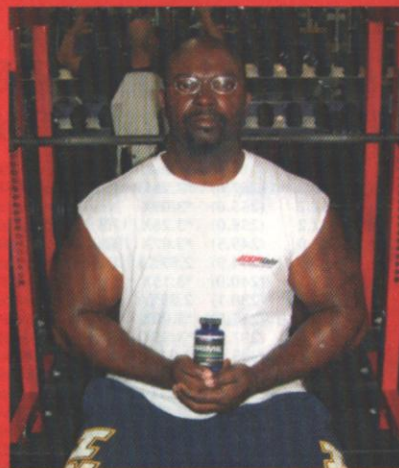
Lorna Griffin – power track star!



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

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

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



## STEROID-LIKE STRENGTH, YET COMPETITION LEGAL?

### USPlabs has hit the motherload...

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

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

I know, I know...it sounds WAY good to be true...But, if that was the case, why are powerlifters setting PR's virtually EVERY workout?

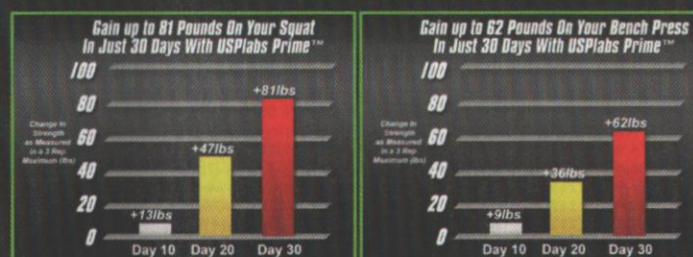
There's NEVER been anything like USPlabs Prime before...A potent natural anabolic that delivers all the goods, yet none of the sides...

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

## PROVEN BY SCIENCE!

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

## DEMOLISH Your Current PRs.



## ZERO NEGATIVE SIDES

Wait, did I mention there are ZERO side effects?

...That's right, none of the nasty sides that come along with pro-hormones or steroids. No suppression, no lethargy, no trouble sleeping, no PCT, no bloating, no breaking the law/rules...

Just **AWESOME** strength, lean mass & recovery that will send your totals skyrocketing!

...Combine USPlabs Prime with your bad-ass training and completely dominate your gym. It's really that simple. Easy to take, too. Simply take 2 caps, 3 times a day with food - That's it!

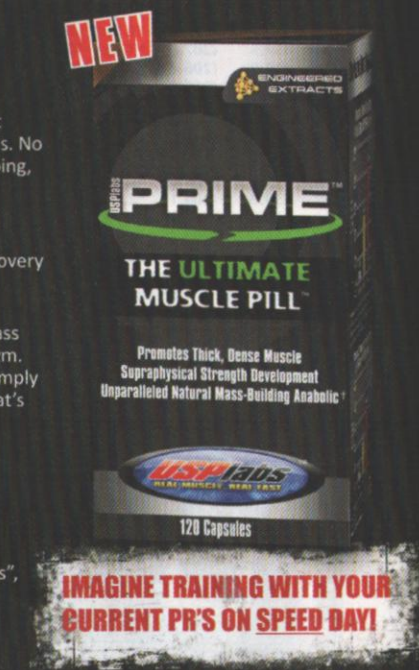
Best,

*Jacob Geissler* - CEO USPlabs

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

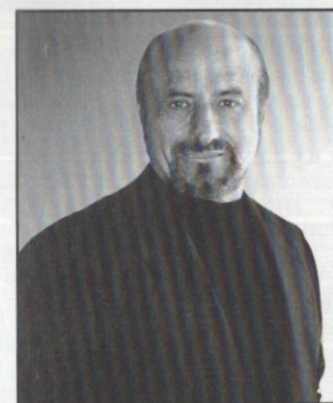
P.P.S. Little "Instant Strength" trick...If you need to gain a lot of strength in a very short period of time such as pre-comp, "load" 9 capsules of USPlabs Prime a day for a super-charged anabolic effect. Even at 9 caps a day, there's still no negative sides!

www.USPlabsDirect.com  
1-800-890-3067



## Unbelievable 100% Risk-Free PR Guarantee

If you truly want to have THE best training experience of your life, I HIGHLY suggest you give USPlabs Prime a shot for 6 weeks. I want you to shatter your previous best while using our product. Why? Because I know once you do, you'll tell everyone about your awesome experience. I'm going to make this a "no-brainer" & take ALL risk away from you. Give USPlabs Prime a legit shot for 6 weeks. If you don't hit at least 1 major PR (most are hitting 3-5 NEW PR's or more) I'll refund every last cent of your purchase price. That's a pretty ballsy statement. And I'd be an idiot to offer it if I wasn't completely sure how much USPlabs Prime can help you.



Dr. Mauro Di Pasquale, MD

**DEAR MAURO:** In an earlier issue of PL USA you mentioned that you'd be writing on what's the best post training nutrition. I haven't seen that as of yet and I'm a regular reader of PL USA. Can you tell me what's the best way to fuel up after training so you can get the most you can from the training and also be ready for the next session?

Paul

**PAUL:** I've been researching post exercise nutrition for quite a while and have seen the advice swing wildly over the past few decades. I have my own views on what constitutes the best way to maximize the anabolic and fat burning effects of training, and improving recovery.

To this end I've put together what I consider the ideal post training nutritional combo and strategy. I've copied relevant info below in full so you can see my reasoning behind what I recommend.

I hope this helps.

Mauro

## MAX PTN

**Amino, GHboost, and MRP LoCarb Combo**

**– Post Exercise Nutrition – Maximizing the Anabolic and Fat Burning Effects of Exercise**

The nutrients you take in after you exercise are almost as important as the exercise itself in deciding the effects of exercise on body composition and performance.

In my view, the ideal post training nutrition is different from the general consensus of carbohydrates alone or a combination of carbohydrates and protein. For some of my reasons see the next article—Post Exercise Carbohydrates are Counter Productive.

As such, I feel that post exercise supplements miss the mark and can actually be counter productive for maximizing body composition (im-

## ASK THE DOCTOR

Questions answered by Mauro Di Pasquale MD

proving muscle mass and decreasing body fat), improving performance, and enhancing recovery.

That's why I put together a post training combo that combines three of my supplements and is meant to maximize the beneficial effects of exercise and improve recovery.

I've dubbed the new supplement combo Max PTN, short for Maximum Post Training Nutrition.

Max PTN consists of three supplements—Amino, GHboost, and MRP LoCarb. The combination of the three supplements will supply you with high levels of amino acids growth hormone, IGF-1, testosterone, and insulin, in your system, providing you with potent anabolic, fat burning, and performance effects.

While it's the ideal post training nutritional combo for those who follow my phase shift diets, it's also the ideal post training combo for those that don't, and for both power and endurance athletes.

### Amino

High levels of amino acids in the blood (hyperaminoacidemia) are a powerful stimulus for muscle protein synthesis after exercise. Amino provided a complex array of amino acids that acutely enhances the anabolic response to exercise. Also, amino acid supplementation has been found to be effective in maintaining the free androgen index as well as reducing the potential risk of sports anemia.

The use of Amino confers many benefits, especially to athletes that are overreaching, including those in the pre-competition phase of training. These benefits included an increase in recovery, free testosterone, protein synthesis, muscle strength and force production, and a decrease in protein breakdown and anemia. (Note that Amino is far superior and much more effective than the amino acid products used in these three studies.)

For more info on Amino see <http://www.mdplusstore.com/pdfs/amino.pdf>.

### GHboost

However, it's also been shown that GH and IGF-1 levels can be compromised by hard training and that the use of an amino acid supplement alone has little effect on this. As such there is also a need to boost the levels of these hormones when the athlete is training hard

and likely overreaching.

GHboost provides that boost and increases GH and IGF-1 levels (serum IGF-1 levels are controlled by growth hormone, insulin and nutrition) and provides a synergistic anabolic response with the increased insulin levels and sensitivity, while dissociating the metabolic effects of insulin on fat metabolism (because of the crosstalk between growth hormone and insulin signaling), and increasing the fat burning post training response. GHboost has several other benefits including working synergistically with Amino and the insulin response to increase musculoskeletal blood flow.

For more info on GHboost see <http://www.mdplusstore.com/pdfs/GHboost.pdf>.

### MRP LoCarb

I formulated MRP LoCarb as a meal replacement for those following the low carb phase of my phase shift diets. One serving contains 45 grams of protein (42 grams of whole proteins and 3 grams of amino acids and glutamine peptides), less than one gram of sugar, and dozens of extra nutrients meant to support the anabolic and fat burning processes in the body.

There are several protein types in MRP LoCarb, including amino acids, peptides, and whole proteins, which are meant to supply you with progressive amino acid release over both the short and long term.

MRP LoCarb also contains 6-7 grams of fat (depending on the flavor), including the essential fatty acids. The fat is important in order to increase intramuscular triacylglycerol (IMTG) levels, a form of fat that is used by skeletal muscles along with glycogen to provide quick energy for muscular contraction. We'll cover the ins and outs of IMTG, an important topic for all athletes, in an upcoming newsletter.

For more info on MRP LoCarb see <http://www.mdplusstore.com/pdfs/mrplocarb.pdf>.

[pdfs/mrp\\_locarb.pdf](http://www.mdplusstore.com/pdfs/mrp_locarb.pdf).

### After Using the Max-PTN combo

For the rest of the day and before bed I suggest you have high protein, moderate fat, low carb meals and snacks as needed to keep the anabolic and fat burning effects going until at least the next morning. The chart of foods allowed on my Radical Diet (see [http://www.metabolicdiet.com/pdfs/The\\_Complete\\_Radical\\_Diet\\_Food\\_List.pdf](http://www.metabolicdiet.com/pdfs/The_Complete_Radical_Diet_Food_List.pdf)) gives you an idea of the foods that are best. Of course the portions should be increased to keep the calorie intake at normal levels for you.

### Night Time Combo

To augment the effects of Max-PTN and the low carb diet following training, you may also want to use something before bed to keep the processes going. I formulated NitAbol in part to augment the low carb anabolic and fat burning response to exercise. It can be used to keep all of the beneficial processes in high gear at night on the days that you train. For more info on NitAbol see <http://www.mdplusstore.com/pdfs/nitabol.pdf>.

### The Best Time For Carbs

The morning following training is the best time to increase your carb intake if your goal is to maximize muscle and hepatic glycogen levels.

### Summary

Overall, the lack of carbohydrates, the high levels of amino acids and proteins, and increased levels of testosterone, GH and IGF-1, work synergistically to increase the anabolic effects of insulin, while at the same time negating the effects of insulin on fat metabolism and increasing fat breakdown and oxidation. As well, hyperaminoacidemia with an increase in insulin at a time when blood flow is increased (secondary to insulin, GHboost, certain amino acids such as arginine in Amino, and exercise) appears to offer the maximum stimulation of muscle protein synthesis.

Power athletes will benefit from the anabolic and body composition.

(continued on page 63)

## NEWS FLASH!

If you like getting the latest tips on lifting issues, sign up for Dr. Mauro's Elite Performance Newsletter. Every month Dr. Mauro will be covering topics ranging from diets, nutritional supplements and the nutritional supplement industry, to performance enhancement, drug testing, scams, and more.

To sign up for the monthly newsletter email Dr. Mauro at: [mauro@metabolicdiet.com](mailto:mauro@metabolicdiet.com)



# THE RAGE

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



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

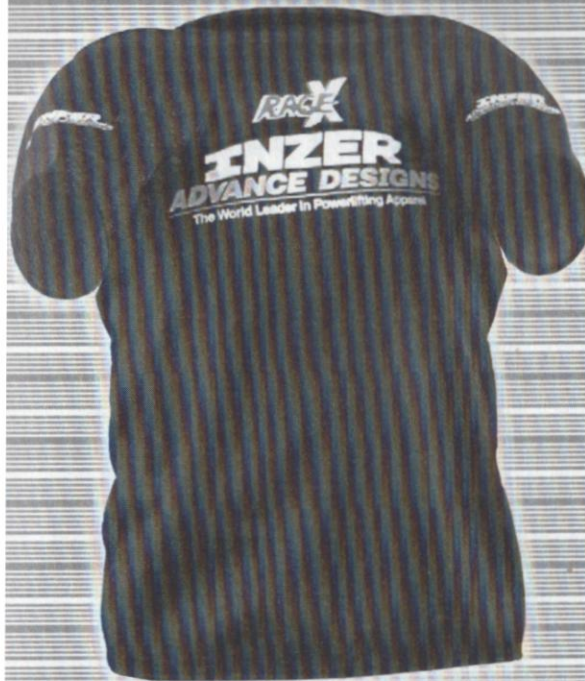
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

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

- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

# RAGE X

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



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

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

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

- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

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

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

SEE MORE SELECTION AT INZERNET.COM

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**ADVANCE DESIGNS**  
The World Leader in Powerlifting Apparel

# PHENOM

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



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

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

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

- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep it's memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.

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

# RADICAL DENIM

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



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.

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

- Proven in countless world record breaking bench press performances.

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

# ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!

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

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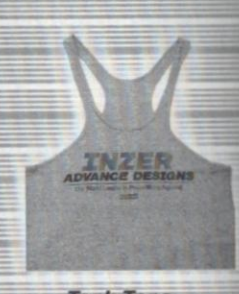
**Inzer Advance Designs Logo T-Shirts**  
This quality T-shirt with two-color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white,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

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



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

\$10.00



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

\$10.00



**Warm Up Pullover Crewneck**  
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



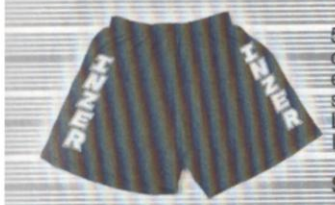
**Warm Up Pants**  
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95



**Hoodie**  
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

\$19.50



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

\$12.95



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

\$10.00



**Gym Bag**  
This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

\$25.00



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

\$19.95



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

\$4.95



**Stickum Spray**  
Use this excellent tool for a variety of performance tweaks in training and competition.

\$5.95



**Gym Chalk**  
Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



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

\$55.00



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

\$55.00



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

\$4.95



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

\$12.50



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

\$16.50



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

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

\$17.00



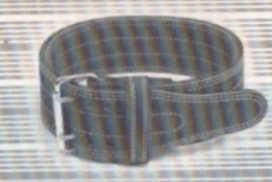
**Iron Wraps Z**  
The most powerful, most popular, most effective knee wrap in the world!

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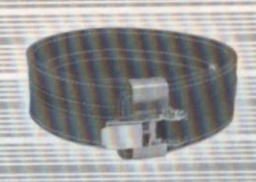
**Forever Lever Belt 13MM**  
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

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

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

\$140.00



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

\$60.00



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

\$60.00



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

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

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

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

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

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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 feet and in your lifting with this outstanding power shoe.

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

\$38.00



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

\$77.00



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

\$55.00



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

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A lot of the Hard Core Gyms we tell you about are still just diamonds-in-the-rough. They are in basements or garages, with very limited space, but they still have lifters who are making progress and getting stronger. If these gyms never grew any larger, they would still be cool places to train. But a few of them DO grow—like bodybuilders on Growth Hormone!

There are two very important things to know about the Gorilla Pit gym. First, it has grown from a garage into a larger warehouse, and second, this hard core gym is in Ohio. As far as I can tell, Ohio is not in CA, TX, or PA. I thought that weightlifters outside of those 3 states had to do Olympic lifting or become bodybuilders. Any powerlifting gym outside the Iron-State-Triad (TX, CA, PA) gets my attention and respect! So when Ty Phillips told me about his Gorilla Pit, I was interested. If he had told me that he was raising an actual woodland gorilla to compete in BB shows and teach high school wrestling, I would have been less impressed. But that's enough geography, let me get back to Ty:

Rick, thanks for getting back to me! I am sure I can give you more than enough to run a feature on my facility. I have sent several pictures of me in the Gorilla Pit 1.0 (my garage) and others of the facility as it is now.

Gorilla Pit was designed by strength athletes to cater to strength athletes. Outside of private gyms like EFS and Westside Barbell, Gorilla Pit is the only gym like this in Ohio. We are open to the public, with 24/7 access, and we have literally everything you could need to train for powerlifting, strongman, and Olympic lifting. The gym is about 4,000 sq. ft. I have four power cages, four flat benches, a GHR, a chest supported row, a mono lift, two stone platforms, lat pull machine, leg sled, six tires 300 lb. to 1000 lb. (I've never seen a 1000 lb. tire! RB), super yoke, farmers implements, logs, two 85' athletic lanes, 12 atlas stones from 200-420 lb., six texas power bars, axle, incline bench, 2,000 lb. in bumper plates, 1,000 lb. in 100 lb. plates, 1,800 lb. in 45's, and I am sure I am forgetting other things.

We are a meat-and-potatoes facility for those looking to get stronger and better at what they do. (Reminds me of the YouTube video of "Normal Kid Meets A Powerlifter," when the powerlifter explains that there is no such thing as toning—only weaker and stronger! RB)

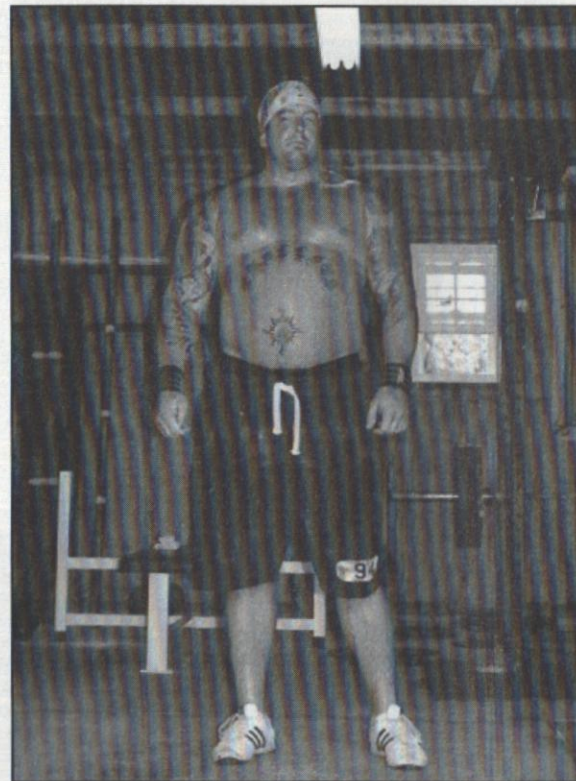
I offer strength and conditioning classes for high school and collegiate athletes. We also have a relationship with the US Military. They run their recruits through PT at our facility, and I also offer PT prep work for enlisted military. I am also working with a few Marines to get them back into hard-core shape.

RB: When/where/why did it open? Is it possible to train for powerlifting outside of TX, CA, and PA?

TP: I got sick of all the commercial fitness centers and took out a personal loan, to create a perfect place that I would want to train at.

The reason I opened is pretty simple. No one caters to real lifters. Who wants to train on a smith machine for the big three? For a while I was actually training at the fitness center at

## Hard Core Gym #93 OHIO'S GORILLA PIT as told to Powerlifting USA by Rick Brewer



Owner of Gorilla Pit Gym, Ty Phillips (photos c. Phillips)

my work, until they kicked me out for breaking the smith machine...twice. When I brought my chalk in for deadlifts they threw a fit. It was the same story at Fitworks. No chalk, no power racks, and deadlifting brought the 18 year old "personal trainer" running to tell me I was going to hurt myself. Also, I was making the other gym patrons uncomfortable.

Step one was to move to my garage. I bought some equipment, and got a training partner who also bought some equipment. We cleaned out my garage and set up shop. We quickly outgrew the place, as it was only a small 2 car garage, and my wife was not happy about her car sitting outside in the winter when we paid good money to have a garage to avoid that very issue. (If mama ain't happy, ain't nobody happy. RB)

So step two came within a few months. Site hunting and equipment hunting. After a few months of looking, I found what I felt was an ideal place to create a facility of this kind. By 'ideal place,' I mean it was a mess. It was a granite-cutting facility that had not been cleaned or aired out in probably 5 years. I cannot even begin to describe what a dump it was when I took it. After sweeping, cleaning, and pressure-washing it 5 times, it was still dirty (if that gives you any idea how bad it was). So I went out and rented an industrial paint sprayer, and went to town. After a month of round-the-clock work, with my whole family involved, we had a usable facility. (And mama's car was back in her garage! RB)

Gorilla Pit Strength Sports is in Mentor, Ohio. We are about 20 minutes from downtown Cleveland. I am in a pretty heavily populated suburb just east of Cleveland. We opened our warehouse doors on November 1, 2009.

We have a varied group of lifters. My most impressive achievement to date is a 16 year old wrestler that I work with. He is 140 pounds and pulling 475 on raw deadlifts; he doesn't even wear a belt. (Dang, put a belt on him quickly! RB) He currently has the state DL records, and once his season is done, we will be training for world records!

We also have some former bodybuilders turned into strongmen and powerlifters. We have our own team (Team Gorilla Pit), and several of us competed in the April 24, 2009, Lexen Xtreme IPA meet. My original training partner Bryce was part of the Caribbean IPF team.

My father-in-law is a national judge for USAPL, so we will hopefully be hosting meets for USAPL as well. We'll definitely make our presence known in the USAPL federation.

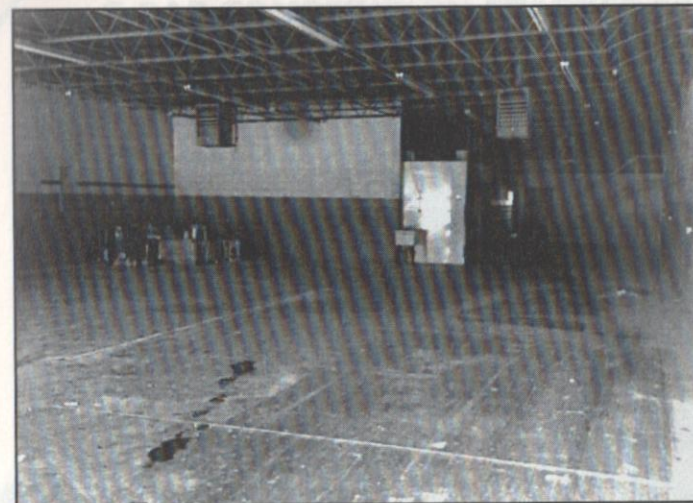
We have several Marines—even a few of their Elite Socom/Recon guys training there—as well as several high school athletes (who can play Socom/Recon video games. JK. RB) I have a few MMA fighters that I do strength conditioning for, as well as a few 'Average Joe's' who just like the gym environment and attitude.

Our environment and equipment set us apart. We are a hard-core warehouse gym with brand-new bad-ass equipment. (I have a relationship with Legend; the same company that makes Lou Simmons line). Gorilla Pit is a brand image that I would like to create, with clothing and equipment.

Another thing that sets us apart is that the management and owners (my wife, myself and my partner Bryce) all compete in some form of strength sport. This is personal. I didn't open the facility looking to make money. I opened it so that I would have a badass place to train, and I wanted to offer that to other people who felt like I did. Membership is cheap (only \$280/year) and day passes are free. There are no gimmicks, no cancel fees, and no bull-shit. Just a straight up hard core environment.

Another plus is our relationship with these lifters. I know them, and I am friends with many of them. I end up working with them and offering hours of free PT because I want to see them excel more than I want to make money. From my 16 year old record breaker (who is like a little brother), to our Marines (trusted friends), to our older clientele, I let them know we truly appreciate having them here. We try to get to know our lifters. Of course, not everyone wants that, and for those who just want to walk silently in/out (with their hood up)...I get it and I respect that.

Maybe the most unusual thing about my facility is the fact that I have a jazzercise group right next door. They have exercised in the space next door to us for 13 years. She has a dedicated following of women who look just like they did 13 years ago...it is hilarious. We have our heavy-metal music blaring, with guys dropping weights and growling out great PR's,



Gorilla Pit Gym started as an empty warehouse (shown at left) and is now filled with tons of extreme powerlifting equipment (at right)

and then when it's quiet for a second, you hear the ladies next door hooping and hollering with their "whoos" and "you go girls." The whole place breaks into laughter. I have often wondered if it's the same way over there when one of us gets a great lift, and turns around growling and yelling—the ladies next door probably laugh at us!

We also have an inspiring handicapped lifter. He is a younger guy with no fingers on one hand, but he doesn't let it slow him down! He uses a strap, and found a way to make it stick to the bar. He deadlifts along with the rest of us with only one functional hand. It's pretty awesome and pretty damned motivational!!

RB: Way cool to hear about the one-handed deadlifter. Awesome! Reminds me of the 72 year

old one-handed deadlifter that Brian Dobson (of Metroflex Gym) trains. If he needs ideas for a way to stabilize a squat bar on his back, please contact Brian.

Since you just now opened the full-sized warehouse version of Gorilla Pit, what else needs to be done? What is next?

TP: Well, we feel pretty complete. We have everything we need aside from a reverse hyper. I think the big push now is marketing and members, but I would like to get an MMA cage in there as well. I tried my hand at fighting, but had a severe orbital bone break, and almost lost my eye. That kind of put the kabash on that for me. I would still love to work with fighters and condition them. We have quite a few that come in for conditioning, but it would be even better if I had a cage for them too.

RB: If you get a cage, you could keep real gorillas in it. That would really keep the fighters on their toes, and what an awesome marketing tool!

Do you have room to host a competition?

TP: Yes. I plan on hosting both strongman and PL meets there during 2010. We will probably host a USPF meet in February.

RB: Perfect! Tell the PL USA readers how to find you.

Gorilla Pit Strength Sports  
7472 Tyler Blvd.  
Mentor, OH 44060  
216-310-2283  
Gorillapitps@gmail.com

Congrats to Ty Phillips on building his own Hard Core gym in Ohio! Big iron-plate kudos to Ty! All of the rest of you need to take note! Seriously, dudes, the gauntlet has been thrown down! If Ty can build a cool gym outside of the Iron-State-Triad (TX, CA, PA), then so can YOU! Don't be scared!

Tell me about where you train, and send photos and info! Heck, tell us how you train with your plastic-and-concrete weights if that's all you got! Holla! rick@houseofpain.com.

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AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

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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.

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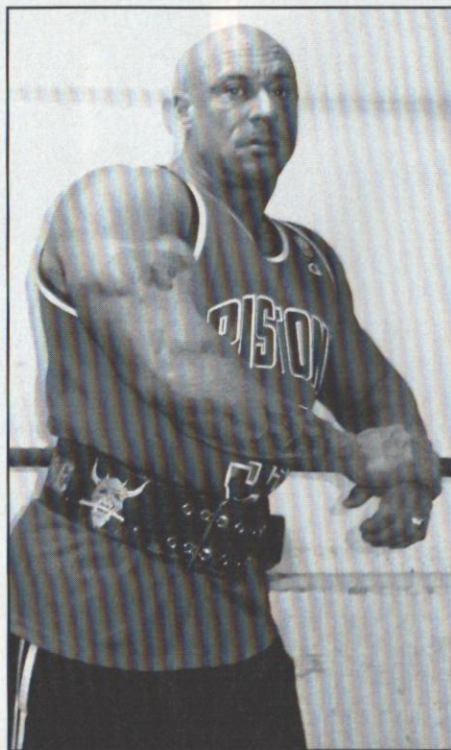
## LESSONS FROM ROB – THE ORIGINAL GANGSTER

This summer in Michigan, after a few months of "relaxing" a bit on my diet and exercise regimen—to put it mildly—I woke up, and took an honest look at myself in the mirror. The reality hit me. I was pale and hairy, what once were pecs had turned into man-boobies, veins had disappeared, and my abs were now a full fledged pot-belly. Not lifting that intense, coupled with Burger King, whiskey, and Doritos had taken its toll on my 33 year old body much more rapidly than it would have a decade earlier. My lifting was not focused, my diet would probably have killed children or the elderly, and almost any activity was causing me to lose my breath and start sweating. It may have not been that extreme, but it was certainly the most out of shape I remember being in my adult life. I was also about as strong as my 90 year old grandmother on a bad day. So I decided to kick it back up, and traditionally, I like to find a new way to do this so as to experiment with different training ideas. This is where I started talking to my friend, and area manager of Strength Beyond, Rob Kean.

At 4 decades old, Rob is a high ranking bodybuilder. He maintains under 5 percent bodyfat year round, even when on a loose diet. He looks like he is made out of granite, and is pretty much just muscle and veins weighing somewhere in the mid 200s. Although injuries prevent him from training quite as heavy as he would like, he is able to keep up on most movements with the powerlifters at the gym who are 50 lb. heavier. Although I have never been a big proponent of personal training, I noticed that all of Rob's clients, mostly women, get in great shape. Rob has also trained Brad Picardat, who over the last year has achieved a physique on par with the guys in the area who have been training for ten years or more. Rob has casually mentioned that I should try training differently, so I started picking his brain and observing his training. What I immediately noticed is that although I pride myself on long, high volume sessions, sometimes up to 3 hours, Rob gets about as much work in within 45 minutes as I do in 2 hours or more. This is called workout density, and I noticed the athletes that train like this typically do have a more chisled look than those who take a slower pace.

About six weeks ago, I decided this would be my method to get back into condition this time. Some of the things that surprised me were, for one, soreness, which I had not experienced in a decade or so, just thinking I was in too good of shape to get sore anymore. Although you do not need to be sore every workout and all the time as I have been the last month and a half, it is a good indication that you are pushing your body outside of its comfort zone, or that you are dating Chris Brown. Another element of surprise was the lack of fatigue carryover from one exercise to another, even when using the same muscle groups. Going from a row to a lat pulldown for instance in a superset fashion does not lead to as much fatigue as I had suspected it would.

The results are noticeable almost daily and I have achieved the best, or near best, condition of my life from the worst in less than two months. My bodyweight has stayed in the 255 range, but I have lost 3 notches on my belt and dropped several percentages off my bodyfat. For myself, strength takes quite a bit longer to come back than conditioning, but I have increased my weights every week by incorporating this train-



Strength Beyond manager & personal trainer, Rob Kean

ing style.

The key ideas are basically to get as much work completed in as short of a time as possible, mixing it up with supersets, down sets, giant sets, and rest periods as short as 5 seconds and certainly no longer than 30. Also, just because you are moving the bar often does not mean you have to go light, go as heavy as you can on the exercises most of the time, without losing form. You are not just trying to achieve a "pump"—you are trying to adapt to a radically new stimuli. Some things to consider is lifestyle. Rob works for the Fitness Center, which although it has its demands, is not very taxing, manual, or stressful, allowing him to train like this. If somebody has a more demanding lifestyle they would more than likely have to take more time off in between sessions. Cutting my training hours has also freed up a couple hours a day allowing me to catch up on my 'Sex and the City' DVDs and my responsibilities as the head of the Punky Brewster fan club.

If anyone would like to post their training logs they can do so for free at [WWW.STRENGTHBEYOND.COM](http://WWW.STRENGTHBEYOND.COM). Any questions can be submitted on the forum there. Rob Kean is also available for personal training at 269-655-0066.

—Aaron DiPrima, [www.strengthbeyond.com](http://www.strengthbeyond.com), 269-501-1676

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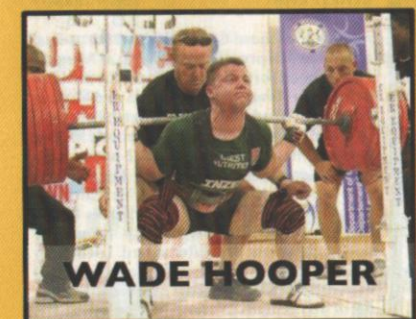
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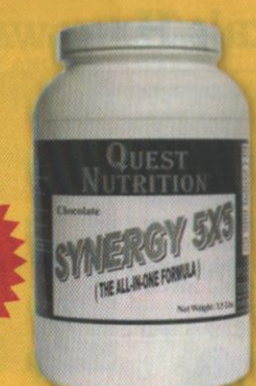
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**16th Miller's Ironhouse  
13 JUN 09 - Cumberland, MD**

BENCH	165 lbs.	
FEMALE	Z. Dieter	310
Lightweight	J. McDaniel	265
L. Bridges	95	198 lbs.
R. Wilson	100	J. Winsickle 315
J. Shore	95	M. Swarner 305
Heavyweight		220 lbs.
B. Drummond	145	J. Vanmeter 320
C. Tichnell	80	242 lbs.
MALE	G. Allen 465	
Teen	J. Snyder	320
Lightweight	275 lbs.	
D. Wharton	335	G. Hess 345
E. Pitts	200	275+ lbs.
D. Drummond	165	J. D'Angelo 415
D. Arnold	180	T. Smith 290
C. Shore	95	Open
Heavyweight	165 lbs.	
J. Heavner	365	J. Palmer 300
T. Smith	290	181 lbs.
Submasters (35+)	C. West	440
J. D'Angelo	415	M. McGraw 330
B. Jones	300	198 lbs.
Master (40+)	A. Burgess	400
L. Short	615	D. Durbin 335
G. Allen	465	B. Jones 300
J. Palmer	300	220 lbs.
Masters (50+)	T. Wharton	500
L. Brown	275	C. Will 460
Masters (55+)	B. Blaugh	275
R. Brooks	400	242 lbs.
B. Carmack	415	R. Robinson 620
Masters (60+)	D. Jenkins	425
B. Shafer	390	275 lbs.
B. Blaugh	275	L. Short 615
Raw	B. Clark	525
BENCH Reps	Lbs.	Reps
D. Jenkins	225	35

the side judges. Thanks to Mark Porter, Ralph Twigg, Clint Larrick, Darren Durbin, Anita and Dillon Arnold, and Larry and Debbie Darby for their help Special thanks to all the participants who made this meet a great success. (provided by Brian Miller)

S. Broderius	314	132	319	765
D. Nelson	143	121	248	512
J. Skallet	165	127	248	539
Schouweiler	—	121	259	380
MALE				
Teen/Junior				
D. Nelson	501	325	551	1376
T. Sohlman	402	308	501	1211
S. Falk	484	226	473	1184
198 lbs.				
T. Reid	523	358	639	1519
B. Shaw	512	303	539	1354
E. Lohman	385	259	457	1101
C. Fite	341	204	506	1051
K. Norman	275	253	380	908
C. Pederson	281	248	325	853
D. Yahnke	—	242	402	644
N. Alston	—	314	562	875
198+ lbs.				
S. Powell	528	391	639	1558
M. Johnson	534	413	611	1558
T. Rootes	551	325	600	1475
R. Fuller	523	358	573	1453
S. Born	424	319	600	1343
T. Miller	506	347	639	1492
T. Urbonas	451	325	528	1305
S. Falk	484	226	473	1184
F. Tekautz	132	325	539	996
B. Anderson	440	—	451	892
J. Eggers	—	303	551	853

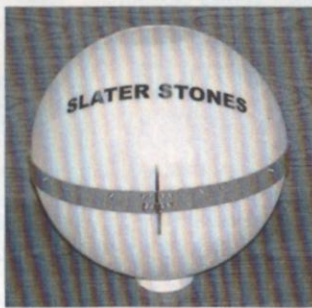
**USAPL Twin Ports Raw  
27 JUN 09 - Duluth, MN**

BENCH	C. Pederson	248		
FEMALE	E. Lohman	259		
S. Zimmerman	D. Yahnke	242		
Shuttleworth	C. Fite	204		
C. Quimby	154	198+ lbs.		
J. Rivet	149	S. Powell 391		
T. Dian	138	M. Johnson 369		
F. Friday	121	R. Fuller 357		
A. White	127	T. Miller 347		
A. Powel	116	F. Tekautz 325		
R. Keller	121	T. Urbonas 325		
S. Broderius	132	S. Born 319		
J. Skallet	127	T. Rootes 303		
Schouweiler	121	S. Falk 226		
MALE	B. Anderson	—		
Teen/Junior	Master	—		
B. Braner	391	E. Maki 369		
T. Sohlman	308	J. Braun 308		
D. Nelson	325	D. Aldrich 292		
S. Falk	226	B. Woolsey 275		
198 lbs.	S. Reid	231		
T. Reid	358	B. Shaw 303		
N. Alston	314	E. Edberg 358		
S. Salmonson	275	G. Grah 253		
B. Shaw	303	J. Chamberlin 281		
K. Norman	253	J. Effenberger 187		
Powerlifting	SQ	BP	DL	TOT
FEMALE				
S. Zimmerman	209	165	319	694
F. Friday	248	121	281	650
Shuttleworth	215	149	237	600
A. White	231	127	281	639
T. Dian	209	138	259	606
A. Powel	187	116	303	606

This was the first time this meet was held and it was raw only with 44 lifters competing from Minnesota, North Dakota, and Canada. There were only five divisions (teen/junior, master, women, men lightweight, and men heavyweight) and the standings were determined by formula. The Wilks formula was used as were age coefficients where appropriate (i.e. teen/junior and master). All three lift competitors were automatically entered into the bench only portion for awards purposes. The meet director was me (Joe Warpeha) and the contest was held at Impact Sports Training in Duluth, MN. This was my first time directing a meet and I am not sure what exactly you need me to submit. (Thanks to Joe Warpeha for these results)

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Miller's Ironhouse Gym held it's 16th annual natural bench press championship at Allegany High School. Forty-five participants from Maryland, Pennsylvania, West Virginia and Virginia competed. Randy Robinson (Summitt Point, VA) had another big day with his 620 pound lift that earned him first place in the 242 pound class and the open heavyweight best lifter award. Carl West (Winchester, VA) made his return into competition with his 440 pound press to win the 181 pound division, and was named the open lightweight best lifter award. Local Cary Allen accomplished his goal as he returned to competition and set a new raw record with a lift of 465 pounds to win the 242 pound class and was named the raw best lifter. Dustin Wharton from Allegany High School won the best teen lifter award, and had the best lift in the 181 pound class with a 335 pound press. Brandi Drummond (Strasburg, VA) claimed the overall best female award, and was first in the heavyweight class with a lift of 145 pounds. DJ Jenkins won the body rep contest with 225 pounds for 35 reps. "This meet has never been about the person who can lift the most weight, but encouraging men and women of all ages to get involved in a natural competition and achieving their own personal goal. Their is a much greater reward for their accomplishment then just receiving an award," says Miller. Carl Seeker brought the sculptured awards and was head judge. Mike Miller and Andy Panone were



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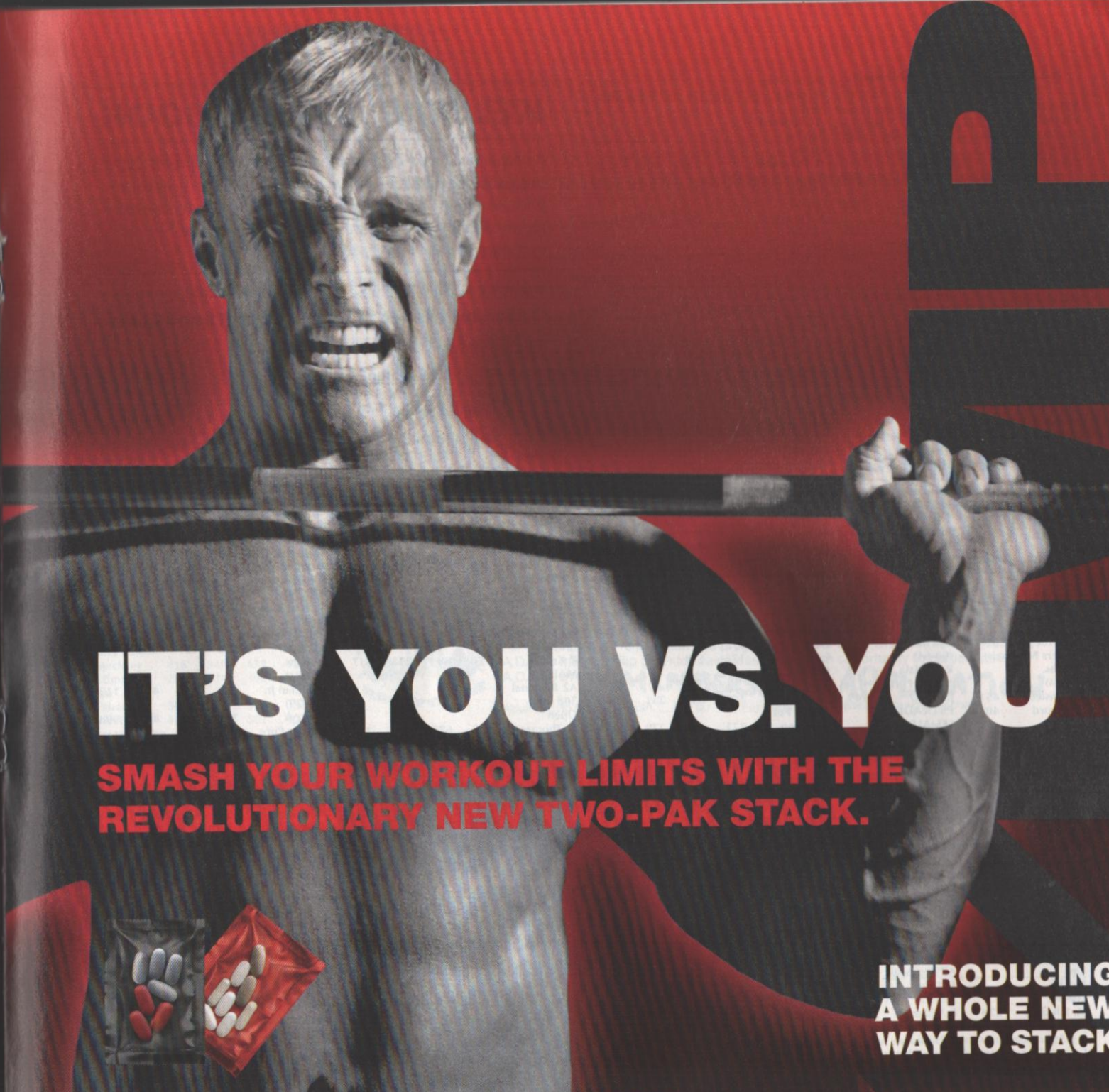
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BENCH FEMALE Masters Nationals 198+ lbs. (55-59) A. McTighe Raw 123 lbs. Master Pure L. Bickel 132 lbs. (65-69) H. Ozer 165 lbs. Master Pure M. Burke 198+ lbs. (60-64) P. Kroken BENCH MALE AZ Regional 220 lbs. Junior J. Oros Police/Fire J. Olson 308 lbs. Novice R. Nation Raw 181 lbs. Int L. Olsen 220 lbs. Junior A. McHenry 336 242 lbs. Junior I. Kantor 325 Masters Nationals 198 lbs. (50-54) M. Einstein 451 W. Sword 402 220 lbs. (50-54) J. Olson 363 G. Schuster 242 lbs. Master III M. Simpson 391 275 lbs. (35-39) R. Kahle 556 Master III B. Brodt 308 lbs. (30-34) H. Thomason 622 SHW (40-44) S. Bromeisl 551 Raw 165 lbs. (30-34) M. Edwards 270 181 lbs. (35-39) J. Tuzzolino 319 (45-49) S. Patton 303 (60-64) K. Berger 253 (70-74) D. Judd 121 198 lbs. (60-64) A. Foster 248 Master Pure M. Zimmer 237	220 lbs. (45-49) Schmuecker 369 (50-54) J. Alaniz 352 (55-59) J. Turpin 325 (60-64) G. Clock 330 Master Pure J. Alaniz 352 275 lbs. (45-49) F. Ashford 407 (60-64) G. Knight 327 308 lbs. (45-49) N. Feliciano 429 (60-64) Open F. Millan Jr. 226 468 694 Master Pure J. Coates 330 573 903 237 308 545 MALE Masters Nationals 181 lbs. (60-64) H. Thomason 622 606 1228 K. Berger 253 220 lbs. (40-44) S. Bromeisl 551 617 1167 (45-49) M. Bowden 517 584 1101 MALE Masters Nationals 181 lbs. (60-64) K. Berger 127 (70-74) D. Judd 99 242 lbs. (60-64) R. Madala 132 Master Pure J. Alaniz 149 PS DEADLIFT FEMALE AZ Regional 148 lbs. Master I C. Bowden 215 Masters Nationals 148 lbs. Master II M. Goodman 220 198 lbs. (60-64) P. Kroken 253 DEADLIFT MALE AZ Regional 98 lbs. Youth S. Hou-Seye 129 AZ Regional 181 lbs. Novice F. Millan IV 402 Submaster Pure S. Holliday 330 Masters Nationals Raw 181 lbs. (70-74) D. Judd 352 PS DEADLIFT MALE Masters Nationals 181 lbs. (35-39) F. Millan IV 402 (60-64) K. Berger 341 BP DL TOT	94 165 259 622 606 1228 88 226 314 83 176 259 270 391 661 204 374 578 226 468 694 330 573 903 237 308 545 622 606 1228 551 617 1167 517 584 1101 176 138 237 551 176 138 237 551 187 83 231 501 171 105 220 495 176 138 237 551 187 83 231 501 171 105 220 495 129 402 330 341 138 237 374 83 176 259 99 226 325
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Masters Nationals Raw 114 lbs. Submaster Pure D. Carmickle 149 99 215 462 148 lbs. (50-54) L. Webber 149 77 193 418 (55-59) W. Rader 143 72 171 385 Master Pure H. Bailey 204 110 242 556 K. Lemon 171 105 220 495 (65-69) G. Clawson 209 154 303 666 Master Pure M. Burke 138 94 165 396 198+ lbs. (30-39) D. Shcroeder 242 121 314 677 (60-64) P. Kroken 176 88 253 517 MALE AZ Regional 308 lbs. Open H. Thomason 903 622 606 2130	Raw 165 lbs. Open A. Caceres 503 281 451 1235 181 lbs. Junior N. Giuntoli 341 303 457 1101 220 lbs. Junior B. Lenaburg 551 336 352 1239 Novice Z. Hildebrand 484 286 562 1332 242 lbs. Master I R. Turner 479 253 407 1140 Masters Nationals 148 lbs. (70-74) L. Janhunen 154 160 303 617 181 lbs. (70-74) D. Judd 220 121 352 694 198 lbs. (60-64) F. Millan Jr. 462 226 468 1156 (70-79) P. Pezyk 352 154 402 908 Master Pure J. Coates — — — — 220 lbs. (40-44) R. Martinez 551 363 517 1431 (45-49) A. Barnes 633 407 501 1541 (50-54) J. Bell 551 303 545 1398 G. Schuster 440 — — 440 Master Pure R. Martinez 551 363 517 1431 Submaster Pure J. Marshall 606 391 506 1503 242 lbs. (45-49) M. Moore 501 352 479 1332 (60-69) G. Clock 562 424 556 1541 275 lbs. Submaster Pure T. Moreno 573 341 440 1354 308 lbs. H. Thomason 903 622 606 2130 (45-49) G. Soto 716 231 551 1497 (40-44) S. Bromeisl 606 551 617 1773 (45-49) M. Bowden 517 517 584 1618 Raw 114 lbs. (40-44) A. Donahue 50 88 226 363 181 lbs. (30-34) A. Dickey 165 360 429 955 (45-49) B. Ammerman 160 341 473 974 (50-54) P. Cook 138 226 429 793 (60-64) K. Berger 127 253 341 721 G. Donohue 105 204 374 683 242 lbs. (55-59) J. Moody 154 286 402 842 (60-64) G. Clock 149 330 556 1035
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275 lbs. (45-49) F. Ashford 182 407 600 1189 (45-49) J. Koepfer 182 352 578 1112 Masters Nationals Raw 148 lbs. (50-54) J. Bissen 330 215 446 991 Junior N. Weamer 330 231 402 963 165 lbs. (30-34) M. Edwards 407 270 391 1068 (45-49) A. Caceres 503 281 451 1235 Master Pure A. Caceres 503 281 451 1235 181 lbs. (35-39) P. Keller 374 237 440 1051 (40-44) D. Petersen 391 226 363 980 (45-49) B. Ammerman 418 363 473 1255 (50-54) P. Cook 286 226 429 941 Master Pure D. Petersen 391 226 385 1002 P. Cook 286 226 429 941 Submaster Pure P. Keller 374 237 440 1051 198 lbs. (35-39) A. Whitten 402 319 501 1222 (45-49) R. Estrada 506 325 506 1338 (50-54) W. Mellinger 325 242 380 947 (55-59) F. Rader 259 154 363 776 Master Pure S. Mackaey 418 347 479 1244 M. Zimmer 286 237 308 831 Open R. Estrada 506 325 506 1338 A. Whitten 402 319 501 1222 Submaster Pure A. Whitten 402 319 501 1222 (45-49) J. Turpin 528 325 551 1404 J. Moody 363 292 402 1057 (60-64) G. Clock 462 330 556 1349 275 lbs. (45-49) R. Mays 551 303 573 1426 D. Johnson 413 336 512 1261 F. Ashford 143 407 600 1151 Master I D. Johnson 413 336 512 1261 Master Pure N. Barnreiter 606 380 573 1558 R. Mays 551 303 573 1426
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D. Johnson Power Sports FEMALE Masters Nationals 165 lbs.	413 336 512 1261 (65-69) G. Clawson 90 154 303 547	P. Cook 275 lbs. Master Pure J. Koepfer 182 352 578 1112 (Thank you to Rich Peters for the results)	138 226 429 793
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Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_-\_\_\_\_-\_\_\_\_

Date of Birth: \_\_\_\_-\_\_\_\_-\_\_\_\_ Age: \_\_\_\_ Email Address: \_\_\_\_\_

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Club No. \_\_\_\_\_ Club Name: \_\_\_\_\_

Membership good for 1 year from date of application. For information on registration and program, call your State Chairman or 814-833-3727. A.D.A.U. membership provides each member with an opportunity to participate in A.D.A.U. events. **MEMBERSHIP APPLICATION**

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Member's Signature \_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_

For more information, contact:  
Allan Siegel, President, CFO  
304 Daisy Street • Clearfield, PA 16830  
Phone or Fax: 814-768-9400  
E-mail: [al@pikitung.com](mailto:al@pikitung.com) • Website: [www.pikitung.com](http://www.pikitung.com)

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**ADFPF Mission Statement:** To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

**Conditions of Membership:** As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF so choose.

Signature \_\_\_\_\_ If Under 21 yrs., Parent Initial \_\_\_\_\_ Date \_\_\_\_\_ Prior Registration No. \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ ADFPF Registered Club Member \_\_\_\_\_

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Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF  
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**MEET DIRECTORS**—a listing here is a **FREE** service. Send details, preferably at least 3 months prior to your event, to: **Coming Events, Box 467, Camarillo, CA 93011**, to obtain proper advance notice.

**4 JAN**, USAPL Bloch Arena Qualifier, Tony Harris, 808.620.9624, 91-1045 Peekaua St., Kapolei, HI 96707, www.usapowerlifting.com  
**9 JAN**, SLP Central Illinois Winter Open BP/DL Championship (Athens, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**9 JAN**, APA Bench Press Nationals (Hattiesburg, MS - all divisions) John Micka, jgmicka@aol.com, Bobby Myers, alaquia-pits@netzero.com  
**9 JAN**, RAW United New Year's Bench Bash (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 12.19.09 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com  
**9 JAN**, NASA Gilmer Open (PL/BP/PS/PP & Equipped & Unequipped) (Gilmer, TX), www.nasa-sports.com  
**9-10 JAN**, 2nd Annual Philadelphia Sports Extravaganza (PL, Olympic Lifting, Strong Man, Arm Wrestling) (King of Prussia, PA) at the Valley Forge Convention Center, Niko Hulslander, www.philadelphiafitness-expo.com or www.phillyexpo.info  
**16 JAN**, APF/AAPF Great Lakes Open - PL/BP/Ironman (Zeeland, MI) at Zeeland East High School, Andy Briggs, 616.935.2380, lifthy1@yahoo.com, www.blackowlbarbell.com  
**16 JAN**, SLP Mississippi State BP/DL/Curl Championship (Corinth, MS), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**16 JAN**, USAPL Louisiana State PL (Lafayette, LA) Kirk Lavergne, 940 Wagon Trail Rd., Carencro, LA 70520, 337-247-1618  
**23 JAN**, ADFPF 4th Annual Powerlifting & Single Event Competition (Six Lake, MI) at Church of the Gentle Shepherd Community Building, John Jachim, 231.629.2760, walter-jachim@hotmail.com, www.adfpf.org  
**23 JAN**, USAPL Capitol City Clash (Lincoln, NE), Bill Sindelar, 402.986.1784, www.usapowerlifting.com  
**23 JAN**, APC Irondawg Open Record Setters BP (raw & equipped, Athens, GA, National Qualifier) L. B. Baker, 770-713-3080  
**23 JAN**, SLP Flex Fitness West Michigan Open BP/DL Championship (Holland, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429,

## COMING EVENTS

www.sonlightpower.com, sonlightgym@verizon.net  
**23-24 JAN**, Gorilla Pit Strength Sports Powerlifting Seminar featuring Chad Aichs (limited to 20 people, \$185) Gorilla Pit Gym, 7472 Tyler Blvd., Mentor, OH 44060, 216-310-2283, GorillaPits@gmail.com, www.gorilla-pit.com  
**23-24 JAN**, American Cup (Fit Expo, Los Angeles, CA) Steve Denison, 661-333-9800, www.thefitexpo.com  
**23-24 JAN**, NASA Natural Nationals, Equipped/Unequipped PL/BP/PS/PP (OKC, OK) www.nasa-sports.com  
**30 JAN**, SLP Black Iron Open BP/DL Championship (Beech Grove, In.), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**30 JAN**, IPA New Jersey State Championships (Newark, NJ), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
**30 JAN**, APA Battle of the Carolinas (PP/BP/DL/Strength Sports/Overhead Press/Strict Curl, Raw and Equipped) (Florence, SC), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**30 JAN**, Push/Pull Meet at Gold's Gym (Sacramento, CA), Zach Trowbridge, 1900 Del Paso Rd., Sacramento, CA 95834  
**30 JAN**, BPO Scottish Open BP, DL (Antonine Sports Center, Clydebank, Glasgow) Hamish Davidson, 07786 690607  
**30 JAN**, 100% Raw Potomac Open BP, DL SC (Powerhouse Gym, Woodbridge, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com  
**30 JAN**, USPF Sooner State Winter Games, (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@allegiance.tv  
**30 JAN**, USAPL Wisconsin State/Milwaukee Open, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210  
**30 JAN**, 5th WNPFL & 1st WNPFL Lifetime Augusta Open (BP/DL/PC) (Augusta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**30-31 JAN**, USAPL High School/Collegiate RAW & Northeast USA Regional (Scranton, PA), Steve Mann,

570-309-6316 steve@purepowerlifting.com, www.purepowerlifting.com  
**30-31 JAN**, Raw Unity Meet (Tampa, FL) Eric Talmant, erictalmant@yahoo.com, www.rawunitymeet.com  
**6 FEB**, USAPL Aggie Invitational, Dustin Witte, 830.534.8441, 177 Oak Run, College Station, TX 77845, www.usapowerlifting.com  
**6 FEB**, Slaughterhouse Gym/Iron Age Gym Annual Powerlifting Classic (Minerva, OH), Dave Bosler, 330.412.4571 or 330.868.3109  
**6 FEB**, 9th WNPFL Pan-Americans

& 3rd WNPFL Lifetime Florida States (PL/BP/DL/PC) (Port Saint Lucie, FL), Brian Burritt, wnpf@comcast.net, 812.204.2886, www.wnpf.net  
**6 FEB**, SLP Superbowl of Arkansas BP/DL/Curl Championship (Jonesboro, Arkansas), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**6 FEB**, APF Best of the Best in the Midwest (PL/BP) (Kansas), Al Caslow, al.cabe@gmail.com, www.worldpowerliftingcongress.com  
**6 FEB**, RAW United Law Enforcement Games (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 1.16.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com  
**6 FEB**, USAPL Oakridge High School Iron Championships (Arlington, TX)

## APF/AAPF/WPC Schedule

- 16 JAN, APF/AAPF Great Lakes Open
- 6 FEB, APF Best of the Best in the Midwest (PL/BP)
- 13 FEB, APF 3rd Annual Arizona State PL Meet
- 20 FEB, APF/AAPF Elite Barbell Invitational PL/BP Meet
- 13 MAR, APF/AAPF Michigan State Meet
- 13 MAR, AAPF Frank Kostyo Memorial PL Meet
- 17-21 MAR, AWPC/WPC Eastern Europe Open
- 19 MAR, APF California Meet
- 20-21 MAR, APF/AAPF Illinois State Meet
- 9-11 APR, APF High School Nationals
- 16-18 APR, AAPF Nationals (AWPC Worlds qualifier)
- 17-18 APR, APF/AAPF Single Ply Nationals
- 24 APR, APF/AAPF Texas Classic
- 8-9 MAY, APF Master, Teen & Jr. Nationals
- 15 MAY, APF/AAPF Patriotic BP/DL Challenge
- 9-13 JUN, WPC European Championships
- JUN, APF Senior Nationals
- JUN, APF Open/Novice Powerlifting Meet
- JUL or AUG, AWPC World Championships
- 3-4 SEP, AWPC/WPC Raw Worlds
- 11 SEP, APF/AAPF Summer Heat VI
- NOV, WPC World Championships
- 13 DEC, APF Ironman Meet

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**6 FEB**, WABDL Jerry Capello Memorial Bench Press & Deadlift Championships (Medford, OR) at the Ramada Hotel, Dan Guches, 541.890.3258, Sam Pecktol, 541.210.2026, www.wabdl.org

**6 FEB**, WABDL National Collegiate BP/DL (University of Texas - San Antonio, Wes Zunker, 210-317-8245, roadrunnerpowerlifting@yahoo.com, Dr. John Hudson, 217-377-4640, hunsonj@uhd.edu, www.wabdlcollegiatenationals.info

**6 FEB**, ADAU Raw Power Pennsylvania PL/BP & Out of State PL/BP (Lehigh, PA) Nick Theodorou, 610-258-1894, nutritek@aol.com or Rob Eckhart, 610-377-0657, eckhart1@ptd.net

**6 FEB**, NASA Arizona State, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com  
**6-7 FEB**, IPA LEXENXTREME Columbus Pro Am (Courtyard Marriott, Columbus, OH) Dan Dague, (614) 554-8824, lexenxtreme@aol.com, www.lexenxtreme.com

**6-7 FEB**, WNPFF Pan-American Championships (Antigua, Guatemala), wnpf@aol.com, www.wnpf.net

**13 FEB**, USAPL MN State Powerlifting Championships (Elk River, MN), James Cahill, 763.784.2521, 2710 104th Ct. NE, Blaine, MN 55449, www.usapowerlifting.com

**13 FEB**, WABDL World Qualifier BP & DL Championships (Beaver Falls, PA) at the Holiday Inn - 7195 Eastwood Road, Charles Venturella, 724.654.4117, sircharles148@peoplepc.com, www.wabdl.org

**13 FEB**, APA Norwich Family YMCA Bench Press & Deadlift (Norwich, NY), Shannon Gawronski, 607.336.9622 ext. 24 or Chris at 607.437.2436

**13 FEB**, IPA 4th Annual Barneo/Newman Classic (Whitehall, PA), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**13 FEB**, USPF Hang 'em High III PL Meet (PL/SL/BP/DL & Open/Submaster/Master Divisions) (Tombstone, AZ) at Cold Iron Gym, 7th & Allen St., Tombstone, AZ 85638, coldirongym@aol.com, 520.457.3500, www.coldirongym.com

**13 FEB**, SLP Brickyard Open BP/DL Championship (Milwaukee, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**13 FEB**, APF 3rd Annual Arizona State PL Meet (Peoria, AZ), JR Bolger, apapf@cox.net, www.worldpowerliftingcongress.com

**13 FEB**, RAW United Biggest Bench in Lee (Fort Myers, FL) at Evolved Athletics, 1.23.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

**13 FEB**, NASA Missouri State, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com

**13-14 FEB**, NASA Ohio State HS, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com, www.nasa-sports.com

**20 FEB**, WABDL Wisconsin State BP & DL Championships (Madison, WI) at the Crown Plaza Hotel, David Constantineau, 920.737.2505, www.wabdl.org

**20 FEB**, IBP Regional Push Pull Championships (Statesville, NC), Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

**20 FEB**, ADAU Raw Power Emmanuel Greater Johnstown Single Lift Open, SQ/BP/DL contests (Johnstown, PA), Jim Alicardi, 814.241.3052, www.adaurawpower.com

**20 FEB**, 4th WNPFF All-Raw World Cup Championships (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**20 FEB**, SLP Bluegrass Open BP/DL Championship (Louisville, KY), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**20 FEB**, Red Brick Bench Press Championship VII (Lewiston, NY) at Red Brick School, proceeds to benefit WNY Military Family Support Groups, Dennis Brochey, 205 N. 5th St., Lewiston, NY 14092, 716.200.3533, cdbrochey@roadrunner.com, www.niagarapowerliftingclub.com

**20-21 FEB**, USAPL New Jersey State BP/PL, Rob Keller, Box 291571, Davie, FL 33329, 954-790-2249

**27 FEB**, USAPL Tennessee State Meet (Maryville, TN), Chip Hultquist, 865.681.6248, 1215 Mildred Cir., Alcoa, TN 37701, www.usapowerlifting.com

**27 FEB**, USAPL New Hampshire State & New England BP/DL (Conway, NH), Rob Keller, Box 291571, Davie, FL 33329, 954.790.2249, www.usapowerlifting.com

**27 FEB**, USAPL Virginia Open PL/BP (Standardsville, VA), John Shifflett, 434.985.3932, www.usapowerlifting.com

**27 FEB**, 7th WNPFF & WNPFF Lifetime Tennessee Championships (Cleveland, TN), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**27 FEB**, USAPL Virginia Open PL/BP/DL/Ironman (raw and assisted - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

**27 FEB**, USAPL SD PL/BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411

**27 FEB**, NASA East Texas State, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com

**27 FEB**, SLP Arkansas State Open BP/DL/Curl Championship (Benton, AR), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**27-28 FEB**, (NEW DATE) NASA Jr. High, Teenage and Junior Nationals, Equipped/Unequipped PL/PS (Springfield, OH), Greg Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-3110, greg@vhpower.com, www.nasa-sports.com

**27-28 FEB**, USAPL Washington State Powerlifting Championships (Tumwater, WA), Valley Athletic Club, full powerlifting with bench and/or deadlifting option, Bull Stewart, 206-725-7894, bullstewart@hotmail.com, Richard Schuller, 206-280-8122, r@bullr.com

**28 FEB**, USPF New Jersey High School Drug-Free Championship (High School Only) (NJ), head football coach Paul or Peggy Sacco, 609.567.0046

**28 FEB**, SLP Ultimate Fitness Open BP/DL/Curl Championship (Kennett, MO), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**28 FEB**, USPF Northeastern Open BP, DL, P-P (Manchester, NH) Dave Follansbee, APL President, 603-626-5489, NHBodybuilding@yahoo.com, www.AmericanPowerlifting.com

**FEB**, USAPL Women's Nationals (Cleveland, OH)

**FEB**, USPF Sacramento Meet, Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**4-7 MAR**, Arnold Sports Festival (Columbus, OH), Matt Lorz, 614.443.1877, mattlorz@rrcol.com, www.arnoldsportsfestival.com

**6 MAR**, USA Raw Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**6 MAR**, RAW United Biggest Bench in Brevard III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 2.13.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

**6 MAR**, APA Lone Star Championships (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**6 MAR**, NASA Colorado State, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com

**6 MAR**, NASA Indiana State, Equipped/Unequipped PL/BP/PS/PP (Kokomo, IN) www.nasa-sports.com

**6 MAR**, IPA Delaware State Powerlifting Championships (New Castle, DE), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**6 MAR**, WABDL Montana State BP & DL Championships (Missoula, MT) at Ruby's Inn, Gus Rethwisch, 503.901.1622, www.wabdl.org

**7 MAR**, Northern Virginia Raw Meet (Sterling, VA) John James, 703.475.9885

**13 MAR**, ADFPF Single Event National Championships (Muskegon, MI), Richard Van Eck & Ron Madison, www.adfpf.org

**13 MAR**, 17th WNPFF & 3rd WNPFF Lifetime Georgia Powerlifting Championships (no single lifts) (Atlanta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**13 MAR**, 15th WNPFF & WNPFF Lifetime Ohio Championships (Youngstown, OH), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net

**13 MAR**, SLP Ironhouse Open BP/DL Championship (St. John's, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**13 MAR**, APF/AAPF Michigan State Meet (Taylor, MI) JJ Thomas, 734.642.7877, detroit\_barbell@yahoo.com, www.worldpowerliftingcongress.com

**13 MAR**, USPF Div. 2 California State (Fresno, CA - Bob Packer) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**13 MAR**, Walker's Gym Bench Press

Meet (Hopewell, VA) Meet Director, Barry Walker, (804) 458-7918

**13 MAR**, 100% Raw Ironman Nationals and United States Open BP, BL, SC (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

**13 MAR**, NASA Nebraska State, Equipped/Unequipped PL/BP/PS/PP (Omaha, NE) www.nasa-sports.com

**13 MAR**, (TENTATIVE DATE) NASA Kansas City Open, Equipped/Unequipped PL/BP/PS/PP (Kansas City, MO) www.nasa-sports.com

**13 MAR**, USAPL Missouri State/Ozark Open PL/BP (St. Louis, MO), Rick Fowler, 618.451.4737, www.usapowerlifting.com

**13 MAR**, AAPF 14th Annual Frank Kostyo Memorial Powerlifting Championship (Lakeland, FL) at All American Gym, 309 West Main St., Ken Snell, 863.687.6268, www.worldpowerliftingcongress.com

**13 MAR**, WABDL Goodson Honda National BP & DL Championships (Portland, OR) at Shilo Inn Hotel, Gus Rethwisch, 503.901.1622, www.wabdl.org

**13-14 MAR**, AAU Nevada State Powerlifting Championships & Southwest Regionals (Las Vegas, NV) at the Imperial Palace, Tony Rodriguez, 702.575.9687, naturalpowerlasvegas@yahoo.com

**14 MAR**, SLP 7th Street Gym Open BP/DL Championship (Clinton, IN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**14 MAR**, BPO Welsh & England Open PL, BP, DL (Four Seasons, Trallwn Rd., Llansamlet, Swansea) Ken Williams 07970 625946

**17-21 MAR**, AWPC/WPC Eastern European Open Championship (Kursk, Russia), Igor Umerenov, 7910.314.2314, wpc@wpc-wpo.ru, www.worldpowerliftingcongress.com

**19 MAR**, APF California Meet (Fresno, CA) Bob Packer, 559.760.2970 or 559.323.3892, www.worldpowerliftingcongress.com

**20 MAR**, 100% Raw Nebraska State Championships- Full Power/BP/PP (Omaha, NE), D.J. Satterfield, 402.592.1243, djnechair@yahoo.com

**20 MAR**, IPA New England Revolution (Johnston, RI), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**20 MAR**, 2nd WNPFF Lifetime USA (PL/BP/DL/PC) Championships & 19th NJ Championships (Atlantic City, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**20 MAR**, WABDL California State BP & DL Championships (Chico,

CA) at Holiday Inn, Gus Rethwisch, 503.901.1622, www.wabdl.org

**21 MAR**, USPF Rhode Island State & High School PL/BP/CL Championships (RI), Ted Isabella, 401.946.5350, uspf-ri@cox.net, www.ripl.org

**21 MAR**, 19th WNPFF Youth/Teen/Jr/Subs & Masters Nationals & American Cup Open Championships (PL/BP/DL/PC) (Philadelphia, PA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**21-22 MAR**, USAPL PA State (State College, PA) www.purepowerlifting.com

**26-27 MAR**, UPA Iowa & Midwest PL Championships (Dubuque, IA), Bill Carpenter, 563.599.1390, www.iowa.upapower.com

**26-28 MAR**, USAPL High School Nationals, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

**27 MAR**, USAPL 13th Battle of the Great Lakes (Cleveland, OH), Gary Kanaga, 440.241.7984, bigkspowermeets@gmail.com, www.bigkspowermeets.com

**27 MAR**, ADFPF "Un-Equipped" Northern Maryland Bench & Deadlift (Towson, MD) at Dumbarton Middle School, Brian Washington, 410.265.8264, brian@usbf.net

**27 MAR**, USPC Northern Maryland Power Curl (Towson, MD) at Dumbarton Middle School, Brian Washington, 410.265.8264, brian@usbf.net

**27 MAR**, 1st WNPFF East Carolina (PL/BP/DL/PC) & 1st WNPFF Collegiate Nationals (Charleston, SC), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**27 MAR**, SLP Flex Gym Open BP/DL Championship (Smyrna, TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**27 MAR**, APA Northeast Coast Open (PL, PP, BP, DL, Raw and Equipped) (CT), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**27 MAR**, RAW United Beau Moore Classic (Tampa, FL) at Jackson Springs Recreation Center, 3.6.10 entry deadline, Bill Beekley, 813.362.1908, beek220@aol.com

**27 MAR**, USPF California State (Los Alamitos, CA) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**27 MAR**, (TENTATIVE) USPF 46th Oklahoma State Meet, (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@allegiance.tv

**27 MAR**, WABDL Texas State BP & DL Championships (Humble, TX), Tiny Meeker, 832.423.7662, www.wabdl.org

## UPCOMING SLP COMPETITIONS

9 JAN, SLP Central Illinois Winter Open (Athens, IL)

16 JAN, SLP Mississippi State Champs (Corinth, MS)

23 JAN, SLP Flex Fitness W. Michigan Open (Holland, MI)

30 JAN, SLP Black Iron Open (Beech Grove, IN)

6 FEB, SLP Superbowl of Arkansas (Jonesboro, AR)

13 FEB, SLP Brickyard Open (Milwaukee, WI)

Son Light Power

122 W. Sale, Tuscola, IL 61953

217-253-5429

www.sonlightpower.com sonlightgym@verizon.net

www.nasa-sports.com

**MAR**, USAPL Collegiate Nationals (Orlando, FL), Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241

**MAR**, USAPL 28th Pennsylvania State (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com  
**MAR**, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

**3 APR**, WABDL Northeast Regional Championship & World Qualifier (Portland, ME) at the Holiday Inn West, Al Stork, 207.223.5945 or 207.356.9946, www.wabdl.org

**3 APR**, SLP Land of Lincoln BP/DL Championship (Athens, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**3 APR**, NASA Kansas State, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com  
**9-11 APR**, APF High School Nationals (Louisiana), Garry Frank, 225.241.8154, www.worldpowerliftingcongress.com

**10 APR**, ADFPF Northern Illinois Open PL & Single Event Championships (Chicago, IL) at B & W Gym, Clint Phillips, 312.371.6107, clint@northwestern.edu, Bill Lotter, 309.540.0876, www.adfpf.org

**10 APR**, USAPL Richmond Open (Richmond, VA), Gary Emrich, 804.239.8738, 7361 Sandy Ln., Mechanicsville, VA 23116, www.usapowerlifting.com

**10 APR**, MHP Pro Powerlifting at the Ronnie Coleman Classic Expo (Mequite, TX), Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com

**10 APR**, WABDL FL State Bench Press & Deadlift Championship (Lakeland, FL) at All American Gym, 309 West Main St., Ken Snell, 863.687.6268, www.wabdl.org

**10 APR**, NASA Ohio State, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) www.nasa-

sports.com

**10 APR**, WNPFF World Record Breakers (BP/DL/PC) (Atlanta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**10 APR**, SLP National Raw BP/DL Championship (Sallisaw, OK), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**10 APR**, APA All RAW Northern Region Championships (PL/PP/BP/DL, Raw Only) (Monroe, MI), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**10 APR**, RAW United Pull & Praise Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 3.19.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

**10 APR**, APC Georgia State PL/BP (Raw & Equipped, National Qualifier) (Athens, GA), L. B. Baker, 770-713-3080

**11 APR**, 11th Pittsburgh Monster BP/DL (men, women, all classes, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Baravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996, vecks4@verizon.net

**11 APR**, NASA Power Sports Nationals, Curl/BP/DL, www.nasa-sports.com

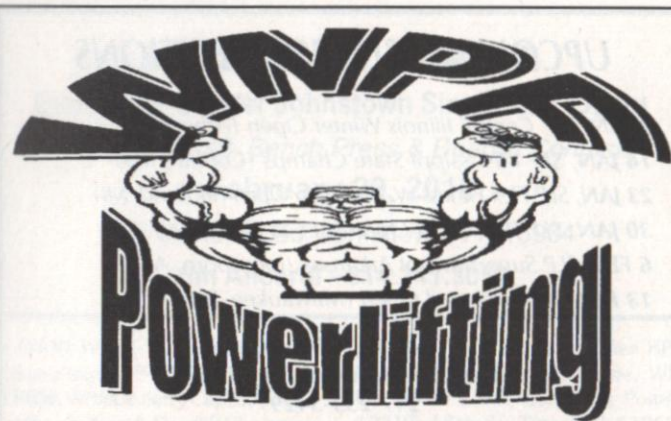
**16-17 APR**, EUROPA Show of Champions Sports & Supplement Expo (Orlando, FL), www.visionstar-inc.com

**16-18 APR**, AAPF Nationals (Qualifier for AWPC Worlds) (Detroit, MI) JJ Thomas, 734.642.7877, jthomas1@lifetimefitness.com, www.worldpowerliftingcongress.com

**17 APR**, 2nd WNPFF Lifetime All-Raw World Cup Championships (PL/BP/DL/PC) (Merritt Island, FL), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**17 APR**, SLP Wisconsin State BP/DL Championship (Delavan, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953,





**WORLD NATURAL POWERLIFTING FEDERATION**

- 30 JAN, WNPF Augusta Open (Augusta, GA)
- 6 FEB, WNPF Pan-Ams & FL States (Port St. Lucie, FL)
- 20 FEB, WNPF All-Raw World Cup (Bordentown, NJ)
- 20 FEB, Red Brick BP Championships (Lewiston, NY)
- 27 FEB, WNPF Tennessee Championships (Cleveland, TN)

Contact Info: Troy Ford, 770.668.4841 or wnpf@aol.com  
www.wnpf.net

217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

- 17 APR, The Mighty Christian Powerlifting Contest VIII (Dover, NJ), at the Mighty Gibbons Strength Center, 79-C Bassett Hwy., Dover, NJ 07801, 973.343.7405, Newton Romualdo, 973.303.3645, themightygibbons@aol.com, www.themightygibbons.com
- 17 APR, APC Illinois State Open PL/BP (raw & equipped, national qualifier, Joliet, IL) Jim Rouse, 815-347-4393
- 17 APR, USAPL Texas State, Jim Yakubovsky, 5900 W. W. Pioneer Pkwy., Arlington, TX 817-466-8339
- 17 APR, USPF Las Vegas Open (Joe Dentice) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com
- 17 APR, NASA Iowa State, Equipped/Unequipped PL/PS/PP (Des Moines, IA) www.nasa-sports.com
- 17 APR, APA Raw Nationals, http://aparawnationals.webs.com
- 17 APR, WABDL High School National BP & DL Championships (San Antonio, TX) at University of Texas, Dr. John Hudson, 713.223.7902, www.wabdl.org
- 17-18 APR, IPA Powerpalooza 12 (York, PA), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com
- 17-18 APR, APF/AAPF Single Ply Nationals (Orlando, FL) Kieran Kidder/Amy Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com

- com, www.worldpowerliftingcongress.com
- 18 APR, (NEW DATE) RAW United We Stand Tampa Classic (Tampa, FL) at Short Fitness Center, MacDill AFB, 2.6.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
- 23-25 APR, WDFPF Single Event World Championships (Moscow, Russia), www.adpfp.org
- 23 APR, Elite Powerlifting Federation BP/DL/PP Nationals (all classes/all age groups) (Keene, NH), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603.352.8590, www.elitepowerlifting.com
- 24 APR, IPA Ohio State Championships & 1st Annual State Records Meet - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd., Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
- 24 APR, NASA West Texas State, Equipped/Unequipped, PL/BP/PS/PP (Hereford, TX) www.nasa-sports.com
- 24 APR, SLP National BP/DL Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 24 APR, APF/AAPF Texas Classic (Austin, TX), Greg & Heather Tillingham, aptexas@yahoo.com, www.worldpowerliftingcongress.com
- 24 APR, RAW United D&D Push/Pull II (Fort Myers, FL) at Evolved Athletics, 4.3.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
- 24 APR, 31st annual ADAU Raw Power "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.pikitup.com, al@pikitup.com
- 24 APR, Kern County High School (Bakersfield, CA) Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com
- 24 APR, USAPL Battle on the Bayou Invitational (Marksville, LA) Wade Hooper, 8724 Sharlane Dr., Baton Rouge, LA 70809, 225-620-7680
- 24-25 APR, WPA World Championships (Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 24-25 APR, WPA High School World Championships (Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 24-25 APR, WPA Youth World Championships (ages 7-12, Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 24-25 APR, BPO European Championships PL, BP, DL (Akureyri, Iceland) Sigfus Fossdal, www.britishpowerliftingorganisation.co.uk
- 25 APR, 15th WNPF & 2nd WNPF Lifetime Upstate NY Championships (Rochester, NY), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net
- APR, USAPL 29th Collegiate National Championships (Scranton, PA) steve@purepowerlifting.com, www.purepowerlifting.com
- 1 MAY, IPA Virginia State Powerlifting Championships (Fredericksburg, VA), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com
- 1 MAY, 15th WNPF & 2nd WNPF Lifetime Western Penn. Championships (Beaver, PA), Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net
- 1 MAY, 13th WNPF South Carolina States & 2nd WNPF Lifetime 2nd Youth/Teen/Jr/Sub & Masters Nationals (PL/BP/DL/PC), (Greenville, SC), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 1 MAY, SLP Southwest Missouri Open BP/DL Championship (Branson, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 1 MAY, RAW United D&D Push/Pull II (Fort Myers, FL) at Evolved Athletics, 4.3.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
- 1 MAY, RAW United Firefighter/EMT Games (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 4.17.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
- 1 MAY, NASA Western States Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) www.nasa-sports.com
- 1-2 MAY, USPF Sacramento Open, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com
- 8 MAY, WABDL Southeastern Regional BP & DL Championships (Gadsden, AL), Rick Hagedorn, 256.441.0143, www.wabdl.org
- 8 MAY, Lifetime Natural Powerlifting Nationals (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 8 MAY, NASA Oklahoma Open State, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) www.nasa-sports.com
- 8 MAY, AAU Virginia High School Push Pull Championships (Mechanicsville, VA) at Lee Davis High School, Judy Wood, 804.559.4624 (after 7 PM), Judy Meads, 804.730.8810 (after 7 PM), vapowerlifting@aol.com, www.aasports.org
- 8 MAY, AAU Oklahoma State PL/BP/DL Championships (Sapulpa, OK), at Sapulpa High School Gym, Danny Berry, 918.695.3823, www.aasports.org
- 8-9 MAY, APF Master, Teen & Junior Nationals (West Palm Beach, FL), Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com
- 9 MAY, AAU 7th Annual Triple Crown Classic & East Coast BP Classic/Push Pull Meet (Mechanicsville, VA) at Lee Davis High School, Judy Wood, 804.559.4624 (after 7 PM), Judy Meads, 804.730.8810 (after 7 PM), vapowerlifting@aol.com, www.aasports.org
- 15 MAY, WABDL World Cup BP & DL Championships (Wisconsin Dells, WI) at Chula Vista Resort, Gus Rethwisch, 503.901.1622, www.wabdl.org
- 15 MAY, IPA South Jersey Rumble (Paulsboro, NJ), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com
- 15 MAY, 1st WNPF Night of the Champions & Deadlift Nationals (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 15 MAY, SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 5-6 JUN, RAW United Florida State Championships & Southeast Regionals (Melbourne, FL) at West Shores Jr./Sr. High School, 5.15.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
- 6 JUN, USAPL New Jersey High School BP/PL Championships (NJ), Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908.874.5843
- 9-13 JUN, WPC European Championships (Hungary), Peter Kerecsenyi, hungarianpowerliftingcongress@gmail.com, www.worldpowerliftingcongress.com
- 10-12 JUN, APC National PL/BP Championships (raw & equipped, world team selection qualifier - Athens, GA) L. B. Baker, 770-713-3080
- 12 JUN, WABDL GLC Direct 2010 National Push-Pull (Phoenix, AZ) at Sheraton Crescent Hotel, Gus Rethwisch, 503.901.1622, www.wabdl.org
- 12 JUN, APA 23rd Annual Bay State Open (PP/BP/DL, Raw & Equipped) (Northampton, MA), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 12 JUN, SLP Superman Classic BP/DL Championship (Metropolis, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 12 JUN, 100% Raw American Challenge Virginia State/Open BP, DL, SC (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginia-powerlifting.blogspot.com, valifiting@aol.com
- 4-6 JUN, AAU Equipped National Powerlifting Championships & US Open RAW Powerlifting and Single Lift Championships (Pittsburgh, PA) at the Holiday Inn Pittsburgh Airport, Matt McCase, 304.376.7538, www.powerpromotionsusa.com
- 5 JUN, WABDL Great Lakes Regional BP & DL Championships (Lansing, MI) at Holiday Inn South, Gus Rethwisch, 503.901.1622, www.wabdl.org
- 5 JUN, APA Longhorn Championships (PL/PP/BP/DL, Raw & Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 5 JUN, Summer 2010 Push/Pull Meet (Elkhart, IN), Jon Smoker, jr-smoker@hotmail.com
- 5 JUN, SLP Missouri Open BP/DL Championship (Chesterfield, MO), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 19-20 JUN, (NEW DATE) NASA USA Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com
- 26 JUN, ADFPF Powerlifting Nationals (Columbia, MO), Bill Duncan & Eli Burke, mopowrfltr@yahoo.com, www.adpfp.org
- 26 JUN, SLP Samson's Gym Open BP/DL Championship (Hamilton, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 26 JUN, 11th WNPF Elite Nationals (PL/BP/DL/PC) (Ephrata, PA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 26 JUN, 8th Big K Powerlifting Championships (Cleveland, OH), Gary Kanaga, 440.241.7984, bigk-spovermeets@gmail.com, www.bigk-spovermeets.com
- 26-27 JUN, IPA Strength Spectacular - World Powerlifting & BP Championships (York, PA) at York Barbell Company, 3300 Board Rd., Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.ipapower.com
- 26-27 JUN, AAU National Bench Press, Deadlift, Push-Pull & North American Powerlifting Championships (San Diego, CA) at the Rancho Buena Vista Performing Arts Center, (meet capped at 1st 350 lifters), Martin Drake, 951.928.4797, naturalpower@earthlink.net
- 27 JUN, 22nd WNPF Bench Press, Repts & Powercurl Nationals (Atlantic City, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 27 JUN, WABDL Sonny's 6th Annual Push-Pull Championships (Honolulu, HI) at Sheraton Waikiki Hotel, Mike Saito, 808.221.0129, Jocelyn Ronolo, 808.387.8776, www.wabdl.org
- JUN, APF Open/Novice Powerlifting Meet (Fresno, CA) Bob Packer, 559.760.2970 or 559.323.3892, www.worldpowerliftingcongress.com
- JUN, APF Senior Nationals, Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com
- 10 JUL, IPA Lexenxtreme Summer Slam - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd., Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
- 10 JUL, APA 23rd Annual Nutmeg State Open (PL/PP/BP/DL, Raw & Equipped) (Wallingford, CT), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 10 JUL, ANPPC World Cup Powerlifting Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 10 JUL, RAW United Southern States Bench (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 6.19.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
- 10 JUL, USPF Sacramento Pro/AM and Western Regionals, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com
- 10 JUL, USAPL Brute Strength Stars & Stripes BP/PL Championships (Norfolk, VA), Gary Emrich, 804.239.8738, 7361 Sandy Ln., Mechanicsville, VA 23116, www.usa-powerlifting.com
- 10 JUL, USAPL Dells Summer High School Classic, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034
- 10 JUL, (TENTATIVE DATE) NASA Grand Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com
- 10 JUL, California State Games (sanctioned by USAPL) (San Diego, CA) Lance Slaughter, (310) 995-0047, lanceoslaughter@yahoo.com, calstategames.org
- 10 JUL, 2nd WNPF U.S. Open & 3rd WNPF Lifetime Raw Nationals (PL/BP/DL/PC) (Kissimmee or Merritt Island, FL), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 17 JUL, WABDL Great Northern BP & DL Championships (Olympia, WA) at Red Lion Hotel, Gus Rethwisch, 503.901.1622, www.wabdl.org
- 17 JUL, WABDL Louisiana State BP & DL Championships (Zachary, LA) at Zachary High School Field House, Brandon Bankston, 225.362.2391, www.wabdl.org
- 17 JUL, AAU Teenage Nationals PL/BP (Sapulpa, OK), at Sapulpa Middle School Gym, Danny Berry, 918.695.3823, www.aasports.org
- 17 JUL, 12th WNPF USA & 3rd WNPF Lifetime USA Championships (PL/BP/DL/PC) (Atlanta, GA) at Sheraton Atlanta Hotel, 100 Peachtree St., Atlanta, GA 30309, 404.525.1234, www.wnpf.net

**WABDL World Qualifier  
Bench Press & Deadlift Championships**

Saturday - February 13, 2010  
Holiday Inn - 7195 Eastwood Rd. - Beaver Falls, PA 15010  
All Classes Including the New 2 Ply Division  
Charles Venturella - 724.654.4117  
sircharles148@peoplepc.com

- 26 JUN, ADFPF Powerlifting Nationals (Columbia, MO), Bill Duncan & Eli Burke, mopowrfltr@yahoo.com, www.adpfp.org
- 26 JUN, SLP Samson's Gym Open BP/DL Championship (Hamilton, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 26 JUN, 11th WNPF Elite Nationals (PL/BP/DL/PC) (Ephrata, PA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 26 JUN, 8th Big K Powerlifting Championships (Cleveland, OH), Gary Kanaga, 440.241.7984, bigk-spovermeets@gmail.com, www.bigk-spovermeets.com
- 26-27 JUN, IPA Strength Spectacular - World Powerlifting & BP Championships (York, PA) at York Barbell Company, 3300 Board Rd., Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.ipapower.com
- 26-27 JUN, AAU National Bench Press, Deadlift, Push-Pull & North American Powerlifting Championships (San Diego, CA) at the Rancho Buena Vista Performing Arts Center, (meet capped at 1st 350 lifters), Martin Drake, 951.928.4797, naturalpower@earthlink.net
- 27 JUN, 22nd WNPF Bench Press, Repts & Powercurl Nationals (Atlantic City, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 27 JUN, WABDL Sonny's 6th Annual Push-Pull Championships (Honolulu, HI) at Sheraton Waikiki Hotel, Mike Saito, 808.221.0129, Jocelyn Ronolo, 808.387.8776, www.wabdl.org
- JUN, APF Open/Novice Powerlifting Meet (Fresno, CA) Bob Packer, 559.760.2970 or 559.323.3892, www.worldpowerliftingcongress.com
- JUN, APF Senior Nationals, Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com
- 10 JUL, IPA Lexenxtreme Summer Slam - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd., Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
- 10 JUL, APA 23rd Annual Nutmeg State Open (PL/PP/BP/DL, Raw & Equipped) (Wallingford, CT), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 10 JUL, ANPPC World Cup Powerlifting Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
- 10 JUL, RAW United Southern States Bench (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 6.19.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
- 10 JUL, USPF Sacramento Pro/AM and Western Regionals, Steve Denison, 661-333-9800, pwriftr@msn.com, www.powerliftingCA.com
- 10 JUL, USAPL Brute Strength Stars & Stripes BP/PL Championships (Norfolk, VA), Gary Emrich, 804.239.8738, 7361 Sandy Ln., Mechanicsville, VA 23116, www.usa-powerlifting.com
- 10 JUL, USAPL Dells Summer High School Classic, Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034
- 10 JUL, (TENTATIVE DATE) NASA Grand Nationals, Equipped/Unequipped PL/BP/PS/PP, www.nasa-sports.com
- 10 JUL, California State Games (sanctioned by USAPL) (San Diego, CA) Lance Slaughter, (310) 995-0047, lanceoslaughter@yahoo.com, calstategames.org
- 10 JUL, 2nd WNPF U.S. Open & 3rd WNPF Lifetime Raw Nationals (PL/BP/DL/PC) (Kissimmee or Merritt Island, FL), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 17 JUL, WABDL Great Northern BP & DL Championships (Olympia, WA) at Red Lion Hotel, Gus Rethwisch, 503.901.1622, www.wabdl.org
- 17 JUL, WABDL Louisiana State BP & DL Championships (Zachary, LA) at Zachary High School Field House, Brandon Bankston, 225.362.2391, www.wabdl.org
- 17 JUL, AAU Teenage Nationals PL/BP (Sapulpa, OK), at Sapulpa Middle School Gym, Danny Berry, 918.695.3823, www.aasports.org
- 17 JUL, 12th WNPF USA & 3rd WNPF Lifetime USA Championships (PL/BP/DL/PC) (Atlanta, GA) at Sheraton Atlanta Hotel, 100 Peachtree St., Atlanta, GA 30309, 404.525.1234, www.wnpf.net



GA) Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**17 JUL**, USAPL Commonwealth Games of Virginia (PP or single lift BP or DL) (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

**17 JUL**, APA 7th Annual Maine Iron Bash (Raw & Equipped) (Freeport, ME), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**18 JUL**, 14th WNPFL Drug Free Nationals & 2nd WNPFL Lifetime All-Americans (Youngstown, OH), Ron Deamicis, 330.792.6670, power1103@aol.com, www.wnpf.net

**24 JUL**, 6th Vermont State Open Raw BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, 802-999-7845, Rick Poston, www.allamericanfitnessvt.com

**24 JUL**, WABDL Nevada State BP & DL Championships (Pahrump, NV) at Pahrump Nugget, Gary Miller, 775.751.5763, www.wabdl.org

**24 JUL**, IPA Connecticut State Powerlifting Championships/Europa Supershow (Hartford, CT), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**24 JUL**, ADFPF "Un-Equipped" Larry Garro Memorial Bench & Deadlift (Towson, MD) at Dumbarton Middle School, Brian Washington, 410.265.8264, brian@usb.net

**24 JUL**, SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**24 JUL**, USAPL Mississippi State (Hattiesburg, MS), Knute Douglas, 601.606.1912, ogdawg29@yahoo.com, www.usaplmississippi.com

**24 JUL**, USPF Muscle Beach Push - Pull (Venice Beach, Joe Wheatley) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**24-25 JUL**, EUROPA Show of Champions Sports & Supplement Expo (Hartford, CT), www.visionstarinc.com

**30 JUL**, AAU Junior Olympic Games Powerlifting - 3 lift event & PP/BP (Chesapeake, VA) at Greenbrier Middle School, Roger Ernst, rernst828@aol.com, www.aasports.org

**30-31 JUL**, UPA PL/BP National Championships (Dubuque, IA), Bill Carpenter, 563.599.1390, www.iowaupaweb.com

**31 JUL**, WABDL Southern Regional BP & DL Championships (Dallas, TX) at Crown Plaza Hotel, Alex Calvo, 817.403.3525, www.wabdl.org

**31 JUL**, SLP Vince Soto Memorial

Ohio State Fair BP/DL Championship (Columbus, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**31 JUL**, APA Wolverine State (PP/BP/DL/Strength Sports/Strict Curl/Overhead Press, Raw and Equipped) (Monroe, MI), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**JUL or AUG**, AWPC World Championships, Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com

**1 AUG**, IPA New York State Powerlifting Championships (Rochester, NY), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**6 AUG**, Northern VA Raw Meet (Sterling, VA) John James, 703.475.9885

**7 AUG**, WABDL Midwest Regional BP & DL Championships (Minneapolis, MN) at Marriot Hotel, Gus Rethwisch, 503.901.1622, www.wabdl.org

**7 AUG**, SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**7 AUG**, APA Battle on the Bay (PL/PP/BP/DL, Raw & Equipped) (La Marque, TX), Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**7 AUG**, RAW United UPF Challenge II (Orlando, FL) at UPF Gym, 6.26.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfllr.com

**7-8 AUG**, NASA World Cup, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.denver.com/holiday-inn-central, www.nasa-sports.com

**13-14 AUG**, EUROPA Show of Champions Sports & Supplement Expo (Dallas, TX), www.visionstarinc.com

**14 AUG**, ADFPF Battle on the Beach (Holland, MI) at the State Park, Single Events, Equipped/Unequipped, John Jachim, www.adfpf.org

**14 AUG**, WABDL West Coast Open BP & DL Championships (Sacramento, CA) at Marriott Hotel Rancho Cordova, Jody Woods, 916.524.0914, www.wabdl.org

**14 AUG**, RAW United Southern States Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 7.24.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfllr.com

**14 or 21 AUG**, USPF Sierra Nevada

Cup (Grass Valley, Steve and Karen Matthews) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**15 AUG**, 14th WNPFL Raw Nationals & 11th WNPFL (Equipped) Powerfest (PL/BP/DL/PC) (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

**19-20 AUG**, Lexenxtreme hosts the IPA Police & Fire Can/Am Games (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd., Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com, www.canampolicefiregames.org

**21 AUG**, SLP Indiana State Fair Outlaw BP/DL Championship (Beech Grove, IN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**22 AUG**, SLP Illinois State Fair BP/DL Championship (Springfield, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**28 AUG**, WABDL Southwest BP & DL Championships (Humble, TX), Tiny Meeker, 832.423.7662, www.wabdl.org

**28 AUG**, WABDL Hawaii State BP & DL Championships (Waimanalo, HI) at Kamiloiki Elementary, Keith Ward, 808.375.8700, www.wabdl.org

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

**28-29 AUG**, USAPL Bench Press Nationals (Charlottesville, VA) www.usaplnational.com/2010-benchpress-nationals/index.html

**John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com**

**AUG**, 4th WNPFL Virginia Championships (PL/BP/DL/PC) & 1st WNPFL Lifetime Single Lift Nationals (VA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**3-4 SEP**, AWPC/WPC Raw Worlds (Idaho Falls, ID) Mike & Linda Higgins, 208.528.0444, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com

**4 SEP**, SLP Florida State Open BP/DL/Curl Championship (Kissimmee, FL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@

verizon.net

**4-5 SEP**, USPF Muscle Beach PL (Venice Beach - Joe Wheatley) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**11 SEP**, IPA Pennsylvania State Powerlifting Championships (Hanover, PA), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**11 SEP**, 4th WNPFL Jake the Hammer Classic (BP/DL/PC) (Atlanta or Perry, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

**11 SEP**, APF/AACP Summer Heat VI (Rock Hill, SC) Eric Hubbs, 803.366.9895, nettin\_fish@msn.com, www.worldpowerliftingcongress.com

**11 SEP**, APA Border Brawl (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**11-12 SEP**, RAW United Armed Forces Open III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 8.21.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfllr.com

**12 SEP**, BPO UK Open PL, BP, DL (Four Seasons, Trullwn Rd., Llansamlet, Swansea) Ken Williams, 07970 625946

**18 SEP**, APA Indiana PowerFest Championships (PL/PP/BP/DL/Strict Curl, Raw and Equipped) (Wheatfield, IN), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**18 SEP**, RAW United D&D Powerlifting Extravaganza II (Fort Myers, FL) at Evolved Athletics, 8.28.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfllr.com

**18 SEP**, SLP Bodyworks Gym/Spears Foundation BP/DL Championship (Dry Ridge, KY), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**18 SEP**, 4th WNPFL All-Americans & 2nd WNPFL Lifetime Pan-Ams (PL/BP/DL/PC) (Port St. Lucie, FL), wnpf@comcast.net, 812.204.2886

**25 SEP**, 19th WNPFL Penn. States & 2nd WNPFL Lifetime Penn. States (PL/BP/DL/PC) (Ephrata, PA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**25 SEP**, SLP National Powerlifting Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.

sonlightpower.com, sonlightgym@verizon.net

**25 SEP**, APA Gulf of Mexico Championships (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**26 SEP**, SLP Atlas Gym Open BP/DL Championship (Kenosha, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**26 SEP**, 22nd WNPFL Lifetime Nationals (PL/BP/DL/PC) (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**SEP**, WNPFL Can-Am Nationals (Rochester, NY), Ron Deamicis, 330.792.6670, power1103@aol.com, www.wnpf.net

**2 OCT**, SLP Tennessee State BP/DL Championship (Lexington, TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**2 OCT**, APA Great Lake State Championships (PL/PP/BP/DL, Raw and Equipped) (Monroe, MI), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**2 OCT**, NASA East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) www.nasa-sports.com

**8-10 OCT**, AAU World Bench Press, Deadlift, Push-Pull & International Powerlifting Championships (Las Vegas, NV) at the Imperial Palace Hotel Casino, (meet capped at 1st 500 lifters), Martin Drake, 951.928.4797, naturalpower@earthlink.net

**9 OCT**, SLP Western National/Oklahoma State BP/DL/Curl Championship (Tulsa, OK), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**9 OCT**, RAW United Southern States Push/Pull II (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 9.18.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfllr.com

**16 OCT**, NASA Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) www.nasa-sports.com

**16 OCT**, SLP Indiana State Open BP/DL Championship (Beech Grove, IN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**23 OCT**, ANPPC National Powerlifting Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.

sonlightpower.com, sonlightgym@verizon.net

**23 OCT**, 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women - Bigler, PA, the longest continually conducted drug free meet in the world) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pikitup.com, al@pikitup.com

**23-24 OCT**, 19th WNPFL World Championships & International BP/DL Championships (Guatemala City, Guatemala), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**24 OCT**, IPA Lexenxtreme Fall Classic - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd., Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

**30 OCT**, APA 2nd Annual Iron-toberfest (Raw & Equipped, PL/BP/DL) (Hartford, AL), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**30 OCT**, SLP Open Grand National BP/DL/Curl Championships (Baraboo, WI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**30 OCT**, 6th Westminster Family Center Open Bench Press (Westminster, MD) 11 Longwell Ave. Westminster, MD, for entry form and more info contact Scott Bixler, 443.789.9452

**30 OCT, (TENTATIVE DATE)** NASA Ohio Regional, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) www.nasa-sports.com

**OCT**, IPA North Carolina Power Challenge (Hickory, NC), Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

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

**OCT**, USPF Monster BP/DL (Chatsworth - Kevin Meskew) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**OCT**, USPF World Gym Classic D2 PL (San Francisco - Bob Packer/John Ford) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**4-6 NOV**, Natural Olympia International Multi-Sports Expo - Bodybuilding, Martial Arts, Powerlifting, Bikini Contest, Arm Wrestle, Strongman and more! (Reno, NV) at the Grand Sierra Resort Casino & Convention Center, 951.734.3900, naturalalaba@aol.com, www.naturalbodybuilding.com

**6 NOV**, Northern VA Raw Meet (Sterling, VA) John James, 703.475.9885

**6 NOV**, SLP Ohio State BP/DL

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Championship (Hamilton, OH), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**6 NOV**, USPF NorCal PL (Sacramento - Mark Bell) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

**6 NOV**, APA Gulf Coast Battle of the Bad (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**6 NOV**, 19th WNPFL World BP/DL/Reps/PC (Atlantic City, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**6-7 NOV**, RAW United National Championships (Melbourne, FL) at West Shore Jr./Sr. High School, 10.9.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfllr.com

**7-10 NOV**, World PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.wppowerlifting.com

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

**13 NOV**, NASA Colorado Regional, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) www.nasa-sports.com

**13 NOV**, SLP Kentucky State BP/DL Championship (Louisville, KY), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**13-14 NOV**, WDFPF World PL Championships (Crowne Plaza Hotel, Dundalk, Co. Louth, Ireland) gedney@logonix.net

**13-14 NOV**, WDFPF PL World Championships (Castleblayney Co Monaghan, Ireland), Tom Coyle & Anita Mahony, www.adfpf.org

**16-21 NOV**, WABDL Goodson Honda World BP & DL Championships (Las Vegas, NV) at the Hilton Hotel, Gus Rethwisch, 503.901.1622, www.wabdl.org

**20 NOV**, 3rd WNPFL Lifetime World Championships (PL/BP/DL/PC) (Atlanta, GA), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**20 NOV**, USA Raw Bench Press Federation World Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

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

**21 NOV**, SLP Michigan State BP/DL Championship (Saranac, MI), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com



com, sonlightgym@verizon.net  
**NOV**, IPA Autumn Apocalypse, Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
**NOV**, WPC World Championships (Ukraine) Vitaliy Bobchenko, www.worldpowerliftingcongress.com  
**NOV**, USAPL Virginia State PL, BP, DL, Ironman (raw & assisted - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com  
**NOV**, USAPL Stars & Stripes BP & DL (Scranton, PA) www.purepowerlifting.com  
**4 DEC**, IPA 6th Annual Christmas Carnage, Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
**4 DEC**, ADFPF "Un-Equipped" December Bench & Deadlift (Towson, MD) at Dumbarton Middle School, Brian Washington, 410.265.8264, brian@usbf.net  
**4 DEC**, USPC December Power Curl (Towson, MD) at Dumbarton Middle School, Brian Washington, 410.265.8264, brian@usbf.net  
**4 DEC**, APA Battle of the Iron Barbarians (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**4 DEC**, (TENTATIVE DATE) NASA Missouri Regional, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) www.nasa-sports.com  
**4 DEC**, IronMan D2 PL (Fresno - Bob Packer) Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com  
**4 DEC**, SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Bartlett, TN), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**4 or 11 DEC**, 2nd WNPFL Winter Classic (BP/DL/PC) & 2nd WNPFL Lifetime BP/DL/PC Nationals (FL), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**5 DEC**, BPO British BP, DL Open Record Breakers, (Four Seasons, Trallwn Rd., Llansamlet, Swansea) Ken Williams, 07970 625946  
**5 DEC**, 18th annual Raw ADAU "Coal Country" Classic (separate SQ/ 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.pikitup.com, al@pikitup.com  
**11 DEC**, 100% Raw Christmas Classic BP, DL, SC (Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.

virginiapowerlifting.blogspot.com, valifting@aol.com  
**11 DEC**, USPF San Diego Open, Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com  
**11 DEC**, NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Hereford, TX) www.nasa-sports.com  
**11 DEC**, SLP Arkansas Christmas for Kids BP/DL/Curl Championship (Rogers, AR), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**12 DEC**, APA New England Winter Bash (Raw and Equipped) (Wallingford, CT), Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**13 DEC**, APF Ironman Meet (Fresno, CA) Bob Packer, 559.760.2970 or 559.323.3892, www.worldpowerliftingcongress.com  
**18 DEC**, SLP The Last One!...BP/DL Championship (Tuscola, IL), Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**18 DEC**, NASA Illinois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP (Flora, IL) www.nasa-sports.com

**18 DEC**, 13th WNPFL Sarge McCray (PL/BP/DL/PC) (Bordentown, NJ), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**18-19 DEC**, RAW United Police, Firefighter & Military Cup (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 11.27.10 entry deadline, Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com  
**19 DEC**, WNPFL Delaware Championships (BP/DL/PC) (Lewes, DE), Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**2010**, USAPL Master's Nationals, www.usapowerlifting.com  
**2010**, USAPL Raw Nationals (Denver, CO), Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com  
**2010**, USAPL Police & Fire Nationals, www.usapowerlifting.com  
**2010**, USAPL Deadlift and Push/Pull Nationals (Denver, CO), Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com  
**2010**, USAPL Military Nationals, www.usapowerlifting.com  
**2010**, 9th Annual South Jersey Sports Extravaganza (PL, Olympic Lifting, Strong Man, Arm Wrestling) (Jersey Shore, NJ) Robert Keller, www.southjerseyexpo.com  
**JAN 2011**, USAPL HS/Collegiate

Raw (Scranton, PA) www.purepowerlifting.com, www.usapowerlifting.com  
**8-10 APR 2011**, USAPL Collegiate Nationals (Scranton, PA) www.purepowerlifting.com, www.usapowerlifting.com  
**10-12 JUN 2011**, USAPL Men's Open, Teen, Jr. Nationals, Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com  
**JUL 2011**, USAPL Raw Nationals (Scranton, PA) www.purepowerlifting.com, www.usapowerlifting.com  
**10-11 DEC 2011**, USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com  
**2011**, USAPL Bench Press Nationals (Orlando, FL), Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com  
**2011**, USAPL Deadlift and Push/Pull Nationals (Charlottesville, VA), John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com  
**2011**, USAPL Raw Nationals (Scranton, PA), Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.usapowerlifting.com

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*Oral Testibol™* is the literal "Testosterone Bomb" for two reasons, 1) it's a new class of Testosterone compound called *Androgen Releasing Factors* designed to cause hyper-activity in the part of the endocrine system that causes Testosterone release, and 2) the delivery system used to administer *Androgen Releasing Factors* is so sophisticated (from a scientific standpoint) that it rivals injections.

Seriously! There is absolutely no delivery system in the world that can compare to the "scientific cleverness" of this one.

First, let's talk about the power of *Androgen Releasing Factors*. As the name implies, ARFs are designed to cause androgen release by inhibiting enzymes that impede Testosterone output.

You see, the body dramatically lowers Test production in the very early twenties because people mature at this age super-human strength is no longer needed. However, the reason powerlifters back out of a Squat Rack with over 1,000 pounds is

because they want to be way past normal when it comes how much weight they can lift!

And, because this is true, you do not want your natural Testosterone levels to go down... you want them to go up! So what *Androgen Releasing Factors* are designed to do is shutdown an enzyme that impedes androgen release. And with this enzyme greatly "depressed", your natural Testosterone production literally explodes... and so will your power and strength!

**Oral Testibol™'s Delivery System Is Like No Other!**

Now, if scientists were to put *Oral Testibol™* in a traditional pill, you'd still get great results! However, they know that most people only absorb 15-20% of what they consume orally... and this is why injections were created. Because, as you know, by injecting something you get almost 100% delivery into the bloodstream.

But *Oral Testibol™*'s amazing delivery is just as effective, and much, much safer. Here's how it works...

Imagine something almost identical in size and shape to a postage stamp, made up of a very thin, gel like substance. Now simply place it on your tongue and the gel-like substance (which contains the *Androgen Releasing Factors*) quickly melts on your tongue and then absorbs directly into the bloodstream!

In fact, so fast and effective is *Oral Testibol™*'s delivery system, that many "strength-based" athletes and especially powerlifters use it as a "pre-workout stimulant", because as you well know... increases in Testosterone levels are always awesome before doing heavy Benches, Squats and Deadlifts!

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And this is a huge breakthrough because DNA specific

Testosterone is far more potent

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(continued from page 6)

day is with the football bar, with the palms-facing-in grip and a lot of board presses on boards. A lot of rep work is done with kettlebells hanging under a special bar that vibrates or a regular bench bar for no less than 10 reps. He does a lot of dumbbell extension roll-backs and with elbows out to the sides and shrugs for the upper back and side and rear delt raises. He finishes with hammer curls.

On max effort day he does a lot of board presses with close grip and no shirt or regular grip with a shirt, rack lockouts on high pins with a 6-8 inch lockout, lightened method benches and floor presses with 200 pounds of chains, and a large amount of upper back work three times a week to support those 800-pound-plus benches and his 800-pound pulls. He constantly changes special exercises. I believe he will bench 900 pounds in a full meet in two years' time.

Greg Panora, who totaled 2630 at 242 pounds bodyweight, has a world record total. He also pulled an 815-pound deadlift. His speed day is very similar to Dave's. Both raw bench around 550 pounds. Greg does a lot of his speed work wearing a 10-pound weight on his wrists. He does 9 sets of 3 reps with three grips. The weight is 225 to 275 depending on the amount of chains or band tension he is using. After speed sets he does a wide- and close-grip bench for 15-20 reps. The weight may range from 185 to 250 pounds. This cannot be done at the end of a workout. Next he does triceps extensions with a football bar. The reps are 5-8 per set, sometimes supersets with light push-downs on a lat machine or a Jump-Stretch band hung over the squat rack. He also does front plate raise, light for high reps, lots of heavy shrugs, incline and decline dumbbells for delt and chest development, and always hammer curls. He continually changes all small exercises when necessary for further progress.

On max effort day his favorite core lifts are floor press with chains or band tension, board press (two or three boards without shirt and one and a 1/2 boards with a shirt), and some heavy close grips with a 2-inch foam pad on the chest. About 2 1/2 years ago Greg had a 600-pound bench and a 2255-pound total. What's in the future for Greg? Time will tell.

Jason (Jay) Fry has broken the 181 all-time record twice with 707 and 725 pounds. He has now made 750 pounds at 181 and is in hot pursuit of Jason Coker's 771 pounds. Jay's best is 770 pounds

at 198 pounds bodyweight. He has jumped 250 pounds in three years. Here's how: on speed day he does 9 sets of 3 reps with 205 pounds plus bands, chains, or both, with three grips, like many at Westside. After the speed work Jay will do 2 sets of push-ups with his feet elevated or 2 sets of moderate dumbbell presses, each week changing the angle from flat, seated, incline, or decline, and lots of upper back and lat work. For his triceps Jay does triceps extensions of all kinds, dumbbells, barbells, push downs, and also board presses with and without a bench shirt. And speaking of bench shirts, Jay will use a variety of shirts to do his board presses and full-range benching, unlike many who break world record board presses but can't touch their chest when it counts at a meet. For his max effort work his favorite is floor press of some kind. He also does lightened method, board presses, incline barbell press with a close grip, and foam pressing.

Travis Bell shares his workouts that have taken his raw bench from 430 to 540 pounds at 260 pounds bodyweight in about two years:

**Speed Bench** - Bar x warmup: add doubled mini-bands or monster mini-bands. Bar x 3 reps: 135 x 3 (start using close grip, index finger on the smooth); 185 x 3; 205 x 3; 205 x 3; 225 x 3 (start using moderate close grip, thumb length from the smooth); 225 x 3; 225 x 3; 275 x 3 (pinkie on the ring or competition grip); 275 x 3; 275 x 3.

**Floor Press (for accessory)** - All sets done with close grip: 225 x 10 reps; 315 x 10; 315 x 10; 365 x 10.

**Dumbbell Press** - 120 x 15 reps; 120 x 15; 120 x 15; 120 x 15.

**Pulldowns with the Back Bar** - 160 x 12 reps; 200 x 12; 230 x 12; 230 x 12.

**Chest-Supported Rows** - 2 plates x 12 reps; 3 plates x 12; 4 plates x 10; 4 plates x 10.

**Hammer Curls** - 45 x 10; 45 x 10; 45 x 10; 45 x 10.

This is what a normal speed bench session looks like for Travis. The speed-training really helps him develop momentum in a bench shirt. Teaching your muscles to fire as quickly as possible and all at the same time is imperative. The other thing that he feels helps his bench the most is floor press. I asked George Halbert a long time ago what the best thing to do to get his floor press up is, and he said close-grip floor press for reps. Floor press greatly helps him develop mid-range power. Many people think of the floor press as a max effort exercise, but forget to use it as an accessory exercise. The second thing

is lots of upper back work. Upper back strength helps him maintain the position of his shoulder blades at the bottom of the lift. When your shoulders come out of position, it changes what angle your elbows are at in relation to the bar, as well as increasing your range of motion because you are flattening out.

For his max effort day Travis will rotate from floor press with 200 pounds of chains to full-range or two or 3-board pressing with 200 pounds of band tension, lightened method with 150 pounds or 95 pounds lightened in the bottom, lots of close-grip benching off his chest or off power rack pins, plus dumbbell pressing of all kinds. He does upper back work three times a week and triceps extensions of all kinds, sometimes supersetting light push-downs for 15 reps with barbell or dumbbell extensions for 5-8 reps. He always does some hammer curls. What's next? 800 pounds I am sure.

Laura Phelps-Sweatt benches 505 pounds at 165 pounds bodyweight, which is unbelievable. How does she do it? Let's look at her speed day. Laura's raw bench is 335 pounds, so her speed work is 165 pounds plus mini-bands or two sets of chains for 9 sets of 3 reps, 3 sets with index finger touching the smooth part of the bar and 3 sets with little finger touching the power ring. She rotates from doing 2 sets of moderate dumbbells for 15 reps to 2 sets of push-ups for 30-50 reps and sometimes one close grip and one wide grip set of

benches for an easy 15 reps. Then she does lots of dumbbell extension roll-backs or with elbows out to the side. She works upper back at least three times a week. Laura is the world record holder in the squat and total in two weight classes, so the upper back work is a must. Rear and side delt work of all kinds is done in both bench workouts. For max effort work some of her future exercises are the lightened method with 200 pounds of chains for lock-out strength in a shirt, bands over the bar on boards or chest with a shirt, total weight at lockout close to 600 pounds, the same two exercises without shirts, and floor press with 120 pounds of chains.

All of Westside max effort exercises are done at some time during the year. Laura has the number 1 coefficient in the bench and the total for women. Many of our top benchers at Westside are or were full powerlifters. All have at least an Elite total. The system will work for everyone, and all you have to do is follow the 2 days that wave every 72 hours from low intensity, high volume on the speed day, to low volume, high intensity, which is hopefully over 100% or a new all-time record. John Stafford had the all-time push-pull total, and now Greg Panora does, with 805 and 815 pounds, respectively, at 242 pounds bodyweight. It's tough to compete with a bench specialist, but we try and so can you.

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(continued from page 37)

tion effects secondary to increases in lean body mass and decreases in body fat, giving them a pound for pound edge in strength and performance.

For endurance athletes, keeping post training carbs low provides the positive anabolic and fat burning effects, prolongs insulin sensitivity for several hours, and in the long run results in enhanced glycogen stores since delaying carb intake keeps insulin sensitivity and levels high so that increasing carb intake provides the same glycogen enhancing response as when carbs are taken immediately after training.

By delaying carb intake, endurance athletes will get more anabolic and fat burning effects from their training while still maximizing glycogen levels once they start taking in more carbs.

#### Max-PTN Info

One order of Max PTN will last a variable amount of time for each of the products as outlined below. Depending on training frequency they can last up to three months. Each of the supplements is also available on their own so it's easy to top up any of them as needed.

**Amino** - 12 tablets immediately after training - 180 tablets per bottle.

**GHboost** - 5 tablets immediately after training - 150 tablets per bottle.

**MRP LoCarb** - 1 packet an hour or so after training - 20 packets per box.

#### Post Exercise Carbohydrates Are Counterproductive

There is no doubt that the timing protein nutrition after exercise is crucial for increasing skeletal muscle protein synthesis and an overall net balance. Exercise provides an adaptive response so that the body is able to make use of any nutrition supplied post exercise.

Nutrient intake on its own provides a storage response so that if one is fed or receives an infusion of mixed amino acids after a fasted period, protein synthesis increases, whereas protein breakdown remains the same or decreases slightly, which is different from the response after exercise.

Without nutrient intake after exercise protein synthesis and protein breakdown are increased, but net balance does not become positive as it does after amino acid intake after fasting. Because of the exercise stimulus, when amino acids are provided after exercise protein synthesis increases more than what normally occurs after exercise or AA feeding alone, and protein break-

down remains similar to exercise without feeding. Thus the provision of AA enhances protein synthesis and leads to a positive net protein balance and an overall increase in protein accretion.

In addition, while the increase in protein synthesis after feeding is a transient storage phenomenon, physical exercise stimulates a longer-term adaptive response. Providing nutrition after physical activity takes advantage of the anabolic signaling pathways that physical activity has initiated by providing amino acid building blocks and energy for protein synthesis.

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

#### Overemphasis on Post Exercise Carbohydrate Intake

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

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

That's because the intake of carbs after exercise blunts the post exercise insulin sensitivity. That means that once muscle has loaded up on glycogen, which it does pretty quickly on carbs, insulin sensitivity decreases dramatically.

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

#### Muscle Glycogen and Insulin Action

First of all it's well known that a single session of exercise increases insulin sensitivity for hours and even days.

It's also known that bouts of resistance and endurance exercise result in a significant decrease in glycogen and that total energy content and CHO content are important in the resynthesis of muscle and liver glycogen.

Glucose uptake and glycogen synthesis are enhanced in the presence of insulin following an acute exercise bout that lowers the muscle glycogen concentration and activates glycogen synthase.

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

#### Dissociation of Insulin's Effects on Glucose and Protein Metabolism

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

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

By increasing insulin levels and not providing carbs you shunt your body's metabolism to the use of more fatty acids for energy while at the same time keeping muscle glycogen levels below saturation and amino acid influx and protein synthesis elevated for a prolonged period of time post exercise. In essence by limiting glycogen synthesis you prolong the beneficial effects of insulin on protein synthesis and degradation and decrease the dampening effects of insulin on fatty acid breakdown and oxidation. At the same time although you delay glycogen synthesis you still maintain the capacity for rapidly increasing glycogen stores once you increase your carb intake.

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

long term anabolic effect.

A recent study looked at the effects of post training carbohydrate deficit while keeping calorie intake constant, on insulin action and on fat oxidation. The study showed that carbohydrate deficit post exercise resulted in increased fat oxidation and enhanced insulin action. The enhanced insulin action was proportional to the degree of carbohydrate deficit—ie. the further the post exercise carbs were decreased, the greater the insulin action.

#### Insulin and Nutrient Delivery to Skeletal Muscle

As mentioned above in the discussion on insulin, we've seen that one of insulin's actions is to increase microvascular (nutritive) perfusion of muscle, which is enhanced by exercise. This enhancement is crucial to maximizing the anabolic effects of exercise and targeted nutrition.

For example, a review looked at the effects of insulin on the vascular system and on nutrient delivery to muscle. The paper points out the fact that there are two flow routes in muscle: one in intimate contact with the muscle cells (myocytes) and able to exchange nutrients and hormones freely and thus regarded as nutritive, and a second with essentially no contact with myocytes and regarded as nonnutritive (felt to provide blood to muscle connective tissue and adjacent fat cells, but not muscle cells).

The point to take home here is that in the absence of increases in bulk flow to muscle, say after a training session, insulin may act to switch flow from nonnutritive to the nutritive route. This capillary recruitment results in an increase in nutritive blood flow so that muscles that have been stressed and are undergoing an adaptive response will have what they need to recover and grow.

#### Summary

This information is another piece of the anabolic puzzle. Putting it all together can give us ways to dramatically improve body composition—increase muscle mass and decrease body fat. In my view, the best way to do this is to figure out ways to increase the potent anabolic effects of insulin, both on nutritive delivery to the muscle cells and into the muscle cells, while at the same time minimizing the undesirable effects on body fat.

One of these ways is to increase insulin in a pulsed manner along with an increase in amino acid availability, but minimal carbs, at the times when the body is primed for growth and repair, for example in

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that window of opportunity that exists for several hours after training. It would also be desirable to maintain elevated androgen levels, and increase growth hormone (GH) and insulin-like growth factor-I (IGF-I) levels at the same time as insulin, in order to further enhance the anabolic effects of insulin and decrease, and actually reverse, the undesirable effects of insulin on fat metabolism.

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

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stole just about everything they had, including all of their Christmas gifts. The Carpelletis were my parent's best friends. They were always at our house or we were at their house. Bobby Carpelletti was one of my classmates and his three sisters were my sisters' closest friends.

As you can image, it didn't take long before the word got out that the Carpelletis had been robbed and it didn't take long before the entire neighborhood was doing everything they could to soften the burden that the Carpelletis were experiencing. Our family was no different. That night, my father called us together and asked us if we would be willing to share our Christmas gifts with the Carpelletis. He reminded us that the true spirit of Christmas was sharing with those who were less fortunate. He said that he would tell us what was in each present and that we could decide which present we wanted to give away. He started off by telling my sisters what was in their presents. Not surprising, both of my sisters (who were basically Mother Theresa clones) were excited about giving away their most precious gifts. ("Stupidos")

Me, well, that took some convincing from my father. When he got to me he said, "That big box that your mother is going to have to re-wrap has a knock hockey board in it. I am afraid that is the only present you will be able to give

the Carpelletis because the other two presents are very good clothes that only you could wear." My heart literally sank. First of all, it became crystal clear to me that not only did Santa Claus have no idea what kids really wanted for Christmas, now my parents were becoming clueless. Worse yet, they wanted me to give away the only gift I really ever wanted in my entire life...a knock hockey board. "Do I have to?" I asked. "To be perfectly honest, I didn't want to give up my knock hockey board. "Of course you don't have to give your present away," my father said, "but I think it would be nice for you to bring happiness to one of your best friends. I think you should do it." He then went on to tell me that helping others is one of the most rewarding experiences we can have. And that it is the one who gives who is usually the one who really benefits the most. I know I didn't comprehend everything he was trying to tell me, but eventually I agreed to part with my gift, though I wasn't happy about it.

Well, that was just foreplay. After my sisters and I agreed to give up our gifts, my father told us that we could never tell anyone... that we were sworn to secrecy. He explained that when you give without expectation it is one of the finest things one human being can do for another. That giving without expecting to get something in return is the ultimate measure of kindness and compassion. "To give

for the sake of giving," he said "is the greatest gift of all." He further explained that sometimes part of giving was doing it so that others wouldn't know where it came from, like putting coins in the poor box at church.

Now, don't think this giving thing was anything new to our family. My parents were the kind of people who gave everything away. The minute they got a little money and were able to buy a few nice things they would find some reason to give their money away again. As a result, we were constantly going from having a little to having nearly nothing. We were also accustomed to having to share what ever we did have with others. Consequently, it wasn't all that new for us to be giving something away to help others that we really wanted to keep. Giving away my knock hockey board, the only gift I really ever wanted in my entire life, was just giving at an entirely new level.

On Christmas morning my mother handed me my gifts...three pairs of socks, two pairs of underwear, a beautiful white shirt and a tidy blue clip on tie. Now, I knew those would be my only gifts. Oh ye-ha, I got oranges too. No electric football game, no knock hockey board...just the clothes. I can't say that I was really happy with the situation.

That night, Mr. Carpelletti stopped by our house. The first thing he did was to give Mama a big

hug and kiss on the cheek. Then he turned to my father and said, "Inny, I want to thank you, your wife and your marvelous children for making this the best Christmas of my entire life. You have no idea how happy you have made my family, not just because of your kindness, but because of the love and compassion you have shown us. I will never forget this day. Never! Thank you so much." He then hugged my father and said, "Merry Christmas, Inny."

While he was talking, I was looking down at the floor thinking about my knock hockey board the only gift I really ever wanted in my entire life. I was literally sick to my stomach. When I looked up, I caught a glimpse of Mr. Carpelletti's face as he turned to leave. There were tears rolling down his cheeks. I had never in my life seen a grown man cry. It stunned me at first, and then I realized that these were tears of joy—not sadness and despair. I was seven years old. I was literally just a child, but even I could feel the warmth and love that Mr. Carpelletti had for our family that Christmas night. Somehow, in my infant way of thinking, I actually comprehended the importance of reaching out and helping others.

Many years later when I became a young man I looked back and realized the full impact of what a wondrous occasion my seventh Christmas truly was, and what a beautiful gift I had received that day—the gift of love through giving.

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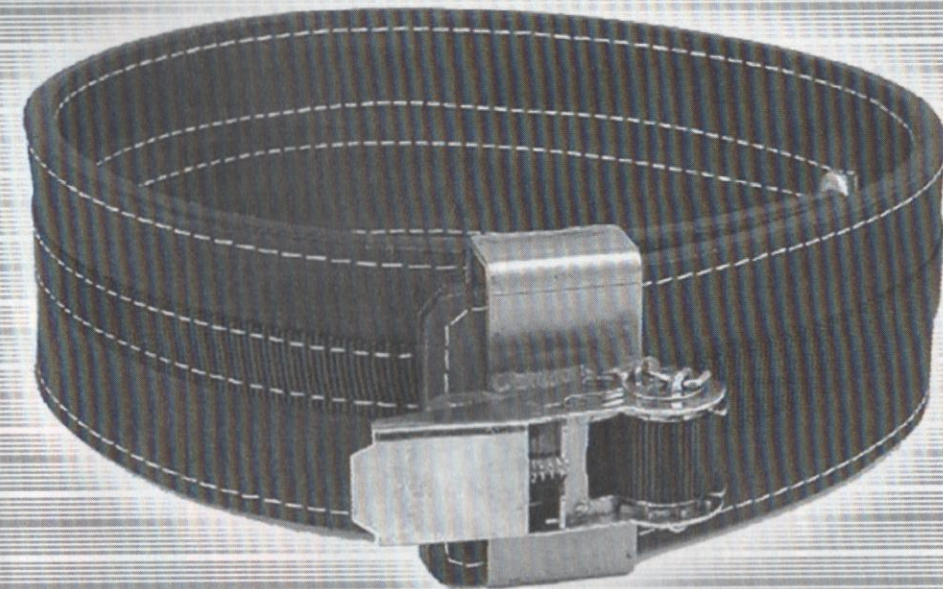
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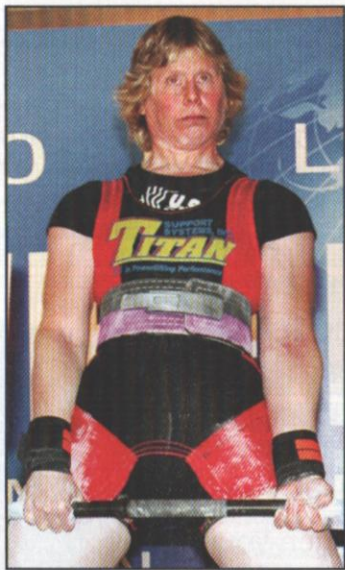


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Best Lifters Female: 1st Poletaeva Irina of Russia, 2nd Potseleeva Galina of Russia, 3rd Sari Noviana of Indonesia. Nation (points) Female: 1st Russia 72 pts., 2nd Chinese Taipei 50 pts., 3rd Ukraine 49 pts., 4th Finland 40 pts., 5th Norway 23 pts., 6th Japan 23 pts., 7th USA 22 pts., 8th India 19 pts., 9th Netherlands 17 pts., 10th Kazakhstan 15 pts., 11th New Zealand 13 pts., 11th Denmark 13 pts., 13th Indonesia 9 pts., 14th Philippines 8 pts., 14th France 8 pts., 16th Poland 6 pts., 17th Czechia 5 pts., 18th Australia 4 pts., 19th Iceland 2 pts., 20th Hong Kong 1 pt. Best Lifters Male: 1st Fedosienko Sergey of Russia, 2nd Olech Jaroslaw of Poland, 3rd Freydn Ivan of Ukraine. Nation (points) Male: 1st Russia 72 pts., 2nd Ukraine 57 pts., 3rd Poland 49pts., 4th Chinese Taipei 36 pts., 5th India 35 pts., 6th Japan 30 pts., 7th France 29 pts., 8th USA 25 pts., 9th Czechia 24 pts., 10th Algeria 22 pts., 11th Great Britain 15 pts., 12th Bulgaria 12 pts., 13th Finland 12 pts., 14th Norway 11pts., 15th Canada 10 pts., 16th Philippines 7pts., 17th Kazakhstan 6 pts., 17th Iceland 6 pts., 17th Belarus 6 pts., 20th Netherlands 6 pts., 20th Slovakia 6 pts., 22nd Germany 4 pts., 23rd Belgium 2 pts., 24th Mexico 1 pt., 24th Trinidad and Tobago 1 pt., 24th Turkmenistan 1 pt., 24th Hong Kong 1 pt.

220 lbs.  
Lebedko-RUS 848 606 809 2263  
Freydn-UKR 826 639 793 2257  
Pevnev-UKR 815 622 749 2185  
Bouafia-ALG 820 462 721 2004  
Ivanets-BLR 727 484 760 1971  
Peeters-FRA 727 512 716 1954  
Chida-JPN 694 606 573 1872  
Arakawa-JPN 677 506 628 1811  
Givens-USA 551 380 600 1530  
242 lbs.  
Barkhato-RUS 892 595 826 2312  
Rokochiy-UKR 848 617 776 2241  
Wiak-POL 903 584 749 2235  
Karpov-UKR 859 606 754 2219  
Omland-NOR 837 595 683 2114  
Ovsionka-SVK 776 451 661 1888  
Krejca-CZE 683 556 650 1888  
Gack-USA 622 512 611 1745  
Shanmug-IND 573 330 595 1497  
Pike-CAN 617 — 573 1189  
275 lbs.  
Gagin-RUS 936 633 771 2340  
Testsov-UKR 881 694 749 2323  
Wagner-USA 809 617 694 2119  
Weite-USA 782 578 760 2119  
Sarik-CZE 826 584 705 2114  
Yanchev-BUL 793 551 749 2092  
Ceglarek-POL 804 551 727 2081  
Banks-GBR 699 551 716 1965  
Collart-BEL 760 468 617 1844  
Jimson-IND 683 429 573 1685  
Greene-TRI 650 407 606 1663  
Randen-NOR — — — —  
Mangat-IND 881 429 — 1310  
275+ lbs.  
Bowring-GBR 903 639 782 2323  
Gagin-RUS 980 617 727 2323  
Spingl-CZE 941 644 710 2296  
Grabows-POL 903 595 727 2224  
Jonsson-ISL 848 551 782 2180  
Dahl-NOR 820 556 782 2158  
Sandvik-FIN 859 633 639 2130



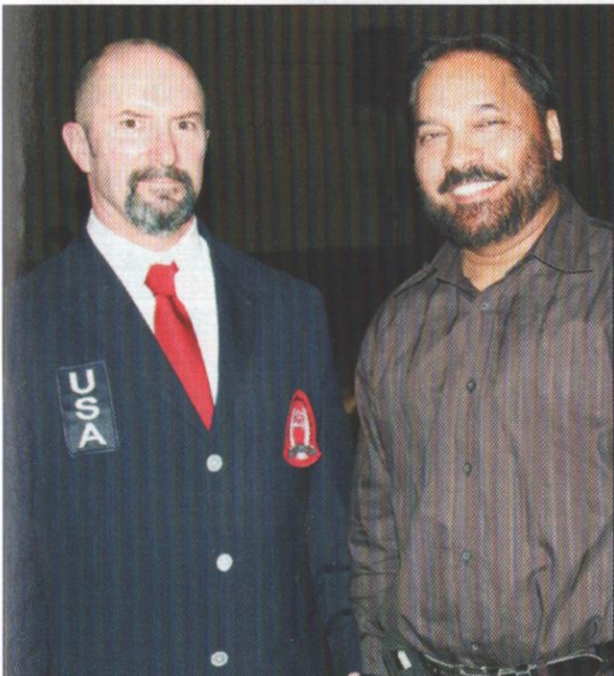
Donna Marts (USA) - 148 lb. class



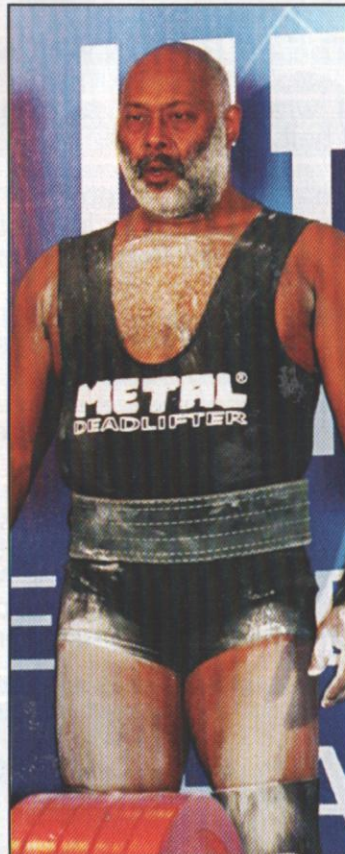
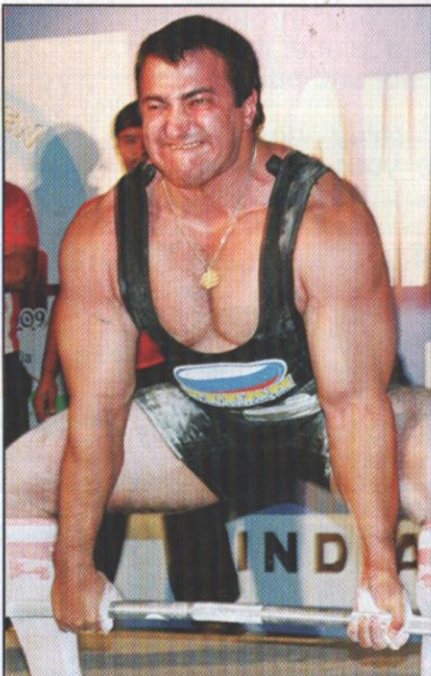
Dean Bowring (GBR) - a top SHW lifter



Sergey Fedosienko (RUS) - Best Lifter 2nd best lifter, Jaroslaw Olech of Poland



USAPL's Larry Maile with Canada's Harnek Singh Rai at the IPF Worlds Lebedko (220 lb. class) - another Russian winner Floyd Givens representing the USA



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\*Plates not included

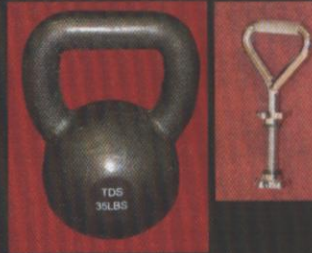


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3" X 3" X 11 Gauge Steel Tube Construction  
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Front Deep Knurled Chinning Bar  
33" Space between front & Rear Posts

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(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$169

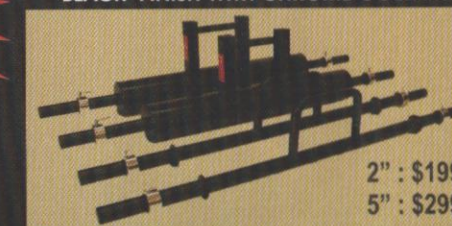
## POWER RACK # C92563



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Distance between holes-2"  
28 Holes with numbers for adjustment  
26" Distance between Posts

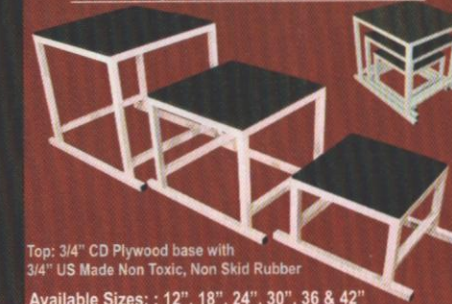
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(continued from page 13)

**Frame 2.** The bar is on the midway of its descent to the chest. In point 2 (see the graphs of vertical displacement and velocity) the bar achieves the descent maximum speed - 30 cm/sec.

**Frame 3.** The bar is 5 cm from the chest (on the graphs - point 3). The descent velocity slows down to 25 cm/sec.

**Frame 4.** The lifter has lowered the bar on his chest. The bar's descent time - 1,25 seconds, the descent trajectory length - 32 cm. The pause duration - 0,25 seconds. (The pause is very short, it's quite difficult to make its visual estimate, but it is very well seen on the graph.)

**Frame 5.** After the head referee's command «press» is given, the athlete has driven off the chest with maximum exploding effort of the shoulder girdle muscles. During this moment the initial impulse goes up from feet to the head. Bar's blastoff is made up with help of deltoid muscles, triceps and lats. On the frame 5 the bar is in 5 cm from the chest, bar's speed in this point makes 30 cm/sec (see point 5).

**Frame 6.** The bar is on its midway to the final point and achieves its ascent maximum speed - 42 cm/sec (see point 6).

**Frame 7.** The maximum velocity slows down to 32 cm/sec (point 7) in the reason of athlete's inability to maintain it for a long time.

**Frame 8.** The bench press velocity quickly slows down to 8 cm/sec (point 8). It's the most difficult bench press part - going through the "dead point". With help of strong-willed and muscle efforts the athlete has successfully passed through this point and continues pushing upward until the straight arm position (see frames 7 and 8).

**Frame 9.** It's the final point of the bar's descent. Having taken the lockout position the athlete holds the bar in a motionless position until the head referee's command «rack» is given. The length of the bar's ascent trajectory is 36 cm. The increasing of the bar's ascent length relatively to its descent length is realized by the means of flexions. As for the height, practically it is the same. The ascent full time made 2.1 seconds: 0.6 seconds - the initial phase, 1.0 second - dead point zone, 0.5 seconds - pressing to a lockout position.

Having carried out the exercises execution biomechanical analysis, the kinematical structure of the bench press technique is represented in the following form (See Table 1).

**Phase 1.** Taking of start position consists of elements:

1. Athlete's positioning on the bench. Gripping of the bar, back's flexure, feet placing.
2. Bar's taking from the racks.

**Phase 2.** The start position includes:

1. Bar's fixation on straight hands (points 1-1). The athlete fixes the bar in a straight elbow position.

2. The athlete's head, shoulders and buttocks are in contact with the flat bench surface.

3. Athlete's legs should straddle the bench or its blocks, and his feet should be flat on the floor.

**Phase 3.** Bar's descent to the chest after the referee's signal «press» consists of elements:

1. From the bar's descent beginning until the achievement of the descent maximum velocity, approximately until the middle height of descent (points 1-2).

2. From the point of the descent maximum velocity until the bar is touching the chest (points 2-4). This zone is typified by the deceleration of the bar's descent velocity.

**Phase 4.** Pause fixation with the bar on the chest includes:

1. Bar's fixation in the motionless position on the chest in the lowest point (point 4-4).

**Phase 5.** Bench pressing after the command «press» consists of elements:

1. From the upward movement until the achievement of bar's motion maximum velocity (points 4-6). After the head referee's command «press», the lifter explodes upwards and develops the maximum possible velocity of the bar's upward movement.

2. From the point of the achievement of the bar's motion maximum velocity till the dead point passing (points 6-7). The athlete's task is to keep the top speed as long as possible.

3. Going through the sticking point (points 7-8). The "dead point" passing depends on the athlete's ability to save the bar's ascent velocity, the higher the descent velocity is, the easier the dead point going through will be and inversely.

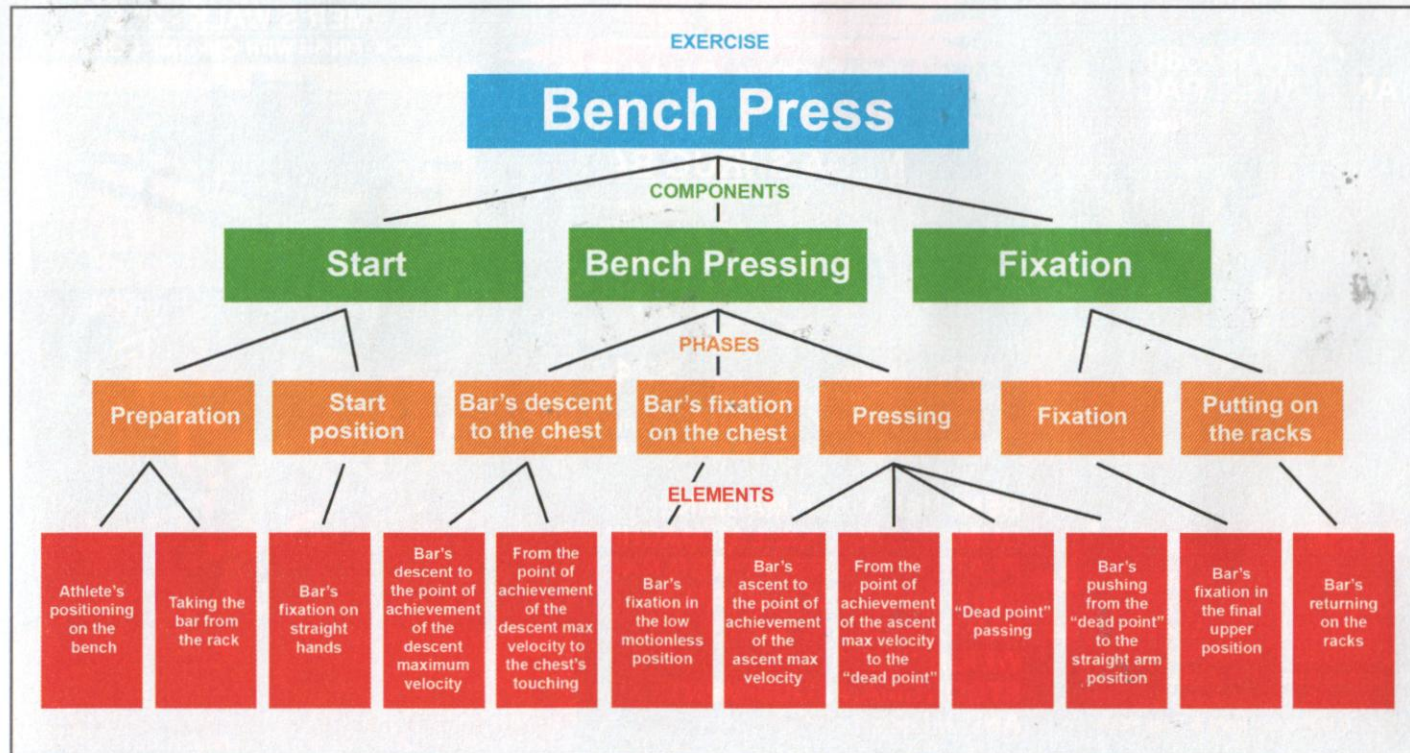
4. Bar's ascent after the "dead point" passing until the elbows are locked out, until the fixation position (points 8-9).

**Phase 6.** Bar's fixation in the final position includes:

1. Bar's fixation in the motionless position (point 9). After the athlete takes the straight arm position he holds the bar motionless until the referee gives the «rack» command.

**Phase 7.** Bar's placing on the racks. After the head referee's command «rack» is given, the athlete places the bar on the racks with the assistants' help.

Having passed more than 250 graphs of the bar's vertical displacement throughout the statistical analysis, it was revealed that the descent phases' duration was fluctuating from 0.6 to 3.0 seconds, 1,28 seconds, the pause duration fluctuations are from 0.3 to 1.8, 0.70 seconds, the bar ascent time varied from 0.5 to 5.0 seconds, in average that is 1.40 seconds. (See



**Table 1** - the Kinematical Structure of the bench press technique is represented in the chart above (photos & tables courtesy of Sheiko)

Table 2)

**Table 2.** Statistical Analysis Results for the Phases Duration During the Bench Press Exercising

	$t_1$	$t_2$	$t_3$	$t_{sum}$
<b>Average</b>	1.28	0.70	1.40	3.38
<b>Mean-square Deviation</b>	0.50	0.26	0.68	0.98
<b>Maximum Value</b>	3.0	1.8	5.0	8.5
<b>Minimum Value</b>	0.6	0.3	0.5	1.5

$t_1$  - time of the bar's descent on the chest;

$t_2$  - pause time

$t_3$  - time of bar ascent from the chest till the final point

$t_{sum}$  - the full duration of a bench press exercise

The statistical analysis has also revealed the fact that the biggest number of successful attempts was made by lifters whose bench press executing duration was lower or a bit higher than the average level. Thus, we can make the following conclusions on the base of our research results:

1. The fundamental of the bench press technique is made up by 3 parts, 7 phases and 12 elements (see the table 1).

2. The falling out or disturbance at least of one element or correlation in the given complex makes it impossible to fulfill the motion task. The phases have their own determined time characteristics; their duration depends on athlete's qualification, his height and the bar's weight. The technique elements can be various beside different lifters and in most cases depend on their individual anatomical and functional particularities. The correct using of individual particularities defines the individual technique, which is the most perfect for the given athlete (upon condition of following the general rules of the rational technique). [3]
3. The velocity of the «bench press» competition exercise doing is a funda-

mental factor.

4. The lower the bar's ascent velocity is, more quickly (faster) the dead point zone arrives.

5. The lower the dead point zone is, the more difficulties the athlete faces while going through it.

Proceeding from the aforesaid, for lifters undergoing hardship in 10-15 cm from the chest during bench pressing, the authors recommend including in their training plans the bench press at the maximum speed with weights making 40, 50 and 55 percent from the their top lift. This will develop the speed and explosive motions capacity.

For the athletes who have some problems in the second half of bar's ascent, we recommend to include following exercises in their training plans:

- a) bench press with chains;
- b) bench press with rubber bands;
- c) bench press from the boards of different height.

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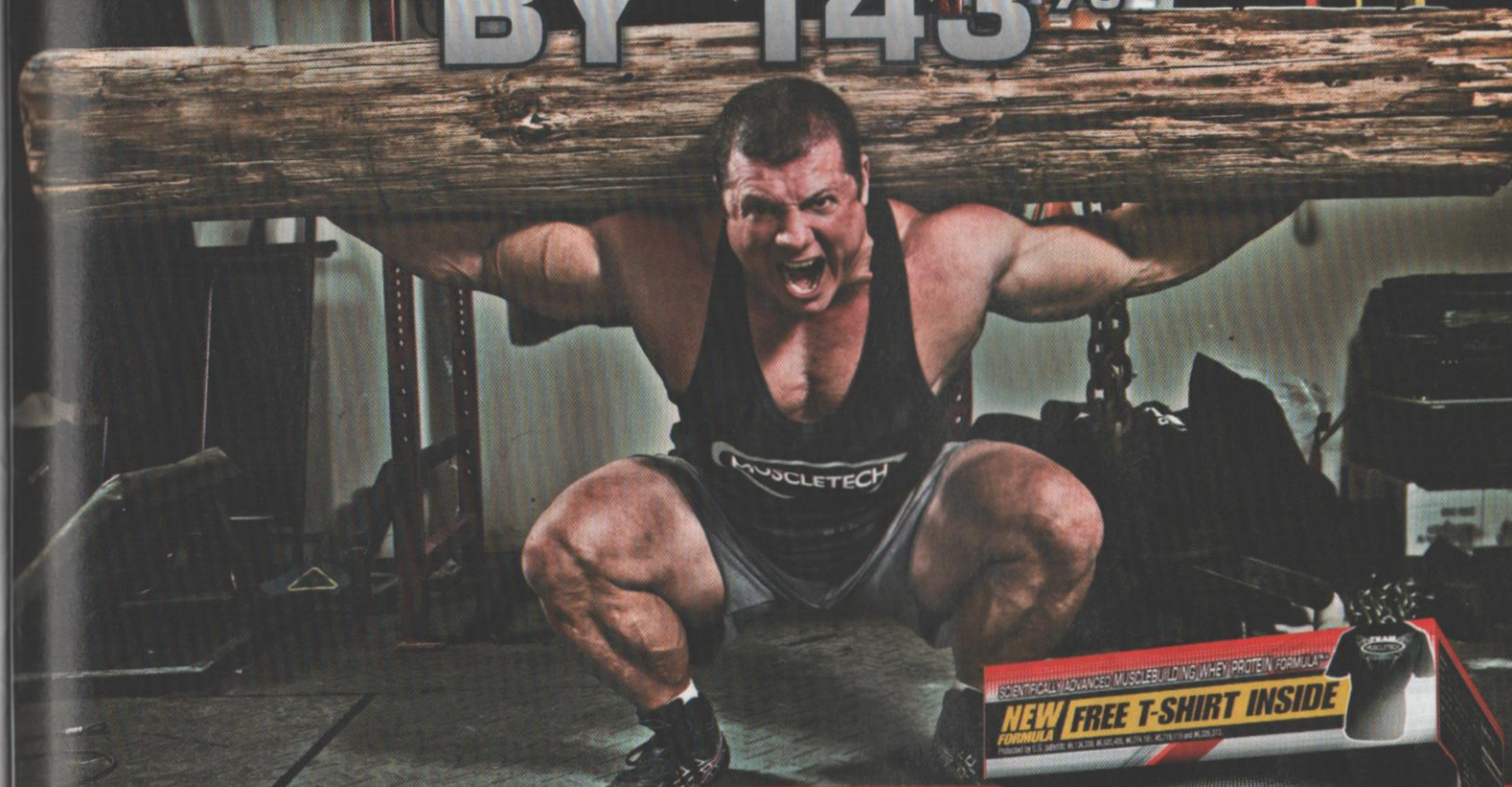
# POWER PHOTO

OF THE MONTH



NOTHING WEIGHS HIM DOWN – with the help of some buddies, **J.T. Hall** does a pushup with 450 pounds worth of weight on his back!

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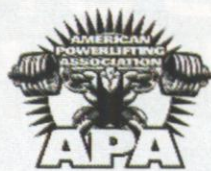


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In consideration of my acceptance as a member of the APA I hereby release the American Powerlifting Association (APA), Scott Taylor, all competition facilities and their employee's, all APA meet directors and contest staff from any responsibility or 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 powerlifting. I accept this risk. I am aware that I will be solely responsible for the condition and safety of my 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.

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

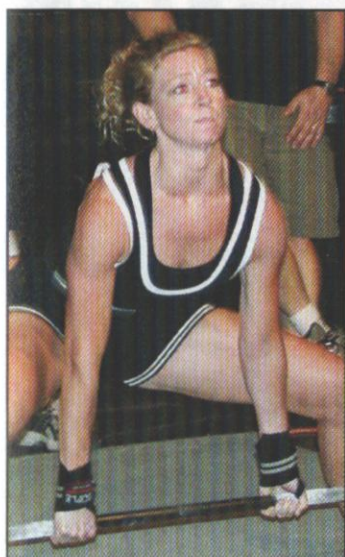
**NASA Tennessee Regional  
26 SEP 09 - Pickwick Park, TN**

BENCH	220 lbs.			
MALE	Master IV			
181 lbs.	C. Green	316		
High School	SHW			
C. Barnett	Submaster I			
Novice	D. Franks			
C. Barnes	Raw	314		
Submaster II	148 lbs.			
T. Brigman	High School	402		
	Westmorelan	187		
Powerlifting	SQ			
MALE	BP	DL	TOT	
148 lbs.				
Junior				
Weatherford	336	226	451	1013
MALE				

Junior	181 lbs.				
Master I	T. Locke	528	303	501	1332
Novice	P. Young	424	286	451	1162
198 lbs.	Master I				
W. Agnew	539	374	539	1453	
242 lbs.	Int				
B. Kirk	567	369	473	1409	
Master Pure	R. Dilworth	600	484	606	1690
220 lbs.	Open				
M. Bishop	567	402	672	1640	
242 lbs.	High School				
S. Goff	281	171	303	754	
Submaster II	E. Whitfield	622	369	650	1640
275 lbs.	Open				
S. Sells	633	374	523	1530	
Submaster Pure	S. Sells	633	374	523	1530
Power Sports	CR	BP	DL	TOT	
MALE					
275 lbs.					
Submaster Pure	R. Downs	132	275	429	837
(Results courtesy from Rich Peters - NASA)					

**APA Nationals  
17 OCT 09 - Rolla, MO**

BENCH	201 lbs.			
FEMALE	Master I			
105 lbs.	B. Stevens	455		
Open Raw	231 lbs.			
S. Frazier	110	Master I Raw		
Submaster Raw	S. Hazen	325		
S. Frazier	110	239 lbs.		
MALE	Master I			
165 lbs.	K. Parrish	660		
Open Raw	242 lbs.			
W. Kwon	315	Master IV		
		H. Strange	225	



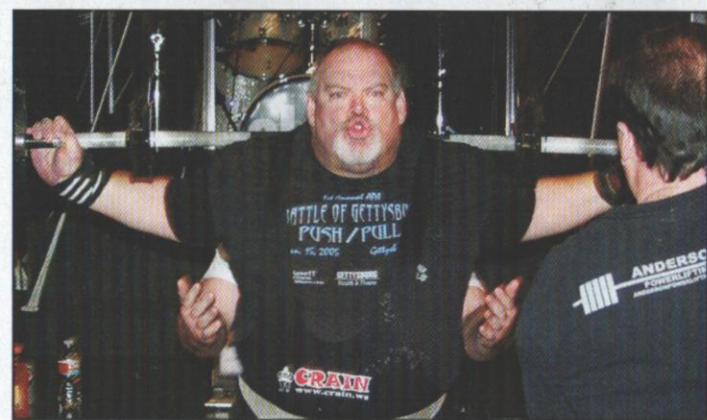
Kathy Runde - Submaster champ

Push Pull	BP	DL	TOT	
FEMALE				
156 lbs.				
Spec Olympic Raw	135	295	430	
B. Chavez	4th-DL-300			
MALE				
165 lbs.				
Open	325	500	825	
R. Davis				
Spec Olympics Raw	190	325	515	
L. Blattel	4th-DL-300			
Teen (16-17) Raw	230	315	545	
A. Flori				
242 lbs.				
Open Raw	415	520	935	
M. Burcham				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Teen (13-15) Raw	145	90	185	420
A. Bruner				
123 lbs.				
Submaster Raw	150	85	200	435
K. Runde	4th-DL-215			
148 lbs.				
Master (60-64) Raw	165	100	245	510
K. Walker				
Master I Raw	215	125	280	620
R. Bruner				
181 lbs.				
Master II Raw	110	90	220	420
D. Gordon				
Teen (16-17) Raw	225	125	280	630
C. Mackey				
UNL				
Open Raw	260	145	340	745
J. Dingler				
MALE				
148 lbs.				
Open Raw	365	290	465	1120
D. Ratcliff				
165 lbs.				
Master I	405	325	500	1230
R. Davis				
Open	405	325	500	1230
R. Davis				
Open Raw	450	350	550	1350
T. Wallach				
181 lbs.				
Submaster Raw	480	315	505	1300
D. Binford				
Submaster Raw	410	310	460	1180
B. Rihlmann				
Teen (16-17) Raw	290	265	365	920
S. Evans				
220 lbs.				
Master III Raw	365	255	365	985
R. Patterson				
242 lbs.				
Master (45-49) Raw	505	275	495	1275
S. Morris				
Master (50-54)	550	470	480	1500
G. Boldisar				
Open				
Whittingham				
Open Raw	750	400	770	1920
B. Cass				
275 lbs.				
Open Raw	655	320	600	1575
D. Phelps				



Brandon Cass tried a monster 820 lb. deadlift at the APA Nationals.

Submaster J. Humbyrd 630 545 600 1775  
 308 lbs.  
 Open J. Cox 625 460 500 1585  
 Open Raw S. Birdsong 700 475 635 1810  
 181 lbs. Submaster Raw K. Brice 415 315 465 1195  
 341 lbs.  
 Master (50-54) Raw D. Oaks 405 300 470 1175  
 Open C. Lowe 950 — — 950  
 381 lbs.  
 Open SHW Raw B. Duncan 600 290 550 1440  
 A very special thanks to Rodney Wood, all the referee's, spotters, loaders, table staff, and Christian Life Center for an excellent event and venue. This years Nationals went very smooth and some awesome lifting took place. Meet photos are now posted on the APA website www.apa-wpa.com We could not have asked for a better venue or staff for this years event. The majority of the lifters chose to lift raw and several new records were set at this event. Congrats to all on some outstanding lifting. (from Scott Taylor - APA President)



Bill Duncan squatted 600 at age 50 in the Superheavyweights in Rolla, Missouri (competition photographs are by courtesy of Scott Taylor)

**1st State Fair Park BP/DL  
15 AUG 09 - Milwaukee, WI**

BENCH	Masters (55+)			
MALE	R. Gronowski	335		
180 lbs. & Under	D. Rueth	310		
M. Lanigan	315	S. Schapiro	205	
G. Rowe	325	DEADLIFT		
M. Arizda	290	FEMALE		
181+ lbs.	I. Claudio	265		
M. Switalski	365	A. Fares	185	
D. Caldwell	365	MALE		
J. Faber	345	180 lbs. & Under		
A. Anderson	330	M. Ruplinger	570	
J. Wichland	370	G. Rowe	500	
A. Zlotocha	350	M. Botros	305	
C. Broadway	355	Teens (19 & Under)		
C. Schmitz	325	T. Fares	480	
R. Woods	265	181+ lbs.		
A. Bellingham	—	S. Antczak	640	
Masters (45-55)	M. Switalski	500		
R. Tupper	500	B. Stewart	530	
J. Graeber	460	A. Anderson	470	
G. Kachar	370	J. Faber	425	
G. Selburg	345	Masters (45-54)		
J. Mawhinney	280	R. Tupper	500	
M. Cooley	—	A. Boyko	470	
		J. Mawhinney	425	

Presented by: Kosciuszko Community Center & the Kozy Community Center Advisory Board. (Results courtesy Edwardo Santiago)

**WNPF Can-Am Nationals  
20 SEP 09 - Rochester, NY**

BENCH	(20-23) Raw			
FEMALE	G. Hartranft	445*		
148 lbs.	DEADLIFT			
Lifetime Raw	FEMALE			
D. Musser#	205!*	148 lbs.		
165 lbs.	(40-45) Raw			
(50-54) Raw	M. Demert	315!*		
I. Blair	130*	MALE		
MALE	165 lbs.			
148 lbs.	(45-49) raw			
(20-23) Raw	J. Stallworth	440!*		
S. Singley	285	198 lbs.		
198 lbs.	(45-49) Raw			
Lifetime Raw	G. Peak	355		
B. Moroni	300	242 lbs.		
(35-39) Raw	(17-19) Raw			
S. Shales Jr.	385*	G. Hedger	520!	
(40-49)	(20-23) Raw			
G. Peak	330*	G. Dustin	640!*	
220 lbs.		275 lbs.		
Unlimited Open	(20-23) Raw			
Oudovikine	400	G. Hartranft#	700!*	
(35-39) Unlimited	POWERCURL			
Oudovikine	400	FEMALE		
242 lbs.	165 lbs.			
(20-2) Raw	M. Drury	65!*		
G. Distin	330*	SHW		
Open Raw	(45-49)			
S. Baglio#	400	J. Studdings	75!*	
(45-49) Raw	MALE			
J. Mitchell Jr.	415	220 lbs.		
275 lbs.	Open			
	Oudovikine	150		
BENCH for Reps	Lbs.	Reps		
FEMALE				
148 lbs.				
Lifetime				
D. Musser	75	57		
198 lb.				
Lifetime				
B. Moroni	195	17		
198 lbs.				
(35-39)				
S. Shales Jr.	185	35		
148 lb.				
(20-23)				
S. Singley	140	35		
Ironman	BP	DL	TOT	
198 lbs.				
(60-64)				
Single-Ply	V. Peterson	300!*	460*	760
Powerlifting	SQ	BP	DL	TOT
181 lbs.				
(17-19) Raw	405*	260*	445*	1110*
B. Rubadou	335	205	405	945
A. Reeves				
198 lbs.				
Lifetime	460	365	500	1325
M. Akerley	405	375	470	1250
M. Feise				
220 lbs.				
(40-44) Raw				



Winners at the 1st annual Kosciuszko Community Center State Fair BP/DL (photograph provided by the courtesy of Edwardo Santiago)

P. Ray 420\* 370\* 435 1225\*  
 242 lbs.  
 (55-59) Raw  
 V. Davis 225\* 125\* 400\* 750\*  
 242 lbs.  
 (40-44) Unlimited  
 R. Pearo# 720! 400 600 1720  
 SHW  
 Lifetime Raw  
 T. McCue 685\* 385\* 600\* 1670\*  
 !=National Records. \*=State Records. #=Best Lifters. The W.N.P.F. Can-Am Nationals were held at Wayne High School. It was another successful WNPF meet. New state and national records were set by returning lifters and several new lifters to the WNPF. In powerlifting 181 lbs. raw  
 Teen lifters Brandon Rubadou and Alexander Reeves battled it out with Brandon winning the division with all new state records. In the 198 lb. lifetime raw division Matt Akerly returned to competition after an injury related layoff to battle with Marshall Fiese with both lifters putting up strong lifts and Akerly winning the division. Master lifters Patrick Ray and Vernon Davis both set new state records winning their divisions with some strong lifts. Ron Pearo returned lifting in the 242 lb. unlimited division putting up the highest total of the day and setting a national record in the squat along with taking home best lifter. New to the sport, SHW Thomas McCue did some strong lifts setting all new state records in the lifetime raw division competing in his first meet. In the ironman event Vince Peterson returned to set new state and a national record in the masters division. In the bench press female Denise Musser set both a state and national record in the lifetime raw division along with taking home best lifter. Denise fell just a few reps short of a new national record in the bench for reps but still pushed out 57 reps. Master lifter Ingrid Blair set a new state record in the 165 lb. class competing in only her second WNPF meet. In the men's divisions 148 lb. lifter Steve Singley took home first along with the same in bench for reps, with 35 reps. Competing in the junior division in the 198 lb. class Brian Moroni returned to put up a strong lift in the lifetime division and also pushed up 17 reps to win the bench for reps class. Scott Shales Jr. set a new state record in the submasters division breaking his previous record and pushed up 35 strong reps in the reps competition. Gerry Peak set a new state record in the masters division and also took home a first in the deadlift event. Andrei Oudovikine came down from Canada and did a strong lift winning the 220 lb. unlimited submaster and open divisions. Andrei also took home a first in the powercurl. Newcomer Gregory Distin set a new state record in the 242 lb. junior division and then did a strong pull to set a new state and national record. In the deadlift Steve Baglio set a new state record in the open raw division also taking home best lifter. Master James Mitchell Jr. returned and put up another strong lift in the raw division. In the 275 lb. class, junior Gregory Hartranet put up a strong lift setting

a new state record and then pulled the highest deadlift of the day setting both a state and national record. Gregory also took home best lifter with his 700 lb. deadlift. In the deadlift events female Melinda Berbert set a new state and national record with a strong pull in the masters division. Master John Stallworth also set new state and national records with a 440 lb. lift. Teen lifter Gregory Hedger did a strong lift setting a new national record in the 242 lb. class. Female lifters Jean Stubbings and Marie Drury grabbed the bar and set new state and national records in the master divisions of the powercurl. Many thanks go out to Wayne Central School District and their staff for the use of their high school. Thanks to Dennis Brochey and Tony Williams and the rest of the staff that made this another great meet. (Courtesy from Ron Deamicis)  
 !=World Records. \*=State Records. #=Best Lifters. Thank you to all the competitors for putting a great show! Thank you to our spotters and referees. (from Jamie Matta)

**APA Green Mountain Fall Classic  
4 OCT 09 - Fair Haven, VT**

BENCH				
220 lbs.				
Master (55-59)				
Raw				
F. Clark	315			
4th-335!*				
275 lbs.				
Submaster (33-39)				
G. Breault	—			
Push Pull				
FEMALE				
132 lbs.				
Submaster (33-39)				
T. Howard	220!	300	520	
MALE				
275 lbs.				
Junior (20-23)				
C. Fredette	485	620	1120	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
165 lbs.				
Master (55-59)				
Raw DT				
B. Bowen#	235	130	260	625
181 lbs.				
Open				
A. Terrien	360	240	370	970
SHW				
Master (50-54)	475!	315!	345	1135!
T. Jones				
MALE				
165 lbs.				
Open				
D. Gebo	370	275	405	1050
J. Smith	365	300	405	1070
181 lbs.				
Open				
A. Jones	575*	370	515	1460
198 lbs.				
Submaster (33-39)	600*	575	500	1675
J. Matta	4th-BP-600!			
!=World Records. *=State Records. #=Best Lifters. Thank you to all the competitors for putting a great show! Thank you to our spotters and referees. (from Jamie Matta)				

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**Conditions of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, conduct codes, and drug testing procedures of USAPL. I further agree that the rules, regulations, conduct codes, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, conduct codes, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, conduct codes, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in *Powerlifting USA*, or any other publication that USAPL so chooses.

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**Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Date Of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **U.S. Citizen?** \_\_\_\_\_ **USAPL Registered Club Represented:** \_\_\_\_\_

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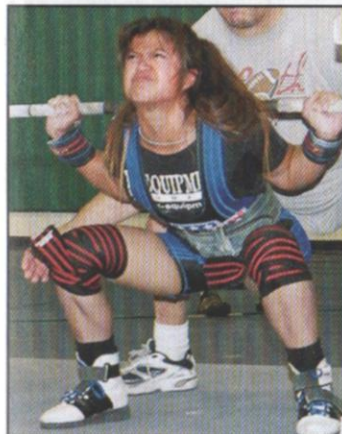
(Memberships purchased Nov-Dec expire the following year end.)



**USAPL Seattle Summer YMCA**  
27 JUN 09 - Seattle, WA

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
105 lbs.				
Open				
C. Anderson	292	193	325	809
123 lbs.				
Open				
K. Clark	303	187	341	831
D. Snow	264	182	330	776
Master III Raw				
C. Sasynuk	204	149	237	589
132 lbs.				
Master I				
P. Tidmarsh	248	116	297	661
Master V Raw				
F. Ireland	171	105	226	501
148 lbs.				
T. Sasynuk	—	83	193	275
Junior Raw				
A. Holm	187	105	242	534
Open Raw				
P. Mortensen	220	116	248	584
Master I Raw				
J. Joiner	264	154	297	716

165 lbs.				
Open				
S. Bohlen	303	176	314	793
Master II Raw				
G. Miller	176	88	220	484
198 lbs.				
Open Raw				
K. Waters	187	94	226	506
E. Hipps	182	116	248	545
UNL				
Teen III				
L. Bobek	484	187	429	1101
Open Raw				
T. Solari	440	215	413	1068
Christensen	281	143	358	782
MALE				
115 lbs.				
D. Hammond	—	121	143	264
Open Raw				
N. Youk	176	—	259	435
148 lbs.				
R. Notturmo	—	—	—	—
Open Raw				
D. Simonton	358	259	418	1035
M. Davis	330	242	391	963
165 lbs.				
C. Peasley	—	198	—	198
Teen III Raw				
G. Thomas	248	187	347	782
Open				
C. Wood	446	292	457	1195
J. Chang	—	253	380	633
Open Raw				
M. Huser	402	242	495	1140
M. Taylor	303	209	424	936
Master IV Raw				
M. Brusser	286	270	446	1002
Master VI Raw				
R. White	132	154	248	534
181 lbs.				
Junior Raw				
R. Ilog	336	198	418	952
T. Young	402	281	490	1173
Open				
D. Emeott	462	319	418	1200
Master V				
J. Rankin	424	127	440	991
Master V Raw				
A. Tepper	341	253	429	1024
198 lbs.				
Junior Raw				
D. Miita	303	248	429	980
P. Miller	468	303	567	1338
Junior				
C. Sargent	341	231	418	991

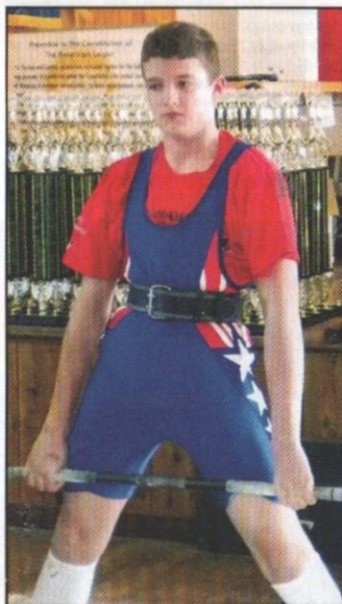


Cheryl Anderson squatted an excellent 292 at 105 at the USAPL Seattle Summer YMCA Classic. (Photo courtesy of Alan Tepper)

Open Raw	SQ	BP	DL	TOT
V. Slay	292	259	303	853
Master II Raw				
R. Nielsen	424	281	479	1184
L. Hill	—	—	506	506
Master III Raw				
J. Berrios	473	303	407	1184
R. Chwalek	—	385	—	385
Master IV Raw				
M. Stevens	374	237	451	1062
Master V Raw				
P. Neason	204	160	270	633
220 lbs.				
Open Raw				
P. Cappelto	358	275	473	1107
B. Wise	462	275	539	1277
B. Archuleta	—	407	—	407
T. Waters	402	242	501	1145
Open				
B. Rodrigues	451	341	451	1244
M. Maury	457	325	462	1244
Master I Raw				
T. Perry	451	292	226	969
242 lbs.				
Teen II				
I. Allen	374	236	442	1051
Teen II Raw				
D. Fisher	341	220	407	969
Junior				
D. Marx	545	374	595	1514
P. Love	—	275	424	699
S. Mathis	—	198	—	198
275 lbs.				
Master V Raw				
J. Dick	308	286	440	1035
UNL				
Open Raw				
W. Houston	523	303	551	1376
Open				
E. Bath	—	380	—	380
Master I Raw				
J. Cline	506	435	551	1492
C. Nielsen	—	319	—	319

**USAPL Virginia State**  
7 NOV 09 - Stanardsville, VA

BENCH	SQ	BP	DL	TOT
165 lbs.				
Open (40-44)				
D. Maury	425	—	—	390
181 lbs.				
Raw Open				
R. Duley	325	—	—	300
Special Olympian				
C. Riggelman	190	—	—	190
Raw Open				
C. Duvol	390	—	—	390
220 lbs.				
Raw Open (45-49)				
J. Shifflett	300	—	—	300
DEADLIFT				



Connor Dantzer took gold at the USAPL Virginia State competition (Photo courtesy of Mark Dantzer)

K. Ryman	215	115	265	595
123 lbs.				
(55-59)				
S. Drach	135	130	265	530
(65-69)				
E. Trubic	150	85	185	420
MALE				
114 lbs.				
(14-15)				
C. Frazier	300	160	325	785
(20-23)				
J. Sine	400	250	415	1065
148 lbs.				
Raw (18-19)				
D. Jackson	255	195	365	815
Raw College				
A. Bowers	335	235	415	985
(20-23)				
J. Fleming	390	290	430	1110
165 lbs.				
Raw College				
M. Cline	315	275	485	1075
(14-15)				
J. Vance	370	190	400	960
Raw (16-17)				
J. Castorani	215	175	285	675
C. Garrett	245	195	375	815
K. Haskins	200	175	300	675
J. Felton	180	150	255	585
181 lbs.				
Special Olympic				
C. Riggelman	225	190	300	715
Raw Open				
L. Dyles	405	365	525	1295
198 lbs.				
Raw Open				
B. Gibson	335	255	500	1090
220 lbs.				
Raw (16-17)				
B. Poole	270	190	325	785
Raw College				
B. Jardine	385	295	610	1290
Raw Open				
M. Sidwell	410	285	465	1160
(18-19)				
J. Clayton	550	275	475	1300
R. Blevins	385	290	410	1080
Open				
A. Stavenski	530	430	540	1500
Raw Open				
J. Wright	425	350	450	1225
(60-64)				
M. Nichols	390	280	475	1145
275 lbs.				
Raw Open				
M. Hilton	550	355	600	1505
S. Smith	460	335	535	1330
UNL				
(40-44) Police Raw				
R. Armstead	550	360	500	1410

Officials: Matt Gary-National, Sioux-z Hartwig-Gary National, John Shifflett-National, Will Morris-National, Belinda Hayes-State, Gary Emrich-State, Tricia Emrich-State. Announcer's: John Shifflett & Rudy Garcia. Platform: Jeremy Shifflett, Brian Shifflett, Will Morris. (John Shifflett)

**Bench/Strict Curl Contest**  
29 AUG 09 - Boston, MA

BENCH	J. Flynn	430*
249 lbs.	198 lbs.	
Master (45-49)	Master (50-55)	
Grocky	F. Quirk	340*
234 lbs.	193 lbs.	
Master (40-45)	Masters (60-65)	
M. Charland	K. Conroy	350
165 lbs.	STRICT CURL	
Masters (70-75)	181 lbs.	
G. Richards	S. Oleson	143
159 lbs.	165 lbs.	
Open Raw	D. Madden	130
J. Floyd	150 lbs.	
113 lbs.	(Age 17)	
(Age 10)	J. Pimental	113!
J. Flynn	165 lbs.	
213 lbs.	Masters (70-75)	
Open	G. Richards	90
S. Green	113 lbs.	
280 lbs.	(Age 10)	
Master (45-49)	J. Flynn	30

\*=Raw Lifts. !=National Records. I want to say thanks to City Boys Fashions, Isopure Protein, and to Apt Wrist Wraps for all the great prizes. Thanks so much. (Paul D.)

**NASA Unq Nationals**  
17 OCT 09 - Oklahoma City, OK

BENCH	Master I		
FEMALE	G. Garner	319	
Raw	Master Pure		
132 lbs.	G. Garner	319	
Open	220 lbs.		
H. Patel	Master Pure		
Pure	C. Truoccolo	374	
H. Patel	Submaster Pure		
Submaster I	R. Thomas	404	
193	242 lbs.		
H. Patel	Master I		
148 lbs.	R. Vraspieri	369	
Master Pure	Police/Fire		
R. Hedrick	C. Bowen	385	
181 lbs.	275 lbs.		
Open	Open		
C. Bayer	P. Wylie	385	
Submaster I	Pure		
C. Bayer	D. Whitlow	424	
151	308 lbs.		
MALE	Master I		
198 lbs.	C. Spurrison	407	
Master III	Open		
J. Parsons	C. Spurrison	407	
Raw	SHW		
148 lbs.	Master II		
Police/Fire	G. Wells Jr	187	
C. Easterly	PS BENCH		
Submaster I	181 lbs.		
K. Easterly	Junior		
259	J. Fincher	248	
165 lbs.	275 lbs.		
Submaster I	Master II		
B. Wadley	R. Harris		
286	308 lbs.		
Submaster Pure	Master I		
198 lbs.	C. Spurrison	231	
181 lbs.	Open		
Junior	C. Spurrison	231	





Marchand Fleming with his first 600 lb. squat, in the masters division, at the USPF Crain Open (Rickey Dale Crain photograph)

**USPF 12th Crain Open  
7 NOV 09 - Shawnee, OK**

BENCH	Leal, J	200
FEMALE	148 lbs.	
181 lbs.	Chang, D	290
McGough, D	181 lbs.	95
MALE	McGough, D	210
181 lbs.	198 lbs.	
Hathcock, T	335	
198 lbs.	MALE	
Smith, J	385	181 lbs.
Parsons, J	365	Davis III, J
Parsons, J	373*	198 lbs.
275 lbs.	Smith, J	555
Henshaw, R	—	242 lbs.
SHW	Warner, A	—
Gonzales, D	440	Master (50-54)
DEADLIFT	McClure, S	350
FEMALE	SHW	
123 lbs.	Gonzales, D	520
Powerlifting	SQ	BP
FEMALE	DL	TOT
148 lbs.		
Bittman, A	265*	195*
181 lbs.		316*

McGough, D	145	95	210	450
MALE				
181 lbs.				
Fleming, M	600	340	560	1500
220 lbs.				
Caputo, C	405	355	525	1285
308 lbs.				
McConnell, D	—	—	—	—

\*=American Records. Teams: 1st-Crain, 2nd-Tru You, 3rd-Caputo's Gym. Outstanding Lifter Women Bench Press: Denise McGough. Outstanding Lifter Deadlift: Diana Chang. Outstanding Lifter Masters PL: Althea Napoli-Bittman. Outstanding Lifter Men Bench Press: Tyler Hathcock. Outstanding Lifter Deadlift: James Davis. Outstanding Lifter Masters Powerlifting: Marchand Fleming. (Rickey Dale Crain)

**APF/AAPF High Country  
1 AUG 09 - Brigham City, UT**

BENCH	Submaster (33-39)	
FEMALE	198 lbs.	
Submaster	K. Larsen	402
148 lbs.	220 lbs.	
S. Faulkner	143*	S. Lavender
198 lbs.		308 lbs.
H. Gibson	303*	J. Gibson
MALE		727*
Teen (16-17)		220 lbs.
181 lbs.	J. Adams	463*
J. Mackay	275*	S. Mecham
275 lbs.		242 lbs.
J. Gibson	402*	C. Tompson
Junior (20-23)		308 lbs.
148 lbs.	J. Gibson	727*
N. Lenhart	385*	B. Cordon
Master (40-44)		308+ lbs.
242 lbs.	C. Jenkins	451
C. Pelusi	473*	Raw
308+ lbs.		148 lbs.
B. Mielke	374	P. Wach
Master (45-49)		198*
148 lbs.	S. Stewart	380
198 lbs.	198 lbs.	
P. Wach	198	
Master (50-54)		292*
198 lbs.	J. LaReaux	292*
D. Clayton	402*	275 lbs.
R. Cowles	325	J. Miller
220 lbs.		352
R. Myrick	479	308+ lbs.
G. Faulkner	330	B. Munier
Master (60-64)		490*
275 lbs.	308 lbs.	
D. Shock	281*	J. Gibson
		727*



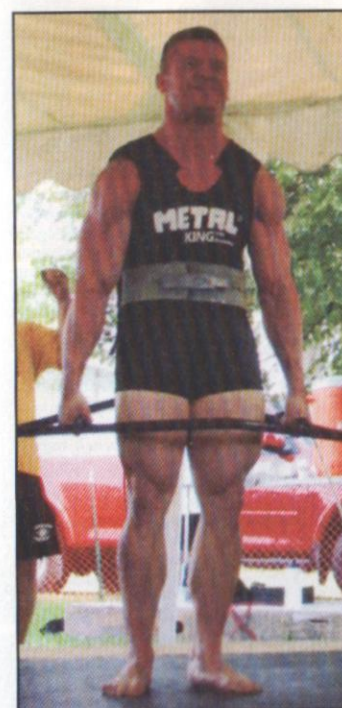
They Live to Lift - The Gibson Family at the APF/AAPF High Country meet in Utah. Jason Gibson (best male lifter) - 727 bench - biggest in Utah, as well as a State and National record. Heather Gibson (best woman lifter) 303 lb. state record. Jordan Gibson (best teen lifter) 402 lb. state and national record (photo is courtesy of Jon Cunningham)

B. Cordon	534	Submaster (33-39)	275 lbs.	
DEADLIFT		308 lbs.	J. Gibson	540*
Junior		198 lbs.	Raw	275 lbs.
181 lbs.	J. Gibson	688*	Master (45-49)	R. Myrick
198 lbs.			622*	B. Munier
M. McCarthy	545*	K. Larsen	501*	611
Open		148 lbs.	308*	Submaster (33-39)
308 lbs.		308 lbs.	Open	181 lbs.
L. Davis	562*	J. Gibson	688*	M. Walker
308+ lbs.		308+ lbs.		418*
B. Mielke	501*	C. Jenkins	440	
Master (50-54)		Teen (16-17)		
198 lbs.		181 lbs.		
D. Clayton	501	J. Mackay	451*	

\*=State Records. !=National Records. We had a lot of great lifting in the state of Utah. We had 31 State records set and five national records. All lifters put on a great show. A very big thank you goes out to the spotters who had no mis-loads and everyone went home safe and uninjured. Thank you to Clint Pixton, Adam Pixton, Kelly Moore, Robert "Butch" Bills, Great job of spotting and loading. Thank you to the power packed team of Dawn Richards, Geri Cunningham, Jason Helmers, Jeremy Martin and Team Captain of the Ship Big Dave Edgel. Thank you to the lifters and their families for if it wasn't for them we would not have had a great meet. Then to Tonya and Wayne - the two most giving and wonderful people in the world, Thank you for letting us have the meet at your gym. Without them the meet would not have happened. Then to the Man That Stands in the Back - for his help and great understanding - Mr. Big Man - Mark Edgel. Thank you to the Judges: Dennis Shock, Nick Lenhart, Dave Edgel, Tyler Roessler. A very special Thank you to the Sponsors: The Body Evolution at www.thebodyevolution.com, The Shop, Cutting Edge Training, Ken Anderson of Titan, www.andersonpowerlifting.com or kenander130@yahoo.com, APT Pro Wrist Straps at pruwriststraps@aol.com, and Sound System by: Jeremy Martin. To My loving Wife Laura -- without her support and understanding this meet would not have gotten off the ground. (courtesy Jon J. Cunningham, APF/AAPF Utah State Chair)

**APF Maine State  
8 AUG 09 - Westbrook, ME**

BENCH			
Brown	550		
Blanchard	—		
Masters (51+)			
Fournier	385		
Push Pull		BP	DL
Master (40-50)			TOT
Barlow	480	725	1205
Petrino	585	585	1170



Alex Blount, 181 lbs., with a 750 lb. trap bar deadlift. 4.14 times bodyweight, at the Camanche Days event (courtesy B. Weber)

**Team Weber Camanche Days  
15 AUG 09 - Camanche, IA**

BENCH			
(30-39)		TRAP BAR	
198 lbs.		(20-29)	
D. Conner	440	A. Blount	750
220 lbs.		(30-39)	
E. Alber	330	181 lbs.	
J. Blessman	375	J. Phipps	450
242 lbs.		(40-49)	
J. Frank	385	181 lbs.	
308 lbs.		S. Rieger	570
W. T.	455	(65-69)	
(40-49)		165 lbs.	
198 lbs.		B. Weber Jr.	540
W. Baxter	365		
Push Pull		BP	DL
(20-29)			TOT
275 lbs.			
S. Barr	395	725	1120
(40-49)			
220 lbs.			
D. Leslie		405	430
		830	

Best Bench: Daniel Conner with 2.23 times his bodyweight. Best Trap Bar Deadlift: Alex Blount with 4.14 times his bodyweight. Longest distance traveled: Wade Baxter. This was a raw meet and wrist wraps could be used. The youngest lifter, Alex Blount, age 24, has been lifting with Team Weber Powerlifting since he was in the 6th grade. The oldest lifter, Bob Weber Jr., age 65, did 3.27 times his bodyweight with the trap bar. Bob has been training with the original Grand Trap Bar since 1990, working his legs and back for bettering his squat and deadlift. "That's one bar built to last." The meet directors were Dan Phipps Jr. and Bob Weber III. Judging were David Birdsley, Phil Shaw and Steve Murphy. Weight changers: Matt Shaw and Austin Blount. Austin is training for a bodybuilding contest in November in Minnesota. Good luck to him. The table help: Agina Phipps, Jerri Weber, Kim Wagner, Cathy Birdsley, Afton Wagner, Kelsey Harmon and Jessica Birdsley selling t-shirts. Wade Guahn took pictures. (Thanks to Bob Weber Jr. for results)

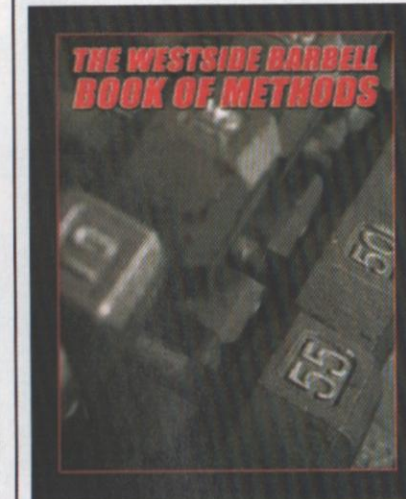
**CCF 2009 Weight Meet  
30 OCT 09 - Clarinda, IA**

Danforth	450	660	1110
Timberlake	290	405	695
Masters (50+)			
Cayer	430	640	1070
Vainas	355	455	810
Ventriglia Sr.	170	300	470
Open			
149-165 lbs.			
Priddy	205	435	640
Litman	195	340	535
182-198 lbs.			
Danforth	450	660	1110
Allen	305	545	850
199-220 lbs.			
Davis	540	625	1165
McKittrick	295	520	815
Clements	300	475	775
Ventriglia Jr.	240	450	690
221-242 lbs.			
Bofo	510	625	1135
Buckington	460	600	1060
Powerlifting	SQ	BP	DL
Master (40-50)			TOT
Barlow	815	480	725
Petrino	750	585	585
Masters (51+)			
Cayer	635	430	640
Open			
201-242 lbs.			
Davis	665	540	625
(Results provided courtesy Matt Israelson)			1830

Powerlifting	SQ	BP	DL	TOT
132 lbs.				
Ites, T	—	—	—	—
148 lbs.				
Baily, D	200	250	370	820
Gonzalez, J	245	245	315	805
Murray, J	185	225	355	765
McNichols, J	225	235	285	745
165 lbs.				
Porter, M	205	255	415	875
Sisouphanh, T	275	225	365	865
Taft, J	195	255	325	775
Davidson, J	195	245	335	775
Simmer, T	225	155	340	720
Hamm, L	205	205	325	735
Archer, D	135	205	205	545
Kern, J	365	325	—	—
181 lbs.				
Hardy, A	275	300	475	1050
Avant, T	325	225	495	1045
Hicks, T	255	265	460	980
Taylor, D	285	275	365	925

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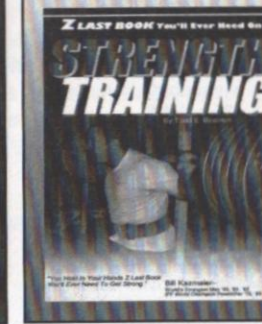
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Howen, D	315	205	395	915	Williams, K	365	275	545	1185
Hamm, C	225	225	385	835	Webber, T	325	315	505	1145
Walker, R	205	250	275	730	Rand, W	330	315	425	1070
198 lbs.					Gray, R	315	255	500	1070
Spalding, D	345	275	470	1090	Gliem, H	275	305	405	985
Earning, W	360	300	430	1090	Steelman, A	225	255	405	885
Foster, A	315	255	480	1050	Outlaw, D	325	345	—	—
Martin, T	275	245	455	975	275 lbs.				
Munoz, J	315	255	435	1005	Gardner, C	535	425	615	1575
Frees, L	295	225	425	945	Robinson, J	475	370	495	1340
Babb, T	225	240	450	915	Rhoades, A	405	325	520	1250
Hann, R	255	230	405	890	Reysack, J	375	275	475	1125
Jacobsen, J	205	255	365	825	Avis, X	260	275	430	965
Gabriel, N	205	230	350	785	308 lbs.				
Blackbird, V	295	240	—	—	Deal, L	315	275	385	975
Currie, M	405	415	560	1380	Bomer, C	225	315	365	905
Washington	315	275	465	1055	SHW				
(55-59)					Walton, J	330	425	405	1160
Sheehan	315	235	450	1000	Martinson, C	45	145	245	435
Ballard, W	275	225	425	925	Hughes, T	—	—	—	—
Heffner, C	205	225	315	745	Congratulations to everyone. We hope you all had fun, and even more, we hope to see some of you at our next meet. Special thanks goes out to our Rec. Dept., staff and workers, all who judged, spotted, loaded, set-up and tear-down. (from Tom Sheehan)				
Bloyer, B	185	275	—	—					
Gates, J	500	350	580	1430					
Jarrett, B	400	355	485	1240					

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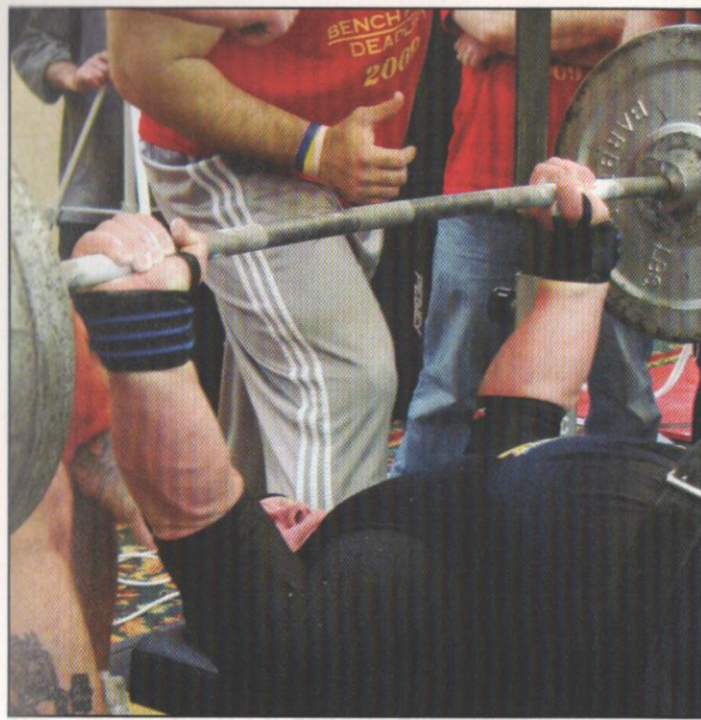


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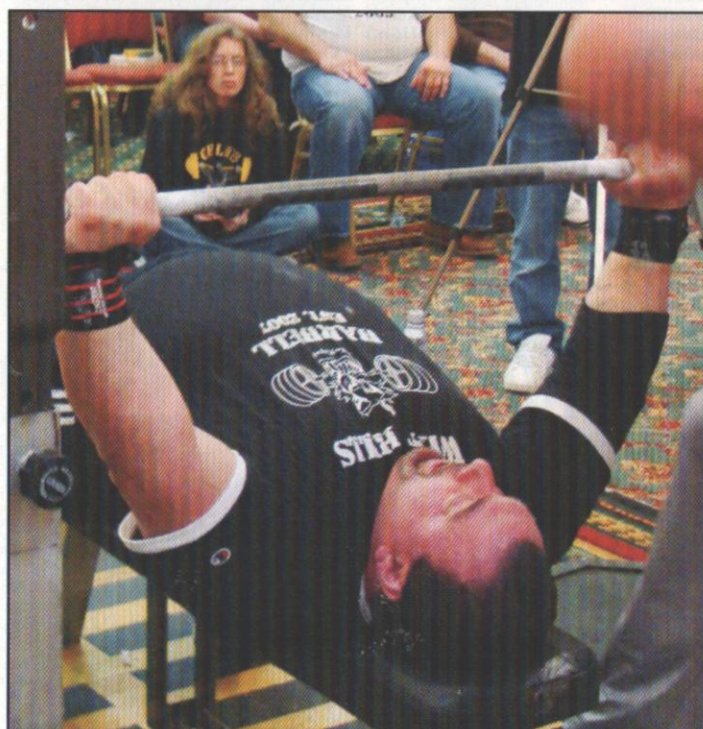
Terry Gibson won Best Bench Presser at the Pittsburgh Monster BP/DL competition with his 705 bench press (Chuck Venturella photos)

10th Pittsburgh Monster BP/DL 29 MAR 09 - Pittsburgh, PA			
<b>BENCH</b>			
<b>FEMALE</b>			
Submaster	308 lbs.		
123 lbs.	148 lbs.		
A. Detore	175	V. Bologna	315
Master	132 lbs.	P. Macintire	245
R. Patterson	125	165 lbs.	
132 lbs. Raw		R. Sinicropi	320
J. Ramirez	185	181 lbs.	
D. Celli	170	J. Williams	410
Pfennigwerth	130	T. Hamer	370
J. Kostelnik	120	198 lbs.	
Junior		P. Sinicropi	440
198 lbs.		S. Umberger	420
J. Work	320	220 lbs.	
MALE		C. Frantz	565
Grandmaster (70-79)		N. Steel	400
165 lbs.		242 lbs.	
G. Christman	220	M. Wilson	500
181 lbs.		275 lbs.	
J. Bruce	190	T. Gibson	705
198 lbs.		S. Bly	585
J. Herbein	250	R. Bigrigg	575
Grandmaster (60-69)		308 lbs.	
220 lbs.		J. Haney	625
M. Levin	365	Novice	
Grandmaster (50-59)		181 lbs.	
181 lbs.		J. McMinn	320
T. Proya	375	J. Steel	325
Teen (14-16)		220 lbs.	
114 lbs.		198 lbs.	
J. Williams	140	W. Davis	350
148 lbs.		275 lbs.	
B. Cooper	250	F. Fischetti	425
165 lbs.		SHW	
B. Hofrecker	130	K. Patterson	650
275 lbs.		Raw	
C. Sylvania	300	181 lbs.	
Teen (17-19)		T. McCreary	415
148 lbs.		J. Williams	410
T. Knight	280	A. Papak	350
165 lbs.		S. Molander	310
R. Barua	275	198 lbs.	
J. Meixell	260	M. Scappe	470
B. Jahnke	225	Junior	
B. Grady	198	D. Stitch	340
198 lbs.		F. Jackson	270
D. Howell	315	220 lbs.	
220 lbs.		J. Patterson	405
T. Smith	425	B. Shannon	405
242 lbs.		242 lbs.	
J. Jankowski	335	J. Cassidy	475
275 lbs.		C. Bundy	430
S. Ellis	225	S. Hanner	415
		J. Patrick	340
		A. Spimak	320
		275 lbs.	
		DEADLIFT	

148 lbs.		181 lbs.	
T. Knight	360	M. McGarvey	425
165 lbs.		198 lbs.	
B. Jahnke	425	T. Netzban	405
198 lbs.		M. Knapp	370
D. Howell	460	242 lbs.	
220 lbs.		T. Fontanesi	560
Q. Cody	575	Police	
242 lbs.		198 lbs.	
J. Jankowski	540	F. Costanzo	570
275 lbs.		Junior	
S. Ellis	415	198 lbs.	
Open		N. Sedar	555
165 lbs.		Austerberry	550
R. Sinicropi	505	J. Buckels	505
181 lbs.		C. Carroll	445
T. Hamer	500	220 lbs.	
198 lbs.		T. Ellis	540
S. Umberger	625	Master	
P. Sinicropi	615	198 lbs.	
220 lbs.		F. Costanzo	570
J. Jones	565	220 lbs.	
J. Zajac	545	T. Myers	650
275 lbs.		242 lbs.	
R. Skaris	600	B. Fleming	565
308 lbs.		275 lbs.	
J. Haney	640	R. Bigrigg	575
Novice		J. Casciato	555

BENCH Reps	Reps	Bwt.
225 lbs. Lifted		
J. Williams	42	176
J. Cassidy	41	42
M. Scappe	40	320
S. Buccillie	38	338
R. Rodriguez	37	198
J. Steilner	36	308
B. Rosyak	32	303
H. Bigrigg	31	275
L. Brown	31	290
B. Germany	28	264
E. Holtz	24	252
S. Hanner	23	227
E. Penberthy	21	235

For the second year in a row the Monster Meet was held at the very spacious Pittsburgh Airport Crowne Plaza hotel. We were once again able to provide the lifters with one of the biggest warm-up areas that you will find at a powerlifting meet. This year we had 86 benchers and 54 deadlifters. Some of the highlights of the bench press were: Mike Levin's 365 at 220 in the old man grandmaster division 60+. Thanks for coming up from Maryland Mike. I had better see you in 2010 along with your crew to help me set up at midnight again. Dana Celli came out of semi-retirement and benched 170 Raw. Jacob Williams hit 410 at 181 Raw and T. McCreary hit 415 at 181 Raw. Cole Dworek hit



Michael Scappe with his raw 470 bench at Mike Barravecchio's meeT

505 at 198 less than one year after major neck surgery. Terry Gibson and his crew came down again from Southside Barbell in New Castle. Terry hit 705 at 275 and just missed locking out 750. Terry, I am counting on you to be the first 800 lb. bencher at the Monster Meet in 2010. Besides being an enormous individual and a freak on the platform, Terry is a class act. I saw him helping several people he did not even know and giving them little tips and advice on wearing bench shirts. He did all of this while getting himself ready to bench. Thanks again Terry, you are a good man. Last but by no means least, my training partner of ten years came out of bench shirt retirement and hit 470 Raw. Nothing is over, Mike. These are some of the deadlift highlights: Leon Stinson's 480 at 220 at 70 years old. Dana Celli 310 at 132. Jessica Work's huge 485 at 198. Todd Hamer 500 at 181. Scott Umberger 625 at 198. Steve Buccilli 675 at SHW Raw and Big Steve Herrmann 715 at SHW Raw. I would like to thank Ryan Celli for the awesome platform bench and for bringing so many lifters year after year. Keep sending them Ryan 3nd thanks for being such a big supporter of the Monster Meet. I also need to thank Terry Gibson and his crew from Southside Barbell from New Castle, Pa. Hey Terry, I might need a new Southside t-shirt in 2010, XXL if you have one. Terry and his crew continue to put up massive numbers year after year. Thanks for the support Terry. I also have to thank Robert Morris University strength coach Todd Hamer and the RMU Football team for all of the help with the set up and take down of the meet equipment. Todd, I want 400+ on the bench next year. No excuses! Be the Hammer not the Nail! I feel very blessed to know the following people and have them help me year after year because without them the Monster Meet would not be the success that it is today: My queen, My Love, My Wife, Stefania. She has put up with my powerlifting obsession since 1993 and I love her very much for it. My son Zack who has now started lifting like his old man and my daughter Jessica. Mom and Dad. "Door Nazi, Mary Lynn Pelino. President of the loaders association, Donnie Deselle and vicepresident, Pete Shand rick. Josh" this is about Bench Wars" Henkemyer. Jim Bindinger, Kenny Longerman, Brian Buidasz, Joey Pokorny, Eric Fisher, Dave Book, Micky Lonkert, Butch Starko, Ch uckie Carr, Donnie Sineway, Rob "Leonitis" Capozzolo, Ron Butchle, Dave Stitch, Mike Scappe, Rick "DJ" Bigrigg and George Wrobochak, Melissa Lonkert and Ashley Lonkert. (Thanks to Mike Barravecchio for results)

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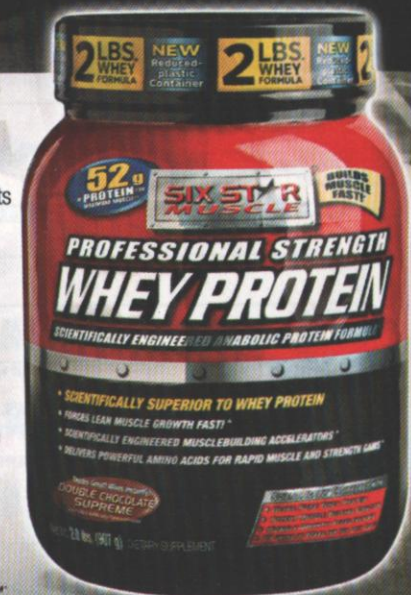
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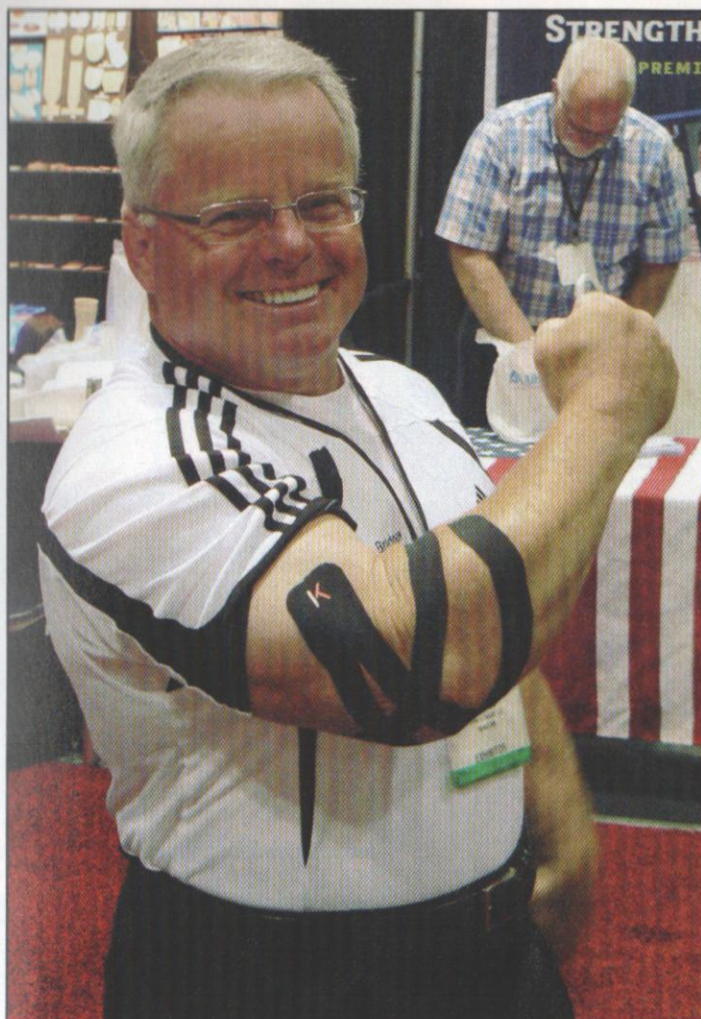
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\*In one 6-week study, individuals taking the key ingredients in Six Star Muscle Whey Protein gained, on average, more lean muscle than those using regular whey protein (8.8 vs. 5.1 lbs.). In the same study, subjects gained, on average, 340% more lean mass than subjects using a placebo (8.8 vs. 2.0 lbs.). In one 10-week study, subjects taking a key ingredient in Six Star Muscle Whey Protein increased their one-rep max bench by an average of 105 lbs. In this same study subjects increased 1-RM chest strength by 160% more than those using casein protein (105 vs. 40.7 lbs.). © 2009





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**APF Southwest Push Pull  
27 JUN 09 - Arlington, TX**

<b>BENCH</b>			
<b>MALE</b>			
114 lbs.			
Submaster			
R. Lucas	121*		
165 lbs.			
Teen (18-19)			
D. SanMiguel	242		
220 lbs.			
Open			
J. Coker	831		633*
Master (50-54)			
T. Robinson	—		
308 lbs.			
Master (55-59)			
Push Pull			
<b>FEMALE</b>			
114 lbs.			
Submaster			
R. Lucas	121	242	363
123 lbs.			
Novice/Below Class I			
K. Menzer	88	215	303
Submaster			
K. Menzer	88	215	303
132 lbs.			
Open			
C. Hammer	121	264	385
132 lbs.			
<b>MALE</b>			
132 lbs.			
Open			
J. Scruggs	303	484	787
198 lbs.			
Submaster			
C. Gharib	528	501	1029
220 lbs.			
Open			
J. Coker	831	573	1404
Master (40-44)			
M. Dugan	468	600	1068
242 lbs.			
Novice/Below Class I			
J. Linney	303	462	765
275 lbs.			
Teen (16-17)			
D. Cooley	473	539	1013
Open			
M. Martin	440	639	1079
308 lbs.			
Open			
D. Turley	600	683	1283
Master (40-44)			
D. Turley	600	683	1283
SHW			
Open			
G. Frank	—	—	—
Submaster			
D. Foreman	363	551	914
Best Women's BP: Robin Lucas. Best Men's BP: Jason Coker.			

Jason Coker. Best Men's DL: Garry Frank. Best Male Push Pull: Jason Coker. Best Female Push Pull: Robin Lucas. Another meet is finished, but our work is never done. Greg and I are helping Tiny Meeker get his meet going this August 29th in Humble, TX. And, then we will be hosting our next one and last one for 2009, The Texas Cup, in November. We are excited to see so many new faces at each meet, and so many repeats. We enjoy seeing each of you at our meets, talking with you, and celebrating in your successes. We are excited to say that we are already working on the 2010 meets. As of right now, we will be returning to the Norris Conference Center in Austin for the 2010 APF TX Classic on April 10. For more information about meets, please check our website [www.apftexas.com](http://www.apftexas.com) or email us at [apftexas@yahoo.com](mailto:apftexas@yahoo.com). Thanks to everyone that made it out to our meet. It was a bit of a short notice. Congrats to all that won, set new PR's and made it to the platform. You are all winners in my book. Take care and keep in touch. (via Heather Tillinghast)

**USAPL Nebraska State  
25 APR 09 - Lincoln, NE**

<b>Powerlifting</b>					
<b>FEMALE</b>					
132 lbs.					
H. Krueger	176	77	193	446	
148 lbs.					
P. Watkins	—	88	171	259	
181 lbs.					
K. Daharsh	154	94	215	462	
Raw					
132 lbs.					
E. Barton	182	88	231	501	
165 lbs.					
T. Merrick	187	94	292	573	
132 lbs.					
<b>MALE</b>					
132 lbs.					
D. Watkins	215	116	275	606	
148 lbs.					
T. Petersen	215	138	303	655	
165 lbs.					
L. Vice	297	182	352	831	
198 lbs.					
J. Kizer	534	253	534	1321	
K. Rosno	—	116	—	116	
220 lbs.					
J. Weers	462	215	429	1107	
K. Ruben	—	407	606	1013	
242 lbs.					
C. Brown III	528	391	512	1431	
B. Hegemann	512	363	479	1354	
Anderson	—	611	—	611	
275 lbs.					
C. Lehman	551	418	600	1569	
M. Karpinski	341	209	451	1002	

275+ lbs.					
S. Davenport	765	578	705	2048	
Raw					
123 lbs.					
L. Meyer	209	204	330	743	
J. Pitner	154	94	231	479	
132 lbs.					
N. Kryst	231	154	297	683	
A. Hansen	215	154	297	666	
J. Gouger	182	143	314	639	
D. Bauer	154	116	209	479	
J. Gouger	—	143	—	143	
165 lbs.					
N. Pojar	292	220	396	908	
C. Brown Jr.	253	176	374	804	
181 lbs.					
E. Pivovar	451	303	573	1327	
R. Hurkman	369	341	418	1129	
R. Spellman	352	209	451	1013	
198 lbs.					
R. Kot	380	308	440	1129	
S. Molozyk	341	215	413	969	
242 lbs.					
L. Dreyer	523	374	528	1426	
D. Kass	407	374	451	1233	
S. O'Neil	407	220	429	1057	
R. Donscheski	—	440	—	440	
275 lbs.					
K. Molczyk	391	275	506	1173	

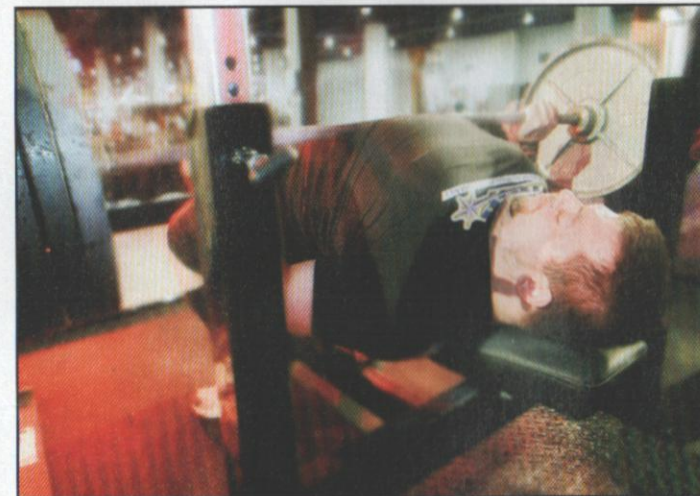
**USAPL National Qualifier  
10 JAN 09 - Killeen, TX**

<b>Powerlifting</b>					
<b>All Lifters</b>					
97 lbs.					
Teen I					
K. Dewes	182	66	187	435	
105 lbs.					
Teen I					
T. Franks	176	105	220	501	
Teen II					
J. Bonat	209	110	253	573	
114 lbs.					
Junior					
K. Bui	275	154	253	683	
123 lbs.					
Teen II					
A. Sirasang	253	204	308	765	
L. Shavers	237	110	264	611	
Teen III					
K. James	226	105	242	573	
Open					
A. Dacosta	286	132	297	716	
132 lbs.					
Teen I					
C. Guynes	264	127	214	604	
Teen II					
T. Henderson	237	127	248	611	
Open					
K. Singletary	281	154	303	738	
148 lbs.					
Teen I					
S. Waters	259	149	264	672	
Teen II					
K. Williams	248	132	286	666	
165 lbs.					
Teen I					
C. Bunnell	248	143	303	694	
Teen II					
K. Lee	275	149	286	710	
198 lbs.					
Teen II					
S. Perkins	336	182	275	793	
SHW					
Teen I					
S. Fretwell	319	171	314	804	
K. Dean	292	138	275	705	
S. Cortasie	292	132	275	699	
K. Jones	275	121	292	688	
220 lbs.					
Open					
W. Smith	424	314	501	1239	
242 lbs.					
Master III					
S. Sobotka	501	418	484	1404	
Teen II					
J. Garza	501	303	402	1206	
275 lbs.					
Junior					
C. Owens	551	523	473	1547	

**From the Absolute Strongest to the Princes of Pound-for-Pound, The Best Meet Again in Dallas this April! - MHP Pro Powerlifting, April 10th, Ronnie Coleman Classic Expo** - "Running off the great success of their promotion last spring, MHP's Kings of the Bench & Clash of the Titans are set to return to The Mesquite Convention Center on April 10th, 2010, in conjunction with the eight time Mr. Olympia's annual tradeshow. This next meeting of might and muscle will feature a variety of barbell bending challenges with the main events of the afternoon being the \$5,000 push/pull raw single lift (fully funded by MHPStrong.com) and for added entertainment, House Of Pain.com's Super Reps Showdown (315 & 405 for raw bench reps) where each winner picks up a \$250 gift cert from HOP and Pro Wrist Straps.com 600 pound deadlift-for-reps-with-straps challenge where the most locked out pulls earns \$500 in cash. And if that's not a big enough pot of powerlifting gold to draw you in, Nebula Fitness is also awarding the biggest push pull of the day with one of their \$1,200 custom made competition benches! For iron warriors looking to enlist, there will be 175, 250 and 251+ weight divisions in the bench, 250 over and under divisions for the deadlift, one 250 and under class for the 315 for bench reps and a super open division for both the 405 bench reps and 600 pound deadlift reps rounds. Last year's competition drew a live expo audience of over 3,000 visitors and to date the online streaming video has attracted 13,599 unique households and tens of thousands of total views. To add to the positive exposure, Powerlifting USA, Planet Muscle and Iron Man Magazine all elected to run double page contest features in their publications, equalling a total hardcore readership of over 300,000 lifting fans! The next Coleman Classic is already shaping up to be the biggest drawing exposition yet. Along with the pro powerlifting and NPC bodybuilding/figure/fitness, the organizers will also be including mixed martial arts, armwrestling and strongman. Once



again, we're pleased to announce that our title sponsor is MHP - Maximum Human Performance (MHPStrong.com), our presenting sponsors are House Of Pain Ironwear (HouseOfPain.com) and APT (ProWristStraps.com), our official equipment line is Nebula-Fitness.com, our official brand of weight plate is Ivanko Barbell and our media sponsors are Iron Man Magazine, Bodybuilding.com, Powerlifting Watch.com and Jeff Everson of Planet Muscle. To obtain more information by email/phone or to get a lifter info kit and entry form mailed out to your home or gym, please contact Sean Katterle of Hardcore Powerlifting.com. His office voicemail is 1.503.221.2238 and his email address is [Seanzilla@HardcorePowerlifting.com](mailto:Seanzilla@HardcorePowerlifting.com).



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

**Use Legal Name**

First	Middle	Last
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Zip	Application Date	
Work Phone/Ext.	Home Phone	
E-Mail Address		
Fax Number		
Birth Date	Gender	Cell Number
<input type="checkbox"/> Male <input type="checkbox"/> Female		
Do you have Health and Accident Insurance?	Club Code (if Known)	Club Name (if Known)
<input type="checkbox"/> YES <input type="checkbox"/> NO	Sport Code (see list below)	

By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at [www.aasports.org](http://www.aasports.org). NOTE: Parent/Guardian signature if member is under 18 years old.

Member's Signature	Parent/Guardian Signature
Date	Date

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**APF/AAPF Georgia State**  
17 OCT 09 - Kennesaw, GA

BENCH	Classic APF			
Masters APF	220 lbs.	242 lbs.	275 lbs.	TOT
165 lbs.	B. Tucek	347		
C. Levinge	Open APF			
259	198 lbs.			
Masters APF	B. Fisher	468		
198 lbs.	Open AAPF			
T. Sisk	148 lbs.			
319	B. Albert	407		
Masters AAPF	BP	DL		
T. Greene	SQ	TOT		
Powerlifting				
Teen APF				
242 lbs.				
H. Pooser	429	275	484	1189
Classic APF				
220 lbs.				
Matthewson	473	319	473	1266
275 lbs.				
D. Barnett!	501	308	551	1360
Classic APF				
181 lbs.				
S. Koullias	578	253	501	1332
220 lbs.				
B. Gossett!	600	363	661	1624
J. Oxford	677	226	600	1503
M. Warren	534	347	551	1431
242 lbs.				
E. Holm	435	363	534	1332
275 lbs.				
B. Mckee	650	402	551	1602
SHW				
T. Gralnik	677	446	688	1811
Open APF				
220 lbs.				
G. Baggett!	930	573	661	2163
K. Bear	606	385	562	1552
275 lbs.				
Z. Freiwald	776	584	731	2091
308 lbs.				
M. Wood	721	556	606	1883



**APF Georgia State Guys; (l-r) Zak Freiwald, Dr. Tom Sisk, Jon Grove, and Glenn Baggett, who tried a 1003 lb. squat at 220 at the meet (photo courtesy Jon Grove)**

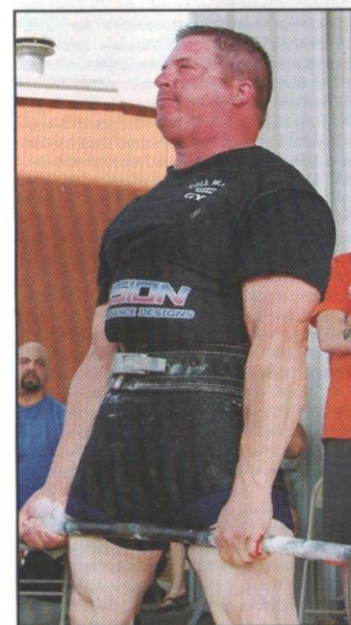
ships and on this brisk fall day in Kennesaw, Georgia, 2009, another 23 serious APF lifters lined up to do battle with the iron at the 7th annual version of this contest. The turnout was moderate but the quality of lifting was great. Six single lift competitors lined up to test their upper body power. Masters record holder Tom Sisk, 73, pressed only his opener of 319 at 198 for first place. Tom was disappointed and vovts to exceed the 365+ barrier very soon. Brett Tucek, representing NGBB, shaved a Mr. T Mohawk to get in the zone and drove up 347 in his first competition without a bench shirt. One of the most impressive displays of pectoral power was 148 pound Brian Albert, trained by George Herring. Brian benched a top ranked 407 at 148 with a near miss at 440! The full power guys looked hungry for some big lifts as they warmed up on the two monolift squat racks in the back. The American Powerlifting Federation currently offers fully equipped, raw and the brand new single ply categories in both APF and AAPF (amateur/drug tested division). In both Georgia and Alabama, we have added another category called "classic" powerlifting due to local demand for apparel-free lifting (no shirts, suits, etc) with only wrist wraps, knee wraps and a belt for support. There are no national or world records available in classic because it doesn't exist nationally but, as this meet proves, it is very popular. Nearly half the competitors entered as classic and had a lot of fun doing it. The crowd favorite was 15 year old powerhouse Hunter Pooser. This young lifter,

just recently 15, weighed in at a solid 240 and annihilated every weight he touched. With no wraps, he crushed a 429 squat, 275 bench and 485 pull for an 1188 total! It's always nice to see a young man carry the powerlifting torch to guarantee the future of our great sport. In the Open Men's Classic AAPF category Daniel Barnett, also a large young lifter at 22 and 275, edged out Dave Matthewson for the Best Lifter award. Both lifters hit meet PR's and won their respective classes. The Men's Classic APF was full of equipment free lifting talent. Stefanos Koullias, 181, a rocket scientist from Georgia Tech was squatting machine with an effortless 578. He totaled a big 1333 at 181 for a solid victory! In the 220's, intense Brent Gossett squatted a pulled himself to a 1625 total to defeat powerlifting's latest phenomenon John Oxford. "Ox", as he is commonly called, just missed a 722 squat with only knee wraps at 220 and had to token bench due to a shoulder injury. He took his opener deadlift and accepted 2nd place. Ox was the Mr. Georgia light heavy-weight champion in bodybuilding in 2009 and has recently begun to try his hand at equipped lifting. Matt Warren, a very driven and fierce competitor from NGBB, had an off day and accepted third on a 242 class victory and a very promising future. One of the definite highlights of the meet was the presence of master veteran and APF Alabama State Chairman Buddy Mckee. Buddy, 53, squatted an easy 650 for a reported highest raw squat by a lifter over 50 ever. Buddy drove up a 402 bench and a 550 deadlift to total 1603 and win the 275's. The biggest man in the contest was the very intense Todd Gralnik. Todd discovered powerlifting only a few years ago and he is a ball of explosive power on the platform. His animated lifting style is one of a kind and enjoyed by all. Todd jack-hammered a 677 squat, rapped up 446 on the bench and went 3 for 3 in the deadlift with a raw 688. Todd is untapped of potential and gaining power by the day. We only had 4 lifters in the Men's Open APF division but quality certainly over rode quantity. Without a doubt, the king of the meet was NGBB lifter Glenn Baggett. Glenn has lifted at 242 and 275 but he got a crazy idea to drop to 220 and post a big total at this lighter weight. Glenn has become increasingly stronger by cycling raw training and full gear training throughout the year. He's building a ton of functional muscle

while becoming a better and more advanced gear technician. Today, at 220, he squatted a smooth 931 and just missed his groove on 1003. His bench, normally in the mid 600's, was affected by his weight fluxuation and it took him three tries to make his 573 opener. Glenn is normally a "subtotal Superman", as Herb Glosbrenner would say, with a great squat and bench and a deadlift to just get by. On this day, he proved that the lighter body-weight gave him greater flexibility and that his increased focus on back training led to a much better pull. He finished off a 661 third attempt and left at least 20 pounds to spare. Kevin Bear, also 220, had a great day to finish second to Glenn. Big Zak Freiwald dropped from a 308 to 275 and, even having an off day on the squat and bench, he hauled up a personal record 733. This was also the largest deadlift of the meet. Russell Crowe look alike Mike Wood made his debut into the 308's at this meet up with the 220's. Mike was just having fun and hadn't even used a squat suit in training. He's a fun lifter to watch and a real crowd pleaser. His total of 1884 was way below his capability but was still a real treat to watch on this day. I hadn't promoted this meet very aggressively and expected a smaller turnout. I was happy that everything came together as planned. I would like to thank the several key people that helped me make this meet happen: Bobby and Carol Ann Myers for judging, organizing and assisting; Jeff Phlam, Eric Bentley and Sam Sneed for loading bars and spotting all day; Ronnie Baker for announcing the meet; Joy Warren for working the scorer's table; Mike Lanier for spotting on the squat; Bob Lovelace, Darrell Hoard and Jay Rhyne for judging and any other NGBB member who assisted in any capacity. We'll be back in 2010 to once again show that the APF is alive and well in the great state of Georgia. (These competition results were provided by Jon Grove, owner of NGBB and Georgia APF state chairman)

**SLP Tennessee State Fair**  
12 SEP 09 - Nashville, TN

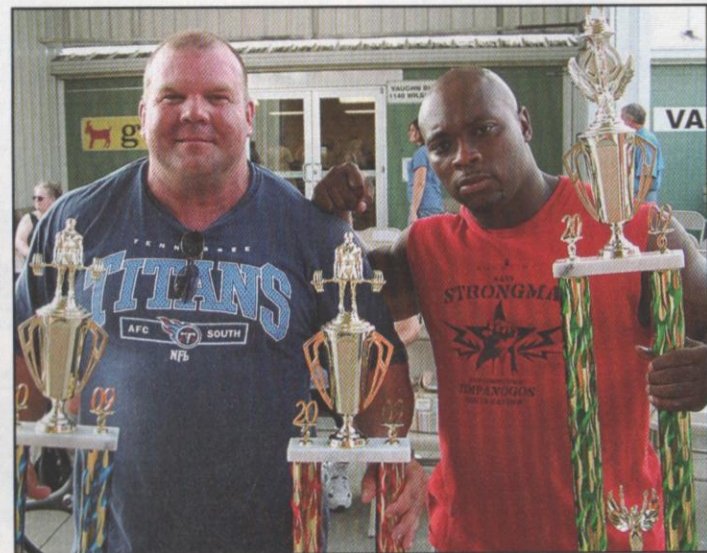
BENCH	W. Armstrong			
FEMALE	420*	C. Troutt	390	Master (50-54)
Open	148 lbs.	SHW		
D. Timbs	210	C. Alexander	355*	Master (65-69)
MALE	242 lbs.	J. Turner	355*	Wheel Chair
220 lbs.				
D. Huskey	300*	Police/Fire		
Novice	165 lbs.	J. Lewis	310*	
220 lbs.				
F. Penick	350	Open		
275 lbs.				
T. Fox	455*	E. Faulkner	420*	
Submaster	132 lbs.	4th-435*		
132 lbs.				
M. Cochran	260*	242 lbs.		
Master (40-44)	275 lbs.	C. Troutt	390	
275 lbs.		S. Solomon	300	
J. Weaver	630	A. Miller	370	
Master (45-49)	242 lbs.	DEADLIFT		
242 lbs.		MALE		
K. Millrany	—	Novice		
275 lbs.				
R. Holden	315	F. Penick	450	
Master (50-54)	220 lbs.	242 lbs.		
220 lbs.		A. Harrison	600*	
F. Penick	350	275 lbs.		
Master (70-74)	220 lbs.	T. Fox	575	
220 lbs.		4th-600*		
C. Green	315*	Teen (13-15)		
Open	181 lbs.	198 lbs.		
181 lbs.		Z. Harrison	425*	
D. Hahn	335	Submaster		
198 lbs.				
W. Foster	455	M. Cochran	335	
275 lbs.		Master (50-54)		
J. Weaver	630	220 lbs.		
J. Burns	575	F. Penick	450	
SHW		Master (60-64)		
S. Granstaff	450	181 lbs.		
Raw		W. Wallace	300	
Wheel Chair	123 lbs.	4th-315		
123 lbs.		Police/Fire		
H. Logsdon	220*	165 lbs.		
Junior	220 lbs.	J. Lewis	475*	
220 lbs.		Open		
M. Barnett	370*	181 lbs.		
Submaster		K. Mask	575	
242 lbs.		198 lbs.		



**William Foster with 605 @ Open/198attheSLPTennesseeState Fair competition (Latch photos)**

W. Foster 605 242 lbs.  
220 lbs. S. Solomon 575  
E. Faulkner 650  
\*Son Light Power Tennessee State Records.  
Best Lifter Bench: Jeff Weaver. Best Lifter Bench Raw: Ernest Faulkner. Best Lifter Deadlift: Ernest Faulkner. The Son Light Power Tennessee State Fair Bench Press/Deadlift Championship was

held on the fairgrounds of the Tennessee State Fair. Thanks to Scott Jones and his crew at Special Events for once again hosting this event and a very special thanks to Randy Richey of Omega Force Christian Powerlifting Ministries for supplying the equipment. In the raw bench press competition Heath Logsdon broke his own state record at wheel chair 123 with 220. Marc Barnett came down from Kentucky for the win at junior 220 with a new state record of 370. This was also a new personal record for Mark. William Armstrong broke the state record at submaster 242 with his 420 final attempt. Taking second at 242 was Chad Troutt who finished with 390. Calvin Alexander, competing for the first time since he won the Marine Nationals nearly 20 years ago, broke the state record at 50-54/SHW with 355. Also finishing with 355 was 65-69/242 champ Jim Turner, which established a new Tennessee state record there as well. James Lewis, lifting in the police/fire 165 class broke the state record there with 310. In the open division best lifter Ernest Faulkner broke the state record at 220 with 435. At 242 it was Chad Troutt over Shane Solomon 390 to 300. Adam Miller won at 275 with his personal best 370. In the assisted division Darrell Husky finally got his first 300 bench. Lifting in the wheel chair 220 class, Darrell broke his own existing state record by five pounds. Denise Timbs, our only female lifter of the meet, won at open 148 with 210. Denise is the current record holder for that class. In the novice 220 class it was Fred Penick for the win with 350. Tim Fox broke the state record at novice 275 with a great 455. Mike Cochran also had a good day, finishing with a new state record of 260 at submaster 132. Jeff Weaver settled with his 630 opener at 40-44/275, after just missing a final attempt with 700. For the 45-49 division Ken Millrany failed to get in his opener of 680 at 242, and bowed out of the competition. Taking the win at 275 was Ronnie Holden, who finished with 315. Fred Penick won again, this time at 50-54/220, with his 350 final attempt. Chuck Green, who recently won at both the



**The Best SLP Lifters in Nashville, TN: Jeff Weaver and Ernest Faulkner**

Indiana and Illinois State Fair competitions, won here as well. Chuck finished with a new state record of 315 at 70-74/220. In the open division it was Dustin Hahn at 181 with 335. William Foster took the win at 198 with 455, making just his opener. Jeff Weaver won again at 275 over John Burns, who finished with a personal best 575. Scott Granstaff got a new pr as well, finishing with 450 at shw. In the deadlift competition Fred Penick won again at novice 220, finishing with 450. Fred also took the 50-54/220 class as well. Adam Harrison broke the state record at novice 242 with 600. Tim Fox also finished with a new state record 600, taking the win at 275. Fourteen-year-old Zach Harrison broke the state record at 13-15/198 with 425. Mike Cochran pull 335 at submaster 132. Then at police/fire 165 James Lewis got a big 475 state record pull. Moving to the open division, Kyle Mask took the 181 class with 575. William Foster won again at 198 with 605. Our best lifter Ernest Faulkner pulled an easy 650 for the win at 220. A final attempt with 700 failed to short of lockout. Shane Solomon won at 242 with 575. Thanks to my sons Joey Latch and D.C. Latch for doing a great job loading and spotting and to Karisa Fonner for helping at the table and taking some great pictures of the meet. See you all again next year. (from Dr. Darrell Latch)

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Zip		Area Code/Telephone		
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV World National		Y N		M F
Today's Date		Card Issued By		

Registration Fee: \$40.00  
 Teenagers, Disabled, & Special Olympians: \$30.00  
 Make checks payable to and mail to:  
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 PO Box 27499  
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If under 18, have parent initial \_\_\_\_\_ Signature \_\_\_\_\_

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

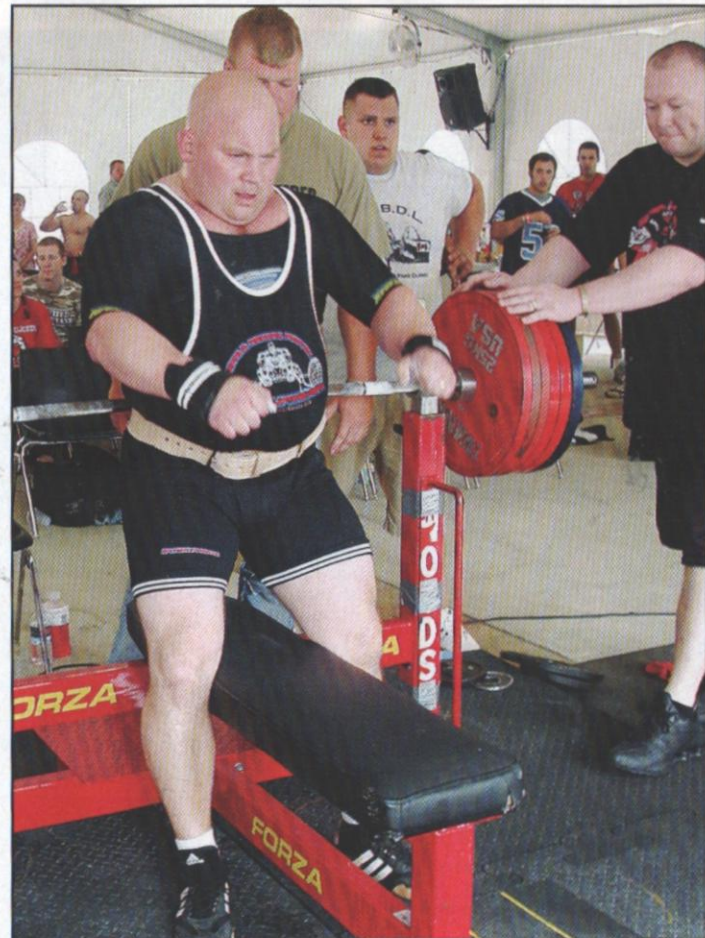
Deadlift Open Men: Jared Lee. Overall Best Deadlifter Men: Donnie Miskinis. Best Lifter Bench Press Women: Ali Miskinis. Best Lifter Bench Press Teen Men: Donnie Miskinis. Best Lifter Bench Press Open Men: Andy Furnas. Best Lifter Bench Law/Fire Men: Jeffrey Begue. This tournament was held on the grounds of the National Football Hall of Fame. Don Miskinis was the meet director and did an excellent job. He had about 40 lifters and next year it will be twice as big. Don had a Hall of Fame presentation with Jeffrey Begue and Chane Cline inducted into the Ohio Hall of Fame and were awarded some very well designed plaques. Jeff has gone onto bench over 700 and Chane Cline has benched 628. Jeff Peshek was also inducted but couldn't attend. Other inductees were Russell and Florence Combest. World record in the bench were set by Jeff Begue with 650 in super law/fire submaster and a close try at 700. Andy Furnas set a world record 524.6 in 40-46/181 and Ali Miskinis set a world record in teen 12-13/148 with a 138.8. Other notable lifts were Harry Jackson from Virginia with 589.5 in open 242 for a state record deadlift. Chane Cline pulled 622.7 for a PR deadlift. Donnie Miskinis pulled a 540 Ohio state record in both class-1 and teen 18-19/181. He only weighed 171.2. Casey Bochonowicz set an Ohio record 402.2 in junior 148. Russell Combest was beyond amazing with a 479.5 Ohio deadlift record at age 77, weighing 227 at 6'5" tall. Gene Wenzel, who uses a double overhand grip, pulled an Ohio record 440.7 at 47-53/242. Gene delivers mail for the postal service and is constantly using a hand gripper on his mail route. There was only one lifter from Pennsylvania and with numerous lifters from New Castle, Beaver Falls and Pittsburg that was a big disappointment for Don Miskinis. That lifter was Cole Zurik who set a Pennsylvania record 380.2 in the deadlift in teen 14-15/198. Logan Anglewicz set an Ohio record dead of 270 at teen 18-19/132. Nick Tsangeos set an Ohio record 347 pull at 18-19/148 and Ali Miskinis set an Ohio record dead of 242.5 in

### WABDL Buckeye Hall of Fame 16 MAY 09 - Canton, OH

BENCH	Leasuse	203*	Open	4th-524	501	MALE	132 lbs.		
FEMALE	Tsangeos	203*	Furnas	4th-524	501	Open	Angiewicz	270	
148 lbs.	165 lbs.		Miskinis	4th-358	352	Teen (18-19)	Angiewicz	270*	
Teen (12-13)	Class I		Miskinis	4th-358	352	Junior (20-25)	Bochonowicz	380	
Miskinis	Hood	297	Teen (18-19)	4th-402*	314	Teen (18-19)	Lee	468	
4th-138!*	Junior (20-25)		Miskinis	4th-402*	314	Open Class I	Gregory	468	
Teen (14-15)	Alessandro	330	Bennett	4th-424*	374*	Class I	Zurick	380*	
Meeks	Open		Lee	4th-424*	374*	Class I	Gregory	435	
MALE	Lee	358	Bennett	4th-424*	374*	Class I	Masler (40-46)	374	
148 lbs.	181 lbs.		198 lbs.	4th-424*	374*	Submaster (33-39)	Amburgey	336*	
Junior (20-25)	Class I		165 lbs.	4th-424*	374*	Master (47-53)	Wenzel	248	
Boghonowicz	Bennett	314	Open	4th-424*	374*	Class I	Masler (75-79)	281	
4th-264	Master (40-46)		Lee	4th-424*	374*	Class I	Combest	281	
Teen (18-19)	Henkel	231	Begue	4th-424*	374*	Class I	Open	4th-589*	
			303	4th-424*	374*	Class I	Makt	552	
			Open Class I	4th-424*	374*	Class I	Lewitz	402	
			Gregory	4th-424*	374*	Class I	Submaster (33-39)	Wenzel	440*
			303	4th-424*	374*	Class I	Maki	552	
			181 lbs.	4th-424*	374*	Class I	Super	451	
			Class I	4th-424*	374*	Class I	Law/Fire Open	628	
			Miskinis	4th-424*	374*	Class I	Cline	628	
			Open	4th-424*	374*	Class I	Law/Fire Submaster	650	
			413	4th-424*	374*	Class I	Begue	650	
			413	4th-424*	374*	Class I	DEADLIFT		
			413	4th-424*	374*	Class I	FEMALE		
			413	4th-424*	374*	Class I	148 lbs.		
			413	4th-424*	374*	Class I	Teen (12-13)		
			413	4th-424*	374*	Class I	Miskinis	231	
			413	4th-424*	374*	Class I	Teen (14-15)		
			413	4th-424*	374*	Class I	Meeks	214	

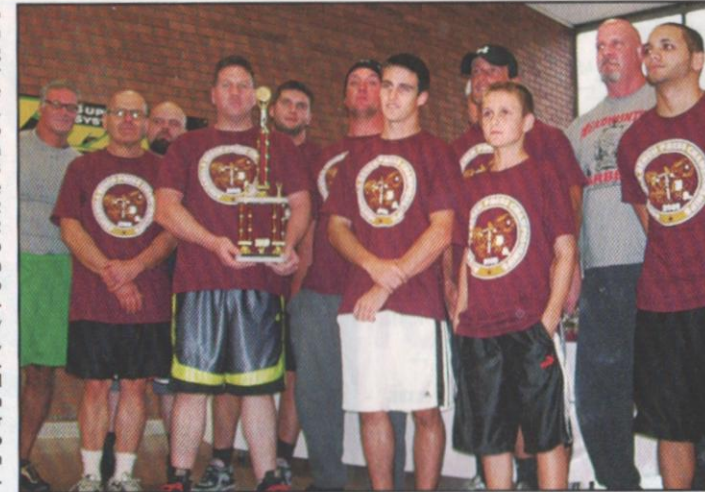
Donnie Miskinis is a great student, baseball player & deadlifter

! = World Records. \* = State Records. Best Lifter Deadlift Women: Ali Miskinis. Best Lifter Deadlift Men: Donnie Miskinis. Best Lifter Deadlift Junior Men: Casey Bochonowicz. Best Lifter



Jeff Begue getting ready to bench press a big one, at the WABDL Buckeye Hall of Fame Classic (photograph provided courtesy of Jeff)

teen 12-13/148. Also, a couple more Ohio deadlift records were set by Cory Gregory with an Ohio record 534.5 in class-1/242 and Doug Amburgey with an Ohio record in submaster 220 with 336. Moving onto the bench. There were some very respectable state records. Bryan Haney did 446.2 in class 1/220 an Ohio record. In junior 148, Casey Bochowicz got a 264.5 Ohio record. Bruce Begue got an easy 303 Ohio record in both law/fire 56+ and law/fire open at 198. Chane Cline got an Ohio 628.2 record in law/fire open in super. In open 242 Chad Maki got an Ohio record 552.1 and also added the submaster 242 to his trophy case. In teen 18-19/181 Donnie Miskinis set an Ohio record 358 to go along with his very impressive 540 deadlift weighing 171. Jacob Kelly was another teenager with a notable bench, 374.7 in teen 16-17/220 an Ohio record. Alan Berry set a master 40-46/242 record with 479.2. I want to thank the spotters Tom Davison and Bet McShane. The scorekeeper was Danielle Strawn. A special thanks goes to Pro Football Hall of Fame Representatives Brian Proud, Kevin Shiplet and Stephen Anderson. The judges were Dave Champ, Bob Bowyer, Chuck Venturella and Gus Rethwisch. Sponsors were Glantz Law Office, JCK Photo Designs, the powerlifting.com and Zombo Screen Printing. Again, I want to thank Don Miskinis for a spectacular venue and next year's venue will be improve with more warm-up room comforts, more lifters and some unique ideas that Don will incorporate maybe even a Cleveland Indians baseball game right after the meet for those who are interested. Again, this venue is right at the Pro Football Hall of Fame, which in itself would be worth going to the meet. Also, Don Miskinis wants to thank Jeff Begue and the Iron Chamber Gym for loading up the warm-up weights and benches and bringing them to the meet and Gus Rethwisch for bringing his kilo set, a Forza bench, judging lights and staging for Minneapolis, about a 870 mile drive. (Meet story courtesy from by Donnie Miskinis Jr. & Results provided courtesy from Gus Rethwisch)



Ashtabula Bench Press Team (photo courtesy of Lonnie Anderson)

### Ashtabula YMCA BP 3 OCT 09 - Ashtabula, OH

BENCH	Bumgardner	195
Teen (Formula)	181 lbs.	
B. Bennett	55	T. Murat 405
J. Reeves	255	F. White 370
T. Dufour	250	O. Hernandez 355
J. Anderson	230	198 lbs.
J. Kirby	245	L. Sponaugle 385
Masters (Formula)	N. Young 375	
R. Manes	335	F. Dufour 355
L. Sponaugle	385	220 lbs.
J. Bretz	250	R. Sardella 370
L. Anderson	395	J. Kelly 365
W. Seeds	330	242 lbs.
165 lbs.		C. Maki 600
T. Solomon	360	L. Mayberry 415
J. Finlaw	245	275 lbs.

S. Sardella	470	C. Manes	650
D. Borland	425	A. White	450
M. Bennett	405	SHW	
308 lbs.		M. Miller	505
Outstanding Lifter & Most Weight Benched:			
Chris Manes 650. Most Improved: James			
Reeves. Most Inspirational: Dr. William Seeds.			
Team Awards: 1st Ashtabula Bench Press 31			
pts., 2nd Headhunter Barbell 27 pts. This			
year we had 31 lifters in the event. We had			
several PR lifts by our team members: James			
Anderson, Ryan Sardella, Dr. William Seeds			
and Chris Manes. James Reeves had an im-			
pressive bench he walked away with the most			
improved award. Ryan Sardella finally got			
his 370 bench to take first place in the 220,			
Ryan has been trying all year long to top the			
300 bench list at the YMCA; great job Ryan!			

The only incident we had was when James Anderson popped his shoulder out of place, but not before pushing 230 to the top on his 2nd attempt. The first place team award went back to the Ashtabula Bench Press Team, just edging out headhunter barbell by four points. I would like to thank John Kelly for the use of his DJ equipment and my daughter Mandi for announcing the contest. My wife Sherri again kept the scorers table running smoothly with help from Jason Hornyak. The sponsors this year gave awesome give-aways to the lifters, they include: Titan Support Systems, Inzer Advance Designs, Mueller Sports Medicine, Versa Gripps and Powerlifting USA. Once again, the major sponsor was Dr. William Seeds. Without his help and support, I honestly could say that we would not be able to afford to put this event on, thank you, Dr. William Seeds. We had free food and drink for the lifters and the audience, also all the women got a carnation for showing their support to their husbands and boyfriends. Sponsor plaques awarded to Snodgrass AC, Disalvatore Chiropractic and Capo Pizza for showing their support over several years. (Results are courtesy of Lonnie Anderson)

### Walker's Gym BP Classic 24 OCT 09 - Hopewell, VA

BENCH	Raw	165 lbs.	J. Sears	165
Outstanding Lifter & Most Weight Benched:				
J. Preskar	245	220 lbs.	J. Blake	245
D. Banks	320	SHW	T. Pyles	260
220 lbs.			Master (40-49)	
C. Reese	415	Master (50-59)	J. Payne	325
G. Hamill	350	275 lbs.	K. Zuzma	470
J. Nugent	260	198 lbs.	Master (50-59)	
242 lbs.			Kindervater	225
Doctor	375	575 lbs.		
275 lbs.				
D. Taylor	410	198 lbs.		
B. Johnson	300	Kindervater	225	

(Thanks to Walker's Gym for the results)

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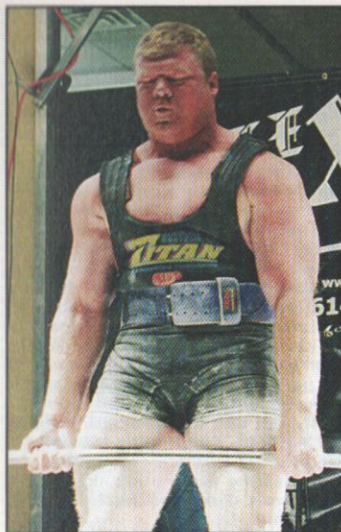
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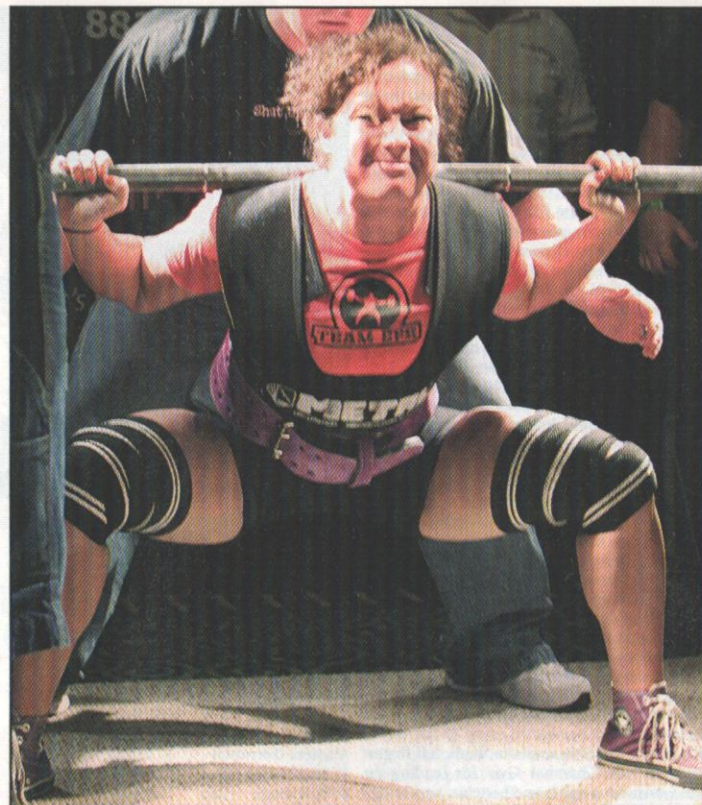


Nick Roman at the IPA Lexen Extreme Fall Classic (Dan Dague)

**IPA Lexen Xtreme Fall Classic**  
25 Oct 09 - Columbus, OH

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
165 lbs.				
Open Pro				
M. Edwards	470	305	460	1235
198 lbs.				
Open Pro				
L. Jaskiewicz	440	300	500	1240
<b>MALE</b>				
148 lbs.				
Open Am				
M. Mende	550	325	500	1375
165 lbs.				
Open Am				
J. Murphy	600	500	475	1575
181 lbs.				
Open Am				
VanDermolen	285	170	400	855
198 lbs.				
Open Am				
J. Brock	655	410	475	1540
242 lbs.				
Open Pro				
M. Gugino	710	560	610	1880
275 lbs.				
Open Am				
J. Spriggs	520	365	485	1370
275 lbs.				
Open Am				
C. Moran	600	415	545	1560
275 lbs.				
Open Am				
K. Jones	535	410	605	1550
275 lbs.				
Open Am				
Master Pro				

J. Bandy	525	275	530	1330
M. Fleming	—	—	—	—
Open Am				
T. Howard	650	420	550	1620
J. Mills	—	—	—	—
Open Pro				
J. Russo	715	475	630	1820
T. Toalston	685	440	610	1735
220 lbs.				
Junior Am				
T. Walton	550	365	490	1405
S. Michael	505	305	515	1325
R. Ohm	450	305	470	1225
242 lbs.				
Master Am				
P. Sengos	710	520	605	1835
Master Pro				
B. Crumm	600	160	585	1345
Open Pro				
O'Callaghan	—	—	—	—
242 lbs.				
Underwood	465	390	500	1355
275 lbs.				
Master Pro				
G. Scott	675	550	505	1730
Open Am				
S. Arnold	725	615	560	1900
D. James	685	455	600	1740
Open Pro				
C. Chilia	880	570	—	1450
M. Adams	560	—	—	560
A. Newman	—	—	—	—
Police Pro				
M. Foubert	535	415	615	1565
Teen Am				
S. Skinner	740	475	585	1800
275 lbs.				
Junior Am				
M. Sutton	650	510	500	1660
Junior Pro				
N. Roman	900	625	775	2300
Open Pro				
J. Anderson	850	625	750	2225
Stellenkamp	875	650	700	2225
D. Schwab	835	565	770	2170
C. Mello	800	600	750	2150
J. Cuczy	825	615	600	2040
B. Billings	—	—	—	—
SHW				
Master Am				
Delorimiere	—	—	—	—
Open Pro				
S. Brooks	—	—	—	—
Raw				
198 lbs.				
Master Am				
B. Hawthorne	205	205	375	785
242 lbs.				
Submaster Pro				
S. Keating	500	390	—	890
SHW				
Submaster Am				
M. Jones	485	400	550	1435
(Thank you to Dan Dague for these results)				



Molly Edwards squatted 470 at 165 in Ohio (Dan Dague photos)

**APA Tony Conyers Extravaganza**  
3 OCT 09 - Tampa, FL

BENCH	DEADLIFT	Junior Raw
<b>FEMALE</b>		
181 lbs.		
Open Raw		
N. Nash	360	132 lbs.
198 lbs.		
Open Raw		
C. Witmer	225!	J. Ansbrough
225!	225!	345!
MALE		
165 lbs.		
Open		
S. Kearney	345	275 lbs.
165 lbs.		
Master II Raw		
S. Bowley	275!*	G. Jurkowski
220 lbs.		700
198 lbs.		
Master II		
M. Hamburg	335	Open UNL
220 lbs.		275 lbs.
C. Burke	325!*	Open Raw
220 lbs.		165 lbs.
Junior Raw		
R. Douglas	325	J. Garcia
181 lbs.		370
Master III		
Q. Gomez	385!*	Open Raw
220 lbs.		165 lbs.
Submaster Raw		
L. Barry	440!*	T. Conyers
		560!*
		370
		615!*
		1545!
		181 lbs.
		R. Cowser
		425!*
		375!*
		450!*
		1250!
		J. Wong
		515!*
		310
		475
		1300!
		Open Raw
		198 lbs.
		S. Hguyen
		315
		(18-19)
		220 lbs.
		J. Suarez
		435
		335
		480
		1250
		242 lbs.
		D. Fedo
		500
		310
		475
		1285



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! = World Records. \* = American Records. Women's Best Lifter: Kathy Jo Runde. Powerlifting Best Lifter Raw: Rich Cowser. Powerlifting Best Lifter Standard: Jorge Suarez. The 2009 Tony Conyers Extravaganza was exciting as ever with Mr. Conyers competing this year and lifting some amazing weights. Though we did not include his numbers in the mix for best lifter, it was exciting to see that at 50 years old it can still be done. The next best thing was Leon Barry destroying 440 pounds on the bench at 69 years old. Then we had youth getting it done with world records being set by Quentin Gomez with a 385 pound bench raw. Some of the teens were very exciting also making our future look very bright. The likes of Jorge Suarez getting his first equipped best lifter award. Thanks to all the judges Tom O'Donnell, Molly Yuerakadu and Jason McElroy stepping in on a moments notice when a ref had an emergency. (courtesy Brian Highnote)

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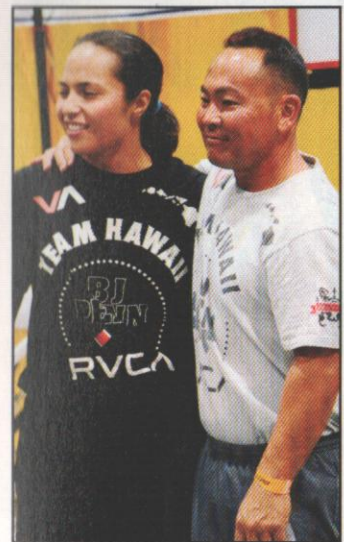
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# The TOP 100 Photo Page

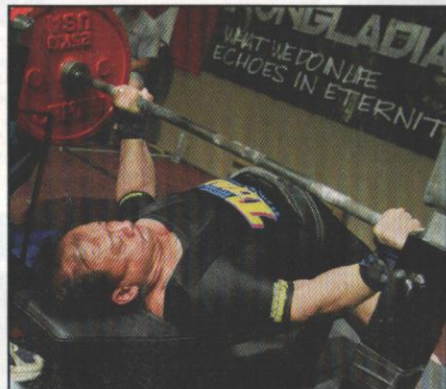


Leonetta Richardson & Darren Matsumoto (HI) are both on the BP list

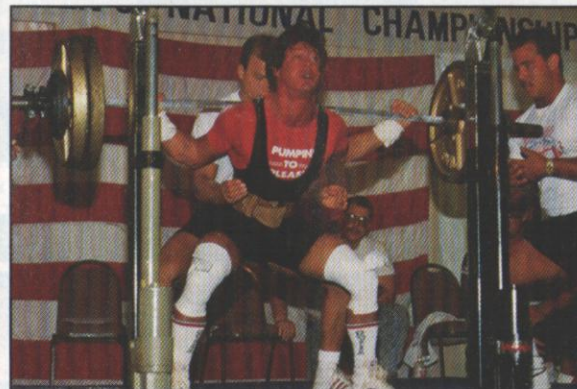
Will you make the upcoming TOP 100 list for the 181 lb. class? Last time we ranked this class, the minimum lifts to make that ranking were 560 lb. in the squat, 429 lbs. in the bench press, 567 lb. in the deadlift, and 1444 lb. in the total. Often those minimum lifts to make the list go up a bit from one year to the next, but not always. The time period for the next ranking of the 181 lb. class will be competitions held January 2009 through December 2009, and it will appear in our March 2010 edition. If you think you will be making the list this time and would like to appear on our TOP 100 Photo Page, send a photo of your lifting (or something off the wall, like your junior high graduation photo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list.



Vin Scelfo has moved from MI to SC and squatted 600 lb. in the process



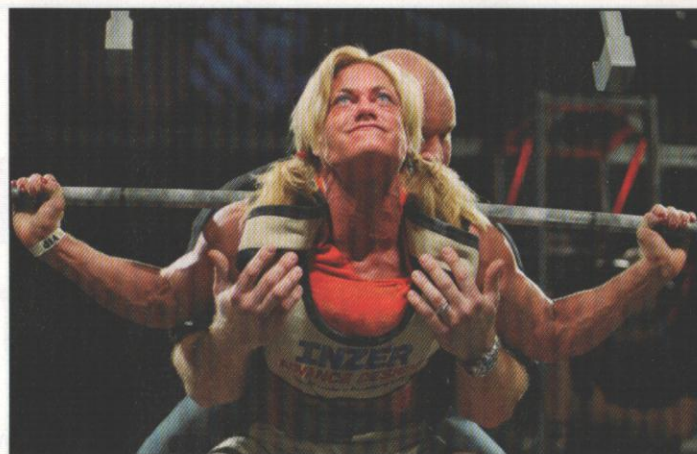
Alfredo Evangelista is a veteran of WABDL Worlds competition in both the BP and DL



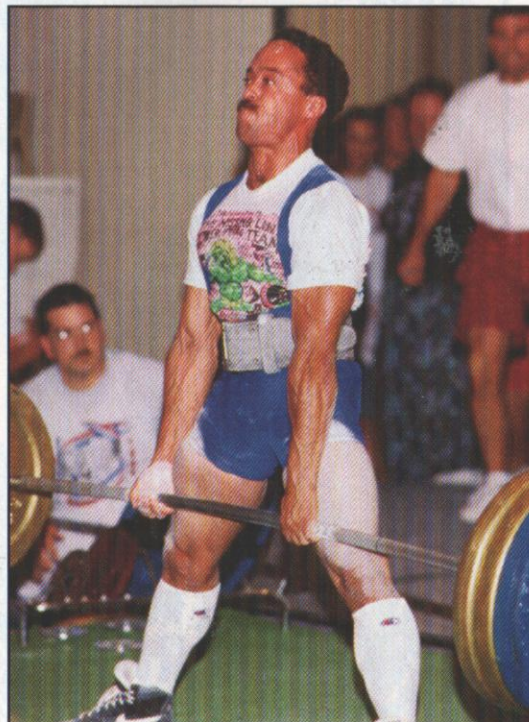
Doug Heath has been making TOP 100 ranking lists for over 30 yrs, but this time was a challenge after 7 surgeries in the last 6 yrs



Joe Smith is a superstar in the USAPL and elsewhere (photograph courtesy of Chuck Venturella)



Shannon Hartnett continues to blaze new trails when it comes to gender & strength



Lloyd Weinstein - standout in the lightweight class for decades

# TOP 100 For standard 148 lb. /67.5 kg. USA lifters in results received from Nov/08 through Oct/09

SQUAT	BENCH	DEADLIFT	TOTAL
1 725 Heath, D.10/31/09	518 Unten, K.7/5/09	622 Williams, M.3/7/09	1605 Heath, D.10/31/09
2 617 Matsumoto, D.1/24/09	505 Harman, K.9/15/09	600 Holloway, D.9/19/09	1581 Matsumoto, D.1/24/09
3 606 Westwood, S.8/2/09	457 Smith, J.5/28/09	567 Schwalbach, R.1/31/09	1554 Williams, M.3/7/09
4 600 Hartnett, S.3/24/09	451 Matsumoto, D.7/4/09	556 Morrow, J.4/11/09	1548 Broussard, M.9/9/09
5 600 Layman, S.3/28/09	435 Smith, D.11/15/08	551 Taylor, E.11/15/08	1499 Layman, S.7/4/09
6 600 Scelfo, V.9/12/09	425 Irving, J.3/15/09	551 Schwab, B.1/24/09	1471 Holloway, D.3/7/09
7 584 Broussard, M.9/9/09	413 Evangelista, A.11/13/08	551 Broussard, M.3/28/09	1471 Waggner, Z.6/13/09
8 575 O'Brien Jr., M.6/27/09	413 Broussard, M.9/9/09	545 Lenhart, N.4/4/09	1455 Westwood, S.8/2/09
9 573 Morse, C.9/1/09	410 Yu, J.8/1/09	540 Waggner, Z.6/13/09	1427 Taylor, E.11/15/08
10 562 Williams, M.3/7/09	410 Heath, D.10/31/09	534 Matsumoto, D.4/4/09	1427 Morrow, J.4/11/09
11 562 Holloway, D.3/7/09	402 O'Brien Jr., M.6/27/09	530 Spencer, C.4/19/09	1425 O'Brien Jr., M.6/27/09
12 556 Mahoney, J.1/30/09	400 Albert, B.5/23/09	529 Ribic, P.11/3/08	1420 Anderson, M.5/2/09
13 556 Waggner, Z.3/28/09	391 McCoy, T.6/13/09	520 Johnson, D.3/12/09	1416 Hartnett, S.11/20/08
14 550 Barrera, M.3/28/09	385 Paige, C.7/19/09	518 Tamayo, J.3/14/09	1410 Mahoney, J.1/30/09
15 550 Anderson, M.5/2/09	385 Lenhart, N.8/1/09	515 Hackaspker, Z.2/22/09	1405 Jaquez, E.2/21/09
16 550 Mende, M.10/25/09	380 DeSimone, M.11/1/08	515 Leal, J.3/14/09	1388 Schwalbach, R.1/31/09
17 540 Jaquez, E.2/21/09	380 Layman, S.1/24/09	515 Reyes, R.3/28/09	1377 Schwab, B.1/24/09
18 540 Ramirez, R.2/28/09	380 Borzok, M.2/21/09	515 Irby, T.3/28/09	1375 Mende, M.10/25/09
19 540 Myers, C.9/26/09	375 Hardy, T.10/24/09	512 Roberts, T.4/11/09	1370 Alexander, G.3/28/09
20 529 Taylor, E.11/15/08	374 Waggner, Z.6/13/09	510 Jaquez, E.2/21/09	1361 Lenhart, N.4/4/09
21 525 Wynn, K.2/21/09	369 Williams, M.3/7/09	523 Weinstein, L.10/1/09	1355 Ramirez, R.2/28/09
22 525 Alexander, G.3/7/09	369 Hadad, J.5/30/09	520 Johnson, D.3/12/09	1350 Ribic, P.11/3/08
23 525 Reyes, R.3/28/09	363 Judge, T.5/2/09	520 Anderson, M.5/2/09	1350 Hackaspker, Z.2/22/09
24 525 Sharp, T.3/28/09	360 Hackaspker, Z.2/22/09	518 Tamayo, J.3/14/09	1345 Reyes, R.3/28/09
25 525 Tepper, S.4/25/09	360 Hafkemeyer, Z.2/28/09	515 Hackaspker, Z.2/22/09	1330 Wynn, K.2/28/09
26 525 Bilancione, R.3/21/09	360 Jaquez, E.3/14/09	515 Leal, J.3/14/09	1328 Hafenbrack, M.1/24/09
27 523 Morrow, J.4/11/09	358 Westwood, S.8/2/09	515 Reyes, R.3/28/09	1325 Sharp, T.3/28/09
28 520 Bauer, F.5/09	355 Locklear, K.12/6/08	515 Irby, T.3/28/09	1320 Irby, T.3/28/09
29 515 Hardy, T.10/24/09	350 Anderson, M.5/2/09	512 Roberts, T.4/11/09	1317 Weinstein, L.10/1/09
30 512 Ribic, P.11/3/08	350 Davis, J.5/30/09	510 Jaquez, E.2/21/09	1310 Dominguez, M.3/28/09
31 512 Edelen, J.3/28/09	350 Bauer, F.5/09	510 Irwin, R.8/22/09	1310 Barrera, M.3/28/09
32 512 Weinstein, L.10/1/09	347 Miller, G.11/13/08	507 Piccione, J.3/28/09	1306 Morse, C.9/1/09
33 507 Schwalbach, R.1/31/09	347 Taylor, E.11/15/08	507 Deskis, M.8/1/09	1305 McNeil, J.9/19/09
34 507 Lang, J.4/4/09	347 Dreisig, N.1/24/09	505 Wilson, D.2/22/09	1300 Edelen, J.3/28/09
35 501 Schwab, B.1/24/09	347 Morrow, J.4/11/09	505 Dominguez, M.3/28/09	1295 Hardy, T.10/24/09
36 501 Hafenbrack, M.1/24/09	347 Arnold, J.8/15/09	505 Mata, M.3/28/09	1285 Mata, M.3/28/09
37 501 Khosravanipour, A.4/4/09	345 Him, P.6/1/09	502 Kunkel, B.4/11/09	1285 Bauer, F.5/09
38 500 Raville, T.2/7/09	341 Holloway, D.3/7/09	501 Edelen, J.11/15/08	1280 Borzok, M.2/21/09
39 500 Picardo, E.2/7/09	341 Olsen, A.4/25/09	501 Westwood, S.4/4/09	1280 Raville, T.3/28/09
40 500 Marshall, R.2/26/09	336 Ford, B.3/28/09	500 Foddrill, B.11/8/08	1278 Piccione, J.3/28/09
41 500 Williams, F.3/7/09	335 McNeil, J.9/19/09	500 Foster, C.2/18/09	1273 Accardo, C.3/28/09
42 500 Irby, T.3/28/09	330 Coats, T.11/1/08	500 Sverchek, J.2/21/09	1273 Myers, C.9/26/09
43 500 Dominguez, M.3/28/09	330 Morse, C.11/20/08	500 Lang, J.4/4/09	1262 Lang, J.4/4/09
44 495 Small, J.3/1/09	330 Alexander, G.3/28/09	500 Kelly, K.3/7/09	1256 Hafkemeyer, Z.2/28/09
45 495 Trevino, G.3/28/09	330 Calloway, E.3/28/09	500 Sharp, T.3/28/09	1255 Ford, C.3/28/09
46 495 Tucker, J.3/28/09	330 Richardson, L.4/4/09	500 O'Brien Jr., M.6/27/09	1251 Savell, R.3/28/09
47 490 Dominguez, D.3/7/09	330 Petrencak, S.4/15/09	500 Mende, M.10/25/09	1250 Williams, F.3/7/09
48 490 Castillo, J.3/28/09	330 Scarberry, J.4/25/09	495 Thompson, R.2/28/09	1250 Trevino, G.3/28/09
49 490 Atkinson, J.3/28/09	330 Bareng, C.5/23/09	495 McNeil, J.9/19/09	1245 Herrera, A.3/12/09
50 490 Kelly, J.3/28/09	330 Turner, M.6/13/09	491 Tripodi, J.11/23/08	1245 Picardo, E.3/14/09
51 485 Dorris, D.3/12/09	330 Santiago, M.8/29/09	490 Castillo, J.3/28/09	1245 Castillo, J.3/28/09
52 485 Moody, R.3/21/09	325 Schwab, B.1/24/09	490 Evangelista, A.8/22/09	1245 Dominguez, D.3/28/09
53 485 Ford, C.3/28/09	325 Mahoney, J.1/30/09	485 Smith, D.2/26/09	1245 Spencer, C.6/13/09
54 485 Savell, R.3/28/09	325 Sharp, T.3/14/09	485 Raville, T.3/7/09	1240 Foddrill, B.11/8/08
55 485 Spencer, C.6/13/09	325 Golba, J.4/4/09	485 Soliz, Z.3/7/09	1240 Turner, M.6/13/09
56 480 Borzok, M.2/21/09	325 Schwalbach, R.6/13/09	485 Hays, D.3/7/09	1235 Kelly, K.3/7/09
57 480 Lopez, V.2/21/09	325 Hughes, D.7/25/09	485 Small, J.3/28/09	1234 Healy, A.3/21/09
58 480 Beckman, A.3/7/09	325 Mende, M.10/25/09	485 DeLeon, M.4/4/09	1234 Calloway, E.3/28/09
59 480 Hernandez, A.3/7/09	320 Asselin, S.7/25/09	485 Robinson, M.4/18/09	1234 Khosravanipour, A.4/4/09
60 480 Smith, D.3/14/09	319 Piccione, J.3/28/09	485 Garcia, E.3/28/09	1230 Atkinson, J.3/28/09
61 480 Mata, M.3/28/09	319 Buck, N.4/25/09	485 Kaneshiro, D.7/5/09	1225 Small, J.3/28/09
62 479 Vaquera, M.12/13/08	319 Fox, R.6/20/09	485 Reeder, R.7/18/09	1220 Pennell, A.3/7/09
63 475 Johnson, D.1/24/09	319 Foddrill, B.10/1/09	485 Jacobs, J.10/1/09	1220 Rangel, M.3/14/09
64 475 Macias, J.2/14/09	315 Ratliff, D.12/13/08	480 Askew, M.1/24/09	1220 Cooper, T.3/28/09
65 475 Bamd, N.2/21/09	315 Myler, J.12/14/08	480 Ybaqra, H.2/28/09	1220 Tucker, J.3/28/09
66 475 Hackaspker, Z.2/22/09	315 Nicholas, N.1/31/09	480 Ford, C.3/12/09	1215 Marshall, R.2/26/09
67 475 Soliz, Z.3/7/09	315 Jackson, A.2/21/09	480 Bauer, F.3/14/09	1212 Lewis, S.12/12/08
68 475 Pennell, A.3/28/09	315 Picardo, E.2/28/09	480 Cooper, T.3/28/09	1212 Sato, B.3/21/09
69 475 Rangel, M.3/28/09	315 Murphy, R.3/7/09	480 Garcia, E.3/28/09	1210 Leal, J.3/14/09
70 475 McNeil, J.9/19/09	315 Bologna, V.3/29/09	480 Miller, T.4/18/09	1205 Nicolas, N.1/31/09
71 470 Honc, J.2/28/09	315 Trammell, C.4/11/09	480 Barndt, B.5/9/09	1205 Johnson, D.3/12/09
72 470 Garcia, Q.3/28/09	315 O'Grady, S.6/6/09	479 Baxter, W.A.11/15/08	1205 Wess, R.4/11/09
73 468 Sato, B.3/21/09	315 Heng, A.7/18/09	479 Ta, J.2/28/09	1201 Villagomez, V.11/15/08
74 465 Calloway, E.11/08	314 Wiener, M.11/13/08	479 Healy, A.3/21/09	1201 Vaquera, M.12/13/09
75 465 Nathan, N.2/13/09	314 Villagomez, V.11/15/08	479 Cole, D.4/4/09	1201 Tamayo, J.3/28/09
76 465 Chavez, D.2/14/09	314 Paddock, A.1/24/09	479 Whiney, D.5/2/09	1200 Mullins, M.3/14/09
77 465 Amyett, D.3/12/09	314 Segura, R.3/14/09	479 Barajas, A.6/13/09	1195 Barnd, N.2/21/09
78 462 Lewis, S.12/12/08	314 Edelen, J.3/28/09	475 Hebert, J.2/19/09	1190 Trapani, F.1/17/09
79 462 Accardo, C.3/28/09	314 Roberts, T.4/11/09	475 Williams, F.2/21/09	1190 Soliz, Z.3/7/09
80 462 Szolis, B.4/4/09	314 Meyerhofer, J.4/18/09	475 Ramirez, D.2/21/09	1190 Jacobs, J.10/1/09
81 460 Nicholas, N.3/7/09	310 Nathan, N.2/13/09	475 Dominguez, D.3/7/09	1184 Kang, A.9/19/09
82 460 Aviles, O.3/12/09	310 Cooper, T.3/14/09	475 Pennell, A.3/7/09	1180 Miller, T.11/8/08
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84 457 Turner, M.6/13/09	310 Webster, J.10/24/09	475 Dragovich, M.6/27/09	1180 Beckman, A.2/28/09
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88 451 Lenhart, N.4/4/09	308 Facticeau, R.11/8/08	475 Vaquera, M.12/13/08	1175 Garcia, Q.3/28/09
89 451 Ladner, H.4/11/09	308 Tripodi, J.11/23/08	473 Ratliff, D.2/28/09	1173 Ratliff, D.2/28/09
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93 450 Leal, J.1/10/09	308 Micka, A.9/26/09	473 Kang, A.9/19/09	1168 Wright, D.4/4/09
94 450 Box, G.1/31/09	305 Wynn, K.2/28/09	470 King, P.1/24/09	1168 Szolis, B.4/4/09
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**NEXT MONTH... TOP 165s**  
**Corrections...** Brent Tracey should be credited with a 2000 total on the All Time TOP 50 rankings for the 198 lb. class. In the published version of the KCF meet in our July edition, Terry Brown's name was misspelled in the results of the 181 lb. class. If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

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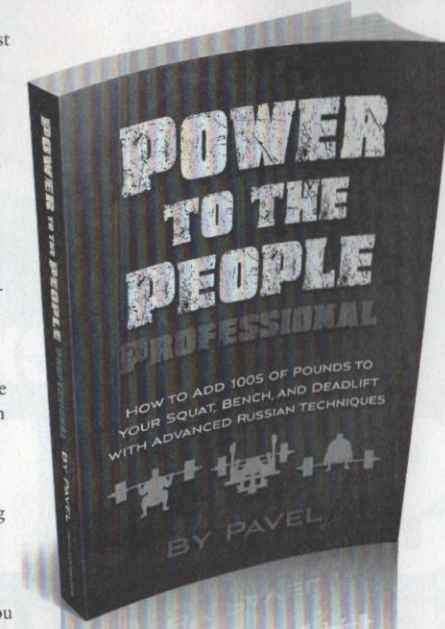
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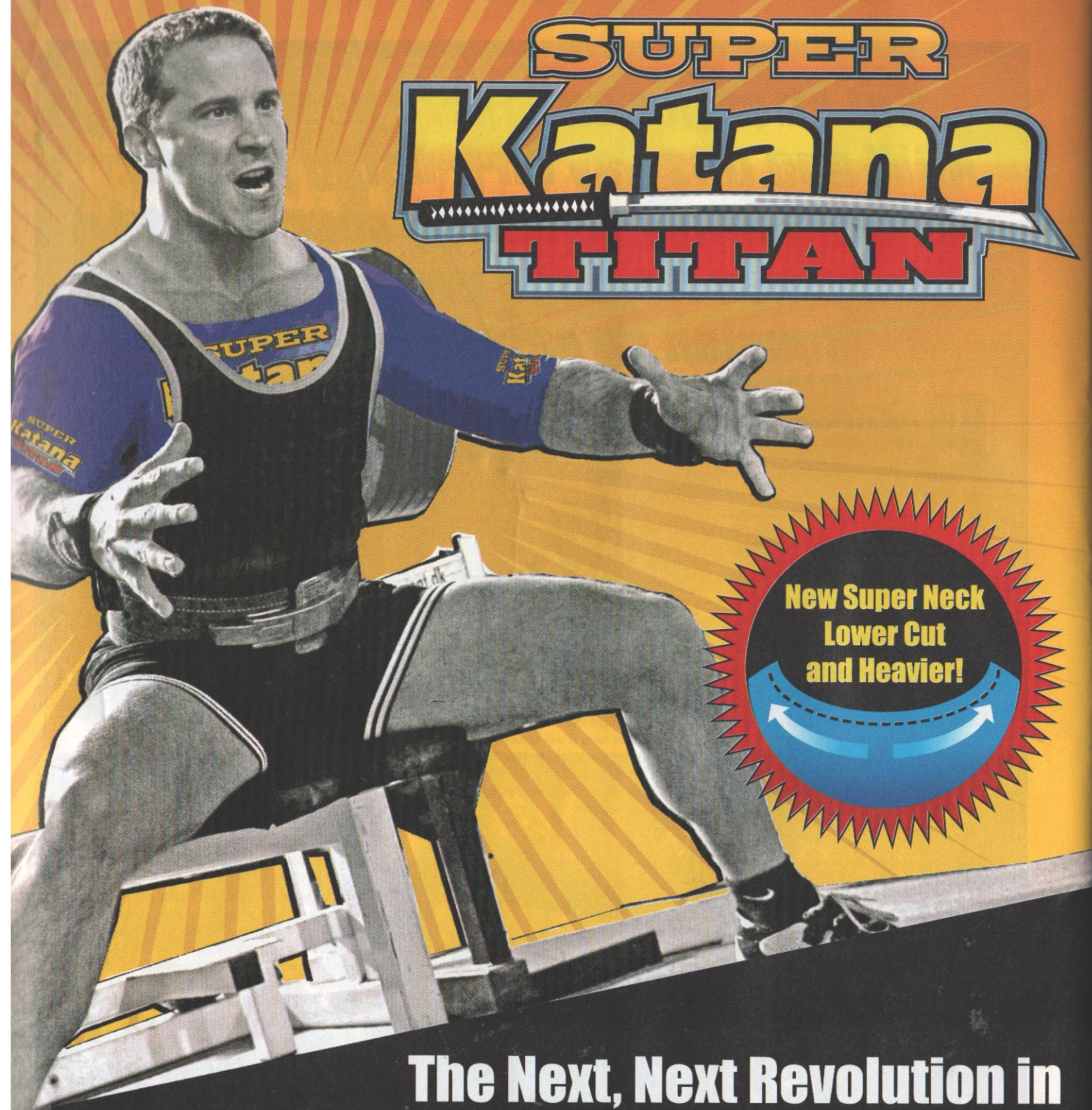
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