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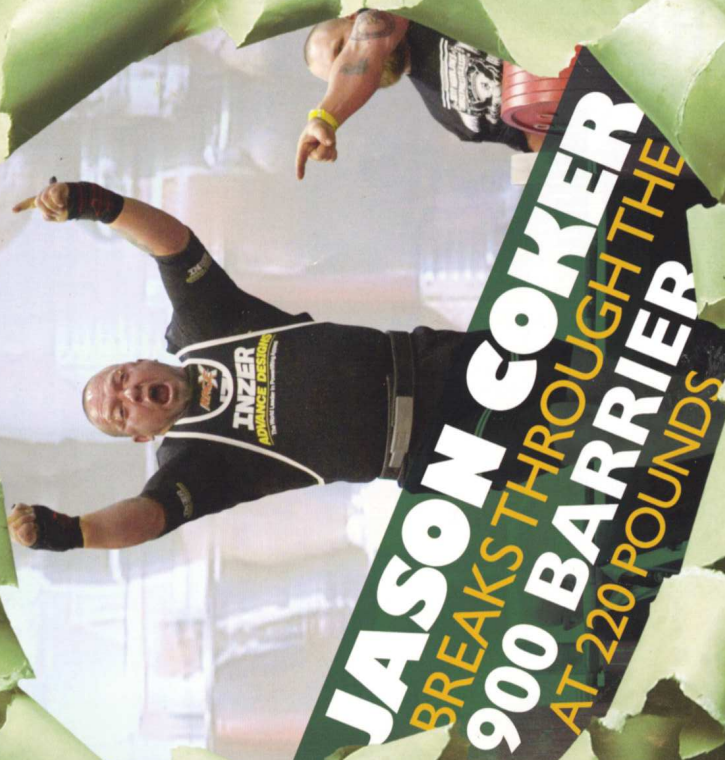
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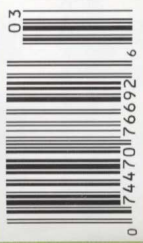
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AT 220 POUNDS



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

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ON THE COVER... Jason Coker, after making four attempts to finish with a barrier busting 903 bench press at the APF Mendelson Classic Bench Press contest held at the Fit Expo (photo copyright 2010 by Derek Weller/MuscleSportsMedia - www.MuscleSportsMedia.com)

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2,601 lbs. @ SRW

Joe Mazza
IPA World Record Bench
705 lbs. @ 165 lbs.

Vlad Alkhasov
World Record Squat
1,250 lbs. @ SHW

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

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

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MHP dominates the powerlifting world with a team of the most respected world record holders. This elite group of athletes continuously breaks their previously set records time and time again to raise the bar and leave their competitors in the dust. What is it that fuels these strongmen to accomplish these unimaginable feats? The answer is simple - Our athletes use only MHP products to power their bodies and bring their lifts to unimaginable heights. MHP supplementation is the key to their continuous record-breaking feats of strength.



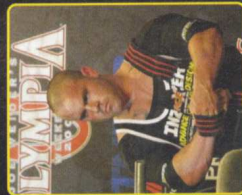
AI Davis
2010 "Raw" Unity Record Bench
633 lbs. @ 308 lbs.



Jeremy Hoorstra
World Record "Raw" Bench
615 lbs. @ 242 lbs.



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



Shawn Frankl
World Record Total
2,530 lbs. @ 198 lbs.



Joe Cektovskiy
World Record Bench
600 lbs. @ 147.6 lbs.

"DARK RAGE has helped me take my training to a new level of power and intensity."

RYAN KENNELLY - Team MHP Member
Greatest Bench Press Ever!
World Record 1,075 @ 308 lbs.

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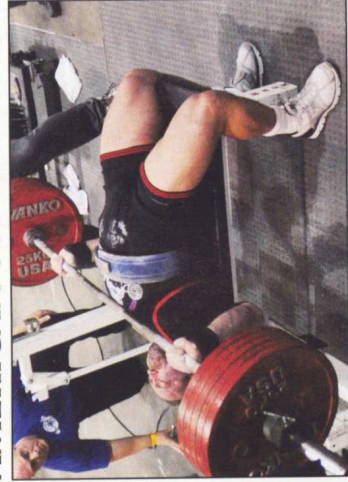
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THE WORLD'S STRONGEST MEN ARE POWERED BY MHP.



Backin' up the BEST - Alan Beck won \$1000 as best hywt. male

AMERICAN CUP & FIT EXPO



Ryan Celli benched 606 at 198 to win \$1000 as best lightweight male



April Shumaker after her spectacular 248 bench press at 105 lb.

23-24 JAN 10 - Los Angeles, CA		American Cup & Fit Expo	
BENCH	402	R. Garcia	402
FEMALE	308+ lbs.	Master (50+)	308+ lbs.
A. Aerts	402	A. Aerts	402
Junior (13-15)	154	W. James	154
Open	308 lbs.	RMono	524
4th-535	298	L. Freil	298
DEADLIFT	198 lbs.	Master (45+)	132
FEMALE	148 lbs.	T. Marquez	132
Junior (13-15)	114	M. James	281
Open	165 lbs.	Master (45+)	176
116-17	176	J. Hansen	181
181 lbs.	176	T. Marquez	276
Junior (18-19)	303	R. Madera	303
181 lbs.	303	L. Hansen	353
Junior (20-23)	254	B. Simmons	215
B. Haskie	215	Junior (16-17)	529
181 lbs.	254	198 lb (20-23)	480
Junior (16-17)	254	B. Simmons	480
308+ lbs.	430	B. Haskie	430
Junior (13-15)	380	L. Dedrick	380
4th-385	485	R. Reed	485
Open	165 lbs.	Junior (20-23)	705
BBShower	314	308+ lbs.	331
181 lbs.	248	Junior (13-15)	331
B. Bardwell	342	L. Dedrick	331
R. Lopez	342	165 lbs.	628
S. Dredick	342	BBShower	402
J. Fischbach	303	MRShower	347
D. Gates	480	181 lbs.	375
D. Gates	623	B. Bardwell	375
S. Hoelstra	419	A. Castillo	303
198 lbs.	419	H. Haskie	303
A. Aerts	420	4th-385	485
220 lbs.	420	Open	485
J. Roberts	502	Master (50+)	496
Submaster	502	A. Kaminsky	496
181 lbs.	546	Master (45+)	353
M. Lambert	342	Master (70+)	364
A. Kaminsky	342	R. Hill	364
Master (40+)	402	Master (40+)	386
G. Strassberg	402	R. Lozano	386
181 lbs.	496	Master (60+)	507
Master (45+)	496	S. Dedrick	507
181 lbs.	496	K. Davenport	419
Master (70+)	419	Master (45+)	419
198 lbs.	419	Master (45+)	275 lbs.
R. Lozano	386	L. Lopez	419
Master (40+)	386	K. Davenport	419
220 lbs.	507	Master (45+)	275 lbs.
S. Dedrick	507	Master (45+)	275 lbs.
K. Davenport	419	Master (45+)	275 lbs.
242 lbs.	419	Master (45+)	275 lbs.
Master (40+)	419	Master (45+)	275 lbs.
L. Lopez	419	Master (45+)	275 lbs.
Master (45+)	275 lbs.	Master (45+)	275 lbs.
Master (45+)	275 lbs.	Master (45+)	275 lbs.

JASON COKER BREAKS THE 900 POUND BARRIER!!



Jason Coker's historic 903 BP at 220, in the Mendelison Classic (courtesy: Weller/MuscleSportsMedia)

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

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It's Good to be KING!

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IFBB PRO CRAIG RICHARDSON JOINS TEAM MHP!

Following his best placement ever as an IFBB pro last fall, MHP is proud to announce that Craig Richardson has joined Team MHP effective February 1st. A longtime user of MHP products, Craig catapulted to the upper echelons of the pro rankings with a second place finish at the IFBB Sacramento Pro Championships last fall. The former NPC Light-Heavyweight National Champion will represent MHP as he trains for the New York Pro and Mr. Olympia events later this year.

"This is like a dream come true," says Craig. "Being that I'm from New Jersey, I'm fortunate to know Gerard Dente, president of MHP. Over the past few years, Gerard has been generously giving me MHP supplements to help me improve as a bodybuilder. Now, to be sponsored financially by MHP and be able to really concentrate on my bodybuilding career is the best thing that's happened to me!"

Since turning pro in 2000, Craig has been considered an undersized competitor and has battled constantly to put on muscle mass. But in the last two years, he has gained a significant amount of muscle size, which has helped him overcome his hard-gainer metabolism. He now packs a solid 248 pounds of thick muscle on his 5'7" frame in the offseason, allowing him to diet down for contest preparation without sacrificing his size. He took the stage at the 2009 Sacramento at a razor-sharp 222 lb., which pushed him into the runner-up spot.

"Up Your MASS is definitely the best weight gainer I've ever used," says Craig of his off-season strategy for adding mass. "It has helped me pack on slabs of muscle—a difficult thing for a hard-gainer like me! I also get an unbelievable pump from taking Dark Rage before every workout and Dark Matter is great for recovery afterward. I find I'm not as sore and recover faster."

Craig is 35 years old and works as a Tarrant Officer for Passaic County Technical Institute in Wayne, NJ. He is married to Jennifer and has three children.

Craig will be on hand at the MHP booth at the Arnold Expo in Columbus, Ohio, March 5th-7th. He plans to step on the IFBB pro stage on May 8th at the New York Pro Show and then hit the Mr. Olympia in the Fall.

For more information or to contact Craig, send e-mail requests to sdowns@maxperform.com.

— Steve Downs, MHP Marketing Director



STRONGMAN BRIAN SHAW JOINS TEAM MHP!

Strongman superstar Brian Shaw, winner of the 2009 World's Strongest Man Super Series, is now an MHP-sponsored athlete and member of the MHP Strongman Team. The massive powerhouse—who stands 6'8" and weighs in at 390 lb.—also placed third in the 2009 World's Strongest Man competition in Malta. He also won the 2009 Fit Expo Strongman title and placed third at the 2009 Fortissimus contest.

"I have been using MHP supplements for a few years now and I can't thank MHP president Gerard Dente enough for the opportunity to represent the company," Brian says. "I have only been competing in strongman for 3 years and I'm looking to take it to the next level. Being an MHP sponsored athlete will help me reach my goal of becoming the World's Strongest Man!"

In a sport where both athleticism and strength are essential for victory, Brian is a unique individual. Before he ever hoisted a stone or carried weights in the farmer's walk competitively, he was a basketball star on a full athletic scholarship at South Dakota. He says the fitness level required to play NCAA basketball carries over well to strongman events. Still, it's taken him several years to "fill out" from the 260 pounder he was back then to the nearly 400 lb. behemoth he is now.

"I've always been naturally strong," says the Fort Lupton, CO, native. "I worked on my uncle's farm growing up and found I had lots of functional strength. I used to pick up stones and flip tires just for fun."

Since graduating from college, the 27-year-old has attacked the weights with all-out intensity. And he's strong, too—his leg press max weight is a whopping 2,000 lb., he squats over 800, pulls 800 lb. deadlifts and he can bench press 525 lb.

Brian is now in training for the Arnold Strongman Classic in early March and will return to the World's Strongest Man and WSM Super Series in the Fall. Among his favorite MHP supplements are Up Your MASS weight gainer, Probiotic-SR protein, Dark Rage pre-workout formula and Dark Matter for post-workout recovery.

"We are excited to have Brian join our Strongman Team," says Dente. "He is a massive, competitive guy with tremendous potential. We look forward to him bringing home many professional strongman titles to MHP!"

For more information or to contact Brian, send e-mail requests to sdowns@maxperformance.com.

— Steve Downs, MHP Marketing Director



NEW MEMBERS

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!

Increases Protein Synthesis by 600% - Absorbs Faster Than Whey - Spikes Insulin Dramatically - Maximizes Creatine Uptake and Glycogen Replenishment



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Many have asked how Westside developed the conjugate system and why. I started training full time in powerlifting in late 1969 after returning from the Army. I had my first power meet in 1966. What a experience! I lifted along with four future world champions: Milt McKinney, George Crawford, who gave me countless tips on squatting, Larry Pacifico, and Vince Anello, who was the deadlifting machine. I asked Vince what helped his deadlift. His reply, "everything helps my deadlift." It sounded vague, but Vince was using the conjugate system, although it was unnamed. George was the squat king. His training was a combination of regular squats, box squats, old Westside style (meaning Culver City, CA, style), rack squats, and good mornings, which contributed to his success. This is the conjugate system, a system of unidirectional loading that was designed to enable him to squat more. Larry Pacifico, who was a renowned powerlifter in the 1970s

used in the U.S. It was divided into different "time periods, or blocks, designed to work on a specific element of training. I am amazed that lifters are still using it today. It's a dead-end street. The young lifters believe it's a new form of periodization. Maybe they think the push button starters on some new cars are also new, but all cars had a starter button in the 1940s. I was always stronger a week or two after a meet or a week or two before the meet, but very seldom on meet day. The Soviets had coaches, like Matveev, who realized there was a much better method of planning. There has always been controversy over who came up with wave periodization. Dr. Yuri Verkhoshansky has been credited with the pendulum wave. This was in 1964. Even the renowned Bulgarian coach Abadjiev had a similar plan for waving volume and intensities.

(continued on page 100)

WESTSIDE TRAINING

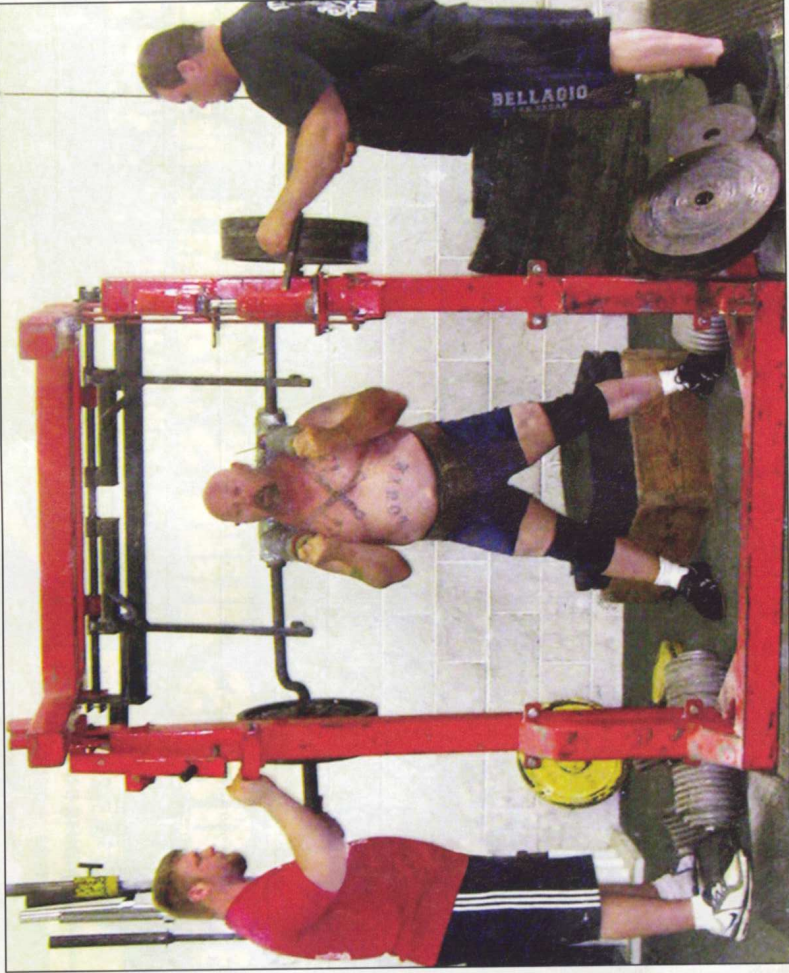
CONJUGATE SYSTEM as told to Powerlifting USA by Louie Simmons

and early 1980s was great at every-good mornings, box squatting on at least three different height boxes, benching with rubber mats on the chest, floor pressing, rack lockouts, and so forth. Their rotation of exercises was space-age at the time, which was 1965 to the early 1970s.

The system was the conjugate sequence system, although it was not named yet. The training I was doing at the time was influenced by everyone mentioned above.

The only true problem I had was the loading. There were no Soviet secrets being leaked to the United States at that time. The progressive gradual overload system was being

used in the U.S. It was divided into different "time periods, or blocks, designed to work on a specific element of training. I am amazed that lifters are still using it today. It's a dead-end street. The young lifters believe it's a new form of periodization. Maybe they think the push button starters on some new cars are also new, but all cars had a starter button in the 1940s. I was always stronger a week or two after a meet or a week or two before the meet, but very seldom on meet day. The Soviets had coaches, like Matveev, who realized there was a much better method of planning. There has always been controversy over who came up with wave periodization. Dr. Yuri Verkhoshansky has been credited with the pendulum wave. This was in 1964. Even the renowned Bulgarian coach Abadjiev had a similar plan for waving volume and intensities.



To boost his squat, Louie Simmons uses the Conjugate System, which he developed using a combination of the Soviet & Bulgarian systems



Shawn Frankl - Team MHP
World Record Total
2,630 lbs. in 198 class

PHOTO: JIMM TECHNISIA.COM

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When I switched from regular glutamine to MHP's Glutamine-SR I noticed the difference immediately in my strength and recovery. Since using Glutamine-SR I just keep getting stronger and stronger!

GLUTAMINE-SR - MAXIMUM ABSORPTION MEANS MAXIMUM STRENGTH!

- 60% of your muscle tissue is made up of glutamine. Strenuous exercise depletes glutamine stores at a faster rate than they can be replenished.
- 70% of the regular glutamine powder you consume is utilized by the stomach and the intestines, leaving only 30% available to feed muscle tissue.
- 90% of ingested glutamine is utilized in 1 hour, leaving you in a catabolic (muscle-wasting) state.

Based on these facts, the glutamine you are taking right now is not providing the anabolic muscle-building environment needed to build super-human strength and improve recovery. But fear not... a revolutionary breakthrough in glutamine absorption has prompted the development of Glutamine-SR, the World's Most Powerful Glutamine.

GLUTAMINE-SR - EXCLUSIVE SUSTAINED RELEASE MICRO-FEED TECHNOLOGY! 300% GREATER ABSORPTION!

Glutamine-SR's Micro-Feed Technology allows for an unprecedented 100% of L-glutamine utilization, maximizes anabolic/anti-catabolic effects and optimizes muscle growth and recovery. The exclusive and patented Micro-Feed Technology used in Glutamine-SR utilizes patented technology to protect the L-glutamine as it is transported through the stomach, allowing 100% to be delivered to muscle tissue.

FEEDS MUSCLE TISSUE FOR UP TO 12 HOURS!

The Micro-Feed Technology also increases bio-availability and utilization of L-glutamine by providing a controlled steady supply for 12 straight hours. This constant supply and replenishment of glutamine will keep you in an anabolic muscle-building state and prevent catabolism. Glutamine-SR's 12 Hour Sustained Release Micro-Feed Technology has raised the standards in glutamine supplementation, making Glutamine-SR the most bio-efficient and powerful glutamine supplement in the world.

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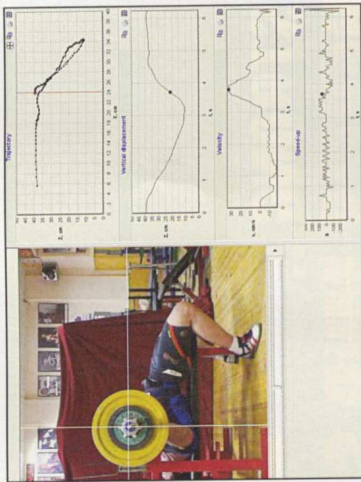
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TRAINING

BENCH PRESS TECHNIQUE

Results of the Biomechanical Analysis of the BP Technique as told to Powerlifting USA by Boris Sheiko, Vladimir Fetisov, and Boris Lukanov



Picture 1. Typical graphs of the trajectory of the center of the barbell's butt and of the time-bases of its vertical displacement, velocity and speed-up (on the graphs the black point designates the position of the current observable shot) (photos & graphs courtesy Sheiko)

For the achievement of the top results in sport, the efficient technique is necessary—the most rational and efficient way of the competition exercises execution. On the all sporting way from a beginner to the world-class athlete, a sportsman must constantly work upon the improvement of his technical skill.

Technical preparation of athletes is impossible without the analysis of the performance of the sport's exercises. The biomechanical analysis is the most objective and substantial. The question about its efficiency has particularly come up at the present stage of the sport development: the exercises technique getting more and more complicated, high requirements to the technical skill, the enormous incandescence of the sport fighting compels to mobilize the available reserves of the training information.

The exact quantitative biomechanical analysis of the exercise execution presents itself a powerful instrument of research in the sport field. This form of the analysis is necessary for revealing and setting the standards of competition exercises execution, for decision on a matter of determination of the biomechanical regularities of moving functions.

This kind of analysis allows us to understand the reasons and essence of technical mistakes of making physical exercises—first of all the athletic ones, to find the way to remove such mistakes, to select the variant of the efficient individual interpretation of the exercise technology and at the same time to save wholeness of the rational base of the technique. The biomechanical analysis presents the unit, which is called to link the biomechanics organically with sport training.

In modern sport the approach to the estimation of the sport exercise technique, either as many factors of the organism of the athlete, remains basically empirical. Very often the working of the researcher on analysis of facts about moving functions and their comparison carries the stale nature, particularly if serial experiment is conducted with many tested persons. Meantime with the information technologies development it became possible to automate the researcher's work, save him from the need to process manually the immense amounts of data. In particular, the temperature development of the video and computer technologies of the video files processing makes much more expedient the using of these achievements in the analysis of the sport moving functions.

In such sports as powerlifting at present time there is the deficiency in information about the biomechanical parameters of the competition exercises execution technique. During the studying of the scientifically-methodical literature the authors did not discover any works with detailed description of the rational technology of exercises execution in powerlifting of the possible changes of this technology depending on different factors (such as athlete's anthropometric parameters, the level or physical preparedness and athletic skill, the presence of the special equipment and others). Thereby, the undertaking of the studies in specified directions is very actual. All this can give more valuable information to the coaches and sportsmen in the field of skill revealing and rational management of the training processes.

The goal of our research is a study of the sport exercises technique in powerlifting with attraction of modern technical facilities. The detailed knowledge of the features of the motion will considerably help to elaborate the recommendations for the technique improvement methods of powerlifters of the different sport qualification. The given article describes some results of our work on studying of one of the three sport exercises—bench press.

The priority problems of this study were: 1) the statistical observations of the bench press execution technique by the athletes with different techniques

and qualification in competition conditions; 2) the categorization of the received kinematic features; 3) the comparison of the received features with success of the current attempts and the athlete's achievements in longer retrospective review.

In our study we have used the kinematical analysis elements of the human physical actions, in which the following motion features are usually studied as trajectories, displacement, velocities and speed-up time-bases. At this stage of the studies, for the bench press technique analysis in powerlifting we used the motion trajectory of the centre of the barbell's butt, as well as the time-bases of changes of the vertical coordinate of this point.

Basically all barbell's points move relatively to the athlete in planes, which are parallel to his sagittal plane. So in order to make an analysis of the motion of any point of the biomechanical system "athlete-barbell" it is particularly important to know two strands of its motion: vertical and horizontal, whose the integral factor is the motion trajectory of some point of the barbell. The trajectory of the barbell's center of gravity is one of the most important features of quality of the competition exercises technique in powerlifting, giving corresponding idea of vertical and horizontal spatial displacements of the whole system. Under certain admissions it is possible to think that the trajectory of the centre of the barbell's butt (CBB) repeats the trajectory of the barbell's center of gravity (BCG).

The study was conducted on the base of the School of the highest sportsmanship of the Republic of Bashkortostan (city of Ufa). The bench press execution by the athletes of different level was analyzed (Candidate master—30 persons, Master of sports of Russia—70 persons, World-class athletes—20 persons). The observations were conducted at the period of 2006-2007 during the competitions of regional and all-Russian levels: the Cup of the Republic of Bashkortostan (2006), the bench press championship of the Republic of Bashkortostan (2006), the Ural and Volga regions championship (2007), the championship of the Republic of Bashkortostan (2007), the Russian junior championship (2007), the Cup of Russia (2007). During the studies in the purpose of video filming we have used the digital Sony HDR-HC3E video camera with shooting speed of 25 frames per second. For the video clip's digital conversion we have used the base plate of the frame capture and software package Pinnacle Studio 10.0; the frame format—avi, 720x576 pixels. For the video segments' computer analysis the authors have elaborated the software product Motion Trace/Powerlifting.

The authors have analyzed more than 250 exercise execution attempts by the athletes of different level and different weight categories with the analysis of the above-mentioned kinematical features of the CBB's motion. The bench press technique analysis was conducted on the base of the bench press structure (5, 6) (Table 1).

Table 1. Phases of the Bench Press Execution

Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 7
The start position	Start position (weight on the floor)	Descent the barbell after the start position	The phase during with the weight pressing after the barbell is lowered on the chest	The bench pressing after the barbell is lowered on the chest	The barbell is displaced to the position	Putting the weight to the support after the barbell is lowered on the top-plate

According to the technical competition rules, the 1st and the 7th phases are executed by the athletes by the means of assistants [7], that's why the

bench press technique analysis directly from the 3rd to 5th phases provokes the most interest.

Phase 3. Descent the weight to the chest

After the acoustical signal "start", which is given by the main referee, an athlete lowers the barbell on his chest (the chest, according to the present rules, ends beside the base of the breastbone) [7]. The time of the barbell's descent on the chest depends on athlete's anthropometric particularities of (the lengths of hands), the width of the grip, the height of the "bridge", the lowering velocity and the barbell's weight, as well as it depends on the bench press shirt quality. After more than 250 graphs of the barbell's vertical moving in the descent phase were being analyzed, it was revealed that the duration of the descent phases varied from 0.6 up to 3.0 seconds that at the average has formed 1.28 seconds.

Phase 4. The pause fixing with the weight on the chest

After the barbell's descent on the chest, the athlete must keep it in still position on the chest [7]. The barbell's still position on the chest means the stop. At the analysis of the vertical displacements graphs it was revealed that the athletes' pauses are different, not only in its duration, but also in its execution. Along with athletes, who begin the barbell's press execution from the same point, where they have lowered it (for example see picture 7 and picture 8), we can meet the considerable amount of sportsmen, whose barbell is displaced during the pause on the chest. The barbell can be displaced onward (from the head) or back (for example see picture 11).

The minimum fixed pause duration made 0.3 seconds, the maximum pause duration was equal to 1.5 seconds. The average pause was 0.70 seconds.

Phase 5. Bench press

After the command "press" of the main referee the athlete must press the barbell upwards on straight hands without the surplus (too strong) unbending of the hands [7].

All paths of the bench press execution can be conditionally divided upon their form into several groups, differing by the typical elements. The each of the pictures 2, 11 presents one typical example of the each trajectory group that we have noted.

For all trajectories presented in the given work, the athlete's head must be situated on the left. The criteria of the clusterization on groups are: presence or absence of the intersection with the vertical, getting through the trajectory's beginning (which is shown by means of the vertical line on graphs); presence or absence of the loop; presence of the trajectory's vertical area, back before the beginning of the ascent of the barbell from the chest).

We shall consider the typical trajectories groups and their elements that have detected:

1. The trajectory of the type 1 (picture 2). The trajectory of the phase of the ascent (strictly the press) practically repeats the trajectory of the phase of the barbell's descent. There is no any intersection with the initial vertical. The trajectory is often nearly straight. The distant point of the stop from the vertical tells that the athlete has lowered the barbell far on his belly that is forbidden by the competition rules.

2. The trajectory of the type 2 (picture 3). The trajectory of the phase of the ascent once crosses the initial vertical and vastly deviates from the trajectory of the phase of the barbell's descent aside the athlete's heads.

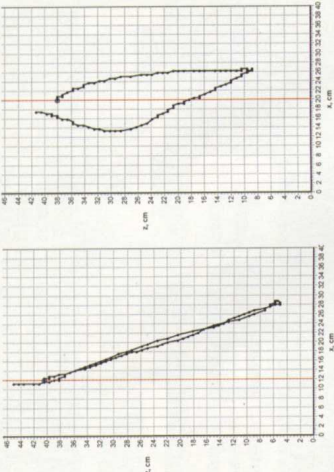
3. The trajectory of the type 3 (picture 4). The trajectories of the barbell's descent and ascent phases don't cross with each other and with the initial vertical; herewith they slightly differ from each other. The entire trajectory is situated on the right from the initial vertical.

4. The trajectory of the type 4 (picture 5). The trajectory of the ascent phase is slightly displaced onward from the trajectory of the descent phase and returns nearly in the source point. There is no any intersection with the initial vertical.

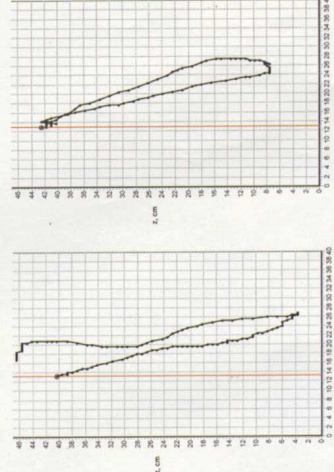
5. The trajectories of the type 5 (picture 6) are characterized with the presence of the loop in the lower part of the trajectory, moreover the ascent phase beginning is displaced to the right (up to the athlete's legs) relatively to the descent phase end. The trajectory of the ascent phase can cross or can not cross the initial vertical.

6. The trajectories of the type 6 (picture 7) are also characterized with the presence of the loop, but it is higher than in the previous trajectory. The ascent phase beginning is displaced to the left (to the athlete's head) relatively to the descent phase end. The trajectory of the ascent phase doesn't cross the initial vertical.

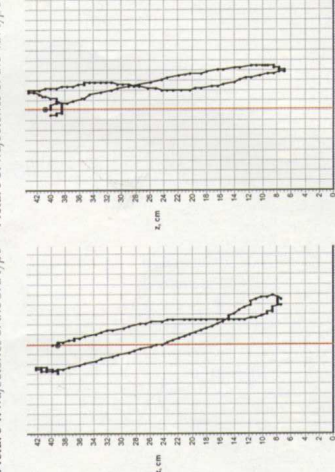
7. The trajectories of the type 7 (picture 8). The ascent phase trajectory once or twice crosses the initial vertical. On the picture 8 we can see that



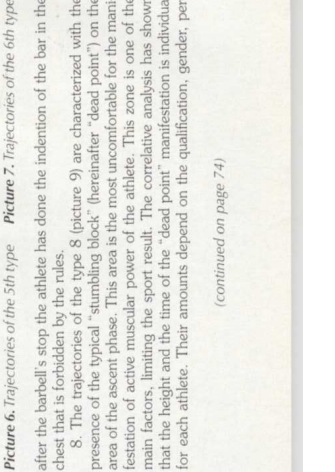
Picture 2. Trajectories of the 1st type



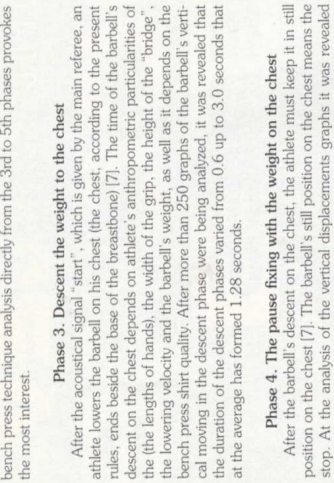
Picture 3. Trajectories of the 2nd type



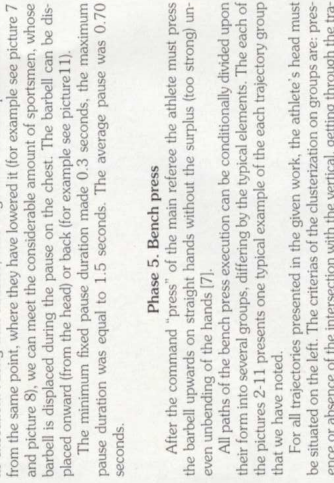
Picture 4. Trajectories of the 3rd type



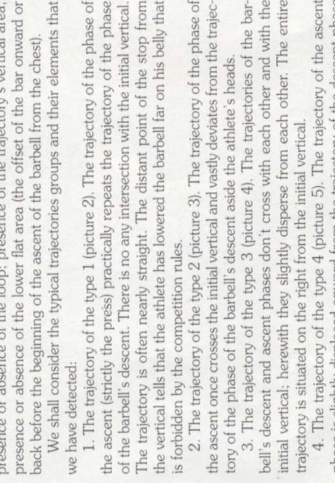
Picture 5. Trajectories of the 4th type



Picture 6. Trajectories of the 5th type



Picture 7. Trajectories of the 6th type



Picture 8. Trajectories of the 7th type

after the barbell's stop the athlete has done the indentation of the bar in the chest that is forbidden by the rules.

8. The trajectories of the type 8 (picture 9) are characterized with the presence of the typical "stumbling block" (hereinafter "dead point") on the area of the ascent phase. This area is the most uncomfortable for the manifestation of active muscular power of the athlete. This zone is one of the main factors, limiting the sport result. The correlative analysis has shown that the height and the time of the "dead point" manifestation is individual for each athlete. Their amounts depend on the qualification, gender, per-

(continued on page 74)

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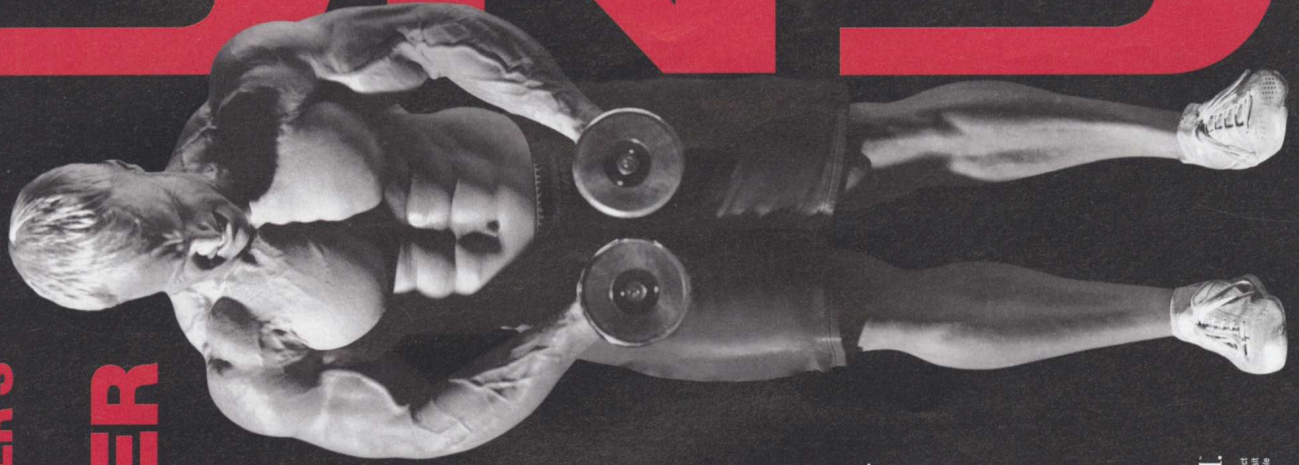
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Anabolic Doc: I can't get enough!
Q: That series you did with the Anabolic Doc was off the wall. I can't believe you had the guts to ask all those questions. I have to give you some real credit for that. It was my all time favorite interview you ever did for the magazine. It was so hardcore and controversial and in your face. I loved how you explained so many of the hypocritical laws that exist in this country in regards to performance enhancing drugs. When I read that series it is as if you asked all the questions that I would have loved to ask a doctor or even a politician. I was just wondering if you are going to be doing any more updates with Dr. Tom O'Connor in the future. Keep this cutting edge info coming because we as a powerlifting community really are grateful for having professionals like you and Dr. O'Connor looking out for our best interests and health!

*Yours in strength,
John Gabriel*

A: I am so happy to hear that you liked the interview series so much. Both Dr. O'Connor and I put endless hours in putting it all together and actually took several months to complete it. I knew that all the hard work would be well worth it because not only would it educate you in many areas that are of great importance, but I knew with my "off the cuff" questions you would also enjoy it as well. Now in regards to Dr. O'Connor, I do plan on doing some features with him later in the year to keep you updated on how he is doing and give you some interesting information about some client's cases that he has taken on because of the series. I know this will be exciting in the least because you will see the Anabolic Doc in action in terms of his ability to keep you the powerlifter (enhanced or natural) healthier than you could ever dream. Something that will definitely be of interest to you is the fact that Dr. O'Connor now has a monthly column in Muscular Development magazine. This is a bodybuilding magazine and in my opinion it is the premier bodybuilding magazine in the world. To be honest with you, it would be worth picking up even if you just read the Anabolic Doc's column alone. He started writing for Muscular Development in the November 2009 issue—just in case you want to get your hands on some back issues you will know where to look. If you thought my interview series was straight to the point, then you are really going to love his column. It's actually named "The Anabolic Doc: Raw and Uncensored." If you thought he let it all out in my interview, you haven't

NUTRITION

POWER NUTRITION Q & A

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



The Anabolic Doc, Dr. Tom O'Connor, shed some light on steroid use

seen anything yet. His column discusses clinical medicine in relation to performance enhancing drugs, strength training, natural medicine, and even anabolic profiles. He even has his own section to discuss his opinion on controversial topics that are covered in the media in relation to what is going on with the drugs in sports agenda. Believe me, it is hardcore and I am sure you have never seen a doctor this outspoken and controversial. I am telling you it is one bad ass column and if you liked what he discussed here in the pages of PL USA, you will absolutely love his uncensored column in Muscular Development.

Nutritionist to Nutritionists... I need your Advice
Q: Hi Anthony, I just wanted to drop you a line and ask your pro-

ciate anything you could offer me in terms of advice since I am new to the industry and want to use a program that is professional and comprehensive for my new business. Thank you for taking the time to get back to me in advance, and please keep up the interesting articles.
Nutritionist to Nutritionist,
Mike Polson

A: Hey Mike, it's good to hear from you. Congratulations on becoming a nutritionist. It sure does feel good when all your studies are now complete and it's time to enter the work force. It will take some time transitioning yourself from the labs and lectures of university to going to an office space where you will be consulting with clients day after day. Making this transition as easy as possible will be accomplished by doing what you just did—contacting those that have been in the trenches for years already to help you make the right choices, even when it comes to software. Having the right clinical nutrition software in going to be the single most important piece of equipment you will use in your practice. Here is where you will design your client's nutrition and supplementation plans and keep their files as well. Making sure you buy the right one right from the get go is a very good question to ask since this type of software will cost you several hundred dollars—if you get the right one it will be so invaluable to your practice that it will be worth its weight in gold, and I mean that literally. Now over the last decade I have used several different nutrition software programs. Many of them do not offer many features and can be quite hard to navigate through. This is something you don't want to deal with because you want it to be as easy as possible to learn and maneuver through especially when a client will be sitting in front of you waiting for their plan. The program that I use is called NutriBase 8 Professional. I like this program for many reasons and I could write a small book on them all, believe me, it is that good. So let me go through some of the many features and options that NutriBase offers that the competitors do not.

- You can import recipes, PFI's, meals, and meal plans by simply double-clicking on their file names.
- NutriBase features a fully customizable Quick Access Toolbar similar to the one you are familiar with in Microsoft Office.
- NutriBase lets you create pre-licensed, royalty-free Client Intake Module (CIM) CD's for your clients. This will let them install software to

(continued on page 82)

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

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

Over the next few months, I am going to profile some of our sports most celebrated lifters drawing upon interviews, research, and articles from *Powerlifting USA* in order to determine where they are now. In short, we are going to take a trip down memory lane in order to call to mind what some of these lifters accomplished during their career and to find out what they're up to now.

Vince "Vin Dog" Anello

In the seventies, along with Larry Pacifico and Fred Hatfield, Vince Anello was as celebrated a worldwide figure as United States powerlifting has ever known. In powerlifting circles, he was considered a god, a multiple world record holder and a national and world champion many times over. Without question Anello is considered one of the greatest powerlifters to ever walk onto a lifting platform. He is literally a powerlifting icon. He is also considered by most lifting experts as the greatest deadlifter of all-time, when elite superheavyweights were struggling to break the 700 pound barrier in the deadlift, Vince was consistently exceeding the 800 pound barrier weighing less than 200 pounds. In competition it was not uncommon for Vince to put

all the systems together to form an integrated whole. That is what we try to do at our personal training gym, and we have been extremely successful with this approach, not only with the athletes we train, but with everyday folk who are trying to lose weight and get into shape. I am really proud of what we have accomplished at the fitness center," continued Vince. "Honestly, helping others to reach their goals has given me as much satisfaction as any world title I ever had."

Sue and Vince are also very active in the Greyhound rescue program. They have their two dogs with them, Ajax and Firefly, around the clock. "I love animals. No matter where we go we take Ajax and Firefly with us—we are family," Vince admitted. "Our clients at the gym absolutely love them. In March, Betsy, our first dog, passed away. It literally broke Sue's and my heart. I miss her terribly."

There is no doubt that Vince is a powerlifting icon—one of the greatest powerlifters of all-time. More importantly, though, he is a wonderful human being. He has outstanding character. He is extremely devoted, honest, humble and kindhearted—qualities which are indeed rare in today's society. Numerous times during his career, he has gone out of his way to help others. In fact, he has a propensity for putting others ahead of himself. In this respect, he is a very special human being.

Perhaps, the most important and most revealing facet of Vince's life is the fact that he is a man of compassion and love. He is constantly reaching out and helping others with his time, his money, his knowledge and energy. His philosophy is, basically, people first and things second. Everyone who knows him loves and respects him. In short, Vince Anello is not only a world-class athlete, but he is also a world-class person.



"Lifting Machine," Vince Anello pulling pounds Vince with his wife, Sue Vince loves his Greyhounds, Ajax and Firefly

DR. JUDD

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

all brothers and sisters in a great sport, regardless of all the federations of different federations, and I have found wonderful people in every one of those federations. Still, I just wish powerlifting would consolidate all of these governing bodies so that we would all be together again. I think it would make the sport more credible. Our world championships would then decide who are the strongest women and men in the world, and our records would reflect a more valid measure. As it is today, with all the federations, it is hard to determine who the best lifters are."

Amazingly, Vince competed well into the nineties even though he had a badly damaged hip. In 1998, he was forced to retire, because of his hip. Shortly thereafter, he married Sue Hoch, the absolute love of his life. In 2003, due to extreme pain, he had a complete hip replacement. Sue was instrumental in nursing him back to health. Together they founded Anello Body Fitness (www.anellobodyfitness.com), a fitness personal training gym in Strongsville, Ohio. The institute is designed to train athletes both mentally and physically. "I have always felt that athletic performance is multidimensional," said Vince. "An athlete is not just a physical being. He also has a psychological and social side. Consequently, for an athlete to reach his optimum level of performance, he has to concern himself with all three systems. He has to put

deadlift his nearest competitors by as much as 200 pounds. He was literally a deadlifting machine. His coach, Vince Lubawicki, once told me that when Vince was training for the 1976 Worlds he actually pulled a mindboggling 880 pounds. "Vince was scheduled to pull 750, 800 and then 820," Lubawicki explained. "He pulled the first two lifts with relative ease, but the 820 went extremely hard, literally spine bending, which really surprised all of us—including Vince. When we checked the weight, we discovered that we had misloaded the bar. We had 880 pounds on the bar, not 820 pounds. During my entire powerlifting career, that was the greatest lift I ever witnessed."

Making near impossible lifts was rather commonplace for Vince Anello. In fact, his phenomenal career has been one long highlight film: 20 world records, and countless national and international championships. His best lifts at 198 pounds, equipment unaided, are a 750 pound squat, a 500 pound bench press, an 821 pound deadlift and a total of 1980 pounds. Not surprising, Vince was inducted into the Strength Hall of Fame at York, Pennsylvania, in 1998.

Vince's allegiance and commitment to the sport of powerlifting are rather obvious when you talk to him. Certainly his views on the current state of powerlifting are rather unique and refreshing. "I love powerlifting and I always will," Vince says. "I contend that we are



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WILLIE MORRIS



Willie Morris (right) with good friend Bob Rood

Willie Morris, age 65, passed on January 28, 2010. Willie was well known throughout the powerlifting community and held several records. He spent much of his early life in Baltimore, Maryland, where he worked as a longshoreman and began lifting weights in a church gym. He was instrumental in teaching others to exercise and compete in the sport he loved so much. He had a varied career, including professional boxing, and retired from the office of Sheriff of Greene County, Virginia. He is survived by his mother, Margaret Morris, daughter, Lisa, and grandson, Ryan. (courtesy of Dave Rood)

I am sad to report that our close friend and powerlifting legend, Willie Morris, died (January 28th) at age 65...I want to say I loved and respected Will and he was family to me. I will miss him very much. Will and I promoted drug free powerlifting for the past 25 years. Will gave more to the sport than anyone I know.

Will was a great meet director. We have put on all 24 ADPPA/USAPL Virginia State Championships ever held and numerous open contests. He was the meet director for the 2009 Raw Nationals. We held many other national level meets with the USAPL Masters Nationals (twice), Lifetime Nationals (twice), Squat Nationals, and Police and Fire Nationals.

Will is a multi-time IPF World Champion lifter having traveled the world, representing the United States. He set IPF World Masters records in three weight classes—242, 275, and Supers—and several age groups—50-59 and 60-69.

— John Shifflet



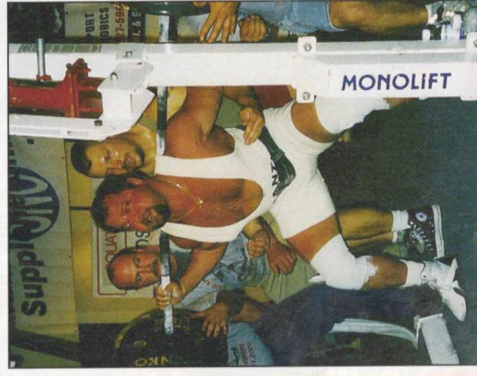
Morris — IPF Masters Total record of 702.5

POWERLIFTING PASSINGS

MICHAEL FESSENDEN

Michael R. Fessenden passed away January 6, 2010. He was 42 years old. Mike was one of the strongest pound-for-pound lifters I have ever trained with. Injuries kept him from reaching his potential. Mike is survived by his son Tyler, 11, and his mother, Ruth. We are all devastated by the loss of Mike. He will be sorely missed by all that knew him.

— Danny & Renata Defelice



Fessenden at the 2000 APF Senior Nats (c. Defelice)



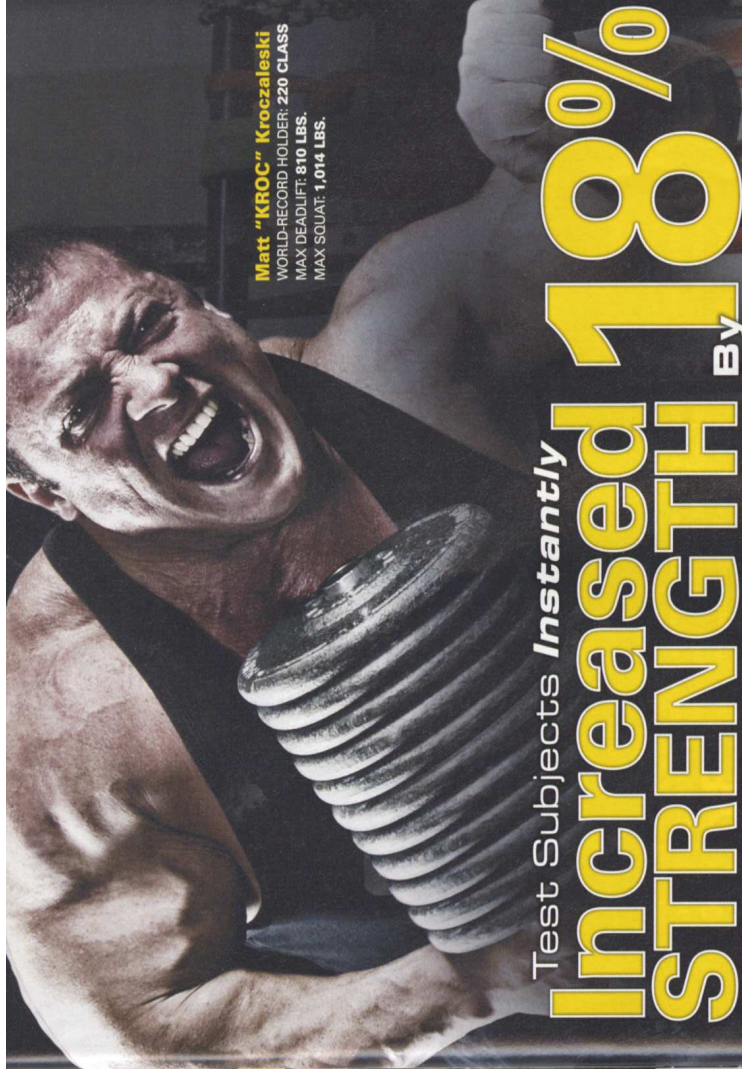
Tom Manno pushed up 702 lb. at the 2009 NASA Natural Nationals in OK (photo courtesy Jim McDermott)

TOM MANNO

Feb. 16, 1958 - Jan. 27, 2010

- NASA and WABDL Lifter
- 2009 NASA National Coach of the Year
- 2008 NASA Overall Athlete of the Year
- 2005 NASA National Hall of Fame
- 2004 NASA Male Athlete of the Year
- American and World Record Holder

Tom Manno at the WABDL Worlds



Matt "KROC" Kroczaleski
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ingredient in naNO Vapor® Hardcore Pro Series increased strength by 18.3 percent on the chest press compared to when using a placebo (5,254 vs. 4,442 lbs. of total weight lifted). But there's more to this new training experience than just an instant increase in strength. It's a raging rush of energy that consumes your every movement and harnesses razor-sharp mental focus. It's also a nitric oxide charged, blood-boiling experience that's designed to amplify anabolic nutrient delivery while you're hitting the weights. It's even formulated with two other key ingredients shown in research to build lean muscle faster than when using a placebo. In a controlled scientific study conducted at the University of Sao Paulo, researchers separated the test subjects into two groups of 10. At the end of just eight weeks, the test subjects using key ingredients in naNO Vapor Hardcore Pro Series gained dramatically more lean muscle than the control subjects. Get on this all-in-one pre-workout formula to take your lifts to the next level.

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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 an exclusive 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.

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INCREASES MUSCLE STRENGTH BY 30%

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%.³



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¹In a 12-week, uncontrolled study, 50 healthy, resistance-trained bodybuilders were randomized to either consume 1.5 grams whey protein and 1.5 grams leucine, demonstrated for more than 12 weeks, or to consume the Amplified Wheybolic Extreme 60 supplement. The latter group showed greater increases in muscle strength and performance. ²In a 12-week, uncontrolled study, 50 healthy, resistance-trained bodybuilders were randomized to either consume 1.5 grams whey protein and 1.5 grams leucine, demonstrated for more than 12 weeks, or to consume the Amplified Wheybolic Extreme 60 supplement. The latter group showed greater increases in muscle strength and performance. ³In a 12-week, uncontrolled study, 50 healthy, resistance-trained bodybuilders were randomized to either consume 1.5 grams whey protein and 1.5 grams leucine, demonstrated for more than 12 weeks, or to consume the Amplified Maxertion N.O. supplement. The latter group showed greater increases in muscle strength and performance. ⁴In a 12-week, uncontrolled study, 50 healthy, resistance-trained bodybuilders were randomized to either consume 1.5 grams whey protein and 1.5 grams leucine, demonstrated for more than 12 weeks, or to consume the Amplified Muscle Meal supplement. The latter group showed greater increases in muscle strength and performance.



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In a 12-week, uncontrolled study, 50 healthy, resistance-trained bodybuilders were randomized to either consume 1.5 grams whey protein and 1.5 grams leucine, demonstrated for more than 12 weeks, or to consume the Amplified Wheybolic Extreme 60 supplement. The latter group showed greater increases in muscle strength and performance. ²In a 12-week, uncontrolled study, 50 healthy, resistance-trained bodybuilders were randomized to either consume 1.5 grams whey protein and 1.5 grams leucine, demonstrated for more than 12 weeks, or to consume the Amplified Maxertion N.O. supplement. The latter group showed greater increases in muscle strength and performance. ³In a 12-week, uncontrolled study, 50 healthy, resistance-trained bodybuilders were randomized to either consume 1.5 grams whey protein and 1.5 grams leucine, demonstrated for more than 12 weeks, or to consume the Amplified Muscle Meal supplement. The latter group showed greater increases in muscle strength and performance.



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THE SHED

When Fitness World of Lewiston, Maine, closed this past June, training partners **Tony Petрино, Kyle Davis, Paul Dulac, and Russ Barlow** created their own hardcore gym in an 8x16 foot storage shed. The four determined powerlifters equipped the shed with a monolith, deadlift platform, lat pulldown, seated longpull, power rack, 2000 lb. of plates, a standing leg curl, bench, incline bench, and an assortment of bars. "The shed was so packed that when we went to train and opened the doors, equipment actually fell out on the ground," Russ Barlow said. Due to the lack of space to train inside of the shed, squats, deadlifts, bench pressing and assistance training were often done outdoors. (Thanks to Russ Barlow for photos and story of The Shed)

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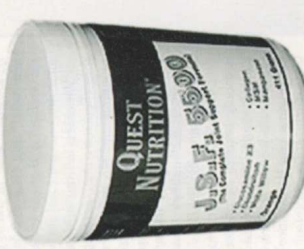
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other like it to replace it. I wish I could because this one is over 4 years old and pretty worn out, but I still love it. So currently I'm looking into a new shirt and have a few in mind I'd like to try.

CB: How do people respond when they hear how much you bench?

MS: I really don't talk much about my lifting to "non-lifters," so they understand the shirts and the training, etc. Generally they say "wow, that's a great bench for your size." I hate the "for your size" part.

CB: What are your future goals?

MS: My short term goals are to total over 2000 @ 198, compete at the AAFF Nationals and AWPC Worlds, squat over 800, bench over 650, and pull over 600. Long term goals I like to keep to myself for internal motivation.

CB: So far in your powerlifting journey what has been your favorite, craziest, most hardcore and most memorable moment?

MS: My most memorable and favorite moment was actually taking 3rd behind Brad Heck and Jay Fry at a USA Bench Bash for Cash pro meet. It was an honor to share the platform with 2 guys at the top of the game like they are. I guess I don't really see what I do as "crazy" or "hardcore," it's just what I do and who I am; I hate to back down, so training can get pretty wild.

CB: Where do you train? Who do you train with and what is it like?

MS: Over the years I've had a great experience with great training (continued on page 76)

INTERVIEW

MIKE STROM

interviewed for PL USA by Ben Tatar of Critical Bench

MS: I've been married for just over 5 years to my wife Alicia, and we live in Kenosha, WI, which we love—at least from March through September each year when snow isn't an issue.

CB: I work as a carpenter building custom homes, which I enjoy, but it can also interfere with training demands of the job.

MS: What is your biggest BP today?

CB: My best competition bench is 606 @ 198, 562 @ 181 (both top 50 all-time). My best bench raw in the gym is 415.

CB: Tell us about the first time you benched 225, 300, 400, 500, and 600 lb.? Tell us a little about how you trained to get to each and how you overcame each of those bench press barriers one by one.

MS: I recall making my first 200+ bench shortly before my first 200+ started lifting in my parent's basement at 8 years old. I remember because I had the old concrete weights we used to have to hang bags off the ends of the bar with dumbbells in them to add extra weight.

Throughout high school I was pretty much stuck in the mid 200's until I finally found out about powerlifting. Once I started to train more like a powerlifter and less like a bodybuilder as well as gaining a few pounds—I finished high school weighing about 155 and moved up to about 175 by

the time I benched 300—I passed 300 fairly quickly by 1999, after powerlifting about one year.

Four-hundred seemed to just come along pretty easily as I built a strong base and moved into the EHPPD shirt after using the old my first 400 bench in 2002.

Five-hundred was a bit more of a struggle. It took some evolution in my training as far as learning more about my individual weaknesses and what exercises paid off for me. I needed to focus on building lock-out strength and as that came along I pushed past 500 in '05.

I hit 600 for the first time in late 2006, so that came pretty quickly once I passed 500. I switched shirts again (went from the denim to a 2-ply Rage-X) which I think helped, and my improved training knowledge help me progress more quickly, and again I moved up in bodyweight to the 198 class.

Since first benching 600, things have slowed down again as I've been focusing on competing in full meets, but my total has been moving up well.

CB: Do you ever scare yourself by knowing that you're benching well

Mike Strom (middle) has joined the ranks of great benchers like Brad Heck (left) and Jason Fry (right) (photo courtesy Critical Bench)

28

HARDCORE GYM #95

Would you rather wear tight or a mankini?

MCDOLE PERFORMANCE SYSTEMS OF CANADA

as told to Powerlifting USA by Rick Brewer

themselves to the limit daily. (I really pushed my stomach to the limit at lunch today!) RB) It is also very common to see guys out in the back alley puking—be it from squatting, the prowler or our tread-sled. A few lifters (myself included) can even find ways to row ourselves to vomit.

I have competed in bodybuilding (too gay), strongman (too much conditioning) and now powerlifting. I wanted to give them each a try once I was done with college football, and eventually land on

McDole really think is the gayest, and why.

McDole Performance Systems has always been owned by Chris McDole. He started the gym in downtown Winnipeg. It is easily accessible to every serious lifter in our small city. Chris worked for 7 years at another private training facility in the city. Eventually, it came time for him to branch out and apply his own training principles, so he opened MPS Gym.

As I said earlier, our clients range from 10 year old youngsters to professional athletes in the UFC, CFL and NHL. Anyone who is coming here to train knows beforehand what they're getting themselves into, and what our principles are. That is part of the gym's culture. Our goal with every athlete who comes through our door is to have them get back to their sport the next season; the biggest, fastest, and strongest guy at their position on their team. We've had multiple athletes be accused of taking steroids by their teams, only to be tested and pass. They get that strong here. They also develop the MPS attitude. Puking is a badge of honor around here, and we've got easy access from the weighroom to the back alley for guys (and girls) to earn their badges. (Is it okay if I just squat 135, but put my finger in my throat and still puke?) RB) We have lifters who actually feel let down, if someone else in their group has puked and they didn't work themselves to that same level of intensity.

We assess all our athletes before they start their personalized programs and record every workout. We do this so we have written and recorded proof, our guys put on an average of 20 lb. per off-season, as well as their incredible strength gains. (Cool! RB)

Lifters buy into our program not only because of previous recorded results, but also because they see the work that Chris and I put in ourselves. We practice what we preach. I wouldn't feel right putting these guys into the ground if I couldn't do it to myself. On any given day we may decide to take the prowler and do some sort of stupid challenge until one of us is completely gassed. Just last Thursday (Christmas Eve) I was finishing my max effort rack pull (600 lb.) and while I was unloading it Chris stopped me with 265 on the bar and we decided 40 reps was a good number to try—just for fun. Shit like that is our idea of fun around here.

Same thing with the rows; I got my wrist wrap, wrapped my hand around the 190 lb. DB and began

Last month we saw some old photos of a Strongman Apollo, from back in the day. Man, those old-time strongman wore some crazy outfits! You don't see too many leopard-print singlets with only one shoulder-strap anymore. So cool, but SOO hard to find. I wonder why? Today, we'll find out what some Canadian lifters think about our modern day powerlifting costumes. We'll also decide which big-iron sport (powerlifting, strongman, or bodybuilding) is the gayest. Useful info!

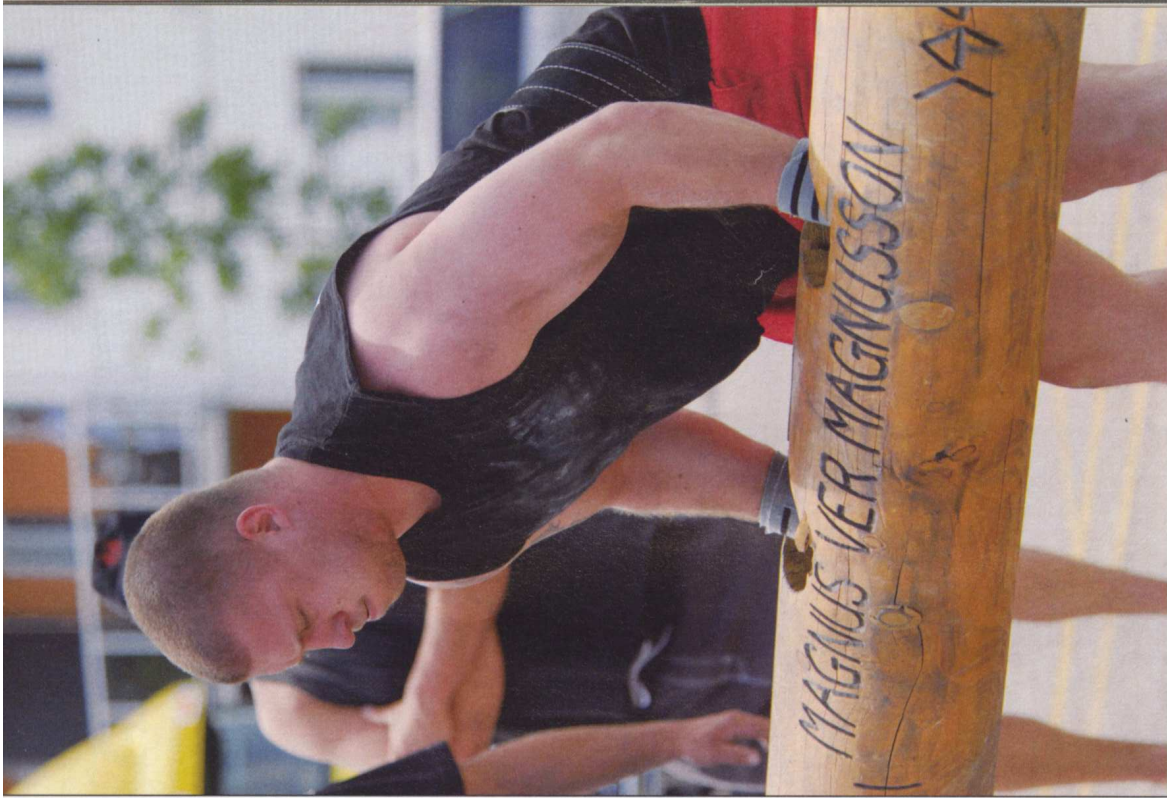
First a word from our vomit-master, Dave Beakley: We're in Canada (Winnipeg), but we do have a hardcore gym at McDole Performance Systems (MPS Gym). The majority of our clients are athletes—including some from the UFC (Joe Doerksen), NHL and CFL (Canada's pro football league). We've got guys that come in here and push

to row. My goal was to row until I simply couldn't lift it anymore. This was at the end of my upper body day, and I just wanted a bit of a pump, and I like to wrap it up with a bit of a challenge. At around 12 reps I had to drop the DB, speed walk outside and blow chunks. That day I had eaten a double deluxe burger with chili, and a strawberry milkshake, and my puke was definitely a nice shade of strawberry shake. (Makes me hungry. RB)

I've really enjoyed the transition in my training from college football, to bodybuilding, to strongman, to powerlifting, which is what I'm doing now. I plan on sticking with powerlifting! I really felt bodybuilding was gay, just because of its narcissism. I'm not saying bodybuilders are gay, but I think the sport is just a bit much. Every other thing I've trained for was performance oriented, and suddenly I took a turn to posing in a mankini for months and eating fish and rice cakes. The experience was good, but it's nothing I'd like to do again. I knew all along I wanted to end up with powerlifting. I love the challenge to set a personal record every training session, and I can't lie, the diet is much better! It is great to be able to eat whatever I like (within reason).

It's funny with bodybuilding and powerlifting though, on the relative gayness scale. Two supposedly really masculine sports and what do guys wear? One goes on stage looking like a male stripper on his last song, and the other is wearing a unitard. (At least they are generally solid color Singlets nowadays!) RB) I think that's why McDole went with strongman. You wear what you like, and still look pretty badass. Most of the fat guys are jacked, and even the fat ones get 'cred' when people hear about the crazy shit they do. Chris does really well with the stones at all of his competitions—I think it's helped him a lot in the standings. He loses them so much, we've even got a picture of him holding one on the front of our webpage, www.mcdoleperformance.com.

Chris and I both do a lot of sled training, whether it's pushing or pulling them. Obviously as cold and snowy as it gets up here, we haven't tried, but Chris had turf put inside so we can do sled work year round. (Good idea! RB) It's definitely a huge advantage for us in keeping our conditioning up year round. One of the sleds we used is called "the prowler" and as bad-ass as it sounds, it's much worse. Plate loaded, it puts you into basically a bear crawl posi-



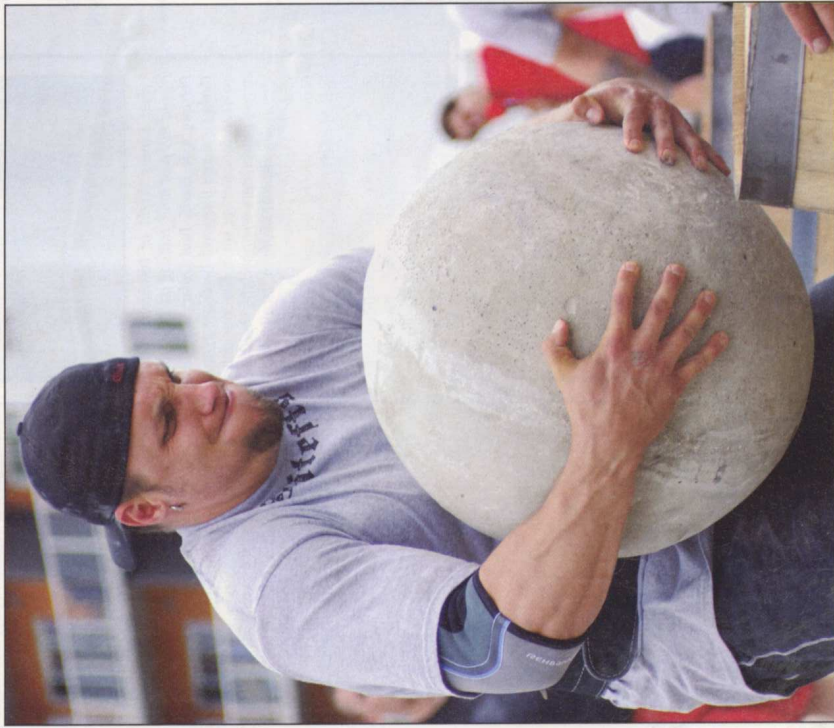
Dave Beakley pushes himself to the limit (photographs courtesy of McDole Performance Systems Gym)

hope all of you will come vomit with us at MPS Gym! Seriously, it sounds like these guys push themselves in a variety of ways—and it pays off with size and strength gains. Plus, they have been insight into the gay lifting community clothing! By the way, no guys were harmed during the writing of this article—and no intolerance is suggested. Heck, we wear the Singlets for you don't we?

Next month, we might visit a Hardcore Gym in the new epicenter of Hardcore lifting. Seriously, it's a brand new state for us to visit, but the lifters are brutally hardcore, and there are several hardcore gyms as well. Can you guess what state it is? proof! Can you guess what state it is? proof! Can you guess what state it is? proof! Can you guess what state it is? proof! Can you guess what state it is? proof!

Next time that I'm training in Winnipeg, Canada I know where I'm gonna go vomit! I

Chris McDole, owner and founder of McDole Performance Systems of Canada, has a soft spot for stones



POWER RESEARCH

— dedicated to bringing Science to the sport of Powerlifting

NITRO-TECH HARDCORE PRO SERIES

as told to Powerlifting USA by Team MuscleTech

Q: I heard Team MuscleTech has released a new version of their Nitro-Tech Hardcore formula. I really liked the last Nitro-Tech because I saw great improvements in my strength while I was on it, so what's this new formula all about?

A: You're not the only one who wants to know; there's a ton of talk about the latest and greatest Nitro-Tech formula! The new Nitro-Tech Hardcore Pro Series formula is an extremely potent, scientifically advanced musclebuilding whey protein with a core formula shown through university research to be far superior to regular whey protein for building muscle and jacking up strength! And, Nitro-Tech Hardcore Pro Series is just one of the scientifically advanced formulas featured in the new Hardcore Pro Series line of supplements from MuscleTech® — also featured are Cell-Tech™ Hardcore Pro Series and Nano Vapor® Hardcore Pro Series.

With Nitro-Tech Hardcore Pro Series, you get 25 percent more protein per serving than the previous Nitro-Tech Hardcore formula; every maxed-out daily dose of the advanced protein component delivers 11 grams of leucine and 13 grams of additional BCAAs! And, in fact, some of the best anabolic amino acids are BCAAs because they're able to effectively stimulate protein synthesis.

Like all of the premium MuscleTech® supplements, the new Nitro-Tech Hardcore Pro Series formula was developed using real scientific research. In a six-week, double-blind university study conducted collaboratively by researchers from University of Saskatchewan and St. Francis Xavier University, test subjects using the core formula in Nitro-Tech Hardcore Pro Series packed on an incredible 73 percent more muscle (8.8 vs. 5.1 lbs.) than those using whey protein! And, when compared to subjects using a placebo, Nitro-Tech Hardcore Pro Series test subjects packed on 340 percent more muscle (8.8 vs. 2.0 lbs.).

When it came to achieving bulk-like strength, every lifter's top priority, the results were just as impressive: Subjects taking the core formula in Nitro-Tech Hardcore Pro Series increased their bench press by a whopping 143 percent (34 vs. 14 lbs.) more than subjects using whey protein, and the placebo group only added 16 pounds! With study results like that, it's easy to see why there's so much industry buzz surrounding Nitro-Tech Hardcore Pro Series; it absolutely dominates your tried-and-true whey protein for packing on muscle and jacking up strength!

Additionally, Nitro-Tech Hardcore Pro Series contains proprietary ingredient blends; this includes Nitroxen, In-solugen, ENZYPLEX and the SynthePro complex, which features a powerful key musclebuilding ingredient shown in a university study to promote protein synthesis, which in turn increases the production of muscle tissue. What

does this mean for you? Huge muscle gains and drastic improvements in strength, fast! And to top it off, Nitro-Tech Hardcore Pro Series was engineered with three state-of-the-art technologies: Tri-Phase Filtration Technology for ultra-pure protein, Nitrogen Retention Technology to enhance nitrogen retention and therefore muscle gains, and Micro-Diffuse Technology to deliver micron-sized particles of a key musclebuilding ingredient with enhanced dissolution properties!

The science backing its core formula is rock-solid and the real-life results are undeniable. Bottom line — Nitro-Tech Hardcore Pro Series is far superior to regular whey protein for packing on muscle and strength.



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- In a university study, test subjects increased max bench by 143% (34. vs. 14 lbs.) more than subjects using whey protein.
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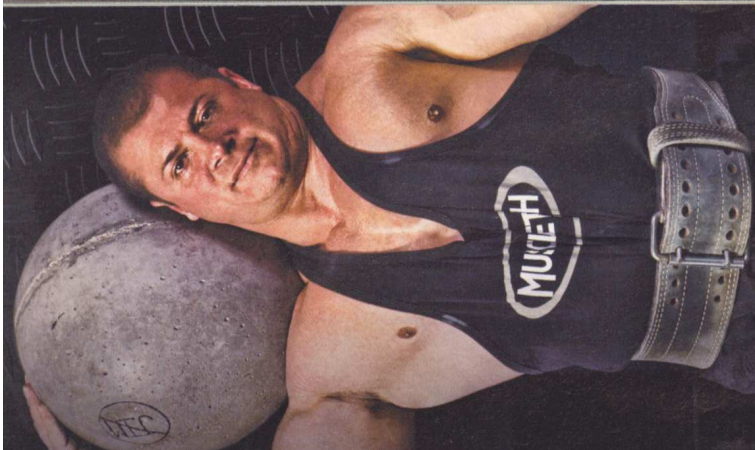


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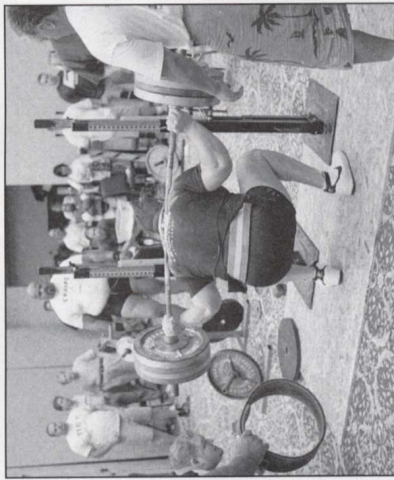
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In a six-week collaborative, double-blind study by researchers from University of Saskatchewan and St. Francis Xavier University, test subjects using the core formula in Nitro-Tech Hardcore Pro Series packed on 73 percent (8.8 vs. 5.1 lbs.) more pure muscle than subjects using whey protein; the placebo group only gained 16 lbs. In a six-week study, subjects using the core formula in Nitro-Tech Hardcore Pro Series jacked up their bench press by 143 percent (34 vs. 14 lbs.) more than subjects using whey protein; the placebo group only gained 16 lbs. © 2010.



STARTIN' OUT

INJURY AVOIDANCE as told to Powerlifting USA by Doug Daniels



Even in warm-ups, proper form is mandatory to reduce risks of injury. Lifting is a complex task, and the risks of injury are high. Proper form is essential to avoid injury and maximize performance. The text discusses the importance of form in various lifts, including the squat, deadlift, and bench press. It emphasizes the need for a strong core, proper foot placement, and controlled movements. The author also mentions the importance of warming up and using proper technique to avoid injury.

Enhanced flexibility is important. Flexible muscles, joints, etc., can be keys to avoiding injuries. Many lifters balk at working flexibility thinking it's a waste of time. Not only can it decrease the incidence of injury, but also enhanced flexibility may allow a lifter to improve their lifting style and actually lift more weight! I suggest getting a book on flexibility for specific exercises and techniques, concentrating on hamstrings and shoulders. Work into stretching slowly. Don't try to achieve Chinese gymnast flexibility the first day.

Balanced or symmetrical torso strength or as they call it now, core strength can help decrease back injuries. By balancing your torso or core strength, I mean work those abs as well as the spinal erectors. Both deadlifts and squats strengthen and wear down your lower back. Building up your abs will allow them to work equally with your lower back (erector) muscles to stabilize your body during just about all lifts. Crunches 3-5 times a week are a great choice as well as many weighted ab machines. Inflation exercise and medicine balls are another good alternative.

Overtraining can't be overlooked as a cause of injuries. In a quest of gaining size and strength, we sometimes do too much. Most mortal and

happas asking for trouble. Control the

non-chemically aided lifters can endure high volumes of training for only so long. When overtraining starts to set in, strength and energy levels can quickly fall off. Aches and pains mount and your concentration level decreases making you increasingly vulnerable to injury. My suggestion is to follow some of these guidelines:

- Train each power lift no more than twice a week.
- Take a 1-week layoff from weights every 12-16 weeks or after a major contest.
- Limit your amount of sets and reps as well as amount of exercises; don't over train.
- Don't use the same set/rep scheme for more than 3-5 weeks in a row. This way you can't overstress your body on heavy weights and low reps for too long of a time.
- Supply your body with the proper rest and nutrition it needs to recuperate from injuries and normal training.

Adaptate water intake (4-8 glasses daily) should be mandatory. Protein supplements are great too. Your general physical and emotional condition being can't be overlooked as a potential cause of injuries. If you're under the weather, your strength and recuperative abilities will be below par and your level of concentration will not be where it should be. In that case, don't go heavy or perform low rep sets; instead take a light or medium intensity workout. If you're really feeling out of it, skip your workout altogether. One of our missed workouts will not have any significant effect on your strength levels, but one unfortunate workout could end your training prematurely.

Following any minor illness, take a step back and then start up again with a short ease-in period. Emotional stress can affect you just as much as a physical illness. If you're involved in a stressful situation at work or home, you will not be able to fully concentrate while training. However, in some cases, a good workout can be great medicine to get your mind off your problems and channel that energy productively. If you choose to workout during a stressful period, I strongly suggest taking it easy on the weights. Lower your intensity level a bit and live to lift another day.

If you ever are in doubt about an injury or chronic pain, seek medical attention before you resume training. Aches and pains are intrinsic to powerlifting, but listen to your body and learn to tell the difference between minor pains and more severe pains that require medical attention. Locate a doctor with a sports medicine background. Regular doctors are not savvy enough to guide a competitive powerlifter back into resuming training, if and when the injury allows it. Always use proper exercise form and common sense in your training and get adequate rest and nutrition. Injuries may still be an unwanted bonus from our chosen sport, but you can decrease their frequency and severity.

Mike Tuchscherer: Thanks for doing this interview, Jeremy! Please introduce yourself.

Jeremy Hartman: I was born March 16, 1983, in Mayfield, Ohio, which is about a half hour east of Cleveland.

I graduated with Bachelor of Science in Physical Education from Bowling Green State University in 2006. I was undeclared at first, but I knew at a young age that I wanted to get into the strength and conditioning field. I learned that several collegiate strength coaches have an undergraduate or graduate degree in physical education, so I decided to take that route. I have always used weight training as a means to get better in my sports and was introduced to strength training at a very young age.

JH: What are your best lifts?
MT: 733 squat, 524 bench press, and 782 deadlift. All performed in the USAPL/IPF and at 218 lb.

MT: Most of us are lifters with day jobs. Your day job is being a strength coach. Can you tell us about it?
JH: I am currently teaching and coaching at Carroll High School in Ft. Wayne, IN. I teach six strength and conditioning classes during the school day and am also the Head Strength and Conditioning Coach for all sports programs. I usually coach a team before school and 2-3 teams after school every day and sometimes on Saturday as well. After working a 10 to 11 hour day in the weight room with the athletes at my school, I do not get a chance to train until 8 or 9 PM. Luckily my training partners have a similar schedule as me, so it works out for all of us.

MT: Being in a training environment sounds really interesting to many of us. What do you like and dislike about being a strength coach?
JH: I love the kids and watching them grow and get stronger. So many athletes are doing so much better in their sports because of the work they are putting in from the weight room. It is very rewarding to be a part of their lives and watching them succeed. Also, helping other coaches understand the importance of what their athletes are doing with me in the weight room makes for some successful programs at my high school.

The only aspect I dislike is watching some of the wasted talent come in and out of my doors. It is very hard to build relationships as a strength coach because I don't have my own team. Since I work with athletes in large groups (up to 80+) at a time, it's hard to build relationships and trust with the students. Some kids get it right away and love it; others need

INTERVIEW

JEREMY HARTMAN Interviewed for PL USA by Mike Tuchscherer



Jeremy Hartman pulling big at 218 lb. b/w. at the USAPL Nationals

It definitely adds credibility to my position and I do use some of my experiences to help them in certain situations. When I was growing up I was heavily involved in wrestling and saw that all the best coaches (Don Gable, John Smith, Bobby Douglas, etc.) were all Olympic Gold Medalists, World Champions, or at the very least had attained a high level of experience in the sport before they became coaches. I think it is really hard to train somebody to a certain level of excellence when that coach has never experienced it themselves. Some of my best coaches in my past and present were the ones that I could look up to because they could relate to what it takes to get to a championship level.

MT: Now I'd like to transition over into more about your lifting career. How long have you been competing? Can you tell us what titles you've won or records you hold?

JH: I've been competing since I was 18 years old, so 8 years now, but have been training with weights since as far back as I can remember. I've always competed in the USAPL/IPF because that is what I was introduced into and what I believe in. I have won a Teen National Title, 4 Consecrative Collegiate, National Championships, and a Men's Open in 2008. I have a few teenage and Collegiate National Records still standing, but am still most proud of my 710 deadlift I did at age 19 and at 214 lb. Vince Anello made a big impact on my idea of what a strong deadlift was. I talked with him many times about training and getting mentally ready to deadlift before I pulled that weight.

The next biggest highlight was my 782 lb. Gold Medal deadlift at the 2008 IPF Open World Championships at 218 lb. Even though I just missed placing top 3, it was an awesome feeling to pull that weight and to win a Gold Medal for the deadlift at the IPF World's.

MT: In our past discussions, you've told me a little about your training. Would you care to share with everyone how you've been training lately?
JH: I was introduced to a West-side template when I was younger (much like you started off with) because that was what the guys at my gym were using and I had no idea there was any other way to train. I believe it set up an awesome foundation with all the assistance exercises and general training format. I simply followed their speed and max effort work week in and week out with my own modifications as I grew into the sport more and more.

While I used their system year-round, Sherman Leadford of Quest Nutrition introduced me to some basic progressive routines to help me master the equipment demands of powerlifting. I had a lot of great raw strength, but did not get a high enough carry over into equipment as some of my competitors did. Sherman set me up with some basic programs the last 5-6 weeks before a meet to help equipment work and it really helped.

From college in 2006 I moved to Indiana for my strength coach job and met Gabe Daniels and Big Ugly Barbell. My lifts were going slow from meet to meet before I moved out to Indiana. Gabe introduced heavy straightman training into my powerlifting and it really helped my bench and deadlift dramatically. Over head log press-



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Ivanko Plates =
233.5 KG

New
lower price of
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- 35g Protein
- 25g Carbs
- 5g Glutamine
- 500% Vitamin C



WADE HOOPER

\$115

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

Sizes: Men's 7.5 - 13.5



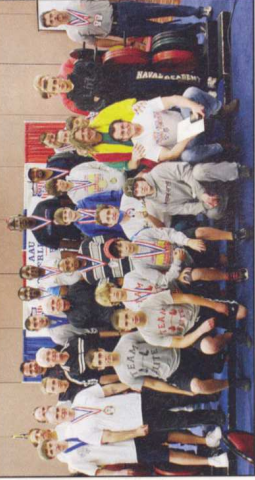
AAU WORLD POWERLIFTING



Sunday's male competitors at the AAU World PL Championships



Saturday's female competitors at the AAU World PL Championships



Saturday's male competitors at the AAU World PL Championships

Weight Class	Competitor	Weight	Raw	Equipped		
28-29 NOV 09 - Myrtle Beach, SC	TEEN (18-19) Open	114 lbs.	127	68	194	389
	FEMALE					
	123 lbs.					
	Open					
	165 lbs.					
	MALE					
	132 lbs.					
	Open					
	181 lbs.					
	Open					
242 lbs.						
Submaster						
S. Kritz						
198 lbs.						
Master (45-49) Open						
R. Ernst						
380						
R. Cash						
220 lbs.						
Open						
275 lbs.						
Life						
275 lbs.						
Open						
308						
Master (55-59) Life						
W. Dirham						
402						
Master (70-74) Life						
C. Green						
314						
DEADLIFT						
FEMALE						
148 lbs.						
L/F/M Submaster						
W. 4th-73						
468						
Raw						
148 lbs.						
Master (60-64) Life						
S. Schwarzer						
385						
Master (50-54)						
275 lbs.						
B. Walker						
556						
Open						
308						
Master (65-69) Life						
W. 4th-73						
165						
MALE						
114 lbs.						
Master (50-54)						
181 lbs.						
Open						
182						
Teen (12-13)						
77 lbs.						
C. Sunday						
106 lbs.						
Open						
110						
Master (70-74)						
E. Pittman						
68						
Teen (12-13)						
181 lbs.						
Open						
110						
Master (50-54)						
McCaragher						
479						
BP						
DL						
TOT						
220 lbs.						
Master (45-49) Open Life						
M. Bennett						
1090						
4th-DL-699						
275 lbs.						
Master (60-64)						
Equipped						
97 lbs.						
Open						
110						
Youth (10-11)						
R. Greer						
110						
204						
314						
4th-BP-112						
148 lbs.						
Teen (16-17)						
C. Brossart						
352						
490						
Special						
66						
55						
121						
Open						
206						
859						
Master (40-44)						
M. Hague						
347						
363						
710						
374						
440						
815						
L/F/M Master (50-54)						
L. Schiriff						
220 lbs.						
Open						
297						
424						
721						
242 lbs.						
Special						
231						
468						
699						
R. Bucht						
275 lbs.						
Open						
314						
429						
743						
Master (70-74) Life						
L. Umphlette						
132						
176						
308						
Open						
77 lbs.						
Submaster (35-39)						
Schmaster						
Powerlifting						
SQ						
BP						
DL						
TOT						
132 lbs.						
Open						
127						
68						
194						
389						
4th-BP-303						
275 lbs.						
Master (40-44)						
D. Dieringer						
303						
374						
897						
Open						
141 lbs.						
J. Surrency						
308						
183						
325						
816						
148 lbs.						
Master (50-54) Life						
L. Pardue						
121						
99						
Open						
193						
413						
Submaster (35-39)						
J. Warner						
451						
138						
520						
1109						
Master (60-64) Life						
Master (60-64) Life						
Equipped						
182						
369						
853						
4th-SQ-220						
220 lbs.						
Open						
363						
308						
385						
1057						
4th-SQ-385						
Raw						
114 lbs.						
L/F/M Master (45-49)						



Biggest SQ - Brian Self (c. Wood)

WABDL Iron Gladiators Northern		22 AUG 09 - Olympia, WA		
BENCH	309 lbs.	374	165 lbs.	
FEMALE	114 lbs.	545*	MALE	270
R. Moore	132	R. Smith	529	
T. Jacobs	214	M. Vincent	473	
Master (47-53)	600*	Master (68-74)	523	
V. Kosak	128	M. Vincent	303	
114 lbs.	446*	D. Gibson	154	
198 lbs.	105 lbs.	Open	448 lbs.	
198 lbs.	198 lbs.	Evangelista	413	
121*	110	Law/Fire (40-47)	620	
N. Helms	110	W. Crosson III	462	
D. Sutton	148 lbs.	J. Crawford	308	
148 lbs.	545*	4th-326*	385	
N. Carpenter	209	T. Bilas	523	
S. Locke	275	S. Schuetz	242 lbs.	
181 lbs.	358	G. Luss	250 lbs.	
198 lbs.	435	A. Murney	523	
198 lbs.	501	D. Larsen	644*	
Master (54-60)	501	R. Smith	529	
M. Lewis	187	R. Smith	529	
Master (61-67)	341	J. Mickelson	573	
114 lbs.	567	J. Cranston	573	
M. Buchanan	121	J. Fernandez	683*	
181 lbs.	661	B. Whitsell	683	
P. Robey	203	Master (47-53)	644	
125 lbs.	286	309 lbs. raw	749*	
J. Cole	99	J. Crawford III	835	
S. Klocke	275	4th-837*	672	
198 lbs.	209	E. Zumwalt	473	
198 lbs.	595*	T. Balen	380	
M. Zumwalt	236*	R. P. Phish	347*	
165 lbs.	413	T. Balen	396	
O. Houseman	137*	4th-418*	435	
MALE	192	D. Sugimoto	435	
CLUB	192	N. Bessada	364	
P. Phish	347*	4th-418*	435	
J. Hill	364	R. Roman	159	
D. Jenson	242 lbs.	D. McFarland	319	
198 lbs.	330	M. Burrs	248	
M. Burrs	248	Master (61-67)	330*	
D. McFarland	319	165 lbs.	320*	
D. McFarland	319	R. Jenson	256	
220 lbs.	330	H. Higgins	308	
D. Beckner	242 lbs.	G. Holzinger	336	
242 lbs.	496	G. Luss	275	
H. Higgins	308	K. Schaefer	380	
G. Luss	275	R. White	330*	
J. Stoddard	451			

424 lbs.	T. Bice	374	165 lbs.	
308 lbs.	R. Smith	529	MALE	270
165 lbs.	Master (68-74)	473	M. Vincent	473
165 lbs.	Master (68-74)	523	D. Gibson	154
165 lbs.	Master (68-74)	523	Open	448 lbs.
165 lbs.	Master (68-74)	523	Evangelista	413
165 lbs.	Master (68-74)	523	Law/Fire (40-47)	620
165 lbs.	Master (68-74)	523	W. Crosson III	462
165 lbs.	Master (68-74)	523	J. Crawford	308
165 lbs.	Master (68-74)	523	4th-326*	385
165 lbs.	Master (68-74)	523	T. Bilas	523
165 lbs.	Master (68-74)	523	S. Schuetz	242 lbs.
165 lbs.	Master (68-74)	523	G. Luss	250 lbs.
165 lbs.	Master (68-74)	523	A. Murney	523
165 lbs.	Master (68-74)	523	D. Larsen	644*
165 lbs.	Master (68-74)	523	R. Smith	529
165 lbs.	Master (68-74)	523	R. Smith	529
165 lbs.	Master (68-74)	523	J. Mickelson	573
165 lbs.	Master (68-74)	523	J. Cranston	573
165 lbs.	Master (68-74)	523	J. Fernandez	683*
165 lbs.	Master (68-74)	523	B. Whitsell	683
165 lbs.	Master (68-74)	523	Master (47-53)	644
165 lbs.	Master (68-74)	523	309 lbs. raw	749*
165 lbs.	Master (68-74)	523	J. Crawford III	835
165 lbs.	Master (68-74)	523	4th-837*	672
165 lbs.	Master (68-74)	523	E. Zumwalt	473
165 lbs.	Master (68-74)	523	T. Balen	380
165 lbs.	Master (68-74)	523	R. P. Phish	347*
165 lbs.	Master (68-74)	523	T. Balen	396
165 lbs.	Master (68-74)	523	D. Sugimoto	435
165 lbs.	Master (68-74)	523	N. Bessada	364
165 lbs.	Master (68-74)	523	4th-418*	435
165 lbs.	Master (68-74)	523	R. Roman	159
165 lbs.	Master (68-74)	523	D. McFarland	319
165 lbs.	Master (68-74)	523	M. Burrs	248
165 lbs.	Master (68-74)	523	Master (61-67)	330*
165 lbs.	Master (68-74)	523	165 lbs.	320*
165 lbs.	Master (68-74)	523	R. Jenson	256
165 lbs.	Master (68-74)	523	H. Higgins	308
165 lbs.	Master (68-74)	523	G. Holzinger	336
165 lbs.	Master (68-74)	523	G. Luss	275
165 lbs.	Master (68-74)	523	K. Schaefer	380
165 lbs.	Master (68-74)	523	R. White	330*

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FORZA

Perhaps one of the best cars I have ever driven was my old 1980 V-8 305cc Camaro Berlina. I remember when I first bought it. I told the salesman that all I really wanted was a car that looked good and rode fast. Really fast. Barely looking up from his magazine, he simply jabbed his finger toward the corner of the showroom, and there it sat. Easiest sale that particular salesman ever made. The Camaro fit the bill perfectly. It had a lot of muscle, sleek good looks, and was ridiculously easy to fix and maintain. Most importantly, it simply accomplished the two most critical things that I felt were important (at the time)—looks and all out speed. Now, just buying a car today, Car Sales, or putting it better, Motor Vehicle Consulting, has evolved into a true science, and the quest for even a performance-type car has become so complicated and inundated with so much scientific engineering information that you will invariably have a brain choke—especially given the issues of aerodynamics, hybrids, built-in navigation systems, fuel injection systems, electronics, DVD/sound theaters, backup cameras, computer controlled everything, and a whole host of totally cool and really nice items that are also expensive, and hell on the wallet to repair when they go out (and they do go out!). Add to this entire mess the wide array of online services that one can download; literally tons of information about whatever car you want. It can get pretty confusing, let me tell you. Where do you start? Who do you trust?

Like the aforementioned search for the ultimate muscle car, powerlifting today has evolved into a true science, with well respected experts like our own Louie Simmons, Tudor Bompia, Yuri Verkhoshansky, A.S. Pilepin, Rick Hussey, Mark Verstegen and many other bonafide strength experts creating sense out of nonsense. Yet for every expert like Simmons, Bompia, and Pilepin, there are dozens or more "so called" experts, all with their own slick (and very expensive) websites, auto responders and 1-800 customer service lines and double opt-in systems—all experts at self promotion and all simply trying to either grab your personal data (for endless email blasts) or just get you something. It too can get quite confusing. The real experts are way too modest (and way too busy) to care one whit for self aggrandizement like the web frauds do. Louie, for instance has never bothered with anything so ridiculous (in his eyes) as Google Adwords, search engine optimization or similar. Why? He doesn't need it. He knows that people desire the truth will eventually seek him

Most of these folks simply want to get big and strong. What if you were a marginal D-1 linebacker or shot putter who needed a kickass but simple way to get strong fast so you could take your performance to the next level? What if you wanted a huge bench press, squat, or pull? And most importantly, what if you aren't one of the lucky few to be able to actually live in the same area and be blessed to train with Louie Simmons, Al Casslow, Brian Schwab or Rick Hussey? Who do you trust? Where do you start? Sometime during the last century, I penned an article for the

POWER HISTORY QUEST FOR SIMPLICITY IN THE 21ST CENTURY

as told to Powerlifting USA by Ron Fernando



out. The fakes however, do spend a LOT of money on these techniques and manage to draw their fair share of business. Theirin lays the meat of the problem, though. This proliferation of information—good and bad, accurate and plain ridiculous—from both respected teacher/guru and online hustler can be detrimental for any power athlete, but especially so for the novice/intermediate athlete, many of whom become frustrated, confused and quit the sport, long before their true potential is reached. What a shame. Think about how someone new to the sport feels,

then fledging PL USA entitled "The Quest for Simplicity." It was more of a rant than an actual article, as I was even in 1982 seeing a disturbing trend occurring in powerlifting and strength training of so called experts trying to create complications where there were none, and to virtually drown the novice athlete with reams of psycho-babble information that were (for the non-scientific type) impossible to decipher, difficult to implement given the rigors of normal life and simply miserable to track. And once again, in an attempt to look exclusive and mysterious, (and to make a sale) some of these "Secrets" were supposedly gleaned after a top secret "expedition" to the sports laboratories themselves, from the scientific bowels of (Communist) Mother Russia herself. With all due respect to the original Dynamo Club of the Soviet Union, originators of today's very well received Conjugate Method of training, the key to strength for them and for us are and always has been simplicity. There was a time that the Russians were thought to be training in pristine laboratories, stocked with white coated technicians and the latest high tech "secret" gadgetry, when the reality was that they trained in dungeon gyms with junk equipment, using very simple programs. What set their apart course was their iron will to succeed at all costs. Their absolute domination of the sport in the last decade has proven this fact. In those days, I espoused a detailed look back in time to the giants of yesteryear, and how their simple, almost child-like routines were so effective in building muscle and superhuman strength. This was back in 1982. Today in the year 2010, this examination of the systems of the past is even more important in order to create some clarity and direction in our sport for the thousands entering it. These systems, like classic muscle cars, will never go out of date and in many cases will outperform anything touted as new, high tech or scientific today by those touting their expertise in training when their true expertise lies in the area of internet marketing. I am now going to present three systems or templates from three distinct eras in history.

Each system and set of ideas can be easily incorporated into today's new millennium power training.

100 Years Ago: The Gaslight Era
Hermann Goerner was a great German strongman, born in 1891. He was undoubtedly the greatest of the old time strongmen and some say the greatest strongman in history. (continued on page 70)

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!

- **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.



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



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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

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

- 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.
- You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive HardCore material which will provide you with the most incredible balance of non-stretch and rebound rebound power available in the powerlifting combination which will provide you with world. HardCore material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.



RADICAL DENIM

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

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



ULTIMATE DENIM

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

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

Inzer Advance Designs Logo T-Shirts
 This shirt comes with two color options and 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)

Warm Up Pullover Crewneck
 Keep warm in Superweals Crewneck with embroidered Inzer logo on each pant leg.

\$14.95

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

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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.

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

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

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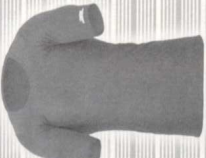
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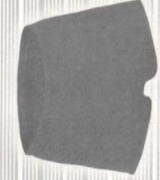
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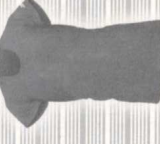
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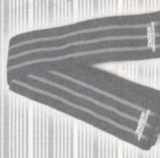


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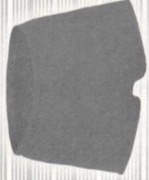
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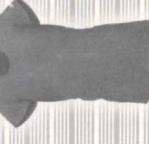


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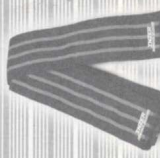
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DEAR MAURO: There is no evidence or research that shows that arginine ethyl ester does any of the hyped up things that you read on the internet—better absorption, longer acting, more effective, etc.—regardless of all the marketing hype and forum shells. It's just another play by unscrupulous supplement companies to come up with something they can hawk, in the hopes of misleading trusting lifters into buying their products.

Bonding L-arginine with other organic compounds, which in their own right have some beneficial effects on protein synthesis and energy metabolism, such as with alpha ketoglutarate, makes much more sense.

That's why for example in GH-boost L-arginine pyroglutamate and L-arginine alpha-ketoglutarate, and in Amino I use L-arginine aspartate. The different compound bonded to arginine are used for specific purposes in the two formulations beyond the effects of arginine on its own.

For example, aspartate, besides being a TCA cycle intermediate, is a precursor not only for other amino acids but for ATP and thus as part of Amino's role in energy metabolism coupled with protein synthesis. Aspartate also acts as a buffer and thus makes it useful for correcting any post exercise acidosis which can have an adverse effect on protein synthesis. If you want more info on all of this it's in my Amino Acids and Proteins for the Athlete - The Anabolic Edge.

Basically, arginine ethyl ester is an arginine amino acid with an ester attached. What effects the esterification of L-arginine is unknown, but it's unlikely to be as beneficial as the other arginine dipeptides and compounds, and because there is virtually no research on it, it may in fact have some adverse effects we're not at present aware of. What I do know is that it's a shameless marketing sham with questionable effectiveness, especially when compared to the various other arginine compounds that bond arginine with other amino acids and TCA cycle intermediates.

BTW I'm not sure if I sent you the info on the new Amino and MVM, but you can find both at <http://www.mpdplusstore.com/>, <http://www.mpdplus.com/pdf/amino.pdf> and <http://www.mpdplusstore.com/pdf/mvm.pdf> respectively.

I hope this helps.
Best regards,
Mauro

ASK THE DOCTOR

Questions Answered by Mauro DiPasquale MD

The following is an excerpt from Dr. Mauro's Elite Performance newsletter, issue 1. To add your name to his newsletter mailing list, email him at mauro@metabolichet.com

Vitamin D and Athletic Performance

Not too many years ago vitamin D wasn't considered all that vital beyond helping calcium challenged people, especially women who were or had a tendency toward osteoporosis, and of course to prevent rickets, something rarely seen in industrialized countries since even minimal amounts of vitamin D prevent severe deficiency.

As such, when most people hear about vitamin D they think of sunshine and bones. That's because it's common knowledge that exposure to the sun results in the formation of vitamin D and that vitamin D is important, along with calcium, for strong bones.

While that aspect of vitamin D is important, there's a lot more to the vitamin D story.

Vitamin D is really a group of fat soluble prohormones called secosteroids. Thus, unlike most other vitamins, vitamin D is really a steroid hormone that the body uses to manufacture calcitriol (1,25-Dihydroxycholecalciferol), which is the active form of vitamin D in our bodies.

The two major forms of the vitamin obtained from sun exposure, food, and supplements are vitamin D2 (or ergocalciferol) and vitamin D3 (or cholecalciferol). Cholecalciferol is the vitamin D produced in humans by exposure to the sun, and is felt to be more effective than ergocalciferol for enhancing calcitriol levels in our bodies.

Recent research however, show that vitamin D is crucial for many functions in the body, and is crucial for many internal cellular processes, insulin production, the immune system, depression, heart disease, pregnancy problems, birth defects, skin and other cancers, and other diseases, including inflammation in the body from various sources, including aging.

For example recent studies have found that low serum vitamin D levels were associated with all-cause mortality, cancer, and cardiovascular

Why Most of Us May Be Vitamin D Deficient

Vitamin D deficiency is increasingly being recognized as a worldwide epidemic. According to various reports experts believe that up to 3 out of every four adolescents and adults are vitamin D deficient, and it follows levels of vitamin D that peak when it peaked and declining as vitamin D levels declined.

Vitamin D also increases the size and number of Type II (fast twitch) muscle fibers. Most cross-sectional studies show that 25(OH)D levels are directly associated with musculoskeletal and physical performance in older individuals.

But it's not just that affected by older people that are impacted by vitamin D deficiency. A recent review concluded that "Accumulating evidence supports the existence of a functional role for vitamin D in skeletal muscle with potentially significant impacts on both the performance and injury profiles of young, otherwise healthy athletes." Other studies have shown that low vitamin D is a contributory factor in stress fractures in athletes.

Another recent review (Athletic performance and vitamin D - Carroll JJ - Med Sci Sports Exerc - 01-MAY-2009, 41(5): 1102-10) concluded "Most cross-sectional studies show that 25(OH)D levels are directly associated with musculoskeletal performance in older individuals. Most randomized controlled trials, again mostly in older individuals, show that vitamin D improves physical performance. CONCLUSIONS: Vitamin D may improve athletic performance in vitamin D deficient athletes. Peak athletic performance may occur when 25(OH)D levels approach those obtained by natural, full-body, summer sun exposure, which is at least 50 ng x mL(-1). Such 25(OH)D levels may also protect the athlete from several acute and chronic medical conditions."

How Much Vitamin D Can We Take?

Vitamin D is fat-soluble, which means it stays in the body for longer (continued on page 67)

Vitamin D is Vital for Exercise Performance

The effects of vitamin D on performance have been known for decades. Back in the 1950s a number of German studies alluded to the beneficial effects of vitamin D on athletic performance (for example, Sedell E, Hettiger T. Influence of vitamin D3 on strength and efficiency of healthy adults. Int Z Angew Physiol. 1957;16(5):365-72). As well, it's well known that physical and athletic performance is seasonal in that it follows levels of vitamin D that peak when it peaked and declining as vitamin D levels declined.

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The movie has long appreciated the box office value of using big, strong, muscular men for a variety of roles designed to both inspire and titillate the audience in the ever changing panorama of the silver screen and its unquenchable thirst to capture the hearts (and wallets) of the fickle moviegoer. As far back as the legendary 19th century strongman Eugene Sandow, a variety of strength athletes have graced the celluloid world in many different roles, both heroic and villainous. Legendary golden age bodybuilders Steve Reeves and Reg Park were huge financial successes in the 1950's "Sword and Sandal" Italian epics playing Hercules and similar mythical strongmen fighting against the hordes of evil. Reeves, in the 1947 Mr. America, started the rush of directors combining gyms in America for men with similar heroic depictions of Hercules, Morgan the Pharo and the Thief of Baghdad, Academy Award acting ability was not necessary, just a physique that would literally blast the moviegoers. Britain's Reg Park, actually a much bigger and more powerful man than Reeves (capable of strict 600 lb. deep squats and 500 lb. bench presses way back in the early pre-steroid 1950s) didn't have quite the box office impact that Reeves had, but the effect he had on some big film stars, including Arnold Schwarzenegger and a central character in this month's essay, Sylvester Stallone, cannot be measured in mere ticket sales.

Over Ferrigno, TV's Incredible Hulk, was a staple for many years, and to this day he is still deriving financial benefit from a role that he played over 30 years ago—the impact was that enormous. Movie directors always used these types, sometimes as central characters as in the case of Reeves (whose voice was dubbed for the Italian audience), and more often than not as supporting roles as "scene stealers," a variety of villains and other anthropomorphic characters. One historical character, Zeigum Breitbart, himself an actual performing strongman, was the topic of the film "Invincible," directed by Werner Herzog in 2001. Starring former 4-time WSM winner Jouko Ahola, it was a critical success. Other old time bodybuilders like Bill Pearl, Sergio Oliva and Mickey Hargitay (former Mr. Universe, father of current TV star Maritesa Hargitay) were used in a variety of roles from heroic to comedic. Case in point, aging screen star Mae West managed to revive her dormant career in 1954 with an incredibly successful nightclub show which opened at the Sahara Hotel in Las Vegas where she used, instead of the usual sequined Las Vegas showgirls, a horde of beefy

POWER HISTORY

A POWERLIFTING MOVIE STAR RANDY RANEY as told to Powerlifting USA by Ron Fernando



Randy Raney squatting at the 1982 Senior Nationals in Dayton, Ohio

musclemen who were, in fact, some of the top bodybuilders of the day, to accompany bodybuilding weight over 400 lb. was probably the very biggest of this genre. Competitive bodybuilders dominated these roles throughout the 20th century. The top heavyweight Olympic weightlifters of the day, such as Doug Hepburn, Paul Anderson and others, were considered "too fat" to make any impression on screen and others such as Tommy Kono were simply too small for the movies. No, if a movie needed beef, a director had to look in the local gym. Of course, powerlifting and professional strongman were emblematic sports, and had scant representation. An exception would have been David Prowse of Great Britain, who played the infamous Darth Vader in the epic movie series Star Wars. Prowse was indeed a bodybuilder, but as was the case with most of the bodybuilders of his era (1950s and 60s) he competed in Olympic lifting as well, representing Great Britain at the British Empire Games in 1962 in Perth, Western Australia. No real bodybuilder was he, but nevertheless an imposing figure at 6'6" and over 260 lb. of muscle. Perhaps the most famous muscleman of the modern era

was Arnold Schwarzenegger, 8 times Mr. Olympia who revived the "Sword and Sorcery" genre in 1982 with his epic film Conan the Barbarian. During these years, powerlifters saw little or no action in movies, although one could make the argument that Franco Columbo, a tremendously strong lifter and his many small roles in Arnold's movies qualified here. Yet for all of his inhuman strength, especially in the deadlift, Franco "made his bones" as a pro bodybuilder, winning such prestigious titles as Mr. Europe, Mr. Universe and finally Mr. Olympia. Most, if not all of Franco's big lifts, were done as part of his bodybuilding stage show. He did compete unofficially more or less in the very early European powerlifting championships and claims early titles such as Italian powerlifting champion and German powerlifting champion, and even a claim as world powerlifting champion. To my knowledge Franco, despite his unbelievable strength, never competed in any sanctioned USA or International competitions either as a representative of Italy or the USA.

In fact, Hawaii's Gus Rehrwisch, of Hawaii record breakers fame and current WARDL founder, was the first bona fide elite level powerlifter to have any serious impact in the movie industry. Playing alongside Schwarzenegger, his role of "Buzsaw" in the film Running Man was indeed a scene stealer. Gus also had a lot of other roles as recently as 2002. Gus may have been the first, but he isn't alone.

Out of the iron holes and dungeon gyms of California, back around 20 years ago, another powerlifter, one that many people may have forgotten and one that was gaining for the world superheavyweight record in the deadlift, also made his mark in the movies and made an impression. He became good friends with one of movie history's most revered action heroes. His name is Randy Raney and this is his story.

Randy Raney, in his prime, was imposing, to say the least. Standing at 6'3" and weighing in at a muscular 305, complete with 22" arms, wild long hair and beard, he looked like a superhuman. He's Angel. Looking at him in 1981, one would never believe that he led a fairly pedestrian athletic life and, surprisingly enough, never even played basketball in his school. No, Randy weighed then around 175 lb. and was a cross country and distance runner on the track team. "I was just an average athlete, nothing very special. I never competed in team sports, but after I left high school I got to working with my dad in the construction industry. I began to take an interest

UPPER BODY DRILLS by Aaron DiPrima

Having a jacked upper body is like displaying a trophy 24 hours a day. 7 days a week... 3 sets of stupid bowing trophy or 3rd place in a turtle race or some such, but more like a bear wrestling trophy or some other manly conquest. To all but a few training enthusiasts, it is an elusive goal as most men and some women spend countless hours doing set upon set of what they don't realize is pointless and non-productive garbage. I tend to view like drills to be exercises or sets and reps, but more like drills to be related in and out of circulation. One of the most overlooked factors is steady, intense leg work. You simply cannot build an appreciable upper body without a constant stream of squats and deadlifts in your training. Strength is another overlooked factor; you would be hard pressed to find a man with a 700 lb. deadlift or a 600 lb. bench press that didn't stand in a crowd. Provided all the basics are in order, here is a handful of upper body drills that put on muscle that I have incorporated over the years.

Presses for Time: Using a submaximal weight in the 20-40 percent range do a maximal exercise for time, performing a repetition every 5-10 seconds. You can hold statically at the bottom or the top position, or even somewhere in between. Exercises that this works well for are various types of dumbbell presses, pushups, light barbell work, or even presses on the wheelbarrow or other pressing type machine. Also, as a variation instead of watching a clock, try to make it through a pair of dumbbells. If the only thing on your iPod is Despeche Mode or Hannah Montana, then quit reading now, this article is not for you.

Pushup Drill: Rotate back and forth with a partner doing a set of 10 reps without resting until one of you gives up. Make the loser buy dinner or first round of drinks. This will help keep it competitive. If your training partner is considerably heavier or weaker than you, wear a weighted vest or do extra reps per set, but he is fat and/or a wienie. I prefer doing pushups off an Olympic bar at the base of a squat rack.

Sled/Pull-Up Drill: Drag a weighted sled in a reverse fly manner, using handles, up and down the parking lot. At one end keep a set of dumbbells and do a set of some manner of curl, and at the other end do a set of pull-ups or chin-ups. Sled work will help strengthen the deadlift as well. Try this early in the morning or late at night to give your neighbors something to complain about.

German Volume: The Germans are renowned for their heavy beers, women with hairy armpits, concentration camps, hating everyone that isn't German, allowing David Hasselhoff to have a career, and, of course, volume training. This is an excellent way to bring up a body part. Generally this works better for compound exercises, but can be utilized on isolation as well. Simply take 40-60 reps, keeping the rest intervals perform 10 sets of 10 reps, keeping the rest intervals consistent.

Body Part for Time or Reps: Instead of counting sets and reps simply work a given body part with whatever intervals are necessary for a given amount of clock time. Start with 5 minutes and work up to a full ball hour. This works well for a few weeks. Keep the exercises more complex at the beginning to simpler at the end as you fatigue. An example of bench sets of 8-12, dumbbell extensions sets of 8-15, cable pushdowns sets of 15-25 and ending with single arm band extensions for sets of 20 or more. Stick to an exercise until fatigued, for reps just do as many sets as it takes to reach a certain number of reps, for instance 150 reps on the lat pull. The first set may have 30 reps and by the end you may be doing sets of 7

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With our new Pre-Post Training Pak, we've done the research for you and stacked the perfect mix of products in customized paks so it's easy to maximize your time in the gym. Just take one pak before you work out and one immediately after. Together they provide pre-workout intensity and post-workout recovery to help you smash barriers and transform your hard work into hard muscle.

It's the latest in the breakthrough line of muscle performance products from Pro Performance AMP – your one source for clinically tested training supplements using new ingredient technologies and revolutionary delivery systems to make your performance rock solid.

PRE-TRAINING

The pre-training pak gives you more energy and greater endurance to help you get more from your workouts than ever before. Take it 30 to 60 minutes before hitting the gym.

AMPLIFIED MUSCLE IGNITER 4X

Enhances four phases of your workout, starting with a 300% pre-workout calorie burn.* It also improves physical and mental intensity, provides antioxidant protection and extends cardio endurance by up to five minutes.

AMPLIFIED MAXERTION N.O.™

The first and only nitric oxide product clinically shown to delay muscle fatigue and boost intensity, giving you the power to push through the wall. In fact, it's been shown to improve physical performance by 20%.²



POST-TRAINING

The post-training pak gives your muscles the ingredients they need to refuel and recharge so you can get back to your peak levels of performance faster.

AMPLIFIED GLUTAMINE COMPLEX

Replaces the glutamine a good workout takes out of you. This post-training supplement combines superior micronized glutamine with Dual GE Amplifier™, a clinically studied sports antioxidant.

AMPLIFIED CREATINE 189™

A cutting-edge solution, clinically proven to improve leg press results by 54 pounds with only 25% of the dose of ordinary creatine.³ This amplified formula also provides a 400% increase in dose efficiency to enhance athletic performance.⁴



BIOCORE RECOVERY™ ENZYMES

Features clinically researched BioCore Recovery Enzymes to help you push through muscle soreness after exercise.⁵ Smash through the barrier of sore muscles and build a bigger, more powerful body.

IT'S YOU VS. YOU

**SMASH YOUR WORKOUT LIMITS WITH THE
REVOLUTIONARY NEW TWO-PAK STACK.**

PRO PERFORMANCE **ADVANCED**
MUSCLE
PERFORMANCE

THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS
Want to take the confusion and hassle out of stacking? GNC's new Pre-Post Training Pak is a complete, customized program – one stack before your workout and one stack after – specially formulated to take your performance to a new level. It's the easy way to get everything you need in two convenient paks. With GNC Pro Performance AMP, you can bridge the gap between the athlete you are and the athlete you can be.

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**INTRODUCING
A WHOLE NEW
WAY TO STACK**

PRO PERFORMANCE **ADVANCED**
MUSCLE
PERFORMANCE

**PRE-POST
TRAINING PAK**
Dietary Supplement

- 300% More Pre-Workout Calorie Burn
- 50% More Intensity to Increase Power Output by 20%*
- 100% Increased Muscle Calorie Expenditure
- Superior Glutamine Complex for Post-Workout Support**

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A Clinically Proven Stack



PRE-POST TRAINING PAK
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KETTLE BELLS SOLID OR ADJUSTABLE VEST 50 lb. **Im5634** **\$129**

ONE SIZE FITS ALL ADJ. ZLB - 50 LB.

SPECIAL POWER LIFTING BARS

Cr. Collars Included

MEGA TRIGGER CURL BAR - 86" LONG - \$199
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MEGA BOW BAR - 92" LONG - \$199
 (IM-0280-O)
MEGA SPL OLYMPIC BAR - 92" LONG - \$169
 (IM-0240-O)

POWER RACK LC92583

LEATHER DIP BELT **\$24.95**

LEATHER HEAD GEAR **\$34.95**

MEGA SHRUG BAR #IM-0062-0 **\$249**

1000 lb. Capacity
 Deep Knurled for Better Grip
 1.25" Dia. Steel Bar - Knurled & Chrome Plated
 Plates, Stand & Collars are not included

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 AND MORE!!**

C82626-WP **\$499**

2" X 4" Base for Stability

LEATHER LIFTING BELTS **\$44.95**

XS, S, M, L, XL & XXL

1" Thick Top Quality Leather
 Soft Suede Lining & Padded Back
 for increased Support.

GLUTE & HAM STRING MACHINE **\$499**

Extra Wide Diamond Toe Plate for Foot Support
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3" X 3" X 11 Gauge Steel Tube Construction
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 Self Locking Jumbo "J" Hooks
 Front Deep Knurled Chinning Bar
 33" Space between front & rear Posts

FARMER'S WALK - 2" & 5"
 BLACK FINISH WITH CHROME COLLARS

TITAN SQ. PLYOMETRIC PLATFORMS

2" : \$199
 5" : \$299

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1" SOLID STEEL PINS **\$299.99**

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 26" Distance between Posts

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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.

- 3 MAR.** SFF Ironman Classic (Pro qualifier and National qualifier cash prizes) Chattanooga, TN) at the East Ridge Convention Center, Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com.
- 4-7 MAR.** Arnold Sports Festival (Colorado Springs) Matt Lutz, 614.443.1877, mattlutz@arcs.com.
- 6 MAR.** USAPL, Kansas Heavy Metal Open (Hoisington, KS), Wayne Hirt, 785.639.1390, www.usapowerlifting.com.
- 6 MAR.** NY State High School PL Championships (Newfield, NY) at Newfield High School, James Howell, 607.379.0200, jh198@hmail.com.
- 6 MAR.** NISA Indiana State (Kokomo, IN), Job Hou-Seyde, P.O. Box 565, Sheboygan, WI 53082, staecharman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com.
- 6 MAR.** USA Raw Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Championship (Tuscola, IL) Michelle Smith, Son Light Power, 212.263.5029, tuscola, IL 61953, www.southernpowerlifting.com.
- 6 MAR.** RAW United Biggest Bench 2013 (Melbourne, FL) at E. Melbourne, FL 32935, 2.13.10 entry deadline. Sporo Tshankalis, 321.505.1194, rawunited@cllrc.com.
- 6 MAR.** APA Lone Star State Powerlifting (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.** NISA Colorado State, Equipped/Lineup PL/BP/PS/PP (Denver, CO) 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.ny-championshipsystems.com.
- 6 MAR.** WABDL Montana State BP & DL Championships (Missoula, MT) at Ruby's Gym, Gus Rehwisch, 503.901.1622, www.wabdl.org.
- 7 MAR.** Northern Virginia Raw (Arlington, VA) John James, 703.475.9885.
- 12 MAR.** USAPL Wisconsin High School PL Meet (Saunder, WI), Dennis Smith, 920.540.4571, www.usapowerlifting.com.
- 13 MAR.** Hercules Power Team presents The Northstars Carolina Bench Clash (Warrenton, NC) at Warrenton County High School, Keith Payne, 336.251.8704, keith@ironpowerlifting.net, www.ironpowerlifting.net.
- 13 MAR.** USAPL Woodward Academy High School Open (Woodward, IA),
- Guthrie Fritz, 515.438.3410, www.usapowerlifting.com.
- 13 MAR.** NISA Nebraska State (Omaha, NE), Job Hou-Seyde, P.O. Box 565, Sheboygan, WI 53082, staecharman@wisconsinpowerlifting.com.
- 13 MAR.** ADPFF Single Event National (Plattsburgh, NY) at the University of Wisconsin-La Crosse, 608.785.5199, www.adpff.org.
- 13 MAR.** USAPL Wisconsin Dells High School Meet (Wisconsin Dells, WI), Brian Kennedy, 608.448.9034, www.usapowerlifting.com.
- 6 MAR.** USAPL, Kansas Heavy Metal Open (Hoisington, KS), Wayne Hirt, 785.639.1390, www.usapowerlifting.com.
- 6 MAR.** NY State High School PL Championships (Newfield, NY) at Newfield High School, James Howell, 607.379.0200, jh198@hmail.com.
- 6 MAR.** NISA Indiana State (Kokomo, IN), Job Hou-Seyde, P.O. Box 565, Sheboygan, WI 53082, staecharman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com.
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COMING EVENTS

- Trullion Rd., Linsamlet, (Swansea) Ken Williams 07970 625946, www.britishpowerliftingorganisation.co.uk, www.wipowerlifting.com
- 17-21 MAR.** AWPC/WPC Eastern European Open Championship (Kursk, Russia), Igor Umerenov, 7910.314.2314, wpc@wpc-wpo.ru, www.worldpowerliftingcongress.com
- 17-21 MAR.** IFFA Callan Pinches (Preston, CA), Bekker, 593.160.2970, or 559.323.3892, www.worldpowerliftingcongress.com
- 20 MAR.** SFL Longhorn Classic (Rawlins, TX) at the Holiday Inn, Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
- 20 MAR.** IFFA New York State PL Championships (New York State), Jay Kowalski, 402.592.1246, www.nyslp.com
- 20 MAR.** 1st WNPFF East Coast BP/DL/PC & 1st WNPFF California Nationals (Charleston, SC), Troy Fort, lnpff@aol.com, 770.668.4841, www.wnpff.com
- 20 MAR.** IFFA Bench Press Championships (Circleville, OH), Jon Elick, 740.412.1177, antimar517@aol.com, www.lexenstreme.com
- 20 MAR.** USAPL Rocky Mountain Lift-Off Club Championships (Aurora, CO), Dan Gaudreau, 303.337.4613, www.usapowerlifting.com
- 20 MAR.** SLP Indiana Open BP/DL Championship (Indianapolis, IN), Dorell Latch, slighthelm@verizon.net, www.southernpowerlifting.com
- 20 MAR.** 100% Raw Nebraska Championships (Full Power) BP/PP (St. Joseph, NE), Jay Kowalski, 402.592.1246, www.nyslp.com
- 20 MAR.** 1st WNPFF East Coast BP/DL/PC & 1st WNPFF California Nationals (Charleston, SC), Troy Fort, lnpff@aol.com, 770.668.4841, www.wnpff.com
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APF/AAPF/WPC Schedule

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- 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
- 21 MAR. APF New England PL Meet
- 27 MAR. Ontario Bench Press Open
- 3 APR. APFA/APF Utah Meet
- 10 APR. APF Alabama State Meet
- 16-18 APR. AAPF Nationals (AWPC Worlds qualifier)
- 17 APR. Battle of the Bad PL/BP Meet
- 17-18 APR. (New Date) APF High School Nationals
- 17-18 APR. APFA/APF Single Ply Nationals
- 24 APR. APFA/APF Texas Classic
- 24 APR. APFA/APF New York State PL Championships
- 6-9 MAY. WPC Heydar Alyev World Cup
- 8 MAY. AAPF Granite City Iron Wars VII
- 8-9 MAY. APF Master, Teen & Jr. Nationals
- 8-9 MAY. Amateur Pro Equipped Nationals
- 15 MAY. APFA/APF Washington State Open
- 15 MAY. APF Maine State PL/BP Championships
- 22 MAY. AAPF 2nd Annual Carolina Classic PP/BP
- 5 JUN. APF Metroflex's Show of Strength
- 9-13 JUN. WPC European Championships
- 13 JUN. Amateur Pro Raw Nationals
- JUN. APF Open/Novice Powerlifting Meet
- 10 JUL. APF Gator Open (PL/BP)
- 16-18 JUL. AWPC World Championships
- JUL. APF Push Pull Meet
- JUL. Montreal Power War
- 14 AUG. APFA/APF Northwest PL Championships
- AUG. APF California Summer Bash
- AUG. APF Mississippi State PL Meet
- 3-5 SEP. AWPC/WPC Raw Worlds
- 11 SEP. APFA/APF Summer Heat VI
- 29 SEP - 3 OCT. WPC/AWPC Asian Open Championships
- OCT. APF Wolverine Open
- 1-7 NOV. WPC World Championships
- 4 DEC. APF/AAPF Southern States (PL/BP)
- 13 DEC. APF Ironman Meet
- DEC. APF South Carolina Championships
- DEC. Ontario Amateur Pro Championships

*Dates subject to change
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 or go to our website:
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UPCOMING SLP COMPETITIONS

- 6 MAR. USA Raw BP Nationals & IL Open (Tuscola, IL)
13 MAR. SLP Ironhouse Open BP/DL (St. John s, MI)
14 MAR. SLP 7th Street Gym BP/DL Champs (Clinton, IN)
3 MAR. SLP Body Shop Fitness Open (Mt. Juliet, TN)
7 APR. SLP Land of Lincoln BP/DL Champs (Athens, IL)
10 APR. SLP National Raw BP/DL Champs (Sallisaw, OK)

Son Light Power
122 W. Sale, Tuscola, IL 61953
217-253-5429
www.sonlightpower.com sonlightgym@verizon.net

Partnership (PL/BB/PS/PP) (Morehead, KY) at the Morehead Conference Center. Greg & Susan Van Hooser, greg@vhoop.com, www.vhoop.com, www.nasa-sports.com
8 MAY. WABDL World Cup BP & DL Championships (Wisconsin Dells, WI) 503.901.1622, www.worldcupbpd.com
15 MAY. USA National Raw BP/DL Championships (St. John's, MI) 914.626.4247, www.usaraw.com
15 MAY. USA National Raw BP/DL Championships (Athens, IL) 619.653.217-253-5429, www.usaraw.com
15 MAY. USA National Raw BP/DL Championships (Sallisaw, OK) 619.653.217-253-5429, www.usaraw.com
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15 MAY. USA National Raw BP/DL Championships (Sallisaw, OK) 619.653.217-253-5429, www.usaraw.com

24-25 APR. WPA High School World Championships (Raw and Equipped) (Carpus Christie, TX) Scott Taylor (APA President), 356 Lakeland (APA), 914.626.4247, scott@apa-wpa.com, www.apa-wpa.com
24-25 APR. WPA Youth World Championships (ages 7-12, Raw and Equipped) (Carpus Christie, TX) Scott Taylor (APA President), 356 Lakeland (APA), 914.626.4247, scott@apa-wpa.com, www.apa-wpa.com
25 APR. USAPL 29th Collegiate National Championships (Scranton, PA) www.usaplc.org
25 APR. USAPL 29th Collegiate National Championships (Scranton, PA) www.usaplc.org
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25 APR. USAPL 29th Collegiate National Championships (Scranton, PA) www.usaplc.org

8 MAY. WABDL Southeastern Regional BP & DL Championships (Gadsden, AL) Rick Hegelton, 256.441.0143, www.wabdl.org
8 MAY. Lifetime Natural Powerlifting (Tuscola, IL) P-D-J Web Site, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
8 MAY. NACA Oklahoma Open State, Equipped/Unequipped (PL/BB/PS/PP) (OKC, OK) www.nacaopenstate.com
8 MAY. AAU Virginia High School Push Pull Championship (Mechanicsville, VA) at Lee Davis High School, Judy Wood, 804.559.4624 (after 7 PM), jwood@vernet.net, 804.730.8810 (after 7 PM), jwood@vernet.net, www.aasports.org
8 MAY. AAU Oklahoma State PL/BB/PS/PP Championships (Sapulpa, OK) at Sapulpa High School Gym, Danny Berry, 918.695.3823, www.aasports.org
8 MAY. Amateur Pro Equipped Nationals (Montreal, Canada), Bruce McIntyre, brucecmtyre@sympatico.ca, www.worldpowerlifting.com
8 MAY. APP Master, Teen & Junior Nationals (West Palm Beach, FL) at Robert Kelder/Amey Jackson, 866.389.4744, amyelJackson@aol.com, www.worldpowerlifting.com
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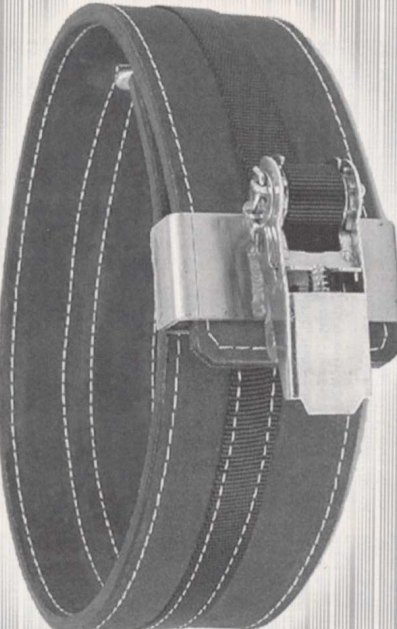
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Hey folks, it's Anthony here again. I'm going to give some insight on a few products that I like. As you know, I have done a few product reviews in the past on some training videos and books. This month I am going to review two videos from none other than my good friend Mark Bell. I have known Mark for a while and he is not only super smart when it comes to training and coaching elite athletes and powerlifters, but he is also one of the funniest people you will ever have the pleasure to meet. I work with many of the world champion powerlifters over at Super Training including Mark, Scott Carrington, Janet Lovell, Cara Westin and many more. I am so happy that I have had this opportunity to work with them because they are some of the nicest people I have ever met. It truly has been a pleasure working with them and it has been an honor for me to have been given this opportunity. The two videos that I am going to review is *Never Enough* and *Never Enough Bench*. If you have ever watched any of Mark's YouTube video clips, then you know that you are going to learn some really good tips on anything related to training and you will also laugh your ass off—guaranteed. This Super Training shows that Mark has the knowledge and his proven ability to apply it in the best manner to take everyday lifters and turn them into a wrecking team of World Champions.

Some of the things that I liked from the videos were the proper explanation of how to use bands and chains. For the beginners in the sport this can be quite confusing, and without proper guidance you can really overtrain on them and not get the most out of their use. Mark covers these in depth so you actually know how to use them for maximum results. Another very noteworthy thing I liked about the videos was how they discussed individual training tips. We all know that each lifter—once he knows the ins and outs of basic form and technique—has his own personal way of getting the most out of a lift. Mark discusses one very important deadlifting technique known as the "Shoiguin Deadlift" secret. Many of you might think that it is another exercise you haven't heard of yet but it video going over some of his technical progress and covering many of his proven methods for a bigger squat. This is a great addition to the video as it helps you see many different versions of what works for each lifter in terms of body positioning, set up and lift execution.

As most of you already know, Mark was a long time member of Westside Barbell and trained under the watchful eye of none other than Louie Simmons. When you train under the best coach in the world you can only expect to carry on that legacy to others that train under you and Mark has truly fulfilled this with his world class team over at Super Train-

FOR REVIEW

"Never Enough" Video Series as told to Powerlifting USA by Anthony Ricciuto



Never Enough! DVDs featuring Team Super Training by Mark Bell

Mark covers just about everything you would want to know about building a bigger bench, and with him hitting over 800 several times the proof is in the pudding. There is so much to learn on both of these videos that, I am telling you, even if you are an advanced lifter I know you take your total to the next level.

will learn new tips and tricks that will without a doubt add pounds to all three of your lifts.

Lastly, one thing I love to watch over and over is the actual training sessions that take place over at Super Training. Like I said before, after the workout the crew is nothing but jokes, but when it time to hit the iron you are hard pressed to find a crew more serious and intense than those training under Mark's guidance. You will see actual squat workouts, deadlift workouts and bench sessions that will truly blow your mind. When you see his team throwing around hundreds of pounds like the plates are made from styrofoam it will shock you. Watching Scott Cartwright dunk over a grand with meticulous form or Janet Lovell squatting with weights that would make a man jealous, it makes you realize the high caliber of world class powerlifters that are included in these videos. If you have been thinking about getting Mark's videos then all I can say is "don't delay!" There is so much to learn from this series you will kick yourself for not getting them sooner. To get a copy you can order them straight from the gym website at www.supertaining.com. You will be glad you did once you start implementing all the new tips that you learn from them that will help you blast through your plateaus and take your total to the next level.

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(continued from page 46)

periods of time as opposed to the water soluble vitamins such as vitamin C. This is good because it takes a longer period of time to become deficient if you start off with healthy levels in your body. For example if you build up vitamin D over the summer then there's less chance you'll be come deficient over the winter as long as you take in some vitamin D by eating foods high in vitamin D. take vitamin D supplements or expose your skin to artificial ultraviolet light.

It's also bad in that if you take too much it can accumulate in the body and can cause toxicity. However, this aspect of vitamin D has been over-emphasized in the past as it was thought that vitamin D accumulated and stayed in the body much more than it actually does.

Vitamin D doesn't stay in the body forever as it is broken down continually by the body and disposed of. Vitamin D stored in the body has a half life of only three or four weeks, and this half life shortens with higher vitamin D levels. Exposure of skin to direct sunlight can produce up to 25,000 IU of vitamin D. However, when vitamin D gets to a certain level, any further vitamin D that is produced is degraded.

That means that the body can degrade and lower vitamin D levels in the body if it has to and thus can handle a lot more vitamin D than was previously thought. That doesn't mean that our bodies can handle a lot more than previously understood, and that you can't overdose on vitamin D and develop some counter productive and health damaging toxicity.

However, in my opinion it would take over 10,000 IU per day for several months before you would overwhelm the body's ability to degrade excess vitamin D and produce more than physiological levels.

How Much Vitamin D do Athletes Need?

With sun exposure, pre-vitamin D3 is rapidly converted in the dermis to vitamin D3 (cholecalciferol), before its subsequent conversion to 25-hydroxy vitamin D (25(OH)D) in the liver. Further hydroxylation of 25-hydroxy vitamin D to its active form, 1,25 hydroxy vitamin D (1,25(OH)2D), occurs in the kidney.

However, while the active form of vitamin D may be normal in the blood, the lack of reserves in the form of 25(OH)D is the actual measure of vitamin D reserves in the body and is used as a measure of vitamin D deficiency. Besides being a better marker of overall D status, it is the marker that translates best with the overall beneficial effects of vitamin D.

The basis for figuring out how much vitamin D that any one individual needs can be casually stated (such as a suggested range of vitamin D intake) or can be more precise depending on the tools we use. For precise determinations we need to know just what the present state of any individual is by getting a serum 25(OH)D level. From this level we can figure out just how much vitamin D is needed on a daily basis in order to achieve a desired vitamin D level in the body.

For example, if your 25(OH)D level is OK, and for optimal levels it should be between 50 and 70 ng/mL (for nmol/L multiply by 2.5 - so 50 ng/mL would be 125 nmol/L - see http://www.globalph.com/conv_sl.htm#top), then you're in the right range and to stay there you should get between 1,000 and 2,000 IU of vitamin D per day.

If you're below 50 ng/mL then you need to top up first and that might require 5,000 to 10,000 IU for several days to weeks depending on how low your levels are. If for example they're below 20 ng/mL then I would suggest you take 10,000 IU for at least a month and then your levels checked again to see if you should continue at that level or go to maintenance levels of between 1,000 to 2,000 IU per day.

As a guide, I've put my recommendations for maximum health, body composition and performance in the following table.

25(OH)D Level in ng/mL	Amount of Daily Vitamin D to Take	Length of Time
Less than 20	10,000 IU per day	For at least 4 weeks
Between 20-30	10,000 IU per day	For at least 2 weeks
Between 30-40	5,000 IU per day	For at least 4 weeks
Between 40-50	5,000 IU per day	For at least 2 weeks
Above 50	1,000 to 2,000 IU	Daily

How you get the required amount of vitamin D is up to the individual and his or her circumstances. For those with access to full UV-B sunshine, a

half hour a day of near full body exposure (be careful to build up slowly and not get sunburned) will go a long way to giving you the necessary amount of vitamin D.

As well, eating food high in vitamin D is also an option although to get enough (unless you're unbelievably fond of fatty fish and liver oils, and even if you are fond of cod and other fish liver oil you have to make sure you don't overdo the vitamin A that these oils also contain), you will likely have to combine the dietary intake with sun exposure and/or vitamin D supplements.

If you feel that you can't meet your requirements through a combination of sun exposure and food, then the use of vitamin D in the form of supplements, ideally as cholecalciferol or vitamin D3, is the easiest, cheapest, and safest way to make sure you're covered.

To make sure that they stay in the optimal vitamin D zone I recommend that athletes take in between 1,000 IU up to 2,000 IU, a day in the form of supplements. This amount will insure that your vitamin D levels stay where they should be and also insure that you don't run into any toxicity, no matter how long you take that level of vitamin D.

Conclusions and Recommendations

First of all it's important to get your 25(OH)D blood level measured to see just where you are as far as your long term vitamin D intake. Once you have the initial measurement and make any changes that need to be made as far as daily vitamin D intake, you should have your 25(OH)D level checked as needed until you're above 50 ng/mL, and then once it's relatively stable, let it get it done at least once a year just to make sure you're not developing a deficiency.

Although this process takes some effort it's important for all athletes who want to maximize natural performance. At the same time a number of other blood tests can be done that will point out other problems and deficiencies. I've copied below the screening protocol I suggest athletes have done. If money is tight then the bolded tests are the ones that are absolutely necessary, while the others can be done as finances permit.

Don't hesitate to get some full sun exposure every day. The sensationally-misnamed and purveyors of skin cancer with any amount of sun exposure should be ignored. Reasonable, and controlled levels of daily sun exposure to your body is not something to avoid but something to be sought as it has significant health benefits as long as sunburn is avoided and there are no medical contraindications such as the presence or predisposition to skin cancer and interactions with some medications.

Regardless of sun exposure and foods eaten, take between 1,000 and 2,000 IU of supplemental vitamin D every day. If your vitamin D levels are low then take more until you're at a level that you feel comfortable with, at least above 50 ng/mL, and then maintain by taking supplemental vitamin D as above.

The bottom line is that regardless of whom you are or what sport you're into, without enough vitamin D, you're not reaching your health, body composition, and performance potential.

SOME OF THE BEST NATURAL SOURCES OF VITAMIN D

Fish Liver Oil - amount depends on the fish.
Cod liver oil; 1 tablespoon; 1383 IU

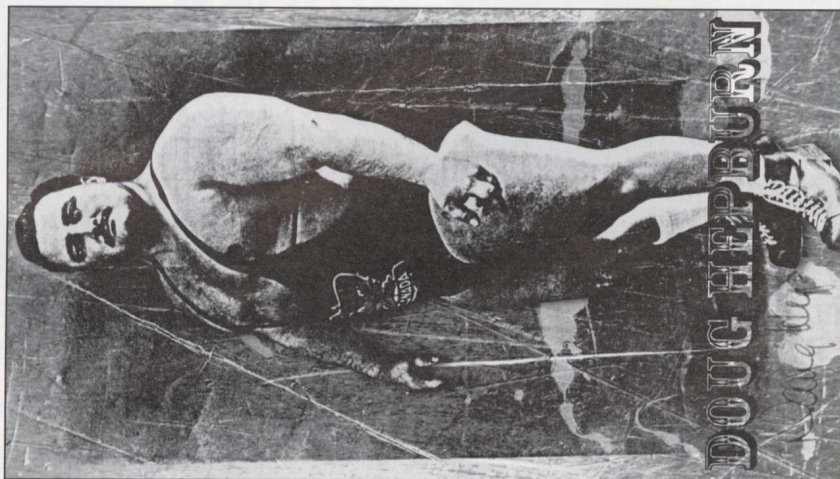
Fish
Herring; 3 oz; 1383 IU
Sardines; 3.5 oz; 500 IU
Salmon; 3.5 oz; 360 IU
Mackerel; 3.5 oz; 345 IU
Tuna; 3 oz; 200 IU
Eel; 3.5 oz; 200 IU

Other Foods
Orange Juice; 1 cup; 100 IU
Milk; 1 cup; 98 IU
Margarine; 1 tbs; 60 IU
Whole Egg; 1; 20 IU
Beef Liver; 3 oz; 15 IU

(continued from page 41)

early proponent of instinctive/conjugate training, although I doubt he knew or cared about the terminology, and he trained always as the mood took him, varying his lifting to suit his energy and condition of the moment. He never forced himself to perform any workout when not feeling up to it. He did not have or follow what might be termed a "set" training program; he always varied his workouts and mixed his work so much that one could truthfully say that he never worked through exactly the same program twice. Normally he trained 5 days per week—remember, at his peak he was a professional strongman and always began his workout with a kettlebell complex called "Die Kette" (the Chain), which may have been the real secret to his awesome deadlift.

It is a known fact that Goerner trained with Kettlebells from the age of 10 and was able to perform a one-handed swing from ground to



overhead with 50 kilos (approx. 110 lb.) at the tender age of 14. This last fact is astonishing as many of today's kettlebell experts would be hard pressed to do this. Basically, "Die Kette" was a complex of exercises with a series (or "Chain") of 19 kettlebells (13 kg to 52.5 kg) lined up in a row on the floor. Each complex was performed with 1 swing, 1 press, 1 curl, and 1 press with each hand before progressing to the next kettlebell. All of this was done with no rest. Sometimes, again as the mood suited him, he would do only sets of swings either one or two handed with the kettlebells, again with no rest. This warm-up took around 40 minutes, and after a short rest Goerner sometimes repeated "Die Kette" only with thick handled Globe Dumbbells! It was only after performing "Die Kette" that Goerner got into the meat of his training—Military presses, cleans, snatches, squats, curls and deadlifts, both one and two handed. He squatted very rarely, and again, as the mood hit him, but still managed a 600+ rock bottom squat using no equipment and a 500+ front squat! His deadlift, and his ability to grip and hold heavy block weights, engines and other unwieldy objects were helped by a generous use of this special warm-up exercise. Eventually, Goerner performed a two-handed deadlift of 793 lb. with a standard barbell (using an overhead grip) over 80 years ago—a lift that many of today's supers would kill for—and of course the aforementioned one-handed pull of 722 lb., a feat which boggles the imagination. As a matter of differentiation, the late Jon Paul Sigmarsom was able to do a one-handed pull of 551 around 1980 or so which was then thought of as near impossible from those who had never heard of Goerner. This prodigious back and grip strength was in part developed from the consistent use of kettlebells. The use of kettlebells as a deadlift builder has been confirmed by Donnie Thompson, current holder of the all-time World Superheavyweight total. Witness a quote from Donnie from Pavel Tsatsouline's Dragon Door website: "We honestly have not seen anything that 100% transferred over to a sport like kettlebells. I mean, there is nothing about KPs that doesn't transfer over to powerlifting." This is a statement Hermain Goerner proved over and over again almost 100 years ago.

Postwar Power: the Be-Bop 50s - Triples, The Magic Number Canadian Strongman, considered the "Grandfather of Powerlifting," Douglas Iuan Heppburn was born, truly under a bad sign with the proverbial two strikes against

him. He was both cross-eyed and club footed from birth, and if that wasn't enough, suffered greatly from depression and also battled alcoholism. He was an indifferent student, though highly intelligent and a moody, depressed loner which severely affected his personal relationships and general outlook on life. Heppburn never made a lot of money and in fact struggled financially for most of his life, often moving from one dive apartment to another, or simply living in the back of whatever gym he happened to be training at. Up until the end of his life, Heppburn was extraordinarily bitter at the Canadian Sporting Authorities for his perceived lack of recognition and support despite his stupendous achievements. Remember, Canada in those days was hockey, hockey and more hockey. Any elite athlete worth his salt was a hockey player. Anyone else was simply a second rate ham-and-egger who obviously didn't have what it took to make it in hockey, as Heppburn was perceived to be. Despite these obvious obstacles, weight lifting was the one constant that kept him sane, focused and (I believe) kept him from prematurely ending his life when his mood swings tortured him. Heppburn used powerlifting movements and a simple routine emphasizing volume to become the 1953 Stockholm Worlds Heavyweight Olympic Lifting Champion and to set world records, both official and unofficial in the two hands Military press, two hands barbell strict curl, squat, and his pet lift—the bench press. Heppburn literally transformed and popularized the bench press from an obscure bodybuilding exercise to the dazzling heights it enjoys today. He was able to bench press, over 50 years ago, some huge weights easily elevating 500, 525, 545, and 560 with a close miss at 600, all done on a flimsy bench with narrow uprights, and of course with no artificial aids of any sort. It is important to remember that Heppburn trained alone, and for practical purposes had no coach whatsoever. The heavyweight lifters in those days trained in a leisurely, almost lazy fashion, with little attention to detail typically doing the three lifts, and little else. It was no wonder that American John Davis was able to defeat a horde of larger rivals because he was simply fitter and more explosive. Doug Heppburn (unwittingly so, it is believed) laid a foundation for Olympic lifting that combined a lot of powerlifting and bodybuilding movements such as the bench press, press from stands, and heavy squatting. Remember, there was no organized powerlifting in those days, and a lot of his lifts were done as exhibitions, versus formal competitions. The con-

ventional thinking of the day for bodybuilding espoused a set rep scheme of 5x8 reps with a 3 minute rest in between sets. Heppburn tinkered with this system and came up with a simpler more efficient version of this—the still used 10x3 system where greater weights were used and gains were greatly accelerated. By doing this he pushed back and forever redefined the barriers of what was considered appropriate amounts of work and volume. He refined this further by adding several singles to this pattern. The gains came in bunches, especially on his Military press, which he set a world record in and his two top assistance movements, the bench press and squat. Using three reps did not tap into lactic acid reserves and doing this for the 10 sets meant that his body was becoming more and more accustomed to heavy loads. In the early 60s, Heppburn opened his own gym, and trained his members in the same fashion, some of which approached world class levels without the aid of any performance enhancing drugs. This simple routine works, especially for the big three, and is still valid today as it was in 1952.

Heppburn used a variation of this routine to train for the 1953 Stockholm World Weightlifting Championships. **Monday:** barbell, cleans, 10x3; bench press, 1x5, 7-10x3; two arm curl, 3x6, 2 singles; squats 1x5, 7-10x3.

Wednesday: snatch 10x3, sometimes 10x2, used split style; bench press 1-2x5, 7-10x3; press from stands 10x3 (alternate with push press from stands); handstand presses, 20-40 reps on large logs; squats, 1x5, 7-10x3.

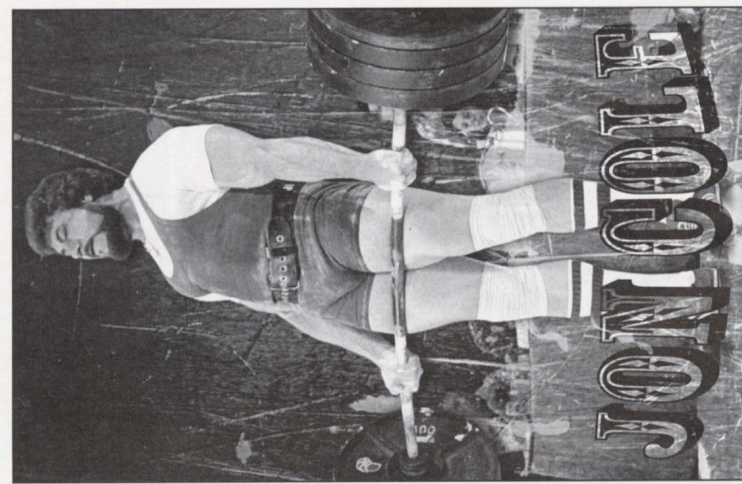
Friday: Military press, 10x2 or 10x3; bench press, 1x5, 7-10x3; two arm curl, 3x5, 2-3 singles; squats, 1 x 5, 7-10x3.

Diet around 10,000 calories a day; normal foods, 5-6 meals, no supplements other than a lot of milk and bananas.

This routine enabled him to win the Worlds, and set a Worlds record in the Military press at 371 3/4; which gave him enough of a lead to beat American John Davis in the total.

Notice he didn't practice the jerk much. This was because the rules then allowed you to push press—weight instead of a formal jerk—both he and Paul Anderson used this style, and in any old picture of Anderson, you never saw him with his feet split in a traditional "fore and aft" jerk.

35 Years Ago: Bell Bottom Blues - 14 Days a Week, JON COLE - A week being seven days was,



according to Jon Cole, an "arbitrary aberration." Cole, for those of you who may not know, was THE MAN in the early 70s. At a bodyweight of around 285 lb., he squatted 901, benched 585 and deadlifted 885 lb. and in a brief foray into Olympic lifting, Military pressed 430, snatched 340 and jerked 430 with the rough, set style imaginable. He was also capable of a 500 lb. Military from the stands, a 500+ incline and used over 300 lb. in the standing triceps press. And for you trivia buffs, he could throw a baseball almost 500 feet AND crack the same baseball open with his hands like an apple.

And yes, he performed all of his lifts in old fashioned coaches shorts, t-shirt, thin weight belt and Ace bandages. I had the pleasure of talking to Cole years ago over the phone after having seen him in person at a seminar at my old high school in Tucson. He didn't care if I was some 19 year old nobody—I wanted to share his information with me, and what he told me in 1972 makes more sense today than ever. Remember, Cole was, in addition to being a world class lifter, also a world class track and field athlete and for quite a while he was the strength coach for Arizona State University—when they had a real football team, not the sorry state of affairs they have now—so his time was very limited. I look at a training week as a 14 day period. I train 5 x per "week" (5 sessions in 14 days), and this affords me ample time for rest and recuperation, plus gives me enough opportunity to throw the discs and shot and attend to my duties at ASU. This approach was unique and produced fabulous results. His exercise template was simple; he concentrated on the big three, plus ample attention to the biceps and triceps, inclines, power cleans and strangely enough a whole lot of toe raises.

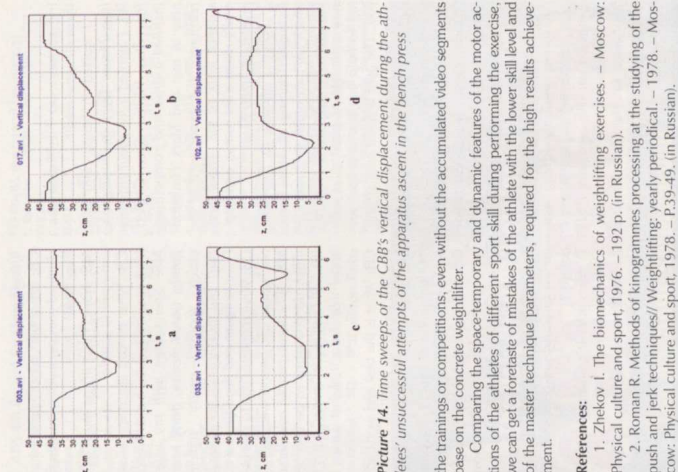
Workouts 1 and 3 (done Tuesdays and Saturdays - week one): squat and bench, 10-14 sets, work up to a heavy double in each; heavy barbell cheat curls, 5x8, move the weight up each set; standing tricep press, 5x8; upright rows, 5x8; toe raises, 6x30 (2 sets in, 2 sets out, 2 sets straight ahead).

The result of this rather simple system—one that you could have gotten off the container from a Sears 100 lb. plastic covered weight set—was a 2370 power total, and nosaur—low tech, not terribly modern, lousy on fuel performance, not very family friendly and all. Besides, people were buying mini-vans with DVD players and hard gay trucks. No one cared about something so simple. Or did they? Strangely enough, the Camaro is poised to make its comeback in 2010 (the model looks absolutely kick-ass) because the powers to be finally realized one thing—almost 50 lb. The key is not so much the exercise selection, nor the sets and reps, but the way the template was carefully layered out over

a 2 week time frame. To those who would decry "not enough work" or "looks too easy," I wish you could have worked out with Cole. Those who did (and could take it) found themselves gaining bodyweight and strength in record time. Many of the great lifters, from the legendary Thorbecke's Gym in Phoenix, followed this template as well.

Conclusion
In 2002, the Chevrolet Motor Company rolled out what it thought was its very last Camaro—a shiny red Z28 model—after well over 35 years of popularity. The corporate line was simple, Camaro was a dinosaur—low tech, not terribly modern, lousy on fuel performance, not very family friendly and all. Besides, people were buying mini-vans with DVD players and hard gay trucks. No one cared about something so simple. Or did they? Strangely enough, the Camaro is poised to make its comeback in 2010 (the model looks absolutely kick-ass) because the powers to be finally realized one thing—almost 50 lb. The key is not so much the exercise selection, nor the sets and reps, but the way the template was carefully layered out over

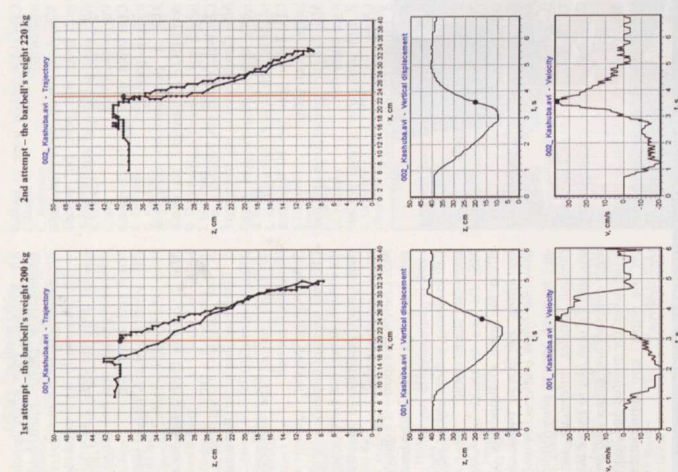
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Picture 14. Time sweeps of the CBB's vertical displacement during the athlete's unsuccessful attempts of the apparatus ascent in the bench press

the trainings or competitions, even without the accumulated video segments base on the concrete weightlifter.
Comparing the space-temporary and dynamic features of the motor actions of the athletes of different sport skill during performing the exercise, we can get a forecast of mistakes of the athlete with the lower skill level and of the master technique parameters, required for the high results achievement.

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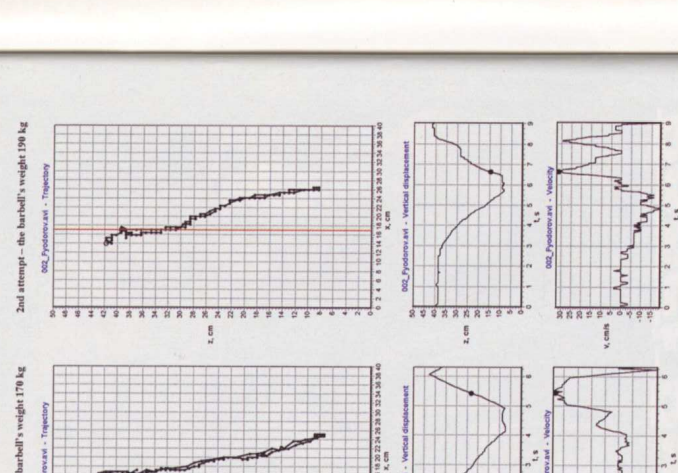


Picture 13. Trajectories and time sweeps of the CBB's vertical displacement for the two attempts of D. Kashuba (Master of Sports, born in 1987, his own weight 135 kg, the Bashkiriya's Cup 17.12.2006)

one, because there is no practically the negative vertical displacement. On the picture 14b we see the area with the negative offset (the offset downwards on the 4th second), because of which the attempt is scored as bad one in spite of the fact that the athlete pressed the barbell by himself.
The analysis of the typical deceleration occasions during the ascent allows to make a conclusion that the attempt is usually scored as bad one, if the ascent velocity at the beginning of this phase doesn't exceed 10 cm/sec or the duration of the flat area in the medium of the barbell's weight is close to the limit. The pictures 14c and 14d show the graphs for the occasions, when the barbell is already put on the stances by assistants.

In the course of this research we have realized the biomechanical analysis of the execution of the bench press competition exercises that has allowed to reveal the factors, defining the differences in technique of these exercises, and to make objective estimations of them.
The high-class athletes with the fully formed technique are typified by their own stable and unique trajectory type, as well as by the type of the time sweeps of the vertical displacement and velocity.
The trajectory analysis allows to draw conclusions concerning the motion rationality and the presence of the evident mistakes while doing an exercise.

The revealed kinematical particularities of the exercises performing can be used in creating the models of the rational (master) powerlifting exercises techniques.
The obtained results of the studies allow to make a qualitative express-analysis of the motion during

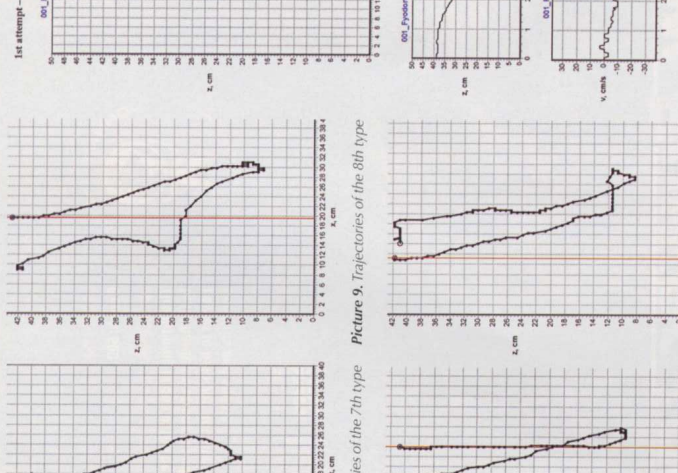


Picture 12. Trajectories and time sweeps of the CBB's vertical displacement for the two attempts of A. Fyodorov (Candidate Master, born in 1978, his own weight 100 kg, the Bashkiriya's Cup 17.12.2006)

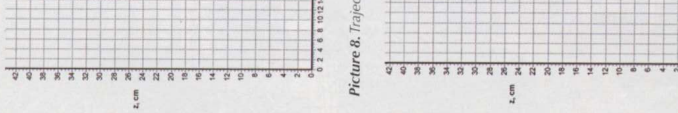
motion velocity for the two different athletes. On the left of each of these illustrations there are the graphs for the attempt with weight, corresponding to 80-85% of the limit load, and on the right—for the attempt with weight, very close to the limit. Black points on the graphs mark the positions, corresponding to the spike of the barbell's ascent velocity. The graphs give the visual presentation about the technique particularities of each athlete.
So, the athlete A. Fyodorov (picture 12) is typified by the fluent beginning of the descent phase (about 3 seconds), by the delay in lower position (about 0.6 seconds), and then by the uniform quick ascent (nearly 1 second). When the barbell's weight is close to the limit loads, the uniformity of the ascent is broken: on the time sweep we see the evident "dead point" between the 7th and the 8th seconds, and the ascent velocity graph becomes "double-humped". We can observe this fact beside the majority of athletes during the limit loadings. The corresponding areas can be also often seen during the trajectory graph (see the picture 8).

The technique of D. Kashuba (picture 13) is characterized by the considerably stable trajectory, by the minor deformation during the loads increasing, the uniform ascent and descent nearly equal in time and forming 1.5-2.0 seconds, a short (≈ 0.4 seconds) delay in lower position. The load increasing also causes a certain deceleration of the second half of the ascent phase and a narrowing of the positive surge on the velocity graph, but it is not very much expressed.
It makes sense to recommend the use of the quantitative information about the degree of the trajectory deformation during the barbell's weight increasing and about the deceleration in the medium of the ascent phase in order to make the operative estimation of the athlete's possibilities of the order to plan the trainings.

The time sweeps of the vertical displacement also allow to check the relieving quality during the competitions, as they can clearly show good and bad barbell's ascent attempts of the athlete. As example, the picture 14a demonstrates the graph for the occasion, when the press delay during the ascent has the critical value, but the attempt is usually scored as the good



Picture 9. Trajectories of the 8th type



Picture 10. Trajectories of the 9th type

percentage of the apparatus weight and the individually-maximum result in the press. The trajectory of the ascent phase can cross or can not cross the initial vertical.
9. The trajectories of the type 9 (picture 10) are characterized with the nearly vertical descent of the barbell with a possible (single or double) intersection of the initial vertical. The ascent of the barbell is possible either on the trajectory with forming the loop, or on the trajectory, wholly lying to the left of the initial vertical.
10. The trajectories of the type 10 (picture 11) are characterized with the presence of the offset of the bar to the left or to the right in the lower part of the trajectory.
The juxtaposition of the trajectories configuration with the average number of ascents successfully executed by the athletes of different qualifications has shown that the trajectories on the pictures 1-4 are characteristic most of all for the athletes who have got high and stable results in the competitions.

The duration of the phase of the press from the chest were also quantitatively evaluated. This phase has a wide scatter of values in time: from 0.5 seconds up to 5.0 seconds, at the average duration of 1.4 seconds.
We can notice an observable repeatability of elements which are typical for the concrete athlete, so it makes sense to carry out the technique analysis, the estimation of the athlete's current condition, the forecasting of the following results and the loads' correction, having a set of statistical matters on the given athlete. We were, in particular, gathering the information on trajectories and temporary unrolling of the CBB's vertical displacement, supplied by the materials about the weight of the athlete and of the apparatus; the attempt success and the factors, which can influence upon the result.

For example, on the pictures 11 and 12 we see the trajectories as well as the time sweep of the CBB's vertical displacement and the relative CBB's

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(continued from page 28)

lifting gym.
CB: Has the bench press shirt changed your perspective on lifting? If so, how?
MS: Nope, I just lift as much as I can—pretty simple.
CB: What do you like doing away from competing in the bench press?
MS: Spend time with my wife, family, watch movies, drink beer, reinforced the importance of assistance work to me. These guys really mean a lot to me, and I appreciate all their help.
CB: What motivates you to step under heavier and heavier weights?
MS: Whenever people ask "how much do you want to be able to lift," all I can say is "more." I don't know why I do it, I just know I can't not do it.
CB: What is the best and worst advice you've ever told?
MS: Best advice—technique is everything. Worst advice—arching your back is bad for you.
CB: Out of looks, health, toughness, and strength, what is the most important to you in order and why?
MS: 1. Toughness—everything in life and lifting depends on your ability to withstand pain and discomfort.
 2. Strength—it's always been an obsession for me.
 3. Health—it's necessary to continue lifting/competing.
 4. Looks—doesn't matter much.

CB: How do you want to be remembered?
MS: As a strong, dedicated lifter who loves his sport, but is still fun, easy going and enjoys helping fellow lifters.
CB: What does the bench press mean to you?
MS: It demonstrates complete dominance of a weight. You can't bench it if you can't control it.
CB: What makes you happy?
MS: Consistency in my training. I really hate to miss the gym. Also, nothing feels better than a PR.
CB: Tell us your top 10 tips to a bigger bench press?
MS: 1. Learn proper form and use it on every rep.
 2. Lift with other serious powerlifters.
 3. Build a strong upper back.
 4. Build strong triceps.
 5. Focus on training your nervous system.
 6. Be open to new ideas.
 7. Take care of your joints/rotator cuffs.
 8. Learn to identify your weaknesses.
 9. Spend time training raw.
 10. Be tough and expect success.
CB: Give us your training routine and diet.
MS: You can check out my training on youtube (mikesbench600), get the respect and appreciation they deserve.

lift. Mondays: max effort, bench. Wednesdays: DE/RE squat/deadlift. Thursdays: DE/RE bench.
My diet really isn't anything special. I try to make sure I get adequate protein and not eat too much junk.
CB: What are the 5 biggest mistakes other benchers make?
MS: 1. Letting their wrists bend back.
 2. Poor setup with no leg drive.
 3. Unable to maintain tightness throughout the lift.
 4. Don't retract the shoulder blades well enough.
 5. Fear of the weight.
CB: Any words of inspiration for all the other benchers out there or any message you would like to leave the bench pressing world?
MS: Cherish this sport—it's one of very few things in life where hard work is guaranteed to pay off.
CB: In closing, is there anyone who you would like to thank?
MS: I'd like to thank my wife Alicia for being so supportive of my lifting. I'd like to thank all the other lifters and coaches who give so much back to powerlifting through articles, interviews, videos, etc. I'd also like to thank the meet directors and judges who are often taken for granted and don't get the respect and appreciation they deserve.

USAPL Southern Ohio
 15 AUG 09 - Springfield, OH

BENCH	220	424	644
R. Hog	—	440	440
C. Anderson	—	259	259
S. Juewala	—	633	633
198 lbs.	—	—	—
N. Taylor	319	319	319
B. Franklin	352	584	916
L. Hill	242	512	512
R. Pige	242	440	683
R. Chwalek	292	292	248
D. Barstow	248	248	248
S. Tuley	314	314	314
274 lbs.	—	—	—
D. Darvon	330	330	330
J. Hasbrook	303	473	776
C. Burke	—	573	573
242 lbs.	—	—	—
R. Love	275	473	749
C. Clapp	418	418	418
S. Arnold	402	402	402
S. Mathis	391	391	391
J. Flatterich	391	391	391
275 lbs.	—	—	—
J. Handal	391	567	958
W. Houston	—	573	573
L. Cupcicia	440	440	440
(Thanks to the USAPL for providing results)	—	—	—

APA 4th Record Breakers Meet
 4 OCT 09 - Fitchburg, MA

BENCH	220	424	644
198 lbs.	—	—	—
B. Sanders	315	315	315
P. Herrick	315	315	315
220 lbs.	—	—	—
B. Sanders	620	620	620
275 lbs.	—	—	—
A. Leitch	650	650	650
CURL	—	—	—
A. Scorbme	365	365	365
A. Scorbme	452-49	452-49	452-49
165 lbs.	—	—	—
J. Whitney	275	185	360
185 lbs.	—	—	—
K. Harding	60	60	60
242 lbs.	—	—	—
K. Harding	181	181	181
220 lbs.	—	—	—
B. Borofsky	325	325	325
DEADLIFT	—	—	—
220 lbs.	—	—	—
K. Mattson	187	187	187
275 lbs.	—	—	—
B. Borofsky	162	162	162
BP	—	—	—
DL	—	—	—
TOT	—	—	—

World Records
 The meet was held at John Romano's gym, Manly State and world records were set in the 181 lb. class. Thanks to AI, MC and setting the meet up. Thanks to AI, Jim, Norm, Greg, John, Ben, and Jason for judging and loading. Once again, the man that makes for all possible is John Romano. Thanks for all your time and letting us work on our lifts at your gym. (Thanks to John Romano, Mattson, APA State Chairman, for providing the results.)

Powerlifter Jo Jordan
Make it Rain
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USAPL Aiki BP/DL
 15 AUG 09 - Seattle, WA

BENCH	220	424	644
105 lbs.	—	—	—
J. Makin	99	231	330
123 lbs.	—	—	—
M. Shuttleworth	198	—	198
148 lbs.	—	—	—
T. Mortensen	121	220	341
S. Roblin	132	297	429
198 lbs.	—	—	—
E. Higgs	176	248	424
W. Prieell	154	259	413
UNL	—	—	—
J. Nangisoang	410	410	410
J. Nangisoang	—	352	352
MALE	—	—	—
123 lbs.	—	—	—
N. Youlk	149	281	429
K. Diaz	127	319	446
132 lbs.	—	—	—
193	—	—	193
292	352	644	644
132	264	396	396
165 lbs.	—	—	—
M. Taylor	—	451	451
181 lbs.	—	—	—
J. Ingraham	198	308	506

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(continued from page 35)

as I can. I've got great training partners that will show up late at night to workout with me, or I travel a little bit to workout with them. Some people think I'm crazy with the schedule I have, but I love working with athletes and watching them succeed in the weight room and watch them succeed more in their sport because of their work. I believe that I have not reached my limit yet and I should not be coaching anybody if I don't continue to reach my own goals and strive to become better myself!

MT: Your most recent major contest was the 2009 World Games in Kaohsiung City, Taiwan. What did you think of that contest?
JH: You and I both agreed that it was the greatest spectacle a powerlifter will ever experience, unless some how the sport gets into the actual Olympics. Even veteran lifters such as Brad Gillingham, Wade Hooper, and David Ricks, agree that it is the best meet that they have ever been to in all of powerlifting. You always hear different things about different events in powerlifting, but man, were the World Games awesome! It is the first time that I as a powerlifter actually felt like a real athlete and was treated like one. I wish more powerlifters could actually get to see what an amazing event it is and how important it is.

MT: How are you modifying this training to fit your current needs as a powerlifter?
JH: My schedule is crazy with my strength coach position as I often spend up to 10-11 hours daily and a few extra hours on the weekend working with athletes from all sports in our schools weight room. I just continue to bite the bullet and train as hard and as smart.

MT: How do you feel about competing at the Arnold Classic (courtesy, Mike T.)



Jeremy has also competed at the Arnold Classic (courtesy, Mike T.)

whole World Games in general. It was an honor to not only represent my country, but the sport of powerlifting as well.

MT: What would you say to a novice lifter or to a lifter who's just starting out in powerlifting?

JH: The best piece of advice is to find a good group of guys to train with. I have had so much help from some of the best lifters and strength coaches in the world and they have all done it for free. Most great lifters are easy to talk to and as long as you show dedication, most are willing to take the time to answer e-mails, talk to, and even train with. Just put your ego aside and ask, ask, ask. I spend more time talking to other lifters about their training than I do about my own training to this day.

MT: Do you have a favorite out of the three or is it all three lifts?
JH: Deadlift. I am biased because it is my best lift, but I also think it is the only lift left in powerlifting that can't really be affected by too much equipment and really shows a lifter's true strength.

MT: What are the challenges of rising through the powerlifting ranks?
JH: Finding out where you actually stand. It is so hard to see where you stand with all the variables that are out there in powerlifting. I think each person truly knows deep down how strong they really are and I don't make any excuses for my choices.

MT: How often would people say you are about being a powerlifter? How does it affect you outside of the gym?

JH: I think people would say that I am driven to getting stronger and trying to better myself each day that I train. I do not see the point of training just to train. I have to try and get better each and every time I step into the weight room. If I don't, I stay until I make some improvement on something. I love powerlifting, strongman, Olympic weightlifting, highland games, elite level athletics, just about anything that involves the pursuit of bettering oneself. As far as outside of the gym, I think each day is a challenge and I welcome it as much as I do the iron.

MT: You have already mentioned your training partners. Can you tell us about them?

JH: They are some of the best in the world. Gabe Daniels has been a real blessing since I moved to Indiana in 2006. Before that I have had too many over the years to list them, but they know who they are as I have always cherished our training and always made sure they understood how much I appreciated their help.

MT: What drives you as a lifter?
JH: The pursuit of strength and no greater feeling than having a great workout with the iron. Strength truly reveals itself through character. Each and every day of my life I am in front of young athletes preaching about hard work, dedication, and what it really takes to succeed. I have to practice what I preach, period! I don't want to let them down when I go to a National or World meet; I always want to come back and tell them why I succeeded a little more each time, so they can come how they succeed in what it is they are doing or getting ready to do.

MT: What other aspect is just my principals that I hold dear in every day life. Every day is a challenge and you have to meet it and sometimes you actually go above it. It's a great feeling to accomplish things on a daily/weekly/monthly/weekly basis.

MT: Was your training any different prior to your last meet? What was different? Did it help or hurt?
JH: My training was going awesome before the World Games in Taiwan this past year. I didn't do anything different except focus on my nutrition and recovery—and man, it did pay off during training! I had talked to a few of my foreign competitors that beat me at the World Championships in Canada in November. Some of the Ukrainians and others talked about how important their nutrition and recovery methods were prior to meets. So I decided to focus on areas that I never gave as much attention to as I did the actual training. I just had bladders for about 3 months straight and for the first time my weight was actually above 220, and all my lifts were up. Getting more sleep, and setting myself up on an eating/nutritional schedule really made a difference. I didn't do anything fancy, but just gave more attention to areas I normally didn't. I also started adding in smaller workouts to bring up lagging muscle groups to just keep me focused throughout the training.

MT: Speaking of nutrition, what is your nutrition like now?

JH: Anything and everything. I am finally getting my weight above my weight class. I just try to be smart about my daily intake of everything and really pack on the proper calories when I am training hard and getting enough quality calories in.

MT: What is your view on training in equipment and learning how to use it?

JH: I'm one of those lifters who doesn't like equipment because I can't get that much out of it compared to others. It is part of the game and just another barrier that I will need to break through better if I really want to make the awards stand at 48 years old. I've also seen him pull in the low to mid 700's with just a singlet. His first competition was right around the time I was born (1983) and the man is still winning in today's sport and setting records. Guys like Wade Hooper are an inspiration still to me as they keep competing and winning. Those are true powerlifters in my opinion. I hope to have my own drive, determination, and still be winning when I get to be their age.

MT: What's the thing you've learned from those guys trained. I think what they did was amazing and they are definitely stronger than most of the powerlifters today.
JH: Hard work and new definitions of it. I have used the same equipment and weighed right around the same since 2006, but kept getting stronger. When I realized in my training, sleep, nutrition, and all the odds and ends, I know that I can place at the world IPF World Championships, and 5 just keeps going. I have trained with Dave, spoken many hours to have to make to go to the next

MT: What changes are you going to have to make to go to the next level?
JH: Really dialing in the new gear and getting my squat up. I was in second to last place at last year's IPF World's after the squat and fought all the way back to finish fourth. If I can bring up to the upper 700's, I know I will be a solid lifter on the world scene.
MT: How far do you think you can go in this sport?
JH: As far as I want to go. There is no better way to fight weakness than with strength.
MT: Jeremy, thanks very much for doing this interview! Do you have anything else you'd like to say?
JH: I would like to thank Louie Simmons, Dave Tate, and Jim Wendler for all their years of free information. I have binders full of info that they gave out free.
To all of the more experienced powerlifters, like Vince Anello, thanks to them for taking the time to speak with me about their training and what it took for them to get onto that level of powerlifting. Also, thanks to anybody else who just took the time to influence a young lifter and talk about their journey in the strength game.

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on the phone with him, and had the pleasure of competing with Dave is freakishly strong now. I've seen him put his squat suit on in 2 minutes, wrap his own knees, and go out and squat 744 at 181 lb at 48 years old. I've also seen him bench in the upper 400's raw for sets and reps, and he continually pulls in the low to mid 700's with just a singlet. His first competition was right around the time I was born (1983) and the man is still winning in today's sport and setting records. Guys like Wade Hooper are an inspiration still to me as they keep competing and winning. Those are true powerlifters in my opinion. I hope to have my own drive, determination, and still be winning when I get to be their age.

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To all of the more experienced powerlifters, like Vince Anello, thanks to them for taking the time to speak with me about their training and what it took for them to get onto that level of powerlifting. Also, thanks to anybody else who just took the time to influence a young lifter and talk about their journey in the strength game.

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Jeremy represented the USA at the recent World Games in Taiwan

(continued from page 19)

of strawberries. No other high-end nutrition software product supports this feature.

- Rank columns on-screen while in the Nutrient Density View. Click the column header of any nutrient to rank all the foods based on the value of the nutrients in that column. This immediately ranks all your foods from high to low based on their value for the nutrient whose column header you clicked. Click the column header again to reverse the sort.

- 24 Hour Exercise Tracking. NutriBase can estimate daily calorie usage in the conventional manner, by estimating calories consumed based on your estimate of the client's activity level (sedentary, moderately active, etc.).

- Track Monitored Exercises. This feature lets you take the calories (and other information) provided by monitored exercise machines (like programmable treadmills or heart rate monitors) and enter in the results.

- Support for Indirect Calorimeters. If you use a MedGem portable indirect calorimeter or similar device for obtaining your resting metabolic rate, you can enter that into NutriBase.

- Adding foods to Personal Food Item (PFI) List: prompts for serving size. This means that you can save PFI's in the serving size that you use most often as opposed to the serving size you entered in from a Nutrition Facts Label.
- % Daily Value function for Recipes and Meals. Clicking this button shows you the Percent Daily Values for your recipe or meal.
- Global Ranking Capability. NutriBase now allows you to perform rankings across the entire database, or rank selected food categories and/or subcategories. This new ranking capability helps you find that "needle in the haystack" faster than ever.

- NutriBase provides an integrated Backup program that lets you back up your recipes, Meal Plans, intakes, and all other client information and save it to any removable media.
- NutriBase includes an integrated Restore program that lets you restore your recipes, Meal Plans, intakes, and all client information to your other computers.
- NutriBase lets you view your recipes, meals, and personal food items in a spreadsheet view, then rank them on-screen from high-to-low based on the values for any nutrient.
- NutriBase extends this customizing and formatting capability to Meals and Personal Food Items (foods you have added to the database), allowing you to customize and save Meals and Personal Food Item Reports in customized text,

word processor (RTF) or web page (HTML) formats.

- NutriBase lets you select a client intake goal to suit your requirements.
- NutriBase provides fully editable Calorie Expenditures report for formulas for calorie and exercise expenditure calculations.
- NutriBase lets you organize recipes, meals, and personal food items into tabs, notebooks, then add their body weight.

- NutriBase tracks body chemistry data, personal information, and measurements for each client. NutriBase even lets you add things to track. For instance, you could track the number of jelly beans eaten by a client and time-stamp the moment they ate them. You can setup the NutriBase Info Tracker to record and report on anything.

- NutriBase lets you rank (sort) foods from high-to-low or low-to-high based on their values for any nutrient while you select the food category or categories to rank (Beverages, Fruits, etc.), the subcategories of foods (Alcoholic Beverages, Juices, Carbonated Beverages, etc.) in your ranking.

- NutriBase lets you rank (sort) recipes, meals, and personal food items from high-to-low or low-to-high based on their values for any nutrient while you are viewing them on-screen by simply clicking on the nutrient's column header.

- NutriBase lets you resize columns of data by letting your drag the edges of column headers. NutriBase also lets you resequence columns of data by dragging the columns left or right.
- NutriBase normally displays nutrient data in a spreadsheet view (in columns and rows).

- NutriBase lets you set "thumbs up" criteria to trigger when clients achieve pre-set daily exercise and/or dietary goals. This information is displayed on a color coded calendar to provide a snapshot of how your client's days went (red when they didn't achieve their goals, green when they did).

- NutriBase lets you set alarms to trigger when clients exceed any nutrient limit(s) in your program for them. For instance, NutriBase can warn you when you select a food with too much sodium, or fat, or cholesterol.

- NutriBase lets you modify preferences to control the way you interface with NutriBase. This lets you modify your software interface to work the way you want it to work.
- NutriBase lets you stamp all your Meal Plans and recipes with your byline (up to 80 characters) before distributing them.

- NutriBase charges no annual subscription fees for continued technical support and updates beyond the first year.
- The NutriBase End-User License

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allows you to install NutriBase on up to three computers as long as you are the sole user of the software. This means you can install NutriBase at work and at home or to a notebook PC. The Back and Restore capabilities let you transfer data from one machine to another.

So as you can see, NutriBase 8.0 is without a doubt the top of the line when it comes to clinical nutrition software. I have gone through countless programs and I can say it is the best I have ever used. If you are going to set up your new office it wouldn't be complete without a copy of this on your computer. Take it from me who has spent several thousands of dollars over the decade and a half that I have been in the business and NutriBase is what I wish I would have started with way back then. You are actually lucky to start your practice with such high quality software available because this was not the case when I got my feet wet. If you want to know more about the software go to their website at www.NutriBase.com or call them at 1-877-293-5459 to see all that it really has to offer your professional practice. Take it from me you will simply love working with NutriBase8—that is a guarantee!

Forever in your Debt!

Q: I really liked your interview series on digestive disorders. My mother has suffered greatly due to Crohn's disease over the last 12 years. I want to thank you for such informative and educational articles. I ordered the Great Taste No Pain system you recommended in the interview with Sherry Brescia and in just over a week my mother started to feel much better. It has only been a month now that she has been on the plan but she has noticed a huge difference in her energy levels and a major improvement in some of the different symptoms that she goes through as part of her life with the disease. Once again, your recommendations prove to be priceless. Thank you, from not only me, but my mother as well as she is forever in your debt.

Sincerely,
Jennifer Stevenson

A: Hi Jennifer, how are you? I am so happy to hear the good news about your mother. You see, some doctors only think that a health ailment can be treated by pharmaceuticals and totally ignore the nutritional sciences and the role they play in healing. When I get e-mails like yours

it makes all the hard work, writing my columns and going the extra mile to put together informative interviews with specialists in different fields worth it. Powerlifters do suffer from numerous digestive disorders and I am sad to say again it all goes back to their nutritional habits and lifestyle choices. Sooner or later you cannot get away with eating processed junk foods, trans fats, refined carbs and all the other horrible garbage that powerlifters are known for eating as the staples of their diets. To all the powerlifters reading this, please take note here. If a digestive disorder doesn't get you, then heart disease will. It's that simple. You may think you are getting away with your horrible eating habits, but sooner or later you will suffer the consequences in one health ailment or another. It's not just powerlifters, but millions of Americans are very unhealthy and plagued with numerous diseases and in the end the large majority of them are caused by our own hands. Please take my words to heart and try to improve your eating habits because ultimately it will be you that suffers in the end. I am really pleased that your mother has found some relief from her diseases and I truly wish her the best. If there is anything else I can do for

you, please don't be too shy to ask. Tell your mom I said hi and please keep me updated on how she is doing in the future.
If you have any questions or comments feel free to contact me at: Arccute@NutritionXP3.com Or check out my website at: www.NutritionXP3.com



Nutritionist Sherry Brescia, author of "Great Taste, No Pain"

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Table with columns for athlete name, state, and scores. Includes names like Jones-AZ, Raw Open, and various state abbreviations.

Table with columns for athlete name, state, and scores. Includes names like Freiling-NV, James-CA, and various state abbreviations.

Table with columns for athlete name, state, and scores. Includes names like Yancey-MD, Raw Life, and various state abbreviations.



Nice bench press by Val Crowell

148 pound class entrant. Ageless Rudy Lozano mastered an easy 385 bench at 181 to win the best lifter equipped. And yes Rudy is now 70. Mark Mathews Jr. used a 402 raw bench to take the title. Big Mike Wynn was the best in the men's military team division with the National Guard took the women's team award and combined with their male team mates to take the Combined Military honors.

USAAPL Hallown Green, VA 31 OCT 09 - Bowling Class, VA BENCH K. Whitaker 149 G. Colombo 420 BP DL TOT 523

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Martin Drake knows how to direct a meet and lift it at the same time

Table with columns for athlete name, state, and scores. Includes names like Lano-NV, Raw Master, and various state abbreviations.

Table with columns for athlete name, state, and scores. Includes names like Raw Master, Raw Mil/Law, and various state abbreviations.

Table with columns for athlete name, state, and scores. Includes names like Leedy-NV, Raw Open, and various state abbreviations.



Nice bench press by Val Crowell

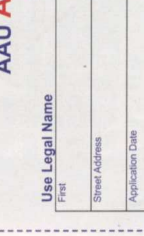
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Mike Womack - line BP seminar

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Mandy Rogers with a state record 270 DL at 132 at the Northwest Arkansas Open (Dr. Latch photo)

SLIP Northwestern Arkansas Open	25 JUL 09 - Rogers, AR	325*
BENCH	D. Hughes (63-49)	370*
FEMALE	R. Rodich (65-68)	418-380*
Raw	C. McDowell	200*
148 lbs.	A. Frencher	295
MALE	A. Frencher	148 lbs.
148 lbs.		

P. Shea	423*	220 lbs.
S. Trotman	600	180*
Novice		
270 lbs.		
R. Michel	139*	181 lbs.
133*		
Tenn (13-15)	350*	198 lbs.
165 lbs.		
J. Jacobo	125	418-40*
Tenn (16-17)		
198 lbs.		
C. Rodich	285*	220 lbs.
198 lbs.		
242 lbs.		
M. Coulson	400*	418-145*
Dunbar (40-44)		
418-110*		
198 lbs.		
N. How	400*	418-145*
220 lbs.		
M. Coulson	385*	270*
275 lbs.		
R. McDowell	450	440
Master (45-49)		
270 lbs.		
375		
Master (65-68)		
198 lbs.		
W. Smith	235*	375*
198 lbs.		
418-240*		
242 lbs.		
360		
Police/Fire (40-44)		
220 lbs.		
M. Coulson	385*	350*
Open		
220 lbs.		
A. Wagner	235	350*
220 lbs.		
MALE		
S. Trotman	500	500
500		
Police/Fire (45-59)		
Best Lifter: Bob		
Dale, Team Champions: Anytime Fitness, The		
Son Light Power Northwestern Arkansas Open		
Bench Press/Deadlift Championship was held		
at Benton County Jailed in Rogers, Ark. Thanks		



"po ole" Jim Turner tying his own raw state record of 360 pounds at 65-69/242 in Rogers, Arkansas with a new personal record 270 Calibfrakes won his third title of the day at novice 220 with 440, making just his opener. Connor Rodich won again at 16-17/198 with 275, posting yet another state record for that class. Our best record of 650 at 40-44/275. Joshua Kosarek broke the state records for both the police/fire master 55-59/148, with 350. Our final lifter finished with 500. The team award went to Anytime Fitness of Branson, MO, which included Hughes, Bob Dale and Adam Wagner. Thanks to Kristin King for taking some great pictures of the meet and to Sandy Hayes for serving as our trophy girl. Thanks to everyone who helped with the spotting and loading. See you all again in December! (courtesy Dr. Darrel Latch)

to owner Tom Hayes for once again hosting this event. In the raw bench competition Branson, Missouri's own Christina McDowell broke the Arkansas state record for the women's submaster 148 with her first official 200! For the men's novice it was Caleb Frakes with his new state record of 360 at 16-17/198. Joe Rodich made his competition debut with his first lift at 13-15/165 with 135. Connor Rodich made his competition debut with his state record attempt of 285. Gerald Dunbar had a great day at junior 242, finishing with a state record of 410. Marshall Law, wearing his second year of a new uniform, posted a record at 40-44 with 220. Matthew Coulson, who set the mark with 385. Matthew also won at police/fire 40-44/220 for his second state record of the day. Rich McDowell won at 40-44/275 with only 375. Mandy Rogers tied the competition at 65-69/198, breaking the state record there with 240. Jim Turner tied his own state record at 65-69/242 with his easy 360. In the open division it was Adam Wagner at 220 with 235; for the assisted division David Hughes won at 40-44 with 375. Connor Rodich posted Arkansas state record of 325. Connor Rodich broke the state record at 45-49/198 with his PR 380. In the open division Andrew Frencher won at 148 with 295 while training partner Paul Silva tied the state record at 165 with 225. But our biggest lift of the day came from the Police/Fire division where Connor Rodich awarded the best lifter trophy for his great 600 bench. In the curl we had five lifters, all of which set new state records for their respective classes. At novice 220 it was Caleb Frakes with 180. Hazel Michel set the mark at 16-17/181 with 140. In the police/fire division it was 16-17/198 with 140. In the police/fire 45-49/220 was Jim Wimpinger with 180. Our final curler was police/fire 40-44/220 winner Matthew Coulson, who finished with 145. Mandy Rogers won the deadlift event with only a lady pullover open 140 winner Mandy Rogers. Mandy pulled her own state record by thirty pounds, ending

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Ed Minnelli at the APA Keystone Open in Lancaster, PA (S. Taylor)

APA Keystone Open
12 SEP 09 - Lancaster, PA

BENCH	98 lbs.	175		
MALE	Thompson Jr			
YOUTH RAW DT	90	90		
STRICT CURL	FEMALE	148 lbs.		
Raw	148 lbs.			
Open Raw DT	445	90		
MALE	Megley			
MALE	165 lbs.			
Teen Raw DT	570	75		
DEADLIFT	C. Dantzier			
MALE	181 lbs.			
Submaster Raw	242 lbs.	150		
MALE	242 lbs.			
Open Raw DT	625	170		
MALE	J. Bosley			
Blankschhip	308 lbs.			
Open UNL	625	160		
MALE	S. Harris			
OVERHEAD	160			
Powerlifting	SQ	BP	DL	TOT
MALE	165 lbs.			
Teen Raw DT	295	165	300	595
MALE	A. Canacho			
Teen Raw DT	285	210	400	895
MALE	W. Townsend			
Junior Raw DT	440	285	500	1225
MALE	M. Post			
Open Raw DT	330	305	465	1100
MALE	S. O'Brien			
Junior Raw DT	455	300	625	1380
MALE	E. Minnelli			
Master I Raw DT	555	315	600	1470
MALE	D. Hall			
Submaster Raw DT	505	365	600	1470
MALE	M. Powers			
Strength Spots	405	300	540	1390
OH CR	S. Harris			
OH CR	405	300	405	1110
OH CR	385	650	1635	
OH CR	410	300	405	1120
OH CR	300	405	1120	
OH CR	148 lbs.			
Submaster Raw DT				

N.P.A. Drug Free Nationals
10 OCT 09 - Freepport IL

BENCH	220 lbs.	440
All Lifters	(40-45)	
Masters	165 lbs.	445
MALE	165 lbs.	
220 lbs.	440	
D. Leslie	410	570*
F. Michaels	(46-50)	
C. Frink	(13-55)	525*
F. Michaels	260	400
Submasters	275 lbs.	
SHW	446-50	550*
E. Jaworski	308 lbs.	400
DEADLIFT	(40-44)	
All Lifters	165 lbs.	400
MALE	165 lbs.	
SHW	270	242 lbs.
R. Lee	270	242 lbs.
A. Miller	530	
T. Flanagan	300*	

ACN 8th BP Competition
17 OCT 09 - Atlanta, GA

BENCH	185	170
FEMALE	D. Tomblinia	
Open	Gary E.	150
M. Sternberg	155	200
C. Anderson	113	225
K. Katz	80	170
M. Willis	95	150
Open	(50+)	200
D. Dewoskin	265	200
S. Walker	225	170
K. English	235	185
J. Bariboldi	200	205
G. Gary E.	200	
G. Leslaw	170	

...pr at 600. Next model, just do something to make it work. (Thanks to Diane Burlingame for results)

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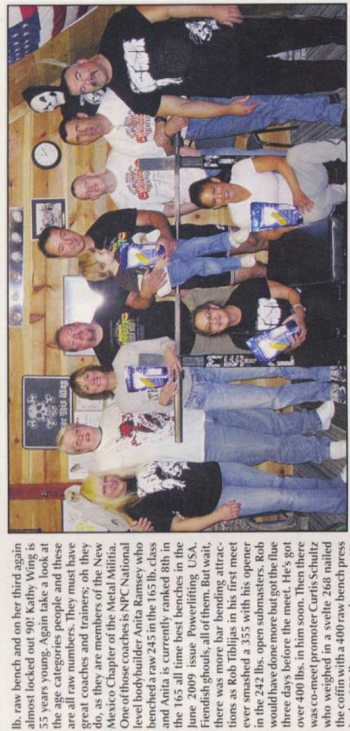


Participants in the ACN Bench Press contest in Atlanta, GA (Kayes)

APF Halloween Monster Bash
3 OCT 09 Eagle Nest, NM

BENCH	165 lbs.	245*
Raw Open	A. Ramsey	
MALE	165 lbs.	
Masters (45-49)	135*	242 lbs.
Masters (55-59)	85*	
Raw Open	355*	
Masters (45-49)	400*	
Masters (55-59)	400*	

After they said they would and even one team... I was going out a team trophy. Please do not... to call yourself a "full meet" litter if you do... Push/Pull meets too and remember you make... your look like an ass when you lie to others... and make rude comments! Know I understand... why NCA and USAF competitors will not go... the APF. I am not a competitor, I am a fan... and doing something great for the lifters APF... has attitudes! So, because of the non-loyal... rule-APF people in this region this event meet... year will be held in Colorado in conjunction... with a NPC Bodybuilding show or update... could possibly become a Cash event but will... Meet" lifters only, "wouldn't waste their time"... no longer be an APF meet. (Courtesy: Curtis... Schultz, APF NM Chairman)



Participants at the APF 3rd Annual Halloween Monster Bench Press event in Eagle Nest, New Mexico (Photograph courtesy of Anita and Curtis Schultz)

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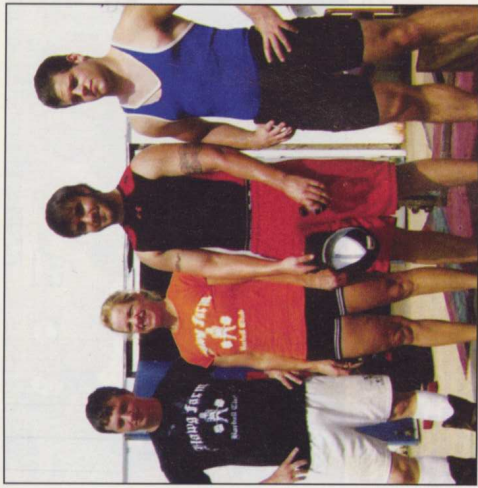
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APF Indiana State Competitors ... (left to right) Ryan Steelman, Teresa Morrison, Rudy Wernz and Tony Myers (courtesy of Larry Hoover)

APF Indiana State

19 SEP 09 - Princeton, IN

BENCH	
Raw Master I	460*
Raw Master II	440*
Raw Master III	445*
Raw Master IV	445
Raw Master V	445
Raw Master VI	445
Raw Master VII	445
Raw Master VIII	445
Raw Master IX	445
Raw Master X	445
Raw Master XI	445
Raw Master XII	445
Raw Master XIII	445
Raw Master XIV	445
Raw Master XV	445
Raw Master XVI	445
Raw Master XVII	445
Raw Master XVIII	445
Raw Master XIX	445
Raw Master XX	445
Raw Master XXI	445
Raw Master XXII	445
Raw Master XXIII	445
Raw Master XXIV	445
Raw Master XXV	445
Raw Master XXVI	445
Raw Master XXVII	445
Raw Master XXVIII	445
Raw Master XXIX	445
Raw Master XXX	445
Raw Master XXXI	445
Raw Master XXXII	445
Raw Master XXXIII	445
Raw Master XXXIV	445
Raw Master XXXV	445
Raw Master XXXVI	445
Raw Master XXXVII	445
Raw Master XXXVIII	445
Raw Master XXXIX	445
Raw Master XL	445
Raw Master XLI	445
Raw Master XLII	445
Raw Master XLIII	445
Raw Master XLIV	445
Raw Master XLV	445
Raw Master XLVI	445
Raw Master XLVII	445
Raw Master XLVIII	445
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16 MAY 09 - Killeen, TX	
BENCH	
Raw Male	374
Raw Female	325
Raw Open	325
Raw Master I	314
Raw Master II	325
Raw Master III	325
Raw Master IV	325
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SIGNATURE X

7th Big Dog Classic
11 OCT 09 - W. Lafayette, OH

BENCH

Raw Male	114 lbs.
Raw Female	132 lbs.
Raw Open	130
Raw Master I	95
Raw Master II	160
Raw Master III	385
Raw Master IV	460
Raw Master V	335
Raw Master VI	600
Raw Master VII	700
Raw Master VIII	515
Raw Master IX	198 lbs.
Raw Master X	525
Raw Master XI	335
Raw Master XII	705
Raw Master XIII	705
Raw Master XIV	430
Raw Master XV	275 lbs.
Raw Master XVI	360
Raw Master XVII	725
Raw Master XVIII	1000

Deadlift: John Miller, Special thanks, Wade Butcher, thanks to our loaders: Greg Ekenberry and Butch's Barbell. Meet Directors: John & Kayleen Blackstone. (thanks to Blackstone's Gym for providing results).

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• 36 •

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-Mike Lambert, Editor, POWERLIFTING USA Magazine

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(continued from page 47)

in bodybuilding after seeing a run of the old Dave Draper surf film "Don't Make Waves" (which also has in the background a scene of Bill "Peanuts" West doing a bench press in the old Venice Beach Muscle Pit. Draper really inspired me to start lifting, so my older brother and I started to work out in our garage and then found a couple of gyms and really started working out like crazy. I was just like any teenager then; I wanted to be big and muscular like the guys in the old Weider magazines.

About this time, one of Randy's older brothers started to compete in arm wrestling and Randy followed suit. One of his early meets was the West Coast Professional Arm Wrestling Championships. I ran my bodyweight from around 198 to 230 for this competition and I won it, to my surprise. I trained for around four months for this meet, did tons of heavy one arm curls going all the way up to 105 lb. x 10. I even went so far as to build my own arm wrestling machine which was a plate loaded gym. I trained like a madman because I really wanted to win this and I focused all of my energy on this one event. "This was around 1977 and with this victory the young Randy earned an all expense paid trip to the USA Nationals in Houston, Texas. Weighing in at a light 230, Randy drew for his first opponent the gargantuan Joel Rader; then East Coast Sit Down Arm Wrestling Champion. Rader weighed around 370 lb. and when I walked on stage, he started to laugh as did the crowd. I looked so skinny in comparison, I was really ticked off with this and found it very humiliating. We locked down for around three minutes and I could feel him giving away because of my better all around conditioning and, of course, my day job working construction. I won and I was the one who laughed as I left the stage." Little did he know it, but this early foray into arm wrestling was the catalyst that launched his movie career. Randy did compete in arm wrestling for a couple more years but yearned for something more, something with which he could use his whole body.

He remembers seeing some of



As a Russian soldier in Rambo III

the early TV lifting like the old 1977 World Powerlifting Championships from Australia. This got him fired up and by then his strength was growing in leaps and bounds. He was squatting 400 for a double, with little or no coaching in his garage. Randy, having resided in Southern California all of his life, was blessed having grown up in the most fertile area for powerlifting in the USA, with some of the greatest lifters, all pioneers and future Hall of Famers. He joined the Pacific Coast Health Club in Fontana where Larry Kidney, the country stop record holder in the squat, trained. He approached Larry for advice and was told to go away for a couple of weeks and think about whether he really wanted to be a powerlifter or not. "I was blown away by these guys with so much strength in one room. I was hooked and still am to this day." So began his historic foray into powerlifting.

It was about this time, around 1981, that I met Randy for the first time. I was a novice lifter and like Randy was seeking the best instruction and atmosphere to lift in. I also started my career as a powerlifting journalist and was interviewing Larry Kidney for an article about him and his brand new gym, Kidney's Body Shoppe in Ontario, CA. I distinctly remember Larry pointing his thick finger at a wild looking apparition in the corner, a huge guy with long hair and a wild unshaven beard doing heavy curls. "That, my friend, is Randy Raneey. Keep an eye on this dude. He is bull-strong. Not much in the form department, but a real animal. I've been trying like hell to break him, but so far nothing. In fact, he's only been in three meets, all local, and already has totaled masters." I sidled up to the gargantuan Raneey, introduced myself and said "so Kidney tells me you've already hit a masters total (at super) in three meets. What are you gonna do for number four?" "Total Elite," was his reply. Well, he did total Elite (2050) in just four meets and I have to emphasize that he did it (like all of the lifters did then) with the equipment of the day, \$25 squat suits that sometimes ripped with the bar and one plate, no brads, no bench shirt, no monolith and some of the strictest judges on the planet—Bud Mucci, Jack Hughes, Don and Fran Haley, Bob Packer and Jim Waters, all residing in Southern California. This total spurred Randy onto further heavy training.

By now, Kidney and crew had closed his first gym and opened up another gym in a small hole in the wall place in the gritty suburb of Montclair (located conveniently next to a tire store and dirty bookstore), and then decided to simply find warehouse space for powerlifting and forget about the general public (sound familiar anyone?). Kidney, Chet Thomas, Randy and Bob Morris of the Original Bob Morris Power Belt, rented a warehouse and trained there. Dave Shaw and others were also training and this is when Randy's deadlift went through the roof. He was doing rack pulls with 945 (or doubles two inches from his knees) and his deadlifting sessions with Shaw on Monday nights were legendary. About then he started thinking one thing—a world record deadlift. He



Raneey as "Mad Dog Madison" in Stallone's movie "Over the Top"

had already pulled 826 embarrassingly breaking an ancient record held by George Frenn (which stands to this day in California), but he felt certain that 900 was his.

Fate would intervene in the form of a couple of old friends from his arm wrestling days who were involved in some Las Vegas promotions. They gave him a lead for an open tryout for the upcoming Sylvester Stallone arm wrestling flick "Over the Top." In this movie, Stallone played a down and out truck driver named Lincoln Hawk who tried to win the affections of his estranged son by winning an arm wrestling tournament (which, of course, he does) against a variety of martial opponents suitably named Mucci, Smasher, Grizzly and the role that Randy won, the wild man Mad Dog Madison. "Actually, I didn't even want that role because the initial script they overnighted me had some weird scenes like where Mad Dog was brought on the stage loaded down with chains and howling like a dog. It kind of embarrassed me, but there you go." By this time, after meeting with various casting directors and Stallone's stand in for the role (who was deathly afraid of arm wrestling Randy), he had caught the eye of "Sly" (who apparently Randy didn't associate with Sylvester Stallone at first). The film was a modest success, and Randy was now thrust from working stiff powerlifter into the unglorious bowels of The Business. "When I got the role, they called me up and told me about it and then asked me how much money I wanted. I told them I didn't know and since I had no agent, I just accepted what they thought (\$1700 a week plus expenses) was a lowball minimal offer. I tried to be nonchalant, but in reality I was crapping my pants. I was so happy. You gotta remember, Ron, in those days I was killing myself to make \$500 a week painting houses and, of course, I had a wife and three daughters to look after. So \$1700 a week, expenses and the whole Hollywood treatment including my own dressing room and all was awesome."

At about this time, Randy finally got to spend some quality minutes with Stallone as the premier of "Over the Top." Sly asked him what he wanted (from The Business). "I told

him I really didn't care much about money and fame, but all I really wanted was to be considered his friend." Randy still remembers the smile that creased Stallone's face. "Stallone told me that I had a real presence about me and that who knows what could happen." The movie came and went. Randy resumed his life as a working man and budding world record holder. He was ready for the big pull, and was flirting with the idea of traveling to either Canada or to Hawaii to take a shot at it when, once again, fate intervened. One night he came home from the gym and his wife told him that some guy calling himself Sly Stallone called and asked for him. "I thought, here we go again, one of the guys from the gym playing a joke on me pretending to be Stallone and all. This is getting old. But this time, the caller left a call back number with a strange area code. It wasn't enough weight for me to use, and a lot of the time I had to have someone sitting on top of the bench press machine as a human weight to get me to at least 400 lb." Getting enough quality protein in Israel was also a problem, so Randy had to resort to going to the Arab Quarter to buy large quantities of raw milk. "I walked into this store and, of course, I couldn't speak the language so I just moped like a cow and finally they got it. I wasn't some crazy giant, but someone who just wanted to buy milk!" During his time in Israel filming Rambo III, Randy had a great social life. I won't go into the grisly details, but let's just say he had fun. "I'm ashamed to admit it, but one night a bunch of us were coming home from nightclubbing in Tel Aviv, I had a little too much to drink and commiserated a stretch (with a \$100 bribe) to take us across the street!"

During this time, he had limited contact with his wife at home and due to this, their relationship suffered. Remember, this was 1988—no cell phones, no email and no web cams. As The World's Biggest Klingon



Randy Raneey lifting more weight on the powerlifting platform in '83 than he had in his entire life. He had married out of high school, was so devastated, but the money was so good I had no choice.

So there he was, one day in Los Angeles training his deadlift in a dumpy warehouse with Kidney, Phillips and others and literally the next day he was in Tel Aviv and Elat (the Las Vegas of the Middle East), Israel, hobnobbing with actors like Stallone, the late Richard Crema (who he told me was one of the nicest guys around), being transported everywhere in a limousine and helicopter, signing autographs for the locals and partying up a storm. He had an easy filming schedule, apparently "on location, I wouldn't be needed every day. In fact sometimes it would be two weeks or more between when they filmed my scenes. I would still get paid and treated like royalty, but I was getting really bored. I worked out a lot with Stallone but there wasn't enough weight for me to use, and a lot of the time I had to have someone sitting on top of the bench press machine as a human weight to get me to at least 400 lb." Getting enough quality protein in Israel was also a problem, so Randy had to resort to going to the Arab Quarter to buy large quantities of raw milk. "I walked into this store and, of course, I couldn't speak the language so I just moped like a cow and finally they got it. I wasn't some crazy giant, but someone who just wanted to buy milk!" During his time in Israel filming Rambo III, Randy had a great social life. I won't go into the grisly details, but let's just say he had fun. "I'm ashamed to admit it, but one night a bunch of us were coming home from nightclubbing in Tel Aviv, I had a little too much to drink and commiserated a stretch (with a \$100 bribe) to take us across the street!"

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When he came home, things just weren't the same. Sadly his marriage suffered the same fate as a lot of marriages in Hollywood, but thankfully they remained good friends (which they are today) for the sake of their three daughters Randy's powerlifting also suffering because although his body was back in Los Angeles, 415 in the squat and approaching 600 in the deadlift. By the way, we're using the same old workout I used 25 years ago with Kidney and Phillips. Monday heavy bench and upper-body bodybuilding, Tuesday Versal Studios as The World's Biggest King for their Star Trek Ride, heavy deadlift and back, Wednesday off, Thursday light bench press and bodybuilding and Friday heavy squats. This got me thinking about finally attempting my world record. "No Holds Barred," but by then his heart wasn't into it. Thankfully, Randy got out of the business before it ate him alive. He has spent the last several years raising his son Randy Like Sly, Stallone said, "he has a real presence about him!"

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(continued from page 10)

70 highly qualified weight lifters do an experiment by rotating 25-45 special exercises including the classical lifts. After the experiments were done, one lifter was satisfied and the rest wanted more. It now had a name: the conjugate system. I was training alone and used lots of special exercises for all three lifts to reduce stress. This is known as accommodation. To avoid that, a rotation of exercises small and large must be cycled in and out of the plan. I followed this system without knowing it had a name for years, 13 years to be exact.

It was in 1983 when I broke my lower back for the second time. I thought there had to be a better way. I started to buy books such as the Soviet Sports Review, translated by Dr. Yessis, and the Soviet training manuals that Bud Cherniga Jr. had translated. But told me that these were textbooks. This is just what I was looking for. They opened my eyes. They are very math-physics oriented, with a basis on Newton's laws of motion. I was hooked. I had totaled my first Elite USPF total of 1655 in February 1973.

I used no gear, not even wraps on my knees or elbows or even wrists, just an Olympic weight belt, no power belt. I felt wanted to continue to make progress, I had to get stronger and I had to get smarter, much smarter. I started all over. First I used the pendulum wave in 3-week cycles, going from training a heavy and a light day, to a max effort day, working to a max single depending on my level of preparedness. A severe workout can be done every 72 hours, and the second day is devoted to the development of special strengths. It could be explosive strength, commonly known as the dynamic method.

The Westside conjugate system is the best of two advanced training systems: the Soviet system, where several special exercises are used to accommodate the training of superior lifters and athletes, and the Bulgarian system, where near-max lifts are performed every workout. The Westside system is a combination of the two.

Science has proven that training at 90% or above for 3 weeks will cause physical and mental fatigue. With the Westside conjugate method we switch a core barbell exercise each week to avoid accommodation. The wide variety of special exercises will perfect form. The similarities of the Westside conjugate system to the one devised by the Soviets at the Dynamo Club are obvious. The only difference is the exercises: one system for Olympic lifting and, of course, the other for powerlifting.

What I look from the Soviets was the sequence of wave loading repetitions and sets at a particular intensity zone. This truly enlightened me about the importance of calculating volume at each intensity zone and why it is a waste of time to do many reps at a given intensity zone. Men such as Vekho-shanskoy, Bondarchuk, Matveyev, Vorobyev, and many more helped lead the way.

Westside pendulum wave cycles last 3 weeks for speed and explosive strength and 2 weeks for strength speed work and utilize several special bars with which to establish different maxes. But because the reps and sets should remain the same at a given percent, the bar speed at this percent will remain the same. The volume will be different each week due to the difference between bar maxes. Your front squat max will be different from your safety squat bar max, and, of course, both will be different from your max squat. This is to avoid accommodation, which in this case is the constant overuse of the same loading patterns. The Soviets and Westside count only all-time records, which amounts to roughly 600 lifts a year, similar to contest max lifts. The Bulgarian system mandated that the current training maxes were based on that particular day's strength, equating about 4000 lifts a year. They were not based on a certain percent. This was determined by Coach Abadie's experiments. They used only six lifts: front squat, back squat, power clean, power snatch, clean and jerk, and snatch. One had to be well chosen for such a rigorous regimen of training. Westside's system is to max out on this day according to your level of preparedness. This means that a Westside max effort is the most one is capable of that day. It may not be on that day, week after week. This is just like the Bulgarian training with the exception of the number of lifts. They would follow this system 6 days a week. Six maximum lifts were done in the morning. After a 30-minute rest 6 more maxes on pulling exercises plus 6 max squats, front or back.

This was repeated in the afternoon and evening.

Westside uses two max effort days a week, one for the squat and deadlift and one for benching. 72 hours separate a speed workout and max effort day for the same lift. Three lifts at 90% and above are advised. This is more practical for powerlifting, on the basis of using this max effort system for the last 26 years.

A lot of hours and work have gone into perfecting the Westside system. It has more variety, volume, reps, and intensity zones as well as exercises that literally number in the hundreds. It has been a 40-year odyssey of pain, work, and experimentation. Look at our website and compare our lifts to those of other gyms: 89 Elites, 14 who squat over 1000 and 4 over 1100; 30 who bench over 700 pounds and 4 over 800 pounds; 15 who deadlift over 800 pounds and 6 over 2500 pounds; 4 with a total over 2600 and 1 with a 2700-pound total. In addition, I have made a USPF Elite total throughout the time period from February 1973 to December 2009, this last time at 62 years old.

I hope this explains how the Westside conjugate system was created. I found the right way to train by observing the smart and resourceful lifters who succeeded, compared to those who set their own plan and failed and withdrew from Westside.

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TOP 100

For standard 181 lb. / 82.5 kg. USA lifters in results received from JAN/09 through DEC/09

Table with columns: QUAT, BENCH, DEADLIFT, TOTAL. Lists names and scores for the top 100 lifters in each category.

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax).

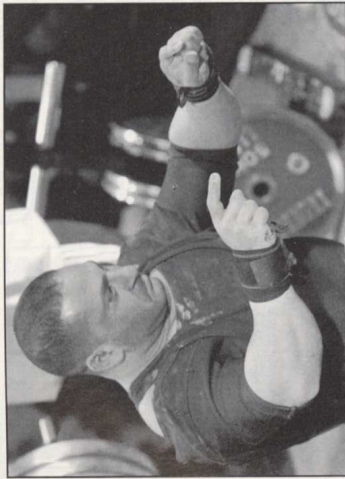
NEXT MONTH... TOP 1985

Reports... In the IPA National Hall of Fame, Jessica Scollin should have been credited with a 350 squat. The identities of Team Ohio on the FEB/10 cover are (l-r) Russ Combes, Doug Noebe, Bruce Begue, Don Miskinis, Jeff Begue, Bryan Hanoy, Nick Teague, Ali Miskinis, Jed Lee, Yuxin Ha, Willis McCoy, Donnie Miskinis, and Gene Wenzel. 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 alignment on the right and an appropriate correction in a following issue.

ATTENTION - if you made a previous Powerlifting USA TOP 100 or TOP 20 ranking list, even 20 or more years ago, you can still order your certificate or plaque. Just let us know the time frame, weight class, and lifts (and we will do the research for you.

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THE TOP 100 PHOTO PAGE



Mike Carlinian is a spectacular bench presser as well as squatter



Bob Levering - WABDL winner



Keith Daniels - Hawaiian BPer



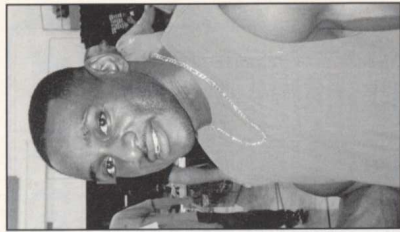
Ron Garofalo - USAPL Champ



Top Lifters: (l-r) Bob Benedict, Ed Kinsey, & David Jurgens

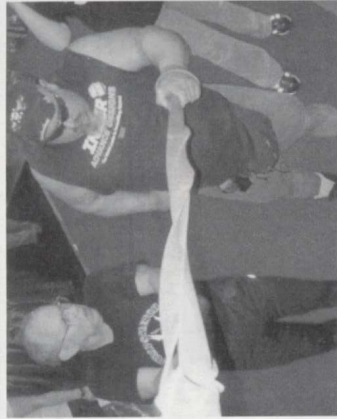


Wade Hooper - nice World Games lifting



Robert Herring is a DL talent

Will you make the upcoming TOP 100 list for the 220 lb. class? Last time we ranked this class, the minimum lifts to make that ranking were 650 lb. in the squat, 535 lb. in the bench press, 625 lb. in the deadlift, and 1675 lb. in the total. Often those minimum lifts to make the lists go up from year to year, but not always. The time period for the next ranking of the 220 lb. class will be March 2009 through February 2010, and it will appear in our May 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 elementary school class photo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to mike@powerliftingusa.com (we recommend a JPEG at least 2000kb 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 for your class.



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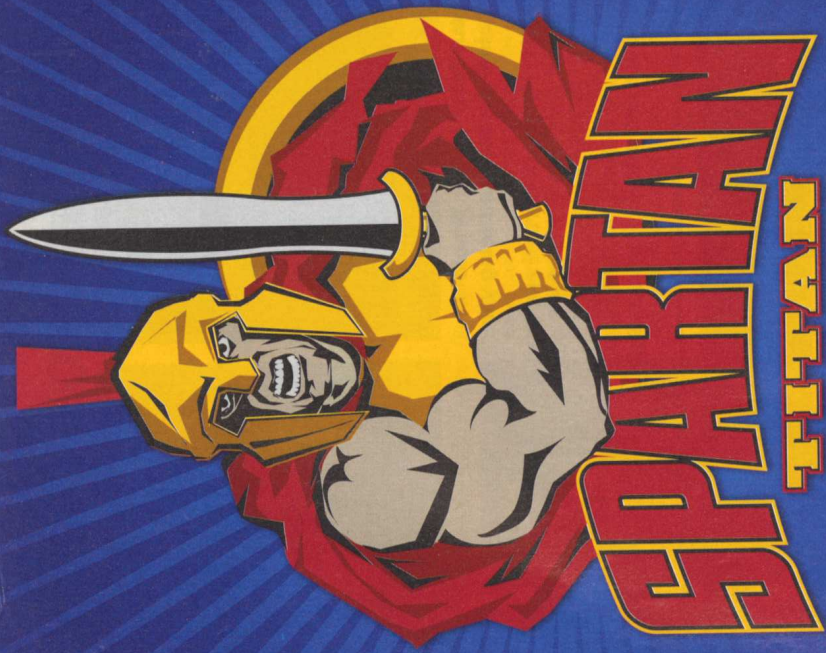
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