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ON THE COVER... Model Allison Arredondo may not be aiming for a 405 lb. bench press, but with Spring coming, she's in the gym doing her weight training (photo courtesy Ned Low)

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# MHP

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

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

**Vlad Alifazov**  
World Record Squat  
1,250 lbs. @ SHW

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

**Ryan Kennelly**  
Greatest Bench Ever  
WR1,075 lbs. @ 308 lbs.

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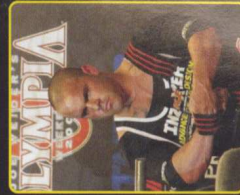
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**Al Davis**  
2010 "Raw" Unity Record Bench  
653 lbs. @ 308 lbs.



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



**Shawn Frankl**  
World Record Total  
2,650 lbs. @ 198 lbs.



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

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World Record Bench Press  
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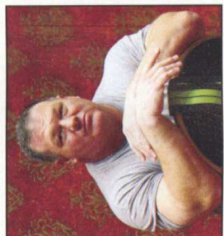


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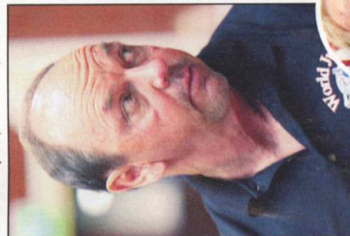
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### ADDENDUM TO WABDL WORLDS

Jani Ihalainen of Finland benched 628 and hit missed a 700 x estimator 275. He's a rugged Viking kind of guy that should be the "real" mascot for the Minnesota Vikings. In law/fire double-ply, Frank has lifted in all 13 WABDL Worlds and competed in my meets in Hawaii as far back as 1988. Robert Lincoln Jr. put up a 650.02 at 259 and has set world record in 259 and 275 in law/fire submaster that have been broken. The 650.2 was a law/fire 40-47 world record 259. He also has the world record at 275 with 699.7 in law/fire 40-47. Bruce Sablin set a world record in law/fire 308/56+ with 556.5. Bruce has benched 600+ in the past. Tommy Harrison benched 2710.7 on an opener in law/fire submaster 308. He holds the world record at 730.55 as well as the world record 815.35 at 275. His right forearm shattered from the weight at 1000 lbs. he was competing for two years. He and Jim Kealey have the biggest law/fire WABDL lift was 325 and 259. Ken has worn a double-ply denim in the past and is now wearing a single-ply shirt. He holds two world records in double-ply with 666.7 in 40-46/220 and 670 at 40-46/242. Jody Woods put up a 551 bench at 47-53/198 in a single-ply shirt and added a 606 deadlift. He's done 672 so he's a well rounded lifter. He also promotes the WABDL Capitol City Classic in Sacramento at a classy Marriott Hotel. Bill Gillespie pushed 755 at 47-53/308 at age 30. At the World Cup on May 17, 2009, in Wisconsin Dells, Bill set a world record 804.5. Harold Smith, at age 75, benched 341.5 raw, weighing 217 at 5'11". He has long arms, the arms of a man 6'3". At age 72, he benched 374 raw. His lift was a world record in master 357/220. Chuck Venturella set a world record of 613.2 in the bench press. He has a great attitude and a great personality. He has great deals on trophies. His phone number is 674-654-4117 if any meet directors want to purchase sculptures or plaques. In women's bench, Heby Miller of Utah, weighing 112, benched 198.2 Vilmar Oliveira pulled 479 in disabled 165. Vilmar is the South American WABDL Chairman and has been to all 13 WABDL World Championships. At 165 disabled, Matthew Taylor, who goes through three dialysis treatments a week, pulled a world record 502.6. In junior 242, Garrett Muro pulled 700 and at open 198, Matthew Marsiglia pulled 672.2 for a Michigan state record. Matthew also helped spot, load, helped with weights-in and was anywhere there was a void to fill. Garrett Muro is a 400 lb. deadlifter if he gets his weight up to 275. (WABDL Worlds photos shown here & in the Feb. issue are courtesy of CS)



Bill Gillespie pushed up a 755



198 lb. Jody Woods



Robert Lincoln Jr. put up 650.02



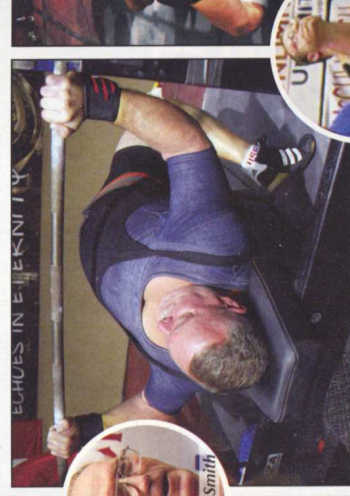
Frank Wakakuwa set a law/fire WR



Garrett Muro pulled 700 at 198



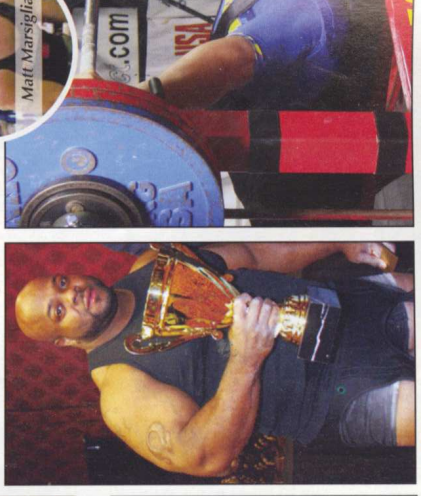
Jani Ihalainen - 628 bench



Ken Millrany set a world record with 611.7 lb.



Matt Marsiglia



Tommy Harrison benched 710.7

Chuck Venturella set two world records in the bench press at 132

# INTERVIEW

## JAMIE "BIG EVIL" HARRIS interviewed for PL USA by Ben Tatar of Critical Bench



"Jamie Harris was able to combine a hardcore image with a charismatic personality. He added entertainment value to the sport, and he was on top throughout the whole 90s era. Not only did Jamie make bench pressing fun to watch, but he dominated and had longevity throughout one of the best eras in bench press history. When you saw Jamie your blood would either burn because he was such a powerful person, or you felt like you were seeing a great friend. There will never be another Jamie Harris again."

- Kara Bohigian Smith

"Jamie Harris was a great guy and he brought some much needed color to the game of powerlifting. I remember him saying, 'Anthony, do you hear me?' Anthony, do you hear me?' And playfully taunting him, Jamie even had Priscilla believing that the king had returned."

- Rob Carbo

Where has Jamie Harris been lately? What does Jamie Harris think about powerlifting as he looks back? Who was Jamie Harris outside of being the world-record holder who we all loved or loved to hate? Powerlifting USA brings you an in-depth look at one of the most colorful and one of the greatest benchers in bench press history.

**Critical Bench:** Jamie, welcome back to the powerlifting world. As any powerlifting fanatic knows, you were on top of the powerlifting world not for a week, month or a year, but for over a decade. Looking back at your powerlifting journey, what was your favorite part?

**Jamie Harris:** Looking back, the best part of the sport was the camaraderie between friends—who are forever—your training partners and other lifters you meet in your travels. Being friends with people in powerlifting is amazing because it is almost like being in a team together. I have been fortunate enough to have had a tight team of guys that have helped me. You need a support system to set world records. It's not like bodybuilding where you train by yourself all the time; it's a team concept. You also spend a lot of your leisure time with these guys because we would all be in the same mindset: BEING WILD!  
**CB:** Jamie, when you got better in the sport of powerlifting, what was it like? Did you experience more negativity as you improved?  
**JH:** It seems like when you're first starting out, everyone wants to help you, because you are no threat to anyone's ego. And then,

if you cross me, you will be confronted, end of story. I see myself as helpful and encouraging. I like to see others succeed with their goals because I believe life is all about goal setting and that's how I live my life. I'm basically silly and love to laugh and have fun. I play Xbox 360 so you can say I'm like a big kid. I enjoy simpler things in life now. I enjoy riding my quad and since I do so much cardio now I'm going to start riding mountain bikes this spring with my training partners. I also still enjoy the simplicity of weight training, lifting for a good pump instead of lifting crazy heavy weights.

**CB:** It seems like a lot of people are having fun with you in this day as you do Elvis shows. Jamie, how are you different now compared to when you were the top bench presser in the world?

**JH:** I am a full time Elvis Presley Tribute Artist. I play events all over the United States including corporate events and casinos. I have even done some shows with some of Elvis' remaining back-up singers. I have been doing this since my powerlifting retirement about 10 years ago and have reached about the highest level you can at that profession, being sought out as one of the top Elvis entertainers in the United States. I have spent thousands of dollars on wardrobe, vocal training and constant practice including doing about three or more paid shows weekly. I have put as much hard work into this as I have into powerlifting and it has now paid off. Check us out on the web at [www.shadowsoftheking.com](http://www.shadowsoftheking.com) to see where we are going to be and to check our availability for booking.

I also run a personal training business. Believe it or not, I have been working with young strength athletes now for some time and have been incorporating a lot of my training techniques that made me a champion, which help make them successful as well, both in mental and physical aspects. I have been doing some training seminars and personal appearances. If anyone is interested in booking me for a seminar or interested in one-on-one training, feel free to drop me an email at [outje@aol.com](mailto:outje@aol.com) and someone will get back to you shortly.

I feel the need to help young powerlifters and encourage them to be the best they can be. It's about being positive and helping people along the way. I'm going to try and give back to the sport that has been very good to me. I'm also

(Continued on page 74)



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

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# TRAINING

## BENCH PRESS SHIRTS What's the use of a BP shirt for the athlete? as told to Powerlifting USA by Boris Sheiko, Vladimir Fetisov, and Boris Lukanov



**Boris Sheiko** — head coach for the Russian powerlifting team

If we analyze the powerlifting development since the moment of its appearance at the world arena up to our days, we can see that the exercise techniques as well as the training methods have made great progress. The competition rules have improved, the revolution in athlete's equipment has also taken place.

The progress of the physical exercises techniques in powerlifting is conditioned by different factors. So, the perfecting of special sport equipment and clothing is the condition of no little significance in the performing of one of three exercises — the bench press. The bench press shirt is a powerlifter's special sport clothing. Originally the bench press shirt's purpose consisted only in minimizing possible traumas of the chest and shoulder muscles. The first bench press shirts at the world and Europe championships were permitted in the Federation IPF (the International Powerlifting Federation) in 1983. These were the bench press shirts Inzer Blast Shirt, Franz Shirt, Pacifico Power Elite Shirt and Titan "The Fury". In 1984 under the pressure of the representatives' majority the IPF international congress prohibited the use of bench press shirts at the IPF international tournaments. Only 8 years later (in 1993) the IPF Federation permitted once again the use of the bench press shirts not only during the trainings, but also at competitions.

The bench press shirts differ by their thickness. The thicker it is, the stronger muscular support is. In this connection the more efficient elaborations of the bench press shirt cost appeared. The shirt's fabrics itself also changed: it became more high-quality. So,

the companies Inzer, Titan, Metal, producing the powerlifters' clothing and competing between themselves, started to develop and release the bench press shirts made of thick and hard material with reinforced seams on the chest, the neckband and sleeve were strapped outward. As a consequence, the bench press shirts started to create the certain resistance during the barbell's descent on the chest and to possess a very good "ejecting" effect upwards, from the chest of an athlete. During the trainings process it was revealed that the athlete doing exercises in the bench press shirt, can press great weights more easily, providing in this manner an additional muscular support while moving the weight, and all this allows him to train with greater intensity. Thereby, during competition this athlete can show higher results and even set up new world records. In short, he has greater advantage of the lifters, competing without bench press shirts.

We want also to note that some powerlifting coaches are convinced that there is a big difference in the bench press execution technique in the bench press shirt and without it, so during the competition month they recommend their sportsmen to do this exercise only in the bench press shirt. They explain that the functional possibilities of an organism can not be at the maximum high level for a long time. Besides, an athlete must always improve his technique. Moreover, in order to overcome each new sport peak, it is necessary to pawn a new base, and every time this base must be more powerful, than a previous one.

But there are also such incontrovertible facts, when the high-class athlete puts on the bench press shirt only 1-2 times before the competitions, but herewith at the championships he also shows the high results.

These two diametrically opposite facts and the contradictoriness of opinions on the bench press shirt using have forced us to think who is right? Are there any differences in bench press technique in a bench press shirt or without it? How does a bench press shirt influence on the execution technique of this exercise and on the competition results increasing? What else additional advantages does an athlete get, using a bench press shirt?

In order to make clear this question, taking into account the contradictoriness of opinions, we have selected the group of 15 athletes of different qualification (from candidate masters up to world-class athletes), training in the School of the highest sportsmanship of the Republic of Bashkortostan

and have defined the following experiment problems:

a) to make a biomechanical analysis of the bench press technique without a bench press shirt or in a bench press shirt;

b) to reveal the bench press shirt influence on the apparatus peak speed in the bench press.

By the way, for the bench press technique analysis, we compared the trajectories of the centre of the barbell's butt (CBB), time sweeps of the change of this point's vertical coordinate, as well as time sweeps of its velocity and speed-up. In order to analyze the named features we used the computer program Motion Trace/Weightlifting, elaborated by authors especially for the analysis of video segments made by video cameras at competitions and trainings. During the experiment the lifters were provided with single-layer bench press shirts of companies Inzer and Titan, approved by the IPF Federation.

Before starting the experiment the following task was assigned athletes: after the initial warming-up they must do one bench press ascent of the barbell first without a bench press shirt lifting the weights making 70%, 80%, and 90% of the limit. Then (after a small break) the same athletes were to bench press in shirts with the same weights percentage (but the 100% weight limit was already to be pressed in a shirt).

In the course of the experiment the following features and parameters were brought under control: the CBB's trajectory, the ascent height, the peak speed of the descent and ascent of the barbell, the maximum speed-up (hereinafter the pictures 1-4 present the examples, in which all the graphs correspond to one video segment).

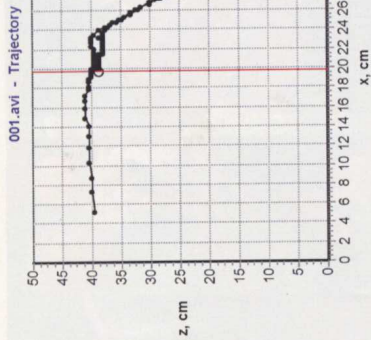
1) The CBB's trajectory. Its example is shown on the picture 1. The red line designates the so named initial vertical, where the motion begins. The black small circumference on this vertical is the trajectory beginning. The black points correspond to the video segment's frames. The small circumference on the trajectory corresponds to the current frame chosen for the special observation.

2) The ascent height ( $H_{\text{min}}$ ) corresponding to the ascent peak velocity. This parameter was valued in percents from the full height of the ascent  $H$  (refer the picture 2). The graph presents well the descent phase (between the time references 2.0 and 3.4 seconds), the pause phase (between the time references 3.4 and 4.2 seconds) and the ascent phase (between the time references 4.2 and 5.2 seconds). The peak velocity point is a point of the graph's maximum rate of rise on the ascent area. Certainly, it is rather complicated to define by eye this point, so we defined its position, using the following graph—the time sweep of the vertical velocity (picture 3).

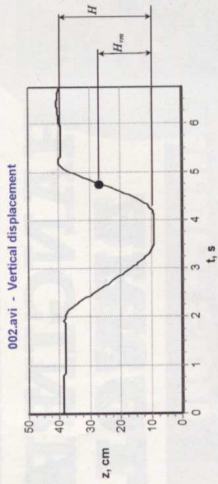
3) The descent peak velocity ( $V_{d,\text{max}}$ ) cm/sec, and the ascent peak velocity ( $V_{a,\text{max}}$ ) cm/sec. The picture 3 shows the time sweep of the vertical velocity (practically this is the first derivative with time from value, presented on the previous graph). The named parameters are easily defined by the maximum negative and positive velocity peaks. The ascent peak velocity ( $V_{a,\text{max}}$ ) marked by the black point, is the most interesting.

4) The maximum speed-up  $\alpha_{\text{max}}$  preceding the velocity peak, cm/sec<sup>2</sup>. It is well known, that the speed-up is the second derivative with time from displacement and the first derivative with velocity. Besides, the instant speed-up, as it follows from the second Newton's law, is straightly connected with the force, applied to the apparatus at the current moment. So it was interesting to observe the speed-up changes at the time period, directly preceding the ascent peak velocity, as, in essence, it describes the time position and characterizes the effort, imposed by an athlete while pulling a barbell upwards.

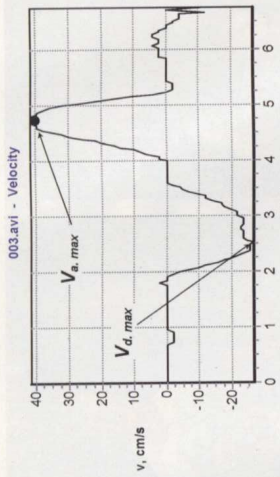
The typical results for athletes' different categories are presented on the pictures 5-8. For each example, the graphs corresponding to the bench press performing without a bench press shirt are grouped in the left column, and in the right column, performing in bench press shirts. The graphs



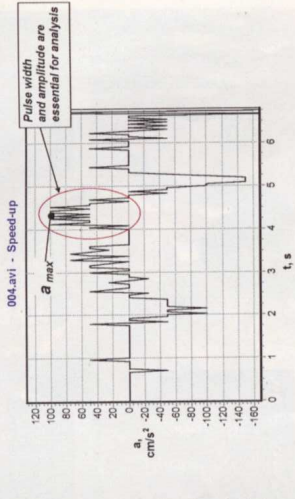
Picture 1. Example of the CBB's trajectory



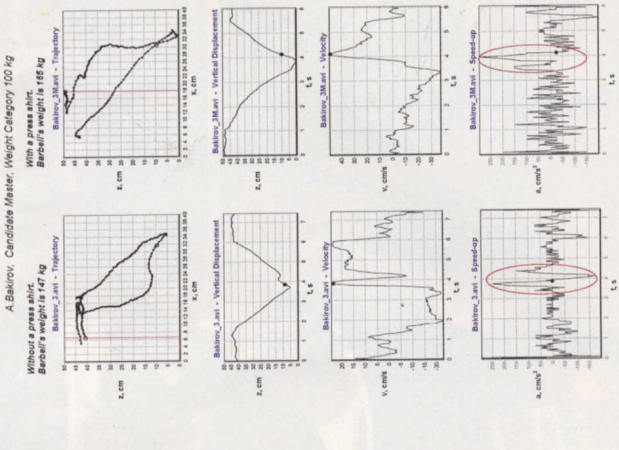
Picture 2. Example of the time sweep of the CBB's vertical displacement. The black point designates the moment of the ascent peak velocity achievement.



Picture 3. Example of the time sweep of the CBB's vertical velocity



Picture 4. Example of the time sweep of the CBB's vertical speed-up



Picture 5. Comparison of BP execution of A. Bakriov without a shirt and in it

(continued on page 72)





B. Gillingham (GVB)



At the Titan Bench Bash - (L-R) Gunda Fiona Von Bachhaus, Erica Batista Bueno, Jessica O'Donnell, and Christy Newman (V. Bachhaus)

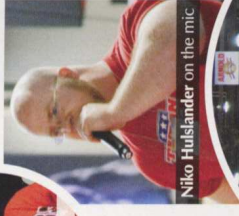


Intense Squat - Dave Ricks (GVB)

# HANGIN' AT ARNOLD



Markus Schick



Niko Hutslander on the mic



Ken Anderson maming his booth (Wayne Stover)



THE CROWD!!



Eriek Nickson - great deadlifter on the Arnold stage (Joe Prekopp)



Wayne Stover at the MUSCLETECH booth at the Arnold Classic



Adam Mamola prepares (GVB)



Mike Mastream power (IP)



Derek Poundstone proposes!



Ewald Enzinger basks in his victory

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For the second consecutive year, MuscleMeds Performance Technologies was awarded the prestigious 2009 GNC Star Performer Award at the 2010 GNC Reception, held March 5th at the Arnold Classic Expo in Columbus, Ohio. The Star Performer Award is presented to the top sports nutrition brands available in GNC, based on product sales and overall excellence. MuscleMeds enjoyed significant sales growth in GNC stores in 2009, leading to the company receiving the award.

MuscleMeds was founded in 2007 and has enjoyed spectacular growth and substantial sales in GNC stores nationwide since its introduction to the sports nutrition category. Its top sellers and industry-leading innovative formulas include CARNIVOR Beef Protein Isolate protein powder, Methyl ARIMATEST testosterone booster, METHYLBURN Extreme thermogenic, eNOXIDE nitric oxide supplement, HexaCHEN IGF-1 optimizer and CARNIVOR Beef Protein Isolate Liquid Shots. The face of the brand, Kai Greene, represented MuscleMeds in exceptional fashion during the same weekend by winning his second straight IFBB Arnold Classic bodybuilding title the night after the company was cited by GNC. Kai cites MuscleMeds products as being the driving force behind his spectacular rise in pro-bodybuilding, and for helping him gain 15 lbs. of rock-hard muscle since the 2009 Mr. Olympia to triumph at the 2010 Arnold Classic competition.

For more information regarding all the MuscleMeds Performance Technologies nutritional supplements, visit [MuscleMedsRX.com](http://MuscleMedsRX.com). - Steve Downs, [sdowns@musclemeds.com](http://sdowns@musclemeds.com)

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Arnold Classic bodybuilding winner Kai Greene

A candid conversation with powerlifting's dynamic demi-god, Dr. Fred Hatfield, on the state of powerlifting, performance enhancing equipment, his powerlifting records and his guarantee for future greatness in business and sports.

#### Introduction

At the age of 67, Fred Hatfield is possibly more renowned worldwide than Eddie Coan, Larry Pacifico, Shane Hanman, Bill Kazmaier, James Henderson, Vladislav Alhazov and Andy Bolton. Of course, Dr. Hatfield, unlike Terrell Owens, would never say anything so indiscreet. It's not in his nature. Straightforward and upright, he projects the image of a quintessential member of nobility—a preeminent sportsman, a prosperous entrepreneur, a best-selling author, a clean-living family man, and unpretentious, down-to-earth animate demi-god. He maintains that image effortlessly. Perhaps because it's not an image...it is simply Fred Hatfield.

It's hard not calling Hatfield the greatest strength athlete who ever walked the face of the earth. He is unequivocally the greatest squatter who ever lived. His phenomenal career has been one long highlight film: eight world titles, over 100 records, and countless international championships. He broke more than 30 world records in five different weight divisions—a feat never before accomplished by any athlete in any sport.

Arguably, he is the most complete power athlete in our sports history, capable of providing super human performance in every power movement. Still, it was the sheer pleasure, delight and wonderment with which he performed in presence situations that sets him apart from most other powerlifters that I have been around. As Larry Bird has said of Michael Jordan, "He is God disguised as Michael Jordan." Enough said!

**Dr. Judd Blasiotto:** Powerlifting has morphed into a meta-metaphors over the last two decades. What are your views on the current state of the sport?

**Dr. Fred Hatfield:** In a word, "embarrassing." Whomever you ask, whether aficionado or newbie to the sport, the clear understanding is that the lifter is not bearing the entire load! How can this be a measure of a man's strength? I know lifters who confess that without their supportive garb they would be lifting HUNDREDS OF POUNDS less weight! At the moment this realization comes into the mind, it becomes clear that "embarrassing" is the right adjective. Synonyms are: painful

## INTERVIEW

### DR. FRED HATFIELD interviewed for PL USA by Judson Bياتورتو Ph.D.



**Dr. Hatfield (L) with Bill Kazmaier (R) flying to the '83 IPF Worlds never in their lifetime make legally without the equipment. It is not fair to the lifters who established their records without equipment and under strict officiating. All of this officiating is ruining the sport.**

**JB:** The proponents of all this performance enhancing equipment argue that they are actually increasing the interest in powerlifting because people are amazed at the big numbers that are being put up. What are your feelings about that?

**FH:** This is (at best) nonsense and (quite probably) a display of self-interest at its worst. You must remember, I was an athlete's rep as well as a USPF Committee member for many years. I KNOW what goes on behind the scenes. I also know every single one of the suppliers of PL equipment. Hell, I used to be one of 'em! I invented the "Outlaw" suit, so named because it was outlawed by the IFF for being too supportive. It was NOTHING like what's being sold today. Powerful lobbying on the part of some of my best friends and colleagues brought this upon our sport, and I am just disgusted over it.

But to the point. More interesting? Not! More disdain? More head scratching! People off the streets are saying, "What the hell IS this? A circus act?" They say things like,

"Okay, he/she lifted that weight, but with all that armor, ANYONE could!"

When I was a kid, I got interested in lifting because I could lift two sacks of grain and carry them from the grain bin to the barn. Not even the adult farmers at this place could do that. I carried three sheets of plywood ladders when I was a carpenter, whereas even the toughest guys could only manage one or two. I saw teenagers lifting 100 pounds in a garage once on the way to school. I was 12. I asked if I could try it, and they said, "Sure!" Then they put more weight on the bar. I pressed that a few times and realized that these older kids were questruck. I found my home! I filled tires with concrete and put a steel bar between two of them. I lifted them! I saw John Grimek in the mags. Tommy Kono too! I saw Steve Reeves in the movies. Hey, my mind put me there, as THEM!

That doesn't happen anymore! Why? WHY? I WORSHIPPED strength! I WANTED it! I was in LOVE with it! I spent my entire life STUDYING it! I see little of it these days.

**JB:** In all candor, I feel the same way you do and I don't want to sound pessimistic, but I am afraid powerlifting has gone so far South I am not sure it can recover any time soon. What are your feelings on this issue?

**FH:** Oh, it can recover, just as swimming has from the buoyant suits debacle! That was nuts, and the sport's leadership recognized it and corrected the problem. Trouble is, we have no leadership in the sport of powerlifting. In point of fact, those who are in positions of leadership are THE PROBLEM! I know in my heart that every true athlete out there wants to have his/her accomplishments memorialized as legitimate and a result of their dedication and commitment to the spirit of true sporting excellence. Yet, the people in positions of power yield (as is so often the case in U.S. governmental politics) to the "lobbyists" who fund them.

They are little people. Lilliputians. They are to be scorned and avoided out of office! Problem is, everyone who has a vote is on the take! So, it has to be grassroots cleaned. Just as it has to be in 2010 here in the USA (the far left loons must get purged from the U.S. Congress for their "indiscretions")

**JB:** I believe even worse than the equipment issue is something you have already alluded to, the officiating or lack of it. The sport has regressed so drastically in that area

(continued on page 68)

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**Disclaimer:** I know I have probably left out a lot of folks—names like Bill Seno, Dave Sheppard, Chuck Vinci, Chuck Sipes, John Citrone and many others come to mind. My apologies in advance, and this was not done purposefully. The athletes I am going to talk about are, in my opinion, the best representation of the Iron Hybrid and the ones I could find the most information on in my research. I also haven't talked about the great women athletes in Iron Game History who devoted time to both lifting and bodybuilding—pioneering names like Paddy Stockton, Mary Ellen Jerumbo, Paula Suzuki, Jill Mills and the greatest of them all, Ben Francis, also come to mind. The reason being, the ladies deserve their own separate article, so stay tuned!

By definition, a hybrid is the combination of two or more different characteristics, aimed at achieving a particular objective or goal. The term "hybrid" can cut across a wide swath of technologies and entities. In engineering parlance, for example, a hybrid is a machine, system or vehicle that uses two or more distinct energy sources for maximum efficiency and performance. This, of course, refers to the unique and now stylish hybrid automobile, using both gas and electric power. There are hybrid music fusions, an example would be reggae and rap, creating the ever popular reggaeton. There are hybrid cuisines, like Tex-Mex. In the field of genetics, hybrids are created through selective breeding using two distinct breeds with the avowed purpose of creating a third with the positive characteristics of the mated pair. A perfect example of this would be the wolf-dog, a large, domesticated animal with the even temperament of a house dog and the brute strength and physical skills of a wild timber wolf. Justifying this analogy into our world, an IRON HYBRID is a uniquely created (self created, in actuality) weight trained athlete that is able to both compete for ultimate physique presentation AND world class strength at the very highest levels. In today's age of specialization, Iron Hybrids are indeed rare, but not so long ago, this "creature" was plentiful as the massive herds of rhinoceros roaming the savannas of Africa before they were decimated by hunters and poachers. The Iron Athletes of old, by and large, were pretty much ALL Hybrids—if you posed, you also were expected to lift heavy and prove it in competition, and that was that. If you were a lifter you were proud to display your hard earned muscles on stage or in a photographer's studio. Examples of 19th Century and early 20th Century Iron Hybrids were the incomparable Eugen Sandow, Louis "Appolon" Uni, Sig Klein and the legendary Herman Goerner. All of these muscle hall strongmen employed a combination of traditional barbell/kettlebell lifting, supporting stunts and posing in their respective acts which earned them huge sums of money in their day. In those days, there existed the term "Physical Culture" which was meant to describe an amalgamation of brute strength, physical perfection and overall vitality. This combination of lifting and physique artistry was so common that the ability to lift heavy weights earned "athletic points" in many early AAU bodybuilding competitions. Since the competitors were as much a definition of a "perfect man" as they were a muscle display, naturally it was assumed that the large and shapely muscles displayed on stage would actually have a purpose—in this case the ability to lift weights. These early strongman-bodybuilder hybrids have not been forgotten as the most coveted trophy in bodybuilding today is that of the Mr. Olympia—which is none other than a bronze statue of Sandow sculpted by Frederick Pomeroy which has been in use at this event since 1977. This statue is simply known as "The Sandow" and is a symbol of greatness to all bodybuilders.

Pre World War II saw the emergence of the York Barbell Club in weightlifting and their number one athlete, the incomparable John C. Grimek. Grimek was aptly crowned the "Monarch of Muscledom" and proved his worth of this lofty title by being the only top level bodybuilder in history to retire un-

# POWER HISTORY

## Inhumanly Strong Bodybuilding Champions

# IRON HYBRIDS

as told to Powerlifting USA by Ron Fernando



**BP-phenom Marvyn Eder of NY**

and eye popping strength well into his 70s—all with no chemical assistance. As the servicemen started filtering back from World War II there were two unique individuals in this time period who qualified as true Iron Hybrids. Both South Africa's Roy Hilligren and the Bronx's Marvyn Eder were fantastic physique artists and stupendous lifters. Hilligren was one of the gang along with Norman Marks, Jack LaLanne, Steve Reeves, Clancy Ross and numerous others who trained in Oakland at the legendary Yarrick's gym, one of the early Iron Dungeons of California lifting history. Ed Yarrick, the Louie Simmons of the 1950s, saw unlimited potential in Hilligren and designed a training system for him that would probably have killed an ordinary human being. He sponsored him and paid his basic expenses because this system called for two 3 hour sessions per day, which allowed for no real "job." The purpose of the system was to train for both the 1951 U.S. Senior Nationals in weightlifting and the 1951 Mr. America, held on the same night. Roy decided to add some weight and compete as a midheavy (198) and weighed slightly over the 181 mark. He was beaten out of the Gold Medal, but only just so by the great Norbert Schemansky, who went on to win medals in four Olympiads and set a number of world records in weightlifting as both a midheavy and superheavy. Hilligren, to Schemansky, Simply amazing, when thinking about it.

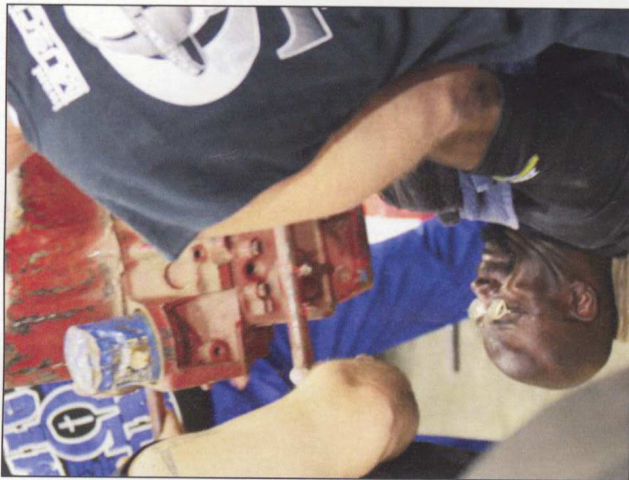
Once again, if Louie Simmons were to have witnessed his training I am certain his comment would have been something to the order of "he had an unbelievable amount of neurological adaptation because he forced his body to do this sort of training year in year out." And yes, he was a drug free (way before steroids were around) VEGAN. Hilligren trained literally 6 hours a day, training the Olympic Tripe (remember, the Military Press was part of the program) plus relevant assistance movements such as clean/snatch high pulls, jerks from stands and power cleans on Tuesdays, Thursdays and Saturdays. Monday, Wednesday and Friday saw him training traditional bodybuilding movements with lots of dumbbell presses, both standing/behind the neck and incline, heavy curls, lat work and a tremendous amount of heavy high rep squatting. He was able to clean and jerk over 350 lb, officially at 181 lb, and at a slightly higher weight did an exhibition jerk behind the neck with 405 when the existing world record was 374.5 lb. Roy's physique was one again modeled after the Grecian statue ideal, a tremendous V-Taper, heavy in the shoulders and bicep, a killer six pack and muscular yet athletic legs and calves. At a bodyweight of around 176 lb, Roy was able to clean the heaviest dumbbells at Yarrick's a pair of 142 lb Bells. A feat accomplished by only one other, the great American Olympic lifting heavyweight John Davis. The one thing Roy didn't care for much was the bench press, preferring heavy dumbbell work instead.

One from Hybrid Athlete, who placed 3rd the same night that Hilligren

(continued on page 76)

# TRAINING

## BENCH PRESS BASICS as told to Powerlifting USA by J.T. Hall



J.T. Hall bench pressing a 420 lb. engine block for 5 reps (c. Hall)

Bench pressing is one of the most popular strength exercises in the world. It can be difficult to bench correctly the first time you do it. Most people are much more impressed by the amount one can bench as opposed to how much one can deadlift or squat because they know what a bench press is. Almost everyone wants a big bench! People will ask you how much you bench press! The bench press exercise targets a wide variety of muscle groups, including the pectoral muscles, the triceps, the shoulders, and even the biceps will get a little workout during the lower phase of the movement. Performing the bench press isn't just a single movement, but a total body movement. This article will go over the basics for lifters who want to learn correct technique, set up, how to avoid bench pressing errors and how to protect yourself while doing the bench press.

### Bench Press Technique & Set Up

1. Lie face up on the bench with your knees at a 90-degree angle and feet flat on the floor, wider than shoulder-width apart. This helps stabilize your body on the bench. Do not bench on your tiptoes or place your feet on the bench press because you won't get adequate leg drive and will have less balance.
2. Arch your back slightly, keeping your shoulders and glutes pressed into the bench, and grasp the bar so that your hands are just outside shoulder width. You'll know your grip is correct if both elbows form 90-degree angles when you lower the bar. The reverse grip is a high-risk grip and should be avoided.
3. Make sure you wrap your thumbs around the bar (which will prevent you from flexing your wrists) and squeeze lightly. This ensures that the force exerted by your pecs, delts and triceps travels more efficiently to the bar.
4. Have the spotter unrack the bar and hand it to you. Hold the bar with your arms fully extended and squeeze the bar. Squeezing the bar will keep your body tight, keep your lats contracted, and recruit more triceps muscles.
5. Inhale deeply and hold your breath. Squeeze your shoulder blades or scapula together and slowly lower the bar toward your chest. Squeezing your shoulder blades together shortens the path that the bar travels. With a shorter bar path there is less rotation about the shoulder. As you are lowering the bar, tuck your elbows in toward your body. Tucking your elbows decreases less physical stress on your shoulder joint and recruits more triceps muscles. At the lowest position, the bar should be across the middle of your chest. If you lower the bar to low or to high, you lose your leverage.

when doing the bench press. One reason is, of course, because it's the most popular exercise. Here are some tips to protect yourself and avoid injuries.

1. Ask someone to spot you. Spotters will help you if you get stuck with the bar on your chest. If you don't have a spotter, you run the risk of hurting yourself. I still see lifters training without spotters in the gym. That is very risky and eventually you will get hurt!
2. No thumbs or suicide grip. Always use your thumbs when doing the bench press. You don't want the bar to slip out of your hands. Several federations have banned thumbless grips because too many lifters lose the bar while attempting extreme weight. It's not called 'suicide' for nothing!
3. Start out light and add weight gradually. You'll get a feeling of what you can and can't handle while learning proper bench press technique. Also, Rome wasn't built in a day. It's going to take time for you to handle heavier weight. Jumping too quickly could lead to a possible injury.
4. Use wrist wraps. Wrist wraps will protect and support your joints while doing the bench press. Your wrist joint will have to handle a lot of compression from the heavy weight. Also, wrist wraps keep your wrist straight instead of bending forward or backward.
5. The use of bench press shirts has not only cut down on the number of bench press related injuries, and they have allowed lifters to set new bench press records. The bench press shirt adds extra support to assist the muscles in moving heavier weight. If you use the bench shirt in training you will be able to train with heavier weights and stimulate more muscle growth. This will eventually lead to new personal records in the bench. I've tried many kinds of powerlifting gear and my favorite gear maker is Inzer Advance Designs, www.inzer.net.com.
6. Use a belt to support your core. The belt will support your lower back and prevent an injury. Inzer Advance Designs offers two kinds of BP belts made especially for the bench.

### Summary

Performing the bench press isn't done by using your chest muscles only. You must use your total body for maximum results. Always remember to drive with your legs, which can give you increased power out of the bottom of the movement. Remember to train hard, but keep it safe by protecting your joints with wrist wraps, a bench press shirt and a belt. Performing correct technique and bench press set up will help you reach your bench press goals, while avoiding bench press errors. This won't happen overnight, but with time all things are possible.

### Protecting yourself

Injuries in the gym can occur

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# INTERVIEW

## DAVE RICKS & ARNOLD COLEMAN Interviewed for Powerlifting USA by Bob Gaynor



Dave and Arnold competed in the highly successful Raw Unity meet and I had the opportunity to talk with both. It was just natural to have a dual interview with them. We did not want to cover just the sets and reps of training, but their overall thoughts and experiences of powerlifting.

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

**Dave Ricks:** Barborton, Ohio.  
**Arnold Coleman:** Detroit, Michigan.

**AG:** What is your current age?

**DR:** 50 years.  
**AC:** 45 years.

**AG:** Where do you live now?

**DR:** I just moved to Atlanta, Georgia, in September of 2009.  
**AC:** Columbus, Ohio.

**AG:** Would you share a little of your educational background?

**DR:** 1981 graduate of the U.S. Naval Academy with a B.S. in systems engineering. I also have a masters in financial management. I am also a registered professional mechanical engineer in Ohio and Minnesota.  
**AC:** B.S. in business management, minor in psychology and history, and an accounting certificate.

**AG:** What about Military service?

**DR:** I served 22 years in the Navy as an officer.  
**AC:** None.

**AG:** What is your current occupation?

**DR:** I am the director of General Services/Public Works for Fulton County Georgia. My office is located in downtown Atlanta.  
**AC:** CEO of Health & Wellness Worldwide, a health and wellness marketing company.

**AG:** Married? Children?

**DR:** I have been married almost 29 years to my wonderful wife Julia and we have been blessed with one son named Justin who is 24.  
**AC:** Not married; three kids.

**AG:** How did you get started in powerlifting?

**DR:** During my senior year at the Naval Academy I got invited to join their powerlifting club. In a few months at my first meet I was able to qualify for the collegiate nationals in 1981. At the collegiate nationals I placed third in the 165 weight class.

**AC:** Jim Seitzer saw me squatting and said, you have a lot of potential, let me show you the right way. I decided to do a meet in Chillicothe, Ohio—Dean Glick's Ohio Classic. I walked in off the street with nothing. Someone gave me a singlet and a belt to use, and I won best lifter overall. The rest was history.

**AG:** In simple terms explain how your training has evolved over the years?

**DR:** I served 22 years in the Navy as an officer.  
**AC:** None.

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**AG:** In simple terms explain how your training has evolved over the years?

workout to handle the heavier weights and make sure my body is accustomed to the mechanics needed to complete the lifts.

**AG:** What advice would you give someone just getting into the sport?

**DR:** I would start with the basics and focus on the mechanics of each lift. Also, there is now a tremendous focus on raw lifting I would start competing in the raw events. Besides being a lower cost—you don't have to buy any equipment like squat suits or bench shirts—it is easier to train for at any local fitness facility.  
**AC:** Make sure you are willing to train hard, not always heavy, but hard. Powerlifting is something that you either desire to do, or you will either get hurt or burned out doing it half way. I also advise new lifters to complete a meet, and use those totals to compete against to better your totals. I started out with a 1650 total at 181, and I made sure every meet was better than the last until I reached the all time 20 year record (2109 held by Gene Bell), and broke it in 2004 with a 2117 total at the Arnold Classic competing in the WPO.

**AG:** What are some of the common mistakes new lifters make?

**DR:** One, not developing a good training program so they can cycle for a meet without overtraining. Two, having poor technical key lifts such as squat, bench, or deadlift. A new lifter may make some immediate progress because they are new to the sport, but they might hit a wall and not make any progress and their poor mechanics will be the critical point of causing their problem. Three, not picking good numbers in a meet. For a new lifter there is a tendency not to adjust their attempts to the meet conditions and judging.

When you are training at your local gym, your gym partners may not give you critical judgments on your training.  
**AC:** Overtraining, showing off, and the worst of all, not taking their time.

**AG:** You both lifted in the Raw Unity meet. What did you think of it?

**DR:** This was my first experience and it greatly exceeded my expectations. Eric Talmant did an awesome job. I had spoken to Mike Tuschscherer last year about this meet and he gave it very positive comments so when I received an invite last October, I decided to give it a try.

**AC:** I can't believe how easy it was to travel, I didn't need a team of

(continued on page 79)

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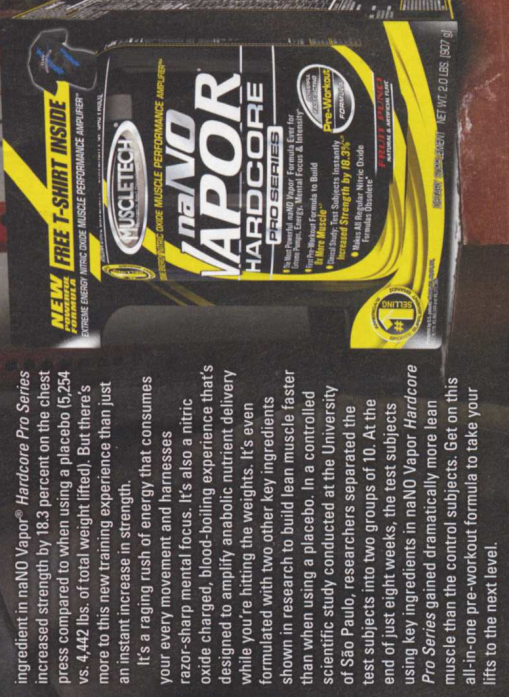
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There are many factors involved in a powerlifting contest outside of the actual lifting itself. If there are failures in any of these, chances are your results will reflect it. All your hard work, sacrifices and time can all be wasted. The best way to address what these factors are and how to approach them, is to take part a little class I call Contest 101.

Let's start with packing for the contest. Before you leave home, check to make sure you packed all your lifting equipment, including backup gear. To reduce stress and the possibility of forgetting something, put together a checklist to review while you pack. Check your equipment before and after every contest to make sure they're usable or in need of replacement. A contest is a good place to get into and tips on lifting gear such as squat suits and knee wraps. If something sounds promising, give it a try during your next training cycle. If it proves superior, use it for your next contest. Each brand of squat suit, knee wraps, etc., performs differently and can vary in its effectiveness from lifter to lifter, so keep an open mind to new products and developments in lifting gear. But don't over try new knee wraps, etc., for the first time at a contest. Use what you came with. Competing with untested gear at a contest is asking for disaster. It requires time during your cycle to become accustomed to the effects of each piece of lifting gear and how they work in combination with other gear. Do not forget to pack a few pain relievers like ibuprofen, bandages, as well as some waterless hand sanitizer.

Food and beverages consumed during the contest are important to maintaining a high energy level throughout that long day. Many lifters prefer high energy, high carb breakfasts, like pancakes, to sustain their energy. I strongly suggest avoiding eating anything you are not used to. Unfamiliar food could cause nasty digestive problems that can wipe out all your hard training in a single stomach ache. Bring some food and beverages to chow on during the contest, like bottled water, sports drinks and light food. Sandwiches and yogurt are good, especially if there is not good suitable food available at or near the contest. In many cases, nothing is available in the actual contest facilities except vending machines. Fast food can upset your stomach and weigh you down so that may not be a wise choice. Bring a cooler and keep it in your car to keep everything cold and fresh and away from other hungry lifters. If you experienced problems at the contest due to something you ate, identify what it was and stay away from it next time. Things that seemed to digest well should be considered again for the next contest. Quantity also can make a difference. I suggest taking it easy and eating light. The time to pig out is after the contest.

Some contests can be a great distance away and require several hours or more of travel time either by car or air. In some cases it may be best to arrive the day prior to avoid rushing or, at worst, missing the contest altogether due to an unforeseen circumstance or travel delay. Arriving the day before would allow you to complete fresh without the timing ordeal of early morning travel. If the contest is local and requires a short commute, be sure to arrive with plenty of time to spare. That extra breathing room is great for stress reduction. Also be aware of time changes when traveling into different time zones.

Critical at a contest are warm-ups. Just like the Titanic had too few lifeboats, most meets do not have enough benches or squat racks. If you don't keep tabs on how soon you're due to lift on the platform, you

# STARTIN' OUT

## CONTEST 101 as told to Powerlifting USA by Doug Daniels

may have to lift before you've completed your warm-ups. On the flip side, you may finish your warm-ups too soon and have to wait a long time to lift, which could leave you cooled off. In either case, you are exposing yourself to injury as well as reducing your chances for good lifts. If you are not ready to take your opener, my suggestion is to pass on your opener and take it as your second attempt and finish your warm-ups. Taking your opener when not warmed up properly could be a real confidence breaker or, at worst, lead to an injury. Too many lifters miss taking opening attempts because they were in the warm-up room unaware their name was announced to a lift. Have a helper or buddy keep tabs on how long it will be until your attempt is coming up. A few quick tips are to ask to work in with lifters that are similar in strength to you, don't ask the reigning national champ to strip the bar down to 135 for you. Most lifters will let you work in if you ask and offer to help reload the bar for their attempts. Count how many lifts or attempts are ahead of you and add 2 minutes per attempt, this takes into account weight changes. If you had a problem in this area, make sure at the next contest you have a plan coming in. Oh yeah, plan your warm up attempts in advance. You can refer to past articles of mine on contest warm-ups in *PL USA* for specifics.

Your choice of contest attempts is next up. You should always come to a contest with an idea of how your attempts would go. For example, let's say you plan to open with a 400 lb. squat, and then if successful jump to 435, and then take 450 as a third. We all know that sometimes your attempts don't go as planned. That 400 opener may have felt a lot heavier than usual. A tougher than anticipated lift at 400 may require you to lower your second attempt to 415. There are also times when 400 feels like 300 and you may consider a higher second or third attempt. Experience is the best source of how to choose attempts at the contest when your lifting does not go as expected. It's possible it could be due to the weights (bar and plates) at the contest weighing more or less than the weights you use at your gym. A competent coach who knows your abilities can help you with these decisions. If you err or have success, use this as a learning experience for future contests. Always come to a contest with realistic expectations, but be prepared to make intelligent and realistic adjustments on the fly. Also keep in mind that if one lift goes bad, it may foretell troubles in the other succeeding lifts, so you may need to make adjustments in those also. I do not suggest increasing openers because if you cannot make your opener, you are out. Your succeeding attempts can be easily raised if your opener goes well. Your openers are to get and keep you in the meet, not necessarily to win or post personal records.

Occupying yourself while not lifting is worth considering. It can be difficult to keep motivated and your energy level high throughout a long contest. Make sure you have comfortable clothes to wear while waiting. Sweats make sense at contests where it can get chilly. Bring your fully charged MP3 or touch player to keep yourself energized between lifts. Take numerous walks outside for some fresh air to clear out the cobwebs after spending hours around sweat, chalk, baby powder and muscle rubs.

There are a lot of factors involved in a contest outside of the actual lifting. If any go awry, your results will reflect it. On the other hand, if you have a good plan, your results will show on the upside. Use each contest to make each succeeding one more successful. Remember that all your hard work can all be wasted if you blow it at the contest due to poor planning and execution. Make every contest a learning experience, a Contest 101. Soon to come, Contest 102.



Gene Bell's son, young lifter Ian Bell—shown above deadlifting a whopping 700 lb. at age 17—knows how to prepare properly for a meet

## QUEST NUTRITION



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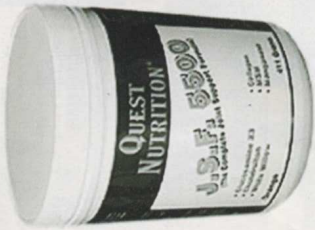
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# HARDCORE GYM #96 WEIGHTLIFTING UNLIMITED

as told to Powerlifting USA by Rick Brewer



Weightlifting Unlimited members at the '09 Westminister BP Meet

Last month we talked about MTS (McDole Performance Systems) in Canada, and I told you that there was a brand new state filled with powerlifters! Something in their water is causing prehistoric monsters to grow at an incredible rate. In fact, it is stuffed full of cool hardcore gyms—stuffed like a powerlifter at the buffet line (after making weight).

I can't wait to tell you about this new land full of dinosaurs because some of you need to pack up and move there. But I'm gonna give you another month to guess where the new Iron-State is.

This month, I'm going to let Russell Pugh tell you about a cool gym in VA. He needs to talk to you NOW, because they have a bench press contest in a few days. It is their 20th Annual BP Contest; if you are near VA, you need to go! Russell will take it from here:

### Weightlifting Unlimited

There is no child care here, and you can't sign up for a spin class. Hell, there's not even a winter fountain. It's cold in the winter and it's hot in the summer. It smells like a mixture of ammonia, sweat, Bangay, and chalk. This is Weightlifting Unlimited, located in Winchester, VA. The gym is nestled inside an old storage room behind a shopping mall. The gym is void of any creature comforts. If it doesn't make you stronger, you won't find it here. (I hope there is a toilet RB) Most of the equipment is old; it isn't pretty, but it is functional. When you walk in the front door, the first thing you see is a monolith, a power rack, a reverse hyper, and a glute-ham raise. So although the gym isn't filled with the latest commercial-gym work-

der-equipment, it has what you need to get strong. (My system is old and ugly too, and sometimes I need a toilet! RB)

In the second room there are two competition benches. There is an incline bench, a cable pull-down machine and some dumbbells. In the corners you will find assorted bands and chains and against the back wall, behind the Metal Militia bench, a full set of boards from 1 to 5 sit ready to go.

This is more than a gym, this is a club. Members don't just pay dues, they accept and step up to the responsibility of taking care of the gym. When you join this gym you get a key, access is 24 hours a day, and 7 days a week. Members help buy new equipment for the gym. (Novel idea, RB) Guys will come in with chalk, toilet paper, soap, etc. (WAY for the toilet paper! RB) The radio in the gym was brought in by a member, and CD's belong to various members. Mirrors were brought in and put up by guys after workouts. It's good to have mirrors in the gym, so that you'll notice if a piece of toilet paper is hanging out the bottom of your shorts. "Cause no one will tell you, RB)

Every person in the gym either competes, or supports the other members who compete. If you don't lift in a meet, you go and spot, or lift-off, or help out where you can. Many times guys will be finished lifting, but they stay an extra hour or more to help someone who is getting ready for a meet. That's what makes this gym special or HARDCORE. It's an atmosphere that is hard to find; it's tribal.

Everyone is pushed every workout. No one cares what kind of day



Walt Cook and Randy Robinson help Rusty Pugh with board work

Randy Robinson coaches Walt Cook during a RAW bench meet

Tony Burgess and Dud help Randy Robinson warm up his bench

you've been having; once you step through those gym doors, you'd better be ready to train. You'll hear the sounds of weights slamming together, and the small of chalk mixed with ammonia. Randy Robinson yells out "Wrap 'em up tight," across the gym. "When you get your ass on this bench I want you to get tight, squeeze the bar and use your lats to lower the weight!" If a lifter misses a lift, there is always someone there to tell him what he needs to work on to improve. Every lift is coached, every lift is watched, and each lift is critiqued without mercy. There is no prejudice about gear here. If you want to lift in equipment, fine, if you don't that's fine as well. (Sounds like a rare balance; perfect! RB) This place is about being strong; it is about being the best at your particular iron game. That's why the boards on the wall in the bench room show 4 IPA world records, 3 competition benches over 600 and 4 more over 500 pounds.

To an outside observer, a typical workout may sound like someone getting beaten to death with metal poles and chains while others cheer the suffering on. This is merely the sound of a good workout; it's the sound of a tribe gaining power.

There are two basic crews that lift at WU. Randy Robinson (IPA world record holder) has a small stable of bench enthusiasts who meet up three days a week and compete in four to five meets a year. Dave Sands (another IPA record holder sponsored by Ry-chik Power Systems) has another group. This second group trains for full meets, and they have a growing number of lifters getting started in the sport. Both of these guys will help new lifters and guide them. I've seen both of

these guys take time out of their day (in training and at meets) to help new lifters and discuss problem areas.

Larry Short, who owns Anytime Fitness comes here to train with other competitive lifters. He trades in his elaborate gym for the sparse, cold confines of Weightlifting Unlimited so he can get the feedback he needs to get stronger. Larry has several health issues, including diabetes and fibromyalgia, but still has held IPA world records for both the bench press and full meets. (Co Larry; never quit! RB)

### It Takes A Village

Weightlifting Unlimited would not be here if it weren't for some really good people out there who have been a part of this journey.

We would be grateful to thank some of the guys who have helped us along the way. Thanks to Gene Rochlak for advice on benching and support, thanks to Louie Simmons for help and assistance, thanks to Matt Wenning and Chuck Vogelphiol at Lexven Extreme for help in finding equipment and trying to figure out how to squat. Thanks to Bill Crawford for building up equipment, and working with us to get what we needed. Thanks for every person

who has competed, helped, motivated, judged or helped move equipment in the past 20 years of Weightlifting Unlimited bench press contests. Thanks to Bud Drummond, Palmer, Leo Brown, Dud, Carl West, Rick Singhas, Walt Cook and Anthony Burgess. There are too many people who have been a part of this gym over the years to include everybody, but you know who you are and your efforts lie on every time we step on the platform. Finally thanks to Powerlifting USA, and also to every one of you.

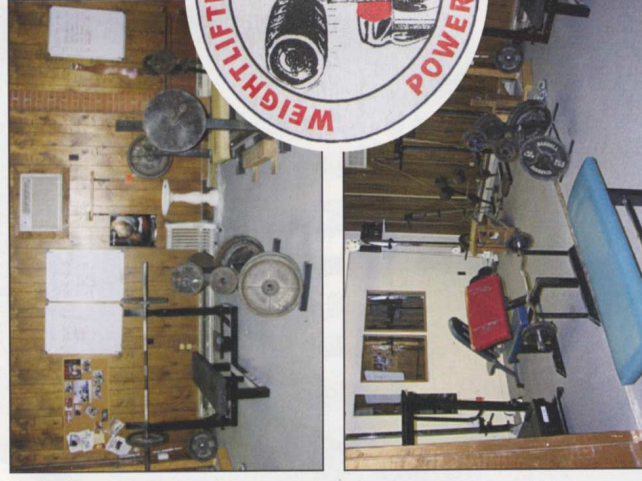
Thanks, from TEAM WEIGHTLIFTING UNLIMITED!

Finally, please come out and take part in our 20th Annual Bench Press Contest, April 24th, 2010. Better hurry; it's almost here!

Gym and event contact: weightliftingunlimited@gmail.com.

Special thanks to Russell Pugh for all of this info from VA! Don't forget to go to the 20th BP Contest on 4.24.10, and tell 'em that you heard about it here in PL USA magazine! Next month, we'll start looking at the new land of monster lifters! Until then, lift big, eat big, and sleep well!

Care to guess what state we'll be in next month? Our email at rick@houseofpain.com.





Part III

Hey folks, it's the Power Nutrition Guru coming at you with another installment of the "Did you know" series. Last year I did two e-mails that I received were very positive with many readers wanting more. Now that I have two very long interview series out of the way, I am back to my standard format of Q & A and some other things like that. This month I have some really interesting info that I am sure you will find not only interesting but downright horrible. I have picked a couple very controversial topics to talk about this time because I am sick and tired of all the lies that go on in the media for many things related to natural health. Not only that, but I am also tired of all the different cover-ups that also go on to help keep the truth hidden from you so that you are unaware of what is really happening when you eat your next meal for take you next prescription drug. These issues will—without a doubt—shock you, but it's something that you need to know because being ignorant of these facts can be hazardous to your long term health and well being. Sorry, can't win the story for you right here—you will now have to read the rest of my column to find out just what I was talking about. So, sit back, get yourself a protein shake or healthy smoothie, put your feet up and get set for an eye opener.

**1. Not one single death caused by herbs, vitamins, minerals and amino acids.** One of the things that unsettles me is when people in the medical community are the first ones to tell holistic nutritionists and others that are into natural healing that natural health products need to be regulated and heavily monitored. They say this is the case because these natural products are very dangerous and pose harm for the citizens of this country. Well, let's not just listen to these people without first looking at some data. Taking some prime information from my good friend Mike Adams (remember him from my soda series) helped enlighten me. One good thing you are going to like, especially all those lifters out there who take their vitamins and herbs to optimize their health, are the following: in 2009, statistics published from the U.S. National Poison Data System that the number of Americans that died from using vitamins, amino acids, minerals or herbal supplements is a big fat whopping zero! Yep, you heard it here first in the pages of PL USA and I am happy to bring this good news to you. What makes me angry about the medical industry is that a large majority, not all by the

# NUTRITION

## DID YOU KNOW...

### Nutritional Tips, Tidbits and Tasters

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



**Anthony Ricciuto - the food guru behind www.NutritionXP3.com**

will see just how much lying and deceit goes on. It's actually quite scary when you get to know the facts, but as an intelligent lifter you need to keep your mind open and not fall for all the media tricks that go on day after day. In the end it will be you suffering the consequences if you do not think with an open mind about what is really going on.

**2. Window cleaner in my burgers?** What the hell are you talking about, Mr. Nutrition Guru? Hold onto your horses there you crazy powerlifter, calm down and take a deep breath. Wow, do I know how to cause a riot in the streets or what? Talking smack about a powerlifter's burger is almost on par with insulting one of their family members. I know you may be thinking I am joking, but I am not. The news that I am about to bring to you is going to cause a ton of problems for all you fast food juicy burger eating lifters. I am not here trying to ruffle your feathers, but bring you the deep dark truth on what is happening behind the scenes in the fast food world. One of the very disturbing things that is going on in the beef industry is going to make you want to lose your lunch (especially if you just ate a fast food burger) in no time at all. Again, my friend Mike Adams was hot on the trail with this story and I had to bring the reality to you no matter how hard it is to swallow (no pun intended). The New York Times recently had an article about this sad reality and when you hear what is going on you are going to double think eating one of

those fast food burgers ever again. What has been going on is that the beef farmers used to take all the extra cow parts and trimmings to be sold off for pet food. Okay, so you have no problem with that, but here is where it gets dirty. Instead of your pet Fido eating them for dinner, now you are. What the hell? Yep, it's true. All the extra garbage parts, that were once dog food, are now your lunch and dinner. They take all those parts, inject them with chemicals to help destroy the E.Coli and then sell them off cheap to your local fast food joints to make you some burgers. You may have thought that really isn't all that bad, but hold on—it gets worse. Now, the lovely chemical that the meat is being injected with is, guess what, Ammonia. Yes, the main component of just about all window cleaners is now laced into your burgers. This is not just happening when you go to your favorite big scale fast food chain, but it is also commonplace in kid's school lunch rooms. Wow, nothing like feeding your kids window cleaner laced burgers every day for lunch. The scary thing here is the fact that the USDA actually endorses this procedure. Can you believe that? What the hell is this food coming to when a dietary word governing body allows such horrible practices, which, without a doubt, will end up being eaten not only by adults, but also millions of children across the United States. Get this crazy fact, it just about blew my mind when I read it. In 2008, the federal lunch school program distributed a whopping 5.5 million pounds of ammonia laced beef to your children. Holy smokes. Nothing like looking out for the future of the country. After injecting ammonia into your children's burgers it doesn't end there. This same company that is distributing all those lovely ammonia burgers across the nation was examined and some of the meat still contained E.Coli and salmonella because ammonia doesn't always kill the pathogens. That is just fantastic. Nothing like eating a burger laced with ammonia and still you run the chance of getting E.Coli or better yet a nice dose of gut wrenching salmonella that will have you reneacting the Turbo Lax scene from the movie Dumb and Dumber. Sounds great eh? Oh the beautiful USDA was shocked to find this out because they actually exempted this company from pathogen testing their meat products because they thought that the ammonia injections would for sure kill all the pathogens. Well, guess what Mr. USDA, all that ammonia and still the meat is contaminated. If ammonia can't wipe out the patho-

genus what is the next step. Will they be putting Agent Orange in the beef next hoping to eradicate it? What is going on with the beef industry? No wonder so many people are becoming organic with their meat or going vegetarian. If you have been a long time reader of my column then you know for sure that I have always recommended organic meat since my beginnings here at PL USA and now you can understand why. If this doesn't make the USDA and the beef industry look like there is something fishy going on behind the scenes then I don't know what will. The freaky thing is that this practice has been going on for a very long time, but only now has it gotten to the public. This can only make you wonder what the hell other chemicals are in these fast food burgers that Americans love to eat day in and day out. Then when you hear things like Americans having some of the highest cancer rates in the world, well, could it be all the garbage that you are eating—not only in terms of the food quality but all the actual harmful chemicals that they are loaded with? I know this article is going to shake up a lot of people, but if I say it once, I will say it a thousand times, stay away from fast food because you really don't know what you are getting. Well, you do now know that you are getting ammonia laced meat chips

squashed together from all kinds of disgusting nasty cow trimmings (that is such a nice word too—trimmings) mashed all together into a nice cube of stuff, then punched out into burgers. Yeah, sign me up for a double juicy ammonia burger and please upsäze the phosphoric acid laced cola drink because the ammonia in my burger isn't enough to completely ruin my health. Why don't you just ask for Cancer Upsized into as many different organs as possible? Now that's a tasty meal!

**Conclusion**

There you have it folks, another installment of the "Did you know" series. I know this one was a real eye opener and I am sure it terrified some of you. The main thing to take from my articles each and every month is the valuable information, not only to help you with a bigger total but also to keep your body healthy and strong inside and out. It's a sick world out there and if the Power Nutrition Guru isn't looking out for your health, then who is? So, train hard, eat clean and stay the hell away from fast food burgers that are laced with E.Coli and Ammonia. Maybe you should take that burger home and clean your windows with it instead of eating it, which would be a much wiser and healthier choice!

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## FOR REVIEW: UNDERGROUND STRENGTH SYSTEM as told to Powerlifting USA by Anthony Ricciuto

Unless you have been living under a rock for the past decade, I am sure all you hardcore power fans have heard of Zach Even-Esh. Without a doubt one of the most knowledgeable strength coaches in the world, Zach has helped bring the past to the present. If you are sick of lifting in wimpy commercial gyms and watching the latest spin class while trying to squat a PR, then you are going to love anything written by my good friend Zach. The reason for this is that he is all about hardcore training—power training, that is—and that is what he brings together on the numerous different websites and blogs he writes for. Today I want to do a review of Zach's *Underground Strength System*. I know that anything related to power, speed, and strength is something you all are going to want to look into. I have seen numerous different programs and training systems, and one thing that I will tell you is that Zach's *Underground Strength System* is truly a piece of work.

One thing that I really like about Zach's philosophy is how he brings the best training components of all different strength sports together to work in a true synergy. Many of you do your squats, benches and deadlifts, but when is the last time you did some GPP work by slamming a sledgehammer into a tractor tire for 1 minute intervals? Exactly. Most of you don't, but the take home point here is that Zach knows how to put the pieces of the strength puzzle together so that you can improve at any sport you train for. In this strength system there is so much to learn. Even those of you who have been around the block in the power scene will also find it very refreshing—not only his unique creativity behind his program design.

With this *Underground System*, many different things are included. The first gold mine of info is a book that Zach wrote called the *Ultimate Underground Training Manual*, which is over 300 pages of kick ass power information. In this manual he goes in depth discussing sand bag training, bodyweight condition, power circuits and much more. His knowledge on exercise variation is out of this world. He shows you not just 3, but 16 variations of how to do pushups for the most results. His section on Farm Boy training is also one of the most interesting sections of the book.

I am telling you, this manual is out of this world and I know for sure you are going to love reading through every page. One section I like is how he teaches you how to properly design effective strength programs. He also discusses how to alter training loads to keep getting results and preventing plateaus. There is literally a ton of knowledge at your fingertips in this manual and what I like is that it covers many different topics that I have never read about before. I have read my share of strength books and magazines and I can say with full confidence that Zach's work is among the best. Before we take a look at what else is offered in the strength system, let's take a brief look at one of his workout programs designed specifically for Law Enforcement. The two exercises in the same segment are meant to be super-set for the required number of sets and then you will continue on to the next sequence. You may think this is a simple workout but believe me, it is one kick ass program. Give it a try to see exactly what I mean.

- Law Enforcement Workout 1**
- 1a) Thick bar deadlift 5 x 3-6 reps
  - 1b) Feet elevated pushups 5 x max
  - 2a) Sandbag shouldering 4 x 10 reps
  - 2b) Lunging variations with sandbag 4 x 10 reps
  - 3a) Weighted pull ups 4 x 3-6 reps
  - 3b) Kettle bell swings 4 x 10
  - 4) 3-4 circuits of grip and core training

Zach also includes three other books he has written. The first one is his *Stone Training Manual*. You may think this is about Atlas Stone Training, but it is not. This manual will teach you dozens upon dozens of different exercises you can do with all sizes of stones. One thing that I really love about Zach's training methodology is that his workouts are super fun. I have been doing some of them lately and I can say that all the new exercises, and power circuits not only kicked my ass badly, but was some of the most exciting workouts I have done in a long time. You guys know how it is. After a couple of decades of going to the gym, doing another regular power squat workout can sometimes lose its luster when it is done week in and week out. Zach's programs are truly a breath of fresh air when it comes to power training and I am sure you all would really love to try them out as well.

Another manual that comes with the system is his *Underground Beast Strength* book. This is a comprehensive 12 month program to help turn the weakest pencil neck geek into a raging animal. Zach covers an entire year of program design with numerous different workouts, focusing on every aspect of strength and speed to help make you a bigger, faster, stronger beast in a very short period of time. One thing I love is how many of his programs focus on plenty of kettle bell training. Thanks to Pavel, this fantastic old world training method has been re-introduced even into powerlifting. You would just have to ask Donnie Thompson how he feels. It has helped him to hit the highest total of all time.

The next manual included is his *No Rules* book. Here, Zach breaks down the reality of what it takes to get strong. Those wimpy programs outlined in bodybuilding magazines are not going to get the job done, and we all know that. Zach brings the true reality of strength training into perspective and introduces numerous different programs in here as well. He focuses on using kettlebells, sled drags, rope training, sandbag lifts, and partner condition training. If you are into this underground way of training I know you are simply not going to be able to put this book down until it is finished. I know I didn't. Plus, all of his manuals not only give excellent exercise description, but color pictures as well to truly know what he is talking about. No matter if you are a complete beginner to the strength scene or a veteran lifter with national titles under your belt, you will all be able to take advantage of what this kit has to offer.

Lastly Zach has included some of the most intriguing and motivational audio interrogations with some of the biggest names in the industry. The first one he did which was close to an hour long was with Jim "Smitty" Smith from the Diesel Crew. He covers a lot of really good information here on grip training, mental toughness and full body power workouts. We all know Jim is without a doubt one of the most hardcore coaches in the world and now he reveals many of his secrets on this interesting interview. Next he does a really good interrogation of Matt Kroczaleski. Of course, all of you reading this know that Matt is one of the toughest lifters on the planet and his mind boggling totals are a proven testament to this fact. Here Matt covers how he lays out the program design for his RAW training. Very interesting stuff here, for sure, and it had my attention going wild the entire time. Matt is not one to make excuses and

(continued on page 87)

Zach Even-Esh combines the best training components from all different strength sports (photos courtesy of Zach Even-Esh)



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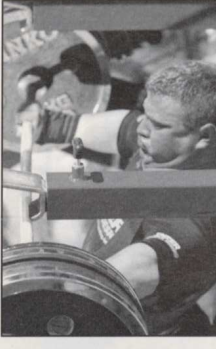


## ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 242 Pound (110 Kilogram) Weight Division — BENCH


Bench Press		X-Bwt	
Rank	Name/DOB/Actual Weight/Exact Bodyweight/Location/Federation	Weight	Bodyweight
1.	905.0 (410.5) 3-28X	905.0	410.5
2.	848.8 (385.0) 3-17X	848.8	385.0
3.	848.8 (385.0) 3-17X	848.8	385.0
4.	812.2 (367.5) 3-48X	812.2	367.5
5.	803.0 (362.5) 3-32X	803.0	362.5
6.	804.7 (365.0) 3-37X	804.7	365.0
7.	804.7 (365.0) 3-35X	804.7	365.0
8.	804.7 (365.0) 3-35X	804.7	365.0
9.	804.7 (365.0) 3-35X	804.7	365.0
10.	800.0 (362.9) 3-30X	800.0	362.9
11.	785.0 (356.1) 3-26X	785.0	356.1
12.	785.0 (356.1) 3-26X	785.0	356.1
13.	771.6 (350.0) 3-42X	771.6	350.0
14.	771.6 (350.0) 3-42X	771.6	350.0
15.	771.6 (350.0) 3-42X	771.6	350.0
16.	771.6 (350.0) 3-42X	771.6	350.0
17.	766.1 (347.5) 3-18X	766.1	347.5
18.	766.1 (347.5) 3-24X	766.1	347.5
19.	766.1 (347.5) 3-24X	766.1	347.5
20.	766.1 (347.5) 3-24X	766.1	347.5
21.	755.0 (342.5) 3-23X	755.0	342.5
22.	750.0 (340.2) 3-09X	750.0	340.2
23.	749.6 (340.0) 3-28X	749.6	340.0
24.	744.1 (337.5) 3-10X	744.1	337.5
25.	741.0 (336.1) 3-14X	741.0	336.1
26.	741.0 (336.1) 3-14X	741.0	336.1
27.	740.0 (335.0) 3-06X	740.0	335.0
28.	738.5 (335.0) 3-02X	738.5	335.0
29.	733.0 (332.5) 3-02X	733.0	332.5
30.	725.0 (328.5) 2-9X	725.0	328.5
31.	725.0 (328.5) 2-9X	725.0	328.5
32.	720.0 (326.0) 2-97X	720.0	326.0
33.	715.0 (324.3) 3-08X	715.0	324.3
34.	711.0 (322.5) 2-93X	711.0	322.5
35.	711.0 (322.5) 2-94X	711.0	322.5
36.	705.0 (320.0) 2-99X	705.0	320.0
37.	705.0 (320.0) 2-99X	705.0	320.0
38.	705.0 (320.0) 2-99X	705.0	320.0
39.	705.0 (320.0) 2-99X	705.0	320.0
40.	705.0 (320.0) 2-99X	705.0	320.0
41.	705.0 (320.0) 2-99X	705.0	320.0
42.	705.0 (320.0) 2-99X	705.0	320.0
43.	705.0 (320.0) 2-99X	705.0	320.0
44.	705.0 (320.0) 2-99X	705.0	320.0
45.	705.0 (320.0) 2-99X	705.0	320.0
46.	705.0 (320.0) 2-99X	705.0	320.0
47.	705.0 (320.0) 2-99X	705.0	320.0
48.	701.0 (318.0) 2-89X	701.0	318.0
49.	700.0 (317.5) 2-89X	700.0	317.5
50.	700.0 (317.5) 2-89X	700.0	317.5




**Cory Dexter** — is sponsored by Las Vegas' LUXOR



**Richie Briggs** — another Big Iron Bench Blaster




**Jason "Action" Jackson** — WABDL benching superstar




**Dondell Blue** — making monster lifts out of Florida

## ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 198 Pound (90 Kilogram) Weight Division — BENCH


Bench Press		X-Bwt	
Rank	Name/DOB/Actual Weight/Exact Bodyweight/Location/Federation	Weight	Bodyweight
1.	479.5 (217.5) 2-43X	479.5	217.5
2.	402.3 (182.5) 2-07X	402.3	182.5
3.	400.1 (181.5) 2-12X	400.1	181.5
4.	384.0 (174.2) 2-10X	384.0	174.2
5.	384.0 (174.2) 2-10X	384.0	174.2
6.	380.3 (172.5) 1-96X	380.3	172.5
7.	352.7 (160.0) 1-78X	352.7	160.0
8.	350.0 (158.8) 1-76X	350.0	158.8
9.	350.0 (158.8) 1-76X	350.0	158.8
10.	335.0 (152.0) 1-79X	335.0	152.0
11.	332.5 (150.0) 1-70X	332.5	150.0
12.	330.7 (150.0) 1-72X	330.7	150.0
13.	330.7 (150.0) 1-72X	330.7	150.0
14.	330.0 (149.7) 1-66X	330.0	149.7
15.	305.0 (140.0) 1-56X	305.0	140.0
16.	319.7 (145.0) 1-72X	319.7	145.0
17.	319.7 (145.0) 1-72X	319.7	145.0
18.	319.7 (145.0) 1-62X	319.7	145.0
19.	314.2 (143.5) 1-68X	314.2	143.5
20.	314.2 (143.5) 1-68X	314.2	143.5
21.	314.2 (143.5) 1-68X	314.2	143.5
22.	314.2 (143.5) 1-68X	314.2	143.5
23.	310.0 (140.6) 1-58X	310.0	140.6
24.	308.6 (140.0) 1-56X	308.6	140.0
25.	305.0 (138.3) 1-54X	305.0	138.3
26.	305.0 (138.3) 1-54X	305.0	138.3
27.	303.1 (137.5) 1-53X	303.1	137.5
28.	303.1 (137.5) 1-53X	303.1	137.5
29.	303.1 (137.5) 1-53X	303.1	137.5
30.	300.0 (136.1) 1-60X	300.0	136.1
31.	295.0 (133.8) 1-48X	295.0	133.8
32.	295.0 (133.8) 1-48X	295.0	133.8
33.	292.1 (132.5) 1-47X	292.1	132.5
34.	292.1 (132.5) 1-47X	292.1	132.5
35.	286.6 (130.0) 1-44X	286.6	130.0
36.	286.6 (130.0) 1-44X	286.6	130.0
37.	286.6 (130.0) 1-44X	286.6	130.0
38.	286.6 (130.0) 1-44X	286.6	130.0
39.	285.0 (129.3) 1-46X	285.0	129.3
40.	282.2 (128.0) 1-45X	282.2	128.0
41.	281.1 (127.5) 1-42X	281.1	127.5
42.	281.1 (127.5) 1-42X	281.1	127.5
43.	280.0 (127.0) 1-42X	280.0	127.0
44.	275.6 (125.0) 1-41X	275.6	125.0
45.	275.6 (125.0) 1-41X	275.6	125.0
46.	275.6 (125.0) 1-41X	275.6	125.0
47.	275.6 (125.0) 1-41X	275.6	125.0
48.	275.0 (124.7) 1-39X	275.0	124.7
49.	275.0 (124.7) 1-39X	275.0	124.7
50.	270.1 (122.5) 1-36X	270.1	122.5




**Randilyn Nohara** was a teenage BP sensation



**Jan Harrell** blasted women's bench barriers routinely



**Michelle Ichiyama** — another big BP star from the WABDL ranks



**Becca Swanson** — looking strong at the 10 Fit Expo BP Challenge



**Aaron Wilson** — Big Iron BP Blaster



**Rob Luyando** leads the way in BP

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# ASK THE DOCTOR

## Questions Answered by Mauro DiPasquale MD

**DEAR MAURO:** I am desperate for help to come of years of steroid use.

I've been using steroids almost constantly since I started lifting at age 21—I'm now 40. I have only recently tried coming off all steroids using HCG, Nolvadex and Proviron in order to bring my own testosterone production into effect, but I have had no luck.

The doctors I have seen are not experienced in long term steroid use.

I have had sexual dysfunction for years which has now resulted in my wife having a string of affairs. I am having trouble maintaining erections even whilst using testosterone, Cypionate/Propionate, etc. with Nolvadex and Proviron.

I just want to come off everything and live like a normal guy. I have been suicidal and fallen into deep depression.

Can you please help me?

Neil

**NEIL:** Obviously you've tried all the usual remedies, HCG, estrogen blockers/aromatase inhibitors. This happens with no remedial effects. This happens more than is generally believed. The problem, of course, is a refractory hypohalamic-pituitary-testicular axis with your body's system down regulated usually at multiple levels, so that very low to subnormal testosterone levels are considered normal by the body and as such there is rarely any improvement over time.

At this point, since resurrecting the HPTA by using the usual methods has failed, the medical response is to start replacement therapy with some form of testosterone—injection, oral, patch, or gel. However, before you go that route you may want to try using two of the nutritional supplements that I formulated in part to help with this problem.

I've had some success kick-starting endogenous testosterone production in men where the HPTA dysfunction has persisted by putting them on TestoBoost, a product I formulated with this in mind, and GHBost for at least six months and often a year, starting off at twice the usual dosage until we get a response, usually within 3 months, and then dropping it down to one dose a day and finally tapering off them altogether when the testosterone levels stabilize.

Basically, TestoBoost works to help optimize physiological levels of testosterone while GHBost works on growth hormone and IGF-1. I've found that it's necessary to optimize the level of both as the growth hormone axis is also involved in normalizing the HPTA. Growth hormone is involved in the secretion of sex steroids in complex ways. As such,

fat burning effects.

If increasing your anabolic drive, and maximizing muscle mass while minimizing body fat is important to you, check out NiiAbol, the nighttime anabolic, fat burning combo that combines TestoBoost with GH-Boost and Myosin Protein.

NiiAbol is also perfect for those who want to lose weight, but would prefer to maintain the muscle they have and strictly lose body fat. In this case I'd also recommend that you use LipoFlash as the ultimate fat loss supplement.

For complete information on TestoBoost, see: <https://www.mdplusstore.com/pdfs/testoboost.pdf>



### GHBost & Testosterone

Besides increasing testosterone activity, GHBost may also increase testosterone secretion. Part of this ability, besides the interaction of various hormones and systems, is the effects of two of the ingredients in GHBost.

These two ingredients may increase estrogen production secondary to the inhibition of aromatase. Inhibiting aromatase decreases systemic estrogen and thus the inhibiting effects that estrogen has on testosterone production. As such, inhibiting aromatase signals the body to produce more testosterone.

Melatonin has been shown to inhibit aromatase activity, decrease the synthesis of gonadal estrogens, downregulate the expression of the estrogen receptor and inhibit the binding of the estradiol-estrogen receptor complex to the estrogen response element in DNA. The overall result is a decrease in estrogen production and effect.<sup>51</sup> And recently dexamethasone has also been shown to inhibit aromatase activity.<sup>52</sup>

As well, the effects of GHBost in increasing insulin sensitivity and effects may secondarily increase testosterone levels through one or several mechanisms. For example, it may work synergistically with luteinizing hormone (LH), the pituitary hormone that dictates testicular testosterone production. It may do this by stimulating a testes enzyme called 11 beta-hydroxysteroid dehydrogenase which has been shown to relieve steroid-dependent inhibition of Leydig cell function and thus increase testosterone secretion.<sup>53</sup>

For complete information on GHBost, see: <https://www.mdplusstore.com/pdfs/GHBost.pdf>

**In Memory of Dave Pasanella**

Summer of 1988. *Coffee's Gym, Marietta, GA*—I trained in the early afternoon and maximizing muscle mass while minimizing body fat is important to you, check out NiiAbol, the nighttime anabolic, fat burning combo that combines TestoBoost with GH-Boost and Myosin Protein.

NiiAbol is also perfect for those who want to lose weight, but would prefer to maintain the muscle they have and strictly lose body fat. In this case I'd also recommend that you use LipoFlash as the ultimate fat loss supplement.

For complete information on TestoBoost, see: <https://www.mdplusstore.com/pdfs/testoboost.pdf>

TestoBoost also contains several potent antioxidants, such as alpha lipoic acid, beta carotene, vitamin C, vitamin E, Coenzyme Q10, and turmeric, which act to improve pituitary and testicular/ovarian function, and decrease the adverse effects of free radicals on the hypothalamic-pituitary-testicular/ovarian axis, and the associated pathways that are responsible for maximizing endogenous testosterone production.

For example, a recent study has found that vitamin E and vitamin C protect the testes from damage secondary to oxidative damage.<sup>15</sup> Alpha lipoic acid (ALA) because it is a sulfur compound, can bind and help eliminate heavy metals such as copper, iron, mercury and cadmium, all of which can cause oxidative damage to the gonads (testes and ovaries).

Alpha lipoic acid (ALA) has a double antioxidant effect as it has significant antioxidant properties on its own, but also regenerates glutathione, the most important endogenous antioxidant. ALA and glutathione have been shown to have significant effects in decreasing mercury toxicity in the body.<sup>16</sup>

The combination of forskolin and antioxidants in TestoBoost may also impact on Leydig cell function (these are the testicular cells that make testosterone) and result in combating the normal decrease in testosterone seen with aging and stress.<sup>17</sup>

TestoBoost also contains several other vitamins, minerals and nutrients that are important for optimizing testosterone levels. These include vitamin A, vitamin B6, vitamin B12, niacin, calcium, magnesium, manganese, boron, zinc, ginger and Coenzyme Q10.

The bottom line is that TestoBoost v3.0 is the most effective testosterone booster on the market today. And although it doesn't contain any prohormones, which can have significant side effects, it surpasses any prohormone formulation in increasing testosterone levels and in providing potent anabolic and anti-inflammatory effects in both

males and females.

Some of these ingredients also decrease the formation of dihydrotestosterone from testosterone.<sup>18</sup> This is maximizing testosterone one level while at the same time decreasing the adverse effects of higher systemic and tissue levels of dihydrotestosterone, which includes adverse effects on the prostate and hair loss.<sup>14</sup>

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with three spotters so I asked Colleen Colley, who was working in the gym that day, if she would take one side with me on the other and let Jim back spot. Dave took the bar and walked it in to the extreme wide stance that he used and did 3 reps, a little high and ragged it. We steered the bar while he walked it back in and ragged it.

On June 12, 2010, it will be 20 years since our young friend left this earth. At 29 years of age, he never realized his true strength. We will honor Dave at the APC Nationals on June 12th with a plaque with his image to the best lifter.

- L.B. Baker

## Counterstatement to Behind the scenes, 2009 IPF Championships by Peter Thorne

On behalf of the IPF I would like to publish this counterstatement to the article "Behind the scenes, 2009 IPF Championships" by Peter Thorne, published in the February 2010 issue of *Powerlifting USA* on page 22-29.

1. It is true that Mr. Dutta had applied in 2006 for the 2009 Men's and Women's World Championships in Dehradun, India in Stavanger. Further it is true that according to our rules, the organizer must provide four free rooms for the IPF. However, it is not true that the IPF requested 14 rooms. It was a kind and hospitable offer of the organizer, Mr. Subrata Dutta, to spend money on 14 rooms.

2. On December 29, 2007, Mr. Dutta informed us that he was looking to organize the Worlds in Delhi. He was also considering moving the Worlds to Agra, the place of the famous Taj Mahal. On February 19, 2009, we were informed that Mr. Dutta was examining 12 hotels in Delhi for an appropriate place of the Worlds in Delhi. On February 20, 2009, we were informed that an alternative place would be Udaipur or Mumbai. On March 4, 2009, I received a message by Peter Thorne that Mr. Dutta will do his best to realize Delhi as place for the Worlds, to conclude, I do not remember receiving a message about the generous offer for Mumbai.

3. The IPF has paid for two complete ELEIKO bars and one ELEIKO rack for the Worlds. The organizer ordered additional ELEIKO stuff.

4. It is true that the Worlds earlier and unfortunately I was not able to attend the Worlds and the banquet. The reason for my departure was that one week before the Worlds, I began a new job and I was happy that my new employer gave me some vacation days to be in Delhi. So I was able to take part at the IPF General Assembly, the opening ceremony, the first day competition and our IPF Executive organizer, I left Delhi on Tuesday and went in my new office the next day. The organizer, the IPF Executive members and the participating member nations were informed about my earlier departure. The IPF Vice President, Dr. Lawrence Maile, knew that I must take over my duties in my absence.

Therefore it is not true that Dr. Lawrence Maile had to step in the last minute. It is true that the IPF Fall of 1998 member Mr. Dutta and his team organized a wonderful championship and that Mr. Dutta is a great ambassador for our sport.

- Didier Abbingh, IPF President

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## USA Powerlifting™ (formerly ADPPA) Membership Application

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**Conditions of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, contact codes, and drug testing procedures of USAPL. I further agree that the rules, regulations, contact codes, and drug testing procedures of USAPL are the only rules, regulations, contact codes, and drug testing procedures that I will voluntarily submit to. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL's rules, regulations, contact codes, and drug testing procedures. I understand that my membership is not transferable to any other person. As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test. If I am suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, or any other publication that USAPL, or chooses, who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, or any other publication that USAPL, or chooses.

**SIGNATURE:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Parent Initial:** \_\_\_\_\_ **Prior Reg #** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Date Of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **U.S. Citizen?** \_\_\_\_\_ **USAPL Registered Club Represented:** \_\_\_\_\_

**Membership Prices:** (please circle one) • **Adult:** \$45.00 • **High School Division (Full year):** \$30.00 • **Special Olympian:** \$10.00 • **Youth (10-13):** \$15.00  
 • **High School Seasonal (6 mo. Only good Dec. 1 thru May 31):** \$15.00 • **Upgrade from current HS Seasonal to HS Div Full year:** \$15.00 • **One Day only:** \$15.00

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**USAPL Merchandise:** (please circle choices) • **T-Shirt - \$16.00 (size qty.)** • **colors: Black see e store for other colors**  
 • **White Referee Designation Polo - \$30.00 (size qty.)** • **Kids T-Shirts and hooded sweatshirts - see e store on website**  
 • **Lifter Classification Patch - \$5.00 (qty. must provide meet results)** • **Logo Patch - \$5.00 (qty. 50)** • **Shipping for patch: \$0.50** • **Tanks - see e store on website**  
 • **Sweatshirts (crewneck, zipper or hooded) see e store on website** • **Caps and Beanies - \$15.00 (qty. 50) (colors: Navy)**

**Check/Money Order #** \_\_\_\_\_ **Membership Price:** \$ \_\_\_\_\_  
**Card #** \_\_\_\_\_ **Charge Cardholder Signature** \_\_\_\_\_ **Merchandise Total:** \$ \_\_\_\_\_  
**Card #** \_\_\_\_\_ **Charge Cardholder Signature** \_\_\_\_\_ **Total Purchased:** \$ \_\_\_\_\_

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



# RAGE X

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

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

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.



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



# RADICAL DENIM

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- The Radical Denim is the most extreme bench pressing experience for top level benching.
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- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.



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

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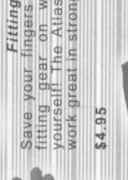
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**\$60.00**



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

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

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

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

**\$39.95**



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

**\$145.00**



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

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

**\$42.00**



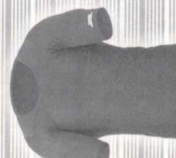
**Champion Suit**  
 Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

**\$42.00**



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

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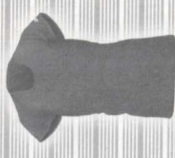
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**High Performance HD Blast**  
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**Heavy Duty Erector Shirt**  
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**\$55.00**



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

**\$26.00**



**APF South Carolina  
5 DEC 09 - Columbia, SC**

<b>BENCH</b>	330			
C. Brunson	198 lbs.			
C. Holloway	385			
C. 242 lbs.				
W. Smith	430			
R. Gunn	420			
R. Gunn	420			
M. McDaniel				
<b>Open</b>				
<b>Full Power</b>				
<b>Female</b>				
148 lbs.				
150 lbs.				
165 lbs.				
198 lbs.				
220 lbs.				
242 lbs.				
<b>MALE</b>				
330				
385				
430				
455				
500				
550				
600				
650				
700				
750				
800				
850				
900				
950				
1000				

**WPO Champs at the APF South Carolina meet included Travis Mash, Marc Bartley, and Donnie Thompson, with Will Millman**



reference chair with LeeRay on one side and as definitely back to Evan Henderson, the lone male lifter on the "Young Olympians" team from Charlotte lifting in J/T 220 Raw. He squatted 225 on his 1st attempt but could not handle the big jump up to 315 on his next two tries. He benched 275 and deadlifted 500 lbs. He had a perfect 9.9 day with a best squat of 210 lbs, benching 160 lbs and deadlifting 500 lbs. He had a perfect 9.9 day with a best squat of 210 lbs, benching 160 lbs and deadlifting 500 lbs. He had a perfect 9.9 day with a best squat of 210 lbs, benching 160 lbs and deadlifting 500 lbs.

our next lifter was Jovyn Lenson, 17 years old in her 1st meet. She set all new records with a total of 530 lbs. She set all new records with a total of 530 lbs. She set all new records with a total of 530 lbs. She set all new records with a total of 530 lbs. She set all new records with a total of 530 lbs. She set all new records with a total of 530 lbs.

our next lifter was Frank Reales, a local pharmacist, lifting in his 1st meet in MMA 148 Raw. With a lot of encouragement from Donnie this newcomer had a great day. He squatted 250, then 290, and finally 305 lbs. With Donnie behind him, Jovyn's outburst in his 1st meet to 315 lbs. He had a perfect 9.9 day with a best squat of 210 lbs, benching 160 lbs and deadlifting 500 lbs. He had a perfect 9.9 day with a best squat of 210 lbs, benching 160 lbs and deadlifting 500 lbs.

Hitting all three of his squat attempts, 405, 450, and 460 lbs for a new PR. He was looking good! He benched 315 and 340 but couldn't get 360 and needed the help of the spotters. He deadlifted 450 but that was just a little today. He finished with a 1300 lb total for 1st place in MO 198 Raw. The 1st lift for 1st place in MO Country Strength in Charleston. This was his first competition and he has been trained by Will Kuehl. He had 3 good squats up to 460 lbs. Benching 255 on his 2nd attempt, he just couldn't lock out his 285 lb 3rd. Three solid deadlifts up to 485 lbs for a new PR. He totaled 1200 lbs and earned 1st place in MO 198 Raw. He had a perfect 9.9 day with a best squat of 210 lbs, benching 160 lbs and deadlifting 500 lbs. He had a perfect 9.9 day with a best squat of 210 lbs, benching 160 lbs and deadlifting 500 lbs.

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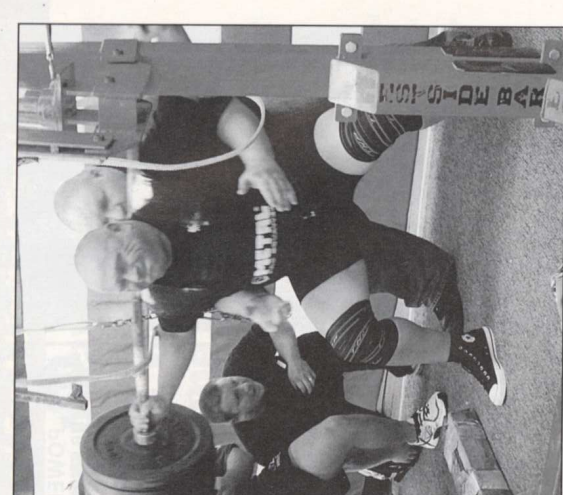
place in MO 242 Raw. And now the Charleston set another PR and totaled 1800 lbs and 1st place in MO 242 Raw. And now the Charleston set another PR and totaled 1800 lbs and 1st place in MO 242 Raw. And now the Charleston set another PR and totaled 1800 lbs and 1st place in MO 242 Raw. And now the Charleston set another PR and totaled 1800 lbs and 1st place in MO 242 Raw.

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**John Morrow had the biggest squat (910) and won Best Powerlifter for his 2210 total (308 lb. class) (photographs courtesy of W. Millman)**

no good, and he was out of the meet. Visible disappointment, but knowing that when you get good job spotters! He earned 1st place in MO 198 Raw. And now the Charleston set another PR and totaled 1800 lbs and 1st place in MO 242 Raw. And now the Charleston set another PR and totaled 1800 lbs and 1st place in MO 242 Raw.

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BENCH FEMALE	Submaster I	M. Waters SHW	MALE
96 lbs.	H. Thomason 644	Pure	D. Gonzales 484
P. Garner 52	Raw	Push Pull	BP
Pure	M. Walters 198	FEMALE	DL
148 lbs.	D. Pellierin 198	High School	TOT
181 lbs.	M. Walters 325	MALE	
High School	Submaster I	Novice	99
K. Raiz 369	308 lbs.	D. Pellierin 198	220
PS CUBR 369	High School	D. Pellierin 325	319
MALE	98 lbs.	High School	
Master II 53	High School	Powerlifting	
308 lbs.	M. Walters 644	96 lbs.	606
Master I 358	High School	242 lbs.	1249
O. Walker 358	Open	High School	TOT

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R. Willis 244	116	281	641
148 lbs.			
High School	248	110	270
T. Baker 248	110	270	628
Junior			
MALE	248	110	270
198 lbs.			
Junior	650	501	685
C. Brady 650	501	685	1835
Open			
C. Brady 650	501	685	1835
S. Moore 501	314	501	1316
308 lbs.			
Submaster I 903	644	606	2152
H. Thomason SHW			
D. Gonzales 424	429	484	1338
Pure 424	429	484	1338
Raw 402	253	446	1101
High School			
M. Walters 573	352	600	1525
MALE			
Master I 407	336	407	1151
R. McMichael 407	336	407	1151
Novice	CR	BP	DL
FEMALE			
148 lbs.	61	107	231
Master I 61	99	220	380
181 lbs.			
High School			
M. Walters 138	275	407	820
MALE			
Submaster Pure	143	286	435
181 lbs.			
M. Early 176	281	380	837
220 lbs.			
Master II 405	270	400	1155
S. Chabon 198			
242 lbs.			
Master II 660	370	530	1560
J. Moody 660	370	530	1560
Master (56)			
J. Jeunick 660	370	530	1560
(Results courtesy from Rich Peters - NASA)			

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- 3 APR. APF/AAPF Utah Meet (Sandy, UT), Jon Cunningham & Brad Tripp, 501.572.1113, benchpress500@comcast.net, www.worldpowerliftingcongress.com
- 3 APR. SPF Southern Alabama Push/Pull Championship (Enterprise, AL), Claude Boyer, 334.939.5348, Jesse Rodgers, 423.255.3672, www.southempowerlifting.com
- 3 APR. USPF Ohio Valley Championships (New Martinsville, WV) at Work's Fitness World, Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.usapf.com
- 3 APR. WABDL Northeast Regional Championship & World Qualifier (Portland, ME) at the Holiday Inn West, Al Stork, 207.223.5945 or 207.356.9946, www.wabdl.org
- 3 APR. NASA Kansas State Equipment/Unequipped PL/BP/PS/PP (Salina, KS) www.nasa-sports.com
- 9 APR. USAPL Kutchikan Spring Open (AK), Doug Gregg, 907.247.8463, www.usapowerlifting.com
- 10 APR. USAPL USAPL Alaska State PL Championships (Anchorage, AK), Ron Burnett, 907.345.7996, www.usapowerlifting.com
- 10 APR. RAW (United) Beau Moore Classic (Tampa, FL) at Lake Springs Recreation Center, 319.10 entry deadline, Bill Beckley, 813.362.1908, beck220@aol.com
- 10 APR. SPF North Carolina State (Raw/Single Ply/Multi Ply/PL/BP/PL/J) (Shelville, NC), Jesse Rodgers, 423.255.3672, www.southempowerlifting.com
- 10 APR. USAPL Richmond Open (BP/PL Championships) (Mechanicsville, VA) at Alike High School, Gary and Tricia Emrich, 804.240.8632 & fatoydd@comcast.net, (Gary), 804.239.8738 & suspedgary@comcast.net (Tricia), www.virginiapowerlifting.blogspot.com, www.usapowerlifting.com
- 10 APR. USPF 2nd Annual Hawaii State Powerlifting Championship (Honolulu, HI), Darren Matsumoto, 808.21.9075, windowwindow@yahoo.com, www.usapf.com
- 10 APR. USPF West Virginia 35th Annual State PL Championships (single lift/SQ/DL) & Holley Open (PL/BP/DL) Championships (South Charleston, WV) at South Charleston High School, John Messinger, 304.744.2475, 304.766.0352, www.usapf.com
- 10 APR. APF/AAPF Alabama Open Championships (PL/BP/DL) (Gadsden, AL), Buddy McKee, 256.613.2753, mastermonster@comcast.net, www.worldpowerliftingcongress.com
- 10 APR. MHP's Kings of the Bench IV & Clash of the Titans III (Raw BP/DL, DL/BP for reps, \$5,500 in cash and \$1,700 in prizes, trophies to the top 5 in each max lift but division, Ronnie Coleman Classic Expo) (Mesquite (Dallas), TX), Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com, www.europpa Show of

# COMING EVENTS

Champions Sports & Supplement Expo (Orlando, FL), www.visionstarc.com

16-18 APR. AAPF Nationals (Qualifier for AWP World) (Detroit, MI) JJ Thomas, 734.642.7877, jthomas1@lifetimfitness.com, www.worldpowerliftingcongress.com

17 APR. 12th Annual Wisconsin's Best Bench Press (Independence, WI) Glen Woychik, N34146 Mega Rd., In. Dependence, WI 54747

17 APR. Orange County High School Powerlifting (Iron-sunctioned) (Anaheim, CA) Steve Denison, 661.333.9800, pwifits@msn.com, www.powerliftingCA.com

17 APR. SPF USA Southern BP/DL

# APF/AAPF/WPC Schedule

- 3 APR. APF/AAPF 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. APF High School Nationals
- 17-18 APR. APF/AAPF Single Ply Nationals
- 24 APR. APF/AAPF Texas Classic
- 24 APR. APF/AAPF New York State PL Championships
- 6-9 MAY. WPC Heydar Aliyev 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. APF/AAPF Washington State Open
- 15 MAY. APF Maine State PL/BP Championships
- 22 MAY. APF 2nd Annual Carolina Classic PP/BP
- 5 JUN. APF MetroFlex's Show of Strength
- 5-6 JUN. APF Senior Nationals
- 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. AWP World Championships
- JUL. APF Push Pull Meet
- JUL. Montreal Power War
- 14 AUG. APF/AAPF Northwest PL Championships
- AUG. APF California Summer Bash
- AUG. APF Mississippi State PL Meet
- 3-5 SEP. AWP/WPC Raw Worlds
- 11 SEP. APF/AAPF Summer Heat VI
- 29 SEP - 3 OCT. WPC/AWP 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 PL Championships
- JAN 2011, Battle in Montreal
- 12 FEB 2011, APF 4th Annual Arizona Open State

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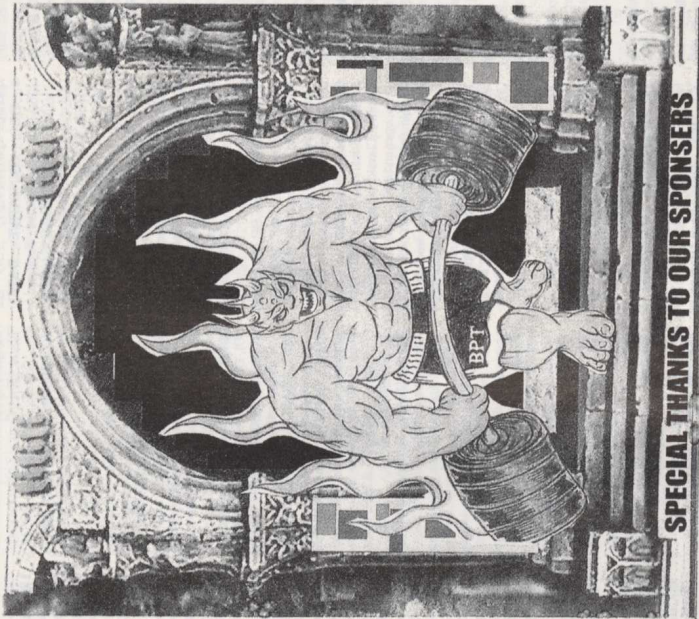


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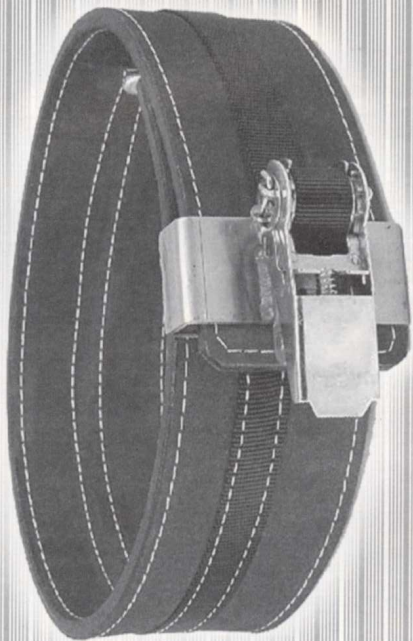
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(continued from page 16)

that I am not sure the sport can recover. Is that reasonable assessment?

**FH:** When I was on the National Committee, and Dr. Conrad Cotter was the chairman (I loved that guy. The sport was really lost a leader!), I proposed literally dozens of changes to the USPF rules during a teleconference meeting. All were accepted! ALL! Then, a day later, we were all called into another meeting, and many of the rule changes I proposed were rescinded. Why? Special interests saw that some of the changes would hurt them. For instance, I proposed that the big guys (I know, the guys over 300 pounds) could use a longer bar that would (if necessary) have to be a tiny bit thicker. It made sense. Karamer and others had real problems fitting under the conventional bars. They still do! But the various manufacturers of bars hated that they'd have to add another SKU to their inventory.

I could go on and on. But do you see what I mean? Many, many forces from OUTSIDE the ranks of the lifters themselves were operating to force THEIR will on the sport! To this day, I see the same thing happening. Our sport has become a war between the respective equipment manufacturers for pre-eminence. The lifters are mere pawns. They are mere endorsers for the equipment companies who outfit them.

Now, I must add that many of the rule changes I proposed that night are still widely in effect. The 24-hour weigh-in, for example, is an important safety precaution for lifters who try and make weight an hour before they lift. I damned near KILLED myself once in Little Rock. I dropped from over 200 pounds to 182 in 24 hours to lift in the 181 pound class. I didn't make it, and I lifted in between bouts of intravenous infusions as a 198 pounder. I got third place, but still won "Best Lifter" (I imagine that! All for a friggin' third place trophy. The 24-hour rule ended that sort of nonsense, thank God!

Oh, my! I digressed! See, officials too are under pressure. I completed my master's thesis on this subject, so I know what I'm talking about. Judges base their decisions on the merit of a lift in deference to whom-ever they regard as significant in their life as a judge. This is called "conformity pressure." They often do not make decisions in deference to the objective rules of the sport, despite their loud protestations.

Conformity can take place in one of two ways: private acceptance or public compliance. Public compliance means that there is someone to whom you're deferring while executing your judgment. Private acceptance means you're in lock-step agreement with the normative belief as to what's a good lift, and you therefore comply. BOTH are wrong, wrong! And, THAT is the problem! What's wrong with unbiased judgment? The judges need to be carefully screened and summarily overseen regarding how they adhere to the established, written RULES!!!! THEN they must be obliged to physically place themselves in a strategic position whereby they can objectively judge depth, foot movement, lock-out and all the other lift requirements. And they must defer making judgments on depth, bar movement, etc. that they cannot be 100 percent sure of.

folks who should be doing the judging! Not the screwballs who passed a friggin' test that was written by another screwball! WHAT!!!! DO YOU NOT UNDERSTAND THIS?????

I see by your question that you think it's even worse today than it was then. Perhaps it is. It all makes me just sick to my stomach. It disgusts me. I am so sorry!

**JB:** I understand perfectly what you are saying and I agree with you wholeheartedly. I just feel that some standards are better than no standards. Of course, as in any field, it is the individual's dedication and commitment that are going to determine his success. Let me ask you this, in order to improve things, what recommendation would you give to those individuals who are running the sport?

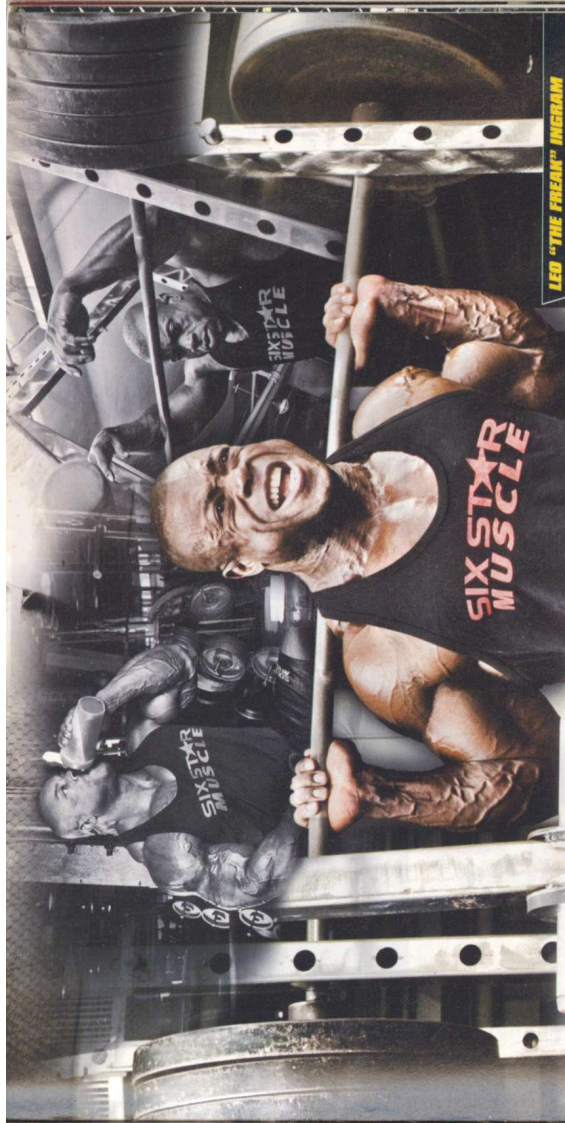
**FH:** Dedication and commitment are beautiful things to have. These are but two of the many ingredients to success and happiness. Let's make a list. Passion, love, patience, self-control...you get the point. Let's not forget that a modicum of intelligence and talent also go for! I see little of that sort of thing going on among the power elite who are running roughshod over our sadly fractionated sport.

I have no recommendations for those people. I do have a few suggestions for those who vote, however! I recommend you voters begin to put together a TEAM of "Uber-leaders" whose overriding task will be to unify the sport.

Here's how team building works: ideally, a bold and laudably imaginative individual should begin the project. A methodical and tireless individual—who stands in awe of his partner's brilliance, but is affectionately critical of his excesses and lapses—should be in charge of the middle. And a third individual—patient, elegant and scrupulous, deeply impressed by his colleagues' joint achievements, but aware that it will fail without his serene overviews and inspired refinements—should complete the work.



Hatfield (R) with Dr. Richard Herrick, former IPF Medical Committee Chair, at the 83 IPF Worlds



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(continued from page 13)

which are done in the bench press shirt.

4. In exercises without a bench press shirt the speed-up, preceding the peak speed, as a rule, is below than the same speed-up in exercises done in the bench press shirt. Moreover, the exercises done in the bench press shirt are characterized by more stable speed-up, in other words its high values are being saved for a bit longer time and that's why there is a little number of break-ups on the graph.

5. In exercises without a bench press shirt the peak speed is nearly always noted in the second half of the ascent, while then in exercises done in the bench press shirt - in the first half, regardless of the athlete's skill.

The more qualitative a bench press shirt is, the thicker its material is, the more it helps to "eject" the "dead" point that allows him to pass the "dead" point zone more easily and to finish the exercise successfully. The majority of athletes of the Russian team level use two bench press shirts in their workout session. One burn-in bench press shirt, a bit stretched, easily dressing, is used by athletes to make bench press with 80-percent weights and higher. And the second - a competition bench press shirt, not stretched, of smaller size, than the burn-in one, which is dressed with difficulty, envelops the body very tightly, this shirt is used also at competitions but only during "passing" to maximum and submaximum weights. The trainings in bench press shirts allow the athletes to execute bench press on higher percents (80-90%) that brings into the training process monthly average intensity increasing and, consequently, into the own results improvement at competitions.

Even a very stiff bench press shirt, having good "ejecting" effect, is not capable to help the athlete to develop such speed, which must be enough to finish bench press. So the athlete's task is to exercise bench pressing in the second half of the barbell's way.

During the trainings we recommend paying more attention to finish the barbell's press in "frame" and to press from a board from different height levels, as well as to bench press with chains. These exercises will help the athlete to increase the arm's strength in the bench press final part as well as near the "dead" point. But if during the trainings a lifter uses a bench press shirt constantly, his chest and shoulder ligaments can gradually weaken. In order to fortify these ligaments it is necessary to include corresponding exercises 1-2 times a week in a drill.

Figure 7. Comparison of BP execution of E. Kovalkov without a shirt and in it

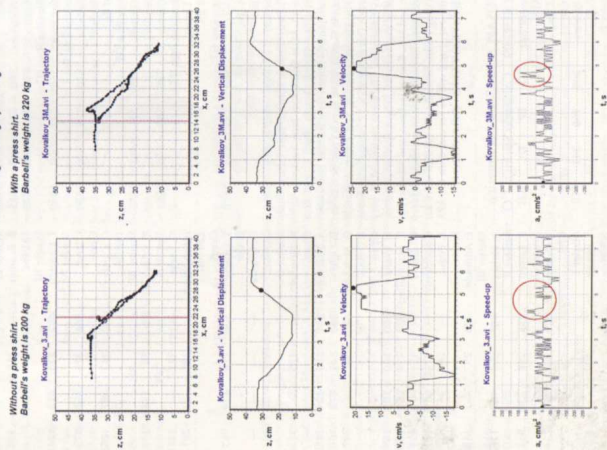


Figure 8. Comparison of BP execution of A. Bakitrov without a shirt and in it

Figure 6. Comparison of BP execution of D. Kashuba without a shirt and in it

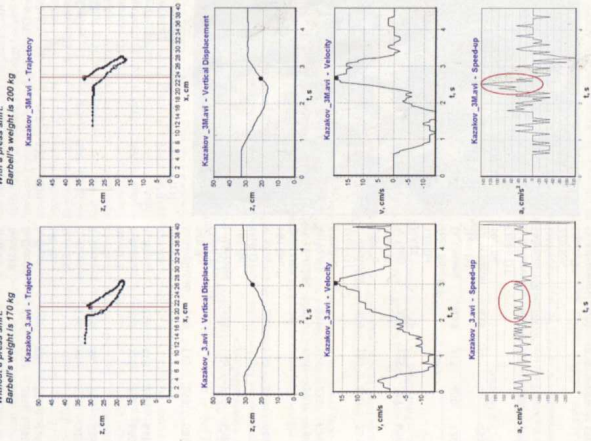


Figure 9. Comparison of BP execution of R. Kazakov without a shirt and in it

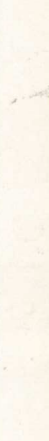


Figure 10. Comparison of BP execution of R. Kazakov without a shirt and in it



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(continued from page 10)

going to try and bring back some of the "old school" ways of thinking and bring some of the camaraderie back to the sport. I don't care what fed you lift in; I don't care if you're RAW or equipped; I don't care if you're clean or use. Remember, we are all brothers and sisters of iron. I believe it will take someone of my stature to help strengthen everyone's belief in this issue. Considering how the world is today, all of powerlifting's ideals are a bright spot compared to other negative ideas that exist in this world. I believe we stand for what is good and right in the world: camaraderie, goals, dedication, hard work, and character.

**CB:** What makes Jamie Harris different from everyone else?  
**JH:** Basically I live my life not worrying about how others judge me. If I wanted to try something or if I wanted to accomplish something, I just set my sights on it and put blinders on and focused on that goal. I had no support at



Jamie BELIEVES TO ACHIEVE! (c. Harris)

all from friends and family coming up in powerlifting—it put a massive wedge between my dad and myself. It's hard being an over-achiever sometimes—the lazy ones don't want you to succeed because they don't have the guts to put their asses out there to do big things. So to all the nay-sayers who are reading this...who's laughing now? I have learned this in life. Don't ever settle for less and don't ever give up on your goals. BELIEVE TO ACHIEVE!

**CB:** A lot of people think that the Jamie Harris/Anthony Clark rivalry was the best rivalry that the sport of powerlifting has ever seen. Why do you think people think that?

**JH:** I think it was the most real. Two driven monsters who wanted to be the best in the world. The sparks flew. I can tell you though, I thought the world of Anthony. He was one of my childhood heroes. I also think that Anthony and I, at that time, made the concept of lifting insane weights believable.

**CB:** What moment in powerlifting has changed you the most?

**JH:** I didn't see it at the time, but tearing my pec might have been it for me. It was a powerlifting death sentence, but it freed me up to do other things with my life. I believe it was a message from God. I had to readjust my life in general. It was tough for the first couple of years, but I have done pretty well. I have made many changes in my life. I also have lots of great memories from powerlifting. You evolve into the next part of your life and not everyone can make that transition well. I made that transition well.

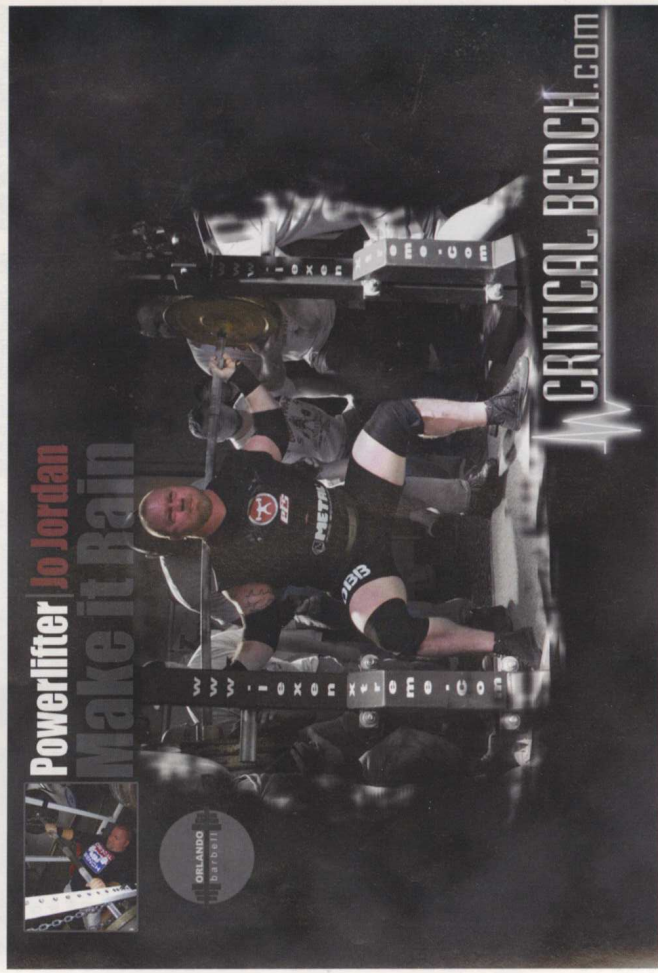
**CB:** Jamie it has been great talking to you. What a powerlifting career you have had! You have made powerlifting colorful. You have always been real and a great human being. The mark you left on powerlifting will be with the sport forever! In closing, who would you like to thank?

**JH:** I would like to thank all of my supporters, present and past. Powerlifting has been a great experience for me and I will treasure my ex-

Jamie Harris attempting a whopping 705 pound bench press during his powerlifting days  
 BELIEVE TO ACHIEVE and always reach high for your goals, and never stop until you get there! God bless and stay strong.  
**CB:** What a bench press journey Jamie Harris had. The mark that Jamie has left on the bench press will echo into the hearts and souls of other alpha lifters who want to be strong forever. To stay in touch with Jamie you can reach him at oajtz@aol.com or via facebook.



Jamie Harris is now The King (c. Harris)



A Big, Bad, Bench Pressing Machine (this photo & p. 10 photo courtesy of Bert Wagner)

(continued from page 19)

won, who did care about the bench press was the unbelievable Marvin Eder of New York City. Eder was a youngster, in his late teens when he hit the scene, but he hit it like a runaway freight train. He entered and placed very high in a number of Regional AAU contests and was also a force in Olympic lifting, having rammed up an official 337 press (exceeded the world record at 198), a training press of 364, a phenomenal bench press of 515 using a tiny wooden bench and 550 for 10 deep reps in the full squat. He was also able to, with no training whatsoever, deadlift 665 on a whim, apparently. What set him apart from the pack was his insane upper body strength which allowed him also to do some absolutely sick stunts, like repeating pull ups with 250 lb. attached to his waist, 120 lb. strict dumbbell side laterals, a parallel dip with 434 lb., 1,000 free hand dips in a mind boggling 17 minutes (breaking Jack Lalanne's record) and the real coup de grace—holding his arms straight out and allowing 175 lb. Dom Juliano to use them as a "Human Dip Bar" for 10 reps! Unfortunately, Marvin ran afoul of the hidebound AAU and their ridiculous interpretations of amateurism and was a victim of the early Hoffman-Weider wars. He lost his ability to compete for the USA in Olympic lifting or in several have certainly won medals in several Olympics. Sadly he retired from competition at the age of 23, but has kept in top shape to this very day. Marvin did all of his lifting not only drug free, but with no food supplements whatsoever. When asked in an interview many years later how he ate, his response was, "normally,

whatever I felt like—milk, steak, dairy foods, vegetables, breads, cereals, I enjoyed it all." A true genetic wonder and from Hybrid.

The 1960s ushered in the "Beach and Surf Era" of bodybuilding. You couldn't pick up a muscle magazine without seeing a bunch of grinning bodybuilders (and their girlfriends) frolicking (and training) on the beach. A pair of suspiciously "un-California-looking" sunburned lads, their skins more used to the long cold winters in Germany and Italy rather than the sun and sand of Santa Monica were a big part of this scene. Of course, I am referring to the Governor, 8 Time Mr. Olympia Arnold Schwarzenegger and his lifelong friend and fellow Mr. Olympia, Franco Columbu. Both of them, beside being international bodybuilding champions, also had a background in competitive powerlifting, having competed in and winning their weight classes in European and German National Championships, and even a lightly publicized "World Championships" held in Germany before the IPF was formed. Of the two, Franco was the real strongman, especially in the deadlift.

In 1969, the great American super-heavyweight lifter Ken Patera decided bodybuilders as "musclebound meatheads" with no apparent strength. Columbu took great offense to this as he had trained as an Iron Hybrid all of his life. That year Seniors were being held in Los Angeles, and when Patera and a friend visited Gold's in Santa Monica (the only Gold's in the world) then an increased Franco Columbu challenged them to a deadlift contest to prove that bodybuilders were as strong as they looked. Patera declined, needing to rest for the contest, but his friend tried (and failed) to pull 700 lb. Columbu ripped the weight up easily. He went on to pull 770 lb. at a bodyweight of around 185 lb., but all of these lifts were done as part of his posing exhibitions where he would appear in contest condition. Franco did a variety of strongman stunts in these exhibitions including bending rebar with his teeth, blowing up a hot water bottle and tearing the Los Angeles phone book in half. A real throwback to the Sandow era, he was. He also was one of the inaugural competitors in the World's Strongest Man contest and to this day can still put up some big numbers.

The 60s also saw the emergence of "The Myth"—Sergio Oliva of Cuba—who began his historic career as a midweight

(198 lb.) Olympic lifter, with the ability to clean and jerk close to 400 lb. Sergio, along with many other of the Cuban weightlifting team, literally sprinting to the U.S. Consulate in Kingston, Jamaica, during the 1961 Pan-Am Games seeking political refuge status. He started his U.S. residence in Miami, and later found himself in Chicago at the Duncan YMCA training as a bodybuilder under the tutelage of former AAU Mr. America Bob Gadia. Sergio used his weightlifting base to propel himself to the very pinnacle of bodybuilding—the Mr. Olympia title. His arms were reputed to be as big around as his head! His famous bodybuilding workouts—like his Soviet-based Olympic lifting background—were high volume, sometimes up to 30 sets per bodypart.

lots of opposing muscle group super sets such as bench presses in the high 400s supersets with pullups for sets of 15. Added to this was that for Seniors, unlike Arnold, was NOT sponsored and paid to simply train and compete. He worked brutal double shifts in horrible physical jobs because of his poor English skills, like unpacking frozen sides of beef, or working in hellishly hot iron foundries. After work, he would train for an additional three hours. Once he got his English squared away and was accepted as a Chicago cop, he thought rooming around the mean streets of the Second City was some of the easiest work he ever did! Typically, Sergio trained six days a week with unbelievable poundage on all movements with equally unbelievable volume. Diet? Forget it. Hamburgers, steaks, rice and beans, whole eggs, gallons of milk, thick sandwiches, good old Cuban food, and, of course, the Saturday night all night dance fests! (A little GPP to lean out, I bet!) It was his firm belief that his Olympic weightlifting background enabled him to do both these grueling jobs and these insane routines which created the legend of "The Myth."

During this era, two other Hybrids come to mind: 3-time Mr. Universe, Reg Park—though he never competed officially in powerlifting, he performed in front of powerful witnesses strict repetition 600 lb. deep squats, a 315 behind neck press, 515 bench press and a 700 lb. deadlift. His training and diet were ridiculously simple. He trained only three times a week, and used six exercises: the barbell curl, seated press behind

the neck, barbell squat, barbell bent row and deadlifts for either a 4x6-8 combo or 5x5 combo. His diet was in a nutshell, centered around 4 basic foods: red meats of all types—steaks, kidney joints, burgers, roasts, etc.—orange juice, whole eggs and raw milk. That was that. Yet this simple template created world class power in an era when no organized powerlifting existed, and more importantly for Park, a stupendous physique which he eventually leveraged to a huge financial success as Hercules in the Italian sword and sandal epic of the 60s and he finally parlayed all of this into a chain of very successful gyms in South Africa.

Our last Iron Hybrid athlete of the 1960s (actually straddled both the 50s and the 60s) was the legendary weightlifter Tommie Tommy Kono, who learned how to use a barbell whilst imprisoned at the Tule Lake Internment Camp in Northern California for Japanese Americans from there he went to unparalleled heights representing his country. Tommie Kono is probably the greatest American Olympic lifter ever. Kono is the only lifter to have set world records in four different weightlifting classes: lightweight (148 lb./67.5 kg.), middleweight (165 lb./75 kg.), light-heavyweight (182 lb./82.5 kg.), and middle-heavyweight (198 lb./90 kg.). He won a gold medal at both the 1952 and 1956 Olympic Games, and a silver medal at the 1960 Olympics. He won set 21 world records. He was the Pan-Am Games champion in 1955, 1959, and 1963. Kono was a World Champion



**Jackson & White at the 2009 Mr. Olympia**

(actually twice) in another sport—bodybuilding. Yep, you read that correctly. Kono entered and WON the 1954 Mr. World title and the Mr. Universe in 1955, 1957 and 1961 with very little, if any, pure bodybuilding training other than practicing his posing and tossing in some barbell curls occasionally. Kono's training emulated the template of the day for those who worked a normal job and had family responsibilities to boot: three days a week, usually Monday, Wednesday and Friday, concentrating on the Olympic three plus loads of squats, bench presses with a Military press grip, and pulls from a variety of angles. He died primarily at home or at the Niihau YMCA in Honolulu or at the old York Barbell Gym, when on the mainland.

The 1970s finally saw the emergence of powerlifting as an official AAU and international sport. Instead of casual competitors held as a "side dish" to some bodybuilding show, powerlifting took on a life of its own. Since the three lifts were part of the core exercises for most bodybuilders, more and more bodybuilders entered powerlifting competitions instead of Olympic lifting. Many of these did quite well, but none did as well as Ernie Frantz, aka the "Godfather of Powerlifting" and Arizona's Pale been lost in the shuffle a bit, but the 1974 Mr. USA, known for his pinpoint symmetry and his huge arms, was also an extremely accomplished lifter. He only entered seven powerlifting contests in his life, but broke six world records, all on the bench press, finishing with an official 468 at 181 lb. bodyweight. Unofficially he benched 490.5 (of course, all without any shirt whatsoever). His bench press training was intense and, to some, insane—many (up to 15) sets, partials with enormous weights, inch presses and heavy curls done 3 times per week and neck presses, all at a comparatively light bodyweight of 185 lb. Neve was quite vocal about his own accomplishments vis-a-vis other bodybuilders: "That's one of the things that I'm proud of about the sport. Every one claims it [The World's Strongest Bodybuilder], but officially where are they? Franco Columbu claims he's the world's strongest bodybuilder, Kalman Szekely says he is, David Johns thinks he is. Now these men have lifted a lot of weight, but who knows what kind of form, their particular bodyweight...I'm the only one who's actually done it. (Not entirely true; see Ernie Frantz, RF) I'm the only bodybuilder to be a national champion in bodybuilding, plus hold a world record in powerlifting at the same time." — Pat Neve — 1980

Interesting though inaccurate comments which serve to underscore the occasional ice cream and one of

the controversy of "The Worlds Strongest Bodybuilder"—a controverted today. One hybrid lifter of the 1970s, who proved he was the real deal, is none other than the "Godfather of Powerlifting" Ernie Frantz of Aurora, IL. Ernie made history when he won his height class at the 1974 Mr. USA and won the IPF Worlds in York at 181 on the same day. Shades of Roy Hilligren! Actually, Ernie spent his training on the basic three lifts, and in his own words, worked a lot on his biceps and his tan prior to any major show. Dieting down to 181 lb. helped bring out the cuts as well, but Ernie discontinued this double dipping one year when, at the moment, he entered the Mr. Illinois contest with only a week's no-diet. Starving himself, living on nothing "but vitamins" and doing endless sets of curls and stomach work, Ernie pared off 20+ lb. and left he was in a despoising third place, and according to him, took months to recover his lost strength. That experience also finished him forever with bodybuilding. As the 70s ended, the numbers of Hybrid lifters started to thin out as specialization in all three iron disciplines was complicated by a fourth one (Strongman) just around the corner.

In the 1980s, international powerlifting really took off with historic world meets held in Dayton, Ohio, and Arlington, Texas, in consecutive years. One athlete who rocketed to fame toward the end of the 70s and early 80s was my old friend, the late, great Roger Estep. Estep broke the world record for the 198 total not once, but several times, and totaled as high as 2000 lb. at 198. What made him so unique was his physique—the looked for all the world like a full time bodybuilder, and despite the fact that he entered (and won) a few contests, including the prestigious Mr. Iron Man, his bodybuilding training template, if you want to call it that, was laughable. I know this for a fact, having trained with him personally at three different Los Angeles gyms for several years, that he spent 90% of his time doing box squats, competition squats, bench press/incline press and deadlift. The other 10% he sprinkled in barbell curls, triceps pushdowns, some lat pulldowns, and NEVER saw him do leg presses, extensions, concentration curls, flyers, or dips. I never saw him do one ab exercise yet he had a hell of a six pack. One day I asked him "Damn Rog, how in the heck do you stay so ripped up with this routine?" You hardly do any bodybuilding." His answer: "Ron, I just spent a lot of time in the gym—lots of red meat, eggs, gallons of milk and whole grains. He enjoyed the occasional ice cream and one of

his favorite "dishes" so to speak was a thick bologna and cheese sandwich with lots of mayo. Roger's physique earned him a couple of cover shots on bodybuilding magazines, but he never ever shed away from his core power training. Rest in peace, old buddy, you are still the MAN.

The roaring 90s belatedly to one man—a true Iron Hybrid—Romnie Coleman. Coleman redefined what the word "huge" means as he won the Mr. Olympia eight times, and along the way continued to put up impressive numbers in the powerlifts. Coleman started out as a powerlifter, and his specialty was the deadlift. So skilled was he that there is an old film of him deadlifting 800 for a double, 5 weeks before the Mr. Olympia show, where the word "depletion" looms large in all bodybuilder's vocabulary. Coleman was a monster on stage and in the gym, doing such T-Rex like lifts as a 585 x 5 barbell row, repetition squats with 800 lb., leg presses with ONE TON+ on the sled, and other mind boggling feats. He competed in some local meets, particularly in the deadlift and the 2-man deadlift with great success. During the last part of the "zoo" (early 2000s) there seems to have been a resurgence in interest among a lot of folks to cross train bodybuilding and powerlifting. Even some of today's great Olympic lifters like China's Lu Hongli, Poland's Zyron Kolecki and Russia's Eugene Chigshiev regularly do bodybuilding exercises like curls, pulldowns, bench presses

and barbell rows to supplement their work on the weightlifting duo.

At the start of this, the second decade of the New Millennium, there now actually exists the official title of "World's Strongest Bodybuilder" won by Johnnie Jackson, after his historic mano a mano lift off against 2009 Mr. Olympia Weekend in Las Vegas, Nevada. This, despite a massive Las Vegas "boxing-style" marketing campaign and national magazine buildup, did little to truly resolve the question of "who (actually) is the strongest AND best built" from Hybrid and his specialty was the deadlift. This year's contest was controversial, when Stan "The White Rhino" Efferding—a newly minted pro bodybuilder, miffed because he wasn't invited to compete for the \$10K prize—literally jumped the stage in between two lifts (bench and deadlift) WWE-style, and hurled both snide insults and a tempting challenge to both. To his credit, Efferding put his money where his mouth was by adding his custom built white Hummer (for anyone who could beat his total) and an additional \$10K into the money pot for 2010. So, the controversy continues, at least until the end of this year—Jackson? White? Efferding? Or someone completely out of left field? Time will tell, but the Iron Hybrid—in the spirit of past champions from Sandow to Grimek, from Kono, Frantz and Estep, and finally to the current crew—LIVES ON.

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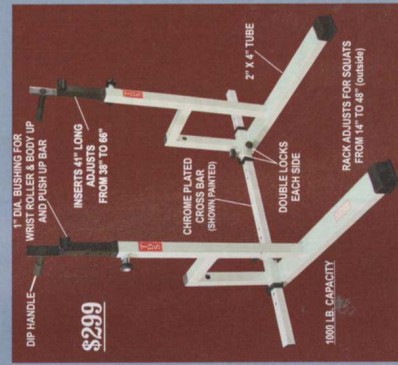
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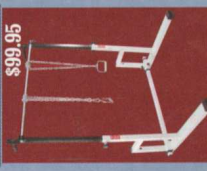
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(continued from page 24)

people to help me gear up, and I wasn't sore at all afterwards. It was almost like another day in the gym.

**BG:** Do you think there will ever be true unity in powerlifting?

**DR:** I have been in this sport for close to 30 years and I have seen the rise of drug free powerlifting and other powerlifting organizations. I just do not see it happening in my lifetime. The lifters will vote with their feet and make that happen if there is a movement in that direction.

**AC:** Yes, there has been several good attempts. I think the WPO started off very well. Their downfall was management and marketing the federation. It should have been a business, not a hobby. The concept was good—execution was bad. After lifting in Raw Unity I see the same positive attributes—lifters got along, competition was healthy, and the judges and load-were really on the lifter's side. THAT IS WHAT MAKES LIFTERS COME BACK.

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

**DR:** I have met many great lifters, but there are a few that are very impressive. Mike Bridges is in a class by himself. Big Brad Gillingham, who even as a master lifter can pull some amazing weight. On the female side I am amazed watching Sioux-Z Hartwig-Gary, Priscilla Ribic, and Jessica O'Donnell. They gave tremendous performances at the 2009 World Games.

**AC:** Tony Conyers has been lifting longer than I have and is still making it happen. Goggins carved out totals that weren't even considered in his era. Chuck Vogel is one of the only men that I have seen overcome major injuries to break world records. I watched him workout and try to compete with a broken neck.

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

**DR:** The growth of drug free lifting. I believe this has given the sport a lot of positive recognition to the average citizen when they compare our sport to the others.

**AC:** Gear. I have seen the bench press go from 725 with the heavyweights, to over 800 pounds with competitors less than 250. I am a firm believer in keeping up with the times; continue to grow or get left behind.

**BG:** Has the internet been good or bad for powerlifting?

**DR:** I believe the internet, especially Powerlifting Watch, has

been a tremendous plus for powerlifting because with the youtube clips you can see top lifters in action at a major event or training for an upcoming meet and it makes you feel as if you are right there. We have become such an instant news society.

**AC:** Very good. I have personally benefited from the internet.  
**BG:** What, if anything, can be done to make powerlifting more popular?

**DR:** I believe meets like the RUM, where you get athletes from all feeds following from all over the world who are not into powerlifting, the numerous feeds we have is too confusing and then if we talk about the gear variations like

I see my mother (who has passed time raw totals even higher.

time raw totals even higher.

away), and my two daughters nursing down the bile to the stage to be with me. At that point in time, I saw nothing else but them.

**BG:** Any other comments or thoughts?

**DR:** I would like to thank my wife Julia who has been my rock and foundation. She is a nine year breast cancer survivor and her journey through surgery, chemotherapy, and radiation, makes my lifting achievements pale in comparison.

**BG:** I would like to thank you both for this interview. Your careers speak for themselves, two of the all-time best. Hopefully you will both return next year and push the all-time raw totals even higher.

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Category	Name	Weight	SQ	BP	DL	TOT
FEMALE	Master (45-49)	420!				
	Master (65-69)	200*				
	J. Berry	308 lbs.	365!			
	Novice	Open				
	J. Hill	425*				
	Master (40-44)	350				
	C. Jones	198 lbs.	220 lbs.			
	C. Jones	198 lbs.	220 lbs.			
	Raw	198 lbs.	220 lbs.			
	Master (65-69)	315*				
MALE	Teen (13-15)	515*				
	T. Conner	275 lbs.				
	R. Largent	505*				
	Raw	400*				
	Master (40-44)	350!				
	C. Jones	198 lbs.	220 lbs.			
	Master (40-44)	440				
	Open	515				
	J. Walton	515				
	Powerlifting	SQ	BP	DL	TOT	
FEMALE	Teen (13-15)	145!	100!	190!	435!	
	M. Gaston	148 lbs.	414-SQ-165!	DL-205!		
	Teen (16-17)	170!	90!	215!	475!	
	L. Bryant	132 lbs.	40-DL-485!			
	Teen (18-19)	205!	100!	275!	580!	
	L. Thompson	123 lbs.				
	Master (40-44)	185!	85!	200!	470!	
	Novice					
	B. Davis	475	325	475	1275	
	Master (50-54)	325	365!	400!	1090*	
MALE	Teen (16-17)	275!	155	300	730!	
	N. Davis	165 lbs.				
	Teen (16-17)	225	175	335	735	
	L. Walton	308 lbs.	375!	285!	405!	1065!
	Teen (18-19)	475	325	475	1275	
	D. Reed	414-BP-335				
	Master (40-44)	242 lbs.				
	B. Davis	475	325	475	1275	
	Master (50-54)	325	365!	400!	1090*	
	T. Cox	414-BP-375!				
MALE	Master (50-54)	475	325	500	1300	
	J. Dougherty	414-BP-340				



**SLP National Championship Best Lifters:** Janet Berry, Lucas Phillips, David Beversdorf, James, Walton, Eva Reece, and Leezaira Thompson (both photographs are provided by the courtesy of Dr. Darrell Latch)

Light Power National Powerlifting Championship was held September 26, 2009 at Son Light Power Gym in Tuscola, Illinois. Thanks to all the lifters, helpers and spectators who made this another memorable competition. In the powerlifting event we begin with the women. Davielle, Illinois saw some great deadlift lifters. In her first competition, Mariah finished with a 165 squat, 100 bench and a 205 deadlift did well at 16-17-17 finishing with 385. Leezaira Thompson, Best Lifter for her 185 squat, 90 bench and 220 deadlift. "The Quiet One", was anything but quiet, finishing with the highest total among the ladies with 580. Lifting in the 18-19/132 class, Leece also got the biggest squat (205) and deadlift (275) to go with her 100 bench. In the 40-44/123 class, Davis, also new lifter, won at 40-44/123 with her 185 squat, 85 bench and pr 200 deadlift for 470 total. All of these ladies set new national records in all their lifts. Best lifter among the ladies was Leezaira Thompson. For her 185 squat, 90 bench and 220 deadlift. Michael Lowenstein, another first timer, won at 16-17/165, finishing with 225-175-335-735. Demetrius "James" Reed set all new records in the 18-19/308 class. James finished with a 177 bench, 100 squat and 220 deadlift for a 1065 total. In the 40-44 age group Bruno Davis won at 220 with his 475 squat, 335 bench and 475 pull for a 1285 total. Terry Cox, lifting in a full meet for the first time in several years, won at 242. Terry finished with a 325 squat, 100 bench and 200 deadlift for a 625 total. New national records, John Dougherty won at 50-54/198, finishing with 475-340-500-1315. Claude Cahbert was our only fatality, bombing 59/198. Our best lifter among the men was 165 lb. James Walton, Best Lifter for his 185 squat, 475 bench, and a 465 deadlift for



**John Dougherty** with his 475 lb. squat at 50-54/198 in Tuscola, IL



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# POWER PHOTO

OF THE MONTH



Phil Harrington, at an APF meet in 2005, is a champion powerlifter and could be a champion bodybuilder too! (photo c. Will Millman)

Do you want to be the next lifter on Powerlifting USA's Power Photo of the Month page? Send us your best shots! Whether you're putting up some serious weight or just showing off the guns you work so hard to get, we want to see it! Email your photo (we need good quality high resolution photos for printing) to [mike@powerliftingusa.com](mailto:mike@powerliftingusa.com) or mail it to: Powerlifting USA, P.O. Box 467, Camarillo, CA 93011.

(continued from page 36)

is known for driving himself in the gym like an animal even when working 80 hour work weeks. I would like to see any of today's pro bodybuilders do that! This was super motivational and I know you will love this interview as much as I did. Lastly, Zach interviews Elliott Hulse, a competitive strongman and former Division 1AA football MVP. He goes through his personal evolution of strength training and how he used to ruin people on the playing fields. He currently trains many world class athletes and he covers many of his proven techniques that have been proven in the gym and on the field.

As you can see Zach's Underground Strength System is in a class of its own. If you are as passionate about strength as I am then you will for sure want to get your hands on a copy of it. There is so much valuable information in these manuals and audio interrogations that it will take some time to digest it all. I had so much fun going through everything and even more doing some of the workouts outlined in the system. I know you will love this kit as much as I did. So if you are looking to spice up your training, no matter if it is for powerlifting or any other strength sport, then I know what you get in here will not only entertain you with all the interesting commentary but will educate you and give you an entirely new spin on training variations that the majority of you reading this have ignored.

To find out more about this system you can go to his one of many websites at [www.undergroundstrengthmanual.com](http://www.undergroundstrengthmanual.com). Zach has many different sites and one that I recommend to check out is his blog. I go to it daily and it is not only interesting but very motivating. Check it out at [www.zacheven-esh.com](http://www.zacheven-esh.com). Once you go I know you will be back over and over without a doubt!



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(continued from page 6)

they should and good luck to them, then we will continue to move closer to unity. No one would ever have thought that we would get this far and who knows how it will continue. I think people can point to a fantastically run Unity meet and say 'yup that's powerlifting.' People who think they can compete have no excuse not to show up.

**Mike Tuchscherer** "True unity? I suppose that depends on what you call 'unity.' If we're talking about one federation...I doubt it. But if we're talking about coming together, lifting at one meet, and celebrating the fact that we're all powerlifters and we pursue strength...we're already well on our way with this contest."

**Bob Gaynor** "I would love to see unity. I began lifting in the 60s and there was only one federation. I think the biggest obstacle is that many folks now make their living or at least enhance it by running a federation. It will be very difficult for these folks to give that up. I really think the lifters would like to see it happen."

**Bob Benedix** "Sad to say no, but this could be a great start."

**Shea Jones** "No. As long as there is a difference of opinions with gear, depth, etc., then there will always be different feds."

The lifting began on Saturday with the bench press competition. There were 19 benchers split into a light and heavy division. The light weight was up to and including 181. The heavy, 198 and above.

In the light weight, the fifth place finisher was JoJo Bressaux with a three for three performance. Neil Dreisig who has competed in all

three of the Raw Unity Meets was fourth. Garrett Griffin, weighing just under 181, finished third, missing only a 440 lb. attempt. In second place with a nice 440 on his second attempt was Joe Hill. The winner was Adam Zehr, weighing 132 and had to be helped off the platform. At 50 years of age Tony did 562, 380, 623.

There were ten 181 lb. athletes representing six federations. Terry Acosta made all three squats with a class high 573. Anthony Hoback, Gleb Epeibaum, and Bob Benedix made 562. Hoback opened with 396, missed 413 on his second, but made it on his third. Jamie McDougal had a class high 424 on his second attempt bench. At sub-total Hoback had the lead. Tony Reid, Jamie McDougal and Jason McElroy were tied for second.

In the deadlift, McDougal opened with 573. Hoback and Reid with 578. Acosta made 628 and big time puller Mike Lane opened with 639. The second attempts were chosen carefully. Hoback went to 617, McDougal 622, Reid missed 639 and Acosta pulled 661. Lane's second attempt was 678. Hoback missed 644 on his third, Acosta went to 666, which put him into second place. Tony Reid came back and made the 639, he had missed on his second to put him in third place. Jamie McDougal went to 650 for the win, but it proved to be too much. The final results were Hoback, Acosta, Reid, McDougal, Epeibaum.

In the money event, which was all the light-weight men, Terry Acosta with a Wilkes of 476-7 was third, Anthony Hoback with a 494.4 was second. The overall winner with a Wilkes of 520.9 was Tony Conyers.

At 165 there were six competitors. Rhode Island's Tom Roselli has competed in all three Raw Unity meets. Tom is a pleasure to watch, he does clean lifts and really enjoys himself. Tom had an eight for nine day and got fifth. Meet Director Eric Talmant was fourth. Eric was six for six going into the deadlift, but the fatigue caught up with him and he made only his opening attempt. Johnny Vasquez traveled from Corpus Christi, TX, and had an eight for nine day and third place. W.C.



**Dave Ricks** took 1st place in the 198 lb. class and representing the Raw United and April Ma this of the APF at 259 lb. April squatted 540 to Taylor's 462.7. In the bench, April was really determined to make all three attempts and a 402.2 press. Stallings got 264.5. Taylor made 518 on her second attempt deadlift. April made all three and ended with a 556.5 and the overall title.

I thought the 2010 Unity Meet was the best ever and asked others their opinions.

**Bob Benedix** "Great Meet!"

**Bob Moore** "I thought the meet was great. Eric did an outstanding job. The judging was great and it seems like all the lifters had a great time."

**Tony Reid** "The 2010 far exceeded my expectations. I thought the 2009 was a great meet and extremely well run. However, this year was well beyond that. It was top-notch, from the sponsors to all of the meet helpers, spotters, loaders, judges, hotels and venue. Plus there were even more outstanding lifters that were great to compete against and watch."

"Sloux-Z" Hartwig-Gary "Over!! I thought it was a great meet. I was impressed with all the hard work Eric Talmant put into making the meet a success. The TV publicity is a great step toward raising awareness of the sport. I enjoyed meeting a lot of new lifters and hope to compete in the next RUM."

**Mike Tuchscherer** "I thought the meet was great! I came away with a really positive experience. Eric really worked hard on the contest

and brought in lots of good people for this meet. There were lots of great lifters and really impressive performance. It was fun and I will definitely be back."

**Shea Jones** "Eric did a great job and every lifter was very helpful and cheered each other on. I had a blast and enjoyed meeting all the different people from all the different feds. The meet was run perfect for Raw lifting in that your entire meet only lasted about three hours. Trying to squat then wait two hours then bench and wait another two hours to finally deadlift is very hard for raw lifters. I like this way of doing a powerlifting meet much better."

The men's lightweight (up to and including 181) was contested on Saturday. There were 18 lifters in this group and produced many meet records. There were two lifters in the 148 lb. class, USAPL's Ron Hieckesaper and WNP's David Wilson. When David comes to compete, he does just that. He entered the bench press, the three lift and the deadlift, so over the weekend David had 12 attempts. Ron only made four lifts, but had an outstanding performance—496, 336, 485—for an easy victory.

At 165 there were six competitors. Rhode Island's Tom Roselli has competed in all three Raw Unity meets. Tom is a pleasure to watch, he does clean lifts and really enjoys himself. Tom had an eight for nine day and got fifth. Meet Director Eric Talmant was fourth. Eric was six for six going into the deadlift, but the fatigue caught up with him and he made only his opening attempt. Johnny Vasquez traveled from Corpus Christi, TX, and had an eight for nine day and third place. W.C.

Waldron—474, 314, 639—captured second. W.C. came back on Sunday to spot and load. The 165 lb. winner was one of the all-time greats, Tampa's Tony Conyers. Tony was cramping all day and had to be helped off the platform. At 50 years of age Tony did 562, 380, 623.

There were ten 181 lb. athletes representing six federations. Terry Acosta made all three squats with a class high 573. Anthony Hoback, Gleb Epeibaum, and Bob Benedix made 562. Hoback opened with 396, missed 413 on his second, but made it on his third. Jamie McDougal had a class high 424 on his second attempt bench. At sub-total Hoback had the lead. Tony Reid, Jamie McDougal and Jason McElroy were tied for second.

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Arnold Coleman won 2nd in the 198 lb. class

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and is not as difficult on the body and mind as lifting in gear. Geared lifting is great for people that love to see how much your body can handle with assistance of gear. I love to watch people lift with gear and see how much they can lift. I, too, will probably go back to lifting in gear someday. But for now I will stay with lifting raw.

**Bob Benedix:** "Equipment has gotten out of hand. There is money in equipment, so it is here to stay, like new golf clubs, etc."

**Mike Tuchscherer:** "The main difference I see between training for an equipment is an unequipmented contest is the fact that you don't need whatever or not I wear equipment during training."

The deadlift only was contested Sunday morning. It was divided into light and heavy, there were eight lifters in the light and 11 in the heavy. Light was up to and including the 181 lb. class. The competition was close with just ten Wilkes points between fifth and second. The third place winner was many times national and world champion, Ellen Stein. In second place was Jason Marshall. The winner was the human crane, Rich Saevi. Rich is tall and thin, to look at him you would never picture the weights he can lift. He opened with 644 to take first. 661 proved to be a little too much.

In the heavyweight division Kevin Phillips pulled 644 for fifth place. Zied Hicht got only his opener 634, but that was enough for fourth place. In third place from Penn State was Matthew Kontogiannis with a 634. 198 lb. Damon Mayers made 639 and 689, before missing 705; Damon was second. In first place was Johnny Walker. He looked like he was built to pull, and did not disappoint. 650 was effortless, and 727 was almost as easy. Johnny missed 755.

That concludes the 2010 Raw Unity Meet. Great lifting and great support staff. It will only be better next year. The 2011, RUM 4, will be held January 22nd and 23rd at the same venue. The entries will be limited, so plan now.



Mike Tuchscherer attempted to beat John Kuc's 1985 DL record!

multi-time IPF Champion David Ricks, WPC/WPO Champion Arnold Coleman, the USPF's Dave Haggert, Eli Burke from ADFFF, John King from the APF and Daniel Tynaroff of Raw United. All of the lifters except John and Arnold made their opening squats. Haggert made 578 and Ricks got 584. Coleman and King repeated with successful second attempts. David increased his lead by hitting 622 on his second. Third attempts would prove crucial. Haggert missed 633. Coleman made 645 and Ricks got 656. Haggert made three benches, the third being 440. Ricks also made three, with 446 his best. Arnold also made all three toppers up with a class high 457. At sub-total, David and Arnold were tied with Haggert in third. Ricks opened with 661, Coleman 667 and Haggert 672. Ricks missed his second miss, 694. Coleman made it to increase his lead. After his second attempt with Rick jumped to 716. He would need this for the win, a strong three white light second. In a great battle David Ricks was the first, Arnold Coleman second and Dave Haggert third. David's total was a new all-time raw record.

There were six competitors at 220, Canada's Jeremy Hamilton, Mike Bishop, Sabre Schmitter, Layne Norton, Virginia's Doug Currence and Florida's Jon Landau. Schmitter and Hamilton were the only ones to make all three squats, Sabre getting 612 and Jeremy 623. In the bench, Hamilton got 463 on his second and Sabre got 451; both missed their thirds. At sub-total Jeremy lead by 22 lb. Schmitter opened with 545; then made 584 and missed 600. Layne Norton was looking for a bid pull. He made 656 on his open then missed 705. Jeremy pulled 728 on his second attempt for the victory.

Chip Edaljo and Shae Jones were the only competitors at 242. Chip could not get a squat passed. Shea had a seven for nine day missing a third attempt squat and his first attempt bench. Shea put together lifts of 672, 501, 650, and had the victory.

The money winners in the men's middleweight class were Jeremy Hamilton third, Arnold Coleman second and David Ricks first. The 275's had three lifters, Mike Tuchscherer, Andy Ruse and James Jacobs. James injured himself on his second squat attempt and could not continue. Andy Ruse went eight for nine to nail down second place.

Mike Tuchscherer was looking for big numbers, including knocking off John Kuc's long standing (1985) deadlift mark. Mike had all three squat attempts 683, 728, 755. In the bench he got 474, but missed 496. The deadlift is what Mike came for. He opened with 771, the same weight Kuc opened with in 1985. Mike took 815 on his second attempt. He called for 860, which exceeded Kuc's 856. The weights stalled just below the knee. Some thought Mike would have been going for it on his second. It is only a matter of time.

The 308 class had three lifters: Jesse Hernandez was third, Jim Cahill and Rex Hubbard had a very close battle, with Rex ahead by 5 lb. at sub-total. Jim pulled 739 to complete a nine for nine day and first place.

There were four Supers. Florida's Beau Moore, Dave Damminga, the tallest lifter in the competition, Jonathan Vick representing the SPF and Raw United's Brian Kissel. Beau made all three squats, his third a strong 771. Dave's height made squatting more difficult than it is for most, and I was really surprised at the very deep squats he did. Beau made two benches, 551 and 584, and just missed 600. In the deadlift Beau made three easy attempts, the final being 804. Damminga also tried 804, but missed. On a very strong eight for nine day, Beau took the victory at Super.

There was also a money payout in this division, the best lifter by Wilkes. In third place was Dave Damminga, second was Mike Tuchscherer, and the winner was Beau Moore.

The top three overall money winners were all Master lifters, Tony Conyers, David Ricks and Beau Moore.

This was a raw meet, but many of the competitors compete equipped. Some supplied differences in training equipment and unequipped.

**Beau Moore:** "There are two very important reasons why I don't train with equipment. One is that I don't need a gang of people to put the weight by myself. Not me, myself, my knee wraps, squat suit, briefs, bench shirts, deadlift suits, lucky rabbit foot, etc. Ha! You know me. Me and the weight. That's the basic difference."

**"Sioux-Z"** "Raw training takes less time, is less stressful on the body, and is easier to perform without partners. The geared training allows us to lift heavier weights and can provide support to train with and around injuries. Ultimately, I see benefit, too and enjoy lifting both raw and geared. I often use the raw training as a segue into my geared training."

**Shae Jones:** "Personally I like lifting raw because it's easier on the CNS, faster to train, easier to train alone and fits my personal lifestyle better. As for the differences to lifting raw versus lifting in gear I think that raw lifting shows true strength, shows the individual's true boundaries

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lot from us, and a lot of other track coaches of the day looked askance on them, thinking his methods a bit brutal—especially his main rival of the day, Percy Carruth. (Author's note: Percy was a proponent of heavy weight training. Carruth was a true inspiration to all of us especially after his accident.)

Batal doesn't begin to describe the training and lifestyle regimen Bev put herself through in those early years. Up at the crack of dawn for a jogging club in Melbourne with a local businessman's cobwebs. After a heavy breakfast, then on to her job at a high school PE, and math teacher, one that also involved a lot of running as well as teacher-student interaction. After work, back to the university to begin her real training, which commenced with another 2 mile run as a warm-up, several intervals of between 100 and 400 meter sprints, a subsequent trot to the field area where she would perform a long series of weight throws using standard women's shot as well as lighter AND heavier implements. Still not done, she would go back to the weight room and finish her marathon training session with 20 sets of bench presses and squats. "When I started to lift in those days, pretty much all I did and all I really thought necessary were bench presses and squats. My foundational training for the shot-put consisted of 10x10 of the bench press and 10x10 of the squat, done in a super-set. My initial weights were very modest—135 for 10 in the squat and 90 lb. for 10 in the bench press (at a bodyweight of around 150 lb.) I would do a set of squats, the set of presses, rest 5 minutes and then repeat until I had all 10 sets complete."

This unimaginable regimen was done a whopping six days a week, week in, week out. On Saturday, she also "played" at the gym by doing a variety of bodybuilding movements—curls, lat pull downs, sit-ups and dumbbell work. Her metabolism was hotter than the fire of a hundred suns and she ate "heaps of food, all sorts of good Aussie food" to keep her bodyweight up. She did admit to me that her diet was, well, no diet at all—lots of red meat, cheeses, pasta, veggies, the works. Her constant training regimen kept her muscular and lean, and this foundation would pay huge dividends some years later when she went into professional bodybuilding. As far as a social life, "my whole life revolved around athletics, training and sports. I only socialized with those who had these similar goals." The results of this lifestyle and training regimen were selection to several Australian international track teams, including the 1978 Commonwealth Games in Edmonton, Canada. Her 100 meter time went as low as 11.5 and her shot-put exceeded 50 feet. Liftingwise, she was now squatting in the high 300s and bench pressing in the mid 200s. In 1977, she and some of her track teammates were invited to compete in a new sport called "powerlifting." Bev, having never heard of it, thought that this was great that two out of the three events in this sport were the cornerstone of her normal training—the bench press and the squat. The deadlift they were taught (at the meet site). Well, she won, and—as usual—with a pretty big bench press. Quite the sensation, she was amongst seasoned gym rats, a girl coming out of nowhere. Her simplistic routine was also creating some head scratching amongst the same gym

rats: "I used to get quite peeved, and, well, rather confused when blokes asked me what I did to get on a big bench. 'Just bench I would say. What else do you need?' 1979 saw Bev selected on the Australian squad for the World Cup of track and field where she was to compete in both the shot-put and javelin. It was there that she saw the huge Soviet girls of the old USSR team. "I was totally intimidated by them. Remember, I was still only about 150-160 lb., while they were in some cases as much as 100 lb. heavier. "The Olympics were rolling around, just a year away, and Bev was gunning for her first Olympiad, this one the ill-fated "Afghanistan" Olympics in Moscow, where the USA boycotted the Games in response to the then Soviet invasion of Afghanistan. Australia was not in the coalition that boycotted the Games, but Bev sustained a knee injury in preparation for the Games, heartbroken and frustrated at the still secondary role that women were playing in world sport. Remember, this was only 30 years ago, but there were still a lot of dinosaur-minded athletic officials who considered women the "weaker sex." Need proof? Before the 1980s, there were no women's distance races in the Olympics. In the Moscow Games, the longest race for women was 1,500 meters, which had been instituted in 1972. Women had been excluded from track and field competition altogether until 1928, when the longest race was 800 meters. "Women were not allowed to run anything more because it was feared that this would damage their delicate constitutions. I was amazed, and even shocked that some of the new activities I really wanted to try in those days—hammer throwing, rowing, Australian-rules football, and especially Olympic weightlifting, weren't open to women, for some ridiculous reason."

The one sport she was interested in that opened itself up to women, not just in Australia, but finally the world over, was her newest venture—powerlifting. At a scant nine years of age, as far as international competitions were concerned, 1980 saw a watershed event in the sport, when Joe Zarella of the USA hosted the inaugural Women's World Powerlifting Championships in Lowell, Massachusetts. Bev was, quite naturally, one of the cornerstones along with her friend Gael Miller, a SHW of the Aussie team, going head to head with the heavily favored USA Team led by such American powerlifting pioneers such as Ann Turbyne, Jan Todd, Pam Meister and Terry Dillard, all future hall of famers.

Bev had made quite a splash earlier, at the 1980 Mr. Olympia in Sydney. This was, as most bodybuilding aficionados remember, the scene of Arnold's last—and most controversial—Olympia victory. Bev was invited as window dressing to do a between-posing session lifting exhibition. "I was preparing for the Worlds and didn't want to max out, so I decided to do some reps with modest weights for the crowd." The modest weights wound up being 150 kilos (330 lb.) for 20 reps in the squat and 100 kilos for 20 in the bench press. Look at the last number, in a few weeks, the NFL will hold its annual workout, track meet, and three day interview process known as the Combine, where players—some over 300 lb. in bodyweight, hitting 225 for 20+ reps on the bench press—are lauded as strength beasts and handed millions in bonuses. "I think that I got more applause than Arnold that day because I was an Aussie, and well, most people never believed a girl could lift these sorts of weights ONCE, much less for reps."

Bev was now ready for her first World Powerlifting Championships. Feeling "like a country bumpkin" in the USA, Bev was pitted against 165 lb. USA champion Stephanie Moody. "I didn't know much about lifting equipment and kind of shocked folks when I walked out to squat in my trainers (authors note: trainers are running shoes). I was still training pretty much the same old way, with an odd deadlift session thrown in now and then. To tell you the truth, the deadlift wasn't my favorite event." Of course, in those days, no one used the radical gear that is used now, so Bev was pretty much on a level playing field. This, of



Bev with her razor-cut physique (c. R. DeHaan)



course, was a new sport for her, but since sport was and will always be her life, Bev took to it like the proverbial duck to water. Translated, Stephanie Moody, US National Champ got clobbered by a little Aussie girl from Geelong. Bev's lifts were outstanding considering her lack of experience and essential lack of equipment. Bev squatted a deep and easy 385, bench pressed a credible 253 and pulled 375 to Stephanie's 336-220-396. Stephanie tried in vain to catch up on the deadlift, but her lower subtotal held her back. Bev, now World Champion, returned to Melbourne and was hailed as a "True Aussie Hero." With the help of Franz Stampfl, whom, despite being confined to a wheelchair, formulated and refined the now famous bench press program that would enable her to smash a historic barrier—the first 300+ bench press by a woman. Remember now, this was when an honest to goodness unequipped 300 lb. press was (and still is) a pretty difficult chore for most College Division I Football players, and the bench shirt was but a twinkle in John Inzer's eye. Her training regimen still involved a tremendous amount of volume, but with a few wrinkles:

*"I would do the 10 set complex six days a week, but would wave between 10s, 8s, 6s, 5s, 4s and 3s. I would perform the 10x10s on Monday, 10x8s on Tuesday, 10x6s on Wednesday, 10x5s on Thursday, 10x4s on Friday and finally the 10x3s on Saturday. My weight increases per series were small—only 5 lb. per series, but I wouldn't increase the weights on the series until I was able to complete the full 10 sets. That was the key, and every once in a while I would ramp up the 10x10s to a 20 set workout, which seemed to take forever" (no kidding) RP. Although this flew in the face of conventional thinking and the training templates of the day, this ultra high volume regimen added BIG numbers to Bev's lifts, and not just her bench press. Look at some of the high volume Russian training templates such as those postulated by Shkelo. Bev was on to something quite special.*

Concentrating primarily on powerlifting now, her sights were set like a laser guided missile on one thing—the 1981 Women's Worlds in Honolulu, Hawaii. Bev by this time had heard about the American wonder girl Vicki Gagne, a teenage phenom breaking record after record in the 181 class and the absolutely huge training lifts coming from her father Bernie's Garage Gym in Carson, CA. Remember, Vicki was a big girl and her normal weight always hovered around a solid 195 lb. Radical dieting was always part of her preparation. Not content to remain at 165, Bev decided to head up to 181 and meet the teenage sensation head on, and Vicki grudgingly started her starvation diet a few days before leaving Los Angeles for Hawaii. Vicki was no match for Bev, especially in the psyche-out department. "I really put this psyche job on young Vicki and her grouchy old man. I purposely wore these shorts and tight knee high socks which emphasized my big quads, and strutted around basically showing off. I also was in great shape weightwise, just at around 175 lb., so I could eat all I wanted to. I would fill up my plate with the works—meat, potatoes, bread, dessert—and stroll by Vicki trying to make a meal out of her little plate of lettuce. I enjoyed the absolute look of horror on her face knowing she still had to lose weight." Remember folks, these were the days when weight-lifters were a scant 2 hours or so before lifting, so forget about 24

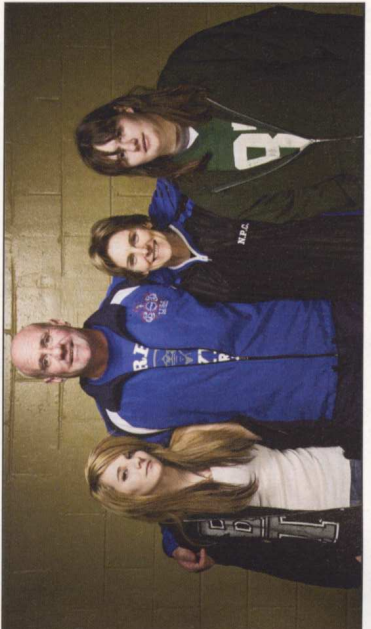
those of you out there who have experienced the exquisite joy and pain of a long distance relationship, try and imagine what it must have been like in 1985. No e-mails, silly little texts and cheap cell phone plans. No spur of the moment instant messages, and certainly no Skype or Web Cams. People actually had to write letters (gasp), which sometimes took as long as a couple of weeks to arrive. Phone calls, especially international ones, were at the mercy of the only game in town—good old Ma Bell. What she changed, you paid and that was that. No haggling, no veiled threats to go to another phone company. It was that or nothing. Steve and Bev had an arrangement. They would talk for a few moments once a week in between letters. Steve, however being an impatient New Yorker, started to call twice, then three times, and then daily. An international phone call in those days could cost you \$3 a minute and higher, with absolutely horrible connections. I can assure you from personal experience that calling someone half a world away was not only expensive, but frustrating. One often shouted more than simply talked, just to make oneself understood, so a romantic call to a loved one would often end up sounding like a bar room brawl. But love does funny things to people—even to powerlifters! Bev never told me, but I can almost bet that Steve's phone bill was over \$1000 at times. She by now had had more than enough of the phone romance. She asked Steve plain as day whether she should just "come and live there."

This was, of course a huge step for Bev—leaving her family, university, training headquarters and her beloved Australia with its tranquil weather, laid back atmosphere and sunny beaches for the concrete jungle and fast pace of New York City. Like I said, love does funny things. Bev and Steve married about a year after she got to the States, and she found a brand new support system for her training with her husband Steve and around-the-corner neighbors Ken and Kathy Leistner. It was during this time that a decision was made that she would compete in powerlifting one more time—at the 1985 Worlds in Melbourne and then retire, devoting herself to full time bodybuilding. Unfortunately, she blew out her lower back in training. Ken and Steve were diligent with her and helped her through her training which culminated in one more glorious victory—in front of her friends and family in Australia. Six titles, 40 world records and it was time for new challenges.

The loss in Las Vegas at the hands of a bunch of skinny underfed model types still rankled her, but she could not ignore the fact that she was, for the first time, in a sport where she was being judged not on pure ability and performance, but on the strength of opinion, much of it preconceived. Something had to go. Bev, knowing that she would have to win over the judges one way or another, made a vain attempt to re-shape her physique and image, even to the extent of having minor cosmetic surgery to reshape her nose, and shedding her natural brown locks for a lighter shade and most radical of all, abandoning her normal power based training that emphasized multi joint movements for one strictly on bodybuilding movements. Bev competed several times at very high levels and in 1987 was finally crowned IFBB World Bodybuilding Champion. The one title, however, she desperately wanted was the big one, Ms. Olympia, which by now was on par, at least prestige-wise, with the Mr. O version. Winning the 'O' would finally solidify her in her new sport as a legitimate champion. By now, she and Steve were running their own gym, the Bev Francis World Championship Gym and she was garnering great publicity, being the subject of many different exercise videos and programs. The gym was (and still is) a huge success and in today's rocky economic climate where "mom and pop" gyms are being swallowed up left and right by the behemoths like LA Fitness and Lifetime, this is no small feat. Bev placed as high as 2nd at the Ms. "O," but everybody knew who the real winner was.

In 1991, Bev decided to go for it, and critics be damned, by shelving her attempt to be cute and sweet, and make ONE more attempt to win the big one, but on HER terms. This time, the Olympia crowd was treated to 170 lb. of rippling, razor cut, beautiful female muscle, presented by a world class athlete in not one, not two, but THREE poses. Not good enough, again, as Bev was nipped once again by the great Lenda Murray. Fair decision? Ripoff? Or just a reflection of judging which wanted desperately to shun a muscular woman as a feminine ideal? Posterity will be the real judge, but truth be known, Bev Francis would not be out of place with today's super muscular femmes like Iris Kyle or Yaxini Oriquen. In fact, her physique, controversial placing, and ensuing public backlash in 1991 forced the powers to be to finally re-evaluate judging criteria for women bodybuilders.

Today, Bev is a healthy, happily married mom, businesswoman, physique contest promoter and IFBB judge. Looking far younger than her 54 years, she and her husband of 25 years are the proud parents of teenagers Haley and Tara and lead a typical hectic schedule of wearing multiple hats—gym owners, personal trainers, spouses and parents. Bev still lifts, albeit not with the same kamikaze style intensity she did in her younger years. "You



**Strong family**—Bev Francis, husband Steve Weinberger, & their daughters Haley and Tara Palace in Las Vegas. "Training" for Rachel and the others consisted of grunting and shouting through some basic bodybuilding movements and more than a little psyched out, she battled Bev down to the wire. Bev took the lead with a 473 world record squat, but Vicki was right behind at 462. Remember, no monolith, no canvas suits and extreme depth judging was the name of the game. Bev had by now upgraded her lifting gear and was using a pretty basic squat suit, power belt and power wraps plus standard weightlifting shoes. "I would only put on the knee wraps when the bar hit 400, and put the suit on 6 weeks out." Vicki pressed a credible and very good 270 lb., but then Bev calmly strode out and pressed a beautiful world record of 150 kilos (330 lb.), a weight that most 175 male powerlifters then (and now) could not do, especially with nothing more than wrist wraps. She added a nice 462 deadlift for her 3rd world record of the day, a 1262 total. Not to be outdone, Vicki pulled a historic 501, the first woman to conquer the quarter ton barrier, and inexplicably timed out on a swing-for-the-fences attempt at 540. She finished with a then American record of 1234 lb.

Returning to Australia as a 2-time world champion, Bev resumed her out of the box training regimen, which was destined to garner her an additional four world titles and a total of 40 women's world records.

Something was by now gnawing at her—the ever increasing desire to conquer new worlds. While Australian-rules football and Olympic weightlifting were still years away from admitting the "weaker sex" into their ranks, the sport of bodybuilding was not. In 1977, George Butler and Charles Gaines made history with their ground-breaking documentary into the subculture of bodybuilding with the iconic film *Pumping Iron* which thrust Arnold Schwarzenegger into the public spotlight, a role which he has never relinquished. It was now time to let the ladies shine. *Pumping Iron II* featured the elite female bodybuilders of the day as they prepared for the IFBB Grand Prix events. As in most Hollywood films (and reality shows of today), this was no free form documentary. Instead, it was highly structured and "pitted" the sultry Rachelle McLish against the "almost manly" and super muscular Bev Francis, and two "cute" newcomers, Lydia Cheng and Lori Bowen, as they trained and prepared for a 1983 IFBB Pro Event at the Caesar's

Palace in Las Vegas. "Training" for Rachel and the others consisted of grunting and shouting through some basic bodybuilding movements and more than a little psyched out, she battled Bev down to the wire. Bev took the lead with a 473 world record squat, but Vicki was right behind at 462. Remember, no monolith, no canvas suits and extreme depth judging was the name of the game. Bev had by now upgraded her lifting gear and was using a pretty basic squat suit, power belt and power wraps plus standard weightlifting shoes. "I would only put on the knee wraps when the bar hit 400, and put the suit on 6 weeks out." Vicki pressed a credible and very good 270 lb., but then Bev calmly strode out and pressed a beautiful world record of 150 kilos (330 lb.), a weight that most 175 male powerlifters then (and now) could not do, especially with nothing more than wrist wraps. She added a nice 462 deadlift for her 3rd world record of the day, a 1262 total. Not to be outdone, Vicki pulled a historic 501, the first woman to conquer the quarter ton barrier, and inexplicably timed out on a swing-for-the-fences attempt at 540. She finished with a then American record of 1234 lb.

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can't ever get away from lifting, it's always going to be part of your life." She reduced her weight down to around 62 kilos (135 lb.) to take the stress off her knees and spends a lot more time in the cardio theater now. "At this age you've got to be sensible."

Surprisingly, Bev hasn't kept up with the latest in powerlifting, and when told about some of the records, equipment and gear used, she was absolutely stunned. One would love to speculate how much more she could have lifted with today's gear but at the end of the day, why? Her lifts were made under the strictest of judging standards and with the minimal gear of the time. Besides, what little experience she had with a bench shirt wasn't terribly positive. "I remember trying on an early version of a bench press suit," and frankly couldn't wait to get the miserable thing off.

I have penned an article called *Iron Hybrids*, in which I talked about the great crossover athletes of the Iron Game—Roy Hilligren, Ernie Franz, Franco Columbu and others who successfully competed in both lifting and bodybuilding. I neglected to mention who, in my opinion, I felt was the greatest Iron Hybrid athlete of all time. I neglected doing so then, because I hadn't yet written about the one who is the greatest, regardless of gender. The one who not only paved the way for thousands of female athletes in three sports, but who literally blasted down the doors of discrimination for women forever and ever laying to rest the ridiculous notion of women being the weaker sex. I hadn't written about this athlete—until now. I give you Bev Francis, 6-time World Powerlifting Champion, National Champion in the Shot-put, World Champion in Bodybuilding—greatest multi sport (Iron Hybrid) athlete of all time.

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Long Time Pictainmy Powerlifters - (left to right) Fred Vogel, John Consello, Tom Carly, and Jimmy Hoffa. (photograph courtesy USAPL)

40-44/198 to 350, then hit a fourth with his shirt at 365. Robert Coker won at 220 with 50-54/220 with 295, following that with a 65-69/198 and establishing a new state record with 225, just missing a final attempt with 299. 198 winner Mike Lee, who finished with 225, also set a new state record of 105 at 13-15/148. Drew also set the record for the open 148 class as well. Reid Nichols set the state record for the 18-19/165 class with 145 while Eric Welch won at submaster 220 with 300. 220 lbs. class. Reid Nichols set the record at 270. Nichols also set the record at 198 lbs. K. Jordan won at 45-49/308 with a big 270. D.D. is a world-class arm wrestler, powerlifter, bodybuilder and bench presser. He has won the 220 lb. class with 315, which is a record for the 220 lb. class. He also has a record for the 220 lb. class with 360. A. Harris set the record of the day at 65-69/198 with 105. Ken also holds the state record at 65-69/220 as well. Al Harris set the state record at 65-69/220 with 140. We also had two pullers, new come Kent Blankenship, who holds a new personal record at open/shw with 455. Thanks to my son Joey Latch and Marshall Holloway for doing a great job loading and spotting and to Devon White for serving as our trophy girl. See you all again next year! (results are by the courtesy of Dr. Darrell Latch)

18th Pictainmy Arsenal BP 29 SEP 09 - Pictainmy, NJ

BENCH	265
MALE	260
M. Maloney	260
95	
E. McCarthy	220 lbs.
MALE	315
C. Parisi	300
A. Camos	275
S. Brooks	275
M. Kujor	275
M. Kujor	115
285	
M. Hollis	220+
E. Marasigan	210
P. Redner	410
315	
C. Dupas	315
R. Wasiks	295
R. Wasiks	198 lbs.
265	
B. Wade	230
B. Klemens	235
335	
L. Rivera	335

USAPL Kansas State 21 NOV 09 - Hoisington, KS

BENCH	475
MALE	475
P. Maynard	475
Master II	345
M. Rome	345
M. Gangi	400
Powerlifting	SQ
BP	DL
TOT	
MALE	455
300	425
1180	
A. Leiker	350
Open Raw	265
415	030
E. Schmidt	181
Open Raw	335
335	365
1055	
Open Raw	590
340	560
1490	
E. Espinoza	370
285	410
1065	
Open Raw	475
305	520
1300	
Open Raw	570
410	615
1595	
Open Raw	570
410	615
1595	



Best Lifters at the SLP Express Fitness Arkansas Open - Jason Arnold (left) and D.D. Nichols. (photograph courtesy of Dr. Darrell Latch)





# THE TOP 100 PHOTO PAGE



Legend Mike Bréges has come back strong



Shawn Frankl — the best in history in the squat, bench, and total in the 198 lb. class



Rich Derengowski's 501 bench was in WABDL competition



Gary Fersler — the former military star lifter still ranks high

Jason Stottlemire got a 590 BP at the IPA Nats

Will you make the upcoming TOP 100 list for the 242 lb. class? Last time we ranked this class, the minimum lifts to make that ranking were 705 lbs. in the squat, 570 lbs. in the bench press, 645 lbs. in the deadlift, and 1768 lbs. 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 April 2009 through April 2010, and it will appear in our July 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 18th birthday party) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.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.



James Burdette has joined the 2000 lb. club at 198 lb.



Scott Kuderich — Franz man out of IL



Brent Tracey — very hardcore 198 pounder

# 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. Hand signed by Mike Lambert. They specify your name, TOP 20, 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, ready 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 if 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 220s

**Corrections...** Brent Howard should have been credited with a 716 DL in the caption of his photo from the WABDL Worlds. Darris Sparks should have been credited with a 425 BP on the TOP 100 for the 181 lb. class. The correct lifts for Fred Goldberg at the WPF Worlds should have been 501, 562, 518, 1582 at 275 lb. class, Master III Division. If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

**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 lift(s) and we will do the research for you.

# TOP 100

For standard 198 lb. / 90 kg USA lifters in results received from FEB/2009 through JAN/2010

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1	1856 Frankl, S. 8/29/09	895 Frankl, S. 8/29/09	782 Duffin, C. 8/22/09	750 Duffin, C. 8/22/09	2630 Frankl, S. 8/29/09		
2	848 Davis, S. 8/22/09	770 Davis, S. 8/22/09	749 Terry, C. 3/7/09	749 Terry, C. 3/7/09	2254 Duffin, C. 8/22/09		
3	835 Tracey, B. 8/3/09	745 Larson, G. 8/1/09	749 Terry, C. 3/7/09	749 Terry, C. 3/7/09	2079 Buntingford, B. 8/3/09		
4	825 Bowen, A. 10/31/09	710 Dunlop, C. 7/11/09	725 Meyers, T. 2/2/09	725 Meyers, T. 2/2/09	1945 Harrod, A. 10/31/09		
5	815 Maxwell, M. 12/5/09	683 Burdette, J. 3/14/09	705 Jurgens, D. 11/14/09	705 Jurgens, D. 11/14/09	1875 Calli, R. 1/24/10		
6	804 Stockton, D. 7/7/09	665 Boldt, F. 12/5/09	622 Duffin, C. 8/22/09	622 Duffin, C. 8/22/09	1860 Maxwell, M. 12/5/09		
7	799 Buntingford, B. 8/3/09	622 Duffin, C. 8/22/09	610 Dussault, R. 3/18/09	610 Dussault, R. 3/18/09	1885 Ball, K. 12/5/09		
8	749 Witte, D. 3/28/09	606 Calli, R. 1/24/10	604 Coleman, A. 1/24/10	604 Coleman, A. 1/24/10	1865 Fiv., J. 8/22/09		
9	749 Witte, D. 3/28/09	600 Daly, R. 2/21/09	688 Meyers, D. 1/24/10	688 Meyers, D. 1/24/10	1840 Hays, A. 5/23/09		
10	749 Witte, D. 3/28/09	600 Pars, R. 7/31/09	685 Brady, C. 9/2/09	685 Brady, C. 9/2/09	1826 Stroh, C. 9/2/09		
11	749 Witte, D. 3/28/09	600 Pars, R. 7/31/09	682 Stroh, C. 9/2/09	682 Stroh, C. 9/2/09	1826 Stroh, C. 9/2/09		
12	744 Domanski, E. 4/25/09	590 Stoutemire, J. 11/22/09	683 Decker, J. 1/18/09	683 Decker, J. 1/18/09	1829 Terry, C. 3/7/09		
13	739 Hays, A. 5/23/09	590 Stoutemire, J. 11/22/09	683 Rice, B. 1/17/09	683 Rice, B. 1/17/09	1829 Terry, C. 3/7/09		
14	739 Hays, A. 5/23/09	585 Frazier, C. 10/30/09	675 Rodriguez, R. 3/29/09	675 Rodriguez, R. 3/29/09	1826 Russo, J. 10/25/09		
15	722 Thomas, J. 6/22/09	584 Ball, K. 12/5/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
16	715 Russo, J. 10/25/09	584 Ball, K. 12/5/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
17	715 Russo, J. 10/25/09	584 Ball, K. 12/5/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
18	710 Terry, C. 10/31/09	570 Stroshelle, T. 11/14/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
19	705 Ingrasola, R. 6/28/09	555 Harrod, A. 10/31/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
20	705 Ingrasola, R. 6/28/09	555 Harrod, A. 10/31/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
21	700 Cochrin, J. 4/25/09	555 Harrod, A. 10/31/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
22	700 Cochrin, J. 4/25/09	555 Harrod, A. 10/31/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
23	700 Cochrin, J. 4/25/09	555 Harrod, A. 10/31/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
24	700 Cochrin, J. 4/25/09	555 Harrod, A. 10/31/09	672 Beck, J. 3/7/09	672 Beck, J. 3/7/09	1818 Russo, J. 10/25/09		
25	690 Wright, J. 3/28/09	545 Decker, J. 1/18/09	666 Koo, E. 3/28/09	666 Koo, E. 3/28/09	1782 Cochrin, J. 4/25/09		
26	690 Wright, J. 3/28/09	545 Decker, J. 1/18/09	666 Koo, E. 3/28/09	666 Koo, E. 3/28/09	1782 Cochrin, J. 4/25/09		
27	688 Page, C. 6/14/09	540 Rountree, B. 7/17/09	665 Frantz, R. 3/7/09	665 Frantz, R. 3/7/09	1774 Domanski, E. 4/25/09		
28	688 Page, C. 6/14/09	540 Rountree, B. 7/17/09	665 Frantz, R. 3/7/09	665 Frantz, R. 3/7/09	1774 Domanski, E. 4/25/09		
29	688 Page, C. 6/14/09	540 Rountree, B. 7/17/09	665 Frantz, R. 3/7/09	665 Frantz, R. 3/7/09	1774 Domanski, E. 4/25/09		
30	688 Page, C. 6/14/09	540 Rountree, B. 7/17/09	665 Frantz, R. 3/7/09	665 Frantz, R. 3/7/09	1774 Domanski, E. 4/25/09		
31	688 Page, C. 6/14/09	540 Rountree, B. 7/17/09	665 Frantz, R. 3/7/09	665 Frantz, R. 3/7/09	1774 Domanski, E. 4/25/09		
32	688 Page, C. 6/14/09	540 Rountree, B. 7/17/09	665 Frantz, R. 3/7/09	665 Frantz, R. 3/7/09	1774 Domanski, E. 4/25/09		
33	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
34	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
35	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
36	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
37	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
38	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
39	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
40	672 Beck, J. 3/7/09	525 Conner, T. 8/22/09	661 Calli, R. 1/24/10	661 Calli, R. 1/24/10	1752 Porells, A. 3/29/09		
41	661 Porells, A. 3/29/09	501 Porells, A. 3/29/09	650 Bumpas, J. 8/29/09	650 Bumpas, J. 8/29/09	1713 Kudrick, S. 6/27/09		
42	661 Porells, A. 3/29/09	501 Porells, A. 3/29/09	650 Bumpas, J. 8/29/09	650 Bumpas, J. 8/29/09	1713 Kudrick, S. 6/27/09		
43	661 Porells, A. 3/29/09	501 Porells, A. 3/29/09	650 Bumpas, J. 8/29/09	650 Bumpas, J. 8/29/09	1713 Kudrick, S. 6/27/09		
44	661 Porells, A. 3/29/09	501 Porells, A. 3/29/09	650 Bumpas, J. 8/29/09	650 Bumpas, J. 8/29/09	1713 Kudrick, S. 6/27/09		
45	661 Porells, A. 3/29/09	501 Porells, A. 3/29/09	650 Bumpas, J. 8/29/09	650 Bumpas, J. 8/29/09	1713 Kudrick, S. 6/27/09		
46	660 Demert, D. 6/28/09	500 Cory, J. 11/22/09	650 Mensinger, J. 10/17/09	650 Mensinger, J. 10/17/09	1708 Houston, S. 3/15/09		
47	660 Demert, D. 6/28/09	500 Cory, J. 11/22/09	650 Mensinger, J. 10/17/09	650 Mensinger, J. 10/17/09	1708 Houston, S. 3/15/09		
48	660 Demert, D. 6/28/09	500 Cory, J. 11/22/09	650 Mensinger, J. 10/17/09	650 Mensinger, J. 10/17/09	1708 Houston, S. 3/15/09		
49	660 Demert, D. 6/28/09	500 Cory, J. 11/22/09	650 Mensinger, J. 10/17/09	650 Mensinger, J. 10/17/09	1708 Houston, S. 3/15/09		
50	660 Demert, D. 6/28/09	500 Cory, J. 11/22/09	650 Mensinger, J. 10/17/09	650 Mensinger, J. 10/17/09	1708 Houston, S. 3/15/09		
51	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
52	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
53	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
54	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
55	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
56	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
57	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
58	650 Storch, F. 6/28/09	485 Kalyun, L. 6/27/09	635 Driggers, M. 5/3/09	635 Driggers, M. 5/3/09	1675 Feigle, J. 4/25/09		
59	644 Lee, L. 6/13/09	475 Russo, J. 12/5/09	628 Thomas, J. 6/13/09	628 Thomas, J. 6/13/09	1680 Jurgens, D. 11/14/09		
60	644 Lee, L. 6/13/09	475 Russo, J. 12/5/09	628 Thomas, J. 6/13/09	628 Thomas, J. 6/13/09	1680 Jurgens, D. 11/14/09		
61	639 Innis, D. 11/14/10	473 Thomas, J. 6/13/09	625 Wright, J. 3/7/09	625 Wright, J. 3/7/09	1647 Wabun, T. 6/14/09		
62	639 Innis, D. 11/14/10	473 Thomas, J. 6/13/09	625 Wright, J. 3/7/09	625 Wright, J. 3/7/09	1647 Wabun, T. 6/14/09		
63	639 Innis, D. 11/14/10	473 Thomas, J. 6/13/09	625 Wright, J. 3/7/09	625 Wright, J. 3/7/09	1647 Wabun, T. 6/14/09		
64	639 Innis, D. 11/14/10	473 Thomas, J. 6/13/09	625 Wright, J. 3/7/09	625 Wright, J. 3/7/09	1647 Wabun, T. 6/14/09		
65	639 Innis, D. 11/14/10	473 Thomas, J. 6/13/09	625 Wright, J. 3/7/09	625 Wright, J. 3/7/09	1647 Wabun, T. 6/14/09		
66	639 Innis, D. 11/14/10	473 Thomas, J. 6/13/09	625 Wright, J. 3/7/09	625 Wright, J. 3/7/09	1647 Wabun, T. 6/14/09		
67	628 Taber, T. 5/3/09	468 Fisher, P. 10/14/09	620 Hays, A. 5/23/09	620 Hays, A. 5/23/09	1636 Galt, V. 11/13/09		
68	628 Taber, T. 5/3/09	468 Fisher, P. 10/14/09	620 Hays, A. 5/23/09	620 Hays, A. 5/23/09	1636 Galt, V. 11/13/09		
69	628 Taber, T. 5/3/09	468 Fisher, P. 10/14/09	620 Hays, A. 5/23/09	620 Hays, A. 5/23/09	1636 Galt, V. 11/13/09		
70	628 Taber, T. 5/3/09	468 Fisher, P. 10/14/09	620 Hays, A. 5/23/09	620 Hays, A. 5/23/09	1636 Galt, V. 11/13/09		
71	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
72	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
73	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
74	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
75	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
76	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
77	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
78	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
79	629 Basha, G. 4/25/09	463 Basha, G. 4/25/09	620 Saldana, J. 11/22/09	620 Saldana, J. 11/22/09	1603 McAlliff, J. 7/25/09		
80	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
81	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
82	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
83	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
84	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
85	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
86	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
87	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	606 Blonski, D. 4/19/09	606 Blonski, D. 4/19/09	1570 Basha, G. 4/25/09		
88	615 Wollin, C. 3/28/09	457 Page, C. 6/14/09	60				

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13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

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- TONGUE LOOP RIVETED NOT SEWN.
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- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

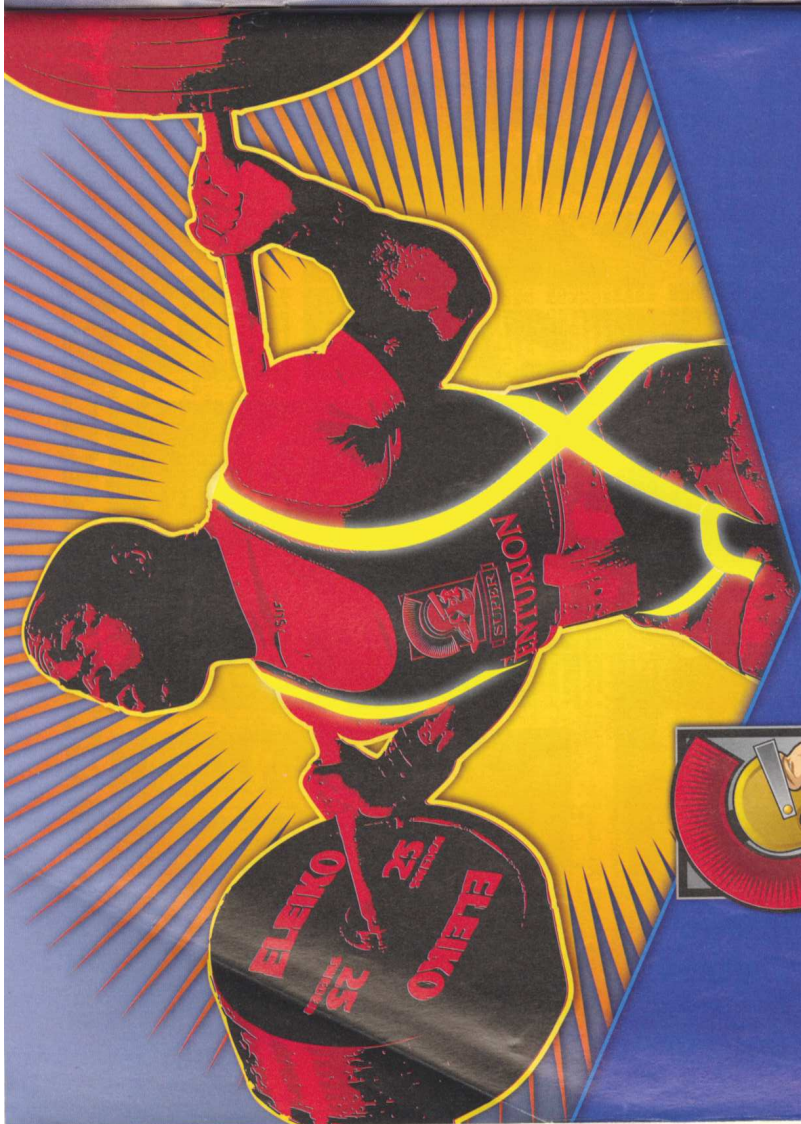
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