

'POWERLIFTING USA'

MAY 2010 » VOL. 33 NO. 7



**THE NFL'S
STRONGEST MAN**

CHRIS SNEE

PUMPING IRON THE OLD SCHOOL WAY

» WITH LIFTING COACH JOE CARINI «

plus Louie Simmons enlightens us on **SPECIALTY BARS**
and Ron Fernando looks at the life of **DON BLUE**

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The NFL's Strongest Man keeps it old school with odd lifts courtesy Powershots Photography



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The NFL's Strongest Man, Chris Snee, stays strong with the guidance of lifting coach Joe Carini

photo courtesy Powershots Photography



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PUBLISHER Mike Lambert
EDITOR IN CHIEF Mike Lambert
CONTROLLER In Joo Lambert
STATISTICIAN Michael Soong
ART DIRECTOR Kelly Anglin
ADMINISTRATOR Priscilla Ramirez

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PHONE 1.800.448.7693 or 805.482.2378
FAX 805.987.4275
EMAIL info@powerliftingusa.com
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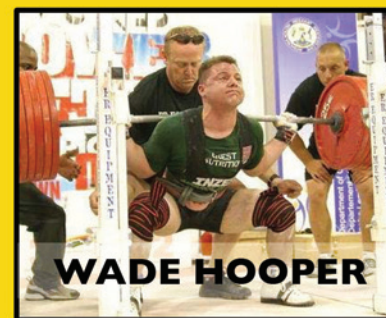
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ANDY BOWEN

interviewed for Powerlifting USA by Ben Tatar of Critical Bench

Critical Bench: Andy, tell us about yourself.

Andy Bowen: I am 30 years old and I live in Greenville, AL. I am the strength and conditioning coach for Alabama Christian Academy in Montgomery, AL. I have the underserved privilege to be married to a wonderful woman, Julie, and we have one child, Sarah. I am a member of the South Alabama Barbell Team and I have been lifting since I was 14, but I have only been lifting competitively for about 8 years. Strength has fascinated me from a very early age.

CB: What fed do you compete in?

AB: Because I am not 100% loyal to any certain federation, I will lift in any fed. I realize that there are a lot of politics in the sport regarding different federations and I try not to get caught up in all of that. I have competed in the WNPf, SPF, and the APA. I do want to say that the APA has some very well-run meets.

CB: What are your best lifts?

AB: Equipped, multi-ply, 198 lb.: 825 SQ, 575 BP, 650 DL, 2050 total. Raw, 198 lb.: 602 SQ, 380 BP, 622 DL, 1604 total.

CB: How did you add 400 lb. to your powerlifting total in just one year?

AB: I came to a point where I felt I had to make a decision about my powerlifting career. Was I going to be satisfied being mediocre and just participating or was I going to do all that it takes to get to the level that I want to be?

I have to give a lot of the credit for that accomplishment to Bobby Myers. At the 2009 APA Raw Nationals, Bobby asked me if he could call my second and third attempts; I said "sure." Now, realize, I came into the meet telling myself that I will be happy with 550/350/600 and when Bobby called for a 600 3rd attempt on the squat, I said "okay," fully expecting to be stapled to the floor. After that successful 600 squat, my confidence in myself and in Bobby's advice went way up. Then in July, I went down to Bobby's place to squat with him and Carol Ann. Leading up to that squat day Bobby kept telling me, "You're gonna do 800 when you come down here." Now, I knew that I would eventually squat 800, but at that point in time I thought 800 was a year away. When I got down there and started my warm-up lifts, I did not even ask what weight was on the bar, I didn't want to know. I spend 5-6 days a week as a strength coach, teaching kids technique, program design and manipulation, and how and why to make decisions in your training and will admit that it was a relief to let someone else call my weights and reps. All that I was required to focus on that night was staying tight and moving weight. That was sort of a milestone in my training.

Also, really focusing in on staying tight during my lifts (I will soon be submitting an article on staying tight on powerliftingtoday.com) has given me the ability to get under heavy weight and stay smooth and stable.

CB: What has it been like working with Shawn Bud Lyte?

AB: I met Shawn at the 2009 APA Raw nationals and my first impression was "nice guy." That opinion of Shawn has not changed since then. It has been a pleasure being sponsored by Bud and BMF Sports. He is a kind and giving person, but at the same time he is a sharp business man who is trying to take sport of powerlifting where it deserves to go—pro.

CB: What are your future goals?

AB: I am big on goals, from daily goals to career goals. A few are:

- 700 DL by next fall
- 600 BP before summer
- 2010 APA Raw Nationals: 650/425/650
- Squat 900 in 2010
- Squat 1000 in the 220s in 2011
- 2200 total in 2010
- 2010 Raw Unity Meet: 585/400/650

I have many more long and short term goals, but these are the big ones.

CB: Tell us about your powerlifting routine?

AB: In my thoughts, I have tried to define my training program, but basically I lift heavy weights until I injure something, then I take a week off. I hate light weight, I mean really, I friggin' hate light weight. I can't get up for it. It's not fun. That said, I stick to 5's, 3's, and 1's at 80-100% of my maxes. I do not do any DE work for my squat or bench press. I have tried it in the past and didn't get much from it. I do some DE work for my DL because the way I pull requires a very fast pull off of the floor. I do have a plan leading up to a meet that mostly just includes numbers that I need to hit during the weeks before the meet, but again, it is not very structured. I am a believer that almost anything (within reason) works, and that the keys to success are things like having goals, staying focused, and having a fanatical drive to move heavy weight.

CB: What did you do differently when you added 400 lb. to your powerlifting total?

AB: I just continued to perfect my technique on all three lifts. It is amazing how much you can continue to improve technique even after many years of training.

CB: Tell us about your diet.

AB: A lot of milk. I go through about 5 gallons a week. Also a lot of eggs, chicken and beef. We live in the country so family and neighbors are always giving us vegetables that they grow. Oh, and pizza.



Benching at the '09 APA Raw Nationals



Andy with his daughter Sarah



Andy Bowen and his amazing squat power

CB: What do you enjoy doing away from the gym?

AB: I love spending time with my family. My little girl is 18 months old and loves being outside and my wife is my best friend, so I love family time. I am a certified gearhead. I am happiest when my hands are covered in oil, grease and diesel fuel. It is good that I enjoy working on things because my truck, tractor, etc. is always breaking down. I also enjoy working and hunting on our family farm. We have about 300 or so acres and some livestock.

CB: What are your top 5 tips for a bigger squat,



Derek Poundstone

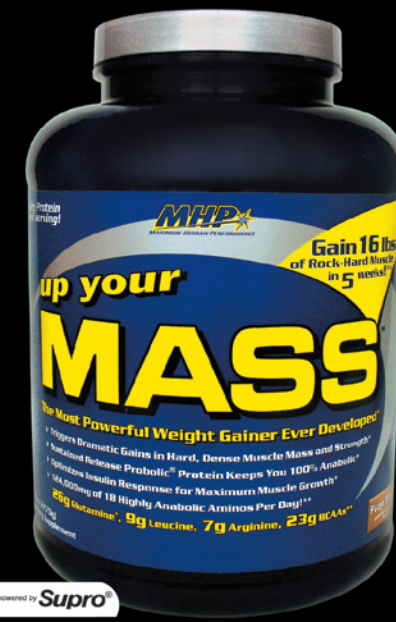
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FLOYD GIVENS

as told to Powerlifting USA by Randy Cairns

Floyd Givens was born in 1951 in Ensley, Alabama, the son of Floyd Congress Givens and Justine Maurice Smith. His father was an exceptional man. Although he went no further than the tenth grade in high school he was fluent in five languages, was a decorated WWII veteran and was unanimously elected, with 23 votes, to the office of President of the Detroit News Security Guards, which is the union for the Detroit newspaper security guards, known as the Guardians. He raised Floyd as an only child and once told him that "You came into this world where, with the flip of a switch, the lights come on, the gas comes on and the water comes on; although you did nothing to bring about these inventions you are the beneficiary of the brilliance of those that did. So try to make this world a better place for those who come after you, and leave your mark on the world." In telling this to me Floyd commented that "God has blessed me to visit six continents and all fifty states where I did just that."

Floyd's mother would tell him when he was a young man that "God has given us all different gifts and talents. You find out what your talent is, pray on it, and the Lord will show you where you fit in and how to use your talents for his glory."

In 1952, Floyd's father moved the family to Detroit, Michigan, to escape racism in the South, and to seek a better life and greater opportunities in the North. Growing up in Detroit, Floyd attended Detroit Northwestern High where he excelled as an athlete, lettering in football, baseball and track. His football coach, Roy Allen Jr., whose slogan was "hell bent for leather," was a major influence on him then, and they remain friends to this day. Floyd was known affectionately as "Muscle Head" to his teammates—a name he garnered for himself because he wore a particular hairstyle, called a cobatis that allowed sunlight to shine on his scalp revealing ripples of muscle that prompted others to say "he's even got muscles on his head." Other extracurricular activities included ROTC, drama club and audio/visual. Floyd went on to coach the 1975 and 1976 football teams at his alma mater Detroit Northwestern High, and in 1981 and 1982, coached football at Oak Park High School.

In 1976, one state champion bench presser, one bodybuilder and Floyd started a non-profit organization named Building Stronger Bodies and Healthier Minds. The purpose and intention was to counter the turn down Floyd had received when he asked the Detroit board of education to have powerlifting as a high school competitive sport. The three of them would go to Detroit public high schools, churches and community centers, trying to promote powerlifting, bodybuilding, positive mental motivation and nutrition for the youth of the city of Detroit

for two years.

Floyd attended Wayne State University on an athletic football scholarship and a work study program, named project 350, which enabled social-economically under-developed students with a 2.0 or higher GPA to attend college. While there, Floyd worked with the Wayne County juvenile court as county companion counselor working with young people that had some kind of negative contact with the law from 1971 to 1974. He also ran track and wrestled while at Wayne State. It was there that he was introduced to weightlifting. At a youth summer program Floyd competed for the first time, with weight machines instead of free weights, and received a first place trophy in 1971. Floyd competed in two Olympic style weightlifting competitions in 1977 and 1978. He had trained only six weeks prior to the first contest, but still placed second. For the second contest he trained for six months and placed second in the state of Michigan. He later transferred to Eastern Michigan University as an undergraduate student, and served as the strength and conditioning coach for the baseball, basketball and track and field teams at Eastern, from 1980 to 1983. He graduated in 1985 with a bachelor of science degree in education and the very next year he was excepted to Eastern Michigan Grad School, but never completed his grad school program due to family, career and business.

It was at the original Powerhouse Gym—formerly know as Warriors Martial Arts Supply—in Highland Park, Michigan, near Detroit, that Floyd began lifting in earnest. Gym owners, and brothers, Will and the late Norm Dabish and Norm's wife, Nicole, have been Floyd's sponsors since 1977.

On October 13, 1977, at Cherry Hill High School in Westland, a suburb of Detroit, Floyd competed in his first full powerlifting meet. It was there that he met Mitch Mitchell, who would later mentor Floyd. On that day Mitch beat Floyd in the 181 lb. weight class on bodyweight. Mitch brought home the second place trophy leaving Floyd in third place. It was a good beginning to a powerlifting career that would span 33 years, include numerous state, national and world titles and criss-cross the globe. In that 33 year period Floyd would make the top 100 list of all lifters in the United States in at least one lift and total since 1979, and every year thereafter that he competed.

In 1980, Floyd began training with Robert Cortez and Ray McGraw. Robert told Floyd that "you're not lifting against the other competitors, your lifting against the weight, so don't take it personal"—something that has always stuck with Floyd and it is something that he has passed on to other lifters.

While Floyd is to be commended for his longevity in the sport, it is not what defines him.



Floyd at the 2005 IPF World Masters in South Africa where he won the Best Lifter Award



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

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TRUNK STRENGTH

as told to Powerlifting USA by Donnie Thompson



Notice Super Heavyweights Rich Williams, T.J. Watkins, Donnie Thompson, and David Hansen – “The Four Columns that hold up the Earth” – Trunk Strength of the gods! In back are lifters “The Breeze” and Richard Sorin

Back in the late 60s, maybe the early 70s, Vasili Alexiev was asked what a man must do to be exceptionally strong—like himself. He replied, ‘a man must be his own coach, have the proper plan to build muscle in the right places and a BELLY THAT CAN STOP A BULLET!’ I never forgot that. Was he saying you must be so fat that the bullet could not reach vital organs? No! He meant that your belly must be so developed and strong it can withstand a direct hit and nothing will happen. Like the man of steel, bullets should pounce off the barrel of muscle it takes to hoist 500+ pounds over one’s head!

Assuming I am addressing men and women who want to be their strongest and best, this is great advice from the former Olympic SHW Champion. Years ago, I was addressing a group of high school students in Gilbert, SC. I was giving an example of what a strong person is built like. Here it goes; a strong man or woman, light or heavy, should have a physique fashioned like that of a gorilla! Yes, a Gorilla! Huge posterior chain, belly poking out, shoulders back and legs slightly bowed. The majority of the muscle is in the back, triceps, butt, hamstrings and calves! All of your major college and NFL offensive and defensive linemen look this way. You never see a slouching offensive Tackle. He would not

make the team, let alone be brutalized if he did get out on the field with his competition. Look at your lighter athletes like defensive backs and receivers. They most definitely resemble this gorilla posture on a lean level. Since they are low in bodyfat, you can specifically notice their posterior chain development and muscle to perform their job!

Let’s look at babies now. God has engineered the baby to crawl and walk as soon as possible. Observe an infant when they are at the beginning stages of walking. Again, male or female—it makes no difference—God built a baby for power. Notice when they stand and start to walk. They have their shoulders back, chest out, butt back, belly out and legs bowed! Sound familiar? Not until lazy parenting has its affect do they start to slouch and form bad posture! Not to mention when a child grows to be a teenager, they are taught to suck in their stomachs. The very stance of the weak! What a shame. Could you imagine the Duke, John Wayne, walking over to his horse with his rifle over his shoulder sucking his stomach in? The very thought is blasphemy!

Today the fitness fairies have coined the term ‘CORE’ as the main emphasis for training the abs. It has functional implications they say!

Wrong! *“If one is carrying out some movement such as lifting weights and playing some ground based sport, the body stabilizes as a whole, with interacting contributions from the ‘core’ and periphery!”* – Mel C. Siff

The core, as they refer to, has a primary purpose of stabilization. The proper term for the stomach area is the TRUNK! Core is a marketing term the personal trainers came up with to sound inspiring. I have to hand it to them, everyone is brainwashed by the word ‘core’ and I fight it constantly. The Donster never tires though. It is fun to re-educate the masses.

The top five lifts that train the trunk are as follows: the squat, the deadlift, the clean, the standing overhead press and the bench press! All other ancillary ‘ab’ work is secondary at best, but will contribute to your trunk strength overall. Some of the exercises that I like best and have proven effective are the following:

- Standing Ab Strap
- Hanging Leg Lift
- Banded Stability Ball Sit-Up
- Chain Leg Lift
- Ab Wheel
- Weighted Side bend
- Twist Deadlift (KB)
- KB Windmill



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WHERE ARE THEY NOW? MIKE MACDONALD

as told to Powerlifting USA by Judd Biasiotto Ph.D.

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

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

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

THE GREATEST OF ALL TIME

Mike MacDonald is unequivocally the greatest bench presser who ever walked the face of the earth. If you have any reservations concerning my declaration that MacDonald is the best bench presser in sports history a quick overview of what MacDonald has accomplished in his powerlifting career should convince you. First of all, he held the bench press world record in four different weight classes: 512.50 pound bench at 181, 562.17 pound bench at 198, 576.50 pound bench at 220 pound, and a 608.87 pound bench at 242 pound. Incredibly, all of the aforementioned records were held concurrently for five years straight, from 1976-1981. In actual fact, he set 36 world records in the bench press across those four different weight classes. It is also significant to note that all of his records were established without the aid of a bench press shirt and every one of his lifts was judged by three international officials. His 573.25 pound bench at 220 pounds set in 1974 at the world powerlifting championships is the longest existing world record in the history of all sports. Think about this too. When he lifted the 603 pounds the average world class lifter in his weight class was benching approximately 475 pounds and the average lifter was benching around 425 pounds. The next best lifter in his weight class, the great Larry Pacifico, could only manage a 567.75 pound bench at the time. Perhaps his greatest day as a bench presser occurred at the Oklahoma powerlifting meet. At the meet he broke the world record four times in the 181pound class. He did 476, 491,



501.75 and 509.25, resting only three minutes between lifts as the rules required at that time. To my knowledge no one has accomplished such a feat. It might also be noted that at that time every lifter had to weigh-in one hour prior to competition. It goes without saying that weighing in the night before competition is a tremendous advantage. And talk about longevity. From 1973 until 1981 he consistently broke world records in four different weight classes. Needless to say he was light years ahead of his competition when he was competing.

In addition, he exceeded his own world records in three of those four weight classes:

562.17 pound bench at 198, 580 pound bench at 220 pounds, and a 605 pound bench at 242 pounds. Unfortunately, because these lifts were not judged by three international officials the lifts could not be recognized as official world records. In fact, he exceeded the world record more than 20 times in competition when the appropriate officials were not present. It might also be noted, that on a number of those occasions two international officials were present.

Amazingly, during his lifting career he exceeded the five hundred pound barrier in competition well over 100 times. If he had been lifting under today's less than strict standards he

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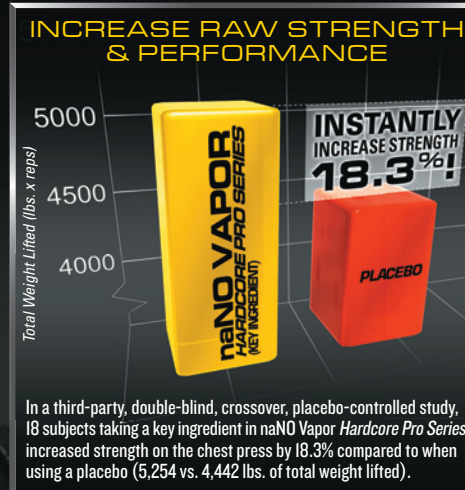
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THE EXTREME CRASH DIET FOR POWERLIFTERS

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » scott@infinityfitness.com » www.infinityfitness.com



Scott Mendelson of Infinity Fitness

Powerlifters are competitive by nature. After all, at times a 1 lb. difference in the total can separate first and second place. Following all of the hard work, who wants to finish second? It is human nature to look for any edge that can improve performance on meet day, including getting into the lowest weight class possible. Improving your lean muscle to fat mass ratio allows for more of your body weight to be dedicated to the Muscle Driving Engine for peak power. The *Extreme Crash Diet* was built for powerlifters by a powerlifter—a scientifically engineered nutrition and supplementation plan designed by Eric Serrano, MD.

The *Extreme Crash* diet is appropriate for 4 to 6 weeks due to the sheer intensity. Following this period, a different strategy must be implemented to prevent metabolic staleness—that is a subject for a future article. A large combination of factors makes this program highly effective, but everything must be executed perfectly to avoid losing muscle and over-training. This is not a plan for those who are not fully committed. However, it is easy to follow and the rapid drop of body fat fuels consistency. The higher your body fat level the more you can lose in a 4-6 week period, but many underestimate the difficulty of getting rid of the last 10-15 lb. to get into single digit body fat percentage. ECD works great for both scenarios.

MACRONUTRIENT CYCLING FOR RAPID FAT LOSS

The premise of the plan is based on a relatively low food intake while cycling macronutrients to kick up fat burning enzymes, prevent metabolic staleness and fat burning hormones. Making simple food choice changes on specified days will easily accomplish the macronutrient cycling goals. On day seven we will make use of a dietary fat loading, which has a huge impact on anabolic hormones and reducing joint pain. A few simple food meals will be used daily making preparation easy. Due to a lack of space the complete ECD program is available to readers by emailing scott@infinityfitness.com.

A multi faceted supplement approach will be used to attack body fat from numerous angles, as with limited time and lofty goals we need to pull out all of the stops! Taken pre and post workout the unique combo of 100% MR and Muscle Synthesis force the body to use more stored fat as fuel during training. Amino Loading between meals with 100% MR and Muscle Synthesis support elevated rates of fat burning, preserves lean muscle, balances energy and accelerates recovery. Beyond the metabolic impact, Amino Loading helps the brain to function at full capacity even with a low food intake, which is vital. Good energy levels prevent bad food choices! The Alpha Omega Essential Fatty

Acid Complex directly impact the function of the fat cells allowing these storage warehouses to release more stored fat at accelerated rates while blocking accumulation of new body fat.

THE RIGHT TOOLS TO GET THE JOB DONE!

Amino Loading with 100% MR and Muscle Synthesis accelerate both muscular and neurological recovery based on several years of research. The more advanced the athlete and the harder the training, the more important nervous system recovery becomes. We currently work with numerous professional athletes in multiple sports and collect detailed feedback in the areas of body comp as well as performance. Within the first couple of weeks of Amino Loading consistently, an overwhelming percentage of the athletes report they have a much easier time getting into and maintaining their high performance “zone.” Feedback includes improved hand-eye coordination, increased bar speed, improved confidence and decrease pre-competition anxiety. Soon thereafter the strength improvements pile up. You will experience beneficial changes very quickly when you start the 100% MR and Muscle Synthesis Pre and post training. Improvements in performance and recovery will come first; shortly thereafter body comp will begin to improve.

CUT WEIGHT WITHOUT LOWERING PERFORMANCE

Cutting weight up to the last minute is an ugly and taxing part of the sport. Do not let this process damage your performance. Sipping on extra 100% MR and Muscle Synthesis all day for the week leading up to a weigh-in helps to fight off a catabolic environment that can jeopardize performance. Cutting carb intake to lower water weight and support increased rates of fat loss can drain energy levels. The Amino Loading combo acts as an alternative energy source to support hard training even when the diet is Spartan to say the least. A reduction in total food intake will reduce building blocks muscles need to perform well as protein levels in particular drop. MR and Muscle Synthesis help to fill this void as well, helping trainees to diet aggressively without losing muscle. Try minimizing saturated fat intake for the week leading up the weigh in and make use of salads and soups to help stay full in addition to your lean protein and healthy dietary fat sources.

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The other Scott Mendelson looking trim at a bench press meet

EXTREME CRASH DIET LEVEL 1

DAYS 1-6

➔ **Protein:** 1 gram of protein per estimated lean pound of body mass. (Estimated 20% body fat x 200 lb. bodyweight = Lean body mass of 160 lb.; 160 x 1g = 160g daily protein intake). *Protein Sources:* Chicken (skinless), Chicken Sausage, Turkey Sausage, Turkey Bacon, Turkey Meat Balls, Ground Turkey, Bison, Ostrich, Pork Loin, 95% Lean Ground Beef, Shrimp, Scallops, Crab, Lobster, Salmon, Sea bass, all low toxin fish.

➔ **Carbohydrate:** All vegetables with the exception of peas, carrots, beans and potatoes. It is important to consume a high volume of green vegetables during meals to increase fiber content. *Carb Sources:* Onions, Peppers, Cucumbers, Broccoli, Cauliflower, Asparagus, Green Beans, Spinach, Brussels sprouts.

➔ **Dietary Fat:** 1-2 tablespoons of extra virgin olive oil per day added to food. Lean protein sources will naturally contain some dietary fat. Organic/grass fed protein sources are preferred. Rotate food sources regularly to avoid food allergies/sensitivities. Stomach upset, bloating, gas and fatigue following a meal signal that food choices must be changed.

DAY 7*

➔ **Protein:** .8g per lean pound

➔ **Carbohydrate:** All vegetables with the exception of peas, carrots, beans and potatoes. It is important to consume a high volume of green vegetables during meals to increase fiber content.

➔ **Dietary Fat:** 3-4 tablespoons extra virgin olive oil, 4-6 whole organic eggs, 1 cup raw nuts and 2 servings of red meat (organic/grass fed preferred).

**Dietary Fat Loading Day » Ideally on a weekend that is also a weight training day*

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For the complete ECD meal plan email scott@infinityfitness.com

THE GOLDEN RULES OF BENCH PRESSING RAW

as told to Powerlifting USA by Richard Allen Weil

My name says it all. I was born to bench raw. So what is it that makes a raw bencher great? I intend to answer that, and without insulting my good friend John Inzer. Let's go back to the beginning...

It was the summer of 1972 when my family moved to a suburb of Cincinnati called Finneytown. I was going to start 9th grade at a strange high school where I didn't know anyone. I had been a gymnast through the 8th grade and this new school did not have a gymnastics team. I was lost. The day we moved in, I met a neighbor who also moved in across the street the very same day. Little did I know that this kid, two years my senior, would end up changing my life. His name was Kyle Keller, one of eight kids, including four boys who were all top wrestling champions. I went over to Kyle's house that day and saw in his basement an amazing piece of equipment made of two-by-fours and a padded narrow bench. My first bench press. We lifted together that summer as he talked me into going out for wrestling. We bench pressed every day. It is amazing how at 13 you can get away with that. Kyle also threw in some curls. I thought that was stupid; I just wanted to bench. I weighed about 95 pounds and by the end of the summer I was benching my bodyweight plus 40.

One of Kyle's older brothers was wrestling in college. He and his buddy Danny would work out in the basement as well. They had 285 pounds total weight that could be put on the bar. I thought, no one needed that much weight, but to my amazement, Danny could lift that much.

When school started, Coach Bean, the wrestling coach, had us condition prior to the beginning of the season. We ran and worked out on the school's universal machine. One day after school, I was working out and the school's red-headed, red-necked, and mean as a snake bully, Jeff Statham, came up and slapped me on the back of the head saying, "Come on, Weil, work out harder." This was Jeff's way to encourage you to do your best. I told him not to touch me, so naturally he hit me again. Jeff outweighed me by at least 40 pounds, but I was always told if you stand up to a bully he will back down. So I punched him in the mouth. Just for the record, it is not true that bullies always back down. Jeff was shocked that this little guy drew blood. He came after me and punched me in the nose. The only three things that saved me from getting killed were: that the shock of me standing up to him had not worn off, I was still holding my ground, and the gym teacher, Mr. Harker, stepped in and broke it up. I still remember the look Mr. Harker gave me as he realized I had hit Jeff in the mouth. We did not get in trouble, but Jeff and I did become life-long friends. Jeff actually handed out a 580 exhibition lift that I did in Cincinnati. He still wants to know my secret. I have told him over and over that I do not have some special secret that made me a great bench presser. I have always believed this to be true, however, when Mike Lambert asked me to write about the Golden Rules of bench pressing raw, I realized it was time to tell everything I know about the subject. This is for Kyle and Jeff. Thanks for making me great.

I wrestled through high school and my bodyweight went up to 145 my senior year. I was pushing up over double bodyweight. As I worked out on the school's Universal machine I actually started doing assistance exercises. I did slow down to only benching three or four times per week. My first bench press competition was right after high school and I weighed 145. I got third in the meet with a 325. I never lost another bench competition after that.

I moved to Florida in 1980 and joined a gym where there were powerlifters. I was 165 and hit a 410 in competition. I looked up the World record at the time that was held by James Rouse at 479. I told everyone in the gym that I was going to break that record. They all laughed and rolled their eyes. I started powerlifting so that when I broke the record it would be recorded. I never wanted to be one of the great bench pressers who token squatted and token deadlifted. I wanted to win Nationals. I



Richard Weil with his buddy and competition, Ed Coan (right)

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BICEPS POWER

as told to Powerlifting USA by Doug Daniels

This will not be a 'Curls for Girls' article on biceps training—I promise—but when biceps training is mentioned, the average powerlifter pictures bodybuilders posing down under the lights. However, bicep power is very important to success in powerlifting. One of my favorite old articles was by Dr. Terry Todd and Paul Anderson in Bob Hoffman's *Muscular Development* magazine. These powerlifting legends were firm believers in the role of bicep power for the bench press. Look at the top benchers from the last 30 years and you'll see biceps that would make Governor Arnold take notice. Biceps are not directly involved in powerlifting, but they serve as stabilizers for the lift and lend indirect benefits to the squat and deadlift as well. Powerful biceps also balance out arm strength with powerlifters' tricep power which can reduce the chance of injury. Let's start off with an explanation of the function of the biceps and then explore tips on how to get best results.

The biceps (bi means two) consist of two heads—one head's function is to bend the elbow and other is to supinate or rotate the hand from a palms-down position to a palms-up position. The bicep makes up approximately one-third of the muscle mass of the upper arm. To best strengthen your biceps, you will need to work each aspect, or head. To do this, you must use two different types of biceps exercises.

To work the elbow-bending bicep head, the best choice is the basic curl. Unfortunately, out of all the weight exercises ever invented, curls are the most incorrectly performed. Where do I start? First, most lifters do not fully extend and contract the muscle while performing curls. They are in essence performing a cheating partial curl, and are getting at best, partial results. Not fully extending and contracting shortens the distance the weight must travel, enabling them to use more weight. Again I will sound like a nagging spouse, but the judges do not care how much you can curl. What should matter to you are the gains to your powerlifts you can accrue through effective bicep training. Other cheating methods are swinging, essentially power cleaning the bar up and dropping the weight to the starting position. Swinging the bar results in more work being done by your lower back and legs than biceps. Combine swinging with shortening the range of movement and your results will not be what you have hoped. This kind of training not only adds up to a big waste of time and energy, but the ballistic movement of the bar increases your chance of injury.

The supination or rotating function of the biceps is worked best with dumbbells or pulley machines as these allow each arm to curl on its own. The best supinating exercise is the alternate dumbbell or pulley curl. Begin with arms at your sides with palms facing back. Curl one weight upwards while simultaneously rotating your hand to the palms up position. It's key to gradually rotate the hand; don't



complete the rotation at the bottom part of the curl. At the top, twist the pinkie side of your hand inwards to further contract the bicep. On the way down, reverse the movement, but take about twice as long to lower as it did to curl the weight up. While one arm is going up, the other arm should be going down. The other option is to do a full rep with one arm and then do the other. Don't swing or drop the weight. I cannot emphasize enough the importance of lowering the weight slowly and under control. This adds negative resistance; making each rep more effective. Allowing the weight to free-fall uses one half of the exercise; make each full rep count.

The hammer curl is an old standard with many powerlifters. A hammer curl is performed with dumbbells with the hands positioned with the palms inward, just like you were striking a nail with a hammer. The logic behind the hammer curl is because the biceps are in this position during the bench you should curl in this position for power. This is flawed logic as the hammer style limits the effectiveness of the curl due to restricting the motion of the exercise. I strongly suggest the aforementioned supinating curl instead. This style works all aspects of the biceps. Leave hammers to Bob Villa, MC and The Mighty Thor.

Using dumbbells for curls offers a great advantage. Each arm must curl half the weight, thus getting an equal share of the load. When using a barbell, the stronger arm may lift more than its share, which can further compound limb strength imbalances. If you have such a

limb strength imbalance, I suggest stopping the set when the weaker arm fails. Eventually—unless you have a nervous system problem—both sides will even up. If this continues to be a problem, see a good sports doctor.

The effectiveness of curls can be easily enhanced by altering a few simple, but critical, aspects of its execution. First, decrease the weight you use if you are using a sloppy exercise style. Keep your elbows locked to your sides while curling. If your elbows drift out and/or back, this will shorten the range of motion and add other muscles in moving the weight like the delts and traps. Your goal is to limit the involvement of other muscle groups to a minimum. Machines, like Eagle and Hammer (not the curl), have an advantage over free weights because they provide resistance throughout the entire range of movement, which is very difficult to do with a barbell or dumbbell. The fixed motion of machines also limits cheating. But the effectiveness of machines can be reduced by not lowering all the way down or curling fully to the top. Remember full extension and contraction—no matter what exercise or apparatus you choose.

My suggestion is to work your biceps three to eight sets, once or twice per week. Keep the reps in 6–12 range. Always remember, bicep exercises are like other assistance work; on meet day no one cares how much you can cheat curl. The purpose of assistance work is to register higher competitive lifts. In addition to lifting more, no one ever minded a more impressive looking set of arms. Curls can be for girls too. ☞

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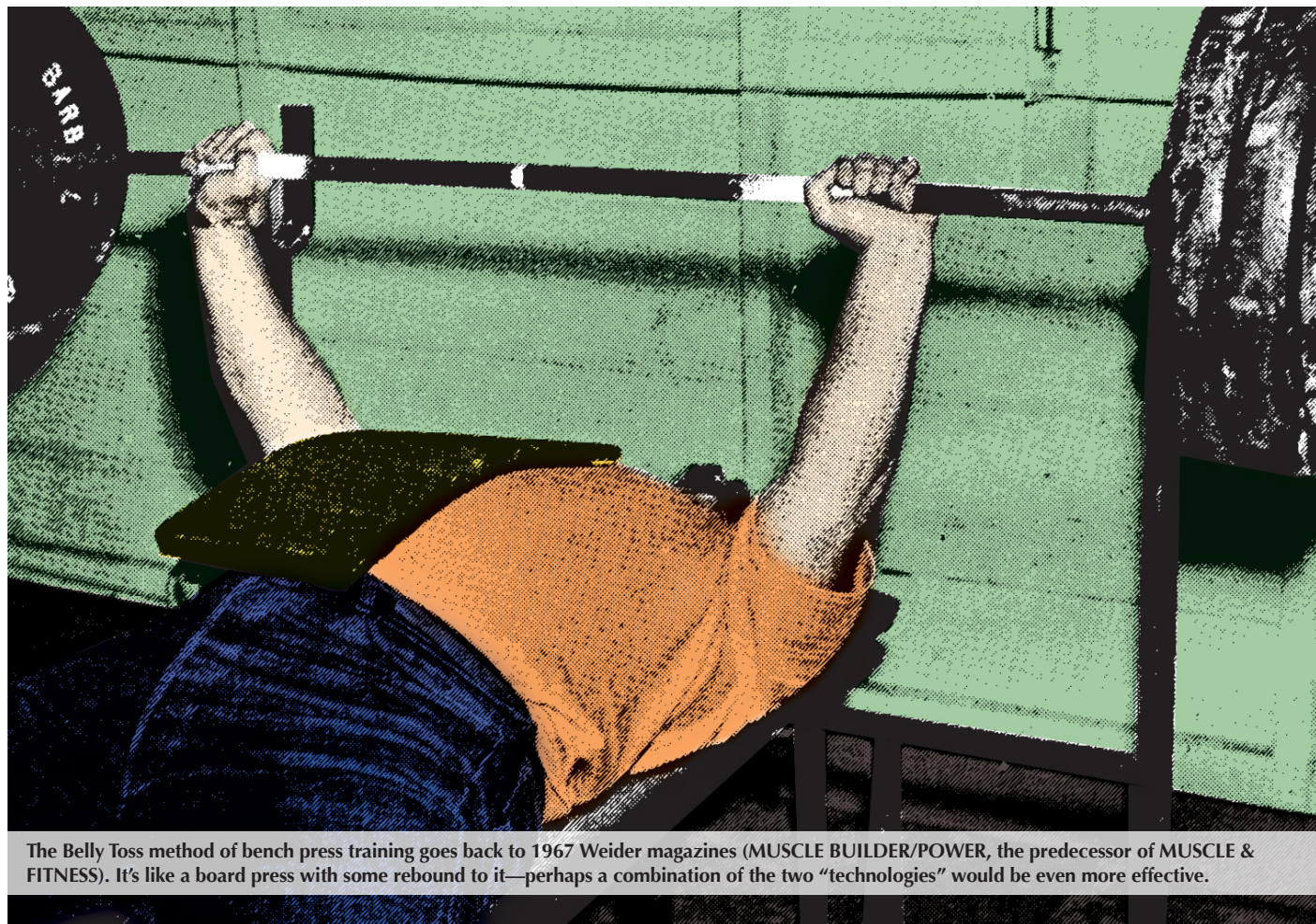
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BELLY TOSS BENCH PRESS

as told to Powerlifting USA by Ron Fernando » rfern2000@aol.com



The Belly Toss method of bench press training goes back to 1967 Weider magazines (MUSCLE BUILDER/POWER, the predecessor of MUSCLE & FITNESS). It's like a board press with some rebound to it—perhaps a combination of the two “technologies” would be even more effective.

Thinking that I was hallucinating, I actually saw someone the other day walking down the street wearing of all things, a leisure suit, straight out of the 70s. From what I could discern, it was made of a tan colored polyester material with a matching brownish floral print shirt. To top it all off, it was accessorized with a shiny white patent leather belt and (yechhh) white shoes.

What the??? Had I stepped unknowingly into a Narnia-like time warp where everyone wore bell bottoms, love beads and afros? Would I see a newsstand screaming headlines about the Munich Olympics, Kool & the Gang's latest hits, and Watergate? Thankfully for me, I was still in the present day. The guy wearing it thought he was quite the dude, but in reality he probably picked it up at the local Goodwill for a couple of bucks. To me, it looked simply awful. And yes, I am old enough to have actually worn one of the miserable things at one point in my life. But being no fashionista (or is it fashionisto?), who am I to say that this ridiculous relic from a bygone era isn't poised to make a comeback? I mean, if buttcrack jeans, zoot suit like pants, and prison yard hoodies are cool, why not the venerable leisure suit?

They say that fashion trends, like behavioral, marketing and almost every trend in history, are cyclical. All you have to do is to take a good look at what the runways have right now and if you look hard enough, you will find that at least a quarter of the current stuff on the runways has

been inspired by retro or vintage looks—from the 50s to the 70s. Old is cool, and not just in fashion. It is now, believe it or not, totally cool to collect the old fashioned polycarbonate 12 inch LP records that you have to use a diamond needle, a turntable and a few milk crates to hold your records to enjoy. But being retro and cool isn't the only reason LPs are making a comeback—it is almost impossible to make a pirated copy of a 12" inch black polycarbonate disc with grooves in it. So behind the trend, there is logic, as it were. Can we ALL say 'Ah Ha?' Yes, retro is cool with all sorts of stuff. And yes, behind what may appear to be trendy, spur of the moment, and oh-so-impulsive, is usually (and sneakily) logic and scientific fact.

Take soft drinks for instance. Back when everyone thought that white sugar was the antithesis of all things evil, that to merely look at a bottle or can of sugar sweetened soda would make your teeth rot, your waistline bulge and your sex life vanish and that the consumption of zero calorie but great tasting-diet drinks was the epitome of cool, sexy and 'with it,' one would be shocked at the prevalence of what is being marketed as "throwback" drinks. That's right, Pepsi and Mountain Dew's marketing departments have had the unmitigated gall to market "throwback" drinks (normal, cane sugar sweetened sodas without artificial sweeteners) like they were a bunch of genius visionaries, when in fact, all they did was to repackage something that was wildly successful 35 years ago. Why? Well,

next page >>



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BELLY TOSS BENCH PRESS »

I guess they saw certain demographic trends shifting to the pragmatic. Or, in non-marketing lingo, realized that most people would rather have a pound or two of extra blubber than drink a can of chemicals that tasted like gasoline. Logic and reason, layered inside of something retro and cool, usually makes whatever you are trying to promote and sell, universally acceptable.

Exercise technology is not immune from this line of thinking either. Back in 1973, as a then- sophomore at the University of Arizona I was just getting my feet wet with understanding how to train. With boundless energy and enthusiasm I sought long and hard for the latest information on how to get huge, strong and powerful. Not too many folks lifted then, and with no Internet, no easy availability of muscle and weight oriented magazines (people still considered guys who lifted to be muscle-bound weirdos). I used whatever sources I could find for inspiration, particularly Peary Rader's venerable Iron Man Magazine. This little gem will always be one of my all time favorites. In the 70s, Iron Man featured scads of articles by Arthur Jones, who was furiously hawking his Nautilus Machines—space-age machines so technologically advanced that they were purported to be creating supermen overnight, and from just one set of all out usage, and that they were destined to make the good ol' barbell as obsolete as the horse and buggy. Best of all, as far as powerlifting goes, that they would dramatically increase your body strength AND maximum lifts with little or no practice on the actual lift itself. That, my friend, was that. I had to have one. I had to at least see one and try one. Well, I came to my senses quickly as buying one was out of the question, since the sum total of my finances was about \$60 then. But, by sheer luck, I stumbled into (or sneaked into) the 'Scholarship Athlete Weight Room'—a room consisting of three rows of shiny new Nautilus Machines, just for the football players. Hot damn! I used them as much as I could (along with my regular workout) coming in at odd hours on different days for about a month, until of course, I was summarily ejected by some clipboard carrying dweeb and banished—complete with vague threats of expulsion and bodily harm—back to the 'Student Weight Room'—a dungeon like hellhole underneath the football stadium crammed full of bent bars, rusting dumbbells and free

weights. The threats I could have cared less about, but no more Nautilus Machines? Bummer. I would have to do it the old fashioned and boring way (or so I thought). Well, a couple of years, and thousands of free weight reps and sets later—still permanently banned from the Scholarship Athlete Weight Room—I was a graduate student and one day I overheard someone talking about their workout. "Yeah, I don't mess with those dumbass machines; I'm in on the latest: FREE WEIGHTS." I felt pretty smug, let me tell you. Yes, suddenly, free weights were cool. Fast forward to today, and not only is practically EVERYONE lifting weights (I saw a blurb on AOL on 'how to improve your triceps'), but retro is everywhere in the fitness world. Sites glorifying the Old time Strongmen, great old Olympic Weightlifters and techniques are everywhere. Pavel Tsatsouline has been transformed from a vodka swilling, Soviet tenement living ex-Spetnaz grunt to a bourgeois capitalist millionaire by simply selling an ancient Russian fitness tool—kettlebells—not to mention scads of information on how to use said devices. Hell, there is a whole new industry and fitness 'craze' (Crossfit) that involves old fashioned pull-ups, push-ups, sit-ups and Military Presses, among others. Imagine that! After that unfortunate experience with the 'Scholarship Athlete Weight Room' and throughout my lifting career, I had always considered myself a basic type of a powerlifter. Note: I said basic—not BACK to the basics—you know, just the basic lifts, with a little, as Bill Starr would have said, 'beachwork' thrown in for good measure. One thing that I prided myself in is the way I performed the lifts—strict and with no room for 'cheating.' The fact that I was 'blooded' in the Power Wars in California, under the beady eyes of uber strict judges like Jack Hughes, Bob Packer and Jim Waters contributed to this. In the bench press especially, I loved telling everyone how much I could bench (a lot less then than I can now, thanks to the subject of this article by the way) and whatever number was STRICT, with no cheating. I had a buddy back at the U of A named Neil who was on the football team and performed what I laughingly called a 'Truck Driver Bench Press'—lots of leg drive, butt in the air, the old heave-ho all the way. It looked ridiculous, even with super heavy weights, and of course it would have never passed muster in even the crummiest of backyard

next page »



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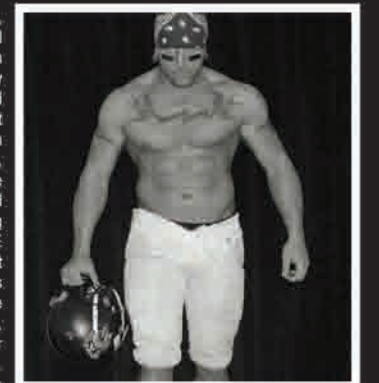
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility

work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

Training Tips:

- Have defined both short and long term goals.
- More is not better – better is better.
- Progress slowly and measure your progress (always WRITE IT DOWN!)

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BELLY TOSS BENCH PRESS »



THE POWER OF THE BELLY TOSS BP – Fast rising lifter Liz Freel currently trains with the original Westside Barbell Club co-founder Joe DiMarco, and uses the belly toss method to improve her bench press

meets. Little did I know then, but my old friend Neil was unwittingly using an exercise that has had its roots in the old-time strongman era. It was refined by the greats of the original Westside Barbell Club of Culver City, and, believe it or not, has been adopted as a cornerstone exercise in the bench press training of the current crop of ex Soviet bench monsters—called the ‘Push Press Bench Press’ by our Russian brothers in iron—and none other than the ‘Belly Toss Bench Press.’

This exercise is extraordinarily valuable and deserves a real look-at by all benchers—single and multiply with simple or ‘gangster’ gear, and raw. It is truly the epitome of retro turned ultra cool—without the polyester lapels, of course.

The Belly Toss Bench Press is first and foremost an auxiliary exercise, designed specifically to stimulate the entire body’s ability to create a tsunami-like shock wave effect starting from the legs, travelling through the core and winding up with the arms eventually pressing the weight out. Judicious use of the Belly Toss will result in a much higher regular bench press, whether shirted or raw. Before the bench press became even marginally popular, men trained for decades in different versions of the floor press. Some lifted while laying supine on the ground and others would arch during the lift the way a wrestler bridges. Still others did a combination pullover and press which when done properly was a real feat and worked the entire body. The bridged version of the lift (called appropriately, the ‘Bridge Press’) was also referred to as a ‘belly toss’ because the pressing portion of the movement began with a back and leg arching maneuver to get the bar started upwards. Old-time greats such as Arthur Saxon and Joe Nordquest often practiced the Belly Toss once in a while and elevated some respectable poundages, both Belly Tossing just under 400 lb., all done over 100 years ago. The fact that neither Nordquest nor Saxon practiced the Belly Toss very much, instead preferring to concentrate on heavy kettlebell lifts, overhead stunts and supporting feats, speaks to their superhuman strength.

As bench pressing became more and more popular, Joe Weider seized this movement as the tip of his spear in the now heated up “Muscle Wars” between he and Bob Hoffman of the York Barbell Club. Weider saw quite correctly the fleeting evidence of decline of Olympic Lifting in the USA and began promoting bodybuilders who bench pressed, such as Marvin Eder versus bodybuilders who could put up a three lift Olympic total. He also started to promote his now famous “Weider System” in which each and every angle, movement and deviation got its own particular moniker. One of them was the infamous Weider “Cheating Principle,” where in one early Muscle Power Magazine, stated quite succinctly was the ‘thruway to superhuman gains in strength and size.’ One early Weider trainee claimed to have put ‘4 inches on his chest’ by using the Weider “Cheating Bench Press,” aka the Belly Toss.

The Belly Toss began to gather steam in the early days of the original Westside Barbell Club with one of its ORIGINAL founders, Joe DeMarco. That’s right, Joe and Peanuts, NOT Peanuts and George Frenn, founded the original Westside Barbell Club. Joe is the last remaining ‘charter’ member of the original Westside Barbell Club, and is still active in the sport at a spry 80+ years of age. Back in the day, Joe did a bench press (no shirt, obviously) with 475 at a bodyweight of 220 lb., and he credits the liberal use of the Belly Toss, which he did once a week for his success in this lift.

“I was able to Belly Toss 660 using the techniques we developed. Basically, the Belly Toss Bench Press is an explosive, ballistic press using heavy rubber pads on the chest, a semi-controlled descent and the absolute fastest press you could muster, using plenty of hip thrust, leg drive and body English. It didn’t matter if the butt was raised a mile off the bench, what mattered was the weight was driven explosively up and locked out. The 660 I did I actually paused three times—twice on the way down, and one in the middle of the lift—I had it so under control. Think of the Belly Toss as a push-press or a clean and jerk lying down. Many Olympic Lifters I knew reckoned that as their jerk progressed, so did their Military press (when it was contested). Same with the Belly Toss. Your Belly Toss should always be more than your strict press, but because form is so critical, reps should be kept to triples and singles. So as your Belly Toss inched up, so did your bench press.”

This then is another ‘ah-ha’ moment. For all of the lifters (like me) who had spent years and years learning to do a strict bench press, this flew in the face of everything we had been taught, one way or another. But logic and reasoning need some scientific fact to back them, don’t they? Sadly, the original Westside Club faded away in the late 70s, and with it some of their special exercises like the Belly Toss. Strength Training purists at the time advocated perfect form, and the judging standards in powerlifting meets showed it. Move an eyelash, it seemed and you were red lighted. So we all, myself included, stuck to the conventional, torturous, grind it out bench press. I thought, quite smugly, that anyone who ‘cheated’ bench pressing was an untrained idiot until the end of the 80s when I was shown otherwise. As some you may know, I have had the good fortune to have trained with some of history’s greatest lifters, who all, in their own manner, shaped my career and contributed to my success on the platform and my unbridled passion for the sport. One of the greatest that I trained with for a period of about two years was Dr. Frederick Hatfield, aka “Dr. Squat.” Fred was an amazing lifter, and more so because he was one of the first to synthesize science with powerlifting. He was a huge believer in what he termed as CAT (Compensatory Acceleration Training) style lifting. Briefly, the benefit of CAT training is that maximal weights can be lifted due to the large number of motor units activated. In other words, lift heavy weights with great force and explosiveness, throughout the range of motion, and in training, use your entire body to do this, adjusting the style only for the competition to conform to the rules.

I saw Fred benching one day and it was (to me) pretty damned horrible. A heavy weight (around 480) rebounding off of his chest like a yo-yo—tons of leg and butt action, and yes, a lot of space between his body and the bench. “Dude, those benches; none of ‘em would have passed.” “So what?” growled Fred (sipping a post workout recovery tumbler of Jack Daniels). “That ain’t the reason I’m doing ‘em. Of course I know how to bench in a meet, but this style of benching using Compensatory Acceleration is teaching my entire body how to press with maximal velocity and handle far heavier weights than normal and strengthen the Golgi Tendon sensory receptor apparatus. This little beauty, when made stronger, will not shut your body down under heavy loads like it was pre-programmed to do. I bet I can do a 5 set with 520 this way, and ratchet the 520 down to a strict prone come meet time—get it? Of course you do! By the way, could you pass that cigar?”

Fred’s greatest rival in those days was Joe Ladnier, the Mississippi wonderboy who was the first 220 pounder to total over 2100. They battled it out on both the Senior National and World platform, each winning one event. Joe also dabbled in high level bodybuilding and became an absolute expert at shirted benching. “I teach guys that the bench press isn’t just for the chest and tris, but in actuality is a whole body lift. If you can’t engage your legs, butt and hips, and learn how to literally throw the bar off your stomach, you aren’t going very far. So,

for any bench specialist, you gotta work the crap outta your legs, even if you don’t do squat one in a meet ever again.” This comment by the way wasn’t in 1983, but in 2006, when he was flirting with (before an arm injury) 800+ benches and regularly appearing as a “guest lifter” at the Universal Nutrition Animal Cage at the Arnold Classic.

In the past, most thought that heavy resistance with slow velocities were best for developing strength. Most research now, as proven by the original Westside guys and later by Hatfield and Ladnier shows that moving weights at ultra high-velocities are even better for developing strength. Today’s foremost strength guru Louie Simmons calls this phenomena ‘speed strength,’ a component so critical for success in powerlifting today. All of which makes the Belly Toss bench press a very viable tool to develop the competition bench press. Need more proof? Well, for those of us lucky enough to travel back to the grim confines of Mother Russia and into one of their dungeon like gyms, you would see a lot of explosive, ballistic, ‘tossing’ benching, to be sure. If finances and time don’t permit a trip to Lugansk, Donetsk, or Moscow, then just look right here in good old PL USA. If there is one book you all should have (and it is advertised here) it is Pavel’s latest called “Power to the People Professional.” A Russian coach best described their style of benching as “Push-Pressing” for the bench. Having known a few of the ex Soviets myself, and personally observed their training, I can attest that they all, with no exception, do the following:

- 1) Set up from the BACK of the bench, which allows them to get the highest arch possible in a meet, and the most explosive ‘toss’ in training. In other words, although they sit on the bench normally, they ‘enter’ the bench from behind by stretching their entire body through the back, and create that mega arch before they lift—all while holding on to the bar. In training, they all seemed to raise their butts a lot on the bench. In the meet, this ‘bad habit’ somehow mysteriously disappeared.
- 2) Use the widest grip possible, regardless of bodyweight.
- 3) As the bar descends, thrust violently up from the heels and thighs, creating that aforementioned shock wave through the body.
- 4) Thrust the belly UP to meet the bar (and bring the bar on the upper part of the belly, toward the feet).
- 5) Press!

Like I said, in training they all looked a bit ugly, but guys like Olexandr Kutcher, Dmitry Soloviov and the late great Vitali Ponomarenko all broke records or won World titles with this style, so success is the real proof source here.

INTEGRATING THE BELLY TOSS INTO YOUR TRAINING

Once again let me defer this to the real training experts, as I am but a humble (powerlifting) historian.

Joe DeMarco: “We did the Belly Toss bench press once a week, usually on Tuesdays. We worked up to around 12 sets and several singles plus a couple of back down sets with lighter weights. We used heavy rubber pads to protect our chest and to create a more explosive bounce. I have used this exercise with Liz Freel, current USPF Bencher, WPF World Champ and 165 lifter who has done in excess of 330 lbs officially and more in training.”

The ex Soviets basically Belly Toss every workout, but without pads, and Louie and the current Westside gang would most probably incorporate this as a max effort exercise, rotating this every 2–3 weeks. Obviously you should do this exercise with competent spotters and inside a rack when possible, as the slightest deviation in form could be problematic. As an aside, Belly TOSSING is a ballistic exercise. Belly BENCHING is a style that is adopted by users of extreme double and triple ply shirts which force a slow descent into the belly, versus the pecs. Therein lies the distinction. You can be a ‘Belly Bencher’ and use the Belly Toss as an assistant movement, or have a ‘sweet spot’ right at the chest, and still use the Belly Toss with great results in training. Like I said, the ex Soviets can do both, and do it well. Whatever template or system you decide on doesn’t much matter as, this ‘forgotten’ exercise, when done properly is one hell of a tool to teach you to ‘throw’ the bar (even while keeping your butt on the bench). Because of the intricate form required, reps should be kept pretty low, like Joe DeMarco said in the triples and less category. As far as pads, be creative. Go to your local Home Depot and pick up the interlocking rubber-like floor mats. They are dirt cheap, and easy to cut to shape. Use 3–5 of them, cut them to the size of a normal 2–3 board for board press-

ing and duct tape them together. Voila! A Belly Toss pad. Warning: do not let the bar simply dive bomb into your chest thinking that this or any other pad will be sufficient protection. It won’t. Iron is iron, rubber is rubber and a smashed up sternum will probably ruin anyone’s day. Control the weight down, and like the Russians (and the old Westside guys did) pause the bar’s descent on the downward stroke. When the bar is an inch or two from your toss pad, let ‘er rip. Let it descend into the pad quickly and then aggressively stomp your feet into the ground and let this wave of energy blast the bar to arm’s length. Be cognizant of your form, as in USE YOUR WHOLE BODY TO PRESS (boy, does this fly in the face of conventional thinking), and watch your bench grow, like all of the great lifters in years past that have done the same.

CONCLUSION

Anything retro is making a real splash, as we have seen on a variety of fronts. Muscle cars are making a huge comeback, gas prices be damned. Hip Hop artists are sampling 40 year old Motown tracks into their latest platinum selling hits and of course the kids out there think that this is the newest and the latest. Bell bottom jeans (for women, anyway!) are everywhere. In the gym, we see guys throwing around kettlebells, Indian clubs and medicine balls like it was 1900, when women were fighting for the vote and John L. Sullivan was still the Heavyweight Boxing Champion of the World. The Belly Toss bench press started a long time ago, was refined by powerlifting history’s greatest pioneers, and has been adopted by the one crew who don’t mess around when it comes to exercise selection—our good friends and comrades in Mother Russia. Like I said, everything goes in cycles. One day we may actually see the return of cheap gasoline, tie-dye shirts and the godawful hippie VW bus. We definitely should see the Belly Toss bench press woven into the fabric of lifter’s templates, especially in the early stages of the cycle. Why not? And based on that, we may even see the good old leisure suit again, and this time not on the bony shoulders of some bowery bum, but on the Hollywood red carpet, or at the Grammys or...or...well, let’s not get TOO carried away now, shall we? ☺

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as told to Powerlifting USA by Team MuscleTech



It's strange that so much time is spent on preparing for a lift—the methods used to psyche yourself up, or the time it takes to get your straps “just right”—that we neglect what we do *after the lift*, after we have punished our bodies moving ridiculous amounts of weight. So what exactly happens after the lift? Rapid catabolic effects have kicked in as your body reacts to the stress of your training. Thus, if you do not counteract these detrimental effects and activate extreme anabolism post-workout, torn muscle fibers can result in increased muscle soreness and reduced strength. However, if you supplement post-workout with the right anabolic formula, you can trigger new muscle growth and increase strength. Team MuscleTech™ researchers have designed an all-in-one powerful post-workout supplement called ANABOLIC HALO™ to do just that. The strength of the formula is so profound that every post-workout serving puts you on track for serious gains.

GAINS IN SIZE AND STRENGTH SHOWN IN RESEARCH

ANABOLIC HALO is infused with multiple key compounds that are backed by university research. In fact, a 12-week third-party research study conducted at a leading university with 22 untrained subjects divided into three groups and published in *Medicine & Science in Sports & Exercise*, showed that test subjects consuming a key musclebuilding compound in ANABOLIC HALO gained 7.12 pounds of muscle while subjects using a placebo gained 1.30 pounds.

In addition, ANABOLIC HALO's multi-platform design does more

than build muscle. In the same study as mentioned above, test subjects significantly increased their strength compared to subjects using a placebo. This means that even though ANABOLIC HALO is a powerful post-workout supplement, it is designed to help improve raw power for more explosive lifts in the gym.

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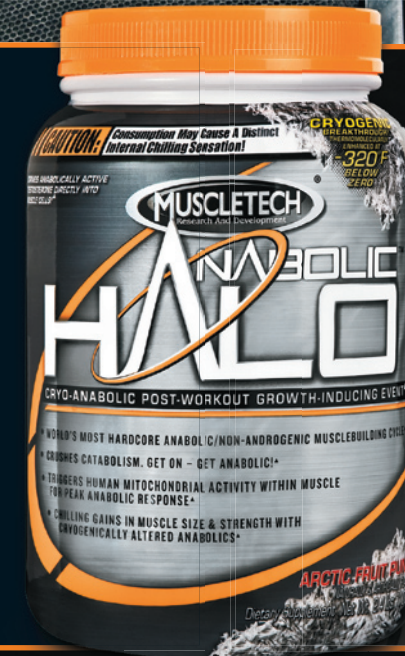
Team MuscleTech™ has truly created a unique formula that will stand up to the rigors of hardcore training. On top of the formula's ability to build muscle and increase strength, ANABOLIC HALO was developed with a very powerful and university studied dose of L-carnitine which is shown to amplify androgen receptors. After 21 days of a third-party study involving 10 resistance-trained subjects, the powerful ingredient increased the number of testosterone (androgen) receptors significantly more than when subjects used a placebo. The researchers in the study theorized that this led to greater free-testosterone utilization.

TAKE ADVANTAGE OF THE POST-WORKOUT WINDOW

Without question, ANABOLIC HALO is a post-workout formula utilizing university research and quality ingredients. With a multi-platform design, it could possibly be the most advanced post-workout nutrition formula ever created. It's time to bring what you do after the lift to the forefront. In a few words: **drinking ANABOLIC HALO™ post-workout could be one of the easiest things you can do to help build muscle and strength.** «



Backed by scientific research on its key ingredients conducted at multiple universities, ANABOLIC HALO™ delivers a multi-platform formula to help lifters of any caliber. One powerful element of this formula is a combination of scientifically backed forms of creatine which helps increase your strength fast. From this research-driven foundation, Team MuscleTech™ researchers further developed the formula with fast-acting carbohydrates, L-leucine and L-carnitine for incredible results. The advanced formula also helps to reduce post-workout catabolism. If you want to build raw power for more explosive lifts, finish every workout with ANABOLIC HALO™!



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97 lbs. (8-9)	Z. Copeland 66	114 lbs. (6-7)	T. Metcalf 220
105 lbs. (55-59)	T. Williams 83	123 lbs. Open	F. Wescott 281
114 lbs. Open	J. Brinn 116	148 lbs. Open	C. Bartlett 231
123 lbs. (10-11)	A. Vasquez 61	181 lbs. Open	D. Henson 369
148 lbs. Open	M. Davis 94	198 lbs. Open	G. Pluhar 353
	N. Jones 176		B. Bennett 325
	G. Raisen 149		J. Moore 314
	T. Roberts 105		G. Pike 303
	N. Jones 176		B. Thompson 292
	A. Wilkerson 66		V. Snitkovsky 281
	L. Delay 121		J. Penn 259
	L. Delay 121		R. Spanger 253
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	A. McCloskey 175		G. Pike 303
	M. Blackstone 143		M. Wilson 292
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			T. Henriques 342
			M. Richards 331
			G. Walker 325
			G. Noble 276
			W. Claypatch 243
			G. Noble 276
			R. Fecteau 187
			A. Kazouris 386
			M. Richards 331
			M. Binkley 353
			G. Nabeshima 325
			J. Brown 320
			C. Rexrode 369
			D. Sylvester 298
			D. Nelson 292
			F. Wescott 281
			J. Fox 253
			T. Metcalf 220
			C. Bartlett 231
			A. Johnson 435
			S. Freeman 386
			A. Kazouris 386
			D. Sylvester 298
			D. Nelson 292
			J. Brown 320
			J. Rascoe 408
			S. Borrego 353
			G. Nabeshima 325
			J. Pierce 314
			R. Lacoma 298
			R. Bernabe 248
			D. Tavius 94
			S. Borrego 353
			M. Wilson 336
			J. Pierce 314
			D. Henson 369
			G. Pluhar 353
			B. Bennett 325
			J. Moore 314
			G. Pike 303
			B. Thompson 292
			R. Lacoma 298
			R. Bernabe 248
			242 lbs. Open
			P. Bossi 501
			J. Franks 463
			C. Camppbell 402
			S. Zullinsier 364
			W. Stoneman 364
			C. Perry 358
			Shropshire 353
			N. Arbia 347
			K. Cole 341
			G. Fogle 325
			I. Brooks 303
			F. Banks 276
			B. Stavish 187
			R. Rowe 287
			B. Stavish 187
			C. Camppbell 402
			N. Arbia 347
			K. Cole 341
			J. Franks 463
			J. Franks 463
			W. Stoneman 364
			A. Kazouris 386
			P. Bossi 501
			C. Perry 358
			Shropshire 353
			I. Brooks 303
			(65-69)
			G. Fogle 325
			Spec Olympian
			B. Stavish 187
			275 lbs. Open
			J. Jones 501
			G. Hartranft 435
			R. Beuch 386
			H. Canada 320
			E. Stine 314
			R. Feeny 303
			K. Norman 204
			(16-17)
			K. Norman 204
			(20-24)
			G. Hartranft 435
			J. Jones 501
			H. Canada 320
			(55-59)
			R. Beuch 386

I don't know how Paul Bossi does it, but every year the 100% Raw Powerlifting Federation, Inc. World Championships are bigger than the previous year. Over two hundred competitors came to Norfolk, Virginia in hopes of winning a World Title. Although there are a multitude of divisions, Paul does something special. The top overall bench in each weight class is awarded a championship belt, as well as four for deadlift, and four for curls. These belts are incredibly expensive to produce, and each one is highly contested. In short, these belts aren't given away, they are earned.

The event took place at the Crowne Plaza Hotel in Downtown Norfolk, VA. The venue was terrific for the lifters having free shuttle service to and from the airport and downtown district area only 1-2 walk away. The lifters enjoyed the night life of downtown Norfolk from Friday thru Sunday night eating and partying at some of the finest restaurants and night clubs in the area. The women could walk to McArthur Mall only a 5 minute walk away or shop in the downtown district. Some families went on the Naval ship tour of one of the USA naval battleships. The location was the best location the single lift Worlds have ever had.

Before I go any further, I want to thank the staff. Every meet director knows that the meet, is only as good as the staff, and Paul has assembled a terrific staff. Wayne and Hunter Claypatch from New York judged and were in charge of drug testing (25 lifters were tested). The other judges were Michael Binkley (NJ), Laura Delay (VT), Pat McMillan (VA), Jermy Wright (NC), Paul Bossi (NC), and head judge Dan Corridean (NC). Running the head table was Teresa Lancaster, the announcer was Dalton Hackney, the scorer was Josh Moser, and music was provided by Kelly Nolan of Lone Wolf Production. Special thanks to the spotters (Who I think have the hardest job of everyone) Kris McCoy, Jeff Owens, and Gregory Pike. Finally I want to thank the sponsors; Bodybuilding.com, Full Potential Bands, Fitness Warehouse of Elizabeth City, Heidi Lassister Cosmetics, Egads Screen Printing, Team iXL.com, Atlarge Nutrition, Nebula Fitness, Chill Will Nutrition and Fitness, Elizabeth City Trophy, Critical Bench.com, Ironrhino Fitness, Genewize-Jerome Penn, Muscle & Brawn.com, NPFI.com and Josten's rings.

In the 148 and below class, there was forty three lifters. There are a lot of meets that don't have that many lifters!!! The major reason for so many light weights, is Paul's ability to recruit young lifters. Out distancing the mighty field was Wayne Claypatch who benched 243, for his second third place finish in three years. The title came down to 2008 runner up Justin Tripodi, and first time world competitor Tim McCoy. Justin successfully opened with 297, Tim answered with a 303. Justin hit 309 on his second attempt, Tim missed his second. Justin wasn't able to get his third attempt. Tim called for 314, and hit it, earning him the 148 World Belt, and Florida the first World Champion of the day. I think next year will be Justin's year.

The 165 lb. class had nine lifters all wanting to win the belt. With the absence of James Love won blew the record out of the water last year this class was looking to crown a new champion. 2006 World Champion John Brown's 320 bench put him in third place at 165, he was only five pounds short of George Nabeshima of Hawaii, but New Jersey ruled the class when Michael Binkley benched 353 for the 165 World title.

The 181 class was going to be interesting, as five time World Champion Will "Chill" Lynch wasn't competing due to an injury. There were 10 lifters all who had an opportunity to claim the belt without the legend present. Teen lifter Brad Bennett benched 325 for third, which didn't earn him the open title, but he did win a belt for best teen lifter. This kid is going to be dangerous, and



Aaron Johnson - 198 lb. champion bench



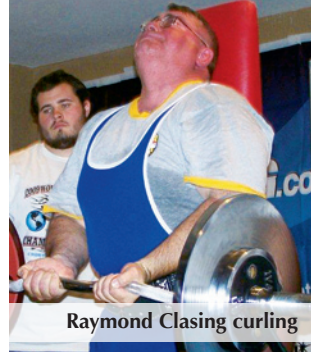
Bruce Grasser - 600 lb. DL



Best female lifter Anna McClosky with head judge Dan Corridean



Master Champ Mark Wilhelm



Raymond Clasing curling

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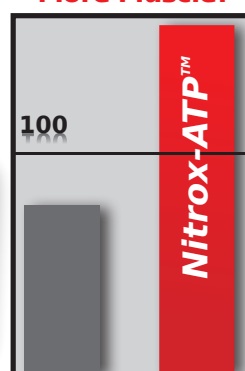
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100% RAW WORLD CHAMPIONSHIPS »

R. Feeney (60-64) 308 lbs. Open	303	R. Hanners (45-49) 181 lbs. Open	573	L. Delay (30-34) 181 lbs. Open	66	M. Wilhelm 198 lbs. Open	154
E. Stine 308 lbs. Open	314	T. Metcalf (30-34) 181 lbs. Open	303	L. Delay (30-34) 181 lbs. Open	66	T. Henriques (40-44) 220 lbs. Open	159
J. Anderson R. Clasing J. Penn	457 419 336	V. Snitkovsky (16-17) A. McCloskey 72	507 480	A. McCloskey 72	72	C. Rexrode (70-74) R. Dahlamer	138 126
J. Anderson (45-49)	457	G. Pike (30-34) D. Hadley	523 72	198 lbs. (45-49) SHW Open	72	J. Mays (35-39) J. Mays	160 160
R. Clasing J. Penn <i>Police/Fire</i> R. Clasing SHW Open	419 336 419	J. Penn (50-54) McCarragher (55-59) B. Graser	480 507 600	M. Carlsen (45-49) M. Carlsen MALE 77 lbs. (8-9)	66 66	J. Franks 165 B. Robertson 149 I. Brooks 126 (16-17)	165 149 126
A. Davie K. Coughlin (30-34)	507 385	A. Johnson T. Henriques J. Davis	573 551 507	M. Algarin (10-11) R. Cortes 97 lbs. (8-9)	39 44	B. Stavish (20-24) N. Arbia (30-34) J. Franks (35-39)	94 154 165
A. Davie (35-39)	507	M. Richards (20-24) G. Noble (25-29)	502 402	B. Algarin (8-9) N. Jones 94 (16-17)	39	W. Stoneman (45-49) B. Robertson 148 M. Primak 132 (55-59)	154 148 132
L. Anderson P. McKirdy (40-44)	440 402	J. Davis (25-29) M. Richards 502	507 502	N. Jones 94 (16-17)	94	Shropshire 132 (60-64)	132
T. Jensen (45-49)	419	A. Johnson <i>Police/Fire</i> A. Johnson	573	132 lbs. (10-11) Paternoster 33	33	I. Brooks (65-69) G. Fogle 110 Spec Olympian	126 110
T. Dillard K. Coughlin (60-64)	463 386	J. Mays T. Linn (35-39)	612 578	J. Tripodi 121 W. Claypatch 99 (16-17)	121 99	B. Stavish 94 K. Norman 105 (16-17)	94 105
J. Griffin <i>Police/Fire</i> J. Griffin	303 303	J. Mays (40-44) T. Linn (8-9)	612 578	A. Jones 83 (40-44)	83	K. Norman 105 (45-49)	105
DEADLIFT FEMALE 105 lbs. (55-59)	209	R. Andrew 242 lbs. Open	540	R. Garner (50-54)	94	C. Lyons 308 lbs. Open	255
P. Azlin 114 lbs. (8-9)	209	S. Zullinser I. Brooks (16-17)	568 430	W. Claypatch 99 Open	99	R. Clasing 154 J. Anderson 143 J. Penn 110 (45-49)	154 143 110
A. Simmons 148 lbs. (30-34)	154	B. Stavish (20-24) N. Arbia 590	375 590	A. Lebrun 149 (20-24) A. Lebrun 149 181 lbs. Open	149 149	R. Clasing 154 J. Penn 110 <i>Police/Fire</i> R. Clasing 154 SHW (60-64)	154 143 110 154 143
L. Delay 165 lbs. (70-74)	287	I. Brooks 430 Open	430	M. Wilhelm 154 S. Russell 138 V. Snitkovsky 132 (35-39)	154 138 132	J. Griffin 143 <i>Police/Fire</i> J. Griffin 143	143 143
R. Dearden 181 lbs. Open	127	M. Carlsen (45-49) M. Carleason MALE 114 lbs. (6-7)	342 342	J. Moore 143 (40-44)	143		
A. McCloskey SHW Open	441	K. Norman (16-17) A. Vasquez 123 lbs. Open	457 121	S. Russell 138 (45-49)	138		
M. Carlsen (45-49)	342	G. Hartfanft (45-49)	705				
M. Carleason MALE 114 lbs. (6-7)	342	C. Lyons (55-59)	502				
A. Vasquez 123 lbs. Open	121	R. Beuch (60-64)	524				
N. Jones 386 (45-49)	386	E. Stine 308 lbs. (10-11) Paternoster 132 (50-54)	441 529				
G. Raisen (16-17)	254	J. Penn (45-49)	529				
N. Jones (50-54)	386	J. Marchio 148 lbs. Open	386				
G. Raisen 132 lbs. (10-11) Paternoster 132 (50-54)	254	C. Rodgers (35-39)	551				
J. Marchio 148 lbs. Open	386	P. McKirdy (45-49)	540				
J. Tripodi (16-17)	463	T. Dillard 705	529				
A. Jones (40-44)	315	CURL FEMALE 148 lbs. Open	529				
R. Garner 165 lbs. Open	315						
R. Hanners (20-24)	573						

soon. George Pluhar missed his first attempt, but came back for two in a row, which gave him second with a 353 bench. In the end it was Dan Henson's 369 that won the 181 title for Massachusetts. Despite the distance, we've had a lot of lifters from Massachusetts, and they always seem to perform well.

The 198 lb. class had 10 lifters fighting for the belt. Sylvester Freeman is always near the top of the pack, and won the title in 2004. This year his 386 bench put him in third place. Mike McHargh finished in second with 402, but it was Aaron Johnson's 435 bench that took the 198 title, and earned Virginia a world title.

The 220 lb. class had 9 lifters in the Open competing for the belt and bragging rights. A frequent and top competitor is Joseph Rascoe, he took third for his third top three finish in the last three years. Kris Dulmer benched 430 for second. William Blackstone only got one attempt in, but his 447 gave Illinois a World title, and earned William the 220 world belt. Amazingly Bill is a master lifter and will be 50 years old for next years event.

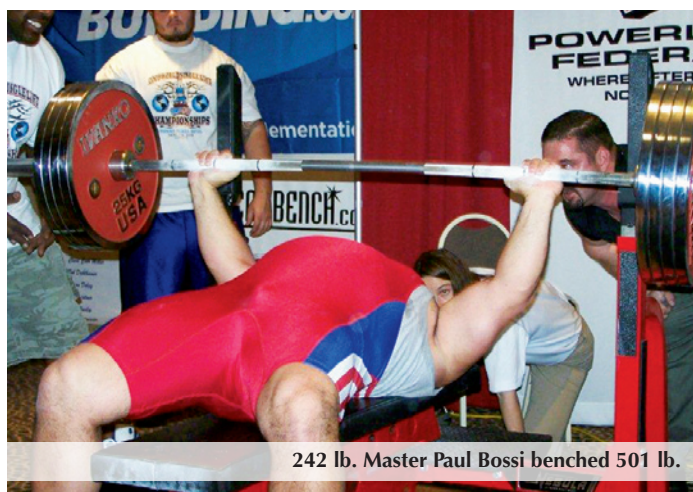
The 242 lb. class had 13 lifters in the Open going for the Gold. Chris Campbell benched 402 for third at 242. John Franks hit 463 for second. 463 was higher than the winning total of the last two years. But it's not enough when you have Five time World Champion Paul Bossi in your class. Paul's 501 was only six pounds short of the biggest bench of the day, and gave North Carolina a World title, and Paul his sixth title. Paul is tied with Will "Chill" Lynch for the most world titles and Paul is the only lifter to win a World bench title in three different weight classes. Paul also won the world title for the best Master bench. Paul has won a World Championship every year since 1992 which is a streak of 18 straight years. Paul has won titles in 5 different organizations around the world traveling to Italy, Belgium and Canada as well to win these titles. Many think he might be the greatest drug free bencher in the world.

The 275 class had a new look and a familiar face in the group. There were 7 lifters looking to win the belt including former Super Heavyweight World Champion Herman Canada. Herman had won the belt in 207 with a best lift of 485 for a world record, but that was he weighed 385lbs. Yes 385 lbs., Herman missed last year's event to work on his health and get his life straight only to come back a new person

next page »



Dan Henson (right) - 181 lb. bench champion



242 lb. Master Paul Bossi benched 501 lb.



Anna McCloskey pulled 440 lb.

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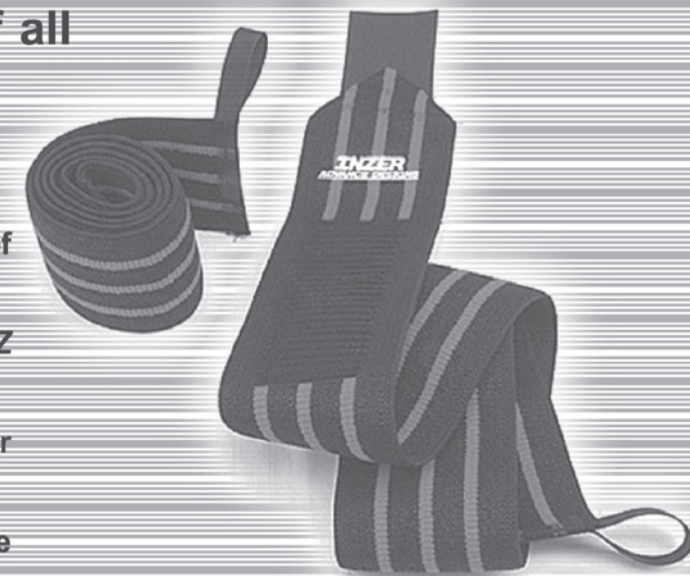
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and 1 person less. Herman had weighed in at 268 lbs which means he lost 119 lbs since his last competition with 100% Raw. The question remaining is how much strength did Herman lose during his 2 year absence. Herman placed 4th with a 320 lb bench press. When Herman walked in for registration the forever friendly and longtime member on 100% RAW was not recognized by the staff who have been friends with Herman for over 12 years. Congratulations on Herman for becoming a healthier person and we look forward in seeing him around for many more years. The strength will come back Herman just be patient. Ronald Beuch benched 386 for 3rd at 275. Gregory Hartranft benched 435 for 2nd but Jeffery Henderson's 501 earned the belt, and notched a second world title for North Carolina. Anthony Davie's 507 lift was the biggest bench of the meet, and enough to win the SHW title. Finishing in second was Thomas Dillard with 463, and Lee Anderson finished in third with 441. All three lifters had one thing in common, they were from Virginia. It was the only weight class swept by one state.

The men are always tough, but I believe the most difficult belt to win is the women's. There are always so many strong female lifters, but only one belt. All day there was one thing missing, a back to back World Champion, Kelly Wescott of North Carolina became the first and only person to accomplish the task with a 154 at 132. Winning the dead-lift title World Title was Anna McCloskey of Pennsylvania who lifted a huge 441 at 181. The curl title went to Vermont, when Laura Delay lifted 66 pounds in the 148 class.

Earning the dead-lift title for the light weights was Rob Hanners of Virginia who pulled 573 in the 165 class. The heavy weight title went to Michael Eaton of Maryland who pulled 728 in the 275 class, and the Master title went to Bruce Grasser of North Carolina who lifted 600 in the 181 class. Winning the lightweight curl was Andrew Lebrun of Maryland who curled 148 at 165, winning heavyweight was Tim Henriques of Virginia who curled 160 at 198, and the best master lifter was Mark Wilhelm of West Virginia who curled 154 at 181. Norfolk is close to the border of Virginia and North Carolina, so it was interesting to see which state would have the most winners. In the end it was North Carolina claiming four world belts, and Virginia claiming four.

I want to thank all the lifters that made the meet a success, and hope to see you in 2010. Please check out our website for updates for the 2010 lifting season at www.rawpowerlifting.com or e-mail rawlifting@aol.com for more information. If you are a meet director and want to become a 100% RAW Powerlifting Federation, Inc. meet director or State Chairman please contact by e-mail and we will get back to you. We are always looking for meet directors and State chairmen to help keeping us grow. World Championship Belts (Name & Sponsor): Bench Female: Kelly Wescott - Heidi

Lassiter, Bench Master: Paul Bossi - Team Ixl.com. Bench Teen: Brad Bennett - Egads Screenprinting, Bench 148 & Below: Tim McCoy - AtLarge Nutrition, Bench 165: Michael Binkley - Nebula Fitness, Bench 181: Dan Henson - Chill "Will" Nutrition & Fitness, Bench 198: Aaron Johnson - Bodybuilding.com, Bench 220: Bill Blackstone - Elizabeth City Trophy & Awards, Bench 242: Paul Bossi - Critical Bench.com, Bench 275+: J.J. Jones - Ironrhino Fitness, Deadlift Female: Anna McCloskey - Fitness Warehouse of Elizabeth City, Deadlift Master: Bruce Grasser - GeneWize-Jerome Penn, Deadlift Lightweight: Rob Hanners - Fitness Warehouse of Elizabeth City, Deadlift Heavyweight: Mike Eaton - Muscle and Brawn.com, Curl Female: Laura Delay - Fitness Warehouse of Elizabeth City, Curl Master: Mark Wilhelm - Full Potential Bands, Curl Lightweight: Andrew Lebrun - Full Potential Bands, Curl Heavyweight: Tim Henriques - NPPTI.com. «

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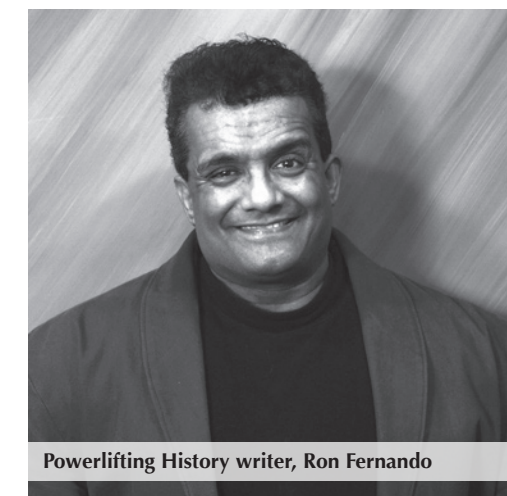
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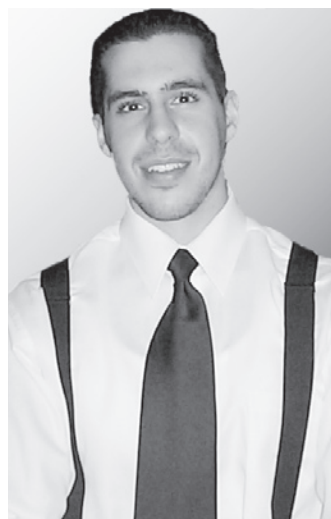
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THANK YOU SO MUCH!

Q: I just wanted to first say thank you for the fantastic series you did on digestive disorders. I learned so many new things that I was unaware of. I have suffered from different digestive disorders my whole life and I really didn't find much relief from doctors. They loaded me up on all kinds of medication for my acid reflux problem, but to no avail. I always thought that the foods that you eat must play some sort of role, but all they did was tell me the basic 'don't eat spices and greasy foods.' I ordered Sherry's system and all I can say is that the acid reflux that I once suffered from daily is now not a problem. You don't know how happy I am that

I no longer have to take meds. I have been off for close to two months now. Thank you so much for bringing me out of the darkness and into the light in terms of what is really happening with my digestive problems. Thank you again a million times over for educating me on something that has already changed my life.

Sincerely, Judy Allegra

A: I am so happy to hear that you have found relief from your digestive problem. I have known some people that have suffered with digestive problems for years and you are right—it can truly lower the quality of your life. You really don't understand how bad and debilitating they can be until you go through it yourself. I guess it's like that for anything in life; if you don't taste it yourself then you can't truly sympathize. This is such fantastic news and I am happy that the work I put forth has helped another person. That is the real reason why I write this column each month and when I get emails like this it really makes me feel like I am making a difference, even if it is on a personal level, one person at a time. Please keep me updated on how things continue. It was great to hear such positive news.

A BAD CASE OF THE ITCHY FOOT

Q: Hey Anthony how are you? I really loved the digestive disorder interview you did with Sherry Brescia. I think this topic of digestive disorders is more prevalent with powerlifters than some may think. I really love how your articles seem to really hone in on many of the different health problems that face powerlifters. I have a question about athlete's foot. I seem to get this quite often, especially when the weather gets warmer. I have done the sprays and gels from the pharmacy, but was wondering if you have some natural remedies that you could recommend that could get to the root of the problem. Thanks again for such great articles and brining us new and exciting information month after month.

Sincerely, Ron Taso

A: Hey Ron, it's good to hear from you. I am happy that you liked the interview series that I did with Sherry. I put a lot of effort into these series and try to get in touch with the leading authorities for many different topics. It's nice to hear the positive words, which makes all the work worth it in the end. Now athlete's foot can be a real pain. For anyone in powerlifting or any other sport this is a common occurrence and affects many people—both men and women. Actually, it is estimated that more than 70% of Americans will get a dose of it at least once in their lifetime. All joking aside, athlete's foot can be a real pain in the backside, especially

when it gets to more advanced stages of the disease. It's not only the itchy foot and burning sensation you have to worry about, it's also the cracks that will form between the toes and cuts that will happen in different areas. It can be not only annoying, but it can also be quite painful. Now the good nutritionist isn't here to leave you hanging. I will give you some interesting proven methods to help get rid of the itch once and for all.

THE BASICS OF FOOT CARE

Before we get into some of the natural methods to help get rid of this ailment, you need to make sure you do some basic things first. At the top of the list is keeping your feet clean. Yes, you powerlifters know who you are—those who don't shower daily, it's time to keep those little puppies clean. Next, change your socks daily. The thought of wearing a dirty pair of socks makes me sick, but the sad reality is some guys (you heard that right—it's always the guys doing things like this) do this without thinking about it. Then when they take off their shoes in the company of others it smells like a dumpster in 104 degree heat on the Fourth of July. Next, make sure you keep your feet dry, especially in between your toes. When you get out of the shower make sure you dry them off properly otherwise you are just creating the perfect environment for a bacteria farm to have a little fiesta between your toes.

PROPER FOOT HYGIENE IS ONLY ONE PIECE OF THE PUZZLE

Now that we have the basics of hygiene down to a science, we can get to the good stuff. Many of you may think you caught the dreaded athlete's foot from walking around the locker room without some sort of footwear. Yes, gym locker rooms are a breeding ground for foot fungus, but believe it or not there is much more to this story. Many people don't know this, but athlete's foot is actually a symptom of Candida growth in the body. What will shock you is the fact that if your body did not have such a high amount of Candida growth inside, then the fungus that lies on gym locker room floors would not be able to harm you in the first place. If you suffer from athlete's foot or get it over and over again during your life then you need to seriously look into how Candida may be the root cause for this problem. In the past I have talked about the benefits of probiotics even though I have only touched on this topic. Probiotics are good bacteria that help promote optimal gut health. One secret nutritionists are known for in their arsenal to combat this problem is to get some acidophilus powder. You should be taking this orally as part of your digestive health plan, but this time we are going to do something different with it. The best thing to do is to put some between your toes in the morning before you put on a clean pair of cotton socks. You see, the good ol' nasty foot fungus doesn't like it when you do this. It's like you made it rain on its little Fungi-Palooza party that was going on between your toes. This should be done daily.

WHAT DO YOU WANT ME TO RUB ON MY FEET?

Another very beneficial book end to what I just described is the use of coconut oil. No, I don't want you to put it into your hair, not yet at least, but I want you to massage it over your feet and toes. Just take a small amount in the palm of your hand and finger tips and massage it over your feet and in between your toes. Really get in there and do a good job—just don't cake it on and leave it. Once you are done let's revisit the above protocol of adding in some more acidophilus powder between the toes again. Put on another pair of clean socks and now go to bed after some warm milk and cookies. Oops, I didn't mean that—I was just testing you there—I meant after a protein shake and some celery slices. This is one very simple protocol that I have witnessed some great results with, but it is not the only thing you can do to help battle the foot fungi like a Jedi Knight.

MORE THAN ONE WAY TO WIPE OUT THE FOOT FUNGI

Another very strong fungus eradicator is tea tree oil. This stuff not only unleashes some potent anti-fungal kung-fu action, but it also smells really

good. Some of you may not like it, but I do—to each their own I guess. Because this stuff is really strong you will need to dilute it with some lavender oil before you apply it between your toes. Believe it or not, but grapefruit seed extract can also be very effective for also helping in this regard. The best way to do this is to take it both orally and then topically as well. Again, you will have to dilute this oil because of its strong properties and it will be too much to handle if you applied it straight. An interesting Mediterranean way to help get rid of athlete's foot is to take honey and crush some garlic in it. Then you have to apply it to the affected areas. Both honey and garlic have numerous different anti-fungal properties, among many other numerous health benefits. The only down side to this is a sticky foot while you are at work. This might not be the best thing to do to start off your day, that is unless you don't mind a sticky foot that smells like garlic. With the way some people's feet smell, garlic would be welcomed by many. These remedies are not the only things you should consider when trying to get rid of the problem. Like I mentioned before, if you have an overgrowth of Candida in your body, then this is a problem that will be the root cause of your foot disorder.

NUTRITION IS MORE IMPORTANT THAN YOU THINK

Let's take a look at some of the nutritional things you should do to help get rid of this problem once and for all. You should eat as much natural and raw food as possible. I know, asking powerlifters to do this is like asking for a multimillion dollar lotto win, but at least I tried. For those of you not knowing what I am talking about, it means plenty of healthy green vegetables, whole grains, and lean sources of healthy protein. You should also limit your dairy intake at this time. You can have some, it doesn't need to be eliminated completely, but it should be cut down if you are a big cheese and milk guzzler. Now the next part is where the powerlifting community is going to lose their minds and go stark raving mad. When you have athlete's foot, you need to cut back on sugars. Oh my gosh, I can see all the hate mail coming now. This doesn't just mean candy bars and ice cream. It also means natural sugars like those found in fruit as well. The big no-no here is the foods that are yeast producing. If I caused a stir with the no sugar plug above I am going to get really slammed for the next one. Yeast producing foods include bread, cheese, and pickled foods—oh boy, I better be ready for a left hook on this one—BEER. Oh, it's all over for me now—I just told powerlifters not to drink any beer. Heck, I know some lifters who would rather just cut off their itchy foot with a cheese grater than to give up their brew. I know I am asking a lot, but what can I say, it's your foot, not mine.

DON'T FORGET THE BASICS

On top of this you should also be getting in proper vitamin and mineral uptake daily as well. Make sure you take your B-50 complex two to three times daily. Getting in plenty of Vitamin C is also a must. I would start at about 1000mg and take this 3 times daily. Make sure to get the time released one as well for better absorption. Last but not least, make sure you get in plenty of zinc. Some years back I did a comprehensive article on zinc and covered the many different health benefits it has on the body as well as the many different performance boosting abilities. So, here you have it folks, you now have the best ways to help get rid of that itchy foot problem for good. Remember, it's not just personal hygiene that is important for fighting this problem. Many people think that wearing flip flops in the change room and keeping your toes dry is the only way to prevent it, but from what I just explained there is much more behind the root cause of this disease. So give these tips a try and let me know how things go. I know if you attack it from every possible angle you will get rid of it, and it should stay away for good.

LOOK TO THE EAST YOUNG GRASSHOPPER

Q: I have read in the past that you also studied Traditional Chinese Medicine—is this true? I was wondering if you could in the future give us some knowledge in this regards for different conditions and even for performance enhancement. I don't know too much about TCM, but I read a few articles and I find it fascinating to say the least. Maybe even doing some type of interview in the future would be great. Thanks again for such great articles. It's nice to learn something new each month that can improve my health or strength in the gym.

Yours in strength, Natalia Caruso

A: Yes, I did also study Traditional Chinese Medicine (TCM) including acupuncture, herbal medicine, TCM dietetics and Tuina Massage. TCM is a complete system for health and well-being covering many different facets. In fact, in TCM, the main understanding is to prevent health problems in the first place before they start. In North America, the usual route is to abuse your body with poor food choices, smoking, drinking alcohol among other things and then try and figure out what to do when you have diabetes or a heart attack. It's a totally different way of looking at things than we are used to in the West, but in my opinion it would save the health care system tens of millions of dollars each and every year if this was the premise put forth to the public. Of course, you can recommend things and educate people, but in the end it is their ultimate choice to implement the ideas. One thing is for sure, if you take my advice you will without a doubt live a healthier, longer, happier life not only in your competitive career as a powerlifter, but also in everyday life. The role nutrition plays in all aspects of life is more critical than you may think. It's not only to prevent disease and to increase your lifespan, but it will play a major role with your mood and overall wellbeing. In terms of doing some TCM related material for the magazine I would love to do that. Just so you know, TCM is very complicated and is much more than boiling some herbs or jabbing in some acupuncture needles throughout the body making you look like a porcupine. I know that powerlifters can truly benefit from TCM in many ways, not only for different health conditions, but also for healing injuries. If my memory serves me right my good friend Louie Simmons wrote an article way back in the early 90s, I think 1990 or 1991 to be exact, in one of his columns how he used acupuncture to help heal a groin tear. Louie, if you are reading this, correct me if I am wrong, but I think I am pretty close on the date. Thanks for bringing this up and now that I know there is some interest in the powerlifting community in this regard, I will put this on my list of things to start implementing in some of my articles. «

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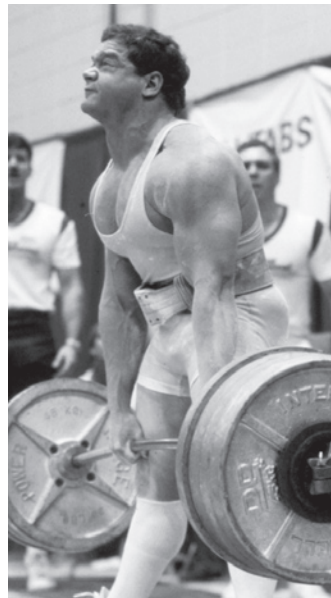
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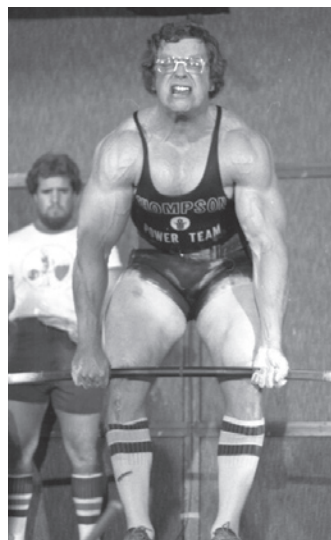


Ed Coan – the "real deal" of DL

MEN'S 242 LB. (110 KG.) WEIGHT DIVISION » DEADLIFT

Deadlift	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 887.4 (402.5)	*3.699X	Ed Coan/63 12/20/98 (402.5 kg. @ 108.8 kg.) (Las Vegas, Nevada) (USPF/WPL)
2. 871.9 (395.5)	*3.60X	Steve Goggins/63 3/6/04 (395.5 kg. @ 109.9 kg.) (Columbus, Ohio) (WPO)
3. 870.8 (395.0)	*3.59X	John Kuc/47 11/9/80 (395.0 kg. @ 110.0 kg.) (Arlington, Texas) (APF/IPF)
4. 859.8 (390.0)	3.55X	Bret Russell/60 11/2/86 (390.0 kg.) (Parkersburg, West Virginia) (APF/WPC)
5. 854.3 (387.5)	3.52X	Charlie Driscoll 6/8/86 (387.5 kg.) (Dallas, Texas) (USPF)
6. 845.0 (383.3)	*3.60X	Jim Cash/49 12/14/85 (845.0 lb. @ 234.5 lb.) (Longmont, Colorado) (NSM)
7. 837.8 (380.0)	3.45X	Mike Poretta 7/10/88 (380.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
8. 832.2 (377.5)	3.43X	Terry McCormick/46 7/13/80 (377.5 kg.) (Madison, Wisconsin) (USPF/IPF)
9. 832.2 (377.5)	3.43X	Steve Wilson/54 6/29/86 (377.5 kg.) (Dayton, Ohio) (APF/WPC)
10. 832.2 (377.5)	3.43X	Willie Bell 12/3/88 (377.5 kg.) (Adel, Georgia) (USPF)
11. 826.7 (375.0)	*3.44X	George Hechter/61 3/23/87 (375.0 kg. @ 240.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
12. 825.0 (374.2)	3.40X	Mark Chaillet/57 5/1/82 (825.0 lb.) (Norwalk, Ohio) (NSM)
13. 825.0 (374.2)	3.40X	Chad Holmes/71 11/18/00 (825.0 lb.) (Fredricktown, Missouri) (SLP)
14. 821.2 (372.5)	*3.41X	Dan Wohleber/61 7/12/81 (372.5 kg. @ 109.2 kg.) (Corpus Christi, Texas) (USPF)
15. 821.2 (372.5)	3.39X	Dave Schneider 2/7/82 (372.5 kg.) (Cleveland, Ohio) (USPF)
16. 821.2 (372.5)	*3.39X	Carl Snitkin/46 2/12/82 (372.5 kg. @ 242.5 lb.) (Honolulu, Hawaii) (USPF/IPF)
17. 821.2 (372.5)	*3.55X	Wayne Bloom 6/5/83 (372.5 kg. @ 105.0 kg.) (Charlottesville, Virginia) (USPF)
18. 821.2 (372.5)	3.39X	Dan Martinez 6/7/87 (372.5 kg.) (Kansas City, Missouri) (USPF)
19. 821.2 (372.5)	3.39X	Scott Warman/56 12/3/89 (372.5 kg.) (Stone, England) (APF/WPC)
20. 821.2 (372.5)	*3.42X	Andrew "Bull" Stewart/57 8/25/96 (372.5 kg. @ 109.0 kg.) (Chicago, Illinois) (ADFP/WDFPF)
21. 820.0 (371.9)	3.38X	Nicholas Lavitola/62 11/20/94 (820.0 lb) (Brick, New Jersey) (APF/WPC)
22. 820.0 (371.9)	*3.42X	Chuck Vogelpohl/65 8/23/09 (820.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF)
23. 815.0 (369.7)	*3.36X	Greg Panora/80 12/6/08 (815.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)
24. 813.0 (368.8)	*3.39X	Jon Cole/43 3/14/71 (815.0 lb. @ 240.0 lb., which later weighed out at 813.0 lb.) (Tolleson, AZ) (AAU)
25. 810.2 (367.5)	3.34X	Jimmy Pegues/64 2/12/86 (367.5 kg.) (Fort Lewis, Washington) (USPF)
26. 810.0 (367.4)	3.34X	Tony Pharr 2/28/87 (810.0 lb.) (Ambridge, Pennsylvania) (NSM)
27. 810.0 (367.4)	*3.38X	Luke Edwards/81 1/20/08 (810.0 lb. @ 108.8 kg.) (Columbus, Ohio) (IPA)
28. 806.9 (366.0)	*3.38X	Jerry Capello/56-09 3/10/07 (366.0 kg. @ 239.0 lb.) (Medford, Oregon) (WABDL)
29. 805.0 (365.1)	3.32X	James Cahill 4/28/01 (805.0 lb.) (Kasson, Minnesota) (USAPL)
30. 804.7 (365.0)	3.32X	Bill Davis 12/13/81 (365.0 kg.) (Jasper, Alabama) (USPF)
31. 804.7 (365.0)	3.32X	Robert Washington 2/25/88 (365.0 kg.) (Hampton, Virginia) (AAU)
32. 804.7 (365.0)	3.32X	Bryan Nester/61 7/7/91 (365.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
33. 804.7 (365.0)	*3.37X	Noah Chambreau 11/19/01 (365.0 kg. @ 239.0 lb.) (Reno, Nevada) (WABDL)
34. 804.7 (365.0)	*3.35X	Jason Patrick/72 2/21/04 (365.0 kg. @ 109.1 kg.) (Niles, Illinois) (APF)
35. 804.7 (365.0)	*3.41X	Travis Mash/73 4/9/05 (365.0 kg. @ 107.0 kg.) (Macon, Georgia) (USPF)
36. 804.7 (365.0)	*3.32X	Jeremiah Frey/81 1/31/09 (365.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)
37. 804.7 (365.0)	*3.35X	Kurt Kroczaleski/75 11/15/08 (365.0 kg. @ 109.0 kg.) (Kalamazoo, Michigan) (APF)
38. 804.7 (365.0)	*3.54X	Brandon "C4" Cass/74 2/28/09 (365.0 kg. @ 227.0 lb.) (Rolla, Missouri) (USPF)
39. 804.7 (365.0)	*3.42X	Larry Hook/69 3/14/09 (365.0 kg. @ 235.0 lb.) (Oregon City, Oregon) (APF)
40. 800.0 (362.9)	*3.56X	Phil Rosenstern 11/80 (800.0 lb. @ 225.0 lb.) (Pittsburgh, Pennsylvania) (USPF)
41. 800.0 (362.9)	3.30X	Craig Tokarski/64 11/8/87 (800.0 lb.) (Rockford, Illinois) (APF)
42. 800.0 (362.9)	3.30X	Mark D'Lorio 3/20/94 (800.0 lb.) (Providence, Rhode Island) (USPF)
43. 800.0 (362.9)	*3.32X	Walt Austen 2/8/97 (800.0 lb. @ 241.0 lb.) (Raleigh, North Carolina) (APA/WPA)
44. 800.0 (362.9)	3.30X	Evans 10/30/99 (800.0 lb.) (Danville, Illinois) (NSM)
45. 799.2 (362.5)	*3.34X	Dave Jacoby 7/8/84 (362.5 kg. @ 109.0 kg.) (Dayton, Ohio) (USPF)
46. 799.2 (362.5)	3.30X	John Santos 12/7/85 (362.5 kg.) (San Jose, California) (USPF)
47. 799.2 (362.5)	*3.34X	Willie Wessels/63 4/6/97 (362.5 kg. @ 239.0 lb.) (Peoria, Illinois) (APF/WPC)
48. 793.7 (360.0)	*3.30X	Doug Furnas/58 11/19/83 (360.0 kg. @ 240.5 lb.) (Jasper, Alabama) (USPF)
49. 793.7 (360.0)	*3.30X	Dave Atterholt 7/8/84 (360.0 kg. @ 109.2 kg.) (Dayton, Ohio) (USPF)
50. 793.7 (360.0)	3.27X	Kevin Fisher 6/2/85 (360.0 kg.) (Santa Barbara, California) (NSM)

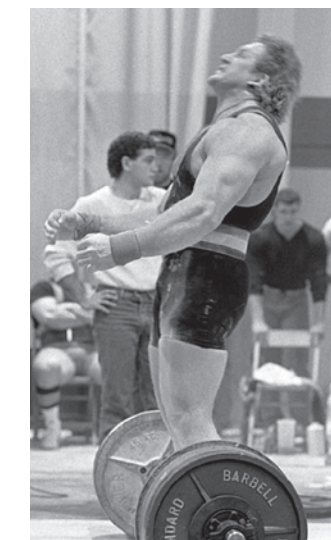
(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Records accurate as to my knowledge.



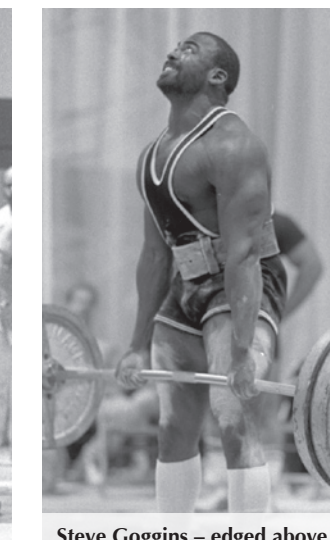
Terry McCormick – 800+ lb. lift



Charlie Driscoll – earned a previous PL USA cover shot



Bret Russell – WV's super puller



Steve Goggins – edged above John Kuc's best ever DL ranking

WOMEN'S 198 LB. (90 KG.) WEIGHT DIVISION » DEADLIFT

Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 604.0 (274.0)	*3.16X	Dawn Reshel-Sharon/55-005/15/88(604.0lb.@191.0lb.1stwoman to DL 600lb.) (Milwaukee, WI) (APF/WPC)
2. 600.8 (272.5)	*3.05X	Becca Swanson/73 3/3/06 (272.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)
3. 535.0 (242.7)	*2.70X	Cheryl Clodfelder/62 6/28/09 (535.0 lb. @ 197.9 lb.) (York, Pennsylvania) (IPA)
4. 534.6 (242.5)	*2.71X	Jessica Watkins-O'Donnell/80 7/13/07 (242.5 kg. @ 89.5 kg.) (Saint Louis, Missouri) (USAPL/IPF)
5. 530.0 (240.4)	2.67X	Lisa Nawrocki 5/7/89 (530.0 lb.) (Lakeland, Florida) (NSM)
6. 520.0 (235.9)	2.62X	JoLynn Arvin/67 11/12/95 (520.0 lb.) (Roseville, Michigan) (APF)
7. 520.0 (235.9)	2.62X	Lynne Boshoven/58 10/28/01 (520.0 lb.) (Wyoming, Michigan) (NSM)
8. 518.1 (235.0)	*2.62X	Sue Meany 3/9/86 (235.0 kg. @ 89.86 kg.) (Canton, Ohio) (APF/WPC)
9. 512.6 (232.5)	2.58X	Deborah Rose 7/1/89 (232.5 kg.) (Venice, California) (USPF)
10. 502.7 (228.0)	2.53X	Christine Neff/80 3/24/07 (228.0 kg.) (Pasco, Washington) (WABDL)
11. 501.6 (227.5)	2.53X	Lorraine Costanzo/54 1/31/88 (227.5 kg.) (Austin, Texas) (USPF)
12. 501.6 (227.5)	*2.59X	Bonica Brown/88 2/18/07 (227.5 kg. @ 87.8 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
13. 501.6 (227.5)	*2.69X	Krista Ford/66 6/8/08 (227.5 kg. @ 84.5 kg.) (Norfolk, Virginia) (APC/WUAP)
14. 500.0 (226.8)	2.52X	Kym Allen 12/16/95 (500.0 lb.) (Charlotte, North Carolina) (APA/WPA)
15. 500.0 (226.8)	*2.56X	Leigh-An Jaskiewicz/79 10/25/09 (500.0 lb. @ 195.0 lb.) (Columbus, Ohio) (IPA)
16. 490.5 (222.5)	*2.59X	Leslie Look/70 6/2/02 (222.5 kg. @ 85.9 kg.) (Riesa, Germany) (USAPL/IPF)
17. 485.0 (220.0)	*2.59X	Deb Widdis/60 9/10/05 (220.0 kg. @ 84.8 kg.) (Dubuque, Iowa) (APF)
18. 479.5 (217.5)	*2.59X	Ali Huston/85 5/14/05 (217.5 kg. @ 84.0 kg.) (Round Rock, Texas) (APF)
19. 479.5 (217.5)	*2.52X	Taylor Stallings/85 1/24/09 (217.5 kg. @ 190.5 lb.) (New Port Richie, Florida) (RUPC2)
20. 474.0 (215.0)	2.39X	Karyn Tarter-Marshall 4/20/85 (215.0 kg.) (Elmira, New York) (USPF)
21. 474.0 (215.0)	*2.42X	Carlross Lott 3/86 (215.0 kg. @ 196.0 lb.) (Jackson, Mississippi) (NSM)
22. 474.0 (215.0)	2.39X	Barbara Crocker/63 11/17/89 (215.0 kg.) (Sydney, Nova Scotia, Canada) (USPF/IPF)
23. 470.0 (213.2)	2.37X	Maris Sternberg/48 9/10/89 (470.0 lb.) (Virginia Beach, Virginia) (APF/WPC)
24. 468.5 (212.5)	*2.43X	Ann Turbyne 1/27/80 (212.5 kg. @ 192.75 lb.) (Los Angeles, California) (USPF/IPF)
25. 468.5 (212.5)	*2.36X	Stacey Manly/71 12/1/07 (212.5 kg. @ 90.0 kg.) (Jacksonville, Florida) (APF)
26. 465.0 (210.9)	*2.38X	Kristy Reske/77 3/13/04 (465.0 lb. @ 88.75 kg.) (Redford, Michigan) (APF)
27. 463.0 (210.0)	2.33X	Linda Schaeffer/60 8/24/02 (210.0 kg.) (Alliance, Nebraska) (USAPL)
28. 463.0 (210.0)	2.33X	Annette Bohach 9/24/83 (210.0 kg.) (West Lafayette, Indiana) (USPF)
29. 460.0 (208.7)	*2.35X	Susan Sharpe-Patterson 8/8/03 (460.0 lb. @ 88.88 kg.) (Camp Hill, Pennsylvania) (IPA)
30. 460.0 (208.7)	*2.35X	Karen Phillips/65 11/14/03 (460.0 lb. @ 195.6 lb.) (Camp Hill, Pennsylvania) (IPA)
31. 457.5 (207.5)	*2.33X	Harriet Hall/50 5/27/00 (207.5 kg. @ 89.1 kg.) (Pinamar, Buenos Aires, Argentina) (USAPL/IPF)
32. 455.0 (206.4)	*2.43X	Christine Ruvnak/80 12/4/04 (455.0 lb. @ 187.0 lb.) (Kennewick, Washington) (APA)
33. 451.9 (205.0)	*2.31X	Lorna Griffin 2/21/82 (205.0 kg. @ 88.68 kg.) (Auburn, Alabama) (USPF)
34. 451.9 (205.0)	2.28X	Victoria Gagne-Hembree/61 3/19/00 (205.0 kg.) (Moreno Valley, California) (AAU)
35. 451.9 (205.0)	*2.29X	Lazara Janet Loveall/70 1/24/09 (205.0 kg. @ 197.0 lb.) (Los Angeles, California) (USPF)
36. 450.0 (204.1)	2.27X	Sylvia Hunter 12/2/00 (450.0 lb.) (Henderson, Kentucky) (USAPL)
37. 446.4 (202.5)	2.25X	Chris Sorenson 12/1/84 (202.5 kg.) (San Jose, California) (USPF)
38. 446.4 (202.5)	2.25X	Linda Butts 4/7/90 (202.5 kg.) (Annapolis, Maryland) (USPF)
39. 446.4 (202.5)	2.25X	Shelby Corson/67 7/31/94 (202.5 kg.) (Houston, Texas) (USPF/IPF)
40. 446.4 (202.5)	*2.25X	Elizabeth "Leigh" Arnold/86 9/11/09 (202.5 kg. @ 90.0 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (USAPL/IPF)
41. 440.9 (200.0)	*2.25X	Juanita Trujillo/64 1/18/87 (200.0 kg. @ 196.25 lb.) (San Francisco, California) (USPF/IPF)
42. 440.9 (200.0)	2.22X	Holly Foster/60 7/22/95 (200.0 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
43. 440.9 (200.0)	2.22X	Nikki Avey/69 4/21/96 (200.0 kg.) (Wilkes-Barre, Pennsylvania) (ADFP)
44. 440.9 (200.0)	*2.35X	Lilli Ewing 2/7/97 (200.0 kg. @ ~85.0 kg.) (Oklahoma City, Oklahoma) (NASA)
45. 440.9 (200.0)	*2.27X	Susan Adkison/57 12/14/03 (200.0 kg. @ 194.2 lb.) (Las Vegas, Nevada) (WABDL)
46. 440.0 (199.6)	*2.41X	Anna McCloskey/92 1/20/08 (440.0 lb. @ 182.4 lb.) (Carteret, New Jersey) (IPA)
47. 435.4 (197.5)	*2.28X	Shelley Fink 1/30/83 (197.5 kg. @ 191.25 lb.) (Chicago, Illinois) (USPF)
48. 435.4 (197.5)	*2.21X	Erin Eisenberg/78 4/27/97 (197.5 kg. @ 196.8 lb.) (Lincoln, Nebraska) (USAPL)
49. 435.4 (197.5)	*2.28X	Kadell Moore 1/25/98 (197.5 kg. @ 86.6 kg.) (Seattle, Washington) (USAPL/IPF)
50. 430.0 (195.0)	2.17X	Em Vegso 2/14/98 (430.0 lb.) (East Rockaway, New York) (APF)

Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



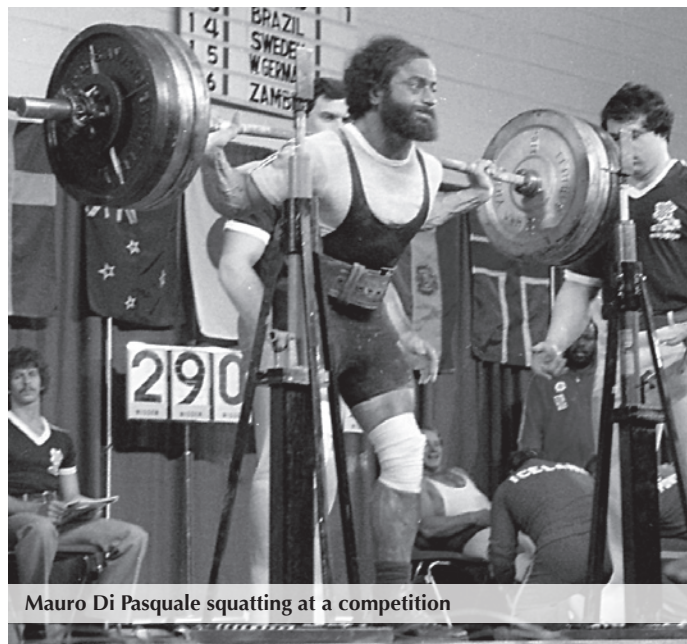
Krista Ford is a big time puller



Becca Swanson – muscular in '06

QUESTIONS ANSWERED

by Mauro Di Pasquale, MD, MRO, MFS » mauro@metabolicdiet.com » www.metabolicdiet.com



Mauro Di Pasquale squatting at a competition

DEAR MAURO: I have been on your diet for almost three years and it has worked great for me. I have been able to lift more per pound by keeping my body fat in the single digits year round. I can now keep my body weight about 6 pounds over my weight class limit and easily drop into the weight class at competition time without beating myself up with excess cardio, fluid deprivation, and measures such as trying to sweat the weight off before weigh in. It's all a lot easier and I'm lifting more now than I ever did.

I have had my blood work done a few times and my cholesterol levels have been bumping the upper levels. Today I had a physical and for the first time the doctor found a heart murmur. The doctor was not clear as to the cause of the murmur...she thought it could be possibly the signs of aging (I am 47)...but she did say that the long term effects of fats and ketones have been shown to be damaging to the heart muscles (as opposed to the other muscles of the body).

What are your thoughts on this? Thanks!

Dave

DAVE: I don't think your doctor—and he or she is in the majority—understands the difference between someone who has adjusted to my phase shift diet and someone who is on a normal North American diet—or even the difference that long term macronutrient intake has on someone who exercises as against the majority that don't.

For example, the increased intramuscular and intramyocardial triacylglycerol (an increase in small fat droplets in skeletal and heart muscles) resulting from the exposure to high levels of circulating fatty acid has a different significance and effects in athletes and in sedentary people (with and without diabetes or those that are obese), and those who are fat adapted as against those that are carbohydrate adapted. In those who don't exercise with some degree of intensity (and I don't mean walking or low level exercise) and are not fat adapted, the presence of fat in both skeletal and cardiac muscle can lead to insulin resistance, the metabolic syndrome, diabetes and diabetic cardiomyopathy. However, for those who exercise and are fat adapted, the presence of fat droplets in skeletal and heart muscle is beneficial rather than detrimental.

Because most people researching and writing on the subject don't

have my perspective, there's a lot of confusion in the literature about the effects of low carbs and/or high fat diets on the heart. You can see this in the first abstract below published this year. You can also see it in studies showing that lipid droplets in skeletal muscle in sedentary people increases insulin resistance whereas the presence of the same amount or more lipid droplets can be seen in endurance athletes who are insulin sensitive.

As far as low carb diets, the next three abstracts point to their cardioprotective effects and not to cardiac damage. The last abstract shows that a ketogenic diet in fact has beneficial effects on the heart as we age.

It's also very important to realize that my phase shift diets entail both low carb and higher carb components so they are not strictly low carb diets. As such, they are in a whole different realm. I refined my diets over the past four decades to theoretically and practically provide the benefits of both types of diets as far as health, body composition and performance without any of the counter productive effects found in either of the monophasic diets, which are always the same day after day as far as macronutrient content.

I'll be going into all of this in more detail in my new Elite Performance Newsletter. You can download the first two issues from www.ElitePerformanceNewsletter.com. There's no charge for the newsletters. Feel free to send the link to anyone you think might be interested as that will help me spread the word.

The bottom line here is that the murmur your doctor found, which is likely benign, is not due to you following my phase shift diets.

I hope that this helps.

Mauro

Physiol Rev. 2010 Jan; 90(1):207-58.

MYOCARDIAL FATTY ACID METABOLISM IN HEALTH AND DISEASE

Lopaschuk GD, Ussher JR, Folmes CD, Jaswal JS, Stanley WC » Cardiovascular Research Group, Mazankowski Alberta Heart Institute, University of Alberta, Alberta T6G 2S2, Canada. gary.lopaschuk@ualberta.ca

ABSTRACT—There is a constant high demand for energy to sustain the continuous contractile activity of the heart, which is met primarily by the beta-oxidation of long-chain fatty acids. The control of fatty acid beta-oxidation is complex and is aimed at ensuring that the supply and oxidation of the fatty acids is sufficient to meet the energy demands of the heart. The metabolism of fatty acids via beta-oxidation is not regulated in isolation; rather, it occurs in response to alterations in contractile work, the presence of competing substrates (i.e., glucose, lactate, ketones, amino acids), changes in hormonal milieu, and limitations in oxygen supply. Alterations in fatty acid metabolism can contribute to cardiac pathology. For instance, the excessive uptake and beta-oxidation of fatty acids in obesity and diabetes can compromise cardiac function. Furthermore, alterations in fatty acid beta-oxidation both during and after ischemia and in the failing heart can also contribute to cardiac pathology. This paper reviews the regulation of myocardial fatty acid beta-oxidation and how alterations in fatty acid beta-oxidation can contribute to heart disease. The implications of inhibiting fatty acid beta-oxidation as a potential novel therapeutic approach for the treatment of various forms of heart disease are also discussed.

J Card Fail. 2008 May; 14(4):327-35.

LOW-CARBOHYDRATE/HIGH-FAT DIET ATTENUATES PRESSURE OVERLOAD-INDUCED VENTRICULAR REMODELING AND DYSFUNCTION

Duda MK, O'Shea KM, Lei B, Barrows BR, Azimzadeh AM, McElfresh TE, Hoit BD, Kop WJ, Stanley WC » Division of Cardiology, Department of Medicine, University of Maryland, Baltimore, Maryland 21201, USA.

ABSTRACT—**Background:** It is not known how carbohydrate and fat intake affect the development of left ventricular (LV) hypertrophy and contractile dysfunction in response to pressure overload. We hypothesized that a low-carbohydrate/high-fat diet prevents LV hypertrophy and dysfunction

compared with high-carbohydrate diets. **Methods and Results:** Rats were fed high-carbohydrate diets composed of either starch or sucrose, or a low-carbohydrate/high-fat diet, and underwent abdominal aortic banding (AAB) for 2 months. AAB increased LV mass with all diets. LV end-diastolic and systolic volumes and the ratio of the mRNA for myosin heavy chain beta/alpha were increased with both high-carbohydrate diets but not with the low-carbohydrate/high-fat diet. Circulating levels of insulin and leptin, both stimulants for cardiac growth, were lower, and free fatty acids were higher with the low-carbohydrate/high-fat diet compared with high-carbohydrate diets. Among animals that underwent AAB, LV volumes were positively correlated with insulin and LV mass correlated with leptin. **Conclusion:** A low-carbohydrate/high-fat diet attenuated pressure overload-induced LV remodeling compared with high-carbohydrate diets. This effect corresponded to lower insulin and leptin concentrations, suggesting they may contribute to the development of LV hypertrophy and dysfunction under conditions of pressure overload.

Full text is available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2702243/pdf/nihms51935.pdf>.

Prog Lipid Res. 2008 Sep; 47(5):307-18. Epub 2008 Mar 15.

DIETARY CARBOHYDRATE RESTRICTION INDUCES A UNIQUE METABOLIC STATE POSITIVELY AFFECTING ATHEROGENIC DYSLIPIDEMIA, FATTY ACID PARTITIONING, AND METABOLIC SYNDROME

Volek JS, Fernandez ML, Feinman RD, Phinney SD » Department of Kinesiology, University of Connecticut, 2095 Hillside Road, Unit 1110, Storrs, CT 06269-1110, United States. jeff.volek@uconn.edu

ABSTRACT—Abnormal fatty acid metabolism and dyslipidemia play an intimate role in the pathogenesis of metabolic syndrome and cardiovascular diseases. The availability of glucose and insulin predominate as upstream regulatory elements that operate through a collection of transcription factors to partition lipids toward anabolic pathways. The unraveling of the details of these cellular events has proceeded rapidly, but their physiologic relevance to lifestyle modification has been largely ignored. Here we highlight the role of dietary input, specifically carbohydrate intake, in the mechanism of metabolic regulation germane to metabolic syndrome. The key principle is that carbohydrate, directly or indirectly through the effect of insulin, controls the disposition of excess dietary nutrients. Dietary carbohydrate modulates lipolysis, lipoprotein assembly and processing and affects the relation between dietary intake of saturated fat intake and circulating levels. Several of these processes are the subject of intense investigation at the cellular level. We see the need to integrate these cellular mechanisms with results from low-carbohydrate diet trials that have shown reduced cardiovascular risk through improvement in hepatic, intravascular, and peripheral processing of lipoproteins, alterations in fatty acid composition, and reductions in other cardiovascular risk factors, notably inflammation. From the current state of the literature, however, low-carbohydrate diets are grounded in basic metabolic principles and the data suggest that some form of carbohydrate restriction is a candidate to be the preferred dietary strategy for cardiovascular health beyond weight regulation.

Hypertension. 2006 Dec; 48(6):1116-23. Epub 2006 Oct 23.

LOW CARBOHYDRATE/HIGH-FAT DIET ATTENUATES CARDIAC HYPERTROPHY, REMODELING, AND ALTERED GENE EXPRESSION IN HYPERTENSION

Okere IC, Young ME, McElfresh TA, Chess DJ, Sharov VG, Sabbah HN, Hoit BD, Ernsberger P, Chandler MP, Stanley WC » Department of Physiology and Biophysics, Case Western Reserve University, Cleveland, OH 44106-4970, USA.

ABSTRACT—The effects of dietary fat intake on the development of left ventricular hypertrophy and accompanying structural and molecular remodeling in response to hypertension are not understood. The present study compared the effects of a high-fat versus a low-fat diet on development of left ventricular hypertrophy, remodeling, contractile dysfunction, and induction of molecular markers of hypertrophy (ie, expression of mRNA for atrial natriuretic factor and myosin heavy chain beta). Dahl salt-sensitive rats were fed either a low-fat (10% of total energy from fat) or a high-fat (60% of total energy from fat) diet on either low-salt or high-salt (6% NaCl) chow for 12 weeks. Hearts were analyzed for mRNA markers of ventricular remodeling and activities of the mitochondrial enzymes citrate synthase and medium chain acyl-coenzyme A dehydrogenase.

Similar levels of hypertension were achieved with high-salt feeding in both diet groups (systolic pressure of approximately 190 mm Hg). In hypertensive rats fed low-fat chow, left ventricular mass, myocyte cross-sectional area, and end-diastolic volume were increased, and ejection fraction was decreased; however, these effects were not observed with the high-fat diet. Hypertensive animals on low-fat chow had increased atrial natriuretic factor mRNA, myosin heavy chain isoform switching (alpha to beta), and decreased activity of citrate synthase and medium chain acyl-coenzyme A dehydrogenase, which were all attenuated by high-fat feeding. In conclusion, increased dietary lipid intake can reduce cardiac growth, left ventricular remodeling, contractile dysfunction, and alterations in gene expression in response to hypertension.

Full paper is available at <http://hyper.ahajournals.org/cgi/reprint/48/6/1116>.

Ann NY Acad Sci. 2009 Aug; 1171:377-84.

A KETOGENIC DIET INCREASES SUCCINIC DEHYDROGENASE ACTIVITY IN AGING CARDIOMYOCYTES

Baliotti M, Fattoretti P, Giorgetti B, Casoli T, Di Stefano G, Solazzi M, Platano D, Aicardi G, Bertoni-Freddari C » Neurobiology of Aging Laboratory, Italian National Research Centers on Aging, Ancona, Italy. m.baliotti@nrca.it

ABSTRACT—Impairment of energy metabolism and an increase of reactive oxygen species (ROS) production seem to play a major role in age-related apoptotic loss of cardiomyocytes. Succinic dehydrogenase (SDH) is an important marker of the mitochondrial capability to provide an adequate amount of ATP. Moreover, because of its unique redox properties, SDH activity contributes to maintain the reduced state of the ubiquinone pool. Recent reports have shown that ketone body intake improves cardiac metabolic efficiency and exerts a cardioprotective antioxidant action, we therefore performed a cytochemical investigation of SDH activity in cardiomyocytes of late-adult (19-month-old) rats fed for 8 weeks with a medium-chain triglycerides ketogenic diet (MCT-KD). Young, age-matched and old animals fed with a standard chow were used as controls. The overall area of the precipitates (PA) from SDH activity and the area of the SDH-positive mitochondria (MA) were measured. The percent ratios PA/MA and MA/total myocardial tissue area (MA/TA) were the parameters taken into account. We found that PA/MA was significantly higher in young control rats and in MCT-KD-fed rats versus late-adult and old control rats and in young control versus MCT-KD-fed rats. MA/TA of MCT-KD-fed rats was significantly higher versus age-matched and old control rats and tended to be higher versus young control rats; this parameter was significantly higher in young versus old control rats. Thus, MCT-KD intake partially recovers age-related decrease of SDH activity and increases the myocardial area occupied by metabolically active mitochondria. These effects might counteract metabolic alterations leading to apoptosis-induced myocardial atrophy and failure during aging. «

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

To sign up for the monthly newsletter email Dr. Mauro at:
mauro@metabolicdiet.com

THE RAGE

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



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

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

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

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

RAGE X

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



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

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

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

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

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

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

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

SEE MORE SELECTION AT INZERNET.COM

PHENOM

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



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

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

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

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

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

RADICAL DENIM

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



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

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

- Proven in countless world record breaking bench press performances.

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

ULTIMATE DENIM

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

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

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

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



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

\$14.95



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

\$23.95



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

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

\$10.00



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

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

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

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

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

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

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

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Quality, standard leather workout gloves. Power-Surge.

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

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

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

\$17.00



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

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

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The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

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

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

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

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

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

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

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

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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.

\$115.00



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

\$38.00



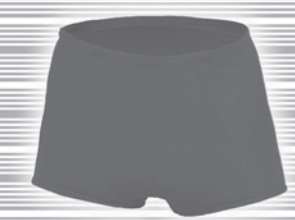
High Performance HD Blast
Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

\$77.00



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

\$55.00



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

\$26.00

APA HOLIDAY CLASSIC DEC 19 2009 » Fulton, MS

BENCH	242 lbs.		
165 lbs.	Open		
Open	S. Pounds	385	
275 lbs.	Police		
198 lbs.	A. Campbell	440	
Submaster			
A. Johnson	405		
Push Pull	BP	DL	TOT
FEMALE			
86 lbs.			
Youth Raw DT			
C. Harmon	50	125	175
MALE			

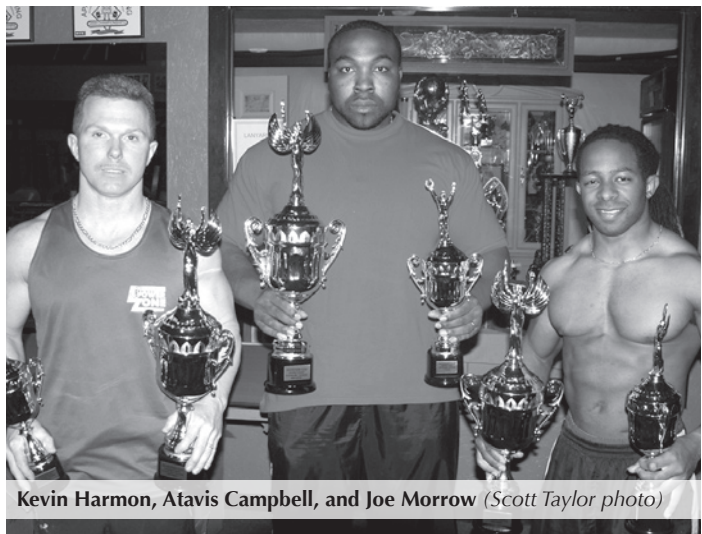


Ciara Harmon (9) and Preston Haupt (10) at the Holiday Classic

86 lbs.
Youth DT
P. Haupt 55 140 195
Powerlifting SQ BP DL TOT
148 lbs.
Open Raw DT
J. Morrow 485 340 590 1415
DT=Drug Tested. Being Christmas week the meet was small but a lot of fun. Kevin Harmon amazed everybody with a huge 550 bench at 157.25 bodyweight! Atavis Campbell benched 440 raw and just missed 475 being as close to full lockout without quiet making it as I have ever seen. It is there and will happen soon! 9 year old Ciara Harmon and 10 year old Preston Haupt did some outstanding lifting for their ages.
» courtesy Scott Taylor - APA President

APA MICHAEL FRANCIS RAW CLASSIC NOV 21 2009 » Orlando, FL

BENCH	F. Clark	340	
198 lbs.	K. Steward	320	
Master I DT	Master III DT		
D. Freitas	L. Barry	350	
Master II DT			
B. Hart	340	Master II DT	
220 lbs.	J. Znyewski	520	
Master II DT			
Push Pull	BP	DL	TOT
165 lbs.			
Open DT			
J. Ostromecki	265	400	665
181 lbs.			
Junior DT			



Kevin Harmon, Atavis Campbell, and Joe Morrow (Scott Taylor photo)

L. Blackmon	270	380	650	D. Jackson	292	154	330	776
220 lbs.				Raw				
Submaster DT				E. Wirth	138	110	237	484
A. Medina	335	530	865	Master I Raw				
Powerlifting SQ BP DL TOT				L. Austin	—	—	231	231
220 lbs.				Master II Raw				
Master I DT				M. Marrs	187	110	253	551
M. Sans	300	300	370	132 lbs.				
242 lbs.				K. James	297	154	248	699
Master II DT				J. Bevering	253	143	281	677
G. Boldissar	425	400	400	1225				
Special thanks to Zied and the staff of Universal Health & Fitness for hosting an excellent event. Turnout was light due to congestion from the annual college football playoff in Orlando and most of the area hotels being booked. Those that were able to make it had a great time and some fantastic RAW lifts were registered with several records being set. New records have been updated on the APA website. » courtesy Scott Taylor - APA President				Master III				
M. Sobotka	—	154	275	429				
Open				K. Singletary	341	187	336	864
Teen I				A. Levine	242	94	248	584
148 lbs.				Master III				
V. Engle	187	116	248	551				
Master II Open				C. Armstead	270	160	248	677
Open				Open				
S. Flores	182	105	231	517				
Teen I				J. Barrera	154	94	160	407
165 lbs.				S. Williams	330	187	341	859
B. Alba	325	160	314	798				
Open				S. Sebastian	369	215	440	1024
198 lbs.				T. McKinney	473	330	407	1211
UNL				K. Sons	451	292	407	1151
Open				A. Krzton	253	204	264	721
Master I Open				E. Perez	231	132	292	655
G. Garza	—			MALE				
Master III Raw				132 lbs.				
B. Eaton	314			J. Gonzales	457	226	424	1107
Open Raw				M. DeLaCruz	341	—	402	743
Master VI Raw				Teen I				
M. Settles	264			D. Flores	209	132	220	562
198 lbs.				148 lbs.				
UNL				Z. Divin	418	259	446	1123
Open				Junior Raw				
J. Saldana	435			R. Cerda	308	193	374	875
Master III				Open Raw				
451				D. Dansby	226	198	303	727
Powerlifting SQ BP DL TOT				Teen I Raw				
FEMALE				C. Rodriguez	226	132	319	677
98 lbs.				165 lbs.				
A. Summers	226	149	259	633				
S. Meinke	198	116	248	562				
123 lbs.				J. Hill	435	160	490	1084
D. Bennett	308	154	292	754				
S. Byrom	264	160	308	732				
L. Nilsen	149	149	253	551				
F. Mull	193	83	259	534				
Master III				D. Young	446	259	457	1162

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Open					E. Kubicek	325	308	391	1024	A. Alaniz	506	363	479	1349	S. Kurland	330	198	396	925
Junior Raw					Teen III					Junior					Open Raw				
S. Frasier	435	358	501	1294	S. Moore	473	319	495	1288	S. Brady	716	501	644	1861	A. Gholson	622	451	617	1690
Master IV Raw					220 lbs.					Master III					D. Webb	451	275	528	1255
R. Rodriguez	209	215	308	732	O. Myklebust	551	347	699	1596	T. Tomjack	319	319	319	958	P. Evans	352	259	457	1068
Open Raw					G. Gooch	556	380	473	1409	Master IV					J. Weinstein	—	—	—	—
T. Lamando	402	253	501	1156	C. Manross	501	352	512	1365	A. Wood	418	220	446	1084	UNL				
181 lbs.					J. Lozano	418	264	468	1151	Open					A. Gonzalez	622	451	528	1602
T. Ferguson	584	347	551	1481	Master III					R. Maldonado	545	435	506	1486	Open				
J. Davis	551	330	534	1415	Open					M. Rogers	484	374	539	1398	J. Portillo	600	336	424	1360
Q. Romasko	457	297	457	1211	C. Akers	440	303	413	1156	Raw					Best Collegiate Lightwght Lifter Female:				
L. Salinas	424	297	479	1200	J. Thompson	573	473	628	1674	A. Rodriguez	402	297	462	1162	Danielle Bennett.				
S. Martin	—	—	—	—	T. Gully	611	407	551	1569	Open Raw					Best Overall Lightwght Male:				
Master I					J. Sawyer	462	297	512	1272	J. Williams	523	374	606	1503	Overall Lightwght Male:				
J. Gallmeier	429	286	424	1140	Raw					275 lbs.					Best Overall Lightwght Female:				
Master III					A. Frausto	319	314	512	1145	T. Briggs	699	429	556	1685	McKinney.				
T. Cruce	—	231	473	705	Open Raw					J. Garza	600	352	440	1393	Lifter:				
Master VI					S. Sarnella	457	363	539	1360	B. Barrett	440	358	517	1316	Heavywght Male:				
J. Lyons	446	270	435	1151	C. Martinez	429	352	462	1244	R. Smith	479	352	523	1354	Raw Lightwght Male:				
Master VI					R. Beck	435	385	418	1239	Junior					Best Overall Masters Lifter Female:				
J. Espinoza	352	297	402	1051	R. Pena	424	336	473	1233	J. Ross	484	—	—	484	Jackson.				
Open					Open					Junior Open					Best Overall Masters Lifter Male:				
S. Becerra	402	226	391	1018	Master I					J. Schneebeli	539	402	556	1497	Jim Lyons.				
Master II Open					Master I Raw					Master I Raw					Andre Gholson.				
D. Madere	562	363	501	1426	Junior Raw										» courtesy Kim Beckwith - Meet Director				
R. Espinosa	380	308	484	1173	Master I Raw														
E. Milfield	352	270	551	1173	Open Raw														
G. Gavran	446	325	523	1294	F. Hannie	446	292	468	1206										
J. Rodriguez	319	259	385	963	J. Rodriguez	319	259	385	963										
S. Soulen	639	314	556	1508	198 lbs.														
Winchester	556	308	611	1475	UNL														
Junior					Open														
C. Brady	628	490	650	1767	J. Lucio	374	248	402	1024										
Master V					Open														
J. Lucio	374	248	402	1024	J. Saldana	600	435	617	1652										
Open					W. Allen	479	358	523	1360										
H. Davison	369	275	468	1112	C. Powell	407	297	495	1200										
S. Rocha	330	198	435	963	M. Grange	402	341	451	1195										
Junior Raw					Raw														
D. Thomas	396	110	501	1007	V. Won	462	358	462	1283										
Master V Raw					H. Davison	369	275	468	1112										
Klostergaard	231	319	352	903	S. Rocha	330	198	435	963										
Master VIII Raw					Open Raw														
B. Elder	—	—	—	—	T. Tran	523	402	534	1459										
Open Raw					J. Berger	418	330	573	1321										

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THE NFL'S STRONGEST MAN



He's big. He's fast. Small weight isn't in his vocabulary. His name is Chris Snee and he is the NY Giants Pro Bowl guard.

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

Powerlifters are hellified athletes when it comes to lifting iron weights 4-5 times their body weight—no question about it. And the heavyweights among this group defy imagination with their massive muscles and overpowering physical stature. But how many of these 300 lb. monstrous musclemen can sprint flat-out from a 3-point stance, target a moving linebacker on the run and lay him flat on his back? How many are athletic enough to face the onslaught of like-sized behemoths whose goal is to run you over and take the head off your quarterback? It's one thing to bench or squat heavy, and quite another to follow this up with a 2-hour practice on the gridiron. »

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Chris taking care of business (c. Jim Turner)



The Giants & their coach – (left to right) Shaun O'Hara, Joe Carini, & Chris Sneek

NFL football, as it turns out, is a mysterious combination of super-human strength, unmatched athleticism and massive size—especially when it comes to the offensive line. And among these stalwarts of both grace and destruction, one man stands alone as the NFL's Strongest Man—New York Giants Pro Bowl guard Chris Sneek.

Chris is as old school as it gets when it comes to pumping iron. If it ain't heavy, he don't lift it. And ego isn't the overriding motivational factor for this mountain of a man. In fact, he's not always sure what poundages he's tossing around.

"My lifting coach, Joe Carini, brags that I can press 615 lb. raw on the bench," he laughs. "He knows the number. He doesn't write it down, and neither do I. He just puts it on the bar and I just lift it!"

Sneek isn't one to brag, obviously, but Carini is quick to point out the massive poundages his star pupil hoists on a daily basis without the use of any equipment save for a belt. Check out these raw lifts—numbers that would be impressive for any professional strongman, powerlifter or other strength athlete: 615 bench single (as stated above); 425 lb. on the seated front barbell press; 1000 lb. on the Icarian squat machine for 10 reps; 515 lb. incline press for 3–5 reps; 600-plus full squats for 3–5 reps; 365 lb. yolk overhead push presses; 345 lb. steel log hammer curl-and-presses.

"The guys in the Giants' weight room say Chris is like the Bruce Willis character down in his basement in the movie 'Unbreakable,'" says his training partner, Pro Bowl center Shaun O'Hara. "He just keeps putting more weight on the bar and keeps pressing it up. It's like there's no amount of weight he can't bench!"

Sneek's move into the upper echelons of NFL stardom are based to a great extent on his incredible strength. "I first found Big Joe though Luke Pettigout [now retired]," says Chris. "He was always into new exercises, doing extra work, working hard and going heavy. So I went to the House of Iron in Pine Brook, NJ, and did a double-take. Hell, Tiki [Barber] was there, too! I liked the hardcore training—put as much weight on the bar as possible and do it. I've been coming back ever since. That's gotten me stronger."

Carini's system works. Just ask former stalwart Pettigout, future Hall of Famer Tiki Barber and his twin brother Rhonde from the Tampa Bay Bucs, Giant center Shaun O'Hara and St. Louis Rams defensive lineman Gary Gibson.

Sneek—a 2009-10 Pro Bowl selection—does a lot of lifting long before he gets to the team conditioning program, as many NFL players do. He will take a couple weeks off after his last game and then start in with Carini in early to mid-February. He trains four days a week, integrating traditional lifting movements like the bench press, shoulder press, squats and deadlifts.

But the uniqueness of his offseason program includes strongman lifts like the yolk press, tire flipping and more. Even when he begins the off-season conditioning program with the Giants, Sneek will pop in the House

of Iron 1–2 times a week for heavy weight training. Then from mini-camp to late July, right before preseason camp opens, he's back into the hardcore training four days a week.

"Like any lifter, my favorite exercise is the bench press," he says. "I enjoy all of them, but that's still on the top of my list. The more years I've been in the league, gearing up for squat day ain't what it used to be! I still force myself to get into it and go heavy. I'll do 10 reps on the squat machine with 1000 lb., but it sure ain't fun!"

"Shoulder press is another favorite exercise of mine. In the rack I've pressed 425 seated for a single. I have to keep shoulders healthy, but I push myself. Of course, some curls have to be sprinkled in there! [Laughs] Have to do some curls for the biceps!"

On-the-field consistency has been the hallmark of Chris Sneek's storied career in the NFL. Since assuming the starting role early in the 2004 campaign, the guard has started 80 straight regular season games, plus seven playoff games. He is rock-solid in the trenches, as much the result of his offseason work ethic as his on-the-field performance.

Training with All Pro center O'Hara is another motivating factor. The two push each other and have developed a very close friendship that extends from the gym to the playing field. "Shaun was one of the first guys to go to Joe with me," Sneek explains. "We've been doing it a number of years. Shaun is strong too—he throws around some serious weights. He's a stronger player now than ever. It's nice to have someone else in there suffering with you!"

The two Giants stalwarts just don't share a training style and lifting coach. They were both selected to the Pro Bowl at the end of the 2008 and 2009 seasons. But for Chris and all his teammates, the 2009 season is one to be forgotten. Now all eyes are on the upcoming Fall campaign and a chance to return to the playoffs and make a run at another Super Bowl.

While the trend for offensive linemen in recent years has been to gain weight, Sneek bucks this tendency. He's actually been able to get stronger pound-for-pound, which has allowed him to trim down and still push massive weights. He tips the scales at 310, although he was 330 in college and weighed 320 coming into league after his junior year in college in 2004. He has been able to both clean up his diet and increase his training intensity, and has weighed 2–3 lb. less each year or so. "Because of Joe's training system and supplement recommendations, I've been able to gain strength each year, but actually get lighter," he says. So he's leaner and meaner? "Never use the word 'lean' with me!" he laughs.

Diet-wise, Chris stays away from red meats for the most part, while consuming fish 3–4 times a week. Chicken is another favorite food. He eats veggies and complex carbs at both lunch and dinner, and is a big fruit eater. To stay hydrated, he drinks as much water as he can hold down. "I don't get caught up in calorie counting," he says, "but I make sure to eat enough to keep my weight and strength up."

Nutritional supplementation has become a more important part of Sneek's regimen now than ever. He tried a smattering of products in high school and college, but was introduced to MHP supplements by Carini his second year in the league.

"All of the football players I work with use nutritional supplements," says Carini, "but typically they don't know what to take. Because of my years of experience as a competitive powerlifter and strongman, I recommend only MHP products. For creatine supplementation, I've found their Trac Extreme is terrific for my football clients. But lately, most of these guys are using Dark Rage pre-workout to provide the best strength-building results. They also like MHP's new NO-BOMB for performance-boosting nitric oxide production. Protein is another requirement for my athletes, and the 12-hour protein blend in Probolic-SR is unmatched in the industry."

Coach Carini says that most players concentrate only on specific performance-enhancing supplements, and ignore the basics. He counsels the need for a complete multivitamin like Activite, a joint formula of some kind (such as Releve) and post-workout protein/creatine blend. "When I discovered Dark Matter, I found my own post-workout recovery improved significantly," says the man who still starts his day with 50 weighted Good Mornings and has done reps with 1000 lb. on the squat machine. "So that's a staple in my players' regimens now. In this era of bigger, stronger, faster football, use of MHP products has been a huge plus for all of my athletes."

CHRIS SNEEK'S POWER BENCH PROGRAM

Becoming perhaps the strongest bench presser in the entire NFL requires not just raw power, but also intelligent program design for maximum gains in the shortest period of time. Remember, football is a year-round job for Sneek, and he only concentrates on super-heavy training twice a year during specific times (February–May and June–July) when he's not on the field practicing or playing.

To keep his star pupil getting stronger and more powerful, Joe Carini personally designs and oversees each of Chris' workout sessions. A sample heavy chest workout day looks something like this:

BENCH PRESS

225 lb. x 15 reps (warm-up)
315 x 8
405 x 5
455 x 2
495 x 2
535 x 2 x 5 sets
Max attempts – 600 x 1; 615 x 1; 620 x 1.
Only done occasionally in program.

WEIGHTED DIPS

80 lb. x 3–5 reps
100 x 3–5
120 x 3–5 x 2 sets

INCLINE PRESS

315 lb. x 5–6 reps
405 x 5–6
455 x 5–6
475 or 495 x 3–5

CLOSE-GRIP BENCH PRESS

335 lb. + chains x 2–3 reps (total weight 405 lb.)
355 + chains x 2–3 (total weight 425)
385 + chains x 2–3 (total weight 455)
385 + chains x 2–3 (total weight 455)

PROGRAM OVERVIEW

In the perfect scenario, Joe likes Chris to train at House of Iron four days a week. This typically would be on a 2-on/1-off/2-on schedule. But when Chris is training with the Giants at the stadium, he may substitute this for one of the training days with Carini. During subsequent workout he may train some of the same movements to make up for weight restrictions on squats or benches that might be in place in the Giants weight room.

"I prefer he gets four days in every week," says Joe. "I sometimes have to alter it due to what he does at the stadium. But I also change things to keep him pushing hard, while also staying healthy. He does whatever I force him to do. That's why he's the strongest player in the NFL!"



Chris trains hard with the help of Joe Carini



Louie Simmons of Westside Barbell presents

SPECIALTY BARS

What is the fastest and most economical way to build a powerlifting gym? First, you need a good power rack so you don't get hurt. Second, of course, are plates and dumbbells and then some bars. Notice I said bars. There are other ways to do contrast training other than bands, chains, and weight releasers. When it comes to equipment, bars can completely change a gym. For instance, when doing max effort work, you can have a record with a bow bar, front squat bar, Zercher squat bar, Safety squat bar, a regular squat bar, or a 14-inch cambered bar. They all have a value of their own. »

The Safety Squat Bar (above) is what helped Fred Hatfield become "Dr. Squat"

SPECIALTY BARS »

In Olympic lifting, they have primarily two squat records to base their max squats on—front and back with the same bar. This also limits the volume of squats one can do in a workout at a certain intensity zone. Even when training at different intensity zones, there are only two varieties of squats to work with. But with several bars to work with you could expand your max effort exercises. I have seen one exercise totally change a lifter's progress. It could be a front squat, which Eddie Coppin used to develop his 826 deadlift at 186 bodyweight, or the Safety Squat Bar—sometimes called the Hatfield bar because of the success Dr. Squat, aka Fred Hatfield, had with it to the point of squatting 1014 at 256, just about the biggest squat of all time regardless of bodyweight—or the Zercher squat lift, invented by Ed Zercher and used to a great degree by Bob Burnett to pull 675 at 165 bodyweight in the late 1960s. Alexander Karelin also used the Zercher squat or lifted off the floor to demoralize his opponents.

How can a bar help avoid accommodation? By changing total volume without compromising bar speed at the same percentage of a one-rep max when training for power development at 40% to 50% for multiple sets. If your front squat record is 500, 50% would be 250. If your Safety squat bar best is 600, then 300 is 50%, and if your regular box squat max is 700, you would use 350. The front squat volume for 12 sets of 2 reps is 6,000. The Safety squat bar volume for 12 sets is 7,200. The box squat with a regular bar would be 8,400 pounds total volume. The sets remain the same in a three-week pendulum wave. The percentages are the same. The bar speed remains the same, but the total will be altered by using different bars with different maxes. This is very important to avoid accommodation. See the Science and Practice of Strength Training by V. M. Zatsiorsky (1995). The same scenario can be used when using a bow bar, a 14-inch cambered bar, or a Zercher squat bar.

When we do max effort work at Westside, we switch a barbell exercise each week. This will help eliminate accommodation while maxing out. The different bars make it possible to change a squat or good morning exercise. Of course, using different heights, boxes, or stances while doing the exercise helps. The bars are constantly rotated to change the amount of weight one can use. This concept holds true when speed benching as well. An arch bar requires a maximal grip and a different hand position. A 3 inch cambered bar will work similarly to a 5 inch cambered bar but with a different range of motion. A bow bar that has a 2 inch camber is not quite as radical. A football bar with three parallel grips is a great change of pace to bench with. A T-grip bar with slightly different grip angles is big at Westside. Lifters at Westside will do not only triceps work with a 7 foot EZ curl bar, but also speed and max effort work.

A great bar for rehab or better yet for prehab is the Bandbell bar. It is a special bar made of fiberglass that vibrates when you hang kettlebells or light plates from it. You do this by fastening mini-bands around the bar and through the kettlebells or plates. This causes a chaotic osculating pendulum effect. This bar enabled me to bench 300 just 3 months after shoulder socket surgery.

Just like speed day for squatting, the percent of a bench max can change by rotation of specialty bars. This too will change the amount of volume on speed day, as each bar has its own max.

There have always been squat bars, power bars, and deadlift bars, but the specialty bars can completely change the potential of a gym. A gym can increase its variety by obtaining many bars to choose from and rotate regularly. Bands, chains, and weight releasers play a large role in our gym's success and so does using a wide variety of bars. «



T-Grip Bars (like the one shown above) are popular at Westside Barbell »

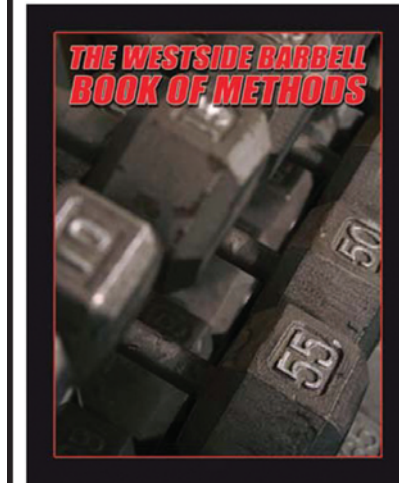


» EZ Curl Bars (shown below) let you use multiple hand positions

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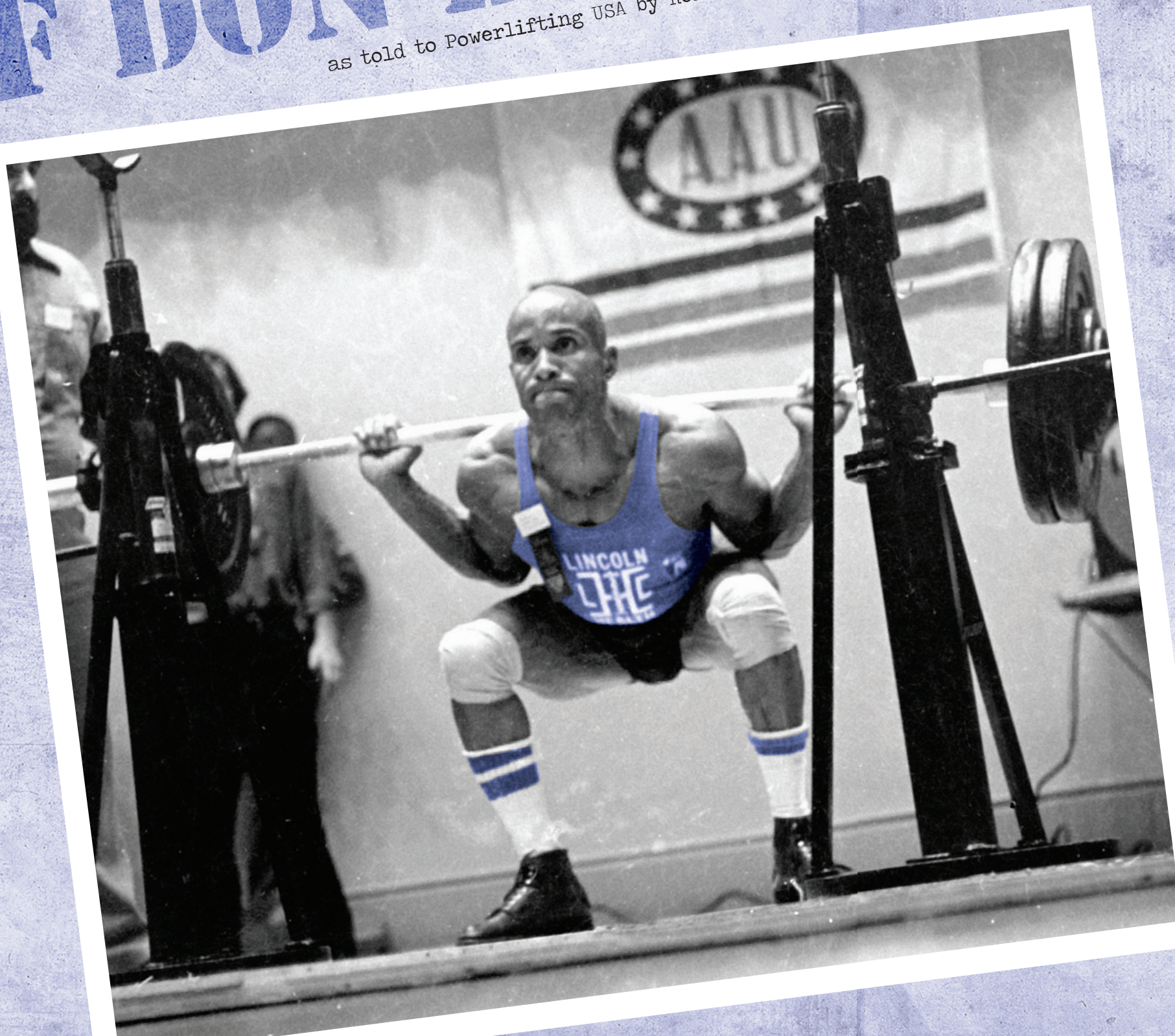


AMP

THE STORY OF DON BLUE

as told to Powerlifting USA by Ron Fernando

Written with biographical assistance from World Record holders Roger Benjamin, Mike Arthur and Rick Crain, plus former Major League Baseball scout and powerlifter/promoter Bill Clark.



INMATE. CRIMINAL. WORLD CHAMPION.

During World War II, the Nazis conducted horrific experiments on humans with the intent of discovering means to prevent and treat hypothermia. The freezing/hypothermia experiments were conducted for the Nazi high command to simulate the conditions the armies suffered on the Eastern Front, as the German forces were ill-prepared for the cold weather they eventually encountered. Chief among these macabre experiments involved testing the human body as it actually froze to death. At Dachau's cold-water immersion baths, Nazi doctors calculated death to arrive at around 77 degrees Fahrenheit. From what scientists and statisticians now know of freezing and its physiology, no one can yet predict exactly how quickly and in whom hypothermia will strike—and whether it will kill when it does. Cold remains a mystery, more prone to fell men than women, more lethal to the thin and well-muscled than to those with body bulk and fat, and least forgiving to the arrogant and the unaware. It is said that the Inuit Indians of the North and Aboriginal tribesmen of the great deserts of Australia have conditioned their bodies throughout the generations to sleep in near freezing weather in a pseudo state of hypothermia—and survive. Legend has it that Tibetan Buddhist monks can actually raise the skin temperature of their hands and feet by 15 degrees through meditation alone.

The old man walking by the park didn't know any of this esoterica about freezing temperatures, and could have cared less. Had he known about the human experiments, his only thought would have been that he too was part of it all. All he knew was the awful reality of the cold—brutal, bone-snapping cold which ate into the very core of his being and made every step a bone-jarring, gut-wrenching hell. It was the dead of winter in Minnesota, a place where cold weather was the norm, but for some reason this winter was the worst he had seen in five long years of surviving in the open. He was old, but extraordinarily tough, his muscles lean and stringy like rawhide, conditioned by years of walking, pushing his worldly belongings in a discarded Roundy's Grocery cart. His strength also came from an activity he did day after day, year after year, now long forgotten while in prison. As night set in, the wind drove the temperatures down below zero, way below zero. The digital thermometer on the nearby bank read -35 degrees. The old man had seen freezing temperatures before, but not like this. He was from the street, practically born and lived on the streets all of his life, except for the years he spent while incarcerated all over the Midwest. He was tough as rawhide, but even he was nearing the end of his rope.

"It's so damn cold, I've never been this cold. Never, not even in the worst winter

when I was a kid back in Buffalo or later on in life when I worked in Chicago. So cold. 'Lot colder than the yard back in Leavenworth. I gotta sit for a moment, can't remember the last damn time I ate. Wish I had some vodka, that'll keep me warm. Jeez, I'm shivering to beat the band, must look ridiculous. Can't stop shivering. So cold, so damn cold...the snow is really piling up...so tired, so very tired."

The old man's head drops back on the bench. The snow whips around like a mare's tail, covering his shoulders and part of his head. In the minus 35-degree air, his core temperature would fall about one degree every 30 to 40 minutes, his body heat leaching out into the soft, enveloping snow. Soon, he started feeling sluggish, as hypothermia enveloped him like a blanket. The old man had now crossed the boundary into profound hypothermia. By this time his core temperature had fallen to 88 degrees, his wiry, muscular body, almost devoid of fat had abandoned the urge to warm itself by shivering. His blood is quickly thickening like crankcase oil in a cold engine. His oxygen consumption, a measure of normal metabolic rate, had fallen by more than a quarter. The old man's kidneys, damaged from years of drinking vodka worked overtime to process the fluid overload that occurred when the blood vessels in his hands and legs constricted. He felt sleepy, so very sleepy.

Can't stay awake, but it ain't so late. What's goin on here? I must be dyin'—that's it. Is this how it ends? Well, I guess that preacher back in Lincoln was right; you come in alone and sure as hell go out alone. Mamma, I see mamma. Daddy please don't die like that. Load some more damn weight on the bar. I got the Worlds in three weeks. So cold, so damn cold. I'll just rest a bit here. Hey, I'm feelin' better—nice and warm now. Just gotta sleep now, I'll be okay pretty soon.

So, rather ignominiously, ended the life of one of the greatest lifters in powerlifting history. His name was Don Blue, and he died as he lived alone and by his wits. He allegedly died from severe cold and hypothermia in Minnesota after having lived on the street for years. His life is so shrouded in mystery even his demise is open to speculation. His life story is not designed to be an All-American feel good "Rocky" like story. There is, obviously, no happy ending, no walk off into the sunset with a beautiful girl, no lucrative endorsement contract. It is rather a story of a uniquely talented individual who was born and lived under horrific, tragic conditions, and spent the better part of his adult life in and out of prisons, but through his powerlifting, for a brief almost magical period rose to the very top and touched the lives of others, many of whom would go and break records and win »

THE STORY OF DON BLUE »

championships using his unique methods. Those great lifters, many of whom assisted me in the preparation of this article still talk reverently about Don Blue, some 40 years later. Despite his many triumphs, he never was able to escape his demons—demons that ultimately drug him back repeatedly into the very depths he sought vainly to escape. Who knows what sort of life Don Blue would have led had he been born in a more enlightened era? He may have become a world renowned strength coach, infomercial guru or motivational speaker. He may have married, had a family and led a normal life. He probably would have graced the covers of a lot of different magazines. Undeniably, the zenith of his life was his achievements in powerlifting. But, like the legendary Icarus of ancient Greek mythology, he flew way too close to the sun and paid for it. This is his story. There is a lot of speculation on Don Blue's life—so much so that his life has somehow been transformed into an amalgamation of reality and myth. Some think he is still alive, trudging the streets of the North like a small phantom, but most believe that due to age and circumstance that he has passed on. His thoughts as written here are part speculation, part fact.

My childhood, if you want to call it that, stunk. Came from a pretty big family—11 kids. I grew up in a crap-ass section of Buffalo, New York. My momma was French Canadian and Daddy was American. I was named after him—Donald Edward Blue. Kids teased me growing up as being a 'half breed.' I called myself Creole, 'cause I thought it was cool, 'cause I thought I could get the girls. My earliest memory was seeing my poppa get his head blown off with a shotgun by some cop. I was only five years old. My momma left soon after, and we were all left to fend for ourselves one way or another. I never had much book learnin,' but I taught myself a lot just survivin' on the streets. I worked a lot of different jobs, including the freight yards which required a lot of strength and all, but I mostly just survived. Early on I figured out one thing—ain't no one gonna give you shit. You gotta take it, and that's that. I never grew much, I was 'bout 5' 2" as a teenager. Yeah, I heard 'bout all of the stuff that reg'lar people did—you know, go to school, get some fancy job and all that stuff. That's ok for rich white folks. Ever try growin' up like me? Huh! All you can do to not starve. I always loved sports, but hell, at 125 lb. soaking wet, I wasn't good for much. Yessir, I really loved sports, but the only thing I was good for, at least I THOUGHT I was good for, was riding horses. I loved those horses—and boy, I developed a knack for training them as well. I loved their beauty, grace and most of all their STRENGTH. You know, I think that training horses is same as trainin' world class athletes—but harder. You gotta develop an instinct and know when to push, and know when to slow down 'cause these athletes can't talk none. It was from training the horses

that I developed my system. For instance, you NEVER sit down between sets. You walk, or pace to keep the blood flowing and the pump going. A real gym don't have chairs, no sirree. The pump is what determines body leverages, after all. Like the horses, you never ride them hard and put them up wet. You walk them and gradually cool them down.

Don Blue was a drifter. He never put down roots, never stayed in one place long enough to matter much. Even though he made friends and was, by all accounts an extraordinarily likeable guy, he had a wall, a shield around him that prevented anyone from getting too close. Early on he found that he had a unique talent—burglary, 'cat' burglary to be specific. His small frame and wiry strength allowed him to squeeze into the tiniest spots, climb buildings, and rob the unwary time after time. His specialty was robbing drug stores. He would climb on the roof at night and squeeze himself down the main air duct. Few burglars had the strength or flexibility to do this. Then, he would proceed to clean the place out—cash, drugs, the lot. He was primarily after the pharmaceuticals, but he would keep the 'downers' and fence the rest. Problem is, he wasn't one of these terribly discreet types that avoided capture, because the local police soon wised up. Not too many 5'2" black males with the strength and agility of a circus acrobat hanging around the black neighborhoods, juke joints and pawn shops. In those days, the races were pretty well segregated, and a little basic detective work on the black side of town normally resulted in an arrest. When you think about it, Don Blue spent about one-half of his life, all told, incarcerated in a variety of prisons—New York State, Joliet, Kansas, Nebraska, and North Dakota are the known stops, and countless small town jails and lockups. Roger Benjamin, former world record holder in the deadlift, and former Nebraska State prosecutor has been a lifelong fan and friend of Don Blue. His thoughts on his incarceration record: "Don was a great guy. Yes, a career criminal, but not a violent one. He conducted himself with grace and humility and treated everyone well. He was never disrespectful to women, never used foul language and was extraordinarily engaging. I could sit and listen to him speak for hours. Problem with Don was that due to his upbringing and all, he was ill equipped to handle life on the outside. He had no tools to manage money, to manage his own life because let's face it—his life, or the greater part of it, was managed for him by the authorities. That's probably why each and every time he was released, he almost immediately re-offended and was re-incarcerated. He was totally institutionalized. Remember the old guy from the 'Shawshank Redemption?' You know, the one who was released after spending 40-some years in prison? He tried to live life on the outside and wound up committing suicide because living on the outside was, for him, just plain terrifying. That was Don Blue's problem. When he got released, he immediately quit training and resumed his old bad

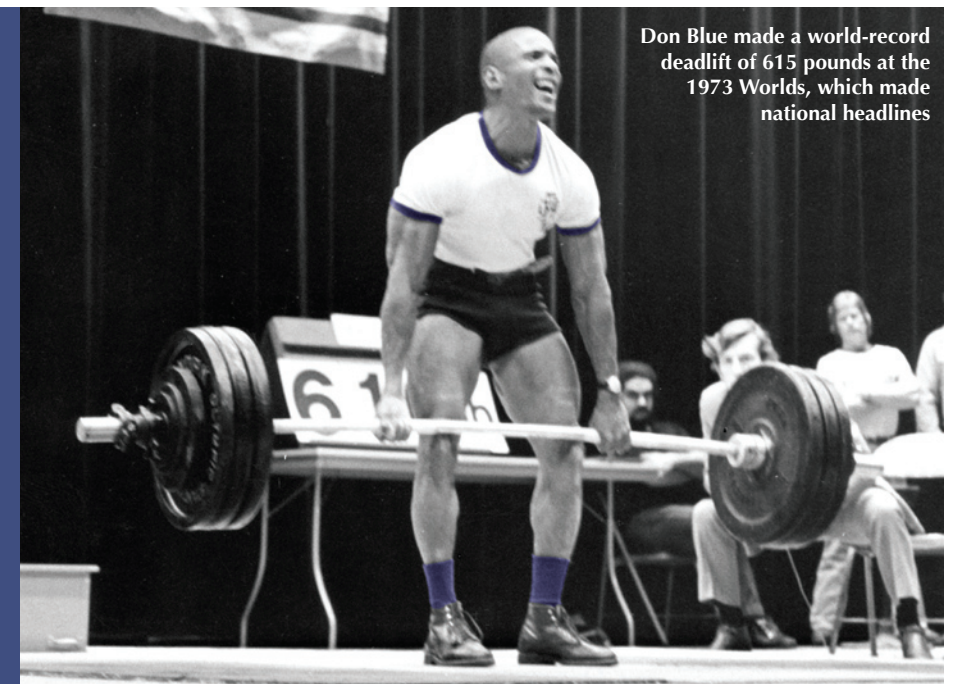
habits—the vodka, the downers. Next thing you know, he's locked up again. I'm not sure if he purposely got himself arrested just to get back inside."

Don himself may or may not have agreed. *Some folks think prison is okay. Try being locked up like a damn dog, and then tell me it's okay. I hated it, but tried to make the best of it ever' time I got busted. Yeah, I had my '3 hots and a cot' and I was able to train and all, and okay, I didn't have to sleep out in some damn barn or such, but still, I couldn't stand being caged up. I wasn't ever a violent dude but those cats that picked on me 'cause of my size found out the hard way not to mess around. Hell, I just wanted to live and enjoy life. What's wrong with that?*

Don started to train with weights while incarcerated in the Kansas State Penitentiary around 1960. This is where his legendary ultra high repetition system of training was supposed to have been born. Roger Benjamin related to me that the 'yard' that Blue trained in may have had no more than around 360 lb. of weights and a smooth exercise bar. That, and a squat rack plus bench and assorted rusty dumbbells were it. Blue was a naturally strong man, had been all of his life, and augmented this natural strength with a variety of extraordinarily difficult physical jobs and soon found that weight was ridiculously easy to elevate, particularly in the deadlift. So he started using reps. And I mean really high reps, 20–30–40 even 50 reps per set sometimes. He could deadlift the entire barbell literally all day long, and pretty soon he found an old wooden Coke crate and stood on it while he lifted, just to make the whole process harder. The 'Coke Crate Pull' is still popular among elite deadlifters today, by the way. By applying today's sophisticated methodologies to his training, Blue was using the 'Repetition Method' to build tremendous lactic acid tolerance, tendon strength and plain old endurance. After training with Don Blue with all of his 'death march' type sets, going to a meet and doing a few singles was a breeze. Roger reminisces about the first time he tried to train with him when he was incarcerated in Nebraska. "He told me to go for 400x10 reps in the deadlift. I did it and boy, was I bushed. As I was starting to unbuckle my belt, he shouted at me 'Hey, buckle that thing back on. You ain't finished yet, count to 10 now and do 9 reps. Then, count to 9 and do 8 reps, until you go all the way down to a single.' This was by far the most brutal system of training I had ever done." Mike Arthur worked as an intern in the recreation department of the Nebraska Penitentiary and through careful wangling, (much of it on Blue's part) secured him a job as a trusty, working directly for the warden at his home as a combination gardener/handyman. "The place was so spotless, you could have performed surgery on the floor. Don was meticulous in his work." The warden fixed up a rudimentary gym in his basement for Arthur, Benjamin and Blue to train in and out of that little mini dungeon came several world records

"I competed against Don Blue when I was just getting started, as a teenager. I would often out-squat him by as much as 100 lb., stay within 20–30 lb. of him in the bench press, but by deadlift time he would crush me and it was all over."

– Rickey Crain



Don Blue made a world-record deadlift of 615 pounds at the 1973 Worlds, which made national headlines

of the day. Mike Arthur reminisced about the bench press training. The basis for the training was a 10x10 system done almost every day with light to medium weights. Don really was a genius—a self taught genius obviously—in determining the strengths and weaknesses of an individual by looking at the origins and insertions of his muscles. He would often make us do an additional 15 sets of 10 in the dumbbell press on the bench to further augment our training. Apparently Don's high rep, high intensity worked, as all three began to break records. His 'system' was also very instinctive. Roger Benjamin: "Sometimes he would deadlift three days in a row and then take off two. He would often bench every day, and treat the squat the same as the deadlift." The deadlift was overall the Bell Cow of this training complex. He would do no other assistance exercises other than some dumbbell work. One of his earliest competitors was Rickey Crain—"I competed against Don Blue when I was just getting started, as a teenager. I would often out-squat him by as much as 100 lb., stay within 20–30 lb. of him in the bench press, but by deadlift time he would crush me and it was all over." Many theorize that Don Blue was the originator of the famous "the meet doesn't start until the bar hits the floor" saying. To him, the squat and bench press were but preliminary events, leading up to the grand finale, the deadlift.

By this time, due to his trusty's status, Blue's diet had improved from the standard bland prison fare to one augmented by as much milk, eggs, meat and beans he could eat. Blue believed that the legume, or bean, was vastly underrated as a protein and was actually superior to meats in the way they metabolized. Think about this, he taught himself kinesiology,

biomechanics, nutrition and the complexities of restoration—subjects that have had squadrons of Soviet scientists doing PhD dissertations on—and applied it to not only himself, but to others, with roaring success. Simply amazing, considering his lack of formal education.

By now, Blue was setting record after record, but all unofficial. Don gained his first notoriety when Bill Clark got the Kansas State Power Meet moved "inside" at the Kansas State Penitentiary—Lansing, Kansas—so Don could finally compete in a sanctioned event. The top 148 lifter in the world at that time was Bill Spangler of Wichita. Don had heard through the grapevine "the talk" was Bill was going to break 1300 at 148. He did, with 1315. In that meet, Don's first sanctioned competition, Don hit 470–330 (WR)–600 (WR) for a total of 1400 (WR). Thus was born the famous saying "the meet doesn't start until they put the bar on the floor." From here it was all out for Blue, Arthur and Benjamin. In 1973, Mike Arthur and Roger Benjamin were instrumental in getting Blue approved for outside travel (albeit with a guard) for one of the early IPF World Championships held in York, PA. This took a lot of wheeling and dealing, not just with the local authorities, but with those from several states. Mike Arthur accompanied Blue on the flight and apparently with the authorities of each and every state that the plane was going to travel over on its journey from Lincoln, Nebraska, to York, PA. "We had to get permission from each of the governors of each of the states to fly over with an inmate, if you can believe that." They had a fundraiser to come up with the necessary expenses for Blue, so off he went.

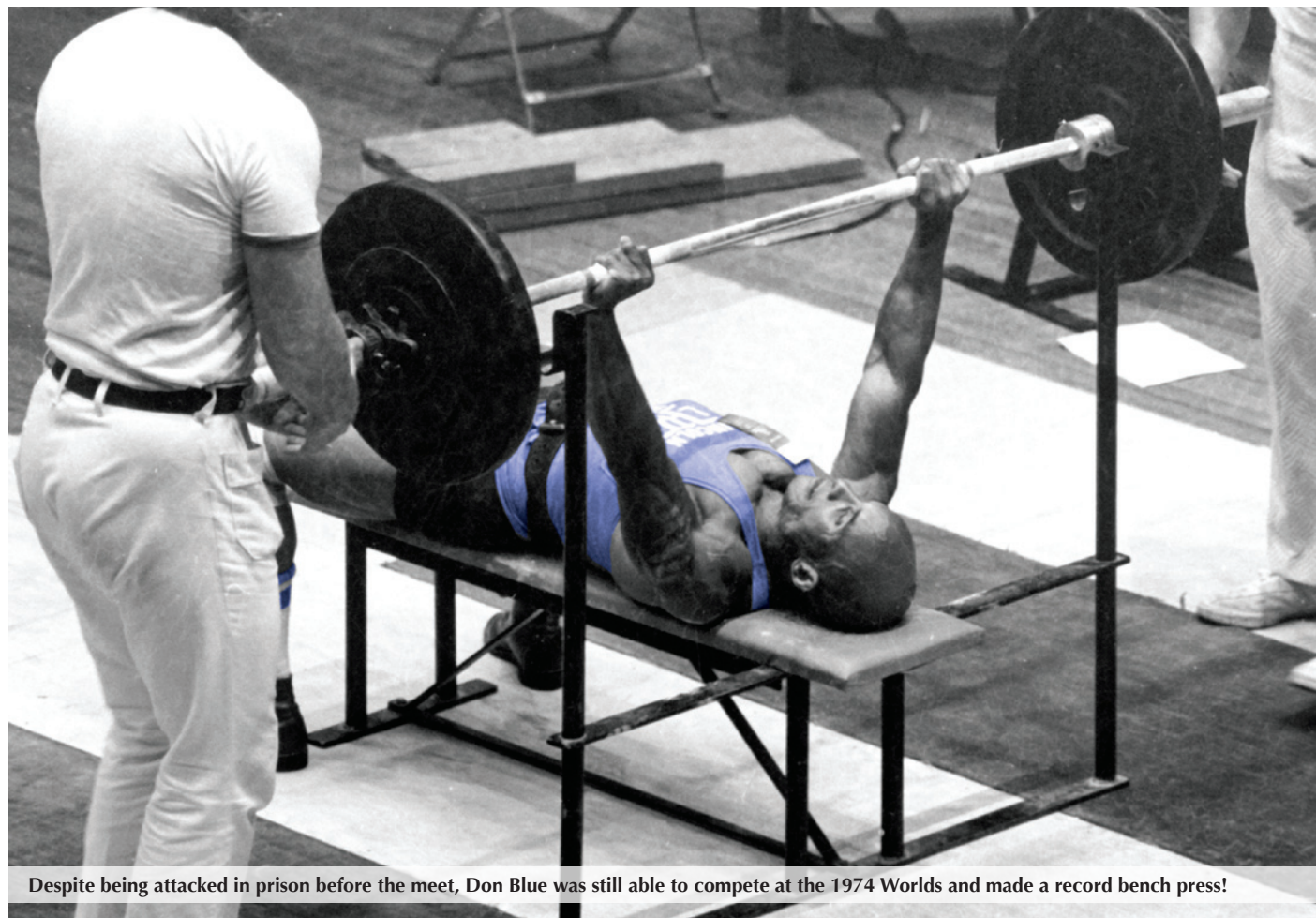
The Worlds were held in York, PA, in 1973, and Don was up against not only the best USA

lifters, but a scattering of some of the best in the world, some of whom are, unbelievably, still active today. This serves to underscore one thing, that he wasn't as young as he claimed. Peary Rader wrote an article in his fabled *Iron Man Magazine* in which he claimed Don was 29. Rick Crain, on the other hand, begs to differ. "Don had to be close to 50 when he won his first Worlds at 148 lb. in 1973 against the likes of USA's Jack Keammerer, England's Mike Mc Hugh and Canada's James Moir. He and Walter Thomas are the only two that I know to have won an Open worlds at that age." In 1973, Don went 470–325 (World Record)–615 (World Record)–1410 (World Record) to beat Keammerer (1340), Mike McHugh (1330), Gary Hunter (1260), and Jimmy Moir (1220).

His world record deadlift made front page national headlines, and I remember as a young man picking up a copy of the *Arizona Daily Star* and there it was, in the sports section, his iconic pull (complete with Mike Arthur's Nautilus Logo t-shirt). How many times has your newspaper featured the results of a powerlifting meet, even today in 2010? After the Worlds, Don garnered some decent publicity from the national bodybuilding and lifting magazines—most notably Peary Rader's *Iron Man*, which featured him prominently and spoke glowingly about his lifting, but most of all his desire to reform, to work with youth and to lead a normal life on the outside. The story also talked about his Olympic lifting ability, of which little is known about. Knowing what I know now about Blue, though, I believe he "conned" Mr. Rader in the article—telling him what he thought he wanted his readers to hear, and kept his real feelings to himself, as always. It did make for an interesting read back in 1974, though. Life went on

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THE STORY OF DON BLUE »



Despite being attacked in prison before the meet, Don Blue was still able to compete at the 1974 Worlds and made a record bench press!

as always inside Nebraska State Penitentiary, and before long, it was time to make preparations to defend his world title in York again. These were the early years of international powerlifting and most of the lifters at the Worlds were invariably Americans, with some Brits, Canadians, and Japanese in the mix. Nonetheless, the competition was due to be pretty fierce with Keammerer and McHugh returning, plus newcomers Mauro DiPasquale, Robert Cortes (recognize these guys, anyone?), Clyde Wright and the Nipponese nemesis Fumio Seki winging in from the mystic Orient to do battle. If all went well, Blue would surely repeat. Things however are not always as they seem. It was toward the tail end of his preparation for the 1974 Worlds that disaster struck. One day, while sitting in the day room writing a letter, Blue was savagely attacked from behind by another inmate and stabbed over 40 times, including in the eye and lung. Mike Arthur was at the scene then, "Despite being stabbed so many times, he got up, wrestled the attacker away and one punched the guy out cold—a much larger inmate who thought he was dallying (by letter) with his girl—and calmly checked himself into the infirmary. All I remember was the vast quantity of blood,

and the fact that Don, a lifelong chain smoker, was madder than hell at me because I wouldn't give him one of his nasty Pall Malls in the ER even though one lung was totally punctured." Blue, despite being only around 5'2" and 150 soaking wet, wasn't someone to take lightly in a fight. Roger Benjamin said it best: "trying to fight Blue would be like getting into the ring with a 150 lb. chimpanzee. You'd be lucky to escape with your life."

Despite this horrific setback, Blue was back in the gym in a matter of days, and training as if nothing happened. His recuperation powers were obviously off the charts because a scant 90 days later, he indeed repeated as World Powerlifting Champion. His injuries notwithstanding, Blue only totaled 5 lb. less than the previous year, and actually set a world record in the bench press. All told, he went 479-341-584-1405 to beat Keammerer (1361), McHugh (1322), Sergio Zeinstejer (1278), Robert Cortes (1267), Ron Garrow (1251), Mauro DiPasquale (1234), Jim Gallant (1223), George Niesty Jr. (1201), Clyde Wright (1190), Fernando Feliciano (1157), Fumio Seki (1102), and Ted Grodecki. And, of course, let me remind everyone that he was always a "raw" lifter, using no knee

wraps (they were outlawed in 1973 altogether), no squatting or bench press apparel, and only the thinnest of belts.

Strangely enough, Blue always wore his State issued prison boots for all three lifts, including the deadlift. During his frequent travels outside of prison to compete, Blue was a model citizen, "a perfect gentleman" recalled Roger Benjamin. "He was quiet, kept to himself, never used foul language and as always showed exemplary behavior around the ladies." His demons, however, sometimes came out when he was least expecting it. "One time we traveled to a local meet and had to stay in a motel. Blue didn't like sleeping on a bed, he preferred the ground with a pillow and a blanket. At around 2 AM, I was woken by a god-awful growling noise in the room. I thought some wild animal had gotten in somehow, but it was nothing more than Blue grinding his teeth in his sleep, and I mean grinding them so hard that I thought he would break his jaws—who on earth knew what sort of demons he was constantly at war with."

Don wasn't such a fanatic about training as many would have thought. *Hell, I loved training and I certainly considered this my 'job' so to speak because if not for my lifting ability*

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THE STORY OF DON BLUE »



Don Blue and his famous deadlift in 1973 (photo courtesy of Rickey Dale Crain)

(particularly in the deadlift), I'd a been just another con doin' hard time. My championships were worth something to me inside—the Warden was a good dude and he was proud of me. The old fart proly got a real kick outa braggin' 'bout his personal houseman and gardener who jest happened to be two-times World Champion and world record holder. Not that this didn't make me feel like some prized hunting dog and such, but like I said, I performed, I got to eat like a king, had an easy job and lifted with some real good dudes (and great champions too) like Mike and Roger—not some dumbass cons who wouldn't know a deadlift from their backside—but most of all, I got to get the hell out of this place (to compete) once in a while and feel like a real man, even for a little while. Them trips were the best. I used to love looking at people—the pretty girls, the kids, and the normal stuff. To eat in a restaurant, and not get your meal on some plastic tray was beyond good. Remember, most of my life, I had to stand in line and get lousy food thrown at me by some greasy cook on some tray like I was a hog or something. Most of the time, that food warn't fit for no hog, neither. When we traveled, Roger and Mike took me to some nice eatin' restaurants where we were served by cute waitresses, can you believe that? The feeling of a cool breeze on my face without the sight of razor wire-concertina fences was something too. My first Worlds were awesome. Bob Hoffman, York Barbell, all of the foreign dudes, magazine and newspaper coverage and of course, I waxed 'em all with my last pull. That skinny white dude from PA (Jack Keammerer) didn't know what hit him. There was some Limey (England's Mike McHugh) that was madder than hell 'cause apparently he was talking real big-time like he was gonna come in and beat ever'one. Me, I just smiled. Like I always said, man, the meet don't start 'til the bar hits the floor. All those

dudes thought they were in the catbird's seat until they saw me warm up for the deadlift. After that, it was a big fight for second place. My second Worlds were weird. That asshole thought he was gonna ice me in the dayroom, but I showed him. I showed 'em all. I should have pulled more, but I actually squatted more and benched a world record. My eye was killin' me or I would had another world record in the total as well.

But Don weirdly would always, and I mean ALWAYS, quit training almost as soon as he was paroled (and he got out of prison a lot, only to return).

I mean, like I said, inside, liftin' was my job, it got me some extra perks, decent food, a cake job and the chance to travel and all once in a while. It also helped me deal with all of the crap inside, the petty rules, the caged in feeling, the works. But on the outside? Cain't make no money liftin'. Didn't have no professional liftin' so why bother? I wanted to enjoy life some. Make some real bread. Party some. Chase some women. Maybe take a drink (or three). Just live life, goddamit, so what?

But all of that high living often resulted in trouble for Blue. The vodka and downers were a big part of his life on the outside. He married a woman he met on one of the visitor's days. Ridiculously enough, he and his wife were married inside of Roger Benjamin's Lincoln Health Club and on the deadlift platform, to boot! Sadly, this marriage lasted but a brief spell, and he was back to his old ways again—drinking, carousing, and just generally raising hell. He invariably re-offended with one crime or another and wham—back inside he went.

Well HELL. I'm back inside again. What the hell happened? Last six months were like a damn blur and all, I don't remember a lot. Jeez, I'm glad Mike and Roger cain't see me know. They'd be so pissed off; they helped me so much. Roger even let me use his apart-

ment to shack up with my girlfriend before we married and all. Well, looks like I'm what I've always been meant for—a con. Don't know if I want to lift again, cain't see the point in it, besides, I got me two world titles. Might as well go out on top and all.

Those who cared about Blue—Roger Benjamin and Mike Arthur—totally lost track of him around 1975. He was paroled, worked as a handyman for a local lifter/real estate man, got married, split up and one day, like a puff of smoke, just simply disappeared. Apparently he was incarcerated twice more for sure, once in North Dakota and the last time in Minnesota. In between, however, Don would experience one more bit of good luck, but not in lifting. Bill Clark: "I remember getting a weird phone call, out of nowhere around 1985 or 1986. It was from, of all people, Don Blue, calling from Illinois and he wanted to inform me that he had actually won a sizeable prize in the State Lottery—something like \$30–40,000."

Roger Benjamin reckons that unless Blue had changed 180 degrees, the money would maybe have lasted a few weeks, a month or two on some giant debouch at the most before he was flat broke and on the streets again.

A lot has been written over the years how environment shapes character. Human traits, especially involving behavior, are likely to have a complex genetic basis incorporating many genetic and environmental influences. Weirdly enough, this scientific theorem was the basis for a lot of the "Pygmalion" type movies, including "My Fair lady," with Rex Harrison, and the iconic comedy "Trading Places" with Eddie Murphy and Dan Akroyd. The theme of these and others all echo the same idea—to wit, can one overcome their difficulties at birth by simply changing atmospheres, or "trading places?"

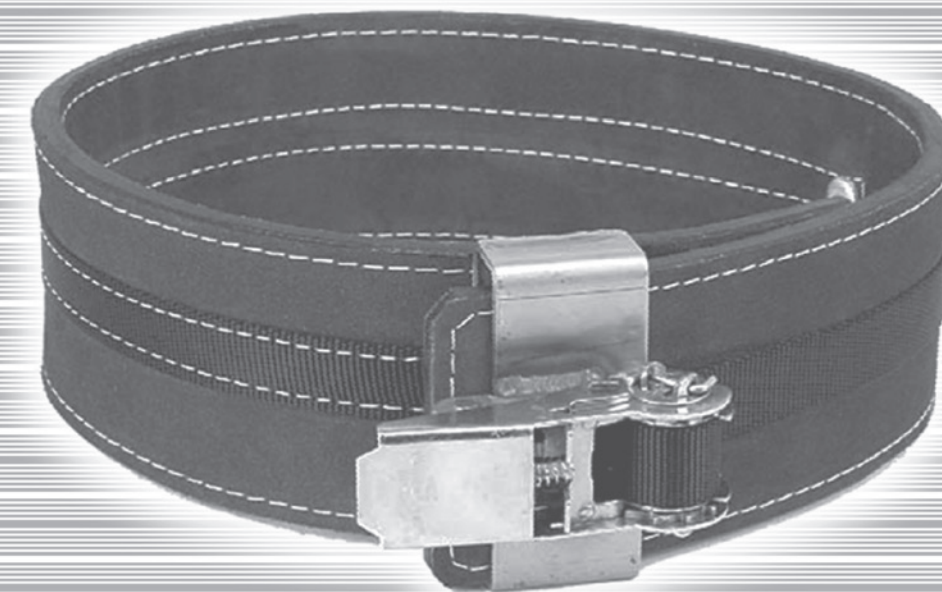
What if Don Blue, at the age of five was adopted by a wealthy family from say, Texas or California, instead of having to undergo the horror of watching his own father get decapitated with a shotgun blast? How would his life have turned out? Purely speculative, but let's let Don himself do the speculating:

It wasn't too long after that horrible incident that took my father's life that a kindly family took me in and treated me as their own son. We moved from Buffalo to Orange County, California, where my adopted father had a horse ranch. Man, I loved those animals, loved to ride them train them, loved their strength, majesty and beauty. And because of this love for animals I became a successful Veterinarian, and opened up my own practice. I retired a few years ago and now spend my time with my wife, kids and grandkids. I still enjoy a round or two of golf and I just started working out with weights to help my arthritis. My personal trainer wanted me to just do a pretty easy routine, but I can't sit still, even at this age. So, I started doing 20–30–40 even 50 repetitions with what he recommended I do 10 on. Man, I feel so alive, especially on the deadlift. I only have 150 lb. at home, so I found an old Coke crate in the shed and started doing my deadlifts with it. What a difference that made. ☪

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USAPL PHILLY EXPO EXTRAVAGANZA JAN 9 2010 » KOP, PA

BENCH	275 lbs.		
181 lbs.	Masters Raw		
OS-Raw	B. Feeney	308	
A. Halko	SHW		
363	OOS		
198 lbs.	J. Bogart	727	
Military	165 lbs.		
R. Dawson	OOS		
330	DEADLIFT		
Masters	OS-Masters		
B. Krench	R. Maxwell	473	
319	220 lbs.		
220 lbs.	OS Raw		
OS Raw	R. Haley	352	
R. Haley	242 lbs.		
352	Masters Raw		
242 lbs.	G. Burke	325	
Masters Raw	OS-Masters		
G. Burke	Masters		
325	N. Theodorou	523	
OS-Masters	M. Giles	611	
S. Bixler	MALE		
OS-Masters	123 lbs.		
C. Tallman	Raw		
451	E. Fernandez	137	303 440
Push Pull	148 lbs.		
FEMALE	Raw		
114 lbs.	P. Hibbert	126	292 418
HS Varsity	Teen (18-19)		
S. Jacobs	R. Johnson	170	297 467
123 lbs.	165 lbs.		
Raw	Raw		
B. Miller	A. Fedele	176	358 534
Raw	HS JV		
U. Alcott	B. White	203	352 555
72	HS Varsity		
HS JV	M. Stencler	297	435 732
J. Hardy	HS Varsity		
121	D. Kornfeind	231	363 594
Raw			
M. Laurence			
55			
132 lbs.			

HS Varsity			
T. Hammond	126	264	390
Masters			
A. Kemmerer	126	253	379
148 lbs.			
Teen (16-17)			
B. Crawford	154	314	468
Masters			
T. Crawford	121	292	413
OS Masters			
M. Spano	159	341	500
OOS			
165 lbs.			
Raw			
A. Cowdery	99	253	352
181 lbs.			
Raw			
A. Dufrane	83	236	319
198+ lbs.			
Open Raw			
S. Weaver	110	220	330
MALE			
123 lbs.			
Raw			
E. Fernandez	137	303	440
148 lbs.			
Raw			
P. Hibbert	126	292	418
Teen (18-19)			
R. Johnson	170	297	467
165 lbs.			
Raw			
A. Fedele	176	358	534
HS JV			
B. White	203	352	555
HS Varsity			
M. Stencler	297	435	732
HS Varsity			
D. Kornfeind	231	363	594

OS Raw			
J. Tripodi	297	490	787
181 lbs.			
Raw			
A. Graff	192	319	511
Teen (14-15)			
B. Crawford	242	429	671
Raw			
D. Doyle	231	402	633
HS Varsity			
S. Avender	303	435	738
Raw			
D. Steeley	214	413	627
OOS			
M. Ciupinski	512	523	1035
198 lbs.			
Raw			
M. Sollazzo	176	352	528
J. Brooks	259	457	716
B. DiMattia	264	440	704
Open			
P. Grohoski	—	567	567
Masters			
G. Eckard	292	424	716
OOS			
D. Meyers	314	440	754
OS Raw			
P. Meyers	242	358	600
220 lbs.			
HS-Varsity			
J. Mayes	325	567	892
Raw			
J. Tantoco	402	562	964
T. Contino	236	363	599
Masters			
J. VanDyke	203	407	610
Masters Raw			
T. Contino	236	363	599
OS Masters			
T. Cody	236	402	638
OS Raw			
T. Cody	236	402	638
242 lbs.			
Masters			
L. Mellinger	286	407	693
275 lbs.			
Junior			
R. Smith	363	562	925
Military			
R. Smith	363	562	925
SHW			
Open			
A. Miller	—	507	507
SHW			
Police/Fire			
A. Miller	—	507	507

picture of the award winner for the Best deadlifter; Justin Tripodi (165) deadlifted 490 pounds raw to win the 3rd Annual Dr. Nick award at the USAPL Philly Expo Bench Press and Deadlift Extravaganza on January 9 in King of Prussia, Pennsylvania. The Dr. Nick award is presented to the meet's best deadlifter in honor of Nick Theodorou. Theodorou, along with George Hummel and Brother Bennett, founded the ADFPA and started the drug free movement in powerlifting. This was the first time this award was presented in the USAPL. Formerly, it had been an ADAU award. The 59-year-old Theodorou pulled 523 pounds raw, weighing in at 166 pounds. Thank you once again and we'll see you next year.
» courtesy Niko Hulslander, Garage Ink



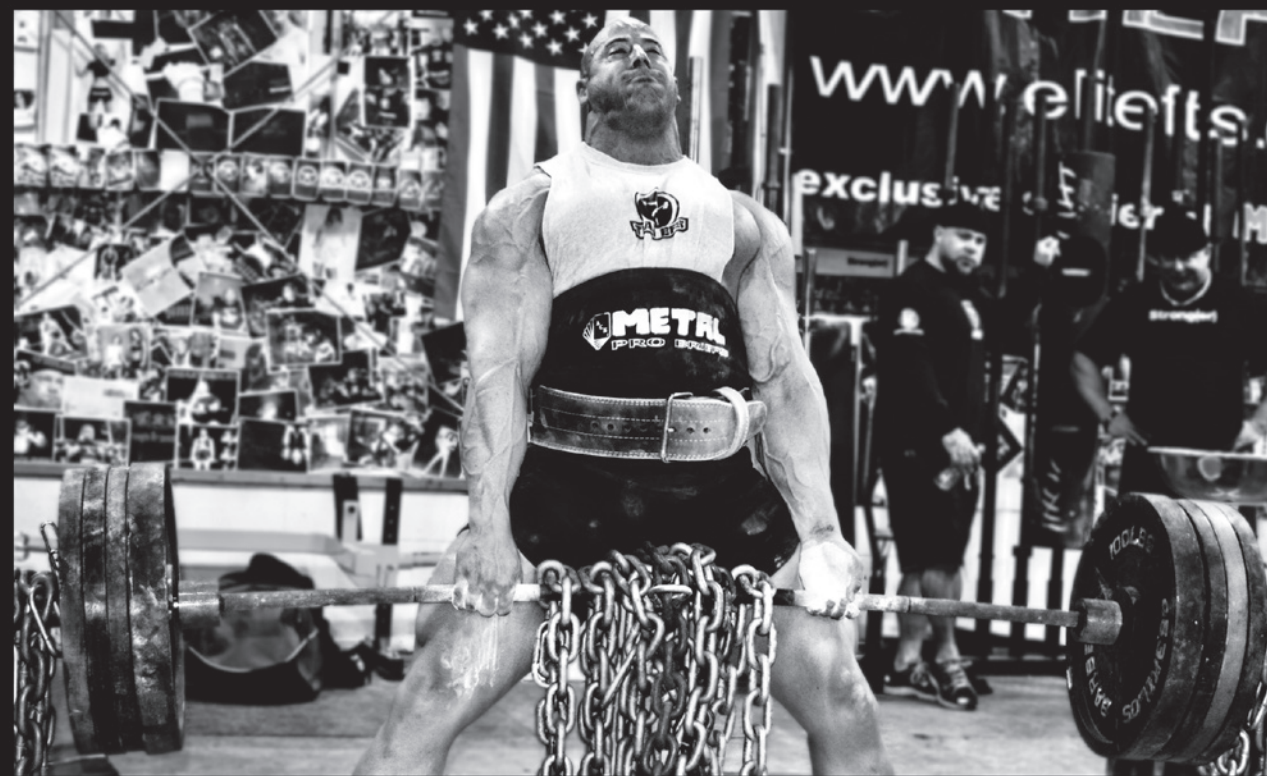
Nick Theodorou, Justin Tripodi, & Meet Director Niko Hulslander (Lee M. Friedman photo)

USAPL IRON LION OPEN DEC 2009 » University Park, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
CL				
L. Litterio	132	94	165	391
114 lbs.				
RW				
N. Ton	165	99	226	491
CL				
C. Osborn	132	83	220	435
123 lbs.				
Teen II				
A. Gabriel	154	110	243	507
CL				
S. Balawejder	182	94	193	468
A. Rankin	154	88	215	457
132 lbs.				
Master II				
A. Kemmerer	160	127	248	535
RW				
J. Goldstein	165	99	226	491
148 lbs.				
Master I				
T. Crawford	215	116	303	634
CL				
C. Casado	215	88	243	546
RW				
A. Hayward	182	94	231	507
181 lbs.				
Master I				
Chaszczewic	231	110	314	656
RW				
V. Semple	182	105	270	557
198 lbs.				
RW				
H. Johnson	243	154	331	728
MALE				
114 lbs.				
Teen II				
D. Fitzgerald	204	154	281	639
Teen I				
A. Feta	182	127	276	584
123 lbs.				
Teen I				
A. Belli	292	265	369	926
CL				
D. Stitely	231	182	336	750

It was great to be a part of the Philadelphia Health and Wellness Expo produced by James Jefferson and his staff. The event featured many different sports—Powerlifting, MMA, Boxing, Arm Wrestling, Strongman, BodyBuilding, Figure competition, and so much more provided the excitement over two days. The Valley Forge Convention Center in King of Prussia was a fantastic host for nearly 700 athletes. Fifty-five lifters from four different states took charge to the platform to showcase drug-free powerlifting at its finest. I have to thank all who participated in the event for understanding and being flexible to the expo conditions. To my staff of referees and spotters, your job was top notch!!!!!! Eliot Feldman, Rebekah Lair, Donnie Wilson, and Dr. Nick Theodorou handled the judging. Joe Dimer, James Holmes and Tom Getsinger were my spotters and loaders. Highlights of some of the lifting include, Mike Ciupinski's 512 pound bench at 181! Cliff Tallam hitting a 451 pound bench at 66 years old. John Bogart benching a HUGE 727 pounds at a bodyweight of 280. As well, here is a

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132 lbs.							
Teen II							
R. Longo	303	276	485	1064			
F. Papa	243	171	375	788			
148 lbs.							
Teen II							
F. Thelmo	402	254	435	1091			
220 lbs.							
Open							
A. Kang	463	265	485	1213			
CL							
K. Sheaffer	452	226	424	1102			
A. Bryant	342	287	452	1080			
T. Gosalvez	336	248	446	1031			
T. Devine	320	226	353	898			
RW							
A. Watson	276	237	419	931			
R. Love	309	231	369	909			
Teen I							
Malachefski	254	160	353	766			
165 lbs.							
CL							
R. Aukerman	402	331	502	1235			
RW							
J. Mattei	303	248	364	915			
D. Barry	353	—	457	810			
Teen II							
J. Hall	276	198	298	772			
Teen I							
B. Holmes	176	138	364	678			
181 lbs.							
CL							
S. Madrid	474	281	502	1257			
J. Miller	430	254	474	1157			
Loncharich	—	—	551	—			
RW							
J. Sartor	518	331	645	1494			
S. Dannaker	353	281	463	1097			
Junior							
M. Yoonjon	—	276	485	761			
198 lbs.							
CL							
J. Mensinger	573	353	650	1576			
J. Richardson	402	287	424	1113			
RW							
R. Anantua	303	276	485	1064			
Teen II							
R. Longo	314	226	408	948			
Teen II							
F. Thelmo	402	254	435	1091			
220 lbs.							
CL							
N. Mercurio	661	502	551	1714			
M. Marini	424	243	502	1168			
Master II							
G. Kattouf	441	336	535	1312			
HSV Teen II							
N. Miller	485	265	535	1284			
RW							
T. Kunes	386	237	502	1124			
J. Holmes	276	276	452	1003			
CL Junior							
T. Ellis	540	386	551	1477			
Teen II							
R. Prodoehl	424	243	463	1130			
242 lbs.							
CL							
S. Snyder	518	281	474	1273			
M. Pluta	353	276	430	1058			

APF SNAKE RIVER CHAMPIONSHIPS SEP 26-27 2009 » Idaho Falls, ID

BENCH	J. Koch	303
Saturday	Open	
MALE	D. Maxwell	342
Snake River	275 lbs.	
220 lbs.	Open	
Novice	D. Fortner	—
J. Pritchertt	R. McAfee	546
AAPF	Master (40-44)	
181 lbs.	K. Lombard	—
Master (45-49)	AAPF	
J. Anest	198 lbs.	430
AAPF Raw	Master (40-44)	
148 lbs.	T. Ponzio	—
Master (45-49)	Master (50-54)	
P. Wach	J. Conley	573
181 lbs.	B. Baker	298
Master (45-49)	220 lbs.	
J. Anest	Master (55-58)	347
APF	R. Marchant	391
165 lbs.	275 lbs.	
Open	Master (65-69)	
Cunningham	M. Herrera	402
Master (45-49)	S. Sandberg	463
Cunningham	308+ lbs.	441
APF Raw	Open	
181 lbs.	S. Mecham!	612
Master (45-49)	C. Jenkins	502
J. Anest	AAPF Raw	430
Sunday	198+ lbs.	
Snake River	Submaster	
220 lbs.	J. Drecksal	342
Novice	APF	
J. Pitcher	Open	336

S. Mecham	612	Open
198 lbs.	J. Cunningham	474
Master (50-54)	Master (45-49)	
R. Cowles	J. Cunningham	474
242 lbs.	Sunday	
Master (50-54)	MALE	
M. Mari	Snake River	507
J. Conley	Submaster	573
275 lbs.	D. Maxwell	353
Open	Novice	
Master (65-69)	Justin	303
S. Sandberg	AAPF	
DEADLIFT	275 lbs.	
Saturday	Master (65-69)	
MALE	AAPF Raw	496
AAPF Raw	Master (45-49)	
148 lbs.	P. Wach	320
Master (45-49)	APF	
T. Ponzio	165 lbs.	
Master (50-54)	Powerlifting	
J. Conley	SQ	
573	BP	
220 lbs.	DL	
Master (55-58)	TOT	
R. Marchant	Saturday	
391	FEMALE	
275 lbs.	AAPF	
Open	123 lbs.	
Master (65-69)	Open	
M. Herrera	S. Maxwell	209
402	121	204
S. Sandberg	204	535
463	SHW	
308+ lbs.	Open	
Open	H. Gibson	402
S. Mecham!	314	287
612	1003	
C. Jenkins	MALE	
502	AAPF	
AAPF Raw	165 lbs.	
198+ lbs.	Junior	
Submaster	S. Westwood	584
J. Drecksal	364	507
342	1455	
APF	181 lbs.	
Open	Junior	

MacCarthy	601	353	551	1505
242 lbs.	Teen (15-16)			
J. Gibson	722	413	562	1698
AAPF Raw	Teen (16-17)			
R. Turner	176	193	331	700
148 lbs.	Master (50-54)			
Master (45-49)	P. Wach	187	198	320
187	APF			
165 lbs.	Master (45-49)			
Cunningham	402	441	474	1317
Open	Cunningham	402	441	474
402	1317			
242 lbs.	Teen (15-16)			
J. Gibson	722	413	562	1698
APF Youth	Z. Marchant	—	—	—
N. Howe	—	—	—	—
C. Childs	143	94	187	424
308 lbs.	Open			
J. Gibson	953	733	667	2353
Submaster	D. Harris	413	375	485
413	1273			
198 lbs.	Open			
E. Kinsey	705	474	562	1742
Submaster	K. Larsen	551	430	480
480	1642			
242 lbs.	Open			
T. Nelson	606	435	601	1642



1000 lb. 4th attempt by Jason Gibson (Mike Higgins photo)

275 lbs.	Master (50-54)			
J. Conley	661	573	650	1885
Master (60-61)	D. Shock	480	276	1157
308 lbs.	Open			
J. Gibson!	953	733	667	2353
AAPF Raw	198 lbs.			
Submaster	J. Drecksal	513	342	606
513	1461			
Master (45-49)				

P. Turner	342	220	452	1014
AAPF Raw P/F/M	Open			
J. Gunter	435	292	562	1290
APF	275 lbs.			
Master (50-54)	J. Conley	661	573	650
661	1885			
Master (60-61)	D. Shock	480	276	402
480	1157			
Master (65-69)	S. Sandberg*	529	463	502
529	1494			
308+ lbs.	Master (40-44)			
Master (40-44)	B. Mielke	491	402	535
491	1427			
198 lbs.	Open			
J. Gunter	435	292	562	1290
Master (45-49)	P. Turner	342	220	452
342	1014			

Worlds in 2011 are in Europe, cause I'll put money on our Mountain States Team would be unbeatable! Phil Turner (MT) lifting raw got things started on Sunday and took the Master 45-49/242's. Dawane Harris, in his first appearance at the championships, went 440-374-485 and took the Submaster 220 in the Snake River competition. Dennis Shock (UT) got a APF Master 60-64 year record with his 479 squat. Congrats Dennis! Jacob Gunter (UT) lifting raw went 435, 292, and a big 562 deadlift to win the Military Open 198s. Brian Mielke (UT) won the Master 40-44/308s lifting 490-402-534. Brain's almost seven feet tall, so that's some good lifting, especially after spotting on Saturday! Thanks Brian, your great attitude is appreciated! Jeremy Drecksal (UT), another great raw lifter, lifted 512-341-606 and won the Submaster 198s. Skip

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Sandberg (WA) with 40 years competition experience planned it just right, lifting 529-462-501 for Best Master Lifter and won the Master 65-69/275s. Newcomer Ed Kinsey (UT) won the Men Open 198 lifting 705-473-562. Jeff Conley (WA) coached his son last meet but jumped in this time and won the Master 50-54/275 going 661-573-650. The adrenaline hit the roof when Jason Gibson blasted up his third attempt of 952 lbs. and then asks for more! His 1000 lb. fourth attempt squat was smooth for a Snake River Record, our first record of that magnitude. Then Jason backed his squat up with a 733 lb. bench. Brent Mikesell and Kieran Kidder are the only other two who has attempted 1000 lbs. at our meet. And the way Jason handled the weight, more will be coming, guaranteed! So when the dust settled, guess this meet will be remembered as the

last meet at World Gym and the JJ Show! Jordan and Jason Gibson, who were the best lifters both days and are also great, great competitors and more importantly, great human beings! Thanks to all the people who not only lifted, but jumped in to help as well! Thanks to the judges who did an awesome job: Carl Lovell, Jon Cunningham, Tom Sunshine, Heather Gibson, Dennis Shock. Thanks to Broadway Ford for sponsoring another successful competition, it wouldn't have happened without your help. Thanks to all our sponsors; Albertsons, Outback Steakhouse, Snake Bite, Ellis Physical Therapy, Screen Graphics, Creative Auto, Frosty Gator, Grand Teton Harley-Davidson, Apple Athletic, Payson Powerlifting, Professional Photo: Chris Hatch, Sign Pro, ISSA, Ripped Fitness, and World Gym. Take care.

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			PRO	AM	

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COMING EVENTS

MEET DIRECTORS: a listing here is a FREE service. To have your event added to our listing, send details preferably at least three months prior to your event by mail to PL USA Coming Events, P.O. Box 467, Camarillo, CA 93011, or by email to info@powerliftingusa.com, or by phone at 1.800.448.7693.

1 MAY » WCPF SC Championships (Greenville, SC) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
1 MAY » SSA Imperium (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com
1 MAY » USAPL WV State/Open/Ironman PL Championships (WV) » Doug Currence, 304.550.5064, www.usapowerlifting.com
1 MAY » USAPL MI 1st Annual Push/Pull Meet (MI) » Miguel Ruelan, 810.701.1876, www.usapowerlifting.com
1 MAY » SPF Southeast Regionals (PL/BP/DL) (Russellville, AR) at Back 2 Basic Gym » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
1 MAY » NASA Chippewa Classic (Chippewa Falls, WI) » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
1 MAY » IPA Virginia State Powerlifting Championships (Fredericksburg, VA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
1 MAY » 15th WNPf & 2nd WNPf Lifetime Western Penn. Championships (Beaver, PA) » Ron Deamicis, 330.792.6670, powerl103@aol.com, www.wnpf.net
1 MAY » 13th WNPf South Carolina States & 2nd WNPf Lifetime SC Championships (PL/BP/DL/PC) (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
1 MAY » SLP Southwest Missouri Open BP/DL Championship (Branson, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
1 MAY » RAW United Firefighter/EMT Games (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 4.17.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
1 MAY » **NASA Tom Manno Western States Nationals**, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) » www.nasa-sports.com
6-9 MAY » **WPC Heydar Aliyev World Cup Powerlifting and Bench Press Championship** (Baku, Azerbaijan) » Aladdin Aliyev - meet director, contact Mike Sweeney, irmmike@aol.com, www.worldpowerliftingcongress.com
8 MAY » APA Sunshine State RAW BP Championships (Clearwater, FL) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
8 MAY » APA Delaware Power Classic (Newport, DE) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
8 MAY » AAU Don Reinhoudt Big Dawg Classic BP/DL (Clyde, NY) at Donse-laars Partyhouse » Steve Rogers, 315.365.3377, www.aapowerlifting.org
8 MAY » SPF Summerfest Push/Pull & BP Championship (Chesnee, SC) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
8 MAY » IBP SC Battle of the Bench (Easley, SC) at RIPT 24/7 Gym » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
8 MAY » WABDL Southeastern Regional BP & DL Championships (Gadsden, AL) » Rick Hagedorn, 256.441.0143, www.wabdl.org
8 MAY » **Lifetime Natural Powerlifting Nationals** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
8 MAY » NASA Oklahoma Open State, Equipped/Unequipped PL/BP/PS/PP (OKC, OK) » www.nasa-sports.com
8 MAY » AAPF Granite City Iron Wars VII (Barre, VT) » Bret Kernoff, 802.865.2747, www.worldpowerliftingcongress.com
8 MAY » AAU Virginia High School Push Pull Championships (Mechanicsville, VA) at Lee Davis High School » Judy Wood, 804.559.4624 (after 7 PM), Judy Meads, 804.730.8810 (after 7 PM), vapowerlifting@aol.com, www.aapowerlifting.org
8 MAY » AAU Oklahoma State PL/BP/DL Championships (Sapulpa, OK), at Sapulpa High School Gym » Danny Berry, 918.695.3823, www.aapowerlifting.org
8-9 MAY » **Amateur Pro Equipped Nationals** (Montreal, Canada) » Bruce McIntyre, brucecmintyre@sympatico.ca, www.worldpowerliftingcongress.com
8-9 MAY » **APF Master, Teen & Junior Nationals** (West Palm Beach, FL) » Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com
9 MAY » AAU 7th Annual Triple Crown Classic & East Coast BP Classic/ Push Pull Meet (Mechanicsville, VA) at Lee Davis High School » Judy Wood, 804.559.4624 (after 7 PM), Judy Meads, 804.730.8810 (after 7 PM), vapowerlifting@aol.com, www.aausports.org

15 MAY » WPC Israel Bench Press North Open Championship (Haifa, Israel) » Anna Marcus, annamarcus@rambler.ru, www.big-champ.com, www.worldpowerliftingcongress.com
15 MAY » USAPL PA State BP/DL Championships (Brogue, PA) at Vision Fitness » Niko Hulslander, 717.779.5622, www.garageinkpowerteam.com
15 MAY » USAPL Twin Ports Raw Open (Duluth, MN) » Joe Warpeha, 651.485.7353, www.usapowerlifting.com
15 MAY » **(NEW DATE)** APA Guerilla Gorilla II (Raw and Equipped) (Freeport, ME) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
15 MAY » Atomic Athletic Great Swamp Olde Time Strongman Picnic (Bowling Green, OH) at Atomic Athletic Headquarters, Lehman Ave. » 419.352.5100, www.atomicathletic.com
15 MAY » APF/AAPF Washington State Open (Aberdeen, WA) » Dr. Don Bell, 360.533.6620, flex@techline.com, www.worldpowerliftingcongress.com
15 MAY » APF Maine State PL/BP Championships (Westbrook, ME) » Matt Israelson, 207.415.2075, dynamaxx21@yahoo.com, www.worldpowerliftingcongress.com
15 MAY » ADFPF Bill Beckwith memorial PL/Single Even Challenge (Grand Rapids, MI) » www.adfpf.org
15 MAY » USPF Patriot Games BP/DL Challenge (Santa Maria, CA) » Ken Tawzer, 805.344.2186, www.powerliftingCA.com
15 MAY » NASA Kentucky State Championship (PL/BP/PS/PP) (Morehead, KY) at the Morehead Conference Center » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com
15 MAY » **WABDL World Cup BP & DL Championships** (Wisconsin Dells, WI) at Chula Vista Resort » Gus Rethwisch, 503.901.1622, www.wabdl.org
15 MAY » IPA South Jersey Rumble (Paulsboro, NJ) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
15 MAY » **WNPF & WNPF Lifetime Bench/Deadlift/Powercurl/Squat Nationals** (single lifts--no totals) (Bordentown, NJ) » Troy Ford, 770.668.4841, wnpf@aol.com, www.wnpf.net
15 MAY » SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
15 MAY » **NASA Bench Press Nationals**, Equipped/Unequipped BP/PS/PP (Denver, CO) » www.nasa-sports.com
16 MAY » WNPF Maryland Championships (PL/BP/DL/PC & Repts) (Baltimore, MD) » www.wnpf.net
22 MAY » EPF Mass. State Records (Peabody, MA) at Gym Warriors » Paul Desimone, 978.766.6280, pauldesimone01@aol.com, www.elitepowerlifting.com
22 MAY » IPA Bench on the Boards (IPA sanctioned & unsanctioned) (Wildwood, NJ) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
22 MAY » AAPF 2nd Annual Carolina Classic PP/BP (Cramerton, NC) » Eric Hubbs, 803.242.6323, www.worldpowerliftingcongress.com
22 MAY » The Bar Bender Suffolk Virginia Special Olympics PL Competition (Suffolk, VA) at Lakeland High School » Rob Kelly, 757.375.8478, robkelly@spk12.net
22 MAY » IBP NC State Youth/Teen Powerlifting Championships (Statesville, NC) at American Renaissance Middle School » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
22 MAY » WABDL Western Regional (Santa Cruz, CA) at University Inn » Ismansjah Soekardi, 831.238.3520, www.wabdl.org
22 MAY » WABDL Buckeye Hall of Fame Classic (Canton, OH) at Pro Football Hall of Fame » Don Miskinis, 216.272.9409, www.wabdl.org
22 MAY » 100% Raw Freedom USA Open Bench Press/Strict Curl (Leesburg, VA) at Gold's Gym » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
22 MAY » NASA Tennessee State, Equipped/Unequipped PL/BP/PS/PP (Pickwick, TN) » www.nasa-sports.com
22 MAY » USAPL Illinois State/Great Rivers Open PL/BP (Harrisburg, IL) » Rick Fowler, 618.451.4737, www.usapowerlifting.com
22-23 MAY » **USAPL Women's National PL Championships** (Cleveland, OH) » Gary Kanaga, 440.241.7984, bigkspowermeets@gmail.com, www.bigkspowermeets.com
23 MAY » APA Southwest Florida RAW State Championships (PL/PP/BP/DL) (Arcadia, FL) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
23 MAY » APA Southwest Florida RAW Overhead Press & Strict Curl Competition (Arcadia, FL) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
29 MAY » SLP Ho-Chunk Nation Open BP/DL Championship CHAMPIONSHIP (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St.,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
29 MAY » NASA South Texas State, Equipped/Unequipped PL/BP/PS/PP (Alvin, TX) » www.nasa-sports.com
29 MAY » 100% RAW Northeast Regional Single Lift Championships (Johnson City, NY) at Johnson City Senior High School » Hunter/Wayne Claypatch, 1028 Whittemore Hill Rd., Owego, NY 13790, www.rawpowerlifting.com
29 MAY » **USPF Military Nationals** PL/BP/DL (WPF World Championship Qualifier) (Venice Beach, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com
29 MAY » ADAU Raw Power Pittsburgh Powerlifting Championships (Pittsburgh, PA) at the Kumite Classic Pittsburgh Fitness Expo at the Monroeville Convention Center » Nick Vlasic, 412.335.7569, monsters_unlimited@msn.com, www.pghfitness.com
30 MAY » USPF Muscle Beach PL/BP/DL (Venice Beach, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com
4-6 JUN » **AAU Equipped National Powerlifting Championships** & US Open RAW Powerlifting and Single Lift Championships (Pittsburgh, PA) at the Holiday Inn Pittsburgh Airport » Matt McCCase, 304.376.7538, www.powerpromotion-susa.com
5 JUN » Bridgeport House of Pain presents: 1st Annual Powerlifting Meet (SQ/PB/DL) (New Haven, CT) at Golds Gym, 31 Bernahd Rd., \$500 cash prize for best overall lift, \$250 prize for 1st lightweight, middleweight, light heavy-weight, and heavyweight, \$75 entry fee » Dino Carbone, 203.556.3117, jaypicarillo@houseofpain.com, www.houseofpain.com
5 JUN » IPA South Philly Push/Pull (Philadelphia, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
5 JUN » USPF Push-Pull Meet (SLB Meet & SLD Meet; Open/Submaster/Master) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, www.coldirongym.com
5 JUN » NASA West TX State (Equipped & Unequipped PL/BP/PS/PP) (Hersford, TX) » www.nasa-sports.com
5 JUN » WABDL Great Lakes Regional BP & DL Championships (Lansing, MI) at Holiday Inn South » Gus Rethwisch, 503.901.1622, www.wabdl.org
5 JUN » APA Longhorn Championships (PL/PP/BP/DL, Raw & Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
5 JUN » Summer 2010 Push/Pull Meet (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com
5 JUN » SLP Missouri Open BP/DL Championship (Chesterfield, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
5 JUN » APF Metroflex's Show of Strength (Plano, TX) at the Plano Centre » Greg McCoy, www.worldpowerliftingcongress.com
5 JUN » USAPL 2nd Annual Orange County PL Championship, Ironman & BP Meet (Pine Bush, NY) » Frank Panaro, 845.778.1884, frankpanaro@gmail.com, www.usapowerlifting.com
5-6 JUN » **APF Senior Nationals** » Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com
5-6 JUN » **SPF National PL/BP Championship** (Nashville, TN) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
6 JUN » SLP Black River Open BP/DL Championships (Pocahontas, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
6 JUN » New England Raw PL/BP/DL Championships (Warwick, RI) at N.E. Training Center » Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, 401.952.9166, joemusclehead845@yahoo.com, www.motonutracing.com/Forms.html
6 JUN » USAPL New Jersey High School BP/PL Championships (NJ) » Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908.874.5843
9-13 JUN » WPC European Championships (Hungary) » Peter Kerecsenyi, hungarianpowerliftingcongress@gmail.com, www.worldpowerliftingcongress.com
11-13 JUN » **APC National PL/BP Championships** (raw & equipped, world team qualifier) (Athens, GA) » L. B. Baker, 770-713-3080, *the best lifter will receive a plaque with the image of Dave Pasanella, the "David Scott Pasanella," award to commemorate the 20th anniversary of Dave's death, www.americanpowerliftingcommittee.com
12 JUN » 1th Miller's Ironhouse Natural Bench Press Competition (Open/Raw/Teen/Women/5 Master classes/Body Rep Contest; sculptured awards plus swords and goodie bags) (Cumberland, MD) » Brian Cumberland, 301.777.0644, bmillersgym@yahoo.com
12 JUN » 100% RAW American Challenge at 8 Locations » NC - Paul Bossi, VA - John Shifflet, VT - Bret Kernoff, NJ - Mike Binkley & Wayne Claypatch,

NE - Ed Horwitz, AZ - Paul Gillot, NV - Dustin Newsom, AK - Jim Eidinmiller » rawlifting@aol.com, www.rawpowerlifting.com
12 JUN » APA American Big Iron Classic (Full Power/PP/BP/DL) (Raw & Equipped) (Southampton, MA) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
12 JUN » YMCA Powerlifting Championship (Omaha, NE) at the YMCA, 7502 Maple St. » Tim Horton, 402.871.4059
12 JUN » 11th Annual Capital City Challenge Strongman Competition (Madison, WI) at Ford's Gym » 608.249.4227, www.fordsgym.com
12 JUN » IPA Lexenxtreme In-House Bench Meet (Grove City, OH) at the Lexenxtreme Gym, 3663 Garden Ct. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
12 JUN » IBP NC State Push Pull Championships (Shelby, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
12 JUN » **WABDL GLC Direct 2010 National Push-Pull** (Phoenix, AZ) at Sheraton Crescent Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
12 JUN » SLP Superman Classic BP/DL Championship (Metropolis, IL) » Dr.

APF/AAPF/WPC Schedule

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
15 MAY, Israel Bench Press North Open Championships
22 MAY, AAPF 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
19 JUN, APF Open/Novice Powerlifting Meet
27 JUN, APF/AAPF Monster Garage BP Challenge
10 JUL, APF Gator Open (PL/BP)
16-18 JUL, AWPC World Championships
17 JUL, AAPF Big Sky State Games
24 JUL, APF Mayhem in Myrtle Beach
JUL, APF Push Pull Meet
JUL, Montreal Power War
14 AUG, APF/AAPF Northwest PL Championships
21 AUG, APF California Summer Bash
21 AUG, APF Ohio State Meet
AUG, APF Mississippi State PL Meet
AUG, APF/AAPF Chicago Summer Bash 7
3-5 SEP, AWPC/WPC Raw Worlds
11 SEP, APF/AAPF Summer Heat VI
11 SEP, APF Georgia State Meet
29 SEP - 3 OCT, WPC/AWPC Asian Open Championships
23 OCT, APF Wolverine Open
1-7 NOV, WPC World Championships
4 DEC, APF/AAPF Southern States (PL/BP)
11 DEC, Israel Open Championships
13 DEC, APF Ironman Meet
DEC, APF South Carolina Championships
DEC, Ontario Amateur Pro Championships
JAN 2011, Battle in Montreal
12 FEB 2011, APF 4th Annual Arizona Open State
Dates subject to change
Call 866-389-4744 for more information
or go to our website:
www.worldpowerliftingcongress.com

COMING EVENTS »

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

12 JUN » 100% Raw American Challenge Virginia State/Open BP, DL, SC (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

12 JUN » NASA East Texas Open, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) » www.nasa-sports.com

13 JUN » RAW United New Jersey Open (Fairlawn, NJ) at Parisi Speed School, 5.22.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com, www.rawunited.org

13 JUN » **Amateur Pro Raw Nationals** (Toronto, Canada) » Bruce McIntyre, brucecmintyre@sympatico.ca, www.worldpowerliftingcongress.com

13 JUN » Immaculate Heart of Mary Festival (BP/DL/Strongman) (Youngstown, OH) » Ron Deamicis, 330.792.6670, 330.519.3078, powerl103@aol.com

18-19 JUN » **USPF Multi-Nationals Powerlifting Championships** (Men's, Women's, Master's, Junior Nationals) (Warwick, RI) at the Shearton-Providence Airport Hotel » Ted Isabella, 401.946.5350, uspf-ri@cox.net, www.ripl.org, www.wvusp.com

18-20 JUN » **USPF PL/BP/DL Nationals** (WPF World Qualifier) (Providence, RI) » Ted Isabella, www.uspf.com

18-20 JUN » **USAPL Men's Open & Teen/Junior Nationals** (Palm Springs, CA) » Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com, www.usapowerlifting.com

19 JUN » APA Heavy Metal Classic (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

19 JUN » 4th Annual Southwest Minnesota Bench Press Championships (Sleepy Eye, MN) at Dungeon's Gym » Brent Mielke, zooman@sleepyeyetel.net, 507.794.6197, <http://thesouthwestminnesotabenchpress.blogspot.com>

19 JUN » APF Open/Novice Powerlifting Meet (Fresno, CA) » Bob Packer, 559.760.2970 or 559.323.3892, www.worldpowerliftingcongress.com

19 JUN » USPF Sooner State Summer Games (Shawnee, OK) » Rickey Dale Crain, 405.275.3689 or 1.800.272.0051, rcrain@allegiance.tv, www.sooner-stategames.org

19 JUN » Sampson's Gym 12th Annual BP Championships (non-sanctioned) (Taft, CA) » Travis Botts, www.powerliftingCA.com

19 JUN » WABDL Rocky Mountain Regional BP & DL Championships (Salt Lake City, UT) » Ken Lyons, 801.690.4467, www.wabdl.org

19 JUN » WABDL Houston Open BP & DL Championships (Humble, TX) » Tiny Meeker, 832.423.7662, www.wabdl.org

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

19-20 JUN » RAW United Mike Witmer Memorial Open (Tampa, FL) at

Jackson Springs Recreation Center, 5.15.10 entry deadline, will be streamed live in HD, filmed for a Reality TV Series by FOX Sports » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com, www.rawunited.org

19-20 JUN » **NASA USA Nationals**, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) » www.nasa-sports.com

20 JUN » SLP Extreme Fitness Open BP/DL Classic (Milton, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

20 JUN » **USPF Bench Press & Deadlift National Championships** (Warwick, RI) at the Shearton-Providence Airport Hotel » Ted Isabella, 401.946.5350, uspf-ri@cox.net, www.ripl.org, www.wvusp.com

24-26 JUN » WPF European Championships PL, BP, DL (Akureyri, Iceland) » Sigfus Fossdal, www.wfpowerlifting.com

26 JUN » **(NEW DATE)** USAPL East Bay Open (Concord, CA) » Steve Denison, www.powerliftingca.com

26 JUN » EPF Summer Slam All Powerlifting Meet (Peabody, MA) at Gym Warriors, *prizes will be awarded--trophies, supplements, and \$100 cash prize to any one raw DL 800, SQ 700, or BP over 550 » Paul Desimone, 978.766.6280, pauldesimone01@aol.com, www.elitepowerlifting.com

26 JUN » **ADFPF Powerlifting Nationals** (Columbia, MO) » Bill Duncan & Eli Burke, mopowrlfr@yahoo.com, www.adfpf.org

26 JUN » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

26 JUN » **11th WNPf Elite Nationals** (PL/BP/DL/PC) (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

26 JUN » USAPL 8th Big K Powerlifting Championships (Cleveland, OH) » Gary Kanaga, 440.241.7984, bigkspowermeets@gmail.com, www.bigkspowermeets.com

26-27 JUN » IPA Strength Spectacular – **World Powerlifting & BP Championships** (York, PA) at York Barbell Company, 3300 Board Rd. » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com

26-27 JUN » **AAU National Bench Press, Deadlift, Push-Pull & North American Powerlifting Championships** (San Diego, CA) at the Rancho Buena Vista Performing Arts Center, (meet capped at 1st 350 lifters) » Martin Drake, 951.928.4797, naturalpower@earthlink.net

27 JUN » APF/AAPF Monster Garage Bench Press Challenge (Waukegan, IL) » Eric Stone, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

27 JUN » APF/AAPF Monster Garage BP Challenge (Waukegan, IL) at Monster Garage Gym » Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com

27 JUN » WNPf New Jersey Championships & 2nd WNPf Lifetime USA (PL/BP/DL/PC) Championships (Atlantic City, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

27 JUN » WABDL Sonny's 6th Annual Push-Pull Championships (Honolulu, HI) at the Hawaii Convention Center » Mike Saito, 808.221.0129, jocelyn Ronolo, 808.387.8776, www.wabdl.org

28 JUN - 3 JUL » GPC Europea PL Championships (Limerick, Ireland) at the Kilmurry Lodge » Gerry Mc Namara, 003.536.135.5735, www.irish-powerlifting-gpc.com

9-11 JUL » **AAU National BP/DL/PP Championships** and North American Powerlifting (Mesquite, NV) at the Casablanca Resort Hotel Casino » Martin Drake, naturalpower@earthlink.net, www.aupowerlifting.org

10 JUL » APA New Jersey Summer Bash (PL/PP/BP/DL) (Raw & Equipped) (Edison, NJ) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

10 JUL » NASA Mid-America Classic (Equipped & Unequipped PL/BP/PS/PP) (Mt. Grove, MO) » www.nasa-sports.com

10 JUL » SPf Battle of the States PL/BP Championship (Branson, MO) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

10 JUL » USAPL Brute Strength Stars and Stripes BP/PL Championships (Norfolk, VA) at Brute Strength » Gary and Tricia Emrich, 804.240.8632 & fatboydd@comcast.net (Gary), 804.239.8738 & swtpea4gary@comcast.net (Tricia), www.virginiapowerlifting.blogspot.com, www.usapowerlifting.com

10 JUL » USPF Patriot Challenge (Parkersburg, WV) at Patriot Fitness Center » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wvusp.com

10 JUL » APF Gator Open PL & BP (Jacksonville, FL) » Jim

Hoskinson, 904.879.7457, www.worldpowerliftingcongress.com

10 JUL » **NASA Youth Nationals** (PL/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhpower.com, www.vhpower.com, www.nasa-sports.com

10 JUL » NASA WV Open Championships (BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhpower.com, www.vhpower.com, www.nasa-sports.com

10 JUL » IPA Ohio State Championships & 1st Annual State Records Meet - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

10 JUL » **ANPPC World Cup Powerlifting Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

10 JUL » RAW United Southern States Bench (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 6.19.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

10 JUL » USAPL Dells Summer High School Classic » Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

10 JUL » California State Games (sanctioned by USAPL) (San Diego, CA) » Lance Slaughter, (310) 995-0047, lanceoslaughter@yahoo.com, calstategames.org

11 JUL » **(NEW DATE)** APA 23rd Annual Nutmeg State Open (PL/PP/BP/DL, Raw & Equipped) (Wallingford, CT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

14 JUL » SPF Southeastern Regionals PL/BP Championship (Guntersville, AL) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

16-18 JUL » **AWPC World Championships** » Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com

17 JUL » AAPF Big Sky State Games (Billings, MT) » Jim Thompson, 406.655.1738, ironjim@bresnan.net, www.worldpowerliftingcongress.com

17 JUL » WCPF USA Championships (Atlanta, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

17 JUL » SLP Derby City Open BP/DL Classic (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

17 JUL » **SSA National Powerlifting Championships** (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com

17 JUL » Kinross Powerlifting Club Meet (Kincheloe, MI) at Kinross Correctional Facility » Dave Mastaw, 906.495.2282

17 JUL » Show-Me State Games Powerlifting (BP/DL) (Columbia, MO) at Lange Middle School » Joe Garcia, 573.687.3161 or 573.289.3921, www.smsg.org/sports.php

17 JUL » USPF Fresno Open PL/BP/DL/PP Championship (Fresno, CA) » Steve Denison, 661.333.9800, pwrlfrs@msn.com, www.powerliftingCA.com

17 JUL » **NASA Grand Nationals**, Equipped/Unequipped PL/BP/PS/PP (Alvin, TX) » www.nasa-sports.com

17 JUL » WABDL Great Northern BP & DL Championships (Olympia, WA) at Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

17 JUL » WABDL Louisiana State BP & DL Championships (Zachary, LA) at Zachary High School Field House » Brandon Bankston, 225.362.2391, www.wabdl.org

17 JUL » **AAU Teenage Nationals PL/BP** (Sapulpa, OK), at Sapulpa Middle School Gym » Danny Berry, 918.695.3823, www.aausports.org

17 JUL » 12th WNPf USA & 3rd WNPf Lifetime USA Championships (PL/BP/DL/PC) (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

17 JUL » WCPF American Open (Full PL & Single Lifts) (Youngstown, OH) » Ron DeAmicis, 330.792.6670, powerl103@aol.com, www.wnpf.net/wcpfmain.htm

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

18 JUL » EPF Test Your Strength (trap bar DL, grip strength gripper machine hold, BP medly, log press) (Peabody, MA) at Gym Warriors » Paul Desimone, 978.766.6280, pauldesimone01@aol.com, www.elitepowerlifting.com

18 JUL » **14th WNPf Drug Free Nationals & 2nd WNPf Lifetime All-Americans** (Youngstown, OH) » Ron Deamicis, 330.792.6670, powerl103@aol.com, www.wnpf.net

20 JUL » USAPL Summer Power Fest (Spring, TX) » Tony Cardella, 281.419.0286, www.usapowerlifting.com

23-24 JUL » EUROPA Show of Champions Sports & Supplement Expo (Hartford, CT) » www.visionstarinc.com

24 JUL » NASA Georgia State (Equip & Unequip PL/BP/PS/PP) (Dalton, GA) » www.nasa-sports.com

24 JUL » APF Mayhem in Myrtle Beach (North Myrtle Beach, SC) » Will Millman, 843.886.5366, www.worldpowerliftingcongress.com

UPCOMING SLP COMPETITIONS

1 MAY, *SLP Southwest MO Open (Branson, MO)*

8 MAY, *Lifetime Natural PL Nationals (Tuscola, IL)*

15 MAY, *SLP Platinum Fitness Open (Tulsa, OK)*

29 MAY, *SLP Ho-Chunk Nation Open (Baraboo, WI)*

5 JUN, *SLP Missouri Open (Chesterfield, MO)*

6 JUN, *SLP Black River Open (Pocahontas, AR)*

Son Light Power

122 W. Sale, Tuscola, IL 61953

217-253-5429

www.sonlightpower.com sonlightgym@verizon.net

24 JUL » Nevada State BP/DL Championships (Pahrump, NV) » Gary J. Miller, 775.209.4916

24 JUL » USPF Buckeye Open Ohio State and Open Single Lift Championships (Circleville, OH) at Pickaway County Fairgrounds » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, Dave Jeffrey, 304.489.2428, matofficial@yahoo.com, Jon Elick, 740.412.1177, antman517@aol.com, www.wvusp.com

24 JUL » Backyard BP/DL (Madison, WI) at Ford's Gym » 608.249.4227, www.fordsgym.com

24 JUL » USPF Europa Battle of Champions (Harford, CT) at the Connecticut Convention Center » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com

24 JUL » USAPL Mississippi State Championships (Hattiesburg, MS) » Knute Douglas, 601.296.7334, www.usapowerlifting.com

24 JUL » 6th Vermont State Open Raw BP, All American Fitness Center » 1881 Williston Rd., S. Burlington, VT 05403, 802.999.7845, Rick Poston, www.allamericanfitnessvt.com

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

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

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

24 JUL » USPC Larry Garro Memorial Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net

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

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

24 JUL » USPF Muscle Beach Push-Pull (Venice Beach, CA) » Steve Denison, 661.333.9800, pwrlfrs@msn.com, www.powerliftingCA.com

30 JUL » AAU Junior Olympic Games Powerlifting - 3 lift event & PP/BP (Chesapeake, VA) at Greenbrier Middle School » Roger Ernst, rlemst828@aol.com, www.aausports.org

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

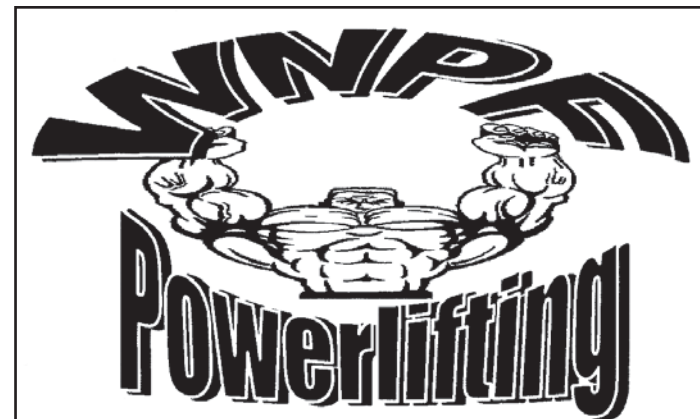
31 JUL » USAPL New York State BP Championships (Utica, NY) » Dave Kingwater, 315.723.2296, www.usapowerlifting.com

31 JUL » Power Works Gym Push-Pull & BBQ (all classes, plus rep your bodyweight BP, Farmer's Dumbbell Walk, and Sled Pull) (Perham, MN) » Tom Haggemiller, 651.366.1595

31 JUL » SPF Bristol Classic Full Powerlifting (Bristol, VA) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

31 JUL » 2nd WNPf U.S.Open & **3rd WNPf Lifetime Raw Nationals** (PL/BP/DL/PC) (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

1 MAY, 13th WNPFA South Carolina States & 2nd WNPFA Lifetime 2nd SC Championships (PL/BP/DL/PC) (Greenville, SC)

1 MAY, 15th WNPFA & 2nd WNPFA Lifetime Western Penn. Championships (Beaver, PA)

15 MAY, WNPFA & WNPFA Lifetime Bench/Deadlift/Powercurl/Squat Nationals (single lifts--no totals) (Bordentown, NJ)

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

com, www.apa-wpa.com
31 JUL » WCPF Nationals (Kissimmee, FL) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
31 JUL » NASA Tri-State Regional (Flora, IL) at The Gym, all current NASA weight classes and divisions will be offered » Smitty, 618.662.3413, lesmitty@speedy.com, www.nasa-sports.com
31 JUL - 1 AUG » USAPL Rocky Mountain State Games/State Games of the West (Aurora, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com
31 JUL - 1 AUG » USAPL 27th New Jersey State BP/PL Championships (Princeton, NJ) » Robert Keller, 954.790.2249, www.usapowerlifting.com
JUL » APF Push Pull Meet (MI) » JJ Thomas, 734.642.7877, www.worldpowerliftingcongress.com
JUL » Montreal Power War (Montreal, Canada) » Bruce McIntyre, brucecmintyre@sympatico.ca, www.worldpowerliftingcongress.com
1 AUG » SPF Strongest in the South PL/BP Championship (Russellville, AR) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
6 AUG » Northern VA Raw Meet (Sterling, VA) » John James, 703.475.9885
7 AUG » 100% RAW Mid-Atlantic Powerlifting Championships (MD) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
7 AUG » IPA New York State Powerlifting Championships (Rochester, NY) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
7 AUG » WABDL Midwest Regional BP & DL Championships (Minneapolis, MN) at Marriot Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
7 AUG » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
7 AUG » APA Gulf Coast Open (PL/PP/BP/DL, Raw & Equipped) (La Marque, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
7 AUG » RAW United UPF Challenge II (Orlando, FL) at UPF Gym, 7.17.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
7-8 AUG » NASA World Cup, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) » www.denver.com/holiday-inn-central, www.nasa-sports.com
13-14 AUG, EUROPA Show of Champions Sports & Supplement Expo (Dallas, TX), www.visionstarinc.com

14 AUG » APA Summer Bench Bash and BBQ (BP Only & bodyweight for reps) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com
14 AUG » USPF Sierra Nevada Cup PL/BP/DL/PP Championship (Grass Valley, CA) » Steve & Karen Matthews, 530.263.4969 or 530.205.9114, karen@mail-2freedom.com, www.powerliftingCA.com
14 AUG » Wisconsin State Fair Park BP/DL Competition (West Allis, WI) at the Wisconsin State Fair Park Grounds » Jeffrey Scott Stage, Eddie Santiago, 414.645.4624, edwardo.santiago@milwcnty.com
14 AUG » ADFPF Battle on the Beach (Holland, MI) at the State Park, Single Events, Equipped/Unequipped » John Jachim, www.adfpf.org
14 AUG » WABDL West Coast Open BP & DL Championships (Sacramento, CA) at Mariott Hotel Rancho Cordova » Jody Woods, 916.524.0914, www.wabdl.org
14 AUG » RAW United Southern States Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 7.24.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
14 AUG » APF/AAPF Northwest Powerlifting Championships (Portland, OR) » Chris Duffin, 503.784.6389, www.worldpowerliftingcongress.com
14 AUG » 14th WNPFA Raw Nationals & 11th WNPFA (Equipped) Powerfest (PL/BP/DL/PC) & 3rd WNPFA Lifetime Raw Nationals (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14 AUG » APA Arkansas Summer Bash (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
14 AUG » APA Summer Bench Bash & BBQ (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
14-15 AUG » ADAU Raw Open Single Lift Nationals (Ft. Washington, PA) » Tony Braca, 610.945.4037, www.pikidup.com
15 AUG » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
19-20 AUG » Lexenxtreme hosts the IPA Police & Fire Can/Am Games (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com, www.canampolicefiregames.org
20-21 AUG » SPF Powerstation Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
21 AUG » WNPFA Summer Classic (Cleveland, TN) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
21 AUG » WCPF Summer Classic (Cleveland, TN) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
21 AUG » APF Ohio State Meet (Full Power/Bench Only/Deadlift Only) (Plainfield, OH) » John Blackstone, 740.502.4964, www.worldpowerliftingcongress.com
21 AUG » APC Americas Cup Powerlifting and Bench Press Championships (Athens, GA) » LB Baker, 779.713.3080, www.americanpowerliftingcommittee-usa.com
21 AUG » 26th Annual Iowa State Fair Drug Free BP/DL Meet (Bench Divs - Raw, Pure, Novice, Masters 1, 2 & 3, Sub Masters, Womens, Teens, Beginners; DL Divs - Pure, Masters, Sub Masters, Womens, Teen) (IA) » Jeff Baird, 515.953.6833, bairdzz@aol.com
21 AUG » APF California Summer Bash (Van Nuys, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com
21 AUG » APC America's Cup PL/BP Championships (Raw & Equipped) (Athens, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com
21 AUG » IBP SC Powerlifting Championships (Easley, SC) at RIPT 24/7 Gym » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
21 AUG » SLP Indiana State Fair Outlaw BP/DL Championship (Beech Grove, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
22 AUG » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
28 AUG » APA South Carolina Summer Bash (PP/BP/DL) (Florence, SC) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
28 AUG » WABDL Southwest BP & DL Championships (Humble, TX) » Tiny Meeker, 832.423.7662, www.wabdl.org
28 AUG » WABDL Hawaii State BP & DL Championships (Waimanalo, HI) at Kamilioki Elementary » Keith Ward, 808.375.8700, www.wabdl.org
28 AUG » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

28-29 AUG » USAPL Bench Press Nationals (Charlottesville, VA - www.usaplnationalns.com/2010-benchpress-Nationals/index.html) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com
AUG » APF/AAPF Chicago Summer Bash 7 (Chicago, IL) » Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com
AUG » APF Mississippi State Powerlifting Meet (MS) » Garry Frank, 225.241.8154, www.worldpowerliftingcongress.com
3-5 SEP » AWPC/WPC Raw Worlds (Idaho Falls, ID) » Mike & Linda Higgins, 208.528.0444, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com
4 SEP » USPF West Coast Muscle Beach PL/BP/DL Championship (Venice Beach, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com
4 SEP » NASA 3rd Annual Texas State PL Picnic (Equipped & Unequipped BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com
4 SEP » SLP Florida State Open BP/DL/Curl Championship (Kissimmee, FL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
7-12 SEP » SPF/GPC Mutli-Ply World Championship (Prague) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
11 SEP » APF Georgia State Meet (Kennesaw, GA) » John Grove, iron_mover1@hotmail.com, www.worldpowerliftingcongress.com
11 SEP » WCPF South Georgia BP/DL/PC (Atlanta or Perry, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
11 SEP » King of the Beach IV Bench Press & Deadlift Contest (Pensacola Beach, FL) at Bamboo Willie's » Chip Holston, 850.304.9097, www.chip-s24hrhealth.com
11 SEP » 2nd Annual PRPA Clash for Cash Raw Powerlifting Championships (Kenner, LA) at the Crowne Plaza Hotel » Jake Impastato, jraw504@gmail.com, 504.494.1238, www.raw504.com
11 SEP » USAPL Virginia State PL, BP, DL, Ironman (raw & assisted) (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com
11 SEP » USPF American Record Breakers (New Martinsville, WV) at Work's Fitness World » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wvuspfc.com
11 SEP » (TENTATIVE DATE) NASA Indiana Regional (Equipped & Unequipped PL/BP/PS/PP) (Kokomo, IN) » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
11 SEP » IPA Pennsylvania State Powerlifting Championships (Hanover, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
11 SEP » 4th WNPFA Jake the Hammer Classic (BP/DL/PC) (Atlanta or Perry, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 SEP » SLP Tennessee State Fair Outlaw BP/DL Championship (TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
11 SEP » APF/AAPF Summer Heat VI (Rock Hill, SC) » Eric Hubbs, 803.366.9895, nettin_fish@msn.com, www.worldpowerliftingcongress.com
11 SEP » APA Border Brawl (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
11-12 SEP » RAW United Armed Forces Open III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 8.21.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
12 SEP » WPF UK Open PL, BP, DL (Four Seasons, Trallwn Rd., Llansamlet, Swansea) » Ken Williams, 07970 625946, www.britishtpowerliftingorganisation.co.uk, www.wpfpowerlifting.com
18 SEP » APA Indiana Powerfest Championships (PL/PP/BP/DL/Strict Curl) (Raw & Equipped) (Wheatfield, IN) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
18 SEP » 100% RAW Illinois State Powerlifting Championships & Single Lift (Bloomington, IL) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
18 SEP » IBP 10th Annual BP Classic & Strict Curl (Pfafftown, NC) at West Central

Community Center, Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
18 SEP » (TENTATIVE DATE) NASA Nebraska Regional (Equipped & Unequipped BP/PS/PP) (Omaha, NE) » www.nasa-sports.com
18 SEP » RAW United D&D Powerlifting Extravaganza II (Fort Myers, FL) at Evolved Athletics, 8.28.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com
18 SEP » SLP Bodyworks Gym/Spears Foundation BP/DL Championship (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
19 SEP » 4th WNPFA All-Americans & 2nd WNPFA Lifetime Pan-Ams (PL/BP/DL/PC) (Port St. Lucie, FL) » wnpf@comcast.net, 812.204.2886
25 SEP » USPF 3rd Annual Tom Eldridge Top Gun AZ State Championship Meet (Full meet/SLB & SLD meet/Open/Jr./Submaster/Master) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, www.coldirongym.com
25 SEP » (TENTATIVE DATE) NASA Tennessee Regional (Equipped & Unequipped BP/PS/PP) (Pickwick, TN) » www.nasa-sports.com
25 SEP » 19th WNPFA Penn. States & 2nd WNPFA Lifetime Penn. States (PL/BP/DL/PC) (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
25 SEP » SLP National Powerlifting Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
25 SEP » APA Gulf of Mexico Championships (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
25 SEP » WCPF Penn State Championships (Ephrata, PA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
26 SEP » SLP Atlas Gym Open BP/DL Championship (Kenosha, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
26 SEP » 22nd WNPFA Lifetime Drug Free Nationals (PL/BP/DL/PC) (WNPF sanctioned) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
29 SEP - 3 OCT » WPC/AWPC Asian Open Championships (Raw & Equipped) (Russia) » Andrey Reprnityzn & Yuri Ustinov, www.golden-tiger.ru, www.worldpowerliftingcongress.com
SEP » WNPFA Can-Am Nationals (Rochester, NY) » Ron Deamicis, 330.792.6670, powerl103@aol.com, www.wnpf.net
1 OCT » 100% RAW West Coast Single Lift Championships (BP/DL/Curl) (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
2 OCT » NASA Wisconsin State (Sheboygan, WI) at Sheboygan Falls YMCA » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
2 OCT » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
2 OCT » APA Great Lake State Championships (PL/PP/BP/DL, Raw and Equipped) (Monroe, MI) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
2 OCT » NASA East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) » www.nasa-sports.com
2-3 OCT » 100% RAW World Powerlifting Championships (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com

APPLICATION FOR REGISTRATION IN THE NATURAL ATHLETE STRENGTH ASSOCIATION

First Name: _____ **Last Name:** _____ **Date:** ____-____-____

Mailing Address: _____ **City:** _____

State: ____ **Zip:** _____ **Phone:** ____-____-____

Date of Birth: ____-____-____ **Age:** ____ **Email Address:** _____

KEEP A COPY OF THIS CARD FOR YOUR RECORDS - MEMBERSHIPS ARE KEPT ON COMPUTER FILE AND ARE NOT MAILED

I Compete in: ____ Powerlifting ____ BP Only ____ Power Sports

Please Circle Below

High School \$15 or Adult \$30

NASA, P.O. BOX 735, Noble, OK 73068 Phone: 405-527-8513 www.NASA-SPORTS.COM

COMING EVENTS »

3 OCT » APA Green Mountain Fall Classic (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com

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

9 OCT » NASA Mid America Regional (Equipped & Unequipped PL/BP/PS/PP) (Mt. Grove, MO) » www.nasa-sports.com

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

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

9 OCT » SPF Hawkeye Classic PL/BP Championship (Des Moines, IA) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

9-10 OCT » **SPF/WBFLA World PL/BP Championship** » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

9 or 16 OCT » USPF Central California Open PL/BP/DL/PP Championship (Taft, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com

15-17 OCT » **IBP National Powerlifting Championships** (Pafftown, NC) at West Central Community Center » Keith Payne, 336.251.8704, keith@ironboy-powerlifting.net, www.ironboypowerlifting.net

16 OCT » SSA Asylum Power (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com

16 OCT » **USAPL Deadlift and Push/Pull Nationals** (Denver, CO) » Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com

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

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

17 OCT » NASA 3rd Annual Pro Power Sports Championships & Pro Powerlifting (Registered Pro Lifters Only) (\$14,000 in cash) (Oklahoma City, OK) » www.nasa-sports.com

23 OCT » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com

23 OCT » (TENTATIVE DATE) NASA Iowa Regional (Equipped & Unequipped BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com

23 OCT » NASA KY Regional Championships (Equipped & Unequipped BP/PS/PP) (Morehead, KY) at the Morehead Conference Center » Greg & Susan Van Hoose, greg@vhpower.com, www.vhpower.com, www.nasa-sports.com

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

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

23-24 OCT » **19th WNPf World Championships & International BP/DL Championships** (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770 668-4841, www.wnpf.net

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

30 OCT » APA Southern Regionals (Raw & Equipped, PL/BP/DL) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

30 OCT » (TENTATIVE) USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689 or 1.800.272.0051, rcrain@allegiance.tv, www.wvuspf.com

30 OCT » 2nd Annual Unleash the Beast Raw Powerlifting Meet (Ft. Worth, TX) at MetroFlex Gym, 5501 Thelin St. #125, (will be giving away swords, \$50 to best BP/SQ/DL and \$200 to overall best lifter; meet is to benefit the community and keep kids off drugs, gangs and streets) » Remy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, metroflexgymftw@yahoo.com

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

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

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

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

OCT » IPA North Carolina Power Challenge (Hickory, NC) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

1-7 NOV » **WPC World Championships** (Mikaeli, Finland) » Minna & Ano Turtiainen, www.worldpowerliftingcongress.com

3-7 NOV » **WPF World PL, BP & DL** (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd » Meet Director Greg Ashford, 01373-859997, www.britishpowerliftingorganisation.co.uk, www.wpfpowerlifting.com

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

6 NOV » 8th Annual Tom Foley DL/BP Classic (fundraiser for Thomas Foley - NYC Firefighter who lost his life on 9/11; all proceeds go to the Tom Foley Memorial Scholarship) (Nanuet, NY) at Premier Fitness Gym » Abby Mahoney, 845.920.0501

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

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

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

6-7 NOV » **19th WNPf World BP/DL/Reps/PC** (Atlantic City, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

6-7 NOV » **WCPF International Invitational Championships** (Atlantic City, NJ) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

6-7 NOV » **100% RAW Single Lift World Championships** (Norfolk/Virginia Beach, VA) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com

6-7 NOV » (TENTATIVE DATE) **NASA Masters/Sub Masters Nationals**, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) » www.nasa-sports.com

6-7 NOV » RAW United North American Open (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, 10.9.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com, www.rawunitymeet.com

13 NOV » (NEW DATE) APA 23rd Annual Bay State Open (PP/BP/DL, Raw & Equipped) (Northampton, MA) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

13 NOV » USPF NorCal PL/BP/DL/PP Championship (TBD) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com

13 NOV » IBP Battle of the Bench (Shelby, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

13 NOV » SPF Arkansas Christmas Classic PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

13 NOV » NASA Kansas Regional, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) » www.nasa-sports.com

13 NOV » NASA WV Regional (Equipped & Unequipped BP/PS/PP) (Raven-swood, WV) » Greg & Susan Van Hoose, greg@vhpower.com, www.vhpower.com, www.nasa-sports.com

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

13-14 NOV » (NEW DATE) **3rd WNPf Lifetime World Championships** (PL/BP/DL/PC) (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

13-14 NOV » **WDFPF PL World Championships** (Castleblayney Co, Monaghan, Ireland) » www.adfpf.org

14 NOV » **WCPF World Record Breakers** (Atlanta, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

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

20 NOV » SPF Record Breakers PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

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

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

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

NOV » IPA Autumn Apocalypse » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlak-powersystems.com

NOV » USAPL Stars & Stripes BP & DL (Scranton, PA) » www.purepowerlifting.com

2-4 DEC » **Global PL Alliance for Raw Powerlifting World PL/BP Championships** (Athens, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.globalpowerliftingalliance.com

4 DEC » APA Winter Power Wars (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

4 DEC » APA Winter Power Wars (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com

4 DEC » USAPL Midwest Sr. States (Fremont, NE) » Tim Anderson, 402.687.4182, www.usapowerlifting.com

4 DEC » APF/AAPF Southern States Powerlifting & Bench Press (Jacksonville, FL) » Wayne Pullum, 904.374.5333, pullumsplatform@aol.com, www.worldpowerliftingcongress.com

4 DEC » IPA 6th Annual Christmas Carnage (Boyertown, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

4 DEC » ADFPF "Un-Equipped" December Bench & Deadlift (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net

4 DEC » USPC December Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net

4 DEC » APA Battle of the Iron Barbarians (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

4 DEC » (TENTATIVE DATE) NASA Missouri Regional, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) » www.nasa-sports.com

4 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Bartlett, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

4 DEC » 2nd WNPf Winter Classic (BP/DL/PC) & **2nd WNPf Lifetime BP/DL/PC Nationals** (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

4-5 DEC » USAPL Colorado State Powerlifting Championships (Denver, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com

5 DEC » WPF British BP, DL Open Record Breakers, (Four Seasons, Trallwn Rd., Llansamlet, Swansea) » Ken Williams, 07970 625946, www.britishpowerlifting-organisation.co.uk, www.wpfpowerlifting.com

5 DEC » 18th annual Raw ADAU "Coal Country" Classic (separate SQ/ BP/DL meets, open and all age groups/divisions for men/women) (Bigler, PA) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, www.pikitung.com, al@pikitung.com

11 DEC » USPF San Diego Open PL/BP/DL/PP Championship (San Diego, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com

11 DEC » 13th WNPf Sarge McCray (PL/BP/DL/PC) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

11 DEC » USPF Region 4 Open Championships (Parkersburg, WV) at the Patriot Fitness Center » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wvuspf.com

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

11 DEC » NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Hereford, TX) » www.nasa-sports.com

11 DEC » SLP Arkansas Christmas for Kids BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

11 DEC » WPC Israel Open Championship (Haifa, Israel) » Anna Marcus, anna-marcus@rambler.ru, www.big-champ.com, www.worldpowerliftingcongress.com

12 DEC » WCPF Delaware Championships (Lewes, DE) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

12 DEC » APA New England Winter Bash (Raw and Equipped) (Wallingford, CT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

12 DEC » WNPf Delaware Championships (BP/DL/PC) (Lewes, DE) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

13 DEC » APF Ironman Meet (Fresno, CA) » Bob Packer, 559.760.2970 or

559.323.3892, www.worldpowerliftingcongress.com

18 DEC » APA Lake Hamilton Open (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

18 DEC » SLP The Last One! BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

18 DEC » NASA Illinois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP (Flora, IL) » www.nasa-sports.com

18-19 DEC » RAW United Police, Firefighter & Military Cup (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 11.27.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunited@cfl.rr.com

DEC » APF South Carolina Championships (Columbia, SC) » Will Millman, 843.886.5366, shelter223@gmail.com, www.worldpowerliftingcongress.com

DEC » Ontario Amateur Pro Championships (Ontario, Canada) » Bruce McIntyre, brucemcityre@sympatico.ca, www.worldpowerliftingcongress.com

2010 » **USAPL Raw Nationals** (Denver, CO) » Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com

2010 » **USAPL Police & Fire Nationals** » www.usapowerlifting.com

2010 » **USAPL Military Nationals** » www.usapowerlifting.com

2010 » 9th Annual South Jersey Sports Extravaganza (PL, Olympic Lifting, Strong Man, Arm Wrestling) (Jersey Shore, NJ) » Robert Keller, www.southjerseyexpo.com

22-23 JAN 2011 » Raw Unity Powerlifting presents Championships 4 (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, Jay Adams Brawl Call Fight Zone TV Fox Sports » www.rawunitymeet.com

JAN 2011 » Battle in Montreal (Montreal, Canada) » Bruce McIntyre, brucemcityre@sympatico.ca, www.worldpowerliftingcongress.com

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

29 JAN 2011 » IPA 2nd Annual NJ State Powerlifting Championships (Newark, NJ) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

12 FEB 2011 » IPA 5th Annual Barno-Newman Classic (Whitehall, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com

12 FEB 2011 » APF 4th Annual Arizona Open State PL Meet (Peoria, AZ) » JR Bolger, azapf@cox.net, www.worldpowerliftingcongress.com

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

20-22 MAY 2011 » **USAPL Women's Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com

27 MAY 2011 » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapitps@gmail.com

10-12 JUN 2011 » **USAPL Men's Open, Teen, Jr. Nationals** » Jim Battenfield/ Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com

JUL 2011 » **USAPL Raw Nationals** (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

8 OCT 2011 » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com

10-11 DEC 2011 » **USAPL American Open & Police/Fire Nationals** (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com

2011 » **USAPL Bench Press Nationals** (Orlando, FL) » Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com

2011 » **USAPL Deadlift and Push/Pull Nationals** (Charlottesville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com

MEET DIRECTORS:

there are literally HUNDREDS of meets for the readers of *Powerlifting USA* to choose from each month. Put a display ad in *PL USA* to make **YOUR MEET** stand out. Call Mike Lambert at 1.800.448.7693 for details. We will even do the typesetting on your ad for FREE!!



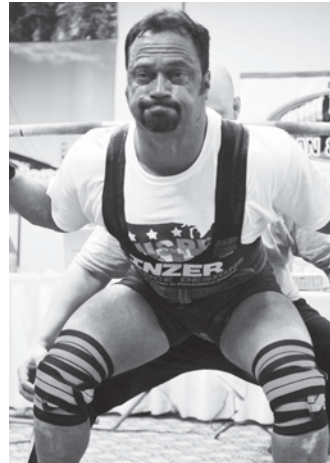
Matt Kroczaleski – having conquered powerlifting is looking to go into pro bodybuilding



Kevin Fisher DC – in equipment check



David Muro is a for-real puller



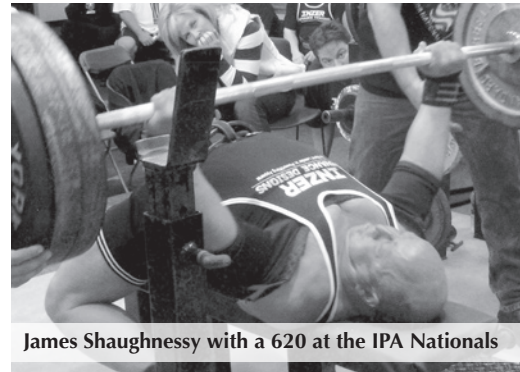
Mike DelSignore at the USPF Nats



Jason Coker rules the BP list



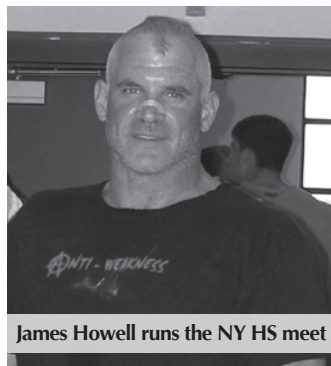
Lawrence DeAlva – in WABDL competition



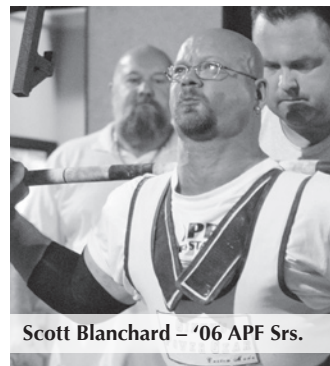
James Shaughnessy with a 620 at the IPA Nationals



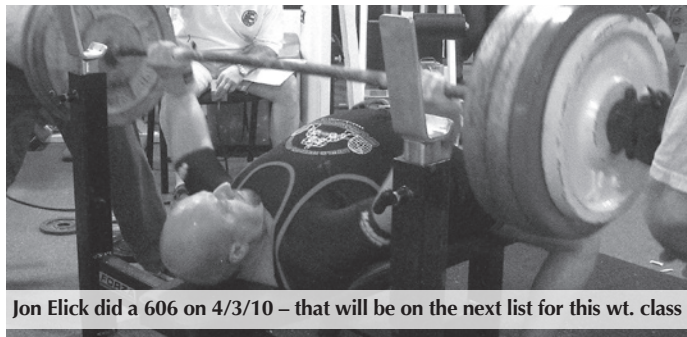
Frank Camminita – ready to rumble



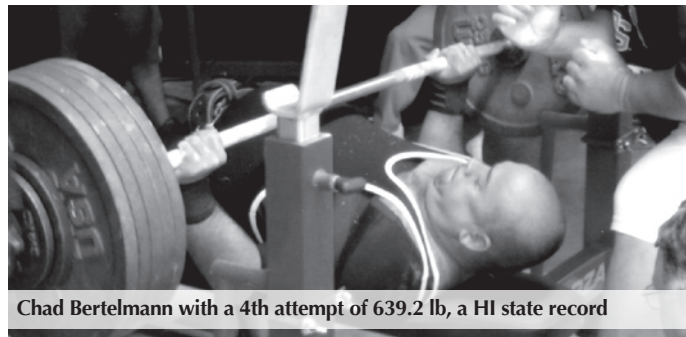
James Howell runs the NY HS meet



Scott Blanchard – '06 APF Srs.



Jon Elick did a 606 on 4/3/10 – that will be on the next list for this wt. class



Chad Bertelmann with a 4th attempt of 639.2 lb, a HI state record

For standard 220 lb./100 kg. USA lifters in results received from MAR 2009 through FEB 2010

SQUAT

- 1 1003 Kroczaleski, M., 4/25/09
- 2 981 Frankl, S., 3/20/09
- 3 970 Baggett, G., 12/5/09
- 4 930 Driggers, A., 2/27/10
- 5 925 Schwanke, M., 8/22/09
- 6 920 Fletcher, H., 6/14/09
- 7 903 Frankl, B., 3/21/09
- 8 898 Soule, J., 4/25/09
- 9 881 Smith, C., 6/14/09
- 10 840 Burlingame, D., 7/18/09
- 11 837 Workman, J., 3/21/09
- 12 830 Rowe, S., 1/30/10
- 13 821 Clayton, C., 5/3/09
- 14 820 DelPreore, C., 6/28/09
- 15 820 Hill, M., 12/5/09
- 16 820 Brown, J., 12/5/09
- 17 805 Jester, J., 12/5/09
- 18 804 Bollig, J., 3/21/09
- 19 804 Boffo, D., 11/14/09
- 20 800 Cooke, C., 6/28/09
- 21 771 Kroczaleski, K., 4/25/09
- 22 771 Rebera, J., 8/1/09
- 23 771 Orta, S., 8/22/09
- 24 770 Allen, J., 4/25/09
- 25 760 Wagner, S., 6/14/09
- 26 755 Carnaghi, T., 3/14/09
- 27 755 Cote, S., 4/5/09
- 28 755 Leitman, E., 6/27/09
- 29 755 Sweigart, S., 2/10
- 30 750 Garcia, O., 2/27/10
- 31 750 Karam, D., 3/14/09
- 32 750 Pardue, R., 12/5/09
- 33 750 Williams, A., 1/30/10
- 34 749 Blanchard, S., 11/14/09
- 35 749 Mohr, A., 12/12/09
- 36 744 Falcon, J., 3/21/09
- 37 744 Zenzen, Z., 4/25/09
- 38 744 Radulovich, B., 6/13/09
- 39 740 Enes, J., 1/30/10
- 40 735 Bailey, M., 6/28/09
- 41 733 Korenke, A., 11/7/09
- 42 730 Sheehan, T., 8/29/09
- 43 730 Simmons, L., 12/5/09
- 44 727 Sahlfeld, M., 3/21/09
- 45 727 Succarotte, T., 6/13/09
- 46 727 Jacobs, T., 8/1/09
- 47 725 Garcia, C., 4/25/09
- 48 722 Skinner, C., 3/28/09
- 49 722 Stanley, L., 4/25/09
- 50 722 Despain, C., 6/14/09
- 51 720 Sutton, P., 12/12/09
- 52 716 Radoicic, M., 3/14/09
- 53 716 King, B., 4/26/09
- 54 710 Howell, J., 6/28/09
- 55 710 Sengos, P., 10/25/09
- 56 710 James, A., 2/10
- 57 705 Steen, J., 4/11/09
- 58 705 Caballero, N., 4/25/09
- 59 705 Tine, R., 5/9/09
- 60 705 Gerters, T., 6/13/09
- 61 700 Ladner, M., 3/14/09
- 62 700 Pollock, S., 8/1/09
- 63 700 Puroro, N., 2/10
- 64 699 Cady, J., 6/27/09
- 65 699 Smith, C., 1/24/10
- 66 694 Brady, S., 3/28/10
- 67 694 Powell, S., 9/19/09
- 68 688 Brandon, M., 6/6/09
- 69 688 Pratt, M., 6/13/09
- 70 688 Kratz, E., 11/14/09
- 71 683 May, R., 5/3/09
- 72 680 Maxon, S., 12/5/09
- 73 680 Lemarie, S., 1/16/10
- 74 677 Gack, K., 6/13/09
- 75 677 Visny, J., 8/1/09
- 76 677 Oxford, S., 10/17/09
- 77 675 Vaughn, M., 3/7/09
- 78 675 Reid, S., 10/31/09
- 79 675 Jones, J., 12/5/09
- 80 672 Richardson, K., 4/25/09
- 81 672 Jones, D., 5/3/09
- 82 672 Ray, J., 9/26/09
- 83 672 Reza, A., 11/28/09
- 84 666 Wood, R., 3/21/09
- 85 665 Meyer, T., 6/20/09
- 86 665 Fraas, N., 6/28/09
- 87 665 Davis, K., 8/8/09
- 88 661 Lilliebridge Jr., E., 3/14/09
- 89 661 DelSignore, M., 7/4/09
- 90 661 Wallis, P., 9/26/09
- 91 661 Dugan, M., 11/7/09
- 92 661 Jones, M., 11/28/09
- 93 661 Mercurio, N., 12/09
- 94 655 Rice, B., 2/20/10
- 95 650 Blough, C., 2/13/09
- 96 650 Dedas, B., 3/7/09
- 97 650 Flowers, G., 4/4/09
- 98 650 Nesuda, R., 4/25/09
- 99 650 Craig, R., 4/25/09
- 100 650 Carse, S., 4/25/09

BENCH PRESS

- 903 Coker, J., 1/23/10
- 832 Frankl, S., 3/21/09
- 821 Prazak, J., 7/11/09
- 788 Smith, C., 6/14/09
- 760 Wolfley, M., 2/10
- 740 Kolb, J., 2/21/10
- 738 Kroczaleski, M., 4/25/09
- 735 Larson, G., 6/28/09
- 727 Berding, J., 10/17/09
- 707 Marrama, R., 4/25/09
- 705 Schwanke, M., 8/22/09
- 694 Soule, J., 4/25/09
- 688 Jewett, T., 3/14/09
- 683 Camminita, F., 1/23/10
- 666 Tomaszewicz, 10/17/09
- 661 Burdette, J., 10/14/09
- 660 Cooke, V., 6/28/09
- 660 Millrany, K., 12/12/09
- 660 Rowe, S., 1/30/10
- 650 Bollig, J., 8/22/09
- 640 Johnston, J., 6/20/09
- 639 Bertelman, C., 8/09
- 625 Brown, J., 10/4/09
- 622 Falcon, J., 3/21/09
- 622 Warrington, G., 6/13/09
- 622 Anderson, T., 9/16/09
- 620 Shaughnessy, 11/22/09
- 617 Yearby, A., 12/12/09
- 611 Taber, E., 6/14/09
- 610 Baggett, G., 12/5/09
- 606 Frankl, B., 3/21/09
- 606 Mecham, S., 4/5/09
- 606 Benjegerdes, S., 10/17/09
- 605 Stebbins, D., 3/14/09
- 605 Luke, T., 8/16/09
- 600 Brubaker, B., 5/24/09
- 600 Rubio, M., 6/6/09
- 600 Ideue, D., 7/5/09
- 600 Jacobs, T., 8/1/09
- 600 Elick, J., 11/21/09
- 600 Martire, N., 1/30/10
- 600 Garcia, O., 2/27/10
- 585 Norman, R., 7/25/09
- 585 Epollito, D., 2/20/10
- 578 Wagner, S., 6/14/09
- 578 Coleman, M., 10/31/09
- 575 Smothers, M., 8/23/09
- 573 Nelson, J., 3/7/09
- 573 Clayton, C., 5/3/09
- 573 Powell, G., 8/2/09
- 565 Frantz, C., 3/29/09
- 562 Caballero, N., 4/25/09
- 562 Vinopal, M., 4/25/09
- 562 Soto, A., 1/24/10
- 560 Hoplight, C., 8/1/09
- 555 Stevens, B., 5/2/09
- 551 Gerard, H., 4/11/09
- 551 Ferrantelli, M., 4/18/09
- 551 Fletcher, H., 6/14/09
- 551 Despain, C., 6/14/09
- 551 Woodson, F., 6/27/09
- 550 Baldwin, T., 10/29/09
- 550 Stafford, J., 6/13/09
- 550 Pourro, N., 7/11/09
- 550 Brown, D., 8/8/09
- 550 Chatham, B., 9/19/09
- 545 Lilliebridge Jr., 3/14/09
- 545 Cook, S., 3/29/09
- 545 Mattson, K., 6/13/09
- 545 Rebera, J., 8/1/09
- 545 Wilson, H., 12/5/09
- 542 Perez, R., 5/23/09
- 540 Farmer, C., 3/7/09
- 540 Stanley, L., 3/21/09
- 540 Washburn, C., 3/28/09
- 540 DeAlva, L., 5/30/09
- 540 Gack, K., 6/13/09
- 540 Davis, K., 8/8/09
- 540 Hill, M., 12/5/09
- 529 Zenzen, Z., 4/25/09
- 529 Maxim, J., 5/9/09
- 529 Ireland, M., 5/30/09
- 529 Thompson, K., 10/17/09
- 529 Ogurek, M., 10/31/09
- 529 Golgano, R., 10/31/09
- 529 Houston, J., 10/31/09
- 529 Edmondson, S., 2/6/10
- 525 Dworek, C., 10/11/09
- 525 Jones, J., 12/5/09
- 525 Dedrick, S., 12/12/09
- 523 Kroczaleski, K., 4/25/09
- 523 Seaver, J., 5/30/09
- 523 Turco, C., 9/16/09
- 523 Bradshaw, D., 10/27/09
- 523 Beavers, W., 10/31/09
- 520 Sengos, P., 10/25/09
- 518 Workman, J., 3/21/09
- 518 LeClair, M., 7/18/09
- 518 Wood, R., 10/2/09
- 515 Burrirt, B., 7/18/09

DEADLIFT

- 903 Kroczaleski, M., 4/25/09
- 760 Hartman, J., 3/7/09
- 750 Schwanke, M., 8/22/09
- 749 Kroczaleski, K., 4/25/09
- 733 Smith, C., 6/14/09
- 727 Muro, D., 3/28/09
- 727 Hamilton, J., 1/24/10
- 727 Walker, J., 1/24/10
- 722 Frankl, S., 3/21/09
- 716 Herring, G., 9/19/09
- 710 Clayton, C., 5/3/09
- 705 Ladnier, J., 5/23/09
- 705 Burks, E., 9/19/09
- 705 Kelske, J., 11/14/09
- 705 Eucker, B., 11/14/09
- 705 Brazil, D., 1/23/10
- 705 Bishop, M., 1/24/10
- 700 Hinch, S., 3/21/09
- 700 Vinopal, M., 4/25/09
- 700 Dellafave, C., 6/13/09
- 700 Reid, S., 10/31/09
- 700 Rowe, S., 1/30/10
- 700 Enes, J., 1/30/10
- 699 Blanchard, S., 11/14/09
- 699 Bennett, M., 11/28/09
- 694 Powell, S., 9/19/09
- 690 Norton, L., 9/19/09
- 688 Lemarie, S., 10/30/09
- 688 Korenke, A., 11/7/09
- 685 Tucker, A., 5/23/09
- 683 Richardson, K., 4/25/09
- 683 Bostick, J., 10/14/09
- 683 Green, D., 11/14/09
- 677 Yee, R., 4/19/09
- 675 Paxton, S., 5/09
- 672 Boffo, D., 5/9/09
- 672 Gaynor, B., 7/4/09
- 672 Fisher, K., 10/14/09
- 670 Langston, L., 3/28/09
- 670 Dwyer, S., 5/09
- 670 Simmons, L., 12/5/09
- 670 Garcia, O., 2/27/10
- 666 Marion, T., 6/13/09
- 666 Edelstein, M., 10/30/09
- 665 Cash, J., 11/22/09
- 662 Radich, S., 3/14/09
- 661 Tortorelli, A., 3/21/09
- 661 Ray, J., 4/11/09
- 661 Soule, J., 4/25/09
- 661 Baggett, G., 10/17/09
- 661 Gossett, B., 10/17/09
- 661 Fletcher, H., 11/7/09
- 660 Burlingame, D., 7/18/09
- 660 Maxson, S., 12/5/09
- 655 Radulovich, B., 6/13/09
- 655 Baxter, G., 7/4/09
- 655 Lewis, R., 8/15/09
- 655 Sanders, T., 3/14/09
- 650 Myers, T., 3/29/09
- 650 Norcott, J., 6/13/09
- 650 Cooke, V., 6/28/09
- 650 Pasholk, D., 7/18/09
- 650 Bollig, J., 8/22/09
- 650 Faulkner, E., 9/12/09
- 650 Kratz, E., 11/14/09
- 650 Supilowski, M., 12/26/09
- 650 O'Malley, T., 1/30/10
- 650 Ross, M., 2/13/10
- 645 Curry, T., 3/7/09
- 644 Dedas, B., 3/7/09
- 644 Lilliebridge Jr., 3/14/09
- 644 Beall, H., 3/28/09
- 644 Musto, M., 4/26/09
- 644 Buckley, S., 10/14/09
- 644 Grissinger, G., 11/14/09
- 655 Edmondson, S., 2/6/10
- 640 Hill, M., 12/5/09
- 640 Blough, C., 2/13/10
- 639 McLaren, D., 3/28/09
- 639 King, B., 4/26/09
- 639 Eddins, N., 8/2/09
- 633 Bagoubadi, B., 2/27/10
- 633 Otero, M., 4/18/09
- 633 Zenzen, Z., 4/25/09
- 633 Succarotte, T., 6/13/09
- 633 Kontogianis, M., 1/24/10
- 628 Rios, A., 10/31/09
- 628 Reed, 6/7/09
- 625 Howell, J., 6/28/09
- 625 Davis, K., 8/8/09
- 625 Minelli, E., 9/12/09
- 625 Williams, A., 1/30/10
- 625 Sweigart, S., 2/10
- 622 Seokard, I., 3/21/09
- 622 Brady, S., 3/28/09
- 622 Gittens, D., 4/4/09
- 622 Cote, S., 4/5/09
- 622 Meyer, G., 4/5/09
- 622 Tremblay Jr., J., 4/26/09
- 622 Wagner, S., 6/14/09

TOTAL

- 2551 Kroczaleski, M., 4/25/09
- 2535 Frankl, S., 3/21/09
- 2402 Smith, C., 6/14/09
- 2380 Schwanke, M., 8/22/09
- 2254 Soule, J., 4/25/09
- 2205 Baggett, G., 12/5/09
- 2190 Rowe, S., 1/30/10
- 2127 Frankl, B., 3/21/09
- 2110 Fletcher, H., 6/14/09
- 2110 Cooke, V., 6/28/09
- 2105 Clayton, C., 5/3/09
- 2070 Bollig, J., 8/22/09
- 2044 Kroczaleski, K., 4/25/09
- 2020 Garcia, O., 2/27/10
- 2000 Hill, M., 12/5/09
- 1985 Brown, J., 12/5/09
- 1973 Boffo, D., 11/14/09
- 1962 Wagner, S., 6/14/09
- 1951 Blanchard, S., 11/14/09
- 1934 Jacobs, T., 8/1/09
- 1929 Workman, J., 3/21/09
- 1918 Falcon, J., 3/21/09
- 1918 Rebera, J., 8/1/09
- 1915 Enes, J., 1/30/10
- 1907 Zenzen, Z., 4/25/09
- 1905 Burlingame, D., 7/18/09
- 1884 Caballero, N., 4/25/09
- 1878 Korenke, A., 11/7/09
- 1875 Williams, A., 1/30/10
- 1873 Radulovich, B., 6/13/09
- 1873 Despain, C., 6/14/09
- 1868 Succarotte, T., 6/13/09
- 1862 Stanley, L., 4/25/09
- 1862 Powell, S., 9/19/09
- 1857 Richardson, K., 4/25/09
- 1855 Simmons, L., 12/5/09
- 1851 Lilliebridge, E., 3/14/09
- 1851 Leitman, E., 6/27/09
- 1840 Jewett, T., 3/28/09
- 1840 Orta, S., 8/22/09
- 1835 Sengos, P., 10/25/09
- 1835 Kratz, E., 11/14/09
- 1830 Davis, K., 8/8/09
- 1829 Sahlfeld, M., 3/21/09
- 1825 Sweigart, S., 2/10
- 1824 Gack, K., 6/13/09
- 1824 Mohr, A., 12/12/09
- 1815 Bailey, M., 6/28/09
- 1813 Hamilton, J., 1/24/10
- 1807 Brazil, D., 1/23/10
- 1802 Dedas, B., 3/7/09
- 1800 Maxson, S., 12/5/09
- 1800 Jones, J., 12/5/09
- 1796 Muro, D., 3/28/09
- 1791 Brady, S., 3/28/09
- 1785 Radoicic, M., 3/14/09
- 1785 Pollock, S., 8/1/09
- 1785 Lemarie, S., 1/16/10
- 1775 Reid, S., 10/31/09
- 1770 Ladner, M., 3/28/10
- 1770 Pardue, R., 12/5/09
- 1769 King, B., 4/26/09
- 1765 Carnaghi, T., 3/14/09
- 1763 Kelske, J., 11/14/09
- 1760 Howell, J., 6/28/09
- 1752 Cote, S., 4/5/09
- 1741 Wood, R., 3/21/09
- 1740 Blough, C., 2/13/10
- 1736 Smith, C., 1/24/10
- 1730 Poland, T., 5/9/09
- 1730 Tine, R., 5/9/09
- 1730 Jones, M., 11/28/09
- 1725 May, R., 5/3/09
- 1725 Adam, M., 7/19/09
- 1715 Davis, S., 6/7/09
- 1714 Skinner, C., 3/28/10
- 1714 Mercurio, N., 12/09
- 1708 Musto, M., 4/26/09
- 1703 Grissinger, G., 11/14/09
- 1703 Reza, A., 11/28/09
- 1700 Sutton, P., 12/12/09
- 1697 Gittens, D., 4/4/09
- 1697 Yee, R., 4/19/09
- 1697 Jones, D., 5/3/09
- 1697 Koo, E., 7/4/09
- 1692 Dugan, M., 11/7/09
- 1686 Cox, D., 5/31/09
- 1686 Pratt, M., 6/13/09
- 1686 Eddins, N., 8/2/09
- 1681 Maxim, J., 5/9/09
- 1675 Otero, M., 4/18/09
- 1675 Bishop, M., 1/24/10
- 1669 Haarsma, L., 4/5/09
- 1669 Steen, J., 4/11/09
- 1669 Pena, J., 9/26/09
- 1669 Green, D., 11/14/09
- 1669 Schnitzer, S., 11/21/09
- 1660 Hichri, Z., 12/6/09
- 1653 Favata, T., 3/22/09
- 1653 Bluck, R., 5/2/09

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NEXT MONTH » TOP 20s

CORRECTIONS: Master lifter Jon Cunningham was not credited with his 458 bench press and 1317 total on the TOP 100 for the 165 lb. class. Mike Brown should have been credited with a 633 squat on the TOP 100 for the 181 lb. class. Brenda Hermann's name was misspelled (as Hean) in our report of the AAU World Championships in our March 2010 issue. Kevin Schaubert's 1426 total was not listed on the TOP 100 for the 181 lb. class. Nick Benjamin should have been listed with a 556 bench press and an 1813 total in the results of the WPF World Championships, in the 50-54 SHW division. Andrew Hare's 650 squat, 560 deadlift, and 1585 total should have been on the TOP 100 181 rankings as well. If you find errors in our articles, TOP 100/20 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.

New Policy » if your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. Send your corrections to PL USA Errors, Box 467, Camarillo, CA 93011.

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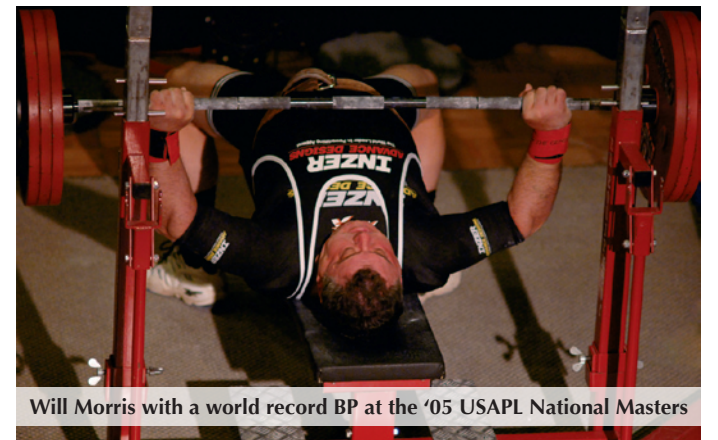
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<p>Registration Fee \$30.00 Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS P.O. Box 650 Roy, Utah 84067</p> <p>NOTE: \$15 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.</p> <p>In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.</p>									
If Under 18 have Parent Initial				Signature					
White: USPF Office Yellow: Member Pink: Meet Director									

IN MEMORY OF WILL MORRIS

as told to Powerlifting USA by John Shifflett



Will Morris with a world record BP at the '05 USAPL National Masters

William Morris, 65, of Stanardsville, Virginia, passed away Thursday, January 28, 2010, at the University of Virginia Medical Center. He was born January 29, 1944, in Baltimore, Maryland.

He was a devoted son, father and grandfather. Will enjoyed spending time with his family and watching his grandson's sporting events.

Will proudly served as Sheriff of Greene County from 1983 until his retirement in 2003. He loved Greene County and the people of Greene County. He was known as a Sheriff you could depend on. In 1982 he went door to door to every house in Greene County asking for their vote. His first re-election slogan in 1986 was "Don't be silly, re-elect Willie." He won re-election easily every year until retirement.

As the county budget became very tight and the county would not pay needed overtime for deputies, Will took matters in his own hands and had car washes and bake sales to raise the money to pay his employees.

He had an eye for history. He researched and found pictures of all the prior Greene County Sheriffs. He started from the beginning and had framed pictures of all the former Greene County Sheriffs. He placed them in chronological order on the Sheriff's office wall.

Will had organized a five-man tug of war team consisting of his deputies and several other deputies from the surrounding area. They went all over the area competing in numerous events and dominating in all of them.

Will's true passion was for powerlifting and strength sports. There has never been lifter like Will Morris. He was very competitive and loved the sport like no one else I know. His accomplishments are among the best ever.

His team, the Charlottesville Barbell Club, was legendary in the late 70s and early 80s. The Club was undefeated over a ten year period. Team titles were real important back in those days. There would be five or better full teams at many meets competing for the wins. Some of the best lifters of the day would end up on the team. John Gamble, Bill Dunn, Doug Borden and Mansoor Ijaz are among a host of lifters.

Will's powerlifting career took off after turning 40 years old. He lifted in his first ADFPA National Masters Championship in Flint, Michigan, in 1985. Will won the meet, earning his first national championship. He went on to win two dozen more national championships in three weight and age divisions. His last USAPL National Championship came last May. He worked hard to get his weight just over the 275 pound class limit at 276 pounds to lift in the Super Heavyweight class. Morris had his eye on history. At the meet in St. Louis, he set the IPF World squat record with 601 pounds. The lift not only gave him 60-69 World Record, he is the first and only man over 60 to squat 600 pounds and be drug tested. He set numerous IPF world records in all lifts and total in the 242, 275 and 275 plus classes. At age 65 he was still benching 430 pounds.

With the win, Morris made the United States IPF World team for the eighth time. He went to Czech Republic to win his fifth IPF World title last September. His winning the championship gave the United States of America the team victory.

Will won numerous state and national titles in several federations. He set world records in NASA, IPA, WPF and 100% Raw Power lifting federations. He won two other world titles in the last decade, one each with the IPA and WPF. His greatest and most memorable lifts came in the IPF, the world's largest power lifting federation. The lifters must be drug free and only one lifter per country, per weight, and age class can lift. Will lifted all over the world. IPF World Championships and current records: 2002 Argentina 50-59, 275 class world champion; 2004 India 60-69, 275 class world champion; 2005 South Africa 60-69, 275 class world champion; 2007 Czech Republic 60-69, 275 class world champion; 2009 Czech Republic 60-69, 275 plus class world champion; current world record: 60-69, 275 Class total record 1549; 60-69, 275 plus squat 601 pounds.

Will was active in all phases of powerlifting. He was a promoter who put on over 75 state and local championships. At the national level he

was the meet director for a dozen contests including one the United States biggest drawing events of 2009, the USAPL Raw Nationals. Will started putting on contest with the USPF back in the 70s.

The contest he took the most pride in hosting was the USAPL Virginia State meet. Our first meet promotion together was the 1986 the ADFPA Virginia State meet. We have put on every state meet since and this year's contest would be number 25. It will be on September 11, in Zion Crossroads, VA, and it will be a tribute to Will's memory.

He was on the National Board of USAPL as one of the athlete's reps. He was to lobby on behalf of lifters who had a problem. He could be counted on to do his best in presenting the case for the lifters.

He was a National Official and would travel all over the United States at his own cost to help with a contest. He judged many national events and was counted on for state and local events. Local events are the backbone of any federation. He would always encourage and help other lifters.

In September 2008, Will, William Thacker and myself went to Charleston, WV, to judge at the USAPL West Virginia State meet. Doug Currence, the West Virginia State chairman and meet director is a good and close friend to us. Doug was training then with Brian Siders who was competing in the World's Strongest Man Championships that were being held there in town that same weekend. Will was thrilled at watching the contest and got to meet the winner, Mariusz Pudzianowski. When Doug got him the pass backstage to the contest, Will kept asking "can I really go back there?"

He really enjoyed a trip to judge at the 2009 Raw Unity meet in Tampa, Florida. He saw friend and former ADFPA Vice President Bob Gaynor. He always enjoyed spending time with Bob. I remember Will and I had dinner with Bob and John Kuc one year at the ADFPA Shenandoah Open in Woodstock, VA. We spent hours talking about the world of powerlifting that night.

Will really enjoyed the USAPL National Masters each year. We promoted the Nationals Masters meet twice in 1999 and 2002 in Charlottesville. He loved talking with many of the lifters and with Mike Bridges at the contests. He was impressed by Mike's lifting career. After getting to know him better he told me the best thing about Mike is that he is a great person. That coming from Will is high praise!

As a coach, he trained dozens of lifters over the years. He was their biggest cheerleader and led many lifters to local, state and national titles. He was always more excited for them when they won or hit a personal best or set a record lift. His home gym was set up for powerlifting and he had a group every week training with him.

He really loved PL USA magazine. He wrote many articles and sent them to Mike Lambert. Will has every issue ever published of PL USA.

Will touched a lot of lives in his work as son, father, sheriff, meet promoter and lifter. He will really be missed. Will, RIP. «



REHAB AND PREHAB

ACTIVE RECOVERY PROGRAM

as told to Powerlifting USA by Deric Stockton, Owner of Core Strength Gym, Elite Lifter, and Trainer

PART ONE: DO YOU HAVE CHRONIC PAINS FROM YEARS OF USE AND ABUSE IN AND OUT OF THE GYM? DO YOU HAVE ACUTE PAINS WHICH MAKE IT IMPOSSIBLE FOR YOU TO DO SOME EXERCISES OR COMPLETE A WHOLE TRAINING CYCLE WITHOUT SEIZING UP? IF YOU'VE EVER THROWN YOUR BACK OR NECK OUT SO BADLY THAT YOU COULD BARELY ROLL OVER OR GET OUT OF BED THE NEXT MORNING, THEN YOU KNOW WHAT I'M TALKING ABOUT.

I remember, one time it took me more than half an hour to get out of bed the morning after tweaking my back during an ME squat session. I was literally stuck between my bed and my dresser, with my feet on the dresser and my shoulders on my bed, for half an hour! Yeah, very funny...haha! I literally could not move! Trust me, that's not the way to ever start out your day! And I don't care if it's something small like a locked up forearm/elbow—when it gets bad enough, you can't do #\$\$%! I remember my buddy's grandpa came to the gym one night to watch us train, and when he introduced him to me, I got the vice grip, handshake from hell! My elbows were killing me at that time, and that old bugger nearly brought a tear to my eye! Way not cool!

The point is that whether your pains are chronic or acute, big or small, when they get bad enough, you eventually must listen. And when you are in a symptomatic or clinical state, you may be forced to back off or stop training altogether and seek chiropractic, PT, massage, acupuncture, etc. to help you get out of such an acute condition. Let's say eventually you do get feeling better. So now you're non-symptomatic or in a sub-clinical state. So, now what? What do you do? The same stuff as you did before? I hope not—that's what got you into this mess to begin with.

It's time for a paradigm shift. A new addition to the plan. A whole new variable which emphasizes healing your body when injured, and one which continues to get you healthier when your training's going great and you're feeling good. And what is it I'm talking about? An active recovery program. An active recovery program is geared towards relaxing and oxygenating the deep tight tissues of the body, by increasing circulation through various means (we will discuss these means shortly). By increasing the fluidity of deep muscles like the scalenes, psoas, and piriformis (and many others), we can increase local neural conductivity and joint mobility/integrity. When these deep muscles are rock hard at rest, or "locked up," you can end up with a whole host of syndromes and "-itis" from head to toe. (Literally, from thoracic outlet syndrome to plantar fasciitis). An active recovery plan will help heal both chronic and acute injuries. And an active recovery plan promotes a relaxed/healthy muscle tone at rest. If the deeper layers of the body are tight, the muscular, skeletal, and nervous systems will not be in harmony, and you'll be in pain. We must become just as good at relaxing our tissue as contracting it—that's why I liken this to a Yin-Yang approach. Trust me, the better your body relaxes, the better your muscles will contract, the better your nervous system will fire, the better your joints will function and the better your overall proprioception will be (fancy word for body-awareness). That all sounds good, right!?

Before we get started I've got to express how nice it is to be on the other side of the pain fence, now, compared to when everything used to hurt. I began this process out of necessity for rehab, and as I've progressed from a healthy to an even healthier stat, my routine has literally morphed into prehab, right before my eyes. It's an amazing process to be able to dictate the health of my joints and surrounding tissue. I'm 41 now. I started bodybuilding at 14, and won my first show at 15. I continued bodybuilding until 2000, did a tour in the Marine Corps, raced AFM sport bikes, and did a couple strongman meets. And I've been avidly powerlifting for almost 10 years now. (I recently hit my first Elite @ 198 with 1829 lb. and set the UPA 198 Open National Squat Record with 804.5 lb. Way stoked!) And as broken and beat up as each one of these activities left me, I now have better joint integrity and less pain than ever. I'm the strongest I've ever been and in the best shape of my life at 41. This part of the program now provides me an early warning system, signaling red flags much sooner than I could ever sense before. So, let's work on turning your rehab into prehab and put together an awesome active recovery program.

In this first installment, we're going to focus on our C and T-Spines and our Rotator Cuffs and AC Joints. Do your shoulders or elbows hurt when pressing or squatting? Does your neck or upper back ache and harbor tension which cause you general discomfort? Then this part of the program is going to be right up your alley. And like a workout plan—which isn't the same every day—so too should you have plenty of variety with this part of your routine.

The five main modalities we will discuss how to incorporate in our plan are:

1. Foam Rollers – Spine Based Movements/Mobility – Self-massage
2. Backnobbers – Self Trigger Point Therapy – Self Active Release Therapy
3. Heat Therapies
4. Cryo Therapies
5. Ergonomics & Posture

Yes, you should loosen up a little right before you train. But your active recovery work should take place in a separate session and should occur within a half hour of waking up. You can do additional work in the afternoon/evenings, but trust me, it's much more profound first thing in the morning. (Check out Dr. Gill Hedley's "Fuzz" speech on www.youtube.com) »

« Deric performing self active release therapy on his "trigger spots" by using a backnobber
photos courtesy Deric Stockton

REHAB & PREHAB »

Here's an example of an active recovery program with emphasis on the C & T-spines, rotator cuffs, and shoulder joints:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	- 15 min. Foam Roll - 15 min neck/shoulder Traction with movement	- 20 min. Hot Bath/ Sauna with movement - 10 min. Foam Roll	- 10 min. Hot Shower with massaging shower head - Neck Traction with movement	- 20 min. Foam Roller	- Repeat Cycle
PM	- Liniment Backnobber: - 10 min. neck - 10 min. traps/rhomboids - 10 min. rotator cuff	- 20 min. Foam Roller	- Liniment Backnobber: - 10 min. neck - 10 min. traps/rhomboids - 10 min. rotator cuff	Evening Off	

The Foam Rollers have had a profound impact on our program and on our bodies (and yes, my roller sat idle for the first few years too). Learning to move your body over the roller in a very passive, relaxing way is a must. Learning to breathe and relax, while holding or flowing through Spine Based Movements will oxygenate and bring fluidity and movement to deep, stagnant, and sometimes resistant tissue. Learning to breathe into positions of spinal flexion, extension, and lateral flexion will soften those deep, sore muscle fibers. And by moving all of the connections in your neck, back, shoulders, and hips, it will allow not only your muscles to relax, but allow for embivation of the spinal discs (more fluid) and more space for the peripheral nerves to flow out of the spine (better electricity). There are two ways to use the roller in this program: 1. As an object to massage yourself against 2. As an object to perform Spine Based Movements for general spine relaxation and joint mobility (check my site for lots of roller positions at CorestrengthRX.com). Also, for variety try tennis balls instead of the roller.

Spine Based Movement with traction is also performed for the upper extremities by holding a light weight in your hand and relaxing your C and T-Spines in Lateral Flexion away from the weight. This will allow you to traction/stretch your neck and shoulders properly. Do not pull on your head! Keep your head relaxing/tractioning away from the side which you're holding the weight. Relax, breathe, and nod yes, very slowly, 10 times. This is merely adding flexion/extension. Hold and breathe into any hot spot, or position which gives you extra sensation. Move the sensation back and forth, front to back, while breathing into the area. The addition of this next move will relieve tension around the AC joint and to the front of your shoulder. While you're laterally flexing away from the weight and looking up and feeling the sensation in the front/side of your neck, turn your palm forward (supinate the weight in your hand) and take five deep, slow breaths; picking up sensation from under your ear, down your neck, under your collar bone and upper ribs, through your AC joint, and down the long head of the biceps. This position will take tension off of your AC joint and let your cuff fibers flow through more easily. Then turn your hand back in and drop your head forward while still leaning away from the weight, move the sensation down the back of your neck and down through the back of your shoulder. Breathe. Relax. And repeat on the other side.

Backnobbers and Theracanes are amazing tools! Learn to find those sore spots on the sides of your neck (scalenes/levators), between your shoulder blades (traps/rhomboids), and on your shoulder blades (rotator cuff). And don't just merely use it as a digging tool, but rather move and finesse your body while you hold the "Hot Spot" or "Trigger Point." Hold pressure on a sore spot and do some spine based movements, inhaling and exhaling into the area the whole time. You really can perform self active release therapy—you just have to practice.

Heat therapy to increase circulation is a no brainer. Hot morning showers, baths, and saunas are great ways to get the blood flowing through your tight areas, and application of your favorite liniment before training is a great way to warm up a sore spot. Also, be sure to occasionally use liniment during your Foam Roller and Backnobber sessions. Mixing and matching recovery modalities can change things up a bit for continued progress, just like with training.

Cryo-therapy, or Hot/Cold Therapy: we all know that if we get an acute strain or tear, to grab the ice immediately. You know when you're really hurt, ice will always feel good. But try hot/cold contrast on those old, chronically sore spots—10 min. ice alternated with 10 min. heat, and repeat 2 times. Or 10 min. ice alternated with 10 min. liniment/backnobber. Or try contrast work in the shower with 30 seconds cold alternated with 30 seconds hot, repeat 3-5 times. Be creative and once again, try to mix things up.

I've got to make mention of one more very important variable, which is posture/ergonomics. Being able to relax in good posture is therapy in itself. You must help your body keep your spine aligned while you're resting, watching the tube, on the computer, driving, etc. I know all of our mamas told us to sit up straight at the dinner table—well then, do what your mama said and sit up straight! But really, a good cervical pillow is a must. I recommend a Double Core Pillow. An ergo-chair wherever it is you do most of your sitting, will take major strain off your C and T-spines (I like the Ekhornes line). And try using the head-rest on your car seat. They usually don't provide much support, but they will help keep you in better alignment. 'Nuff said on that.

So, go get a 6" Foam Roller, a Half Roller, a Backnobber, and some heat liniment and you're set. There is a science and an art to relaxing your body. Spend time with the artful side of this process and follow your internal guide and intuition. Keep your sensations mild and learn to move gently, towards your sore spots, and breathe. Next thing you know, your sore spots will start feeling better and you'll be fast on your way to getting healthy. Continue this process once you're feeling good, and turn your rehab into prehab. There's always another level! I'm going there. Are you? «



Deric's business partner at Core Strength Gym, 62 year-old APC Master and Mr. Ironman winner, John Crites, practices spine based movements with a foam roller



Deric Stockton, shown throwing a keg, won second place in the Norcal Competition



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ANDY BOWEN »

bench and deadlift?

AB: You CANNOT overtrain technique. Any flaws in your form WILL result in lower meet numbers.

Technique is about more than the way you move with the weight, things like setting up correctly and staying tight are also important.

In the beginning, keep it simple. Reverse band dynamic effort cambered bar high box squats with chains might be useful later in your career, but early on a bar, some plates and a power rack will give you the most results.

Learn to use your abs on all three lifts. No matter how strong your arms, legs and chest are, you will not move big weight if you can't stabilize your body.

Train consistently. Unless you are Ed Coan, Joe Ladnier, or the like, you will not be a world champion in the first year. It will take time. You have to have hours under the bar. Rome wasn't built in a day and world champions take years of consistent training to develop.

I will say it again. Technique. Seriously. It's important.

CB: What goes through your mind before maxing out?

AB: Nothing, hopefully. If I am prepared and in the correct mindset I am pretty much blank other than an overall feeling of invincibility.

CB: How do you celebrate after accomplishing a huge strength feat?

AB: I might celebrate a little right after a big lift, but if it is a first or second attempt, my thoughts move quickly to getting ready for the next attempt. Even after a successful big 3rd attempt, I try to start preparing myself for the next event. After totaling 2050 in the 1980s at the 2009 APA Ironoberfest you would think that I would be able to relax and celebrate a little, but I immediately started thinking about my next step, new goals and my next meet.

CB: What makes Andy different from everyone else when it comes to training?

AB: That's a tough one. I guess it could be that I do not subscribe to any certain pre-existing training regime. Rather, I take the bits and pieces that I think are worth keeping and forget the rest. Who knows? Maybe everybody does that.

CB: How do you want to be remembered?

AB: As a hard working, kind, helpful, Christian husband, father, and powerlifter.

CB: Where do you train?

AB: I train at a few different places. I do a lot of training at the YMCA in Greenville, but the equipment there is very limited so when I need to hit very heavy numbers, I go down to Body By Scotty in Hartford, AL, because Scotty has a Monolift, DL bar, chains, bands, and most importantly that is where my team, South Alabama Barbell, is based. I am fortunate to be able to train at work a lot. Our facility is the nicest in the city of Mont-

gomery and I enjoy training with the kids. As I mentioned before, I also travel down to Bobby and Carol Ann Myers place from time to time.

CB: What adversities have you had to overcome?

AB: I have been very lucky in that the biggest stumbling block I have had to deal with is juggling work, family, etc. with training, but those are the things everybody faces. Other than that, I do have pretty crappy genetics. All of the men in my family had great strength, but I got none of that. I have had to scrape and fight for everything.

CB: In closing, who would you like to thank?

AB: I would like to thank my gorgeous wife for putting up with my choice of being a powerlifter. She is a real trooper for dealing with me being away from home and for putting up with all of the other stuff that comes with being married to me. Thank you to Scotty Cox for all of his help and guidance and for so graciously letting me use his facility free of charge. Thank you to Malcolm, Wes, Skylar, Gabe, David, Scott, Zach, and the rest of the South Alabama Barbell team. Thank you to Bobby and Carol Ann Myers for all of their help and support. Thank you to my Lord and Savior Jesus Christ for gracing me with the good health and the abilities to do what I do. Oh, and thank you for the interview. I got to feel like a big shot for a few minutes even though I'm not. ☺

FLOYD GIVENS »



All-around amazing lifter, Floyd Givens, took 1st place for the 242 lb. class at an AAPF State meet in Kalamazoo, MI, with a 699 lb. squat

This is not the story of a man who was once great, rather it is the story of a man who was, and still is, great. Although Floyd has competed for many years he continues to be one of the strongest lifters you will see at most meets. In May of 2009, Floyd competed with Mike Bridges at the USAPL Masters Championships in St. Louis, MO, and won the best lifter award. Although Mike out-totaled him, Floyd's age factored in to enable him to win best lifter, which is a very hard thing to do—in fact nearly impossible to do, when Mike is in the house, no matter what age you are.

How strong is he? He has squatted 765 lb. in the gym and was able to bring 699 lb. out of the hole for a good lift in a meet. His bench press is equally impressive having benched as much as 510 lb. in the gym and pressing 473 lb. in competition. Before you think that Floyd is a one or two hit wonder, consider the fact that he has pulled as much as 735 lb. in the gym and 710 lb. in a meet, proving that he is a well balanced, all around, solid powerlifter. Floyd has also been able to put his best lifts together many times to put up some impressive totals. At a bodyweight of 224 lb. he posted an 1840 lb. total. At 220 lb. bodyweight he put up an 1808 lb. total, and managed a very nice 1660 lb. total at 198 lb. bodyweight. When Floyd gave me these numbers, I naturally assumed that he had hit them years ago, but after flipping through an issue of *PL USA*, I saw that he got his 1808 lb. total, in 2009. This guy is in his prime at 58 years old.

Considering himself to be a better coach and teacher than he is a lifter, many professional athletes have benefited from Floyd's training over the years, including Harland Huckelby of the Green Bay Packers, Rick Bias with the Atlanta Falcons, Tye Cruze of the Chicago White Sox and Ali Ackheem who fought heavyweight contender, Ernie Shavers.

Floyd's greatest powerlifting moment came in 1982 in Caseville, Michigan. Claude Handsor, who competed with Mike Bridges at the 1985 Sr. Nationals in Corpus Christi, Texas, and afterward with Mike at the IPF World Championships in Helsinki, Finland, told Floyd that he [Floyd] needed to pull 700 lb. on his last deadlift and that his competitor could not pull 710 lb. to beat him. "Put it on the bar," Floyd told him, in spite of the fact that he had never lifted that much before. With his fiancée in attendance to watch her first powerlifting meet and to cheer him on, Floyd approached the bar and began to pull. Greg McMillan, an APF state and national champion at 198 lb., later told Floyd that it was the easiest he had ever seen 700 lb. rise. It was as if, he said, "It had been catapulted from the floor." Floyd went on to win that day, with his bride-to-be sitting in the audience—a moment he will never forget. His record 700 lb.

deadlift, set in 1982 stood until 1987 or 1988. It was eventually broken a second time by Craig Terry, a well known deadlifting phenom.

Another great moment in Floyd's career came at the 2007 WPC World Championships which were hosted by the Russian Powerlifting Federation, in Samaria, Russia. Floyd was introduced to Ed Coan, who Floyd considers to be the greatest lifter ever along with Mike Bridges, and for the next three days they had breakfast and dinner together and dialogued throughout the contest. Floyd had the honor of being coached by the legendary Ed Coan himself. Ed was there with two Illinois state and national champions and was able to help Floyd with his straps, wraps and lift-offs. Ed had many tips on how to become a better lifter, such as eating sensibly, eating lots of protein, sticking to your game plan from training to contest and adapting at a contest if necessary, but don't lose sight of your main objective.

The lowest point in Floyd's career, according to Floyd, came just last year, 2009, in New Delhi, India, at the IPF Open Worlds. After becoming the oldest lifter to ever qualify for this event, at the age of 57, Floyd came in with the lowest total in his weight class. Many lifters would have been happy just to qualify and make the show, but Floyd is a competitor and he shows up to win. Coming in last was a huge disappointment for him. He credits his poor showing to the fact that he competed nine times in 2009 and prior to the meet he was benching 400 lb. and could not complete the lift. His spotter could not lift the weight off of Floyd so Floyd was forced to press it up, causing him to pass out. Three time IPF masters world champion Tony Harris says that the crowd really got into the fact that Floyd made it to the IPF Open World Championships at his age and they really cheered him on. Tony also says that Floyd's performance "served as an inspiration to all of the other lifters that lifted the next day."

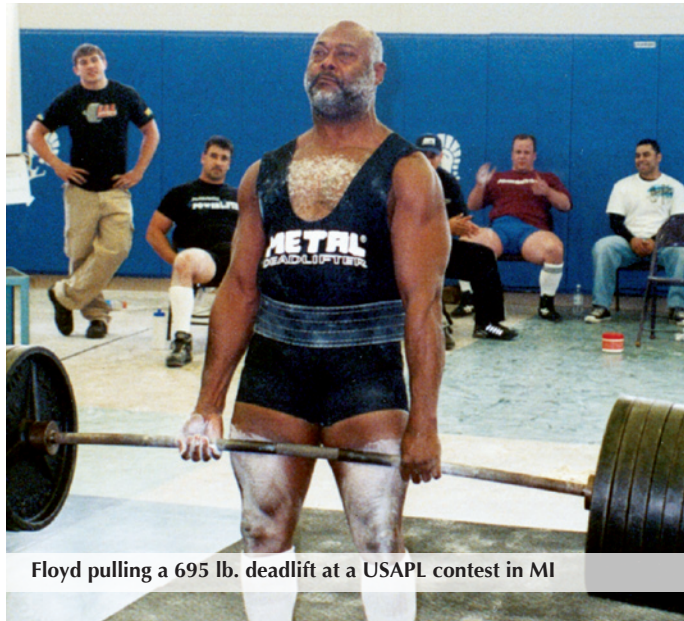
Floyd is truly an international competitor—he has competed in many countries including the Czech Republic, India, Germany, Slovakia, South Africa, Aruba, Costa Rica, Guatemala, Hamilton and London, England, Canada, and Samaria and Moscow, Russia. He has competed in more than 20 world competitions in the WNPf, the WPC, the IPF, the WDFPF and the AAPF. Floyd is a five-time master world champion and he is now, and has always been, a drug-free lifter.

It takes a lot to impress a guy like Floyd because he has seen and done it all, but a few things stand out in his mind that have left an impression on him. Like the time he saw Horace Lane do 24 reps with 405 lb. on the bench, in a t-shirt. For those of you who do not know Horace, he is a chiseled mountain of muscle at around 275 lb. bodyweight. On July 25,

photos courtesy Floyd Givens

next page »

FLOYD GIVENS »



Floyd pulling a 695 lb. deadlift at a USAPL contest in MI

2009, at a USAPL meet in Midland, MI, I saw him raw bench 585 lb. for his opener. Then he put on a shirt and pressed 650 lb. for his second attempt like it was nothing, and on his third attempt he locked out his left elbow, but could not quite lock out his right with 720 lb. Floyd also mentioned the time Tony Harris doubled with 715 lb. doing good mornings, and tripled with 705 lb. at 198 lb. bodyweight and deadlifted 425 lb. for 25 reps. At 220 lb. bodyweight Tony deadlifted 505 lb. for 25 reps and 605 lb. for 14 reps.

On January 31, 2009, I was fortunate enough to compete with Floyd, although not directly against him. I had no idea who he was when the meet started, but I sure as heck knew who he was by the time it ended. This was a small ADFPF meet in Six Lakes, Michigan—it was the first time I saw Floyd. That day Floyd successfully squatted 573 lb. and just missed 639 lb. He benched 429 lb. and pulled an amazing 617 lb., which caused the place to explode in cheers and applause. For his final deadlift attempt he called for a bar bending 683 lb. Now bear in mind that Floyd is no spring chicken—his gray hair and beard affording him a grandfatherly appearance—but there he was ready to attempt a 683 lb. deadlift. Once again the place erupted for the tremendous effort put forth by Floyd, as he nearly made the lift. In spite of missing his third squat and deadlift attempts he still managed a very impressive 1620 lb. total which, needless to say, got the attention of every lifter there that day.

I recently had the good fortune of speaking with Mike Bridges, a legend in the sport, many times world champion and world record holder and close friend of Floyd's. When asked about Floyd he said, "Floyd Givens is an incredible guy, I can't say enough good things about him, he is a wonderful ambassador for our sport, he is always offering advice to other lifters, always teaching, and helping in some way. Floyd and I go back more than thirty years. When our dear friend Will Morris passed recently it was Floyd that contacted me, we have had several conversations regarding his passing and it was Floyd who contacted many other lifters to let them know about Will." Mike continued, "Floyd is more than an outstanding lifter, he is an all around nice guy. If Floyd is your friend, his friendship lasts for a lifetime. He is a solid honest man. Floyd loves to take pictures and has a great archive of photo's—he'll come up to me and say 'Mike do you remember that meet we lifted in, in 1981?' and then show me a picture of it. Floyd is always thinking about how you are doing and not how he is doing. He is a great friend."

Robert Keller, the Secretary General for the North American Powerlifting Federation as well as an IPF category one referee, who also sits on the IPF Anti Doping Commission, said of Floyd: "Floyd is one of our best members in USA Powerlifting. He promotes the drug free lifestyle and wellness of athletes. At every one of our international competitions, Floyd supports all of his teammates; he encourages everyone to be their best,

“Floyd is more than an outstanding lifter, he is an all around nice guy. If Floyd is your friend, his friendship lasts for a lifetime...”

— Mike Bridges

including his competitors. He is a true ambassador of our federation and our sport." Mr. Keller added, "Floyd is very unique. He truly cares about people and has a protective nature. He is a genuine, caring person, with no underlying motives."

Six time USAPL national champion, five time IPF world champion, and multiple IPF world record holder, Bill Helmick, tells of the time Floyd did his patented 'running up to bar move' prior to a deadlift and managed to hook his little finger into his shoelace, causing him to lift not only the bar, but his foot and leg as well, doing what may have been the first, one legged deadlift, in the history of the sport. He also mentioned the time that he, and Floyd and Scott Roberts, were interviewed by a South African television station after the 2005 IPF worlds in Pretoria, because it was the first time the Americans won gold in all age groups in a single weight class.

Floyd is a retired Michigan State police officer with the Michigan State Police, he has served as a road trooper, a background investigator, a trooper investigator, and as a detective specialist on a statewide surveillance team. After 24 years of service to state of Michigan he ended his career with the state police. He has held other jobs and has operated several small businesses including real estate companies, a travel agency, a fund raising company and a restaurant. He has the distinct honor of being one of the few, if not the only, men to be fired by General Motors, Ford Motor Company and Chrysler Corporation. In spite of being able to make this claim, Floyd has had a very successful career in law enforcement and business.

Throughout Floyd's long decorated career in law enforcement, it often fell to him to deliver what the police call a "death message." This means that he had to deliver the news to people that one of their loved ones had been killed in some way. Floyd says it was because he was a Christian that he was tapped for this very difficult role, but after getting to know Floyd a little, I suspect that it was also his kind, compassionate nature that made him the right man for the task. The hardest death message that Floyd ever delivered though was to his own son, to tell him his mother wouldn't be coming home again. After meeting with his pastor and a former junior high school teacher for advice and consolation, and many prayers, he delivered the news to his then nine year old son—now 24 and attending Oakland College and is currently engaged to be married to Angela, the love of his life. Floyd also has a nine year old daughter, Ashleigh, who lives with her mother and grandmother who Floyd says are doing an excellent job.

Floyd has been a member of the True Love Missionary Baptist Church for 26 years. His pastor is Herbert B. Robinson II, whose father Herbert Robinson Sr. married and counseled Floyd. Floyd was an assistant Sunday school teacher for four years, but due to his changing work schedule had

to give it up.

In 2005, the APF Michigan Federation awarded Floyd with a champion of champions super bowl style ring for being pound-for-pound the strongest man in Michigan, regardless of age or weight.

On March 6, 2010, Floyd was inducted into the American Drug Free Powerlifting Federation Hall of Fame. After learning of this high honor, Floyd had the following to say: "I do not have the words in my vocabulary to express my sincere and genuine appreciation and gratitude of being considered to be included in the elite few American Drug Free Powerlifting Hall of Fame Michigan lifters. Tears came to my eyes as I read my inductee letter from Dick VanEck—whose friendship is cherished along with his wife Jan's—while sitting at the Detroit Metro Airport, waiting on a flight to compete at the IPF World Masters Championship in October of 2009, in the Czech Republic." The reasons given for his induction into the Hall of Fame were his character, his elite lifting year after year, his willingness to help other lifters, coaching, assisting whenever possible and the large numbers he has consistently put up over the years.

His journey, one that has taken him to many far away places and has seen him win 150 first place awards and 125 best lifter awards, has enabled him to make many good friends over the years such as Tony Harris from Honolulu, Hawaii; the late Will Morris from Standardville, VA, a national and world champion who recently passed away; Dan Gaudreau, a world and national champion and his wife Jennifer, herself a great lifter and coach; Bill Helmick from Albuquerque, NM; the previously mentioned Mitch Mitchell from Midland, MI; and Bob Cortez from Anaheim, CA; Hall of Famer Mario Tomez; the former chairman of Michigan AAU powerlifting, Dick and Jan Van Eck from Peninsula Junction, MI; Bill Singular of Nebraska; Clayton Taylor from Atlanta, GA; Melinda Baum of Killeen, Texas, who is always on Floyd's case to lift well; Dave Ricks and his wife from Atlanta, GA; Robert Keller of the IPF; Greg Jones also from Atlanta, GA; a USAPL Hall of Fame lifter Curtis Wainwright of Floyds home state

of Alabama who taught Floyd to eat an apple just before a meet because the pepcin would help to settle his stomach; and Darren Rodgers of Nashville, TN.

I got to know Floyd quite well while writing this article and I was fortunate enough to have Floyd coach me at the AAFP Michigan State Championships in Taylor, Michigan, on March 13, 2010. I competed in January at an ADFPF meet in Six Lakes, Michigan, and was unable to squat 518 lb. I missed a 342 lb. bench and although I managed to deadlift 523 lb. I hitched it and I could not get 540 lb. off the floor. Five weeks later and with only two weeks of training, I was able to squat an easy 518 lb., bench an easy 342 lb. and deadlift a really easy 540 lb. for my first 1400 lb. raw total thanks to the excellent coaching ability of Floyd Givens. Floyd critiqued each lift and told me how to make corrections to my form. He showed me how to properly use chalk and baby powder, told me to lower my openers, take fewer warm-up lifts, and gave me confidence and encouragement throughout the day. On my second bench attempt I barely got 336 lb. and was concerned that I could go no higher. Floyd told me to tuck my elbows in tight and explode as soon as I heard the "P" sound from the head judge. On my last attempt I did what he said and the 342 lb. weight flew up. Floyd told me to call for higher weight on all three of my last attempts, but I didn't listen to him and as a result I left a lot of weight on the platform that I could have lifted but didn't. I won't make that mistake again. Thank you Floyd for a great day and my fourth Michigan State Championship title. I couldn't have done it without you.

So if you are at a meet someday, and a gray haired gentleman is mopping the floor with you, there is a good chance that the man applying the whipping will be old musclehead himself—Floyd Givens. If so, don't feel badly. You are not the first, nor will you be the last, to suffer a defeat to this man. Take solace in the fact that you are being beaten by the best. Introduce yourself, shake his hand, and know that you have just made a friend for life. «

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TWIST DEADLIFT— Shannon Rabon starting at the bottom of the lift, keeping the kettlebell side leg stiff, then standing to completion



- Spread Eagle KB Sit-Up
- Side Band Crunch
- Side Band Twist

There are many other exercises one can do to add or replace these, but I have found these work quite well. At the Compound in Columbia, SC, the guys that train with me (that's right, no women) get there around 6:30 P.M. and start dynamic band stretching with Dick Hartzell's Jumpstretch bands and then do ancillary trunk work. Anywhere from 6–8 sets of 6–12 reps. It is used not only for trunk work, but to warm us up for our main lift that night as well. If I am squatting that night, I go light with trunk work and do maybe 3 sets of 8 reps hanging abs to help warm my hips up and distract my lower back some!

On heavy bench night, I may do 3 sets of 12 reps of standing ab straps! Followed by 3 sets of 12 side band crunches. Light bench day or my old man speed day, I will do the ab wheel. Sometimes I band it to make it pull away from me and that is tough. Follow that with some band twists (rotation) for 3 x 12. On lower body speed day, I like to do weighted side bends with the bench bar and work up to 225 for 3–5 reps. Then it is to twist deadlifts (rotation) with the KBs. I use the beast because it pulls me down. At six feet tall and 370 pounds, I look like a refrigerator trying to bend. Visualize that one!

There are many other trunk exercises one can do beyond the ones I mentioned. Like the sledgehammer swing hitting a tractor tire. The barbell twist using both hands. With one end secure, grab the other end. Add what weight you need and swing the bar from one end of the torso to the other. Medicine ball throws with a partner can be fun. Variation is the spice of life. Just know that a heavy single in powerlifting does more to help your trunk strength than any of these exercises listed. Your trunk is operating isometrically and contributing to your stabilization of the lift. Ever see a guy or gal with weak abs? They fold in half during a heavy single squat attempt! Car wreck!

Let's look at some trunk facts and try to dispel some of the myths that most of us have fallen for in the past. (Taken from Siff – Facts and Fallacies of Fitness – 2003)

- The body is a dynamic linked system of interactive muscle groups.
- There is an optimal ratio of trunk flexion and trunk extension strength.
- The trunk muscles are primarily tonic in nature.
- High repetition, low resistance exercise develops minimal strength.
- High volume abdominal exercise does not significantly trim the waist.
- The trunk must be trained in flexion, extension and rotation.
- Resisted back exercise is vital for producing trunk stability.
- Psoas involvement increases if the feet are restrained.

- The hip flexors are never inactive during any form of sit-ups.
- Knee flexion has no direct role in reducing hip flexor or lumbar tension.
- Hip flexion reduces tension in the sciatic nerves and the psoas muscles.
- Dynamic ab exercises impose at least 50% greater stress on the lumbar spine than isometric exercises, regardless of knees being flexed or extended.

Your trunk is made up of many muscle groups that respond to resistance, just like the rest of your body. High repetition floor crunches work great for the person who hasn't exercised their whole life. But, after a few weeks they are non-productive. Always use resistance with your ab work. Even your body can act as resistance like hanging leg raises or upside down sit-ups. The repetition method can be used for some of your lifts. It uses a rep scheme of 8–20 repetitions. For instance, your standing ab strap pull-downs can be anywhere from 8–20 reps. We do not use this exercise for a main trunk builder. It is classified under assistance work! Stability ball sit-ups are also great for assistance work when used with weight or banded. Many of the standing band exercises like the side crunch and the twist are also higher repetition work.

Heavy abdominal builders that would help strengthen your trunk are treated as a lift. For instance, if I use the spread eagle KB sit up, I will warm up and use a KB that I can do for 3–5 reps only, then failure. I might even work up to a single. I also do this with the heavy side bend with the barbell. When you get 225 to 275 up with one hand, your obliques will come through for you during your next competition squat

and deadlift. One rep is great if it is a max effort attempt. Some ab work falls under moderate work, like your twist deadlifts and your windmills. Both are performed with KBs and usually the 5–8 rep range works great for this.

Your trunk's main strengthening agents are your powerlifts! One who squats, benches and deadlifts in some form every week of every year of their life will have a very strong midsection. I know these lifts are very unpopular and hard to do, but the truth is the truth. We have not spent any time emphasizing the erectors and their role in stabilizing the lumbar area. Everyone says the abs help you to support your back. They might contribute, but strengthening the erectors is crucial for a strong lower back. Much more than strong abs. In fact, overemphasizing on training stomach muscles at the expense of back muscles may increase the risk of injury to your spine during other exercises or sport! As an active human, you will—not might, but will—eventually bulge or herniate a disc in your lower back before you die. This can be managed and you can perform these lifts once you recover. Through traction and active recovery, you should be back to performance in no time at all! If you prepare for these things, recovery will be swift and effective. By having the trunk of Superman or the Incredible Hulk, you too can stop a bullet and at the very least improve your lifts! Leaps and bounds! For more tips, contact me at don.thompson@pptaccess.com or go the www.westside-barbell.com and look up related articles in the archives. Also, any of Mel Siff's books will help your cause in the pursuit of strength. ☪

Donnie Thompson works in Columbia, SC, at Progressive Sports Physical Therapy. He specializes in sports injuries and advanced strengthening programs for post-operation athletes. Every concept of strength and flexibility is used to get the athlete and patient back on the field or on the job as quickly and effectively as possible. Donnie's area of expertise is the ankle, knee, shoulder and lower back. Look for future article contributions concerning injuries and rehab for lifters and athletes in upcoming Powerlifting USA issues!

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RAW BP GOLDEN RULES »



Richard Allen Weil followed the Bench Press Golden Rules to put up world record weight RAW

finally did so at the YMCA Nationals in Columbus, Ohio, a few years later. I hit a 462 at the Junior Nationals that summer, missing the 485 record. I used a close grip and Larry Pacifico advised me to widen my grip. It was a year later that I listened to the great Mr. Pacifico, but only a month later that I broke the record with a close grip at the Seniors. The event started the night before as I fought to make weight. There was a kid who also was struggling to lose the last few pounds and all night we talked as we sat in the sauna. He told me he was a teenage national champ and he was going to hit some big numbers at his first Seniors the next day. I thought to myself, the heat is getting to this kid's brain. But the next day he hit his numbers—going nine for nine in the 181 class. His name was Ed Coan. Can you believe I doubted him? The meet was a playground for me. I was more like a stand-up comic than a powerlifter. I was wearing my wrestling singlet from high school, a Suncoast Gym tee-shirt, my socks did not match, a pair of deadlift slippers and no belt. This was back in the day of following yourself in competition if you were the last lifter. The bar only went up. The division was

comprised of 148, 165 and 181 pounders. I opened at the Seniors at 462. All of the other lifters were done. Even the immortal Ed Coan had finished benching in the 181 class. He was great, but I could still out-bench him. I made my opener easily after doubling it minutes before in the warm up room. This was a normal practice for me. I felt if I could double my opener in the warm up room, I would be mentally prepared for the platform. Bill Kazmaier wandered in as I finished warming up, just to check out the meet site for his performance the following day. He took a second look as I doubled the 462. When I came off of the bench after making my 462 opener, I told the platform manager I wanted the bar loaded to 485 for the world record. He told me I had a minute to pick my weight because I had to follow myself and that I had three minutes after that to make the lift. I jokingly told him I was in a hurry because I had to pee. They loaded the bar and I immediately laid down and broke my first raw world record. The platform manager made me stay by the bench so the international judges could check my equipment. They shrugged and said "good lift" as they saw I had no equipment on.

I met John Inzer at one of the national meets and immediately liked him. He told me he would be glad to give me one of his bench shirts to wear if I would give him the endorsement after breaking more records. I had him send me a shirt. I put it on and felt so weird I took it back off. I was destined to stay raw. I went to the 181 class and broke Mike Bridges 528 record with a 534. I had the wider grip as I had torn my pec and widened it to strengthen the tie in. I was amazed that Larry was right. How could I have ever questioned the Great One? My bench press of 556 at the Seniors in 1986 was a great lift. I was very proud, but had no idea the impact that lift would have 25 years later. I saw my name as number one in the Bench Press Hall of Fame. The highest over triple bodyweight lift done unequipped. I was also the heaviest lifter on the list. Staying raw gave me this great honor.

As I look at the poundages being pushed in the sport today, I find myself wondering what these lifters could have done raw. I am glad that I am not in competition anymore—I would look weird being the only one at the meet who can reach around to scratch his ass. Sorry Mike, it had to be said.

Let's look at what Mike had asked me to write about. The Golden Rules of bench pressing RAW.

⇒**Never give up:** I did not know Thomas Edison personally, but his quote is so true. Success only comes to those who never give up. I never doubted that I would be successful.

⇒**Do not be greedy:** Train hard, but give yourself time to improve. Recuperation is essential to growth. I was able to bench everyday when I was 13. When I was breaking records I benched once a week. Early on, I noticed the one thing most lifters did was take off the week before a meet so that they can rebuild 100%. I did that every week and had an amazing workout every time.

⇒**Pace yourself:** Set goals, but make them reasonable. Raw lifting takes time. To put 20 or 30 pounds on your personal best means patience. It is easy to put on equipment to add pounds to your lift. I never saw winning as being that important.

A quick story about winning... It was the Sub-Masters World Championships in Lancaster, Pennsylvania. I was making a comeback to start breaking those world records. I was back down to 165 and hit a sub-masters world record lift of 462. I took second overall. The champion in my division was a fellow I did not know. He came up to me after winning to congratulate me on a great bench. He commented that the bench was always difficult for him. Twenty minutes later his wife found the two of us in the warm up room as I was helping him with his bench. Again, I was helping the world champion who just beat me with his bench. Winning is nice, but it is not everything.

Another quick story... I could not remember the guy's name that beat me at Worlds. So I called Doug Heath up in Columbus. I figure he might remember his name. The important part of this story is powerlifting brought me something valuable, life-long friends. I talk to Doug

Heath regularly and he never misses the opportunity to come down to Cincinnati when I am visiting my folks. We always go to the Cincinnati Zoo and the last visit was memorable. We were sitting there waiting for the Cheetah Run show to start and I mentioned John Inzer. I pulled out my cell phone and for some unknown reason I remembered his phone number from 25 years before. His office answered and took my message. John called me back a few days later and we got caught up. These kinds of friendships are what powerlifting gave me. I had the honor of knowing Chris Confessore as I helped him try to break my 181 record. When he finally did it, I called him up to congratulate him. I could not help but ask him if he was wearing a shirt. I cannot print what he called me. I love that guy. Anthony Conyers lives here in Tampa Bay near me. I sometimes go a few years without seeing him and then we run in to each other and it seems like yesterday we were chatting. There are so many more stories, but back to the Golden Rules.

Prepare well for each workout. This is a combination of physical and mental preparation. "Physical" means being well recuperated and nourished. Muscles need calories to perform as much as they need time to rebuild. "Mental" means the workout is a success if you make it a success in your mind prior to the first

rep. Missing a lift is data to be used for analysis, not a reason to beat yourself up. Great researchers have many failed hypotheses before they hit upon a successful one. The failed research is used to formulate the successful ones. All positives.

⇒**Work hard:** There are a lot of phrases I do not like. A common one we hear every day is "Don't work too hard." I cringe when I hear this. What is wrong with working hard??? I love to work hard. I got where I am from working hard. I saw a quote once and I am sorry I do not know where it came from. It said that every brick in your empire should carry a drop of blood (HARD WORK) because when you achieve, each brick will speak about you.

⇒**Experience will help you more than ego:** I should have listened to Larry Pacifico. We can learn so much from our elders and those who are at least one step ahead of us. Never let your ego make your decisions.

⇒**Think:** Use your strongest muscle and work it out daily. I am referring to your brain. My mind broke all of the world records before my body did. Thinking is one of the greatest resources humans possess. Use it in every workout, analyzing the past workouts, and planning future workouts. Use it to set goals, modify goals and achieve goals. Knowledge development has no age, no limit.

⇒**Have fun:** When I talk to Doug Heath, we remember how much fun we had powerlifting. I think this is the number one golden rule of bench pressing raw. Keep it fun. Ed Coan was helping me at the YMCA Nationals where I broke three consecutive world records: 540, 545, and 551. He was aggravated with me as all his attempts to get me psyched up were met with me joking and clowning around. I was having fun and Ed could not understand how I was hitting world records without concentrating. I was well prepared and this was the fun part. I came off of the bench after hitting my third world record and looked at Mike Lambert, who was on the edge of the platform taking pictures. I asked him if he thought he got a good cover shot. He said he did and the next month's issue honored me with my only *PL USA* cover photo; a highlight of my career. The photo shows my mismatched socks, wrestling singlet, and deadlift slippers.

There are more golden rules. There are more fun stories. But I hope these few help you figure out your own reasons for training raw. I did it because it just seemed to be the right choice for me. We all have a part of our body that tells us when something is right or wrong. For me it is located in the pit of my stomach. I call it my Dorky Meter. Listening to it has always been my key to success. «

BIGGEST BENCH IN BREVARD II OCT 2009 » Melbourne, FL

BENCH FEMALE	(35-39)	
105 lbs.	S. O'Grady	315
(10-11)		
B. Levels	50	Tshontikidis
4th-57	(25-29)	
114 lbs.	T. Aina	155
(14-15)	(60-64)	
L. Crowley	50	A. Annuziatio
4th-55	(75-79)	
123 lbs.	B. Tinkler	215
(50-54)	181 lbs.	
L. Watson	90	J. Herman
132 lbs.	(50-54)	300
(10-11)	198 lbs.	
M. Quinn	120	(40-44)
148 lbs.	W. Kermer	242
(20-24)	(45-49)	
A. Sotomayor	92	W. Hicks
198+ lbs.	(50-54)	280
(30-34)	P. Classon	250
S. Deutsch	95	(75-79)
MALE	V. Lombardo	175
88 lbs.	(20-24)	220 lbs.
(10-11)	(20-24)	
B. Levels	65	C. Lawrence
114 lbs.	(30-34)	210
(12-13)	K. White	380
B. Hicks	80	(35-39)
132 lbs.	S. Ryder	450
(14-15)	242 lbs.	
B. Viperman	100	(16-17)
4th-105	C. Owen	105
(75-79)	(25-29)	
R. Crawford	150	K. Phillipson
148 lbs.	(12-13)	340
(12-13)	4th-350	
D. Dzara	65	(20-24)
4th-70	C. Stellfox	325
(18-19)	308 lbs.	
N. Twyman	205	(50-54)
(20-24)	B. Kissel	460
K. Ishikawa	300	308+ lbs.
T. Gerhauser	175	(35-39)
	M. Scheffel	465

God is Good! Venue: The Gym. The second annual "Biggest Bench in Brevard" saw thirty-two lifters representing gyms from throughout the county come together for a great day of camaraderie and competition. Before we get started, please say a prayer for our nation's warriors serving in harm's way; may God watch over them as they accomplish their mission and return



Anytime Fitness Team at the Biggest Bench in Brevard II, with Kenny Ishikawa at center stage (300 BP at 132) (S. Tshontikidis photo)



Christina McDowell – with a new SLP National raw record 205 @ submaster/148 lb. in Tulsa, OK

home to their loved ones. MJ Quinn of Indian Harbor Beach's "Our Club Bar Benders" led the women's charge with a 120 pound bench in the 132s. The Gym's Alysha Sotomayer, competing for the first time with just four weeks of training, hit a 92 pound bench in the junior, 148s. On the men's side, Melbourne's Steve Ryder captured Best Lifter honors in the Ironman division with an awesome 450 pound bench at a bodyweight of 209 pounds. Steve also won Best Lifter honors in the 2008 Biggest Bench in Brevard, and will be featured on next year's contest shirt! "Anytime Fitness" lifter Kenny Ishikawa (132, 300 pound bench) and Satellite Beach's Shawn O'Grady (148, 315 pound bench) battled it out for Best Lifter honors in the RAW division, with Kenny edging Shawn out. On behalf of R.A.W. United, I would like to thank "Our Club Bar Benders" lifter Chris Maxwell for his service to our great nation. Chris recently enlisted to become a member of the United States Marine Corps, and will be leaving for Paris Island in the coming weeks. Semper Fi, brother, and Godspeed! Special thanks to Pete Classon and Yanni Tshontikidis for spotting/loading; Al Annuziatio, Don Daube, Wolfgang Kermer, Steve Ryder, and Caryn Tshontikidis for officiating; Georg Baker for her flawless photography; Glenn Nichols of JNG Enterprises for the awesome contest shirts; Mike Roebuck of Good Impressions, Inc. for the contest certificates; Sir Charles Venturella for the customized Best Lifter and Team awards; Yanni Tshontikidis for helping me set up; and all the lifters for helping me clean up! More thanks to our brave men and women in uniform; may we never take

you or the freedoms you preserve for granted! And to our Lord and Savior Jesus Christ thank you for your love, grace, and salvation! In His Service. » courtesy Dr. Spero Tshontikidis

SLP WESTERN NATIONALS OCT 10 2009 » Tulsa, OK

BENCH FEMALE	Master (45-49)	
275 lbs.	J. Ribbens	265*
Raw	Master (55-59)	
181 lbs.	198 lbs.	
M. Powell	135*	M. Lowry
350*	Master (65-69)	
Submaster	242 lbs.	
148 lbs.	J. Turner	360*
C. McDowell	200*	Police/Fire Subs
4th-205*	181 lbs.	
MALE	Teen (16-17)	
Teen (16-17)	M. Peale	275*
165 lbs.	4th-285*	
D. Hughes	315	Open
4th-325*	123 lbs.	
Submaster	P. Simmons	255*
242 lbs.	4th-265*	
D. Willis	635*	242 lbs.
Master (40-44)	D. Morris	275
275 lbs.	275 lbs.	
R. McDowell	640*	S. Ward
4th-655*	4th-475	450
Master (45-49)	CURL	
181 lbs.	Police/Fire Subs	
B. Vandiver	250	181 lbs.
Master (50-54)	M. Peale	140*
181 lbs.	4th-150*	
M. Knutson	280	Open
Master (55-59)	SHW	
198 lbs.	D. Gonzales	150*
M. Lowry	370*	DEADLIFT
Open	242 lbs.	
242 lbs.	D. Willis	635*
D. Willis	635*	V. Barsoun
K. Loudermilk	535	205*
Raw	MALE	
Novice	Master (16-17)	
165 lbs.	165 lbs.	
J. London	325*	D. Hughes
181 lbs.	4th-385*	375
C. Clark	325*	Master (40-44)
Teen (18-19)	242 lbs.	
148 lbs.	M. Gentry	565*
A. Ramsey	285	275 lbs.
148 lbs.	B. Dale	675*
M. Turner	280	Police/Fire Subs
4th-295*	181 lbs.	
Junior	M. Peale	385*
242 lbs.	4th-405*	
R. Wilkins	320	Open
4th-330	220 lbs.	
Master (40-44)	B. Stevens	605
181 lbs.	SHW	
C. Rainbolt	240*	D. Gonzales
BENCH for Reps	Lbs.	Reps
Novice		
181 lbs.		
C. Clark	180	25*
Open		
123 lbs.		
P. Simmons	120	37*

*=Son Light Power national records. Best Lifter Bench Raw Women: Christina McDowell. Best Lifter Bench Raw Men: Steve Ward. Best Lifter Bench Men: David Willis. Best Lifter Bench Reps: Bob Dale. Venue: Platinum Fitness Center. Thanks to owners Jim and April Parham for hosting this event and to the staff there who helped in so many ways to keep the competition running smoothly. In the raw bench competition it was Melissa Powell taking the win at novice women 181 with a national record of 135. Christina

McDowell one of the premier raw lady benchers in the country, set the national record at submaster 148 with a great 205. In the novice men's division it was Jordan London at 165 with 325. Calvin Clark also finished with 325 for the win at 181. Both of these lifters set national records for their respective classes. At 18-19/148 Aaron Ramsey took the win over Matthew Turner 285 to 280. However, Matthew came back with a successful fourth of 295 to set the national record there! In the Junior men's division it was Rod Wilkins at 242 with a personal best 330. Curt Rainbolt set the record at 40-44/181 with 240. Jeff Ribbens broke his own national record at 45-49/275 by 10 lbs., finishing with 265. Maurice Lowry broke the national record at 55-59/198 with 350. Jim Turner broke his national record at 65-69/242 with his 360 final attempt. Mike Peale set the mark at police/fire submaster/181 with his 285 fourth attempt. In the open division Patrick Simmons set the national record at 123 with a great double bodyweight bench of 265. David Morris won at 242 with 275. Our final lifter in the raw division was also our best lifter for the raw division, Steve Ward. Steve finished with a personal best 475 at 275. Christina McDowell won the best lifter award among the women. In the assisted division it was David Hughes setting the national record at 16-17/165 with his 325 final attempt. David Willis got a personal best at submaster 242 with 635. David also took the open 242 class over Kevin Loudermilk, who finished with his opener of 535. Both of David lifts were new national records for each class. Our biggest lift of the day though, came from Rich McDowell who set the national record at 40-44/275 with a great 655. Bryan Vandiver won at 45-49/181 with 250. Mark Knutson took the 50-54/181 class with 280. Maurice Lowry set his second national record of the day at 55-59/198 with 370. The best lifter award for the assisted benchers went to David Willis. In the bench for reps category, Calvin Clark got 25 with 180, who finished second to Patrick Simmons who got 37 reps at 120! In the curl competition Mike Peale set the record at police/fire submaster 181 with 150. Daniel Gonzales, taking the win at open/shw, also finished with 150. Moving to the deadlift competition Veronica Barsoun set the record for the open women's 148 class with 205. David Hughes got a second national record of the day at 16-17/165 with a great 385 final pull. Mitch Gentry set the mark at 40-44/242 with 565. Bob Dale, best lifter in the deadlift competition matched his previous best at 40-44/275 with a solid 675 pull. Mike Peale set his third national record of the day at police/fire submaster 181 with 405. In the open division it was Brandon Stevens with 605 at 220. Daniel Gonzales set the record at shw with 550. Thanks again to all those who helped with the loading and spotting duties and a special thanks to J.J. Warren for all his help. Thanks as well to Maria Hughes for serving as our trophy girl. See you all again next year. » courtesy Dr. Darrell Latch

APF MAINE STATE NOV 14 2009 » Westbrook, ME

BENCH FEMALE	MALE
220+ lbs.	Open
Open	Open
J. Perry	132
	C. Fredette
	518

Master (40-50)	Masters (51+)	P. Dosen	606	330	539	1475
T. Bernard	—	J. Cameron	551	341	533	1425
R. Haller	325	P. Powers	490	308	490	1288
Powerlifting	SQ	BP	DL	TOT		
J. Fournier	385	P. Bennett	429	259	457	1145
MALE		D. Jackson	402	275	380	1057
Open		199-220 lbs.				
M. Bales	270	D. Boffo	804	501	666	1971
A. Rosen	352	S. Blanchard	749	501	699	1949
Masters		M. Aube	573	374	584	1530
J. Clouh	303	D. Brown	639	584	182	1404
M. Bales	270	J. Fuller	374	259	551	1184
MALE		221-242 lbs.				
Teen (11)		M. Mitchell	749	473	732	1954
A. Allen	110	Buckingham	705	451	578	1734
Teen (14)		F. Ventriglia	402	253	501	1156
J. Cretien	380	243-275 lbs.				
Teen (16)		Thompson III	—	347	600	947
G. Allen	275	276-308 lbs.				
Masters (40-50)		A. Petrino	826	639	600	2064
K. Manning	501	T. Lane	760	418	622	1800
T. Allen	501	309+SHW				
J. Timberlake	479	C. Weirs	881	732	848	2461
T. Casa	440	276-308 lbs.				
Masters (51+)		The 2009 Pine Tree Championships were exciting and well attended. As we've done over the last couple of years, we used the Armory in Westbrook for our venue and it seems the lifters are very happy with it. The highlight of our morning session was the incredible lifting of sixty two year old, 113 lb. women's master, Jo Ann Clough: 303-132-303 for a 738 total in the tank for the deadlift. The afternoon session featured the men's open divisions the highlights being some terrific deadlifting from big Mike Mitchell (well into 700s) and an all around performance from Chris				
P. Bennett	429	259	457	1145		
C. Burgess	556	363	584	1503		
DuMonthier	435	286	506	1228		
Ventriglia Sr	275	171	308	754		
Open						
149-165 lbs.						
J. Priddy	314	226	440	980		
B. Litman	259	226	358	842		
166-181 lbs.						
C. Kanavas	539	352	534	1426		
182-198 lbs.						
D. Innis	639	451	584	1674		



Chris Wiers made his comeback at the APF Maine State Championship meet, following recovery from a pec and a quad tear, and he topped off his day with an 848 deadlift (Scott DePanfilis photo)

Wiers, 880-732-847-2458 at 328 lbs. Chris essentially benched 781 on his third, but drove it into the racks at the top. The 847 deadlift was a Maine State record and the biggest deadlift ever pulled in Maine. Other state records: John Fournier, master bench 50-54, 386.1 and Darren Brown open bench 583. We raised money for a wounded warrior, Army Reserve Sgt. John Brower, disabled in Iraq. He was on hand and touched by the applause he got when introduced. He received \$350 which puts our cause over \$3,000 for wounded warriors and their families. Finally, a better group of spotters can't be found and judges Charlie Ryder, Marty Joyce, Mark Strumph, were led by the best head judge in the game, Steve Smith. Meet Director: Matt Israelson. » courtesy Douglas W. Brown, M.D.

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POCKET SAMSON'S 9TH XMAS MEET DEC 5 2009 » Hampstead, MD

BENCH	275 lbs.		
148 lbs.	Master (75-79)		
High School	Open		
C. Raines	155	D. Joy Sr	300
198 lbs.		SHW	
Open		Open	
J. Croft	210	B. Curry	315
242 lbs.		DEADLIFT	
Open		SHW	
H. Raines	315	Open	
		B. Curry	315

Venue: Four Seasons Sports Complex. Praise the Lord, not even a change of venue could stop the 9th annual event, as once again a lot of toys were donated to the Toys For Tots. My girlfriend, Shannon Marie Poe, assisted in the event that I am happy to host each year on the first Saturday in December. My Shannon was with me for my November 8th USAW American Masters victory and shall be with me April 9-11 at my USAW Masters Hall of Fame induction and see me gain gold #11 at USAW Nationals, Praise the Lord. Lifting once again was my friend Don Joy, Sr., and he brought with him two rookie lifters, his son-in-law Harold Raines and grandson Calvin Raines. Another rookie, Blake Curry was my lone push pull lifter and rookie Jim Croft did excellent in his first championship. The biggest bench of the day went to raw lifter Harold Raines in the 242s with a 315 push at 77 years young. Don Joy, Sr., benched 300 at a bodyweight of 250. Mr. Ken Martiniano helped spot, load and judge. A very special thank you to my Shannon, and my mom and dad. Thank you Mike Lambert and the best magazine, Powerlifting USA. Also, thanks to Joe Legge and Four Seasons Sports Complex, and all the lifters, especially my friend Don Joy, Sr., who was elected into the Carroll County Hall of Fame for his 60 year athletic career, and all the PL USA readers! God Bless.
» courtesy Glen Murphy Jr.



At the Christmas BP/DL/PP – (seated) Shannon Marie Poe and Glenn Murphy Jr., standing (l-r) Harold Raines, Calvin Raines, Jim Croft, Don Joy Sr., Ken Martiniano, and Blake Curry (G. Murphy photo)

USAPL BATTLE ON THE BAYOU NOV 14 2009 » Church Point, LA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Open				
97 lbs.				
G. Bates	205	120	210	535
105 lbs.				
K. Steward	170	120	215	505
C. Davis	190	85	190	465
114 lbs.				
B. Courville	140	75	135	350
123 lbs.				
T. Cormier	245	125	300	670
Thibodeaux	230	145	275	650
K. Badaeux	240	115	225	580
132 lbs.				
E. Breaux	225	125	285	635
S. Baker	185	225	205	615
S. Wyatt	200	95	235	530
A. Warwick	185	95	235	515
148 lbs.				
K. Hiem	285	115	290	690
B. McGowan	270	145	245	660

C. Cantrell	—	115	225	—
165 lbs.				
L. Rimassa	75	85	225	385
181 lbs.				
M. Bradley	—	135	—	—
198 lbs.				
M. Scott	—	—	—	—
198+ lbs.				
H. Shields	290	105	305	700
MALE				
123 lbs.				
Whitehurst	295	225	425	945
V. Bradbury	295	240	345	880
132 lbs.				
N. Boutte	515	285	500	1300
B. Naquin Jr.	330	235	505	1070
148 lbs.				
J. Warner	385	230	440	1055
J. Dear	420	230	390	1040
165 lbs.				
J. Melancon	500	375	485	1360
A. Hughes	460	295	500	1255
M. Dugas	385	355	435	1175
L. Lasseigne	415	275	410	1100
M. Meyers	355	25	400	990
J. Cruise	385	215	380	980

181 lbs.				
R. Verbois	660	405	605	1670
D. Thomas	470	245	500	1215
M. Frank	440	330	415	1185
A. Marhanka	450	200	495	1145
J. Jumonville	415	300	405	1120

198 lbs.				
Z. Coleman	635	365	550	1550
T. Pittari	500	315	540	1355
A. Lewis	500	350	500	1350
P. Mooney	550	285	480	1315
T. Abate	375	280	400	1055
Z. Calhoun	360	215	425	1000
J. Weeks	325	240	390	955
V. Tran	335	225	380	940

220 lbs.				
S. Comeux	635	405	520	1560
C. Latour	540	360	545	1445
J. Dumas	575	355	415	1345
M. Opelka	—	—	—	—
J. Rideua	—	320	—	—

242 lbs.				
P. Richard	555	425	575	1555
275 lbs.				
C. Albright	700	360	630	1690
K. Ramsey	585	510	515	1610
D. Dobson	465	320	480	1265
J. Lemelle	425	300	—	—

» courtesy USAPL

USAPL MONSTERS OF THE MIDWEST NOV 14 2009 » Winchester, IN

BENCH	242 lbs.			
220 lbs.	Master II			
Junior (20-23)	S. Norris	370		
B. Needler	405			
Master II	SQUAT			
M. Hinders	340			
	Open			
	M. Woody	540		

Powerlifting	SQ	BP	DL	TOT
148 lbs.				
Junior (20-23)				
J. Rogers	275	175	325	775
165 lbs.				
Junior (20-23)				
K. Polzin	405	250	545	1200
K. Penfound	395	255	455	1105
181 lbs.				
Junior (20-23)				
J. Crespi	415	280	475	1170
L. Goyke	375	275	405	1055
E. Oetter	345	225	430	1000

Master I				
M. Fensler	290	480	770	
198 lbs.				
Master IV				
J. Valpatic	385	225	460	1070
Teen (18-19)				
B. Reusser	420	275	510	1205
Junior (20-23)				
M. Mayer	425	265	530	1220

220 lbs.				
Teen (18-19)				
M. Devore	450	280	540	1270
242 lbs.				
Teen (18-19)				
J. Combs	615	255	525	1395
Junior (20-23)				
J. DeGuzman	455	315	610	1380

Open				
J. Wells	555	385	630	1570
275 lbs.				
Submaster				
D. Deiwert	455	375	525	1355
Open				
S. Rose	520	355	545	1420

319 lbs.				
Junior (20-23)				
C. Mosier	435	275	475	1185

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

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

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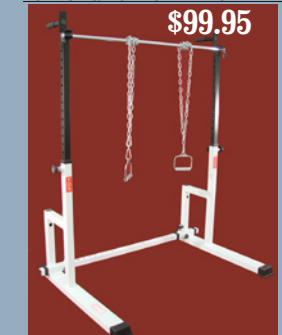


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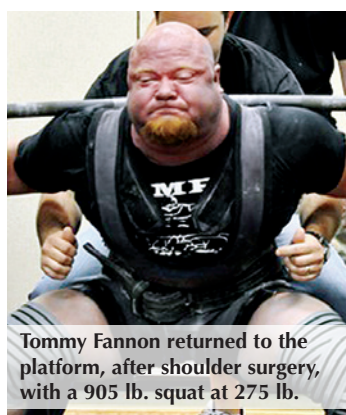
APFF/AAPF ORLANDO BARBELL FLORIDA FEB 27 2010 » Orlando, FL

BENCH	Submasters Raw	Masters (45-49)	Masters (50-54)
220 lbs.	M. Amodeo 520	J. Hopf 375	J. Hopf 375
Open			
R. Paras 650			
Masters (55-59) Raw			
F. Clark —			
242 lbs.			
Open			
M. Westerdal 630			
308 lbs.			
Masters (50-54) Raw			
M. Absher 375			
Open			
M. Amodeo 520			
Push Pull			
BP	DL	TOT	
132 lbs.			
Teen (18-19)			
K. Palmberg 170	270	440	
MALE			
198 lbs.			
Teen (13-14) Raw			
N. Chambers 160	300	460	
242 lbs.			
Open			
K. Phillipson 350	655	1005	
C. Butler 375	610	985	
S. Fowler 430	530	960	
275 lbs.			



Big Joey Degiovine went 650-575-675-1900 in the Raw 275s in Orlando

Powerlifting	SQ	BP	DL	TOT
123 lbs.				
Masters (45-49)				
M. Kirkland 485	250	425	1160	
Masters (45-49) Raw				
K. Knight 200	—	—	200	
Open				
M. Kirkland 485	250	425	1160	
Masters (45-49)				
M. Kirkland 485	250	425	1160	
Open				
M. Kirkland 485	250	425	1160	
Open Raw				
A. DeGiovine 250	170	320	740	
Masters (50-54)				
T. Bishoff 295	135	315	745	
132 lbs.				
Masters (50-54)				
M. Quinn 160	130	230	520	
MALE				
132 lbs.				
Teen Raw				
J. Sunde 275	170	355	800	
Teen (13-15) Raw				
J. Sunde 275	170	355	800	
165 lbs.				
Junior				
B. Do —	315	475	790	
Teen				
J. Parsons 245	170	280	695	
181 lbs.				
Open				
J. Land 630	550	515	1695	
T. Garland 630	505	560	1695	
198 lbs.				
Masters (50-54)				
V. Donofrio 580	350	500	1430	
Masters (65+) Raw				
J. Ruffalo 280	245	305	830	
Open				
T. Kroning 485	345	465	1295	
220 lbs.				
Junior				
J. Drummond 740	225	630	1595	
B. Partin 475	410	515	1400	
Masters (65+)				



Tommy Fannon returned to the platform, after shoulder surgery, with a 905 lb. squat at 275 lb.

G. Jurkowski 825	500	725	2050
Masters (50-54)			
L. Grant 675	465	550	1690
Open			
L. Estevez 1000	620	700	2320
G. Jurkowski 825	500	725	2050
Open Raw			
J. DeGiovine 650	575	675	1900
Submasters			
L. Estevez 1000	620	700	2320
PRO			
B. Carroll 1110	785	750	2645
308 lbs.			
Masters (50-54) Raw			
B. Kissel 625	445	655	1725
Open			
V. Urbank 225	135	820	1180
Submasters			
D. Graham 635	—	—	635
SHW			
Junior			
G. Catling 800	550	615	1965

First of all, I would like to thank all of the Orlando Barbell team for moving equipment, spotting, loading, announcing, score keeping, working the door, and cleaning up. Without you I couldn't do any of this. It's your help and support that will keep our gym going strong. Thank you to Tampa Barbell and Space Coast Barbell for providing equipment for us to use, I couldn't run these meets without you. I honestly feel that Florida has the strongest powerlifting camaraderie. Thank you to the very credible and well known judge Wayne Pullum for making the trip to help provide some strict, but consistent judging along with Brian Tincher, Greg Godwin, and Tommy Fannon. Thank you to all of the competitors and spectators who make these events worthwhile. We had close to 200 spectators, which is more than some of the biggest powerlifting events the country. Thank you to my wife, Trinity, for keeping things organized, figuring the scores, and helping me to maintain my composure. Thank you to my client and Orlando Barbell team member, Al Reiss, for helping to fund these events to help provide some revenue for OBB. Thanks to Dave Tate from EliteFTS, and Mike Westerdal of Critical Bench for providing prizes for the lifters, spotters, loaders, and spectators. I hope I didn't leave anyone out, but I probably did. It's amazing how many people are involved, and how much goes into, a one day event. I'll start by listing off the best lifters and some of the other highlights I can remember for now. Big Joey Degiovine of Space Coast Barbell went 650-575-675 for 1900 raw in 275s to win best open raw lifter. Joey's wife, Amy Degiovine went 250-170-320 for 740 raw at 123 in her first powerlifting meet to win best open raw female lifter. Brian Carroll had a great meet going 1110-785-750 for 2645 to win the Pro division at 275. Clint Smith took 2nd place in the pro division going 925-775-730 for 2430 in the pro division at 242. Brian Hopper once again made huge improvements going 1030-640-685 for 3rd place in the pro division at 242. Joe Norman hit a huge masters record squat of 1105 as a light 275. Tommy Fannon made a great return to the platform, post shoulder surgery, to hit a 905 squat at 275. Kevin Phillipson took the Ironman competition with a 350 bench and 655 pull raw in the 242s. Space Coast Barbell won the Team Trophy to beat out Tampa Barbell and Team Samson for the strongest Florida Powerlifting Team title for this



Brian Carroll went 1110-785-750 for 2645 lbs. to win the Pro Division at the Florida State meet

year. We plan to continue to pass the team trophy on to each year's winner. Orlando Barbell's own John Land finally hit an Elite Total going 630-550-515 for 1695 at 181. Orlando Barbell's own Ronnie Paras hit a big PR bench of 650 at 220 to win best bench only. My client, Larry Grant, PRD on every lift going 675-465-550 for 1690 at 51 years young in the Masters 275s. I have to mention the massive Vincent Urbank, who normally competes as a strongman but was competing in his first Powerlifting meet. At only 22 years of age he took a token squat and bench but pulled 820 at 308! This guy was an f-ing monster! I hope he sticks with the sport. If anyone is interested in purchasing a CD with photos of all of their lifts please contact freelance photographer Kelly Quinn, who did a great job of documenting the event with some great pictures. Her email is: mightyquinn8723@yahoo.com. Congratulations to all of the competitors and thanks again everyone for another very successful event!

USAPL STARS & STRIPES BP/DL NOV 21 2009 » Clarks Summit, PA

BENCH	Female	Male
198 lbs.		
K. Shanfelt 72		
123 lbs.		
T. Whipple 259		
T. Ford 132		
132 lbs.		
Z. Knox 237		
J. Olver 143		
T. Logan 110		
148 lbs.		
B. Polizzano 259		
C. Snow 193		
K. Herman 182		
J. White 176		
L. Lukaski 165		
165 lbs.		
R. Burnett 286		
M. Reap 237		
J. Cannalley 231		
S. Christensen 215		
D. Stocker 215		
C. Toptich 209		
R. McHale 182		
181 lbs.		
G. Simmons 281		

DEADLIFT	Female	Male
132 lbs.		
T. Logan 209		
148 lbs.		
B. Polizzano 358		
165 lbs.		
S. Christensen 418		
181 lbs.		
J. Burchell 457		
C. West 380		
V. Riggi 385		
D. Shumski 325		
198 lbs.		
G. Moyer 539		

USAPL GOLD'S GYM LOVELAND OCT 3 2009 » Loveland, CO

BENCH	Female	Male
132 lbs.		
J. Harms 160		
165 lbs.		
A. Deepe 149		
UNL		
Master IV		
J. Walker 264		
MALE		
115 lbs.		
Teen II		
B. Landis 138		
132 lbs.		
Teen I		
O. Valdez 116		
148 lbs.		
Teen III		

USAPL MARCH MADNESS MANIACS MAR 17 2010 » Baton Rouge, LA

Powerlifting	SQ	BP	DL	TOT
123 lbs.				
L. Ogden 165	110	235	510	
MALE				
148 lbs.				
M. Eckert 380	245	400	1025	
165 lbs.				
B. Everhardt 400	285	390	1075	
R. Primeaux 345	210	335	890	
181 lbs.				
K. Wiese 315	235	360	910	
D. Zacarias 285	185	300	770	
198 lbs.				
V. Tran 535	290	480	1305	
Z. Calhoun 510	270	500	1280	
T. Abate 455	340	455	1250	
J. Pepper 355	260	455	1070	
A. Mouton 315	195	355	865	
220 lbs.				
J. Weeks 470	305	500	1275	
M. Opelka 485	350	440	1275	

USAPL GEORGIA STATE NOV 21 2009 » Duluth, GA

Powerlifting	SQ	BP	DL	TOT
123 lbs.				
Master				
M. Beach —	132	—	132	

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MIKE MACDONALD »

probably would have exceeded the world record in the bench press well over one hundred times. A few cases in point: at the national competition he locked out 608.87 pounds weighing only 232 pounds, but the lift was disqualified because the bar slightly nipped the left upright on the way up. According to the judges at the meet, the lift was perfectly paused, flawlessly lifted and fully locked out, but in those days the bar tap was a rule infraction and the lift had to be disqualified. The bar tap rule was later changed and under the current rules that lift would have officially counted as a world record. At another national competition he broke the world record at 181 pounds with a lift of 522.10 pounds but he was not given credit for a world record because the weights were in pounds and not kilos...all world records had to set with kilo plates at that time.

I can only speculate how much MacDonald would have bench pressed with the advantage of today's lifting shirts, bench press regulations and judging. The 1000 pound barrier would certainly not be out of question. Of course, that is just speculation on my part. In training his best touch 'n' go singles were 615 pounds, 620 pounds, and 625 pounds all done at a bodyweight well below 240 pounds and without a bench shirt. He actually exceeded the 600 pound barrier on 17 different occasions during training. His best reps were 565 pounds for a

triple and 535 pounds for five repetitions. Now you tell me who is a better bench presser? Let me answer that for you—NO ONE!

Perhaps Dr. Terry Todd said it best in his book *Powerlifting*: "Of all the things I have ever seen (referring to the feats of strength he had witnessed) which were hard to believe, perhaps none strains the limits of the mind quite like Mike MacDonald's bench press...never have I come close to seeing a man who was so strong, so strict and yet so small...create world record after world record after world record...he is now, and will perhaps always be the greatest pound-for-pound bench presser in the world."

Mike's views on the current state of powerlifting are rather consistent with most old school lifters. "Bench press competition," he states, "is not a creditable sport anymore because of the equipment being used and the difference in rules from one organization to another. The bench press shirts do not allow the best bench presser to win. It doesn't even allow the best bench presser to win if he uses a shirt because of the variable shirts. Some organizations allow one-ply shirts, others two-ply and others unlimited number of plies. The material which is allowed to make the shirts also varies from federation to federation which makes things even more confusing. It is often not the lifters who achieve new records, but mostly the material they use. Some lifters are getting more than 400 pounds

from the shirts. It has become a shirt contest, which is a joke in my opinion. Even in the raw meets the rules are not strict anymore. I mean, the touch and go benches with no pause and the feet tucked back under the bench, etc. It is not really strict bench pressing any more... again, it is a joke."

Today Mike is semi-retired from the business world, but he is anything but retired from the world of fitness. He is presently in training to break the world record bench press mark for bodyweight repetitions. He is closing in on 50 repetitions for bodyweight, a feat that takes on otherworldly magnitude when you consider the fact that he is 61 years old. He is also planning a comeback in the raw master division. "My goal is to become the greatest master bench presser of all-time," states MacDonald. "My bodyweight is down to 148 pounds. I never competed that light, but I am planning to start there and move up weight class by weight class breaking the world record in each weight classification as I go. I am confident I can do double bodyweight in each weight class that I compete. I don't think there is another master lifter in the world who can do that raw. That is my goal...to be the greatest bench presser of all-time."

I certainly wouldn't bet against him. After all, like Todd said, "He is now, and will perhaps always be the greatest pound-for-pound bench in the world." ☪

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—Mike Lambert, Editor, POWERLIFTING USA Magazine

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WABDL JERRY CAPELLO MEMORIAL FEB 6 2010 » Medford, OR

BENCH PRESS	220				
Class 1 Men	J. Noblit	508	165	D. McFarland	600
148	242			308	
B. Kunkel	341	S. Genengels	352	T. Klundby	600
181	181	Master Men 54-60	242	Subm 33-39 M	308
McLaughlin	341	181		M. Petrucelli	551
D. Showalter	170	G. King	363	198	
198	242	J. Bennett	358	220	
J. Bollig	325	G. Wallace	352	198	
242	275	B. Henry	203	242	
M. Stevenson	314	S. Brown	429	309	
259	181	Master Men 61-67	132	220	
B. Ferguson	341	181		220	
Junior Men 20-25	R. Hieb	319	4th	122	
148	198	Teen W 18-19	88	198	
M. Rust	270	J. Beteta	363	242	
198	148	Master Men 68-74	281	275	
D. McFarland	314	L. Vincent	281	242	
220	123	Master W 47-53	507	242	
N. Wilks	137	D. Ruff	176	242	
Law-Fire 40-47M	G. McFarland	457	E. Carlton	115	
242	132	Law-Fire Women	115	242	
G. McFarland	457	D. Sutton	115	242	
Law-Fire Women	A. Huey	203	Open Men	209	
SHW	259	4th	T. Osborne	573	
A. Huey	203	Master Men 40-46	198	165	
198	209	Spec. Oly. Men	220	242	
D. Kahn	325	165		148	
220	242	C. McFarland	220	148	
L. Soto	314	242		123	
Master Men 47-53	N. Ceglia	294	198		



Jerry Capello set many WABDL World Records (Brian Baertlein photo)

D. Ruff	341	Spec. Oly. W	97	55 lifters attended this meet to honor Jerry Capello, who died of a heart attack on June 14, 2009. Tom Eiseaman came out from New Jersey and Brent Howard came up from Las Vegas. Tom bombed out on 716, but he wasn't in shape and just came to honor Jerry. His presence was the main thing and it was greatly appreciated by Jerry's wife Pam and sister Shag. The next morning USA Powerlifting web junkies turned it into a political agenda and said "see, that's why Tom can't go to the Arnold Classic". We all know why he can't go - he lifted in the WABDL Worlds! Powerlifting is a real simple, fun loving sport, but USA Powerlifting has made it into a vengeful, mean-spirited, ridiculously tight judging, cheap trophies and poor venues. The lifters that choose to lift in USA Powerlifting somehow have this attitude that the IPF is the only legit federation. It used to be, from 1973 to about 1995, and then USA Powerlifting got involved and executives in the IPF aren't lifters and they sit in their exclusive suites at World Championships while the lifters reside in less than superb quarters. You see meet results from USA Powerlifting and barely a story is written and very few pictures. You would think people in the sport are getting rich. There
K. Kennedy	336	K. Sittin	132	
T. Holte	363	Sub Men 33-39	165	
B. Kunkel	507	P. Villagrana	440	
198	198	C. McFarland	402	
R. Godard	622	T. Charley	573	
D. McFarland	600	W. Hanlan	457	
T. Eiseaman	242	220		
J. Anthony	600	S. Edmondson	644	
T. Osborne	661	308		
J. Nickerson	705	J. Nickerson	705	
308	259	J. Adams	578	
M. Klundby	264	Submaster W	132	
148	132	S. Waterman	253	
K. Kennedy	336	Teen Men 18-19	220	
165	132	J. Bennett	462	
T. Holte	363	Teen Women 14-15	123	
Spec. Oly. Men	165	A. Pecktol	264	
242	165	Teen Women 18-19	123	
C. McFarland	402	R. Talley	209	
242	165	A. Wass	336	
N. Ceglia	463			

are some, but they aren't meet directors or lifters. Without them, the federations, gear companies and magazines don't exist. The main point here is Tom Eiseaman chose to spend time and money to qualify for the Arnold Classic. He didn't bomb out at the qualifier. He didn't bomb out at the WABDL Worlds. He has competed in 17 WABDL events in the last five years and has bombed out of only two. When you're drug free your lifting is up and down. You never know when you're going to be "on". I've seen Tom pull 800 over his knees 16 months ago and I've seen him barely make 688 and complete 771. He's a vegetarian, Chiropractor, husband, father and a true gentleman. By that definition alone, he wouldn't fit into USA Powerlifting's definition of lifters they desire! Back to the Jerry Capello Memorial, Tom chose to fly 3000 miles, take time away from his business and family, to honor a friend. That's the kind of lifters we have in WABDL. Brent Howard opened with 710 and got 810 about 6 or 7 inches off the floor in sumo style. He's usually conventional, Brent has been pulling between 710-755 since 2000! He's a former Marine honor guard member. Dan Guches and Sam Pecktol were the meet directors of this event but the driving force with time, effort, and money was Bill Anderberg. He was responsible for a majority of the budget of the meet and his company ANSWER PAIGE. He also took the entire staff out to dinner at RUBY TUESDAYS and the tab was over \$500. Bill was a very close friend of Jerry Capello and Jerry's death will leave a big hole in Bill's heart, but he filled that hole by honoring him. There was a beautiful video showcasing Jerry's life and lifts that Bill put together. He then gave a touching speech honoring Jerry Capello. The Medford meet directors, including Bill Anderberg, honored Bill Pearl. This year they had Bill Pearl give the award to Gary & Elma Thomas, who do weigh-ins at many WABDL events and handle computer chores. In Class 1 Bench at 148, Barry Kunkel set an Oregon record 341.5 to go along with an impressive 507 deadlift. In Law/Fire Open Women, April Huey, a policewoman from Redmond, OR set a state record 209 at 198+. In Master 57-53/220 Jim Noblit benched an Oregon



Robert Wass (Wass photo)

record 508.1. In master 54-60/181 Gene King set an Oregon record 363/7. In Master 68-74/148 Larry Vincent set a world record 281 at age 70. It was his 12th world record and Larry will definitely be a candidate for the WABDL Hall of Fame when he retires. In Special Olympian 242, Nick Ceglia set an Oregon Record 303. In Teen Women 14-15/132 Alexandra Pecktol set an OR record 122.3 and was ably coached by her Father Sam Pecktol. She also deadlifted 264.5 adn 127.6#. In the deadlift there were no world records. Jim Nickerson was the only lifter to deadlift 700. He did 705 at 308. Scott Edmondson pulled 644 in Sub 220 to win best lifter in submaster. Robert Wass jerked up an

Oregon record 479.5 in 61-67/242. Dean Munsey keeps defying age and pulled an Oregon record 655.7 in Master 40-46/Super. Dan Guches pulled an Oregon record 573 in Master 47-53/181. Dan is usually over 600. Michael Petrucelli set an Oregon record 551 in Master 40-46/165 and was best lifter in Master 40-53. In submaster 165, Pedro Villagrana set an OR record 440.7. In Submaster 198 Troy Charlie set an OR record 573. In Class 1 220 Jason Dassel set an OR record 578. In Master Men 54-60/242 Bill Anderberg pulled 562 and was named Best Lifter in Master 54+. In 18-19/165 Amanda Wass set an Oregon Record 336 after a two year layoff. Robert Goddard pulled 622.7 at 198 to win Best

Lifter in Open Men. Denise Ruff pulled 341.5 weighing only 117.2 and was best lifter for women. The six best lifters all have something in common - they were all trained by Jerry Capello! Best Lifters for the bench press were Denise Ruff for all women benchers with 176.2 weighing 117.2. Barry Kunkel was best lifter in class 1 with 341.5 at 148. Best Lifter in Junior and Teenage was Jeremiah Bennett with 358 in Teen 18-19/220. Best Lifter in 40-53 was Jim Noblit with 508.1 in 47-53/220. Larry Vincent was best lifter in 54+ and Travis Osborne was best lifter in open and submaster with 573 at 259 and a near miss with 600.7.

» courtesy Gus Rethwisch

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RESULTS

GYM WARRIORS TURKEY DAY BASH NOV 28 2009 » Peabody, MA

BENCH	REPS		
165 lbs.	J. Floyd	16	
Open	J. Maddenn	16	
J. Floyd	240		
(Age 40)			
T. Hegarty	260		
198 lbs.			
Open			
S. Oleson	275		
(60+)			
K. Conroy	315		
(Age 51)			
F. Quirk	325		
220 lbs.			
Open			
S. Green	355		
K. Kinsella	—		
Raw			
(Age 10)			
J. Flynn	75		
275 lbs.			
Open			
S. Tobey	200		
SHW			
Masters (40-45)			
L. Desimone	300		
DEADLIFT			
Raw (Age 15)			
165 lbs.			
C. Flynn	375*		
Push Pull			
Raw			



George Sousa squatting at the Turkey Day Bash (Eric Russell photo)

181 lbs.			
(Age 16)			
B. Mitchell	250	385	635
220 lbs.			
(Age 75)			
C. Brackett	145	265	410
(Age 50)			
J. Madden	335	455	790
Open			
D. Delisle	165		
242 lbs.			
Open			
D. Delisle	340	450	790
Powerlifting			
SQ	DL	BP	TOT
MALE			
132 lbs.			
(Age 65)			
D. McMillon	130	145	100
102			
N. Patti			
SQUAT			
220 lbs.			
Open			
K. Shorten	195	280	110
585			
C. Kozlowski	340		
MALE			
220 lbs.			

Open				
G. Sousa	510	540	350	1400
C. Stoev	375	425	375	1175
Raw				
165 lbs.				
Open				
L. Lopez	325	410	275	1010
Teen (15)				
W. Veranos	225	320	165	710
242 lbs.				
Open				
M. Baker	350	435	275	1060
275 lbs.				
(Age 50)				
D. Kelly	350	425	240	1015

*=Records. Thanks to all the lifters, and all the people who showed up at the contest. A special thanks To Natures best for the isopures, to BSN for all the samples, and to Designer Way for all the protein samples. Thank you to Eric Russell for the great pictures, and thanks to Powerlifting USA.
» courtesy Paul DeSimone

ADFPF 4TH PL/SINGLE EVENT JAN 23 2010 » Six Lakes, MI

BENCH	181 lbs.		
198 lbs.	Open		
Masters (45-49)			
D. Rowles	303		
J. Jachim	374!*		
198 lbs.			
275 lbs.	Masters Open		
Masters Open			
T. Gouger	303		
E. Kindle	457*		
Raw			
B. Stoner	253!*		

Masters (45-49)	Open		
J. Jachim	330*		
220 lbs.			
DEADLIFT			
Open			
D. Fenderson	512		
242 lbs.			
Masters (50-54)			
R. L'Huillier	622!*		
Raw			
242 lbs.			
Masters (40-44)			
J. Casemier	584*		
319 lbs.			
Powerlifting			
SQ	BP	DL	TOT
198 lbs.			
Masters (70-74)			
T. Andrews	237!*	242!*	314!*
220 lbs.			
Open			
M. Marsiglia	451	253	—
705			
Open			
M. Munson	517	413	—
930			
242 lbs.			
Masters (50-54)			
G. Zylstra	275*	215*	352*
842*			
Open			
Z. King	429*	281*	501*
1211*			
275 lbs.			
Open			
B. Kipp	501	319	600
1420			
Masters (40-44)			
Qualify			
R. Cairns	501	330	473
1305			
Junior (20-23)			
M. Stewart	429*	336!*	556*
1321*			
! = American Records. * = State Records.			
» courtesy Judy Gedney			

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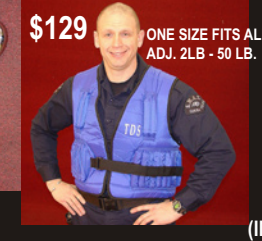
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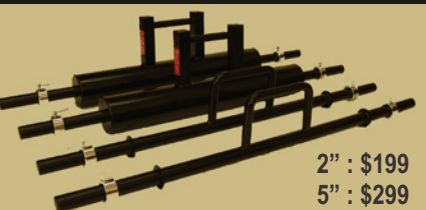


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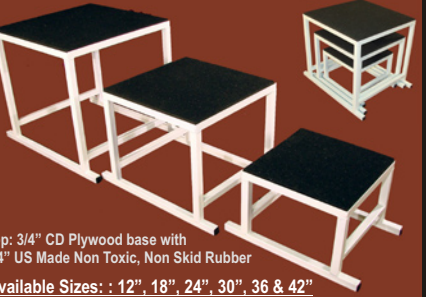
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Dr. Arnold Nerenberg, Ph.D., age 67, 173 lb., set a new world record drug-free POWER PULL-UP of 125 lb. » photo courtesy Dr. Nerenberg

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