

» BIG EVIL'S LAIR:  
THE WAR WAGES ON

» INTERVIEW WITH  
POWERHOUSE JOEY SMITH

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## 'POWERLIFTING USA,

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## FEATURES

### 49 THE SPF POWERSTATION PRO/AM

Louie Simmons takes us inside the SPF Powerstation Pro/Am where the "Pros"—Frankl, Hoff, Cartinian and Phelps, just to name a few—put up crazy-big lifts

### 54 JOEY SMITH INTERVIEW

Ben Tatar of Critical Bench gets the scoop from top bench presser Joey Smith

### 62 OPTIMIZING MEAL FREQUENCY

Scott Mendelson of Infinity Fitness gives lifters strategies for rapid fat loss, muscle growth and max strength improvement

### JOEY SMITH

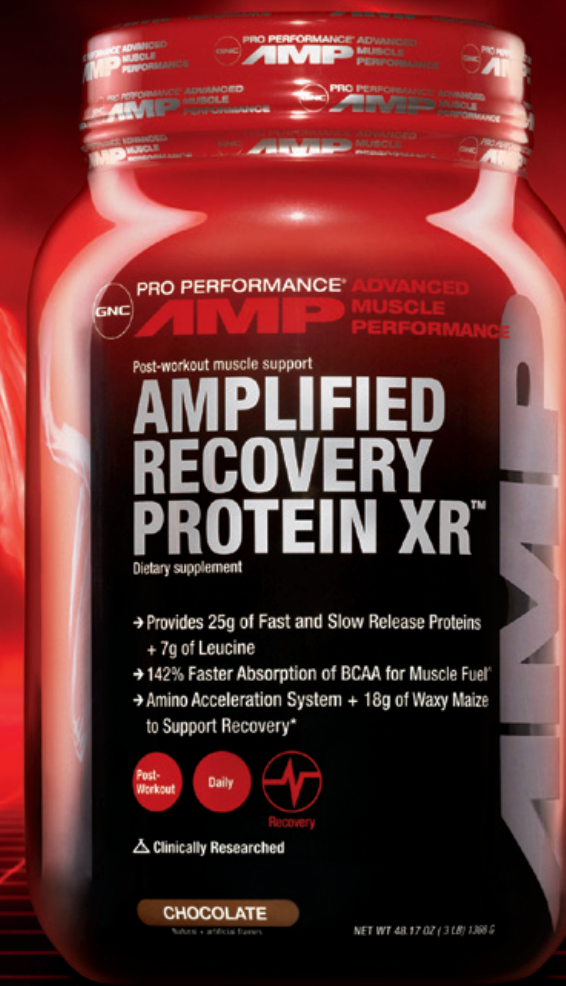
Joey Smith benched 760 pounds at the SPF World Championships in October 2009  
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- 8** STARTIN' OUT: GETTING DEEP *Doug Daniels*
- 10** POWER RESEARCH: LEUCINE *Steve Downs*
- 12** MHP LIBERTY STRONGMAN CLASSIC *Al Thompson*
- 16** BIG EVIL'S LAIR: THE WAR WAGES ON *Jamie Harris*
- 18** HARDCORE GYM #101: MUSCLEHEADS GYM *Rick Brewer*
- 22** JUDD'S CORNER: TIM McCLELLAN PT. 2 *Judd Biasiotto*
- 24** WESTSIDE: A MULTI-YEAR PLAN *Louie Simmons*
- 26** POWER FORUM: ADVICE FOR BEGINNERS *Bob Gaynor*
- 28** IPF ASIAN BENCH PRESS CHAMPIONSHIPS *Paul Kelso*
- 34** POWER HISTORY: MEET FROM HELL 3 *Ron Fernando*
- 39** ASK THE DOCTOR *Dr. Mauro Di Pasquale*
- 40** ALL TIME TOP 50: MEN 275 TOTAL *Michael Soong*
- 41** ALL TIME TOP 50: WOMEN SHW TOTAL *Michael Soong*
- 46** POWER NUTRITION Q & A *Anthony Ricciuto*
- 70** COMING EVENTS
- 79** TOP 100 LIST: 114 CLASS
- 82** POWER RESEARCH: CELL-TECH POWER PACKS *Team MuscleTech*
- 110** POWER PEOPLE
- 112** POWER PHOTO OF THE MONTH *Mike Francis*

### ON THE COVER

Top pro lifters Shawn Frankl and Dave Hoff show 'em how it's done at the SPF Powerstation Pro/Am photo courtesy Scott DePanilis



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

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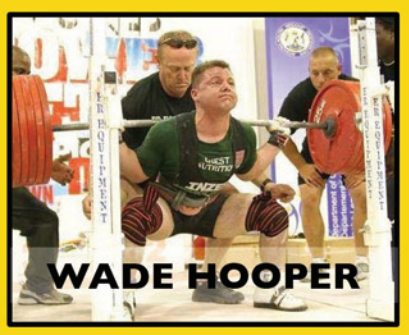
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## GETTING DEEP

as told to Powerlifting USA by Doug Daniels

The most crucial point of any contest is getting your first squat passed by the judges. In general, after a lifter gets a squat on the board, the chance of bombing is greatly reduced and a good deal of stress and nervousness are alleviated. I do not have any statistics, but I would wager more bomb-outs occur during the squat than the other two lifts combined. The most frequent reason for a bomb-out in the squat is failure to reach proper depth, which is the subject of the month. Proper depth is generally defined as "the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees." With numerous organizations in existence, it's best to check their rules for any differences.

The best way to assure hitting proper squat depth at a contest is to squat to that depth in every training session on all the sets and reps you perform. This kind of repetition will make hitting proper depth routine. Elite athletes in other sports practice execution of their sport endlessly to make optimal performance automatic in competition. This type of discipline should also apply to powerlifting; practice does at least help make perfect. There is a unique feel when you reach the below parallel point of the squat. You can engrain that feel in your mind by practice and add it to your muscle memory. Too many lifters search or hunt and peck for the low position while squatting at a meet. This searching process usually garners the lifter red lights or at the very least causes them to expend a huge amount of strength and energy that will be needed later.

High squatting starts in the gym. You can witness it for yourself almost every time you go to the gym. Lifters start squatting to proper depth on their light warm-ups and mid range sets, but as the plates get added, their squat depth suffers. Before you know it, squats become curtsies. In a nutshell, if you can't do it in the gym, how can you expect to do it at a contest? Seek out a knowledgeable and

impartial training partner or fellow lifter to judge your squat depth in the gym. You do not want a powerlifting novice or yes-man judging your squats. Unbiased and accurate feedback on your depth and technique is required. Getting a red light from the "Russian judge" at a contest is too late to discover you have been squatting high all along in training.

What you do at the actual contest is also important. Your contest warm-ups are also keys to success. Perform all your warm-ups to contest specs. Perform your last 1-2 warm-up sets wearing your full squat gear along with the exact belt and knee wrap tightness you will use on the platform. This will help you get into the groove for the competition as well as build confidence. This type of preparation just prior to lifting will carry over big time to proper depth on the platform.

Some lifters have a buddy standing just off the platform tell them when they are low enough. In this case, the buddy watches the lifter's descent and shouts "lower, lower" until he sees him reach the desired depth. At that point, the buddy would then shout "UP," which tells the lifter that he is deep enough and should rise up. This unorthodox method places the lifter in a precarious situation with less ability to stay tight on the descent and come up strongly from the bottom. This method also forces the lifter to expend a lot more energy and exposes him to an increased chance of injury. This would be the equivalent to a batter waiting for a teammate in the on deck circle to tell him when to swing at a Bernie Lincicome 95 MPH fastball—it just ain't gonna work. Each lifter has to know when proper depth is reached on their own. This knowledge or muscle memory is gained through disciplined and proper repetitive training.

Inefficient squatting technique also contributes to not reaching proper depth. Some lifters lean forward perhaps in hopes that this will help get them lower. What happens is just the

contrary. Leaning forward results in their hips and butt rising upwards, producing the exact opposite of what they want; a high squat. Sink back into the squat while keeping your back as upright as possible.

Flexibility is an extremely underrated factor in reaching proper squat depth. It's not necessary to achieve Olympic gymnast flexibility, but almost every lifter can become more flexible in a very short period of time. Include flexibility work throughout the year because as the saying goes, "If you don't use it, you'll lose it" is true. Improved flexibility levels may also enable you to modify your squat technique to a more efficient style as well as decrease chance of injury.

On the other side of the coin, squatting too low is not a good idea. Squatting too low not only unnecessarily saps your strength and energy, but also increases risk of injury. Again, practicing proper depth in training will hopefully prevent this from becoming an issue.

Lastly, choose an opener you have high confidence you will make. It is very rare that a contest is won with an opener. A rule of thumb is open with a weight you can double at contest depth. A novice lifter may want to open with a weight he can triple. If your opener went to plan or was easy, you can adjust your next attempts accordingly. You CANNOT lower your next attempt if you start with too high a weight. It is better to error on the low side to be safe. With more experience, choosing an opener will become easier and more accurate.

Success in the squat is crucial to success in the other two lifts. Difficulty in getting your squats passed saps your energy and kills your confidence. Of course, failing to get any squats passed earns you an early trip home. I did not get into inconsistent judging as there is nothing you can do about it, except squat to legal depth. Sometimes even the Russian judge has to give a white light if your squat is textbook. The key to getting deep is to train with reaching proper depth in mind with every rep and set you do. <<



Brian Siders -Team MHP Member  
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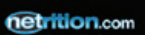
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# LEUCINE: THE ANABOLIC LINK IN BRANCHED CHAIN AMINO ACIDS

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

The old saying “knowledge is power” definitely applies to powerlifters. To the uninitiated, ours is a sport that involves simply loading as much weight as possible on a barbell and squatting, pushing or pulling it with maximum effort. But anyone who’s ever competed knows there are hundreds of specifics running the gamut from equipment and training techniques to supplementation and nutrition that one must master in order to be successful on the lifting platform.

When it comes to fueling your body for maximum strength and effectiveness, there are many nutritional supplements that are important. Yet among these, there is one that stands out as critically essential to both muscular power and recovery – branched chain amino acids. But not just any BCAA formula will provide maximum strength, muscle building and recuperative benefits for powerlifters. One supplement—new BCAA 3300 from MHP—is king among amino acid products due to its highly anabolic 4:1:1 formula and high amounts of leucine, the most important BCAA of all.

Branched chain amino acids (BCAAs) is the name given to three of the eight essential amino acids required to make protein in your body. These are leucine, isoleucine and valine. They are called “branched chain” because their structure has a “branch” off the main trunk of the molecule. The combination of these three essential amino acids makes up approximately one-third of skeletal muscle in the human body. More importantly, research shows that resistance exercise in combination with the intake of BCAAs activates the hypertrophic signaling in the skeletal muscle. In fact, one study suggests that the supplementation of BCAAs is more effective than the resistance exercise to increase protein synthesis. (P. Gallagher, et al., *Journal of FASEB*, 2007.)

While increase of protein synthesis and muscle retention are important end products of amino acid intake, BCAAs are actually used as an energy source within muscle tissue during contractions. Specifically, leucine intake increases ATP content in muscle cells and reduces the AMP/ATP ratio, confirming that this amino acid is used to generate energy in muscle cells. (M. Du, et al., *Journal of Animal Science*, 2007.) Yet this unique quality is a double-edged sword—in order to obtain energy, the body can actually break down muscle to get these BCAAs if they are not supplied in sufficient quantities through food or supplementation. Therefore, by supplying them during or after a workout, muscles and other tissues are spared from breakdown, which occurs as a natural part of metabolism.

Because of their profound effect on muscular



MHP athlete, Joe Mazza

energy, recuperation and temperance of blood sugar levels (which enhances muscular growth), BCAAs are very popular supplements for strength athletes like powerlifters. Current scientific research backs up the importance of using BCAAs for building strength and muscle mass. One study found that BCAA ingestion during an 8-week resistance training program resulted in



page 84 »

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Joe Mazza - Team MHP Member  
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Brian Shaw won 4 out of 5 events!



Nick Best came in second place



Local Doug Kirby made impressive attempts

# MHP

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## 2010 MHP LIBERTY STRONGMAN CLASSIC

The 2010 MHP Liberty Strongman Classic continued its reputation as the number one fan pro strongman show in America over July 4th weekend when an estimated 18,000 fans watched nine superb performances up close and personal. The event, which took place in three segments covering two days—across two states—was also presented by Basement Services 911 and the U.S. Marines.

The grueling event, played out in scorching 110 degree weather, was won by MHP strongman Brian Shaw, who won four of five events to clinch the overall victory. Nick Best of Las Vegas was second followed by defending champion Jonathon Conner of Kansas City, KS. Shaw, listed at six-foot-eight, 420 pounds, joins a prestigious list of previous Philadelphia champions of the event.

"I didn't find the three locations that much of a challenge," the Denver area resident said. "I have done a lot of contests where the location of different events will change, so I am used to that."

All the competitors enjoyed the massive crowds of the Wawa "Welcome America!" event, the official City of Philadelphia's July 4th celebration, and the sold out Waterfront Park, home of the AA Trenton Thunder. Another segment of the event took place at the Katmandu Nightclub also in Trenton.

Scott Weech of Orlando won the first event, held Saturday night, July 3rd, at Katmandu, taking 305-pound overhead log press with eight reps. Shaw won the Hummer Tire Deadlift, also held at Katmandu, finishing with a record of 1,010 pounds. Although Weech said he was disappointed he did not finish higher in the overall standings, he was glad he beat Shaw in at least one event.

Next up was the Wawa "Welcome America!" event on Benjamin Franklin Parkway just in front of the iconic Philadelphia Art Museum on Sunday the 4th. The day opened the packed Parkway with a 20,000-pound arm-over-arm truck pull (a last-minute replacement of the Conan's Wheel). The competitors then had to deal with two tough medleys. First was the bone-crushing 900-pound yoke walk and world class 400-pound shield carry. Only four competitors finished this event including the two hometown competitors, Doug Kirby and Rob Meulenberg.

The third and final event for the Parkway segment was the 950-pound tire flip and 1400-pound sled drag that featured a Philadelphia Police Highway Patrol Motor Cycle mounted on the custom-made, 450 lb. sled. This event was so tough under a scorching sunlit afternoon that only Best and Shaw were able to budge the sled drag a significant distance. Also turning in pro performances were Mark Kimener of Virginia, Brett Somerville of New York and Harrisburg, PA, native Lou Costa.

The MHP Liberty Strongman Classic concluded at Waterfront Park in front of over 7,000 Trenton Thunder fans. Although the oppressive heat reduced the number of competitors along the way, three stalwarts hoisted stones to complete the competition. Shaw, Conner and Mark Kimener put on a spirited contest, but in the end Shaw claimed another event title.

The entire event was refereed by veterans Walt Gogola and Barry Von Perkins. The lovely and vocal Callie Marunde, recently married to Best, reprised her role as Master of Ceremony. After the big win, Shaw said he was happy to perform in front of such huge, diversified crowds, and was confident they'd enjoy the show.

"Strongman is a very entertaining thing for the average person and I really believe that it can be mainstream," he said. "This was my first trip to Philly other than just passing through the airport once or twice," Shaw concluded. "I was happy to spend the 4th of July in the USA this year, as the last two years I was out of the country for competitions. I thought it was a great weekend and a great way to celebrate Independence Day!"

### FINAL RESULTS:

- 1st Place – Brian Shaw
- 2nd Place – Nick Best
- 3rd Place – Jonathon Conner
- 4th Place – Mark Kimener
- 5th Place – Rob Meulenberg
- 6th Place – Doug Kirby
- 7th Place – Scott Weech
- 8th Place – Brett Somerville
- 9th Place – Lou Costa

Al Thompson can be reached at [the.magazine@footballstories.com](mailto:the.magazine@footballstories.com). For more information about MHP, log on to [MHPstrong.com](http://MHPstrong.com).



Vlad Alhazov - Team MHP Member  
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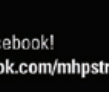
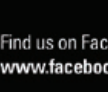
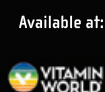
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UPA World Record Holder



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# BASIC BP BATTLE PLANS PT. 2: THE WAR WAGES ON

as told to Powerlifting USA by Jamie Harris, aka. Big Evil » [www.bigevilslair.com](http://www.bigevilslair.com)



I hope your training is going well, fellow iron heads. If you paid close attention to the Big Evil last month and followed my Battle Plan to the letter, no doubt you are already seeing gains in your bench pressing strength and winning the never ending battle against the iron. Good for you. At this point you should be completing the first five week program I set up for you and should be overly eager to start the next five week plan. By this time, you are building basic strength and are gaining mental confidence (are you still practicing the mental exercises?). On a side note, I have received many emails asking about how to correctly set up the mental program, so go to my site [www.bigevilslair.com](http://www.bigevilslair.com) and pick up a copy of my new mental preparation audio CD "Powerlifting Psychological Warfare." The CD will guide you through the mental exercises and will speed up the learning process, thus you will get more comfortable

with the mental exercises as I guide you through them. Now onward. The next five weeks will be similar to the first five weeks, but there will be some changes in exercises and changes in the way we performed the exercises that we did last month. As with any progressive overload type of program, we are going to start lowering our reps and adding weight to the bar, along with performing the exercises in a manner that mimics our bench press technique. Your war on the iron grows near as the weeks pass. Remember, every workout is bringing you one step closer to defeating the iron and publicly humiliating it when you crush it in front of your powerlifting peers. Nothing on earth can stop you now!!

**BENCH PRESS** For the rest of the cycle we are benching with our feet down on the floor. I still don't want you to use a lot of leg drive or an over exaggerated arch. I just want you

to have your feet underneath you for more stability while we are increasing weights. Also, take your grip back out to your competition grip along with starting to take hand-offs again. You should be working with your hand-off guy on timing and your preferences of how you like the handoff. Don't be bashful and feel you are hurting your hand-off guy's feelings, tell him what he is doing wrong and if he can't rectify it, find someone who can hand-off to you properly. Believe me, they might have the best intentions, but they just might not be strong enough to hand-off the weights. *Find someone you are comfortable with and use them. Friends are friends, but we are talking about war here.* Now is the time to start using wrist wraps and a belt. These will aid in your stability and help keep you safe as we increase the weight on the bar. I recommend Inzer's *True Black* wrist wraps along with a *Forever Lever Belt*. Just go

photo courtesy Jamie Harris

# "They Don't Think You're That Stupid, Do They?"

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Get on The Jack3d Stack™ today – You can thank me later.

Best  
*Jacob Geissler* - CEO USPlabs

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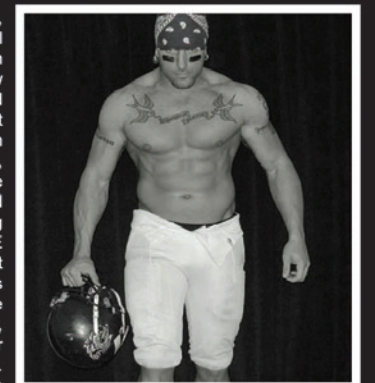
## Matt Vinopal – Madison, WI



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!)

## Chad Herlehy - Pensacola, FL PRO FOOTBALL FREE AGENT & COMBAT VETERAN



"I am a U.S. Marine Corps combat veteran, Personal Trainer and Semi Pro football player/Pro football Free agent. I have been training since I was 12 yrs old. I am now 32 and achieving new goals...unexpected goals. If there has been a supplement out there...I've tried it and/or taken it. From protein, carbs, and weight-gainers to andro, tribulus, NO's, glutamine, glucosamine and multi-vitamins. Recently I stumbled across The Jack3d Stack. I was looking for something to help give me that EDGE on the field and during training. The first time I tried it before my season opener was AMAZING! My explosiveness was off the charts! My closing speed, my explosion, was unlike I've ever experienced! So for the rest of the season...The Jack3d Stack... every game day & training session! We won the championship and I was selected to the All-star Team. Thanks to those who turned me on to USPlabs Supplements... it honestly brought my game to another level and has gotten me scouted for the next level too!"

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## # 101 MUSCLEHEADS GYM

as told to Powerlifting USA by Rick Brewer of House of Pain » rick@houseofpain.com



Muscleheads Gym owner Kyle Gray and manager/coach Mike Wolfe



The "Shake and Bake" bar—Muscleheads' homemade version of Louie Simmons' "Bamboo Bar" (Mike Wolfe/Muscleheads Gym photos)

Last month we went to OC Strength in Southern California, and we saw that everyone in CA looks like a movie star. In fact, when we're in CA, we even look better. Granted, we still don't look like movie stars, but better than normal. Like one of the idiots from the trailer park that they always interview after a tornado—fuzzy slippers on a grown man in the middle of the afternoon, but still proud to be on TV—that's us.

I told you that the name of this month's gym was hidden in last month's article, and it was. Except I spelled it with a 'z' to throw you off. Hah! Anyway, I talked to Mike Wolfe about a new gym several times, and got an earful at the 2010 Arnold Classic. It turns out that he and Kyle Gray have been busy. We all need to go to Muscleheads Gym in Ohio to see what Kyle and Wolfy have built! I'll let Wolfy fill you in:

In November of 2008, Kyle Gray approached me at a local recreational center where we were both training. At first, I assumed he wanted grooming tips for Wolf-like facial hair. (Okay, okay, maybe I slipped that line in. RB) I had never really talked to Kyle before, but through my lifting he knew who I was. He told me that he would love to get a gym started that had a more hardcore atmosphere. I said 'yeah, that would be nice,' and kind of let it go at that.

He approached me again a few days later, and said he was pretty serious about opening this place. Kyle asked if I was interested in helping out. I again said 'sure, if you're willing to open a place like that, I'd back it a 110%.' Then he told me he had been buying up used gym equipment, from all the local gyms that had shut down in the last few years. He laid out a list of all the stuff he already had, and it took me totally by surprise. (Everyone has an idea. I love to see someone back up their talk with money—Kyle was not just talk. RB) He had a good chunk of what we already needed sitting in storage!

We made a list of other stuff that we needed, and then hit the Internet in search of it. Some of the stuff we bought was used, and some is new. Kyle made a couple weekend trips with me to Westside, and we confirmed that we really wanted to go with a hardcore atmosphere. There are plenty of trendy fitness-type clubs in the area, but no place for the more serious lifters to train. We had a vision of what we wanted, and we brought that vision to life. In May of 2009, we opened Muscleheads Gym. Kyle Gray is the owner, and I am the gym manager/coach.

We cater to powerlifters, bodybuilders, and weightlifters. We do offer cardio equipment, which we bought brand new, but it is limited to only three pieces—a bike, a treadmill and a stair hiker. We have a state of the art cardio theater system...well, if you call the 13-inch TV on top of the fridge state of the art...ha-ha-ha. We have everything a lifter would need, whether it is to get a bigger number in the three lifts, get massive for the bodybuilding stage, or to just stay in great shape.

We have a Forza bench, deadlift platform, and a power rack, plus chains, bands, and boards to suit the powerlifters. For the bodybuilders and weightlifters we have all types of benches (and mirrors? RB), smith machine, pec deck/rear delt machine, lat pull down and low row tower, cable crossovers, t-bar row, Nebula leg press and hack squat, Hammer Strength Leg Extension and a leg curl machine, old school calve machine, preacher curl, pre-loaded barbells, plus tons and tons of plates and dumbbells. You get the picture. We have just about everything any serious lifter would need to get the job done—whether it be for power, looks, or just self gratitude.

We started Muscleheads Gym with one thing in mind, to give lifters a place to call their own. A place where you can blare your favorite uncensored music, scream, yell, grunt, groan, cuss like a sailor, and use the shit outta chalk, and have fun doing it. We got tired of having to worry about offending other members by going heavy and letting out a war cry before you attempt it or offending someone by getting in the zone, and accidentally blurting out some swear words.

We needed a place to call our own and Muscleheads Gym became the place. The week before we opened, I was on a leg extension machine at another local facility and got caught between two elderly

women on either side of me. They were discussing their bowel movements. I got up, walked over to Kyle, and told him that when we open this place, we will not have any elderly women in there talking about their damn bowel movements.

All the local facilities in our area that had any kind of decent weight rooms either closed down or downsized, making it difficult for the hardcore lifters to get in a good workout locally. So we seized the opportunity, and opened Muscleheads in perfect timing with the closing of the last local place that allowed chalk. (Perfect! RB) We are a 24-hour key club that is about 60 members strong. We are about 50/50 on powerlifters versus weightlifters/bodybuilders.

I offer coaching on Sunday mornings and Wednesday afternoons for the bench press. On Sundays, we average about 20 lifters. I tell everyone 'we're having church and they can hear me preach my message from the handoff platform on the Forza bench every Sunday at 9 AM.' I also enjoy having folks from out of town come in for private training sessions. So anyone interested in coming in for a weekend and checking the place out, can contact me at bigbadwolfe900@yahoo.com.

Muscleheads gym is built on the motto "built by lifters for lifters." We are a tight-knit group, almost like family. (Except without all of the hugs and kisses? RB) We train hard and have a good time in a good place. We have a few members who have taken up powerlifting in a pretty serious way! If they stick with it, they will definitely be making a name for themselves! Keep watching Muscleheads Gym!

All of the above info comes from Wolfy—thanks bro! If you want to visit, here is their address:

**Muscleheads Gym**  
564 Touvelle St.  
Celina, OH 45822

Congrats to Muscleheads Gym. Sounds like a good new gym to try out! Next time you go to Ohio for the Arnold Classic, all of you need to go see Wolfy and Kyle. This month, talk less and do something different



MUSCLEHEADS' Sunday morning crew

in training. Work a body part that you haven't trained in a while—maybe abs or calves—just to remind yourself that you are not invincible. Then we'll try a different state next month. No hints on this rainy night!

By the way, let me know what the lifters in your area are doing! There is all kinds of cool news from the gym world that readers want to know about. Have you heard Jamie Harris talk about his comeback plans elsewhere in PL USA? How many of you know that Steve Goggins is training for the IPF Masters Nationals next year? Did you know that big Mike Miller is planning another run on strength, with a 600 raw (and 700 shirted) BP this year? Did you know that HOUSE OF PAIN sponsors more strength-related contests than any other company in the world? What are lifters doing in your gym? <<

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- ★ More Muscle than with Regular Whey Protein

#### Read the study details:

In a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Professional Strength Whey Protein Plus gained more lean muscle than those using regular whey protein (8.8 vs. 5.1 lbs.) and increased their bench press by 2 times more than those using regular whey protein (34 vs. 14 lbs.).

In the same study, subjects also gained 4 times the lean muscle than subjects using a placebo (8.8 vs. 2.0 lbs.).



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## TIM McCLELLAN PT. 2

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

A candid conversation with one of powerlifting's greatest coaches on the state of powerlifting, performance enhancing equipment, his books and his future in business and sports.

Tim McClellan was by far one of the greatest coaches to ever step onto a lifting platform. During his coaching career his lifters won over a dozen national championship meets and set over one hundred national, American and world records. The president of the American Drug Free Powerlifting Association, Brother Bennett, called McClellan the greatest powerlifting coach in the history of the sport. Interestingly, at the peak of his career, McClellan simply vanished from the sport. He resurfaced a few years later as the head strength coach at Arizona State University. He immediately picked up at Arizona State University where he left off in powerlifting—training a multitude of national and world champions. Guys like Donovan McNabb, Gary Hall Jr., Kurt Angle, Randall McDaniel, Stacy Dragila, Rich Aurilia, Vassiliy Jirov, Kenny Monday, and Kevin Jackson, just to name a few. During his career as a strength coach, he has worked with over 10,000 athletes who competed in various sports. Today he has a successful private sports performance enhancement practice. Just as astounding, he is a world class martial artist. Incredibly, he has black belts in five different martial arts.

### What was your favorite experience in powerlifting?

I wrote about one of my most enjoyable times in my book *Inner Strength – Inner Peace*. It was when Bill Schmidt was trying to make an elite level total without drugs, something very few lifters in the world had ever accomplished at that time. We loaded up his final deadlift 27 pounds heavier than his lifetime best and as his name was called the lights in the hotel ballroom went out due to power failure. Anyone else would have been defeated right there, but Bill ran up on stage in the dark and pulled the 655 pounds he needed to make that total. It was beyond belief to all of us.

Perhaps best of all was the camaraderie we shared as a team. At the 1989 Drug Free World Championships there was a very old Belgian man who only knew two words in English, "Bull" and "Stewart." He would say these words to every American he saw. Ray Benemerito, picking up on the notion that this guy wanted to meet Bull Stewart took the man to Stewart's room at 7 AM when Stewart was asleep in only his boxer shorts. Benemerito then proceeded to pick the lock of the door and we all watched the old man run and jump on Bull's bed and kiss him on the cheek as a greeting. This isn't to mention all of the years Joe Braca would get



Tim and Randall McDaniel after his recent induction in the the NFL Pro Football Hall of Fame

drunk and entertain us all for hours.

All totaled, making friends from coast to coast and traveling the country with my extended family was a life changing experience. I think that is why I wrote so many powerlifting chapters in my book. There were several chapters I wrote about very high profile athletes I have coached, but I left them out in favor of the powerlifting stories. They occupy much of my heart and I hope everyone gets times like these out of this sport.

**Speaking about your book, I read it twice from cover to cover and I still find myself going back and reading some of the chapters again. I think it is beautifully written and it is extremely in-**

### formative and inspirational. What inspired you to write the book?

I have been blessed to be able to interact with and study many athletes that have been able to climb to the top of their profession world-wide. I have seen many amazing things and have learned much from them, and wanted to reach out and share the experience with others so that they too could grow from the experience. If I didn't, the experiences would be wasted on just me. I want every lifter in this world to grow from the things I have learned.

**I already know some of the answers to the questions I am going to ask about the book. Like I said, I read it twice, but for the reader's**

photos courtesy Tim McClellan

page 96 »

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# A MULTI-YEAR PLAN

as told to Powerlifting USA by Louie Simmons » 614.801.2060 » www.westside-barbell.com

Renowned sports scientist, A. S. Medvedyev, wrote a text called *A System of Multi-Year Training in Weightlifting* (1986). It was translated by Andrew Charniga, Jr. It presents a system to train for and compete in the Olympics. Of course, there is much information about training of all respects and how to achieve results at the correct time in a long-term plan. Someone once said, "When you fail to plan, you plan to fail."

Another highly esteemed sports scientist, Tudor Bompa, wrote several books on all subject matter, including long-term periodization. In Bompa's book, entitled *Theory and Methodology of Training* (1997), he discusses training of many lengths of time. The Greek Philostratus, an ancient scholar, proposed a four-day system, referred to as the Teter System. Men, such as Tudor Bompa, A. S. Medvedyev, and the late Y. V. Verkoshansky and others like the Bulgarians Felix Meerson and Hiden, had much to do with the short and long-term planning of the Bulgarian weight training system (Enver Turkileri, 1997).

Long-term planning must also address not only adaption, but also restoration and how to avoid accommodation. If you read the book *Adaption in Sports Training*, a weekly plan turns into a monthly and then a yearly plan and, of course, a multiple-year plan.

By 1983, I had been participating in powerlifting for twenty-seven years, but I had no formal plan—my plans or dreams turned into mostly nightmares. I realized that the key to success was part physics, part biomechanics, and, very importantly, mathematics. Here, I present a long-term plan that has passed the test of time. Dave "Neutron" Hoff has used this plan since he was 14 years old with a 400 pound squat. At 19 years old he had a 1005 pound squat. Now at 22 years old, he has a 1075 pound squat and a total of 2750 pounds at 260 bodyweight.

All of my methodologies came from the former Soviet Union system and their highly respected sports scientists and coaches. The strongest lifters lift the heaviest weight most often. I don't mean lifting 20 pounds heavier than their training partners on max effort day, but on the dynamic day. Many people with a small grasp of training can't understand this. But this is simply math, as outlined below.

For speed strength, the combination is 50-60% barbell weight, plus 25% band tension at the top. I based this on 1000 pound squatters; we have 16 in all. A 1000 pound squatter would use 500, 550, and 600 in a 3-week wave with 250 pounds of band tension at the top and 100 pounds at the bottom due to band shrinkage. So 500 pounds of bar weight is 600 pounds in the bottom and 750 pounds at the top. The second week 550 pounds of bar weight is 650 pounds in the bottom and 800 pounds at the top, and the third week wave is 600 pounds of bar weight, which is 750 pounds in the bottom and 850 pounds at the top. This is truly accommodation. But the most important point I will be making is for every 50 pound increase, a jump in volume of 600 pounds must be made. Of course, on max effort day you must max out at the current strength you are at, plus have good form and train your weaknesses. But let's look at the mathematical program that will guide you.

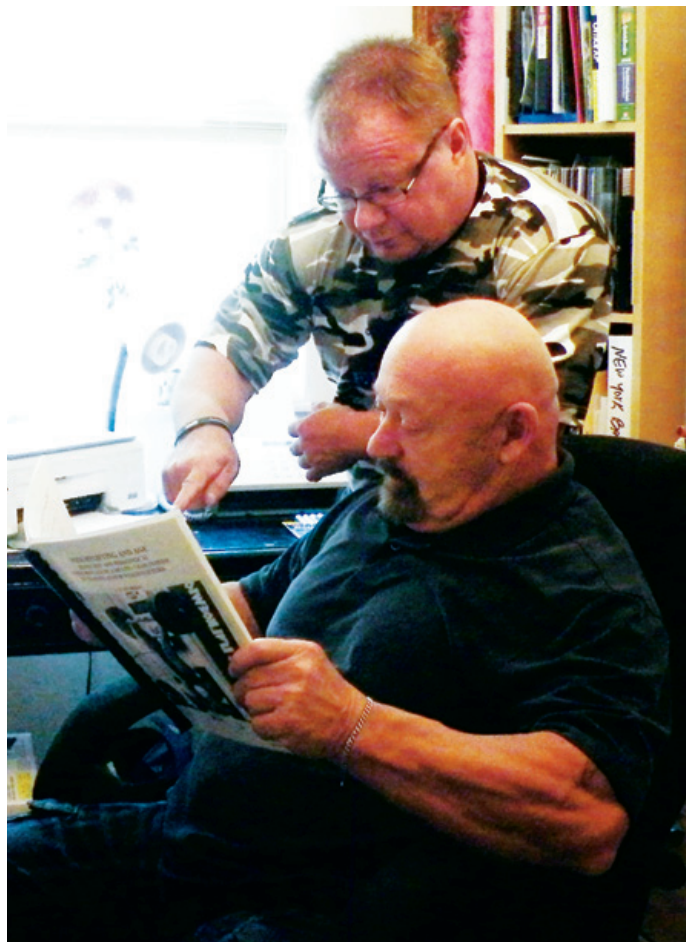
### THE PLAN: FROM A 400 TO A 1000-POUND SQUAT

#### 400-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 200          | 12X2 | 24    | 25%          | 4800   |
| 55%        | 220          | 12X2 | 24    | 25%          | 5280   |
| 60%        | 240          | 10X2 | 20    | 25%          | 4800   |

#### 450-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 225          | 12X2 | 24    | 25%          | 5400   |
| 55%        | 250          | 12X2 | 24    | 25%          | 6000   |
| 60%        | 270          | 10X2 | 20    | 25%          | 5400   |



In Louie's office – Louie Simmons discusses training theory with Finland's Sakari Seilkanaho (Doris Simmons photo)

#### 500-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 250          | 12X2 | 24    | 25%          | 6000   |
| 55%        | 275          | 12X2 | 24    | 25%          | 6600   |
| 60%        | 300          | 10X2 | 20    | 25%          | 6000   |

#### 550-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 275          | 12X2 | 24    | 25%          | 6600   |
| 55%        | 300          | 12X2 | 24    | 25%          | 7200   |
| 60%        | 330          | 10X2 | 20    | 25%          | 6600   |

#### 600-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 300          | 12X2 | 24    | 25%          | 7200   |
| 55%        | 330          | 12X2 | 24    | 25%          | 7920   |
| 60%        | 360          | 10X2 | 20    | 25%          | 7200   |

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- Matt "Kroc" Kroczaleski  
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# ADVICE FOR BEGINNERS

The purpose of the forum is to have an open dialogue concerning our sport. The subjects will range from training, nutrition, equipment and powerlifting standards. Each month, a topic will be picked and 10 or 12 powerlifters—this includes administrators, judges and lifters, past and present—will express their opinion and possible steps for improvement. The panel will be from different backgrounds—raw, single-ply, multi-ply, tested/non-tested. With a well rounded panel we should be able to present all points of view. Hopefully the discussion will lead to improvement in our sport.

We would also like to involve our readers in this forum. If a reader has a subject they would like to see discussed, please submit to: Powerlifting USA, Attn: Power Forum, P.O. Box 467, Camarillo, CA 93011 or email it to bobgaynor@comcast.net with "Powerlifting USA Forum" as the subject. We would also like to have that reader include their opinion which will be included when their topic is discussed. As you will see, the current panel are all well respected members of the powerlifting community. If you would like to be included in future forums as a panelist, please email bobgaynor@comcast.net.

This month we are gearing the forum to someone who is just starting in the sport. As you will see, there is advice that can be applied to teenagers and to those much more advanced.

**RYAN CELLI:** I would recommend finding someone that is actively involved in the sport of powerlifting. It doesn't have to be the strongest person, but someone that demonstrates proper technique and is capable of teaching those skills. Without proper form, your strength gains will be limited and injuries will be inevitable.

The place to find this person may be at the next local powerlifting meet! Find a meet in your area and spend the day watching and learning. Since you are just getting started, I would recommend looking for a raw meet to watch. While you're there watching, keep your eye out for the lifters that make the lifts look flawless and easy. This will be who you will want to make contact with, and the kind of person to ask for advice. You can also look for a powerlifting gym in your area. They may be hard to find, but they are around. Searching on the internet will be your best bet. I know a great place in Pittsburgh.

So, take a look in the back of this magazine, and start looking for the next powerlifting competition in your area and go watch a powerlifting competition!

**WADE HOOPER:** Find a good coach and learn the technique and fundamentals of the three lifts. Do not worry about the weight until you have mastered the technique. Also, be persistent and consistent. Do not think that you can build your strength overnight—it takes time and a lot of effort.

**MATT & SIOUX-Z GARY:** Find an experienced coach and/or lifter and work under their tutelage. Train without any gear at all—not even a belt—for two to three years and allow your entire body to get as strong as possible. Focus on learning proper form in the competitive lifts and developing your own technique based upon your genetics. Assistance movements should be used sparingly and not be the focus of the training plan until the lifter comes to understand and perform the powerlifts efficiently. Lastly, do not cut weight unless you're over-fat. Simply allow your body to grow and mature while getting stronger.

**SPERO TSHONDIKITIS:** As with any sport, beginning powerlifters should focus on the three competitive lifts, focusing more on proper technique than on the amount of weight being lifted. Second, initially training without any gear will assist in developing core muscles and encouraging lifters not to become "dependent" upon belts, suits, wraps, etc. Gear can be introduced after lifters have trained for and competed in several meets. Finally, beginning lifters should seek out an experienced lifter/coach to assist them with developing routines, perfecting technique, and assisting them at meets. Beginning lifters that address these three recommendations are likely to have a positive initial experience and begin a lifestyle shift that includes our great sport as a part of their daily routine.

**MIKE TUCHSCHERER:** I'd tell them to be a student of the sport. Learn everything about it that you can. Learn how to compete well, learn how to train smart—all of it. If you have experienced lifters around you, that can help make your life easier. If you don't have that opportunity, don't place limits on yourself either. Just because you can't train with an experienced lifter doesn't mean you'll never get anywhere. You just have to be a little more diligent and persistent. You can still get where you want to go. That's the cool thing about powerlifting. At the stage where it is now, most people can achieve very cool stuff if they put in both the physical and mental work required.

**AL CASLOW:** To anyone who is getting involved in powerlifting, my initial advice would be to start slow. Do not rush into anything, be very open to ideas, principles and disciplines. Focus on learning what you like—work and enjoy. Powerlifting is a rough sport and rushing into anything within its culture is a setup for injuries, setbacks and uphill battles. I would also recommend to involve yourself with a team/partners to create a better learning culture. People watching you, helping you and spotting you can go a very long way. Not only is it safer, but partners help in terms of motivation and improvement. Powerlifting is not very forgiving. You can waste a lot of time doing something and getting nowhere. Put yourself in position to go somewhere. Learn and always be learning to continue improving. A lot of times it takes a few conversations to get things going—you can't

have these on your own.

**BOB BENEDIX:** Lift weights and forget the gear! Learn the three lifts—lift raw. Build some muscle, then maybe start adding some protective gear! The problem with young kids and women is they are one side dominant. The best way to start is with machines, letting the weak side decide on what weight to push. As they progress, the weaker side will get stronger due to the amount of rest—the dominant side works more during normal use. Then free weights can be added at the end of the workouts for balance. As the strength on both sides gets even, you can start the workouts with the free weights and use the machines for added power. The opposite side soon becomes the stronger side and a weightlifter is born. The trick is to make it fun and teach the proper form and work all the muscles from the start. Add proper diet and gym etiquette!

**JON SMOKER:** Probably the universal answer here will be to get with a trainer, but it's not that simple. Are you an exceptional athlete with superior speed-strength with national level aspirations? Then no doubt you're going to want to get with a trainer with state-of-the-art powerlifting knowledge with a proven track record of success. If you're more like I was when I started—an athlete who's fairly good, who's fooled around with weights pretty intensely with some success—then you need to be clear about why you're getting into the sport. If it's just to test yourself out in the public arena, and see whether or not you like it, then just about any trainer will do. As a creative writer, I found the process was similar to what writers call "finding your own voice." One is naturally drawn to certain writers, for whatever reason, and usually in the beginning of a writer's career their style will reflect the writer or writers they like best. The hope is that they'll gradually start to break away and through some magical process "find their own voice." Similarly, it doesn't matter that much whom a lifter starts with—although one should avoid a trainer who teaches the same lifting techniques to everyone, a "one size fits all" approach. If there's no evaluation process based on a lifter's structure, full potential may not be realized or an injury may result. At some point they're going to have to figure out what works best for them, also taking into account what

they want out of the sport. It's an on-going process. Woe to the lifter—or writer—who thinks they have nothing left to learn. In this regard, *Powerlifting USA* is essential because there are so many routines to sift through, evaluate and experiment with in trying to find your own style.

A couple of examples from opposite ends of the poles: Alexeyev had to start somewhere, so he came up through the Soviet era system, but in the end he trained at home with the equipment he wanted, some of which he designed. At that point he was not only a very strong guy, he was also a weightlifting genius who had figured out what worked for him at an advanced level mere mortals can only dream of. The other example is a lifter I trained, Dan Martin. He had a burning desire to succeed, so he sucked up the brutal workouts I threw at him which focus on extreme conditioning as a means of getting one's body in shape to lift heavy weights in competition without getting hurt, so one can have longevity in the sport. At sixty plus, he was able to attain a goal he had been pursuing for a while—a 400 pound squat. And while getting that made him very happy, along with winning an AAFP National Masters Championship and setting some records, eventually he wanted more. So after he moved to Vegas, he got with a high powered state-of-the-art gym. They got him to the next level and he's now one of the elite master lifters in the world, having exceeded 500 pounds in the squat and deadlift at 181, 65+. But he's also incurred some injuries he probably wouldn't have if he'd stuck with what I'd call my more classical approach to the iron game. It all goes back to what you want out of the sport once you get into it. Personally, I love meets and the preparation and camaraderie that goes into getting ready for them. I hate the thought of my career coming to an end because of injury, so I put in long hours going through tons of iron with high repetitions with less weight.

Finally, what about someone who wants to get into powerlifting with little or no lifting experience? My advice would be to take a year or two and bodybuild to get some good, functional muscle they can then adapt to powerlifting. Ironically, if someone asked me about getting into bodybuilding, I'd tell them to put in a couple of years of powerlifting to get some thick, rugged muscle that can then be sculpted. Tom Platz was a Michigan powerlifting champion before he became Mr. Universe. And the most famous bodybuilder of them all, none other than Arnold himself, was a European powerlifting champion who could pull 700 pounds before he went on to, shall we say, other things.

**WADE JOHNSON:** Follow the KISS method. Keep It Simple Stupid. The reason I say this is that so many times lifters complicate training. "If I chain this, band that, and use a percentage of this and speed with my briefs and a loose belt and do what Gaugler and then what Louie said"—it can get confusing and very complicated really quick. All of those things have a place,



With hard work and serious training, master lifter Dan Martin was able to attain elite lifting status and has squatted 500 pounds at over 65 years of age

but in the beginning I like for the lifters to focus on the three lifts and make the priority learning the form. From there, I always tell lifters that I train and coach to survive the first meet. The gym PRs and meet aspirations are not the goal. The goal is simply to get a total. That will give you real numbers and a good jumping off point. It's usually after about the third meet with a beginner that you really start to see changes and real growth. They are then really ready to train. The biggest thing is to not get in a hurry. Real strength takes a lot of time and powerlifting is a needy mistress at best.

**RICKEY DALE CRAIN:** Work on form and style and technique with light weights and medium-high reps (5–10 reps). Read and buy all the info

(books and DVDs) you can get on form, style and technique and talk to other successful lifters. Go to meets and learn how the lifts are done.

Take it at a medium pace in training and always leave more in the tank for the next workout. Learn to set up training cycles and follow them. KISS—Keep It Simple Stupid—in training routines and increases.

**MIKE MCDANIEL:** Develop near and long-term goals. Consider the successes and failures of others to influence your decisions. Training partners are more impactful on your progress or lack thereof than variability of facilities or equipment—choose wisely. Learn from a variety of sources (articles, video, meets, seminars, personal experience, etc). Train against a







# IPF ASIAN BP CHAMPIONSHIPS »

Japan. He inexplicably failed—that's right, bombed—with 260, a weight well within his capability.

The result? No gold points toward a Japan team victory, no first place medal, and no best lifter award, which Akbar swept up. Iran won two Open golds after the 75s, and Japan three. The Kazaks won a gold, and all three countries nabbed seconds and thirds following Kodama, so the contest could have ended several ways.

Final Men's teams Open scores: Iran 63, Japan 62, and KZK 59! Fourth was host Philippines with 49, India next at 39, Chinese Taipei scored 35 with only four lifters and Hong Kong trailed, its only entry bagging six points.

Yes, I'm sure there are many Americans and other westerners reading this that don't care if Iran ever wins anything, given the current foreign policy and nuclear tensions—I'm writing this on September 11th—but this show was about lifting, not politics. In my experience, the Asian IPF regional members get together for love of the game, and negative concerns are left at the door. Only 7 of the 23 Asian IPF countries took part here, but their teams represented half a dozen major religions and myriad ethnic groups and languages. They got along just fine, thank you.

The Philippines and Iran were co-organizers of the affair. Iran brought 58 lifters and 11 in entourage. The Philippines fielded 63 lifters, Japan 41, Chinese Taipei (CTE) entered 22, Kazakhstan 19, India 19, and Hong Kong 7. In total, 173 men and 47 women competed, by my count.

**Women Lifters:** The women put on a big-top show of their own. Chiyomi Sawa of Japan, sixty-one years young, fired up a 113 kg. Masters three world record at 66.7 kg. bodyweight! Hung Min Chu of CTE, with the shortest bench stroke ever seen, missed a 175 attempt, but her 150 second try stood for gold and best lifter, having the highest woman's Wilks of 131.5.

Women's teams? Twenty-two PHI women lifted here. Taipei, or CTE, brought fifteen, but the other countries only a few. Iran brought none. Like many Islamic countries, they have no women's program.

The PHI ladies won all Open divisions except for CTE's Hung Min Chu in the 90 kg. class and best lifter overall. Philippine world Masters champs Merly Medina at 56 kg., Rose Vasquez at 60, and Anita Koykka, world record holder in Masters squat, passed on easy Masters wins to enter the Open and led PHI to honors. Michelle Cruz, Achelle Guion and Maala Karel added golds for the PHI's Open score of 72 points.

The PHI women took M1 and M2 classes easily with Japan second both times. Both CTE lifters scored 12s at Sub Junior with Japan's lone entry also posting a gold twelve.

PHI Juniors showed what the future may hold as the six lifters scored 62 points. The CTE claimed 24 and KZK 12. India followed with 9 and others trailed.

Twice Masters BP world champ Lily Pecante, stayed in Masters to try for an Asian record. She got it: 130.5 at 86.7; 114.62 Wilks. Lily has been lifting for 18 years by my count. Her bench has markedly improved in the last 3-4 years. She is a postmaster in Metro Manila and trains sporadically—works for her.

Junior Olga Cheremissina of Kazakhstan, or KZK, also knows something that works. The twenty-two year old got off a 90 kg. lift—as much as Medina and Vasquez—at only 51.6 for an Asian Jr. record and a 112.67 Wilks. Another Jr. Asian record fell to Cheng Che Hsin of CTE with 92.5 at 55.8. India managed a second and a third in the Open classes. Liu of CTE walked with the 90 kg. Sub-Jrs.

Best Lifters Women – (includes World and Asian records set; a few lifters had higher Wilks points than some shown, but set no records):

- Hung Min Chu: Open 150 @ 90 TPE Wilks 131.13
- Sawa, Chiyomi: M3 WR 113 @ 67.5 Japan Wilks 116.33
- Pecante, Erlina: M1 AR 130.5 @ 90 PHI Wilks 114.62
- Cheremissina, Olga: JR AR 90 @ 52 KZK Wilks 112.75
- Ching Chih Hsin: JR AR 92.5 @ 56 TPE Wilks 109.14
- Huang Yen Tsu: JR AR 85 @ 52 TPE Wilks 106.72

The youngest lady in the contest, fourteen year old Leah Llana of the PHI, made her first-meet debut with a 65 kg. lift at 52.6 to capture gold in Sub-Jr. She is the younger sister of Patricia, who won a world Sub-Junior ti-



Augustin Kitan was a gold medal winner for the host nation - Philippines

tle in 2009, and there are two more siblings at home training for the future! A side-bar here is she was directed by Richie Rosales, PHI, who guided several lifters. Richie is currently the PHI's premier bencher, and could have had a shot at silver or bronze in either 75 or 82.5 Open classes, but did not lift due to an administrative dispute with the PAP board. Observers have noted that the Philippines have had only a few Open Worlds entries for some years. While the Masters teams have been quite strong for a small PL country for years, the improving youth bodes well for the future.

The Open women scores here showed the PHI with 72 points from 9 lifters, but no other country sent more than two to the bench. Japan placed 2nd with 18 points and India 17, HK had 15 and CTE 12 from its only entry.

Men Lifters: Edged out in the Open, Japan came right back in the Masters competitions, bringing thirteen men to Manila for the over-forty lifting. Below are Best Lifter ranks for men.

Best Lifters Men – (includes World and Asian records set; a few lifters had higher Wilks points than some shown, but set no records):

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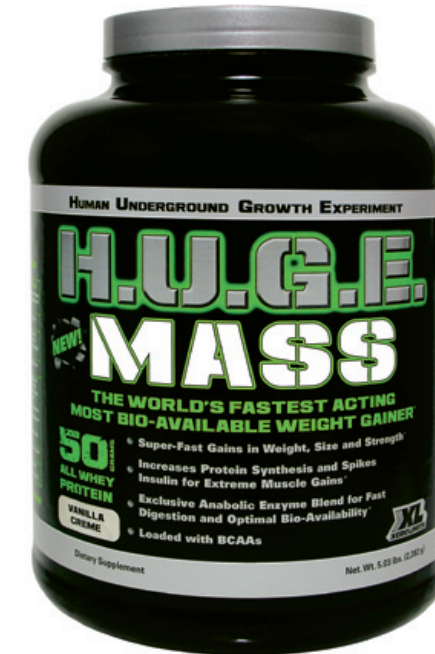
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## IPF ASIAN BP CHAMPIONSHIPS »

- Akbar, Chafeeri: AR Open 250 @ 75 Iran Wilks 178.98\*
  - Ito, Eigo: M1 AR 290 @ 100 Japan Wilks 177.06
  - Yulchiev, Rustem: Open 300 kg @ 110 KZK Wilks 176.90 (not AR)
  - Fukushima, Yuki: Open 260 @ 82.5 Japan Wilks 176.27 (not AR)\*
  - Motohisa, Kojo: M2 WR 276.5 @ 125 Japan Wilks 157.72
  - Moatammed, Klanush: JR AR 182.5 @ 60 Iran Wilks 155.65\*
  - Yang, Sen: Sub JR: AR 220 @ 110 TPE Wilks 132.38
  - Sato, Keiji: AR M2 170 @ 67.5 Japan Wilks 131.86
  - Karaman, Abdulkarim: Sub JR AR 107.5kg @ 52 KZK Wilks 106.35
- \*Over triple bodyweight

The burly, crew-cut Kojo broke the M2 WR on his second attempt, missing a 281 last shot. The 52 year old is a doctor at a large hospital in west Tokyo. Eigo Ito of Japan grabbed first here in 100 kg. class with a 290. He attempted a 303 M1 WR, but no go. He has taken second at the World BP in the past. Now 42 years old, he is a public official who volunteers to take part in pro wrestling shows. His "secret power food" is heavy on chicken and egg whites—every day. His home is in the Shizouka area near Mt Fuji. He uses his wrestling showmanship to work the crowd up before his lifts, pointing to people, shaking hands, etc. He says it helps his lifts. Playing to the crowd is unusual behavior for the Japanese.

Yuki Fukushima of Japan, 82.5 winner, stands just a hair under six feet. Only 24, he should grow into the 100 kg. class. Yuki trains seven days a week for various sports protocols—not just PL. He shoved up 260 kg. here for Open gold.

Bozorgi Majid of Iran earned Open gold at 90 kg. with a 255 kg. lift. He owns a gym in Damaviyd, a town about half an hour from Tehran, and has 300 members. Speaking of young lifters looking to the future, the PHI male Juniors tied the Iran lads with 66 points, with Iran placing first on Wilks points. Look for future battles.

I mentioned that Iran brought 58 lifters. Only 50 actually lifted, others were in reserve. Their "nominations" sent in pre-contest claimed 8 guys benching 300 kg. TWO did so and few took attempts at it. Yes, all men, NO women—athletes or crew. This is the case with most of the Islamic countries. Women's sports events are held separately from men's with no male spectators allowed, and the women usually must wear warm-up suits to play in. Despite the desire of Iran to host an AFP/IPF powerlifting championship, it won't happen there or in any other Islamic country with those restrictions. The IOC/IWGA or GAISF won't agree to it unless some changes are in the works.

The venue was Robinson's Otis Mall, part of a large chain. The two story interior surrounded a large atrium. Spectators hung over the second floor rail on three sides to view the contest. Several hundred chairs were set up on the lower floor with lots of standing room. The ample warm up and weigh-in areas were upstairs. The PAP has held 5-6 meets in this venue, located between the downtown Ermita district and the Malacanang presidential palace.

Fidel V. Ramos, former president of the islands and now honorary chairman of the Powerlifting Association of the Philippines, opened the introductory ceremonies by saluting the crowd with calls of "Mabuhay" ("long live") and informing all that powerlifting is a people's sport well suited to the multi-cultural and multi-racial societies of Asia. I'll sign that.

Ramos then knocked off the formality by challenging PAP Prez Eddie Torres to a push-up drill. Both men whipped off their dress shirts and knocked out fifty!!! Torres, who holds the PHI all-time, absolute records in squat, deadlift, and total, is 46 years old. Ramos, who fought the Japanese as a teen guerrilla during WWII, is 82!!

### POWER PONDERINGS

**Looking Ahead:** Robert Wilks of Australia—developer of the Wilks' Formula and IPF EC member from the Oceania region—spoke to the AFP Congress the morning of the 13th about future strategies for the IPF. An informative article is on the IPF web site.

**Does This Sound Familiar?** Iran powerlifting now has 1,200 members in formal standing. The Islamic Republic of Iran Powerlifting Committee co-sponsored the contest here. They have homeland sponsors and the beneficiaries are known as "government amateurs." In contrast, there are 6,000 bodybuilding gyms in-country. Iran bodybuilders are hostile to powerlift-



Akbar of Iran was well over triple bodyweight with his 250 kg. bench in the 75 kg. class

ers, and can't see that powerlifting training would help them. They HATE squats—does that sound familiar? And can't appreciate that the deadlift would do a thing for them.

**India Puzzle:** Subrutta Dutta, General Secretary of India powerlifting and organizer extraordinaire, believes India now has close to 30,000 lifters. Despite bringing a full Open men's group and sixteen overall, they earned only a silver and bronze in the men's Open and a handful of points way down the board. Their one gold came from a Junior listed only as "Golden" in the results, who posted a 150 kg. BP at 100 kg.

India has been an IPF member since back in the 1970s, and hosted Asia's first worlds in 1981, but they have had relatively few world class lifters in recent years and have not contended for team honors in a consistent manner. India has probably the largest number of lifters of any country in the IPF. The USA may have 30,000 active lifters, but they are spread out among two dozen plus organizations. So, with that large of a base, when will India begin to produce first class, gold medal winning world champs and challenge for team honors? What's the problem? Diet? Training methods? I don't know.

**Strangest Coaching Decision:** Raymond DeBuque, PHI, age 16, and

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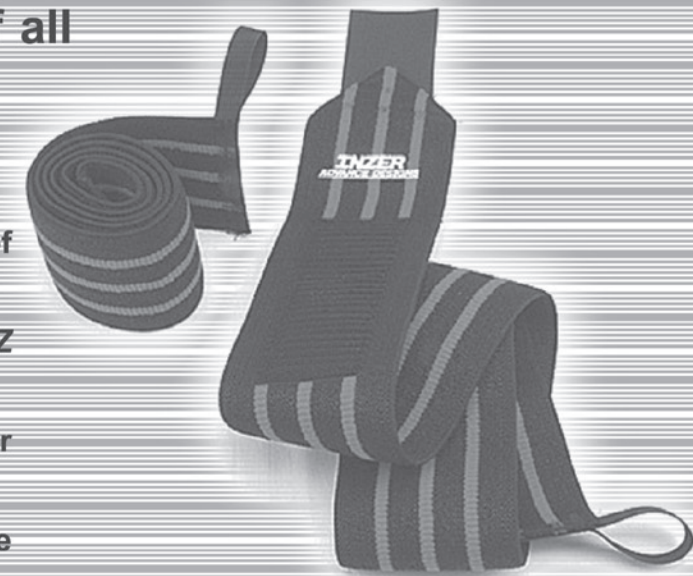
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# HISTORICAL MEETS FROM HELL

## PT. 3 OF 3: The 1987 Jr./Master Worlds

as told to Powerlifting USA by Ron Fernando with ample help from "The Sheriff" Hal Hudson » rfern2000@aol.com

Mission Viejo, California, Summer of 1987—It was the beginning of the summer of 1987, and I was just hanging out one Saturday evening, pondering what to do for the rest of the weekend. I had returned from training at Fred Hatfield's Garage Gym in Northridge, which I did once a week—usually on a Saturday, which was our heavy day for deadlifts and squats and some assistance work plus the usual raft of post workout war stories, semi-drunken philosophizing and downright story telling by the effervescent Dr. Squat. Now, training with the world's number one squatter was nothing short of inspirational, to say the least, but problem was, the training day plus the long Los Angeles freeway commute ate up most of my day and by the time I got back to my place, I was ready to sleep. Well, for a while at least, before hittin' the clubs...but that evening was dominated not by some big haired cutie at the latest disco, or the music of The Jets or Hall and Oates, but by my answering machine, or at least the contents of same.

Long before the advent of cell phones—actually, I'd better correct myself here. Fred's buddy and fellow lifter Dave Keaggy had an early BAG phone which resembled something like you would have seen on the beaches in Normandy during the D-Day invasion—but for us mere mortals, it was the good old land line, with a bulky answering machine which for you young 'uns out there looked like an old fashioned tape recorder. Unlike today's gadgets, people didn't expect immediate callbacks, just that you "check your machine" at some point in time. If the lights were blinking, you had a message, and my cheapo model didn't say how many; just that you had better rewind and listen.

Totally bushed from the 100 mile round trip drive, maxing on the pull—Hatfield style—and hungry to boot, I waited until I ate and showered before checking the box. And like déjà vu, there it was...AGAIN. That ghostly, educated voice—like a phantomlike professor—Dr. Conrad Cotter, President of the United States Powerlifting Federation: "Ron, it is my supreme honor to inform you that you have once again been selected to lead the USA team at the 1987 Junior Worlds in Lima, Peru...and by the way...you will also be in charge of the TWO Master's Teams, as well... please call me back at..."

Again. Wow. I was dumbfounded, honored beyond belief and surprised. It seemed like just yesterday that I was a member of a small group of rowdies who traveled across the Golden Pacific to Singapore and India to do battle for the glory of our Sport and Country at the 1986

Junior Worlds in Cochin, India. Along the way, we encountered heat, dysentery, slippery bars, malaria, a dead body (or two), dubious judging, malodorous food and treacherous strippers—but, as usual, we managed to have one hell of a good time, as well as being ultimately rewarded with the winner's title based on a drug disqualification. Still, not winning "on the day" rankled me even a year later—especially when it came to the presentation of awards. This time, I vowed, things will be different. Real different. And right off the bat they were. First of all, our trip to Lima from Miami was going to take only about 5 hours, which was about the same time it took for our team to be served dinner and watch a movie on our wonderful Singapore Airlines Jumbo Jet flight from LA to to the Orient, which took 23 plus hours in total. So, we wouldn't be dealing with jet lag and the toll it would take on our body—and our totals.

Second of all, and most importantly, I was told that I was NOT, thankfully, going to be the only coach/manager going. Yes, I was running the show for all three teams, but I would have some experienced and willing help: gym owners and USPF stalwarts Tim and Sandy King from North Carolina, Robert Keller from The U.S. Air Force and Philadelphia, Jake Boyer from PA, and Jimmy "The Mouth of the South" Hart from Nebraska. Considering we had three full teams, a coaching staff of six was the absolute minimum. And, unlike the previous year, I would have to do no recruiting—there were plenty of lifters in each weight class—but I would have to do some fundraising for warm-ups, suits, wraps, etc. and of course arrange all of the travel, keep in touch with MY guys, who were in essence the juniors, as well as the rest of the coaches. Plus, I remembered back about 15 years prior, that Lima was the very same venue for the 1971 World Weightlifting Championships in which the great Soviet Alexeev and the huge Belgian Reding each military pressed over 500, and our own Ken Patera copped the silver in the SHWs, all broadcast by ABC's Wide World of Sports. Perfect. A short, but pleasant, plane ride to a warm, laid back country with a full team of lifters and coaches—a country experienced in putting on international lifting contests, and a country where I actually spoke the language. A problem free meet, right?

WRONG. In those pre-Internet days in the '80s, no one was such a newshound, including me. News traveled at, well, a snail's pace at best, unless it was some huge disaster like the Challenger Space Shuttle Explosion the year before. But regional news from small, third-world type countries stayed local, and that was that. When

I turned on the tube, it was to watch football or similar. I was too damn busy with my life to sit in front of a TV. Well, if I had bothered to do so, or maybe even take a little trip to the local library and examined the history of Peru AFTER the 1971 World Weightlifting Championships, I would have choked on my Joe Weider Super Pro 101.

Nineteen-eighty was a rather eventful year. That was the year that President Jimmy Carter idiotically boycotted the Moscow Olympics, thereby dashing the dreams of countless athletes from many different countries. Nineteen-eighty also saw the world watching rapt as the Soviets fought tooth and nail against the Mujahedeem—precursors to the Taliban—in Afghanistan, which of course was the whole reason for the moronic boycott to begin with. Nineteen-eighty also saw other momentous events, such as the death of Beatles icon John Lennon, the downfall of the Shah of Iran, the American Embassy takeover by Islamic militants and the question that everyone from Guatemala to Greece wanted answered in those days: namely, who shot J.R.?—referring to the cliffhanger ending on one of Network TV's earliest prime time soaps, "Dallas." Nineteen-eighty also saw the birth of a small, but ferocious, group of leftist rebels in Peru called the Partido Comunista del Peru Sendero Luminoso, or Communist Party of Peru, Shining Path.

"Todo empieza como jugando [Everything started as if playing]" go the words of a popular Peruvian song. That description seemed to aptly characterize the beginnings of the armed insurgency of the Shining Path. The burning of some ballot boxes, dead animals hanging from electrical poles, a few bombs here and there, gave no clue to the geometrical growth and dimensions that the actions of this group would reach. From the remote highland department of Ayacucho, the assassinations, bombings, and attacks on representatives and symbols of established authority spread to a national level and gained worldwide fame, or infamy, for the name of Sendero Luminoso. It was the avowed goal of the Shining Path—at its peak loaded with 10,000 well armed fighters—to totally destroy the fabric of Peruvian society and replace it with a Maoist peasant-centered regime. Professor Abimael Guzman, the mysterious leader of the Shining Path, who is now serving a life sentence in the notorious Lurigancho prison, was responsible for a terrorist organization that accounted for over 70,000 deaths including women and small children. The Shining Path bombed electrical towers, bridges and factories, assassinated mayors and massacred villagers. In



The USA team – bottom row, left to right: Jim Cope, Tim Taylor, Brian Meek, Omar Lomba, Dan Hamblet, Hal Hudson. Middle row: Robert Keller, Ron Fernando, Ray Benemerito, Russ Murphy, Glen Stevens, Troy Hicks, James Hart, Burt Rosenfeld, Ed Riley, Jerry Englebert, Don Smith, Cliff Nestleroad, Larry McCauley. Third Row: Scott Antczak, Kirk Karwoski. Top row, far right: Tim King. (PL USA photo)

1987, the year of the IPF World Masters and Junior Powerlifting Championships, they were at their PEAK strength. In fact, as a testament to their absolute ferocity and resolve, check out this quote from an interview given by their leader Guzman, just one year AFTER our meet:

"In a 1988 interview with the militant group's newspaper, Guzman gloated about a massacre in 1983 in which 69 peasants—including nearly two dozen children—were shot and hacked to death in the Andean village of Lucanamarca in retaliation for the killing of several militants by villagers..."

Yet, the fools, the absolute IDIOTS in the IPF blindly awarded this important competition to Peru, knowing full well that they were placing the lives of 250 lifters, coaches and family members in harm's way. This would have been like the IOC awarding the rights to the Olympics for the Gaza Strip, or FIFA giving the rights to the World Cup of Soccer to Afghanistan under the nose of the Taliban. In many ways, this was equally the fault of the litigants of the anti-trust lawsuit (some of whom were American) that was filed against the IPF which basically caused them to turn their noses up at ever holding a meet in the USA, which they did NOT for many years afterwards, and instead awarded it to places like Peru, and later other hot spots like AIDS infested Cote d' Ivoire...

So, we were going to a virtual combat zone, and none of us realized it, whatsoever. Our teams (one Junior team and two Masters teams) once again were generously sponsored by Mike Lambert, Pete Alanaiz, John Inzer and Rick Crain. Thanks again, guys, your generosity will always be remembered. Our teams were comprised of some of the future superstars of

USA Powerlifting—Juniors Tim Taylor at 132, Ray Benemerito at 148, and, of course, the inimitable Kirk Karwoski, who was a couple of years from the "Captain Kirk" moniker at 275, and some great Masters lifters—Dan Hamblet at 198, Larry McCauley and Cliff Nestleroad at 220, Omar Lomba at 242, Jerry Englebert at 220, Glen Stevens at 242, Brian Meek at 275 and Greg Garrett at SHW, all whom either won or medaled.

Perhaps the one man that exemplified the "Spirit of America," and of this trip, was "The Sherriff," 50 plus year old, 242 pound, gold medalist Hal Hudson of Texas. Now, if this was 1887, and not 1987, Hal probably would have been a Gun-Totin,' Tobacco Spittin' lawman with his trusty but slow deputy, Eb (or similar) walkin' the streets of Laredo, gunnin' down desperados and tippin' his hat to the women-folks. Here, of course, he was a good ol' boy criminal defense lawyer (and still is, to this day) who was making his first trip out of the country for the avowed purpose of kicking some foreign powerlifter butt. Read that again folks, his first trip—at the age of about 54—out of the USA, and he was going to take a jaunt to a country riddled with violent terrorism. Most people on their first trip out of the country go to, say, Cancun or the Bahamas or something similarly tame. No, not Sheriff Hal. Peru it was or bust. This would be like someone in 2010 taking their first international trip by organizing a 'friendly' camping trip to North Korea. Hal, like the rest of us, was blissfully ignorant of the REAL situation in Peru...until it was too late. I'll let him tell the story in his own words:

"This was my first trip out of the country and I should have smelled a rat when the

State Department, who issued my passport, basically told me NOT to bother going because of the imminent danger with the 'bad guys.' Can't keep a Texan down, though, so off I went. Ron had arranged a huge room (The Ionosphere Club) for us to hang out in in the Eastern Airlines area. I got to Miami two hours early for my 6 PM flight to Lima and was nervous that I was in the wrong place until the ticket agent asked me if I was in THAT GROUP—you know, that sort of... walked like a duck? So, we had a great time hanging out drinking a few beers and of course, telling some war stories. We all march single file to the gate, about thirty minutes before departure (If only it was that easy now! RF) and we must have made quite a comical site—two World Masters groups—one 50 and up and one 49 and below, sort of ambling along, and a bunch of excited Juniors 23 and below prancing around like excited puppies. So, the young bulls and the geritol generation made it, and on time to the flight, which was only half full—being a Tuesday (And being the norm business-wise for Eastern Airlines which went belly up in 1991. RF). The supper on board was pretty good, and the beer flowed like water. For five hours we socialized, drank, ate and laughed. Then we landed in Lima. The laughter stopped—immediately. We gathered our luggage and were eye-balled by large groups of Peruvians, none of whom were smiling. We marched single file out to the traffic island which had hundreds of cars zipping by like crazy, and even more Peruvians giving us the Andes stare down. I was now starting to feel like General Custer at the Little Big Horn. A bus showed up to take us



## HISTORICAL MEETS FROM HELL PT. 2 »



Soldiers were posted all around the city



Hal Hudson posing in front of one of the military vehicles in the plaza near the meet hotel (the driver wasn't too happy with him!)

to our hotel, which was the hotel Bolivar in downtown Lima. It was like a lot of vehicles in Lima we saw—an ancient rattletap, probably 40 years old. It looked so old that I was tickled. It was accompanied by an open bed truck with three nasty looking rifle toting soldiers. I was officially no longer tickled.”

By now, it was around eleven and we were simply stunned on our ride from the airport to the Hotel Bolivar to see an almost endless vista of soldiers, armored cars and TANKS. Some of the armed soldiers, both male and female, were in full riot gear—shields, masks, the whole enchilada. What the hell was going on? None of us, as I mentioned earlier, were quite up to snuff with the regional goings on, so for us it was a surreal, almost impossible sight. A real, honest to goodness WAR ZONE, and we were smack dab in the middle of it.

Sherriff Hal: “Our hotel, the Hotel Bolivar, was a real architectural marvel. My roommate and I—another fellow Texan, John Bowen, who competed in the 165 lb. class—were given a large suite with a sitting room and everything, which was weird considering some of the lifters were crammed in four to a room. The food was decent, but you had to be damn careful what you ate. For instance, one the junior lifters decided on the second night to treat himself to a five star hotel with an elegant seafood dinner—great service, the works. He paid for this elegance by spending most of the next day with his head in the commode, so we were all suspicious of anything that wasn't your basic meat, potato or bread. I am now antsy as hell worrying about my weight, but nervous about eating.”

Yes he was—antsy as hell, that is—and so was everyone else. The meet organizers had stuck ALL of the teams, and this was about 250-300 people, in the same hotel, which for

security's sake made no sense. Anyone knows that you don't place all of your 'targets' in one easy to blow up location! Anyway, we all spent the next day socializing and getting acquainted with some of the foreign guys, a few whom I remembered from India, like Des Dallen and Roy Martin, plus the unbelievable Nanda Telemanbenua (was he still a damn Junior) of Indonesia, flyin' Finns Aare Kapyla of Finland and Jaarmo Virtanen's baby brother Ary, plus the grand old man of the Finnish deadlift, the ferocious Laplander Veli Kumpuniemi. Other countries that competed were West Germany, Holland, Argentina, Brazil, and the host nation Peru.

And of course there were our dear friends from France. Ah yes, the land of love, music, poetry and the city of lights—France—or here, it was the land of red lights and one-sided judging. France sent over with their lifters a bunch of officials whom I am certain insisted that they judge when some of our key lifters competed just to keep their finger on the red light. Also, there was a fiasco regarding bench press shirts, which had, up until then, been allowed. And remember folks, we are talking about the first generation—add 20 pounds to your max—bench shirts, not the \$300 canvas and velcro catapults seen today. The grand poobahs of the IPF—led once again by the French—decided in the executive committee meeting that it was no, nyet, nein for the capitalistic invention of the Americans, the bench press shirt. Oops! The Frenchies had their comeuppance later when their ENTIRE team got shown the door (to the country) when they busted up a restaurant (looking for a stolen camera). The cops didn't come looking for them—THE ARMY DID. They were hustled to some stinking lockup, probably the same one that Dutch murderer Joran Van Der Sloot sits in to this day, and it was only AFTER the French Consul paid a 'fine' (bribe)

of \$5,000 that they were released, sent to the airport and booted back to the land of the escar-got. All I could say to that was 'Vive l' France!' But after the executive committee meeting and hearing their ranting, I was clearly worried. At a coaches meeting later, I told Keller, Hart, Boyer and the Kings that 'The fix is in,' and we had better be on our toes, or we are going to lose. So we all then and there decided that come what may we would stick to these lifters, young punks and old dogs alike and coddle, nurse and scream them into victory—sleep, sightseeing and food be damned. All of us worked 18-20 hours days, and subsisted on what was available at 11 PM or so when we came back—stale cheese sandwiches and Peruvian soda pop. This was to be our 'fare' for four straight days...but it was worth it, to eat the sweet fruits of victory later for not one, not two, but THREE World Championships. Lima, still, proved to be a challenge for the travel-challenged.

Sherriff Hal: “Lima is a city of about six million, and four out of the six were dirt poor. The rest were just good ol' boy poor, but the few really wealthy families had homes that resembled courthouses, they had THAT much money. We had a sightseeing/shopping excursion with Jerry Ringi, Troy Hicks, Russ Murphy and his family and some of the wives and managed to get stuck in the world's largest traffic jam. Later I tried to call my wife Lois from the hotel, and right below was a huge Communist party demonstration with every nutcase in Lima screaming at each other—soldiers in gas masks nervously fingering their pieces, the works—this good ol' boy from Texas was getting a MITE nervous, I can tell you. What got me was seeing a bank across the street from us that was surrounded with sandbags and machine guns.”

By now it was time to lift. The big hassle



Tim Taylor, Jim Cope and Ray Benemerito (R. Benemerito photo)

was the difference between the “official scale” and the one provided for us at the Bolivar—to the tune of about two kilos, which really hosed the lighter lifters, regardless of age. Terry Winters, our Junior at 52 kg., bombed out, unfortunately, but Jerry Ringi, our Master at 56 kg. survived and won gold, but not after nearly killing himself doing jumping jacks in the sauna before weigh-ins.

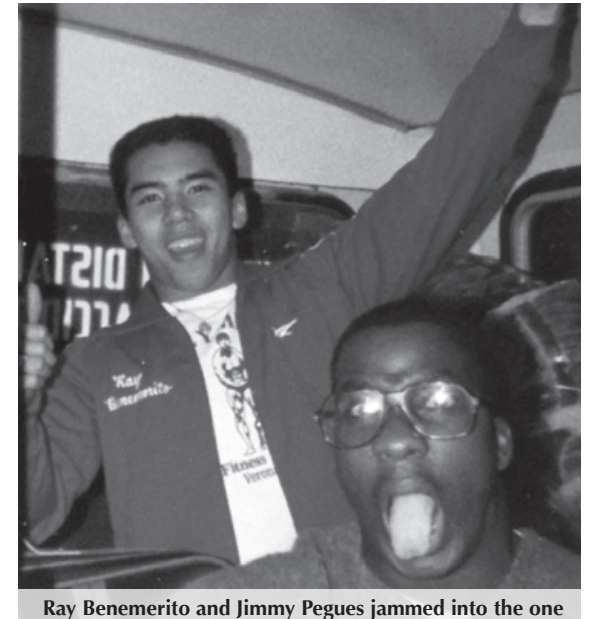
The Peruvians, to their credit, put up a great show, and in this regard, the meet was definitely not “from hell.” They had a cool opening ceremony with native Indian dancers and singers, and actually employed the theme music from “Rocky” as the opening song for the contest. This, however, was where all hell broke loose—confusion regarding expediting, languages, the works. Plus once again the warm-up area resembled, as Sherriff Hal stated, “Bob Hoffman's worse nightmare—holes in the platform, no ventilation, the works.” And just like in Valencia, Venezuela, in 1976, the official bars to be used at the meet were still being “held hostage” at the airport. Here we go again! Their meet director was not much help—he was an ex-military guy and powerlifter named Jose Ponce Guillen, and in over his head a bit. Jose spent the bulk of his time in more than a slight state of inebriation.

Each day there was a bus that transported us from the hotel to the meet venue, and always there were not one, but up to THREE, armed soldiers on board, just in case the Shining Path decided to send their band of merry men (and women) down our way.

The lifting was awesome, once again considering the conditions, and some individual efforts bear examining. Tim Taylor thoroughly entertained the Peruvians (and the rest of the world) with his wildman act—which consisted of screaming, slapping his face and yelling like

a banshee. AFTER he completed the lift, not before. He, Kirk Karwoksi and I conducted a hilarious WWE style TV interview with me translating, “Captain Kirk” standing there with his shades on and massive arms folded, and the “South Dakota Wildman” screaming that he wanted to challenge Nanda of Indonesia to a deadlift contest and threatening to ‘attack’ the cameraman (I held him back). Tim hauled up a huge 551 deadlift, which gave him the gold and paved the way for many, many years of successful IPF Worlds competition. As for Captain Kirk, here he was a rookie—in fact he had a rather DIFFERENT nickname, that will now for the FIRST TIME be revealed in the hallowed pages of PL USA. His nickname THEN was... “Humpty Dumpty.” Ol' Humpty only took third, but what it set up was his huge squatting—and I mean HUGE, even for an 18 year old kid. He flirted with 800, and of course in the '90s he was the “King of the Squat,” elevating as much as 1000x2 with single-ply gear and no Monolift and was several times world champion and best lifter. It started for the Captain here in Peru, and soon “Humpty Dumpty” morphed into the diamond hard T-Rex called Captain Kirk.

Other great performances were from Tim Taylor's rival in the deadlift in the 123s, Nanda, who also pulled 551, the Finn Kapyla who smoked a monstrous 793 in the deadlift at 100 kilos, our huge SHW 40 plus Greg Garrett, who hammered up a 534 bench, Ray 'Jersey Shore' Benemerito who won gold in the 148s and had the absolute hosing of the century in an attempt to break a Junior World Record. He took the weight, 257.5 pounds, and sank it easily two inches below parallel. Two reds! One, of course, from the Frenchman. What can I say to that even now, but merde (look that one up!) Ray, Tim and Kirk went on to be the backbone of U.S. powerlifting for years to come and all had



Ray Benemerito and Jimmy Pegues jammed into the one bus, with all the luggage, that got them to the airport

long, successful careers.

Team-wise, we were comfortably in the lead in the Juniors, but not so in the Masters 40 plus. We calculated (until our fingers fell off) that if Omar Lomba, the Cuban dream from Miami, finished anything less than first, we would lose the 40 plus team title. No way, Jose (or Omar). He came through like a champion and made us ALL look good in the process!

Other notable lifters were the Dutch and of course the Brits. The one man Aussie team consisting of our 'adopted' American Simon Knechtli didn't fare so well, but a 26 hour flight couldn't have helped him. Things weren't even secure for the winners—one guy from Holland was standing outside the door of the hotel celebrating with his gold medal around his neck, when he was mugged, and of course stripped of his medal by some light fingered Peruvian thug.

The man of the meet, in my eyes, was the Sherriff, Hal Hudson, his first trip out of the country and his first Worlds. He narrowly beat a fired up Russ Murphy by 7.5 kilos and overtook Tim Taylor as the meet “Wildman.”

Once again, I give you The Sherriff: “...Murphy opens his deadlifts with a conservative 451. I don't think anyone in Peru has ever seen anyone run into a wall before in deadlifting like I do. Poor Ray Benemerito is standing next to the wall I wanted to use. I scream at him to move and he does. I open with 490, go to 551 and then the chess match starts between me, Murphy and Stewart from the UK. I originally wanted 600, but my coaches forced me to go to 578. I stood over the bar, pulled it, and made it—three whites. I could not believe it—I WON!”

Yep, Ol' Sherriff Hal won, and he was proud as punch when he showed up at the banquet with his gold medal. What a great lifter and great guy. I think he set another record that

next page »

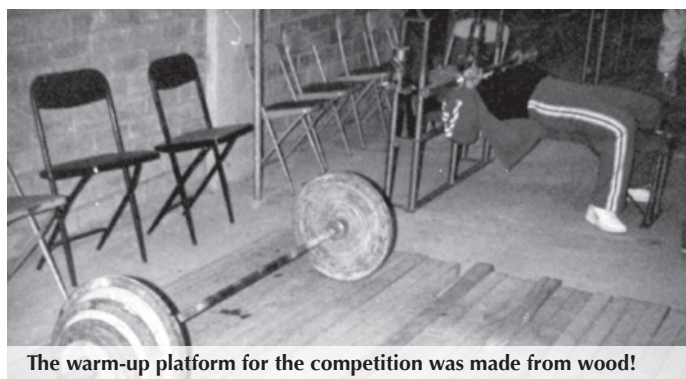




Omar Lomba winning the 220s, 40-49 (Tim King photo)



Hal Hudson's winning deadlift in the 242 lb. class



The warm-up platform for the competition was made from wood!

night in beer drinking by the way. Of course, he swore to everyone that he wouldn't drink so much again...well, maybe not for a couple of days anyway.

So...we won. We REALLY WON. It was so gratifying to sit at the banquet and here "Los Estados Unidos" (the USA) called THREE TIMES to get our team trophies. I still have one of them, and it sits in a proud place with the rest of my trophies and medals—nevermind the fact that they spelled "First Place Team" incorrectly.

Sherriff Hal: "Well, it was time to get out of Dodge. We were all in the lobby two hours ahead of schedule as per instructions from Ron, when one last hassle happened. It seemed that the bus would only hold about half of us, and there was that sinking feeling that by the time the bus meandered through the horrid Lima traffic, deposited some of the folks at the airport, and came back, we would miss our flights. Now what? Greg Garret, all 6'3" and 300 pounds of him, got up, did his best John Wayne impersonation and shouted 'Let's saddle up. Everyone in the bus, and we ain't leaving ANYONE BEHIND.' So with gym bags and other luggage up to my nose, we all made it to the airport, and then we made it to Miami five hours later, and with some sadness bid goodbye to that happy exuberant bunch of Juniors. What a trip!"

**EPILOGUE (THIS IS AN INCOMPLETE LIST):**

Jim Cope, Ray Benemerito, Tim Taylor, "Captain Kirk Karwoski," Carmen Perotta, Lou Capozzi and Doan Nguyen went on to have brilliant careers in Senior National and Senior World competition.

- Tim Taylor (1st place 132s) retired from the Air Force and is now an ordained minister; his sermons are still done "Wildman" style.
- Kirk Karwoski (3rd place 275s); won six IPF World titles—yes, even with some of the French guys judging; made a comeback in 2004 by posting a 2000 pound plus RAW total; currently owns a printing shop.
- Jim Cope busted Sammy "the bull" Gravano's ecstasy ring in Phoenix as a member of the Phoenix PD; still with the PD.
- Carmen Perotta (5th in the 1982-1987 Junior Worlds) went on to squat 900 pounds at 275 and also was a YouTube sensation with a gruesome leg snapping injury (which he came back from nicely).
- Jerry Ringi (1st place Masters 56+) coached high school wrestling and started his own comic specialty store; he has two stores at present named Amazing Fantasy; he is also an adjunct professor at Christopher Newport University; PROUD OWNER OF ACTION COMICS #1 (only 25-50 of these exist)—the first appearance of Superman in 1938 (appropriate value of this book is \$60,000 - \$65,000).
- Brian Meek (1st place 275 class 40+), "The World's Strongest Lawyer" is in his 35th year as a practicing lawyer, and won 21 world titles in powerlifting in a long and storied career; still competes to this very minute!
- Jerry Englebert (1st place 220 class 50+) recently made a comeback in a Masters meet in Idaho where he was a police officer for many years; at

the age of 74, and having been away from the iron for many years, he still managed a nice 400 deadlift.

- Burt Rosenfeld (3rd place 198 class 50+) competed as recently as 2006 in a Masters bench only raw meet hitting a great 260 pounds at age 74.
- The Sherrif, Hal Hudson, is in his 48th year as a practicing lawyer in Texas; still goes to court almost every day and still will not take a capital murder case! A creaky set of knees has forced him to wimp out and work out on machines, which he always thought were for 'weenies,' and he's still married to his lovely lady Lois and always a HUGE UT football fan... Hook 'em Horns!

**NOW MAXING OUT IN THAT GREAT GYM IN THE SKY:**

- Greg Garrett (1st place SHW 40+)
- Larry McCauley (1st place 198 class 50+)
- Cliff Nestleroad (2nd place 242 class 40+)
- Ed Riley (2nd place 275 class 50+)
- Veli Kumpuniemi (FIN, 1st place 198 class 50+)

Rest in Peace, brothers in iron.

Of real note: The late Greg Garret was a pro baseball player LONG before he became a powerlifter. In fact, he played in the Majors (as a pitcher) for the Angels and the Reds and once picked off the great Willie Davis AND Maury Wills of the Dodgers—in the same inning! After his powerlifting days ended, he returned to the diamond to become a member of a world champion senior softball team, hitting an astonishing 730, with over 200 homers, many into the canyon and over 2000 RBIs. He was diagnosed with pancreatic cancer, but one month before his death managed a last game and one more home-run. A true champion in THREE sports.

The Shining Path Guerilla Faction: dead for now, its leaders imprisoned after a 1992 capture. Terrorism, however, is not dead, sadly. «

QUESTIONS ANSWERED

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



Dr. Mauro Di Pasquale

**DEAR MAURO:** My dad has been using your Testoboost as you suggested and things are going well for him. I was considering using your supplements for myself for competitive powerlifting, combined with the anabolic solution for powerlifters. However, my concern is that over time my body will become less responsive to the supplements (even basic supplements like creatine) and as a result the gains from them will not be at the same level. I realize that taking a lot of effective supplements now will increase the amount of muscle I'm building in the short term, but if the effectiveness decreases over time I would be better off to wait before using them to maximize my performance and muscle size in the long term, and allow me to be bigger and stronger in the end. Is there any evidence that would support such a concern? If not, then I might as well start using the supplements now so I can receive faster growth and results now and have it continue on later.

I'm not sure if I properly explained my concern, so I included the following example with weight/muscle gain. There are two identical powerlifters, both weighing 220 pounds, and one decided to take creatine while the other did not. Obviously, the one taking creatine (powerlifter A) would make more progress in the short-term than the one not taking creatine (powerlifter B). Let's say that in the same amount of time, A got to 240 pounds (using creatine), while B got to 230 pounds (without creatine), and now they have both hit a plateau. Since A has already been using creatine, his body has adapted to the supplementation and therefore the creatine doesn't help him to progress past this point, while B adds in creatine to his regimen and quickly blasts through his plateau and reaches 250 pounds, 10 pounds more than bodybuilder A who took creatine from the beginning. Is this example plausible? I realize that A could have then added in another supplement to break through his plateau, but I left out

such things to simplify this example.

If I remember correctly, creatine is made from three amino acids and so the likelihood of your body adapting to it would likely be the same as that of protein. Also, in my example I used creatine as an example, but my concern is not only with creatine, but with all supplements in general. I guess a few specific examples would be Testoboost, GHboost, Metabolic, and Resolve.

My plan would be to first start using the Anabolic Solution for Powerlifters, and then add in the basics such as Amino and Power Drink. Once the basics are covered I would then build on these things by using Creatine Advantage, possibly GHboost and Testboost, and others. All this depends on my training phase and budget. What do you think of this plan? Any help would be great. Thanks a lot and God bless.

John

**JOHN:** It's a good idea to just follow the diet at first and build up a base. Once you've done that, you can include a few basic supplements and then more as needed.

Even when you start using a number of supplements, you don't need to take them all the time. I recommend that people cycle most of my supplements according to their training and lifestyle. It's my belief that the body adjusts to most things over time as it tries to reach a homeostatic state. Cycling supplements prevents this from happening and thus in the long term is more effective than taking them all the time.

How you cycle them depends on your circumstances and goals. If you periodize your training, I would suggest that you increase the number and their dosages during the time you're training the hardest and take less when you're not and none when you're training the least. The only exception to this is if you're using the supplement to normalize certain hormonal and metabolic parameters. In these cases, the supplements can be effectively used continuously for much longer periods of time.

I hope that this helps.

Mauro

**DEAR MAURO:** I am a USAPL (and hopefully IPF in the future) lifter and would like to begin supplementation more effectively. I usually take creatine and glutamine along with my non-liffling supplements (glucosamine, multivitamin, baby aspirin and omega 3). What supplements would be best for me to increase strength? I am 46 years old, 180 pounds and ~12% body fat. I just thought that you would know what works best for us drug-free lifters. I also plan on ordering your book *The Anabolic Solution*, but wanted to know what supplements to buy so I can get started earlier. Also, if you can suggest the

times and dosages to use the supplements, that would also be appreciated.

Thanks,  
Rick

**RICK:** There are a number of supplements that can be used to maximize body composition and strength. As an example, I've copied a sample regimen that is currently being used with great success by an IPF top lifter in the 198 lb. class. This regimen is obviously not written in stone and one can begin with much less and then ramp up the use of supplements depending on the phase of training and pre-competition.

My Anabolic Solution for Powerlifters book will guide you through the use of both the diet and supplements. By the way, all of the supplements listed below are 100% safe to use for drug-tested athletes.

You might also be interested in looking at my new Elite Performance Newsletter, which you can download from www.ElitePerformance-Newsletter.com.

Best regards,  
Mauro «

SAMPLE PL SUPPLEMENT REGIMEN

Supplements are used at four main times during the day:

1. **ASAP after waking with breakfast or with an MRP LoCarb shake:**
  - MVM – 2 tabs
  - EFA+ – 2 caps
  - Antiox – 2 tabs
  - TestoBoost – 2 tabs
2. **Before, during, immediately after training and an hour or so after training:**
  - **Before Training:**
    - LipoFlush – 2 tabs
    - ThermoCell 35 – 2 tabs
    - GHboost – 3 tabs
  - **During:**
    - Power Drink – consume at least two scoops during training from beginning to end – can be diluted out to taste.
  - **Immediately After:**
    - Amino – 10 tabs
    - Creatine Advantage – 1 scoop
    - GHboost – 3 tabs
    - TestoBoost – 3 tabs
3. **With Supper:**
  - MVM – 2 tablets
  - EFA+ – 2 caps
  - Antiox – 2 tabs
4. **Just before going to bed:**
  - TestoBoost – 4 tablets
  - GHboost – 4 tablets
  - Myosin Protein – 2 scoops or more with water



## MEN'S 275 LB. (125 KG.) WEIGHT DIVISION » TOTAL

| Total | X-Bwt                   | American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation                |
|-------|-------------------------|---|
| 1.    | 2667.6 (1210.0) *10.00X | Jeremiah Frey/81 3/22/09 (1205.0 kg. @ 121.0 kg., AW: 475.0+367.5+367.5=1210.0 kg.) (Omaha, NE) (APF) |
| 2.    | 2660.0 (1206.6) *9.76X  | Brian Carroll/81 10/24/09 (1100.0+760.0+800.0=2660.0 lb. @ 272.5 lb.) (Orlando, Florida) (APF)        |
| 3.    | 2620.0 (1188.4) *9.98X  | Greg Panora/80 1/20/08 (1040.0+775.0+805.0=2620.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)             |
| 4.    | 2615.0 (1186.1) *10.03X | Dave "Neutron" Hoff/88 8/23/09 (1015.0+810.0+790.0=2615.0 lb. @ 260.6 lb.) (Sharonville, OH) (SPF)    |
| 5.    | 2612.5 (1185.0) *9.90X  | James Grandick/68 9/6/08 (480.0+365.0+340.0=1185.0 kg. @ 264.0 lb.) (Omaha, Nebraska) (APF)           |
| 6.    | 2605.0 (1181.6) *9.49X  | Ron "Scott" Yard/82 9/30/06 (1050.0+840.0+715.0=2605.0 lb. @ 274.5 lb.) (New Castle, DE) (APF)        |
| 7.    | 2605.0 (1181.6) *9.87X  | Chuck Vogelpohl/65 4/1/07 (1150.0+635.0+820.0=2605.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)            |
| 8.    | 2562.9 (1162.5) *9.34X  | Marc "Spuds" Bartley/68 3/4/06 (502.5+337.5+322.5=1162.5 kg. @ 124.4 kg.) (Columbus, OH) (WPO)        |
| 9.    | 2551.9 (1157.5) *9.46X  | Charles Bailey/63 6/17/07 (482.5+320.0+355.0=1157.5 kg. @ 122.3 kg.) (Daytona Beach, FL) (APF/WPC)    |
| 10.   | 2535.3 (1150.0) *9.55X  | Steve Goggins/63 3/1/03 (500.0+250.0+400.0=1150.0 kg. @ 120.45 kg.) (Columbus, Ohio) (WPO)            |
| 11.   | 2524.3 (1145.0) *10.18X | Jose Garcia/77 11/22/08 (472.5+292.5+380.0=1145.0 kg. @ 112.5 kg.) (Palm Beach, FL) (APF/WPC)         |
| 12.   | 2503.3 (1135.5) *9.13X  | John "Chester" Stafford/76 10/30/05 (425.0+333.0+377.5=1135.5 kg. @ 124.4 kg.) (Chicago, IL) (WPO)    |
| 13.   | 2485.7 (1127.5) *9.30X  | Anthony Carlquist/79 6/14/09 (455.0+320.0+352.5=1127.5 kg. @ 121.3 kg.) (P.B. Gardens, FL) (APF/WPC)  |
| 14.   | 2480.2 (1125.0) *9.04X  | Michael Griffin/75 6/1/08 (457.5+292.5+345.0=1125.0 kg. @ 274.5 lb.) (Omaha, NE) (APF/WPC)            |
| 15.   | 2458.2 (1115.0) *8.93X  | Dave Pasanella/62-90 5/28/89 (467.5+260.0+387.5=1115.0 kg. @ 124.8 kg.) (Rosemont, IL) (APF/WPC)      |
| 16.   | 2452.6 (1112.5) *8.91X  | Oan Basson/78 3/4/06 (472.5+310.0+330.0=1112.5 kg. @ 124.8 kg.) (Columbus, Ohio) (WPO)                |
| 17.   | 2450.0 (1111.3) *9.18X  | Luke Edwards/81 8/24/08 (1000.0+680.0+770.0=2450.0 lb. @ 266.8 lb.) (Sharonville, Ohio) (IPA)         |
| 18.   | 2436.1 (1105.0) *8.91X  | J.L. Holdsworth/78 6/6/04 (410.0+330.0+365.0=1105.0 kg. @ 124.0 kg.) (Baton Rouge, LA) (APF/WPC)      |
| 19.   | 2436.1 (1105.0) *9.41X  | Jason Patrick/72 4/25/09 (412.5+327.5+365.0=1105.0 kg. @ 117.4 kg.) (Dubuque, Iowa) (UPA)             |
| 20.   | 2435.0 (1104.5) *8.84X  | Chuck Fough/85 4/19/09 (950.0+660.0+825.0=2435.0 lb. @ 275.5 lb.) (Columbus, Ohio) (IPA)              |
| 21.   | 2425.0 (1100.0) *8.84X  | Zech Cole/84 8/19/07 (1000.0+675.0+750.0=2425.0 lb. @ 274.4 lb.) (Franklin, Ohio) (IPA)               |
| 22.   | 2414.1 (1095.0) *8.77X  | Charles "Chas" Fay/80 12/3/06 (477.5+290.0+327.5=1095.0 kg. @ 124.8 kg.) (Lake City, Florida) (APF)   |
| 23.   | 2403.0 (1090.0) *8.73X  | Doug Furnas/58 6/28/87 (445.0+272.5+372.5=1090.0 kg. @ 124.85 kg.) (Bloomingdale, MN) (APF/WPC)       |
| 24.   | 2403.0 (1090.0) *9.84X  | Ed Coan/63 6/25/00 (437.5+260.0+392.5=1090.0 kg. @ 110.8 kg.) (Chester, West Virginia) (USPF/WPL)     |
| 25.   | 2403.0 (1090.0) *8.76X  | Matt Wenning/79 11/4/06 (455.0+292.5+342.5=1090.0 kg. @ 124.5 kg.) (Lake George, NY) (WPO)            |
| 26.   | 2403.0 (1090.0) *9.24X  | Toby Irby/74 9/15/07 (455.0+307.5+327.5=1090.0 kg. @ 260.0 lb.) (Woodstock, Georgia) (APF)            |
| 27.   | 2392.0 (1085.0) *8.81X  | Charlie Telesco/85 4/25/09 (440.0+312.5+332.5=1085.0 kg. @ 123.2 kg.) (Dubuque, Iowa) (UPA)           |
| 28.   | 2380.0 (1079.5) *8.75X  | Joseph Bayles/76 4/19/09 (925.0+715.0+740.0=2380.0 lb. @ 272.0 lb.) (Columbus, Ohio) (IPA)            |
| 29.   | 2375.5 (1077.5) *9.32X  | Justin Graalfs/79 11/29/05 (467.5+272.5+337.5=1077.5 kg. @ 255.0 lb.) (Omaha, Nebraska) (APF)         |
| 30.   | 2375.0 (1077.3) *8.65X  | Jim Wendler/75 4/17/05 (1000.0+675.0+700.0=2375.0 lb. @ 274.5 lb.) (Newark, Ohio) (IPA)               |
| 31.   | 2375.0 (1077.3) *8.62X  | Jeremiah Myers/77 6/23/07 (950.0+635.0+790.0=2375.0 lb.) (Grove City, Ohio) (APF)                     |
| 32.   | 2370.0 (1075.0) *8.90X  | Shane Hammock/88 12/6/08 (435.0+302.5+337.5=1075.0 kg. @ 120.8 kg.) (Jacksonville, FL) (AAPF)         |
| 33.   | 2364.5 (1072.5) *8.81X  | Jason Gibson/73 4/3/10 (455.0+315.0+302.5=1072.5 kg. @ 121.7 kg.) (Sandy, Utah) (AAPF)                |
| 34.   | 2353.4 (1067.5) *8.75X  | Michael Allocco/78 6/5/05 (455.0+295.0+317.5=1067.5 kg. @ 122.0 kg.) (Detroit, MI) (APF/WPC)          |
| 35.   | 2350.0 (1065.9) *9.07X  | Nelson Castellano/84 5/29/10 (1005.0+605.0+740.0=2350.0 lb. @ 259.0 lb.) (Tampa, Florida) (APF)       |
| 36.   | 2342.4 (1062.5) *8.69X  | John Zemmin/69 6/4/06 (410.0+365.0+287.5=1062.5 kg. @ 122.2 kg.) (Las Vegas, Nevada) (APF/WPC)        |
| 37.   | 2342.4 (1062.5) *8.72X  | Michael Tuchscherer/85 3/2/08 (400.0+290.0+372.5=1062.5 kg. @ 121.8 kg.) (Columbus, OH) (USAPL/IPF)   |
| 38.   | 2336.9 (1060.0) *9.13X  | Phil Story/65 12/4/05 (430.0+282.5+347.5=1060.0 kg. @ 116.05 kg.) (Jacksonville, Florida) (APF)       |
| 39.   | 2320.4 (1052.5) *8.83X  | Scott Smith/72 2/19/06 (405.0+305.0+342.5=1052.5 kg. @ 262.79 lb.) (Pasadena, California) (USPF)      |
| 40.   | 2320.4 (1052.5) *8.42X  | Andy Zavala/77 12/1/07 (455.0+307.5+290.0=1052.5 kg.) (Concord, California) (UPA)                     |
| 41.   | 2320.4 (1052.5) *8.47X  | Alan Best/83 1/23/10 (412.5+300.0+340.0=1052.5 kg. @ 273.8 lb.) (Anaheim, California) (USPF)          |
| 42.   | 2320.0 (1052.3) *8.44X  | Scott Mount/65 1/27/07 (1000.0+680.0+640.0=2320.0 lb. @ 275.0 lb.) (Columbus, Ohio) (APF)             |
| 43.   | 2320.0 (1052.3) *8.56X  | Lester Estevez/72 2/27/10 (1000.0+620.0+700.0=2320.0 lb. @ 271.0 lb.) (Orlando, Florida) (APF)        |
| 44.   | 2314.9 (1050.0) *8.97X  | Scott Warman/56 7/25/92 (432.5+235.0+382.5=1050.0 kg. @ 258.0 lb.) (Pittsburgh, PA) (APF/WPC)         |
| 45.   | 2309.3 (1047.5) *8.41X  | Kirk Karvoski/66 7/28/96 (440.0+255.0+352.5=1047.5 kg. @ 124.6 kg.) (Philadelphia, PA) (USPF)         |
| 46.   | 2309.3 (1047.5) *8.66X  | Zach Hudak/80 6/5/05 (410.0+300.0+337.5=1047.5 kg. @ 121.0 kg.) (Detroit, Michigan) (APF/WPC)         |
| 47.   | 2303.8 (1045.0) *8.52X  | Noel Levario/73 3/12/06 (445.0+295.0+305.0=1045.0 kg. @ 122.7 kg.) (Bolingbrook, Illinois) (APF)      |
| 48.   | 2303.8 (1045.0) *8.47X  | Dain Soppelsa 6/28/08 (432.5+320.0+292.5=1045.0 kg. @ 123.4 kg.) (Kalamazoo, Michigan) (APF)          |
| 49.   | 2300.0 (1043.3) *8.91X  | Nick Roman/86 10/25/09 (900.0+625.0+775.0=2300.0 lb. @ 258.0 lb.) (Columbus, Ohio) (IPA)              |
| 50.   | 2285.0 (1036.5) 8.29X   | Greg "Beetle" Lowe/55 3/21/98 (1000.0+475.0+810.0=2285.0 lb.) (Huntington, Pennsylvania) (USAPL)      |

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



Charles Bailey at the 2006 APC Nationals in Sacramento, CA



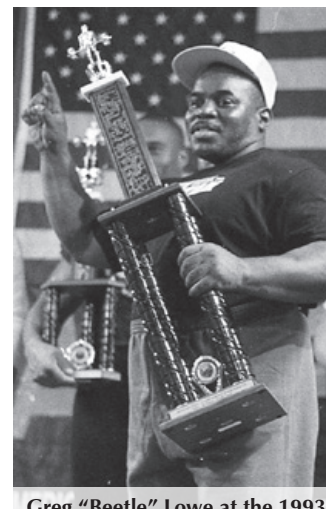
Jeremy Frey leads the way (Dave Tate/Elite Fitness photo)



Mike Tuchscherer prepares to lift at the '07 USAPL Hemet Open



Dave Pasanella, hugely muscular, at the 1988 Hawaii Invitational



Greg "Beetle" Lowe at the 1993 ADFPA Men's Nationals where he won his class, under guard



Capt. Kirk Karvoski winning the IPF World title back in 1996

## WOMEN'S SHW (90+ KG.) WEIGHT DIVISION » TOTAL

| Total | X-Bwt                 | American Female Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation              |
|-------|-----------------------|---|
| 1.    | 2050.3 (930.0) *8.30X | Becca Swanson/73 10/29/05 (387.5+237.5+305.0=930.0 kg. @ 112.1 kg.) (Chicago, IL) (WPO)               |
| 2.    | 1675.0 (759.8) *4.67X | Melissa Garrett/78 10/3/09 (675.0+500.0+500.0=1675.0 lb. @ 359.0 lb.) (Nashville, TN) (SPF)           |
| 3.    | 1555.0 (705.3) *6.22X | April Mathis/87 5/29/10 (600.0+385.0+570.0=1555.0 lb. @ 250.0 lb.) (Tampa, FL) (APF)                  |
| 4.    | 1530.0 (694.0) *7.12X | Jessica Watkins-O'Donnell/80 8/9/08 (610.0+400.0+520.0=1530.0 lb. @ 215.0 lb.) (Dayton, OH) (USAPL)   |
| 5.    | 1526.7 (692.5) *5.42X | Machia Dudley/86 11/3/06 (295.0+172.5+225.0=692.5 kg. @ 127.7 kg.) (Lake George, NY) (APF/WPC)        |
| 6.    | 1521.2 (690.0) *4.72X | Liz Willett/72 9/21/03 (280.0+182.5+227.5=690.0 kg. @ 146.05 kg.) (Irving, Texas) (USAPL)             |
| 7.    | 1500.0 (680.4) *5.95X | Karen Sizemore/64 3/30/02 (600.0+450.0+450.0=1500.0 lb. @ 252.0 lb.) (Charleston, WV) (IPA)           |
| 8.    | 1485.0 (673.6) *7.14X | JoLynn Arvin/67 3/29/97 (575.0+350.0+560.0=1485.0 lb. @ 208.0 lb.) (Kalamazoo, MI) (APF)              |
| 9.    | 1427.5 (647.5) *6.92X | Harriet Hall/50 3/11/06 (272.5+160.0+215.0=647.5 kg.) (Anchorage, Alaska) (USAPL)                     |
| 10.   | 1425.0 (646.4) *6.92X | Sandi "Candyazz" McCaslin/64 12/2/06 (630.0+365.0+430.0=1425.0 lb. @ 206.0 lb.) (Riverhead, NY) (APF) |
| 11.   | 1422.0 (645.0) *6.52X | Lorraine Costanzo/54 11/22/87 (275.0+142.5+227.5=645.0 kg. @ 218 lb.) (Dayton, OH) (APF/WPC)          |
| 12.   | 1411.0 (640.0) *6.40X | Juanita Trujillo/64 7/31/94 (277.5+142.5+220.0=640.0 kg.) (Houston, Texas) (USPF/IPF)                 |
| 13.   | 1377.9 (625.0) *6.90X | Dawn Reshel-Sharon/55-00 12/1/89 (237.5+130.0+257.5=625.0 kg. @ 90.6 kg.) (Stone, ENG) (APF/WPC)      |
| 14.   | 1366.9 (620.0) *6.71X | Kym Allen 5/13/06 (227.5+165.0+227.5=620.0 kg. @ 92.42 kg.) (Turner, Maine) (APF/WPC)                 |
| 15.   | 1361.4 (617.5) *6.29X | Kristy Reske/77 6/4/05 (250.0+162.5+205.0=617.5 kg. @ 216.3 lb.) (Detroit, Michigan) (APF/WPC)        |
| 16.   | 1350.0 (612.3) *6.90X | Lisa Nawrocki/61 10/20/90 (475.0+335.0+540.0=1350.0 lb.) (Lakeland, Florida) (APF)                    |
| 17.   | 1330.0 (603.3) *6.39X | Sue Meany 6/7/86 (510.0+295.0+525.0=1330.0 lb. @ 208.0 lb.) (Akron, Ohio) (APF)                       |
| 18.   | 1306.2 (592.5) *6.08X | Victoria Gagne-Hembree/61 6/2/02 (227.5+150.0+215.0=592.5 kg. @ 97.4 kg.) (Riesa, GER) (USAPL/IPF)    |
| 19.   | 1300.7 (590.0) *6.44X | Carlott Lott 10/26/85 (222.5+125.0+242.5=590.0 kg.) (Hattiesburg, Mississippi) (USPF)                 |
| 20.   | 1295.0 (587.4) *5.41X | Cheryl Clodfelter/62 5/3/08 (510.0+255.0+530.0=1295.0 lb. @ 201.0 lb.) (Fresderiksburg, VA) (IPA)     |
| 21.   | 1284.2 (582.5) *5.41X | Sarah Greenup/82 9/10/05 (240.0+142.5+200.0=582.5 kg. @ 107.74 kg.) (Fort Wayne, IN) (USAPL/IPF)      |
| 22.   | 1273.2 (577.5) *5.55X | Shelby Corson/67 4/24/93 (247.5+130.0+200.0=577.5 kg.) (Waterville, Maine) (USPF)                     |
| 23.   | 1262.1 (572.5) *5.38X | Wanda Sander/61 1/30/83 (215.0+130.0+227.5=572.5 kg. @ 234.5 lb.) (Chicago, Illinois) (USPF)          |
| 24.   | 1262.1 (572.5) *5.26X | Maris Sternberg/48 11/10/85 (237.5+122.5+212.5=572.5 kg. @ ~240 lb.) (Parkersburg, WV) (USPF)         |
| 25.   | 1262.1 (572.5) *4.67X | Jamie Johnson/85 4/16/05 (217.5+145.0+210.0=572.5 kg.) (Baton Rouge, Louisiana) (USAPL)               |
| 26.   | 1262.1 (572.5) *5.86X | Tiffany Vargas 3/31/07 (265.0+115.0+192.5=572.5 kg. @ 270.0 lb.) (Oklahoma City, OK) (NASA)           |
| 27.   | 1260.0 (571.5) *5.21X | Stacey Manly/71 10/13/07 (525.0+325.0+410.0=1260.0 lb. @ 215.0 lb.) (Tampa, Florida) (APF)            |
| 28.   | 1256.6 (570.0) *5.21X | Marlene Lewis 3/19/88 (227.5+97.5+245.0=570.0 kg. @ 241.4 lb.) (Philadelphia, PA) (USPF)              |
| 29.   | 1251.1 (567.5) *5.55X | Valerie Perry 8/18/96 (192.5+137.5+237.5=567.5 kg.) (Palatka, Florida) (AAU)                          |
| 30.   | 1245.0 (564.7) *5.55X | Andrea "Thor" Thornton/78 4/7/07 (510.0+300.0+435.0=1245.0 lb. @ 224.5 lb.) (Spokane, WA) (AAPF)      |
| 31.   | 1234.6 (560.0) *4.57X | Rebecca Jordan/90 9/22/07 (232.5+137.5+190.0=560.0 kg.) (Saint Francisville, Louisiana) (APF)         |
| 32.   | 1234.6 (560.0) *5.44X | Katie Sons/90 9/11/09 (227.5+132.5+200.0=560.0 kg. @ 122.5 kg.) (Sao Paulo, Brazil) (USAPL/IPF)       |
| 33.   | 1229.1 (557.5) *5.44X | Jan Todd/48 1/31/81 (247.5+92.5+217.5=557.5 kg. @ 226.0 lb.) (Columbus, Georgia) (USPF/IPF)           |
| 34.   | 1220.0 (553.4) *4.21X | Brandy Hirai/63 1/28/06 (450.0+365.0+405.0=1220.0 lb.) (Waianae, Hawaii) (USAPL)                      |
| 35.   | 1218.1 (552.5) *5.93X | Kimberly Pitts/70 3/29/03 (205.0+152.5+195.0=552.5 kg. @ 289.5 lb.) (Round Rock, TX) (APF/USPF)       |
| 36.   | 1218.1 (552.5) *4.71X | Lazara Janet Loveall/70 12/13/08 (200.0+157.5+195.0=552.5 kg. @ 205.5 lb.) (Sacramento, CA) (USPF)    |
| 37.   | 1212.5 (550.0) *4.65X | Joanna Conner/64 6/4/05 (242.5+115.0+192.5=550.0 kg. @ 257.5 lb.) (Detroit, MI) (APF/WPC)             |
| 38.   | 1207.0 (547.5) *4.27X | Deborah Ferrell/64 5/11/03 (182.5+182.5+182.5=547.5 kg. @ 117.7 kg.) (Anchorage, AK) (USAPL)          |
| 39.   | 1201.5 (545.0) *4.59X | Annie McElroy/60 2/1/86 (230.0+105.0+210.0=545.0 kg. @ 127.5 kg.) (Salt Lake City, UT) (USPF/IPF)     |
| 40.   | 1201.5 (545.0) *4.59X | Seilala Sua/78 12/7/02 (227.5+110.0+207.5=545.0 kg.) (Fresno, California) (APF)                       |
| 41.   | 1200.0 (544.3) *5.59X | Michelle Daniels/87 3/19/04 (520.0+215.0+465.0=1200.0 lb. @ 261.4 lb.) (Killeen, Texas) (THSPA)       |
| 42.   | 1196.0 (542.5) *5.50X | Barbara Crocker/63 6/23/91 (205.0+120.0+217.5=542.5 kg. @ 214.0 lb.) (Salem, Oregon) (USPF)           |
| 43.   | 1196.0 (542.5) *4.62X | Nellie Sale 1/25/98 (215.0+127.5+200.0=542.5 kg. @ 98.7 kg.) (Seattle, Washington) (USAPL/IPF)        |
| 44.   | 1196.0 (542.5) *4.93X | Dynah Gomez 4/3/09 (220.0+137.5+185.0=542.5 kg. @ 117.5 kg.) (Killeen, Texas) (USAPL)                 |
| 45.   | 1195.0 (542.0) *4.37X | Tamara Nansteel 12/17/94 (500.0+245.0+450.0=1195.0 lb. @ ~110.0 kg.) (Okinawa, Japan) (NSM)           |
| 46.   | 1190.5 (540.0) *4.37X | Cynthia Regan/48 4/7/91 (212.5+145.0+182.5=540.0 kg.) (Chicago, Illinois) (ADFPA)                     |
| 47.   | 1190.5 (540.0) *5.66X | Rickeyma Ross/90 9/11/09 (217.5+112.5+210.0=540.0 kg. @ 123.5 kg.) (Sao Paulo, Brazil) (USAPL/IPF)    |
| 48.   | 1190.0 (539.8) *5.70X | Jeri Butler 5/15/88 (490.0+300.0+400.0=1190.0 lb.) (Washington, D.C.) (LEAFF)                         |
| 49.   | 1185.0 (537.5) *5.70X | Cheryl Klein 1/31/88 (230.0+115.0+192.5=537.5 kg. @ 209.2 lb.) (Austin, Texas) (USPF)                 |
| 50.   | 1185.0 (537.5) *5.70X | Shannon Detman/81 3/20/10 (227.5+125.0+185.0=537.5 kg. @ 94.3 kg.) (Willowbrook, IL) (APF)            |

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



Cindy Regan was a regular winner & record setter in the ADFPA



Becca Swanson—world's strongest woman by far—is enjoying the SoCal lifestyle these days



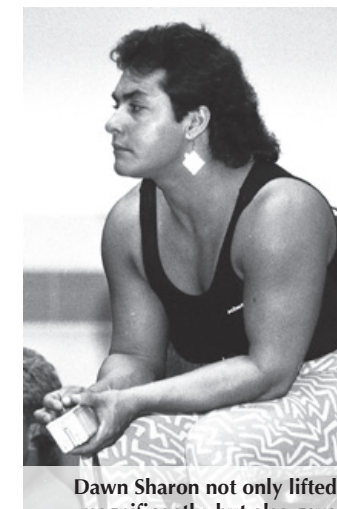
Shelby Corson dominated in USPF Women's National competition for several years



Machia Dudley, Big Iron girl out of Omaha, NE — seen here at the '06 APF Sr. Nationals in Vegas



Sarah Greenup was a record busting teen in the USAPL



Dawn Sharon not only lifted magnificently, but also gave back to the sport by taking the referee's chair at national events



# 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.
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# 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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## POWER NUTRITION Q & A

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T. » aricciuto@nutritionxp3.com » www.nutritionxp3.com



The Nutrition Guru, Anthony Ricciuto

### CAN THE BEEF INDUSTRY GET ANY DIRTIER?

**Q:** Hey, Anthony, I wanted to drop you a line and give you some props for talking about topics that most people would be afraid to bring forth. That article you did about the window cleaner in the fast food burgers was downright scary. It blows my mind to think of what you really are consuming when you sink your teeth into a burger from your local drive-thru. I was horrified to think that this same beef was given to millions of children across the country with little or no concern about their future health and well being. This is truly a tragedy, to say the least, that how easily the powers that be can

give our children poison in their food and not care. Have you heard anything else in regards to this subject? If so, please keep us updated, you are a true asset to not only the lifters reading this magazine but also our children as well.

A Concerned Mother and Lifter,  
Rachel Roslini

**A:** I am so happy you liked the article that I did about the window cleaner in the fast food burgers. I know it's horrifying to think that harmful chemicals are being fed to our children in their school lunch programs, but that is the sad state of the current situation in the United States. I have gotten a ton of emails regarding this topic and so many lifters contacted me with disbelief that this could actually be happening right under their noses. Of course, I have been hot on the trail to find out any other interesting information on this topic. Much to my satisfaction, my friend Mike Adams, from the Soda Pop series, always has his ear to the street and digs up information like no other. He is like the Magnum P.I. of the natural health world and he is, without a doubt, a true pioneer in the industry, always searching for the truth. I am going to let you in on some prime info that he has dug up so that you also can be fully aware of what is going on behind the scenes in the meat industry. If you thought the last article about beef and the shenanigans that took place disgusted you, then get ready for some more information that is going to blow your mind once again. I hate to be the bearer of bad news, but if I don't help educate the powerlifting community from some of the sick things that are happening with our food supply, then who will? Who is going to look out for the lifters with their best interest at heart? Well, you guys and gals have me watching your back and I will always do my best to help educate you and reveal to you what the real deal is—not what government agencies are trying to keep quiet.

### IF YOU CAN'T TRUST THE USDA...WHO CAN YOU TRUST?

Recently, the USDA's office of the Inspector General just recently released a report about the reality—or should I say sad reality—of what is going on with the beef supply in the United States. Some of the bad news that was found in this report is the fact that the USDA's Food Safety and Inspection Service is doing a horrible job, at best, in making sure that the meat that gets out to the public is safe and free of contaminants

and chemicals. One of the things that has angered me is the fact that the USDA knows full well how and why the meat is getting contaminated, yet they do absolutely nothing to fix the root cause of the problem. Why would a government organization that is supposed to look out for the well-being of its citizens—for something as important as food consumption that feeds the entire population of the country—turn a blind eye to hazardous and dangerous chemicals being placed in the country's meat supply. Well, you know how things work, and I am sure you have an IQ more than three, so you can surely put the pieces of this puzzle together.

You may be wondering what types of dangerous chemicals are floating through that juicy burger you just grilled up on the good ol' BBQ for dinner. You may not be aware of this, but meat in the U.S. is loaded to the gills with antibiotics and a slew of other veterinary pharmaceuticals. They have also been shown to contain remnants of pesticides and even heavy metals. If you remember a past column of mine from a couple months ago which talked about some of the dirty things that go on in the meat industry, you won't be surprised with this installment. I discussed how the meat companies were putting large amounts of ammonia—yep, the stuff in Windex glass cleaner—in your burgers hoping to eradicate E.coli. Even with that horrible analysis they failed because the ammonia laced meat still had E.coli in it. Just to clarify, when talking about E.coli this is not a chemical contaminant, but is known as a pathogen. When we are talking about drugs and veterinary products in your meat, this would be known as a chemical contaminant, just to make things clear to avoid any confusion. So if you eat beef in the United States, you are blessed with the ability to worry about not just pathogens lurking in your burger, but now you can also worry about meat that is tainted with a slew of drugs and window cleaning chemicals as well. Wow, that is just fantastic news, isn't it? Now the wonderful USDA, like I mentioned earlier, is fully aware of the fact that the meat that they line store shelves with is loaded with these wonderful chemicals, knowing full well if the meat was analyzed would register as completely toxic, but close their eyes knowing someone is going to eat it and they don't care even if it's your children.

### AMERICAN COLLATERAL DAMAGE ON ITS OWN CITIZENS!

You may be asking why the hell are there antibiotics and other drugs so heavily fortified in the meat that I am eating; it doesn't make sense! Well, I'll be honest with you. The meat industry is truly a dirty business. The bottom line is making the almighty greedy dollar and if some people get sick or even if several dozen die, oh well, collateral damage happens and that is truly their mindset—otherwise they would not allow such horrible practices to continue. I know, you might say this sounds pretty sick, and truly it is. If you can risk causing illness or even death to your citizens just to make a buck, then what differentiates the meat industry from the baby milk scandal that rocked China just a couple years back. For those of you who may have lived under a rock at that time I'll give you a refresher course. Companies in China who were manufacturing baby formula decided to cut corners to help make sure that their revenues increased to keep the greedy CEO's pockets lined with enough Yuan (Chinese currency for the illiterate folk) to make their pants sag from the weight. They decided to incorporate a deadly chemical known as Melamine into the baby formula. This would mimic the protein content of the formula and would save these greedy CEO's millions of dollars that could be better spent buying up some high rise penthouse suite in Hong Kong. You see, by adding melamine to a baby infant formula, or even milk, it can make a diluted product appear to be higher in protein by its ability to elevate nitrogen content. So when protein tests are performed on a product that has melamine in it, it will appear to be much higher quality than it really is. Just to let you know that the two main culprits behind this baby formula fiasco were sentenced to death and by the time you are reading this have literally bit the bullet (oops, sorry for the pun there). Maybe if that was the same punishment dealt out in the USA for doing such shady things that can hurt or even kill it citizens through knowingly contaminating food products, I wouldn't be writing this article at all because this problem

most likely wouldn't exist. Well, much to their dismay, tens of thousands of Chinese babies became severely ill, with kidney failure occurring and even several babies died. The whole world criticized China for this, but yet horrible practices that I am telling you about today are found in our own backyard and the government agencies that are supposed to watch out for our best interests are looking the other way when they know that this meat can hurt you. What is that?

Now getting back to the reason why our meat is laced with these chemicals is something you for sure want to know about. The reason for this horrible practice is due to the fact the animals that are used for the steaks on your table day after day are treated so poorly and their living conditions are so atrocious that it causes so much disease and infection that they have to load these poor animals up with numerous antibiotics and other pharmaceuticals so they don't die from illness before they make it to the slaughter house. If that isn't mind blowing, I don't know what is. Think about that for a second. If the living conditions of these animals is so poor that they risk constant infection so bad that it would kill them before they could even make it to the slaughter house, how healthy would that meat be to eat. Yeah, and that is before the meat gets laced with all these chemicals and antibiotics and who knows what else. Then you start eating this meat and wonder why the cancer rates in the country are so high. Or why your kids end up with ADHD when this was not a major problem decades ago like it is today. Do you think eating meat laced with who knows what drugs and chemicals on a daily basis is going to do your health any good? There is nothing like trying to improve your health by eating pesticides daily, and consuming enough heavy metals that will make the metal detector go off at the airport. What about its effects on a young growing body that is not even a teenager yet? What are processed chemical agents and veterinary antibiotics going to do to a child? Yeah, I don't think that could create a lasting healthy foundation for any child, let alone millions of kids who are one day supposed to be the future of the country.

### GREED ABOVE ALL ELSE!

Is greed for these farmers and meat producers so high that they lose sight of any care (not even considering that of the animals) or consideration for the people of the country, including their children? What is the world coming to when you can't even trust the government agencies—whose job is to make sure these dirty practices are not taking place, but actually allow these things to take place and look the other way. How is that even possible—does that make even a lick of common sense? I know you might think that the Nutrition Guru has fell off his rocker on this one, but if I don't educate you, very few of you would do your own investigative work to find out the dirty doings of those in charge of the meat production and meat inspection in this country. The sad thing is that the beef industry in this country is getting worse and worse. There was a time in this country when beef was not in such a despicable condition by the time it reached your dinner table. There was a time when you could eat beef without wondering how much window cleaner it has been laced with or if this batch is spiked with enough E.coli to send you to the emergency room. You also didn't have to worry about consuming who knows how many different veterinary pharmaceuticals and chemical agents each and every time you sat down for a serving of mom's tender roast beef. Let's not forget the Mad Cow Disease episode that has taken lives and made many others sick. The really sad point about all this is the fact that it all can be avoided. Yes, that is right—all of the illness, deaths, and health problems that occur because of the horrible practices by farmers and by the wonderful USDA that works day and night to protect the health and well being of the American society (sorry for the sarcasm...NOT!) could all be avoided by actually farming animals in a proper way! Yes, there would be less profit, but the health of the citizens and also the children who are our future would not suffer the dire health consequences that all these chemical agents will lead to down the road.

### WHAT ARE THEY GIVING THESE COWS?

I am going to drop some interesting facts on you right here, the majority I am sure you are quite unaware of. First off I am sure all of you know what antibiotics are and most likely you have used them sometime in your life when you had an infection of some sort that would not just go away on its own. Well, one fact you will find interesting is that 80%

of all the antibiotics that are produced in the United States are used on farm animals. Wow, what is that? Think about that for a minute. The U.S. population is well over 300 million people, yet the farm animals in this country take in 80% of all the antibiotics that are produced in the country. Does that blow your mind or what? So do you think, at those staggering statistics, that farmers are just giving their cows a little antibiotic dose here and there or are they loading them full blast with little concern for the animal ingesting them or even you who is going to eat the meat later on. Now one of things we have to worry about is the fact that since farmers are abusing these antibiotics way beyond what should be done, what does this do to the humans that eat that meat? Well, first off it will create the evolution of antibiotic resistant bacteria strains. Oh yeah, that sounds great doesn't it? Nothing like getting hit with some bacteria that is so mutated that the antibiotics that you just took don't do a thing to help get rid of it. One reason why this is a problem is because the antibiotics that farmers give their animals is very similar to the ones that you actually go down to your local Walgreens for and pick up when you get a bad case of bronchitis. Many of you might not know this, but even with poultry it contains at least one bacteria strain and the really good thing, to make this so much more interesting, is the fact that it most likely is an antibiotic resistant strain. Nice! So what does this mean exactly? It means that if you consume a meat product that contains a resistant strain of bacteria and this bacteria makes the human sick, then giving the human antibiotics to help get rid of the illness will not work either. This just keeps getting better and better, doesn't it?

### RUINING THE PLANET WITH NO CONCERN

All these antibiotics are not just bad for the humans eating them, it is also destroying the planet. Now, don't get me wrong. I am very pro green and love to help the environment, but when I see someone putting out their recycle box thinking they are saving the planet it makes me laugh, especially when you consider the following fact. There is close to two trillion tons—yeah, that is right folks, I just said two trillion tons—of animal waste produced each and every year in this country. You have to remember, there are plenty of undigested antibiotics in this fecal matter as well as some really lovely antibiotic resistant bacteria that are wreaking havoc on the planet. You might not know this, but this can contaminate ground and surface water, which can lead back to humans. Plus, let's not forget that it is destroying natural ecosystems as well because the planet was not supposed to be loaded down with trillions of tons of cow dung loaded to the brim with more antibiotics than some small countries take. Am I painting a rosy picture for you or what?

### CLOSING

I have just scraped the surface on this topic and there is so much more to write about—I could do a whole series. Considering the fact that the average American eats 220 pounds of chicken, beef and pork per year, we know that Americans love their meat. The sad reality is that to cut down on production costs and to yield more profits for the big wig CEOs they are willing to do what it takes to cut corners even if it means that you or your children may get sick or die from it. I know that I stirred up a lot of controversy on this topic, but I have to shed some light on this topic because many lifters are completely unaware of what is going on behind the scenes in the farms across this country and with the so called governing bodies that are supposed to watch out for your health and well being. You all know that is one big fat lie after reading this article. I hope now you understand why I have recommended organic meats since I came on board here. I know years ago when I mentioned this many lifters thought I was some type of hippie wheat grass eating whack job, but now after reading this I am sure you can understand why I support eating organic meats over the ones that line the store shelves. It will cost you a little more, but knowing you and your children are eating meat that is not going to lead to who knows what illness ten years from now can really give you a peace of mind. I know I am going to get a barrage of emails on this one because I really know how to wake people up and take notice. So, until next month, train hard, eat clean and please educate yourself about what you feed yourself and your children because you can't rely on shady monitoring agencies to look out for you when in reality making money—even if it is through lies and deception—is the bottom line, or should I say only line, that counts! ☺



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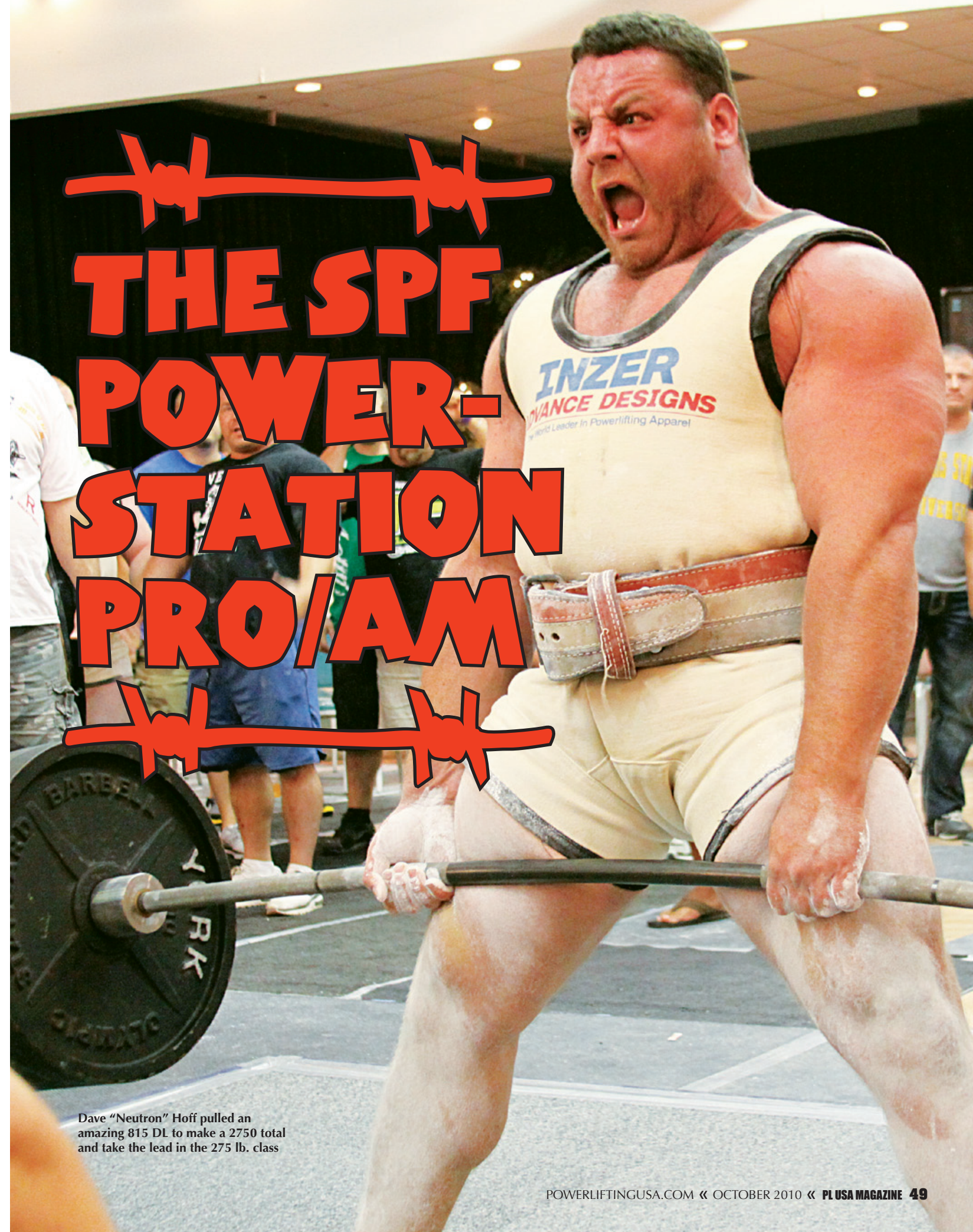
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**THE SPF  
 POWER-  
 STATION  
 PRO/AM**

Dave "Neutron" Hoff pulled an amazing 815 DL to make a 2750 total and take the lead in the 275 lb. class



# SPF POWERSTATION PRO/AM

AUG 20, 2010 » Sharonville, OH » as told to Powerlifting USA by Louie Simmons

| Powerlifting    | SQ  | BP  | DL  | TOT  | K. Parke            | 700  | 485 | 600 | 1785 |
|-----------------|-----|-----|-----|------|---------------------|------|-----|-----|------|
| <b>FEMALE</b>   |     |     |     |      |                     |      |     |     |      |
| <i>Open</i>     |     |     |     |      |                     |      |     |     |      |
| <b>114 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| S. Welcheck     | 250 | 125 | 230 | 605  | W. Welcheck         | 575  | 450 | 550 | 1575 |
| <b>123 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| J. Fry          | 385 | 235 | 325 | 945  | M. Roush            | 825  | 700 | 575 | 2100 |
| <b>132 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| K. Kinneberg    | 240 | 145 | 290 | 675  | A. Ditillo          | 810  | 625 | 640 | 2075 |
| <b>148 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| B. Stone        | 425 | 300 | 410 | 1135 | D. Debauer          | 825  | 600 | 630 | 2055 |
| A. Weisberger   | 55  | 270 | 145 | 470  | R. Bowsher          | 815  | 540 | 700 | 2055 |
| <b>181 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| C. Gilsdorf     | 220 | 160 | 280 | 660  | D. Stevens          | 440  | 265 | 420 | 1125 |
| <b>MALE</b>     |     |     |     |      |                     |      |     |     |      |
| <i>Open</i>     |     |     |     |      |                     |      |     |     |      |
| <b>148 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| R. Vladimir     | 375 | 265 | 405 | 1045 | A. Vale             | 900  | 500 | 660 | 2060 |
| J. True         | 265 | 165 | 375 | 805  | B. Mimnaugh         | 810  | 605 | 525 | 1940 |
| <b>165 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| G. Curtis       | 550 | 325 | 525 | 1400 | C. Larson           | 620  | 450 | 630 | 1700 |
| S. Alleshouse   | 405 | 170 | 330 | 905  | L. Green            | 725  | 375 | 575 | 1675 |
| <b>181 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| M. Bavetz       | 710 | 500 | 605 | 1815 | <b>PRO DIVISION</b> |      |     |     |      |
| J. Harder       | 550 | 480 | 565 | 1595 | S. Frankl           | 1060 | 875 | 780 | 2715 |
| V. Carone       | 535 | 430 | 525 | 1490 | D. Hoff             | 1075 | 860 | 815 | 2750 |
| B. Little       | 600 | 310 | 555 | 1465 | M. Cartinian        | 975  | 715 | 660 | 2350 |
| L. Boyer        | 505 | 300 | 450 | 1255 | C. Vogelpohl        | 1175 | 610 | 800 | 2585 |
| <b>198 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| K. Jones        | 680 | 475 | 660 | 1815 | A. Roberts          | 1100 | 770 | 780 | 2650 |
| D. Diemert      | 710 | 430 | 620 | 1760 | C. Smith            | 930  | 785 | 755 | 2470 |
| D. Alleshouse   | 615 | 350 | 580 | 1545 | A. Caslow           | 910  | 540 | 675 | 2125 |
| <b>220 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| Z. Geeting      | 800 | 625 | 725 | 2150 | M. Hammock          | 1040 | 725 | 755 | 2520 |
| J. Jester       | 850 | 625 | 600 | 2075 | P. Childress        | 1115 | 735 | 770 | 2620 |
| M. Hill         | 835 | 565 | 605 | 2005 | J. Anderson         | 1050 | 685 | 815 | 2550 |
| J. Hare         | 830 | 550 | 620 | 2000 | D. Tinajero         | 840  | 670 | 700 | 2210 |
| D. Dalenberg    | 605 | 400 | 570 | 1575 | B. Tincher          | 805  | 575 | 645 | 2025 |
| <b>242 lbs.</b> |     |     |     |      |                     |      |     |     |      |
| J. Randal       | 875 | 675 | 600 | 2150 | H. Thomason         | 1165 | 660 | 675 | 2500 |
| J. Shackelford  | 820 | 635 | 650 | 2105 | M. Bell             | 935  | 760 | 705 | 2400 |
| M. Szudarek     | 905 | 470 | 630 | 2005 | V. Venglovski       | 925  | 605 | 705 | 2235 |
| B. Strevel      | 705 | 485 | 610 | 1800 | R. Douglas          | 900  | 680 | 770 | 2350 |
|                 |     |     |     |      | L. Edwards          | 870  | 650 | 750 | 2270 |
|                 |     |     |     |      | P. Hakola           | 900  | 690 | 720 | 2310 |
|                 |     |     |     |      | R. Lahourcade       | 905  | 700 | 750 | 2355 |
|                 |     |     |     |      | C. Ewald            | 925  | 770 | 705 | 2400 |
|                 |     |     |     |      | A. Coleman          | 700  | 550 | 650 | 1900 |
|                 |     |     |     |      | M. Anderson         | 630  | 385 | 500 | 1515 |
|                 |     |     |     |      | L. Phelps           | 700  | 510 | 545 | 1755 |
|                 |     |     |     |      | S. Church           | 960  | 535 | 650 | 2145 |
|                 |     |     |     |      | Selekainaho         | 770  | 495 | 535 | 1800 |
|                 |     |     |     |      | P. Harrington       | 890  | 440 | 610 | 1940 |
|                 |     |     |     |      | L. Hackett          | 525  | 360 | 525 | 1410 |

As always, Mike Ferguson, owner of the Powerstation gym in Cincinnati, OH, hosted a great three day meet on August 20–22nd. Mike's motto is 'no mistakes' and there were none. It was held at the Fairfield Banquet and Convention Hall, a beautiful venue. With the help of Jesse Rodgers, founder and President of the SPF, who supplies the equipment, which includes identical equipment in the warm-up room as is on the lifting platform: four Monolifts with safety straps, four Forza benches, all Okie Deadlift bars, Texas Power Bars and four Mastodon Bars were used. No surprises on the platform. Mike and Jesse's work is well recognized and appreciated. The prize money was huge in the amount of \$23,700. It came from our gracious sponsors, such as Muscledpharm, Rogue Fitness, Legend fitness, Cell Block Gym, Powerstation Gym, Jump Stretch, Westside Barbell, Atlarge Nutrition, APT, House of Pain, Clarks Auto, Billy Ayash, Sweatt Shop Gym, Eaton Barbell and Anderson Powerlifting.

The referees were from the SPF: Wade Johnson, Joe Ladnier, Mark Bell, Brad Bishop and Jesse Rodgers. In the past, I have brought referees from the IPA, WPC, the former WPO, and even the IPF to eliminate politics. This year their governing bodies refused permission to judge the Powerstation Pro/Am, threatening to suspend some for a year. I can honestly see why. If the lifters from those organizations came to a real meet with great equipment, good judging, and \$23,700, they would stay in the SPF, the best organization for powerlifting in the United States. Thanks to men like Mike Ferguson and Jesse Rodgers for their tireless help.

On Saturday, the lightweight Pros took the stage. There was nothing light about the lifting, as we were about to find out. At 148 lb. bodyweight, Mike Anderson was impressive—squatting at 630 lb., benching 385 lb. and a 500 lb. deadlift to total 1515 and take first place. In second, Westside Barbell L.J. Hackett made a 525 lb. squat opener, 360 lb. bench press and a 525 lb. deadlift to hit 1410.

At 165 lb. bodyweight, Laura Phelps was the only remaining lifter after Brian Schwab bombed in the squat. He came in very light at 157 lb. bodyweight; that could have affected him somewhat.

Back to Laura, lifting for Westside, she opened at 700 lb. and took all three attempts to make it. After a shaky start she was four for four, making a 455 lb. opener, 485 lb. on the second, and a world record 510 lb. on a third bench. But not to be out done, a fourth at 525 lb. was blasted up—unreal for a woman. There are only a handful of women who can qualify for the Powerstation Pro/Am, which requires a male USPF elite total. I hope to see more next year. If there is more than one, we will offer cash. Laura made a token 155 lb. deadlift, and then proceeded to pull 515 lb. and 545 lb. to total a 1755 world record. And, on top of that, she tried a 585 lb. world record but missed. She is the current queen of powerlifting and the king would be up soon.

After Westsider Tony Ramos bombed in the bench press, the 181s had four competitors left. My friend of many years, Sakari Selkainaho of Finland, came to lift, doing the best of his life at 48 years old. An all time best 770 lb. squat, an all time 495 lb. bench (and a turn down at 510) and a 535 lb. deadlift, gave Sakari a life time best 1800 lb. total.

Next up, Westside's Arnold Coleman came in third place. Nursing some injuries, Arnold made a 700 lb. squat and passed his third; a 550 lb. opener bench and misses at 600 lb., then after a 650 lb. opener pull, two close misses 695 lb. to leave behind a 1900 lb. total.

Brian Tincher from Orlando Barbell was strong, making all three squats, ending with 805 lb. In the bench, again three for three, getting a 575 lb. bench. Brian made a 645 lb. opener in deadlift, with misses at 665 lb. to total 2025 lb.

In first place, Al Caslow of Big Iron Gym moved up from the 165 lb. class—and it was a good move. At 177 lb. bodyweight he was three for three with a huge 910 lb. third. He should have tried a fourth. Al's opener bench at 525 lb. was solid. A miss, then success, with 540 lb. and he was off to a great subtotal of 1450 lb. He walked through his deadlifts with 620 lb., 650 lb. and 675 lb. to total 2125.

The 198s had a casualty when Derek Wilcox squatted 865 lb., but bombed in the bench. This left one man, Mike Cartinian from Big Iron. Mike is the current world record holder in the squat and total at 181 lb. bodyweight, but came in at a full 198 lb. bodyweight. We know he is a squat machine making 900 lb., 950 lb. and a strong 975 lb. on his third. Mike can also bench, going three for three again—685 lb., 705 lb. and finally 715 lb. Mike began his pulls with 610 lb. and two more good deadlifts finishing with 660 lb. to total 2350, not bad to say the least.

The last class on Saturday was the 220s, but what a show! Chris Della-Fave of Skiba's gym looked good in the squat, making 900 lb., but the 600 lb. mark in the bench ended the show for Chris. This left four to battle it out.

In fourth place was the return of Phil Harrington of Cincinnati, Ohio. Phil squatted well, as always, making 890 lb. on a third. Injuries have hurt his bench, leading to 440 lb. on a second with a close miss at 465 lb. on his third. After opening at 610 lb. easy, 675 lb. and 715 lb. would not go. This left Phil with a 1940 lb. total and I am sure we have not seen the last of Phil.

In third place and in a close battle for second was Dan Tinajero, only 23 years old from Orlando Barbell Club. It does not happen often for a great lifter to go nine for nine in a great meet. Dan squatted 840 lb. and a strong 670 lb. bench press to subtotal 1510 lb. After an easy 625 lb. opener pull, Dan finished with 700 lb. to total 2210 lb.

In second place from the Ukraine, Vlad Venglovski came to lift in the strongest meet in the world. After a strong 880 lb. opener and a fine 925 lb. second, 965 lb. on a third was a touch too much. The bench gave him some trouble. A miss at 605 lb., but good on a repeat, and finally 640 lb. was too heavy. The trip must be hard on the lifters traveling half way around the world as Vlad missed his opener deadlift at 705 lb. He came back to make it on a second, only to miss 770 lb. on his third, but a second place 2235 lb. total was, I hope, reward enough for him to come back next year.

Now it's show time! I take my hat off to Rick Hussey and his Big Iron bunch for being a well coached team, as well as incredibly strong. The strongest was about to take center stage. Shawn Frankl, a Big Iron freak, began his assault on the record books with two solid squats at 1005 lb. and 1060 lb., passing his third. Believe it or not, Shawn was nursing a rib injury. His bench pressing was perfect at 875 lb. on a third to subtotal a crazy, for a 220 pounder, 1935 lb.! Can he deadlift? Yes, 725 lb. was smoke, a PR at 765 lb. for his second and a strong 780 lb. on his third to hit a 2715 lb. total. Shawn now holds the 198 lb. and 220 lb. world total records. Will he go for the 242 lb. total as well? After all, he is 75 lb. over the 242 lb. record now. Just how much can Shawn lift in the future? Nobody knows but the freak.

#### The cash winners:

- Shawn Frankl \$5,000
- Mike Cartinian \$2,000
- Al Caslow \$1,500

#### HEAVY WEIGHT PRO

The Sunday crew was a well balanced group. First up was the 242 lb. class. In third, was Shane Church of Westside Barbell. Shane hit a solid opener at 910 lb., was out of the groove with a second 960 lb., but came back to make it on a third. In the bench a 535 lb. opener was all there was that day. Shane made 625 lb. on his first deadlift. A second at 650 lb. was smooth, but 680 lb. stalled at mid thigh. A 2145 lb. total and a third place at the Powerstation Pro/Am. His team-mate Luke Edwards was determined to lift even after being ill before the meet. It did not stop Luke from squatting 870 lb. before missing 930 lb. The bench went better, going 625 lb. for his opener and a good 650 lb. on his second and he passed his third. A 750 lb. first attempt DL was it for today and a 2270 lb. total put Luke in to second place.

The 242 lb. class winner for 2010 is Clint Smith. He had a balanced attack with squats of 875 lb. and 930 lb. on a second attempt, but no good on 955 lb. His bench looked great with a 765 lb. opener, 785 lb. on a second, but 805 lb. proved too much. Clint is also a solid deadlifter going 725 lb., 755 lb. on a second and miss at 770 lb. for a 2470 total and first place at 242.



PL "Freak" Shawn Frankl did not dissappoint, and set new records



Al Caslow won 1st place in the 181 class with a 2125 total



Squatting machine, Mike Cartinian, made a nice 2350 total



The Queen of Powerlifting, Laura Phelps-Sweatt

results courtesy Mike Soong; photos courtesy Scott DePanfilis

next page »



## SPF POWERSTATION PRO/AM »



Lifting icon Chuck Vogelpohl is still pulling strong; he made 750, 800, and barely missed his attempt of 840



AJ Roberts placed third with a strong squat of 1100 pounds

It was to be a showdown between the top 275 pounders: Chuck Vogelpohl from Lexen Extreme, Brian Carroll unattached, Dave Hoff of Westside, Mark Bell of Super Training gym, Rich Douglass of Westside and Pat Hakola unattached battled to win this tough class. After a 1100 lb. squat, Brian Carroll could not make any of his benches cooperate and was gone. Tough luck Brian, see you next year.

This left four to fight it out for three trophies. In fourth was Rich Douglas, a new Westside member. Rich went from 800 lb., 850 lb. and a fine 900 lb. for a 60 lb. personal record. The benches were good as well. A 630 lb. opener, then 680 lb. on his second, but 700 lb. was a no go. After a 700 lb. opener pull, he got 770 lb. to total 2350 which was a 150 lb. increase in six months. A miss at 805 lb. and Rich was done for the day. In third was Mark "Smelly" Bell from Super Training gym. He hit two good squats at 900 lb. and 935 lb. on his second, but 970 lb. proved too much on this day. We were looking for fireworks in the bench, but not today. 760 lb. was no good on his opener, followed by a good repeat with the same 760 lb. A shirt change and all the way up to 880 lb. —is Smelly crazy or what? The 880 lb. would not go for the inventor of the "Sling Shot," on this day. His deadlifts went from the 650 lb. of his opener, 705 lb. on a second, but 745 lb. was too much. With a 2400 lb. total and a third place secured, the two-time loser was done, but not forgotten.

In second place was powerlifting icon Chuck Vogelpohl of Lexen Extreme. He was a national champion in 1987 and now in 2010 holds the world record squat at 1140 lb. at 242 lb. bodyweight. He came in rather light at 255 lb., but opened at 1075 lb. and blew it up. He was off balance with 1155 lb. and fell backwards. An all-time 1175 lb. was loaded on the bar. Out he came like a mad man and destroyed it for three white lights. The bench was next up and a 330 lb. opener was good; 565 lb. on the second and a good 610 lb. on his third. Now on to what he likes, the deadlift. A cautious 750 lb. opener, 800 lb. on his second and finally a strong 840 lb. was pulled to lockout only to pop out of his hands. Even without the 840 lb. pull, Chuck totaled 2585 lb. When will it end for this man who personifies powerlifting?

This leaves one, or is he the chosen one? Dave "Neutron" Hoff of Westside. Dave opened at 970. A 1040 lb. squat on the second was strong, but not as strong as the 1075 lb. third attempt. The man can bench as well. 810 lb. opener, 860 lb. on his second and 880 lb. was out of the groove. At subtotal time read 1935 lb. "Neutron" opened at 775 lb. for a 2710 lb.

total, the biggest ever at Westside, 805 lb. on his second to move it up to 2740 lb. And with a back like Iron, 815 lb. on the third to make it official: 2750 lb. and the winner at 275 lb. bodyweight. Dave is one of the most consistent lifters ever at Westside and the second to surpass 2700 lb. for the club.

The 308s were represented at the Pro/Am. Six strong men competed for top honors. In fifth place was Rick Lahourcade, the tattooed Powerhouse from out West, who was very light at 278 lb. A 905 lb. opener was all Rickey could get passed on this day. The benches went a lot better, going three for three. Starting at 650 lb., then moving on to 675 lb. on a second and a fine 700 lb. on a third attempt. Rickey is surprisingly strong in the deadlift for his stocky build. A 705 lb. opener deadlift was a smoke show. A great 750 lb. on his second, and a pass on his third to total 2355 lb.

Tony Bolognone of Westside squatted 1130 lb., only to bomb in the bench. In fourth place was Henry Thomason, a squatting machine making 1060 lb., 1115 lb. on a second and finally 1165 lb. on a third. Henry even tried a world record 1200 lb. on a fourth, but had trouble getting set and passed. He opened benches with 660 lb., but 720 lb. and 730 lb. would not cooperate on the second and third attempts. With his massive build, the deadlift is tough for Henry. A 600 lb. opener was easy, 675 lb. on the second, but 710 lb. was not to be. With 2500 lb. he set back to see what would happen. In third place was Matt Hammock; he weighed only 283 lb. and was unable to make the 275 lb. class, but it does not matter at the Pro/Am—you can run, but you can't hide. And Matt doesn't have to hide from anyone. After a strong 1015 lb. opener and a good 1040 lb. second, he passed his third squat. In the bench, Matt opened at 705 lb., moved on to 725 lb. on a second for a good attempt and again passed his third. He had to move ahead of Henry Thomason, so he picked a 735 lb. opener deadlift which moved Matt into third on bodyweight. A strong 755 lb. pull on his second passed his total to 2520 lbs and after a miss at 770 lb. he had to be satisfied with 2520 lb. for today. But I can see much bigger things to come from Matt soon.

In second place was Jake Anderson from Westside. His squats were flawless: 930 lb., a strong 1005 lb. on his second and a great 1050 lb. on the third. A 685 lb. opener bench was good, 735 lb. would not touch and a jump to 760 lb. blew out his shirt. Next up were the deadlifts. Jake's opener was easy at 755 lb., 815 lb. was a toy on his second and a final 835 lb. was pulled easily only to have Jake get off balance and fall forward after locking

it out. When the smoke cleared Jake totaled 2550 lb. for second place behind Westside teammate AJ Roberts. AJ walked through three squats, 990 lb. on his opener, 1075 lb. on the second and a strong 1100 lb. on his third. His benches were down a little with a 770 lb. opener, but two tries at 825 lb. were a no go. In the deadlift his opener 735 lb. was easy. A second with 780 lb. was good and insured him of first place with a 2650 lb. total. A third attempt with 800 lb. was close.

The one and only SHW was Paul Childress from Buffalo. Paul has had it tough for a couple years, but he's back. A 1050 lb. opener and an 1115 lb. second attempt were good, but 1160 lb. was not passed. Paul's opener bench with 710 lb. was no go. He made a good 735 lb. on his second to stay in the game, but 750 lb. would not happen today. After a 730 lb. opener pull, a strong 770 lb. on his second was good, only to miss 800 lb. on his third. But a 2620 total isn't bad for a comeback.

### The prize money:

- AJ Roberts for third \$1,500
- Chuck Vogelpohl for second \$2,000
- Dave Hoff for first \$5,000
- Best Bench Press Shawn Frankl \$1,000
- Bench Squat Chuck Vogelpohl \$1,000
- Best Deadlift Shawn Frankl \$1,000
- The champion of champions is Shawn Frankl who walked away with \$10,370. Next year will be better.

Congratulations to the following lifters from the Amateur Day who qualified for next year's Pro day: 181 lb. class - Marty Bavetz - 1815 lb. total; 220 lb. class - Zane Geeting - 2150 lb. total; 220 lb. class - Joe Jester - 2075 lb. total. <<



AJ Roberts placed third with a strong squat of 1100 pounds

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# THE MIND OF JOEY

as told to Powerlifting USA by Ben Tatar of Critical Bench

## JOEY, WELCOME TO POWERLIFTING USA. IT'S GREAT TO HAVE YOU TODAY. PLEASE INTRODUCE YOURSELF TO THE READERS.

Well, my name is Joey Smith. I am thirty-six years old. I was born in Jacksonville, Florida, but moved to North Carolina when I was eleven and have been here ever since. I live in Nebo, North Carolina. I have been married to my wonderful wife, Amy, for ten years and I am the proud father of our only child, our nine year old daughter, Katelyn. I am a soccer and basketball coach for my daughter's teams. I have been a circulation manager for two newspapers here in North Carolina for five years now. I was an electrician for nine years previous to that. I have a bachelor's degree in marketing and business from Gardner Webb University, here in NC. I also own my own powerlifting gym, NeboBarbell.

I have been competing for ten years now. I started out doing raw bench only meets and did my first shirted bench only meet in 2006. My best lifts to date are 525 lb. at 275 and 500 lb. at 289 raw bench, 730 lb. at 275 and 760 lb. at 286 shirted bench, 1840 lb. at 289 raw total, 730 lb. at 289 raw squat and 610 lb. at 289 raw deadlift.

**That is a very impressive resume you have! For those of you who don't know, Joey Smith is ranked #11 for best bench in the world according to the Powerlifting Watch rankings! That gives you an idea of how strong he is. Joey, although it would take pages to write all your achievements, tell us ten lifts that you have achieved in the past two years that you are very proud of.**

Well, here we go:

– My 750 lb. shirted, bench only meet on February 21, 2009. This was my first meet back after tearing my labrum in 2008 and it was a 20 lb. PR and a win.

– My 755 lb. shirted, bench only meet on May 24, 2009, at the SPF National's, winning my first Nationals and getting best lifter award and biggest bench of the meet—another PR.

– My 760 lb. shirted, bench only meet on October 4, 2009, at the SPF World's Championships. This was the first worlds I had been to and my first worlds meet victory—another PR.

– My 1755 lb. raw full-power total on March 6, 2010. This was my first ever raw full-power meet. I had only trained 3 months for this meet—I won, and set several raw full-power SPF records.

– My 700 lb. raw squat at that same meet. I was really proud of this squat for my first meet and it being raw.

– My 600 lb. raw deadlift at the March 6th meet. I hate deadlifting and it is my hardest lift.

So, I was very pleased to pull 600.

– My 1840 lb. raw full-power total on June 6, 2010, at the SPF National's. Not only was this my second raw full-power meet ever, with only five months training, I had an 85 lb. PR total compared to last meet, won my weight class, made PRs on every lift, and won myself my second SPF National's, but this time my raw and full-power lifts broke all the SPF world, national and NC state raw full-power records at the time.

– My 730 lb. raw squat at the June 6th SPF National's meet. I was looking for 750, but did what I needed to hold my total—30 lb. PR.

– My 500 lb. raw bench at the June 6th SPF National's meet. I had only benched 455 at the last meet because of an injured pec—45 lb. PR.

– My 610 lb. raw deadlift at the June 6th SPF National's meet, as well. I knew I had more, but missed my second. It took this pull to win and I did—10 lb. PR.

**Joey, you are a nationally ranked bench, #11 at Powerlifting Watch and you were a dominant bench, years ago. I remember you were doing very well in a bench shirt, but you also liked competing raw. How would you compare the shirt and raw game? How does your training and mindset differ between going for a bigger raw bench versus a bigger shirt bench?**

Well, I still like to think that I'm not too shabby a bench now, raw or equipped. LOL. I like lifting, period. Gear or raw, it doesn't matter. I want to be as complete a lifter as I can be.

Going raw shows your true power, but lifting equipped still takes power, but also technique, and years of learning. Raw is just getting under the bar and pressing the weight, not much thinking involved. Shirted benching is not that simple. When it comes to a shirt you must understand technique and knowledge of how your shirt works, and proper training. There is no perfect training format. What works for one does not work for all. There is no magic pill. If there was I would be selling it like crazy. Training is training. A person needs determination and heart, without which it doesn't matter what kind of training template they use.

**In the future, which will you favor?**

My shirt for sure. I take pride in my raw bench, but I know I still haven't fully tapped into my ability with the shirt. I have had a few injuries in the last couple of years that keep taking me a step backwards, but I work around them and keep coming back getting PRs. I still have some unfinished business with my shirt that I

photos courtesy Joey Smith

next page »



## JOEY SMITH »

will achieve. I love shirted benching and the challenge of learning it. There's nothing like handling 760 plus in your hands!

**For other benchers who want to be more competitive, what would be your top five tips for a raw bencher? What about the shirted bencher?** I can answer these both at the same time—form and technique. Form and technique are everything, whether you are raw benching or shirted benching. Proper form is key.

Make sure your triceps and back are up to par. Work your triceps and make them stronger. Also train your back to help with your set up and to power through heavier weights.

Know your body. Be smart, have a plan. Don't be scared, but don't be stupid. Being scared of the weight or afraid to try different things can get you hurt and can hold a lifter back from reaching his full potential.

Have great training partners. Training partners are important for several reasons, not just to shoot the shit. You don't need cheerleaders, you need to be told when you're not doing things correctly. You need training partners who are there to help you and want you to succeed. Whether it is getting coached, being on time, dependability, or spotting correctly, doing their part is vital for a group to thrive. This can be tough at times with so many egos and testosterone boiling over, but if you can ever get the proper ingredients right, a great group of training partners can make each other greater.

**You're also good at the squat and deadlift. What are some of your favorite squat/deadlift moments.**

I may be okay at the squat, but I suck at the deadlift! As I mentioned earlier (because I really only have these two meets to go off of) my two raw full-power meets this year were both awesome. Winning at both, earning elite status both times and earning the respect of my peers as being a well-rounded lifter was a big deal for me. As mentioned earlier, my 730 lb. raw squat at the SPF Nationals was a very proud moment for me as was my 1840 lb. raw total, plus winning wasn't too bad either!

**Everyone keep your eyes out for Joey Smith. He has bigger plans ahead! Joey, tell us about your squat and deadlift routine.**

I used Block Periodization training for both my raw meets. Each week is based off percentages that are achievable each week and continue to get heavier each week as well.

**Joey, being successful, strong and very monstrous, have you encountered a lot of jealousy? How do people respond to you being so much bigger and stronger than most people?** Monstrous? LOL. Well, my training partners do call me "Shrek." I'm just not sure if that's a good thing! I enjoy being bigger than most guys. It's always fun walking into places and knowing you are stronger than just about anyone in there. Of course, I have encountered jealousy. Anyone who has had some kind of success in

life does. The haters always make me laugh. With all the things they have to talk or think about in their life, I am the one on their minds? I love it! A friend told me a long time ago, "Love the ones that hate you most because they are your biggest fans." This statement is so true. It's always fun having people come up and ask, "Hey do you lift weights?" or "How much do you bench?" or the best one I get a lot from older men, "I used to lift weights when I was younger. Yeah, I could bench in the 500s! Well, that was before I hurt my \_\_\_\_\_." I always get a good laugh from that. People always stare at muscular individuals. I love it when we are at a meet and the powerlifters all go into a restaurant. Everyone is looking, pointing and saying god knows what. I take a lot of pride in my size and strength. I have worked hard to get where I am and when other people recognize it, it always makes me feel good.

**Who do you train with and where? How is that going? How do you get fired up to lift such insane iron?**

We train at my gym, NeboBarbell in Nebo, NC. I train with Tim Hudgins, Kelly Wofford, Jonathan Britt, Lavan Clemmons and Barry Williams, mainly. There are several other younger lifters who are getting into the swing of things too. I opened this gym in August two years ago and it has been the best thing to help my powerlifting—no more traveling two hours one way to train. My gym is thirty yards from my house. The convenience of having your own gym is supremely helpful. The crew we have here is great. We all support one another and work to make each other better and stronger. This year we had two national champs, and last year we had three national champs and two world champs, so we are doing something right. We are a strong united team and I am honored to not only train with these guys, but to call them my friends.

I don't get too crazy when I lift. Well, not like I used to anyway. I try to stay focused, going over the lift in my mind, seeing myself making the lift. I stay positive and focused on the task at hand. Everyone has their own way of doing things. I just try to relax and breathe. Focus, then accomplish. "Believe & Become" is what we say at our gym.

**What are your future goals?**

To bench 800 plus in my shirt. That has been a goal of mine for a long time, but injuries have kept setting me back. I really just want to get stronger, stay healthy and keep hitting PRs.

**What are your five favorite assistance exercises for a bigger bench? What about for squat and deadlift? How often do you switch your assistance exercises up?**

For benchpress: board work, reverse bands, close grip bench, floorpress, tri ext. For squats: goodmornings, glute/ham raise, leg curls, chain work, box squats. For deadlift: deadlift! Pin pulls, stiff leg deadlifts, block pulls, shrugs.

I don't switch a lot. I use what works for me.

I have done enough variations of lifts to know what I get a good response from and what I don't. Luckily, Jeremy Frey has really helped me understand what setting up a true training regimen does for yourself and the success you can gain from it. Provided it is properly planned and executed. I have been doing block periodization for almost two years now under Frey's guidance and it has really helped me.

**Great exercises. Write these down, people. Joey, tell us about your diet and what supplements do you take?**

I try to consume a gram of protein per pound of my body weight each day. I eat a lot of chicken, steak, eggs, peanut butter, milk, and sometimes some good ol' doughnuts. I drink two to three protein shakes a day and I drink a lot of water. I also take a multi-vitamin, fish oil, vitamin c, and an Animal Pack each day. My diet stays pretty clean through the week and I eat what I want on the weekends.

**So far in your powerlifting journey, list your favorite, most hardcore, funniest moments and the moment that has most changed you.**

**FAVORITE MOMENT:** The day I got the opportunity to join Team EliteFTS. I will never forget that phone call or that day. I was so proud and honored to be given such a great opportunity and to be a part of the greatest powerlifting company and team there is. I still am. I was so excited. I called and texted everyone I knew for several days. It's a blessing and an honor and I am very proud to be apart of Team EliteFTS. That is, by far, my favorite moment.

**HARDCORE MOMENT:** Well, the hardcore moment was not me, but my good friend Barry Williams. We were at the APF Nationals in Vegas and Barry was doing bench only, same as me. On his second attempt, I believe, he brought down the bar (Phil Harrington and I were side spotting) and just as he touched and went to drive the bar up, his left arm (my side) snapped in half. It sounded like a two-by-four just broke in half. As soon as we got the bar back up on the rack, Barry looked at me and said, "Grab me a board! Grab me a board! I need a splint!" So I grabbed a board lying around and a knee wrap and we made up a spur of the moment, red neck splint. Both bones in his forearm were broken in half. No tears, not a lot of emotion. All he did was laugh and say, "Well, at least I got my first attempt in" and shot the crowd the bird. And off to the ER we went. I will never forget that day.

**FUNNY MOMENT:** I guess my funniest moment was when I benched 700 in my shirt for the first time. I was so excited afterwards I ran into the crowd and dove on top of my buddies. We got a kick out of it.

**MOMENT THAT HAS MOST CHANGED ME:** I have been to four national meets, two APF and two SPF Nationals. My first Nationals was in Las Vegas back in 2006. I only benched 655 lb. at 275. There were a lot of great lifters at this meet. After my paltry 655 (compared to the other bigger benchers that day) and finishing

5th place, I knew I was going to have to be more prepared and stronger to compete against this caliber of lifters if I wanted to win a national title. So I went home with my tail between my legs, but with an enormous amount of respect and new found knowledge from the event and the lifters there. I have since won two straight national events, raw and equipped, and I did so because I was more prepared and better trained. To be a winner, you must train to be a winner. With help from so many, I have become better and smarter about what I am doing and how I am doing it.

**Wow, all incredible moments! What's best about powerlifting?**

The challenge the sport presents each and every day—competing at meets, pushing yourself further than you knew possible, meeting new people, and the camaraderie between lifters. I have always loved going to meets and meeting new lifters and learning from them. It's also a great time to see friends that you don't get to see a lot and seeing them compete. I have respect for any individual that steps on the platform. I love the atmosphere at meets, everyone laying it all on the line and then supporting each other. I have yet been to a meet and not seen the lifters eager to help and support each other.

**Do you have a message for the future generation of powerlifters?**

I would say to just keep yourself grounded. Remember all the people who have helped you get to where you are and always remember, you're lifting weights, not curing cancer, so don't get a big head. Always respect your fellow lifters.

**I'm going to name a powerlifting topic. I want you let me know what comes to mind...**

– **225 lb. raw bench presser:** Me in 11th grade. I thought I was big shit getting 225.

– **315 lb. raw bench presser:** A respectable raw bench.

– **405 lb. raw bench presser:** Always nice to smash eight wheels. Very respectable raw bench press.

– **500 lb. raw bench presser:** A great raw bench; 500 and above is always impressive to me.

– **600 lb. raw bench presser:** An incredible bench press at any body weight. Not many of those being done around the planet.

– **700 lb. raw bench presser:** One name comes to mind—Scot Mendelson.

– **Bencher that fears the shirt:** Will never succeed in their goals or possible potential. Fear is your enemy in this sport.

– **Bencher that disses the shirt:** That's their prerogative. That's why there are other channels to watch on TV or other stations to listen to on the radio. If you don't like it, don't do it. Do your own thing, but don't diss something because you don't do it. That's just stupid and ignorant.

– **People who fear you:** They should.

– **People who look up to you:** I try to be the best father, husband, professional and lifter I can be. If someone admires or looks up to me, that's a compliment to me and I hope I can inspire



Joey Smith with a 610 raw DL at the 2010 SPF Nationals

next page »





Moving 730 pounds with pure raw power at the 2010 SPF Nationals



According to Powerlifting Watch rankings, Joey is one of the top bench pressers

others, just like so many who have inspired me whom I look up to and respect.  
**– Your fans:** Well, my daughter, wife, family and friends are my biggest fans. Their support is what drives me. I enjoy talking and speaking to anyone and everyone. I have met some really incredible people in this sport. I am just as much a fan of this sport and my fellow competitors and lifters as anyone. I love talking to people who follow me. I think it's cool. I will always try to help anyone who asks.  
**– Ryan Kennelly:** The best SHW shirted bench ever. Mr. Consistency, a legend.

**Joey, a bench comes up to you and says, "I haven't gotten stronger in years. I need help! I feel like I have reached my potential and I'm just not into it." What do you say to get them going again?**  
 If you're not into this sport 100% and are not willing to push yourself and make the sacrifices needed to succeed, you need to try something else—like knitting! LOL. Each and every individual I know in this sport is always pushing themselves to get stronger and better. I will help anyone who is willing to listen. I don't have all the answers, but I'll give that person all the knowledge I have to try and get them over the hump. Sometimes a person just needs to change up what they are doing. Change can be a good thing if what you are doing is not work-

ing. There's no reason to keep hitting your head on the same wall and getting the same results.  
**I'm going to list five aspects of powerlifting. Tell me which you think are most important and why: Diet, Genetics, Mind/Heart, Training Partners, Rest.**  
 1. Mind/Heart: you must, and I repeat MUST, have a strong mind and a strong heart for this sport, or really anything you want to excel at. A weak mind equals a weak heart and vice-versa. You can't just have one, you must have both.  
 2. Training partners: Good, dependable training partners are vital at many levels. You need people you can trust to support you and the group. Good training partners need to push one another and help each other attain their goals. Training partners are like your family. You spend a lot of time with each other and you depend on each other's punctuality, similar goals, knowledge, friendship and the consistency of being there every training day to help and motivate each other.  
 3. Diet: Proper nutrition is a crucial element in the muscle building process. In order to gain solid muscle and strength, powerlifters need more food, more often. Never allow your nutrition to falter—even for a few hours. Keep extra food, protein drinks and supplements at work, in your gym bag and in your car. Staying hydrated and eating properly throughout the

day is very important.  
 4. Rest: I think one of the most common reasons people fail in their quest to gain muscle and strength is because they fail to appreciate the importance of rest. Too many people over train and are not getting proper rest. It is when you are sleeping that your muscle building hormones are doing their job. A good night's sleep can be the final piece of the puzzle you've been looking for. Don't overlook getting rest. You'll be more alert. It'll improve your concentration skills. You'll be healthier, stronger and more prepared for your next training session in the gym.  
 5. Genetics: I don't think I have good genetics. I push myself to the maximum day in and day out with my training, and try to stick to a decent diet and supplements regimen. I try to get the proper rest I need and hope for the best. No one in my family was a great athlete or anything like that. I think genetics do have a role, but I also think you get what you put into it as well. Yes, there are freaks of nature out there, sure, but not many. I think hard work, dedication and commitment are the major factors at work more so than genetics.  
**You're ranked in Michael Soong's top bench list, which only few of the best benchers/powerlifters in the world get to be a part of! How do you want to be remembered?**  
 I want to be remembered as a great father and

husband first. My family means the world to me. Nothing is more important than family. Without their love and support each and every day it would be much harder to be as driven as I am. They are my backbone and the conduit that galvanizes my life.  
**What makes Joey Smith happy?**  
 That's easy to answer; my daughter, Katelyn. She makes me smile everyday. Since the day she was born I knew I had a purpose in life and I am determined to be the best father I can be to her for the rest of my life. She makes me very, very proud. Katelyn has played soccer for twelve seasons (I have been the coach of her teams every year). She also plays basketball, which is the sport she was meant for (I coach her basketball teams, too). Having her involved in sports, with me coaching, gives us a lot of quality time to spend together—which I love. With work and school schedules it is wonderful to have that time with each other. She has made me a better person and makes me a better father each and every day. My daughter inspires me to be the best I can be and challenge myself continually. Katelyn supports my powerlifting and she takes a lot of pride in what her daddy does and the accomplishments I have achieved. She is my heart beat and I am very blessed to have her.  
**This is great. What a freakin' journey it has**



Joey with fellow Nebo Barbell lifters

next page »



## JOEY SMITH »

been and continues to be! Joey, it has been great interviewing you. In closing, who would you like to thank?

My list is long, so I hope it's okay. I have a lot of folks to thank for me getting here: I want to first thank my wife, Amy, and my daughter, Katelyn. They have been there for me through the years and supported me and all my endeavors with my powerlifting career. Their support has been vital for me. I want to thank several people who helped me from the beginning of my powerlifting career until now: Mike Schwanke, Barry Williams, Chris Cooke, Chris Clarke, Travis Mash, Chris Mason, Mike White, Corey Brown, Chip Stewart, Cheryl Clodfelter, Tim Huggins, Josh Kneen, Timmy Boyce, Phil Harrington, Natlie Harrington, Jason Coker, Tim Higgins, Rodney Coates, Charles Baily, Jim Hoskinson, Jason Pegg, Jo Jordan, LaVan Clemmons, Kelly Wofford, Jonathan Britt, Adam Hires, Brian Schwabb, Kyle Robertson, Robbie Robinson, John Pinder, Brett Rapp, Dave Hoff, Donnie Thompson, Louie Simmons, Team Torture, Robbie, Greg Conley, Greg Crook, James Gentry, LB, Mark Farris, Alan Thomas, APT, Tom Simon, Casey Bard, USPlabs, Mike Westerdal, CriticalBench.com, Team EliteFTS, Jeremy Frey, and Dave Tate and Jim Wendler at EliteFTS for giving me a chance to be part of such a great company and supporting me. I also want to thank Ben Tatar and Powerlifting USA for giving me this interview. ☺



Proud father, Joey Smith, with his daughter, Katelyn

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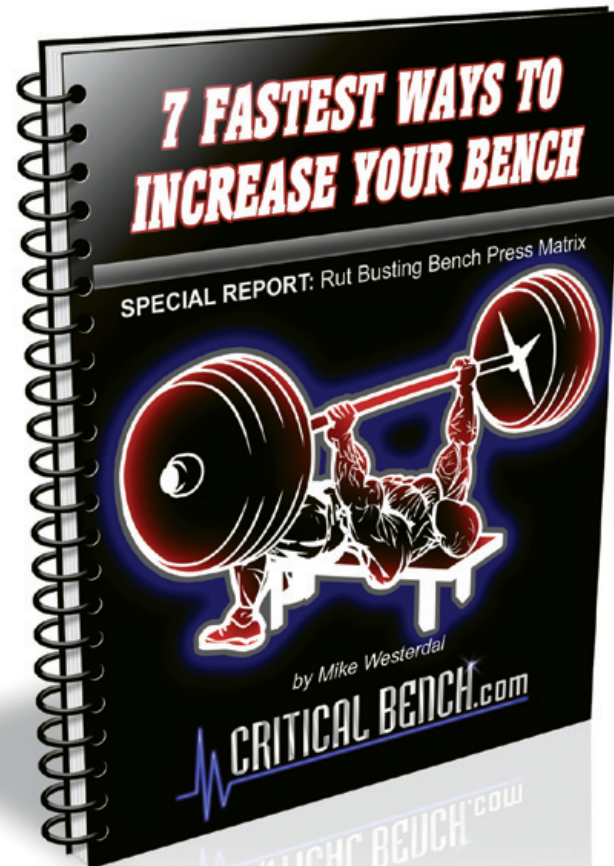
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# OPTIMIZING MEAL

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as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » [scott@infinityfitness.com](mailto:scott@infinityfitness.com) » [www.infinityfitness.com](http://www.infinityfitness.com)

Little debate exists to refute the fact that eating smaller nutrient packed meals more often is better than fewer larger meals. Each day is long and full of mentally and physically challenging tasks requiring the right fuel sources and timing to ensure your success. With minimal thought and preparation you can eat more frequently to make every single minute of your day more productive with endless energy. Hard training require a constant flow of nutrients to support rapid rates of recovery and a vending machine snack will not do the trick. *Taking the simple steps below to improving meal frequency has proven to be one of the easiest ways for my strength clients to transform body composition dramatically as well as performance within 2-4 weeks.*

#### BULLS GRAZE AND PIGS PIG OUT!

Consuming large quantities of foods in one sitting can increase fat storing hormones for many hours not only filling your waist line, but also dropping your energy. Wild swings in

blood sugar levels associated with large meals and a long time between feedings will lead to a nearly euphoric rise in energy, but also a related crash soon after making you want to take a nap in the middle of the work day. What goes up must come down! *To prove a point, I have had many clients change their meal frequency from 3 to 5 meals without changing the daily caloric intake or any other factors. Four weeks after adopting the 5 smaller meals instead of 3, a great drop in body fat loss and increase in muscle always occurs.* Quite simply, the body is better equipped to absorb nutrients in smaller quantities.

#### THE BEST TIMES TO FEED THE MACHINE

In my experience, eating at home is much easier than while on the road or at work. Set up your sit down meal times for breakfast, lunch, dinner and an evening snack. With the exception of lunch, most people can eat the other meals at home. *Bringing lunch to work will save you time and money in comparison*

*to driving to go get food, waiting in line and paying restaurant prices.* Instead, bring your lunch to work to ensure that you have the right food choices available. Lunch is a prime time slot for self inflicted sabotage, as going to any restaurant hungry with so many appetizing choices available is a bad idea if you want to control what you eat. Do not put yourself in a bad situation by minimizing meals at restaurants, take out, etc.

#### PHYSIQUE BREAKFAST OF CHAMPIONS

There is truth to the saying that breakfast is the most important meal of the day. Yet in the modern day rush, too many athletes skip this meal out of laziness. *Following a long overnight fast from the time of your last meal to the next morning can be 10-12 hours and as a result there can be a large increase in catabolic hormones that will support accelerated fat storage while destroying hard earned muscle mass.* Waiting until lunch to eat is not a good option, as the body can cope without eat-

# FREQUENCY

ing during sleep, but demands high impact nutrients ASAP when you wake. Getting up 10-20 minutes earlier so that you can eat an appropriate breakfast is well worth the investment. Initially you may not be hungry at this time, so start with conservative amounts of food and build up over time. *Within 2-4 weeks following consistently eating breakfast, my clients report waking up with a good appetite which is a clear positive indicator of anabolism as well as increased metabolic rate. If you are short on time take breakfast with you or at the very least take 100% MR and Muscle Synthesis to get your day off to an anabolic start.* Amino Loading first thing in the AM will buy you time before you have to eat due to the powerful anti catabolic impact of Dr. Serrano's proprietary ratios of amino acids. Those training first thing in the AM can do so without eating beforehand if they Amino Load 20-30 before training, which provides a ton of muscle sparing raw materials, helps to force the body to use more stored fat as fuel, and surges muscles with muscle building blocks while increasing mental focus for training without stimulants.

#### QUICK ENERGY BOOSTING POWER SNACKS

Muscles need nutrients consistently to promote a pro "growth and repair" environment making snacks between meals an important cog in the success machine. Frequent eating also forces the metabolism to activate more often than it would otherwise, increasing rates of fat burning. Between meals try a variety of raw nuts for a portable source of food that can be consumed on the run. Watch the portions as nuts are calorically dense and I suggest avoiding peanuts as they are a common allergen. Organic jerky can last several hours outside the fridge, providing a great source of protein with no preparation time.

#### EATING AT THE RIGHT TIMES TO AVOID LOW ENERGY BINGING DISASTERS

You can easily identify the times of day when you tend to raid the fridge or go to the vending machine for items you should not eat. These problems come from a combination of going without for food for too long along with not having good choices available. Think about it; when you get off from work with an afternoon hangover, not only do you make bad food choices, but due to low energy and hunger you eat much more than you would otherwise. *Do not let yourself get too hungry and plan to*

*eat 30 minutes before your lowest energy parts of the day or night to prevent problems.* If you are stuck without access to food, take the 100% MR and Muscle Synthesis for an energy boosting fuel source that will crush cravings and hunger in minutes.

#### PREPARE FOOD FOR SUCCESS

One of the key actions differentiating my most successful clients is the willingness to prepare the right food choices in advance. Cooking a couple times per week in bulk is one of the easiest things anyone can do to support their rapid success. Block off an hour or two on Sundays to run the oven, stove, grill, etc. to cook several days of food if you are short on time to cook every time you want to eat. Pack them away in tupperware so they are ready to go. *Most of my clients can cook a week of great tasting food in an hour or less by preparing large portions of several dishes at one time.* Consider how much time you will save vs. cooking every time you want to eat or going out to pick up less desirable food items at the drive-thru!

#### AMINO LOADING BETWEEN MEALS FOR RAPID RECOVERY, MUSCLE GROWTH AND FAT LOSS

Several years ago we stumbled on to the fact that Amino Loading between meals with 100% MR and Muscle Synthesis in addition to pre/post workout provided tremendous benefits. *The consumption of these unique amino acid combinations makes the brain believe a great deal of food has been consumed, and as a result metabolic rate increases, but there is nothing to burn except stored fat for a raging metabolism since the amino acids themselves have little caloric value. Without making any other changes I regularly see clients reduce body fat levels dramatically (10-15 lb.) within 4-6 weeks simply by Amino Loading between meals.* Correctly assembled amino acids can bypass the gut, getting right to hungry muscles ensuring that you are never short on recovery materials. *Stuffing muscles with the ideal raw materials between meals is only a small part of the benefit package as they can also prime the anabolic environment, increase mental focus and reduce the negative impact of stress.* Strength athletes must prioritize recovery as the nervous system in addition to the muscles take a beating with each heavy training session. The faster the rate of recovery, the greater your body composition and strength improvements will be. «



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Scott Mendelson of Infinity Fitness

#### ABOUT SCOTT MENDELSON

Scott H. Mendelson, author of the 100% Fitness Solution E book and Director of Infinity Fitness is a highly regarded performance nutrition and training specialist. In addition to designing customized programs for his celebrity, weekend warrior and executive clients, Scott works daily with professional athletes from the NFL, NHL, MLB, MLS and NCAA. Scott has built an excellent reputation providing effective supplements, cutting-edge information and unmatched service to thousands of clients worldwide since 1999. Also the special assistant to Dr. Eric Serrano MD, Scott helps with the design of training, nutrition and supplementation trials to confirm the effectiveness of protocols and expand his expertise.

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A customized approach to nutrition, training and supplementation is the fastest path to success. How much progress have you really made in the last 12 months? Craving better results? Let's discuss your unique needs and goals right now. I am available 7 days per week to support client success [Scott@infinityfitness.com](mailto:Scott@infinityfitness.com). Ask for cutting edge the extreme crash diet for strength athletes -

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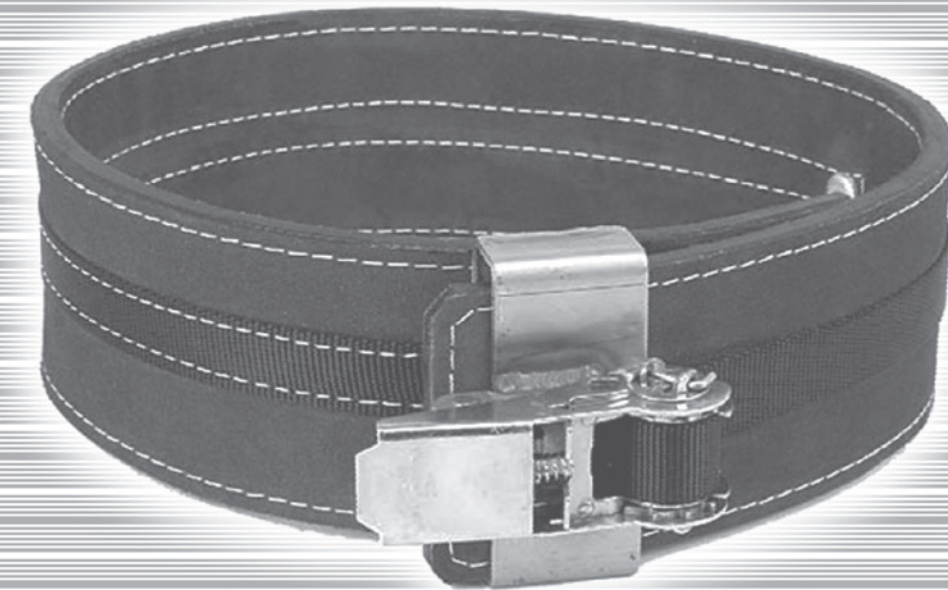
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- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.

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- Very secure. The belt automatically locks until you manually release it.

- Hand-crafted in the USA. Patent # 5,647,824

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The World Leader in Powerlifting Apparel



# RESULTS

## USAPL WASHINGTON STATE

FEB 27-28 2010 » Seattle, WA

| Powerlifting           | SQ  | BP  | DL  | TOT |
|------------------------|-----|-----|-----|-----|
| <b>FEMALE</b>          |     |     |     |     |
| <b>115 lbs.</b>        |     |     |     |     |
| <i>Teen I Raw</i>      |     |     |     |     |
| S. Aparece             | 110 | 72  | 150 | 332 |
| <i>Junior Raw</i>      |     |     |     |     |
| M. Lam                 | —   | 61  | 127 | 187 |
| <b>123 lbs.</b>        |     |     |     |     |
| <i>Master I</i>        |     |     |     |     |
| D. Snow                | 286 | 176 | 341 | 804 |
| <i>Master II Raw</i>   |     |     |     |     |
| J. Imori               | —   | 121 | —   | 121 |
| <b>132 lbs.</b>        |     |     |     |     |
| <i>Master I</i>        |     |     |     |     |
| P. Tidmarsh            | 259 | 127 | 303 | 688 |
| <i>Teen III</i>        |     |     |     |     |
| S. Sonza               | 149 | 77  | 185 | 411 |
| <b>148 lbs.</b>        |     |     |     |     |
| <i>Junior Raw</i>      |     |     |     |     |
| K. Larsen              | 226 | 127 | 281 | 633 |
| <i>Master I</i>        |     |     |     |     |
| J. Joiner-Wong         | 303 | 193 | 341 | 837 |
| <i>Open Raw</i>        |     |     |     |     |
| W. Manning             | 165 | 88  | 220 | 473 |
| <i>Teen I Raw</i>      |     |     |     |     |
| K. Riley               | 105 | 66  | —   | 171 |
| <i>Teen Raw</i>        |     |     |     |     |
| G. Rodriguez           | 121 | 83  | 130 | 334 |
| <b>165 lbs.</b>        |     |     |     |     |
| <i>Master I</i>        |     |     |     |     |
| S. Bohlen              | 319 | 171 | 319 | 809 |
| <i>Master VII</i>      |     |     |     |     |
| W. Pristell            | —   | 176 | 275 | 451 |
| <i>UNL</i>             |     |     |     |     |
| <i>Master II Raw</i>   |     |     |     |     |
| M. Fayant              | 303 | 193 | 374 | 870 |
| <i>Master III Raw</i>  |     |     |     |     |
| J. Chateaubraind       | 270 | 149 | 303 | 721 |
| <i>Master III Raw</i>  |     |     |     |     |
| J. Mangaoang           | 226 | 165 | 352 | 743 |
| <i>Teen III</i>        |     |     |     |     |
| R. Robertson           | 121 | 138 | 225 | 484 |
| <b>MALE</b>            |     |     |     |     |
| <b>115 lbs.</b>        |     |     |     |     |
| <i>Teen I Raw</i>      |     |     |     |     |
| A. Dialo               | 182 | 105 | 210 | 497 |
| <i>Teen III Raw</i>    |     |     |     |     |
| D. Hammond             | —   | 138 | —   | 138 |
| <i>Teen III SO Raw</i> |     |     |     |     |
| D. Davidson            | —   | 72  | 120 | 192 |
| <i>Teen Raw</i>        |     |     |     |     |
| S. Downen              | —   | 88  | 127 | 215 |
| <b>123 lbs.</b>        |     |     |     |     |
| <i>Teen I Raw</i>      |     |     |     |     |
| D. Diday               | 132 | 105 | 200 | 437 |
| <i>Teen III Raw</i>    |     |     |     |     |
| N. Baker               | —   | 66  | 127 | 193 |
| <b>132 lbs.</b>        |     |     |     |     |
| <i>Master II Raw</i>   |     |     |     |     |
| A. Hamilton            | —   | 182 | —   | 182 |
| <i>Teen II Raw</i>     |     |     |     |     |
| C. Lomeli              | 171 | 120 | 200 | 491 |
| <i>Teen III Raw</i>    |     |     |     |     |
| M. Wheeler             | 209 | 127 | 336 | 672 |
| D. Jackson             | 231 | 154 | 281 | 666 |
| A. Jama                | 127 | 132 | 215 | 474 |
| <b>148 lbs.</b>        |     |     |     |     |
| <i>Master IV Raw</i>   |     |     |     |     |
| D. Higgins             | 264 | 193 | 418 | 875 |
| <i>Open Raw</i>        |     |     |     |     |
| R. Joseph              | 248 | 209 | 402 | 859 |
| <i>Teen I Raw</i>      |     |     |     |     |
| B. McRobert            | —   | 77  | 127 | 204 |
| <i>Teen II Raw</i>     |     |     |     |     |
| S. Slavens             | 253 | 132 | 350 | 735 |
| P. Sutherland          | 220 | —   | 340 | 560 |
| B. Bryan               | —   | 226 | —   | 226 |
| <i>Teen III Raw</i>    |     |     |     |     |
| C. Heikkila            | —   | 240 | —   | 240 |
| R. Castenada           | —   | 88  | 127 | 215 |
| <b>148 lbs.</b>        |     |     |     |     |

|                        |     |     |     |      |
|------------------------|-----|-----|-----|------|
| <i>Teen III SO Raw</i> |     |     |     |      |
| T. Shepard             | 171 | 120 | 240 | 531  |
| <b>165 lbs.</b>        |     |     |     |      |
| <i>Junior Raw</i>      |     |     |     |      |
| A. Marquez             | —   | 253 | 369 | 622  |
| <i>Master V Raw</i>    |     |     |     |      |
| M. Mikhliln            | —   | 198 | —   | 198  |
| <i>Open Raw</i>        |     |     |     |      |
| M. Hysert              | 374 | 253 | 490 | 1118 |
| <i>Teen II Raw</i>     |     |     |     |      |
| T. Jenkins             | 297 | 204 | 325 | 826  |
| D. Moore               | 264 | 176 | 365 | 806  |
| M. Brock               | 286 | 149 | 355 | 790  |
| R. Echaniz             | 248 | 160 | 325 | 732  |
| G. Michaud             | 215 | 165 | 319 | 699  |
| <i>Teen III Raw</i>    |     |     |     |      |
| B. Switzer             | 341 | 198 | 430 | 970  |
| <i>Teen Raw</i>        |     |     |     |      |
| C. Green               | 160 | 88  | 209 | 457  |
| <b>181 lbs.</b>        |     |     |     |      |
| <i>Master I</i>        |     |     |     |      |
| D. Emeott              | 424 | 325 | 440 | 1189 |
| <i>Master I Raw</i>    |     |     |     |      |
| S. Johnson             | —   | —   | —   | —    |
| <i>Master III Raw</i>  |     |     |     |      |
| Kirschenmann           | —   | 286 | —   | 286  |
| <i>Master IV Raw</i>   |     |     |     |      |
| M. Brusser             | 281 | 264 | 462 | 1007 |
| T. Lewis               | —   | 270 | —   | 270  |
| <i>Master V</i>        |     |     |     |      |
| A. Tepper              | 407 | 303 | 479 | 1189 |
| J. Rankin              | 429 | 176 | 440 | 1046 |
| <i>Master VI Raw</i>   |     |     |     |      |
| Ron White              | 138 | —   | 281 | 418  |
| <i>Open Raw</i>        |     |     |     |      |
| M. Fregerio            | 457 | 264 | 457 | 1178 |
| C. Moore               | 314 | 248 | 407 | 969  |
| J. Hess                | —   | 215 | —   | 215  |
| <i>Teen I Raw</i>      |     |     |     |      |
| J. Ramsey              | 286 | 230 | 390 | 907  |
| <i>Teen II Raw</i>     |     |     |     |      |
| J. Meyer               | 407 | 204 | 396 | 1007 |
| <i>Teen III Raw</i>    |     |     |     |      |
| P. Delago              | —   | 297 | 528 | 826  |
| M. Mendez              | 220 | 176 | 308 | 705  |
| <i>Teen Raw</i>        |     |     |     |      |
| M. Timm                | —   | 83  | 127 | 209  |
| <b>198 lbs.</b>        |     |     |     |      |
| <i>Master I Raw</i>    |     |     |     |      |
| D. Schurman            | 435 | 292 | 528 | 1255 |
| A. Johnson             | —   | 275 | —   | 275  |
| <i>Master II Raw</i>   |     |     |     |      |
| L. Hill                | 429 | 281 | 523 | 1233 |
| <i>Master III</i>      |     |     |     |      |
| M. Bryant              | —   | 215 | 369 | 584  |
| <i>Open Master III</i> |     |     |     |      |
| L. Woodley             | 633 | 352 | 661 | 1646 |
| <i>Open Raw</i>        |     |     |     |      |
| M. Chapman             | 319 | 209 | 385 | 914  |
| K. Pennington          | —   | 369 | —   | 369  |
| <i>Raw</i>             |     |     |     |      |
| J. Peterson            | —   | 407 | —   | 407  |
| <i>Teen I Raw</i>      |     |     |     |      |
| C. Peasley             | —   | 248 | —   | 248  |
| <i>Teen I SO</i>       |     |     |     |      |
| T. Torres              | —   | 88  | 193 | 281  |
| <i>Teen II Raw</i>     |     |     |     |      |
| C. Ralston             | 264 | 127 | 380 | 771  |
| <b>220 lbs.</b>        |     |     |     |      |
| <i>Junior</i>          |     |     |     |      |
| J. Seley               | —   | —   | 528 | 528  |
| <i>Junior Raw</i>      |     |     |     |      |
| N. Wilks               | —   | 127 | —   | 127  |
| <i>Master I Raw</i>    |     |     |     |      |
| R. McGaughy            | 501 | 303 | 479 | 1283 |
| G. Reboton             | 473 | 292 | —   | 765  |
| <i>Master II Raw</i>   |     |     |     |      |
| L. Fuhrman             | —   | 374 | —   | 374  |
| <i>Master III Raw</i>  |     |     |     |      |
| J. Dietz               | 308 | 308 | 407 | 1024 |
| <i>Master IV Raw</i>   |     |     |     |      |
| R. Chwalek             | —   | 380 | —   | 380  |
| <i>Master V</i>        |     |     |     |      |
| R. White               | —   | 336 | —   | 336  |
| <i>Master VI Raw</i>   |     |     |     |      |

|                             |     |     |     |      |
|-----------------------------|-----|-----|-----|------|
| B. Knudsen                  | 275 | 231 | 242 | 749  |
| <i>Master VII Raw</i>       |     |     |     |      |
| J. Huggins                  | —   | —   | 435 | 435  |
| <i>Open</i>                 |     |     |     |      |
| B. Rodrigues                | 451 | 374 | 506 | 1332 |
| <i>Teen I SO Raw</i>        |     |     |     |      |
| N. Purcell                  | 182 | 125 | 310 | 617  |
| <i>Teen II Raw</i>          |     |     |     |      |
| R. Mirru                    | 187 | 149 | 275 | 611  |
| J. Mendez                   | 209 | 138 | 226 | 573  |
| <i>Teen III Raw</i>         |     |     |     |      |
| D. Derwin                   | —   | 352 | —   | 352  |
| <b>242 lbs.</b>             |     |     |     |      |
| <i>Junior</i>               |     |     |     |      |
| A. Bond                     | 418 | 242 | 413 | 1073 |
| <i>Junior Raw</i>           |     |     |     |      |
| W. Kinder                   | —   | 308 | —   | 308  |
| <i>Master I</i>             |     |     |     |      |
| Jose Vela                   | 396 | 270 | 325 | 991  |
| <i>Master I Raw</i>         |     |     |     |      |
| J. Olsen                    | 462 | 352 | 512 | 1327 |
| J. Flatterich               | —   | 363 | —   | 363  |
| <i>Master II</i>            |     |     |     |      |
| G. Nucci                    | 573 | 407 | 506 | 1486 |
| <i>Master II Raw</i>        |     |     |     |      |
| S. Whitfield                | —   | 325 | 556 | 881  |
| <i>Master IV</i>            |     |     |     |      |
| S. Slavens                  | 468 | 369 | 501 | 1338 |
| <i>Master IV Raw</i>        |     |     |     |      |
| L. Jones                    | 451 | 275 | 501 | 1228 |
| Greg Wallace                | —   | —   | —   | —    |
| <i>Open</i>                 |     |     |     |      |
| N. Dufour                   | 633 | 435 | 672 | 1740 |
| B. Wise                     | 451 | 275 | 534 | 1261 |
| H. Higgins                  | 347 | 270 | 551 | 1167 |
| <i>Open Master I</i>        |     |     |     |      |
| C. Williams                 | 556 | 413 | 606 | 1574 |
| <i>Open Raw</i>             |     |     |     |      |
| P. Love                     | —   | 325 | 534 | 859  |
| M. Elder                    | —   | 325 | 490 | 815  |
| <i>Teen I Raw</i>           |     |     |     |      |
| T. Burbridge                | —   | 286 | —   | 286  |
| <i>Teen II Raw</i>          |     |     |     |      |
| D. Muouillon                | 413 | 275 | 429 | 1118 |
| J. Lee                      | —   | 270 | 528 | 798  |
| <i>Teen III Raw</i>         |     |     |     |      |
| B. Henry                    | —   | 204 | —   | 204  |
| <b>275 lbs.</b>             |     |     |     |      |
| <i>M. I Raw</i>             |     |     |     |      |
| L. Haywood                  | —   | 446 | —   | 446  |
| <i>Master IV Raw</i>        |     |     |     |      |
| Schelbrack                  | —   | 330 | —   | 330  |
| <i>Open Raw</i>             |     |     |     |      |
| C. Brown                    | 490 | 352 | 506 | 1349 |
| <i>Teen II Raw</i>          |     |     |     |      |
| M. Strothers                | 182 | 165 | 303 | 650  |
| <i>Teen III Raw</i>         |     |     |     |      |
| I. Allen                    | 407 | 270 | 473 | 1151 |
| <i>UNL</i>                  |     |     |     |      |
| <i>Master II Raw</i>        |     |     |     |      |
| K. Lentz                    | —   | 369 | —   | 369  |
| C. Nielsen                  | —   | 330 | —   | 330  |
| <i>Teen II Raw</i>          |     |     |     |      |
| C. Green                    | 165 | 99  | 210 | 475  |
| J. Kelly                    | —   | 170 | —   | 170  |
| <i>Teen III Raw</i>         |     |     |     |      |
| D. Georgiu                  | 440 | 286 | 303 | 1029 |
| » courtesy Richard Schuller |     |     |     |      |

## WABDL FLORIDA STATE

APR 10 2010 » Lakeland, FL

|                 |     |  |  |  |
|-----------------|-----|--|--|--|
| <b>BENCH</b>    |     |  |  |  |
| <i>(14-15)</i>  |     |  |  |  |
| <b>FEMALE</b>   |     |  |  |  |
| <b>97 lbs.</b>  |     |  |  |  |
| J. Wilson       | 85* |  |  |  |
| <i>(12-13)</i>  |     |  |  |  |
| A. Dodds        | 75* |  |  |  |
| <b>114 lbs.</b> |     |  |  |  |
| <i>(54-60)</i>  |     |  |  |  |
| N. Georges      | 82  |  |  |  |
| <b>148 lbs.</b> |     |  |  |  |
| <i>(68-74)</i>  |     |  |  |  |
| J. Kocher       | 50  |  |  |  |
| <b>MALE</b>     |     |  |  |  |

|                           |      |  |  |  |
|---------------------------|------|--|--|--|
| <i>(68-74)</i>            |      |  |  |  |
| J. Lanther                | 215  |  |  |  |
| <b>259 lbs.</b>           |      |  |  |  |
| J. Beagmack               | 400* |  |  |  |
| <b>SHW</b>                |      |  |  |  |
| <i>Junior</i>             |      |  |  |  |
| C. Berry                  | 500* |  |  |  |
| <i>Class I</i>            |      |  |  |  |
| J. Ortiz                  | 290  |  |  |  |
| <b>132 lbs.</b>           |      |  |  |  |
| J. Sundeby                | 205* |  |  |  |
| <b>220 lbs.</b>           |      |  |  |  |
| D. Berrek                 | 400  |  |  |  |
| <i>4th-410*</i>           |      |  |  |  |
| <b>242 lbs.</b>           |      |  |  |  |
| J. Bennett                | 395  |  |  |  |
| <b>275 lbs.</b>           |      |  |  |  |
| A. Suarez                 | 520* |  |  |  |
| <i>Open</i>               |      |  |  |  |
| J. Bergmac                | 440  |  |  |  |
| <i>Junior</i>             |      |  |  |  |
| J. Ortiz                  | 290  |  |  |  |
| <b>275 lbs.</b>           |      |  |  |  |
| S. Gonzales               | 515* |  |  |  |
| <b>SHW</b>                |      |  |  |  |
| <i>Class I</i>            |      |  |  |  |
| C. Berry                  | 500  |  |  |  |
| <i>Submaster</i>          |      |  |  |  |
| J. Sundeby                | 365* |  |  |  |
| L. Casanova               | 280  |  |  |  |
| <b>220 lbs.</b>           |      |  |  |  |
| D. Beasock                | 540  |  |  |  |
| <b>242 lbs.</b>           |      |  |  |  |
| J. Bennett                | 590  |  |  |  |
| <b>275 lbs.</b>           |      |  |  |  |
| A. Suarez                 | 405  |  |  |  |
| <i>Open</i>               |      |  |  |  |
| S. Gonzales               | 515* |  |  |  |
| <b>123 lbs.</b>           |      |  |  |  |
| K. Snell                  | 210  |  |  |  |
| <b>242 lbs.</b>           |      |  |  |  |
| M. Wright                 | 450* |  |  |  |
| <i>(54-60)</i>            |      |  |  |  |
| <b>198 lbs.</b>           |      |  |  |  |
| S. Kyllis                 | 350  |  |  |  |
| <b>220 lbs.</b>           |      |  |  |  |
| K. Farber                 | 305  |  |  |  |
| <b>259 lbs.</b>           |      |  |  |  |
| D. Prevatt                | 350* |  |  |  |
| <b>275 lbs.</b>           |      |  |  |  |
| A. Suarez                 | 520* |  |  |  |
| <i>(61-67)</i>            |      |  |  |  |
| <b>198 lbs.</b>           |      |  |  |  |
| S. Kuke                   | 505  |  |  |  |
| <b>275 lbs.</b>           |      |  |  |  |
| A. Suarez                 | 405  |  |  |  |
| <i>(61-67)</i>            |      |  |  |  |
| <b>165 lbs.</b>           |      |  |  |  |
| N. Kocher                 | 240  |  |  |  |
| <i>(75-79)</i>            |      |  |  |  |
| <b>181 lbs.</b>           |      |  |  |  |
| B. Remley                 | 230* |  |  |  |
| <i>Submaster Law/Fire</i> |      |  |  |  |
| D. Samson                 | 350  |  |  |  |
| <i>(56+) Law/Fire</i>     |      |  |  |  |
| P. Fray                   | 255* |  |  |  |
| <b>DEADLIFT</b>           |      |  |  |  |
| <i>(12-13)</i>            |      |  |  |  |
| <b>FEMALE</b>             |      |  |  |  |
| <b>97 lbs.</b>            |      |  |  |  |
| A. Dodes                  | 125* |  |  |  |
| <i>(54-60)</i>            |      |  |  |  |
| <b>114 lbs.</b>           |      |  |  |  |
| N. Georges                | 195* |  |  |  |
| <i>4th-505!</i>           |      |  |  |  |

! = WABDL World Records. \* = State Records. Coordinator: Louis Baltz. Best Lifter Bench: Al Suarez. Best Lifter Deadlift: Jordan Lanther. Team Trophy: Sundeby School Elite Fitness. The 2010 WABDL Florida State Bench Press and Deadlift Championships started with the ladies on the bench press. Nine year-old Ally Dodds benched 75 lbs. to set a state record in the 97/12-13 age group. Nancy Georges benched a personal best 82.5 lbs. to win the 114/54-60 age group

and Jan Kocher also had a personal best bench at 50 lbs. in the 148/68-74 to win. Lifting in his first meet, Wilson breaks the state record in the 97 lb. class 14-15 age group with an 85 lb. Bench, which won a first place trophy for him as well. Will Tomas shattered the 114 lbs. class record with a nice 140 lbs. bench. Jacob Sundeby set another state record with an outstanding 255 lb. bench to win the 132 lb. class. Dustin Mert won the 165s with a 150 lb. bench and Jonathan Graham benched a nice 300 lb. State record to win the 259 lb. class. In the 18-19 age group, Jordan Lanther won the 198s with a 215 lb. bench. Jonathan Beagmack had an outstanding bench in the 259 lb. class with a new state record of 400 lbs. Clayton Berry proved teenagers can bench, 800 lbs., which won him first place in the unlimited class and set a state record. In the junior division, Jose Ortiz pushed up 290 lbs. to win the 220 lb. class. In the Class I division, Jacob Sundeby set another state record with 205 lbs. to win the 132 lb. class. Lifting on his birthday, Don Berrek got a state record for a press with a 410 fourth attempt to win the 220 lb. class. Jeremy Bennett won the 242s with a 395 bench and Al Suarez set



## USAPL WEST VIRGINIA STATE OPEN MAY 15 2010 » S. Charleston, WV

| BENCH                  |      |      |      |       |  |
|------------------------|------|------|------|-------|--|
| FEMALE                 |      |      |      |       |  |
| 198 lbs.               |      |      |      |       |  |
| <i>Master VI</i>       |      |      |      |       |  |
| S. Pack                | 192  |      |      |       |  |
| MALE                   |      |      |      |       |  |
| 242 lbs.               |      |      |      |       |  |
| <i>Open</i>            |      |      |      |       |  |
| C. Asbury              | 600* |      |      |       |  |
| Powerlifting           |      |      |      |       |  |
| SQ                     | BP   | DL   | TOT  |       |  |
| FEMALE                 |      |      |      |       |  |
| 123 lbs.               |      |      |      |       |  |
| <i>Master I Raw</i>    |      |      |      |       |  |
| J. Walters             | 192* | 132* | 259* | 583*  |  |
| MALE                   |      |      |      |       |  |
| 165 lbs.               |      |      |      |       |  |
| <i>Open Raw</i>        |      |      |      |       |  |
| J. Gibson              | 314  | 231  | 369* | 914   |  |
| MALE                   |      |      |      |       |  |
| 220 lbs.               |      |      |      |       |  |
| <i>Master II</i>       |      |      |      |       |  |
| B. Hughes              | 341* | 330* | 462* | 1133* |  |
| <i>Police/Fire Raw</i> |      |      |      |       |  |
| W. Derr                | 479* | 347  | 490  | 1316  |  |

S. Cook 462 429\* 512\* 1403\*  
*Open*  
M. Harless 435 413 529 1377  
*Open Raw*  
M. Runyan 584\* 407\* 529 1520\*  
**242 lbs.**  
*Open Raw*  
J. Adkins 440\* 330\* 551\* 1321\*  
R. Wade II 385 281 440 1106  
**SHW**  
*Open*  
B. Siders 1019\* 799\* 832 2650\*  
Virginia powerlifting legend Willie Morris would have been proud to have been a part of this event. Even though the championship, which was dedicated to the memory of Willie, had only fourteen lifters, the meet produced twenty-seven state records. Three of the most noted state records of the meet belong to open lifter Brian Siders, arguably one of the strongest lifters on the planet right now. Going nine for nine, he squatted an amazing 1,019 lbs., bench pressed 799 lbs. and totaled 2,650 lbs. What is noteworthy here is that these mere state records exceed the current IPF world records. And as far as American records are concerned, they didn't count as such either since the proper number of proper officials was not available. Not a big deal to Brian, though he plans to compete in August at the IPF/NAPF championship in Puerto Rico where proper officiating and contest format will allow IPF world records to be set. The pow-

erlifting world awaits. Mark Harless, lifting in the open, 220 division, squatted 435 lbs., bench pressed 413 lbs., deadlifted 529 and totaled 1377 lbs. Mark finished the day with a respectable total, even though he missed a couple of key attempts in the squat and deadlift and had to take all three attempts to get his opening bench passed. In the masters-2/181 division, Bobby Hughes had trouble in the squat but managed to regroup and make a statement of resilience by nailing his remaining lifts and establishing four state records. He posted a great total of 1133 lbs., squatting 341 lbs., benching 330 lbs. and deadlifting 462 lbs. Bobby squatted a solid 402 lbs. in training but seemed to have a balance issue during the competition (perhaps he will wear his glasses next time). Bobby's proven he's currently one of the best master lifters in the state and given his rate of strength progression, he'll be knocking on the door of 400 lb. bench and 500 plus deadlift. Soon to come, no doubt. Joel Gibson decided to lift raw in his first competitive meet ever and came out with a 369 lb state deadlift record. This should serve as motivation for future competitions. The raw police/firefighter 220 division witnessed the meet's fiercest competition, pitting Wyatt Derr, a firefighter, against Scott Cook, a policeman. Derr won the first round by squatting 479 lbs., a state record, while Cook wasn't too far behind with 462 lbs. But when the bar hit the bench, the policeman took the lead, showing awesome raw power by pressing a state record 429 lbs., while firefighter Derr settled for 363 lbs. In the end Cook pulled a state record deadlift of 512 and won the meet, totaling 1403 lbs. for another record. Derr ended up with a total of 1316 lbs. Lifting in the raw, 220 open division, Mark Runyan showed prowess in the squat by setting a state record lift of 584 lbs. Mark ended up as well setting state records in both the bench (407 lbs.) and the total (1520 lbs.), even though he had some technical issues with both lifts. Marks would like to be invited to the 2011 Arnold Raw Challenge; his total would certainly qualify him. If he works out some of his technical issues, he should do well in Columbus next year. In the raw 242, open division, veteran lifter Jim Adkins bested newcomer Robert Wade II by setting four state records: a 440 lb. squat, 330 lb. bench press, 551 deadlift and 1321 lb. total. Wade, on the other hand, totaled 1106 lbs., squatting 385 lbs., benching 281 lbs. and deadlifting 440 lbs. Wade shows solid lifting form and potential, which will serve the catalysts for his getting stronger. Adkins, who owns "The Gym" in Summersville, WV, passed five attempts, which begs the question what could he really total if he ever goes nine for nine. As for the ladies, newcomer to the organization Jennifer Walters, lifting raw, went eight for nine and established new records in the 123 masters-1 division, squatting 192 lbs., benching 132 lbs. and deadlifting 259 lbs. for a 583 lb. total. Not too bad for a girl who's had only two meets under her belt. Lynn Rodriguez, another newcomer lifting in the 132 masters-2 division, set a bench press record by lifting 148 lbs. Lynn possesses a lot of determination and ability and it won't be a surprise to anyone if she sets more records in her class in future meets. In the 181 open division, Morgan Elswick was off her mark but ultimately pulled off two records in the deadlift and total, which amounted to 336 lbs. and 798 lbs. respectively. Morgan may have pushed the envelope by competing in another meet three weeks

earlier. Clearly, her performance was not indicative of her strength and talent. The meet had only two bench-pressers, one male and one female. It was a pleasure to see Sue Pack back on the platform. Even though she didn't set a record, Sue, lifting in the 198 masters-6 division, had a great day, benching 192 lbs. and barely missing 203 lbs., which would have given her the record. For what it's worth, Sue doesn't look or act like a woman who's about to turn 70. That said, she is an inspiration to all senior women. Lifting in the open, 242 division Chris Asbury is quickly proving that he is one of the top bench-pressers in the state, bar none. Chris posted a record lift by benching a solid 600 lbs. Soon to be a masters lifter, Chris plans to compete in August this year at the USAPL Bench Press Nationals in Charlottesville, VA, where he will be a force to recon with. A whole lot of appreciation goes out to South Charleston High School (SCHS) for providing an excellent venue as well as to all the other co-sponsors who gave monetary support to promote drug-free strength sports in the Mountain State. Events like this one could not happen in today's rough economic times without their generosity. Just as the sponsors are invaluable to directors in that promotion, so too are the spotter/loaders, score table people and referees. A warm thank you goes out to Warren McCommas; Ken and Kevin Martin; Eddie Bailey; John Messinger, SCHS head football coach; Ken Bolar; Don Hall; Vince White; John Pauley; Dave O'Bryan; Rob Miles; John Blaylock; Chad Mullens; members of SCHS football team; Paul Sutphin, IPF Category II referee; and Steph Dzurmak, USAPL National referee (Steph drove down from Cleveland). Special mention goes out to 2006 World's Strongest Man Phil Plisher who showed up on his birthday to encourage the lifters and shoot some video. Without their help, the championship would never have happened. Long live the memory of Willie Morris (1944 - 2010). Venue: South Charleston High School.  
» *courtesy Doug Currence*

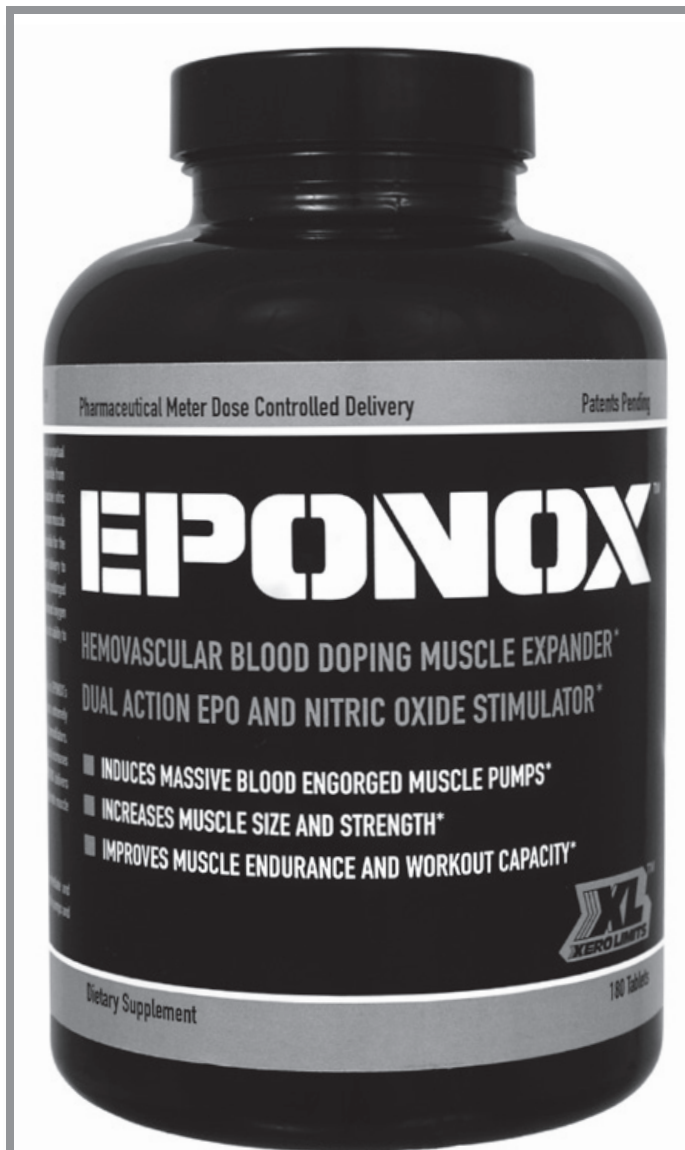
## KEYSTONE STATE GAMES JUL 24-25 2010 » Brogue, PA

| BENCH                 |     |     |     |  |  |
|-----------------------|-----|-----|-----|--|--|
| MALE                  |     |     |     |  |  |
| 220 lbs.              |     |     |     |  |  |
| <i>Open</i>           |     |     |     |  |  |
| K. Poremba            | 325 |     |     |  |  |
| 275 lbs.              |     |     |     |  |  |
| <i>SHW</i>            |     |     |     |  |  |
| T. Skelly             | 501 |     |     |  |  |
| 181 lbs.              |     |     |     |  |  |
| <i>SHW</i>            |     |     |     |  |  |
| J. Bogart             | 722 |     |     |  |  |
| <i>Master (55-59)</i> |     |     |     |  |  |
| 198 lbs.              |     |     |     |  |  |
| <i>Open</i>           |     |     |     |  |  |
| W. Krench             | 330 |     |     |  |  |
| 242 lbs.              |     |     |     |  |  |
| <i>SHW</i>            |     |     |     |  |  |
| S. Fisher             | 303 |     |     |  |  |
| <i>Master (50-54)</i> |     |     |     |  |  |
| 242 lbs.              |     |     |     |  |  |
| <i>Open</i>           |     |     |     |  |  |
| T. Harman             | 407 |     |     |  |  |
| 275 lbs.              |     |     |     |  |  |
| <i>Open</i>           |     |     |     |  |  |
| J. McGowan            | 402 |     |     |  |  |
| DEADLIFT              |     |     |     |  |  |
| <i>Scholastic</i>     |     |     |     |  |  |
| 148 lbs.              |     |     |     |  |  |
| <i>Open</i>           |     |     |     |  |  |
| T. Leffew             | 374 |     |     |  |  |
| 242 lbs.              |     |     |     |  |  |
| <i>Open</i>           |     |     |     |  |  |
| T. Turchick           | 402 |     |     |  |  |
| BP                    |     |     |     |  |  |
| DL                    | TOT |     |     |  |  |
| FEMALE                |     |     |     |  |  |
| <i>Youth</i>          |     |     |     |  |  |
| 132 lbs.              |     |     |     |  |  |
| <i>Open</i>           |     |     |     |  |  |
| E. Eckard             | 44  | 143 | 187 |  |  |

| 114 lbs.              |     |     |      |  |  |
|-----------------------|-----|-----|------|--|--|
| <i>Open</i>           |     |     |      |  |  |
| J. Miller             | 148 | 264 | 413  |  |  |
| 132 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| M. Umali              | 88  | 242 | 331  |  |  |
| 148 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| J. Stroup             | 143 | 297 | 441  |  |  |
| B. Wylie              | 115 | 253 | 391  |  |  |
| H. Truong             | 82  | 203 | 286  |  |  |
| 165 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| J. Bonner             | 110 | 242 | 352  |  |  |
| A. Mundt              | 110 | 264 | 374  |  |  |
| 181 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| M. Wilson             | 88  | 187 | 275  |  |  |
| 198+ lbs.             |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| J. Licata             | 165 | 330 | 496  |  |  |
| C. Petty              | 137 | 308 | 446  |  |  |
| MALE                  |     |     |      |  |  |
| <i>Youth</i>          |     |     |      |  |  |
| 77 lbs.               |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| G. Hulslander         | 55  | 121 | 176  |  |  |
| 88 lbs.               |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| N. Hulslander         | 66  | 165 | 231  |  |  |
| A. Eckard             | 33  | 99  | 132  |  |  |
| 120 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| M. Heisey             | 121 | 203 | 325  |  |  |
| 148 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| B. Voydik             | 148 | 214 | 363  |  |  |
| 220 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| M. Weidman            | 176 | 231 | 407  |  |  |
| M. Anthony            | 126 | 225 | 352  |  |  |
| <i>Scholastic</i>     |     |     |      |  |  |
| 114 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| Q. Berkey             | 165 | 303 | 468  |  |  |
| 165 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| B. Snyder             | 154 | 303 | 457  |  |  |
| 181 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| B. Holmes             | 154 | 374 | 529  |  |  |
| 242 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| J. Scerbo             | 248 | 512 | 760  |  |  |
| T. Dillard            | 99  | 259 | 358  |  |  |
| 165 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| N. Knopsnyder         | 270 | 501 | 771  |  |  |
| D. Tola               | 292 | 457 | 749  |  |  |
| C. Bercaw             | 292 | 363 | 655  |  |  |
| W. Townsend           | 214 | 374 | 611  |  |  |
| 198 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| D. Heaney             | 374 | 573 | 947  |  |  |
| R. Armstrong          | 281 | 501 | 782  |  |  |
| D. Meyers             | 308 | 441 | 749  |  |  |
| 220 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| T. Getsinger          | 385 | 600 | 986  |  |  |
| R. McDonnell          | 374 | 562 | 936  |  |  |
| 242 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| T. Favata             | 573 | 672 | 1245 |  |  |
| B. Keener             | 363 | 639 | 1003 |  |  |
| 275 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| S. Stiggins           | 451 | 551 | 1003 |  |  |
| T. Williams           | 275 | 628 | 903  |  |  |
| A. Rosenzweig         | 308 | 551 | 859  |  |  |
| <i>SHW</i>            |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| M. Burke              | 303 | 501 | 804  |  |  |
| <i>Master (70-74)</i> |     |     |      |  |  |
| 198 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| J. Herbien            | 236 | 341 | 578  |  |  |
| <i>SHW</i>            |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| R. Edwards            | 110 | 275 | 385  |  |  |
| <i>Master (60-64)</i> |     |     |      |  |  |
| 198 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| J. Horick             | 154 | 248 | 402  |  |  |
| <i>Master (55-59)</i> |     |     |      |  |  |
| 198 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| W. Garman             | 176 | 297 | 473  |  |  |
| <i>Master (50-54)</i> |     |     |      |  |  |
| 275 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| J. Ranker             | 242 | 451 | 694  |  |  |
| <i>Master (45-49)</i> |     |     |      |  |  |
| 198 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| T. Repman             | 242 | 402 | 644  |  |  |
| J. Eli                | 220 | 352 | 573  |  |  |
| 220 lbs.              |     |     |      |  |  |
| <i>Open</i>           |     |     |      |  |  |
| M. Bennett            | 413 | 672 | 1085 |  |  |
| <i>Master (40-44)</i> |     |     |      |  |  |

| 198 lbs.     |     |     |     |  |  |
|--------------|-----|-----|-----|--|--|
| <i>Open</i>  |     |     |     |  |  |
| B. Dwyer     | 325 | 396 | 744 |  |  |
| J. Semeister | 231 | 358 | 589 |  |  |
| 220 lbs.     |     |     |     |  |  |
| <i>Open</i>  |     |     |     |  |  |
| D. Kafes     | 297 | 462 | 760 |  |  |
| 275 lbs.     |     |     |     |  |  |
| <i>Open</i>  |     |     |     |  |  |
| B. Dayhoff   | 275 | 501 | 777 |  |  |

Keystone Games Events Held at Vision Fitness: The 2010 Keystone State Games Olympic Weightlifting and Powerlifting events attracted 120 athletes to Vision Fitness in Brogue on July 24th & 25th. With literally thousands of athletes from across Pennsylvania and neighboring states coming to York County; it was an honor for Vision Fitness to be the host for two exciting events for the festive games. Over the course of two days, nearly 200 spectators witnessed powerful individuals from New York, New Jersey, Maryland, Virginia, and Pennsylvania battle the iron and gravity for Keystone Games Gold. Saturday, July 24th showcased the Olympic weight lifters on the platform. Forty-nine talented individuals demonstrated the true art of strength while performing the snatch and clean and jerk events. Men and women, young competitors, seasoned Veterans, and National Level lifters lifted side by side and wowed the crowd. Standout performances were turned in by all the lifters to include local star Paul Tompkins of Red Lion and Kevin Cornell of Pittsburgh. Kevin snatched 308 pounds and clean and jerked well over 360 pounds! Special recognition goes out to Mike McKenna of New Park for being the Olympic Weightlifting Sport Coordinator and running a very efficient and entertaining event. Sunday, July 25th was the date for the 71 powerlifters to attempt to bend the bars and break the records. It was a thrill to witness local youth, teenage, and master lifters share the same platform with national level competitors and a World Record Holder. Highlights of this day include Vision Fitness owner Niko Hulslander sons Gabe and Noah demonstrate great form at such a young age. Gabe at age 7, bench pressed 55 pounds and deadlifted 121 pounds. Noah at age 9, benched a whopping 66 pounds and pulled a gravity busting 165 pounds! The crowd's breath was taken away by IPF World Record holder John Bogart from Oneonta, NY. He unleashed his furry on the bar and bench pressed a mighty weight of 722 pounds for all to be amazed by. Niko Hulslander, the owner of Vision Fitness has been the Powerlifting Sport Coordinator for the Keystone Games the last three years. Previously the weightlifting and powerlifting events were held at the Toyota Arena at the York Fairgrounds. This was the first year that the games were held at Vision Fitness. It was an exciting and eventful weekend, and many thanks go out to the staff, volunteers, and spectators who supported the games at Vision Fitness!  
» *courtesy Niko Hulslander*



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**2 OCT** » RAW United Tony Conyers Extravaganza (Raw, Single-Ply, Multi-Ply) (Tampa, FL) » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)  
**2 OCT** » WNPf Palmetto Championships (Greenville, SC) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)  
**2 OCT** » NASA Wisconsin State (Sheboygan, WI) at Sheboygan Falls YMCA » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, [statechairman@wisconsinpowerlifting.com](mailto:statechairman@wisconsinpowerlifting.com), 888.502.4087, [www.nasa-sports.com](http://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](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto: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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**2 OCT** » NASA East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**2 OCT** » USAPL Kansas State Championships (Gillette, WY) » Wayne herl, 3503 Chaumont, Hays, KS 67601, 785.639.1390, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**2 OCT** » ADFPF Ottumwa Oktoberfest Record Breaker & International Qualifier (Ottumwa, IA) » Jason M. Weite, 620 N. Court, Ottumwa, IA 52501, 641.226.0075, [bigjay\\_67\\_2000@yahoo.com](mailto:bigjay_67_2000@yahoo.com), Robbie L. Saylor, 824 Filmore St., Ottumwa, IA 52501, 641.680.2190, [ladymskat@yahoo.com](mailto:ladymskat@yahoo.com), [www.adfpf.org](http://www.adfpf.org)  
**2-3 OCT** » SPF/WBPLA World Powerlifting and Bench Raw & Single Ply Championship (also Multi-Ply Bash for Cash PL/BP on Oct. 3) (Nashville, TN) » Jesse Rodgers, [rogersmadmax@bellsouth.net](mailto:rogersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**2-3 OCT** » **100% RAW West Coast Single Lift World Championships** (Las Vegas, NV) » Paul Bossi, [rawlifting@aol.com](mailto:rawlifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**3 OCT** » WNPf 4th All-Americans & 2nd WNPf Lifetime Pan-Ams (PL/BP/DL/PC) (Port St. Lucie, FL) » Brian Burritt, [wnpf@comcast.net](mailto:wnpf@comcast.net), 812.204.2886, [www.wnpf.net](http://www.wnpf.net)  
**3 OCT** » Multi-Ply Bash for Cash PL/BP (in conjunction with the SPF/WBPLA World Championships) (Nashville, TN) at Hotel Preston » Jesse Rodgers, 7493 Tanya Dr., Harrison, TN 37341, 423.255.3672, [rogersmadmax@bellsouth.net](mailto:rogersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**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](mailto:capejam@hotmail.com), [www.apa-wpa.com](http://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](http://naturalpower@earthlink.net), [www.aapowerlifting.org](http://www.aapowerlifting.org)  
**9 OCT** » USAPL Northwest GA Muscle Raw Bench Bash for Cash (Dalton, GA) » Dave Ricks, 6270 Glen Oaks Ln., Sandy Springs, GA 30328, 404.228.7117, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**9 OCT** » 100% RAW Virginia State Single Lift (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, [valifting@aol.com](mailto:valifting@aol.com), [www.virginiapowerlifting.blogspot.com](http://www.virginiapowerlifting.blogspot.com)  
**9 OCT** » USAPL North Carolina State Championships (Shelby City, NC) » Allen Davis, 115 Lakeshore Dr., Kings Mtn., NC 28086, 704.482.5088, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**9 OCT** » APF Southern Steel Barbell Push Pull (Oak Ridge, TN) » Paul Key,

615.448.5297, [paulgkey@gmail.com](mailto:paulgkey@gmail.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com), [www.eastnspportexpo.com](http://www.eastnspportexpo.com)  
**9 OCT** » NASA Nebraska Regional (Equipped & Unequipped BP/PS/PP) (Omaha, NE) » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, [statechairman@wisconsinpowerlifting.com](mailto:statechairman@wisconsinpowerlifting.com), 888.502.4087, [www.nasa-sports.com](http://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](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto: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, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)  
**9 OCT** » SPF Hawkeye Classic PL/BP Championship (Des Moines, IA) » Jesse Rodgers, 423.255.3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**9 OCT** » Iron Warriors Bench Press AAPF Raw & APF Equipped (Dillon, MT) » Phil Turner, 406.683.4663, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**9 OCT** » APA Billy Funk Memorial (Portola, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**9-10 OCT** » **SPF/WBPLA World PL/BP Championship** » Jesse Rodgers, 423.255.3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**10 OCT** » USPF New England BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, [dave@usabodybuilding.net](mailto:dave@usabodybuilding.net), [www.uspfpowerlifting.com](http://www.uspfpowerlifting.com)  
**15-17 OCT** » **IBP National Powerlifting Championships** (Pafftown, NC) at West Central Community Center » Keith Payne, 336.251.8704, [keith@ironboy-powerlifting.net](mailto:keith@ironboy-powerlifting.net), [www.ironboy-powerlifting.net](http://www.ironboy-powerlifting.net)  
**16 OCT** » Best of the Midwest Push/Pull Meet (Equipped & Unequipped, drug tested) (Cedar Rapids, IA) » Ryan Irwin, 515.238.6020, [rirwin7@juno.com](mailto:rirwin7@juno.com)  
**16 OCT** » ADFPF Michigan State & Open Record Breaker & Qualifier (Grand Rapids, MI) » Richard Van Eck, 269.521.4031, [www.adfpf.org](http://www.adfpf.org)  
**16 OCT** » APC Region 5 PL/BP Championships (East Peoria, IL) at Fitness America » Stephen Parkhurst, 309.657.0963, [parhurst111@hotmail.com](mailto:parhurst111@hotmail.com), [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
**16 OCT** » Supreme Fitness IV (100% RAW and AAPF sanctioned) (Brattleboro, VT) at Supreme Fitness » Bret Kernoff, [VT\\_Chair@rawpowerlifting.com](mailto:VT_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com), [www.vermontpowerlifting.com](http://www.vermontpowerlifting.com)  
**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](http://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](http://www.usapowerlifting.com)  
**16 OCT** » NASA Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) » [www.nasa-sports.com](http://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](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto: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](http://www.nasa-sports.com)  
**17 OCT** » APA East Coast RAW Championships (PL/PP/BP/DL) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**22-24 OCT** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Atlantic City, NJ) at the Taj Mahal » [mmasportsexpo.com](http://mmasportsexpo.com)  
**23 OCT** » APF Shawna Mendelson Birthday Bash Push/Pull (Chatsworth, CA) » Scot Mendelson, 818.399.0905, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**23 OCT** » APF/AAPF Texas Cup (Colony, TX) » Greg & Heather Tillinghast, 940.783.1468, [apftexas@yahoo.com](mailto:apftexas@yahoo.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**23 OCT** » USAPL MMA & Sports Extravaganza PL Championships (Atlantic City, NJ) » Rob Keller, 2659 SW 74th Terrace, Davie, FL 33314, 954.790.2249, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**23 OCT** » USAPL MI State Championships (Flint, MI) » Miguel Ruelan, 464 Woodlawn Ponds Ct., Flushing, MI 48433, 810.701.1876, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**23 OCT** » APF/AAPF Fall Classic & MN State Championships (Montgomery, MN) » Scott Nutter, 952.215.2588, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**23 OCT** » USPF Central California Championship (San Luis Obispo, CA) » Steve Denison, 661.333.9800, [pwrfltrs@msn.com](mailto:pwrfltrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)  
**23 OCT** » USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, [rcrain@allegiance.tv](mailto:rcrain@allegiance.tv), [www.wvusp.com](http://www.wvusp.com)  
**23 OCT** » APA Howl at the Moon Championship (Littlestown, PA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**23 OCT** » APT Night of the Living Dead Deadlift Competition (Elizabethton, TN) at Elizabethton High School Gym » Alex Campbell, [abcampbell69@hotmail.com](mailto:abcampbell69@hotmail.com), [www.nightofthelivingdeadlift.blogspot.com](http://www.nightofthelivingdeadlift.blogspot.com)

**23 OCT** » IPA New England Power Challenge (Cranston, RI) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com)  
**23 OCT** » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, [strengthbeyondfitness@yahoo.com](http://strengthbeyondfitness@yahoo.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**23 OCT** » NASA Iowa Regional (Equipped & Unequipped BP/PS/PP) (Des Moines, IA) » [www.nasa-sports.com](http://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@vhepower.com](mailto:greg@vhepower.com), [www.vhepower.com](http://www.vhepower.com), [www.nasa-sports.com](http://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](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)  
**23 OCT** » 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women (Bigler, PA), the longest continually conducted drug free meet in the world) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, [www.pikitup.com](http://www.pikitup.com), [al@pikitup.com](mailto:al@pikitup.com)  
**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](mailto:lexenxtreme@aol.com), [www.lexenxtreme.com](http://www.lexenxtreme.com)  
**30 OCT** » USAPL Hudson Natural Open (Hudson, WI) » Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715.381.8078, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**30 OCT** » APF Orlando Barbell Classic Powerlifting Meet (Orlando, FL) » Brian Schwab, 407.678.2447, [www.orlandobarbell.com](http://www.orlandobarbell.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**30 OCT** » APF/AAPF Nightmare at East Carolina Barbell (Winterville, NC) » Eric Hubbs, [nettin\\_fish@msn.com](mailto:nettin_fish@msn.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**30 OCT** » Tournament of Shadows Halloween Bench Press & Deadlift Championships (Sleepy Eye, MN) » Brent Mielke, 109 Linden St. SE, Sleepy Eye, MN 56085, [www.tournamentofshadowsbenchpress.blogspot.com](http://www.tournamentofshadowsbenchpress.blogspot.com)  
**30 OCT** » USAPL Anchorage Fall Classic (Anchorage, AK) » Ronnie Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907.345.7996, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**30 OCT** » APF/AAPF Rise of the DL/Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, 847.347.7569, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**30 OCT** » Central Texas Strongman (North American Strongman Inc. membership required) (Temple, TX) at the Frank W. Mayborn Civic & Convention Center » Remy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, [metroflexgymftw@yahoo.com](mailto:metroflexgymftw@yahoo.com)  
**30 OCT** » WABDL Regional BP/DL Championship (Lakeland, FL) at All American Gym, 309 West Main St. » All American Gym, 863.687.6268, [www.allamericangym.com](http://www.allamericangym.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](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://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](mailto:rcrain@allegiance.tv), [www.wvusp.com](http://www.wvusp.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](mailto:metroflexgymftw@yahoo.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](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto: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** » NASA Ohio Regional, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**1-7 NOV** » **WPC World Championships** (Mikaeli, Finland) » Minna & Ano Turtiainen, [www.worldpowerliftingcongress.com](http://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.britisshpowerliftingorganisation.co.uk](http://www.britisshpowerliftingorganisation.co.uk), [www.wppowerlifting.com](http://www.wppowerlifting.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](mailto:naturalaba@aol.com), [www.naturalbodybuilding.com](http://www.naturalbodybuilding.com)  
**5-7 NOV** » NASA Arizona Regional (Equipped & Unequipped PL/BP/PS/PP) (Mesa, AZ) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**6 NOV** » USAPL Southern CA Regionals (Santa Clarita, CA) » Adam Johnson, 24913 Walnut St. #21, Newhall, CA 91321, 701.610.1205, [ajohnson@velocitysp.com](mailto:ajohnson@velocitysp.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)

**6 NOV** » IPA Autumn Apocalypse (Wildwood, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.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](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)  
**6-7 NOV** » **WNPf/WNPf Lifetime World Tournament of Champions** (Atlantic City, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)  
**6-7 NOV** » **WCPf International Invitational Championships** (Atlantic City, NJ) » Troy Ford, 678.817.4742, [wcpfpowerlifting@aol.com](mailto:wcpfpowerlifting@aol.com), Adrian Locklear, 404.519.2496, [adrian.locklear@hotmail.com](mailto:adrian.locklear@hotmail.com), [www.wnpf.net/wcpfmain.htm](http://www.wnpf.net/wcpfmain.htm)  
**6-7 NOV** » **NASA Masters/Sub Masters Nationals**, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**6-7 NOV** » RAW United North American Open (Tampa, FL) at Jackson Springs

## APF/AAPF/WPC Schedule

**9 OCT**, Iron Warriors BP AAPF Raw & APF Equipped  
**9 OCT**, Southern Steel Barbell Push/Pull  
**23 OCT**, APF Wolverine Open  
**23 OCT**, APF Shawna Mendelson Birthday Bash Push/Pull  
**23 OCT**, APF/AAPF Texas Cup  
**23 OCT**, APF/AAPF Fall Classic & MN State Championships  
**30 OCT**, APF Orlando Barbell Classic  
**30 OCT**, APF/AAPF Rise of the DL/Beast of the BP  
**30 OCT**, APF/AAPF Nightmare at East Carolina Barbell  
**1-7 NOV**, WPC World Championships  
**14 NOV**, APF 8th Annual Big Dog Classic  
**20 NOV**, APF/AAPF Push/Pull Competition  
**4 DEC**, APF/AAPF Southern States (PL/BP)  
**4 DEC**, APF Invitational Meet  
**5 DEC**, APF/AAPF IL Raw Power Challenge  
**11 DEC**, Israel Open Championships  
**11 DEC**, APF/AAPF Golden State Meet  
**11 DEC**, APF 57th Iron Man PL/BP Challenge  
**DEC**, APF South Carolina Championships  
**DEC**, Ontario Amateur Pro Championships  
**JAN 2011**, Battle in Montreal  
**APR 1-3 2011**, APF/AAPF Raw Nationals & AAPF Nats  
**APR 16 2011**, APF/AAPF Texas Classic  
**MAY 2011**, APF Master/Teen/Jr. Nationals

*Dates subject to change*  
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Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, 10.9.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com, www.rawunitymeet.com  
**6-7 NOV » 100% RAW Single Lift World Championships** (Norfolk, VA) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com  
**7 NOV » Old School Iron Wars Full Powerlifting** (100% RAW and AAPF sanctioned) (Burlington, VT) at the YMCA » Bret Kernoff, VT\_Chair@rawpowerlifting.com, www.rawpowerlifting.com, www.vermontpowerlifting.com  
**13 NOV » RAW United Northeast Regionals** (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com  
**13 NOV » Old School PL Classic** (Newport, OR) at the Hallmark Inn » Vikki Combest, 541.999.8558 or 541.902.8634  
**13 NOV » Battle of the Biceps** (Newport, OR) at the Hallmark Inn » Dustin McFarland, 541.261.4916  
**13 NOV » APA Ironfest Challenge** (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaqua-pits@netzero.net, www.apa-wpa.com  
**13 NOV » APA RAW Lion Heart Turkey Push Pull Meet** (Clearwater, FL) at Lion Heart Gym, 11203 49th Street North » Stephen Byer, 727.743.1515, lionheartgym@tampabay.rr.com, www.apa-wpa.com  
**13 NOV » Inland Empire Bench Bash** (Equipped, Raw, Full PL) (Rancho Cucamonga, CA) at 8580 Milliken Ave. » Sammy Graham, 909.997.2688, www.inlandssportscenter.com  
**13 NOV » SPF Record Breakers PL Championship** » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com  
**13 NOV » WNPf/WNPf Lifetime World Tournament of Champions** (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**13 NOV » USAPL Region VI Championships** (Pearl, MS) » Jim Battenfield, 601.665.7783, www.usapowerlifting.com  
**13 NOV » 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** (Modesto, CA) » Steve Denison, 661.333.9800, pwrlftrs@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 » 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) (Ravenswood, 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 » WDFPF PL World Championships** (Castleblayney Co, Monaghan, Ireland) » www.adfip.org  
**14 NOV » APF 8th Annual Big Dog Classic** (W. Lafayette, OH) » John Blackstone & Dave Clement, dac6932@yahoo.com, www.worldpowerliftingcongress.com  
**14 NOV » SLP Midwest Open BP/DL Championship** (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**14 NOV » APA Power Frenzy** (Glenolden, PA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**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  
**14 NOV » WNPf/WNPf Lifetime World Tournament of Champions** (Youngstown, OH) » Ron Deamicis, powerl103@aol.com, 330.792.6670, www.wnpf.net  
**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 » WNPf/WNPf Lifetime World Tournament of Champions** (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**20 NOV » SPf Arkansas Christmas Classic PL Championship** » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com  
**20 NOV » WNPf/WNPf Lifetime World Tournament of Champions** (Rochester, NY) » Ron Deamicis, powerl103@aol.com, 330.792.6670, www.wnpf.net  
**20 NOV » APF/AAPF Push/Pull Competition** (Wheatfield, IN) » Ryan Rigdon, 812.391.9129, www.rigdonpowerit.com, www.worldpowerliftingcongress.com  
**20 NOV » APA West Coast RAW Regional Powerlifting Championships** (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.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  
**20 NOV » USAPL Ohio PL/BP Championships** (Bedford Heights, OH) » Ed and Frank King, 440.439.5464, www.usapowerlifting.com, www.kingsgymohio.com  
**20 NOV » USAPL Stars & Stripes BP & DL** (Clarks Summit, PA) » Steve Mann, 127 Aumner Ave, Clarks Summit, PA 18411, 570.406.8422, www.usapowerlifting.com, www.purepowerlifting.com  
**20-21 NOV » IPA Sr. Nationals** (York, PA) at York Barbell Co., 3300 Board Rd. » Mark Chaillet, 717.495.0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com  
**21 NOV » SLP Michigan State BP/DL Championship** (Saranac, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**27 NOV » NASA Oklahoma Boomer Classic** (Equipped & Unequipped BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com  
**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  
**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 » APF Invitational Meet** (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com  
**4 DEC » SPf Luke Edwards Benefit Bash** (Cincinnati, OH) at Sweatt Shop Gym » Jesse Rodgers, 7493 Tanya Dr., Harrison, TN 37341, 423.255.3672, rodgers-madmax@bellsouth.net, www.southernpowerlifting.com  
**4 DEC » NASA New Mexico Push-it Lift-it** (PP/BP/PS) (Rio Rancho, NM) » Mike & Teale Adelman, mike@liftinglarge.com, www.liftinglarge.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 » 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, pullumplatform@aol.com, www.worldpowerliftingcongress.com  
**4 DEC » IPA 6th Annual Christmas Carnage** (Boyerstown, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
**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 » 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 » Elkhart Bench Press Classic** (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com  
**4 DEC » 10th Annual Pocket Samson's Christmas BP/DL** (all weight classes, divisions, and age groups) (Hanover, PA) at Club 2000, 28 Baltimore St. » Glenn Murphy, 410.634.9195, Kevin Bidelsbach at Club 2000, 717.632.6009  
**4-5 DEC » USAPL American Open/Police & Fire Nationals** (Philadelphia, PA) » Rob

## UPCOMING SLP COMPETITIONS

- 2 OCT, SLP TN State BP/DL Championship (Lexington, TN)
- 9 OCT, SLP Western National/OK State Champs (Tulsa, OK)
- 16 OCT, SLP Indiana State Open (Beech Grove, IN)
- 23 OCT, ANPPC National PL Championship (Tuscola, IL)
- 30 OCT, SLP Open Grand Nationals (Baraboo, WI)

**Son Light Power**

122 W. Sale, Tuscola, IL 61953

217-253-5429

[www.sonlightpower.com](http://www.sonlightpower.com) [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

Keller, P.O. Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com  
**4-5 DEC » USAPL Colorado State Powerlifting Championships** (Denver, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com  
**5 DEC » SLP Black River Christmas for Kids BP/DL Championship** (Pocahontas, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**5 DEC » APF/AAPF Illinois Raw Power Challenge** (Raw & Classic Division) (Willowbrook, IL) at Right Fit Sports, 7101 S. Adams St. Unit 7 » Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.apf-illinois.com, www.chicagopowerlifting.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 » USPF Northern Cup BP/DL/PP** (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.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.pikitup.com, al@pikitup.com  
**11 DEC » APF 57th Iron Man PL/BP Challenge** (Fresno, CA) » Bob Packer, 559.760.2971, www.worldpowerliftingcongress.com  
**11 DEC » USAPL Holiday Classic** (Carrollton, TX) » Curt St Romain, 650 Leora #21101, The Colony, TX 75056, 817.629.3954, www.usapowerlifting.com  
**11 DEC » APA Apollon Winter Iron Bash** (Raw & Equipped) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**11 DEC » USPC December Power Curl** (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net  
**11 DEC » ADFPF "Un-Equipped" December Bench & Deadlift** (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net  
**11 DEC » APF/AAPF Golden State Meet** (Camarillo, CA) » Larry Pollock, 805.484.5553, info@bodytemplegym.us, www.worldpowerliftingcongress.com  
**11 DEC » Carroll County Christmas Classic** (BP/DL/PP; all weight classes and divisions) (Sykesville, MD) at Athen's Health Club, 6000 Emerald Lane » Tom Freedman, John David, 410.549.3001, Glen, 410.634.9195  
**11 DEC » USPF San Diego Open PL/BP/DL/PP Championship** (San Diego, CA) » Steve Denison, 661.333.9800,






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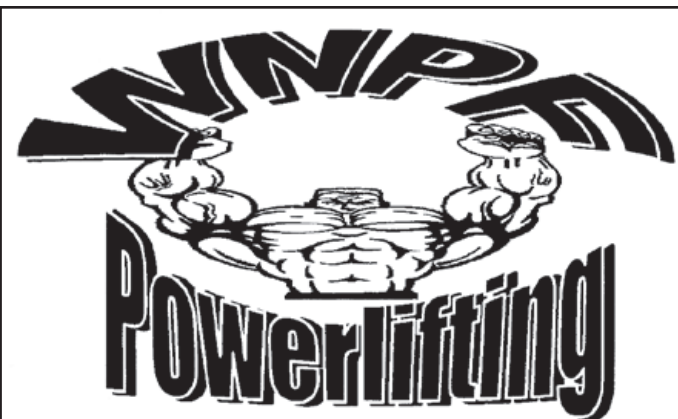
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# COMING EVENTS »



**WORLD NATURAL POWERLIFTING FEDERATION**

**2 OCT**, WNPFA Palmetto Championships (Greenville, SC)

**3 OCT**, 4th WNPFA All-Americans & 2nd WNPFA Lifetime Pan-Ams (Port St. Lucie, FL)

**6-7 NOV**, WNPFA/WNPFA Lifetime World Tournament of Champions (Atlantic City, NJ)

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

pwrlftrs@msn.com, www.powerliftingCA.com

**11 DEC** » 13th WNPFA 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, annamarcus@rambler.ru, www.big-champ.com, www.worldpowerliftingcongress.com

**12 DEC** » AAU Christmas Challenge (Rockland, MA) at the Holiday Inn » bigironpowerlifting@comcast.net, www.bigironpowerlifting.com, www.aupowerlifting.org

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

**18 DEC** » Iron Chamber Gym BP/DL Championships (Canton, OH) » Jeffrey Begue, 330.844.1011, icg-pride@hotmail.com, www.icg-pride.net

**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 Support the Troops 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, rawunitedinc@gmail.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, bruce McIntyre@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

**28 JAN 2011** » APA "All Raw" Carolina Cup Championships (PL/BP/DL/PP/Overhead Press/Curl) (Florence, SC) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**29 JAN 2011** » 100% Raw Potomac Open Single Lifts BP/DL/Strict Curl (Woodbridge, VA) at Powerhouse Gym » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

**29 JAN 2011** » USAPL High School/College Raw/NE USA PL Championships (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarkes Summit, PA 18411, 570.406.8422, 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

**29-30 JAN 2011** » USPF American Powerlifting Cup Invitational and Los Angeles Fit Expo Bench Press and Deadlift Invitational (Los Angeles, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com, www.thefitexpo.com

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

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

**12 FEB 2011** » **WABDL National Collegiate BP/DL Championships** (Houston, TX) at the University of Houston » Dr. John Hudson, 713.223.7902, 217.377.4640, hudsonj@uhd.edu, www.wabdlcollegiate.info

**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** » SPFA Alabama State PL/BP Championship (Arab, AL) » Jesse Rodgers, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

**19 FEB 2011** » SPFA Ozark Mt. Classic PL/BP Championship (Branson, MO) » Jesse Rodgers, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

**19 FEB 2011** » **APA Bench Press Nationals** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaquapits@netzero.net, www.apa-wpa.com

**19 FEB 2011** » Red Brick Bench Press Championships VIII Fundraiser for WNY Military Family Readiness Groups (Buffalo, NY) » Dennis Brochey, 716.200.3533, cdbrochey@roadrunner.com, www.niagarapowerliftingclub.com

**19 FEB 2011** » SPFA Southern Regional, Full PL and BP (Robinsonville, MS) at Harrah's Casino Convention » Jesse Rodgers, 7493 Tanya Dr., Harrison, TN 37341, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

**25-26 FEB 2011** » USAPL AL State PL/BP Championships (Gulf Shores, AL) » Daryl Haskew, 10725 S. Cedar St., Loxley, AL 36551, 251.928.6987, www.usapowerlifting.com

**26 FEB 2011** » USAPL Virginia Open PL/BP/DL/Ironman (Raw & Assisted) (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

**27 FEB 2011** » USPF Northeastern Open BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com

**3-6 MAR 2011** » Arnold Sports Festival (Columbus, OH) » Matt Lorz, 614.443.1877, mattlorz@rrcol.com, www.arnoldsportsfestival.com

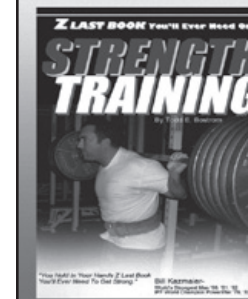
**3-6 MAR 2011** » IPA Arnold Weekend Open (Lexenxtreme Pro/Elite Coalition Multi-ply Meet - IPA Rules Apply/ Full Power/BP - Multi-ply only open to Pro and Elite level lifters) (Columbus, OH) at the Courtyard Marriot, 2350 West Bell Dr. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

**5-6 MAR 2011** » SPFA Ironman Classic PL/BP Championship (Nashville, TN) »

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Jesse Rodgers, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

**19 MAR 2011** » Renegade Natural Squat Meet (Cash prizes, 2 drug tested divisions - raw & equipped - formula will determine winner) (Harrisburg, PA) at Max Fitness » 717.512.8643, www.naturalpowerliftingusa.com

**26 MAR 2011** » USPF Region 7 Championship Powerlifting Meet (Full Meet, SL Bench Press & Deadlift Meets) (AZ, CO, MT, NM, UT, WY) (Tombstone, AZ) at Cold Iron Gym, P.O. Box 814 » Danni Eldridge, brock5851@aol.com, www.coldirongym.com

**26-28 MAR 2011** » **USAPL High School Nationals** (Corpus Christi, TX) » Hector Munoz, 361.813.9691, www.usapowerlifting.com

**1-3 APR 2011** » **USAPL Collegiate National Championships** (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiate.purepowerlifting.com

**1-3 APR 2011** » **APF/AAPF Raw Nationals & AAPF Nationals** (West Palm Beach, FL) » Kieran Kidder & Amy Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com

**3 APR 2011** » 12th Pittsburgh Monster BP/DL Meet (Men, Women, All Classes, Cash Prizes) (Pittsburgh, PA) at the PA Airport Crowne Plaza » Mike Barravecchio, 152 Dover Dr., Moontownship, PA 15108, 412.264.9996, vecks4@verizon.net

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

**9 APR 2011** » **WABDL National High School BP/DL Championships** (Houston, TX) at the University of Houston » Dr. John Hudson, 713.223.7902, 217.377.4640, hudsonj@uhd.edu, www.wabdlcollegiate.info

**16 APR 2011** » APF/AAPF Texas Classic (Austin, TX) » Greg & Heather Tillinghast, 940.783.1468, aptexas@yahoo.com, www.worldpowerliftingcongress.com

**16 APR 2011** » **APA Raw National Championships** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaquapits@netzero.net, www.aparawnationals.webs.com

**28 APR - 1 MAY 2011** » USAPL Men's Master Nationals (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com

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

**14 MAY 2011** » IPA Maryland BP Championships (Westminster, MD) at the Westminster Family Center, 11 Longwell Ave. » Scott Bixler, 443.789.9452, www.ipapower.com

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**21 MAY 2011** » 100% Raw Freedom USA Open BP/Strict Curl (Leesburg, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
**21 MAY 2011** » USAPL 3rd Annual Orange County Powerlifting, Ironman and Bench Competition (Pine Bush, NY) » Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845.778.1884, frankjpanaro@gmail.com, www.ocpowerlifters.com  
**27 MAY 2011** » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapitps@gmail.com  
**27-29 MAY 2011** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (King of Prussia, PA) at the Valley Forge Convention Center » mmasportsexpo.com  
**MAY 2011** » **APF Master/Teen/Jr. Nationals** (TX) » Greg & Heather Tillinghast, 940.783.1468, apftexas@yahoo.com, www.worldpowerliftingcongress.com  
**3-5 JUN 2011** » APC National PL/BP Championships (East Peoria, IL) » Stephen Parkhurst, 309.657.0963, parkhurst111@hotmail.com, www.american-powerliftingcommittee.com  
**10-12 JUN 2011** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » mmasportsexpo.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  
**24-26 JUN 2011** » **WDFPF Single Event World Championships** (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison, www.adipf.org  
**9 JUL 2011** » USAPL Wisconsin Dells Summer Classic "HS Only" Meet (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com  
**30 JUL 2011** » USAPL Virginia State Single Lifts Championships BP/DL/PP (Stanardsville, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com  
**12-13 AUG 2011** » ISA World Championships at the Europa Supershow (Full Power/BP/DL/SQ & Open/Novice/Police & Fire/Teen/Jr/Sub Master/Master) (Dallas, TX) » Kirk Stroud, 416 W. Bedford Eules Road, 817.268.3488  
**19-21 AUG 2011** » **USAPL Raw Nationals** (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com  
**26-28 AUG 2011** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo.com  
**10 SEP 2011** » **USAPL Deadlift and Push/Pull Nationals** (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com  
**8 OCT 2011** » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com  
**19 NOV 2011** » USAPL Stars and Stripes BP/DL Championships (Clarks Summit, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiates.purepowerlifting.com  
**10 DEC 2011** » 100% Raw Christmas Classic Single Lifts/BP/Strict Curl (Stanardsville, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.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  
**23-25 MAR 2012** » **USAPL High School Nationals** (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com

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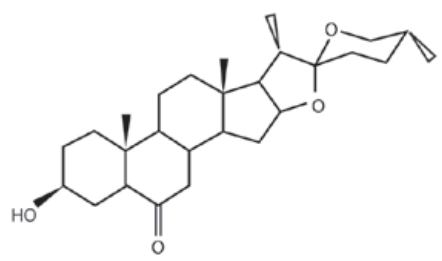
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Suzanne Hedman made the Top 100 list for the 114 lb. class with her 314 lb. squat!

Will you make the upcoming TOP 100 list for the 132 lb. class? Last time we ranked this class the minimum lifts to make that list were 375 lb. in the squat, 235 lb. in the bench press, 400 lb. in the deadlift, and 975 lb. in the total. Often those minimum lifts to make the lists go up from year to year, but not always. The time period for the next ranking of the 132 lb. class will be October 2009 through September 2010 and it will appear in our December 2010 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of your lifting (or something completely different, like your first time on water skis) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to [lambertplusa@aol.com](mailto:lambertplusa@aol.com) (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

For standard 114 lb./52 kg. USA lifters in results received from AUG 2009 through JUL 2010

SQUAT

- 1 450 Garay, F.,3/27/10
- 2 445 Garay, R.,3/27/10
- 3 415 Nowlin, T.,3/13/10
- 4 400 Barajas, R.,3/27/10
- 5 385 Horta, J.,3/13/10
- 6 380 Hartwig-Gary, 5/22/10
- 7 375 Dodds, J.,3/27/10
- 8 370 Martinez, M.,3/27/10
- 9 370 Loftus, P.,3/27/10
- 10 370 Rocha, M.,3/27/10
- 11 365 Grimwood, E.,12/5/09
- 12 365 Vega, D.,3/13/10
- 13 360 Jaramillo, A.,3/6/10
- 14 360 Ford, C.,3/27/10
- 15 350 Hardardt, T.,12/5/09
- 16 355 McCoy, Z.,2/3/10
- 17 355 Martinez, H.,3/27/10
- 18 355 Smith, B.,3/27/10
- 19 347 Soto, T.,6/18/10
- 20 345 Silva, J.,1/23/10
- 21 345 Sanchez, G.,3/13/10
- 22 345 Chapa, D.,3/27/10
- 23 340 Cadena, C.,2/20/10
- 24 340 Chapa, R.,3/13/10
- 25 340 DelBosque, B.,3/13/10
- 26 335 Norden, A.,1/23/10
- 27 335 Saucedo, M.,2/13/10
- 28 335 Ortiz, K.,2/25/10
- 29 335 Pena, R.,3/27/10
- 30 335 Adair, Johnny.,3/27/10
- 31 335 Wright, A.,3/27/10
- 32 335 Newville, N.,3/27/10
- 33 330 Morales, T.,1/16/10
- 34 330 Mora, J.,2/20/10
- 35 330 Vargas, R.,3/6/10
- 36 330 Adair, Joey.,3/13/10
- 37 330 Zaman, M.,3/13/10
- 38 330 Smith, J.,3/13/10
- 39 330 Mickens, C.,3/13/10
- 40 330 Durham, K.,5/22/10
- 41 325 Lewis, D.,3/27/10
- 42 325 Chappell, M.,3/27/10
- 43 325 Yamashita, R.,5/22/10
- 44 320 Lombarna, L.,2/13/10
- 45 320 Carrizales, E.,2/20/10
- 46 320 Nash, J.,2/25/10
- 47 320 John, D.,3/5/10
- 48 319 Williams, M.,9/7/09
- 49 315 Glew, L.,1/23/10
- 50 315 Tyler, J.,2/4/10
- 51 315 Morales, R.,2/13/10
- 52 315 Nino, J.D.,2/19/10
- 53 315 Leon, J.,2/20/10
- 54 315 Pena, D.,2/27/10
- 55 315 Trigueros, O.,2/17/10
- 56 315 Terrell, M.,2/27/10
- 57 315 Rayos, Z.,3/12/10
- 58 315 Romero, T.,3/13/10
- 59 315 Thompson, G.,3/13/10
- 60 314 Hedman, S.,1/23/10
- 61 310 Lira, S.,2/20/10
- 62 310 Ramirez, Z.,2/20/10
- 63 310 Hayes, D.,3/5/10
- 64 310 Angus, K.,3/13/10
- 65 310 Snell, K.,3/13/10
- 66 305 Longoria, H.,2/6/10
- 67 305 White, J.T.,2/27/10
- 68 305 Clerihew, J.,3/13/10
- 69 303 Williams, J.,9/7/09
- 70 303 Clough, C.,11/14/09
- 71 303 Binash, S.,5/22/10
- 72 300 Frazier, C.,11/7/09
- 73 300 Villareal, M.,1/23/10
- 74 300 Rodriguez, D.,1/29/10
- 75 300 Coleman, A.,2/4/10
- 76 300 Grogan, D.J.,2/6/10
- 77 300 Ramirez, J.,2/13/10
- 78 300 Loza, D.,2/13/10
- 79 300 Valenzuela, S.,2/13/10
- 80 300 Acevedo, A.,2/13/10
- 81 300 Jennings, S.,2/25/10
- 82 300 Lopez, N.,2/27/10
- 83 300 Nguyen, K.,2/27/10
- 84 300 Yandell, S.,2/27/10
- 85 300 Valderas, J.,3/12/10
- 86 300 Grimes, A.,3/13/10
- 87 300 Lopez, J.,3/13/10
- 88 300 Kruse, J.,3/13/10
- 89 300 Smith, C.,3/27/10
- 90 295 Vegas, R.,1/21/10
- 91 295 Green, T.J.,1/21/10
- 92 295 Rodriguez, C.,2/27/10
- 93 290 Solis, S.,1/29/10
- 94 290 Villareal, P.,2/13/10
- 95 290 Fonseca, D.,2/13/10
- 96 290 Brown, D.,2/19/10
- 97 290 Botello, S.,2/20/10
- 98 290 Hendrickson, M.,2/20/10
- 99 290 White, J.,3/5/10
- 100 290 England, J.,3/5/10

BENCH PRESS

- 254 Sanchez, J.,7/31/10
- 245 Garay, R.,2/13/10
- 236 Whipple, T.,9/12/09
- 230 Martinez, M.,1/30/10
- 220 Hartwig-Gary, 9/28/09
- 220 Pena, R.,2/20/10
- 220 Sanchez, G.,2/27/10
- 210 Jaramillo, A.,1/16/10
- 210 Martinez, H.,2/13/10
- 210 Wright, A.,2/27/10
- 210 Cadena, C.,3/5/10
- 210 Chapa, D.,3/13/10
- 210 Vega, D.,3/27/10
- 210 Miller, H.,6/19/10
- 209 Shuttleworth, M.,5/22/10
- 205 Nash, J.,2/25/10
- 205 Ortiz, K.,2/25/10
- 205 Nowlin, T.,3/27/10
- 203 Hedman, S.,1/23/10
- 230 Yamashita, R.,5/22/10
- 200 Garza, F.,1/19/10
- 200 Smith, B.,2/20/10
- 200 Villa, R.,2/20/10
- 200 Hao, Y.,2/21/10
- 200 Peluso, V.,2/27/10
- 200 England, J.,3/5/10
- 200 White, J.,3/5/10
- 200 Newville, N.,3/6/10
- 200 Dodds, J.,3/13/10
- 200 Nguyen, K.,3/13/10
- 195 Chapa, R.,3/13/10
- 195 Barajas, R.,3/27/10
- 195 Ford, C.,3/27/10
- 195 Lewis, D.,3/27/10
- 195 Elkins, D.,3/27/10
- 195 Puello, S.,5/10
- 192 Nelson, D.,9/12/09
- 190 Grimwood, E.,12/5/09
- 190 Morales, T.,1/16/10
- 190 Grogan, D.J.,1/27/10
- 190 Rodriguez, D.,1/29/10
- 190 Smith, J.,1/30/10
- 190 Lira, S.,1/30/10
- 190 Pena, D.,3/13/10
- 190 Zaman, M.,3/13/10
- 185 Morales, R.,1/23/10
- 185 Rojas, M.,1/28/10
- 185 Rodriguez, S.,1/30/10
- 185 Chappell, M.,2/13/10
- 185 Botello, S.,2/20/10
- 185 Rodriguez, C.,2/27/10
- 185 Loftus, P.,3/6/10
- 185 Horta, J.,3/13/10
- 185 McCoy, Z.,3/13/10
- 181 Williams, M.,9/7/09
- 181 Hew Len, K.,6/27/10
- 180 Norden, A.,1/23/10
- 180 Smith, C.,1/23/10
- 180 Serna, A.,1/23/10
- 180 Del Bosque, B.,2/13/10
- 180 Tyler, J.,2/4/10
- 180 Villareal, P.,2/13/10
- 180 Solis, S.,2/13/10
- 180 Yanez, R.,2/20/10
- 180 Sanchez, A.,2/28/10
- 180 McCutchen, C.,2/28/10
- 180 Almadozar, H.,2/28/10
- 180 Charles, J.,3/13/10
- 180 Romero, T.,3/27/10
- 177 Berner, J.,8/15/09
- 176 Cobb, S.,8/15/09
- 176 Williams, J.,9/7/09
- 176 Soto, T.,6/18/10
- 175 Adair, Johnny.,3/29/10
- 175 Lopez, N.,2/13/10
- 175 Senegal, G.,2/19/10
- 175 Adair, Joey.,3/13/10
- 175 Angus, K.,3/13/10
- 175 Tindall, K.,3/13/10
- 175 Snell, K.,3/13/10
- 175 Jennings, S.,3/13/10
- 175 Johnson, D.,3/13/10
- 170 Anderson, D.,8/09
- 170 Najera, J.,12/6/09
- 170 Silva, J.,1/23/10
- 170 Rodriguez, J.,1/23/10
- 170 Etheredge, D.,1/27/10
- 170 Lombarna, L.,2/13/10
- 170 Obregon, C.,2/13/10
- 170 Lopez, J.,3/13/10
- 170 Trigueros, O.,2/20/10
- 170 Roca, M.,2/27/10
- 170 Ramirez, J.,2/27/10
- 170 Lopez, J.,3/13/10
- 170 Nelson, K.,5/24/10
- 170 Durham, K.,5/24/10
- 170 Glover, A.,6/19/10
- 165 Gonzalez, L.,1/16/10
- 165 Thompson, G.,1/30/10
- 165 Saucedo, M.,2/13/10

DEADLIFT

- 440 Horta, J.,3/13/10
- 435 Barajas, R.,3/13/10
- 415 Garay, R.,2/13/10
- 410 Garza, F.,3/13/10
- 410 Soto, T.,3/27/10
- 405 Smith, B.,3/6/10
- 405 Martinez, M.,3/13/10
- 395 Jaramillo, A.,3/6/10
- 395 Ford, C.,3/27/10
- 395 Cadena, C.,3/27/10
- 390 Martinez, H.,3/27/10
- 390 Vega, D.,3/27/10
- 385 Loftus, P.,3/6/10
- 385 Chapa, R.,3/13/10
- 380 Norden, A.,1/23/10
- 380 Chapa, D.,2/20/10
- 380 Rocha, M.,2/20/10
- 380 Adair, Johnny.,3/27/10
- 370 Dodds, J.,3/27/10
- 369 Hartwig, S.,5/22/10
- 365 Pena, R.,3/27/10
- 365 John, D.,3/5/10
- 365 Vargas, R.,3/6/10
- 360 Lewis, D.,3/13/10
- 360 Adair, Joey.,3/13/10
- 359 Sanchez, J.,7/31/10
- 355 Vegas, R.,1/21/10
- 355 Botello, S.,2/20/10
- 355 Senegal, G.,3/13/10
- 355 Romero, T.,3/27/10
- 355 Tindall, K.,3/27/10
- 350 Street, D.,11/1/09
- 350 Saucedo, M.,2/13/10
- 350 Adair, J.,2/27/10
- 350 Longoria, H.,2/27/10
- 350 Newville, N.,3/6/10
- 350 Nowlin, T.,3/13/10
- 350 Green, E.,3/13/10
- 345 Grimwood, E.,12/5/09
- 345 Villareal, M.,2/13/10
- 345 Carrizales, E.,2/20/10
- 345 Wright, A.,2/27/10
- 345 Brown, D.,3/13/10
- 340 Silva, J.,1/23/10
- 340 Zaman, M.,3/27/10
- 336 Williams, J.,9/7/09
- 335 Hardardt, T.,12/5/09
- 335 Mora, J.,2/20/10
- 335 Ortiz, K.,2/25/10
- 335 Botello, S.,2/27/10
- 335 Lopez, N.,3/13/10
- 335 Smith, C.,3/13/10
- 335 Joboki, A.,3/13/10
- 335 Leon, J.,3/27/10
- 330 Doran, J.,10/24/09
- 330 Hedman, S.,1/23/10
- 330 Morales, R.,1/23/10
- 330 Johnson, J.,2/20/10
- 330 Sanchez, G.,3/13/10
- 330 McCoy, Z.,3/13/10
- 325 Frazier, C.,11/7/09
- 325 Morales, T.,1/16/10
- 325 Jennings, S.,1/16/10
- 325 Tyler, J.,2/4/10
- 325 Trigueros, O.,2/27/10
- 325 Grimes, A.,2/27/10
- 325 Rayos, Z.,3/27/10
- 325 Durham, K.,4/10/10
- 320 Ramos, O.,1/30/10
- 320 Ramirez, J.,1/8/10
- 320 Rodriguez, S.,1/30/10
- 320 Amin, T.,2/13/10
- 320 Torres, J.,2/20/10
- 320 Angus, K.,2/27/10
- 320 Ramirez, Z.,3/6/10
- 320 Fikes, L.,3/13/10
- 320 Del Bosque, B.,3/27/10
- 319 Williams, M.,9/7/09
- 319 Yamashita, R.,5/22/10
- 315 Grogan, D.J.,1/27/10
- 315 Duvall, L.,1/30/10
- 315 Garcia, Jorgelius.,2/4/10
- 315 Loza, D.,2/13/10
- 315 Lira, S.,2/20/10
- 315 Glueck, S.,2/20/10
- 315 Clerihew, J.,2/26/10
- 315 Byrd, S.,3/5/10
- 315 Guillen, T.,3/6/10
- 315 Villa, R.,3/13/10
- 315 Lopez, J.,3/13/10
- 315 Charles, J.,3/13/10
- 315 Casas, C.,3/13/10
- 315 Puello, S.,5/10
- 314 Cobb, S.,8/15/09
- 314 Najera, J.,12/6/09
- 310 Roberts, J.,1/23/10
- 310 Fernandez, R.,2/20/10
- 310 Anderson, S.,2/20/10
- 310 Lira, J.,2/25/10
- 310 Perez, D.,3/13/10

TOTAL

- 1085 Garay, R.,2/13/10
- 1050 Garza, F.,3/27/10
- 1030 Barajas, R.,3/27/10
- 1010 Horta, J.,3/13/10
- 995 Martinez, M.,3/13/10
- 964 Hartwig-Gary, 5/22/10
- 960 Nowlin, T.,3/13/10
- 955 Jaramillo, A.,3/6/10
- 955 Vega, D.,3/13/10
- 955 Martinez, H.,3/27/10
- 950 Ford, C.,3/27/10
- 945 Smith, B.,3/27/10
- 935 Cadena, C.,3/27/10
- 930 Dodds, J.,3/13/10
- 920 Chapa, R.,3/13/10
- 920 Loftus, P.,3/27/10
- 920 Soto, T.,6/18/10
- 910 Chapa, D.,3/13/10
- 900 Grimwood, E.,12/5/09
- 900 Pena, R.,2/27/10
- 895 Norden, A.,1/23/10
- 895 Rocha, M.,3/6/10
- 890 Adair, Johnny.,3/27/10
- 880 Sanchez, G.,2/27/10
- 875 Newville, N.,3/6/10
- 875 Wright, A.,3/27/10
- 870 McCoy, Z.,3/13/10
- 865 Lewis, D.,3/13/10
- 865 Adair, Joey.,3/13/10
- 855 Silva, J.,1/23/10
- 855 Vargas, R.,3/6/10
- 850 Saucedo, M.,2/13/10
- 850 Pena, D.,2/27/10
- 850 John, D.,3/5/10
- 850 Zaman, M.,3/13/10
- 850 Romero, T.,3/27/10
- 848 Hedman, S.,1/23/10
- 848 Yamashita, R.,5/22/10
- 845 Morales, T.,1/16/10
- 835 Hardardt, T.,12/5/09
- 835 Carrizales, E.,2/20/10
- 830 Botello, S.,2/20/10
- 830 Del Bosque, B.,3/27/10
- 825 Morales, R.,2/13/10
- 821 Williams, M.,9/7/09
- 815 Williams, J.,9/7/09
- 815 Mora, J.,2/20/10
- 815 Durham, K.,5/22/10
- 810 Smith, J.,3/13/10
- 805 Vegas, R.,1/21/10
- 805 Lira, S.,2/20/10
- 805 Angus, K.,3/13/10
- 800 Tyler, J.,2/4/10
- 800 Chappell, M.,2/13/10
- 800 Longoria, H.,2/27/10
- 800 Trigueros, O.,2/27/10
- 800 Villa, R.,3/13/10
- 800 Tindall, K.,3/27/10
- 795 Grogan, D.J.,1/27/10
- 795 Brown, D.,2/19/10
- 795 Lopez, N.,3/13/10
- 795 Smith, C.,3/27/10
- 790 Rodriguez, D.,1/29/10
- 790 Ramirez, J.,2/27/10
- 790 Elkins, D.,3/27/10
- 785 Frazier, C.,11/7/09
- 785 Villareal, M.,2/13/10
- 785 Green, E.,3/13/10
- 785 Grimes, A.,3/13/10
- 785 Lopez, J.,3/13/10
- 785 Snell, K.,3/13/10
- 785 Leon, J.,3/27/10
- 780 Rodriguez, S.,1/30/10
- 780 White, J.T.,2/27/10
- 780 Rayos, Z.,3/13/10
- 780 Senegal, G.,3/13/10
- 775 Lombarna, L.,2/13/10
- 775 Jennings, S.,2/25/10
- 775 Clerihew, J.,2/26/10
- 775 Charles, J.,3/13/10
- 770 Loza, D.,2/13/10
- 770 England, J.,3/5/10
- 770 White, J.,3/5/10
- 770 Nguyen, K.,3/13/10
- 765 Serna, A.,1/23/10
- 765 Nino, D.J.,2/19/10
- 765 Johnson, J.,2/20/10
- 765 Amin, T.,3/13/10
- 765 Mickens, C.,3/13/10
- 760 Najera, J.,12/6/09
- 760 Rojas, M.,2/16/10
- 760 Villareal, P.,2/20/10
- 760 Rodriguez, C.,2/27/10
- 760 Shuttleworth, M.,5/22/10
- 760 Puello, S.,5/10
- 755 Solis, S.,1/29/10
- 755 Glew, L.,2/20/10
- 750 Torres, J.,2/20/10
- 750 Nash, J.,2/25/10
- 750 Kruse, J.,3/13/10

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax).

NEXT MONTH » TOP 123s

**CORRECTIONS:** The "G. Murphy" on the TOP 20 Masters 242 list for his 600 BP in 2009 is actually Gregory Murray. Dan Marxheimer was not credited with a 573 DL in the 181 lb. class for the TOP 20 Masters in 2009. Jim Hoskinson's lifts of 1102 squat, 780 bench, and 2507 total were not credited on the Masters TOP 20 for SHWS. Jon Rock's deadlifts of 705 in the 198 lb. class and 700 in the 220 lb. class were not reflected on the most recent TOP 100 lifts for those classes. The benches of Phil Mamgren (710) and Alphonse Famiano (715) were not reflected on the TOP 100 for the 275 lb. class. Alan Aerts' 4th attempt bench press of 496 lbs. (at Masters 50-54) in the East Bay competition held in Concord, CA was not shown in the results that were published in PL USA. If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

**OUR 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.



# RESULTS

## APF CA STATE MAR 20 2010 » Fresno, CA

| Weight Class                  | Name          | Score | Weight   | Age     | Division | Score        | Weight | Age     |
|-------------------------------|---------------|-------|----------|---------|----------|--------------|--------|---------|
| BENCH FEMALE 181 lbs. (13-15) | J. Strout     | 534   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                               | D. Copeland   | 490   |          |         |          | M. Folweiler | 501    |         |
|                               | J. Owens      | —     |          |         |          |              |        |         |
| MALE 148 lbs. (60-64)         | J. Mendelson  | 182   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                               | K. Thunberg   | 402   |          |         |          | M. Folweiler | 501    |         |
|                               | S. Tamerius   | —     |          |         |          |              |        |         |
| MALE 198 lbs. (50-54)         | D. Velieka    | 396   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                               | M. Habte      | 231   |          |         |          | M. Folweiler | 501    |         |
|                               | G. Sanijajlia | 352   |          |         |          |              |        |         |

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|                               | S. Tamerius   | —     |          |         |          |              |        |         |
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|                               | G. Sanijajlia | 352   |          |         |          |              |        |         |

| Weight Class                  | Name          | Score | Weight   | Age     | Division | Score        | Weight | Age     |
|-------------------------------|---------------|-------|----------|---------|----------|--------------|--------|---------|
| BENCH FEMALE 181 lbs. (13-15) | J. Strout     | 534   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                               | D. Copeland   | 490   |          |         |          | M. Folweiler | 501    |         |
|                               | J. Owens      | —     |          |         |          |              |        |         |
| MALE 148 lbs. (60-64)         | J. Mendelson  | 182   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
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|                               | M. Habte      | 231   |          |         |          | M. Folweiler | 501    |         |
|                               | G. Sanijajlia | 352   |          |         |          |              |        |         |

| Weight Class                  | Name          | Score | Weight   | Age     | Division | Score        | Weight | Age     |
|-------------------------------|---------------|-------|----------|---------|----------|--------------|--------|---------|
| BENCH FEMALE 181 lbs. (13-15) | J. Strout     | 534   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                               | D. Copeland   | 490   |          |         |          | M. Folweiler | 501    |         |
|                               | J. Owens      | —     |          |         |          |              |        |         |
| MALE 148 lbs. (60-64)         | J. Mendelson  | 182   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                               | K. Thunberg   | 402   |          |         |          | M. Folweiler | 501    |         |
|                               | S. Tamerius   | —     |          |         |          |              |        |         |
| MALE 198 lbs. (50-54)         | D. Velieka    | 396   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                               | M. Habte      | 231   |          |         |          | M. Folweiler | 501    |         |
|                               | G. Sanijajlia | 352   |          |         |          |              |        |         |

Best Female Lifter: Denise Pollack. Best Male Lifter: Thad Coleman. Master Male Best Lifter: Dan Varela. Best Lifter Teen Junior: David Oliver David. Best Bench Press: James Strout. Meet Director: Bob Packer. Announcers: Lise Wheeler, Bob Pack, John Deluca, Pete Wilson. Scorekeeper: Belinda Kezarian. Referees: Ken Wheeler, Pete Wilson, Mitch Sperling, Bangie Keresy, Bob Packer.  
» courtesy Bob Packer

## PHYSICAL CULTUR SUMMER BASH JUL 3 2010 » Wyoming, MI

| Weight Class                   | Name          | Score | Weight   | Age     | Division | Score        | Weight | Age     |
|--------------------------------|---------------|-------|----------|---------|----------|--------------|--------|---------|
| BENCH FEMALE 181 lbs. (Age 52) | J. Strout     | 534   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                                | D. Copeland   | 490   |          |         |          | M. Folweiler | 501    |         |
|                                | J. Owens      | —     |          |         |          |              |        |         |
| MALE 148 lbs. (Age 62)         | J. Mendelson  | 182   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                                | K. Thunberg   | 402   |          |         |          | M. Folweiler | 501    |         |
|                                | S. Tamerius   | —     |          |         |          |              |        |         |
| MALE 198 lbs. (Age 45)         | D. Velieka    | 396   | 308 lbs. | (45-49) | SHW      | R. Lee       | 600    | (18-19) |
|                                | M. Habte      | 231   |          |         |          | M. Folweiler | 501    |         |
|                                | G. Sanijajlia | 352   |          |         |          |              |        |         |

What better way to celebrate the holiday than a powerlifting meet. This meet brought some nice raw personal records from Stephen King, Mike King, Jon Smoker and Tim Sheehan. Tim Sheehan shows a strong return from shoulder surgery. Lynne Boshoven held back a little testing an old tricep injury and was pleased with a strong easy day.  
» courtesy Lynne Boshoven

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## Key Complex More Powerful than 20 Grams of Creatine!

as told to Powerlifting USA by Team MuscleTech

As a dedicated and determined powerlifter, there's no doubt that you're looking for any extra edge that can help jack up your total and reach a new PB. If you're like almost everyone else, you've probably turned to creatine—and for good reason—because it works! Research has shown that creatine supplementation enhances your ability to produce higher power output and, more importantly, significantly increases performance on one-rep max lifts.

Loading creatine into muscles is key for any lifter looking to increase muscle strength and overall performance. Creatine is responsible for the production of a high-energy compound called phosphocreatine. This compound helps to restore a high-energy molecule called adenosine triphosphate (ATP), which is one of the body's primary sources of muscle energy used during explosive bouts of exercise—such as attempting a lift. So every time you pound out a lift, your

key complex taken with a carb drink was shown to be so powerful that it still forced an even higher level of muscle creatine content.

What's more? In a six-week university study on twenty-three individuals with at least one year of weight-training experience, subjects taking a key creatine compound with a carb drink gained 75% more max preacher curl strength than the placebo (26.2 vs. 14.9 lb.). Just imagine how this kind of strength increase could help on your lifts! In the same study, test subjects added more than one inch of solid muscle to

Team MuscleTech™ adopted this research and engineered a patent-protected creatine super-pill called Cell-Tech™ Hardcore Pro Series™ Power Packs. The key complex available with NEW Cell-Tech Power Packs is shown to be more powerful than even 20 grams of creatine at loading creatine into muscles when combined with a carb drink. Yes, you read that correctly – more powerful than even 20 grams of pure creatine!

Double-blind, gold-standard university research shows that NEW Cell-Tech Power Packs can push creatine levels to what researchers believe to be approaching the upper limit for total muscle creatine content. Plus, it's an extreme strength- and muscle-building creatine saturation formula packed into a super-concentrated pill. The scientific results that you've just read are exactly why no other creatine pill or any pure creatine supple-



“...it's an extreme strength- and muscle-building creatine saturation formula packed into a super-concentrated pill.”

“...Cell-Tech Power Packs can push creatine levels to... the upper limit for total muscle creatine content.”

body relies on ATP energy stores to power peak muscle contractions. This is why powerlifters want to get as much creatine into their muscles as possible.

In a groundbreaking five-day study conducted on sixteen subjects divided into three groups and published in the *International Journal of Sport Nutrition and Exercise Metabolism*, a key complex taken with a carb drink was actually shown to be more powerful than 20 grams of creatine at loading creatine directly into muscles—where you need it most (19 vs. 5.1 mmol • kg<sup>-1</sup> dm). These test subjects, who had already-elevated creatine levels, were able to increase their total muscle creatine levels by an average of 13.7 percent (137.8 vs. 156.8 mmol • kg<sup>-1</sup> dm), approaching what is theorized to be the physiological upper limit for total muscle creatine content.<sup>1</sup> You read that correctly—subjects already had enhanced creatine levels, but this revolutionary

their total upper arm area in six weeks. That's an entire inch of solid muscle on their arms in just six weeks! These subjects, who followed a periodized training program and trained arms extremely hard twice a week, gained significantly more muscle on their arms than subjects using a placebo (1.22 vs. 0.39 in<sup>2</sup>). This measurement was derived using the Arm Muscle Area technique, which utilizes tricep skin fold thickness and mid-arm circumference measurements to calculate muscle size increases.<sup>2</sup>

With results like this, the question you're asking is, where can I get a supplement that contains the revolutionary ingredients used in these studies? Well, the supplement gurus at

ment on the market compares to Cell-Tech Power Packs.

You've seen the science. Now the only thing left is for you to experience its power for yourself. You want more creatine in your muscles? You want to build raw strength and granite-thick muscle? Then Cell-Tech™ Power Packs is the creatine super-pill for you! ☺

#### REFERENCES:

<sup>1</sup>Burke, D., et al. (2003). Effect of  $\alpha$ -Lipoic Acid Combined With Creatine Monohydrate on Human Skeletal Muscle Creatine and Phosphagen Concentration. *International Journal of Sport Nutrition and Exercise Metabolism*, 13, 294-302.

<sup>2</sup>Beccue, M., et al. (2000). Effects of oral creatine supplementation on muscular strength and body composition. *Medicine Science In Sports & Exercise*, 32(3), 654-658.



MATT KROCZALESKI  
2009 UPA WORLD RECORD HOLDER

# STRENGTH AMPLIFYING CREATINE SUPER-PILL

Smashing your PB or coming out on top at a meet demands that you perform at your strongest when it counts. That's why Team MuscleTech™ researchers have scientifically engineered a muscle and strength-building creatine saturation formula packed into a super-concentrated pill. Introducing, NEW Cell-Tech™ Hardcore Pro Series™ Power Packs.

Make no mistake – this is absolutely NOT another low-dosed creatine pill. It's built for pro-level results. After 5 days of a double-blind study conducted on 16 subjects divided into three groups, the key complex in new Cell-Tech Power Packs taken with a carb drink was shown to be more powerful than 20 grams of creatine at loading creatine directly into muscles (19 vs. 5.1 mmol • kg<sup>-1</sup> dm). That's right! More powerful than 20g of creatine! Once more creatine is in the muscle, it promotes ATP resynthesis, muscle growth and most importantly raw strength.

In a separate six-week university study on 23 individuals with at least one year of weight-training experience, subjects using one of the key compounds in Cell-Tech Power Packs taken with a carb drink gained 75% more max preacher curl strength than the placebo in just 6 weeks (26.2 vs. 14.9 lbs.). With results like this, just imagine what Cell-Tech Power Packs could do for your lifts!

- More powerful than 20g of creatine at loading
- Test subjects increased strength by 75% in just 6 weeks
- Increases ATP resynthesis for enhanced strength
- Scientifically developed based on research at McMaster University and the University of Saskatchewan



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greater decrease in body fat, an increase in lean mass and 10-RM strength gains on the bench press and squat versus ingestion of a whey supplement or a sports drink. (J. Stoppioni, et al., *Journal of the ISSN*, 2009.)

Exercise has been shown to increase BCAA requirement, and research proves that BCAA supplementation before exercise attenuates the breakdown of muscle proteins during exercise. Leucine strongly promotes protein synthesis in skeletal muscle, suggesting that a BCAA supplement may reduce muscle damage induced by exercise and promote recovery from the damage. Findings also suggest that BCAAs may be useful for muscle recovery following intense exercise, as BCAA supplementation before training decreased delayed-onset muscle soreness after performance of squats. (Y. Shimomura, et al., *Journal of Nutrition*, 2006.)

But while BCAAs are typically revered for their strong anti-catabolic effects, the latest research proves that BCAA supplementation can significantly increase anabolic muscular growth. This beneficial result is tied directly to the leucine content of such supplementation. In fact, studies indicate that dietary leucine can both acutely and over a longer period of time beneficially affect muscle protein anabolism. The anabolic effect of extra leucine on muscle protein retention was observed in the elderly and the response of muscle protein synthesis was greatly enhanced by additional leucine supplementation. (C. Katsanos, et al., *American Journal of Physiological and Endocrinological Metabolism*, 2006.)

Leucine is vitally important for muscle anabolism because of its ability to activate protein synthesis in skeletal muscles via the mTOR (mammalian target of rapamycin) pathway. Leucine's activation of mTOR promotes muscle tissue growth because mTOR signaling is one of the main signaling pathways that controls protein synthesis. Leucine has been shown in scientific studies to upregulate mTOR signaling and promote protein synthesis in muscle cells, thereby increasing muscle cell growth and proliferation. Furthermore, leucine is involved in inhibiting muscle proteolysis (breakdown), thereby providing dual anabolic and anti-catabolic effects beneficial to muscle growth.

### BCAA 3300 POWERED BY TWICE THE LEUCINE!

The obvious importance of higher levels of leucine should be apparent from the latest scientific studies, but this also identifies the problem with most BCAA supplements on the market. Typical BCAA formulas balance two parts leucine to one part each of isoleucine and valine. Yet as stated above, the newest clinical research shows this ratio is flawed due to the greater importance of leucine in comparison to the other two amino acids for stimulating mTOR signaling and the activation of muscle hypertrophy.

It should be clear that leucine is the anabolic powerhouse among amino acids because of its major role in activating protein synthesis and stimulating a higher rate of muscle growth and repair via the mTOR anabolic pathway. This makes leucine the most critical BCAA for

promoting peak muscle building and maximum generation of strength. It also proves why traditional 2:1:1 BCAA formulas are outdated and ineffective.

Fortunately, MHP's new BCAA 3300 sets a new standard in strength-building sports supplementation by providing the most highly anabolic branched chain amino acid complex in a timed release formula. BCAA 3300 is the first and only supplement to deliver a highly anabolic 4:1:1 BCAA ratio, making it far superior to all other BCAA products on the market that use the antiquated 2:1:1 ratio.

BCAA 3300 utilizes a highly anabolic 4:1:1 BCAA ratio that contains four times the amount of the leucine to isoleucine and valine, which the latest scientific studies prove is far more

effective for anabolic growth. BCAA 3300's unique timed release delivery system provides a steady supply of these key amino acids for hours. This allows for a continual supply and maximum absorption and utilization of these critical aminos for superior strength and muscle building, anti-catabolic muscle protection, energy production and recovery over conventional BCAA formulas.

If you want to have superhuman strength, you also must possess super smarts. Do the research on BCAAs and you'll immediately find how critically important they are (especially with regard to leucine content) for your powerlifting success. And before your next trip to the gym, pick up the most anabolic BCAA formula available—MHP's BCAA 3300! «

Editor's Note: For more information or to purchase MHP's BCAA 3300, call 888.783.8844 or visit [www.MHPstrong.com](http://www.MHPstrong.com)

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Eric Head with the best BP at the APC GA Open



John Rowland and Mary Toole at the APC GA State Open



Kevin Piper with a raw state record 365 at 50-54/242 at the SLP Indiana Open (Latch photo)

### APC GEORGIA STATE OPEN

APR 10 2010 » Athens, GA

| BENCH            | (40-44)          |     |            |      |
|------------------|------------------|-----|------------|------|
| <b>FEMALE</b>    | A. Williamson    | 440 |            |      |
| <b>132 lbs.</b>  | (40-44) Raw      |     |            |      |
|                  | K. Dean          | 259 |            |      |
| V. Allegood      | (45-49) Raw      |     |            |      |
| 143              | C. Henderson     | 358 |            |      |
| V. Allegood      | (20-23)          |     |            |      |
| <b>198+ lbs.</b> | T. Braswell      | 473 |            |      |
| Open Raw         | (40-44)          |     |            |      |
| M. Toole         | R. Thomas        | 639 |            |      |
| 231              | J. Murphy        | 573 |            |      |
| <b>MALE</b>      | (20-23) Raw      |     |            |      |
| <b>132 lbs.</b>  | E. Head          | 341 |            |      |
| (20-23) Raw      | (45-49)          |     |            |      |
| <b>165 lbs.</b>  | T. Moon          | 655 |            |      |
| (16-17) Raw      | <b>308 lbs.</b>  |     |            |      |
| A. Castro        | (45-49)          |     |            |      |
| 198              | D. Connors       | 451 |            |      |
| (13-15)          | <b>308+ lbs.</b> |     |            |      |
| C. Reece         | (18-19)          |     |            |      |
| 231              | T. Brown         | 440 |            |      |
| <b>220 lbs.</b>  | SQ               | BP  | DL         | TOT  |
| Raw              |                  |     |            |      |
| <b>FEMALE</b>    |                  |     |            |      |
| <b>115 lbs.</b>  |                  |     |            |      |
| (20-23)          |                  |     |            |      |
| Mendelson        | 253              | 88  | 264        | 606  |
| (45-49)          |                  |     |            |      |
| L. Marks         | 105              | 77  | 160        | 341  |
|                  |                  |     | 4th-DL-171 |      |
| <b>123 lbs.</b>  |                  |     |            |      |
| (13-15)          |                  |     |            |      |
| A. Bulmash       | 204              | 143 | 253        | 600  |
| (55-59)          |                  |     |            |      |
| G. McCarty       | 171              | 105 | 248        | 523  |
|                  |                  |     | 4th-DL-253 |      |
| <b>148 lbs.</b>  |                  |     |            |      |
| (20-23)          |                  |     |            |      |
| R. Green         | 248              | 105 | 253        | 606  |
| <b>165 lbs.</b>  |                  |     |            |      |
| (40-44)          |                  |     |            |      |
| L. Hichkad       | 314              | 121 | 314        | 749  |
| (55-59)          |                  |     |            |      |
| C. Walker        | 226              | 94  | 237        | 556  |
|                  |                  |     | 4th-DL-247 |      |
| <b>198 lbs.</b>  |                  |     |            |      |
| (20-23)          |                  |     |            |      |
| M. Yakemovic     | 259              | 127 | 314        | 699  |
| <b>MALE</b>      |                  |     |            |      |
| <b>165 lbs.</b>  |                  |     |            |      |
| (55-59)          |                  |     |            |      |
| G. Brown         | 506              | 286 | 468        | 1261 |
| <b>181 lbs.</b>  |                  |     |            |      |
| (13-15)          |                  |     |            |      |
| G. Schraub       | 407              | 220 | 413        | 1040 |
|                  |                  |     | 4th-BP-429 |      |
| (16-17)          |                  |     |            |      |
| M. Brooks        | 407              | 248 | 473        | 1129 |
| <b>198 lbs.</b>  |                  |     |            |      |
| (20-23)          |                  |     |            |      |
| T. Sheffield     | 528              | 352 | 528        | 1409 |
| (40-44)          |                  |     |            |      |
| M. Driggers      | 672              | 556 | 650        | 1877 |
| (50-54)          |                  |     |            |      |
| D. Overbay       | 611              | 330 | 523        | 1464 |

|                  |     |     |            |      |
|------------------|-----|-----|------------|------|
| G. Hatfield      | 622 | 451 | 501        | 1574 |
| <b>220 lbs.</b>  |     |     |            |      |
| (40-44)          |     |     |            |      |
| R. Bulmash       | 672 | 226 | 644        | 1541 |
| (45-49)          |     |     |            |      |
| J. Schraub       | 650 | 352 | 600        | 1602 |
| <b>242 lbs.</b>  |     |     |            |      |
| (20-23)          |     |     |            |      |
| T. Braswell      | 633 | 473 | 584        | 1690 |
| <b>308+ lbs.</b> |     |     |            |      |
| (18-19)          |     |     |            |      |
| T. Brown         | 528 | 440 | 501        | 1470 |
| Raw              |     |     |            |      |
| <b>148 lbs.</b>  |     |     |            |      |
| D. Callahan      | 319 | 226 | 424        | 969  |
|                  |     |     | 4th-DL-435 |      |
| (16-17)          |     |     |            |      |
| J. Williams      | 308 | 204 | 330        | 842  |
| (18-19)          |     |     |            |      |
| K. Scott         | 402 | 132 | 451        | 985  |
| B. Olsen         | 418 | 248 | 528        | 1195 |
| <b>181 lbs.</b>  |     |     |            |      |
| (13-15)          |     |     |            |      |
| G. Schraub       | 407 | 220 | 413        | 1040 |
|                  |     |     | 4th-BP-429 |      |
| (18-19)          |     |     |            |      |
| A. Ryno          | 424 | 264 | 468        | 1156 |
| (20-23)          |     |     |            |      |
| M. King          | 374 | 259 | 440        | 1073 |
| Open             |     |     |            |      |
| J. Hyer          | 462 | 286 | 457        | 1206 |
| <b>198 lbs.</b>  |     |     |            |      |
| (13-15)          |     |     |            |      |
| C. Reece         | 341 | 204 | 358        | 903  |
| (16-17)          |     |     |            |      |
| T. Reiff         | 402 | 237 | 429        | 1068 |
| (20-23)          |     |     |            |      |
| C. Jordan        | 435 | 319 | 551        | 1305 |
| R. Johnson       | 528 | 336 | 462        | 1327 |
| (50-54)          |     |     |            |      |
| G. Bergman       | 292 | 215 | 325        | 831  |
| <b>220 lbs.</b>  |     |     |            |      |
| (20-23)          |     |     |            |      |
| J. Slack         | 512 | 253 | 479        | 1244 |
| (40-44)          |     |     |            |      |
| J. Schraub       | 650 | 352 | 600        | 1602 |
| (45-49)          |     |     |            |      |
| D. Chambers      | 600 | 363 | 451        | 1415 |
| (60-64)          |     |     |            |      |
| M. Tyson         | 253 | 204 | 253        | 710  |
| Open             |     |     |            |      |
| B. Hinkle        | 501 | 363 | 501        | 1365 |
| M. Freeman       | 556 | 380 | 539        | 1475 |
| <b>242 lbs.</b>  |     |     |            |      |
| (35-39)          |     |     |            |      |
| J. Rowland       | 600 | 402 | 551        | 1552 |
|                  |     |     | 4th-SQ-628 |      |
| Open             |     |     |            |      |
| C. Thornton      | 352 | 330 | 484        | 1167 |
| J. Rowland       | 600 | 402 | 551        | 1552 |
|                  |     |     | 4th-SQ-628 |      |
| <b>275 lbs.</b>  |     |     |            |      |
| (18-19)          |     |     |            |      |
| C. Lower         | 699 | 418 | 539        | 1657 |
| (20-23)          |     |     |            |      |
| A. Perez         | 501 | 407 | 517        | 1426 |
| (40-44)          |     |     |            |      |
| S. Shepherd      | 523 | 380 | 501        | 1404 |
| Open             |     |     |            |      |
| Scarborough      | 501 | 407 | 562        | 1470 |

|  |     |     |     |      |
|--|-----|-----|-----|------|
| <b>308 lbs.</b>  |     |     |     |      |
| (18-19)  |     |     |     |      |
| R. Bulmash   | 672 | 226 | 644 | 1541 |
| (45-49)  |     |     |     |      |
| T. Wright  | 451 | 253 | 402 | 1107 |
| Best Lifter Women Powerlifting: Winter Mendelson. Best Lifter Master Women Powerlifting: Lisa Hichkad. Best Lifter Raw Powerlifting: John Schraub. Best Lifter Powerlifting: Mark Driggers. Best Lifter Women Bench: Mary Toole. Best Lifter Bench: Eric Head. Champion of Champions: Mark Driggers. Georgia Team Champions: Georgia IronDawgs. Runner-Up Team: Team Squats. 2nd Runner-Up Team: Body Pro. |     |     |     |      |

### SLP INDIANA OPEN

MAR 20 2010 » Indianapolis, IN

|  |                |      |
|--|----------------|------|
| <b>BENCH</b>                             | K. Piper       | 365* |
| <b>FEMALE</b>                            | Master (55-59) |      |
| <b>181 lbs.</b>                          | J. Riddle      | 290* |
| RAW                                      |                |      |
| Submaster                                |                |      |
| <b>165 lbs.</b>                          | A. Alexander   | 130  |
| 242 lbs.                                 | J. Willis      | 290  |
| Open                                     |                |      |
| <b>MALE</b>                              |                |      |
| Master (50-54)                           |                |      |
| <b>242 lbs.</b>                          | D. Funke       | 455  |
| 242 lbs.                                 | K. Piper       | 425  |
| RAW                                      |                |      |
| Novice                                   |                |      |
| <b>181 lbs.</b>                          | D. Himes       | 300  |
| D. Himes                                 |                |      |
| <b>242 lbs.</b>                          | B. Fearnow     | 325  |
| 4th-335                                  |                |      |
| <b>275 lbs.</b>                          | B. Waller      | 315  |
| Teen (16-17)                             |                |      |
| <b>165 lbs.</b>                          | J. Janiszewski | 325  |
| 220 lbs.                                 | K. Bloyd       | 245  |
| Junior                                   |                |      |
| <b>242 lbs.</b>                          | R. Pedigo      | 330  |
| Submaster                                |                |      |
| <b>148 lbs.</b>                          | K. Robinson    | 300  |
| 198 lbs.                                 | D. Brown       | 405* |
| Master (40-44)                           |                |      |
| <b>242 lbs.</b>                          | J. Willis      | 535* |
| Open                                     | R. Starks      | 335  |
| Master (50-54)                           |                |      |
| <b>275 lbs.</b>                          | C. Coleman     | 535* |
| Master (55-59)                           |                |      |
| <b>242 lbs.</b>                          | J. Willis      | 535* |
| Open                                     | R. Starks      | 335  |
| Master (50-54)                           |                |      |
| <b>242 lbs.</b>                          | J. Jones       | 500  |
| *=Son Light Power Indiana State Records. |                |      |

capturing the title there with 130. For the novice men it was David Himes with 300 at 181 while Brandon Fearnow won at 242 with 335. Our final novice lifter was 275 winner Brian Waller, who finished with 315. Colin Janiszewski, a strong young presser, won at 16-17/165 with 325. Kyle Boyd, another first timer, won at 16-17/220 with 330. Ryan Pedigo won at junior 242 with 330. In the submaster division Kenneth Robinson was impressive at 148, taking the win with a double bodyweight 300! Best lifter Derek Brown broke the Indiana state record for the 198 class with a solid 405. Phillip Boyd, who just opened a Powerhouse Gym in Louisville, Kentucky, won at 40-44/242 with 350. Kevin Piper broke his own state record at 50-54/242 with 365 then used his shirt to hit 425. John Riddle, who has been away from the game for years, returned to hit a new state record at 55-59/181 with 290. Jon Willis, state record holder at 55-59/242, won there with 290. In the open division Damian Funke hit 455 at 242 while Jason Jones finished with 375 at 275. In the curl competition Ryan Pedigo set the state record for the junior 242 class with 145 while Tom Richardson finished with a new state record of 150 at 70-74/242. Moving to the deadlift event, it was Brandon Fearnow for the win at novice 242 with 500. Brandon and training partner Jason Jones, both new to the sport, improved on their form with each new attempt. Kenneth Robinson won again at submaster 148 with a strong 405 for a new state record there. Our best lifter in the deadlift event was Clifton Coleman, who set the state mark at 50-54/220 with 535. Jon Willis pulled that same 535 for the win at 55-59/242, breaking his own state record there. Rommie Starks placed second behind Jon with 335. In the open division Jason Jones pulled a personal best 500 for the win at 275. Thanks to my son Joey and Naz for doing a great job loading and spotting and to Brittany McCoy for helping me at the table and taking some great pictures of the meet. Thanks also to our trophy girl, twelve year old Olivia Sizemore, for helping once again. See you all again next year.

### USAPL MID-ATLANTIC BENCH PRESS

JUL 24 2010 » Stanardsville, VA

|   |     |            |     |  |
|---|-----|------------|-----|--|
| <b>BENCH</b>  |     |            |     |  |
| <b>198 lbs.</b>   |     |            |     |  |
| Open (70-74)  |     |            |     |  |
| (45-49) Raw   |     |            |     |  |
| J. Leavitt  | 250 | J. Moore   | 225 |  |
| <b>181 lbs.</b>   |     |            |     |  |
| (40-44)   |     |            |     |  |
| (50-54) Raw   |     |            |     |  |
| R. Maggi  | 350 | J. Johnson | 355 |  |
| This was a contest for lifters wanting a last chance to qualify to make the Bench Press Nationals in August. All the lifters did well. We are looking forward to seeing everybody in August. A special thanks to Rick Cash for helping out. |     |            |     |  |

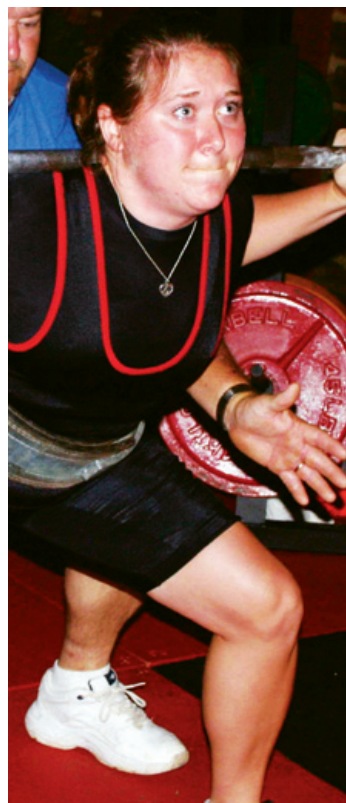




Devin Anderson at the IBP Raw Championships



Dan Corridean made records at the Fitness Warehouse Challenge



Cricket West squatting at the IBP South Carolina Powerlifting meet

## IBP RAW BP/SC CHAMPIONSHIPS APR 16 2010 » Winston Salem, NC

|                      |           |     |
|----------------------|-----------|-----|
| <b>BENCH FEMALE</b>  | J. Riggan | 415 |
| <b>165 lbs.</b>      | 4th-420   |     |
| Novice               |           |     |
| D. Norman            | 95        | 380 |
| <b>181 lbs.</b>      |           |     |
| Novice               |           |     |
| S. Care              | 120       | 275 |
| <b>198+ lbs.</b>     |           |     |
| Master (45-49)       |           |     |
| M. Boyles            | 165       | 235 |
| <b>MALE</b>          |           |     |
| <b>97 lbs.</b>       |           |     |
| Youth (10-11)        |           |     |
| T. Hobgood           | 65        | 275 |
| <b>123 lbs.</b>      |           |     |
| Intermediate (24-34) |           |     |
| Teen (14-15)         |           |     |
| L. Stubbs            | 370       |     |
| J. Care              | 165       |     |
| 4th-170              |           |     |
| <b>165 lbs.</b>      |           |     |
| Master (45-49)       |           |     |
| S. Hargrove          | 270       |     |
| Youth/Teen (12-13)   |           |     |
| D. Anderson          | 190       |     |
| <b>181 lbs.</b>      |           |     |
| Submaster (35-39)    |           |     |
| D. Jefferson         | 315       |     |
| <b>198 lbs.</b>      |           |     |
| Intermediate (24-34) |           |     |
| M. Johnson           | 325       |     |
| Master (45-49)       |           |     |
| J. Care              | 320       |     |
| Novice               |           |     |
| T. Walker            | 350       |     |
| <b>220 lbs.</b>      |           |     |
| Intermediate (24-34) |           |     |
| B. Norman            | 230       |     |
| Submaster (35-39)    |           |     |
| L. Stubbs            | 145       |     |

Outstanding Lifters: Johnny Riggan & Maria Boyles.

» courtesy Keith Payne

## IBP SOUTH CAROLINA POWERLIFTING AUG 21 2010 » Easley, SC

|                      |     |     |     |
|----------------------|-----|-----|-----|
| <b>BENCH FEMALE</b>  |     |     |     |
| <b>165 lbs.</b>      |     |     |     |
| Submaster (35-39)    |     |     |     |
| Raw                  |     |     |     |
| R. Nihart            | 175 |     |     |
| <b>198+ lbs.</b>     |     |     |     |
| Junior 20-23 Raw     |     |     |     |
| A. Huffman           | 135 |     |     |
| <b>MALE</b>          |     |     |     |
| <b>66 lbs.</b>       |     |     |     |
| Youth (8-9) Raw      |     |     |     |
| H. Spradlin          | 70  |     |     |
| <b>148 lbs.</b>      |     |     |     |
| Master (40-44) Raw   |     |     |     |
| D. Thai              | 235 |     |     |
| Master (45-49) Raw   |     |     |     |
| G. Ford              | 285 |     |     |
| <b>181 lbs.</b>      |     |     |     |
| Intermediate (24-34) |     |     |     |
| Raw                  |     |     |     |
| S. Todd              | 255 |     |     |
| Novice Raw           |     |     |     |
| R. Rousey            | 250 |     |     |
| 4th-260              |     |     |     |
| <b>Push Pull</b>     |     |     |     |
| <b>MALE</b>          |     |     |     |
| <b>66 lbs.</b>       |     |     |     |
| Youth (8-9) Raw      |     |     |     |
| H. Spradlin          | 70  | 170 | 240 |
| <b>181 lbs.</b>      |     |     |     |
| Open Raw             |     |     |     |
| R. Stovall           | 335 | 475 | 810 |
| Teen (16-17) Raw     |     |     |     |

|             |     |        |     |
|-------------|-----|--------|-----|
| T. Cummings | 150 | 340    | 490 |
| 4th-BP-160  |     | DL-360 |     |

## 242 lbs. Intermediate (24-34) Raw

|                          |           |           |           |
|--------------------------|-----------|-----------|-----------|
| R. Futrell               | 255       | 415       | 670       |
| <b>Powerlifting</b>      | <b>SQ</b> | <b>BP</b> | <b>DL</b> |
| <b>FEMALE</b>            |           |           |           |
| <b>105 lbs.</b>          |           |           |           |
| Intermediate (24-34) Raw |           |           |           |
| S. Simmons               | 125       | 95        | 225       |
| 4th-DL-235               |           |           |           |

## 148 lbs. Intermediate (24-34) Raw

|            |     |     |     |
|------------|-----|-----|-----|
| C. West    | 185 | 125 | 285 |
| 4th-DL-235 |     |     |     |

## 165 lbs. Junior (20-23) Raw

|            |     |     |     |
|------------|-----|-----|-----|
| K. Poole   | 265 | 100 | 250 |
| 4th-DL-265 |     |     |     |

## Novice Raw

|            |     |     |     |
|------------|-----|-----|-----|
| K. Poole   | 265 | 100 | 250 |
| 4th-DL-265 |     |     |     |

## MALE 132 lbs. Teen (14-15)

|            |     |     |     |
|------------|-----|-----|-----|
| J. Care    | 245 | 170 | 200 |
| 4th-DL-265 |     |     |     |

## 148 lbs. Intermediate (24-34) Raw

|             |     |        |     |
|-------------|-----|--------|-----|
| B. Campbell | 315 | 315    | 360 |
| 4th-BP-325  |     | DL-390 |     |

## Teen (18-19) Raw

|            |     |        |     |
|------------|-----|--------|-----|
| M. Miles   | 340 | 265    | 440 |
| 4th-SQ-370 |     | DL-450 |     |

## 165 lbs. Junior (20-23) Raw

|            |     |     |     |
|------------|-----|-----|-----|
| M. Moore   | 385 | 285 | 455 |
| 4th-DL-475 |     |     |     |

## 181 lbs. Junior (20-23) Raw

|              |     |     |     |
|--------------|-----|-----|-----|
| L. Vargo     | 450 | 280 | 460 |
| Open Raw     |     |     |     |
| J. Cochcroft | 350 | 250 | 450 |
| 1050         |     |     |     |

## 198 lbs. Junior (20-23) Raw

|                    |     |     |     |
|--------------------|-----|-----|-----|
| W. McAlpine        | 445 | 290 | 470 |
| 1205               |     |     |     |
| Master (45-49) Raw |     |     |     |
| M. Vargo           | 440 | 315 | 465 |
| 1220               |     |     |     |
| Master (45-49) Raw |     |     |     |
| R. Mowery          | 375 | 335 | —   |
| 710                |     |     |     |
| Novice Raw         |     |     |     |
| N. Finger          | 365 | 275 | 405 |
| 1045               |     |     |     |
| 4th-DL-435         |     |     |     |

## 242 lbs. Open Raw

|          |     |     |     |
|----------|-----|-----|-----|
| K. Nason | 570 | 415 | 535 |
| 1520     |     |     |     |

## 308 lbs. Junior (20-23) Raw

|            |     |     |     |
|------------|-----|-----|-----|
| H. Rickman | 565 | 330 | 425 |
| 1320       |     |     |     |

## Outstanding Female Lifter: Samantha Simmons. Outstanding Teen Lifter: Matt Miles. Outstanding Master: Mike Vargo. Outstanding Open Lifter: Kevin Nason. Team: RIPT 24/7 Gym.

» courtesy Keith Payne

## FITNESS WAREHOUSE CHALLENGE FEB 6 2010 » VA

### BENCH MALE

|                         |      |  |
|-------------------------|------|--|
| <b>181 lbs. (60-64)</b> |      |  |
| J. Sanders              | 230* |  |

### Powerlifting FEMALE

|                 |     |     |      |
|-----------------|-----|-----|------|
| <b>132 lbs.</b> |     |     |      |
| Open (20-24)    |     |     |      |
| H. Stewart      | 100 | 50  | 135  |
| 285             |     |     |      |
| <b>165 lbs.</b> |     |     |      |
| Open (20-24)    |     |     |      |
| B. Mizelle      | 115 | 85  | 190  |
| 390             |     |     |      |
| <b>MALE</b>     |     |     |      |
| <b>181 lbs.</b> |     |     |      |
| Open (20-24)    |     |     |      |
| G. Pike         | 350 | 290 | 505* |
| 1145*           |     |     |      |

### 198 lbs. Open (20-24)

|          |     |     |     |
|----------|-----|-----|-----|
| G. Noble | 325 | 285 | 430 |
| 1040     |     |     |     |

### 220 lbs. Open (30-34)

|           |     |     |     |
|-----------|-----|-----|-----|
| R. Massey | 500 | 385 | 565 |
| 1450      |     |     |     |

### 275 lbs. Open P/F/M

|              |     |     |     |
|--------------|-----|-----|-----|
| McMillan Sr. | 525 | 415 | 650 |
| 1590         |     |     |     |

### 308 lbs. Open (30-34)

|              |      |      |      |
|--------------|------|------|------|
| D. Corridean | 605* | 420* | 675* |
| 1700*        |      |      |      |

### Open (35-39)

|            |     |     |     |
|------------|-----|-----|-----|
| K. Prosser | 405 | 315 | 475 |
| 1195       |     |     |     |

### SHW Open (18-19)

|           |     |     |      |
|-----------|-----|-----|------|
| M. Hurdle | 225 | 290 | 430* |
| 945       |     |     |      |

### Open (20-24)

|         |      |      |      |
|---------|------|------|------|
| E. Ward | 425* | 305* | 475* |
| 1205*   |      |      |      |

\*=State Records. This was suppose to be a 25 lifter meet but due to the nearly 3 feet of snow that fell in Va and Md we had a lot of cancellations understandably. Either way we had some impressive lifting going on from the ones who were able to make it. Our two ladies that lifted for the very first time showed a lot of promise for the future considering they just started powerlifting about a month ago. The 181's had state record holder Greg Pike who did not disappoint with his big 505 deadlift at a bodyweight of 174 and ended up with another state record total of 1145.

In the 198's Greg Noble with no one to push him put up impressive numbers as well for a first timer with a fine 1040 total. Look for much bigger squats from Greg because this guy looks like he was born to squat. The 220's had national and world champion Ryan Massey put up an easy 1,450 total with much more in the tank as he is on the way to making a comeback. The 275's had Pat McMillan a fast rising star in the 100% raw federation who won the 09 worlds with a 1,632 total. Pat was looking strong but his squat seemed to be off this day so had to settle with just his opener but went on to pull a big 650 and total 1,590, not bad for an off day and Im sure the next time we see Pat he will make his elite total that he has been training hard for. The 308's saw the return of multi time world champion and world record holder Dan Corridean. Although he only had 6 weeks of training after a year long lay off Dan went on to erase all the state records by hitting 605, 420, 675, 1700. Big Dan has gone over 1800+ a few times so Im sure we will see much bigger numbers soon from him. 2nd in the 308's was Big Kevin Prosser who recently dropped 50 pounds so once his body adjusts to weight loss Im sure his numbers will be back up there but still nearly a 1200 total for Big Kevin was not too bad. SHW saw huge Matt weighing in at 385 and pulling a state record 430 with only his second time deadlifting so I look forward to seeing some big things from Big Matt. Also at SHW Ed Ward erased all the 20-24 records with lifts of 425, 305, 475, 1205. Last but not least we had Joe Sanders who benched only put up an easy 230 to set a new state record and looked good for more. Joe is 64 years old and just started lifting again after several years off so I look forward to seeing what he can do in the near future and proves again that age is just a number. I would like to thank my judges who made it possible, Paul "I bench more than you" Bossi, Mark "Mr Jersey Shore" Schied, and Big Jeremy Wright. Thank you guys so much for coming out to this meet and making it possible for us to put on a show.

» courtesy bdan1745@aol.com

# POWERLIFING

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## THE WAR WAGES ON »

to his website, [www.inzernet.com](http://www.inzernet.com) and pick them up. As far as the set/rep scheme goes, let's work hard on three sets of three reps. With all these new factors into play, you will definitely be able to handle more weight and start becoming more comfortable with performing the bench press in a simulated competition style. Again, try and make minor increases with the weights being handled as the weeks progress.

**T-GRIP BAR CLOSE GRIP** I suggest you use the seven foot double parallel handle T-Grip Bar. You can find the bar at [www.t-gripbarbell.com](http://www.t-gripbarbell.com). This bar is great for all kinds of pressing movements. Another great factor about this bar is that it puts a lot of stress on the wrists and forearms, which is going to aid you in preparing to handle the massive loads you are going to be handling as we get closer to the meet. I would alternate grips wide and narrow and even though they are both close grips, they will work your triceps at different angles by alternating the grips. I say four sets of five reps will work here. I would just warm up and keep alternating the grip every set until you find your work weight. This bar will work your triceps very hard.

**INCLINE DUMBBELL PRESS** Almost the same exercise as we did last month, but instead of using the barbell we are going to use dumbbells. Again, the same as the barbell, lower the dumbbells slowly and under control and almost pause them at the bottom. Then explode into them as you push the dumbbells to lockout. Use a heavy weight that you can do for three sets of eight reps. These will be a little harder to control of course because they are individual dumbbells, which will help you in building stability in your pressing muscles. Don't be fooled into believing dumbbells are just for bodybuilders, as they bring a lot to the table as far as conditioning and stability are concerned. As I always say, make sure you have competent spotters and make sure they are ready to grab the dumbbells at a split second notice in case you get into trouble. It's hard enough to stay injury free in handling big weights, let alone getting hurt by

a stupid mistake. Train hard and smart.

**SKULL CRUSHERS WITH AN E-Z CURL BAR** In my opinion, tricep extensions (skull crushers) are the king of all pressing exercises when it comes to bench pressing. I learned this from the great Ted Arcidi many years ago when I was just a tike, performing these way back in junior high school. There are many ways to perform them and they can cause a lot of wear and tear on the elbows, but if you use some variety and mix them up with different bars and dumbbells, your tricep strength will keep moving upward while experiencing minimal health issues. Tendonitis was one issue that plagued me while I was competing; I'm sure it was from this exercise. All I can say is ice those elbows between workouts and warm them up well before you start pushing heavy weights on this exercise. Last month we did the seven sets of eight with dumbbells and minimal rest periods, which I learned from Louie Simmons a few years back. This month we are going to be doing skull crushers to the nose with the *E-Z Curl Bar*. Keep your elbows tucked in and again touch the bar to your nose. Start light and progressively add weight until you reach your work set weight. Four sets of five reps should work well. Work the extensions hard and be patient. The rewards of your labor will definitely pay off with this exercise.

Another aspect I want to cover with you before we move on to the second day of assistance work is your recovery/nutrition plan. I can't stress the importance of this topic enough. As a power athlete you should try to get at least a minimal of eight hours of sleep a night. I also suggest deep tissue therapy, chiropractic care and sauna/whirlpool sessions. As far as nutrition, it doesn't matter if you are trying to gain, lose or maintain weight, you should up your protein intake. Along with meat and dairy products, you should take a good whey isolate type protein powder. Gorilla Nutrition has just come out with their new *Pro Natural Whey Isolate*, which contains thirty grams of protein per serving. Their formula mix of minimal fats and carbohydrates to high servings of protein makes this a great addition to your arsenal of powerlifting weapons. Go to their site

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[www.gorillanutrition.net](http://www.gorillanutrition.net), and check out all the different supplements they carry. They have everything you need to help in your nutritional needs. Down the road we will devote a whole article on rest and nutrition, so stay tuned for that. I have also learned in my past experience that it will aid in your recovery if you do some cardio work between lifting sessions. Brief intervals on the bike, pushing the sled or whatever you like to do that gets you breathing hard, will keep your cardiovascular system healthy and will aid in your recovery between training sessions. You hear me all you super heavies out there? Okay, I'm getting off my soapbox. Let's move on to our second day of assistance work. Again, some new exercises and some that we did in our previous cycle.

**SEATED LOW CABLE ROWS** This is an excellent upper back exercise. You can use an assortment of handle attachments to perform this exercise. I prefer the close handles, which seems to work more of your inner upper back. Get a good stretch and work four sets of ten reps, just like you did the lat pull downs.

**SHRUG LATERALS** I learned these from Louie Simmons a while back. It's the same as a side lateral, but before you start lifting the dumbbells in a lateral motion, you first must shrug the dumbbells. Then you complete the lateral motion of the lift. I like these a lot and for some reason they are less stressful on the deltoids, but yet seem to work better than regular laterals. Do the rear laterals the same way we did last month (on an incline bench) and drop the front dumbbell raises. As we increase the weight on the bar with all our pressing exercises, we want to eliminate exercises that will over work these muscles. Again, three sets of twelve with these exercises.

**BENT OVER ROWS** Don't change a thing from last month. Keep using the straps also. Four sets of ten reps here. This lift will really help your bench press. Bent over rows are sort of a reverse bench press, in which the bar is pulled to the stomach (just like a competition shirted bench press). This exercise shows how much your back really comes into play during the bench press. This exercise can be very physically taxing. Again, don't be afraid to heave the weight a bit off the floor, but protect your lower back by keeping your knees slightly bent. Four sets of ten reps should kick your butt. Have fun. Not!!

**BICEP/AB EXERCISES** Just like I stated last month, there are several different kinds of bicep exercises to choose from. Do the ones that you

like and switch them every few weeks to keep things fresh. I would also start adding some forearm work, such as wrist curls, to my bicep workout. Strong forearms and wrists play a big part in pushing up a big bench press. I would also start doing some abdominal work. Again, your choice: crunches, leg raises or ball crunches—whatever you like to do for abs will work. Strong abdominal muscles will aid in your overall strength and conditioning and make you a better bench presser.

That should do it for this month. Next month we are going to be getting into a bench press shirt and learning how to get one to fit correctly, along with doing a whole new bunch of exercises that will take us one step closer to crushing the iron at your upcoming contest. Check out my talk show at [www.bigevilslair.com](http://www.bigevilslair.com). This month we are talking with Shawn Frankl, who recently totaled 2,700 at 220! Along with Shawn will be his coach, the legendary Rick Hussey from Big Iron Gym. Tune in this month to hear this great interview. The show also has a lot of powerlifting news, information and surprises to keep you informed and entertained. Remember, The Big Evil is here to help you with any powerlifting questions you may have. You can contact me directly at [oaitez@aol.com](mailto:oaitez@aol.com) or contact me from the website.

Until next month, believe to achieve!!! «

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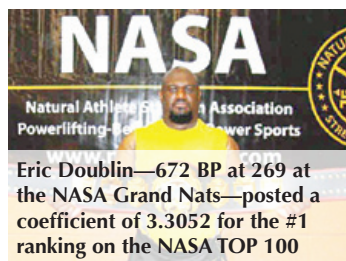
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**BIG EVIL'S LAIR**  
Hosted by The Big Evil Jamie Harris  
Check us out at [WWW.BIGEVILSLAIR.COM](http://WWW.BIGEVILSLAIR.COM)  
3-way interview Big Irons' Shawn Frankl who totaled 2700 at 220 and Rick Hussey owner of the Legendary Big Iron Gym.



# RESULTS



**Eric Doublin—672 BP at 269 at the NASA Grand Nats—posted a coefficient of 3.3052 for the #1 ranking on the NASA TOP 100**

## NASA GRAND NATIONALS JUL 17 2010 » Alvin, TX

|                    |            |     |  |  |  |
|--------------------|------------|-----|--|--|--|
| <b>BENCH</b>       | J. Clark   | 501 |  |  |  |
| <b>FEMALE</b>      |            |     |  |  |  |
| <b>105 lbs.</b>    |            |     |  |  |  |
| <i>Master I</i>    | D. Noland  | 446 |  |  |  |
| <i>High School</i> | F. Ashford | 424 |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>148 lbs.</b>    |            |     |  |  |  |
| <i>Master I</i>    | D. Noland  | 446 |  |  |  |
| <i>Raw</i>         |            |     |  |  |  |
| <b>148 lbs.</b>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>181+ lbs.</b>   |            |     |  |  |  |
| <i>Master I</i>    | R. Hedrick | 112 |  |  |  |
| <i>Raw</i>         |            |     |  |  |  |
| <b>220 lbs.</b>    |            |     |  |  |  |
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| <i>Open</i>        |            |     |  |  |  |
| <b>275 lbs.</b>    |            |     |  |  |  |
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| <i>Master II</i>   |            |     |  |  |  |
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| <b>308 lbs.</b>    |            |     |  |  |  |
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| <i>Open</i>        |            |     |  |  |  |
| <b>501</b>         |            |     |  |  |  |
| <i>Master I</i>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>501</b>         |            |     |  |  |  |
| <i>Master I</i>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>501</b>         |            |     |  |  |  |
| <i>Master I</i>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>501</b>         |            |     |  |  |  |
| <i>Master I</i>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>501</b>         |            |     |  |  |  |
| <i>Master I</i>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>501</b>         |            |     |  |  |  |
| <i>Master I</i>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |
| <b>501</b>         |            |     |  |  |  |
| <i>Master I</i>    |            |     |  |  |  |
| <i>High School</i> |            |     |  |  |  |
| <i>Teen</i>        |            |     |  |  |  |
| <i>Open</i>        |            |     |  |  |  |







## USPF RHODE ISLAND STATE

MAR 21 2010 » RI

| BENCH            |                 | 275 lbs. |                 |
|------------------|-----------------|----------|-----------------|
| High School      | Bourgault Sr.   | 528      |                 |
| DEADLIFT         |                 | 181 lbs. |                 |
| F. McBride       | High School     | 237      |                 |
| Juniors (18-19)  |                 | 220 lbs. |                 |
| P. Welch         | Juniors (18-19) | 248      |                 |
| Masters (40-44)  |                 | 132 lbs. |                 |
| S. Titini        | Masters (40-44) | 248      |                 |
| 242 lbs.         |                 | 242 lbs. |                 |
| C. DeBartolo     | Masters (45-49) | 501      |                 |
| 275 lbs.         |                 | 275 lbs. |                 |
| J. Bourgault Sr. | Masters (50-54) | 528      |                 |
| Lazzareschijr    | Masters (55-59) | 424*     |                 |
| 165 lbs.         |                 | 165 lbs. |                 |
| C. Tabulina      | Open            | 336*     |                 |
| 165 lbs.         |                 | 165 lbs. |                 |
| C. Tabulina      | Open            | 336      |                 |
| Powerlifting     |                 | SQ       |                 |
| Juniors (18-19)  |                 | 220 lbs. |                 |
| D. Galligan      |                 | 330      | 242 435 1007    |
| 242 lbs.         |                 | 242 lbs. |                 |
| P. Welch         |                 | 380      | 248 424 1051    |
| 242 lbs.         |                 | 242 lbs. |                 |
| C. Dougan        |                 | 407      | 220 418 1046    |
| 181 lbs.         |                 | 181 lbs. |                 |
| M. Srokowski     |                 | 407      | 385 600 1393    |
| 165 lbs.         |                 | 165 lbs. |                 |
| T. Roselli       |                 | 435      | 435* 506* 1376* |
| 181 lbs.         |                 | 181 lbs. |                 |
| B. Ducharme      |                 | 578*     | 358* 551* 1486* |
| 242 lbs.         |                 | 242 lbs. |                 |
| C. DeBartolo     |                 | 138      | 501* 639* 1277  |
| 275 lbs.         |                 | 275 lbs. |                 |
| Lazzareschijr    |                 | 484*     | 424* 138* 1046* |
| 165 lbs.         |                 | 165 lbs. |                 |
| C. Tabulina      |                 | 446*     | 336* 528* 1310* |
| 198 lbs.         |                 | 198 lbs. |                 |
| M. Azarian       |                 | —        | — — —           |
| 242 lbs.         |                 | 242 lbs. |                 |
| Montembault      |                 | 651      | 385 501 1537    |
| MALE             |                 | MALE     |                 |
| Open             |                 | 165 lbs. |                 |
| C. Tabulina      |                 | 446      | 336 528 1310    |
| 181 lbs.         |                 | 181 lbs. |                 |
| L. Greene#       |                 | 539      | 358 573 1470    |
| 220 lbs.         |                 | 220 lbs. |                 |
| P. Went          |                 | —        | — — —           |
| 242 lbs.         |                 | 242 lbs. |                 |
| V. Liang#        |                 | 446      | 336 528 1310    |
| C. DeBartolo     |                 | 138      | 501 639 1277    |
| S. Robison       |                 | —        | — — —           |

\*=RI State Records, !=American Records. #=Best Lifters. I first would like to thank all my sponsors, Spine Tech, a.k.a., Dr. Robert A L'Europa, Ocean State Gym, Team Aerts, Performance Nutrition, Elmwood Countertop, Hartford Muffler & Brake and TJI Construction. If it was not for the continued support of our sponsors, I would not be able to continue running the RI State and High School Championships. Each year they continue to support our great state event. I could not thank them enough. As always, I must also thank my judges, spotters, loaders, score keepers and my announcers for their continued

help in making this contest a success. Another big thanks to Bob Connell Jr. for his continued help and support each year, developing the new scoring/bar loading chart software and for being the webmaster of our website, www.ripl.org. Again, our lovely local economy has played into our state championship. We had another year with a small lifter turn out, but we did have a few more than last year. I hope this is a sign that things will improve in the coming years. However, with another year, we had more great lifting performances by those lifters that were able to compete. I just want to thank them all for coming out and participating this year. Before our state event this year I restructure the RI State records to align ourselves with the records structure of the USPF American records. I went through over 20 years of contest results to rebuild them to match the American Records format. This opened up a lot of new opportunities for lifter to set state records and other former lifters were awarded records with the new structure. I also added a single-lift deadlift division now with a compete new record structure for that also. With this done now, we had some great lifts with a number of records broken under the new record structure. Here are some of the highlights of the meet; In the powerlifting portion of the day we had a lifter in the 181/82.5 Juniors 20-23 division, Mike Srokowski (a lifter from CT) came looking for some big numbers. Mike squatted a nice 185 kg., followed by a 175 kg. bench press, with a 272.5 deadlift. Mike's bench press actually tied an American Record held by Patrick Roche set 5/2/1992. I am sure Mike will break that record at this years USPF Nationals held in RI this year. Another long standing American record was challenged at this event. In the 165/75 submasters division, Torn Roselli came out looking to break a 16 year old powerlifting bench record set by Tony Conyers in 12/3/1994. Tony held the record with a 188.5 kg bench, but Torn came ready to challenge that right off the bat with an 197.5 kg opener. It took him until his 3rd attempt to successfully break the record. Torn finished off his day with a 230 kg. deadlift and a 625 kg. total. Congratulation Torn. In the bench part of our day we had Steve Baratiini lifting in the 132/60 masters 40-44 division. Steve took on his first challenge of losing over 30 plus pounds of bodyweight to compete in the 132/60 weight class. Then his next challenge was trying to lift a double body bench. Steve benched an impressive 112.5 kg, just shy of his double bodyweight goal, but he still was able to set a new RI State Master BP record in the process. Hopefully he will be back next year to push it pass the double bodyweight goal. Another lifter looking to lift 2x his bodyweight was Cris Tabulina. Cris competed in the 165/75 masters 55-59 division, with an opener of 145 kg. Just under that 2x bodyweight mark. He than pushed it just pass that mark with a 2nd attempt of 152.5 kg. He looked to get more on his 3rd attempt of 157.5 kg, but just fall short. In the process, Cris also set a RI State Master BP record. Congratulations to you both. In the final portion of our day, the new deadlift competition brought out a few more impressive lifts. In the 132/60 open division; we had Antonio Silva coming in looking to set a new deadlift mark for himself. He opened with an easy 182.5 kg lift, but had a small technical problem and was not awarded the lift. He came back

on his 2nd attempt, with the same weight, pulling it again easily and setting an open deadlift record in process. He tried a 3rd of 220.5kg but was unable to lock it out. Another impressive pull was performed by a converted bench press competitor, Craig DeBaratolo. Craig holds a number of single lift 242 & 275 bench press records in RI, but he is also a strong puller to. He came into this meet dropping back down into the 242/110 master 40-44 division (he also competed in the full power and bench press portion of the meet). He started off with a state record setting opener of 272.5 kg. He than followed that up with a strong 2nd pull of 290 kg. He tried one more time to bump the up a little more with 297.5 unsuccessful 3rd attempt. He finished his day with multiple records in the power, bench and deadlift portion of the meet. Congratulations to Craig and all the lifters that set new records on their way to making this years RI another successful competition. Hopefully things with the economy will be better next year and we can get back to a bigger turn-out and more records being broken. Hope everyone has a great year.

» courtesy Ted J. Isabella

## NASA NEW MEXICO STATE

APR 24 2010 » Gallup, NM

| BENCH  |              | Raw          |     |
|--|--------------|--------------|-----|
| FEMALE   | Raw          | 181 lbs.     |     |
| Master III   | H. Denish    | 94           |     |
| 123 lbs.   |              | 198 lbs.     |     |
| Open   | T. Adelman   | 204          |     |
| 165 lbs.   |              | 165 lbs.     |     |
| Master II  | E. Keen      | 121          |     |
| 198+ lbs.  |              | 198+ lbs.    |     |
| Int  | M. Keen      | 193          |     |
| MALE   |              | MALE         |     |
| 198 lbs.   |              | 198 lbs.     |     |
| Master I   | L. Marker    | 253          |     |
| Master Pure  | L. Marker    | 253          |     |
| Novice   | L. Marker    | 253          |     |
| Int  | L. Marker    | 253          |     |
| Submaster II   | G. Schuster  | 253          |     |
| 242 lbs. <td>L. Marker</td> <td>253</td> <td></td>               | L. Marker    | 253          |     |
| Submaster II   | M. Butkovich | 319          |     |
| 275 lbs. <td>Open</td> <td>L. Marker</td> <td>253</td>           | Open         | L. Marker    | 253 |
| Master I   | L. Marker    | 253          |     |
| PS CURL  | L. Marker    | 253          |     |
| 198 lbs. <td>High School</td> <td>B. Hawkins</td> <td>429</td>   | High School  | B. Hawkins   | 429 |
| Submaster II   | High School  | H. Browning  | 127 |
| 242 lbs. <td>High School</td> <td>F. Bennett</td> <td>319</td>   | High School  | F. Bennett   | 319 |
| Submaster II   | High School  | F. Bennett   | 319 |
| 275 lbs. <td>Police/Fire</td> <td>M. Christian</td> <td>402</td> | Police/Fire  | M. Christian | 402 |
| SHW  | Novice       | Manzanares   | 479 |
| 242 lbs. <td>Submaster II</td> <td>Manzanares</td> <td>479</td>  | Submaster II | Manzanares   | 479 |
| Submaster II   | PS DEADLIFT  | Manzanares   | 479 |
| 275 lbs. <td>High School</td> <td>S. Denetelaw</td> <td>248</td> | High School  | S. Denetelaw | 248 |
| High School  | BP           | DL           | TOT |
| S. Denetelaw   |              |              |     |
| 116  | 237          | 352          |     |
| 88   | 226          | 314          |     |

|  |  |   |              |          |      |      |      |     |
|--|--|---|--------------|----------|------|------|------|-----|
| Master Pure  | C. Ferris  | 116   | 237          | 352      |      |      |      |     |
| Master Pure  | R. Jones   | 88  | 226          | 314      |      |      |      |     |
| 181 lbs. <td>Master III</td> <td>E. Waugh</td> <td>105</td> <td>239</td> <td>344</td>  | Master III   | E. Waugh  | 105          | 239      | 344  |      |      |     |
| 198+ lbs. <td>Master III</td> <td>B. Gill</td> <td>121</td> <td>242</td> <td>363</td>  | Master III   | B. Gill   | 121          | 242      | 363  |      |      |     |
| MALE <td>220 lbs. <td>Master IV</td> <td>J. Koch</td> <td>193</td> <td>308</td> <td>501</td> </td>                                   | 220 lbs. <td>Master IV</td> <td>J. Koch</td> <td>193</td> <td>308</td> <td>501</td>                      | Master IV   | J. Koch      | 193      | 308  | 501  |      |     |
| Powerlifting   | SQ   | BP  | DL           | TOT      |      |      |      |     |
| FEMALE   | 165 lbs. <td>Master II</td> <td>E. Keen</td> <td>176</td> <td>121</td> <td>204</td> <td>501</td>         | Master II   | E. Keen      | 176      | 121  | 204  | 501  |     |
| Master II  | 198+ lbs. <td>Int</td> <td>M. Keen</td> <td>303</td> <td>193</td> <td>275</td> <td>771</td>              | Int   | M. Keen      | 303      | 193  | 275  | 771  |     |
| Int  | Pure   | J. Hinzman  | 143          | 105      | 248  | 495  |      |     |
| Submaster Pure   | J. Hinzman   | 143   | 105          | 248      | 495  |      |      |     |
| MALE <td>198 lbs. <td>Master I</td> <td>K. Edwards</td> <td>—</td> <td>—</td> <td>—</td> <td>—</td> </td>                            | 198 lbs. <td>Master I</td> <td>K. Edwards</td> <td>—</td> <td>—</td> <td>—</td> <td>—</td>               | Master I  | K. Edwards   | —        | —    | —    | —    |     |
| Master I   | Master III   | K. Croxdale   | 391          | 303      | 506  | 1200 |      |     |
| Pure   | D. Torrez  | 661   | 440          | 534      | 1635 |      |      |     |
| Submaster I  | B. Long  | 606   | 446          | 573      | 1624 |      |      |     |
| 220 lbs. <td>Master I</td> <td>B. Hawkins</td> <td>501</td> <td>429</td> <td>473</td> <td>1404</td>                                  | Master I   | B. Hawkins  | 501          | 429      | 473  | 1404 |      |     |
| Master I   | B. Hawkins   | 501   | 429          | 473      | 1404 |      |      |     |
| 148 lbs. <td>Pure</td> <td>M. Wallace</td> <td>314</td> <td>248</td> <td>424</td> <td>985</td>                                       | Pure   | M. Wallace  | 314          | 248      | 424  | 985  |      |     |
| Pure   | 165 lbs. <td>Master III</td> <td>A. Gonzales</td> <td>198</td> <td>149</td> <td>264</td> <td>611</td>    | Master III  | A. Gonzales  | 198      | 149  | 264  | 611  |     |
| Submaster Pure   | 181 lbs. <td>Submaster Pure</td> <td>S. Pusztai</td> <td>242</td> <td>193</td> <td>363</td> <td>798</td> | Submaster Pure  | S. Pusztai   | 242      | 193  | 363  | 798  |     |
| Int  | Int  | A. Schandel   | 391          | 292      | 551  | 1233 |      |     |
| Submaster II   | Submaster Pure   | C. Valencia   | 429          | 275      | 402  | 1107 |      |     |
| 275 lbs. <td>Submaster II</td> <td>G. Schuster</td> <td>358</td> <td>253</td> <td>369</td> <td>980</td>                              | Submaster II   | G. Schuster   | 358          | 253      | 369  | 980  |      |     |
| 220 lbs. <td>Junior</td> <td>M. Otero</td> <td>336</td> <td>242</td> <td>462</td> <td>1040</td>                                      | Junior   | M. Otero  | 336          | 242      | 462  | 1040 |      |     |
| Master I   | Master I   | M. Hunter   | 319          | 259      | 418  | 996  |      |     |
| High School  | Master III   | W. Lloyd  | 209          | 171      | 380  | 760  |      |     |
| T. Chee  | Master IV  | J. Koch   | 209          | 193      | 308  | 710  |      |     |
| High School  | 308 lbs. <td>Submaster I</td> <td>C. Reinhardt</td> <td>347</td> <td>264</td> <td>501</td> <td>1112</td> | Submaster I   | C. Reinhardt | 347      | 264  | 501  | 1112 |     |
| H. Browning  | PS Sports  | CR  | BP           | DL       | TOT  |      |      |     |
| 308 lbs. <td>FEMALE</td> <td>181 lbs. <td>Master III</td> <td>E. Waugh</td> <td>61</td> <td>105</td> <td>239</td> <td>404</td> </td> | FEMALE   | 181 lbs. <td>Master III</td> <td>E. Waugh</td> <td>61</td> <td>105</td> <td>239</td> <td>404</td> | Master III   | E. Waugh | 61   | 105  | 239  | 404 |
| High School  | Master III   | H. Denish   | 61           | 94       | 220  | 374  |      |     |
| K. Grey  | Master III   | W. Lloyd  | 127          | 171      | 380  | 677  |      |     |
| 143  | 220 lbs. <td>Master IV</td> <td>J. Koch</td> <td>94</td> <td>193</td> <td>308</td> <td>595</td>          | Master IV   | J. Koch      | 94       | 193  | 308  | 595  |     |
| High School  | Master III   | K. Hardy  | 138          | 330      | 286  | 754  |      |     |
| 248  | 275 lbs. <td>» courtesy Rich Peters</td> <td></td> <td></td> <td></td> <td></td>                         | » courtesy Rich Peters  |              |          |      |      |      |     |

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# TIM McCLELLAN »

**benefit let me ask you a few salient questions.** Go for it.

**Is this book geared exclusively for the sports fan?**

No, along my journey I have also been fortunate to cross paths with many extraordinary individuals who never played sports. Interesting and amazing people just seem to find me. I hope the stories of these people will serve to inspire others as much as those of the world class athletes.

**Who will benefit most from this book?**

My sincere hope is that all will benefit from this book. For me this is not a money making endeavor. It is an act of sharing.

**Is there a common thread that weaves through the diverse population you write about?**

Absolutely. I think perhaps the most common thread is that high achievers whom I have written about all possess a high degree of personal accountability for their eventual outcome. I wish everyone in the world could have lived through my interactions with these high achievers. I believe everyone would come away more inspired, happier and healthier. In my mind that means more inner strength and more inner peace.

**You have more than two decades experience in several different martial arts and have written many stories of lessons you have learned from masters of their arts. I found that rather surprising and interesting. How would you describe your time in those environments?**

Magical. Life changing. Mind boggling. Wonderful. I have been fortunate to learn many of life's lessons from some of the top martial artists in the world. I also think I might be the only serious martial artist who can recount the many beatings I took in my development—seems like everyone else paints a picture of how they could never lose.

**Doesn't the study of martial arts at some point require the overcoming of hardship?**

All the time. It is precisely that hardship, which is purposely injected into the curriculum by good instructors, that served to strengthen one. I have been fortunate to have this many times. Besides, most successful people have a distinct toughness that comes from such training. It has changed my coaching forever as well.

**Who are some of the toughest people you have written about?**

The book is full of stories, from the first page to the last page.

**Who is the toughest?**

Wow, that is hard to answer. My teammate Kyle Harder fought a whole tournament with a badly fractured arm, after trying to block a kick from another one of our teammates, "Freight Train" Dodge. There is a photo of the X-ray in the book. One martial arts master had achieved a rank of black belt in fourteen different arts. I saw an Olympic champion wrestler lose 27 pounds in two weeks and collapse while getting off the scale at weigh-ins at the Olympic Games.

He won the gold medal. Julie Fisher would run races several times a year until she collapsed at the finish line, having given every ounce of energy she had. That was always a scary sight. Perhaps the toughest of all, however, might be Vasily Jirov who was regularly made to fend off the attack of highly trained German Shepard attack dogs while he was preparing for the Olympic Games in Russia. That's just such an unusual form of training, we could never do such a thing in this country; yet, he was an average guy physically who was named pound for pound the best boxer in the Olympic Games. Tough times seldom last, but titles like that live forever.

**Is the book exclusively a story of will over skill stories?**

No, there are also stories written of love, loyalty, passion, self-reliance and beauty. I hope there is something for everyone in this book.

**What is your favorite story?**

It is hard to say. I trained Pat Tillman for boot camp. Randall McDaniel transformed himself from a 4th string tight end to arguably the best player in the history of the NFL. I coached Mike Bridges, who was the best lifter in all of powerlifting, in the World Championships. Olympic champion Kenny Monday gave me his Olympic watch. Learning from all of these people has been a blessing, and that's not even mentioning my friend, Gary Hall Jr., whom I could write an entire book about.

**Getting back to lifting. Do you have any words of wisdom for the lifters today?**

First of all, develop a good game plan, a thorough, well-designed, logical, systematic progression from point A to point B. I have never met a successful athlete who didn't have a good game plan. In fact, if there was one common denominator that seemed to separate the successful athletes from the ordinary athletes, it would be that successful athletes consistently maintain a systematic goal-oriented program. Success is seldom achieved by chance. Not every athlete should train the same way. God did not create all men equal (for athletics). It is true that we are more alike than we are different, but the fact still remains that we are unique with unique circumstances. Just from a genetic standpoint, individuals are different as far as muscle fiber, tendon, strength, vascularization, body chemistry and mechanical efficiency...and that's only a few of the physiological differences. Add to that fact is the realization that some athletes are using performance enhancing drugs, which gives them the ability to train harder and longer. Besides the physical differences, there are also considerable social and psychological differences among individuals. Each of us has different demands placed upon us as far as time, responsibility, jobs, home life, etc. We eat differently, work differently, sleep differently and play differently. In short, we are all very different and unique. Consequently, it would only stand to reason that an individual's training routine should be designed to meet his unique physical characteristics and lifestyle. Unfortunately, many individuals don't consider the aforementioned

differences among men. They seem to believe that if Mike Bridges is successful using a particular routine, they will be too. It doesn't work out that way. What works great for one person may be a disaster for another—not everyone should train the same way. Consequently, we need to tailor our training to meet our own specific needs.

Another thing, if I was a young upcoming lifter today, knowing what I know now, after thirty years of coaching over 10,000 athletes I would actively seek out and pick the brains of anyone who ever had success in the sport. For instance, the August 2010 issue of *Powerlifting USA* shows 64 year old Bob Gaynor pulling a 680 pound deadlift at a bodyweight of 198 pounds. That is unfathomable for those of us who know Bob from decades ago. Obviously, he has found an amazing formula for success, yet I bet few will ever ask for that recipe. Compare that and contrast his programs to what the champions did thirty years ago, twenty years ago, and ten years ago—seek apprenticeship. The one thing we all have in common is powerlifting. It is a wonderful thing to be able to share and many of the older, more experienced guys would feel respected and would love to share their knowledge.

**The sport has certainly gone through a metamorphosis since you last coached in the mid-nineties. What are the some of the positives and negatives you see in the sport today?**

I absolutely love powerlifting. The sport brought friends into my life from all over the world: Martin Beavers from Washington, Bull Stewart from Mississippi, Randall Kea from Georgia, Shawn Cain from Wisconsin and Joe Braca from Pennsylvania. I got so much from the sport of powerlifting, and my sincere hope is that everyone else will as it could be one great big family if we chose for it to be that way. I really wish it was that way, but unfortunately there is a lot of division in the sport today. I pray that changes. We need one organization and the strength of unity, not the weakness of division. One time, about ten years ago, I had a friend win the "national championship" in Mesa, AZ. At that time I knew of nine other guys in this state alone that could out total him in his weight class, yet he was the national champion. That part is really sad.

On the bright side, I am truly excited for the advantages in technology. Today's lifters have access to so much more information than we did. In our era we basically had desiccated liver and brewer's yeast. Today people have access to guys like Tom Inledon, a Human Performance Specialist in Arizona who can test just about every cell in the body and can develop a nutritional strategy that will optimize the athlete's performance. In other words, with this kind of technology there is no guesswork involved. I used this method in my martial arts training and I found recovery levels at the age of 50 that I was experiencing at 20 years of age. That is just one example. There is technology out there that can enhance your biomechanics, your state of mind and your biochemistry. It is awesome. The future looks even brighter from

an athletic standpoint.

Conversely, I wish powerlifting was still a test of pure strength like it initially was. Here the technology has also been amazing, but I would really like to know if it was the lifter or the suit making the lift. Looking back, we made a huge mistake on allowing performance enhancing equipment. Think about what we are missing out on. We could compare and contrast the lifts Kuc, Kazmaier and Pacifico made with today's stars. We would have definitive proof of training protocols and a fair and objective criterion to establish a historical world-wide ranking of competitors. Now we have oranges and toilets to compare.

**You were rather young when you stopped coaching powerlifting. Why did you walk away so early in your career?**

I was coaching seventy hours a week at Arizona State University. I was responsible for 26 varsity teams and I had only one assistant, eleven time national powerlifting champion Rich Wenner, and two part time graduate assistants. Time became a factor. I just lost the ability to put in the needed hours to keep up researching everything under the sun to help my lifters. As a coach you can never stop learning. There is always something new to learn that can ben-

efit an athlete. We live in such a fast pace dynamic society that by doing nothing we fall way behind. I simply couldn't keep up. I am an all or nothing guy. I just couldn't give my athletes my very best with my time constraints and I wasn't going to give them less than my best. You get out of life what you put into it. It became a life lesson and I hope the book helps spread life lessons to powerlifters from a powerlifter.

**Any last thoughts?**

I would like to say thank you to all of the amazing people that have served to increase my inner strength and inner peace. I hope their example will serve to help others as well. I am also now completing a second book, one on attaining higher levels of success and happiness. Since my days coaching lifters, I have gotten deeper into researching learning behaviors and have applied them very successfully to my martial arts training and the training of those I help to teach. I think there are many applications for powerlifters. It is my hope all who lift will seek perfection of training and will strive to bring out their very best. Destiny is a matter of choice, not chance and people can fly if they have a mind to. I hope more will choose to fly and will stop at nothing less than their very best. «



McClellan has black belts in multiple martial arts

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## A MULTI-YEAR PLAN »

### 650-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 325          | 12X2 | 24    | 25%          | 7800   |
| 55%        | 355          | 12X2 | 24    | 25%          | 8520   |
| 60%        | 390          | 10X2 | 20    | 25%          | 7800   |

### 700-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 350          | 12X2 | 24    | 25%          | 8400   |
| 55%        | 385          | 12X2 | 24    | 25%          | 9240   |
| 60%        | 420          | 10X2 | 20    | 25%          | 8400   |

### 750-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 375          | 12X2 | 24    | 25%          | 9000   |
| 55%        | 425          | 12X2 | 24    | 25%          | 10,200 |
| 60%        | 450          | 10X2 | 20    | 25%          | 9000   |

### 800-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 400          | 12X2 | 24    | 25%          | 9600   |
| 55%        | 440          | 12X2 | 24    | 25%          | 10,560 |
| 60%        | 480          | 10X2 | 20    | 25%          | 9600   |

### 850-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 425          | 12X2 | 24    | 25%          | 10,200 |
| 55%        | 470          | 12X2 | 24    | 25%          | 11,280 |
| 60%        | 510          | 10X2 | 20    | 25%          | 10,200 |

### 900-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 450          | 12X2 | 24    | 25%          | 10,800 |
| 55%        | 495          | 12X2 | 24    | 25%          | 11,880 |
| 60%        | 540          | 10X2 | 20    | 25%          | 10,800 |

### 950-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 475          | 12X2 | 24    | 25%          | 11,400 |
| 55%        | 520          | 12X2 | 24    | 25%          | 12,480 |
| 60%        | 570          | 10X2 | 20    | 25%          | 11,400 |

### 1000-Pound Max Squat (Bar Speed is 0.8 m/s avg.):

| Percentage | Weight (lb.) | Reps | Lifts | Band Tension | Volume |
|------------|--------------|------|-------|--------------|--------|
| 50%        | 500          | 12X2 | 24    | 25%          | 12,000 |
| 55%        | 550          | 12X2 | 24    | 25%          | 13,200 |
| 60%        | 600          | 10X2 | 20    | 25%          | 12,000 |

1130 pounds with 720 pounds bar weight and 440 pounds band tension

I can show many such studies like this. After all, we have 16 men who squat at least 1000 pounds officially, plus 17 men who deadlift 800 pounds. Remember, the volume must match your max strength, your form must be flawless, and you must raise your max effort exercises and fortify your weaknesses. When using a variety of bars to squat with, you must calculate the different maxes from a contest max. Try a Safety Squat bar max, a 14-inch cambered bar max, a front squat max, and so forth. By using different bars you will avoid the volume accommodation effect. Tudor Bompas told me I was doing flat loading, but after explaining the rotation of bars and special exercises, I showed how to avoid all manners of the law of accommodation. All progress in the classical lifts, meaning the snatch, clean & jerk, squat, bench, and deadlift, depends on controlling volume and the intensity zones laid out by many European sports scientists. I found this to be the most important factor in making continuous gains and preventing injuries. It is very important to maintain proper bar speed while doing all sets. Just look at the equation  $F = mA$  (force equals mass times acceleration), or look at the definition of power. Power is defined as work done divided by the time used to do the work, or  $P = W/t$ . The more powerful one is, the faster he or she can do the work. Next, match the work by your physical capabilities by controlling volume on speed development day with moderate intensity zones. On max effort day, 72 hours later, use a lower volume, 50% on average, with maximal intensity, hopefully more than 100%. Lastly, it is also important to perfect your form. This method will prolong your lifting career and make it possible to lift your most. ☺

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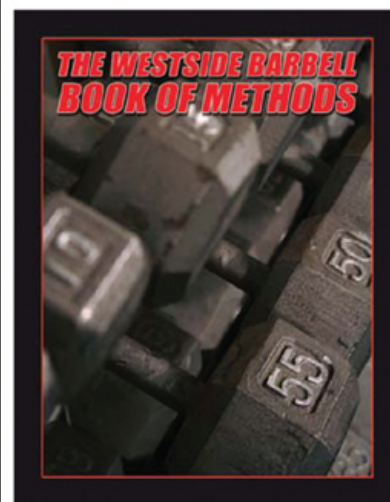
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Math plays a major role in increasing strength. If you can do the wave at your current max with the correct bar speed for speed strength development (about 0.8 m/s), you will create a new squat record on meet day. You must also raise max effort records all year long and work on your lagging muscle groups to complement the speed work, done 72 hours before.

I will now give you some parameters of how to establish a contest max on a box squat with no knee wraps or suit straps up. Jean Fry, a 123-pound female, made a box squat with 280 pounds plus 140 pounds of band tension at the top, which equals 420 pounds. She did a strong 415-pound squat at a meet. As you can see, the top value is a strong indicator of how much you can squat at meet time. On the high end 500 pounds of bar weight and 375 pounds of band tension will translate to a squat of at least 800 pounds. Tony Ramos made 470 pounds of bar

Louie reminds us:

**“IF YOU FAIL TO PLAN,  
 YOU PLAN TO FAIL.”**

weight plus 375 pounds of band tension on a box squat and squatted 810 pounds at the Cincinnati Pro-Am at 181 pounds bodyweight. A bar weight of 550 pounds plus 375 pounds of band tension will translate to an 850-pound squat. A bar weight of 600 pounds plus 375 pounds of band tension will, and has many times, produce a 900-pound squat. A bar weight of 650 pounds plus 375 pounds of band tension will produce a 950-pound squat. A bar weight of 600 pounds plus 440 pounds of band tension will equate to a 1000-pound squat. A bar weight of 650 pounds plus 440 pounds of band tension will produce a squat of 1050 pounds.

Tony Bolognone squatted the following:  
 1000 pounds with 600 pounds bar weight and 440 pounds band tension  
 1050 pounds with 650 pounds bar weight and 440 pounds band tension  
 1100 pounds with 700 pounds bar weight and 440 pounds band tension

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| No. 2.5 | c. 237.5 lb. |
| No. 2   | c. 195 lb.   |
| No. 1.5 | c. 167.5 lb. |
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schedule that's a realistic stretch for gains versus your capabilities and goals. Peak at least twice per year. After each peak, reflect on progress versus the plan then improve the plan for continued or improved future gains. Routinely participate in powerlifting meets in whatever additive role needed. Ensure that the squat, bench, and deadlift are performed in training consistent with the rules of competition for your choice of federations. Focus as much on building a solid strength and conditioning base as you do peak strength. Never miss a workout. When in the gym, focus mental and physical energy only on your progress and your training partners' progress. Injury avoidance should be a part of your training program. Inflammation management should be a part of your training program. Build a raw strength/conditioning base before depending on supportive gear, but if you plan to compete equipped, then train equipped. There isn't a long-term consistent and direct correlation between increased raw strength and increased equipped lifts. There also isn't a long-term correlation between long-term use of supportive apparel for heaving lifting and a decrease of raw strength. Adequate rest and proper nutrition are as important as consistent workouts against a quality training plan. Identify and minimize decisions or behaviors specific to lifting that could negatively impact other aspects of your life, including others who depend on you. Favor form over weight. Train both speed strength and grind strength. Keep balance in your life. Use your ego to drive you for improvement, but otherwise check it at the door. The weight never gets tired. Don't take it for granted on any weight or any rep set. Maintain perfect form on every rep of every weight in training. As a guide, pounds you cut as a percentage of your total bodyweight to make a particular class will result in a corresponding reduction in your strength at the meet. Reduce your openers and peak expectations by a percentage matching that of weight you've

cut. Give back to the sport.

**BILL ENNIS:** Lift raw. Five to eight reps for form and technique. Refrain from singles or doubles. Train with a dependable partner. Go to as many meets as possible and stay in the warm-up room. Watch closely how the lifters warm up. Watching them just from the platform tells you nothing.

**DAVE RICKS:** My advice is not to worry too much about training in gear. Start out RAW and focus on the technique of each lift. Set realistic goals for your training cycle. You will not make big gains. Powerlifting is a journey. Also, nutrition and supplements are just as important.

**BOB GAYNOR:** I think the beginner has it tougher in some respects than 25 years ago. At that time there were meets (novice/class 2) that catered to these lifters. It allowed you to lift and talk to others that were at about the same point you were. These meets no longer exist.

The first 12 to 18 months are very important—use them wisely. It is during this period where lifelong habits are developed. The beginner should use this period to develop overall strength and become accustomed to the power movements. Train with moderate reps (five to six) and do very few singles. Train raw for this period. Find a group to train with—you cannot do this alone. Don't miss workouts. Make sure you get enough rest and follow a solid nutritional program. Attend contests, volunteer to help out. Learn how things are done, talk with lifters, officials and coaches. Follow the power scene through *Powerlifting USA* and *Powerlifting-watch.com*. Enjoy the sport and make yourself a positive part of it. «

This concludes the discussion for the month. As you can see, there is no one answer for just about any question.

If you have a subject you would like to see discussed, contact [lambert-plusa@aol.com](mailto:lambert-plusa@aol.com) or [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net). If you would like to serve on the Forum Panel, contact [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net).



Rear Admiral Harold Pittman with Power Forum contributors Bob Gaynor (with his framed copy of the August issue of *POWERLIFTING USA*) and Spero Tshontikidis, at the RAW United Armed Forces Open held on 9/11/2010 (J.D. Gaynor photo)

**ADFPF PIT OPEN**  
JUL 31 2010 » Evansville, IL

|                     |           |           |           |            |  |
|---------------------|-----------|-----------|-----------|------------|--|
| <b>BENCH</b>        |           |           |           |            |  |
| <b>MALE</b>         |           |           |           |            |  |
| 165 lbs.            |           |           |           |            |  |
| Junior              |           |           |           |            |  |
| C. Hill             | 259       |           |           |            |  |
| 275 lbs.            |           |           |           |            |  |
| Master I            |           |           |           |            |  |
| Push Pull           |           |           |           |            |  |
| <b>MALE</b>         |           |           |           |            |  |
| 165 lbs.            |           |           |           |            |  |
| Open                |           |           |           |            |  |
| K. Moroscher        | 231       | 380       | 612       |            |  |
| 175 lbs.            |           |           |           |            |  |
| Master II           |           |           |           |            |  |
| D. Shirley          | 160       | 303       | 463       |            |  |
| 198 lbs.            |           |           |           |            |  |
| Open                |           |           |           |            |  |
| J. Michael          | 237       | 501       | 738       |            |  |
| <b>Powerlifting</b> | <b>SQ</b> | <b>BP</b> | <b>DL</b> | <b>TOT</b> |  |
| <b>MALE</b>         |           |           |           |            |  |
| 114 lbs.            |           |           |           |            |  |
| Teen I              |           |           |           |            |  |
| Schweitzer          | 138       | 116       | 276       | 529        |  |
| 123 lbs.            |           |           |           |            |  |
| Teen III            |           |           |           |            |  |
| E. Vibbert          | 154       | 110       | 303       | 568        |  |
| 148 lbs.            |           |           |           |            |  |
| S. Bassemir         | 209       | 138       | 320       | 667        |  |
| 165 lbs.            |           |           |           |            |  |
| Master I            |           |           |           |            |  |
| D. Horner           | 402       | 309       | 507       | 1218       |  |
| 181 lbs.            |           |           |           |            |  |
| Master V            |           |           |           |            |  |
| T. Kohut            | 198       | —         | 336       | 534        |  |
| 198 lbs.            |           |           |           |            |  |
| Junior              |           |           |           |            |  |
| C. Wallace          | 408       | —         | 501       | 909        |  |
| 220 lbs.            |           |           |           |            |  |
| Master I            |           |           |           |            |  |
| B. Morton           | 523       | 347       | 612       | 1482       |  |
| 220 lbs.            |           |           |           |            |  |
| Master II           |           |           |           |            |  |
| B. Thomas           | 325       | 281       | 402       | 1008       |  |
| 198 lbs.            |           |           |           |            |  |
| Open                |           |           |           |            |  |
| M. Robbins          | 353       | 281       | 402       | 1036       |  |

**NOVA RAW**  
JUN 5 2010 » Centreville, VA

|                     |           |           |           |            |  |
|---------------------|-----------|-----------|-----------|------------|--|
| <b>BENCH</b>        |           |           |           |            |  |
| 181 lbs.            |           |           |           |            |  |
| (80-84)             |           |           |           |            |  |
| H. Pitt             | 180!      |           |           |            |  |
| 220 lbs.            |           |           |           |            |  |
| (50-54)             |           |           |           |            |  |
| T. Rollins          | 345!      |           |           |            |  |
| <b>Powerlifting</b> | <b>SQ</b> | <b>BP</b> | <b>DL</b> | <b>TOT</b> |  |
| <b>FEMALE</b>       |           |           |           |            |  |
| 165 lbs.            |           |           |           |            |  |
| (35-39)             |           |           |           |            |  |
| A. Snowden          | 295!      | 135!      | 295!      | 725!       |  |
| 181 lbs.            |           |           |           |            |  |
| (40-44)             |           |           |           |            |  |
| T. Botting          | 400!      | 360!      | 500!      | 1260!      |  |
| 198 lbs.            |           |           |           |            |  |
| (35-39)             |           |           |           |            |  |
| M. Snowden          | 405!      | 340!      | 450!      | 1195!      |  |
| (21-24)             |           |           |           |            |  |
| P. Geoghgan         | 355!      | 240!      | 450!      | 1045!      |  |
| (15-16)             |           |           |           |            |  |
| N. Peevy            | 355!      | 245!      | 385!      | 985!       |  |
| 220 lbs.            |           |           |           |            |  |
| (45-49)             |           |           |           |            |  |
| J. Pitt             | 350       | 325       | 405       | 1080       |  |
| (15-16)             |           |           |           |            |  |
| B. Pitt             | 265!      | 185!      | 350!      | 800!       |  |
| 242 lbs.            |           |           |           |            |  |
| (16-17)             |           |           |           |            |  |
| T. Buzzo            | 400!      | 240!      | 400!      | 1040!      |  |
| <b>SHW</b>          |           |           |           |            |  |

(45-49)  
J. James 315! 250! 425! 990!  
!=NOVA Raw Records.  
» courtesy John James

**SLP CENTRAL ILLINOIS WINTER OPEN**  
JAN 9 2010 » Athens, IL

|                |      |  |  |      |  |
|----------------|------|--|--|------|--|
| <b>BENCH</b>   |      |  |  |      |  |
| <b>FEMALE</b>  |      |  |  |      |  |
| Raw            |      |  |  |      |  |
| Submaster      |      |  |  |      |  |
| 181 lbs.       |      |  |  |      |  |
| A. Tabit       | 190  |  |  | 355  |  |
| Master (40-44) |      |  |  |      |  |
| S. Lockwood    | 100* |  |  | 240  |  |
| 123 lbs.       |      |  |  |      |  |
| J. Dougherty   | 90*  |  |  | 315  |  |
| <b>MALE</b>    |      |  |  |      |  |
| Teen (16-17)   |      |  |  |      |  |
| 198 lbs.       |      |  |  |      |  |
| D. Nolan       | 225  |  |  | 345  |  |
| 275 lbs.       |      |  |  |      |  |
| A. Harmening   | 425  |  |  | 530  |  |
| Master (40-44) |      |  |  |      |  |
| R. Walsh       | —    |  |  | 570* |  |
| 198 lbs.       |      |  |  |      |  |
| L. Trammell    | 325  |  |  | 475  |  |
| Master (60-64) |      |  |  |      |  |

\*=Son Light Power Illinois State Records. Best Lifter Bench Women: Anna Tabit. Best Lifter Bench Men: Alex Harmening. Best Lifter Deadlift: Mike Raya. The Son Light Power Central Illinois Open Bench Press/Deadlift Championship was held at Route 29 Fitness in Athens, Illinois. Thanks to owners Joe and Anna Tabit for once again hosting this meet. In the raw bench press event best lady lifter Anna Tabit won at submaster 181 with a strong 190. Having lost ten pounds from her last competition of two weeks ago, she still came close with a personal best 205 final attempt! Newcomer Susie Lockwood looked strong at 40-44/220 with a new state record of 100. Our final lady lifter was Jean Dougherty, who moved up to the 65-69 age group, setting the state record there at 123 with 90. For the raw men it was Joe Tabit for the win at 40-44/242 with an easy 355. John Garry, another new competitor, won at 50-54/220 with a personal best 240. Andrew Park won at 181 open with a solid 315. In the assisted division first-time competitor Dillon Nolan won at 16-17/198 with 225. Our best lifter for the men was another newcomer, Alex Harmening. Alex won at junior/275 with a personal best 425. The biggest attempt of the day, though, came from Ron Walsh, who competed at 40-44/308. Just coming back into competition after two years off, Ron hasn't quite got the hang of his shirt. Ron failed to get in his opener of 705. At 55-59/198 it was Luke Trammell, who hasn't competed since 1999. A great overall powerlifter, Luke easily hit 325 for the win there. Great to see Luke back in action! Richard Carlson, who is coming off a knee injury, won again at 60-64/181 with an easy 315. Moving to the deadlift, first-time puller Hunter Atwood, coached by the great T.C. Roesch, won at 16-17/181 with 345. Shaun Smith had some problems with his suit, managing only to pull his opener of 530, though he is probably good for 600. At 50-54/181 best lifter Mike Raya broke his own state record by five pounds to finish with 570 while John Dougherty won at 198 with 475. Thanks to my son Joey Latch and Justin Claussen for doing a great job of loading and spotting and to our two trophy girls Elizabeth and Alexis Smith for serving as out trophy girls.  
» courtesy Dr. Darrell Latch



Best Lifters at the SLP Central IL Winter Open (L-R): Mike Raya, Anna Tabit, and Alex Harmening (Latch photo)

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# IPF ASIAN BP CHAMPIONSHIPS »

"Behboodian" of Iran, age 17, faced off as Sub-Juniors in the 125 kg. class. Both big boys opened with 120 kg. The Iran lad jumped from 120 kilos to 210—that's TWO-HUNDRED-AND-TEN—and failed. Twice. What was THAT about? Raymond won with 125. Which leads us to...

**Strangest Problem Lately:** I noticed as the meet progressed that there were some Iran teens and juniors who looked like they shaved twice a day. Robert Wilks lined it out for me later. Iran had an age and passport problem at a past world meet. Iran guys who appeared to be 25-30 years old lifted as teens and juniors. Guys with full beards showed up with passports showing them as teens or college aged! It seems village mothers must go to Tehran to register the birth of their children. Because of distances, money, etc., some wait 5-10 years before doing so. They must register kids to get certain benefits and legal standings, but hurry isn't part of it. The kid's date of registry becomes their date of birth!!! Were there some "passport teens" lifting here? I heard no fuss about it.

**Geography Gripes Department:** When I traveled to my first Asian regional contest in 1990, there were ten member countries! Now, 23 countries are on the AFP site, stretching geographically from Palestine and Lebanon to Japan and Indonesia! There are six regions, but "Asia" covers almost half the globe in distance and if the mainland Chinese ever come into powerlifting then the AFP will represent, what, twenty-five percent of the world's population? This is skewed and unwieldy. The distances are too far for many countries to handle economically.

Where was Indonesia at this contest? They are next door. This lifting mystery nation, which attends an international meet every year and a half or so, proceeds to scare the world with a small group of phenoms, and then disappears again. Critics might note that only seven of the twenty-three AFP

teams showed up, but six of the seven strongest teams DID show. Maybe that's the reason others stayed home?

**Curious Fact:** Palestine and Lebanon are shown on the APF site as in its corral. Israel is listed on the IPF site as being in the European group. Where's my map?

**Maybe Next Year?** Afghanistan sent three lifters to the Mongolia Asian last year, and promised twelve for Manila this time, but no visas for the Philippines could be had in Kabul. So, the team went to India for papers. India told them to go to Pakistan. By this time, the group—all men, of course—were out of time and money.

**Heart Attack Brothers:** Susumu Yoshida, president of the APF, and I both suffered heart attacks in the last eighteen months. The both of us are doing fine now. Thanks, everyone, for your concern.

It was August of 1989—21 years ago—when I first met Susumu at a railroad station on the western fringe of Tokyo. No trouble finding each other, he was the best built Japanese in the station, and I was the only blue-eyed foreigner. Over the years we have seen the greats, shared stories, and wolfed-down exotic groceries. Thanks, Susumu.

**Small Fry:** If I heard her right, Chen Yeh Chao of Chinese Taipei, many time women's world heavy class champ, now has two kids and is expecting a third!

**Curiouser and Curiouser:** Coach and lifter Angelito "Ace" Espanola of PHI asked how it is that 'skinny, old, Japanese Masters lifters in F-6 shirts, with the same stitching as everybody else, can lift so much?' Beats me. Japan brought thirteen male masters lifters and won nine golds!!!

**Next Year:** 2011 Asian Powerlifting will be in Kobe, Japan in mid-April. 2011 Asian Bench Press is set for Koashiung, Taiwan, in August. <<



Hung Min Chu of Chinese Taipei won Women's Best Lifter with her 150 kg. BP weighing 87.6 kg.



Officials (L-R): Robert Wilks, Susumu Yoshida, former Philippine President Fidel Ramos, Subratta Dutta, PAP President Eddie Torres

The dramatic last lift of Mostafa of Iran won the team gold award



Akagi of Japan won M3 gold in the 75 kg. class with 125 kg.



Author Paul Kelso and his wife Sumiko flank Eigo Ito of Japan who went 290 kg. in the 100 kg. class



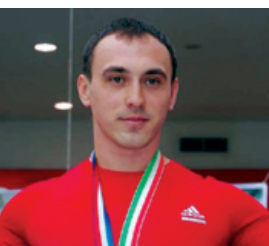
Miki Morita of Japan won the 123 lb. class in the Masters 1 division



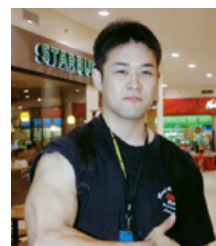
Though his actual age was not revealed, Habibiella Aysel of Iran was the gold medalist in the M4 90 kg. class.



Daiki Kodama is a 6 time world champ, but his bombout triggered the drama of the final day's competition



Oleg Butenko, KZK, won the 67.5 class with a best lift of 207.5 kilos



Yuki Fukushima (JPN) won gold in the 82.5 kg. class with 206 kg.

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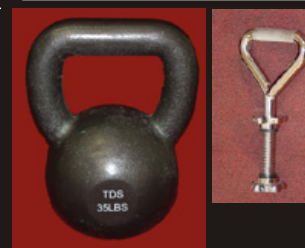


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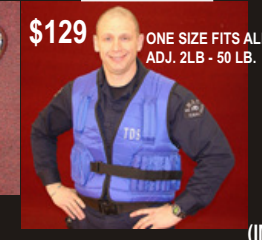
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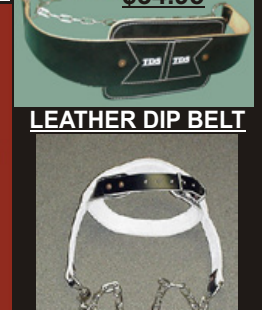
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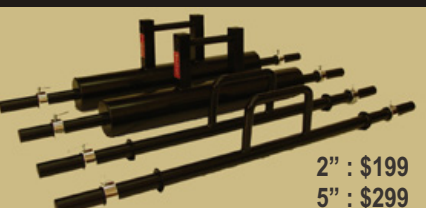


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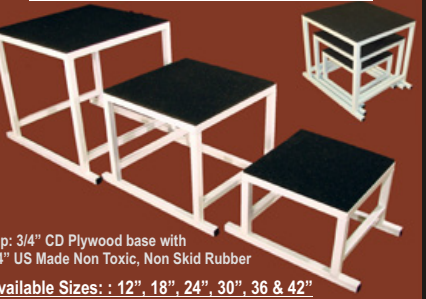
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**I was looking through old bodybuilding magazines from the 1970s and I saw your ads for raw glandular supplements. I haven't seen ads for products like this in years. And now you've brought these products back again. How come?**

While glandular supplements have been around for many decades, they were never used by bodybuilders until we introduced them to the weightlifting community in the 1970s. However, once mad cow disease hit back in the 1990s, usage of glandulars by bodybuilders began to wane. Only now, with certification of glandulars from healthy animals, are these popular supplements making a comeback. All of the raw glandular tissue we use in GLAND-ALL is certified disease free. With this sort of purity assurance, we are comfortable once again to bring these powerful hormone potentiators to the bodybuilding world.

**What's with all the other ingredients besides the glandulars in GLAND-ALL?**

This ain't your dad's glandulars. GLAND-ALL combines long-proven glandulars with 21st century sports supplements

technology. In addition to the 11 dynamic glandular substances, we've spiked this one-of-a-kind formula with over 70 other muscle stimulating factors. Modern popular anabolics like: tongat ali, muira puama, smilax, sterols, PAK, RNA/DNA, wild yam, ginseng, saw palmetto, oriental herbs, and so much more. This incomparable synergistic blend of over 80 supplements is far and away, the most powerful hormone booster supplement to hit planet earth.

**Why should I use this product?**

GLAND-ALL has been designed specifically to increase muscle mass and strength, boost muscular definition and enhance recovery from exercise. It will also increase your endurance level for harder workouts.

**Can I stay on GLAND-ALL indefinitely or do I need to cycle it like steroids?**

The beauty of GLAND-ALL is that it is derived from all natural and safe anabolic substances. This means no danger of side effects as is common with steroids. And since it's main function is to maximize your body's own natural hormone production, you can use this product indefinitely

**I compete in natural bodybuilding competitions. Is there anything in GLAND-ALL that could make me fail a drug test?**

This supplement contains no illegal substances or pharmaceutical ingredients. However, various sports governing agencies do ban certain dietary supplements. We strongly encourage all competitive athletes to check with your sport's governing agency before using this product

**Why is taking raw glandular supplements considered beneficial for weight training athletes?**

Nothing taxes the body's glandular system more than hard weight training. Glandular supplementation helps to recharge overworked glands to

maximize muscle-building and speed up recuperation. The reason for this is because of what researchers call the tissue specific aspect of raw gland products. Simply put, this means if you want your body to produce healthy liver tissue, feed it healthy liver tissue. If you want to strengthen the adrenal glands, feed your body healthy adrenal tissue. And so forth. In this way, your body has all of the "tissue specific" factors it needs to assure your glands (and thus hormone production) are firing on all cylinders. And when all of your glands are working optimally, then your muscle-building hormones are optimized.

**I read an article a while ago that said raw glandular products were a waste of money. What do you say to that?**

We've heard this tired old charge since 1975. So here's what we want you to do. Try GLAND-ALL for 30 days. We're so certain that it will blast your muscle building progress off the charts that if you don't literally transform your physique in that time, we'll refund every cent of your purchase price. In other words, you risk nothing to find out if this super supplement is as good as we say.

**Would it be okay to take more than one pack of GLAND-ALL a day?**

The recommended dosage of GLAND-ALL is one 6-pack per day. However, some bodybuilders are able to speed up their gains by using a pack in the morning and another pack after training. We do not recommend exceeding two packs per day.

**What does it cost and where can it be purchased?**

GLAND-ALL comes in packets of six tablets and there are 30 packets (a month supply) in a bag. The retail price is \$39.95 and it can be purchased at select health food stores and gyms. It can also be purchased directly from us on line at the web site below or by calling toll free 1-800-537-7671. (Dealer inquiries welcome.)

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# RESULTS

## WDFPF WORLD CHAMPIONSHIPS APR 23-25 2010 » Moscow, RUS

|                     |                   |                 |
|---------------------|-------------------|-----------------|
| <b>BENCH FEMALE</b> | Numazarov-TRK 193 | <b>148 lbs.</b> |
| <b>105 lbs.</b>     | Junior            |                 |
| Master VI           | Coudriaud-FRA —   |                 |
| Gedney-USA 124      | SR                |                 |
| Alexandrova-RUS121  | SR                |                 |
| <b>129 lbs.</b>     | Junior            |                 |
| Pustovarova-RUS149  | SR                |                 |
| Rossol-UKR 204      | SR                |                 |
| Teen III            |                   |                 |
| Wuyts-BEL 187       | SR                |                 |
| <b>154 lbs.</b>     | Master III        |                 |
| SR                  |                   |                 |
| Voschevoz-RUS 204   | SR                |                 |
| <b>105 lbs.</b>     | Master IV         |                 |
| Master VI           |                   |                 |
| Gedney-USA 105      | SR                |                 |
| Alexandrova-RUS116  | SR                |                 |
| <b>117 lbs.</b>     | Junior            |                 |
| SR                  |                   |                 |
| Pogorelova-RUS 94   | SR                |                 |
| <b>129 lbs.</b>     | Junior            |                 |
| Rossol-UKR 160      | SR                |                 |
| Teen III            |                   |                 |
| Wuyts-BEL 160       | SR                |                 |
| <b>139 lbs.</b>     | SR                |                 |
| SR                  |                   |                 |
| Hruluova-RUS 132    | SR                |                 |
| Teen III            |                   |                 |
| Skopina-RUS 121     | SR                |                 |
| Nikishina-RUS 77    | SR                |                 |
| <b>154 lbs.</b>     | Junior            |                 |
| Kononenko-RUS138    | SR                |                 |
| Master I            |                   |                 |
| Reynes-FRA 211      | SR                |                 |
| Frolova-RUS 110     | SR                |                 |
| SR                  |                   |                 |
| Solovyeva-RUS 176   | SR                |                 |
| Romasenko-RUS171    | SR                |                 |
| <b>198 lbs.</b>     | SR                |                 |
| Tkachenko-RUS 193   | SR                |                 |
| Glushenko-RUS 138   | SR                |                 |
| <b>MALE</b>         |                   |                 |
| <b>115 lbs.</b>     | SR                |                 |
| SR                  |                   |                 |
| Lovejoy-USA 385     | SR                |                 |

|                     |                 |                     |          |
|---------------------|-----------------|---------------------|----------|
| SR                  | Antonov-RUS 286 | Master IV           |          |
| Zhukov-RUS 484      | SR              | Master III          |          |
| Shvab-UKR 418       | SR              | Conway-ENG 303      | Master V |
| Doroschuk-UKR440    | SR              | Master IV           |          |
| <b>319+ lbs.</b>    | SR              | Kondratyev-UKR303   | SR       |
| Master II           |                 | Bogachev-RUS 242    | SR       |
| Bakelant-BEL 539    | SR              | Master VII          |          |
| Raw                 |                 | Sannikov-RUS 204    | SR       |
| <b>115 lbs.</b>     | SR              | SR                  |          |
| Master VII          |                 | Kramer-ENG 385      | SR       |
| Karklin-RUS 105     | SR              | Klymenko-UKR 363    | SR       |
| <b>165 lbs.</b>     | SR              | Lo Porto-ITA 314    | SR       |
| Master III          |                 | Niovozhilov-RUS314  | SR       |
| Numazarov-TRK 187   | SR              | Bogomolov-RUS308    | SR       |
| <b>123 lbs.</b>     | SR              | Gutu-MOL 308        | SR       |
| Master II           |                 | Mitchel-ENG 297     | SR       |
| Ershov-RUS 231      | SR              | Macaluso-ITA —      | SR       |
| Teen II             |                 | Loveckiy-RUS 264    | SR       |
| Walker-USA 154      | SR              | <b>132 lbs.</b>     |          |
| Soranzo-FRA —       | SR              | Teen III            |          |
| <b>132 lbs.</b>     | SR              | Klecko-RUS 319      | SR       |
| Master II           |                 | <b>198 lbs.</b>     |          |
| Kulyk-UKR 286       | SR              | Junior              |          |
| Master VII          |                 | Nikolaevskiy-RUS352 | SR       |
| Sannikov-RUS 204    | SR              | Camdessus-FRA330    | SR       |
| <b>148 lbs.</b>     | SR              | Budisteanu-MOL297   | SR       |
| SR                  |                 | Coudriaud-FRA 292   | SR       |
| Sandulsky-RUS 374   | SR              | Chekirov-KYR 220    | SR       |
| Tempes-ENG 352      | SR              | Ravasi-ITA 374      | SR       |
| Niovozhilov-RUS—    | SR              | Volokitin-RUS 308   | SR       |
| Lo Porto-ITA —      | SR              | Bayrammura-TRK303   | SR       |
| Sinodalov-RUS 473   | SR              | Gnutov-UKR 292      | SR       |
| <b>198 lbs.</b>     | SR              | Rojdaichin-MOL259   | SR       |
| Master III          |                 | Jachim-USA 385      | SR       |
| SR                  |                 | Kozlov-RUS 286      | SR       |
| Osmanova-RUS 127    | SR              | <b>165 lbs.</b>     |          |
| Jachim-USA 385      | SR              | Junior              |          |
| Valfrey-FRA —       | SR              | Igolubev-RUS 451    | SR       |
| SR                  |                 | Bondarenko-UKR396   | SR       |
| Paradiz-RUS 440     | SR              | Madison-USA 385     | SR       |
| <b>220 lbs.</b>     | SR              | Makovetskiy-RUS374  | SR       |
| Master II           |                 | Donati-ITA 248      | SR       |
| Chygyrnytsky-UKR341 | SR              | Ivanchenko-UKR369   | SR       |
| SR                  |                 | Petrenko-UKR 352    | SR       |
| Kaydan-UKR 451      | SR              | Tempes-ENG 275      | SR       |
| Kosobrodov-UKR440   | SR              | Master IV           |          |
| <b>242 lbs.</b>     | SR              | Kaseev-UKR 286      | SR       |
| Master II           |                 | Safronov-RUS 281    | SR       |
| SR                  |                 | <b>220 lbs.</b>     |          |
| Kononenko-RUS138    | SR              | Junior              |          |
| Master I            |                 | Mazanovych-UKR352   | SR       |
| Reynes-FRA 211      | SR              | Evsutkin-RUS 275    | SR       |
| Frolova-RUS 110     | SR              | Lobov-RUS 297       | SR       |
| SR                  |                 | Fedorov-RUS 363     | SR       |
| Solovyeva-RUS 176   | SR              | Ismeon-FRA 352      | SR       |
| Romasenko-RUS171    | SR              | Gorkov-RUS 336      | SR       |
| <b>198 lbs.</b>     | SR              | Master II           |          |
| Tkachenko-RUS 193   | SR              | Master I            |          |
| Glushenko-RUS 138   | SR              | Anuchin-RUN 314     | SR       |
| <b>MALE</b>         |                 | Rozov-RUS 264       | SR       |
| <b>115 lbs.</b>     |                 | Mishustin-RUS 297   | SR       |
| SR                  |                 | Master III          |          |
| Lovejoy-USA 385     | SR              | Master I            |          |
|                     |                 | Pulin-UKR 325       | SR       |
|                     |                 | Danielyan-RUS 341   | SR       |

|                    |    |               |    |
|--------------------|----|---------------|----|
| Master IV          |    | 129 lbs.      |    |
| Babnikov-RUS 286   | SR | Teen III      |    |
| Wuyts-BEL 369      | SR | Wuyts-BEL 369 | SR |
| <b>139 lbs.</b>    | SR |               |    |
| SR                 |    |               |    |
| Hruluova-RUS 242   | SR |               |    |
| Teen III           |    |               |    |
| Nikishina-RUS 187  | SR |               |    |
| <b>154 lbs.</b>    | SR |               |    |
| SR                 |    |               |    |
| Alexandrova-RUS344 | SR |               |    |
| <b>176 lbs.</b>    | SR |               |    |
| Junior             |    |               |    |
| Kremnev-RUS 418    | SR |               |    |
| Mohnachiov-RUS270  | SR |               |    |
| <b>198 lbs.</b>    | SR |               |    |
| SR                 |    |               |    |
| Sherbachiov-RUS413 | SR |               |    |
| Filip-MOL 374      | SR |               |    |
| Bit-Yukhan-RUS 352 | SR |               |    |
| <b>MALE</b>        |    |               |    |
| <b>115 lbs.</b>    |    |               |    |
| SR                 |    |               |    |
| Numazarov-TRK358   | SR |               |    |
| <b>148 lbs.</b>    | SR |               |    |
| SR                 |    |               |    |
| Bayrammurad-TRK484 | SR |               |    |
| SR                 |    |               |    |
| Rojdaichin-MOL396  | SR |               |    |
| Teen III           |    |               |    |
| Smirnov-RUS 446    | SR |               |    |
| <b>165 lbs.</b>    | SR |               |    |
| Master III         |    |               |    |
| Klyok-UKR 462      | SR |               |    |
| Master III         |    |               |    |
| D'Heilly-FRA 440   | SR |               |    |
| Master III         |    |               |    |
| Kulakov-RUS 314    | SR |               |    |
| Master IV          |    |               |    |
| Bogachev-RUS 413   | SR |               |    |
| Master III         |    |               |    |
| Donati-ITA 352     | SR |               |    |
| Master VI          |    |               |    |
| Dubrov-RUS 429     | SR |               |    |
| Teen III           |    |               |    |
| Aristarhov-RUS 473 | SR |               |    |
| <b>181 lbs.</b>    | SR |               |    |
| Junior             |    |               |    |
| Gutu-MOL 545       | SR |               |    |
| Smith-ENG 484      | SR |               |    |
| Master III         |    |               |    |
| Kulakov-RUS 303    | SR |               |    |
| Master VII         |    |               |    |
| Sannikov-RUS 297   | SR |               |    |
| SR                 |    |               |    |
| Morgan-ENG 551     | SR |               |    |
| <b>198 lbs.</b>    | SR |               |    |
| SR                 |    |               |    |
| Rahmanov-TRK 484   | SR |               |    |
| <b>220 lbs.</b>    | SR |               |    |
| Master I           |    |               |    |
| Master VII         |    |               |    |
| Ravasi-ITA 528     | SR |               |    |
| Master II          |    |               |    |
| Valfrey-FRA 517    | SR |               |    |
| Master IV          |    |               |    |
| Terlita-MOL 484    | SR |               |    |
| <b>275 lbs.</b>    | SR |               |    |
| SR                 |    |               |    |
| Mirzenko-MOL 617   | SR |               |    |
| Doroschuk-UKR462   | SR |               |    |
| Raw                |    |               |    |
| <b>115 lbs.</b>    |    |               |    |
| Master VII         |    |               |    |
| Karklin-RUS 275    | SR |               |    |
| <b>122 lbs.</b>    | SR |               |    |
| Master I           |    |               |    |
| Davidova-RUS 264   | SR |               |    |
| <b>129 lbs.</b>    | SR |               |    |
| Teen III           |    |               |    |
| Numuhamm-TRK314    | SR |               |    |
| <b>123 lbs.</b>    | SR |               |    |
| Master II          |    |               |    |
| Wuyts-BEL 380      | SR |               |    |
| <b>139 lbs.</b>    | SR |               |    |
| Master III         |    |               |    |
| Talikova-RUS 336   | SR |               |    |
| <b>154 lbs.</b>    | SR |               |    |
| SR                 |    |               |    |
| Voschevoz-RUS 330  | SR |               |    |
| Raw                |    |               |    |
| <b>105 lbs.</b>    |    |               |    |
| Master VI          |    |               |    |
| Gedney-USA 250     | SR |               |    |
| <b>117 lbs.</b>    | SR |               |    |
| Junior             |    |               |    |
| Pogorelova-RUS—    | SR |               |    |

|                      |    |  |  |
|----------------------|----|--|--|
| Chekirov-KYR 352     | SR |  |  |
| Master III           |    |  |  |
| Poliakov-EST 275     | SR |  |  |
| <b>139 lbs.</b>      | SR |  |  |
| SR                   |    |  |  |
| Bayrammura-TRK462    | SR |  |  |
| Teen III             |    |  |  |
| Rojdaichin-MOL402    | SR |  |  |
| Master V             |    |  |  |
| Lenkin-RUS 506       | SR |  |  |
| Master I             |    |  |  |
| Cherel-FRA 451       | SR |  |  |
| Master II            |    |  |  |
| Shadrin-RUS 385      | SR |  |  |
| Master III           |    |  |  |
| D'Heilly-FRA 440     | SR |  |  |
| Donati-ITA 242       | SR |  |  |
| Master V             |    |  |  |
| Dubrov-RUS 413       | SR |  |  |
| Myshko-UKR 308       | SR |  |  |
| Pinto-ITA 473        | SR |  |  |
| Sherbakov-RUS 396    | SR |  |  |
| Teen III             |    |  |  |
| Scorodumov-UKR479    | SR |  |  |
| <b>181 lbs.</b>      | SR |  |  |
| Bayrammurad-TRK484   | SR |  |  |
| SR                   |    |  |  |
| Rojdaichin-MOL396    | SR |  |  |
| Master I             |    |  |  |
| Kirilov-RUS 330      | SR |  |  |
| SR                   |    |  |  |
| Klyok-UKR 462        | SR |  |  |
| Master III           |    |  |  |
| D'Heilly-FRA 440     | SR |  |  |
| Master III           |    |  |  |
| Kulakov-RUS 314      | SR |  |  |
| Master IV            |    |  |  |
| Bogachev-RUS 413     | SR |  |  |
| Master III           |    |  |  |
| Donati-ITA 352       | SR |  |  |
| Master VI            |    |  |  |
| Dubrov-RUS 429       | SR |  |  |
| Teen III             |    |  |  |
| Aristarhov-RUS 473   | SR |  |  |
| <b>181 lbs.</b>      | SR |  |  |
| Junior               |    |  |  |
| Gutu-MOL 545         | SR |  |  |
| Bogomolov-RUS517     | SR |  |  |
| Imacaluso-ITA 484    | SR |  |  |
| Orlov-RUS 451        | SR |  |  |
| Master I             |    |  |  |
| Morarar-MOL 418      | SR |  |  |
| Teen III             |    |  |  |
| Chudrov-RUS —        | SR |  |  |
| <b>198 lbs.</b>      | SR |  |  |
| SR                   |    |  |  |
| Budisteanu-MOL484    | SR |  |  |
| Master I             |    |  |  |
| Ravasi-ITA 528       | SR |  |  |
| Master II            |    |  |  |
| Valfrey-FRA 517      | SR |  |  |
| Master IV            |    |  |  |
| Terlita-MOL 484      | SR |  |  |
| <b>275 lbs.</b>      | SR |  |  |
| SR                   |    |  |  |
| Mirzenko-MOL 617     | SR |  |  |
| Doroschuk-UKR462     | SR |  |  |
| Teen II              |    |  |  |
| Kodgoyan-RUS 556     | SR |  |  |
| Safronov-RUS 473     | SR |  |  |
| <b>220 lbs.</b>      | SR |  |  |
| Junior               |    |  |  |
| Bochkov-RUS 584      | SR |  |  |
| Evsutkin-RUS 462     | SR |  |  |
| Master I             |    |  |  |
| Simeon-FRA 573       | SR |  |  |
| Gorkov-RUS 473       | SR |  |  |
| Olimpov-EST 462      | SR |  |  |
| Master II            |    |  |  |
| Glumov-RUS 551       | SR |  |  |
| Mishustin-RUS 440    | SR |  |  |
| Master IV            |    |  |  |
| Babnikov-RUS 440     | SR |  |  |
| Master V             |    |  |  |
| Tverdovskiy-RUS 363  | SR |  |  |
| SR                   |    |  |  |
| Gerasimov-RUS 551    | SR |  |  |
| Lysionok-RUS 517     | SR |  |  |
| <b>242 lbs.</b>      | SR |  |  |
| Junior               |    |  |  |
| Mohnachiov-RUS484    | SR |  |  |
| Master I             |    |  |  |
| Bit-Yukhan-RUS 528   | SR |  |  |
| Master II            |    |  |  |
| Esin-RUS 484         | SR |  |  |
| Master IV            |    |  |  |
| Terlita-MOL 484      | SR |  |  |
| Master V             |    |  |  |
| Balakirev-UKR 396    | SR |  |  |
| SR                   |    |  |  |
| Kashirin-RUS 617     | SR |  |  |
| Eltsov-RUS 562       | SR |  |  |
| Kuznetsov-RUS 517    | SR |  |  |
| <b>275 lbs.</b>      | SR |  |  |
| SR                   |    |  |  |
| Plehov-RUS 517       | SR |  |  |
| <b>198 lbs.</b>      | SR |  |  |
| SR                   |    |  |  |
| Kayava-RUS 556       | SR |  |  |
| Krasnorutskiy-RUS517 | SR |  |  |
| <b>SQUAT FEMALE</b>  |    |  |  |
| <b>105 lbs.</b>      |    |  |  |
| Master VI            |    |  |  |
| Gedney 176           | SR |  |  |
| Master I             |    |  |  |
| Junior               |    |  |  |
| Pogorelova 204       | SR |  |  |
| Teen III             |    |  |  |
| Wuyts 264            | SR |  |  |
| <b>129 lbs.</b>      | SR |  |  |
| SR                   |    |  |  |
| Budisteanu-MOL484    | SR |  |  |
| Master I             |    |  |  |
| Hruluova 198         | SR |  |  |
| Teen III             |    |  |  |





Eddie Swanson set a new state record in the powercurl and received the Outstanding Lifter award—after five plus years away from competitive lifting—at the WNPF Tennessee Powerlifting Championships on February 27, 2010 (courtesy Eddie Swanson)



Darrell Hoard was the winner of the Champion of Champions award at the 2010 APC Nationals. The plaque he received was engraved with an image of the late great lifter Dave Pasanella, in remembrance of his passing 20 years ago (courtesy L.B. Baker)

**ATHLETE PERFORMANCE SOLUTIONS TO MAKE INNOVATIVE NIKE FOOTWEAR AVAILABLE TO ATHLETES WHO PARTICIPATE IN THE SPORTS FOUND IN THE OLYMPIC GAMES**

*New company is the Authorized Licensee for Nike's pinnacle footwear for Sailing, Rowing, Fencing, Weightlifting, Boxing and Shooting*

**Portland, OR**—Athlete Performance Solutions will team with Nike, Inc. to bring innovative footwear solutions for athletes who participate in sports found in the Olympic Games to retail outlets around the world. The new company will market, distribute and sell Nike's pinnacle, performance footwear for Sailing, Rowing, Fencing, Boxing and Shooting.

"I commend Nike for their continued commitment to developing innovative footwear for athletes who love the sports found in the Olympic Games," said Eddie Brown, founder and president of Athlete Performance Solutions. "To date, it has been very difficult for these athletes to find the footwear they require at retail. I am pleased that Athlete Performance Solutions will now help bring Nike's pinnacle, performance footwear to the retail community serving the needs of athletes participating in these sports around the world."

"Developing innovative footwear for athletes is something to which Nike has been committed for many years," said Erik Sprunk, vice president of Merchandise and Product. "The ability to make these unique products available to more athletes is something we are very pleased to be able to offer through our new partnership with Athlete Performance Solutions."

**ABOUT ATHLETE PERFORMANCE SOLUTIONS:**

Athlete Performance Solutions is an Authorized Global Licensee of Nike, Inc. marketing, distributing, and selling Nike's pinnacle, performance footwear for several sports. Athlete Performance Solutions is committed to working with the retail community serving the needs of athletes. For more information, visit [www.athleteps.com](http://www.athleteps.com).

**ABOUT NIKE, INC.:**

Nike, Inc., based near Beaverton, Oregon, is the world's leading designer, marketer and distributor of authentic athletic footwear, apparel, equipment and accessories for a wide variety of sports and fitness activities. Wholly-owned Nike subsidiaries include Cole Haan, which designs, markets and distributes luxury shoes, handbags, accessories and coats; Converse, Inc., which designs, markets and distributes athletic footwear, apparel and accessories; Hurley International, LLC, which designs, markets and distributes action sports and youth lifestyle footwear, apparel and accessories; and Umbro, Ltd., a leading UK-based global football (soccer) brand. For more information, visit [www.nikebiz.com](http://www.nikebiz.com).

» Contact: Eddie Brown of Athlete Performance Solutions, 503.708.3730, [info@athleteps.com](mailto:info@athleteps.com); Brian Berger of BBPR, Inc., 503.701.2215, [brian@brianbergerpr.com](mailto:brian@brianbergerpr.com)



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