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MIKE HARA

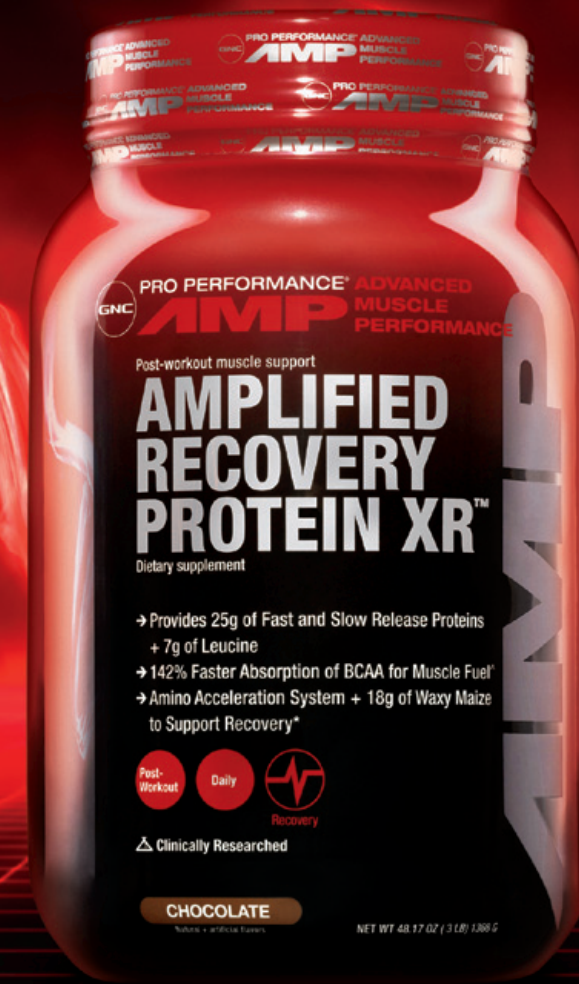
Record setting bencher Mike Hara brings us his benching techniques in his *Workout of the Month* courtesy Paul Hara/Jacki Florine



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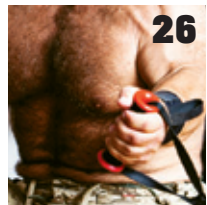
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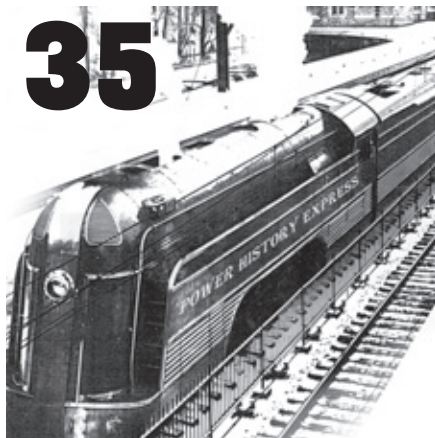
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 photo courtesy Paul Hara/Jacki Florine

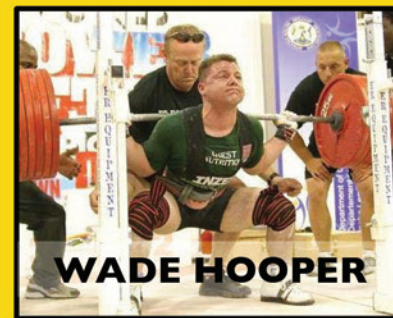


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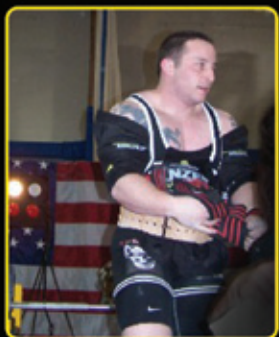
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TRAINING FOR THE TRAVELER

as told to Powerlifting USA by Scott Cartwright

In today's rapidly changing business environment, many people are expected to do a certain level of travel. When on the road, it can be nearly impossible to get an opportunity to train. To a competitive powerlifter, strongman, or any other athlete, this can be devastating to training. There are other factors that cause issues for an athlete while traveling, like lack of sleep, poor diet and limited time to train. Recently I took on a new position at work that forces me to travel one or two times per week. These trips are normally overnight trips across the country. I'd like to share with you some of the ways I have learned to deal with the barriers to training that I have faced over the last year.

Planning travel is the most important part of trying to stay on track with one's training. When scheduling a trip, if you have a say at all, try to make it happen outside of your normal training days. If there is no way to make the trip outside of your training days, the next step is to find a lifter friendly gym at your destination. In today's information age there are many ways to look up lifter friendly gyms. I have yet to contact a gym that hasn't welcomed me to come and train. It doesn't matter if you have a 2500 pound total or a 1000 pound total; most places are happy to open their doors to visitors. One major benefit to these trips for me has been what I've learned from other gyms. If you're going to visit another gym, keep your eyes and ears open as to how they train, since you will likely walk away with lifting knowledge you didn't have walking in.

If you're a geared lifter, it's next to impossible to do business travel with your gear, so packing smart can be very important. When I travel, I ALWAYS take wrist wraps, chucks, and a belt. I sometimes also pack a plastic bag or two for the sweaty clothing. Granted, a geared lifter may not want to lift raw, but it's better than missing a training session altogether.

When you get to the airport or on the road in your rental car, what's available to eat? The answer is usually fast food and more fast food. These foods are certainly not good fuel for a competitive strength athlete. So, in addition to packing a belt, it's also a very important to pack food. I like to make sure I have food available for long flights and long meetings. If you have a cross country flight, you're looking at five hours of peanuts, there is nothing wrong with making sure you pack a shaker cup, meal replacement bars and protein powder. The same is true when you're in business meetings. I have found that it rarely matters to someone I'm meeting with if I am sipping a protein drink instead of water or coffee. The point here is make sure you have solid food/fuel at your disposal at all times on the road.

Sleep is always a tough one to tackle. There is nothing like your own bed, so a hotel can be rough. If you're a big guy like me, the pillows



While noting that he tends to look like 'a penguin allergic to a bee sting' in a business suit, Scott Cartwright manages the challenge of frequent business travel and world class lifting (Cartwright photo)

kill my neck. They are always small, not full and not enough of them. I have recently asked for more pillows at every hotel. With the lack of comfort in most hotels, it makes you stay up later than if you're at home. My rule is: lights out at midnight, no matter what—even if I lay there awake until 6 AM. By watching TV, reading or working on the computer late it only kills your energy levels for training and work. I also make it a rule to stay away from sugars and caffeine after 5 PM, as I need all the help I can get to get to sleep. Rest will make you strong.

Finding time to train is often brutal. I have made it a rule that I'll avoid business dinners, events and get-togethers on the road if it's a training day. This allows me to free up time to train. I will not golf, drink or meet at bars for work on the road. These activities will keep me from the gym and I can not afford to miss

training. Most of the people I work with know this and understand. It's important to tell your colleagues how important training is to you and why you skip out on those events. Most people understand, but if they do not, that's fine also. Another thing I do is place a meeting in my calendar for the time I plan on training. This lets others in my organization know that I'm booked at that time so nothing gets scheduled.

One thing I have noticed over the years is that the lifters at the top of the all-time list tend to be associated with the health and fitness industry. This means they certainly have more access to training and equipment than those of us juggling life with jobs outside of the industry. Add the fact that many people are traveling for work these days and you're at a huge disadvantage. In today's lifting world, you must be smart about your training and overly committed to it. «

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2010 MHP KURT ANGLE TEEN CHALLENGE

as told to Powerlifting USA by David Hawk



The teenage contestants at the 2010 MHP Kurt Angle Ultimate Teen Challenge

Olympic gold medalist Kurt Angle acquired the nickname "The Machine" not because he lacks human emotion or mammalian flesh-and-blood. It's because he doesn't give up, give out, tap out, call time-out or answer his cell phone during a physical competition.

So the current TNA superstar was quite pleased with the young athletes who pushed their strength and endurance to the limit at the 2010 MHP Kurt Angle Ultimate Teen Challenge, co-sponsored by GNC. Held at the Pittsburgh Monroeville Convention Center on May 29th, the MHP Kurt Angle Teen Challenge saw a couple hundred teens competing for

over \$5,000 in cash and prizes to help support their high school athletic programs. All of the athletes received bundles of freebies, including official Kurt Angle Ultimate Teen Challenge t-shirts, MHP Probiotic Protein Packs, Powder by Supro water bottles and more.

The 5th Annual Teen Challenge was amped up by host Angle's powerful motivational speech. The wrestling legend aimed his remarks at urging people to live a healthy and fit lifestyle. Angle also counseled the teen competitors on how to maintaining a healthy diet, proper exercise and sports nutrition.

photos courtesy David Hawk

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IFBB PRO "THE SPARTAN" JOINS TEAM MHP

Supplement powerhouse MHP is proud to announce the addition of Greek IFBB pro Michael "The Spartan" Kefalianos to Team MHP effective September 1st. The 5'6", 220 lb. bodybuilder brings his freaky muscularity and shredded definition to the table as MHP's first European team member. A native of Athens, Michael has enjoyed a successful competitive year in 2010, placing 4th at the IFBB Australian Grand Prix, Europa Show of Champions and Europa Battle of Champions, plus 5th at the Pro Bodybuilding Weekly Championships and Europa Super Show.

Widely considered the best Greek bodybuilder ever, The Spartan relies on MHP supplements like NO-BOMB, Probiotic-SR, Dark Matter and Cyclin-GF to fuel his animalistic workouts and incredible anabolic growth. He will represent MHP at various competitions and trade shows in Greece and throughout Europe, in addition to competing on the IFBB pro circuit.

"We are very happy to welcome Michael to Team MHP," says Gerard Dente, MHP President. "He is an intense competitor with a freaky physique and winning attitude who fits perfectly into the MHP hardcore philosophy."

Steve Downs, MHP Marketing Director, 973.785.9055, sdowns@maxperformance.com

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Joe Mazza - Team MHP Member
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DEADLIFT BASICS PT. 1

as told to Powerlifting USA by Doug Daniels

Having a working knowledge of the basics or fundamentals of any endeavor is necessary for best results. In this two part series I will cover a broad scope of the basics of the deadlift ranging from lifting technique to a competition routine. This can be especially important to a novice lifter who is just starting out. In addition, even more experienced lifters could use a review of the basics and perhaps a few new ideas to boot.

The deadlift is perhaps the ultimate barbell test of strength. The bench and squat permit some momentum to come into play as well as a plethora of hi-tech supportive gear. With the deadlift, it's just you, a "dead" weight and the laws of gravity, daring you to lift it to a fully erect position. The deadlift is a good indicator of overall strength as it involves most of the major muscle groups of the body—such as the entire back structure, legs, hips, abs, biceps and forearms—not to mention iron-willed mental determination.

Let's begin with technique. There are two styles of deadlifting: conventional and sumo. The conventional style has the legs shoulder width apart,

lining up between the hands on the bar. The sumo style has the legs positioned much wider, outside the hands, just like the position sumo wrestlers take before they ram each other at the start of a match, hence the name. For this article, we will deal with the conventional style, which I feel is the best choice for novices, though the routines, etc., can be applied to sumo.

Begin by lining up with your shins not more than one inch from the bar. Being any further away from the bar will put you out of position for an efficient pull. There is a rule in physics that states "the farther out a weight is in front of you, the more actual force has to be exerted." With that in mind, get and keep the bar close to your body. With your legs about shoulder width apart bend down and grip the bar with an opposing grip; one hand with the palm facing your body, the other facing away. Which hand faces which way is totally up to you; do whatever feels best to you. Grip the bar with a slightly wider than shoulder width, just outside the legs on the knurling of the bar. Bend your legs to a half squat position and get your butt down. Keep your back flat and as erect as possible with your head

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Tibor Meszaros of Hungary, seen in WPO competition back in 2007, is one of the worlds greatest Superheavyweight deadlifters, and a master of the technique of that lift



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

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strength capacity on bench press by over 18 percent in a mere 10 days! Another study showed that subjects taking the core ingredients in *Nitro-Tech Hardcore Pro Series* – a powerful musclebuilding whey protein formula – packed on 73 percent more lean muscle than those using regular whey (8.8 vs. 5.1 lbs.). And if that wasn't enough, in a separate 28-day study, subjects

The Hardcore Pro Series line is formulated with key ingredients shown to trigger the explosive gains you want!

taking the core ingredients in *Cell-Tech Hardcore Pro Series* – a scientifically advanced post-workout creatine formula armed with 100% more creatine per serving than other top brands – built significantly more rock-hard mass than those taking regular creatine alone (4.34 vs. 0.16 lbs.).

Prepare yourself for new, record-shattering PBs with the *Hardcore Pro Series* line today!

It's Not *LIKE* the Stuff the Pros Use. It *IS* the Stuff the Pros Use.

“Now that I'm on the Hardcore Pro Series line, I'm the strongest I've ever been.”

Matt Kroczaleski
UPA World Record Holder



Squat: **1014 lbs.** Bench: **707 lbs.** Deadlifts: **810 lbs.**

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THE MONOLIFT

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.

The monolift was developed by Ray Madden of Baden, PA, in the early nineties. Its purpose was to speed up the meets and assist the lifters. Ray also offered extra heavy duty spotter platforms for training. Ray traveled to many meets with two or three of his Monolifts to introduce them to the lifters. The biggest drawback, aside from some organizations not allowing their full use, was the price and size. Ray also made a similar device for bench pressing, but it never caught on. After some years, Ray dropped out of powerlifting and many knockoffs were made.

The Monolift remains a very controversial part of powerlifting. The question of the month: has the Monolift been good or bad for powerlifting?

MIKE MCDANIEL: The Monolift has been good for powerlifting. Without compromising integrity of the sport, it allows heavier lifts without a corresponding increased risk from walking out heavier weights.

RICKEY DALE CRAIN: Walking out with the squat has always been part of the game. Learning how to control the weight is part of it. Everyone has their own opinions, but to ME it is one of a few things that has destroyed the purity of the sport. It also allows lifters to try weights that are way over what they are capable of handling and more injuries occur because of this. It seems to have taken an amateur sport and turned it into a WWE type event.

DAVE RICKS: I have not competed with a Monolift, so I really do not have any direct facts on this matter. However, from an audience perspective it appears a bit confusing when trying to explain the sport. But I believe it has splintered the sport from getting more wider acceptance.

WADE HOOPER: I have always believed the walk out is part of the squat, so for me, personally, I feel it has been bad for the sport. It has completely changed our ability to judge/compare lifters across federations, making it almost completely different sports altogether. I do not personally have a problem with a federation using the Monolift. The problems come in when comparisons are made between lifters of federations that use the Monolift and federations that don't.



Bob Benedix

BOB BENEDIX: No, like everything else, a good idea has gone astray and been used as a cheat tool—almost like the bench shirt going from single-ply to unlimited-ply!! Walking sucks, but does prove ability to handle the weight!!

WEIGHTLIFTERS WAREHOUSE/BILL ENNIS: No comments other than to say that the Monolift is pointless and serves no purpose other than to make money for the manufacturer. It is a huge expense for the meet promoter and creates a problem of where to store the damn thing. It's just too big and cumbersome. And, I referee in organizations that do not allow it—the USPF and USAPL/IPF.

MIKE TUCHSCHERER: I think that no matter which way you look at it, the Monolift has been a relatively small player. It's most often used in multi-ply competitions, which aren't comparable to non-multi-ply lifts anyway. Lots of raw lifters choose to walk out their squats, even if a Mono is available. So, I think that even in that case, it stays a somewhat small player.

WADE JOHNSON: Overall, it has been a good thing. The argument of "walking out the weight is part of the sport" I understand, but that's more a traditional approach. In the long run, it's

faster for the meet, safer for most lifters, and they simply can handle more weight. I realize there is a flipside to that, but you will have people attempting more weight than they can ever hope to do at any meet. The newest shirt, the tightest wrap and even the Monolift doesn't prevent or create those type of lifters, they are simply part of the sport.

JON SMOKER: I'm not sure what the down side to the Monolift is. As Larry Pacifico said years ago, most injuries in the squat occur when the lifter is taking steps with the weight. With the Monolift, steps are eliminated. And, it's not only that a lifter isn't walking around with the weight, proper set up can be maintained with the Monolift. I have seen myself on tape and felt it; setting up perfectly positioned, only to have the shoulders and back round forward as I'm stepping out, and at that point there is no way to correct it. With the Monolift I can set up with my back ramrod straight, shoulders back, and that's the exact position I'll have when I begin my descent. There is also less energy expended getting to the 'start' signal, which also means bigger numbers. Could the Monolift be more dangerous because it allows a lifter to set up with more weight than they're capable of lifting? Once again, if they have bitten off more than

photo courtesy Mike Lambert/PL USA

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

Did you ever notice that many supplement ads use juiced-up pro bodybuilders to pimp their products? We would never insult your intelligence like that...

No roided-out bodybuilders. No off-season "I look like I'm 8 months pregnant" before shots. No about-to-turn-pro bodybuilders positioned as regular Joe's. None of that crap in our ads to trick you.

Instead, we feature real people who have achieved unreal results by using our products along with their nutrition & rigorous training.

If you truly want to get life-altering results from your supplements, I strongly suggest you stop listening to guys on six-figure food & drug plans and start using what smart people 'round the world are doing to transform their bodies. There's a reason why we keep getting flooded with real before & afters & success stories. USPlabs products work!

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Jacob Geissler - CEO USPlabs

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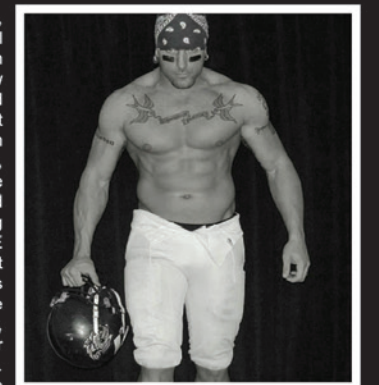


Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

Training Tips:

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

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!"

Want to know the best way to use these supplements & get personalized professional advice? Visit www.usplabsdirect.com/howtostack



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BASIC BP BATTLE PLANS PT. 3: GEARING UP TO GEAR UP!

as told to *Powerlifting USA* by Jamie Harris, aka. Big Evil » www.bigevilslair.com

Greetings fellow iron-heads and welcome to *Big Evil's Lair*. I just wanted to take a brief moment to thank all of my fans for your awesome loyalty and also for making my talk show a huge success in such a short period of time. I receive hundreds of e-mails per day from powerlifters raving about the show and giving me new ideas on how I can keep improving on it. Rest assured, I will keep doing my best to provide you guys with the highest quality of powerlifting media that is available on this planet today. So, for all you new fans who haven't seen the show yet, check out www.bigevilslair.com. This month features world Super Heavyweight champion Brian Siders. Brian is scheduled to come on the set and do some crazy bench presses—Brian says up to the 800 pounds range—and then we will do an awesome interview with Brian as we unlock the secrets to his gear and training philosophies. Fans, do not miss this show!

Now onward in our battle against the iron. This month we introduce a few new powerful allies to aid us in our preparation for battle. The first, the double-ply Rage X from Inzer Advance Designs. This shirt is the best shirt on the market today, as proven by the biggest bench pressing names in the sport. Two of the biggest bench press names in the sport, Jason Coker (903 at 220) and Shawn Frankl (870 at 220), use the double-ply Rage X. For the next ten week battle plan I have recruited both Frankl and Coker, along with the legendary Rick Hussey of Big Iron Gym, to help the Big Evil form a new battle plan for the equipped phase of the cycle. So with the help of three world bench press legends and a world class powerlifting coach, your chances of winning the battle against the steel have greatly increased. Now, you need to just make it happen.

BENCH PRESS It's time to practice how you play. In other words, time to gear up. Your first order of business is to work up to a weight you can handle with no shirt for an easy double. This will be your starting point and every week you will try to increase this raw double by five pounds or so. The next sets will be done using a RAGE X and using boards. For the next five weeks, let's start using three boards, or four if you have longer arms. Now take your competi-



tion grip and start working up to doubles. I would recommend about four work sets here starting at your work set weight. As the weeks go on, we will be lowering the boards to a two or one board press and working on getting the weights to touch, but for now we are going to use overload weights off of higher boards to get your nervous system ready to handle these massive loads at contest time. At this point, you should be using your wrist wraps and belt as well. In the coming weeks, we will talk more in detail of how to use your shirt and how to adjust it during your workouts and meet efforts. For now, just be careful and take little increases week to week. Getting acclimated to the shirt will take some time, so be patient and be careful. Also, you can contact Rick Hussey and Shawn Frankl for one on one help at www.bigirongym.com. These guys do one on one consultations and are truly masters of the bench

shirt. They can give you tons of pointers and can set up your workouts and monitor your progress on a personal level.

INCLINE PRESS This month we are going back to incline presses with the bar. On a different twist of this exercise, we are going to do a higher rep scheme. I recommend three sets of twenty reps or so. Why, Big Evil, are we doing such high reps this close to meet day? Well, now that we are in a shirt, we are adding extra overload stress to the body. There is just no need to hammer yourself into the ground by over training and pushing max weights on your assistance work, as well as your bench because you will never recover for your next bench workout the week after. This is a great chance to work the upper chest and flush some blood in there to help aid in your recovery from week to week.

photo courtesy Jamie Harris

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BIG EVIL'S LAIR
Hosted by The Big Evil Jamie Harris
Check us out at 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.

WHEY PROTEIN PLUS

Core Ingredients in Powerful Whey Protein Formula Help Subjects Gain Over 2X the Strength!

as told to *Powerlifting USA* by Team MuscleTech

The goal of any powerlifter is to make consistent improvements. Increasing your power potential, building more muscle and improving bar speed are all things that powerlifters work hard to achieve. And conquering gravity-defying lifts is directly related to how much quality time you put into training, how hard you train and, of course, your nutrition.

Now, it's no secret that a solid diet plan is a mandatory requirement of any true lifter, but the supplements you choose could give you the extra edge over the competition. Supplements play a key role in helping maximize your training sessions and unlocking your body's true power potential. One of the most effective supplements that powerlifters rely on to help with muscle recovery and increase strength is protein. Yes, protein—it's a staple in every lifter's supplement arsenal. The question is: which protein supplement best suits your needs?

FIND THE PROTEIN THAT'S RIGHT FOR YOU

Protein is arguably the most important nutrient for your body and is found literally everywhere in your system. From your muscle tissues to the enzymes that digest your food to your skin cells. Even within your blood, protein is there helping you become bigger and stronger, and it's absolutely critical to every single lift.

There are many different types of protein that come from different sources and contain different macronutrient profiles. For instance, there are soy proteins, rice proteins, wheat proteins and different milk proteins such as casein and whey, to name a few. On top of that, each protein source is then further broken down into different types. Take whey protein for example: you have the option between whey protein concentrates and whey protein isolates, which have slightly different levels of fat and sugar. It's all about finding which protein source and type works best for you. Whey protein is also considered by experts to have one of the highest biological values (BV). The higher the BV, the more the protein is utilized by the body. But regardless of which one you choose, you need a protein supplement with research-backed core ingredients that meet the muscle- and strength-building needs of a powerlifter like you. You need Professional Strength Whey Protein Plus, part of the new Elite Series line from Six Star Pro Nutrition™.

CORE INGREDIENTS SCIENTIFICALLY SHOWN TO BE SUPERIOR TO REGULAR WHEY PROTEIN

Professional Strength Whey Protein Plus is mega-dosed with a powerful 52 grams of high-quality protein with important BCAAs in every

2-scoop serving. It even contains an additional scientifically researched compound to help powerlifters increase muscle mass, explosive power and strength gains!

In fact, 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, on average, more lean muscle than those using regular whey protein (8.8 vs. 5.1 lbs.). And on top of that, subjects in the same study actually built 4 times the muscle than those taking a placebo (8.8 vs. 2.0 lbs.!) More muscle will ultimately lead to greater strength. So not only will you look strong, you'll feel strong, which will help you lift more weight—putting you in the best position to win.

SCIENTIFIC RESULTS YOU CAN BELIEVE AT A PRICE YOU CAN'T

Looking to enhance your strength and maximize your PB? Professional Strength Whey Protein Plus can help. In the same 12-week study mentioned above, the core ingredients have

also been shown to help subjects build more bar-bending strength... more than 2 times the strength of those taking regular whey protein to be exact (34 vs. 14 lbs.!).

HIGH-QUALITY PROTEIN AT A GREAT VALUE

Powerlifters just like you push themselves to their physical limits every time they wage war on the iron. Now that you know the facts, make sure you make the right decision and buy a whey protein formula that has scientific research supporting its strength-amplifying and muscle building potential. Make sure you get the results you want at a price you demand... And with Professional Strength Whey Protein Plus you can! This premium whey protein formula is now available for a fraction of the price of other competing products at your local Walmart. Get yours for a great value today! «

REFERENCES:

Burke, et al. (2001). International Journal of Sport Nutrition and Exercise Metabolism, 11, 349-364.



“Professional Strength Whey Protein Plus is mega-dosed with a powerful 52 grams of high-quality protein with important BCAAs in every 2-scoop serving.”

LEO "THE FREAK" INGRAM

► U.S. Navy Officer (Retired)

► "Raw" Bench: 585 lbs.

BREAK YOUR PB NOT THE BANK

Protein for a powerlifter is like fuel for a car... without it, that weight ain't moving anywhere! You already know this. You also know that protein supplements are one of the best ways to get the quality protein you need. But not all protein supplements are created equal. Introducing Professional Strength Whey Protein Plus – a premium and powerful protein formula engineered with core ingredients that are shown to be scientifically superior to regular whey protein!

Core Ingredients Superior to Regular Whey Protein

Want more size and strength? Professional Strength Whey Protein Plus delivers what you need to crush PBs and earn the reputation of a living legend. Each two-scoop serving delivers

a massive 52g of protein (including essential and non-essential amino acids). It's powered by core ingredients shown in a third-party study to help users get bigger and stronger in just weeks. This is why athletes such as Leo Ingram only trust Six Star Pro Nutrition™.

Tested in the Lab for Results You Can Trust

In one six-week scientific study, subjects taking the core ingredients in Professional Strength Whey Protein Plus built 4 times the muscle than those using a placebo (8.8 vs. 2.0 lbs.) and 2 times the strength than those using regular whey protein (34 vs. 14 lbs.). Get a protein that works just as hard as you do. Get Professional Strength Whey Protein Plus at a great value!

TEST SUBJECTS GAINED

- ★ 2x the Strength
- ★ 4x the Muscle
- ★ 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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We broke the mold and made amino acids smaller and faster to help you in your quest to get your body bigger. GNC's new RapidDrive Amino Series uses advanced micronization technology to break down larger amino acid molecules so they can be absorbed more easily to fuel the muscles that need them. They're the most technologically advanced aminos you can get your hands on for pre-, during and post-workout support. And they come in versatile flavors – delicious fruit punch or unflavored powders – perfect for stacking with your favorite products. It's the most complete and advanced amino series ever developed and ideal for all athletes, from runners to powerlifters.

RAPID PUMP DELIVERY.

Arginine 5000™ gives you 5,000 mg of fast-absorbing, premium arginine per serving to boost nitric oxide and give you that blood-rushing pump.

RAPID RECOVERY FUEL.

Glutamine 5000™ provides an anti-catabolic effect for fast absorption and delivery with 5,000 mg of micronized L-glutamine per serving.

RAPID MUSCLE FUEL.

BCAA 5000™ pours on the ultimate muscle fuel for intense training. It's a powerful 5,000 mg blend featuring leucine, isoleucine and valine – critical for stimulating muscle protein synthesis and preserving muscle glycogen stores.

RAPID WORKOUT RESULTS.

Pre-Workout Amino Complex is a zero-sugar, zero-stimulant formula packed with seven grams of advanced amino acids, beta-alanine, L-citrulline and ingredients to help promote fatigue-controlling factors.

RAPID MUSCLE REPLENISHMENT.

Post-Workout Amino Complex gives you 11 grams of critical recovery aminos with L-glutamine, L-citrulline and antioxidants to help replenish muscles and replace lost electrolytes.

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THE ART OF LIVING AND THE ART OF DYING WELL ARE ONE

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

"The great gift of human beings is that we have the power of empathy." – Meryl Streep

It was the turn of the millennium, and I was perched on the top of the world. It seemed like I was one of God's chosen people. Everything I touched turned to gold. My company, Solaris Enterprises, was doing extremely well. My latest book, *A Time to Love*, was receiving outstanding reviews and was selling like crazy. My athletic career was going just as well. I had just won the World Series of Bodybuilding in Montreal, Canada, and I looked like a sure thing for becoming the oldest man in the world to win the drug-free bodybuilding world championships, which was to be held in Barcelona, Spain. My life was so beautiful and exciting.

Then, three weeks prior to the world championships, my whole world turned upside down. I fell down a flight of stairs, injuring my neck and ripping my right rotator cuff completely out. That was the beginning of one of my greatest nightmares in life. A few months after my fall, I noticed a slight weakness in my legs and in the upper left side of my body. Every day after that, I seemed to lose more and more strength. Gradually, my lower legs became so weak that my left foot began to flop. I also started experiencing weakness in my chest and back. After a few weeks of struggling with my condition, I decided to seek medical attention. I went to the Peachtree Neural Surgery Center in Atlanta, Georgia. The Peachtree Center is a world renowned clinic that is designed to treat various neurological problems.

At Peachtree, my entire body was scanned with a magnetic resonance scan (MRI). I remember that day as if it were just yesterday. My doctor, Max Steuer, took me into his office, sat me down and without hesitation said, "We are going to operate tomorrow." I looked at him like he was crazy. "Can I get a second opinion?" I asked. Without changing the expression on his face he said, point blank, "No! If we don't operate immediately, you are either going to be a paraplegic or dead. The vertebrae in your cervical spine are slowly severing your spinal cord in half." Apparently, when I fell down the steps, my vertebrae became embedded into my spinal cord and were now cutting the cord in half.

I am sure that when other individuals are given similar news a thousand different things probably race through their minds—will I become paralyzed, will I be able to work, will I have a normal life, will my family be alright, will I die? Amazingly, the only thing I could really think about was that my athletic career was in jeopardy. I know that must sound very trite.



Judd Biasiotto putting up a record squat of 603 pounds at 132 pounds in 1989

Here I was on the verge of having life threatening surgery that could render me a quadriplegic and all I could think about was, "Will I be able to compete again?" Like I said, that must sound very myopic or even insane to you, but that is how much I loved sports. Naturally, I asked Dr. Steuer if my athletic career was over. "Will I be able to come back from this? Will I be able to compete again?" His response was rather straight forward. He said, "I am not worried about saving your athletic career. I am worried about saving your life."

Well, the surgery went extremely well. From my standpoint, the operation was a breeze. For Dr. Steuer, the operation lasted considerably

longer than a few seconds. To be exact, it lasted three hours and thirty seven-minutes.

The day after the operation, Dr. Steuer paid me a visit. What he had to say was not good news. Basically, he told me that the operation had been a success, but that the damage to my neck was so extensive that even working out would be very risky. At the time, the news was almost too much for me to bear. Prior to my surgery, even when I hurt so bad that I could hardly walk, I never missed a workout. I was never content, never satisfied with my performance, and I loved every minute of that uncertainty and that challenge. It was my life and my destiny to be an athlete, and now it was

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"THIS IS THE BEST PRE-WORKOUT SUPPLEMENT I'VE EVER TRIED."

- Matt "Kroc" Kroczaleski
UPA World Record Holder Best Total: 2551 lbs (220 weight class)



It's a sick training rush of energy for raw intensity that redefines what a pre-workout formula should do. Slam back the new *naNO Vapor® Hardcore Pro Series™* and strap yourself in for one hell of a ride. Within moments you'll be scratching your head, wondering why you've been wasting your time with cheaper, mediocre supplements. Yes – it's *that* good. But don't just take our word for it. UPA World Record holder Matt "Kroc" Kroczaleski can't preach enough about how powerful this stuff is: "I've come to rely on it as a pre-workout tool to help me break through plateaus and achieve new personal bests."

Powerful All-in-One Training Pill

- Ignites rapid pumps for increases in muscle hardness and fullness
- Helps deliver increased energy for insane intensity
- Features super disintegrants to help ignite rapid breakdown

You train to get stronger and annihilate PBs. That's why *naNO Vapor Hardcore Pro Series* powder delivers a key ingredient shown in a published research study to increase strength fast. In a 10-day, double-blind, placebo-controlled study in which 31 subjects were divided into three groups, subjects using the **key ingredient increased strength capacity on the bench press by an average of 18.6%** compared to baseline (6658 vs. 5613 J). If you're not already on it, now is the time to find out what all the buzz is about.

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ANTON KRAFT

as told to Powerlifting USA by Ben Tatar of Critical Bench



Anton Kraft has the world record in his bench press weight class. Anton bench pressed 463 pounds at 123 pounds in the IPF in Orlando, Florida. Anton is from Denmark and he is constantly leaving a big impact on the bench press. Let's meet the man who keeps redefining bench press history: Anton Kraft.

Anton, the bench press has taken you to exciting places all over the world. Where are your favorite places to go in America?

My favorite places in America are Las Vegas, Nevada, home of the Olympia, and Columbus, Ohio, home of the Arnold Classic.

Those are top-notch events. Anton, what has been your favorite bench press moment?

My favorite bench press is each time I have set a new world record.

Anton "the world record bench press setting machine" Kraft! Gotta love it! Have we seen the best bench pressing of Anton Kraft yet?

My best bench press is still in the future!

Anton, list us five accomplishments that you are proud of.

My world titles, world records, my first U.S. Nationals, my second place at the Titan Bench Bash 2009 at the Arnold in 2009.

Share with us a hardcore moment you've had.

When I did a 225 kg. bench press in a new bench shirt.

That is 496 pounds at 120 pounds body-weight. Oh man! What makes Anton's mindset different from others allowing you to achieve such a feat?

I see myself as a winner in life as well as in the sport.

Who are your bench press mentors? Also list three powerlifters who really impress you.

Pete Alaniz of Titan; John Inzer, creator of the bench press shirt; Brian Siders, great bencher and can do it all; Ed Coan, one of the best powerlifters ever; and Debi Laszewski who placed

third at Miss Olympia this year.

Anton, how do you want to be remembered by others in the sport of powerlifting?

I want to be remembered by having a positive effect on my sport and for all power athletes.

You are doing that all the time. What is your advice for other lifters and what is the biggest mistake you see powerlifters make?

Watch and learn from others. The biggest mistake I see other lifters make is they come to championships unprepared.

Anton, tell us an inside secret that you never told anyone.

It is still a secret. Look what happened to Sampson when he told one person his secret!

Give us four mottos you live by:

1. Make each day better than the day before.
2. Prepare - Perform - Prevail
3. Whatever it takes to get me there.
4. I'd rather be riding shot-gun for the devil,

photos courtesy Anton Kraft and Critical Bench

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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 BITTER SWEET HEALING OF AMLA

Q: Hey Anthony, I just wanted to drop you a quick email in regards to all the beef industry information you have been letting out of the bag lately. All I can say is wow! I never knew any of those facts that you talked about and, to be honest, it is really disturbing. I can't believe that these horrible practices take place in this country when the farmers and, even worse, the governing bodies that are supposed to watch out for the well-being of our families turn a blind eye ever so cleverly to all the dirty shenanigans that take place behind the scenes in the meat industry. I am so thankful that you have helped bring this information to my attention because my family and I no longer eat any meat that isn't organic. Don't get me wrong. I am not one of those grass eating hippie nature type people that you would expect to eat organic meats, but after the information bomb you dropped on us in the last few issues, I would be a complete idiot to ignore the facts that you presented and still want to feed my family that crap. I am really disappointed in the whole industry—right from the farmers to the USDA—for not caring about American citizens half as much as they care about the almighty dollar. It truly is a shame of what takes place and I want to tell you to keep up the interesting articles and exposing some of the things that the majority of us had no idea about. You are a great addition to the magazine and I always look forward to reading your column in the magazine each month. Now, I also have a question for you. I have a friend from India that was telling me about this herb called Amla. Anyways, he swears by this herb for all kinds of different health ailments. I don't know too much about herbal medicine so I was wondering if you could tell me about this and if it's actually good for your health. Anyways, let me know what the deal is with Amla, and thanks again for keeping your articles on top of the game.

Yours in power,
Bruce Heliva

A: Thanks for writing in and with all the mail I get I try my best to get back to everyone, even if I am a little delayed. I am so happy to hear that you took the information that I presented to you in those two articles and put it to some good use. You see, this is why I do this each and every month to help the lifting community as well as their families live a better, healthier, longer life. I got tons of emails in regards to the meat columns I did and so many people couldn't believe what I wrote. They were shocked beyond belief those animals were fed tons of antibiotics and how this later would end up in our bodies doing who knows what to our health in the long term. I am so happy to have brought his information to light in the powerlifting community because lifters love their red meat. If lifters love two things in life, I would say red meat and double-ply bench shirts rank only second and third to their moms. All joking aside, the reality is that you have to watch out for your health as well as that of your family and just by applying small amounts of what I tell you each month you will live a longer, higher quality life, without a doubt. I am so happy to hear that you switched over to organic meats—at least now you will know that you are not loading your children's bodies down with dozens of different chemical agents and antibiotics, not forgetting window cleaner as well. Now let's get to your question at hand. So your Indian friend is recommending Amla to you, telling you it has some different health benefits, eh? Well, your friend is correct because Amla does have numerous health benefits. Being in North America, most people here are unaware of some of the different herbs and medicinal fruits that are used in different parts of the world. Amla is definitely one of those exotic fruits that you don't hear much about in the West—well, that is until I brought this to you. So let's take a look at some of the finer points about Amla to show you what it can do for your health.

▪ Amla is a very important herb in Ayurvedic medicine and has been used



in this natural form of medicine for at least 6,000 years.

- So, as you can see, Amla is not something new to the natural health scene since it has been around for such a long time and the case histories and studies done on it are proof its healing properties.
- Some of the best Amla in the world is grown in the pristine Himalayan mountain regions.
- Amla is known as the Indian Gooseberry and in its natural form it comes in as a round yellow soft fruit.
- Now when I say sour, I am not kidding you. If you were to take a fresh Indian Gooseberry from a vine and bite into it you would spit it out faster that you can say "AHHHHHHH Yuck!"
- It is super bitter and sour to the point it is very unpalatable, but in natural medicine this is a plus.
- You might be wondering how something so bitter would be a plus in natural medicine so let me explain: you may not know this, but the majority of toxins in the world—I am talking about natural ones—are also very bitter. This is like a warning system for the human body to make you not want to consume them due to the taste it leaves on your delicate tongue. When you eat something bitter, the stomach releases extra stomach acid to help break down what it suspects is a toxin you may have consumed. When this is taken with food, it will also increase the digestibility of any foods that you consume with it.
- So, as you can see, Amla has some important gastrointestinal benefits, but as you will see shortly there are plenty more that you can take advantage of.
- You may be thinking that consuming something so bitter would lead to acid reflux. It's actually the opposite. As in Ayurvedic medicine, it is used

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PERFECTING EVENING NUTRITION

to Torch Belly Fat, Increase Muscle Mass and Accelerate Recovery

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

Night time nutrition plays a crucial role to improve body composition, recovery, performance and quality of sleep, yet little attention is paid to this critical time period in most cases. Go too long without the right nutrients during the evening and through the sleep cycle and you will become highly catabolic chewing up hard earned muscle. Eat the wrong things at the incorrect times and the body fat will pile on! Learn how to adjust food choices, amounts and timing based on your specific goals to earn progress within a matter of a couple weeks.

WHEN DO YOU TRAIN?

The training time has a huge impact on night time nutrition needs. Those training in the evening hours must consider their post workout nutrition requirements as well as preparing the body for the night time fast during sleeping hours. Many myths exist regarding evening nutrition choices as they relate to body fat loss. You can consume a large percentage of your daily carb intake during the meals following training, no matter when the training session takes place, due to the metabolic conditions created by strenuous exercise. The keys to success are selecting the proper food choices, combinations and timing.

MORNING OR DAY TIME TRAINING NEEDS

Earlier training times taking place in the morning or early afternoon dictate that you focus more of your food consumption during

the meals following training. Your carb intake should be focused during the two meals following training when the body can make best use of those materials. In general, dinner and the evening snack should have a lower carb content with most of the sources being green vegetables due to their high fiber content. Use leaner protein sources at these meals to help with easy digestion closer to sleep. Protein sources with a higher dietary fat content from quality sources are best placed closer to training to help front load the daily caloric needs when they are most needed.

ACCELERATING BODY FAT LOSS AND SUPPORTING MUSCLE GROWTH

Most trainees who exercise at night do so 3-4 hours before bed; so we will plan based on this time frame. The focus should be to provide the nutrients crucial for supporting your goals while making an easy transition to restful sleep as scheduled. The energetic mood from training along with stimulation of the nervous system can make it difficult to sleep, making training earlier in the day a better choice for some people. *Getting in two meals following training within this 3 to 4 hour time window is very important for several reasons.* The body can make better use of the nutrients when they are spread out over a longer period of time and the metabolic conditions following training are quite different 30 minutes post training vs. 3 hours requiring meal compositions.

CATABOLIC CONSEQUENCES TO TRAINING AT NIGHT

Training in the evening has a much more profound impact on cortisol levels in comparison to training earlier in the day. Unfortunately, the closer you are to your normal bed time, the greater the increase of cortisol from training which runs in opposition to the anabolic status needed for rapid progress. Elevated stress hormones also make it difficult to get the necessary amount and quality of sleep needed for the fastest possible progress. *Sub-optimal sleep cycles will zap your daily energy and wreak havoc on anabolic hormone levels. Strength athletes must also be mindful of the importance of restful sleep as it relates to recovery of the nervous system, which ultimately dictates gains in strength and bar speed.*

THE BELLY FAT/HORMONE CONNECTION

One of the most common requests we come across daily is solutions for reducing belly fat levels. To solve this problem, you must consider the cause before determining a solution. *In a large percentage of cases, elevated stress levels from training and daily hassles are the main forces behind the unwanted gut. The mid section has a high frequency of fat storage receptors, making the capacity for piling on body fat every high.* Stress hormones activate these receptors and in combination with the wrong nutrition choices creates the ideal situation for fat storage. Insulin sensitivity is also

next page »

SUPPLEMENTATION

30 Minutes Before Training:

- ⇒ 2-4 scoops of 100% MR
- ⇒ 2-4 scoops of Muscle Synthesis Powder

Immediately After Training:

- ⇒ 2-4 scoops of 100% MR
- ⇒ 2-4 scoops of Muscle Synthesis Powder

POST WORKOUT MEAL 1

30 Minutes After Training:

- ⇒ Your biggest meal of the day featuring the highest concentration of carbohydrate intake
- ⇒ 8-12 oz. lean protein sources: chicken, turkey, fish and seafood
- ⇒ 1 cup brown rice
- ⇒ 3 Alpha Omega

POST WORKOUT MEAL 2

2-3 Hours After Training:

- ⇒ 8-12 oz. lean protein sources: buffalo, lean ground beef, salmon and whole eggs
- ⇒ 1 sweet potato or 1 cup oatmeal (eliminate when prioritizing bodyfat loss)
- ⇒ 2 cups green vegetables
- ⇒ 1-2 tablespoons extra virgin olive oil
- ⇒ 3 Alpha Omega

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POWERLIFTERS WIN FIRST PLACE AT MSOE CHAMPIONSHIPS & NASA STATE—At the Milwaukee School of Engineering (MSOE), all students know what to expect where academics are concerned. However, while bringing honor to MSOE's very own powerlifting team, three students chose to devote their spare time and efforts to setting high standards for themselves. In doing this, they followed a very strict set of rules, both in the books and in the gym. These students were able to put their efforts to the test on September 11th, 2010, and October 2nd, 2010, at the NASA/MSOE Powerlifting Championships and the NASA State Championships, respectively. At these meets, first- and second-place wins were achieved while many lifters also set state, American, and world records. MSOE students Brad Aldag, Mike Jasperson, and Sam Bramstedt were three successful lifters who upheld the standards of their university and parlayed their maximum efforts while adhering to the very strict rules of NASA Powerlifting.

MSOE Powerlifting, a club sport founded by Milwaukee's Ken Dragotta in 1981, was on hiatus until the 2008-2009 school year when Sheboygan's Brad Aldag began his studies at the university and brought with him a passion of helping other people achieve success. Aldag, currently a third-year Mechanical Engineering major, is the head coach of MSOE Powerlifting and was the meet director of the September 11th NASA/MSOE Powerlifting Championships. Without the assistance of volunteers Dan Wick, Jim Tabbert, Dale Alsteen, Asher Sharon, Denny and Sherry Johnson, Ken Dragotta, and the Hou-Seyes (Job, Wendy, and Samson), this meet would not have been possible. Six lifters were able to strut their stuff, and each lifter walked away with a first-place win.

Three Sheboygan lifters, Pat Schaefer, and brothers Dave and Tim Aldag, won their divisions. Schaefer entered the Open Unequipped Push/Pull division and was successful on five of his six attempts, including a bench press of 303 lb. and a deadlift of 568 lb. Dave Aldag was successful in the Masters II Curl Only division with a lift of 105 lb. Tim Aldag was successful in the Masters V Equipped Bench Only division with a lift of 303 lb.

Nick Balk of Kenosha, who entered the Youth Push/Pull division, was successful with a bench press of 83 lb. and a deadlift of 198 lb. Valentino Harris of Milwaukee was successful in the Open Curl and Unequipped Bench Press divisions with a curl of 187 lb. and a bench press of 387 lb.

The MSOE Powerlifting team's assistant coach, Mike Jasperson, was successful on all six of his attempts, which were state records. While lifting in the Open Unequipped division, Jasperson benched 353 lb. and pulled 424 lb.

Each of these lifters went on to compete in the NASA State Meet held at the Sheboygan Falls YMCA. In addition, this was the second meet in which the MSOE Powerlifting team has taken first place. Jasperson, a senior Biomedical Engineering major at MSOE, entered the Open Quadrallifting division, the Unequipped Powerlifting division, and finished with the highest coefficient of this meet. With a strict curl of 143 lb., a squat of 417 lb., a bench press of 358 lb., and a deadlift of 478 lb., he not only won first place, but also tied the state record for the strict curl and broke the state records for the squat, the bench press, and the deadlift. In addition, Mechanical Engineering senior Sam Bramstedt took second place in the Open Push/Pull division with a bench press of 270 lb. and a deadlift of 386 lb. Brad Aldag also took first place in the Open Curl Only division with a strict curl of 110 lb. «

» courtesy Bradley Aldag, MSOE Head Powerlifting Coach, aldagb@msoe.edu



(L-R) Dave Aldag, Mike Jasperson, Brad Aldag, Sam Bramstedt (Donna Zellmer photo)

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PERFECTING EVENING NUTRITION »

negatively impacted by stress, which further compounds the problem as insulin is the body's most potent fat storing hormone. *Your diet can be very "clean" without over eating and still not see reduction in mid section body fat if hormonal factors are not properly addressed.*

CRUSHING STRESS HORMONES FOR A SIX PACK

The best way to crush stress hormone levels is Amino Loading pre and post training with 100% MR and Muscle Synthesis. These proprietary Amino Acid blends developed by Dr. Serrano during extensive trials are highly anti-catabolic, making every hard training session more beneficial towards your long term goals. The unique ingredient ratios rapidly deliver the raw materials needed to optimize the hormonal environment for training, simultaneously providing powerful fuel sources for peak training performance and recovery. *Manipulating the complex web of metabolic needs during training leads to huge changes in body composition, performance and recovery.*

CUSTOMIZING POST WORKOUT NUTRITION NEEDS

You must be careful with your carb intake following training when wanting to optimize fat

burning and this is largely activity dependant. For fat loss aim for .25 grams of carbs per lean pound of body weight, and those wanting to maximize muscle growth can start with .5 grams per lean pound. Focus your carb intake during the first post-workout meal from the correct sources to support an anabolic environment while replenishing glycogen levels. *Leaner protein sources and a low dietary fat content is best for PW meal 1 to help with rapid digestion. The second post workout meal should contain more slowly digested food sources, including good dietary fat choices to help sustain the delivery of fuel sources throughout the sleep cycle.* Packing on muscle requires a larger overall food intake and, in some cases, a higher carb consumption pending the individual needs of the trainee and their response to certain foods. We adjust client nutrition plans based on their rate of progress and feedback. *Carb intake is one area where individual tolerance to amounts and certain carb sources can vary widely.* Identifying these details will ensure a rapid rate of success.

PUSH NUTRIENTS INTO MUSCLES AND NOT INTO BODY FAT STORAGE

Optimizing insulin levels is a key to maximizing muscle mass while minimizing body fat

accumulation. Make this anabolic hormone work in your favor by boosting your essential fat intake from Alpha Omega. *The scientifically engineered ratios of essential fats interferes with fat storage mechanisms on multiple levels, including the status of fat cells which play a vital role in your body fat level fortunes. Supporting proper insulin sensitivity is especially crucial post training by helping to force a higher percentage of nutrients into hungry muscles to support muscle growth and recovery.* «

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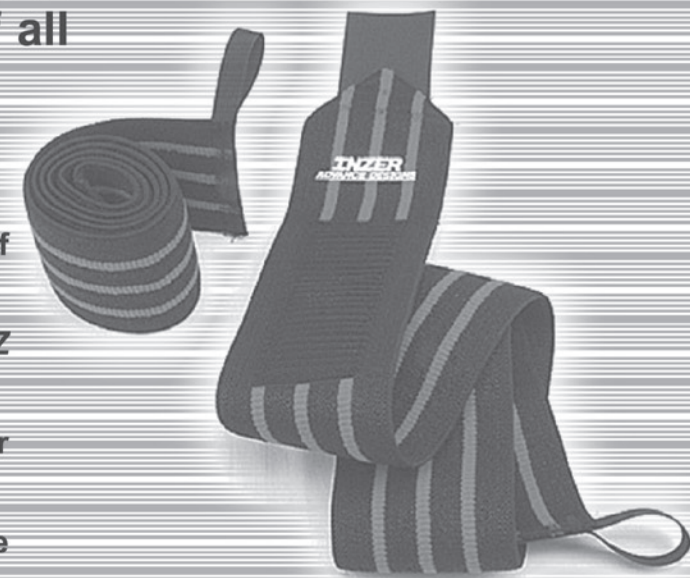
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TARGETED FAT LOSS?

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

Is it possible to lose fat in specific areas by local manipulation of that area? For example can you lose fat from flabby arms, or belly fat by doing specific exercises for that area, or applying wraps, doing massage, or just visualizing that fat away?

Massage, applying wraps, saunas, visualization, and other non active means of fat reduction don't make much sense. After all, unless you're significantly increasing the demand for fatty acid oxidation, I can't see that there would be a real increase in fat breakdown (lipolysis). I also can't see that anyone with even a modicum of common sense thinking that they can lose body fat using these methods. On the other hand, spot reductions in subcutaneous fat through exercising the local muscles has been a controversial subject for as long as I can remember.

If you asked me that question several years ago, my answer would have been that it's unlikely that there would be much increased fat loss in fat overlying exercised muscle because I felt that fat loss is a whole body phenomenon.

Since most people are concerned about belly fat, I also would have told you that doing abdominal exercises isn't going to decrease your belly fat unless you cut out the jelly donuts and/or beer, and hit the weights and/or cardio involving the whole body. And I would have added that sticking to a low carbohydrate, high protein diet, and even better, my phase shift diet, would be the best diet(s) to follow to get rid of body fat and improve over all body composition. This has also been shown to be true in several studies. The most recent of which found that an energy restricted high protein diet coupled with resistance training achieved greater weight loss and more favorable changes in body composition (see abstract in references).

After all, numerous studies have found that when you diet and exercise, you lose fat all over. Although you lose fat in some areas more than others, that's due to whole body dynamics and genetics rather than secondary to an interaction between working muscles and overlying fat.

For example with dieting and training visceral fat, the fat between your abdominal muscles and your back bone, can be one of the first fats to be affected, although the amount you lose in this area will vary depending on your genetics.

While all of that's still true, my opinion on targeted fat loss has been changing over the years and I now believe that you can target fat loss, or at least increase local fat loss, say, in the arms, chest, abdominal and other areas while you're trying to lose weight and/or improve body composition, and thus augment the local and overall fat loss effects of diet and exercise.

There was never any doubt in my mind that fat in the muscle cells themselves—called intramuscular triglyceride or intramyocellular

triacylglycerol (IMTG) or the intermuscular fat, the fat between muscle fibers which gives meat its marbelling effect—are used by the local musculature. But in general, these aren't the fats that most people want to lose. What they're looking to lose is the subcutaneous fat that makes their arms look flabby or that hides their six pack from view.

This subcutaneous fat lays on top of muscle and, as such, isn't fat that is inside or in close proximity to the muscle fibers. On the other hand, it is close enough to exercised muscle that it seemed to me that it had to be affected to some degree. After all blood flow to the exercised area increases with exercise and this includes the overlying fat.

And looking at it in practical terms it seemed to me that the body would use local energy sources to ones further away. That is, it would use the fatty acids from subcutaneous fat overlying the muscle that's being exercised more than fat in areas not being exercised.

As such, it makes some sense that doing abdominal exercises would increase the breakdown and use of local belly fat by the underlying exercising abdominal muscles. You would also expect an increase in breakdown of fat in the whole body but this would be less pronounced than the nearby fat.

There's no doubt that exercising muscle uses proportionally more fat as an energy source than muscle that isn't being exercised—at least that's the case the majority of people since they follow a high carbohydrate diet and thus are carbohydrate adapted. This is not necessarily the case in those that are on low carbohydrate diets or my phase shift diet that are fat adapted. In these cases, exercising muscle would definitely burn more fat in total since these muscles need more energy, but wouldn't necessarily be burning proportionally more fat, just more fat than if the muscle wasn't being exercised. This is a fine point that we'll pursue in future issues of this newsletter.

For example, a paper published in 2007 (Helge JW – see references) found that “during exercise respiratory exchange ratio was lower in FAT (0.86 +/- 0.01, 0.83 +/- 0.01, mean +/- SEM) than CHO (0.96 +/- 0.02, 0.94 +/- 0.03) and in UT than T legs.” What that means is that the muscles of the leg being exercised burned more fat than the leg that wasn't being exercised. This study, however, didn't look at and thus didn't show that the exercised leg burned more local subcutaneous fat than the non exercised leg.

After looking all over my own databases, PubMed, and the Internet, I didn't find much to support what I thought might happen to local fat overlying exercised muscle. All the studies I found didn't support the increased use of local subcutaneous fat by exercised muscles. Instead,



Dr. Mauro Di Pasquale

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THE POWER HISTORY EXPRESS: 1ST STOP » GREAT BRITAIN

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



Steve Alexander pulled in the winning DL at the 1981 Worlds in Calcutta, India



Ron Collins at the 1973 World Powerlifting Championships (Pope photo)

I recently had the extreme displeasure, once again, of modern airline travel—a long planned father-daughter trip that my youngest daughter, Natalie, and I took back to Arizona to see her grandma (and for yours truly, to sneak in another Arizona Wildcats Football game). It had been about a year since I had flown and I had miraculously forgotten how nauseating the whole experience was. The long lines, grouchy people, lack of decent food, horrid stench emanating from the lavatory (if you were unlucky enough to be seated nearby) and utter freaking hell of simply getting crammed, sardine-like into a noisy aircraft and going from point A to point B in the post 9/11 era without going stark, raving mad.

It all sadly reminded me of another, more innocent and genteel time, long ago when as a high school student, my family and I took the train—yes, the TRAIN—to all sorts of exotic destinations in Asia, enjoying the ambience, the unhurried pace and the general bonhomie that is part and parcel of train travel. I still remember the friendships that I made and maintained for years on those long and wonderful journeys. The most famous train in the world is still the mythical Orient Express, itself a subject of motion picture and literary fantasy for generations—which, to this day, continues to make its historic journeys throughout Europe making leisurely stops in some of the most famous locations in the world. A trip on the Orient Express is now officially on my “bucket list,” and it should be on yours too. Why? One can actually enjoy the sights, absorb the culture, the people, food and LIVE a little.

History, or the study of, should be like a long journey on the Orient Express, and not like a \$99 one-way travel special found online. Calm. Unhurried. And with sufficient time to simply ENJOY the moment. Today's Wi-Fi age, with multiple search engines vying for top position in the cyber wars, often cram a load of unintelligible (and undecipherable) pseudo-facts down our mental gullet, expecting us to digest, disseminate and decipher all of this, while still trying to actually seek pleasure from it. It is nigh on impossible to do sometimes. Wouldn't you agree? So, instead of charging ahead, let's all slow down a tad, enjoy the scenery and listen to our friendly announcer:

ALL ABOARD for the POWER HISTORY EXPRESS. Destinations upcoming: Great Britain...Finland...Iceland...the sleeping giant formerly known as the Soviet Union...India, land of mystery...and the land of the rising sun, Japan...the iron athletes down under in Australia and New Zealand...all on our trip over

the next few months of: POWER HISTORY AROUND THE WORLD.

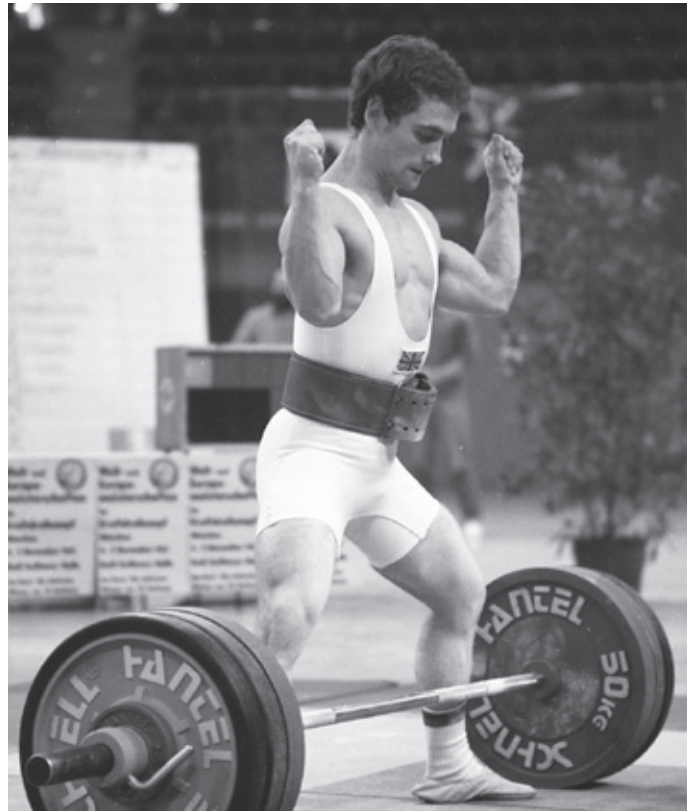
In this special trip, we will see a little of everything pertaining to power history around the World—exotic foreign lands, unique cultures, training conditions that would make a U.S. prison yard seem high tech, and above all, a burning desire to be the very best in the sport that we all love. And yes, this trip will not be without a liberal dash of adventure, romance, political intrigue and controversy in a journey that will criss-cross Europe, roll through the icy fjords of Scandinavia, the steppes of the Ukraine and Russia, chug unabated all the way to the snow peaked mountains of Mt. Fuji in Japan, back to the steaming jungles of India and the rain forests of New Zealand, and roaring through the sun baked Australian outback before we head home. Powerlifting and strength has been part of the sporting culture of all of these countries for decades, and these locales have created some unforgettable moments and unbelievable lifters.

So, sit back in your ultra comfortable “Power History Express” cabin—first class, naturally—and enjoy the ride.

First and foremost, we must never forget that powerlifting is a truly international sport—one that germinated from humble beginnings almost sixty years ago. While we glory in the exploits of the OWBBC (Original Westside Barbell Club), scratch our heads at how on earth the famed Arizona Titan Jon Cole was able to total nearly 2400 pounds RAW at a light 278 pounds bodyweight almost forty years ago, and marvel in the legacy of the great Paul Anderson, we tend to forget about the great lifters from other countries, lifters that cemented their legacies of iron with their own homegrown brand of courage, determination and, yes, humor, taking a backseat to no one—no, not even the champion Americans. Many of these lifters trained alone, sometimes in shabby little gyms, many times outdoors in inclement conditions, all with one goal: to be a world powerlifting champion. This little journey will open up a lot of eyes, I promise.

Our first stop on the Power History Express is going to be Great Britain—a country that was neck and neck with the USA when the sport began; a country that, when the USA was the absolute meanest, biggest bully on the power planet, managed to sucker punch us out in the last round and in a very historic year, to boot, a meet that STILL rangles, to this very day some of the U.S. team; and a country that produced IPF Hall of Famers, world champions, and even a guy that had a whole valley in Antarctica

next page »



Dave Mannering prepares to pull

named after him!

Welcome to GREAT BRITAIN—home of the original power three, called “The Strength Set.” Great Britain has a rich and storied iron history, going all the way back to fabled music hall strongmen like Thomas Inch and Donald Dinnie, whose famed implements, the Inch Dumbbell and Dinnie Stones, respectively, are still in use today by strongmen (and women). Back in the late 1950s, Great Britain had two “officially recognized” iron sports: weightlifting and bodybuilding, each with its legion of followers. The weightlifters, sanctioned by their national federation BAWLA (British Amateur Weightlifting Association) had the British Empire Games (now called the Commonwealth Games), the World Championships and, of course, the Olympic Games. Great Britain has had some notable Olympic lifters throughout the years, including Ron Walker, Louis Martin, Bill Watson, James Halliday and Dave Mercer, all of whom set countless British, European and world records in the Olympic three. The bodybuilders had their own association, NABBA, that produced home-grown muscle stars like Reg Park, Bertil Fox, Paul Wynter, Albert Beckles and Dave “Darth Vader” Prowse, along with producing historic Mr. Universe title holders like Arnold Schwarzenegger, Sergio Oliva, Frank Zane and the first NABBA Mr. Universe, the famed Steve Reeves. During that time, there originated an early form of powerlifting, called the “Strength Set,” which appealed to the ever growing legion of bodybuilders, epitomized by the massive Park, who trained, early on, in some very primitive conditions, conditions that were not unusual for most of the early Great Britain iron athletes.

“I went to school during the day and trained at night. My early training was done in my parent’s back yard. I set up two poles in the ground with a bar across the top for chinning exercises. I had acquired a barbell and a pair of dumbbells and a flat wooden bench that I built according to the specs obtained from a muscle mag. Also, I set up a pulley machine that extended from my bedroom to the yard. Talk about cold, the temperatures dipped below zero in the winter. I took to training in three thick sweatshirts. Later, we were able to move to a more prestigious location, a three walled garage that had a tin roof

and concrete floor, but no electricity. It was just as cold.” – Reg Park, 1997 interview

The British “Strength Set” competitions were unique in that they were comprised of the following events: two-arm curl, barbell bench press and full squat—performed in that exact order. Interestingly enough, it was about the same time that “Odd Lift” contests were being contested in the USA, particularly in iron pits like the old Muscle Beach Gym in Santa Monica or some of the early East Coast hardcore gyms that were frequented by heavy lifting bodybuilders like Marvin Eder, Clancy Ross and Floyd Page, lifting in all sorts of events including the above three, the deadlift and even the incline press. In Britain, the Strength Set (a lot classier name than “Odd Lift,” wouldn’t you say?) allowed British bodybuilders and Olympic style lifters an additional outlet for their competitive fires.

This early Strength Set lifting saw many battles between Brian McPeak of Belfast, Northern Ireland, and Ron Judge of London, both making their best career lifts in 1964. Their totals were 160–325–510–995 for McPeak and 155–300–520–975 for Judge, both at 154 pounds. Judge then squatted 543 for a British record, but was more famous for launching the career of a bonafide IPF Hall of Famer several years later when this particular little lifter enrolled in his gym at the tender age of 13. More on him in a bit.

Much has been written throughout the years by famed iron historians like John McCallum, Anthony Ditillo and Bradley J. Steiner, about Reg Park’s strength, his ability to regularly use over 450–500 pounds in the barbell bench press, 300–315 in the seated press behind the neck, and 600 in the full squat, and a mind-boggling 450 in the bent over row, many for multiple sets of multiple repetitions, a simple yet brutal regimen that produced the biggest and strongest bodybuilder of his—and perhaps of all—time. Reg Park was a very big man—one who would play the mythical Hercules in several Italian “sword and sandal” films of the 60s—and had the strength to match.

Precious little, however, is known about another British powerlifter/bodybuilder who came on the scene shortly after Park who, TO THIS DAY maintains a diamond hard, contest ready physique and a remarkable level of strength for a man in his eighth decade: John Citrone. Citrone, unlike the burly Park, was always a small, self-made man, but with a ferocious competitive spirit, which was unleashed from time to time like a ravaging beast at various early British competitions. At the age of 25 in 1968, with a bodyweight of 176 pounds and a height of only 5 foot 3 inches, he bench pressed 488 pounds before a large audience in Northern Ireland—a record, though unofficial, that stood for many years. I don’t need to say that he did it “raw” as that appellation was only reserved in those days for meat, vegetables and the odd movie. Another great Northern Ireland bodybuilder/bench presser of the early days in Britain was the tragic Buster McShane, who also earned fame as one of the earliest strength coaches for elite athletes, many of whom he trained in his private gym in Belfast. McShane unofficially bench pressed close to 500 pounds at a similar bodyweight to Citrone, and was also the coach for Olympian track and field superstar Mary Peters, who won the gold at the 1972 Munich Games in the Pentathlon over heavily favored Heide Rosendahl of West Germany. Sadly, McShane’s life was cut short a mere six months after the games, as he lost his life in a car accident. Mary Peters won gold again at the 1974 Commonwealth Games and dedicated this medal to her late strength coach and powerlifter, Buster McShane.

Powerlifting was now an official word in both Great Britain and in America. The curl was dropped as a lift, and replaced by the deadlift. In 1966, Great Britain held its first National Championships. It was now the turbulent 1960s—LSD, flower power, Vietnam and The Beatles. Over in America, the OWBBC (Original Westside Barbell Club) was starting to flex its muscles and push the envelope in their historic twice weekly workouts at 4227 Neosho Street in Culver City. In Britain, there was a similar movement with the earliest official British power stars such as heavyweight Eddie Kershaw, first man in Great Britain to squat over 700 pounds, Terry Perdue, a highly decorated Olympic lifter, the first man in Great Britain to bench press over 500 pounds officially, and Neil Whillock, the first to pull 700. The Welshman Perdue, in particular, was a colorful character; a huge, bearded superheavy with a Luke Iams psych routine, and a lifter who competed in two Olympics. He was, at one

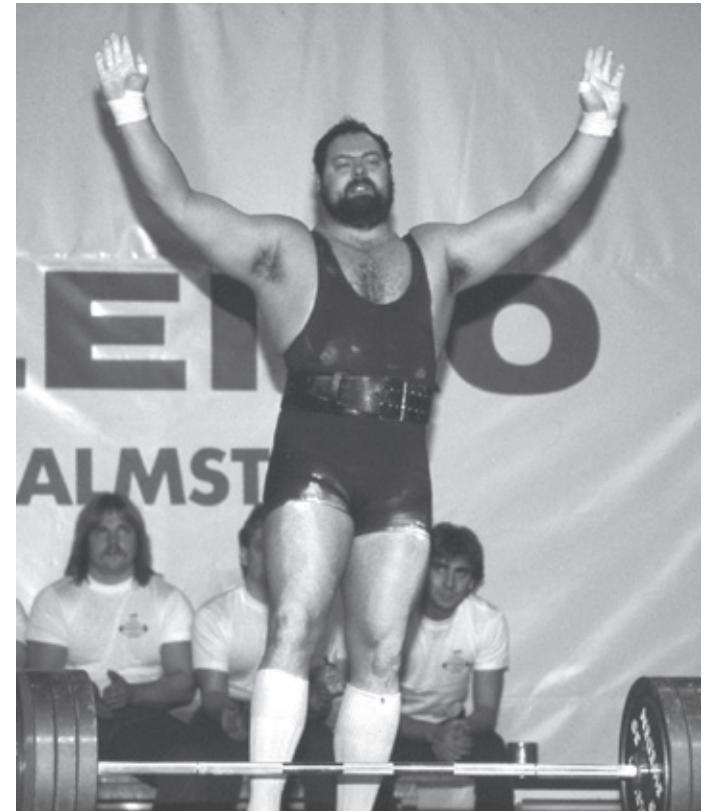
point in time, actually accused of heading up a scrap metal fencing gang because he was, apparently, the only one in said gang strong enough to lift and carry off MANHOLE COVERS, which were the missing “contraband.” Perdue’s children, Terry Jr. and Natasha, continue the family tradition and compete today in Olympic lifting for Great Britain. Joe Weider in America rightfully saw the massive crossover appeal of both powerlifting and bodybuilding and was by now hosting a monthly “Power Scene” feature in his early magazines, many penned by George Frenn himself. In Britain, a small core of lifters began serious training, three of whom would eventually earn honors as IPF Hall of Fame honorees, and set countless records. I am, of course, referring to the triumvirate of Ron Collins, Eddie Pengelly and Precious McKenzie, who also represented New Zealand toward the end of the ’70s (and who is still active today). The aforementioned Ron Judge saw something special in the tiny Pengelly, who at the age of 13 and weighing only 110 pounds could rep over 330 pounds in the squat, done at Judge’s gym—lifting that would garner great dividends in the years to come.

With both Great Britain and the USA staging national championships and powerlifting becoming more organized, an international meet between the two countries SHOULD have been the next progressive step. However, the first OFFICIAL international competition was between Great Britain and France, but weirdly enough, our friends from “the land of love” did not do the deadlift. So in 1968, a team of six French lifters came to Bristol, England, for the first Powerlifting International. The next year a team of six British lifters went to Paris for the return match, which they won, despite some strange rules, including a required two second pause on the squat with an “up” signal.

Joe Weider arranged the historic 1970 Southern California Weightlifter’s Association versus Great Britain Powerlifting Exhibition, which was the official title of the meet. The then stodgy mossbacks of the AAU forbidding the use of the term “USA” on the competition, unbelievably. The “USA” team was basically comprised of the Original Westside Barbell Club, which had some holes in some weight categories, and they were beaten, narrowly so, by the Brits who came with a complete team—this despite a record setting performance by George Frenn who squatted a then world record 819. Ron Collins made his debut on U.S. soil at this meet by easily winning the middleweight class.

Bob Hoffman, Weider’s bitter rival in those days for the hearts and wallets of American strength fans, finally saw the light and began the inaugural World Powerlifting Championships in York in 1971, which was basically a USA versus “anyone who had the money for expenses” format. That meet had some great lifting, particularly in the heavier weight classes, with the epic battle at superheavyweight between Williams, Kuc and Cassidy being the highlight. The Brits sent some notable lifters, but nothing much was ever expected from the lads from Merrie Olde England against the might and majesty that was USA powerlifting in the early days, where the USA won everything in sight, and easily so, to boot.

Nothing, that is, until the fateful 1976 Worlds held on the Bicentennial year of the USA, again, in York, PA. The year prior, the USA had sent a “dream team” overseas to the first truly international powerlifting event, held in Birmingham, England. The Yanks, led by the likes of Vince Anello, Rick Crain, Jack Welch, a tanned and terrific Buddy Ravenscroft, Jo Jo White, Lamar Gant and Marvin Phillips, easily took the team title. But the undeniably awesome experience of hosting the Worlds also bred a huge upsurge in interest in the sport among the Great Britain lifters. So much so, that on that fateful day in 1976, the Brits, led by the great Ron Collins, up a weight class at 82.5 kilos, Eddie Pengelly at 60 kilos, and newcomers Paul “I’m the King” Jordan at 100 kilos and the slender, non-muscle Bill West (no, not THE Bill West from Culver City, the OTHER Bill West from England who competed at 165) narrowly, and with a lot of controversy, BEAT the USA for the team title. All of those lifters from Britain took gold, and were amply helped by the likes of PL USA’s own Dr. Mauro di Pasquale, who won gold at 67.5, representing Canada, and the great Inaba of Japan who decimated the competition at 52 kilos. All of this despite the very best efforts from such legendary USA lifters such as Lamar Gant, Larry Pacifico, Doug Young, and Don Reinhoudt—a team that looked for all the world completely unbeatable. The straw that broke the camel’s back—or in this case the USA’s Tony Carpino’s heart—was



Ande Kerr had a shot to upset Kaz at the 1983 Worlds

the final, highly controversial deadlift in the 75 kilo class by Bill West who inched up, and I mean INCHED up, a massive 639, which would calculate out later as the “tipping point” in the competition. The lift was controversial in that many feel (as Tony did, even years later) that it stopped right around the knee area and by the rules should have been disallowed, but the power gods were indeed smiling down upon the Brits then. This loss humiliated the great USA powerlifting team, and those in the know then and there planned one year in advance for revenge at the next go-round in Perth, Australia, in 1977. Still, one particular lifter was extraordinarily bitter: USA 165 silver medallist Tony Carpino.

In 1980, I attended the IPF Worlds hosted by the late John Pettit in between IBM sales training courses given in Texas. I spotted Carpino there, as a member of the famed “renegade” NPA team and after the lifting, casually asked him about the events back in 1976. He was still furious about that lift, and basically turned his back on me and stormed out. You would have thought I had disparaged his family, children, or accused him of a crime—his reaction was that bad. In retrospect, I guess I would have reacted the same too, if I felt as he did that his world title and a USA team title was not awarded because of a bad lift. Sadly, them’s the breaks, folks. And Tony, I hope you’re feeling better in 2010.

The guys who practiced powerlifting in Great Britain were, for the most part, workingmen: here in the USA we say “blue collar” workers. Being a monarchy, there are definite vestiges of the old class system in Great Britain, where the “upper crust”—private school types being groomed for future knighthoods, baronies and dukedoms—usually earn their competitive stripes on the rugby or cricket pitch, and NOT on the powerlifting platform. Powerlifting was looked at in the same light as boxing—a sport for the common man, and one that you had to go to the, well, seedier areas of town to really train properly. Yes, there were gyms in the nicer areas, but these were more of your “health spas” where the connected and genteel gathered for a “round of squash, a brisk workout and a cigar,” and NOT for some ball busting squats or benches. The thought of weedy Prince Charles getting his major domo to put on his bench shirt or Princes Harry and William traveling to some tough London



John Neighbor at the 1982 Worlds

suburb to hit some iron is ludicrous. In fact, the Royals' only major attempt at international sport was in 1976 when HRH Anne competed in the—you guessed it—equestrian events.

Great Britain powerlifters in those days banded together in small, dank clubs, sometimes in the basement of a university or as part of a larger gym. These guys didn't have much access to "modern" powerlifting gear, even then, using castoff Olympic lifting singlets, homemade belts and whatever shoe that they had handy. No one epitomized the "spirit" of the blue collar powerlifter in Britain more than the great Eddie Pengelly, multiple world record holder and champion at 132 and 148, and an absolute master at the sumo deadlift. Eddie was a roofer, working long hard days on slippery (and very steep) London roofs in all manners of weather, and when finished he would wander dead tired into the gym, often times with his tar-stained overalls and roofer's boots still on, and train. He, like most of his countrymen, trained three days a week and did little more than squat, bench, and deadlift—with great success. Pengelly died several years ago of a virulent brain tumor; the same malady that cost my friend and old training partner Roger Estep his life, and ironically enough both Roger and Eddie competed, albeit in different weight categories, in the historic 1979 Dayton IPF Worlds. As stated, the British lifters of the 1970s and 1980s typically just performed the three lifts with some small variations—close grip/wide grip bench, close stance squat and stiff legged deadlift. Maybe some sit-ups or a little running. Near zero effort on what we would term today as "GPP" exercises, such as lat, tricep, hamstring, core and similar work for improvement of weaker areas and recovery. Many of these lifters viewed the great American bench pressers of the day, like Doug Young, as frustrated part-time bodybuilders whose huge advantage in the bench press was the result of a proliferation of upper body exercises, and a "closet bodybuilding" attitude. The British tended to concentrate on the squat and deadlift, and rightfully so, as in those pre-gangster gear days the two big lifts comprised the bulk of the total. Many of them benched as an afterthought. Chuckie Dunbar advised British flyweight champion Narendra Bhairo to add dips and tricep exten-

sions to his regimen after smoking the Brit (and the rest of the field) in the bench in 1979. Surprisingly enough, Bhairo, who could squat and pull near 500 pounds, like a lot of other Brits, considered this type of training as a waste of time and not terribly useful, but vowed he would give it a try anyway. Chuckie had, after all, beaten him by a mere 100 plus pounds in the bench press. This silly attitude cost them a lot of titles, particularly in 1977 when the USA got their revenge in the iconic Worlds in Perth, Australia, nationally televised by the old show *NBC Sportsworld*, and still seen on YouTube today. The 1976 100 kilo winner, Paul Jordan of Britain, was fatuously predicting another Great Britain victory and was even seen passing around pre-made t-shirts with "1977 World Powerlifting Champion Paul Jordan" already silk-screened on it—well before the competition started. Bad timing, old boy, as the Yanks did the sneaky switcheroo and entered a bulked up Larry Pacifico at 220 and a trimmed down Vince Anello at 198—not the reverse, which Jordan was expecting and had trained for. The resulting psychological meltdown caused Jordan to unwisely max out not once, not twice, but up to FOUR times BEFORE the meet and left him so depleted physically and mentally that he suffered a horrific leg injury attempting a 766 squat that was used in the montage for *Sportsworld* for years to come.

Ron Collins was Great Britain's finest lifter of the '70s, having won multiple world titles in both the 75 and 82.5 kilo categories. His quiet demeanor and absolute platform mastery was the blueprint for a legion of his admirers including many from this side of the pond. Although he wasn't exactly blue collar—working as an engineer for many years—he still used the same simple routine that many British powerlifters had used for decades. He beat some pretty damned good lifters along the way, notably Walter Thomas, Jack Welch and others. He retired, and is doing well from all accounts in his new home in South Africa, a land that the legendary Reg Park himself had retired to many years prior.

Other notable British lifters of that era and beyond were heavyweights Dave "The Mad Stork" Carter, an impossibly built 242 pounder with bone thin legs who could squat and deadlift the moon; the effervescent Tony



Neil Whillock – the first man in Great Britain to deadlift 700, back in 1967 (Tony Fitton photo)

Fitton, who once decided it "was okay" to squat in swim fins because the rules did permit "athletic footwear" after all; Dave Mannering, a lightweight who competed (and I believe still does) for over twenty years in several different weight classes; Hassan Salih, a muscular Cypriot representing Britain who for a while held the world record in the squat in the 67.5 class in the late '70s; Des Garner of Wales, also a world class 67.5 kilo lifter; the late Steven Zetolofsky, a very strong superheavyweight from London whose ill-timed shoulder injury prevented him from breaking the fabled 1000 kilo total; famed superheavyweight Andy Kerr, who still competes today at the age of 60, and whose long bone structure never prevented him from doing some damn fine lifts; lightweights Phil Stringer, Herman Nurse, Dharam Pal and Gary Simes; and moving into the '90s, the irreplaceable John Neighbour at 220; ripped-to-the bone Rod Hypolite at 67.5-75 kg.; the ferocious looking Peter Tregolan at SHW; and finally the 2009 IPF superheavyweight, Great Britain's first IPF SHW champion, Dean Bowring. Of course, no mention of Great Britain powerlifting would ever be complete without a word about the "Lion of Leeds," the great Andy Bolton, Britain's most famous lifter in any weight sport, having been the first—and still ONLY—human to successfully elevate 1000 plus pounds in the deadlift.

The most interesting Great Britain powerlifter is, by the way, NONE of the above. It is an old friend of mine, and I am NOT giving him this title because of our long standing friendship. Judge for yourself: first of all, he was one lifter that "flew in the face" of the average British workingman type powerlifter, having studied for his masters and his doctorate at the University of Swansea in Wales. In 1981, he won the World Middleweight Championships at the Worlds in a true "Meet from Hell"—Calcutta, India, a meet where several U.S. lifters fell deathly ill, including heavy-weight Danny Wohleber who contracted malaria, and a meet where my buddy Steve Alexander traveled a long, long way at his own expense to ultimately win. Besides his athletic accomplishments, Steve has accomplished the following: earned his Ph.D. and Masters degree from the University of Swansea, in Wales; spent over a year studying one-celled organisms and making ice water sea dives under more than six feet of ice in ANTARCTICA, living like an Eskimo in an igloo that whole time; while in Antarctica, had an entire valley named after him; sailed the world with his wife and swam alongside whale sharks and other huge marine mammals, with some beautiful photographs to boot; wrote a lot of scholarly treatises, including one on microbiology; worked for several prestigious firms including Raytheon and Kellogg Brown & Root and he is currently the Worldwide Director for Science, Engineering and Technical Services at IAP Worldwide Services; and the best one, crashed on my couch in 1982 back in Los Angeles when he and his then girlfriend were backpacking through the USA. I ran into them at the 1982 Seniors and invited them down to hang out and train. See what I mean?



Brits (L-R) Eddie Pengelly, Tony Fitton, and Paul Jordan at the 1976 IPF World Championships, where Great Britain defeated the U.S. for the overall team title (Doug White photo)



Bill West (the Brit) with another DL that seemed to never end at the 1980 IPF World Championships

Today, Great Britain powerlifting is suffering from the same growing pains as the state of our sport in the USA—theological arguments over raw versus equipped, multiple federations, both local, national and international, judging issues, cyber wars and flame contests between unknown adversaries on message boards. Sound familiar? But, to their credit, the young British lifters of the new millennium still remember fondly the grand masters of the past: Ed Pengelly, Ron Collins, Andy Kerr, Steve Alexander, Dave Mannering, John Neighbor, Bill West and Peter Tregolan. Time may have dimmed their achievements, but nothing will ever change the fact that, at one time, the iron men of Great Britain, training in dank, primitive dungeons, under schools, behind pubs and in freezing cold backyards, stood toe to toe with the iconic greats of America—Gant, Pacifico, Crain, Reinhoudt, Young, and Anello—and came out on top. That day, at least, the sun truly never, ever set on the British powerlifting empire. «

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RON FERNANDO

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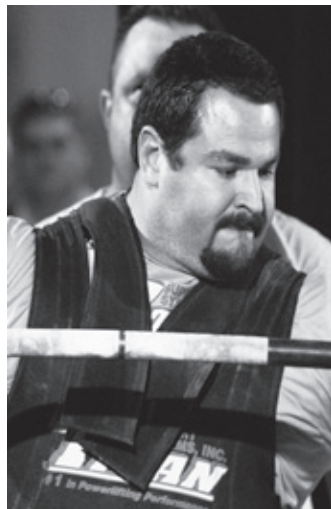
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MEN'S 308 LB. (140 KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1147.5 (520.5)	*3.75X Paul Childress/71 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO)
2.	1130.0 (512.6)	*3.66X Anthony Bolognone/76 8/22/10 (1130.0 lb. @ 308.4 lb.) (Cincinnati, Ohio) (SPF)
3.	1124.4 (510.0)	*3.77X Marc "Spuds" Bartley/68 11/4/06 (510.0 kg. @ 135.4 kg.) (Lake George, New York) (WPO)
4.	1110.0 (503.5)	*3.61X Jonathan Bernor/75 2/17/07 (1110.0 lb. @ 307.5 lb.) (Tribes Hill, New York) (APF)
5.	1107.8 (502.5)	*3.61X Jim Hoskinson/65 3/16/08 (502.5 kg. @ 139.25 kg.) (Rainbow City, Alabama) (APF)
6.	1105.0 (501.2)	3.58X Matt Wilson/79 11/7/09 (1105.0 lb.) (New Castle, Delaware) (APA)
7.	1102.3 (500.0)	*3.63X Scott Weech/85 12/4/05 (500.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
8.	1102.3 (500.0)	*3.58X Scott "Hoss" Cartwright/69 6/1/08 (500.0 kg. @ 308.0 lb.) (Omaha, Nebraska) (APF/WPC)
9.	1100.0 (499.0)	*3.65X Matt Wenning/79 8/23/09 (1100.0 lb. @ 301.2 lb.) (Sharonville, Ohio) (SPF)
10.	1100.0 (499.0)	*3.67X Ashley "A.J." Roberts/85 8/22/10 (1100.0 lb. @ 300.0 lb.) (Cincinnati, Ohio) (SPF)
11.	1085.8 (492.5)	*3.52X Chris Janek/77 9/10/10 (492.5 kg. @ 139.8 kg.) (Prague, Czech Republic) (GPC)
12.	1085.0 (492.1)	*3.56X Chuck Fought/85 1/18/09 (1085.0 lb. @ 304.5 lb.) (Columbus, Ohio) (IPA)
13.	1074.8 (487.5)	*3.51X Mike Brown/85 3/3/07 (487.5 kg. @ 138.8 kg.) (Columbus, Ohio) (WPO)
14.	1074.8 (487.5)	*3.51X Craig Stutes/73 6/14/09 (487.5 kg. @ 138.8 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
15.	1063.7 (482.5)	*3.56X Jeffrey Vaughn/77 12/2/07 (482.5 kg. @ 135.4 kg.) (Jacksonville, Florida) (APF)
16.	1055.0 (478.5)	*3.43X Henry Thomason/79 6/6/10 (1055.0 lb. @ 307.8 lb.) (Nashville, Tennessee) (SPF)
17.	1052.7 (477.5)	*3.44X Craig Gallo/72 10/30/05 (477.5 kg. @ 138.7 kg.) (Chicago, Illinois) (WPO)
18.	1052.7 (477.5)	*3.48X Sylvester Crumbley/69 6/17/07 (477.5 kg. @ 137.05 kg.) (Daytona Beach, Florida) (APF/WPC)
19.	1052.7 (477.5)	*3.44X Mike White/76 6/28/08 (477.5 kg. @ 138.8 kg.) (Kalamazoo, Michigan) (APF)
20.	1050.0 (476.3)	*3.47X Jake Anderson/86 8/22/10 (1050.0 lb. @ 302.6 lb.) (Cincinnati, Ohio) (SPF)
21.	1047.2 (475.0)	*3.70X Karl Tillman/63 11/2/06 (475.0 kg. @ 128.5 kg.) (Lake George, New York) (APF/WPC)
22.	1040.0 (471.7)	*3.47X Zech Cole/84 1/20/08 (1040.0 lb. @ 135.8 kg.) (Columbus, Ohio) (IPA)
23.	1040.0 (471.7)	*3.67X Matthew "Shane" Hammock/87 8/22/10 (1040.0 lb. @ 283.2 lb.) (Cincinnati, Ohio) (SPF)
24.	1038.4 (471.0)	*3.45X Oan Basson/78 3/1/03 (471.0 kg. @ 136.7 kg.) (Columbus, Ohio) (WPO)
25.	1035.0 (469.5)	*3.38X Tony Balagona 1/27/07 (1035.0 lb. @ 306.0 lb.) (Columbus, Ohio) (APF)
26.	1030.0 (467.2)	*3.34X Aaron Lawrence/70 6/10/06 (1030.0 lb. @ 308.0 lb.) (Stevensville, Maryland) (NPA)
27.	1025.1 (465.0)	*3.57X Michael Askew/70 11/4/06 (465.0 kg. @ 286.9 lb.) (Plano, Texas) (APF)
28.	1025.1 (465.0)	*3.36X Mark "JackAss" Bell/76 4/20/08 (465.0 kg. @ 138.4 kg.) (Columbus, Ohio) (UPA)
29.	1020.0 (462.7)	*3.31X John Manly/63 2/23/08 (1020.0 lb. @ 308.5 lb.) (Orlando, Florida) (APF)
30.	1020.0 (462.7)	*3.67X Luke Edwards/81 4/19/09 (1020.0 lb. @ 278.0 lb.) (Columbus, Ohio) (IPA)
31.	1014.1 (460.0)	*3.62X Michael Griffin/75 11/1/08 (460.0 kg. @ 280.0 lb.) (Carrollton, Texas) (APF)
32.	1014.1 (460.0)	*3.33X Scott Burgess/75 3/1/09 (460.0 kg. @ 138.0 kg.) (Sacramento, California) (UPA)
33.	1008.6 (457.5)	*3.42X Jason Cross/78 12/8/07 (457.5 kg. @ 295.0 lb.) (Westbrook, Maine) (APF)
34.	1008.6 (457.5)	*3.43X Greg Theriot/83 6/1/08 (457.5 kg. @ 294.0 lb.) (Omaha, Nebraska) (APF/WPC)
35.	1005.0 (455.9)	*3.59X Charles Bailey/63 10/4/09 (1005.0 lb. @ 280.0 lb.) (Nashville, Tennessee) (SPF)
36.	1005.0 (455.9)	*3.32X John Morrow/72 7/24/10 (1005.0 lb. @ 302.8 lb.) (North Myrtle Beach, South Carolina) (APF)
37.	1003.1 (455.0)	3.25X Greg Tillinghast/72 5/3/09 (455.0 kg.) (Baton Rouge, Louisiana) (APF/WPC)
38.	1003.1 (455.0)	*3.37X Charles "Chas" Fay/80 12/5/09 (455.0 @ 134.85 kg.) (Jacksonville, Florida) (APF)
39.	1003.0 (455.0)	*3.26X Dave Waddington/54 6/13/81 (1015.0 lb. @ 308.0 lb., later weighed 1003.0 lb.) (Zanesville, OH) (USPF)
40.	1002.0 (454.5)	*3.29X Mark Pasillo/60 10/30/99 (1002.0 lb. @ 305.0 lb.) (Troy, New Hampshire) (APF)
41.	960.0 (435.4)	*3.25X Lane Taylor 12/1/90 (960.0 lb. @ 295.0 lb.) (Huntingdon, Pennsylvania) (FCI)
42.	960.0 (435.4)	*3.14X David Barno/70-06 4/13/03 (960.0 lb. @ 305.5 lb.) (Newark, Ohio) (IPA)
43.	960.0 (435.4)	3.11X Glenn Russo/70 3/31/07 (960.0 lb.) (Mastic Beach, New York) (APF)
44.	959.0 (435.0)	*3.12X Richard Coates/62 12/13/98 (435.0 kg. @ 307 lb.) (Aurora, Illinois) (APF/WPC)
45.	955.0 (433.2)	*3.40X Matt Moore/84 4/7/07 (955.0 lb. @ 281.0 lb.) (Spokane, Washington) (APF)
46.	955.0 (433.2)	*3.17X Scott Metcalf 5/1/10 (955.0 lb. @ 301.0 lb.) (Fredericksburg, Virginia) (IPA)
47.	953.5 (432.5)	3.09X Lee Moran/55-99 12/17/83 (432.5 kg.) (Santa Cruz, California) (USPF)
48.	953.5 (432.5)	*3.45X Scott Warman/56 11/21/99 (432.5 kg. @ 125.2 kg.) (Calgary, Alberta, Canada) (APF/WPC)
49.	953.5 (432.5)	*3.29X Mike Olmo/74 6/8/03 (432.5 kg. @ 131.3 kg.) (Los Angeles, California) (APF/WPC)
50.	953.5 (432.5)	*3.41X Jason Gibson/73 9/26/09 (432.5 kg. @ 126.9 kg.) (Idaho Falls, Idaho) (APF)

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

WOMEN'S 97 LB. (44 KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	330.7 (150.0)	*3.42X Ashley Hudson-Robbins/77 6/3/04 (150.0 kg. @ 43.85 kg.) (Cahors, France) (USAPL/IPF)
2.	320.0 (145.1)	3.30X Elaine "Scraps" Kunkle-Grimwood/70 10/21/00 (320.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
3.	314.2 (142.5)	*3.25X Delcy Palk 1/30/88 (142.5 kg. @ 96.6 lb.) (Austin, Texas) (USPF)
4.	308.6 (140.0)	*3.21X Maggie "Sue" Strezze-Benford-Marino/57-09 11/21/91 (140.0 kg. @ 43.6 kg.) (Las Vegas, NV) (APF/WPC)
5.	303.1 (137.5)	*3.18X Cheryl Jones/51 5/19/84 (137.5 kg. @ 43.2 kg.) (Santa Monica, California) (USPF)
6.	303.1 (137.5)	*3.13X Elizabeth "Ann" Leverett/54 7/16/88 (137.5 kg. @ 97.0 lb.) (Columbus, Ohio) (APF/WPC)
7.	303.1 (137.5)	3.13X Barbara Talmadge 1/26/95 (137.5 kg.) (Oklahoma City, Oklahoma) (NASA)
8.	297.6 (135.0)	3.07X Marianne Del Castillo 7/14/89 (135.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
9.	297.6 (135.0)	*3.14X Barb Sieps/66 6/4/05 (135.0 kg. @ 94.8 lb.) (Detroit, Michigan) (APF/WPC)
10.	292.1 (132.5)	3.01X Claudia Valdiviez 7/26/91 (132.5 kg.) (Dallas, Texas) (USPF)
11.	292.1 (132.5)	*3.01X Alyssa Cordova/87 4/1/06 (132.5 kg. @ 44.0 kg.) (Omaha, Nebraska) (USAPL)
12.	290.0 (131.5)	2.99X D. Taoy 10/14/89 (290.0 lb.) (Atlanta, Georgia) (USPF)
13.	286.6 (130.0)	*3.05X Lesia Thomas-Oliver 4/5/86 (130.0 kg. @ 94.0 lb.) (Boston, Massachusetts) (ADFFPA)
14.	286.6 (130.0)	*2.95X Beth Grater/58 5/14/94 (130.0 kg. @ 44.0 kg.) (Bronx, New York) (ADFFPA)
15.	286.6 (130.0)	*2.98X Stephanie McMillian/79 4/15/00 (130.0 kg. @ 96.25 lb.) (Colorado Springs, Colorado) (USAPL)
16.	286.6 (130.0)	*2.96X Tina Carder/84 6/3/04 (130.0 kg. @ 43.95 kg.) (Cahors, France) (USAPL/IPF)
17.	286.6 (130.0)	*2.95X Kendra Miller/92 7/7/06 (130.0 kg. @ 44.0 kg.) (Miami, Florida) (USAPL/IPF)
18.	285.0 (129.3)	2.94X Robin Jewett 3/18/89 (285.0 lb.) (Portland, Maine) (USPF)
19.	281.1 (127.5)	2.90X L. Whiddon 10/4/87 (127.5 kg.) (Austin, Texas) (USPF)
20.	281.1 (127.5)	*2.92X Maria Pfister/84 4/13/07 (127.5 kg. @ 43.6 kg.) (Killeen, Texas) (USAPL)
21.	275.6 (125.0)	*2.85X Nancy Belliveau/53 6/1/85 (125.0 kg. @ 43.8 kg.) (Vienna, Austria) (USPF/IPF)
22.	275.6 (125.0)	2.84X Judith Gedney/40 1986 (125.0 kg.) (ADFFPA)
23.	275.6 (125.0)	*2.87X Caitlin Miller/90 1/31/04 (125.0 kg. @ 43.6 kg.) (Omaha, Nebraska) (USAPL/IPF)
24.	275.6 (125.0)	*2.86X Erin Dickey/84 11/8/05 (125.0 kg. @ 43.7 kg.) (Miami, Florida) (USAPL/IPF)
25.	270.0 (122.5)	2.78X R. Fish 4/4/98 (270.0 lb.) (Arvada, Colorado) (AAU)
26.	264.6 (120.0)	2.73X Marva Austin 1/30/88 (120.0 kg.) (Austin, Texas) (USPF)
27.	264.6 (120.0)	2.73X Zindy Coss/68 2/27/99 (120.0 kg.) (Lincoln, Nebraska) (USAPL/IPF)
28.	260.0 (117.9)	2.68X Cheryl Anderson/75 4/29/06 (260.0 lb.) (Kasson, Minnesota) (USAPL)
29.	260.0 (117.9)	*2.69X Sommer Binash/90 3/7/08 (260.0 lb. @ 96.6 lb.) (Wilwaukee, Wisconsin) (USAPL)
30.	259.0 (117.5)	*2.69X Gina/Ginger Lord 2/20/82 (117.5 kg. @ 43.66 kg.) (Auburn, Alabama) (USPF)
31.	259.0 (117.5)	*2.67X Tammy Martin 6/18/93 (117.5 kg.) (Greensboro, North Carolina) (USPF/IPF)
32.	259.0 (117.5)	*2.69X Cathy Solan/58 10/9/03 (117.5 kg. @ 43.6 kg.) (Regina, Saskatchewan) (USAPL/IPF)
33.	259.0 (117.5)	*2.69X Tyler Garcia/91 9/7/09 (117.5 kg. @ 43.7 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (USAPL/IPF)
34.	255.0 (115.7)	2.63X Cindy Russell 9/18/82 (255.0 lb.) (Ames, Iowa) (USPF)
35.	255.0 (115.7)	2.63X D. Walker 1/28/95 (255.0 lb.) (Ruston, Louisiana) (LHSPA)
36.	255.0 (115.7)	*2.63X Viviana Rodriguez 3/14/03 (255.0 lb. @ 97.0 lb.) (Killeen, Texas) (THSWPA)
37.	255.0 (115.7)	*2.66X Wanda Burnette/50 4/23/05 (255.0 lb. @ 96.0 lb.) (Charleston, South Carolina) (APF)
38.	253.5 (115.0)	*2.65X Sheila Mayer/92 3/27/10 (115.0 kg. @ 43.35 kg.) (Wisconsin Dells, Wisconsin) (USAPL)
39.	253.5 (115.0)	*2.63X Molly Jaeger/91 5/22/10 (115.0 kg. @ 43.8 kg.) (Cleveland, Ohio) (USAPL/IPF)
40.	250.0 (113.4)	*2.58X Carol Patterson/57 3/3/84 (250.0 lb. @ 97.0 lb.) (Redmond, Washington) (USPF)
41.	250.0 (113.4)	*2.63X M. LaFond 11/18/89 (250.0 lb. @ 95.0 lb.) (Hanover, Massachusetts) (USPF)
42.	250.0 (113.4)	2.58X Jessica Esfandairy 3/23/96 (250.0 lb.) (Beaumont, Texas) (THSWPA)
43.	250.0 (113.4)	*2.60X Heather Moser 3/14/03 (250.0 lb. @ 96.1 lb.) (Killeen, Texas) (THSWPA)
44.	248.0 (112.5)	2.56X Joette Weber 3/19/81 (112.5 kg.) (Kutztown, Pennsylvania) (AAU)
45.	248.0 (112.5)	*2.56X Barb Wedding 5/3/81 (112.5 kg. @ 97.0 lb.) (Cleveland, Ohio) (USPF)
46.	248.0 (112.5)	*2.57X Jamie Mock 3/23/84 (112.5 kg. @ 43.8 kg.) (Villanova, Pennsylvania) (USPF)
47.	248.0 (112.5)	2.56X Annette Axt/83 10/27/01 (112.5 kg.) (Omaha, Nebraska) (APF)
48.	248.0 (112.5)	*2.59X Griselle Ufret/65 6/14/02 (112.5 kg. @ 43.4 kg.) (York, Pennsylvania) (APF/WPC)
49.	248.0 (112.5)	*2.57X Alesha Summers/88 5/22/10 (112.5 kg. @ 43.7 kg.) (Cleveland, Ohio) (USAPL/IPF)
50.	245.0 (111.1)	2.53X April Delmore-Shumaker/67 12/9/89 (245.0 lb.) (Adel, Georgia) (USPF)

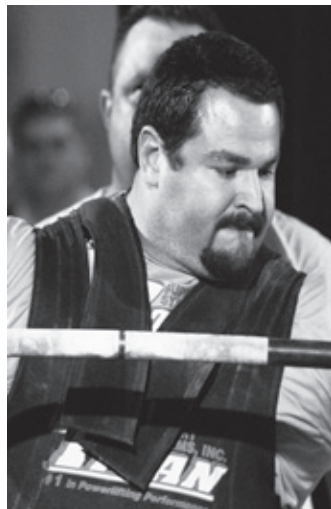
Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



Cheryl Anderson began setting records in the 97 pound class



April Delmore (now Shumaker) has been nationally ranked for over 20 years



Mike Griffin – in a long line of great squatters from Texas



Mark Bell of Super Training Gym and Power Magazine fame



Jim Hoskinson has been hitting big squats all over the nation



Paul Childress – master of the monster squat in the 308 lb. class



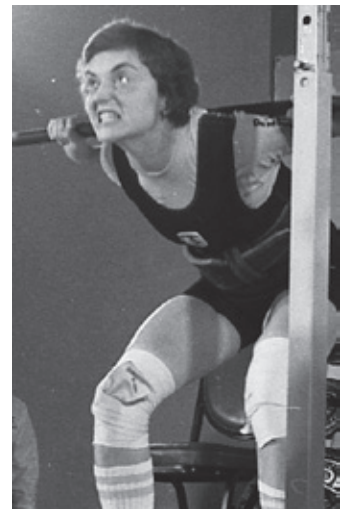
Judy Gedney at the 1980 Women's Nationals – she's still setting records 30 years later!



Grisselle Ufret competed out of Florida's famous Suncoast Gym



The late Susie Benford set huge numbers without being pushed



Joette Weber was part of Pat Malone's Purdue team

THE RAGE

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



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

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



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

SEE MORE SELECTION AT INZERNET.COM

PHENOM

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



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

RADICAL DENIM

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



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

ULTIMATE DENIM

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

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The World Leader in Powerlifting Apparel

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

\$8.00
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Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



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

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

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

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

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

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

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Quality, standard leather workout gloves. Power-Surge.

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Custom gripping power and supreme stability control. Power-Surge.

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

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

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

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

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

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

\$115.00



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

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

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

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

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eNOXIDE N.O. MOLECULE GAINS U.S. PATENT—MuscleMeds Performance Technologies is proud to announce that the nitric oxide donor super-molecule used exclusively in the supplement eNOXIDE has been awarded a U.S. patent. The super-molecule 2-(nitrooxy)ethyl 2-amino 3-methylbutanoate, created exclusively for eNOXIDE by sports nutrition scientist Mike Farber, is protected under patent #7807716, with other patents pending.

Not to be confused with nitric oxide precursors such as arginine, AAKG and citrulline malate, eNOXIDE is a highly bio-available NO donor that is shown in scientific research to increase nitric oxide levels and vasodilation in human test subjects during exercise. The super-molecule is activated in the body by hypertensive events such as strenuous exercise. This means that when a man or woman goes into the gym and begins to exert themselves, it triggers eNOXIDE metabolism – which greatly increases nitric oxide levels, resulting in significant vasodilation, massive muscle pumps and improved performance.

While many supplement companies have long touted the wonders of arginine and its derivatives to raise nitric oxide levels, not one scientifically reviewed study has shown this to be the case. The difference between eNOXIDE and arginine based compounds is that eNOXIDE is not an NO precursor. It is a nitric oxide donor fashioned from an amino acid and real nitric oxide!

This special eNOXIDE nitric oxide super-molecule structure is a major advancement over endogenous NO precursors and NO stimulation approaches, which heavily rely on your body's limited ability to convert and produce nitric oxide. eNOXIDE is designed to work rapidly and deliver high levels of real nitric oxide into the bloodstream. As a result, eNOXIDE administration guarantees the most potent and effective NO delivery into muscle tissue.

For more information about eNOXIDE, visit the MuscleMeds website at MuscleMedsRx.com.

» Steve Downs, MuscleMeds Marketing Director, sdowns@maxperformance.com

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Biomedical Nitric Oxide Technology

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Sustains Maximum Pumps for Hours
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Patents Pending

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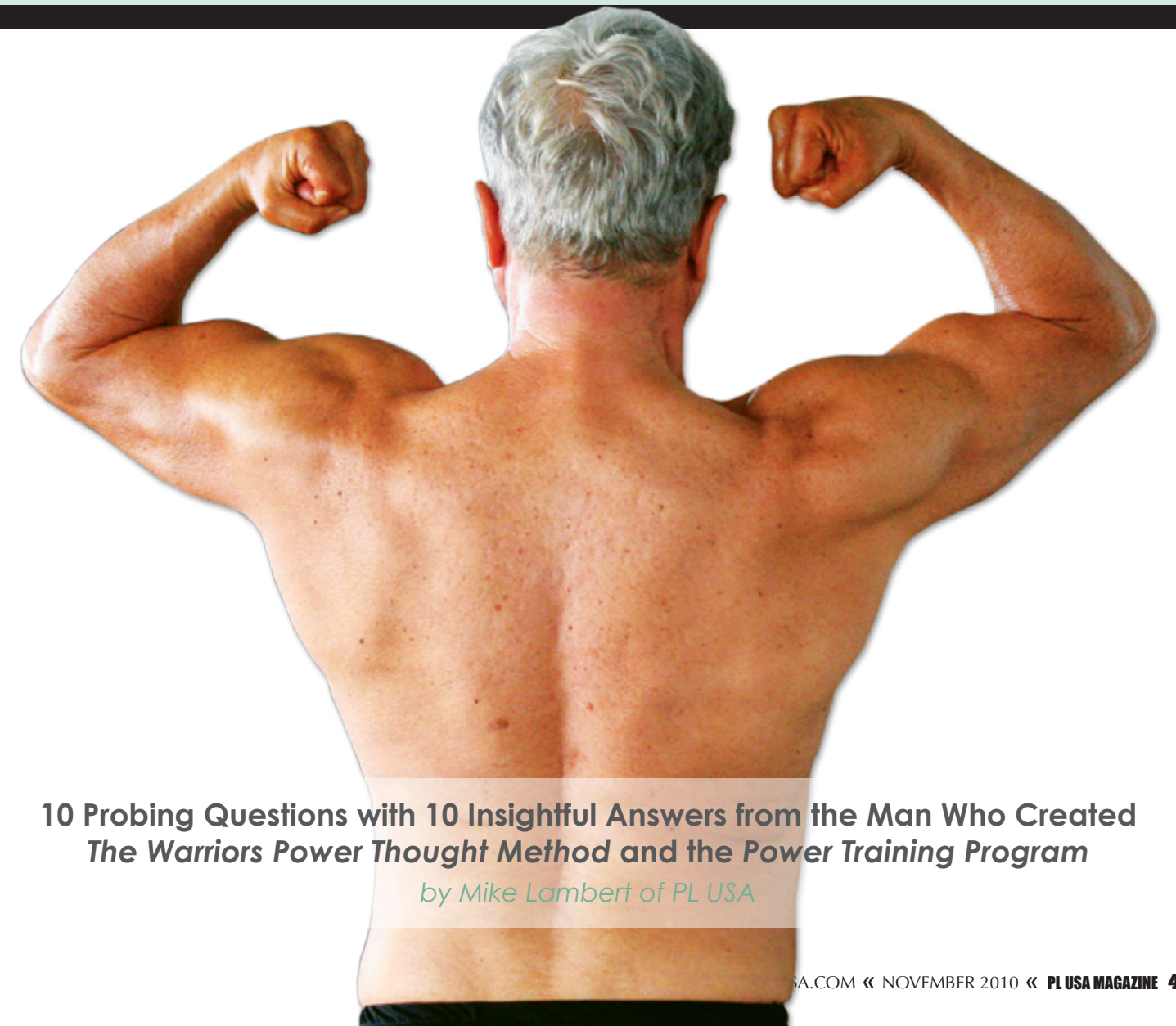
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THE MAN WITH THE PLAN

DR. ARNOLD NERENBERG



10 Probing Questions with 10 Insightful Answers from the Man Who Created The Warriors Power Thought Method and the Power Training Program

by Mike Lambert of PL USA

Dr. Nerenberg...

What is your resume as far as powerlifting and strength sports are concerned?

My resume in strength sports is this: I have been a weightlifter for fifty-five years. My best bench at sixty-five was 365 pounds raw, but when I was in my early twenties, it was 255 pounds in the gym. When I started competing in my sixties, it was hard to believe I would surpass the strength of my youth. To do more than 300 pounds raw and drug-free seemed crazy, but I did it—and kept going. The next hurdle was to pass 350 pounds. At sixty-five years of age, I bench pressed 365 pounds drug-free, unequipped at 212 pounds bodyweight. When I say “unequipped,” I mean “unequipped.” No bench press shirt, no wrist wraps, no belt. I call it “ultra raw.” C.T. Fletcher calls it “The Nerenberg Lift.” I should note that at the time of the lift I had prostate cancer—but I’ll save that story for later.

About two years ago, I published a challenge on the “Power Pull-Up” to the powerlifting community in your magazine [*Powerlifting USA*] and to every gym in Southern California. WLOP offered \$500 to anyone sixty-five years or older (I was sixty-seven) who could match me on the “Power Pull-Up;” \$300 to anyone over sixty; \$200 to anyone over fifty-five; \$100 to anyone over fifty. No one could match me. I did a one rep max with 125 pounds (100 pound Ivanko plate plus a 25 pound Ivanko plate) hanging off my waist on a chain belt. It was a world record.

Do you have a background in sports other than lifting related disciplines?

In high school I was a wrestler for two years. I played lacrosse, tennis and soccer. In college I did some fencing. I knew from an early age that I had talent in sports. I also knew that my thoughts and mental attitudes were enormously limiting. In a way, my sixties have been a vindication of my youth. For me, achieving athletic excellence as a power athlete was necessary to release my potential mentally, interpersonally, emotionally, and spiritually—but that, too, is another story.

What is your professional and academic background?

I had earned my Ph.D. in psychology from the University of Texas in 1969. Prior to that, I had earned my M.A. from Columbia University in the city of New York. I became licensed to practice clinical psychology in the state of California in 1974. That is my professional and academic background. What propelled me to manifesting my potential has been the Word of God, the love from my wife, Mahin, and failure upon failure upon failure. I want to pass on my experiences to you younger men. My main credentials are not my degrees. It is my stupidity. As my father said to me, “Son, I have a lot of

good advice to give you; not because I’ve been so smart, but because I have been so stupid.” My Dad, Sam Nerenberg, was the greatest man I’ve ever known.

Tell us about your involvement in the World Legion of Power (WLOP).

The Great C.T. Fletcher and I co-founded the World Legion of Power (WLOP) about seven years ago. His motive was noble; he wanted a federation that would be for the powerlifting brotherhood. Mine was selfish; I wanted to compete in a venue in which I could thrive. Neither of us wanted to see a lift discounted because someone’s leg moved or worse yet, not allowing a lifter after a failed lift to lower the weight on the bar for his next attempt, or be disqualified because the bar was uneven going up. We’d both been through that in other federations. We are interested in “street strength.” How strong are you on the street. Can you lift the weight or not? And if you lift it, you will not be wearing a bench press shirt. If you set a world record, we’re going to test you for steroids. Several competitors over the years set world records which were later disqualified because the testing came back positive.

Why did you develop a program to certify Power Trainers?

I developed a program to certify Power Trainers because there is a strong need for it. There are a great many personal trainers who provide a very valuable service for fitness, but what do they really know about strength and power. Every personal trainer, every coach, every powerlifter, every strength athlete all need the training I offer. Every one of you know, as I do, that the mental part of our sport and every other sport has a huge mental component—but I am the only person on the planet today who has developed the full mental technology (with 22 Factors to amplify and internalize thoughts) to maximize your mental power as a strength athlete and as a human being. This reflects God’s glory, not mine. Furthermore, the strength training and nutritional guidance that I give are excellent.

How long did it take to produce the fifty plus DVDs and seven short books that comprise the Power Training program?

The fifty plus DVDs (all broadcast quality) and seven short books that I developed for my Power Training Program are just the tip of the iceberg. There is much more to be learned by everyone reading this, but I did not want to give it all at one time. How long did it take? It took almost seventy years, but the focused production was three years. It is the culmination of my life work. It is not for everyone. It is only for men who want to achieve true greatness. Included in the program are samples of my patented Power-Sugar. It increases strength

and endurance and it is extremely healthy and delicious. It energizes the heart and musculature and prevents cavities and infections. Plus, it is diabetic friendly.

If there is one most important factor that you would like anyone thinking about undertaking your program to consider, what would that be?

If you want to undertake my program, you can’t be a quitter. You need to know that you will learn a great deal from me. I say this to you not as a doctor. I say this to you man to man, with respect. To me, you who are reading this, you are a giant. I am your servant. I am honored to stand amongst you during this brief time on earth. For you to undertake this program, you need to remember what I have just said.

Of all your accomplishments in the world of strength, which has been the most satisfying, and which has been the most difficult personally?

When I was sixty-five years old, my Urologist informed me I had prostate cancer. My response was, “That’s great.” He looked shocked, “What did you say?” I repeated, “That’s great. I love the challenge. I will gain great power mentally, physically and spiritually from this prostate cancer.” And I did. I felt closer to God and to people than I ever had before. While I had the cancer I bench pressed 365 pounds. Three months after my prostate surgery, I was still incontinent. I flew out to New Jersey on a Friday to compete in the World Natural Powerlifting Federation. I weighed-in that night—not in my underpants, I was wearing a diaper. We all had a good laugh. I am probably the only athlete to ever weigh-in wearing a diaper. That has to count for something! The next day I set a world record on the unequipped, drug-free bench press of 314 pounds. Not as strong as I was before, but in the WNPF it was a world record. Right after the lift I flew back to LA. Again, it wasn’t just a “raw” lift. It was “ultra raw”—no bench press shirt, no drugs, no belt, no wrist-wraps.

The most difficult lift for me personally was my first competition. It was the Spartan Bench-press Classic in 2001. I was wearing a single-ply bench press shirt (back in the day when it only got you of max of 30 pounds). I was sixty years old. C.T. getting that shirt on me was especially tough, and tired me out. I opened with 303 pounds and failed. I was demoralized, confused, embarrassed, and totally drained. Then someone came up to us and said, “Hey, your bench press shirt is on backwards.” That’s right! Backwards! We then put it on the right way. I was still exhausted and failed a second time. I kept repeating my “Power Thought” to prevent further negative thinking and to enhance my mental and physical power. My “Power Thought” was “I have to do this for C.T.” My time for the third lift was coming. For some reason I saw an image of a bear growling. I was in the hole. My name was called. “I have to do this for T.” “I have to do this for T.” The lift was good. As the bar was going up, I grunted the word, “Yes.” Even though it was not really a big number, the crowd cheered loudly. I tied a state record.

Who have been the mentors in your life as an athlete, and to whom have you been a personal role model?

I am the protégée of the living legend, C.T. Fletcher. Sixty-percent of my success as a power athlete is his. The forty-percent that is mine is because I had the good sense to follow—to the letter—his guidance. I had been lifting weights since I was fourteen years old with a 100 pound set. There was a booklet with exercises illustrated by Abe Goldberg. I had never seen muscles like his in my young life. Three sets, ten reps. That was it in those days in NY. I never heard of Muscle Beach, bodybuilding or powerlifting. I had read of the amazing Paul Anderson. That was it. Then, forty years later, came C.T. Fletcher—the rest is lifting heavy, eating often, and trying to not over-train.

I am not sure if I have been a personal role model for anyone. But I will tell you this: When C.T. wants to motivate someone to attempt at a really heavy weight that intimidates them he tells them, “Arnie can do it, and he’s now only 169 pounds and almost seventy years old.” He says he uses me to embarrass people into trying harder.

Can you briefly describe the essence of your Warrior’s Power Thought Method (which you have taught to U.S. Army members to enhance combat readiness)?

Giving a one day seminar to the United States Army was the highlight of my professional and power career. I taught them Dr. Nerenberg’s Mind-Body-Workout-System to enhance combat readiness and to prevent post-traumatic-stress-disorders. Towards the end of the seminar, I made this challenge to 130 combat-ready troops ready for deployment to Iraq; “To prove the power of my system I challenge the seven strongest men here to compete against me on the T-Bar-Strongman-Pull. Send your seven champions. I don’t care that you are twenty-seven years old against my sixty-seven years of age. I don’t care if you are 300 pounds against my then 200 pounds. I don’t even care if you are on steroids. Bring it on!” It was a very horizontal T-bar from Maxicam by Muscle Dynamics, so you could not use your legs. It was all back and lats. “If any one of your men can match me, I’ll give him \$100, but after I defeat your seven champions, you have to go on an accelerated program of Dr. Nerenberg’s Mind-Body-Work-Out System for life.” “Whoohhh!” They replied in unison, “Whoohhh!” It was on! They were fit! They were strong! They lost! The most anyone did was 245 pounds. I did 270 pounds. (And it’s all on DVD).

What was the essence of what I taught them? They learned my system works. Embedded within my Thought-Technology for thought internalization and amplification, I gave them the Warriors’ Power-Thought to be repeated twice an hour, everyday: “I gain great power from hardship and tribulation. I am extremely grateful. Thank you God! I gain great power from hardship and tribulation. I am extremely grateful. Thank you God!” ☪



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MIKE HARA



MIKE LAMBERT INTERVIEWS THE COMPACT POWERHOUSE

Can you recall the circumstances of some of the numerical milestones in your bench pressing career?

In order to discuss any milestones so far in my bench pressing career, I should begin with how I first started out. I became a law enforcement officer in 1984, and weighing about 120 pounds, I really needed to get stronger and more fit. I ended up joining a brand new 24-hour Nautilus and was lured in by all the glitz and “gym scenery.” Right after I paid my sign up fees, I eagerly walked over to the bench press area to see what I could do. I ended up putting up 95 pounds (including the bar) and struggled to do a couple of reps with it! Man, I thought I was stronger than that—I guess the weight machines I used in high school were not that accurate! In any event, a few minutes go by and two women start pressing on the bench next to mine. They were both small and petite and I thought I might impress them with my 95 pounds—that is, until they loaded 115 pounds onto the bar and both did reps with it. I was so embarrassed by this incident that I left immediately and did not step foot into another gym until five years later.

I competed in my first meet in the 132-pound class in the California Police and Fire Games in 1990. Weighing 128, I ended up benching 248 pounds. I competed in the 132-pound class for the next four years, winning the ADFPA (USAPL) California State Championships and set the California state record, benching 325 pounds.

I then moved up to the 148-pound class and competed here for the next six years. While in the 148s, I competed at the national level and won open titles at the AAU, USPF and ADFPA/USAPL Bench Press Nationals. I also competed in my first IPF World Championships during this time and finished with the bronze medal. My best bench while competing at 148 was 429 pounds—which is still the USAPL California state record.

I then moved up to the 165-pound class and have been competing here for the last ten years. My best bench at this weight class has been 562 pounds, which is still the USAPL Open National and IPF Masters world record. During this time, I have also won multiple USAPL National Bench Press titles and IPF World Championships and am proud to have accomplished all of this as a lifetime drug-free lifter.



How many national and world titles have you won?

I have won ten National (USPF/ADFPA/USAPL) Open Bench Press Championships and five IPF Open World Bench Press Championships. I have also won two IPF Masters World Championships.

What was it like to compete in the IPF World Championships and come away with the gold in that arena?

Competing in the IPF is an experience of a lifetime. If a lifter truly wants to experience competing against “world” competition, this is it! The IPF World Championships are the toughest venues for competitive powerlifting that I know of. Competing in the IPF takes dedication—everything from having to win the Nationals to qualify for the World Championships, the overseas travel, the two hour weigh-ins, the strictness of the judging, the quality and integrity of the drug testing and the level of the competition is top notch.

At the IPF level, placing in the top three in your weight class is an accomplishment. The national flags of the top finishers are displayed the same way you see it in Olympic sports. The national anthem of the country for the champion is also played. I can tell you that watching the U.S. flag being raised while listening to our national anthem is, well, emotional—there is nothing else like it!

How has your training program evolved over your competition career?

When I began powerlifting, my training used to consist of using light to moderate weights for high reps. As I have gotten older, I now use heavier weights and fewer reps. I have also incorporated boards in my training. I firmly believe that if I had been using heavier weights and fewer reps when I started training years ago, I might have been able to prevent some of the injuries I have incurred over the years. I have also found that to continue to make gains

in this sport, one has to be open to new ideas and training methods. If you want to have some longevity in this sport, I really feel that you have to listen to your body and make adjustments accordingly, so as to minimize the threat of injury as you get older.

What is your athletic background in areas other than powerlifting?

In high school, I lettered in wrestling, played football and was a member of the diving team. In college, I played competitive table tennis and placed second at the U.S. Nationals. After college, I began racing motorcycles, competing in roadrace events at Sears Point (Infinion Raceway) and at Willow Springs Raceway.

Currently, besides powerlifting, I am an active competitor in both team and club level bass fishing tournaments and have won three Angler of the Year titles with the Folsom Bass Team. I have also recently begun studying and practicing Judo with my six-year-old son Kyle.

What about your personal background (family, professional career, education)?

I have been married for seven years to my wife, Christi, and have three boys: Josh (12), Kyle (6) and Logan (2).

I have a BA in Criminal Justice and am employed by the State of California as a criminal detective and have been a law enforcement officer for over twenty years.

Who are the three toughest competitors you have gone up against on the platform?

Larry Miller of the USA, Daiki Kodama of Japan and Markus Schick of Germany.

What have been the five most important factors in your success as a lifter?

- Support from my family
- Support from my training partners
- Prior competitive experiences
- Strong desire to succeed
- Staying relatively physically healthy and men-



tally focused through the use of proper training methods and realistic goal setting strategies

Who are some of the people who have been instrumental in your success over the years?

My wife Christi and my children have all been extremely supportive of my bench pressing career. I really could not have been successful if it weren't for their blessing.

And, of course, my training partners are the best a guy could ask for. We have been together for years and a lifter could not ask for a better and more reliable bunch of guys than James Hunter, Rich Ludlam, Jason Arnold, Jodi Woods and past workout partners Dan Tamori, Garry Furry and Scott Pope! I also have to say thanks to my friends Donovan and Jennifer Thompson for all their hard work in managing and coaching the U.S. national teams during the last several years. Their dedication to the sport and behind-the-scenes efforts have made the entire IPF experience of traveling and competing abroad pleasant for not only myself, but my teammates as well!

Speaking of travel, I also have to say thanks to my “traveling” family. This includes the Do-ans; Dave, Devan, Darci and Steve Petrencak. I have had the opportunity to travel to Europe with these great people for the last ten years and they have provided support and helped me at each of my world championship meets.

I also consider myself lucky to have a great place to train—a gym that has the right equipment and atmosphere, and where the management doesn't freak when you mention the word chalk! Mark Allen and Janelle Haney own the Powerhouse Gym in Rancho Cordova and have done a great job keeping powerlifters, bodybuilders, and MMA fighters happy training there.

Lastly, I also have to give big props to both John Inzer of Inzer Advanced Designs and Pete Alaniz and Ken Anderson of Titan Support Systems for providing me with the best powerlifting apparel on the planet! ☺

DON'T MISS MIKE HARA'S BENCH WORKOUT >>>

WORKOUT OF THE MONTH: MIKE HARA'S BENCH ROUTINE

as told to Powerlifting USA by Mike Hara

The first thing I would like to stress is the importance of having good training partners. I work out at Powerhouse Gym, located in Rancho Cordova, California. I am lucky in that this gym has attracted some of the most dedicated bench pressing talent in the Sacramento area. Although my training partners all have different schedules and goals, we are there for one another and make sure that everyone has help with spotting and equipment when getting ready for a meet.

I turned fifty this year and the one thing I can say for sure is that my training has changed a lot from when I started training in my twenties. Gone are the days of benching 3–4 days during the week using high reps and low weights. In this regard and as I have aged, I have found that less training actually equals more gains. I feel that over-training is one of the biggest reasons that lifters fail to hit their goals. My training strategies now include making sure I am getting adequate recovery time between workouts and especially plenty of rest in between the last workout and the meet.

My training changes have not only been initiated by age, but by injuries as well. Past major injuries have included a bulged disc in my neck and torn rotator tendons in both shoulders. I have been the recipient of a decompression/debridement surgical procedure on my left shoulder and anticipate undergoing a similar procedure on my right shoulder in the future. However, I wanted to stress that due to adjustments in my training, my bench pressing strength is better now than it ever was.

In terms of what has helped me the most since recovering from my shoulder surgery and neck injury is incorporating a lot of shoulder and neck assistance work. For the shoulder work, I use a shoulder horn and band/cable shoulder exercises. The band and cable work is done with my elbows tucked into my sides while pulling the band/cable both to and away from my body. I generally hit 3–5 sets of 10s with relatively light resistance and perform these exercises once a week. I also use the shoulder horn once a week using 10–20 pound dumbbells. In addition, our gym has a deltoid machine that allows us to perform front deltoid raises and these are also performed once a week.

My neck work is accomplished by using a head harness and a 10–20 pound dumbbell and performing head raises while laying stomach down on a bench. If your gym has one, a neck raise machine will work just the same. I firmly believe that I could not bench effectively now if I did not continue to perform these assistance exercises. I also feel that if I had incorporated these exercises into my regular routine twenty years ago, I might have averted some of my injuries in the first place.

In terms of my actual bench press workout, I am a big advocate of raw bench training. My theory is that if your raw bench goes up, your shirted bench will also. I don't normally get into my shirt until my training cycle is almost complete. The other thing I don't do prior to a meet is touch any weight to my chest with the shirt on. The closest I get to touching my chest while wearing a bench shirt prior to a meet is to one board. The reason for this is that all bench shirts will stretch with each use, which will result in less support. Also, if a lifter is dieting and loses a few pounds just prior to a meet, the weight loss and resulting upper body shrinkage will further lessen the effectiveness of the shirt.

My pressing workout consists of benching full range raw on Mondays (chest) and then doing triceps raw on Thursdays using boards. Back and arms are performed on Tuesdays and my leg work is done once or twice a month if I am lucky. I used to squat and deadlift once a week years ago, but perform it only limitedly now because of back and shoulder issues. The only reason I squat now is so that my legs don't look like they belong to one of those "bench only" guys!

The bench workout that I use is an "old school" progressive routine that I will start about 10–12 weeks out from a meet. I decide what my goal for the meet is and set up my training cycle based on that goal. My

goal during this time is to acclimate my body to using heavier weights over an extended period of time by increasing my working set by 10 pounds each week. The analogy that I will use with this theory is that you can't run a marathon every week and expect your body to perform well on the day of the run. Likewise, a lifter will become over-trained if he or she attempts maximum weights or goes to failure every workout prior to a meet.

As an example, if my goal is to hit 565, I know that my single-ply bench press shirt will carry over 100–110 pounds. Therefore I need to end my raw full range bench training hitting 455 pounds for singles and around 505 using boards. During the week prior to this I will have performed 3 sets of doubles at 445 and the week prior to that 435 and so on. All of the reps are performed using a pause—just like you will do in a meet. At the start of this training cycle, I will be hitting my working weight with 3 sets of 5s, but mid-way through the cycle I will drop my reps to 4s, then 3s, then doubles and finish the last raw workout with singles. I will then train with my bench shirt on which will be approximately 2–3 weeks out from the meet. My last workout is usually almost 2 weeks out from the meet.

Assistance work for the chest consists of dumbbell presses and I always go right up to my working set as the regular bench work has already warmed me up. I generally start with 140 pound dumbbells and will stay with those for the first 2 weeks of the training cycle. After two weeks, I will then increase to 150 pound dumbbells and stay with those for two weeks. I continue to increase my dumbbell weight every two weeks until I am using 170 pounders. All of the dumbbell work is performed on a flat bench hitting 2–3 sets of 5 reps.

Thursdays are a dedicated triceps workout. This workout consists of using boards raw which accomplishes a couple of things. One, it limits the range of motion and gives the pectorals a rest while taxing the triceps and two, it also allows one to load up on heavier weights thus allowing the upper body (back and shoulders) to experience heavier weights without using a bench shirt.

This workout starts with warming up to my working set of 3 using 2 boards with a normal (wide) grip with 3 sets of 5 at 405. I will then finish this routine using a narrow grip (shoulder width) using 2 boards hitting 3 sets of 5 with 315. At the end of this training cycle, I will be hitting 3 singles to the boards with 505 raw with a normal grip and 415 with a narrow grip.

Other optional assistance exercises that I perform during the "off-season" include performing weighted dips and decline presses. I will alternate the two exercises so they are performed every other Thursday. Dips are done using 150–170 pound dumbbells strapped around my waist and declines are performed using 405–455 pounds full-range raw.

Another issue I would like to address is bodyweight loss. I think many lifters underestimate the effect of weight loss on upper body strength. When I was dieting and losing 5–8 pounds to make the 148 pound class, I knew that I would lose between 3–5 pounds in my bench for each pound of bodyweight that I lost. Now this figure will change depending upon the size of a lifter, but, in general, I have found that all benchers will lose some strength when they lose a significant amount of body weight relative to their size.

I would also stress that losing power in your bench with weight loss is not just limited to losing physical leverages. Bench shirts that fit great at one's normal body weight will lose that fit with weight loss. For me, that means that bench shirts that fit perfectly at a bodyweight of 172 will not fit the same when I weigh 164. Again, an 8–10 pound bodyweight loss will be more significant for a 148/165 pounder (and even more for lighter lifters) as compared to a bencher that weighs, say, 220 pounds or above. I wanted to stress this because if you are truly serious about performing at a

high level in competition, you need to recognize the effects of weight loss and shirt fit.

Speaking of shirts, I have used both the Inzer Rage-X and the Titan Super Katana. Both are awesome shirts, but are very different in terms of how they perform. The Super Katana is very strong off the bottom and gives incredible support for the first 4–5 inches off the chest. After that, you are on your own. The Rage-X is strong at the bottom, but provides a little less support there than the Super Katana. However, the Rage-X provides more support throughout the entire range of motion of the bench, even up to lockout. I find that the Rage-X is a little more forgiving at the bottom, which in turn makes it easier to put the bar in the groove on the chest. For this same reason, I can put on a brand new Rage-X in a meet and bench to full range immediately without the benefit of breaking the shirt in. This cannot be done with the Super Katana. The Super Katana needs more time spent in it to stretch the material and requires that more weight be used to control the bar. For me, a properly fitted Super Katana requires several sessions in it before meet day. The benefit of the Super Katana is that if you can control the weight on the descent and hit your groove, you could potentially bench more in it compared with the Rage-X. In general, both shirts have their pros and cons. If you have not tried both, I would encourage you to do so to see what works for you.

Here are some other tips that I can pass along:

BREATHING: prior to taking your bench hand-off, take a deep breath and hold it throughout the entire lift. I always take a breath similar to the way I would take one if I were going to try and swim across a pool underwater—big and deep! The breath accomplishes a couple of things. It elevates your chest another inch or two which is an inch or two less that the bar has to descend in order to touch and it makes the bench shirt fit tighter. I not only use this technique during a meet, but on every single rep I perform while training in the gym. This means that if I am hitting 5 reps, I will do so using just one deep breath.

GRIP: I grip the bar to the full legal limit allowed by the USAPL and most other organizations (81cm). Gripping the bar in this way shortens the distance the bar travels from the chest to lockout. Also, if you are weaker on one side during the pressing movement, you can off-set your grip to compensate for the weaker side. As an example, if your left side is weaker and lagging behind the right side at lock-out, move your grip on both hands a finger width towards the left side of the bar. Be sure to move both hands evenly. Conversely, if you are weak on the right side, then off-set your grip towards the right side of the bar. This little adjustment results in your weaker side having to press less weight than your stronger side and should result in even extension at lock-out. When I had some nerve damage in my neck years ago, I had to off-set so much that immediately before I benched, I had to inform the head judges so they would not freak out because my grip was uneven!

FOOTWORK: I try and arch my back as much as I can in order to get my chest up higher. I have found that tucking my feet under me as much as possible will increase my arch and allows me to stabilize my body during the pressing movement.

YOUR TRAINING: In general I would recommend that anyone who wants to bench big be open to new ideas and techniques and not be afraid of change. Because of the differences in everyone's body types—age, health etc.—a routine that works for one may not be as effective for another. I developed something that works for me as a result of trial and error and by trying out the routines of many top benchers that I read about here in this very magazine. Hopefully, some of you will be able to benefit in the same way I have by learning from my experiences as well. «



HARDCORE GYM #102

THE POWER RACK

in Athens, GA

Last month we talked about Musclesheds Gym, and found out that Kyle Gray had spent years methodically gathering all the equipment and parts to build a great gym—just like they gathered the parts to build Frankenstein. With Mike Wolfe's help, Kyle opened Musclesheds Gym doors to commercial success in Ohio.

This month, we'll go to a garage gym in GA, where they have gathered all of the parts, but not yet received the lightning bolt strike to give their Frankenstein commercial "life." So far, it is still just a well outfitted garage-gym—everything is there, but no one pays to train there. Cool. Call me a tightwad, but free training is okay with me.

Here are some of our conversations, as I find out all about this garage gym in GA:

Mr. Brewer,

I wrote a blurb on the powerlifting USA magazine Facebook page inquiring about being featured in your hardcore gym article. A bit about me and the gym: I'm 35 and have lifted weights for 30 of those years in some capacity. (Wow, this dude was lifting weights at age 5. That beats me by several years! RB) My first competition, and last for fourteen years, was the USPF Washington State in 1995. I began competing again beginning with the USAPL Georgia and Southern States in November of 2009. I have been building my garage gym actively since 1993 when I joined the Navy. It currently houses:

(NOTE: In the interest of space, let me delete the lengthy list of equipment and summarize. I will tell you that it has everything from stones and chains to 800 pound tires. It must be crowded, because they have plenty of bars, plates, dumbbells, bands—even a platform—everything, but A/C! RB)

Currently I train there, as well as Brooks Conway (3rd place this year at USAPL collegiate nationals in the 181s), various members of Quest Gym in Duluth, GA, and powerlifters who are students at the University of Georgia, where Brooks has just fathered the first UGA Powerlifting Club.

I would love to be featured and it would be a great honor.

Steve Winburn

Steve, thanks for your email. Tell me more! Specifically, help me with these questions:

Where is this garage gym? Athens, GA (about 60 miles East NE of Atlanta)

What is the gym name? *The Power Rack* (Just one time, I wanna find a gym named The Frightened Chickens...or the Prissy Toy Poodle Club...or the Scared Kittens! You would really have to be a bad-ass to wear those gym T's! RB)

Is it open to the public, or just to the five or six guys you mentioned? *It is basically a key club gym where open invitations are extended to anyone who lifts with a purpose. So I would*

have to say private. Brooks Conway and I have discussed opening an actual gym with the garage gym as a foundation in the future. I have about fifteen or so people who are welcome to come by and work out, regardless of whether or not I am there—as long as they give my wife a heads up so she isn't feeding my four month old son.

By the way, I'll compete at Night of the Living Dead this year, (cool, tell Andy Bolton we said 'hello mate!' RB) and I should break the 220 raw deadlift record for Georgia in November. The latter noted as being qualified with a 'should.' (Lifting in meets should be easy compared to deadlifting in the garage when the heat-index is 102 degrees!)

Tell me more about lifting weights at age five. *When I was younger I would visit my grandfather in St. Simons Is, GA. He had one of the first 300 pound York Olympic sets for powerlifting (with some of the original thinner plates), a 200 pound standard York set, Aristocrat dumbbells and some random Billiards dimple plates. He would let me go out and "play" with the weights whenever I was there. At some point he took notice that I really enjoyed the whole weightlifting thing and in 1981, when I was seven, he gave me a 25 pound York Junior weight set. (Wow, what a legacy! Way cool! RB)*

From there, I built my gym by constantly replacing and upgrading. I saved for my first set, a 110 pound Silver Challenger concrete set when I was around twelve and paid for it myself. Later, in 8th grade (at fourteen), I received my first steel set—a 167 pound spin lock standard set from Service Merchandise as a birthday present.

It was also that year that I participated in my first weightlifting contest. The Hephzibah High School yearly bench press competition. I was allowed to compete as a member of the junior varsity football team, despite being in 8th grade. In 9th grade, I was surprised on a visit by my grandfather, when he gave me the York Olympic set. This was soon expanded by two 45 pound plates from GNC to support my growing obsession. I had learned about deadlifting the year before. It was with this set and additional plates that I first deadlifted 400 pounds when I was a sophomore in high school at the age of sixteen. (Congrats! RB)

Further purchases were made in the Navy, in 1993, when I purchased my first set of pro-style dumbbells from Fitness factory outlet, 5–50 pounds, and my first power rack. Since then, I have made major purchases on Ebay, including three full size pickup trucks of equipment in 1995 from Jacksonville, and dumbbells from 60–110 pounds from Peary, GA. More recently I purchased the 184 kg Ivanko competition set off Ebay for 400 dollars, although I had to pick it up in Tampa. I began building equipment for myself and friends recently, welding pieces after learning to weld while a pipefitter's helper working for

photos courtesy of The Power Rack

next page »

THE POWER RACK »

my father. (Note: he is welding handles for a Farmer's Walk right now! RB)

I got the powerlifting bug while working out at Elite Gym in Augusta, GA, home to Junior World Champion Randall Kea and Chuck Dunbar, the only man to beat Inaba that I know of. The latter was recently featured in Powerlifting USA in an article by Ron Fernando.

What do you do with the 800 pound tires? Do you flip them in the alley, or what? I have flipped them in the yard, and one is also nestled at the end of the street on the road in front of my house (the gym's location). Often, they are used for sledgehammer work at the end of workouts for GPP/conditioning.

Where did you get your 160 pound stone, and do you compete at strongman? I built the stones from molds borrowed from Caleb Williams at Quest. Strongman is in the cards, but I didn't make the closest competition in Macon, GA, due to funding conflicts with the wife.

Rick, by the way, Dan Perrin (one of the people who lifts at the gym) reminded me to tell you that it is snug enough that equipment has to be moved, depending on what primary lift is taking place. Also, the couch in the background of the stone photo acts as a waiting room, to which I would add, the couch is a favorite spot for all of us between sets. (I'll be waiting on the couch. RB)

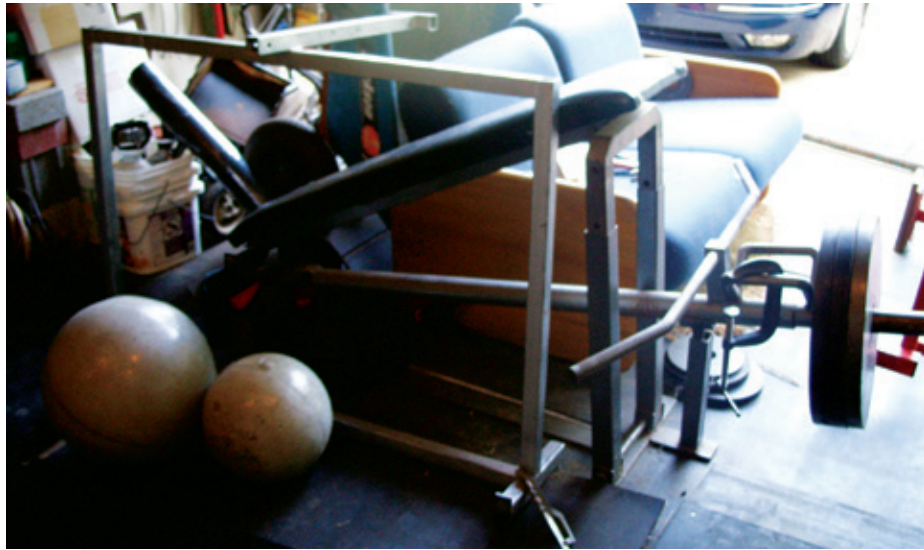
I also thought you would find it interesting that much of the material in the gym was obtained free and re-purposed. Some examples include a pair of farmer's walk handles I am making out of industrial fence post from a friend; the platform is made of 11 inch strips of 3/4 plywood, which were scraps I found in a construction waste dumpster; and the approximately 800 square feet of rubber matting, which is layered two layers thick, was originally industrial conveyor belts from Industrial Paper in Augusta, GA. I brought these rubber belts home in a pick-up, in rolls ranging from 200 pounds or so, up to a 70 foot roll weighing over 1000 pounds! I rolled the rubber out of the back of the truck, and cut it into eight foot strips.

Hope this gives you some insight into the construction of our PowerRack Gym.

Sincerely, Steve Winburn

Big grins for Steve's gym—he has really built a Frankenstein! First of all, I gotta point out a few obvious things; he started weightlifting at age 5 and he never quit lifting! 'Nuff said about that. Also, he unloaded a 1000 pound roll of rubber out of the bed of a pick-up. Read that line again and think about it. I know how hard it is to get big heavy stuff out of a truck bed—it gets wedged between the wheel wells every time—I almost got a hernia when I read that part!

What is the heaviest thing you have ever lifted, or helped to lift? Email me at rick@houseofpain.com and tell me about it! «



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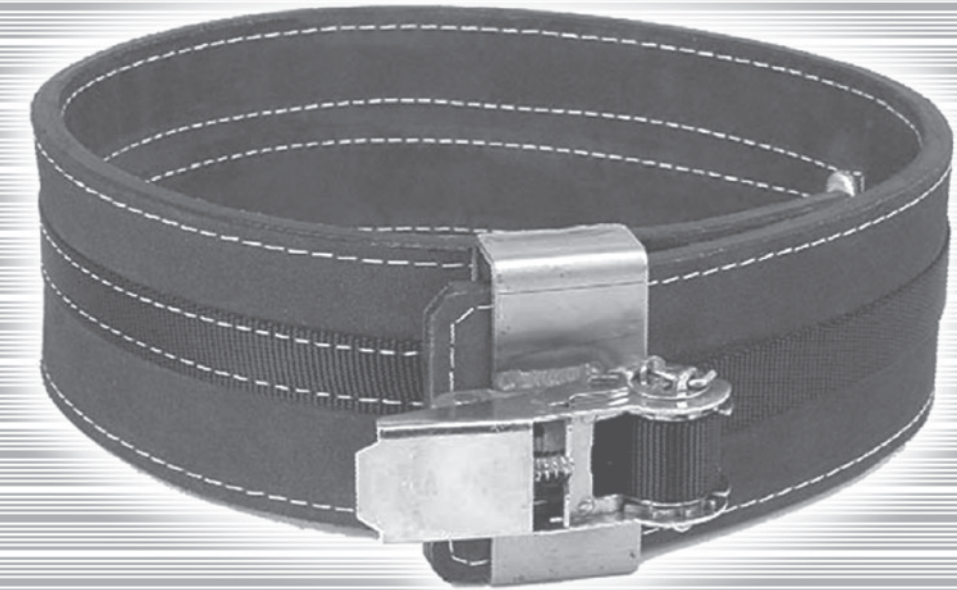
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Joseph Rybaruk – 425 BP at the APA Nutmeg State Open



Michael Longfellow at the APA Guerilla Gorilla



Tobias Jacobi – 855 SQ at WNPf's GA Lifetime

APA 23RD NUTMEG STATE OPEN JUL 11 2010 » Wallingford, CT

BENCH			
FEMALE			
148 lbs.			
<i>Open Raw</i>			
S. Feeney	140		
MALE			
132 lbs.			
<i>Teen Raw</i>			
D. Penna	180		
165 lbs.			
<i>Submaster</i>			
K. Lambert	425		
<i>Open Raw</i>			
M. Mund	340		
198 lbs.			
<i>Master I</i>			
T. O'Connor	490		
242 lbs.			
<i>Open Raw</i>			
A. Czepe	—		
275 lbs.			
<i>Junior Raw</i>			
N. Zink	565		

Push Pull			
FEMALE			
148 lbs.			
<i>Open Raw</i>			
L. Montagano	125	—	125
MALE			
181 lbs.			
<i>Junior Raw</i>			
J. Beaudreau	225	450	675
220 lbs.			
<i>Master I Raw</i>			
K. Laramee	—	—	—
242 lbs.			
<i>Open Raw</i>			
M. Mills	435	675	1110
341 lbs.			

Junior Raw
N. Zink — — —
Meet Site: Metal Health Gym, Wallingford, Connecticut. Referee's: Stephanie Taylor, Brian LaPila, Scott Taylor. Best Lifter Push Pull: Matt Mills. Raw Best Lifter Bench Press: Brian LaPila. Assisted Best Lifter Bench Press: Tom O'Connor. Best Lifter Deadlift: Ben Murphy. A very special thanks to Nick Ugolic, Dave Cospitto, and the staff of Metal Health Gym for making this a very memorable and well run event. Special thanks to Stephanie Taylor and Brian LaPila for doing an outstanding job as referee's. Most of the lifters chose to compete RAW and some big raw numbers were put up. We look forward to the next event in Wallingford, Connecticut which will take place in December.

APA GUERRILLA GORILLA OPEN MAY 15 2010 » Freeport, ME

BENCH			
198 lbs.			
<i>Open</i>			
E. Difruscia	615		
275 lbs.			
<i>Open Raw</i>			
Longfellow	550		
STRICT CURL			
198 lbs.			
<i>Master Raw</i>			
J. Bistany	470		
275 lbs.			
<i>Open Raw</i>			
E. Difruscia	135		
OH PRESS			
275 lbs.			
<i>Open Raw</i>			
J. Carl	260		
DEADLIFT			
198 lbs.			
<i>Master</i>			
E. Difruscia	615		
Push Pull			
	BP	DL	TOT

198 lbs.

<i>Master</i>	P. Powers	330	535	865
242 lbs.				
<i>Master Raw</i>				
M. Ranaletti	360	530	890	
275 lbs.				
<i>Open</i>				
J. Carter	525	620	1145	
<i>Open Raw</i>				
J. Carl	410	545	955	
Strength Sports DL				
	OHP	CR	TOT	
97 lbs.				
<i>Youth Raw</i>				
N. Hall	125	45	30	205
242 lbs.				
<i>Master Raw</i>				
M. Ranaletti	535	220	180	945
275 lbs.				
<i>Master Raw</i>				
S. Hall	450	215	130	795

WNPf GEORGIA LIFETIME DEC 12 2009 » Atlanta, GA

BENCH				
181 lbs.				
<i>(50-59) Raw</i>				
Blake	225			
242 lbs.				
<i>(13-16) Sp</i>				
Thomas	275			
<i>(40-49) Raw</i>				
Hunt!	370			
<i>(13-16) Sp</i>				
Jones	175			
DEADLIFT				
198 lbs.				
<i>(40-49) Raw</i>				
Burnette	120			
Powerlifting				
	SQ	BP	DL	TOT
FEMALE				
<i>(20-23) Raw</i>				
Tolbert	225	135	275	635
MALE				
198 lbs.				
<i>Open Raw (Lt)</i>				
Koullias	535	290	535	1350
<i>Open Raw</i>				
Antoine	405	295	525	1225
<i>(40-49) Raw</i>				
Visokay	405	245	445	1095
220 lbs.				
<i>(60-69) Raw (Lt)</i>				
Gonzalez	260	250	400	910
SHW				
<i>Open Unl</i>				
Jacobi!	855	435	575	1865

!=Best Lifters. Lt=WNPf Lifetime Lifters. Sp=Single Ply. » courtesy WNPf

APF/AAPF TX STATE APR 24 2010 » Austin, TX

BENCH				
114 lbs.				
<i>Master (45-49)</i>				
K. Jones	473			
<i>Teen (16-17)</i>				
M. Gleason	330			
165 lbs.				
<i>Master (45-49)</i>				
M. Gleason	330			
<i>Master (55-59) Raw</i>				
M. Mathis	220			
<i>Open</i>				
D. Ackman	413			
<i>Open Raw</i>				
C. Harvey	363			
<i>Open Raw</i>				
M. Mathis	220			
<i>Teen (13-15)</i>				
H. Carpenter	198			
181 lbs.				
<i>Open Raw</i>				
N. Keller	281			
198 lbs.				
<i>Master (40-44) Raw</i>				
R. Hunka	308			
<i>Master (45-49)</i>				
S. Blevins	424			
<i>Open</i>				
C. Washburn	—			
<i>Open</i>				
S. Blevins	424			
<i>Open Raw</i>				
R. Hunka	308			
<i>Submaster</i>				
C. Washburn	—			
220 lbs.				
<i>Open Raw</i>				
S. Blevins	424			
<i>Open Raw</i>				
S. Blevins	424			
220 lbs.				
<i>Master (40-44)</i>				
M. Pearce	578			
<i>Master (50-54)</i>				
D. Zachary	440			
275 lbs.				
<i>Master (45-49) Raw</i>				
B. Koch	501			
105 lbs.				
<i>Master (40-44) Raw</i>				
N. Wright	110	94	182	385
<i>Open Raw</i>				
S. Cooper	182	105	220	506
132 lbs.				
<i>Junior Raw</i>				
H. Kellogg	209	149	248	606
148 lbs.				
<i>Master (40-44)</i>				
S. Cahill	165	121	182	468
<i>Master (50-54)</i>				
P. Collins	330	176	292	798
<i>Master (70-74)</i>				
S. Clark	182	121	275	578
<i>Master (75-79) Raw</i>				
M. Peek	226	116	303	644
165 lbs.				
<i>Master (40-44) Raw</i>				
L. Foreman	171	143	253	567
<i>Master (55-59) Raw</i>				
M. Mathis	226	220	330	776
<i>Open</i>				
C. Harvey	451	363	407	1222
<i>Open</i>				
N. Diaz	440	275	413	1129
<i>Open</i>				
M. Ghanayem	303	215	314	831

<i>Open Raw</i>				
M. Mathis	226	220	330	776
<i>Teen (16-17) Raw</i>				
J. Wazeter	264	204	352	820
<i>Open Raw</i>				
H. Carpenter	—	198	—	198
181 lbs.				
<i>Junior</i>				
DeLaFuente	484	253	435	1173
<i>Master (40-44) Raw</i>				
D. Yochem	292	215	330	837
<i>Master (60-64)</i>				
P. Boutte	512	281	424	1217
<i>Open Raw</i>				
Z. Favala	501	336	600	1437
<i>Open Raw</i>				
C. Buckles	418	314	551	1283
<i>Open Raw</i>				
DeLaFuente	484	253	435	1173
242 lbs.				
<i>Submaster</i>				
B. Johnson	606	363	578	1547
<i>Teen (18-19) Raw</i>				
S. Becerra	435	270	418	1123
198 lbs.				
<i>Master (65-69)</i>				
M. Allen	418	198	407	1024
<i>Open</i>				
S. Prosek	831	589	683	2103
<i>Open Raw</i>				
A. Gholson	732	589	562	1883
<i>Open Raw</i>				
B. Whitehead	639	501	650	1789
<i>Submaster</i>				
T. Mattson	484	380	501	1365
<i>Submaster Raw</i>				
R. Rinehart	440	314	440	1195
<i>Teen (16-17)</i>				
J. Burttschell	705	501	584	1789
<i>Open Raw</i>				
C. Medford	551	352	479	1382
<i>Open Raw</i>				
J. Allen	738	—	617	1354
<i>Open Raw</i>				
C. Kiser	—	451	672	1123
<i>Open Raw</i>				
J. Petty	308	231	—	539
220 lbs.				
<i>Junior</i>				
N. Garcia	539	435	528	1503
<i>Master (40-44)</i>				
M. Pearce	523	325	578	1426
<i>Master (50-54)</i>				
C. Medford	650	407	528	1585
<i>Master (55-59) Raw</i>				
K. Hopper	264	138	270	672
<i>Master (70-74) Raw</i>				
R. Smith	160	193	303	655
<i>Open Raw</i>				
S. Sarnella	501	402	622	1525
<i>Open Raw</i>				
M. McLeod	501	385	600	1486
<i>Open Raw</i>				
J. DeLeon	462	336	523	1321
<i>Teen (13-15)</i>				
C. Burttschell	479	336	446	1261
242 lbs.				
<i>Open</i>				
B. Clark	650	451	517	1618
<i>Teen (16-17)</i>				
J. Bradford	215	127	253	595
275 lbs.				
<i>Master (65-69)</i>				
M. Allen	418	198	407	1024
<i>Open</i>				
S. Prosek	831	589	683	2103
<i>Open Raw</i>				
A. Gholson	732	589	562	1883
<i>Open Raw</i>				
B. Whitehead	639	501	650	1789
<i>Open Raw</i>				
T. Mattson	484	380	501	1365
<i>Open Raw</i>				
A. Gholson	732	589	562	1883
<i>Submaster Raw</i>				
B. Whitehead	639	451	650	1740
<i>Open Raw</i>				
R. Lloyd	473	440	545	1459
<i>Teen (16-17)</i>				
J. Burttschell	705	501	584	1789
<i>Open Raw</i>				
B. Hill	—	—	501	501
308 lbs.				
<i>Master (40-44)</i>				
F. Lopez	545	440	528	1514
<i>Open Raw</i>				
B. Connolly	551	413	501	1464

<i>Junior</i>				
D. Dees	451	451	413	1316
<i>Submaster Raw</i>				
D. Foreman	484	369	600	1453
<i>Open</i>				
M. Trevino	501	341	523	1365
<i>Open</i>				
M. Johns	584	—	—	584
<i>Best Female APF Raw Lifter: Leah Collier.</i>				
<i>Best Female APF Equipped Lifter: Paula Collins.</i>				
<i>Best Female AAPF Raw Lifter: Shannon Cooper.</i>				
<i>Best Female APF Raw Bench: Marilynn Mathis.</i>				
<i>Best Male APF Raw Lifter: BJ Whitehead.</i>				
<i>Best Male APF Equipped Lifter: Scott Prosek.</i>				
<i>Best Male AAPF Raw Lifter: Seneca Sarnella.</i>				
<i>Best Male AAPF Equipped Lifter: Clint Medford.</i>				
<i>Best Male APF Raw Bench: David Ackman.</i>				
<i>Best Male APF Equipped Bench: Andre Gholson.</i>				
<i>Best Male AAPF Raw Bench: David Ackman.</i>				
<i>Best Male AAPF Equipped Bench: Mike Gleason.</i>				
<i>Best Male APF Raw Deadlift: Scott Blevins.</i>				
<i>Best Male APF Equipped Deadlift: Mark Pearce.</i>				
<i>Best Male AAPF Raw Deadlift: Bruce Koch.</i>				
<i>Best Male AAPF Equipped Deadlift: Daniel DiDonato.</i>				

Powerlifting	SQ	BP	DL	TOT
MALE				
<i>Open</i>				
J. Stevens	365	220	390	975
181 lbs.				
T. Brown	455	300	480	1235
198 lbs.				
R. Adams	485	290	455	1230
220 lbs.				
J. Miller	545	365	515	1425
242 lbs.				
Burlingame	840	410	660	1910
275 lbs.				
R. Roberts	700	430	600	1730
298 lbs.				
C. Williams	720	480	585	1785
315 lbs.				
R. Dixon	740	490	550	1775

RESULTS

GREAT LAKES DL CHAMPIONSHIPS

MAR 27 2010 » Erie, PA

DEADLIFT	A. Mangini	510
FEMALE		
114 lbs.	242 lbs.	
R. Jenks	575*	
B. Steffan	280*	L. Burton 375
114 lbs.	275 lbs.	
R. Steffan	280	J. Lawson 620*
MALE		
148 lbs.	198 lbs.	
J. Martucci	420	J. McNeill 320
198 lbs.	198 lbs.	
D. Swingle	490	L. Burton 375*
J. McNeill	320	4th-390

220 lbs. Champion of Champions: Jeff Lawson. *= Records.

» courtesy Joe Oregina

APA LONGHORN CHAMPIONSHIPS

JUN 5 2010 » McAllen, TX

BENCH	Submaster DT	M. Craig	600
198 lbs.			
DEADLIFT			
181 lbs.			
B. Foster	270		
242 lbs.			
Open DT			
J. Ramirez	385	R. Ochoa	455
275 lbs.			
Open DT			
F. Garcia	600	G. Trevino	320
Submaster DT			
F. Garcia	600	B. Foster	430
308 lbs.			
Master II			
J. Saldana	410	R. Tavanello	485
341 lbs.			
Push Pull			
181 lbs.			
Teen (18-19) DT Raw			
J. Huerta	360	485	845
Powerlifting			
114 lbs.			
Teen DT			
F. Sanchez	170	70	195
FEMALE			
114 lbs.			
Teen DT			
M. Villarreal	370	180	285
MALE			
165 lbs.			
Teen (13-15) DT			
A. Guerra	420	215	400
181 lbs.			



Leroy Burton (75 years) at the Great Lakes Championships

A. Solis	350	225	345	880
Teen (18-19) DT				
E. Pichardo	515	365	470	1350
181 lbs.				
Teen (13-15) DT				
E. Canales	320	195	340	855
Teen (16-17) DT				
J. Gazca	475	240	505	1220
198 lbs.				
Open DT				
J. Saldana	705	475	600	1780
Open				
R. Ayala	600	425	530	1555
220 lbs.				
Open DT Raw				
A. Gutierrez	380	255	425	1060
Teen (13-15) DT				
J. Rubalcava	415	205	425	1045
275 lbs.				
Junior DT Raw				
M. Barba	625	350	505	1480
Submaster DT Raw				
J. Lerma	405	250	450	1105
Teen (16-17) DT				
J. Sanchez	485	225	420	1130

Meet Site: Xtreme Fitness. Female Best Lifter: Melannie Villarreal. Best Lifter RAW: Matthew Barba. BP Best Lifter: Fernando Garcia. DL Best Lifter: Rigoberto Ocha. A very special thanks to my daughter Alyssa who ran the score board for her first time and did an excellent job with no errors. A big thanks to Robert Jackson for organizing the event and lining up meet staff, our spotters, loaders, and judges for doing an excellent job throughout the day, and Xtreme Fitness Gym for an excellent venue for the lifters. Special thanks to Texas Cruises Motorcycle Riding Club for putting on a bike show for intermissions.

» courtesy Scott Taylor

NASA KANSAS STATE APR 3 2010 » Salina, KS

BENCH	Master Pure	C. Beck	446
FEMALE			
165 lbs.			
Master Pure			
L. Anderson	127	D. Marlow	473
MALE			
181 lbs.			
Police/Fire			
T. Davis	363		



Best geared lifter, Jerry Saldana, at the APA Longhorn Championships

D. Marlow	473	T. Carder	314
Police/Fire		Master Pure	
T. Davis	363	T. Carder	314
275 lbs.		Open	
Junior		T. Meacham	446
L. Probasco	352	L. Meyers	732
Police/Fire		462	661
L. Probasco	352	308 lbs.	1855
SHW		High School	
Open		S. Arneson	424
J. Nichols	473	264	517
Police/Fire		4th-DL-556	1206
J. Nichols	473	Master I	
PS BENCH		Master I	
MALE		C. Cookson	705
198 lbs.		402	402
Master I		650	650
Push Pull		1756	
FEMALE		Master II	
165 lbs.		A. Keffer	622
Master Pure		424	556
L. Anderson	127	CR	BP
148 lbs.		DL	TOT
High School			
C. Anderson	110		
171	297		
297	578		
MALE			
220 lbs.			
Teen			
C. Anderson	110		
171	297		
297	578		
165 lbs.			
Master I			
B. Anderson	154		
259	424		837
Master III			
D. Goodloe	99		
176	314		589
MALE			
165 lbs.			
Junior			
V. Perryman	567		
308	578		1453
181 lbs.			
Master Pure			
C. Beck	517		
446	440		1404
220 lbs.			
Int			
D. Keffer	484		
303	402		1189
MALE			
165 lbs.			
Junior			
V. Perryman	567		
308	578		1453
181 lbs.			
Master Pure			
C. Beck	517		
446	440		1404
220 lbs.			
Int			
D. Keffer	484		
303	402		1189
242 lbs.			
Master I			
R. Tavanello	584		
396	484		1464
Master III			
J. Curtis Jr.	479		
242	501		1222
Police/Fire			
R. Tavanello	584		
396	484		1464
275 lbs.			
High School			
J. Curtis	479		
242	479		1200
Master Pure			
R. McKenzie	562		
462	534		1558
SHW			
Int			
J. Conner	650		
402	727		1778
165 lbs.			
Junior			
P. deBlonk	402		
220	380		1002
181 lbs.			
Submaster I			
R. Jensen	363		
281	402		1046
181 lbs.			
Novice			
J. Briggs	413		
253	440		1107
Open			
B. Wondra	369		
226	407		1002
Police/Fire			
J. Briggs	413		
253	440		1107
198 lbs.			
Master III			
S. Landes	275		
165	396		837
220 lbs.			
Junior			
C. Myers	523		
308	551		1382
242 lbs.			
Junior			
T. Meacham	446		
352	484		1283
Master I			
M. Elder	600		
413	633		1646
Novice			

BENCH	198 lbs.	Master I Raw	325
FEMALE			
114 lbs.			
Open			
J. Lamson	132		
132 lbs.			
Open Raw			
K. Hockeborn	231		
181 lbs.			
Master III Raw			
V. Strong	138		
MALE			
132 lbs.			
Teen II Raw			
D. Price	204		
242 lbs.			
Open Raw			
H. Grace	149		
165 lbs.			
Master II Raw			
A. Sharpe Jr.	292		
181 lbs.			
Master I			
M. Ruelan	462		
Open			
M. Coleman	—		
Open Raw			
M. Kuchar	—		
462	327		1283
Open Raw			
M. Ruelan	462		
462	327		1283
Open Raw			
A. Zwiebel	352		

» courtesy Rich Peters

USAPL SMITTY'S IRON WORKS VI

JUL 24 2010 » Midland, MI

BENCH	198 lbs.	Master I Raw	325
FEMALE			
114 lbs.			
Open			
J. Lamson	132		
132 lbs.			
Open Raw			
K. Hockeborn	231		
181 lbs.			
Junior			
V. Strong	138		
MALE			
132 lbs.			
Teen II Raw			
D. Price	204		
242 lbs.			
Open Raw			
H. Grace	149		
165 lbs.			
Master II Raw			
A. Sharpe Jr.	292		
181 lbs.			
Master I			
M. Ruelan	462		
Open			
M. Coleman	—		
Open Raw			
M. Kuchar	—		
462	327		1283
Open Raw			
M. Ruelan	462		
462	327		1283
Open Raw			
A. Zwiebel	352		

BENCH	181 lbs.	Master I Raw	330
FEMALE			
123 lbs.			
Teen II Raw			
L. Kuznicki	149		
132 lbs.			
Junior Raw			
C. Dominoski	138		
138 lbs.			
Master II Raw			
L. Kuznicki	220		
165 lbs.			
Master III Raw			
K. Hockeborn	259		
Open Raw			
K. Hockeborn	259		
165 lbs.			
Master II Raw			
P. Jurado	165		
148 lbs.			
Open			
M. Huerta	314		
181 lbs.			
Teen I Raw			
B. Boswell	286		
165 lbs.			
Master III Raw			
N. Dubiel	396		
165 lbs.			
Teen III Raw			
Misajlovski	237		
Open Raw			
B. Metz	407		
181 lbs.			

COMING EVENTS

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

1-7 NOV » **WPC World Championships** (Mikaeli, Finland) » Minna & Ano Turtiainen, www.worldpowerliftingcongress.com
3-7 NOV » **WPF World PL, BP & DL** (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd » Meet Director Greg Ashford, 01373-859997, www.britishtpowerliftingorganisation.co.uk, www.wfpowerlifting.com
4-6 NOV » **Natural Olympia International Multi-Sports Expo** - Bodybuilding, Martial Arts, Powerlifting, Bikini Contest, Arm Wrestle, Strongman and more! (Reno, NV) at the Grand Sierra Resort Casino & Convention Center » 951.734.3900, naturalaba@aol.com, www.naturalbodybuilding.com
5-7 NOV » **NASA Arizona Regional** (Equipped & Unequipped PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com
6 NOV » **Northern Virginia Raw PL/BP Championships** (Centreville, VA) » John James, 703.475.9885, www.northernvirginiarawpower.com
6 NOV » **USAPL River's Edge PL/BP Championships** (Granite City, IL) » Rick Fowler, 618.451.4737, www.usapowerlifting.com
6 NOV » **USAPL Longhorn Open PL Championships** (Austin, TX) » Kim Beckwith, 512.560.2522, www.usapowerlifting.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, 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, 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 » **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, www.sonlightgym.com
6-7 NOV » **WNPF/WNPF Lifetime World Tournament of Champions** (Atlantic City, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
6-7 NOV » **WCSPF International Invitational Championships** (Atlantic City, NJ) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian.Locklear@404.519.2496, www.wnfp.net/wcpfmain.htm
6-7 NOV » **NASA Masters/Sub Masters Nationals**, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) » www.nasa-sports.com
6-7 NOV » **RAW United North American Open** (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, 10.9.10 entry deadline » Spero Tshontikidis, 321.505.1194, 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 » **USAPL Southern Showdown** (Church Point, LA) » Cameron Barrilleaux, 985.768.2399, www.usapowerlifting.com

13 NOV » **UPA Full Metal Mayhem 2** (Piedmont, SC) » Troy Nash, nasht-quat@aol.com, 864.360.7111, www.upapower.com
13 NOV » **USAPL Iron Lion Open** (University Park, PA) » Kelly Domer, 267.736.3900, www.usapowerlifting.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 Combost, 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.inlandsportscenter.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.wnfp.net
13 NOV » **USAPL RegionVI 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, pwrlltrs@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@vhepower.com, www.vhepower.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, www.sonlightgym.com
13-14 NOV » **WDFPF PL World Championships** (Castleblayney Co, Monaghan, Ireland) » www.adlfp.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, www.sonlightgym.com
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, www.wnfp.net/wcpfmain.htm
14 NOV » **WNPF/WNPF Lifetime World Tournament of Champions** (Youngstown, OH) » Ron Deamicis, powerlt103@aol.com, 330.792.6670, www.wnfp.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 » **USAPL GA State & Southern States PL/BP Championships** (Duluth, GA) » Sherman Ledford, 770.495.0787, shermanl@quest-nutrition.com, www.usapowerlifting.com
20 NOV » **ADFPF Canton World Qualifier & Record Breaker** (Canton, IL) at Canton High School » Christopher Sidors, 309.647.9495, www.adlfp.org
20 NOV » **USAPL Maryland States** (Columbia, MD) » Dustin Garner, 410.997.2720, www.usapowerlifting.com
20 NOV » **WNPF/WNPF Lifetime World Tournament of Champions** (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.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, powerlt103@aol.com, 330.792.6670, www.wnfp.net
20 NOV » **APF/AAPF Push/Pull Competition** (Wheatfield, IN) » Ryan Rigdon, 812.391.9129, www.rigdonspowerpit.com, www.worldpowerliftingcongress.com
20 NOV » **APA West Coast RAW Regional Powerlifting Championships** (Sacra-

mento, 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 Amuner Ave, Clarks Summit, PA 18411, 570.406.8422, www.usapowerlifting.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
3-4 DEC » **UPA Power Weekend** (Dubuque, IA) » Bill Carpenter, 563.599.1390, billcarpenter@upapower.com, www.upapower.com
4 DEC » **Walker's Gym Deadlift Classic** (Raw, Open, All Weight Classes) (Hopewell, VA) » Walker's Gym, 220 E. Broadway, 804.458.7918
4 DEC » **APF New York State Full Power Holiday Madness** (Lindenhurst, NY) at All Natural Gym » Shawna Mendelson & Chris Taylor, smendelson2010@hotmail.com, 518.993.6378, www.worldpowerliftingcongress.com
4 DEC » **USAPL ID Open & State HS Championships** (Nampa, ID) » Steve Rayborn, 208.850.9766, www.usapowerlifting.com
4 DEC » **USAPL VMI Powerlifting Classic** (Cocke Hall, VA) » Bill Mears, 540.460.5563, www.usapowerlifting.com
4 DEC » **EPF North East PL Championships** (Full PL/PP/BP) (Moultonborough, NH) at the Galaxy Gym » Bill Durant, 603.762.3990, mail@elitepowerlifting.com, www.elitepowerlifting.com
4 DEC » **USAPL 6th Annual Fife Power Company PL/BP/DL Holiday Classic** (Tacoma, WA) at the Fife High School Gymnasium » Steve Slavens, 253.435.0023, sslavens@fife.k12.wa.us, www.usapowerlifting.com
4 DEC » **ADFPF Quad City Powerfest PL/Single Event Competition** (World Qualifier) (Moline, IL) » Kevin Hopper, 815.973.1620, kevin.hopper@rockvalleypt.com, Darren.Phelps@309.269.3395, darren.phelps@rockvalleypt.com, www.adlfp.org
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, pullumsplatform@aol.com, www.worldpowerliftingcongress.com
4 DEC » **IPA 6th Annual Christmas Carnage** (Boyetown, 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 Keller, P.O. Box 291571, Davie, FL 33329, 954.790.2241, www.usapow-erlifting.com
4-5 DEC » **USAPL Colorado State Powerlifting Championships** (Denver, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com
5 DEC » **UPA California State Powerlifting Championships** (Concord, CA) at Diablo Barbell » Ted O'Neil, ted@diablobarbell.com, 925.685.8818, www.upapower.com
5 DEC » **Paxton Strongman VI** (Paxton, MA) » Nate Fitzgerald, 508.791.3291, www.paxtonpowergym.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,

APF/AAPF/WPC Schedule

- 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**, APF/AAPF Golden State Meet
- 11 DEC**, APF 57th Iron Man PL/BP Challenge
- 11 DEC**, APF Beaumont Invitational
- 12 DEC**, APF South Carolina Championships
- 25 DEC**, WPC Israel Open Championships
- DEC**, Ontario Amateur Pro Championships
- JAN 2011**, Battle in Montreal
- MAR 2011**, APF/AAPF Illinois State Meet
- APR 1-3 2011**, APF/AAPF Raw Nationals & AAPF Nats
- APR 16 2011**, APF/AAPF Texas Classic
- MAY 2011**, APF Master/Teen/Jr. Nationals
- 11-12 JUN 2011**, APF Senior Nationals
- 25-26 JUN 2011**, APF/AAPF Chicago Summer Bash 8
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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.usfpowerlifting.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 Beaumont Invitational (Beaumont, TX) » Mike Denmon, 409.548.3971, www.worldpowerliftingcongress.com

11 DEC » Doernbecher Children's Hospital Bench Press Competition (Portland, OR) at Elite Performance Center » Adrian Larsen, 503.504.9736, www.prima-powersystems.com

11 DEC » UPA Metal Militia Pro-Am (Lake George, NY) » Bill Crawford, bench802plus@yahoo.com, 518.792.5820, www.upapower.com

11 DEC » 10th Annual Golden Bear BP Classic (Barron, WI) at the Barron Area Community Center Theater » Steve Fronk, 715.736.7560, 715.296.0165, slfronk@landolakes.com

11 DEC » ADFPF Riverside PL/Single Event Open Qualifier (DeGraff, OH) » Mike Stagg and Scott Stewart, 309.837.2111, www.adfpf.org

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, pwrfltrs@msn.com, www.powerliftingCA.com

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

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

11-12 DEC » USAPL MA/RI State PL/BP Championships (Johnston, RI) » Eric Cordeiro, 617.423.7062, www.usapowerlifting.com

12 DEC » AAU Christmas Challenge (Rockland, MA) at the Holiday Inn » bigironpowerlifting@comcast.net, 781.294.4201, www.bigironpowerlifting.com, www.aausports.org

12 DEC » APF South Carolina Invitational Powerlifting Championship presented by Donnie Thompson (Columbia, SC) at Progressive Sports Physical Therapy » Donnie Thompson, don.thompson@doctorscare.com, Will Millman, shelter223@gmail.com, 843.886.5366, www.worldpowerliftingcongress.com

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

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

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

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

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

19 DEC » Kinross Powerlifting Club Meet (Kincheloe, MI) » Dave Mastaw, 906.495.2282

25 DEC » WPC Israel Open Championship (Haifa, Israel) » Anna Marcus and Faina and David Kharif, annamarcus@rambler.ru, www.big-champ.com/index-eng.html, www.worldpowerliftingcongress.com

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

8 JAN 2011 » NASA Gilmer Open (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com

15 JAN 2011 » RAW United New Year's Bench Bash (Raw/Single-Ply) (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avocado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

15 JAN 2011 » Pure Athletic Power Open/Masters/Teen Team Challenge bp/DL Meet (Princeton, WV) » Donnie Robbins, 304.320.9072, all4athletes@live.com, www.pureathleticpower.com

22-23 JAN 2011 » NASA Natural Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com

22-23 JAN 2011 » RAW United RAW Unity IV (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avocado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

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 » UPA Minnesota & Midwest Powerlifting Championship (Princeton, MN) » Jeff Adkins, barbell01@gmail.com, 763.286.9270, www.upapower.com

29 JAN 2011 » USAPL Wisconsin State Meet (Milwaukee, WI) » Bruce Sullivan, 262.639.3210, www.usapowerlifting.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

UPCOMING SLP COMPETITIONS

- 6 NOV**, SLP Ohio State BP/DL (Hamilton, OH)
- 13 NOV**, SLP Kentucky State BP/DL (Louisville, KY)
- 14 NOV**, SLP Midwest Open BP/DL (Indianapolis, IN)
- 20 NOV**, USA RAW BP Federation Worlds (Tuscola, IL)
- 21 NOV**, SLP Michigan State BP/DL (Saranac, MI)

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www.sonlightpower.com sonlightgym@verizon.net

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, pwrfltrs@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

5 FEB 2011 » NASA Arizona State Mike Morris Memorial (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com

12 FEB 2011 » NASA Missouri State (Equipped/Unequipped, PL/BP/PS/PP) (Joplin, MO) » www.nasa-sports.com

12 FEB 2011 » RAW United Mid-Atlantic Open (Raw) (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avocado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

12 FEB 2011 » ADFPF 3rd Annual Cabin Fever Challenge (Rockland, MA) at the Holiday Inn » bigironpowerlifting@comcast.net, 781.294.4201, www.bigironpowerlifting.com, www.adfpf.org

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

19 FEB 2011 » RAW United Sunshine State Raw/Single-Ply (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avocado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

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

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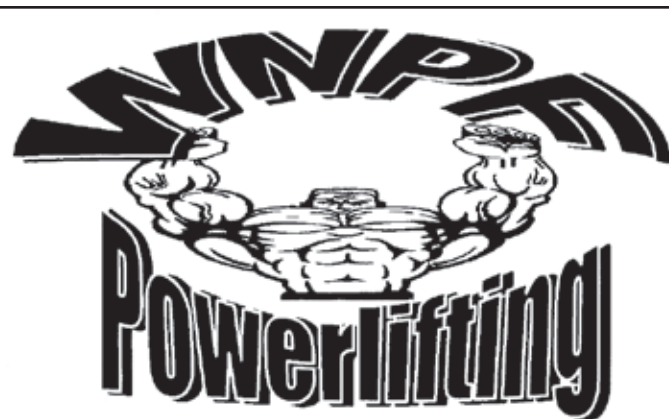
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13 NOV, WNPF/WNPF Lifetime World Tournament of Champions (Atlanta, GA)

14 NOV, WNPF/WNPF Lifetime World Tournament of Champions (Youngstown, OH)

20 NOV, WNPF/WNPF Lifetime World Tournament of Champions (Rochester, NY)

20 NOV, WNPF/WNPF Lifetime World Tournament of Champions (Merritt Island, FL)

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

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 » SPF 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., Lexley, AL 36551, 251.928.6987, www.usapowerlifting.com
26 FEB 2011 » NASA East Texas State (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX) » www.nasa-sports.com
26 FEB 2011 » USAPL Aggie Showdown (Texas A&M, TX) » Kayla James, 254.223.2991, www.usapowerlifting.com
26 FEB 2011 » APA Bench Press Nationals » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqua-pits@netzero.net, www.apa-wpa.com
26 FEB 2011 » USAPL Virginia Open PL/BP/DL/Ironman (Raw & Assisted) (Zion Crossroads, VA) » John Shifflet, 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.usfpowerlifting.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 Belt Dr. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
4-6 MAR 2011 » RAW United Beau Moore Classic (Raw) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
5 MAR 2011 » NASA Colorado State (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com
5-6 MAR 2011 » UPA Iowa & Midwest PL Championship (Dubuque, IA) at the Grand River Center » Bill Carpenter, 563.599.1390, billcarpenter@upapower.com, www.upapower.com

com, www.upapower.com
5-6 MAR 2011 » SPF Ironman Classic PL/BP Championship (Nashville, TN) » Jesse Rodgers, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
11-12 MAR 2011 » USAPL WI High School State Championships (Eau Claire, WI) » Joel Hornby, 715.852.6763, www.usapowerlifting.com
12 MAR 2011 » Walker's Gym Bench Press Classic (Raw, Open, All Weight Classes) (Hopewell, VA) » Walker's Gym, 220 E. Broadway, 804.458.7918
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
19 MAR 2011 » NASA Tennessee State (Equipped/Unequipped, PL/BP/PS/PP/Counts) (Pickwick or Savannah, TN) » www.nasa-sports.com
26 MAR 2011 » NASA Kansas State (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.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
MAR 2011 » APF/AAPF Illinois State Championships (Dekalb, IL) » Dick Zenze and Bruce McCord, maswldchmp@yahoo.com, www.worldpowerliftingcongress.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
2 APR 2011 » ADAU Great Lakes Powerlifting Championships (Erie, PA) » Joe Oregia, 814.833.3727, joesgymerie@live.com, www.adaurawpower.com
2 APR 2011 » Raw & Drug Free Single Lift (SQ/BP/DL) Championships (Erie, PA) » Joe Oregia, 814.833.3727, joesgymerie@live.com, www.adaurawpower.com
2-3 APR 2011 » NASA High School Nationals (Equipped/Unequipped, PL/BP/PS/Power Press) (Oklahoma City, OK) » www.nasa-sports.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 » RAW United Florida State Push/Pull (Raw/Single-Ply) (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
9 APR 2011 » NASA Ohio State (Equipped/Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com
16 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, alaqua-pits@netzero.net, www.aparawnationals.webs.com
16 APR 2011 » NASA Iowa State (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com
16 APR 2011 » USAPL Richmond Open (Mechanicsville, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com
16-17 APR 2011 » UPA PL/BP National Championship (Sandwich, IL) at Best Western Timber Creek Inn and Suites Convention Center » Byron Hicks, 630.913.4491, www.upapower.com
23 APR 2011 » NASA Oklahoma State (Equipped/Unequipped, PL/BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com
28 APR - 1 MAY 2011 » USAPL Men's Master Nationals (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com
30 APR 2011 » NASA New Mexico State (Equipped/Unequipped, PL/BP/PS/PP) (Gallup, NM) » www.nasa-sports.com
7 MAY 2011 » NASA Tom Manno Western State Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.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
20-22 MAY 2011 » USAPL Women's Nationals (Atlanta, GA) » Greg Jones,

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770.266.9258, www.usapowerlifting.com
21 MAY 2011 » NASA Bench Press Nationals (Equipped/Unequipped BP/Power Sports BP) (Denver, CO) » www.nasa-sports.com
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, frankpanaro@gmail.com, www.ocpowerlifters.com
27 MAY 2011 » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapits@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, aptexas@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.americanpowerliftingcommittee.com
4 JUN 2011 » 100% Raw VA American Challenge (BP/DL/SC) (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
8 JUN 2011 » RAW United Mike Witmer Memorial Open (Raw) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
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 Ridgcrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com
11-12 JUN 2011 » APF Senior Nationals (Sun Prairie, WI) » Ed & Joani Taber, joani_taber@yahoo.com, www.worldpowerliftingcongress.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.adfpf.org
25-26 JUN 2011 » APF/AAPF Chicago Summer Bash 8 (Burr Ridge, IL) at the Quality Inn & Suites » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.chicagopowerlifting.com, www.worldpowerliftingcongress.com
2 JUL 2011 » NASA 4th of July Spectacular (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com
9 JUL 2011 » USAPL Brute Strength

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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
16 JUL 2011 » **NASA Grand Nationals** (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA or Alvin, TX) » www.nasa-sports.com
16 JUL 2011 » RAW United Maryland Open (Raw/Single-Ply) (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
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
6 AUG 2011 » RAW United UPF Challenge (Raw) (Orlando, FL) at UPF Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
6-7 AUG 2011 » **NASA World Cup** (Unequipped, PL/BP/PS/PP) (Denver, CO or OKC, OK) » www.nasa-sports.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 Euless 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
3-4 SEP 2011 » NASA Texas State Cookout & Championship (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.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

10-11 SEP 2011 » RAW United Armed Forces Championships (Raw/Single-Ply) (Tampa, FL) at the MacDill Air Force Base » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
1 OCT 2011 » NASA East Texas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX) » www.nasa-sports.com
8 OCT 2011 » RAW United Tony Conyers Extravaganza (Raw/Single-Ply) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
8 OCT 2011 » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com
15 OCT 2011 » **NASA Unequipped Nationals** (PL/BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com
22 OCT 2011 » NASA Ohio Regional (Equipped/Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com
4-6 NOV 2011 » RAW United North American Championships (Raw) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
5-6 NOV 2011 » **NASA Masters & Sub Masters Nationals** (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com
12 NOV 2011 » NASA Kansas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com
12 NOV 2011 » RAW United Northeast Regionals (Raw) (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
19 NOV 2011 » NASA Colorado Regional (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com
19 NOV 2011 » USAPL Stars and Stripes BP/DL Championships (Clarks Summit, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiate.purepowerlifting.com
10 DEC 2011 » RAW United Support the Troops Military Cup (Raw/Single-Ply) (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
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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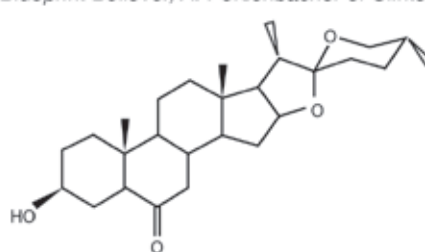
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Mike Ewoldsen and Teale Adelman (both highly ranked TOP 100 lifters in the 123 lb. class this month. Here they are deadlifting 804 together (both weighing 123 lbs.) in an exhibition lift at the NASA World Cup event. Mike and his family raised money for the late Tom Manno's family. (Sharla Fowler photo)



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Sabra Callahan has mastered the bench press in more ways than one



Mari Asp – the former Norwegian star, is highly ranked once again

Will you make the upcoming TOP 100 list for the 148 lb. class? Last time we ranked this class the minimum lifts to make that list were 450 lb. in the squat, 303 lb. in the bench press, 468 lb. in the deadlift, and 1157 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 148 lb. class will be November 2009 through October 2010 and it will appear in our January 2011 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 out of the trophy case, like you winning the pie eating contest at the county fair) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, 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 123 lb./56 kg. USA lifters in results received from SEP 2009 through AUG 2010

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 520 Martinez, A., 3/27/10	341 Garcia, W., 8/31/10	600 Smith, C., 3/13/10	1410 Ewoldsen, M., 8/7/10
2 518 Ewoldsen, M., 8/7/10	330 Ewoldsen, M., 8/7/10	562 Ewoldsen, M., 8/7/10	1375 Smith, C., 3/13/10
3 500 Salgado, J., 2/25/10	319 Head, E., 10/24/09	520 Martinez, A., 2/27/10	1280 Martinez, M., 3/13/10
4 500 Smith, C., 3/13/10	308 Asp, M., 11/14/09	510 Torres, E., 2/27/10	1265 Torres, E., 2/27/10
5 485 Kirkland, M., 2/27/10	303 Torres, E., 6/18/10	507 Tran, C., 6/18/10	1245 Tran, C., 2/27/10
6 475 Torres, E., 2/27/10	297 Whipple, T., 8/31/10	501 Naquin, B., 4/24/10	1162 Rotar, P., 9/7/09
7 473 Tran, C., 2/27/10	286 Rotar, P., 5/24/10	462 Rotar, P., 9/7/09	1160 Kirkland, M., 2/27/10
8 455 Rotsinger, J., 10/24/09	281 Adelman, T., 9/19/09	450 Salgado, J., 1/16/10	1140 Salgado, J., 2/25/10
9 455 Garay, R., 2/6/10	281 Kido, N., 4/10	440 Powell, G., 1/23/10	1115 Rotsinger, J., 10/24/09
10 451 Rotar, P., 9/7/09	275 Smith, C., 3/13/10	440 Fain, Z., 3/5/10	1115 Garay, R., 2/6/10
11 440 Brooks, A., 3/13/10	270 Ellis, R., 2/6/10	440 Urena, 5/10	1105 Borgas, R., 3/27/10
12 440 Brooks, A., 3/13/10	270 Tran, C., 2/27/10	425 Kirkland, M., 2/27/10	1075 Alvarez, E., 3/27/10
13 440 Alvarez, E., 3/27/10	270 Truong, L., 8/14/10	425 Kirkland, M., 2/27/10	1070 Solis, A., 3/27/10
14 440 Alvarez, E., 3/27/10	265 Simmons, P., 10/10/09	425 Whitehurst, M., 11/14/09	1065 Brooks, A., 3/13/10
15 440 Manley, M., 3/27/10	264 Darling, J., 9/12/09	425 Bravo, C., 3/5/10	1063 Naquin, B., 4/24/10
16 430 Fain, Z., 3/27/10	264 Belli, A., 12/09	425 Cohn, 4/10/10	1050 Ramirez, R., 3/27/10
17 425 Linkous, R., 3/13/10	260 Rotsinger, J., 10/24/09	415 Leos, M., 2/27/10	1045 Garza, F., 2/20/10
18 425 Solis, A., 3/27/10	260 Ramirez, R., 3/13/10	415 Solis, A., 3/27/10	1045 Sharp, A., 3/13/10
19 420 Sharp, A., 3/27/10	260 Martinez, A., 3/27/10	415 Adelman, T., 8/7/10	1040 Fain, Z., 2/13/10
20 415 Brown, D., 3/6/10	260 Solis, A., 3/27/10	415 Adelman, T., 8/7/10	1030 Brown, D., 3/6/10
21 410 Morales, A., 2/27/10	255 Garay, R., 2/6/10	410 Solis, A., 2/27/10	1025 Bravo, C., 3/5/10
22 410 Knight, A., 3/27/10	255 Burke, J., 2/20/10	410 Solis, A., 2/27/10	1025 Linkous, R., 3/13/10
23 405 McIntire, M., 2/6/10	250 Bedford, C., 2/20/10	410 Macias, E., 3/13/10	1020 Manley, M., 3/27/10
24 405 Nowlin, T., 2/20/10	254 Sanchez, J., 8/28/10	410 Alford, R., 3/27/10	1010 Powderll, K., 1/23/10
25 405 Charles, T., 3/13/10	250 Kirklund, M., 2/27/10	407 Kalinowski, M., 3/13/10	1000 Ellis, R., 2/6/10
26 400 Bravo, C., 3/5/10	250 Sharp, A., 3/13/10	405 Garay, R., 1/30/10	997 Charles, T., 6/18/10
27 400 Cribbs, L., 3/13/10	240 Bradbury, V., 11/14/09	405 Garza, F., 2/6/10	995 Leija, J., 3/27/10
28 400 Hill, J., 3/27/10	240 Martinez, M., 2/13/10	405 Gale, C., 2/27/10	995 Knight, A., 3/27/10
29 395 Casarez, M., 3/13/10	235 Johnson, A., 2/6/10	405 Brown, D., 3/6/10	985 Hill, J., 3/13/10
30 390 Ramirez, R., 3/13/10	235 Hardaway, J., 3/27/10	405 Leija, J., 3/27/10	980 Leos, M., 2/27/10
31 390 Mitchell, K., 3/13/10	235 Fry, J., 8/19/10	402 Charles, T., 6/18/10	970 McIntire, M., 2/6/10
32 385 Dadds, J., 2/18/10	231 Hadden, J., 11/14/09	402 Rotsinger, J., 10/24/09	970 Gale, C., 2/27/10
33 385 Durham, A., 2/20/10	231 Galeck, S., 12/2/09	400 Alfaro, V., 1/9/10	970 Salinas, T., 3/13/10
34 385 Valenzuela, E., 3/27/10	230 Alvarez, E., 1/30/10	400 Barajas, R., 1/16/10	970 Thompson, B., 3/27/10
35 385 Fry, J., 8/19/10	230 Fain, Z., 2/13/10	400 Smith, B., 1/16/10	965 Cribbs, L., 3/13/10
36 380 Ellis, R., 2/6/10	230 Leos, M., 2/27/10	400 Brooks, A., 1/30/10	964 Kido, N., 4/10
37 380 Thompson, B., 3/27/10	230 Salinas, T., 3/22/10	400 Tsan, D., 2/4/10	964 Garcia, W., 6/18/10
38 375 Stout, H., 2/27/10	225 Siddons, B., 9/12/09	400 Santiago, R., 2/27/10	960 Nowlin, T., 2/20/10
39 370 Barajas, R., 1/16/10	225 Reyes, A., 11/1/09	400 Linkous, R., 3/13/10	960 Gonzalez, E., 3/13/10
40 370 Leija, J., 3/27/10	225 Whitehurst, M., 11/14/09	400 Smith, J., 3/13/10	960 Mitchell, K., 3/13/10
41 370 Tsan, D., 3/27/10	225 Brooks, A., 1/16/10	400 Skelton, H., 3/13/10	955 Martinez, M., 2/13/10
42 370 Garza, L., 3/27/10	225 Mcintire, M., 2/6/10	400 Ramirez, R., 3/27/10	955 Howard, T., 3/27/10
43 369 Brown, J., 5/22/10	225 Garza, L., 3/13/10	400 Howard, T., 3/27/10	955 Cohn, 4/10/10
44 365 Salinas, T., 3/13/10	225 Borgas, R., 3/13/10	396 Galeck, S., 12/2/09	950 Morales, A., 2/27/10
45 365 Salas, B., 3/27/10	225 Cohn, 4/10/10	395 Casarez, M., 3/13/10	950 Torreirano, V., 3/13/10
46 363 Clark, K., 5/22/10	225 Lopez, R., 5/22/10	395 Webb, D., 3/13/10	950 Webb, D., 3/13/10
47 360 Peden, D., 12/09	220 Logsdon, H., 9/12/09	395 Sharp, A., 3/27/10	950 Casarez, M., 3/13/10
48 360 Jaramillo, A., 2/20/10	220 Thieke, Z., 9/19/09	390 Manley, M., 2/27/10	950 Coates, C., 3/13/10
49 360 Lopez, R., 2/20/10	220 Johnson, D., 1/21/10	390 Longoria, J., 3/12/10	950 Urena, 5/10
50 360 Franco, C., 2/20/10	220 Powderll, K., 1/23/10	390 Knight, A., 3/13/10	945 Whitehurst, M., 11/14/09
51 360 Gale, C., 2/27/10	220 Leija, J., 3/13/10	390 Salinas, T., 3/13/10	945 Barajas, R., 1/16/10
52 360 Mirowitz, B., 3/27/10	220 Woodridge, A., 2/20/10	385 Jones, N., 11/7/09	945 Jaramillo, A., 2/20/10
53 360 Coates, C., 3/27/10	220 Gonzalez, E., 2/27/10	385 Morales, A., 2/20/10	945 Durham, A., 2/20/10
54 358 Naguin, B., 4/24/10	220 Breland, J., 2/27/10	385 DeLaFuente, A., 2/27/10	945 Mirowitz, B., 3/27/10
55 355 McMahan, D., 2/20/10	220 Jeffrey, D., 6/19/10	385 Mirowitz, B., 3/5/10	945 Fry, J., 8/19/10
56 355 Torreirano, V., 2/25/10	220 Huneycutt, B., 6/19/10	385 Hill, J., 3/13/10	940 Alford, B., 3/27/10
57 355 West, T., 3/13/10	215 Harris, C., 11/21/09	385 Garcia, A., 3/13/10	940 Tsan, D., 3/27/10
58 355 Gonzalez, A., 1/23/10	215 Durham, A., 1/30/10	385 Thompson, B., 3/27/10	935 Garza, L., 3/13/10
59 355 McCraw, J., 3/13/10	215 Rios, C., 1/30/10	380 Schillinger, A., 9/7/09	930 Dadds, J., 2/18/10
60 352 Schillinger, A., 9/7/09	215 Thompson, B., 2/20/10	380 Jaramillo, A., 2/20/10	925 Bellie, A., 12/09
61 350 Powderll, K., 1/23/10	214 Huebner, M., 6/26/10	380 Breland, J., 1/30/10	925 Peden, D., 12/09
62 350 Martinez, M., 2/20/10	210 Pena, R., 1/16/10	380 Kearns, J., 2/27/10	925 Bedford, C., 2/20/10
63 350 Burnett, J., 2/20/10	210 Aguilar, B., 2/20/10	380 Snell, K., 4/10/10	920 DeLaFuente, A., 2/27/10
64 350 DeLaCerca, R., 2/27/10	210 Brown, D., 3/6/10	375 Guillory, D., 2/20/10	920 DeLaCerca, R., 2/27/10
65 350 Vences, S., 2/27/10	210 Hill, J., 3/13/10	375 Vargas, R., 2/20/10	920 Macias, E., 3/13/10
66 350 Garcia, A., 2/27/10	210 Coates, C., 3/13/10	375 Mitchell, K., 2/25/10	920 Smith, J., 3/13/10
67 350 Webb, D., 3/13/10	210 Garlin, A., 3/13/10	375 Brooks, E., 3/6/10	920 Garcia, A., 3/13/10
68 350 Smith, J., 2/20/10	210 Snell, K., 4/10/10	375 Salas, B., 3/12/10	920 Clark, K., 5/22/10
69 350 Ramirez, L., 3/13/10	209 Pham, H., 9/12/09	375 Hill, J., 3/13/10	915 Lopez, R., 2/20/10
70 350 Howard, T., 3/13/10	205 Soukup, 11/14/09	375 Cribbs, L., 3/13/10	915 Breland, J., 2/27/10
71 345 Neeley, J., 1/14/10	205 Parrish, L., 1/9/10	375 Homesley, J., 3/13/10	909 Jeffrey, D., 6/19/10
72 345 Brown, L., 1/21/10	205 Sullivan, G., 1/16/10	375 Etheridge, B., 3/27/10	905 Johnson, A., 2/13/10
73 345 Homesley, J., 1/23/10	205 Garza, F., 2/6/10	374 Walker, P., 4/25/10	905 McIntosh, S., 3/5/10
74 345 Norden, A., 2/6/10	205 Rotar, P., 5/24/10	374 Kido, N., 4/10	905 Valenzuela, E., 3/13/10
75 345 Perez, A., 2/6/10	205 Nowlin, T., 2/20/10	370 Gonzalez, A., 1/23/10	905 Salas, B., 3/27/10
76 345 Alford, T., 2/19/10	205 Howard, T., 2/20/10	370 White, M., 2/6/10	900 Smith, B., 1/16/10
77 345 McIntosh, S., 2/20/10	205 Jaramillo, A., 2/20/10	370 Solano, A., 2/13/10	900 Longoria, J., 3/12/10
78 345 Rubalcava, R., 2/20/10	205 DeLaFuente, A., 2/20/10	370 Currie, R., 2/27/10	895 West, T., 3/13/10
79 345 Devore, B., 2/27/10	205 Bravo, C., 2/27/10	370 Seward, R., 2/27/10	895 Hardaway, J., 3/27/10
80 345 Lamach, B., 3/6/10	205 Manley, M., 2/27/10	369 Ruff, D., 10/30/09	892 Kalinowski, M., 3/13/10
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83 340 Figueroa, I., 1/30/10	205 Webb, D., 3/13/10	365 McIntosh, S., 2/27/10	890 Vences, S., 2/27/10
84 340 Johnson, A., 2/13/10	205 Urena, 5/10	365 Rangel, J., 3/6/10	890 Rangel, J., 3/6/10
85 340 Bedford, C., 2/20/10	205 Lew Len, K., 8/28/10	365 Vizuet, B., 3/13/10	890 Ramirez, L., 3/13/10
86 340 Alford, B., 3/6/10	203 Clark, K., 12/5/09	365 Valladares, M., 3/13/10	890 Castillo, K., 3/13/10
87 340 Monejano, M., 3/13/10	203 Callahan, S., 1/23/10	365 Garcia, W., 6/18/10	887 Schillinger, A., 9/7/09
88 340 Leos, M., 3/27/10	203 Naquin, B., 4/24/10	360 Hardaway, J., 1/30/10	885 Gonzalez, A., 1/23/10
89 340 Payton, J., 3/27/10	203 Charles, T., 6/18/10	360 Suel, M., 2/11/10	885 Cordon, T., 1/30/10
90 337 Burgos, 5/10	203 Ford, C., 2/13/10	360 Puente, O., 2/13/10	885 Villalpando, J., 2/27/10
91 336 Jeffrey, D., 6/19/10	200 Ramirez, L., 2/20/10	360 Chapa, D., 2/13/10	885 Johnson, D., 3/6/10
92 335 Diaz, L., 1/29/10	200 Cordon, T., 1/30/10	360 Lopez, R., 2/20/10	885 Homesley, J., 3/13/10
93 335 Hall, C., 2/6/10	200 Linkous, R., 2/13/10	360 Lopez, R., 2/20/10	885 Montejan, M., 3/13/10
94 335 Ford, C., 2/13/10	200 Chapa, D., 2/13/10	360 Ramirez, L., 2/20/10	880 Bradbury, V., 11/14/09
95 335 Villalpando, J., 2/27/10	200 McCullough, M., 2/13/10	360 Valenzuela, E., 3/13/10	880 Alford, T., 2/19/10
96 335 Somner, D., 2/27/10	200 Guillen, J., 2/27/10	360 Villalpando, J., 2/27/10	880 Guillory, D., 2/20/10
97 335 Longoria, J., 3/12/10	200 Guillen, J., 2/27/10	360 Hernandez, D., 3/5/10	880 Stout, H., 2/27/10
98 335 Castillo, K., 3/13/10	200 Guillen, J., 2/27/10	360 Montejan, M., 3/13/10	875 Stout, H., 3/13/10
99 335 Sweat, R., 3/13/10	200 McIntosh, S., 3/5/10	360 Brown, L., 3/13/10	875 Brown, L., 3/13/10
100 335 Martinez, A., 3/13/10		360 Vences, S., 3/13/10	875 Vizuet, B., 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 132s

CORRECTIONS: Kevin Steele's 314 DL and 699 TOT at 132 were not counted on the TOP 20 rankings for the Masters in 2009. Randy Hyatt was not credited with his 700 squat on the TOP 100 ranking for the 275 lb. class. Jim Sheffield's 804 bench press was not counted on the TOP 20 rankings for the SHW class. Beau Moore's total of 2160 and bench press of 600 were not ranked on the TOP 100 for the SHW class. David Balsdon's 716 squat was not shown on the results of the 2010 USAPL Nationals. Bryan Strevell's 685 SQ/1765 TOT were not on the TOP 100 for 242s, and Brad Bishop's lifts of 760, 545, 685, and 1990 and Zac Whalen's lifts of 640, 465, 600, and 1705 were not reflected on the TOP 100 for the 198 lb. class.

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. 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.

NEWSFLASH!

www.AsiaPowerlifting.com is offering a free worldwide Top 100 listing for Ironman and raw lifters. We decided to create this listing because we felt that the Ironman and raw lifters were not getting a fair shake on other Top 100 listings with equipped lifters. Male and female competitors will have separate listings. Contact info@asiapowerlifting.com to get more information on how to submit your lifts for the Top 100 listings.

ADFPF TO OFFER SCHOLARSHIP OPPORTUNITIES IN 2011

We are seeing very good growth in the ADFPF over the past couple of years. In fact, we just held our largest national meet yet, with 70+ competitors and 5 teams from 4 different states. In 2009, the ADFPF held 15 meets and we are on track to hold the same number in 2010. It is good to be a part of the growth that the ADFPF is experiencing, however, we are working diligently to continue to grow our organization while maintaining our core value beliefs on which the ADFPF is founded. Earlier this year we completed the exhaustive process of achieving "Not for Profit" status at the federal level. This has several important implications that benefit our membership. First, it insures that our organization works to give back to the sport. Second, it allows us financial benefits when procuring equipment, meet locations, or soliciting sponsorships. This allows us financial benefits when procuring equipment, meet locations, or soliciting sponsorships. This allows us to keep our expenses low and, in turn, provide more benefit for your hard earned dollars. To demonstrate our commitment of giving back, the ADFPF will be awarding one (or more) \$500 education scholarships at the 2011 Powerlifting Nationals. The application guidelines and forms will be posted within the next couple of months on our website: www.adfpf.org. In general, we are looking to reward individuals who have demonstrated integrity and have lived the values of the ADFPF among their peers and community. This scholarship will be open to any ADFPF member in good standing or any volunteer of the ADFPF. As further evidence of our commitment of service, we will continue to hold our membership fee at \$20 annually. We will continue to provide, at no additional cost, insurance to cover meet promoters, competitors and volunteers from lawsuits.

2011 is already shaping up to be another strong year (no pun intended). The WDFPF Single Event World Championships will be returning to the USA on June 24-26 and will be contested in Muskegon, MI. After holding the national meet for two consecutive years at the University of Missouri, we are planning the 2011 Nationals to be a two day meet to be held in Ohio. It is tentatively set for July 9-10 near Sydney, OH. I would like to thank everyone who has helped us to succeed to this point and continue to ask for your support and comments as we grow into the future.

— Michael Stagg, ADFPF Competition Chairman and Executive Board Member

USPLABS WORKS WITH GNC TO MAKE SURE THAT SALES OF ITS ULTRA-PREMIUM DIETARY SUPPLEMENTS ALSO BENEFIT WOUNDED WARRIOR PROJECT – ON TRACK FOR \$500,000 DONATION IN 2010

DALLAS, TX—USPlabs, LLC, manufacturer of ultra-premium dietary supplements, today announced it is partnering with General Nutrition Centers (GNC) to raise funds to help American veterans injured in Iraq and Afghanistan by donating a percentage of every unit sold in GNC's U.S. corporate stores and on www.woundedwarriorproject.org.

The drive will continue through 2010, with absolutely no limit to the potential amount donated. Through September 2010, USPlabs has already donated over \$400,000 to Wounded Warrior Project through sale of its products at GNC, and the company remains committed to its effort to raise over half a million dollars for WWP by the end of 2010.

"This program is an excellent opportunity for USPlabs and our customers to show support for the brave men and women who have dedicated their lives to defending freedom," said Jacob Geissler, USPlabs CEO. "The proceeds from this program will assist these veterans in many ways to regain what they have lost in service to our country. USPlabs looks for this to be one of the largest charitable donations in industry history."

"We are amazed by the generosity and speed in which USPlabs stepped up to support such a remarkable charity, and we are also very proud of the more than \$400,000 dollars USPlabs has raised for WWP from their products sold at GNC!" said Tom Dowd, GNC's Executive VP of Stores, Operations & Development.

Over 37,000 of our nation's armed forces have been physically wounded during the current military conflicts. Hundreds of thousands more are estimated to be recovering from invisible wounds of war, including post traumatic stress disorder (PTSD), major depression, and traumatic brain injury (TBI). WWP assists wounded warriors and their families through a holistic approach to their recovery, providing programs and services to aid their physical rehabilitation and improve their mental health and well-being. Whether through caregiver retreats, combat stress programs, career and education services or adaptive sporting opportunities, WWP empowers warriors with the tools essential to not just survive their injuries, but to thrive and achieve personal and professional success.

"We are thankful to USPlabs for their support of those service men and women who have sacrificed so much," said Steven Nardizzi, Wounded Warrior Project Executive Director. "Together we can ensure this is the most successful and well-adjusted generation of veterans in our nation's history."

About Wounded Warrior Project: The mission of the Wounded Warrior Project is to honor and empower wounded warriors. Its purpose is to raise awareness and to enlist the public's aid for the needs of severely injured service members, to help severely injured men and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Fla. To get involved and learn more, visit www.woundedwarriorproject.org.

About USPlabs: USPlabs, LLC is a dietary supplement company specializing in ultra-premium sports supplements. Its products are currently available at GNC locations both nationwide and internationally. For more information, visit www.USPlabsdirect.com.

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MHP KURT ANGLE TEEN CHALLENGE »

The Teen Challenge scored competing teams on four strength and endurance events:

1. **Total Gym Chin-Up:** Each teen had one minute to complete as many chin-ups as possible using approximately 70% of his or her own body weight. The highest amount of reps won.

2. **Water Jug Relay:** Each team ran a relay carrying 5-gallon water jugs through a 20-yard course, then had to stack the jugs in and out of a pallet rack. The fastest time won.

3. **Tire Flip Competition:** Each team member had to properly flip a 150-pound truck tire through a 20-yard course. The fastest time won.
4. **Shuttle Run:** Each teen ran a quick shuttle, and the team with the best combined time won.

AND THE WINNERS ARE... This year, multiple winner North Hills football was finally dethroned, as Avonworth High School football team grabbed the top spot. Winning the women's competition was the the North Hills Women's Athletic Team. Here are the complete results.

TEEN MEN

1st place (\$1,000) – Avonworth High School Football (coached by Coach Schmia): Ryan Schmid, 17; Jake Szolis, 16; Andrew Niklaus, 17; Eddie Kurtz, 17.

TEEN WOMEN

1st Place (\$1,000) – North Hills Women's Athletic Team (coached by John Curran): Jessica Rectenwald, 16; Julia Klein, 17; Ali Patton, 17; Mallovie Kaib, 18. «



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2009 UPA Record Holder

In 2009, Matt "Kroc" Kroczaleski awed a crowd of anxious onlookers as he achieved a career and UPA Powerlifting Nationals record with a total of 2,551 pounds in the 220s. Although some who witnessed it were surprised, Kroc wasn't.

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forward or slightly up. Your elbows should be locked straight throughout the movement. This is a typical starting position to begin the pull.

Your goal is to involve your strongest muscles—the legs—as much as possible, so concentrate starting the pull with your legs. Visualize pushing your legs feet first through the floor as you pull the bar. It is critical to not straighten your legs out too quickly at the beginning; use them throughout the whole lift. As the bar rises, focus on driving your hips forward towards the bar. At the top of the lift, draw your shoulders slightly back and be sure to keep your knees locked and you are standing erect. After completing the lift, lower the bar under control to the floor—do not drop it or let it go.

Next, let's examine lifting gear for the deadlift. First, I suggest deadlifting in a wrestling singlet. If you lift in long sweats or even most shorts, the bar will drag up your thighs and the material of the pants will slow its

movement considerably. I also recommend wearing flat, thin-soled shoes. Wearing a shoe with a raised heel will position you slightly forward, making the lift unnecessarily more difficult. Some lifters use wrestling boots or even thin soled house slippers. Cross-trainers will also work. I also suggest avoid using lifting gloves in training. They're not allowed in competition and your hands must be rough and tough to withstand the rigors of the lift. Hard calluses must be developed over time and gloves will hinder their development. Without tough hands, the skin on your hands could tear and end your meet prematurely.

Another recommendation is to not use a lifting belt on sets of reps over three. Using a belt basically substitutes for strong abs and torso. By not using a belt, your abs and entire torso will be forced to strengthen during the execution of the lift. On reps of three or less, use a belt. You can refer to a past article of mine in *PL USA* for more on lifting belts. Also, don't use lifting straps while training the deadlift. Develop your grip strength by holding on to the bar unassisted. Just like lifting gloves, straps are illegal in competition.

Now let's map out an eight week off-season routine for a deadlifter with a one rep max lift of 400 pounds. We will not end up with a max single, but instead will concentrate on increasing strength for competition training. This routine can be adjusted to fit your own strength level by using simple math percentages. You'll notice that the weights are low at the beginning, but increase as the weeks progress. Since the deadlift is so strenuous, I suggest not training the deadlift more than once per week for best results. Take 3-10 minutes rest between heavy sets. Also take 2-3 days between this workout and your heavy squat day. If you squat twice per week, take your light squat workout after this deadlift workout.

HERE IS THE ROUTINE:

Week	1	2	3	4	5	6	7	8
Week 1	135 x 8	185 x 5	225 x 3	275 x 2	315 x 5	285 x 5	ø	
Week 2	135 x 8	185 x 5	225 x 3	275 x 2	325 x 5	295 x 5	ø	
Week 3	135 x 8	185 x 5	225 x 3	275 x 2	330 x 5	305 x 5	ø	
Week 4	135 x 8	185 x 5	225 x 3	275 x 2	315 x 1	345 x 3	315 x 5	
Week 5	135 x 8	185 x 5	225 x 3	275 x 2	315 x 1	350 x 3	315 x 5	
Week 6	135 x 8	185 x 5	225 x 3	275 x 2	320 x 1	355 x 3	325 x 3	
Week 7	135 x 8	185 x 5	225 x 3	275 x 2	325 x 1	365 x 3	335 x 3	
Week 8	135 x 8	185 x 5	225 x 3	275 x 2	335 x 1	375 x 3	345 x 3	

Don't bounce any rep off the floor during your workouts. Stop at the bottom of each rep to properly reset your pulling position. This not only develops good technique, but also decreases your chance for injury due to being out of position during the pull. Practicing your meet form in training makes execution at a meet second nature.

Lat and trap work should be included. The deadlift and squat will do a super job of exercising your lower back or erector muscles so they do not need extra work. What I suggest is selecting two of the three types of back exercises and alternating their use every workout. The back musculature is very complex and requires a variety of exercises. High quantities of exercise are not desirable or required.

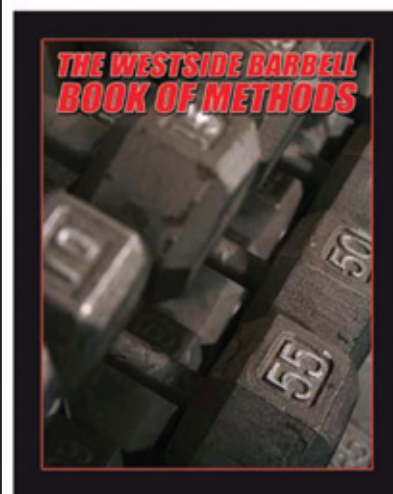
The first of the three types of back exercises is a pull-down or chinning movement. Pull or chin to the front of the body. Pulling behind the neck puts the lifter in a position where more abdominal power is used than desirable. The second exercise should be a pullback movement like a row or low cable pull. I prefer a one arm dumbbell row with your back supported. Companies like Hammer and Eagle have effective seated row machines that don't stress the lower back. The third exercise would be shoulder shrugs. When shrugging, be sure to shrug all the way up and down; don't waste time shrugging your shoulders back. You can use lifting straps on shrugs. Try to get 3-5 sets of 6-12 reps of two of these exercises. The next time, try a different combination of two, and so on. As I always stress, form is more important than weight used. No judge will ever ask you how many chins you can do.

Next time, I will continue training the deadlift by adding more competitive aspects and I'll include a competition routine. I'll also provide numerous tips that can make the difference between success and failure in your battle with gravity. «

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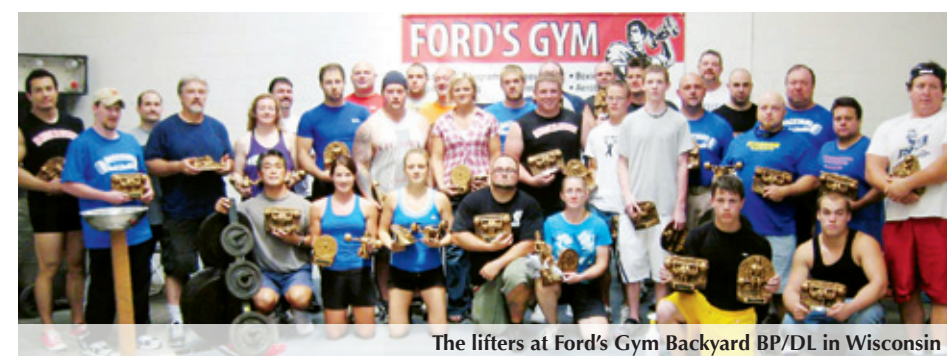
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The lifters at Ford's Gym Backyard BP/DL in Wisconsin



BSV Meet Director Rod Wood with BSV Best Master Lifter Eddie White (Monica Cass photo)

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Powerlifting	BP	DL	SC	TOT
All Lifters				
<i>Raw</i>				
148 lbs.				
St. Ogre	140	300	75	540
165 lbs.				
Fisher	255	425	120	680
Kowelsky	185	355	100	540
181 lbs.				
Torres	350	445	—	795
SteinTus	320	455	135	775
198 lbs.				
Driver-Bey	335	505	—	880
Goens-El	300	450	—	750
Young	265	445	115	720
220 lbs.				
Cole	385	600	175	985
Mei	350	600	—	950
Carey	345	520	135	865
Proctor	255	—	—	255
242 lbs.				
Ortiz	375	525	135	900
275 lbs.				
Winton	425	600	—	1025
Morgan	370	585	—	955
285 lbs.				
Mora	315	315	105	630
315 lbs.				
Tamachesli	420*	585*	145	1005
Ranson	275	510	135	785
Davis	400	—	—	400
220 lbs.				
<i>Assisted</i>				
Payne	365	700	175	1065

soon. Lastly, I want to thank our crew who worked this meet. The whole crew did a great job as always, it ran smooth and was very organized. Dave Mastaw and his recreation crew are always helpful in setting up these meets. Mrs. Quigley has always been a great help to the club as well and is a special act. Director Bernie Salomoe has worked great with us in these meets. We have a great crew of men here that love the sport of powerlifting. Thanks to (Pres) Big Frank and (VP/SEC) Nate Reid, Ryan, Mike, Roger, Bell, Doug, Gator, "Red Light" Al, "CW" Works, Larry, Joe Duke, Hans, Mack-El, Lum, Stallings, Chi, and to the staff and officers for your help.
 » courtesy Frank Tomachaski

FORD'S GYM BACKYARD BP/DL JUL 24 2010 » Madison, WI

BENCH	198 lbs.		
FEMALE			
Masters	T. Sackett	340	
	W. Thomas	250	
220 lbs.			
<i>Open</i>	R. Norman	600	
123 lbs.	A. Henderson	385	
132 lbs.	C. McKenzie	305	
	A. Heding	275	
C. Lind		115	
165 lbs.	J. Brooks	405	
181 lbs.	R. Hanson	380	
Meyer-Miller	W. Stoneman	360	
181 lbs.	S. DeForest	145	
<i>Teen</i>	R. Truesdell	305	
123 lbs.	D. Hengst	480	
132 lbs.	J. Beicher	435	
	M. Mecum	360	
A. Awve		165	
165 lbs.	J. Zahn	565	
198 lbs.	J. Langer	475	
	J. Ray	—	
DEADLIFT			
FEMALE			
<i>Open</i>	A. Tadt	300	
MALE			
123 lbs.	J. Heding	205	
132 lbs.	J. Geiger	425	
	S. Hammond	405	
	B. Tupper	375	
	S. Fronk	380	
	T. Nagai	360	
	J. Petersen	360	
	E. Aeronld	200	
	G. Koch	285	
	E. Ratzman	365	
	J. Schaitel	335	
	G. Carlson	—	
<i>Open</i>			
165 lbs.			
	J. Petersen	360	
	Constantineau	310	
	D. Straight	190	
181 lbs.			
	S. Grade	360	

E. Ratzman 540
 M. Franke 450
 Open
165 lbs.
 Constantineau 460
181 lbs.
 S. Grade 510
198 lbs.
 W. Thomas 415
220 lbs.
 A. Henderson 600
 Best Lifter Bench Women: Peggy Sue Meyer-Miller. Best Lifter Bench Men: Robert Norman. Best Lifter Deadlift Women: Jennifer Saky. Best Lifter Deadlift Men: Aaron Henderson.
 » courtesy Ford Sheridan

APA BSV COMPETITION JUN 10 2010 » Blue Springs, MO

BENCH				
FEMALE				
<i>Raw</i>	J. Davis	600		
132 lbs.	C. Carter	500		
<i>Submaster</i>				
C. McDowell	195			
165 lbs.	J. Elliot	245		
<i>Master IV</i>				
M. Patrick	105			
MALE				
242 lbs.	A. Embrock	345		
<i>Master VI</i>				
H. Strange	235			
<i>Open</i>				
D. Gullledge	600			
275 lbs.				
<i>Master I NT</i>				
R. McDowell	680			
<i>Open NT</i>				
B. Johnson	545			
341 lbs.				
<i>Open</i>				
Powerlifting				
MALE				
198 lbs.				
<i>Teen (18-19)</i>				
T. Meyer	670	400	600	1670
242 lbs.				
<i>Open</i>				
K. Gullledge	—	450	650	1100
275 lbs.				
<i>Submaster</i>				
J. Humbryd	630	585	585	1800
<i>Submaster NT</i>				
K. Caton	800	545	660	2005
308 lbs.				
<i>Master II</i>				
K. Ufford	800	495	740	2035
<i>Raw</i>				
148 lbs.				
<i>Junior</i>				
A. Friend	280	205	370	855
R. Flores	—	235	360	595
181 lbs.				
<i>Master II</i>				

E. White 415 290 605 1310
Open
 T. Wallach 500 360 550 1410
198 lbs.
Master II
 G. Salyer 315 225 405 945
Open NT
 D. Hengst 405 300 495 1200
220 lbs.
SHW
 J. Saylor 405 275 515 1195
275 lbs.
Teen (14-15)
 D. Brake 335 205 405 945
 Best Lifter Powerlifting Equip Tested: Ken Ufford. Best Lifter Powerlifting Women: Christina McDowell. Best Lifter Raw Powerlifting: Tim Wallach. Best Lifter Bench Press Raw: Rich McDowell. Best Lifter Single Raw DL: Kyle Gullledge. Best Lifter Deadlift: Bob Dale. Best Lifter Powerlifting Raw: Eddie White. Best Lifter Powerlifting Non-Tested: Keith Caton. I would like to start off by thanking Club 7 Fitness for hosting the meet, Brandon Cass for sponsoring the meet and judging all day long. Mizzou strength coaches Keith Caton and Brain Mann for helping and bringing equipment, KC Strongman for spotting, and Phylis and Ed Finnell for judging at the meet. This was a great meet in the tradition of Blue Springs powerlifting meets and we look forward to going back next year. Below are some of the meet high lights. Powerlifting Division: Raw lifter of the meet Tim Wallach St. Louis, MO Totaled 1410 at 181. Master lifter of the meet Eddie White Blue Springs, MO Totaled 1310 and high light of the day was his 605 pull for the out right APA MO DL record for all classes equipped and Raw, best moment of the meet hands down. Unlimited gear non-tested lifter of the meet Kieth Caton strength coach from MU totaled 2005 at a body weight of 263 and had the highest formula of the meet. Double-ply tested lifter of the meet Ken Ufford Overland Park KS Police Officer hit a bunch of age division world records and totaled 2035 at in the 308 class. Honorable mention Tommy Meyer 19 year old 198 out of West Plains, MO squatted 670 benched 480 pulled 600 and totaled 1670 which will put him in the top five 198s rankings in Squat DL and Total when they come out in powerlifting USA next June. Single Event Division: Female powerlifter of the meet Christina McDowell out of Branson, MO bench 195 Raw at a bodyweight of 132. Bench press of the meet Rich McDowell out of Branson, MO benched 680 in a single ply shirt in the 275 class. DL of the meet went to Bob Dale out of Lebanon, MO pulled 720 in the 275 class Raw DL of the meet went to Kyle Gullledge out of Overland Park, KS weighing a trim 230 pulled an easy 650 hook gripped and if you have ever pulled hook gripped this is amazing.
 » courtesy Rodney Wood

POWER FORUM »

they can chew, common sense dictates it would be that much more dangerous walking around with it. With the Monolift, I've observed that if a lifter is attempting a weight they're not capable of, often it's obvious right away and the lifter simply signals to put the rack back. Even if they try to attempt it, it's much easier for the spotters to stay with it because the only movement of the bar is up and down. I'd be hard pressed to think of any injuries I've seen with the Monolift except for instances where the knee or something blows out.

MATT AND SIOUX-Z GARY: The Monolift has been bad for powerlifting. It may make things safer, as the lifter is no longer required to walk out with the weight. However, I'm old school and believe that the walk-out and setting up the weight is part of the lift. The walk-out demonstrates one's ability to control the weight before and after squatting it. Moreover, we then must contend with the issue of comparing squats performed in Monolifts vs. squats that have been walked-out. They are two totally different lifts and should not be compared to one another. The last thing we need is more records to sift through. World record means one. Period.

BRIAN SCHWAB: In 1987, Fred Hatfield squatted 1014 at the Hawaiian Record breakers and the dawn of a new day in powerlifting had begun. Not only because of his world record squat, but because he had the spotters remove the racks for him. Years later, the Monolift was created. In the bench, the bar is handed off to the lifter; in the deadlift, it's motionless on the ground. Why not allow for the lifter to squat the most weight possible while reducing the risk of injury accompanied by walking the weight out? The lift is called the squat, not the "walk out and squat." I know that powerlifting purists will argue that the walk out is an essential portion of the lift, but I disagree. Ultimately, the use of the Monolift has allowed for lifters to lift the most weight possible, which is what we're all trying to do anyway, right? If a lifter disagrees with the Monolift and wants to lift without the use of one, they still have that option in multiple federations.

AL CASLOW: The Monolift has come in, and it appears to have stirred the pot in some instances. Personally, I think the Monolift has added a nice touch to powerlifting. Sure, there is a safety aspect of the product, but I think more importantly the Monolift has allowed the squat to be performed in its most efficient way by not having to create a setup while holding maximum weight and walking out, which also becomes its single downfall, unfortunately. I am a firm believer of history and tradition, and the Monolift is certainly not a traditional piece of equipment. The traditional manner is to walk out a squat. Walking out a squat is like having to pitch in the strike zone. The Monolift has made that strike zone easier to nail and perhaps bigger. It will always have its fans, but it will also always have its naysayers.

One aspect I will always disagree with is the cost and lack of ability to make them easier to attain. It's a big piece of equipment, and not an easy price tag to chew on. Would be easier to accept and push for more usage if that wasn't the case.

In regards to earning a place in powerlifting, I think it has and I hope it is here to stay. Some things evolve to make a good thing better, and whether raw, single or multi-ply, the Monolift adds innovation and all for good reasons.

SPERO TSHONTIKIDIS: After running my first multi-ply meet ever, the Monolift has certainly established itself in my mind as a necessary piece of equipment for this genre. I am also able to support its use in raw or single-ply events if lifters are required to walk their squats out as many did last weekend.

BOB GAYNOR: I was first introduced to the Monolift when Ray brought them to some of my contests beginning in 1993. There was no question they made the meet run faster, and most lifters used it like a traditional squat rack, and walked out the squat. I was a fan of the Monolift.

In the following years, when lifters really learned how to use the Monolift, ultra wide squats that could only be done without a walk out, I became disenchanted. I guess I am a purist who feels the walk out is part of the lift. There is no comparison between a walk out and a Monolift squat.

My conclusion is the overall effect has been bad. It is just one of the

things that has caused the divisions in powerlifting.

RYAN CELLI: In my experience with the Monolift, I believe it has done more good than bad. For example, it has been a godsend for the multi-ply lifters. It is very difficult to get the correct stance you need by walking out with extreme gear on, and an extreme amount of weight on your back. The Monolift lets you set your feet exactly where you want them without worrying about doing so with weight on your back. In this sense, I think it has saved many injuries that may have occurred if those lifters attempted to lift with all the gear on, attempted to walk out. The Monolift has also been a huge asset to training with band tension or chain weight. When using either of those two, walking out and back in can be very dangerous.

I prefer to walk out my squats. Something about it I enjoy. I believe it is part of the squat itself. However, I do prefer using the Monolift while training in multi-ply gear, training speed squats, and/or when training with chains or bands. This allows me to focus 100% on the squat itself. I also like to squat out of it when training with a group of lifters that all have different rack heights. Changing the height is simple, fast and effective. ☺

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 or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@comcast.net.



Al Caslow

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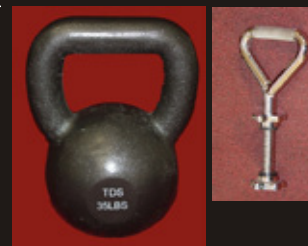


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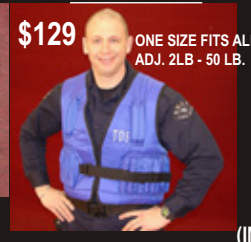
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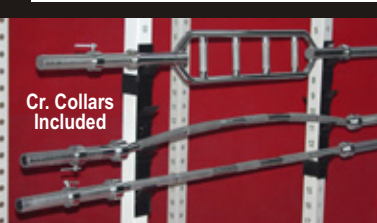
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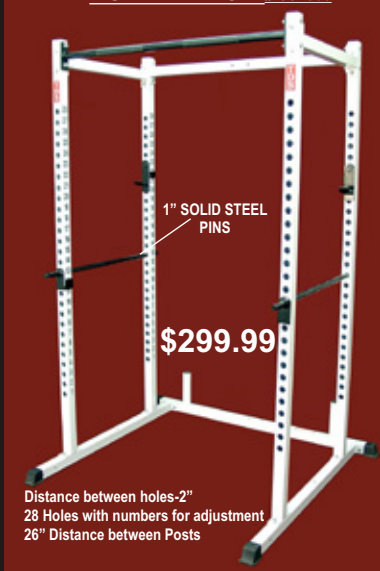
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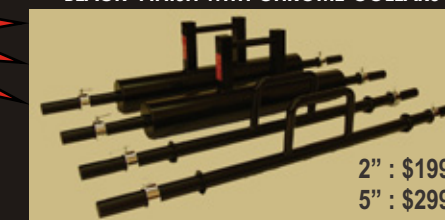


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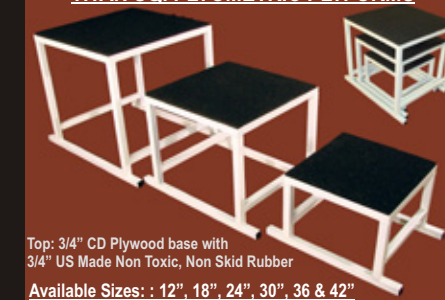
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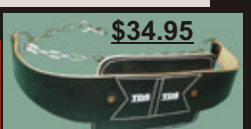


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Steve Brown – best overall male lifter – AAU New England States

AAU NEW ENGLAND STATES

JUN 12 2010 » Scituate, MA

BENCH		MASTERS (60-64)	
FEMALE	R. Cross	303	
220+ lbs.			
DEADLIFT		FEMALE	
Teen (16-17)		220+ lbs.	
L. Zippin	121	L. Zippin	253
MALE		Teen (16-17)	
220 lbs.		L. Zippin	253
Masters (40-44)		MALE	
D. Beland	330	220 lbs.	
275 lbs.		Raw	
Junior (20-23)		220 lbs.	
P. Lenaghan	358	Open	
Lifetime		D. Calhoun	
Push Pull		BP	DL
FEMALE		TOT	
Raw			
220+ lbs.			
Teen (16-17)		L. Zippin	374
MALE			
275 lbs.		Law/Fire/Military Masters (45-49)	
Law/Fire/Military Masters (45-49)		J. Buckles	677
J. Buckles	275	402	
Raw			
181 lbs.		Masters (40-44)	
Masters (40-44)		D. Raguin	683
D. Raguin	281	402	
Teen (18-19)			
B. Stofsky	110	336	446
Powerlifting			
SQ			
Raw			
132 lbs.			
Masters (40-44)			
L. McKinnon	127	88	440
220+ lbs.			
Teen (16-17)			
L. Zippin	220	121	595
MALE			
148 lbs.		Masters (50-54)	
Masters (50-54)		T. McCarty	352
T. McCarty	352		
Open			
J. Breault	391	275	1046
181 lbs.			
Open			
A. Perry	418	204	1079
220 lbs.			
Open			
B. Schlafman	539		

242 lbs.			
Masters (40-44)			
F. Mackinnon	402	286	1184
275 lbs.			
Law/Fire/Military Masters (45-49)			
J. Buckles	440	275	1118
Masters (40-44)			
E. Osgood	462	352	1321
Raw			
165 lbs.			
Masters (45-49)			
L. Vega	347	237	985
Masters (60-64)			
S. Brown	391	242	1095
181 lbs.			
Junior (20-23)			
S. Raman	347	231	1062
Masters (40-44)			
D. Raguin	303	281	985
Masters (50-54)			
S. Bunker	303	215	517
Open			
F. Wu	424	275	1310
G. Lu	424	264	1129
K. Holland	336	226	963
Teen (18-19)			
P. Cronin	347	281	1051
J. Caggiano	314	226	941
198 lbs.			
Junior (20-23)			
Marroco Jr.	380	220	1101
Open			
C. Winters	407	270	1228
Submasters (35-39)			
M. Hall	363	209	1073
Teen (18-19)			
B. Stofsky	170	110	615
Open			
R. Befurt	429	303	1195
Teen (16-17)			
L. Klein	187	121	589
242 lbs.			
Masters (50-54)			
B. Reilly	363	363	1189
C. Clancy	281	215	495
Open			
B. Avery	528	314	1426
275 lbs.			
Submasters (35-39)			
S. Sarcia	501	363	1365
D. Wall	501	259	1261

out on formula by Steve Brown M5 165 with a 497.5 total. The competition was intense and in many instances extremely close. In the 275# sub master division Steve Sarcia and Dennis Wall battled it out with Steve's 165kg bench being the deciding factor as Dennis took the squat and deadlift while Steve won the bench and total. Luis Vega of Big Iron placed 1st the 165# Masters 2. 64 year old Ray Cross put up a 137.5 bench after limited training due to a recent shoulder injury. Way to come back Ray! Chad Winters of Big Iron had another outstanding meet and won the Big Iron Team Best Lifter award. His dead lift continues to improve as he made a good effort at 600#, the bet is that he will make that pull next time. Raman Shanker, another of Frank Wu's lifters, and Mark Marroco Jr. made excellent showing in the Junior Division at 181 and 198# respectively. With much encouragement from a noisy crowd Matt Hall (Big Iron) finally went over 500# in the deadlift, a personal best and long time goal. Congratulations, Matt. 19 year old Jared Caggiano had a terrific first meet with a 427.5 total. Welcome to the Big Iron Team Jared! We will be seeing a lot of this dedicated young lifter. In the team competition The Chamberlain School Team Coached by John Buckles placed second in the while the Big Iron Team took first place this one really came down to the wire with Big Iron pulling out the victory by a mere 6 points. Frank Wu promises to enter a team in the December meet at Bay State. It was exciting to be part of the new first annual New England Championships. There has been a resurgence of interest in the sport of Powerlifting in the Northeast over the past few years particularly in the Raw Divisions. The AAU and 100% Raw have been very active in Vermont through Vermont Powerlifting and the ADFPF is building a presence in Massachusetts through the efforts of Powerlifting legend Saul Shockett and Mark Marroco, the AAU has been strong in Massachusetts for over 10 years with Larry Larsen running many meets over the years, and now more recently with Larry's assistance Big Iron Powerlifting and Mark Seiminski's Bay State Athletic Club are providing quality venues for local lifters to get together in competition. It is our hope that by reviving the AAU New England and Massachusetts Championships there will be more fine lifters coming out to test themselves and put their names in the record book. These records will be posted and kept current by Richie DeLeon of Big Iron Powerlifting and may be accessed at www.bigironpowerlifting.com. Richie and Big Iron Director Dave Mansfield can be reached at bigironpowerlifting@comcast.net. Your suggestions and comments are always welcome as we continue to strive to provide area lifters with high quality competitions.

» courtesy Rich DeLeon

132 lbs.			
Master (50-54)			
J. Rivera	225!		
165 lbs.			
Junior (20-23)			
J. Bagayas	275*		
Master (40-44)			
B. Biroan	380*		
Open			
D. Anderson	248*		
181 lbs.			
Open			
A. Low			
Master (50-54)			
D. Furukawa	364*		
198 lbs.			
Open			
S. Lee III			
Master (45-49)			
L. Mansanas			
Open			
N. Navares	265*		
220 lbs.			
Master (40-44)			
C. Cabasag			
Master (55-59)			
S. Lee Jr.	320*		
242 lbs.			
Open			
J. Kelly	667*		
Submaster (35-39)			
J. Kelly	667!		
275 lbs.			
Master (45-49)			
R. Kozuma			
B. Young Jr.	639!		
Open			
R. Keliikoa	457*		
A. Mizushima	424		
Submaster (35-39)			
K. Wassman	402*		
308 lbs.			
Master (50-54)			
L. Kamaka			
308+ lbs.			
Master (45-49)			
G. Shim	402*		
*=State Records. !=American Records.			
» courtesy Steve Denison			

NASA KENTUCKY STATE

MAY 15 2010 » Morehead, KY

BENCH	J. Turner	330
MALE		
181 lbs.	M. Shuffett	303
Master III		
B. Bowen	319	
198 lbs.	J. Allen	435
Int		
D. Quinn	352	
308 lbs.	T. Taylor	281
Master III		
D. McAlarnis	292	
Raw		
181 lbs.	C. Hartung	451
HSP		
C. McDaniel	281	
Master III		
M. Shuffett	270	
Master Pure		
S. Sullivan	363	
Novice		
S. Sullivan	363	
Submaster		
S. Gentry	347	
275 lbs.		
Master I		
Push Pull		
MALE		
77 lbs.	M. McAlarnis	33
Youth		
M. McAlarnis	94	127
148 lbs.		

TEAM METRO PUSH-PULL

SEP 11 2010 » Honolulu, HI

BENCH			
FEMALE			
114 lbs.			
Junior (16-17)			
B. Kaululaau	99*		
Open			
R. Yamashita	209!		
Open			
S. Perry	187*		
181 lbs.			
Master (40-44)			
D. Anderson	181*		
123 lbs.			
Junior (16-17)			
R. Bagayas	226*		
Open			
K. Len	182!		

DEADLIFT

FEMALE

114 lbs.

Junior (20-23)

R. Yamashita 342!

Open

D. Anderson 325!

132 lbs.

Master (45-49)

M. Godinez 253*

148 lbs.

Open

S. Perry 325*

181 lbs.

Master (40-44)

R. Bagayas 275!

MALE

148 lbs.

Junior (20-23)

L. Villiatora 413*

Open

J. Bareng 541!

165 lbs.

Junior (20-23)

J. Bagayas 402*

Master (65-69)

R. Gandeza 463!

Open

D. Anderson 402*

181 lbs.

Open

A. Low 540*

198 lbs.

Open

R. Lagamo 601*

N. Navares 562

242 lbs.

Open

M. Vintero 562*

275 lbs.

Junior (20-23)

K. Wassman 573*

Open

A. Mizushima 551*

308 lbs.

Junior (18-19) Open

D. Crowell 540*

Pure					
M. Evans	215	429	644		
181 lbs.					
HSP					
B. Saylor	237	440	677		
Pure Natural					
W. Hemp	281	534	815		
198 lbs.					
Teen					
M. Montgomery	253	402	655		
HSP					
H. Wilson	220	341	562		
Master I					
J. Blevins	369	506	875		
Submaster					
J. McCown	484	528	1013		
275 lbs.					
HSP					
L. Foster	237	363	600		
Master I					
J. Turner	330	330	661		
Novice					
M. Baer	341	528	870		
308 lbs.					
Submaster Pure					
C. Williams	363	556	919		
Powerlifting					
SQ					
MALE					
220 lbs.					
Master I					
R. Sapcut	523	347	501	1371	
Master II					
M. Bess	501	264	501	1266	
Master Pure					
R. Sapcut	523	347	501	1371	
275 lbs.					

Master I					
T. Reed	732	396	501	1629	
308 lbs.					
Master I					



Team Weightlifting Unlimited at the 20th annual Weightlifting Unlimited Bench Press meet, with guest celebrities Donnie Thompson and Gene Rychlak (Rusty Pugh photo)

J. D'Angelo 475
 !=Best Lifters. Weightlifting Unlimited held the 20th annual bench press contest this year. Weightlifting Unlimited has been around for 30 years. This club held the first VA state USPF meet. First off we would like to thank all of our sponsors this year. Sponsors like Overkill bench shirts, OTL tactical, the Anabolic Doc, Rychlak power systems, Knuckledragger Inc., Leo's Automotive, JR's auto, and more all stepped up to support the 20th annual bench meet. Thanks also goes out to the Eagles club in Winchester who have hosted all 20 bench meets. Thanks to John Shifflett and William Thacker who help out every year and help make the meet run smooth. Thanks to Buck Carmack for bringing his crew out to support the meet. Thanks to Carl Seeker for the trophies and help with the judging and thanks to Sheila Brooks for all of your help. Two special guests made it out this year, Donnie Thompson and Gene Rychlak. Donnie was the head MC and Gene was generous enough to be the head judge. Both of these guys traveled to the meet to be a part of the 20th annual event and support lifting at a local level. I can't say enough about these two guys and how much it says about them to take time out of their schedules and come out and talk to the new lifters and offer their help. Thanks again, you made a lot of fans on Saturday, you are truly ambassadors of this sport. There was some great lifting as Kerry Self lifted 170 Raw to take best female lifter. Dalton Drummond benched 200 at only 13 years old. Rusty Pugh hit 500 at 220, Randy Robinson benched 575 just weeks after a shoulder procedure to take best lifter. Gary Allen benched a big 470 Raw in the 220 class. The SHW's battled it out and it came down to a 5 pound difference between Jason D'Angelo and Brad Yonker. Buck Carmack and the Body Shop won the best team award. Thanks to all the members of Weightlifting Unlimited who helped to move equipment, load and spot during the meet. You guys are the behind the scenes heroes of these meets. I know it can be a thankless job but thanks, if it wasn't for you this would not happen. Overall the 20th Annual Bench meet was a great success. A lot of good friends got to get together and hit some PR's and that's what this sport is all about. We hope to see all of you next year at the 21st annual meet.
 » courtesy Rusty Pugh

WEIGHTLIFTING UNL 20TH BP MEET APR 24 2010 » Winchester, VA

BENCH		198 lbs.	
FEMALE		Master (40-49)	
	132 lbs.	T. Burgess	405
	High School	Master (50-59)	
K. Farrell	105	D. Reid	235
	132 lbs.	Master (60-69) Raw	
Open Raw		C. Mulligan	310
K. Self!	170	Open Raw	
	181 lbs.	J. Self	400
Master Raw		A. Pannone	300
A. Farrell	140	Open	
Teen (13)		B. Miller	405
105 lbs.	85	T. Burgess	405
J. Lewis		220 lbs.	
Teen (14)		Master (40-49)	
123 lbs.		G. Allen!	470
A. Patron	110	Submaster	
148 lbs.		R. Pugh	500
D. Drummond	200	Open Raw	
Teen (15)		G. Allen	470
J. Nichols	240	T. Drake	315
Teen (16)		C. Will	505
198 lbs.		242 lbs.	
J. Stump	200	Master (40-49)	
Teen (17)		R. Robinson!	575
148 lbs.	260	Open	
E. Foster		B. Rogers	121
MALE		SHW	
148 lbs.		275 lbs.	
Open Raw		Master Raw	
E. Foster	260	S. Kuzma	475
Master		W. Cook	370
B. Rouzer	245	Open Raw	
165 lbs.		W. Cook	370
Master		308 lbs.	
L. Brown	300	Master (50-59)	
181 lbs.		B. Carmack	410
Open Raw Junior		Open Novice	
C. Brown	238	M. Mckee	470
J. Hart	230	SHW	
Open Raw		Submaster	
A. Crider	380	J. D'Angelo	475
Open		Open	
M. McGraw	435	B. Yonker	480

NASA GILMER OPEN SEP 4 2010 » Gilmer, TX

BENCH		Raw	
FEMALE		181 lbs.	
	123 lbs.	High School	
Junior		J. Mahan Jr.	253
T. Fabela	127	Submaster Pure	
Open		B. Reeves	352
T. Fabela	127	198 lbs.	
Raw		Open	
148 lbs.		J. Mahan	374
Novice		J. Mahan	374
B. Rogers	121	Submaster II	
Junior		J. Mahan	374
S. Elliff	127	242 lbs.	
MALE		Master III	
220 lbs.		R. O'Connor	
Master I		PS DEADLIFT	
G. Powell	600	MALE	
275 lbs.		198 lbs.	
Master II		Master II	
R. Duncan	539	J. Parsons	440
Push Pull		BP	DL
FEMALE		TOT	
	123 lbs.		
Open		T. Fabela	127
T. Fabela	127		253
Pure			380

T. Fabela	127	253	380		
MALE					
W. Large	149	237	451	837	
Pure					
W. Large	149	237	451	837	
220 lbs.					
Submaster II					
T. Smith	132	341	462	936	
Submaster Pure					
T. Smith	132	341	462	936	
High School					
B. Willis	270	138	275	683	
123 lbs.					
Junior					
T. Fabela	242	127	253	622	
Open					
T. Fabela	242	127	253	622	
MALE					
198 lbs.					
Submaster I					
J. Roberts	490	363	468	1321	
Raw					
123 lbs.					
A. Percy	264	165	292	721	
Teen					
A. Percy	264	165	292	721	
198 lbs.					
Submaster Pure					
Fantegrossi	341	264	435	1040	
220 lbs.					
Open					
L. Phillips	363	270	435	1068	
Power Sports					
CR	BP	DL	TOT		
M. Reynolds	132	275	545	952	
198 lbs.					

Int					
W. Large	149	237	451	837	
Pure					
W. Large	149	237	451	837	
220 lbs.					
Submaster II					
T. Smith	132	341	462	936	
Submaster Pure					
T. Smith	132	341	462	936	

Class 1					
132 lbs.					
Reid	285	195	405	865	
220 lbs.					
Hansom	415	250	500	1165	
Master I					
Davis	600*	390*	560	1550	

W. Agnew	429	523	952	
SHW				
Junior				
A. Hairris	308	517	826	
Powerlifting				
SQ	BP	DL	TOT	
Raw				
132 lbs.				
Junior				
Z. Robinson	187	132	226	545
148 lbs.				
Teen				
A. Chaney	176	143	264	584
165 lbs.				
Junior				
D. Wallace	336	259	418	1013

KINROSS POWERLIFTING NASA TN REGIONAL DEC 19 2009 » Kincheloe, MI SEP 18 2010 » Pickwick, TN

Powerlifting		SQ	BP	DL	TOT
All Lifters					
Raw					
165 lbs.					
Fisher	275	225	405	905	
St. Onge	155	145	325	625	
181 lbs.					
Goens	365	205	450	1100	
Steinka	335	295	455	1085	
198 lbs.					
Parker	225	285	405	915	
Heller	270	195	435	900	
220 lbs.					
Payne	500	375	675	1550*	
Cole	225	365	715*	1305	
Carey	415	335	500	1250	
242 lbs.					
Williams	515	415	650*	1580*	
Proctor	365	255	455	1015	
275 lbs.					
Winton	515	425	b00	1540	
Ortiz	495	355	525	1375	
Glore	425	365	525	1315	

BENCH		D. Franks		484	
MALE					
181 lbs.					
PS BENCH					
MALE					
181 lbs.					
M. Shuffett	297	Novice			
T. Armbruster	281	T. Armbruster			
Junior					
PS CURL					
MALE					
181 lbs.					
T. Brigman	—	Novice			
Raw					
PS DEADLIFT					
MALE					
165 lbs.					
M. Shuffett	270	Junior			
198 lbs.					
A. Moore	506	Power Sports			
CR					
BP					
DL					
TOT					
C. Shelton	253	242 lbs.			
SHW					
Submaster I					
Push Pull					
MALE					
198 lbs.					
Master Pure					

A. Chaney	176	143	264	584
Junior				
D. Wallace	336	259	418	1013
181 lbs.				
MALE				
Junior				
C. Rook	275	248	418	941
242 lbs.				
Z. Fox	330	264	501	1095
275 lbs.				
Master II				
P. Cearley	501	286	551	1338
Master Pure				
P. Cearley	501	286	551	1338
SHW				
Junior				
A. Hairris	600	308	517	1426
Power Sports				
CR	BP	DL	TOT	
MALE				
242 lbs.				
Master II				
E. Akins	154	358	473	985
MALE				
T. Dunlap	127	253	556	936



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RESULTS



Desmond Phillips at the NASA Ohio State meet with a raw 501 BP

NASA OHIO STATE

APR 10 2010 » Springfield, OH

BENCH	Master II	259	220 lbs.	Z. Stewart	182	363	545
MALE	G. Jividen Jr	259	High School	Master III	176	385	562
181 lbs.	Master Pure			P. Miler	4th-DL-385		
Master III	G. Jividen Jr	259	231	418	650		
275 lbs.	J. Wells	253	Novice	G. Jividen Jr	259	314	385
Int	F. Parker	479	Teen	J. White	352	341	562
242 lbs.	Pure			D. Brown	903		
G. Renfro	Submaster II	275	275 lbs.	Open	479	528	1007
275 lbs.	C. Ernest	462	SHW	F. Parker			
Raw	Master I	341	High School	R. Summers	341		
60 lbs.	Novice	319	Novice	A. King	336	479	815
Youth	C. Spencer	319	308 lbs.	Junior	402	551	952
L. Summers	Master I	501	High School	Master I	501		
123 lbs.	D. Phillips	501	Powerlifting	J. Morris	402	551	952
High School	Submaster II	402	SQ	D. Phillips	501		
N. Stuckey	N. Stuckey	154	BP	Submaster II	402		
Novice	N. Stuckey	154	DL	N. Stuckey	154		
PS DEADLIFT	Pure	154	TOT	N. Stuckey	154		
181 lbs.	N. Stuckey	154		Teen	154		
181 lbs.	Master III	363		N. Stuckey	154		
275 lbs.	R. Adams	363		PS SQUAT	352		
Police/Fire	J. Wells	352		MALE	352		
J. Woods	Master III	352		220 lbs.	352		
Pure	J. Moulton	363		198 lbs.	352		
J. Woods	PS SQUAT	352		Int	363		
Submaster II	J. Woods	352		BP	363		
220 lbs.	J. Woods	352		DL	363		
198 lbs.	Open	55		TOT	363		
Int	J. Hall	55					
J. Wilson	P. Numberger	374					
Push Pull	Master II	440					
FEMALE	Master Pure	429					
123 lbs.	B. Rice	429					
Teen	P. Numberger	374					
H. Core	Open	495					
MALE	M. Short	495					
148 lbs.	Police/Fire	374					
High School	P. Numberger	374					
D. Hildebrandt	Pure	495					
SO	M. Short	495					
J. Dees	Submaster Pure	495					
165 lbs.	M. Short	495					
High School	Master I	562					
M. Harbour	D. Harness	562					
181 lbs.	Master I	501					
High School	Int	506					
R. Stewart	Kaffenbarger	506					

Master II	539	319	451	1310
W. Erb	479	402	539	1420
Police/Fire	484	292	479	1255
R. Haselton	479	402	539	1420
Submaster I				
J. Schauer	551	402	523	1475
Submaster II				
R. Haselton	347	264	352	963
275 lbs.				
Int				
J. Doughty	347	264	352	963
Master I				
R. Fitzpatrick	573	418	639	1629
Novice				
R. Fitzpatrick	347	264	352	963
308 lbs.				
Junior				
B. Isaacs	804	551	699	2053
SHW				
Master I				
M. Ross	330	165	319	815
Raw				
148 lbs.				
High School				
Vandermolten	149	132	220	501
Youth				
J. Mobley	369	248	495	1112
181 lbs.				
High School				
J. Slone	308	176	385	870
Master III				
P. Miler	4th-SQ-308	DL-385		
Open				
J. Clark	402	259	451	1112
Submaster I				
J. Chapman	264	237	446	947
Submaster II				
J. Clark	402	259	451	1112
198 lbs.				
Master I				
A. Dubois	374	231	418	1024
Pure				
J. Knight	402	286	501	1189
Submaster I				
W. Viets	418	270	517	1206
220 lbs.				
Master II				
S. Rector	440	55	—	495
Submaster Pure				
A. Werner	523	363	539	1426
242 lbs.				
Master II				
Vandermolten	402	303	—	705
Pure				
Z. King	435	275	473	1184
275 lbs.				
Master I				
H. Mobley	517	319	551	1387
Master II				
E. Martin	501	352	567	1420
Master Pure				
E. Martin	501	352	567	1420
Open				
H. Mobley	517	319	551	1387
Pure				
A. Hamblin	424	297	512	1233
297 lbs.				
Open				
A. Hamblin	424	297	512	1233

6TH VERMONT STATE RAW BENCH PRESS

JUL 24 2010 » S. Burlington, VT

BENCH	Master (35-50)	135
FEMALE	B. Empuerto	145
Open	M. Barona	95
G. Viera	L. Curry	90
B. Empuerto	A. Stimson	—
L. Curry	M. Turner	—
C. Jean	95	—
J. Ingerson	105	—
Teen		
M. Rollins	130	100
E. Gravelin	120	90
E. Buenrostro	30	—
MALE		

Open
132 lbs. P. Murray 460
148 lbs. R. Gagne 230
 V. Edwards 320
 T. Barrett 260
 T. Goad 235
 S. Boutin 235
165 lbs. Heavyweight
 A. Parent 270
181 lbs. S. Hensel 440
 Metropoulos 335
 J. Beckert 285
 R. LaMarche 270
 L. Nunai —
198 lbs. V. Edwards 320
 J. Curry 385
 D. Mitchell 330
 M. Carr 315
 B. Smith 275
220 lbs. M. Sheppard 290
 T. Gilbert 420
 W. King 315
 M. Glitman 300
 S. Pearson 245
 K. Adams —
 B. Barna —
242 lbs. C. Tougas 225
 S. Cliche 440
 J. Reginbald 325
 G. Titus 300
 P. Keefe 265
 G. Cookman —
275 lbs. E. Richards 170
 C. Deveau 200

Overall Team Winners: 1st-Green Mountain Muscle (St. Albans, VT) 69 Points, 2nd-All American Fitness (South Burlington, VT) 66 Points, 3rd-Powerhouse Gym (Littleton, NH) 30 Points, 4th-Lyndonville Vikings, Ole Mill Fitness Ctr. (St. Johnsbury, VT) 14 Points.

Once again for the 6th straight year we had great weather thanks to the man upstairs. This year's competition was a super success with over five dozen lifters and four teams showing up. Last year's Team Winner Powerhouse Gym of Littleton, NH was back with new owner Bailey Smith. They ended third this year with only nine team members, but Smith vows that other teams should lookout next year as they will be ready to regain the championship trophy. In addition, Powerhouse Gym team captain Vance Edwards won the best lifter award this year and tied Steve Asselein of All American Fitness for the state 148 class record by lifting 320 lbs. Right behind Powerhouse Gym was the Lyndonville Viking Team from Ole Mill Fitness in Saint Johnsbury, VT. With only three lifters on their team they earned two first place titles and one second place. If they had the old team back, look out. Finally the battle for first place came down between All American Fitness Center of South Burlington, VT and Green Mountain Muscle Team from St. Albans, VT. This was a close battle right until the end. Again much credit goes to the team captain Jason for putting together a full team of super charged athletes. Jason showed his leadership ability by taking first place in the 198 division and third in the master's division (35-50) behind top two lifters Vance Edwards and Tyler Gilbert, both many time winners and record holders. In the End Green Mountain Muscle Team earned 69 points, All America earned 66. Lookout next year with all teams gearing up and moving forward, who knows who will be the best team for the Vermont State Raw Bench Press Championship. Many thanks to head judge Steve Dolgin and his wife Debbie who are both legends her in Vermont. Steve is a six time Vermont Powerlifting Champion and Debbie still holds the state record in the master's division bench press of 230 lbs. lifted. Thank you to all or the spotters and everyone who came out to watch Vermont's finest bench pressers. See you all next year. » courtesy Rick Poston



Green Mountain Muscle at the Vermont State Open – standing (L-R): Joe Beckert, Steve Hensel, Rick LaMarche, Adam Parent, Jason Curry, Patrick Keefe, Kevin Keefe, Jacob Curry; kneeling (L-R): Erika Gravelin, Arlene Stimson, Lisa Curry, Bernadette Whitcomb, Judy Hochberg, Ginger Vieira, Marie Barna; missing: Martha Turner

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GEARING UP TO GEAR UP »

DUMBBELL PRESS The same concept here applies as the incline press above, higher reps for a good pump. Three sets of twenty reps here will do the trick.

DUMBBELL SKULL CRUSHERS Now we are going to get some blood in our triceps as well as our chest. Seven sets of eight reps with only a forty five second rest between sets. The sheer volume of reps being done and the use of a lighter amount of weight, which is easier on the elbows, makes this exercise a great choice in tricep work at this stage of the cycle.

TRICEP PUSHDOWNS Another great exercise for tricep strength and pump work. I would do multiple sets just working up in pyramid style, until you can only complete a full eight reps or so. The idea here is to get blood into the triceps and biceps tendon. Now pack it up and go home. You have done enough work for today. I now want to point out some recovery tricks you can use, which at this late stage of the cycle will help you stay healthy and fresh.

One of the most important keys to your success at this meet will be your rest and recovery preparation. I am now going to give you my top three recovery tips, and you better believe these tips are far more important than any exercise or rep scheme workout I haven't given you so far.

1. PROTEIN INTAKE I would take about 2 grams of protein per pound of lean bodyweight per day. So, for example, if you weigh 200 pounds and you are at (let's use, for example, 17% body fat), you would take $200 \times .17 = 34$. Your body fat weight would be 34, so then you would subtract it from 200, which is your bodyweight, to get your lean weight, which would be 166 pounds. Now take 166×2 , which is 332, and that's how many grams of protein you should consume in a day. That's why sports supplements are so important, because a good protein powder like *Gorilla Nutrition's Jungle Heat* has maximum grams of protein per serv-

ing with minimal amounts of carbs and calories, which is great if you're trying to make weight. You should make your protein intake half in food and half in supplements. After a few weeks of ingesting this much protein daily, you will see tremendous increases in your strength and decrease in your recovery time.

2. MASSAGE THERAPY, CHIROPRACTIC CARE, SAUNA/WHILPOOL At this stage of the cycle, I'm sure you are already feeling the aches and pains of handling massive poundages throughout this training cycle. Deep tissue therapy will roll the lactic acid from your muscles along with breaking out adhesions, which, if left uncared for, can cause muscle tears. Find yourself a massage therapist who is familiar with deep tissue therapy, not just basic massage, and remember to bring a towel with you to bite on. Deep tissue therapy, if done correctly, hurts like hell. Keeping your spine in alignment with chiropractic care will not only enhance your training, but keep you injury free. The whirlpool and sauna are optimal for recovery. A few sessions a week will not only be refreshing, but will speed up your recovery dramatically as well.

3. SLEEP, STRESS REDUCTION, VISUALIZATION I can't say this enough. You need to get a least eight hours of sleep a night. Your body recovers while you are sleeping, so you might also want to take little cat naps during the course of the day if you can. Another factor is stress. Life is filled with stress, as we all know. As you get closer to the meet you need to try and set your life up for that brief period of time where you can concentrate on your training and keep outward stress factors to a minimum. As the weeks progress to the meet, not only has your body taken a pounding, but your mind as well. This is an important time to stay positive and keep practicing the mental exercises I laid out for you in my new audio CD "Psychological Warfare" which is available on my site, www.bigevilslair.com, in the Big Evil's Bizarre section of the site. Your mental imagery abilities by this time, if you have been practicing the exercises,

should be strong and will aid as a powerful mental tool in your quest for benching big iron. I mentioned these topics briefly in other issues, but I feel they need to be stressed over and over again.

Now on to the second day of training for the week.

LAT PULLDOWNS Pull these down to the front, never behind your head. I like doing these with a grip that is similar to my bench press competition grip. Three sets of ten reps and use heavier weight on this exercise. The lats play a big part in your bench press. You can definitely overload them with this exercise, so don't be afraid to use some weight here.

BENT OVER ROWS Keep doing these the same as you have been doing them every week. This is the king of back assistance work for the bench press. Three good sets of ten reps is the ticket here, and as with the pull downs, keep pushing yourself to go heavier every week.

DUMBBELL LATERALS (side, front, rear) Do these in a superset fashion. Three sets of twelve reps should do the trick. The front and side laterals are self explanatory. For the rear laterals, use an incline bench and bring your arms up somewhere between the side and front level, so when your arms are in a straight position, they will form a "V" shape. The position on the incline bench will really work your rear delts well. Again, another great stability exercise.

BICEP/FOREARM WORK You have many different choices of bicep and wrist exercises to choose from: barbell curls, preacher curls, hammer curls, wrist curls and the list goes on. Choose two exercises and do three sets of ten reps and call it a day.

Are you excited yet? Your day of truth draws near and if you have followed my teachings to the letter, the powerlifting world is going to see big things from you come meet day. If you feel I haven't explained a topic properly enough or you just need more help, just go to my site www.bigevilslair.com and drop me a line from the contact page and I will be more than happy to assist you with all your powerlifting needs. Also, our web store BIG EVIL'S BIZZARE has just opened up on the site. Our store is a one stop shop for the greatest powerlifting products in the world, as we carry all of the top brand name powerlifting products on the market today. Along with great pricing, customer service and quick shipping, I am sure that once you buy from us, you will not want to shop anywhere else. Until next month, believe to achieve!!! «

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THE ART OF LIVING AND DYING WELL ARE ONE »

all being taken away from me.

The fact that I would most likely never compete again was tearing me up inside. Everyone kept telling me that I had so much more going for me than sports—that I had so much more to offer. They would tell me, “Nothing is forever. Every athlete has to face that fact.” That is easy to say, and it may have been true, but in my heart all I ever wanted to be was an athlete. For 44 years, sports had been my life. I know that’s sad, and I knew I could change, but at that moment I wasn’t prepared to have sports taken from me, especially after all I had put myself through mentally and physically to compete.

I hate to admit this, but I started feeling really sorry for myself. I went through the entire “poor baby” routine: “Why did this have to happen to me? This is not fair? Why me? What did I do to deserve this?” After about a month of me drowning in self-pity, my sister Mary Jean came to me and said, “Judd, you need to stop focusing so much on what you can’t do and start focusing on what you *can* do. You also need to stop centering so much on yourself. There are a lot of people who are way worse than you are. Think about your nephews. They have Duchenne muscular dystrophy (DMD). Did you ever imagine how they must feel?”

Actually, I thought about my nephews all the time. Duchenne is one of the most horrifying diseases anyone could ever be stricken with. In case you are not aware of it, Duchenne

muscular dystrophy is an inherited disorder which causes the muscle in the body to become necrotic. In other words, it causes the muscle cells in the tissues and organs of the body to die. The weakness and muscle wasting first affect the muscles of the hips, pelvic area, thighs and shoulders. It eventually affects all voluntary muscles and the heart and breathing muscles. The disease is very progressive, and survival is rare beyond the early teens.

So to answer her question, “Yes, I thought about my nephews all the time.” Still, my sister was perfectly right; I had become so focused on my own self-pity that I had lost touch with reaching out and loving others. As a result, my sister’s words shocked me back into reality. Then she came up with this wonderful idea. She said, “Judd, you are a magnificent writer (I love how honest and observant my sister is). Why don’t you use the time you are convalescing from your surgery and write a book for your nephews? It could be a book about all the children fighting for their lives against this horrid monster—an inspirational book to help and inspire others. We will use the money you make from the book to help support research for the Muscular Dystrophy Society.” Naturally, I couldn’t say no to that proposal.

Consequently, for the next eight months, I visited children all over the country who had Duchenne to get a more comprehensive idea of what the disease was and how they dealt with

it. Each visit was literally heart wrenching. They stirred up feelings in me that I never experienced before. To witness beautiful, young children dying before my very eyes filled me with helplessness, confusion and despair. I felt so powerless and drained after each meeting with a child who was stricken with Duchenne, that there were days where I went back to my hotel and just sat down and cried for hours. I have always taken great pride in my ability or willingness to step outside of myself and truly attempt to understand what it’s like for others by putting myself into their position—seeing something from someone else’s point of view. This was so different though. I could not even relate to how these poor children and their parents coped with the cross they had to bear. It was humbling and extremely depressing. First of all, the disease left them with little, if any, hope. Unlike other life threatening diseases, like cancer and cardiovascular illness, where there was a fighting chance for survival, Duchenne was uniformly fatal. To my knowledge, no one has ever survived Duchenne. Worse yet, there doesn’t seem to be any cure or treatment in sight.

If these encounters did anything, they made me reconsider the theme of the book. I reasoned that if I wrote a book about children suffering from Duchenne, the book would end up being more discouraging and despairing than inspirational. Although a lot of the people I met who were combating Duchenne remained

extremely positive, hopeful and upbeat, the bottom line always seemed to indicate that the monster was winning the war. In all candor, there was a common thread that ran through just about every family that was cursed with this illness—we need a miracle. There was little, if any, real hope or optimism.

Consequently, I decide to write a book about love, courage, compassion, and, yes, miracles, with the hope of making some money for the muscular dystrophy research. I entitled the book *Life, Love and Miracles*. I wanted the book to be my very best piece of work—something of significance that would inspire people to reach out to others with arms of loving care. Once I started on the book, I literally spent just about every waking hour researching, writing and re-writing the manuscript.

After a few weeks of writing, I noticed that my legs were starting to twitch visibly under the skin. I also started having problems keeping my balance, and I started experiencing pain in my feet and lower legs. At first, I figured it was my neck. I had been sitting at my computer for extended periods of time trying to get my thoughts on paper. I reasoned that all the sitting was contributing to my neck injury and was causing the fasculation and pain in my legs. When my condition didn’t get any better, I decided to go back to see Dr. Steuer in Atlanta. As soon as he saw the twitching in my legs, he immediately sent me to Dr. Jonathan Glass, the

top researcher on ALS in the United States, to evaluate me. Now to make a long story short, after six months with my body getting progressively weaker and weaker, and almost weekly testing, they finally diagnosed my condition. I remember that day like it was this very moment.

Dr. Glass called me into his office, sat me down, and told me in a matter of fact manner that I had an extremely rare form of Duchenne muscular dystrophy—basically a death sentence! He further informed me that I would eventually become crippled and would be bedridden for the rest of my life. “There is no reason for you to come back here,” he continued dispassionately. “There is no cure or treatment for MD. There is nothing we can do to help you.”

When I first heard the news, it was like someone hitting me between the shoulder blades with a sledgehammer. It was just that painful. One of the first things I thought about, after getting my diagnosis, was how insensitive I was towards my nephews and the parents and children I had interviewed. I never realized the emotional and physical pain that opening the box “you have muscular dystrophy” contained. Now I know, and I can relate to others who have opened that box or similar boxes. I can tell you straight out that it is not a good feeling.

Still, this has become one of my greatest blessings in life because it has elevated me to a higher level of understanding of human compassion and love. It has been said that if you put

yourself in a position where you have to stretch outside your comfort zone, then you are forced to expand your consciousness. This disease, as wretched as it is, has expanded my level of consciousness, and I hope through my experience I can in some small way expand your level of compassion and empathy for others.

Now, I am sure you have heard people say, “Put yourself in my shoes.” The phrase is derived from the Native American Sioux who said never to judge another until you had walked for two weeks in his moccasins. We usually say it because someone doesn’t understand what we’re feeling, and we’d like them to identify with us. It reassures us that we’re not alone in facing our problems. In short, we need their empathy.

Well, I want to impress upon you the realization that, but for the grace of God “You, too, may be there one day.” This is a splendid teacher of empathy. Surely we can all foresee a time when our needs will be different, and we just may require a little extra care and compassion. Consequently, I think we all need to develop the capacity to involve ourselves in the ideas and feelings of others. It’s a very special human quality that allows us to step outside of ourselves and try to understand another person from within. Of all the qualities which make us feel connected to each other, I believe it is the ability to empathize that draws us the closest. Empathy—it just may be God’s greatest gift to us—don’t miss it! ☺



Judd was a champion bodybuilder as well as competitive powerlifter

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Big-time lifters: (L-R) Wade Hooper, Anton Kraft and Ed Coan



when they discover you are one of the best bench pressers in the world?

Some understand it immediately, while others are surprised, and then I try to explain it to them. It is because I am short, well built and very solid. And then I compare myself to a hydraulic jack, and then they understand.

Very interesting, Anton! You are intuitive and know how to make people understand. How was your childhood?

I had a good childhood, and spent the last six years of my school years at boarding school because my father died when I was twelve years old. Which probably has helped me become the person I am today for better or worse.

Did you ever get picked on for being short?

Obviously, I did. Boys picked on each other and it will always be like that. In my case, it helped me harden my soul. And I was not the last one to pick on others.

In the world of powerlifting, name someone who was always there for you.

Robert Keller (USAPL) was there when I needed him, and made it all possible for me.

What will it take to make powerlifting more mainstream?

Simple rules, shorten the flights, speed up the event, better marketing and, above all, a change of attitude among the athletes who are competing today. Bench press and powerlifting at contest level is not a hobby or lifestyle. It is a tough sport where it's about winning and moving boundaries.

Our sport is a product to be marketed and made attractive to cooperative partners in the sport and potential sponsors from outside the sport. Otherwise, the sport has no future on TV.

Definitely! Anton, describe the atmosphere in the gym where you normally train!

HARDCORE. TAKE IT TO THE MAX!

When you see a 6-foot-5, 450 pound strongest man type guy, what do you usually think? I am stronger than you in bench and dumbbell press pound for pound.

I have seen you on TV a few times. How do you like being on television?

You get used to it. The first few times you are a little nervous, but you get the routine, and then it becomes natural—like so much else in your daily life. It's a natural part of being an elite athlete. It is an exhibition platform for you and your sponsors.

If you could be any animal, what kind of animal would you be?

My choice, a tiger. I'm born in the year of the tiger.

Right on. Give us a quick quote so we can all bench more!

Who dare wins!

Anton has won and will keep winning because nobody dares like Anton does! Well, Anton, it has been great talking to you today. There are a lot of great benchers, but I have met a very unique one who can never be duplicated. It has been an honor. In closing, who would you like to thank?



Finally, I would like to thank the following people and sponsors for making it possible for me to achieve my goals in my sport. Laurean Powers, mental coach and motivator; Jorgen Bertelsen, strength coach and owner of THE GYM; Robert Keller (USAPL); John Inzer

(INZER); Pete Alaniz (Titan); Peter Thorne; Erik Rasmussen (ER equipment); Ivanko; Adidas; Gatorade; www.CriticalBench.com; and Powerlifting USA for this exposure. And all my friends in powerlifting and bodybuilding around the world! «



than become second on the platform.

What is the best and worst advice you were ever told:

"Adapt, improvise, overcome!" and "Turn the other cheek."

Give us a quick bench press message to the

world!

Shut up and BENCH!

Well said! Anton, describe your personality in three words. I'm sure more people want to meet you after they read about you in this interview.

I am friendly, outgoing and focused.

Random question. Do you think you could bench press a female human weight for more reps in 30 seconds than the Tatar Monster can?

Let's do it! I like the challenge. Bring it on!

What are your bench press tips for the world?

My bench press tips for the world are: others will set limits for you—NEVER set any limit for yourself.

That's some powerful advice! Anton, what are your five training tips to a bigger bench press!

My top five tips to a bigger bench press:

1. What is important to make a good lift? It is the foundation—the BACK.
2. What comes next? The shoulders. They link the arms to the body.
3. What comes next? The hands. They hold the bar.
4. What comes next? The chest.
5. Finally comes biceps, triceps and the legs.

I must ask, how do people usually respond

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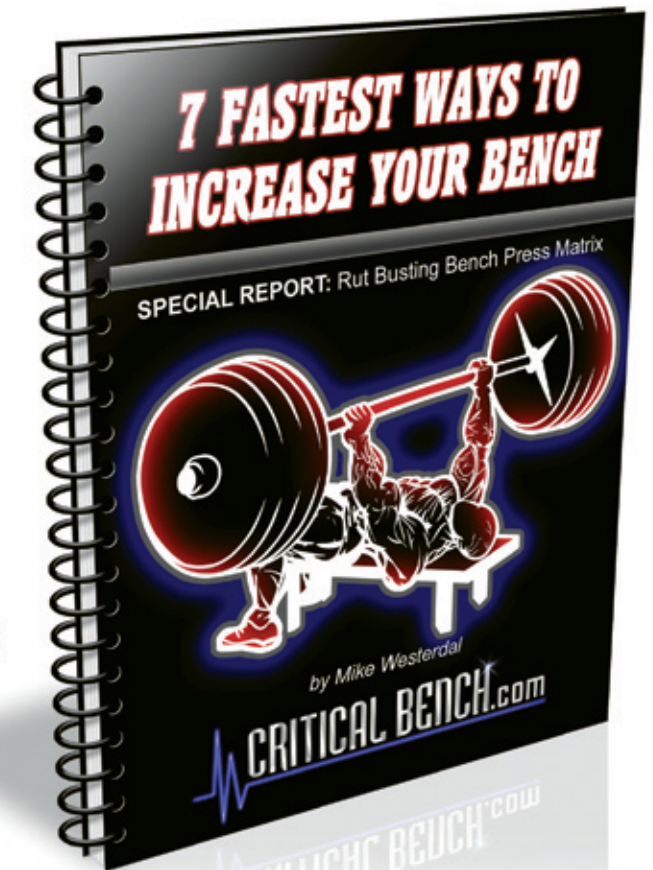
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to help combat stomach acid problems.

- One thing that I have mentioned in the past on several occasions is it's not the nutrients that you simply take in, but the amount of those healthy nutrients that your body absorbs and utilizes, and by taking in Amla it can help improve this very important factor.
- Amla also contains a nice dose of antioxidants as well. For those of you who may have forgotten about what this means let me refresh you. Antioxidants help prevent or limit the oxidative damage that free radicals cause the body. As a powerlifter only worried about how to get more pounds out of those new canvas briefs, this may not sound too interesting, but you should pay attention. You may not know this, but free radicals cause damage to the body in several different ways which can lead to many different diseases. This includes such powerlifting favorites as diabetes, cardiovascular disease, and even cancer, among many other ailments.
- If you ask any Indian person, they will tell you that Amla will help prevent aging and keep you youthful. They are correct because if we look at its antioxidant properties we can clearly see that they are on the money. Amla's rich antioxidant protection comes in part from its rich source in Vitamin C. I have talked about the benefits of Vitamin C over and over and how it should be part of just about every powerlifter's natural supplement regimen. If you consumed one small Indian gooseberry fruit it would contain more Vitamin C than two oranges. It is one of the richest forms of Vitamin C of any fruits or vegetables.
- When you dry many other fruits, the Vitamin C can get destroyed, but this is not the case with the Indian Gooseberry. Even when dried, the Vitamin C content stays intact due to the fact that it contains tannins.
- In 100 grams of fresh pulp of Amla you get an amazing 720 mg of Vitamin C. You can get up to 900 mg of Vitamin C in 100 grams of pressed juice.
- Considering many Vitamin C supplements are 500 mg per tablet you can see how power packed Amla is with this amazing vitamin.
- In relation to the Vitamin C content of grapefruit, it has about twenty times the dose.
- One thing you may not know about Amla is the many different benefits it has on the skin. In Ayurvedic medicine it is used for a wide range of different skin diseases and has a proven track record in doing a good job in this area. These skin conditions include acne, a variety of different skin rashes, eczema, and skin allergies as well.
- Another thing you may think is weird is Amla has numerous different benefits for keeping your hair healthy. Amla is used in many different hair formulations as a general tonic. If you ever go to an Indian grocery store you will see several different brands of hair oils that use Amla as the main ingredient.
- Amla has a really distinct smell, so some of you may like it for your hair while others may detest it altogether.
- In terms of its hair benefits, it can strengthen the roots of your hair for one. Second, it will help keep it shiny and full of luster. It can also help in hair growth as well as helping maintaining your natural color. It can also help prevent graying hair as well as reducing the rate at which it falls out.
- Many Indian women use Amla daily in their hair to keep it healthy and strong. Many Western women comment about Indian women having such nice long rich black hair and now you know the answer to why that is true.
- Amla also has some positive benefits for different respiratory ailments. It is widely used in Ayurvedic medicine to help deal with bronchitis, asthma and even tuberculosis.
- This comes to another one of Amla's benefits—the positive effects it has on your immune system. You should all know that training intensely increases Cortisol production, which in turn can lower your immunity. This is why after a week of really intense training you end up getting a cold or flu. Your immunity will not only be affected during times of strenuous training, but it will also be tested during times when you are under greater stress than usual.
- In a study performed at the University of Delhi, Amla showed that when given to men aged 35 to 55 it helped lower bad cholesterol levels. This occurred in men that suffered from high cholesterol levels as well as those that were in the normal range. This is something lifters should look into due to the fact that many do suffer from high cholesterol levels which later leads to more severe cardiovascular conditions.
- Here is some important information for all my Power Vixens who may

- be going through menopause. In a study performed in Italy, Amla has shown some really positive effects in relation to fighting Osteoporosis. This study showed that the extracts found in Amla can slow down the activity of what is known as Osteoclasts. This may not sound so important, but Osteoclasts are the cells that help destroy healthy bones. Slowing down this activity is a major plus and allows Osteoblasts, which help build bones and strengthen them to gain the lead.
- In Ayurvedic medicine, Amla is given to those who are trying to put on weight. It can help increase a positive nitrogen balance in the body, therefore it can have an anabolic effect. Wow, did you just say anabolic effect? Geez, now I have your attention, don't I?
- It has been shown to raise total protein levels in the body as well as help increase the rate of protein synthesis.
- Now for all my readers that have ventured to the Anabolic side of enhancement, listen up. Amla has been shown to be a potent liver detoxifier. Powerlifters are known for using oral steroids such as Dianabol, Anadrol 50, Winstrol, Halotestin and Methyl Testosterone, especially in the last 4-8 weeks before a competition due to their rapid gains in strength and aggression. They can cause increased stress on the liver and raise liver enzyme levels as well. Taking Amla while you are "ON" as well as during your Post Cycle Therapy for those of you who are an "Enhanced Athlete" is a good idea to help purge toxins. Taking care of your liver is of great importance because you only have one to last you a lifetime.
- It also has been shown to help improve mental functioning as well as strengthening the nervous system.
- Amla is a common home remedy in India to help relieve one of constipation. So, the next time those three double black bean burritos with extra cheese doesn't seem to settle right, you know what you should reach for.
- Another very interesting aspect of using Amla in Ayurvedic medicine is its effects on conceiving. It is believed to help nourish the ovaries and sperm, thereby enhancing fertility.
- It is widely used for urinary tract infections as well, and helps strengthen and support the urinary system.
- In India it is also used to help increase energy levels and improve vitality. This is another reason why it is believed to help with anti-aging and promoting a youthful appearance.
- It can also help strengthen the eyes and has shown some positive effects in helping stop cataracts in older individuals.
- Here is some information you are going to love to hear about. Amla has been used with Chemotherapy to help stop the growth of liver and lung cancer. By using Amla incorporated together with Chemotherapy, reduced dosages have been used with positive results. Plus when you can reduce your Chemotherapy load, this leads to you feeling not as horrible and lets you deal with less side effects as well.
- Amla has also been shown to have anti-fungal, anti-bacterial, and anti-viral properties.
- Amla has shown some promise in helping lowering blood sugar levels in Type II Diabetics. This is due to its effects on stimulating the pancreas in producing insulin. This means that it will also have a positive effect for those lifters that are insulin resistant and are trying to get this problem under control before it blossoms into full blown Diabetes.
- More studies are being conducted as we speak on the many healing properties of this amazing little fruit and only time will tell what other insight science will bring us in regards to its health benefits

CONCLUSION

So, Bruce, as you can see, your friend was correct in regards to Amla having many different health benefits. You can consume Amla in many different ways. You can take it in supplement form which will be as easy as taking a few tablets per day. You can take it in its natural form as a fruit, but like I mentioned earlier it is very bitter so it may be unpalatable for your taste buds. If you go to an Indian grocery store you will even find pickled versions of it in jars that is used as a side dish in Indian cooking. Either way, you can see that it has plenty of health and anti-aging benefits. Let's not forget the performance enhancing effects it has on increasing protein synthesis. This is one of the most used fruits in Ayurvedic medicine and now you can see why it is so popular. I personally use Amla daily and I hope many of you reading this will also include this into your health plans. So until next month, eat clean, train hard and let this little exotic fruit work some of its healing magic on you! <<



Kevin Harmon, best lifter at the SLP Mississippi State Open, tried a 600 pound bench press at 156 pounds bodyweight

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BENCH	Open	
MALE	181 lbs.	
Master (40-44)	Y. Marks	350*
181 lbs.	242 lbs.	
T. Gray	360*	250*
Open	S. Pounds	
165 lbs.	275 lbs.	
K. Harmon	500*	325*
Raw	J. Doyle	
Novice	MALE	
165 lbs.	Open	
P. Porterfield	181 lbs.	450*
270*	Y.Marks	

*=Son Light Power Mississippi State Records. Best Lifter: Kevin Harmon. The second annual Son Light Power Mississippi State Open Bench Press & Deadlift Championship was held at Gym 24:20 in Corinth, Mississippi. Thanks to owner Phillip King for once again for hosting this event. In the raw bench press division new competitor Patrick Porterfield set the state record for the novice 165 class with 270. In the open division Yarnell Marks set the mark at 181 with 350. Stephen Pounds had some

problems with his shirt so finished lifting raw, making and easy state record opener of 250 at 242. Here is a kid who, within a year will hit 500 with a good shirt! Our final raw lifter was newcomer Joey Doyle. Joey finished with a new state record of 325 for the open 275 class. Our two most experienced competitors both lifted in the assisted division. Taking the win and breaking his own state record at 40-44/181 was Tony Gray, who finished with 360. Our final lifter was also our best lifter, Kevin Harmon. Often lifting in the 148 class, Kevin came in at 156. But he finished with a new state record of 500 for the open 165 class, which he made for his second attempt. A third with 560 and a fourth with 600 were handled well, just missing the groove! A 600 bench attempt at a 156 bw! And Kevin is right there! Yarnell Marks was our only puller, taking the open/181 class with his opener of 450. Another state record for Yarnell! Thanks to my son Joey Latch, Robert Dilworth and Todd Patten for doing a great job loading and spotting and to Dustin Parks for taking some great pictures of the meet.

» courtesy Dr. Darrell Latch

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the general consensus seemed to be that it was system wide influences secondary to exercise and/or diet that regulated fat breakdown.

Some of the studies addressed the use of intermuscular adipose tissue (the fat between the muscle fibers themselves – think of the marbling you see in red meat) by exercising muscles.

And some addressed the use of IMTG as an immediate energy source. IMTG are wrongly interpreted as a sign of insulin resistance, but instead should be looked at as an extremely important source of energy in athletes. I'll be covering IMTG in detail as to their dynamics and importance to athletes, in the next issue.

Searching the Internet was misleading and repetitive with many hits mimicking each other and quoting a study that was supposedly published in 1984 about how abdominal exercises did not increase the breakdown of subcutaneous abdominal fat over other subcutaneous fat.

Regardless of whether this study exists or not, I did finally find a seminal study published in 2007 (Stallknecht B – see references) that for me definitively shows that exercising muscle does have an effect on local fat and especially the subcutaneous fat adjacent to the muscle. The study concluded that “an acute bout of exercise can induce spot lipolysis and increased blood flow in adipose tissue adjacent to contracting skeletal muscle.”

What this means is that you can reduce subcutaneous fat over a specific area in your body by exercising the muscles in that area. For example, if you want to reduce abdominal fat it's useful to do abdominal exercises.

However, keep in mind that even though this study found that blood flow and lipolysis are stimulated more in adipose tissue adjacent to contracting muscles than in adipose tissue adjacent to resting muscles, whole body exercise, whether aerobic or RT, will result in more overall body fat loss than working local muscle groups.

Bottom line: more body fat will be lost overall with whole body workouts, but by adding regional body exercises you can increase the fat loss even more in that area. «

REFERENCES OF INTEREST:

"American journal of physiology. Endocrinology and metabolism." Am J Physiol Endocrinol Metab. 2007 Feb; 292(2): E394-9. Epub 2006 Sep 19.

ARE BLOOD FLOW AND LIPOLYSIS IN SUBCUTANEOUS ADIPOSE TISSUE INFLUENCED BY CONTRACTIONS IN ADJACENT MUSCLES IN HUMANS?

Stallknecht B, Dela F, Helge JW. Department of Medical Physiology, The Panum Institute, Blegdamsvej 3, DK-2200 Copenhagen N, Denmark. B.Stallknecht@mfi.ku.dk

ABSTRACT—Aerobic exercise increases whole body adipose tissue lipolysis, but is lipolysis higher in subcutaneous adipose tissue (SCAT) adjacent to contracting muscles than

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in SCAT adjacent to resting muscles? Ten healthy, overnight-fasted males performed one-legged knee extension exercise at 25% of maximal workload (W(max)) for 30 min followed by exercise at 55% W(max) for 120 min with the other leg and finally exercised at 85% W(max) for 30 min with the first leg. Subjects rested for 30 min between exercise periods. Femoral SCAT blood flow was estimated from washout of (133)Xe, and lipolysis was calculated from femoral SCAT interstitial and arterial glycerol concentrations and blood flow. In general, blood flow and lipolysis were higher in femoral SCAT adjacent to contracting than adjacent to resting muscle (time 15-30 min; blood flow: 25% W(max) 6.6 +/- 1.0 vs. 3.9 +/- 0.8 ml x 100 g(-1) x min(-1), P < 0.05; 55% W(max) 7.3 +/- 0.6 vs. 5.0 +/- 0.6 ml x 100 g(-1) x min(-1),

P < 0.05; 85% W(max) 6.6 +/- 1.3 vs. 5.9 +/- 0.7 ml x 100 g(-1) x min(-1), P > 0.05; lipolysis: 25% W(max) 102 +/- 19 vs. 55 +/- 14 nmol x 100 g(-1) x min(-1), P = 0.06; 55% W(max) 86 +/- 11 vs. 50 +/- 20 nmol x 100 g(-1) x min(-1), P > 0.05; 85% W(max) 88 +/- 31 vs. -9 +/- 25 nmol x 100 g(-1) x min(-1), P < 0.05). In conclusion, blood flow and lipolysis are generally higher in SCAT adjacent to contracting than adjacent to resting muscle irrespective of exercise intensity. Thus specific exercises can induce "spot lipolysis" in adipose tissue. Full paper at <http://ajpendo.physiology.org/cgi/reprint/292/2/E394>.

To Crunch Or Not To Crunch by Carl Lanore at <http://twit2fit.ning.com/profiles/blogs/2213300:BlogPost:907>.



Patrick Holloway was a double record breaker at the WABDL GLC Direct National competition

WABDL GLC DIRECT JUN 12 2010 » Phoenix, AZ

BENCH FEMALE	D. Hamblin	418	Disabled
Master (40-46)		220 lbs.	
165 lbs.	R. Solar	413*	
S. Byers	137*	Junior (20-25)	
Master (47-53)		148 lbs.	
114 lbs.	A. Eliserio	—	
L. Merrigan	144	A. White	336
4th-148*		220 lbs.	
123 lbs.	C. Miller	100*	
C. Miller	100*	C. Hubble	—
Master (54-60)		259 lbs.	
148 lbs.	A. Shipley	512	
M. Goodman	122*	275 lbs.	
Master (61-68)		J. Childe	600*
114 lbs.	J. Timpler	90*	
J. Timpler	90*	Supers	
165 lbs.	K. Halvlicek	407*	
G. Clawson	181*	Master (40-46)	
Open		220 lbs.	
114 lbs.	J. Seaver	—	
L. Merrigan	144	242 lbs.	
4th-148*		D. Hamblin	418
132 lbs.	T. Duenas	138*	
T. Duenas	138*	M. Yates	358
A. Robertson	181*	4th-363	
148 lbs.	T. Garcia	132*	
T. Garcia	132*	242 lbs.	
165 lbs.	B. Brubaker	567	
181 lbs.	S. Byers	137	
L. Barlow	154	K. Doerfler	512
Teen (12-13)		259 lbs.	
97 lbs.	M. Stanford	573	
P. Haymore	931*	Supers	
Submaster		165 lbs.	
132 lbs.	M. Bowden	633	
T. Duenas	—	Master (54-60)	
148 lbs.		242 lbs.	
T. Garcia	132	K. Van Buren	352
MALE		242 lbs.	
Class I		P. Hlodnicki	424
148 lbs.		4th-440	
A. Eliserio	281*	259 lbs.	
A. Amirchlan	370	275 lbs.	
4th-380*		Crossen Jr.	611
220 lbs.		242 lbs.	
R. Solar	413	Fahrenbruch	501
242 lbs.		Master (61-67)	
J. Gutierrez	—	181 lbs.	
		D. Hofeditz	259
		G. Thornton	231
		220 lbs.	
		O. Judd	176*
		308 lbs.	

D. Knapp	419*	Open	
Master (68-74)		132 lbs.	
181 lbs.	A. Robertson	336*	
D. Judd	132	148 lbs.	
198 lbs.	T. Garcia	303*	
A. Franke	—	198 lbs.	
220 lbs.	F. Grossarth	319*	
J. Hayden	341*	MALE	
Open		Class I	
165 lbs.		165 lbs.	
Crossen III	490*	A. Amirchian	435
198 lbs.	C. Gillam	501	
C. Gillam	501	J. Reyes	540
220 lbs.	L. DeAlva	523	
G. Moncada	407	C. Schreifels	418
242 lbs.	J. Gutierrez	501	
259 lbs.	S. Hoekstra	600	
J. Shellenberge	—	A. Anaya	529
A. Shipley	512	J. Gutierrez	501
M. Stanford	573	Disabled	
Supers		220 lbs.	
S. Jordan	—	R. Solar	435*
J. Pritchett	600	Junior (20-23)	
Submaster (33-39)		220 lbs.	
198 lbs.	M. Early	424	
4th-457		259 lbs.	
220 lbs.	A. Shipley	666*	
L. DeAlva	523	275 lbs.	
242 lbs.	D. Ducharme	501*	
259 lbs.	M. Desrosiers	374	
M. Desrosiers	374	4th-451*	
Supers		242 lbs.	
S. Jordan	—	R. Schleder	600*
Teen (12-13)		97 lbs.	
97 lbs.	D. Judd	97	
123 lbs.	Teen (14-15)		
N. Judd	132	132 lbs.	
K. Haymore	137	198 lbs.	
J. Mitis	236	220 lbs.	
220 lbs.	C. King	248*	
C. King	248*	Teen (16-17)	
181 lbs.	R. Courtney	275*	
R. Courtney	275*	181 lbs.	
J. Gillette	264*	181 lbs.	
K. Henderson	242*	242 lbs.	
198 lbs.	K. Judd	192	
K. Judd	192	220 lbs.	
E. Stanford	275*	181 lbs.	
148 lbs.	G. Aanenson	242	
G. Aanenson	242	O. Judd	220*
242 lbs.		Master (68-74)	
B. Kaiser	187	181 lbs.	
DEADLIFT		D. Judd	330
FEMALE		198 lbs.	
Master (40-46)		A. Franke	385
165 lbs.	S. Byers	236	
198 lbs.	4th-248*		
198 lbs.	R. Brannon	501	
F. Grossarth	319*	242 lbs.	
Master (47-53)		123 lbs.	
123 lbs.	C. Miller	214	
220 lbs.	4th-220*		
Master (54-60)		259 lbs.	
148 lbs.	J. Shellenberge	639	
M. Goodman	225*	275 lbs.	
Master (61-67)		165 lbs.	
G. Clawson	303	148 lbs.	
Submaster		148 lbs.	
148 lbs.	J. Pritchett	722*	
T. Garcia	303*	198 lbs.	

M. Early	462*	220 lbs.	
E. Oleson	540*	4th-418*	
259 lbs.		259 lbs.	
M. Desrosiers	529	C. Gilbert	413*
Teen (12-13)		Teen (16-17)	
97 lbs.		181 lbs.	
D. Judd	181*	R. Courtney	—
148 lbs.	J. Gillette	429	
G. White	275	K. Henderson	451
308 lbs.		4th-457*	
A. DeSato	347!*	198 lbs.	
Teen (14-15)		K. Judd	468
123 lbs.		4th-479*	
N. Judd	187*	W. White	451*
132 lbs.		Teen (18-19)	
K. Haymore	254*	198 lbs.	
198 lbs.		C. Schreifels	418
J. Mills	435	242 lbs.	
4th-440*		B. Kaiser	374

Mark Yates set an Arizona record 363.7. At 47-53/242, Byron Brubaker set a California record 567.5. In 47-53/259 Mark Stanford set an Arizona record 573. Michael Bowden was huge with a 633.7 at super but it was not a record. In master 54-60/242, Paul Hlodnicki set an Arizona record 440.7 to go along with his 600.7 Arizona deadlift record. At 54-60/275 Dr. Jeff Fahrenbruch set an Arizona record 501.5. At 61-67/181 Daniel Hofeditz set an Arizona record 259. In 68-74/220, James Hayden was impressive with an Arizona record 341.5. In mater women there were seven state records set. Lisa Merrigan pushed an Arizona record 148.7 at 47-53/114. Gayle Clawson slammed 181.7 in master 61-67/165. Marsha Goodman pushed 122.3 in 54-60/148. In open men, Will Crossen III got a Washington record 490.5 weighing only 158.6 and his father Will Crossen Jr. got a Washington record 611.7 in master 54-60/259. In open 259, Scott Hoekstra from Redlands, California benched 600.7. In open women, Angie Robertson set an Arizona record 181.7 at 132. In submaster men 198, Michael Early got 457.2 Arizona record. At submaster 242 Daniel Ducharme got an Arizona record 501.5. In teen women 12-13/97, Payton Haymore got the only world record bench of the day with 93.5 lbs. In teen men, the most impressive bench was Ryan Courtney who set an Arizona record 275.5 in teen 16-17/181. I want to thank Patrick Holloway, Jerry Pritchett and Mike Desrosiers and Lawrence DeAlva for bringing equipment and helping with sponsors. The judges were Tim Snodgrass, Ken Anderson, Louie Holmeyer, Mike Dessosiers. The sponsors were Dr. Jeff Fahrenbruch, Rocky McCullough and Goodson Honda of Houston, Texas, Brian Welker and Welker Engineering, Shawn Madere of GLC Direct, Pete Alaniz of Titan Support System, Alan Thomas of APT Pro Wraps, Ken Anderson of Anderson Powerlifting, Mike Lambert of Powerlifting USA Magazine, Jon Doyle of USP Labs, Chet Grosskreutz of Ivanko Barbell, Grace Cloninger of House of Pain west, Odd Haugen and Neal Spruce of DotFit. Donald Judd's team from St. David, Arizona won the team title with 256 points. Patrick Holloway and Jerry Pritchett's Thorbeckes Iron Outlaas were 2nd with 232 points and Tim Sparkes Die Hard Gym was 3rd with 216. Tim's team could have won but two of his lifters bombed. Cory Hubble was unopposed at junior 220, so if he doesn't bomb that gives the Die Hard Gym 20 points and Tamara Duenas only had to beat 132.2 in submaster and she got 138.8 in open which with 20 more points gives the Die Hard Gym 256 points and 1st place over Aramiq Amichian set an Arizona record 380.2 in class 1/165. In master 47-53/181, « courtesy Gus Rethwisch



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GLAND-ALL represents the latest scientific advancement in dietary supplementation for athletes who choose not to use harmful anabolic steroids or other performance enhancing drugs. This one-of-a-kind supplement is a powerful combination of raw glandulars and numerous other natural hormone potentiators designed to maximize your body's natural production of testosterone and growth hormone. Once you begin using GLAND-ALL, you will immediately start building muscle and burning off fat. In addition, GLAND-ALL will safely keep your body in a natural anabolic state without the risk of harmful drugs.

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?

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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?

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ADFPF POWERLIFTING NATIONALS

JUN 26 2010 » Columbia, MO

Powerlifting SQ BP DL TOT

FEMALE

Raw

128 lbs.

OPEN

C. Mattingly 231 138 264 633

Junior (20-23)

S. Simmons 204 133 264 601

138 lbs.

Teen (18-19)

E. Burchett 193 99 237 528

154 lbs.

Masters (55-59)

S. Sanaghan 220 110 — 330

Masters (60-64)

K. Walker 154 99 231 484

176 lbs.

Open

S. Goff 143 99 193 435

198 lbs.

Junior (20-23)

N. Wheeler 232 — — 232

MALE

115 lbs.

Teen (14-15)

G. Garcia 204 127 204 534

132 lbs.

Teen (14-15)

Q. Evans 330 176 391 897

148 lbs.

Teen (14-15)

J. Miller 319 204 374 897

Teen (16-17)

B. Manning 325 226 369 919

165 lbs.

Teen (18-19)

D. Duke 369 264 407 1040

Masters (50-54)

T. Fletcher 402 253 451 1107

Teen (18-19)

R. Tolbert 314 204 358 875

181 lbs.

Teen (14-15)

K. Ford 330 231 374 936

220 lbs.

Open

S. Welch 556 380 534 1470

Masters (55-59)

J. Bell 551 303 501 1354

Masters' (40-44)

R. Wood 672 523 584 1778

242 lbs.

Police/Fire/Military

C. Modlin 622 429 600 1652

Teen (18-19)

T. Pridgeon 363 325 374 1062

OPEN

R. Pettet 551 374 501 1426

Teen (16-17)

T. Scott 451 341 451 1244

275 lbs.

Masters (65-69)

P. Wrenn 506 253 506 1266

319 lbs.

Open

C. Forestier 749 484 727 1960

Masters (45-49)

D. Beversdorf 55 606 220 881

Teen (14-15)

J. Scott 341 330 418 1090

Masters (50-54)

W. Duncan 578 297 — 875

Raw

132 lbs.

Masters (65-69)

G. Morrison 193 182 297 672

Junior (20-23)

M. Hoosier 270 187 396 853

148 lbs.

Masters (60-64)

T. LaFontaine 242 176 314 732

Masters (40-44)

A. Heng 402 303 451 1156

Teen (18-19)

S. Mead 325 215 462 1002

M. Stagg 242 176 358 776

165 lbs.

Masters (40-44)

M. Stagg 385 281 484 1151

Open

B. Allbright 308 209 451 969

Teen (16-17)

A. Hall 303 193 358 853

181 lbs.

Junior (20-23)

J. Whitley 363 215 385 963

Masters (40-44)

B. Whitcomb 402 242 407 1051

Open

N. Amen-Ra 424 319 633 1376

R. McCord 418 336 501 1255

Masters (60-64)

A. Kohut 198 116 319 633

198 lbs.

Open

A. Prater 407 330 539 1277

J. Gunasekera 457 270 528 1255

Masters (40-44)

J. Vaughn 363 270 440 1073

T. Piper 341 237 363 941

B. Morton 418 — 418

Masters (45-49)

J. Tracey 424 270 495 1189

Masters (65-69)

J. Stovall 341 215 446 1002

220 lbs.

Masters (55-59)

J. Bell 402 242 — 644

Masters (50-54)

S. Baechle 358 308 468 1134

B. Durlington 385 209 363 958

Masters (60-64)

D. Mansfield 446 242 517 1206

Junior (20-23)

C. Kirkwood 402 308 523 1233

T. Epperson 429 297 418 1145

242 lbs.

Open

T. Boyle 468 330 462 1261

Junior (20-23)

G. Head 551 407 578 1536

L. Burchett 446 380 446 1272

275 lbs.

Teen (14-15)

D. Brake 325 187 413 925

Open

B. Manion 457 352 556 1365

S. Branney 473 275 501 1250

J. Albracht 456 303 446 1204

Masters (40-44)

R. Cairns 440 314 556 1310

T. Creviston 473 363 473 1310

Masters (45-49)

N. Frazzetta 451 336 517 1305

Open

J. DeVoy 407 369 490 1266

319 lbs.

Masters (50-54)

W. Duncan 473 270 501 1244

Masters (45-49)

R. Nicodemus 490 — 490

Masters (40-44)

R. DeLeon 606 424 584 1613

Junior (20-23)

J. Newton 484 402 501 1387

More Mayhem in the Midwest! Last year's ADFPF Powerlifting National Championships was considered a success by all concerned. The meet directors promised a better meet this year, but did they deliver? Well, participation was up almost 200% from 36 lifters to 68 (from 10 different states); that's good. Mike Stagg brought in a better light array and we used the Marksteiner Next Lifter program; that's good. But there were some logistical bumps at the last moment that put us behind schedule and resulted in a situation I'd always promised myself would not happen at one of my meets, running long. Despite the length of the meet, almost everyone commented that they enjoyed the meet (and a couple commented I was crazy for lifting in a meet I was directing). Now to the lifting: Lifting was divided into four flights, the first three unequipped and the last equipped. Unequipped, as defined by the rules of the ADFPF, means a non-supportive singlet, a t-shirt, socks, and shoes, with belt and wrist wraps optional; equipped means a single-ply polyester suit and bench shirt as well as 2.0m knee wraps are allowable. The equipment rules require squat racks and a bench, kilo weights, and a single bar to be used throughout the competition. The first flight consisted of the women's unequipped classes and the men's unequipped classes through 75.0 kg. (165 lb.). In the women's 58.5 kg. (129 lb.) class, Carmella Mattingly, from St. Louis, went head to head with Sophie Simmons from Macomb, IL (and part of the Salvation Army team). Carmella out-squatted Sophie 100 kg. (220 lb.) to 92.5 kg. (203 lb.) and outbenched her 62.5 kg. (137 lb.) to 60.5 kg. (133 lb.) for a subtotal lead of 162.5 (358) to 153 (337); both went with almost identical deadlift attempts and ended up tied with 120 kg. (264 lb.) pulls, so Carmella walked off with first place. 18 year old Emily Burchett lifted unopposed in the women's 63 kg. (138 lb.) class and went 8 for 9 with a best squat of 87.5 kg. (192 lb.), a best bench of 45 kg. (99 lb.), and a best deadlift of 107.5 kg. (236 lb.). Kate Walker (who co-directed the meet) returned to the women's 70 kg. (154 lb.) class against last year's class champion Susan Sanaghan. The birth certificates verify that these two are masters lifters, but the level of their competition equals that of any lifter. Susan looked like she'd repeat as national champion with her 100 kg. (220 lb.) squat and 50 kg. (110 lb.) bench, but she experienced an injury and was unable to complete the competition, opening the door for Kate to win her first national championship. 39 year old Tennesseean Samantha Goff came up with lifting legend Paul Wrenn (who was interviewed by the local NBC affiliate), daughter Amy, and grandsons Jordan and Tyler. Samantha lifted unopposed in the 82.5 kg. (181 lb.) class and posted lifts of 65 kg. (143 lb.), 45 kg. (99 lb.), and 87.5 kg. (193 lb.). Hallsville Missouri softball player Nicole Wheeler lifted unopposed in the women's 90+ kg. (198+ lb.) class and squatted 105.5 kg. (232 lb.), before bombing in the bench press. Nicole is a strong young lady and will be back soon. The men's unequipped 60 kilo class was a battle of the ages (not a battle for the ages), pitting 20 year old junior lifter Matt Hoosier of O'Fallon, Missouri against 65 year old master lifter Gary Morrison of Grand Rapids, Michigan. Gary is the webmaster of the ADFPF federation website. He also takes photos at meets and does dramatic readings of the writings of World War II journalist Ernie Pyle. On this day youth overcame wisdom as Matt

outsquatted Gary 105 kg. to 87.5 kg; out benched him 85 kg. to 82.5 kg, and outpulled Gary 189 kg. to 135 kg. The 67.5 kg. class had four contestants: 18 year old Matt Stagg of Evansville, Indiana, 20 year old Sam Mead of Florissant, Missouri, 43 year old Anchana Heng of Jefferson City, Missouri, and 62 year old Dr. Tom LaFontaine of Columbia, Missouri. Matt and Tom returned from last year's competition. Matt is the son of Mike Stagg; Tom is a returning meet sponsor and fitness and nutrition consultant in Columbia. Anchana led the way across the board with a 182.5 kg. (402 lb.) squat, 137.5 kg. (303 lb.) bench press, and 205 kg. (451 lb.) deadlift for a 525 kg. (1157 lb.) total almost 8 times bodyweight. Sam took second via a 147.5 kg. (325 lb.) squat, a 97.5 kg. (214 lb.) bench and a 210 kg. (462 lb.) deadlift; Matt squatted 110 kg. (242 lb.), benched 80 kg. (178 lb.), and pulled 162.5 (358 lb.); Tom squatted 110 kg. and benched 80 kg, and

pulled 142.5 kg. The 75 kilo class showcased 16 year old Alex Hall of Mexico, Missouri, 32 year old Bobby Allbright of Paoli, Indiana, and 41 year old Mike Stagg, who won the class by way of a 175.0 kg. squat, a 127.5 kg. bench, and a 220.0 kg. deadlift (all Indiana state, American, and national meet records). Allbright got whites on his opening squat (140.0 kg) and bench (95.0 kg), as well as his first and second attempts at deadlift (190.0 and 205.0 kg, respectively). 16 year old Alex Hall qualified for international competition at his first national competition (and second competition overall) by way of a 137.5 kg. squat, an 87.5 kg. bench, and 162.5 kg. deadlift (all of which were Missouri state records). Alex showed a little of the impatience of youth with his choice of second and third attempts, but has the right attitude and physique to grow into the sport. The second flight consisted of the unequipped men's 82.5 kg. (181 lb.)

through 100 kg. (220 lb.) weight classes. From this author's perspective, the absence of friend, meet co-director, and deadlifting phenom Eli Burks was lessened by the presence of Nun Amen-Ra from Damascus, Maryland. I lived in southern Maryland for six years and never ran into Nun. But this is a really nice guy and a sick, strong lifter. Nun had the fourth highest total among all unequipped lifters and only came in behind guys significantly heavier. Nun squatted a mere 192.5 kg. (still good for a Maryland state record), passed after getting his bench opener of 145.0 kg, but then pulled out all the stops for deadlift where he opened with 277.5 kg. before moving on to 287.5 kg. (633 lb.). I was sitting by announcer Rick Fowler as we watched Nun pull. His biceps ballooned up like they were attached to a tire pump each time he pulled. Man, this guy is fun to watch. Not to ignore the rest of the class, Robert McCord from Lee's Summit, Missouri, set state records with his

next page »

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RESULTS »

190 kg. squat, 152.5 kg. bench and 227.5 kg. deadlift for a state record total in the open division of 570 kg. enough to qualify him for a trip to Ireland. Anthony Kohut came with Mike Stagg's team from Evansville, Indiana and while he went five-for-nine, getting a 90 kg. squat, 52.5 kg. bench and 145 kg. deadlift, he qualified for the powerlifting Worlds as a Master 5 (60-64 years old). The 90.0 kg. class pitted returning champion Jagath Gunasekera, of the MU Strength Club, with Amond Prater of Florissant, Missouri. Amond is a former wrestler on the MU squad and has the right proportions for powerlifting. These two guys went back and forth with the lead with Jagath out-squatting Amond 207.5 kg. to 185.0 kg; then Amond took the lead back by out-benching Jagath 150 kg. to 122.5 kg. Amond took a five kilo lead into the deadlifts. Both guys made all three pulls, with Amond out-pulling Jagath 245.0 kg. to 240.0 kg. for a 10 kilo margin in the total. Both men qualified for the trip to Ireland in November. The old guys had a battle too, with Jim Vaughn and Tim Piper fighting it out in the M1 division (40-44 years). Both men set records with their respective squats, but Jim also set records with his bench, deadlift and total. James Tracey came all the way from Brockton, Massachusetts to lift unopposed as an M2 (45-49 years) and rewrote the records with his squat, bench, deadlift, and total. Smithton, Missouri, pastor Jim Stovall came back to Columbia

to show the crowd what it means to be a strong man of God. Jim squatted 155.0 kg, benched 97.5 kg, and pulled 202.5 kg. to win the M6 (65-69 years) division, set state, American, and National meet records in the deadlift, and qualify for Worlds. Four masters lifters and two juniors comprised the 100 kg. class: Dave Mansfield of Hanson, Maine was the elder statesman as an M5 (60-54), with Jim "Popeye" Bell of St. Louis representing the M4 (55-59) division and both Steven Baechle of Creve Couer and Brett Durlington of Kansas City Missouri representing the M3 (50-54 year) division. Conner Kirkwood of Summer, Illinois faced off against Taylor Epperson of Hannibal, Missouri in the Junior division. It's exciting to report that amidst really tough competition, all six lifters qualified for the WDFPF Powerlifting World Championships in Ireland. Dave qualified with a meet record 202.5 kg. squat, a 110.0 kg. bench and a state, national meet, and American record 235.0 kg. deadlift, for a record 547.5 kg. total. Dave's squat bested all five of the other lifters' best attempts. Jim went 7 for 9 with a state, national meet, and American record squat of 182.5 kg, a state and meet record 110.0 kg. bench, and a 200.0 kg. state and national meet record deadlift for a state and meet record 492.5 kg. total. Remember that Jim is one of the few lifters who lifted in the unequipped division before coming back to lift in the single ply equipped division. Steve had a perfect

nine-for-nine day with a 162.5 kg. squat, a record 140.0 kg. bench press, and a 212.5 kg. (also a state, meet, and American record) for a record 515.0 kg. total. Brett outsquatted Steve with his own record 175.0 kg. attempt, but struggled with his bench before getting in a 95.0 kg. second attempt and pulling 165.0 kg. for a 435.0 kg. Conner struggled a bit, going six-for-nine, but his deadlift proved the old lifting adage that "the meet doesn't start till the bar hits the ground." Taylor out-squatted Conner 195.0 kg. to 182.5 kg. and maintained a 10 kilo lead despite missing his third attempt bench (Conner benched 140.0 kg. to Taylor's 135.0 kg. attempt), but Conner literally pulled away from Taylor with a 237.5 kg. deadlift opener to Taylor's 190.0 kg. lift. Both men gave all they had going for the win but missing both their second and third attempts. Conner totaled 557.5 kg. to Taylor's 520.0. So the second flight ended with a dogfight, much to the pleasure of the spectators. Flight 3 finished up the unequipped men, beginning with the three entrants in the 110 kg. class. Columbia's son, Thomas Boyle went head to head and toe to toe with Evansville, Indiana's star George Head and the pride of the Missouri University of Science and Technology's Link Burchett. Missouri lifters will know Link from his prodigious bench prowess, his lifting heritage (he's the son of Clyde Burchett, the brother of Becky Rich, and the cousin of Emily Burchett), but mainly for his colorful lifting attire. Link represents the MU Strength Club in his tiger striped singlet and University of Tennessee orange high top Converse Chuck Taylor All-Stars. All three lifters acquitted themselves well (and all three qualified for a trip to Ireland), Tom by way of a state record 212.5 kg. squat, a 150.0 kg. bench press, and a state record 210.0 kg. deadlift for a 572.5 kg. total; Link squatted a state Junior record 202.5 kg. benched a state record 172.5 kg, and finished up with another state record in the deadlift with his 202.5 kg. third attempt, for (you guessed it) a state record 577.5 kg. total. George Head is another one of those lifters that made me stop and take notice. Rewriting the record books, George went eight for nine, finishing with a 250.0 kg. squat, a 185.0 kg, and a 262.5 kg. missing only his third attempt deadlift of 272.5 kg. for a 697.5 kg. total. The 125 kg. weight class was composed of eight lifters, ranging in age from teenage to masters. Young Dakota Brake travelled from Springfield, Missouri, set a bunch of records and qualified to go to Worlds. He squatted 147.5 kg. benched 85.0 kg, and deadlifted 187.5 kg. for a 420.0 kg. total. Brad Manion, who spotted and loaded last year, came back to lift this year and set state and meet records in the deadlift and total. Brad squatted 207.5 kg. benched 160.0 kg, and pulled 252.5 kg. for a total of 620.0 kg. Joe DeVoy, from Evansville, Indiana, placed second in the open division by way of a 185.0 kg. squat, a 167.5 kg. bench press (a national meet record), and a 222.5 kg. deadlift for a 575 kg. total. Columbia lifter Sean Branney came in third in the open division with lifts of 215.0 kg, 125.0 kg, and 227.5 kg. for a 567.5 kg. total; Jake Allbracht placed fourth in the open division with a 207.5 kg. squat, a 137.5 kg. bench, a 202.5 kg. deadlift, and a 547.5 kg. total. Masters 1 lifter Randy Cairns of Gowen, Michigan took on Todd Creston of Westchester, Illinois and came from behind with a 252.5 kg. deadlift to win another funfight. Todd out-squatted Randy 215.0 kg. to 200.0 kg. and out-benched Randy 165.0 kg. to 142.5 kg, then Randy

outplayed Todd in the deadlifts, recouping his losses with each attempt until third attempt of 252.5 kg. eclipsed Todd's 215.0 kg. third to pull even with a 595.0 kg. total and a win by bodyweight. Nick Frazzetta came from Florissant, Missouri to put on a show unopposed at M2 (45-49). Nick established or broke state, meet, and American records for his age and weight division with his 205.0 kg. squat, 152.5 kg. bench, and 235.0 kg. deadlift, for a total of 592.5 kg. After a bomb-out in the 145.0 kg. class, the three remaining lifters in the unequipped division were the trio of Joe Newton from Mt. Vernon, Indiana, Rich DeLeon, from Hanson, Massachusetts, and Bill Duncan from Mexico, Missouri. Joe just moved up from the teen division to the juniors; Rich is an M1 (40-44 years); Bill is an M3 (50-53 years). Joe went six-for-nine, but had a good day, setting state, national meet, and American records with his 220.0 kg. squat, his 182.5 kg. bench, and his 227.5 kg. deadlift, for a record 630.0 kg. total (which qualified him for a trip to Ireland). Rich and Bill both found themselves a little off due to injury. Rich is normally good for a 300.0 kg. squat, but he still made a 275.0 kg. second attempt. Bill squatted 245.0 kg. last year, but only squatted 215.0 before passing on his third attempt. Rich made a 192.5 kg. bench before missing his 200.0 kg. third attempt. Bill only made his 122.5 kg. opener before missing his 127.5 kg. second attempt and passing on his third attempt. Rich made his second attempt 265.0 kg. deadlift attempt before missing a 277.5 kg. third attempt to finish with a 732.5 kg. total; Bill pulled a 227.5 kg. second attempt before passing his third to finish with a 565.0 kg. total. All three qualified for worlds and Rich's best attempts were all national meet records. Flight four was made up of 22 men including two who had already lifted in the unequipped division. Teen 1 Gustavo Garcia lifted unopposed in the 52.0 kg. weight class. Gustavo qualified for Worlds with a record-breaking 92.5 kg. squat, a 57.5 kg. bench and a 92.5 kg. deadlift for a 242.5 kg. total. In the 60.0 kg. class, Gustavo's teammate Quintin Evans also lifted unopposed and also set records with his 150.0 kg. squat, 80.0 kg. bench, and 177.5 kg. deadlift for a total of 407.5 kg. Quintin also qualified for Worlds. Jordan Miller and Bryant Manning lifted in two different age divisions of the 67.5 kg. weight class. Both qualified for Worlds Jordan by way of a record 145.0 kg. squat, a 92.5 kg. bench press, and a 170.0 kg. deadlift for a record 407.5 kg. total; Bryant by way of a 147.5 kg. squat, a 102.5 kg. bench press, and a 167.5 kg. deadlift for a record 417.5 kg. total. The teens were joined by Buffalo, Missouri's Dean Ratcliff. Dean is a friend of mine and we've lifted together several times. He wasn't particularly happy with his performance, going 4 for 9, but Dean still managed to set a state record with a 182.5 kg. squat, a state, national meet, and American record 147.5 kg. bench press, and a state record 197.5 kg. deadlift, for a state, national, and American total record of 527.5 kg. and a qualifying total for Worlds. There were three lifters in the 75.0 kg. class: two teens and a masters lifter. Clarinda Academy's Dominic Duke and teammate Ramnone Tolbert put on a show. Dominic squatted 167.5 kg. benched 120.0 kg, and deadlifted 185.0 kg. for a 472.5 kg. total; Ramnone squatted 142.5 kg. benched 92.5 kg, and deadlifted 162.5, for a 417.5 kg. total. Masters 3 lifter Tim Fletcher, from Holt's Summit, Missouri, set records with his 182.5 kg. squat, 115.0

kg. bench, and deadlift 205.0 kg. to finish with a record 502.5 kg. total. Both Tim and Dominic qualified for Worlds. Clarinda Academy's Kenneth Ford lifted unopposed in the 82.5 kg. class, but still managed to set Iowa state records with his 150.0 kg. squat, 105.0 kg. bench (which was also a meet record), and 170.0 kg. deadlift for a total of 425.0 kg. Kenneth also qualified for Worlds. St. Louis lifter Stephen Welch squatted a state record 252.5; benched another state record with a 172.5 kg. third attempt; and pulled a 242.5 kg. deadlift for a 667.5 kg. total in the 100 kg. weight class open division. Rodney Woods, from West Plains, Missouri, is another friend of mine. He is no stranger to international competition and he knows how to put together a great total. Rodney squatted 305.0 kg. benched 237.5 kg, and pulled 265.0 kg. for a total of 807.5 kg. as an M1 (40-44 years) lifter. Jim Bell didn't get enough qualifying for Worlds unequipped, he took another eight attempts (a total of 16 attempts in a single competition) and qualified equipped with a 250.0 kg. squat, a 137.5 kg. bench, and a 227.5 kg. bench for a 615 kg. total. In the 110.0 kg. weight class, Air Force Reserve recruiter Chris Modlin was the sole entrant in the police/fire/military division. He made the military proud by squatting a record 282.5 kg, benching a record 195.0 kg, deadlifting a record 272.5 kg. for a 750.0 kg, and an invitation to Worlds. Two teens lifted in the equipped 110s: Clarinda Academy's Terrance Pridgeon (T3/T18-19) and lifting legacy Tyler Scott (T2/T16-17) of Cunningham, Tennessee. Terrance squatted 165.0 kg, benched 147.5 kg, and pulled 170.0 kg, for a total of 482.5 kg. All of his lifts were state, national meet, and American records. Tyler squatted 230.0 kg, benched 155.0 kg, and pulled 205.0 kg. for a 565.0 kg. total (all of Tyler's lifts were records too). Not to be outdone by his grandson, Paul Wrenn of Clarksville, Tennessee, squatted 230.0 kg, benched 115.0 kg, and pulled 230.0 kg. for a 575.0 kg. total (all M6 records). Chris Forestier, from Cuba, Illinois and David Beversdorf, of Columbia, Missouri, lifted in the 145.0 kg. weight class. Chris put on a lifting demonstration with his record 340.0 kg. squat, 220.0 kg. bench and record 330.0 kg. deadlift for a total 890.0 kg. David, who has the unique distinction of holding the record for "Roman chair Bench Press" took token lifts in the squat and deadlift in order to focus on a 275.0 kg. bench press. Finally, the big boys took to the platform, with Jordan Scott lifting as a 14 year old Teen 1 against Bill Duncan, who was happy to be squatting in wraps (what he should have squatted raw), ending with a 262.5 squat before being pinned to the bench by his 135.0 kg. opener and bombing out. Summing up, 53 of 68 lifters qualified to compete at the 2010 WDFPF Powerlifting World Championships in Ireland this November and/or the 2011 WDFPF Single Event Worlds in Michigan next June. Best lifter awards went to Carmella Mattingly for unequipped women, Nun Amen-Ra for unequipped men; and Rodney Wood for equipped men. Team awards went to Clarinda Academy, The Pit, and Monsters of the Gateway. Once again, we want to thank all of the lifters, their families and friends, the meet staff, and sponsors for supporting us and making this a successful meet. It is our hope to host one national competition in Columbia every year and to develop the reputation for putting on some of the best meets in the region. This is a tall order when there are great meets in St. Louis, Southwest

Missouri, and the Kansas City area on a regular basis. Our next endeavor will be toward the end of this year or early next year when we host the Missouri State Powerlifting and Single Event Championships and International Qualifier. » courtesy William E. Duncan

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BENCH		J. Irving	400
242 lbs.			
RAW			
<i>Teen (13-15)</i>			
132 lbs.			
J. Allen	145*	T. Nixon	460*
<i>Teen (16-17)</i>			
165 lbs.		K. Tolson	350*
C. Willis	90	<i>Master (55-59)</i>	
<i>Master (40-44)</i>			
165 lbs.		M. Price	280*
M. Tolson	120*	<i>Police/Fire Open</i>	
MALE			
RAW			
<i>Novice</i>			
220 lbs.		A. Harper	450
J. Gish	315	<i>Open</i>	
<i>Teen (13-15)</i>			
242 lbs.			
S. Tolson	310*	<i>Teen (16-17)</i>	
<i>Teen (16-17)</i>			
275 lbs.		J. Allen	250*
D. Walter	235*	<i>4th-265*</i>	
<i>Teen (18-19)</i>			
308 lbs.			
D. Reed	290*	<i>Teen (16-17)</i>	
<i>Junior</i>			
198 lbs.		C. Willis	240
D. Vigiano	300	<i>4th-250*</i>	
<i>220 lbs.</i>			
C. Porter	315	<i>Teen (18-19)</i>	
<i>Submaster</i>			
148 lbs.		L. Thompson	350*
<i>Teen (13-15)</i>			
		MALE	
		<i>Teen (13-15)</i>	
		242 lbs.	

430* **198 lbs.**
D. Vigiano 505
4th-520
E. Ziegler 330 **220 lbs.**
C. Porter 545
T. Adamore 560* **275 lbs.**
4th-600* M. Reschke 600
275 lbs.
4th-625
D. Walter 450* **Master (45-49)**
275 lbs.
R. Naccarato 580
D. Reed 425* **Police/Fire Open**
4th-450* **242 lbs.**
A. Harper 600*
*=Son Light Power Indiana State Records.
Best Lifter: Aaron Harper. Best Teenage Lifter Men: Tyrone Adamore. Best Teenage Lifter Women: Lee Lee Thompson. Best Lifter Bench: Jason Irving. The Son Light Power 7th. Street Gym Open Bench Press & Deadlift Championship was held at 7th. Street Gym in Clinton, Indiana. Thanks to owners Mike and Linda Whiteman for once again hosting this event. In the raw bench press competition Janelle Allen broke the existing state record for the women's 13-15/132 class with 145. Chelsea Willis won at 16-17/165 with 90. Our final lady lifter, Mollie B Tolson, broke the Indiana state record for the 40-44/165 class with 120. Joe Gish took the novice 220 class with 315. At 13-15/242 Spencer Tolson broke the state record with his personal best 310. Dakota Walter set the record for the 16-17/275 class with 235 while Demetrius Reed broke the record at 18-19/308 with 290. Dominique Vigiano got the win at junior 198 with 300 while Chris Porter won at 220 with 315. Our best lifter, Jason Irving, won at submaster 148 with 400, making just his opener. Jason, who is the world's number two ranked bench at 148, is also the state record holder for this class. Richard Moseley won at 242 with 370. Tony Nixon got our biggest bench of the day at 40-44/275 with his 460 state

record attempt. Keith Tolson broke his own state record at 40-44 SHW with 350. Mike Price, one of Keith's training partners, broke the state record at 55-59/308 with 280. Aaron Harper got a new personal record at police & fire 242 with his 450 second attempt. Then at open 242 it was Ben Hartman for the win with 340. Moving to the deadlift event, Janelle Allen continued her attack on the records for the 13-15/132 class, pulling a great 265 state record final attempt. Chelsea Willis broke her own state record at 16-17/165 by five pounds, ending with 250. Our best lady lifter was Lee Lee Thompson, who pulled an amazing 350 for a new state record in the 18-19/132 class! For the men it was Spencer Tolson with his second state record of the day at 13-15/242 with 430. Eric Ziegler won at 16-17/181 with 330, but it was the unbelievable Tyrone Adamore who stole the show among the teenagers. Lifting in the 16-17/220 class, seventeen year old Tyrone pulled a 600 final attempt, to earn him the best lifter honors among the teens! Dakota Walter broke the state record at 275 with his PR 450. Demetrius Reed got his second state record of the day at 18-19/308 with his 450 pull. In the junior division, Dominique Vigiano pulled a strong (all back) 520 for the win at 198 while Chris Porter got the win at 220 with 545. Another great puller, who pulls over-handed, was Mike Reschke. Mike finished with a new personal best 625 at junior 275! Local favorite, Randy Naccarato, finished with 580 at 45-49/275, just missing his final record attempt with 610. Our best overall lifter award went to Aaron Harper, who pulled a new personal best and Indiana state record of 600! Thanks to Tyrone Adamore and Ben Hartman for helping my son Joey Latch with the loading and spotting duties. Thanks also to Tasha Hartman for taking some great pictures of the meet. See you all again next year. » courtesy Dr. Darrell Latch



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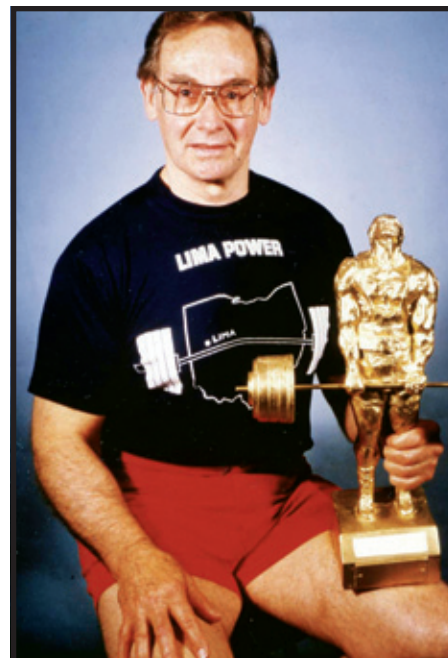


Best Lifters at the 7th Street Gym Open: (L-R) Aaron Harper, Jason Irving, Tyrone Adamore, LeeLee Thompson



JOSEF SCHNELL October 2010

Josef Schnell, founder of the Schnell Barbell Company, died in early October at the age of 76 in Bavaria, Germany. He was several times German National Olympic Lifting Champion and competed in the 1955 World Championships. His barbells and plates (Schnell Hantel) were known worldwide, and were used at the 1972 Munich Olympics as well as the 1982 and 1996 IPF World Powerlifting Championships. Mr. Schnell trained the great German lifter Rudy Mang for his performance at the 1972 Olympic Games. A pioneer in computerized strength training equipment, his patented synchronized mechanism is still in use today.



CHARLES LEE July 19, 2010

Charles W. Lee Sr. passed away on July 19th, at age 89, in Lima, Ohio, following the complications from a stroke. A many time masters national and world powerlifting champion and record holder, and lifetime physical fitness advocate, he served in both the Navy and Marines in World War II, earned a Masters Degree in Entomology from Ohio State and worked as a chemical engineer, and business owner, before eventually retiring from a librarian position at Lima State Hospital. He was a member of the Masonic order, past member of the Lima Lions Club, and volunteered extensively at the Lima YMCA, including support of their annual bench press competition.



HAROLD CONNOLLY August 18, 2010

Harold Connolly (seen with Bill Kazmaier at the 1997 World's Strongest Man contest in Primm, Nevada) passed away while working out on August 18th, at the age of 79. The multiple-Olympian and 1956 gold medalist in the hammer throw, was a long time friend of powerlifting and many powerlifters. Despite an arm that was withered at childbirth, he succeeded in sports and life, with a storybook romance and marriage to Czech Olympic discus star Olga Fikotova, and a 30 year career as an educator and an executive in the Special Olympics program. He mentored many of America's subsequent hammer throwing champions.



GREG KOSTAS May 26, 2010

Greg Kostas, the former Massachusetts State Chairman for USA Powerlifting, passed away on May 26th, after a year long bout with cancer. Greg had run annual contests in Massachusetts and neighboring states since the 1980s, and was always an enthusiastic promoter of powerlifting, ever since his teenage years, when he was a protege of former USPF President Joe Zarella. Greg actually placed 2nd in the 242 lb. class at the 1978 Teenage National Powerlifting Championships held in Evansville, IN. A lifelong resident of Whitman, Massachusetts, he was only 50 years of age when he passed away.

As always, our hearts go out to the families and friends of our brothers in powerlifting who have passed. May their accomplishments and the joy they brought to those around them not be forgotten.

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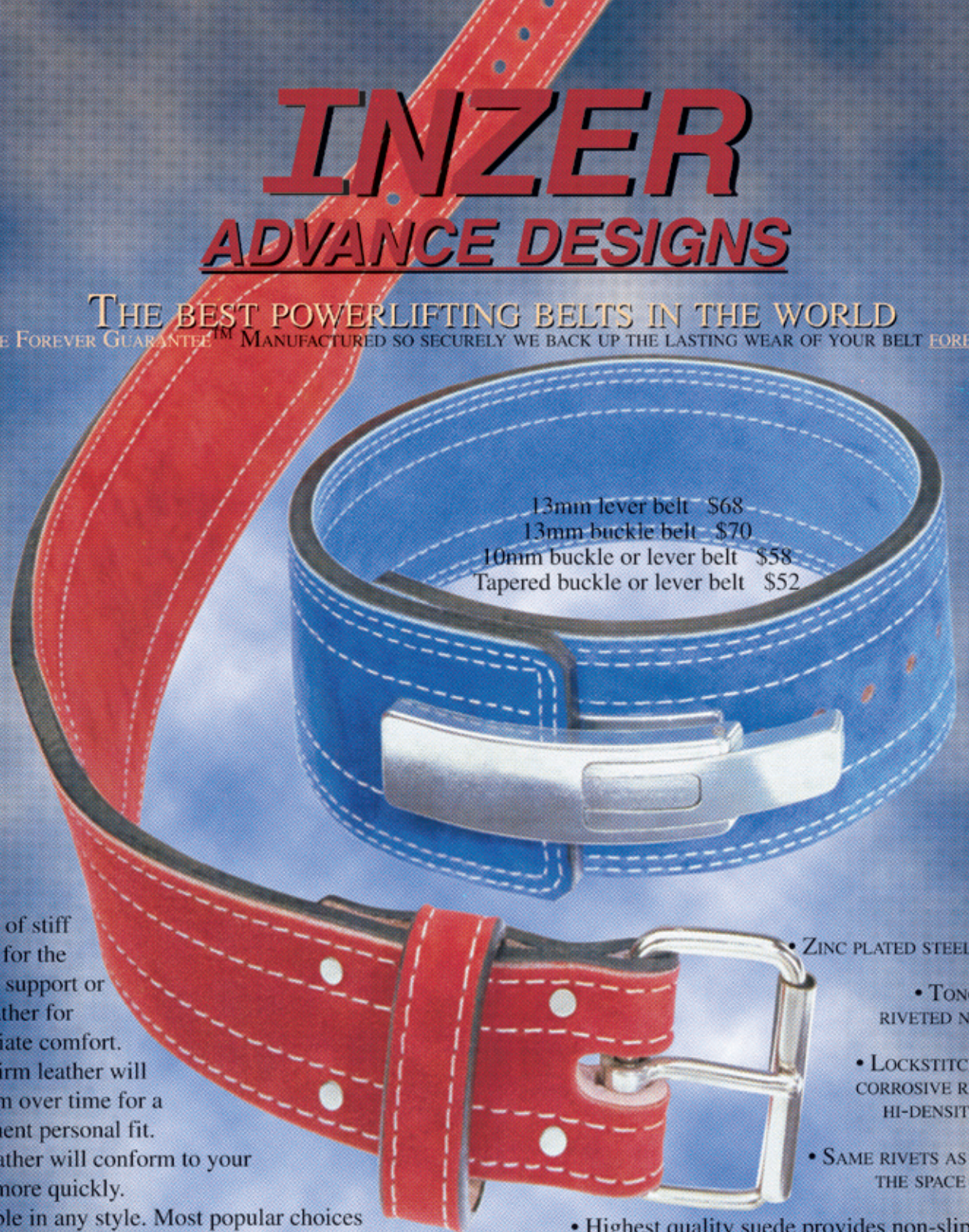
SAM ALDUENDA

SAM ALDUENDA, AT AGE 61, WITH A WORLD RECORD MASTERS III DIVISION SQUAT OF 485 POUNDS, AT THE 2003 IPF WORLD MASTERS CHAMPIONSHIPS IN REGINA, CANADA. HE LATER WENT ON TO BUMP THAT MARK UP TO 491 AT THE 2004 USAPL NATIONAL MASTERS CHAMPIONSHIPS.



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