

INTERVIEW: TITAN'S
PETE ALANIZ

GERRY McNAMARA'S
NUTRITION REGIMEN

WESTSIDE BARBELL:
DEADLIFT TRAINING

"POWERLIFTING USA,"

MARCH 2012 » VOL. 35 NO. 4

THE LOS ANGELES FIT EXPO

BEST LIFTERS: DENNIS TINAJERO + LIZ FREEL



Gus Rethwisch takes us back to the
1982 HAWAII RECORD BREAKERS

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courtesy Mike Lambert/PL USA

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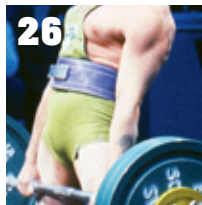
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photos courtesy Mike Lambert/PL USA



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MEET WEEK COUNTDOWN

as told to Powerlifting USA by Doug Daniels

The most critical week of your contest training cycle is the actual week of the meet. After all the weeks of training and nutritional efforts many lifters fail to recognize that this final week is more critical than you may imagine. If you have a set plan for this last week, all those previous weeks of training can really pay off. However, without a plan, your meet results could suffer greatly. The meet week should be devoted to finding out where you are strength-wise, testing your lifting gear for the meet, checking your body weight, getting some last minute recuperation and building critical confidence.

In my opinion, meet week should not consist of max attempt lifts or intense training. First off, why risk injury attempting max weights so close to the event? Second, it's best to leave a little for the meet itself and not burn out or peak too soon. You want to set yourself up to be a little anxious and hungry to get those PRs at the meet, not leave them in the gym. Well then, what should meet week look like? For this article's purposes, let's assume a lifter whose opening lifts at the upcoming meet are a 400 squat, 300 bench and 500 deadlift.

First, I strongly recommend going only to your intended meet openers in training on meet week. This allows you to simulate your exact meet warm-up procedure for each lift and verify your selection of openers is reasonable. Since the deadlift requires the most recuperation time between workouts, take your last deadlift 10–14 days prior to the meet. A good progression for a 500 opener would be as follows: 135 x 8, 225 x 5, 315 x 3, 375 x 1, 405 x 1, 450 x 1, 500 x 1. That would be it for deadlifts until the meet. Finish this workout with abs and some stretching.

Your last squat workout would be best taken on the Monday or Tuesday of meet week. A sample progression for a 400 pound opener: 135 x 8, 225 x 5, 275 x 3, 315 x 2, 365 x 1, 400 x 1. Finish off this workout with ab work and stretching.

Your last bench workout would be on Tuesday or Wednesday at the latest. For a 300 pound opener try this progression: 135 x 8, 185 x 5, 225 x 3, 255 x 1, 280 x 1, and 300 x 1. Abs and stretching should be included again as a finisher. That's it. Any more would be risking overtraining which can easily happen so close to a meet.

All other assistance work should be discontinued on meet week. You will not lose any strength by only working up to opening attempts as weights are still heavy enough to maintain your strength level and not lose your edge. It is critical to execute all these attempts to meet rule specs, such as squat depth, pausing at the chest for the bench and complete lockout for the deadlift. Take your time between sets to better simulate time taken while warm-



In one respect, powerlifting hasn't changed that much since 1974, when John Kuc was lifting at the World Championships (above)—you can't do much on meet week to gain strength, but you can certainly mess up your strength levels if you train the wrong way at the last minute (Pope photo)

ing-up at a meet. Use the same lifting gear, such as squat suit, bench shirt, etc. this week that you will use for the meet. This will prevent any surprises at meet time. Put your gear on for each lift in the same order as you would at the meet during the warm-ups. Use full contest lifting gear for your top single along with belt and knee warp tightness.

The warm-up lifts for the example lifter can be adjusted easily for your own openers by some simple math. These progressions are designed to conserve energy and strength for the actual meet attempts. Too many lifters seemingly take whole workouts while warming up which leaves them with little strength and energy by the time they get to second or third attempts on the platform. It's not too uncommon to see novice lifters taking their last warm-up with the same weight as their opener just to be sure they can get it. The method I've just outlined will eliminate the need to make sure you can get your openers on the platform. Your meet week training will confirm if you're capable of that weight or not. The sooner you lose those crazy and unconfident warm-up room habits, the sooner you will make real progress.

If your openers felt heavy during meet week, consider adjusting them downward 5–10% for the meet. You can increase your second and third attempts if things go well at the meet, but you can not lower your opener after you take it. If you still need to cut bodyweight during the last week, your strength level may drop further. Don't rely on meet adrenaline to succeed with weights that were tough the week prior. Also, keep in mind the weight set you will be using at the meet may not weigh the same as the set you use in training. High quality meets use certified sets that are right on or at least pretty close. Many gym weight sets are not nearly as

dead-on weightwise as advertised and may either be high or low. These small differences can add up noticeably, especially as your weight attempts increase.

Just a few more tips I'd like to pass on. Skip partying that final week. Excessive alcohol consumption and late nights out can cause dehydration and strength loss. There will be plenty of time for partying after the meet. Be disciplined and focused that final week. If you have aches and pains, take advantage of whirlpools, etc. if they are available. Extra rest is a great healer, so take it easy that last week. Don't feel guilty about the low training volume this last week. Try to get plenty of sleep and good food. If your weight is a concern, the sooner you start to get it down the better. Crash diets sap strength, so reconsider losing weight if it looks to be unreachable by meet day. As I've said many times, lifting tends to make lifters bigger and can force move ups in weight class. You can consider some meets as "training meets," which means there is no need to make weight in your targeted weight class; you would lift at the weight you come in at. Training meets can be used to peak for a more important meet in the near future. Runners use similar strategies to peak for bigger, more important races, using smaller running venues to gauge their abilities and current condition.

Meet week is, by far, the most critical week of your entire training cycle. Your goals and mindset of this week should be different from any other week of contest training. Athletes from many other sports use this type of method to conserve energy and strength prior a major athletic event. In addition, you'll be hungrier to lift big weights at the meet, where they count. You may need to make some adjustments to fit your own situation, but if you approach it in the manner I suggested, your results will reflect it on meet day. «



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This Spring, *MHPStrong.com* has again teamed up with *HardcorePowerlifting.com* to create two of the most exciting barbell based lifting competitions in the USA. On March 31st, The Ronnie Coleman Classic Expo in Dallas, TX, will play host to MHP's HERCULES 2012. This absolute, four lift tournament will feature Max Raw Squat (no monolift), Max Raw Bench, Max Raw Deadlift and Overhead Barbell Push Press. The biggest lift in each discipline will win \$1,000 CASH, the lifter with the heaviest powerlifting total will be featured in an interview for *IRON MAN* magazine and the show's overall champion (4 lift total) will win an additional \$1,000.

Three weeks later, The Emerald Cup Expo in Seattle will be the stage for MHP's Hardcore Powerlifting Record Breakerz. Competitors in the 175, 225, 250 and 275 pound weight divisions can elect to raw squat, bench and/or deadlift and each single lift AND total winner will pick up \$250 plus each broken Hardcore Powerlifting Federation record (single lift and total) will also win a bonus \$250 in cash. That's another \$8,000 up for grabs! This is Hardcore Powerlifting's first time working with The Emerald Cup, and they sold 6,000 tickets to the tradeshow last year, so it's instantly shaping up to be a super sized stage for professional power sports!

On top of that, *MetabolicDoc.com* has issued their Champions' Challenge. If the biggest raw squat between both shows is also the first ever 1,000-plus pound competition squat, then *MetabolicDoc.com* will award that record breaker \$1,000 in bonus cash! If the biggest raw bench is also 720-plus pounds, another \$1,000. If the biggest deadlift turns out to be 1,020-plus, then that prestigious puller will win an additional \$1,000. And if someone from these two showdowns also becomes the first person to ever total 2,500 pounds under classic conditions, then they too will pick up another \$1,000 from this motivating sponsor (lifts performed in other federations will have no bearing on these prizes).

If all of the above doesn't get your competitive blood boiling, then know that these world class events will be covered by a press corps consisting of Jeff Everson's *Planet Muscle* magazine, *IRON MAN* magazine, *Powerlifting USA*, *Bodybuilding.com* and by *RxMuscle.com*. Plus we run



HD videos on *YouTube* and just one of our clips from last year received over 260,000 views! So, get seen, get recognized, get respected and get paid for being one of the best powerlifters in the game today. Entry forms are available for print at www.HardcorePowerlifting.com. The sign-up deadlines are March 1st (Texas) and March 20th (Washington). Questions or concerns? Please contact Sean Katterle at Seanzilla@hardcorepowerlifting.com or leave a voicemail at 1.503.221.2238.

MHP INKS MULTI-YEAR NASCAR SPONSORSHIP!

When the green flag drops to signal the start of the NASCAR Daytona 500 on February 26th, MHP's new Power Pak Pudding car will be in the hunt for the big win! Sitting behind the wheel of MHP's #38 car, racing under the Front Row Motorsports banner, will be ace driver David Gilliland, who placed 3rd in the 2011 Daytona 500.

MHP, the industry leader in performance supplement innovations, has inked a multi-year racing sponsorship to become the official nutritional supplement sponsor of Front Row Motorsports (FRM). The partnership also includes sponsorship of a second MHP Power Pak Pudding car—#34, driven by David Ragan—at the Budweiser Shootout on February 18th, also held at the Daytona International Speedway.

Following the Daytona 500, MHP will sponsor cars driven by both Gilliland and Ragan in multiple NASCAR races throughout the 2012 and 2013 seasons.

In addition, the MHP-FRM partnership includes MHP's exclusive sponsorship of the Pit Crews for both Gilliland and Ragan for the full 2012 and 2013 seasons. Front Row Motorsports brought in pit crew coach Gary Smith in January to improve the physical shape and performance of both drivers' crews. Faster pit stops (even by a second) can positively impact a car's placement in a race, so top performance is critical. The addition of MHP supplements to the equation is precisely what Smith was looking for to get his guys stronger and faster, and improve their muscular endurance.



"I am really excited about the opportunity to work with a first-rate racing team like Front Row Motorsports," said Gerard Dente, CEO of MHP.

"This unique sponsorship will not only connect our performance nutrition brand with millions of NASCAR fans, but more importantly it will showcase how our supplements will help improve the performance of Front Row Motorsports' pit crew and drivers. I'm looking forward to working with pit crew coach Gary Smith and seeing how improvements in the pit crews' speed and strength translates into better track times for the team."

"In the offseason, Front Row Motorsports upgraded our driver lineup, pit crews and shop personnel," stated FRM General Manager Jerry Freeze. "We are looking to MHP to get our over-the-wall guys performing at their maximum performance potential. That was an area that needed improvement, and in MHP we have a partner that is going help us do just that – continually improve."

"People don't realize how hard these pit crew guys train," added Steve Downs, MHP Marketing Director. "This sponsorship allows MHP to show how our core products and the new X-FIT product series will make a difference for these guys in the racing pit."

For more information on MHP's Power Pak Pudding, visit PowerPakPudding.com. To find out more about the X-FIT line of supplements, visit MHPXFIT.com. For information about Front Row Motorsports, visit FrontRowMotorsports.com.

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TITAN SUPPORT'S PETE ALANIZ

as told to Powerlifting USA by Larry Miller

Pete, I have been attempting to do this interview with you for the past ten years and we are finally sitting down to do it. I am glad it didn't take this long to get my bench shirts from you.

Let's start with some personal information about you, including your age, family and occupation.

Well, I turned 51 on March 6th last year. I have my wife Cynthia and two kids, Nick, 13, and Melissa, 10. I am president of Titan Support Systems.

How did you come up with the name of Titan Support Systems?

My father, mother, girlfriend (now wife) and I sat around my parent's kitchen bar around the Fall of 1981 and started throwing names around. We started playing with the idea of mythological characters that represented strength and power, such as Atlas. That's when someone remembered that Atlas was a Titan, the mythological race of powerful Greek gods who originally ruled the Greek universe. Everyone liked the name and Titan was born.

You started in the sport as a lifter. What brought you in to the sport?

I always loved strength sports. We used to watch Olympic lifting on TV and watched some of the greats, such as Alexiev and Rigert. My dad had bought us a weight set around 1975 and we were always messing with weights. In high school, we heard about competitive lifting and initially I looked for Olympic lifting, but couldn't find anything in the area and then I saw some guys powerlifting and I thought, "I can do that." I didn't know it at the time, but Corpus Christi had some of the best powerlifters in the world. I got lucky and started training with a crowd that knew what they were doing. I found out that the powerlifting community is pretty tight knit and close. The physical aspect as well as the training really appealed to me.

What were your favorite lifts?

My favorite was the deadlift and the bench. I started lifting in 1977 and did my last competitive meet in 1987. I came back to the master's in 2002 and did a meet. The reason I quit competitive lifting was because I got serious about the business. I figured I could either do a little of both and be somewhat successful with both or concentrate on one and be more successful at that. I figured I was never going to be a world champion, but I could do something with the business.

What were some of your lifts back then?



Pete Alaniz squatting back in the day. The head judge was the late Chip McCain. Paul Barbee, the "Godfather" of Central and South Texas Powerlifting, used to say he "discovered" Rick Gaugler, but he "made" Chip McCain into a great lifter.

Well, this was before we used the super gear of today, but I lifted as a 132-pounder and my best competitive squat was 396 (1983, single-ply poly suit and hurricane wraps) at 129 pounds body weight, my raw bench was 260 and my deadlift was 430. Of course, I had better lifts in the gym. You know how that goes.

How did you get into the equipment business?

Well in 1978, at the Texas State Novice Championships in Houston, (that's back then they had a novice division as well as the open division) a guy showed up with a Marathon suit. You would have thought he brought a pink elephant into the room. Everyone crowded around him. We had never seen anything like that before. So anyway, that's when we realized that there was

some supportive gear out there and we tried to order it through the mail. Sometimes we had success with it and other times we would buy it and it would tear brand new. My mom was watching us do this and all the while she was telling me that she could do something better. I kept telling her that I didn't want to work her like that. Well, this routine went on for about a year and she finally told me, "Look, I know I can do a better job. Dump that stuff, let's get some fabric and I'll make you a suit." So she made me one and it was a great suit. The first meet I used her suit at was the 1981 Texas Hill Country Championships put on by Ruben Oliva. I attempted a novice squat record which I barely missed, pulled a novice state deadlift record and just barely missed the total record.

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GEORGE ZANGAS: FRIEND, COACH, MENTOR

as told to *Powerlifting USA* by Gary Menaker

Backing out of the squat rack at the original Joe Gold's gym in Santa Monica, California, I felt the right hand weight stack bump into something solid. It was flesh. Glancing over my shoulder, my eyes met the grimacing face of Lou Ferrigno, The Incredible Hulk. To make the encounter even more intimidating, Lou's bared teeth were encapsulated in shiny steel. I quickly racked the weight and made my apologies.

It was back in the late '70s and I was with George Zangas and the Thompson Power Team training at Gold's for the cameras of a national magazine. I was later told Mr. Ferrigno had broken his jaw trying out for a Canadian football team. No matter, I didn't want to incur his wrath—handicapped or not!

This, and many more memorable experiences, were the direct result of being under the tutelage of my friend and coach, George Zangas. I first met George in 1974, after taking the silver medal at the Junior Nationals in Los Angeles. George was working for Thompson Vitamins based in Long Beach, and was recruiting for a company sponsored power team. I had another offer at the time, but George was most convincing and I chose to go with him. I am very glad I did, as over the next eight years my life was irrevocably changed, and much for the better.

George was a businessman, an entrepreneur, a visionary and a character. George, "The Greek" was often funny, sometimes arrogant, but always caring for the team he put together from an equally colorful cast of characters. There was my buddy, Larry Kidney, a 300-pound motorcycle cop from Pomona, California. Larry reportedly had to have his knee-high motorcycle boots custom made to accommodate his 22-inch calves. Certainly an intimidating figure on a traffic stop. And Marvin Phillips, another police officer, whose idea of training raw was purportedly squatting in the nude. Terrible visual imagery, but one strong dude! And there were many more unique personalities throughout the years in this band of brothers.

Thompson was an excellent sponsor and not only did we receive supplements, uniforms and gear, but we were able to compete all over the United States with George as "mother hen," taking care of travel arrangements and all logistical details. George was everywhere—encouraging, strategizing, scoping out the competition and making sure all our needs were met. Mostly things went off without a hitch...mostly.

There was an incident that occurred in 1976 after a successful team outing at the Senior Nationals in Arlington, Texas. After the team



Those were the days – the Thompson Power Team: bottom row, from left, the late George Zangas, Gary Menaker (who wrote this memorial about George), Rob Walker, Buddy Ravenscroft; top row, from left, Ernie Steinkirchner, Terry McCormick, Larry Kidney, Louie Hernandez, and Tommy Overholzer (Gary Menaker photo)

boarded the plane in Dallas and all the gear and trophies were stowed, a stewardess asked if we had forgotten anything. "Just the bomb I left behind," replied lightheavyweight Rob Walker jokingly. Wrong language even in the '70s! The whole team was made to disembark with our luggage and escorted to a holding area for query and examination. I do remember a couple of female airline officials looking on wistfully as we were taken in to be strip searched.

Another time George was in my hometown of Las Vegas, Nevada, to attend the big nutrition convention held here. He had brought with him new recruit, Bill Kazmaier, later to become World's Strongest Man. Bill was in his prime and at over 6 feet tall and nearly 300 pounds, he had a remarkably small waist in contrast to his massive chest and torso. He looked like power personified.

George invited me to accompany him and Kaz to the convention and I remember Kaz lumbering behind 5-foot-7-inch George like a massive, silent bodyguard, with me, of equally short stature, walking flank. George asked me if I wanted to meet Jon Cole of Arizona, holder of

the all-time highest combined total for Olympic lifting and powerlifting. Jon was also a track and field star and, at the time, was totaling more at 242 than were the supers. I was quite excited to meet him. Jon was a specimen himself at about 5-foot-11-inches and 230 pounds of muscle, but as I was shaking his hand at his nutrition booth, his eyes were on Kaz, not me. I just remember Jon asking George, "Where the %#@ did you get HIM!"

Thanks to George, I was able to meet Rickey Crain, Mike Bridges, Doug Young and many more power greats. We trained at Gold's alongside bodybuilders like Arnold, Robbie Robinson, Kal Skalak and Tom Platz. And my team members were greats in themselves, many—such as deadlifter extraordinaire Terry McCormick—going on to the world championship level.

The experiences were many and varied, but most importantly we were able to experience the camaraderie of a team that went on to win several national team titles and all our performances improved with George's guidance. George's creed was that exacting physical and mental preparation and consistent technique

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115 THE GYM - NORBORNE, MO

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



Last month we learned about family bonding at Bar Benders Barbell in Arkansas, and I promised we would stay down south for one more month. This month, we'll see what we can find in Missouri. I got some info on a crazy little gym in the land of MO soybeans. That intrigued me—because I always wondered why anyone would eat a soybean when beef is readily available in most areas. Come to find out, soybeans make you strong—if you chew them up and rub them in your hair. At least I think I saw that on the Internet. Here is more soybean info from Chuck Mabie:

Norborne, Missouri, is a small town one-hour outside of Kansas City. With a population of 1,500, Norborne is most famous for holding the self-proclaimed title of Soybean Capital of the World. If that sort of thing trips your trigger, then be sure to check out Norborne's annual soybean festival. But for seven guys who don't give a damn about soybeans, Norborne is simply the place they meet every other week to get stronger. The group meets weekly, rotating between Kansas City and Norborne each Saturday. The gym these warriors use in Norborne is a pre-fab building erected behind a house in a residential neighborhood. It was built for the sole purpose of being a gym; it was never meant to be used as a garage or even a business. Except, of course, for the business of getting stronger.

Four of the seven lifters live in the Norborne area, and the other three call Kansas City home. The core group has been working out together for over 10 years. Although the total membership has changed a bit over the last decade, not one of the current members has been around for less than a year. Sure, more join every so often. They'll typically stay a few weeks when gains come pretty easy, but once getting strong becomes hard work, most find excuses not to show up. You find out pretty quick who is in this for the long run, and who doesn't have the commitment to a team effort, the will, or the desire to do the hard work. *(I'm just in it for the babes. RB)*

Anyone can join, no membership is required, and there are no club fees. Hell, the gym is normally kept unlocked. All that is required is you show up and work your ass off to get stronger. You also have to be there to spot and take your turn at loading weight.

This group employs a pecking order system. Weakest first up, working up to the strongest—just like at a powerlifting meet. This way you're adding weight and only breaking down the bar weight once. This also creates a friendly competition among all lifters. *(I have always suffered in pecker order, because mine is small. RB)*

Curtis Evans, the building owner is a gifted welder and most of the equipment is either personally designed by him (and much better than commercial gym equipment), or repaired old equipment, or performance-enhanced purchased equipment. Everyone has contributed something to improve the gym, whether it's a heavy-duty competition bench, Ivanko bar, radio or fan. And fans are important as there's no air conditioning. Over 6,000 pounds of plate weight has been accumulated. *(I train without A/C too, but dang, A/C was a great invention! RB)*

This gym is a complete gym with a competition bench that is the groups' main focus. Cable cross over, squat rack, cable push down, hip sled, and incline bench are a few of the other tools accumulated. World-class lifters and ex-NFL players have visited and worked out at *The Gym*, but the main-stayers will be there often during the week, and are

guaranteed to be there for the groups weekly Heavy Day. The group trains and competes together. Most recently the core group took home seven trophies from the Superman Classic in Metropolis, IL, some 400 miles away. Their victories included best lifter (Keith Parrish).

Current personal records in the bench press are:

- #1 ranked masters, Keith Parrish: 690 lb.
- Former #5 ranked, Bruce Stevens: 600 lb.
- Tiral Luke: 625 lb.
- Kevin Flick: 515 lb.
- Dennis Reed: 475 lb.
- Curtis Evans: 430 lb.
- Chuck Mabie: 415 lb.

If you're ever lost outside of Kansas City or checking out the Soybean Festival, stop on by *The Gym*. The doors are open for those who aren't afraid to work hard. Just pull into town,

turn by the Caseys and look for the large oak tree.

I love these directions; it makes me feel like I am going to a cousin's farm! Chuck, is it true that soybeans make you stronger? Do they help you in the pecking department?

I included the soybean festival info to add a little humor, because there is nothing else going on in our small town.

But do soybeans really make you stronger?

No. Soybeans are a filler food; vegans eat total soybean hamburgers and lots of people add them to regular hamburgers.

What people do this? Why would you put soybeans in perfectly good beef? Where did you get the Superman logo on the gym door? Are you connected to the Superman Classic?

None of us have anything to do with the Superman Classic, except to compete as lifters. Bruce Stevens (one of groups longest-running lifters)—who has been ranked several times and is very close to hitting 3-times his body weight—is a huge SUPERMAN fan. Bruce has some Superman memorabilia.

SUPER! Thanks again to Chuck Mabie, and all of our friends from the soybean festival! I am still looking for pictures of the "Soybean Queen" because I just know she was a good-looking girl. In the meantime, we've posted this photo of the lifters from THE GYM! They'll keep the bar loaded and chalked. Go check 'em out when you visit the next Soybean Festival!

Next month, we head North! Until then, email photos of "Soybean Queens" and weightlifters to: rick@houseofpain.com. «



The team at The Gym in Norborne, Missouri (The Gym photos)



MAKING WEIGHT

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

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

This month's forum question deals with making weight for competition. We asked each panel member how they make weight and how they would advise one to do it.

BOB GAYNOR: Making weight for me is one of the most unpleasant aspects of powerlifting. I have never dropped large amounts of weight, but I have never enjoyed it. Early in my career (the '60s and '70s), I would simply reduce calories about a week out, and then eliminate fluids the last day—not too smart. Hydration was unknown at that time. The result was you hoped you did not cramp.

What I do today is keep my weight close (I feel this is the key), and then a few hours before weigh-in do cardio or use a sauna if it is available. After making weight I re-hydrate. I avoid two hour weigh-ins because, at my age, two hours is not enough time.

I am not a fan of these huge weight losses, but if you do it, medical help should be used. Many professional athletes use IVs, yet this seems to be frowned on in powerlifting.

My most unusual weight loss experience was at the '93 or '94 High School Nationals run by Mike Foggia. In Des Moines, Iowa, the first lifter in line to weigh in was a around 3 pounds over. During the weigh-in process he was back three times. Each time a little closer, but not there. Finally with about two minutes left he stepped on the scale and was just over. He stepped off the scale, removed his glass eye and got back on. He made it!

To conclude, I would advise "keep your weight class;" sweat it off and re-hydrate. Losing weight is not fun.

DAVID RICKS: When I was competing at 165 and then 181, I would cut between 8 to 13 pounds before a contest. I would first work on cleaning up my food intake by drinking more water and cutting intake of sodium and fat. I would try to eat every two to three hours like a bodybuilder. I would add aerobic activity about four weeks out from the competition by doing 30 to 40 minutes of low aerobic activity four to five times per week.

The goal is to be no more than four to five pounds heavy within seven days of the competition. If you drop too much weight right before the competition it will affect your lifting. During the last two weeks I would sometimes get in the sauna for 10 to 20 minutes after my aerobic



Bob Benedix with Bonnie Aerts at the 2009 Fit Expo meet

conditioning to assist with the weight loss.

BOB BENEDIX: A gallon of water weighs 8 pounds! Cut back on your carbs and increase your protein the week before the meet and keep your fluid up and you can drop 8 pounds of water! The sauna a few hours before weigh in can drop another easy 4–8 lbs. Ten-percent of your bodyweight can be dropped safely without loss of important minerals and risk of cramping!

MIKE TUCHSCHERER: I just helped a guy with

his weight cut for Raw Unity. We were a little pressed for time, so we had to drop some water. I generally don't like doing that because it's a gamble. Having a good meet after a water cut is not as easy as getting all the weight back on despite what others' experiences have been. In this case, he got his weight back up, but it still affected his squat a little.

Most guys do have fat to lose, especially if you're in a heavier weight class. So I advise people to drop body fat as much as they can. The excess fat won't help you lift, so by drop-



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TONY RODRIGUEZ

as told to *Powerlifting USA* by Ben Tatar of *CriticalBench.com* » ben@criticalbench.com



Raw Elite

Tony Rodriguez deadlifting at the 2009 AAU World Championships in Laughlin, Nevada (Rodriguez photo)

Tony Rodriguez is a powerlifter from Las Vegas. He has deadlifted 629 pounds in competition at 181 pounds bodyweight. Tony has also hit an elite powerlifting total (1399.8 pounds at 179 pounds in raw competition). Tony is also the head of his own powerlifting team: Natural Power Las Vegas. Today, *Powerlifting USA* magazine brings you this exclusive interview with deadlift superstar and elite powerlifter, Tony Rodriguez!

Tony, welcome to *Powerlifting USA* magazine. It's great to have you here today. Tell us a little about yourself.

My name is Tony Rodriguez. I'm originally from Brooklyn, NY. I served in the military for 12 years, all over the world. I am a father of two boys and a little girl. I have been in Vegas since 1998.

How did you get started in powerlifting?

Well, I was a martial artist. I started doing martial arts and I was also doing some fighting in Korea. My specialty was Muay Thai. When I lived in England, I was doing Muay Thai. I wanted to get stronger so I could fight better.

That's a very interesting way to get started in powerlifting. You have lived all over the world. Where was your favorite?

I loved England. I loved seeing things from the 1400 to 1600s. Just so much culture.

How would you compare the mentality of martial arts to the mentality of powerlifting?

To me, the mentality of both is similar. They both have that adrenaline rush. They also both create the desire and will to do things that could get you hurt. It's all about testing yourself.

Great point, you are a martial artist powerlifting warrior! Tony, what federation do you

compete in?

I started with BAWLA in England and then competed in USPA with Steve Denison. I have been with AAU since 1998 and really got into it in 2006. I started with 100% Raw in 2009 and then NASA in 2010. I competed in the IPL Worlds under USPA in 2011. These have all been great organizations.

I know that you have deadlifted 629.4 pounds at 181 pounds body weight. That is impressive for any size, and scary strong for a man who weighs under 181 pounds. How many powerlifting meets have you competed in?

I have competed in 40 powerlifting meets between England, Louisiana, Florida, Arkansas, California, and Nevada.

Do you have a favorite place to compete?

My favorite place to compete is here in Las Vegas, Nevada. Las Vegas is where all the world

Warning: saying the below could get you smacked!

"Hey Bro, Are You Done Squatting In The Rack So I Can Do Some Arm Curls?"

If you want to "train for real" and get respect in the gym then you've come to the right spot...and if you want the "real" scoop on supplements from legends like Joe "The Prototype" Morrow then keep reading...

Dear Fellow Powerlifter,

I feel sorry for them, you know the guys I'm talking about...

The ones that read the "bodybuilding" magazines and blindly follow the endless "split/single body part" routines because one of the pharmaceutically enhanced pros said so...c'mon man!

Week after week, month after month, I see the same guys doing arm curls, rocking back and forth, using the same weight from when they first started, not gaining a single pound of muscle...I call them "curl-bro's"...

Sometimes I like to have a little fun with them and yell out, "When is leg day?" Of course the answer is always "tomorrow!" Kind of like the sign in my local bar, "Tomorrow Is Free Beer Day!"

RAW LIFTING

Since you are reading this you know what "raw lifting" is and no one knows that better than Joe Morrow...

Joe has more powerlifting titles and raw lifting records then would fit on this page and he truly is one of the nicest guys you'll ever meet. He's also solid as a slab of granite and inspires everyone when he walks into the gym. So when Joe talks about supplements... **people listen!**

THE MODERN BLUEPRINT

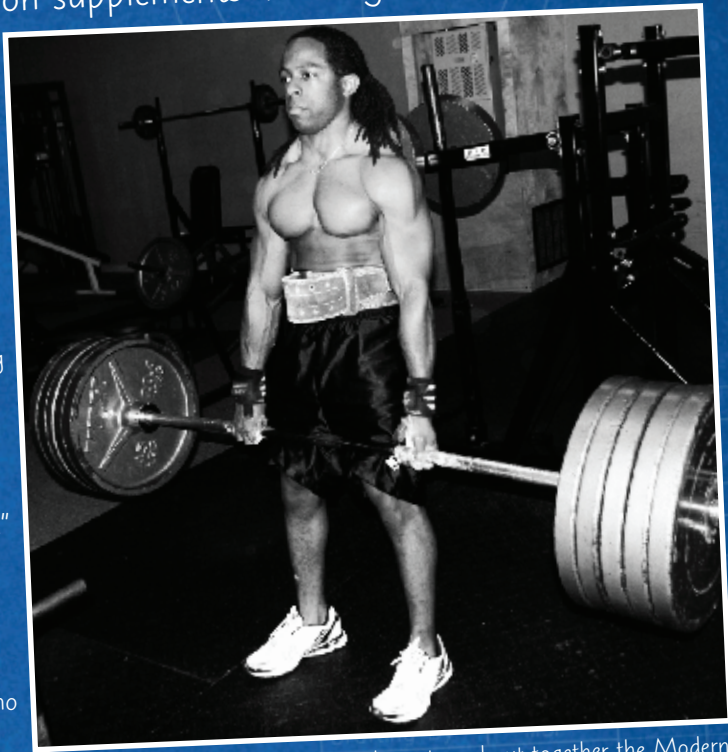
Like you, Joe has tried literally 100's of supplements and like you, flushed a lot of time and money down the drain to find the truth...**there are very few supplements that actually work!**

And fewer yet that are of any use to a powerlifter...

After years of experimenting, researching and testing Joe finally found USPlabs. "Real People, Real Results" is not a BS line and it's what we live by...

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ALPHATEST & MYOBUILD:

A TESTOSTERONE BOOSTING AND POST-WORKOUT POWERHOUSE

as told to Powerlifting USA by Team MuscleTech

Q: I've been looking for a good post-workout to stack with a powerful and effective testosterone booster. Are there any products that work well together in this regard?

Excellent question. An effective stack can help you make the most of your supplement regimen, bring the perfect boost to your workout routine and help you meet your training goals more effectively, whatever they may be. Regarding this particular question, the Research and Development and Product Development teams at Team MuscleTech® have engineered two cutting-edge, super-concentrated supplements with key ingredients shown to deliver results in clinical trials: AlphaTest™, a powerful testosterone booster, and MyoBuild™, a zero-sugar post-workout recovery and growth accelerator. Both are built to work together as an effective stack that will help with increased testosterone, improved muscle recovery and increased strength.

ALPHATEST: AlphaTest is the only super-concentrated testosterone stimulant that's been formulated with multiple powerful components documented for their effectiveness in multiple human clinical trials, and contains fully disclosed doses of all its key ingredients. Here's what's in it and why:

RHODIOLA CRENULATA & GINKGO BILOBA – 386MG & 2.7MG: In a 7-week double-blind, randomized, placebo-controlled clinical study on 67 subjects, individuals supplementing with the scientifically studied combination of Rhodiola crenulata and Ginkgo biloba, contained in AlphaTest, maintained peak testosterone to cortisol ratio after an intense training regimen. Even better, the treatment group also improved performance.¹

BORON CITRATE – 100MG (SUPPLYING 5MG OF BORON): AlphaTest also contains a 100mg dose of boron citrate. As recent as 2011, a scientific research study on eight healthy male volunteers showed that subjects supplementing with boron significantly increased free (active) testosterone levels and decreased estradiol after only seven days.²

MYTOSTERONE™ (SAW PALMETTO BERRY & ASTAXANTHIN) – 800MG: In a clinical trial on 42 human subjects in the Journal of the International Society of Sports Nutrition, individuals using Mytosterone increased testosterone to near maximum physiological levels in just 14 days. Maximum physiological levels represent the highest levels of testosterone within the normal healthy range for men. In addition, dihydrotestosterone (DHT) conversion in subjects was decreased.³

ZINC GLUCONATE – 58.4MG (SUPPLYING 7.5MG OF ZINC): Zinc has long been a staple supplement for many lifters for its purported testosterone support benefits. In fact, research published in the journal Nutrition shows that

adequate levels of zinc can help maintain optimal production of testosterone.⁴ And as we have discussed, testosterone is critical to building muscle, boosting strength and enhancing performance.

MYOBUILD: That's one half of the equation. Here's the other: MyoBuild, a super-concentrated, zero-sugar post-workout recovery and growth accelerator, is also formulated with fully disclosed doses of all of its clinically studied key ingredients. This is what we've included in it and why it'll help with your post-workout regime:

CREATINE HCL – 3000MG: MyoBuild has been infused with a powerful 3000mg dose of creatine HCL, a highly potent form of creatine. Creatine has been proven to amplify gains in muscle size and strength.⁵

BETAINE ANHYDROUS & L-CARNITINE – 2500MG & 2000MG: MyoBuild contains 2500mg of betaine anhydrous and 2000mg of L-carnitine. Betaine has been shown in human research to improve muscular endurance⁶, while L-carnitine has been shown in multiple human clinical trials to improve muscle tissue repair and reduction of muscle tissue damage.^{7, 8, 9} That's not all: L-carnitine was also shown to significantly increase testosterone (androgen) receptor concentration after only 21 days of a study on human test subjects. Researchers in this study theorized that this led to greater cellular uptake of testosterone.¹⁰

RHODIOLA ROSEA – 100MG: Human research has shown that rhodiola rosea helps improve both mental and physical fitness.¹¹

L-GLUTAMINE & BCAAs – 2000MG & 3300MG: MyoBuild does more than just help with post-workout recovery. It's formulated with a specific 5300mg dose of glutamine and BCAAs in a precise ratio that's been clinically shown to increase testosterone, decrease cortisol and reduce training-induced muscle tissue damage.¹²

WITHANIA SOMNIFERA – 250MG: Withania somnifera is a potent compound that's been scientifically shown to significantly lower serum cortisol levels.¹³

The science speaks for itself: these two super-concentrated supplements work together to make a seriously effective stack for increasing testosterone levels, increasing strength, improving performance and bringing your muscles improved recovery after an intense training session. Add both AlphaTest and MyoBuild to your training program and bring an unbeatable one-two punch to your workouts today!

Hopefully that answers your question. If you'd like to know more about AlphaTest and MyoBuild or see how they compare to our competitors, visit www.MuscleTech.com. <<



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THINGS I'VE LEARNED ALONG THE WAY PT. 5

as told to *Powerlifting USA* by Judd Biasiotto, Ph.D. » drjudd2@aol.com

"The East Germans first used biomechanics. This meant that rather than guessing about technique and form, they could apply changes to athletic performance based on science. It is what gave them their ultimate edge." – Bill Toomey

For the last few months, I have been telling you how incompetent and amateurish I was initially as a powerlifter. Of course, I also went on to tell you that eventually I turned my career completely around. However, I never really told you any specifics as to how I made the transformation from being a powerlifting embarrassment to a fairly competitive lifter. I am going to take the next couple of months to explain some of the things I did to turn my career around with the hope that you might discover something in my experiences that will enhance your performance.

It was common knowledge that during the later part of my powerlifting career I was able to defeat lifters who were not only built better than me, but who possessed greater strength and power. In fact, at the time it was said that I was the weakest strongman in the world. I could certainly understand that reaction because I probably looked more like a golfer rather than a powerlifter. I definitely didn't look like a world class power athlete. In fact, my ex-girlfriend used to say that my legs were so skinny they looked like a pair of pliers in shorts. That is why she is my ex-girlfriend. My ex-coach would say, "Judd, don't listen to her; you have legs like Schwarzenegger. I would say, "Really?" And he would say, "Yea! Maria's, not Arnold's." And that is why he is my ex-coach.

Still, with a body that looked like an eleven-year-old stamp collector's, I moved some pretty good weight. How did I do it? To a great extent, my success in powerlifting was contingent upon the technical precision with which I executed my lifts. I realized early in my career that I didn't have the power of a Joe Bradley or a "Shorty Bear" Williams to "muscle up" heavy weight, so I had to learn to finesse the weight up. That's right—I finessed my way to success in a sport where brute strength was considered the ultimate factor for success. One of the major reasons for my ability to lift higher weight in all three of my lifts was that I had flawless biomechanics. Like I said, I literally finessed the weight. If you analyze my squat, bench press or deadlift form, you will find that it is impeccable. I had an extremely efficient, smooth, compact stroke in every one of those lifts.

In short, I proved that might isn't always right. When I was competing, I honestly don't think that there was a lifter in the world who exhibited better form on the three powerlifts than I did. By perfecting the mechanical efficiency of my lifts, I was able to significantly increase the weight I lifted and consequently surpass the efforts of many lifters who possessed greater physical strength. There were a lot of athletes who had greater physical prowess than I had, and there were many athletes who should have beaten me easily but never could. Like I said, at best I had the body of an eleven-year-old stamp collector. There is no way I should have been able to beat some of the guys that I did, but I beat them and many of them I beat soundly.

None of that happened by chance either; it was all calculated effort. In fact, I went to great lengths to ensure that I had perfect form in my squat, bench press and deadlift. (Actually,



Vlad Alhazov and Dr. Judd Biasiotto are two very different human beings, however, within their respective realms, they have both been hugely successful in the squat

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GERRY'S POWER NUTRITION KITCHEN: A LOOK INSIDE THE KITCHEN OF THE SPORT'S GREATEST LIGHTWEIGHT LEGEND

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

Hey folks, it's the Power Nutrition Guru coming at you with another information filled column. I have been getting plenty of e-mails requesting more *Power Profiles* of my athletes and, as you know, I hate to disappoint any of my readers. This month we are going inside the kitchen of one of the greatest athletes to ever grace the powerlifting platform. He is no other than my good friend and long-time client, Gerry McNamara. Unless you have been living under a rock for the last three decades, you will for sure know exactly whom I am talking about. If you are in his weight class and have competed against him, you know he is built like a Sherman tank with more muscle than a Silverback Gorilla. Gerry has competed for over 30-plus years and he has retired more lifters than Social Security. That's right, Gerry has broken 29 world records, 37 European records and a whopping 56 national records in his illustrious career.

Gerry's bodyweight fluctuates between 148 and 154 and his best personal lifts are an 854-pound squat, a 465-pound bench press and a 640-pound deadlift. He has lifted in the IPF, the GPC and the WPC federations where he has set all those world, European, and national records. Gerry is a lightweight who can actually squat with guys who are in the 275 class and put them to shame! Gerry's goal is to crack the 900-pound squat barrier at 148 pounds and I am sure that he will break this in the near future—mark my words. His long time coach and mentor is none other than another lifting legend, Louie Simmons. Gerry has been training Westside style for years and he is coached under the watchful eye of Louie for all his competitions. He designs all his training programs and helps him peak come contest day to make sure he is at his strongest. Gerry is very thankful to have Louie on his side, even though he lives thousands of miles away—this is just another sign of how the brotherhood of iron knows no boundaries.

Oh yeah, for all you gear lovers out there, Gerry uses Titan Support Systems suits and shirts and swears they are the best on the market. He would like to thank Pete Alaniz for all his help and for making suits that can withstand the beating he puts on them week after week without being ripped to shreds.

I have done profiles on several of my American athletes in the past, but this is the first profile that I have done on one of my top European athletes. I know my European athletes deserve just as much respect and now all of you from around the world will get a chance to peer into the kitchen of the world's most feared lightweight lifter and what he does to fuel his body through his intense training sessions that have helped him capture more world records than most of you could accomplish in ten lifetimes.

Gerry hails from Ireland, so you better know that he won't only outlift you any time of the day, but once he does whip your ass he will be kind enough to take you out to the local pub for a nice mug of Guinness to help ease your tears!

In this issue, I am going to cover some of the most popular foods that Gerry eats day in and day out to fuel his powerful muscle-packed body.

PROTEIN FAVORITES

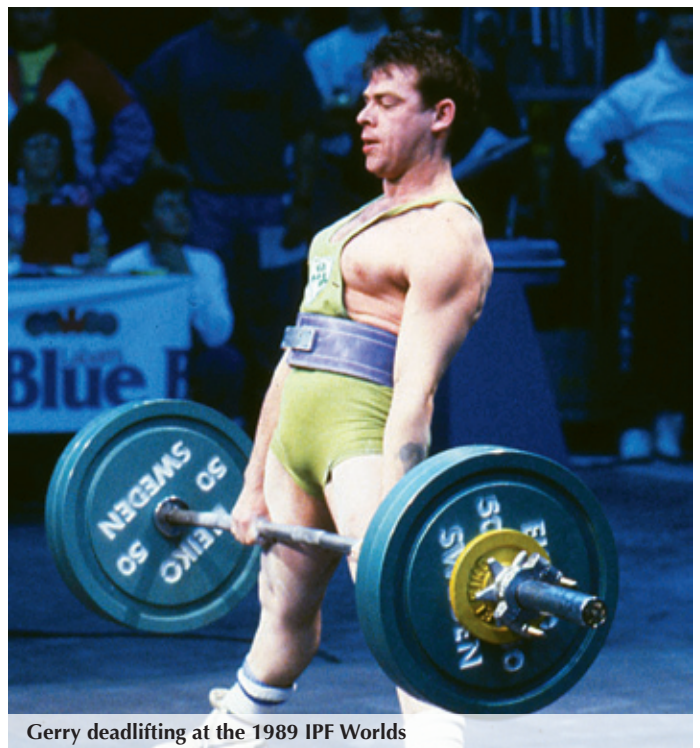
- **Bison:** You shouldn't be shocked that bison is on this list, and for good reason. This power-packed nutritious protein source is one of the best meats that you could ever sink your teeth into. It's high in protein and low in fat and is something that every powerlifter should make part of their nutrition plan. Gerry has been eating bison for over a decade due to me introducing it into his plan and he has never looked back.
- **Chicken Breasts:** You should have known this one would be in his plan.

photo courtesy Gerry McNamara/Anthony Ricciuto

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Gerry McNamara squatting at the 1992 IPF Worlds



Gerry deadlifting at the 1989 IPF Worlds

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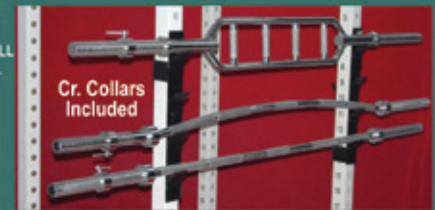
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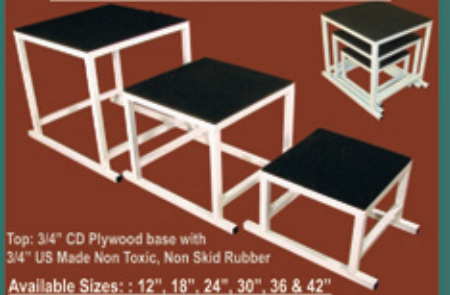
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DEADLIFT TRAINING

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



Jean Fry training her deadlift the Westside way

Although we have never had a Benny or an Andy or for that fact a Lamar Grant type of deadlifter, we do have many very good deadlifters, both men and women. Eighteen men who deadlift over 800 pounds and six women who lift over 500 pounds. That's a lot of back up. I am always explaining how our top athletes train to produce thirteen all-time world records so far and within four weight classes, but how does a lifter train who is young and just getting their feet in the game?

Well, one such lifter is Jean Fry, a female lifter at 123 pounds body weight. She has a 415-pound squat, a 255-pound bench, and a 375-pound deadlift. Westside has had several lifters who had or have a push/pull combination record. They all train using the same methods during a weekly plan: the dynamic, the max effort, and the repetition methods. When I say there's only one way to train, I am referring to these scientifically proven methods, not someone's opinion.

Now let's look at how Jean trains the deadlift. On Friday, Jean does speed strength squats first. She does 10 to 6 sets of box squats depending on the type of resistance used. After squatting, speed strength deadlifts are done. Jean will use about 100 pounds of band tension at the top of the pull. She uses either sumo or conventional style for the hips while standing on a 2-inch box for leg drive. When Jean uses the conventional style, she will usually stand on a 4-inch box. Speed strength pulls are also done in a power rack with just bar weight or some amount of band tension and always conventional style. Jean sometimes works out without gear; at other times she will wear Predator briefs. When she has a very

taxing squat day on Friday—meaning high volume—or if doing a 2-week strength speed phase, she will reduce or completely eliminate any type of barbell exercises on Monday's max effort workout.

Monday is a hypertrophy workout for the back, legs, and abs plus flexibility or mobility, 3 days—or 72 hours—after the speed strength workout, which will allow her to achieve full recovery of the particular muscles used for squatting and deadlifting. Most of the research on the 72-hour recovery time was done on track and field athletes and weight lifters. Max effort day normally consists of a maximal effort on a special squat or a deadlift for a max single on that day. Reps of 2s and 3s will build endurance with a heavy weight. Think about it. You will always conserve yourself for the final rep. It also distorts the distribution of volume concerning the already high volume on speed strength day. Jean will do good mornings for 5 reps and reverse pyramids with one or two 10-rep sets. Jean uses several special bar exercises, a different one each week. Closer to a meet, she will eliminate the ones that do less for her strength and pick three or four exercises that work best for her strength.

Let's look at some of Jean's special bar exercises that are most productive in a list of her more commonly used max-effort workouts.

WORKOUT 1 – SAFETY SQUAT BAR: Jean will work up to a max with the Safety Squat bar on a low, 12-inch box while using an ultra-wide stance. Some workouts are done without gear, while others are done wearing Predator briefs. After hitting a PR in this lift, a different version will be

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STEEL CITY BARBELL MENTAL TOUGHNESS, BIG EVIL STYLE

as told to *Powerlifting USA* by Jamie Harris, aka. *Big Evil*, owner of Steel City Barbell

Greetings, fellow ironheads, and welcome again to another installment of *Big Evil's Lair*. Here at Steel City Barbell we have been working on meet prep for the Lexen meet in March and the Pittsburgh Monster meet in April. One topic of discussion that seems to come up often with my lifters is mental toughness and mental preparation. What is the best way to approach mental preparation and mental toughness, you ask the Big Evil? Well, the Big Evil has reached back in the archives of my articles and I feel that this article is worth running again. So, if you have read this article from the past, re-read it and review it. If this is the first time you read it, let the Big Evil guide your journey in becoming a stronger lifter mentally. Read on and learn from the master of mental toughness, the Big Evil himself.

The mind—it is such an important part of powerlifting success. A strong mind can move mountains, not just in powerlifting, but in any avenue of life. Strong minds separate world champions from common folk, that's for sure. Just look at the world's top powerlifters from today and yesterday—different sizes, different techniques, but I assure you they have one thing in common: they all have the mental tools to be a champion and leave the regular gym rat in the dust. Champions are born and not made, you ask? Is this true, Big Evil? I say anyone with enough desire and mental toughness can just about accomplish anything they set out to do. Now, the real question is how bad do you want it? Are you, the lifter, willing to put the time and effort into reaching your goals? Okay, okay, I know you're a hardcore, win at all costs juggernaut. Now, the next question, is your mind properly focused to achieve your goals? Are your meet results and training results not moving because you let your mind defeat you and overcome you with anxiety and self doubt? I thought so, well listen to this...

In 1998, I returned to powerlifting to reclaim the all-time biggest bench press in history. I felt being away for a few years helped clear my mind and point out some of the mental training mistakes I made on my previous campaign. I also sought out the help of a good sports hypnotist, which was a big help in getting into the proper mindset to set world records. I am now going to share with you some of the key points I have learned that helped my training tremendously. Read on and prosper...

One of the philosophies that I first had in the beginning of my powerlifting career was that the competition was the enemy and that all your mental focus was on beating the individual that holds the all-time world record. That sounds



The Big Evil was the master of mental toughness in his day!

simple enough, right? But does it make any sense? Understanding that whatever another lifter lifts has no direct bearing on you and, most importantly, all the mental energy you waste on placing higher than them in the meet will not help you with your battle with the real enemy—the bar. James Earl Jones said it best in Conan: “The riddle of steel, the steel is the only thing that lasts and is a constant; the steel is true power.” Let's look at this in powerlifting terms. All powerlifters face the steel; the steel doesn't care who you are or if you feel strong or weak that day, it has no mercy and it will take you out and injure you in a split second. Either you will be greater than the steel this day or it will be greater than you. It's that simple. To reiterate, do everything in your power to mentally prepare to face the steel, not a competitor. I found when you look at this sport with this mindset, you can achieve your goals a lot more quickly. Focus on your numeric goals and take them down systematically. Leave the hype to professional wrestling (I love hype and pro wrestling, it just doesn't apply to your lifting). Now that we have talked about mindset, let's talk about some of the things we can do to mentally prepare ourselves for the platform.

The most important part of mental training

is visualization. If you can see yourself mentally doing something, the odds are in your favor that you really can do it. Now, these are in terms of realistic goals, of course. Increasing one hundred pounds on your bench in ten weeks would be a little unrealistic and will lead to disappointment. We want to stay positive by setting realistic achievable goals where a twenty pound gain is a lot more realistic. Start by mentally zeroing in on your specific goal; let's just say a five hundred pound bench press at a meet on a specific date. Mentally, you will keep repeating to yourself “500 or better.” This is your new mental slogan that you want to keep telling yourself before you start the visualization process. Now sit back, close your eyes and breathe in your nose and out of your mouth. Do this for a minute or so until you feel relaxed and focused. Breathing will put your mind and body in a relaxed and mentally aware state. Now repeatedly watch the mental movie in your head of you bench pressing five hundred pounds. All the details should be as crisp and clear as possible—sight, sound and smell. A good example of sound would be the clanging of the weights being loaded on the bar, the head judge stating the bar is loaded or the meet MC stating you are up with five hundred pounds loaded on the



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Allendale, NJ (February 2012)—Whey protein is proven to be an essential workout supplement because it contains glutamine and Branched Chain Amino Acids (BCAAs) that fuel working muscles and stimulate protein synthesis in the body¹. But which whey protein is best to take? Because whey is a milk derivative, it is important to find out the source—the cow itself. Like any mass-produced product, milk is usually processed in large facilities where cows are often given daily injections of various, harmful compounds such as synthetic recombinant bovine growth hormone, or rBGH, used to increase milk production. This compound is not only harmful to cows, but also can link to negative affects in humans². Before the milk is even curdled and strained to become whey, it is already inorganic and adulterated. The all-new **Ideal Whey™** from GI Nutrition is a welcome exception. It is 100% all-natural, rBGH-free, and NSF Certified for Sport.

“We are proud of how Ideal Whey has all the good stuff in and the bad out,” says Alex Karsos, co-founder and CEO of GI Nutrition. While many companies compromise the health and safety of their products to profit, GI Nutrition adheres to a strict moral code of integrity and accountability. “We make sure we do things right for our customers—without shortcuts,” Karsos attests.

With 24g of solid and fast-absorbing protein, Ideal Whey is packed with both essential and non-essential amino acids, including glutamine and BCAAs. Its low-fat and high quality whey protein content allows for easy absorption that is perfect for post workout consumption. Naturally-sweetened with stevia, Ideal Whey contains no artificial colors, flavors, or other harmful chemicals. As an alternative, Stevia is 10–15 times sweeter, but without the unhealthy drawbacks of



regular table sugar, giving Ideal Whey’s “Crazy Chocolate” flavor a delicious and healthier edge over other protein supplements. And, because GI Nutrition understands whey protein is a key nutrition factor for individuals involved in sports or athletic training, Ideal Whey is NSF Certified for Sport. “Earning this certification goes beyond prestige,” Karsos explains. Being NSF-certified means that Ideal Whey goes through a series of testing to make sure that it conforms to competition regulations—free of adulteration, contaminants and banned substances.

About GI Nutrition: GI Nutrition is a fast-growing health and nutrition company that develops and manufactures NSF certified for

sport nutritional supplements used by professional and non-professional athletes for the purposes of athletic training and improved conditioning. The entire GI Nutrition product line is 100% free of any banned substances and can be utilized by any athlete to improve their athletic performance. GI Nutrition products are sold in leading performance stores across the country and on its website at www.ginutrition.net.

References:

- <http://www.muscleandstrength.com/supplements/ingredients/whey-protein.html>
- <http://www.centerforfoodsafety.org/campaign/rbgh-hormones/rbgh-rbst/>

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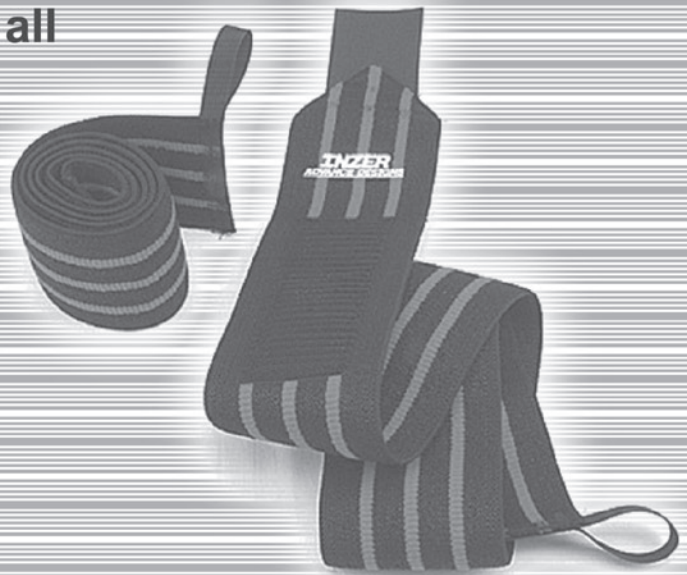


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DEAR MAURO: I have a number of power and track athletes suffering from fatigue and/or poor performance, that have had the lab tests that you recommended and were found to have indications of low iron stores and in some a mild anemia. Most of these are females, but a few males also showed problems.

There's a lot of info on the web on types of iron that are best. Some are much more expensive than others, with the more expensive ones stating that they're the best to use, so it's confusing as to what I should recommend to them. What do you recommend for iron supplementation for athletes, if anything? Thank you!

Marv

MARV: There are a number of iron supplements available, but ferrous sulfate is still among the best, and cheapest, as long as it doesn't cause any GI upset.

If it does, then ferrous fumarate or ferrous gluconate can be used, although they are not absorbed as well, but they tend to be better tolerated. I use ferrous fumarate in MVM (see info on MVM in the store on my new site www.MauroMD.com) as it contains so many ingredients that I try to use the ones that are easier on the GI tract. MVM also contains a variety of ingredients, especially vitamin C, which help in increasing iron absorption.

Then there's polysaccharide iron complex, and ferronyl iron and iron chelates in various forms that are advertised to be better than the usual iron formulations but really aren't.

The absorption of oral iron is enhanced by taking the pills on an empty stomach and/or with an ascorbic acid tablet (500mg - the amount in MVM). If there's gastric distress caused by the oral iron replacement, then enteric-coated iron tablets is the way to go.

By the way, MVM only contains 10 mg of elemental iron (as against 65 mg in one tablet of ferrous sulfate, the usual recommended dose for iron deficiency is 3 tabs a day between meals or 195 mg of elemental iron, 20 times the amount in MVM), which is only meant to keep athletes topped up rather for use in iron deficiency, and is also useful to use on a daily basis once any iron deficiency is treated and for that matter to prevent iron deficiency in most athletes if used regularly.

Taking iron in excess when there's adequate iron stores can be counter productive for athletes, and any one else for that matter, as the iron overload can impact aging and mortality, and cause significant clinical toxicity to many organs and systems including cardiovascular, neurological, GI, and hepatic damage (see the review abstract).

As such, it's a good idea to test the athletes using the lab tests I sent you specific to iron

metabolism, to make sure they're not overdoing it. Hope this helps.

Mauro

DEAR MAURO: I'm using LipoFlush and have lost weight and body fat, but as far as I can tell, very little muscle. In talking to another lifter who has lost even more fat and looks really lean now, he told me he's using, among other products in your line, a combination of LipoFlush and ThermoCell 35 at the same time. Do you recommend using this combination?

Rob

ROB: LipoFlush and ThermoCell can be used together for additive and synergistic effects since each was formulated for different effects, although they do have some similarities. LipoFlush, while having some thermogenic effects, was formulated to decrease body fat by increasing the excretion of breakdown products of body fat. For more info, have a look at the following articles and information:

- <http://www.mauromd.com/det-articles-75-Metabolic-and-LipoFlush-Combo-for-Weight-and-Fat-Loss.php>
- <http://www.mauromd.com/det-articles-38-The-Nutritional-Equivalent-to-Liposuction.php>
- <http://www.mauromd.com/PDFs/Lipo-FlushIV.pdf>

ThermoCell 35 is meant to increase fat breakdown, oxidation, and utilization of body fat and as such concentrates more on increasing thermogenesis. For more info, have a look at the following:

- <http://www.mauromd.com/det-articles-59-The-Perfect-Ingredients-for-Maximizing-Thermogenic-Fat-Loss.php>
- http://mauromd.com/store/product.php?id_product=152

Using them together is a good idea, especially if you're looking for faster progress, or if you've reached a plateau. There are also other combinations that can be productive, such as introducing Metabolic or GHboost into the mix.

Mauro

DEAR MAURO: I've written to you before about my 16 year old son, mostly about his weight training and nutrition and you've given me some great advice. As you know, he's into powerlifting and football. He's doing well in both, but has run into some problems on the football end.

Unfortunately, he's suffered two concussions this past year in football and is still recuperating so he's not playing right now. I'm worried of course after hearing about the effects concussions have had on athletes

ABSTRACT ON IRON LOADING

Metallomics. 2010 Nov;2(11):732-40. Epub 2010 Sep 24.

THE HAZARDS OF IRON LOADING.

Weinberg ED. » Department of Biology and Program in Medical Sciences, Indiana University, Bloomington, IN 47405, USA. ewinber@indiana.edu

ABSTRACT—Excessive or misplaced tissue iron now is recognized to pose a substantial health risk for an extensive array of endocrinological, gastrointestinal, infectious, neoplastic, neurodegenerative, obstetric, ophthalmic, orthopedic, pulmonary and vascular diseases. Ingested, injected, inhaled and decompartmentalized iron contributes not only to disease, but also to aging and mortality. Iron is dangerous by catalyzing free radical formation and by serving as an essential nutrient for microbial and neoplastic cell invaders. Our body cells exhibit wide variation in sensitivity to iron toxicity. Efficacy of our iron withholding defense system is modulated by numerous environmental, behavioral and genetic factors. A notable variety of methods for prevention and therapy of iron toxicity are now becoming available.

in the NFL and NHL and am wary about his continuing to play football, although he's keen to carry on with the football. As part of his recovery, he's been doing more with the weights and lately started to look more into nutritional supplements. Your advice a few years ago was to just have him take a multi vitamin and mineral, more protein, mostly in the form of food, and some fish oil until he's older.

He wanted to try out something more and after looking through some magazines decided on one of them. He began taking this supplement a few weeks ago and is now experiencing a lot of side effects, including headaches, abdominal pain, trouble concentrating, and tiredness. All this seemed to come to a head after he started the supplement. He still doesn't feel right although he's no longer using that supplement. How long does this supplement take to get out of your system?

Any answers and advice would really be appreciated. Please answer as soon as possible!! Thank you!

Donna

DONNA: I looked up that supplement since it's not one of my products, and found that the supplement contains mostly amino acids, sodium, and potassium, so it's out of the system in several hours. However, if he's sensitive to any of the ingredients (we're different as far as our genetic makeup with polymorphisms and mutations making each one of us unique and therefore giving us the potential to react differently to our environment, including nutritional supplements, drugs, etc.)—including the artificial colors, flavors, and sweeteners, or the metabolic effects of the ingredients—the adverse effects can last a lot longer.

The concussions, of course, add another dimension to the problem since they can result in headaches, cognitive dysfunction, fatigue, and many other symptoms that may last for a long time. It's possible his symptoms are due to the concussions, even though it seems that the symptoms coincided with the use of the supplement. The supplement could be a red herring, but could also have been a trigger for the symptoms.

FYI, I've attached three current papers that deal with the management and short and long

term effects of concussions in adolescent athletes. And you're right to be worried about concussions, especially repeated ones, as they do result in some level of brain damage depending on the circumstances and number of concussions. It would be a good idea to have him read the papers I'm sending so he can be fully informed before he makes a decision either way about carrying on with his football. It wouldn't hurt to get his football coach and team doctor, if there is one, involved on that end.

Regardless of the symptoms and the cause, I would contact the manufacturer and/or the retailer and see what they have to say. They may have run into similar problems with other customers. If symptoms persist I would have him see his doctor so he can assess his condition with the help of diagnostic tests and perhaps a neurologist, and determine the roles the concussions and/or supplement use are having with his symptoms.

Let me know what you find out and feel free to email me if you have any other concerns or questions.

Mauro «

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RANKINGS

IPF WOMEN'S OPEN WORLD CHAMPIONSHIPS:

Historical 600+ kg. Totals - Women's Open Worlds - All Weight Classes - 1980-2010

*List includes the lifters' maximum completed lift in the contest

as told to Powerlifting USA by Brad Gillingham

| RANK | NAME | COUNTRY | CLASS | KG | LB | PLACE | YEAR | RANK | NAME | COUNTRY | CLASS | KG | LB | PLACE | YEAR |
|------|---------|---------|-------|-------|------|-------------------------|------|------|------------------|-----------|-------|-------|------|-------------------------|------|
| 1 | Karpova | Russia | 90+ | 747.5 | 1647 | Potchefstroom, S.Africa | 2010 | | Willett | USA | 90+ | 685 | 1510 | Cahors, France | 2004 |
| 2 | Karpova | Russia | 90+ | 745 | 1642 | New Delhi, India | 2009 | | O'Donnell | USA | 90+ | 685 | 1510 | St.Johns, Canada | 2008 |
| 3 | Karpova | Russia | 90+ | 735 | 1620 | Ylitornio, Finland | 2005 | 9 | Millen | NZL | 90 | 682.5 | 1504 | Rotorua, New Zealand | 1994 |
| 4 | Karpova | Russia | 90+ | 715 | 1576 | Cahors, France | 2004 | 10 | Lugovaya | Russia | 90+ | 680 | 1499 | Solden, Austria | 2007 |
| 5 | Chao | TPE | 90+ | 695 | 1532 | Chicago, USA | 2003 | | Shcheglova | Russia | 90 | 680 | 1499 | Potchefstroom, S.Africa | 2010 |
| 6 | Chao | TPE | 90+ | 685 | 1510 | Cahors, France | 2004 | 12 | Lee | TPE | 90+ | 677.5 | 1493 | Thisted, Denmark | 1999 |
| | | | | | | | | 13 | Karpova | Russia | 90+ | 675 | 1488 | Chicago, USA | 2003 |
| | | | | | | | | 14 | Yavorska | Ukraine | 90 | 672.5 | 1482 | Cahors, France | 2004 |
| | | | | | | | | 15 | Karpova | Russia | 90+ | 670 | 1477 | Riesa, Germany | 2002 |
| | | | | | | | | | Orobets | Ukraine | 90+ | 670 | 1477 | St.Johns, Canada | 2008 |
| | | | | | | | | 17 | Lugovaya | Russia | 90 | 665 | 1466 | Chicago, USA | 2003 |
| | | | | | | | | 18 | Chao | TPE | 90+ | 662.5 | 1460 | Thisted, Denmark | 1999 |
| | | | | | | | | | Strik | NED | 90 | 662.5 | 1460 | Solden, Austria | 2007 |
| | | | | | | | | 20 | Hugdall | Norway | 90+ | 661.5 | 1458 | New Delhi, India | 2009 |
| | | | | | | | | 21 | Hugdall | Norway | 90+ | 660 | 1455 | Stavanger, Norway | 2006 |
| | | | | | | | | 22 | Dedyula | Russia | 75 | 657.5 | 1449 | Chicago, USA | 2003 |
| | | | | | | | | 23 | Millen | NZL | 90 | 655 | 1444 | Jonkoping, Sweden | 1993 |
| | | | | | | | | | Chao | TPE | 90+ | 655 | 1444 | Riesa, Germany | 2002 |
| | | | | | | | | | Olenytsya | Ukraine | 90+ | 655 | 1444 | Cahors, France | 2004 |
| | | | | | | | | | Dedyula | Russia | 82.5 | 655 | 1444 | Solden, Austria | 2007 |
| | | | | | | | | | Strik | NED | 90 | 655 | 1444 | St.Johns, Canada | 2008 |
| | | | | | | | | | Shcheglova | Russia | 90 | 655 | 1444 | New Delhi, India | 2009 |
| | | | | | | | | 29 | O'Donnell | USA | 90+ | 652.5 | 1438 | Solden, Austria | 2007 |
| | | | | | | | | 30 | Lugovaya | Russia | 90 | 650 | 1432 | Frydek-Mistek, Czech R. | 2001 |
| | | | | | | | | | O'Donnell | USA | 90+ | 650 | 1432 | Stavanger, Norway | 2006 |
| | | | | | | | | | Dedyula | Russia | 82.5 | 650 | 1432 | New Delhi, India | 2009 |
| | | | | | | | | | Strik | NED | 90 | 650 | 1432 | New Delhi, India | 2009 |
| | | | | | | | | 34 | Robertson | Australia | 90+ | 647.5 | 1427 | Capetown, S. Africa | 1997 |
| | | | | | | | | | Lugovaya | Russia | 90 | 647.5 | 1427 | Pinamar, Argentina | 2000 |
| | | | | | | | | 36 | Chao | TPE | 90+ | 645 | 1421 | Capetown, S. Africa | 1997 |
| | | | | | | | | | Chao | TPE | 90+ | 645 | 1421 | Frydek-Mistek, Czech R. | 2001 |
| | | | | | | | | 38 | Pavlova | Russia | 90+ | 642.5 | 1416 | Pinamar, Argentina | 2000 |
| | | | | | | | | | Orobets | Ukraine | 90 | 642.5 | 1416 | Cahors, France | 2004 |
| | | | | | | | | | Strik | NED | 90 | 642.5 | 1416 | Potchefstroom, S.Africa | 2010 |
| | | | | | | | | 41 | Lee | TPE | 90+ | 640 | 1410 | Capetown, S. Africa | 1997 |
| | | | | | | | | | Chao | TPE | 90+ | 640 | 1410 | Pinamar, Argentina | 2000 |
| | | | | | | | | | Chao | TPE | 90+ | 640 | 1410 | Ylitornio, Finland | 2005 |
| | | | | | | | | | Strik | NED | 90 | 640 | 1410 | Stavanger, Norway | 2006 |
| | | | | | | | | | Schaefer | NED | 90+ | 640 | 1410 | Stavanger, Norway | 2006 |
| | | | | | | | | | Zaugolova | Russia | 75 | 640 | 1410 | Solden, Austria | 2007 |
| | | | | | | | | | Schaefer | NED | 90+ | 640 | 1410 | St.Johns, Canada | 2008 |
| | | | | | | | | | Kozlova | Ukraine | 82.5 | 640 | 1410 | Potchefstroom, S.Africa | 2010 |
| | | | | | | | | | Dedyula | Russia | 82.5 | 640 | 1410 | Potchefstroom, S.Africa | 2010 |
| | | | | | | | | 50 | Zhukova | Ukraine | 75 | 635 | 1399 | Thisted, Denmark | 1999 |
| | | | | | | | | | Robertson | Australia | 90+ | 635 | 1399 | Thisted, Denmark | 1999 |
| | | | | | | | | | Lugovaya | Russia | 90 | 635 | 1399 | Riesa, Germany | 2002 |
| | | | | | | | | | Olenytsya | Ukraine | 90+ | 635 | 1399 | Ylitornio, Finland | 2005 |
| | | | | | | | | | Orobets | Ukraine | 90+ | 635 | 1399 | Potchefstroom, S.Africa | 2010 |
| | | | | | | | | 55 | Pavlova | Russia | 90+ | 632.5 | 1394 | Cahors, France | 2004 |
| | | | | | | | | | Shcheglova | Russia | 90 | 632.5 | 1394 | Solden, Austria | 2007 |
| | | | | | | | | 57 | Herchenhein | Germany | 90+ | 630 | 1388 | Rotorua, New Zealand | 1994 |
| | | | | | | | | | Ignatenkova | Russia | 82.5 | 630 | 1388 | Pinamar, Argentina | 2000 |
| | | | | | | | | | Pavlova | Russia | 90+ | 630 | 1388 | Chicago, USA | 2003 |
| | | | | | | | | | Kudinova | Russia | 75 | 630 | 1388 | Ylitornio, Finland | 2005 |
| | | | | | | | | 61 | Willett | USA | 90+ | 627.5 | 1383 | Riesa, Germany | 2002 |
| | | | | | | | | | Olenytsya | Ukraine | 90+ | 627.5 | 1383 | Chicago, USA | 2003 |
| | | | | | | | | | Biruk | Ukraine | 75 | 627.5 | 1383 | Potchefstroom, S.Africa | 2010 |
| | | | | | | | | 64 | Puzanova | Russia | 82.5 | 625 | 1377 | Riesa, Germany | 2002 |
| | | | | | | | | | Chao | TPE | 90+ | 625 | 1377 | Stavanger, Norway | 2006 |
| | | | | | | | | | Kozlova | Ukraine | 75 | 625 | 1377 | New Delhi, India | 2009 |
| | | | | | | | | 67 | Constanzo | USA | 90+ | 622.5 | 1372 | Perth, Australia | 1987 |
| | | | | | | | | | Millen | NZL | 90 | 622.5 | 1372 | Ghent, Belgium | 1992 |
| | | | | | | | | | Biruk | Ukraine | 75 | 622.5 | 1372 | New Delhi, India | 2009 |
| | | | | | | | | | Orobets | Ukraine | 90+ | 622.5 | 1372 | New Delhi, India | 2009 |
| | | | | | | | | 71 | Pavlova | Russia | 90+ | 620 | 1366 | Frydek-Mistek, Czech R. | 2001 |
| | | | | | | | | | Potselueva | Russia | 67.5 | 620 | 1366 | Solden, Austria | 2007 |
| | | | | | | | | | Karpova-Yavorska | Russia | 75 | 620 | 1366 | St.Johns, Canada | 2008 |
| | | | | | | | | 74 | Chao | TPE | 90+ | 617.5 | 1361 | Kitchener, Canada | 1996 |
| | | | | | | | | | Zhukova | Ukraine | 75 | 617.5 | 1361 | Rana, Norway | 1998 |
| | | | | | | | | | Dedyula | Russia | 75 | 617.5 | 1361 | Riesa, Germany | 2001 |
| | | | | | | | | | Puzanova | Russia | 82.5 | 617.5 | 1361 | Chicago, USA | 2003 |
| | | | | | | | | | Schaefer | NED | 90+ | 617.5 | 1361 | Solden, Austria | 2007 |
| | | | | | | | | | Chang | TPE | 90 | 617.5 | 1361 | St.Johns, Canada | 2008 |

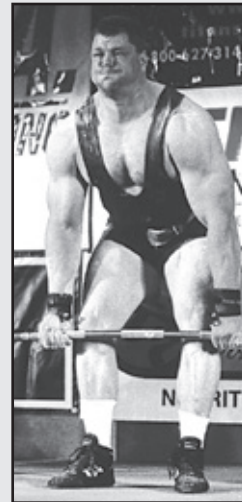


Ilja Strik is a powerlifter who always makes a "striking" appearance in IPF competition



Cathy Millen of NZ with her coach and mentor, former IPF President Grahame Fong

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Jessica O'Donnell after receiving a medal from former IPF President Norbert Wallach

| RANK | NAME | COUNTRY | CLASS | KG | LB | PLACE | YEAR | RANK | NAME | COUNTRY | CLASS | KG | LB | PLACE | YEAR |
|------|--------------|---------|-------|-------|------|-------------------------|------|------|--------------|---------|-------|-------|------|--------------------------|------|
| | Nokua | Finland | 90+ | 617.5 | 1361 | Potchefstroom, S.Africa | 2010 | | Zhukova | Ukraine | 75 | 605 | 1333 | Chiba, Japan | 1995 |
| 81 | Pavlova | Russia | 90+ | 615 | 1355 | Thisted, Denmark | 1999 | | Rumyantseva | Russia | 82.5 | 605 | 1333 | Rana, Norway | 1998 |
| | Orobets | Ukraine | 90 | 615 | 1355 | Ylitornio, Finland | 2005 | | Payusova | Russia | 90 | 605 | 1333 | Thisted, Denmark | 1999 |
| | Tsvetkova | Russia | 75 | 615 | 1355 | Potchefstroom, S.Africa | 2010 | | Kudinova | Russia | 67.5 | 605 | 1333 | Pinamar, Argentina | 2000 |
| | Chang | TPE | 90+ | 615 | 1355 | Potchefstroom, S.Africa | 2010 | | Kudinova | Russia | 67.5 | 605 | 1333 | Chicago, USA | 2003 |
| 85 | Ribic | USA | 67.5 | 612.5 | 1350 | St.Johns, Canada | 2008 | | Ribic | USA | 67.5 | 605 | 1333 | Cahors, France | 2004 |
| | V.D.Meulen | NED | 90+ | 612.5 | 1350 | New Delhi, India | 2009 | | Solovyova | Ukraine | 67.5 | 605 | 1333 | Solden, Austria | 2007 |
| 87 | Herchenhein | Germany | 90+ | 610 | 1344 | Jonkoping, Sweden | 1993 | | Orobets | Ukraine | 90 | 605 | 1333 | Solden, Austria | 2007 |
| | Trujillo | USA | 90+ | 610 | 1344 | Jonkoping, Sweden | 1993 | | Medvedeva | Russia | 67.5 | 605 | 1333 | Potchefstroom, S. Africa | 2008 |
| | Weizkowiak | Germany | 82.5 | 610 | 1344 | Pinamar, Argentina | 2000 | 109 | Potselueva | Russia | 67.5 | 604 | 1331 | New Delhi, India | 2009 |
| | Zaugolova | Russia | 75 | 610 | 1344 | Cahors, France | 2004 | 110 | Millen | NZL | 75 | 602.5 | 1328 | New Delhi, India | 1991 |
| | Kudryavtseva | KAZ | 82.5 | 610 | 1344 | Cahors, France | 2004 | | Posmitna | Ukraine | 82.5 | 602.5 | 1328 | Riesa, Germany | 2002 |
| | Hall | USA | 90+ | 610 | 1344 | Ylitornio, Finland | 2005 | | Kudryavtseva | KAZ | 82.5 | 602.5 | 1328 | Chicago, USA | 2003 |
| | Ribic | USA | 67.5 | 610 | 1344 | Stavanger, Norway | 2006 | | Boroday | Ukraine | 82.5 | 602.5 | 1328 | Ylitornio, Finland | 2005 |
| 94 | Herchenhein | Germany | 90+ | 607.5 | 1339 | Kitchener, Canada | 1996 | 114 | Kudinova | Russia | 67.5 | 600 | 1322 | Frydek-Mistek, Czech R. | 2001 |
| | Herchenhein | Germany | 90+ | 607.5 | 1339 | Capetown, S. Africa | 1997 | | Bahriy | Ukraine | 75 | 600 | 1322 | Cahors, France | 2004 |
| | Posmitnauk | Ukraine | 90 | 607.5 | 1339 | Frydek-Mistek, Czech R. | 2001 | | Strik | NED | 82.5 | 600 | 1322 | Cahors, France | 2004 |
| | Yavorska | Ukraine | 90 | 607.5 | 1339 | Chicago, USA | 2003 | | Schaefer | NED | 90+ | 600 | 1322 | Cahors, France | 2004 |
| | Boroday | Ukraine | 82.5 | 607.5 | 1339 | Cahors, France | 2004 | | Blyn | USA | 82.5 | 600 | 1322 | St.Johns, Canada | 2008 |
| 99 | Constanzo | USA | 90 | 605 | 1333 | Brussels, Belgium | 1988 | | Manaena | NZL | 90+ | 600 | 1322 | Potchefstroom, S. Africa | 2010 |

1982 HAWAII RECORD BREAKERS

as told to Powerlifting USA by Gus Rethwisch, WABDL President



Francis Silva knew how to work the crowd



Terry McCormick pulling a clean 848 IPF world record in the deadlift

Note: I apologize for the length of time between the 1981 Record Breakers report and this one for 1982. I got busy and I got old. I had open heart surgery in February of 2009. It's probably been three years since the last one. I wrote the recap of 1977, 1978, 1979, 1980 and 1981 every month for five months. Then I got caught up with WABDL and the heart surgery.

Nineteen-eighty-two was the first year that I thought about starting a federation that would be truly for the lifter. After not having a sanction in 1980 and 1981, I finally got one for 1982. The IPF, USPF, APF and I were going to butt heads constantly. If anybody thinks I made any money in either promoting or with WABDL, it's real simple—I didn't.

All the money went into trophies and expensive world class venues, and I'm proud of that fact. It's hard to fight someone who has nothing to lose and isn't trying to gain anything other than putting on the biggest meets in history. The nineteen World Record Breakers meets were put on in hotels in Oahu, Hawaii. In 1977, the Turtle Bay Hilton on the north shore of Oahu was the first one. The attendance was 1,522 and the guest lifters were Walter Thomas and Wayne Bouvier. The other hotel sites were all in Waikiki. The Sheraton Waikiki was the site of 13, the Pacific Beach Hotel 3, the Ala Moana Hotel hosted one and the last one was at the Farrington High School Auditorium. When I had to stoop below the class of a hotel was when I packed it in. The cost of those nineteen events was \$703,000 and I personally lost about \$54,000, which is only about \$3,000 per year. It was never about money, it was always about 'the show.'

In my 12 years in Hawaii, from January 1973 to December of 1984, the following were my residences: (1) bounced at a bar in Waikiki and lived in a room 7-by-7-feet in the bar for three months in late 1975, (2) I lived in an entertainer's changing room in the basement of the Kulima Hotel (now called the Turtle Bay Hilton Hotel) on the North Shore of Oahu. I was in charge of security on the graveyard shift—lots of fights, guns, fists and knives. I lived there from December 1975 to July 1977. I had some great workouts and my deadlift went from 660 to 780. There were three attempts on my life with guns, but for some reason they weren't successful; (3) I lived in my 1972 Vega Hatchback for four months, (4) I lived on Kahala Beach for another stretch of three months. While I was sleeping, somebody made the mistake of trying to mug me at 2:30 a.m. There could have been a drowning, but I'm not sure... (5) I slept on a friend's couch for six months, (6) I went back to the 7-by-7-foot room in the bar in Waikiki for a year, (7) for all of the World Record Breakers from 1985 to 1995, I would have to travel from Bend, OR, to prepare for the meets and then

I would live in one of these places: the Nuuanu YMCA or a warehouse that housed movie trucks, or on the exposed lanai or porch of the person's house who owned the warehouse. In the warehouse I dealt with mice and on the lanai, rats from the coconut trees. One morning I woke up with this rat sitting on my chest, just staring at me. Then, there was a dead rat and I was sort of back to normal. (In Danang, Vietnam, I saw a rat attached to a guy's arm early one morning while he slept. He woke up and beat the rat against a tree for at least two minutes. Two of us had to cut the son-of-a-gun off of his arm. It was a gory scene. I swear, the rats in Vietnam were bigger than cats).

Living in those conditions was going to wear on me, but the deciding factor for not putting on any more Record Breakers (in addition to losing major sponsors: Pan Am went out of business and I lost Budweiser and Nautilus Fitness Centers) was when I got kicked out of the Nuuanu YMCA. You had a room like a cell, a table, a bed and a window. You took a shower in a communal bathroom. Each of the three floors in the YMCA had one. Like an idiot, I left my wife's wedding ring on my table in my room with the door open slightly. I was going to add a wedding band to the ring; that's why I had it. When I came back from the shower, the ring was gone. I knocked on every door on the floor—about 14 rooms—only two people would open their door. Then I punched and kicked in two doors and threatened to kill everybody. I said, "I'm going down to the landing on the second floor." I lived on the third floor and there was only one way up and one way down. "If my ring is not back in my room in ten minutes, I start killing people." I went back to my room in ten minutes and the ring was there. The next day I was living in my rental car.

I met a lot of good people in Hawaii and had some good experiences. My best training was in Hawaii. I received a Masters Degree in International Relations and acted in two Magnum P.I.s and one Hawaii 5-O, as the main villain, and also was in a lesser known short lived TV series called Raven. I competed in the World's Strongest Man contest on CBS Sports in 1978 and finished fifth out of ten and was in third place when I got hurt and had to skip the last event. In 1980 my fiancé and I were invited to Paris by Serge Nubret, the bodybuilder, and we had an all-expenses paid trip for ten days. I did a squatting exhibition of 800 pounds for six reps in an old Marathon Supersuit and a leather belt—no spotters behind me, no Monolift, and legal depth. In 1981 my fiancé and I were invited to London for the Strongbow Strength contest that was televised on ESPN. Terry Todd helped me get the invitation; I finished fourth out of eight.

Hawaii was a crazy, fun, exciting wild ride and I wouldn't have missed it for the world.



Dwayne Fely burst upon the powerlifting scene with an IPF world record squat

HI RECORD BREAKERS

FEB 12 1982 » Honolulu, HI

| | | | | |
|----------------|-----|-----|-----|------|
| 114 lb. | | | | |
| V. Chung | 236 | 115 | 264 | 617 |
| 165 lb. | | | | |
| L. Kee | 600 | 352 | 584 | 1554 |
| B. Chong | 545 | 303 | 606 | 1455 |
| T. Dangerfield | 507 | 292 | 551 | 1350 |
| J. Lee | 248 | — | — | — |
| E. Nishioka | — | — | — | — |
| 181 lb. | | | | |
| K. McClaverty | 633 | 391 | 677 | 1703 |
| J. Walden | 622 | 418 | 611 | 1653 |
| I. Akuna | 545 | 303 | 584 | 1432 |
| 198 lb. | | | | |
| F. Silva | 655 | 501 | 545 | 1703 |
| E. Martin | 661 | 369 | 611 | 1642 |
| 220 lb. | | | | |
| F. Hatfield | 881 | 429 | 760 | 2072 |
| H. Fajardo | 248 | 407 | 512 | 1168 |
| 242 lb. | | | | |
| C. Snitkin | 837 | 507 | 821 | 2166 |
| B. Davis | 832 | 496 | 760 | 2088 |
| S. Miller | 771 | 518 | 749 | 2039 |
| L. Jacobs | 677 | 468 | 672 | 1818 |
| M. Dent | 705 | 413 | 672 | 1791 |
| E. Naone | 248 | 479 | — | — |
| G. Welch | — | — | — | — |
| 275 lb. | | | | |
| T. McCormick | 815 | 512 | 848 | 2177 |
| D. Shaw | 815 | 512 | 804 | 2132 |
| J. Drapal | 799 | 523 | 777 | 2099 |
| T. Hardman | 551 | 567 | 705 | 1824 |
| SHW | | | | |
| B. Kazmaier | 909 | 518 | 782 | 2210 |
| D. Fely | 981 | 567 | 600 | 2149 |
| G. Rethwisch | 843 | 501 | 755 | 2099 |
| D. Piper | 821 | 501 | 738 | 2061 |
| G. Aio | 744 | 573 | 644 | 1962 |



Fred Hatfield exploding upward with a WR squat, as the Late Roger Daggett spotted

On to the lifting for 1982. The attendance was 2,874. In the 165 class, Lloyd Kee of Hawaii squatted 600.7 and Terry Dangerfield of Great Britain got a 451, but both Lloyd Kee and Blane Chong easily beat Terry with totals of 1,554 and 1,455. The 1,554 total of Lloyd Kee was a teenage world record.

At 181 lb., Kevin McClaverty, a Honolulu policeman, easily beat Joe Walden: 1,703 to 1,653. Kevin pulled a 677 deadlift which is still competitive today in 181.

At 198, the smoking Samoan Francis Silva benched 501 pounds in a t-shirt and squatted 655 to highlight the 198 class. Keep in mind, bench shirts were not going to come in vogue until 1985.

At 220, Dr. Squat Fred Hatfield set two world records: 848 and 881 and came up with 903 that was high. Fred is the greatest squatter ever. Again, no Monolift, single-ply squat suit (that was a glorified singlet) and legal depth. No groove briefs, no 108-inch knee wraps. Almost 3,000 people went bananas. Fred was a showman. He was known to swig Jack Daniels after a great lift. He could dunk a basketball at 5-foot-6-inches. Fred trained a lot of plyometrics and was the most explosive powerlifter I have ever seen, with Jon Cole being a close second.

At 242, Carlton Snitkin of Connecticut put up the second highest total ever with 2,166 and an 821 deadlift and 837 squat. Only John Kuc's 2,204 was higher at this time in 1982. Bill Davis got second with 2,088.

At 275, Terry McCormick got a world record deadlift of 848 and a 2,177 total. Terry's 848 was a tremendous effort and still ranks as one

the best ever at 275 in a singlet. Terry was a true gentleman of the sport. Dave Shaw, another big deadlifter, got 804 and in later years was going to do much more. Every year Dave and Terry would send me a thank you card. Jim Drapal was in third and he was up and coming. He just missed 810 in the deadlift and squatted 799. He was coached by Mike Scott of the Power Pit.

At Super, Bill Kazmaier came to get the only record didn't have, the squat, but when the smoke cleared an unheard of 21 year old named Dwayne Fely set an IPF World Record of 981 and Kaz didn't even go down with the weight. Fely trained by himself in a shed that was at best 6½ feet in height and was 10-by-10-feet. The three spotters were Roger Daggett, an enforcer for the Hell's Angels in Vancouver, Canada; Gabe Aio, an enforcer in Hawaii and myself. Gabe was 348, I was 330 and Daggett was 300. Earlier in the meet, my ticket lady, Charlene Medeiros, came up to me and said, "Two guys don't want to pay." They walked right in and told her to stuff it. One of them was Daggett. The other was a guy named Dan Clozza. I walked up to them and said, "It's time to pay up or leave." Daggett says, "We're not paying and we're not leaving." I said, "You've got ten seconds to think about it before all hell breaks loose." Gabe Aio was right there, ready to even the odds. They paid! About an hour later I asked Daggett if he would want to spot. He said "yes" and I gave him his money back and another \$100. Daggett was sitting in a bar with his son in Vancouver one day and was shot in the head and killed by a rival gang member.

Dan Clozza and I became good friends and a few years later I hit an off duty cop when I was bouncing in a fight that I didn't start. That ended up with a warrant for my arrest. This was in Oregon. I fled to Canada and stayed with Dan Clozza for six months and then went to Hawaii for seven more. Finally, it was dropped. I lifted in the first six Record Breakers before I wised up. I was trashed from putting the meet on and I was working two jobs. In the meet I squatted 843 and opened with 755 on the deadlift and jumped to 821 and locked it out but I hitched. Gabe Aio benched 573 and squatted 744 in his first contest. He also cleaned a pair of 170 lb. dumbbells, but couldn't press them.

There were two bodybuilding shows: Mr. Aloha State and Ms. Aloha State. The guest posers were Matt Mendenhall and Jeff King. Mendenhall was being groomed by Joe Weider to be the next Mr. Olympia, but he never quite made it. Wilt Chamberlain and I had become fairly good acquaintances and he was our Guest of Honor. I met him at a track meet at the University of Hawaii.

The Power Pit provided the equipment in the warm-up room and the spotters and judges were Jim Taylor, Gary Watanabe and Ray Verdonck. The emcee was 'Iron' Mike Scott. Bill Nelson coordinated all of the bodybuilding along with Cathy Chang. The attendance was 3,164 in a 27,000 square foot ballroom with 40-foot ceilings.

The main sponsors were Pan American Airway, Budweiser, Marty Benson and Nautilus Fitness Centers. Up next: the 1983 Hawaii Record Breakers. «

RESULTS



Anthony Loreto – 515 SQ



Jonathan Adams – 1310 Total



Jamie Gold – 245 lb. squat at the MHP Crossfit "Got Total?" Meet

APA SOUTHERN REGIONALS SEP 10 2011 » Fulton, MS

| BENCH | | Submaster | | | |
|-------------------|--|------------------|--|------------------|--|
| FEMALE | | W. O'Briant | | 405 | |
| Raw | | 198 lbs. | | | |
| 114 lbs. | | Teens | | | |
| Open | | N. Maxwell | | 275 | |
| E. Harmon | | 105 | | 242 lbs. | |
| MALE | | Open NT | | | |
| 165 lbs. | | J. Cole | | 505 | |
| Submaster | | Submaster | | | |
| S. Woods | | B. Hanna | | 405 | |
| 242 lbs. | | Open | | | |
| Submaster | | A. Campbell | | 475 | |
| S. Pounds | | 350 | | SQUAT | |
| Raw | | FEMALE | | | |
| 114 lbs. | | Raw | | | |
| Teens | | 114 lbs. | | | |
| T. Brown | | 185 | | Open | |
| 181 lbs. | | Open | | | |
| Open | | B. Davis | | 135 | |
| W. O'Briant | | 405 | | BP DL TOT | |
| Push Pull | | BP DL TOT | | | |
| MALE | | | | | |
| Raw | | | | | |
| 148 lbs. | | | | | |
| Youth | | | | | |
| T. Patterson | | 105 | | 195 | |
| 220 lbs. | | | | | |
| Open | | | | | |
| M. Irving | | 375 | | 525 | |
| Full Power | | SQ | | BP DL TOT | |
| FEMALE | | | | | |
| Raw | | | | | |
| 97 lbs. | | | | | |
| Youth | | | | | |
| C. Harmon | | 110 | | 85 | |
| 123 lbs. | | | | | |
| Teens | | | | | |
| A. Gates | | 115 | | 65 | |
| MALE | | | | | |
| Raw | | | | | |
| 181 lbs. | | | | | |
| Open | | | | | |
| T. Dobbs | | 440 | | 315 | |
| 275 lbs. | | | | | |
| Open | | | | | |
| T. Dobbs | | 440 | | 315 | |
| Submaster | | 520 | | 360 | |
| Y. Marks | | 520 | | 360 | |
| 198 lbs. | | | | | |
| Teens | | | | | |
| H. Harbour | | 390 | | 250 | |
| 220 lbs. | | | | | |
| Open | | | | | |
| M. Grier | | 485 | | 370 | |
| 275 lbs. | | | | | |
| Open | | | | | |
| D. Smith | | 600 | | 405 | |
| D. Smith | | 600 | | 405 | |

» courtesy APA/WPA

MHP CROSSFIT "GOT TOTAL?" MEET DEC 17 2011 » Ft. Lauderdale, FL

| Powerlifting | SQ | BP | DL | TOT |
|-----------------------|-----|-----|-----|------|
| FEMALE | | | | |
| Under 120 lbs. | | | | |
| A. Arellano | 185 | 85 | 300 | 570 |
| L. Rothman | 175 | 90 | 280 | 545 |
| S. Brobst | 185 | 85 | 205 | 475 |
| D. Hook | 175 | 70 | 195 | 440 |
| T. Tolentino | 150 | 65 | 175 | 390 |
| 121-140 lbs. | | | | |
| J. Gold | 245 | 110 | 345 | 700 |
| C. Escalante | 250 | 100 | 295 | 645 |
| K. Cook | 210 | 100 | 300 | 610 |
| D. Anglin | 160 | --- | 235 | 395 |
| G. Herring | 120 | 65 | 175 | 360 |
| M. Coletti | 115 | --- | 210 | 325 |
| 141-160 lbs. | | | | |
| T. Clark | 225 | 95 | 310 | 630 |
| M. Lazell | 255 | 100 | 265 | 620 |
| A. King | 225 | 90 | 295 | 610 |
| 161-180 lbs. | | | | |
| L. Bolinsky | 215 | 110 | 330 | 655 |
| 181-200 lbs. | | | | |
| M. Darbouze | 280 | 100 | 365 | 745 |
| D. Nin | 205 | 100 | 275 | 580 |
| MALE | | | | |
| Under 160 lbs. | | | | |
| J. Haines | 425 | 160 | 505 | 1090 |
| Z. Parker | 385 | 155 | 525 | 1065 |
| J. Vazquez | 375 | 200 | 440 | 1015 |
| K. Burger | 380 | 165 | 430 | 975 |
| S. Gruebele | 300 | 150 | 460 | 910 |
| B. David | 315 | 150 | 405 | 870 |
| T. Burgess | 240 | 145 | 375 | 760 |
| P. Salguero | --- | 150 | 365 | 515 |
| 161-180 lbs. | | | | |
| J. Adams | 475 | 205 | 630 | 1310 |
| J. Griffin | 400 | 215 | 475 | 1090 |
| R. Monzon | 385 | 155 | 525 | 1065 |
| J. Perez | 405 | 160 | 485 | 1050 |
| T. Lynch | 380 | 190 | 460 | 1030 |
| J. Hart | 385 | 185 | 445 | 1015 |
| T. Tatro | 330 | 175 | 435 | 940 |
| K. Vandervoort | 245 | 135 | 315 | 695 |
| D. Zitnik | --- | 195 | 475 | 670 |
| C. Falcone | 145 | 105 | 315 | 565 |
| 181-200 lbs. | | | | |
| A. Loreto | 515 | 200 | 630 | 1345 |
| B. Brunette | 375 | 195 | 515 | 1085 |
| J. Aviles | 395 | 190 | 500 | 1085 |
| J. Smith | 370 | 190 | 510 | 1070 |
| B. Williams | 365 | 195 | 440 | 1000 |
| D. Tolentino | 355 | 145 | 500 | 1000 |
| D. Brobst | 315 | 165 | 500 | 980 |
| S. Simpson | --- | 160 | 425 | 585 |
| J. Wingett | --- | 145 | 425 | 570 |
| 201-225 lbs. | | | | |
| R. Viego | 500 | 225 | 585 | 1310 |
| T. Jaffe | 495 | 240 | 550 | 1285 |
| J. West | 335 | 160 | 415 | 910 |
| R. Conley | 520 | 185 | --- | 705 |
| 226-250 lbs. | | | | |
| B. Aeshire | 370 | 235 | 500 | 1105 |
| R. Smith | 350 | 135 | 515 | 1000 |
| 251-275 lbs. | | | | |
| P. Wilson | 590 | 345 | 660 | 1595 |
| J. Herring | 550 | 225 | 545 | 1320 |

Strongest Female by Malone Formula: Jamie Gold, Cristina Escalante, Abigail Arellano, Kelly Cook, Lisa Rothman. Strongest Male by Schwartz Formula: Pat Wilson, Jonathan Adams, Anthony Loreto, Jason Haines, Jeremy Herring. The strongest men & women in S. FL converged on CrossFit Ft. Lauderdale (aka "The Playground Gym") on December 17 for the inaugural MHP CrossFit "Got Total?" competition. Fifty-two men and women competed for a max effort total in the squat, strict press and deadlift. The roster was made up of 11 weight classes from under 120 lb. for women to over 250 lb. for men. The majority of the field was traditional CrossFitters, but the contest also drew in some top

powerlifters and Olympic lifters, as well as a few pro strongmen. The event was sponsored exclusively by performance supplement innovator MHP. Contest standouts included Jamie Gold of The Playground Gym, a 2011 CrossFit Games finalist who dominated the women's 121-140 lb. weight class with a 700 total, and best female lifter by Malone Formula. Among the men, Jonathan Adams, an avid CrossFit competitor, shocked spectators with a 1310 total, which was a 200+ lb. margin of victory in the 161-180 lb. class (which had the most competitors of the event). Pat Wilson put his exclamation mark on the event, winning the men's 251-275 lb. weight class and the Schwartz Formula Total for best lifter with a 590 squat, a 345 strict press, and a 660 deadlift for an astounding 1595 total. Fifteen CrossFit gyms were represented by these 52 athletes, but it was the home team of The Playground Gym that delivered the strongest results by total and formula. "I couldn't be more proud of my athletes, we pride ourselves on being the strongest CrossFit facility in South Florida and this event proved it yet again," said gym owner Michael King. "I'd also like to thank MHP for supporting the 'Got Total?' contest and providing prizes for our winners!" » courtesy Joel Feinberg

USPA STEVE GOGGINS CLASSIC JAN 7 2012 » Victoria, TX

| BENCH | | 220 lbs. | | | |
|---------------------|--|-----------------|--|----------------|--|
| MALE | | Junior (20-23) | | | |
| Raw | | C. Graves | | 342 | |
| 198 lbs. | | 308 lbs. | | | |
| Junior (20-23) | | Master (50-54) | | | |
| B. Webb | | 281 | | C. Sanders Sr. | |
| Powerlifting | | SQ | | BP DL TOT | |
| FEMALE | | | | | |
| Raw | | | | | |
| 198 lbs. | | | | | |
| Master (65-69) | | | | | |
| J. Ritter | | 105 | | 83 | |
| 198+ lbs. | | | | | |
| Master (45-49) | | | | | |
| T. Ruiz | | 303 | | 220 | |
| MALE | | | | | |
| Raw | | | | | |
| 165 lbs. | | | | | |
| Junior (20-23) | | | | | |
| K. Escalante | | 320 | | 281 | |
| Single-Ply | | | | | |
| 148 lbs. | | | | | |
| Junior (16-17) | | | | | |
| M. Armenta | | 364 | | 243 | |
| J. Alvarado | | 331 | | 220 | |
| 198 lbs. | | | | | |
| Junior (16-17) | | | | | |
| M. Hartman | | 386 | | 270 | |
| 242 lbs. | | | | | |
| Junior (20-23) | | | | | |
| C. Sanders Jr. | | 424 | | 347 | |
| 275 lbs. | | | | | |
| Junior (20-23) | | | | | |
| I. Soderqvist | | 705 | | 502 | |
| 275 lbs. | | | | | |
| Open | | | | | |
| I. Soderqvist | | 705 | | 502 | |
| 705 | | 502 | | 705 | |
| 1912 | | | | | |

Best Lifter Junior Powerlifting: Ian Soderqvist. Meet Director and Promoter: Steve Denison and Chris Pappillion. Meet Announcer: Steve Denison. Meet Scorekeeper: Steve Denison. Bar loading program: Steve Denison. Thanks to all our Referees: Steve Denison, International; Al Mendez, National; Preston Turner, State; Manuel Luna, State; Chris Pappillion, State. Thanks to our spotters and loaders: Richard Garcia, Jonathan Guerra. Thanks to Pure Fitness Gym of Victoria, TX, and owner Homer Escalante for the use of the gym.
» courtesy Steve Denison



Ranier Viego with a 500 lb. squat at the MHP Crossfit meet



Abigail Arellano pulled 300 lb.



Jason Haines pulled 505 pounds (MHP/Feinberg photos)



PRESS RELEASE: FABRICIO WERDUM WINS IN UFC COMEBACK!

After vowing last summer never to lose to a stronger fighter, MMA superstar Fabricio Werdum exploded back on the UFC scene with a decisive victory over Roy Nelson at UFC 143 on February 4th. With a combination of kicks and blows, the 249-pounder punished his opponent for the entire fight, completely overpowering Nelson.

"I felt Roy getting tired in round three, but I felt stronger than ever," said Fabricio after the fight.

Fabricio says he owes his newfound fighting power to the strength training and MHP supplement regimen designed by former NFL full-back Jarrod Bunch. Among the supplements Fabricio relied on to power through his workouts were MHP's new X-FIT Series products, which are scientifically formulated for high intensity cross-training, and other select MHP supplements. In the months leading up to the Nelson fight, Fabricio experienced tremendous increases in raw strength, including tripling his bench press max. By the time he entered the cage for his UFC return, he'd gained 12 pounds of muscle and burned off 17 pounds of fat, and was more powerful and confident than ever!

"X-FIT TRAINER pre-workout helped me train hard no matter if I was lifting weights, grappling or doing cardio," says Fabricio. "I always had lots of energy and focus. And X-FIT POWER kept me from getting sore after every workout."

Fabricio is currently in his native homeland for the TV taping of *The Ultimate Fighter: Brazil* as part of the team coaching Wanderlei Silva, who will square off against Vitor Belfort later this year. He also hopes to be fighting in a UFC bout in a yet-to-be announced location in Brazil in June. "I want to thank MHP for their support in helping me get into the best shape of my life," says Fabricio. "And I'm going to keep getting better!"

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

THE RAGE

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



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

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

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

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

RAGE X

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



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

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

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

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

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

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

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

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

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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.



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- 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.

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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.

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



Warm Up Pullover Crewneck

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

\$14.95



Warm Up Pants

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

\$23.95



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

\$12.95



Camo T-shirts

Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00



Tank Tops

Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

\$10.00



Hoodie

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

\$19.50

Gym Bag

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"

\$25.00



Beanies

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

\$10.00



Suit Slippers

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

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

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

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Essential for workouts and competitions, magnesium carbonate block chalk.

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Elbow Sleeves XT

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

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

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Quality, standard leather workout gloves. Power-Surge.

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Power-Surge Red Line Wrist Wraps

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

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

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

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

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

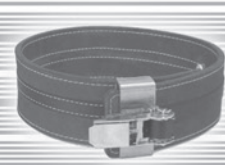
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The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

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PR Belt

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

\$140.00



Forever Lever Belt 10MM

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

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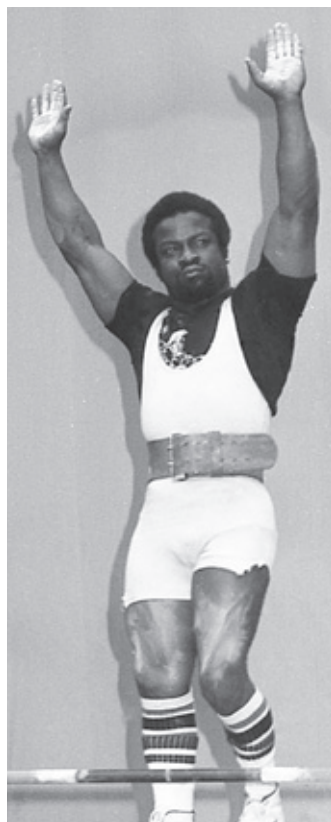
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MEN'S 123 LB. (56 KG.) WEIGHT DIVISION » TOTAL



Norb Paterniti, a proud Pennsylvanian at the 1982 Senior Nationals in Dayton, OH



Joe Bradley at the historic 1980 World Series of Powerlifting event, telecast by CBS

| Total | X-Bwt | Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation |
|--------------------|---------|--|
| 1. 1455.1 (660.0) | 11.79X | Richard Hawthorne/84 4/17/04 (265.0+135.0+260.0=660.0 kg.) (Baton Rouge, Louisiana) (APF) |
| 2. 1411.0 (640.0) | *11.71X | Mike Ewoldsen/65 8/7/10 (235.0+150.0+255.0=640.0 kg. @ 120.5 lb.) (Denver, Colorado) (NASA) |
| 3. 1383.4 (627.5) | *11.21X | Lamar Gant/57 7/10/82 (200.0+137.5+290.0=627.5 kg. @ 56.0 kg.) (Dayton, Ohio) (USPF/IPF) |
| 4. 1375.0 (623.7) | 11.14X | Chris Smith 3/13/10 (500.0+275.0+600.0=1375.0 lb.) (Houston, Texas) (THSPA) |
| 5. 1366.9 (620.0) | *11.07X | Damarrio "Doc" Holloway/80 4/30/06 (220.0+137.5+262.5=620.0 kg. @ 56.0 kg.) (Duluth, GA) (USAPL) |
| 6. 1317.3 (597.5) | 10.67X | Bobby Adams 3/11/89 (215.0+142.5+240.0=597.5 kg.) (Fort Hood, Texas) (USPF) |
| 7. 1306.2 (592.5) | *10.68X | Erwin Gainer/66 10/15/07 (220.0+142.5+230.0=592.5 kg. @ 55.5 kg.) (Soelden, Austria) (USAPL/IPF) |
| 8. 1300.7 (590.0) | 10.54X | Tim Taylor/66 10/28/89 (200.0+135.0+255.0=590.0 kg.) (Hills Air Force Base, Utah) (NSM) |
| 9. 1300.7 (590.0) | 10.54X | Dave Pattaway/59 7/28/90 (230.0+107.5+252.5=590.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 10. 1295.0 (587.4) | 10.49X | Joe Bradley/56 5/13/78 (455.0+315.0+525.0=1295.0 lb.) (Port Edwards, Wisconsin) (USPF) |
| 11. 1295.0 (587.4) | 10.49X | Herb Blake/58 12/9/89 (500.0+275.0+520.0=1295.0 lb.) (Adel, Georgia) (USPF) |
| 12. 1284.2 (582.5) | *10.46X | Eric Kupperstein/66 6/10/11 (220.0+122.5+240.0=582.5 kg. @ 55.7 kg.) (Bay Saint Louis, MS) (USAPL/IPF) |
| 13. 1280.0 (580.6) | *10.47X | Anibal Martinez 3/13/10 (510.0+250.0+520.0=1280.0 lb. @ 122.2 lb.) (Weslaco, Texas) (THSPA) |
| 14. 1270.0 (576.1) | *10.54X | Ernesto Milian/47 11/21/97 (485.0+265.0+520.0=1270.0 lb. @ 120.5 lb.) (Washington, D.C.) (IPA) |
| 15. 1267.7 (575.0) | 10.27X | Clarence Fielder/69 7/31/92 (200.0+137.5+237.5=575.0 kg.) (Raleigh, North Carolina) (USPF) |
| 16. 1267.7 (575.0) | 10.27X | Wil Taylor/69 3/29/98 (222.5+130.0+222.5=575.0 kg.) (Denver, Colorado) (USAPL) |
| 17. 1267.7 (575.0) | *10.34X | Jeremy Scruggs/83 9/11/05 (210.0+130.0+235.0=575.0 kg. @ 55.6 kg.) (Fort Wayne, IN) (USAPL/IPF) |
| 18. 1265.0 (573.8) | *10.45X | Eric Torres/92 2/27/10 (475.0+280.0+510.0=1265.0 lb. @ 121.0 lb.) (Weslaco, Texas) (THSPA) |
| 19. 1262.1 (572.5) | 10.22X | Bob Lech 7/12/80 (220.0+125.0+227.5=572.5 kg.) (Madison, Wisconsin) (USPF/IPF) |
| 20. 1258.8 (571.0) | 10.20X | Lance Mays 4/25/92 (231.0+112.5+227.5=571.0 kg.) (Dallas, Texas) (NASA) |
| 21. 1256.6 (570.0) | *10.65X | Mike Booker/81 3/9/02 (250.0+170.0+150.0=570.0 kg. @ 118.0 lb.; no gear) (Moreno Valley, CA) (AAU) |
| 22. 1251.1 (567.5) | 10.13X | M. Long 2/13/88 (210.0+125.0+232.5=567.5 kg.) (Dallas, Texas) (USPF) |
| 23. 1250.0 (567.0) | *10.68X | Chuck Dunbar/57 3/26/83 (520.0+315.0+415.0=1250.0 lb. @ 117.0 lb.) (Chamblee, Georgia) (USPF) |
| 24. 1245.6 (565.0) | *10.09X | Chris Tran/88 2/27/10 (215.0+122.5+227.5=565.0 kg. @ 56.0 kg.) (Bay Saint Louis, MS) (USAPL) |
| 25. 1240.1 (562.5) | 10.04X | Dave Buterbaugh/66 8/10/96 (250.0+165.0+147.5=562.5 kg.) (Las Vegas, Nevada) (APF/WPC) |
| 26. 1234.6 (560.0) | *10.09X | Jim Morgan/62 7/6/85 (217.5+127.5+215.0=560.0 kg. @ 55.5 kg.) (Chicago, Illinois) (USPF) |
| 27. 1234.6 (560.0) | 10.00X | David Ramsey 2/17/88 (225.0+127.5+207.5=560.0 kg.) (El Torra, California) (USPF) |
| 28. 1234.6 (560.0) | 10.00X | Roman Garcia/84 12/4/04 (220.0+110.0+230.0=560.0 kg.) (Harlingen, Texas) (APF) |
| 29. 1230.0 (557.9) | 9.96X | Hien Nguyen/77 10/24/92 (500.0+285.0+445.0=1230.0 lb.) (Omaha, Nebraska) (NASA) |
| 30. 1223.6 (555.0) | 9.91X | Joe Cunha/59 5/5/84 (245.0+142.5+167.5=555.0 kg.) (Mission San Jose, California) (USPF/ADFFPA) |
| 31. 1223.6 (555.0) | *9.91X | Philip Rotar/91 6/12/09 (217.5+120.0+217.5=555.0 kg. @ 55.98 kg.) (Denver, Colorado) (USAPL/IPF) |
| 32. 1218.1 (552.5) | 9.87X | Mark Hartman/73 7/25/92 (217.5+115.0+220.0=552.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 33. 1218.1 (552.5) | *9.97X | Alan Whigham/75 7/13/02 (217.5+115.0+220.0=552.5 kg. @ 55.4 kg.) (Chicago, Illinois) (USAPL/IPF) |
| 34. 1218.1 (552.5) | *10.05X | Peter Wong/78 4/10/04 (192.5+157.5+202.5=552.5 kg. @ 55.0 kg.) (Fort Lauderdale, FL) (USAPL/IPF) |
| 35. 1215.0 (551.1) | 9.84X | Jimmy Lawrence 3/29/08 (470.0+270.0+475.0=1215.0 lb.) (Abilene, Texas) (THSPA) |
| 36. 1212.5 (550.0) | *9.82X | Russ Steinhouser 7/6/85 (200.0+122.5+227.5=550.0 kg. @ 56.0 kg.) (Chicago, Illinois) (USPF) |
| 37. 1212.5 (550.0) | 9.82X | Sinh Connolly 12/17/94 (205.0+117.5+227.5=550.0 kg.) (Kailua-Kona, Hawaii) (ADFFPA) |
| 38. 1212.5 (550.0) | *9.84X | Ken Snell/59 11/11/00 (210.0+122.5+217.5=550.0 kg. @ 55.9 kg.) (Ormond Beach, Florida) (AAPF) |
| 39. 1210.0 (548.8) | *10.13X | Dino Raposo 10/30/88 (515.0+235.0+460.0=1210.0 lb. @ 119.5 lb.) (Lindenhurst, New York) (ANPPC) |
| 40. 1203.3 (545.8) | 9.75X | Allen Clark (US/38) 2/19/72 (---+---+548.25=1203.3 lb.; no gear) (Texas) (AAU) |
| 41. 1202.6 (545.5) | *10.01X | August Clark/62 7/10/99 (182.5+168.0+195.0=545.5 kg. @ 54.5 kg.) (Daytona Beach, FL) (APF/WPC) |
| 42. 1200.0 (544.3) | 9.72X | Terrence Winters 5/21/88 (435.0+285.0+480.0=1200.0 lb.) (Spokane, Washington) (NSM) |
| 43. 1200.0 (544.3) | *9.82X | Derek Osuna 3/28/09 (475.0+275.0+450.0=1200.0 lb. @ 122.2 lb.) (Abilene, Texas) (THSPA) |
| 44. 1195.0 (542.0) | *9.84X | Nick Laznovsky/92 3/28/09 (500.0+230.0+465.0=1195.0 lb. @ 121.4 lb.) (Abilene, Texas) (THSPA) |
| 45. 1190.5 (540.0) | 9.64X | Ralph Caputo 1/8/83 (220.0+120.0+200.0=540.0 kg.) (Columbus, Ohio) (USPF) |
| 46. 1185.0 (537.5) | 9.60X | Norb Paterniti 12/15/84 (205.0+117.5+215.0=537.5 kg.) (Weirton, West Virginia) (USPF) |
| 47. 1180.0 (535.2) | 9.56X | Joseph Bernazzani (US) 10/9/71 (415.0+280.0+485.0=1180.0 lb.; no gear) (San Bernardino, CA) (AAU) |
| 48. 1180.0 (535.2) | 9.56X | Julio Nunez/43 3/3/79 (410.0+275.0+495.0=1180.0 lb.) (Denver, Colorado) (AAU) |
| 49. 1180.0 (535.2) | 9.56X | Vince Tolisano 3/27/82 (420.0+295.0+465.0=1180.0 lb.) (Tampa, Florida) (USPF) |
| 50. 1179.5 (535.0) | *9.55X | Mark Ferrera 7/6/85 (187.5+155.0+192.5=535.0 kg. @ 56.0 kg.) (Chicago, Illinois) (USPF) |

(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Records accurate as to my knowledge.



Dave Pattaway at the 1990 APF Seniors where he pulled in his PR total at 123



Russ Steinhouser, an efficient lifting machine, fresh from the fields of Nebraska

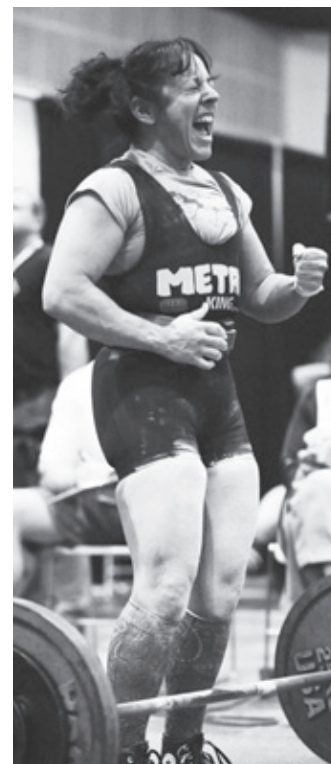


Ernesto Milian was one of the most visibly intense competitors in the history of this weight class

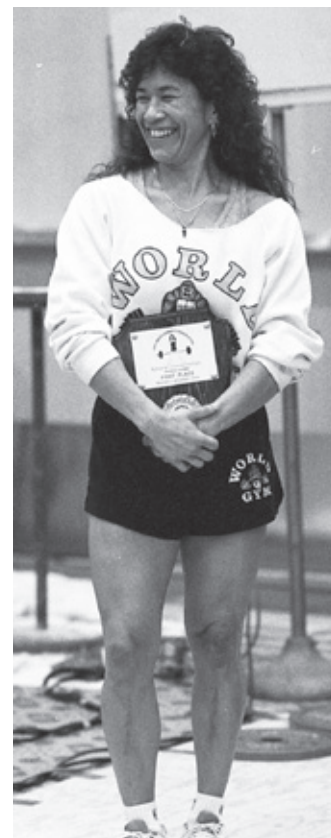
WOMEN'S 123 LB. (56 KG.) WEIGHT DIVISION » TOTAL

| Total | X-Bwt | Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation |
|-------|----------------|--|
| 1. | 1190.5 (540.0) | *9.94X Margaret Kirkland/63 11/20/08 (220.0+115.0+205.0=540.0 kg. @ 54.3 kg.) (Palm Beach, FL) (APF/WPC) |
| 2. | 1180.0 (535.2) | 9.56X Amy Weisberger/65 2/20/00 (450.0+280.0+450.0=1180.0 lb.) (Columbus, Ohio) (IPA) |
| 3. | 1151.9 (522.5) | *9.52X Carrie Boudreau/67 7/21/95 (190.0+110.0+222.5=522.5 kg. @ 54.9 kg.) (Baton Rouge, LA) (USPF/IPF) |
| 4. | 1115.0 (505.8) | *9.14X Jenn "Pup" Rotsinger/78 10/24/09 (455.0+260.0+400.0=1115.0 lb. @ 122.0 lb.) (Orlando, FL) (APF) |
| 5. | 1102.3 (500.0) | *8.96X Mary Ryan-Jeffrey/60 7/16/88 (192.5+120.0+187.5=500.0 kg. @ 123.0 lb.) (Columbus, OH) (APF/WPC) |
| 6. | 1070.0 (485.3) | *8.77X Natalie Carr-Harrington/83 2/6/10 (460.0+225.0+385.0=1070.0 lb. @ 122.0 lb.) (Columbus, OH) (IPA) |
| 7. | 1066.1 (483.6) | *8.68X Vicky Steenrod/49 1/28/84 (482.5 kg. @ 55.7 kg., later weighed 1066.1 lb.) (Austin, TX) (USPF/IPF) |
| 8. | 1052.7 (477.5) | *8.53X Tonya Myers/70 6/21/97 (182.5+95.0+200.0=477.5 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC) |
| 9. | 1050.0 (476.3) | 8.50X Jenny Burkley/70 6/24/06 (480.0+255.0+315.0=1050.0 lb.) (Lake George, New York) (APF) |
| 10. | 1041.7 (472.5) | *8.47X Felicia Johnson-Almy/58 1/26/85 (187.5+102.5+182.5=472.5 kg. @ 55.8 kg.) (Boston, MA) (USPF) |
| 11. | 1041.7 (472.5) | *8.50X Diana Rowell/57 6/1/85 (172.5+87.5+212.5=472.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF) |
| 12. | 1030.7 (467.5) | 8.35X Valeri Tyree/73 3/24/01 (177.5+92.5+197.5=467.5 kg.) (Fort Hood, Texas) (USPF) |
| 13. | 1025.1 (465.0) | 8.30X Cathleen Keli/54 12/3/95 (177.5+105.0+182.5=465.0 kg.) (San Anselmo, California) (NSM) |
| 14. | 1025.0 (464.9) | 8.30X Diane Frantz/37 10/17/87 (390.0+200.0+435.0=1025.0 lb.) (Victoria BC, Canada) (APF/WPC) |
| 15. | 1025.0 (464.9) | *8.39X Jean Forgatsch-Fry/86 8/20/11 (415.0+235.0+375.0=1025.0 lb. @ 122.2 lb.) (Covington, KY) (SPF) |
| 16. | 1019.6 (462.5) | *8.36X Julie Sylvan-Thomas/60 1/29/83 (167.5+107.5+187.5=462.5 kg. @ 55.35 kg.) (Chicago, IL) (USPF) |
| 17. | 1019.6 (462.5) | 8.26X Kathy Baker/59 7/28/90 (185.0+102.5+175.0=462.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 18. | 1019.6 (462.5) | 8.26X Ashley Awalt/83 4/16/05 (175.0+125.0+162.5=462.5 kg.) (Baton Rouge, Louisiana) (USAPL) |
| 19. | 1014.1 (460.0) | *8.21X Michelle Amsden/79 9/11/02 (172.5+102.5+185.0=460.0 kg. @ 56.0 kg.) (Sotchi, Russia) (USAPL/IPF) |
| 20. | 1003.1 (455.0) | *8.21X Rowena Lopez/77 5/21/11 (175.0+102.5+177.5=455.0 kg. @ 55.4 kg.) (Atlanta, GA) (USAPL/IPF) |
| 21. | 992.1 (450.0) | *8.12X Eileen Todaro-Wadie/58 1/26/85 (165.0+105.0+180.0=450.0 kg. @ 55.4 kg.) (Boston, MA) (USPF) |
| 22. | 986.6 (447.5) | *8.22X Anna Blakely 7/2/94 (175.0+117.5+155.0=447.5 kg. @ 120.0 lb.) (Elmhurst, Illinois) (APF/WPC) |
| 23. | 970.0 (440.0) | 8.80X Pam Crisp 11/21/87 (175.0+87.5+177.5=440.0 kg.) (Dayton, Ohio) (APF/WPC) |
| 24. | 970.0 (440.0) | *7.06X Katherine "Kat" Clark/80 5/21/11 (167.5+97.5+175.0=440.0 kg. @ 55.0 kg.) (Atlanta, GA) (USAPL/IPF) |
| 25. | 950.0 (430.9) | *7.85X Janet Faraone/67 5/29/04 (315.0+290.0+345.0=950.0 lb. @ 121.0 lb.) (Bethlehem, PA) (IPA) |
| 26. | 945.0 (428.6) | 7.65X Diana Bona 5/3/86 (380.0+195.0+370.0=945.0 lb.) (Saint Johnsbury, Vermont) (USPF) |
| 27. | 943.6 (428.0) | 7.64X Nance Greenspan-Avigliano/56 6/10/00 (170.0+83.0+175.0=428.0 kg.) (Warren, MI) (APF/WPC) |
| 28. | 942.5 (427.5) | *7.82X Nichelle Whitfield/87 10/22/02 (172.5+87.5+167.5=427.5 kg. @ 54.7 kg.) (Helsinki, Finland) (APF/WPC) |
| 29. | 942.5 (427.5) | *7.63X Carly Nogle/87 3/19/04 (155.0+90.0+182.5=427.5 kg. @ 56.0 kg.) (Milwaukee, WI) (USAPL) |
| 30. | 942.5 (427.5) | *7.81X Teale Magierek-Adelmann/71 6/18/05 (167.5+107.5+152.5=427.5 kg. @ 120.6 lb.) (Springfield, OH) (NASA) |
| 31. | 942.5 (427.5) | *7.74X Monique Hayes/71 4/21/07 (137.5+97.5+192.5=427.5 kg. @ 55.2 kg.) (Duluth, Georgia) (USAPL) |
| 32. | 942.5 (427.5) | *7.76X Suzanne Hedman/60 11/7/10 (167.5+105.0+155.0=427.5 kg. @ 121.5 lb.) (Sacramento, CA) (SPF) |
| 33. | 940.0 (426.4) | 7.61X Jacqueline Davis-Manzo/61 12/5/98 (340.0+195.0+405.0=940.0 lb.) (Omaha, Nebraska) (USAPL) |
| 34. | 937.0 (425.0) | *7.93X Susan Rinn/63 10/15/04 (160.0+115.0+150.0=425.0 kg. @ 118.16 lb.) (Fresno, CA) (APF/WPC) |
| 35. | 937.0 (425.0) | *7.62X Becky Rich/81 9/16/11 (160.0+115.0+150.0=425.0 kg. @ 123.0 lb.) (Las Vegas, Nevada) (USPA) |
| 36. | 935.0 (424.1) | 7.57X Suzanne "Sioux-Z" Hartwig-Gary/68 7/15/06 (360.0+230.0+345.0=935.0 lb.) (Towson, MD) (AAU) |
| 37. | 930.0 (421.8) | *8.10X Yueh-Chun Chang/70 12/16/95 (340.0+190.0+400.0=930.0 lb. @ 114.75 lb.) (Seattle, WA) (ADFFA) |
| 38. | 925.9 (420.0) | *7.52X Sandy Mobley/59 5/21/99 (160.0+90.0+170.0=420.0 kg. @ 55.88 kg.) (Thisted, Denmark) (IPF) |
| 39. | 925.9 (420.0) | *7.85X Alexa Schillinger/91 3/27/10 (157.5+82.5+180.0=420.0 kg. @ 53.5 kg.) (Wisconsin Dells, WI) (USAPL) |
| 40. | 921.5 (418.0) | 7.46X Teresa Mims-DeVultz 8/19/89 (142.5+98.0+177.5=418.0 kg.) (Galveston, Texas) (USPF) |
| 41. | 920.4 (417.5) | 7.46X Evangeline Kizer-Kersey/41 12/14/85 (157.5+72.5+187.5=417.5 kg.) (San Diego, California) (USPF) |
| 42. | 920.4 (417.5) | 7.46X Cheryl Finley 7/25/92 (172.5+95.0+150.0=417.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 43. | 920.4 (417.5) | *7.46X Katie Van Dusen/88 9/8/07 (157.5+95.0+165.0=417.5 kg. @ 56.0 kg.) (LaGarde, France) (USAPL/IPF) |
| 44. | 914.9 (415.0) | 7.41X Sheila Ward/68 11/1/86 (165.0+85.0+165.0=415.0 kg.) (Topeka, Kansas) (USPF) |
| 45. | 914.9 (415.0) | 7.41X Pam Kusar/60 3/25/01 (150.0+97.5+167.5=415.0 kg.) (Institute, West Virginia) (USPF) |
| 46. | 910.0 (412.8) | 7.37X Lisa Dellinger 2/15/87 (350.0+175.0+385.0=910.0 lb.) (Milwaukee, Wisconsin) (APF/WPC) |
| 47. | 909.4 (412.5) | 7.37X Monkee Caldwell 5/1/88 (157.5+87.5+167.5=412.5 kg.) (Anaheim, California) (USPF) |
| 48. | 909.4 (412.5) | 7.37X Wendy Brocius 7/28/90 (165.0+85.0+162.5=412.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) |
| 49. | 909.4 (412.5) | *7.43X Lea Ann Adams/62 5/1/93 (160.0+67.5+185.0=412.5 kg. @ ~55.5 kg.) (Hicksville, NY) (ADFFA) |
| 50. | 909.4 (412.5) | *7.45X Caitlin Miller/90 2/10/06 (165.0+77.5+170.0=412.5 kg. @ 55.4 kg.) (Denver, CO) (USAPL/IPF) |

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



Suzanne Hedman at the 2010 Fit Expo in Los Angeles, CA



Cathleen Keli At the 1992 ADFFA Women's Nationals



Mary Jeffrey at the 1988 APF Senior Nationals



Amy Weisberger at the '03 WPC Worlds (Glossbrenner photo)



Lisa Dellinger at the YMCA Nationals

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| N-Acetyl L-Glutamine, 300gm | 17.75 |
| Acetyl L-Carnitine, 100gm | 7.90 |
| CLA, 750mg, 100 gelpcaps | 8.95 |
| Creatine Mono. 99+% Micronized, 1kg | 14.75 |
| Arginine base powder, 300gm | 17.00 |
| Arginine AKG, 150 gm | 10.90 |
| Citrulline, 100gm | 11.50 |
| Lipoic Acid Powder, 50 grams | 9.00 |
| Whey Protein 90% instant isolate, 24oz | 21.75 |
| Tribulus Ext. 45% 100gm | 7.50 |
| Long Jack 100:1, 20gm | 37.50 |
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| Glutamine 300gm/1kg | 14.50/37.50 |

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Brittany Pryor's lifts were seen "LIVE" back in Hawaii on the feed from the Fit Expo

Michael Russell 'raw'ed up a 540 lb. deadlift



2012 LOS ANGELES FIT EXPO

The USPA American Cup



The Meet Director... now properly addressed as Lt. Col. Steve Denison! Congratulations!

2012 LOS ANGELES FIT EXPO USPA AMERICAN CUP POWERLIFTING INVITATIONAL & USPA BENCH PRESS/DEADLIFT INVITATIONAL

as told to Powerlifting USA by George Pessell



Shawn Buckley pulled huge, but was in a very tough group (Mike Lambert/PL USA photos)

The Los Angeles Fitness Expo is arguably the largest health, fitness, and sporting exposition in the Western U.S. What better event to feature the strongest athletes on the planet? Now in its seventh consecutive year, the second under sanctioning by the USPA, the 2012 edition of this prestigious event was hosted by USPA President Steve Denison and his wife Shelley. Their expertise with directing top-notch meets shows, as this event ran seamlessly and expeditiously through the weekend's competition.

The American Cup, along with the Olympia, are the "crown jewels" of powerlifting in terms of prestige, garnering significant media attention from within and outside our sport. That said, Steve succeeded in securing live on-line internet streaming of the event beforehand so those unable to attend could view the action throughout the weekend without missing a single lift. Mike Lambert, publisher of this magazine, was on hand of course. John Balik, publisher of *Ironman* magazine was seen amongst the crowd, as well as other paparazzi from the world of strength and fitness.

The meet site within the LA Convention Center was front and center, catching the Expo's 50,000 attendees' attention immediately upon entry. The awesome displays of strength, along with the enthusiastic narrative provided by announcer extraordinaire Chuck La Mantia, kept the audience's attention rapt and the seats full through each day, frequently with standing room only!

The platform was ably managed by Tom Moormeister, whose spotters were put to the test several times, ensuring the safety of the lifters who were oftentimes handling massive poundages. Bar weights were changed accurately and expeditiously. I wasn't aware of a single mis-load over the weekend.

Judging was strict but fair. No one needs to call into question the legitimacy of USPA lifts. Most judges are seasoned lifters with many years experience themselves. While the benefit of the doubt goes to the lifter, make no mistake, lifts have to be conducted in accordance with the rules, lending credence to the numbers successfully put up by the lifters.

Lifters competed in light, middle, and heavy weight groups, with placement being determined via their Wilks score. Records were still able to be set based on their standard weight class.

Saturday was reserved for full-meet competitors lifting in the American Cup. This event featured raw and single-ply men, women, and master lifters. Starting the day off were the lightweight women (105–123), raw and equipped. There were four raw lifters in the competition.

Among them, Tass Jones, competing at 114, totaled 369. Julie Diss was the lone competitor in the middleweight raw group (132–165). Competing at 132, she used a big 385 pull to get a nice 826 total. In the raw women's heavy group (181–198+), two competitors squared off. Brittany Pryor, at 198+, squatted 407, benched 264, and pulled a huge 507 for the win and best lifter raw award. Runner up was Bernice Fuss, a fine ambassador for the sport, down from Canada. Wanting to try her hand competing raw after her excellent performance at the IPL worlds, Bernice succeeded with 215/242/347, for an 804 total, along with a 4th attempt pull of 352 for a new master's world record. Making the most of her mid-winter trip to warmer climates, Bernice was slated to lift the following day in the bench and deadlift only events.

In the women's single-ply, record holder April Shumaker also had a long weekend, scheduled to compete in the full meet and Sunday in the bench and deadlift invitational. Her Saturday performance got her off to a great start, with lifts of 248/248/286, for a total of 782 in the womens open single-ply 105, and the overall best lifter award for lightweight women.

In the women's middleweight single-ply division, winner Liz Freel, fresh off her amazing performance at the IPL Worlds, continued her ascent into powerlifting infamy. Liz totaled an amazing 1,455 in the 165s, an improvement of 11 lbs, via 529/374/551. Her bench and deadlift established new PRs and world records. Liz also garnered the best lifter award for the women's heavyweight equipped competitors. Runner up was Monica DiGiuro, lifting in the 148s and posting a fine 705 total via 248/165/292.

The women's heavyweight single-ply class had the most competitors (4). The victor was Aura Morris, lifting as a 198. Aura had a big 429 squat to go along with a 259 bench and 380 deadlift to total 1,069. In second and competing in the 198+ class, was IPL world champion Nicki l'Anson, also posting a 1,069 total. Aura's Wilks score gave her the win. Kristin Coleman placed third with a total of 870 as a 198 pounder. Unfortunately, 181 competitor Nicolai Stern couldn't get her squats past the judges scrutiny, putting an early end to her day. Taking it in stride, she provided coaching and assistance for the balance of the weekend to many of the competitors.

Moving on to the men's raw competition, Michael Russell Jr., at 181, used a big 540 deadlift to take the win in the lightweight group

USPA AMERICAN CUP
JAN 28-29 2012 » Los Angeles, CA

| | | | | |
|---------------------|-----------------|------------------|-----------|------------|
| BENCH | D. Gonzales | 248 | | |
| FEMALE | T. Truong | 243 | | |
| <i>Single-Ply</i> | 132 lbs. | | | |
| 105 lbs. | A. Kelske | 320 | | |
| A. Shumaker | 248 | N. Navarrette | 243 | |
| 114 lbs. | | 148 lbs. | | |
| A. Epolito | 165 | S. Powell | 430 | |
| 148 lbs. | | T. George | 358 | |
| T. Ryan | 204 | T. Ryan | 353 | |
| K. Parnow | 183 | 165 lbs. | | |
| 165 lbs. | | B. Heriford | 380 | |
| B. Heriford | 259 | B. Fuss | 353 | |
| B. Fuss | 220 | 181 lbs. | | |
| 181 lbs. | | T. Marquez | 254 | |
| T. Marquez | 132 | 198 lbs. | | |
| MALE | | N. Stern | 463 | |
| <i>Single-Ply</i> | | 198+ lbs. | | |
| 148 lbs. | | S. Bower | 452 | |
| M. Kinsell | 375 | MALE | | |
| B. Risenhoover | 364 | 165 lbs. | | |
| 165 lbs. | | V. Dorcis | 430 | |
| M. Risenhoover | 413 | 181 lbs. | | |
| 181 lbs. | | S. Al-Saiegh | 485 | |
| M. Daisa | 485 | 198 lbs. | | |
| D. Aldrich | 441 | D. Hansen | 739 | |
| 198 lbs. | | G. Roeheny | 650 | |
| L. Mansanas | 518 | J. Kelske | 623 | |
| I. Smalley | 502 | 220 lbs. | | |
| 220 lbs. | | Omelchenko | 772 | |
| J. Burdette | 672 | J. Bostick | 744 | |
| L. DeAlva | 540 | T. Sparkes | 628 | |
| J. Phraner | — | M. Vizcarra | 524 | |
| T. Kosanouvong | — | 242 lbs. | | |
| 242 lbs. | | B. Guliyev | 728 | |
| R. Costa | 584 | G. Pessell | 717 | |
| M. Desrosiers | 557 | R. Schleder | 612 | |
| M. Botticelli | — | 275 lbs. | | |
| 308 lbs. | | P. Holloway | 816 | |
| R. Lee | 678 | 308+ lbs. | | |
| A. Baria | — | B. Willis | 733 | |
| D. Douglas | — | Masters | | |
| 308+ lbs. | | 181 lbs. | | |
| D. Geron | — | J. Avila | 540 | |
| <i>Masters</i> | | R. Cavilee | 513 | |
| 198 lbs. | | R. Taylor | 408 | |
| R. Lozano | 388 | 198 lbs. | | |
| L. Mansanas | 518 | L. Hernandez | 540 | |
| 220 lbs. | | 220 lbs. | | |
| A. Newman | 303 | J. Bostick | 744 | |
| S. Dedrick | — | T. Sparkes | 628 | |
| 242 lbs. | | H. Myers | 623 | |
| J. Hunter | 557 | 242 lbs. | | |
| DEADLIFT | | G. Pessell | 717 | |
| FEMALE | | 275 lbs. | | |
| 105 lbs. | | M. Sandstrom | 601 | |
| A. Shumaker | 314 | | | |
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| <i>American Cup</i> | | | | |
| <i>Single-Ply</i> | | | | |
| 105 lbs. | | | | |
| A. Shumaker | 248 | 248 | 287 | 783 |
| 148 lbs. | | | | |
| M. DiGiuro | 248 | 165 | 292 | 705 |
| 165 lbs. | | | | |
| L. Freel | 529 | 375 | 551 | 1455 |
| 181 lbs. | | | | |
| N. Stern | — | 204 | — | 204 |
| 198 lbs. | | | | |
| A. Morris | 430 | 259 | 380 | 1069 |
| K. Coleman | 331 | 154 | 386 | 871 |
| 198+ lbs. | | | | |
| N. l'Anson | 408 | 292 | 369 | 1069 |
| <i>Raw</i> | | | | |
| 114 lbs. | | | | |
| T. Jones | 105 | 88 | 176 | 369 |
| 132 lbs. | | | | |
| J. Diss | 276 | 165 | 386 | 827 |
| 165 lbs. | | | | |
| B. Fuss | 215 | 243 | 347 | 805 |
| 198+ lbs. | | | | |
| B. Pryor | 408 | 265 | 507 | 1179 |



Ryan Celli is coming back after knee surgery

LOS ANGELES FIT EXPO »



April Shumaker was a happy camper



Gordon Santee is back in the ref's chair and the lifting platform, following very successful shoulder surgery

(148–181), with a total of 1,328. Michael also took home the best lifter men's raw award. Se Won Kim, also a 181 lifter, was runner-up with a 1,278 total. Vahe Shatakhyan was the winner in the middleweight group (198–242), lifting at 198, with lifts 391/341/523, and a total of 1,256. Second place went to master 242 lifter Karl Davenport, with a 1,173 total. Karl is closing in on that 500 deadlift! In the raw heavyweights (275–SHW), 275 competitor Greg Mahin, used a huge 622 deadlift and 1,493 total to take the win. Greg is only 20 years old and has a promising lifting career ahead of him. SHW Antoni Patalano opened big with a 606 squat but could not gain the referee's approval. Although now out of medal contention, Antoni was permitted to continue on in the meet and was successful with a 319 bench and whopping 705 deadlift.

In the men's single-ply, three strong competitors vied in the lightweight group. Interestingly, there were no lifters under the 181 class. Alex Bakhirev from Russia, just missed the 165 cut, weighing in at 166. That didn't seem to matter. With over a 10x bodyweight total of 1,747, and lifts of 595/485/666, Alex was the class of the class. Runner-up Justin Pascual had the biggest squat of the group, a big 611, contributing to a 1,603 total. Recently-crowned IPL world champion and all-around nice guy Brian Kiraly wasn't pleased with his performance in this outing. Missing a couple key attempts on the squat and deadlift by referees' decision, Brian went 567/380/573 for a 1,521 total and third place.

The middleweight group lifters provided the closest competition of the meet both in pounds and the Wilks score used for placement. Twenty-four year old Daniel Tinajero battled it out with veteran lifter Ryan Celli. Shawn Buckley made things interesting in the mix as well. Shawn had the lead after the squats with a 733 to his credit, along with a fourth attempt 755 to break his existing world record. Daniel was in second by 7.5 kg. with a solid 716. Close behind in third was Ryan with a 683. Daniel and Ryan distanced themselves from Shawn in the bench, pushing up some massive numbers, with a 617 and 628, respectively. Daniel had a 22 lb. lead over Ryan at sub-total time. Shawn faded to third, achieving a 402 bench; however, he definitely got the other lifters' attention with the biggest pull of the class with a huge 705 and a total of 1,840. Daniel secured the win and best lifter single-ply by hauling up a 677 pull and 10-times bodyweight total of 2,011. Ryan got a well-done 661 deadlift, just missing another 10x bodyweight total with 1,973. All three medalists were in the 198 class. Brian Heger, lifting at 220, was the fourth entry in the middleweight group and couldn't get the judges' nod with his 815 squat.

Unfortunately, the bomb-outs continued in the heavyweight group. Elite lifter and world record holder Alan Best, was lifting as a 308 pounder. Alan looked enormous. Shelly Denison could use him as the model for her Rhino-branded gear as he possessed CRL's; charging rhino legs! Alan opened with a 975 squat. Although he handled it strongly, he couldn't

gain the judges' satisfaction, resulting in an early end to his day.

Sunday featured some of the best benchers and deadlifters around in the prestigious USPA Bench Press and Deadlift Invitational. In the women's single-ply bench press competition, April Shumaker came back from her winning performance on Saturday and duplicated her big 248 bench for the win in the lightweight group and best lifter award. Consider this; April is 46 years old and weighed in at 104.9 lbs. This was a world class performance by a classy lady. Runner-up Allene Epolito, competing at 114, made a nice 165.

In the women's middleweight group, four athletes competed. Coincidentally, all were masters lifters, with 60 years young Betty Heriford pushing up a huge 259 in the 165 class for the win. Runner up was Bernice Fuss with a solid 220, a bit down from the 242 effort the day before. Perhaps she was a bit tired from lifting Saturday and Sunday, as well as putting hours in the referee's chair? In third and only 4 Wilks points behind, was Trace Ryan who made the trip out from nearby Las Vegas. Competing at 148, she got a 203 bench to her credit. Only 8 points behind was Karen Parnow with a lift of 183.

Tracie Marquez was the lone lifter in the heavyweight group. Lifting at 181 and also putting time in as a referee, Tracie put up a nice 132 bench.

The men's lightweight bench offered up more tight competition. With five lifters vying, the competition was fierce. Matthew Daisa, lifting at 181, came out on top with a big 485 bench. Michael Risenhoover, lifting at 165, benched a whopping 413 for second. In third and only .2 Wilks points behind, was David Aldrich. Lifting at 181, David powered up a 440 bench. Matt Kinsell was less than 3 Wilks points behind in fourth with a 374 bench in the 148 class. Four points further back was Brian Risenhoover, with a fine 363 in the 148 class.

James Burdette was the class of the middleweight group. Lifting at 220, James made a massive 672 bench for the win and also captured the men's best equipped lifter award. Second through fourth was hotly contested, with less than two Wilks points of separation. Louie Mansanas lifting 198, got the nod for runner up with a 518 bench. Third place and less than a point behind was Lawrence De Alva, lifting at 220 with a good 540 bench. In fourth and only .4 Wilks points behind was Ian Smalley with a 501 effort at 198.

The heavyweight group began with seven lifters; only three would finish the meet. Robert Lee, lifting in the 308s, ably navigated the bomb outs and came out on top with the biggest bench of the day, 677. Runner up was Ricardo Costa lifting in the 242 class with an easy 584. Michael Desrosiers lifting 242 placed third with his 556 lift. Allen Baria and David Douglass opened big with 859 and 771, respectively, but couldn't lock the weights out. Big Doug Gerona (415 lb. big!) came in from Hawaii and was close with his tries at 936 but seemed to have trouble with the shirt groove. Look for more from this truly big man in the future.

**MALE
American Cup**

| Single-Ply | | | | |
|-----------------|-----|-----|-----|------|
| 181 lbs. | | | | |
| A. Bakhirev | 595 | 485 | 667 | 1747 |
| J. Pascual | 612 | 430 | 562 | 1604 |
| B. Kiraly | 568 | 380 | 573 | 1521 |
| 198 lbs. | | | | |
| D. Tinajero | 717 | 617 | 678 | 2012 |
| R. Celli | 683 | 628 | 661 | 1973 |
| S. Buckley | 733 | 402 | 705 | 1841 |
| 220 lbs. | | | | |
| B. Hegert | — | — | — | — |
| 308 lbs. | | | | |
| A. Best | — | — | — | — |
| Raw | | | | |
| 181 lbs. | | | | |

| | | | | |
|------------------|-----|-----|-----|------|
| M. Russell Jr | 468 | 320 | 540 | 1328 |
| S. Kim | 441 | 369 | 468 | 1279 |
| 198 lbs. | | | | |
| V. Shatakhyan | 391 | 342 | 524 | 1257 |
| 242 lbs. | | | | |
| K. Davenport | 430 | 270 | 474 | 1174 |
| 275 lbs. | | | | |
| G. Mahin | 513 | 358 | 623 | 1494 |
| 308+ lbs. | | | | |
| A. Patalano | — | 320 | 705 | 1025 |

Meet Director & Promoter: Steve Denison.
 Powerlifting Best Lifter Single-Ply Open Women Light 105-148: April Shumaker.
 Powerlifting Best Lifter \$500 Single-Ply Open Women Heavy 165-198+: Liz Freel.
 Powerlifting Best Lifter \$500 Raw Open Women: Brittany Pryor. Powerlifting Best

Lifter Rhino Power Gear clothing Single-Ply Lightweight Men 148-220: Daniel Tinajero. Powerlifting Best Lifter Raw Open Men: Michael Russell. Rhino Power Gear clothing Bench Press Best Lifter Single-Ply Open Women: April Shumaker. Rhino Power Gear clothing Bench Press Best Lifter \$250 Single-Ply Open Men: James Burdette. Rhino Power Gear clothing Bench Press Best Lifter \$250 Single-Ply Master Men: Rudy Lozano. Rhino Power Gear clothing Deadlift Best Lifter: Single-Ply Open Women: Stephanie Powell. Rhino Power Gear Clothing Deadlift Best Lifters \$250 Single-Ply Open Men: David Hansen. Rhino Power Gear Clothing Deadlift Best Lifter \$250 Single-Ply Master Men:

Howard Myers. Thanks to our meet staff: Announcer-Chuck LaMantia, National Ref Scorekeeper-Tom Miller, National Ref Bar-Loading Program: Kellie LaMantia, State. Thanks to our Spotters & Loaders: Tom Moormeister, Joseph Mundo, Mike Dunlap, Matt Troxell, Aaron Dawson. Thanks to all our Referees: Alan Aerts-International, Scott Layman-International, Gordon Santee-International, Kevin Meskew-International, Lisa Wheeler-International, Joe Dentice-International, Ron Scott-International, Ron Moormeister-National, Snow Baehr-National, Jose Hernandez-National, Mike Tronske-State, Tracie Marquez-State, John Bostick-State, Dan Simpson-State.
 » courtesy Steve Denison



Russian Alex Bakhirev was terrifically impressive at a hair over the Middleweight limit

LOS ANGELES FIT EXPO »

There were three lifters competing in the master's lightweight bench group. Perennial winner Rudy Lozano was the victor with an amazing 388 lift at 187 bodyweight and age 72! Rudy also won the master's best lifter award for benching. Louie Mansanas crossed over from the open division and picked up another silver medal for his collection with his 518 lift. At 75 years young, the bronze medal was awarded to Alan Newman with a great 303 effort. There was one competitor in the master's heavyweight. Jeff Hunter, lifting 242, represented well with a big 557 bench.

The last competition of the weekend was the LA Fit Expo Deadlift Invitational. Remarkably,

with 34 lifters contending, there were actually more deadlifters than benchers at this meet. Women's lightweight group winner was none other than April Shumaker. Without having to squat prior, April pulled a triple-bodyweight deadlift of 314 for her third gold medal of the weekend. Silver medalist Anna Kelske, at 132, made a solid 319. The bronze medal was awarded to Dawn Gonzalez, lifting at 105, with a good 248 pull. Only three Wilks points behind in fourth was Thi Truong, also a 105 lifter, with a 242 deadlift to her credit. In fifth, master lifter Nancy Navarrette lifting at 132 and 50 years age, also made a nice 242.

The women's middleweight group also

featured five lifters. Stephanie Powell at 148 pulled a huge 429 to take the win and also best lifter award. After her gold finish in the bench, Betty Heriford came back for a silver in the deadlift, pulling 380. In third place and only 1 Wilks point behind was Tatiana George, with a big 358. Trace Ryan, ably assisted by Liz Freel, was 2 points back in fourth with a p.r. 352 pull. Trace has been competing only a year. Look for big lifts to come from her in the near future. Bernice Fuss landed in fifth, matching her raw fourth pull from the day prior with the same 352 here.

In the women's heavyweight group, Nicolai Stern redeemed herself from Saturday's bomb out and pulled a big 462 for the win. Shanrekia Bower, lifting at 198+, was runner-up with a solid 451. Tracie Marquez filled out the podium finish with a bronze medal via her 253 deadlift.

In the men's lightweight group, Shani Al-Saiegh lifting at 181 pulled 485 pounds for first place. Vahana Dorcis lifting at 165 was runner up with 429 pounds.

The middleweight group again proved to be quite a battle. Unassuming David Hansen turned in a Superman performance. At a bodyweight of 193.8, David went 4 for 4 finishing with a huge 749 pull! First place, a world record, and best lifter award for his efforts! David's third attempt secured the win via Wilks points by only 3 points over runner-up Oleksii Omelchenko who lifted at 220 and made a strong 771. Only 7 Wilks points back and in third was John Bostick, with a solid 744 and near-miss with 766. George Rocheny from O.C. Strength Club lifted at 198 and pulled an easy 650 to land in fourth. Two tries at 716 were close. 198 lifter Jason Kelske spent much of his time coaching at this meet, got only his opener of 622 with a big jump to 705 being unsuccessful. Master lifter, Arizona USPA chair, and 220 lifter Tim Sparkes also got just his opener of 628. Rounding out the middleweight group was 220 lifter Matthew Vizcarra with a 523 pull.

The heavyweight group was won by 275 lifter Patrick Holloway who pulled a whopping 815 for the gold medal. George Pessell weighing 222.6, just missed the 220 class and was the oldest men's competitor in the open field at 52, pulled a p.r. and masters world record 716 for the silver. Less than 1 Wilks point behind, the bronze medal was awarded to Bakhtiyar Guliyev from Azerbaijan, lifting as a 242, with a solid 727. In fourth, Brent Willis, at 311 lbs. and lifting raw, was fresh off an incredible Olympia performance. He opened with a ridiculously easy 733. Unfortunately, his two tries at 848 were near misses. This young man has 900 in him before long. Robert Schleder landed in fifth with his solid 611 effort.

In the men's masters lightweight group, the venerable Louie Hernandez lifting at 198 pulled a big 540 at 69 years age for the gold. Seventy-one year old Ray Taylor, lifting at 181, was awarded the silver for his 407 effort. Raymond Cavileer, also at 181 gained the bronze medal with a solid 512. Only 2 Wilks points off the podium was ageless Javier Avila. His 540 third attempt was beyond easy, as was his successful fourth attempt masters world record pull of 552.



Brian Kiraly couldn't quite match his IPL Worlds performance



Julie Dis-destroyed 385, with boyfriend Gabe Sorenson (POWER UNLIMITED) standing by in the background

The men's masters heavyweight class featured best lifter, gold medalist, and training partner Howard Meyer. At 66 years old and 204.6 bodyweight, Howard pulled a p.r. and world record 622 solidly. A jump to 644 on his third attempt proved to be a bit too much. His Wilks score easily bested all. In second, crossing over from the open class, was George Pessell with a big 716, another masters world record. In third and another open cross over was John Bostick, with his 744, also a world record. Mark Sandstrom, lifting at 275 pulled an easy 600 for fourth. In fifth was Tim Sparkes, also crossing over from the open class, with his 628.

Each year the visibility, overall quality, and audience appeal of this event improves. With the addition of the raw division this year, a greater proportion of the audience was able to gain a better appreciation for our sport. This will hopefully attract a greater number of participants and fans, enabling powerlifting to continue to grow. For those lifters who have not participated or attended an event of such scale as this, I highly recommend it. Normally, we lift in front of a few fans, friends and relatives, along with the same for our fellow competitors. While they are appreciative and have a great understanding of our sport, imagine lifting in front of hundreds of enthusiastic fans! The noise and energy is incredible and certainly encourages maximum performance.

Many thanks to Tom Moormeister and his spotter/loader crew: Joseph Mundo, Mike Dunlop, Matt Troxell, and Aaron Dawson. Thank you also to the administrative/operations staff, including announcer Chuck LaMantia, scorekeeper Tom Miller, and Kellie LaMantia. Additionally, thank you to the many referees who judged throughout the weekend: Alan Aerts, International; Scott Layman, International; Gordon Santee, International; Kevin Meske, International; Lisa Wheeler, International; Joe Dentice, International; Ron Scott, International; Bernice Fuss, International; Ron Moormeister, National; Snow Baehr, National; Jose Hernandez, National; Mike Tronske, State; Tracie Marquez, State; John Bostick, State; Dan Simpson, State (new). «

Bernice Fuss had a lot of celebrating to do, following many record setting lifts



RESULTS



Brandon Cass with his new world record in the deadlift at the USPA Central States Raw (Cass photo)

USPA CENTRAL STATES RAW OCT 22 2011 » Blue Springs, MO

| BENCH | | Open | | 286 | |
|-------------------|-----|-----------------|------|-----|--|
| FEMALE | | D. Briggs | 286 | | |
| Raw | | 242 lbs. | | | |
| 181 lbs. | | Master V | | | |
| E. Cline | 154 | G. Powell | 286 | | |
| Master | | DEADLIFT | | | |
| J. Lynn | — | MALE | | | |
| MALE | | Raw | | | |
| Raw | | 220 lbs. | | | |
| 148 lbs. | | Open | | | |
| D. Gurera | 220 | B. Cass | 839 | | |
| 220 lbs. | | 242 lbs. | | | |
| Master I | | Master I | | | |
| M. Eubanks | 352 | J. Chizmar | 485 | | |
| Junior | | Open | | | |
| A. Flynn | 349 | J. Ott | 551 | | |
| Push Pull | | BP | | | |
| FEMALE | | DL | | | |
| 148 lbs. | | TOT | | | |
| Open | | | | | |
| T. Fisher | 99 | 203 | 303 | | |
| MALE | | | | | |
| 242 lbs. | | | | | |
| Master I | | | | | |
| T. Tuttle | 330 | 363 | 694 | | |
| J. Chizmar | — | 485 | 485 | | |
| 275 lbs. | | | | | |
| Submaster | | | | | |
| T. Willingham | 248 | 564 | 815 | | |
| Open | | | | | |
| B. Johnson | 462 | 633 | 1096 | | |
| 308 lbs. | | | | | |
| Open | | | | | |
| K. Ulfjord | 440 | 788 | 1240 | | |
| Masters II | | | | | |
| K. Ulfjord | 440 | 788 | 1240 | | |

| Powerlifting | SQ | BP | DL | TOT |
|--------------------------|-----|-----|-----|------|
| FEMALE | | | | |
| 105 lbs. | | | | |
| Open | | | | |
| G. Grimes | 115 | 72 | 287 | 374 |
| MALE | | | | |
| 148 lbs. | | | | |
| Master II | | | | |
| R. Grimes | 303 | 225 | — | 931 |
| Open | | | | |
| R. Clephane | 242 | 143 | 314 | 699 |
| 165 lbs. | | | | |
| Teen I | | | | |
| J. Hall | 225 | 165 | 220 | 611 |
| 181 lbs. | | | | |
| Teen III | | | | |
| A. Bennett | 374 | 275 | 501 | 1151 |
| 198 lbs. | | | | |
| Master II | | | | |
| G. Salyer | 314 | 225 | 429 | 970 |
| Teen I | | | | |
| D. Stroud | 154 | 110 | 236 | 501 |
| 220 lbs. | | | | |
| Submaster | | | | |
| B. Wilson | 352 | 242 | 424 | 1019 |
| Junior | | | | |
| M. Butler | 413 | 303 | 451 | 1168 |
| 242 lbs. | | | | |
| Open | | | | |
| M. Greeno | 490 | 347 | 523 | 1361 |
| J. Ott | 507 | — | 551 | 1058 |
| » courtesy Steve Denison | | | | |

UPA MONTGOMERY MUSCLE FEST BENCH FOR CASH AUG 14 2011 » Montgomery, IL

| BENCH | 220 lbs. | TOT |
|-------------|----------|-----|
| MALE | | |
| D. Rega | 230 | |

| | | | | | | | | |
|---------------------------|-----|------------------|-----|-----------------|-----|-----|-----|------|
| F. Lagunas | 395 | B. Carpenter | 500 | J. Giesecke | 480 | 275 | 555 | 1310 |
| J. Wacenski | 365 | C. Hartman | 470 | 220 lbs. | | | | |
| E. Lilliebridge Jr. | 405 | Lilliebridge Sr. | 455 | Open | | | | |
| J. Babiarz | 365 | A. Pollack | 430 | Chauhan-IND | 365 | 255 | 465 | 1085 |
| T. Filus | 390 | J. Jursich | 375 | M. Malin | 345 | 220 | 410 | 975 |
| R. Buchla | 325 | J. Glasch | 350 | 275 lbs. | | | | |
| P. Gonzalez | 295 | T. Wilson | 275 | Open | | | | |
| SHW | | C. Nawa | 195 | A. Mittel | 525 | 330 | 550 | 1405 |
| E. Lilliebridge | 525 | B. Vargas | 385 | 195 | 405 | 405 | 985 | |
| » courtesy Bill Carpenter | | | | | | | | |

APA DERBY CUP NOV 12 2011 » Louisville, KY

| Powerlifting | SQ | BP | DL | TOT |
|-----------------|-----|-----|-----|------|
| MALE | | | | |
| Raw | | | | |
| 132 lbs. | | | | |
| (18-19) | | | | |
| A. Roth | 325 | 205 | 325 | 855 |
| S. Fisher | 315 | 200 | 315 | 830 |
| Open | | | | |
| A. Roth | 325 | 205 | 325 | 855 |
| 148 lbs. | | | | |
| Junior | | | | |
| D. Morais | 405 | 250 | 375 | 1030 |
| 181 lbs. | | | | |
| Junior | | | | |
| J. Sohn | 385 | 310 | 480 | 1175 |
| M. Daunis | 385 | 270 | 385 | 1040 |
| A. Steil | — | — | — | — |
| Open | | | | |
| B. Chia | 395 | 295 | 550 | 1240 |
| K. Nelson | 325 | 225 | 425 | 975 |
| A. Steil | — | — | — | — |
| 198 lbs. | | | | |
| (13-15) | | | | |
| H. Hawkins | 325 | 195 | 385 | 905 |
| (18-19) | | | | |
| L. Byrne | 420 | 300 | 430 | 1150 |
| Open | | | | |

APF PINE TREE OPEN NOV 12 2011 » Westbrook, ME

| BENCH | | | | |
|------------------------|-----------|------------|-----------|------------|
| MALE | | J. Strout | 600 | |
| Masters (51+) | | S. Nautel | 429 | |
| 220 + lbs. | | A. Petrino | 716 | |
| E. Wells | 584 | | | |
| 171-219 lbs. | | | | |
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| Masters (40+) | | | | |
| A. Walsh | 231 | 110 | 336 | 677 |
| Open | | | | |
| A. Walsh | 231 | 110 | 336 | 677 |
| Teen | | | | |
| J. McKeag | 149 | 88 | 248 | 484 |
| MALE | | | | |
| Masters (51+) | | | | |
| M. Socoby | 633 | 462 | 528 | 1624 |
| S. Muller | 253 | 182 | 275 | 710 |
| F. Ventriglia Sr. | 264 | 171 | 325 | 760 |
| Masters (40-50) | | | | |
| M. Ironfield | 749 | 451 | 677 | 1877 |
| D. Boyington | 628 | 473 | 440 | 1541 |
| P. Powers | — | — | — | — |

RESULTS »



Sean Walsh pulled 630 in the 275 class with just a lifting belt at the Turkey Day Bash

| | | | | |
|-------------------|-----|-----|-----|------|
| M. Mastreen | 881 | 528 | 622 | 2031 |
| K. McFadden | 716 | 551 | 672 | 1938 |
| A. Fritz | 754 | 501 | 650 | 1905 |
| W. Steart | 606 | 551 | 501 | 1657 |
| T. Bruce | 264 | 220 | 374 | 859 |
| J. Lewis | 589 | 363 | 551 | 1503 |
| <i>Master II</i> | | | | |
| B. Collins | 732 | 534 | 655 | 1921 |
| D. Gonzales | 732 | 517 | 617 | 1866 |
| J. Cappa | 688 | 484 | 650 | 1822 |
| J. Briggs | 644 | 506 | 584 | 1734 |
| C. Weinwright | 562 | 418 | 539 | 1519 |
| F. Sumner | 551 | 402 | 534 | 1486 |
| <i>Master III</i> | | | | |
| C. Taylor | 517 | 402 | 567 | 1486 |
| F. Hayes | 424 | 325 | 534 | 1283 |
| <i>Master IV</i> | | | | |
| B. Grisham | 462 | 253 | 336 | 1051 |
| 275+ lbs. | | | | |
| <i>Master I</i> | | | | |
| A. Gholson | 760 | 589 | 650 | 1998 |
| P. Anderson | 760 | 567 | 611 | 1938 |
| J. Chantier | 661 | — | — | 661 |
| B. Nichols | 721 | 534 | 644 | 1899 |
| R. Earie | 683 | 468 | 606 | 1756 |
| R. Pirie | 551 | 424 | 584 | 1558 |
| <i>Master II</i> | | | | |
| D. Conors | | | | |
| <i>Master II</i> | | | | |
| D. Gaudreau | 848 | 617 | 661 | 2125 |
| R. Keyes | 639 | 484 | 628 | 1751 |
| S. Johnson | 534 | 424 | 545 | 1503 |
| T. Stewart | 506 | 325 | 617 | 1448 |
| <i>Master III</i> | | | | |
| S. Green | 683 | 297 | 639 | 1618 |
| R. Crawford | — | 440 | 501 | 941 |

» courtesy USAPL

TURKEY DAY BASH NOV 26 2011 » Peabody, MA



Paul DeSimone presented Shawn Robson with his award at the EPF Turkey Day event (DeSimone photos)

| | | | | | |
|--------------------------|-----|-----------------|-----------|-----------|------------|
| BENCH | | 242 lbs. | | | |
| FEMALE | | <i>Open</i> | | | |
| 132 lbs. | | S. Robison | 430 | | |
| <i>Open Raw</i> | | CURLS† | | | |
| J. Moulton | 131 | S. Walsh | 183 | | |
| 198 lbs. | | 220 lbs. | | | |
| <i>Open</i> | | N. Walker | 153 | | |
| G. Bellofato | 80 | M. Salsgiver | 143 | | |
| MALE | | 242 lbs. | | | |
| 148 lbs. | | A. Johnson | 117 | | |
| <i>Raw</i> | | FEMALE | | | |
| M. Hardy | 151 | <i>Open</i> | | | |
| 198 lbs. | | K. Clark | 80 | | |
| <i>Open Raw</i> | | I. Sheehan | 72 | | |
| M. Lovell | 395 | DEADLIFT | | | |
| Masters (44) | | | | | |
| M. Loveall | 395 | <i>Youth</i> | | | |
| 220 lbs. | | A. DeSimone | 145 | | |
| <i>Open</i> | | SQUAT | | | |
| N. Walker | 305 | FEMALE | | | |
| Masters | | | | | |
| S. Green | 371 | A. Troy | 165 | | |
| Reps for Cash | | Reps | | | |
| Joice | 90 | 37 | | | |
| B. Dyer | 197 | 34 | | | |
| A. Johnson | 242 | 30 | | | |
| D. Madden | 152 | 29 | | | |
| I. Sheehan | 75 | 28 | | | |
| Full Power | | SQ | BP | DL | TOT |
| FEMALE | | | | | |
| <i>Raw Junior</i> | | | | | |
| K. Clark | 166 | 96 | 332 | 594 | |
| 148 lbs. | | | | | |
| <i>Open/Masters (44)</i> | | | | | |
| K. Diorio | 205 | 125 | 235 | 565 | |
| 165 lbs. | | | | | |
| <i>Open Raw</i> | | | | | |
| I. Sheehan | 150 | 120 | 230 | 500 | |
| SHW | | | | | |
| <i>Junior Open Raw</i> | | | | | |
| G. Tortolano | 201 | 101 | 320 | 622 | |
| MALE | | | | | |
| 165 lbs. | | | | | |
| M. Wonoski | 356 | 245 | 470 | 1071 | |

EAS PHOS FORCE

EAS Phos Force, the latest product innovation from Abbott's EAS Sports Nutrition brand, is a pre-workout sports nutrition powder powered by an advanced combination of creatine, beta-alanine, 34g of fueling carbs and 100 mg of caffeine (about as much as an 8 oz. cup of coffee). EAS Phos Force is formulated specifically for athletes and fitness enthusiasts looking for a boost of energy and focus, improved training capacity and explosive power. EAS Phos Force powder is available in Fruit Punch and Orange flavors and is sold in a 14-serving container with a MSRP of \$19.99.

All EAS products are tested through independent, leading laboratories and are 100 percent certified as being free of banned substances. A "Trusted and True" seal will be on all EAS packaging to reflect this certification.

WHY IT WORKS:

Phos Force™'s pre-workout blend of Phosphagen creatine, CarnoSyn® beta-alanine, carbs, and caffeine promotes increased energy and focus, improved training capacity, and explosive power and force.*

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

HOW TO USE IT:

Take one serving 30-60 minutes prior to a workout. Do not exceed two servings per day.

Serving Size: 2 Scoops (47 g)

| AMOUNT PER SERVING | %DV** | %RDI |
|------------------------------|-----------------|------|
| Energy, Cal: 140 | | |
| Carbohydrate: 34g | 11 | |
| Sugars: 33g | Not established | |
| Phosphorus†: 175mg | 18 | |
| Magnesium ‡: 50mg | 13 | |
| Sodium §: 95mg | 4 | |
| Potassium ¶: 75mg | 2 | |
| Creatine Monohydrate: 5.25 g | Not established | |
| Taurine: 1g | Not established | |
| Beta-Alanine: 1.6g | Not established | |
| Caffeine: 100mg | Not established | |

**Percent Daily Values (%DV) are based on a 2,000 calorie diet

† From magnesium phosphate, potassium phosphate, disodium phosphate

‡ From magnesium phosphate

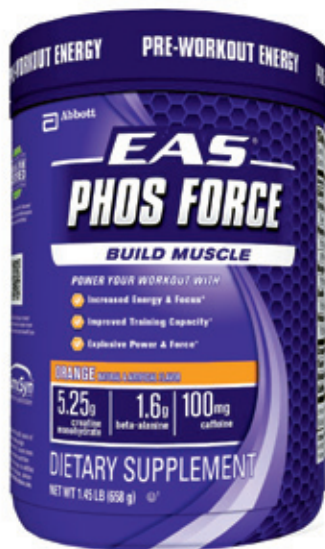
§ From disodium phosphate

¶ From potassium phosphate

OTHER INGREDIENTS:

Dextrose Monohydrate, Citric Acid, Natural & Artificial Flavor, FD&C Red #40, Acesulfame Potassium, and Sucralose.

– Lindsey Ryan | Account Coordinator | Catalyst Public Relations | lryan@catalystpub-relations.com | C 703.303.8379 | O 212.714.7924



GEN L.A.B.S. WRECKON & PROLIFR8

WRECKON: WReckon's proprietary blend consists of 10 pump inducing ingredients. Vitamin B12 plays a key role in the normal functioning of the brain and nervous system, and for the formation of blood. Creatine Monohydrate helps to supply energy to all cells in the body. Betaine permits water retention in cells, thus protecting from the effects of dehydration. Glyc-erol Powder expands the body's plasma in skeletal muscle tissue. Taurine is essential for cardiovascular function, and development and function of skeletal muscle, and the central nervous system. Citrulline Malate relaxes blood vessels allowing for more blood flow and reduces muscle fatigue. Beta-Alanine is a naturally occurring beta amino acid which increases the concentration of carnosine in muscles, and decreases fatigue in athletes and increases total muscular work done. Leucine, an essential amino acid, stimulates muscle protein synthesis, therefore, slowing the rate of muscle degradation from physical activity. The Tyrosine Complex in WReckon synthesizes protein. L-Arginine is the Precursor for the synthesis of nitric oxide (NO) which reduces healing time of injuries (particularly bone), quickens repair time of damaged tissue, and helps decrease blood pressure.

PROLIFR8: ProlifR8 is ideal for any athlete who demands superior quality that is unmatched in today's marketplace. If you are looking for a truly unique and uncompromising complete post-workout supplement to meet all of your needs than look no further. When we started we had you, the athlete, in mind. We asked ourselves: "What is necessary for optimal recovery and growth after you've exerted so much energy in your workout depleting your body's nutrients in one way or another?" The answer was simple: take products that many athletes already use and combine them into one muscle building record shattering post-workout supplement removing all of the guess work on your end. Just add two scoops of ProlifR8 pre or post-workout and "SCHOOL THE COMPETITION."

Our nutritional profile is broken down into 8 components: Protein, Carbohydrates, Branched Chain Amino Acids (BCAA's), Creatine, Glu-tamine, Joint Complex, All Natural Testosterone Boosters, and Digestive Enzymes.

ProlifR8 uses only the finest Whey Isolate and Whey Hydrolysate in our product delivering 50 grams of muscle building protein. Our Whey Isolate is processed to remove the fat and lactose making it easier to digest. Hydrolysates are whey proteins that are pre-digested and partially hydrolyzed for the purpose of easier metabolizing and faster absorption by your body. Each gram of ProlifR8's protein is coated with our patented Digezyme ® consisting of Amylase, Lactase, Neutral Protease, Lipase, and Cellulase. What does this mean for you? It means you can absorb more protein after your workout by up to 300% without the uncomfortable gas or bloating associated with other protein products.

ProlifR8's patent-pending complex carbohydrate formula, Carbo-Gen, is a 53 gram mix of Waxymaize and Maltodextrin. We chose these two products for simple reasons: after the wear and tear your body has incurred from working out your blood sugar drops. The introduction of these two products into the bloodstream spikes insulin levels and drives protein to your starving muscles initiating the growth process. We start with a fast acting Waxymaize to ramp up the process and finish with a Maltodextrin to sustain it on your road to recovery.

ProlifR8's BCAA complex consists of L-leucine, L-isoleucine, and L-Valine. BCAAs are among the nine essential amino acids for humans, accounting for 35% of the essential amino acids in muscle proteins. BCAAs have an effect on all protein metabolism and, during periods of stress, are required by the body in larger amounts than any other amino acid. BCAAs help build muscle during and following exercise by decreasing protein breakdown and increasing protein synthesis. BCAA supplementation also improves mood and the performance of difficult tasks following exercise. Isoleucine is important for stabilizing and regulating blood sugar and energy levels and is required through the diet as it cannot be produced by our bodies. Leucine is necessary for the nitrogen balance in adults. Leucine lowers elevated blood sugar levels and is necessary in promoting the healing of bones, skin, and muscle tissue. Leucine is a direct-acting nutrient signal that regulates protein synthesis in adipose tissue. In skeletal muscle, leucine stimulates protein synthesis through multiple independent mechanisms. Valine is helpful in synthesis of glucose in liver especially during anaerobic activities.

POWER PERSON

NAME: Kenneth McQueen

AGE: 22

HOMETOWN: Lexington, Kentucky

RAW LIFTS:

- Deadlift – 700 lb.
- Bench Press – 495 lb.
- Squat – 635 lb.

From the time Ken was two, he wanted to be strong! Popeye was his hero. Growing up, Ken was always physically active and involved in many sports; however, in 2006 he suffered a severed tendon in his left hand during a football game and ultimately had several surgeries and months of physical therapy just to be able to pick up a pen. During this time, he felt he had lost it all. He became depressed and lost control of his weight.

In September 2007, he weighed a staggering 430-plus pounds with a body fat of 47%. And then the transformation began. Ken began eating healthy and hitting the gym.

During the 6 years he played football, he developed a love for weightlifting and ultimately found the sport of powerlifting, which is where he knew he belonged.

Through a local gym and self-training, Ken lost over 200 pounds and began his journey. In 2010, Ken started training as a powerlifter and bulking his size. In 2011, he went to his first unsanctioned meet, taking first place overall for the tournament.

On January 29, 2012, Ken entered the SLP Smokey Mountains Open BP/DL Classic. He reported a 475-pound bench and a 700-pound deadlift. He is currently awaiting verification from SLP as to a state record for his deadlift.

Today, Ken stands at 252 pounds, 15% body fat. His stats are amazing for such a young lifter.

– Gina M. Riddell, MPA | Comm. Health Adm. | 859.231.8780



ProlifR8's creatine creates an energy reservoir in the form of built-up stores of phosphocreatine within the muscles. After your workout, the muscles need to heal and grow to prepare for similar workouts, and the muscles grow best in a hydrated environment. Since creatine creates a hydrated environment within the muscles, ProlifR8's creatine enhances protein synthesis and growth.

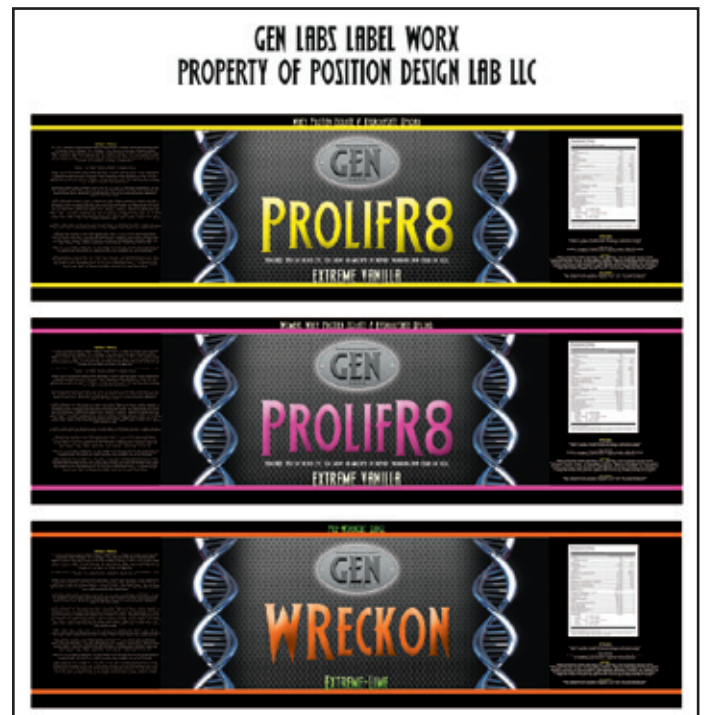
ProlifR8's glutamine is involved in more metabolic processes than any other amino acid. Glutamine plays an important part in maintaining proper blood glucose levels and the right pH range. It serves as a source of fuel for cells lining the intestines. Without it, these cells waste away. It is also used by white blood cells and is important for immune function. Glutamine increases the body's ability to secrete human growth hormone (HGH). HGH assists in metabolizing body fat and helps to support new muscle tissue growth. Glutamine is important for removing excess ammonia. The health benefits of glutamine include immune system regulation, nitrogen shuttling, oxidative stress, muscle preservation, intestinal health, and much more.

Athletes incur a lot of damage to healthy joints. As a result workouts that may have been easy years ago are made difficult due to pain in joints and worn down cartilage. The researchers at GEN L.A.B.S. knew that this was a very important facet when developing ProlifR8. That's why we have included Glucosamine Sulfate and MSM to help with joint functionality.

Longjack powder, also known as Tongkat Ali, is a rare nutrient. This herb works by activating luteinizing hormones in the body, which signal testosterone production by as much as 440%. Tribulus Terrestris is a root extract that increases the body's natural testosterone levels and thereby improves male sexual performance and helps build muscle. Deer Antler Velvet helps increase muscle strength and mass, while speeding recovery time from exercise. Rhodiola Rosea Extract is a rare Russian root extract that has been shown to increase both muscle size and strength by affecting the amount of oxygen available for prolonged physical exertion. What's more, Rhodiola Rosea speeds recovery time from weight-training exercise.

*** Don't just gain weight... ProlifR8! ***

– Gen L.A.B.S. is dedicated to manufacturing high quality nutritional supplements. Backed by extensive ground breaking research our products have been formulated by athletes for athletes. For more information, call 732.233.0736 or email dlabela@extremefitnutrition.com.



BURN UP TO 30 LB. OF FAT IN

WITH EXTREME FAT LOSS TACTICS: MASSIVE MUSCLE GROWTH AND RAPID

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

AN EXAMPLE 1 YEAR CLIENT SUCCESS PROFILE AND PLAN – PART 2

Is your physique making the great changes you hoped for by this time in 2012? Strength shooting up to break new personal records? Get on track to burn to 10 to 30 pounds of body fat in 30–90 days while packing on some muscle! The right plan will help you boost maximal strength while improving your body comp. Best of all, we keep nutrition plans very simple on the part of the client allowing them to focus on execution!

NO GOALS EQUALS NEVER REACHING YOUR FULL POTENTIAL

By the time you read this article we will be well into 2012. If your progress is not what you expected, it is time for strategic change or you cannot expect any significant improvement. Those who have not set any goals should do so ASAP and find the right strategy to fit you individual needs to get moving! Setting goals is the easy part, adopting the right strategies to achieve aggressive goals is the real challenge. Our job is to help clients break through to new

levels of success one day at a time focusing on individual needs.

FOUR SEASONS NUTRITION CYCLING

Hopefully you read the January/February issue of *Powerlifting USA* in which we explained the importance of rotating goals and the related nutrition plan every 12 weeks in a strategic fashion as a way of boosting progress over the course of a year. We laid out Phase 1 and 2 plans for losing body fat during the first 12 weeks of the year followed by a 12 week plan dedicated to gaining lean body mass. Following a phase dedicated to muscle growth without gaining body fat, the body is again primed for fat loss without sacrificing hard earned muscle. Rotating the focus of your training and nutrition efforts also keeps things fresh mentally for clients preventing boredom.

ADVANCED FAT LOSS AND MUSCLE GROWTH TACTICS

Phase 3 to be done from July to September required more detail than we originally expected, so we will only cover this phase with the current article and save phase 4 for next month. Phase 3 and 4, which make use of advanced tactics that take advantage of the foundation built during the first two months of the year. Just like your training routine, the nutrition program must advance strategically in order for the body to respond with rapid progress.

EXAMPLE CLIENT: ONE YEAR BODY AND PERFORMANCE TRANSFORMATION GOAL PROFILE

Let's take a look at a common client profile and how we would organize a plan of attack to deliver the goals ASAP.

PROFILE: Male strength athlete age 38, 266 lb. with 26% body fat concentrated in the mid section.

CHALLENGES: Medium to high stress which can drive a sweet tooth

- Mid afternoon low energy levels which can extend to pre training time an hour later

GOALS: Increase the total from 1,500 to 1,700 while getting into the 242 weight class.

- Get rid of useless body fat (especially around the mid section) while adding more muscle to look good with his shirt off!
- Compete in the 242 lb. class with as much muscle as possible to support higher strength levels.

RESULTS: Our calculations lead us to set the goal of reducing body fat to 13% which would also allow for gaining 11 lb. of muscle and still

EXTREME FAT LOSS SAMPLE MEAL PLAN (250 LB. MAN)

BREAKFAST:

- ⇒ 2–4 scoops 100% MR and 2–4 scoops Muscle Synthesis powder mixed together into one drink
- ⇒ Fat Reduce daytime formula

LUNCH – MID DAY:

- ⇒ 8–12 oz. lean grass-fed beef, buffalo or lamb
- ⇒ 3–4 cups vegetables cooked in organic butter
- ⇒ 1–2 tablespoons extra virgin olive oil
- ⇒ 4 Alpha Omega M 3

MID AFTERNOON SNACK:

- ⇒ ½ cup raw nuts

30 MINUTES PRE-WORKOUT:

- ⇒ 2–4 scoops 100% MR and 2–4 scoops Muscle Synthesis powder mixed together into one drink
- ⇒ Fat Reduce daytime formula

IMMEDIATELY AFTER TRAINING:

- ⇒ 2–4 scoops 100% MR and 2–4 scoops Muscle Synthesis powder mixed together into one drink

DINNER - 45 TO 60 MINUTES AFTER TRAINING:

- ⇒ 8–12 oz. of fish, seafood, or chicken without the skin
- ⇒ 3–4 cups vegetables cooked in organic butter
- ⇒ ½ of an avocado
- ⇒ 4 Alpha Omega M 3

2 HOURS BEFORE BED:

- ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis powder mixed together into one drink
- ⇒ Fat Reduce nighttime formula

90 DAYS OR LESS

FAT LOSS WITH STRATEGIC NUTRITION CYCLING



getting into the 242 weight class.

PHASE 3: SUMMER TIME EXTREME FAT LOSS – JULY THROUGH SEPTEMBER –

Strength athletes like to look good on the beach or at the pool just like anybody else. However, the large muscle foundation of a strength athlete really shows up well when body fat levels drop, unlike the skinny/fat general population! There is no easier time of year to stay focused on fat loss with there being constant reminders all around us to have the devil or angel on your shoulder to say “time to take your shirt off.” The Extreme Fat Loss Plan is not cheap to execute and may require your stomach to growl a couple times, but nothing works faster for fat loss without sacrificing an ounce of hard earned muscle. We have perfected the system, helping strength athletes drop up to 30 pounds of fat in 90 days or less, all the while having great energy for training. How is this possible? Kicking up the anabolic hormones and clearing out many causes of low energy, such as food sensitivities.

RAPID FAT LOSS MADE SIMPLE

We are going to make use of extreme fat loss tactics while maintaining, or even increasing, muscle if all of the details are executed correctly. One of the biggest objections we have run into over the years is clients not wanting to eat breakfast due to a lack of time, appetite or both. We realized this absence of breakfast is a great fat burning opportunity. Athletes need a quickly delivered source of fuel for the muscles as well as the brain that is easy to consume on the go. No, not doughnut holes or other food items that put you to sleep an hour later. Low energy levels following any meal signal that the food choices or combinations are wrong for your needs. Make strategic changes or you will never reach your full potential.

AMINO LOADING BREAKFAST OF CHAMPIONS

Our clients Amino Load first thing in the morning with 100% MR and Muscle Synthesis which supports huge increases in energy, reductions in body fat and increased muscle mass with this proven tactic. Drinking the 100% MR and Muscle Synthesis combo mixed with water delays the need for real food until lunch time, allowing your system

to burn stored fat as fuel all morning without being tired or hungry. Following an overnight fast of many hours, the body needs quickly absorbed nutrients to set an anabolic agenda for the next 24 hours. Remember, anabolism supports accelerated fat loss, muscle growth and improved performance. The muscles need raw materials in an easily digestible form with rapid delivery not only to improve body composition, but also for a big mental lift as the right ratio of ingredients activate mental focus. Stress levels are highest in the early morning for most people which is why there are more heart attacks on Monday morning in comparison to any other time in the week based on Dr. Serrano’s many years as an ER physician. That being said, keeping your stress levels in check will help you lead a better a life in more ways than one!

POWER LUNCH AND DINNER

Your lunch and dinner will include lean protein choices, green vegetables and good dietary fat sources, much like Phase 1 from the previous article. These should be large meals, but stop short of stuffing yourself to the point that you feel fatigued after eating. Slow down your meals so that you give the body time to shoot down hunger signals. This will end up with you eating less than what you would otherwise. Alpha Omega M 3 in addition to being a potent fat cell burning agent also helps to force more raw materials into muscles instead of fat cells by optimizing insulin levels. Keeping insulin levels in check is crucial for controlling appetite and allowing the body to use more stored fat as fuel around the clock. Aim for an even amount of protein and dietary fat and at least 3 to 4 cups of green vegetables cooked in butter to help keep you full.

MAN SNACKS FOR MORE MUSCLE AND LESS FAT

If ladies are eating it on commercials, avoid it. I have never come across a strength athlete with a big total or great physique who eats yogurt, cereal bars and other lady snacks while reading super market tabloids. If you are really hungry between meals, use a small amount of mixed nuts to hold you over. They are portable and packed full of protein, dietary fat and fiber. We also suggest Amino Loading between meals a couple times per day to keep rate of fat burning high while crushing any hunger.

ABOUT INFINITY FITNESS

Infinity Fitness INC provides training, fitness, and nutritional information for educational purposes. It is important that you consult with a health professional to ensure that your dietary and health needs are met. It is necessary for you to carefully monitor your progress and to make changes to your nutritional and fitness program to enjoy success. Infinity Fitness does not employ dietitians or health professionals and assumes no responsibility or liability for your personal health and condition. For more information regarding our Limited Warranty for products and services, please see our disclaimer at InfinityFitness.com.



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

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

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STRATEGIC NUTRITION CYCLING - PT. 2 »

CUSTOMIZED MACRONUTRIENT CYCLING TO KEEP FAT BURNING FIRES HOT

We have discussed the importance of shaking up the nutrition plan with carbohydrate and dietary fat loading over the course of a nutrition plan to keep fat burning fires raging. It is difficult to make a generic recommendation, as the amounts of food on the macronutrient cycling days as well as the frequency depend on many factors requiring individualized planning for the best results. An example would be using a higher carb or dietary fat consumption on certain days at specific times to take advantage of metabolic conditions created by heavy training.

FIRE UP FAT BURNING FOR 24 HOURS PER DAY

Fat Reduce includes two revolutionary formulas to address the full 24 hours of fat burning opportunity by manipulating the factors governing fat loss. Most fat loss products simply seek to impact metabolism with high levels of stimulants which is not highly effective. Fat Reduce addresses the big picture by optimizing fat burning hormones, metabolism and utilization of stored fat as fuel. The daytime formula drives fat burning with peaked focus while the nighttime formula helps clients transition into a restful sleep by lowering stress hormones. Dr. Serrano identified the key factors governing fat loss and learned through years of experience that those who do not get enough quality sleep had trouble burning fat even when diet and exercise were nearly perfect. Poor sleep reduces anabolic hormone levels while driving up fat storage mechanisms. If you are waking up in the morning without feeling well rested, then you need to improve your sleep cycle to improve your rate of success. «

Email scott@infinityfitness.com or call (614) 868-7521 with your top 5 problems and get a personal response within 12 hours by phone or email with proven solutions. Ask for the "2012 Goal Achievement File," "Rapid Fat Burning Tools," "Testosterone Boosting Tips" and "Amino Loading" special report.



TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

Amino Loading with 100% MR and Muscle Synthesis is a sure fire method for reducing body fat, increasing lean body mass and accelerating recovery. Dr. Serrano's scientifically engineered ratios can bypass digestive hang ups transporting critical fuel sources to hard working muscles within minutes. Protein powders are too little- too late! You deserve the most powerful tools available to make every oz of hard work pay off!



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

614 868 7521 | www.infinityfitness.com



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PR BELT

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

- Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

PRBELT.COM INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

RESULTS

IBP CAROLINA CLASSIC

DEC 10 2011 » Greenville, SC

| | | | |
|--|--------------------------|-----------|------------|
| BENCH | <i>Master (50-54)</i> | | |
| MALE | H. McMillian 335 | | |
| <i>Raw</i> | Novice | | |
| 132 lbs. | J. McMillian 225 | | |
| <i>Teen (16-17)</i> | T. Grayson 185 | | |
| J. Glickman 195 | 275 lbs. | | |
| <i>Youth/Teen (12-13)</i> | <i>Submaster (35-39)</i> | | |
| C. Goldsmith 130 | M. Belk 550 | | |
| 165 lbs. | DEADLIFT | | |
| <i>Novice</i> | MALE | | |
| D. Pearce 275 | <i>Raw</i> | | |
| 198 lbs. | 148 lbs. | | |
| <i>Master (50-54)</i> | <i>Teen (16-17)</i> | | |
| S. Goldsmith 300 | D. Williams 360 | | |
| 220 lbs. | 181 lbs. | | |
| <i>Master (45-49)</i> | <i>Master (50-54)</i> | | |
| T. Grayson 185 | McCarragher 485 | | |
| Push Pull | BP | DL | TOT |
| MALE | | | |
| <i>Raw</i> | | | |
| 123 lbs. | | | |
| <i>Youth (10-11)</i> | | | |
| H. Allen 85 | 195 | 280 | |
| 165 lbs. | | | |
| <i>Novice</i> | | | |
| J. Imhof 240 | 470 | 710 | |
| 181 lbs. | | | |
| <i>Master (55-59)</i> | | | |
| L. Thompson 215 | 285 | 500 | |
| | 4th-DL-295 | | |
| 198 lbs. | | | |
| <i>Intermediate (24-34)</i> | | | |
| R. Mabe 350 | 475 | 825 | |
| | 4th-BP-375 4th-DL-500 | | |
| A. Merritt 295 | 500 | 795 | |
| <i>Master (45-49)</i> | | | |
| J. Griffing 260 | 425 | 685 | |
| | 4th-BP-265 | | |
| <i>Master (70-74)</i> | | | |
| M. Harrell 210 | 330 | 540 | |
| | 4th-DL-340 | | |
| <i>Novice</i> | | | |
| C. Arrington 240 | 420 | 660 | |
| 220 lbs. | | | |
| <i>Master (75-79)</i> | | | |
| E. Fleischer 240 | 400 | 640 | |
| | 4th-DL405 | | |
| 242 lbs. | | | |
| <i>Master (45-49)</i> | | | |
| J. Borek 360 | 400 | 760 | |
| 275 lbs. | | | |
| <i>Submaster (35-39)</i> | | | |
| R. Ferguson 325 | 405 | 730 | |
| 308 lbs. | | | |
| <i>Intermediate (24-34)</i> | | | |
| J. Logan 475 | 605 | 1080 | |
| Outstanding Lifter Open: Jonathan Logan. | | | |
| Outstanding Lifter Master: John Borek | | | |
| Master. Outstanding Lifter Teen: Hunter Allen. | | | |
| » courtesy Keith Payne | | | |

USAPL CAMP PENDELTON MEET

JAN 14 2012 » Camp Pendleton, CA

| | | | |
|-----------------------|-----------------------|-------------------------|---------|
| BENCH | 148 lbs. | | |
| FEMALE | <i>Junior (16-17)</i> | | |
| <i>Raw</i> | A. Nash 176 | | |
| 148 lbs. | 198 lbs. | | |
| <i>Open</i> | <i>Open</i> | | |
| L. Nelson 176 | J. Santos 408 | K. Meglitsch 77 193 270 | |
| <i>Master (45-49)</i> | R. King 380 | MALE | |
| L. Nelson 176 | <i>Master (65-69)</i> | <i>Raw</i> | |
| 165 lbs. | J. Sanchez 154 | 181 lbs. | |
| <i>Open</i> | <i>220 lbs.</i> | <i>Open</i> | |
| A. Crawford 182 | <i>Master (65-69)</i> | R. King 380 | 551 931 |
| <i>Master (40-44)</i> | B. Moores 303 | D. Sanchez 380 | 463 843 |
| A. Crawford 182 | 242 lbs. | 220 lbs. | |
| MALE | <i>Open</i> | <i>Open</i> | |
| <i>Raw</i> | M. Dunlap 314 | 474 | 788 |
| | 275 lbs. | 275 lbs. | |
| | <i>Open</i> | <i>Open</i> | |
| | J. Mundo 468 | <i>Open</i> | |



Michael Belk benching at the IBP Carolina Classic, where he was one of the best lifters (Keith Payne photo)

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|---------------------------------|-----------|-----------------------|--------------------------------|---------------------------|--|--|
| T. Kosanouvong 353 | J. Sanchez 287 | T. Navarro 353 | 606 | 959 | <i>Junior (13-15)</i> | | | | |
| <i>Single-Ply</i> | 220 lbs. | <i>Single-Ply</i> | C. Hansen 248 121 314 683 | | | | | | |
| 308 lbs. | <i>Junior (18-19)</i> | 220 lbs. | <i>Open</i> | | | | | | |
| <i>Open</i> | G. Gumz 502 | <i>Master (65-69)</i> | W. Rodgers 397 336 480 1213 | | | | | | |
| D. Douglas --- | <i>Junior (20-23)</i> | M. Vogt 176 | 298 | 474 | 181 lbs. | | | | |
| DEADLIFT | M. Troxell 480 | 308+ lbs. | <i>Junior (18-19)</i> | | | | | | |
| FEMALE | <i>Open</i> | <i>Master (50-54)</i> | Z. Justice 336 215 452 1003 | | | | | | |
| <i>Raw</i> | A. Sutter 551 | M. Bowden 705 | 601 | 1306 | <i>Junior (20-23)</i> | | | | |
| 148 lbs. | <i>Master (45-49)</i> | Powerlifting | SQ | BP | DL | TOT | A. Rivera 237 187 419 843 | | |
| <i>Open</i> | P. Cacheris 502 | FEMALE | <i>Open</i> | | | | | | |
| M. Balina 287 | 242 lbs. | <i>Raw</i> | S. Melero 424 292 546 1262 | | | | | | |
| MALE | <i>Open</i> | 148 lbs. | 4th-DL-567 | | | | | | |
| <i>Raw</i> | J. Mundo 529 | <i>Junior (20-23)</i> | M. Palermo 364 314 524 1202 | | | | | | |
| 181 lbs. | <i>Single-Ply</i> | M. Lousch 132 | 99 | 220 | 452 | W. Moorman 380 254 485 1119 | | | |
| <i>Junior (20-23)</i> | 148 lbs. | <i>Open</i> | J. King 364 265 430 1058 | | | | | | |
| A. Dawson 424 | <i>Master (50-54)</i> | M. Rodgers 226 | 138 | 259 | 623 | E. Avakoff 314 226 452 992 | | | |
| A. Rivera 419 | M. Martin 353 | T. Aletheia 165 | 127 | 237 | 529 | J. Wheeler 342 --- 413 755 | | | |
| 198 lbs. | 220 lbs. | 165 lbs. | 198 lbs. | | | | | | |
| <i>Master (70-74)</i> | <i>Master (65-69)</i> | <i>Open</i> | <i>Junior (18-19)</i> | | | | | | |
| V. Tsatsulin 391 | M. Vogt 298 | L. Pagel 237 | 171 | 336 | 744 | J. Hansen 353 215 435 1003 | | | |
| <i>Master (65-69)</i> | Push Pull | <i>Master (50-54)</i> | <i>Junior (20-23)</i> | | | | | | |
| FEMALE | BP | L. Castellanos 154 | 105 | 265 | 524 | N. Stangby 408 254 540 1202 | | | |
| <i>Raw</i> | DL | 181 lbs. | 4th-SQ-418 DL-551 | | | | | | |
| 198 lbs. | TOT | <i>Open</i> | L. Mercado Jr. 380 226 457 1064 | | | | | | |
| <i>Master (50-54)</i> | K. Meglitsch 77 | D. Rygwelski 259 | --- | 314 | 573 | M. Turner 331 215 408 953 | | | |
| MALE | 193 | MALE | <i>Open</i> | | | | | | |
| <i>Raw</i> | 181 lbs. | <i>Junior (23-25)</i> | R. King 358 380 551 1290 | | | | | | |
| 181 lbs. | <i>Open</i> | J. Earl 198 | --- | 287 | 485 | S. Kim 457 364 463 1284 | | | |
| <i>Open</i> | C. Mehmel --- | <i>Junior (16-17)</i> | J. Brown 402 342 435 1179 | | | | | | |
| 529 | 529 | M. Gendron 231 | --- | 314 | 546 | J. Conway 391 248 397 1036 | | | |
| 198 lbs. | <i>Open</i> | 148 lbs. | <i>Master (40-44)</i> | | | | | | |
| <i>Open</i> | R. King 380 | <i>Junior (18-19)</i> | R. Martino 331 226 347 904 | | | | | | |
| D. Sanchez 380 | 463 843 | D. LaMere 243 | 215 | 375 | 832 | <i>Master (75-79)</i> | | | |
| 220 lbs. | <i>Open</i> | M. Kirk 265 | 187 | 342 | 794 | R. Strange 391 265 474 1130 | | | |
| <i>Open</i> | 220 lbs. | <i>Junior (20-23)</i> | 220 lbs. | | | | | | |
| M. Dunlap 314 | 474 788 | A. McCombs 298 | 248 | 364 | 909 | <i>Junior (20-23)</i> | | | |
| 275 lbs. | <i>Open</i> | <i>Open</i> | M. Reiber 491 320 529 1339 | | | | | | |
| <i>Open</i> | M. Dunlap 314 | C. Lefever 375 | 265 | 474 | 1113 | 4th-DL-545 | | | |
| 275 lbs. | <i>Open</i> | A. McCombs 298 | 248 | 364 | 909 | B. Belleville 430 254 441 1124 | | | |
| <i>Open</i> | <i>Open</i> | 165 lbs. | M. Troxell 309 220 480 1009 | | | | | | |

| | | | | | |
|--|------------|-----|-----|------|-----|
| C. Tracy | 4th-DL-509 | --- | --- | --- | --- |
| Open | | | | | |
| M. Brown | 468 | 353 | 513 | 1334 | |
| M. Swantek | 331 | 325 | 446 | 1102 | |
| C. Orcutt | 320 | 254 | 375 | 948 | |
| 242 lbs. | | | | | |
| Junior (20-23) | | | | | |
| J. Borges | 480 | 336 | 502 | 1317 | |
| Open | | | | | |
| J. Mundo | 435 | 468 | 529 | 1433 | |
| F. Tackett | 474 | 369 | 573 | 1416 | |
| Submaster (35-39) | | | | | |
| F. Tackett | 474 | 369 | 573 | 1416 | |
| 275 lbs. | | | | | |
| Open | | | | | |
| M. Salamanca | 480 | 298 | 590 | 1367 | |
| Master (40-44) | | | | | |
| S. Mittleman | 375 | 287 | 402 | 1064 | |
| 308 lbs. | | | | | |
| Open | | | | | |
| R. Burgess | 474 | 331 | 606 | 1411 | |
| Single-Ply | | | | | |
| 148 lbs. | | | | | |
| Open | | | | | |
| C. Loo | 314 | 226 | 441 | 981 | |
| 165 lbs. | | | | | |
| Open | | | | | |
| I. Espinoza | 524 | 331 | 502 | 1356 | |
| N. Cambero | 402 | 248 | 435 | 1086 | |
| 220 lbs. | | | | | |
| Open | | | | | |
| V. Calia | 601 | 485 | 661 | 1747 | |
| Master (45-49) | | | | | |
| V. Calia | 601 | 485 | 661 | 1747 | |
| 242 lbs. | | | | | |
| Open | | | | | |
| K. Davenport | 457 | 298 | 491 | 1246 | |
| C. Bartl | 639 | --- | 584 | 1224 | |
| Master (40-44) | | | | | |
| R. Hiebert | --- | 248 | 424 | 672 | |
| Master (45-49) | | | | | |
| K. Davenport | 457 | 298 | 491 | 1246 | |
| 275 lbs. | | | | | |
| Open | | | | | |
| P. Tabone | 678 | 480 | 612 | 1769 | |
| Powerlifting Best Lifter: Open Raw Women: | | | | | |
| Liz Pagel. Powerlifting Best Lifter Junior | | | | | |
| Raw Men: Matthew Reiber. Powerlifting | | | | | |
| Best Lifter Open Men Single-Ply: Victor | | | | | |
| Calia. Powerlifting Best Lifter Master Raw | | | | | |
| Men: Bob Strange. Powerlifting Best Lifter | | | | | |
| Open Raw Men: Wes Rodgers. Bench Press | | | | | |
| Best Lifter Open Raw Men: Joseph Mundo. | | | | | |
| Deadlift Best Lifter Junior Raw Men: Garrett | | | | | |
| Gumz. Deadlift Best Lifter Master Raw | | | | | |
| Men: Vladimir Tsatsulin. Push Pull Best | | | | | |
| Lifter Open Raw Men: Ryan King. Team | | | | | |
| Awards: 1st Place Team: Camp Pendleton | | | | | |
| Barbenders. Meet Director & Promoter: | | | | | |
| Steve Denison Thanks to Camp Pendleton | | | | | |
| Area 21 gym. Thanks To Our Score Table: | | | | | |
| We ran two platforms. Meet Announcers: | | | | | |
| Kevin Meske, Mike Tronske, Brian Kiraly, | | | | | |
| Ron Scott. Bar loading program: Mike | | | | | |
| Tronske, Tracie Marquez. Meet Score- | | | | | |
| keepers: Tom Miller, Kevin Meske, Alan | | | | | |
| Aerts, Bonnie Aerts. Master Score Sheet: | | | | | |
| Steve Denison. Thanks to all our Referees: | | | | | |
| Alan Aerts, International, Jim Merlino, | | | | | |
| International, Ron Scott, International, | | | | | |
| Kevin Meske, International, Bonnie Aerts, | | | | | |
| National, Ron Moormeister, National, Jose | | | | | |
| Hernandez, National, Tom Miller, National, | | | | | |
| Mike Tronske, State, Louie Hernandez, | | | | | |
| State, Tracie Marquez, State, Lord Elliott, | | | | | |
| State. Thanks To Our Spotters & Loaders: | | | | | |
| CPL Chris Sarff, LCPL Phillip Sache, CPL | | | | | |
| William Diem, PFC Jordan Messier PFC | | | | | |
| Ian Wardrop, CPL Zachrous Hunter, LCPL | | | | | |
| Gelvan Taylor, LCPL Jonathan Hoskins, | | | | | |
| CPL Ryan Neil. Thanks To Our Sponsors | | | | | |
| & Vendors: RHINO Power Gear Cellucor | | | | | |
| Nutrition Bulldog Gym, Glendora. | | | | | |
| » courtesy Steve Denison | | | | | |

| | | | | | |
|-------------------------------------|-----------|-----------|-----------|------------|--|
| APA WEST COAST RAW | | | | | |
| NOV 19 2011 » Sacramento, CA | | | | | |
| Powerlifting | SQ | BP | DL | TOT | |
| FEMALE | | | | | |
| 114 lbs. | | | | | |
| Open | | | | | |
| B. Lyon | 150 | 125 | 265 | 540 | |
| L. Arnold | 165 | 110 | 235 | 510 | |
| 123 lbs. | | | | | |
| Junior | | | | | |
| K. Haffey | 240 | 145 | 305 | 690 | |
| Open | | | | | |
| K. Haffey | 240 | 145 | 305 | 690 | |
| E. O'Keefe | 185 | 110 | 200 | 495 | |
| Submaster | | | | | |
| S. Deng | 185 | 110 | 305 | 600 | |
| A. NG | 170 | 80 | 205 | 455 | |
| 132 lbs. | | | | | |
| Open | | | | | |
| I. Esquivel | 215 | 130 | 240 | 585 | |
| Master I | | | | | |
| J. Jordan | 170 | 130 | 235 | 535 | |
| Submaster | | | | | |
| L. Lugos | 150 | 105 | 230 | 485 | |
| C. Holmes | 155 | 110 | 195 | 460 | |
| 148 lbs. | | | | | |
| Open | | | | | |
| O. Reischman | 210 | 125 | 275 | 610 | |
| Master I | | | | | |
| M. Rodgers | 165 | 95 | 240 | 500 | |
| Master II | | | | | |
| D. Merritt | 195 | 110 | 235 | 540 | |
| P. Lettington | 170 | 140 | 200 | 510 | |
| Submaster | | | | | |
| E. Rosen | 140 | 90 | 180 | 410 | |
| 165 lbs. | | | | | |
| Junior | | | | | |
| K. Ehman | 170 | 95 | 200 | 465 | |
| Master II | | | | | |
| L. Ritchie | 185 | 110 | 250 | 545 | |
| 4th-SQ-190 | | | | | |
| Submaster | | | | | |
| C. Crow | 165 | 120 | 230 | 515 | |
| 181 lbs. | | | | | |
| Open | | | | | |
| A. Compilli | 240 | 205 | 315 | 760 | |
| B. McCully | 250 | 115 | 330 | 695 | |
| Master II | | | | | |
| C. Wood | 195 | 120 | 245 | 560 | |
| Submaster | | | | | |
| B. McCully | 250 | 115 | 330 | 695 | |
| 198 lbs. | | | | | |
| Open | | | | | |
| A. Williams | 190 | 125 | 275 | 590 | |
| Master I | | | | | |
| J. Shepherd | 125 | 100 | 170 | 395 | |
| 220 lbs. | | | | | |
| Open | | | | | |
| J. Birrer | 250 | 150 | 280 | 680 | |
| Master II | | | | | |
| V. Crowell | 165 | 185 | 265 | 615 | |
| SHW | | | | | |
| Open | | | | | |
| L. Estes | 215 | 110 | 275 | 600 | |
| MALE | | | | | |
| 148 lbs. | | | | | |
| Master II NT | | | | | |
| J. Tantarelli | 200 | 150 | 230 | 580 | |
| Open NT | | | | | |
| J. Tantarelli | 200 | 150 | 230 | 580 | |
| 165 lbs. | | | | | |
| Master I | | | | | |
| G. Slater | 440 | --- | --- | 440 | |
| Open | | | | | |
| G. Slater | 440 | --- | --- | 440 | |
| J. Roe | 245 | --- | --- | 245 | |
| Teen (18-19) | | | | | |
| B. Jewell | 340 | 225 | 425 | 990 | |
| T. Roth | 250 | 165 | 300 | 715 | |
| 181 lbs. | | | | | |
| Junior | | | | | |
| E. Payuyoa | 405 | 280 | 500 | 1185 | |
| A. Torres | 395 | 250 | 455 | 1100 | |

| | | | | | |
|-----------------|-----|-----|-----|------|--|
| Master I | | | | | |
| R. Lugos | 350 | 210 | 400 | 960 | |
| Open | | | | | |
| S. Stewart | 500 | 380 | 545 | 1425 | |
| E. Helms | 430 | 265 | 505 | 1200 | |
| J. Arnold | 315 | 305 | 480 | 1100 | |
| M. Zboray | 375 | 235 | 455 | 1065 | |
| J. Daley | 280 | 255 | 405 | 940 | |
| E. Garcia | 320 | 220 | 325 | 865 | |
| Submaster | | | | | |
| J. Arnold | 315 | 305 | 480 | 1100 | |
| C. St.Clair | 360 | 200 | 440 | 1000 | |
| 198 lbs. | | | | | |
| Master IV | | | | | |
| G. Keesy | 235 | 220 | 310 | 765 | |
| Open | | | | | |
| D. Benjamin | 515 | 400 | 545 | 1460 | |
| Open NT | | | | | |
| A. Hope | 385 | 255 | 525 | 1165 | |
| Police/Fire | | | | | |
| D. Sonsini | 405 | 285 | 485 | 1175 | |
| Submaster | | | | | |
| Kevinant | 385 | 385 | 470 | 1240 | |
| M. Cord | 395 | 250 | 460 | 1105 | |
| 4th-SQ-400 | | | | | |
| 220 lbs. | | | | | |
| Junior | | | | | |
| E. Gribkoff | 430 | 240 | 505 | 1175 | |
| Master III | | | | | |
| P. Murphy | 385 | 205 | 405 | 995 | |
| Open | | | | | |
| M. Maslanik | 600 | 430 | 585 | 1615 | |
| H. Cuneo | 540 | 340 | 600 | 1480 | |
| B. Smith | 475 | 325 | 500 | 1300 | |
| Open NT | | | | | |
| J. Keenley | 340 | 250 | 440 | 1030 | |
| Youth | | | | | |
| A. Richardson | 175 | 100 | 215 | 490 | |
| 4th-SQ-180 | | | | | |
| 242 lbs. | | | | | |
| Junior | | | | | |
| R. Guggiana | 365 | 275 | 560 | 1200 | |
| Master I | | | | | |
| S. Shepherd | 380 | 235 | 475 | 1090 | |
| Master I NT | | | | | |
| P. Collodi | 260 | 225 | 340 | 825 | |
| Open | | | | | |
| C. Santoliquido | 590 | 345 | 600 | 1535 | |
| 275 lbs. | | | | | |
| Junior | | | | | |
| A. Munayer | 440 | 285 | 570 | 1295 | |
| Open | | | | | |
| A. Laughlin | 565 | 385 | 575 | 1525 | |
| P. Bianchi | 600 | 260 | 600 | 1460 | |
| J. Rony | 485 | 335 | 565 | 1385 | |
| 308 lbs. | | | | | |
| Master I NT | | | | | |
| D. Fitzgerald | 500 | 405 | 660 | 1565 | |
| Master II | | | | | |
| J. Wright | 525 | 340 | 500 | 1365 | |

| | | | | | |
|-------------------------------------|-----------|-----------|-----------|------------|--|
| Open | | | | | |
| J. Wright | 525 | 340 | 500 | 1365 | |
| 4th-SQ-540 | | | | | |
| Open NT | | | | | |
| D. Fitzgerald | 500 | 405 | 660 | 1565 | |
| » courtesy APA/WPA | | | | | |
| APA APOLLON SUMMER IRON BASH | | | | | |
| NOV 11 2011 » Edison, NJ | | | | | |
| BENCH | | | | | |
| MALE | | | | | |
| 220 lbs. | | | | | |
| Teen II | | | | | |
| T. Francisco | 365 | | | | |
| 242 lbs. | | | | | |
| MNTMU | | | | | |
| Swierczynski | --- | | | | |
| MNTOU | | | | | |
| Swierczynski | --- | | | | |
| 275 lbs. | | | | | |
| MNTOR | | | | | |
| J. Fruge | 525 | | | | |
| Raw | | | | | |
| 275 lbs. | | | | | |
| Submaster | | | | | |
| K. DiGirorgio | 460 | | | | |
| Raw | | | | | |
| Wojciechowski | 585 | | | | |
| Push Pull | | | | | |
| FEMALE | | | | | |
| Raw | | | | | |
| 114 lbs. | | | | | |
| Open | | | | | |
| S. Kaplan | 100 | 235 | 335 | | |
| MALE | | | | | |
| 220 lbs. | | | | | |
| MNTOR | | | | | |
| J. Fruge | 385 | 525 | 910 | | |
| MPFR | | | | | |
| J. Collins II | 305 | 535 | 840 | | |
| Raw | | | | | |
| 148 lbs. | | | | | |
| Teen II | | | | | |
| A. Landy | 215 | 450 | 665 | | |
| 165 lbs. | | | | | |
| Master I | | | | | |
| J. Hanke | 255 | 440 | 695 | | |
| Open | | | | | |
| J. Hanke | 255 | 440 | 695 | | |
| 220 lbs. | | | | | |
| Open | | | | | |
| J. Collins | 305 | 535 | 840 | | |
| Powerlifting | SQ | BP | DL | TOT | |
| MALE | | | | | |
| 198 lbs. | | | | | |
| TOU | | | | | |
| M. Romeo | 635 | 440 | 585 | 1660 | |
| 220 lbs. | | | | | |
| TSU | | | | | |
| B. Cain | 720 | 455 | 560 | 1735 | |
| 242 lbs. | | | | | |
| TOR | | | | | |

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| | | | | | |
|-------------------------------|------|-----|-----|------|--------------------------------|
| M. Bell | 1080 | 805 | 744 | 2629 | 4th-SQ-105123 lbs. |
| R. Cook | 667 | 457 | 601 | 1725 | <i>Open</i> |
| A. Baumgarten | 705 | 513 | 485 | 1703 | K. Blessington 120 115 270 505 |
| Raw | | | | | |
| 242 lbs. | | | | | |
| D. Carroll | 535 | 298 | 601 | 1433 | <i>Open</i> |
| B. Barber | 408 | 259 | 529 | 1196 | M. Tower 275 125 275 675 |
| J. Ferris | 435 | 226 | 513 | 1174 | MALE |
| P. Murphy | 430 | 220 | 463 | 1113 | 220 lbs. |
| SHW | | | | | |
| C. Greene | 502 | 402 | 601 | 1505 | <i>Junior</i> |
| A. Novella | 507 | 303 | 568 | 1378 | N. Laubner 515 285 405 1205 |
| <i>» courtesy Cara Westin</i> | | | | | |

APA NE REGIONAL RECORD BREAKERS
JUL 16 2011 » Peabody, MA

| | | | | |
|---------------------|-----|-----|-----|---------------------|
| BENCH | | | | 123 lbs. |
| MALE | | | | <i>Open</i> |
| 198 lbs. | | | | K. Blessington 270 |
| <i>Master I</i> | | | | MALE |
| T. O'Connor | --- | | | 165 lbs. |
| 242 lbs. | | | | <i>Open</i> |
| <i>Submaster</i> | | | | N. Ironfield 555 |
| S. Saggese | 540 | | | <i>Teen II</i> |
| Raw | | | | A. Tihonov 420 |
| 165 lbs. | | | | 4th-430 |
| <i>Master I NT</i> | | | | <i>Teen III</i> |
| T. Priest | 365 | | | N. Ironfield 555 |
| <i>Open</i> | | | | <i>Raw</i> |
| R. Phoun | 330 | | | 123 lbs. |
| <i>Open NT</i> | | | | <i>Teen I</i> |
| T. Priest | 365 | | | J. Ironfield 215 |
| 181 lbs. | | | | 4th-225 |
| <i>Open NT</i> | | | | 148 lbs. |
| D. Cabral | 370 | | | <i>Open</i> |
| <i>Submaster NT</i> | | | | J. Priddy 425 |
| D. Cabral | 370 | | | 181 lbs. |
| 198 lbs. | | | | <i>Junior</i> |
| <i>Open</i> | | | | T. Linnane 445 |
| J. Fortier | 290 | | | <i>Junior</i> |
| 220 lbs. | | | | C. Gentile 525 |
| <i>Open</i> | | | | <i>Junior</i> |
| I. Ilnicki | 385 | | | J. Marotta 325 |
| <i>Open NT</i> | | | | <i>Open</i> |
| A. Czeps | 480 | | | N. Nayak 470 |
| 242 lbs. | | | | <i>Teen II</i> |
| <i>Master II NT</i> | | | | B. Deane 400 |
| C. Casella | 340 | | | 220 lbs. |
| <i>Master II NT</i> | | | | <i>Master I NT</i> |
| E. Wells | --- | | | M. Ironfield 685 |
| <i>Open</i> | | | | <i>Open NT</i> |
| M. LaFrance | 275 | | | M. Ironfield 685 |
| 308 lbs. | | | | <i>Submaster</i> |
| <i>Open</i> | | | | G. Clements 500 |
| J. McQuaid | 400 | | | 242 lbs. |
| DEADLIFT | | | | <i>Master II</i> |
| FEMALE | | | | M. Vainas 500 |
| <i>Raw</i> | | | | |
| Push Pull | | | | BP DL TOT |
| MALE | | | | |
| 220 lbs. | | | | |
| <i>Master II</i> | | | | |
| D. Linnane | | 300 | 420 | 720 |
| <i>Open</i> | | | | |
| D. Linnane | | 300 | 420 | 720 |
| <i>Raw</i> | | | | |
| 220 lbs. | | | | |
| <i>Master I</i> | | | | |
| D. Frye | | 345 | 550 | 895 |
| <i>Master I NT</i> | | | | |
| M. Ironfield | | 375 | 685 | 1060 |
| <i>Open NT</i> | | | | |
| M. Ironfield | | 375 | 685 | 1060 |
| 275 lbs. | | | | |
| <i>Open</i> | | | | |
| J. Martin | | 415 | 585 | 1000 |
| Full Power | | | | SQ BP DL TOT |
| FEMALE | | | | |
| <i>Raw</i> | | | | |
| 97 lbs. | | | | |
| <i>Youth</i> | | | | |
| B. Murray | 100 | 70 | 140 | 310 |

| | | | | |
|--------------------|-----|-----|-----|--------------------------------|
| <i>Open</i> | | | | K. Blessington 120 115 270 505 |
| 148 lbs. | | | | <i>Open</i> |
| <i>Open</i> | | | | M. Tower 275 125 275 675 |
| MALE | | | | |
| 220 lbs. | | | | <i>Junior</i> |
| <i>Raw</i> | | | | N. Laubner 515 285 405 1205 |
| <i>Teen I</i> | | | | |
| D. Cavarretta | 260 | 160 | 285 | 705 |
| 165 lbs. | | | | <i>Master II</i> |
| <i>Master II</i> | | | | R. Jackson 275 220 335 830 |
| 181 lbs. | | | | <i>Open</i> |
| <i>Open</i> | | | | P. Marchetti 420 260 465 1145 |
| 198 lbs. | | | | <i>Master I</i> |
| <i>Master I</i> | | | | M. Mitchell 425 315 525 1265 |
| MALE | | | | <i>Open</i> |
| <i>Open</i> | | | | N. Steinberg 350 280 500 1130 |
| 220 lbs. | | | | <i>Open</i> |
| <i>Open</i> | | | | N. Belanger 425 350 525 1300 |
| 242 lbs. | | | | <i>Master III</i> |
| <i>Master III</i> | | | | R. Mathieu 420 250 --- 670 |
| 275 lbs. | | | | <i>Raw</i> |
| <i>Master I NT</i> | | | | S. Bowen 400 200 375 975 |
| <i>Open</i> | | | | J. Carl 500 440 585 1525 |
| <i>Open</i> | | | | <i>» courtesy APA/WPA</i> |

OBB APF OLD SCHOOL PUSH PULL
DEC 31 2011 » Orlando, FL

| | | | | |
|-----------------------------------|-----|-----|-----|-------------------|
| BENCH | | | | J. Hoover 375 |
| MALE | | | | 308 lbs. |
| 275 lbs. | | | | <i>Pro</i> |
| <i>Open</i> | | | | V. Urbanks 530 |
| R. Lawrence | 585 | | | DEADLIFT |
| <i>Raw</i> | | | | MALE |
| 198 lbs. | | | | 242 lbs. |
| <i>Master II</i> | | | | <i>Junior</i> |
| P. McCoy | 225 | | | N. Archibald 575 |
| 220 lbs. | | | | <i>Master III</i> |
| <i>Master II</i> | | | | L. Grant 565 |
| T. Murphy | 340 | | | 308 lbs. |
| <i>Junior</i> | | | | <i>Pro</i> |
| N. Archibald | 295 | | | V. Urbanks 770 |
| <i>Master II</i> | | | | <i>Raw</i> |
| T. Mangin | 365 | | | 308 lbs. |
| 275 lbs. | | | | <i>Teen</i> |
| <i>Master II</i> | | | | A. Clayton 615 |
| Ironman | | | | BP DL TOT |
| FEMALE | | | | |
| SHW | | | | |
| <i>Open</i> | | | | |
| A. Hartman | | 365 | 365 | 730 |
| <i>Raw</i> | | | | |
| 132 lbs. | | | | |
| <i>Open</i> | | | | |
| L. Craft | | 155 | 270 | 425 |
| 148 lbs. | | | | |
| <i>Open</i> | | | | |
| N. Bowles | | 125 | 265 | 390 |
| MALE | | | | |
| 181 lbs. | | | | |
| <i>Open</i> | | | | |
| J. Land | | 545 | 525 | 1070 |
| <i>Pro</i> | | | | |
| B. Schwab | | 575 | 605 | 1180 |
| 220 lbs. | | | | |
| <i>Master IV</i> | | | | |
| A. Reiss | | 355 | 405 | 760 |
| <i>» courtesy Brian J. Schwab</i> | | | | |



Gabriela Tortilano pulling 335 raw at the EPF Labor Day Bash

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COMING EVENTS

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

3 MAR » APF/AAPF NGBB Club Classic (Kennesaw, GA) » Jon Grove, iron_mover1@hotmail.com, www.worldpowerliftingcongress.com
3 MAR » USAPL Virginia Military Institute Powerlifting Classic (VMI, VA) » Bill Mears, 540.319.8598, www.usapowerlifting.com
3 MAR » USAPL Tennessee High School Qualifier (Bluff City, TN) » Alex Campbell, 423.725.2415, www.usapowerlifting.com
3 MAR » NASA Colorado State (Denver, CO) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
3 MAR » WNPf Tennessee PL/BP/DL/PC Championships (Cleveland, TN) » Adrian Locklear, wnfpower@aol.com, www.wnfp.net
3 MAR » IPA PA State PL Championships (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com
3-4 MAR » IPA XPC/LexenXtreme Pro/Elite Coalition International Open (Columbus, OH) at Ultimate Sports Center » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.ipapower.com
4 MAR » BPO England Open Championships (PL/BP/DL) (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, 07779.322717, www.britishtpowerliftingorganisation.com
4 MAR » WNPf Ukraine Ironman Open & BP Championships (Keiv, Ukraine) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
8-11 MAR » WPA Ukraine Open Championships (PL/BP) (Kovel City, West Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
9-10 MAR » USAPL South Dakota State PL/BP Meet (Rapid City, SD) » Nicole Craig, 605.393.2151, www.usapowerlifting.com
9-10 MAR » USAPL Wisconsin HS State Meet (Milwaukee, WI) » Andy Chromy, 262.884.4986, www.usapowerlifting.com
10 MAR » APF Southern California Power Bash (Chatsworth, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com
10 MAR » IBP 3rd Annual Northeast Carolina Bench Clash & Strict Curl (Warrenton, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
10 MAR » SLP Iron House Open BP/DL Championship (St. John's, MI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
10 MAR » RAW United Beau Moore Classic (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
10 MAR » 3rd Annual Bristol's Big Bench Competition (Bristol, PA) » Matt Esche, mesche@pttransformations.com
10 MAR » USPA Iron Works Gym Push/Pull Championships (Jacksonville, FL) » Brian Burrirt, bburrirt@scvl.com, 812.204.2886, www.uspla.org
10 MAR » USAPL Georgia High School State Championships (Duluth, GA) » Josh Rohr, 330.464.4061, strongerisbetter@yahoo.com, www.usapowerlifting.com
10 MAR » AAU Raw National Championship & International Raw BP/DL Championships (Rockland, MA) at the Holiday Inn » Dave Mansfield, 781.294.4201, Rich DeLeon, 781.789.9511, bigironpowerlifting@comcast.net, www.aapowerlifting.org
10 MAR » NASA Texas State (Dallas, TX) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

10 MAR » WABDL Nevada State BP/DL Championships (Pahrump, NY) at the Nugget Hotel & Casino » Gary Miller, 775.209.4916, www.wabdl.org
11 MAR » AAU Equipped National Championship & International Equipped BP/DL Championships (Rockland, MA) at the Holiday Inn » Dave Mansfield, 781.294.4201, Rich DeLeon, 781.789.9511, bigironpowerlifting@comcast.net, www.aapowerlifting.org
17 MAR » SLP 7th Street Gym Open BP/DL Classic (Clinton, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com

www.sonlightpower.com
12 MAR » BASG Feats of Strength Meet (Seniors 50+ only) (Castro Valley, CA) in Dale Harder's backyard » Dale Harder, 18584 Carlwyn Dr., Castro Valley, CA 94546, 510.727.0485, daleharderEP@gmail.com, Bill Weinstock, 626.202.6189, billws3941@gmail.com, www.bayareaseniorgames.org
17 MAR » IBP 2nd Annual Spring Fling Rage in the Cage Push Pull (Marion, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
17 MAR » NASA Indiana State (Kokomo, IN) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
17 MAR » WABDL California State BP/DL Championship (Chico, CA) at the Holiday Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org
17 MAR » ADAU Bragging Rights Meet (Sicklerville, NJ) » Jackson Lee, 267.566.2119, brobasteam@aol.com, www.adaurawpower.com
17 MAR » 100% RAW Ironman Nationals and U.S. Open Single Lifts (BP/DL/Strict Curl) (Zion Crossroads, VA) » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com
17 MAR » USAPL Tennessee State Meet (Maryville, TN) » Chip Hultquist, 865.681.6248, www.usapowerlifting.com
18 MAR » RAW United Shamrock American Hero Power Classic (San Antonio, TX) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
23-24 MAR » APF/AAPF Illinois State Meet (Northbrook, IL) » Erv & Lea-Ann Domanski, elbelle@hotmail.com, www.worldpowerliftingcongress.com
23-25 MAR » USAPL High School Nationals (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com
24 MAR » APF New York State Championships (Lindenhurst, NY) at All Natural Gym » Shawna Mendelson, thenewgym@gmail.com, 631.957.7373, www.worldpowerliftingcongress.com
24 MAR » Kosciuszko Community Center BP/DL Competition (Milwaukee, WI) » Kerry Hoey, 414.645.4624
24 MAR » NASA Midwestern States (Kansas City, MO) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
24 MAR » WABDL North American BP/DL Championships (Portland, OR) at the Shilo Inn Airport » Gus Rethwisch, 503.901.1622, www.wabdl.org
24 MAR » AAPF 16th Annual Frank Kostyo Memorial PL Championship (Lakeland, FL) at All American Gym » All American Gym, 863.687.6268, www.allamericangym.com
24 MAR » APF/AAPF Relentless Meet (Apple Valley, MN) » Scott Nutter, 952.215.2588, www.worldpowerliftingcongress.com
24 MAR » USAPL Alaska State PL Championships (Anchorage, AK) » Ron Burnett, 907.345.7996, www.usapowerlifting.com
24 MAR » USPF Region 7 Championship Meet (Tombstone, AZ) at Cold Iron Gym » coldirongym@aol.com, www.uspf.net
24 MAR » USAPL Battle on the Border VI (Fort Mill, SC) » Jon Mouzon, 864.844.0083, www.usapowerlifting.com
24-25 MAR » USPA California State PL Championship (Corona, CA) at UFC Gym » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org
30 MAR » Good Life Senior Games of Pinellas County (Largo, FL) » Doc Bauer, 727.532.9379, yphd77@aol.com
31 MAR » USAPL 15th Annual Battle of the Great Lakes (Macedonia, OH) at Nordon High School » Gary Kanaga, 440.429.5760, bigkspowermeets@gmail.com, www.bigkspowermeets.com
31 MAR » USPF 37th Annual Powerlifting State Championships (PL/SQ/DL) & Holley Open PL/BP/DL Championships (South Charleston, WV) at S. Charleston High School » John Messinger, 304.766.0352, www.uspf.net
31 MAR » USAPL Brother Bennet Memorial (Bay St. Louis, MS) » Ted Longo, 228.324.1473, www.usapowerlifting.com
31 MAR » USAPL Rocky Mountain Lifting Club Championships (Aurora, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com
31 MAR » MHP's Hercules, Sultans of Squat, Kings of the Bench VI, Clash of the Titans V (DL) and Shoulder of Samson (Overhead Press) (classic raw rules) at the Ronnie Coleman Classic Expo (Mesquite/Dallas, TX) » Sean Katterler, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com
31 MAR » WNPf Georgia Powerlifting Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
31 MAR » SLP Teenage Nationals & Ohio Open BP/DL Championship (Mansfield, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
31 MAR » WABDL Montana State BP/DL Championships (Missoula, MT) at

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31 MAR » RPS 3rd Annual New England Revolution (Johnston, RI) » Gene Ry-chlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
31 MAR » WNPF New England Ironman/Powercurl & Reps (New Haven, CT) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
31 MAR » Ultimate Athletics Ultimate PL Challenge (Ithaca, NY) » James How-ell, 607.330.2665, jh198@hotmail.com, www.uagym.com
31 MAR » 100% RAW/ADAU Great Lakes PL/SQ/BP/DL Championships (Erie, PA) » Joe Oregia, 814.833.3727, joesgymerie@live.com, www.rawpowerlift-ing.com, www.adaurawpower.com
31 MAR » USAPL Equinox Open (Columbia, MD) » Evan Davidson, 301.919.4071, www.usapowerlifting.com
31 MAR - 1 APR » USAPL PA State (Clarks Summit, PA) » Steve Mann, 570.309.6316, www.usapowerlifting.com
31 MAR - 1 APR » **NASA High School Nationals** (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
31 MAR - 1 APR » American Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemede, NJ) at the Runnemede Inn » Bob Marcel-lino, 856.340.5721
31 MAR - 1 APR » USAPL 30th PL Pennsylvania State Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com
4 APR » Exile Barbell YMCA's 1st Annual April Fools Push and Pull (Troy, OH) » Kaci Harpest, 937.440.9622, k.harpest@miamicountymca.net, Heather Cancino, 937.773.9622, h.cancino@miamicountymca.net, Mike Wolfe, 419.953.9009, bigbadwolfe900@yahoo.com
7 APR » **SLP National Raw & Assisted BP/DL Championship** (Arkadelphia, AR) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
7 APR » USPF Lockout-Knockout (Niles, OH) at Eastwood Expo Center » Scott Cook & Nick Busick, 304.224.1137, wjlax14@yahoo.com, www.uspf.net
7 APR » USPA Hawaii State PL Championship (Honolulu, HI) » Ata Edralin & Darren Matsumoto, nalomightymouse@yahoo.com, windocwindow@yahoo.com, 808.256.6542, 808.224.3433, www.uspla.org
7 APR » NASA Oklahoma State (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
12 APR » 13th Annual Pittsburgh Monster BP/DL (Pittsburgh, PA) » Mike Bar-vecchio, 152 Dover Dr., Moon Township, PA 15108, 412.264.9996, vecks4@verizon.net
13 APR » IBP 6th Annual Raw Bench Press & Strict Curl Championships (Concord, NC) at The Platform Gym » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
13-15 APR » **AAPF Nationals** (Equipped & Raw) (Burr Ridge, IL) » Eric Stone & Amy Jackson, 866.389.4744, amyljackson@aol.com, www.worldpowerlifting-congress.com
13-15 APR » USAPL 30th Annual National Collegiate PL Championships (Ba-ton Rouge, LA) at the Crowne Plaza » Paul Fletcher, 225.975.8640, pfletcher@centralcss.org, www.usapowerlifting.com
14 APR » SLP Body Shop Fitness Open BP/DL/Curl Championship (Mt. Juliet, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
14 APR » USPA Georgia State PL Championships (Atlanta, GA) » Steve Gog-gins, stevegoggins@netscape.net, www.uspla.org
14 APR » USPA California State Multi-ply PL Championship (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org
14 APR » USPA California State Raw PL Championship (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org
14 APR » NASA Ohio State (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
14 APR » **WABDL World Cup BP/DL Championships** (Wisconsin Dells, WI) at the Chula Vista Resort » Gus Rethwisch, 503.901.1622, www.wabdl.org
14 APR » SPF Brute Strength Gym's Spring Powerlifting Meet (Raw/Single-ply/ Multi-ply, PL/BP/PP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando_ waterfront@yahoo.com, www.brutestrengthgym.net
14 APR » USAPL Richmond Open (Mechanicsville, SC) » Gary Emrich, 843.711.9482, www.usapowerlifting.com
14 APR » IBP 7th Annual Tarheel State Powerlifting Championships (Concord, NC) at The Platform Gym » Keith Payne, 336.251.8704, keith@ironboypower-lifting.net, www.ironboypowerlifting.com
14-15 APR » **AAU National BP/DL/PP & International Record Breakers PL**

21 APR » NASA Iowa State (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
21 APR » WABDL FL State BP/DL Championship (Lakeland, FL) at All American Gym » Ken Snell/All American Gym, 863.687.6268, www.allamericangym.com
21 APR » USPF NV State Championship Meet (Laughlin, NV) at Harrah's Hotel & Casino » coldironrym@aol.com, www.uspf.net
21 APR » RAW United Mid Atlantic Open (Ashburn, VA) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
21 APR » USPA Texas State Meet (Austin, TX) at Metroflex Gym » Steve Deni-son/Chris Pappillion, steve@uspla.org, 661.333.9800, www.uspla.org
21 APR » APF "The Qualifier" Meet (Columbia, SC) » Will Millman, shel-ter804@gmail.com, www.worldpowerliftingcongress.com
21 APR » APF Texas State Meet (San Antonio, TX) » Rany & Liz Nesuda, apf-texas@yahoo.com, www.worldpowerliftingcongress.com
21 APR » Girls Inc. of Omaha PL Championships (all women, 13+) (Omaha, NE) » Emily Mwaja, emwaja@girlsincomaha.org, 402.457.4676, www.girlsin-comaha.org

APF/AAPF/WPC Schedule

3 MAR, APF/AAPF NGBB Club Classic
10 MAR, APF Southern CA Power Bash
23-24 MAR, APF/AAPF IL State Meet
24 MAR, AAPF 16th Annual Frank Kostyo Meet
24 MAR, APF/AAPF Relentless Meet
13-15 APR, AAPF Nationals
14-15 APR, APF HS Nationals
17-22 APR, WPC/AWPC European Championship
21 APR, APF Texas State Meet
21 APR, APF "The Qualifier" Meet
22 APR, APF Ironworx Single-Ply Ohio Push/Pull
27-28 APR, APF Europa Show of Champions
28 APR, APF/AAPF Washington State Open
26-27 MAY, APF Master/Teen/Jr. Nationals
5 MAY, APF Gulf Coast PL/BP Meet
5-6 MAY, CPF Raw Nationals
12 MAY, APF Raw Challenge
12 MAY, APF Maine State Championships
26-27 MAY, APF Master/Teen/Jr. Nationals
1-3 JUN, APF Senior Nationals
2 JUN, CPF High School Nationals
2-3 JUN, CPF Equipped Nationals
JUN, APF Metroflex's Show of Strength
7 JUL, CPF Okanagan Strength Weekend
15 JUL, APF Texas Fire Fighter Olympics PL Meet
21 JUL, Can/Am Bench Press Championships
28 JUL, APF/AAPF EPC Summer Heat PL/BP
JUL, WPC South America Championships
6-11 AUG, AWPC World Championships
25 AUG, APF California State Powerlifting Championships
30 AUG - 2 SEP, APF/AAPF Record Breakers
AUG, APF/AAPF Texas Challenge
8 SEP, APF/AAPF Summer Heat VIII
8 SEP, APF/AAPF Georgia State Meet
13 OCT, APF Golden State Open
20 OCT, APF/AAPF EPC Fall Meet
OCT/NOV, APF Texas Cup Powerlifting Meet
OCT/NOV, AWPC/WPC World Cup PL/BP/DL
6-11 NOV, WPC World Championships
DEC, APF Southeast Challenge
13 JAN 2013, APF Gulf Coast Powerlifting Raw UPC 4

Dates subject to change

Call 866.389.4744 for more information

or go to our website:

www.worldpowerliftingcongress.com

COMING EVENTS »

(Laughlin, NV) at the Edgewater & Colorado Belle Hotel/Casino » Martin Drake, 951.928.4797, naturalpower@earthlink.net, www.aapowerlifting.org
14-15 APR » RPS 14th Annual Powerpalooza (XPC Coalition Qualifier) (York, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
14-15 APR » **APF High School Nationals** (Baton Rouge, LA) » Garry Frank, 225.241.8154, bulldogbr@bellsouth.net, www.worldpowerliftingcongress.com
15 APR » WNPf 600 LB. Deadlift Challenge (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
15 APR » WNPf New Jersey PL/BP/DL Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
15 APR » The 13th Pittsburgh Monster BP/DL (Men & Women/All Classes) (Pittsburgh, PA) at the Pittsburgh Airport Crowne Plaza » Mike Barravecchio, 412.264.9996, vecks4@verizon.net
17-22 APR » WPC/AWPC European Championships (Raw & Equipped) (Rostov on Don, Russia) » Mikhail Weber, wpcwpo@gmail.com, www.worldpowerliftingcongress.com
20-21 APR » MHP's Hardcore Powerlifting Record Breakerz, Sultans of Squat II, Kings of the Bench VII and Clash of the Titans VI (DL) (classic raw rules) at the Emerald Cup Expo (Bellevue/Seattle, WA) » Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com
20-21 APR » UPA Power Weekend (Dubuque, IA) » Bill Carpenter, bcarpenter@upapower.com, www.a.com
21 APR » **WABDL National Collegiate BP/DL Championships & National High School BP/DL Championships** (Kingwood, TX) » Tiny Meeker, Dr. John Hudson, 217.377.4640, hudsonj@uhd.edu, www.wabdlcollegiate.info
21 APR » **SLP National BP/DL Championship** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
21 APR » CPF Atlantic Canadian Power Challenge Spectacular (Amherst, Nova Scotia, Canada) » Nathan Robertson, ns.powerlifter@hotmail.com, www.canadianpowerliftingfederation.com

21-22 APR » BPO British Championships & **International Open Championship** (PL/BP/DL) (Aldershot, Hampshire, UK) at Connaught Leisure Centre » David Carter, 07770.757321, www.britishpowerliftingorganisation.com
22 APR » APF Ironworx 1st Annual Single-ply Ohio Push/Pull (OH) » Wade Butcher, 614.316.6170, www.butchsbarbell.com, www.worldpowerliftingcongress.com
22 APR 2012 » USPA Wild Iron Spring Classic (San Jose, CA) at Wild Iron Gym » Marcus Wild, marcus@wildirongym.com, 408.613.5716, www.uspla.org
22 APR » WNPf Upstate New York PL Championships (Rochester, NY) » Ron Deamicis, 330.519.3078, powerlt103@aol.com, www.wnpf.net
27-28 APR » APF Europa Show of Champions (Single-ply) (Orlando, FL) » Kieran Kidder, Amy Jackson, 630.896.7309, amyjackson@aol.com, www.worldpowerliftingcongress.com
28 APR » WNPf U.S. Open Championships (Raw) (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.uspf.net
28 APR » USAPL Southeastern HS "State Wars" (Atlanta, GA) » Josh Rohr, 330.464.4061, www.usapowerlifting.com
28 APR » Weightlifting Unlimited 22nd Annual Bench Contest (Winchester, VA) » Randy Robinson, mugbench650@yahoo.com, 304.283.6059
28 APR » North Virginia Raw Meet (Centreville, VA) at Bull Run Regional Park Shelter #2 » John James, 703.475.9885, PO Box 230522, Centreville, VA0, www.northernvirginiarawpower.com
28 APR » NASA New Mexico State (Gallup, NM) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
28 APR » WNPf Florida State PL/BP/DL Championships (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
28 APR » APF/AAPF Washington State Open (Aberdeen, WA) » Don Bell, 360.532.8339, www.worldpowerliftingcongress.com
28 APR » NASA WV State PL/BP/PS/PP Championship (Ravenswood, WV) » Greg Van Hoose, 304.273.3110, greg@vhpower.com, www.vhpower.com
28 APR » USAPL Southeastern High School State Wars (Atlanta, GA) » Josh Rohr, strongerisbetter@yahoo.com, www.usapowerlifting.com
28 APR » USPA Santa Barbara Open (Santa Barbara, CA) at Fisher Strength and Health Gym » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org
29 APR » 100% RAW/ADAU 32nd Annual Power Day (BP/DL/Strict Curl) (Bigler, PA) at the Bigler YMCA » Jay Siegel, 814.765.3214, engrave2@verizon.net, www.rawpower.com, www.adaurawpower.com
APR » **WPA Equipped World Championships** (Pittsburgh, PA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
APR » **APA Raw National Championships** (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaqua-pits@netzero.net
4-6 MAY » **USAPL Master Nationals** (Denver, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com
5 MAY » APF Gulf Coast PL/BP Meet (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com
5 MAY » **SLP Lifetime Natural Powerlifting Nationals** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
5 MAY » USPA Las Vegas Open and Southwest Regional Championship (Las Vegas, NV) » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org
5 MAY » **NASA Western States Nationals** (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
5 MAY » RPS Championship of the Virginia's (Manassas, VA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
5 MAY » RPS Vermont and New Hampshire State Championships (PL/PP/BP/DL) (Fair Haven, VT) at Fair Haven Fitness » James Matta, capejam@hotmail.com, 802.265.3470, www.revolutionpowerlifting.com
5-6 MAY » **CPF Raw Nationals** (Ottawa, Ontario, Canada) » Bruce McIntyre, www.canadianpowerliftingfederation.com, www.worldpowerliftingcongress.com
5-6 MAY » AAU Oklahoma State, High School and Masters Powerlifting Championships (Tulsa, OK) » Danny Berry, 918.695.3823, danny@oklahomaaupowerlifting.com, Dennis Brooks, 918.695.6439, dennisbrooks63@msn.com, www.aapowerlifting.org
6 MAY » WNPf South Carolina PL/BP/DL/PC Championships (Clemson, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
12 MAY » APF Raw Challenge (Chatsworth, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com
12 MAY » IBP 4th Annual NC State Youth/Teen Powerlifting Championships (Statesville, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
12 MAY » APF Maine State Championships (Westbrook, ME) » Matt Israelson,

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207.838.6933, dynamax21@yahoo.com, www.worldpowerliftingcongress.com

12 MAY » WNPF Western Penn PL/BP/DL Championships (Beaver, PA) » Ron DeAmicis, 330.519.3078, powerlt103@aol.com, www.wnfp.net

12 MAY » SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

12 MAY » **Exile Barbell Association Slingshot Nationals "1 in 8 Charity" Weightlifting Contest** (cash prizes) (Celina, OH) at the Overdrive Event Center » Mike Wolfe, 419.953.9009, bigbadwolfe900@yahoo.com

12 MAY » NASA South Texas Open (Alvin, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

12 MAY » WABDL Buckeye Hall of Fame Classic (Canton, OH) at The McKinley Grand Hotel » Don Miskinis, 216.272.9409, www.wabdl.org

12 MAY » USAPL PA State BP/DL Championships (Lehigh, PA) at the Lehigh Rec Center » Chris Cimigliaro, 570.242.5117, ccimig@yahoo.com, www.usapowerlifting.com

16 MAY » NASA West Texas Open (Amarillo, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

19 MAY » SPF Cell Block Gym Push-Pull PL Meet (Manchester, TN) at the Conference Center » www.southernpowerlifting.com

19 MAY » SLP Ho-Chunk Nation Open BP/DL Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

19 MAY » RAW United Dungeon Power Day (Port Charlotte, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

19 MAY » NASA KY State PL/BP/PS/PP Championship (Morehead, KY) » Greg Van Hoose, 304.273.3110, greg@vhepower.com, www.vhepower.com

19 MAY » Suffolk Special Olympics Bar Bender (Suffolk, VA) at Kings Fork High School » Rob Kelly, robkellypl@gmail.com, 757.771.7361

19 MAY » USPA Grass Valley Open (Grass Valley, CA) at IronWorks Athletic Club » Steve Matthews, smatthews24@yahoo.com or matthews6624@yahoo.com, 530.844.2080 or 530.272.9462, www.uspla.org

19 MAY » Big Apple Powerlifting Championship (Bronx, NY) at Astral Fitness » astralfitness@aol.com, www.astralfitness.net

19 MAY » **NASA Bench Press Nationals** (Denver, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

19 MAY » **NASA Power Sports Nationals** (Denver, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

19 MAY » RPS 3rd Annual South Jersey Rumble (Paulsboro, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

19 MAY » USPA Baltimore Open Raw Powerlifting & Single-Ply BP & USPC Baltimore Power Curl (Rosedale, MD) at Exile Fitness » Brian Washington, 410.265.8264, brian@usbf.net, www.uspla.org

19 MAY » Orange County PL/Ironman/BP Championship (Pine Bush, NY) at Pine Bush Fire Hall » Frank J. Panaro, 845.778.1884, frankpanaro@gmail.com, dale_usapl@yahoo.com

24-27 MAY » **WPA Raw World Championships (PL/BP)** (Lutsik City, Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

26 MAY » **WNPF International Invitational BP/DL Championships** (Tiblis, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net

26 MAY » New Jersey High School Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemede, NJ) at the Runnemed Inn » Bob Marcellino, 856.340.5721

26 MAY » AAU 9th Annual Triple Crown Classic & East Coast BP/PP Classic & VA State Championship (Mechanicville, VA) at Lee Davis HS » Judy Wood, 804.559.4624, Jill Meads, 804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org

26 MAY » Bench Press & Deadlift Meet (cash prizes for biggest BPs) (Allentown, PA) » Chris Kitchen, 570.428.4344, chriskitchen700@yahoo.com

26 MAY » USPA Florida State Single-ply/Raw PL/Single Lift/PP Classic (Stuart, FL) » Brian Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org

26 MAY » USPA Patriot Games PL Championship (Santa Maria, CA) at Santa Maria Athletic Club » Ken Tawzer, 805.344.2186, kmctawzer@verizon.net, www.uspla.org

26-27 MAY » **APF Master/Teen/Junior Nationals** (Baton Rouge, LA) » Garry Frank, 225.241.8154, bulldogbr@bellsouth.net, www.worldpowerliftingcongress.com

26-27 MAY » East Coast Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemede, NJ) at the Runnemed Inn » Bob Marcellino, 856.340.5721

1-3 JUN » **APF Senior Nationals** (Raw & Equipped - WPC Qualifier) (Myrtle

UPCOMING SLP COMPETITIONS

10 MAR, *SLP Iron House Open BP/DL (St. John's, MI)*

17 MAR, *SLP 7th Street Gym Open BP/DL Classic (Clinton, IN)*

31 MAR, *SLP Teenage Nationals & Ohio Open BP/DL Championship (Mansfield, OH)*

7 APR, *SLP National BP/DL Championship (Arkadelphia, AR)*

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www.sonlightpower.com | sonlightgym@frontier.com

Beach, SC) » Kieran Kidder & Amy Jackson, 866.38934744, amyjackson@aol.com, www.worldpowerliftingcongress.com

2 JUN » USAPL 9th Annual Big K Ohio Powerlifting Championship (Macedonia, OH) at Nordon High School » Gary Kanaga, 440.429.5760, bigkspowermeets@gmail.com, www.bigkspowermeets.com

2 JUN » IBP 4th Annual NC State Push Pull Championships & NC Battle of the Bench (Kings Mtn., NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com

2 JUN » **CPF High School Nationals** (Waterloo, Ontario, Canada) » Bruce McIntyre, www.canadianpowerliftingfederation.com, www.worldpowerliftingcongress.com

2 JUN » Summer Push/Pull Meet (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com

2 JUN » NASA Missouri Grand (Joplin, MO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

2 JUN » **WABDL National Push-Pull Championships** (Phoenix, AZ) at the Sheraton Crescent » Gus Rethwisch, 503.901.1622, www.wabdl.org

2 JUN » WABDL Northwest Regional BP/DL Championships (Medford, OR) at Ramada Inn » Dan Guches, 541.890.3258, Sam Pecktol, 541.690.4165, www.wabdl.org

2 JUN » RPS 3rd Annual Philly Push/Pull (Bristol, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

2-3 JUN » **CPF Equipped Nationals** (Waterloo, Ontario, Canada) » Bruce McIntyre, www.canadianpowerliftingfederation.com, www.worldpowerliftingcongress.com

3 JUN » USAPL NJ State High School PL/BP Championships (Hillsborough, NJ) » James McFarland, 908.431.6600, www.usapowerlifting.com

3 JUN » WNPF New York State PL Championships & Raw Nationals (New Rochelle, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net

9 JUN » SLP Superman Classic BP/DL Championship (Metropolis, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

9 JUN » 100% RAW American Challenge (PL/BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

9 JUN » WABDL Rocky Mountain Regional BP/DL Championships (Salt Lake City, UT) at the Hampton Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org

9-10 JUN » **NASA USA Nationals** (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

10 JUN » BPO All Comers Open Push & Pull Championships (Alfreton, Derbyshire, UK) at the Atlas Workout Warehouse » David Sawyer, 07728.547531, www.britishpowerliftingorganisation.com

16 JUN » SLP Michigan Open BP/DL Championship (St. John's, MI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

16 JUN » **WABDL National BP/DL Championships** (Portland, ME) at the Fireside Inn and Suites » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

16 JUN » WABDL Great Northern BP/DL Championships (Olympia, WA) at the Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

22-24 JUN » RAW United Mike Witmer Memorial Open (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

3 MAR, WNPF Tennessee PL/BP/DL/PC Championships (Cleveland, TN)

4 MAR, WNPF Ukraine Ironman Open & BP Championships (Kiev, Ukraine)

31 MAR, WNPF Georgia Powerlifting Championships (Atlanta, GA)

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

23 JUN » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

23 JUN » USPA Central State PL Championship (Blue Springs, MO) » Jay Shelton/Rodney Woods, 417.293.6717, rodwood1967@yahoo.com, www.uspla.org

23-24 JUN » WNPF Central America Powerlifting Championships (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770.668.4841, www.uspf.net

23-24 JUN » IPA Summer Strength Spectacular (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.ipapower.com

27 JUN » USPA National Championship (Costa Mesa, CA) at the Hilton Hotel » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

30 JUN » WABDL Southern National BP/DL Championships (Birmingham, AL) at the Sheraton Downtown Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

30 JUN » RPS 4th Annual Connecticut State Championships/Europa Battle of Champions Sports Expo (Hartford, CT) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

30 JUN - 1 JUL » ADAU Raw Power National PL and Single-Lift Championships (Fort Washington, PA) at the Hilton Garden Inn » Joseph Braca, 2115.353.3369, Tony Braca, 610.945.4037, www.adaurawpower.com

JUN » APF Metroflex's Show of Strength (Dallas/Fort Worth, TX) » Greg McCoy, 972.424.3539, www.worldpowerliftingcongress.com

JUN » WNPF Alabama PL Championships (Birmingham/Montgomery, AL) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

1 JUL » WNPF National Championship Tournament of Champions (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

1 JUL » WABDL Sonny's 8th Annual Push-Pull (Honolulu, HI) at the Hawaii Convention Center » Mike Saito, 808.221.0129, Jocelyn Ronolo, 808.387.8776, www.wabdl.org

4-8 JUL » BPO European Championships (PL/BP/DL) (Scwetzinger, Germany) » Peter Malfa, www.britishpowerliftingorganisation.com

7 JUL » SLP Southwest Missouri Open BP/DL Championship (Branson, MO) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

7 JUL » CPF Okanagan Strength Weekend (Okanagan, Canada) » Tony Tomra, predatorbarbell@gmail.com, www.canadianpowerliftingfederation.com, www.

worldpowerliftingcongress.com

8 JUL » WNPF National Tournament of Champions (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

14 JUL » WNPF National Tournament of Champions (Plantation, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

14 JUL » ANPPC World Cup PL Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

14 JUL » NASA Grand Nationals (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

14 JUL » WABDL Midwest Regional BP/DL Championships (Minneapolis, MN) at the Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

14 JUL » USPA Georgia State High School PL Championship (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

15 JUL » APF Texas Fire Fighter Olympics Powerlifting Meet (Lewisville, TX) » Rick Brewer, 972.772.8600, www.worldpowerliftingcongress.com

15 JUL » WNPF National Tournament of Champions (Youngstown, OH) » Ron DeAmicis, 330.519.3078, powerlt103@aol.com, www.wnpf.net

20-21 JUL » UPA Iron Battle on the Mississippi (Dubuque, IA) » Bill Carpenter, bcarpenter@upapower.com, www.upapower.com

21 JUL » Vermont State Open (Burlington, VT) » Rick Poston, 802.999.7845

21 JUL » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

21 JUL » NASA High Desert Classic (PL/PP/BP/PS) (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, www.liftinglarge.com, www.nasa-sports.com

21 JUL » RAW United UPF Challenge (Orlando, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

21 JUL » NASA WV Open PL/BP/PS/PP Championship (Ravenswood, WV) » Greg Van Hoose, 304.273.3110, greg@vhepower.com, www.vhepower.com

21 JUL » USPA New York State BP/DL/Ironman (Angola, NY) at Mickey Rats Club » Dennis Brochey, dennis.brochey@gmail.com, 716.200.3533, www.uspla.org

21 JUL » WPC CanAm Bench Press Championships (Romulus, MI) at the Detroit Metro Marriott » Joe Smolinski, canamborderwar@yahoo.com, www.michiganapf.com/canamborderwar.htm

28 JUL » APF/AAPF EPC Summer Heat PL/BP (Raw & Equipped) (Portland, OR) » Chris Duffin, christopherduffin@gmail.com, www.worldpowerliftingcongress.com

28 JUL » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

28 JUL » WABDL Southwest BP/DL Championships (Dallas, TX) at the Sterling Hotel » Alex Calvo, 817.403.3525, www.wabdl.org

28 JUL » WABDL Great Lakes Regional BP/DL Championships (Lansing, MI) at the Causeway Bay Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

28 JUL » RPS Pennsylvania State Powerlifting Championships & Bench Nationals (Lancaster, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpower-systems.com

28 JUL » WNPF Summerfest 2K12 PL/BP/DL Championships (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net

28 JUL » 100% RAW Eastern USA Open Single Lift (BP/DL/Strict Curl) (Woodbridge, VA) at Powerhouse Gym » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

28 JUL » USPA Jill Mills PL Classic (San Antonio, TX) » Steve Denison/Chris Pappillion, steve@uspla.org, 661.333.9800, www.uspla.org

JUL » WNPF National Tournament of Champions (Rochester, NY) » Ron DeAmicis, 330.519.3078, powerlt103@aol.com, www.wnpf.net

JUL » WPC South America Championships (Barranquilla, Columbia) » Leonardo Cavaglia, powerlifting76@gmail.com, www.aaapowerlifting.com.ar, www.worldpowerliftingcongress.com

JUL/AUG » WNPF North Carolina PL Championships (Asheville, NC) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

4 AUG » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com


4 AUG » WABDL West Coast BP/DL Championships (Rancho Cordova/Sacramento, CA) at the Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

4 AUG » RPS New York State Powerlifting Championships (Rochester, NY) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143


Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
4 AUG » USPA Baddest Bench at the Big Show (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org
5 AUG » USPA Rocky Mountain Regional PL Championship (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org
5 AUG » USPA Treasure Coast Classic Single-ply/Raw PL/Single Lift/PP Championships (Stuart, FL) » Brian Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org
6-11 AUG » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com
11 AUG » USPA Mid-Cities BP/DL/PP (Norwalk, CA) » Chuck LaMantia, ckc-clama@aol.com, 310.508.7308, www.uspla.org
11 AUG » RPS Raw Dog Nationals & AMVETS Powerfest Fundraiser (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
11-12 AUG » NASA World Cup of Power (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
12 AUG » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
18 AUG » 100% Raw Bull Run Open BP & Strict Curl (Manassas, VA) at Gold's Gym » John Shifflett, 186 Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
18 AUG » IBP 7th Annual SC Powerlifting Championships (Greenville, SC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
18 AUG » IPA Raw National PL/BP Championships (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com
18 AUG » SLP Indiana State Fair Outlaw BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
18 AUG » RAW United Rev. Milton Simmons Memorial Open (Ashburn, VA) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
19 AUG » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
25 AUG » APF California State Powerlifting Championships (Chatsworth, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com
25 AUG » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
25 AUG » NASA Colorado Grand (Loveland, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
25 AUG » WABDL Tom Foley BP/DL Classic (Nanuet, NY) at Premier Fitness » Brian Fahrenfeld, 201.463.5250, brianf@premierfitnessny.com, www.wabdl.org
25 AUG » USPA Hawaii BP/DL Championships (Honolulu, HI) » Ata Edralin & Darren Matsumoto, nalomightymouse@yahoo.com, windocwindow@yahoo.com, 808.256.6542, 808.224.3433, www.uspla.org
25-26 AUG » USAPL National BP Championships (Palm Springs, CA) » Lance Slaughter, lanceoslaughter@yahoo.com, 310.995.0047, www.usapl-ca.org
30 AUG - 2 SEP » APF/AAPF Equipped & Raw Record Breakers (Idaho Falls, ID) » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com
AUG » APF/AAPF Texas Challenge (Houston, TX) » Zach & Sharon McVey, 281.557.2122, www.worldpowerliftingcongress.com
AUG » Ultimate Athletics Ultimate PL Challenge (Ithaca, NY) » James Howell, 607.330.2665, jh198@hotmail.com, www.uagym.com
1 SEP » SLP Florida State BP/DL Championship (Kissimmee, FL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
1 SEP » NASA Texas Powerlifting Picnic (Gilmer, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
7-9 SEP » RPS Supreme Iron Warrior World Championships (Newark, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
8 SEP » SLP Tennessee State Fair BP/DL Championship (Nashville, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
8 SEP » RAW United Armed Air Forces Championships (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
8 SEP » APF/AAPF Summer Heat VIII (Rock Hill, SC) » Eric Hubbs, netti_fish@

msn.com, www.worldpowerliftingcongress.com
8 SEP » WNPf Penn State Championships (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
8 SEP » APF/AAPF Georgia State Meet PL/BP (Kennesaw, GA) » Jon Grove, iron_mover1@hotmail.com, www.worldpowerliftingcongress.com
9 SEP » BPO UK Open Championships (PL/BP/DL) (Swansea, West Glamorgan, UK) at Trebanos Sport Club » Ken Williams, 07970.625946, www.britishpowerliftingorganisation.com
9 SEP » WNPf Lifetime Drug Free Nationals (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
15 SEP » IBP 12th Annual Bench Press Classic & Strict Curl (Concord, NC) at The Platform Gym » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
15 SEP » PRPA Clash for Cash Pro/Am (New Orleans, LA) » Jake Impastato, 504.494.1238, jraw504@gmail.com, www.raw504.com
15 SEP » WNPf Ironman Nationals & Florida BP/DL/PC (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
15 SEP » SLP Bodyworks Gym Open BP/DL Classic (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
22 SEP » SLP National Powerlifting Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
29 SEP » NASA New Mexico Regional (Roswell, NM) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
29 SEP » SLP Tennessee State BP/DL Championship (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
SEP » WNPf Upstate NY II (Rochester, NY) » Ron DeAmicis, 330.519.3078, powerlt103@aol.com, www.wnpf.net
6 OCT » RAW United Tony Conyers Extravaganza (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com
6 OCT » WNPf Palmetto Ironman Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
6 OCT » SLP Indiana State Open BP/DL Championship (Indianapolis, IN) »

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Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

6 OCT » NASA Tennessee Regional & State Picnic (Counce, TN) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

13 OCT » APF Golden State Open (Chatsworth, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com

13 OCT » SLP Western Nationals Open & Oklahoma State BP/DL Championships (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

13 OCT » NASA 31st Oklahoma Grand (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

20 OCT » APF/AAPF EPC Fall Meet PL/BP (Raw & Equipped) (Portland, OR) » Chris Duffin, christopherduffin@gmail.com, www.worldpowerliftingcongress.com

20 OCT » ANPPC National Powerlifting Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

20 OCT » NASA Ohio Regional (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

20 OCT » RPS 16th Annual Power Challenge (Attleboro, MA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

20-21/27-28 OCT » WNPf 21st World Championships (FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

27 OCT » NASA KY Regional PL/BP/PS/PP Championship (Morehead, KY) » Greg Van Hoose, 304.273.3110, greg@vhpower.com, www.vhpower.com

27 OCT » SLP Open Northern Grand National BP/DL/Curl Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

27 OCT » NASA Iowa Regional (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

OCT/NOV » APF Texas Cup Powerlifting Meet (Waxahachie, TX) » Randy & Liz Nesuda, aptexas@yahoo.com, www.worldpowerliftingcongress.com

2-4 NOV » BPO World Championships (PL/BP/DL) (Aldershot, Hampshire, UK) at Connaught Leisure Centre » BPO Executive, www.britishpowerliftingorganisation.com

2-4 NOV » RAW United National Championships (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

3 NOV » ADAU Raw Power 30th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

3 NOV » SLP Kentucky Muscle Southern States National BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

3 NOV » RPS 3rd Annual RPS Autumn Apocalypse (Egg Harbor Township, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

3-4 NOV » NASA Masters/Sub Masters Nationals (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

3-4 NOV » NASA Arizona Regionals (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

4 NOV » WNPf Ironman/BP/BP for Reps/DL/PC Nationals (TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

4 NOV » USPA House of Pain Single-ply/Raw PL/Single Lift/PP Championships (Stuart, FL) » Brian Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org

6-11 NOV » AWPC/WPC World Cup PL/BP/DL (Raw & Equipped) (Russia) » Yuriy Ustinov & Evgeniy Chugunov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.com

7 NOV » NASA Texas Equipped State (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

10 NOV » NASA WV Regional PL/BP/PS/PP Championship (Ravenswood, WV) » Greg Van Hoose, 304.273.3110, greg@vhpower.com, www.vhpower.com

10 NOV » SLP Ohio State BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

13-18 NOV » WABDL World BP/DL Championships (Las Vegas, NV) at Bally's Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

17 NOV » WNPf Raw Nationals PL Championships & USA Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

17 NOV » USA Raw Bench Press Federation World Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

17-18 NOV » IPA National PL/BP Championships (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com

17-18 NOV » NASA Unequipped Nationals (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

NOV » NASA Colorado Regional (Loveland, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

NOV » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, www.worldpowerliftingcongress.com

1 DEC » NASA High Desert Holiday Classic (PL/PP/BP/PS) (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, www.liftinglarge.com, www.nasa-sports.com

1 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

1 DEC » RPS 8th Annual Christmas Carnage (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

2 DEC » WNPf 2nd International Georgia Open BP/DL Championships (Tbilisi, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

8 DEC » RAW United Support the Troops Benefit Meet (San Antonio, TX) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

8 DEC » 100% RAW Virginia State and Christmas Classic Single Lifts (BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

8 DEC » USPA Larry Garro Memorial (Raw PL/Single-Ply BP/PC) (Hagerstown, MD) at Hagerstown Police Athletic League » Brian Washington, 410.265.8264, brian@usbp.net, www.uspla.org

8 DEC » IBP 3rd Annual Carolina Christmas Classic (Push Pull/BP/DL) (Greenville, SC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.com

9 DEC » BPO British Open BP/DL Record Breakers Championships (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, 07779.322717, www.britishpowerliftingorganisation.com

15 DEC » WNPf All Raw Classic (Middletown, NY) » Mike Manzo, manzo-powerlifting@yahoo.com, www.wnpf.net

16 DEC » WNPf Sarge McCray Push/Pull Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

29 DEC » SLP The Last One BP/DL/Curl Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

DEC » APF Southeast Challenge (Orange, TX) » Mike Denmon, denmonjm@apci.com, www.worldpowerliftingcongress.com

13 JAN 2013 » APF Gulf Coast Powerlifting Raw UPC 4 (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com

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Fighting or any type of Heavy
Athletic Sport.

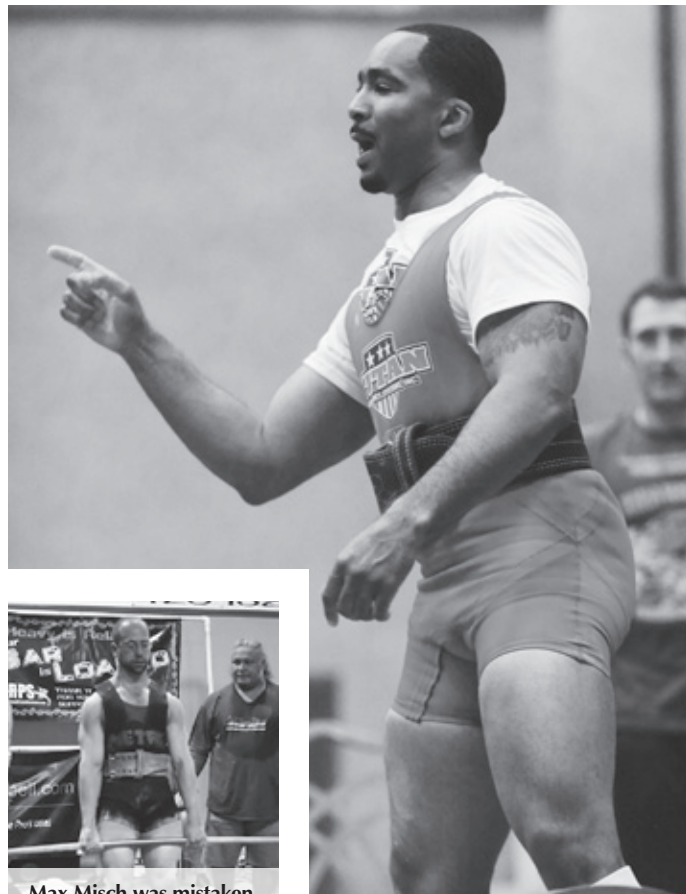
TOP 100 PHOTOS



Brian Schwab has ended up #1 again on the TOP 100 list, this time for his exceptional bench pressing



Laura Phelps-Sweatt still reigns as queen



Erik Nickson was giving deadlift lessons at the 2010 WABDL Worlds and ended up being the best of the best for this TOP 100 ranking for the middleweights



Max Misch was mistakenly placed on the TOP 100 for the 148 lb. class last month; he actually competed in the 165 lb. class and also makes that list



Tony Walton, seen deadlifting at the USAPL GA State Championships, is a fast rising star in the USAPL ranks (Josh Rohr photo)



Bob Granko Jr. was mistakenly placed on the TOP 100 for the 148 lb. class last month, whereas he actually competed in the 165 lb. class, and he makes that list as well

Will you make the upcoming TOP 100 list for the 198 lb. class? Last time we ranked this class the minimum lifts to make that list were 605 lb. in the squat, 451 lb. in the bench press, 606 lb. in the deadlift, and 1,565 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 181 class will be March 2011 through April 2012. 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 you lifting (or something different, like your driver's license photo) 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 165 lb./75 kg. USA lifters in results received from NOV 2010 through NOV 2011

PL USA TOP 100 ACHIEVEMENT AWARD



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, PO Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax).

NEXT MONTH » TOP 181

CORRECTIONS: Brandon Cass's big deadlift at 220 actually weighed out at 839 lb. As noted on the TOP 100 photo page, Bob Granko's bench press and Max Misch's deadlift were mistakenly credited to the TOP 100 for the 148s, while in actuality they were both in the 165 lb. class and are properly credited on this month's ranking. James Golba's 341 lb. bench press was not listed as it should have been on the 148 class Top 100 last month. We apologize for these errors, as 2011 was sort of a "lost" year for PL USA, with significant family changes taking place and health issues to deal with. Hopefully, 2012 will be a year where we get back on track.

OUR POLICY: If you find errors in our articles, TOP 100/50 weight class rankings or the competition results we publish, let us know at PL USA Errors Dept, PO Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

SQUAT

- 1 755 Cyr, D., 5/7/11
- 2 750 Berardinelli, A., 3/5/11
- 3 745 Phelps-Sweatt, L., 8/11
- 4 720 Lysobey, V., 10/11/11
- 5 705 Bellmore, D., 11/12/11
- 6 700 Cayer, A., 10/11/11
- 7 675 Crowe, B., 2/19/11
- 8 670 Murphy, J., 7/9/11
- 9 661 Douglas, K., 11/9/10
- 10 661 Dunn, J., 9/2/11
- 11 655 Derstine, M., 9/2/11
- 12 635 Pepper, S., 8/11
- 13 628 Boyington, D., 11/12/11
- 14 625 Alford, S., 11/13/10
- 15 622 Anderson, M., 11/11
- 16 611 Page, G., 4/30/11
- 17 610 Armstead, K., 3/11
- 18 606 Matsumoto, D., 7/2/11
- 19 606 McDonald, C., 9/2/11
- 20 605 Bowser, C., 11/13/10
- 21 600 McVanev, A., 2/20/11
- 22 600 Guerra, A., 3/11
- 23 600 Little, A., 4/2/11
- 24 600 Szolis, B., 5/28/11
- 25 600 Winterrowd, J., 8/6/11
- 26 589 Walton, T., 11/20/10
- 27 585 Kemper, M., 4/16/11
- 28 584 Schneider, S., 1/11
- 29 584 Lewis, C., 4/30/11
- 30 575 Broussard, M., 11/13/10
- 31 575 Macri, M., 2/2/11
- 32 573 Spencer, R., 1/25/11
- 33 567 Smith, A., 11/12/11
- 34 565 Torres, K., 8/11
- 35 562 Schuller, B., 1/29/11
- 36 562 Dalessio, J., 4/30/11
- 37 560 Connor, C., 11/13/10
- 38 560 Salinas, R., 3/11
- 39 556 Fineis, B., 11/19/11
- 40 550 Gonzalez, J.J., 3/11
- 41 550 Martin, A., 3/11
- 42 550 Manuel, C., 3/11
- 43 545 Coronado, L., 6/11/11
- 44 545 Perryman, V., 8/11
- 45 545 Rollins, J., 1/1/11
- 46 540 Melancon, J., 4/1/11
- 47 534 Conyers, T., 1/23/11
- 48 534 Puckhaber, B., 1/29/11
- 49 534 Schwab, B., 4/30/11
- 50 534 Simmons, A., 5/14/11
- 51 530 Leos, A., 3/11
- 52 530 Leal, S., 3/11
- 53 530 Molina, P., 3/11
- 54 530 Reed, A., 4/8/11
- 55 529 Pyon, M., 4/1/11
- 56 529 Connor, C., 5/7/11
- 57 529 Freel, L., 9/11
- 58 529 Wiltshire, G., 11/12/11
- 59 525 Evans, M., 3/5/11
- 60 525 Martinez, D.J., 3/11
- 61 525 Guerra, J., 3/11
- 62 525 Durant, J., 4/16/11
- 63 523 Docken, N., 12/11/10
- 64 523 Hughes, A., 4/1/11
- 65 523 Manning, K., 5/7/11
- 66 523 Reyes, R., 10/22/11
- 67 520 Skahan, C., 3/11
- 68 520 Cooke, T., 3/11
- 69 520 Martin, D., 4/8/11
- 70 520 Rockforte, B., 4/8/11
- 71 520 Zinsmeyer, T., 11/11
- 72 518 Divin, Z., 3/12/11
- 73 518 ROLF, S., 4/1/11
- 74 515 Carter, D., 4/8/11
- 75 518 Fronzaglia, D., 4/30/11
- 76 515 Lindsey, B., 3/11
- 77 515 Greene, B., 3/11
- 78 515 Le, J., 3/11
- 79 515 Lilly, B., 3/11
- 80 510 Haley, J., 3/11
- 81 510 Jamison, J., 4/16/11
- 82 510 Knight, D., 4/16/11
- 83 505 Nguyen, M., 3/11
- 84 505 James, N., 3/11
- 85 505 Kneeland, D., 3/11
- 86 505 Bullard, D., 3/11
- 87 505 Adams, J., 3/11
- 88 501 Camacho, E., 12/11/10
- 89 501 Chiu, W., 4/1/11
- 90 501 McDougal, J., 8/6/11
- 91 501 Green, T., 11/11/11
- 92 500 McKenzie, C., 12/11/10
- 93 500 Nguyen, P., 3/12/11
- 94 500 Roselli, T., 3/26/11
- 95 500 Dukes, R., 3/27/11
- 96 500 Galvan, M., 3/11
- 97 500 Sanders, D., 3/11
- 98 500 Galvano, M., 3/11
- 99 500 Guerrero, K., 3/11
- 100 500 Walker, D., 3/11

BENCH PRESS

- 584 Schwab, B., 5/28/11
- 545 Cyr, D., 5/7/11
- 530 Phelps-Sweatt, L., 8/11
- 523 Albano, T., 7/30/11
- 519 Davila, A., 3/12/11
- 518 Smith, J., 5/28/11
- 505 O'Brien, M., 6/4/11
- 501 Matsumoto, D., 7/2/11
- 501 McLaughlin, D., 9/11
- 487 Mazza, J., 11/6/10
- 479 Derstine, M., 9/2/11
- 475 Crowe, B., 2/19/11
- 474 Plummer, V., 11/5/11
- 473 Crossen III, W., 3/12/11
- 473 Fronzaglia, D., 4/30/11
- 473 Boyington, D., 11/12/11
- 470 Berardinelli, A., 3/5/11
- 464 Cunningham, T., 11/18/10
- 462 Simmons, A., 5/14/11
- 460 Brewer, P., 11/6/10
- 451 Daisa, M., 3/12/11
- 445 Broussard, M., 11/13/10
- 440 Ruelan, M., 11/18/10
- 440 Agaran, D., 7/10/11
- 440 Dunn, J., 9/2/11
- 435 Lysobey, V., 10/11/11
- 432 Naughton, D., 6/24/11
- 430 Keys, B., 2/5/11
- 429 Reep, M., 9/11
- 425 Cayer, A., 10/11/11
- 420 Flowers, C., 6/17/11
- 418 Evangelista, A., 8/13/11
- 413 Walton, T., 11/20/10
- 412 Davis, M., 10/29/11
- 410 Albert, B., 11/6/10
- 405 Lee, J., 11/10
- 405 Dukes, R., 3/27/11
- 405 Howard, P., 6/17/11
- 405 Murphy, J., 7/9/11
- 405 Duddy, D., 7/9/11
- 405 Pepper, S., 8/11
- 402 Sato III, J., 11/18/10
- 400 Saunders, D., 1/29/11
- 396 McDougal, J., 8/6/11
- 395 Paige, C., 2/19/11
- 391 Peterson, J., 4/2/11
- 391 Coronado, L., 6/11/11
- 391 Priest, T., 10/11
- 390 Moore, D., 3/12/11
- 385 Melancon, J., 11/13/10
- 385 Keith, J., 11/13/10
- 385 Morse, C., 6/25/11
- 381 Amirchian, A., 11/3/11
- 380 Risenchover, M., 1/25/11
- 380 McVanev, A., 5/7/11
- 380 Manning, K., 5/7/11
- 380 Miller, G., 6/4/11
- 380 Francis, R., 7/9/11
- 380 Overturf, L., 7/30/11
- 380 Smith, A., 11/12/11
- 375 Sikorski, G., 11/13/10
- 375 Akalegbere, N., 11/19/11
- 374 Fite, A., 11/13/10
- 374 Balidoy, R., 7/10/11
- 370 Turner, M., 7/16/11
- 369 Dalessio, J., 4/30/11
- 365 Alford, S., 11/13/10
- 365 Granko, B., 11/13/10
- 365 Johnson, J., 2/12/11
- 365 Fiol, R., 2/19/11
- 365 Jones, N., 3/27/11
- 365 Smith, P., 3/28/11
- 365 Woods, S., 6/11/11
- 365 Wacenski, J., 8/14/11
- 363 Wallis, T., 11/18/10
- 363 Conyers, T., 1/23/11
- 363 Harder, J., 4/9/11
- 363 Kilo, N., 4/9/11
- 363 Page, G., 4/30/11
- 363 Frasquillo, S., 8/20/11
- 363 Santos, E., 8/20/11
- 363 Esparza, M., 11/5/11
- 360 Mund, M., 11/13/10
- 360 Gonzalez, J.J., 3/11
- 358 Evans, M., 3/5/11
- 358 Everhardt, W., 4/1/11
- 358 Szolis, B., 5/28/11
- 358 Van Buren, K., 6/4/11
- 358 Buck, N., 8/13/11
- 358 Strobo, M., 10/30/11
- 355 Connor, C., 11/13/10
- 355 Evans, N., 3/5/11
- 355 Ochi, D., 6/4/11
- 355 Mastrione, A., 7/31/11
- 352 Douglas, K., 11/9/10
- 352 Brousseau, Y., 1/23/11
- 352 Spencer, R., 1/25/11
- 352 King, R., 3/12/11
- 352 Freel, L., 7/2/11
- 352 Myers, A., 7/9/11

DEADLIFT

- 716 Nickson, E., 11/16/10
- 650 Snelling, R., 11/16/10
- 644 Perryman, V., 8/6/11
- 639 Manmano, E., 7/10/11
- 639 Derstine, M., 9/2/11
- 633 Douglas, K., 11/9/10
- 633 Spencer, R., 1/25/11
- 633 McDougal, J., 8/6/11
- 628 Walton, T., 11/20/10
- 625 Hanners, R., 6/17/11
- 617 McDonald, C., 9/2/11
- 615 Hoang, T., 3/11
- 615 Hart, M., 5/14/11
- 610 Cayer, A., 10/11/11
- 600 Little, A., 4/2/11
- 600 Kemper, M., 4/16/11
- 600 Winterrowd, J., 8/6/11
- 600 White, F., 8/6/11
- 590 Nguyen, P., 3/12/11
- 585 Knight, D., 4/16/11
- 584 Page, G., 4/30/11
- 584 Schwab, B., 4/30/11
- 584 Burns, M., 9/10/11
- 578 Hinton, A., 4/16/11
- 578 Cyr, D., 5/7/11
- 578 McVanev, A., 5/7/11
- 578 Dunn, J., 9/2/11
- 575 Dower, C., 11/13/10
- 573 Daigre, J., 4/16/11
- 573 Dalessio, J., 4/30/11
- 570 Connor, C., 11/13/10
- 570 Berardinelli, A., 3/5/11
- 570 Guerra, A., 3/11
- 567 Anderson, D., 11/18/10
- 567 Antonucci, D., 1/23/11
- 567 Harder, J., 4/9/11
- 567 Rolf, S., 4/1/11
- 562 Peebles, J., 8/20/11
- 562 Cirigliano, R., 11/3/11
- 560 Jamison, J., 4/16/11
- 560 Pepper, S., 8/11
- 556 Sigala, M., 12/5/10
- 555 Broussard, M., 11/13/10
- 555 Jobs, L., 6/4/11
- 555 Infield, N., 7/16/11
- 551 Felton, D., 11/19/10
- 551 Camacho, E., 12/11/10
- 551 Conyers, T., 1/23/11
- 551 Wright, T., 4/2/11
- 551 Johnson, D., 7/23/11
- 551 Dukes, R., 8/20/11
- 551 Lamando, T., 8/20/11
- 551 Gallagher, F., 9/10/11
- 550 Crowe, B., 2/19/11
- 550 Cervantes, A., 3/11
- 550 Carter, D., 4/8/11
- 550 Neely, T., 4/16/11
- 550 King, G., 4/16/11
- 550 Misch, M., 5/21/11
- 550 Wylie, L., 6/25/11
- 550 Didiano, B., 7/31/11
- 550 Campbell, R., 10/22/11
- 545 Hughes, A., 11/13/10
- 545 Ceglio, D., 12/11/10
- 545 Lindsey, B., 3/11
- 545 Sanders, D., 3/11
- 545 Szolis, B., 5/28/11
- 545 Lysobey, V., 10/11/11
- 540 Flores, E., 3/11
- 540 Barlow, D., 3/11
- 540 Harbour, M., 4/2/11
- 540 Guerzon, T., 7/30/11
- 540 Hokama, S., 9/5/11
- 540 Stoner, B., 10/22/11
- 540 Esparza, M., 11/5/11
- 535 Nguyen, M., 3/11
- 535 Durant, J., 4/16/11
- 534 Hazel, J., 11/21/10
- 534 Cunningham, C., 3/19/11
- 534 Pyon, M., 4/1/11
- 534 Trippett, K., 4/16/11
- 534 Roselli, T., 4/30/11
- 534 Ruelan, M., 5/7/11
- 534 Russett, A., 5/14/11
- 534 DelZoppo, M., 7/16/11
- 534 Patch, J., 8/6/11
- 534 Phelps-Sweatt, L., 11/11/11
- 534 Gonzalez, J.J., 11/12/11
- 530 Wagener, Z., 11/12/11
- 529 Puckhaber, B., 1/29/11
- 529 Schuller, B., 4/1/11
- 529 Ribic, P., 5/22/11
- 529 Perrett, J., 7/30/11
- 529 Lewis, C., 9/28/11
- 525 Macri, M., 2/26/11
- 525 Nitz, Z., 3/5/11
- 525 Smith, P., 3/28/11
- 525 Melancon, J., 11/13/10
- 525 Stallings, T., 11/12/11
- 525 Rollins, J., 1/1/11

TOTAL

- 1879 Cyr, D., 5/7/11
- 1800 Phelps-Sweatt, L., 8/11
- 1790 Berardinelli, A., 3/5/11
- 1774 Derstine, M., 9/2/11
- 1735 Cayer, A., 10/11/11
- 1700 Crowe, B., 2/19/11
- 1700 Lysobey, V., 10/11/11
- 1681 Dunn, J., 9/2/11
- 1647 Douglas, K., 11/9/10
- 1631 Walton, T., 11/20/10
- 1614 Matsumoto, D., 7/2/11
- 1600 Pepper, S., 8/11
- 1595 Murphy, J., 7/9/11
- 1575 Broussard, M., 11/13/10
- 1565 McDonald, C., 9/2/11
- 1559 Spencer, R., 1/25/11
- 1559 Page, G., 4/30/11
- 1554 Winterrowd, J., 8/6/11
- 1543 Boyington, D., 11/12/11
- 1535 McVanev, A., 2/20/11
- 1532 McDougal, J., 8/6/11
- 1510 Kemper, M., 4/16/11
- 1504 Dalessio, J., 4/30/11
- 1504 Szolis, B., 5/28/11
- 1500 Bowser, C., 11/13/10
- 1499 Fronzaglia, D., 4/30/11
- 1499 Simmons, A., 5/14/11
- 1499 Perryman, V., 8/6/11
- 1495 Guerra, A., 3/11
- 1485 Conner, C., 11/13/10
- 1482 Little, A., 4/2/11
- 1480 Alford, S., 11/13/10
- 1471 Schwab, B., 4/30/11
- 1455 Dukes, R., 3/27/11
- 1455 Armstead, K., 3/11
- 1449 Conyers, T., 1/23/11
- 1449 Melancon, J., 4/1/11
- 1426 Smith, A., 11/12/11
- 1425 Gonzalez, J.J., 3/11
- 1415 Rollins, J., 1/1/11
- 1405 Schneider, S., 1/11
- 1405 Rolf, S., 4/1/11
- 1405 Manning, K., 5/7/11
- 1405 Coronado, L., 6/11/11
- 1405 Torres, K., 8/11
- 1405 Freel, L., 9/11
- 1399 Puckhaber, B., 1/29/11
- 1399 Pyon, M., 4/1/11
- 1399 Harder, J., 4/9/11
- 1395 Lee, J., 11/6/10
- 1390 Nguyen, P., 3/12/11
- 1388 Lewis, C., 9/28/11
- 1385 Zinsmeyer, T., 11/11
- 1383 Daigre, J., 4/15/11
- 1377 Hughes, A., 4/1/11
- 1375 Roselli, T., 3/28/11
- 1370 Jamison, J., 4/16/11
- 1370 Durant, J., 4/16/11
- 1365 Smith, P., 3/28/11
- 1365 Martin, A., 3/11
- 1361 Chiu, W., 4/1/11
- 1361 Reyes, R., 10/22/11
- 1361 Akalegbere, N., 11/19/10
- 1360 Salinas, R., 3/11
- 1355 Martinez, D.J., 3/11
- 1355 Wagener, Z., 11/12/11
- 1350 Knight, D., 4/16/11
- 1345 Carter, D., 4/8/11
- 1345 Martin, D., 4/8/11
- 1340 Hoang, T., 3/11
- 1340 Skahan, C., 3/11
- 1339 Brousseau, Y., 1/23/11
- 1339 Frasquillo, S., 8/20/11
- 1339 Peebles, J., 8/20/11
- 1335 Hart, M., 11/6/10
- 1335 Winston, R., 3/11
- 1335 Leos, A., 3/11
- 1335 Lindsey, B., 3/11
- 1335 Cooke, T., 3/11
- 1333 Sigala, M., 12/5/10
- 1333 Schuller, B., 1/29/11
- 1328 Everhardt, W., 4/1/11
- 1328 Reep, M., 7/2/11
- 1325 Galvan, M., 3/11
- 1325 Sanders, D., 3/11
- 1325 Reed, A., 4/8/11
- 1322 Ribic, P., 5/22/11
- 1320 Flores, E., 3/11
- 1320 Rockforte, B., 4/8/11
- 1320 Campbell, R., 10/22/11
- 1317 Camacho, E., 12/11/10
- 1317 Connor, C., 5/7/11
- 1317 White, F., 8/6/11
- 1317 Patch, J., 8/6/11
- 1315 Evans, M., 3/5/11
- 1315 Greene, B., 3/11
- 1315 Wylie, L., 8/20/11
- 1310 Galvano, M., 3/11
- 1310 Cervantes, A., 3/11
- 1310 Dilliego, T., 6/17/11

RESULTS



Participants in the WUAP World Championships (LB Baker photo)

WUAP WORLD PL/BP SEP 22-25 2011 » Atlanta, GA

| BENCH | | Lajos-HUN | 446 | |
|----------------|----------------|----------------|-----|-----|
| FEMALE | | Master (45-49) | | |
| 114 lbs. | Dean-USA | 363 | | |
| Master (55-59) | Vrba-CZE | 352 | | |
| Heindl-AUT | 116 | Bereznak-SLO | 220 | |
| 148 lbs. | Master (50-54) | | | |
| Master (40-44) | Thormann-USA | 352 | | |
| Rostagnat-FRA | 160 | Presley-USA | 352 | |
| Open | Open | | | |
| Sacks-GER | 143 | Rafat-POL | 672 | |
| MALE | Janko-HUN | 595 | | |
| 148 lbs. | Siska-SLO | 451 | | |
| Master (55-59) | Lajos-HUN | 446 | | |
| Bradley-USA | 242 | Thormann-USA | 352 | |
| 165 lbs. | Submaster | | | |
| Master (40-44) | Janko-HUN | 595 | | |
| Diez-FRA | 319 | Ducksworth-US | 424 | |
| Master (55-59) | Kalinic-CZE | 418 | | |
| Heindl-AUT | 259 | 275 lbs. | | |
| 181 lbs. | (20-23) | | | |
| Master (45-49) | Seabolt-USA | 380 | | |
| Zarus-USA | 242 | Master (40-44) | | |
| Master (55-59) | Thomas-USA | 573 | | |
| Open | Palme-GER | 209 | | |
| Siska-SLO | 319 | Moon-USA | 705 | |
| Teen (18-19) | Michelton-FRA | --- | | |
| Bendik-SLO | 330 | Master (55-59) | | |
| 198 lbs. | Cozine-USA | 457 | | |
| Master (55-59) | Master (60-64) | | | |
| Szabluk-POL | 440 | Jozseff-SLO | 440 | |
| Open | Open | | | |
| Szabluk-POL | 440 | Moon-USA | 705 | |
| Vratislav-CZE | 396 | Mihazlovic-SER | 484 | |
| Chapelier-FRA | 264 | Seabolt-USA | 380 | |
| 220 lbs. | Michelton-FRA | | --- | |
| Junior | Submaster | | | |
| Kristian-HUN | 484 | Mihazlovic-SER | 484 | |
| Master (45-49) | 308 lbs. | | | |
| Millrany-USA | 689 | Master (40-44) | | |
| Zeder -GER | 418 | Vesely-CZE | 584 | |
| Williamson-US | 407 | Seminatore -FR | 661 | |
| Master (50-54) | Watts-USA | 606 | | |
| Wiestaw-POL | 407 | Master (50-54) | | |
| Dalmasso-FRA | 341 | Mihaly-SLO | 495 | |
| Master (55-59) | 4th-531 | | | |
| Glenn-USA | 408 | Master (50-54) | | |
| Open | Simpson-USA | | 429 | |
| Millrany-USA | 689 | Open | | |
| Sebastian-POL | 506 | Funtik-SLO | 617 | |
| Zeder-GER | 418 | Mihaly-SLO | 484 | |
| Submaster | Szabo-HUN | | 484 | |
| Sebastian-POL | 506 | Submaster | | |
| 242 lbs. | Szabo-HUN | | 484 | |
| Junior | | | | |
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| 105 lbs. | | | | |
| Master (65-69) | | | | |
| McMahon-USA | 127 | 116 | 176 | 418 |
| 114 lbs. | | | | |
| Master (40-44) | | | | |
| Yuxin-USA | 176 | 182 | 308 | 666 |
| 4th-SQ-199 | | | | |
| 114 lbs. | | | | |
| Master (55-59) | | | | |
| Svetlana-USA | 231 | 134 | 275 | 641 |
| Open | | | | |

| | | | | |
|------------------|-----|-----|-----|------|
| Baker-USA | 231 | 134 | 275 | 641 |
| 123 lbs. | | | | |
| Master (45-49) | | | | |
| Cook-USA | 243 | 132 | 264 | 640 |
| 4th-DL-287 | | | | |
| Master (55-59) | | | | |
| Heindl-AUT | 226 | 121 | 242 | 589 |
| 132 lbs. | | | | |
| Master (60-64) | | | | |
| McCarty-USA | 165 | 94 | 209 | 468 |
| 148 lbs. | | | | |
| Master (40-44) | | | | |
| Moodie-USA | 429 | 209 | 385 | 1024 |
| Rostagnat-FRA | 308 | 165 | 297 | 771 |
| MALE | | | | |
| 123 lbs. | | | | |
| Master (60-64) | | | | |
| Milian-USA | 336 | 209 | 418 | 963 |
| 165 lbs. | | | | |
| Master (55-59) | | | | |
| Heindl-AUS | 385 | 264 | 490 | 1140 |
| Open | | | | |
| Anderbring-SWE | 617 | 341 | 506 | 1464 |
| 181 lbs. | | | | |
| Junior | | | | |
| Smith-USA | 573 | 402 | 528 | 1503 |
| Bendik-SLO | 617 | 333 | 551 | 1500 |
| 4th-DL-595 | | | | |
| Master (50-54) | | | | |
| Baker-USA | 551 | 336 | 451 | 1338 |
| Master (70-74) | | | | |
| Rouse-USA | 479 | 325 | 440 | 1244 |
| Open | | | | |
| Bendik-SLO | 517 | 226 | 440 | 1184 |
| 198 lbs. | | | | |
| Master (40-44) | | | | |
| Driggers-USA | 633 | 528 | 650 | 1811 |
| Master (55-59) | | | | |
| Kylin-USA | 562 | 385 | 534 | 1481 |
| Open | | | | |
| Beanland-USA | 809 | 501 | 628 | 1938 |
| 220 lbs. | | | | |
| Junior | | | | |
| Kristian-HUN | 528 | 396 | 484 | 1409 |
| Master (45-49) | | | | |
| Bereznak-SLO | 705 | 176 | 617 | 1497 |
| Williamson-USA | 473 | 440 | 462 | 1376 |
| Master (50-54) | | | | |
| Hatfield-USA | 716 | 534 | 528 | 1778 |
| Dalmasso-FRA | --- | --- | --- | --- |
| Master (65-69) | | | | |
| Hachenberger-GER | 484 | 352 | 418 | 1255 |
| 4th-BP-352 | | | | |
| Master (70-74) | | | | |
| Baker-USA | 330 | 231 | 352 | 914 |
| Open | | | | |
| Bereznak-SLO | 705 | 176 | 617 | 1497 |
| Deline-USA | 556 | 308 | 473 | 1338 |
| 242 lbs. | | | | |
| Master (50-54) | | | | |
| Dalmasso-FRA | 462 | 220 | 440 | 1123 |
| Open | | | | |
| Brandon-USA | 782 | 606 | 628 | 2015 |
| Pavuk-SLO | 683 | 385 | 661 | 1729 |
| 275 lbs. | | | | |
| Master (40-44) | | | | |
| Paden-USA | 650 | 551 | 600 | 1800 |
| Master (45-49) | | | | |
| Michelone-FRA | 584 | 462 | 473 | 1519 |
| Tilson-USA | 622 | 154 | 501 | 1277 |
| Open | | | | |

| | | | | |
|---------------------|-----|-----|-----|------|
| Kosnar-CZE | 881 | 683 | 705 | 2268 |
| Michelone-FRA | 584 | 462 | 473 | 1519 |
| Palen-SWE | 534 | 380 | 595 | 1508 |
| Submaster | | | | |
| Stephen-USA | 837 | 440 | 722 | 1999 |
| 308 lbs. | | | | |
| Junior | | | | |
| Brown-USA | 551 | 501 | 451 | 1503 |
| Open | | | | |
| Brown-USA | 622 | 528 | 473 | 1624 |
| » courtesy LB Baker | | | | |

UPA KRUSE-WARTHAN DUBUQUE POWER WEEKEND NOV 18 2011 » Dubuque, IA

| | | | |
|---------------|----------|---------------|-----|
| BENCH | | J. Baltierra | 402 |
| 148 lbs. | 198 lbs. | | |
| Master IV | | Master II | |
| A. Olson | 254 | K. Heille | 287 |
| 181 lbs. | | Master III | |
| Master IV | | P. Cade | --- |
| S. Egli | --- | Submaster | |
| Open | | S. Marsiglio | 325 |
| R. Hillyard | 441 | 220 lbs. | |
| C. Dejongh | --- | Open | |
| 198 lbs. | | T. Waldrep | 463 |
| Open | | Teen II | |
| B. Colman | 347 | B. Baumann | 298 |
| 220 lbs. | | 242 lbs. | |
| Master V | | Junior | |
| S. Mingus | 413 | A. Bahr | 452 |
| Open | | Open | |
| J. Prazak | 909 | J. Weldin | 457 |
| 242 lbs. | | 275 lbs. | |
| Open | | Master I | |
| D. Hanson | 650 | S. Berneman | 364 |
| Submaster | | Open | |
| C. Truitt | 435 | T. Reck | 441 |
| 275 lbs. | | K. Crock | 435 |
| Junior | | Submaster | |
| D. Harrison | 557 | M. Hauschildt | 502 |
| Master IV | | Master II | |
| C. Cozine | 502 | D. Banwarth | 402 |
| Master V | | Open | |
| C. Barnett | 408 | J. Vondran | 480 |
| Submaster | | W. Franklin | 457 |
| D. Grauerholz | 628 | DEADLIFT | |
| 308 lbs. | | 181 lbs. | |
| Open | | Junior | |
| P. Harris | 744 | A. Becker | |
| M. Olmstead | 413 | 242 lbs. | |
| Raw | | Teen III | |
| 165 lbs. | | F. Santoro | 650 |
| Junior | | 308 lbs. | |
| J. Beauchaine | 292 | Junior | |
| Teen I | | M. DeVore | |
| D. Heille | 265 | 623 | |
| 181 lbs. | | Raw | |
| Open | | 198 lbs. | |
| C. Lyon | 375 | Master IV | |
| Teen I | | W. Hayward | 380 |
| Ironman | | BP | |
| FEMALE | | DL | |
| Raw | | TOT | |
| 132 lbs. | | | |
| Open | | | |
| J. Foster | 132 | 320 | 452 |
| K. Highland | 132 | 265 | 397 |

| | | | | |
|----------------|------|-----|------|------|
| MALE | | | | |
| 242 lbs. | | | | |
| Open | | | | |
| P. Schultz | 590 | 639 | 1229 | |
| F. Tekautz | 413 | 711 | 1124 | |
| 275 lbs. | | | | |
| Open | | | | |
| B. Hicks | 551 | 606 | 1157 | |
| 308 lbs. | | | | |
| Open | | | | |
| W. Rung | 579 | 601 | 1179 | |
| Submaster | | | | |
| R. Murphy | 441 | 601 | 1042 | |
| Raw | | | | |
| 123 lbs. | | | | |
| Junior | | | | |
| S. Pua | --- | 386 | 385 | |
| 148 lbs. | | | | |
| Teen I | | | | |
| S. Wilson | 165 | 276 | 441 | |
| 165 lbs. | | | | |
| Junior | | | | |
| A. Baldwin | 204 | 281 | 485 | |
| Teen II | | | | |
| J. Lopez | 204 | 419 | 623 | |
| 181 lbs. | | | | |
| Teen II | | | | |
| A. Fraczek | 182 | 336 | 518 | |
| 198 lbs. | | | | |
| Open | | | | |
| A. Cornel | 342 | 606 | 948 | |
| Teen I | | | | |
| S. Fuentes | 187 | 320 | 507 | |
| Teen II | | | | |
| Q. Septer | 259 | 502 | 761 | |
| Teen III | | | | |
| J. Welsh | 314 | 546 | 860 | |
| 220 lbs. | | | | |
| Open | | | | |
| R. Feuerhammer | 347 | 606 | 953 | |
| J. Prater | 303 | 562 | 865 | |
| P. Gonzalez | 314 | 540 | 854 | |
| J. Weipert | 265 | 562 | 827 | |
| 275 lbs. | | | | |
| Master II | | | | |
| D. Gulling | 342 | 535 | 876 | |
| Powerlifting | | | | |
| SQ | BP | DL | TOT | |
| FEMALE | | | | |
| 114 lbs. | | | | |
| Open | | | | |
| B. Hammond | 193 | 116 | 265 | 573 |
| 198 lbs. | | | | |
| Open | | | | |
| A. Woods | 248 | 165 | 287 | 700 |
| SHW | | | | |
| Open | | | | |
| J. Gimmell | 502 | 243 | 358 | 1102 |
| Raw | | | | |
| 132 lbs. | | | | |
| Master I | | | | |
| B. Meerschaert | 243 | 116 | 254 | 612 |
| 181 lbs. | | | | |
| Open | | | | |
| B. Demmer | 336 | 182 | 429 | 948 |
| MALE | | | | |
| 198 lbs. | | | | |
| Open | | | | |
| J. Adkins | 805 | 617 | 645 | 2067 |
| E. Domanski | 672 | 386 | 584 | 1642 |
| 220 lbs. | | | | |
| Open | | | | |
| K. Nadrchal | 766 | 529 | 584 | 1879 |
| 242 lbs. | | | | |
| Junior | | | | |
| D. Warren | 821 | 606 | 634 | 2061 |
| Master IV | | | | |
| J. Wood | 667 | 513 | 502 | 1681 |
| Master I | | | | |
| T. Chirico | --- | --- | --- | --- |
| Open | | | | |
| J. Graafls | 1025 | 617 | 805 | 2447 |
| J. Beaugard | 739 | --- | --- | 739 |
| T. Chirico | | | | |
| 275 lbs. | | | | |
| Master II | | | | |
| B. Saunders | --- | --- | --- | --- |

| | | | | |
|--------------|------|-----|---|------|
| Open | | | | |
| M. Johnson | 1042 | 656 | — | 1698 |
| A. Carlquist | — | — | — | — |
| J. Grandick | 970 | — | — | 970 |

308 lbs.

| | | | | |
|--------------|-----|-----|-----|------|
| Open | | | | |
| M. Neuendorf | 827 | 568 | 678 | 2072 |
| N. Heisick | 805 | 590 | 601 | 1995 |

Raw

165 lbs.

| | | | | |
|-------------|-----|-----|-----|------|
| Open | | | | |
| W. Keith | 446 | 342 | 601 | 1389 |
| A. Kneppers | 386 | 243 | 518 | 1146 |

Teen I

| | | | | |
|-----------|-----|-----|-----|------|
| C. Magers | 413 | 209 | 424 | 1047 |
|-----------|-----|-----|-----|------|

181 lbs.

Junior

| | | | | |
|----------|-----|-----|-----|------|
| J. Lentz | 502 | 336 | 568 | 1405 |
|----------|-----|-----|-----|------|

Open

| | | | | |
|-----------|-----|-----|-----|------|
| W. Albert | 623 | 364 | 650 | 1637 |
|-----------|-----|-----|-----|------|

198 lbs.

Junior

| | | | | |
|------------|-----|-----|-----|------|
| B. Hickson | 369 | 165 | 468 | 1003 |
|------------|-----|-----|-----|------|

Master I

| | | | | |
|-------------|-----|-----|-----|------|
| K. Pfeiffer | 540 | 446 | 601 | 1587 |
|-------------|-----|-----|-----|------|

Open

| | | | | |
|----------|-----|-----|-----|------|
| T. Runde | 612 | 397 | 606 | 1615 |
|----------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| J. Heimer | 562 | 325 | 601 | 1488 |
|-----------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| J. Eggers | 529 | 303 | 551 | 1383 |
|-----------|-----|-----|-----|------|

| | | | | |
|-------------|---|---|---|---|
| K. Messerly | — | — | — | — |
|-------------|---|---|---|---|

Teen III

| | | | | |
|----------|-----|-----|-----|------|
| S. Behne | 507 | 336 | 562 | 1405 |
|----------|-----|-----|-----|------|

220 lbs.

Junior

| | | | | |
|--------------------|-----|-----|-----|------|
| E. Lilliebridge Jr | 634 | 402 | 711 | 1747 |
|--------------------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| D. Nelson | 601 | 402 | 568 | 1571 |
|-----------|-----|-----|-----|------|

| | | | | |
|---------|-----|-----|-----|------|
| A. Siar | 606 | 353 | 573 | 1532 |
|---------|-----|-----|-----|------|

| | | | | |
|----------|-----|-----|-----|------|
| C. Trefl | 485 | 309 | 683 | 1477 |
|----------|-----|-----|-----|------|

| | | | | |
|---------------|-----|-----|-----|------|
| B. Cunningham | 358 | 231 | 430 | 1020 |
|---------------|-----|-----|-----|------|

Master I

| | | | | |
|------------|-----|-----|-----|------|
| M. Willing | 507 | 364 | 540 | 1411 |
|------------|-----|-----|-----|------|

Master II

| | | | | |
|----------|-----|-----|-----|------|
| K. Heitz | 402 | 259 | 408 | 1069 |
|----------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|-----|
| R. Buchla | 132 | 276 | 154 | 562 |
|-----------|-----|-----|-----|-----|

Open

| | | | | |
|---------------------|-----|-----|-----|------|
| E. Lilliebridge Jr. | 634 | 402 | 711 | 1747 |
|---------------------|-----|-----|-----|------|

| | | | | |
|---------|-----|-----|-----|------|
| S. Sass | 480 | 342 | 606 | 1427 |
|---------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| P. Warren | 474 | 303 | 590 | 1367 |
|-----------|-----|-----|-----|------|

| | | | | |
|------------|-----|-----|-----|------|
| B. Goyette | 485 | 325 | 507 | 1317 |
|------------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| M. Boland | 314 | 254 | 502 | 1069 |
|-----------|-----|-----|-----|------|

242 lbs.

Junior

| | | | | |
|---------------|-----|-----|-----|------|
| A. Windschitl | 430 | 265 | 529 | 1224 |
|---------------|-----|-----|-----|------|

Open

| | | | | |
|----------|-----|-----|-----|------|
| A. Weins | 584 | 386 | 672 | 1642 |
|----------|-----|-----|-----|------|

| | | | | |
|----------|-----|-----|-----|------|
| T. Filus | 606 | 375 | 623 | 1604 |
|----------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| D. Strube | 546 | 342 | 590 | 1477 |
|-----------|-----|-----|-----|------|

| | | | | |
|----------|-----|-----|-----|------|
| J. Brill | 502 | 353 | 502 | 1356 |
|----------|-----|-----|-----|------|

275 lbs.

Junior

| | | | | |
|--------------|-----|-----|-----|------|
| T. Detweiler | 468 | 265 | 513 | 1246 |
|--------------|-----|-----|-----|------|

Open

| | | | | |
|-----------------|-----|-----|-----|------|
| E. Lilliebridge | 805 | 524 | 805 | 2133 |
|-----------------|-----|-----|-----|------|

| | | | | |
|-------------|-----|-----|-----|------|
| C. Brewster | 628 | 441 | 617 | 1687 |
|-------------|-----|-----|-----|------|

| | | | | |
|------------|-----|-----|-----|------|
| C. Richler | 628 | 391 | 606 | 1626 |
|------------|-----|-----|-----|------|

| | | | | |
|-----------------|-----|-----|---|------|
| E. Lilliebridge | 805 | 524 | — | 1328 |
|-----------------|-----|-----|---|------|

Teen III

| | | | | |
|------------|-----|-----|-----|------|
| C. Hickson | 623 | 325 | 772 | 1720 |
|------------|-----|-----|-----|------|

308 lbs.

Open

| | | | | |
|---------------------|-----|-----|-----|------|
| E. Lilliebridge Sr. | 722 | 474 | 717 | 1912 |
|---------------------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| J. Cahill | 661 | 430 | 744 | 1835 |
|-----------|-----|-----|-----|------|

| | | | | |
|---------------|-----|-----|-----|------|
| M. Fredericks | 502 | 369 | 491 | 1361 |
|---------------|-----|-----|-----|------|

Submaster

| | | | | |
|--------------------|-----|-----|-----|------|
| E. Lilliebridge Sr | 722 | 474 | 717 | 1912 |
|--------------------|-----|-----|-----|------|

SHW

Open

| | | | | |
|-----------|-----|-----|-----|------|
| B. Madvig | 739 | 496 | 717 | 1951 |
|-----------|-----|-----|-----|------|

| | | | | |
|-----------|-----|-----|-----|------|
| B. Oswald | 717 | 402 | 728 | 1846 |
|-----------|-----|-----|-----|------|

BP Best Lifter Raw: Mark Hauschildt. BP

Best Lifter Equipped: Jake Prazak. Full

Power Best Lifter Raw Women: Brittany

Demmer. Full Power Best Lifter Raw Men:

Eric Lilliebridge. Full Power Best Lifter

Equipped Men: Justin Graafls.

» courtesy Bill Carpenter



Best Raw Lifter Eric Lilliebridge at the UPA Power Weekend (Bill Carpenter photos)



Jake Prazak putting up a big bench at the UPA Kruse-Warthan Power Weekend

PETE ALANIZ »

From that point, other lifters saw what my mom was making and from there, one thing led to another.

Can you give us a brief history of the development of some of the supportive equipment?

That was an evolutionary process. I started training with Rick Gaugler in 1979, and back then, Rick was right up there with Bridges. As a matter of fact, back then people were talking about a showdown between the two. Rick saw what my mom was doing and asked if she could make some suits for him. Then some of the other big lifters did the same. So as we started to work with elite lifters, combined with the feedback I contributed, we started refining the designs. As we met challenges, we had to find ways to solve them. Eventually, it evolved into the Titan suits you see today.

How did you develop the materials?

That was one of those visions where we took a leap of faith. At the time most people were using what was readily available over the counter. There were a lot of polyester fabrics available. We started doing some research and began contacting mills. The first time we decided to have something made for us, we all went to our bank and leveraged a loan using our vehicles, CDs, whatever it took to be able to come up with enough money to afford a full mill lot (order) of fabric. Once we got the funds together the mill started working with us on new fabric construction.

How do you test your equipment and how often do you go through revisions before getting the final product?

We use a select group that meets our particular criteria. Some are local so we can work hands on and others are in different parts of the nation. They understand that they might get something that will produce a home run the first time or that they might get gear that needs refinement. In rare cases, we may even find out that the concept is a dud. We incorporate their feedback and the product evolves from there. We continually improve on it until we are satisfied that it is ready to go to market. We don't necessarily set timelines. If the product has promise, we work with it until we're satisfied that it's done right.

What new things are you currently working on?

The ram is the latest. It's a cool training device that you can use to support and protect your shoulders and pecs while benching. The concept has been around for quite a while. We've even seen lifters take t-shirts, insert their arms into the holes and then sling the body across their chest to mimic a bench shirt. There's actually a patent from 1979 (now expired) for a product that was not a commercial success. We took that concept and applied the same design we created for our bench shirts to mimic the way our bench shirt works. Consequently, it stabilizes the shoulder girdle, aids the pecs and can directly transition the lifter from assisted training to competition training. We are also working

on a compression shirt. It is the same design as our bench shirt, but it uses a very high quality, very strong spandex. It doesn't give you active support. Instead, it gives you passive support, but also helps keep the shoulders, pecs, biceps and triceps warm. It also wicks moisture to help keep you dry while working out. It's different from what is available at the sporting goods store in that it uses our 90 degree hemispherical sleeve base design—the same used on all of our record breaking bench shirts. Then there is our new belt line. We acquired the Safe USA belt and shoe line and are actually producing belts at Titan. We've changed the name of the belts to Texas Belts. Safe shoes are now a Titan product.

It appears that everyone would like to have you sponsor them. How do you determine when you might sponsor a lifter?

In a perfect world, we would love to sponsor everyone, but we still have to pay the bills, take care of our employees, and make mortgage payments, etc., so we try to create criteria. It has gotten to where we look for elite lifters or lifters who are promising—on a very fast track.

There is always the debate between single-ply, double-ply and triple-ply material. What kind of additional weight might someone gain with a single-, double- and triple-ply shirt?

There are some big differences. The amount you can lift with each ply is compounded. The amount you can lift in a double is a lot more than a single and a triple is much more than the double. Some of the other things that are being done to the shirts, besides the number of plies used, is the collar design where the collar is being used as an energy band. It's hard to give a poundage on each ply because every lifter is different. There are a lot of independent variables besides shirt construction that also determine return such as: length of limbs (leverage), mass, muscle density, technique, rules of performance, etc. A short limbed, massive, muscular lifter will usually get more return than a long limbed, lower mass, softer lifter. Some increases are extreme (hundreds of pounds), some are more moderate.

There are niches for each type of lifter. I know lifters who will compete in single-ply, double and triple. It's a matter of preference. Some guys prefer just single and others just like to have fun seeing how much they can lift on an unlimited basis.

Would you like to get back to simplifying the sport with single-ply equipment?

I have come to the conclusion that everyone has their likes and dislikes and I don't think that we will ever be able get anything dialed down to just one set of rules. There is so much diversity, just like our population in the USA. There are groups of people who just enjoy what they are doing. I don't think there is as much demand for the idea of having one set of rules as there may have been say 20–25 years ago.

I know your parents were instrumental in the

beginning phase of your business. What was their role and how has your company grown since its beginning?

It's always been a family business. Everything was centered on my family. When my mom first started making suits for me, I came up with the idea of creating Titan. I approached my parents and both told me that it was funny that I brought it up because they had been wondering about the same thing. We started off like a lot of other businesses in the U.S., in my parents garage. I was going to college at the time and training and my parents had their jobs. We would come in after school and work and go straight to the garage. Everyone pitched in. It was never a matter of making money off of Titan. For a long time we babied Titan and supported it. As things grew, we moved from the garage to a commercial building. We eventually outgrew that one and in November of 2008 we bought a 12,000 square foot building on a 2 acre site off a main highway in Corpus. We spent about 6 months remodeling it and getting it up to standards and then moved in in June of 2009. When we started off in 1981, my wife and I were dating. She was our first employee. She was a rebel. Her parents didn't want her to come work for us, but she stuck to her guns and told her parents that this is what she wanted to do. We ended up getting married and she is now the vice president of the company. Initially, my father was the VP and my mom was the secretary/treasurer. My dad passed away about 3½ years ago and my wife became the VP. My mother recently passed away on December 8, 2011.

You have made quantum leaps with your international sales. How did you expand that aspect of your business?

We bit the bullet. We knew there were many federations out there and we went out looking for them. We flew to international events around the world and rented booths. There were times when we would fly out of the country, pay for the hotel and the booth, display goods and sell nothing. But we met people, we kept at it and we were confident in our product. Business grew a little bit at a time. Then after a while the seed took root and it started to grow. I would also imagine that there is a snowball effect. When someone sees a lifter successful in your equipment sales improve.

You were a great example when you benched 529 for a world record at 165. That opened some eyes and we got inquires about what you were wearing. When we brought out our design in 2002, we started to tear up the record book as lifters throughout the range of weight classes broke records. People started to call.

You also sell weight equipment. In particular, the ER Bench/Squat rack, my absolute favorite. Can you tell us why it is the best bench/squat rack out there?

I agree with you. I first met Eric Rasmussen in 1999 at the IPF 3 Lift Men's Worlds in Trento, Italy. Eric had the booth right next to ours. His

kids were about the same age as mine and they were all getting along. I saw his racks and I was very curious. He had 881 pounds loaded on the bar. So, I asked him how it worked. At the time, hydraulics was still the big thing. He told me to grab the lever and move the racks up. I told him I would need to get someone to help me and he told me no, no. He told me to grab the lever and pull. Just like they teach you in science, if you have a long enough lever, you can get anything moving and the 881 moved without any difficulty. Then he showed me how the racks move in and out to adjust for lifters who use different width grips on the squat. It was an amazing device. It was his own unique creation. A number of companies have copied his design. Some are pretty good. But Erik is the inventor and his craftsmanship is unsurpassed. He's also constantly working to improve his product and now has safety racks that fit into the rack, which is a lifesaving idea, literally. They are the original, the best, and well worth the investment.

You have been around the sport for many years. Who were the lifters who have impressed you over the years? You have worked with so many. Let's break it down with squatters, benchers, deadlifters and all around 3 lift.

Below is a list of lifters who have made an impression on me. I worked with many, though not all. This is my short list.

SQUATTERS:

- Mike Bridges
- Gene Bell
- Kirk Karwoski
- Ed Coan
- Dennis Wright
- Hideaki Inaba
- Andrzej Stanaszek
- Jaroslaw Olech
- Henry Thomason
- Clive Henry
- Rob Wagner
- Steve Goggins
- Vladimir Bondarenko
- Tarasenko
- Freydon
- Kazakov
- Fedesienko
- Wade Hooper
- Sutrisno Bin Darimin
- Hsieh Tsung-Ting
- Jennifer Maile
- Jessica O'Donnell
- Carrie Boudreau
- Leslie Look
- Harriet Hall
- Liz Willet
- Sioux-Z Hartwig
- Priscilla Ribic
- Ann Leverett
- Bonica Brown
- Liane Blyn
- Raija Koskinen
- Gundula von Bachhaus
- Antoniette Orsini
- Ielja Strik
- Galina Karpova
- Tetyana Akhmamyetyeva
- Jennifer Maile

BENCHERS:

- Jim Henderson
- Kaz
- Mike Bridges
- Mike McDonald
- Larry Miller
- Joe Mazza
- Eric Doublin
- John Stewart
- John Bogart
- Daisuke Midote
- Hiro Isagawa
- Roger Ryan
- Dennis Cieri
- Horace Lane
- Jan Wegeira
- Mike Hara
- Anton Kraft
- Daiki Kodama
- Kenneth Sandvik
- Wade Hooper
- Sutrisno Bin Darimin
- Hsieh Tsung-Ting
- Deb Ferrell
- Kathy Dingle-Craig
- Carrie Boudreau
- Liz Willet
- Priscilla Ribic
- Ann Leverett
- Gundula von Bachhaus
- Ielja Strik



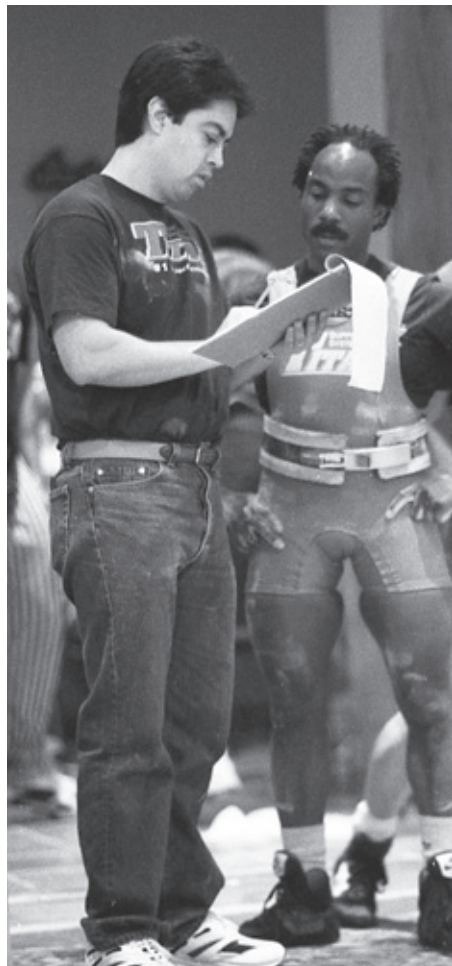
The Alaniz family in 2010: Cynthia, Pete, Melissa, Irma, and Nicolas



Irma Alaniz, 1959 high school graduation



Pete's parents: P.F. and Irma Alaniz



Pete with Lamar Gant at the '94 Seniors
(PL USA photo)

- Galina Karpova
- Schaefer Joanne
- Kozdryk Justyna
- Devan Doan
- Christie Newman
- Fukushima Yukako

DEADLIFTERS:

- Lamar Gant
- Kaz
- Brad Gillingham
- Eddie Pengelly
- Ron Collins
- Vince Anello
- Walter Thomas
- Dan Austin
- Benedikt Magnuson
- Andy Bolton
- Don Reinhoudt
- Ed Coan
- Sutrisno Bin Darimin
- Hsieh Tsung-Ting
- Liz Willett
- Priscilla Ribic
- Gundula von Bachhaus
- Jelja Strik
- Sri Hartati

TOTAL:

- Mike Bridges
- Gene Bell
- Kirk Karwoski
- Ed Coan
- Hideaki Inaba
- Andrzej Staszek
- Jaroslaw Olech
- Steve Goggins
- Vladimir Bondarenko
- Tarasenko
- Freydon
- Kazakov
- Fedesienko
- Sutrisno Bin Darimin
- Hsieh Tsung-Ting
- Jennifer Maile
- Jessica O'Donnell
- Carrie Boudreau
- Liz Willett
- Sioux-Z Hartwig
- Priscilla Ribic
- Ann Leverett
- Liane Blyn
- Raija Koskinen
- Gundula von Bachhaus
- Antoniette Orsini
- Jelja Strik
- Galina Karpova
- Tetyana Akhramyetyeva

After all my years in powerlifting, I've had the opportunity to see so many great lifters. So, I've probably overlooked or forgotten names that should be mentioned. No offense is intended.

What is the key to learning how to maximize equipment and let's break it down for each lift? How do you know when the equipment is fitting correctly?

I am still old school in the fact that I believe that you should have off season training to condition your tendons and ligaments as well as strengthen your muscles. I believe you need to do raw training to build your strength up. You need a core foundation.

From that point, I think then it is a matter of layering on your equipment. I still believe that you should pick a meet date and then design your cycle so that as you get closer to the meet you start adding more gear. As you get closer and heavier, you should go from a looser to a tighter suit. Same on shirts. I still think you have to work your weak points. If your weak point is the lock out, then do lock outs. Your squat suit ideally should fit tight, but not cut off circulation. Once circulation is impeded, you are depriving blood flow to your muscles. If your suit is so tight you can't maintain form or break parallel, then you need a looser suit.

An ideal fitting bench shirt should allow your competition weights to push through the bubble without your having to pull the weight down. Again, do not wear sleeves that cut off circulation. Remember, you should be able to consistently push up competition weights with a proper fitting shirt. Too many make the mistake

of throwing the dice and trying a super tight shirt that gives tremendous support, but is like riding an unbroken buck. The ride could get you thrown or produce the best ride of your life. If you can't control the weight, don't throw the dice. Your deadlift suit should be tight in roughly the 1/4 squat position. Don't get super tight legs. There's nothing worse than a suit leg that won't move and having the bar pinch your skin between the suit and the bar. If you drive through the lift you are going to be left with some nasty bruises. A big mistake made by some are getting the straps too tight. It will result in extra pop off the floor but will make it hell to lock out as you will fight the suit at the top to lock out. Ideally, you should be able to maintain a slight arch in your back as you drop to reach the bar. The straps should be tight but not so tight that they round your back out when grabbing the bar and dropping your hips into the proper pulling position.

A lot of people will drop weight prior to a competition. How does that affect the effectiveness of the suits and shirts?

Weight loss can have a dramatic impact on your gear. I have seen weight loss as little as 5 pounds affect the fit of a shirt or suit. If you don't train very close to your competition weight, and you cut down extremely fast, then I always suggest you have a shirt or suit just a little bit smaller than your optimum fit to compensate for that. I have seen too many guys lose a little bit of weight and it seems to amplify on meet day and you just don't have the same feel as before.

Pete, how about going through the construction of a piece of equipment from start to finish. Is the technology there to duplicate equipment?

We concentrate on quality first. We try and make sure we have the best that we can possibly get of everything. We saw problems with straight stitching when shirts and suits first came out so we used a stitch that takes longer but doesn't tear. For stock size suits and shirts, we have templates. When, for instance, someone orders a suit or shirt, we grade the fabric first, then pull out the proper template. The cutters identify any flaws, and then they lay the template down (avoiding any flaws) and cut out the piece needed. If you order a year from now, they will still pull out the same template. For custom, we have a system where we have a basic template and then we make any adjustments that are needed off of that. Consistency-wise, we are pretty good. However, I do need to comment about duplication orders vs. time. We've had lifters order duplicates of gear that they received 5 or 6 years ago and then call us that we made a mistake because it doesn't fit. This recently happened to a world class master lifter. When actual physical measurements of the lifter were compared, we found that while the lifter still weighed the same, he had matured and had displaced fat with muscle. The major muscle groups were actually larger and harder while fat had decreased! Often, lifters don't stop to think that gear will stretch and grow with you as you



Pete's dad, P.F. Alaniz, presenting awards at the 2002 IPF Worlds in Trencin, Slovakia



Pete bench pressing – head judge here was the late John Pettit, meet director for the 1984 IPF Men's World Championships in Dallas. Pete notes that John "always added integrity to whatever event he attended."

transition into a larger class. That doesn't mean that a duplicate will fit. It has not had the benefit of breaking in and growing with the lifter.

What would you like to see happen to the sport of powerlifting?

I think we have to appreciate the fact that there are people who enjoy doing things different ways so we need some mutual respect and courtesy in our sport.

Who are some of the people in the sport who have impacted you?

There have been a lot of people. There was my father and mother. The sport helped bring us closer together as they supported me first in my lifting and then in the family business. After that, people like Brother Bennet and my old

training partners like Stan O'Neil, Leo Benavides and Rick Gaugler who taught me much about the sport and opened my eyes to the sport internationally. But the most important person would have to be my wife Cynthia and my kids, Nick and Melissa. Cynthia was there from the beginning, from the time Titan was conceived to the present, through the good, the bad and the ugly. When others laughed, she supported and worked right beside me and my parents. My kids give me hope for the future.

What goals do you have for yourself and your business?

I still think there are a lot of things we can do to improve our products and improve delivery times. We are working on new ideas and different product lines. We are constantly looking

for ways to improve our standing in the sport, support the sport and supply the best products possible. I would love to be able to offer my children an established business that they too can participate in and eventually take over, should they wish to do so.

Pete, any final comments you would like to make?

Powerlifting is a great sport. We've had the opportunity to meet so many great people and it's a blessing to be able to work in what was originally my hobby. We're going to continue working as hard as possible to keep the confidence of our customers and friends. I want to thank you for your patience as I know it has literally taken several years to actually get this interview done. ☺

GEORGE ZANGAS TRIBUTE »

were essential to execution on the platform.

I was saddened to read of George's premature passing at age 68. George was a devoted family man, and my love and condolences go out to his family. My only regret? That I didn't take the opportunity to tell him more recently the impact he had on my life. The lesson being, express your gratitude now while you have the chance. And pay it forward. Honor those that have made a difference in your life by mentoring the young and willing. We can all make a difference.

Why do we powerlift? Is it for a wall of dusty trophies and forgotten records? I think not. I believe it is ultimately the intrinsic rewards that are most valued. The experiences and friendships. The self-discipline and applied science. The long- and short-term goal setting, the thrill of victory and the agony of defeat, and the humility and grace required in acceptance of both. Or as Kipling said, "To meet with triumph and disaster and treat those two imposters just the same." These are character builders that remain long after the strength and glory have dissipated. These are values conveyed to me by my coach, my mentor, my friend, George Zangas. Thank you, George. God rest. «

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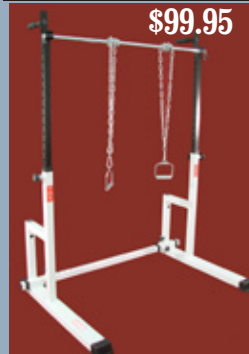


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ping body fat while you're still a long way from the contest is a great way to fit into a lower weight class without losing strength. If you need to do a water cut at the end, so be it, but I think doing as much as possible through traditional dietary manipulation is a good way to go.

JON SMOKER: I started making weight 50 years ago when I was wrestling, and over the years I've tried every method. Back then it was starvation and running. And to a lesser extent those are still part of the equation for me now, but on a lesser scale. I basically think the more complex the weight loss program is, the better it will be for the lifter's health and performance. I think diet should be mixed at the very beginning. As much as possible, the diet should go on the same (no empty calories, of course), but with lesser proportions and no eating after 5 p.m. to achieve a weight loss of 5–10 pounds over a week before the meet depending on body weight and other factors, like how good is the diet already? Then there are several factors in play in losing the rest of the weight, and they can be juggled as long as the weight is checked twice a day at least. Toward the end, inducing sweat and water deprivation are vital. For example: the night before the weigh-in I want to be 167 for the 165 lb. weight class after I come out of the sauna. Then no more drinking water. I'll lose a pound over night and then if I drive two hours to the meet, I'll drop the other pound. This will bring me in right on the limit, and in no time I can comfortably put back 3 pounds. Some people will find this old fashioned I suppose, mainly because I haven't mentioned the use of diuretics and potassium. I'll admit I don't know a whole lot about this because the guys I train with and I do tested meets. I do know this much: any lifter who uses this method and doesn't supplement with potassium, either has a real bad coach or is just plain ignorant.

WADE JOHNSON: I'm not a big proponent of the crazy weight drops done in powerlifting and other sports. I know it can be done and athletes do it, but I'd rather see an athlete stay within a doable range where a little water loss and food adjustment gets you where you need to be. I've also spent most of my career as a super, so some of this is simply lost on me. However, I have a few lifters that do go through this. Hot water baths and some natural supplements like Dandelion Root or White Willow Bark to push the water and then losing all carbs in the diet is the usual route we use.

MATTHEW GARY: The reality of competing in powerlifting is that at some point in time we all have to make weight. Making weight can make or break your lifting performance. For optimal performance, a lifter should be at the very top of their respective weight division. If you compete at the lower end of a weight class you are usually at a disadvantage compared to your heavier competitors.

In the December 2011 *Power Forum* column, we discussed our viewpoints on the timing of weigh-ins. Frankly, I'm still shocked by how many people think dehydration is a useful method of cutting weight. Unless you have 24 hours or more from the time you step off the scale to the time you take your opening squat, dehydration is never an appropriate course of action. In fact, it's quite possibly the worst thing you can do if you want to lift well. Studies show that dehydration may lead to a loss in performance of up to 30%, flushing, low endurance, cramping, rapid heart rates, elevated body temperature, and the rapid onset of fatigue.

Once you learn the body's response to water, you'll drink more water, make weight, feel better and perform well. The body acts like a sponge. If you only put a small amount of water into a sponge, the sponge first absorbs water and then pushes out and rids itself of the excess. In other words, if you dehydrate or drink small amount of water, your body responds by saying, "Wait a second! I'm not getting enough water. I better hold onto every last drop." When this happens, your weight will actually increase because bloating occurs as your body is trying to hold onto everything it can. On the other hand, when you drink copious amount of water, your body responds by saying, "Okay, now I have more than enough. Let me get rid of what I don't need." The result is sufficient hydration and excretion of the excess. This enables the lifter to lose weight, stay within the class limits, and be hydrated enough to perform well.

Without taking up too much space and time here, I explain this process in much greater detail here: www.marylandpowerlifting.com/page.asp?contentID=76.

BRAD GILLINGHAM: This may not be the best question for me to try to answer. I have always trained under the philosophy of trying to increase my leverages by making steady body weight gains over time. I have competed in the SHW class most of my years, and have never had to make weight. At Jackals Gym we have typically encouraged our younger lifters to continue to try and gain weight with the belief that strength gains and body weight gains tend to go together. We have always been strong at contests in the upper weight classes, and have not had a lot of competitors under 198. That being said, when we have lifters that need to make weight for a contest we have tried to have them train at about 10 pounds above the weight class limit, and take the weight off the previous two weeks before the contest. We have been fortunate to have converted a number of wrestlers into powerlifters, and they are very experienced in making weight. The approach has been basically to decrease carbohydrate intake and keep the protein intake high.

AL CASLOW: Cutting weight is tricky. Depending on how much time between lifting and weigh-ins, there are a variation of ways to do this. The best scenario is to spend a few days beforehand depleting glycogen stores through a drop of carbohydrate consumption. Water loading and deloading at the end is tricky and tough to consistently do. I personally do not up the water intake too much, maybe a gallon for three days aggressively then little water two days before to no water one day before. I also keep my activity high, low weight high volume movements to deplete glycogen and increase blood flow for nutrient distribution and recovery. Typically the night before I start hot baths, sauna and hot tub. I start around midnight and do 10 minute intervals every hour or so. It just depends how much weight is needed. If I have 10 pounds to deplete via water loss, I start earlier and perform seven minutes on, two minutes off times three cycles every two hours. I do this in a sauna or hot tub only. I try and stay away from diuretics—in my experience, it has left me weak when it's time to compete. It's a tricky path; I have never had consistent results come meet time. There are far too many variables to control, but, regardless, sometimes it's worth the efforts and risk for competitive reasons.

KEN WHEELER: This one is an easy one for me because I have no secrets of success to reveal in this area. I have read many things that champions like Brian Schwab and Hoss Cartwright have done to make their respective classes, but I have always chosen to go up in weight rather than diet down. So, my advice? Eat more! Unless someone is honing in on a record or competing at the highest levels (whatever that is to the individual lifter), I would encourage any lifter to just get strong and lift at whatever weight you have settled into. I give my good friend, Scotty Layman, a bad time about this all the time. He trains at 155 and then cuts to the 148 class when he should GAIN to 165 (at least!) and just get stronger... which he would, but I digress.

The exception to this would be if someone was obese and out of shape. That lifter should focus on getting in shape and lose the excess fat (or phat) while continuing their training. To use Mr. Simmon's term, focus on 'GPP' and diet. Once they achieve some fat loss and conditioning goals, then re-direct toward choosing a weight class.

I have seen many lifters try to avoid competing against other lifters in their class by dieting down and I don't get that, but that's just this old man's lame-brain opinion—it's their meet, diet away! Good luck to all and remember to think heavier, not lighter!

STEVE DENISON: I usually tell lifters to cut their carbs and water slowly over one week as they get closer to the meet. Start two weeks before if they need to lose more weight. On the day of weigh-in, if a lifter is still over, I recommend they use a treadmill or stationary bike if it's available or go out and run for a ½ mile with a couple sweatshirts on. «

This concludes the discussion for the month. I find it interesting to hear other lifter's points of view. Hopefully some day powerlifting will find some common ground on all subjects. If you have a subject you would like to see discussed, contact lambertplusa@aol.com or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@comcast.net.

TONY RODRIGUEZ »

championships are!

Tell us about your powerlifting team, "Natural Power Las Vegas?"

Natural Power Las Vegas is just the name of my team. I used it to pay homage to Martin Drake (Natural Power California) who has helped me tremendously in getting started and become a meet director here in Nevada. Besides, it sounds better than Natural Power Nevada!!

Tony, when you're walking onto the powerlifting platform, what goes through your mind?

When you walk up to bench, deadlift or squat, you gotta zone out... you can't think about the music or who is in the audience. If you focus on what is around you, you will blow it. You have to stay focused.

This is true! So far in your powerlifting journey, tell us a hardcore moment, great moment, crazy moment and a moment that changed you!

Hardcore moment: One of my hardcore moments was when I was training for the 2009 AAU Worlds and throwing up in the gym on Saturday while deadlifting. I went out, threw up out back, and finished my sets. I hit elite that year: 1399.8 at 179 pounds body weight.

Favorite moment: My favorite moment was watching my son double his body weight deadlifting at the regionals.

Crazy moment: One of the crazy moments during my powerlifting journey was competing at and running last year's meet. It was too hectic; I lost track of who was lifting, and couldn't really have fun.

Moment that changed me: A moment that changed me was getting diagnosed with diverticulosis. It's the thing that took Brock Lesnar down. It affects my heavy training days. I have pulled 705 in the rack with bands and overloaded it from the low bar a few times, only to end up with intense pain and in the doctors office for antibiotics. Trying to avoid the surgery sucks.

You have had quite the intense powerlifting journey, no doubt about that! What is your advice for the beginner, intermediate and advanced powerlifter? Does your advice change for lifters from the beginner to the elite? I have the same advice for all: whatever you are good at, study the masters, become a student of the game, and get better at it. Whatever you are not good at, work harder at it!!

Tell us about your powerlifting routine and your powerlifting philosophy! Since you're a raw lifter, how does your routine differ from the equipped?

I'm a raw lifter, so my routines are a little different than equipped only because I don't have to get used to equipment and break anything in or change the last few weeks of a session for that. I love watching it, and I might try it again one day (BAWLA was equipped).

No matter what the lifter type is, not everything that works for one lifter will work for someone else. The trick is to have a good coach that can see what you are doing and adjust it. I have followed and put my team and friends on the Mark Phillip/Ed Coan deadlift routine. I met Phillip at the O show with my buddy Tom Hendron and he told us that it came from the Gillingham brothers. I love going HEAVY!!!

I used the bench routine I learned in England; on light days and heavy days, with close grip and comp grip alternating. Squats came from Hatfield's old routines that I found years ago. I read the Westside Barbell posts and Elite FTS Dave Tate routines. I adjusted them for me and the guys. Everyone is different, so I change things up.

What is it about powerlifting that you love? What drives you to lift insane weights, and what is it that you love about being able to lift weights that 99.9-percent of people in the world can't lift?

What I love is the incredible feeling of lifting insane weights!!! It is a natural rush and, of course, bragging rights!! I like seeing how far can I push myself.

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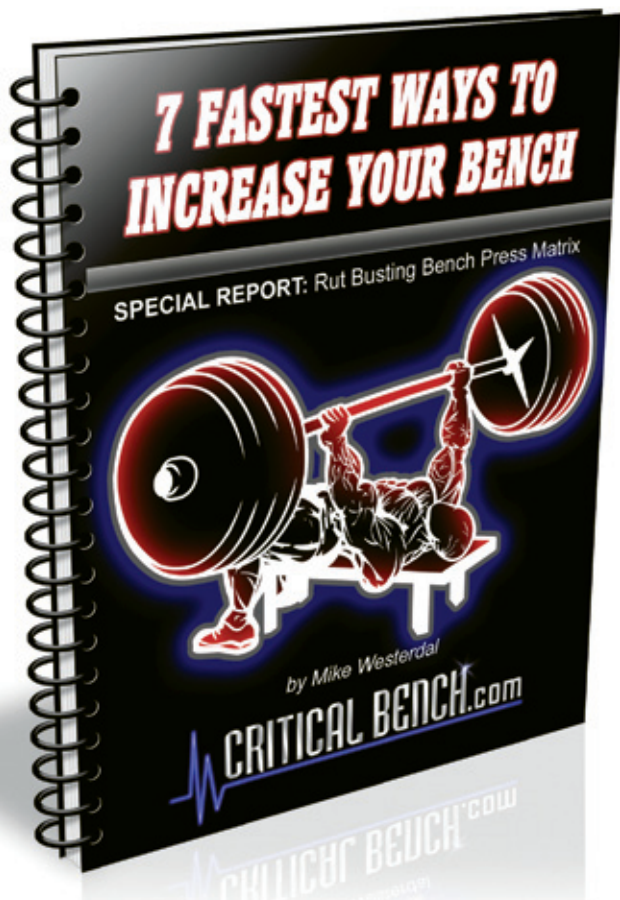
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You have pushed 405 pounds on the bench in the gym before one of your rotator injuries, you have deadlifted 629 pounds in competition and totaled elite. Impressive! What is your top tip for the powerlifting world to get stronger?

Workout with someone stronger and smarter—hopefully it's the same person!! Pick a program and follow it through! I truly enjoy overloading every few weeks and forcing my body to push, pull or squat heavier weights. I like to get my mind straight that I can pull that 700 raw!! It can happen...

What makes Tony a hardcore, crazy strong, powerlifting, animalistic powerhouse machine?

What makes me tick is that I am still getting stronger as I age—gracefully!!

How do you see the future of powerlifting? Do you see future generations as stronger than today? What will it take for the future of powerlifting to succeed?

I believe that some of the best powerlifters haven't been born yet. I think many lifters will be remembered forever, but I see young guys that are really good, and they aren't even strong yet! It has been said over and over that until there is some unity in the federations and some of the politics goes away, it will never be recognized by, let's say, the Olympics. You can hope, but as we said in the military: "Hope is not a method!!"

Well, Tony, your leadership and such thoughts are certainly steps in the right direction. Tony, what do you like doing away from powerlifting?

I like hanging out with my kids and watching them grow up.

How do you want to be remembered?

To the world, I want to be remembered as a good coach, good powerlifter, and someone who represented the game world well. By my kids, I want to be remembered as a good dad!

How is your son, Gabriel, doing? I remember when he deadlifted twice his body weight.

My son Gabriel did well for a few years, but he came to me and said he wanted to really do well in school, so he stopped lifting and now he is in scholar classes. He'll be rich and famous one day.

I remember meeting your son Gabriel in Vegas, he was the man! Are there any creeds that you live by?

It doesn't matter what you do in the gym, you gotta die at the platform! The platform is what you came for! Remember, nothing lasts forever, so you gotta make the best of everything!! One day you will look back and say, "I did it!"

Tell us about your diet.

For diet, I stick to chicken, fish, and lots of yogurt. Lots of amino's and salads. I stay away from the breads and carbs, but I do eat Cheetos.

From all your years as a powerlifter, give us a funny story!

I had one lifter—who will remain nameless. She was a deadlifting regional, and she just let it go. She peed all over the floor. After she peed all over the floor, she got the lift! Then she was cleaning the floor...

What a story! I'd better not comment. Do you have a message for future powerlifting generations?

Try to work towards unity. Don't be a "mine is better than yours" guy. If powerlifting grows as a community, maybe it could one day be an Olympic sport.

Tony, great words of wisdom! What a powerlifting journey it has been! We congratulate you on all of your success in powerlifting and as a man. We wish you all the best in the future.

Thank you to all my friends and family and teams I train with, Pastorello and Caveman training here in Vegas. I'll see you on the platform! ☺

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| | | | | |
|--|--------------------------|-----------|------------|------------|
| BENCH | <i>Submaster (35-39)</i> | | | |
| FEMALE | R. Barradas | — | | |
| <i>Raw</i> | 242 lbs. | | | |
| 165 lbs. | <i>Master (40+)</i> | | | |
| <i>Open</i> | J. McGrael | 374 | | |
| K. Bruce | 225 | | | |
| MALE | DEADLIFT | | | |
| <i>Raw</i> | MALE | | | |
| 181 lbs. | <i>Raw</i> | | | |
| <i>Submaster (35-39)</i> | 198 lbs. | | | |
| <i>Junior (20-23)</i> | <i>Junior (20-23)</i> | | | |
| F. Rowe | 286 | C. Curtis | 573 | |
| 198 lbs. | | | | |
| Push Pull | BP | DL | TOT | |
| MALE | | | | |
| <i>Raw</i> | | | | |
| 165 lbs. | | | | |
| <i>Open</i> | | | | |
| B. McMullen | 275 | 457 | 733 | |
| 181 lbs. | | | | |
| <i>Junior (16-17)</i> | | | | |
| R. Broman | 225 | 429 | 655 | |
| <i>Open</i> | | | | |
| A. Kennedy | 303 | 479 | 782 | |
| 275 lbs. | | | | |
| <i>Open</i> | | | | |
| M. Howell | 363 | 622 | 986 | |
| Powerlifting | SQ | BP | DL | TOT |
| FEMALE | | | | |
| <i>Raw</i> | | | | |
| 198+ lbs. | | | | |
| <i>Open</i> | | | | |
| J. Parks | 209 | 137 | 303 | 650 |
| MALE | | | | |
| 220 lbs. | | | | |
| <i>Open</i> | | | | |
| J. Irby | 36 | 198 | 391 | 925 |
| 275 lbs. | | | | |
| <i>Open</i> | | | | |
| A. Calhoun | 253 | 253 | 352 | 859 |
| <i>Masters (50-54)</i> | | | | |
| A. Calhoun | 253 | 253 | 352 | 859 |
| <i>Single-Ply</i> | | | | |
| 165 lbs. | | | | |
| <i>Junior (18-19)</i> | | | | |
| C. Burpee | 407 | 231 | 363 | 1003 |
| Best Lifter Push Pull Raw Open Men: | | | | |
| Michael Howell. Meet Director: Steve Goggins. Announcer: Patrick Anderson. Score Cards: Vanessa Gale. Bar Loading Program: Deva Carrion. Referees: Steve Denison, International, Robert Lovelace, National, Brian Burritt, State, Jeanea Burritt, State, Steve Goggins, State, Ronnie Hodge, State, Dave Mathewson, State, James Searcy, State. Spotters: Robert Pachini, Mark Freeman, Dale McLaren, Ron Fuller. Platform Manager: David Goodwin. PA System: Tom Simon. | | | | |
| » courtesy Steve Denison | | | | |

Another meet at Ironworx Gym is in the books. Great lifting by all who entered, especially those who nailed personal records. Special recognition goes out to Ken Anderson of andersonpowerlifting.com for the raffle items and Worx Energy for the donated energy shots. It was a great meet starting out with three teen lifters that were new to the sport and all setting PRs. Zach and Tim Nail hit the bench as teen brothers to post some good raw numbers hitting 77 lbs. for Zach and 110 lbs. for Tim. Mathew Maloney lifting equipped in only his second meet set a new PR of 236.7 lbs. A number of guys who have only been competing for about a year hit mid-upper 400s, all PRs. Jason Neuhard hit an easy 462.7 lbs. PR, but had his singleply Overkill explode on a 480 lb. attempt. Adam James, another Ironworx Gym crew, hit his first official 501.5 lbs. lift and set a new PR. Adam has only been with Ironworx for about a year and is showing great results. Looking forward to seeing him put up some good numbers in 2012. Roger Saunders set a new Menis Submasters Raw 35-39 American Record with a Raw lift of 385.7 lbs., along with winning the bench press for reps contest, taking home a new Super Ram from Ken Anderson. Then the big boys hit the bench. In the 308 masters 40-44 Brian Porter put up his first 400 with a 402.2 lbs. lift for second place. Welcome to the 400s Brian. Scott Nail hit a 451.7 lbs. lift to Nail down the first place trophy. Then J.W. Potts hit the platform to try to break the 677.7 lb. record he set a couple weeks ago in the Maters 45-49. J.W. took 711, 711 and 760, but it just wasn't his day. It was J.W.'s third meet in five weeks and his body was telling him about it. I'm sure he will break the 700s in 2012 after some needed rest. Everyone had a great time and nobody got hurt. Ironworx Gym is looking at doing it again in April 2012 so watch the postings in Powerlifting USA for dates and times.

» courtesy Scott Picklesimer

APF BENT BAR INVITATIONAL

DEC 17 2011 » Columbus, OH

| Powerlifting | SQ | BP | DL | TOT |
|-------------------------|-----|-----|-----|------|
| FEMALE | | | | |
| <i>Guest Lifters</i> | | | | |
| 198+ lbs. | | | | |
| <i>Open</i> | | | | |
| T. Rosa | 275 | 145 | 315 | 735 |
| MALE | | | | |
| 165 lbs. | | | | |
| <i>Open</i> | | | | |
| M. Meade | 615 | 300 | 550 | 1465 |
| 198 lbs. | | | | |
| <i>Master (45-49)</i> | | | | |
| M. Fleming | 655 | 135 | 610 | 1400 |
| 220 lbs. | | | | |
| <i>Open</i> | | | | |
| D. Wise | 780 | 560 | 660 | 2000 |
| B. Mance | 615 | 435 | 630 | 1680 |
| 242 lbs. | | | | |
| <i>Open</i> | | | | |
| A. Harrod | 840 | 600 | 660 | 2100 |
| 275 lbs. | | | | |
| <i>Open</i> | | | | |
| C. Antoline | 655 | 405 | 550 | 1610 |
| <i>Raw</i> | | | | |
| 181 lbs. | | | | |
| <i>Master (65-69)</i> | | | | |
| J. McNeill | — | 280 | 340 | — |
| 242 lbs. | | | | |
| <i>Master (65-69)</i> | | | | |
| M. Brown | — | 370 | — | — |
| » courtesy APF/AAPF/WPC | | | | |

USPF IRONWORX GYM BENCH PRESS

DEC 11 2011 » Circleville, OH

| | | | | |
|-----------------------|--------------------------|-------------|-----|--|
| BENCH | 114 lbs. | | | |
| MALE | <i>Teen</i> | | | |
| 181 lbs. | Z. Nail | 77 | | |
| <i>Teen</i> | 148 lbs. | | | |
| M. Maloney | 236 | | | |
| 275 lbs. | <i>Teen</i> | | | |
| <i>Open</i> | T. Nail | 110 | | |
| A. James | 501 | | | |
| 308 lbs. | <i>Submaster (35-39)</i> | | | |
| J. Neuhard | 462 | R. Saunders | 385 | |
| MALE | BENCH for Reps | | | |
| <i>Master (40-44)</i> | MALE | | | |
| S. Nail | 451 | R. Saunders | 36 | |
| B. Porter | 402 | R. Sanchez | 27 | |
| 308 lbs. | <i>Teen</i> | | | |
| <i>Master (45-49)</i> | MALE | | | |
| J. Potts | — | A. James | 16 | |
| <i>Raw</i> | <i>Teen</i> | | | |
| | | S. Nail | 12 | |

THINGS I'VE LEARNED PT. 5 »

I wrote about what I did to perfect my biomechanics in an article for *Powerlifting USA* in 2007. If you would like a copy of the article, I would be glad to email it to you.) The point I am trying to make here is that good biomechanics can be the difference between being good and being great. If you talk to any good coach or athlete, they will tell you straight out that without good biomechanics you will never be able to reach an elite level of performance. Interestingly, when I was competing (and I think the same thing is true today), few powerlifters even considered their biomechanics, let alone tried to perfect them—a mistake of significant magnitude. In fact, from what I have observed over the years, only a handful of lifters have gone out of their way to ensure that they were using the most efficient biomechanics for their body structure. Thus, on the surface at least, there appears to be a great inconsistency between coaching and lifting philosophy and training. Obviously then, what makes biomechanics so important to a powerlifter is that it is a highly relevant and beneficial variable, but also a much neglected variable. In other words, by developing excellent biomechanics, you will not only significantly improve your performance, but you will have a tremendous edge over your competitors.

Again, if I had to point to one thing that allowed me to compete at an elite level, it was my biomechanics. I can't emphasize that enough.

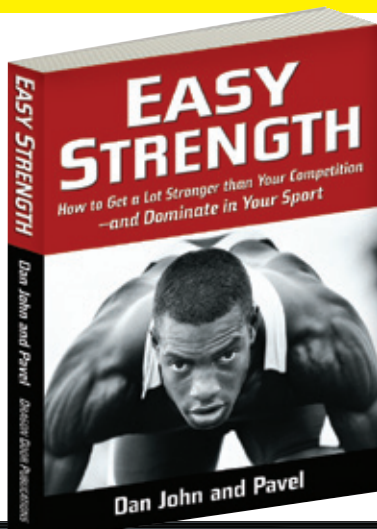
I am nothing special. I'm just an ordinary guy, just like you. I have no special gifts that God gave me. I'm not a Michael Cartinian or a Vlad Alhazov; I'm just an everyday guy. Anything I can do, you can do; and many of you can probably do it a lot better. Improve your biomechanics, and I guarantee you significant, and I do mean significant, improvement in your lifting.

Okay, what I am suggesting is that if you don't have GREAT mechanics already that you stop training heavy until you perfect your form. If you don't have perfect biomechanics, don't even consider training again until you have picture perfect form. I know that it is going to be hard to do mentally, but believe me, it will pay off in the long run. I've seen numerous lifters, including world class lifters, who started training before they developed sound, technical form. Inevitably after two or three years of training, these lifters would either get injured or "plateau out" due to the use of poor form. Consequently, they had to drop all the way back to "square one," re-learn their form and start training all over again. Of course, it is hard from a psychological standpoint to start over. In fact, because of psychological reasons such as a fear of falling behind, or losing strength, many athletes will not start over even though they are aware that their "form" is mechanically inefficient and that their lifting ability is hindered. What all this boils down to is that if you don't perfect "top notch" form you'll never come close to reaching your

full potential. Once again, don't start training until you have developed perfect form! This practice will not only save you time, energy, and a lot of physical abuse but also your sanity. Best yet, proper form will allow you to be the best you can be.

In the event that you don't have access to biomechanical equipment such as strength platforms, dynamometers, force plates, video analysis, etc., and there is a good chance you don't, there's still hope. Your local college may be one answer. Most colleges, especially ones with a sports medicine program, have a biomechanics lab. With a little "sweet talk," some begging and a "fifty spot," there's a good chance you can get one of the lab assistants to help you analyze your lifts. For a hundred bucks, you could most likely get the lab instructor, for two hundred bucks you could probably get the president of the school and the head cheerleader, no questions asked. If you don't have access to a biomechanics lab, there is always "self study." Get yourself a good biomechanics book and analyze your own lifts. Learn which muscles are used in each movement, how they insert, and how they innervate throughout the lift. Also, it might be a good idea to try and find yourself a reputable coach or a knowledgeable lifter to help you analyze your lifts. Remember, though, just because a guy is a great lifter doesn't mean he knows what he's doing. He might be great despite his ignorance. «

"Easy Strength is a masterpiece from two of the best in the business of strength and conditioning. Pavel and Dan John's book will help you improve your performance—no matter what your sport. It doesn't matter whether you are a weekend gym warrior, competitive athlete or coach... you owe it to yourself to read this book. The bottom line is that it will help you become stronger, faster and more powerful in the most efficient way possible..." —Andy Bolton, 6-Time World Powerlifting Champion



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"As a retired teacher of 32 years, and a non-retired competitive lifter of 50 years, I always cringed over the so-called strength strategies employed by high school/college coaches and their athletes. Not that these hard working, serious competitors could be blamed; it was just that much confusion and misinformation about supposed power building programs were everywhere. Unfortunately, many young men and women were placed on time consuming, energy robbing 'bodybuilding' programs; their muscles would pump up, but their strength gains proved negligible.

Now, fortunately, Pavel Tsatsouline and Dan John, perhaps the two foremost strength coaches in the world have written *Easy Strength*. They have removed the myths behind truly EFFICIENT strength work for athletes, spelling out exactly how simple proper programs need be. Football players, wrestlers, track & Field people, and others can now ENJOY a much more direct route to useful total body power without wasting grueling hours in the weight room. About the only downside is that many schools may now have to question why they previously spent so much on rooms full of expensive machines!"

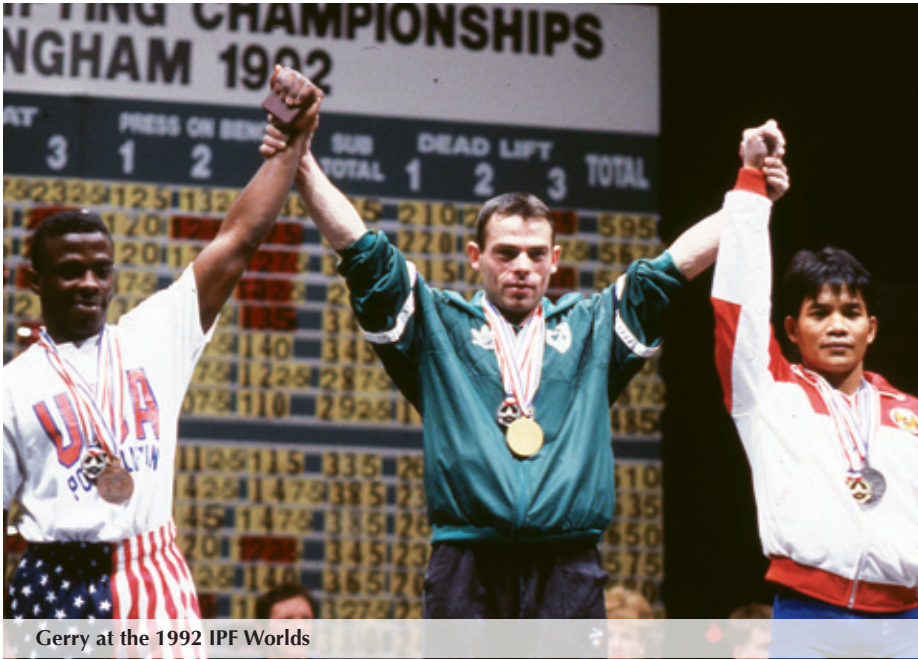
—John McKean, IAWA world champion, multi-world record holder

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Gerry at the 1992 IPF Worlds

Just about everyone on the planet consumes this well known protein staple. Gerry prefers to use the bone in skinless breasts simply because it adds more flavor and he finds that it dries out less when he bakes these in the oven or throws them on the BBQ.

▪ **Salmon:** Another thing that I have introduced into Gerry's plan is more fish. He wasn't a huge fish eater before we started working together, but once he saw all the amazing benefits that he could take advantage of by including more into his meal plan, it has now become a main staple. Sometimes Gerry will use other fish as well, like sole or cod, but his favorite is salmon, without a doubt. Gerry can eat this a few times a week, but sometimes when he is cutting weight to get into a lower weight class he could be eating it as often as twice daily. No canned salmon for him since he likes to consume high quality fresh salmon steaks. Mmmm...I'm getting hungry just thinking about it!

▪ **Organic Grass Fed Beef:** After all the bad things I have talked about over the last year, especially concerning the beef industry, you would think that I wouldn't allow any of my lifters to consume it. Well, like I mentioned before, Gerry lives in Ireland and not in the USA where the majority of the despicable beef farming practices occur. On top of that, Gerry only eats organic grass fed beef. This way you know that his side of flank isn't loaded down with Trenbolone and Estrogen to make it even bigger. Plus this guarantees that his cow was actually allowed to live her life like a cow grazing on grass fields not stuffed into some fecal infested corral with hundreds of other cows being fed corn (which, by the way, is something cows shouldn't be eating) and even other ground up cow parts, as is the normal practice in the United States to save a few bucks, only to let their citizens take the brunt of the health later on when they come down with Mad Cow disease or get hit with a strain of E. coli that has killed even children in

the past. Gerry likes to eat high quality organic beef that is raised and slaughtered like nature intended, not what helps finance billions of dollars into greedy corporations that could care less about what sickness will hit their consumers!

▪ **Cottage Cheese/Greek Yogurt:** Gerry doesn't consume a ton of dairy products compared to some other lifters on the scene. He does have a liking for cottage cheese and Greek yogurt, among others. The cottage cheese is an excellent source of not only calcium but also casein protein. This slow digesting protein is perfect to take at night before bed so it will feed your muscles all night long and Gerry is not one to miss out on these anti-catabolic benefits. He loves the taste of yogurt, but the fact that most yogurt is high in sugar, high in carbs and low in protein can make the nutritional profile a turn off. This is why Gerry goes with organic Greek yogurt because the protein content is much higher and the carb content much lower giving it a much better nutritional profile which is more suitable for a world class strength athlete.

▪ **Whole Eggs:** Yep, you won't see any egg white omelets in Gerry's meal plan, as he can't stand them. Gerry is hardcore old school when it comes to his eggs and you better believe that he will eat them whole. Gerry loves a nice six whole egg omelet in the morning or evening with some Ezekiel Bread, especially when he isn't in a cutting phase. Gerry likes to use brown Omega 3 organic free-range eggs to make sure he is getting the best quality nutrients for his body.

CARB FAVORITES

▪ **Brown Rice:** You should have known that this one would be on here. I have been a big brown rice fan all my life. Even as a competitive teenager, brown rice was a staple in my meal plan and continues to be till this day. Gerry used to eat white rice more often in the past, but since I have converted him over to the brown side he

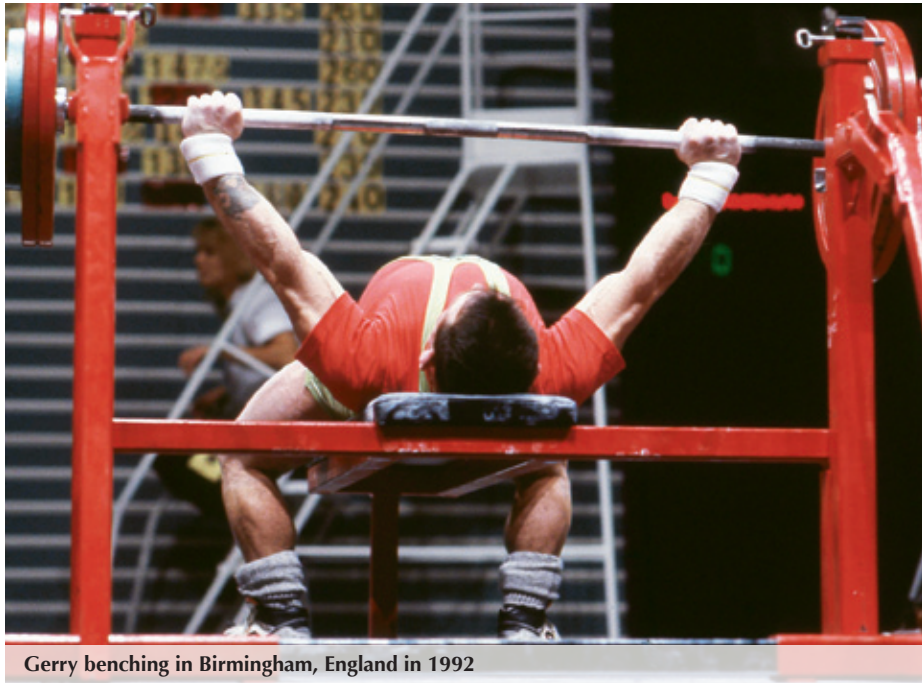
hasn't looked back. He uses this for meals, like his lunches, with sides like a chicken breast and some veggies. Other times it will be a breakfast staple and used pre-workout to fuel his training sessions.

▪ **Quinoa:** Before I hooked up with Gerry, which is like at least a decade ago, he had never heard of this powerhouse grain. Yes, it's true that one of the very first articles that I did in the early 2003 issues was an interview with Ian Murray, a holistic nutritionist, about the health and performance benefits of this ancient grain. Now that I have gotten him to eat this grain, it has become one that he eats several times per week. Not only does he love the taste, but even more the dramatic effects it has on his energy levels and endurance in the gym. I had mentioned this many times in the past and once Gerry saw the major improvement in his training endurance, he hasn't been able to put it down!

▪ **Sweet Potato:** Even though Gerry isn't a competitive bodybuilder (he is ripped, though, and sports some chiseled abs), Gerry does love his sweet potatoes. Gerry prefers to bake them in the oven and sprinkle cinnamon and Splenda over them. If none of you have ever tried them this way you don't know what you are missing. They come out tasting like some type of dessert more than a fat loss carb source. This is one of his main carb sources when he is trying to cut weight and their low glycemic rating also helped keep Gerry's blood sugar levels stable throughout the day even when he is cutting calories to wreak havoc on a lighter class.

▪ **Steel Cut Irish Oatmeal:** Gerry is Irish, so could he even think about eating another type of oatmeal than this? I don't think so! This is another one of Gerry's high-powered carb sources that he likes to use for breakfast. Gerry will usually top it off with some fresh fruit and nuts to round things out. When Gerry is trying to pack on more mutant mass on that compact frame, he will blend dry oats in his shakes to help get in more complex carbs which is much easier than trying to eat oatmeal three plus times per day.

▪ **Ezekiel Bread:** This is another really good carb source that Gerry has taken on since I introduced it to him. Many lifters eat white bread, which is down right disgusting, not only for your performance, but also that blood profile. You basically are getting the nutritional value of wolfing down a jar of white sugar. Obviously not something any lifter who even cares ten-percent about improving his performance would do. Ezekiel bread is the best bread you can get to improve your performance, as you won't find anything better. You might not find it at your local grocery store, as in the past even I had to go to the health food store that has it shipped in twice per week to get it. Even over here in Canada, many of the major grocery chains are listening to the public who want healthier choices and they now also carry it, but this was not the case years back. Gerry finds his blood sugar levels much more stable when eating this type of bread when compared to even whole wheat bread. This is my top choice for my lifters to eat and now that I have gotten Gerry to fuel his body with some real quality foods he would



Gerry benching in Birmingham, England in 1992

never go back to anything sub par again!

FAT FAVORITES

▪ **Avocado:** Just hearing that name is making my mouth water, as I love avocado. Most of you will think that avocado is a vegetable, but it is actually a fruit. When it comes to monounsaturated fats the avocado's profile is hard to beat. This was another new thing introduced to Gerry's plan since he really never touched them very often before I forced them down his throat. But he sure is happy now as he has found some really good benefits. These fats are excellent for fueling his performance during his weight cutting when his carb intake is lower than usual, plus the fact that they help cut cravings for sweets, which is another major benefit that most people don't know about.

▪ **Almond Butter/Cashew Butter:** Gerry isn't a huge peanut butter fan, but since I taught him about the other types of nut butters out there he now consumes them on a regular basis. Again, these are used more when close to a contest due to their concentrated forms of Monounsaturated fats. That doesn't mean he won't be adding them to his shakes or putting them on his Ezekiel bread in the off-season either. They add a nice variety to your meals and can be used on just about everything. Gerry loves putting the almond butter on his chicken breasts and if you have never tried this then you don't know what you are missing out on!

▪ **Macadamia Nut Oil:** This is another fat source that Gerry never even heard of until I put it in his plan. I remember the first time he saw it in his new program, he asked what that was all about. This source of high quality good fats is something that many lifters also are not aware of, but they should be. It is one of the best oils to cook with because of its high temperature set point. Plus, it tastes great when added to a protein shake or drizzled over a salad. It has

numerous health benefits and even though I have not talked about it a lot in the pages of *PL USA* I will be enlightening you on this in the near future.

▪ **Fish Oil:** If you have been reading my column for any amount of time now, you will know I have been pushing this stuff down your gullets for close to a decade. I have been here a long time giving you all grief for eating so bad and I really believe that all my ranting and raving over this time has definitely opened the eyes of thousands of lifters to take responsibility for their eating. I put this in Gerry's plan right from the start and I clearly remember that he was not thrilled, especially when I told him that I wanted him to take straight fish oil on a spoon and not to use the gel caps. Well, to this day it has helped him not only keep joint pains away, but over this time it has helped bring down the high cholesterol level he once suffered from.

▪ **Coconut Oil:** Here is another powerhouse fat source that I know most of you reading this have not used before, that is, unless you are from the Caribbean. This good fat source was actually touted years ago as a bad fat by nutritionists, but by doing more research into its properties and chemical make up they have now changed their mind completely. This fat has so many health benefits, from improving your cardiovascular health to helping strengthen your immune system to helping grow hair. It really does have a lot to offer, but one thing that lifters will perk up and listen to is its anabolic properties. Oops, can't give you all the goods right here, but for sure I will in an upcoming issue. Gerry uses this religiously as well and he simply loves the taste of throwing some into his protein shake to give it that rich creamy coconut flavor.

FRUITS AND VEGETABLE FAVORITES

▪ **Raw Spinach:** Now raw spinach is one of my

favorite green vegetables for many reasons. It is very alkalizing in nature and is compatible for many different meals from egg white omelets to raw salads on the side of your main dish. I also put raw spinach in my green smoothies since it is a great green to start with for beginners' because it virtually has no taste when mixed with other fruit. This is not the same for other green vegetables that can be used in a green smoothie. Gerry uses this in his omelets as well as raw salads.

▪ **Broccoli:** This green powerhouse is full of nutritional value and that is why it is one that he eats almost daily. It is a great add-on for lunch and dinner and he sometimes uses it with his snacks as well as you will see below. For those of you not eating broccoli, it's time to listen to your mother and eat it. She was right all along.

▪ **Kale:** Here is the king of all green vegetables, as it is the highest in antioxidant protection. It has a bitter taste and is one of the harshest greens if you are not used to eating them, but it should be part of all your plans simply because it has so much to offer. Gerry does include this in his plan, but not as much as spinach, and usually does so at dinnertime to make sure he is getting enough antioxidant protection on a daily basis.

▪ **Berries:** Berries of all types are a daily staple with Gerry. He uses them in his oatmeal as well as blending them in his protein shakes. He uses a lot of blueberries, but will also include blackberries, strawberries, and occasionally cranberries. They pack a huge antioxidant punch that no lifter should be without. Gerry not only thinks of his performance, but also his longevity and health which is something too many lifters even at the world class level seem to ignore until some type of health problem pops up and takes them by surprise.

▪ **Bananas:** This is another one of Gerry's favorites, and rightfully so. This potassium power packed fruit is great when trying to gain weight and is one that Gerry eats often in the off-season or when trying to go up a weight class.

▪ **Apples:** Apples are an all around great fruit. Its low glycemic index, its portability and its ability to sustain energy levels makes it a one of a kind. Gerry liberally eats apples daily for not only the added vitamins and fiber, but also cause he loves the taste. He will usually pack a couple of them in his lunch cooler and bring them to work to eat on his break with a high quality protein source.

NUTRITIONAL SUPPLEMENTS

▪ **Protein Shakes:** Gerry uses a protein shake anywhere from 2 to 4 times per day depending on where he is in his training cycle and also whether he is trying to increase or decrease his current weight. Gerry uses products from the Ultimate Sports Nutrition (USN) line because he loves their high quality and large variety of different products available. This is a major sports supplement company in the UK and this is why you may not be as familiar with it over in North America. Gerry is very picky when it comes to taste when drinking his shakes so the fact that he can drink several USN shakes per day shows truly how good they taste. For those of you in

Europe who would like to know more about the exclusive line that Gerry uses, you can check out their website at www.usn.co.uk.

▪ **Multi Vitamins:** Gerry wouldn't be caught without his daily multi-vitamin. Like I mentioned years ago, training without a good multi is like drag racing without a seatbelt and that is the stark reality even though many lifters still to this day ignore these facts. Gerry will take a nice dose after his breakfast and after dinner to make sure that he is topped up when it comes to all of his micronutrients.

▪ **Glutamine:** This is another supplement that Gerry likes to use, especially when he is trying to cut weight. He feels it helps him maintain more muscle mass and strength while dieting to squeeze into that lower weight class. He swears by it, not only for helping improve his recovery, but also for the positive effects it can have on your immune system during stressful times when it can be compromised from gut busting workouts.

▪ **Creatine:** Gerry also is a big believe in creatine monohydrate and that is why he uses USN's formula during his intense training cycles. It helps increase his cell volume as well making sure his ATP stores are loaded to the brim so he can power through those crazy training sessions day after day. Gerry also loves the great pumps he gets during his loading phase and his improved recovery rate between sets.

▪ **Vitamin C:** I have talked volumes on vitamin C over the years and yes Gerry has heeded my call on this one once again. Gerry will take between 3,000 and 6,000 mg of time released vitamin C daily. Since it is a water-soluble vitamin it should be taken several times per day to take advantage of all it has to offer your health, training performance and recovery!

▪ **ZMA:** This is another staple in Gerry's plan, not only to help optimize his natural Testosterone levels, but also to help him get a solid night's rest. Gerry works long hours and then after a training session it can keep you amped up not wanting to go to bed after having adrenaline flying through your veins. ZMA helps take the edge off at nighttime and like he told me it makes him sleep like a baby. He also uses USN's ZMA formula consistently throughout the year because he feels that he doesn't get enough magnesium and zinc from foods alone and the way he depletes his stores in the gym goes without saying.

ONE-DAY MEAL PLAN

This article wouldn't be complete without laying out at least a one-day sample of one of his meal plans over the years. I have made Gerry literally dozens of different phases of programs over this last decade and they have changed dramatically upon what he is trying to accomplish. There are times when Gerry is trying to cut weight, gain weight, or simply maintain his current level. We have also worked on some different holistic health programs over the years to help control his cholesterol and blood pressure issue that he has dealt with, which are now a thing of the past due to some good old natural healing. See, you don't always have to load your body down with high-powered pharmaceutical drugs



Gerry warming up before competition

to get your blood values normalized. Healthy food and natural supplementation can make a bigger difference than you could ever imagine and Gerry is living proof of that. I am going to lay out one of our early meal plans that I did when Gerry was trying to pack on some mass in the off season. Just because Gerry isn't a superheavyweight, don't think he eats like a bantamweight, because he can pack away more nutritious foods than some of the 300 pounders that I have coached. So let's take a look into a one-day plan of what Gerry the living legend consumes!

Breakfast

- 2 cups of steel cut Irish oats
- 1 cup of blueberries
- 2 scoops of USN Whey Protein
- Multivitamins
- 10 grams of USN Glutamine

Morning Snack

- 2 cups of low fat cottage cheese
- ½ cup of almonds
- 2 cups of broccoli
- 1 teaspoon of fish oil

Lunch

- 8 ounces of chicken breast
- 2 cups of quinoa
- 2 cups of broccoli
- 2 tablespoons of macadamia nut oil

Afternoon Snack

- 2 scoops of USN Whey Protein
- 1 cup of blueberries
- 2 tablespoons of coconut oil
- 1 teaspoon of fish Oil
- 10 grams of Glutamine

Dinner

- 8 ounces of bison
- 2 cups of brown rice
- 4 cups of raw spinach salad
- 2 tablespoons of macadamia nut oil
- 1 teaspoon of fish Oil

Nighttime Meal

- 6 Omega 3 whole eggs
- 2 tablespoons of almond butter
- 3 slices of Ezekiel bread
- 1 teaspoon of fish oil

Post workout shake

- 2 scoops of Hydro Whey
- 10 grams of USN Glutamine
- 10 grams of USN Creatine Monohydrate
- 1 cup of oats blended

CONCLUSION

As you can see, Gerry takes all aspects of his nutrition and supplementation plan very seriously—not only during his contest cycle, but also throughout the year. He does not want his competition to have any advantage over him and he knows that being lazy with your eating plan will give your competitor too much to work with. Gerry has been a good friend of mine and client for over a decade and I can honestly say that he is one of the most dedicated athletes I have ever worked with in any sport. His dedication to his meal planning and supplementation resembles that of a professional competitive bodybuilder, rather than a powerlifter. It makes me happy to see the dedication he has in all aspects of becoming a better lifter and not just focusing on training and finding that new “better” bench shirt, while eating like a misfit. This is a very common problem in the powerlifting community and Gerry is a champion who is willing to go the extra mile to make sure he is dominating the platform no matter who he competes against! Gerry is a true champion in every sense of the word and he has earned all that he has accomplished in this sport. So, for all of you who may be reading this who will be going up against Gerry in the future, you better have all aspects of your training and nutrition down set because you will be battling a true warrior who will not rest until you are holding that second place medal! ☪

DEADLIFT TRAINING »



used for another max effort workout such as a close stance with or without gear. Safety Squat good mornings are used in some workouts. These are done either with a bend in the back or with an arched back. Some workouts are close stance; others are wide stance. The different styles will ensure that Jean uses all muscle groups.

WORKOUT 2 – RACK PULLS: These are performed with the plates 2½ to 6½ inches off the floor. She will work up to a max single using one pin height per workout. Some workouts are done with just bar weight, while others are done with a variety of weights and band tension. Remember, use only one pin height per workout with or without band tension added and use a conventional stance only.

WORKOUT 3 – BOX DEADLIFTS: Jean will pull standing on a 2-inch box for a max single. For other workout she will stand on a 4-inch box. She uses only bar weight with no bands 90% of the time. The box pulls are done with a close stance or sumo style. The sumo pulls are done either with feet out to the plates or with a normal sumo stance. Again some workouts are done with gear, while others are done without gear.

WORKOUT 4 – FRONT SQUATS: Jean does front squats with a front squat harness to save her wrists and shoulders. Jean wants to get the most out of the exercise and not let the exercise get the most out of her. All front squats are done on a 12- or 10-inch box with a long relaxation time (2 seconds). They are done with a very close stance for some workouts and very wide for others. Of course when she wears briefs, the weights are heavier, which puts more stress on the muscles above and below the briefs.

WORKOUT 5 – ULTRA-WIDE SUMO PULLS: Jean will place her feet as close to the plates on the Texas deadlift bar without setting the plates down on her feet and then works up to a max single. She is ultra-flexible, so will sometimes pull ultra-wide on 2-inch mats.

WORKOUT 6 – 14-INCH CAMBERED BAR: One of Jean's favorite bars is the 14-inch cambered bar for box squatting or good mornings while using chains. The end result is more stability.

There are many more varieties of workouts. This is just an example of a few of Jean's max effort lifts.

SPECIAL EXERCISES: Just like everyone at Westside Jean relies heavily on special exercises for the back, legs, and abs. This is done normally for 3-8 sets depending on how she feels that particular workout day. For the back, reverse hyperextensions are done 4 times a week. They are done heavy on Monday (max effort day) and on Friday (speed squatting day), 4 sets of 10 to 12 reps on average. On the two bench days, she will do 2 sets for restoration. Belt squatting and walking in the belt squat machine develop her glutes, hips, and legs. An old lifting exercise from the former

Soviet Union is to use this machine with the belt around the waist for lower body resistance while doing deadlifts and high pulls with kettlebells. Jean then does a lot of lat work on the lat machine, low-pulley work, or bent-over rows with a barbell or dumbbell. The inverse curl and hip machine are very beneficial to her success. She also does a lot of sit-ups and hanging leg raises, side bends, and kettlebell arm presses.

Now you know how a 123-pound female athlete trains at Westside—just like the guys. Amy Weisberger and Laura Phelps, who has totaled 10 times her own body weight, also train the same. It's the Westside system for all. Watch for Jean's progress in the future. «

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« MENTAL TOUGHNESS

bar. Some good examples of smell would be the harsh smell of smelling salts and baby powder. In my opinion, the most helpful visual image would be of the bar itself. Five hundred pounds loaded with forty five pound plates is five plates on each side (495) plus the collars which would be 505, but what we are shooting for here is what five hundred looks like on the bar in familiar surroundings (your gym). Visualize that weight on the bar before you reach the platform, see yourself locking out the weight and three white lights popping on as the crowd cheers for your successful effort. Are you getting the picture now? The more realistic the image seems, the easier it is for your mind to register that the lift is already been completed, thus making the lift believable. This will take some practice, of course, as with anything you get better at. The more consistent you practice, the better your focus and concentration will be also. I would do this mental exercise about a half hour before my workout and to do it nightly right before you go to sleep. On meet day, I would do it about 20 minutes before my first attempt and between all my other attempts. This will also keep you focused on the goal at hand and keep your mind from wondering from distractions at the gym or meet site. Remember: practice, practice, practice. Another effect of this mental exercise will be a more confident mind set of your lifting abilities. You will notice a decrease in your anxiety levels before you are being challenged to hit PRs in training or in a meet. This is why mental practice is so important. A good example would be the “fight, flight” syndrome, where your body is being forced into an uncomfortable, stressful situation where a monumental reaction is called for such as being challenged to a fight, where either you will rise to the occasion and meet the challenge or you will cower and fall apart, just like the reaction you get from some lifters when faced with hitting a PR in front of the gym or at a meet. Some lifters are good at the pressure, some are unfocused and are not. This is why the visualization will help you so much and as you get better at it, you will be better in pressure cooker situations like a big meet setting.

Here are some other points I’ll touch on that will make a difference in your mental preparation. One of the most common used mental psyching tool lifters use is the MP3 player; in other words, music. When you find music that can touch the inners of your soul, it can be a very powerful motivational tool. Your job is to find out what that music is. The majority of lifters like hard rock and metal because this type of stimulus reflects a kind of “out of control” effect which most lifters like. Just experiment with it. Smelling salts and caffeine have their place also, although just remember that you should do everything in moderation. When you take too much caffeine you can become shaky and jittery—not a good plan before getting under a heavy bar and smelling salts too close to the nose can trigger an involuntary neck movement as an irritation reflex, which can itself be harmful to some extent and also irritate your sinuses and taking you out of your focus. I would tell you to experiment

in the gym first with these aids before you try them at a meet.

Lastly, the time has come, your name has just been called on the platform, you’re just seconds away from achieving your goal. Your training has gone very well and you have hit new PRs in the gym. You’re confident and hungry to achieve your meet goal. Don’t screw up now, just let the Big Evil talk you through the last minutes before you accomplish your mission. Run through your mental exercises until about three lifters out, and then get into the psyching mode. This is the time to increase your heart rate and aggression levels. Breathe deep in you nose and out of your mouth and get yourself psyched up. Now here is where most lifters make the mistake of getting more excited and starting the “entertaining antics” of yelling and screaming and putting a show on. Most of these cats are gassed out by the time they lie down on the bench and it’s red light city. The Big Evil has a better plan. When you are on deck (one lifter out) relax and start to do a mental technique check point of your lift in workman like fashion. Your heart rate is already up now, so all you need to do is get focused. This is about the time you’re wrapping your wrists and chalking up or adjusting your bench shirt/belt. Here are some good pointers to start with. The first is not to make eye contact with the bar. I know I told you to visualize the bar in the mental exercises, but there are two reasons why you don’t want to look at the bar at this point. The first reason is because the meet will probably be using one hundred pound plates which might throw you off mentally because this is not what we mentally conditioned ourselves for and the second reason is simply the weight can just look too intimidating. In either or both cases, these are stress factors you just don’t need right now. You have done the prep work and we know we can lift this weight, so high tail it to the bench, looking at the ground and be thinking about your technique run through. A good example of this would be foot placement, then hand placement, then deepening your arch or whatever you like to do, but make sure it’s in the same sequence every time you do it—mentally and physically. Remember, your comfort level will be greater with things you are more in practice with doing. Also, when you are on the bench take your time and get set up right. Once you’re on the bench, there is plenty of time to get ready—use that time to your advantage.

In later articles I will be covering my list of “technique checkpoints.” The lift at this point should be there, providing you are really physically ready to achieve this weight, as we know the mental toughness is already there.

There you have it, mental toughness training 101. If you’re in the Pittsburgh area, stop down here at Steel City Barbell. We are always looking for new lifters to add to our ever growing army. Our address is 1501 Route 51, Jefferson Hills, PA 15025. Call 412.758.2830. Until next month, BELIEVE TO ACHIEVE! «

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BACK

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165 lbs.

| | | | | |
|--------------|-----|-----|-----|------|
| Open | | | | |
| Skridla-USA | 352 | 242 | 501 | 1095 |
| Dumitrac-ROM | — | — | — | — |
| Bratu-ROM | — | — | — | — |
| Teen (16-17) | | | | |
| Bowman+ USA | 138 | 138 | 462 | 738 |

181 lbs.

| | | | | |
|-------------|-----|-----|-----|------|
| Open | | | | |
| Holguin-USA | 501 | 363 | 539 | 1404 |
| Devers-USA | 462 | — | — | 462 |

198 lbs.

| | | | | |
|----------------|-----|-----|-----|------|
| Master (40-44) | | | | |
| Eubanks-USA | 429 | 314 | 528 | 1272 |
| Master (50-54) | | | | |
| Overbay-USA | 440 | 270 | 462 | 1173 |
| Master (55-59) | | | | |
| Kylis-USA | 407 | 330 | 429 | 1167 |

Open

| | | | | |
|--------------|-----|-----|-----|------|
| Houston-USA | 402 | 275 | 413 | 1090 |
| Teen (18-19) | | | | |
| Samper-COL | 562 | 253 | 606 | 1420 |

220 lbs.

| | | | | |
|----------------|-----|-----|-----|------|
| Master (40-44) | | | | |
| Hoover-USA | 551 | 385 | 606 | 1541 |
| Master (45-49) | | | | |
| Salazar-COL | 484 | 352 | 484 | 1321 |
| Williamson | 418 | 314 | 462 | 1195 |
| Master (50-54) | | | | |
| McCarty-USA | 556 | 314 | 523 | 1393 |

Open

| | | | | |
|---------------|-----|-----|-----|------|
| Smith-USA | 606 | 385 | 589 | 1580 |
| McCaulley-USA | 506 | 325 | 573 | 1404 |
| Teen (18-19) | | | | |
| Evans-USA | 363 | 303 | 446 | 1112 |

242 lbs.

| | | | | |
|----------------|-----|-----|-----|------|
| (13-15) | | | | |
| Jacob-USA | 264 | 165 | 336 | 765 |
| Junior | | | | |
| Wernz-USA | 473 | 402 | 573 | 1448 |
| Master (50-54) | | | | |
| Samper-COL | 622 | 314 | 578 | 1514 |

Open

| | | | | |
|----------------|-----|-----|-----|------|
| Khudayarov-RUS | 727 | 506 | 661 | 1894 |
| Submaster | | | | |
| Lamprecht-GER | 666 | 341 | 628 | 1635 |
| Fuhrer-USA | 539 | 341 | 639 | 1519 |

275 lbs.

| | | | | |
|-----------------|-----|-----|-----|------|
| Master (40-44) | | | | |
| Hoard-USA | 683 | 462 | 672 | 1817 |
| Master (45-49) | | | | |
| Tilson-USA | 501 | 264 | 407 | 1173 |
| Open | | | | |
| Spinardi-ARG | 870 | 484 | 751 | 2105 |
| Scarborough-USA | 639 | 352 | 650 | 1640 |
| Jameson-USA | 501 | 413 | 517 | 1431 |

Teen (18-19)

| | | | | |
|-------------|-----|-----|-----|------|
| Wagoner-USA | 644 | 468 | 633 | 1745 |
|-------------|-----|-----|-----|------|

308 lbs.

| | | | | |
|----------------|-----|-----|-----|------|
| Master (40-44) | | | | |
| Greer-USA | 303 | 209 | 330 | 842 |
| Master (60-64) | | | | |
| Wagner-USA | 336 | 281 | 528 | 1145 |
| Master (70-74) | | | | |
| Varnedoe-USA | 154 | 220 | 275 | 650 |
| Open | | | | |
| Johnson-USA | 887 | 451 | 672 | 2010 |

Best Lifter Bench Open Women: Marilia Coutinho. Best Lifter Bench Master Women: Danna Tripp. Best Lifter Bench Open Men: Trey Hague. Best Lifter Bench Master Men: Tom Sisk. Best Lifter Teenage Women: Ariel Bulmash. Best Lifter Open Women: Marilia Coutinho. Best Lifter Master Women: Ann Salter. Best Lifter Submaster Women: Annis Schwake. Best Lifter Junior Women: Vanessa Gale. Best Lifter Teenage Men: Dylan Wagnor. Best Lifter Submaster Men: Marco Lamprecht. Best Lifter Junior Men: Rudy Wernz. Best Lifters Open Men: Robert Smith, Mauro Spinardi. Best Lifters Master Men: Steve Kylis, Darrell Hoard. Bench Press Team Winner: USA. Powerlifting Team Winner: USA. The 2nd annual Global Powerlifting Alliance World Championships

were held December 1st-4th, 2011, at the Clarion Hotel in Jonesboro, Georgia. Nations represented were Argentina, Colombia, and Brazil from South America. From Europe were Finland, Germany, Romania, and Azerbaijan. The GPA is enjoying phenomenal success as the first and only completely raw international Powerlifting federation. Day 1 was bench press division starting with perennial champion Danna Tripp who increases her records on each contest finishing the day with a new record of 40 kg. in the 52 kg. open class, also winning the best lifter for master women. Marilia Coutinho of Brazil had a fantastic day with a record 105 kg. bench in the open 60 kg. class also winning best lifter honors for the open women. Anna

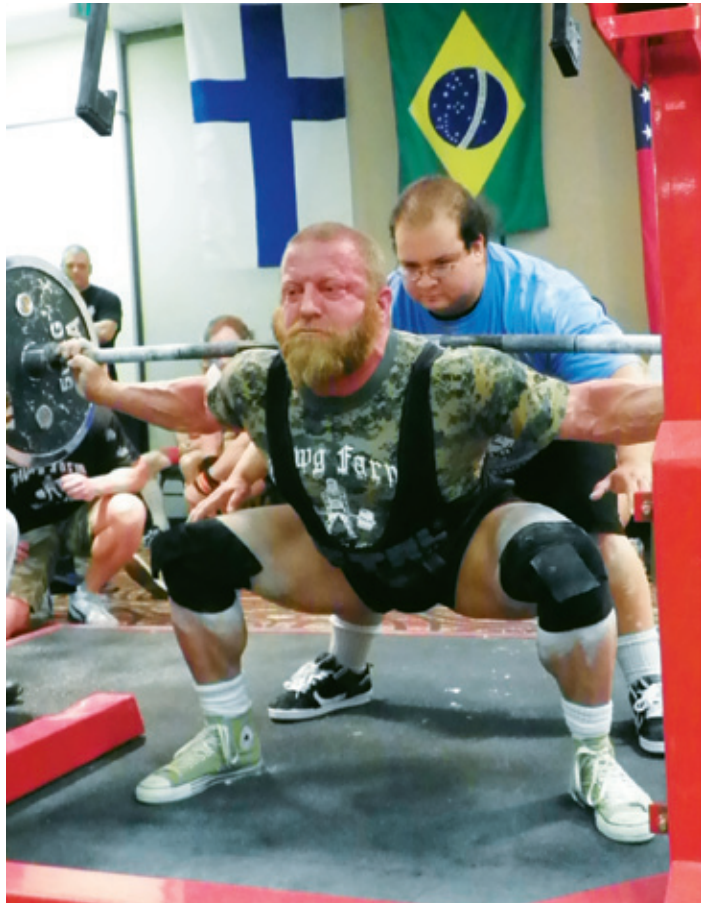
Karrila of Finland was equally impressive with 92.5 kg. lifting in open and junior 90 kg. class. Starting the men's division was Russ Tripp, husband of Danna Tripp who finished with a record 130 kg. in the master 40-44/75 kg. class. Greg Zarus of the USA 82.5 kg. master 45-49 finished with 102.5 kg. In the 82.5 kg. open class Trey Hague won with 157.5 kg. over Greg Zarus, who was competing in two divisions, with 102.5 kg. Trey also won best lifter honors in the open men division. R. Garry Glenn of the USA and a leading member of the Georgia Iron Dawgs Team won the 90 kg. 55-59 class with 145 kg. Robert Khun of the USA won the 90 kg. 55-59 class with 143 kg. record. Tom Sisk had the distinction of being the senior lifter of the contest and finished with

a world record 140 kg. in the 90 kg. 75-79 age group. Tom also won best lifter honors for the master men. Kendall Dean 45-49/100 kg. won his class with 127.5 kg. In the 110 kg. 50-54 age group Zack Presley won with a world record 172.5 kg. Trey McConnell 110 kg. open class finished with 135 kg. Jody Seabolt of the USA competing as a junior 125 kg. class won with a record 190 kg. Tim Moon of the Georgia Iron Dawgs had a good day winning the 125 kg. 45-49 class with 215 kg. over Chris Foster who had 195 kg. Rocky Tilson rounded out the 125 kg. 45-49 class finishing 3rd with 117.5 kg. Sami Huhtala of Finland competing in the open 125 kg. class won with a strong 180 kg. Dustin Minks of the USA won the submaster and

RESULTS »



Callarina Key of the USA



Larry Hoover of the USA



Vanessa Gale of the USA



Sahir Khudayarov of Azerbaijan



Mauro Spinardi of Argentina



Marilia Coutinho of Brazil



open 140 kg. class with 177.5 kg. Finishing up the bench press division was Uwe Thormann of the USA in the 110 kg. 50-54 class winning with 145 kg. Day 2 was women's powerlifting. Under close watch and expert coaching from her Father, Nelson Bulmash, Ariel Bulmash has become a world class powerlifter. She won her class, 16-17 age group 60 kg., with a squat of 112.5 kg., bench 72.5 kg., deadlift 132.5 kg. finishing with 317.5 kg. All records and also best lifter honors for teenage women. Marilia Coutinho of Brazil came to the USA to do some Powerlifting. She did, with the highest total of the women at 60 kg. bodyweight in the open division with a squat of 175 kg. on a 4th attempt, bench 100 kg., deadlift 170 kg., total 440 kg. for best lifter honors for the open women. Ariel Bulmash was the silver winner competing in two age groups. Annie Schwake of the Iowa team won her Submaster 67.5 kg. class with a squat of 132.5 kg., bench 67.5 kg. on a 4th attempt, deadlift 140 kg., and total 332.5 kg. Ann Salter of the USA via NGBB won her class 55-59/67.5 kg. with a squat of 87.5 kg., bench 50 kg., deadlift 115 kg. total 252.5 kg. Body Builder turned Powerlifter Daisy Kuischmann of Colombia, South America won her 67.5 kg. open class with a 4th attempt World Record squat of 137.5 kg., bench 65 kg., World Record deadlift of 148.5 kg., World Record total 348 kg. Vanessa Gale, a student from the USA, won her Junior division 75 kg. class with a squat of 137.5 kg., bench 60 kg., 4th attempt world record deadlift 150 kg., total 345 kg. Callarina Key, also a student from Alabama, USA, won her open division 75 kg. class with a squat of 137.5 kg., bench 67.5 kg., deadlift 165 kg., total 372.5 kg. Megan Salyars from Iowa, USA 18-19/82.5 kg. class won her division with a 4th attempt squat of 170 kg., bench 67.5 kg., deadlift 150 kg. for a total of 382.5 kg. Kylee Barnes of the USA won her 18-19/90 kg. class with a squat of 25 kg., bench 65 kg., world record deadlift of 144 kg. for a total of 234 kg. Anna Karrila of Finland entered two divisions, open and junior, winning both with a squat of 132.5 kg., bench 92.5 kg., 4th attempt deadlift 147.5 kg. for a total of 370 kg. Elease Crumedy of the USA finished the women's day winning the 40-44/90+ kg. class with a squat of 142.5 kg., bench 60 kg., deadlift 145 kg. for a total of 347.5 kg. Louis Hoover of the USA led off the men's powerlifting winning the 13-15/60 kg. division with world records in the squat of 92.5 kg., bench 70 kg., deadlift 137.5 kg. for a total of 300 kg. Scott Bowman, also of



Megan Salyars of the USA

RESULTS »



Anna Karilla of Finland



Ariel Bulmash of the USA

the USA, won the 75 kg, 16-17 class with 62.5 kg. squat, 62.5 kg. bench, deadlift world record 210 kg. for a total of 335 kg. Jason Samper of Colombia won the 90 kg. 18-19 class with world records in the squat of 255 kg., bench 115 kg., deadlift 275 kg., total 645 kg. Sean Evans of the USA won the 100 kg. with a squat of 165 kg., bench 137.5 kg., deadlift 4th attempt world record 205 kg. for a total of 505 kg. Rudy Wernz of the USA won the junior class 110 kg. and best lifter with a squat of 215 kg., bench 182.5 kg., deadlift 260 kg., total 657.5 kg. Marco Lamprecht of Germany totaled Elite and won best lifter submaster men 110 kg. class with world records in the squat of 302.5 kg., bench 155 kg., deadlift 285 kg., total 742.5 kg. followed by Joshua Fuhrer in 2nd place with squat 245 kg., bench 155 kg., deadlift 290 kg., for a total of 690 kg. In the 110 kg. 13-15 class Jacob Evans won with squat 120 kg., bench 75 kg., deadlift 152.5 kg., total 347.5 kg. Finishing up the day two was Dylan Wagner of the USA winning the 125 kg. and Teenage Best Lifter Honors in the 18-19 class with a squat of 292.5 kg., bench 212.5 kg., deadlift 4th attempt word record 295 kg. for a total of 792.5 kg. Day 3 begins with Nicholas Skridla of the USA winning the open 75 kg. class with a squat of 160 kg., bench 110 kg., deadlift 227.5 kg., total 497.5 kg. Dan Dumitrache of Romania is probably the strongest 75 kg. raw lifter in the GPA but he failed with three attempts at 300 kg. in the squat not finishing. Maybe next year. Rene Holguin of the USA won the 82.5 kg. open class with a squat of 227.5 kg., bench 165 kg., deadlift 245 kg., making a 4th attempt 250.5 kg. world record, total 637.5 kg. over team mate Garrett Devers who failed to total. Kevin Eubanks, recovering from knee surgery had a great day winning the 90 kg. 40-44 class with a squat of 195 kg., bench 142.5 kg., deadlift 240 kg., total 577.5 kg. Danny Overbay of the USA won the 90 kg. 50-54 class with 200 kg. squat, bench 122.5 kg., deadlift 210 kg., total 532.5 kg. Steve Kylis of the USA won master Best Lifter and his 90 kg. 55-59 class with a 4th attempt world record squat of 205 kg., bench 150 kg., deadlift 195 kg., total 530 kg. James Houston won the 90 kg. open class with a squat of 182.5 kg., bench 125 kg., deadlift 187.5 kg., total 495 kg. Jason Farrow of the USA won the 52 kg. 55-59 master class with a squat of 87.5 kg., bench 65 kg., deadlift 112.5 kg., total 265 kg. James Di Naso of the USA won the 67.5 kg. 40-44 class with squat 112.5 kg., bench 112.5 kg., deadlift 175 kg., total 442.5 kg. Marius Bratu of Romania in the open 75 kg. class failed to total. Larry Hoover of the USA from Indiana led the charge of the team from Indiana winning his 40-44/100 kg. class with a squat of 250 kg., bench 175 kg., deadlift 275 kg., total 700 kg. Saul Salazar of Colombia won the 45-49/100 kg. class with a squat of 220 kg., bench 160 kg., deadlift 220 kg., total 600 kg. followed by Andy Williamson of the USA with a squat of 190 kg., bench 142.5 kg., deadlift 210 kg., for a total of 542.5 kg. James McCarty of the USA won his class while leading the team from Virginia with a squat of 252.5 kg., bench 142.5 kg., deadlift 237.5 kg., total 632.5 kg. Robert Smith if the USA won the open Best Lifter award while winning the open 100 kg. class with a squat of 275 kg., bench 175 kg., deadlift 267.5 kg. with a total of 717.5 kg. With the Silver Medal Grant McCauley finished the day with a squat of 230 kg., bench 147.5 kg., deadlift 260 kg. total 637.5 kg. Grant is also the coach of the great Iowa Team. Day

four leads off with the great Julio Samper of Colombia who won his 110 kg. 50-54 class with a squat of 282.5 kg., bench 142.5 kg., deadlift 262.5 kg. for a total of 687.5 kg. Zahir Khudayarov of Azerbaijan won his open 110 kg. class totaling Elite with a 330 kg. squat, bench 230 kg., which was the strongest bench of the day, deadlift 300 kg., total 860 kg. Another Elite lifter from the USA, Darrell Hoard, won his 40-44/125 kg. class with a squat of 310 kg., bench 210 kg., deadlift 305 kg., total 825 kg., also winning Best Lifter honors for the Master Men. Rocky Tilson of the USA won his 45-49/125 kg. class with squat 227.5 kg., bench 120 kg., deadlift 185 kg., total 532.5 kg. Mauro Spinardi of Argentina, also GPA Elite, had a great day in the open 125 kg. class starting with a World Record squat of 395 kg., bench 220 kg., deadlift World Record 341 kg., with the highest total of the meet 956 kg., also winning Best Lifter honors for the open men. Brandon Scarbrough of the USA won the silver with a squat of 290 kg., bench 160 kg., deadlift 295 kg., and total 745 kg. Landon Jameson finished the open class with the Bronze Medal with a squat of 227.5 kg., bench 187.5 kg., deadlift 235 kg., total 650 kg. Gordon Varnedoe of the USA won his 140 kg. 70-74 class with all World Records with a squat of 70 kg., bench 100 kg., deadlift 125 kg., total 295 kg. William Greer of the USA won the 140+ kg. 40-44 class with squat 137.5 kg., bench 95 kg., deadlift 150 kg., total 382.5 kg. Dave Wagner of the USA won the 60-64/140+ class with a squat of 152.5 kg., bench 127.5 kg., deadlift 240 kg., total 520 kg. Elite lifter Dwon Johnson of the USA won his open 140+ kg. class with a World Record squat of 403 kg., the heaviest squat of the meet, bench 205 kg., deadlift 295 kg. and the Elite total of 903 kg. The GPA Banner was passed to GPA South America President Mauro Spinardi to be displayed at the 2012 GPA World Powerlifting and Bench Press Championships in Argentina, South America. » courtesy LB Baker

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| BENCH | | 198 lbs. | | | |
|---------------|-----|-------------------|-----|------|-----|
| Raw | | J. Brossett 290 | | | |
| 148 lbs. | | 220 lbs. | | | |
| T. Gothrup | 155 | C. Thibodeaux 145 | | | |
| Push Pull | | BP | DL | TOT | |
| Raw | | | | | |
| 165 lbs. | | | | | |
| N. Ogletree | | 210 | 375 | 585 | |
| Powerlifting | | SQ | BP | DL | TOT |
| 114 lbs. | | | | | |
| D. Walker | 255 | 125 | 280 | 660 | |
| G. Clement | 215 | 100 | 250 | 565 | |
| H. Morris | 175 | 95 | 205 | 475 | |
| 123 lbs. | | | | | |
| S. Hamilton | 180 | 85 | 205 | 470 | |
| 132 lbs. | | | | | |
| P. Bartz | 400 | 185 | 345 | 930 | |
| M. Picou | 280 | 225 | 325 | 830 | |
| J. Victorino | 235 | 95 | 255 | 585 | |
| N. Domingue | 225 | 115 | 235 | 575 | |
| 148 lbs. | | | | | |
| B. Holy | 260 | 185 | 300 | 745 | |
| Z. Prevot | 235 | 120 | 310 | 665 | |
| J. Miller | 255 | 110 | 260 | 625 | |
| J. Harilal | 205 | 125 | 285 | 615 | |
| C. Couvillion | 205 | 130 | 270 | 605 | |
| 165 lbs. | | | | | |
| C. Sullivan | 485 | 300 | 475 | 1260 | |
| W. Prevot | 470 | 265 | 510 | 1245 | |
| C. McCrae | 440 | 245 | 475 | 1160 | |

| | | | | | | | | | | | | | | | | | | | | |
|-----------------|-----|-----|-----|------|-------------------------------------|-----|------|-----|------|--------------------------------|------------|-----------------|-----------------|-----------------|--------------------|-----------------|-----------------|-----|---------------------|-----|
| S. Louque | 350 | 190 | 400 | 940 | J. Melancon | 450 | 330 | 510 | 1290 | 132 lbs. | Open | A. Goldberg | 539 | | | | | | | |
| R. Beinvenu | 205 | 200 | 275 | 680 | J. Phillips | 445 | 275 | 530 | 1250 | (14-15) | J. Potter | 328 | Open | | | | | | | |
| C. Lambert | 265 | 125 | 275 | 665 | A. Goss | 255 | 145 | 320 | 720 | B. Jeter | 209 | 181 lbs. | F. Sowa | 578 | | | | | | |
| R. Ross | 195 | 125 | 260 | 580 | A. Watts | 205 | 165 | 215 | 585 | 148 lbs. | (50-54) | Open | 275 lbs. | | | | | | | |
| W. Chiu | 505 | — | — | 505 | 181 lbs. | | | | | (18-19) | J. Johnson | 374 | M. Zengilowski | 259 | | | | | | |
| 181 lbs. | | | | | J. Aymond | 425 | 230 | 425 | 1080 | P. Nguyen | 187 | (55-59) | MALE | C. Peters | 650 | | | | | |
| D. Kliebert | 275 | 140 | 325 | 740 | 198 lbs. | | | | | Open | S. Bixler | 303 | 148 lbs. | Open | S. Zullinger | 578 | | | | |
| K. Beinhauer | 265 | 120 | 240 | 625 | J. McDougal | 500 | 435 | 665 | 1600 | J. Leavitt | 253 | (18-19) | P. Nguyen | 363 | STRICT CURL | | | | | |
| A. St. Pierre | 235 | 110 | 240 | 585 | T. Brink | 365 | 200 | 415 | 980 | 181 lbs. | (25-29) | C. Peters | 468 | 165 lbs. | FEMALE | | | | | |
| A. Landry | 190 | 105 | 280 | 575 | 220 lbs. | | | | | (40-44) | M. Moore | 363 | (30-34) | D. Walls | 385 | 148 lbs. | | | | |
| 198 lbs. | | | | | G. Bailey | 490 | 345 | 670 | 1505 | (50-54) | M. Boddie | 479 | (45-49) | D. Buchannon | 66 | MALE | | | | |
| B. Noel | 500 | 335 | 500 | 1335 | B. Thompson | 385 | 240 | 440 | 1065 | H. Sturman | 341 | (16-17) | S. Reynolds | 347 | M. Burns | 501 | 148 lbs. | | | |
| T. Peters | 420 | 230 | 475 | 1125 | L. Leger | 395 | 260 | 410 | 1065 | 198 lbs. | (25-29) | S. Zullinger | 402 | 198 lbs. | (45-49) | J. Leavitt | 116 | | | |
| J. Beckham | 425 | 195 | 400 | 1020 | V. Breaux | 250 | 315 | 415 | 980 | 198 lbs. | (40-44) | R. Beuch | 418 | (20-24) | T. Kellogg | 468 | (25-29) | | | |
| D. Kernion | 370 | 225 | 390 | 985 | R. Curtis | 185 | 210 | 300 | 695 | (16-17) | B. Sherman | 226 | (60-64) | L. Dyles | 551 | L. Dyles | 165 | | | |
| C. Storks | 355 | 165 | 430 | 950 | 242 lbs. | | | | | (25-29) | T. Kellogg | 325 | (40-44) | J. Hugh | 308 | DEADLIFT | | | | |
| M. Millet | 215 | 120 | 245 | 580 | F. Marzano | 465 | 275 | 650 | 1390 | UNL | M. Burns | 286 | (16-17) | J. Delaroderie | 253 | FEMALE | | | | |
| 220 lbs. | | | | | W. Sherwood | 310 | 260 | 415 | 985 | J. Thomas | 180 | 105 | 265 | 550 | J. Delaroderie | 253 | 66 lbs. | | | |
| Z. Coleman | 530 | 355 | 525 | 1410 | UNL | | | | | » courtesy Cameron Barrilleaux | | | | | Open | (Under 11) | E. Fleming | 83 | | |
| K. Pizzolato | 550 | 320 | 485 | 1355 | 100% RAW POTOMAC | | | | | | | | | | Open | (Under 11) | J. Delaroderie | 462 | B. Ruskin | 149 |
| C. Durel | 500 | 305 | 550 | 1355 | OPEN | | | | | | | | | | Open | (Under 11) | J. Goldberg | 424 | G. Kessler | 132 |
| T. Abate | 455 | 295 | 440 | 1190 | JAN 28 2012 » Woodbridge, VA | | | | | | | | | | Open | (Under 11) | M. Mercorelli | 391 | 220 lbs. | |
| T. Case | 290 | 190 | 350 | 830 | BENCH | | | | | | | | | | Open | (20-24) | N. Kalbaugh | 347 | (55-59) | |
| 242 lbs. | | | | | FEMALE | | | | | | | | | | Open | (55-59) | B. Blaschke | 275 | (60-64) | |
| M. Richard | 605 | 310 | 730 | 1645 | 148 lbs. | | | | | | | | | | Open | (70-74) | G. Shultz | 297 | (70-74) | |
| G. Chandler | 600 | 305 | 600 | 1505 | (40-44) | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | Open | |
| A. Ameen | 550 | 280 | 470 | 1300 | D. Buchannon | 149 | Fire | | | | | | | | Open | (Under 11) | D. Buchannon | 314 | D. Buchannon | 479 |
| 275 lbs. | | | | | J. Potter | 154 | Open | | | | | | | | Open | (Under 11) | J. Potter | 328 | » courtesy 100% Raw | |
| D. Meullion | 660 | 390 | 625 | 1675 | MALE | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| C. Albright | 560 | 275 | 600 | 1435 | 97 lbs. | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| D. Sylvest | — | 380 | — | 380 | (Under 11) | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| SHW | | | | | D. Proctor | 110 | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| T. Nichols | 750 | 465 | 605 | 1820 | | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| UNL | | | | | | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| J. Davis | 270 | 135 | 315 | 720 | | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| D. Washington | 275 | 150 | 250 | 675 | | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| L. McCoy | 245 | — | 345 | 590 | | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| Raw | | | | | | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |
| 165 lbs. | | | | | | | | | | | | | | | Open | (Under 11) | J. Moore | 240 | | |

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*Lloyd Weinstein was inducted by Mike Rinaldi; Carl Snitkin was inducted by his wife, Bernice; Sherman Backus was inducted by John Varrone; Lou Capozzi was inducted by Joe Sartarrelli; John Varrone was inducted by Lou Gianfriddo and Ken Fantano was inducted by Jay Piccirillo and Dino Carbone.

Bottom row, L-R: Lou Capozzi, Lloyd Weinstein
Top row, L-R: Carl Snitkin, Sherman Backus, John Varrone and Ken Fantano

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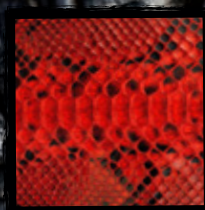
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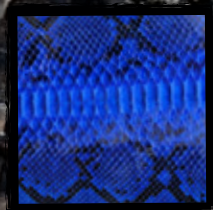
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