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DEADLIFT ROUTINE

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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"...

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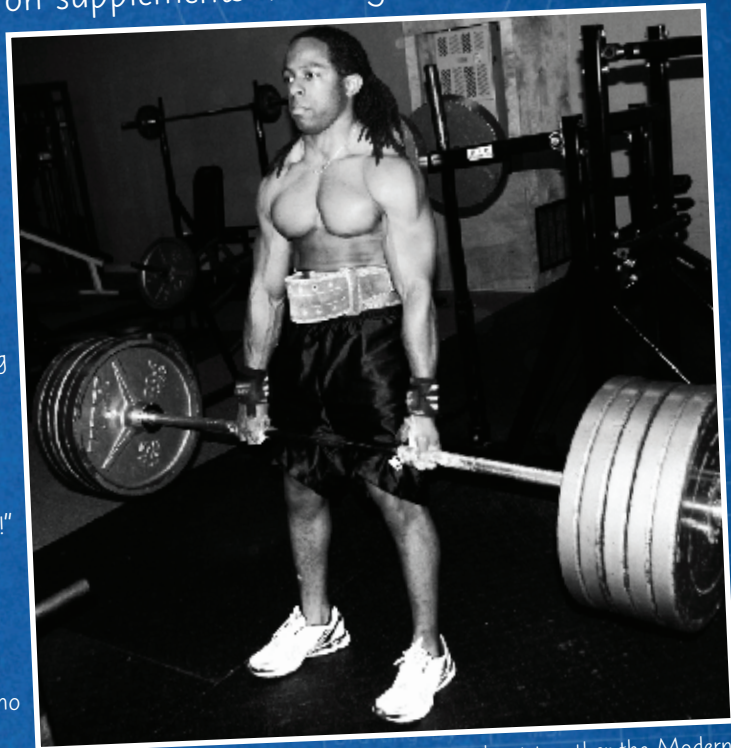
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*Maryana is a benching superstar in her homeland of Russia
courtesy Maryana Naumova*





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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine."

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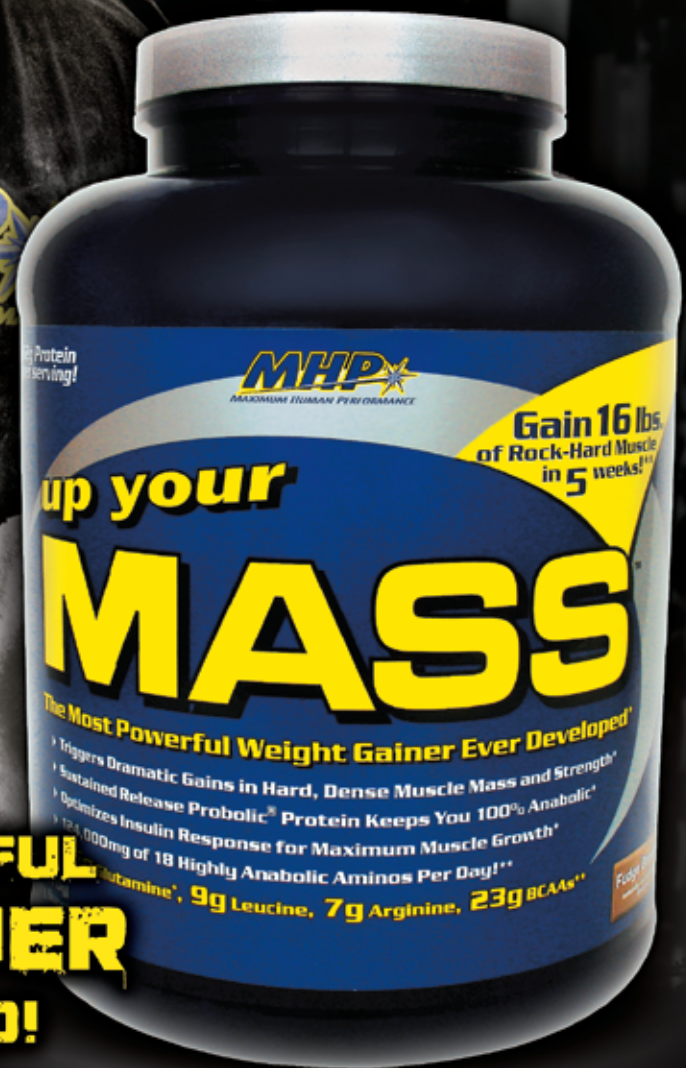
Don't let her looks fool you—this girl can put up a serious bench press!
photo courtesy Maryana Naumova



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WORKOUT OF THE MONTH: SGT. ROCK'S CHAMPIONSHIP DEADLIFT ROUTINE

as told to *Powerlifting USA* by "Sgt. Rock" Brent Howard, USMC

This routine is a potpourri of information from so many superstars and lifters I have met personally or read about in *Powerlifting USA*. I must include Josh Bryant, as he had a big influence on this routine. Others who have influenced me are my friend Vince Anello, Eddy Coan, Andy Bolton, Liz Freel, Louie Simmons, Dan Martin, John Inzer, the Outlaw Forum, and a laundry list of other great lifters, young and old, male and female, to include IPF world champs and state champs, all levels of greatness. The deadlift requires just as much attention as the other two lifts, but oftentimes doesn't get it. In the first five weeks the percents are based on your RAW max—be honest and guess low. If you pull sumo still, do the deficits and stiff legs conventional style. The height of the deficit box should be 2.5 inches, no more than 3 inches. Assistance moves are: barbell rows 2x5 heavy, heavy weighted chins if possible, cable rows, front lat pulls, all done for two sets 7–10 reps, dumbbell shrugs for 2x20, 45 degree back for 2x15 with weight, and 5 sets of weighted ab work. Once done with pulling movements, you need to push the pace and finish the assistance moves in 45 minutes—no more than that!

This workout has proven successful with IPF world champs, women and men of all levels of achievement. Follow the percents to the letter; the first five weeks are based on your true raw max, the last five is your meet goal, but you *must* be realistic. If anything, guess on the *lower side*. On the deficits and SLDL the percents are on your raw max the entire ten weeks! On SLDL let the bar just graze the floor; on all other pulls it should be a total dead stop before the next rep. Remember, the first five weeks are based on percentages of your raw max, the next five are with gear—all the gear you are going to wear to the show, wear for five weeks. This will give you time to get used to your gear. I prefer a two-ply in the back Fusion DL suit, Erector shirt, and groove briefs. I am able to get 75 pounds or more conventional from this combo and you can too if you practice in your gear. Deficits are done with one 20 pound chain; SLDL is done with two 20 pound chains—straddle the chains!

DEFICITS: SLDL

Week 1	70% x 3	65% x 5	55% x 5
Week 2	75% x 3	70% x 5	60% x 5
Week 3	80% x 3	75% x 5	65% x 5
Week 4	85% x 3	80% x 3	67.5% x 5
Week 5	90% x 3	85% x 3	70% x 5

ALL GEAR: Fusion DL suit, two-ply in the back, Erector shirt and Groove briefs. I highly recommend Velcro Straps if your federation allows it.

Week 6	75% 3 x 1 rep	70% x 3	65% x 3
Week 7	80% 3 x 1	75% x 3	70% x 3
Week 8	80% x 1, 85% 2 x 1	80% x 3	72.5% x 3
Week 9	80% x 1, 90% 2 x 1	85% x 3	75% x 3
Week 10	80% x 1, 95% 2 x 1	87.5% x 2	77.5% x 3

On any given week, on any of the three pulling movements, if the weight seems too light, this is your chance to utilize speed. Pull every single rep as fast as possible. The percents on the SLDL are high, but don't compromise your form, slight knee bend and butt sticking out way back,



Brent Howard aka "Sgt. Rock" celebrated both a successful deadlift and the just announced capture of Saddam Hussein at the 2003 WABDL Worlds Championships

slight graze, then throw that head back and let the bar slide up the shins to lockout. On the deficits get your grip set and keep that head back and pull; don't stay in the hole any longer than you have to. Sumo pullers, the extra conventional work will really help your pull. Your last pull should be 10–12 days from the show and coming into this routine you should NOT pull the week before; come into it fresh and ready to rock and roll! Please send any feedback or questions to sgtrock804@yahoo.com. I am anxious to see the results that you get. Any and all emails will be answered. *The meet don't start until the bar gets on the floor!* Semper Fi and God bless each and every one of you. Without God in my life, I would not be where I am at. ☺

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PACIFICO POWER

as told to Powerlifting USA by Darrell Sterling

The greatest athletes the world has ever known: Michael Jordan, Joe Montana, Jack Nicklaus—names that are synonymous with their sports—all had sons who competed in the exact same sports that their fathers conquered, yet none were successful.

The son of one of the greatest athletes in the world of powerlifting—ten years undefeated, nine-time world champion Larry Pacifico—has dared to follow in his father's enormous footsteps with unbelievable results. Jimmie Pacifico, at the tender of 23, is already one of the sport's strongest lifters. He has posted a 2,300-pound total in the 220-pound weight class. Muscle mass and herculean strength usually takes decades to develop, as most lifters will not hit their peak until they are late into their thirties. Jimmie believes he is just getting started with higher totals on the horizon. He trains at powerlifting's most famous gym: the Westside Barbell Club in Columbus, Ohio. Being trained by two legends in the sport, his Dad and Louie Simmons, surely doesn't hurt, but as Larry pointed out, "Jimmie still has to put in the work." All the coaching in the world will not give you a 1,000-pound squat. Only hard work and dedication will allow you to compete at that level. Larry should know; he has set an amazing 54 world records throughout his hall of fame career.

Jimmie recently had a major setback when he hurt his back competing the SPF Pro-Am. Jimmie explained, "I was trying to squat 980 for my second attempt, but I had problems with my foot placement and never got set right. I tried to self correct, but I probably should have given up on the lift." Jimmie needed back surgery to fix a herniated L5 disk. He underwent successful micro-lumbar surgery back in October. He is already back in the gym and more determined than ever. Jimmie has big plans for 2012. His goals for this year are to get close to a 2,500-pound total by squatting 1,010, benching 720, and pulling 740 pounds in the deadlift.

It is hard to put in perspective just how dominant Jimmie's father was. Larry Pacifico regularly beat his closest competitor's totals by well over 200 pounds. He could have easily won the next two weight classes above his. He was an absolute beast, winning a total of 104 powerlifting meets, competing against world-class competition.

Larry's son is now the most promising young lifter to ever come around. Can you imagine Michael Jordan's son having the chance to even come close to his dad's greatness? That is what we are talking about here; a legend whose son is blazing his own trail. Jimmie told me that he only does what he does because of his dad. He said, "People think that my dad pushed me too hard, but that isn't the case. We have a great relationship outside of the gym. We have a normal father/son relation-

ship. We just like to hang out together and watch TV or do whatever." It is a special bond that a father and son share, but their relationship goes beyond that. They are special athletes that share the same drive, passion and love for their sport. No man has shown more drive than Larry Pacifico. Rarely has one man dominated a sport like Larry did from 1971–1979; that was when there was only one federation and one true world champion, and Larry was king.

The amazing thing about Jimmie is he is really just a kid. I have been Facebook friends with Jimmie for the last year or so and have enjoyed watching him do what kids do, like drinking a ton of hot sauce to win a bet and getting pepper-sprayed (I never did that one). He is just having fun being a kid. The key here is that he is not yet a fully matured man tapping into the testosterone levels of man in the prime of his life. What will this man-child be lifting in the next ten years? Look at what strength improvements he has made from the age of 13 to 23 years old. What will he accomplish and what improvements will he make from the ages of 23 to 33? He is already in rarefied air competing with and against the very best in the world. He is, dare I say it, on pace to dominate a demanding, grueling sport just like his dad did.

Jimmie's main training partner and close friend is Dave Hoff, another one of our sport's young phenoms. Dave just turned 24 and is closing in on a 3,000-pound total. He could possibly break that barrier next year, making him only the second man in history to do so. Donnie Thompson just set that mark, but is almost 20 years older than Dave. Jimmie said, "Dave and I are the future of powerlifting." Who could argue? Larry added, "I have been in the sport for 45 years and Dave Hoff and Jimmie rank up there with Ed Coan and Mike Bridges." The sponsors and advertisers of the sport should wise up and hitch their wagons to this shooting star. I was surprised that Jimmie has yet to sign up with a major sponsor. Someone should snatch him up before he ascends to the top of the sport and is in high demand.

I have loved and studied all sports. I have never heard of a father-son duo who have both become not just world champions, but the best that their sport has to offer. Shawn Frankl and Donnie Thompson are the tops in the sport and may have something to say about a Pacifico trying to crash their party. Jimmie still has a lot of work to do, but he is well on his way. Larry used to own a gym right up the street from where I grew up at in Vandalia, Ohio. My brother Dave and I worked out in Larry's gyms for many years. I have since moved away, but I started hearing that Larry had a son who was an amazing athlete. Jimmy was an excellent tailback and shot-put champion at the same high school that I graduated from. Jimmie in fact held the state



Like father like son – Larry Pacifico (above) and son Jimmie (below); note the eerie similarity in squat style by both men

record for Ohio in the shot-put for many years and had at one time the sixth best ever throw for a high school student in the USA. Jimmie's original athletic dreams were to compete in the London 2012 Olympics. Shot-put's loss was powerlifting's gain.

Larry still lives in the Dayton, Ohio, area where he is a personal trainer. Larry's website Pacifcopower.com displays the products, training appeal, and additional information about both Larry and his son. Please visit Larry's website and learn training tips from the legend. Jimmie also suggested that people could contact both himself and his dad on Facebook for more up to date training videos. Only time will tell whether Jimmie will be able to stay healthy enough to reach his full potential. If he does, he has the chance to do what no one has done before; successfully following their legendary father. Stay tuned. «

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OFF SEASON

as told to Powerlifting USA by Doug Daniels

Most, if not all, of the major sports have an off-season; which is usually the time period after that sport's championship is played, such as the World Series or Super Bowl, and before the start of the pre-season. For the Chicago Cubs, the off-season usually starts around early May. For most modern day athletes, the off-season does not mean that training stops. Just about all professional teams conduct off-season training programs where athletes work on strength, agility and speed as well spend time in the video room reviewing past performances looking for ways to improve for next season. Powerlifting's off-season is not as clearly defined since contests take place all year round at all levels of competition. So what is a powerlifter's off-season and what is its purpose or goal and how should a powerlifter train during that period?

Let's start with defining the powerlifter's off-season as the period of time when you are not specifically training for a contest. For example, that could be the time just after a meet and up to 8-10 weeks prior the next one. Just as in other sports, off-season training is also different than training for a contest or sporting event.

There are three major goals for an off-season. The first is to improve on strengths. The second is to improve on weaknesses. These weaknesses or strengths can be either on a specific lift or a part of the lift. The third is to rest your mind and body and recuperate from heavy contest training. Contest training with max lifts really adds up over time on our bodies. The mind also tires from continually pushing the body. Contest-type training, if continued for too long, can result in a drop in strength and motivation and even result in injury.

In this author's opinion, off-season exercise selection and training methods, as mentioned earlier, can vary dramatically from contest training. I recommend lifters concentrate on exercises outside of the three powerlifts during the off-season, but with an emphasis on exercises that resemble the three lifts for the most positive transfer of strength.

Narrow stance squats should be your exercise of choice for the squat. Squat with your legs at shoulder width and keep your back as upright and flat as possible. I suggest avoiding use of a belt, squat suit, or wraps during the off-season; let your muscles and torso do the work, not a belt and squat suit. Leg presses can be worked on light days and can provide stimulus to the thighs and hips, while allowing your lower back to rest and recover. Calf work is important for better stability backing in and out of the rack. That is all that's needed for the squat during the off-season. Exercises like leg extensions and the like are marginally effective and are unnecessary fluff.

Your bench work could consist of wide grip benches to emphasize pec power and close grip benches to emphasize the triceps. Dumbbell

benches are also useful during this period. Barbell or dumbbell presses work the delts sufficiently, so there is no need for fluff exercises like dumbbell laterals. Lat work is important to a big bench as well as the deadlift. There are two types of lat exercises; pulling the arms down and pulling the arms back. I'm just not smart enough to know which of the two is best, so I suggest doing them both by alternating them. One workout could consist of rowing (pulling arms back) and the next would consist of pulldowns (pulling the arms down). There are many lat exercises to choose from like one arm dumbbell rows, T-bar rows, chins and pull downs of various widths and grips. The key to working lats is to imagine your arms as 'hooks' and make the back muscles, not your biceps, do the pulling back or down. This may seem strange and it might take a little practice to get the hang of it. This also may require using a little less weight for best results.

To work the deadlift I suggest performing deadlifts off the block instead of regular deadlifts. Stand on a sturdy platform (about 2-3 inches high) such as a 100-pound barbell plate that allows a little extra range of movement while not letting the bar crush your feet at the lowest position. This exercise really works the pull off the floor. If the start of your deadlift is a strength, the power developed will help the bar to be pulled past any sticking point later in the lift to lockout. Shrugs are by far my top pick for lockout power. Get a full range of motion, shrug to your ears and hold it for a count and then lower. Relax the arms and let your traps do the shrugging, not your biceps. Use lifting straps to aid holding on to the bar during the sets.

I never knew a person had a core until a few years ago, so I guess we never had one until then. But all kidding aside, the importance of our core or torso (abs and lower back) cannot be overlooked or underestimated. Ab crunches, either manual or with a machine, should be done 2-5 times per week. Strong abs aid in the stabilization of the torso and aid power transfer and leverage in all 3 powerlifts. Hyper extensions are great for working the lower back muscles. There are countless other exercises and equipment for your core or torso like kettle bells, medicine balls and plank type exercises. Flexibility is also important. Increased flexibility, especially in the hamstrings, can help prevent injury. Combining a strong torso or core with enhanced flexibility will enable a lifter to achieve a more efficient leverage position which should translate to higher training and contest lifts. Keep this up 12 months a year. Bicep power also contributes heavily to all three lifts. Work your biceps twice per week for 3-8 sets. Please use a full range of motion for best results, no swinging or cheating allowed!

Off-season repetitions should be higher; ranging between 5-12 during the off-season. Rest between sets should be less than during the contest phase also. You may take 10-15 minutes between heavy deadlifts during contest training, but during the off-season pause only 2-5 minutes between deadlift off the block sets. Using lower weight and higher reps allows the shorter rest time between sets. Use common sense and increase weight only when your strength allows you to use good form. I cannot stress enough that a contest judge does not care how much you can cheat curl, so do not cheat yourself by using sloppy form just to use heavier weights and soothe your savage ego. Please remember that you will need to lower the weights used in narrow stance squats, wide and close grip benches and deadlifts off the blocks in comparison to your normal competitive style. If you aren't sure of what weights to start at for these exercises I would suggest using 50-60% of your normal weight used as a starting point and gradually adjust from there.

Just like in many major sports if you want to improve, there really is no off-season, just training with different goals and methods. The off-season is just as critical to your progress as your contest season. If you need more information on some of the exercises I recommended I suggest digging back to some old back issues of *Powerlifting USA*. So unless you play for the Cubs, if you do not have an off-season plan give some of my suggestions a try. <<

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CHASE WOOLDRIDGE: SENIOR SPEECH

as told to *Powerlifting USA* by Joseph and Chase Wooldridge

High School senior, 18 year old Chase Wooldridge, began training under the coaching of John Ford when he was 17 and weighed 118 pounds at 5-foot-8-inches. He won his division at 17 in the 132-pound single-ply class at the SPF North American in August of 2011, held in Gatlinburg, Tennessee, and set all new records after training only six months. His lifts were a 180-pound bench press, a 315-pound squat and a 330-pound deadlift. He has done four meets and won them all and set new records for his division.

CHASE WOOLDRIDGE'S SENIOR SPEECH:

Throughout an individual's life, lessons are taught as time goes on; some are easy to grasp while others dangle in the balance waiting to be learned. If it weren't for these certain lessons, life's journey would not be as meaningful to one's existence as to a person who does have the experiences. Life lessons can help build one's motivation which improves the chance to succeed. Lessons of life shape the future of individuals and I myself have learned and conquered knowledge of these lessons through events I've experienced. I realized that I had acquired more motivation and understanding of success once my hobby of powerlifting adjusted itself into my life.

It's hard to remember the exact age, but ever since I was a child, muscles and strength always happened to catch my eye. From Power Rangers, to Superman, to wrestling and powerlifting, it's an interest that I've been able to carry with me throughout my life. Although it's a major interest of mine, I've never really appeared to have a body builder like physique; but once my journey through powerlifting began, my strength reached heights that most people are baffled by because of my size. For some it's even hard to believe that I have a weekly routine gym schedule, but Monday, Wednesday and Friday at 3:30 p.m. I'm at the gym training. If it weren't for my dad, my coach and fellow teammates, I would not have the determination nor the motivation to repeatedly continue my training every week. Whether we're just training to build our strength or training for a competition, I always strive to give 110% during my workout. It's important to have self motivation along with the motivation of my team to reach my goals because without that I fear the potential of failing to succeed. Former NFL player Mike Ditka once stated, "The ones who want to achieve and win championships motivate themselves." I completely support this quote and can relate to it by knowing that I need the motivation of my team and myself to better my chances of success. When I began powerlifting I couldn't wait until my first competition, but once it was time for my first one I needed that motivation and encouragement from my team; with that I would finish first in my class and set four Indiana state records. By not completing all my lifts I realized it was up to me to improve on them in the gym and train to better those lifts individually for my success. French writer Sebastien Roch Nicholas Chamfort stated, "Success makes success, like money makes money." This quote describes my results at my first competition, along with my second, third and fourth, because I've gotten first place in my division at them all. Also, I have set or broken records at every competition I've competed in so far. Powerlifting has taught me that if I work for what I want, I'll see the results I want to see.

All in all, I now have a better understanding of motivation and the results that come with it. If it weren't for powerlifting, I would not be where I am today. Powerlifting has changed my life for the better and has helped shape me into the person that stands before you. Author James Baldwin once said, "Not everything that is faced can be changed, but nothing can be changed until it is faced." Before I started lifting I wanted to be stronger, and once I saw the chance I took it. By doing that, I motivated myself to change what I wanted changed and I succeeded by facing my problem. Powerlifting opened my eyes by proving to me that I can reach my goals as long as I put towards the effort and prevent myself from giving up. By not giving up I instinctively created my own motivation, and by creating my own motivation I also created my own success. «



Chase benching at the SPF Nationals, where he won his division



Joseph and Chase Wooldridge after winning their divisions at the SPF Nationals (Wooldridge photos)

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POWER NUTRITION Q & A

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

ADAPTOGENIC ELIXIR FORMULAS

Q: Antonio, my man, how's it going? I've got to drop you some props on your *Oil of Oregano* series. I ordered some as per your recommendations and I have to say, it is amazing! I used it for a dose of my food poisoning and it really helped a lot. I always get sick a few times per year and it usually knocks me on my butt and takes me out of the gym for up to a week at a time. This time, as soon as I start feeling something coming on I start loading it in and within a few days it's gone—and I have been around some really sick people. So, good work on letting us in on some of your new and interesting natural compounds that help keep us healthy and strong. I wanted to ask you if you have any new product reviews that we would find beneficial? Your recommendations have been really good in the past so I like to know if there are any new products or programs that you have stumbled on that may benefit us. Thanks again for letting us in on all your cutting edge info because people like me really appreciate it.

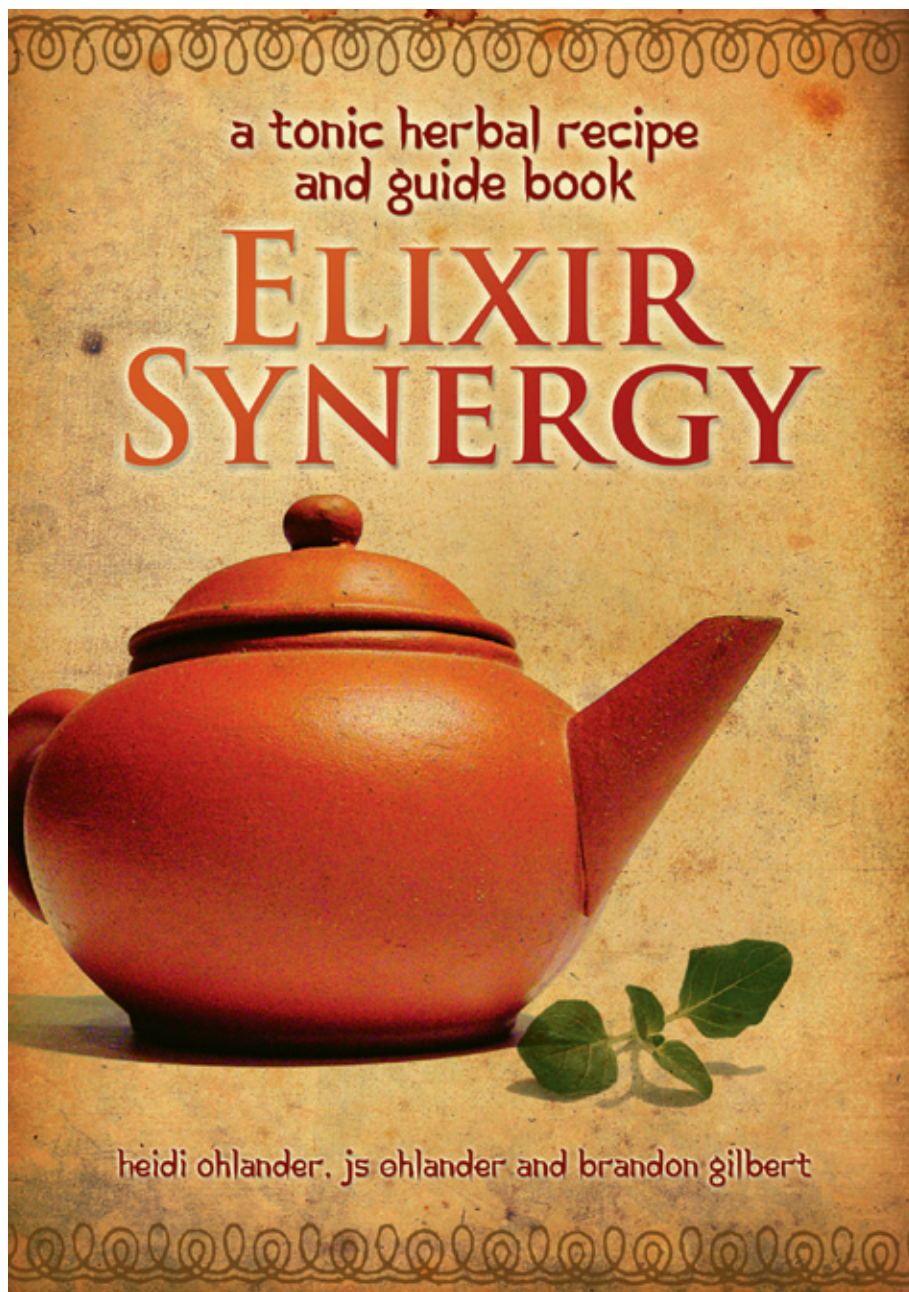
Sincerely, Paul Walker

A: Hey, Paul, it's good to hear from you. Thanks for the kind words about my work. It makes me happy to hear from my readers because I try to bring you some of the best information I can—I want all of you to follow it and apply it to your lifestyle so you can truly benefit from it. As you probably already know, I am constantly looking for new exciting products, books, and supplements that can help improve your health and performance. One new book that I have read is called *Elixir Synergy*. This book was created by years of hard work formulating elixir tonics and is penned by Brandon Gilbert, and Heidi and JS Ohlander. Their book contains the best of the best elixir tonics that they have used over the years, bringing you the cream of the crop all in one place.

Most of you, if you have been a reader of my column, know I studied Traditional Chinese Medicine (TCM) and Acupuncture for several years after my time in university. I have a true passion for the Eastern faculties of natural medicine just as much as I love sports nutrition. The book that I am going to talk about is really good on many fronts. The first thing I liked about it is the fact that it is designed for the beginner who has never made an elixir in their life.

WHAT THE HECK IS AN ELIXIR?

Most of you reading this must be thinking what the heck is an elixir anyway? Well, I'll get to that. Most of you probably know that in TCM, herbs are a big part of the healing system. They can be used as extracts in capsules or tinctures or, for those of you who have been to a Chinese Pharmacy know, they can come in bottles of



these tiny black balls that look like ball bearings. The majority of the herbs are in bulk, which means in their natural state. So, when you go to the health food stores and buy Astragalus, for example, it may look all nice in those cute little capsules. When you go to Chinatown and want astragalus, first you better know the Mandarin name, as many times you will just get a confused

look from the person behind the counter and you will feel like an idiot.

Astragalus in Mandarin Pin Yin is called Huang Qi. When you get it in its natural form it looks like wooden bark, and many think it looks like those tongue depressors your doctor jams down your throat when you go for a visit. For Chinese herbs, you will have to boil them

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116 TWIN CITY BARBELL CLUB

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



ADAU "Fathers & Sons" – Mike Kuhns with his dad Don and the late Al Seigel and son



Dr. Nick presenting his Best DL award to a lifter at a USAPL meet with Niko Hulslander



Dr. Nick Theodorou pulling 523 pounds



Craig Maurer with coach Nick Theodorou

Last month we discussed the many uses of soybeans, from topical ointment to aphrodisiac. We also found out that soybeans might be the secret weapon of lifters at The Gym in Norbonne, MO. The entire soybean subject was bizarre (and vaguely vegan) to most of us meat-eating weightlifters, but my main concern is that not one person emailed me any photos of "Soybean Queens." Come on, dudes, there's a Soybean Festival parade and everything! Send me some pictures of soybean eating babes—I know they are out there!

Okay, moving on. I promised we would head back north this month; so we'll tango with not one, but two of our favorite northern states: PA and NJ. As usual, it all started with an email:

Hey, Rick, how's it going? I am a fan of your HC gym column in PL USA and I thought maybe you'd be interested in my club, the Twin City Powerlifting Club, based in the cities of Easton, PA, and Phillipsburg, NJ (across the Delaware from each other). The club is pretty small, but it has been around since the 1920s and has produced some world-class lifters over the years. I sent a scan from a '40s strength and health magazine I have, that has an ad for the club (already well established, you'll notice).

Mike Kuhns (132-pound lifter) has been at the top spot in the PL USA "Top 100" rankings many times, and is a multi-world and national record holder, and he trains here with his dad, Don, who is a very good masters lifter himself. Our coach, Dr. Nick Theodorou has many records in the ADAU and USAPL at 60 years young, 165-pound body weight and still pulling well over 500 pounds regularly. He also coaches the local Special Olympics Power Team around here, and the team has done very well under his guidance. Craig Maurer was invited to compete in Greece this past year, and he kicked tail there. Young Brandon Mauro was recently in USAPL Bench Worlds (placed 4th), and also a full meet Worlds previously. He was a 181 pounder when he started, now 230ish. Great kid!

The Twin City Powerlifting Club helps out with USAPL and ADAU meets, and supplies judges, spotters and general help for local high school meets, Special Olympics meets, etc., so they give a lot back to the community. I am kind of the black sheep of the club, having my records in WNPF and IPA as opposed to ADAU and USAPL, but I plan on hitting USAPL meets in near future. I enjoy your style; I am a writer too (recently published "Forgotten Secrets of The Culver City Westside Barbell Club Revealed," available at Amazon). Anyway, keep up the good work, and I hope to hear from you.

Thanks, Dave Yarnell

Dave, thanks for the info and friendly comments; it is always nice to hear from a reader. Also, hearty congrats on your published book! *Culver City Westside Barbell* must have been quite a place; I noticed that Louie Simmons discussed it at length in the opening pages of his book, "The Westside Barbell Book of Methods." The photos you sent help establish the pedigree of the Twin City Powerlifting Club; any club that has been around since the '20s is bound to have some interesting history!

Does your club have an owner or is it a loose affiliation of lifters?

There is no "owner" of the club, but Dr. Nick Theodorou owns the home that houses the gym.

Is the club affiliated with more than one gym? The old text ad mentions an address in PA, but you say that your club is based in two cities that are on opposite Delaware River banks.

The primary training headquarters is in the basement of the coach, Dr. Nick Theodorou, in Easton, PA. While the original name is still used, the Phillipsburg connection has largely been lost. Most members live within a short distance of Easton. The Special Olympics team trains separately at a local high school gym, but occasionally some of these guys show up at Nick's, too. The location in the old ad is no longer around. (Dang, that would've been kewl. RB)

Please explain what gym (or gyms) are involved, as well as your definition of club.

The club meets every Wednesday night and Saturday morning for workouts at Nick's, but other workouts happen at members homes, occasionally Niko Hulslander's Garage Ink Gym (bit of a hike) or elsewhere. The club holds meetings monthly and has an annual Christmas banquet and a summer picnic. Inner-club dates and marriages are encouraged. (OK, maybe I added that last sentence. RB) Officers are voted on, we have a club budget, etc. Ages of members vary from teens to 60-plus, and someone is always training for an upcoming meet. We held a USAPL PA Bench Meet this past Spring and will be doing it again next year. Let me know any more details you would like on any aspect of the club.

Thank you, Dave, and congrats on keeping that great lifting club together! Two different cities? What a cool history! Readers, please notice that they formed a powerlifting training group and stuck together, even though they didn't have the benefit of a single cool gym to work-out in. They have now trained together for years and years, even without the familiar hardware of one dark and cave-like gym. How many of you are using the shortcomings of the local gym as an excuse for your lack of powerlifting progress? I got a few more lifter updates from Dave:



Dave Yarnell getting ready to pull a few reps of 525 pounds at the Twin City Barbell Club (Dave Yarnell/Twin City Barbell photos)

One of our best lifters, Mike Kuhns, was just at the Arnold Classic and was actually the first World record setter in the raw division under the new IPF weight classes (he was in the new 130-pound class, which he made easily at 128 and $\frac{3}{4}$ after some sauna time). He squatted a pretty easy 485! He benched 314 (330 would have been a WR), and deadlifted a somewhat disappointing 351 first and missed two heavier tries for a 1,151-pound total. Mike is also headed for an international competition in Sweden again, in June, to set some more records. Mike has been featured in *PL USA* before, as has our coach Nick Theodorou.

We're still working with the local Special Olympic power team, and we currently have six or seven lifters there. Our club is currently seeking a new training facility as we are quickly growing out of Nick's basement. We are running a USAPL Bench and Deadlift meet in Lehigh, PA, on May 12, which is also a fundraiser for a great charity. (Hmmm, I didn't even know that the USAPL did Push/

Pull meets. RB) We are also fielding a team at the PA States USAPL meet on March 31st and April 1st, in Scranton. We work closely with the ADAU, which is contemplating a merger with the 100% Raw organization. We will be working at and/or competing in some upcoming meets with them as well.

We changed our name to the Twin City Barbell Club, with the Twin City Powerlifting Team as a subset of the club (you can be in the club without being a competitive lifter). We have a Facebook group page, Twin City Barbell Club, not to be confused with our Minnesota Twin City lifting club friends. We are currently looking for new members interested in competing or just training or simply supporting the club in any way they see fit. Stop in at the FB page for details. One more thing: I will soon wrap up a book about our club's history (over 75 years), and it will include many other great lifters from PA—Bob Gaynor, Frank Zane, John Kuc, and Joe Meeko, to name a few. The books will be available soon and will be used as a fundraising

tool for the club.

Dave never quits moving forward, like a powerlifter after his next PR! If you are anywhere near the Delaware River, you owe it to yourself to go train with the Twin City Barbell, and help them find a new home. Keep those bars chalked all over PA and NJ!

Note that Dave emailed me at my email address below, as I request every month. My email is clearly listed in every single article I write, but many of you still email Mike Lambert at *Powerlifting USA*. I wonder why? My guess is that most of you cannot read, but merely flip through the magazine looking at photos. The ignorance of our *PL USA* subscribers is clearly to my advantage, since I have limited writing skills—but still. You might hurt my tender feelings. Ha! Maybe next month we'll include a coloring page for the simpler "readers" (you know who you are)!

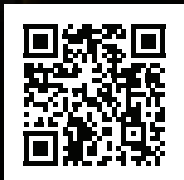
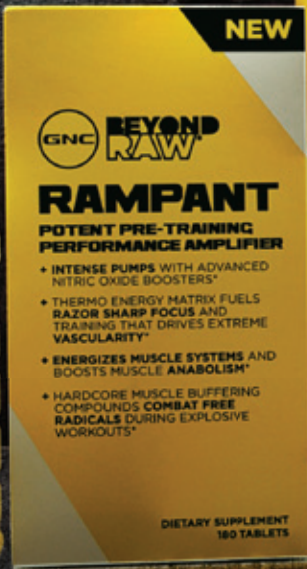
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WESTSIDE BARBELL METHOD FOR BEGINNERS

as told to *Powerlifting USA* by Shane Sweatt » www.westside-barbell.com

The Westside Barbell method has proven to be the most effective method for powerlifters and athletes. It provides the best results in competition along with amazing longevity for the lifter. I have worked with beginners all the way up to world record holders, and I have watched all levels of lifters from all walks of life achieve optimal results from this program. I understand there are many ways to get strong but there is one optimal way. What I want to do with this article is debunk some of the myths surrounding the Westside method for beginners. My wife, Laura Phelps-Sweatt, and I travel around the country doing Westside Barbell seminars. If it does not come out of Louie Simmons' mouth or is not approved by him, it is not Westside! This article is Louie Simmons approved; Westside Barbell is copyrighted and trademarked. During our time teaching these seminars we have heard countless athletes claiming they used the Westside system, but did not achieve the results they expected. Every time I hear this, after asking a few questions, I can always find the problem.

A few of the problems we run into with beginners:

- Following programs that did not come from Westside Barbell
- Using too much weight on dynamic effort day
- Missing lifts on max effort day
- Not rotating max effort exercises
- No dynamic effort method
- Not picking out the right accessory work
- Not box squatting
- Not following a nutrition plan that supports the program

As a beginner, I suggest reading the articles that Louie has posted on his website. These articles are free to the public. He also now has a forum on his website that is very helpful to a beginner. The more you read Louie's articles and books, the more you will see an evolution in training at Westside. When Louie publishes an article, it is the most up to date information at that time, but Westside constantly evolves. We are doing things differently now than we did even last year. So it is important to keep up with the new articles to keep your training optimal. If you want to be good at your sport, you must become a student of it. Read and learn. Don't take someone's word that they are teaching you the Westside method correctly. Educate yourself.

On our dynamic effort upper body day we always use 50% of our 1RM. On our lower body dynamic effort days we use a three week pendulum wave with percentages of 50%, 55%, and 60% being used, with 25% accommodating resistance (bands, chains). Many beginners lift raw and might not have access to accommodating resistance, for them we use 65%, 70% and 75% bar weight. These numbers are based off of a one rep max of a specific exercise. For example, your one rep max safety bar box squat will be different than your straight bar box squat numbers. I do recommend as a beginner to invest in bands as soon as it is possible for you. This will provide you with a variety of exercises only limited to your imagination and allow optimal results. The most important thing is to make sure you are moving the bar at 0.8 meters per second. Most beginners use too much weight on dynamic effort day. At first a beginner's bar weight might be a little lower than our recommendations to achieve the 0.8 meter per second bar speed. With the Westside method, we get our volume to retain or attain muscle mass on dynamic effort days. This keeps injury rates lower than if we made our max effort day our high volume day. Volume on dynamic effort days is roughly double our max effort day. This allows beginners and elite lifters to have the muscle mass needed to reach their goals but lowers injury rates. This is also our time to work on form, while using sub maximal weight. Dynamic effort day improves force rate development and explosive strength, making this a necessary part of your training not an optional one.

On max effort day one of the common mistakes is a lifter missing lifts.



Shane Sweatt coaching his wife, the incredible Laura Phelps-Sweatt

We do not want our lifters to miss lifts. When you miss a lift you have a higher chance of injury and it can have a negative psychological effect. Physical and mental stresses, both negatively affect your CNS. Following the Westside method properly addresses both of these issues. At my gym, Sweatt Shop Personal Training, we have a client named Barb Page. At age 25 she had an official 185 pound raw bench, and a 205 pound equipped bench. She didn't lift from 2000–2008. I started training her in late 2008. She had never used the Westside method. She quickly gained strength, hitting new personal records every week. In one year, at the age of 39, she broke the all-time raw world record in her weight class, a record that was over twenty years old with a 295 pound bench. Barb had hit a personal record every week for a year before the meet. When we were at the meet she told me she knew she was going to get the lift because all of the work was done and she was used to making lifts. This shows how this system can have a positive psychological effect on an athlete. Think about how positive it is for a beginner to hit new personal records the majority of time they train. It creates an excitement for new lifters.

Many people get max effort and heavy effort methods confused. Max effort is a one rep max, on max effort day three lifts at and above 90% is optimal. Training above 90% of a 1RM for reps is the heavy effort method. The heavy effort method raises volume but does not give you the psychological benefit of hitting an absolute 1 rep personal record. Westside does not use the heavy efforts method where two reps for multiple sets are used. Training at 90% or more for three weeks or longer will degrade your central nervous system and halt or reverse your progress. This is why no matter if you are a beginner or an elite lifter, you must rotate core lifts each week. This will let you train at and above 100% each week without the negative effect on your CNS. Rotating your core exercises each week will also increase your athleticism, and improve form by making sure you have no glaring weaknesses in any muscle groups by providing unidirectional loading and stimulate motor potential. Also, many times you will hear people say to have beginners do 3–5 reps, not singles, for safety. This does not work, as the majority of injuries come from repetition, not singles. During reps small muscle groups fatigue faster than

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as told to Powerlifting USA by Team MuscleTech

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Finding the right pre-workout can be a challenge for several reasons. Not all supplements target everything that's necessary for a solid training session, and a lot of them may only deliver on one or two aspects, such as energy or focus. It's ideal to get a product that hits you everywhere it counts and lets you push past your limits. Furthermore, many pre-workout stimulants contain key ingredients in underdosed amounts, and a lot of them are formulated with straight-up filler ingredients that have little or no scientific support and are hidden in proprietary blends, so you get major hype and minimal results. That's why the highly skilled MuscleTech® Research & Development Team created NeuroCore™, a powerful pre-workout stimulant from the Super Concentrated Series line. Built with clinically researched, fully disclosed doses of key ingredients, NeuroCore is designed to amplify results at multiple levels for a superior workout each and every time you use it. It's engineered to deliver extreme energy, intense focus, pulse-pounding pumps, and improved muscle endurance and strength to help you set a personal best every session. Here's what's in it and why it'll give you an all-around insane workout.

L-CITRULLINE: Unlike other companies that use a scientifically inferior and lower-quality nitric oxide driver, Team MuscleTech formulated NeuroCore with pure L-citrulline for long-lasting muscle pumps. A study published in the British Journal of Pharmacology on nitric oxide metabolism shows that L-citrulline dosed at 3,000mg (the amount contained in NeuroCore) is scientifically superior to arginine for increasing plasma levels of arginine.¹

BETA-ALANINE: NeuroCore contains the full studied 3,200mg dose of beta-alanine. In fact, research published in the International Journal of Sport Nutrition and Exercise Metabolism showed this exact dose of beta-alanine can help enhance the muscle- and strength-building process.²

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Thanks for the excellent question. Keep them coming! ☺

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POWERLIFTING REGRETS

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 is on more of a personal note, but there are lessons to be learned. We asked the Forum Panel: "What is your biggest regret in powerlifting, and what did you learn from it?"

SIoux-Z HARTWIG-GARY: My biggest regret in powerlifting is that I did not start sooner. I was first introduced to weights when I was a freshman in high school. Our track coach wanted to see how strong we were in our upper and lower bodies. On Monday, he taught us how to bench press and squat. Wednesday we practiced and Friday we tested. Weighing 98 pounds, I benched 100 pounds and squatted 200 pounds. I was excited to discover that only two guys in the school could bench their bodyweight and squat double their bodyweight. I wanted to lift weights, but was told they needed to keep the weight room for the guys and that girls shouldn't lift heavy. I can only imagine how strong I might have become and wish I'd had the opportunity to compete as a junior. However, I believe that God had His plan and there was a reason I didn't start powerlifting until I was finishing college. It was probably best, as I didn't know any powerlifters or experienced coaches. Without proper instruction on form and technique I could have injured myself and may never have made it to where I am today.

BOB GAYNOR: My biggest disappointment in powerlifting? One can easily say a contest lost, a big lift missed or a major injury. For me it is an action, but not the action itself—it was the reaction. So this is not misunderstood, I will provide some background.

In the late '70s and early '80s there was only one federation (AAU/USPF). Every year there would be a national meeting where rule changes, future contests, etc. were voted on. One of the major topics during this period was drug testing. There were standing arguments for and against it. The pros were "level the playing field," the cons were "it does not work" and "meet directors were not qualified to do it." (The most recent baseball positive test, Ryan Braun, seems to prove how difficult it is.) After years of arguments, a group broke off and held the first ADFPA National Championships in 1983 in Allentown, PA. I supported this group and ran numerous contests for the ADFPA. My regret is not that the ADFPA succeeded or that we have drug tested meets (the IPF would have eventually forced this to happen). My regret is what the split off generated. With the spin off (ADFPFA) being successful, it showed others they could do the same. What happened and is still happening is that every time someone does not like something or wants to start a small business, they form a new federation. We now have over two dozen federations and records and championships are meaningless. What have I learned from this? When you do something always think of the law of unexpected consequences.

JON SMOKER: You can't be in this sport for 40 years and not have some regrets; things I wish I'd done differently, meets I wish I could do over. But my biggest regret without question was as a coach. Rich Salvagni, the most gifted lifter I've ever worked with, won the 2003 USAPL Nationals, thus qualifying for the IPF Worlds at 181. They were in Denmark, so I decided not to go, solely because of the cost. As a result, he became the victim of the worst coach and coaching scheme imaginable. His second attempts would have secured third place, and he would have set an American record in the bench. However, since the first two finishers were later disqualified for failing drug tests, he would have been a world champion and probably would have come away with a WR in the bench. As it was, he wound up



Rich Salvagni at the 2003 USAPL Men's Nationals

seventh. Why? First of all, he roomed with his coach who came stumbling into the room in the middle of the night before the meet, interrupting Rich's all important sleep and then snored so loudly that Rich was forced to curl up in the bathroom. Had I been there, I would have been pouring over the records of his competitors and planning strategy. I would not have been out carousing around; that's for non-serious amateurs. And had I been snoring, Rich could have woke me up so I could blow my nose or whatever. So, he went to the meet tired. Not good. But then apparently this 'coach,' and I use the term loosely, was judged by some hierarchy as successful by the number of lifts Rich made. Absurd. The last time I checked, having a world champ on your resume would be pretty hard to top. But as a result of his brilliant coaching plan, this coach repeatedly undersold Rich's attempts, basically calling for attempts that were little more than warm-ups for him, so that this coach could mark himself down as 'successful.' And since when is a meet all about the coach anyway? Talk about getting something completely backwards. But the final straw was when Rich wanted to salvage at least an American record in the bench and the coach relented. However, when Rich heard his attempt called, he realized the coach had lied to him, and once again undersold what he was

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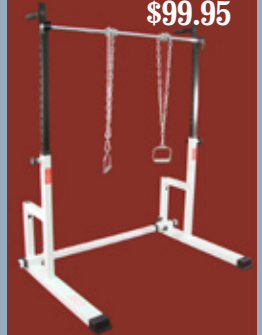
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BIG EVIL BENCH PRESSING 101

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

Last month we talked about mental preparation in getting ready for your battle against the iron. This month we are going to set up the basic blueprint of your training for your bench press goals. Keep in mind, this program was created with the equipped lifter in mind. With that understood, I am going to make a statement here that is a bit bold. I feel that to really enhance your shirt performance you need to take time out during the year to do work without using the shirt and building tendon and ligament strength by doing an assortment of assistance exercises. In other words, work your ass off concentrating on building not only the larger muscle groups but the small ones as well. Not only will this make your bench press stronger, but it will also decrease the chances of injury because you took the time to strengthen all the chinks in your armor (smaller muscle groups). Another point I would like to make is that this form of progressive overload is stressful on the body, but with the way I set it up you will

only be handling loads that will peak you out (85%–95%) at the very end of the program. So if you take your time and don't go overboard with increasing your weights too quickly, you should be fresh and ready to set some PRs by the end of the cycle. Here is a good rule of thumb: you should be using weights for your sets of five reps (described below) with a weight you can really struggle out for 6 reps. This gives you a "cushion" because one week you might feel strong, and the next week maybe not as strong. With this system you will be sure to get all your sets and reps, which I believe is important in this beginning phase of the cycle. Are you excited yet? Prepare to bench BIG EVIL STYLE! Let's get started.

Let's go into the *Coming Events* section in *Powerlifting USA* and find a meet twenty weeks out. That gives us enough time to do an entire bench press cycle—ten weeks of prep with no equipment and ten weeks of equipment and a changing of some of the assistance work



Homer Jones and the Big Evil at Steel City BB

photo courtesy Jamie Harris

page 86 »

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XtremePower TV XPTV POWERLIFTING 2012 SCHEDULE

- UPC 1 APF Gulf Coast Powerlifting raw Bench Championships for 2012 + equipped bench
January 21, 2012 New Port Richey FL.
- UPC 2 Europa APF Raw and Single Ply
April 28 & 29, 2012 Orlando FL.
- UPC 3 & APF Seniors NATIONALS Multiply & Open Raw Meet "Road to The Worlds"
June 1-3, 2012 Myrtle Beach SC
- The Baddest Bench The Big Show WyRaw & Equipped WY TBA
- UPC 4 Ultimate Deadlift "One Meet to Win Ultimate Deadlift Belt NOTLD"
October 20, 2012 Elizabethton, Tenn.
- WPC World Championships Equipped & Raw
November 6-10, 2012 Riviera Casino Las Vegas, Nevada
- UPC 4 APF GULFCOAST POWERLIFTING raw Who will win the UPC 2012 Series?
Mens & Womens Ultimate Belt winners for 2012
January 13, 2013 New Port Richey FL

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Creatine Ethyl Ester and DiCreatine Malate: Creatine Ethyl Ester (CEE) is creatine monohydrate with an ester attached. Esters are organic compounds that are formed by esterification—the reaction of carboxylic acid and alcohols. Ester is attached to creatine monohydrate to increase the amount of creatine absorbed and eliminate the bloating and dehydration side effects that some users experience with creatine monohydrate.

BCAAs: BCAAs (branched chain amino acids) are the essential amino acids leucine, isoleucine, and valine. The combination of these three amino acids makes up approximately 1/3 of skeletal muscle tissue in the human body. BCAAs play a very important role in protein synthesis (the production of proteins in cells from amino acids to build muscle). Amino acids are the building blocks of protein. When you eat food containing protein, it gets digested through the intestines and stomach. During this process the protein is broken down into individual amino acids and short chains of amino acids. These amino acids are small enough to be absorbed into the bloodstream. Once the amino acids are absorbed into the bloodstream they have far reaching effects across the entire body. Amino acids are involved in muscle repair (lean muscle building), essential brain functions and even hair growth just to name a few.

L-Glutamine: Glutamine is the most abundant amino acid in the body. It's fuel for the brain and the immune system. L-glutamine plays a key role in protein metabolism, and when supplemented can help speed up recovery times and reduce muscle breakdown (catabolism). Working out can deplete glutamine levels in the body, and

glutamine supplements help restore these levels for optimum performance.

Beta Alanine: Beta-Alanine helps to promote high intramuscular carnitine concentrations. By promoting high levels of intramuscular carnitine, Beta-Alanine promotes high energy levels and supports maximum muscular endurance and improved performance. It's believed that creatine monohydrate and Beta-Alanine work together to maintain optimum muscle power output, as well as promoting a healthy body weight.

Taurine: Taurine is a free-form amino acid that participates in a variety of metabolic processes. Taurine is a neurotransmitter, a neuromodulator and is involved in glucose uptake. It's a component of bile acids, which are used to help absorb fats and fat-soluble vitamins. Taurine also helps regulate the heart beat, maintain cell membrane stability, and prevent brain cell over-activity.

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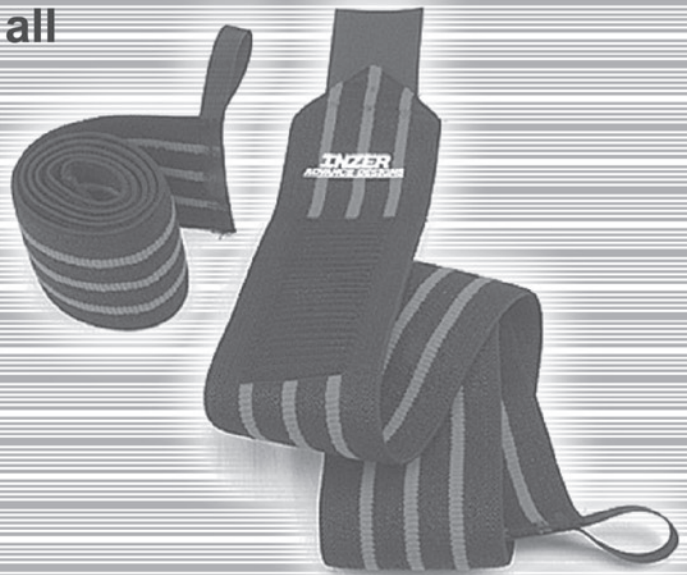


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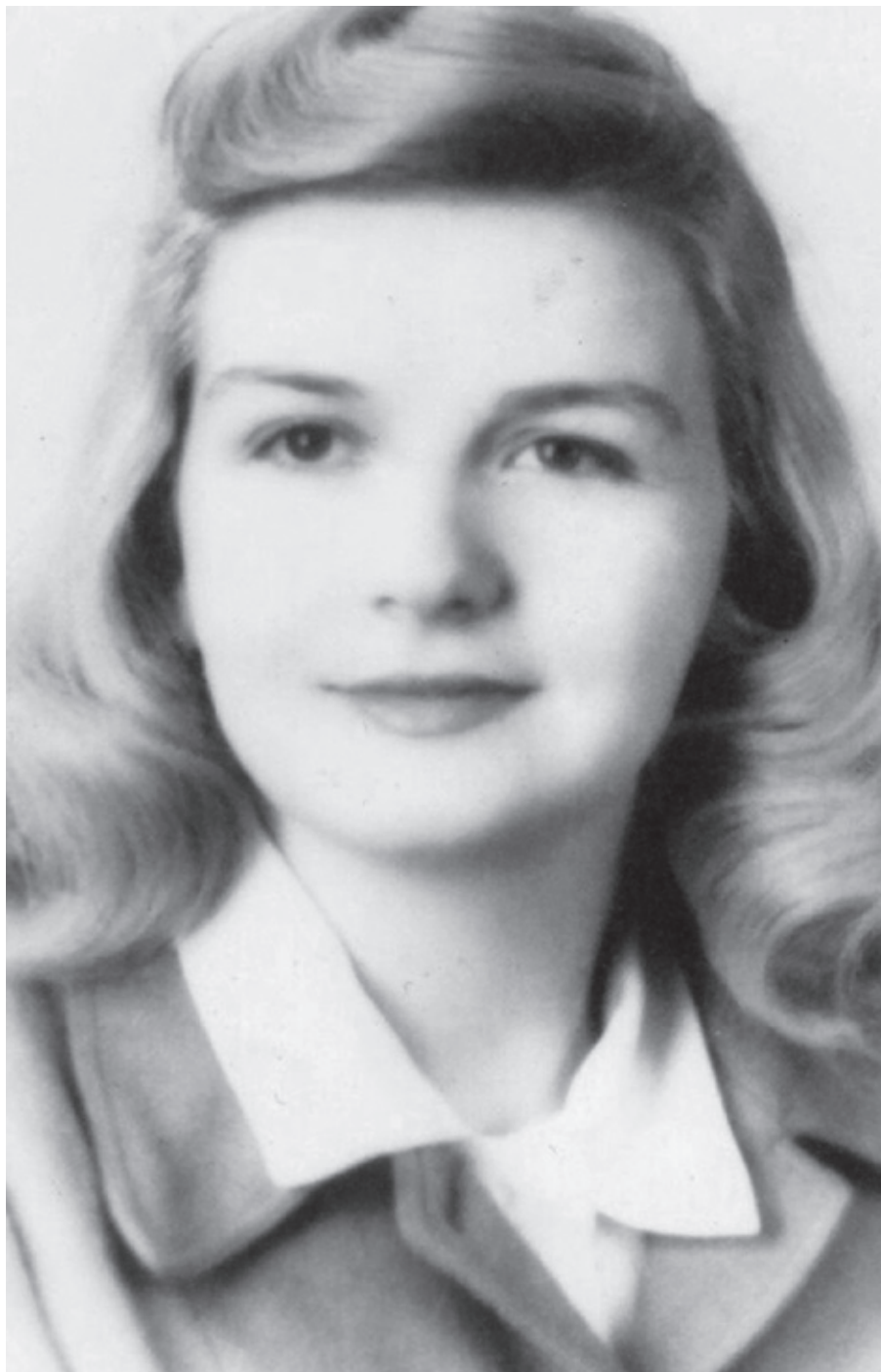
as told to *Powerlifting USA* by Judd Biasiotto, Ph.D. » drjudd2@aol.com

"A mother's love is instinctual, unconditional, and forever." – Unknown

The most wonderful love is the love of a mother. For me there is no statement closer to the truth. Unfortunately, my mother passed away today. I am not embarrassed to say that in her passing a lot of my heart went with her. My mother was my greatest blessing in life, and without question she was my greatest hero. She was a simple woman with personal strengths and weaknesses, neither perfect nor faultless, but she was an awesome human being.

She wasn't an athlete. In fact, I doubt if she could even bounce a basketball. Even in her prime she functioned basically like a motor moron. She would probably kill me for telling you this, but she thought the Super Bowl was a plate of antipasti with cheese and a sprinkle of garlic on it. Because she was born of meager means, she never had the opportunity to receive a quality education. She never read the classics or listened to Beethoven or Bach, and I know she couldn't distinguish between the works of Braque and Picasso. She was not an aficionado or a connoisseur of gastronomy. She couldn't tell you the difference between a croissant and a quiche. Her favorite dessert was "slop pie," a peasant Dutch pastry made of a thicket of dough, a pound of sugar, a clump of butter, a liter of cream, and astronomical amount of calories—enough fat and sugar to elevate your cholesterol level higher than the gross national product. She never had the opportunity to travel to Paris or to London. In truth, I doubt if she could have found either place on a map. She was certainly not an environmentalist. She didn't understand global warming, crop depreciation, and land shifting. I will say this too: if her mind entertained hidden aspirations or goals, besides being a good person, a committed wife, and a loving mother, I couldn't tell you a single one of them. Like I said, she was a simplistic person, not exactly a successful person, but far from being a failure.

Still, in my eyes, my mother was a saint. Further experience has taught me that I am not alone in canonizing her before her time. It was common to hear people say, "Your mother is one of God's greatest gifts." She was that! What my mother lacked in culture and sophistication she more than made up for with love, compassion, and kindness. Believe me, she was the most loving and caring human being you would ever want to meet. She gave herself totally to everyone. She would give you anything and everything—her time, money, energy...even her worldly goods. It didn't matter what it was; if she had it, she would



Dr. Judd's mother – beautiful on both the inside and the outside (Judd Biasiotto photo)

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<i>Master VII</i>		B. Strop	226		
M. Lawson	220	242 lbs.			
165 lbs.		<i>Master II</i>			
<i>Raw</i>		G. Portz	325		
P. Bequette	264	<i>Master III</i>			
198 lbs.		M. Porter	396		
<i>Master VI</i>		275 lbs.			
T. Conard	242	<i>Master V</i>			
J. Layman	220	G. Chrun	600		
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
<i>Raw</i>					
148 lbs.					
J. Rider	242	138	270	650	
<i>UNL</i>					
J. Goldstein	176	127	259	562	
<i>Raw Open</i>					
148 lbs.					
C. Hull	193	110	314	617	
MALE					
148 lbs.					
M. Hoosier	—	—	429	429	
165 lbs.					
M. Meyers	374	286	347	1007	
181 lbs.					
D. Winkler	506	352	551	1409	
T. Scagliarini	556	363	501	1420	
G. Motsinger	193	149	286	628	
198 lbs.					
K. Richardson	600	363	539	1503	
C. Fischer	237	165	303	705	
220 lbs.					
M. Lippert	402	374	440	1217	

A. Odenwald	600	424	573	1596	
<i>Raw</i>					
165 lbs.					
M. Marino	539	341	545	1426	
K. Koogler	402	259	451	1112	
K. Stevenson	270	237	369	875	
D. Gable	264	198	374	837	
181 lbs.					
C. Koch	468	330	484	1283	
B. Vetter	380	248	402	1029	
D. Elsten	374	204	402	980	
C. Phillips	319	220	424	963	
198 lbs.					
S. Charland	490	341	639	1470	
J. Stanley	402	319	407	1129	
M. Janltch	325	286	457	1068	
B. Dieffenderfer	352	231	391	974	
M. Giunta	—	292	534	826	
S. Hedger	402	—	—	402	
242 lbs.					
C. Glover	473	347	589	1409	
275 lbs.					
J. Morrell	446	303	562	1310	
S. Brooks	451	314	462	1228	
<i>UNL</i>					
S. Kiddy	589	440	600	1629	
» courtesy USAPL					

USAPL ALBANY STRENGTH PL/BP DEC 3 2011 » Albany, NY

BENCH		MALE			
FEMALE		198 lbs.			
123 lbs.		K. Kraft		265	
148 lbs.		220 lbs.			
A. Schaeffer	—	A. Fortunato		350	
Powerlifting	SQ	BP	DL	TOT	
FEMALE					

T. Michaels	205	115	280	600	
<i>Raw</i>					
123 lbs.					
P. Fink	80	100	155	335	
132 lbs.					
D. Harte	125	95	200	420	
165 lbs.					
H. Lalrcniere	225	140	300	665	
A. Meyer	145	110	235	480	
198+ lbs.					
S. Winchip	210	120	300	630	
MALE					
150 lbs.					
J. Golcmbieski	525	350	525	1400	
M. Macri	565	305	505	1375	
198 lbs.					
B. Marchetti	455	295	475	1225	
<i>Raw</i>					
148 lbs.					
J. Chromczak	330	265	430	1025	
P. Willette	290	210	385	885	
C. Berghela	265	240	360	865	
165 lbs.					
D. Nellis	350	305	475	1130	
R. Fusco	390	230	420	1040	
V. Fuschino	280	275	400	955	
E. Holder	160	300	405	865	
J. Sweeney	255	185	360	800	
181 lbs.					
D. Beloosesty	420	285	500	1200	
J. Patterson	330	295	465	1090	
M. Sutton	365	285	400	1050	
L. Gibson	200	200	200	600	
198 lbs.					
R. LaMorticello	350	260	500	1110	
B. Espino	365	275	450	1090	
J. Ritrovato	300	240	400	940	
T. Gibson	200	200	200	600	
220 lbs.					
R. Cancelino	600	410	710	1720	

J. Springer	505	320	555	1380
A. Carter	440	340	565	1345
J. White	440	385	505	1330
242 lbs.				
F. Panaro	540	300	620	1460
C. Soloyna	510	310	505	1325
J. Hindes	365	300	515	1180
SHW				
C. Pouloupaos	581	435	645	1665
C. Oakland	465	335	560	1360
» courtesy USAPL				

USPA MENDY BENCH CLASSIC JAN 29 2012 » Los Angeles, CA

BENCH		T. Meeker		—
FEMALE		E. Asatryan		—
<i>Multi-Ply</i>		<i>Raw</i>		
<i>Open</i>		<i>Open</i>		
M. Mendelson	—	M. Dunlap		325
MALE		C. Fanner		287
<i>Multi-Ply</i>		<i>Master</i>		
M. Kinsell	391	R. Moormeister	419	
Meet Director & Promoter: Scot Mendelson. Bench Best Lifter Multiply Open Men: Matt Kinsell, \$1500. Bench Best Lifter Raw Open Men: Mike Dunlap, \$250. Bench Best Lifter Raw Master Men: Ron Moormeister, \$250. 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: Joseph Mundo, Matt Troxell, Aaron Dawson. Thanks to all our Referees: Alan Aerts, International, Scott Layman, International, Lisa Wheeler, International, Snow Baehr, National, Jose Hernandez, National.				
» courtesy Steve Denison				



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QUESTIONS ANSWERED

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

DEAR MAURO: I have been busy reading articles from your master site www.mauromd.com and www.metabolicdiet.com. Thank you for all your efforts into research and development. I can clearly see how superior your products are and will promote them to all my clients.

I would like to ask you a question related to my own intake of your supplements. As a health care provider I have made it my discipline to stay in super top shape; my body fat hovers around 4–6% and my body is full of water and fiber all the time. My exercise is ritual and rotates around the three powerlifts with assistance exercise and the odd day of 20 rep squats. I spend a lot of time bowhunting, so like a primitive man am running after my food—cardio exercise to some degree.

Currently I am using up to 15 tablets a day of Joint just to protect the cartilage and heal from any soft tissue strains I incur in my practice. I am loaded with up to 50 hours a week of soft tissue work. I am using the Antiox, Testoboost because I am almost 46, and the MVM. What is the maximum I can take total of all these safely in a day? It would be the utmost joke in my community if I died from all the vitamins I took. I have also been supplementing for a couple of years with MSM crystals and keeping my dose around 10 grams a day. I have found the MSM makes my body feel more mobile, encourages smoother bowel movements, thickens my hair and nails, and most importantly I do not snore while using MSM.

Justin

JUSTIN: I am very careful in my formulations to make sure that there is no toxicity involved with the combined use of my supplements. You can double the suggested dose of everything you're taking with no problems and keep the Joint Support at 15 tabs per day.

As far as the MSM, Joint Support contains 1 gram per dose, so you're getting 3 grams per day if you're using 15 tabs per day. I consider a safe dose of MSM, as far as the published literature and my own feelings, to be at least twice this amount. Since InsideOut also contains MSM, I limited the amount in both products in case the two were used together. Keep in mind that I use complicated additive and synergistic ingredients in my formulations with one of the reasons being that I'm able to get the intended effects with lower doses of various ingredients as to keep their levels well within the upper safe levels.

However, in your case, taking supplemental MSM is likely okay; at least if you look at doses used in animal studies and from the kinetics—

ABSTRACTS ON MSM

Life Sci. 2011 Sep 26;89(13-14):473-8. Epub 2011 Jul 28.

DIMETHYL SULPHOXIDE AND DIMETHYL SULPHONE ARE POTENT INHIBITORS OF IL-6 AND IL-8 EXPRESSION IN THE HUMAN CHONDROCYTE CELL LINE C-28/12.

Kloesch B, Liszt M, Broell J, Steiner C. » Ludwig Boltzmann Institute for Rheumatology and Baheology, Kurbadstrasse 14, 1100 Vienna, Austria. burkhard.kloesch@gmx.at

ABSTRACT—AIMS: Reactive oxygen species (ROS) are highly diffusible and reactive molecules which modulate gene transcription, particularly of pro-inflammatory cytokines which play a crucial role in the nascency and progression of chronic inflammatory diseases such as rheumatoid arthritis (RA) and osteoarthritis (OA). Since thiols could be potent inhibitors of the production of cytokines, the effects of dimethyl sulphoxide (DMSO) and dimethyl sulphone (DMS) on constitutive and IL-1-induced IL-6 and IL-8 expression in the human chondrocyte cell line C-28/12 were evaluated. **MAIN METHODS:** C-28/12 cells were incubated for 12h with different concentrations of DMSO or DMS. The secretion of IL-6 and IL-8 was quantified by enzyme-linked immunosorbent assays (ELISAs). The impact of DMSO and DMS on the regulation of p38 and ERK1/2 mitogen-activated protein kinases (MAPKs) was confirmed by Western blot experiments. Furthermore, C-28/12 cells were stimulated with IL-1 in the absence or presence of DMSO and DMS and IL-6 and IL-8 expression was quantified by ELISAs and quantitative real-time polymerase chain reaction (qRT-PCR). **KEY FINDINGS:** C-28/12 cells constitutively expressed large quantities of IL-6 and IL-8. Long-term exposure of cells to DMSO (1%) or DMS (100mM) led to a dramatic downregulation of IL-6 and IL-8 expression which was accompanied by the deactivation of ERK1/2. Both substances also blocked IL-1-induced IL-6 and IL-8 expression. **SIGNIFICANCE:** In this study, we demonstrate that both DMSO and DMS represent strong anti-inflammatory properties by blocking constitutive as well as IL-1-induced IL-6 and IL-8 expression in the human chondrocyte cell line C-28/12. toxicity are now becoming available.

J Agric Food Chem. 2007 Feb 7;55(3):1033-8.

PHARMACOKINETICS AND DISTRIBUTION OF [35S]METHYLSULFONYLMETHANE FOLLOWING ORAL ADMINISTRATION TO RATS.

Magnuson BA, Appleton J, Ames GB. » Burdock Group, 888 17th Street N.W., Suite 810, Washington, D.C. 20006, USA. bmagnuso@umd.edu

ABSTRACT—Methylsulfonylmethane (MSM) is a sulfur-containing compound found in a wide range of human foods including fruits, vegetables, grains, and beverages. More recently, it has been marketed as a dietary supplement worldwide. The objective of this study was to evaluate the pharmacokinetic profile and distribution of radiolabeled MSM in rats. Male Sprague-Dawley rats were administered a single oral dose of [35S]MSM (500 mg/kg), and blood levels of radioactivity were determined at different time points for up to 48 h. Tissue levels of radioactivity at 48 and 120 h and urine and fecal radioactivity levels were measured at different time points for up to 120 h following [35S]MSM administration to rats. Oral [35S]MSM was rapidly and efficiently absorbed with a mean tmax of 2.1 h, Cmax of 622 microg equiv/mL, and AUC0-inf of 15124 h.microg equiv/mL. The t1/2 was 12.2 h. Soft tissue distribution of radioactivity indicated a fairly homogeneous distribution throughout the body with relatively lower concentrations in skin and bone. Approximately 85.8% of the dose was recovered in the urine after 120 h, whereas only 3% was found in the feces. No quantifiable levels of radioactivity were found in any tissues after 120 h, indicating complete elimination of [35S]MSM. The results of this study suggest that [35S]MSM is rapidly absorbed, well distributed, and completely excreted from the body.

see the two abstracts I included. However, I'm not able to confirm that taking over 10 grams a

day for prolonged periods of time is 100% safe, as there are no studies that have looked into

WPA UKRAINE CUP

OCT 28-30 2011 » Dnyetopetrov, UKR

BENCH		165 lbs.		242 lbs.		309		123 lbs.		336		364		220		187		265		672	
FEMALE		Umanets 265		Karpenko 380		Kolyada 309		Oleksandr 336		Andrusik 364		Zubritska 220		187		265		672			
<i>Amateur</i>		Hirman 259		Gennady 364		Ihnatkin —		Kaidan 463		Gladkyy 298		Open									
<i>Raw</i>		Zavalniuk 254		Shumsky 331		242 lbs.		Oleg 408		Yatsinenko 331		M?leeva 176		127		242		546			
<i>Teen (18-19)</i>		181 lbs.		Masters (40-44)		165 lbs.		Marchenko 358		Khohlya 298		148 lbs.									
114 lbs.		Koloskov 292		Vitaly 287		148 lbs.		Oleksandr 358		198 lbs.		Dubovitska 287		176		336		799			
Stulova 116		Junior (20-23)		148 lbs.		148 lbs.		Domnenkov 358		Konyuh 452		Muzyka 220		138		226		584			
Basylaya 108		Yehanyan 320		Siryi 243		198 lbs.		Korol 358		Yazev 446		181 lbs.									
Juniors (20-23)		Marusetchenko 220		Kovalenko 220		165 lbs.		Pov?reny 331		275 lbs.		Malanchuk 287		121		243		650			
114 lbs.		220 lbs.		132 lbs.		148 lbs.		Maklakov 309		242 lbs.		Masters (40-44)									
Korymenko 88		165 lbs.		148 lbs.		148 lbs.		242 lbs.		132 lbs.		Open									
165 lbs.		Verhovtsev 287		Shapoval 314		148 lbs.		Trigub 402		132 lbs.		Muzyka 220		138		226		584			
Hrushevska 99		Klimenko 276		Kipnyak 292		220 lbs.		Chun?hovsky 397		308 lbs.		Masters (50-54)									
Open		Svehovskyy 193		242 lbs.		148 lbs.		Osipenko 369		Aleksiev 503		123 lbs.									
105 lbs.		181 lbs.		Alexandrov 364		220 lbs.		Michael 441		165 lbs.		Lyudmila 198		110		243		551			
Pohorila 13		Roman 309		275 lbs.		132 lbs.		Shevchenko 248		Uvarov 364		Masters (55-59)									
114 lbs.		Suzdalyev 298		Marchenko 298		148 lbs.		181 lbs.		Koshovy 303		MALE									
Poljanskaya 99		Gavrilyuk 292		Masters (45-49)		275 lbs.		242 lbs.		Dyatlov 441		Raw									
Markovitch 83		Nehresko 303		275 lbs.		148 lbs.		Viplaven 298		Oleksandr 331		Teen (13-15)									
123 lbs.		198 lbs.		Kalkutin 364		148 lbs.		Masters (45-49)		198 lbs.		Nasteh?n 187		132		204		524			
Lysenko 154		P. Vitaly 309		Masters (50-54)		181 lbs.		242 lbs.		Volodymyr 314		132 lbs.									
Koroyeva 121		220 lbs.		181 lbs.		148 lbs.		Volodymyr 507		242 lbs.		Chloyan 176		132		243		551			
Milyeyeva 121		—		Osadchenko 331		148 lbs.		—		Yur'y 265		148 lbs.									
132 lbs.		Kozelchuk —		Masters (70-74)		198 lbs.		Stepatsky —		Masters (50-54)		Bondar 309		187		386		882			
Mala 97		Open		198 lbs.		Kyslytsia 138		220 lbs.		Hromenkov 309		Yasnovsky 259		182		237		678			
148 lbs.		148 lbs.		Masters (75-79)		181 lbs.		242 lbs.		242 lbs.		Jaroslav 182		116		254		551			
Balashova 105		Yehanyan 320		148 lbs.		181 lbs.		Koshovy 287		Kurud?mov 342		Maxim 160		116		265		540			
181 lbs.		Stanislav 259		148 lbs.		181 lbs.		Hromenkov 309		Vladislav 507		181 lbs.									
Dudnik 176		Toporen 243		148 lbs.		181 lbs.		Hromenkov 309		Vladislav 507		K?senko 254		198		364		816			
198 lbs.		Sadyka 220		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Teen (16-17)									
Dzhevinska 132		Kostenko 171		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Masters (55-59)		165 lbs.		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
181 lbs.		Slyuschenko 309		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Natalia 209		Kostiuk 292		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
MALE		Vitaly 287		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
<i>Amateur</i>		Konstantin 276		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
<i>Raw</i>		Pidbereznyy 276		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
<i>Teen (13-15)</i>		Bodnar 276		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
132 lbs.		Lebedinsky 265		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Korsun 143		Sarzhnan 253		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Sozinov 138		181 lbs.		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Kolesnik —		Kotsyuba 331		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
148 lbs.		Osadchenko 331		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Nelovkin 187		Selin 320		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Zhukotskyy 171		Hnatiuk 303		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
165 lbs.		Tsykalo 254		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Hrapal 193		Mykola 243		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
<i>Teen (16-17)</i>		198 lbs.		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
105 lbs.		Rostislav 347		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Bugrij 116		Lopatkin 336		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
148 lbs.		Motin 331		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Rudoy 198		Shatokhin 320		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
165 lbs.		Klevtsov 287		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Khanov 254		Fom'yachenko 265		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Kizyma 243		Leonov 209		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Yakubchak —		220 lbs.		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
<i>Teen (18-19)</i>		Ahyeyenko 308		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
132 lbs.		Matiukhin 369		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
Oleg 121		Mityahin 353		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									
		Masters (50-54)		148 lbs.		181 lbs.		Hromenkov 309		Kurud?mov —		Masters (16-17)									

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RESULTS »

165 lbs.				
Kovalchuk	463	309	579	1350
Gur?chev	441	298	491	1229
Smooth	287	281	397	964
Lutsenko	309	194	397	900
181 lbs.				
Mazur	375	243	386	1003
Gutsu	331	220	331	882
Khohlya	—	298	347	645
220 lbs.				
Goncharuk	628	369	628	1626
Oleksandr	485	353	623	1460
Kozelchuk	441	375	507	1323
Prudn?kov	485	276	441	1201
Polezhaev	—	331	463	794
242 lbs.				
Vladislav	419	364	485	1268
Open				
132 lbs.				
Borovsky	243	—	—	243
148 lbs.				
Popov	287	220	287	794
Govoruh?n	—	108	180	288
165 lbs.				
Korshak	364	265	452	1080
181 lbs.				
Dub?n?n	441	309	485	1235
Kovalenko	419	287	507	1212
181 lbs.				
Dolgov	524	380	573	1477
M?syutinsky	496	298	507	1301
Martynenko	496	287	496	1279
Kachur	408	—	524	931
198 lbs.				
Boris	540	397	606	1543
Vovk	485	353	573	1411
Hmilyak	507	325	551	1383
Zdrovenko	507	325	540	1372
Matv?enko	452	342	507	1301
Oleksandr	430	331	529	1290
Patretnyy	463	331	463	1257
Rusinchuk	452	287	518	1257
Boyarsky	407	287	441	1135
Avdeev	430	276	419	1124
Trokhymchuk	253	226	375	853
Savelev	—	309	397	705
220 lbs.				
Galaguz	661	397	639	1697
Goncharuk	628	369	628	1626
Khristoforov	661	342	573	1576
Bessel	485	364	568	1416
Chernyavsky	474	364	496	1334
Potapov	507	287	529	1323
L?cherep	496	276	507	1279
275 lbs.				
Kuzmenko	573	364	683	1620
Prezhin	507	397	551	1455
<i>Masters (40-44)</i>				
181 lbs.				
M?syutinsky	496	298	507	1301
220 lbs.				
Oleksandr	485	276	529	1290
<i>Masters (45-49)</i>				
165 lbs.				
Slobodenyuk	254	176	298	727
181 lbs.				
Sheichenko	265	197	358	820
198 lbs.				
Kabakov	386	281	353	1020
220 lbs.				
Khanov	364	265	408	1036
<i>Submaster</i>				
220 lbs.				
Khristoforov	661	342	573	1576
Chernyavsky	474	364	496	1334
<i>Subteens</i>				
96 lbs.				
Kravets	182	88	176	446
148 lbs.				
Vladislav	154	99	187	441
Standard Gear				
<i>Teen (16-17)</i>				
181 lbs.				
Zhukov	331	254	424	1009
<i>Juniors (20-23)</i>				

165 lbs.				
Koshovy	364	303	579	1246
Popov	397	309	375	1080
181 lbs.				
Zhuk	397	265	386	1047
<i>Open</i>				
148 lbs.				
Terentiev	243	182	298	722
181 lbs.				
Dyatlov	551	452	507	1510
198 lbs.				
Volodymyr	705	463	661	1830
Sokolovsky	595	353	661	1609
Konyuh	551	457	551	1560
308 lbs.				
Pyatak	353	220	375	948
<i>Submaster</i>				
181 lbs.				
Sokolovsky	595	353	661	1609
<i>» courtesy APA/WPA</i>				

NASA MISSOURI STATE OCT 29 2011 » Joplin, MO

BENCH				220 lbs.
MALE				<i>Master III</i>
275 lbs.				W. Smith 231
<i>Master III</i>				<i>Master Pure</i>
J. Anderson	253			W. Smith 231
<i>Police/Fire</i>				242 lbs.
B. Rich	545			<i>Master Pure</i>
<i>Raw</i>				W. Hall 479
Push Pull				BP DL TOT
MALE				
SHW				
<i>Submaster II</i>				
S. Tully	391	633	1024	
Powerlifting	SQ	BP	DL	TOT
MALE				
275 lbs.				
<i>Master Pure</i>				
R. McKenzie	551	484	551	1585
<i>Raw</i>				
181 lbs.				
<i>High School</i>				
N. Liby	319	187	402	908
<i>Junior</i>				
W. Sisson	347	297	451	1095
Power Sports	CR	BP	DL	TOT
FEMALE				
198 lbs.				
<i>Pure</i>				
C. Artym	121	226	132	479
MALE				
165 lbs.				
<i>Junior</i>				
J. Guinn	132	231	407	771
181 lbs.				
<i>Junior</i>				
N. Canha	215	270	586	1070
220 lbs.				
<i>Teen</i>				
M. Bottemoller	143	259	520	922
<i>» courtesy NASA</i>				

USPA WEST COAST FEB 18 2012 » Concord, CA

BENCH				B. Levering 424
FEMALE				220 lbs.
<i>Raw</i>				<i>Master (45-49)</i>
181 lbs.				S. Dedrick 518
<i>Junior (16-17)</i>				242 lbs.
V. Heriford	110			<i>Open</i>
<i>Single-Ply</i>				T. Nguyen 513
198+ lbs.				<i>Open</i>
<i>Master (55-59)</i>				J. Rothenberg 408
S. Vaterlaus	209			<i>Raw</i>
MALE				198 lbs.
<i>Single-Ply</i>				<i>Master (40-44)</i>
198 lbs.				M. Thomas 397
<i>Master (50-54)</i>				<i>Master (65-69)</i>

R. Heriford	270			
220 lbs.				
<i>Master (45-49)</i>				
S. Dedrick	474			
308 lbs.				
<i>Junior (18-19)</i>				
M. Macias	287			
<i>Open</i>				
B. Meek	386			
DEADLIFT				
FEMALE				
<i>Raw</i>				
181 lbs.				
<i>Junior (16-17)</i>				
V. Heriford	237			
<i>Single-Ply</i>				
132 lbs.				
<i>Master (45-49)</i>				
A. Barnhill	304			
Push Pull				
MALE				
<i>Raw</i>				
114 lbs.				
<i>Junior (16-17)</i>				
J. Estrada	77	110	187	
132 lbs.				
<i>Junior (16-17)</i>				
R. Palmieri	149	276	424	
148 lbs.				
<i>Junior (18-19)</i>				
J. Lanham	303	358	661	
<i>Master (70-74)</i>				
S. Morabito	161	309	470	
220 lbs.				
<i>Master (65-69)</i>				
M. Tikinsky	204	226	430	
242 lbs.				
<i>Junior (16-17)</i>				
J. Armstrong	309	408	717	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
<i>Classic</i>				
105 lbs.				
<i>Open</i>				
J. Monette	176	105	231	513
<i>Single-Ply</i>				
148 lbs.				
<i>Master (55-59)</i>				
C. Krause	248	128	265	640
165 lbs.				
<i>Open</i>				
S. Nix	325	154	336	816
<i>Master (40-44)</i>				
S. Nix	325	154	336	816
<i>Multi-Ply</i>				
148 lbs.				
<i>Master (70-74)</i>				
E. Kersey	176	99	254	529
<i>Raw</i>				
123 lbs.				
<i>Junior (16-17)</i>				
N. Stevens	165	88	220	474
<i>Submaster (35-39)</i>				
M. Van Luen	231	105	265	601
148 lbs.				
<i>Master (45-49)</i>				
J. Jadallah	204	127	303	634
<i>Open</i>				
J. Jadallah	204	127	303	634
<i>Open</i>				
T. Aletheia	176	132	254	562
165 lbs.				
<i>Master (45-49)</i>				
G. Salas	143	116	226	485
<i>Master (55-59)</i>				
M. Kuhns	149	88	187	424
<i>Open</i>				
H. Schiraldi	165	88	193	446
<i>Open</i>				
B. McCully	259	—	—	259
<i>Submaster (35-39)</i>				
B. McCully	259	—	—	259
198 lbs.				

MALE				
<i>Raw</i>				
165 lbs.				
<i>Open</i>				
A. Baidur	353			
198 lbs.				
<i>Master (65-69)</i>				
R. Heriford	353			
220 lbs.				
<i>Open</i>				
S. Dedrick	—			
242 lbs.				
<i>Master (45-49)</i>				
K. Rasool	573			
<i>Single-Ply</i>				
181 lbs.				
<i>Junior (13-15)</i>				
K. Kullman	243			
BP DL TOT				
Master (60-64)				
P. Butler	138	116	176	430
198+ lbs.				
<i>Open</i>				
J. Birrer	243	149	287	678
MALE				
<i>Classic</i>				
308 lbs.				
<i>Master (40-44)</i>				
J. Jano	524	364	513	1400
<i>Single-Ply</i>				
198 lbs.				
<i>Master (50-54)</i>				
D. Cannataro	309	369	347	1025
<i>Open</i>				
M. Peraza	573	386	546	1505
220 lbs.				
<i>Junior (16-17)</i>				
A. Bidanian	380	276	353	1009
<i>Junior (20-23)</i>				
H. Richmond	623	459	628	1710
<i>Master (55-59)</i>				
M. Musto	634	441	584	1659
<i>Open</i>				
H. Richmond	623	459	628	1710
242 lbs.				
<i>Junior (20-23)</i>				
R. Prout	502	347	612	1461
<i>Open</i>				
D. Giorgetti	—	—	—	—
275 lbs.				
<i>Open</i>				
N. Harrison	661	474	623	1758
<i>Open</i>				
B. Ayers	529	441	535	1505
<i>Submaster (35-39)</i>				
B. Ayers	529	441	535	1505
<i>Multi-Ply</i>				
198 lbs.				
<i>Master (40-44)</i>				
B. Mendoza	612	165	557	1334
<i>Open</i>				
B. Mendoza	612	165	557	1334
242 lbs.				
<i>Master (50-54)</i>				
D. Copeland	551	502	529	1582
<i>Open</i>				
C. Rogers	805	672	628	2105
<i>Open</i>				
D. Copeland	551	50		

R. Stevens	215	193	331	739
Master (40-44)				
G. Slater	453	320	488	1261
Master (50-54)				
J. Stanley	309	226	485	1020
Open				
F. Gallagher	409	265	557	1230
Open				
J. Daley	342	254	441	1036
181 lbs.				
Junior (18-19)				
R. Cordano	419	276	584	1279
Master (55-59)				
M. Kaplan	336	248	441	1025
Master (60-64)				
W. Butler	171	127	204	502
Open				
G. Gonzales	386	276	485	1146
Open				
B. Wat	424	248	441	1113
Open				
M. Kaplan	336	248	441	1025
198 lbs.				
Junior (16-17)				
D. Ramirez	259	187	353	799
Master (50-54)				
D. Harvey	309	243	441	992
Open				
A. Machuca	452	325	639	1416
Open				
G. Foster	353	254	474	1080
Open				
D. Harvey	309	243	441	992
220 lbs.				
Junior (20-23)				
O. Cortez	402	292	457	1152
Open				
J. Smith	342	193	468	1003
242 lbs.				
Junior (16-17)				
J. Armstrong	270	303	413	987
Master (50-54)				
T. Stallings	413	364	452	1229
Open				
J. Moran	408	320	507	1235
Open				
T. Stallings	413	364	452	1229
Open				
T. Campitelli	397	276	491	1163
275 lbs.				
Open				
M. Gomez	562	419	612	1593
308 lbs.				
Submaster (35-39)				
C. Thornton	331	248	347	926
Powerlifting Best Lifter Open Raw Women: Janine				
Jadallah. Powerlifting Best Lifter Master Raw Women:				
Janine Jadallah. Powerlifting Best Lifter Junior Raw Men:				
Ryan Cordano. Powerlifting Best Lifter Open Raw Men:				
Carlito Bareng. Powerlifting Best Lifter Master Raw Men:				
Gary Slater. Powerlifting Best Lifter Open Men Single-Ply:				
Hubbel Richmond. Powerlifting Best Lifter Junior Men				
Single-Ply: Hubbel Richmond. Powerlifting Best Lifter				
Master Men Single-Ply: Michael Musto. Powerlifting Best				
Lifter Open Men Multi-Ply: Bill Newman. Bench Press Best				
Lifter Master Raw Men: Stacy Dedrick. Push-Pull Best Lifter				
Junior Raw Men: Joshua Lanham. 1st Place Team: Black				
Ice Power Team (Ruben Loza, Becky McCully, Jeff Stanley,				
Gus Gonzalez, Dan Harvey, Matt Gomez) Meet Director				
& Promoter: Steve Denison. Thanks to Diablo Barbell				
Club, Ted O'Neill and Hillary Harper. Thanks to our Score				
Table. Meet Announcers: Lisa Wheeler & John Deluca.				
Meet Scorekeeper: Lillian Stuart. Bar Loading Program:				
Kendall Buffington, Keith Kanemoto, Steve Matthews,				
Mike Koufos. Master Score Sheet: Steve Denison. Thanks				
to all our Referees: Alan Aerts, International, Ken Wheeler,				
International, Lisa Wheeler, International, Bob Packer,				
International, Bonnie Aerts, National, Mike Koufos,				
National, Steve Matthews, National, Suzanne Hedman,				
National, Keith Kanemoto, State, John Deluca, State.				
Thanks To Our Spotters & Loaders: Josh Puckett, Ryan King,				
Michael Eagle, Nicki l'Anson, Jarett Borges, Diablo Barbell				
members. Thanks To Our Sponsors & Vendors: RHINO				
Power Gear. Venue: Diablo Barbell Club.				

» courtesy Steve Denison

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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
Yohimbe, 8% Yohimbine! 40 gm	7.75
Glutamine 300gm/1kg	14.50/37.50

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RESULTS »

USAPL NEW JERSEY STATE

JUL 23-24 2011 » Princeton, NJ

BENCH

FEMALE

148 lbs.

Master I

S. Schull 116

MALE

123 lbs.

Teen

M. Iwama 165

148 lbs.

Open

T. Rasmussen 259

165 lbs.

Master

D. Fiore 363

B. McNamara 253

M. Salandra 231

A. Smith 209

Open

B. Lozito 297

181 lbs.

Teen

A. Kruklnski 281

C. McKelvey 259

198 lbs.

Junior

F. Rumler —

Master

B. Phillips 407

K. Emker 303

H. Dachisen 220

220 lbs.

Master

M. Melillo 297

242 lbs.

Master

Powerlifting

FEMALE

105 lbs.

Open

K. Alcock 143

114 lbs.

Master I

T. Cutrona 259

Master III

M. Laurence 121

Open

T. Cutrona 259

123 lbs.

Class I

S. Danielson 154

Open

B. Wehman 165

132 lbs.

Master II

B. Milby 88

Master III

H. White 171

Open

M. Erwin 253

148 lbs.

Master I

S. Schultz 127

Master II

J. DeMura 154

Open

E. Kuzian 77

Raw

105 lbs.

K. Alcock 143

123 lbs.

B. Wehman 165

132 lbs.

M. Erwin 253

H. White 171

148 lbs.

H. Crocker 248

E. Bittner —

123 lbs.

Teen III

B. Wehman 165

MALE

123 lbs.

Open

S. Williams 165

148 lbs.

Class I

M. Iwama 226

148 lbs.

Class I

A. Grimaldi 457

Junior

J. Pham 314

Open

J. Golba 413

165 lbs.

Class I

J. Calebrese 462

Junior

S. Lewis 297

Master I

D. Fiore 165

Master II

M. Donnelly 319

Open

D. Ghebretzadick 446

M. Ballerini 308

181 lbs.

Class I

M. Leuhring 352

A. Pine 336

K. Banker 396

Open

F. Caine 479

Teen II

A. Kruklnski 253

198 lbs.

Class I

F. Duca 479

Junior

H. Wright 402

Master II

F. Rumler —

K. Emker 341

Master III

H. Dachiseo 275

A. Shaklin —

Open

J. Dally 501

220 lbs.

Junior

L. James 721

Master I

T. Jackson 545

R. Falcone 517

H. Picco —

K. Lair —

Open

T. Jackson 545

B. McFadden 517

M. Melillo 407

M. Melillo 341

Police/Fire/Military

H. Picco —

Teen II

M. Melillo 407

242 lbs.

Master I

S. Green 347

Master II

J. Sperber 457

R. Moore 402

J. Maguire 226

Master IV

S. Chatis 358

Raw

123 lbs.

M. Iwama 226

132 lbs.

H. Bakhtiarloo 182

148 lbs.

J. Pham 314

165 lbs.

F. Molinaro 402

D. Ballerini 314

M. Ballerini 308

T. Ballerini 259

181 lbs.

A. D'Urso 501

A. Pine 336

D. Segal 363

198 lbs.

H. Carter 413

242 lbs.

D. Lathroum 611

D. Currence 573

J. Sperber 457

148 lbs.

Master IV

J. Wolf 231

» courtesy USAPL

242 242 462 1040

363 — 473 837

413 325 534 1272

611 374 628 1613

573 380 622 1574

457 352 539 1349

231 132 374 738

242 242 462 1040

363 — 473 837

413 325 534 1272

611 374 628 1613

573 380 622 1574

457 352 539 1349

231 132 374 738

» courtesy USAPL

242 242 462 1040

363 — 473 837

413 325 534 1272

611 374 628 1613

573 380 622 1574

457 352 539 1349

231 132 374 738

» courtesy USAPL

242 242 462 1040

363 — 473 837

413 325 534 1272

611 374 628 1613

573 380 622 1574

457 352 539 1349

231 132 374 738

» courtesy USAPL

242 242 462 1040

363 — 473 837

413 325 534 1272

611 374 628 1613

573 380 622 1574

457 352 539 1349

231 132 374 738

» courtesy USAPL

242 242 462 1040

363 — 473 837

413 325 534 1272

611 374 628 1613

573 380 622 1574

457 352 539 1349

231 132 374 738

» courtesy USAPL

242 242 462 1040

363 — 473 837

413 325 534 1272

611 374 628 1613

573 380 622 1574

457 352 539 1349

231 132 374 738

» courtesy USAPL

242 242 462 1040

363 — 473 837

413 325 534 1272

D. Allen 242

149 303 694

181 lbs.

Teen (14-19)

W. Gottsch —

198 lbs.

Open

V. Arulmoli 457

220 lbs.

Master (40-49)

D. Lewis 385

242 lbs.

Master (40-49)

S. Landry 672

Open

S. Waits 705

M. Matott —

Teen (14-19)

N. Loporchio 584

275 lbs.

Master (40-49)

J. Weeks 606

Open

M. Schellen 705

Raw

123 lbs.

Teen (14-19)

T. Mares 264

132 lbs.

Open

C. Ariav 171

Teen (14-19)

E. Ingebretsen 275

148 lbs.

Master (50-59)

J. Moylan 259

Master (60+)

R. Mattieson 187

Open

K. Simpson 275

R. Peraza 363

<i>Open</i>				
C. Shifflett	611	407	611	1629
B. Marum	495	363	562	1420
M. ramirez	534	374	551	1459
E. Anderson	451	314	551	1316
K. Hudak	440	286	545	1272
B. Ziegler	352	363	523	1239
J. Gross	451	286	501	1239
C. Czanstke	418	303	479	1200
D. Cooper	352	286	457	1095
M. Correy	336	292	451	1079
T. Cooper	402	270	418	1090
275 lbs.				
<i>Open</i>				
P. Russell	512	363	562	1437
H. Sun	473	292	528	1294
B. Greenquist	385	286	440	1112
R. Magne	500	358	308	1166
» <i>courtesy USAPL</i>				

SSA CANDYAZZ CLASSIC
FEB 11 2012 » Tribes Hill, NY

BENCH				
<i>Unlimited</i>				
165 lbs.				
<i>Open</i>				
J. Bloomer	290			
Standard				
165 lbs.				
<i>Open</i>				
J. Kaye	290			
Ironman				
Standard				
242 lbs.				
<i>Teen I</i>				
G. Kalies	200	400	600	
308 lbs.				
<i>Teen III</i>				
S. Berry	230	460	690	
J. Kresa	235	400	635	
Full Power				
<i>Unlimited</i>				
148 lbs.				
<i>Open</i>				
E. Adolph	585	320	530	1435
165 lbs.				
<i>Open</i>				
S. Tepper	620	455	530	1605
198 lbs.				
<i>Open</i>				
J. Bronk	655	305	625	1585
Subs				
B. Pavlus	750	480	590	1820
Master I				
B. Fields	760	505	680	1945
275 lbs.				
<i>Teen I</i>				
Z. Gibson	410	300	405	1115
308 lbs.				
Master I				
B. Gibson	510	475	475	1460
Single-Ply				
198 lbs.				
<i>Open</i>				
W. McMahon	585	385	565	1535
308 lbs.				
<i>Open</i>				
J. Vasquez	800	—	560	1360
SHW				
<i>Open</i>				
J. Bernor	1000	800	750	2550
Standard				
181 lbs.				
<i>Teen III</i>				
N. Iadevaio	405	295	475	1175
198 lbs.				
<i>Teen II</i>				
J. Caprino	325	250	420	995
242 lbs.				
<i>Open</i>				
C. Combs	495	355	475	1325
» <i>courtesy Sandi McCaslin</i>				

USPA MAIN STATE PL/BP

JAN 28 2012 » Bangor, ME

BENCH				
MALE				
242 lbs.				
<i>Raw</i>				
R. Chase	430			
<i>Open</i>				
T. Poland	452			
Master (45-49) SP				
<i>Multi-Ply</i>				
K. Poirtras	270			
<i>Open</i>				
J. Carter	507			
220 lbs.				
<i>Open</i>				
Powerlifting				
SQ	BP	DL	TOT	
FEMALE				
<i>Multi-Ply</i>				
148 lbs.				
<i>Master (50-54)</i>				
A. Walsh	303	132	342	777
MALE				
<i>Raw</i>				
198 lbs.				
<i>Open</i>				
D. Michlon	480	364	562	1405
D. Laponius	430	320	546	1295
220 lbs.				
<i>Junior (16-17)</i>				
<i>Single-Ply</i>				
C. Mahoney	—	—	—	—
198 lbs.				
<i>Junior</i>				
S. Younes	513	353	502	1367
<i>Multi-Ply</i>				
181 lbs.				
<i>Open</i>				
S. Tucker	435	254	408	1097
198 lbs.				
<i>Open</i>				
K. Johnson	705	502	562	1769
H. Metz	551	254	485	1290
A. Lyons	529	276	480	1284
220 lbs.				
<i>Open</i>				
D. Palmer	502	—	—	502
242 lbs.				
<i>Open</i>				
J. Wiinikka	617	397	551	1565
308+ lbs.				
<i>Open</i>				
C. Wiers	909	672	821	2403
<i>Multi-Ply Best Lifter (PL): Chris Wiers (\$100).</i>				
<i>Raw Best Lifter (PL): Darren Michlon (\$100).</i>				
<i>Special mention to Kyle Johnson who lifted for free by beating an established Silo Barbell total. Meet Director: Paul Dosen. Thanks to our sponsors: Inzer Advance Design, Mahar Heating, House of Pain, Silo Barbell. Meet Announcer: Adam Sokolowski. Scorekeeper: Joanne Clough. Timekeeper: Katherine Welch. Thanks To All Our Referees: Rob Meulenberg, National, Paul Dosen, State, Louie Morrison, State, Dustin Cyr, State. Thanks To Our Spotters & Loaders: Caleb Smith, Ryan Mayo, Jim Strout, Greg Aalto.</i>				
» <i>courtesy USPA</i>				

USAPL HUDSON NATURAL OPEN
OCT 29 2011 » Hudson, WI

Powerlifting				
FEMALE				
<i>Teen</i>				
C. Maloney	295	95	270	660
A. Brettingen	275	170	285	730
C. Johnson	260	135	225	620
<i>Raw</i>				
Master				
S. Hallen	315*	200*	330	845*
K. Trussell	245	155	315	715
C. Bisinger	260	130	305	695
F. Friday	235	120	280	635
J. Beer	160	110	245	515
MALE				
<i>Teen</i>				
S. Miller	505	245	500	1250

<i>Master</i>				
J. Monahos	550	340	515	1405
G. Grahm	425	305	460	1190
<i>Open</i>				
J. Betzinger	800	460	685	1945
J. Nelson	570	400	500	1470
J. Langer	500	320	450	1270
M. Schulke	500	215	500	1215
<i>Raw</i>				
N. Gagnon	500	335	560	1395
E. Lohman	480	315	515	1310
S. Harelson	450	295	545	1290
T. Yasgar	480	275	490	1245
B. Trussell	460	315	460	1235
B. Miller	390	315	500	1205
C. Jones	455	250	475	1180
M. Sampson	385	285	430	1100
S. Cameron	305	255	425	985
<i>Master</i>				
S. Kinzel	345	200	405	950
D. Mills	300	240	400	940
N. Stapher	275	235	360	870
Master				
J. Campbell	525	420	505	1450
B. Hanson	465	285	515	1265
D. Miller	385	360	500	1245
T. Fonder	405	310	495	1210
M. Hulse	450	260	440	1150
J. Valpatic	365	230	455	1050
S. Reid	355	205	415	975
B. Sainati	235	160	365	760
R. Magnuson	—	—	—	—
<i>Teen</i>				
L. Kaiser	370	280	535*	1185
C. Ramsden	300	290*	350	940
*American Records. All divisions by formula.				
» <i>courtesy USAPL</i>				

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THE RAGE

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



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

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

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

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

RAGE X

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



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

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

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

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

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

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

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

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

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



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

RADICAL DENIM

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



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

ULTIMATE DENIM

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

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The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts

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

\$8.00
(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



Beanies

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

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Fitting Gloves

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

\$4.95



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.

\$19.95



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



Jersey Knit Short

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

\$12.95



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

\$5.95



Gym Chalk

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.

\$55.00



Knee Sleeves XT

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

\$55.00



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



Power-Surge Red Line Wrist Wraps

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

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

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

\$12.95



Iron Wrist Wraps Z

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

\$17.00



Iron Wraps Z

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

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Forever Lever Belt 13MM

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

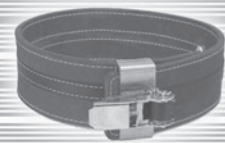
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Forever Buckle Belt 13MM

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

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PR Belt

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

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Forever Lever Belt 10MM

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

\$60.00

Forever Belts™ are guaranteed forever!



Forever Buckle Belt 10MM

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

\$60.00



Power Belt Quality Economy

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

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Max DL

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

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Lifting Singlet

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

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Z-Suit

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

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Champion Suit

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

\$42.00



The Pillar

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

\$115.00



Standard Blast Shirt

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

\$38.00



High Performance HD Blast

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

\$77.00



Heavy Duty Erector Shirt

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

\$55.00



Heavy Duty Groove Briefs

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

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MEN'S 132 LB. (60 KG.) WEIGHT DIVISION » SQUAT



Doug Heath at the 1987 YMCA National Championships



Scott Alford with his 3rd place trophy from the 1986 APF Senior Nationals

Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 650.4 (295.0)	4.92X	Joe Bradley/56 11/7/80 (295.0 kg.) (Arlington, Texas) (USPF/IPF)
2. 650.4 (295.0)	*4.96X	Richard Hawthorne/84 10/8/04 (295.0 kg. @ 59.5 kg.) (Atlanta, Georgia) (WPO)
3. 615.0 (279.0)	4.65X	Caleb Williams/84 6/24/04 (615.0 lb.) (Duluth, Georgia) (USAPL)
4. 611.8 (277.5)	*4.63X	Hennis Washington/70 6/19/04 (277.5 kg. @ 59.95 kg.) (Fort Lauderdale, Florida) (APF)
5. 611.8 (277.5)	*4.64X	Mike Kuhns/86 6/18/10 (277.5 kg. @ 59.8 kg.) (Palm Springs, California) (USAPL/IPF)
6. 605.0 (274.4)	*4.58X	Doug Heath/55 3/7/98 (605.0 lb. @ 132.0 lb.) (Avon Lake, Ohio) (IPA)
7. 603.0 (273.5)	*4.63X	Judd Biasiotto/46 3/1/89 (600.0 lb. @ 130.25 lb., later weighed 603.0 lb.) (Albany, GA) (ADFPA)
8. 595.2 (270.0)	4.50X	Lamar Gant/57 4/8/88 (270.0 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
9. 589.7 (267.5)	4.46X	Ron Cabico/64 4/8/88 (267.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
10. 578.7 (262.5)	*4.42X	Nelson Boutte/88 6/10/11 (262.5 kg. @ 59.44 kg.) (Bay Saint Louis, Mississippi) (USAPL/IPF)
11. 573.2 (260.0)	*4.34X	Damarrio "Doc" Holloway/80 7/13/07 (260.0 kg. @ 59.92 kg.) (Saint Louis, Missouri) (USAPL/IPF)
12. 570.0 (258.5)	*4.34X	Nick Laznovsky/92 1/16/10 (570.0 lb. @ 131.2 lb.) (Rio Grande City, Texas) (THSPA)
13. 567.7 (257.5)	4.29X	Mike Ewoldsen/65 8/10/02 (257.5 kg.) (Oklahoma City, Oklahoma) (NASA)
14. 560.0 (254.0)	*4.31X	D. Johnston 9/12/90 (560.0 lb. @ 130.0 lb.) (London, Ohio) (FCI)
15. 556.7 (252.5)	4.21X	Kevin Westbrook/55 6/21/92 (252.5 kg.) (Las Vegas, Nevada) (NASA)
16. 551.2 (250.0)	4.17X	Charles Lawson 2/12/86 (250.0 kg.) (Fort Lewis, Washington) (USPF)
17. 551.2 (250.0)	4.17X	Eric Poulin/75 5/1/92 (250.0 kg.) (Brockton, Massachusetts) (USPF)
18. 550.0 (249.5)	4.16X	Richard Pell 10/86 (550.0 lb.) (Philadelphia, Pennsylvania) (NSM)
19. 545.6 (247.5)	*4.13X	Marcus Williams/83 5/31/03 (247.5 kg. @ 60.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
20. 545.0 (247.2)	*4.13X	Lance Mays 4/23/94 (545.0 lb. @ 132.0 lb.) (Baton Rouge, Louisiana) (USPF)
21. 541.2 (245.5)	4.09X	Kevin Lasater 10/9/82 (245.5 kg.) (Norman, Oklahoma) (USPF)
22. 540.1 (245.0)	*4.10X	Justin Maile/82 3/25/00 (245.0 kg. @ 59.8 kg.) (Neenah, Wisconsin) (USAPL)
23. 540.1 (245.0)	*4.09X	Alan Whigham/75 7/9/04 (245.0 kg. @ 59.88 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
24. 540.1 (245.0)	*4.10X	Jonathon "Joey" Bareng/83 7/1/11 (245.0 kg. @ 131.8 lb.) (Costa Mesa, California) (USPA)
25. 540.0 (244.9)	4.08X	Scott Siegel/66 3/9/91 (540.0 lb.) (High Point, North Carolina) (USPF)
26. 540.0 (244.9)	*4.27X	Christian "Isaac" Nunez/92 3/28/09 (540.0 lb. @ 126.6 lb.) (Abilene, Texas) (THSPA)
27. 535.0 (242.7)	*4.08X	Norm Shackelford 11/10/90 (535.0 lb. @ 131.0 lb.) (Grand Rapids, Michigan) (USPF)
28. 535.0 (242.7)	*4.15X	Cheyne Stephen 4/2/05 (535.0 lb. @ 128.9 lb.) (Houston, Texas) (THSPA)
29. 534.6 (242.5)	*4.05X	Claude Handsor/62 7/6/85 (242.5 kg. @ 59.9 kg.) (Chicago, Illinois) (USPF)
30. 534.6 (242.5)	4.04X	Randall Kea/62 7/5/86 (242.5 kg.) (Chicago, Illinois) (USPF/IPF)
31. 530.0 (240.4)	4.01X	Dave Pattaway/59 4/30/88 (530.0 lb.) (Bentwaters Air Force Base, Great Britain) (USPF/IPF)
32. 530.0 (240.4)	4.01X	Hien Nguyen/77 12/11/93 (530.0 lb.) (Omaha, Nebraska) (USPF)
33. 530.0 (240.4)	*4.02X	Mike Kuhns/86 10/23/10 (530.0 lb. @ 132.0 lb., no squat suit or knee wraps.) (Bigler, PA) (ADAU)
34. 530.0 (240.4)	*4.02X	Joe Morrow/83 3/10/12 (530.0 lb. @ 132.0 lb., without a squat suit.) (Knoxville, Tennessee) (SPF)
35. 529.1 (240.0)	4.00X	Raymond Verdonck 3/19/80 (240.0 kg.) (Honolulu, Hawaii) (USPF/IPF)
36. 529.1 (240.0)	4.00X	Mike Kimura 3/23/87 (240.0 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
37. 529.1 (240.0)	4.00X	Paul Fogt 12/12/87 (240.0 kg.) (Columbus, Ohio) (APF)
38. 529.1 (240.0)	4.00X	Todd Suttles/68 6/18/93 (240.0 kg.) (Greensboro, North Carolina) (USPF/IPF)
39. 529.1 (240.0)	4.00X	Eric Kupperstein/66 4/6/02 (240.0 kg.) (Scranton, Pennsylvania) (USAPL)
40. 525.0 (238.1)	3.97X	Russ Steinhouser 11/15/86 (525.0 lb.) (Maui, Hawaii) (APF/WPC)
41. 523.6 (237.5)	3.96X	Scott Alford 6/28/86 (237.5 kg.) (Dayton, Ohio) (APF/WPC)
42. 523.6 (237.5)	3.96X	Brad Olson/63 10/28/95 (237.5 kg.) (Sussex, England) (ADFPA/WDFPF)
43. 523.6 (237.5)	*3.96X	August Clark/62 8/12/01 (237.5 kg. @ 59.9 kg.) (Orlando, Florida) (WPO)
44. 523.6 (237.5)	*3.97X	Jordan Dunn/91 4/7/06 (237.5 kg. @ 59.8 kg.) (Baton Rouge, Louisiana) (AAPF/AWPC)
45. 523.6 (237.5)	*3.97X	Emanuel "TJ" Taylor/87 4/16/10 (237.5 kg. @ 59.8 kg.) (Orlando, Florida) (USAPL)
46. 520.0 (235.9)	3.93X	John D. "J.D." Carr/57 11/15/86 (520.0 lb.) (Maui, Hawaii) (APF/WPC)
47. 520.0 (235.9)	3.93X	Ernesto Milian/47 11/2/91 (520.0 lb.) (Miami, Florida) (NSM)
48. 518.1 (235.0)	3.92X	Scott McFarland 12/17/83 (235.0 kg.) (Columbus, Ohio) (USPF)
49. 518.1 (235.0)	3.92X	Steve Drum 6/6/87 (235.0 kg.) (Kansas City, Missouri) (USPF)
50. 515.9 (234.0)	3.90X	Thomas "Bubba" Wolford 12/14/85 (234.0 kg.) (Beaumont, Texas) (USPF)

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

Records accurate as to my knowledge.



Ken Westbrook – this USAF lifter had a very unique set-up ritual in the squat



Joe Bradley – his 650 at the 1980 IPF World Championships in Texas was almost effortless



Hennis Washington at the 2003 USAPL Men's Nationals

WOMEN'S 132 LB. (60 KG.) WEIGHT DIVISION » SQUAT

Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	556.7 (252.5)	*4.24X Nance Greenspan-Avigliano/56 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
2.	540.0 (244.9)	*4.12X Amy Weisberger/65 1/27/07 (540.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
3.	529.1 (240.0)	*4.03X Mary Ellen Jerumbo-Warman/58 11/9/96 (240.0 kg. @ 59.6 kg.) (Durban, South Africa) (APF/WPC)
4.	500.0 (226.8)	*3.85X Jenny Burke/70 12/15/07 (500.0 lb. @ 130.0 lb.) (Lake George, New York) (APF)
5.	500.0 (226.8)	*3.81X Natalie Carr-Harrington/83 8/20/11 (500.0 lb. @ 131.4 lb.) (Covington, Kentucky) (SPF)
6.	490.5 (222.5)	*3.85X Margaret Kirkland/63 6/13/09 (222.5 kg. @ 57.75 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
7.	463.0 (210.0)	*3.52X Julia Kaufman-Ladewski/80 6/2/06 (210.0 kg. @ 59.6 kg.) (Las Vegas, Nevada) (APF/WPC)
8.	457.5 (207.5)	*3.46X Ruthi Shafer/57-10 1/30/83 (207.5 kg. @ 132.25 lb.) (Chicago, Illinois) (USPF)
9.	457.5 (207.5)	3.46X Mariah Liggett/58 7/6/91 (207.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
10.	451.9 (205.0)	*3.45X Bettina Altizer/62 4/20/96 (205.0 kg. @ 131.0 lb.) (Wilkes-Barre, Pennsylvania) (ADFPA)
11.	451.9 (205.0)	*3.45X Stacy Urso/71 4/3/04 (205.0 kg. @ 59.5 kg.) (Round Rock, Texas) (APF)
12.	451.9 (205.0)	*3.47X Gundula von Bachhaus-Fiona/81 11/5/08 (205.0 kg. @ 59.16 kg.) (Saint John's, Canada) (IPF)
13.	446.4 (202.5)	*3.38X Beth LaPierre/79 8/4/07 (202.5 kg. @ 60.0 kg.) (Rosemont, Illinois) (AAPF/AWPC)
14.	439.0 (199.1)	3.32X Felicia Johnson-Almy/58 5/15/88 (439.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
15.	435.4 (197.5)	*3.34X Pamela Bartz/87 8/31/10 (197.5 kg. @ 59.2 kg.) (Czech Republic, Pilsen) (USAPL/IPF)
16.	429.9 (195.0)	*3.27X Vicky Steenrod/49 6/1/85 (195.0 kg. @ 59.6 kg.) (Vienna, Austria) (USPF/IPF)
17.	430.0 (195.0)	3.25X Diane Frantz/37 2/15/87 (430.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
18.	430.0 (195.0)	3.25X Anna Blakely 10/20/93 (430.0 lb.) (Wilmington, Ohio) (APF)
19.	429.9 (195.0)	3.25X Kathy Baker/59 11/21/91 (195.0 kg.) (Las Vegas, Nevada) (APF/WPC)
20.	429.9 (195.0)	*3.26X Vanessa Schwenker-Ware/63 5/31/96 (195.0 kg. @ 131.8 lb.) (Atlanta, Georgia) (APF/WPC)
21.	426.1 (193.3)	3.22X Jodi Teter 6/26/98 (426.1 lb.) (York, Pennsylvania) (IPA)
22.	425.0 (192.8)	*3.24X Ashley Boyce/61-04 11/22/96 (425.0 lb. @ 131.0 lb.) (New Carrollton, Maryland) (IPA)
23.	425.0 (192.8)	3.21X Lee Denmon/63 12/1/07 (425.0 lb.) (Mauriceville, Texas) (APF)
24.	418.9 (190.0)	3.17X Tonya Myers/70 11/3/94 (190.0 kg.) (Columbus, Ohio) (APF/WPC)
25.	418.9 (190.0)	3.17X Beth Thomas 3/19/11 (190.0 kg.) (Romulus, Michigan) (AAPF)
26.	415.0 (188.2)	3.14X Melanie Diamond-Sefcik/55 11/19/99 (415.0 lb.) (York, Pennsylvania) (IPA)
27.	415.0 (188.2)	*3.31X Andrea Cazares/92 3/19/11 (415.0 lb. @ 125.2 lb.) (Corpus Christi, Texas) (THSWPA)
28.	413.4 (187.5)	*3.13X Jennifer Perry/82 11/5/08 (187.5 kg. @ 59.9 kg.) (Saint John's, Canada) (USAPL/IPF)
29.	410.0 (186.0)	*3.11X Bianca Stone/64 8/22/08 (410.0 lb. @ 131.8 lb.) (Sharonville, Ohio) (IPA)
30.	407.9 (185.0)	3.08X Nora Cline 12/10/88 (185.0 kg.) (Irving, Texas) (USPF)
31.	407.9 (185.0)	*3.10X Heidi Burke/68 11/29/05 (185.0 kg. @ 131.5 lb.) (Omaha, Nebraska) (APF)
32.	405.0 (183.7)	*3.09X Sandy Easter 4/7/90 (405.0 lb. @ 131.0 lb.) (Whitman, Massachusetts) (USPF)
33.	402.3 (182.5)	*3.08X Judith Averbach/60 2/1/86 (182.5 kg. @ 59.3 kg.) (Salt Lake City, Utah) (USPF/IPF)
34.	402.3 (182.5)	*3.04X Amy Hoffman/65 7/16/88 (182.5 kg. @ 132.25 lb.) (Columbus, Ohio) (APF/WPC)
35.	402.3 (182.5)	*3.18X Carrie Boudreau/67 7/11/97 (182.5 kg. @ 57.3 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
36.	402.3 (182.5)	*3.26X Valeri Tyree/73 3/16/02 (182.5 kg. @ 123.4 lb.) (Houston, Texas) (USPF)
37.	402.3 (182.5)	3.04X Dionne Wessels/68 8/2/02 (182.5 kg.) (Athens, Georgia) (AAPF/AWPC)
38.	402.3 (182.5)	*3.05X Alison Francisus/63 4/15/07 (182.5 kg. @ 59.9 kg.) (Monroe, Louisiana) (AAPF/AWPC)
39.	402.3 (182.5)	*3.07X Jalea Bennett/84 5/30/08 (182.5 kg. @ 131.0 lb.) (Omaha, Nebraska) (APF/WPC)
40.	402.3 (182.5)	*3.06X Jennifer Thompson/73 5/21/11 (182.5 kg. @ 59.7 kg.) (Atlanta, Georgia) (USAPL/IPF)
41.	402.3 (182.5)	*3.06X Jenna Neeley/88 7/1/11 (182.5 kg. @ 131.6 lb.) (Costa Mesa, California) (USPA)
42.	402.3 (182.5)	*3.23X Rowena Lopez/77 11/9/11 (182.5 kg. @ 56.49 kg.) (Pilsen, Czech Republic) (USAPL/IPF)
43.	400.0 (181.4)	*3.04X Carly Nogle/87 11/13/04 (400.0 lb. @ 131.7 lb.) (Plainwell, Michigan) (USAPL)
44.	400.0 (181.4)	*3.08X Jules Furniss/83 6/28/08 (400.0 lb. @ 130.0 lb.) (York, Pennsylvania) (IPA)
45.	396.8 (180.0)	*3.03X Jennifer Rey-Fisher-Gaudreau/71 5/22/10 (180.0 kg. @ 59.5 kg.) (Cleveland, Ohio) (USAPL/IPF)
46.	396.8 (180.0)	*3.01X Samantha Baker/88 8/31/10 (180.0 kg. @ 59.8 kg.) (Czech Republic, Pilsen) (USAPL/IPF)
47.	391.3 (177.5)	*3.01X Heather Crocker/89 12/11/11 (177.5 kg. @ 130.0 lb.) (Johnston, Massachusetts) (USAPL)
48.	390.0 (176.9)	*2.97X Angie Overdeer/70 9/6/03 (390.0 lb. @ 131.5 lb.) (East Lansing, Michigan) (USAPL)
49.	385.8 (175.0)	*3.10X Tracie Tucker 3/2/02 (175.0 kg. @ 124.6 lb.) (Oklahoma City, Oklahoma) (NASA)
50.	385.8 (175.0)	*2.95X Kendra Miller/92 5/22/10 (175.0 kg. @ 59.3 kg.) (Cleveland, Ohio) (USAPL/IPF)

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



Sandy Easter – out of Massachusetts, is still on the ranking lists for her fine lift



Amy Weisberger has put up astonishing numbers over a long competitive period



Mariah Liggett is another Columbus, Ohio, resident who has had a remarkable career



Jennifer Thompson lifting at this year's Arnold Classic (D. Thompson photo)



Vicky Steenrod was a world championship winner over several weight classes



Souix-z Hartwig-Gary

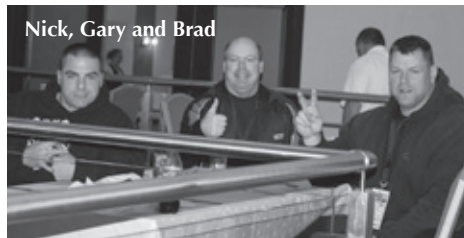


The USA women's team



Coach Matt

THE USA TEAM AT THE IPF WORLDS



Nick, Gary and Brad



Matt and Wej-Ling



Alyssa Hitchcock



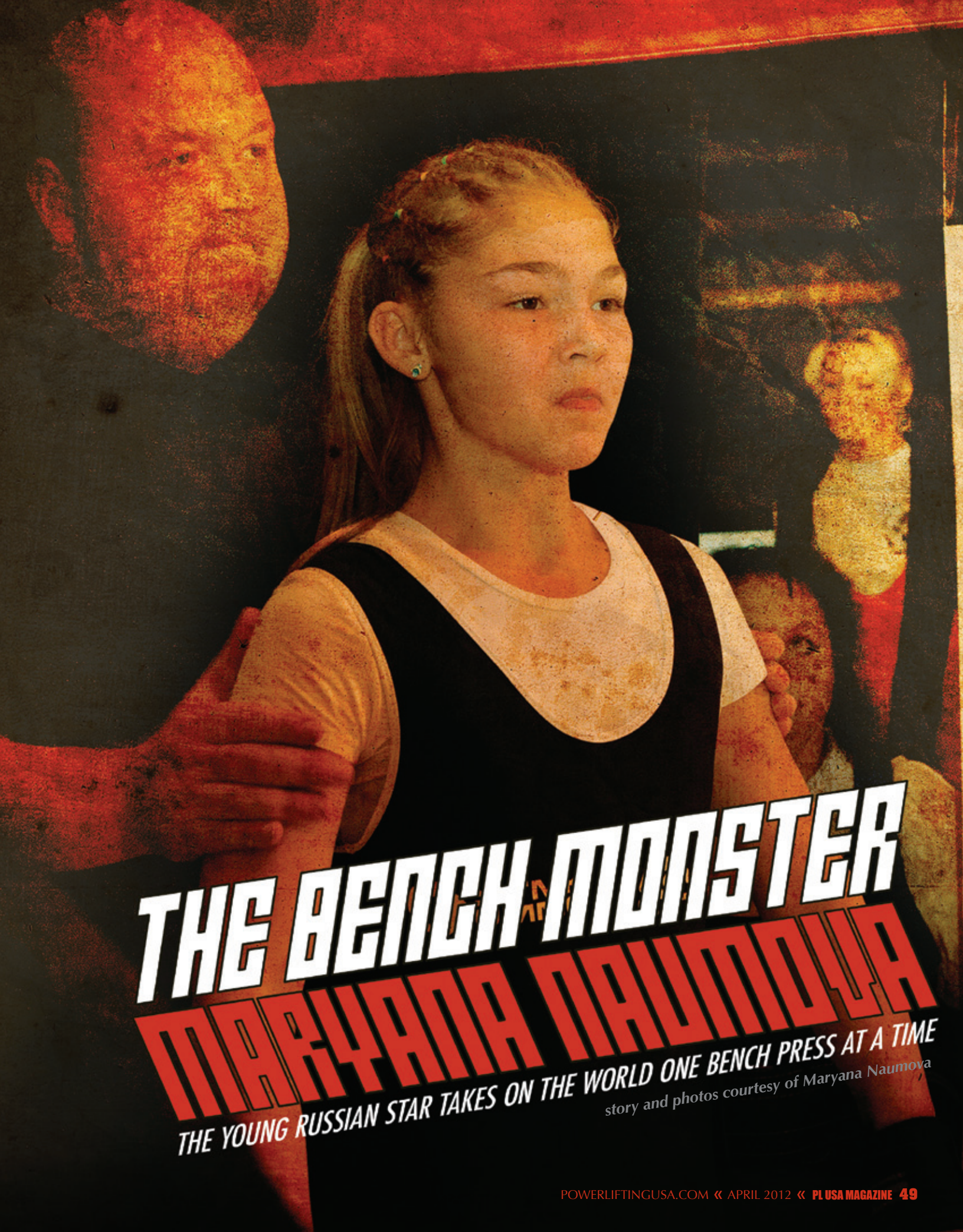
Jill and Galina Karpova



Team USA at the IPF banquet (Souix-z Hartwig-Gary photos)



Robert, John and PJ



THE BENCH MONSTER

MARYANA NAUMOVA

THE YOUNG RUSSIAN STAR TAKES ON THE WORLD ONE BENCH PRESS AT A TIME

story and photos courtesy of Maryana Naumova



At the 2011 Golden Tiger meet



Maryana with her "Mum"

MARYANA

the bench monster

МАРЬЯНА



At the December 2011 WPA Russian Championships



IN HER COUNTRY THEY CALL HER THE PRINCESS OF THE BARBELL. SHE IS INVITED TO TV TALK SHOWS, AND EVEN INTO THE RUSSIAN PARLIAMENT. IN THEIR MEMOIRS ABOUT THEIR RECENT RUSSIAN TRIP, GENE RYCHLAK AND ROB LUYANDO CALL HER THE BENCH MONSTER—A NAME SHE LIKES MUCH MORE.

An ordinary 10 year old schoolgirl, a pupil of the 6th level in the suburbs of Moscow, she liked to play with dolls, and saw a barbell only in her father's journals on the bookshelf. Since she was 4 years old, Maryana Naumova had been doing sports aerobics, and she became a champion of the Moscow region. But in December 2009, her life changed dramatically.

"I had no one to sit with me at the house and my father—a bench-er—took me to the competition with him," says Maryana. "During his performance, I decided to try to press an empty barbell in the warm-up chamber. I got to do it for 4 times without any help. One of the meet directors—the strongest bench-er of Russia, Vladimir Kravtsov—noticed my efforts, gave me a poster and said that I'll be a future champion. This poster now hangs in my room."

The next day, Maryana and her father went to the gym, and a month later they went to the Moscow AWPC championship and established her first junior record, pressing 37.5 kg. Four months later, Maryana won her first senior tournament, the WDPFF "Black Sea Cup," with her 50 kg. lift. At the end of 2010, with a demonstration performance at the professional tournament "WORLDLIFTING" in Moscow, she got another record with 60 kg!

"I always watched Kerrigan 'Little Evil' McCaslin's performances at the Arnold Classic (2006) and wanted to be like her. The first girl at the AC—yes, of course, I envied her. I asked to contact her via an internet forum, but received no reply.

"After the Soviet Union collapsed, children's sports in Russia were very poorly developed. The gym is rather expensive, and my friends and classmates see an 'alien' in me. When I brought some chocolate protein to school and treated my classmate, teachers wanted to sue my parents in court. People think that sport nutrition 'hurts.'

"My father was involved in powerlifting for 20 years, but probably will never become a world champion. I did it in 12 years, and I know that my dad is very proud of me. I'm very pleased; he spends a lot of time with me, it's very important to me."

The attention of the TV and Press, which accompanied Maryana's performances, made her a welcome guest at any competition since meet directors were receiving good PR.

At the WPA Ukraine Championships in February 2010, Maryana pressed 62.5 kg., and at the IPA Europeans in Sochi, 66 kg. Then Maryana received an invitation to the professional meet "Battle of Champions 2010" in Arkhangelsk, where she competed on the same stage with the great champions: Michael Koklyaev, Laszlo Mezarosz, and Vladimir Maximov. At this tournament, Maryana set an absolute record in the bench press among girls under 14 years with her incredible 70 kilograms. Maryana is in the *Record Book of Records Russia*—the national analogue of the *Guinness Book of Records*.

"During the 'Battle of Champions' it was interesting. I was preparing to approach my new record 70 kg. I was not confident in the result. Suddenly, I heard the audience call me. They pointed their finger at me and laughed, not believing that I could press it. I was so angry that just blew the bar up! I am the Bench Monster and I'm the best!

"In Europe's largest sports festival 'Golden Tiger,' in September 2011 in Yekaterinburg, I competed together with my idol in strength sports, Vladimir Kravtsov. I spotted him, and he pressed 280 pounds and beat the American Jeremy Hoornstra in the bench press. I like Jeremy, he is a handsome and strong guy, but I wish good luck to Vladimir."

At the "Golden Tiger," for the first time a delegation of American athletes visited Russia; Jeremy Hoornstra, Paul Key, Gene Rychlak, Rob Luyando, Joe Mazza—they were all shocked by Maryana, and remem-

bered her as a little star of Russian powerlifting, upon returning to back to America.

In November 2011, Maryana was invited to the Russian parliament, where the presidential candidate from the Communist Party, Gennady Zyuganov, awarded Maryana an honorary diploma for her contribution to children's sports in Russia. The Communists have become sponsors of Maryana, and added "Red, Communist" to the "Bench Monster" nickname.

"I do not understand politics, but I use every opportunity to make our sport more well-known and popular. Many Russian politicians do not even know what powerlifting is. They all confuse it with weightlifting. Everyone knows the Great Soviet champions: Vlasov and Zhabotinsky, and no one knows powerlifters. I have often sought help from the mayor's office of my town and got nothing. Now, with the help of the Communist Party, I have the opportunity to attend any tournament."

At the WPC Worlds 2011 in Riga, Maryana won, setting a world record in "Teen 13-15" with an amazing 75 kg. During her career, Maryana has suffered some injuries.

"The most difficult performance was in WPA nationals in December 2011. On the warm-up I got a shoulder injury, a sprained deltoid muscle. My father forbade me to press that day, but my classmates were watching me online and I could not disappoint them. I pressed through the pain, was able to do the second attempt of 77.5 kg. It was the new world record. It's a pity because I was ready to lift more. In the gym I pressed from boards 92.5 x 3 and was prepared for 80-85 kg.

"I'm sure that injuries can be avoided. Be sure to listen to the coach and not try to lift more weight than scheduled on a given day. When I feel strong, I cannot resist and add more plates. As a result, my muscles do not recover and cannot withstand the load. But, thank God, everything passes quickly.

"My biggest dream is to compete at the Arnold Classic, and see Arnold Schwarzenegger—I love all his movies. Of course, I want to compete on the same platform with the strongest bench-er of the world, Scot Mendelson—he's the best!! I know that he has a daughter who is involved in bench pressing. In November 2012, I plan to come to Los Angeles for the World Cup HNV and I hope to see her there and win. I want to become the first girl my age who will do 100 kg. on the bench. I'm sure I'll get it. At the same time, I will try to keep a beautiful shape. Many girls, while trying to set records, spoil their appeal and become like men. I do not like that. I want to be strong and beautiful. With my example I want to make powerlifting more popular in Russia and all over the world! The more us powerlifters speak to the media, the better for our sport! I am fond of photography, and for the victory in one of the tournaments, they gave me a professional camera. Maybe in the future I will be sports journalist.

"People often ask me if I'm going to use equipment. I'll be honest, I do not really like to watch amateur athletes in bench shirts—it is transformed into a no-lift show. When you are a professional, it's interesting, and it does achieve a certain level. It would be interesting to try a bench press shirt, but now I want to achieve my raw best. It is possible to use equipment in some show in the future, but not now..."

"I'm sure my boyfriend will be an athlete! Why is it not now fashionable to be big and strong. I disagree with this idea! I really like Vladimir Kravtsov and Jeremy Hoornstra. It is a pity that they are already adults... So, guys, to win the heart of a championess, go to the gym right now!!!"

Maryana is prepared under the guidance of experienced coaches, Askold Surovetsky and Alexander Grachev. For sports nutrition she uses some vitamin complexes and proteins from MHP. ◀

MORE PHOTOS OF MARYANA + TRAINING ROUTINES ▶

MARYANA NAUMOVA »

Maryana with the Russian Champion bench pressing champion, Mr. Kravtsov



Maryana with Gene Rychlak Jr., the first man to bench press over 1,000 lb.!!



MARYANA'S PLAN PREPARING FOR THE "GOLDEN TIGER" IN 2011

courtesy of coach Askold Surovetsky

Initial Result: 70 kg.

- AUG 30:** 25/8; 37, 5/6; 47, 5/5; 52, 5/4 – 5 sets
- SEP 1:** 25/8; 37, 5/6; 47, 5/5; 52, 5/4; 57, 5/3; 60/3; 57, 5/3 – 2 sets; bench with a pause of 3 seconds: 55/2 – 2 sets
- SEP 4:** 25/8; 37, 5/6; 47, 5/5; 52, 5/4; 57, 5/3; 60/3; 62, 5/2; 65/2; 57, 5/4 – 2 sets; bench with a pause of 3 seconds: 55/2 – 2 sets; bench from a board of 5 cm: 70/2; 75/2 – 2 sets
- SEP 6:** 25/8; 37, 5/6; 47, 5/5; 52, 5/4; 57, 5/3; 60/3; 62, 5/3; 57, 5/5 – 2 sets; bench with a pause of 3 seconds: 55/3 – 2 sets
- SEP 8:** 25/8; 37, 5/6; 47, 5/5; 52, 5/4; 57, 5/3; 60/3; 62, 5/2; 67, 5/1; 70/1; 60/3 – 2 sets; bench from a board of 5 cm: 75/2 – 3 sets
- SEP 11:** 25/8; 37, 5/6; 47, 5/5; 52, 5/4; 57, 5/3; 60/3; 62, 5/3 – 2 sets; bench with a pause of 3 seconds: 57, 5/2 – 2 sets
- SEP 13:** 25/8; 37, 5/6; 47, 5/5; 52, 5/4; 57, 5/3; 60/3; 62, 5/2; bench with a pause of 3 seconds: 57, 5/2 – 3 sets
- SEP 15:** 25/8; 37, 5/6; 47, 5/4; 52, 5/3; 57, 5/2; 62, 5/1; 67, 5/1; 70/1; 73.5/1; bench from a board of 5 cm: 75/2 – 3 sets
- SEP 18:** 25/8; 40/6; 50/5; 55/4; 60/3; 62, 5/3; 65/2; 67, 5/1; 70/1; bench with a pause of 3 seconds: 62, 5/2 – 2 sets; bench from a board of 5 cm: 75/2; 77, 5/2; 80/2
- SEP 20:** 25/8; 40/6; 50/5; 55/4; 60/3; 65/2 – 3sets; bench with a pause of 3 seconds: 62, 5/2 – 3 sets
- SEP 22:** 25/8; 40/6; 50/5; 55/4; 60/3; 65/2; 67.5/2; bench with a pause of 3 seconds: 62, 5/3 – 2 sets
- SEP 25:** 25/8; 40/6; 50/4; 55/3; 60/2 – 2 sets
- SEP 28:** Golden Tiger meet – 73 kg. bench press



Maryana with lifting champs Hoornstra and Kravtsov



Maryana has been accepted as an outstanding performer by Russian champions in all weight classes



Maryana concentrates with the help of her coach before a challenging attempt

MARYANA NAUMOVA »



Maryana benching at the 2011 Battle of the Champions



Jeremy Hoornstra, Paul Key, Maryana, Rob Luyando, and Gene Rychlak, Jr.



Maryana with Jeremy Hoornstra



MARYANA'S PLAN PREPARING FOR THE "RUSSIAN CHAMPIONSHIP WPA" IN 2011

courtesy of coach Alexander Grachev

Initial Result: 75 kg.

**Bench press with rubber, rubber band stretched under the bench, ends of the rubber rope attached to the barbell*

NOV 20: BP 20/8, 30/6; bench press with rubber: 40/6, 45/6, 50/6 – 3 sets; BP 45/6 – 4 sets; 30/15

NOV 22: BP 20/8, 30/6; bench press with rubber: 42.5/6, 45/6, 47.5/6, 50/6, 52.5/6; BP 45/6 – 3 sets

NOV 24: BP 20/8, 30/6; bench press with rubber: 42/6, 47.5/6, 52.5/6, 57.5/6, 60/6; BP 45/6 – 3 sets

NOV 26: BP 20/8, 30/6; bench press with rubber: 42/6, 45/6, 47.5/6, 50/6, 52.5/6; BP 45/6 – 3 sets

NOV 29: BP 20/8, 30/6, 40/4, 50/4, 60/2; bench from a board of 5 cm: 65/2, 70/2, 75/2, 80/2

DEC 1: BP 20/8, 30/6, 40/6, 45/4, 47.5/4, 50/4 – 4 sets; 25/10

DEC 4: BP 20/8, 30/6, 40/6, 45/4, 55/2, 65/2, 70/1, 72.5/1 – 3 sets; 40/20

DEC 7: BP 20/8, 30/6; bench press with rubber: 40/6, 45/6, 50/6, 55/6 – 3 sets; BP 60/6, 55/6, 50/6

DEC 9: BP 20/8, 30/6; bench press with rubber: 40/6, 50/6, 55/6, 60/6, 62.5/6; BP 60/6, 55/10, 50/12

DEC 11: BP 20/8, 30/6, 40/4, 50/4, 60/2; bench from a board of 7 cm: 67.5/2, 75/2, 85/2; bench from a board of 5 cm: 75/2; bench from a board of 2 cm: 70/4 – 3 sets

DEC 13: BP 20/8, 30/6; bench press with rubber: 40/6, 45/8, 50/8, 55/8 – 3 sets; BP 60/8, 55/10, 50/12

DEC 15: BP 20/8, 30/6, 40/6, 40/6; bench press with rubber: 50/10, 55/8, 60/6, 65/6 – 3 sets; BP 60/6, 55/8, 50/10

DEC 18: BP 20/8, 30/6, 40/4, 50/4, 60/2; bench from a board of 7 cm: 70/2, 77.5/2, 85/2, 87.5/2, 92.5/2; bench from a board of 5 cm: 75/3; bench from a board of 2 cm: 70/4 – 3 sets

DEC 20: BP 20/8, 30/6, 40/6, 45/4, 47.5/4, 52.5/4, 57.5/4 – 3 sets; 25/10

DEC 22: BP 20/8, 30/6, 40/6, 45/4, 55/2, 65/2, 70/1, 75/1 – 2 sets; 72.5/1 – 2 sets; 40/20

DEC 25: Russian Championship WPA – **77.5 kg. bench press** in the second attempt and was injured; was ready for more weight.



Maryana "The Red Bench Monster" with Russian presidential candidate Gennady Zyuganov who has, along with the Russian Communist Party, supported her lifting



Board benching is a prominent part of Maryana's workout



21-year-old Mairwais Rafi Zadi prepares for a 525 lb. bench in the 308 class

THE AFGHAN/NAFO PUSH

story and photos courtesy of Rear Admiral Hal Pittman



ON FRIDAY, FEBRUARY 17TH, 2012, THERE WERE SOME SERIOUS FIREWORKS AT THE NATO HEADQUARTERS COMPOUND IN KABUL, AFGHANISTAN—BUT IT HAD NOTHING TO DO WITH THE INSURGENCY THAT NATO TROOPS HAVE BEEN FIGHTING AGAINST FOR TEN YEARS.

Rather, it was the site of the first-ever Afghan-ISAF Friendship Push-Pull RAW Powerlifting meet. Fifteen Afghan powerlifters from Kabul joined 15 U.S. and Canadian military members from the NATO International Security Assistance Force (ISAF) for a day of camaraderie and heavy lifting at the NATO base's Coliseum Gym. It was actually the fourth push-pull meet at the gym in the past year; the previous three meets had been sanctioned; one as a satellite location of the Raw United Armed Forces Championships, and two of the meets in conjunction with the AAU World Single Lift and 3-Lift Championships. While this meet was run using AAU raw rules, it was not an AAU sanctioned meet, so competitors lifted in gym shorts, sweat pants, and in the case of the Afghan women, more modest, full-body attire. However, the Afghan and Coalition forces lifters all came together in the spirit of brotherhood and a fun-filled day was had by everyone. The best raw bench press of the day was accomplished by 21 year old Mairwais Rafi Zada, lifting in the 308-pound class and easily pushing 525 pounds. Mairwais also pulled a 605-pound deadlift, but missed his final attempt at 630; regardless, he finished as best lifter. U.S. Marine Deven Davis, weighing in at 220 pounds, pulled 610 pounds for the biggest raw deadlift of the day, U.S. Army Captain Natasja Allen benched 180 pounds for the biggest women's bench press of the meet, and Navy Senior Chief Petty Officer Angela Skehan deadlifted 300 pounds on her third attempt for the biggest women's deadlift of the day and women's best lifter honors. With meet director Rear Admiral Hal Pittman departing Afghanistan after completing his year-long deployment, Natasja Allen has vowed to host the next push-pull meet in the Spring for Coalition soldiers and Afghans. «



Afghan PL Federation president and Afghanistan's Strongest Man, Khawja Farid Sediqi, prepares one of his lifters for a big bench

PULL EXHIBITION

AFGHAN/NATO PUSH-PULL »

Meet director Rear Admiral Hal Pittman congratulating 13-year-old Elias Sediqi along with his father, Afghan PL Federation president Khawja Farid Sediqi





Real Admiral Hal Pittman with best lifter Mairwais Rafi Zada



Army Captain Natasja Allen with 9-year-old Behasta Sediqi, the youngest lifter at the Afghan NATO PL meet

AFGHAN/NATO PUSH-PULL EXHIBITION

FEB 17 2012 » Kabul, AFG

BENCH		MALE			181 lbs.		
FEMALE		198 lbs.			Open		
114 lbs.		(50-54)			A. Williams 315 405 720		
Juniors		242 lbs.			J. Kummer-CAN 255 405 660		
K. Ainei 75		Juniors			198 lbs.		
148 lbs.		K. Hoblemann 305			Masters (40-44)		
(40-44)		BP DL TOT			H. Rahman 230 395 625		
J. Jon —		M. McCloud 350 450 800			Submaster (35-39)		
Push Pull		M. Workman 315 475 790			Open		
FEMALE		M. Thamer-CAN 265 455 720			M. McCloud 350 450 800		
88 lbs.		220 lbs.			Open		
(8-9)		(16-17)			M. Workman 315 475 790		
B. Sediqi 35 90 125		N. Tajik 380 535 915			Masters (40-44)		
165 lbs.		M. Galan 250 450 700			Open		
Submaster (35-39)		D. Davis 350 610 960			Open		
A. Skeeihan 105 300 405		L. Miller 335 455 790			242 lbs.		
198 lbs.		(18-19)			A. Durani 375 575 950		
Open		A. Sukh 340 550 890			F. Sukh 310 550 860		
N. Allen 180 255 435		A. Najafi 310 550 860			Open		
MALE		J. Rahmani 250 440 690			275 lbs.		
105 lbs.		Masters (40-44)			A. Christiano 315 385 700		
(10-11)		A. Murray 350 500 850			Open		
E. Sediqi 85 220 305		M. Zada 520 605 1125			» courtesy Hal Pittman		
132 lbs.							
(12-13)							
E. Sediqi 230 310 540							
148 lbs.							
(16-17)							
F. Ahmad 220 375 595							
181 lbs.							
(16-17)							
M. Haroon 250 475 725							
N. Nazeri 240 395 635							



Army Sgt. Anthwan Williams on the bench

RESULTS

IPF WORLD CHAMPIONSHIPS NOV 11-13 2011 » Pilsen, CZE

Powerlifting	SQ	BP	DL	TOT
FEMALE				
103 lbs.				
Chen-TPE	413	198	407	1018
Fukushima-JPN	385	270	363	1018
Vermenyuk-RU	385	209	358	952
Jurkko-FIN	385	198	358	941
Lee-TPE	336	204	380	919
Derevyanko	358	—	358	716
Vasquez-GUA	—	—	—	—
Koroleva-RUS	352	—	330	683
114 lbs.				
Salnikova-RUS	429	281	374	1084
Ochoa-ECU	457	209	391	1057
Chumak-UKR	374	231	380	985
Hartwig-USA	380	220	369	969
Chou-TPE	385	171	402	958
Sirkia-FIN	341	204	347	892
Martin-FRA	347	198	325	870
Gavornikova	319	209	319	848
Guihomat-FRA	336	176	330	842
Rodina-ITA	341	154	341	837
Nakai-JPN	303	187	325	815
Boyle-CAN	314	176	297	787
Clark-GBR	264	138	319	721
Teramura-JPN	—	193	314	506
125 lbs.				
Ryzkova-RUS	462	281	424	1167
Prymchuk	435	297	407	1140
Wu-TPE	396	264	407	1068
Rantamaki-FIN	429	253	385	1068
Chou-TPE	396	198	440	1035
Lopez-USA	402	226	385	1013
Parreno-ECU	396	248	363	1007
Clark-USA	385	204	385	974
Locatelli-ITA	369	187	418	974
Hoiland-NOR	380	187	396	963
Buxbom-DEN	319	182	352	853
Usuki-JPN	319	165	286	771
Tachibana-JPN	319	149	275	743
138 lbs.				
Soloviova-UKR	490	363	539	1393
Akhmamyety	506	319	457	1283
Pavlovskaya	468	292	468	1228
Orsini-ITA	473	308	440	1222
Hitchcock-USA	462	253	490	1206
Iskandarova	457	297	424	1178
Bueno-BRA	429	308	374	1112
Vuohijoki-FIN	451	242	407	1101
Werngren-SWE	396	264	380	1040
Tavares-BRA	418	198	418	1035
Watton-GBR	396	209	396	1002
Steger-GER	352	220	429	1002
Gudsteisdottir	363	215	385	963
Meerding-NED	369	215	363	947
Berge-NOR	358	242	347	947
Kaczor-CAN	336	220	352	908
Freemantle-GB	363	231	275	870
Szmigielova-CZ	297	176	325	798
Hyblerova-CZE	220	138	237	595
Terada-JPN	363	—	352	716
Higgs-AUS	352	—	363	716
Ip-HKG	264	160	—	424
158 lbs.				
Ribic-USA	517	319	528	1365
Medvedeva	501	369	462	1332
Castellain-BRA	523	330	429	1283
Blikra-NOR	484	297	468	1250
Guseva-KAZ	462	352	413	1228
Hrabalova-CZE	418	270	363	1051
Wienroither	352	253	385	991
Kovrzkova-CZE	374	204	358	936
Leighton-CAN	—	264	374	639
Kankus-FIN	484	—	407	892
Pedersen-DEN	440	—	468	908
184 lbs.				
Kozlova-UKR	567	330	551	1448
Strik-NED	551	358	501	1409
Blyn-USA	517	358	484	1360



Randall Harris - USA (Souix-z Hartwig-Gary photos)



Brad Gillingham - USA



Eric Kupperstein - USA



Alyssa Hitchcock - USA

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Priscilla Ribic - USA



Gage Soehner - USA



Denis Ivkov - KAZ



Kat Kasabuske - USA



Olech - POL



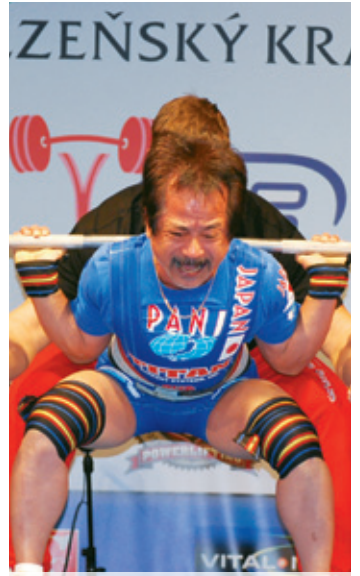
Souix-z Hartwig-Gary - USA
(Heinrich photo)



Erik Kasabuske - USA



Nick Gutierrez - USA



Isagawa - JPN

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



POWER NUTRITION MEAL PLAN

This is a great place to start your muscle growth plan and will need to be adjusted based on progress, activity levels and more

Protein: 1.25g per pound of lean body mass divided over your daily meals. No more than 2 shakes per day.

Carbohydrates: .5g per pound of lean body mass focused during the 2 meals following exercise. Unlimited amount of green vegetable intake with every meal.

Dietary Fat: .75g per pound of lean body weight. Absolutely no trans fats or fried foods.

BREAKFAST

⇒ 4–6 whole jumbo cage free eggs, cooked any way you like, in butter (organic preferred)

⇒ 2–4 strips turkey bacon, 1 grapefruit or oatmeal if you are training first thing in the AM

⇒ 3 Alpha Omega M3 and multi -vitamin

AMINO LOADING

MID MORNING:

⇒ 1 scoop 100% MR and 1 scoop Muscle Synthesis Powder

CHEAT MEAL EXAMPLE

⇒ 12 oz. grass fed steak, baked potato, ¼ cup cheese, organic butter and 3 Alpha Omega M3

⇒ Dessert following Cheat Meal: ice cream, chocolate covered nuts, bowl of fruit with whipped cream

LUNCH

⇒ 8–10 oz. 90% lean ground beef; grass fed preferred

⇒ 1 green/red pepper mixed with beef, ½ cup brown rice, 1 tablespoon extra virgin olive oil and vinegar

SNACK

MID AFTERNOON:

⇒ 2 tablespoons organic peanut or almond butter, 1 apple, Get Lean Protein

TRAINING

30 MINUTES PRE WORKOUT:

⇒ 2–3 scoops 100% MR and 2–3 scoops Muscle Synthesis powder mixed together into one drink

DURING TRAINING:

⇒ Sip on 2 scoops 100% MR and 2 scoops Muscle Synthesis powder mixed together into one drink

IMMEDIATELY AFTER TRAINING:

⇒ 2–3 scoops 100% MR and 2–3 scoops Muscle Synthesis powder and 2–4 tablespoons of honey mixed together into one drink

30 MINUTES AFTER TRAINING:

⇒ Get Lean protein or Whey protein

⇒ 30–50g carbohydrates from fruits

DINNER

45 TO 60 MINUTES AFTER TRAINING:

⇒ 8–10 oz. fish, seafood, or chicken, buffalo, steak, ground beef, etc.

⇒ 1 of the following: sweet potato, white potato, red potatoes, or cup of brown/white rice

⇒ 1 tablespoon extra virgin olive oil or ½ avocado (guacamole okay)

⇒ 3 Alpha Omega M3

NIGHT SNACK

1 TO 2 HOURS BEFORE BED:

⇒ Protein dinner leftovers

⇒ ½ tablespoon extra virgin olive oil

ROCK HARD MUSCLE



AN EXAMPLE 1 YEAR CLIENT SUCCESS PROFILE AND PLAN – PART 3

Many readers gave us the riot act for not listing more detail about the Phase 2 muscle growth program discussed in our first article of the year! No better time than right now to talk about packing on muscle and maximizing strength. Follow the plan closely and you can even burn a large amount of body fat at the same time!! Remember from our prior couple of articles that strategic nutrition variety and rotation of goals every 12 weeks are keys to long term body composition and performance success. Just like training the nutrition plan must change significantly to prevent plateaus and keep progress moving at a rapid pace.

WATCH THE MIRROR AND NOT THE SCALE TO DOMINATE YOUR WEIGHT CLASS

Any knucklehead can add body weight fairly quickly by resorting to the old school powerlifting diet of eating everything in sight. While some muscle is gained, the primary increases are body fat, water weight and stored glycogen. This satisfies those who watch the scale when they want to see it move upward, but they are completely blind to the mirror to see what is really happening with body fat percentage. We know that not all strength athletes are very concerned with their appearance, but keep in mind that more muscle and less body fat leads to your best shot of winning in any weight class.

OPTIMIZE NUTRITION FOR PEAK POWER AND ENERGY LIKE YOU ARE 25 AGAIN

Furthermore, the same nutrition habits that lead to more muscle and less fat also support improvements in training performance and accelerate rates of recovery. The right nutrition, supplementation and lifestyle plan leads to much higher levels of testosterone for strength athletes proven by years of Dr. Serrano's blood testing. An anabolic hormonal environment is crucial for maximizing strength, rates of recovery body composition and preventing injury. Too many strength athletes have ignored proper nutrition, but our clients who made the right changes with our guidance have experienced dramatic improvements with body comp as well performance-boosting totals through the roof like feeling they were in their 20s again.

CAPITALIZING ON CONDITIONS CREATED BY YOUR PRIOR 12 WEEK NUTRITION PLAN

Many readers started the year with a fat loss approach, using several methods included in our Phase 1 basic fat loss plan presented in January with great success! Borrowing from that article, Phase 1 creates specific metabolic, enzymatic and hormonal patterns which have to be considered when building Phase 2 to prevent staleness and capitalize on the current conditions. Some fat loss plans during Phase 1 may involve less food intake than what is normal for a trainee which not only stimulates fat loss, but also makes the body more efficient with its nutrient usage to support muscle growth. Changing up the amounts of proteins, dietary fats and carbohydrates during Phase 2 helps to prevent metabolic staleness, increase fat burning/muscle growing enzymes and optimizes the anabolic hormonal environment.

TOO MUCH CARBOHYDRATE WILL DRIVE FAT STORAGE AND LOW ENERGY

A tremendous benefit of the Phase 1 fat loss plan was to improve your insulin sensitivity which means your body will manage the highly anabolic hormone insulin in a more efficient manner. As a result, you can trigger an anabolic hormonal environment with less excess carbohydrate to be stored as fat while filling muscle bellies with glycogen and Amino Acids to support improved peak power! Amino Loading with 100% MR and Muscle Synthesis before, during and immediately after training with a small amount of honey provides the perfect combination of raw materials and anabolic stimulators to accelerate muscle growth, fat loss, recovery and peak performance. Years of patient trials, including elite athletes, were performed by Dr. Serrano to determine the exact ratios of raw materials needed to optimize anabolic insulin levels; 100% MR and Muscle Synthesis provide the muscles with a powerful fuel source enabling trainees to use a lower carbohydrate intake without sacrificing energy levels.

STAY FOCUSED TO DRIVE MUSCLE GROWTH

By the time this issue hits the stands or your mailbox it will be time to start the second 12 week phase of the year which we hope you will consider the Phase 2 muscle gaining plan that we included. Now that the body is more efficient with its nutrient utilization, you must take a gradual approach to increasing your food intake to ensure that there is no excess to convert to stored fat. The gradual food amount increase

ABOUT INFINITY FITNESS

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Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

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

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STRATEGIC NUTRITION CYCLING - PT. 3 »

needs vary based on individual clients needs and has been one of the most effective tools we have used to help clients keep body fat levels low forever!

A large percentage of trainees are well organized when it comes to a fat loss nutrition plan, but they often lose that focus when switching gears to gaining muscle. You must have a structured plan to support specific goals or you find yourself venturing off what you had in mind which will get you into trouble quickly. Do not let your hard work go to waste and keep your body fat levels low for good!

STRUCTURING CHEAT MEALS TO INCREASE MUSCLE AND ACCELERATE FAT BURNING

After 12 weeks of dieting you most likely feel like eating whatever you want for at least one meal every week or two. This can be productive for fat loss and muscle growth if you follow some important rules!!! First and foremost, there is no purpose to a cheat meal if you are not following your nutrition plan during the week. If you slip up and eat things that you should not be consuming, then cancel the cheat meal—this has served as a great compliance device. Use this meal following your heaviest weight training day of the week, which is likely your squat or deadlift session. No trans fats, alcohol, fast food, sugar drinks such as soda, or

fried foods. Anything else goes for that meal, not a series of meals! Take at least 3 Alpha Omega M3 with this meal to help force raw materials into muscles instead of fat cells.

MACRONUTRIENT CUSTOMIZATION BENEFITS

Changing up the ratios of protein, dietary fats and carbohydrates is a powerful tool for increasing muscle and reducing body fat. The best way to implement these strategies depends on each individual client that we work with. However, in this case the cheat meal is a great tool for simple macronutrient cycling. For a client who is very carb sensitive due to high stress and poor sleep, for example, instead of the typical high carbohydrate meal we have our clients use food choices with a good dietary fats to drive up testosterone and fat burning enzymes. This could include eating a large amount of grass fed beef, certain cheeses, extra virgin olive and a smaller amount of carbohydrate than usual. While being highly productive, this meal is also extremely satisfying providing a huge mental and physical LIFT!

AVOID THE FOOD COMA & FAT STORAGE!

Feeling like you are in a coma following a cheat meal with tremendous bloating is an indication that things went wrong. Jacking up insulin with

a huge meal high in carbohydrates is the perfect storm for fat accumulation. The Alpha Omega will help to keep insulin levels in check while limiting the expansion and multiplication of fat cells by blocking the entry of bad materials from those cookies! This proprietary combination of essential fats designed by Dr. Serrano has recently been improved based on recent trials which have involved some of the strongest strength athletes on this earth in his Columbus, Ohio, medical practice. Alpha Omega is a true game changer as it relates to making a cheat meal effective for supporting your goals. «



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 "Belly Fat Slashing," "Fat Cell Cleansing Protocol" and "Amino Loading" special reports.

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 -

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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

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INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

<i>Junior (16-17)</i>				
G. Shacr	380	242	451	1073
<i>Junior (20-23)</i>				
N. Kern	440	292	473	1206
C. Morstein	413	—	—	413
<i>Master (45-49)</i>				
G. Santornartno	237	297	341	875
<i>Master (65-69)</i>				
D. Reamy	226	154	330	710
<i>Master (70-74)</i>				
W. Slade Sr.	55	149	204	407
<i>Open</i>				
X. Hernandez	374	314	435	1123
R. Clore	484	303	600	1387
K. Muhammad	479	275	545	1299
220 lbs.				
<i>Junior (16-17)</i>				
C. Perhach	341	253	440	1035
<i>Master (40-44)</i>				
T. Pernel	336	325	413	1073
<i>Master (45-49)</i>				
W. Slade	512	330	501	1343
<i>Master (50-54)</i>				
D. Bendict	424	286	501	1211
<i>Open</i>				
J. Morstein	413	270	539	1222
A. Goldberg	440	226	539	1206
T. Venuto	468	220	501	1189
J. Webber	407	275	462	1145
242 lbs.				
<i>Open</i>				
M. Nolan	573	358	683	1613
M. Jones	600	391	562	1552
H. Derr	424	330	451	1206
S. Johnson	341	253	473	1068
R. Woodard	385	264	418	1068
275 lbs.				
<i>Open</i>				
J. Bonanno	385	314	451	1151
J. McCrobie	429	303	506	1239
S. Koscielniak	418	297	506	1222
SHW				
<i>Open</i>				
M. Hedlesky	639	424	749	1811
P. Flanigan	462	292	528	1283
A. Arocha	479	270	506	1255
Venue: Laurel High School.				
» courtesy USAPL				

SPF SUPER TRAINING OPEN

FEB 26 2012 » Sacramento, CA

BENCH	DEADLIFT			
242 lbs.	SHW			
<i>Master Pure</i>	<i>Master Pure</i>			
J. Laija	—	J. Burdick	805	
Full Power	SQ	BP	DL	TOT
FEMALE				
<i>Raw</i>				
165 lbs.				
T. Getty	243	171	303	716
L. Lindhorst	243	138	325	705
A. Woody	231	127	303	661
A. Fedele	215	116	265	595
SHW				
R. Pardue	259	138	292	689
<i>CrossFit Raw</i>				
SHW				
R. Zachau	265	143	320	728
L. Almahdy	176	—	160	336
MALE				
SHW				
M. Bell	1047	—	766	1813
<i>Raw</i>				
198 lbs.				
M. Rothbardt	457	259	518	1235
G. Sinigaglia	375	386	452	1213
P. Ferretti	358	248	430	1036
P. Froome	375	265	386	1025
242 lbs.				
M. Aita	705	309	628	1642
P. Mahaffey	441	287	480	1207
» courtesy Cara Westin				

RECORDS INSANITY AT IPF ASIANS!!!

Sri Hartati of Indonesia, women's 57 kg class, smoothly powered up three Open world records, a 215 KG WR squat (473.99 lbs), a 140 kg WR bench press (308.65 lbs), along with a 195 kg deadlift (429.9 lbs) for a WR Total of 550 kgs (1212.5 lbs), stole the show and became women's Best Lifter at the 2011 Asian Powerlifting Championships in Kobe, Japan, December 5-9. Two of her WRs are brand spanking new as they were the first lifts in her class to beat the new IPF "world standards." Her Wilks score was an incredible 644.43. Only twenty-seven, the 2009 world champion's potential is mind boggling.

Over three hundred lifters from seventeen countries produced four Open, two Sub-Junior, and eleven Masters IPF world records and a prodigious number of Asian records. Iran and Japan again battled for Open Men's team honors, with Iran edging out Japan 60-55 and Kazakhstan close with 52. The Women's Open saw Japan first with 55 pts, Chinese Taipei (Taiwan) with 45 and an improving India placing third with 41.

What about the Asian records? This was the first APF contest since the International froze old world records and re-ordered the weight classes. Unlike the IPF, the APF did not set up minimum standards for new records, so excited lifters at Kobe knew over two hundred fifty records were up for grabs. Almost all events gold medalists at this contest will become Asian record holders, with a few exceptions for lifts by Asians at earlier world championships in 2011.

Japan's veteran champion Yukako Fukushima stroked a 123kg bench to beat her own Open and Masters One (M1) WRs at 47 kg. Her squat and total were also M1 WRs. She inched by Sari Noviana of Indonesia, 63 kg champ, for second Best Lifter among women, with a 630.37 Wilks score to Sari's 629.74. How close is .63!?

Men's Sub Junior Aryanta of Indonesia hauled up a 287.5 deadlift for a 4.39 times bodyweight WR in the 66 kgs, on his way to a 720 kg WR total. Only seventeen, he had the highest Wilks score of all Sub-Jr men. Best Open Male lifter 66 kg Hsieh Tung-ting of Chinese Taipei (Taiwan) went 290-205-285 for a 780 total and best Wilks of 630.08.

Not to be outdone, Hiroko Kikuri (JPN) led just about everybody else with three WRs in the 52 kg Masters Threes: 130 squat, 150 DL, and 350 total.

The Men's Open also featured fine lifting from Hsieh Lung-hsin, 74 kg (TPE), with a 802 total to be second place Best Lifter. Third in that category was Suyanto, 66 kg from Indonesia, 730 total. He was 1.46 Wilks points behind Lung-hsin. Next, 59 kg Sasakura posted Japan's only Open Gold while many times Asian winner Turakhanov of Kazakhstan crafted a nice 837.5 total in the 83 kg class. Mojtaba of Iran won the 120-plus class with a 377.5-250-340 and 967.5 kg total to cement Iran's team victory. Several teams are starting to come on. Turkmenistan finished fifth in the Open Men's team rank behind Chinese Taipei, with five men scoring points.

Iran has great depth in big men. They won the four heaviest classes, while Japan gained two seconds and two thirds. Iran had no entries in the lightest three classes but Japan also had none at 66kg, which may have made the difference. Setiawan (INA) challenged Iran's Nasiri for Gold in the 105s, failing by 5 kgs in total.

The greatest stunt? Anita Koykka, world



Team photo with APF General Secretary Subrata Dutta (Kelso photos)



Yukako Fukushima



Maleki Mojtaba



Masters champion at the IPF Asians, Anita Koykka



Raymond Debuque



Mayumi Kitamura

RESULTS »



Hsieh Tung Ting



The future of Philippines powerlifting - (Top L-R) Raymond Dubuque, Betina Bordeos, Clark Cruz, John Castelar & (Bottom) Regie Ramirez



The opening ceremony at the IPF Asians

Masters champ, lifted in M-2 the first day of the meet, winning the 52 kg class and all four Golds with a 370 kg total. Then, on two days rest, she came back and placed third in the Open! Her 377.5 second total of the Asians exceeded her first! She lugged seven medals home to the PHI.

An amazing effort? 59 kg Hiroyuki Isagawa, yes, THAT Isagawa, totaled a M2 WR of 622.5! That's 1370 lbs! In 2006 Hiro became the oldest man to win an IPF World Men's Open with that very same total, but in 60 kg and almost the same bodyweight! He is now 58 years old and plans to lift in Opens till 60!

Philippine youngsters came to be somebody. Bettina Bordeos won the 57 kg Junior women's, BP, DL, and total. Reggie Ramirez swept the medal board at 53 kg Sub-Jrs, Clark Cruz placed 2nd in the Sub-Jr 93 kg flight and won the DL, while Sub-Jr Raymond DeBuque squatted a huge 320 kg and pocketed four Golds at 120 plus.

Some youth to watch are Iraq's 53 kg Al-Eidani and 105 kg Al-Khammasi in Men's Juniors and 74 kg Ibrahim in Men's Sub-Jr—all won firsts, The Indonesians, whose many newer faces included three class-winners in both Junior women and men, brought six women and seven men this time, instead of their usual tiny contingent. Indonesia has the largest Muslim population of any country in the world, and has long been the only Muslim nation allowing female lifters out to powerlift. This time Uzbekistan and Turkmenistan, both Turkic countries, sent a few each, while Iran and the Arabics sent none.

Eleven World Masters records from host Japan meant they ruled the older groups again. Kohei Chida shoved up 275 kg and then 282.5 for M1 world record BPs in the 105 class. He lifted with the Open lads and took third place. Takahashi Masayuki locked out a 195 BP for a 74 kg M2 WR, and Osawa Mitsuru, 74 kg, squatted 202.5 and totaled 500kg, both WRs in the over-seventy M4. That's a 447 lb. squat at 161 lbs bdwt, at 70 plus years! Sugayo! —as the Japanese say.

Evidence of newer countries rising is Uzbekistan, Afghanistan, Korea, and Iran claiming first place Golds and the UAE a bronze in the Masters men. Japan women swept eight of twelve Masters Golds, Indonesia got two, and Hong Kong, CTE, and the PHI one.

Other Masters classes saw some tight battles. Mojadaris of Afghanistan, M-1 under-120 kg, trailed by 62.5 at sub-total but cranked a big DL to win by five kilos, 757.5 to 752.5. His opponent, Park of Korea, made only a 240 (that's two-forty) kg DL. What's that about? Also trailing at sub-total, Tony Taguibao, PHI, pulled large to take the 59 kg M-2 by five kgs. The Little Colonel has won five M1 and two M2 world titles at last count.

APF President Susumu Yoshida and Ramon DeBuque (Raymond's father) went from Kobe to Solo, Central Java, Indonesia, to act as judges at the ASEAN Paraplegic Games, December 15-20. The "paralympians" set fourteen powerlifting records. Six new powerlifting judges were certified at a rules clinic December 12-14, that Yoshida and DeBuque helped run. Both men are former Asian BP champs and IPF judges.

Asian Powerlifting 2012 will be in India, Asian BP, Kazakhstan, September.

Info and photos from Susumu Yoshida, Ramon DeBuque, Eddie Torres, Hiroyuki Ueno, Tony Koykka, and Hiroyuki Isagawa made this story possible.

» courtesy Paul Kelson

USAPL FIFE POWER HOLIDAY CLASSIC DEC 3 2011 » Tacoma, WA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
R. Yamashita	204	342	331	876
132 lbs.				
P. Tidmarsh	116	253	303	672
165 lbs.				
C. Hamilton	154	287	320	761
A. Roselli	99	143	242	485
198+ lbs.				
A. Page	265	387	391	1042
Raw				
105 lbs.				
D. Johnson	66	99	160	325
123 lbs.				
M. Jagger	72	116	127	314
148 lbs.				
C. Belben	121	138	226	485
J. Wong	287	160	320	766
C. Hyman	99	170	204	452
181 lbs.				
M. Mork	209	253	325	788
S. Bohlen	138	220	314	672
198 lbs.				
F. Brodine	143	303	353	799
198+ lbs.				
M. Fayant	215	287	397	898
MALE				
181 lbs.				
J. Rankin	209	435	452	1097
198 lbs.				
R. Brown	281	—	—	281
242 lbs.				
A. Johnson	386	606	622	1614
M. Sonnichsen	386	606	622	1614
275 lbs.				
A. Holby	424	523	204	1152
W. Soyring	320	—	—	320
<i>Special Olympics</i>				
114 lbs.				
D. Hammond	—	—	—	—
181 lbs.				
R. Clawson	226	314	408	948
198 lbs.				
G. Dietz	215	265	408	887
R. Padilla	320	—	—	320
198 lbs.				
J. Morales	165	253	303	722
U/NL				
R. Pool	143	—	—	143
Raw				
132 lbs.				
K. Valdez	171	204	309	683
148 lbs.				
M. Reddaway	209	276	375	860
N. Wilson	132	187	309	628
165 lbs.				
D. Walker	281	386	518	1185
Z. Skectts	204	380	419	1003
M. Brusser	254	276	441	970
R. Covello	248	314	353	915
Z. Spak	248	303	364	914
A. Price	226	320	358	904
N. Fusard	187	330	369	887
R. Lane	298	—	—	298
J. Kimberling	253	—	—	253
181 lbs.				
B. Fletcher	259	402	402	1064
M. Huser	265	424	463	1152
T. Young	270	380	474	1124
D. Donovan	248	364	397	1009
D. Neal	220	303	353	876
J. Rohrer	226	226	402	854
A. Jackson	—	—	408	408
D. Nabors	331	—	—	331
B. Clague	342	—	—	342
198 lbs.				
A. Harrison	342	441	479	1262
F. Rongo	265	331	502	1097
J. Rood	253	309	452	1014
D. O'Neill	187	—	320	607

B. Knudsen	138	132	176	441
S. Switzer	331	—	—	331
R. Chwaler	292	—	—	292
J. Moore	154	—	—	154
220 lbs.				
G. May	331	474	546	1350
N. Smith	320	441	474	1234
R. Staudach	307	441	441	1190
P. Cappetto	259	380	518	1157
J. Harp	281	237	320	838
B. Adams	215	154	270	639
S. Sowers	342	—	—	342
H. Chanez	347	—	—	347
242 lbs.				
B. Wise	314	502	535	1350
J. Sprinkle	265	408	551	1223
J. Dietz	281	331	402	1014
C. Williams	463	—	—	463
275 lbs.				
J. Cardwell	358	474	551	1383
J. Dick	320	408	479	1207
N. Fuhrmann	320	—	—	320
275+ lbs.				
G. Higa	430	711	722	1863
D. Cooper	502	584	617	1703
L. Eck	314	331	474	1119
J. Ruyle	198	430	485	1113
L. Larsen	—	468	—	468

» courtesy USAPL

USAPL SOUTHSIDE WINTER CLASSIC

DEC 3 2011 » Anchorage, AK

BENCH				
MALE				
220 lbs.				
<i>Open</i>				
<i>Teen III</i>				
C. Burnett	341			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
<i>Raw</i>				
132 lbs.				
<i>Open</i>				
S. Keeney	132	83	259	473
T. Ball	121	83	187	391
148 lbs.				
<i>Open</i>				
L. Greene	198	105	286	589
<i>Youth</i>				
R. Hamilton	165	88	220	473
165 lbs.				
<i>Junior</i>				
S. Beard	44	116	275	435
198+ lbs.				
<i>Open</i>				
H. Tegoseak	220	116	281	617
<i>Teen I</i>				
T. Almeda	209	94	319	622
MALE				
<i>Master II</i>				
H. Lloyd	539	—	—	539
148 lbs.				
<i>Junior</i>				
D. Gregory	358	264	468	1090
181 lbs.				
<i>Open</i>				
B. Hill	314	187	314	815
242 lbs.				
<i>Open</i>				
R. Schmidt	639	479	595	1712
<i>Raw</i>				
165 lbs.				
<i>Open</i>				
Z. Johnson	303	231	446	980
M. Ellis	308	204	402	914
181 lbs.				
<i>Open</i>				
R. Leppala	429	341	451	1222
K. Greene	435	237	440	1112
R. Shelton	330	237	490	1057
<i>Teen III</i>				
A. Robitadle	325	204	385	914
198 lbs.				

<i>Teen III</i>				
T. Curtis	226	187	264	677
220 lbs.				
<i>Master II</i>				
F. Wuttig	292	149	385	826
<i>Open</i>				
C. McGill	539	281	473	1294
T. Crumrine	484	286	462	1233
S. Medeiros	451	253	462	1167
<i>Teen I</i>				
J. Reed	226	187	413	826
242 lbs.				
<i>Master II</i>				
B. Bicskei	358	154	391	903
<i>Open</i>				
N. Voegelé	512	363	622	1497
S. Sabens	—	237	424	661
275 lbs.				
<i>Open</i>				
T. Blyth	457	308	611	1376

» courtesy USAPL

USAPL RETRO RAW

SEP 10 2011 » Columbia, MO

Powerlifting	SQ	BP	DL	TOT
FEMALE				
165 lbs.				
K. Walker	182	105	253	539
MALE				
165 lbs.				
J. Gourley	413	253	490	1156
B. Cuvar	215	209	358	782
198 lbs.				
M. Pippa	468	308	677	1453
220 lbs.				
M. Lane	523	330	705	1558
A. Kerbs	429	281	534	1244
M. Agemy	402	297	523	1222
A. Rickard	407	253	534	1195
SHW				
B. Manion	143	143	551	837

» courtesy USAPL

USAPL AZ STATE

JUL 30 2011 » Tempe, AZ

BENCH				
MALE				
198 lbs.				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
<i>Master</i>				
T. Laibe	281	149	303	733
<i>Open</i>				
T. Laibe	281	149	303	733
MALE				
148 lbs.				
<i>Open</i>				
J. Loomer	127	94	243	463
165 lbs.				
<i>Teen</i>				
K. Laibe	248	154	331	733
<i>Master I</i>				
R. Burnett	265	—	—	265
<i>Open</i>				
A. Barnes	650	419	551	1620
S. Laibe	650	365	557	1571
242 lbs.				
<i>Open</i>				
J. Peru	562	474	524	1560
B. Lenaburg	628	—	—	628
<i>Raw</i>				
148 lbs.				
<i>Master</i>				
J. Bissen	303	198	430	931
165 lbs.				
<i>Open</i>				
N. Grant	364	287	452	1102
181 lbs.				
<i>Master</i>				
L. McElhinney	353	303	458	1113
<i>Open</i>				
J. Distor	369	254	452	1075

198 lbs.				
<i>Open</i>				
J. Yourkoski	480	353	639	1472
S. Miller	342	342	463	1146
220 lbs.				
<i>Open</i>				
D. Dugan	507	331	524	1361
B. Nenaber	469	303	562	1334
242 lbs.				
<i>Open</i>				
C. Desrosiers	469	358	562	1389
275 lbs.				
<i>Master</i>				
P. Leonard	535	314	584	1433
P. Quigley	402	287	502	1190
<i>Open</i>				
A. Shipley	551	424	634	1609
P. Leonard	535	314	584	1433

Best litters: A. Barnes, T. Laibe, J. Yourkoski.

» courtesy USAPL

USAPL STARS AND STRIPES BP/DL

NOV 19 2011 » Clarks Summit, PA

BENCH				
FEMALE				
<i>Raw</i>				
148 lbs.				
<i>Open</i>				
J. Groves	94			
MALE				
114 lbs.				
<i>High School</i>				
J. Genito	121			
148 lbs.				
<i>High School</i>				
D. Hoffman	171			
<i>Submaster III</i>				
D. Goff	165			
<i>U2</i>				
C. Sperber	83			
181 lbs.				
<i>Master III</i>				
R. Hill	251			
198 lbs.				
<i>Open</i>				
P. Grohoski	529			
220 lbs.				
<i>HA</i>				
B. Davenport	215			
242 lbs.				
<i>Master II</i>				
R. Smith	446			
<i>Open</i>				
E. Bronko	446			
275 lbs.				
<i>Open</i>				
T. Skelly	502			
<i>UNL</i>				
<i>Open</i>				
J. Bogart	805			
<i>Raw</i>				
165 lbs.				
<i>Master I</i>				
R. Burnett	265			
<i>Open</i>				
Z. Dieter	342			
198 lbs.				
<i>Master I</i>				
Push Pull				
FEMALE				
181 lbs.				
<i>High School</i>				
M. Campbell	143	231	375	
MALE				
123 lbs.				
<i>Submaster I</i>				
N. Acker	132	303	435	
132 lbs.				
<i>Master (50)</i>				
J. Kavarnos	209	424	634	
<i>Submaster I</i>				
N. Strobinger	160	287	446	

A. Baylor	—	—	—	
148 lbs.				
<i>Submaster I</i>				
B. Bruzek	—	—	—	
<i>Submaster II</i>				
T. Lefew	270	424	694	
165 lbs.				
<i>High School</i>				
M. Saravitz	—	—	—	
<i>Submaster II</i>				
J. Flaim	—	—	—	
<i>U2</i>				
N. Hirsch	149	309	457	
198 lbs.				
<i>Submaster II</i>				
B. McHale	270	452	722	
N. Goldberg	220	364	584	
220 lbs.				
<i>Junior</i>				
M. Pensak	358	480	838	
<i>Master I</i>				
J. Hirsch	386	474	860	
<i>Submaster I</i>				
C. Vitanza	204	353	557	
<i>Submaster II</i>				
S. Watts	—	—	—	
242 lbs.				
<i>Open</i>				
D. Ratchford	386	452	838	
275 lbs.				
<i>High School</i>				
C. Rumley	259	369	628	
<i>Raw</i>				
132 lbs.				
<i>Open</i>				
M. DeCarlo	220			
N. Peck	325	491	816	
198 lbs.				
<i>Master II</i>				
B. Beebe	254	424	678	
<i>Open</i>				
F. Rumler	364	469	832	
220 lbs.				
<i>Master II</i>				
J. VanDyke	243	485	728	
<i>Open</i>				
B. Esgro	314	617	931	
R. McPeak	237	435	672	
M. Beebe	248	469	717	
242 lbs.				
<i>Master II</i>				
J. Sperber	364	529	893	
<i>Open</i>				
E. Christie	314	711	1025	
<i>Raw</i>				
R. Yard	452	606	1058	
<i>UNL</i>				
<i>Open</i>				
P. Vecerkauskas	369	617	987	

USAPL KETCHIKAN RECORD BREAKERS

DEC 11 2011 » Ketchikan, AK

Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
<i>Open</i>				
T. Gregg	150	120	180	450
MALE				
181 lbs.				
<i>Master II</i>				
D. Gregg	420!	210	425!	1055
<i>Teen I</i>				
D. McClavey	375	265!	455!	1095
198 lbs.				
<i>Master II</i>				
F. Frank	135	300	420	855
319 lbs.				
<i>Teen II</i>		</		

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.

- 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, wjlx14@yahoo.com, www.uspf.net
- 7 APR** » USPA Hawaii State PL Championship (Honolulu, HI) » Leonetta Richardson, 808.372.1873, Darren Matsumoto, windocwindow@yahoo.com, 808.291.9075, www.uspla.org
- 7 APR** » NASA Oklahoma State (OKC, OK) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
- 12 APR** » 13th Annual Pittsburgh Monster BP/DL (Pittsburgh, PA) » Mike Baravecchio, 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.worldpowerliftingcongress.com
- 13-15 APR** » USAPL 30th Annual National Collegiate PL Championships (Baton Rouge, LA) at the Crowne Plaza » Paul Fletcher, 225.975.8640, p.fletcher@centralcss.org, www.usapowerlifting.com
- 14 APR** » APA Blessed Iron RAW BP/DL Challenge (Pinellas, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 14 APR** » APA Heavy Metal Classic (New Hartford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 14 APR** » Python Power League Spring Powerlifting Classic (BP/DL/BP reps/PC/Pose Down) (Snellville, GA) » Tee "Skinny Man" Meyers, 706.513.7515, www.pythompsonpowerleague.info
- 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 Goggins, stevegoggins@netscape.net, www.uspla.org
- 14 APR** » USPA California State Multi-ply Powerlifting Championship (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org
- 14 APR** » USPA California State Raw Powerlifting 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, sqbpdl@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@ironboypowerlifting.net, www.ironboypowerlifting.com

- 14-15 APR** » AAU National BP/DL/PP & International Record Breakers PL (Laughlin, NV) at the Edgewater & Colorado Belle Hotel/Casino » Martin Drake, 951.928.4797, naturalpower@earthlink.net, www.aaupowerlifting.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.wnfp.net
- 15 APR** » WNPF New Jersey PL/BP/DL Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
- 15 APR** » The 13th Pittsburgh Monster BP/DL (Men & Women/All Classes) (Pittsburgh, PA) at the Pittsburgh Airport Crowne Plaza » Mike Baravecchio, 412.264.9996, vecks4@verizon.net
- 17-22 APR** » WPC/AWPC European Championships (Raw & Equipped) (Rostov on Don, Russia) » Mikhail Weber, Yuri Ustinov, 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** » APA Raw National Championships (Defuniak Springs, FL) at Conference Center » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 21 APR** » APA California Raw PL Championships (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 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 APR** » NASA Iowa State (Des Moines, IA) » Rich Peters, sqbpdl@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 » coldirongym@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 Denison/Chris Pappillion, steve@uspla.org, www.uspla.org
- 21 APR** » APF "The Qualifier" Meet (Columbia, SC) » Will Millman, shelter804@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.girlsincomaha.org
- 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 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.wnfp.net
- 22 APR** » APF Ironworx 1st Annual Single-ply Ohio Push/Pull (OH) » Wade Butcher, 614.316.6170, www.butchsbarbell.com, www.worldpowerliftingcongress.com
- 27-28 APR** » APF Europa Show of Champions (Single-ply) (Orlando, FL) » Kieran Kidder, Amy Jackson, 630.896.7309, amyljackson@aol.com, www.worldpowerliftingcongress.com
- 28 APR** » WPA Gear Equipped World Championships (Full Power/BP) (Lebanon, NH) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
- 28 APR** » APA Meet at Police Academy (Schenectady, NY) » Scott Taylor, 356

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Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

28 APR » FACT Foundation Bench Press to Fight Diabetes (Rockaway, NJ) at Morris Hills High School » Will Sisca, wsisca@factfoundation.net, 973.786.3095

28 APR » USAPL SSPT Invitational (Rockville, MD) » Suzanne Hartwig-Gary, 240.401.1403, www.usapowerlifting.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, VA, 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@vhepower.com, www.vhepower.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, alaquapits@netzero.net

3 MAY » APA Arkansas Open Strength Fest (Pocahontas, AR) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

4-6 MAY » **USAPL Master Nationals** (Denver, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com

5 MAY » APF/AAPF Great Lakes Open (PL/BP/Ironman) (Grand Rapids, MI) » Andy Briggs, 616.935.2380, www.worldpowerliftingcongress.com

5 MAY » IBP 4th Annual NC State Youth/Teen Powerlifting Championships (Statesville, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.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 » APF Maine State Championships (Westbrook, ME) » Matt Israelson, 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.wnpf.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

12 MAY » USAPL Twin Ports Raw Open (Duluth, MN) » Joe Warpeha, 651.485.7353, www.usapowerlifting.com

APF/AAPF/WPC Schedule

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 *POSTPONED*
5 MAY, APF/AAPF Great Lakes Open
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
11 AUG, APF Maine State PL/BP
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, International "SCITEC" Raw Bench Press Cup
OCT, APF/AAPF Rise of the DL, Beast of the BP
OCT/NOV, APF Texas Cup Powerlifting Meet
OCT/NOV, AWPC/WPC World Cup PL/BP/DL
6-11 NOV, WPC World Championships
10 NOV, APF Pine Tree Open PL/BP Meet
8 DEC, APF/AAPF Viking Challenge Winter 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 »

13 MAY » APA River Classic (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
16 MAY » NASA West Texas Open (Amarillo, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
19 MAY » WNPf Spring Powerfest (Ironman/BP/DL/Curl) (Morganville, NJ) » Brad Spingarn, biff92m@optonline.net, Romeo Tendencia, romeo.powerhouse-gym@gmail.com, www.wnpf.net
19 MAY » UPA Pro/Am Throwdown (PL/BP) (Lake George, NY) » Flex Appeal Fitness Center, 518.312.9009
19 MAY » APA Mississippi Open Power Classic (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.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@vhpower.com, www.vhpower.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, srmattews24@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
24-27 MAY » **WPA Raw World Championships (PL/BP)** (Lutsck City, Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
24-27 MAY » **WPA Raw World Championships** (Lutsck City, Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
26 MAY » USTOC Hoosier Fit Expo "Best of the Midwest BP/DL" (Blooming-

ton, IN) » Carl Lamb, 317.985.8989, carl@ustoc.org, www.ustoc.org
26 MAY » **WNPf International Invitational BP/DL Championships** (Tiblis, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
26 MAY » New Jersey High School Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemede, NJ) at the Runnemede Inn » Bob Marcelino, 856.340.5721
26 MAY » AAU 9th Annual Triple Crown Classic & East Coast BP/PP Classic & VA State Championship (Mechanicsville, 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 Runnemede Inn » Bob Marcellino, 856.340.5721
28 MAY » APA Carolina Cup Championships (Florence, SC) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
1-3 JUN » **APF Senior Nationals** (Raw & Equipped - WPC Qualifier) (Myrtle 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 JUN » USAPL NC State PL Championships (Denver, NC) » Jennifer Thompson, 704.483.6337, www.usapowerlifting.com
2-3 JUN » **CPF Equipped Nationals** (Waterloo, Ontario, Canada) » Bruce McIntyre, www.canadianpowerliftingfederation.com, www.worldpowerliftingcongress.com
3 JUN » APA Raw Sunshine State Power Classic (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.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.wnpf.net
9 JUN » USPA Washington State Freedom Classic Powerlifting Championships (Kennewick, WA) at RAB Fitness » Cody Hyatt, depin04@gmail.com, 509.440.0246, www.uspla.org
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

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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 » APA Illinois Summer Iron Bash (Peoria, IL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.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

23 JUN » APA Southern States Championships (Greenville, KY) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

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 » APA Deep South Big Iron Classic (Pontotoc, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.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 » APA New England Regional Record Breakers (CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

14 JUL » CDFPA Canadian Drug Free Single Event Championships (Un-equipped & Raw divisions) (Taber, Alberta, Canada) » Randy Sparks, rsparks@telusplanet.net, 403.223.2479

14 JUL » USPA New York BP/DL Championship (Angola, NY) at Mickey Rats

UPCOMING SLP COMPETITIONS

7 APR, SLP National Raw & Assisted BP/DL (Arkadelphia, AR)

14 APR, SLP Body Shop Fitness Open (Mt. Juliet, TN)

21 APR, SLP National BP/DL Championship (TBA)

5 MAY, Lifetime Natural Powerlifting Nationals (TBA)

12 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK)

Son Light Power

206 South Washington Street, Tuscola, IL 61953

217.508.9297

www.sonlightpower.com | sonlightgym@frontier.com

Beach Club » Dennis Brochey, dennis.brochey@gmail.com, 716.200.3533, www.uspla.org, www.niagarapowerliftingclub.org

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

20-21 JUL » APF 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@vhpower.com, www.vhpower.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 » NASA Tri-State Regional Reunion Meet (Flora, IL) at The Gym » Smitty, lesmitty@bsspeedy.com, 618.662.3413 (after 1 p.m.), www.nasa-sports.com

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

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.rychlakpowersystems.com

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

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

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

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

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

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 Phone (614) 801-2060

28 JUL » WNPFA 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 » WNPFA National Tournament of Champions (Rochester, NY) » Ron DeAmicis, 330.519.3078, powerl103@aol.com, www.wnpf.net

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

4 AUG » USAPL Iron Works Open VIII (Midland, MI) » Matt Smith, 989.948.3738, www.usapowerlifting.com

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 Burrirt, bburrirt@scvl.com, 812.204.2886, www.uspla.org

6-11 AUG » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com

11 AUG » APF Maine State PL/BP (Westbrook, ME) » Matt Israelson, 207.838.6933, dynamaxx21@yahoo.com, www.worldpowerliftingcongress.com

11 AUG » USPA Mid-Cities BP/DL/PP (Norwalk, CA) » Chuck LaMantia, ckclama@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, sqbpdl@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, sqbpdl@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) » Leonetta Richardson, 808.372.1873, Darren Matsumoto, windocswindow@yahoo.com,

808.291.9075, 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 » APA Nationals (Pontotoc, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.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 End of Summer BP/DL/Ironman/PC Classic (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 » WNPF South American Championships (Brazil) » Flavio Danna, dannasports@gmail.com, www.wnpf.net

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

2 OCT » USAPL NC State PL Championships (Denver, NC) » Jennifer Thompson, 704.483.6337, www.usapowerlifting.com

6 OCT » APA Midwestern US Championships (Branson, MO) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

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) » 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,

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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

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

28 OCT » APA Halloween Raw Power Classic (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

OCT » WPC International "SCITEC" Raw Bench Press Cup (Budapest, Hungary) » Peter Keresenyi, hungarianpowerliftingcongress@gmail.com, www.powerlifting.hu, www.worldpowerliftingcongress.com

OCT » APF/AAPF Rise of the DL, Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, domanski3@comcast.net, www.progressivesportsperformance.com, www.worldpowerliftingcongress.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

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3-4 NOV » WNPf 21st World PL/SQ Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
3-4 NOV » NASA Masters/Sub Masters Nationals (Mesa, AZ) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
3-4 NOV » NASA Arizona Regionals (Mesa, AZ) » Rich Peters, sqbpdl@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.wnfp.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, sqbpdl@aol.com, www.nasa-sports.com
10 NOV » APF Pine Tree Open PL/BP Meet (Westbrook, ME) » Matt Israelson, 207.838.6933, dynamaxx21@yahoo.com, www.worldpowerliftingcongress.com
10 NOV » NASA WV Regional PL/BP/PS/PP Championship (Ravenswood, WV) » Greg Van Hoose, 304.273.3110, greg@vhepower.com, www.vhepower.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.wnfp.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, sqbpdl@aol.com, www.nasa-sports.com
NOV » NASA Colorado Regional (Loveland, CO) » Rich Peters, sqbpdl@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
1 DEC » APA Iron Horse Classic (Weslaco, TX) » Scott Taylor, 356 Lakeland

Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

1-2 DEC » USPA West Coast Open (Raw PL/SM) (Newport, OR) at the Hallmark Oceanfront Resort » Rick McClung, bigbearsygm.net, 541.961.3845, www.uspla.org

2 DEC » WNPf 2nd International Georgia Open BP/DL Championships

(Tbilisi, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.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

8 DEC » APF/AAPF Vlkling Challenge (Solvang, CA) » Eddie Hsueh, cops.gym@gmail.com, www.worldpowerliftingcongress.com

8 DEC » APA Apollon Winter Iron Bash (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

9 DEC » APA Connecticut Winter Iron Bash (Wallingford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

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

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

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

12-13 JAN 2013 » AAU World Powerlifting and International Single Lift BP/DL/PP (Richmond, VA) at the Holiday Inn » Judy Wood, 804.559.4624, vapowerlifting@aol.com, www.aapowerlifting.org

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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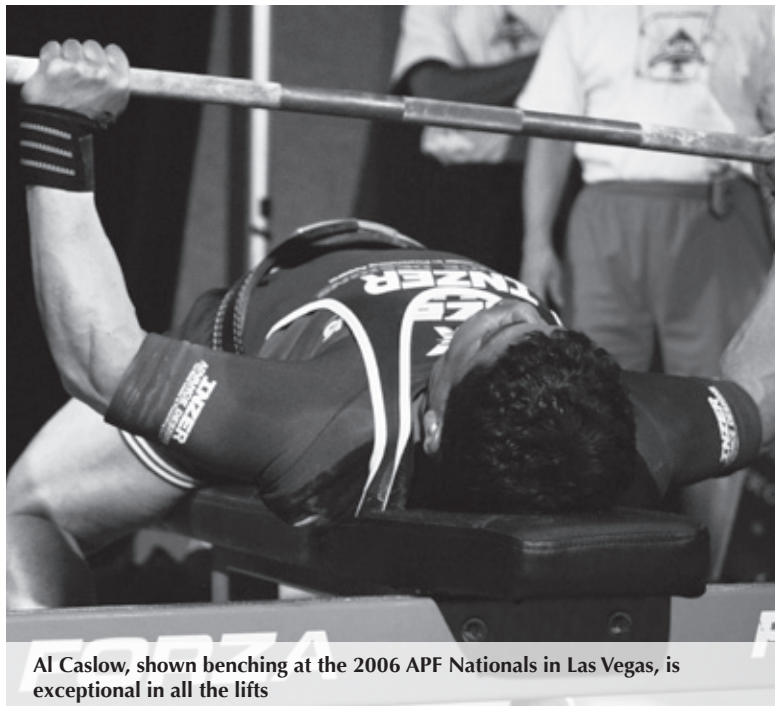
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TOP 100 PHOTOS



Leamon Woodley has been a fixture at WABDL World events for many years



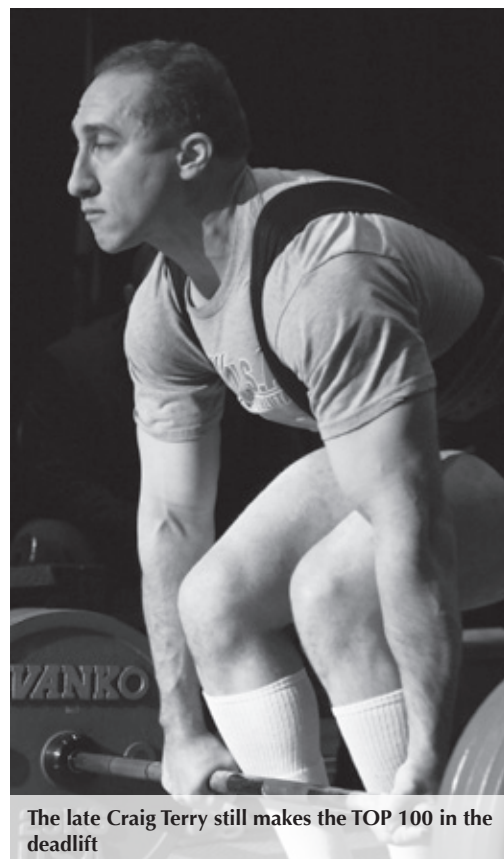
Al Caslow, shown benching at the 2006 APF Nationals in Las Vegas, is exceptional in all the lifts



Brian Kiraly at the 2012 Fit Expo event



Joe Braca has been making the TOP 100 since the '90s



The late Craig Terry still makes the TOP 100 in the deadlift

Will you make the upcoming TOP 100 list for the 220 lb. class? Last time we ranked this class the minimum lifts to make that list were 650 lb. in the squat, 505 lb. in the bench press, 630 lb. in the deadlift, and 1,675 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 220 lb. class will be April 2011 through March 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 college ID 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 181 lb./82 kg. USA lifters in results received from FEB 2011 through JAN 2012

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NEXT MONTH » TOP 198

OUR POLICY: If your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. If you find errors in our articles, TOP 100/20 weight class rankings, or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

SQUAT

- 1 920 Cartinian, M.,9/11
- 2 850 Caslow, A.,3/5/11
- 3 810 Tincher, B.,5/28/11
- 4 805 Huffman, G.,6/17/11
- 5 785 Conner, C.,3/5/11
- 6 765 Strong, N.,3/5/11
- 7 733 Hooper, W.,4/30/11
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- 61 560 Daniels, D.,3/11
- 62 560 Elizondo, A.,3/11
- 63 560 Lanier, D.,3/11
- 64 560 Epling, J.,6/17/11
- 65 556 Scagliarini, T.,3/12/11
- 66 556 Macri, M.,4/30/11
- 67 556 Olivieri, J.,6/25/11
- 68 555 Munoz, L.,3/11
- 69 555 Burrows, J.,9/10/11
- 70 551 Bartholomew, W.,4/2/11
- 71 551 Pardue, T.,4/30/11
- 72 551 McElroy, J.,4/30/11
- 73 551 Mlonis, A.,5/7/11
- 74 550 Straub, T.,3/27/11
- 75 550 Saenz, M.,3/11
- 76 550 Willis, B.,3/11
- 77 550 Torres, R.,3/11
- 78 550 Monreal, J.,3/11
- 79 550 Garza, F.,3/11
- 80 545 Ritter, A.,2/19/11
- 81 545 Livers, B.,5/21/11
- 82 545 Juaregui, L.,7/17/11
- 83 545 Buttmer, M.,11/5/11
- 84 545 Brown, R.,11/12/11
- 85 540 Franks, T.,3/11
- 86 540 Scully, B.,4/30/11
- 87 535 Vela, B.,3/11
- 88 535 Belmares, C.,3/11
- 89 535 Glover, W.,3/11
- 90 535 Hicks, J.,3/11
- 91 535 Scott, J.,3/11
- 92 530 Handy, K.,3/11
- 93 530 Rojas, J.,3/11
- 94 530 Barton, C.,3/11
- 95 530 Trumble, J.,3/11
- 96 530 DeLaRosa, J.,3/11
- 97 530 Armstrong, B.,3/11
- 98 530 Elster, B.,3/11
- 99 525 Stevens, J.,3/11
- 100 525 Smith, T.,3/11

BENCH PRESS

- 720 Cartinian, M.,9/11
- 650 Wagner, R.,3/4/11
- 628 Land, J.,5/28/11
- 606 Linderud, D.,3/19/11
- 562 Coleman, M.,7/30/11
- 560 Conner, C.,3/5/11
- 556 Thurman, D.,5/28/11
- 555 Huffman, G.,6/17/11
- 551 Hooper, W.,4/30/11
- 540 Tincher, B.,5/28/11
- 535 Neal, C.,7/30/11
- 529 Cyr, D.,6/18/11
- 529 Lenius, D.,6/18/11
- 518 Elkhanany, M.,4/30/11
- 518 Fisher, B.,7/9/11
- 515 Keith, W.,8/21/11
- 515 Phelps, L.,9/11
- 512 DeMatteo, J.,4/15/11
- 510 Strong, N.,3/5/11
- 507 Daniels, K.,3/12/11
- 501 Harris, R.,3/12/11
- 501 Ciuppinski, M.,3/19/11
- 501 Sorrell, J.,6/25/11
- 501 Antoniow, B.,9/24/11
- 490 Brundage, S.,3/5/11
- 490 House, M.,11/19/11
- 485 Loncharich, M.,4/1/11
- 485 Daisa, M.,1/29/12
- 480 Smith, D.,12/10/11
- 475 Miller, R.,7/9/11
- 473 Ryan, M.,8/20/11
- 465 Harder, J.,3/20/11
- 462 Shimabuku, J.,7/10/11
- 460 York, M.,6/17/11
- 451 Johnson, S.,4/16/11
- 451 Woods, J.,6/11/11
- 450 Duncan, M.,7/16/11
- 450 Little, B.,9/11
- 450 Carone, V.,9/11
- 440 Moore, M.,5/14/11
- 440 Riley, J.,12/10/11
- 440 Aldrich, D.,1/29/12
- 435 Gutierrez, N.,2/26/11
- 435 Wallis, D.,6/11/11
- 435 Kutcher, B.,11/11
- 430 Simmons, A.,3/19/11
- 430 Bellanca, D.,5/8/11
- 429 Dudley-Robey, J.,3/12/11
- 429 Coombs, K.,3/19/11
- 429 Hollenbeck, A.,4/1/11
- 429 Douglas, K.,9/2/11
- 429 Pascual, J.,1/28/12
- 425 Williams, J.,4/3/11
- 425 Hamer, A.,3/11
- 425 Carlough, B.,10/9/11
- 425 Brown, R.,11/12/11
- 424 McDougal, J.,4/16/11
- 424 Thompson, D.,4/30/11
- 424 Dena, F.,7/30/11
- 420 Obriant, W.,6/11/11
- 420 Mangan, J.,6/25/11
- 420 Thibeaux, J.,11/27/11
- 418 Verbois, R.,4/1/11
- 418 Conway, B.,4/1/11
- 418 Ruettiger, F.,4/2/11
- 415 Hillyard, R.,10/15/11
- 413 Somma, J.,6/4/11
- 410 Simon, M.,9/11
- 410 O'Malley, S.,10/11/11
- 410 Cabral, D.,11/6/11
- 407 Munoz, A.,2/26/11
- 407 Shane, M.,3/11/11
- 407 Labat, P.,4/1/11
- 407 Christy, T.,4/30/11
- 407 McLaughlin, B.,5/14/11
- 407 Henson, Z.,5/14/11
- 407 Baker, S.,5/14/11
- 407 Lumpkin, E.,5/14/11
- 407 VanDeWeghe, S.,6/11/11
- 407 Cary, K.,6/25/11
- 405 Hamscher, R.,7/30/11
- 405 Choi, M.,8/21/11
- 405 Phillips, L.,9/11
- 405 Mantriazio, A.,10/15/11
- 403 Mata, C.,2/12/11
- 402 Murchinson, C.,2/26/11
- 402 Cieplinski, E.,4/16/11
- 402 Kiraly, B.,7/2/11
- 402 Juaregui, L.,7/17/11
- 402 Ammerman, B.,8/6/11
- 402 Le, K.,8/13/11
- 402 Fabiano, B.,10/22/11
- 400 Straub, T.,3/27/11
- 396 Galanin, S.,8/6/11
- 395 Dyles, L.,5/7/11
- 395 Laskowski, J.,7/9/11
- 391 Lagunas, F.,4/17/11
- 391 Pardue, T.,4/30/11
- 390 Fleming, M.,4/9/11
- 390 Stinson, T.,4/16/11

DEADLIFT

- 749 Williams, D.,3/5/11
- 716 Terry, C.,3/5/11
- 705 Norris, J.,9/2/11
- 672 Hollenbeck, A.,4/1/11
- 672 Tertitski, A.,8/20/11
- 672 Douglas, K.,9/2/11
- 661 Woodley, L.,3/7/11
- 661 Mangum, A.J.,5/14/11
- 660 Lewis, B.,5/21/11
- 660 Cartinian, M.,9/11
- 655 McDougal, J.,4/16/11
- 655 Little, B.,9/11
- 650 Caslow, A.,6/25/11
- 644 Conway, B.,4/1/11
- 644 Austin, D.,4/30/11
- 639 Garofalo, R.,4/30/11
- 639 Wassman, K.,8/27/11
- 639 Williams, R.,11/12/11
- 635 Kite, C.,10/11/11
- 634 Braca, J.,8/20/11
- 633 Loncharich, M.,4/1/11
- 633 Verbois, R.,4/1/11
- 633 Tincher, B.,5/28/11
- 630 Keith, W.,8/21/11
- 630 Adams, J.,12/17/11
- 628 Wu, F.,5/7/11
- 622 Kiraly, B.,3/26/11
- 622 Eisman, T.,7/30/11
- 617 Murchinson, C.,2/26/11
- 615 Johnson, R.,3/11
- 611 Manmano, E.,4/9/11
- 611 Amen-RA, N.,9/10/11
- 610 Strong, N.,3/5/11
- 610 Artur, C.,11/19/11
- 606 Gutierrez, N.,2/26/11
- 606 McMasters, L.,3/12/11
- 606 Fuqua, J.,4/16/11
- 606 McElroy, J.,4/30/11
- 606 Lynch, J.,4/30/11
- 606 Mlonis, A.,5/7/11
- 605 Fleming, M.,4/9/11
- 605 Gordon, M.,4/16/11
- 600 Leibfried, D.,3/4/11
- 600 Henson, Z.,3/5/11
- 600 Kleyn, G.,4/2/11
- 600 Pardue, T.,4/30/11
- 600 Baker, S.,5/14/11
- 600 Sato, J.,6/17/11
- 600 Russell, L.,8/27/11
- 600 Buckles, C.,11/11
- 600 Rodriguez, T.,11/11
- 600 Gaechter, M.,12/10/11
- 590 Larrisey, S.,8/20/11
- 589 Shetka, J.,7/23/11
- 585 West, T.J.,4/16/11
- 585 Rosario, A.,5/8/11
- 584 Clark, R.,4/30/11
- 584 Cyr, D.,8/18/11
- 584 Kutcher, B.,11/11
- 578 Labat, P.,4/1/11
- 575 Fisher, B.,3/11
- 575 Vela, B.,3/11
- 575 Szolis, B.,4/8/11
- 575 Burrows, J.,9/10/11
- 575 Brown, R.,11/12/11
- 573 Raibuzise, E.,4/1/11
- 573 Felton, D.,4/2/11
- 573 Garza, F.,4/8/11
- 573 Hooper, W.,4/30/11
- 573 Low, A.,7/10/11
- 573 York, M.,8/20/11
- 573 House, M.,11/19/11
- 573 Cordano, R.,12/2/11
- 570 Conner, C.,3/5/11
- 570 Bryant, S.,3/11
- 570 Lemieux, B.,11/11
- 567 Masur, N.,11/19/11
- 567 Melero, S.,1/14/12
- 565 Demisson, R.,8/15/11
- 565 Unigarro, J.,11/12/11
- 565 Watson, J.,11/12/11
- 564 Ait, Y.,12/10/11
- 563 McLaughlin, B.,5/14/11
- 562 Marxheimer, D.,3/12/11
- 562 Acker, T.,6/4/11
- 562 Salvagni, R.,7/16/11
- 562 Benemerito, J.,8/20/11
- 562 Gallagher, F.,10/11
- 562 Buttmer, M.,11/5/11
- 562 Sisa, B.,11/5/11
- 562 Pascual, J.,1/28/12
- 560 Parnell, J.,4/16/11
- 560 Byrd, G.,4/11
- 560 Dyles, L.,6/25/11
- 560 Carone, V.,9/11
- 556 Wang, S.,2/12/11
- 556 Summers, L.,6/11/11
- 555 Enriquez, J.,4/9/11
- 555 Robinson, D.,4/16/11
- 555 Hill, T.,10/11/11

TOTAL

- 2300 Cartinian, M.,9/11
- 1984 Tincher, B.,5/28/11
- 1915 Conner, C.,3/5/11
- 1910 Huffman, G.,6/17/11
- 1885 Strong, N.,3/5/11
- 1857 Hooper, W.,4/30/11
- 1835 Douglas, K.,9/2/11
- 1825 Norris, J.,9/2/11
- 1785 Little, B.,9/11
- 1774 Hollenbeck, A.,4/1/11
- 1736 Loncharich, M.,4/1/11
- 1736 Verbois, R.,4/1/11
- 1725 Gutierrez, N.,2/26/11
- 1725 Henson, Z.,5/14/11
- 1719 Conway, B.,4/1/11
- 1703 Kutcher, B.,11/11
- 1675 Baker, S.,5/14/11
- 1675 O'Malley, S.,10/11/11
- 1653 Woodley, L.,3/7/11
- 1653 Austin, D.,4/30/11
- 1647 House, M.,11/19/11
- 1631 Murchinson, C.,2/26/11
- 1631 Williams, R.,11/12/11
- 1625 Carone, V.,9/11
- 1609 Kiraly, B.,12/2/11
- 1603 Pascual, J.,1/28/12
- 1600 Fleming, M.,4/9/11
- 1598 Garofalo, R.,4/30/11
- 1581 Buckles, C.,11/11
- 1580 Brundage, S.,3/5/11
- 1575 York, M.,6/17/11
- 1565 McDougal, J.,4/16/11
- 1560 Simon, M.,9/11
- 1559 Labat, P.,4/1/11
- 1555 Fisher, B.,3/11
- 1555 Bellanca, D.,5/8/11
- 1554 Ruettiger, F.,4/2/11
- 1550 Johnson, R.,3/11
- 1548 Tertitski, A.,8/20/11
- 1545 Brown, R.,11/12/11
- 1543 Raibuzise, E.,4/1/11
- 1543 Pardue, T.,4/30/11
- 1543 Caslow, A.,6/25/11
- 1540 Lewis, B.,5/21/11
- 1537 Fuqua, J.,4/16/11
- 1535 Oullette, N.,3/12/11
- 1532 Manmano, E.,4/9/11
- 1526 Thompson, D.,4/30/11
- 1510 McElroy, J.,4/30/11
- 1505 Leyer, J.,3/5/11
- 1505 Dyles, L.,6/25/11
- 1504 Unson, D.,4/30/11
- 1504 Riley, J.,12/10/11
- 1500 Straub, T.,3/27/11
- 1500 Szolis, B.,4/8/11
- 1500 Burrows, J.,9/10/11
- 1499 Clark, R.,4/30/11
- 1482 Mlonis, A.,5/7/11
- 1480 Jones, A.,4/16/11
- 1471 Lagunas, F.,4/17/11
- 1471 Gaechter, M.,12/10/11
- 1460 Leibfried, D.,3/4/11
- 1460 Juaregui, L.,7/17/11
- 1455 McMasters, L.,3/12/11
- 1455 Cieplinski, E.,4/16/11
- 1455 Rodgers, C.,4/30/11
- 1450 Parnell, J.,4/16/11
- 1450 Thibeaux, J.,11/27/11
- 1450 Lemieux, B.,11/11
- 1449 Salvagni, R.,7/16/11
- 1449 Thurman, D.,12/2/11
- 1445 Larrisey, S.,8/20/11
- 1444 VanDeWeghe, S.,6/11/11
- 1438 Munoz, A.,2/26/11
- 1438 Scagliarini, T.,3/12/11
- 1438 Laskowski, J.,3/19/11
- 1438 Hanna, D.,4/1/11
- 1435 Longoria, G.,3/11
- 1435 Daniels, D.,3/11
- 1432 Fabiano, B.,4/2/11
- 1432 Garza, F.,4/8/11
- 1432 Cary, K.,6/25/11
- 1427 Credle, Z.,4/1/11
- 1427 Daigre, J.,11/22/11
- 1425 Epling, J.,6/17/11
- 1425 Stewart, S.,11/19/11
- 1421 Winkler, D.,3/12/11
- 1421 Scully, B.,4/30/11
- 1415 Vela, B.,3/11
- 1410 McCoy, T.,3/11
- 1410 Poland, A.,5/14/11
- 1410 Fukuda, J.,11/11
- 1405 Saenz, M.,3/11
- 1400 Hicks, J.,3/11
- 1400 Clark, J.,3/11
- 1400 Bryant, S.,3/11
- 1400 Torres, B.,3/11
- 1400 Willes, R.,3/11
- 1390 Elizondo, A.,3/11
- 1385 Glenn, M.,3/11

TOP 100 LIST

For standard 165 lb./75 kg. USA lifters in results received from NOV 2010 through NOV 2011

- 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 McVane, 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 Conner, 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 Peryman, V..8/11
 - 45 545 Rollins, J..11/11
 - 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 Conner, C..5/7/11
 - 57 529 Freel, L..9/11
 - 58 529 Willshire, 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..11/8/10
 - 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 Agarar, 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 Armichian, A..11/3/11
 - 380 Risenchover, M..1/25/11
 - 380 McVane, 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 Akalegbera, 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, J..11/8/10
 - 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 Conner, 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 Peryman, 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
 - 584 Hinton, A..4/16/11
 - 578 Cyr, D..5/7/11
 - 578 McVane, A..5/7/11
 - 578 Dunn, J..9/2/11
 - 575 Dwyer, C..11/13/10
 - 573 Daigre, J..4/16/11
 - 573 Dalessio, J..4/30/11
 - 570 Conner, 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 Rolif, 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, E..6/4/11
 - 555 Ironfield, 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 Wagnez, Z..11/12/11
 - 529 Puckhaber, B..1/29/11
 - 529 Schuller, B..4/1/11
 - 529 Ribic, P..5/22/11
 - 529 Perretz, J..7/30/11
 - 529 Lewis, C..9/28/11
 - 525 Macri, M..2/6/11
 - 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..11/11

- 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 McVane, 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 Peryman, 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..11/11
 - 1405 Schneider, S..1/11
 - 1405 Rolif, 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 Akalegbera, N..11/13/10
 - 1360 Salinas, R..3/11
 - 1355 Martinez, D.J..3/11
 - 1355 Wagnez, 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 Conner, 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 Dillegro, T..6/17/11

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).

NOTE: The Top 100 List for the 148 lb. class was mistakenly re-run in the March 2012 issue where the Top 100 List for the 165 lb. class was supposed to run. We apologize for the error!

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.

Chang-TPE	589	275	462	1327
Arnesen-NOR	512	297	462	1272
Fowler-CAN	517	336	462	1272
Balajzy-POL	484	352	396	1233
Bialek-POL	495	220	462	1178
Hung-TPE	396	363	341	1101
Shotton-GBR	396	270	407	1073
Baez-PUR	440	259	352	1051
Krcmarova-CZE	319	165	286	771

184+ lbs.

Karpova-RUS	662	419	506	1588
Orobets-UKR	562	391	479	1431
VandeMeulen	501	374	435	1310
Szabo-HUN	440	402	369	1211
Arnow-USA	424	297	413	1134
Kovacs-HUN	457	275	402	1134
Manaena-NZL	490	—	517	1007
Millington-AUS	—	380	440	820

MALE

129 lbs.

Fedosienko	644	385	578	1607
Kolbin-RUS	573	325	551	1448
Wang-TPE	551	330	534	1415
Wszola-POL	562	374	473	1409
Leon-ECU	539	369	473	1382
Lited-FRA	534	319	506	1360
Osmialowski	534	314	490	1338
Isagawa-JPN	484	385	462	1332
Kupperstein	512	281	539	1332
Constantine	523	292	506	1321
Cancel-PUR	473	325	473	1272
Takehana-JPN	451	385	435	1272
Manukyan	418	352	418	1189
Gombar-SVK	418	253	468	1140
Lu-TPE	—	220	551	771

145 lbs.

Gladkikh-RUS	677	440	617	1734
El-FRA	628	336	661	1624
Oishi-BRA	639	396	573	1607
Sato-JPN	567	418	506	1492
Rheaume-CAN	534	385	495	1415
Weissenbacher	517	347	506	1371
Ruso-CZE	573	226	517	1316
Lin-TPE	484	418	330	1233
Hsieh-TPE	—	446	622	1068
Calandra-ITA	484	—	—	484

163 lbs.

Olech-POL	805	479	705	1988
Petkov-BUL	688	506	650	1844
Ivkov-KAZ	655	424	606	1685
Keranen-FIN	622	402	595	1618
Nieminen-FIN	617	396	606	1618
Kuan-TPE	606	341	650	1596
Ramos-BRA	639	341	600	1580
Roelvaag-NOR	595	457	523	1574
Kailey-NED	556	391	622	1569
Okutani-JPN	562	484	495	1541
Huang-TPE	484	319	661	1464
Asaturov-ARM	440	418	440	1299

183 lbs.

Rysyev-UKR	771	517	694	1982
Naniev-UKR	782	517	661	1960
Turakhanov	743	484	694	1921
Williams-USA	738	429	705	1872
Palmer-GBR	721	512	639	1872
Mihaylov-BUL	694	479	688	1861
Vasilev-BUL	694	440	688	1822
Picot-FRA	672	462	666	1800
Tapia-PUR	743	440	595	1778
Tepper-GER	595	517	655	1767
Wagner-GER	617	418	683	1718
Kobayakawa	644	462	611	1718
Jarosiewicz	683	440	595	1718
Gutierrez-USA	650	451	589	1690
Penasse-BEL	661	407	584	1652
Naglius-LTU	584	451	606	1640
McCormack	617	413	551	1580
Castillo-ECU	—	484	617	1101
Panazan-ROU	440	—	—	440

205 lbs.

Sholskiy-RUS	848	573	705	2125
Bulanyy-UKR	815	528	765	2108
Sarafimov-BUL	776	539	738	2053



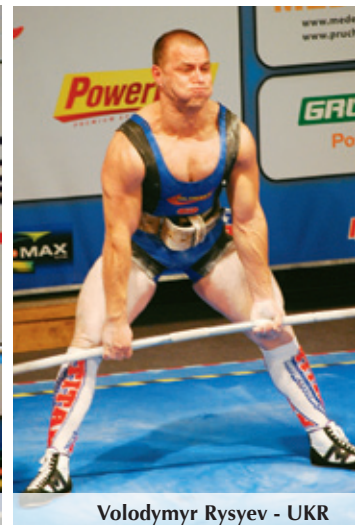
Anibal Coimbra - LUX



Andriy Naniev - UKR



Wu - TPE



Volodymyr Rysyev - UKR



Tetyana Prymenchuk - UKR



Dmitry Ivanov - RUS



Yulia Medvedeva - RUS

POWER NUTRITION »

in a pot for a specific amount of time according to what herbs you are brewing. This would be considered a tea base. An elixir would contain this medicinal tea base and would contain herbs that will help target a specific health condition, like chronic fatigue. Or it may be the base for a health tonic. To make it an elixir, other ingredients have to be added to this tea base, such as super foods or other ingredients to take this formula over the top, making it one amazing thing! Some of you may have had no experience with making even herbal teas before let alone elixirs, but this book will help make you a veteran in no time.

AMAZING TABLE OF CONTENTS

As I have scoured through this book, the good news is that each and every recipe in here is top quality info and there are no filler recipes to make the book larger than it should be. There are a wide variety of elixirs in this book to please all your tastes and desires. Let's take a look at some of the different ones that are available in this book.

TEA RECIPES:

- Everyday Gynostemma Tea
- Everyday Reishi Tea
- Adaptogen Tea
- Liver Cleanse Tea
- Mental Clarity Tea
- Beauty Tonic Tea
- Strong Bones Tea
- Physical Rejuvenation Tea
- Immuni-Tea
- Three Treasure Tonic Tea
- Schizandra-Goji-Cinnamon Tea

HOT ELIXIRS:

- Simple Hot Chocolate Elixir
- Frothy Hot Reishi Cappuccino
- Hot "Coffee"
- Hot Caramel Latte
- Mucuna Mocha
- Mental Mocha
- Basic Chai Elixir
- Spiced Chai Cider
- Warming Winter Chai
- Medicinal Strength Chai
- Ayurvedic Medicinal Super Chai
- Creamy Chai

COLD ELIXIRS:

- Chocolate Elixir Milk
- Frozen Reishi Cappuccino
- Iced Maca Latte
- Roasted Iced Maca Latte
- Simple Iced Mocha Elixir
- Iced Mint Mocha Elixir
- Chocolate Covered Cherry Elixir
- Purple Power Elixir Smoothie
- Triple Berry Elixir Smoothie

SO HOW DOES THIS BENEFIT A LIFTER?

You may be wondering how this will help the strength athlete? Well, there are many ways a powerlifter can benefit from reading and implementing the recipes in this book. First off, many of the recipes in this book will help improve your immunity. You all know how that nasty cold that

your son or daughter brought back from their school and infected the whole family with can really put a damper on your training intensity. Getting sick takes you out of the gym, so instead of smashing heavy weights you are snuggled under your covers and reaching for that box of tissue.

Next is that many of the recipes are adaptogenic in nature, so they help your body deal with the increased stress loads placed on the body during your intense training cycles leading up to a contest. This is a very valuable benefit that all lifters can take advantage of. Beyond that, they fight free radical damage and all of you should know that resistance training increase free radical damage meaning those that train with weights need more antioxidants than those that do not exercise.

Furthermore, they will help you increase your rate of recovery. Some of the herbs used in these recipes will help you sleep much deeper and help in the recovery process, which is in reality the most important part of your training. The Soviets were masters of numerous different recovery methods between training sessions and this is one area where Americans are still far behind athletes from other parts of the world. I first found this out when I started reading the work of Dr. Fred Hatfield at the tender age of 13 years old. Yep, I had a love for the game and the science behind it even way back then. I read about how the Soviets were way ahead of the Americans in so many facets of performance and, in particular, I remember him writing about a natural tonic called Mumie. Fred's writings were decades ahead of the time and he has educated lifters in numerous areas to take our performance to new heights. Fred knew this doesn't just include the physical modalities like infrared sauna, massage, chiropractic and such, but also the effect that nutrition as well as the role advanced herbal tonic medicine play into this equation.

ANTI-AGING IS MUCH MORE THAN BOTOX!

If this is the first time you have heard of this, then this just goes to show you how correct I was in my statement saying Americans are behind the rest of the world in this area. Many of the different concoctions in this book will help increase your longevity and have anti-aging benefits for your health and performance. You may just think that the term longevity and anti-aging has to do with some blonde bimbo cougar from Beverly Hills in her forties that loads her face up with Botox every other week, but that is not the case in the least. These longevity herbs will keep you from aging at an increased rate and slow this process down when taken properly for a required time. Just ask the Chinese, where in many parts living to 100 years old is not out of the ordinary.

TIME TO TEST DRIVE A TONIC RECIPE

The things I've mentioned are just a few of the many beneficial areas you will be able to take advantage of from applying these recipes to your life. You all know that if I put my name on something then it's going to be good to go because I am very picky on bringing anything to my readers that is not something cutting edge

and won't improve their game. I am going to take an excerpt from the book to let you try one of the recipes. You may not know where to get all the ingredients or how to do an advanced recipe, but there is no need to worry. The book goes through everything from start to finish so that even the beginner who has never even heard the word elixir will be able to create each recipe without worry. So let's take a look at this amazing recipe!

FROZEN REISHI CAPPUCCINO

Makes 1 serving

Ingredients:

- 1 Cup Ice
- 2 Tb. Cacao Powder
- 1 Tb. Maca Powder
- 1/2 Tsp. Reishi Powder
- 1/2 Tsp. Ho Shou Wu Powder
- 2 Tb. Agave/Raw Honey
- Dash Cinnamon
- 1-3 oz. (Enough to Blend) Water/Nut Milk

Directions:

1. Begin by adding a cup of fresh ice to the blender.
2. From there add your powders and then lastly add your sweetener and a few ounces of nut milk or water.
3. Only add enough so that it will blend. Always start off with less liquid because you can always add more and you don't want to add too much and end up with a runny elixir.
4. Blend and enjoy!

ABOUT THE FROZEN REISHI CAPPUCCINO

This beverage is similar to a Frappe or "Frappuccino" in terms of texture, but certainly different in the ingredients used! Reishi and Ho shou wu are two of the most touted and revered herbs in Chinese Herbalism. Together they have a very calming, grounding, and uplifting effect.

This cold elixir is one you can consume anytime day or night. These herbs are gently balancing and always working with your body. They are adaptogens of the highest order. The taste will be dark and rich, almost like a mocha. The herbs are slightly bitter and earthy; in synergy with the cacao and other ingredients the end result is a superb elixir.

GIVE THIS BOOK A READ

This is just one of the many amazing elixir recipes that you will find in this book. I included this one as it is an adaptogenic elixir and is amazing for anyone who needs to increase his or her training load in the gym without feeling overtrained. Or, it could work for someone who has been feeling worn out lately due to everyday life's stressors as well. You may be wondering where you can get your hands on a copy of this book. You can order it online at: www.elixirsynergy.com. Brandon also has some very good videos on *You Tube* as well to let you see some of these recipes in action. Try these recipes because once you do you will never look back! So, until next month, train hard, eat clean, and give some of these recipes a shot cause I'm sure you will love them as much as I do. «

Kuvambayev	776	539	705	2020
Silbaum-EST	771	473	727	1971
Yarullin-KAZ	754	512	683	1949
Hentschel-GER	705	567	650	1921
Coimbra-BRA	683	468	683	1833
Kasabuske-USA	694	440	683	1817
Sanges-ITA	683	473	661	1817
Duarte-BRA	771	402	611	1784
Kopola-FIN	694	385	672	1751
Jevdokimov	677	462	584	1723
Sanchez-ECU	694	429	584	1707
Kubo-JPN	749	407	528	1685
Ward-CAN	551	396	617	1563
Nansen-ARM	440	462	484	1387
Jandorek-AUT	—	506	661	1167
Baran-POL	716	—	—	716
Van-NED	—	556	617	1173
Hornik-CZE	694	—	—	694
Wegiera-POL	793	—	—	793

231 lbs.

Coimbra-LUX	881	567	815	2263
Lebedko-RUS	859	617	782	2257
Belkesir-FRA	804	528	738	2070
Ovsonka-SVK	859	495	716	2070
Nilsson-SWE	809	617	595	2020
Walgermo	804	517	694	2015
Tylutki-USA	798	484	705	1987
Kraav-EST	727	473	760	1960
Hakkariainen	732	495	694	1921
Harsany-SVK	705	484	716	1905
Mahon-NZL	771	429	683	1883
Akutsu-JPN	716	551	595	1861
Brabec-CZE	683	473	672	1828
Kristiansen	683	484	650	1817
Van-NED	661	484	595	1740
Atzaris-GRE	551	264	595	1409
Sidiropoulos	484	286	528	1299
Millan-PUR	—	—	—	—

264 lbs.

Barkhatov-RUS	892	617	853	2362
Drachev-RUS	925	639	798	2362
Paulauskas-LTU	903	699	721	2323
Wiak-POL	930	595	776	2301
Omland-NOR	881	650	694	2224
Cliffe-GBR	826	606	743	2174
Pevnev-UKR	815	617	738	2169
Pullinen-FIN	782	639	699	2119
Bak-DEN	771	589	683	2042
Krejca-CZE	760	595	639	1993
Soehner-USA	771	534	672	1976
Demcak-CZE	727	606	639	1971
Palivonas-LTU	705	551	688	1943
Banks-GBR	705	528	694	1927
Valach-SVK	760	440	716	1916
Magistrale	716	506	683	1905
Collart-BEL	771	440	683	1894
Nemtsov-BEL	727	523	617	1866
Minami-JPN	705	551	528	1784
Hansen-NOR	881	551	275	1707
Golubev-KAZ	—	—	—	—
Cazacu-ROU	—	517	578	1095
Holmberg-SWE	—	—	—	—

264+ lbs.

Svistunov-UKR	963	710	820	2494
Testov-UKR	936	771	782	2488
Spingl-CZE	930	683	749	2362
Sandvik-FIN	886	732	705	2323
Baardtvot-NOR	848	672	787	2307
Grabowski	914	628	749	2290
Harris-USA	848	633	804	2285
Gillingham	793	595	875	2263
Bowring-GBR	881	639	716	2235
Roening-NOR	837	694	683	2213
Nash-GBR	815	562	694	2070
Popsa-ROU	694	556	666	1916
Stinn-CAN	683	556	650	1888
Fowler-CAN	732	539	617	1888
O'Meara-RSA	683	462	639	1784
Loutsis-GRE	628	429	595	1652
Hejda-CZE	749	—	716	1464
Pritchard-AUS	826	—	—	826
Wackernell	440	—	—	440
Semenets-KAZ	—	—	793	793



Andrey Drachev - RUS



Olena Kozlova - UKR



Maxim Barkhotov - RUS



Tatyana Akhmamyetyev - UKR



Larysa Soloviova - UKR



Konstantin Lebedko - RUS

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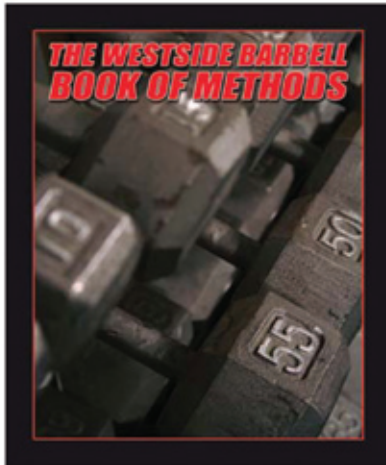
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large muscle groups increasing their injury rate. This is one reason why people tear small muscle groups in their shoulders instead of big muscle groups like their lats while benching. It is also easier to teach people form one rep at a time; it is less confusing to them.

Picking the wrong accessory movements when doing repetition method is also a common mistake made by beginners. An easy way to pick the correct movements is by doing what you are not good at or what you do not like to do. If you constantly work what you are good at, you will make minimal gains. The repetition method is used for hypertrophy (increasing muscle mass). We use this to improve leverages where we need it for our sport. Every sport has an ideal build. Mimicking that build is an easy way for a beginner to figure out where they need to increase their leverages. Speed skaters have big quads and glutes. If you want to be a top speed skater and you have small quads and glutes, then you know what you need to work. If you want to be a top bench presser and you have small triceps and a small upper back, that will be what you want to work on. As you gain experience you will be able to pick out accessory work by where you miss a lift at. For example if you miss a deadlift off the floor, various forms of plyo jumps can help. JM presses and flared arm extensions are great if you tend to miss your bench at the top. When a lifter raises their work capacity to the point they can add another 10-15 minute workout, we then add special exercise workouts in to raise volume and improve weak areas.

Not box squatting on max effort days in fear of hurting your back is also a mistake. With new clients, I teach them to box squat first. Teaching a beginner how to box squat is easier than teaching them to free squat. Box squatting slows the movement down making it easier for less experienced coaches to pick up mistakes. Box squatting also insures the lifter hits proper depth and teaches a lifter where proper depth is. Once a beginner learns the box squat, it is much easier to teach them to free squat. Using box squats on max effort day is the safest most effective way to raise a beginner or advanced lifters squat.

There are many things that also affect your results. If you are under recovered or under prepared. Make sure to get plenty of rest and follow a nutrition plan that supports athletic performance. Remember carbohydrates are the best source of energy to fuel muscle contractions. In a study done by (Jacobs et al. 84), it was found that glycogen depletion in both fast and slow fiber types was associated with impaired maximal muscular strength produced during a single dynamic contraction, as well as with increased muscle fatigue patterns. So avoid Paleo and Paleo style diets if optimal performance is what you are after.

It's a mistake to start an athlete with an inferior system then make them re-learn a new system. I hear of people often starting training systems they know to be inferior to ramp up to doing the Westside system. This just raises your chance of injury and lowers results. As Louie often says: all training is, are biomechanics, mathematics and physics. Biomechanics, mathematics and physics prove that the Westside Barbell method is optimal. Westside method covers all aspect of training each week unlike any other program. If a lifter does not train a specific type of strength (ex. dynamic effort method) during a three-week period the lifter will experience a loss in strength of 10% or greater.

The Westside Barbell Method is optimal training. So it is perfect for beginners and drug-free athletes. For more information, please check out Westside Barbell's new forum at Westside-Barbell.com. This is a great place for beginners to learn how to correctly do the Westside Barbell method and interact with Westside lifters and coaches. Since having the honor of learning from Louie, it has forever changed the way I look at strength training. My powerlifters, athletes, and clients lives are forever changed for the better because of his dedication and sacrifice to evolve strength training. Follow his system properly and it will do the same for you. «

ABOUT THE AUTHOR: Shane Sweatt is a Westside Barbell certified coach and an instructor for Westside barbell seminars. Believing the Westside Barbell method to be the best system to train athletes and powerlifters makes one of his main goals to educate people on the Westside method. Shane has extensive experience in sports specific weight and conditioning training, including powerlifting, bodybuilding, mixed martial arts, taekwondo, football, and more. His powerlifting athletes have broken many world records. Since working with Shane, some of his mixed martial arts athletes have advanced from the amateur to the professional ranks and have been featured in the UFC (Ultimate Fighting Championships), IFL (International Fight League), K1, all the top and most highly publicized Mixed Martial Arts organizations in the world. Shane's athletes have been featured in such magazines as Powerlifting USA, FLEX, Triathlete, Parrillo Performance, and on several cable channels, such as SpikeTV and HD Net. Shane is also the owner of the Sweattshop personal training at Sweattshop.com. You can also see his athletes at work at Sweattshopcincinnati on YouTube.

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« POWERLIFTING REGRETS

capable of. I think of what Robert Cortes said to me years ago at a national meet, "When you're lifting in a national meet, you go for broke." Amen, my old friend; if you're not, you have no business being there or coaching. I would give anything to have that year back so I could have gone with Rich to the Worlds as his coach. What did I learn from this? Don't take anything for granted, don't leave anything to chance. Or as my mother used to say, "If you want something done right, do it yourself."

RICKEY DALE CRAIN: I really have no regrets. We all make mistakes while training and in competition, and we learn from those as we do in life. I had a great teacher in my father and great mentors in the many places I trained over the years. They are what made me successful.

RYAN CELLI: I don't have any regrets in powerlifting. I competed in every meet I wanted to, and have tried everything from raw deadlift only to multi-ply full power. There were meets people told me I shouldn't lift in for various reasons—injured, not ready, bad timing, not having the money to travel, etc. Luckily, I have a wife that supports me no matter what, and I did all those meets regardless of what others suggested. So I have no regrets really; only a lesson. Follow your dreams and go with your gut instinct!

WADE JOHNSON: At my first world meet I was so nervous that it took me out of any real lifting. I also tried setting personal bests at that meet and it was disastrous. After that meet, I learned to keep my cool. I would have a plan and stick to it. At a world meet, I did what I needed to do to hopefully win and saved best lifting for another time.

MATTHEW GARY: My biggest regret in powerlifting is not starting sooner. My geography teacher and JV football coach, Spero Tshontikidis, presented me with an opportunity in 1983. Regrettably, I was ignorant and stubborn in failing to seize that moment. It wasn't until the early '90s when I started training for powerlifting and would eventually compete in 1995. I've learned that if I had started powerlifting in 1983, I would be much stronger than I am now. It also taught me to be a mentor and coach to aspiring athletes and lifters who wish to make strength training an endeavor. As a result, I try to persuade younger folks to be consistent and work hard. Consistency and effort are two of the cornerstones of powerlifting success.

KEN WHEELER: My only regret in powerlifting are those times I have chosen training over family functions. What I mean is, I always got my training in no matter what the occasion. I might not have missed the BBQ entirely, for example, I just had to get there late. I know it sounds macho and cool on a powerlifting forum to say how "nothing stands in the way of my training," and for most of my "career" in this sport that has been true in my world. If it's Saturday, I'm squatting—period. I trained on every holiday, including Christmas, unless I was too sick to train. Many times I trained in an empty gym because everyone else was "taking the holiday off." WHY?!?! It's Thrus-

day night, it's time to bench! Are you kidding me? You can't get your deads in and THEN go to dinner?

My children were little once. I know what it's like to train early in the morning instead of at night so I could go to their functions. Don't complain to me about not having time to train. Forty years ago when I was in college I even missed a final because it was bench day. My grade in that class went from a B to a D and my GPA down to 3.2 from a 3.7. I was a "real man." I made my grade go down just so I could bench! (What a moron). The thing that really makes this all suck is that I was never that good. It would have been different if I was at least one of the top guys, but I have been an average lifter all my powerlifting life. That didn't matter though. When it was time to train, I was there. (Still am to this day).

Even though I never missed my kids' birthday parties, football games or cheerleading competitions, they knew that Dad didn't miss the gym. That's all good and fine until you look back on it, and I'm telling all of you young dads right now, no training is worth having your children think lifting is more important than something they might be involved in. You can tell them all you want that it isn't, but your actions will always speak louder than words.

Yes, I'm a firm believer that as individuals we have a 'right' to enjoy our hobby, but I'm just saying that what we do on a platform in a high school gym, a hotel ballroom, or the stage at the pro-am is not nearly as important as those who love us and support our efforts and they deserve to always know that.

Fast forward to today. I am blessed with a wife who is also involved in this sport, my children are grown and they actually lifted in meets themselves when they were teens, both setting records in their divisions. So, the story has a good ending, but I still regret the times when nieces or nephews would ask their cousins (my kids), "Where is Uncle Ken?" and they would say, "he's at the gym, he'll be here later." They didn't understand I was "training," they just thought I put "working out" ahead of family functions. Looking back, I wish I would have just missed the squats and gone to the BBQ earlier. God bless.

BOB BENEDIX: This is an easy one! After years as a coach, one of my top rules is never try something new at a meet. At the APF Nationals in Detroit I was talked into trying a new bench shirt! My bench was always great, but not close grip, and I was wearing a very large shirt and getting about 20 pounds out of it! On my third attempt I put on a tighter shirt and smoked the weight, but it went back and tore my shoulder!! Nobody to blame but me! Never try something new at a meet!!!

STEVE DENISON: My biggest regret in powerlifting is not developing my own lifting potential because of being so consumed with being a meet director and promoter over the past 25 years. I've set state and American records and put up some decent numbers, but I know if I had the time to focus on my own career that I would have hit some bigger numbers over the years. But I

chose the path I did and I'm still comfortable with that too. I get a lot of satisfaction from putting on good quality meets for a lot of great lifters and making them happy. So, what I learned from it is to focus on others and help them realize their full potential. I'm happy with that.

MICHAEL MCDANIEL: Bob, my biggest regret is occasionally not keeping my ego in check in the gym, and as a result having a couple of injuries that could have easily been avoided. In 1989, in a small commercial gym, I let my ego get the best of me on squats, resulting in a displaced facet joint, and some cartilage/ligament damage that's required routine attention since. In 2007, I didn't take a big picture view on benching, got too heavy too quick and tore my left pec. The back injury has required consistent awareness to manage inflammation, but didn't wind up limiting my lifts. The pec injury killed any remaining hope of reaching some personal bench goals as a master lifter. One of the things I've learned is that ego is a great thing pertinent to driving for improvement, but if not kept in check can quickly do more harm than good.

Another thing I've learned relates to reinforcement of my comments on a previous forum question. For me and the folks I lift with, once we develop a training schedule we stay on the schedule regardless of how we feel on a given day in the gym. Per above, two of the times I chose to do otherwise resulted in injury. The lesson for me is to do as I say, and to continue to place high value on "this week in the gym prepares you for the next," and to stay on the schedule. Other than two powerlifting specific injuries that were clearly avoidable, I've had nothing but positive experiences, and no regrets—great people, great sport!

AL CASLOW: The biggest regret I have is being too independent with my training. I had/have access to some of the greatest minds I could have come across within the sport, and barely utilized them to full capacity. Many times even while they offered to help, the amount I practiced versus the amount I listened was far too little; from Rick Hussey to Landon Evans to Louie Simmons to A.J. Roberts to Shawn Frankl. The questions were answered, the examples were given, the only problem is/was that I turned everything upside down and/or didn't do it all. I have been very hard-headed when it comes to my training, and I have now realized this has only hurt me, and certainly held me back from gains. I developed a concept that I felt so strongly about that I felt absolutely no need to include "coaching" in my training. I regret that now, but only in the sense of pride. I can't wonder what could have been gained otherwise, and I cannot forget what I have learned about myself as well. «

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.

BENCH PRESSING 101 »

while you peak for the meet. Let's start by training two days a week. This month we will focus on the first five weeks of training, where the first day consists of the bench press itself and the tricep muscles, which are very important in achieving a strong lockout or the top end of your bench press. The second day will consist of assistance work that covers back, shoulders and bicep work. With every workout, I feel it is very important to stay warm throughout the session. Depending on the weather and time of year, you need to be very aware of this factor, because an un-warmed muscle is prone to injury. I would like to take a warm shower about a half hour before I got started, and then I would use Icy Hot on my pectoral insertion and my lower triceps at my elbows. I would then dress in layers with a t-shirt and sweatshirt. Keep the engine warm. Now that we are warmed up and ready, here is the battle plan for the first five weeks.

BENCH PRESS I like to do the first five weeks with my feet up on the bench itself. This will really build stability in all the muscle groups (chest, triceps, front, rear deltoids and lats), which are the prime movers used in the bench press. I would take a slightly narrower grip than your bench shirt grip to protect your pectorals from over wear. Common sense would state that everyone's grip is different because of body size, structure and physical limitations, so let's just say take your grip in about an inch from your shirt grip. I would do three or four sets of five reps. I feel at this stage of the cycle, fives build a lot of basic strength. I would try and make minor weight increases as the weeks progress. I would also not take a hand-off for the first five weeks, which will increase your lift-off strength as the weight gets heavier as the weeks progress. Also, no wrist wraps or lifting belt. Again, you want to build strength without your gear so when it comes time to put it on, it will add to your strength and confidence levels. Work hard at this exercise. Your persistence at increasing your strength while performing the lift in this manner will pay off later on at the end of the cycle.

INCLINE PRESS This exercise is one of the key exercises to a bigger bench press, working the upper pectorals and front deltoids. The same set and rep scheme apply here as the bench press (three or four sets of five reps) as well as the grip of the bar, slightly more narrow than your bench shirt grip. The same applies here with your hand off. Go without one for the first five weeks. I like to take the bar to my upper pectorals, then stop it dead for a one count and then press the weight up. You must be very careful not to bounce the bar on this exercise because you can injure yourself very easily with the incline press because it is very precarious in nature. Just remember, stop the bar dead and then press. Try to motivate yourself to increase weight every week. I remember when my training partners and I trained this exercise; we would get mighty competitive, which of course pushed us to new heights in the lift. All of us would choose a certain weight and rep challenge for that day and the war was on. Up for grabs was a paper Burger King crown and we would fight tooth and nail every week to be the "incline champ" for the week. Not only was it a lot of fun, but also really made you work hard and motivate yourself to push your assistance work to a higher level.

FLOOR PRESS The set and rep scheme here is a little different from the bench press and incline press. Start with a lighter weight and working up in a pyramid type progression. Start with doing five reps and increasing weights and working down to sets doing triples and doubles and then a single. Again, no hand-off. Take a grip where you touch the end of the smooth of the bar with your thumb and extend your thumb fully and grip the bar—this roughly puts your grip about three inches out from the smooth—which you can say would be about a medium grip. Again, each week keep trying to work up in weight and hit new PRs. Bring the bar down slowly and touch your triceps to the floor and then press upward. Again, do not bounce the weight at the bottom. Come to a dead stop, then press the weight up. This exercise builds incredible stability.

DUMBBELL SKULLCRUSHERS (TRICEP EXTENSIONS) This is a great exercise that mostly works the lower head of your triceps, which is located more at the elbow which is very important in increasing your lockout strength. I like to do these exercises lying on the floor, which I believe makes the exercise safer because you can ditch the dumbbells easier in case your triceps give out after multiple sets. You will see this exercise is

one tough muther and will not only build massive tricep strength, but will build your ability to endure extreme muscle fatigue and build your mental toughness. This exercise calls for seven sets of eight reps with only a thirty second rest period between sets. Remember to keep your elbows tucked in and pointed toward the ceiling. Also, remember to set the dumbbell flat against the ground between reps. Don't just lay one head of the dumbbell on the floor, you want to get a full extension. You will see very quickly that this exercise takes a lot of mental concentration and guts to complete. Again try to increase your weights every week but don't increase if you cannot complete all seven sets of eight reps correctly.

On all these exercises try to move fast between sets with minimal rest periods. This is the time of the cycle where we want to increase not only our base strength but our overall conditioning as well. This whole workout should not take you any longer than one hour tops, depending on, of course, how many workout partners that you have. This is not the place for idle chat and screwing around, either. Everyone is taking their turn loading, spotting and cheering each other on. Back in the day with our group, you would get thrown out if you were not 100% focused on getting stronger and helping your training partners get stronger. If you have one of these guys in your group, send them on their way. All they will do is bring down the intensity levels of the rest of the group. Even though you are not taking hand-offs on the lifts, that does not mean you should slack on spotting each other during the workout. Good spotting can mean the difference between a just missed weight or a catastrophic career-ending injury. Now get to work and declare war on the steel! Let's move on to assistance work.

The second day of training will cover basically back, shoulders and biceps. These are the best bench press assistance exercises you can do for strengthening those areas.

LAT PULLDOWNS I like to do these to the front because it protects your shoulders and it works the upper part of your back, which is a prime mover in the bench press. Of course, there are other good exercises to use and we will use them later on in the cycle, but I think the lat pull down is a great starting point. I like to do three or four sets of ten reps. As always, try to increase the weight every week.

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

BENT OVER ROWS This is a really great upper back exercise! I like to do these standing off the floor with a medium grip. Row the bar to your belly and make sure you fully extend your arms at the bottom of the lift. Try to stay bent over when rowing and just visualize pulling your elbows behind your back. I would recommend four sets of ten reps. Although you want to keep your form strict on this exercise, don't be afraid to heave the bar. This exercise calls for a lot of weight to be used to get the best effects from it. I wouldn't be afraid to use straps to aid in your grip either, even though I said we are staying away from gear at this phase. We are working our back here, not our grip.

BICEP WORK Barbell curls, dumbbell curls, hammer curls, and preacher curls are all good. Pick two bicep exercises you like and do three sets of ten reps. You don't want to go too heavy; just enough to strengthen the muscles and get a good pump.

This is our basic battle plan for the first five weeks of your bench press cycle. Next month we will cover the next five weeks where you will see some changes in some of the exercises. Also remember, this is a good time to start doing the mental exercises I talked about last month. Also if you need help with your Inzer equipment or you need workout advice, give me a call at Steel City Barbell: 412.758.2830. The Big Evil will help you with all your training needs. Also, stop in to the gym if you're in the Pittsburgh area. Until next month, adios and *believe to achieve!* «

APA WINTER IRON BASH

DEC 11 2011 » Wallingford, CT

BENCH MALE	H. Farris	215		
Raw	DEADLIFT MALE			
148 lbs.	Raw			
<i>Open</i>	165 lbs.			
J. Ferrato	<i>Open</i>			
355	S. Ullrich	325		
<i>Submaster</i>	<i>Teen</i>			
J. Ferrato	S. Ullrich	325		
355	181 lbs.			
165 lbs.	<i>Teen</i>			
<i>Open</i>	N. Metaxas	500		
O. Walker	242 lbs.			
95	<i>Open</i>			
220 lbs.	R. Gecewicz	450		
<i>Master I</i>	SHW			
D. Frye	<i>Open</i>			
360	N. Zink	635		
308 lbs.	BP			
<i>Submaster</i>	DL			
B. Lapila	TOT			
520				
<i>Teen</i>				
Push Pull MALE				
<i>Raw</i>				
114 lbs.				
<i>Youth</i>				
C. Haddad	50	115	165	
220 lbs.				
<i>Master I</i>				
D. Frye	360	560	920	
275 lbs.				
<i>Master I</i>				
C. Anderson	425	635	1060	
<i>Open</i>				
C. Anderson	425	635	1060	

D. Wilcox	380	650	1030	<i>Youth</i>
308 lbs.				C. Haddad
<i>Open</i>				45
B. Stote	500	620	1120	105
<i>Submaster</i>				150
B. Lapila	520	525	1045	4th-BP-50
» courtesy APA/WPA				

24TH APA NUTMEG STATE OPEN

JUL 31 2011 » Wallingford, CT

BENCH MALE	<i>Raw</i>			
148 lbs.	<i>Raw</i>			
<i>Master I</i>	J. Fernandes	375		
198 lbs.	<i>Open</i>			
<i>Master III</i>	D. Lombreglio	550		
B. Beland	275 lbs.			
335	<i>Open</i>			
<i>Submaster</i>	M. Peters	405		
M. Peters	V. Christianzo	—		
275 lbs.	SHW			
<i>Open</i>	<i>Junior</i>			
C. Annino	N. Zink	570		
405	BP			
DEADLIFT MALE	DL			
Push Pull FEMALE	TOT			
<i>Raw</i>				
123 lbs.				
J. Allen	—	—	—	
MALE				
<i>Raw</i>				
114 lbs.				

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THE LOVE OF A MOTHER »

give it to you. She would take things right out of the house and give them away. It could be her most prized possession; if you need it, she would give it to you. It was always people first, things second with my mother. She was so gentle and so wondrous and so full of beautiful things to share. Her entire life was one of giving, caring, and loving. I wish I could have shared her with you.

In all candor, I have so much to thank my mother for. She taught me that God's perfect gift to me is life and that the way I live it is my gift to God. She raised me to treat people the way I would like to be treated...with love and respect. Actually, she never taught me how to love...she showed me how to love. She was my ultimate role model for the understanding of the day-by-day dynamics of love.

She also instilled in me the desire to be my best at whatever I tried. She showed me the consequence of working hard and playing hard. Most importantly, at least in my mind, she taught me that life is wondrous and full of exciting challenges that should be faced rather than retreated from...that the meaning of life is to matter...to become everything that I could become, not just for myself, but for others.

I am far from being a successful person, but, like my mother, I am not exactly a failure either. The essentials for living a good life that my mother modeled for me are rather uncompli-

cated and straightforward. She lived a simple but positive life. Her convictions and rules are basic and available to anyone who wants to live a good life:

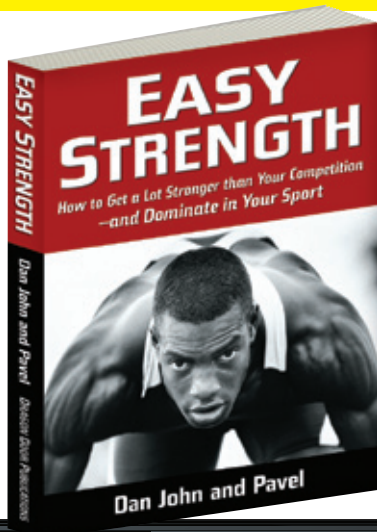
- * *Keep a close relationship with God. Talk to Him every day.*
- * *People first, things second.*
- * *Give what you are, not what you have.*
- * *Forgive people who have hurt you.*
- * *Treat others the way you want to be treated: with love, respect and compassion.*
- * *You are a human being. That means you are going to make mistakes.*
- * *Do the best you can. Always do your best.*
- * *Be all that God intended you to be.*
- * *Not everyone is going to like you.*
- * *Don't be afraid of taking chances. If you risk nothing, you get nothing.*
- * *Be understanding and compassionate; understand that "there but for the grace of God go I."*
- * *Cruelty is a sign of weakness.*
- * *Commitment and caring are the basic ingredients of love.*
- * *Love is indestructible and therefore the most powerful human force.*
- * *Change is inevitable.*
- * *Don't ever stop learning. Every time you learn something new you become something new—something greater and grandeur.*

- * *Love people, not things.*
- * *Let people know every day how important they are to you and how much you love them.*
- * *The happiest people in the world are not the people who have the most, but the ones who do the most with what they have.*
- * *Laugh, cry, reach out, love...live. Life is short—enjoy it fully.*

It is true that everyone has a mother, but there are mothers and then there are *mothers*. I thank God every day for my mother. As I mentioned, she was God's greatest blessing to me. There is the possibility that my deep love for my mother has caused me to be bias when it comes to her success and her faults. I know she had imperfections. However, I do know for certain that she was very much a selfless person, never dishonest or vindictive. She was proud, sensitive, affectionate and loving. Her greatest fault might have been that she had too good of a heart. If this is a fault, it is certainly one in the right direction. She was kindhearted, extremely intelligent, and always concerned about the welfare of others. No matter what she had or didn't have, no matter what she accomplished or didn't accomplish, her attitude toward motherhood made an extremely positive and lasting difference in my life. What else could a son ask of his mother?

Thank you, my most beautiful and loving mother...I will love you forever. «

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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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the possible adverse effects of the long term use at that dosage range.

Mauro

DEAR MAURO: I'm writing you because I was currently overseas to get treatment on my right knee. It got to the point where the wraps weren't helping enough with the pain and lately I couldn't even do half squats without a lot of pain.

After testing me they found out that I have some degeneration of my cartilage that they feel is fixable. My treatment consists of a series of injections with a thick liquid that's made up from my own blood along with something they add.

So in looking for something else that might help, I was reading the articles on your site and store and I saw that the product named "Renew" might be good to help me get back into my lifting faster and healing my knee at the same time.

I wanted to know what do you think about that and at the same time if you have anything for DOMS as well to recover faster and be less sore the next morning please.

To remind you, here's the list of your supplements that I'm using:

- Resolve: 4 before training.
- LipoFlush: 4 before training.
- GHboost: 4 before training and 4 after.
- Amino: 5 before and 5 after training.
- Testoboost: 2 with breakfast and 4 after training.
- Power Drink 2 scoops during training.
- Myosin Protein 2 scoops with water after training.
- EFA+ 2 with breakfast and 2 dinner
- MVM 2 with breakfast and 2 with dinner

I'm getting great results from this regimen but would like your input on the ReNew or something else that you would recommend that will help with healing and training soreness.

Let me know if you need any other information. Take care.

Allen

ALLEN: It sounds like you may be in Germany, possibly Düsseldorf and getting the Orthokine treatment that's become popular lately among elite amateur and professional athletes.

If I had known about your knee problem earlier I would have put you on Joint Support as it has, among other benefits, both chondroprotective and chondroregenerative properties.

As it stands, it will still help your cartilage heal as well as helping with DOMS. It would be my first choice for you. Joint Support is used by a lot of surgeons and therapists in the US for the patients/clients with musculoskeletal problems including pre and post invasive treatments and various kinds of injections (see below).

I've found it very useful since it has a synergistic effect with various procedures that athletes have done, including surgery, prolotherapy, and those receiving Orthokine-derived Autologous Conditioned Serum (ACS), Platelet-Rich Plasma/Releasate, and other blood com-

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ponent injections, including Actovegin, mixtures of growth factors and other compounds used locally and/or systemically (including platelet-derived growth factor (PDGF), fibroblast growth factors (FGF), epidermal growth factors (EGF), transforming growth factor alpha (TGF- α), vascular endothelial growth factor (VEGF), insulin-like growth factor I (IGF-I), nerve growth factor (NGF), transforming growth factor beta (TGF- β), granulocyte-macrophage colony-stimulating factor (GM-CSF), Osteogenic Protein-1, and amnion-derived cellular cytokine solution (ACCS) bone and cartilage derived morphogenetic proteins, inhibitors of Interleukin-1-beta and Tumor Necrosis Factor alpha, etc.), mesenchymal and other stem cell therapies, and combinations of these procedures.

As soon as you get the Joint Support you should start with 5 tabs three times a day (in the AM, before and after training on days you train—on days you don't take in the AM, early

afternoon and evening) for a few weeks, then 5 tabs twice a day (before and after training on days you train, and in the AM and PM on days you don't) for 2 more weeks then down to 5 tabs per day (before training on days you train and in the AM on days you don't) for at least a few months.

For info on Joint Support have a look at the following:

- <http://mauromd.com/PDFs/JointSupport4.pdf>
- <http://www.mauromd.com/det-articles-63-A-Well-Oiled-Machine.php>
- <http://www.mauromd.com/det-articles-64-Joint-Support.php>

ReNew might also be useful but I would add ReNew for added effects down the line as needed depending on your response to the Joint Support.

Mauro «

RESULTS »



Dan Williams - USA



Lelja Strik - NED



Viktor Testov - UKR



63 kg. DL champs - Hitchcock, Soloviova, and Pavlovskaya



Reaux Lopez - USA



Nick Tylutki - USA



Amandas Paulauskas - LTU



Sergey Gladkikh - RUS



Anastasiya Guseva - KAZ

Jonsson-ISL 903 — 727 1629
 Mikula-HUN 683 — 683
 Ivanov-RUS 1013 — 782 1795
 Best Lifters Women: 1st-Soloviova Larysa UKR, 2nd-Chen Wei-Ling TPE, 3rd-Salnikova Natalia RUS. Best Lifters Men: 1st-Olech Jaroslaw POL, 2nd-Fedosienko Sergey RUS, 3rd-Testsov Viktor UKR. Nation (points) Women: 1st-Russia 53 pts., 2nd-Ukraine 51 pts., 3rd-Chinese Taipei 39 pts., 4th-

U.S.America 39 pts., 5th-Finland 22 pts., 6th-Netherlands 18 pts., 7th-Norway 15 pts., 8th-Brazil 13 pts., 9th-Ecuador 13 pts., 10th-Japan 12 pts., 11th-Hungary 12 pts., 12th-Czechia 11 pts., 13th-Kazakhstan 11 pts., 14th-Italy 10 pts., 15th-Canada 7 pts., 16th-Poland 7 pts., 17th-France 6 pts., 18th-Austria 4 pts., 19th-Great Britain 4 pts., 20th-Slovakia 3 pts., 21st-Sweden 2 pts., 22nd-Germany 1 pt., 23rd-Iceland 1

pt., 24th-Denmark 1 pt., 25th-Puerto Rico 1 pt. Nation (points) Men: 1st-Russia 57 pts., 2nd-Ukraine 51 pts., 3rd-Poland 35 pts., 4th-Kazakhstan 28 pts., 5th-Bulgaria 26 pts., 6th-France 25 pts., 7th-Finland 25 pts., 8th-Norway 21 pts., 9th-U.S.America 20 pts., 10th-Chinese Taipei 17 pts., 11th-Brazil 16 pts., 12th-Czechia 15 pts., 13th-Great Britain 15 pts., 14th-Japan 13 pts., 15th-Luxembourg 12 pts., 16th-Lithuania

11 pts., 17th-Slovakia 10 pts., 18th-Canada 10 pts., 19th-Estonia 9 pts., 20th-Ecuador 7 pts., 21st-Sweden 6 pts., 22nd-Germany 6 pts., 23rd-Austria 5 pts., 24th-Armenia 3 pts., 25th-Belgium 3 pts., 26th-Greece 3 pts., 27th-Puerto Rico 3 pts., 28th-Denmark 3 pts., 29th-Netherlands 3 pts., 30th-New Zealand 2 pts., 31st-Italy 1 pt., 32nd-Romania 1 pt., 33rd-South Africa 1 pt.
 » courtesy IPF



52 kg. BP champs - (L-R) Oksana Chumak, Natalia Sainikova, and Souix-z Hartwig-Gary



Chun-Li Wang - TPE

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RESULTS »



84+ kg. champs - Orbets, Karpova and Vande Muelen



Sergey Fedosienko - RUS



Anna Ryzkova - RUS



Ana Castellain - BRA



47 kg. champs - Fukushima, Chen, and Vermenyuk



Alexander Kolbin - RUS



Kuki Chang - TPE



Rostislav Petkov - BUL



Mian Spingl - CZE



72 kg. champs from Russia, the USA and Brazil



120+ kg. champs - Testov, Svistunov, and Spingl



Volodymyr Svistunov - UKR



Pavlovskaya - RUS



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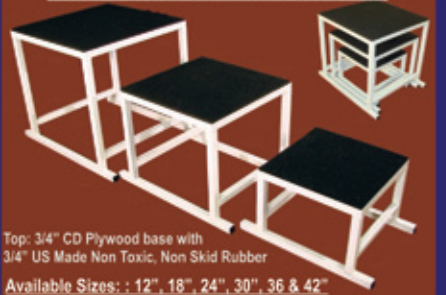
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