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» INTERVIEW:
MARTY KILLION

"POWERLIFTING USA."

MAY 2012 » VOL. 35 NO. 6

IAN BELL

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HOLDS HIS OWN ON
THE PLATFORM

*plus Dr. Mauro breaks down
the science behind losing
weight while maintaing
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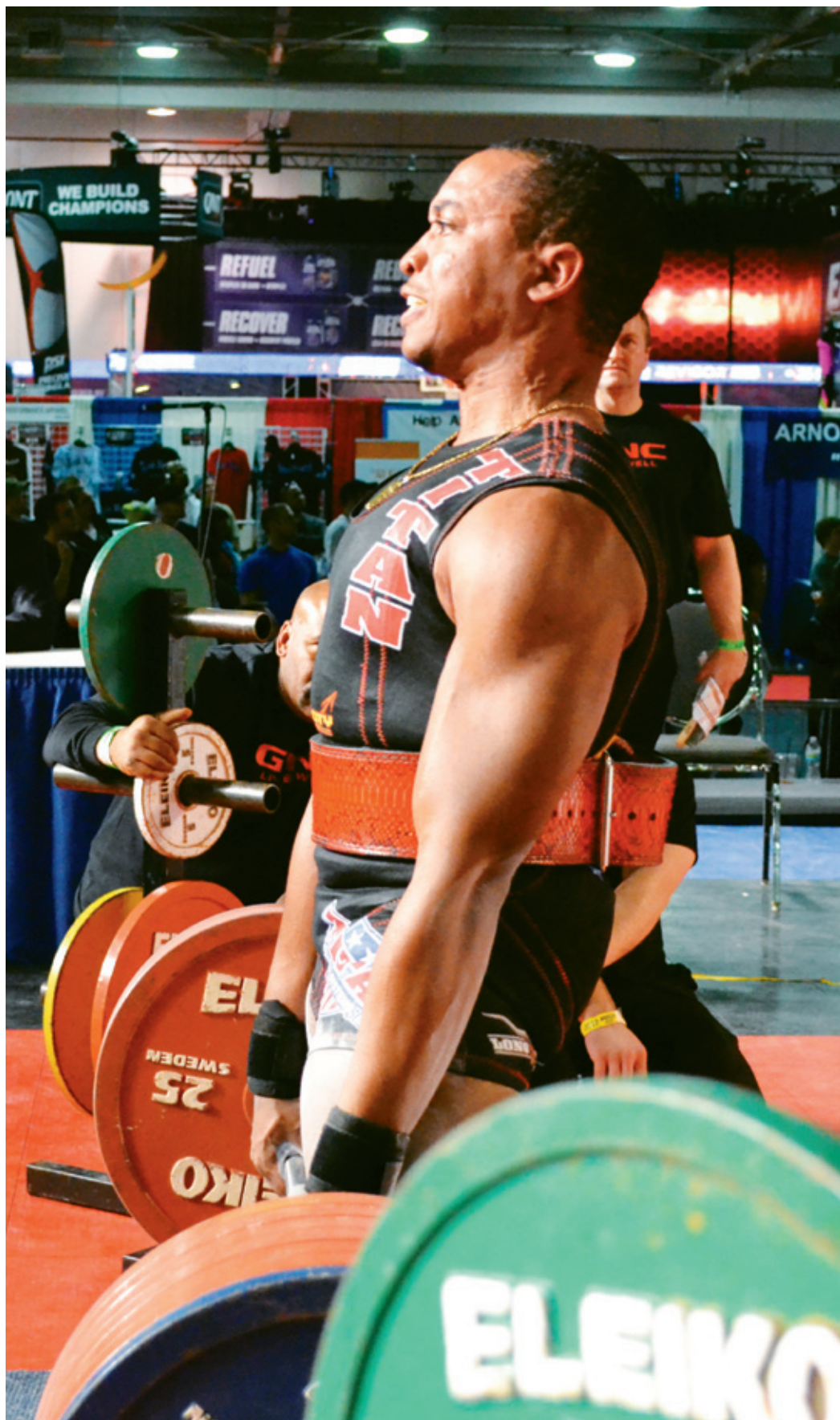
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courtesy Sabine Al-Zobaidi





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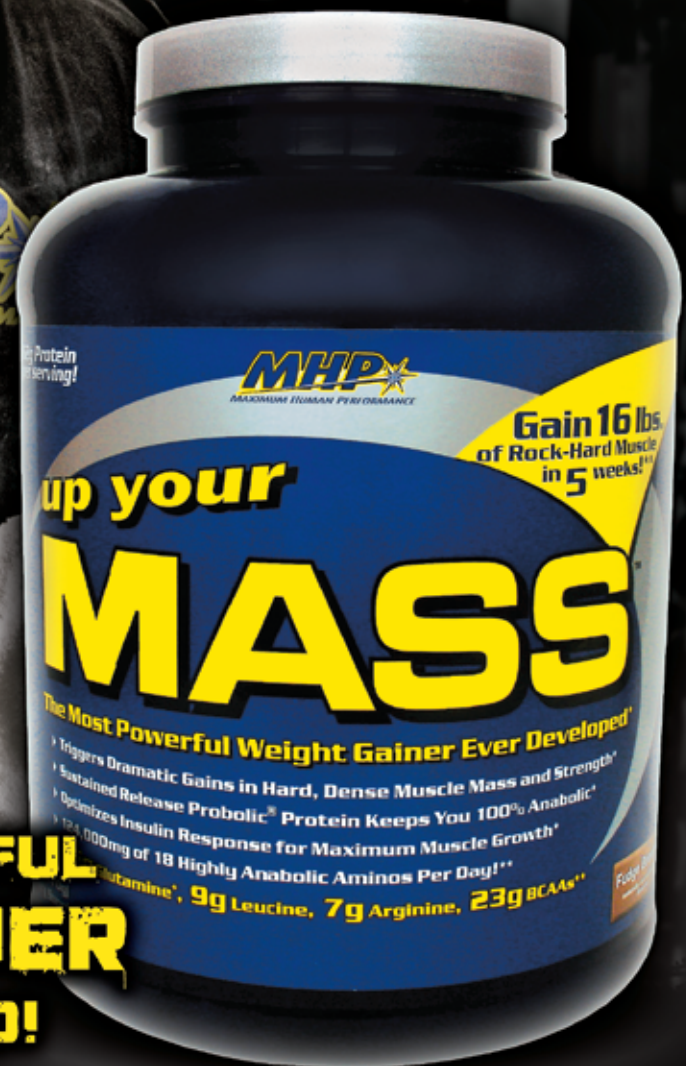
Ian Bell breaks the 800 barrier with an 810-pound pull at the GNC Deadlift Contest at the Arnold Sports Festival
 photo courtesy Sabine Al-Zobaidi



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FORCED REPS

as told to Powerlifting USA by Doug Daniels

I would say almost every lifter who has ever touched a barbell has used the forced reps method at one time or another. Forced reps can take intensity to higher levels and, in turn, result in increased size and strength. However, even a good thing can be improved and many lifters stand to gain by re-evaluating their current practices.

Let's start with a quick explanation of the forced reps principle. With forced reps, a lifter completes a rep (or reps) of an exercise with assistance, usually from a training partner. For example, you may get three reps on the bench by yourself, but on the fourth one the bar stops half way up. Your training partner would grab the bar and provide just enough help to enable you to complete the rep. Forced reps allow a lifter to work past failure, thus adding intensity. The amount of assistance provided by your training partner can vary from a slight finger touch at the sticking point to an all hands on deck effort from every lifter in your gym. Of course, more reps can be done with increasing help from your partner.

Unfortunately, some lifters take forced reps to extremes that are not necessarily effective and could prove to be detrimental to their health and well being. Let's continue on the above example. Upon failing on the fourth rep, the lifter is able to complete the bench rep with just a little help from his partner, but he continues for more reps. With each additional rep, his training partner must lift more and more of the weight because of the lifter's rapidly increasing declining strength. This can continue until the assisting partner is lifting almost the entire weight and in effect be doing an awkward upright row. This creates a potentially dangerous situation for both lifters. As the lifter tires, he has less and less control of the bar and could easily get hurt. The partner is also at risk as he must upright row the bar from an awkward position, which could result in a muscle pull or back injury. It could go as far as both not being able to get the bar back in the rack which could spell trouble for both lifters and potentially nearby lifters. The lifter could lose control of the weight at any time so the helper must remain alert and ready to take full control of the bar at the blink of an eye.

Another application of forced reps is using a weight over max with the goal of adding negative or eccentric resistance. In this example, a 300-max bench loader loads 335 on the bar for a forced rep set. The goal is to lower the bar slowly to get negative resistance and then try to push the weight off the chest and then with a partner's help, finish the rep. What too often occurs is the bar is lowered slowly at the start, but as it nears the midway point of its descent, the weight of the bar overpowers the lifter and it crashes down on his chest. The effort to press the bar up moves about 1-2 inches, dies and

comes back down. The helper must then react quickly and upright row the bar to the rack. In reality, the helper lifted far more weight than the benchler. In my opinion, if the lifter is not lifting at least 75% of the weight, stop the set immediately. Continuing after this point greatly raises the potential for injury. There's a guy at my gym that is big on this principle but most gym members scatter when he needs help to force some reps for obvious reasons.

A far better scenario of the example above would be use less weight, no more than 100% or perhaps 90-95% of max. Use of a lower weight allows the lifter to better concentrate on lowering the weight slowly and steadily, from the top to the bottom. This may help develop more power off the chest, in the case of the bench, instead of essentially working only the top of the lift when using a heavier weight. If you are determined to use a weight over max, I would not use more than 10% over your max. Going any heavier increases chance of injury and compromises the execution and desired benefits of the set.

Certain lifts are good fits for forced reps like benches, overhead presses and pull downs while lifts like the squat and deadlift don't fit the scheme due to their complexity. Stronger lifters may need more than one partner to help force reps out. This can be the case for a strong

bench presser. If there are not enough capable partners available in such cases, skip the forced reps for safety's sake. Use common sense to determine when and what lifts you can apply forced reps to.

Because of the increased intensity with forced reps, I suggest limiting their use to not overtrain. Recuperative ability varies greatly from individual to individual due to age and general health status. Some lifters might be able to push and maintain the level of intensity harder and longer than others before they overtrain. One to two sets per exercise using forced reps is more than adequate. Forego forced reps training two weeks before a contest to avoid being overtrained.

Forced reps is one of the most practiced power building methods used, but little thought has been given to its more efficient and safe use. Read this article over and see if any of my suggestions can be applied to your training practices. Be sure to keep in mind my safety suggestions such as if you feel yourself not lifting at least 75% of the weight on a forced rep, stop the set. Don't try a set or rep with a weight that is too heavy for you and your helper. You may need to consider getting an extra helper or two in that case. If members scatter when you come to bench, you may want to take another look at forced reps. «



Amazing bench pressers like Jennifer Thompson (seen celebrating after her 300 lb. effort at the Arnold Classic) have to try and employ a wide variety of training techniques and tricks, including Forced Reps, in order to achieve their maximum potential as strength athletes (Donovan Thompson photo)

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NAOMI "SUPERGIRL" KUTIN

as told to Powerlifting USA by Ed Kutin, father and coach to Naomi



Naomi Kutin, now 10, started training for powerlifting at only 8 years old and has broken records set by lifters more than twice her age!

Naomi always gravitated to sports. From around age seven, she loved playing soccer, and was known for hard kicks and for quickly getting to the ball. At age eight, my wife Neshama signed her up for karate, and she really enjoyed that as well. A few months into her lessons, I had occasion to attend one of her workouts. I saw a roomful of kids who couldn't do a push-up, and Naomi, who did them perfectly. I saw her ahead of other the other kids in speed drills. And in some high-jump drills, I was amazed at how high she jumped.

I've been competing in powerlifting since 1982, and have had a pretty good setup in my basement for about twenty years. So my kids are familiar with lifting and always thought of it as "what daddy did." After watching Naomi in karate, I discussed it with my wife and we agreed that if Naomi was interested in trying it, we'd let her try some powerlifting. So, in April 2010, I got a 14-pound light bar for her to start with. At one of her first workouts, in April, 2010, and weighing about 77 pounds, Naomi squatted 45 pounds for a set of 7, bench pressed 29 pounds for a set of 5, and deadlifted 90 pounds for a set of 5—and really loved it! And so, my wife and I collaborated on training her.

We broke her training into a heavy day on Sunday, and two lighter workouts during the week. Naomi advanced steadily in the squat and deadlift, gaining about 5 pounds a week on both lifts. The bench was tougher; she quickly hit what seemed to be a wall at 39 pounds, not able to advance beyond 5 repetitions with that. One question that I wrestled with early on was how to train an eight year old. Clearly, a number of eight year olds were trained, but

it was not obvious what was best for them in terms of general safety and how training for youngsters should differ from adults. I reached out to people that I knew who trained kids, and my wife and I did research on the Internet. Answers were varied, but they distilled down to: go slow, train similar to how adults train but with a bit higher repetitions, and keep a close eye on form.

At first, it was unclear where she was going. Naomi was clearly interested in going to a competition, but I wasn't sure if she could do full powerlifting without being able to bench at least the bar, and for a while it was unclear she would get there anytime soon. In early May, she squatted 85 for 2 sets of 3, and could deadlift 110 for a set of 3. Her bench was 39 for 4 or 5 reps. I began having her do pauses, wide grips, and closegrips. And her bench gradually broke through the 45-pound bar "ceiling." By June, she was benching 50 for 3, squatting 110 for 3, and deadlifting 125 for 3. So a contest now seemed feasible, and she was thrilled at the prospect. As I was planning to attend the ADAU Nationals in mid-August, that seemed like the logical choice. In the ADAU, for the 8-9 year old age group in the 88-pound class, the records were 95 pounds in the squat, 45 pounds in the bench, and 130 pounds in the deadlift, which all seemed achievable to her as long as she didn't panic too much on the platform under the scrutiny of judges. That remained to be seen. I spoke with my longtime friend Al Siegel, and he was thrilled for Naomi to compete. He had always been a big advocate of youth development. I did have to clear one thing with him. The contest we were going to was a 2 day contest, with women and lighter

lifters going on Saturday. However, for religious reasons (we are Orthodox Jews), she could not compete on Saturday. Al had no problem with her lifting on Sunday.

Now having a goal, Naomi became all the more focused and determined about her training. I started her cycle for the meet in early June, when the decision was made for her to compete on August 15th. She began to advance rapidly. In preparation for the contest, my wife and I also drilled her frequently with the commands that the judge would be using on the platform, in the hope that they would be second-nature for the contest. By mid-July, Naomi was able to bench 55 pounds for 2 sets of 3, squat 115 for 2 sets of 3, and deadlift 125 for 2 sets of 3. On August 1st, she squatted 125 for a set of 5, and deadlifted 135 for a set of 4. Her progress was astounding! Moreover, beyond the youth records, the ADAU open record for the lightest women's class, which was 97 pounds (below that was only for youth lifters), was 132 pounds, held since 1999.

I contacted Al Siegel again. I wanted Naomi to be eligible to break the American open record. Al was flabbergasted. "Come on Ed, this is her first contest. Let her set some youth records and that will be great." I couldn't deny that, but I also couldn't deny that she was likely to break the open record, so I pressed Al on the subject. While the rolling of his eyes was obvious even via email, he agreed to allow her to lift in the 97-pound open class, which would also let her lifts count toward the 88-pound youth record if her weight was at or below 88 pounds.

The contest day arrived. Lifting that day were men 198 pounds and above (including me in the 242-pound class), and Naomi, who

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WHO IS THE WORLD'S BEST POWERLIFTER?

as told to *Powerlifting USA* by Darrell Sterling

How do you decide who is the best? How about who is the strongest pound for pound? Boxing has always crowned a mythical pound for pound champion. It is easy to determine the pound for pound best in our sport—you simply take the lifter's body weight and divide it by their three lift total to get how many times their body weight they have lifted. The king of powerlifting using this formula might surprise you. I just assumed the lighter weight lifters would rule but the real victor is... 181-pound Mike Cartinian is powerlifting's pound for pound champion. He narrowly beat out Shawn Frankl, the reigning 220-pound stud. Here are the results:

NAME	WEIGHT CLASS	3 LIFT TOTAL	X-BW
Mike Cartinian	181 pounds	2,243 pounds	12.39
Shawn Frankl	220 pounds	2,715 pounds	12.34
Mike Cartinian	198 pounds	2,350 pounds	11.87
Al Caslow	181 pounds	2,215 pounds	11.74

It is worth noting that Mike was the number one lifter in 2011 in two different weight classes. He was the 181-pound and 198-pound champ. Mike started the year at 181 and posted the best total for the weight class. He later that year went up to 198 pounds and once again posted the best total. Mike was the year's best and posted the number one totals in not one but two different weight classes.

Let's talk weight class domination. Who outclassed their fellow competitors the most in any given weight class? The winner... It was Shawn Frankl, who outlifted his closest competitor by over 300 pounds. The closest to his amazing total of 2,710 was a distant 2,470 in the 220-pound weight class. Shawn's total would have also made him the top lifter in the 242-pound weight class and only one lifter in the 275-pound class had a total better than Shawn's. His total was almost the highest total for three different weight classes. The next best man at outclassing his competition was Dave Hoff, who (at only 24 years of age) crushed his next closest challenger by 220 pounds. Dave later that year also moved up a weight class to superheavyweight and recorded the second best total for that weight class. Dave could easily be in contention next year for best lifter. No one, however, lapped the field quite like Shawn did. He was the year's most dominant lifter.

Who had the year's most mindblowing total? Donnie Thompson, of course. How can we talk about best lifter and not mention Donnie? There are over 6.8 billion people on the earth and only one man can boast a 3,000-pound total. Donnie also squatted a world record 1,260 pounds. This man broke barriers that some thought would never be achieved.

LET'S RECAP THE TOP LIFTERS OF 2011:

- Pound for Pound Champ – Mike Cartinian
- Most Dominant – Shawn Frankl
- Freakish Total – Donnie Thompson

Who is the best? If there only can be one *top lifter*, I would go with Shawn Frankl. He was very close to being both the pound-for-pound king and most dominant lifter. The man is an absolute freak. Sorry to Donnie and Mike—your accomplishments were impressive—but Shawn gets my nod. Who will be top dog this year? Who knows... there are a lot of talented lifters out there, but someone will have to step up big time to knock off Shawn Frankl. Stay tuned. <<



Shawn Frankl



Mike Cartinian



Donnie Thompson
(Ken Richardson photo)

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RAW BENCHING

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

I am asked all the time about how Westside trains for a strong raw bench. Westside lifters wear a bench shirt only once every month on max effort day. That means the other seven bench workouts a month are without a shirt. Of course, one cannot wear a shirt on speed-strength day, when the bar weight is only 40–45% of a 1 rep max. For example, a 500-pound raw bencher trains with 205 to 225 pounds with bands or chains for accommodating resistance.

Leading into a meet, Westside lifters train on the concept of a fast rate of force development. This is the first of the only three proven scientific methods of strength training. The dynamic method will not build maximal strength because it is impossible to attain maximal force in a fast movement when using an intermediate resistance (*Science and Practice of Strength Training, Zatsiorsky, 1995*). Another very important reason for the speed-strength day is the value of a high volume/moderate intensity day separated by 72 hours from max effort, which is low volume and maximum intensity.

On dynamic day, which is Saturday or Sunday at Westside, 9 sets of 3 reps are performed, concentrating on bar acceleration on both the eccentric and concentric phase. Westside lifters use on a rotating basis bands, chains, and occasionally weight releasers. We also rotate through an assortment of bars every 3 weeks.

These bars are the following:

- Football bar
- Bow bar
- 2 ½ inch cambered bar
- 3 ⅝ inch cambered bar
- T-Bar

Westside lifters sometimes train with the Bulldog squat bar, which is much thicker than an average bench bar. We also train with the Bulldog bench bar, which is a 50-pound bar and is much thicker and longer than a regular power bar.

SIX-WEEK TRAINING EXAMPLE OF A 570 LB. RAW BENCHER:

WEEK	WEIGHT	ACCOMODATING RESISTANCE TYPE	SETS	REPS	TOTAL # OF LIFTS
1	205 lb.	Mini Band, adds 85 lb.	9	3	27
2	225 lb.	Mini Band, adds 85 lb.	9	3	27
3	245 lb.	Mini Band, adds 85 lb.	9	3	27

NEW 3-WEEK WAVE BEGINS, CHANGING FROM MINI-BANDS TO MONSTER BANDS:

WEEK	WEIGHT	ACCOMODATING RESISTANCE TYPE	SETS	REPS	TOTAL # OF LIFTS
4	205 lb.	Monster, adds 125 lb.	9	3	27
5	225 lb.	Monster, adds 125 lb.	9	3	27
6	245 lb.	Monster, adds 125 lb.	9	3	27

After each 3-week wave we will change the training stimulus of the lift by either rotating to a different bar or using different accommodating resistance. Your grip should be close or moderately close to involve the triceps more. One must realize that when using a 2-inch cambered bow bar, a 2 ½-inch cambered bar, or, our favorite, a 3 ⅝- inch cambered bar, you must push an extra 2 to 3 ⅝ inches to lockout, in addition to the bar going lower than with a regular bar, which has a great benefit when using a regular power bar. Mike McDonald made the cambered bar quite popular before the Inzer bench shirt came out in 1985.



Mike MacDonald at the Whittier Open in 1980, where he was going for well over 600 without a bench shirt, in the 242 lb. class. Mike lifted all over the weight class spectrum from 181 to 242, and held official IPF World Records in multiple classes for an astonishing length of time. He was an early proponent of the Cambered Bench Press Bar and used to sell them through Powerlifting USA for many years. He was very careful not to overuse this training aid.

After the dynamic benches, 2 sets of dumbbells for very easy sets are done, changing the bench angle each workout. Next, triceps extensions with dumbbells or a barbell are done. We have found that using a 5-board or a 4-board press with a close grip and pressing relatively high on the chest will prevent you from heaving the bar using the chest and delts first; this should NEVER be done. Larry Pacifico told me, and all who would listen, that the triceps are 75% of the bench press.

Next, a strong upper back and lats must be developed. Westside likes dumbbell and barbell rowing, shrugs, low-pulley rows, lat pull-downs, chest-supported rows, etc. At least four workouts a week are done for the upper back. The last muscles trained are the rear and side delts plus hammer curls for large and strong arms. The small exercises are the product of the second scientific method of strength training, namely, the repetition method, also known as the “repeated effort method” (*Science and Practice of Strength Training, Zatsiorsky, 1995*). The repeated effort method should be used with small exercises; back, triceps, and thigh extensions come to mind. The squat, bench, or deadlift should not be used for high reps because the weakest muscle group is very susceptible to injury. Large exercises should be kept to low reps.

An example of this follows:

- 3 reps for benching
- 2 reps for squatting
- 1 rep for deadlifting

For high-rep sets, look at A. S. Prilepin’s table in the book *Managing the Training of Weightlifters* (N. P. Laputin, V. G. Oleshko, 1982). You owe it to yourself to learn how many lifts at a certain percent of a 1-rep max should be lifted and how speed-strength benching should be held between 24 and 30 lifts and somewhat higher total volume can be done, but the intensity, or percent of a 1-rep max, must be maintained.

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MARTY KILLION

as told to Powerlifting USA by Curt Dennis Jr. of CriticalBench.com

Hey, Marty. Thanks for doing this interview. Please introduce yourself.

My name is Marty Killion. I am 41 years old and live in Laramie, Wyoming. I am a fully retired “injured in the line of duty” police officer.

What are your best PRs right now?

My best paused raw bench is 515 pounds. This was done before I had my two shoulder reconstructions in 2008. Right now I am working back to that mark, but it has taken some time. I hit 485 in two different meets in 2011 as a master competitor.

How long have you been into powerlifting?

I was introduced to powerlifting in 1993. That interest has been interrupted several times over the years because of injuries.

Tell us about your childhood and how you got into powerlifting?

I came from an athletic background growing up in Iowa and participated in several sports: football, baseball, swimming and wrestling. I focused on wrestling through high school and attended college on a wrestling scholarship. My junior year of college, I was having instability problems with my shoulder and it was determined I had over-developed front delts but under-developed rear delts. To avoid any further dislocations, the athletic department and coaches had me work with our strength coach. It was there that I got bitten by the powerlifting bug.

Who did you look up to when you were coming up as a powerlifter?

Ed Coan, Kenny Patterson, Louie Simmons and Kirk Karwoski.

What is the craziest thing you have ever seen at a powerlifting meet?

I was standing right next to Rob Luyando when he tipped 900-plus pounds on his waist at the “Biggest Bench at the Big Show.” He was okay and came back to get best lifter. The drops on these multi-ply shirts are pretty scary. You can see them coming—their elbows slip forward or back—but you can’t help the guy unless you are standing right there.

What would you say to a novice lifter or to a lifter who’s just starting out in powerlifting?

Be realistic and start with raw lifting to ensure your basics are covered and solid. You’re not going to speed the process up with a magic pill or being short sighted. It is a long road and you have to earn it and work hard to continue to pass through those initial gains. Become a student of the sport and watch the guys who are getting it done on the platform.



Marty Killion “getting in the zone” before another bench press (Killion photos)

Do you have a favorite out of the three or is it all three lifts?

I am a bench-only raw lifter.

What are your goals and when is your next meet?

I’m competing at the APA Raw Nationals in DeFuniak Springs, Florida, on April 21, 2012. I have the opportunity to represent myself and my team, Rock Solid Barbell, as well as compete side-by-side and head-to-head with great friends and many of the top athletes in raw powerlifting. I would consider a raw bench press less than 500 pounds a failure regardless of placement or title. I need to outwork my competitors, continue to push myself to the edge and get that 515 behind me.

What are the challenges of coming up as a powerlifter?

The public’s perception of powerlifting and strength sports and overwhelmingly negative press on drug use in relation to athletic performance. Also, there are so many new federations are out there, it could pull away from the integrity of our sport.

Tell everyone here the difference between someone who wants to look “pretty” and someone who does what we do? Essentially, the difference between a workout and a training session.

I don’t knock anyone on what they do. It is none of my business if you want to look sculpted or your goal is to move big weight. Few can do both though. There are not many Stan’s out there. I can only speak of what I do or what I see done. You want to be a serious powerlifter? You have to leave it in the gym every time you step in there and still have the foresight to train smart.

What would you tell a powerlifter if they are trying to get to the next level in the sport? Do you believe that powerlifters have a lifestyle of their own?

Absolutely. Powerlifters have their own lifestyle. I think, to a lot of us, this is not a hobby. It is one of the important things that make us happy. You’re going to have to be solid all the way around to get to that next level; hard work ethic, the ability to retain information and apply it to your training, the ability to take being



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AlphaTest	4	YES	YES	YES	NO	NO	NO	NO
Competitor #1	0	NO	NO	NO	YES (Studied on Rats)	YES (Underdosed and Part of a Proprietary Blend)	YES (Based on Test Tube Studies)	NO
Competitor #2	1	NO	NO	YES	NO	NO	NO	YES (Based on Test Tube Studies)

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TRAINING/COMPETITION

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 question deals with training/competition. We all have warm-up procedures we follow. How does your warm-up for a training session vary from your warm-up for a contest? Provide as much detail as possible. I have been asked this question many times over the years, the big factor being that equipment available at a meet is normally less than what you have at your training facility.

RYAN CELLI: When training for a competition, my early training session warm-up differs slightly from my contest warm-up. In the beginning of a training cycle I typically do more sets, make smaller jumps, and do more reps. As the meet draws nearer, my warm-up sets will be fewer, with bigger jumps, and less reps. I do this so I can be stronger for my top heavy sets in training, and so I can practice how I will warm-up in the warm-up room on contest day.

Here is an example of how my bench press training warm-up might look for a top set of 500 pounds as compared to how I would warm-up for a 500-pound competition opening attempt:

Training Day:	Warm-up for contest
▪ 135x12,12	500-pound opener:
▪ 185x8	▪ 135x8,8
▪ 225x8	▪ 225x5, 3
▪ 315x8	▪ 315,3
▪ 365x5	▪ 365x1
▪ 425x5	▪ 405x1
▪ 475x1	▪ 465x1
▪ 500x1	▪ Opener 500

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RICKEY DALE CRAIN: Warm-ups are for three reasons. 1) To warm-up...DUH! Obviously. 2) To get the feel of the heavier weight without getting tired (in working up to your top sets and singles). 3) To get the feel of your equipment and get it seated correctly with proper form and style and technique (suit, belt, wraps, etc.). Too many lifters do too many reps with warm-up sets and then they are too tired to do what they are supposed to do for those max singles. Pre-fatiguing the muscle is not warming up. We are not bodybuilders and your competition is not impressed in how pumped up you are for the platform. Warm-ups are just that. They are not the workout or max sets. I have always had set, so there are no surprises. After the squat attempts I may do less reps to warm-up for the bench and deadlift, but the weight is the same. I know how a weight is supposed to feel



Ryan Celli is well experienced at getting ready to lift at the right time. Here he is at the 2012 Fit Expo event with USPA President and promoter Steve Denison in the background.

and so my warm-ups guide me to make sure that opening attempt is where I need it to be. rcrain@allegiance.tv

BOB GAYNOR: Warming up for a contest is something many lifters really don't give enough thought to. Go to the contest, warm-up, lift—that seems easy. Many factors influence this and all can affect your performance. I also think age plays a big part in this. Most older lifters need more warm-ups.

The timing of the warm-up is just as important as the warm-up itself. Taking your last warm-up as your name is called or getting done 30 minutes before your first attempt are not good options.

I feel warm-ups for a contest should follow your training warm-ups, except do fewer reps. With today's round system it is much easier to determine when your first attempt should take place. I will use the squat as an example. If it takes you thirty minutes to warm-up (be ready for your opening attempt), determine approximately when your opener will be and begin 35 minutes before,

always allow some time for screw ups. Follow the same pattern as training, but after your one at two sets, just do singles. If you are an equipped lifter, apply your equipment just as you do in training. After you are warmed up, move to the lifting area and be ready. I use pretty much the same schedule for the bench, again singles after a couple sets with 135. In the deadlift, I have used two methods. One is to follow the exact program I use for training. The other is just do a few light sets and take a huge jump for my opener. As I got older I tended to follow the same program as I do in training.

It is a contest, not training. The goal is to do just enough to be ready to lift. Over the years I have seen some bizarre warm-ups. I have seen lifters exceed their opener in the warm-up area, others barely do anything. Warming sets will have a tremendous effect on your performance. Make sure you and your coach/helper put enough thought into it. The other thing to keep in mind, the warm-up area for a contest probably does not have the same equipment as your training facility. Get there early and determine if you have to make

Warning: saying the below could get you smacked!

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

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

Dear Fellow Powerlifter,

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

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

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

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

RAW LIFTING

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

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

THE MODERN BLUEPRINT

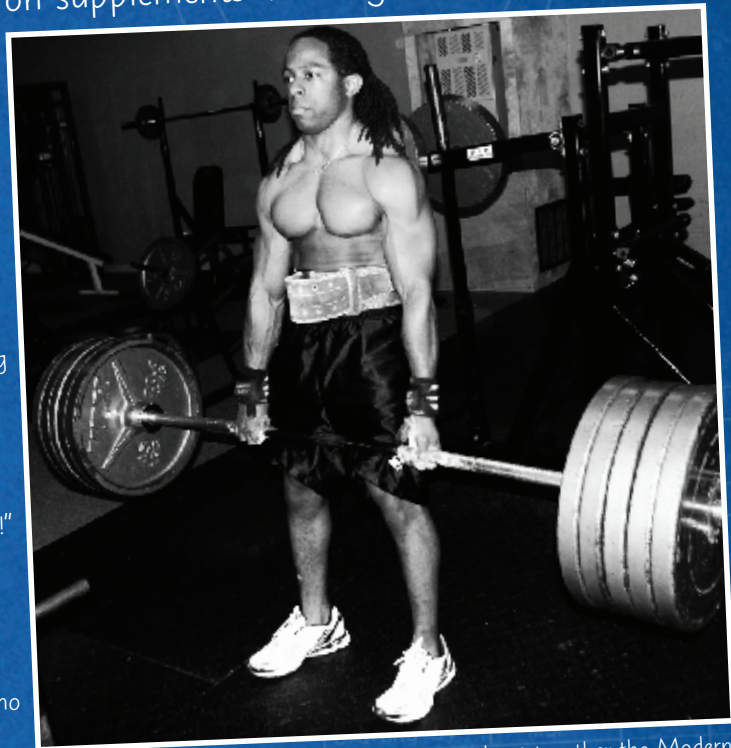
Like you, Joe has tried literally 100's of supplements and like you, flushed a lot of time and money down the drain to find the truth...**there are very few supplements that actually work!**

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

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

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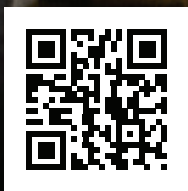
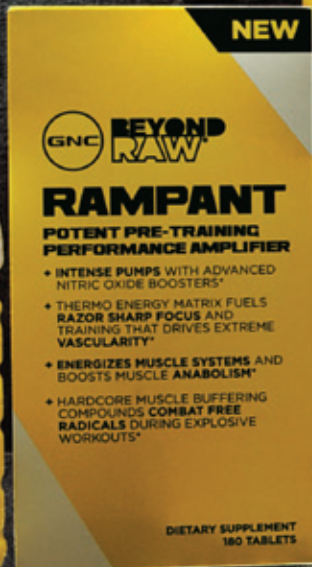
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GEARING UP FOR BATTLE

as told to Powerlifting USA by Jamie Harris, aka. Big Evil » oatjez@aol.com

Greetings, fellow iron heads, and welcome to Big Evil's Lair. This month we we'll cover the next phase of our bench press training. Here at Steel City Barbell, we are always working on improving our training methods to make them more efficient, thus producing better meet results.

Now, onward in our battle against the iron. This month we introduce a new powerful ally to aid us in our preparation for battle: the Triple-Ply Super Duper Phenom from Inzer Advance Designs. This shirt is the best shirt on the market today, as proven by the biggest bench pressing names in the sport. For the last ten week cycle we are going to get well acquainted with your bench press shirt. Also, remember the days of taking your shirt out of the package and getting your shirt to work are over. If you want radical increases in your bench press you have to work on the art of getting your shirt to work and fit properly, which can take some time and patience. All right, my minions, let's get started.

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



"Listen to my teachings and prosper, my minions," says the Big Evil

photo courtesy Jamie Harris

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NEUROCORE: A HARD-HITTING, SERIOUSLY POWERFUL PRE-WORKOUT STIMULANT

as told to Powerlifting USA by Team MuscleTech

Q: I'm looking for an innovative pre-workout product that provides the absolute best in everything: energy, focus, muscle endurance and strength, and better pumps. Is there anything trustworthy you can recommend that will deliver big results across the board?

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 that 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 – all in a filler-free, fully disclosed formula. 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

CREATINE HCL: NeuroCore includes 3,000mg of creatine HCl, a new and highly demanded form of creatine. Creatine is clinically proven to increase gains in muscle size and strength.

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NeuroCore is the first and only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract. The dose of active geranium is higher than the leading competitors for a powerful boost during your workouts.

CAFFEINE ANHYDROUS: NeuroCore contains 330mg of caffeine anhydrous; this powerful dose of caffeine has been scientifically shown to increase energy as published in the International Society of Sports Nutrition.³

RHODIOLA ROSEA: In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.⁴

In a scientific review article published in the journal Phytotherapy Research, the authors noted that Rhodiola rosea (contained in NeuroCore) was a superior, more active adaptogen than Schizandra chinensis (found in the formulas of leading competitors).⁵

DMAE: DMAE may act to facilitate choline production. Choline is a precursor of acetylcholine.

FULL DOSES AND FULL DISCLOSURE: Stop getting scammed by other companies who tout their products but don't have the confidence to fully reveal their subpar formulas. NeuroCore is a seriously powerful formula with fully disclosed doses of key ingredients that are supported by science

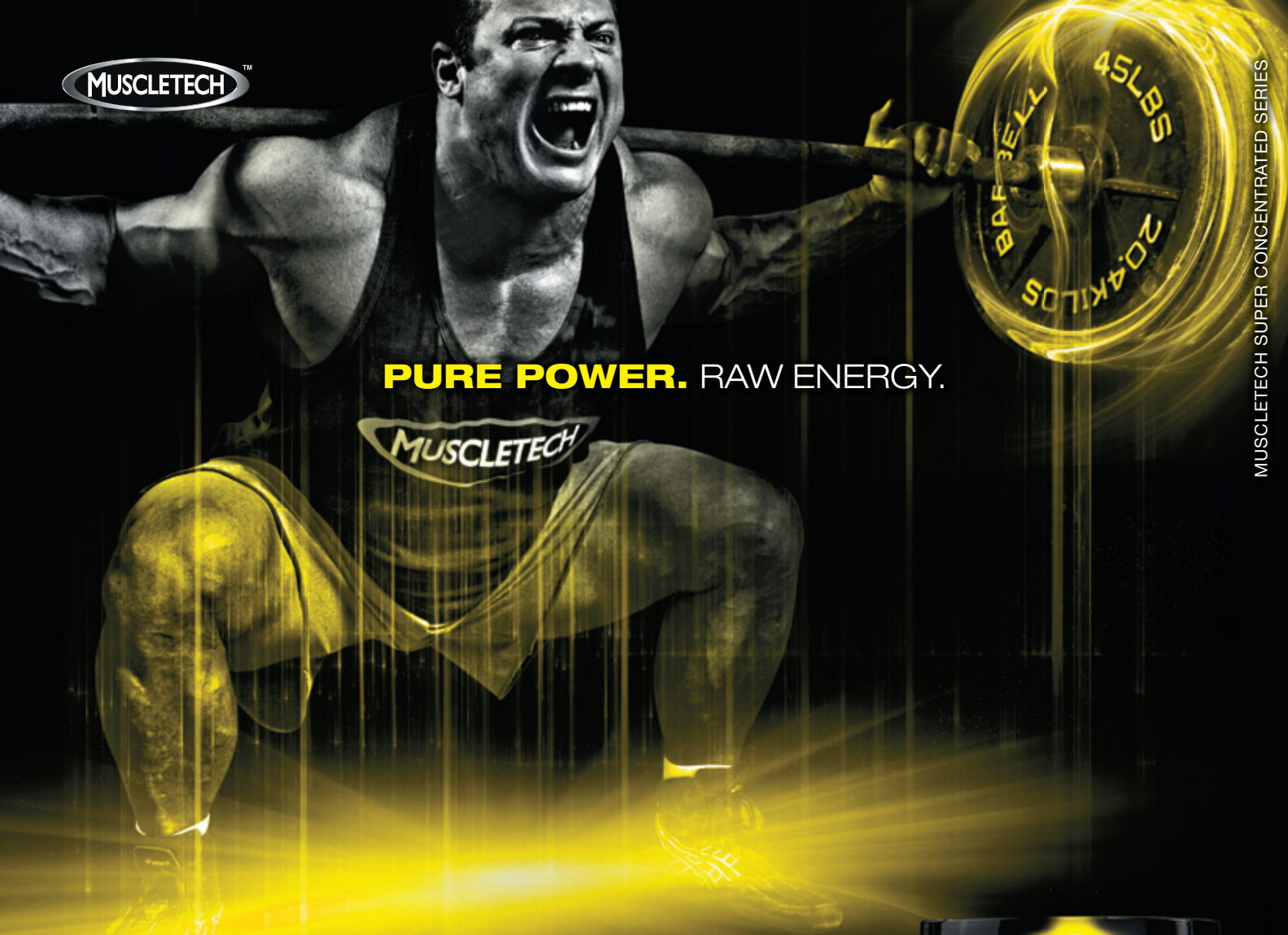
and research, and it's built to bring you hard-hitting results everywhere it counts. Upgrade today and add the most powerful pre-workout stimulant you'll ever try to your training program.

Thanks for the excellent question. Keep them coming! ☺

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NeuroCore	YES	3000mg	3200mg	3000mg	YES (Patent Pending)	YES	YES	YES
Competitor #1	NO	ZERO (Uses Inferior L-Arginine and Does Not Disclose Amount*)	YES (Amount Not Disclosed)	ZERO	NO	YES	NO	NO
Competitor #2	NO	ZERO (Uses Inferior L-Arginine and Does Not Disclose Amount*)	YES (Amount Not Disclosed)	ZERO	NO	WEAKER DOSE	NO	NO

*A recent study on nitric oxide metabolism shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine. Reference: Schwedhelm et al., 2007. *Br J Clin Pharmacol*. 65(1):51-9.

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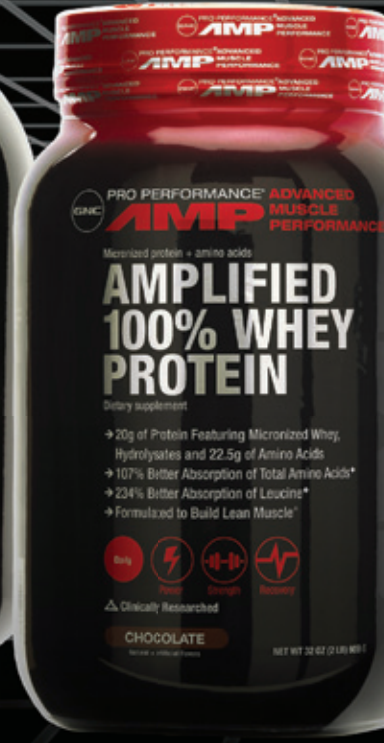
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POWERLIFTING by Dan Austin and Bryan Mann

Powerlifting, co-written by Dan Austin and Bryan Mann, offers technical advice on nutrition, flexibility, training, and strategies for competition.

Dan Austin lists nine reasons why dynamic stretching is essential:

1. *Higher body temperature.* Increasing the body temperature allows the synovial fluid of the joint to turn to a liquid and coat the joint. "If you try to do work before the synovial fluid is warm, the joint can't effectively move through the range of motion," says Austin. "If you wait until after you warm up, you will have less pain and will be able to go through motions fluidly and efficiently."
2. *Increased respiratory rate.* A higher respiratory rate delivers more oxygenated blood to the body, helping metabolize fat to produce energy for exercise.
3. *New flow of oxygen and stored energy to the muscles.* A higher level of oxygen in the blood allows the energy in the muscle to activate.
4. *Activation of capillaries in the muscles.* "By warming up, you allow the capillaries to fill with blood and deliver oxygen to the muscles, opening the muscle for the greatest amount of contractions and strength of contractions," Austin comments.
5. *Breakup of scar tissue.* Although scar tissue is a by-product of heavy lifting, breaking it up will make the muscle more pliable and give it greater contractile properties, allowing the muscle to be stronger.
6. *Increased elasticity in the tendons and ligaments.* If not trained to be more elastic, tendons and ligaments become more plastic, which can increase the risk of tears. Sometimes the only work they receive comes as a function of the warm-up.
7. *Increased arousal, enthusiasm, eagerness, and mental readiness.* The warm-up acts as a transition from the stresses of the day to the joys of the iron. "If you fail to warm up and use this transition, you might not be able to hang your worries on the coat rack and just train," warns Austin.
8. *Warmer muscles relax more easily.* A powerlifter doesn't want the body to fight itself to lower or lift a weight. All muscles should be working toward the same goal, and a dynamic warm-up creates a favorable agonist-antagonist relationship.
9. *More ability to lift heavier loads.* Because the body is warmer, the muscles can withstand more force and easily adjust to heavier loads. The additional blood flow and mobility allow more force to be absorbed by the muscle for the exercises at hand.

For more information on this and other weightlifting and strength and conditioning resources, visit www.HumanKinetics.com.

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"Powerlifting is a winner. Featuring detailed instruction on each of the three major lifts, it will make a huge difference in your training and performance."

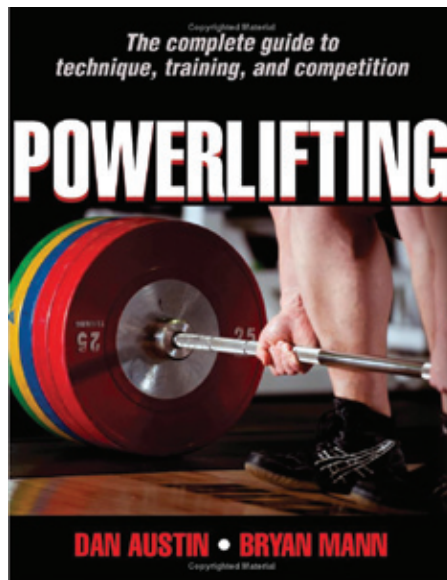
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- Chapter 2. *Muscle Fueling*
- Chapter 3. *Power Training Preparation*
- Chapter 4. *Squat*
- Chapter 5. *Bench Press*
- Chapter 6. *Deadlift*
- Chapter 7. *Power Periodization*
- Chapter 8. *Foundational Training*
- Chapter 9. *Experienced Training*
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- Chapter 12. *Meet Preparation*
- Chapter 13. *Meet Day*

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The R.E.D. powerlifting team at the the Red Brick meet (Dennis Brochey photos)



Lockport powerlifting team



NFPD powerlifting team

USPA RED BRICK IX BENCH PRESS FEB 18 2012 » Buffalo, NY

BENCH		181 lbs.
FEMALE		<i>Junior (16-17)</i>
Raw		M. Vilardo 193
148 lbs.		<i>Junior (20-23)</i>
<i>Police/Fire Open</i>		T. Shelton 320
S. Billings 105		N. Smith 281
165 lbs.		N. Locicero 270
<i>Police/Fire Open</i>		J. Ritz 254
J. DeVinney 94		<i>Master (55-59)</i>
198+ lbs.		M. Wohleben 265
<i>Police/Fire Junior</i>		<i>Master (60-64)</i>
C. Callaghan 116		P. Bax 176
<i>Police/Fire Open</i>		<i>Master (70-74)</i>
E. Hotaling 132		A. Gajkowski 209
<i>Police/Fire (35-39)</i>		<i>Open (24-34)</i>
K. Mikits 116		M. Belling 303
<i>Single-Ply</i>		<i>Police/Fire Junior</i>
114 lbs.		N. Locicero 270
<i>Police/Fire Open</i>		<i>Police/Fire Open</i>
A. Epolito 171		M. Belling 303
<i>Multi-Ply</i>		C. Wildt 237
198 lbs.		P. Tighe 232
<i>Open (24-34)</i>		H. Rankin 226
R. Miller		A. Laforce 204
<i>USPA Sanctioned</i>		198 lbs.
Raw		<i>Junior (16-17)</i>
123 lbs.		B. Thomas 259
<i>Submaster (35-39)</i>		A. Panattoni 248
C. Wu 88		<i>Junior (18-19)</i>
148 lbs.		Z. Antone 276
<i>Master (45-49)</i>		<i>Junior (20-23)</i>
J. Fachko 143*		R. Richau 347
<i>Master (55-59)</i>		A. Banks 226
C. Tibello 1431*		<i>Master(40-44)</i>
<i>Single-Ply</i>		J. Reynolds 358
114 lbs.		J. Greene 325
<i>Open (24-34)</i>		<i>Military Open</i>
A. Epolito 170*		L. Wehling 320
MALE		<i>Open (24-34)</i>
Raw		A. Pappas 353
114 lbs.		J. Clyde 353
<i>Police/Fire (9-10)</i>		L. Wehling 320
J. Szymawski 61		C. Carlson 292
<i>Youth (11-12)</i>		<i>Police/Fire (40-44)</i>
V. Russ 61		J. Reynolds 358
<i>Youth (9-10)</i>		<i>Police/Fire Open</i>
J. Szymawski 61		A. Pappas 353
132 lbs.		K. Maluchnik 320
<i>Junior (13-15)</i>		K. Schrader 314
R. Oates 121		K. Woomer 276
L. Stover 110		<i>Police/Fire (35-39)</i>
148 lbs.		K. Schrader 314
<i>Junior (16-17)</i>		220 lbs.
N. Capellano 215		<i>Junior (16-17)</i>
<i>Junior (18-19)</i>		Z. Reasinger 276
R. Sirianni 176		<i>Junior (20-23)</i>
<i>Master (40-44)</i>		A. Insinna 402
A. Jackson 325		E. Wilson 375
<i>Military Open (24-34)</i>		<i>Master (45-49)</i>
M. Stover 232		R. Schurr Jr 298
<i>Open (24-34)</i>		<i>Master (55-59)</i>
M. Stover 232		R. Shelton 265
<i>Police/Fire Open</i>		<i>Open (24-34)</i>
R. Smith 171		P. Miller 386
S. Tarnowski 154		A. Gansworth 309
165 lbs.		<i>Police/Fire (50-54)</i>
<i>Junior (16-17)</i>		M. McPherson 364
A. Cody 265		R. Roll 232
<i>Junior (20-23)</i>		<i>Police/Fire Open</i>
J. Velazquez 204		J. Haug 331
<i>Master (45-49)</i>		S. Latona 276
D. Cronkhite 298		<i>Police/Fire (35-39)</i>
P. Zapp 254		R. Meyer 221
<i>Master (50-54)</i>		242 lbs.
N. Camarre 187		<i>Junior (20-23)</i>
<i>Open (24-34)</i>		J. Insinna 386
D. DeWolf 243		<i>Master (45-49)</i>
<i>Police/Fire(45-49)</i>		E. Seefeldt 364
P. Zapp 254		<i>Master (60-64)</i>
<i>Police/Fire Open</i>		S. Hendricks 314
M. Augustino 314		<i>Military (18-19)</i>
P. Zapp 254		I. Sinclair 325

Military (20-23)	J. Moore	331	L. Gravelle	237*	Master (40-44)	B. Hickey	347	T. Emmick	319!*	Master (40-44)	M. Carr	220
I. DeFranco	364	242 lbs.	Junior (20-23)	M. Kukovica	281*	Submaster (35-39)	J. Green	303	A. Lewis	380	Master (50-54)	
Military Open	Police/Fire (55-59)		A. Kukovica	352*	Open (24-34)	E. Carter	369!*	Z. Schulze	298	M. Pizzella Paul	I. Brascoupe	203
M. Daniels	491	R. Ballentine	287	M. Mobus	319	E. Carter	369*	198 lbs.	Junior (20-23)	Master (45-49)	Open (24-34)	
Open (24-34)	308+ lbs.	N. Masur	303	L. Aceti	352	Junior (18-19)	A. Ferchen	374	P. Pizzella	298	A. Ferchen	374
J. Edwards	402	Police/Fire Open										
E. Seefeldt	364	T. Zee	502									
Police/Fire (40-44)	Multi-Ply											
S. Bax	364	308+ lbs.										
Police/Fire (45-49)	Open (24-34)											
Dinicolantonio	303	J. Miller	—									
Police/Fire (60-64)	USPA Sanctioned											
G. Gast	342	Raw										
Police/Fire (75-79)	148 lbs.											
J. Teixeira	127	Junior (18-19)										
Police/Fire Open	T. Barke	265										
J. Edwards	402	I. Krieger	265									
P. Andrews	303	165 lbs.										
J. Miller	209	Junior (13-15)										
Police/Fire (35-39)	B. Holland	115*										
K. Henderson	311	Junior (18-19)										
275 lbs.	D. Lyons	347*										
Open (24-34)	Junior (20-23)											
J. Tomaselli	314	G. Bateman	303*									
Police/Fire (40-44)	A. Lambe	248										
M. Wasik	446	Master (50-54)										
M. Szymawski	364	R. Camarre	292									
C. Wilson	336	Master (70-74)										
Police/Fire Open	J. Marshall	181										
M. Wasik	446	Open (24-34)										
Police/Fire (35-39)	M. Augustino	314										
J. Springer	325	C. Armstead	226									
Submaster (35-39)	181 lbs.											
T. Feaser	342	Junior (13-15)										
Single-Ply	T. Miller	137*										
220 lbs.	M. Ayala	110										
Police/Fire (35-39)	Junior (16-17)											



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RESULTS »



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R. Gagnon 298	N. Emmick 303	M. Scarpello 259	Submaster (35-39)
220 lbs.	Master (55-59)	Open (24-34)	E. Carter 418
Junior (20-23)	M. Miranda	E. Carter 418	242 lbs.
R. Fabrizi 407!*	Master (65-69)	N. Eckert 325	Junior (13-15)

J. Newcomb 292!*	308+ lbs.	Junior (20-23)
I. DeFranco 363	N. Figura 418	Master (45-49)
W. Wilkinson 237	165 lbs.	Junior (16-17)
Master (60-64)	K. Patterson 231!*	181 lbs.
E. Gast 341!*	Junior (18-19)	A. Patterson 396!*
Master (75-79)	A. Patterson 396!*	242 lbs.
J. Teixeira 126*	Master (45-49)	T. Schmidt 701!*
Open (24-34)	Open (24-34)	D. Epolito
M. Daniels 490!*	275 lbs.	P. Cosgrove 352
A. Newman 468	Open (24-34)	Submaster (35-39)
275 lbs.	Open (24-34)	A. Reese 518
Open (24-34)	Open (24-34)	308 lbs.
R. Coppede 418	F. Varisco 347*	Open (24-34)
P. Cosgrove 352	M. House —	P. Emmick 435
Submaster (35-39)		

! = American Records. * = New York State Records. Outstanding Lifter Awards: Overall Assisted Female Police/Fire in honor of Sgt. Devin A Snyder to Allene Epolito. Master (Sub) Male Assisted Heavyweight in honor of PVT Charles S Cooper Jr. to Thomas Schmidt. Assisted Male Heavyweight Police/Fire in honor of SPC Alan N Dikcis to Timothy Zee. Overall Assisted Male Junior in honor of Cpl. Lorne E Henry to Alex Patterson. Assisted Male Lightweight Open in honor of SSG Aram J Bass to Frank Varisco. Assisted Male Lightweight Police/Fire in honor of SPC Blake D Whipple to Joseph Moore. Overall Female Master (Sub) in honor of PFC Travis C Kregre to Colleen Tibello. Overall Male Fire in honor of Sgt Jason M Johnston

to George Gast. Overall Male High School in honor of Sgt. Steven C. Ganczewski to Lucas Gravelle Overall Male Master 60+ in honor of PFC Dwane A Covert Jr. to Steven Hendericks Overall Male Police in honor of LCpl Zachary D Smith to Michael Wasik. Overall Male Teen in honor of LCpl. Timothy G Serwinowski to Alex Patterson Overall Military in honor of Sgt. Aaron M Kenefick to Matthew Daniels. Overall Raw Female Open in honor of PFC Albert R Jex to Erin Hotaling. Overall Raw Female Police/Fire in honor of LCpl Zachary D Smith to Karrie Mikits Raw Male Heavyweight Master (Sub) in honor of Sgt Frank J World to Allah Reese Raw Male Heavyweight Open in honor of Cpl. Jason Dunham to Matthew Daniels. Raw Male Heavyweight Police/Fire in honor of SPC Christopher J. Scott to Mark McPheron. Overall Raw Male Junior in honor of Cpl. Lorne E Henry to David Lyons. Raw Male Lightweight Master (Sub) in honor of Sgt. Kevin W White to Andre Jackson Raw Male Lightweight Open in honor of SSG Christopher T. Howick to Ernest Carter Raw Male Lightweight Police/Fire in honor of PFC Travis C. Kregre to George Gast. Team Awards General: 1st-Tonawanda Bar Benders, 2nd-Boom, 3rd-Lockport Powerlifters, 4th-Potters Jim. Police And Fire Teams 1st-Niagara Falls Police Department, 2nd-Lockport Police Department, 3rd-Buffalo Law Dawgs, 4th-Buffalo Airport Fire Department, 5th-Niagara County Deputy Sheriff's Association. High School Team 1st-Niagara-Wheatfield High School. Venue: New York State Armory. Meet Announcer: Cathy Brochey. Meet Scorekeepers: Jean Watson, June Petrie,

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Dominique Petrie and Rebecca Petrie. Master Score Sheet: Robert Petrie and Samuel Petrie. Referees: Dennis Brochey, National, Thomas Delorimiere, National, Referee: Anthony Evans, National, Johnny Elsberry, State, Sean Hailey, State, Referee: Daniel Zahno. USPA Observer (Judge Pending). Spotters and Loaders: Craig Hoplight, Matthew Schimpf, Robert Britton and Eric Warchocki. Concessions: Mark Watson, Katelyn Watson. Admission and Sales: Karen Schimpf and Family. Basket Auction: Stacey Zahno and Family. A special thank you to Peter Pilc and the Armory Crew, Paul LaMancuso, Niagara Powerlifting Club, and all the countless people who volunteered to make this charity event a great success!
 » courtesy Dennis Brochey

EPF 5TH MARCH MADNESS
MAR 17 2012 »

BENCH	S. Green	401			
FEMALE	STRICT CURL+				
114 lbs.	MALE				
<i>Masters Raw</i>	<i>Open</i>				
K. Lewis	B. Puccio	172			
181 lbs.	<i>Junior</i>				
<i>Open Raw</i>	D. Madden	127			
J. Aureli	N. Walker	147			
MALE	<i>Masters</i>				
220 lbs.	G. Richards	90			
<i>Masters (44) SP</i>					
Reps for Money	Lbs.	Reps			
MALE					
D. Lewis	186	37			
M. Malignaggi	207	26			
Push Pull	BP	DL	TOT		

FEMALE					
181 lbs.					
<i>Open Raw</i>					
G. Belofatto	91	221	312		
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
<i>Raw</i>					
148 lbs.					
<i>Open Junior</i>					
K. Clark	168	101	326	595	
165 lbs.					
<i>Open</i>					
I. Sheehan	178	121	271	570	
<i>Open Junior</i>					
G. Tortolano	206	111	331	658	
MALE					
198 lbs.					
<i>Raw</i>					
G. Sousa	456	326	500	1282	
<i>Open Raw</i>					
C. Clearey	266	225	336	827	
181 lbs.					
<i>Open</i>					
P. Loux	416	331	496	1243	
<i>Open</i>					
J. Carrington	376	301	501	1178	
198 lbs.					
<i>Junior</i>					
N. Walker	336	286	476	1098	
<i>Open Raw+</i>					
N. Walker	336	286	476	1098	
<i>Open</i>					
T. Wheatland	371	261	441	1073	
220 lbs.					
<i>Open Raw+</i>					
M. Malignaggi	34	276	476	1098	
305 lbs.					
<i>Open Raw</i>					

P. DeSimone 456 291 546 1293
 We had a great competition with a lot of no shows. But it was still a great competitive contest to start the year off. We wanted to thank Powerlifting USA, and Isopure. We also wanted to mention a great local Powerlifter died the week of the contest. Nick Smith won the 2003 Teen powerlifting championships in the state of Massachusetts. He had finished 4th the year before and out of 22 teenagers he won the overall title. Nick also competed in local shows and was looking to compete in future competition. He was 2-0 in the UFC in fighting as he was also a fighter. He will be missed by many.
 » courtesy EPF

100% RAW IRONMAN NATIONALS
MAR 17 2012 » Zion Crossroads, VA

BENCH	(16-17)				
FEMALE	T. Jones	160			
123 lbs.	(30-34)				
(50-54)	J. Read	257			
<i>L. Hrutkay</i>	MALE				
132 lbs.	(14-15)				
(35-39)	(Under 11)				
A. Alas	D. Proctor	116			
148 lbs.	D. Taylor	33			
<i>Open</i>	X. Nichols	83			
J. Potter	J. Reid	66			
(Under 11)	W. Hawkins IV	61			
T. Marrow	D. Taylor	55			
D. Marrow	J. Bassett	44			
198+ lbs.	D. Hawkins	44			
(14-15)	K. Faulk	44			
E. Faulk	114 lbs.				

(12-13)	J. Moore	242			
C. Widner	(Under 11)				
Z. Copeland	J. Howard	132			
123 lbs.	220 lbs.				
(12-13)	(65-69)				
C. Lyons	H. Banks	319			
132 lbs.	(Under 11)				
(14-15)	R. Perry	116			
L. Hatcher	242 lbs.				
J. Ortiz	(50-54)				
D. Mills	J. Shifflett	308			
148 lbs.	(60-64)				
<i>Open</i>	B. Rhodes	253			
J. Leavitt	<i>Open</i>				
165 lbs.	J. Shifflett	308			
(10-11)	308 lbs.				
S. Keith	(45-49)				
(45-49)	R. Gains	440			
D. Fink	DEADLIFT				
<i>Open</i>	FEMALE				
D. Fink	148 lbs.				
<i>SO</i>	<i>Open</i>				
C. Riggelman	J. Potter	333			
181 lbs.	MALE				
(14-15)	114 lbs.				
S. Howard	(12-13)				
(16-17)	C. Widner	198			
W. Douglas	165 lbs.				
(50-54)	(25-29)				
T. McCoy	M. Rice	451			
(65-69)	(45-49)				
B. Lindsey	D. Fink	275			
198 lbs.	<i>Open</i>				
(35-39)	M. Rice	451			
W. Burrell	D. Fink	275			
(70-74)	220 lbs.				
J. Moore	(55-59)				
<i>Open</i>	D. Morris	402			



RESULTS »

275 lbs. (50-54)	D. Fink	99		
T. Inman	181 lbs. (35-39)			
308 lbs. (45-49)	413			
R. Gains	C. Bryant	138		
578	Law			
STRICT CURL	C. Bryant	138		
FEMALE	198 lbs. (70-74)			
105 lbs. (55-59)	J. Moore	88		
K. Poyner	Open			
61	J. Moore	88		
MALE	242 lbs. (40-44)			
148 lbs. Open	D. Stewart	105		
J. Leavitt	(55-59)			
99	J. Bosley	127		
165 lbs. (45-49)	SHW			
D. Fink	(50-54)			
99	T. Brooks	138		
Open	BP			
Ironman	DL			
FEMALE	TOT			
105 lbs. (45-49)				
K. Ryman	105	286	391	
(55-59)				
K. Poyner	127	259	385	
148 lbs. Fire				
J. Potter	160	333	492	
Open				
J. Potter	160	333	492	
MALE				
114 lbs. (12-13)				
C. Widner	141	198	339	
165 lbs. (16-17)				
D. Middleton	171	303	473	
(45-49)				
D. Fink	182	275	457	
Open				
D. Fink	182	275	457	
SO				
C. Rigglesman	171	303	473	
181 lbs. (16-17)				
N. Szarmach	237	391	628	
(45-49)				
E. Huffstetler	292	457	749	
(50-54)				
D. Moss	330	363	694	
Open				
E. Huffstetler	292	457	749	
198 lbs. (16-17)				
D. Brooks	270	501	771	
(45-49)				
D. Johnson	253	385	639	
Open				
D. Brooks	270	501	771	
220 lbs. (45-49)				
G. Galloway	352	551	903	
242 lbs. (16-17)				
C. Booth	226	369	595	
(20-24)				
M. Cronin	402	551	952	
S. Murden	308	528	837	
(40-44)				
D. Stewart	336	446	782	
275 lbs. (30-34)				
T. Brown	352	545	897	
(55-59)				
B. Phillips	314	617	930	
308 lbs. (30-34)				
S. Mason	363	462	826	
(45-49)				
R. Gains	440	578	1018	
SHW				
(50-54)				
T. Brooks	352	458	810	

» courtesy 100% RAW

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For the last 40 years Thorbecke's has been turning out world records and world class athletes of all ages. It's no wonder when people hear the name Thorbecke's, they automatically think of some of the strongest people to ever compete in the sport of powerlifting. What many people may not have realized is that with the help of a complete line of sports nutrition supplements these same athletes are recovering faster, staying healthy, and continually getting stronger year after year. Enter the world of Thorbecke's Thor Power Gold. Many people may have remembered the original protein powder that was available over twenty years ago. That served as a springboard to help create the complete line of products that Thor Power Gold has today. In 2009 the Thor Power Gold supplement line received a major overhaul and reformulation to again regain the lead in today's trends in health, wellness, and sports supplementation. In the current market of smoke and mirrors, fluffed up studies, and label claims that don't meet expectations, Thorbecke's Thor Power Gold is setting the standard for years to come with a healthy approach and supplements that actually work. The new line consists of several products including a full vitamin and mineral line all of which contain zero additives or artificial sweeteners. No artificial sweeteners? Yep, you got it and the best part is the taste is absolutely unreal!

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With this new product line, Thorbecke's isn't just stopping there. They are working with several different organizations in an effort to give back to the community and teach people about the power of eating healthy and proper supplementation. Thorbecke's has teamed up with the Barbara Davis Center in Denver in an effort to help promote advancements in the treatment of diabetes. They are also working on several different campaigns involving youth sports in an effort to promote a solid nutritional foundation for young athletes. Looking into the future, Thorbecke's Thor Power Gold is moving toward expanding globally with possible markets in India, West Africa, and Asia focusing on better living through improved global health. So as you can see, Thorbecke's Thor Power Gold is just getting started. Then again, they never stopped. This new line of supplements not only compliments the accomplishments and work ethic of the thousands of athletes that have come from the Thorbecke's pedigree, but this also foreshadows where the brand is heading in the very near future. Visit us on the web at www.thorpowergold.com for ordering information, updates, and useful information.

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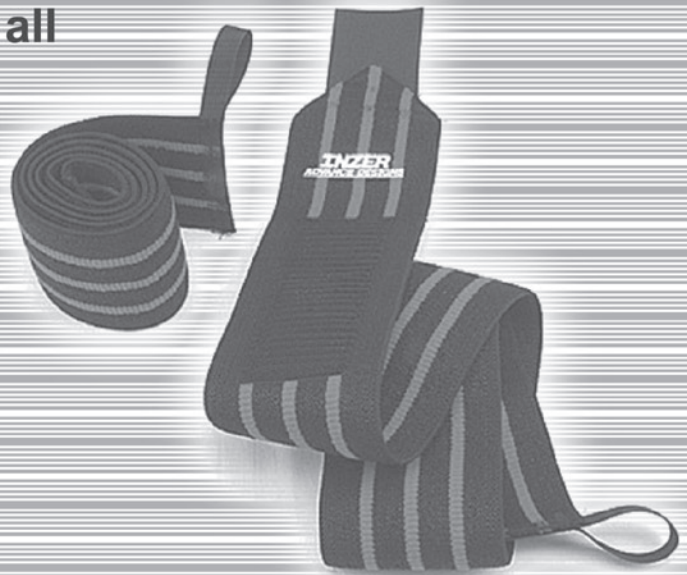


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THINGS I LEARNED ALONG THE WAY... PART VI

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



Judd Biasiotto

"Man is what he eats." – Lucretius

For months now I have been telling you that in order for me to compete successfully in the sport of powerlifting I looked at everything I could find to give me an edge over my competitors. I went to great pains to procure as much information as possible about my sport. I read practically everything I could get my hands on—books about training routines, ergogenic aids, biomechanics, sport psychology nutrition, etc. I also called and visited prominent coaches and athletes. I looked for every little edge. By looking at what the other lifters in the sport were doing—or more accurately, what they weren't doing—I found things to give me a tremendous advantage over competition. In short, I played the game above my shoulders, and for me it paid off and it can pay off for you too. One thing that was very evident that most powerlifters weren't taking into account was their diet. This really surprised me because there is tons of research which indicates that diet is one of the most important aspects of athletic performance. As Lucretius once said, "Man is what he eats." From what I observed over the years, most powerlifter's diet looks like a Big Mac, a large coke and a bag of chips.

All kidding aside, most lifters—even lifters in the lighter weight classes—are carrying more fat than necessary and this can have an adverse effect on their performance. It is well documented that fat is a friction breaker and can decrease the contractile force of muscle tissue, thereby decreasing power. There is also the fact that diet can have a significant impact on your training and health. I am sure you heard the old cliché, "Eat for Success." How you eat will determine your energy level, recuperation time, and recovery time. It will also enhance your immune system, which will allow you to stay healthy and

continue high intensity practice and training. Most importantly, it will improve your overall health. And that is just a few of the things good nutrition will do for you. This isn't exactly esoteric information. Just about every coach or athlete you talk to will tell you the same thing—nutrition is of monumental importance to peak performance.

Yet few coaches and athletes take diet/nutrition into serious consideration, especially in the sport of powerlifting. Again, on the surface, at least, there appears to be a great inconsistency between coaching and lifting philosophy and training. Obviously, what makes nutrition so important to a powerlifter is that it is a highly relevant and beneficial variable, but also a much neglected variable. In other words, by developing a good diet plan you will not only significantly improve your performance, but you will have a tremendous edge over your competitors.

Now, I have a theory as to why nutrition is such neglected area in the sport of powerlifting—ignorance. You heard me right... ignorance. Most people don't have a clue what foods are good for them and what foods can destroy them. Just as bewildering is the fact that they don't have a hint as to what is in the food that they are eating. Case in point: one of my brilliant training partners, I won't tell you what discipline he teaches in... *physical education*... told me that he couldn't understand why he wasn't losing any weight because he was hardly eating anything. Of course, I asked him what he was eating.

Are you ready for this? He said, "The only thing I've been eating is Snickers bars." Say what? I tried to explain to him that eating 8 or 10 Snickers bars a day was probably not the best food to be consuming on a diet. "After all," I said, "they do have a little fat and sugar in them... okay, a gargantuan amount of fat and sugar in them." To which he replied, "They can't be that bad...they are small." I asked him if he ever read the food label on a Snickers bar and he confessed he had no idea how to read the label—like I said, one of my brilliant training partners. True story!

Unfortunately, that type of mentality is not as uncommon as you might think. I would venture to say that at least 80-percent of the general population has no idea how to read a nutrition label. Not only that, but they couldn't tell you the difference between a complex sugar and a simple sugar. Nor could they tell you what a saturated, or an unsaturated or a trans fat is. Heck, they can't tell you how much to eat or what to eat—ignorance. And, from what I have observed, most powerlifters couldn't tell you the answer to those questions either.

It is not my intention here to give you a nutrition lesson. It would be too space and time consuming for me to do that. Rather, I am hoping that I can encourage you to educate yourself about proper nutrition with the hope that not only will it enhance your performance, but also your health. I have written a number of nutrition and diet textbooks and I am confident—meaning I am relatively sure—that I have any information you may need. I will be glad to email you any information that you may need in researching this area. I might also suggest that you look over your past issues of *Powerlifting USA* at Dr. Mauro Di Pasquale's column. This guy's column is invaluable. I am not saying that because he is a colleague either. It is just simple fact—he is GREAT! I would venture to say that I have read every book pertaining to nutrition over the last three decades, and I have probably read the majority of the articles in this area. There is one thing I can say unequivocally about what I have read: Dr. Di Pasquale is the best writer in the world when it comes to nutrition—bar none.

Anywho, like I said, it is not my intention to give you a nutrition lesson, but here are a few tips to start you on your way to better performance and health through better nutrition.

AN ATHLETIC DIET: Most serious athletes should consume approximately 65 to 70-percent complex carbohydrates, 10 to 15-percent fat (preferably of vegetable origin), and 15 to 20-percent protein. This differs considerably from the 40 to 55-percent carbohydrates, 35 to 45-percent fats and 10 to 15-percent protein, which the average American consumes. Of course, have you ever really looked at the average American? Gumby looks better.

EAT AND EAT OFTEN: It is best to eat five or six small meals throughout the day in order to maintain a constant blood glucose concentration level. By doing this you will have a high level of energy throughout the day. Also, by eating every 3-4 hours will prevent your body from using muscle (protein) for energy and instead, burn fat. Skipping meals (going more than 4 hours without eating) causes the body to use muscle for energy which increases body fat and impairs performance.

GET COMPLEX CARBS: The primary purpose of carbohydrates is to supply the body with energy and/or calories. Without question, carbs (complex carbs) are essential for an athlete. They should be the chief source of energy in an athlete's diet plan. Using complex carbs at regular intervals will ensure that you have enough

fuel to sustain high intensity training for long durations. Sports nutrition experts recommend taking in approximately 70-percent complex carbohydrates daily. That should tell you right off that low carbohydrate diets are not what you want if you are an athlete. According to the Olympic Training Center in Colorado Springs, power athletes on a high-complex carbohydrate diet can exercise longer than athletes eating a low-carbohydrate, high-fat diet.

STAY AWAY FROM SIMPLE CARBS: Most people are totally confused about the differences between simple and complex carbohydrates.

Carbohydrates are considered simple or complex based upon their chemical structure, and both types are digested into a blood sugar called glucose and stored in the muscles as glycogen. During exercise the glycogen is converted back to glucose and is used for energy. Complex carbohydrates have more carbon chains and therefore burn slower than simple sugars. Simple carbohydrates have very few carbon chains and, consequently, burn very quickly. Simple carbs will give you a lot of energy and make you feel energized, but only for a very short period of time. Then, you are going to feel like... well, hell. You may even become hypoglycemic. On the other hand, complex carbs won't give you that "sugar high," but they will give you energy over an extended period of time, meaning that you will be able to do work over an extended

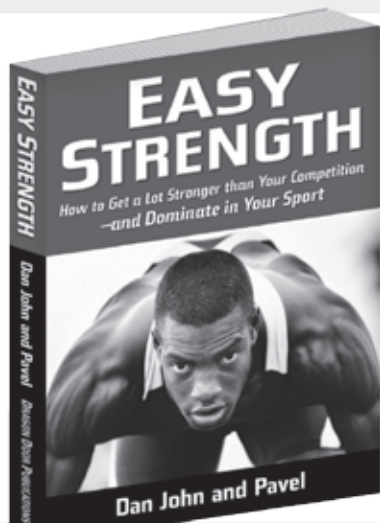
period of time. Obviously, complex carbohydrates are important when engaging in an exercise program because you want energy over a long period of time. If you took in a simple carb, you would get almost immediate energy and you would feel great, but that feeling and energy level would only last for a short period of time. Subsequently, more likely than not, you would "crash." Consequently, you need to stay away from simple carbs. Examples of simple carbs would include table sugar, fruit juice, milk, yogurt, honey, molasses, maple syrup and brown sugar.

GET THE RIGHT FATS: Most people believe that fats are the worst possible food you could eat. WRONG! Actually, fats are not only important; some of them are absolutely essential for maintaining good health. Fats are the most concentrated source of energy in the diet containing over twice the energy and calories that are furnished by proteins or carbohydrates. One gram of fat contains 9 calories. They are also a good source of energy that is used in exercises of moderate to long duration. In addition to supplying the body with energy, fats are a source of vitamins A, D, E and K. Make sure you are getting the right fats, though. You want unsaturated fats. Stay away from saturated and trans fatty acids and include omega 3 fatty acids through dietary and supplemental sources.

GET SUFFICIENT PROTEIN: Protein is utilized by the body for building and maintenance of muscle tissue. It is the major source of building material for muscles, hair, teeth, eyes, nails and scar tissue. Most of the body's protein mass is found in skeletal muscle, which explains the importance of protein to athletes. The best sources of protein come from lean cuts of meat such as chicken (preferably skinless) white meat baked, grilled, or broiled beef (93-96-percent extra lean ground meat) and any fish baked, grilled, or broiled (tuna, salmon, trout, and halibut are best).

BE CAREFUL OF YOUR ALCOHOL CONSUMPTION: Research has found that even minimal amounts of alcohol can significantly decrease the efficiency of the neuromuscular system. Alcohol, even in small amounts, sedates and inflames the muscle tissue causing myositis, which is the inflammation of muscle tissue. This in turn causes a significant decrease in muscular strength and endurance. Worse yet, alcohol has been found to decrease the production of testosterone. As you are probably aware, testosterone is an anabolic hormone which aids in the development and maintenance of muscle mass. There is a prolific amount of research which has revealed that a decrease in testosterone can result in a significant detriment in muscle size and strength. Obviously, this is a major problem for an athlete who drinks even in moderation. ☞

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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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QUESTIONS ANSWERED

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



Dr. Mauro Di Pasquale

DEAR MAURO: I have talked to you in the past and ordered products from you many times and am very pleased with the results of your products and your knowledge of them. I am going on my fourth year of serious bilateral epicondylitis (tennis elbow). Over fifteen different specialists have all told me that it is something that I am going to have to deal with the rest of my life. I do not believe this; I have learned a little about what they are telling me and feel that if I can repair the fascia I believe that will fix the problem.

Do you think that building the muscle by taking your GHboost, TestoBoost, and Metabolic will make things worse or do you think that building muscle will do more harm than good? I have been told that building excess muscle will aggravate the problem and make the problem worse. The damage was made from excessive work and damage, creating scar tissue and inflammation. The last time that I took this I felt almost symptom free for several months, but slowly fell back to my old symptoms.

I just talked to my family doctor; I went for a yearly physical and he told me that everything came back good. My arms have been bothering me a little bit more than usual because of exams at school. I do have a note keeper to help me out with notes and reviews in class. I was wondering if you had time to look at the CDs that I sent you. Would you like me to go for any other testing that might help you? Your advice and or opinion on this would be greatly appreciated.

Thanks,
Les

LES: I had a look at the two discs and I really can't see anything that would make them come to the conclusion that it's unfixable and that you have to live with the bilateral epicondylitis.

Certainly a combination of supplements would help with the main one being Joint Support at this point (for info on Joint Support go to http://mauromd.com/store/product.php?id_product=102), although later on you could add GHboost, TestoBoost and Metabolic, which would work with the Joint Support by helping you strengthen the musculoskeletal structures in and around the elbow joints.

I would also look into Ming Chew's methods that involves treating the fascia to resolve various musculoskeletal problems—see <http://www.mingmethod.net/about.htm>. In his book, Ming recommends my Joint Support and also states it's what he himself uses. He's been very successful in treating athletes who didn't have any success with anything else that they'd tried.

Hope this helps,
Mauro

DEAR MAURO: I have a personal diet question. Here is what I am currently doing; I wanted your thoughts. Again!

- I get up at 6 a.m. and take my MVM, EFA+ and MRP LoCarb and some Amino as well.
- I train in the morning, an hour or so after I get up, three times a week. I then take my Resolve, GHboost and Amino prior to working out; no carbs.
- I train my ass off for around 2 hours twice a week—lots of sets with low reps, usually 3–5 lately. I use Power Drink through the workout. The other day I go light and do mostly 5 to 8 reps, not as many sets.
- After the workout I take Amino and GHboost and then another MRP LoCarb about an hour later.
- A few hours after that I eat some meat, usually beef, and some cheese.
- Around 2 p.m. I have a can of tuna with miracle whip and usually green beans and cheese again.
- For supper I usually have a steak, 12–16 ounces, with a vegetable and a salad; take my MVM and EFA+ here as well.
- Around 9 p.m. more cheese and half a cup or so of almonds.
- Before bed I use your GHboost and TestoBoost, with 2 scoops of Myosin Protein.

I do this pretty solid for almost two weeks and then carb spike usually for about a day or a day and a half. Shifting the low carb and high carb days this way seems to work best for me.

I attached some pics from this morning's workout. Right now I am 5-foot-9 and 218 pounds after carb load this weekend.

I want to get leaner but keep my muscle

and strength, and then compete in the 198-pound class, giving me almost four months to get to where I want.

I'd like to know your thoughts on the diet, and on how to get my weight to just under the 204-pound mark a week or so before competing.

I have to tell you that the last few times I did it all this way, my totals stayed about the same. So I'm open to diet, supplement and training suggestions. Thanks, Doc, your input means a lot!

Dave

DAVE: You're looking pretty good in those pictures, but I can see that you're carrying around 15-percent body fat, give or take a few percentage points. That means that if you're aiming to get under 8-percent body fat you can definitely get down to under 204 by just losing body fat and no "functional" muscle (I'll explain how you may lose muscle mass, but the muscle mass you lose won't be functional mass; that is it won't be muscle mass that will affect your strength). As far as your diet regimen and supplements, you're doing fine. It's obvious you've been experimenting with the diet as per my Anabolic Solution for Powerlifters (see http://mauromd.com/store/product.php?id_product=156) and the food list I pointed you to for the low carb phase of the diet at http://mauromd.com/store/product.php?id_product=156, which is the way to go in order to find out the best mix for you. This is something I've always said about my phase shift diets; you get the chance to try different approaches on a regular basis until you find what works best, and even that may change as your body composition changes.

You're following a traditional way of getting ready for a competition and it works. In fact in my books, whether for powerlifters or bodybuilders, or for any competitive athlete, I've always suggested going through the same route that most people traditionally do, that's to first do a bulking phase, followed by a cutting phase up to contest time. In between the two there can be other phases, and sometimes a zig zag of phases, bulk, followed by cutting, then a strength or static phase, then bulk, then cutting, etc. The variations are many and again it's a matter of experimenting.

Having said that over the last several years I've had a lot of power athletes and bodybuilders trying an approach that's in a reverse order in order to maximize body composition and strength and for some it's worked better than the more traditional approach. Since the approach is different for bodybuilders compared to powerlifters and other athletes who are looking to maximize muscle strength at a certain weight class, I'll outline the approach you should use since you're trying to maximize

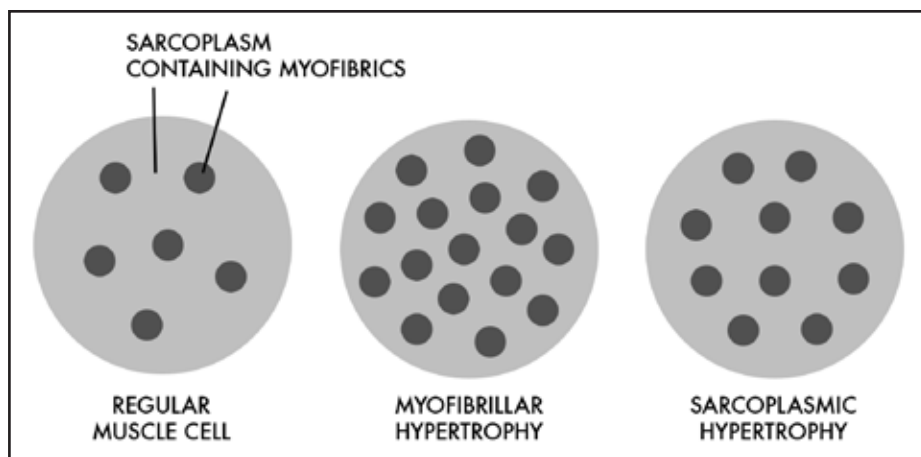
strength AND muscle mass, but not the same muscle mass as bodybuilders are looking for, per pound of body weight.

The bulk up and then trim down approach is what most strength athletes (especially those in weight classes where you want to maximize muscle mass and strength per pound of body weight) and bodybuilders use. However, I've had a number of lifters and other athletes go the other way—first they drop weight and get cut (by following the Cutting Phase in my Anabolic Solution for Powerlifters), and then they slowly add the weight back on, while at the same time increasing workout intensity. The new bulk up phase, in which you don't actually bulk up but just gain muscle while keeping body fat levels within a percentage point of what it was at the end of the weight loss/cutting phase.

As far as the training for this approach, you basically follow some of the information I sent you three weeks ago about muscle hypertrophy (I've copied part of that email below so you won't have to go back to find it—see *Excerpt from previous email*). In the first phase, in which you slowly drop weight and body fat, you're looking to increase both myofibrillar and sarcoplasmic hypertrophy to keep muscle mass. In this stage you're using relatively light weights and doing less overall sets and many more overall reps, expending more energy in the process, with the energy coming from the burning up of body fat. It's been shown in several studies that slower weight loss impacts less on the loss of muscle mass, but I believe if you keep protein levels high you don't need to lose any functional muscle mass or strength—see abstracts below.

The end result is that you'll lose body fat and maintain muscle mass, although strength won't go up since you're not increasing myofibrillar hypertrophy very much (and you definitely won't lose any since you don't lose myofibrillar hypertrophy as quickly as hypertrophy of the rest of the sarcoplasm) compared to hypertrophy of the rest of the sarcoplasm. Not to worry, however, because that muscle strength will increase in spades when you start increasing your weight while at the same time changing your training to using heavier weights, more sets and less reps. In this phase you'll get a dramatic increase in the myofibrillar part of the sarcoplasm, and strength, with a mild to moderate decrease in the rest of the sarcoplasm. That means that your muscle fibers will be lean and mean compared to a bodybuilders muscle, with less size but more strength per pound of body weight.

This method is trickier than the usual bulk up and then cutting, but it can result in more "quality" muscle and strength per pound of body weight, with the same body fat level or even a lower body fat level than if you followed the traditional bulk up and cut down regimen. I used this method over a much longer term when I dropped down to the 132-pound class, getting down to about 4-percent body fat, and then slowly climbing to the 148, 165, 181, and 198-pound class, keeping body fat levels low all the way up to the 181-pound class. Although I even lifted in the 198-pound class, that wasn't



ABSTRACTS ON WEIGHT VS. STRENGTH

Int J Sport Nutr Exerc Metab. 2011 Apr;21(2):97-104.

EFFECT OF TWO DIFFERENT WEIGHT-LOSS RATES ON BODY COMPOSITION AND STRENGTH AND POWER-RELATED PERFORMANCE IN ELITE ATHLETES.

Garthe I, Raastad T, Reifsnæs PE, Koivisto A, Sundgot-Borgen J. » Norwegian School of Sport Sciences, Oslo, Norway.

ABSTRACT—When weight loss (WL) is necessary, athletes are advised to accomplish it gradually, at a rate of 0.5-1 kg/wk. However, it is possible that losing 0.5 kg/wk is better than 1 kg/wk in terms of preserving lean body mass (LBM) and performance. The aim of this study was to compare changes in body composition, strength, and power during a weekly body-weight (BW) loss of 0.7% slow reduction (SR) vs. 1.4% fast reduction (FR). We hypothesized that the faster WL regimen would result in more detrimental effects on both LBM and strength-related performance. Twenty-four athletes were randomized to SR ($n = 13$, 24 ± 3 yr, 71.9 ± 12.7 kg) or FR ($n = 11$, 22 ± 5 yr, 74.8 ± 11.7 kg). They followed energy-restricted diets promoting the predetermined weekly WL. All athletes included 4 resistance-training sessions/wk in their usual training regimen. The mean times spent in intervention for SR and FR were 8.5 ± 2.2 and 5.3 ± 0.9 wk, respectively ($p < .001$). BW, body composition (DEXA), 1-repetition-maximum (1RM) tests, 40-m sprint, and countermovement jump were measured before and after intervention. Energy intake was reduced by $19\% \pm 2\%$ and $30\% \pm 4\%$ in SR and FR, respectively ($p = .003$). BW and fat mass decreased in both SR and FR by $5.6\% \pm 0.8\%$ and $5.5\% \pm 0.7\%$ ($0.7\% \pm 0.8\%$ vs. $1.0\% \pm 0.4\%/wk$) and $31\% \pm 3\%$ and $21\% \pm 4\%$, respectively. LBM increased in SR by $2.1\% \pm 0.4\%$ ($p < .001$), whereas it was unchanged in FR ($-0.2\% \pm 0.7\%$), with significant differences between groups ($p < .01$). In conclusion, data from this study suggest that athletes who want to gain LBM and increase 1RM strength during a WL period combined with strength training should aim for a weekly BW loss of 0.7%.

ABSTRACTS CONTINUED ON NEXT PAGE...

part of the experiment as I did a traditional bulk up phase to 212 pounds and then cut back to 195 pounds to compete in that class. Doing it that way wasn't as productive as slowly working my way up after dropping down.

Bodybuilders would actually reverse the two phases as far as training, but not the basic lose weight and body fat first, and then bulk up your muscle while keeping body fat levels low. Bodybuilders are looking to maximize muscle mass but not strength so that for them the end result is maximum sarcoplasmic hypertrophy versus maximum myofibrillar hypertrophy. That means doing what needs to be done to maximize hypertrophy which means working

on maximizing the part of the sarcoplasm that contains everything but the muscle myofibers, which can overshadow the hypertrophy secondary to mostly increasing the myofibrillar part of the sarcoplasm. To do that they lose weight in the first phase but use heavier weights, more sets and less reps. In this phase they'll lose weight and muscle size until they get to the body fat level they want. Then in the second phase as they gain weight they do a more typical bodybuilding routine, which results in dramatic increases in muscle size over the time period. Since as I mentioned above, myofibrillar hypertrophy sticks around longer than hypertrophy of the rest of the sarcoplasm, the myofibrillar hy-

ABSTRACTS ON WEIGHT VS. STRENGTH CONTINUED...

J Strength Cond Res. 2006 Aug;20(3):643-53.

THE EFFECTS OF PROTEIN AND AMINO ACID SUPPLEMENTATION ON PERFORMANCE AND TRAINING ADAPTATIONS DURING TEN WEEKS OF RESISTANCE TRAINING.

Kerksick CM, Rasmussen CJ, Lancaster SL, Magu B, Smith P, Melton C, Greenwood M, Almada AL, Earnest CP, Kreider RB. » Center for Exercise, Nutrition and Preventive Health Research, Department of Health, Human Performance and Recreation, Baylor University, Waco, TX 76798, USA.

ABSTRACT—The purpose of this study was to examine the effects of whey protein supplementation on body composition, muscular strength, muscular endurance, and anaerobic capacity during 10 weeks of resistance training. Thirty-six resistance-trained males (31.0 +/- 8.0 years, 179.1 +/- 8.0 cm, 84.0 +/- 12.9 kg, 17.8 +/- 6.6%) followed a 4 days-per-week split body part resistance training program for 10 weeks. Three groups of supplements were randomly assigned, prior to the beginning of the exercise program, in a double-blind manner to all subjects: 48 g per day (g.d(-1)) carbohydrate placebo (P), 40 g.d(-1) of whey protein + 8 g.d(-1) of casein (WC), or 40 g.d(-1) of whey protein + 3 g.d(-1) branched-chain amino acids + 5 g.d(-1) L-glutamine (WBG). At 0, 5, and 10 weeks, subjects were tested for fasting blood samples, body mass, body composition using dual-energy x-ray absorptiometry (DEXA), 1 repetition maximum (1RM) bench and leg press, 80% 1RM maximal repetitions to fatigue for bench press and leg press, and 30-second Wingate anaerobic capacity tests. No changes ($p > 0.05$) were noted in all groups for energy intake, training volume, blood parameters, and anaerobic capacity. WC experienced the greatest increases in DEXA lean mass ($P = 0.0 +/- 0.9$; WC = 1.9 +/- 0.6; WBG = -0.1 +/- 0.3 kg, $p < 0.05$) and DEXA fat-free mass ($P = 0.1 +/- 1.0$; WC = 1.8 +/- 0.6; WBG = -0.1 +/- 0.2 kg, $p < 0.05$). Significant increases in 1RM bench press and leg press were observed in all groups after 10 weeks. In this study, the combination of whey and casein protein promoted the greatest increases in fat-free mass after 10 weeks of heavy resistance training. Athletes, coaches, and nutritionists can use these findings to increase fat-free mass and to improve body composition during resistance training.

Med Sci Sports Exerc. 2010 Feb;42(2):326-37.

INCREASED PROTEIN INTAKE REDUCES LEAN BODY MASS LOSS DURING WEIGHT LOSS IN ATHLETES.

Mettler S, Mitchell N, Tipton KD. » School of Sport and Exercise Sciences, University of Birmingham, Birmingham, United Kingdom.

ABSTRACT—PURPOSE: To examine the influence of dietary protein on lean body mass loss and performance during short-term hypoenergetic weight loss in athletes. **METHODS:** In a parallel design, 20 young healthy resistance-trained athletes were examined for energy expenditure for 1 wk and fed a mixed diet (15% protein, 100% energy) in the second week followed by a hypoenergetic diet (60% of the habitual energy intake), containing either 15% (approximately 1.0 g x kg(-1)) protein (control group, n = 10; CP) or 35% (approximately 2.3 g x kg(-1)) protein (high-protein group, n = 10; HP) for 2 wk. Subjects continued their habitual training throughout the study. Total, lean body, and fat mass, performance (squat jump, maximal isometric leg extension, one-repetition maximum (1RM) bench press, muscle endurance bench press, and 30-s Wingate test) and fasting blood samples (glucose, nonesterified fatty acids (NEFA), glycerol, urea, cortisol, free testosterone, free Insulin-like growth factor-1 (IGF-1), and growth hormone), and psychologic measures were examined at the end of each of the 4 wk. **RESULTS:** Total (-3.0 +/- 0.4 and -1.5 +/- 0.3 kg for the CP and HP, respectively, $P = 0.036$) and lean body mass loss (-1.6 +/- 0.3 and -0.3 +/- 0.3 kg, $P = 0.006$) were significantly larger in the CP compared with those in the HP. Fat loss, performance, and most blood parameters were not influenced by the diet. Urea was higher in HP, and NEFA and urea showed a group x time interaction. Fatigue ratings and "worse than normal" scores on the Daily Analysis of Life Demands for Athletes were higher in HP.

CONCLUSIONS: These results indicate that approximately 2.3 g x kg(-1) or approximately 35% protein was significantly superior to approximately 1.0 g x kg(-1) or approximately 15% energy protein for maintenance of lean body mass in young healthy athletes during short-term hypoenergetic weight loss.

hypertrophy gained in the first phase sticks around when the dramatic increase of non myofibrillar sarcoplasm expands, resulting in a maximum muscle size, but not maximum strength, per pound of body weight.

The cutting phase should be slow and done over at least eight weeks. The bulking phase also has to be slow and usually best if longer than the cutting phase, so you're looking at ten weeks or more—see the abstracts below for some backing for this. If you want to try this approach, and given this time line, which is not written in stone, mind you, and it may be that down the line you may be able to shorten the process and get the same results, then four months may be too soon. Certainly you could do it in five or six months, and I can help you through it. If you want to see some sample supplement regimens followed by other athletes, have a look at <http://www.mauromd.com/det-articles-89-Nutritional-Supplement-Regimens-for-Athletes.php>.

The bottom line is by this process of losing

weight and body fat first, and then gaining it back again slowly, you're gaining in contractile proteins so that at the weight you want to be a week before competition you actually may have the same level of muscle hypertrophy as you do now, but the hypertrophy will be tilted to an increase in contractile proteins over the rest of the sarcoplasm that makes up muscle cells—you'll actually have more contractile protein, and thus greater strength, even though your body composition may not be all that different the other times you've been a week out from competition, although I would expect that this time out you'll have less fat and more functional muscle.

Another factor in the increase in strength through this process may lie in the androgen receptor. As you lose weight androgen receptors may increase in numbers and binding in order to retain muscle mass. The changes in the androgen receptor may persist when you begin training heavier even though you're increasing weight. This would result in more favorable body composition and increased strength once

you're ready for competition.

I'll be working on a comprehensive article on this method, also explaining muscle hypertrophy types, effects on the androgen receptor, and much more. When it's done I'll be posting it on my new master site www.Mauromd.com.

Let me know what you think.

Mauro

Excerpt from previous email:

First of all, even though there is some controversy on this issue, you can consider the muscle cell as being comprised of two main parts the sarcoplasm (basically all that's inside the muscle cell and bound by the sarcolemma, which is the cell membrane) and the myofibrils contained in the sarcoplasm (see my accompanying drawing showing normal muscle, then muscle with mainly myofibrillar hypertrophy and then muscle with mainly hypertrophy of the rest of the sarcoplasm). The myofibrils are the actin-myosin pairings we're all familiar with and which is the contractile machinery of the muscle

cells. Myofibrillar protein is comprised not only of the myosin and actin, but also other proteins including titin, tropomyosin, troponin, protein C, and even some mitochondrial proteins.

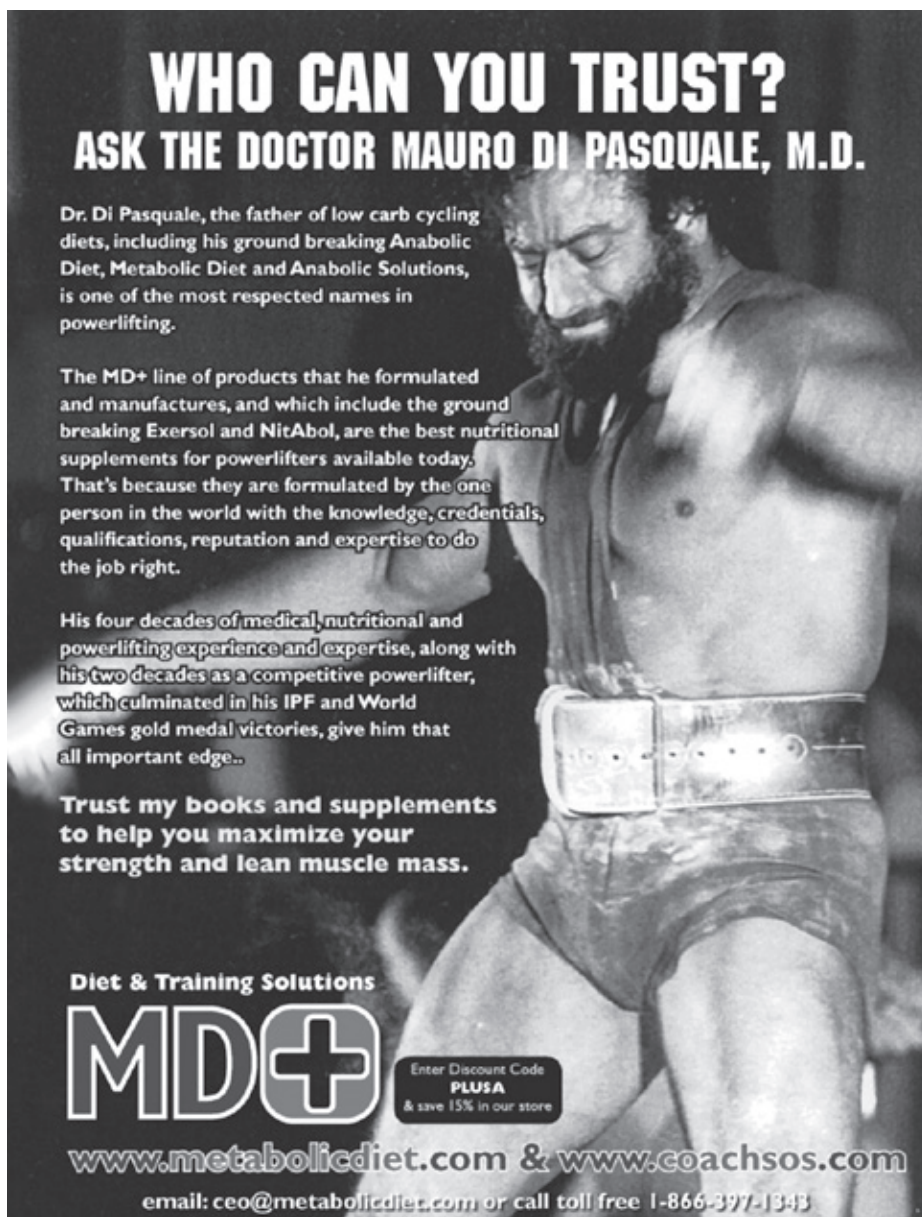
The rest of the sarcoplasm is what is needed to keep the muscle cell healthy and make these contractions happen, including myoglobin, the nucleus, golgi apparatus, sarcoplasmic reticulum, intramuscular triacylglycerol droplets, glycogen granules, mitochondrial elements, ATP, and enzymes that drive cell metabolism and located mainly in mitochondria, sarcoplasmic reticulum, and lysosomes (although these enzymes can spill out of these areas). Sarcoplasmic proteins are mostly enzymes participating in cell metabolism. However, if the organelles within the muscle cells are broken, this protein fraction may also contain the metabolic enzymes localized inside the sarcoplasmic reticulum, mitochondria and lysosomes.

For more info on the sarcoplasm, have a look at <http://en.wikipedia.org/wiki/Sarcoplasm>. Here's is part of what Wikipedia has to say: *The Sarcoplasm of a muscle fiber is comparable to the cytoplasm of other cells, but it houses unusually large amounts of glycosomes (granules of stored glycogen) and significant amounts of myoglobin, an oxygen binding protein. The calcium concentration in sarcoplasm is also a special element of the muscular fiber by means of which the contractions takes place and regulates.*

Other than the fact that it contains mostly myofibrils, its contents are otherwise comparable to those of the cytoplasm of other cells. It has a Golgi apparatus, near the nucleus, mitochondria just on the inside of the cytoplasmic membrane or sarcolemma, as well as a smooth endoplasmic reticulum organized in an extensive network.

Athletes in weight classes shouldn't be looking for bodybuilding type of muscle hypertrophy, which consists not only of whole sarcoplasm hypertrophy (less myofibrillar hypertrophy than hypertrophy of the rest of the sarcoplasm) but also increased vascularity from the capillary level up, and more intramuscular fat, but rather increased strength without excessive hypertrophy, less vascularity and intramuscular fat, and thus limited weight gain. As such, the weight training part of their training regimen should consist of a basic core strengthening powerlifting type of routine, heavier weights, lower reps, and longer rests between sets. This type of training emphasizes myofibrillar hypertrophy with less hypertrophy of the rest of the sarcoplasm, and increased strength. A bodybuilding routine with lighter weights, more reps per set, and shorter rests between sets, leads to more muscular hypertrophy, and greater weight gain due to increase in the whole sarcoplasm even though myofibrillar growth, and thus strength gains, aren't as great.

When talking about other athletes in weight classes, including MMA athletes such as your friend, it's always been my mantra that for athletes in weight classes, you build strength, but limited hypertrophy in the weight room and skill and endurance doing your sport. And the diet



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you follow determines how much body fat and thus weight that you drop in a certain period of time. As well, I've always felt that the weight training be done before skill training on the days you weight train, and that the two training sessions be separated by several hours if possible.

By following this kind of training schedule, you can maximize muscle fiber types that are most suitable for the sport. While it's known that individual muscles are a mixture of three types of muscle fibers (type 1, type 2a and type 2b/x), but their proportions vary depending on the action of that muscle, it's my feeling that the type 2 b/x fibers that heavy training increases the most, can enhance their oxidative capacity and thus be as functional for aiding endurance as type 2a fibers, but maintaining their ability for maximal explosive strength above what can be achieved by the type 2a fibers.

While my athletic prowess was mostly as a

world class powerlifter for almost two decades, I also wrestled and did gymnastics (specializing in the rings), competing in both at the university level. When I trained ultra heavy with reps that didn't go above three and about eight sets after a few sets of warm-ups I found that I didn't get much muscular hypertrophy, but I got stronger, which is what I needed in both sports—for wrestling because of weight classes and the rings because weight mattered when doing the iron cross and other strength routines. That's because at that point my weight training was used to enhance the growth of the muscle fibers rather than the rest of the muscle cell, and thus there was little expansion in muscle size and weight. I carried the experience gained from my dieting and weight training (which consisted of mainly the three lifts and some assistance exercises) into powerlifting, which I concentrated on from the late 1960s on. «



Participants in the Rychlak Power Systems Pennsylvania State Champions held on September 10, 2011 in Lancaster, PA (Amie Rychlak photo)

RPS PA STATE
SEP 10 2011 » Lancaster, PA

BENCH	198 lbs.			
MALE	<i>Open</i>			
<i>Amateur</i>	J. McDaniel	415*		
242 lbs.	242 lbs.			
<i>Teen (16-17)</i>	<i>Master (50-54)</i>			
T. Francisco	D. Martin	275*		
<i>Am Multi-Ply</i>	<i>Pro Multi-Ply</i>			
181 lbs.	181 lbs.			
<i>Master (55-59)</i>	<i>Open</i>			
T. Lewis	R. Hillyard	405		
242 lbs.	220 lbs.			
<i>Master (45-49)</i>	<i>Open</i>			
B. Yoder	D. Brauer	385		
<i>Master (50-54)</i>	DEADLIFT			
C. Herman	MALE			
308 lbs.	<i>Am Multi-Ply</i>			
<i>Open</i>	308 lbs.			
S. Edmiston	<i>Open</i>			
<i>Master (45-49)</i>	S. Edmiston	555*		
S. Edmiston	<i>Master (45-49)</i>	545*		
<i>Am Classic Raw</i>	S. Edmiston	555*		
Ironman	BP	DL	TOT	
MALE				
<i>Am Raw Classic</i>				
148 lbs.				
<i>Teen (14-15)</i>				
L. Dallas	255!	400!	655*	
242 lbs.				

<i>Open</i>	R. Hunt	335	625*	960			
	Z. Frankhouser	275	525	800			
<i>Am Multi-Ply</i>							
308 lbs.							
<i>Open</i>	S. Edmiston	545*	555*	1100			
<i>Master (45-49)</i>							
SHW							
<i>Open</i>	G. Underwood	535	605*	1140			
<i>Pro Multi-Ply</i>							
220 lbs.							
<i>Master (45-49)</i>							
<i>Open</i>	C. Blough	440	640	1080			
275 lbs.							
<i>Junior (20-23)</i>							
A. Cuenco	600*	630	1230				
308 lbs.							
<i>Open</i>							
T. Graver Sr.	285	465	750				
<i>Pro Raw Classic</i>							
220 lbs.							
<i>Open</i>							
S. Abrahams	325	455*	780*				
Full Power	SQ	BP	DL	TOT			
MALE							
<i>Am Multi-Ply</i>							
165 lbs.							
<i>Open</i>							

M. Kemper	615*	340*	610!	1565*			
220 lbs.							
<i>Open</i>							
D. Ballback	545	415	500	1460			
275 lbs.							
<i>Open</i>							
T. Davis	---	---	---	---			
308 lbs.							
<i>Master (45-49)</i>							
S. Edmiston	735!	545*	555*	1835!			
<i>Open</i>							
S. Edmiston	735*	545*	555	1835*			
<i>Am Raw Classic</i>							
165 lbs.							
<i>Open</i>							
D. Antonucci	447.5*	280	575*	1302*			
198 lbs.							
<i>Junior (20-23)</i>							
P. Campion	315	240	405	960			
220 lbs.							
<i>Junior (20-23)</i>							
T. Yacksick	435*	275*	570*	1280*			
<i>Master (50+)</i>							
R. King	560!	265!	530!	1355!			
<i>Submaster</i>							
M. Walter	430	305	420	1155			
SHW							
<i>Open</i>							
N. Henderson	525*	350	530*	1405*			
<i>Pro Multi-Ply</i>							
308 lbs.							

Open
 S. Edmiston 735* 545* 555 1835*
Master (45-49)
 S. Edmiston 735! 545* 555* 1835!
Pro Raw Classic
242 lbs.
Junior (20-23)
 I. Zeng 630! 395* 640* 1665*
Pro Raw Modern
198 lbs.
Open
 J. Orellana 500! 370! 530! 1400!
 !=RPS Verified World Records. *=RPS Verified PA State Records. Venue: Lancaster AMVETS Post 19. The official first meet as Revolution Powerlifting Syndicate, the PA State Championships, was a triumphant day. The day started honoring a long time veteran of the sport. Tom Levering received an RPS Hall of Honor award for his lifelong service to strength sports in PA. He has dedicated his life to advancing a sport that he loves with a belief that everyone has the opportunity to be strong. The "Old School" lifting order of BP first then SQ and DL was observed as homage to our forefathers who changed the lift order in the early '70s to the current rotation. We return again in July for the PA States and will be introducing Vinny D's "Last Man Standing" Pro Bench off, which will follow the day's competition.
 » courtesy Gene Rychlak Jr.

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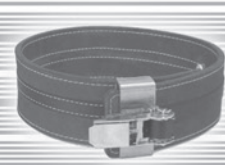
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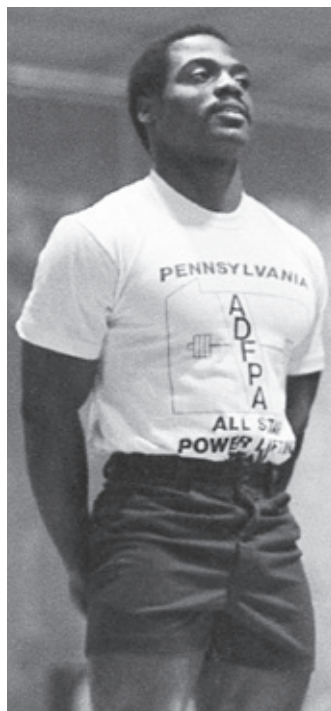
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MEN'S 132 LB. (60 KG.) WEIGHT DIVISION » BENCH



August Clark at the 2003 Bench America competition, held in Chicago, Illinois



Annais Covington won his weight class, including a big bench, at the '85 ADFPA Nats

Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 501.6 (227.5)	3.79X	Eric Head/86 7/9/11 (227.5 kg.) (Nashville, Tennessee) (WABDL)
2. 468.5 (212.5)	*3.54X	Mike Kuhns/86 9/12/09 (212.5 kg. @ 59.95 kg.) (Cleveland, Ohio) (USAPL/IPF)
3. 463.0 (210.0)	3.50X	Kerwin Unten/68 6/17/06 (210.0 kg.) (Honolulu, Hawaii) (WABDL)
4. 451.9 (205.0)	*3.42X	August Clark/62 11/8/02 (205.0 kg. @ 60.0 kg.) (New Orleans, Louisiana) (WPO)
5. 429.9 (195.0)	*3.27X	Roy Fokken/70 9/16/00 (195.0 kg. @ 131.5 lb.) (Ocean City, Maryland) (NSM)
6. 425.0 (192.8)	*3.21X	Doug Heath/55 2/27/99 (425.0 lb. @ 132.25 lb.) (Elyria, Ohio) (IPA)
7. 424.4 (192.5)	3.21X	Greg Warr/69 5/9/98 (192.5 kg.) (Dallas-Irving, Texas) (WABDL)
8. 415.0 (188.2)	3.14X	Derek Ito/65 7/23/94 (415.0 lb.) (Wahiawa, Hawaii) (NSM)
9. 410.0 (186.0)	*3.13X	Rick "Taz" Couch 11/20/93 (410.0 lb. @ 131.0 lb., no BP shirt.) (Thousand Oaks, CA) (APA/WPA/UBPF)
10. 403.4 (183.0)	3.05X	Jonathon "Joey" Bareng/83 7/10/11 (183.0 kg.) (Honolulu, Hawaii) (WABDL)
11. 402.3 (182.5)	3.04X	Dustin Hanson/89 3/6/10 (182.5 kg.) (Missoula, Montana) (WABDL)
12. 397.0 (180.1)	3.00X	Joe Bradley/56 12/6/80 (180.0 kg., no BP shirt, later weighed 397.0 lb.) (Phoenix, AZ) (USPF/IPF)
13. 390.0 (176.9)	2.95X	Phil Detore/48 1/11/92 (390.0 lb.) (Greensburg, Pennsylvania) (NSM)
14. 385.8 (175.0)	*3.00X	William Garcia/90 9/3/11 (175.0 kg. @ 58.3 kg.) (Orlando, Florida) (USAPL/IPF)
15. 385.0 (174.6)	2.91X	Doug Ortiz/62 7/23/94 (385.0 lb.) (Wahiawa, Hawaii) (NSM)
16. 385.0 (174.6)	*2.95X	Brian Goelz/77 4/17/04 (385.0 lb. @ 130.5 lb.) (Bradenton, Florida) (APA)
17. 385.0 (174.6)	2.91X	Adam Zehr/80 5/13/06 (385.0 lb.) (Albany, New York) (USAPL)
18. 382.5 (173.5)	2.89X	Chris Byrnes/69 10/22/00 (382.5 lb.) (Sidney, New York) (NSM)
19. 380.3 (172.5)	*2.88X	Joe Smith/76 8/23/03 (172.5 kg. @ 59.9 kg.) (Rockaway, New Jersey) (USAPL)
20. 380.3 (172.5)	2.88X	Charles Venturella/61 10/31/09 (172.5 kg.) (Reno, Nevada) (WABDL)
21. 380.0 (172.4)	*2.90X	Matt Currin 5/27/89 (380.0 lb. @ 131.0 lb.) (Pensacola Beach, Florida) (NSM)
22. 380.0 (172.4)	*2.90X	Jeff Grabowski 8/28/93 (380.0 lb. @ 131.0 lb.) (Brown Deer, Wisconsin) (NSM)
23. 375.9 (170.5)	2.84X	Ata Edralin 9/8/07 (170.5 kg.) (Waimanalo, Hawaii) (WABDL)
24. 375.0 (170.1)	*2.88X	D. Johnston 9/12/90 (375.0 lb. @ 130.0 lb.) (London, Ohio) (NSM)
25. 370.0 (167.8)	2.80X	R. Barton 6/91 (360.0 lb.) (Dexon, Illinois) (FCI)
26. 370.0 (167.8)	2.80X	Darryl Cavin 6/26/93 (370.0 lb.) (Columbus, Ohio) (APF/WPC)
27. 370.0 (167.8)	*2.80X	Eric Knight/75 4/15/06 (370.0 lb. @ 132.0 lb.) (Charleston, South Carolina) (APF)
28. 365.0 (165.6)	2.76X	Andre Jackson 3/19/94 (365.0 lb.) (Walled Lake, Michigan) (WNPF)
29. 363.8 (165.0)	2.75X	Al Andrade 12/8/79 (165.0 kg., without a bench press shirt.) (Honolulu, Hawaii) (USPF)
30. 363.8 (165.0)	2.75X	Randall Kea/62 3/30/85 (165.0 kg.) (Enterprise, Alabama) (ADFP)
31. 363.8 (165.0)	*2.75X	Adam Zehr/80 1/30/10 (165.0 kg. @ 59.9 kg., without a bench press shirt.) (Tampa, Florida) (RUPC)
32. 362.5 (164.4)	*2.77X	Jim Lawrence 11/17/90 (362.5 lb. @ 131.0 lb.) (Phoenix, Arizona) (ADFP)
33. 360.0 (163.3)	2.72X	Watkins 6/91 (360.0 lb.) (Dexon, Illinois) (FCI)
34. 359.8 (163.2)	2.72X	Al Hart/39 7/8/78 (355.0 lb., no BP shirt, later weighed 359.75 lb.) (Los Angeles, CA?) (USPF)
35. 359.4 (163.0)	*2.75X	Christian "Isaac" Nunez/92 8/31/10 (163.0 kg. @ 59.3 kg.) (Czech Republic, Pilsen) (USAPL/IPF)
36. 358.3 (162.5)	*2.72X	Annais Covington/60 6/1/85 (162.5 kg. @ 59.7 kg.) (Arlington, Virginia) (USPF)
37. 358.3 (162.5)	*2.71X	Rex McLaren/62 6/23/07 (162.5 kg. @ 60.0 kg.) (Neenah, Wisconsin) (USAPL)
38. 357.5 (162.2)	2.70X	Jim Caraway 11/28/87 (357.5 lb.) (Denton, Texas) (APF/WPC/WBC)
39. 355.0 (161.0)	2.68X	P. Lorenzetti 9/14/91 (355.0 lb.) (Womelsdorf, Pennsylvania) (APA)
40. 352.7 (160.0)	*2.67X	Lamar Gant/57 11/7/80 (160.0 kg. @ 60.0 kg., without a bench press shirt.) (Arlington, Texas) (USPF/IPF)
41. 352.7 (160.0)	2.67X	Marc Morishige 9/14/96 (160.0 kg.) (Portland, Oregon) (USPF)
42. 352.7 (160.0)	*2.67X	Steve Petrencek/68 9/17/05 (160.0 kg. @ 59.98 kg.) (Maryland Heights, Missouri) (USAPL/IPF)
43. 350.0 (158.8)	*2.80X	Mark Ferrera 4/26/86 (350.0 lb. @ 125.0 lb.) (Lakeland, Florida) (NSM)
44. 350.0 (158.8)	2.65X	Jose Perez/60 11/28/87 (350.0 lb.) (Denton, Texas) (APF/WPC/WBC)
45. 350.0 (158.8)	2.65X	Joe Scalzo/60 7/14/91 (350.0 lb.) (Lockport, New York) (USPF)
46. 350.0 (158.8)	2.65X	Roger "Red" Sandoval/71 8/1/92 (350.0 lb.) (Brownsville, Texas) (NSM)
47. 350.0 (158.8)	2.65X	Glen McGowan 4/23/94 (350.0 lb.) (Des Moines, Iowa) (ADFP)
48. 347.2 (157.5)	2.63X	Phil Trujillo/49 11/3/77 (157.5 kg., without a bench press shirt.) (Perth, Australia) (AAU/IPF)
49. 347.2 (157.5)	2.63X	Claude Handsor/62 6/27/82 (157.5 kg., without a bench press shirt.) (London, Ontario) (NSM)
50. 347.2 (157.5)	2.63X	Annais Covington/60 12/17/83 (157.5 kg., no BP shirt.) (N. Miami Beach, FL) (USPF/IPF)

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

Records accurate as to my knowledge.



Dustin Hanson is one of the elites in the 132 class, with his 402 bench press



Doug Ortiz was one of a parade of great bench pressers in the lighter weight classes from Hawaii



Phil Trujillo won at the 1977 Senior Nationals and lifted in the IPF Worlds held in Australia

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	402.3	(182.5) *3.04X	Tina Rinehart/68 3/6/04 (182.5 kg. @ 60.0 kg. First woman to triple bwt.) (Columbus, OH) (WPO)
2.	369.3	(167.5) *2.84X	Janet Faraone/67 1/10/09 (167.5 kg. @ 58.9 kg.) (Montreal, Quebec, Canada) (WPC)
3.	340.0	(154.2) *2.60X	Amy Weisberger/65 1/27/07 (340.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
4.	330.7	(150.0) *2.54X	Gundula von Bachhaus-Fiona/81 11/5/08 (150.0 kg. @ 59.16 kg.) (Saint John's, Canada) (IPF)
5.	330.7	(150.0) *2.51X	Mari Asp/75 12/11/10 (150.0 kg. @ 132.0 lb.) (Camp Pendleton, California) (USPA)
6.	330.7	(150.0) *2.51X	Jennifer Thompson/73 5/21/11 (150.0 kg. @ 59.7 kg.) (Atlanta, Georgia) (USAPL/IPF)
7.	330.0	(149.7) 2.49X	Christina Williams/66 5/30/09 (330.0 lb.) (Circleville, Ohio) (UPA)
8.	325.2	(147.5) *2.47X	Kara Bohigian-Smith/75 3/15/08 (147.5 kg. @ 59.6 kg.) (Rainbow City, Alabama) (APF)
9.	319.7	(145.0) *2.42X	Jerri Lynn Lippert/73 11/16/01 (145.0 kg. @ 132.25 lb.) (Reno, Nevada) (WABDL)
10.	310.0	(140.6) *2.36X	Natalie Carr-Harrington/83 8/20/11 (310.0 lb. @ 131.4 lb.) (Covington, Kentucky) (SPF)
11.	308.6	(140.0) 2.33X	Rachel Mathias/60 8/21/94 (140.0 kg.) (Zionsville, Indiana) (USPF)
12.	308.6	(140.0) *2.34X	Bettina Altizer/62 1/31/04 (140.0 kg. @ 59.8 kg.) (Omaha, Nebraska) (USAPL/IPF)
13.	303.1	(137.5) *2.30X	Jennifer Robertson/80 9/11/04 (137.5 kg. @ 59.7 kg.) (Killeen, Texas) (USAPL)
14.	302.5	(137.2) *2.30X	Anna Blakely 12/11/93 (302.5 lb. @ 131.5 lb.) (Port Charlotte, Florida) (APA/WPA)
15.	300.9	(136.5) *2.28X	Jennifer Thompson/73 3/2/12 (136.5 kg. @ 59.8 kg., no BP shirt.) (Columbus, OH) (USAPL/IPF)
16.	292.1	(132.5) 2.21X	Natalie Sines/72 3/19/11 (132.5 kg.) (Romulus, Michigan) (APF)
17.	290.0	(131.5) *2.20X	Bianca Stone/64 12/6/08 (290.0 lb. @ 59.8 kg.) (Murfreesboro, Tennessee) (SPF)
18.	286.6	(130.0) *2.19X	Jalena Bennett/84 5/30/08 (130.0 kg. @ 131.0 lb.) (Omaha, Nebraska) (APF/WPC)
19.	285.0	(129.3) *2.19X	Jenny Burkey/70 12/15/07 (285.0 lb. @ 130.0 lb.) (Lake George, New York) (APF)
20.	281.1	(127.5) 2.13X	Heena Patel/72 5/16/09 (127.5 kg.) (Denver, Colorado) (NASA)
21.	270.1	(122.5) *2.09X	Jill Darling/78 8/24/02 (122.5 kg. @ 58.6 kg.) (Bedford Heights, Ohio) (USAPL)
22.	270.1	(122.5) *2.06X	Mia Howard/70 9/17/11 (122.5 kg. @ 131.0 lb.) (Las Vegas, Nevada) (USPA)
23.	265.7	(120.5) *2.08X	Koley Hockeborn/60 9/3/11 (120.5 kg. @ 57.8 kg.) (Orlando, Florida) (USAPL/IPF)
24.	265.0	(120.2) 2.00X	Ashley Boyce/61-04 12/13/97 (265.0 lb.) (New Holland, Pennsylvania) (NSM)
25.	265.0	(120.2) 2.00X	Jodi Teter 6/25/99 (265.0 lb.) (York, Pennsylvania) (IPA)
26.	265.0	(120.2) *2.03X	Jules Furniss/83 11/23/08 (265.0 lb. @ 130.7 lb.) (York, Pennsylvania) (IPA)
27.	265.0	(120.2) *2.00X	John Poplin/69 6/25/11 (265.0 lb. @ 132.2 lb.) (York, Pennsylvania) (IPA)
28.	264.6	(120.0) 2.00X	Vanessa Schwenker-Ware/63 11/6/97 (120.0 kg.) (Blackpool, England) (APF/WPC)
29.	264.6	(120.0) 2.00X	Beth Thomas 3/19/11 (120.0 kg.) (Romulus, Michigan) (AAPF)
30.	253.5	(115.0) 1.92X	Mariah Liggett/58 11/25/88 (115.0 kg.) (Johannesburg, South Africa) (APF/WPC)
31.	253.5	(115.0) *1.96X	Julia Kaufman-Ladewski/80 4/19/08 (115.0 kg. @ 58.6 kg.) (Columbus, Ohio) (UPA)
32.	250.0	(113.4) 1.89X	Marla Swiatek 8/3/96 (250.0 lb.) (Dunkirk, New York) (NSM)
33.	249.1	(113.0) *1.97X	Janice Roge/58 11/4/90 (113.0 kg. @ 126.5 lb.) (San Francisco, California) (USPF)
34.	248.0	(112.5) *1.88X	Vicky Steenrod/49 1/26/85 (112.5 kg. @ 59.9 kg.) (Boston, Massachusetts) (USPF)
35.	248.0	(112.5) 1.88X	Mary Ellen Jerumbo-Warman/58 10/27/95 (112.5 kg.) (Columbus, Ohio) (APF/WPC)
36.	248.0	(112.5) *1.96X	Carrie Boudreau/67 7/11/97 (112.5 kg. @ 57.3 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
37.	248.0	(112.5) 1.88X	Amy Hughes/68 7/30/99 (112.5 kg.) (Bend, Oregon) (WABDL)
38.	248.0	(112.5) *1.88X	Alexandra Wawrzynski 6/16/07 (112.5 kg. @ 59.95 kg.) (Concord, California) (UPA)
39.	248.0	(112.5) *2.00X	Margaret Kirkland/63 12/1/07 (112.5 kg. @ 56.2 kg.) (Jacksonville, Florida) (AAPF)
40.	248.0	(112.5) *1.88X	Helen Sauer/52 8/30/08 (112.5 kg. @ 59.9 kg.) (Charlotte, North Carolina) (USAPL/IPF)
41.	248.0	(112.5) *1.88X	Beth LaPierre/79 11/15/08 (112.5 kg. @ 59.8 kg.) (Kalamazoo, Michigan) (AAPF)
42.	245.0	(111.1) *1.96X	Brenda Tarver 7/6/91 (245.0 lb. @ 124.75 lb.) (Baton Rouge, Louisiana) (USPF)
43.	245.0	(111.1) 1.85X	Traci Arnold-Tate 6/25/99 (245.0 lb.) (York, Pennsylvania) (IPA)
44.	245.0	(111.1) 1.85X	Olga Estrada 1/24/09 (245.0 lb.) (Medina Valley, Texas) (THSWPA)
45.	242.5	(110.0) *1.85X	Judith Averbach/60 2/1/86 (110.0 kg. @ 59.3 kg., no BP shirt.) (Salt Lake City, Utah) (USPF/IPF)
46.	242.5	(110.0) 1.83X	Andrea Raider 6/17/89 (110.0 kg.) (Houston, Texas) (USPF)
47.	242.5	(110.0) 1.83X	Juli Field 3/7/92 (110.0 kg.) (Asheboro, North Carolina) (USPF)
48.	242.5	(110.0) *1.92X	Teale Magierek-Adelmann/71 8/14/04 (110.0 kg. @ 126.6 lb.) (Oklahoma City, Oklahoma) (NASA)
49.	242.5	(110.0) 1.83X	Sandy Gomez-Leon 11/11/04 (110.0 kg.) (Reno, Nevada) (WABDL)
50.	242.5	(110.0) *1.83X	Jeanne Watts/67 3/18/06 (110.0 kg. @ 132.2 lb.) (Monterey, California) (WABDL)

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



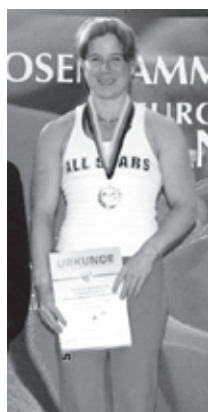
Kara Bohigian-Smith readies for a massive bench press attempt at the 2006 Fit Expo in CA



Bettina Altizer has been a sensational bench presser since the early '90s at the ADFPA Women's Nats



Teale Adelmann positioning herself for a big bench at the 2011 Fit Expo event at the LA Convention Center



Gundula Fiona von Bachhaus lives in and competes for Germany but is actually a dual American citizen



Jennifer Thompson with her sensational 301 raw BP at the Arnold Classic this year (D. Thompson photo)



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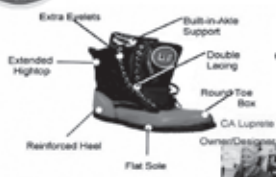
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Ian Bell

interview by Tom Eiseman

photos by Sabine Al-Zobaidi



Ian, it is my pleasure and an honor to get to know you and share your story with the world! Congratulations on all your amazing feats of strength and accomplishments so far!

You scored over 236 Wilks points on your 810 deadlift and that is 13 points higher than anyone before last year's competition! I'd venture to say you are the only teenager under 200 pounds to lift over 800. How did it feel to lift 810 at the GNC Pro Deadlift Contest at the Arnold Sports Festival—which is one of the most renowned deadlift competitions in the world—and win it again for the second time consecutively?

It was an unexplainable feeling. I've been waiting to break the 800 barrier ever since I pulled 788, so pulling 810 was definitely satisfying and exhilarating.

Last year was the first time you lifted at the GNC Pro Deadlift Contest at the Arnold Sports Festival; you won with your third attempt of 788! You needed to pull 788 to edge out Dan Williams. It seemed you weren't planning on going that high, but you needed 788 to win. Two questions: first, talk us through your attempts last year and second, what numbers were you planning on before the contest?

We started with 711, and it never felt so easy in my life. We then jumped to around 750 and it just flew up. By then we knew that we could pull what we needed to pull that day to win. I had no idea what place I was in after my second attempt, I just knew that I was close. However, my dad and Tony Cardella knew exactly where I was at and thanks to Tony and his Wilks cheat sheet, they knew exactly what I needed to pull. Going up to my third attempt I didn't even know what was on the bar until the announcer said it. I walked up, pulled, grinded out those last couple of inches, and locked it out. Before the meet, my dad and I had planned the first two attempts, and the last pull would be decided on how I was feeling, and whether I was in contention or not. Luckily, what I needed to pull was all I could pull that day.

You caught my attention years ago when you started lifting close to 700-pound deadlifts at 16 years of age. You seem to keep getting stronger and stronger at a fast clip. What does your routine look like? Is it the same all year and has it changed much? If so, in what ways since you began?

I do an eight week progression cycle with the first week starting at 65-percent and the last week ending at around 93–95-percent. The first three weeks are usually raw, the next two are with straps down, and the last three are fully equipped. Other than that I train raw.





Ian Bell competing in the GNC Pro Deadlift Contest at the Arnold Sports Festival (Sabine Al-Zobaidi photos)





Do you follow a strict diet and do you use any nutritional supplements?

I wouldn't call it a strict diet, but I know what is good for me to eat and I usually incorporate it. I currently use Con-cret pre-workout and creatine and some regular protein powder.

What are some of the things that you do, beyond your routine, that you consider key to your success?

I have a pushing sled and a pulling sled that I like to use on my off days to get my cardio in and help build my explosiveness. Flipping tires is always fun too.

How did you develop the technique you use in the deadlift and how is your conventional deadlift?

All of my technique has come from my father. To fix my weaknesses, I started recording myself to see where the bar slowed down the most. Thanks to some awesome opinions and suggestions, I was able to correct these weaknesses and I felt it in my last deadlift. I work my conventional every time I pull, but it is definitely not as strong as my sumo. I can probably pull around mid-500s to 600 raw, conventional.

What are some of the strategic points that you go over in setting up to pull?

Make sure your feet and hands are even, don't spend too much time in the hole, keep your butt down, don't stop pulling.

What kind of gear do you wear? Knee sleeves, suit, shoes and wrist wraps?

Titan Super Velocity deadlift suit, Titan knee sleeves, Titan RPM wrist wraps, erector shirt, and wrestling shoes.

You are great at all three lifts. You are coached by your father, Gene Bell, one of the all-time greats. When did you start lifting and what were your lifts the first time you tried powerlifting?

I started when I was twelve at a little meet in Killeen with just a loose squat suit, a pair of knee wraps, and a belt. My numbers were

around 320, 150, 325.

You currently go to college? Where do you go and what are you studying?

I attend the University of Texas at Austin and I'm studying psychology with a minor in biology.

Do you have any other special interests or hobbies?

Anything to do with sports, music, video games, and museums.

How many people in your immediate family?

I'm an only child, so it's just mom, dad, and me.

Tell us a bit about your father and other people in your family that have been influential in your life.

Contrary to what people might think, my dad didn't push me into powerlifting. I was involved in various sports when I was younger and made the decision to powerlift on my own, and that's one of the reasons I love it so much today. However, if it wasn't for my father I wouldn't be the lifter—and more importantly the young man—I am today. He has taught me how to maintain composure on the platform, work hard in the gym, and stay humble with success. My mom has taught me not to be complacent, to push myself beyond my boundaries, and to balance my life between lifting and school. Without these two, I don't know where I would be today.

Did you ever miss any goals you set or otherwise have a bad day in training? If so, what did you do to overcome it? In other words, how do you deal with adversity?

I remember my third meet I only got one attempt in each lift and I frustrated myself almost to tears. Afterwards, I remember sitting down in the lobby and telling myself that I will never get that frustrated at a meet again. So at meets I have a short memory with lifts. If it's a good lift you move on; a bad lift, you still have to move on. I understand that you won't reach every goal that you set in life, and not every day is going to be your best. When this happens you have to sit back and look at the whole picture

and see what you did wrong and what you did right, and learn from the experience

List some of your accomplishments in powerlifting and outside powerlifting and please brag.

- 2009 and 2010 THSPA State Champion
- 4 THSPA State Records in 2 weight classes
- 2010 USAPL Teen National Champion
- 2010 IPF Sub-Junior World Champion
- 7 USAPL American Records over 3 weight classes and 4 age divisions
- IPF Sub-Junior World Record Holder
- 2x GNC Pro Deadlift Champion
- 2011 USAPL Collegiate National Champion
- 2011 NAPF Junior Champion
- 2010 2nd Team Academic All-State (football)
- Graduated top 10% of my class

What advice do you give to anyone trying to accomplish their goals and become a champion?

Don't be content with who you are today—always strive to be better.

What's next and what are some of your longer term goals?

Collegiate Nationals, Men's Nationals, North American Championships, hopefully Open Worlds, and if that happens, hopefully the 2013 World Games. Going to the World Games has been one of my long-term goals along with totaling 2,000, winning an Open World title, and pulling over 900.

Who would you like to thank?

I'd like to thank my football coaches at Converse Judson High School, my coach at New Braunfels Canyon High School John Mitchell, all of my Bell Power Systems and UT teammates, USAPL and IPF for giving me a place to compete at the highest level, and lastly to all of my friends and family who have supported me throughout my career.

Thank you, Ian, and I look forward to seeing you continue to stretch the imagination. You are an exemplary powerlifter and young man! ☺



The owners of Mana Barbell (L-R): Justin Pascual, Jonathon Bareng, Donna Bareng (with Jahna Bareng on the way), Darren Matsumoto and Leonetta Richardson

#117

LAST MONTH WE LEARNED THAT DRINKING MOUSE URINE MAKES YOU STRONGER, AND SHEEP CAN USUALLY READ BETTER THAN POWERLIFTERS WHEN THEY RECEIVE EQUALS SCHOOLING.

Or maybe we learned that it doesn't matter what I type because most of you can't read anyway. Color this page with your best blue crayon, and mail it to HOUSE OF PAIN for a free photo of a USAPL lifter taking a drug test.

The handful of you who aren't already digging in the couch for blue crayons know that we met the guys from the Twin City Powerlifting Club, near the border on PA and NJ. I promised we would go West this month, and the farthest West I can imagine is Hawaii! Years ago we had an HOP employee named Steve Mudd, and he recorded a song about 'coconut-clad women' from Hawaii. It was the worst song ever, and I don't know why I mention it here, except to ask how many of you remember Steve Mudd?

Back to Hawaii. The first news from our Hawaiian Gym (# 117), came to Mike Lambert, as usual, because 'coconut-clad women' cannot read the info at the end of each article where I list my email address. But skinny weak dudes can read, while the Hawaiians can SQUAT, so I bow to these islanders. Mike forwarded the following email to me:

Aloha Mike! I wanted to share with you that Team MANA finally has a fully equipped strength training gym in Honolulu, HI, called MANA Barbell. It is 2,200 sq. ft. warehouse located on 1318A Hart St., Honolulu, HI 96817. We had our gym blessing on December 31, 2011, and Grant Higa was there—he was on vacation in Hawaii—and had a training session at our gym and shot some video (how cool is that!).

We have:

- Elite FTS monolift with safety chains
- 2 ER combo racks with safety racks
- Eleiko bar, weights and collars
- Ivanko bar and weights
- Rouge multi-purpose combo rack (bands can be attached from top or bottom positions)
- Full line of strongman equipment (yokes, kegs, sleds, tires, axle bar, bumper plates, farmers walk, logs, stones, etc.)
- Glute Ham raise and Reverse Hyper
- Boxes, chains, bands
- Safety squat bar, bamboo bar, cambered rack-able squat bar and fat bar. (Wow, we have a PVC bar, but an authentic bamboo bar from Hawaii would be ultra-cool. Way jealous! RB)

We kicked off the year with a pound for pound squat-only competition on January 21, 2012, at our new facility. Owners are myself, Darren Matsumoto, Justin Pascual, and Jon and Donna Bareng. (That got my full attention; a



Nestor Bagayas, another owner and team member at Mana Barbell

MANA BARBELL

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

squat-only contest is about as rare as a skinny powerlifter! RB)

Our elite members are:

- Anthony Harris: he is currently deployed for one year, but when he gets back he will be training at MANA Barbell.
- Darren Matsumoto: 1,631 total at 160 (47 years old).
- Jon Bareng: 1,455 total at 132 (11-times body weight and, please correct me if I'm wrong, but I believe he is the only person from Hawaii to have an 11-times body weight total) (28 years old). (*Readers: do any of you know of another? RB*)
- Ren Yamashita: 909 total at 114 (21 years old).
- Stephanie Powell: 303 raw squat, and 402 raw deadlift at 148, in her first full meet 2011 IPL Worlds (24 years old).
- Brittany Pryor: 413 raw squat (2011 IPL worlds), 303 raw bench and 501 raw deadlift (USPA push/pull) at 198-plus. She will also be going to the Olympic trials this summer for throwing. She came to us from New York and was an all-American thrower from Virginia Tech (25 yrs old).

We also have a lot of up and coming lifters with decent totals! Now that they have a gym that fully supports their needs, we hope to have much improved totals for 2012. Just wanted to thank you for all that you do for powerlifting, and especially for never forgetting about us islanders. We are doing our best to keep Hawaii strong and competitive!!!

Aloha, Leo

In fairness, I should remind you that she is thanking Mike Lambert in the note above—not me. Her responses below are directed to me. When I followed up with Leo, I mentioned a recent trip to Hawaii, and asked about training there. RB

Aloha, Rick. Yes, we have a hardcore gym in Hawaii (finally!!!). We just opened our doors on January 2, 2012, so when you were here, we were “in the making.” I am one of five owners and I handle all the public relations and the website—I’m the webmistress, as my team says. I will definitely get photos out to you tonight. (*Webmistress sounds really kinky, but I say that will all due respect and admiration! RB*)

We kicked off the new year with a pound-for-pound squat-only meet on January 21st, 2012, and we’re following up by hosting our annual USPA (formerly USPF) Hawaii State Championships in April (4 of the 5 owners are USPA judges). We love squatting at MANA Barbell and on our record board we have one of your shirt sayings, “Heavy Squats Fix Everything!” (*I love it; that is a classic HOUSE OF PAIN t-shirt! RB*) We really appreciate this opportunity! Also, we would love to promote HOUSE OF PAIN and we can also add a link on



Jonathon Bareng (photos courtesy of Mana team member Aaron Mizushima)



Leonetta Richardson squatting with Justin Pascual spotting

MANA BARBELL »



Jonathon Bareng

our website: www.teammana.net.

Thank you again, Leo

In response, I basically gushed and grinned like a junior-high girl at the school dance because of my awe for their 'squat-only meet!' I also asked for squat-meet results. RB

Aloha, Rick. Hope all is well! I have attached the meet results of our squat-only meet as you requested. Of particular note is my team member Susan Salazar, IFBB Pro Figure. She participated in our squat-only meet and lifted 270 raw (no knee wraps) at 127 body weight and it was easy. She is five weeks out from the first ever IFBB Women's Physique show, Desert Muscle Classic on February 25, 2012, in Mesa, AZ. She is a U.S. Navy veteran having served six years as corpsman. Beauty, brains and brawn! I have attached a picture of her—she has that House of Pain look!

Have a great day, Leo

First of all, Susan Salazar is beautiful—look for her in future HOP ads and banners! Hats off to her for lifting heavy in the meet, even though she is training for the IFBB Physique Show. RB

There were ten lifters in this First Annual MANA Barbell Squat-Only contest. The meet was directed by Darren Matsumoto, who is a USPA national judge and executive committee member. Of course, Darren is also a USPA lifter. The equipment used in the meet was ER Combo Rack with Eleiko Bar, weights, and collars. First place winners got trophies and \$50, while second place got medals and THP wraps. The meet was held on January 21st. Full meet results are below.

OPEN WOMEN:

- Leonetta Richardson: (158 lb.) 430 lb./195 kg. SQ (Wilks Score 190.9)
- Susan Salazar: (raw at 127.2lb.) 270 lb./122.5 kg. SQ (Wilks 140.8)
- Shani Alvarado: (170.6 lb.) 331 lb./150 kg. SQ (Wilks 139.9)

MEN UP TO 200 LB. BW:

- Chris Dela Cruz: (197.6 lb.) 579 lb./262.5 kg. (Wilks 167.9)
- Joey Cadiz: (180.6 lb.) 501 lb./227.5 kg. SQ (Wilks 153.0)
- Deron Agaran: (raw at 171.2 lb.) 380 lb./172.5 kg. SQ (Wilks 120.0)
- Nestor Bagayas: (193.4 lb.) 364 lb./165 kg. SQ (Wilks 106.7)
- Jon Bareng: (156.2 lb.) DQ

MEN OVER 200 LB. BW:

- Nathan Olaiver: (215.2 lb.) 634 lb./287.5 kg. SQ (Wilks 176.7)
- Aaron Mizushima: (raw at 273.6 lb.) 672 lb./305 kg. SQ (Wilks 174.0)

These girls and guys know SQUAT! If any of you readers know about other squat only meets, please email the info to me. Very cool! But where were all the big sumo-islanders I see in

Hawaii? Why didn't they lift? The heaviest guy at this meet weighed only 274 pounds!? Next time I see results on this SQUAT-ONLY meet, I wanna see some lifters in the 400-pound body weight range!

Also thanks to Leo and her friends at MANA BARBELL for hooking the Hawaiian powerlifters up with a place to train! I still wish we had a real piece of Hawaiian bamboo here at HOUSE OF PAIN—that is way cooler than stateside sticks or PVC. Next time I go to Hawaii, I am def training with these dudes. If you go to Honolulu, go tell 'em hey at:

Mana Barbell
1318A Hart St., Honolulu, HI 96817
Phone: 808.256.7273
www.teammana.net

Next month, it's back to the mainland. Until then, keep coloring, and don't eat the crayons. Email your colored pictures to: rick@houseof-pain.com. <<



Darren Matsumoto



Ed Manmano



Chad Kurian is ready to go the distance during the Hussefeldt Carry (photos courtesy Scott DePanfilis)



1st place winner, Adam "Big Country" Scherr, takes the 250 lb. sand bag for a ride during the Medley





Steve Schmidt, 4th overall, pulling 11 reps for the 800 lb. car deadlift



THE AMATEUR WORLD STRONGMAN CHAMPIONSHIPS

AT THE ARNOLD SPORTS FESTIVAL // BY SCOTT DePANFILIS

On March 1st, 2012 we packed up the camera and camcorder and headed to Columbus, Ohio, to the 24th Annual Arnold Sports Festival. This four day fitness expo, which takes place inside the Greater Columbus Convention Center, is by far the largest gathering of its kind and still growing. I remember going to the first Arnold Classic in 1989, which was won by Rich Gaspari. How ironic that Gaspari now owns his own successful sports supplement line and is featured along with 700 other sports nutrition and equipment companies at the Arnold Fitness Expo, which is viewed by over 180,000 attendees.

Matt Lorz runs the Arnold Sports Festival Media Relations and sent out a schedule, which allowed us to see the U.S. Olympic Team Trials, National Championships, and the American Invitational Powerlifting Championships, but for this article I'll be focusing on the Arnold Amateur World Strongman Championships, operated by the American Strongman Corporation NAS/ACS. This strongman championship featured 50 of the world's best amateur strongmen from about 18 countries. I've been following the strongman scene since 1997, and organizing an event of this caliber is no easy task. However, this strongman championship had a group of volunteers and score keepers that were mostly comprised of experienced professional and amateur competitors that are passionate about strongman.

The event co-chairs were Dione Wessels, ASC & NAS-CEO, and Mike Johnston, ASC VP. Both have years of powerlifting/strongman competitive experience to get the job done. Dione expedited the scores, and never stopped all day. And Mike was a wicked informative MC, which seems to come natural even in front of thousands of spectators. The "Great One," Bill Kazmaier, was also on hand to provide some colorful commentary and amazing strongman stories.

We were impressed by the level of skill and showmanship. These guys addressed the crowd after each incredible performance, which generated even more cheering and applause. There were strongmen of all shapes and sizes which made me wonder if this created an unfair advantage. How would a shorter competitor fare against other giants exceeding 350-405 plus body weights. At the state level, athletes compete in sub-divisions of weight classes, but there are also Teen, Master, Police, Fire and Military.

"NAS offers six different weight classes within two weight class divisions. NAS/ASC has the only amateur to pro system currently in the world. NAS sanctions an average of 130 amateur contests per year."

The Lightweight Division includes weight classes 175, 200 and 231 and the Heavyweight

Division includes weight classes 265, 300 and SHW. At the Arnold Amateur World Strongman Championships, every athlete is lifting or moving the same equipment and I was surprised to see several shorter strongman competitors outpacing much larger competitors. Truly we were witnessing technique over brawn in most of the events, which challenged the audience and made for a compelling show of strength.

Here is the list of competitors that qualified for the 2012 Arnold Amateur World Strongman:

- Khomsi Abbes (Algeria)
- Kiryl Mohai Zsabo (Belarus)
- Zdravco Zanev (Bulgaria)
- Simon Boudreau (Canada)
- Paul Vaillancourt (Canada)
- Lance Lavalle (Canada)
- Luke Skaarup (Canada)
- Jonathan Wade (Canada)
- Jarno Jokinen (Finland)
- Lauri Nami (Estonia)
- Lloyd Renals (Great Britain)
- Michael Woods (Great Britain)
- Sean O'Hagan (Great Britain)
- Kenneth Nowicki (Great Britain)
- Csorda Laszlo (Hungary)
- Jonathan Kelly (Ireland)
- Paul Roberts (Ireland)
- Ivars Kazelinks (Latvia)
- Ole Martin Hansen (Norway)
- Bjorn Andre Salvang (Norway)
- Bartlomiej Bak (Poland)
- Michel Kopacki (Poland)
- Mateusz Ostaszewski (Poland)
- Simon Boudreau (Quebec)
- Mikhail Shivylyakov (Russia)
- Vladimir Kalinichienko (Russia)
- Alexander Lysenko (Russia)
- Ryan Ng (Singapore)
- Juan Heredia (Spain)
- Carlos Gerona (Spain)
- Oleksandr Lashyn (Ukraine)
- Derek Devaughan (United States)
- John Posen (United States)
- Justin Blake (United States)
- Dimitar Savatinov (United States)
- Jacob Bodi (United States)
- Steve Schmidt (United States)
- David Bourgeois (United States)
- Grzegorz Kurowski (United States)
- Ian Darr (United States)
- Robert Oberst (United States)
- AJ Frieda (United States)
- Jacob Miskimens (United States)
- Ron Shock (United States)
- Eric Dawson (United States)
- Zack McCarley (United States)
- Alan Colley (United States)
- Brad Ardrey (United States)
- Chad Robison (United States)
- Michael Mastell (United States)



ARNOLD STRONGMEN »

- Chad Kurian (United States)
- Adam Scherr (United States)
- Tomas Rodriguez (United States)
- Nico Jansen Van Rensburg (Zambia)

Four strongman events were scheduled for Friday, and two for Sunday. The top ten athletes on Friday went on to compete Sunday on the main stage of the expo. The main stage had to be reinforced to accommodate these events several years ago, not to mention for the 800 to 1,000 pounds Arnold Bench Press Championships.

The first event on Friday was the Log Clean and Press for reps (320 pounds/147 kilos), a 60 second timed event, sponsored by BIGG DOGG STRONGG Strength Equipment. To accommodate the fifty competitors, four individual station/platforms were set up, two score keepers/judges per station, a time keeper and over a dozen side spotters. Expeditors and a table of score keepers worked diligently to move the event along. I witnessed several different log pressing styles, but what seemed to work the best was the drop squat, not the split of lowering the body under the barbell. During the initial pull from the floor, the athletes rested the log across the top of their thighs for a split second before rolling the massive weight up onto their upper chest, and then finally pressing overhead. The drop squat style appeared to be more efficient, but there were other gargantuan athletes doing a modified military press with little hip movement. At 320 pounds, I was astonished watching these athletes press reps overhead, especially competitors who weighed a lot less than the steal log apparatus, like the remarkable Michael Mastell. Check out his strongman videos online. These guys are just freaking strong!

The highest reps for the Log Clean and Press was seven. Top performances came from Shivyakov Mikhail (Russia), Bartlomiej Bak (Poland), and Bjorn Andre Solvang (Norway). Two more competitors, Lauri Nami (Estonia) and Dimitar Savatinov (United States) pressed six reps.

The second event, the Iron Mind sponsored Yoke Walk, Sandbag and Farmers Medley for 50 feet each implement (850 pound yoke/431 kilos, 200 pound Sandbag, 350 pound farmers) was quickly assembled. An eager audience grew in capacity. I like watching the Medley; it really showcases athleticism, coordination, speed, explosive strength and intelligence through fast decision making among other things. As the strongmen began warming up I began comparing each and every one of them. Standouts were Adam "Big Country" Scherr, Mikhail Shivyakov, Tomas Rodriguez, Jacob Bodi, and Luke Skaarup. I was taking notes of who looked to be the strongest for this report. Some walked with the 850 pound Yoke, while others simply ran with it, like stand-out Adam Scherr. In fact, the Euro strongman camera crew and reporters were following his progress throughout the day.

If you do follow American Strongman, Adam Scherr recently earned his ASC pro strongman card by winning the NAS US Amateur National Championships on November 5, 2011. He was allowed to compete as an amateur for the Arnold because he had not competed in any

pro strongman events leading up to the Arnold Amateur World Strongman Championships.

This, again, was a timed event for those that could complete the course. First place went to Derek DeVaughan (United States) with a 29.7 second time. Former NFL football player, Tomas Rodriguez completed the course in 31.73 seconds to take second place. What a powerful and fast athlete! A close third was the colossal Adam "Big Country" Scherr. His time was 31.97 seconds, competing in the final heat with Derek DeVaughan, but lost his grip during the Farmers Walk and Derek just walked right past him crossing the finish line. Adam's Wildman hair and beard reminded me of those Norse warriors called Berserkers because they worked themselves into a rage before battle. Fourth place went to Brad Ardey (United States) with a 33.3 second time. It was critical to cross that finish line to stop the time keeper. I watched one competitor drop the heavy Farmer's walk apparatus inches before the finish line; he just lost grip. He eventually made it past, but talk about the agony of defeat.

The third strongman event on Friday was the Ricart Automotive sponsored Side Handle Car Deadlift for Reps with a Ford Focus. The full weight of a Focus is around 2,907 pounds, so lifting the back end with the handle car deadlift apparatus put the event roughly at 650-750 pounds, give or take 50 pounds. That's my best estimate, and by the look on many of the contenders faces, I'd say closer to 800 pounds. Once again, four lifting stations were in place to move the event along and keep it competitive. The strongmen were allowed to wear straps, and some even wore squat suits, while others pulled raw. Full gear, hell-yeah, especially if there's no ruling against it. With hands covered in chalk, and wrist straps tightly wrapped around the deadlift bar, the whistle blew and four competitors began deadlifting the automobile up and down. This was a shorter man's event or for those with shorter stocky legs and long arms. The taller competitors took off their shoes to get closer to the deadlift handles, but there's that one spot that causes trouble for the 6-foot-3 to 6-foot-5 strongmen. It's about one-third up the shins and having to start from that position is close to impossible. Having said that, the people's champ, Adam "Big Country" Scherr, ended up with 16 reps to take the win. Chad Kurian (USA) and Dimitar Savatinov both pulled 15 reps. Mikhail Shivyakov (Russia) pulled 14 reps. He reminded me of Ivan Drago in Rocky Four because he was wearing his army uniform while competing; it was cool. Four other competitors pulled 13 reps, Canada's Luke Skaarup, USA's Tomas Rodriguez and Ron Shock, Canada's Simon Boudreau, and Great Britain's Michael Woods.

The final event on Friday was the Bigg Dogg Strongg Hussefeldt Carry max distance (400 pounds/181 kilos). This is a tough event because most of these guys are sporting an athletic belly, and getting their massive arms around the apparatus is a challenge in itself. Having to lift 400 pounds off the floor and then walk for distance is no easy task, especially if you can't see where you are going because the

Eric Dawson pressing the 320 lb. log for reps



Tomas Rodriguez was fast and strong, and took 3rd place overall





Strongmen make a fine group of score keepers and spotters



Adam Scherr asks crowd, "Do you want to see one more stone lift?!"



Alan Colley with the 320 lb. Log Press

ARNOLD STRONGMEN »

Hussfeldt blocks your view. Sounds like fun!

The subtotal scores allowed the higher scoring strongmen to rest and go last, which gave them the advantage to see who they needed to beat for distance. That strongman they needed to beat was Eric Dawson. Eric trains at TPS in Everett, MA. This guy is a monster, and we were expecting him to be in the top ten after Friday, and he was until the car deadlift for reps. Eric stands at 6-foot-5 and has the tools, strength and makings of a pro strongman, but as I mentioned earlier, being tall put him at a disadvantage during this deadlift event. Eric gave it his all, but ended up with no points. This final Hussfeldt carry probably wasn't going to help even if he won, but that didn't stop Eric Dawson from walking up and back nearly two times. He set the bar, and walked away a champion. First place once again was Adam "Big Country" Scherr. Adam went up and back twice, and then two-thirds of the way up again before the Hussfeldt came crashing down. Poland's Bartlomiej Bak took second place, and third place went to USA's Bodi Jacob. Bodi was consistent all day, and along with several other of the USA Team, made it into the top ten. Fourth place went to Finland's Jarno Jokinen. What a day!

Top Ten Official Scores after Friday:

1. Adam Scherr (USA) - 176.0
2. Mikhail Shivyakov (Russia) - 156.0
3. Chad Kurian (USA) - 144.5
4. Bak Bartlomiej (Poland) - 144.0
5. Kenneth Nowicki (Scotland) - 134.0
6. Luke Skaarup (Canada) - 133.0
7. Steve Schmidt (USA) - 130.0
8. Jacob Bodi (USA) - 130.0

9. Lauri Nami (Estonia) - 129.0
10. Tomas Rodriguez (USA) - 127.5

Sunday was the final two events for the Arnold Amateur World Strongman Championships. The center stage of the expo has showcased many amazing strength athletes over the years, it's no wonder why thousands of fans gather around the floor in order to see their favorite competitors up close and personal.

The first event was Odd Object Carry and Load Medley: four objects of varying weight and shape. This strength event may not have been as heavy as some of the rib cracking events on Friday, but you had to think fast on your feet, and it was a lot of fun to watch. Even the MC Mike Johnson kind of joked about going back stage to get heavier toys for these guys to lift. That is why this sport stays fresh—because the events constantly change and get heavier in some cases. The fastest time was set by Tomas Rodriguez. Second place went to Adam Scherr, third place went to Steve Schmidt and fourth place Mikhail Shivyakov. As each competitor watched the previous athlete, they quickly developed more efficient ways to move the objects. I thought that was smart.

The final event was the ASC Atlas Stone over the Bar for Reps: 75 second time limit 420 pound stone over 54 pound bar. It wasn't too long ago that a 380 pound stone lift for a single rep was considered a big deal, but now these guys are toying with 420 pound stones for reps. Wow! Bulging discs aside, this was a strong back exercise, and when it comes to strong backs, Adam Scherr was the man to beat. Check out his videos on *YouTube*. After

lifting the 420 pound Atlas Stone five times over the cross bar, he turned and yelled to the audience if they wanted to see more?! Yes they did, so Adam lifted the Atlas Stone one more time, which was two times more than Mikhail Shivyakov and Jacob Bodi—each lifted the Atlas Stone four times. Mikhail Shivyakov was in the same heat as Adam, but Adam stole the show. Mikhail gave Adam a salute for his victory. Tomas Rodriguez was only able to lift the Atlas Stone twice, but even if he won the event, he would still not be able to beat Adam Scherr. What an awesome weekend! This is the only time of the year we get to see all the world's strongest athletes. I think I'll be back!

First place winner Adam Scherr awarded an invitation to the 2013 Arnold Strongman Classic Pro. What a great charismatic representative for Team USA. I can't wait to see Adam compete at the American Strongman Nationals in New York City this July 21–22, and his first WSM competition—he's going to be a fan favorite! Thanks Dione, Mike, and Bill for keeping it real, and making this sport grow big and strong!

Top Ten Official Scores after Sunday:

1. Adam Scherr (USA) - 64.2
2. Mikhail Shivyakov (Russia) - 54.7
3. Tomas Rodriguez (USA) - 47.5
4. Steve Schmidt (USA) - 46.0
5. Jacob Bodi (USA) - 41.3
6. Bak Bartlomiej (Poland) - 39.8
7. Kenneth Nowicki (Scotland) - 38.8
8. Luke Skaarup (Canada) - 38.6
9. Chad Kurian (USA) - 37.9
10. Lauri Nami (Estonia) - 36.8 «

After the Atlas Stone, Mikhail Shivyakov salutes Adam Scherr



Canadian Luke Skaarup makes quick work during the Odd Object Carry and Load Medley, placing 8th overall



Michael Mastell pressing a 320 lb. log for reps



Jacob Bodi powered through the 850 lb. yoke and placed 5th overall



BURN UP TO 10 LB. OF BELLY

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

AN EXAMPLE 1 YEAR CLIENT SUCCESS PROFILE AND PLAN – PART 4

The sun is shining and your favorite shirts are overwhelmed by the size of your guns and torso. Looking downward for many strength athletes is a problem as the big beer belly is the only factor separating many from a great pool/beach physique in a lower weight class. The Rapid Fat Loss Power Plan is made up of several parts, but we begin with a simple two week program to build the foundation for future success by shifting the body to focusing on stored fat as a

primary fuel source. This is a one way ticket to rapid fat loss without sacrificing hard earned muscle or performance. Get all of the important factors going in the right direction and you can gain some muscle at the same time while improving your peak power over the long haul! This concept has worked extremely well for our maximal strength clientele—it's FAST while being very easy to execute.

YOU DO NOT NEED TO "DIET" FOREVER
Let's get this out in the open right up front.

Strength athletes do not like fat loss plans. They would rather eat huge quantities of whatever they want; we all know that has consequences that extend beyond high body fat levels, but also poor energy. In 12 weeks or less you can lose 20–40 pounds of body fat and return to a sensible way of eating moving forward. Maintaining a lower body fat level is much easier than it was to lose it, so think long term and man up! Furthermore, making strategic changes to your nutrition plan will increase your strength levels dramatically—guaranteed! Have no fear, as after



RAPID FAT LOSS POWER MEAL PLAN

This sample meal plan is for a 200-pound man

Protein: 1g per pound of lean body mass divided over your daily meals.

Carbohydrates: 25–50g for 14 days. Unlimited amount of green vegetable intake with every meal—the more the better to help with protein utilization and to keep you full.

Dietary Fat: .6g per pound of lean body weight. Absolutely no trans fats or fried foods.

BREAKFAST

ON THE GO:

- ⇒ Coffee or tea
- ⇒ 2–4 chicken or turkey sausages—great to eat on the go!
- ⇒ 1 cup strawberries, raspberries or blueberries
- ⇒ 3 Alpha Omega M3 and multi-vitamin

AMINO LOADING

MID MORNING:

- ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis Powder

LUNCH

- ⇒ 6–8 oz. chicken (no skin), turkey, fish, seafood, pork loin, buffalo
- ⇒ Large Salad with vegetables and 1 tablespoon of extra virgin olive oil

SNACK

MID AFTERNOON:

- ⇒ ½ cup raw nuts: almonds, cashews, brazils, pecans, etc.

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 mixed together into one drink

DINNER

30 TO 60 MINUTES AFTER TRAINING:

- ⇒ 6–8 oz. fish, seafood, chicken, buffalo, etc.
- ⇒ ½ cup beans, large salad, 2 cups vegetables
- ⇒ 1 tablespoon extra virgin olive oil or ½ avocado
- ⇒ 3 Alpha Omega M3

NIGHT SNACK

1 TO 2 HOURS BEFORE BED:

- ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis Powder

FAT FOREVER IN 14 DAYS OR LESS!



two weeks we will include Carb and Fat Loading Days so you can EAT BIG the right way while supporting your goals!

Our customized approach will vary based on client needs, such as training time, age, food sensitivities, stress levels, recovery rates and more. We examine feedback and progress to determine exactly what refinements need to be made. All are needing to focus on elements to drive the key factors below:

- Optimizing fat cell function to burn more stored fat as fuel forever
- Increase fat burning hormones while lowering fat storage hormones
- Boost fat burning enzymes
- Detoxify the system to eliminate cravings for bad food choices while improving energy

GETTING STARTED ON THE RIGHT TRACK

The hardest part about any fat loss endeavor is getting started in a way that will fuel consistency and bring quick results. In this article we will present the 14 day starting point for the Rapid Fat Loss Plan which is designed to accelerate fat loss while improving energy. We know how to effectively deal with the most common barriers to fat loss and sticking with a plan, such as low energy, cravings, lack of progress, etc.

HOW MANY DAYS IS YOUR PLAN REALLY ON TRACK

The common pattern we see amongst many strength athletes who pay attention to nutrition includes doing pretty well Monday through Friday afternoon and then going off track from Friday night all the way through Sunday. Operating in this fashion will not allow the body to focus on burning fat efficiently, not only because food intake is way too high on the weekends from the wrong sources, but also due to the negative impact those bad food choices have on the system for the several days following. The wrong food choices distract the body from fat burning, muscle repair and other important functions through several pathways. Eliminating these problem sources is crucial for you long term success.

PRIMING THE BODY FOR RAPID FAT LOSS

We take into consideration that many readers, just like our new clients, may have been using poor nutrition habits for months or even years before starting this plan. What we offer below is the first phase of a quick and relatively painless

for rapid fat loss with clients losing body fat at the rate of 10 to 15 pounds per month for up to three months, pending on their starting body fat levels. That is equal to many pant sizes, weight classes and potential years added on to your training life!

14 DAYS TO STOKE THE FAT BURNING FIRE!

It takes 14 days of “clean” eating on average to help the body shift to burning stored fat as a primary fuel source by optimizing hormones, fat burning enzymes, metabolism and more. This two week stint can detoxify the body of many items found in refined foods and results in greatly improved energy, digestion, attitude and all but eliminates cravings for junk food amongst clients who previously had a very difficult time staying on track with a nutrition plan. For example, when eliminating foods from the diet—such as packaged goods full of trans fats—you remove one of the greatest roadblocks to fat loss for many reasons. As the body loses the “desire” for these items, you will not give a second thought to turning them down in pursuit of your goals.

ACCELERATING FAT BURNING AT THE CELLULAR LEVEL

Months or years of poor food choices—including packaged goods stuffed with trans fats that were designed to increase the shelf life of foods—increase the life of stored fat in your cells, making fat loss a very difficult process. The new and improved Alpha Omega M3 includes an updated proprietary blend of the perfect blend of essential fats to force out bad materials including stubborn trans fats in exchange for the right materials. This complex raw material exchange allows fat cells to collectively shrink which is how we lower body fat levels.

PREVENT FUTURE BODY FAT ACCUMULATION

Through Dr. Serrano’s extensive patient trials which include numerous champion strength athletes we have found that Alpha Omega Loading also interferes with future body fat accumulation, even when the diet is less than perfect, by lowering fat storing hormones and creating a powerful barrier to the absorption of bad materials used to create more body fat! The right nutrition plan combined with Alpha Omega can also improve insulin sensitivity dramatically mak-

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. 4 »

ing this powerful storage hormone work in your favor by forcing the right materials into muscles instead of fat cells!

EAT LIKE A MAN FOR GREAT ENERGY

This is not a low calorie plan that will drain your energy levels, it's quite the contrary. Feedback overwhelmingly proves that energy levels improve within a matter of days, driving better training sessions and mental focus. Transitioning into any new way of eating poses challenges, and we have seen all of the excuses. You can eat in restaurants if you make the right choices and will not be stuck in your kitchen all day cooking! While this is a low carb nutrition plan, your energy levels will be very high by balancing blood sugar levels and keeping both the muscles and brain well fed with the ideal fuel sources. 100% MR and Muscle Synthesis around training sessions and between meals provide powerful raw materials to keep you going strong all day long.

AMINO LOAD BETWEEN MEALS FOR RAPID FAT LOSS AND GREAT ENERGY

Taken 100% MR and Muscle Synthesis between meals make the brain believe a massive amount of food has been consumed. As a result, metabolic rate increases, but there is nothing to burn except stored fat since the 100% MR and Muscle Synthesis have no caloric burden. This leaves only body fat to be burned by a raging metabolism. Placing a scoop of each between meals a couple times per day will have a huge impact on energy levels; this will help to eliminate your mid afternoon slump while accelerating fat burning and recovery.

DISCIPLINE: DO NOT LEAVE HOME WITHOUT IT

You are within the strongest 1- or 2-percent of people on the planet as a strength athlete. Your dedication has led you to never missing workouts—gut busting routines that in a single session have you sweating more than Joe average in an entire month. What is the key here? *Discipline*. You can apply the same attitude to your nutrition plan by turning down bad food choices and making sure good options are available. «



Sip on drinks made with 100% MR and Muscle Synthesis in between workouts and throughout the day to trigger fat burning, raise your metabolism and keep your energy levels up during the day!

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 "Rapid Fat Burning Tools," "Amino Loading for Great Guns and Ripped Abs Plan," and "Get Out of Man-O-Pause" 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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RESULTS

USPF 2ND REGION VII CHAMPIONSHIP MAR 24 2012 » Tombstone, AZ

BENCH	S. Sette	352			
FEMALE	Master (60-64)				
132 lbs.	E. Johnson	231			
Open	Master (70-74)				
M. Castillon	99	G. Lawrence	220		
Master (40-44)					
M. Castillon	99	C. Gourley	259		
MALE					
Raw					
181 lbs.					
Submaster (35-39)					
A. Shufik	402	G. Lawrence	319		
220 lbs.					
Open					
E. Johnson	231	B. Seller	562		
242 lbs.					
Open					
G. Lawrence	220	S. Sette	600		
308+ lbs.					
Open					
S. Sette	352	Master (40-44)			
Master (40-44)					
Full Power	SQ	BP	DL	TOT	
FEMALE					
132 lbs.					
Open					
S. Templeton	182	110	231	523	
Junior (16-17)					
S. Templeton	182	110	231	523	
Raw					
148 lbs.					
Master (50-54)					
C. Bowden	220	160	286	666	
165 lbs.					

Open					
T. Steadman	253	215	292	760	
MALE					
165 lbs.					
Master (70-74)					
D. Judd	226	116	297	639	
198 lbs.					
Open					
J. Pena	628	429	551	1607	
P. Thomas II	—	—	—	—	
Submaster (35-39)					
J. Pena	628	429	551	1607	
242 lbs.					
Master (50-54)					
J. Cole	600	286	517	1404	
Raw					
165 lbs.					
Master (40-44)					
R. Chavez	138	248	264	650	
181 lbs.					
Junior (18-19)					
C. Pierce	429	292	440	1162	
Master (55-59)					
R. Bieg	259	253	363	875	
198 lbs.					
Open					
J. Matus	347	248	407	1002	
Junior (18-19)					
J. Busch	314	209	501	1024	
220 lbs.					
Open					
J. Bieg	556	402	655	1613	
M. Snodgrass	451	380	573	1404	
Junior (20-23)					
M. Snodgrass	451	380	573	1404	
242 lbs.					
Open					
A. Bower	424	374	573	1371	

E. Perez	468	402	495	1365	
G. Pantilla	440	358	551	1349	
D. Perez	440	275	495	1211	
G. Lawrence	193	220	319	732	
Junior (20-23)					
D. Perez	440	275	495	1211	
Submaster (35-39)					
A. Bower	424	374	573	1371	
Master (70-74)					
G. Lawrence	193	220	319	732	
275 lbs.					
Open					
M. Ives	413	407	506	1327	
308 lbs.					
Open					
B. Swartz	600	—	—	600	

There were many American, region & state records, geared & raw, made at the meet. Danni Eldridge: Meet Director/USPF Region 7 Chair/National Referee. Sheri Hartmann: Meet Promoter/USPF NV State Chair & Cold Iron Gym Owner. Vince Moser: USPF Executive Committee/USPF Technical Officer/International Referee. John Moser: WA State Chair/National Referee/Head Referee at the meet. Julie Moser: National Referee. Dick Baker: Announcer/National Referee. Pete Tiscia: Head Scorekeeper. Diana Leavere: Attempts Scorekeeper. Peter Thomas was officially appointed USPF AZ State Chair at the meet. Venue: Cold Iron Gym, Tombstone, AZ. » courtesy USPF

D. Pace	350	300	430	1080	
4th-DL-460					
(45-49) Raw					
T. Nava	315	315	400	1030	
(40-44) INB					
S. Alonzo	145	150	115	410	
275 lbs.					
(30-34) INB					
C. Waters	545	385	640	1570	
(18-19) Raw					
R. Bell	435	285	570	1290	
(35-39) INB					
Z. Grays	355	220	455	1030	
Push Pull					
181 lbs.					
(25-29) IB					
E. Hudec	—	135	230	365	
308+ lbs.					
(45-49) Raw					
V. Cadena	—	365	660	985	

BRISTOL'S 3RD BIG BP MAR 10 2012 » Bristol, PA

BENCH	R. Andre	340			
FEMALE	J. Lopez	305			
J. Rodgers	180	198 lbs.			
T. Esche	160	W. Adams	430		
C. Keisling	90	E. Edmonds	305		
D. Miller	130	220 lbs.			
MALE					
Master (50+)					
D. Burns	375	L. Hawk	340		
Master (50+) Open					
M. Bachmayer	345	J. Keisling	325		
Open					
148 lbs.					
J. Cavanaugh	220	J. Marsden	275		
165 lbs.					
M. O'Brien	350	P. Wojciechowski	420		
M. Dwornitski	230	B. Durfor	395		
M. Bielecki	185	T. Whelan	340		
181 lbs.					
G. Becker	345	I. Rodriguez	365		
Best Overall Lifter: Mike O'Brien.					
» courtesy Matt Esche					

SHAMROCK AMERICAN HERO PL CLASSIC

APR 2012 » San Antonio, TX

Full Power	SQ	BP	DL	TOT	
FEMALE					
123 lbs.					
(25-29) INB					
B. Vela	140	95	145	380	
MALE					
114 lbs.					
(10-11) INB					
J. Goodman	110	85	170	365	
165 lbs.					
(14-15) Raw					
R. Taylor	315	205	415	935	
4th-DL-430					
181 lbs.					
(14-15) IB					
C. Guillory	325	230	360	915	
4th-DL-405					
220 lbs.					
(25-29) INB					

States Army, shattered the record books on every attempt in the 114s. Lifting in the ironman, no belt category, James' lifts of 110, 85, and 170 were good for both ironman and raw records. Raynard Taylor, whose father was home for R&R from Afghanistan, made his dad proud with record lifts of 315, 205, and 430 in the raw category. Coached by multi-time World Champion Gene Bell, Ray continued to improve his numbers and showed great poise on the platform at just fourteen years of age. Chase Guillory, another fourteen year old with a great future in the sport, nailed record lifts of 325, 230, 405 in the ironman, belt category (14-15, 181s). Chase plays numerous sports in school, and his athleticism was evident on the platform; we look forward to seeing more of Chase and his parents (both serve in the armed forces) at future contests! David Pace, a combat veteran of both Operation Enduring Freedom and Operation Iraqi Freedom, had an awesome day in his RAW. United debut, setting ironman records (25-29, 220s) in the bench and deadlift en route to his 1080 total. Master lifter Tony Nava displayed outstanding technique on impressive lifts of 315, 315, and 400; Tony is scheduled to compete at the 2012 Extremity Games at Texas Ski Ranch in June. Santos Alonzo, who is rehabilitating from back injuries endured in Operation Iraqi Freedom, was able to get all three lifts in successfully and is looking forward to strengthening his back with more training! Cody Waters, an active duty soldier in the United States Army, had an awesome day in the 275s, going 545, 385, and 640 without a belt! Cody's lifts shattered the record books, and we look forward to seeing him on the platform in June. Teenage lifter Ryan Bell competed in the Shamrock Show-down Strongman contest on Saturday and in the American Hero Powerlifting Classic on Sunday. Ryan won his class in the strongman and destroyed the record books on Sunday; he is certain to be a rising star in both sports! Wounded Warrior Gray also pulled double duty, shattering the record books in the submasters and persevering in the strongman. Finally, two athletes competed in the push pull. Wounded warrior Evan Hudec

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joined David and Zech competing in both the powerlifting and strongman events. Evan hit PRs in both lifts before heading into the strongman, and Master lifter Victor Cadena nailed lifts of 365 and 660 to post an impressive 985 two-lift total. Many thanks to Gene Bell, Jon Drummond, and Brig Seaver for judging; Jill and Milo, Philip, and Richard for spotting/loading; and Mary for scoring. More thanks to Sir Charles Venturella for the awesome awards; Brigid and the folks at Sandpiper Sportswear for the awesome raw. United shirts; and JD Wennermark of Olympic Gym for supplying all the equipment. And most important, thanks to the brave men and women of the United States military for their selfless service and to our Lord and Savior Jesus Christ for His unflinching love and grace.

» *courtesy Spero Tshontikidis*

NASA KS STATE MAR 24 2012 » Salina, KS

Bench Press		Master III			
FEMALE		D. Jenning	242		
198 lbs.		Submaster I			
Master I		N. Birdsong	308		
S. Ward		226	220 lbs.		
MALE		Teen			
198 lbs.		T. Rodman	308		
Master Pure		PS CURL			
C. Beck		468	198 lbs.		
Raw		Master III			
198 lbs.		D. Jenning	138		
Submaster I		Submaster I			
S. Hollis		231	220 lbs.		
220 lbs.		Master III			
Master III		J. Burns	237		
242 lbs.		Teen			
Master III		T. Rodman	165		
W. Hill		314	PS DEADLIFT		
PS BENCH		MALE			
198 lbs.		Submaster I			
MALE		N. Birdsong	501		
198 lbs.		Push Pull			
MALE		BP	DL	TOT	
308 lbs.		Master Pure			
Master Pure		E. Koon	429	606	1035
C. Beck		551	468	451	1470
308 lbs.		Master I			
Master I		T. Williams	782	501	721
Raw		165 lbs.			
165 lbs.		Junior			
Junior		J. Stimach	413	248	462
181 lbs.		Intermed.			
181 lbs.		K. Morgan	374	264	501
Junior		Junior			
Junior		J. Henderson	451	325	457
B. Landrum		325	237	374	936
Novice		Novice			
Novice		B. Landrum	325	237	374
Open		Open			
Open		J. Henderson	451	325	457
Pure		Pure			
Pure		B. Landrum	325	237	374
198 lbs.		Intermed.			
198 lbs.		C. Carter	358	308	424
Master I		Master I			
Master I		B. Bunger	551	369	523
1442					

Master II		V. Coons			
Police/Fire		363	242	451	1057
K. Edmonds		407	303	424	1134
220 lbs.		Intermed.			
Intermed.		J. Stein	473	275	523
Junior		Junior			
Junior		N. Benson	440	374	523
R. Arias		424	292	523	1239
M. Benson		358	275	523	1156
Master I		Master I			
Master I		C. Droegemeier	551	325	468
Open		Open			
Open		B. Wondra	523	259	473
1255		Submaster Pure			
Submaster Pure		E. Gibson	473	314	517
A. Vediz		391	308	402	1101
242 lbs.		Intermed.			
Intermed.		I. Hartsook	451	286	501
Master IV		Master IV			
Master IV		J. Curtis Jr.	402	237	451
Novice		Novice			
Novice		I. Hartsook	451	286	501
Pure		Pure			
Pure		T. Meyers	721	473	677
308 lbs.		Master I			
Master I		C. Riley	451	292	473
1217		Novice			
Novice		C. Jones	385	242	484
1112		Power Sports			
Power Sports		CR	BP	DL	TOT
MALE		MALE			
123 lbs.		Teen			
Teen		T. Tappendick	77	143	231
132 lbs.		Master II			
Master II		C. Kennedy	99	220	286
606		Submaster II			
Submaster II		J. Tappendick	143	259	314
716		High School			
High School		C. Anderson	127	198	341
666		Teen			
Teen		C. Anderson	127	198	341
666		181 lbs.			
181 lbs.		K. Morgan	149	264	501
914		Master III			
Master III		D. Jennings	138	242	—
380		Submaster I			
Submaster I		N. Birdsong	171	308	501
980		242 lbs.			
242 lbs.		Novice			
Novice		A. Holinde	138	330	435
903		» <i>courtesy NASA</i>			

NASA HIGH SCHOOL NATIONALS

MAR 31 2012 » OK City, OK

Power Press		BP	PC	TOT
GIRLS				
Frosh-Soph				
97 lbs.				
K. Hernandez	50	55	105	
105 lbs.				
K. Washburn	55	66	121	
114 lbs.				
H. Overbey	99	121	220	
C. McKissick	88	105	193	
123 lbs.				
L. Payne	105	—	105	
132 lbs.				
H. Flaharty	88	105	193	
148 lbs.				
A. Cribb	83	127	209	
C. Rice	99	105	204	
K. Newman	94	99	193	
181 lbs.				

J. Swanagan	110	132	242	
Junior-Senior				
114 lbs.				
M. Lee	94	143	237	
123 lbs.				
J. Staggs	99	—	99	
132 lbs.				
L. Patelli	99	—	99	
148 lbs.				
T. Larkin	88	—	88	
132 lbs.				
R. Allen	105	116	220	
J. Johnson!	127	—	127	
148 lbs.				
L. Thornton	116	—	116	
165 lbs.				
A. Kohler	99	121	220	
4th-BP-105	72	99	171	
181 lbs.				
H. Postier	138	176	314	
D. Holmes	143	149	292	
4th-BP-149	121	154	275	
J. Beckett	110	127	237	
198 lbs.				
E. Ruble	121	143	264	
BOYS				
Frosh-Soph				
114 lbs.				
D. Dalcourt	88	105	193	
148 lbs.				
H. Krause	198	220	418	
C. Quick	187	—	187	
J. Gassman	165	—	165	
165 lbs.				
J. Dubois	209	242	451	
A. Robertson	215	231	446	
J. Setser	226	—	226	
A. Ivy	187	—	187	
R. Frakes	149	—	149	
181 lbs.				
B. Broughton	204	270	473	
G. Tanking	193	242	435	
J. Laughlin	248	—	248	
198 lbs.				
J. Donnellson	270	281	551	
J. Gonzales	242	248	490	
T. Kiphuth	226	204	429	
B. Adams	242	—	242	
220 lbs.				
M. Walker-Snell	226	237	462	
M. Stratton	231	—	231	
242 lbs.				
B. Young	215	237	451	
J. Babb	176	209	385	
H. Davidson	275	—	275	
275 lbs.				
C. Anderson	198	193	391	
Junior-Senior				
148 lbs.				
Z. Williams	237	215	451	
B. Wegener	187	220	407	
K. Mason	154	—	154	
165 lbs.				
M. Weisinger	264	226	490	
L. Peterson	215	259	473	
D. Clerenger	253	209	462	
C. McRae	248	215	462	
C. McDaniel	286	—	286	
N. Olgetree	226	—	226	
181 lbs.				
J. Kleber!	292	319	611	
D. Silver	275	237	512	
H. Bullock	264	242	506	
W. Prevot	242	242	484	
M. Cookson	292	—	292	
B. Romines	281	—	281	
198 lbs.				
B. Whiteside	314	248	562	
4th-BP-316	325	182	506	
J. Mahan Jr.	253	253	506	
220 lbs.				
C. Davenport	314	253	567	
4th-BP-325				

J. Foster	264	303	567	
D. Chavers	275	248	523	
C. McLeod	187	237	424	
L. Cisneros	264	—	264	
A. McDaniel	253	—	253	
C. Shanks	253	—	253	
M. Harris	220	—	220	
242 lbs.				
C. Champ	248	259	506	
C. Eubank	198	226	424	
S. Wooten	297	—	297	
E. Garcia	275	—	275	
A. Ramsey	242	—	242	
275 lbs.				
G. Chandler	281	297	578	
A. Zapata	220	215	435	
D. Smith	286	—	286	
D. Jensen	242	—	242	
Powerlifting SQ BP PC DL TOT				
GIRLS				
Frosh-Soph				
165 lbs.				
D. Gonzales	388	195	349	349
198 lbs.				
S. McCoy	374	143	—	330
198+ lbs.				
E. Ford	226	132	—	253
Junior-Senior				
105 lbs.				
V. Garcia!	253	132	292	292
4th-BP-145				
114 lbs.				
H. Watson	281	127	281	969
V. Springer	292	151	—	242
123 lbs.				
B. Flores	275	160	—	325
M. Sander	264	121	—	330
132 lbs.				
E. Guerra	231	110	—	237
148 lbs.				
C. Mendota	292	154	297	297
165 lbs.				
V. Vasquez	292	160	330	330
K. Bridges	264	143	319	319
181 lbs.				
A. Vasquez	314	160	352	352
198 lbs.				
M. Bass	369	138	369	369
198+ lbs.				
N. Garcia	473	231	—	402
Raw				
Frosh-Soph				
97 lbs.				
K. Hernandez	61	50	—	127
105 lbs.				
K. Washburn	99	55	171	171
114 lbs.				
H. Overbey	176	99	226	226
C. McKissick	171	88	209	209
123 lbs.				
L. Payne	176	105	—	220
132 lbs.				
H. Flaharty	165	88	237	237
148 lbs.				
K. Newman	187	94	220	220
A. Cribb	176	83	—	193
C. Rice	171	99	—	270
181 lbs.				
R. Andrew	215	99	281	281
J. Swanagan	198	110	270	270
Junior-Senior				
114 lbs.				
M. Lee	187	94	270	270
J. Staggs	209	99	226	226
4th-BP-105				
123 lbs.				
T. Larkin	215	88	242	242
L. Patelli	187	99	242	242
132 lbs.				
R. Allen	226	105	275	275
J. Johnson	253	127	—	303
148 lbs.				
S. Chuculate	204	121	242	242
L. Thornton	215	116	—	259
165 lbs.				

RESULTS »

A. Kohler	253	99	297	297	947	148 lbs.	B. Rivera	374	220	435	435	1464	B. Simonsson	209	154	242	242	848	K. Ruiz	72	110	253	253	688				
A. Rivera	176	94	237	237	743		B. Rivera	374	220	435	435	1464	148 lbs.	E. Burke!	413	286	509	509	1716	165 lbs.	A. Kohler	55	99	297	297	749		
P. Sohl	171	61	—	193	424		C. Quick	303	187	352	352	1195		B. Wegener	347	187	325	325	1184		K. Whitaker	55	72	226	226	578		
K. Whitaker	143	72	—	204	418		H. Krause	286	198	347	347	1178		H. Hume	336	237	—	468	1040		181 lbs.	M. Sinclair	55	94	209	209	567	
181 lbs.							J. Gassman	264	165	297	297	1024		M. Sullivan	330	215	—	413	958		181 lbs.	D. Holmes!	72	143	—	347	562	
H. Postier	248	138	319	319	1024		D. Ward	297	215	—	369	881		K. Mason	209	154	—	369	732		MALE							
J. Beckett	248	121	297	297	963		G. Morris	303	193	—	380	875		165 lbs.							Frosh-Soph							
M. Minchew	215	110	264	264	853		165 lbs.							R. Hollenbach	319	220	429	429	1398		114 lbs.							
D. Holmes!	308	143	—	347	798		J. Setser	352	226	402	402	1382		A. Robertson	352	215	402	402	1371			D. Dalcourt	55	88	215	215	573	
198 lbs.							E. Ruble	264	121	286	286	958		A. Ivy	281	187	325	325	1118			123 lbs.						
198+ lbs.							A. Riley	242	154	303	303	1002		M. Forbes	242	154	303	303	1002				P. Hirua	72	116	303	303	793
A. Riley	369	171	—	374	914		T. Voss	336	209	—	429	974		J. Dubois	347	209	—	363	919				G. Thompson	72	127	292	292	782
MALE							J. Riley	215	—	231	231	677		R. Frakes	264	149	—	281	694				B. Quesenberry	72	160	—	308	539
Frosh-Soph							181 lbs.							181 lbs.														
123 lbs.							J. Lewis	424	253	490	490	1657		J. Foster	407	264	473	473	1618									
M. Weigel	204	127	314	314	958		B. Broughton	369	204	429	429	1431		B. Thompson	385	248	479	479	1591									
G. Thompson	220	149	292	292	952		T. Buffalo	275	215	402	402	1294		C. Shanks	396	253	468	468	1585									
132 lbs.							O. Ramirez	204	176	352	352	1255		N. Pageler	363	237	451	451	1503									
A. Williams	314	193	—	402	908		R. Davis	226	138	341	341	1046		D. Surmler	352	231	451	451	1486									
148 lbs.							C. Tanking	336	193	363	363	1255		A. Rodenberg	352	253	429	429	1464									
Z. Prevot	264	149	—	319	732		O. Ramirez	204	176	352	352	1255		M. Harris	385	220	429	429	1464									
181 lbs.							J. Laughlin	358	248	—	396	1002		M. Scott	484	341	—	484	1310									
C. Stecker	297	176	—	363	837		J. Barnett	281	248	—	385	914		J. Rogez	292	242	—	385	919									
220 lbs.							C. Stecker	297	176	—	363	837		C. McLeod	314	187	—	385	886									
D. Ambriz	418	209	407	407	1442		Z. May	281	193	—	341	815		A. McDaniel	440	253	—	517	1211									
308 lbs.							198 lbs.							K. Bishop	440	270	—	484	1195									
J. Stephens	429	242	—	396	1068		J. Gonzales	347	242	413	413	1415		J. Rogez	292	242	—	385	919									
Junior-Senior							A. Cobersley	275	198	—	402	875		C. McLeod	314	187	—	385	886									
148 lbs.							220 lbs.							J. Dean	358	297	562	562	1778									
L. Gonzalez	325	231	—	374	930		D. Cruz	352	242	457	457	1508		S. Wooten	429	292	462	462	1646									
165 lbs.							M. Walker-Snell	369	226	451	451	1497		A. Ramsey	473	242	446	446	1607									
C. McRae	457	248	—	479	1184		M. Stratton	352	231	—	440	1024		S. Edwards	573	391	—	584	1547									
181 lbs.							C. Stephens	341	231	—	402	974		J. Stump	242	226	473	473	1415									
R. Sanchez	523	352	539	539	1954		J. Surmler	314	204	—	424	941		C. Champ	363	248	402	402	1415									
198 lbs.							M. McAndrews	292	270	—	369	930		C. Eubank	325	198	402	402	1327									
C. Yeldell	451	314	451	451	1668		242 lbs.							D. Gliessner	479	292	—	484	1255									
J. Trumble!	611	418	—	589	1618		H. Davidson	551	275	—	573	1398		J. Hall	380	270	—	435	1084									
220 lbs.							J. Babb	286	176	325	325	1112		275 lbs.														
J. Briscoe	501	319	512	512	1844		D. Hadley	374	242	—	374	991		A. King	391	193	473	473	1530									
B. Thompson	457	281	479	479	1696		B. Young	347	215	—	402	963		C. Pickett	479	297	—	490	1266									
D. Mejia	573	275	—	562	1409		275 lbs.							C. Anderson	319	198	—	336	853									
L. Cisneros	440	275	—	523	1239		A. Cobersley	275	198	—	402	875		Junior-Senior														
242 lbs.							114 lbs.							D. Zwane	259	121	330	330	1040									
D. Fleming	650	440	589	589	2268		C. Jones	138	105	209	209	661		123 lbs.														
F. Aguinina	479	325	—	435	1239		123 lbs.							J. Zehnder	220	187	—	314	721									
275 lbs.							198 lbs.							D. Smith	418	286	—	451	1156									
G. Chandler	611	330	600	600	2141		114 lbs.							C. Douthit	402	253	—	468	1123									
A. Zapata	506	297	523	523	1850		114 lbs.							D. Serna	314	220	—	374	908									
K. Lumpkin	462	308	—	451	1222		114 lbs.							308 lbs.														
Raw							114 lbs.							M. Cowart	567	325	—	562	1453									
Frosh-Soph							114 lbs.							T. Higgs	468	325	—	578	1371									
114 lbs.							114 lbs.							Power Sports	CR	BP	PC	DL	TOT									
D. Dalcourt	154	88	215	215	672		123 lbs.							GIRLS														
M. Vail	176	105	—	231	512		123 lbs.							Frosh-Soph														
123 lbs.							123 lbs.							97 lbs.														
P. Hirua	248	116	303	303	969		132 lbs.							K. Hernandez	33	50	—	127	209									
B. Quesenberry	248	160	—	308	716		132 lbs.							105 lbs.														
132 lbs.							132 lbs.							K. Washburn	44	55	171	171	440									
K. Simpson	259	165	—	314	738		132 lbs.							114 lbs.														
							132 lbs.							C. McKissick	55	88	209	209	562									
							132 lbs.							132 lbs.														
							132 lbs.							H. Flaharty	55	88	237	237	617									
							132 lbs.							148 lbs.														
							132 lbs.							K. Newman	61	94	220	220	595									
							132 lbs.							A. Fife	88	160	—	237	484									
							132 lbs.							148 lbs.														
							132 lbs.							148 lbs.														
							132 lbs.							148 lbs.														
							132 lbs.							148 lbs.														
							132 lbs.							148 lbs.														
							132 lbs.							148 lbs.	</													

J. Warburg	132	248	—	600	980
308 lbs.					
T. Higgs	149	325	—	578	1051
C. Sanchez	143	341	—	424	908
308+ lbs.					
B. Braner	—		B. Cass	799	
M. Bowden	—		J. Bostick	694	
DEADLIFT			T. Sparkes	650	
242 lbs.					
FEMALE			B. Guliyev	750	
<i>Open</i>			G. Muro	728	
123 lbs.			J. Dale	705	
T. Adelmann	419		B. Howard	634	
B. Aerts	259		275 lbs.		
132 lbs.			J. Garcia	777	
M. Howard	376		P. Holloway	772	
S. Salazar	358		308 lbs.		
S. Callahan	292		B. Willis	843	
148 lbs.			J. Asgrimsson	705	
T. Ryan	303		308+ lbs.		
181 lbs.			A. Anderton	805	
B. Heriford	380		J. Davis	750	
Z. Helmick	231		A. Patalano	617	
198 lbs.			BENCH		
K. Coleman	—		GIRLS		
T. Marquez	276		114 lbs.		
198+ lbs.			M. Lee	94	
M. O'Rourke	452		148 lbs.		
L. Schaefer	424		L. Thornton	116	
M. Zambrano	303		MALE		
MALE			148 lbs.		
<i>Open</i>			T. Hixson	226	
148 lbs.			165 lbs.		
W. McCoy	518		J. Kugler	242	
4th-519			181 lbs.		
D. Moya	480		L. Lujan	253	
165 lbs.			<i>Frosh-Soph</i>		
R. Spencer	606		220 lbs.		
181 lbs.			L. Stoddard	253	
F. Astilla	540		275 lbs.		
J. Pascual	518		D. Grieme	237	
198 lbs.			<i>Junior-Senior</i>		
D. Mayers	705		198 lbs.		
J. Dorsten	683		H. Bejarano	330	
J. Woods	674		220 lbs.		
220 lbs.			H. Chavez	319	

» courtesy NASA



International lifters who participated in the Rychlak Power Systems New York State Championships (Aime Rychlak photo)

RPS NY STATE
AUG 6 2011 » Rochester, NY

BENCH					
<i>Amateur Raw</i>					
198 lbs.					
<i>Open</i>					
E. Oudovikine	115*				
<i>Submaster</i>					
E. Oudovikine	115!				
<i>Professional</i>					
132 lbs.					
<i>Open</i>					
J. Faraone	340				
165 lbs.					
<i>Open</i>					
I. Kokorev	505*				
<i>Submaster</i>					
I. Kokorev	505!				
MALE					
<i>Amateur</i>					
220 lbs.					
<i>Junior</i>					
P. Sawicki	355*				
<i>Open/Submaster</i>					
A. Oudovikine	460				
<i>Master (50-54)</i>					
J. Rivers	310				
275 lbs.					
<i>Master (50-54)</i>					
R. Satta	385*				
<i>Professional</i>					
220 lbs.					
<i>Open</i>					
K. Herbert	750!				
242 lbs.					
<i>Open</i>					

<i>Open</i>									
D. Gonzalez	635								
<i>Professional Raw</i>									
Ironman									
BP									
DL									
TOT									
MALE									
<i>Professional</i>									
SHW									
<i>Open</i>									
E. Juskulski	715*	675	1390						
<i>Amateur Raw</i>									
181 lbs.									
<i>Open</i>									
S. Christopher	340*	530	870						
275 lbs.									
<i>Open</i>									
D. Wrazen	335	555	890						
Two Lift									
SQ									
DL									
TOT									
MALE									
<i>Professional</i>									
198 lbs.									
<i>Open</i>									
T. Corradino	725*	620*	1345						
<i>Amateur Raw</i>									
198 lbs.									
<i>Junior</i>									
A. Kohl	350	500*	850						
Full Power									
SQ									
BP									
DL									
TOT									
FEMALE									
<i>Professional</i>									
148 lbs.									
<i>Open (Single-Ply)</i>									
R. West	415*	350!	455*	1220*					
<i>Amateur Raw</i>									
114 lbs.									
<i>Submaster</i>									
L. Gill	160*	95*	205*	460*					
MALE									

<i>Amateur</i>									
220 lbs.									
<i>Open</i>									
M. Blaney	390	190	420	1000					
242 lbs.									
<i>Junior</i>									
K. Nelson	360*	270*	470*	1100*					
275 lbs.									
<i>Teen (14-15)</i>									
Z. Gibson	365*	310!	420*	1095*					
308 lbs.									
<i>Open</i>									
S. Christopher	340*	530	870						
275 lbs.									
<i>Open</i>									
D. Wrazen	335	555	890						
Two Lift									
SQ									
DL									
TOT									
MALE									
<i>Professional</i>									
198 lbs.									
<i>Open</i>									
M. House	575*	490	560	1625*					
198 lbs.									
<i>Junior</i>									
C. Sullivan	700*	535!	500*	1735*					
308 lbs.									
<i>Open</i>									
N. Harvey	940*	675	725*	2340*					
<i>Amateur Raw</i>									
165 lbs.									
<i>Master (60-64)</i>									
R. Dolbear	180!	155*	185!	520!					
181 lbs.									
<i>Open</i>									
M. Guglielmi	465*	335	540	1340*					
<i>Submaster</i>									
A. Rosario	435*	355*	600!	1390!					
<i>Teen (14-15)</i>									
D. Salter	375	275!	405	1055					
198 lbs.									
<i>Open</i>									

A. Miller	500	335*	550	1385					
220 lbs.									
<i>Open</i>									
C. Nebelecky	355	205	380	940					
<i>Submaster</i>									
C. Bielinski	275*	275*	365*	915*					
242 lbs.									
<i>Master (50-54)</i>									
D. Stacey	510*	325*	465*	1300*					
<i>Teen (16-17)</i>									
D. Bringham	360*	280*	460*	1100*					
275 lbs.									
<i>Open</i>									
J. Allen	490*	385*	605*	1480*					
<i>Open/Teen (18-19)</i>									
T. Descar	450*	225*	480*	1155*					
<i>Professional Raw</i>									
275 lbs.									
<i>Submaster</i>									
D. Alercia	475*	410*	420*	1305*					
308 lbs.									
<i>Open</i>									
D. Koch	655	405*	605*	1665*					

*=RPS NY State Records. !=RPS World Records (records have been verified). This year's New York State Championships was an international affair. Lifters from Russia and Canada were present along with some New York State's biggest lifters. Nate Harvey totaled 2340 at 308 with a 940 lb. squat, Kris Herbert landed a 750 bench at 220, Ed Juskulski and Andrey Paley also both put up 715 lb. benches. As always, we thank Eric and Lynn Winter and their family for assisting with the meet. Their work for the past 4 years has made this a premier event in New York.
» courtesy Rychlak Power Systems

COMING EVENTS

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

3 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 » **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, sqbpdl@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@oklahomaau-powerlifting.com, Dennis Brooks, 918.695.6439, dennisbrooks63@msn.com, www.aupowerlifting.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/AAPF Carolina Classic Push/Pull (Cramerton, NC) » Eric Hubbs, nettin_fish@msn.com, www.worldpowerliftingcongress.com

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, dynamaxx21@yahoo.com, www.worldpowerliftingcongress.com

12 MAY » WNPf Western Penn PL/BP/DL Championships (Beaver, PA) » Ron DeAmicis, 330.519.3078, powerl103@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, sqbpdl@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 (Lehighton, PA) at the Lehigh Rec Center » Chris Cimigliaro, 570.242.5117, ccirnig@yahoo.com, www.usapowerlifting.com

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

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, sqbpdl@aol.com, www.nasa-sports.com

19 MAY » WNPf Spring Powerfest

(Ironman/BP/DL/Curl) & Strongman Championships (Morganville, NJ) » Brad Spingarn, biff92m@optonline.net, Romeo Tendencia, romeo.powerhousegym@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, srmathews24@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, sqbpdl@aol.com, www.nasa-sports.com

19 MAY » **NASA Power Sports Nationals** (Denver, CO) » Rich Peters, sqbpdl@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)** (Lutsk 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** (Lutsk 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" (Bloomington, 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 Marcellino, 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.aupowerlifting.org

26 MAY » Bench Press & Deadlift Meet (cash prizes for biggest BPs) (Allenwood, 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

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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, 704.408.8794, www.carolinapowerlifting.com, www.usapowerlifting.com

2-3 JUN » **ADFPF Nationals** (WDFPF Qualifier) (Rockland, MA) » Dave Mansfield, bigironpowerlifting@comcast.net, www.bigironpowerlifting.com, www.adfpf.org

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 » 19th Annual Millter's Ironhouse Natural BP Competition (sculptured awards by Carl Seeker) (Cumberland, MD) at Allegany High School » Brian Miller, 240.727.7146, bmillersgym@yahoo.com

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 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

9-10 JUN » RAW United Mike Witmer Memorial Open (Tampa, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.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 » APF Dakota Barbell PL/BP/PP/DL Meet (Equipped & Raw) (Fargo, ND) at Dakota Barbell Gym » Anthony Carlquist, 701.412.1046, www.worldpowerliftingcongress.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

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 » RAW United Extremity Games (San Antonio, TX) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.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 » IPA Summer Strength Spectacular (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@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 » Georgia Raw Deadlift Championships (Douglasville, GA) » Mark Phillips, 770.899.1253, markknuckleup@gmail.com, www.facebook.com/MaxLifting

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

APF/AAPF/WPC Schedule

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

16 JUN, APF Dakota Barbell Powerlifting Meet

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

28 JUL, APF Long Island BP Championships

JUL, APF/AAPF Chicago Summer Bash 9

JUL, WPC South America Championships

4 AUG, APF/AAPF Wisconsin State Championships

6-11 AUG, AWPC World Championships

11 AUG, APF Maine State PL/BP

11 AUG, APF/AAPF Texas Challenge

25 AUG, APF California State Powerlifting Championships

30 AUG - 2 SEP, APF/AAPF Record Breakers

8 SEP, APF/AAPF Summer Heat VIII

8 SEP, APF/AAPF Georgia State Meet

13 OCT, APF Golden State Open

17-21 OCT, AWPC/WPC World Cup PL/BP/DL

20 OCT, APF/AAPF EPC Fall Meet

27 OCT, APF/AAPF Orlando Barbell Southern States

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

6-11 NOV, WPC World Championships

10 NOV, APF Pine Tree Open PL/BP Meet

NOV, APF New York Meet

8 DEC, APF/AAPF Viking Challenge Winter Championships

DEC, APF Southeast Challenge

13 JAN 2013, APF Gulf Coast Powerlifting Raw UPC 4

2-9 JUN 2013, WPC European Championships

Dates subject to change

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www.worldpowerliftingcongress.com

COMING EVENTS »



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 Cham-

pionships (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) (Scwetzingen, Germany) » Peter Malfa, www.britishpowerliftingorganisation.com

7 JUL » RPS Be A Freak Summer PL Championships (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.rychlakpowersystems.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 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@upower.com, www.upower.com

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

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

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

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

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

21 JUL » 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.rychlakpower-systems.com

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

28 JUL » APF Long Island BP Championships (Westbury, NY) » Shawna Mendelson, 631.957.7373, www.worldpowerliftingcongress.com

28 JUL » ADFPF Northern Indiana BP/DL Competition (South Bend, IN) at the Century Center » Mike Mayfield, 574.250.0191 or 574.288.0736, www.adfpf.org

JUL » APF/AAPF Chicago Summer Bash 9 (Chicago, IL) » Eric Stone, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

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

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

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4 AUG » APF/AAPF Wisconsin State Championships (Sun Prairie, WI) » Ed & Jaoni Taber, 608.280.1578, 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 Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org
6-11 AUG » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com
11 AUG » WI State Fair BP/DL Competition (WI) at the Jeffery Scott Activity Stage » Marvin Worthington, 414.852.8811, mlwkm Marvin@sbcbglobal.net
11 AUG » 28th Annual Iowa State Fair Drug Free BP/DL Contest (Des Moines, IA) » Jeff Baird, 515.953.6833, bairdzz@aol.com
11 AUG » APF Maine State PL/BP (Westbrook, ME) » Matt Israelson, 207.838.6933, dynamaxx21@yahoo.com, www.worldpowerliftingcongress.com
11 AUG » APF/AAPF Texas Challenge (Houston, TX) » Zach & Sharon McVey, 281.557.2122, 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

UPCOMING SLP COMPETITIONS

5 MAY, *Lifetime Natural Powerlifting Nationals (TBA)*

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

19 MAY, *SLP Ho-Chunk Nation Open BP/DL (Baraboo, WI)*

9 JUN, *SLP Superman Classic BP/DL (Metropolis, IL)*

Son Light Power

206 South Washington Street, Tuscola, IL 61953

217.508.9297

www.sonlightpower.com | sonlightgym@frontier.com

[gress.com](http://www.gress.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, sqbpdl@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 » 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

15-16 SEP » RAW United Armed Air Forces Championships (Port St. Lucie, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.com

15-16 SEP » RAW United National Championships (Port St. Lucie, FL) » Spero Tshontikidis, rawunitedinc@gmail.com, 321.505.1194, www.rawunited.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, sqbpdl@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

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

6 MAY, WNPFA South Carolina PL/BP/DL/PC Championships (Clemson, SC)

12 MAY, WNPFA Western Penn. PL/BP/DL Championships (Beaver, PA)

19 MAY, WNPFA Spring Powerfest (Ironman/BP/DL/Curl) & Strongman Championships (Morganville, NJ)

Contact Info: Troy Ford, 770.668.4841 or wnpf@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 » WNPFA 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, 818.399.0905, www.worldpowerliftingcongress.com

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13 OCT » SLP Western Nationals Open & Oklahoma State BP/DL Championships (Tuscola, 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

17-21 OCT » 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

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 » APF/AAPF Orlando Barbell Southern States (Orlando, FL) » Brian Schwab, 407.678.2447, www.worldpowerliftingcongress.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 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 Kerecsenyi, 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, apftexas@yahoo.com, www.worldpowerliftingcongress.com

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

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

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

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

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

3-4 NOV » WNPFA 21st World PL/SQ Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

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

4 NOV » 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 » WPC World Championships (Equipped & Raw) (Las Vegas, NV) at the Riviera Hotel » Kieran Kidder & Amy Jackson, amyjackson@aol.com, www.worldpowerliftingcongress.com

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

10 NOV » WNPFA 21st World Championships (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

10 NOV » APA Ironfest Challenge (Defuniak Springs, FL) » Bobby Myers, alaqu-pits@netzero.net, 850.974.2880, www.apa-wpa.com

10 NOV » APF Pine Tree Open PL/BP Meet (Westbrook, ME) » Matt Israelson,

207.838.6933, dynamax21@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 » RPS Dennis Hayward Memorial Meet (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.rychlakpowersystems.com

17 NOV » APF Northern Cup BP/DL/PP (Raw & Equipped) (Manchester, NH) at the Comfort Inn » Dave Follansbee, 603.965.3574, nhbodybuilding@yahoo.com, www.musclesportnutrition.net, www.worldpowerliftingcongress.com

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

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

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

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

NOV » APF New York Meet (NY) » Shawna Mendelson, 631.957.7373, www.worldpowerliftingcongress.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 Adelmann, 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, bigbears gym.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.wnpf.net

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 Viking 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.britishpowerliftingorganisation.com

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

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

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

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

19-20 JAN 2013 » **AAU World Powerlifting and International Single Lift BP/DL/PP** (Richmond, VA) at the Holiday Inn » Judy Wood, 804.559.4624, vapow-erlifting@aol.com, www.aapowerlifting.org

23 FEB 2013 » APF Northeastern Open BP/DL/PP (Raw & Equipped) (Manchester, NH) at the Comfort Inn » Dave Follansbee, 603.965.3574, nhbodybuilding@yahoo.com, www.musclesportnutrition.net, www.worldpowerliftingcongress.com

2-9 JUN 2013 » WPC European Championships (Portugal) » Sandro Eusebio, wpcportugal@hotmail.com, www.worldpowerliftingcongress.com

MEET DIRECTORS:

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For powerlifting federation listings and applications, go to www.powerliftingusa.com/federations.php

RESULTS



Johnathan Ross at the IPA Pennsylvania State meet (Ellen Chaillet photo)

IPA PENNSYLVANIA STATE MAR 3 2012 » York, PA

BENCH		BENCH	
MALE		MALE	
<i>Raw Am</i>			
123 lbs.			
<i>Teen (18-19)</i>			
A. Negro	190	A. Negro	190
4th-195!		4th-195!	
181 lbs.			
<i>Master (55-59)</i>			
T. Lewis	335!	T. Lewis	335!
198 lbs.			
<i>Master (45-49)</i>			
B. Trice	305	B. Trice	305
Push Pull			
MALE			
<i>Raw Am</i>			
198 lbs.			
<i>Open</i>			
C. Koser		350	565* 915
Powerlifting			
FEMALE			
<i>Raw Am</i>			
114 lbs.			
<i>Submaster</i>			
N. Ashley	225!	100	220 545
148 lbs.			
<i>Master (40-44)</i>			
M. Knaub	185	85	205 475
MALE			
<i>Raw Am</i>			
114 lbs.			
<i>Teen (14-15)</i>			
E. Fasnacht	155*	130	200* 485
4th-BP-135*		TOT-490*	
<i>Am</i>			
220 lbs.			
<i>Open</i>			
J. Ross	775*	515	645* 1935*
242 lbs.			
<i>Raw Am</i>			
D. Brown	700*	400	625 1725*
198 lbs.			
<i>Open</i>			

M. Boyd	425*	335	480*	1240*
B. Williams	380	275	475	1130
220 lbs.				
B. Huling	470	360	585	1415
4th-BP-370		TOT-1425*		
<i>Raw Pro</i>				
242 lbs.				
<i>Open</i>				
D. Hess	500	335	650*	1485
<i>Amateur</i>				
<i>Master (40-44)</i>				
D. Brown	700*	400*	625*	1725*
<i>Master (60-64)</i>				
F. Fischer	535*	305*	415*	1255*
<i>Raw Am</i>				
148 lbs.				
<i>Master (65-69)</i>				
I. Bonacci	320!*	155*	355*	830*
165 lbs.				
<i>Master (55-59)</i>				
D. Kline	355	300!*	440*	1095
4th-SQ-360!*		TOT-1100!*		
181 lbs.				
<i>Master (45-49)</i>				
R. Israel	360!	205	400!	965!
220 lbs.				
<i>Master (40-44)</i>				
B. Huling	470*	360	1415	525!*
4th-BP-370*		TOT-1425*		
<i>Master (45-49)</i>				
B. Hunt	480*	325*	565!*	1370!*
<i>Professional</i>				
165 lbs.				
<i>Master (75-79)</i>				
F. Glass	340!*	105!*	375!*	820!*
<i>Raw Pro</i>				
242 lbs.				
<i>Master (45-49)</i>				
J. Tenbroeck	580!*	405	560*	1545
4th-BP-415!*		4th-DL-572!*		
TOT-1567!*				
*IPA PA State Records. !=IPA World				
Records. Champion Of Champions Award:				
Jonathan Ross. Dedicated to Dave Barno				
and John Newman. Equipped Best Lifters:				
Amateur Men's Open - Jonathan Ross,				
Amateur Men's Master - Fred Fischer,				
Professional Men's Master - Fred Glass.				

Raw Best Lifters: Raw Amateur Men's Teen - Everett Fasnacht, Raw Amateur Women - Nicole Ashley, Raw Amateur Men's Open - Bill Huling, Raw Amateur Men's Master - Italo Bonacci, Raw Professional Men's Open - Darren Hess, Raw Professional Men's Master - Jon Tenbroeck. Venue: York Barbell Company.
» courtesy Ellen Chaillet

SPF NO FOOLIN' OPEN APR 1 2012 » Sacramento, CA

BENCH		I. Richards		452
FEMALE		<i>Single-Ply</i>		
<i>Raw</i>		198 lbs.		
165 lbs.		B. Levering		452
T. Hutchinson	265	242 lbs.		
4th-277		<i>C. Rice</i>		226
MALE		<i>Multi-Ply</i>		
<i>Raw</i>		SHW		
242 lbs.		D. Schultz		---
Powerlifting		SQ		BP
FEMALE		DL		TOT
<i>Raw</i>		165 lbs.		
K. Newman	287	143	375	805
A. Geisler	248	138	292	678
A. Searby	220	121	320	661
A. Gomes	209	110	231	551
SHW				
S. Woolery	220	121	265	606
D. Anderson	215	105	259	579
MALE				
<i>Multi-Ply</i>				
198 lbs.				
G. Buffington	761	551	617	1929
B. Kutcher	716	452	0	0
SHW				
A. Baumgarten	678	518	502	1698
<i>Single-Ply</i>				
198 lbs.				
D. Thurman	551	474	502	1527
242 lbs.				
R. Hubbel	650	457	606	1714
P. Murphy	441	243	507	1190

Raw
198 lbs.

C. Coxon	430	298	601	1328
G. Larson	446	303	551	1301
G. Sinigaglia	375	369	474	1218
C. Maestas	408	265	452	1124
J. Arroyo	386	243	419	1047
J. Berriochoa	353	254	397	1003
J. Wright	375	226	402	1003
R. Hwang	320	231	441	992

SHW

M. Salmons	573	391	639	1604
D. Speed	529	419	639	1587
P. Stevens	551	336	700	1587
C. Garner	502	342	650	1494
D. Jacoboni	446	353	452	1251
A. Saarni	413	314	452	1179

» courtesy Cara Westin

USAPL NE RAW QUICKIE QUALIFIER JUN 25 2011 » Scituate, MA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
<i>Open Raw</i>				
97 lbs.				
L. Murray	132	83	138	353
148 lbs.				
S. Petit	143	171	243	557
S. Cahill	176	127	221	524
MALE				
<i>Open Raw</i>				
165 lbs.				
J. Parent	325	209	386	920
J. Cassaro	143	143	143	430
181 lbs.				
J. Gebara	243	232	417	893
198 lbs.				
L. Keaffer	143	143	143	430
J. Nappa	143	143	143	430
M. LaCroix	143	143	143	430
B. Sundwall	143	143	143	430
220 lbs.				
E. Laipson	143	143	143	430
L. Cohen	143	143	143	430
D. Atkinson	143	143	143	430
242 lbs.				
P. Sannicandro	502	143	601	1246
Venue: Baystate Athletic Club. Director: Michael Zawilinski. » courtesy USAPL				

USAPL CAJUN PRIDE QUALIFIER MAR 5 2012 » Lafayette, LA

FEMALE	SQ	BP	DL	TOT
105 lbs.				
L. Lucia	125	75	205	405
198 lbs.				
M. Maes	315	235	280	830
MALE				
132 lbs.				
D. Ward	320	210	325	855
165 lbs.				
L. Lasseigne!	385	225	440	1050
181 lbs.				
P. Labat!	430	335	525	1290
J. Phiyio	425	300	440	1165
J. Jones	370	350	360	1080
A. Dunn	305	215	425	945
198 lbs.				
T. Martinez!	405	285	425	1115
C. Thibodeaux	380	315	360	1035
220 lbs.				
T. Layne	370	270	450	1090
242 lbs.				
U. Mouton	485	320	445	1250
SHW				
D. Harrell	575	530	555	1660
A. Baker	335	335	430	1100
!=Raw Lifters. » courtesy Cameron Barrilleaux				

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Figure 34 letters & spaces per line

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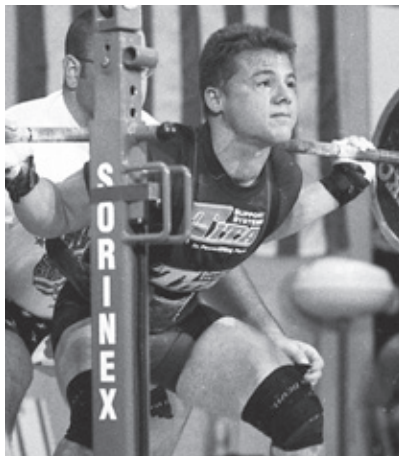
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TOP 100 PHOTOS



Wade Hooper – even with the new IPF classes, Wade came in within the 198 lb. class limit. Isn't he the only person to win IPF World titles in the Junior, Open, and Masters categories?



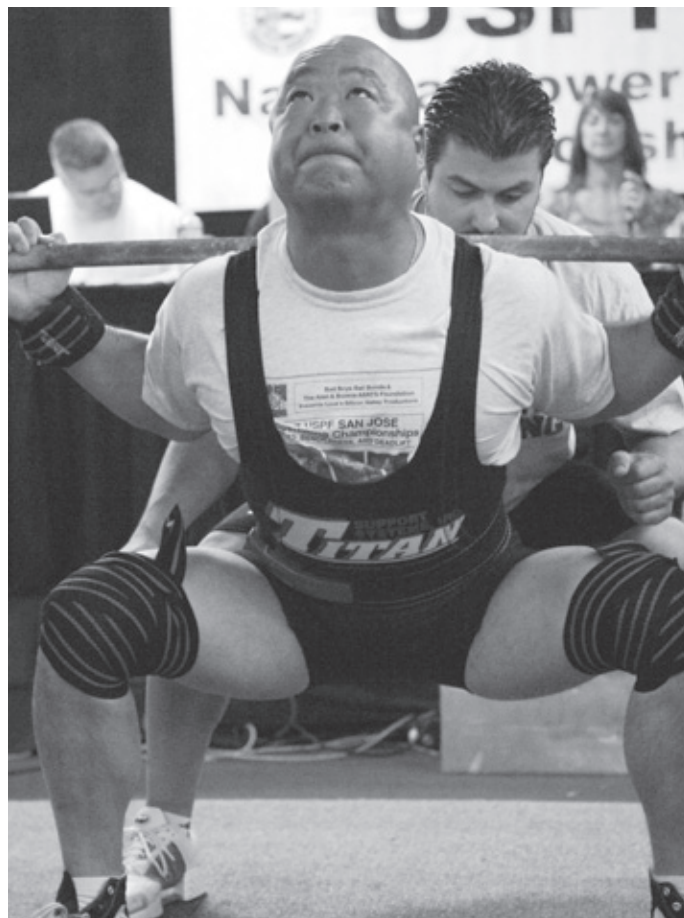
Victor Calia – always a factor in this weight class, with his solid bench and big pull



Jason Coker is by no means "just" a big bencher



Bob Gaynor has seen it all in powerlifting, starting out training with Jim Williams and John Kuc



Keith Kanemoto – a consistently great lifter, over the decades

Will you make the upcoming TOP 100 list for the 242 lb. class? Last time we ranked this class the minimum lifts to make that list were 685 lb. in the squat, 550 lb. in the bench press, 660 lb. in the deadlift, and 1,752 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 242 lb. class will be May 2011 through April 2012. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of you lifting (or something different, like your high school prom 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 198 lb./90 kg. USA lifters in results received from MAR 2011 through FEB 2012

PL USA TOP 100 ACHIEVEMENT AWARD



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

NEXT MONTH » TOP 220

CORRECTIONS: Adam Yezer's 365 bench press at 165 and 407 in the 181 lb. class were not reflected on those respective TOP 100 lists. Jon Cunningham's 501 bench press in the 181 lb. class was not on our TOP 100. Jon lifts in the 165 lb. class in the spring, 181s in the summer, and 198s in the fall, and he has lifts of 440 at 165, 501 at 181, and 507 at 198, as a Master Lifter to his credit in 2011.

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 1005 Cartinian, M.,3/6/11
- 2 900 Coker, J.,6/17/11
- 3 860 Wilcox, D.,8/11
- 4 832 Paras, R.,4/3/11
- 5 821 Block, T.,5/15/11
- 6 810 Beanland, B.,12/11
- 7 805 Russell, T.,3/6/11
- 8 800 Kirschen, D.,3/5/11
- 9 800 Davis, J.,3/6/11
- 10 782 Hooper, W.,9/31/11
- 11 782 Buffington, G.,11/11
- 12 777 Adkins, J.,6/11/11
- 13 777 Strom, M.,6/26/11
- 14 775 Ball, K.,3/6/11
- 15 775 Farley, N.,3/6/11
- 16 770 Thomas, J.,10/11/11
- 17 760 Harrington, P.,6/11
- 18 755 Tinajero, D.,4/30/11
- 19 755 Buckley, S.,1/28/12
- 20 750 Grenon, C.,10/11
- 21 749 Jakubczak, T.,4/2/11
- 22 749 Kuderick, S.,6/11/11
- 23 744 Ricks, D.,4/30/11
- 24 744 Collier, J.,10/11
- 25 727 Baker, E.,11/12/11
- 26 722 Poole, J.,5/28/11
- 27 722 Tittle, B.,9/31/11
- 28 715 Saldana, J.,9/24/11
- 29 710 Vallone, T.,3/19/11
- 30 705 Cory, J.,3/6/11
- 31 705 Howard, T.,4/2/11
- 32 705 Bell, L.,4/9/11
- 33 705 Messerly, K.,4/17/11
- 34 705 Whalen, Z.,8/11
- 35 705 Pritchard, J.,10/11/11
- 36 705 Johnson, K.,1/28/12
- 37 700 Diemert, D.,3/5/11
- 38 700 Nichols, B.,7/23/11
- 39 700 Jones, K.,8/11
- 40 700 Devers, G.,9/17/11
- 41 688 Kellum, J.,4/16/11
- 42 688 Korenke, A.,11/8/11
- 43 683 Ortiz, A.,11/8/11
- 44 683 Celli, R.,1/28/12
- 45 677 Allen, B.,11/12/11
- 46 675 Duran, J.,3/11
- 47 672 Martinez, P.,4/1/11
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- 49 666 Kanemoto, K.,12/2/11
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- 51 661 Garcia, J.,4/1/11
- 52 661 Godwin, G.,5/28/11
- 53 655 Dosen, P.,5/7/11
- 54 655 Bronk, J.,2/11/12
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- 56 650 Matta, J.,4/17/11
- 57 650 McMillan, G.,8/11
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- 59 635 Honeycutt, M.,4/9/11
- 60 635 Romeo, M.,6/11
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- 63 633 Driggers, M.,12/11
- 64 628 Dyson, J.,7/17/11
- 65 628 Babayan, V.,11/12/11
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- 67 625 Allen, C.,3/11
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- 69 617 Mathes, S.,4/1/11
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- 72 611 Reyes, J.,5/7/11
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- 80 600 Farrow, D.,3/26/11
- 81 600 Ceazer, C.,3/11
- 82 600 Flores, R.,3/11
- 83 600 Johnson, T.,3/11
- 84 600 Klemick, J.,4/1/11
- 85 600 Inasley, A.,4/9/11
- 86 600 McCarter, A.,4/9/11
- 87 600 Bowen, A.,4/16/11
- 88 600 Wharton, D.,6/12/11
- 89 600 Cancino, M.,6/17/11
- 90 600 Newman, L.,7/31/11
- 91 600 Kubicek, E.,8/20/11
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- 96 595 Mirikitani, D.,4/9/11
- 97 595 Hanifien, L.,4/16/11
- 98 595 Medford, C.,5/15/11
- 99 595 Scolaro, A.,1/17/12
- 100 590 Doyle, C.,3/12/11

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- 726 Dejongh, C.,13/4/11
- 683 Tinajero, D.,8/5/11
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- 613 Suzuki, D.,7/10/11
- 611 Adkins, J.,6/11/11
- 585 Norman, R.,5/21/11
- 580 Cory, J.,3/6/11
- 580 Kirschen, D.,11/20/11
- 578 Strom, M.,6/26/11
- 570 Matta, J.,4/17/11
- 567 Hooper, W.,9/31/11
- 560 Tucker, C.,4/9/11
- 551 Marolsky, V.,7/28/11
- 550 Farley, N.,3/6/11
- 550 VanAlstyne, M.,4/30/11
- 546 Derengowski, R.,4/2/11
- 545 Collier, J.,10/11
- 534 Wolf, A.,4/30/11
- 534 Grohoski, P.,1/7/12
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- 529 Poole, J.,5/28/11
- 529 Buffington, G.,11/11
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- 518 Mansanas, L.,7/10/11
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- 512 Balansang, R.,7/10/11
- 512 Ricks, D.,9/31/11
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- 507 Washburn, C.,7/30/11
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- 501 Nipp Jr., R.W., C.,11/2/11
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- 442 Campbell, K.,7/30/11
- 440 Wharton, D.,6/12/11
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- 440 Cole, M.,8/11

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- 749 Bell, L.,4/9/11
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- 733 Terry, C.,4/30/11
- 733 Marsiglia, M.,8/20/11
- 730 Meyers, Tee.,11/13/11
- 710 Buckley, S.,9/10/11
- 705 Mayers, D.,9/11
- 705 Jackson, A.,10/11
- 705 Meyers, Tom.,11/6/11
- 700 Davis, J.,3/6/11
- 700 Jones, K.,8/11
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- 694 Olsen, S.,6/11/11
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- 683 Dorsten, J.,9/11
- 677 Tinajero, D.,4/30/11
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- 673 Woods, J.,9/11
- 672 Baker, E.,11/12/11
- 670 Cartinian, M.,3/6/11
- 666 Parrella, A.,5/21/11
- 666 Scurry, M.,12/2/11
- 661 Adkins, J.,6/11/11
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- 655 Lingenfelter, K.,8/11
- 655 Korenke, A.,11/8/11
- 650 Jakubczak, T.,4/2/11
- 650 Bowen, A.,4/16/11
- 650 Lagamo, R.,7/10/11
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- 650 Driggers, M.,12/11
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- 650 Roeheny, G.,1/29/12
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- 644 Calia, V.,9/11
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- 639 Fagiani, L.,7/16/11
- 639 Machuca, A.,2/18/12
- 635 DiFruscia, E.,2/12
- 633 Saunders, T.,3/9/11
- 633 Vallone, T.,3/19/11
- 633 Kellum, J.,4/16/11
- 633 Summers, L.,4/23/11
- 630 Barger, B.,3/6/11
- 630 Doyle, C.,3/12/11
- 630 Honeycutt, M.,4/9/11
- 630 Richardson, E.,4/9/11
- 630 Griffin, G.,11/12/11
- 628 Loncharich, M.,8/20/11
- 628 Beanland, B.,12/11
- 625 Ingram, C.,4/16/11
- 625 Wilcox, D.,8/11
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- 625 Bronk, J.,2/11/12
- 622 Pittari, T.,4/1/11
- 622 Goins, C.,4/1/11
- 622 Roehl, B.,5/14/11
- 622 Ross, K.,12/11/11
- 620 Arrelvalo, L.,3/11
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- 617 Wiley, J.,7/11
- 617 Mayes, D.,8/20/11
- 617 Ferchen, A.,11/19/11
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- 611 Ward, T.,11/6/11
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- 611 Koyle, B.,6/11/11
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- 610 Wells, B.,3/11
- 610 Smith, J.,4/9/11
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- 606 Cohen, L.,5/7/11
- 606 Glenn, J.,7/30/11
- 606 Kiraly, B.,10/22/11
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- 605 VanAlstyne, M.,4/30/11
- 605 Worden, 6/11
- 601 Guches, D.,11/5/11
- 601 Moreno, J.,11/6/11
- 600 Ball, K.,3/6/11
- 600 Farley, N.,3/6/11
- 600 Anglebraut, A.,3/19/11
- 600 Wilkerson, D.,3/11
- 600 Martinez, P.,4/1/11

TOTAL

- 2400 Cartinian, M.,3/6/11
- 2255 Coker, J.,6/17/11
- 2083 Tinajero, D.,4/30/11
- 2050 Adkins, J.,6/11/11
- 2033 Paras, R.,4/3/11
- 2030 Davis, J.,3/6/11
- 2017 Block, T.,5/15/11
- 1995 Ball, K.,3/6/11
- 1985 Wilcox, D.,8/11
- 1973 Celli, R.,1/28/12
- 1940 Beanland, B.,12/11
- 1934 Ricks, D.,4/30/11
- 1934 Hooper, W.,9/31/11
- 1925 Farley, N.,3/6/11
- 1923 Buffington, G.,11/11
- 1900 Kirschen, D.,11/20/11
- 1879 Bell, L.,12/11
- 1879 Strom, M.,6/26/11
- 1862 Baker, E.,11/12/11
- 1856 Collier, J.,10/11
- 1845 Thomas, J.,10/11/11
- 1840 Buckley, S.,1/28/12
- 1830 Saldana, J.,4/23/11
- 1829 Vallone, T.,3/19/11
- 1829 Jakubczak, T.,4/2/11
- 1820 Whalen, Z.,8/11
- 1818 Murchison, C.,11/12/11
- 1813 Poole, J.,5/28/11
- 1813 Driggers, M.,12/11
- 1785 Korenke, A.,11/8/11
- 1784 Kellum, J.,4/16/11
- 1769 Johnson, K.,1/28/12
- 1765 Russell, T.,3/6/11
- 1755 Cory, J.,3/6/11
- 1752 Calia, V.,9/11
- 1750 Jones, K.,8/11
- 1735 Tittle, B.,9/31/11
- 1720 Matta, J.,4/17/11
- 1720 Devers, G.,9/17/11
- 1719 Pittari, T.,4/1/11
- 1717 Kuderick, S.,6/11/11
- 1714 Terry, C.,4/30/11
- 1714 Ortiz, A.,11/8/11
- 1714 Babayan, V.,11/12/11
- 1700 Barger, B.,3/6/11
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- 1690 Diemert, D.,3/5/11
- 1680 Honeycutt, M.,4/9/11
- 1675 Kanemoto, K.,9/11
- 1670 Allen, C.,3/11
- 1670 Grenon, C.,10/11
- 1669 Howard, T.,4/2/11
- 1664 Messerly, K.,4/17/11
- 1660 Romeo, M.,6/11
- 1658 Bowen, A.,4/16/11
- 1658 Allen, B.,11/12/11
- 1653 Grohoski, P.,1/7/12
- 1650 Godawa, T.,11/12/11
- 1647 Medford, C.,5/15/11
- 1645 Wilkerson, D.,3/11
- 1642 Summers, L.,4/23/11
- 1640 Jackson, A.,10/11
- 1640 Griffin, G.,11/12/11
- 1636 Martinez, P.,4/1/11
- 1625 McMillan, G.,8/11
- 1620 Ingram, W.,4/1/11
- 1620 Godwin, G.,5/28/11
- 1620 McVey, Z.,11/8/11
- 1615 Pritchard, J.,10/11/11
- 1614 Pacheco, B.,10/11
- 1609 Scolaro, A.,1/7/12
- 1603 Dyson, J.,7/17/11
- 1603 Early, M.,2/26/12
- 1600 Gusmao, F.,10/11/11
- 1598 Farrow, D.,3/26/11
- 1598 Mason, N.,4/9/11
- 1598 Olavar, N.,4/9/11
- 1592 Nappa, J.,5/14/11
- 1592 Kubicek, E.,8/20/11
- 1587 Parrella, A.,5/21/11
- 1585 Bronk, J.,2/11/12
- 1570 Levine, M.,4/30/11
- 1570 Wharton, D.,6/12/11
- 1565 Simmons, J.,10/22/11
- 1559 Jurgens, D.,8/20/11
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- 1554 May, R.,4/1/11
- 1554 Nelson, D.,4/17/11
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- 1543 Goins, C.,4/1/11
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- 1543 Byars, R.,11/12/11
- 1540 Gerardi, M.,6/26/11
- 1537 Garcia, J.,4/1/11
- 1537 Loncharich, M.,8/20/11
- 1537 Kiraly, B.,10/22/11

RESULTS



HERE IS A LITTLE HISTORY BEHIND THE XPC: XPC stands for Xtreme Powerlifting Coalition. The coalition is made up of four federations that support the XPC—the RPS, USPA, UPA and IPA. Each federation will run qualifiers throughout the year for the semi-finals that is held every year in October. Then we will take the top 80 lifters to the Arnold in 2013. The top 2 from this year's XPC are already in the finals at the Arnold in 2013. As you know, multi-ply lifting hasn't been in the Arnold for some time now. We had to jump through hoops to get this back into the Arnold. The XPC Pro/Elite Coalition is the meet that started the road to the Arnold. We had over 120 lifters—25 of them were from Russia and the Ukraine. The judging was spot on. This is the goal: to bring back meaning to powerlifting like it used to be, and you have to earn your spot and qualify each year. There are three steps: qualify at a coalition federation event, go to the semis, then the best go on to the Arnold.

— Dan Dague, Lexen Xtreme/XPC, 614.554.8824

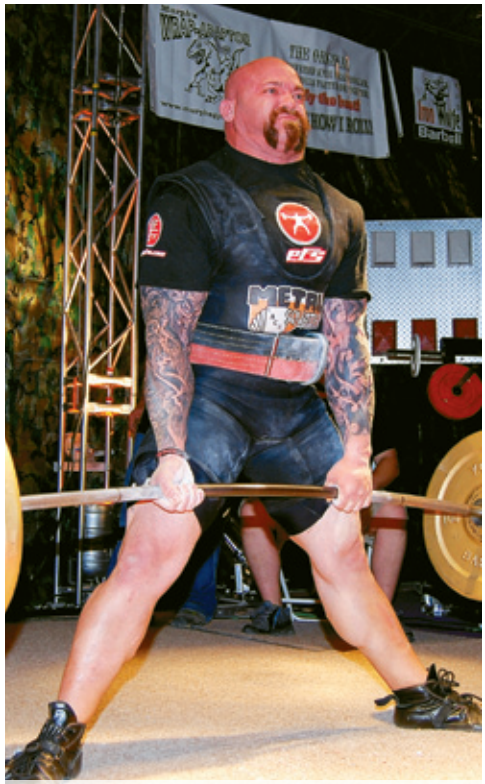
XPC PRO/ELITE COALITION MAR 2-4 2012 » Columbus, OH

BENCH		Professional			
MALE		165 lbs.			
114 lbs.		D. Doddy	—	—	—
S. Paley	160	181 lbs.	—	—	—
181 lbs.		J. Mazza	—	—	—
I. Kokorev	510	198 lbs.	—	—	—
220 lbs.		T. Hensley	—	—	—
A. Oudovikui	440	220 lbs.	—	—	—
275 lbs.		C. Smith	725	—	—
A. Guvkinc	—	K. Herbert	—	—	—
D. Smithey	—	J. Johnston	—	—	—
308 lbs.		J. Mireles	—	—	—
J. Bogart	—	J. Stottlemire	—	—	—
SHW		242 lbs.	—	—	—
A. Podshibiyakin	615	A. Paley	680	—	—
Elite		J. Prazak	—	—	—
220 lbs.		S. Tomaszkiwicz	—	—	—
T. Waldrep	655	275 lbs.	—	—	—
E. DeCaines	640	R. Luyando	—	—	—
M. Bratta	550	D. Poole	—	—	—
T. Westhoff	—	308 lbs.	—	—	—
275 lbs.		J. Hoskinson	785	—	—
B. Hicks	—	C. Harwood	—	—	—
J. Lawson	—	J. Hill	—	—	—
A. King	—	D. Yannacci	—	—	—
308 lbs.		SHW	—	—	—
D. Minks	645	R. Nutter	440	—	—
A. Bosnyak	—	R. Vick	—	—	—
W. Rung	—				
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
165 lbs.					
H. Maynard	—	285	—	285	
Amateur					
165 lbs.					
Open					
K. Johnson	415	265	400	1080	
181 lbs.					
Police					
L. Bunch	—	115	315	430	
Am Raw					
165 lbs.					
Teen (19)					
E. Latham	185	85	185	455	
MALE					
Single-Ply					
198 lbs.					
Junior					
M. Baker	560	—	—	560	
Amateur					

Submaster	635	465	405	1505	G. Benford	—	—	—	—
J. Upham					Open				
275 lbs.					M. Giesa	—	—	—	—
Junior					220 lbs.				
M. Prater	—	—	—	—	Master (52)				
D. Sessor	—	—	—	—	M. Terman	620	350	525	1495
Master (41)					Open				
J. Brown	700	445	620	1765	F. Storch	665	300	700	1665
Open					242 lbs.				
D. Woost	515	425	580	1520	Master (42)				
T. Domingo	—	—	—	—	D. Levesque	—	535	—	535
Open Junior					Open				
C. Hepler	655	—	—	655	J. Dale	850	525	700	2075
Submaster					E. Salmon	790	500	675	1965
P. Ward	—	445	—	445	R. Garvey	800	500	660	1960
SHW					J. Alley	900	—	—	900
Open					275 lbs.				
S. Gabrielsen	710	445	600	1755	Master (50)				
Teen (19)					L. Newman	825	565	600	1990
J. Rogers	800	620	535	1955	Open				
Raw					A. Gurkin	—	660	—	660
148 lbs.					308 lbs.				
Teen					Open				
L. Dallas	275	265	420	960	Jerry O	690	450	700	1840
181 lbs.					Raw				
Junior					123 lbs.				
W. Callahan	270	225	365	860	Raw				
Master (51)					V. Ware	—	145	—	145
M. Strain	375	295	490	1160	165 lbs.				
Police					Open				
B. Peter	—	345	—	345	R. Dukes	500	380	570	1450
198 lbs.					198 lbs.				
Junior					Open				
A. Heilman	405	260	480	1145	D. Kyser	585	305	675	1565
P. Burrows	410	255	410	1075	220 lbs.				
Junior Open					Open				
D. Kyser	470	—	—	470	P. Oneid	600	375	580	1555
Master (67)					242 lbs.				
J. McNeil	—	250	325	575	Open				
Open					D. Stokes	640	—	—	640
M. Austerberry	425	265	575	1265	J. Brunner	550	—	—	550
Open Master					275 lbs.				
A. Galayde	—	420	—	420	Open				
220 lbs.					A. Gurkin	—	570	—	570
Open					Police Master (42)				
J. Hacht	440	300	510	1250	P. Henson	—	450	550	1000
242 lbs.					308 lbs.				
Junior					Open				
N. Showman	405	320	580	1305	Z. King	565	340	525	1430
Master (42)					Submaster				
R. Nelson	—	460	—	460	L. Meredith	—	—	—	—
Master (63)					Ultra Raw				
C. Calhoun	—	340	—	340	220 lbs.				
Open					Police				
A. Werner	600	410	645	1655	A. Kozlov	530	285	615	1430
J. Finucan	460	345	350	1155	Elite				
275 lbs.					165 lbs.				
J. McGowan	525	275	500	1300	J. Murphy	700	455	500	1655
308 lbs.					181 lbs.				
Junior					G. Denny	—	—	—	—
A. Ruffing	550	365	520	1435	198 lbs.				
Open					T. Jakubczak	720	—	—	720
C. Larson	680	425	640	1745	220 lbs.				
Ultra Raw					D. Diemert	725	455	605	1785
198 lbs.					242 lbs.				
Open					D. DeBoer	810	—	—	810
B. Tunquist	505	315	645	1465	T. Chirico	—	—	—	—
B. Stricklin	475	300	565	1340	275 lbs.				
Teen (16)					M. Burke	900	610	590	2100
G. Yeager	445	280	505	1230	308 lbs.				
242 lbs.					J. Harris	940	680	665	2285
Master (46)					J. Luczyk	980	635	635	2250
M. Wall	585	380	615	1580	C. Cole	805	705	725	2235
Open					C. Armes	850	550	575	1975
N. Martin	465	345	515	1325	SHW				
308 lbs.					D. Pope	1000	—	—	1000
Police					M. Beatty	750	—	—	750
D. Herron	560	400	475	1435	J. McNett	—	—	—	—
Elite					Professional				
220 lbs.					132 lbs.				
Open					B. Poplin	380	265	365	1010
A. Cordek	700	425	625	1750	148 lbs.				
Professional					M. Tejero	585	410	565	1560
198 lbs.					165 lbs.				
Master (56)					I. Kokorev	710	510	575	1795

A. Berardinelli	—	—	—	—	Augie	800	540	730	2070	C. Vogelpohl	—	—	—	—	Y. Yarymbash	—	—	—	—
181 lbs.					J. Skinner	—	—	—	—	275 lbs.					308 lbs.				
A. Caslow	850	525	680	2055	J. Frey	960	705	820	2485	B. Carroll	1100	770	730	2600	N. Harvey	900	—	—	900
198 lbs.					C. Smith	900	775	730	2405	P. Hakola	900	755	760	2415	SHW				
J. Adkins	775	625	650	2050	R. Selk	960	530	740	2230	J. Winder	945	750	705	2400	C. Walker	1100	755	800	2655
D. Kirschen	740	600	615	1955	C. DellaFave	950	—	—	950	M. Johnson	950	680	740	2370	H. Thomason	1200	320	320	1840
M. Maxwell	800	510	500	1810	M. Szudarek	—	—	—	—	D. Stuchiner	720	535	635	1890	B. Lilly	900	—	—	900
J. Dougherty	810	—	—	810	Z. Geeting	—	—	—	—	D. Steltenkamp	905	730	—	1635	B. Vaziri	—	—	—	—
220 lbs.					C. Akers	—	—	—	—	P. Arroyo	875	—	—	875	P. Childress	—	—	—	—
P. Helber	880	525	700	2105						J. Garcia	—	—	—	—					

» courtesy Dan Dague



Jeremy Frey pulled 820 (left) and Henry Thomason squatted 1,200 (right) at the XPC Pro/Elite Coalition meet (Ken Richardson photos)



Newcomer Chad Walker squatted 1,100 for a 2,655 total (left) and Brian Carroll totaled 2,600 (right) at the XPC Pro/Elite Coalition meet

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weighed in at 79 pounds. I introduced her to Al Siegel, who was thrilled to meet her. He privately reviewed the commands with her, and she knew them cold. She also met the other individuals who would be officiating. I made sure to be very careful with her opening attempts, particularly her squat, as she had never lifted anywhere but at home. Her opening squat was 99 pounds. When she was called up, I went with her (having gotten special permission be her back spotter), and she took the weight easily out of the rack, got the signal to squat, and got it as easily as she should have.

So she could do it. Not only was she not nervous, but she was clearly exhilarated by the cheers and energy of the crowd. Her next attempt was 121 pounds, which she dispatched with similar ease. Then, for the third attempt, Naomi and I agreed on 137 pounds, which would break the women's open record. She took the weight out of the rack, got the signal to squat, and though obviously pushing harder in this attempt, came up with it cleanly with 3 white lights. A new open record, by an eight year old! Then she astounded me. Could she do another one, she asked? So, she took a 4th attempt, at 143. She took the weight and went lower down, and came up notably more easily than the prior attempt. As one lifter commented while watching her: "she practically sat down with it." So the record was now 143 pounds.

The other lifts were almost anti-climatic, but still each quite good. Her bench press attempts were 49, 55 and 60; all good. In the deadlifts, she got 126, 143 and 154 all fairly easily. She wanted more. Since she would be breaking a youth class American record, she could take a 4th attempt, and did. The bar went to 165, and she got it. We were astounded, as she had never before gotten more than 140 pounds. Naomi truly thrived on the competitive platform. And she was ready and anxious for her next challenge.

Her next contest was to be the ADAU Coal Country Classic, held every year on the first Sunday in December. Her lifts continued to soar. In early November, she squatted 150 for 5 reps. Then she got 160 for 5.

The day of the contest arrived. For this one, Naomi weighed 84 pounds. Her first squat was 145. For her second, she took 165 and got it easily. For her third, she took 180. While she came up with the weight, she was a bit high, and the lift was turned down 2 to 1. This was the first time she missed a lift in competition. Also, because she missed her third attempt, she couldn't try it again for a 4th. So, her squat for the day was 165. Naomi was disappointed, but it was still up 22 pounds from her first contest. In the bench press, she opened with 55 and got it easily. She went to 65 pounds and missed it. I felt that she was out of the groove rather than not strong enough, so Naomi and I had a quick discussion about form. She repeated 65 for her third attempt and got it! For the deadlift, Naomi went 145, 160 and 170. She tried 181 (to break the ADAU record of 180), but it was too much for her that day.

She had furthered her records and raised

herself in the national rankings. Now what? If she was nothing else, Naomi was a very goal-oriented girl. Then what was the next goal? She had come very close with a 180-pound squat. The all-time record as listed in *Powerlifting Watch* was 203 pounds for the women's 97-pound weight class. This became the goal. It was a 6 year old record, held by the multi-time international champion Judy Gedney. If Naomi could do this, it would be quite a feather in her cap.

I figured that, realistically, at the rate she was gaining, the July timeframe was right, which would be the 2011 ADAU Nationals. But it was only December; Naomi needed a contest between then and now, and there were no ADAU contests on Sunday before July. So she was going to have to go outside of the ADAU for a contest. It turned out that there was a 100% Raw contest in Burlington, Vermont, on April 3rd, which was a Sunday. Also, that federation had a record of 180 pounds for the squat in the 97-pound weight class, which made for a good interim goal. So, that would be the next contest.

We made some technical changes in some of Naomi's lifts to try to improve her form and take better advantage of her leg strength. First, I had Naomi widen out her squat stance some to try to keep her knees from coming in. Also, to try to get her deadlift moving, she tried switching to a sumo stance.

Her squats continued to gain steadily, going as high as 185 for 5 a couple of weeks before the April contest. The deadlifts were tougher. While my wife and I both thought that sumo would be right for her, Naomi was having a tough time getting the knack of it. She just couldn't get much above 165 off of the ground, and even 165 was tough. So, about 3 weeks before the contest, she switched back to conventional style, and was able to lift better that way. Thankfully, her strength continued to gain, and she did as well as 175 for 3 reps. Her bench was steady, but gains were slow.

The day of the contest arrived. We arrived, and signed Naomi in, and got her weighed in. I looked at the setup, and saw a problem. The squat rack was too high; Naomi wouldn't be able to get the weight off of the rack. I discussed it with the meet director, who said that the spotters would have to place the weight on her shoulders. At this point, what choice was there?

Naomi opened with 159.5 in the squat, immediately setting a youth class record. For her second, she took 187 pounds, breaking the open class record for 100% Raw. Naomi complained after the lift that the way the spotters handed her the weight hurt her shoulder. It was a lot for spotters to hand to her. For her third, Naomi wanted to go for the all-time record right there. My wife and I were both concerned. The spotters would have to hand her over 200 pounds, and was she ready for this much weight? They asked for just over 203 pounds. The weights for the meet were in kilos, but the meet director allowed for small plates to be added to break the record, so the bar was loaded to about 205. Naomi took the weight, but even as she got the squat signal, she wasn't

comfortable with it. She started to go down, but then came back up, and the spotters took the weight. She was okay, but the all-time record would wait for another day. In the bench press, Naomi got 55, then 66, and tried but missed with 71. In the deadlift, she got 154, 176, and 192.5.

It was on to her next contest, and hopefully the all time squat record. For a few weeks, Naomi focused on work with bands in the squat and bench press, and in taking another crack at changing her deadlift style to sumo (wide stance) from what had been her conventional style. With some good ideas from my wife, Naomi finally got the hang of it, and within a few weeks, she was up to 175 for a set of 3, exceeding her best conventional triple.

As the time was approaching to begin training for the ADAU Nationals on July 10th (mid-May), there was another issue for Naomi to be dealt with. As a young child, Naomi had been plagued with ear infections, requiring tubes in her ears. Sometimes tubes resolve themselves by falling out, sometimes they are simply removed in the doctor's office. In some cases, their removal requires some surgery. Unfortunately, Naomi had such an issue. If she was going to be able to swim at camp, she needed a simple operation to have the tube out. However, the operation would require her to not lift for about two weeks to prevent added pressure in her head. While she wanted the record, she was also a nine year old girl, and wanted to swim in camp during the summer. So, she didn't lift for the last two weeks of May.

The two weeks off clearly cost her some strength. I had no idea if going for the record was still feasible, or how to best recover from this in a short time. I decided that she would proceed from where she was, and however she did at the next contest, she did. While it didn't look good at first, her squats started to "kick into gear," getting 195 for a set of 3 in mid-June. About that time, there was some friendly banter with Al Siegel. His lifting was going well, and he was looking forward to breaking his personal record in the 242-pound class in the squat: 203 pounds. As I pointed out, that was the very number that Naomi was aiming to beat to break the all-time world record for the women's 97-pound class. Ever the competitor, and the strong youth advocate, Al replied playfully that he will not be outdone by some young "whipper-snapper" from New Jersey, while simultaneously wishing Naomi luck, and expressing confidence that she would break the record.

Tragically, Al Siegel passed away in his sleep the night of June 19th. The ADAU and much of the broader powerlifting community was racked with grief. Naomi was devastated; nobody that she ever dealt with closely in her young life had died. She had lost great grandparents, but she barely knew them. But she knew Al well, and admired him. And now, seemingly suddenly, he was dead. Soon after his father's funeral, Jay Siegel put out the announcement that the Nationals would definitely proceed. While it was sure to be a somber day,

it would also be a day that everyone collectively planned to lift well to honor the memory of one of the greatest proponents of powerlifting—particularly raw powerlifting—ever.

Naomi's lifts continued to advance. She squatted 205 for 2 one week before the contest. Her bench press was solid at 2 sets of 2 with 70 pounds (paused). The deadlift was less certain, with her hitting 180 for 3 singles, still in sumo style. Then it was off to the contest!

As always, Naomi lifted on Sunday, even though most women and youth lifted on Saturday. One person was scheduled to be in her class (97 pounds). The awarding of women's best lifter was even delayed a day to allow for Naomi's results, as well as those of another young woman lifting on Sunday due to a scheduling conflict. Naomi weighed in for the contest at 91 pounds; still light for the class, but representing a gain of 12 pounds in the 11 months since her debut at the previous year's Nationals. Naomi was feeling very good on this day.

She opened with 170 pounds, announced as a new women's 97-pound ADAU open record, and got it easily. Then she went to 190, getting that as well. Then 205 was called for. Naomi took it confidently, took it down and up. She got 1 red light and 2 white lights. The lift was good! She had done it! Naomi had broken the all-time record for the women's raw squat in the 97-pound class. She went for a 4th attempt at 210. While she came up with the lift, this was turned down 2 to 1 as just a bit high. She got the record, but there was still a contest to proceed with. In the bench press, she got all 3 of her attempts: 60, 70 and 75. Then came the deadlifts. Going sumo for the first time in a competition, she opened with 165 and got it easily. Then she went to 185. She got it, but barely held it for the down signal. We adjusted her grip so that she was holding the rough part (she didn't know what knurling was). And she agreed she would go for 195; 195 went up well, and her grip held well. Her total was 475, with all 9 of her in-contest attempts good! Her total of 475 represented a new open class record. She didn't quite make best lifter; had her total been 5 pounds higher, or her weight just a bit lower at weigh-in, she would have won it. Also, in the aftermath, it turned out that she did not, in fact, set the record total either. Another lifter the previous day, scheduled to lift at 105, weighed in light, and was entered instead into the 97-pound class. She had squatted 170, and she deadlifted 230, totaling 480. So 475, while very impressive, was not a record.

But the 205 squat clearly was. It was covered in the powerlifting world as an amazing achievement by anyone, much less a nine year old. Having set the record, another problem was, what is next? Late that summer, the question was answered. On September 3rd, in a contest in Europe, the internationally known lifter, 44 year old Ana Santiago-Ordonez-Geitner squatted 209 at a bodyweight of 94 pounds, setting a new record for the 97-pound class. So Naomi now had a new palpable goal, and a contest scheduled for Sunday, November 9th.

As she proceeded on her quest to regain the

all-time squat record, Naomi had to balance all of her activities. Starting with school of course, which, as a dual-curriculum program (secular and religious), has a long school day and a decent amount of homework, and her other sports interests: karate and basketball. Naomi started playing basketball in the fall of 2011, and was quite good at it, becoming the point guard for her team.

Even with her school and activities, Naomi always managed to carve out time for her lifting. And her lifts continued to advance. Then, something particularly unexpected happened. On October 26th, Johnny Vasquez contacted me to ask if we would be interested in Naomi participating in the Raw Unity Meet (RUM) on the weekend of Jan 21–22. My snap reaction was no; it was a lot of travel expense, the women are lifting on Saturday and Naomi can't lift on Saturday, and she can't miss school. Johnny Vasquez countered that it would be fine for Naomi to lift on Sunday, although it would be as a guest lifter since the other women are competing on Saturday. My wife and I then looked at Naomi's school calendar, and realized that she had a school break from January 19th through January 27th, perfectly coinciding with RUM. And in southern Texas, the weather was great in January. Naomi was thrilled at the prospect. Also, I noted that in the prior year, Al Siegel was very proud to be invited to help officiate at RUM 4—what a great tribute in Al's memory. So it was decided; Naomi would lift at RUM!

But there was still a contest to go to in Vermont in a week and a half. Naomi's training had gone well; she worked up to a squat of 215 for a set of 2, two weeks before the contest. Her deadlift was also advancing, getting up to 195 for a set of 2. Her bench press also looked good, getting as high as 75 for a set of 2, competition style (with pauses). So, two weeks out for the next contest, she seemed ready.

At the contest, Naomi opened with 181.9 in the squats and got it easily. Her second was 203.9, which was also successful. For her third, they asked for 214.9. Naomi handled it well, but was clearly too high; the judges all turned it down. I asked if she could take a 4th attempt as she was going for a world record. The answer came back that she needs to make her third to take a 4th. No squat record this contest.

For her benches, Naomi got 71.2, but missed 82.7. She got a deadlift of 203.9, missing her third attempt of 209.4. Both the deadlift and her total were new 100% Raw records for the 11 and under age group.

The focus then shifted to RUM. Naomi started off with a combination of speed sets and band-assisted sets to build her explosive power. Also, she was focusing more on her depth in her squats leading up to RUM, knowing that RUM is known for strict judging. Her training continued to go well; she worked back to a squat of 215 for a set of 2, with more carefully watched depth. Her bench pressed also advanced well, maxing at 75 for a set of 3 pauses. She struggled some with her deadlift, with trouble locking out 200 in training.



Naomi holding her Raw Unity Meet medal

We arrived at the hotel where RUM was being held on Friday afternoon. Accompanying them was Naomi's grandmother from Colorado. The Jewish Sabbath begins at sundown on Friday evening, and ends about 25 hours later. Naomi couldn't lift during those hours, or even be weighed in then.

Sunday—the big day for Naomi—came. She weighed in at 92.8 pounds. The officials worked with Naomi to get her rack height for the squat and bench press. Also, it was agreed that she would use the regulation bar that the women used the previous day. The men would be using a larger, heavier bar that Naomi couldn't comfortably get her hands around.

Naomi's opening weight for her squat was 187 pounds. She was the first squatter of the day, and when called, came out and handled the weight well, with three white lights—but she came to set a record, and I decided that if all went well on the first attempt, the second at-

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tempt would be for the record. (Had she missed because of depth, she would then be able to try again on a third attempt.) So, the next attempt was set for 214.9 pounds. Then something remarkable happened to Naomi. Her known ability to draw from the energy of the crowd and from the other lifters was taken truly to the next level. Right along with some of the best lifters in the 181, 198, and 220 pound classes was 93-pound Naomi, pacing and psyching as furiously and seriously as the big men around her. And when it was time for her to go for the record, she approached the bar and took the weight with an intensity that belied her age and size, took it low, and came up with it with a big effort that was tough, successful and earned her three white lights. She regained the all-time world record! As a ten year old! Naomi herself decided to pass on her third attempt.

There was still the bench press and deadlift to go. For her opening bench press, she took 66 pounds. While she had practiced using the start command in the bench press, in accordance with the listed RUM rules, they had

apparently made a late decision to abandon the start command. So Naomi had to remember to revert to the way she has generally competed, but she is pretty adaptable. Her opener of 66 pounds looked effortless. So, on my advice, she went to 77 pounds, keeping in mind that she had yet to get 77 pounds in competition. It went quite smoothly, for a personal best on her second attempt. So I suggested 82. "Are you sure?" she asked. "Absolutely," I replied, "I know you have this." So that was her third, which again went right up, for another personal best. Both second and third attempts were, again, accompanied by intense psyching up on Naomi's part.

Then it was on to the deadlift, which was a tough part of her training for the contest. Her opener of 181 went well, but looked just a bit tough. She wanted 192.9 for her second. After intense psyching up on her part, her second attempt seemed significantly easier than her first. Then I suggested 209 as her third attempt, which would be a personal best, and tie the total mark of 507 set by Danielle Tasher—507

is the world record in 100% Raw, and the best done in the 97-pound class in the United States in a long time. I felt that Naomi could get that. I just needed to convince Naomi of that. With a bit of convincing, she looked ready to give it her best effort. She proceeded to psych up more intensely than she ever had before. She approached the bar absolutely determined to complete the attempt. As she began, at first the bar didn't move, then suddenly it leapt a few inches, but not far enough. Then it crept up a bit more, and stopped around her knee. But after about a second, it began to move again. Then faster. And she locked it out, got the down signal, and three white lights!

She got all eight attempts that she tried, including an all-time world record squat, two personal records in the bench press, a personal record in the deadlift, and a personal record and current best in the country total. All with an intensity, determination and extraordinary level of strength seemingly far beyond her ten years of age, she has proved conclusively—and with finality—that she is the Supergirl! ☘

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« RAW BENCHING

The number of lifts at a certain percentage must be maintained at all costs. The Soviets calculated weights at only 70% and above for speed and strength-speed workouts in the intensity zones of 70%, 80%, and 90% and above and the minimum, maximum, and optimal number of lifts, the optimal number being the most efficient to use. A second workout, 72 hours later, is performed. This workout is low-volume, high-intensity, with the goal being an all-time record. This workout has also been scientifically proven for nearly 50 years. It is called the maximal effort method. This is the greatest method for the purpose of lifting maximum weights. It recruits the most muscle units (*Science and Practice of Strength Training, Zatsiorsky, 1995*). As you see, I have used Zatsiorsky as a source of information for the methods Westside Barbell utilizes. As renowned as Zatsiorsky is, there are many sources that discuss their own methods, such as Yuri Verkoshansky. Westside started using these methods to further the progress of our lifters.

From research, we know that doing the same exercise for three weeks or longer at 90% will cause you to go backward, but at Westside we max out all year long. How? We rotate the barbell exercises each week, normally a full range lift one week and the following week a partial range of motion exercise. In no particular order here is a list of different bars, grips, lifts with chains, and lifts with bands to give you an idea of how we do this. When going to a competition, the last max effort bench on a Wednesday should be done 10 days out from the meet. I have witnessed lifters doing a max effort bench day on Sunday, and this doesn't work well. Seven days out is too late, and 14 days is too long. This has been well documented at Westside Barbell for several years.

It should be noted that when using some of the lifts below, make sure to rotate among 3 or 4 exercises before a meet:

- Floor press
- 2-Board press
- Incline press
- 200 lb. of band over bar
- 3 5/8-inch cambered bar
- Close grip for 6-rep max
- Floor press with 150 lb. of chains
- Max grip for 6 reps
- Football bar
- 3-Board press
- Lightened method in bands with chains
- Max dumbbell weight for 3 sets
- Decline press
- T-Bar max

This is just a sample list to give you a guide. Follow any order that works best for you. You will find that some of these lifts are builders and others are testers. What does this mean? It means that you will find that some exercises will make you stronger, while some can tell you your bench is, without doubt, stronger. This saves on mental stress. Westside is known for its lifters breaking several world records in shirts. But you must become stronger "raw" if you're going to break a shirt record. Remember to do as much triceps and upper-back work as you can handle each workout.

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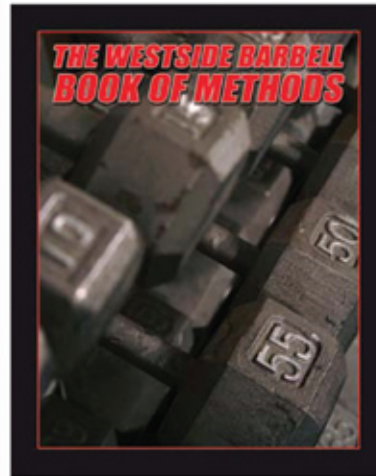
NAME	BENCH	WEIGHT CLASS
N. Winters	700 lb.	SHW
K. Patterson	625 lb.	275 lb.
G. Hallbert	625 lb.	235 lb.
P. Keys	600 lb.	290 lb.
J.L. Hollohan	600 lb.	290 lb.
G. Hallbert	550 lb.	198 lb.
A. Weisberger	285 lb.	148 lb.
L. Phelps	335 lb.	165 lb.

There are always mass contradictions about how strong Westside is "raw." We do train for a shirt, but that is because geared lifting is where the money is and where the rankings of the Top 100 are. «

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MARTY KILLION »



Marty with wife and training partner, Hally Killion

humbled and walk back into the punch to move further up the ladder, a solid core of people you trust and can rely on to be there—on time, every time—take your recovery and nutrition seriously, and on and on. It does not end.

How driven would people say you are about being a powerlifter? How does it affect you outside of the gym?

Those I let in close to me have told me I am a little crazy and not the norm. I even had a doctor tell me that, but he used bigger words. I have had several set-backs, some simple, some not. When I broke my neck and it had to be reconstructed from C3 through C6, I was physically out of the sport for several years, but not mentally. I was in three years of vestibular, vision, physical and speech therapy in reference to this neck, leg and brain injury. I am still here today bending bars, I have my own drive. There is life outside the gym?

How has powerlifting made you a stronger person away from the sport?

It is a humbling sport and those pretty short sighted may think they are winning, but truth be told you have to fight to stay even with the iron. You hit your PR and get that sense of accomplishment, but not three feet from you are two 5-pound plates ready to go on the bar and kick you in the teeth. Powerlifting keeps you real, focused and driven.

Do you have any training partners? How have they helped? Tell us about them.

I train with my wife, Hally. She is a competitive raw powerlifter. She can handle herself in the gym and has saved my butt more than once. I know my safety is her priority as much as hers is to me when we train. She is an accomplished raw push-pull athlete, now moving into full-power. Hally and I train in two different gyms: Smartsports in Cheyenne, Wyoming, and at the University of Wyoming, Half-Acre Gym, in Laramie. Depending on the workout and where we are in relation to a competition will determine where we will train.

What are your workouts like? How are they set up? What training methodology do you follow?

It is a hybrid Westside style approach to training. We train four days a week with a cardio day in the mix. I like to train heavy, but you cannot do this year round for a couple reasons. I took what I have found to work with me and applied it. I train pretty instinctively, so nothing is written in stone until I am in the gym, but I love the partial max effort training, bands, chains and high volume training.

What do you think attributes to a big bench nowadays?

Outworking your competition and training as smart as possible. This sport is injury after injury; to approach this without putting thought into it is going to lead to a train-wreck at some point. Proper nutrition, rest and pre-hab are very important.

What would you suggest to someone on how to get stronger on all three lifts?

I started in powerlifting as a full power guy and through the years and injuries it has been brought down to bench-only. I want to compete.

What drives you as a lifter? What is your mindset like during training?

My heart drives me. I am very self-competitive; I do not need much nudging to stay motivated. I train with intensity and focus. I approach powerlifting as work and take it seriously. We video a lot of our lifts; one reason being it can be sort of a blur to recall. I get focused and I get under the bar.

Was your training any different prior to your last meet?

It is always changing from meet to meet. It seems like I always think I got it figured it out and after evaluation post-meet, I find things I need to change.

Do you think using bench shirts/gear are cheating? What's your point of view on raw powerlifting?

I am all raw and have no interest in the geared lifting for myself. That being said, we are all powerlifters—I support everyone. I wish everyone the best. Geared and raw are two completely different approaches to a singular sport.

What is your view on training in equipment and learning them?

I would not know. I wear only my wrist-wraps.

What do you think is the reason for all the big numbers lately like Kennelly's 1,075 and Frank's freakish total or Hoonstra's raw strength? Has strength training evolved?

The equipment is very different and dramatically improved from ten years ago. The training has evolved to be more effective. Powerlifters are taking their nutrition and recovery more seriously. All of these apply to the raw athlete too, except the use of limited basic equipment. Our coaches are seeking out new methods to train their athletes and the sport steadily moves forward. You're also referring to three guys who have fantastic genetics for strength coupled with an excellent work ethic.

Do you think the standards have gone up in the sport?

Powerlifting is an important lifestyle for many of us and to ensure our sport is here until the end of time, we hold it to a very high standard. I respect our sport so I don't cut it or our athletes any slack.

What is your nutrition like now?

We have re-vamped my nutrition and I am responding positively. Hally is kind of a health-

nut and I was pretty much "see it and eat it." She has influenced how I eat now and it is much cleaner and healthier. I find now I feel better during the long workouts and have better recovery. It seems like I eat more now than I ever have, but am staying leaner.

What changes are you going to have to make to go to the next level?

Stay healthy. This is an issue I deal with day to day being permanently injured. I started this with a boat load of exercises and through the years it is whittled down to 4-5 different exercises I rely on to get stronger and not injure myself any further. I do what I have to do to get where I need to be for me to be happy. I have the drive to get there or I would have been out of this sport a long time ago.

Is there anyone you would like to thank?

My wife, Hally, and my kids, Ashley and Zach. Their support means the world to me. I want to be the best bencher out there, but I also want to be a good husband and father. I also want to thank anyone who has supported me through the years, either in the gym, church or some medical treatment. Also, my powerlifting team, Rock Solid Barbell, additional training partners Ken MacMillan, Sean Baker and Kelly Parks, and the beasts from The Brotherhood—they all know who they are. ☺

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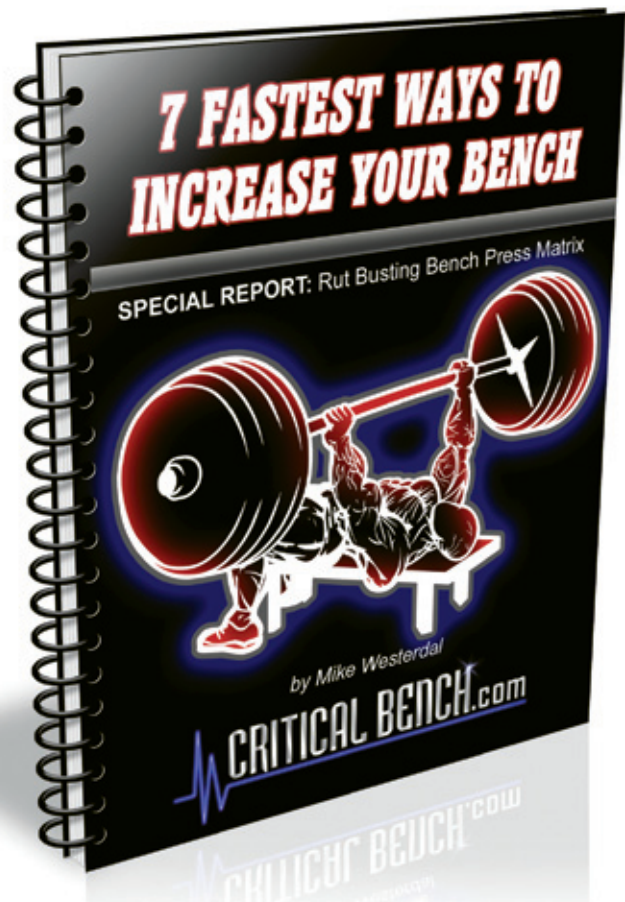
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MIKE MCDANIEL: On squats and bench, the only thing that changes at a meet versus in our gym is the planning/allowance for the number of lifters trying to use the same equipment. On all lifts, by the time we get to a meet we've reduced our warm-ups to just what's required to significantly reduce the risk of injury, while doing no more than minimum required to not waste energy on warm-ups that could instead be used on the platform. Every decision and effort during meet day is cumulative and affects subsequent energy (physical and mental) needs. Meet warm-ups are planned at the beginning of the training cycle against intended peaks, and are just as much a part of the preparation as for anything else on meet day.

Squats: on our single rep day (every sixteenth day per event lift) in the gym we take warm-ups the same way we would at the meet if peak weight that day was our intended peak at the meet. We'll typically take two reps with the first warm-up weight wearing just our supportive undergarment, one to two reps with the second warm-up weight wearing undergarment and suit, then add knee wraps afterwards (allows the last adjustment of being able to sit back more on the last warm-up consistent with what position on the platform will be) and do singles for remaining warm-up sets. Most of our lifters start with no less than 225 lb. on squats for warm-ups by meet day, none take more than four warm-up sets. Lifters are never rushed or late getting ready for the start of the meet. Having fewer warm-up sets makes it much easier to coordinate at the meet. For many years we started with 135 pounds then just took 90-pound jumps each warm-up. When our lifters finally got squats into the 800, 900 and 1,000 range (Michael Griffin's the only lifter from our gym successful over 1,000—want to be sure I don't imply otherwise), there were just too many warm-ups to manage, and they were unnecessary. We routinely at the meet take 255 first warm-up with just supportive undergarment, 455 second warm-up adding the suit with straps up and tight to use the weight to make the final pull upon the hips/legs, 655 with wraps, then open with low to mid-800s. For opening just over 900, we take 255, 455, 655, then 805 for warm-ups. For 1,003, warm-ups are 315, 515, 715 and 885, or 255, 455, 655 and 855. We also take big jumps on subsequent attempts (about 10-percent) but to some degree how we structure warm-ups is dependent on the goal for the day (just posting a total, chasing a PR or record on second attempt, chasing a stretch goal on third attempt, or chasing a win and having to choose attempts based on performance of a competitor). When we're close to a meet (12 weeks out) we take our warm-ups and work sets with 15–20 minutes between then to duplicate the pace on meet day. At the meet we find out what flight we're in and what our position on the list is for our opener. For planning, we typically upfront assume squats at a meet with a platform running efficiently will average about one minute per attempt. Between our last warm-up and opener we like about a 20 minute gap. If we're in the first flight and know the meet will start on time at, say, 9 a.m. and we're the tenth lifter in the flight, if we had four warm-ups, our last would

complete at 8:50 (allow an extra two minutes on prep for knee wraps from previous warm-up), our third would complete at 8:30 (ditto wrap comment), second would complete at 8:10 (allow an extra 10 minutes between previous warm-up and this one for time to put suit on then let lower back pump release from efforts to get into the suit), and first would be at 7:45 (after last bathroom break and putting on supportive undergarment). If lifting in a later flight, we find where we are in the flight, confirm there's no break on the platform between flights, watch the platform for pace, assume one minute average per attempt, and for the four warm-ups start the process (putting on the undergarment) about 95 minutes before we think the bar will be called loaded for us. We've followed the above for many years and have always been warmed up but as fresh/recovered as you can be when it was time for our first attempt. For success at a meet, you have to practice every aspect in the gym first. Getting warm-ups right goes a long way toward having an enjoyable, successful, low-stress day. The last things we want on meet day are to either be rushed (running late) or get cold (finishing early). We as lifters have the most control over prep timing to succeed on the platform. We've had no trouble at all getting into the line of lifters using common equipment in the warm-up room. Our coaches keep an eye on who is in queue ahead of the lifter when they're five minutes or so from needing to be in line, identify who the last is in line to get a place behind, let folks know who their lifter is and who he will follow, then stay sensitive to being ready when it's their time. Lifters using common equipment seem much more inclined to help work your lifters into the waiting line if you're helpful to them. We routinely load weight for other folks warming up, work the rack, wrap knees/set suits, and call depth. Everyone working together makes things go much smoother in the warm-up room.

Bench—again, gym warm-ups are pretty consistent with what we do at the meet. A difference from squat though is we can't start as heavy and we take smaller jumps. We also plan for 10–15 minutes between attempts on bench versus the 15–20 on squats. When setting up our warm-ups versus number of lifters ahead of us, we allow 45 seconds per lifter. Our first warm-up is typically 135 pounds, and we mostly take 90-pound jumps on subsequent warm-ups until the last one or two. The last one or two are staged such that our last warm-up is about 10-percent less than our opener. Reps per set are kept to a minimum; typically three on the first set, two on the second, then singles afterwards. As an example, if we were opening with 606, our last warm-up would be 545, preceded by 485, 405, 315, 225, and 135. The bench shirt would go on for 315; 545 would be to one board, 485 to two boards, 405 to three boards, and 315 to four boards. The six warm-ups would start no later than 75 minutes before the opener.

Deadlift warm-ups are different at a meet for us than in the gym. By the time we get to deadlift, every muscle group has been limbered and tested, and typically we're getting short on energy reserves. We never take more than three warm-ups (applies to folks opening with 405 to 755), and the three warm-ups are taken at the beginning of each round for the previous flight on the platform,

or if the lifter is in the first flight 12–15 minutes between last warm-up and being on the platform, and ditto for gap between the previous two warm-ups. All warm-ups are taken with suit on and straps up. We may do a double on the first warm-up, but typically just pull singles. As an example, getting ready for a 633 opener, warm-ups would be 225x2, 405x1, and 565x1. Years ago we took our deadlift warm-ups in 90-pound increments starting at 135 pounds. Starting heavier and reducing sets has worked much better (for both performance and planning).

For planning all warm-ups, the best thing for a lifter is if the meet director starts the meet consistent with the publicized start time. If a lifter knows that every meet they go to will start on time, they'll be ready or unprepared (typically ready). The worst thing a meet director can do pertinent to killing warm-up planning is, for whatever reason, not start the meet on time. Most lifters plan their warm-ups against a particular start time. Knowing a meet will start on time results in heavier lifters or those with more warm-ups having to get started earlier. If a handful of lifters don't manage their time wisely and the meet director delays start to accommodate them, lifters that did manage their time wisely will be cold by the time lifting starts and as a result not do as well and/or be at higher risk for injury. Everyone has the same burden to prepare for the same start time. Regardless of lifter level, every lifter should be given the same regard of a set start time that's consistently communicated well in advance then consistently met. A 300-pound squat to a new lifter is no less important than a 1200-pound squat to a top tier lifter, and both should receive the same regard and opportunity to succeed. If a meet director has to delay a meet start time for something other than poor lifter preparation, the delay should be communicated as early as possible to the lifters, and the new start time adhered to. *mcdaniel242@sbcglobal.net*

JON SMOKER: I'm probably the worst person to address this question because my warm-ups are pretty minimal in the squat and deadlift. Since I'm a squatting specialist, my legs are always in great shape and are ready to go almost any time. I could just about go to a meet and take my opener without warming up, so my warm-ups are basically for getting a feel for the weight and how strong I'm feeling. However, there are days when I discover I'm tight to some degree, more often than not when I've had to cut weight, and then I do the stretching that I should be doing all of the time. I always start with 225 and I do two sets. If I'm feeling tightness, then I start stretching. Then depending on the equipment available, I go to 300–325. At this point in my career at 65, raw and 165, I'm ready to do my last warm-up, which is always my first attempt. For a long time I've maintained that your warm-up should be something you can make rather easily if everything that could go wrong does go wrong. When I was younger and squatting into the 600s, I would warm-up with the 225 and 300 and then take 90 pound jumps just doing singles to set up an opener of 550–575. I think the fine line for every lifter is to do enough to get loose without doing so much that it begins to detract from your max lift for the day. And if a lifter is feeling any kind of tightness, then stretch

ing should absolutely be done. There are those like Fred Hatfield who believe stretching is mandatory because it opens up the muscle insertions, thereby enabling the lifter to achieve a greater max. And I have to defer to his informed opinion, even though I don't practice it all the time. At a meet I take about 2-3 warm-up sets on the deadlift depending on how much time has elapsed after the squat. If it's a fast meet, I'm already warmed up from the squat, so I'm just trying to basically get a feel for the weight.

For whatever reason, I usually feel some tightness in the bench, so I do more warm-up sets. I do two sets with 135 and then as I move up in 30 pound increments, I just do singles. With my second set at 135 I always let the bar sink into my chest and roll it up and down, and if a vertebrae is out of whack, it will pop back into place which is really a good thing with deadlifts still to come.

During my training I always stretch when I'm feeling sore the day after a workout and a lot of it is just free form—stretching against the soreness in whatever manner feels good, although there are the old stand-bys which I've been using for decades and still do, like standing between a doorway, pacing the palms on the frames and pushing through. And it still feels great after all these years when my pecs are sore. jjrcsmoker@hotmail.com

MATTHEW GARY: The most significant factor affecting my approach to warming-up for training versus a competition is time. When we train, most of us have allocated a specific block of time to

the task. Oppositely, at a competition you're on someone else's clock.

In training and at competitions, my mental preparation begins before physically warming-up. I review my goals or objectives for the day, consider my plan of attack, and visualize myself performing the lifts perfectly.

As I'm getting dressed, I typically use some type of liniment on my back, hips, legs and shoulders to help increase blood flow to the muscles. I always begin my warm-up with some soft tissue work via self-myofascial release using a PVC pipe and/or lacrosse ball. Nowadays, I've built up such a tolerance to foam rolling, that foam rollers aren't hard enough. I pay special attention to my back, groin, hips, IT bands, quads, and shoulders. I follow that with some dynamic mobility exercises like leg swings, hip circles, monster and cradle walks, groiners, band shoulder dislocations, etc. Then it's on to 2 sets of 10 reps body weight squats and 2 x 10 squats with an empty barbell. The unloaded squatting serves as additional stretching and loosening up as well as central nervous system (CNS) ignition. This entire process typically takes me between 20-30 minutes, depending on how sore I am from the previous training session, time of day, climate, stress levels and mood. There's no excuse to not have these tools (bands, lacrosse ball, PVC pipe) with me at a meet. I simply pack them as part of my gear.

After the soft tissue work and dynamic mobility, it's on to the actual exercises. During training we use percentages of our one-rep max (1RM) to

warm-up to the work sets. A sample warm-up progression for the squat might look something like this: 50-percent x 5, 60-percent x 3, 70-percent x 2 x 2, and then it would be on to our work sets of 80-percent. The key is making sure the CNS and muscles are primed and ready for the work sets. If you're not adequately warmed-up you can always add a set here or rep there. At competitions we simply count backward from our opening attempt and space our warm-ups accordingly. There are three keys with this method: 1) determining how much the lifter is comfortable jumping from their last warm-up set to their opener, 2) the progressions should start out larger and then become smaller as you get closer to your opener, and 3) saving as much energy as possible so the lifter has enough gas left in the tank for the attempts on the platform. For example, if you're opening with a 500 pound squat, a sample warm-up progression for a lifter comfortable taking a 45 pound increase to their opener may look like this:

- Bar x 8 – 10 reps (stretching)
- 135 x 5
- 225 x 3
- 315 x 2
- 395 x 1
- 455 x 1

As you notice, the reps are few and the progressions start at 90 pounds followed by an 80-pound increase to 395, a 60-pound increase to 455 followed by the 45-pound increase to the 500 opener. This ensures the CNS isn't surprised by

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irregular increases. You wouldn't want to take a 40-pound increase followed by a 90-pound increase. The only time such progressions are warranted is when you're adding a piece of gear, like a bench shirt or knee wraps, etc. Warm-ups are scalable and relative to the strength of the lifter.

Lastly, it's imperative to start warming-up early at competitions. You must account for your start time, the number of lifters in your flight, and the flight(s) ahead of you. Raw lifters compete at a faster pace than geared lifters. Local meets typically run slower than a national or world championship where the judges and platform crew are experienced. You can always slow down your warm-ups, but you can't speed up without fatiguing yourself and creating unnecessary stress. There's nothing worse than feeling rushed at a competition.

At SSPT, we practice like we play. Accordingly, we typically contact the meet director ahead of time to determine the bar that will be used on the platform and whether we'll be using pounds or kilos in the warm-up area. If we own the same bar as what's featured in the competition, we train on it leading up to the meet. If not, we select something similar and roll with the punches on meet day. We almost always train in kilos because that's how we compete.

Lifters and coaches should have a plan for training and at competitions. Don't be arbitrary or leave things to chance. A training or meet day plan is an outline. Outlines may be deviated from, however, if you fail to plan you might as well plan to fail. mlgary72@gmail.com

MICHAEL TUCHSCHERER: I warm-up at a meet the same way I do in my garage. The biggest difference is usually the pace. In my garage, I do another warm-up whenever I feel ready for it. At a meet, you have to time your warm-ups so it's usually a slower pace. I'm amazed at people who don't bother to time their warm-ups.

I don't run or do any other exercises for warm-ups. I start off doing the lift I will be doing for my

heavy sets, I just start off with a light weight—the bar or one plate or something. Let's take the squat for example. I load a plate on there and squat a few reps. Then put another plate on and squat a few reps, etc. It mirrors the same thing I do in my garage to warm-up for a workout.

As I mentioned, the biggest thing is timing. Lots of folks don't know how to time their warm-ups. It's a good idea to go ahead and get into a rhythm of lifting that will mirror your flight when you start. So this usually means slowing the pace down a bit. I know that if I have six warm-up sets in the squat, if I open in the middle of the flight I want to take my last warm-up with the flight ahead of me being about half way through their third attempt. That way I get a whole flight's rest between my last warm-up and my first attempt. That just helps me get into the rhythm of the meet. After you know when to take your last warm-up, you just work backward. You can gradually get more and more dense as you go. So if your sixth warm-up is half way through the other flight's third attempt, then the fifth warm-up is at the start of their third, the fourth is about half way through their second attempt, etc. The first few warm-ups are usually really light and don't require much rest, so you can make them even closer together. All my lifts—squat, bench and deadlift—all follow the same pattern.

If anybody has any questions about this, feel free to email me at mike@ReactiveTrainingSystems.com.

KEN WHEELER: My warm-ups during training have increased as I have gotten older and looking back I regret that I didn't spend more time doing this many years earlier in my lifting career.

A typical squat warm-up at the Hog Pit Gym will consist of sled pulling for 2-4 trips, 2-3 sets of abs, 50 reps pulldowns, "bunch" of band pull aparts, and 1-2 sets of medicine ball gm's. On max effort deadlift night, we'll often squat first, working up to moderate sets of 3-5, maybe with 60-70-percent, then go into our pull. Keeping in

mind that deads are at the end of a long day most of the time, so we rarely pull when we are "fresh," trying to simulate meet conditions much of the time.

On bench night I take about twice as long to warm-up as the other guys because my shoulders are pretty much shot. I constantly pop scar tissue even with the best of caution and warm-up, shirt or no shirt, so I do a lot of pull aparts, lateral raises, pulldowns and a ka-zillion reps with an empty bar.

As to meet warm-up, that's a different ballgame, but I still try to get in a lot of empty bar work, pull aparts or pulldowns if a machine is available, and empty-bar good mornings with a variety of stances. After that it's pretty much 2-3 sets of doubles followed by plate jumps up to my opener with singles, adding gear as the weight goes up. The main thing is to "warm-up," not to leave your numbers in the warm-up room.

In summation, I definitely need more warm-up in training than at meets, but I'm sure a lot of that is due to the adrenalin rush of meet day and trying not to make rookie mistakes which I still do on occasion. Any "old lifters" out there who want to share ideas or have any questions, feel free to email me: hogpit804@yahoo.com.

DAVID RICKS: I change my warm-up procedure for a contest. For a warm-up during training I normally train the squat, bench and deadlift on separate days. When that happens I normally will warm-up with five to eight reps with several sets.

During a contest my warm-up for the squat is basically the same, but for the bench and deadlift I cut down the number of warm-up sets because your body is somewhat warmed up from the squatting. I only do three to one rep warm-ups to save energy for the platform. I try to focus on the mechanics of my lifting to ensure I am sharp when I step on the platform for the bench and deadlift.

Even though I am doing the same sets for the squat, I am only doing one to three reps per set, and when I put my suit on at 495 pounds I am only doing one rep until my last warm-up. Ricks181@hotmail.com

AL CASLOW: My warm-up every day in training simulates the warm-up I plan to use at the meet. I hardly ever change anything besides on added mobility exercises here and there for rehab purposes. It, for the most part, looks identical. This has always helped me in two ways; makes sure I warm-up effectively and efficiently, but also since it's a structured pattern and routine it helps calm me down and have my focus in the right place. The day of the meet and before the meet, everything I do is comfortable. Meaning, there is nothing out of the norm being tossed in and/or tried.

BRAD GILLINGHAM: At 45 years old my training session warm-ups get to be longer and longer every year. Minnesota has some extreme seasonal weather changes—my warm-ups tend to go according to the season. During the colder winter months it seems like it takes more stretching and warm-ups to get the body going, and during the warmer summer months just the opposite. I generally spend 20–30 minutes warming up, dependent on what main exercise I am training. All training sessions begin with light stretching and light kettle bell swings. Prior to any type of squatting, I always follow stretching with a couple sets of really light leg extensions, and a couple sets of overhead squats with the bar. I generally take fairly big jumps and perform singles or sets of 2–3 leading up to my training weight. During meets I follow a similar warm-up heading into

the squats, but I minimize my warm-up following squats. A good example would be from last year's IPF Worlds in Pilsen, Czech Republic. My deadlift warm-up consisted of one rep with 440–660–720 and then on to my opener with 804. I try to minimize warm-up attempts in contest settings to save energy. Generally the body is ready to go, especially in an IPF contest where typically there is only a 15 minute period between each discipline.

STEVE DENISON: My warm-up for training is almost the same for a contest. I typically do one set of ten reps then do a light stretch and then a second set of five adding weight then a third set of three adding weight. The only thing I do differently for a contest is do a few singles before the contest starts, especially if I'm using a single-ply squat suit or bench shirt. steve@uspla.org

WADE JOHNSON: For my competition lifts, the warm-up I do in training is what I do in competition. I train like I compete. That way there is no variance and hopefully no surprises. The only thing that will change is deadlift. At that point of the meet I'm pretty tired and pretty warm and certainly loose. I put on my gear, pull 315 and then 455 or so, maybe another but usually just those two, and I'm ready for my opener.

BOB BENEDIX: One of my favorite questions!

Lifting at a meet is not a workout, and do not plan for it to be! Expect nothing for equipment but the basics. You are there to warm-up for the squat, bench and deadlift. If you need extra warm-up stuff, bring it! It blows my mind to watch people in the warm-up room working out. You should be ready to lift and know your numbers. Save the strength for the platform! My opener really is my last warm-up—a weight I know I can double on a bad day! Second attempt is a weight I know I can get and need to place. Depending how I feel, my third (if the spotters are big) is my max! A few sets of empty bar squats and a few sets with enough weight depending on the gear worn to get ready for my opener! Deadlifts are my favorite to watch people warm-up—a few light sets for five then singles all the way up stopping 100 pounds before my opener. Then again, my opener really is my last warm-up set on the platform. Bombing on the deadlift after all that day's work really makes no sense! ☹

 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.

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GEARING UP FOR BATTLE »

weight. As the weeks go on, we will be lowering the boards to a two or one board press and working on getting the weights to touch, but for now we are going to use overload weights off of higher boards to get your central nervous system ready to handle these massive loads at contest time. At this point, you should be using your wrist wraps (Inzer Gripper wraps) and belt as well. In the coming weeks, we will talk more in detail of how to use your shirt and how to adjust it during your workouts and meet efforts. For now, just be careful and take little increases week to week. As the Big Evil said earlier, getting acclimated to the shirt will take some time, so be patient and be careful. Also, you can contact the Big Evil—Jamie Harris—for one-on-one help at 412-969-6457. The Big Evil can give you tons of pointers and can set up your workouts and monitor your progress on a personal level.

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

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

DUMBBELL SKULL CRUSHERS Now we are going to get some blood

in our triceps as well as our chest. Seven sets of eight reps with only a forty-five second rest between sets. The sheer volume of reps being done and the use of a lighter amount of weight, which is easier on the elbows, makes this exercise a great choice in tricep work at this stage of the cycle.

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

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

1. PROTEIN INTAKE I would take about 2 grams of protein per pound of lean bodyweight per day. So, for example, if you weigh 200 pounds and you are at (let's use, for example, 17-percent body fat), you would take $200 \times .17 = 34$. Thirty-four would be your body fat weight, so then you would subtract it from 200, which is your bodyweight, to get your lean weight, which would be 166 pounds. Now take 166×2 , which is 332, and that's how many grams of protein you should consume in a day. That's why sports supplements are so important, because a good protein powder like GNC 100% Whey Protein has maximum grams of protein per serving with minimal amounts of carbs and calories, which is great if you're trying to make weight. You should make your protein intake half in food and half in supplements. After a few weeks of ingesting this much

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2. MASSAGE THERAPY, CHIROPRACTIC CARE, SAUNA/WHILPOOL

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

3. SLEEP, STRESS REDUCTION, VISUALIZATION

I can't say this enough. You need to get a least eight hours of sleep a night. Your body recovers while you are sleeping, so you might also want to take little cat naps during the course of the day if you can. Another factor is stress. Life is filled with stress, as we all know. As you get closer to the meet you need to try and set your life up for that brief period of time where you can concentrate on your training and keep outward stress factors to a minimum. As the weeks progress to the meet, not only has your body taken a pounding, but your mind as well.

LAT PULLDOWNS Pull these down to the front, never behind your head. I like doing these with a grip that is similar to my bench press competition grip. Three sets of ten reps and use heavier weight on this exercise. The lats play a big part in your bench press. You can definitely overload them

with this exercise, so don't be afraid to use some weight here.

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

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

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

Are you excited yet? Your day of truth draws near and if you have followed my teachings to the letter, the powerlifting world is going to see big things from you come meet day. If you feel I haven't explained a topic properly enough or you just need more help, drop the Big Evil a line at oatzjz@aol.com and I will be more than happy to assist you with all your powerlifting needs. Also, like I said above, if you need help with workout questions, bench shirt questions or if you need to order equipment feel free to give me a call. Or better yet, if you're in the Pittsburgh area stop down at Steel City Barbell and catch a workout. Until next month, *believe to achieve!!* «

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- 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

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- 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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