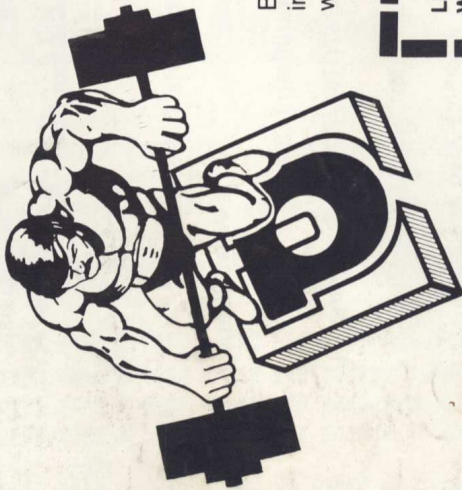


# POWER ELITE

## Weekend Seminar



**NEW**

with  
**Larry Pacifico  
& Mike Bridges**

in Dayton, Ohio

Beginning the second weekend  
in January, and every other  
weekend thereafter.

Now, you can train, learn, work out,  
pick up tip and pointers from the  
best—a world champion and the  
Power Elite team. You'll be here for  
two full days and one night—  
private room accommodations and  
dinners included in the package.

You'll experience and learn thru the  
plus of Videotape—on location at  
the new Power Elite Gym. You'll  
learn about techniques, equipment,  
new accessories and nutrition.

**PACIFICO**



ENTERPRISES

**LIMITED TO FOUR GUESTS PER  
WEEKEND**—\$150 per person—an  
exclusive experience for maximum  
attention, analysis, and the begin-  
ning of your Personalized Training  
Program.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_

1st DATE REQUESTED: \_\_\_\_\_

2nd Choice: \_\_\_\_\_

Mail to: **Pacifico Enterprises**  
P.O. Box 14152 N.R. Br.  
Dayton, Ohio 45414

# Powerlifting-U.S.A.

VOL. 4  
NO. 7  
JAN/81  
\$1.75

**DR. SQUAT**  
at the U.S.  
Invitational





# BEST AVAILABLE ANYWHERE... ... for QUALITY and PRICE

**Super Deluxe  
DECLINE BENCH**  
at \$150.00

Uprights are removable. Use for barbell and dumbbell presses and pull-overs.

**Super Deluxe  
UPRIGHT  
CALF UNIT**  
Only \$220.00

Ball Bearing Mounted and Super Calf Developer.

**Super Deluxe  
PLATE HOLDER**  
Only \$50.00

Designed to hold Olympic plates up to 1,000 lbs.

**Super Deluxe  
CABLE ROW**  
\$200.00

Comes complete with new, never wear smooth running pulleys. Pulley set at right height for maximum lat workouts.

**Super Deluxe  
CABLE CURL**

Bargain at \$240.00  
Ball bearing operated with double cam.

**Super Deluxe  
INCLINE  
BENCH** \$165.

All 2 inch square steel tubing, welded throughout for greater strength. Made for Olympic Bar.

**Super Deluxe  
FLAT  
BENCH** \$80.

Same quality as at left with 4 feet long, 2 inch board heavily foam padded and vinyl covered.

ALL THIS EQUIPMENT DESIGNED FOR THE GYM OWNER WHO WANTS THE BEST AT LOWEST POSSIBLE PRICES.  
**OUR SUPER DELUXE EQUIPMENT IS ALSO AVAILABLE IN 2 1/2" SQUARE TUBING AT SLIGHTLY HIGHER PRICES**

SEND FOR FREE SUPER DELUXE LINE LITERATURE TODAY.

**JUBINVILLE HEALTH EQUIPMENT** P.O. Box 662 • Holyoke, MA. 01040

## Powerlifting-U-S-A

Post Office Box 467  
Camarillo, CA 93010

EDITOR-IN-CHIEF Mike Lambert  
INTERNATIONAL EDITOR Tony Fitton  
FEATURE EDITOR Ken Leistner  
TRAINING EDITOR Ron Fernando  
SUBSCRIPTION SERVICES Jean Lambert  
STATISTICIAN Herb Glossbrenner  
PUBLISHER Mike Lambert

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$15 per year. The office of publication is 863 LEMON DRIVE, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, Box 467, Camarillo, California 93010

Subscription rates: (US funds only)

USA & CANADA, 1 yr. ....\$15.00 US  
USA & CANADA, 2 yr. ....\$28.50 US

Foreign, Surface Mail...\$24.00 US  
Foreign, Air Mail.....\$32.00 US

**MEMBER**  
**COSSMERE**  
COMMITTEE OF SMALL MAGAZINE  
EDITORS AND PUBLISHERS  
BOX 793 SAN FRANCISCO, CA. 94101

## CONTENTS

VOLUME 4, NUMBER 7

JANUARY/1987

U.S. INVITATIONAL.....	Mike Lambert.....	5
INJURIES: WHAT TO DO ABOUT THEM...Evet/Keyes/Ryan...7		
BENCHING WITH DANNY MCDERMOTT...Ron Fernando.....8		
LETTERS TO THE EDITOR.....Keichner/Pettitt.....9		
PAUL WRENN'S BENCH PRESS ROUTINE...Don Simmons.....10		
SCIENCE OF THE SQUAT, PT. 1...Pete Vuono.....11		
STARTIN' OUT.....Dave Robertson.....14		
MORE FROM KEN LEISTNER.....Ken Leistner.....16		
MULLET INVITATIONAL.....Randy Wilson.....19		
NUTRITION CORNER.....Jack Digangi.....22		
USPF REGISTRATION BULLETIN.....23		
INDEX OF 1980 ARTICLES.....24		
BACK ISSUE LISTING.....24		
TOP 100 LIGHTWEIGHTS.....Jean Lambert.....25		
CALENDAR OF EVENTS.....29		
CLASSIFIED ADS.....45		

© 1987 Powerlifting USA

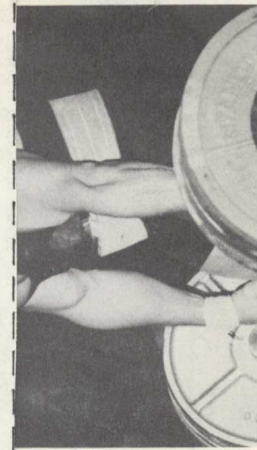
**NEXT MONTH**...full report of the National YMCA Championships from Columbus, Ohio where several World Records should be challenged...PLUS...John Pettitt reveals his secrets of successful meet promotion.

**ON THE COVER**...Dr. Squat, Fred Hatfield, coming up with an easy 815 at the U.S. Invitational. Fred's outstanding book 'THE SCIENCE OF POWERLIFTING' is in the works and will be available through PL USA soon.

**POWERLIFTING USA advertising rates available upon your request.**



The World's FIRST Triple Bodyweight bench press...Joe Bradley yells up 397.



Bill Davis gave out with a giant sign of relief after this deadlift...he had finally cracked the 2000 barrier in total.



★★★★★ **MIKE MACDONALD SYSTEMS** ★★★★★  
presents

**TOP QUALITY FORMULAS AT 20 PER CENT BELOW HEALTH FOOD STORE PRICES**

- Ultra Stress Sustained Release 9.50
- Mega B 125 mg Sustained Release 5.75
- B-12 5000 mcg Sustained Release 1.25
- B-12 2000 mcg Sustained Release 1.00
- Ultra-C 2000 mg Sustained Release 8.00
- Vitamin E 1000 IU 7.90
- Vitamin E 1000 IU 6.40
- Ultra One Sustained Release 9.00
- Ultra One Sustained Release 10.25
- Ultra One Sustained Release 14.50
- Ultra One Sustained Release 5.30
- Ultra One Sustained Release 9.70
- Mega Mins (Multi-Mineral) 90 tabs 14.00
- Mega Mins (Multi-Mineral) 180 tabs 5.50
- Mega Zinc 100 mg Sustained Release 8.00
- Pantothenic Acid 1000 mg Sustained Release 6.35
- Niacin 1000 mg Sustained Release 9.20
- Chewable E 200 I.U. (Carob flavor) 6.00
- Chewable E 400 I.U. (Carob flavor) 5.40
- 90 tabs 8.15

Lowest Prices and Best Quality Available Anywhere!!

★★ Natural Fat Burning Formula ★★

- Trim Plex (Lectin, Kelp, B-6, Apple Cider Vinegar Formula) 90 tabs 4.25
- Trim Plex (Choline, inositol, Methionine Formula) 180 tabs 8.15
- Leuciplex powder 60 tabs 6.20
- 6 oz. 3.45

★★ Raw Glandular Formulas ★★  
growth without drugs

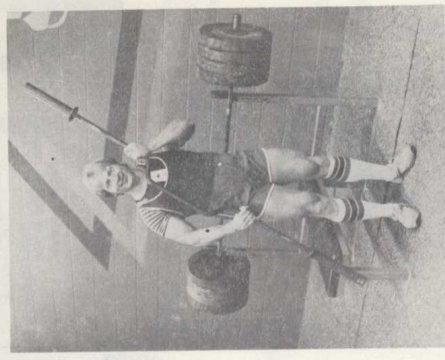
- STERO-GLAN 5 tabs provide the following: pituitary 150 mg, adrenal 150 mg, liver 150 mg, pancreas 150 mg, kidney 150 mg, heart 150 mg, bee pollen 75 mg, yeast 200 mg.
- Argentine Beef Liver 20 grain plus B-12 300 tabs 9.75
- Adrenal 150 mg (Raw Testicle gland) 90 tabs 6.80
- Pancreas 650 mg 90 tabs 10.00
- Pituitary 35 mg 90 tabs 6.00
- Prostrate 130 mg 90 tabs 5.75
- Spleen 250 mg 90 tabs 3.00
- Thymus 140 mg 90 tabs 4.75
- Heart 140 mg 90 tabs 4.75

- Retaine Hydrochloride 600 mg 90 tabs 4.50
- Square Style Bar tubing, welded throughout for greater strength. Made for Olympic Bar.

**World Record Movie in color**

See this unique movie of Mike MacDonal, the greatest Bench Presser of All Times, as he makes 545 in the 198 lb. class for an Official World Record in Omaha, Nebraska in August 1978. (Super 8 MM film)

**\$25.00 postpaid sent U.P.S. C.O.D. accepted**



**the CAMBERED Bench Press Bar**

TRAINING PROGRAM INCLUDED



FOR THE ULTIMATE IN BENCH PRESSING BLASTOFF POWER, PECTORAL DEVELOPMENT AND TRICEP LOCKOUT POWER

**35 pound Olympic style bar**

Same quantity as at left with 4 feet long, 2 inch board heavily foam padded and vinyl covered.



ALL THIS EQUIPMENT DESIGNED FOR THE GYM OWNER WHO WANTS THE BEST AT LOWEST POSSIBLE PRICES.

**OUR SUPER DELUXE EQUIPMENT IS ALSO AVAILABLE IN 2 1/2" SQUARE TUBING AT SLIGHTLY HIGHER PRICES**

SEND FOR FREE SUPER DELUXE LINE LITERATURE TODAY.

**JUBINVILLE HEALTH EQUIPMENT** P.O. Box 662 • Holyoke, MA. 01040

★ **U.S. INVITATIONAL**



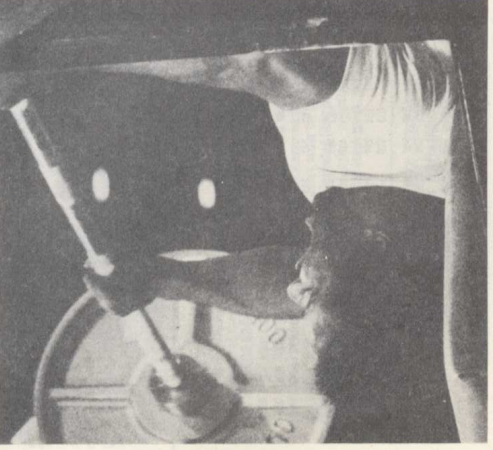
Escobedo used his perfect BP groove to drive a WR 319 this high.

Billy Graham's 1st U.S. Invitational generated some World Record fever, but tough squat judging kept most lifters at their openers. Solid lifting was seen, lessons learned, and the next effort from Arizona should be quite successful.

I know why they've raved about Harold Escobedo (17), he's loaded with talent...came up with a 407 squat smartly, apparently cutting it high. He let time run out on a 314 bench, to rest for a 4th at 319, which was close. He had hard times with his sumo deadlift, missed 369 twice, but should be good for 1100 plus in no time. Debbie Candalaria simply burst onto the Women's scene and is a sleeper, nationally, in this tough class. She attempted a 303 squat twice, but it was a tad too much.

Penic was a solid newcomer at 132, but the beautiful Celebrity Theater stage was all Joe Bradley's. Despite a foot problem, he came up with 628 in the squat twice. They were apparently called for depth, but he had shown the power to the Arlington, VA Record. He benched like a 374 flex up and with slight effort, the audience heard success. Here is the first official triple bodyweight bench press. A super achievement! He tried a 402.4th, which he might have made had he taken it on his 3rd, but he had run out of gas, bench press-wise. He tried the DL, he needed to crack Gant's total mark, but wasn't close.

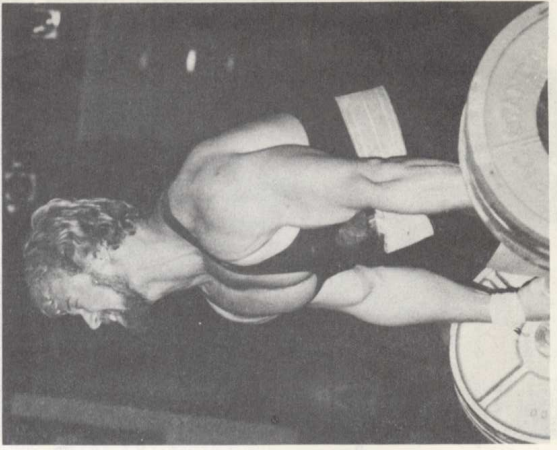
At 148, Mike Wometye couldn't get 501 passed in the squat, after doing 570 in training, and Helen Connors was not able to bust the squat mark at 148 with two tries at a 319 WR. Local Steve Schern showed good form and determination, but was no match for Rosciglione at 165 even when he only made 4 attempts. Jay had squat problems, despite immaculate form; made only one deadlift as well and will do well to forget this meet.



The World's FIRST Triple Bodyweight bench press...Joe Bradley yells up 397.



Bridges 'struggled' to the second best performance of all time in the 198 class Shock!, Bridges came away with no World Records. He had to take his 766 twice and failed a try at 832. He BP'd a solid 507, & missed his 699 opener DL. He came back to pull in good and inspired by the world & felt nervous before the meet and had cramps, which kept him out of the groove in the squat. He is the greatest lifter ever, according to his standards. Still, he's had an amazing year...with World Records in 3 different classes!



Bill Davis gave out with a giant sign of relief after this deadlift...he had finally cracked the 2000 barrier in total.



# INJURIES

So you really believed that line... 'workout til it hurts'

by Hollie Reelt

Proper training, good nutrition and adequate rest and sleep can prevent many injuries, but if an injury occurs, this information might help. The first few moments after a muscle injury happens are the most important. If swelling can be stopped or reduced there will be less damage done to the injured area and recovery time will be quicker. Swelling can be reduced by ice, elevation and compression. Compression is easy for powerlifters because everyone has a set of wraps available. Wrap the injury, ice it and elevate it. Freeze paper cups of water and keep them in the freezer in case of an injury...they are also convenient for use in the recovery period. Ice and heat should be used for the first 24-36 hours. The ice constricts the blood vessels, thus reducing the swelling. Also, no anti-inflammatory medicine (including aspirin) should be used for 24-36 hours. They keep blood from clotting, thus causing more swelling.

After the swelling period, ice and heat (wet heat works best) can be alternated. This helps the circulation of the area...the cold restricting and the heat enlarging the vessels. If the injury is severe, a doctor should be seen, and he may prescribe an anti-inflammatory agent. If not severe, aspirin can be taken and for some this may work better than anything else.

Pain is a signal. An injured muscle needs time to recover. During recuperation, an injury can be worked up to the point of pain, but not into the pain zone. A muscle will atrophy in a couple of days if not used. The amount of exercise you can perform depends on the severity of the injury. REMEMBER, YOU CAN NOT WORK AN INJURY OUT! You can only hope to strengthen and rehabilitate until the muscle is back to normal. A common mistake is to overdo it and work the muscle too hard. During rehabilitation the muscle will start to feel better, but remember...it is not completely well, so don't overdo it. Rehab should have as much of a plan as your workouts do. It should include mild slow stretching and light aerobic, joint progressive resistance, isometric exercise is ideal for recuperation, as well as the only joint (Mild cardio for the joints) if you can't have access to isokinetic equipment. (Mild cardio for the joints) isometrics could be employed. Try as many different movements and angles as possible. Remember, you are actually 'bodybuilding' the recuperating muscle. Also, listen to your body.

An interesting point is that the counter-irritants such as Cramer's, Icy Hot, Deep Heat, Absorbine Jr., etc. are just what they say...counter-irritants. They irritate the outer skin so you don't feel the actual pain. This masking effect can be dangerous...remember, pain is a signal.

It is hoped that you will use any of the above information, but if you do, know that you will never have to do it again. Following it with a good recuperation program is of the utmost importance. After recuperation it is a good idea to review the training program you were using at the time of the injury. Your injury may have been a result of poor form or technique, or an overworked muscle group that did not have time to recuperate. Perhaps it was a weak link, an area that was not strong enough to be worked down from that particular angle. These matters should be considered when drawing up your new plan of attack.

**BICEPS TENDON STRAIN.** Lonnie Keyes just Mastered out this past August via 570, 425, 610, 1610, 4198, but in the process he strained the bicep tendon of his right shoulder and is scheduled for surgery this month, which will entail removing the tendon from its origin and reattaching it below the bicipital groove. Lonnie would like to correspond with anyone else who has had a similar operation to get an idea of what to expect after the surgery. You can contact Lonnie at 2529 Hanover St., Hephzibah, Georgia 30815.

**CUSTOM LIFTING SUITS...\$32.00.** worn by the World's Best Squatters. Of the hundreds of these suits sold the majority have been to repeat customers. Also available now, **CUSTOM BENCH PRESS SUITS.** These suits require quite a bit more material than the regular lifting suits, thus the cost is \$5 more than the regular suit. Please send weight, height, chest measurement expanded and normal, and the measurement from the center of the crotch to the top of the chest. With every order for one of these custom suits a free one year training graph will be included (one per customer). Also available...custom wraps...\$10.00 per pair, adjustable deadlifting straps...\$3.50, and magnesium chalk blocks (each block, 2 oz.)...\$7.50 per pound.

order from:  
**ERNIE FRANTZ STUDIO**  
21 NORTH BROADWAY  
AURORA, ILLINOIS 60504  
(312-892-1491)

**ERNIE FRANTZ**  
SUPER HIGH  
POWERLIFTING PROTEIN

26 years in the formulation, this is the first Powerlifting Protein on the market.

1 lb.....\$7.95  
5 lb.....\$34.95

add \$1.50 for shipping

Quantity Discounts Available

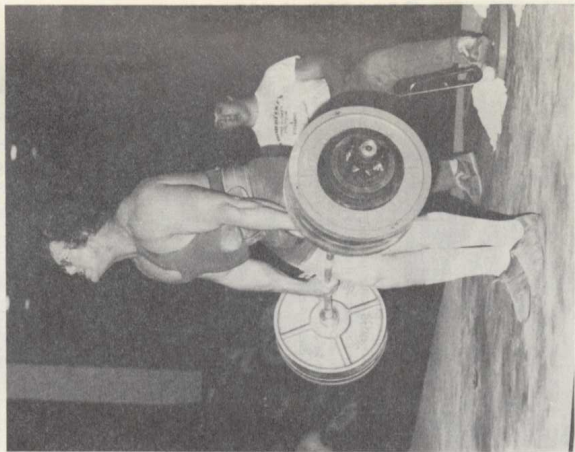
ALL ESSENTIAL AMINO ACIDS ADDED PLUS:  
VITAMIN A  
VITAMIN C  
VITAMIN E  
PHOSPHORUS  
NACIN  
B-COMPLEX  
VITAMIN B1  
VITAMIN B2  
VITAMIN B12

Send \$1 for a sample of the protein that has helped Ernie Frantz for over twenty years.

he'll need a bit more in all lifts to catch Hawaii's Dwayne Fely at the Juniors. Local Roger Davis timed out on his 1st, jumped the weight too much for his final two and lost the opportunity to demonstrate how good he really is.

Two great lifters advertised for the meet, Mike MacDonald and Mary Phillips, were unable to lift...Mac due to an elbow problem and Mary due to a light bodyweight to some big numbers at the Hawaii meet. Don't miss the opportunity to see MacDonald and Phillips from injuries, was the popular Coach of Honolulu. The Draper gave a memorable posing exhibition. The theater-in-the-round concept was interesting...the lifting was re-oriented 90 degrees after each lift, giving each section a frontal view. Billy had the crew play some great music between lifts, which worked out so well that some of the lifters asked to have it played right through their attempts. The nearly 1000 fans did not complain, but lifters following themselves dragged the meet out. Close matching of the competitors is necessary to avoid the irksome 4 minutes counting the 1 minute for poundage selection) of dead time.

Billy stuck his neck out and tried something new in a big way and should be respected for the attempt. He still has some meet programs (\$1) and some great meet t-shirts (\$7), as well as some beautiful line drawings of Dave Draper that are works of art. If you'd like to pick up any some of these items, you can contact Billy @ Thorbecke's Gym, Box 57, Scottsdale, Arizona 85231.



The last lift of the night...and a lifting climax...Terry McCormick's World Record 823 that showed room for quite a bit more.

## U.S. INVITATIONAL

Phoenix, Arizona

6 Dec 80

114	H. ESCOBEDO	374	297	330	1083	290	S. MILLER	710	468	688	1884
123	D. CANDELLARIA	281	180	341	782	242	J. DIGNAN	657	490	---	---
132	J. LABLEY	539	366*	552	1488	275	B. DAVIS	766	485	786	2090
148	J. PRUC	356	270	402	1059	775	M. RAHER	671	402	695	1857
	H. CONNORS	383	154	297	755	760	T. MCCORMICK	760	518	821*	2099
	M. WOINYTEE	---	253	529	---	733	D. SHAW	733	523	760	2017
	J. BRISCELONE	584	330	551	1468	419	M. ALLEN	419	419	716	1534
	S. SCHERN	485	319	523	1328	610	L. KUNY	610	---	540	744
	M. BRIDGES	786	507	733	2006	861	SHW	---	---	---	---
	F. HATFIELD	815	492	895	1919	912	D. WASHINGTON	912	545	749	2177
						795	R. DAVIS	795	---	---	1992

\* World Record...Bradley's bench actually weighed 387. McCormick's DL actually weighed 823.

Hatfield was hoping to get some respect from young Bridges, and his squats were beautiful and deep. Unfortunately, he stumbled out of the racks with a WR 837 and didn't have enough poop left for it on his 4th attempt. He got one bench in before re-injuring his shoulder, but his deadlifts looked good...he nearly made 745, but was so worried about his grip getting that it distracted from his pulling effort.

Bill Davis was ready for this one, going 7 for 9, missing only a 793 squat and 744 in the DL and ending the 1978 season. His tries at 722 always were done with no success and he passed his third. Bill Davis was ready for this one, going 7 for 9, missing only a 793 squat and 744 in the DL and ending the 1978 season. His tries at 722 always were done with no success and he passed his third. Bill Davis was ready for this one, going 7 for 9, missing only a 793 squat and 744 in the DL and ending the 1978 season. His tries at 722 always were done with no success and he passed his third.

The 275s had a great field with McCormick's debut the highlight. Terry's only miscue was a 793 squat, and after Dave Shaw couldn't finish off a WR 815, Terry's 823 was a mere formality. After all, he had done more at the 5Rs, weighing less. Shaw took his squat opener twice explosive tries at an 804 squat. Randy Wilson came up with 804 squat twice with no joy from the refs, his final attempt 810 was plenty good, but far from the 860 he had expected. Randy's awful BP problems of late led to 2 painful failures with 440. 2 tries at a 760 DL were all back and missed. Larry Kidney arose with no hardship on 2 tries with 846, but the lights were red. On his 3rd attempt, he could not come up. He had but one good attempt in the bench and deadlift and gladly got this meet out of his system.

In the supers, the possibility of a record evaporated when Waddington took 3 tries to satisfy the judges, going very deep with his last. With his enthusiasm fizzled, he took only 2 benches, and 2 deadlifts. The 749 looked decent, and he might have made something in the 700-750 range if fired up. Dave was very down on his lifting...but he has to be proud of 1961. How many Supers have lifted 6 times in a single year and averaged around 22-30 per outing? Zero...that's how many. With 788 and 804, the man in FL now at 4025, tried to twist the way up with 788 and 804, but the squat, but wasn't successful. He benched and deadlifted adequately, but



Waddington did 3 singles with this 881 before meeting with white lights.

**TENDONITIS.** Bill Ryan, D.D.S., P.C., of Flint, Michigan had severe tendonitis problems and tried all sorts of pills, shots, exercises and supports. He tried the following and found that it worked miracles for him and it may help others.

1) **ELBOWS.** use a good heat liniment over the whole area before lifting. Do a set of deadlifts, 135x10, before benching. Don't lower the bar closer than 3 inches from the chest until all signs of injury have been gone for a month. Immediately after your workout, ice the whole area for 25 minutes. This method works well for knees too.

2) **SHOULDERS.**...as above, with the addition of the shoulder dislocation exercise. Hold a broomstick at your waist with a fairly wide grip, bring the stick up straight until it is over your head, then lower it down your back until you touch your butt. (When shown to Bill by an experienced lifter, it saved him from possible surgery and worked in only 3 days) This must be done twice a day, every day, and don't move your hands in closer than 12 inches apart.

3) Find a good stretch program and stretch 5 minutes before exercising.

**WRENN TOTALS BIG AT CANTON OPEN.**...Big Paul qualified for the Seniors in fabulous fashion in his N. Carolina meet on Dec. 13th, via 915 525 835 2275. He went 9 for 9, wore no Super Suit, squatted on an Olympic bar, and thought seriously about going for the squat record, but there were insufficient international card holders and it was not a kilo set. It was rumored that the big plates were as much as 10 lbs. overweight as well. Lloyd Wehnt pulled a 650, got 670 to the knees, at 165 and tallied 1535. Donald Simmons got a nice 630 squat at 275, 1989 David Norris went 600 390 570 1560 behind David Bost's 1705 total. Clayton Lovelass won the 275s with a 1775 total.

**SCHNEIDER MAKES A BIG MOVE.**...Dave surprised many at the Seniors and he may do it once again at the Nationals in a 4A. He lifted at the Waddington's meet in St. Louis and weighed 825, 439, 160, 2015 weighing 232. Many other readers seemed desirous to fall at Gary Barber's extravaganza on Jan. 10th...watch for the full story in next month's issue.

**In the footsteps of the KAZ.** Bob Barwick just went 9 for 9 to end up with a 1970 total at 275. Elite in only his 4th year. His 915, 439, 160, 2015 weighing 232. Many 500 770 2040 at the Wisconsin State meet in March. That's about the way KAZ was lifting before he burst onto the National scene in fact, that's the way KAZ used to do a little arm wrestling against one another back in Madison.

**NOT AGAIN!**...another fine bench presser, Gary Hunnicutt of Northern California, has lost his middle finger, aka Pacific, except Gary's happened in an industrial accident. Fortunately, Gary received the proper medical attention almost immediately and the finger was reattached. Gary's prognosis is very good...doctors expect him to be training again very shortly. Pacific's injury involved the crushing of the finger bones and apparently one knuckle has not healed as well as hoped. There was even some consideration to transplanting a toe knuckle joint from Larry's foot to his hand, which has been done with some success in the past with other patients I understand.

**ERNIE FRANTZ'S SUITS.**...the rule book states that only a single ply of material may be used in a lifting suit. All the Category I lifters here are used to the fact that a patch may be sewn into a suit and the suit be passed as long as the original suit is not used. Ernie Frantz's suits have been passed as long as the original suit. The way they came to begin with, passed in just the way that other brands of suits have been passed and passed a many international meets. Ernie assures me that he has instructed his seamstress to make single cratches and any suit with a double cratch can have the extra section cut out with a pair of scissors after turning the suit inside out. Ernie's major concern as a lifter, is FOR the lifter. His point in coming out with a suit was to produce something reliable and reasonably priced. He continues to experiment with improved stitching and materials to produce a superior product for the lifter.







1981 WOMENS NATIONALS...Feb. 7 & 8 at the Sheraton Inn, U.S. Hwy 52 N., W. Lafayette, IN 47906. Contact Pat Malone, 116 Fowler Ave., W. Lafayette, IN 47906 (317-433-3481). Meet sponsor-Pat's Power Products. Meet Director-Paul Wicker. Meet Host-Purdue Powerlifting Team. Competitors must have qualified in a sanctioned meet held between 1/28/80 and 1/6/81. Entry deadline is January 23, 1981. (No late entries)

**POWERLIFTING USA**

MAGAZINE

...the PERFECT GIFT!!!

(1) SUBSCRIPTION CERTIFICATE

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Pat Malone  
Pat's Power Products

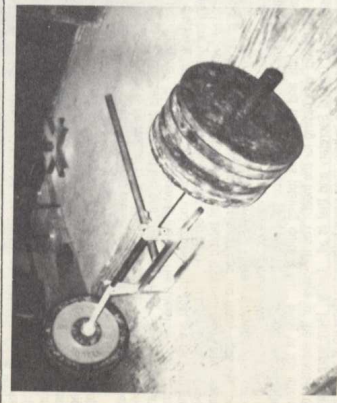
**THE PERFECT powerlifters GIFT IS POWERLIFTING USA Magazine. Now, it's easier to give than ever before with the NEWPOWERLIFTING USA Subscription Certificates. They're beautifully printed on fancy stock, and you can have them sent to you for personal presentation to the party you have in mind...OR, you can have PL USA send them directly to the recipient with your compliments. (Good for either NEW or RENEWAL subscriptions.) Send \$15 for each gift subscription. You desire to POWERLIFTING USA, BOX 467, CAMARILLO, CA 93010.**

**P.S....Meet directors...How about PL USA Subscription Certificates as BEST LIFTER awards!!!**



### Paul Wrenn's Bench Routine

Paul Wrenn is not as naturally efficient a bench presser as some of his compadres at the top end of the Superheavyweight spectrum, but he has come a long way from his 360 performance at the 1973 Junior Nationals to his present 500 plus capability. The routine that has brought Paul success recently was related to me by Don Simmons of Forest City, N. Carolina, and this is how it goes: As a heat you bench twice per week and that your previous best was 350 workouts, do 5 sets of 10 reps with 220 lbs. For the first 3 workouts, do 5 sets of 10 reps with 220 lbs. For the next 3, try 5 sets of 6 with 275 lbs. Then move up to 5 sets of 4 with 300 for three training sessions, the 5th set being with 325 and then, for your final series of 3 workouts, use 350 for three sets of doubles. With this simple system, you are combining the twin principles of reaking...lower reps and higher weight in a most straight-forward manner. Hope it works for you!



PATENT SERIAL NUMBER 147,915

**\$59.00**

**Sam's Weight Equipment**  
**502 Fair Road**  
**Statesboro, Georgia 30458**  
**(912)-681-2068/4094/3386**

PHOTO SHOWS GIRL HANDLING 700 EASILY

# DEADLIFTERS BUDDY

It enables a lifter to load the bar easily, saving your energy to lift the weight rather than loading the bar.

The unit is compact, weighs 22 lbs., and can easily be put aside when not in use.

# SCIENCE OF THE SQUAT

by Pete Vuono

By popular acclaim, Pete Vuono is following up his well-received series on the bench press with a series of articles dealing with squat training. These articles represent a condensation of years of reading and evaluation, and should prove very useful for lifters of all levels of capability. If you wish to correspond with Pete, his address is 342 Forest Ave., Brockton, Massachusetts 02401.

If you've ever gone to a local bodybuilding contest, you're almost sure to notice that the majority of bodybuilders neglect their legs as compared to the upper body. However, it's the bodybuilder with a balanced development of upper and lower body that usually wins. So too, in powerlifting, everyone's favorite is the bench press. Not often at local meets do we hear the topic of conversation being the squat.

This is probably because the squat is a difficult lift to develop, more punishing to the body (particularly to the cardio-vascular system) than the bench press, and its outcome in terms of muscular development is less pleasing to the eye than that of bench pressing. It also increases the risk of injury since it involves balance and more muscle groups.

This can all be changed if we just take a little time to see how the squat can be improved without requiring endless sets and repetitions of the same exercise over and over again. I have seen so very few articles on squatting through the years in the various bodybuilding journals. However, with this article I intend to end all that and lay down a blueprint which will help you to greatly improve and enjoy the lift, so that when you are through squatting at a meet your opponents will see you as someone to be reckoned with.

- My format will be as follows:
1. TECHNIQUE
  2. METHODS OF OVERLOADING
  - a. the bench squat
  - b. The "touch method"
  - c. negative training
  - d. the wide stance half squat
  3. POWER RACK TRAINING
  4. THE OVERCOMING OF STICKING POINTS
  - a. making the squat more difficult
  - b. developing the muscles involved
  - c. the "overcoming" exercise
  5. OVERLOADING ON LEVERAGE
  6. ATTIRE WHICH CAN INCREASE POUNDAGES
  7. A WORD ABOUT REPETITIONS

Several people have criticized powerlifting by saying that it requires little technique. In this section, I will dispel that myth. The squat has 4 critical components in its execution: a. taking the bar off the rack, b. foot spacing, c. the descent, d. the ascent. I will go over each point individually, first, in taking the bar off the rack, I would suggest that you experiment with setting the bar one inch below the top of the deltoïds as the rules permit. This will effectively shorten the length of your back and give a great deal more leverage when descending. Second, just prior to taking the bar off the stanchions, try inhaling deeply, by holding it until you are in the proper foot space position and ready to descend. By per body a more solid base on which to rest the bar. This will psychologically make the bar feel lighter. Second, when in the lungs, you automatically draw your lats up slightly, giving an even more solid base on which the bar rests. Think about it; have you ever tried to flex your lats on deflated lungs? It's much harder. The more solid base you have, the more it will help the execution. If it works, try this alternate system; inhale your lungs and hold it. Take the bar out and once your foot stance is set, let the air out. When the referee gives you the signal, once again inhale and hold. Now you're ready to descend.

The second part of the execution is foot spacing. I would suggest that when you back out of the rack, you give yourself just enough room so as not to hit the racks. Too much walking will sap your energy. Make sure when descending and ascending that your knees are pointed outward, not inward. This will insure that the knee is directly in line with the fibula or calf bone and will be on top of a solid base. If the knee is pointed inward, then there is nothing but space directly under the knee.

There are all types of foot spacings. Some competitors like a close stance so as to put pressure mostly on the legs. However, remember, that the strongest muscles in the body are the gluteus medius and gluteus maximus muscles or the hips, and in order to employ them, one must have a stance wider than shoulder width. In training, experiment with a stance that is as wide as possible but will allow you to go below parallel. Here you will put most of the emphasis on a more powerful muscle group. You'll also have a better balance with a wider stance. Use this analogy: If you were in a canoe, and were standing up, would your balance be better with feet together or out as wide as possible to each side of the canoe? The answer is obvious, a wide stance gives better balance. If however, after experimenting, you find a close stance to be better, go back to it as you should let your own body be your guide.

As far as the descent is concerned, it is not merely dropping down. There are several methods of descent. The first method of descent is called the "reflex action". This is simply dropping hard from a stand and bouncing up letting inertia carry you out of your sticking point. Let me caution you that this method could be dangerous in that it could throw you off balance and put too much strain on the knees. If you do use extreme care and double wrap your knees.

The second method of descent is going down slowly with control. This seems to be the most popular way as the lifter is always in control of the bar and is rarely off balance. The third method of descent is the "squeeze" method. This means to be the first two. Go down slowly with control until you are just below parallel. From here, without stopping your descent, drop quickly. Your knees are parallel to the sticking point. The rationale here is that you have control as you are not dropping from an exceptionally high altitude, therefore not putting too much stress on the knees. Remember, if there is any discomfort to the knees because of one of the above methods, discontinue.

Also, as part of the descent, don't forget that certain muscle groups control your body while descending. Two of these are the biceps femoris (leg biceps) and the abdominals. I would suggest, while descending, that you consciously flex these muscles to create a "squeeze" effect so that your quadriceps femoris and these muscles will want to spring back upward. The stabilizing muscles, such as leg biceps and abdominals, can be of great use to you.

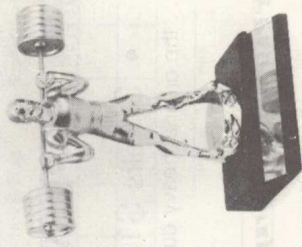
The final and most crucial part of the squat is the ascent. I would suggest that in training you try this procedure: take an empty bar and go below parallel. Now without extending the quadriceps and coming up with leg strength, simply lean over slightly. You will notice that leaning over slightly lifts the hips and brings the legs out of a deep squat automatically without extending the quadriceps. Therefore, technique can elevate the legs without the least bit of muscular effort. I would suggest you try it with light weights, as it may be an important key. Another thing you might try is sticking your chest outward, concaving your back forward. It will automatically bring the bar down towards the hips without actually moving it. You see, by jutting the chest forward, the shoulders (on which the bar rests) come back and down towards the hips shortening the back.

On the ascent, think speed. Try to arise as fast as possible and concentrate on arising in a snappy manner. Don't forget that the mind controls the body and you must try to picture what you want to do.

One final point on the ascension: some powerlifters enjoy pushing up on the bar with their arms and hands while arising. The rationale here is that it helps focus the drive upward.

## THE SQUATTER IS IN!

### OLYMPIC TROPHY AND AWARDS CO.



proudly presents the trophy figure you've all been waiting for. Please place orders 4-6 weeks in advance of your contest as this figure is a custom made figure and not a stock item.

Call or Write for FREE Catalog  
 4408 N. Milwaukee Ave., Chicago, IL 60630 USA  
 (312) 545-0449



**ATTENTION — ATTENTION — ATTENTION**

# SUPERWRAP II™

"The finest knee wrap available for competition or training"

• 1 Pair \$7.00\* • 2 Pairs \$13.00\* • 3 Pairs \$18.00\*

(Sold under other names and by other companies at Higher Prices.)

- STRONGER • HEAVIER •
- LONGER LASTING • OFFICIAL LENGTH •
- GREATER STRETCH WITH BETTER COMFORT •

**SUPERWRAP II** is currently the **most effective** knee wrap used. Top competitors around the world find **SUPERWRAP II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

"... add pounds to your SQUAT & TOTAL."  
Use **SUPERWRAP II** and save \$\$\$!

## Also . . . SUPERWRAP™

- 3 Pairs \$12.00\* • 1 Pair \$5.00\* •
- . . . the original heavy duty knee wrap cut to official length.

**Free Pair of Superwraps with Each Suit Purchased!**

**Help Increase Your Total**

**FREE SUPERWRAPS™**

# SUPER SUIT™ NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT II** (stronger material) Navy Blue, Royal Blue, Scarlet (Red) . . . . . **\$32.00\***
  - **SUPERSUIT™** Natural Color (white) . . . . . **\$24.00\***
- Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPERSUITS™ are now offered in FOUR COLORS. Both models, Supersuit™ II and the Supersuit™, feature the new **HIGHER SIDEPANELS** and **WIDER SHOULDER STRAPS** for **GREATER BODY SUPPORT**. These numbered size supersuits, are exclusively available through MARATHON/A. ZANGAS, Company. **The numbered sizes give you a better fit . . . DO NOT Accept substitutes.**

**"Increase Your Total with a SUPERSUIT™"**

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

Indicate choice of color. NB — Navy Blue RB — Royal Blue S — Scarlet N — Natural (White)

SIZES	24	26	28	30	32	34	36	38	40	42	44	46	QTY. TOTAL	EXT.
SUPERSUIT™ II														
SUPERSUIT™														
SUPERWRAP™ II QTY:														
SUPERWRAP™ QTY:														
State size or height & weight: _____ (Height) _____ (Weight)													TOTAL	

Check or Money Order must accompany orders.

\*Overseas orders add 20%.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MARATHON/A. Zangas Co. Phone: (213) 375-3802 / 541-5919  
1229 Via Landeta, Palos Verdes Estates, CA 90274



# Startin' Out

A special section dedicated to beginning lifters.

This contribution comes from Dave Robertson, Canadian National champion at 198 lbs. Dave is a very fine lifter and an extremely serious student of the sport and he has written this article in a sincere effort to share some of the knowledge that he has gained the hard way...so that the path of each new lifter, just startin' out, on the way to their own individual brand of success, can be a bit more efficient.

I'd like to talk about equipment for the powerlifter. Too often both new and old lifters fall in the category of being "thrifty". They train in old work boots, with the heels worn off on one side, torn and dirty gym attire (including lifting suits which never get washed and are no bloody good after they rot to pieces). If the lifter played golf, I'm sure he would have decent, well cared for, equipment and attire. When you start out, sit down and figure out exactly what you need. If you can't afford it right away, then budget for it. Basically you will need the following:

1. Boots (1 pair) - proper lifting boots (if you must wear work boots get them properly heeled and soled).
2. Socks (2 pair) - ones that come halfway up the calf to prevent the wraps from accidentally touching the socks - a rule infraction.
3. Athletic Supporter (2) - the jockey short type gives the best support.
4. T-shirt (2) - a plain T-shirt with no labels or markings prevents any question as to the legality of the shirt when you wear what you train in to any contest.
5. Lifting Suit - I always keep two suits on hand, in the bag at all times. If you blow a suit, and it happens, it's just a matter of changing, repeating your set (if it was incomplete and continuing on). The suits are mostly made of stretch material and are vulnerable to body sweat which rots stretch fibers. After your suit is worn, wash the suit in warm water, light detergent (or according to the manufacturer's specs) and hang dry. After the suit is dry, spend two minutes, to check the suit for loose threads, pulls or rips. If these defects are caught nearby, you can usually repair and save your suit. Lastly, never wear an untired suit in a contest, even if it's the same make you usually wear. I have found that the rips, pulls and rips, if they happen, also stretch and ruin the suit. The same goes for the knee. When the suit is also stretched and ruined, the same maintenance as the suit. The first thing I do with new wraps, if it isn't already done, is get the ends stitched up so the wraps don't fray. The wraps, when worn lightly, lose their elasticity. Some of this may be recovered from washing the wraps in warm water and hand drying them, but they do wear out. When I grasp the wrap with both hands, about 3-4 inches apart and can't double that distance with an easy pull, the wraps are junk. I keep 3 pair, 2 in my gym bag and one at home. When one pair in use replaced with the spare. I order another pair from my supplier so that I'm not suddenly all out of wraps two weeks before a contest. Old wraps make 4 nice wrist wraps, if you use them.
7. Warm-up suit - Generally I like to do all my stretching and my light sets in all exercises, with a sweat suit on. For example, if I want to go to 550, I will do about 4-6 sets to about 300 (good and low) 6-10 reps and then I put on my squat suit. Wear that sweat suit between sets. A little hot is far superior to a little cold, believe me.
8. Belts - There are lots of good belts in the market place, so pick as you may. The only thing to remember, if you have a leather shop or a harness maker make you a belt, it's not 4 inches, it's 10 cm, which is 3.9 inches. I know a lifter who bought a belt just before the World's (1980) and had the belt turned down. It measured 4.0 inches. The last thing you want to worry about at a meet is finding a belt. Make sure it's right. If it's the one you've used all along, believe me, that helps your confidence. I've also found that the suede belt tends to slide a lot less than the raw leather belt, which is smooth.
9. Chalk and Smelling salts - It seems to me that I give away chalk on a ratio of about ten to one to what I use it. If you forget your chalk, great, borrow. If you don't have chalk, buy some. I've been to contests where the chalk supply has run out and none of the lifters have brought any. If you like smelling salts to clear your head before a big attempt, buy some. These two items are quite economical but it's a pain in the ass supplying the "forgot" brothers. Again, if you forgot to bring yours, you're welcome to borrow mine, but it's just another thrifty attack, then you better buy some.
10. Gym bag - Buy an appropriate bag that will carry all your equipment, including all your spare stuff at contest time (or the spare stuff for the lift of the day. Pack the bag the night before you train or lift and check everything is there, including a towel, pit stop (food/drink), etc. Dave and I have suggested that you spend a fortune, let's do a look at the approximate cost based on items advertised right in Powerlifting USA.

QUANTITY	COST
1. Boots	\$90.00
1 pair (average pair)	4.00
2. Socks	2 at \$2.00
3. Supporter	6.00
4. T-shirt	7.00
2 at \$3.50	60.00
5. Lift suit	2 at \$30.00
3 pairs	18.00
6. Knee wraps	15.00
7. Warm up suit	50.00
8. Belts	8.00
9. Chalk and salts	10.00
10. Gym bag	

TOTAL EQUIPMENT EXPENSE \$268.00  
\$22.33/month or about \$5.50/week to be EQUIPPED.

\*\* There are two other items which are also required. The lifter should immediately obtain his own rule book and his association member card. Get them when you start out or you'll never get them. On top of this, when you achieve badges, wear them. They are evidence of your achievements and as you move up the ladder, evidence of your credibility in and dedication to, your sport.

/s/ Dave Robertson  
London, Ontario, Canada

**SUPER SUIT made by Spanish, natural color sizes XS(32-34), S(36-38), M(40-42), L(44), XL(46), XXL(48) (Send height and bodyweight info).....\$20.00**

**LIFTING SUIT 100 per cent stretch nylon...S-XL...Navy, Maroon, or Royal Blue...suits are trimmed in white...Other colors/sizes can be ordered for \$17.00.....\$16.00**

**SUPER WRAPS an excellent training wrap.....\$5.00**

**SUPER WRAPS II THE competition wrap.....\$7.00**

**TRAINING STRAPS (send fist measurement).....\$5.50**

**CHALK Magnesium carbonate, for a non-slip grip. Per pound (eight 2 ounce blocks).....\$7.50**

**T-SHIRT Weightlifters Warehouse L-shirt. Colors: Navy, Royal, Gold. Sizes: S-M-L-XL.....\$6.00**

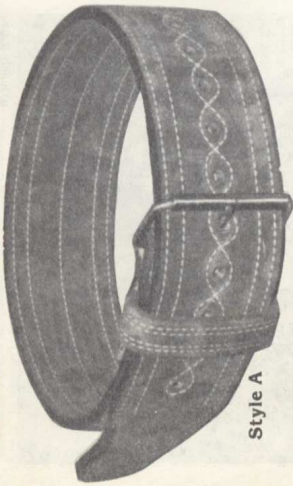
Mastercharge/VISA accepted  
WEIGHT LIFTERS WAREHOUSE  
5542 SOUTH STREET  
LAKEWOOD, CA 90713  
213-920-1232

California residents please add 6 per cent sales tax

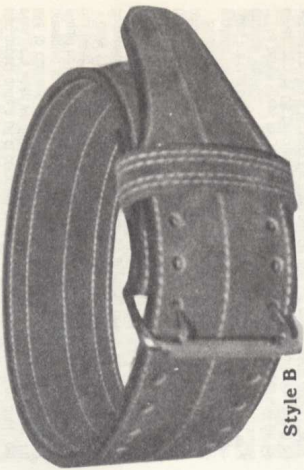
**Official I.P.F. Powerlifting Rulebook...\$3.75**

The official rules of the sport, in a convenient, pocket size booklet with Schwartz formula and kilo conversion chart, approved by the IPF until 1982. Send your check or money order for as many copies of this rulebook/reference as you want to: **POWERLIFTING USA, Box 467, Camarillo, California 93010**

# BOB'S CUSTOM LIFTING BELTS



Style A



Style B

**WEAR THE BELT THE CHAMPIONS AND RECORDHOLDERS WEAR!!! Any color of suede. Heavier buckle with roller. 10 cm. wide. Finest in quality. Accept no limitations**

Style A & B have chromium polished buckles.

**NEW! Training Straps! Two styles to choose from! Heavy washable nylon...won't stretch. Blue, yellow, green, red or white. Style 1 or Style 2...\$4.00.**

**Style (A) Deluxe Suede Covered belt with stitching twice around holes.....\$75.00**

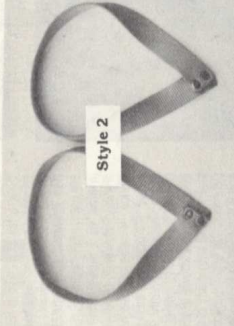
**Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes.....\$65.00**

**Style (C) Double thickness belt has stitching once around belt, down center and around holes.....\$60.00**

**Style (D) Single thickness belt with double row of holes.....\$25.00**



Style 1



Style 2

PLEASE STATE SIZE, STYLE, COLOR CHOICE

Name \_\_\_\_\_ Acct. No. \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Style \_\_\_\_\_ Size \_\_\_\_\_ 2nd Choice \_\_\_\_\_ Signature \_\_\_\_\_  
Exp. Date \_\_\_\_\_

MASTERCHARGE  
BANKAMERICARD/VISA

**BOB'S CUSTOM LIFTING BELTS.....689 CLARK AVENUE  
POYONA, CA 91767 (714)-623-5680**











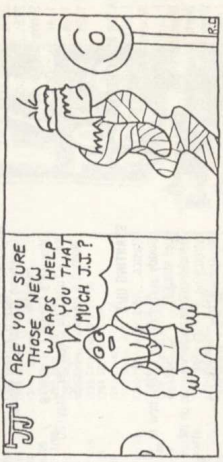




**The Ambridge VFW Masters Team...** 1980 World Olympic and Powerlifting Masters Champions. Bottom Row (l-r): Bernie McDonough, Jimmie Hagg, Bill DiCocco, Art Row, Don Henry, Clay, David, Walter, Gus, Terry, Gennaro, Third Row Ed Claypool (coach), Rob Mentini (coach), Coyle, Lamson, VFW club president Duke McCoy, VFW Post Commander John Mazera, photo courtesy John McKean.



**WHERE TO GET YOUR REGISTRATION CARD FOR 1981...** they will be available from three major sources... your Regional Chairman, your Association Chairman, and selected Meet Directors. Arrangements with the AAU have fallen through, so the USPF will be maintaining, via Executive Committee Secretary, Ramona Kenady, its own registration system. According to National Chairman, Joe Zarella, the 1981 USPF card will cost \$10.00 plus \$3.00 mandatory insurance charge. The insurance is for public liability for the sport as well as a 1.5 million dollar policy for each athlete. \$.50 of each registration will remain with the local association. Meet sanction fees will be \$25.00, with \$15.00 remaining with the local association. Club sanction fees will be \$50.00, with \$30.00 remaining with the local association. The AAU will be maintaining a tax exempt account for the USPF, with periodic statements issued.



TO THE EDITOR:

Just a few words to report that I'm relieved that our differences are settled (NPA-USPF). Arlington was a disappointment in one way because we couldn't lift officially, but we had much gratification in the fact that our unofficial points with just 9 men nearly won the meet. This is not to take away from the USA winners. I'm just saying that our selection committee obviously needs some changes.

The whole problem came down to a vote on which team it would be. That's when Dave Keagy and I made a decision not to push it any further. The USPF had more of a right to lift. We had the right by law, but most countries would have pulled out if two American teams lifted. We (NPA) just wanted to take the platform. The final outcome showed the NPA unofficially winning the 181, 198, 220 and Super Heavy classes. In addition, the 165 class was close and with the fourth attempt the 132's would have gone NPA.

As far as any ban or penalties, I feel Joe Zarella's was unjust. He was caught in the middle of some problems caused by another individual. We are now in the process of having Joe's penalty reversed.

We're not let anyone try to influence him on any important matters again. Joe Zarella, of course, has always given his best. Any time things got off track it was because of others trying to manipulate him. I, for one, intend never to get involved in any higher testing where's top and coaching. Because of my injury I'm not positive I can ever lift again up to national levels. But I want to stay involved if I can be of some value. I'll help Joe in any way I can.

Sincerely,  
Larry Pacifico

**ROYALTY HOUSE**  
**BOX 1211**  
**OKLAHOMA CITY, OK 73101**

DISCOUNT PRICES from Dick Burke's Mail Order Company on York Barbells and Equipment, Image and Universal shipped to you. Write for FREE price list or call 405/942-5606. The Power Bar is available with pound or kilo sets at no extra cost. Visa or Master Charge accepted. We are stocking Olympic Sets, Bars & Plates in OKC at no discount but can ship immediately or you come & get em. Address is 3721 N.W. 25, Okla. City, OK 73107

# Nutrition Corner

BY JACK DIGANGI R.D.

## THE BASICS OF CARBOHYDRATES

When a diet is being discussed, generally carbs are the center of conversation. Most lifters are secure about their protein intake, let lipids alone and wind up with 1/3 on a high protein diet, while cutting the carbs. Body builders especially cut the carbs. It is time wonder why they need an extra portion of supplements to get started. Carbohydrates have a single purpose - ENERGY. In a previous article, I discussed protein and what the results would be in seeing the results of protein amino acids. The more you limit carbohydrates the less readily available energy you have for your workouts in a minute and a half. **CUTTING WEIGHT** I'll discuss a better way to reduce weight by keeping your training energy high. Now, I would like to cover some of the basics of carbohydrates.

Carbohydrates, CHO, are a mixture of carbon, hydrogen, and oxygen or a molecule of carbon for one molecule of water. They are really simple polyhydroxy aldehydes and ketones. They vary from 3 to 7 carbon atoms to massive polymers. Carbohydrates are, then, synonymous with energy.

There are four classes of CHO: Mono-saccharides, di-, oligo-, and poly-saccharides. These range from the least complex, glucose of 6 carbon chain, one unit to the super-heavy weight of CHOs, the poly-saccharides up to 10,000 individual units. These are referred to as the starches.

When you want "quick energy", glucose rich foods are your best source. Honey, orange juice, grape juice and other fruits are very rich in glucose. However, the "instant energy" is a myth. It may take 30-60 minutes before the energy is available for use. A swig of honey or a gulp of G.J. just before your DL will become available sometime during the awards ceremony. Plan ahead for energy keeps your blood sugar high (90-110/mg/cc) throughout the meet and training session.

The di-saccharides are two units of carbon C1-C2 which must be broken into a single carbon unit C1, in order to be utilized. Table sugar and the sugar found in milk are two examples of a di-saccharide.

The poly-saccharides are the largest CHO starch products used as, potatoes, breads, etc. make up this group.

**FUNCTIONS:** Little CHO is stored in the body. About 110 gms of glycogen, the storage form of CHO, is stored in the liver, 225 gms, in the muscle and 10 gms. in the blood. The principal function of CHO is an energy source. CHO is also "store" protein. If a sufficient number of CHO are not available to the body for energy needs, then protein will be broken down and used for energy. Something to think about when you limit the carbs in your diet.

The old adage about chewing your food well certainly applies to CHO. In the morning, the enzyme salivary amylase (ptyalin) begins the digestive action on starches. Take 9-3 pints of saliva is secreted daily by the salivary glands. So by all means, take your time eating. Lead to enjoy your diet. Eating hurriedly or under stress, affects the digestive process.

**ALLOWANCE:** Approximately 50 percent of a person's calories is derived from CHO; an estimated 200 to 400 gms are consumed daily. To avoid the ill-effects of ketosis, excessive break-down of protein, loss of sodium and dehydration, try to keep 50-100 gms. of CHO in your daily diet.

CHO are energy. Limit CHO in your diet and your workouts will suffer. Training requires a considerable amount of time and energy. Take a few minutes and review your present diet. Are you getting CHO in recommended amounts? If your CHO varies daily because of your work or school, chances are that your workout energy will be in short supply. Use fresh fruit, juice, vegetables or enriched bread and cereals to attain the necessary energy for your workouts. Cutting 'carbs' cuts energy.

Strongly yours,  
J. P. Digangi, R.D.

**NATIONAL MEET QUALIFYING TOTALS**

	Senior Nationals	Junior Nationals	National Collegiates
114	992	865	661
123	1146	1003	846
132	1240	1093	914
166	1552	1300	1172
185	1831	1488	1323
198	1752	1588	1399
220	1929	1686	1399
242	2033	1873	1377
275	2044	1840	1399
SHW			

may the **FORCE** be with you...

# MAGNUM™

*The Ultimate POWER BAR*

RESTORED FOR DISKANTANT LITTERS!  
WHEN YOU PICK IT UP, IT WON'T LET YOU DOWN.

**\$19995**

**TOM ELDRIDGE**  
1621 Melanie Lane  
Arcadia, California 91006  
(213) 446-7088

- CONFORMS TO I.F.F. STANDARDS
- SUPER MARKING
- HEAT TREATED FOR MAXIMUM STRENGTH
- FULLY ACCURATE ANY COMPETITION MEET
- FULLY MARKED

**1981 WOMEN'S NATIONAL POWERLIFTING CHAMPIONSHIPS**

**FEBRUARY 7-8, 1981**  
WEST LAUREL, IN

ADVANCE TICKETS: \$10.00 (incl. \$2.00 shipping) FEB 27th 1981  
AT THE DOOR: \$12.00 (incl. \$2.00 shipping) FEB 28th 1981  
SPONSORED BY NPA Power Products  
HOSTED BY The Purdue Powerlifting Team  
ENTRY DEADLINE: JAN 23, 1981



# INDEX-1980

What follows is a listing of articles that have appeared in issues of Powerlifting USA during 1980... by category and by title... with the issue date and page number indicated. If this kind of thing is useful to readers of PL USA, let us know and we'll continue it in the future... rather than leaving through several issues to find an article you should be able to use this reference to find it much quicker.

- BENCH PRESS BIBLE.** Pete Vuono  
Technique...Jun/19  
Overloading...Jun/20  
Power Racks...Aug/18  
Sicking Points...Sep/9  
Poor Leverage...Oct/23  
Repetitions...Nov/14
- POWERLIFTING PONDERINGS**  
by Tony Frantz  
In Search of a Perfect Dietary Supplement...Feb/12  
Powerlifter's Game...Mar/16  
Strongman Contest...Apr/13  
George Peiron...May/20  
World's Strongest Man...Oct/20
- TOP 100 LISTS**  
1325...Jun/24  
1485...Feb/19  
1655...Mar/26  
1815...Apr/26  
1985...May/30  
2205...Jun/26  
2425...Jul/26  
2755...Aug/34  
3145...Sep/26  
3445...Oct/26  
3745...Nov/25  
4045...Dec/25
- MAJOR MEET REPORTS**  
National YMCAs...Feb/9  
Women's Nationals...Mar/6  
Hawaii International...Apr/8  
Memphis Open...Apr/20  
World Series of PL...May/4  
World Cup...May/9  
Collegiate...May/16  
Women's Worlds...Jun/6  
North Americans...Jun/10  
Europeans...Jul/30  
Seniors...Aug/4  
Japanese Nationals...Aug/36  
British Nationals...Aug/60  
Teenage Nationals...Sep/6  
Australians...Oct/47  
World Masters...Nov/23  
World Championships...Dec/4
- FEATURE ARTICLES**  
Doc Rhodes...Jan/5  
Mark Dimick...Feb/4  
MacDonald's training...Feb/6  
Finnish DL routine...Feb/8  
Single Garage Training...Mar/28  
Steroids & the Pler...Mar/34  
Kaz...Apr/4  
Dan Wohlbeier...May/12  
Thorbeckes...May/24  
Roger Estep, Pt. 1...Jun/4  
Mulleis...Jun/15  
Roger Estep, Pt. 2...Jul/11  
Cycling the Pliffs/2...Jul/21  
The Pit...Jul/21  
All Time Top 100...Aug/52  
Jr./Sr. qualifying totals...Oct/23  
Jim McCarthy...Sep/4  
Physiological Response to Exercise...Sep/16  
Ernie Frantz...Oct/4  
Crisis in Powerlifting...Oct/7  
Hiro Isagawa...Nov/4  
Jim Williams...Nov/7  
Drugs...where will it end...Nov/21  
How to make weight...Dec/14  
Row diagonals...Dec/14  
Meet Direction...Dec/14  
Glenn Maul...Dec/21

**TRAINING WITH JOHN KUC**  
Stretching...Mar/15  
Forced Reps...Apr/16  
Diet...May/10  
Bodybuilding...Jun/12  
Squat Training...Jun/23  
Bench Press...Aug/31  
Deadlifts...Sep/7

**INJURIES...What to do about them**  
1979 National AAU Convention  
Frank Picha Biceps Tear...May/23  
Steve Ponzi Thigh Tear...Sep/14

**Back Issues**  
Jul/1980...Junior Nationals report, Roger Estep routine, Top 100 2425.  
Aug/1980...Senior Nationals report, Japanese Championships, British Championships, Top 100 2755.  
Sep/1980...Jim McCarthy, Teenage Nationals, Top 100 Superheroes, Williams, World Masters, Top 100 1235.  
Oct/1980...Ernie Frantz, Crisis in Powerlifting, World's Strongest Man 1145, Australian Nationals, Top 100 1145.  
Nov/1980...Hiro Isagawa, Jim Williams, World Masters, Top 100 1235.  
Dec/1980...World Championships Report, Glenn Maul, Tell it to the Judge, Squat Depth, Top 100 1325.

**MAKE A LIST OF THE ISSUES YOU WANT MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT. PUT IT IN AN ENVELOPE AND SEND IT IN TODAY!**  
(Send to Powerlifting USA, Box 467, Camarillo, California 93010)

**AT LAST! the FEMALE Deadlifter!**  
OLYMPIC TROPHY and AWARDS  
proudly presents the Female Deadlifter figure...only \$6.00  
Male squat figure...\$6.00  
Male deadlift figure...\$6.00  
4408 N. Milwaukee, Chicago, Illinois 60630 U.S.A.  
312-545-0449  
P.S. The BENCHER is coming!!!

**AT LAST! the FEMALE Deadlifter!**  
OLYMPIC TROPHY and AWARDS  
proudly presents the Female Deadlifter figure...only \$6.00  
Male squat figure...\$6.00  
Male deadlift figure...\$6.00  
4408 N. Milwaukee, Chicago, Illinois 60630 U.S.A.  
312-545-0449  
P.S. The BENCHER is coming!!!

**AT LAST! the FEMALE Deadlifter!**  
OLYMPIC TROPHY and AWARDS  
proudly presents the Female Deadlifter figure...only \$6.00  
Male squat figure...\$6.00  
Male deadlift figure...\$6.00  
4408 N. Milwaukee, Chicago, Illinois 60630 U.S.A.  
312-545-0449  
P.S. The BENCHER is coming!!!

**AT LAST! the FEMALE Deadlifter!**  
OLYMPIC TROPHY and AWARDS  
proudly presents the Female Deadlifter figure...only \$6.00  
Male squat figure...\$6.00  
Male deadlift figure...\$6.00  
4408 N. Milwaukee, Chicago, Illinois 60630 U.S.A.  
312-545-0449  
P.S. The BENCHER is coming!!!

**AT LAST! the FEMALE Deadlifter!**  
OLYMPIC TROPHY and AWARDS  
proudly presents the Female Deadlifter figure...only \$6.00  
Male squat figure...\$6.00  
Male deadlift figure...\$6.00  
4408 N. Milwaukee, Chicago, Illinois 60630 U.S.A.  
312-545-0449  
P.S. The BENCHER is coming!!!

**AT LAST! the FEMALE Deadlifter!**  
OLYMPIC TROPHY and AWARDS  
proudly presents the Female Deadlifter figure...only \$6.00  
Male squat figure...\$6.00  
Male deadlift figure...\$6.00  
4408 N. Milwaukee, Chicago, Illinois 60630 U.S.A.  
312-545-0449  
P.S. The BENCHER is coming!!!

# TOP 100

For USA lifters competing from December 1979 through November 1980

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	525	315	650	1490
2	525	315	650	1490
3	562	380	617	1559
4	562	380	617	1559
5	562	380	617	1559
6	562	380	617	1559
7	562	380	617	1559
8	562	380	617	1559
9	562	380	617	1559
10	562	380	617	1559
11	562	380	617	1559
12	562	380	617	1559
13	562	380	617	1559
14	562	380	617	1559
15	562	380	617	1559
16	562	380	617	1559
17	562	380	617	1559
18	562	380	617	1559
19	562	380	617	1559
20	562	380	617	1559
21	562	380	617	1559
22	562	380	617	1559
23	562	380	617	1559
24	562	380	617	1559
25	562	380	617	1559
26	562	380	617	1559
27	562	380	617	1559
28	562	380	617	1559
29	562	380	617	1559
30	562	380	617	1559
31	562	380	617	1559
32	562	380	617	1559
33	562	380	617	1559
34	562	380	617	1559
35	562	380	617	1559
36	562	380	617	1559
37	562	380	617	1559
38	562	380	617	1559
39	562	380	617	1559
40	562	380	617	1559
41	562	380	617	1559
42	562	380	617	1559
43	562	380	617	1559
44	562	380	617	1559
45	562	380	617	1559
46	562	380	617	1559
47	562	380	617	1559
48	562	380	617	1559
49	562	380	617	1559
50	562	380	617	1559
51	562	380	617	1559
52	562	380	617	1559
53	562	380	617	1559
54	562	380	617	1559
55	562	380	617	1559
56	562	380	617	1559
57	562	380	617	1559
58	562	380	617	1559
59	562	380	617	1559
60	562	380	617	1559
61	562	380	617	1559
62	562	380	617	1559
63	562	380	617	1559
64	562	380	617	1559
65	562	380	617	1559
66	562	380	617	1559
67	562	380	617	1559
68	562	380	617	1559
69	562	380	617	1559
70	562	380	617	1559
71	562	380	617	1559
72	562	380	617	1559
73	562	380	617	1559
74	562	380	617	1559
75	562	380	617	1559
76	562	380	617	1559
77	562	380	617	1559
78	562	380	617	1559
79	562	380	617	1559
80	562	380	617	1559
81	562	380	617	1559
82	562	380	617	1559
83	562	380	617	1559
84	562	380	617	1559
85	562	380	617	1559
86	562	380	617	1559
87	562	380	617	1559
88	562	380	617	1559
89	562	380	617	1559
90	562	380	617	1559
91	562	380	617	1559
92	562	380	617	1559
93	562	380	617	1559
94	562	380	617	1559
95	562	380	617	1559
96	562	380	617	1559
97	562	380	617	1559
98	562	380	617	1559
99	562	380	617	1559
100	562	380	617	1559

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
101	562	380	617	1559
102	562	380	617	1559
103	562	380	617	1559
104	562	380	617	1559
105	562	380	617	1559
106	562	380	617	1559
107	562	380	617	1559
108	562	380	617	1559
109	562	380	617	1559
110	562	380	617	1559
111	562	380	617	1559
112	562	380	617	1559
113	562	380	617	1559
114	562	380	617	1559
115	562	380	617	1559
116	562	380	617	1559
117	562	380	617	1559
118	562	380	617	1559
119	562	380	617	1559
120	562	380	617	1559
121	562	380	617	1559
122	562	380	617	1559
123	562	380	617	1559
124	562	380	617	1559
125	562	380	617	1559
126	562	380	617	1559
127	562	380	617	1559
128	562	380	617	1559
129	562	380	617	1559
130	562	380	617	1559
131	562	380	617	1559
132	562	380	617	1559
133	562	380	617	1559
134	562	380	617	1559
135	562	380	617	1559
136	562	380	617	1559
137	562	380	617	1559
138	562	380	617	1559
139	562	380	617	1559
140	562	380	617	1559
141	562	380	617	1559
142	562	380	617	1559
143	562	380	617	1559
144	562	380	617	1559
145	562	380	617	1559
146	562	380	617	1559
147	562	380	617	1559
148	562	380	617	1559
149	562	380	617	1559
150	562	380	617	1559

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
151	562	380	617	1559
152	562	380	617	1559
153	562	380	617	1559
154	562	380	617	1559
155	562	380	617	1559
156	562	380	617	1559
157	562	380	617	1559
158	562	380	617	1559
159	562	380	617	1559
160	562	380	617	1559
161	562	380	617	1559
162	562	380	617	1559
163	562	380	617	1559
164	562	380	617	1559
165	562	380	617	1559
166	562	380	617	1559
167	562	380	617	1559
168	562	380	617	1559
169	562	380	617	1559
170	562	380	617	1559
171	562	380	617	1559
172	562	380	617	1559
173	562	380	617	1559
174	562	380	617	1559
175	562	380	617	1559
176	562	380	617	1559
177	562	380	617	1559
178	562	380	617	1559
179	562	380	617	1559
180	562	380	617	1559
181	562	380	617	1559
182	562	380	617	1559
183	562	380	617	1559
184	562	380	617	1559
185	562	380	617	1559
186	562	380	617	1559
187	562	380	617	1559
188	562	380	617	1559
189	562	380	617	1559
190	562	380	617	1559
191	562	380	617	1559
192	562	380	617	1559
193	562	380	617	1559
194	562	380	617	1559
195	562	380	617	1559
196	562	380	617	1559
197	562	380	617	1559
198	562	380	617	1559
199	562	380	617	1559
200	562	380	617	1559

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
201	562	380	617	1559
202	562	380	617	1559
203	562	380	617	1559
204	562	380	617	1559
205	562	380	617	1559
206	562	380	617	1559
207	562	380	617	1559



# Great Nutrition Values for the Powerlifter

## Marathon Nutrition SuperPak. A Monthly Nutrition Program.

As powerlifting becomes more of a science, vitamin and mineral supplements become just as important to you as your training routines. Your daily allocation of vitamins A, D, E, B-Complex, C-Complex, minerals and necessary enzymes in convenient single pack without sacrificing potency. The B-Complex and C-Complex vitamins are sustained released over a 6-8 hour period for optimum utilization of these most important nutrients throughout your day. The minerals are in an ortho molecular\*\* base to provide maximum assimilation of Calcium, Magnesium, Iron, Zinc and other essential minerals the body requires. A proper balance of the important oil soluble vitamins E, A and D are provided to complete your nutrition program. Enzymes are also included to insure proper assimilation of all nutrients.

- Each packet contains eight tablets:
  - Vitamin E (d'Alpha Tocopherol)..... 600 I.U.
  - Vitamin A (Fish Liver Oil)..... 25,000 I.U.
  - Vitamin D (Fish Liver Oil)..... 1,400 I.U.
- B-COMPLEX FACTORS SUSTAINED RELEASE\*
  - Vitamin B1 (Thiamine HCl)..... 400 mcg.
  - Vitamin B2 (Riboflavin)..... 125 mg.
  - Vitamin B6 (Pyridoxine HCl)..... 125 mg.
  - Vitamin B12 (Cobal. Conc.)..... 125 mcg.
  - Pantothenic Acid (Cal.)..... 125 mg.
  - Choline Bitartrate..... 125 mg.
  - Inositol..... 125 mg.
  - Vitamins Amino Benzoic Acid..... 125 mg.
  - Vitamins Biotin..... 125 mg.
- MINERAL COMPLEX ORTHO MOLECULAR\*\*
  - Vitamins Calcium..... 1,000 mg.
  - Natural selected Borax..... 500 mg.
  - Vitamin C (Ascorbic Acid)..... 500 mg.
  - Lemon Bioflavonoid..... 50 mg.
  - Rutin (Buckwheat)..... 100 mg.
  - Iodine (Kelp)..... 16.5 mg.
  - Iron (Peptonate)..... 400 mg.
  - Magnesium (Oxide)..... 15 mg.
  - Copper (Gluconate)..... 2 mg.
  - Zinc (Gluconate)..... 10 mg.
  - Propylthiouracil..... 10 mg.
  - Manganese (Gluconate)..... 10 mg.

\*\*In an ortho molecular base of: Magnesium Oxide, Ferric Oxide, Calcium Oxide, Potassium Oxide, Sodium Oxide, Phosphorus Oxide, Chromium Oxide, Titanium Oxide, Sulphites, Molybdenum, Manganese Oxide, Chromic Oxide, Vanadium Oxide, Nickel Oxide, Barium Oxide, Copper Oxide and Zinc Oxide.

DIGESTIVE ENZYMES  
Amylase Activity (Starch digestion) 45,000 NF Units  
capable of digesting 45 grams of starch.

PROTEINASE ACTIVITY (Protein digestion) from natural Trypsin and Chymotrypsin 15,000 N.F. units capable of digesting 30 grams of pure protein.

LIPASE ACTIVITY (Fat Digestion)  
3600 N.F. units capable of digesting 30 grams of pure dietary fat.  
Pancreatin 5X  
Natural Whole Papaya  
Natural Diatomaceous adsorbent  
Biotin 100 mg.  
Betaine Acid HCl 380 mg.

\* Sustained release is a process to allow a slow gradual release over an extended time period (6 to 8 hours).  
SuperPak a total nutritional program. Convenient to use at home, on the job, or while traveling.

30/\$18.00 60/\$33.00

## Marathon NUTRITION™

1229 Via Landeta, Palos Verdes Estates, CA 90274

Phone: (213) 541-5919 / 375-3802

# Try One or More of These Other Specially Selected Marathon Supplements Recommended for the Powerlifter

★ Save Money, Time, and Gas Shop by Phone or Mail ★

## Multi-One with Stress Factors

A One-a-Day High Potency vitamin and mineral  
30/\$5.00 60/\$9.50 90/\$14.00 180/\$24.00

## One-Daily-Formula 100 (sustained release)\*

A One-a-Day multi-vitamin and mineral tablet featuring 100 mg. B-Complex formula. sustained release\*  
30/\$6.00 60/\$11.00 90/\$17.00

## Balanced B-Complex 125 mg. (sustained release)\*

High potency B-Complex formula  
30/\$4.50 60/\$7.75 90/\$10.95

## Maxi-Mins High potency mineral complex

Two tablets contain:

- Calcium 1000 mg. • Magnesium 500 mg. • Zinc 22.5 mg.
  - Potassium 95 mg. • Iron 30 mg. • Iodine 150 mcg.
  - Manganese 10 mg. • Copper 3 mg. • Selenium 50 mcg.
  - Chromium 20 mcg. • Betaine HCl 100 mg.
  - Glutamic Acid HCl 100 mg. • Vitamin D 400 IU
- 90/\$4.50 180/\$7.95 360/\$16.00

## Vitamin E 400 IU d'alpha or mixed tocopherols

90/\$6.95 180/\$12.95 360/\$23.95

## Vitamin E 1000 IU d'alpha tocopherols

High potency vitamin E  
50/\$7.75 100/\$14.50 250/\$35.00

\*Sustained release\*\* is a process to allow a slow gradual release over an extended time period (6 to 8 hours).

★If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here.

PRODUCT	SIZE	QTY.	PRICE	EXT.	PRODUCT	SIZE	QTY.	PRICE	EXT.
SuperPak					Super Bio-C w Bioflavonoids				
2-Gram Liver					Vitamin C 1000 mg. w/R/H				
MULTI-ONE W/Stress Factors					Vitamin C 1500 mg. w/R/H				
ONE DAILY FORMULA 100					Milk Egg Protein 16 oz.				
B-Complex Balanced B-125					2 Gram Fructose Tabs				
Maxi-Mins Mineral					1 Gram LIVER TAB				
Vite E d'Alpha 400 IU					YEAST TABS 500 mg.				
Vite E MIXED 400 IU					Potassium 99 mg.				
Vite E d'Alpha 1000 IU					TOTAL			\$	

SHIP TO: \_\_\_\_\_

Master Charge  VISA

Use MasterCard, Visa, Money Order or Check  
Palos Verdes Estates, CA. 90274

MARATHON NUTRITION  
1229 Via Landeta  
Palos Verdes Estates, CA. 90274

Card No. \_\_\_\_\_  
Expiration Date \_\_\_\_\_







**CRAIN POWER-PLUS INTRODUCES THEIR NEW RE-DESIGNED POWER PLUS POWER BAR**

400 LB. SET.....\$415.80  
500 LB. SET.....\$480.15



Best quality steel available  
- IPF specifications  
- New & innovative design in a one-piece sleeve with no visible set screw.  
- Satisfaction guaranteed or your money back.

**\$183.15 FOB immediate shipment**

CRAIN POWER-PLUS also carries a complete line of lifting equipment, Jacuzzi & hot tubs, warm-ups & food supplements from York & Hoffman, Roc-no, Paramount, Jacuzzi, Insigne, MAC and many others.

- MIRACLE SUIT-send color & size.....\$33.50
- HURRICANE WRAPS.....\$10.00
- CYCLONE BELTS-model 4N-send waist size.....\$30.00
- DEADLIFT SHOES-send shoe size.....\$10.00
- SMELLING SALTS.....\$3.50.....2 For \$5.00
- CHALK-8 blocks/1 lb.....\$8.00
- CATALOG OF EQUIPMENT.....\$5.00
- BUMPER STICKERS.....\$7.50.....10/ \$5.00
- I AM A POWERLIFTER
- POWERLIFTING WORLD'S GREATEST SPORT
- Personalized Training Routines on Cassette by RICKEY or GAYLA.....\$18.00
- Autographed Color 5x7 Photograph.....\$2.50
- 3x5 Photograph.....\$1.00
- (We are available for demonstrations and seminars)
- NEW DMSO \$2.00 per 1/2 oz
- Try these NEW CRAIN POWER PLUS SUPPLEMENTS
- Vitamin B-Complex...time-released 150 mg.....100/ \$17.60
- Vitamin C-Complex...time released bioflavonoids and rose hips.....1725 mg.....100/ \$9.60
- Vitamin E 400 IU.....100/ \$10.00
- Hoffman's Energol Capsules 20 minim.....180/ \$8.50



**CRAIN POWER-PLUS**

**Rickey Dale and Gayla Sue Crain**  
1509 North Minnesota  
Shawnee, Oklahoma 74801  
1-405-275-3689/273-2202  
after 9 PM and weekends

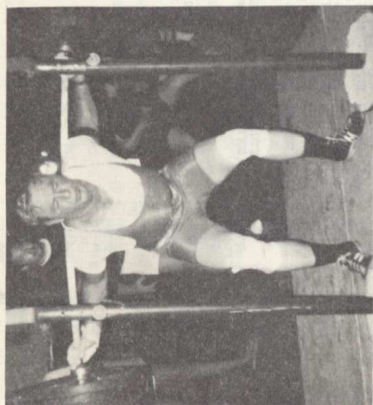
Do you need training info, nutritional ideas, prices on equipment (discounts available). Give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game.

CALL IN YOUR ORDER  
MASTERCHARGE/VISA/C.O.D.

CUSTOM DESIGN T-SHIRTS — QUANTITY DISCOUNTS — DEALERS WELCOME

**OPEN POWER LIFT MEET - WATERFORD, PA 12/7/80**

114 J. JONES	360	205	370	835
120 S. SANDER	360	225	410	995
J. LOPES	360	225	---	485
148 C. ORGANITINI	225	200	325	750
A. WILLIAMS	350	285	445	1100
R. WILSON	350	315	350	950
R. CHAYLO	350	315	350	950
L. RYAN	280	225	380	885
K. RACHAN	FAILED			
165 C. ORGANITINI	475	335	470	1290
R. POPE	410	300	505	1205
R. HARTLEY	430	275	500	1205
J. JAMES	380	355	475	1100
J. VERACCHIO JR	405	275	385	1065
A. BALDEN	340	FAILED		
T. SCOTT	FAILED			
G. ORGANITINI	335	295	430	1060
M. ZAPATA	325	330	350	905
198 M. BESHONE	435	350	450	1235
D. FELL	450	315	440	1205
H. RICCI	400	385	550	1115
R. MOODS	295	240	375	1010
R. UNLUO	350	305	300	955
J. VERACCHIO SR	440	235	---	675
220 G. ORGANITINI	540	350	600	1480
G. JORDAN	475	375	575	1425
J. MC DONELL	340	275	325	1140
G. POLETAEV	400	255	400	1035
V. POLTAEV	400	275	525	1140
C. WANMAKER	415	265	480	1160
275 S. RABEEL RILEY	680	475	625	1760
S. RABEEL	400	255	425	1075
R. COOK	300	250	450	1030
SM JAMES	680	450	525	1705
TEMP JAMES	BEST LIFTER AMARDS: SANDY ORGANITINI.			
ED RABEEL RILEY: NET DIRECTORS:				
CLIFF PARIS: JACQUELLE LELAND: THANKS TO				
SPICE: JAMES MESSER, JR: THANKS TO				



**BIG RED**...Red Swaim, that is...seen here squatting 610 at a meet in Asheville, North Carolina in this photo by Donald Simmons. Red is one of the top Master lifters in the tough 242 lb., 40-45 age group.

**ALL SOUTH CANCELLATION** Rempert Garris, meet director of the long running All South meet, had to cancel this year's edition of the contest. Staff vacancies at the Durham YMCA, including the passing of Mr. Garris's immediate associate, would not allow the time to organize a proper contest. The meet will be held once again in 1981. Mr. Garris would specifically like to thank men like Bob Strauss, Larry Eggleston, Gene Neal, and Mike Smith for their help in promoting this meet over all the years since it's inception in 1968.

**BIG STRENGTH COACHES CLINIC** many strength coaching experts as well as celebrities like Bill Kazmaier and 7 ft., 4 in. basketball sensation Harpo Simpson will be present. The clinic will take place January 16 and 17 at the University of Virginia, Charlottesville. For further information contact Coach Bill Dumm at 804-924-3278.

AMERICA

**MORE POWER TO YOU!**

**ORIGINAL RUSSIAN FORMULA B-15\***

"Davinci Gluconic 15"  
100 Tabs — \$ 8.95  
200 Tabs — 15.95

\*B-15 retards lactic acid build-up, for more ENDURING WORKOUTS!

"WORLD-FAMOUS" T-SHIRTS \$800 Gold or Navy

**LIFETIME BELTS** LIFTING  
Sweat-proof inner lining on high quality leather  
Small - 24-30"  
Medium - 30-36"  
Large - 36-42"  
"This belt will outlive your conventional belt by years."

Send Check or Money-Order to:  
**CENTRAL CITY GYM EQUIPMENT**  
567 Main St.  
Springfield, Mass. 01105







# CYCLONE BELTS

Pictured is Model "6S"



## PAT'S POWER PRODUCTS

Patrick E. Malone  
R.R. #2

Fort Branch, IN 47648  
Ph. 812-753-4639

### WHY BUY FROM US?

- I. Because we are a wholesale distributor, direct to the lifter.
- II. Because we have the largest variety and the best quality equipment at the lowest cost.
- III. Because we have a full money back guarantee on all belts — 30 days free trial —.
- IV. Because we have a club discount . . . 5% on all orders over 200 dollars, 10% on all orders over 500 dollars.
- V. Because all tax and shipping in the Continental United States is included in the listed prices.
- VI. And these belts are now being worn by many national and world champions.

### MODEL NO. LAYERS COVERING THICKNESS PRICES

MODEL NO.	LAYERS	COVERING THICKNESS	PRICES
4N	1	Natural 6- 8 mm	\$29.00
5N	2	Natural 10-12 mm	\$49.00
6N	3	Natural 10-12 mm	\$59.00
4S	1	Suede 10-12 mm	\$49.00
5S	2	Suede 11-13 mm	\$59.00
6S	3	Suede 12-13 mm	\$69.00

All belts are 10 cm wide with heavy duty, double prong buckles.

15 colors of suede: Royal Blue, Navy Blue, Black, Brown, Rust, Light Blue, Light Green, Dark Green, Gold, Red, Gray, Purple, Maroon, Light Brown, and Sand.

### SPECIAL OPTIONS

1. Black Stitching . . . . . 2 Dollars Extra
2. Natural Leather dyed any color . . . . . 4 Dollars Extra
3. Chrome Plated Buckles . . . . . 4 Dollars Extra
4. Write for more information about other customizing of belts.

Name \_\_\_\_\_ Ph. \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Waist Size \_\_\_\_\_ Model No. \_\_\_\_\_ Color \_\_\_\_\_ Chrome Buckle \_\_\_\_\_

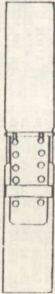
### FEATURES:

- \* NEW AND BETTER DESIGN WITH ALL-AROUND 4" (10 CM) WIDTH PROVIDES MAXIMUM SUPPORT AND PROTECTION. ACTUALLY HELPS YOU LIFT MORE!
- \* DOUBLE TONGUE NICKLE PLATED BUCKLE WITH EASY ON/OFF ADJUSTMENT. NO OVERSIZED BUCKLE TO BIND YOU.
- \* FIRST QUALITY EXTRA THICK LEATHER IS FINISHED IN RICH BROWN COLOR WITH YOUR INITIALS STAMPED IN. QUALITY AND WORKMANSHIP.

Designed And Manufactured By:  
Eddie Bocklin

- \* When Ordering Send Normal Waist Size, Not Pants Size.
- \* Sizes Over 44" Send \$5.00 Extra
- \* Outside Continental U.S.A. Send \$5.00 Extra

## "POWERBELT"



SHIPPED  
IMMEDIATELY

DESIGNED ESPECIALLY FOR COMPETITION POWERLIFTING. A. U. AND I. P. F. REGULATION APPROVED. GREAT FOR WEIGHTLIFTING AND WEIGHT TRAINING.

Enclose \$29.95 Check/Money Order for each belt.  
Made payable to Powerbelt, P.O. Box 526, Chattanooga, TN 37401. Price includes shipping and handling.

INCLUDE RETURN ADDRESS, SIZE, INITIALS

1980 IRON MAN/IRON WOMAN-12/6/80-245  
SAN JOSE, CA.

114	326*1170	380	887	711**479	746**793**		
M. SHILO	220	154**659	533	595	474	700	1769
S. MARTINEZ*	220	115	237	545	650	424	600
M. PRICE	192	115	237	545	650	418	600
L. VENTURINO	203	104	226	534	523	383	595
L. CEN*	132	82	187	402	369	165	391
S. JARVIS	132	82	187	402	369	165	391
123	214	154	275	644	688	463	850
P. RUSSELL	248	181	304	554	705	380	633
L. SERRANO	181	104	226	534	705	380	633
K. SOUZA*	170	126	237	534	705	380	633
K. SANTE	380	253	413	1047	1100	719	1394
G. KAMALI*	220	104	314	639	1100	719	1394
T. SHAYE	413	259	524	1207	1394	1007	1516
R. TOUTOU	402	341	451	1196	1394	1007	1516
J. KLINE	435	270	479	1185	1394	1007	1516
P. MOORE*	396	314	451	1162	1394	1007	1516
P. LABARNO	347	242	426	1014	1394	1007	1516
G. WATT	319	253	413	986	1394	1007	1516
L. SINGLEY*	281	248	413	942	1394	1007	1516
R. GRANNOLL	275	248	365	892	1394	1007	1516
K. MEYER	159	121	209	490	1394	1007	1516
L. SHEPARD	42	110	264	622	1394	1007	1516
D. PIERCE*	523	363	600	1488	1394	1007	1516
P. KING	545	402**490	438	1007	1394	1007	1516
P. TRUETA	562	314	507	1383	1394	1007	1516
T. KEINERICH	486	358	515	1386	1394	1007	1516
R. CIRIGLIANO	446	325	485**1335	1007	1394	1007	1516
T. SHERDEL	474	314	534	1322	1394	1007	1516
A. JACKSON	308	207	385	898	1394	1007	1516
M. JUNG	203	192	303	700	1394	1007	1516
G. LEDBETTER*	226	253	479	1196	1394	1007	1516
J. STEBBERT	380	369	607	1488	1394	1007	1516
B. MCLELLAIN	457	310	529	1462	1394	1007	1516
P. MILLIGAN	463	248	423	1234	1394	1007	1516
P. SALVADOR	374	203	445	1124	1394	1007	1516
V. GAGNE*	407	231	466	1002	1394	1007	1516
T. JONES	303	259	424	986	1394	1007	1516
G. WILLIAMS	303	244	449	1196	1394	1007	1516
J. LINCOLN*	501	374	607	1488	1394	1007	1516
T. MASSBARGER	496	369	607	1488	1394	1007	1516
198	705	637	1066	1907	1394	1007	1516
M. SHINES	526	363	600	1488	1394	1007	1516
M. GARDNER	540	363	600	1488	1394	1007	1516
M. MUSTO	907	341	573	1422	1394	1007	1516
D. CAMARILLO	330	303	501	1516	1394	1007	1516
P. YANEZ	396	259	402	1058	1394	1007	1516
G. RILEY*	490	391	607	1488	1394	1007	1516
M. PUCKI	551	448	745	1848	1394	1007	1516
220	567	391	633	1592	1394	1007	1516
S. BROWN	573	391	633	1592	1394	1007	1516
T. HAMER	573	391	633	1592	1394	1007	1516
T. CARDOSSO	529	391	606	1526	1394	1007	1516
K. YAMADA	518	319	540	1377	1394	1007	1516
D. ROSE	475	319	494	1318	1394	1007	1516
V. GREKIN	380	245	400	1005	1394	1007	1516
K. PUCKI	385	319	424	1129	1394	1007	1516
N. SANDER	402**220**407	1030*			1394	1007	1516

165	S. SNIDER	490	330	545	1365
J. KESSLER	665	400	610	1675	
J. MOSSBOLLER	495	400	490	1395	
166	S. MITCHELSON	455	305	460	1220
D. FERDIE	405	290	500	1215	
D. SCHNEINPARTH	570	500	605	1575	
D. SCHNEINPARTH	570	500	605	1575	
F. FURBER	330	235	385	985	
B. HARRINGTON	340	250	365	955	
167	G. GILL	550	295	565	1410
B. PIGNATTIELLO	530	315	545	1390	
S. WATNER	475	320	530	1325	
D. CONRAD	370	275	450	1035	
168	D. HARRISON	625	350	550	1525
T. NEDLEY	525	385	575	1485	
M. WATERFIELD	455	410	525	1390	
J. ARPELLI	415	375	450	1240	
A. DEFRANCO	435	300	400	1100	
S. GRAMES	375	330	470	1175	
220	615	395	665	1675	
D. MILSON	545	425	655	1675	
P. MUCCI	600	395	595	1550	
T. LONES	600	345	570	1515	
D. ORESICAL	570	400	500	1480	
B. GAUDETTE	485	250	510	1245	

## World Team T-shirts



This is the shirt worn by the USPF lifters in Arlington. A quality white shirt, with a red and blue USA insignia silk screened across the chest, as shown. In sizes Medium, Large, and Extra Large....\$6.95 each, plus \$1.00 postage/handling per shirt.

POWERLIFTING USA  
Box 467  
Camarillo, CA 93010

---send order to---

242	J. LOFTUS	665	400	610	1675
J. KESSLER	660	380	500	1560	
J. MOSSBOLLER	495	400	490	1395	
243	S. MITCHELSON	455	305	460	1220
D. FERDIE	405	290	500	1215	
D. SCHNEINPARTH	570	500	605	1575	
D. SCHNEINPARTH	570	500	605	1575	
F. FURBER	330	235	385	985	
B. HARRINGTON	340	250	365	955	
244	G. GILL	550	295	565	1410
B. PIGNATTIELLO	530	315	545	1390	
S. WATNER	475	320	530	1325	
D. CONRAD	370	275	450	1035	
245	D. HARRISON	625	350	550	1525
T. NEDLEY	525	385	575	1485	
M. WATERFIELD	455	410	525	1390	
J. ARPELLI	415	375	450	1240	
A. DEFRANCO	435	300	400	1100	
S. GRAMES	375	330	470	1175	
246	615	395	665	1675	
D. MILSON	545	425	655	1675	
P. MUCCI	600	395	595	1550	
T. LONES	600	345	570	1515	
D. ORESICAL	570	400	500	1480	
B. GAUDETTE	485	250	510	1245	

THANKS TO PAUL BEINLICH FOR RESULTS



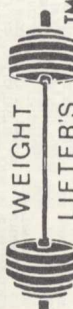




# POWERLIFTING Classification T-shirts

each shirt states:  
USA Powerlifter  
Class IV through Elite  
Royal Blue or Red  
with white lettering

S-M-L-XL  
**\$6.99 each**



**WEIGHT  
LIFTERS'  
WAREHOUSE**  
5542 SOUTH STREET  
LAKEWOOD, CA 90713

213-920-1232

(California residents add 6 per cent sales tax)

\$8.99 EACH

Also available in white with scarlet trim OR white with blue trim with blue and red lettering.

## THE POWER WRAP



The ONLY WRAP TO BE TESTED 'LAB'

Power Wraps.....\$7.00/pr.  
Chalk.....\$5.00/lb.

**DEALER INQUIRIES INVITED!**  
LINCOLN BARRELL  
443 N. 48th  
Lincoln, NE 68504  
402-466-2468

VA STATE RECORD		VA TEENAGE RECORD		VA MASTERS RECORD	
114. M. LAZ	300x180x130x130x130x130	110.5	72.5	115	5
115. C. LOCKARD	235 140 320 695	115	58	117.5	337.5
116. C. HARBELL	245 110 270 625	125	65	137.5	350
117. B. WAYS	155F 70 215F 440F	125	65	137.5	350
118. J. BRYANT	200 180 315 695	137.5	92.5	107.5	245
119. J. BRYANT	325x145x180x180x180x180	145	95	180	445
120. J. BRYANT	200 180 315 695	165	95	180	445
121. J. BRYANT	350 240 475 1055	177.5	100	177.5	410
122. J. BRYANT	340 260 450 1050	137.5	102.5	172.5	415.5
123. J. BRYANT	335 185 470 1100	130	100	160	390
124. J. BRYANT	335 185 470 1100	130	100	160	390
125. J. BRYANT	335 185 470 1100	130	100	160	390
126. J. BRYANT	335 185 470 1100	130	100	160	390
127. J. BRYANT	335 185 470 1100	130	100	160	390
128. J. BRYANT	335 185 470 1100	130	100	160	390
129. J. BRYANT	335 185 470 1100	130	100	160	390
130. J. BRYANT	335 185 470 1100	130	100	160	390
131. J. BRYANT	335 185 470 1100	130	100	160	390
132. J. BRYANT	335 185 470 1100	130	100	160	390
133. J. BRYANT	335 185 470 1100	130	100	160	390
134. J. BRYANT	335 185 470 1100	130	100	160	390
135. J. BRYANT	335 185 470 1100	130	100	160	390
136. J. BRYANT	335 185 470 1100	130	100	160	390
137. J. BRYANT	335 185 470 1100	130	100	160	390
138. J. BRYANT	335 185 470 1100	130	100	160	390
139. J. BRYANT	335 185 470 1100	130	100	160	390
140. J. BRYANT	335 185 470 1100	130	100	160	390
141. J. BRYANT	335 185 470 1100	130	100	160	390
142. J. BRYANT	335 185 470 1100	130	100	160	390
143. J. BRYANT	335 185 470 1100	130	100	160	390
144. J. BRYANT	335 185 470 1100	130	100	160	390
145. J. BRYANT	335 185 470 1100	130	100	160	390
146. J. BRYANT	335 185 470 1100	130	100	160	390
147. J. BRYANT	335 185 470 1100	130	100	160	390
148. J. BRYANT	335 185 470 1100	130	100	160	390
149. J. BRYANT	335 185 470 1100	130	100	160	390
150. J. BRYANT	335 185 470 1100	130	100	160	390
151. J. BRYANT	335 185 470 1100	130	100	160	390
152. J. BRYANT	335 185 470 1100	130	100	160	390
153. J. BRYANT	335 185 470 1100	130	100	160	390
154. J. BRYANT	335 185 470 1100	130	100	160	390
155. J. BRYANT	335 185 470 1100	130	100	160	390
156. J. BRYANT	335 185 470 1100	130	100	160	390
157. J. BRYANT	335 185 470 1100	130	100	160	390
158. J. BRYANT	335 185 470 1100	130	100	160	390
159. J. BRYANT	335 185 470 1100	130	100	160	390
160. J. BRYANT	335 185 470 1100	130	100	160	390
161. J. BRYANT	335 185 470 1100	130	100	160	390
162. J. BRYANT	335 185 470 1100	130	100	160	390
163. J. BRYANT	335 185 470 1100	130	100	160	390
164. J. BRYANT	335 185 470 1100	130	100	160	390
165. J. BRYANT	335 185 470 1100	130	100	160	390
166. J. BRYANT	335 185 470 1100	130	100	160	390
167. J. BRYANT	335 185 470 1100	130	100	160	390
168. J. BRYANT	335 185 470 1100	130	100	160	390
169. J. BRYANT	335 185 470 1100	130	100	160	390
170. J. BRYANT	335 185 470 1100	130	100	160	390
171. J. BRYANT	335 185 470 1100	130	100	160	390
172. J. BRYANT	335 185 470 1100	130	100	160	390
173. J. BRYANT	335 185 470 1100	130	100	160	390
174. J. BRYANT	335 185 470 1100	130	100	160	390
175. J. BRYANT	335 185 470 1100	130	100	160	390
176. J. BRYANT	335 185 470 1100	130	100	160	390
177. J. BRYANT	335 185 470 1100	130	100	160	390
178. J. BRYANT	335 185 470 1100	130	100	160	390
179. J. BRYANT	335 185 470 1100	130	100	160	390
180. J. BRYANT	335 185 470 1100	130	100	160	390
181. J. BRYANT	335 185 470 1100	130	100	160	390
182. J. BRYANT	335 185 470 1100	130	100	160	390
183. J. BRYANT	335 185 470 1100	130	100	160	390
184. J. BRYANT	335 185 470 1100	130	100	160	390
185. J. BRYANT	335 185 470 1100	130	100	160	390
186. J. BRYANT	335 185 470 1100	130	100	160	390
187. J. BRYANT	335 185 470 1100	130	100	160	390
188. J. BRYANT	335 185 470 1100	130	100	160	390
189. J. BRYANT	335 185 470 1100	130	100	160	390
190. J. BRYANT	335 185 470 1100	130	100	160	390
191. J. BRYANT	335 185 470 1100	130	100	160	390
192. J. BRYANT	335 185 470 1100	130	100	160	390
193. J. BRYANT	335 185 470 1100	130	100	160	390
194. J. BRYANT	335 185 470 1100	130	100	160	390
195. J. BRYANT	335 185 470 1100	130	100	160	390
196. J. BRYANT	335 185 470 1100	130	100	160	390
197. J. BRYANT	335 185 470 1100	130	100	160	390
198. J. BRYANT	335 185 470 1100	130	100	160	390
199. J. BRYANT	335 185 470 1100	130	100	160	390
200. J. BRYANT	335 185 470 1100	130	100	160	390
201. J. BRYANT	335 185 470 1100	130	100	160	390
202. J. BRYANT	335 185 470 1100	130	100	160	390
203. J. BRYANT	335 185 470 1100	130	100	160	390
204. J. BRYANT	335 185 470 1100	130	100	160	390
205. J. BRYANT	335 185 470 1100	130	100	160	390
206. J. BRYANT	335 185 470 1100	130	100	160	390
207. J. BRYANT	335 185 470 1100	130	100	160	390
208. J. BRYANT	335 185 470 1100	130	100	160	390
209. J. BRYANT	335 185 470 1100	130	100	160	390
210. J. BRYANT	335 185 470 1100	130	100	160	390
211. J. BRYANT	335 185 470 1100	130	100	160	390
212. J. BRYANT	335 185 470 1100	130	100	160	390
213. J. BRYANT	335 185 470 1100	130	100	160	390
214. J. BRYANT	335 185 470 1100	130	100	160	390
215. J. BRYANT	335 185 470 1100	130	100	160	390
216. J. BRYANT	335 185 470 1100	130	100	160	390
217. J. BRYANT	335 185 470 1100	130	100	160	390
218. J. BRYANT	335 185 470 1100	130	100	160	390
219. J. BRYANT	335 185 470 1100	130	100	160	390
220. J. BRYANT	335 185 470 1100	130	100	160	390
221. J. BRYANT	335 185 470 1100	130	100	160	390
222. J. BRYANT	335 185 470 1100	130	100	160	390
223. J. BRYANT	335 185 470 1100	130	100	160	390
224. J. BRYANT	335 185 470 1100	130	100	160	390
225. J. BRYANT	335 185 470 1100	130	100	160	390
226. J. BRYANT	335 185 470 1100	130	100	160	390
227. J. BRYANT	335 185 470 1100	130	100	160	390
228. J. BRYANT	335 185 470 1100	130	100	160	390
229. J. BRYANT	335 185 470 1100	130	100	160	390
230. J. BRYANT	335 185 470 1100	130	100	160	390
231. J. BRYANT	335 185 470 1100	130	100	160	390
232. J. BRYANT	335 185 470 1100	130	100	160	390
233. J. BRYANT	335 185 470 1100	130	100	160	390
234. J. BRYANT	335 185 470 1100	130	100	160	390
235. J. BRYANT	335 185 470 1100	130	100	160	390
236. J. BRYANT	335 185 470 1100	130	100	160	390
237. J. BRYANT	335 185 470 1100	130	100	160	390
238. J. BRYANT	335 185 470 1100	130	100	160	390
239. J. BRYANT	335 185 470 1100	130	100	160	390
240. J. BRYANT	335 185 470 1100	130	100	160	390
241. J. BRYANT	335 185 470 1100	130	100	160	390
242. J. BRYANT	335 185 470 1100	130	100	160	390
243. J. BRYANT	335 185 470 1100	130	100	160	390
244. J. BRYANT	335 185 470 1100	130	100	160	390
245. J. BRYANT	335 185 470 1100	130	100	160	390
246. J. BRYANT	335 185 470 1100	130	100	160	390
247. J. BRYANT	335 185 470 1100	130	100	160	390
248. J. BRYANT	335 185 470 1100	130	100	160	390
249. J. BRYANT	335 185 470 1100	130	100	160	390
250. J. BRYANT	335 185 470 1100	130	100	160	390
251. J. BRYANT	335 185 470 1100	130	100	160	390
252. J. BRYANT	335 185 470 1100	130	100	160	390
253. J. BRYANT	335 185 470 1100	130	100	160	390
254. J. BRYANT	335 185 470 1100	130	100	160	390
255. J. BRYANT	335 185 470 1100	130	100	160	390
256. J. BRYANT	335 185 470 1100	130	100	160	390
257. J. BRYANT	335 185 470 1100	130	100		



**ATTENTION - ATTENTION - ATTENTION**

# **SUPERWRAP II**<sup>TM</sup>

"The finest knee wrap available  
for competition or training"

- 1 Pair \$7.00\* • 2 Pairs \$13.00\* • 3 Pairs \$18.00\*
- (Sold under other names and by other companies at Higher Prices.)

- STRONGER • HEAVIER •
- LONGER LASTING • OFFICIAL LENGTH •
- GREATER STRETCH WITH BETTER COMFORT •

**SUPERWRAP II** is currently the most effective knee wrap used. Top competitors around the world find **SUPERWRAP II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

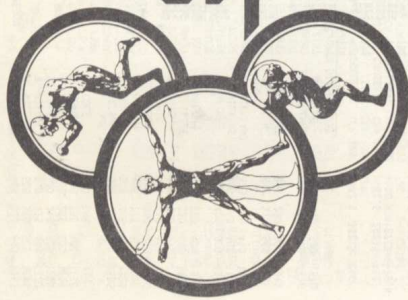
"... add pounds to your SQUAT & TOTAL."  
Use **SUPERWRAP II** and save \$\$\$!!

Also . . . **SUPERWRAP**<sup>TM</sup>

- 3 Pairs \$12.00\* • 1 Pair \$5.00\* •
- . . . the original heavy duty knee wrap cut to official length.

**Free Pair of Superwraps with Each Suit Purchased!**

**Help Increase Your Total**



# **STRENGTH SYSTEMS**

Tom R. Kelchner, President

- All types of Weight Training Accessories and Systems featuring Powerlifting equipment.
- Medical Equipment for Athletic Training Rooms, Physical Therapy Units and other Medical Institutions.
- Strength Training Consultation for Individual and Athletic Teams
- Powerlifting Meet Direction
- Supplier of trophies, t-shirts, caps, and weightlifting belts.

**For Information & Orders**

Call or write **Strength Systems, Inc.**

3600 Pioneer Pkwy., Suite 11  
Arlington, TX 76013

**Phone (817) 261-6106**

— Co-promoter of the 1980 World Powerlift Championships







# Power suit Ten T.M.

By Strong-Lon of California  
17511 Roscoe Boulevard  
Northridge, California 91325  
(213) 343-4821

**NEW**  
in 5 colors

(Proven at International and  
National Competitions)

Scientifically Designed for: More Support -

Easy On - Easier Off - Greater Comfort - Wider Straps  
Worlds Thickest - Strongest Material



- Help increase your Squat - Deadlift and Total - \$75.00
- You can wear a (body size) Strong-Lon Power Suit
- For a Better Fit - Greater Performance - More Comfort.

## A Special Design for Women

Original Patented Design and Material

**Strongest Powerlifting Suit Material in the World**  
**The Greatest Body Support Ever**  
**No Hurt Straps and Leg Seams**

No other like it in the world (Do not accept substitutes)

Available in Sizes: 26-28-30-32-34-36-38-40-42

Orders processed same day as received

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Check or Money Order must accompany orders.  
\*Overseas orders add 20%

Strong-Lon of California  
17511 Roscoe Boulevard  
Northridge, California 91325  
(213) 343-4821

Indicate 1st, 2nd, and 3rd Choice of Color

### Power suit Ten

- Black  Purple
- Royal Blue  Rich Brown
- Maroon
- State \_\_\_\_\_

Size \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

...Before You Invest in Equipment...  
or Anything Related to Your Training...

# COMPARE!

QUALITY -- PRICE -- DESIGN -- GUARANTEE

\*\*\*\*\*

BARBELLS, DUMBELLS, OLYMPIC SETS,  
VITAMINS, SUPPLEMENTS, TEE SHIRTS, PLAT-  
FORM MATTING, TRAINING MANUALS AND  
BOOKS, AND SOME OF THE BEST EQUIPMENT IN  
THE FIELD -- AT LOW PRICES!

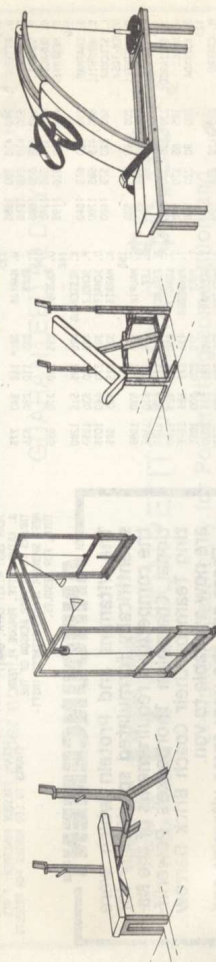
\*\*\*\*\*

WE MANUFACTURE ALL POPULAR TRAINING AP-  
PARUSES! (FREE T-SHIRT OF YOUR CHOICE  
WITH ORDERS) CALL US OR WRITE FOR A FREE  
BROCHURE TODAY!

\*\*\*\*\*

*Fitness  
Systems*

New Orleans



Spotter's Platform  
Bench Press \$112

Crossover Cable  
System \$275

Spotter's Platform  
Adjustable Incline  
\$165

NEW!! Abdominal  
Machine \$189  
(patent pending)



Powerlifting Hats  
\$7.00 per (quantity 1-175)

### OUR GUARANTEE

...FULL REFUND IF NOT SATISFIED. IF YOU FIND  
A BETTER DESIGN ANYWHERE IN THE WORLD  
AND CAN PURCHASE IT FOR A PRICE LOWER  
THAN OURS, WE WILL REFUND YOUR MONEY  
HAPPILY!

\*\*\*\*\*  
**TEE SHIRTS & SCREENING \$7.00 ppd., S-M-L-XL**  
\*\*\*\*\*

### POWERLIFTING



### POWER LIFTERS



Strong enough to  
bear the strain,  
not enough to  
take the prize!

### POWERLIFTING



1984

T-SHIRT  
Wholesale Prices  
from \$17.50  
per dozen

\*\*\*\*\*

CALL OR WRITE FITNESS SYSTEMS USA DR. FRED HATFIELD OR RANDY WILSON  
3335 St. Charles Ave., New Orleans, LA 70130 Tel. (504) 466-1864 - 899-9044







