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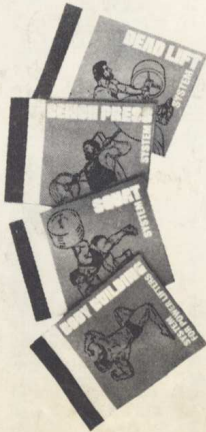
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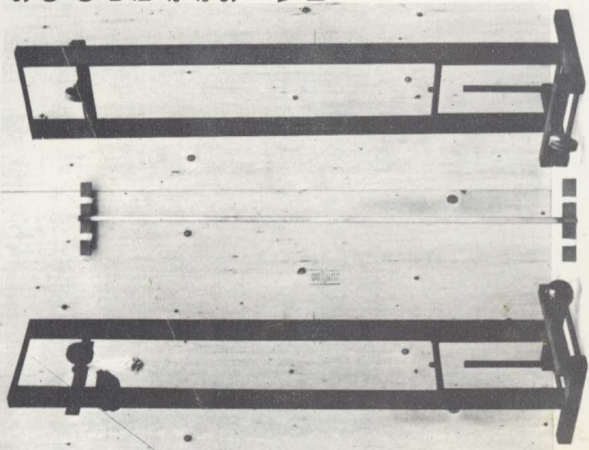
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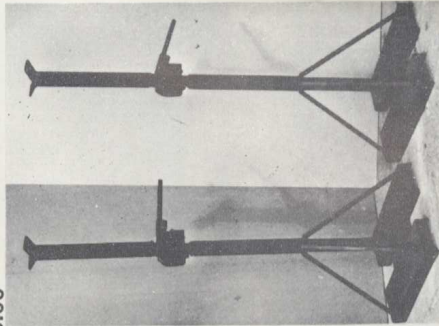




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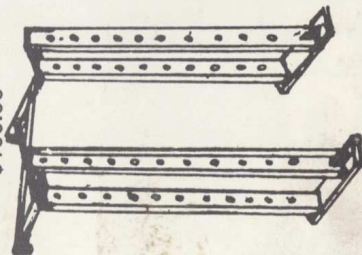
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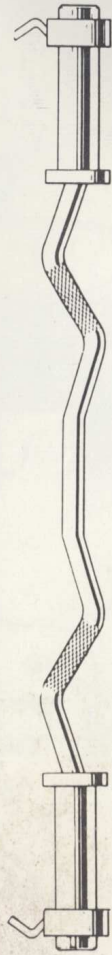


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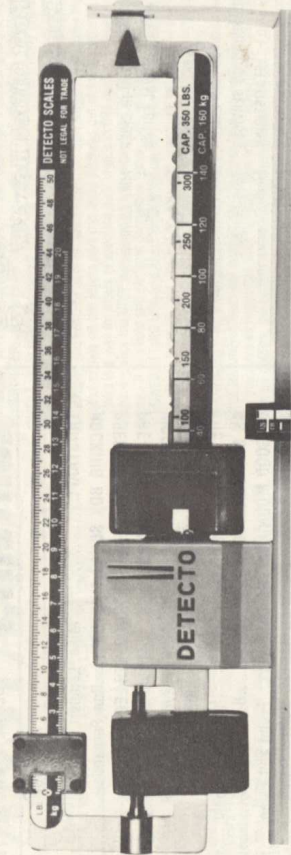
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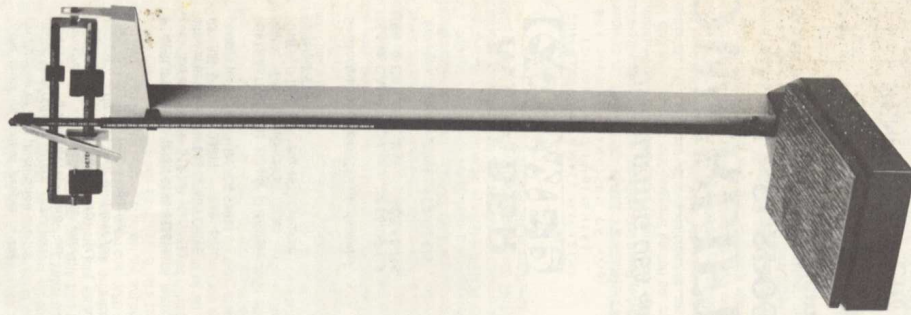
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NEXT MONTH... Coverage of the Women's World Championships in Honolulu, Hawaii and The Finnish Deadlift Routine Revisited.

ON THE COVER... Who Says Powerlifters aren't cut up... Jay Rosciglione proves it isn't so, and Clarence Bass tells you why lifters should go for cuts in this months RIPPED FOR POWERLIFTING

TANSTAFL

TANSTAFL.....an acronym for the phrase There Ain't No Such Thing As A Free Lunch. Put simply, it means you don't get something for nothing.

Over the past few months, I've received letters, talked over the phone, or spoke in person to lifters all over the country about the USPF publication THE POWERLIFTER. Some commiserate, some offer their condolences, some are angry, some uneasy. The underlying feeling in all these exchanges is "why is this thing necessary?" On paper, it sounds great....direct communication from the USPF to every registered lifter, and the USPF, like any other entity, certainly has a fundamental right to produce a publication, assuming they don't break any laws doing so. Many lifters recall that a proposal was made earlier for POWERLIFTING USA to provide a voice for the USPF National Committee at no charge, and wonder why that original offer was not taken advantage of. One of the basic reasons why the USPF did not accept the offer, as I have learned in candid conversations with those involved, was worry about whether the National Committee would have control over the communication vehicle if I was publishing the magazine. Now the USPF has it's own publication, but control seems to be a forgotten issue. The Executive Committee, which is constitutionally mandated to run the sport...make policy decisions, etc....in between National Committee meetings, doesn't get a look-see at THE POWERLIFTER before it goes out to the printer. Nor is there any reporting to the Executive Committee proper regarding costs, policies, etc. for the publication. As a member of the Executive Committee, I am aware of no limits whatever placed on this publication....the individuals involved with THE POWERLIFTER can apparently do whatever they want with it. Few lifters believe that \$1.50 of their registration fee will pay for a year's worth of THE POWERLIFTER. The limited information that I was able to obtain regarding the costs of publication do not indicate a thorough financial plan or accounting for all the costs which I personally know are involved in putting a publication like THE POWERLIFTER, which has a remarkable similarity to POWERLIFTING USA. Indeed, what we have here is the following. If you will consider, for a moment, that powerlifting publications are simply a product to be used by lifters....like wraps or a belt, then what is the difference between what the USPF has done with THE POWERLIFTER and the introduction of a USPF lifting suit, sending it to every lifter without it being solicited by them, charging a price that may even cause the USPF to lose money on it, and demanding that each lifter pay that price or they can not compete in the sport. The right to publish a publication and nobly disseminate information to all lifters across the land is one thing....is that what we have here, or is this something else? I have spoken with recently....and that is, why didn't we get a say in this? They can say that they should have had a say in it. In a very simple way they can say that the freight for the USPF. When one is laying out a \$10 registration fee plus higher fees for club registration, meet sanctions, etc. and on top of the efforts of the best Powerlifters in the country as they pay to the coffers of the USPF, it would seem eminently legitimate and fundamentally part of the 'American Way' that the lifters have some direct input into what they are paying for. But, the structure of the USPF does not allow the lifter a vote in the affairs of their government except through the following circuitous and, in my opinion, highly ineffectual manner: If you are a registered lifter, and if you are a member of a lifting club, and if that club has at least ten registered members, and if that club has paid the fees and received indication that it is an officially registered club with the USPF, and if there are at least five similarly 'legal' clubs registered in your association, THEN you have the privilege of communicating to the President or other voting member of your club whom you might want to have for your Association Chairman. (Not National Chairman, not Executive Committee member, not Regional Chairman....I'm only talking about the LOCAL Association Chairman) That is the constitutional limit of control that lifters have over their own destiny in this sport. There are associations where there are over 1,500 registered clubs with at least ten registered members each in them, and for lifters in those associations who have paid their \$10 registration fee, they can't even vote for the Association Chairman, he or she is appointed by the USPF.

I have no legitimate complaint about another publication competing with POWERLIFTER USA on the open marketplace, succeeding or failing by virtue of whether lifters choose of their own volition, to support one magazine or another. What bothers me....and what I think should bother you, is that the USPF structure, by intent or accident, does not allow registered lifters, who have paid their \$10 without asking that it include a subscription to anything, to have a choice in not only how that \$1.50 is spent, but the rest of the money as well. The USPF constitution has no means to allow change to occur as a direct reflection of lifters desires. What I am saying is that even if a majority, a large majority, of lifters did not want to see THE POWERLIFTER continue, there is no mechanism by which the lifters could actually decide and direct that it be published or not. Although it is claimed that THE POWERLIFTER does not intend to compete against anyone, I think it would be hard to find a lifter who, upon reading the advertising literature that has been sent to many, if not all, of PL USA's advertisers, did not realize exactly who THE POWERLIFTER is competing against.

Once again, by intent or accident, by undercutting PL USA ad rates, structuring a publication without apparent regard for the total costs involved and forcing THE POWERLIFTER on everyone of course, to be realistic....THE POWERLIFTER does not go to every registered lifter, as advertised. There are many registered lifters, among them at least one Association Chairman, who have never seen any of the copies of THE POWERLIFTER published so far! I represents a threat to the advertising and editorial base of POWERLIFTING USA Magazine because the element of choice on the lifters part has been accored out of the equation.

There is a way for lifters to exercise their choice in the publication of whatever policy the USPF may come up with regarding THE POWERLIFTER in the future. It is to tell the USPF that you are not interested in THE POWERLIFTER and to refuse to purchase it, and it will help me, the owner, to figure out how to best exercise my publishing information on Powerlifting, by informing the lifters of the best choices available to them.

There is also a source of income for POWERLIFTING USA, and erosion of that source will force PL USA to die or turn into something other than what we have all supported over the past four years. Advertisers don't care so much for politics, the bottom line to them is the response they get for their advertising dollar. It's only fair that POWERLIFTING USA be rewarded and succeed only to the degree that lifters support it, and choose it as a source of information....the presence of THE POWERLIFTER in its present form turns the marketplace into something less than a forum for the lifter's Right of Choice....to band things into the semblance of what we all know they should be. I want to ask you all to do the following: **IN THE EVENT THAT YOU SEE AN AD FOR SOMETHING YOU WANT TO PURCHASE, EQUIPMENT OR WHATEVER, IN BOTH POWERLIFTING USA AND THE POWERLIFTER**, and you want to exercise your choice, demonstrate your preference, assert your right to determine how and when your registration dollars are spent....PURCHASE from the Advertiser in POWERLIFTING USA, and make sure he knows that you purchased through his ad in PL USA and that you intend to continue supporting PL USA in this manner.

In this way, what is fair is fair....those who don't give a damn about a choice will buy their equipment anyway, and for those who think Lambert is a simply S.O.B. who shouldn't be crying about the situation....go ahead and deal with the POWERLIFTER, but for those of you who support PL USA, want to see it continue and demand the exercise of your right to choose and direct the policies of the organization that is requiring you to send in \$10 so you can squat, bench, and deal with a bunch of your buddies on occasional weekends....SUPPORT THE ADVERTISERS IN POWERLIFTING USA.

I haven't bored you all with an editorial comment for some time, as I expect you are more interested in the features that POWERLIFTING USA offers, you're not buying the magazine to hear what I've got to say, but this situation requires some kind of action. I've maintained a low profile on this matter and I don't think it's productive nor wise to continue in that way. I'm asking only that you assert your rights, and I hope you will respond....there is plenty of room for THE POWERLIFTER and POWERLIFTING USA on the same platform, along with whatever other publication that may spring up. I am offering you a means to make your voice heard, it has a right to be heard and a right to control the collective destiny of this sport. You do have control of the sport....you have the power, be sure to exercise it and many problems can be solved.

All I want is the opportunity to operate and succeed in direct proportion to the degree to which I satisfy your interests in a Powerlifting magazine. The structure surrounding THE POWERLIFTER was not established by lifters choice and is not under obligation to respond to lifters choice through constitutional means....support POWERLIFTING USA advertisers to the extent you feel it is justified and do the same with advertisers in THE POWERLIFTER.

John Lambert

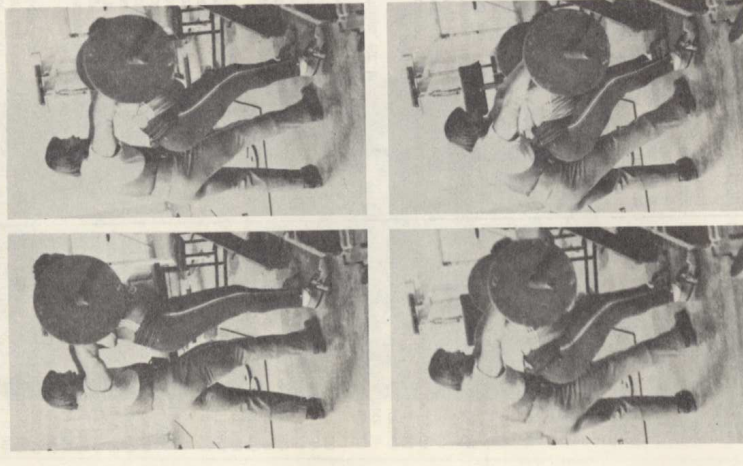
WORLDS STRONGEST MAN CONTEST...is scheduled for June 22-28 at the Playboy Resort in Great George, NJ. Those who will probably be competing include Kaz, Waddington, Binski, Pogorzewski, John Kelly and homophily the others. NEFL is also sponsoring the event. Don Reinhart reportedly pulled out after the recent death of a close personal friend. Kaz has not put off his bout with the Green Bay Packers and is shooting for his 2nd World's Strongest Man title and from there he plans to go for the Strongbow World's Strongest Man title and the Senior Nationals....all in less than a month's time!

NEVADA STATE MEET CLOSED...Ken Trujillo has gotten great entry response from neighboring states for his last two meets, and lots of lifters have been calling him about the Nevada State meet on May 30th, but that meet is closed, EXCEPT to residents of the State of Nevada.

An Opportunity to participate in Scientific Research...the National Strength Research Center is conducting a survey of powerlifters in order to determine the exact nature of injuries they experience. The results of this research can lead to practical answers about this subject which every lifter can apply to his training and therapy program, but only if enough athletes participate in the survey itself. If you'd like to be a part of this program, write Dr. Michael Stone, 2051 MC, National Strength Research Center, Auburn University, Auburn, Alabama 36830 and request a survey form.

DO GOOD MORNINGS THE SAFE WAY demonstrated by Frenn and Estep

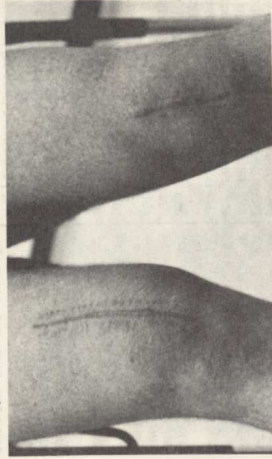
Heavy Good Mornings are a tremendous exercise for the lower back, but as the weight goes up the problems of keeping the bar from rolling over your neck in the low position and the danger of controlling the bar should you get hurt become almost insurmountable. These difficulties can be dealt with if you have a trustworthy training partner and use the technique illustrated in the following photos, which show the good morning from start to low position. Roger steps in behind George and keeps his hands on the bar to keep it from sliding, and his forward leg stabilizes George in the low position in case he gets into trouble. George just concentrates on giving his lower back a solid workout, taking full advantage of the movement as a strength builder and disregarding the complications that plague those who don't utilize this special technique.



AN INJURY UPDATE ON DEAN BEST by Willie Morris

On Saturday, April 11, U. Va. Strength Coach Bill Dunn and I left Charlottesville, Va. for a fine ride down to Fayetteville, NC as Bill was going to guest coach at the first N.C. teenage power lifting championships, promoted by Chuck and I. Bill had called Chuck Braxton the previous week and got 3 white lights from big Dean and Chuck we discussed Dean's injury at length, and we were shocked beyond belief upon arriving at Westfield High school after several dozen wrong turns and misaligned directions to find big Dean actually running around the gym helping the lifters from his club, 'Best's Gym'. After a very warm greeting from Dean and Chuck we discussed Dean's injury for several minutes.

During the break between the morning and evening Dean and I found a quiet place and I took a few pictures. We discussed his injury. I must say I found Dean to be a very honest and intelligent individual and, again, I was shocked to find that big Dean has already started mapping out his comeback, tentatively, but very realistically.



KNEE ZIPPERS those scars on Dean's knees are gruesome. Morris photo HOPE...if it proves to be popular, we'll run it again periodically. Mike Lambert/PL USA

2 BENCH PROGRAMS THAT WORK by Michael Stewart

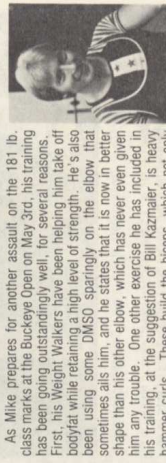
The first routine is based on a program presented by George Eder in PL USA back in 1979. Mike's bench improved by better than 10% in 8 weeks on this program. He tried a new bench every two weeks of the program, and the workouts went like so:

MONDAY & FRIDAY: 60% max for 6-8 reps, 75% max for 5 reps, 85% max for 3-5 reps, 90% max for 2-4 reps, 70% max for 2 sets of maximum reps with a narrow grip

WEDNESDAY: 60% max for 6-8 reps, 75% max for 6 reps, 80% max for 6 reps...for 3 sets, 70% max for one set of max reps, narrow grip

The second bench program is from the Lenoir-Rhyne College (Hickory, NC) weightlifting program. It has brought Mike and his friends great gains. Workouts are done 3 times per week. You do a warmup set of 10, followed by 8, 6, 4, and 2 reps. The weight is increased from set to set progressively, and you increase the overall weights used whenever they begin to feel light. Once per week, you do negatives, by adding 20-30 pounds over your max, doing 2-3 sets of 4-5 reps, using only enough help from your spotters to finish the reps. For assistance work, you do dips with weight added, 3 sets of 10 reps and lying triceps extensions, 3 sets of 3-6 reps.

THE LATEST BENCHING SECRETS by the World's Greatest Benchor, Mike Macdonald



As Mike prepares for another assault on the 181 lb. class marks at the Buckeye Open on May 3rd, his training has been going outstandingly well, for several reasons. First, his Weight Walkers have been helping him take off bodyfat while retaining a high level of strength. He's also been using some DMSO sparingly on the elbow, that sometimes ails him, and he states that it is now in better shape than his other elbow, which has never even given him any trouble. One other exercise he has included in his training, at the suggestion of Bill Kazmaier, is heavy back squats. These build the biceps, which not only looks good in the gym, but also aids in controlling the weight as it is lowered, one of the few areas where Big Mike problems occasionally. Another thing that Mike is doing lately is wearing ear plugs. This shows a little concentration on powers when he is benching and with them he can focus in stable benches and twists. He is also doing 3000 movements per day, including situps, side bends and twists. He is also doing protein to reduce energy loss through digestion and he's using lots of B-15, inquis as his carb source due to their slow absorption and potassium content. He's hitting the glandular supplements heavy, especially phytol, adrenal, and orchic.

At the Buckeye meet, Mike is hoping for several World Records in the bench. In his last few training sessions, he has gone as high as an easy 530, and hopes for a 540 and 550 in training prior to the meet.

AN EFFECTIVE SQUAT ROUTINE by Don Simmons

Here is a routine that I have been using for almost 4 years. It doesn't take a lot of time, but it works...producing steady gains of 50-75 pounds per year on the squat. This routine has resulted almost completely from phone calls to Paul Wrenn.

The heavy day is Monday. All reps are done 1 1/2-2 inches below parallel. The following poundages are for someone who can squat a 500 max:

135x10, 135x10, 250x5, 330x4, 370x4, 410x3, 450x2

Add 5 lbs. per week to the heavier sets for the first four weeks, and 5 lbs. every other week for the second 4 weeks of the 8 week cycle.

The light day is Thursday. All reps on this day are done rock bottom.

135x10, 135x10, 220x5, 270x5, 330x5, 380x5

Weight is added at the same rate as mentioned in the heavy day workout. To make this routine work for someone with a 300 lb. max squat, add 30 lbs. between sets on the heavy day and 40 lbs. on light days. If your max squat is 400 or over, do the routine as it is laid out, but your last double should always be 50 lbs. less than your best squat without a super suit. Also, don't train in a super suit except during your last 2 or 3 workouts, and don't use light wraps either. To show you how this routine works, 2 years ago I squatted 530 at the North Carolina meet, and this year I made an easy 630...without steroids.

WORLD RECORD SQUAT ROUTINE by the World's Strongest Squatter, Dave Waddington

Dave's philosophy is based on a heavy day/light day system and a ten week cycle. Light days are Mondays, and consist of five sets only. The poundages for this light day remain identical for the entire ten weeks. These sets are done to keep form in the squat, not to increase strength.

Each Monday workout goes like so:

135x8, 135x8, 225x8, 315x5, 405x5

Friday is the heavy day, and in the first workout of the ten week cycle, Dave usually begins with a max. poundage triple of 705. Leading up to that set would be the following:

135x10, 135x5, 225x5, 315x5, 405x5, 500x3, 585x3, 650x3, 705x3

Each week, Dave increases the weight used on the final set in a progressive manner, as per this example:

705x3, 725x3, 770x3, 800x3, 820x3, 845x3, 870x3, 885x3

900x3 or 915x3, and for week 10, 750x17 days before the meet

By the time week 9 rolls around, Dave will have added a few sets to his workout to build up to his max. poundage set, as seen in the schedule of lifts for week 9 that follows:

135x10, 135x5, 225x5, 315x5, 405x5, 500x3, 585x2, 650x1, 750x1, 820x1, 915x3

Dave also has an off season program in which Monday and Friday are again light and heavy days, respectively. On Mondays he starts off with 6 sets of leg extensions and 6 sets of calf raises, followed by six sets of squats:

135x8, 135x8, 225x8, 225x8, 315x8, 315x8

On Fridays, he does 7 sets of squats:

135x10, 135x5, 225x5, 315x5, 405x5, 500x5, 585x5

These are followed by 6 sets of leg extensions and 6 sets of calf raises. Dave feels that the off season should be used to rest the legs and to work them differently, plus it is a time to recuperate from the mental strain of heavy lifting. Dave is obviously one lifter who doesn't believe in heavy singles. If you have any questions on this routine, you may write Dave at 1801 E. Shoreway, Sandusky, Ohio 44870.



SUCCESS! Dave celebrates after making a heavy squat at the 1980 Seniors.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

The Biomechanics of Powerlifting

by Tom McLaughlin, Ph.D.
 Director, Biomechanics Laboratory
 Dept. HPR, Auburn University
 Auburn, Alabama 36830

Dr. Tom McLaughlin's credentials as a researcher in the field of Powerlifting are impressive. He has had articles published in MEDICINE AND SCIENCE IN SPORTS, RESEARCH QUARTERLY, JOURNAL OF BIOMECHANICS, and THE ENCYCLOPEDIA OF PHYSICAL EDUCATION, FITNESS, AND SPORTS and he has made presentations to such groups as the AMERICAN COLLEGE OF SPORTS MEDICINE, the AMERICAN SOCIETY OF BIOMECHANICS, and the INTERNATIONAL CONGRESS OF SPORTS SCIENCES. Following graduate studies at the University of Illinois at Urbana-Champaign, he became an Assistant Professor at Auburn University, Director of the Interdisciplinary Biomechanics Laboratory, and was a co-founder of the National Strength Research Center, where he is now Director of Biomechanics and member of the Executive Committee.

THE SQUAT: Part I

Can you imagine what it would be like to tell everyone (friends, family, etc.) that your graduate master's degree topic was a Bio-mechanical Analysis of... a SQUAT. Boy, did I get some strange reactions!! Seven years ago most people didn't know what on earth I was talking about when I would start to explain that the Squat was a competitive lift in the sport of Powerlifting. What's an unbelievable question in that age before TV coverage of our sport.

Nevertheless, I would typically try to help the world look by giving them a big discussion on why this was so interesting. Then they'd look at me. But I was quite serious about it and as a Powerlifter myself knew that the Squat was a challenging lift to master and was academically intriguing. So, in spite of virtually everyone's advice to the contrary, I began to study the Bio-mechanics of the Squat. In the 'elastic-man' complex in Powerlifting there were still some great squatters around. The first Bio-mechanical study of the squat began when I flew from Illinois to Fort Worth, Texas for the 1974 Sr. Nationals where, with the gracious and enthusiastic help of John Pettitt, I took high speed films of all lifters competing in the meet.

Since that initial study took place there have been only 6 published research studies on the Bio-mechanics of the Squat (See refs 1-6). These studies can be categorized as either: (1) Kinematic - where the motion characteristics of the squat (e.g., displacements, velocities, accelerations) are analyzed. Typically, these 'kinematic' techniques of high skilled squatters are subsequently compared to the performances of low-skilled Powerlifters in the squat; or (2) Kinetic - where the forces affecting the motion are investigated. This is more 'in-depth' analysis where both the external muscular forces and the external forces affecting the squat are studied.

Here, for example, the researcher might seek to find the patterns of muscular involvement that characterize a great lift, i.e., how much and when does a champion squatter call in various muscles during the lift.

Of these two general categories of bio-mechanics research on the squat, let me initially begin with the kinematic research to date. The first detailed analyses on squat kinematics were on 24 national and world class lifters (4, 5) competing in the 1974 Seniors. The most significant finding of these studies was perhaps the discovery that the vertical velocity of the bar was very similar in magnitude and pattern of motion among all high-skilled subjects during the squat (See Figure 1). This similarity was found to exist in these champion Powerlifters in spite of the large differences in their weights lifted and the lifters own bodyweights. This permitted the development of a model of performance for the high-skilled lifters based on kinematic characteristics that allow most of us - but in general the majority of lifters (for athletes in any sport for that matter) will use very similar advanced techniques.

One other point that came out of my initial studies of the squat (4, 5) was the discovery of the 'sticking point' in the squat. Although I will spend more time on this later with the sticking

points in all three lifts) 20 points need to be made that are quite remarkable: (1) The most amazing of all is that unless the lifter totally miscalculates (by 50-100 lbs) a weight and position out, ALL of us have the SAME position for the sticking point! (See 5 for more details). This position (which is unchanged by a lifter's height or bar weight), is when the thighs reach an angle of approximately 30 degrees above the low position. Every lift. Yet, ever analyzed will, when near peak weight, have problems there (see Fig. 1, 2, 3, 4), and if they miss, it's weight (Fig. 1), and if they stop here!! The geometry and muscle involvement will be discussed later, but obviously this has implications for training the squat!!

(2) One implication is demonstrated by the fact that the high-skilled lifters (again see Phase 5 in Fig. 1) had greater bar velocity (i.e. momentum) is thus clear that the high-skilled squatters try to generate more momentum and get in better body position prior to reaching the 30 degree sticking point position.

When next we return to the squat I will go into some of the more interesting results from the various kinetic studies on this lift. But next month we'll begin to look at the Bench Press.

The point in all this is to identify common factors in technique that the best squatters use. Obviously, as all of us lift over the years, we pick up through trial and error, the motions that work best for each of us, individually, in the squat. All I have tried to do is collectively try to identify common patterns in technique that the best squatters have stumbled on. Hopefully, these lifts might logically help other, less-skilled lifters improve much faster. There are always will be some or more top people who have some characteristics that allow them to squat radically different from most of us - but in general the majority of lifters (for athletes in any sport for that matter) will use very similar advanced techniques.

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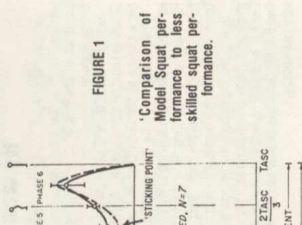


FIGURE 1
 Comparison of Model Squat performance to less skilled squat performance.

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Clarence Bass's Best Selling Book, **"RIPPED: The Sensible Way to Achieve Ultimate Muscularity,"** charts his course through bodybuilding, leading to the discovery of a tremendously productive combination of training and diet. Mr. Bass's background in competitive lifting leads him to believe that Powerlifters can benefit from his discovery also.

Fat can't squat, bench press or deadlift. Powerlifters, like bodybuilders, need maximum muscle and minimum fat. Powerlifters know they must lift heavier and heavier weights to compete successfully. Bill Kazmaier and the other power champions are proof positive that forcing the body to lift heavier and heavier weights builds maximum muscle. Powerlifters know how to build strength and muscle, but one area that powerlifters may not have focused on sufficiently is fat reduction. To use bodybuilding terminology, the best powerlifter pound for pound, other things being equal, is the one who is the most "ripped". During my first 15 years or so in weight training, I concentrated on muscle and strength development for Olympic lifting and powerlifting. It wasn't until I started training for bodybuilding competition that I began to pay attention to fat reduction. This new dimension in my training taught me some lessons I could have put to good use as a lifter.

The most important thing I did in preparing for bodybuilding competition was to use body composition tests. Underwater weighing (hydrostatic weighing) told me how much of my bodyweight was muscle and how much was fat. A regular interval I had my body composition measured to determine which training method and which diet worked best to achieve my goal of maximum muscle with minimum fat. The first lesson body composition tests taught me was that the traditional technique of using lighter weights and higher reps to reduce body fat is wrong. I found that when I added more repetitions and more sets to my bodybuilding routine, I lost more muscle than fat. On the other hand, when I used a heavy weight, low set routine, like a powerlifter, I maintained muscle mass while reducing body fat with diet. To protect muscle mass while reducing body fat it's necessary to use every muscle fiber. Intensity is the key. Powerlifters know this. They use heavier weights and lower repetitions as they peak for competition. Bodybuilders would benefit by studying the training routines used by powerlifters to peak for competition.

Diet is the other area where body composition tests put me on the right track. I tried the traditional low carbohydrate, high protein diet that most bodybuilders use to lose fat. Body composition tests showed me that this isn't the best diet. Reducing carbohydrates caused fat loss, but it also caused muscle loss. I lost strength on the low carbohydrate diet. My training lifts went down along with my body fat. Diet may be an area where bodybuilders and powerlifters make the same mistake. Not long ago I read an article about a world class powerlifter's diet. He used a liquid protein fast to make weight. That's like trying to burn kerosene at the Indianapolis 500.

Energy levels are so low on a low carbohydrate, high protein diet that maximum intensity training is impossible. Protein is of primary importance in the growth and development of body tissue, but it isn't an efficient source of energy. The best source of ready energy is carbohydrates. Carbohydrates are the chief source of energy for all body functions, including muscular exertion. Bodybuilders and powerlifters need plenty of carbohydrates to train with the intensity needed to maintain muscle and strength while losing fat.

Another problem with the low carbohydrate, high protein diet is that it forces the body to burn muscle for fuel. To lose fat, energy output must exceed caloric intake. That is true on the low carbohydrate, high protein diet just like it is on any other kind of diet. If caloric reduction is achieved by eliminating or severely cutting back on carbohydrates, the body is forced to use protein for energy. When the protein in the diet is used up, as it must be if there is a calorie deficit, body tissue, fat and muscle, is burned to meet the balance of the energy requirement. The low carbohydrate diet has a double barreled effect. It causes loss of energy and muscle.

The best diet for losing fat while maintaining muscle and strength is the low calorie, balanced diet. A balanced diet includes foods from four basic groups: the milk group, the meat group, vegetables and fruits, and breads and cereals. Powerlifters who want to achieve maximum muscle with minimum fat should eat foods from each group. Don't cut back disproportionately on any of the 4 groups. This is especially important while making weight for competition.

The keys to maximum muscle with minimum fat, or in powerlifter's language, maximum pound for pound strength are:

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ERROR...in the report of the Dan Hammock Memorial meet in Tampa last September the lifts of Charles DeBster were mistakenly reported as 405 505 500 1210, when in actuality they were 650 400 700 for 1750. Now that we have the correct information we'll put Chuck's name in the appropriate location on this month's TOP-100 220 pound class list.

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IAIN BURGESS

by Willie Morris

I arrived at the Dynamo Barbell Club a little before 1 P.M. on Sunday, February 15 to do this story in Iain Burgess, Iain's directions, which he had given me over the phone earlier in the week, were perfect and I covered the 135 miles from Virginia to the Dynamo gym in about two and a half hours. I got out of my Toyota pickup, stretched for a minute or so and then grabbed my camera and cassette recorder and walked over and rang the doorbell to the Dynamo Barbell Club.

The Dynamo Club is about 20 minutes or so north of Washington, D.C. in College Park, Maryland and I must say when Iain opened the door and we shook hands, I got one hell of a shock. This Dynamo club has to be one of the best equipped gyms for either body building or powerlifting that I have ever seen. It has just about every type of equipment that anyone could ever need.

Iain told me that there were about 200 members working out at Dynamo, about 25 of that figure actively involved in powerlifting. We talked about our favorite subject, which is, you guessed it, powerlifting, for about an hour, then Iain suggested that we go over to his house which is walking distance from Dynamo, but we took the pickup anyway.

As we were driving over to his house, I did not know it, but I was getting ready to spend a very enjoyable day. I felt very fortunate to get this opportunity to talk to a man who has been with our sport from its beginning and is still very actively involved with it. Let me say this, any dummy can tell by the giant in his eye that he is in no way thinking about retiring, so if any of you young studs out there (who have had your pants thrashed off by Iain on the platform) are thinking in this direction, you had best forget it.

We arrived at the Burgess house, parked and went inside where I met Iain's charming wife Linda and his two children, Sean, who is 10 and little 8

Junior due to other obligations. (This was the year Sean was born and the expense of going to Denver was too much).

1971 was Iain's biggest year in competition. He won the 1971 Junior Nationals with some great lifting, defeating a very good Leroy Mable in a 275 lb bench press, a 385 lb squat and as usual, a class high deadlift of 505 lbs. Still, Iain was not satisfied. He wanted to win the big one, the World championships that were to be held, thanks to Bob Hoffman, in York that year. Iain trained his butt off and posted his best total ever, 1190 with 380 squat, a 285 bench press and a 425 deadlift. Iain placed behind two 325 lbs, but got to place behind two 350 lbs, the names of which are Roger Gonzalez and McKinley. The 1972 Iain stayed away from big meets and in 1973 pretty little Kimberli arrived and Iain decided to give olympic lifting another shot. Over the next 3 years Iain competed in olympic lifting with a varying degree of success. In 1977 Iain returned to his first love, powerlifting, but because of the expense of traveling he was not able to make any of the big meets although he qualified to do so each year.

Now, how about the Iain Burgess of 1981. Well, some of the news is good, some is bad. The bad news being that Iain had a very severe biceps tear and had to have surgery performed but it appears that the doctor did a good job and Iain is itching to get back into serious training. Iain has begun some very light lifting and has started back to work for the Mass Transit System in Baltimore where he is employed as a civil engineer.

The next order of business was Iain's training schedule, which we discussed at length. Iain's training ideas are very simple. He employs an 8 week cycle, but trains year round. He likes to add about 10 lbs per week on his squat and deadlift and about 5 lbs per week on the bench press. He prefers to stay with the 3 lifts, doing very little assistance work. Iain trains 3 days per week on Monday, Wednesday, and Friday. At this time Linda, Iain's wife, interjected, "How well do I know his 3 training days. I have been very aware of these 3 days over the past 15 years," but she supports his lifting 100 percent. Iain keeps a record of all his workouts which he feels is almost as a technical workout for others, week, the only change would be the adding of weight each week throughout his 8 week cycle on a power bar and to deadlift on an olympic bar.

Monday is his heavy squat day. First, of course, Iain warms up; 135x8, 185x6, 225x5, 315x3, and then 385x3 for 3 sets. He does not like to go under 3 reps on any of the 3 lifts. Next is the bench press and Iain likes to bench 3 days a week. First, of course, is to warm up with 135x6, 155x8, 185x5, 225x3 and then 265x3 for 3 sets. He then finishes up on the Macdonald bar with a few sets of

WEDNESDAY is Iain's deadlift day. He warms up with 155x8, 155x5, 245x5, 315x5, 365x5, and then a heavy set of 440 for 3. Next he warms up for the bench press and does 5 sets of 5 reps about 20 to 25 lbs under his top set on Mondays.

FRIDAYS: Iain simply repeats his Monday workout and then he does some shin to thigh deadlifts. The weight never touches the floor and he does not lock out. 155x8, 205x8, 245x8, 300x8. Then he finishes up in the power rack just above the knees: 245x8, 315x8, 425x8, 475x8. Iain finishes up each workout with a few sets of situps.

After discussing his workouts I asked Iain what his all time best lifts were and they are as follows: Squat 415, bench press 300 and a 525 deadlift. His best total to date is 1210. I next questioned him on some goals for the future. Iain wants very much to get his Elite partner, Ken Heisler, up to getting a 10 times weight total which is an excess of 1300. I feel he will do this in the near future barring any serious injury which is the monkey that every lifter constantly carries on his back.

The last part of this interview was very interesting as Iain discussed some of his views on powerlifting today. Iain feels that special suits and wraps should not be used. In that way, he feels, natural strength would be tested, plus the expense of powerlifting would decrease. Iain feels that having to use kilo sets is another costly expense. If a shooter throws the shot 70 feet or the equivalent in meters, what is the difference? The shot traveled a certain distance, be it measured in feet or meters. The same applies to a lifter who has lifted say 330 lbs or 150 kilos.

Anapheramines or other types of uppers, says Iain, are possibly a greater threat to the lifter than steroids as they tend to give the lifter a false sense that he is capable of lifting more than he can, thus enhancing the chance of a serious injury.

Lastly and possibly the most important Iain feels, and I most certainly agree, that it would be a shame if we, the lifters, should lose our only source of expressing our views, be it pro or con, and that source is, you guessed it, my man, P.L. USA. So make every effort to support this magazine and do not be forced to do otherwise.

Well, I hope you readers enjoyed this story as much as I enjoyed doing it and on course, a special thanks to Mike Lambert for publishing it.

Willis Morris

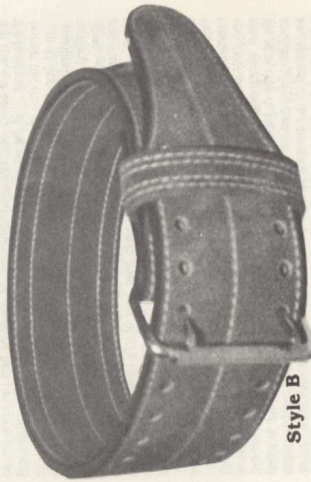
P.S.: I almost forgot, Iain asks any of you lifters who have had the same type of injury that he has, a torn biceps, to write him at this address as he would like to discuss his, and your, injury.

Iain Burgess,
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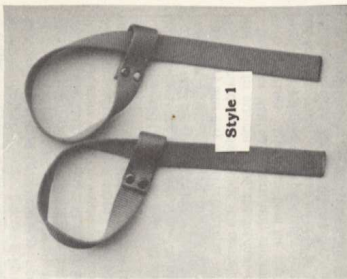


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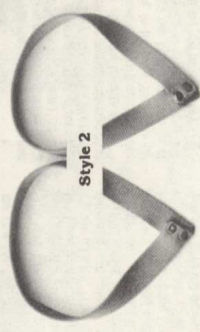
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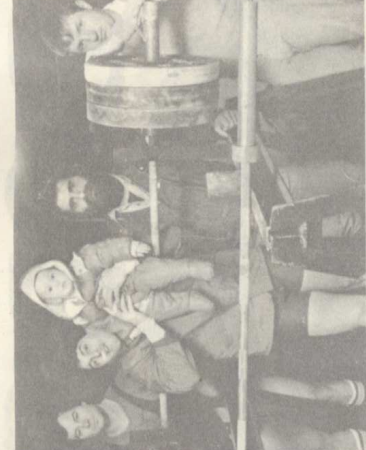
Iain Burgess squatting a few years back for the talented camera of Mike Smith

More from Ken Leistner

Well, it's time to put my money where my mouth is. The local lifters have created a situation that has forced a tough decision on my part. For those of you who have read my past reports on the major meets, it should be obvious that I really enjoy myself. It's a chance to allow Lambert to keep me up all night with his tales of Hawaii, an opportunity to play 'did you hear the one about...' and just a real good time. I've seen before all kinds of training, informal, meet lifters that I haven't seen before, eat strange food (in Arkansas, everything looked strange to me), and watch all the guys chase women (even if I had wanted to, with my history of injuries, I'm sure I wouldn't have been capable, anyway, that's what I told that waitress in Madison). This year it was called to my attention that the Senior Metropolitan championships would be held the same day as the Nationals. Let me tell you something about both of these meets and this will explain the crux of the problem.

In El Dorado, there was some moaning about having a National meet at a "smalltown" site. There were scattered complaints about air transportation (since we're located in El Dorado's particular case, "nothing to do" at the conclusion of the lifting, and other such things). As far as I'm concerned, I just loved El Dorado and you can be sure that I never would have gotten there if it weren't for this meet. Being from a big city (New York, ever hear of it?) I enjoy a change of scenery. Also, the Nationals, to me, are always a better meet than the Seniors. This may seem like an insane statement, but hear me out, the Seniors offers the cream of the crop, the greats, the guys we've been reading about for so many years and it's always filled with dramatic finishes. Truly, the Seniors are, for the most part, more exciting and more competitive than the Worlds in most classes. However, the Nationals offers the spectator the chance to see lesser known, but very talented lifters slug it out in very competitive fashion, and because little is often known about many of them, it's usually impossible to dope the meet out ahead of time or make reasonable predictions. It offers guys like Mitch Mitchell and George Parrigan the opportunity to take their skills out of their own backyards and show it off in a before a national audience. Most of these guys are a year or two away from lifting at the Seniors level (competitively), but their spirit (remember, they're still in the process of fighting their way up the ladder), and drive rivals that of anyone you'll see at any meet, and makes for a very heated affair. Also, the names are always new and the "faces" fresh, making for an interesting meet. I guess it's like college football. The Seniors is like watching Notre Dame and Alabama square off, or Ohio State and Michigan. In reality, watching these teams is a lot like watching pro football. My personal preference is to watch two smaller, evenly matched (if not as powerful) squads go at it, like Wittenburg and Cal Poly, or McKeesee and SW Louisiana State. It's just a different feel that you get.

Think it's good (and that the selections should continue in like manner) that the Nationals be held at a minor site. There is nothing minor about Borg. It's a big city, a big stage, and an opportunity to see some of the best lifters in the world at the Nationals at Borg, Scotland. Nashville place like this, and I think the ordinary lifter may not get to otherwise. In moderately sized cities like these, PL can demand an audience with little competition from the myriad districts to do in New York for example. Thus, the Nationals remain about my favorite meet. The New York Meets was a reasonably successful meet last year, but has seen some hard times. Apathy has been the plight of PL in the New York area for years, and the demise of the great clubs of past years has been symptomatic of this fall from grace. Whereas there is an abundance of olympic lifting and bodybuilding clubs, and participants to fill both, there are few places in NY to PL. Yes, you can use the platform in the corner of the pumping palaces but forget a power bar (is that like an olympic bar with something like extra knurling on it, huh?) or super sturdy adjustable racks. And forget lots of training partners to cheer you on. Nothing like hassling with the bodybuilders for the bumper plates when they're using them as a curvy, and some gym owners don't allow you to use chalk. Terrific. Tim Weidman is a very good lifter and has really built a nice PL community in Middletown, north of NY city. He is hosting the Senior Meats and is trying to make this an outstanding local meet, one for the NY area lifter, one to bring all one's friends and family to. I spoke with Tim and we talked about commitments to our sport. He is our Regional chairman. I am a National Athlete's Rep. He runs meets here and helps out at others. I did the same in St. Louis. We both lift (although it might be more accurate to say that I 'try' to lift) and love the sport. I talked with the newcomers to the game, my training partners, my friends. I have a small group of newcomers to the gym, guys who really love to PL and who are learning quickly, guys who are really just now getting into it, and a couple who are anxious and ready to lift in a local meet. We felt that June would be a ripe time for a meet. I looked at Bob and Rick Valtoti, Larry Voulo, and even my cousin Tom who is at least talking about lifting a little at the conclusion of this rugby season, looked at the Senior Meats, looked at the assist that we could give to our local lifting scene and decided that we would take part in this meet, bring to our team up there (including the Northern part of the team with Joe Stienfeld and Jeff Coleman), spend money on entry fees, bring people up to pay an admission fee, cheer, help load and spot, and buy things like food while up there. The bottom line, for us, at least at this point in time, is that it's more important to give some place, at the grass roots level than at the National level. You got to start somewhere, babe, and every lifter went out of his way to run, help out at, or at



TRAINING IN KEN'S GYM are, left to right, Mike Sherlock, prop for the Eagles (U.S. National Rugby team) and Old Blue New York (5 ft. 10 in., 220), Ken with his growing baby son, Bob Valtoti (5 ft. 6 in., 148), and Ken's cousin, Tommy Hatter, ERU & Met Union & Old Blue New York hooker (5 ft. 5 in., 160). Baby Sol may be getting into some commercial work soon. Photo courtesy Ken.

least attend a local meet three or four times a year, then we'd really be on our way. Of course, I will close down and haul off to Texas for the Seniors, if only to coach the B or 9 people I've committed to. That too, is not a meet to be missed but for other reasons than those applying to the Nationals and different yet from a local meet which also should not be missed if at all possible. I'd like to encourage everyone to attend the national meets but if you can't, get to a local one. Some of the lifters in the south have been making great gains since including isotonic movements in their routines. These laying the groundwork in this area are really Dr. Fred Hatfield and Randy Wilson. I'll leave the specifics to them, but let me tell you, Randy's squat is going thru the roof and we all know how Fred can squat. This is spring ball time and also a time to start preparing for the next football season. I mention this in juxtaposition to the remarks about Fred and Randy because lots of university weight rooms, especially those catering to the varsity athletes, have this equipment, and it may be worthwhile checking it out. I recall that when Mini-gym first came out with their products, lots of athletes scolded, feeling that these pulleys and ropes had no place in a "real lifters" program, but time has told the tale differently and Fred and Randy seem to be well on the way to lighting the best way to apply this mode of exercise to the 3 lifts. Actually, I have been very privileged to assist as I got to use the equipment to do Mini-gym technique, especially at Camp Atterton, at least back in the old days. There has intermittedly been a lot of interest in these pulleys, especially among the lifters. The fellow in the room next to mine (5 ft 5 in., 150 lbs) defensive and called "Stump." (I can't recall this fellow's actual name, but if anyone knows him, please give him my regards) from Xenia, Ohio. Hell of a punter too, but I can honestly say that he was the original "Mr. Five by five," thick and wide and both of those about the same as he was high. Being interested in any edge I could get, I asked him about his development. Well, I don't use weights. I've worked hard as a kid (so did I but I sure as hell didn't look like him) but my coach helped to invent this exercise piece that's not on the market yet. It's in my room, come by and try it. What I saw left me a bit dumbfounded. I wasn't yet heavily into weight training, but this was no more than a board one stood on with some sort of rope and cylinder. Of course, this later came to be marketed under a variety of names with a variety of pro athletes endorsing it, and also it was, for a while, to be found in every pro football camp. It was never really used for those into the heavy lifts. I too, was skeptical. It was okay to harness yourself up to it and run while a partner held you back (or when hooked to a tree which I used to delight my neighbors - hey, Ken, wanna uproot my oak when you get done over there, we're ready to plant), but I couldn't see getting the lumps of power so desired. I was a real devotee of Alvin Roy at the time and was very much into pulls, cleans, squats, and presses.

While working around the country years later, I again ran into this type of device, but it had become quite sophisticated. At the Univ. of Arkansas, Jim Williams (strength coach, now with the NY Giants) and I discussed the Mini-gym power rack for a few hours. I still wasn't sold, although a few rehab clinics was in used them extensively. I was, for the first time, thoroughly exposed to the Orthotron and Cybox and these too, were at least to me, that little rope and cylinder all grown up. Great for rehab work but for the powerlifters? I'd like to encourage all of you to call and amply hell out of them until you get to a satisfactory answer. And as long as I'm causing them all this grief, allow me to say that Randy and Fred made some nice t-shirts for our new club with a beautiful logo (probably not drawn by Randy) and high quality shirts. Delivery was also rapid. Just ask for Randy Wilson and if he's not there, ask for plenty of time telling you about his and that one too) and he'll set you up (and spend

If you've been away from the competitive scene for a while, you just perspective, no doubt about it. What as lifters consider normal would, under any other circumstance, be called off as severe aberration. Between attendance at the NY State Power Meet, and a slew of mail re my March article, even I am having trouble distinguishing the pathological from the humorous.

For all the benefits that one could develop in competition, there is a group that is possibly treated by the gods of the game. Those that train hard, give their efforts honestly and fully, compete with enjoyment in mind, but who in the end, are destroyed by their quest. One letter that I received reveals this clearly, and I feel bereaved by their quest. They, not this boy, not me, Iaint put together like that. That's important enough to excerpt extensively. If you first instinct is to snicker and say, "hey, not this boy, not me, Iaint put together like that." I'll only tell you that I saw a few high school football players, the most well adjusted guys you could know, get eaten alive psychologically, when they went off to play at the university level. And I'm referring to guys who played well the entire time too. It can happen to anyone although some are obviously more prone than others. Our friend was somewhat of a rowdy kid until the day he stumbled into a local gym and saw the "hot damn, this is for me" and how many of us have gone through that trip, substituting a little antisocial behavior on a small scale, poor self image, etc. for a new lifestyle filled with early departures from parties, good meals, organized schedules, improved schoolwork. A very immediately and was encouraged to compete. And how many of us competed successfully, from the outset. Still, the tale is told in every Y or gym. And to indicate what is usually seen as a "perfect" attitude, the boy concurred with his coaches evaluation of his talent and promised to work hard, with the ultimate goal of a trip to the Worlds. How much more could you ask for if you were coaching a talented newcomer.

Well, our friend won local, then regional, then larger championships. How wonderful. Let me quote him a bit... "I told them that I would be World Champion. Well, taking it serious was not the word. I lived PL. I soon developed sleeping problems which I blamed on the shift at work. My tail kept going up in every meet I entered but I developed a severe head problem. My head felt like it was pressured, eyes felt like they were protruding and I developed a twitch. After a number of different diagnoses, use of sleeping pills to alleviate the insomnia, and a change in job shifts, things failed to improve. When a knee injury surfaced, our friend hammered through it, keeping that goal before him, falling or let any pain stop his progress and he continued to progress. In Jan/80 all hell broke loose and I began to severe chest pains, but x-rays showed nothing. I collapsed at work, severe chest pains, night throat, inability to breathe, extreme disorientation. Doctor told me it was an anxiety attack and one in a billion. My case was extremely severe because it had built up over the years. Some of

the things I suffer are: severe head tension, tight throat and chest, irregular breathing patterns, inability to stay still or think straight, disorientation, numbness in thighs, hands, and arms. This was a well adjusted young man who was consumed by PL, and his desire to be a champion. And believe me, it's a fairly common story although the results are often not usually this tragic. Now I did not write this letter to you so you could feel sorry for me, I can't because I will not be beaten by this, but I wrote this so any of your readers will realize that stress can lead to some very bad things. I hope people can realize the signs which I didn't. We cannot all be World Champions. Amen to that. The key I guess is to because many are not blessed with health. Amen to that. Count your blessings make the most of your abilities and go out and do the best job possible. Train with intensity but with enlightenment too. My friend and lifter, Mike Hu used to say that if you did not enjoy your training routine, you were merely doing the routine, getting conditioned to the mere fact of training without benefiting from it. Your benefits, if at all (and it won't be much) comes from being in the gym, not from what you're doing there. At all times, be realistic re: your abilities, go as far as possible, but don't, literally, get yourself crazy over it. Hered my comments a few months back, about keeping one's lifting in proper perspective. The wives liked that one more than the lifters, but dude, let me tell you, you do better with a calm head.

Related to the abovementioned comments were the various acts seen at the state meet. I had intended to give a pretty good meet report with appropriate comments, but no one sent me the meet results as promised. Oh well, the NY state meet was typical in many ways and atypical in others. First, for the typical faces. Jim Shine did a hell of a job organizing the meet. Good announcing, good officials (more on that later), lots of available spotters, loaders, great expediting from the platform, spacious warmup area, and consideration for lifters and officials. Believe me, this is not typical of most meets and the Albany YAC and Jim Shine in particular, should be commended. Jim risked his own safety playing in a prestigious rugby tournament, and in fact, did not get seen to play, only because he decided that his presence at the meet was of absolute necessity and he passed up what would have been a qualifying lift for him. Real dedication from the lifters themselves. The judges, chairs for the entire ride, they emanated the right things: lots of little to do with the lifting factors, rather, they emanated. Weicher, and myself were going to be strict, consistent, but without a doubt, would be thoughtful lift to the lifter. There is always a borderline area when a judge feels that a lift could have come either way, and if this is the case, the lifter who has sacrificed training time, travel expense, etc. should get the lift. If it is no good, it should not be passed, if only in consideration for those lifters performing the lift legally and fairly. You would feel that all lifters would approve of this procedure and verbally at least, they did. All rules were spelled out by the officials

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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.

5. OVERCOMING POOR LEVERAGE
You may have heard that usually the man or woman with short thighs has better leverage than the average person and can consequently squat a great deal more. However, you will note that a good many superheavyweight lifters are rather tall and they, too, have great squats. This is because the physical bulk more than makes up for any poor leverage they may have. This goes to show us that no matter what particular body structure we possess, we can still overcome poor leverage by developing physical bulk in certain key areas.
For example, men and women who are short and who have a "squeeze" effect or (one being) men and women who are tall and who have a "displacement" effect (leg bulk) and upper calf. You can greatly reduce the displacement effect by developing body parts and promote better leverage by developing the upper calf and lower leg biceps. Calves are high rep muscles. Perform 5 sets of 20 repetitions two times per week on the standing calf extension. On your off days perform 3 sets of 100 repetitions in the same exercise without using any weight.
To properly perform this exercise, go down with the heels apart. As you ascend, bring heels together and put your weight on the balls of the feet in the area

of the big toe and second toe. Other calf exercises to be performed in the same style of repetitions are: donkey calf raises, calf raise on leg press machine, and seated calf raises for the lower calf.
To build up the leg bicep, perform leg curls on a leg curl machine or with weighted shoes. Do two or three sets of ten repetitions with the end of the bench closest to your head up on an incline. This angle will help the lower leg bicep near the knee joint where the calf first meets the leg bicep.
The next area which provides a "squeeze" effect is the abdominal area. The abs, when squatted, stabilize the back muscles while the back does the work. Also, if they are strong enough, they will help the entire body come erect when squatting. Therefore you can have an additional muscle group helping you to come erect in the abdominals. They tend to become tight and compressed when descending and want to spring back up in an extended action. Have you ever noticed that most renowned superheavyweight squatters have large or thick midsections? This greatly increases leverage and promotes a great squeeze effect. This is precisely why the wide in front weightlifting belt is in vogue; it artificially does what you can do naturally, build the abdominals.
Abdominals are a very complex muscle group. Never work them in the same manner twice a week and never do hundreds of reps. Work them in the same manner as you would with any other muscle. Do sets of 8-10 reps for 3 to 5 sets. Never do sit-ups or a variation of them. They could possibly weaken the back particularly with powerlifters who already tax their backs heavily. Also, sit-ups and their variations work the hips and legs and do not isolate the abs. To isolate the abs, do crunches. To perform them lie on your bench with feet crossed up on bench and tucked under thighs in the "rog leg" style. Take a light barbell off the stand-olighs and down to your chest holding the bar firmly. Bring elbows forward slightly. Now bow all the air out of the lungs and curl head and shoulders only off the bench with weight at chest cramping or crunching the abs. Lower head and shoulders and repeat. You are rolling up 1/4 of the way. This exercise is unparalleled for abdominal development. Remember to do only 8-10 reps.
Other things that you can do to help overcome poor leverage are to develop the lats and traps as well as the upper body and these muscles greatly assist in the squat. Whenever developing a muscle to overcome poor leverage, your objective should be size over strength. Therefore, on all such assistance work aimed at better leverage, do 3-5 sets of 8-10 reps except for calves which are high rep muscles.

6
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to the lifting and this extended into the next session where Joe Steinfield joined the list of judges. For a state meet, the officiating was national caliber. As it turned out, and again this is typical, all the lifters wanted the rules interpreted fairly, impartially, strictly, and equitably, unless they were lifting. There were lifter objections to their use of illegal equipment on a number of occasions. Lifters were quick to challenge the one minute expediting rule. It marred, at least in my opinion, what was otherwise a terrific meet. Just received a call from a New Jersey lifter who completed in a meet and said that they were passing almost every squat. All you had to do was being your knees. This kind of stuff kills the sport. For a brief instant, you might feel that "this is the day for a PR" but if you walk away comfortably knowing you were given a cheap lift that wouldn't have passed anywhere else, it would you feel deflated at knowing that you were deflated by a lift that couldn't have passed anywhere else. The NY lifter had strict, but consistent, fair and considerate (towards the lifter) officiating by qualified and dedicated people. As was told, this was a lift of 1000 lbs. The lifter was happy and the officials were happy. In fact, most of them did but here's hoping that the lifters in every state realize that the sport runs best when everything is done "right".

More PL returning comment. I meant about the excessive use of drugs among PL enthusiasts two months ago, but as one highly respected, very high level performer wrote, "what can be done about the steroids? Testing? I think it much too easy to get around and since many lifters are into growth hormones, somatotropin, etc. especially _____ you can't test for these, and they work better than steroids, even if they do make you look like a monkey!" (his explanation marks). I was planning to drop a weight class and coming steroid where I know I can do well, but with _____ using heavily, I'll be out of the money if I stay clean. How do you face it! I can sympathize. How does a top (and I mean World level) performer face coming in third or fourth in the Podunk Open steroid free, when everyone else is on. This particular man is a friend of mine and abhors the use of drugs, but has been forced to use them for his big meets, the Seniors, etc. He would love to stay off completely, but has found that he can't beat a few others if this is so, primarily because they, too are on, and much heavier (in conversation with me) than he is. A tough situation, especially with national titles on the line. He also stated: "I wish all suits, except a wrestling singlet, would be banned. That would tell the story! But I might as well be trying to take on the whole NFL." In regards to possible testing for speed at the Worlds, he mentioned ways to get around that and how, as usual, and not continued to PL, but to all sports, the athletes are always a year or so ahead of the officials. As my friend said, "You can't win for usin'". I've said my piece and them but have to do to the competition. Well, that's easy, hold drug free meals and ban suits at the time you're at it. Lower totals, certainly, but lifters can then compete at the level they have chosen for themselves, with clear heads and clean bodies. We all make our choices and if enough people want it, we'll have it.

Quite a few people have written and inquired about the various seminars now being offered by the top men in the field. In the old days, there were no seminars, no PL USA, no nothing, Jack. If you wanted PL information, you had to wait for Iron Man or Muscular Development, and believe me, they were no great shakes, mostly "major journals", and a few stories about the stars, but little insight. And that was long before journalists were into "knowing" their subject. You'd get lots of "old Bob here is a great guy and with his lovely wife and beautiful kids, he lifts tremendous amounts of weight while being highly respected by his gym mates who he shares his experience with at all times and never passes gas. One learned very little, believe me. Now, PL USA gives lot of inside training tips, and the seminars give you the opportunity to see the people you've read heard about and learn from them. Although my biggest gripe with seminars is that lifting stars can be arrogant and tend to forget that what worked for them fails to do with people who are most to us, and that's true. They can be teachable and/or productive. Mike Castelli, a fine gentleman who runs the Champion Fitness Center in Saratoga, NY spoke with me at the State meet and mentioned that Larry Pacifico gave a seminar at his gym a few weeks ago. "Ken, it was the best seminar I've seen. Larry is an expert, really knows his stuff and talks very well. It was very valuable." He further stated that it was not well attended and this was beyond his understanding. "Here's one of the best of all time coming to town to share his knowledge. You'd think that everyone would jump at the chance to hear him. I agree. Some of the bodybuilding seminars are terrible, some very good, often dependent upon the personality of the principals. From what I have heard the seminars given by Pacifico, Brogus, McCain, Gaugler and others have all been excellent. Perhaps we have learned from listening to our bodybuilding cohorts and have avoided the needless mistakes. My attitude extends to the financial picture too. It's feasible, spending ten dollars to overcome a problem that has plagued you for 6 months is a small price to pay if you're spending hundreds for gym dues, travel to meets, supplements, drugs, suits, wraps, DMSO, ice packs, bells, etc. There is no guarantee that anyone will be able to solve your particular problem, but it's worth finding out. Mike and I have discussed the possibility of my attending one of two of these seminars and reporting on them, as Larry and objectively as possible and this will probably be pursued. As it stands now, if someone like George Ferrn, who to me is one of the greatest athletes of all time, is willing to share his knowledge, almost anything is a small price to pay in order to tap into it.
Mentioning Ferrn, I should have amended my magazine comments: his (all

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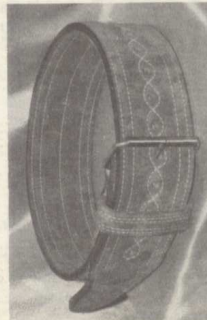
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WORLD MASTER RECORDS? In February, a 50 year old lifter by the name of Roelf Van Der Berg made lifts in the 220 lb. class of 661, 385, 628, 1675. Roelf started training with weights back in 1954 and represented South Africa at the 1963 World Olympic lifting championships in Stockholm, Sweden. Thanks to Ian Morris for the photo and information.

Dr. Jud-on the mend - Dr. Judson Biasotto, a professor at Albany State College in Georgia, sports psychology consultant to major athletic organizations, and a very capable (490, 290, 510, 1290, at 132) Elite plus powerlifting performer, has sustained a serious injury, diagnosed as a herniated disc, which will curtail his lifting for some time. I'm sure that with his renowned positive attitude and knowledge about the sport and various therapies, Jud's recovery will be as quick as possible.

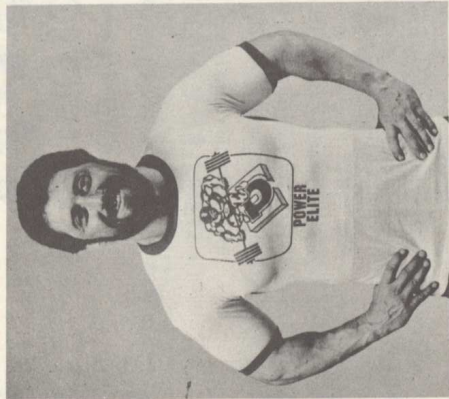
WHAT IS A NOVICE? ...in some states it's a Class III or below lifter...in other areas, it's someone who's never lifted before, and in some areas lifters who are ranked higher than the 'local' definition of 'novice' have entered a different weight class than usual to compete as novices. Promoting fair competition at all levels of ability is necessary for the growth of Powerlifting. A definition of the term NOVICE from the National Committee would clear up this matter.

A Tribute to East Coast Powerlifting - My name is Franz Adler. I am just starting out in powerlifting, but thanks to your magazine, I have made some good gains. I am 6 ft. 8 in. tall and I weigh 319 lbs., and I never did a strict bench press in my first meet on December 13th, 1980. I was a little embarrassed that 275 lbs. was pretty heavy. I decided to work hard and because of your magazine I bought Mike MacDonald's Cambered Bar and had the opportunity to speak to him on the phone. Well, on April 4th, 1981 I bench pressed 360 lbs. at the Atlantic Coast contest in Deptford, New Jersey... My ultimate goal is to be in the TOP 100 in a few years.

Bench pressing in the New Jersey, Maryland, Pennsylvania area is a challenge and a privilege. I would like to note and thank all the people who have made this sport a wonderful new exciting adventure for me. These people I consider friends and class elite representatives of East Coast Powerlifting: Powerlifter Promoter/Ron Panissidi, Special Olympic's World Champion/Eddie Coyle, Meet Directors and Lifters/Rick Costa, John Falcone, Mike Charnick, Ed Riley, Joe Tate, Bill Stevens, Training Partners/Mike Kavay, George Archut, Lifters/Charlie Kelly (500 lbs. at 242), John DeIveccio (450 lbs. at 181)...and, of course, 'BIG MAC' who above all proved that the people at the top of powerlifting have the time for the average lifter and beginner.

I would appreciate it if you could mention and thank these people in your magazine. They give our sport a tremendous amount of class and just plain old good powerlifting.

Franz Adler, Margate, New Jersey



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Nutrition Corner

BY JACK DICANGI

CALCIUM TO PHOSPHORUS RATIO

By themselves, both Calcium and Phosphorus play vital roles in the body. However, it is the relationship to one another which becomes critical in each of the 3 lifts.

The ideal ratio for these 2 minerals should be 1:1. However, if you take a few minutes and look at your diet, chances are that your Ph intake exceeds your Calcium intake by a significant margin. The reason is that Ph is more widely abundant than is calcium in our food groups. Additionally, there are phosphates added to meats, cheeses, soft drinks and modified food starches. Generally, meats, poultry and fish furnish 15-20 times as much Ph as Ca. Organ meats 20-25 times as much. Milk and dairy products furnish slightly more Ca plus than Ph. The ideal 1 to 1 ratio is thus rarely achieved. A study showed that an average adult generally has a ratio of 2:1 Ph:Ca. If your milk is low, less than 8 oz (milk or milk products), then your Ph:Ca ratio could be 4:1. This is an imbalance cause for concern? Studies show that humans can adapt very readily to a Ph:Ca intake imbalance. These balance studies have placed both Ph and Ca in excess and have found, as yet, no deleterious results.

If you take a phosphorus supplement alone, studies have shown that the Ca absorption rate increased from dietary sources, but this rise in calcium is deposited in the skeleton, it may be beneficial. However, if it is deposited in the soft tissues, it is most certainly not! Make sure there is a balance of Ca to Ph. If you'll check your supplement labels, you will find there is a balance of Ca to Ph. If you'll send a self-addressed stamped envelope, I'll be glad to send a list of foods with a balance of Ph:Ca ratio.

Strongly yours,

J. P. Digangi, R.D.
Administrative Dietitian
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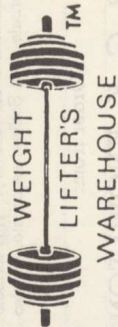
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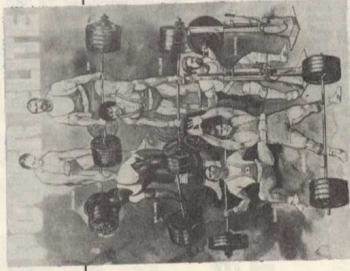
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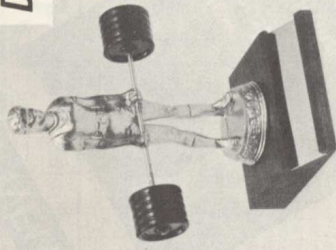
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TROY HICKS seen here preparing for another attempt at a World Record 659 deadlift at the Tennessee State Meet (during which one of the International Referees reportedly got up and went to the bathroom). In the background, the woman who kept Troy out of the State Meet, which is tough luck since he has made tremendous progress in the squat lately, coming up with a 606 that was just high. Photo courtesy of Sarah Lockmiller.



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FRIDAY, JULY 10th

**NATIONAL COMMITTEE MEETING
TIMES TO BE ANNOUNCED**

SATURDAY, JULY 11th

**Competition
11:4/52KG 10:00 A.M.
123/56KG
132/60KG**

**148/67½KG 3:00 P.M.
165/75KG
181/82½KG**

SUNDAY, JULY 12th

**Competition
198/90KG 10:00 A.M.
220/100KG**

**242/110KG 3:00 P.M.
275/125KG
5H(275+H)/125+KG**

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MIDWESTERN WEIGHTLIFTING NEWS, by Mabel Reider, c/o Box 10, Alliance, Nebraska 68301 (results, schedules, etc. for Region 7 Physique/Olympic lifting, and Powerlifting)

NATIONAL MASTERS POWERLIFTING NEWSLETTER, by Ernie Frantz, \$10 donation for one year subscription, c/o 21 N. Broadway, Aurora, Illinois 60504 (Results, rankings, news on the Masters scene)

COLORADO POWERLIFT NEWSLETTER, by Phil Brady, \$4 for 4 issues, c/o 5682 S. Lowell Blvd., Littleton, Colorado 80123 (Results, records, profiles of local lifters, etc.)

NORTHERN POWER NEWS, by Merv Young, \$7.50 for 12 issues, c/o 1503 Thron Cres., Estevan, Saskatchewan S4A 1Y7 (Powerlifting results, rankings, etc. for the upper Midwest and mid-Canada region)

C.A.A.U. IRON NEWS, c/o 1417 Himman Avenue, Evanston, Illinois 60201 (Power, Olympic, Physique schedules, announcements, etc. for the Central Association of the AAU)

WISCONSIN NEWSLETTER, by Bruce Sullivan, donation for subscription, c/o 802 Wilmore Street, Racine, Wisconsin 53402 (Power, Olympic results, schedules, etc.)

CANADIAN NEWS, Dave Robertson tells me that Jimmy Meir, weighing 162, went 651, 413, 606, just barely, barely issued a 639 squat. Mauro DiPasquale will lift soon at 198, and Jim Campbell recently did 705.5 in the squat, a 485 bench press, and around a 700 deadlift at a bodyweight of 210 or so.

More from Ken For those interested in high quality moves of the 1980 National Olympic Weightlifting Championships, Iron Mile Sports Inc at Box 448, E. Lansing, Michigan 48823, has some line footage. I recommend their product highly for many evenings of enjoyable Olympic lifting viewing. Darrel Clements at DLC Fabricators, 4809 Miami St., St. Louis, MO 63116 is quietly producing a very high quality bar. This particular bar has undergone a real evolution. Some of Darrel's early bars were ragged and the quality inconsistent. Now, however, he has standardized his bar, acquired the necessary requests can be made to either step up or reduce the knurling (I have only delivered, and is moderately priced). This is a bar that is not regularly advertised but is a very fine bar. one I would not hesitate to recommend. As stated in an earlier issue, he makes a five and four foot version on the mini lifter or youngster (we have one of these around here, it, as does anyone else).

Doug Patterson has been a major operation via his MAC Barbell Equipment, 1605 NW Dallas St., Grand Prairie, Texas 75050. With the advice of Bill Star, Doug has produced a very reasonable extra strong line of training equipment to please, will get your orders out rapidly, and will give any con- sultation necessary. Check them out.

New York lifters will understand why I saved this one for last. For years, the step child, at least in this area, of the barbell sports, has been the Dan Lurie Company. His magazine at first seemed to be a copy of some of the other ones. His equipment too seemed to be merely copies, low budget products for the home gym and let's hope it doesn't cave-in-when-we-bench-over-350. His contest always featured "other people's" stars. Well, believe it or not, the times have changed. First of all, Dan's equipment, at least the heavy duty line, will stand up to commercial use. More importantly, especially for the home trainer who wants to lift heavy and safely, his equipment will stand up to PL abuse. He has expanded his line of benches and has really beefed up auxiliary equipment such as the hack machine, incline, etc. I made a major attempt to raise the "power consciousness" of Scott Epstein, Mark Lurie, and Rich Orenstein because they are the most convenient outlet in the Long Island area. As of now, I think I can say that they can meet the PLers needs for anything short of a good power bar, and perhaps that too won't be long in coming.

PS: I would like to offer fondest regards to Mike Witmer and his new wife Cindy on their recent marriage and additionally, anyone interested in having custom made, high quality PL equipment made in the New York/Long Island area should contact Mr. Clem Linc, 324 Scranton Ave., Lynbrook, NY 11563.

ROGER ESTEP NOW IN CLEVELAND

I'm writing you this letter to inform you of my new roommate, Roger Estep. He's going to school in Cleveland and is staying at my house until May. I've been working long hours the last year and my training has suffered. However, I've been laid off recently, and I now have the chance to concentrate on my lifting and to train with Roger. Roger is a real "class" guy and his experience has been very valuable to me. His overall attitude is one of a true champion and it's easy to see why he has been successful in his career. During this letter, Powerlifting champions are always known for their lifting ability but little is known about their personal lives and everyday habits and hobbies.

That's the reason I'm writing this letter. Powerlifting champions are always known for their lifting ability but little is known about their personal lives and everyday habits and hobbies. Roger spends no expense in taking time to help someone, whether it's in lifting school or just a personal problem. Also, in the time that I've known him, I've never heard him issue a bad comment on his competitors, friends or for that matter enemies also. I was at the Moon meet in Findlay recently, and while talking to Jack Stowers, I learned that Rog phoned Jack and wished him good luck. It seemed to surprise Jack, but I could also tell that he respected Roger for it. In conclusion I'd just like to say that our sport could use more ambassadors like Roger, whose attitudes and overall outlook on life are ones to be emulated. I wish him continued success in whatever he does in the future.

Please print this letter in your magazine, Mike. So all the readers can have some insight into one of our truly great champions.

Sincerely,
John Waple



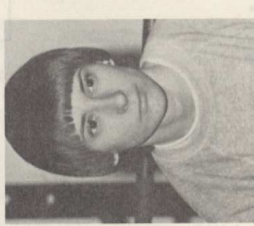
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Rich Labbe overcame a background in reform school, drugs, and prison to become a graduate of the Iron Mile program in Leavenworth for bank robbery. He started lifting in prison, and real- ized when he got out. Though real- istic, Rich himself is responsible for changing the direction of his life. Lifting has been a great source of pride and satisfaction for him.



H. Yoshida is seen here squatting 242 at the Japanese Women's Nationals, where she set a World Record. She is the wife of Japanese Powerlifting Association Secretary, Susumu Yoshida. Susumu competes in the Men's Worlds in conjunction with the Women's Worlds in Honolulu, making for a very unique combination.



Michelle Evis of Garfield Heights, Ohio hopes to become the first woman to bench double bodyweight. At the Ohio Classic, she benched 165 weighing 98 pounds. A stress frac- ture of her hip prevents heavy squat or deadlift training right now, but before that injury she came within 20 pounds of the World Record in the deadlift with only 30 days training on that lift!



13 year old DEAN FRIENSEN of the Baker Middle School in Baker, Oregon weighs but 104 pounds and is shown here squatting 205. He has done as much as 225 for a double and a 235 single, he is also deadlifting 235 for 5 reps and benching 135. Switching to Sumo style really helped his deadlift to jump up, he could only manage 235 for a single in conventional style.

PAT CASEY FOR THE HALL OF FAME

At last year's Senior National Championships in Madison, Wisconsin, I submitted to the Powerlifting Hall of Fame committee the name of Pat Casey. Most of Powerlifting USA's readers will know this name, especially the lifters who are new to our sport. Therefore, I thought that Powerlifting USA's readers would be interested in hearing about the "Bill Kazmaier" of the '60's and a man who was, and still is, one of the greatest bench pressers of all time. Pat Casey is both a legend and a pioneer of powerlifting. His colossal feats of strength had a great deal to do with the rise and popularity of our sport.

Pat Casey's milestones can never be taken away from him as he was the first to conquer several milestones. In 1966 at the San Pedro Power meet, Pat became the first human to officially bench press 500 pounds with a lift of 547, eclipsing Gene Rogerson's record by 65 pounds.

Later, Pat went on to break the American bench press record several times and on June 17, 1967, he became the first man to bench 600 pounds. During that year, Pat bench pressed 600, 615%, and 617% in two meets; the 617% de- feat surpassed by only three powerlifters since then. It is truly remarkable when a record made 14 years ago is surpassed by only three men.

Although Pat was famous for the bench press, he was not an upper body specialist. He held the American record in the squat several times and in 1967 became the first human to officially squat 800 pounds. Pat was also the first man to squat 2000 lbs. in the total. On May 21, 1960 Pat totaled 2400, 597, 741, and 635. Pat's lifetime official best total was 2085 done in 1966 with 580, 805, and 650. This total, although performed 15 years ago still ranks in the top 25 for lifetime super heavy weight totals accord- ing to being the 10 to officially bench 500 and 600, officially squat 800 and of- ficially total 2000. It is hard for one to believe that Pat Casey is not in the Power- lifting Hall of Fame.

Some people criticize Casey saying that all his records were performed in California and that he never won a National title. However, in the period from 1964-1967, California was one of the major strongholds of powerlifting with the famous Westside Barbell Club and Zuer's Gym. There was so much top notch competition going on in California during this period, that there was no need to leave the area.

Also, at the time Casey made his best total (2035 in 1966), there was no need to enter a national championship as Casey was 65 pounds ahead of his nearest rival Gene Rogerson and 55 pounds ahead of Bob Weaver. These facts are all documented in the May, 1967 issue of Muscle Builder Magazine.

Finally, to say that Casey was afraid of competition would be a great mistake. On May 21, 1966, Casey competed in an invitational meet against National Champion, Terry Todd and George Frenn. In one fell swoop, Casey broke three American records, became the first to total 2000 pounds and defeated Todd by 125 pounds. Todd is in the Powerlifting Hall of Fame, Casey is not.

Even if Pat is never elected to the Hall of Fame, I, personally, would like to thank him for the years of inspiration and popularizing of our sport that he gave us.

Pete Vuono

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a different class each month*

SQUAT

1	843 Hatfield, F 3/22/81	17	722 Sparr, S 1/10/81
2	590 McClain, C 1/17/80	18	723 Frenz, S 3/20/81
3	2039 Dimick, M 2/22/81	19	724 Gash, J 1/17/81
4	771 Bueck, S 2/21/80	20	725 Saffels, W 12/21/80
5	2016 Cab, J 1/17/81	21	726 Koppeler, B 2/22/81
6	771 Dimick, M 3/15/81	22	727 Venegas, J 4/27/80
7	505 Laibe, R 4/27/80	23	728 Heald, W 6/7/80
8	799 Smith, S 3/22/81	24	729 Simmen, L 7/13/80
9	788 Beck, D 7/13/80	25	730 Whitley, P 6/7/80
10	775 Jones, J 2/28/81	26	731 Moran, S 2/14/81
11	744 Pomes, L 6/7/80	27	732 Dugan, J 2/14/81
12	744 Pomes, L 6/7/80	28	733 Sparr, S 1/10/81
13	744 Moran, S 2/14/81	29	734 Miller, S 7/13/80
14	744 Moran, S 2/14/81	30	735 Saffels, W 12/21/80
15	733 Saffels, W 12/21/80	31	736 Saffels, W 12/21/80
16	733 Saffels, W 12/21/80	32	737 Benbow, L 3/7/81
17	733 Saffels, W 12/21/80	33	738 Frenz, S 3/20/81
18	733 Saffels, W 12/21/80	34	739 Frenz, S 3/20/81
19	733 Saffels, W 12/21/80	35	740 Frenz, S 3/20/81
20	733 Saffels, W 12/21/80	36	741 Whitley, P 6/7/80
21	733 Saffels, W 12/21/80	37	742 Moran, S 2/14/81
22	733 Saffels, W 12/21/80	38	743 Moran, S 2/14/81
23	733 Saffels, W 12/21/80	39	744 Pomes, L 6/7/80
24	733 Saffels, W 12/21/80	40	745 Pomes, L 6/7/80
25	733 Saffels, W 12/21/80	41	746 Pomes, L 6/7/80
26	733 Saffels, W 12/21/80	42	747 Pomes, L 6/7/80
27	733 Saffels, W 12/21/80	43	748 Pomes, L 6/7/80
28	733 Saffels, W 12/21/80	44	749 Pomes, L 6/7/80
29	733 Saffels, W 12/21/80	45	750 Pomes, L 6/7/80
30	733 Saffels, W 12/21/80	46	751 Pomes, L 6/7/80
31	733 Saffels, W 12/21/80	47	752 Pomes, L 6/7/80
32	733 Saffels, W 12/21/80	48	753 Pomes, L 6/7/80
33	733 Saffels, W 12/21/80	49	754 Pomes, L 6/7/80
34	733 Saffels, W 12/21/80	50	755 Pomes, L 6/7/80
35	733 Saffels, W 12/21/80	51	756 Pomes, L 6/7/80
36	733 Saffels, W 12/21/80	52	757 Pomes, L 6/7/80
37	733 Saffels, W 12/21/80	53	758 Pomes, L 6/7/80
38	733 Saffels, W 12/21/80	54	759 Pomes, L 6/7/80
39	733 Saffels, W 12/21/80	55	760 Pomes, L 6/7/80
40	733 Saffels, W 12/21/80	56	761 Pomes, L 6/7/80
41	733 Saffels, W 12/21/80	57	762 Pomes, L 6/7/80
42	733 Saffels, W 12/21/80	58	763 Pomes, L 6/7/80
43	733 Saffels, W 12/21/80	59	764 Pomes, L 6/7/80
44	733 Saffels, W 12/21/80	60	765 Pomes, L 6/7/80
45	733 Saffels, W 12/21/80	61	766 Pomes, L 6/7/80
46	733 Saffels, W 12/21/80	62	767 Pomes, L 6/7/80
47	733 Saffels, W 12/21/80	63	768 Pomes, L 6/7/80
48	733 Saffels, W 12/21/80	64	769 Pomes, L 6/7/80
49	733 Saffels, W 12/21/80	65	770 Pomes, L 6/7/80
50	733 Saffels, W 12/21/80	66	771 Pomes, L 6/7/80
51	733 Saffels, W 12/21/80	67	772 Pomes, L 6/7/80
52	733 Saffels, W 12/21/80	68	773 Pomes, L 6/7/80
53	733 Saffels, W 12/21/80	69	774 Pomes, L 6/7/80
54	733 Saffels, W 12/21/80	70	775 Pomes, L 6/7/80
55	733 Saffels, W 12/21/80	71	776 Pomes, L 6/7/80
56	733 Saffels, W 12/21/80	72	777 Pomes, L 6/7/80
57	733 Saffels, W 12/21/80	73	778 Pomes, L 6/7/80
58	733 Saffels, W 12/21/80	74	779 Pomes, L 6/7/80
59	733 Saffels, W 12/21/80	75	780 Pomes, L 6/7/80
60	733 Saffels, W 12/21/80	76	781 Pomes, L 6/7/80
61	733 Saffels, W 12/21/80	77	782 Pomes, L 6/7/80
62	733 Saffels, W 12/21/80	78	783 Pomes, L 6/7/80
63	733 Saffels, W 12/21/80	79	784 Pomes, L 6/7/80
64	733 Saffels, W 12/21/80	80	785 Pomes, L 6/7/80
65	733 Saffels, W 12/21/80	81	786 Pomes, L 6/7/80
66	733 Saffels, W 12/21/80	82	787 Pomes, L 6/7/80
67	733 Saffels, W 12/21/80	83	788 Pomes, L 6/7/80
68	733 Saffels, W 12/21/80	84	789 Pomes, L 6/7/80
69	733 Saffels, W 12/21/80	85	790 Pomes, L 6/7/80
70	733 Saffels, W 12/21/80	86	791 Pomes, L 6/7/80
71	733 Saffels, W 12/21/80	87	792 Pomes, L 6/7/80
72	733 Saffels, W 12/21/80	88	793 Pomes, L 6/7/80
73	733 Saffels, W 12/21/80	89	794 Pomes, L 6/7/80
74	733 Saffels, W 12/21/80	90	795 Pomes, L 6/7/80
75	733 Saffels, W 12/21/80	91	796 Pomes, L 6/7/80
76	733 Saffels, W 12/21/80	92	797 Pomes, L 6/7/80
77	733 Saffels, W 12/21/80	93	798 Pomes, L 6/7/80
78	733 Saffels, W 12/21/80	94	799 Pomes, L 6/7/80
79	733 Saffels, W 12/21/80	95	800 Pomes, L 6/7/80
80	733 Saffels, W 12/21/80	96	801 Pomes, L 6/7/80
81	733 Saffels, W 12/21/80	97	802 Pomes, L 6/7/80
82	733 Saffels, W 12/21/80	98	803 Pomes, L 6/7/80
83	733 Saffels, W 12/21/80	99	804 Pomes, L 6/7/80
84	733 Saffels, W 12/21/80	100	805 Pomes, L 6/7/80

BENCH PRESS

560 Magruder, J 1/15/80	615 Cab, J 1/17/81	1209 Johnson, T 2/14/81	1707 Hernandez, L 5/22/80
610 McClain, C 1/17/80	788 McClain, C 1/17/80	1210 Beck, D 7/13/80	1708 Cabron, R 3/28/81
610 Dzewicki, J 2/20/80	788 McClain, C 1/17/80	1211 Beck, D 7/13/80	1709 Cabron, R 3/28/81
507 Siders, J 3/15/81	771 Dimick, M 3/15/81	1212 Beck, D 7/13/80	1710 Cabron, R 3/28/81
505 Laibe, R 4/27/80	771 Dimick, M 3/15/81	1213 Beck, D 7/13/80	1711 Cabron, R 3/28/81
501 Dick, D 2/22/81	789 Franke, S 3/28/81	1214 Beck, D 7/13/80	1712 Cabron, R 3/28/81
501 Kincaid, B 3/7/81	789 Franke, S 3/28/81	1215 Beck, D 7/13/80	1713 Cabron, R 3/28/81
496 Fernandez, D 1/10/81	789 Franke, S 3/28/81	1216 Beck, D 7/13/80	1714 Cabron, R 3/28/81
496 Fernandez, D 1/10/81	789 Franke, S 3/28/81	1217 Beck, D 7/13/80	1715 Cabron, R 3/28/81
496 Fernandez, D 1/10/81	789 Franke, S 3/28/81	1218 Beck, D 7/13/80	1716 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1219 Beck, D 7/13/80	1717 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1220 Beck, D 7/13/80	1718 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1221 Beck, D 7/13/80	1719 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1222 Beck, D 7/13/80	1720 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1223 Beck, D 7/13/80	1721 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1224 Beck, D 7/13/80	1722 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1225 Beck, D 7/13/80	1723 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1226 Beck, D 7/13/80	1724 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1227 Beck, D 7/13/80	1725 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1228 Beck, D 7/13/80	1726 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1229 Beck, D 7/13/80	1727 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1230 Beck, D 7/13/80	1728 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1231 Beck, D 7/13/80	1729 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1232 Beck, D 7/13/80	1730 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1233 Beck, D 7/13/80	1731 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1234 Beck, D 7/13/80	1732 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1235 Beck, D 7/13/80	1733 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1236 Beck, D 7/13/80	1734 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1237 Beck, D 7/13/80	1735 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1238 Beck, D 7/13/80	1736 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1239 Beck, D 7/13/80	1737 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1240 Beck, D 7/13/80	1738 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1241 Beck, D 7/13/80	1739 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1242 Beck, D 7/13/80	1740 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1243 Beck, D 7/13/80	1741 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1244 Beck, D 7/13/80	1742 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1245 Beck, D 7/13/80	1743 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1246 Beck, D 7/13/80	1744 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1247 Beck, D 7/13/80	1745 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1248 Beck, D 7/13/80	1746 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1249 Beck, D 7/13/80	1747 Cabron, R 3/28/81
485 Dimick, M 11/8/80	789 Franke, S 3/28/81	1250 Beck, D 7/13/80	1748 Cabron, R 3/28/81

DEADLIFT

815 Cab, J 1/17/81	2039 Dimick, M 2/22/81	1251 Beck, D 7/13/80	1749 Cabron, R 3/28/81
788 McClain, C 1/17/80	2016 Cab, J 1/17/81	1252 Beck, D 7/13/80	1750 Cabron, R 3/28/81
771 Bueck, S 2/21/80	1970 Chrenka, B 7/19/80	1253 Beck, D 7/13/80	1751 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1254 Beck, D 7/13/80	1752 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1255 Beck, D 7/13/80	1753 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1256 Beck, D 7/13/80	1754 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1257 Beck, D 7/13/80	1755 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1258 Beck, D 7/13/80	1756 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1259 Beck, D 7/13/80	1757 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1260 Beck, D 7/13/80	1758 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1261 Beck, D 7/13/80	1759 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1262 Beck, D 7/13/80	1760 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1263 Beck, D 7/13/80	1761 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1264 Beck, D 7/13/80	1762 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1265 Beck, D 7/13/80	1763 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1266 Beck, D 7/13/80	1764 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1267 Beck, D 7/13/80	1765 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1268 Beck, D 7/13/80	1766 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1269 Beck, D 7/13/80	1767 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1270 Beck, D 7/13/80	1768 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1271 Beck, D 7/13/80	1769 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1272 Beck, D 7/13/80	1770 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1273 Beck, D 7/13/80	1771 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1274 Beck, D 7/13/80	1772 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1275 Beck, D 7/13/80	1773 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1276 Beck, D 7/13/80	1774 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1277 Beck, D 7/13/80	1775 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1278 Beck, D 7/13/80	1776 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1279 Beck, D 7/13/80	1777 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1280 Beck, D 7/13/80	1778 Cabron, R 3/28/81
771 Dimick, M 3/15/81	1558 Franke, S 3/28/81	1	

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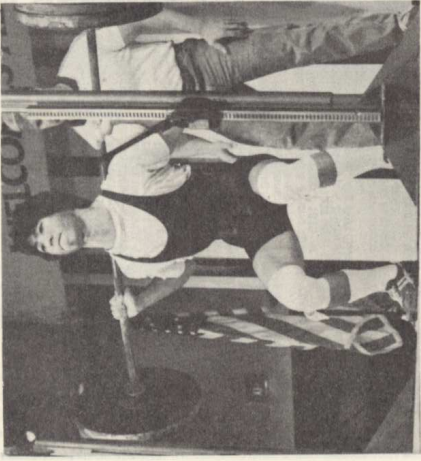
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Startin' Out

A special section dedicated to beginning lifters.



NEW BREED Ed Morishima of Hawaii is an example of the fast rising young powerlifters who are utilizing the progress of those who have gone before to avoid mistakes and maximize gains and training progress. Hopefully, the 'STARTIN' OUT' column will help its readers to do the same in their lifting.

OVERTRAINING
A basic rule in power training is that more work does not always result in more strength. The key to increased strength is in the intensity of exercise not in the duration of the workout. 5 sets of 5 in the bench press followed by 5 sets of inclines and 5 sets of triceps extensions is not the answer to increased bench press poundages. The key is to perform 2 sets of 6 repetitions with maximum intensity. (This should be preceded by warm up sets of very low intensity. Warm-up sets should not serve to tire out the muscle.)
Workouts should be consistent, but, it is better to work out every 3 days rather than every 2 days when high intensity training is involved. Recovery time is as essential to good lifting as the time spent in the gym.
The last suggestion relates back to the first paragraph. Keep the assistance exercises to a minimum. Don't exceed 2 exercises per bodypart. Remember more is not always the answer.

Michael Boyle
Springfield College
Class of 1981

Editor's note: (Michael Boyle's major is athletic training and his comments seem very pertinent to beginning lifters.)

THE SPEED SQUAT

Much has been written on training poundages, sets, reps and technique of the squat. Concerning technique, it is emphasized to think "speed" and to say in the "groove" on the ascent. The speed squat is a training technique to physically as well as mentally train both of these crucial points of the squat.
To perform the speed squat you need a training partner and a stop watch. Select a training poundage that you can handle for 5 to 7 repetitions. As soon as you start the descent on the first rep, the timer is started and not stopped until you have completed the last repetition of that set.
Remember to control your descent, don't bounce out of the bottom and concentrate on accelerating as fast as possible on the ascent. This way, any time knocked off of your sets will be by an increase of speed in the ascent of the squat. Increase your training weight as you increase your heavy day squat poundages and do at least 4 sets, recording accurately the time of each set.
This training system may be very beneficial to the lifter who finds that explosive movements such as the power clean irritate the elbows, shoulders or back, yet prefer quick movements to round out their training regimen.

Submitted by:
John H. Sells
6709 Stoneman Dr.
North Highlands, CA 95660

All of you intermediate level and above lifters possess a wealth of information and experience that has benefited your success and PL USA encourages you to share your valuable information, through this column in PL USA, with the lifters who are just getting involved in this great sport. If you'd like to contribute anything to keep young lifters from making the same kind of errors that you yourself may have made, drop us a line at Box 467, Camarillo, CA 93010.

ROWDY RULES! Trained by Dr. Tom McLaughlin of Auburn University on a basic power routine, Rowdy Gaines is continuing to tear up the swimming record books and, as a result, new opportunities seem to be opening up every day for him. In the discussion stage is a 26 million Sports medicine series for TV, and the sponsorship by MacDonald's of an \$8 million Sports Institute with a major role for Rowdy. If I know Dr. McLaughlin, he'll be emphasizing the role of Powerlifting training in the development of super athletes like Rowdy, whose performances are stunning the sportsworld...including the Russians.

THE COLLEGIATE PROGRAM Arlington, Texas and Huntington, West Virginia put in bids for the 1982 meet, and a recommendation will be made to the USPF National Committee at the Seniors. Members of the National Collegiate Committee include Dr. Billy Jack Talton, Dr. Freeman King, Pat Malone, Glenn Reiman, Joe Slabinski, and Tom Keicher. But the major new development taken place on April 10th and 11th, Louisiana Tech and the University of Texas at Arlington will compete in the **FIRST NCAA POWER MEETS EVER**. Both schools have accepted Powerlifting as a varsity sport! The format will include 8 different lifters from each school lifting against 8 from the other on each day, with lifters being awarded on the basis of Schwartz placing. I know Dr. Talton is very happy that the NCAA has finally taken official note of Powerlifting as a sport, and let's hope this new concept works out well.

DEWITT IV Cheryl-Jones won the 97s with 250 125 275 650, and Debbie Dewitt pulled a 430 deadlift at 148. Facebe came down from the 180 range to lift 165, squatted 615, moved his feet on 630, benchd 380, but had to be carried off the platform after cramping on a 650 opener deadlift and bombed. Ed Gilie squatted 670, but pulled a groin on TOP, but benched 445 for a state 198 record, he had hoped to move way up the TOP 100 rankings but the injury kept his deadlift to 600. In the 220s, Chrosinak tried and missed an 815 squat and 765 deadlift. Joe Severino benched 490 in the 275s and Rich Chasing deadlifted 740. Thanks to Virgilio Diaz, Jeff Temple, et al for this information.

intensity. Supporting data is presented from two studies conducted in training. Specifically, there are many factors that make machine training potentially dangerous to some people, although not necessarily bad, care is recommended in machine use.
(3) "A HYPOTHETICAL MODEL FOR STRENGTH TRAINING" is an excellent paper in press in the Journal of Sports Medicine and Physical Fitness by Stone, M. H., O'Bryen, H. and Garhammer, J. Presented partially at the Strength Power Symposium II also, this research presents a hypothetical model that conforms to the concepts of training periodization and specificity of training. The model consists of four phases: 1) Hypertrophy, high volume-low intensity, 2) Basic Strength, moderate volume-high intensity, 3) Strength-Power, low volume-very high intensity, and 4) Active Rest - very low volume - very low intensity.
Well, until next time, these are just a few new ideas in the world of strength/power research. To be on top, each powerlifter needs to be aware of new research findings that may be of help. To assist in our common goal, feel free to send news of any research that might relate to powerlifting to: Dr. Tom McLaughlin, 2081MC, Auburn University, Auburn, AL 36830.

WOMEN'S WORLDS Roz Basile has had "official" notice that America, Australia, and Canada will be holding "lul" teams, 1 lifter from Norway, 2 from Japan, plus queries from Belgium, Holland, and Finland. She's awaiting word from England and Brazil. France and India say they will have teams next year. Roz is aware of the difficulties encountered recently regarding receipt of World Record certificates by deserving lifters, and hopes to resolve the problem.
MIGHTY JOE BRADLEY just set two new World Records in the 148 lb. class at the Region 9 meet in Texas. He took a 644 squat, got called high on it, so took it again, burying it for a World Record, but it took a bit out of his plan to try even more. In the bench he smoked a 402 (actual weight 406) and wanted to try a World Record 417, but one of the required International judges had stepped out. He finished off with a 557 deadlift and a World Record total of 1614. Ron Noonan went something like 688 407 655 in only his 4th meet (at 158, believe), but teammate Randy Wilson had a tough time of it. After cranking out 805x5 training, he came expecting to squat at least an 860, but had concentration problems with his tries at 815-927 (actual weight in the 830-840 range), and bombed. Randy's still has problems in the bench...in the form of an ailment that seems to escape diagnosis or effective treatment. When he puts together 7-9 attempts in one meet, look out. Former record holder Jess Woods saw Randy's last warmup at 725 in the warmup room and reportedly thought: It one of the most explosive lifts he'd ever seen.

SUPER MEET IN CANTON Steve Wilson, weighing 234, made a major comeback sleep by posting a cool 2000 via an easy 755 squat, a conservative 500 bench and a 745 deadlift. The 242s were loaded with P.J. Meduri doing something like 750 450 1940, Gary Horejsi did like 750 480 860. Steve Daugherty pulled a big deadlift, 770 or so. Vince Anello, at a hefty 215, went 725 455 725, missing an 820 deadlift. Mark Schmidt went 750 435 700 1185 in the same class. Phil Rosenstem pulled 780 for three reps in exhibition, and Larry Pacifico, also in exhibition, did 660, 760 and pulled 800 up with straps. Ohio lifting is really taking off...this meet proves it. (It was also rumored at this meet that Mike Bridges had doubled 850 in the squat in a recent training bout).

USPF BANNER SALES At this moment in time, I do not have any resolution before me, from any PF country or member of the IPF Executive proposing a ban on the USPF. Vic has also sent a letter to Lyle Schwartz requesting to know if a proposal to study the disassociation of women from the IPF, placed on the agenda for the IPF Women's Committee meeting in Hawaii, has the full backing of your executive or if one of your executive officers acting on his/her own behalf. As a member of the Executive Committee of the USPF, I personally am unaware of any such proposal being discussed or voted upon.

SWIM-OFF AT CORPUS CHRISTI? Dave Waddington, wants revenge! After the Hawaii Invitational, Dave and Mary Phillips ventured out into the surf off Walker. Each of them recalled their swimming background when they were in school, and a good-swimmer contest was arranged to see who would get back to the beach. Dave claims the race was no good because he was going to work back the beach, the body cramped up, and he felt like he was going to throw up. The beach was more than mildly amused, but this blow to big Wadd's pride will not go unchallenged. He wants a rematch in Corpus...what do you say, Mary?

MORE ON WARNER GARDNER...Mary Edridge remembers Warner as more than a lifter, he was a fine person. He always had encouraging words for fellow lifters. He was a one man rooting section. He rarely got angry and always kept his cool. He was a kind gentleman, polite, and caring. There was some disappointment that I don't have more coverage of Warner's passing in the April issue. This was due to the difficulty of inspecting material into an issue that was nearly closed, and does not reflect any disrespect for the situation.

INJURIES FROM MACHINE TRAINING. The Indiana High School Association presented a major study month ago at the American Orthopedic Society in Las Vegas (soon to be published) citing that the use of some top brand machines was directly related to high school injuries. Cau-

Tom Bardusch
NSCA

References: Rasch, Philip, Weight Training, O Shea, John, Scientific Principles and Methods of Strength Fitness.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

POWER RESEARCH BRIEFS

by Dr. Tom McLaughlin

Biomechanics of Lifting for Power Development", by John Garhammer, II, National Strength Research Center, Auburn University, Auburn, Al. Held April 2-3, 1981. In this second research symposium sponsored by NSRC, there were five major papers presented. Of these papers two permits the highlights from two to be reported: 'Injuries in Strength-Power Activities', by both Dr. Tony Banks (M.D., Fellow of Royal Society of Orthopedics, Former member of Medical Committee of International Weightlifting Federation, etc.) and Dr. Richard Herrick, (M.D., Orthopedic Surgeon and consultant to the NSRC, Auburn) in this report, Dr. Banks (a long-time friend and physician of English Powerlifting and Olympic lifting) first presented highlights from his trips to East Germany and Bulgarian Sport Institutes, in speaking of injuries, he reported that for tendinitis problems, the East Germans do not drop weight and do many high reps like many U.S. lifters do, but rather handle 1-2 reps with only a slightly sub-maximal weight (whatever the body can tolerate without extreme pain). This also keeps the "feel" of heavy weights while recovering. Another interesting point was that for tendinitis problems he has found that there are high levels of prostaglandins in tendinitis problem areas, and that a prostaglandin-inhibitant (such as Probenecid, the trade name of U.S. equivalent, Fenofen) helps the prostaglandin-inhibitor. (Note: see your doctor on orthopedic issues.) Dr. Banks also discussed at length the causes and nature of typical Powerlifting and Olympic lifting injuries in Dr. Herrick's portion of this talk he also discussed strength/power injuries, but from the perspective of preliminary findings of a national survey of PL and OL injuries in progress by the NSRC. The major purpose of this survey is to help identify the magnitude, and help nature of lifting injuries, with hope that the truth about lifting injuries might be widely disseminated to the future. A very complete literature review of all research and case study articles on lifting injuries was first reported - with the observation that it had been done and the literature also does not reflect what practitioners have observed. Of 226 questionnaires sent out only 36 have been returned to date. (Note: if any powerlifter would like to participate, please send your name and address to Dr. Michael Stone, 2051 MC, National Strength Research Center, Auburn University, Auburn, Al 36830). Hopefully, such a survey can help in publicizing that many of the popular myths about lifting injuries are inaccurate.

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Table with columns for names, dates, and scores. Includes entries for A. Higgins, A. Shinn, B. Praker, etc.

Table with columns for names, dates, and scores. Includes entries for A. Higgins, A. Shinn, B. Praker, etc.

ROYALTY HOUSE BOX 1211 OKLAHOMA CITY, OK 73101. Includes an image of a powerlifting barbell.

Attention New York Lifters! KEN LEISTNER, PL USA author and feature editor, has opened his new Chiropractic Office in your area!

SOUTH DAKOTA STATE 3/29/81-PIERRE, SD

Table of results for the South Dakota State meet. Columns include names, dates, and scores.

S. DAKOTA CHAMPIONSHIPS

ABOVE: Larry Robinson pulls a 650 deadlift for a new state mark at 196 and Skip Parks (BELOW) turned in a good total at 242.



30TH ANNUAL GREAT LAKES 3/29/81-ERIE, PA

Table of results for the 30th Annual Great Lakes meet. Columns include names, dates, and scores.

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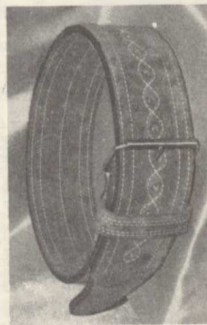
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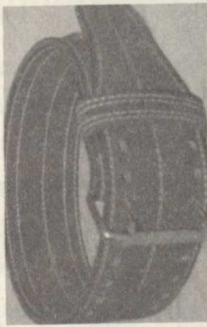
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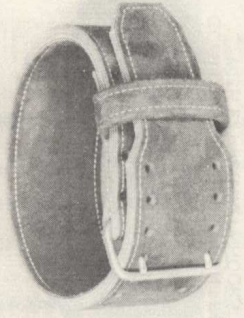
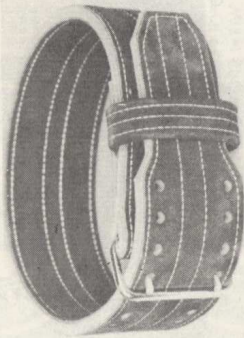
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2N1	1	Nat.	7-mm	chrome	2"	none	24.00
3N1	1	Nat.	7-mm	chrome	3"	none	28.00
3S1	1	Suede	9-mm	chrome	3"	1	42.00
4N1	1	Nat.	7-mm	zinc	4"	none	31.00
4N2	2	Nat.	11-mm	zinc	4"	1	51.00
4N3	3	Nat.	13-mm	zinc	4"	1	61.00
4N2C	2	Nat.	11-mm	zinc	4"	2	55.00
4N3C	3	Nat.	13-mm	zinc	4"	2	65.00
4N2CD	2	Nat. Dyed	11-mm	chrome	4"	2	61.00
4N3CD	3	Nat. Dyed	13-mm	chrome	4"	2	71.00
4S1	1	Suede	10-mm	zinc	4"	1	54.00
4S2	2	Suede	12-mm	zinc	4"	1	64.00
4S3	3	Suede	13-mm	zinc	4"	1	74.00
4S1C	1	Suede	10-mm	chrome	4"	2	60.00
4S2C	2	Suede	12-mm	chrome	4"	2	70.00
4S3C	3	Suede	13-mm	chrome	4"	2	80.00
4S1CD	1	Suede In.	10-mm	chrome	4"	2	69.00
4S2CD	2	Suede In.	12-mm	chrome	4"	2	79.00
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WAIST SIZE _____ MODEL NO. _____ COLOR _____ COLOR INSERT _____

GEORGIA CLOSED CHAMPIONSHIPS

3/28/81-MARIETTA, GA

30	BP	DL	T
114	Rupert	159	130
F. E. B. G.	Burgess	235	110
D. G. Mason	180	140	220
S. Chambers	135	135	230
P. Perkins	135	90	245
P. Wash	140	75	240
123	510*	320*	400
C. Warrick	345	230	380
M. Collins	300	170	350
T. Pruitt	225	175	270
11	450	300*	480
V. Henry	400	245	510*
S. Key	315	235	370
M. Thompson	180	90	270
C. Colley	460	315	455
D. Head	429	255	535*
M. Berkwitz	405	280	460
D. Sweet	350	240	435
R. Mills	350	235	350
185	630*	380*	555*
G. Herring	535	305	560
R. Heller	440	350	480
C. Leslie	400	350	480
N. Stephens	400	350	480
M. Clinks	350	240	525
A. Guzman	335	245	450
D. Tracy	340	235	400
R. Parks	310	235	375
181	560	345	625
C. Jones	485	350	555
A. Caldwell	470	340	500
S. Odum	475	320	515
H. Jones	370	265	400
R. Anderson	370	265	400
G. McGrath	230	280	450
M. Gassch	585	430	655*
L. Keys	460	260	485
L. Collins	305	235	435
C. McClure	145	475*	155
D. Duncan	640	395	630
T. King	570	390	510
D. Daniel	540	335	590
J. Haly	510	370	545
R. Moss	300	355	540
B. Shiver	400	300	515
B. Farmer	375	270	440
B. Adkins	705*	480*	715*
Z. Carter	520	385	630
Z. Carnes	300	275	380
F. Rizzo	148	145	185
F. Bickers	145	97.5*	142.5
T. Norratts	148	145	185

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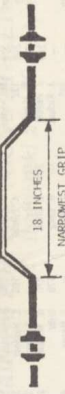
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50	BP	DL	T
114 J. Cunha	424	1113	352
115 K. Cano	341	1080	341
116 B. Williams	424	1082	341
117 M. Powell	336	887	336
118 J. Rangel	308	887	336
119 J. Bandy	308	887	336
120 R. Marullo	584	1471	584
121 B. Cavell	584	1471	584
122 R. Roofwall	474	1317	474
123 T. Schwab	303	237	325
124 G. Smith	203	226	325
125 G. Neislar	143	226	325
126 J. Chow	374	319	463
127 D. Lussommo	352	336	485
128 P. Lajoie	407	242	446
129 D. Jones	391	275	424
130 H. Wilson	341	284	398
131 C. Johnson	220	182	338
132 D. Albert	380	292	380
133 M. Hayes	474	286	518
134 M. Boesmecker	451	242	529
135 M. Sorenson	451	270	501
136 D. Spangscourt	446	270	485
137 L. Perides	424	275	474
138 R. Souza	413	297	457
139 F. Egan	374	242	413
140 D. Buckingham	347	237	440
141 J. Alford	545	413	507
142 K. Brown	424	374	457
143 S. Vanello	474	389	545
144 M. Guncoro	486	352	507
145 J. Gonzales	479	314	551
146 D. Clark	479	303	518
147 M. Donohue	479	325	463
148 P. Lee	485	330	440
149 R. Reynolds	446	308	485
150 R. Carrasco	380	315	457
151 J. McClure	396	303	451

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10 cm. wide...5mm thick...Brass plated, double prong buckle...S(24-28), M(28-34), L(34-42), XL(42-50).....

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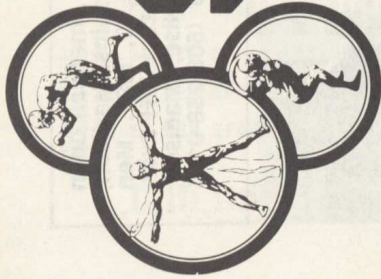
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10 cm. wide...13mm thick...while stitching, zinc plated steel buckle, (send waist size).....

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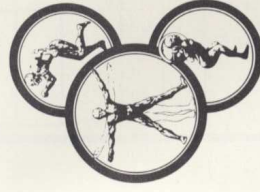
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