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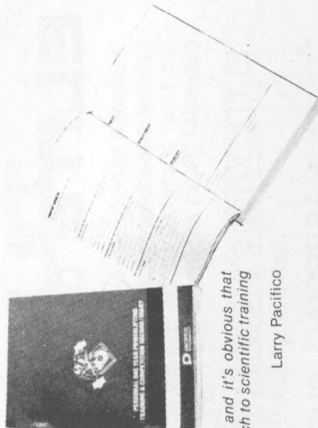
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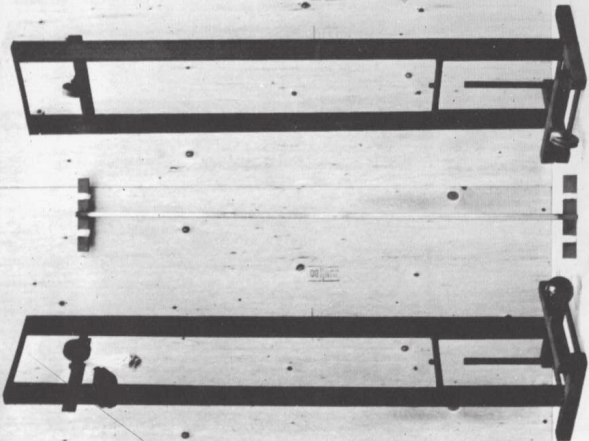
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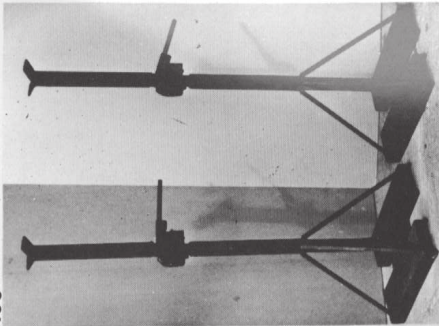
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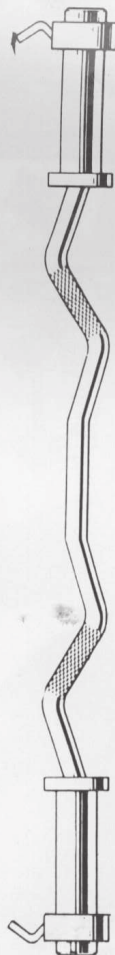
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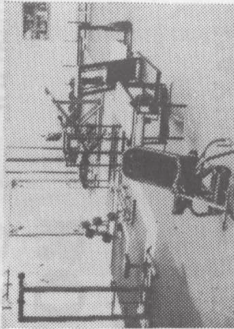
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ON THE COVER.....Carlton Snitkin, the hottest 242 lb. lifter in the World currently, squatting at the Corpus Christi Sr. Nationals.

NEXT MONTH...Full in-depth coverage of the 11th World Powerlifting Championships, plus the article on Clyde Wright that we originally intended to publish this month.

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'Better with Age'

The Carlton Snitkin Story...as told by Carl to Mike Lambert



Above Carlton is seen squatting at the 79 Srs. and deadlifting at the 81 Srs.

When you have all the heroes of Powerlifting's early days gone? When you review the records of the early championships it is very surprising how few of these great ones are still around, at any competitive level. There is, however, one rare individual who, through nearly 20 decades of platform experience, has witnessed all the changes our sport has gone through and is still competing. In fact, he is now better than ever before and looks for some exceptional improvement in the coming month. Carlton Snitkin of Connecticut is the man I'm referring to. In a class where there are numerous excellent competitors, Carlton has recently earned 4th position on the all-time 242 list, behind John Kuc, John Cole, and Clay Patterson (all of whom are not actively competing in that class recently) with lifts of 815 in the squat, a 501 bench, and an 804 deadlift in the 242 pound class. Much more seems to be in store, as Carlton recently did an easy double in the squat with 825 and expects to break the 2200 total barrier early next year.

Carlton goes way back in the sport. Even a list of his accomplishments on the national scene is overwhelming, and besides that he competed all across the country in the big open meets in the New England area. Here's an approximate indication of how he has grown steadily in the sport throughout the years:

1966. 2nd place in the Junior Nationals, setting a meet record deadlift in the 198s with lifts of 485 330 610 1425.

1967. 3rd place in the Senior Nationals, at 198, with lifts of 550 360 630 1540. These lifts were done in gym trunks, a t-shirt, and a flimsy lifting belt...no super equipment like modern day lifters take advantage of.

1968. 2nd place in the Junior Nationals, at 198, with lifts of 540 365 615 1500. In the Senior Nationals with 550 460 600 1500 at 198. In those days they lifted bench in pairs, followed by squat and then deadlift, however, I have the lifts listed according to current convention.

1969. he won the National Collegiate at 242 with lifts of 620 410 640 1670. This was the first of 4 consecutive victories in this meet in the same weight class and, even more remarkably, he won Best Lifter in each of these consecutive meets. He also got 5th at the Juniors this year with lifts of 600 425 625 1650, and 3rd at the Juniors with 630 460 660 1725. Seniors with lifts of 635 460 660 1725.

1974. he placed 2nd in the Senior Nationals behind Marv Phillips in the new 220 lb. class with lifts of 615 420 640 1675.

1976. Carlton won the Pan American Championships weighing 245, with lifts of 711 451 700 1862.

1980. he missed the Seniors due to work commitment, but later lifted in the Eastern Open and made lifts of 733 451 760 1945 at 220 lbs. This was the beginning of Carlton's phenomenal progress, which is still continuing at a fast pace. His previous best 242 was 1935, but he had slowly dialed down to the 220s, taking in only quality foods, while striving to keep his strength levels up near what they were at a full 242. The careful diet really agreed with him, and he decided to stick with it and slowly gain back up to the 242s. The increase in quality bodyweight brought astonishing progress. In May 1981, at the Region 1 Championships, Carlton hit 2000 for the first time, with lifts of 777 468 755. At the Senior Nationals he cracked out 782 473 760 2017, and he followed that up with super lifting at the Middletown Open, 799 479 793 2072, and then came the Big Lifts at the Eastern America Meet...a pair of 8s and a 5...815 501 804 2121. To top that off, he went a capable and comfortable 9 for 9 in this meet and hasn't been missing many lifts at all anymore. His recent progress has been very pleasing and couldn't have happened to anyone more deserving. His diligence and stick-to-it-iveness over the years is unparalleled.

When you have all the heroes of Powerlifting's early days gone? When you review the records of the early championships it is very surprising how few of these great ones are still around, at any competitive level. There is, however, one rare individual who, through nearly 20 decades of platform experience, has witnessed all the changes our sport has gone through and is still competing. In fact, he is now better than ever before and looks for some exceptional improvement in the coming month. Carlton Snitkin of Connecticut is the man I'm referring to. In a class where there are numerous excellent competitors, Carlton has recently earned 4th position on the all-time 242 list, behind John Kuc, John Cole, and Clay Patterson (all of whom are not actively competing in that class recently) with lifts of 815 in the squat, a 501 bench, and an 804 deadlift in the 242 pound class. Much more seems to be in store, as Carlton recently did an easy double in the squat with 825 and expects to break the 2200 total barrier early next year.

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Diet. Carlton's new motto regarding the food he eats is "if it's not going to do me any good, DON'T EAT IT." In other words, no junk food is allowed. As for supplements, he has a big protein drink once a day, combining fruit, eggs, and protein powder. He also takes a lot of B-15, and admittedly goes crazy over liver tablets, taking 40-50 per day.

Squat. Carlton squats has two squat workouts per week, one heavy and one light. On the heavy day he goes up to a max heavy set of 7-10 sets, working up to triples and doubles. Absolutely no maximum singles are done. He follows the regular bench press with an interesting exercise, which is been a great help to him, namely, 3 heavy sets of 3 reps in the close grip bench press with a long, 3 second rest on the chest on each rep. His other assistance work consists of 3 sets of triceps pressdowns and 3 sets of chest cuts.

Deadlift. He deadlifts once per week and does 6-8 sets per regular deadlift, working up to a heavy set of no fewer than 2 reps. He follows that with 3 sets of 5 reps in the stiff legged deadlift, 3 sets of lat pulldowns, and 3 sets of rows, followed up by leg extensions and leg curls.

His Cycle. Carlton peaks for his meets on an 8 week cycle basis, starting out with max heavy sets of lives in the early weeks, gradually reducing the reps and increasing the weight until he is doing triples, and eventually doubles in all the lifts prior to the meet. He also does 100 snugs each training day, with knees bent and plates behind his head.

Carlton is a physical education teacher at the New London Free Academy, where he also coaches wrestling and track and field. He has several years of experience in the training of equipment in his basement and trains there with his brother, Alan, Chris Barclay. Occasionally, he will grab a workout with Carl Skrim, a line Olympic lifter, or Sherm Backus and Nick Carola, both fine lifters in their own right. Mainly, his progress has come on his own, without the advantage of training with lifters much stronger.

He started out in lifting while in the Army under the tutelage of Russ Knipp. Olympic lifting soon faded as his main interest, as it became clear how well suited he was to Powerlifting. Since that time, he's seen and lifted with the best that Powerlifting has had to offer. Some of the most impressive lifters he's had the chance to watch include Mike Bridges (whom he calls unbelievable), Larry Pacifico (Carlton remembers when he was just starting out in the Cincinnati area), John Kuc, Bill Kazmaier, Vince Anello, John Durenko, Hugh Cassidy, Don Cundy, Joe Weisen, and many others. When he was 36 and has been lifting since 1964, that's not that old, but he has clearly dominated many of his early contemporaries in longevity, and his lifting career is now in full bloom. Carlton Skrim is certainly one of these rare lifters who is becoming "Better with Age."



Bench Press. he trains this lift twice per week, and goes heavy both days. Each workout consists of 7-10 sets, working up to triples and doubles. Absolutely no maximum singles are done. He follows the regular bench press with an interesting exercise, which is been a great help to him, namely, 3 heavy sets of 3 reps in the close grip bench press with a long, 3 second rest on the chest on each rep. His other assistance work consists of 3 sets of triceps pressdowns and 3 sets of chest cuts.

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2121 the easy way. Denis Reno provides these photos of Carlton's lifts at the Eastern America meet, where he squatted 815, benched 501, and deadlifted 804. Be sure to subscribe to Denis's New England Newsletter, \$12 to 30 Cambria Road, W. Newton, Massachusetts 02165.

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Worlds Preview

The 11th World Powerlifting Championships in Calcutta, India should prove to be most interesting. Not only is the meet site an exotic departure from previous locations, but the lifting promises to be even more competitive than ever before. I've heard that 12,000 tickets have been sold in India for the event, which will make the contest an inspiring spectacle for the athletes, and some great lifting is anticipated. For the Americans, Chuckie Dunbar is reportedly in predictably good shape, ready for momentum on the bench and squat. At 123, Ernesto Milian has taken Rick Gaugler's place on the team and he says his training is going well. Lamar Gant is, of course, in a class by himself and can "renew himself" as necessary to meet the competition. At 148, Joe Bradley was instructed to easy 405x3 in the bench, and 565x3 in the squat. If the nymphs are right, he could squat 700.

Mike Bridges is almost certain to bench a World Record in Calcutta. He is realistically lowering the signals, out of respect to the rigors of international travel, and plans to use the same attempts of 804, 529, 755, 2088. At 198, there is little news of Walter "Big Boy" Smith, but it is assumed that Mr. Thomas will be his usual "big boy" at 220 lbs. Cash is on the verge of a very big squat, possibly a World Record. His bench is suffering some effects from a possible over-ambition, and his deadlift is right up where it has been at 242. Dan Winkler has reportedly exceeded early training lifts of 870 in the squat and 815-825 in the deadlift. His bench is around the 410 level.

Ernie Hackett is looking to get some pride back after getting out-squatted at the Seniors and has reportedly tripled the weight he made at that meet and done a 910 besides. He has also done a double with 800 in the deadlift. He has mentioned retirement after the contest, which would, I assume, be dependent on his victory there. Paul Wrenn is in super shape, squatting well, and repping bench press weights that he handled for singles prior to the Seniors. He has also deadlifted a training PR of 810, is down in bodyweight at a solid 330 and could very well post a stunning total.

The British team, which earlier was to be limited to 3 lifters and a coach, is now up to full strength, however, the requirement that lifters pay part of their way has eliminated Eamon Toal from the contingent, his place being taken by Bill West. It is also rumored that Ron Collins may be on the team as well. They could be stronger than ever before as a unit, so bonhomie for either the GB or US team may be the determining factor in the team race. They have key strength and experience in a couple of classes where we are short on the latter factor. Tony Stevens is looking especially hot at 220, good for possibly 2033 in total. The Finns and Swedes will be their normally awesome selves, and the Canadian complement will likely turn some heads. The Japanese team is quite strong this year and should force it's way up the team title ranks this time out. Hiro Isagawa, training in the United States, reportedly benched a solid 341 at 126 before departing for his homeland. Look for a full report in the December issue of PL USA.



Some of the Japanese team...Maeda (90kg), Kohjogi (67.5kg), Harino (60 kg), Kudo (56kg), Inaba (52kg), Furio Seki, Yoshida photo.

IPF Referee Test Situation. Mary Eldridge was one of several people who specifically made the tip to the Corpus Christi Seniors to take the International Category II Referees exam. Months have passed with no word on the results of the test. IPF General Secretary Clay Patterson told Mary he did not receive the tests from Joe Zanella, and she has not received any explanation from anyone she has contacted on the matter. If anyone out there knows the story regarding this matter, please let PL USA know about it. Mary and others have nothing to show for the expenses they incurred.

Short Leg Syndrome. Dr. Michael J. Wittmer and Dr. Ken Leistner were somewhat distressed by the article on Short Leg Syndrome. Dr. Wittmer mentioned specifically that in actual practice uneven leg lengths are quite rare and that other problems can mask themselves so that one leg can appear shorter than the other. At any rate, putting lifts in one's shoes is on-ly sometimes a solution to back problems.

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The DEADLIFT

Deadlifting Theories of George Frenn by Training Editor, Ron Fernando

As older followers of Powerlifting will recall, PL in the early 60's was popularized by George Frenn of North Hollywood, Ca. Frenn has always been outspoken regarding his theories and their application. Indeed, he has every reason to be, since his 2,100 total (853 actual wt.)-520/740 was years ahead of his time. There are some who may argue that there were excessive wraps - even 'bed sheet' technology, used in the squat and that the depth was not what it should have been, and in the bench press, the use of elbow wraps (a legality in those days) might give a rather distorted view of the total.

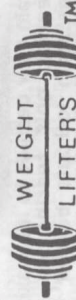
Regardless of these arguments, few can voice any doubt as to the authenticity of Frenn's deadlifting and back power. The 775 lb pull was a record, and in addition, Frenn exhibited awesome displays of back power in Olympic lifting movements which enabled him to be a success in that field as well.

Oh, and let's not forget that he was a bonafide Olympian, who for a time was the ranking hammer thrower in the United States and one of the tops in the world.

Reliable sources indicate to me that

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order to get stronger, you have to lift progressively heavier weights.

PL USA: Well, what about cycling - that seems to be the most logical approach towards peaking out and avoiding overtraining.

Frenn: From what I know about cycling, I personally don't believe in that one. Yes, of course, I realize that one can't (especially in the beginning stages of his career) lift max 100 percent weights every session - however, even a beginner can respond well to utilizing 85 percent of max. Cycling is fatiguing to me because I believe that the environment controls the lifter, you have to control the environment. By building up a physical 'bank' of strength and emotion by simply doing the lift with heavier and heavier weights, one can always 'peak' for any given lift. For example, I entered (and won) the YMCA Nationals in 1976. Prior to the meet, the very best that I had pulled in the deadlift was 585x5 reps. Yet by drawing on these reserves in my 'bank' I was able to pull a 765 that day.

PL USA: Isn't it true that you don't do deadlifts that much as a part of your normal power schedule?

Frenn: You bet. If you perform religiously the following 4 exercises (power cleans, snatch-grip and clean grip hi-pulls, and good mornings) your actual deadlifting can be limited to once every ten days. Then you should take a weight about 100-120 lbs less than your maximum and try to get 10 reps with it. I venture to guess that a fellow like John Kuc who can pull 870 plus can easily take around 730-745 and perform ten solid reps with it. Hey, that in and of itself is one hell of a feat. As far as reps go in the assistance moves, 4 to 9 sets of 3 to 5 reps would do nicely. Notice that the pulling movements give a great workout to all of the muscles involved in the deadlift. Also, lat-pulldowns are an excellent finishing movement.

PL USA: There are some who would concur with that theory, but I can see others who would disagree simply because of the lack of form work in the actual deadlift.

Frenn: I'm glad you mentioned form, because the form on the pulling movements, at least the start of the pull, or in my opinion should be, the SAME. That is, close flat back and head up, the knees helped me during all of the deadlifts. The 660-670 range to where I was kneeling on the door of 800 lbs. The rounded back move or humpback style throws too much of the pull into the upper back and arms where the lift should be taken on by the logically stronger muscles - the hips and legs.

TOP 100 MAN: Robert Gilmore (bench 440 at 242 repointed in the March issue) but wasn't listed on the TOP 100 242 list. Our apologies.

More From Ken Leistner

Last month, we began our discourse on training frequency and for the fat slab (I say it, 248 or so, right near my thighs limit, look like a hog head for slaughter I never think of that there what you might add) who told me that he could get fat as long as that's all that let me say here and now that anyone eats 6000 calories per day, in the form of protein or anything else, and burns 4500 per day, lifting, running, etc. or just sitting around, he or she will get fat. Nothing else is possible, period. I have no intention of rapping this point around. I'll leave that to the capable pen of Diganol, but it serves to point out that just because something's being done, it doesn't make it right.

My statement that more than three intense weight workouts per week would be, in my opinion, improper, seems to be a revelation to many, just as the explanation of World Record setters in the Olympic lifts, it's quite simple, and has absolutely nothing to do with Eastern European research, drugs, or secret training methods. If a young biker over there shows athletic skills that might be molded into the Olympic sport of P.Ling has never used Nautlius, or used the equipment properly (consider that most instructors in a typical facility have no idea themselves how to properly utilize the equipment) and yet, are very much down on the entire Nautlius concept, the machinery, and the man behind it all, Mr. Jones. This is typical. We are introduced to PL-ing by someone in the gym who trusts and/or like and they tell us that one has to use weights and the hell with that other stuff, it don't work so forget it, and at that point, when the topic again comes up, the nephrope who has now grown into a real live lifter, responds with 'Yeah, that stuff is for the birds, it don't work' having, of course, never tried it himself. This is not and will not be a pitch for Nautlius but as a group, lifters are among the

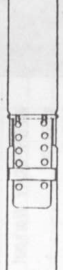
most close-minded, conservative, willing to yield to peer pressure groups that you'll find anywhere (that, from personal observation over the last eighteen years). Rarely will guys move off the years that brings some success or vary a routine if it's used by the big men in their particular gym. In 1970, when Arthur first introduced the Nautlius concepts, he was eagerly embraced by many, figuring that something new would be worth trying ONLY remember, I said that most lifters weren't real big into personal changes because it appeared that here, at Yo, was a truly EASY way to train. I'm home by 5:30 or so every night. After little gain in size or strength, no sales hype and slide forever on there. And passed the two of them down to the next generation or more.

Related to this is what appears to be an almost awe inspired view of research. If it comes from Russia, Bulgaria, etc. it's got to work. I feel that this is the needs some comment before going further. If anyone would like to know why the USA doesn't produce World Record setters in the Olympic lifts, it's quite simple, and has absolutely nothing to do with Eastern European research, drugs, or secret training methods. If a young biker over there shows athletic skills that might be molded into the Olympic sport of P.Ling has never used Nautlius, or used the equipment properly (consider that most instructors in a typical facility have no idea themselves how to properly utilize the equipment) and yet, are very much down on the entire Nautlius concept, the machinery, and the man behind it all, Mr. Jones. This is typical. We are introduced to PL-ing by someone in the gym who trusts and/or like and they tell us that one has to use weights and the hell with that other stuff, it don't work so forget it, and at that point, when the topic again comes up, the nephrope who has now grown into a real live lifter, responds with 'Yeah, that stuff is for the birds, it don't work' having, of course, never tried it himself. This is not and will not be a pitch for Nautlius but as a group, lifters are among the

...pitch will not be a pitch for Nautlius... his efforts, often in excess of that of other countrymen, and is guaranteed training under optimal conditions re: facilities and coaching. In our country, any kid with outstanding athletic skill will be encouraged, by family, friends, teachers, coaches, etc. to apply that talent to football, basketball, baseball, track & field, etc. Hey, mer decided to enter, since he had qualified, and we felt that he could do quite well. In those months, and in the meets prior to the trials, Mike had to put up with the following:

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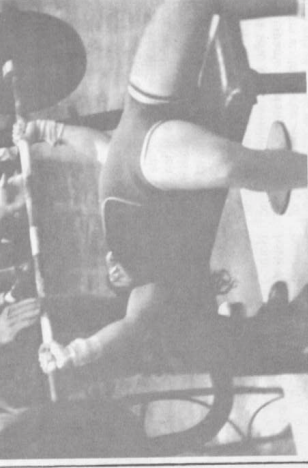
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Women's Corner

Juli Thomas got 2 more World Records at the Okla. Omni, Grand 214, bench and 892 total (including a 308 squat and 369 deadlift) at 123. Photo below of Juli by Kimberly Ann Crain.

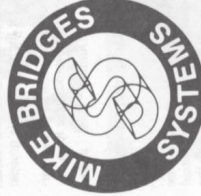


other crap going down and all there was to worry about, do you really think he would have made the same kind of progress? You can't separate the training routine from the rest of a man's existence and talk about his progress or the lack of it. The cultural system over there is a factor that contributes to success, something that lifters here do not have the advantage of (As one uninformed gentleman told me, "I understand the term weightlifting, but what is powerlifting? How does one lift power or whatever? No percentages and such in an Eastern European program, keep all of this in mind before jumping up and down and thinking that you've just discovered the Rosetta Stone of training.

Oh well, another column shot before I got to the heart of the matter. No matter, next month we will approach the question of recovery, intensity and frequency. I hope makes it to the meet there Nov. 21st should be a good one. The Boston Open will be held the same weekend and all the New England lifters and fans are encouraged to attend and help Saul Shockett DL enough to get his Elite rating (I won't even take partial credit if he is a big one). If any lifters in the NY area need good, for the most part, new, heavy duty equipment, contact me at my office as we have closed the gym here and are selling off much of the equipment. That's it until next month. For all of those who followed last month's advice and lifted heavy and stayed high, well, hope it was a good month (or something like that).



Perfect Position...at left, Mike drives up 501 solidly at 181 lbs. in the 1980 World Championships.



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STARTIN' OUT

A special section dedicated to the beginning lifter

Overcoming Sticking Points In The Bench Press by Don Pfeiffer

The occurrence of a sticking point during the performance of the bench press is common to all individuals that perform this exercise. In order to maximize your bench press, you must attempt to overcome sticking points as much as possible. Bear in mind, however, that you can never totally eliminate a sticking point. What you can do is move the sticking point upwards, and increase the amount of weight that you can handle.

The first step in overcoming a sticking point - or moving it upwards - is to accurately determine where the sticking point occurs. This is where most trainees make their first mistake. Many trainees determine their sticking point by analyzing unsuccessful lifts. The point where they fail is, they assume, where the sticking point occurs. This, however, is not necessarily so. The proper way to determine where the sticking point occurs is to observe successful bench presses. The best method is to perform several sets of benches with a weight that will allow from 3-6 reps. Your only concern should be the successful completion of the lift, while someone watches you perform the lift attempting to determine the sticking point. The area where the bar's ascent slows down or momentarily comes to a halt is where the sticking point occurs.

Now that the sticking point has been determined we must attempt to strengthen that area of the lift. This can be accomplished in two ways: you can isolate the specific range of movement where the sticking point occurs, or you can isolate the specific muscles that are dominant when the sticking point occurs. The result of either method is to strengthen the muscles which in turn will push the sticking point upwards.

To begin, let's examine how we can isolate the specific range of motion where the sticking point occurs. We will discuss five different, yet effective methods. They are: isometrics, isometric pauses, negative pauses and isometric negatives. The first method, isometrics, is a static form of exercise. There is no movement; the muscles are exercised at only one point also that your sticking point occurs during the middle portion of the bench press. Here's how to set the bar to apply. Using a power rack, set the pins at the point where the sticking

initial surge of strength is supplied by the deltoids. After about 4-5 inches the pectorals and triceps take over with the triceps supplying the final strength needed for lockout. This style of benching is characterized by a narrow bench press grip. As the angle of your elbows to your torso increases less emphasis is placed on your deltoids. At a 90 degree, which means that your torso and which is characterized by a wide grip, most of the stress is placed on the chest from the beginning of the movement. Towards the end of the movement triceps strength becomes very important.

Sticking points will normally occur at a transitional stage where one muscle group takes over from another. Thus if you keep your elbows at about a 45 degree angle to your body the pectorals, triceps, deltoids and elbows at a 90 degree angle to your torso the deltoids and triceps.

Why, you may have determined at which transitional stage the sticking point has occurred you can then use the appropriate exercise to use the appropriate exercise to strengthen that muscle. Listed below are the best assistance exercises, with regard to the bench press, for the three muscle groups: Deltoids: Front deltoid raise performed either standing or lying. Triceps: Dumbbell flyes, incline presses. Triceps: Lying tricep extensions, Dips.

With regard to the shoulders, the best exercise is the lying deltoid raise. If you are unfamiliar with the movement here's how it's performed. Assume you're sitting on a bench press position with the barbell until it touches your body then raise the bar back over your head. At all times keep your arms straight. To briefly summarize, sticking points can be attacked in two different ways. You can isolate the specific muscle group involved in the sticking point or you can work the muscles along the area where the sticking point occurs. Both methods are effective, and for maximum results you should use both.

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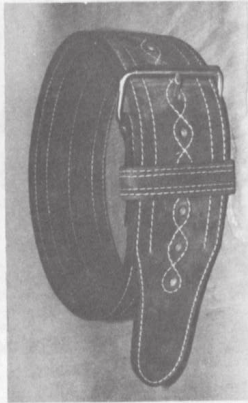
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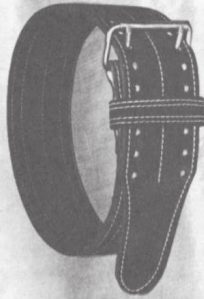


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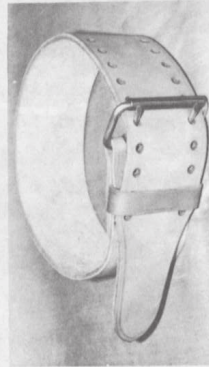


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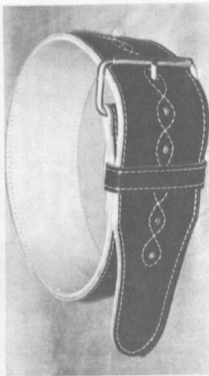
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POWER PROFILE

Victor Poletajev Rising Star from Pennsylvania by Ted Kurlowitz

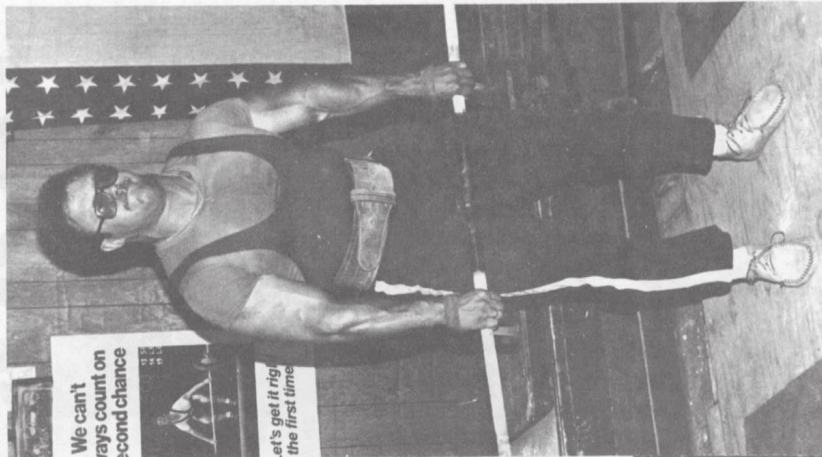
I'll not soon forget the first time I saw Victor Poletajev. It was at the 1979 Delaware Valley Bench Press championships. The bar was at 460 when this young (19 year old) man walked out to the platform. As the astonished competitors looked on, Victor proceeded to crank out 460, 480 and 500 in succession to win the 242s and take Best Lifter in the process. Not a bad day's work for someone most of the competition had never heard of before.

Since Victor is still somewhat unknown outside the Middle Atlantic Association, here is his story. Victor began lifting at 16, concentrating primarily on the Olympic style. He progressed fast, but was struck with a serious injury. He detached a tricep tendon on his left arm, tearing off a piece of the ulna bone in the process. Surgery was required for Victor to regain full use of the arm. Sadly, he accepted the surgeon's warning that the joint would never stand up to the stress of heavy weight training again.

It was about one year later that Victor began lifting again, concentrating on bodybuilding this time. He credits his girlfriend Linet, later to become Mrs. Poletajev, for con-

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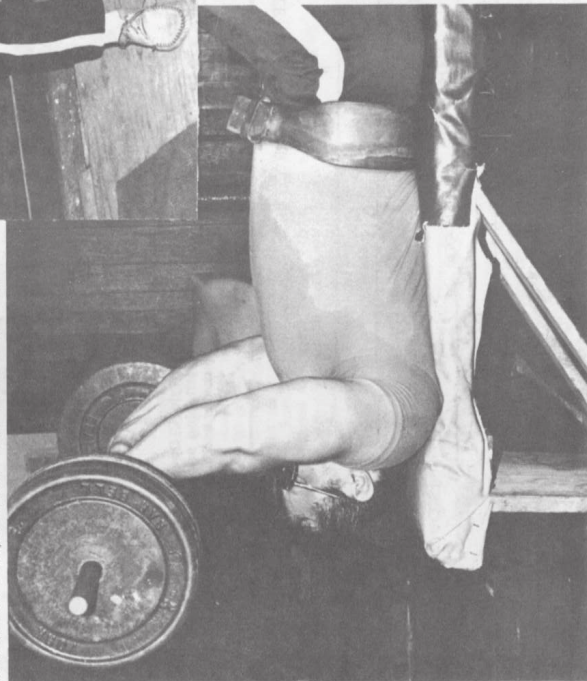
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ABOVE: Victor pulls some heavy deadlifts during a special training session at the renowned Holy Saviour Weightlifting Club.

LEFT: Tricep extensions are an important part of Vic's bench program. He's done a single with 300. Both photos by Ted Kurlowitz.

mel in Allentown, PA. Despite the fact that he had never trained the deadlift until three months before, he took first place with 570/485/620/1675, defeating local favorite Jim Bennett of Kutztown State. His bench was down somewhat due to a pec problem. I wonder how many other lifters have totaled near 1700 in their first contest even without an injury. In 1980, he entered the Holy Saviour Bench Press-Deadlift contest, one of the oldest annual power meets in the country.

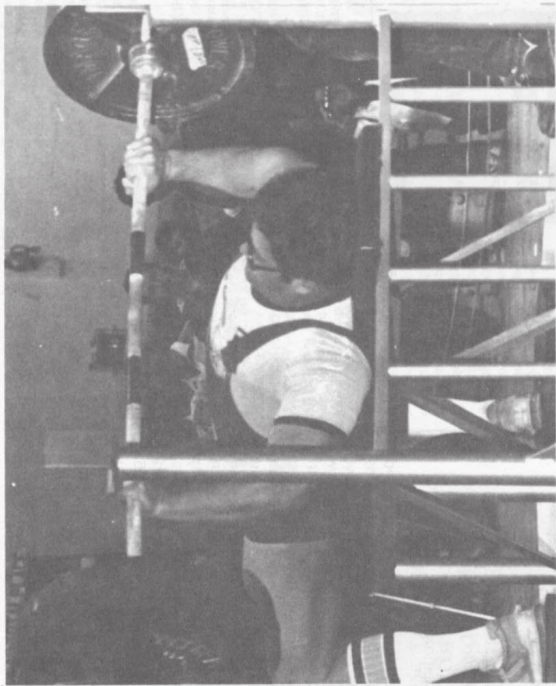


With his pectoral problem healed, he benched 540 and had an incredible 570 almost finished when the bench tilted backwards. Unfortunately, one of the loaders had taken the plates which were placed under the bench for balance to load the bar. Although disappointed, Victor finished first again in the 242s, while weighing only 230.

Victor then set his sights on the Collegiate Powerlifting titles. In February of this year, he went to the State Collegiate Powerlifting Championships at Villanova University, but he was a bit over-trained and bombed. Doing his best to forget this unpleasant experience, he went back to the gym with the intent of making no mistakes for the Nationals in March. Victor arrived at Kutztown confident of at least a Collegiate Record, and possibly a World Record Bench. Unfortunately, Bill Davis was entered in his class with some World Record ideas of his own. Victor finished second to Davis, certainly no embarrassment, but managed a personal record total on only four attempts with (644/540/639/1823). The 540 bench was a new Collegiate Record and was simply biased up. Most lifters would have been satisfied, however, Victor expected more after a solid 530 triple in training.

After a brief rest period, Victor set the Pennsylvania State Championships as his next goal. During training, he developed a tricep tendon problem at the deloid insertion and was unable to bench. He decided to give up and try anyway, and worked hard to keep his strength with assistance from a few other lifters. About eight days before the contest, he tested his bench for the first time in six weeks. The strategy had worked as he managed an easy triple with 445. He went on to win

BELOW: Vic with friends (l-r) Craig Richter, Rich Rudart, Greg Poleajev, Vic himself, Mitch Lichtenstein, and Dave Brewer. Photo by Kurlowitz.



ABOVE: Victor pushes a National Collegiate 540 bench. Gallagher photo

training partners, brother Greg and friend Dave Brewer. He is also grateful to Larry Pacifico, who has given him much sound advice in several telephone conversations. Victor is currently training with PL USA, for more information, a multitude of people are promoting the World's Greatest Sport. As far as training goes, Victor trains at home in his basement with his training partners. Not a lot of lifts, just a lot of weight, some home-made equipment and a very serious atmosphere. His training routine is as follows:

MONDAY: Squat heavy: off season he trains with several sets of 8-10 reps with moderate weight trying not to burn out. In his Pre-Meet Cycle (20 lb. jumps per week), he cuts the sets to 6 reps during the 8th-6th weeks. In the 6th-2nd weeks he works up to a maximum triple for 1 set, and in the 2nd week-to meet he cuts to doubles. As far as assistance work goes, he does a lot of it and moves the poundages up in these exercises as the contest approaches: Leg Extensions 6 sets of 8 reps, Leg Curls 6 sets of 8 reps, and 8 sets of Calf Raises.

TUESDAY: Heavy Bench: off season he trains instinctively (his best during this period was 460x5). He begins his pre-meet cycle by doing 6 heavy sets of 5 reps during the 8th-6th weeks (on one outstanding day before the Collegiate he made 475x7 during this phase). From the 6th week to the meet, he starts with one heavy triple (gym best 540x3) and tries to work up to 3 heavy sets over the 6 weeks. For assistance he

have been in previous cycles also. Victor has ambitious professional goals also. He has enrolled in Chiropractic College and hopes to return to school with his wife, Patricia, and friends Dr. David Kennedy, He edits Dr. Kennedy for his aid in recuperating from his injuries. In his short powerlifting career, Victor has come a long way and would like to thank several people. First his wife Linda, who has given him nothing but support in his pursuits. He would like to thank his

training partners, brother Greg and friend Dave Brewer. He is also grateful to Larry Pacifico, who has given him much sound advice in several telephone conversations. Victor is currently training with PL USA, for more information, a multitude of people are promoting the World's Greatest Sport. As far as training goes, Victor trains at home in his basement with his training partners. Not a lot of lifts, just a lot of weight, some home-made equipment and a very serious atmosphere. His training routine is as follows:

does 3 sets of 8 reps in Triceps extensions. Triceps pushdowns, Bent Over Rows, and Shoulder Presses (where you start at the chin, but don't lock it all the way out). He also does Curls and forearm work for several sets. His best assistance lifts have been a single with 300 in the Triceps Extension, and 32x8 in the Bent Over Row.

THURSDAY: Light squats. He does Box squats in the rocking (Flem) style. Emphasizing that this is a light day, he never goes over 400x8. Assistance work is the same as Monday.

FRIDAY: Light bench. He works up to several high rep sets with substantially less weight than Tuesday. (One recent session, he did

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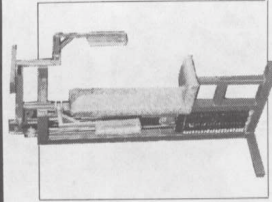
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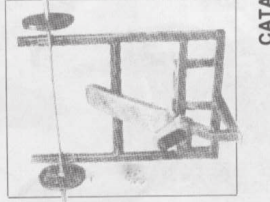
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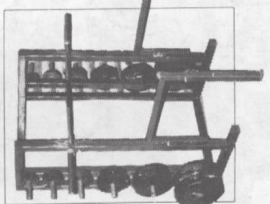
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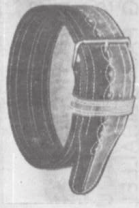
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3. POWER RACK TRAINING.

The power rack can be used just as effectively for the deadlift as it can for the squat and bench press and offers several training advantages. It can help isolate sticking points at whatever stage of the pull that the trainee has difficulty. It can also overload the body and is usually quite safe due to the rack pins. By setting the bar around one's sticking point or weak area in the rack, the trainee can (a) isolate the sticking point physically, by continuously starting from that weak area, or (b) isolate the sticking point mentally by forcing the lifter to focus his or her concentration on the weak area because it is the point from which the pins have been set at, and (c) add isometrics to the routine, providing another training method.

In order to isolate one's sticking point (at just below knee level, for example), set the bar on the pins adjusted to the desired height. Now pull this partial deadlift. This will allow one to physically attack the area in a more concentrated manner because the area from the floor to just below the knee has been eliminated. You can focus your power on the sticking point on a fresher state with less fatigue from the first part of the lift.

An additional advantage here is that by starting at one's weak area, the lifter has to concentrate more heavily with the mind on the weak area. Nerve impulses are trained to break through a weak area, which helps the physical weakness to be overcome. The power rack helps to focus energy on one particular spot so that when this spot is encountered during a full movement, it can be broken through easily.

The lifter, before setting the bar at his sticking point, should first pick up the lift slowly off the floor with light weights. While doing this, try to observe the position that the lifter's body assumes when the bar crosses the sticking point. This same position should be duplicated exactly on the power rack. For example, if the lifter's sticking point is just above the knee and his or her

PL USA is honored this month to offer the opinion of L. Jay Silvester, former Olympic competitor and World Record holder in the discus, on the presentation of powerlifting meets. His background in the highest forums of athletics is a great asset to the sport of Powerlifting and his feelings pertinent to our future.

SEMINAR

— ON MEET PROMOTION —

Since 1972, I have been involved with powerlifting as an interested coach and spectator. I feel like it is now time for me to say something which I think is important.

What I am concerned with is the staging of powerlifting competitions. I'll use the analogy of track and field to make my point. For many years I've been a competitor in track and field. I've traveled throughout the world, competed in 4 Olympic games and numerous other competitions. As a competitor I always wanted my sport to be in the eyes of the world, the most important I think. I've wanted to make it a sport that is growing, interesting, and exciting. Because of what I consider lack of concern on the part of administrators, coaches, and other people who are in the position to, and have the responsibility to, promote the sport in such a way as to enable it to achieve all it can.

What can a sport achieve in terms of public presentation? That is a very important question. The answer is found in marketing, in presentation, and staging in a manner which will attract the public. Track and Field historically has not been concerned with this. They take too long between events and the competition drags except at what is going on, and they are not excited about the athletes in any way. The announcing is usually some dull monotone about this line or that line up and nobody is really too concerned about it. People would like to know something about the athletes taking part; about their interests and desires. There are many things that I could get into at this time, but choose not to. I simply want to send out a warning flag to all those involved in powerlifting in regard to the ultimate potential of that sport to be of importance in our society. I think we should try to make it an interesting activity that people would want to pay money to come and see. We should try to make it a joy of activity which will enable the participants to reap not only an enjoyable benefit, but also a financial benefit, and by the way there is nothing wrong with making money from sport.

Amateur ethic as we sometimes call it is subject to very serious question, in my mind. I'm very pleased that powerlifting hasn't been caught up too much in the amateur ethic of trying to suppress athletes from gaining notoriety and financial benefit as they participate in the sport.

I have been associated with powerlifting for 7-8 years; many other people have been associated with it much longer, but I've watched it come to what it is today. What is it today? May I just elucidate about three competitions that I've been to recently. The first was in November, 1980. The weigh-ins started at 7:30 in the morning because of the number of entries. There were only 54 entries. The weigh-in was laboriously long and tedious. They had one platform, which is but many people watched that meet? There may have been some spectators...but the ones that I know of were family members, wives and/or girlfriends of the competitors. There was no paying public that came to see someone that they had heard about, and if there had been any they would have left after an hour or two because there is a certain burn out on the part of the spectator.

If we want to attract spectators in powerlifting, we've got to be concerned about them. If we're NOT wanting to attract them and we're just putting on our little show for ourselves and we're only concerned about what powerlifters think about meets and lifting—then we can continue on as we are now doing things. Well, that was the first one, the second one was one of the worst meets that I have ever attended. I wrote Joe Zarella a letter with official complaints against that competition. The platform was too small, had holes in it, and they even moved it off. I helped them move it off one time because somebody, when stepping away from the squat bar, stepped in a hole, tripped, and almost hurt himself. The meet promoter was going to move the platform and just lift the gym floor or something. They couldn't do that, moved it back on, turned it another way and continued with the meet. They didn't have enough chalk, there were many problems, but by far the biggest problem from a spectator standpoint was the time. The weigh-in was early in the morning and the meet ended at midnight or later. None! Absolutely none! You may say that they'll come and watch who they want to see and then leave but they want to see them lift all the way through. They don't want to spend five hours or six hours or all day Saturday watching powerlifting! They would rather spend their whole day watching any single thing unless they were die-hards and there are very few die-hards in any activity. Certainly not very many in powerlifting, yet.

The third meet was in April of this year and I was very much concerned about the competition in terms of how many platforms and how many entries they would have. So I called and asked long before the competition what they were going to have...the same old thing, one platform. They said to me that they were going to make a survey of the athletes at the meet and try to determine what the athletes

wanted, one platform or two or possibly three or four. They said that the athletes had expressed to them that they had wanted only one platform, I didn't see any survey being handed out. The only survey that I saw was the one that I did ask for about training systems, cycles, and so on. Same thing again, weigh-in started about 7:00 in the morning and we finished the meet at 1:30 the next morning. They had two sessions, the lighter classes the first session and the heavier the second but Powerlifting is killing itself as a spectator sport. Television editors all the hundreds of lifts that go on and that are in effect, relatively unimportant to fans, and puts on the big show. It looks pretty good on television.

The money the sports of football and basketball make comes from number one gate receipts and number two, television. Even at that high level spectators are the most important. I don't know how much money television is giving to our sport; I know they are giving some. They'd give more if more people wanted to watch the lifts. So I believe without question that powerlifting needs to take a serious look at itself and make a determination of how to best conduct the competitions, so they are interesting and exciting for the fans as well as the lifters! I understand this idea of *make it for the athlete*. I'm all for that but I know an athlete is much more interested in competing in something that people are interested in and that people would like to come out and see than something that nobody is concerned with other than a group of athletes. It's a great deal more positive feeling to compete before 100,000 people as opposed to competing for only your girlfriend or your brother.

Powerlifting is relatively interesting. It can be exceedingly interesting if we can get off our duff and make it interesting and get it over with (the competition) in a reasonable time period so people can come out and watch it, enjoy it, and get on with other things that they want to do.

The growth in powerlifting is coming from the lifters, not from the spectators. I think that we can entice spectators to come and watch our meets if we will do some things to speed up the competition, and I dare say that no meet can go over three hours and hold spectators. Therefore, if we are to attract the spectators, we must be sure that they don't go over that time. The most obvious possibilities are:

- 1) To reduce the number of attempts, and I wouldn't be at all against giving 1-1 and 2. In other words a total of four lifts and you choose which lift you want them in. Some people have suggested seven lifts but that takes hours and hours just like the competition does now.
- 2) The other possibility is to have more platforms, up to four or five platforms if you have large numbers of entries. That requires a lot of judges and some places just don't have a lot of judges and there would be a lot of confusion about what is going on. It requires a lot of equipment and most places don't have that equipment. The minimum you can do is put out two platforms. Put on a two platform meet with four attempts and I think you could run 90 lifters through in two and half hours rather easily. Most people would enjoy that, because a lot of guys try very excited about that. You could have a lot of bombs because a lot of guys try too much, but so what? That could be part of the game.

I write this as a person who has watched Track and Field dominated by officials all over the field. Dominated by having to officiate this way and that way and not being concerned about the fan. Dominated by the concern for the official conduct of the meet to the extent that everything becomes sterile, dry and boring. Powerlifting needs to make some serious evaluations of itself and if they don't want to have people come and watch, then they can continue to go the way they are going. There probably couldn't be a better method of keeping spectators away than powerlifting now has. Even parents who come to watch their sons compete get terribly bored and tired after five or six hours of watching. They do, we all know they do and I even do as a coach and interested person.

Powerlifting WAKE UP! Let's get Joe Zarella and others who should be concerned about this thinking and putting things together in a reasonable manner. If you do, success is yours, and you'll have a great deal of enjoyment from the event. If you don't you're going to muddle along with minimum spectator appeal and never make it to the top as a sport. The choice is yours (GWS).

Best Regards,
L. J. Silvester

National Meet Qualifying Totals

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123	1179	1030	877	800	899.25
132	1267	1135	967.5	783.5	955.5
148	1388	1333	1146	953.5	1032.25
165	1581	1471	1256	1021.5	1101.75
181	1670	1521	1350	1012	1128
198	1768	1642	1421	1000.5	1227.75
220	1868	1719	1455	1076.75	1391.75
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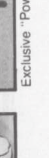
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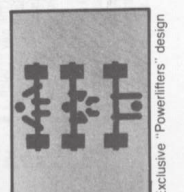


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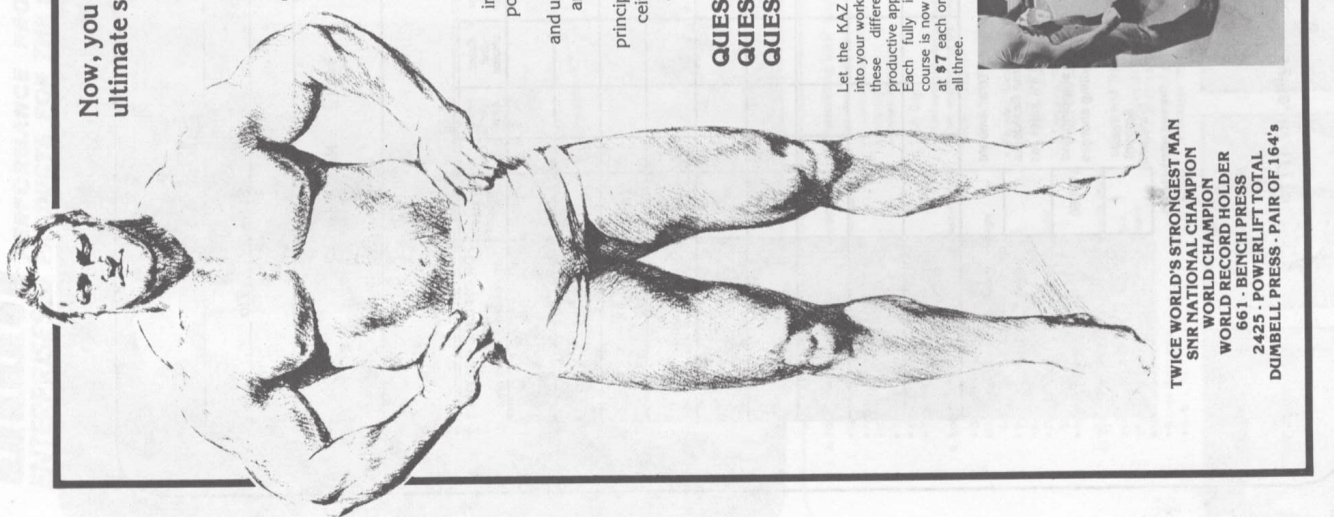
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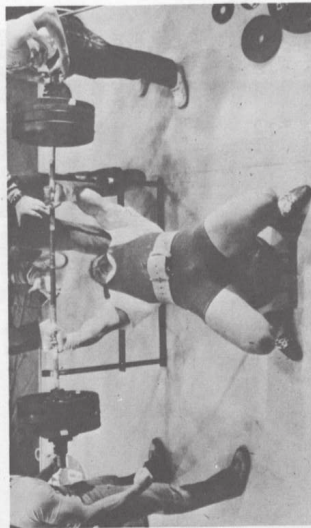
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BENCH PRESS GAINS THROUGH MINI-CYCLES

by Mike Simpson

I have been bench pressing off and on since I was in the sixth grade, some 23 years, so I have experimented with about every routine imaginable. I have always felt that reps are very important and that going max should be restricted to every month or so, but I also feel that doing heavy singles with about 90-95 percent of max about every three weeks is very valuable. I did a 410 bench at a body weight of 198 in March of 1979, which is currently the Nebraska State record, but because of being in constant pain from a lower back injury, suffered ten years ago, I had back surgery in February of 1981.

During my convalescence, I had a lot of time to think about getting back to the iron. My body weight dropped from 198 to 165 in about three weeks. Consequently, when I did get back on my feet, I was very weak. The first time I benched was about six weeks after surgery, and I could barely do 225 pounds.

I decided to try something new, so I concocted a ten-week, three week mini-cycle. The results have been astounding. Currently, I am benching 380 pounds. I am capable of a bench in the 415-425

Most benchers seem to favor a two-week workout with a light day and a heavy day, such as 6x8 or 5x5 followed by 6x2 or 6x1. I feel that this is a great workout, but I've come up with something that has worked well for me and may work well for most others.

The "three week mini-cycle" begins with a very light 6x8 workout with about 65-70 percent of your max, then going to a 5x5 for the next workout with about 75-80 percent of your max. The following workout is still a 5x5, but adding five pounds if you can. This brings you to a 6x3, adding five pounds. Then you are ready for the last workout of the mini-cycle, which consists of 6-8 singles with about 90-95 percent of your max.

Throughout the three weeks you are building the foundation for a good singles session. Then you start over and add five pounds to your 8's, 5's, 3's, and 1's as long as you have completed at least four successful sets on the previous three week cycle. If you feel that the starting poundages are too light (they probably are) there is a reason for this.

The reason for starting light is two-fold. First, by starting light this routine lends itself to working through sticking points as opposed to meeting and being stopped by them every few weeks. Second, and probably most important, if the

weight is too easy, make it harder by employing many pauses on the chest, ranging anywhere from a competition pause to a 10-second pause. This is important regardless of which routine you currently use.

After each bench session, a strenuous tricep workout is in order. I think I have come up with one of the best movements for the triceps. I like to do strict tricep extensions on an incline with my head forward so that I get full range of motion from behind the neck. I like to do about 6-8 sets of 8-12 reps, and then follow this with some tricep pushdowns (on cable) for another 3-4 sets of 8-12 reps.

I really feel that the concept of getting a lot of rep work leading up to your singles is important. I believe that the 5's and 3's is done, incline presses are not needed; they really seem to wreak havoc on your benching groove.

Using this routine, I've gone from 245 pounds for sets of 8 to 315 pounds, from 265 pounds on sets of 5 to 340 pounds, from 280 pounds for sets of 3 to 365 pounds, and from 315 pound singles to a recent 8 singles with 390 pounds. That may not sound astounding, but at a bodyweight of 180 pounds and no drugs it's a pretty good set of gains for a five month period after major surgery.

A simplified look at the routine appears below:

(WARM UP FIRST)

Monday	Thursday
Week 1 4x8	5x5
Week 2 5x5 (plus 5 lbs.)	6x3
Week 3 6x3 (plus 5 lbs.)	7x1

Also: 6-8 sets of 8-12 reps incline tricep extensions, and 3-4 sets of 8-12 reps tricep push-downs on cables.

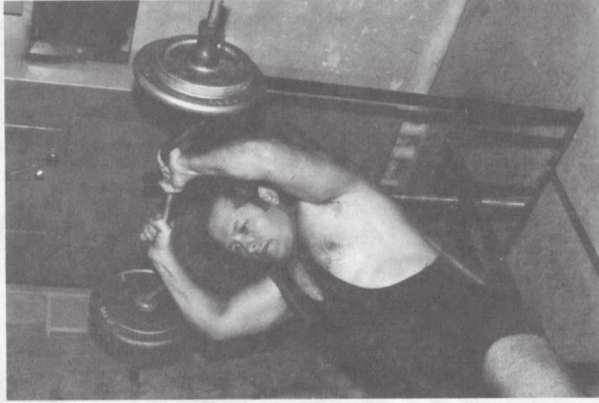
REPEAT CYCLE, BUT ADD 5 POUNDS TO EACH WORKOUT IF PREVIOUS CYCLE WAS SUCCESSFUL FOR AT LEAST FOUR OF YOUR SETS.

I have my wrestlers and weightlifters at Republican Valley High School in Indianola, Nebraska, on this routine for their benches and squats and I am expecting great results.

Michael R. Simpson
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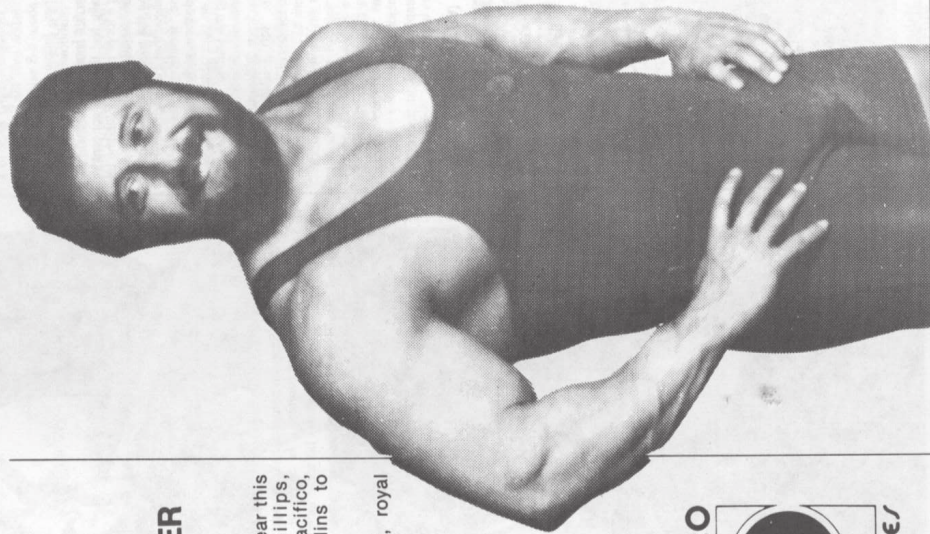


Above...Mike Simpson pauses a heavy weight at his chest. (photos courtesy Mike Simpson)



Below...Mike demonstrates his tricep extension style.

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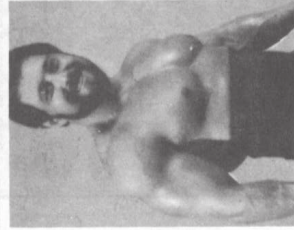
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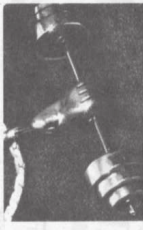
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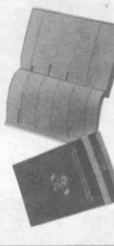
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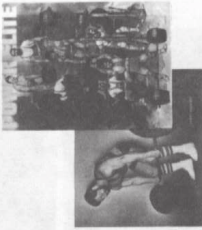
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POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

Resurrection of a Bench Press

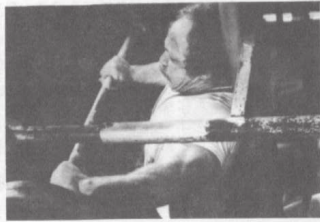
by Mike Lambert as told by Dr. Fred Hatfield

frayed rope. Recovery from the operation represented another major effort for Fred. To eliminate all stress on the healing attachments, Fred was fitted with what is known as an 'Airplane' brace, which requires sticking out straight to the side. He wore this setup for 3 long months and had no choice but to fall asleep

because of the tremendous trouble he was having with his shoulders, he was bombed out of the 1976 Olympic Team trials. He just couldn't hold a snatch properly anymore. In 1976 Fred turned out on Olympic lifting, and tuned in on Powerlifting. The sport turned out to be ideal for him, and he rapidly rose to national prominence and became particularly known as a good squatter and deadlifter. In the bench press, he was adequate... just enough to stay with the pack, as he would say, hitting around 375 or so in the 181 pound division. His shoulders (now the right side was beginning to show some wear and tear) were still bothering him, but he had developed some useful techniques that compensated for his problem. As the left shoulder was causing the most difficulty he would lower the bar more on the right side at the chest. This shifted some of the stress and he was still able to lock out the bar evenly at the top.

In 1978, Fred came into the Seniors loaded for bear. He nearly succeeded with a World Record squat, and was looking to do well in the bench press, having hit a 450 plus effort in training, but in that contest he tore completely loose all four rotator cuff muscle attachments on his first attempt at 391. People in the back of the auditorium later told Fred they could hear a 'crackling' sound, like that dry twigs being stepped on as the injury occurred. The bar came down on Fred's chest with a crash and two ribs were broken.

At this point, surgical repair was Fred's only alternative. The doctors made a crescent shaped incision over the top of the deltoid, and a lateral one down the side to expose the torn attachments. Fred was administered a nerve block for the operation as it progressed with the aid of a mirror. Part of the operation involved an arthrocentomy, where part of the acromion-clavicular joint is removed, but the major effort was the reattachment of the torn tendons. This is accomplished by threading the tendons through holes drilled in the bone and suture them in place. As Fred watched the operation, the most striking aspects were the damage tendons took where the damage of injury, tears, inflammation and abuse. Fred said that they looked remarkably similar to pieces of old,



The Year of the Big Bench for Dr. Fred Hatfield, at least, was 1981. At the Hawaii meet in March, he hit a 468 (upper photo). At the Seniors in July, he got a 484 (middle photo), and at the World Games he got his first 500 plus bench, with a 501 (bottom photo).



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Dr. Conrad Cotter...a Masters competitor, recovering from heart surgery, was elected USPF treasurer in November, 1979, yet very few USPF funds have been transferred to him by Joe Zarella since that time. Smith photo.

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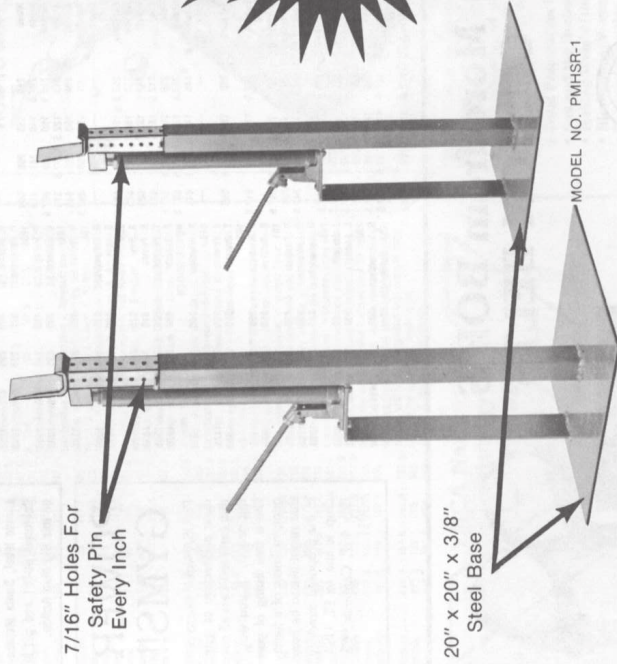
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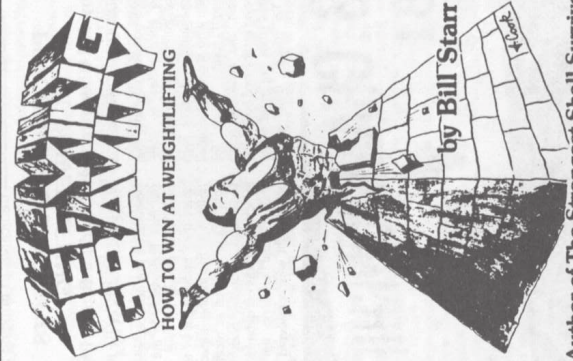
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D. Edmondson	385	225	415	1025	2210	
J. Neuse	310	180	410	880	2130	
Chm	375	335	430	1130	2480	
M. Beria	375	270	420	1065	2340	
T. Holloway	375	235	400	1010	2215	
T. Hedding	350	260	370	1000	2180	
B. Danahy	480	320	500	1300	2980	
M. Mattoon	420	300	510	1230	2760	
J. Campbell	400	285	415	1135	2635	
T. Byrd	400	235	415	1035	2485	
K. Rivers	370	235	400	1005	2240	
T. Anderson	245	170	325	740	1810	
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R. Bower	560	340	510	1410	3320	
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L. Hammond	420	310	505	1235	2870	
D. Hernandez	460	280	495	1400	3135	
M. Williams	440	280	440	1180	2840	
C. Henander	340	230	440	1010	2290	
J. Alexander	340	235	425	1000	2260	
C. Geunther	305	180	375	860	2020	
T. Hubbard	405	245	445	1210	2790	
J. Shindow	600	325	590	1515	3430	
K. Krutzer	445	270	510	1225	2950	
J. Luffy	435	280	470	1185	2890	
R. O'Neal	300	240	375	915	2130	
P. Guierrez (L)	565	385	540	1490	3275	
J. Englebert (L)	600	370	590	1720	3480	
J. Campbell	525	335	510	1485	3155	
K. Hawkins	375	285	400	1040	2300	

We have special people like these two involved in our great sport. Nancy Graybill and Wilma Amin did a great job as well. Irene Roberts was available at the registration table, light board, and even drove to Twin Falls to pick up more T-shirts when we ran out. Thanks to Tom Luffy, Linda Chicago, Jan Shindow and Eric Anderson. Some of the spotters and leaders worked from morning to night on the platform. Thank you. The meet was a great success and it couldn't have been accomplished without you. Thanks to Barbara May for results and report.



700 lb. squat attempt by Jerry Englebert at the Southern Idaho Meet. Jerry is 45 years old and has been a champ in Olympic lifting, Bodybuilding, and Powerlifting during the last 25 years. photo courtesy Barbara May.

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165	222.5	130	297.5
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C. Davis	172.5	122.5	332.5
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B. Francis	227.5	150	275
182.5	150	230	575

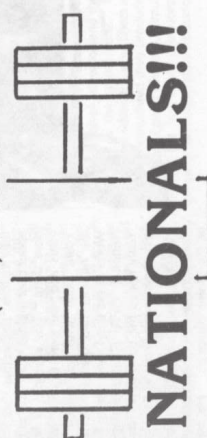
Outstanding lift: M. Johnson, 81 kg class; bench, B. Williams, 230; squat, B. Williams, 547.5; deadlift, M. Johnson, 535. Outstanding lifts: open-75 kg class, B. Stevens, 230; bench, B. Stevens, 230; squat, B. Stevens, 547.5; deadlift, B. Stevens, 547.5. Team: Open, Dunbarville A.C., Nevada, The Gym. Thanks to Elite Sales, Inc. for results.

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202.5	120	217.5	545
197.5	112.5	217.5	527.5
175	122.5	165	437.5
170	122.5	165	437.5
167.5	117.5	187.5	472.5
165	117.5	187.5	472.5
152.5	122.5	182.5	455
142.5	82.5	187.5	412.5
140	80	162.5	385
137.5	80	162.5	385
265	162.5	292.5	680
232.5	167.5	272.5	672.5
227.5	140	275	642.5
205	127.5	227.5	560
190	110	237.5	537.5
170	110	192.5	472.5
170	110	192.5	472.5
165	105	175	405
165	105	175	405
242.5	165	290	660
240	160	285	650
215	122.5	237.5	575
212.5	120	240	580
210	120	240	580
190	120	240	580
187.5	117.5	187.5	472.5
182.5	117.5	187.5	472.5
180	115	187.5	472.5
272.5	190	280	742.5

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210	165	295	660
350	195	425	970
270	230	380	885
410	285	435	1110
460	320	420	1085
375	265	400	1040
410	240	450	1100
345	225	420	1000
400	285	465	1150
615	340	645	1600
480	320	500	1310
575	370	630	1575
515	300	640	1535
500	300	595	1365
400	370	500	1270
240	100	290	630
405	255	465	1125
350	200	460	950
350	275	450	1075
365	285	505	1135
450	280	475	1205
390	285	500	1155
350	230	450	1000
480	320	480	1260
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Outstanding lift: D. Coats, 90 kg class; bench, B. Williams, 230; squat, B. Williams, 547.5; deadlift, M. Johnson, 535. Outstanding lifts: open-75 kg class, B. Stevens, 230; bench, B. Stevens, 230; squat, B. Stevens, 547.5; deadlift, B. Stevens, 547.5. Team: Open, Dunbarville A.C., Nevada, The Gym. Thanks to Elite Sales, Inc. for results.

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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

by Jud Biasiotto, Ed.D. and Ed Ritter, Ph.D

INDIVIDUAL DIFFERENCES IN THE PERCEPTION OF PAIN

The tremendous poundages that are being lifted today by competitive weightlifters are far beyond the comprehension of most men and women who are not associated with strength sports. Even for many lifters, the awesome totals that are being established by Elite or World Class lifters are mind boggling. To think that some powerlifters are now capable of tripling their bodyweight in the bench press and eleven or even twelve times their bodyweight in totals is down right frightening—especially in light of the fact that as recent as 2 years ago, a double body weight bench press was considered super, and a total equaling ten times bodyweight was considered nearly

physically impossible. Today, even a mediocre lifter can push more iron than the World Class lifters of ten years ago. Month after month, world, national, and state records are being smashed with predictable regularity. Where will it all end? The fact that Mrs. Maxwell Rogers, a 114 pound house wife, lifted a 3200 pound automobile six inches off the ground in order to free her son who was trapped under the car, may very well indicate that we are only in the embryonic stage of tapping the reservoir of strength that we possess.

Most of us expect that when we are injured we will experience pain, and furthermore, we expect that the degree of pain will be directly proportional to the degree of injury. Laboratory research as well as clinical observation has clearly shown that this view is an oversimplification. The psychological state of the individual has a great deal to do with the experience of pain. Especially important is what the injury means for the individual in terms of future prospects. For example, clinical studies of soldiers have shown that the so called "million dollar wound" (one that is serious enough to take one out of action for the duration of the war, but not serious enough to cause a permanent, severe handicap) can be viewed with euphoria and little pain.

A lifter's expectations concerning pain are affected by many factors including cultural conditioning, one's self-concept, and the reaction of others to the injury. Such factors can produce hypochondriacs on the one hand, and stoics on the other. For instance, some lifters magnify their injuries so much that they lose valuable training time. They constantly complain and pamper their injuries—even when they are relatively minor. These athletes are usually motivated by sympathy and the attention they receive from others. Generally speaking, these athletes seldom reach their lifting potentials.

At the other extreme are athletes who are very stoic when it comes to their injuries. Rather than complain about their injuries, they tend to ignore them. For example, a few years ago, we were working with Yoshi Tokai (who was ranked as the number two gramma in the World at the time) and during the National GFA Championships Yoshi ripped the palm of his hand wide open while working the high

PAIN:...that's what 275er Don Malm felt after this deadlift attempt at the Boise Nationals. He had squatted 826 earlier in the meet.

fibers, but to a great extent on what the rest of the nervous system is doing. For example, we're sure that all of you have experienced painful injuries, but if that you sometimes found yourself so involved in doing something that you were unaware of any pain. The key to cognitive control of pain involves the ability to control one's interpretation of the sensations which may or may not be interpreted as pain. Expectations in the area of pain have proposed that there is a kind of neurological gate in the spinal cord which determines whether or not you will experience pain. One lifter we know uses mono-idealism to block out pain during the deadlift. He quickly shouts, "Pull! Pull! Pull." Pull! and this preoccupation effectively blocks out pain.

THE SPINAL GATE

Psychological psychologists Ronald Melzack and his associate Patrick Wall (foremost researchers in the area of pain) have proposed that there is a kind of neurological gate in the spinal cord which determines whether or not you will experience pain. One lifter we know uses mono-idealism to block out pain during the deadlift. He quickly shouts, "Pull! Pull! Pull." Pull! and this preoccupation effectively blocks out pain.

CORTICAL CONTROL OF PAIN

According to Melzack and Wall, the spinal gate can be affected by higher centers in the brain. The descending fibers in the spinal cord run from the brain down through the spinal cord. The descending fibers can affect the spinal gate and thereby control the amount of stimulation passing through. The perception of pain depends not only on stimulation of pain

himself and induce hypnotic analgesia—thereby removing the sensation of pain from his back. Moments later, against everyone's judgment, he returned to the platform and showed no sign that he was experiencing any pain whatsoever. During the time interval between Tommy's injury and his return to the platform, the bar had been raised to 540 pounds. To be honest, we didn't believe that he could pull the weight. Even though Tommy was successful in blocking out the pain, his body was still injured. To our amazement, and to the amazement of everyone else, Tommy pulled a hard, legal lift. As he said later, "The pain of not trying would have been much greater than the pain from my injury."

Of course, what Tommy did was extremely dangerous, and we certainly do not advocate such measures. By continuing to lift, he could have injured himself further. Pain is a warning that something is wrong. To ignore such a warning can be self-defeating. Still, many lifters continue to lift while injured or experiencing pain. The fear of atrophy, falling behind the competition, losing strength and power that was developed over months of training are just a few of the reasons why some lifters push through the pain. But what causes pain?

THE PERCEPTION OF PAIN

There are four different senses associated with the skin: pressure, warmth, cold, and pain. Specialized receptors in the skin have been identified for each of these senses with the notable exception of pain. That is, when a temperature receptor in the skin is stimulated, impulses travel over nerves to the spinal cord where they ascend to the brain. When they reach the sensory area of the parietal lobe, they give rise to a temperature sensation. In fact, electrical stimulation of this area of the brain will produce temperature sensations even though the skin has not been stimulated. But no one has discovered a specialized receptor in the skin for pain, and unlike other senses, there is no area on the cerebral cortex which gives rise to sensations of pain. So how do pain signals get started?

FAST FIBERS VERSUS SLOW

Some of the axons of nerves in your skin have a fatty sheath around them (myelinated fibers) and are thus insulated. This insulation affects the speed of the nervous impulse—making it many times faster than other impulses from fibers which are not insulated. The unmyelinated nerve fibers of your skin are relatively slow to send their impulses to the spinal cord. Interestingly, when the slow fibers are intensely stimulated they produce a sensation of pain; whereas, stimulation of the fast fibers produces a pressure or temperature sensation.

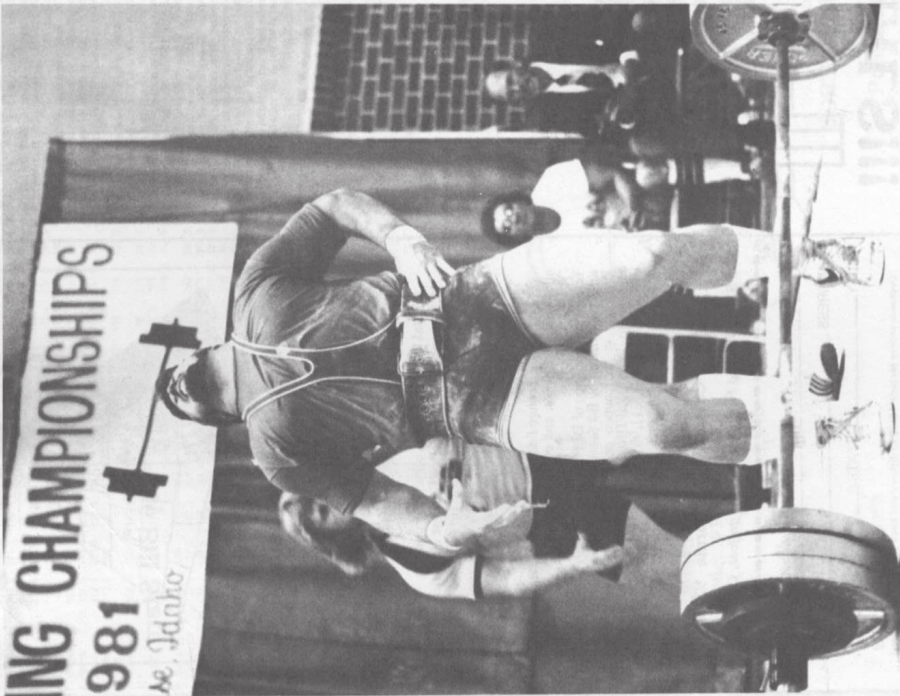
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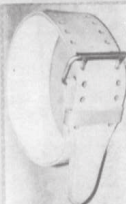
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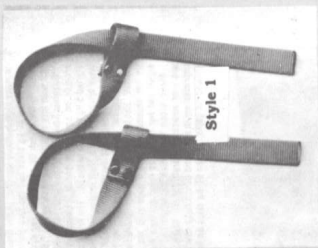
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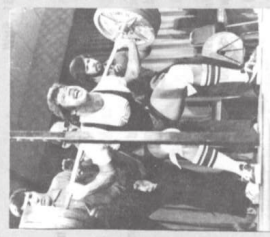
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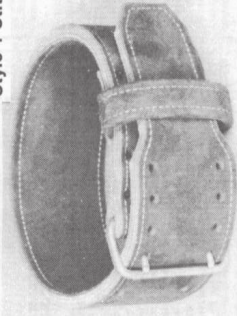
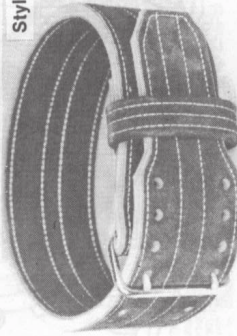
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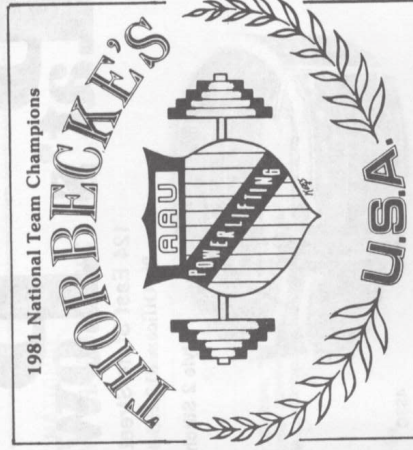
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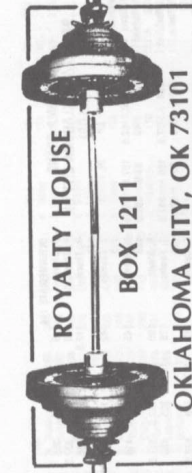
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coached by his fiance, Geria Brighetti, who informed my teammates and I that Vince had just taken our first test. We had been training for the 1982 YCA Nationals to be held in January at Columbus, Oh. Gary went with an easy mind but he had a very bad feeling. He thought they were just missing a 680 opener. Gary should be very competitive at the Y Nationals for sure! My teammate, Scott, was doing 500 lbs. on the 242 lb. class. All 3 lifters in this class were members of the Bodybuilders, Inc. of Akron. Third place went to first time lifter Carl Long, with lifts of 245, 360, and 545. Second place went to Steve Harvey who did (weighting just 224) 550, 360, 565, and 1475 total. First place went to college student Craig Gilliam, who lifted 645, 430, 675, 1750 total. This was his first time competing at the 1982 YCA Nationals to be held in January at Columbus, Oh. Gary went with an easy mind but he had a very bad feeling. He thought they were just missing a 680 opener. Gary should be very competitive at the Y Nationals for sure!

Special thanks to my Co meet director, Bill Cury, for all his help. Thanks to Tom Myers, Peg Wohl (owner and operator of the Bodybuilders, Inc) for supplying all weights, bars, collars, and excellent from the Competition benches to the Downtown Philadelphia, Oh (announcer for both days).

Dr. Tom Stone of Auburn University sent a letter to PL USA regarding Dr. Tom McLaughlin's article on abdominal training in the September issue of PL USA. Specifically, his comments pertained to stated embarrassment about the size of V. Alexeev's stomach. He points out that Alexeev enjoyed great success for eight years, and he also states that many lifters can not gain the weight necessary for the Superheavyweights without gaining considerable body fat. Further he pointed out that a large stomach may aid the lifter mechanically in lifting, and concluded that if such factors were understood there might be less criticism of lifters with large stomachs who often beat the flat bellied lifters.

Table with columns: Name, Age, BP, DL, T, 275, 715, 450, 675, 1640, 1940. Lists lifters and their performance stats.



Rick Mussey squatting 680 at the N. Canton Classic. Photo courtesy Rick Mussey.

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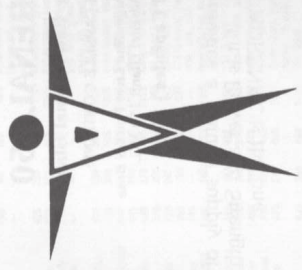
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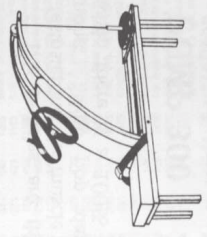
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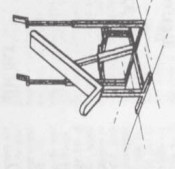


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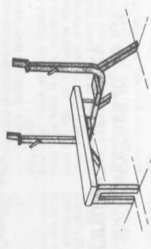
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Kaz does it again!...the Kaz Fitness center blew off the competition in a special event held in Auburn, Alabama recently. The goal was to push a beautifully refurbished 1968 Dodge Pickup truck 220 yards down the local drag strip for time. The winning team won 70 cases of beer AND the pickup. Kaz had the amazing Steve Disalvo (who's done incredible training lifts and wrestled professionally in Europe) on his squad and took the title over the Diversified Products-Auburn University team of Terry Todd.

THE INSURANCE SITUATION
The accident insurance policy paid for by part of the lifters registration fees has been reinstated, due to a renegotiation of the policy on the basis of the actual number of registered lifters (6857) versus the originally estimated 15,000. Danny McPerrott deserves a tremendous amount of credit for this effort, and for the USPF. Claims forms and accident insurance forms may be obtained from 213-698-9781.

An additional payment is due on the renegotiated policy by November 1st however. Additionally, as of this writing, none of the lease registration records have been made. Payment for the USA Teams to be held in Philadelphia reportedly been made however. Letters have been sent to Joe Zarella by Executive Committee members requesting explanations of recent financial actions (or inactions) on the part of the USPF, but as of this writing, appropriate answers have not been forthcoming.

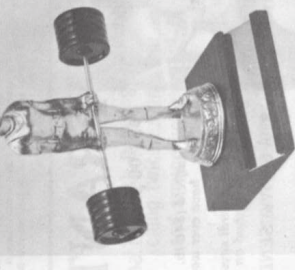
PL USA has received numerous letters of complaint about USPF cards paid for months ago and not received. We suggest that receipts be obtained for any card purchase, particularly those involving cash.

Lifting News...Sam Mangialardi squatted 845, benched 400, and deadlifted 780 in training, but injured an ankle prior to the Decatur Y meet and bombed. Barb Wedding squatted 559 and totaled 677 at 97 lbs for new Women's Records, and Terri Hoyt benched 165 in the same class. Mariah Leggett went 314, 192, 407 at 132 as well. 275er Ralph Galvin continues his great benching, getting a 560 and attempting 570 up in Michigan, and there was an astonishing World Record set by Joe Cunha at 114, a 534 squat! He is really on Dunbar's trail. At Larry Pacifico's meet, Dave Schneider hit 2084 at 242, and Jack Siders went 2006 at 220. Dave Waddington, now at 275, came up with a World Record 909 squat, but it was not passed. Larry has received the bid for the Seniors, to be held in Dayton on July 10th and 11th. The Juniors bid is still up in the air (5 different bidders that I know of), and the bid from Texas for the Women's Nationals was withdrawn, and tentatively it will go to Auburn, Alabama and you know who. Rickey Crain put on an exhibition in Florida and pulled a 665 deadlift at 155 bodyweight, and had 700 up to his knees! Now you know why he's interested in going 148 again. Mark Dimiduk tried a WR 876 squat at 242 at the Temple Hills meet. He just got the okay to start bench training again.

Panama Power...they've had 4 competitions recently, most of them Open meets, typically sponsored by various military outfits. If you are interested in the program there contact SP4 James C. Hart, HFD, 193d, CSB, APO Miami 34004 (phone 87-4262/3857/3858/3601).

Record Update...since the Washington State records were published in the October issue of PL USA, Thomas Stillman informs me that John Cao has squatted 415 and that Mr. Stillman has bench pressed 275, deadlifted 495, and totaled 1160, all of which exceed previously listed marks.

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10/3-4/81-CONSHOHOCKEN, PA

100kg	DL	T
M. Magras	92.5	110
C. Warfield	80	36
C. Magras	75	162.5
P. Lasorda	55	30
M. Lichtenstein	272.5	165
S. Soriano	217.5	145
R. Bennett	200	100
R. Bennett	200	100
C. Richter	207.5	147.5
C. Richter	237.5	167.5
E. Ryan	345	222.5
E. Ryan	345	222.5
J. Arna	282.5	172.5
S. Colwell	250	150
R. Edwards	250	145
R. Edwards	250	145
Meet directors: James Messer, Robert Cuccia, R. Schaefer, C. Palmy, C. Palmy, E. Oiler, F. Glass, D. Bradley, G. Schneider, D. Oiler, G. Broodry, A. nouncers: Jim Messer, Ted Kurlewicz; results were held on Sat and Sun, Oct 3 and 4, at the Conshohocken Fellowship House. Thanks to Bob Caccaba, Rick Ertle and Jim Messer for organizing a fine meet.		

The 114s to 181s were completed on Saturday with 35 lifts entered. Mark Magras, lifting in his 1st meet, won the clean and jerk with 200 lb but lost his balance. Fred Glass needed all of his power and psyche to pull a limit 402 and overcame C. Richter to win the clean and jerk. Jim Venzia, a 1980 state champion, was the team winner in the 132s. His solid 148 lb total was good for best lift in the 148s being lifted in any of the meets. Len Stires was a winner in the 165s over George Schneider. I was happy to see newweight Jim Gallagher make some lifts and lift 200 lb. (I thought the best would be the first to go?) Dave Mick couldn't quite haul the 801 DL he needed to catch Gallagher. Jim Keran missed some lifts that could have made it.

Chris O'Brien returned to action victoriously following a long absence with a knee injury in the 198s. Chris Usher won clean and jerk with 200 lb together balanced lifts for a hard fought victory over Phil Lasorda in the 226s. Look for Lasorda to garner some team points for Kurlewicz state this year.

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ings. Craig Richter pulled 573 for a highest win ever. Dan Fall in the 242s. He missed the 617 he was looking for. Aspetes Ed. Riley won the 275s over Jim Arna added by a 760 squat. Arna has come in with a 760 squat. Arna has special thanks to Jim, Bob and Rick for a great meet.
Barre which required two years ago in Wilkes Barre which required two years ago in Wilkes Barre sometimes what determination and hard training can overcome a race since he really needed the help of the club of Norristown, Pa.
Thanks to Ted Kurlewicz for report.

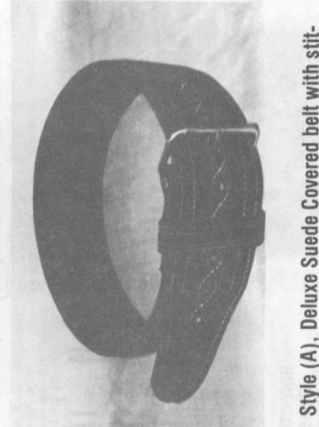


Caren Wanfil, placed 9th in the 114 lb class at the Eastern States Championships in Conshohocken, PA. This photo is by James Mick, who, along with his brother David, entered the meet and found the judging to be the best and most consistent that he has ever witnessed in his lifting career.

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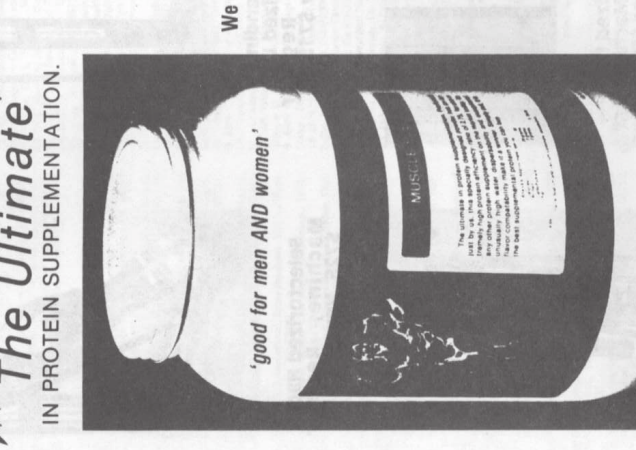


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NEW DATE & LOCATION for the Wisconsin State Championships is March 13, 1982, Eau Claire WI. For more information contact Larry Froberg, 1143 Sunset Lane, Apt. No. 2, Altoona, Wis. 54720. 715-832-9503 or John McCarthy, 12 North Royal Street, Chippewa Falls, Wis. 54729.

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SO	BP	DL	T
H. Inaba	220*	110	230
H. Kubo	210	117.5	205
K. Hattori	210	130	190
K. Shiga	268.5*	105	235
K. Shiga	268.5**	140	240
M. Inoue	320	160	280
T. Maeda			770

* Japanese record. ** New world record. Members of Japanese world team: Kenji Kubo, 80kg; K. Hattori, 87.5kg; K. Shiga, 90kg; T. Nakase, 90kg; T. Maeda, 125kg; S. Nakamura, coach; Min Kalovic, 148 lbs. M. Inoue, 268.5kg, 595 lbs. (USA). Sumo Yabuda for national title. Inoue, 268.5kg, 595 lbs. (USA). Inoue, 268.5kg, 595 lbs. (USA). Inoue, 268.5kg, 595 lbs. (USA). Inoue, 268.5kg, 595 lbs. (USA).

U-L-T-R-A Wide Stance is shown below by Japan's 148kg Kohkichi Kogi, who won a gold medal at the 1976 Olympic Games as a World Breaker although Bradley has done a 64kg. Tokyo photo.



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SO	BP	DL	T
T. Taylor	285	185	310
D. Addison	190	95	200
T. Hatfield	175	80	200
L2 Urman	185	150	245
D. Husky	195	110	220
L32	400	255	425
M. Zimmern	300	240	375
M. Szymanski	335	205	365
R. Spies	148		
B. Bury	430	335	520
B. Bury	380	315	500
D. Dixon	425	270	545
T. Wiley	310	240	410
J. Sellers	300	225	375
S. Roberts	300	225	375
P. Westrop	620	300	685
D. Rhoads	555	370	580
J. Paschal	500	315	560
B. Pachal	400	275	500
B. Oline	430	280	390
188			
L. Pinnell	530	415	570
C. Leslie	525	330	575
G. Mott	490	340	520
C. Leslie	480	340	520
B. Urban	430	360	385
D. Ferrara	620	380	660
B. Adams	404	290	450
M. McCarty	535	435	530
B. Whitmore	450	350	525
M. O'Brien	470	335	460
S. Stathopoulos	605	350	665
E. Shock	480	315	520
C. Cowe	380	295	525
MASTER CL	680	410	600
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B. Pender	330	280	400
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MWL 2nd session:	335	190	400

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