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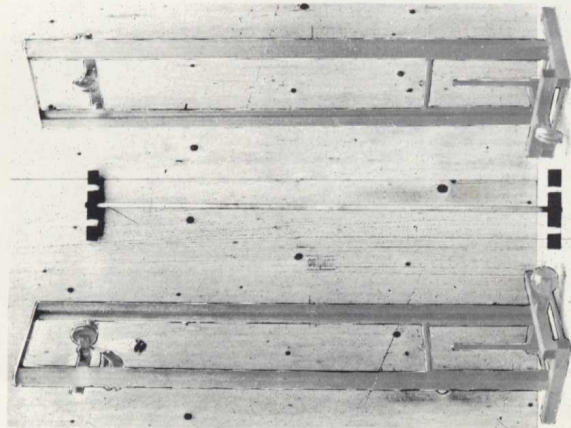
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NO.7
JAN/82
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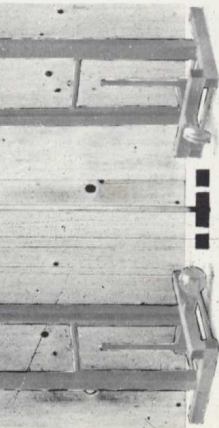
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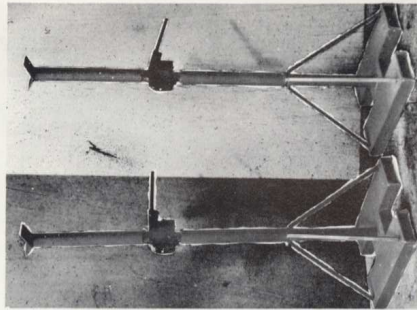
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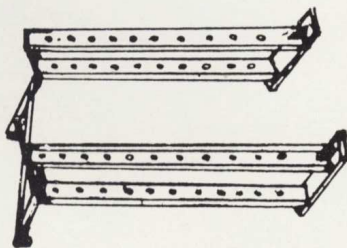


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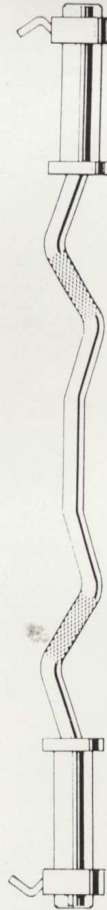


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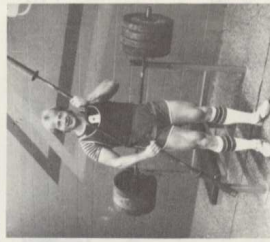
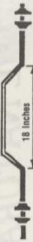
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 SUBSCRIPTION SERVICES Jean Lambert
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the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have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

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 JANUARY, 1982

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Photos above and left were taken at the Barbarian display of strength at the recent 1981 Body Expo show in Anaheim.

and on. However, Powerlifting and Bodybuilding have never really had any of these bad boy types, until the arrival of a pair of twin brothers from the east coast who are as full of bombast as their rippling muscles are vascular. They take great pride in the fact that they have been featured by every leading bodybuilding magazine in the business but have yet to even compete in a local contest. They call themselves the Barbarians and have spent a lot of time and effort trying to foster that particular image and actually they did manage to do a terrific job. Part of a video tape and a film of the Barbarians showed before filming started. The Barbarians are billed as 'the World's Strongest Twin Human Beings' and although this title sounds about as credible as 'the World's Strongest Massage Parlor owner' or 'the World's Strongest Beekeeper', the Barbarians are indeed two of the strongest, most muscular individuals I have ever had the opportunity to see.

At the recent Body Expo held at the Disneyland Convention Center, I noted among the luminaries (Pacifico, Bridges, Dennis Tinerno, John Brown, etc.) that there was going to be an exhibition of strength by the Barbarians. My initial response was.....just who are these guys anyway? I'm sure that the audience, many of them very knowledgeable fans and lifters and a lot of the guest stars above staged similarly when they came on stage declaring that they were

WHAT'S HAPPENIN'

NOTICE TO ALL CANDIDATES FOR U.S.P.F. PRESIDENT AND TREASURER it is required that candidates for either position make their official intentions known prior to July 25th. The candidates for the public and voting officials can evaluate the candidates carefully prior to the election at the National Committee meeting in Dayton, Ohio this coming July. Conrad Cotter informs me at presstime that prospective candidates may notify Jan Todd, 3212 Waverly Parkway, Opelika, Alabama 36801 or Ed Jubenville, Box 662, Holyoke, Massachusetts 01041 or Mike Lambert, Box 467, Camarillo, California 93011 with a postmark NO LATER THAN PRESIDENT 25, 1982 of their candidacy. Two offices are open for election, PRESIDENT and TREASURER, and candidates are need in both categories, obviously.

Below is a 1982 U.S.P.F. Registration application, fill out completely, include check for \$10 made out to 'American Sports Management, Inc.' and send to American Sports Management, Inc., 27208 Southfield Rd., Suite 3, Lathrup Village, Michigan 48076 (our professional registration service for 1982). Dr. Sprandel of American Sports Management states that your application will be processed and your 1982 card sent out via 1st class mail within 2-3 days of receipt at most. **DO IT NOW!**

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BARBARIANS!!

by PL USA
Training Editor
RON FERNANDO

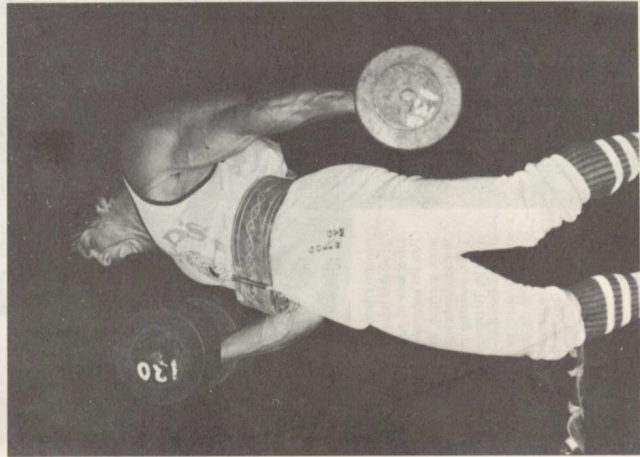
In every sport, there are the underdogs, the mavericks who defy all established norms and tilt at windmills around; laughing all the way, and spitting in the face of conventional norms. Sports such as football have had more than their share of these zany, such as Joe Don Looney, quite a lifter in his own right, who was into all manner of crazy stunts or Tim Rossovich of the Eagles who used to, for the hell of it, dive into the icy waters of Lake Michigan during the dead of winter to revive himself and of course, the current wild and crazy man, John Matuzak of the 1981 World Championship Raiders, erstwhile star of the classic(?) film, Cave Man.

Other sports have had their own 'bad boys'. Of course, we all know and love or hate the antics of people like John McEnroe of tennis, Muhammad Ali of boxing, Reggie Jackson of baseball; the list goes on and on. However, Powerlifting and Bodybuilding have never really had any of these bad boy types, until the arrival of a pair of twin brothers from the east coast who are as full of bombast as their rippling muscles are vascular. They take great pride in the fact that they have been featured by every leading bodybuilding magazine in the business but have yet to even compete in a local contest. They call themselves the Barbarians and have spent a lot of time and effort trying to foster that particular image and actually they did manage to land a small part in a Dino DeLaurentis film but the project was shelved before filming started. The Barbarians are billed as 'The World's Strongest Twin Human Beings', although the title reads about as credible as the World's Strongest Man, Strongest Boy, or the Barbarians are indeed two of the strongest, most muscular individuals I have ever had the opportunity to see.

At the recent Body Expo held at the Disneyland Convention Center, I noted among the luminaries (Pacifico Bridges, Dennis Tinerno, John Brown, etc.) that there was going to be an exhibition of strength by the Barbarians. My initial response was, "...just who are these guys anyway? I'm sure that the audience, many of them very knowledgeable fans and lifters and a lot of the guest stars above reacted similarly when they came on stage declaring that they were going to break about 'five or six world records in one night'. They even had the nerve to say that they would do the same feats the very next night. Well, at least these guys looked like they could press some records weights. My God, inhuman is the word for their physiques. The fact that they have only been training about 3 years adds to their whole incredible nature. Each of them stands over 6 feet;



DAVID and PETER Paul, who merely claim to be the Strongest TWIN Human Beings in the entire World!



Photos above and left were taken at the Barbarian display Body Expo show in Anaheim.

have immense body proportions which are tapered down to pencil thin hips. The first record to be broken was the bench press, but done in the reverse grip or knuckles forward fashion. For you brave souls out there, take on a set or two of these bench presses after your regular sets and you will find it a lot more than difficult. They put intense pressure on the wrists and the traps and are a mind blower to say

Message from the Acting Chief Executive
On December 21, the Executive Committee of the U.S.P.F. met via conference call in order to address a number of urgent matters. In order to facilitate the implementation of U.S.P.F. policy and to assist in its administration, the Executive Committee unanimously elected me Acting Chief Executive. I shall continue in this capacity, unless removed sooner, until the next meeting of the Executive Committee which is scheduled for Friday, February 19, 1982, at 4:00 P.M. in Auburn, Alabama.

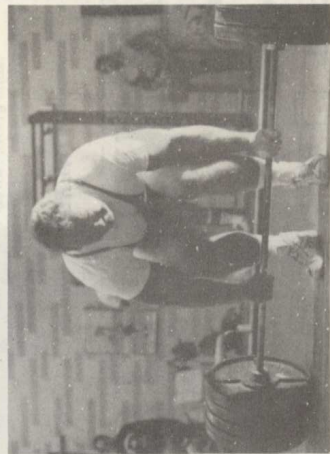
On November 23, 1981, Joe Zarella signed a service agreement with American Sports Management, Inc., 27208 Southfield Rd., Suite 3, Lathrup Village, Michigan 48076, to handle the registration of the U.S.P.F. athletes for 1982. Application forms are being sent to State and Regional Chairmen and should be available at your next meet. Your 1982 registration fee is \$10.00. American Sports Management, Inc. will keep \$2.00 for their services and forward the remainder (\$8.00) to the U.S.P.F. treasurer. During the year A.S.M., Inc. will provide current computer printouts of our membership to assist meet directors and state chairmen in keeping track of registrations.

POWERLIFTER is and part of the registration package. I have been told that we owe the printer some ten thousand dollars. U.S.P.F. club registration is \$25.00 for 1982, down from 1981's \$50.00. Meet sanctions continue at \$25.00. Applications for each should be sent to me at the address below.

We will test for steroids this year at both the Women's Nationals and the Senior Nationals. In turn, the International Powerlifting Federation will be testing at the World Championships. Testing procedures will be adopted upon the report of the ad hoc Steroid Test Committee, consisting of Jan Todd, and Drs. James Wright and Mike Stone.

Conrad Cotter, A.C.E. and Treasurer
2103 Langley Avenue
Pensacola, Florida 32504
904-477-4863

MORE Suspensions from the Worlds, as predicted in the December 5, 1981 edition of PL USA's companion publication, **POWER HOTLINE** (before the news was received in the US, thanks to an inside tip from Tony Fitton's contacts in Britain), additional suspensions resulting from the drug testing in India have been indicated by the I.P.F. They include the original three - Isagawa, Lampela, and Bradley, plus Lamp of Australia, Wells of Canada, Mike Bridges of the USA, West of Great Britain, Jim Cast of the USA, Yvanier of Sweden, Nilsson of Sweden, Dainty of France, Bruins of Norway, Magge of Canada, Aftenborough of Canada, and one lifter under further investigation. (The amended results of the championships are published on page 9 of this issue.) The suspension means the competitor's name is removed from the results list, he is not eligible for medals, and they establish 12 month suspension for INTERNATIONAL COMPETITION (there may, however, lift in any national competition or championship). The actual lifting in 1982 so our lifters should be eligible for that competition anyway. Jan Todd will reportedly send a letter of protest on behalf of the U.S.P.F. to the I.P.F. shortly, the essential basis of which is apparently allegations about the handling of the samples used for testing.



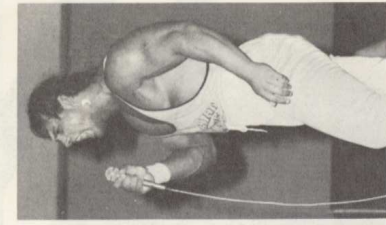
Lights, camera, action. Kaz finally busted Reinholdt's World DL mark at a meet in Atlanta. Actual weight of the attempt was 886.69 pounds, and he got 901.29 well up but had grip problems. photo courtesy Tony Fitton.

the least. Well, back to the action. David, (their real names are David and Peter Paul, though they have gone by other less credible monikers such as 'Gorko' and 'kemo'), started to warm up at 135, only a shade less thick than David, was at once spotting him and delivering a Reverend-like type sermon on the benefits of 'Barbarian' training. The bar went quickly smoothly done. 'OK, people, announce Peter. Now you will see my brother break the world record in the reverse grip bench; are you with me out there, Terry, Todd, 495.' 'Yes, that's only 495; yeller, some wag from the auditorium.' 'Come on, you men, to a hard fought, hips raised, but to a bench, completed 500 lb reverse grip bench.' Peter then took to the weights as he cheat curled 235 for 15 (with the crowd chanting all the way). David was now on the podium proselytizing about the benefits of 'Barbarian' training. As near as I can make out this type of training is the old Dave Draper instinctive training system accelerated by light years in terms of intensity, weight used, etc. They train seven, yes, seven days per week, using no set routine, no specific exercises, nothing. No, don't ask me if they are recording every attempt on a journal, or if they follow a sensible diet that has equal quantities of meat, vegetables, fish, etc. etc. They say they train until they damn near drop from exhaustion using a lot of basic exercises and working the daylight hours out of each set. They emphasize what they call positive thinking. They claim that they can exert a positive force by chanting or screaming. 'A cycle, are you mad?' David said he has to bench 500 lbs EVERY workout for his head to be right. 'Once I hurt my diet, but I still did what amounted to a one arm



has gone way too far. The best examples of the ideal woman bodybuilder are Rachel McLeish and Lisa Lyon. I think they should all train not for size but for symmetry like these two girls.' Peter: 'I don't. I think they should take all the steroids they can get their hands on and grow long underwear hair and a beard and get 20 inch arms like me.' David: 'If I was Mayor of Santa Monica I would line the beach with cops and refuse permission to anyone who had less than a 60 inch chest and 20 inch arms even to show their miserable, skinny faces around.' Peter: 'I started bodybuilding when I was a little boy. I looked in the mirror one day and saw nothing but this big ugly

nose. Because my parents were too poor to afford an expensive nose job I started to bodybuild in order to build the rest of my body up on par with my nose. I could go on but my sides ache too much from laughing. David told me that he wanted to issue what he termed the 'Barbarian' challenge to anyone in a lifting contest for either singles or reps including body movements for each body part. (for example, a neck lift, chest lift, tricep lift, etc.) Apparently Roger Daggit, the outstanding Canadian powerman, called David to challenge them in the press behind the neck, in which he has reputedly been done a single in the neighborhood of 400 lbs. David's works a plan to go Hollywood via



acting lessons, voice and diction practice, etc. Hell, I figure the boys could show Milton Berle and Don Rickles a thing or two about ad libbing. They are real naturals. They are supposedly scheduled to do a benefit for the Jerry Lewis telethon next August and only the firm hand of Bob Greaney will prevent that from becoming something out of the Gong show. Hey, boys will be boys, but when they came over to my place for the interview, I found them surprisingly soft spoken and rather well-mannered (although I could see the evil look my wife was giving them for putting their feet up on the coffee table). In regards to powerlifting they seemed to be quite knowledgeable on the sport, at least to the extent of knowing the top lifters on the scene such as Bridges, Kazmaier, etc., but even though their main claim to fame is their exploits in the upper body movements, they state quite emphatically that they 'squat like crazy using very narrow stances and high reps with around 550'. They readily admit that due to their small hip structure, their success in moving massive weights in powerlifting would not be as effective, say, as Bridges who has more ideal body leverage. However, they claim that no one is as strong on the bodybuilding movements for reps as they are, their diet, they drink a lot of protein milk shakes adding it to anything else they can get their hands on and their daily dietary intake would probably make Clarence Bass want to drown himself in his body fat immersion tub. Six sometimes eight, thousand calories a day are the norm. They usually go over to Weider's and cart away a few pallets full of supplements and protein. Rumor has it that they hang around the foreman house and when the slaughter is looking the other way, nab a few extra heads of cattle. At any rate, the Barbarians are a fresh new approach to the usual dribble that accompanies most up and coming bodybuilders. In essence, they are the Cheech and Chong of the Iron game.

LOOK

THE BARBARIANS

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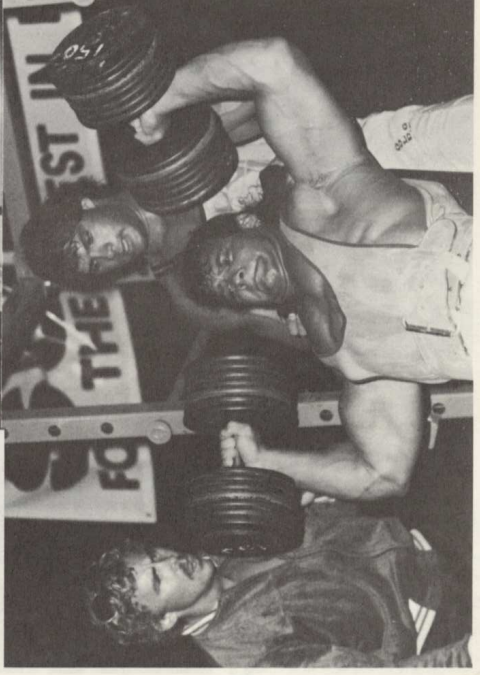
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bench of 500 by just lowering my good side down while I used my injured side to support the weight. Peter is especially good at dumbbell work such as monster lifts in the seated dumbbell press with a pair of 155s, standing dumbbell curls with 200 lbs for, and get ready for this one, 60, that's right, 60 big ones! Needless to say, they are also born comedians who delight in saying the most off the wall stuff that would make Red Fox sound like Senator Hayakawa. Some examples of the 'Barbarian' philosophy: David, 'I think that women's bodybuilding and lifting



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Gravity Guiding Inversion Boots were developed by Robert Martin, M.D., a specialist in orthopedics and physical rehabilitation. Devised for his own medical practice the results have been spectacular. Today, these boots are being used by professional athletes as well as universities and hospitals across the country. Here's what Bill Kazmaier, twice World's Strongest Man, says about *Gravity Guiding Inversion Boots*:

"I use the Inversion Boots and have found them to be a valuable training aid. I would recommend them highly to anyone involved in a strength training program."

—Bill Kazmaier

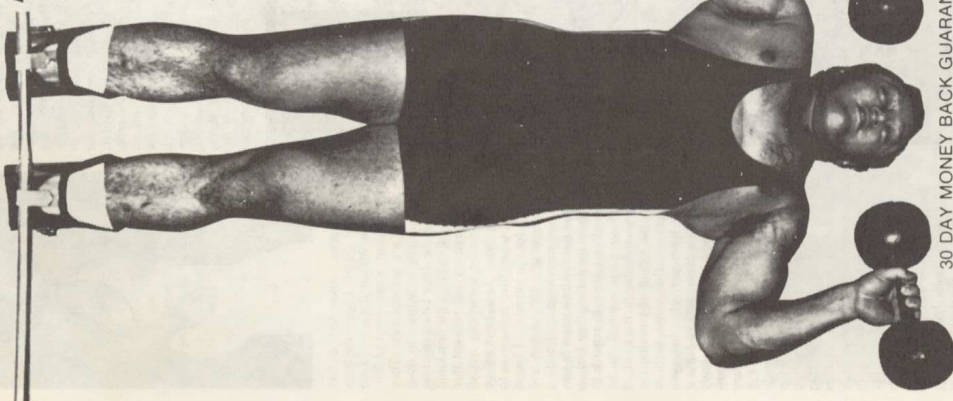
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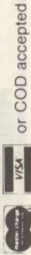
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\$ Million Dollar \$ Powerlifter

by Gary Memaker as
told by the "Golden
Gorilla," Jay Piekut

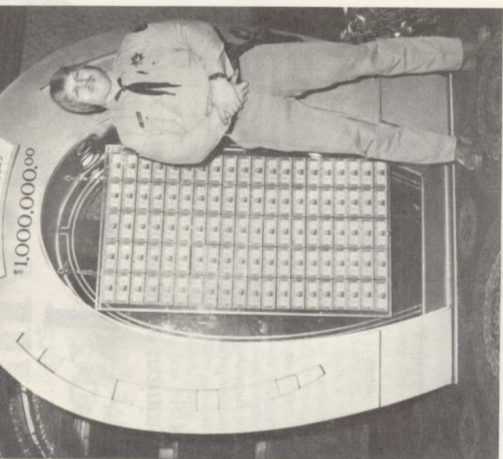
The scene is a National Championship. In the Superheavyweight division, the bar is on the floor and loaded to a ponderous 832 lbs. All the other competitors have long since finished their deadlifts and are awaiting their fate. Soon a powerful and very audible breathing is heard and amid a flurry of chalk dust and low growls, a blonde giant strides to the platform and without even seeming to get set, grabs the bar and pulls it to completion. The scene is Boise, Idaho, 1981, and Jay Piekut has just won his 1st National Championship. The "Golden Gorilla" strikes again!

I first saw Jay at the Las Vegas Teen Center gym several years ago, snapping mis-matched 45 lb plates on a bent bar and preparing to deadlift. Neither the weight he was lifting nor the 200 lbs more or less distributed on his 6 ft 2 inch frame were that impressive, but there was a "heaviness" or intensity about the man. He had that special glint in his eye.

It wasn't until March 1979 that I again saw him and it was at the Las Vegas Open meet where we were both competitors. Momma, how that little boy had grown! Weighing 250 plus, Jay was thick and big, having solid weight now firmly entrenched in all the right places. It was Jay's first contest and he managed 490-420 and 660 for first.



Jay has his squat moving up, but his favorite lift is the Deadlift, which he feels is the most challenging representation of overall body power. It's a psyche lift, and Jay is well versed in advanced psyche techniques developed by his training partner and himself.



Yup, that's a MILLION U. S. Dollars in cash that Jay guards as part of his security job at Binion's Horseshoe Club in downtown Vegas, along the World's Brightest, 2 Blocks (bright as mid-day at midnight with all the lights). The one hundred \$10,000 bills are in safe hands with Jay, the Million Dollar Powerlifter, on the job. In the World's Super Money Casino, Jay has \$7,000,000 GOLD from the local casinos. Vegas is the only place they could get for like that together for a strength show. He's also set for a spot on the syndicated SPORTSVIEW show, hosted by former football great Jim Brown, in a few weeks, photo courtesy of Jay.

what it would take and called for operations, he found himself skinny, weak and unable to play the ball opener. Even I, after seeing Jay's previous performances on this lift, thought this too high an opener but as best phrased by Mike Lambert, Jay put me to sleep, grip and rip biter. 788 like a hot knife through butter to the big guy. (That sounds like a fast food factory) Not to be deprived of the big guy, he knew he was capable of the feat used the same format on the 832 for 3 whites and even tried to take 848 for a ride.

Jay's story is even more remarkable when he recounts his beginning in the Iron game and the unfortunate accident which started him on the path of his winning ways. At the age of ten, Jay was very taken with the Hercules movies on TV and began to train under his father's supervision in his back yard. Unfortunately, when he was twelve, Jay and some school-mates were playing with a cigarette lighter near a garage with several disassembled cars in it, when there was an explosion and Jay and one of his pals were severely burned. Jay received 3rd degree burns about the face, neck, and upper torso. After 6 months in the hospital and several subsequent

energy, and maximal strength gains from only a single lift.

To say that Jay's routine is unorthodox would be an understatement but as they say, 'you can't knock success'. If I had to give a synopsis of Jay's and Bill's weekly love affair with the weights, it would be heavy, heavy, and heavier; and all year round too! They believe in heavy assisted overloads in all 3 lifts to get the system accustomed to the stress of the big poundages. Along with their training partner, Cathy Cherami, a 97 pound woman powerlifter (who is no slouch herself with a 281 DL to her credit and hopes of becoming a World Champion one day), Bill will work Jay up to 100 lbs over his best competitive lifts. With Cathy and Bill at each end of the bar they will try to give Jay as little assistance as he needs to complete the lifts. He has handled 800 plus in the squat, close to 600 in the bench and well over 900 lbs in the DL in this fashion. About 2 months prior to a meet, Jay will taper off on the overloads and begin to lift unassisted. He has an unusual way of gauging his squat progress... he will do a single without belt or wraps and go rock bottom! He has recently done 605 in this fashion and he computes that into a high 700's squat in competition. I might mention that while he uses conventional gear in competition now (suit, wraps, powder) he never uses them in training except for the last workout prior to a



Above, Jay pulls near 800 with belt (Remaker photo) and Left, he psyches for a bench try.

meet. Some assistance exercises are incorporated into his routine and these too are done very heavy with low reps and, sometimes assistance from a training partner. He does lateral and front raises with a dumbbell creasing up to 140 lbs., rows, weighted dips, and good overhead shrugs to aid and about his favorite lift. A recent week's routine looks like this:

MONDAY:

Squat(Unassisted), 245x2, 445x2, 535x1, 605x1 (Assisted), 650x1, 720x1, 780x1

Bench(Unassisted), 245x2, 345x2, 440x1, 520x1 (Assisted), 540x1, 560x1, 560x1

Lateral and front raises up to 140 lbs. Tricep push down, 220x5, Hammer curls 2x3x90 (to prevent bicep injury in the DL).

WEDNESDAY

Good mornings(assisted up to 600 lbs.)

Deadlift, 445x2, 545x2, 645x2, 800x1

Shrugs(assisted up to 700 lbs) and Sit ups

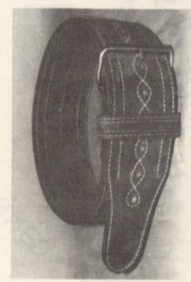
FRIDAY

Same as Monday.



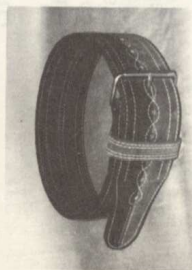
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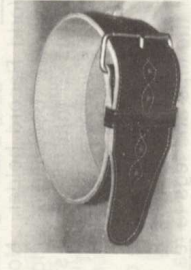


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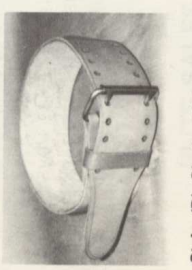
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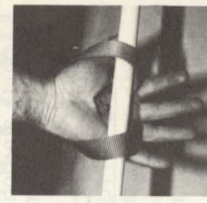
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Left to Right...Jay Plekurt, Cathy Cherini, and Bill Bringhurst. Jay calls Cathy and Bill 'the two most inflexible persons in my life right now' and they've aided him greatly in reaching his present level of performance. photo courtesy Jay.

Jay trains this way - low reps with minimal warmups, all year long attempting to go for a max every week but dropping back if he feels off. To quote Jay regarding his routine 'it varies from week to week or month to month either slightly or radically depending on where I am weak at the time my bodyweight, or merely the addition or deletion of an exercise due to a spontaneous insight'. He begins every workout with an extensive stretching program and so far has managed to avoid injury.

At present Jay weighs a solid 294 and plans on slowly gaining up to around 325 next year. He doesn't believe in gaining too fast as he wants to make sure it's solid weight. His diet consists of three regular meals daily, supplements of C, E, a multiple vitamin, bone meal and what Jay and Bill refer to as 'the goop'...a 45 oz hiprotein, hi-carbohydrate drink that consists of 2 eggs, 4 bananas, 2 oz. of cooked oatmeal, 4 oz of liquid protein and apple juice or apricot juice to help liquify it. It is consumed every 12 hours. 'Yeeeh-ch! I mean - 'How tasty, Jay!' 'You are what you eat and all that.'

On a more personal note, residing here in Las Vegas, Jay has the most appropriate occupation. He's a security guard at Benny Binion's Horseshoe Club, Hotel and Casino, responsible in his custom tailor shop. A local powerlifter from the late 60s and early 70s era, Ed Ammerman, a fellow employee of Jay's, related an interesting story. 'One weekend in record in existence today so that no man can reach it for years to come.'

NEW ADDRESS FOR IPF SECRETARY...since last issue, Arnold Bostrom has informed of a change in his address to the following: **Arnold Bostrom, Box 6007, S-126 06 Hegersten, SWEDEN.** He is the person to send World Record applications to, and possibly he'll be able to unravel the problems of missing certificates for previous records.

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The DEADLIFT

Developing Gripping Strength for the Deadlift by Don Pfeiffer

How many times have you been centered on the bar in finishing a deadlift only to lose it because of the weight. The because your grip failed? Chances are it may have happened quite often. So what do you do to correct this situation? If you're like some of the powerlifters that I know, you use straps. Straps, however, are not a remedy for a weak grip. In fact they only make a bad situation worse. Instead of correcting the problem, they circumvent it. Remember, when you lift in competition, you can't use straps: it's just your bare hands and the bar.

Just how does one go about developing a strong grip? Actually it's very simple. But don't let this simplicity fool you. Developing a strong grip requires intense mental concentration. You must have the ability to overcome pain and focus all of your energy on one specific objective. In fact, one of the main reasons why powerlifters lose their grip is that they slack off and lose their concentration.

Possibly the best all-around exercise for grip development is the one-hand deadlift. This exercise can be performed in either of two ways. You can use the position that you stand directly behind the bar, with only one arm. Or you can use the position that you stand in front of the bar, with both hands.

When you return to your normal case for grip development is the one-hand deadlift. This exercise can be performed in either of two ways. You can use the position that you stand directly behind the bar, with only one arm. Or you can use the position that you stand in front of the bar, with both hands.

can be an effective means of developing grip strength. For best results, do not use the gripper for repetitions instead perform one repetition at a time, keeping the handles closed for as long as possible. Here's how it works: Using a heavy duty style gripper, squeeze the handles together and hold for at least two minutes. As your strength increases add time until you can hold the handles together for 3-5 minutes.

Rope climbing using just your hands is another very effective means of developing grip strength. The only problem, however, is that rope climbing is not very practical convenient for the typical powerlifter. A possible solution provided you have a good strong tree in your yard, would be to hang a rope from one of its limbs and use that.

Working a grip developing program into your routine is not very difficult. Essentially there are two approaches that you can take. The first would be a specialization program where you spend approximately 6-8 weeks concentrating on developing your gripping strength. During this time your main objective is to increase your gripping strength, while the three powerlifts are put on a maintenance schedule. On this program you would have to reduce your deadlifting to once a week. Working your deadlift more frequently, coupled with the grip work would result in overtraining.

The other approach is to perform your grip work as an assistance exercise. On your deadlift days, for example, you could add a few sets of one-hand deadlifts and maybe some hand grip work. Personally, I prefer the first method. I believe that you can derive greater all-around grip strength by this improve your deadlift by a greater degree.

Not only will a strong grip help you with your deadlift, it will also help you with your other powerlifts, especially the bench press. A strong grip will help you to control the weight during the execution of the bench press. This becomes an important factor in becoming a successful powerlifter. Every powerlifter should devote some time during his workouts to increasing his gripping strength.



other hand. You may find that your off-hand (if you're right-handed your left hand is your off-hand and vice-versa) can not control the bar as well as your other hand. If this is the case with you, use even lighter weights when working your off-hand and don't increase the weight until you're sure that you can properly handle it.

Another effective method of one-hand lifting is to perform one-hand snatches and cleans. These lifts are good in that you must have a strong grip in order to keep from losing the bar during the initial explosive thrust from the floor. Unfortunately, however, both lifts require a high degree of skill in order to perform them properly, and most powerlifters do not have the time available to develop such skills.

Your gripping strength can also be increased by grasping a heavy barbell or dumbbells and attempting to hold them for as long as possible. This is a very intense form of training and requires the intense mental concentration that we spoke of earlier. The palms and forearms will feel like they're going to explode. But don't quit—hold the bar for as long as possible.

This exercise can be made more difficult by either of the following ways. First, as with the one-hand deadlift, you can increase the diameter of the bar. Although a bit unusual, the second method is also very effective. Simply cover your hands with vaseline and then attempt to hold the bar for as long as possible. Even the common hand gripper

National Meet Qualifying Totals

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123	1179	1030	772	789.5	899.25	955.5
132	1267	1135	859	853.5	962.75	1032.25
148	1388	1333	1146	1021.5	1111.75	1187.75
165	1581	1421	1256	1071.5	1227.75	1307.25
181	1670	1521	1350	1000.5	1269.5	1458.25
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STARTIN' OUT

A special section dedicated to the beginning lifter

Nutritional Thoughts to Grow On

It is very important to start building a solid nutritional foundation early in one's training to insure steady progress and this is done quite simply by following tried and true basic rules of good nutrition. Don't allow yourself to fall into the bad habits that seem to be prevailing in our nation. The fast food businesses don't turn their profits by providing nutritionally complete meals. That stuff won't kill your progress, but it isn't a staple of a thinking man's diet. Don't sacrifice quality for convenience; you will pay in the end.

The foods that set the foundation for strength gains are as follows: Milk, eggs, meats, whole grains, raw fruits and vegetables. Look it up in any grade school health text. No secrets here. Don't force feed yourself; it's not necessary and it is hard on you internally. Excess protein is passed or stored as fat, and excess fat is what we are after. If your 3 meals aren't getting the job done

many swear by other brands. One word of advice here, go with the little extra expense of natural vitamins over the artificially synthesized type. It seems that these naturally occurring brands are more effective, more readily absorbed.

Foods are essential to replenish your system. Pay attention to what you put in your body and it will pay off in big dividends. Think of your eating habits as being as important as any training consideration. Common sense and being in tune to your individual system are the two key points to remember.

Sincerely, Steve Wyatt.

PS: I picked most of this info up during my days as an instructor at the Mountainier Health Club in Boone, NC. I felt that I needed to have some grasp of nutritional concepts so I did a lot of reading 'sort of on my own' and experimented a lot with myself, as well as observing lifters at all levels of proficiency. Dean Best, of course, started me on the right track (credit where it is due).

Squatting Tips for the Heavier Beginner

I have been a subscriber to PL USA for nearly a year and I particularly enjoy 'Startin' Out', but I feel that one type of beginner has been somewhat overlooked. Most of the articles seem to be aimed at the typical beginner—all 125 lbs of him. But the beginner I am referring to is fairly rare—the 275 or even SHW beginner.

If proper form in the squat is advised for the smaller beginner, it is downright essential for the heavy one, since our knees take more shock in daily activities than do the knees of smaller lifters. Think about it - 180 plus 300 equals 480 lbs, whereas 300 plus 300 equals 600 lbs. Obviously, our knees won't tolerate improper squat technique. In a slow descent, in addition to providing more control also tends to work the deeper muscle fibers. Sure, bouncing out of the bottom may add a few pounds to the lift, but what good is it if you blow out your knees and spend several years rehabilitating them? Your max may go down a little, but when you lift in squats after you adjust to it. If you keep your feet on the floor, you can go heavier before you injure the wraps. I personally don't use wraps and really don't plan to for a while yet. If you have knee problems, however, don't aggravate the situation by not using wraps. Just be sure that you're not using the wraps as a shortcut merely for the sake of a higher weight. Once again, slow down the descent, concentrate on depth and balance, and drive hard out of the bottom, without bouncing. It may be harder, but your knees are much more important than impressing a few gym rats. Yours in good health and safe lifting.

Bob Ganger



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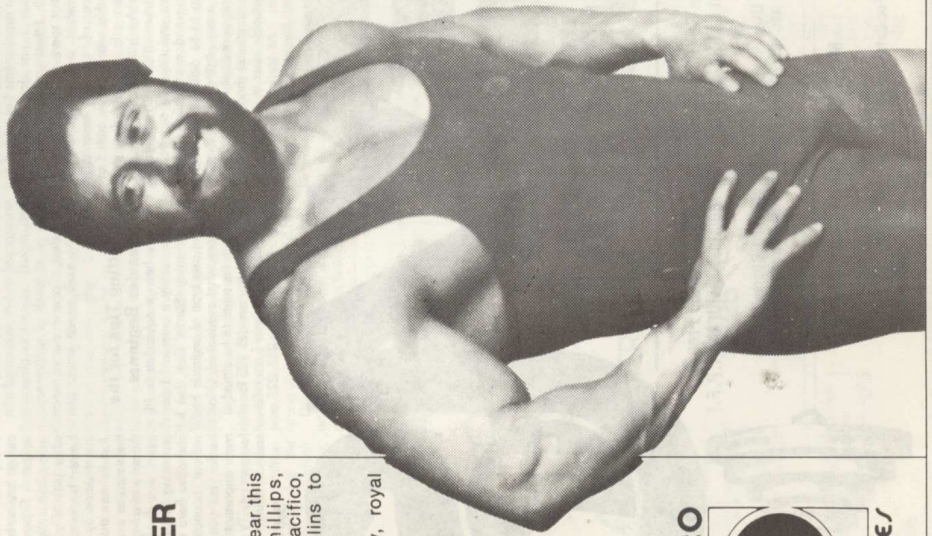
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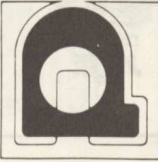
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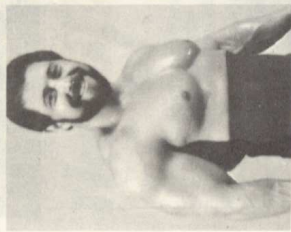
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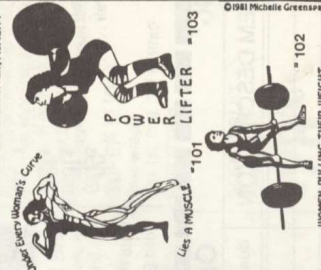
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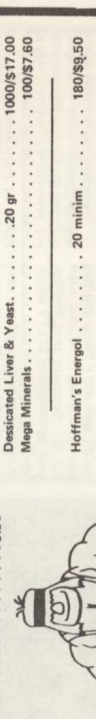
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POWER PROFILE

Jerry Englebert by Mike Requa

One of the greatest compliments a Powerlifter can pay to another is to glory him in the pages of Powerlifting USA. One deserving man is Jerry Englebert and I feel this is the least I can do to repay him for all of the inspiration that he has given me and others in the Northwest area. Jerry is a most respected competitor with a great deal of platform savvy, intense concentration, and tremendous strength.

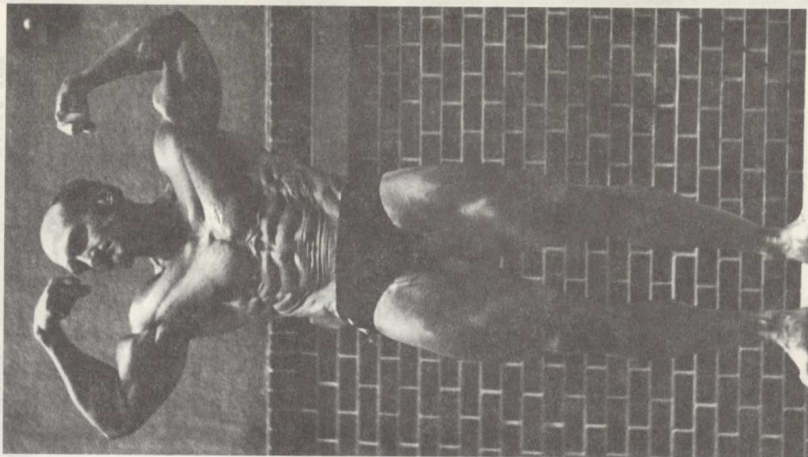
Jerry makes his home in the Koy-Sun Valley area of Idaho and is employed as the Assistant Police Chief in Ketchikan. Jerry started his lifting career as an Olympic lifter and was his first meet when he was 21 years old. He lifted at 181 and 198 during the early part of his career. He qualified and lifted in 3 Senior Nationals and placed 3rd in each contest. His best lifts in Olympic lifting were a 290 snatch, 310 press, and 375 in the clean and jerk.

From Olympic lifting Jerry graduated to Powerlifting around 1970. The reason for switching to Powerlifting was lack of places to Olympic lift and also to try something different. From 1970 to 1977 Jerry was a 2 time Police Olympics Champion, Southern Olympian Champion, and Intermountain Champion. His best lifts at this time were 640, 350, 685 at 220.

In 1978, because of a lingering back injury, Jerry decided to try bodybuilding. In April of 1978 he won the Mr. Idaho title. Other titles that he claimed during this time are the Greater Mr. Idaho 1979, Natural Mr. America over 40 in 1979, and 2nd place in the AAU Mr. America over 40 in his height class. This is a pretty impressive set of titles that Jerry has garnered. He also won best legs in all of these, no doubt from heavy squats, so stick that in your ear Mr. Gronda.

During this 4 year hiatus from Powerlifting, that lingering back problem disappeared, so Jerry was drawn back to his first love, bodybuilding, but he knew that his place in the sun was on the lifting platform.

His first meet back was Al Roy's Western Montana Open where Jerry won 610, 360, 675, 1645 at 220. Not bad considering a 4 year layoff! Then came his mind blowing performance at the Northwest USA Championships in Boise where he went 675, 375, 730, 1780 at 220. With the determination of Alexander the Great, Jerry started training for the 1981 Nationals. With his training partner Ray Woolley, he turned in some great lifts in



Ultra-Abs... Jerry took the 1978 Mr. Idaho title. Photo courtesy Requa.

after reading numerous articles on the subject then that is their option. However, I feel very strongly on the subject of competing against individuals who are doing successful the same way, whether it is Olympic, Powerlifting or Bodybuilding contests. This is the reason for my entering Yorton's non-steroid physique contests. It is completely unfair to have to compete against chemical strength or chemical built physique. When I get a lower placing than a steroid user, I feel the chemical has beat me, not the individual. Competing against a non-steroid user and I get a lower placing, I have been beat by a stronger individual. I feel this is the way it should be.

Jerry would also like to see

separate contests in Powerlifting as has started to take place in physique competitions. Jerry says, "Each individual has to decide for himself how he wants to compete, but it is soon used against the users, if there is another way [back to separate contests]."

Two people who have influenced Jerry's lifting are Tommy Kono and Norbert Schemmsky. Jerry says, "Their many records and their ability to go to the well and pull it out, time after time was amazing. No one in particular in Powerlifting has had a great influence on Jerry, although he appreciates the ability of the current stars of our sport."

Jerry's philosophy toward Powerlifting is simple, "if you're going to powerlift then powerlift and if

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

you're going to bodybuild then bodybuild". He feels that the 4 year Master's records. He will do it at Al Roy's Montana State Meet in January if the proper officials are present. After this Jerry will face a big decision. In April there will be a Natural Mr. Universe contest and in June the Nationals. Whatever his decision, you can rest assured that he will set the records this year or next year. It is a matter of time and reconstruct his bench press.



Opps!... Jerry's lumbar vertebrae led to a bombout, despite obvious strength

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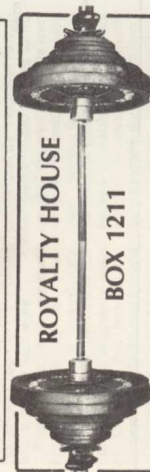
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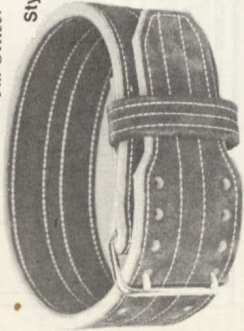
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4N3C	3	Nat.	13-mm	zinc	4"	2	65.00
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The Biomechanics of Powerlifting

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 OF 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 a member of the National Strength Research Center. He was also an invited Research Professor of Biomechanics at UCLA in 1979.

ASSISTANCE EXERCISES - LOW BACK TRAINING - PART ONE

Perhaps no slogan used on Powerlifting T-shirts relates better to this month's article than the one that shows a deadlifter and reads "strong enough to bear the strain, man enough to bear the pain." Low back pain has probably affected every powerlifter alive at one point or another. We all share, for example, the truly splendid feeling in the low back a morning or two after all our deadlifts at a meet.

Spine pain surveys I have seen show that the incidence of pain is not only most frequent, but that low back pain is considerably more common in athletes than in the general public. It is logical to continue here from our discussions on the abdominals in past issues of Powerlifting USA. We saw then the importance of the abdominals to the low back and how, with belts, the abdominals help us to reduce low back pain and to allow more weight to be lifted safely. To reiterate: "Ab work is important!"

Since my mail has lately been most concerned with abdominal articles and the deadlift, I will begin this month looking at some really interesting aspects of the low back that relate to powerlifting training. But before I begin let's first briefly look at the low-back region.

Probably the most significant functional unit of a biomechanical (especially from a biomechanical point of view) is the vertical column, which is a progressive series of 33 bones, that provides the framework and foundation for most of the movements of the torso and limbs.

Because it lacks great bony stability, the vertebral column relies mainly on ligaments and muscular structures for support. If these connective tissues get weakened or stretched, then the integrity of the vertebral column is likely to be affected and the vertebrae themselves must absorb the forces,

the back straight. As noted in this table, doing stiff legged deadlifts produced incredibly high force in the disc compared to regular style deadlifts. This obviously has great stress implications.

TABLE 1

ACTIVITY	FORCE ON DISC (lbs.)
Lying down.....	112
Standing erect.....	225
Sitting upright (with no support).....	315
Lifting 44 lbs. with back straight and knees bent (as in a regular style DL).....	416
Lifting 44 lbs. with back bent and knees straight (as in a stiff legged DL).....	876

These measurements were taken by a pressure sensitive device injected directly into the disc in the low back, and thus these forces were from living people, not cadavers. The implications from this table are quite important to powerlifting.

Note in Table 1 that for sitting there is more force in the disc of the low back than during standing. This implies that there is less strain in the low back region when doing standing overhead presses for example, than when doing seated overhead work. Also, if you've ever stood up at half time during a football game you certainly felt better in your low back. This is reflected in the results of Table 1.

Also, notice the last 2 values in Table 1, for the loads in the disc during lifting. Even though the weight was only 44 lbs, the intra disc force was greatly reduced when the knees remained bent and



Powerlifting information obtained in experiments at Dr. McLaughlin's Biomechanics Research Laboratory at Auburn University is done through the use of an advanced microcomputer, memory storage device, and display/keyboard. photo courtesy Tony Fittan.

THE FLEXION-RELAXATION PHENOMENON.

Although many researchers have studied the back muscles, no names are better known in this area than those of Floyd (a physiologist) and Silver (an anatomist) of the Midwestern Hospital Medical School in London. Floyd and Silver used needle and surface electrodes to monitor the electrical activity (EMG) of the erector spinae muscle. They confirmed an incredible hypothesis that Spick in 1911 which stated that during flexion of the trunk for duration forward leaning) there was complete relaxation of the erector spinae muscles! Floyd and Silver showed that as a person stands straight and begins to lean forward (as in a good morning exercise) there is a point during this forward flexion where the low back muscles drop out completely. At this point the ligaments in the low back take over the supporting role almost entirely, and there is no evidence that any other low back muscles take up the slack when the erector spinae muscle kicks out.

This fact is really important to the powerlifter, especially in light of the work done in 1955 by Floyd and Silver (Ref 3). In this extensive series of studies Floyd and Silver analyzed 150 subjects while lifting weights from the floor using surface and needle electrodes, photography, and radiography of the

LOADS ON THE LOW BACK VERTEBRAE.

In an excellent study (Ref 1) the approximate loads on the lumbar vertebrae (specifically on the third

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Guarane Acid HCl

1500 mg
225 mg
45 mg
750 mg
4.5 mg
4 mg
100 mg
150 mg

500%
100%
333%
333%
2000 mg
500 mg
500 mg
30 mg

100%
833%
764%
850%
130 mg
130 mg
130 mg
130 mg
130 mg
130 mg
130 mg

1500 mg
225 mg
45 mg
750 mg
4.5 mg
4 mg
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Packer to run for USPF President... To all members of the USPF, over the past 15 years as a competing Powerlifter, member of the Executive Committee, member director, and International Referee I've had a chance to observe and be a part of the growth in all aspects of our sport of Powerlifting. It's this backdrop, and the experience I would like to bring to the office of USPF President, if elected. As a Powerlifter first and foremost, I think we all share the following concern: First of all, we'd like to see continued growth and management of our sport. First of all, we'd like to see better organization of our finances along with a complete accounting of all funds, past and present. Number Two, we need a more efficient registration procedure to insure that lifters are issued their cards in a timely manner. Number Three, we need better organization of the state associations with elections not appointments, of state chairmen with each lifter having a greater voice and more control over their sport. Number Four, I think we need better communication nationally and through the state associations so that each lifter is better informed as to what is happening, not only locally, but nationally, at both levels. Number Five, we need to improve the prestige and working relationship between the USPF and the I.P.F. We are the natural leaders and founders of this sport and should conduct ourselves as such. The rest of the world already knows this. With your help and support we can make Powerlifting the World's Greatest Sport.

In the Service of Powerlifting, Bob Packer

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More From Ken Leistner



Okay, let's try to put some detail into the last two months comments I proposed that training two times per week could well satisfy one's training needs if one day were given over to heavy work and one to a moderate or light load. Remember, the average lifter can not and will not make gains training any one lift more than once per week. My research indicates that atrophy of skeletal muscle begins after 96 hours without growth stimulation, therefore one would be best off training the involved muscles more than once per week, but with less intensity, as much for preventing the onset of atrophy as for stimulating growth. Realistically, no growth is going to be stimulated on the light day, you won't be working with enough intensity, but that day will be necessary for the aforementioned reasons and for the improvement of technique. Many of the top lifters today are going to squat one day per week, DLing another benching heavy once, and recovering light, often very, very light. Squatting and DLing, in the same muscle group and it is close to impossible to make great gains and recover particular area hard three days per week. Perhaps it could be done for a three week period, but illness, injury, and/or staleness will surely set in at that point.

On a two day per week schedule, one squats both days (heavy/light) or just once (heavy). DLing heavy the other training day. The alternative is to squat heavy day one, DL heavy day one, and go light day two. Bench twice, heavy/light, throw in some assistance work on one or both days, making sure that the assistance work is relevant. There are still an awful lot of guys looking for it, well, the triceps is for locking it, the traps work, and the biceps work and helps in a benching position and helps in the DL. Yes, and wanting the beach boy look, and not getting nothing to do with it right? Two days per week gets a lot of guys nervous, maybe because it means they might have to spend more time at home with their old lady. The social aspect of lifting is one of the many obstacles to proper and productive training, as many individuals find solace and support in the gym on lift, hell, I got nothin' better to do anyway. This goes a long way in explaining those three and four hour workouts. I always chuckle when I read that so and so trains three hours per day and see that he does maybe 8 sets of squats (two or

three of those being heavy ones), same for the bench, with a bit of lat or erector spinae. Three hours? Shoot, I don't tell me there's not socializing going down in that gym! A hard, productive workout should be completed within one and a half hours, even for those who need lots of psyching time between lifts. The reason that few lifters are in good cardiovascular condition lies in the fact that they drag through those sessions for any number of reasons. If you go three days per week, the idea is to juggle things so as to avoid overtraining/lack of recovery. I detailed the rotation method of working the hips/back one day, bench the next, etc. with a day of rest between each workout. One could squat heavy and bench easily on day one, do some inclines or overhead work with DL on day two, and then finish the week with more benches, heavier this time, and light squats. The problem here is bench overwork as some lifters don't benefit hitting the lift three times per week in any form. A lot of lifters have been successful (to a point) squatting and benching the same days (days one and three) and DLing in the middle. The drawbacks here are obvious; it's easy to overtrain the hips/low back with back to back heavy workouts (hips/back with one day's rest in between them) and one gets to do the DL without any squating and benching before it, something that isn't done at a meet. How many times have you heard a lifter talk about 700 DL in the gym and watch him pop his eyes out with 640? Did he do the 700? Probably not. He's a coped in the wood PL man, he might have semi-exaggerated just we bit but he attributed to warming up and attacking the DL fresh and full of gas and vinegar. Unfortunately, they don't

let you do that when the judges are in the chair and many lifters have an inherent idea of their DL capabilities. One of the greats of PL, an old timer (and I can't remember who) wrote an article about using proper contest technique in training. He said that the best guys bounce and heave their benches arch-off the bench and light the lift just try twenty pounds less at the meet and use good form. If don't work that way, jack! If you DL fresh as a daisy, you won't get close after a grueling round of squats and benches, especially if you have to push this in part explains the practices of Frenn, Estep, Frantz and his crew, who take one day per week, usually Saturdays, and do all 3 lifts back to back, just like it was for real. Here too, there is a danger of overtraining, especially if you go full out every week, but the concept is sound as it prepares you physically and mentally for the real thing. If you like the idea of doing all 3 lifts on one day and you want to go 3 days per week, play with this: Day one, squat and bench moderately, rest a day, then do some assistance work (press for the bench, some rows, leg presses for the rest of you) on the next training day, rest two days, and have your mini-contest session. Instead of peaking out weekly, you might want to max one Saturday, take 75 percent of that the following Saturday, go heavy again the third Saturday, 60 percent the following Saturday, etc. The possibilities are endless, but most lifters fall into the range of max every Sat, squats and bench on other days of the week, perhaps add a day for 'bodybuilding' that they want as a goal and going nowhere. This is as self-justified by the improvement in their physiques (the overwork often be additional calories leading to a loss of bodyfat) and the admiring glances thrown their way around the local pool. Oh well.

We'll leave training for now, and pick up on next month. As most of you know, there is more and more grumbling about the fate of our sport. The questions this week include: will we ever get the miss-in-money? Will we ever get registration off the ground, especially for meets in early January? Will we continue to pay for that 'magazine'? I have received and read John Pettit's proposals re: The National Championship and John makes a very important point. Man, if anyone is going to do this job correctly, he'll have to be compensated for it. I believe that sincerely, if business or family troubles crop up, you're out of good man, because nothing will get done if a volunteer has to tend to the home fire first. That's perfectly understandable. Some have expressed, usually in a horrified tone, that it's going to cost US, the lifter, real money, to run the sport correctly. No lie, but what's the problem? The money is there, or would be if it were handled properly and with plenty left

over for anything else you might want. Records would be kept accurately and current, there would be minimal registration problems, team registration fees would be reasonable, any registration money would be parceled out in a manner so that it would be utilized most effectively for the sport and those participants in the sport, and information would be had at the touch of the telephone buttons. Hell, I'd gladly like to see my money used that way. No one is saturated now, and look what it's done for real believers. It's never been real good, even with a lot better than that. Check for position out: it merits every lifter's consideration. Even if John's not your choice for the top spot, note his ideas because they're right on.

Many have asked about drug testing at the Seminars. Until the National Championship, Executive committee's positions, and fate of monies is taken care of, it's hard to believe that anyone is going to be able to get out of their own way long enough to test anyone for anything, and depending upon the methods used, there will be a number of ways to mask the results. Let's face it, do you really think that the people calling those shots right now have learned those Olympic lifting's mistakes re: testing? Don't be on it. Relax, lift. I think we're an awful long way from getting out of the woods on testing.

Bill of Davis, went bankers at the Heart Dixie. I smile widely any time Billy Boy kicks but due to all the crap I had to endure when I wrote that first article about him. National and World champ, Davis? Ken, you're high again. I guess that Bill and I have had the first laugh there and he's just warming up; there's lots of poundage in him yet. Ditto for Jay. My next hot tip is Larry Vuolo. Larry is a 181er who played 'football' for me at Malverne. He's had one meet, enjoyed it, and is hitting it heavy now. As again, you read it here first.

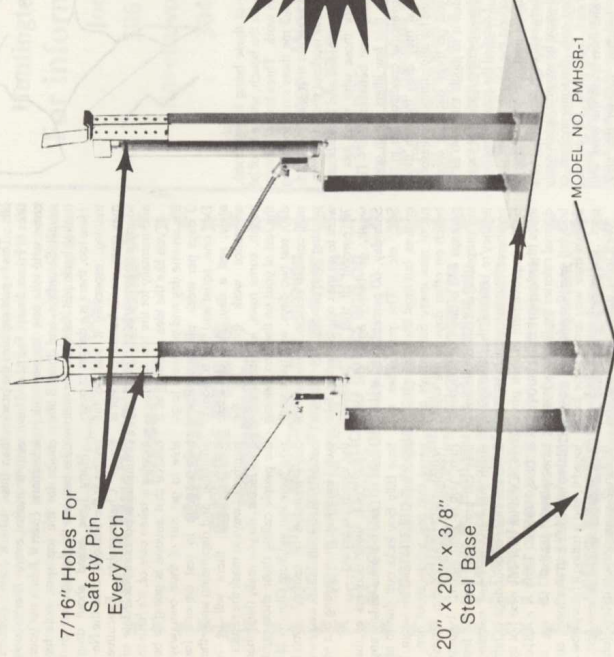
With a 2 years, other 181ers (uh, assuming I'm not calling him Bill, it's up to 198) will be in the air. Since I mentioned Jay and Bill, it's sad that the lifting scene in Missouri is still bogged down in the political morass that is choking the sports in other places. The shenanigans pulled at the State meet, registration problems and missing monies add up to one of the messier hot spots in the country. When the leadership in an area isn't respected by the rank and file lifters, you know you got yourself into a mess! Hang in there, guys, I'll get better and hopefully sooner.

I'd like to mention that my office in Hewlett, NY will soon be relocated to the confines of the big city. Yes, Dr. Leistner's office of good will and ministrations will be in Manhattan by the end of January and I'd like to thank all of my PL USA patrons for making this past year so successful and rewarding (and so much fun, too). Best wishes to all for a Happy and Healthy New Year.

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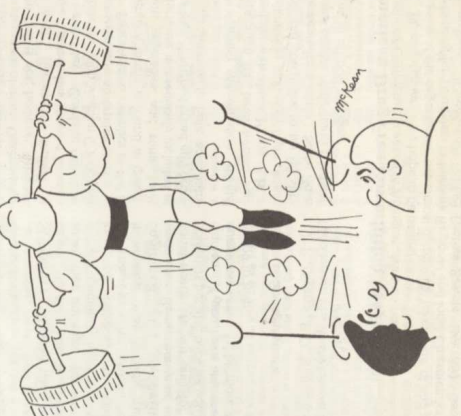
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M. Rodriguez	365	225	475	1085*
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M. Mountain	325	240	375	900
D. Bosh	275	205	420	900
R. Dano	240	240	350	830
L. Becker	275	240	350	830
180kg	435	275	500	1210*
Williams	365	215	475	1045
M. Willis	400	270	485	1155
G. Schneider	400	270	485	1155
T. Bines	385	260	450	1110
T. Dreyer	385	260	450	1110
G. Shaler	385	260	450	1110
M. Erick	385	260	450	1110
M. Freza	385	260	450	1110
1671kg	380	240	440	1020
M. Kocumack	380	240	440	1020
J. Kern	515	295	550	1360
J. Hinkle	500	315	490	1305
D. Jerry	500	315	490	1305
M. Curtis	495	300	485	1270
J. Verucchio Jr	495	300	485	1270
J. Verucchio Sr	495	300	485	1270
G. Serino	495	300	485	1270
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M. Sharpless	500	330	520	1350
C. Hagan	480	290	540	1290
G. Rowan	460	350	500	1310
R. Baarnselder	460	290	540	1290
C. Hagan	435	340	425	1200
V. Djurugrad	435	340	425	1200
J. Shekhal	410	245	500	1150
S. Shiphans	410	245	500	1150
J. Stachal	405	245	500	1150
220kg	405	285	440	1130
B. Friz	550	340	570	1460
S. Shal	460	315	460	1225
W. Starless	460	315	460	1225
S. Shal	460	315	460	1225
W. Starless	460	315	460	1225
S. Shal	460	315	460	1225
W. Starless	460	315	460	1225
S. Shal	460	315	460	1225
W. Starless	460	315	460	1225
S. Shal	460	315	460	1225
W. Starless	460	315	460	1225

WOMEN'S/MASTERS, WILKES-BARRE, PA. 11/29/81

WOMEN'S DIV BY SCHWARTZ FORM	SQ	BP	DL	T
C. Wilson (105)	175	100	235	510
C. Wariel (148)	175	75	245	495
M. Zagnant (48)	200	95	290	545
M. Zagnant (50)	200	95	290	545
M. Zagnant (52)	200	95	290	545
M. Zagnant (54)	200	95	290	545
M. Zagnant (56)	200	95	290	545
M. Zagnant (58)	200	95	290	545
M. Zagnant (60)	200	95	290	545
M. Zagnant (62)	200	95	290	545
M. Zagnant (64)	200	95	290	545
M. Zagnant (66)	200	95	290	545
M. Zagnant (68)	200	95	290	545
M. Zagnant (70)	200	95	290	545
M. Zagnant (72)	200	95	290	545
M. Zagnant (74)	200	95	290	545
M. Zagnant (76)	200	95	290	545
M. Zagnant (78)	200	95	290	545
M. Zagnant (80)	200	95	290	545

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58kg	G. Stank	162.5	80	167.5	390
64kg	L. Chappell	95	47.5	127.5	270
69kg	F. Rivette	135	100	182.5	417.5
75kg	R. Shy	155	80	180	415
81kg	T. Hayata	160	162.5	225	547.5
87kg	W. Baradi	175	132.5	227.5	535
93kg	R. Phinotator	180	107.5	187.5	455
99kg	B. Haja	147.5	110	182.5	440
105kg	D. Gann	250	145	275	670
111kg	P. Roberts	245	145	265	655
117kg	G. Smith-M	265	130	237.5	572.5
123kg	R. Goulger-OL	300	207.5	300	807.5
129kg	M. Ford	270	170	282.5	732.5
135kg	J. Joyce	272.5	185	272.5	710
141kg	B. Rankin	245	145	262.5	652.5
147kg	D. Cole	247.5	115	265	627.5
153kg	H. Goodby	197.5	120	182.5	470
159kg	M. Ripstone	265	155	272.5	687.5
165kg	W. Davis	215	182.5	250	625
171kg	J. Neely	235	127.5	255	617.5
177kg	D. Russell	225	147.5	240	612.5
183kg	J. Johnson-M	182.5	115	225	527.5
189kg	B. Pearce-M	200	100	220	520
195kg	J. Hoggins	237.5	137.5	295	670
201kg	M. Baidera	255	172.5	245	667.5
207kg	D. Johnson-M	227.5	140	240	607.5
213kg	S. Miller-OL	335	222.5	320	887.5
219kg	G. Bradling	265	167.5	237.5	730
225kg	D. Sabano	235	155	240	630
231kg	T. Menhout	245	132.5	250	627.5
237kg	D. Alamo	230	132.5	252.5	615



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"The finest knee wrap available for competition or training"

- 3 Pairs \$18.00 • 2 Pairs \$13.00 • 1 Pair \$7.00 •
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THIS IS WASTED CONCENTRATION!!

IF YOU'RE ALSO LIKE ME, YOU END UP GOING PAST PARALLEL TO MAKE SURE.

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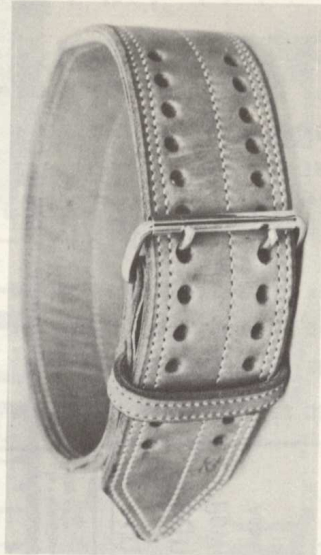
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3RD ANNUAL NOVICE-OPEN PL MEET

Table with columns for event name, weight class, and competitor names with their respective scores. Includes categories like 114 NOVICE, 121 NOVICE, etc.

ATTENTION

Beginning to Intermediate Lifters
Are you fed up with all of the endless trial & error involved with developing a winning total? Are you frustrated with all of the conflicting advice you hear daily about diet, training, your hard earned gains away on so-called guaranteed routines? I know you are!

Through the use of advanced IBM Word Processing systems, all training requests will be processed the same day received. Since I am not a 'name' lifter, but one who is closely associated with many World and National Champions I don't have to justify a high price. I sincerely want to help the beginner to intermediate lifter - the subscription fee is just to cover my time involved.

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The 'Mercedes Benz' of lifting belts, the BOB MORRIS Belt is now available from Ron Fernando. All standard styles, any color of suede. Prices available on request.

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Age Groups 14-15 16-17 18-19
Records to be established for Pennsylvania Teenage Lifters
Awards, certificates to all participants
Drawing for a 300 lb. set of Olympic Weights
February 13th & 14th, 1982
contact: KEITH 'JAKE' BOYER
P.O. BOX 356
LEHIGHTON, PA 18235
1-215-377-3365

Two-Manner...John Pettit reports that John Tyree and Mike Ford recently pulled 1074 in the 2 Man Deadlift. John hopes that some guidelines for this lift will be set up, perhaps restricting both men to the same weight class and averaging their Schwartz coefficients and using the coefficient times the weight lifted to compare attempts in other classes.

FOR T RILEY CHAMPIONSHIPS

Table of results for For Riley Championships, 11/5/81-11/7 RILEY, KS. Lists names, weight classes, and scores.

ATLANTA WOMEN'S OPEN

Table of results for Atlanta Women's Open, 11/7/81-ATLANTA, GA. Lists names, weight classes, and scores.

NEWFOUNDLAND JR CHAMPIONSHIPS

Table of results for Newfoundland Jr Championships, 11/17/81-COW HEAD, NEWFOUNDLAND. Lists names, weight classes, and scores.

POWERLIFTING QUALIFICATION STANDARDS FOR MEN

Table with columns for Class, 112, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW. Lists qualification standards.

STRENGTH THING. SEATED LAT, PECK DECK, INCLINE BENCH WITH SPOTTERS PLATFORM, DELUXE SAFETY SQUAT STANDS. Includes images of gym equipment and descriptive text.

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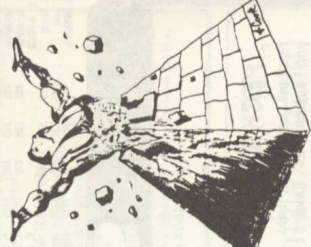
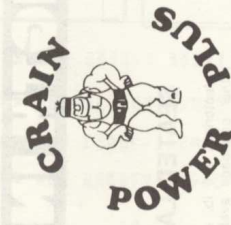


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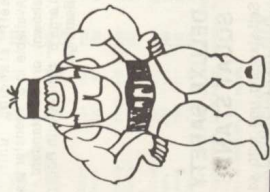
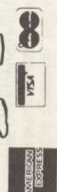
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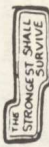
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A. Roberts	184	210	235	260	285	310	335	360	385	410	435	460	485	510	535	560	585	610	635	660	685	710	735	760	785	810	835	860	885	910	935	960	985	1010	1035	1060	1085	1110	1135	1160	1185	1210	1235	1260	1285	1310	1335	1360	1385	1410	1435	1460	1485	1510
B. Roberts	184	210	235	260	285	310	335	360	385	410	435	460	485	510	535	560	585	610	635	660	685	710	735	760	785	810	835	860	885	910	935	960	985	1010	1035	1060	1085	1110	1135	1160	1185	1210	1235	1260	1285	1310	1335	1360	1385	1410	1435	1460	1485	1510
C. Roberts	184	210	235	260	285	310	335	360	385	410	435	460	485	510	535	560	585	610	635	660	685	710	735	760	785	810	835	860	885	910	935	960	985	1010	1035	1060	1085	1110	1135	1160	1185	1210	1235	1260	1285	1310	1335	1360	1385	1410	1435	1460	1485	1510
D. Roberts	184	210	235	260	285	310	335	360	385	410	435	460	485	510	535	560	585	610	635	660	685	710	735	760	785	810	835	860	885	910	935	960	985	1010	1035	1060	1085	1110	1135	1160	1185	1210	1235	1260	1285	1310	1335	1360	1385	1410	1435	1460	1485	1510



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World Records table listing lifters and their records in various categories like 1RM, 2RM, etc. across different weight classes.

USA records table listing lifters and their records in various categories like 1RM, 2RM, etc. across different weight classes.

World records section introduction and list of lifters and their records in various categories.

USA records section introduction and list of lifters and their records in various categories.

Various news articles including 'Strongest Man in Oklahoma', 'The Magnum Classic', and 'Chip McCain is coming back!'.



Chip McCain is coming back! While his leg, injured prior to the SBs, is healing nicely, Chip has been benching hard and came up with a PR by whipping 22 pounds as a guest lifter at the Region IX Collegiate meet.

Table listing lifters and their records in various categories like 1RM, 2RM, etc. across different weight classes.

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Various news articles and reports from different regions, including mentions of 'The National Masters Sports Festival' and 'Pacifico for U.S.P.F. President'.

Advertisement for 'T-Shirts for only... \$2.95' and 'MEET DIRECTORS'.

Advertisement for 'Weightlifters Warehouse' featuring 'Weider 20 Kilogram BUMPER PLATES' and 'Diversified Products 45 Kilogram Plates'.

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* * *

Natural Steroid Substitutes

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Raw Multi-Gland Formula

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100% NATURAL
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THERE IS NO REAL COMPARISON.

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'B-15' 50 mg. 100 tabs.....\$6.00

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NO FILLERS. NO SUGAR. NO BINDERS.

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ALL THREE... only \$23.00



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presents

THE 1st ANNUAL BROCKTON CLASSIC

**A POWER MEET FOR:
Masters Men, Women & Teenagers**

LOCATION-Brockton YMCA, 320 Main St., Brockton, MA
DATE-Sunday, Feb. 21, 1982
WEIGH-IN - 114-165—8:45-9:45 a.m. 181-SHW—12:45-1:45 p.m.
LIFTING BEGINS PROMPTLY AT: 10:00 a.m.
ELIGIBILITY-Masters-Age 40 * Women * Teens
WEIGHT CLASSES - MENS: 114½, 123½, 132½, 148½, 165½, 181½, 198½, 220, 242½, SHW
WOMENS: 105½, 114½, 123½, 132½, 148½, 165½, 181½, SHW

INDIVIDUAL AWARDS	FIRST THREE
MASTERS MEN	PLACES
WOMEN	EACH
TEENAGERS	DIVISION

ENTRY FEE: \$10.00
ENTRY DEADLINE: Sat., Feb. 13
LATE ENTRY-\$15.00

* OUTSTANDING LIFTER AWARDS IN EACH DIV

ENTRY

I hereby release all claims for injuries or damages which I may incur in this meet against: THE IRON GYM, INC., the U.S.P.F., and the BROCKTON YMCA.

NAME _____ DMDF WEIGHT CLASS _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ DIV. _____ BEST TOTAL _____
SIGNATURE _____

MAIL COMPLETED ENTRIES TO
BROCKTON YMCA, c/o DR. WAYNE WESTCOTT
320 MAIN ST., BROCKTON, MA 02401