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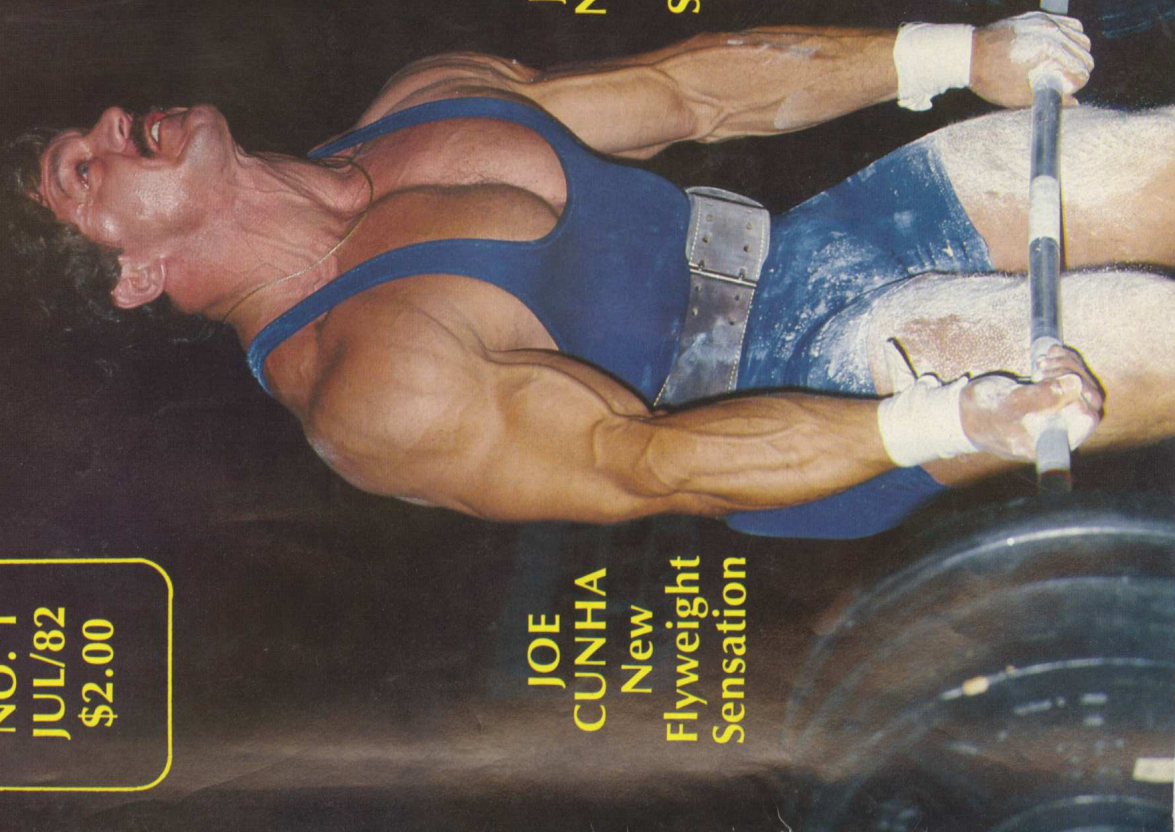
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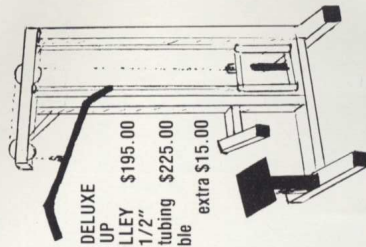
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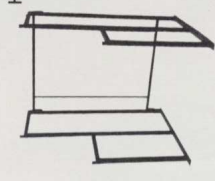
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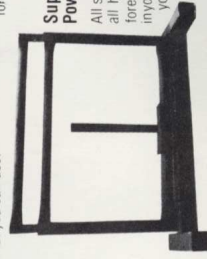
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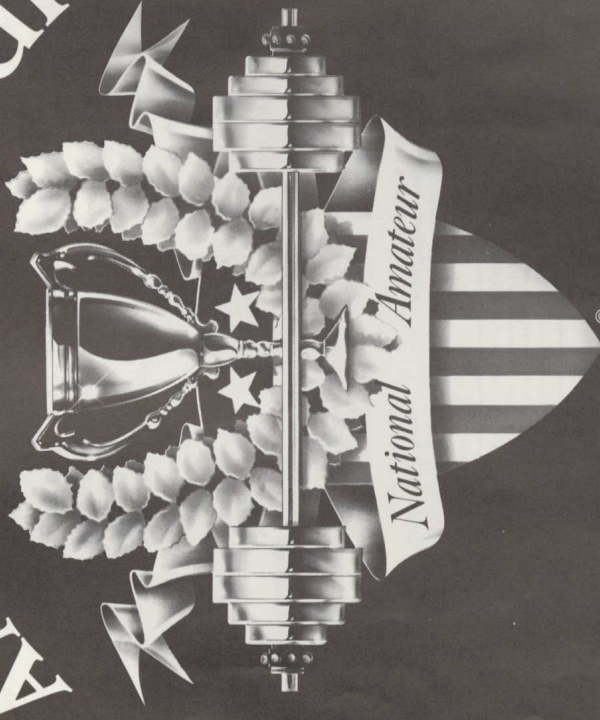
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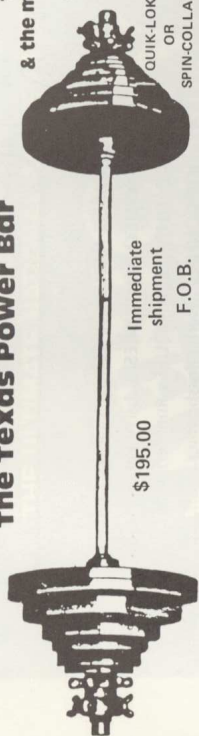
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JUNIORS

by Mike Lambert



Best Lift of the Meet... World Record bench of 319 by Harold Escobedo.

deadlifting and equally effective lifting prevailed. Harold Escobedo, still a teenager and one of the Brick Darow and Bob Calven, has already proven himself one of the great hopes for the United States in this class with his domination of the Teenage Nationals in the past, but he really made his point in this contest just losing the edge on 3rd and aborting an attempt at a Teenage World Record 402. Teenage records are not a major handicap when you can bench like Harold can, though. His easy opener was succeeded by a very excellent, aggressive, and clean lift at the World Record poundage of 319. So, we over Duvar and don't get greedy Cupid. Escobedo has come of age. He did try, at another score of 325, was too heavy, but it seemed only a matter of time for him to get the kind of potential for more in the other lifts as well, and perhaps a move in to the 125s sometime in the future would reap dividends for him.

In the 125s, the outcome was not so predictable. DeHart struggled in the squat coming up with 380 but not to the satisfaction of judges Bill Decker, Mike Scott, and Al Pregnar, but Morishige and Snyder also faltered. Steve is one of Jake Boyer's young lifters, but one whose big legs indicate that he has done some very mature training in the weight room. Morishige wanted to pull a big deadlift and did so, jumping to considerably more than he needed for the victory, in his final, excellently done, Sumo style effort. It was apparently a surprise to Marc that he could have won this meet in his first try.

In the 132s, Ken Trujillo did his homework after last year's meet and collected his paycheck. He National Championship title. He really wanted to name after the meet by word deadlift mark, but we just off a bit on it. Lashon, a Maine lifter, put up a quality effort, including a 275 lb. deadlift, but not to the satisfaction of the future if he can live with the realities of military life (transfers, etc.) that could interrupt his training. Penic of Thorbeckes grabbed 3rd with some good lifts on top of a Connecticut, who was popular with the crowd. Alexander might have been a factor, but was disqualified from the meet for using a piece of gear that apparently had not been checked in, noticed right after he made his first attempt squat. There was some well-behaved discussion about the matter, and Mr. Alexander took the

decision in polite style. Bill Cavalier had some impressive training lifts coming in, but they weren't really notable. His victory was a comfortable one. His try at a 666 deadlift was not that close, but one must consider how far all of Bill's lifts have come over the years, with no increase in bodyweight. This was a well-deserved victory for someone who has quietly worked very hard for a long time. Crooks was a new face, at which we almost didn't get a very long look. He nearly bombed in the squat, rising shakily out of each without a tight suit on. Kent Goude has a great interest in Natural Powerlifting and, like Cavalier, is a guy who seems ready to put in the years of effort it can take to win this thing. Doyle Kennedy gave a subtle indication of his coaching abilities with Mr. Wright after he missed his 2nd attempt deadlift badly. In an abrupt conversation, Doyle asked him why he was changing his style at this point, and Bill went out and pulled it right and made the weight easily. Rafael missed weight, but International Power Club teammate, Rich Tsutsui kept up the Big Bench tradition for Californians in the Lightweight class.

Once Mike Roy got past the squats in the Middleweights the victory issue was pretty much decided. The former New England lifter had more than enough in the other two lifts to hold off the popularly vocal Roger Sandvold, though the former physique champ did try the massive deadlift poundage he needed to win. Leever was a tall, lean Marine lifter who looked sharp in the squat especially. In the hard luck department, Penna simply wasn't close in the deadlifts, and Gay of the Houston Firefighters looked like he injured himself in the squats.

The 181s were loaded in talent and in volume of lifters, so much so that it took us all the way to the ben-

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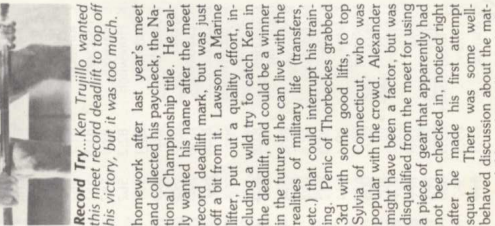
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The Long Pull of Bill Cavalier



Record Try... Ken Trujillo wanted this meet record deadlift to top off his victory, but it was too much.

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123 Winner, Dier Marc Morishige



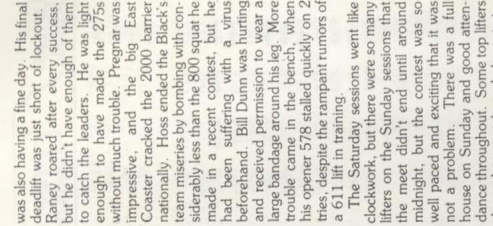


Hatfield laid some PL Science on the deadlift bar, and won easily.

World. He was rushed to the hospital and subsequently had his knees operated on by a top Cleveland surgeon. He will be in a wheelchair for a few months, but the upper body injury seems to have been limited to torn rib cage cartilage that will heal in weeks. Among the walkers wounded in the class, Gabe Stevens had a suit blow at a most inopportune time and wasn't able to regroup.

In the 220s, Darbenzio of Pip's Gym, was dominant at subtotal and frankly looked ready to crack the 2,000 barrier, but none of his deadlifts at the opening poundage of 705 were even close. Kevin Fisher was lost in shuffle at subtotal time, but only in the minds of those who don't know what a solid deadlifter he is. As everyone else ran out of attempts, Kevin had plenty of power left and the contest was his after an easy 760 second attempt deadlift. 777 was not needed and was not pulled up. Foster, like Kevin, was up in the squat, and also locked out the 518 bench he tried (meet record, by the way), but it wasn't passed. Hammer made it one-two-three for California, but was disappointed after 2 shocking failures with his opening bench. Florio underrotated his obvious strength, and among the others in the pack it was nice to see Charlie Perkins lifting healthy at the Juniors once again. With rats and traps like gliding and save a lot of money on an aircraft (they're like wings!). Kit Carson of Thorbeckes tore his biceps on an explosive dive style attempt deadlift of 694, and he (like John Black) have been made aware of the advantages of the new USPF insurance policy (it pays to be registered and lift in sanctioned contests).

Fred Hatfield has for years had a nagging little inside telling him

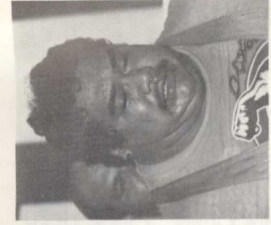


Drapal, struggled, recovered, and emerged victorious despite it all.

that he's never won the Juniors and this year he decided to put it to rest. He's peaking for the Seniors and this meet was to simply be a good workout for him. He was, probably as a result, the besting every moment to the max. Fred absolutely toyed with 2 attempts at a World Record 870 (actual weight 874 and change). He got a white only on the first one, but it was so obvious that he could have taken it lower and still recovered easily. He benched nicely, recovering again from shoulder problems, and the total was a fine 2055. Bennet Clayton hoped to press Fred, but he's come back from some injuries and is a definite favorite for next year's meet. Lawson's deliberate, almost agonizing, approach to each lift was a contrast to almost everyone else in the contest; but he was just out of the groove in the deadlift. Magruder exploded 551 and seemed ripe for a record, but 578 was harder than expected in the bench. The record try at 594 stuck to his chest pretty well. Sam Samaniego jumped too far from his opener to 551, but he is a bender leg up squating, but decided to bench anyway.

Jim Drapal is not used to missing 4 attempts in a meet, but he got it off very strong newcomer Lee Moran, who seems to fear no weight except when the bar hits the floor. His 826 squat was solid and a jump from a miss, and his 600 bench try was not totally unreasonable, but the deadlift ate him up and that's where Drapal was strongest. Dave Parks is a very athletic, muscular, and blond haired giant, lifting somewhat in the tradition of a young Kazmaier. His 821 deadlift was just a couple of pounds and inches from lockout.

In the Supers, Fely missed his first squat on depth but was perfect from then on, despite a massive 105 pound jump in the squat, however, 418 pound Durwin Piper



Dwayne 'NO NECK' Fely, took the Supers without the kind of hair-raising put in for the something special for the National Cup Invitational in Tennessee.

SENIORS A CLASH BETWEEN ANTICIPATED

Chuck Dunbar and the new guy in the 114s, Joe Cunha, WRS are threatened. At 123, it's a question of who will show...Gant, Lech, Milant in the 132s; Joe Bradley is a clear favorite for the title and WRS with Victor Williams coming off injuries, and Gant an unknown factor, and in the 148s names like Wahl, Wright, Rosciglione, etc. are all in the running. In the 165s, George Herring, and others (Facteau, Topogolout) while Gaugler servative attempts in the 181s to insure victory rather than records and Steve Knight should go over 1800 there as well; Jim Grudzin having wiped out both knees and Dennis Wright concentrating only on the bench recently due to a previous leg injury. In the 198s, Waller Thomas looks solid and the rest of the field much like last year's meet. In the 220s, McCain is coming back strong for what may be his last meet, while Cash and Hatfield are both coming in as well, but careful attempt selection will be the key to a close victory. In the 242s, Carlton Smith has made few mistakes in his last few meets and if he keeps that up, he'll be hard to head off for the title. Chaillet and Schneider will be a you-pick-em situation with almost all the top contenders due to compete (Wadd, Gable, and Hackett having entered the World's Strongest Man competition). The Supers offer Doyle Kenady, who seems to be healthy and strong as ever; Paul Wrenn coming off some nagging injuries; and Bill Kazmaier, bigger and stronger than ever at the World's Strongest Man contest (having won the 1st 3 events at this writing), plus newcomer Barwick of Wisconsin. In the team competition, Black's should have a massive contingent, but if they have the same kind of luck as they did at the Juniors, the title is up for grabs to several clubs.

Larry Pacifico

the Champion of Champions reminisces

This is my last report. I've covered many things and spoken of Ron and I had many things in common; but he was always quiet and calm, and never seemed to show nerves. I have never seen any lifter like Ron Collins. I guess I got to know Ron better than any other American and that's a shame because he's quite a fellow. We didn't get to know Ron until 1973. In the 71 Worlds he bombed out and my teammate George Crawford was tops at 165. We didn't have any idea of Collins' strength. After he bombed out, we still had no reason to fear him because his deadlift was never seen. Tony Fitton told us of it, but you know how that goes. Under our breath we were saying, "Sure, Tony. Although I didn't get to know Ron until 1973, he became a legend in 1972 with his lifting. He did all his lifts easily and totaled 1575. Back then that was quite a total. A year later he did 1600 and the next year a 1614 world record. He moved up to the 181 lb class after that and became the heaviest man to total ten times bodyweight. Ron didn't even start powerlifting until he was 28 years old. That was 20 years ago, but at 46 he won his seventh and last world title. That people, is remarkable. What would he have done if he had started out

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T. German

Ron Collins, Great Britain

World Champion

- 1972, 165 lb., 560 365 650 1575
- 1973, 165 lb., 600 380 620 1600
- 1974, 165 lb., 595 374 644 1614
- 1975, 181 lb., 639 424 699 1763
- 1976, 181 lb., 671 407 721 1799
- 1977, 181 lb., 683 352 716 1752
- 1979, 181 lb., 733 369 694 1796

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God works in mysterious ways. He hasn't allowed me to compete, but I can still play a big part in the sport this year. As for next year, who honest and speak the truth my heart's thinking. Larry Pacifico sells courses and he makes a buck or two from lifting. Well, that's true, but if you will look back, I've always given credit where credit was due, and the lifter who helped me along the way was recognized. Collins helped me in the mind. He never spoke much of sets and reps but without really trying he taught me more than anyone could. It's hard to explain him. He was the teacher and I was the student, and it was like 'if you were lucky enough to be his student, then you'd better not embarrass him by doing poorly.' We all have people we admire and look up to. For me it's Ron Collins then and now. Ron just recently moved to South Africa. We haven't talked to each other for a while, but still are very close. I plan a trip to see him next spring.



All is ready for the Big One in Dayton, July 10 and 11. By the time you read this, it may all be over. Now with the final preparations, things are very exciting here. Everything is set. Eric Stuber and I have tried to think of everything. Hope we have. Each day I watch the entries coming in and it's hard knowing that after all these years I'll miss out on this one as a lifter, but

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The DEADLIFT

Championship Deadlift Techniques
by **Ron Fernandó, PL USA Training Editor**

Don Blue, one of the all time powerlifting greats, once observed that the contest doesn't begin until the weight "hits the floor." He of course, was a brilliant exponent of his own theories as he pulled a multitude of World records in the deadlift and was the official World champion in the tough 148 lb class at the 1973 Worlds. It is truly a shame that the man has spent so many of his peak competitive years incarcerated, training under the conditions he had to endure, who knows what he could have done with the proper diet, medical supervision, equipment and accessories? This month's article is a companion to a similar study that I made on championship squatting techniques some time ago. Although the focus of the article is not about Don Blue, many of his theories will be explored in depth. The deadlift, unlike the bench press and especially the squat, is a lift where so called "artificial aids" (wraps, tight suits) do not necessarily help. If you look at most of the championship deadlifters (Inaba, Gani, Gaugler, Anello, Kazmaier, McCormick, etc.) few, if any wear knee wraps or a super-tight squatting suit. The incomparable John Kuc often pulled his DLs without a lifting belt, except when he verged on World Records, and then he would put on a standard olympic lifter's belt and go to it! Truly feel that the deadlift is a good test of total body strength, but due to its apparent simplicity, technique is often overlooked for pure psyche and emotion. Again, technique is a by-product of body structure - whether favorable or not - and the consistent application of proven approaches. Quite naturally, one can not change bodily structure besides, I think that they made the "Rack" illegal back in the Dark Ages) for the deadlift, one simply is structurally blessed or not. That should not be used as an excuse for slacking off on DL training.

If you are built like Lamar Gant or Anello - fine - the only thing that should concern you is overtraining the lift because of its relative ease vis-a-vis squatting and benching. Walter McCormick, Jon Cole, Terry Thomas, Larry Kidney and Bill Kazmaier are all 800 plus pounders who also happen to be 500 plus benchers as well. I doubt if they would consider themselves "structurally blessed" for the DL. One common denominator of these men is their fierce attention to detail and technique.

Terry McCormick has one of the most awesome pulls in powerlifting. His approach to the deadlift, like it is for the other two lifts, is precise and methodical. If one were to analyze his lift, they would be astounded by the slowness of ascent.

In his own words, Terry analyzes his lifting style: "A lot of guys try to rip the weight off the floor thinking that the momentum will carry them to completion. What usually happens is that the weight slows down after it passes the knee cap and the lift is lost. I try to really stay tight at the bottom, pushing my stomach against my belt and deliberately squeezing the weight off the floor. As it passes my knee cap, I accelerate and lock out."

Contrast this to the style of Jon Cole who emphasized extreme explosiveness in all three of the lifts - Jon was so inhumanly strong in his prime that he would literally rip the weight off the floor, but he would sometimes wind up hitching at the top due to the loss of acceleration.

Walter Thomas, Mike Bridges, Veli Kumpuniemi and Benet Clayton are all excellent exponents of the Sumo style DL. Actually, there are two distinct Sumo styles - best described as "Fias in" (an extremely wide stance like Kumpuniemi and Bridges where the "stroke" is shorter and the hands or the Fias out - a more moderate stance like Walker (and his wife Jull) use where the hands wind up either outside the thighs or on top of them after the pull. To Sumo or not to Sumo is a question that probably has plagued lifters for a while, because for certain body types, it can be an extremely efficient lift. I can quote Riekey Dale Crain (another fine puller) on this rationale: "Generally a good hip and thigh (wider stance) squatter will be a good sumo stylist."

Keep in mind that the sumo is very taxing on the adductors (inner thigh muscles) and that the start will be very slow. Bridges claims that the deadlift done in the Sumo manner is nothing more than a "squat with the weight in your hands rather than on your back."

Historically, the deadlift was the last of the three original powerlifts and the squat being the first (the deadlift actually replaced the standing curl as a lift) Olympic lifters were (and still are) very good deadlifters largely because of the need to employ at the outset of a near-perfect body position they heavy clean or snatch. York BBC Starr, and Tommy Suggs were very successful in powerlifting meets in the early sixties. In fact, Bill Starr pulled a record 666½ (198 lb class) at the 1968 Seniors in Los Angeles and managed to beat a lot of "pursuits" in the same weight class. Some very common training methods of the day were the old 5-4-3-2-1 system where the lifter would pyramid to the "apex of the

pyramid and stop. Power cleans were done as well as power snatches and high pulls (as the basis of Starr's methods) for assistance work. Then as well as today, the deadlift was worked but once per week (Jon Cole recommended once every other week to once per month for very advanced athletes.) Some other notable pullers of the day were Gary Young (740 DL, 242 class - 1967), Bill Burns (615 DL, 1968, 165 class) and of course, Wilbur Miller, Felix Gomes, Don Cundy and Don Blue. Don Blue he would easily make an entire cover story for PL USA but information about him is very sketchy. Don used the weights as an antidote to the frustration, loneliness and sheer hell that presides within a prison. He did not have access to a luxuriously equipped gym; in fact, it had but 360 lbs of weights along with a 360 lb bar and bench. When the 360 began to get too easy for singles, and even reps (would you believe 40 reps sometimes!) he scrounged an old Coke crate which he stood on and made the lift harder. Don used this training method, which is probably the "prototype" of Jaska Pavlanen's Finnish system - to set some astounding WRs in the 148 class (I believe he pulled around a 622).

George Frenn has come up with his own high-rep/intensity system: "If you work the muscle groups involved via power cleans, snatch grip hi-pulls and good mornings, one only needs to DL once per week. That day should consist of a set of 10 reps. You can take the ten rep sets and translate them into a limit deadlift."

Today's training methods are largely on the cycle system with more shorter range movements used as assistance work (rack lockouts, for instance) and much more emphasis on bodybuilding - working the huge lat muscles as a "hinge" to assist the DL. Larry Kidney, though well renowned for his squatting, is a top notch puller who makes good use of the lats and

upper back muscles for the deadlift. "As the weight passes the knee cap, try to FLEX your lats (as if you were trying to do a simple lat spreading movement). This will lock the lift out." Larry recalls how fellow police officer and lifter Louie Hernandez was having trouble with the lockout, and under his guidance worked the daylight out of his lats and rhomboids, and his lift zoomed to near 700 lbs!

Yes, the deadlift seems simple until you start training it! One can get lost in the maze of styles, training philosophies and accessories. After talking with some of the top lifters of the day and doing some homework, I have come up with the following "conclusions":

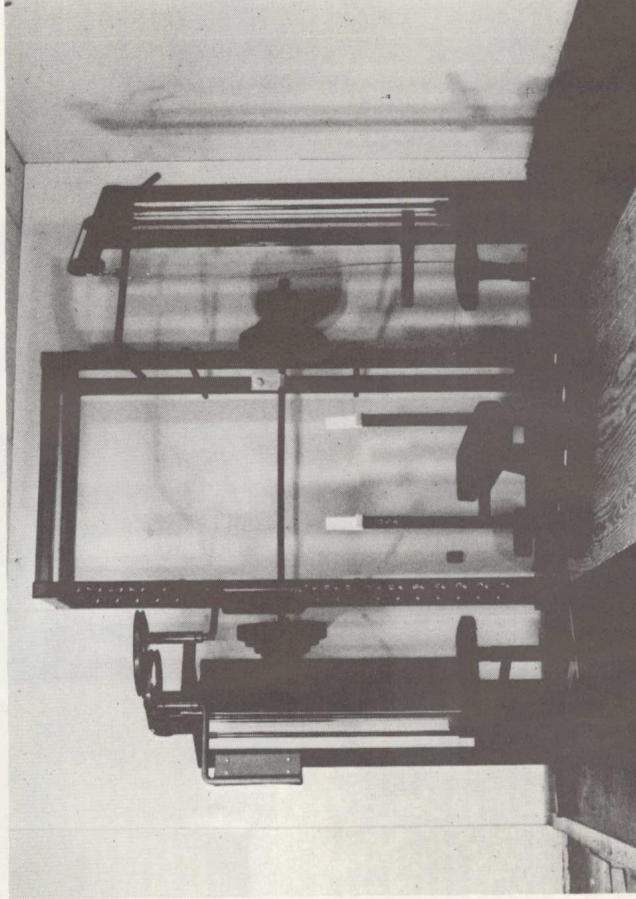
- TRAINING AXIOMS**
1. Examine your body type to see if conventional or Sumo will be the most efficient.
 2. Work the entire back structure (Dr. Squat, Fred Hatfield recommends doing a lot of bent rows, shrugs and rounded back dls, for instance - or you can use the Frenn/Starr olympic pulling method).
 3. Pay strict attention to form in whatever style you use.
 4. Accessories - the general feeling among champion pullers is not to become dependent on straps for the grip, unless it is in an assistance exercise such as hi-pulls, shrugs or ultra-heavy lockouts. Some, like Pacifico, prefer doing front grip dls w/straps to avoid the inherent twisting motion that occurs in an over-under grip. If this is done, Pacifico likewise recommends doing a lot of grip work (wrist curls, wrist rollers, etc.) Again, most do not resort to a super-tight suit or excessively tight knee wraps (if at all) because there is no "recoil" effect in the DL.
 5. Grit your teeth (if you have any, that is) and **PULL LIKE HELL!**



Puller Supreme... Don Blue deadlifting at the 1973 Worlds (photo by Pope)

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POWER PROFILE

JOE CUNHA, 'Dr. Leverage', is DYNOMITE! by Herb Glosbrenner

On October 17, 1981, at a meet in San Luis Obispo, a small man facing nearly five times his bodyweight, backed away from the squat stands with a massive apparatus draped across his shoulders. Gasping oxygen into his lungs, he descended low and with a mighty effort stood back up. The thunderous roar that greeted him was punctuated by an ecstatic announcement, a new world record squat (actual weight 535¼ pounds) for Joe Cunha. Joe, competing in the 52kg category, went on to do a 292½ lb bench press and deadlift 341½ lbs to post an aggregate of 1168.4 lbs. It graduated him to first place in the U.S. rankings for 1981, and placed him ahead of Dunbar and behind only Japan's Inaba in the world rankings. It was only the third competition of his life!

Joe Cunha, merely 23 years of age, was born March 30, 1959. Small in stature (Joe stands 4 feet 4 inches), his induction to the sport of powerlifting began just over a year ago. Joe's cousin, Dan Freitas, received the word that Joe had benched 300 lbs. during an impromptu session among friends. Dan assumed that this was a gross exaggeration, knowing that Joe did not lift weights, the only exception being a light training course in high school. Further research uncovered the fact that the world record was 314 lbs by Chuck Dunbar, a man of Joe's size and leverage. The curiosity was too much to bear and Dan phoned Joe with an invitation to join him at Newark High School to test his strength with powerlifting in mind.

In his first ever attempt at squatting, Joe exceeded the California state record with a very easy 350, minus supersuit or knee wraps. He also benched 275 in a loose style and pulled a 250 deadlift. Thus Joe was bitten by the barbell bug, launching the rocket that has catapulted him to flyweight fame. Joe entered his first meet and registered a 953 total! His second meeting was the Nationals in Boise, Idaho. Despite the fact that some very good competitors showed up (Escobedo-Ellis-McLaren), at 51.1kg Joe managed a 485 squat, 275½ bench and 330½ deadlift for 1091 total. He missed only twice with a 501½ squat and 297½ bench, and became a National Champ in just his second contest.

Cunha was financially unable to make the Seniors and confront Chuckie Dunbar, but did claim the top total of the year nationally at San Luis Obispo. Joe is optimistic in the conviction that he will become the World's best flyweight. Not only does he believe that he can replace Dunbar as America's premier 52kg man but he is certain that only he can end Inaba of Japan's long streak of world titles.

1254 lb. total weighing but 116 lbs! Undeterred, Joe competed anyway and in the process astonished Iron Game critics! Currently the pint-sized Hercules trains on a 5 day basis and his training regime is based on a 12 week cycle. This routine, which worked well for recent competitions, is subject to change, especially since he has lifted for only a year and has many opportunities to find the best routine for him.

Joe's natural bodyweight is about 120 lbs, and he trains at this weight for the first part of his cycle. He then gradually drops to 116-117 during the last 5-6 weeks before a meet. Losing the weight does not seem to affect him, and training at his natural weight seems to keep him free from injury. He does not have a special diet to offer, but supplements his diet with vitamins, and after weigh-in drinks gatorade and ingests dried fruits (applicants and bananas) and enjoys high-carb bars. He trains with Dan Freitas, his coach, Joe Cedres, and sometimes Larry Meggers, one of his spotters.

DAY ONE: Stretch; Good Mornings 145x8x3, adding 10 lbs each wk; Squats 195x10, 250x8, 300x8, 330x5x4, adding 10 lbs a week for 8 wks on 12 week cycle; Leg extensions, 3 sets of 8; Calf raises, 4 sets of 12-15 reps; Deadlifts (toe top) 145x10, 195x8, 225x5x3, adding 2.5 lbs each wk; Military Press 115x8x3, adding 5 lbs each wk; Lat Pulldowns 120x8x3, adding wt whenever possible; Tricep Pulldowns 80x8x3, adding 5lbs per wk; Prone tri-press (to nose) 70x8x3, adding 5 lbs per wk; Dumbbell curls (thumbs up), 3 sets of 8 reps; Wrist curls, 3 sets of maximum reps.

DAY TWO: Stretch; Good Mornings 145x8x3, adding 10 lbs each wk; Squats 195x10, 250x8, 300x8, 330x5x4, adding 10 lbs a week for 8 wks on 12 week cycle; Leg extensions, 3 sets of 8; Calf raises, 4 sets of 12-15 reps; Deadlifts (toe top) 145x10, 195x8, 225x5x3, adding 10 lbs a wk.

DAY THREE: OFF

DAY FOUR: Same as Monday except: Eliminate barbell and replace with lockouts; Bent over rows replace lat pulldowns; Close grip bench replaces Tri press.

DAY FIVE: Same as Tuesday except: Deadlifts are high pulls (from top of knee)

The last four weeks are heavy sets of 3's and 2's. It is somewhat similar to Pacifico's cycle. Joe trains without tight suit or wraps except for the last two workouts before a meet. Joe is very careful not to overtrain by monitoring his



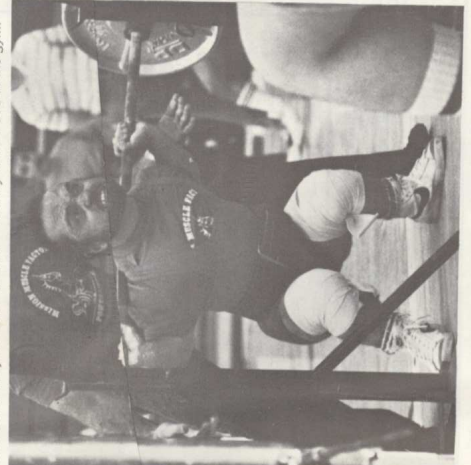
Joe attacks the bar in competition as though it was his enemy and has a great mental outlook. He has no fear for his competitors or the barbell. He has a great sense of humor and enjoys socializing. Joe is single and does not have a steady girl friend and jokingly says, 'I only wish my legs were longer so that when I chase women, I could catch at least half of them.'

At the present time Joe Cunha is right on target. He and Chuckie Dunbar are bound for a collision course at Dayton. And after that? Joe smiles. 'I'll show you what happens when an irascible force meets an immovable object.' Joe intends to demonstrate to all the small people in the world that if you work at your talent, your gains can be as BIG as anyone else's.

Train hard, Mr. Inaba, you may very well have met your match! Yes, there is no doubt about it, Joe Cunha, Dr. Leverage, in Jimmy Walker's personalized words, is DYNOMITE!!

Joe was in fact in a low cycle. The very week of the meet his grand-uncle passed away and previous to that he was weakened by a virus. In his next meet, the Sacramento Open, Joe marked his 1201 total and added a little frosting on the birthday cake.

In his first meet of 1982, Joe lifted in the California State championships in Santa Cruz on Feb. 20. At 113½ bodyweight he did a 523½ squat, 297 bench and a 385¾ DL. His total was 1201½, exceeding the American Record! Unknown beforehand, the weights were weighing heavy, and Joe missed a 540 at his bodyweight, and he drove men to that goal of squatting 5 times his bodyweight. He has actually done a 575 in the gym.



Power Technique

by Mike Lambert

Ron Fernando reports that California lifters frequenting Larry Kidney's Gym have come up with something that has led to some nice improvement in their squats just before the upcoming National meets. To one degree or another they've begun narrowing their stance. Most had fairly wide stances in the past, and have found that bringing it in has been a boon. Rich Woods has reportedly come up with a 725 using this idea, and Larry Kidney himself, seen at left in a photo by Gary Menaker, has brought his stance in slightly with good results. Ted Mossbarger, a contender at 181 in Portland, is reportedly doing well on it, and Bill Ennis has converted to quite a narrow stance with good response. Maybe wide stance squatting has become too much a part of popular Powerlifting mythology, and it's time to take a close look at it. 'Dr. Squat' Fred Hatfield has done well with a narrow stance, though he admits to trying the wide stance variation diligently for a while, but the end result for him was some injuries and no improvement on his lift.

Going from narrow to wide has its disadvantages, just ask Steve Knight. He was waylaid with a hip problem for several months, which kept him out of the 1981 Seniors, and after many visits to experts in rehabilitation, he finally decided that it was a switch in style from a rather narrow setup to wide, without a corresponding decrease in his training loads, that led to the problem. Going the other way doesn't seem to lead to much difficulty. Narrow stance works the legs more than the hips versus wide stance training, and perhaps there's more room for improvement when emphasizing that muscle group.



Bald is Beautiful......on impulse Larry Kidney shaved his head recently, inspiring Bob Morris, Ted Mossbarger, and John Mutz to don bald head skin caps of their own. At the meet they were going to, Mitz chalked Larry's hips, and back and then proceeded to lay a liberal coating on his head, as well, as one witness said, "wouldn't want any slippage on the bench!"

STARTIN' OUT

A special section dedicated to the beginning lifter

THOUGHTS ON TRAINING PARTNERS

by Don Pfeiffer

In the June 1981 issue of Powerlifting USA, Dr. Ken Leisner (who I believe is one of, if not the most knowledgeable man on powerlifting and strength training) made some comments in his column with regards to training partners. Seeing that this is a topic that has always interested me and being the type of person who usually has something to say about everything I'd like to pass along some ideas I have about training partners.

It has always been my belief that a training partner can be a valuable asset to almost any powerlifter's training program, provided that you select the right partner. Let's decide if you are the type of person who could benefit from a training partner. Some powerlifters tend to be introverted. They prefer to be by themselves rather than in the company of others. If you are the type of person who doesn't want to be with others, especially when doing something as important as training, then a training partner is not for you. However, many powerlifters find that this wall of isolation breaks down when they train. They find that having a partner makes their workouts more productive. Because of their common interest, they don't feel as though their privacy is being invaded.

The first requirement of a training partner is that he be as interested and serious about training as you. He must be willing - as you are - to train hard and make the sacrifices that are necessary for success. He must realize that when you're in the gym, training is the top priority. There is no room for socializing, clowning around or any other frivolous activities.

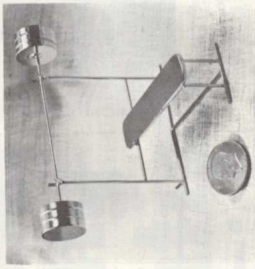
Finding a training partner who possesses these qualities may be a frustrating experience. You may go through so many partners that you give up before you find the right one. A lot of this guesswork can be eliminated. If you train at a gym, spend a couple of hours when you're not working out and observe others training. This will give you an idea of who is serious about training and help you in your selection process. Don't hesitate to ask your potential partner questions; you may save yourself a lot of grief later on. If you have a close friend that lifts, that may be the ideal situation, but be careful not to let your

workouts develop into a social activity. You may have so much in common that before you know it you're talking about your college classes instead of doing your benches. Save the small talk for after your workout. One important point: make sure that your partner is reliable. Nothing can dampen your enthusiasm faster than having to wait half an hour for your partner to show up while you're already dressed and ready to go. Motivation is one area where a training partner can help immensely. We all have days when we don't train like training, and when we train by ourselves, days like those are usually a total disaster. When you train with someone else, this is because of our competitive nature. We don't want to be outdone by anyone, so even though we're not up to it, we train hard.

Safety is another major concern, especially when performing limit singles or training all out. There is always the fear of having the weight come crashing down on your neck when benching or of getting stuck in the bottom portion of a squat and ruining your back. These fears can be eliminated by having a training partner present. You'd be amazed at how much more confidence you have when you don't have to worry about safety. You can channel all of your energy towards the successful completion of the lift.

Your partner can serve as your coach. He can constructively criticize your lifting and make you aware of any flaws in your technique or lifting posture so that you can work to correct them. Always remember that training with a partner is a mutual relationship. If you want your partner to help you, you must be willing to help him. It's sort of a Golden Rule for Powerlifters: "Do unto your partner as you would want your partner to do unto you." The more you learn to work together and help each other the more productive your workouts will become. I recommend that at least once a week you and your partner get together and discuss your workouts. That is the best way to iron out any problems that you may have and an excellent way to analyze your workouts and incorporate new ideas.

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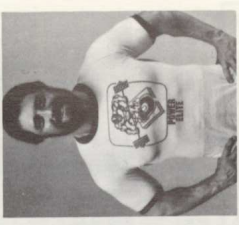
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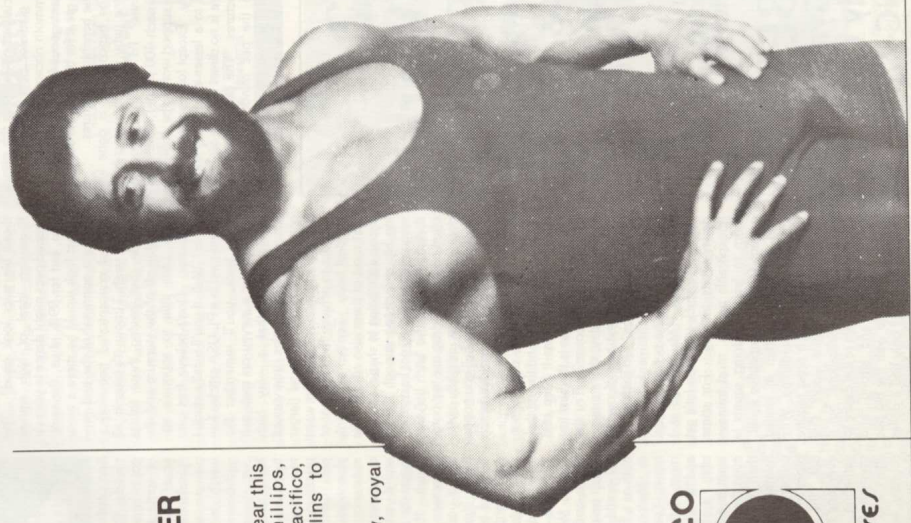
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More From Ken Leistner

The lift that I've written the least about is the bench press, and for good reason. Man, how that ever became one of the powerlifts is beyond me; you talk about useless. The bench has always been a very popular lift, probably since its inception in the 40s, but in comparison with the overhead press, there is a lot less production, and the press relates better to most athletic events. Football coaches, never seen as any threat, as a group, to split the atom, have always been fond of telling all who would listen that their charges would bounce the opposition around like so many fairies if they could bench 300 or 400 pounds. Of course, that's not always the case, and unless a complete picture is taken, it can create a dangerous situation. Let's take it from the top.

If the overhead press is done properly, without tons of backbend and kicking, it is a great exercise, providing quite a bit of direct work for the delts, triceps, upper back, even the traps. It's a bitch if you push it because you have to balance the bar and your body, and maintain control of the dynamic relation between them. Your low back tends

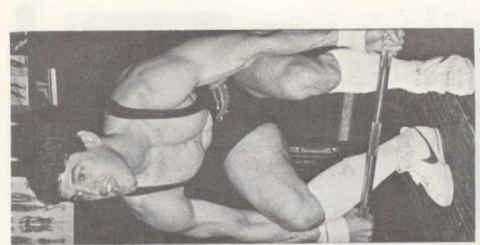
to get a fair load of indirect work, as does the obliques, a very neglected muscle, and quite a strong one potentially. Bill Start's The Strongest Shall Survive makes a good case for the use of free weights, relative to machine training, based primarily on this point and if it's a valid one and very important for the powerlifter to grasp. The distance that the bar travels is considerably greater in the press, relative to the bench press, in almost every individual, especially the big benchers who have specialized on building the proverbial gladiator pecs on top of the mammoth ribcage. Short arms are advantageous for leverage, but not real great for building lots of muscle in the benching structures.

The bench press is done lying supine (why were they ever called prone?) I'd love to see someone approach 400 prone, thus there is little support work to be done by the body. Except for the anterior delts, and to a lesser extent, the triceps, there is no direct work to any other structures. The pecs (both heads) and the pec minor get indirect work only. As mentioned previously, the bar doesn't move very far

not real good for power production. And its relation to other sports? Well, the venerable John Grimek once sat with me in York, and gave me some of his hard won wisdom. "The fastest way to get a beginner hooked on lifting weights is to give him lots of lies and some benches. Because these muscles (the pecs) get very little direct or heavy stimulation doing normal activities, they'll grow real quick, and the guy will notice that they're growing and when you'll have him on the hook. Think about that one. Man, the pecs blow up pretty easily on any type of chest work, especially during the course of normal daily activities, or during most athletic pastimes. Give them a little bit of a push and they'll jump out at you. And that brings us to another bench-related problem. Hey, you really think those big pecs look good? The Reevesian ideal of high square shaped pecs isn't a thing in your vision, but for 99% of us, the semi-great look would be more of a more accurate appraisal of the end product of concentrated pec work.

Yeah, yeah, I know, it's muscle, it's hanging off the sternum and ribcage adds a little extra to the appearance. Don't believe the shtuff either? Well, if you'll believe a few mentioned in a PL USA article a few years back, you'll remember the statistic that a survey on male high image noted that a very high percentage of males interviewed sought a larger chest and larger arms in addition to a smaller waist in order to achieve a sex concept of an ideal body. Terrific, but I think that most of them also equated the above with being in shape and being someone's ass they bitch fits' that the street. And this use just comes often come with the slightly situation. Hey, what the hell you gonna do with them pecs besides bench and strut?

Sad to relate, we've stuck with it so bench we must. And the myth! How many meet has it been said that the bench press is the best test of overall body power? Try the Okay, it's the best test of overall upper body power. Go back to the overhead press comments for that one. Uh, well, the bench is a real good exercise. Maybe, but as I said, we're stuck with it so let's get down to it's training. For some unexplainable reason most trainers seem to enjoy doing squats is enough to do their competitive squat and doing DLs, often in limited amount, is fine for building equity. Does the bench press equity have a myriad of assistants, but I've heard many ration to the desire to usually comes down to the desire to gain, the big and strong, and man! Just this shit with the big pec look. Ah, but it's only had a dollar for every closet bodybuilder masquerading as a powerlifter. One good explanation goes involves more like the bench involves more



Ken Leistner, in a recent workout muscles than the other lifts, so it's got to be something at different angles or some such thing. Check your squats, triceps, erectors and anterior intrinsic to maintain an erect posture under a bone crushing weight, hip flexors, hamstrings and great concurus to control the design, tensor fascia lata and all the hip extensors plus the deadlift to get you back up. The deadlift is a no-brainer, so obvious that we'll pass without a description or explanation. The bench and its assistance work are fun to do in comparison to the other two big lifts and if you bench is moving nicely, and if you bench is moving nicely, forget the assistance work, and just bench. And this use just comes often come with the slightly situation. Hey, what the hell you gonna do with them pecs besides bench and strut?

I would like to make a proposal, both as a lover of powerlifting, and as National Athlete's Representative. I've tried to get the pulse of most of the lifters in the country, and have taken my position responsibly. I also know what the lifters want in a big meet. No meet, not even the World's, is bigger or better than the Seniors. I've said that a number of times, and mean it; the caliber of lifting is superior to any other meet. It is, year in and year out, the high point of almost everyone's training, and it is truly a gathering of our little tribe of strength athletes. It's important that lifters and fans in all parts of the country see all of the top lifters as this injects them with enthusiasm for the game, and brings them closer to the men involved. I imagine that if the meet is run proper-

ly, there is some money to be made by the promoters, and television gives the potential for a lot more. Keep all of this in mind as we go more important than insuring that the lifting will be of the highest caliber, that the lifters will be able to do their best, and that the fans will be treated with dignity and concern. These far outdistance any financial considerations, because this is our blood, the blood of the sport itself. Although it may seem unfair, I would like to propose that the Senior Nationals be held at the same site year after year for at least a five year period. Horrors, you say? Unfair to the lifters in that part of the country farthest from the meet? Perhaps, but let's look at it as objectively as possible. A consistent site will allow the lifters and fans to know exactly what to expect, and they will get the ultimate in facilities and concessions. This takes lot of pressure off of the lifter who is preparing any nasty last minute surprises. A standardization of equipment year after year will prevent any particular lifter from having an advantage over another. We're using so and so's bench and racks, this bar, these plates, with so many war-muscle platforms made of such and such material, in a room this particular size, etc., and all of this provided by the same people for at least five years. Man, it would be awful easy for guys to just show up and lift. Experience in conducting a national meet would manifest itself in efficient and trouble free running of that meet. The facilities would obviously cater to the fan as well as the lifter, providing all that is necessary for comfort, safety, and security. The meet hotel(s) would have no trouble meeting the needs of everyone, as it would be a matter of repeating a successful formula year after year. The TV people would have a standard set up too, with no surprises that would possibly make telecast difficult. The site would have to be fairly easy to travel to, and be accessible to large numbers of fans. In this way, all of the die hards could make their yearly plans, knowing in advance the who, what, where, how and why of the situation. Radical? Listen on.

Two years ago, this same proposal was made by George Zangas and the meeting was really stirred by his conclusions. Unfortunately, no one was ready for such a radical departure from the norm, and what did the norm get us? Most of the opposition stemmed from the potential dollar signs dancing in the

From New York to the Worlds!...promoter of the World & European Powerlifting Championships, November 4-7th in Munich, Germany, Mr. Heinz Vetterliar has provided the following details about a travel plan for American and Canadian fans who wish to attend the championships. The package includes a flight directly from New York to Munich on November 1st; accommodations at a Category II Hotel near the Championships for 6 nights including breakfast (double occupancy room); sightseeing tour of Munich; Bavarian folklore evening (including dinner); transfers to and from Munich airport; best seat tickets for all the competitions; and a flight from Munich to New York on the 8th of November. The price per person for this arrangement is \$899 (for single occupancy rooms add \$140). Please note that they need at least 100 people in order to guarantee that price. For further information contact BGV, Haus des Sports, Briemner Str. 52, 8000 Munich 2, West Germany.

eyes of those hot to secure the meet for their home turf. To alleviate that problem, and insure a top rated meet with all of the aforementioned provided for, the meet director could receive a flat fee, or a percentage of the take, with the major share, and especially the TV money, going directly to the USPF. Instead of the promoter making the majority of the bucks, let the governing body take it and then throw it back to the local associations. The meet director could have his costs covered, could grab extra bucks by renting concession space, selling t-shirts etc, but would be motivated less by greed, than the desire to run a smooth meet for all. If a three to five year contract were given to a particular individual, I honestly believe that it would insure excellent run Senior National meets. The receiver of the meet could further insure success by bringing in outside people, someone like John Pettitt (even if he gets elected to the presidency, his expertise as a meet coordinator should not go to waste), or others from around the country who could add to the meet. All too often, we've seen bids won by a particular city or group of people, and they have refused any outside advice, taking the attitude that they would be the ones to run the 'meet of the century'. For the most part, there have been problems at most of the recent Senior meets, some very minor, some horribly distracting to both lifters and fans. A semi-permanent meet site would alleviate most of the problems. If we had to get the ball rolling, I'd throw it to Pacific, not out of any personal love for Larry, but because he has, in the past, run an excellent, well coordinated meet; that made money. It makes sense to give an experienced hand a new idea, if you want it implemented smoothly. As I said, Larry and I have had our difficulties, but all of the recent big meets, he appears to be the best of those who could potentially run it. For three to five years we would all trek to Dayton (pretty easy to get to, and cheap from NY with Super saver fares), see a great meet, and then bid it out, with inspection of the meet site prior to the vote, certification of the equipment prior to the vote, and written guarantees that the site will be available as stated in the bid, again, prior to the vote. Then, hopefully, whoever gets it for the next 3-5 year stint will take what was learned the first time around, and do it up right. Think about this one a while.

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Wadd visits Pennsylvania...he put on a demonstration at Lehigh Valley High at the request of Jake Boyer. Dave, seen above with training partner Greg Dreschel, student Todd Meehan, and Jake, received a terrific from the student body encouraging him to take this year's title. Student Meehan title and a plaque from Jake, reading "1982 Powerlifting Champion" and Dave signed 800, bunched over 500, and qualified 745 for the appreciative audience. photo courtesy Jake Boyer.

eyes of those hot to secure the meet for their home turf. To alleviate that problem, and insure a top rated meet with all of the aforementioned provided for, the meet director could receive a flat fee, or a percentage of the take, with the major share, and especially the TV money, going directly to the USPF. Instead of the promoter making the majority of the bucks, let the governing body take it and then throw it back to the local associations. The meet director could have his costs covered, could grab extra bucks by renting concession space, selling t-shirts etc, but would be motivated less by greed, than the desire to run a smooth meet for all. If a three to five year contract were given to a particular individual, I honestly believe that it would insure excellent run Senior National meets. The receiver of the meet could further insure success by bringing in outside people, someone like John Pettitt (even if he gets elected to the presidency, his expertise as a meet coordinator should not go to waste), or others from around the country who could add to the meet. All too often, we've seen bids won by a particular city or group of people, and they have refused any outside advice, taking the attitude that they would be the ones to run the 'meet of the century'. For the most part, there have been problems at most of the recent Senior meets, some very minor, some horribly distracting to both lifters and fans. A semi-permanent meet site would alleviate most of the problems. If we had to get the ball rolling, I'd throw it to Pacific, not out of any personal love for Larry, but because he has, in the past, run an excellent, well coordinated meet; that made money. It makes sense to give an experienced hand a new idea, if you want it implemented smoothly. As I said, Larry and I have had our difficulties, but all of the recent big meets, he appears to be the best of those who could potentially run it. For three to five years we would all trek to Dayton (pretty easy to get to, and cheap from NY with Super saver fares), see a great meet, and then bid it out, with inspection of the meet site prior to the vote, certification of the equipment prior to the vote, and written guarantees that the site will be available as stated in the bid, again, prior to the vote. Then, hopefully, whoever gets it for the next 3-5 year stint will take what was learned the first time around, and do it up right. Think about this one a while.

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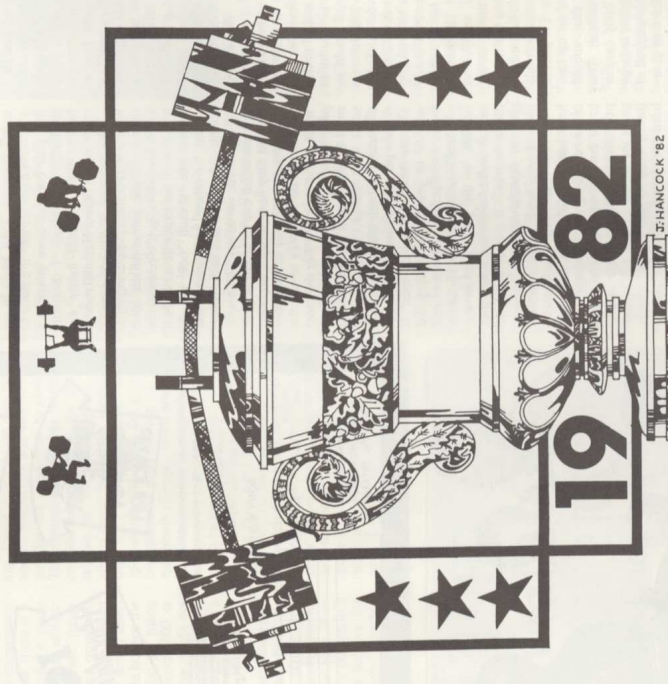
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Wadd visits Pennsylvania...he put on a demonstration at Lehigh Valley High at the request of Jake Boyer. Dave, seen above with training partner Greg Dreschel, student Todd Meehan, and Jake, received a terrific from the student body encouraging him to take this year's title. Student Meehan title and a plaque from Jake, reading "1982 Powerlifting Champion" and Dave signed 800, bunched over 500, and qualified 745 for the appreciative audience. photo courtesy Jake Boyer.

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 by Herb Glossbrenner
 PL USA Statistician

- 886-69 W. Kazmaier (USA-81)
- 885-50 D. Reinhardt (USA-75)
- 882-00 J. Cole (USA-72)
- 870-82 J. Kuc (USA-80)
- 870-00 D. Kenady (USA-81)
- 855-00 P. Wrenn (USA-76)
- 848-77 T. McCormick (USA-82)
- 845-00 G. Reifuss (USA-78)
- 837-74 A. White (GB-82)
- 832-24 J. Piekut (USA-81)
- 832-24 J. Cash (USA-82)
- 830-00 G. Reynolds (USA)
- 826-73 J. Gamble (USA-82)
- 825-00 M. Cundy (USA-70)
- 821-22 D. Wohlbehr (USA-81)
- 821-22 V. Anello (USA-82)
- 821-22 C. Schneider (USA-82)
- 821-22 C. Smitkin (USA-82)
- 821-22 W. Thomas (USA-82)
- 815-00 A. Kerr (GB-82)
- 815-00 T. Smith (USA)
- 810-19 G. Frenn (USA-71)
- 810-19 J. Lampkin (USA-80)
- 807-00 T. Fletcher (USA-70)
- 807-00 D. Shaw (USA-79)
- 805-78 H. Fransson (Swe-80)
- 805-00 M. Morgan (USA-73)
- 805-00 S. Wilson (USA-81)
- 804-68 E. Hackett (USA-81)
- 804-68 W. Davis (USA-81)
- 800-00 B. Boyce (USA-79)
- 800-00 P. Rosenstern (USA-80)
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The 800 lb. deadlift club is a most prestigious one with a relatively small number of men who have achieved this figure. I cherish the moment that I saw the first official 800 pound deadlift performed by Don Cundy of Minneapolis, Minnesota. It was not an easy lift; it stopped twice and even had a nudge or two, but the judges thought that it was good enough and history was made on that day over a decade ago in York, Pennsylvania. Cundy went on to eventually go as high as 825, traveling across the ocean to a small town in Norway to battle a huge Norwegian who was at that time a claimant to the 800 club. Editor's note: a lift of 880 or so was claimed by this rather tall Scandinavian in Joe Weider's MUSCLE BUILDER Magazine. Perhaps the most amazing feat of all was the 830 lb. deadlift done way back in the 1920 era by the legendary Herman Goerner. He was born on April 13th, 1891 at Haemichen, close to Leipzig, which is now in East Germany. Goerner inherited natural strength from his father and grew up to become one of the most famous strong men of all time. In 1920 he made an official deadlift with 360 kg. (793½). This was unchallenged until Cundy's lift. His 830 was not official and was done as a professional, but indicates his great strength and the fact that he was 50 years before his time. Remember

any event, I will be as close to the definition as possible in Dayton, Ohio this summer, where this incredible feat may happen. Using straps, both Reinhardt and Kazmaier have achieved this incredible poucentage. It's not the weight so much as the grip. Others in history who have of- fered a crack at the 800 lb. deadlift are: Wrenn, Kuc and Reifuss, but I believe that Kazmaier has come the closest of all. Back to the normal dream of the 800 figure. Several made 362.5 (799.1 lbs.), but didn't make the list, including former World Superheavy Champion Taito Haara of Finland. It was once told that basketball great, Will Chamberlain could do 1000 if he trained. Also it was claimed the Russian Super heavyweight Kuc and Kennedy. The one large, looming question is, who will be the first to deadlift 900 pounds? I believe that certainly within the next two years we will see this done officially. With Kuc, Cole and Reinhardt evidently not competitive, who will do it remains to be seen. The front runners appear to be Kazmaier, Kennedy and Wrenn. Yes, big Paul almost made 402.5 (887.4 lbs.) at last year's Seniors. However, I have a premonition that the first man in the World to do an official 900 will be none other than the Golden Goliath, Jay Piekut (I certainly hope that Jay reads this article!) (Editor's Note...if Jay doesn't do it first Herb, we'll be calling you the Golden Gibbon!) In

trying the big 'EIGHT', but on ad- vice from his teammate and coach Bill Starr, let it pass. It was before the Mexico Olympics and to risk an injury was too great a chance. As it turned out, Ernie had the opportunity to place his name in the record book. There is little doubt in my mind that he would have made the list. I remember watching Don Cundy wag his head in disbelief as Ernie matherhanded that 750 like a plaything. Another man whose dream is to matherhand the 800 is huge Arthur Bogosian of Iceland, whom I pictured, in some of my moments, standing on one huge iceberg with the Aurora Borealis reflected in the icy sky, straining upward with the plates black, foreboding and ever so heavy. But back to reality. This moment, and others, will happen for someone, somewhere; just a matter of time!

Swedish/USA Rankings

SWEDEN	USA
114	114
No. 1, 1058	No. 1, 1190
No. 8, 396	No. 8, 975
123	123
No. 1, 1157	No. 1, 1230
No. 17, 567	No. 17, 1047
132	132
No. 1, 1229	No. 1, 1554
No. 25, 942	No. 25, 1146
148	148
No. 1, 1532	No. 1, 1614
No. 25, 1157	No. 25, 1350
165	165
No. 1, 1642	No. 1, 1862
No. 25, 1311	No. 25, 1532
181	181
No. 1, 1708	No. 1, 2084
No. 25, 1455	No. 25, 1636
198	198
No. 1, 1918	No. 1, 2050
No. 25, 1510	No. 25, 1750
220	220
No. 1, 1973	No. 1, 2072
No. 25, 1521	No. 25, 1855
242	242
No. 1, 2011	No. 1, 2166
No. 25, 1466	No. 25, 1920
275	275
No. 1, 2011	No. 1, 2221
No. 25, 1008	No. 25, 1962
SHW	SHW
No. 1, 1851	No. 1, 2425
No. 10, 1179	No. 10, 2000

This listing compares the totals on the most recent TOP 100 PL USA lists with a ranking list for Swedish lifters provided by Arnold Bostrom. Arnold also sent a ranking list for Swedish female lifters, topped on formula basis by Pia Grengman. Approximately 50 Swedish women are active in Powerlifting at present. In the lighter and heavier classes there were less than 25 names on the Swedish list, thus the comparison at positions other than Number 25 on the list. Also, since some of the TOP 100 lists have not been updated for up to 11 months some of the current rankings would reflect higher totals for some of the American lifters.

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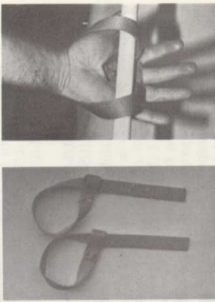


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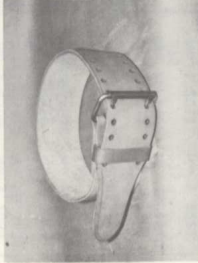
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The Biomechanics of Powerlifting
 by Tom McLaughlin, Ph.D.
 Director, Biomechanics Laboratory
 Dept. HPR, Auburn University

THE SIMPLICITY(?) OF SHOULDER TRAINING

Everybody knows how to train the shoulders, or so most powerlifters, bodybuilders and weight trainers think. After all, classic 'hand me down' exercises for shoulder training are there to see in nearly every weight room in the country. Classic pressing movements (military, behind the neck, incline, dumbbell, etc.) as well as dumbbell raises (front, lateral, back, etc.) usually constitute the majority of the typical shoulder training 'menu' of exercises. The question here is whether shoulder training is as simple as it should be. If we all do know the total story on shoulder training, then logically one would expect there to be no serious problems where shoulder development, shoulder pain and shoulder injury are concerned. Is this the case in powerlifting today? I would argue strongly that it is quite the contrary. I have begun to realize in recent years that heavy powerlifting not only can aggravate the low back and other regions but the shoulder is a 'key' problem area as well. Probably no two areas require more thoughtful training and 'injury proofing' than the low back and shoulder.

It is amazing to me how many powerlifters and weight trainers whom I've talked to have sore or injured shoulders. Typically, the shoulder problems they have are related to a variety of activities, including bench presses, throwing and racquet sports, classic shoulder weight training exercises, etc. It is evident that not many people in or outside of powerlifting are really doing the job when it comes to shoulder training. Maybe we all need to do a bit of re-evaluation of our classic shoulder training 'menu' of exercises after all.

A. What's involved in the shoulder complex.

Specifically, there are three bones involved: (the scapula, clavicle and humerus); 8 ligaments (coraco-humeral, sterno-clavicular, etc.); 7 joints: (achromioclavicular, etc.) and believe it or not, 17 muscles (including deltoids, pectoralis major/both sterno and clavicular portions, the four rotator cuff muscles, teres major, latissimus dorsi, biceps, triceps/long head, serratus anterior, pectoralis minor, levator scapula, rhomboids, subclavius, and trapezius). For more information, as always, refer to a good anatomy text.

By now you have no doubt guessed: there is nothing simple about the shoulder muscular system. In fact there are a number of very unusual features that characterize the muscle action of the shoulders. First of all, there is an unusually high amount of co-contraction where two or more muscles are contracting simultaneously. Since the shoulder joint lacks stability without muscle action, any muscle that acts to move the arm must work harmoniously with other muscles in order to avoid causing a dislocation. In other words, a large number of shoulder muscles are involved in probably every shoulder motion. Classic references like Inman et al (Ref 2) point to this fact. The second factor distinguishing the shoulder muscle activity is the number of 2 joint muscles. Depending on the position of the arm, scapula and clavicle, these 2 joint muscles will have different effects on shoulder motion. As the position of the bones changes in exercise, for example, muscle activity changes dramatically. This has been demonstrated in several

'classic' studies of shoulder biomechanics (for example, Ref 1, Ref 2). In other words, small changes in arm or shoulder positions will have significant effect on which shoulder muscles are involved and when and how much these muscles work in a given weight training exercise or a sport motion.

While it is beyond the scope of this short article to try to explore all aspects of the shoulder muscle activity, a few points can be made concerning the deltoids and rotator cuff muscles. The 3 major muscle fiber populations of the deltoid muscle most often referred to as anterior, lateral, posterior 'heads' of the deltoids) are apparently each capable of contracting fairly independently of the other heads. In other words, bench presses can conceivably involve anterior fibers of the deltoids while the other two heads are largely inactive. It is, however, overly simplistic to view the activity of the deltoids only in this sense (by saying for example, 'this anterior deltoid lateral raises work').

Probably not rarely as clear cut. Many muscles of the shoulder are involved in every shoulder exercise. As for the 4 rotator cuff muscles, the major action of these small muscles is to pull the head of the humerus (the upper arm bone) into the glenoid (the shoulder). In doing this, the deltoid muscle has better leverage and is able to elevate and move the arm more efficiently.

C. 'Food for thought.'

First of all, my personal feeling about shoulder training is that until a more detailed biomechanical study is done and completed on the shoulder, 'variety' should be the key word. By variety I mean that one should experiment with a greater number of exercises for shoulder motion than simply the 'classic' motion. One suggestion is to visit a good physical therapist or anyone knowledgeable in shoulder exercise to see the type of exercise they use for shoulder training. Some excellent non-classic exercises are available to try. By 'instinct' I mean you should attempt to 'tune-in' as much as possible to the body's response to shoulder movements and exercises.

Most top powerlifters (Bill Kazmaier, particularly) have a light knock of evaluating exercises in this manner. This is something we all need to at least try to be aware of in our training. Let me finish by giving a short list of observations that I hope will primarily serve as 'food for thought' regarding shoulder training. I personally am fond of dumbbell

presses. This motion seems to activate, at least to some extent, most part of the deltoid muscle and unquestionably brings into play other muscles of the shoulder musculature. Dumbbell presses also reduce the excessive low back loading associated with normal barbell presses.

We have found in our Biomechanics lab work here that the anterior deltoid is massively involved in all types of bench presses. Until we can do further work it is hard to identify exactly which type of bench press works the anterior deltoid most, but the anterior deltoid is unquestionably used a lot in bench presses of all types. It is an interesting question whether the anterior part of the deltoid muscle requires any extra auxiliary work above and beyond bench presses. I tend to think that many powerlifters seriously overtrain it.

I don't recommend pressing while seated (Refer to my four articles in P.L. USA on abdominals and low back region) since the stress in the low back region tends to be higher than when standing.

When and if you experiment with new exercises for the shoulder use light weights. Don't be overly ambitious and pack on the weight. The proportional increase is much higher when you try to increase your weight in dumbbell work. Be sure also that you are able to maintain the proper motion pattern whenever you add weight.

Machine training for the shoulder region should be treated very cautiously. Generally, some of the muscles that stabilize the activity (or reduced significantly) since the degrees of freedom are limited by machine. Thus, shoulder exercises when done on machines often lead to incomplete development of shoulder joint musculature or strongly recommend that one use primarily free weight motion for a complex region like the shoulder.

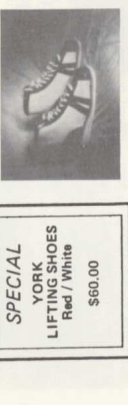
Well, it's time to put my pen down (and get back to work). I hope this is the first of a series of articles that I have provided some food for thought regarding shoulder training. Above all, don't be afraid to experiment and learn from your own body's responses to training. Shoulder training like weight training, in general, is anything but 'simple'. Instead of blindly copying everyone you see try to 'tune in' to your own body's responses to exercise. The rewards are well worth it.

Ref 1: Dolera, C. and Foreest, W. - Force Analysis of Individual Muscles Acting Simultaneously on the Shoulder Joints during Isometric Abduction. Journal of Biomechanics, 6:385, 1973.
 Ref 2: Inman, D. Saunders, J. Abbott, I. - Observations on the Function of Shoulder, Journal of Bone and Joint Surgery, 26: A, No. 1, 1944.


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


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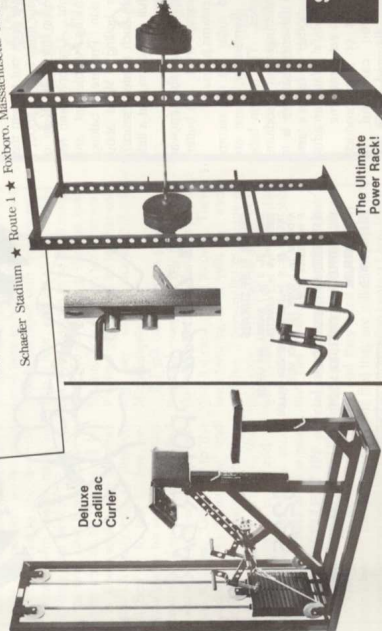
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NUTRITION CORNER

by Jack D'Angeli

THE POWERLIFTING DIET

In this month's article of Nutrition Corner, I'd like to talk about the general diet of a powerlifter. This excludes cutting back to make weight or training to put on weight. Protein: Protein foods such as meats, poultry, fish, eggs, pork and dairy products should be eaten at every meal. How much or how often depends on your body weight. For example, a 100 kg lifter would do well to ingest about 100 gms of protein daily. This figure is about 1 gm/kg and is adequate to meet your growth needs. Excess protein will be utilized as energy and stored as fat. However, this process of removing amino groups from organic compounds, known as deamination, is extremely taxing on the liver.

How you prepare your food is just as important as what you choose. Try to remove all the visible fat from the meat. Remove the skin from poultry. Buy leaner meats. A well marbled steak or roast (fat nestled within the beef) costs much more and is higher in calories than flank or round steak. When preparing protein foods, try to bake, broil or boil rather than fry. Fats or oils are extremely high in calories; about 9 calories per gram as compared to protein, which has 4 calories per gram.

When choosing dairy products such as milk and cheese, use only low fat or skin products. This helps cut down on fat calories. Cut down on any type of processed meats such as ham, bacon and sausage. It's not that they're all that bad, but they are usually packed with sodium (salt). Salt is used to preserve food, however, salt also holds water in the body and is linked with increased blood pressure. Try to eliminate salt at the table and use it sparingly while cooking. Eventually you may eliminate the need for salt in food preparation as well. Salt is a learned taste and we get plenty from food.

Fruits and Vegetables: The word "raw" seems synonymous with the words fruit and vegetable. Raw, cooked, baked or steamed, fruits and vegetables are good sources of carbohydrates for energy, vitamins and minerals. True, if you boil carrots for two hours you lose some of the water soluble vitamins, however, you could still drink the juice! The point is that fruits and vegetables, raw, juiced or whatever, add necessary calories, vitamins and minerals to your diet. Don't use any type of butter or margarine; they only add calories to your diet and little else.

Breads and Cereals: Whenever a lifter decides to reduce body weight, one of the first things to go are the breads, cereals and starch (potato) foods. They contain calories we don't necessarily need, but they also supply vitamins, especially the B complex family for energy production and minerals and fiber for proper elimination. As a lifter, I have discontinued the use of these foods while reducing body weight, however, a slice of wheat bread offers a lot of nutrition for only 80 calories. Vegetable oils, however fattening, offer a carrying medium for fat-soluble vitamins. If you feel tired during the mid-way point of your workout, you may want to try this: use a small portion of vegetable oil on salads or boiled potatoes, or you may want to try a dab of margarine to add some long lasting calories. This will ensure the supply of vitamins A, D and E as well as add flavor to your menu.

During the off-season I enjoy some rich chocolate or a slice of apple pie, but during training season "empty-calorie foods", foods which yield many calories but little in the way of nutrients, are eliminated. I also believe the self-disciplined practice of a training diet adds to the total picture of competitive workouts. A good mental attitude, sufficient rest, intense workouts and a diet supplying sufficient nutrients all join to promote your ever-increasing total.

In review, seek out protein that matches your body weight, about 1 gm of protein for every kgm of body weight. Use only lean red meats, cutting visible fat and removing skin. Prepare by baking, broiling or boiling. What about meat sauces such as steak sauce? They are full of sodium, but a little can go a long way. Eat fruits and vegetables anyway you can, except fried. No butter, sauces or cream products please.

Salt and sugar are not recommended. Remember, these are learned tastes. The reason baby food manufacturers put in sodium, sugar and flavor enhancers is to please the mother or father's taste and not the baby's! Watch an adult coax a baby to eat some time. Use low-fat or skin products whenever you can and try unsweetened, flavored drinks like Kool-aid, lemonade or ice tea. "You are what you eat." Find a balance between what you need to eat for competitive lifting and what you like to eat. We are human and the pleasure of eating is as satisfying as triple whites on the third attempt.

GYM YELLS!



by David Mann

Powerlifters yell. Why is this? Does lifting suddenly trigger a link with the past that brings out the animal in them, or do lifters just like to hear themselves? If it is the latter, why don't they sing or recite poetry when they lift? I believe there are deep underlying reasons why they yell. Of course, this isn't the first thing I think about after hearing a yell. If I'm intact, I then search for the cause of that which has intruded upon my senses. If weights are present, then I know I've just witnessed a true gym yell. Once in a while, a new lifter may stream when reading workout literature, but these are fake yells and do not count. After I've established that it is, indeed, a gym yell, I like to place this new sound somewhere on the great spectrum of yells and I check my memory banks for all the yells I've heard. We've all seen Joe 'No Work' Shiny doing 100 lb half squats while emitting sounds that would rival Mr. St. Helens. Joe thinks that strength increases proportionately to the number of people whose attention he attracts. We say, 'Good job, Joe,' and secretly hope he's met. In contrast to Joe, we have 'Cool Bob' who makes no noise while lifting, let he lose his image and as he pumps off his 350 lb deep squats, he breathes quietly. A nasty trick to play on 'Cool Bob' is to talk to him immediately after his set. He'll try not to breathe hard and will usually find an excuse not to finish the conversation, such as, 'Gotta go to the bathroom.' 'No Work Joe' and 'Cool Bob' are sometimes training partners which proves that everything events out in the end. The people who make more noise than the lifters are the ones they can understand.

GOOD TO EXCELLENCE! IPF official needed... a powerlifting clinic is being planned for the USAREUR (United States Army in Europe) personnel in Germany November 16th-20th, and they are willing to pay \$2,000. Athletic Director Larry Padeski reports that they are willing to pay \$2,000 plus plane fare and hotel bill. For further information contact Larry Padeski, Athletic Director, Mainz, West Germany Box 362, APO New York 09185.

New Weight Class proposal... in an effort to balance the number of competitors in each weight class, Pat Malone has done some figuring and come up with a new set of weight classes for Men (57.5kg, 65.5kg, 68.5kg, 72.5kg, 77.5kg, 81.5kg, 87.5kg, 95kg, 105kg, and Unlimited) and Women (44kg, 47.5kg, 50.5kg, 53kg, 55.5kg, 58.5kg, 63kg, 70kg, 79.5kg, Unlimited) with scoring in the Unlimited class done by Schwartz and Malone formulas to compensate for the bodyweight range.

doing the spotting. They enthusiastically yell before and during a lift. "You can do it, you can do it! Then afterwards they scream. "We did it, we did it!" These people need friends. I often wonder if they were loved as children.

The ones who were loved, grow up to be helpful. I like helpful people. I like the guys who assess all of their two and one half months of experience to help those who have only been training ten to fifteen years. They yell during a heavy lift as many pieces of advice as a good coach will. "Stay tight! Push hard! Push hard! Don't think about how heavy the weight is. They also yell many other profound thoughts that help one keep his concentration during the lift. These guys seemed to be leaders. In high school, they were probably never P.E. captains of anything.

Every once in a while I'll hear something uncatchable. I then know a 'psycho' is present. These guys really get into training. They are totally absorbed. The thing is, they're neither lifting or watching. What they are doing is sort of a dance, a cross between a two step and a hop. They're mentally preparing for the big lift, a 30lb barbell curl. These guys are psyched. I heard a couple of them coached the actors in the movie 'Scanners'.

Speaking of actors, some guys don't really yell, they just moan when they talk. Yes, I'm writing of the lifters who are always injured and can't train, yet somehow make it to the gym. We know that they are really trying and that even though they've ripped their lower lumbars "in half", they will still deadlift 'tomorrow'. They sound like my Aunt Sally when her hemorrhoids flare up.

Most of my 'yell' memories come from the long walks to the front of the gym when I'm leaving. This is a good time to hear yells and one is usually barraged with 'good-byes'. This is nice, and we all like friends, but if you happen to be 5 ft 8 inches and 110 lbs hearing, "See ya later, big guy," can get on your nerves. It's like a pre-school art teacher calling her worst student 'Little Michelangelo'.

If I still can't place a yell after a thorough search of my memory, I throw it in the miscellaneous pile or give it a category of its own. There are many types of yells and each one has a personality as unique as its owner. That may be a clue as to why powerlifters yell. They want to express themselves in a way only they can understand.

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National Rednecks Test will be conducted on Friday, August 6th, (8:30 PM-Rules Clinic, 9:30 PM-Test) with the practical examination given during the competition at the Teenage National Championships in Greensburg, Pennsylvania. Eligibility requirements include 5 years experience as a lifter and referee. Send resume to Jake Boyer, Pennsylvania Powerlifting Chairman, Post Office Box 356, Lehighton, Pennsylvania 18235 and include a self-addressed, stamped postmark for verification of your eligibility. Only those meeting the requirements will be eligible to take the test and only the first ten candidates will be accepted on a first-come/first-served basis. To pass the test, one must score 90% or above on the written exam and pass the practical. Mr. Tony Campino, Region II Chairman, will be in charge of the National Rednecks Test.

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A MESSAGE FROM THE PRESIDENT

Doyle Kenady revealed to those of us who do not regularly compete in the Pacific Northwest still another facet of his excellence. That he can lift has been generally known for several years now. The good news that he is also a superb coach is being spread throughout the land by the beneficiaries of his coaching at the Women's World Championships held in Birmingham, England, this May. And now, with the National Championships in Portland, he has demonstrated a mastery of the thousand-and-one details involved in administering a meet of this caliber.

For several years now I have been working out during part of the summer at various gyms in the Portland area and have become acquainted with quite a number of the regulars. Imagine my surprise to learn that so many of the lifters who were undistinguished yesterday, have, since I last saw them, been commuting two or three times a week to Kenady's gym in Salem -- a one-hundred-mile round trip. Of course, they are no longer undistinguished. They are either national or world caliber lifters. Is it only coincidence that the only world records at Birmingham this year were set by Portland lifters?

I was delighted to be able to accept an expense-paid trip to Portland, the city of my birth, and thoroughly enjoyed myself, remembering only at rare moments that I would otherwise have been reminiscing at the Ninth Annual Frank Williams Memorial Celebration in the south end of Butler County.

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Alabama. For all that, I wish to question here the practice of the meet director being required to pay the president's way to national meets. I do not flatter myself to think that my presence in Portland improved the quality of the meet. I find it difficult, therefore, to justify this practice. Further, there are even now proposals to require the meet director to pay the appropriate committee chairman's way to other national contests. Pensacola Junior College was required in March 1979 to pay the way of both Joe Zarella and the National Collegiate Chairman, Peter Vuono, to Pensacola on the occasion of the Collegiate Nationals.

I would argue that an equal measure of supervision may be achieved by wisely delegating one's authority. In Portland Bob Packer was in charge because he was the only Category I referee present. We have here and there around the country competent persons who live nearer the meet site than does the president and whose presence at meets can be secured for less.

There is no complete list of IPF Category II referees in the United States. Some of those who are listed have not renewed their IPF Category I or Category II books even though each referee who received his book prior to 1979 must renew in order to keep his credentials valid. Others have not registered with the USPF during 1982. As a first step toward compiling a current directory of persons in the United States who hold a valid IPF referee's book, I am publishing this list. Please send all additions and corrections to me as soon as possible.

Conrad P. Cotter, PO Bx 18485, Pensacola, FL 32523

USPF Notes. Terry McComick was elected to fill the Executive Committee term of Peary Rader, Bob Edmanison, 14204 Randall Dr., Woodbridge, VA 22191 (703-494-1377) and newly elected Virginia State Chairman and Bob Cahvan, 3111 E. Charleston, No. 202, Phoenix, Arizona 85016 has been provisionally appointed Arizona State Chairman. The USPF now has provisionally appointed insurance carrier, MUTUAL OF OMAHA. Claim forms will be provided to women and for men and for Ship Aiken, 404 W. Convent St., P.O. Box 2608, Pensacola, FL 32503, \$3,000 hospital and/or medical expense death benefit. Covered at \$3,000 hospital and/or medical expense death benefit. Covered at sanctioned meet only and during travel directly to and from home and the meet site. Not covered are air travel injuries unless received while a passenger for transportation only; eye glasses, suits, exams, dental treatment except for injuries to sound natural teeth; for injuries payable under Workmen's Compensation; injuries due to firearms or undeclared war; hernia; suicide or attempted suicide, same or unclear.

IPF CATEGORY I REFEREES IN THE UNITED STATES

Name/number	Date	Score	Label regis.
Charles Schindler(2)	11/10/74	98	NA
Bob Christie(3)	11/10/74	95	NA
John Peterson(4)	7/20/75	90	NA
Herb Peterson(5)	9/1/75	90	NA
Dick Burkett(6)	8/25/75	91	NA
Bob Packer(7)	8/31/75	94	NA
Jim Taylor(8)	10/1/75	92	NA
John M. Pettitt(10)	4/30/77	90	NA
Joe Zarella(11)	5/20/78	93	NA
Lyke H. Schwartz(12)	1/17/78	91	NA
Anthony Capriotti(13)	1/14/79	91	NA

IPF CATEGORY II REFEREES IN THE UNITED STATES

John Alden	7/26/74	86	NA
Chuck Baldwin	7/26/74	94	NA
John Barzochini	6/24/77	94	NA
Jim Bumbarger	6/24/77	94	NA
William Bennett	6/16/78	93	NA
Ken Brown	6/6/80	92	NA
Bob Cahvan	8/25/78	96	NA
David Casender	5/7/75	91	NA
David Casender	5/7/75	91	NA
Barbara Conis	6/12/81	93	NA
8/30/75	95	02	52574
Ralph Courtman	9/1/74	100	01
William Courtman	9/1/74	100	01
Les Gramer	9/1/74	94	NA
James Crowley	5/20/78	94	NA
Kenneth Crowle	6/6/80	95	NA
Bill Decker	8/19/77	93	07
Joe DeStefano	6/6/80	97	NA
Mark Diamond	7/13/79	90	NA
David Edmanison	8/19/79	100	NA
Tuan Farchione	4/2/80	98	NA
Tom Farchione	4/18/75	90	NA
Tony Filton	7/10/81	91	NA
Nate Foster	7/7/78	96	32
Ernie Franz	6/2/81	93	NA
Loren Gibbs	6/12/81	93	NA
Bob Glasgow	7/25/75	95	53
Ken Goudie	6/12/81	93	NA
Fred Greco	9/26/74	95	NA
William Hartmann	7/10/81	96	NA
James Hawkins	3/13/80	92	NA
Richard Henderson	9/1/74	93	NA
John Hines	7/27/75	94	NA
Levi Moore Hupke	2/7/76	94	31
Jack Hughes	7/26/74	91	NA
Rodney Hurt	8/30/75	90	NA
Maryca Joubert	6/24/77	90	NA
Edward Johnson	5/21/78	96	08
Thomas Ketchner	3/16/78	90	13
Robert Kennedy	1/10/74	99	NA
Robert Kennedy	2/27/76	94	NA
Jim Lem	8/25/78	93	50248
Murray Levin	10/14/74	93	NA
Donald Long	5/20/78	93	06
William Maltby	7/10/76	94	50805
Bill Maltby	7/10/76	94	50805
Bob Mucci	7/26/74	94	28272
Willie Myers	7/10/76	94	50
Walter Nadeau	5/24/77	99	NA
Tom Nettek	2/6/81	94	5091
Harvey Newton	10/14/74	97	30
Tom Overholzer	9/26/74	90	NA
John Paulsen	10/8/74	98	NA
Doug Patterson	2/7/76	92	NA
Joseph Patterson	7/25/75	98	NA
Frank Phillips	8/30/75	90	NA
Mahel Rader	10/14/74	93	23
Peary Rader	7/25/75	99	22
Clayton Reed	6/24/77	90	NA
Cindy Reinholdt	6/24/77	90	NA
Dennis Reno	8/13/76	99	06
John Rhodes	7/7/76	90	2669
James Scott	8/25/78	98	27
Michael Scott	1/18/74	91	NA
Dick Smith	9/25/78	98	05
William F. Snyder	6/6/80	96	NA
Steven Sparr	1/19/75	93	NA
Bill Starr	8/30/75	97	18
William Stevens	7/25/75	96	NA
Tommy Taylor	7/25/75	96	NA
Terry Swift	7/25/75	96	NA

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IPF Notes. since the IPF rulebook was not updated at the 1980 IPF Congress and there are now some discrepancies or rules that exist as IPF bylaws or Congress decisions that are not in the current rules list, it has been decided to accept 5 correction/addition proposals from each IPF member nation for consideration by the Technical Committee and/or Executive, whose recommendations will be voted on, without discussion at the 1982 Congress.

Adam Seitz	11/8/74	92%	NA
Bruce Tala	7/10/81	91%	NA
Robert Taketa	3/22/79	98%	10
Stephen Tharratt	4/12/79	96	21
Walter Thomas	7/7/78	95	47
Robert Warner	9/1/74	90	NA
Jim Waters	6/6/80	95	NA
Jack Webb	9/1/74	90	NA
Morris Welsh	10/14/74	97%	16
Jerry Wells	8/30/75	92%	16
Arch Williams	7/26/74	94	NA
Barbara Wynn	3/22/79	90	NA
Paul Wynn	3/22/79	90	NA
Roger Wright	4/18/75	99	NA
George Zarella	4/2/76	96%	12
Edward Zercher	7/25/75	92%	04
Paul Zwarka	4/2/76	99	52

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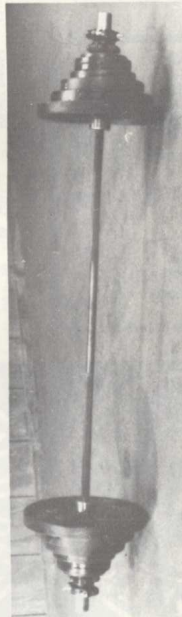
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★ WHO'S WHO IN POWERLIFTING ★

Whether you're Big Name or No Name, send your picture and details ("Who's Who", Box 467, Camarillo, CA 93011) to this popular feature.



"Big" John Gentile, 275 lbs., bench presses 480, squats 730 and holds a Pennsylvania state deadlift record of 720. In June he plans on entering the Junior Nationals in Salem, Oregon and the Pennsylvania state championships. His friends wish him luck and consider him an up and coming star. Photo courtesy of Charles Hanis.



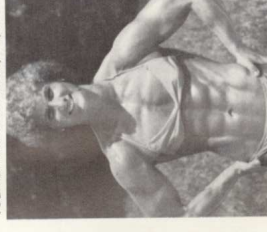
A former All Navy boxing champion who competed in the 1964 Olympic semi finals, William Burr has turned to powerlifting. He trains in his home gym and his entire family is involved. At 39, 114 lb, division, he does 240, 160 and 330 for 730, 51 lbs. over the 40-49 record for Masters (689). Photo courtesy of Greg Johnson.



61 lb., nine year old Matt Kenyon bench pressed 60 lbs. at his first powerlifting contest at the Glens Falls 2nd Annual Open Bench Press Contest. He has bench pressed 65 lbs. in the gym and deadlifted 150 lbs. Also a wrestler, he placed second in the Mohawk Central School Pee Wee Wrestling Tournament. Susan Kenyon photo.



Bart Kurdziel is a former body builder turned powerlifter. At the Connecticut state championships he attempted to deadlift 600 pounds in the 220 pound class. It was the second meet in which he has ever participated. He reportedly enjoys powerlifting tremendously. Photo and information courtesy of Jim Mick.



Bodybuilder and powerlifter, Debra Dewitt recently won the Ms Florida bodybuilding contest. In powerlifting she holds all of the Florida 148 lb. class records: 365 squat, 193 bench press and 430 deadlift, an unofficial world record. She plans to train for the 1983 Nationals. She is an instructor at the Tampa Fitness Center.



47 year old Dillon Mahier has been competing in powerlifting for many years and also runs road races. He took fifth in the 148 lb. class of the Region 1 meet in Nashua. His lifts were impressive and include a successful second attempt 475 lb. deadlift that is a personal record. Photo and information courtesy of Jim Mick.

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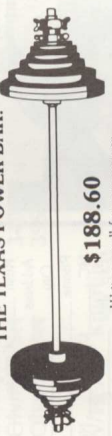
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3	914 Kennedy, D 7/12/81	567 Tely, D 2/12/82	832 Pickett, J 6/14/81	2325 Waddington, D 6/13/81
4	909 Kazmaier, B 2/12/82	562 Brock, E 10/11/81	826 Wynn, P 7/12/81	2295 Kennedy, D 11/22/81
5	899 Matthews, L 3/21/82	560 Waddington, D 6/7/81	820 Beltrich, C 2/12/81	2210 Kazmaier, B 2/12/82
6	853 Bonifazi, S 5/29/82	555 Bonifazi, S 5/29/82	813 Bousquet, W 10/10/81	2190 Tely, D 2/12/82
7	843 Beltrich, C 2/12/82	551 Stenacker, R 3/27/82	800 Hemphill, S 5/29/82	2132 Bonifazi, S 5/29/82
8	826 Jeffery, B 2/14/82	550 Rogers, T 3/27/82	777 Shaw, D 7/26/81	2105 Stenacker, R 3/27/82
9	810 Rogers, B 10/4/81	545 Rogers, T 3/27/82	777 Braxton, C 10/25/81	2099 Beltrich, C 2/12/82
10	821 Hagenaker, K 3/27/82	540 Wynn, P 7/12/81	771 Hechler, G 1/19/82	2088 Pickett, J 6/14/81
11	820 Stenacker, R 3/27/82	540 Chapman, P 12/5/81	766 Ford, J 2/13/82	2061 Piper, D 2/12/82
12	820 Hagenaker, K 3/27/82	530 Abrahamson, B 12/5/81	760 Gwynne, R 3/13/82	2055 Reynolds, G 12/13/81
13	820 Hagenaker, K 3/27/82	530 Abrahamson, B 12/5/81	760 Gwynne, R 3/13/82	2044 Ford, J 1/19/82
14	820 Hagenaker, K 3/27/82	530 Abrahamson, B 12/5/81	760 Gwynne, R 3/13/82	2039 Shaw, D 7/26/81
15	814 Burrud, M 6/14/81	529 Roney, W 10/10/81	755 Bonifazi, S 5/29/82	2033 Rogers, B 10/4/81
16	804 Hechler, G 1/19/82	525 Bentley, J 2/22/82	749 Rogers, B 10/4/81	2033 Rogers, B 10/4/81
17	800 Hechler, G 1/19/82	522 Bentley, J 2/22/82	749 Rogers, B 10/4/81	2033 Rogers, B 10/4/81
18	800 Hechler, G 1/19/82	522 Bentley, J 2/22/82	749 Rogers, B 10/4/81	2033 Rogers, B 10/4/81
19	782 Tomaski, J 4/4/82	523 Pickett, J 6/14/81	740 Smith, R 11/22/81	2011 Davis, S 8/12/81
20	771 Sachs, K 6/14/81	518 Kazmaier, B 2/12/82	738 Piper, D 2/12/82	2000 Bosacsky, B 3/28/82
21	770 Pregner, A 1/3/82	515 Dshalov, S 1/19/82	733 Stenacker, R 3/14/82	1962 Aho, G 2/12/82
22	760 Boney, B 3/28/82	510 Barrett, L 5/0/82	730 Collins, R 2/0/81	1955 Sacks, K 6/4/81
23	755 Shaw, D 7/26/81	507 Shaw, D 7/26/81	720 Pregner, A 6/28/81	1950 Hoss 5/1/82
24	755 Shaw, D 7/26/81	507 Shaw, D 7/26/81	720 Pregner, A 6/28/81	1945 Braxton, C 8/8/81
25	755 Shaw, D 7/26/81	507 Shaw, D 7/26/81	720 Pregner, A 6/28/81	1945 Braxton, C 8/8/81
26	755 Shaw, D 7/26/81	507 Shaw, D 7/26/81	720 Pregner, A 6/28/81	1945 Braxton, C 8/8/81
27	745 Reynolds, G 12/13/81	501 Adams, K 10/17/81	716 Weber, N 5/1/82	1939 Bradner, T 1/12/82
28	745 Reynolds, G 12/13/81	501 Adams, K 10/17/81	716 Weber, N 5/1/82	1939 Bradner, T 1/12/82
29	744 Alo, G 2/12/82	501 Redwisch, C 2/12/82	705 Broder, P 9/27/81	1935 Dshalov, S 1/9/82
30	744 Alo, G 2/12/82	501 Redwisch, C 2/12/82	705 Broder, P 9/27/81	1935 Dshalov, S 1/9/82
31	733 Pickett, J 6/14/81	501 Blythe, N 5/1/82	705 Martin, D 2/13/82	1934 Patterson, D 3/6/82
32	733 Pickett, J 6/14/81	501 Blythe, N 5/1/82	705 Martin, D 2/13/82	1934 Patterson, D 3/6/82
33	730 Carini, J 10/4/81	500 Sanchez, G 2/28/82	705 Miller, R 5/1/82	1900 Carr, B 11/29/82
34	730 Carini, J 10/4/81	500 Carini, J 10/4/81	700 Evans, G 11/7/81	1900 Carr, B 11/29/82
35	727 Patterson, D 3/6/82	500 Carini, J 10/4/81	694 Akens, K 10/17/81	1890 Burrud, M 6/14/81
36	727 Patterson, D 3/6/82	500 Carini, J 10/4/81	694 Akens, K 10/17/81	1890 Burrud, M 6/14/81
37	722 Crayton, R 3/21/82	495 Riley, E 8/29/81	680 Woodward, K 2/6/82	1870 Bradner, T 1/12/82
38	720 Newman, B 3/27/82	495 Warren, B 11/29/81	680 Woodward, K 2/6/82	1870 Bradner, T 1/12/82
39	716 Barrett, L 5/0/82	490 Sachs, K 3/28/82	680 Woodward, K 2/6/82	1862 Akens, K 10/17/81
40	716 Barrett, L 5/0/82	490 Sachs, K 3/28/82	680 Woodward, K 2/6/82	1862 Akens, K 10/17/81
41	715 Dshalov, S 1/19/82	489 Bradford, B 12/20/81	675 Dunn, B 11/7/81	1860 Weber, N 5/1/82
42	715 Dshalov, S 1/19/82	489 Bradford, B 12/20/81	675 Dunn, B 11/7/81	1860 Weber, N 5/1/82
43	715 Dshalov, S 1/19/82	489 Bradford, B 12/20/81	675 Dunn, B 11/7/81	1860 Weber, N 5/1/82
44	705 Williams, M 4/4/82	479 Mies, J 1/17/82	675 Smith, D 3/13/82	1851 Dear, S 2/20/81
45	705 Williams, M 4/4/82	479 Mies, J 1/17/82	675 Smith, D 3/13/82	1851 Dear, S 2/20/81
46	700 Riley, E 6/6/81	475 Newman, B 4/24/82	675 Hernandez, B 6/27/81	1818 Brown, L 6/27/81
47	700 Riley, E 6/6/81	475 Newman, B 4/24/82	675 Hernandez, B 6/27/81	1818 Brown, L 6/27/81
48	700 Riley, E 6/6/81	475 Newman, B 4/24/82	675 Hernandez, B 6/27/81	1818 Brown, L 6/27/81
49	700 Weibert, N 5/1/82	468 Clayton, R 9/26/81	670 Carini, J 10/4/81	1805 Miller, R 3/20/82
50	700 Weibert, N 5/1/82	468 Clayton, R 9/26/81	670 Carini, J 10/4/81	1805 Miller, R 3/20/82
51	688 Collins, R 9/26/81	465 Sadowski, P 8/29/81	666 Lorey, D 1/16/82	1801 Williams, M 8/8/82
52	688 Collins, R 9/26/81	465 Sadowski, P 8/29/81	666 Lorey, D 1/16/82	1801 Williams, M 8/8/82
53	680 Woodward, K 2/6/82	462 Matlock, J 2/22/82	661 Deitro, D 3/20/82	1791 Greco, J 16/14/81
54	680 Woodward, K 2/6/82	462 Matlock, J 2/22/82	661 Deitro, D 3/20/82	1791 Greco, J 16/14/81
55	677 Lovelace, C 9/6/81	460 Lubins, R 8/22/81	660 Cook, S 1/31/82	1790 Woodward, K 2/6/82
56	677 Lovelace, C 9/6/81	460 Lubins, R 8/22/81	660 Cook, S 1/31/82	1790 Woodward, K 2/6/82
57	677 Adams, P 5/1/82	460 Gars, J 4/24/82	655 Bouchard, B 6/27/81	1780 Riley, E 6/6/82
58	677 Adams, P 5/1/82	460 Gars, J 4/24/82	655 Bouchard, B 6/27/81	1780 Riley, E 6/6/82
59	667 Akens, K 10/17/81	457 Ford, J 2/7/82	650 Dreescher, E 11/29/81	1780 Riley, E 6/6/82
60	667 Akens, K 10/17/81	457 Ford, J 2/7/82	650 Dreescher, E 11/29/81	1780 Riley, E 6/6/82
61	660 Croft, B 10/3/81	451 Patterson, D 3/16/82	644 Aho, G 2/12/82	1775 Smith, D 3/13/82
62	660 Croft, B 10/3/81	451 Patterson, D 3/16/82	644 Aho, G 2/12/82	1775 Smith, D 3/13/82
63	660 Stephenson, P 2/27/82	451 Braxton, C 10/25/81	639 Romanello, B 11/15/81	1769 Miles, J 1/17/82
64	660 Stephenson, P 2/27/82	451 Braxton, C 10/25/81	639 Romanello, B 11/15/81	1769 Miles, J 1/17/82
65	660 Hemphill, S 5/29/82	451 Jeffery, B 2/14/82	639 Romanello, B 11/15/81	1769 Miles, J 1/17/82
66	660 Hemphill, S 5/29/82	451 Jeffery, B 2/14/82	639 Romanello, B 11/15/81	1769 Miles, J 1/17/82
67	659 Robinson, D 3/7/82	450 Hernandez, J 4/24/82	635 Owen, T 6/27/81	1697 Clayton, R 9/26/81
68	659 Robinson, D 3/7/82	450 Hernandez, J 4/24/82	635 Owen, T 6/27/81	1697 Clayton, R 9/26/81
69	644 Wynn, P 7/12/81	446 Greco, J 16/14/81	635 Schultz, B 12/13/81	1692 Reed, D 2/7/82
70	644 Wynn, P 7/12/81	446 Greco, J 16/14/81	635 Schultz, B 12/13/81	1692 Reed, D 2/7/82
71	640 Crow, C 3/6/82	446 Greco, J 16/14/81	635 Schultz, B 12/13/81	1692 Reed, D 2/7/82
72	640 Crow, C 3/6/82	446 Greco, J 16/14/81	635 Schultz, B 12/13/81	1692 Reed, D 2/7/82
73	639 Miller, J 4/4/82	440 Blythe, B 8/1/81	625 Clappman, R 3/6/82	1670 Owen, T 6/27/82
74	639 Miller, J 4/4/82	440 Blythe, B 8/1/81	625 Clappman, R 3/6/82	1670 Owen, T 6/27/82
75	633 Martin, P 3/21/82	440 Blythe, B 8/1/81	622 Williams, M 4/4/82	1670 Owen, T 6/27/82
76	633 Martin, P 3/21/82	440 Blythe, B 8/1/81	622 Williams, M 4/4/82	1670 Owen, T 6/27/82
77	630 Schultz, B 12/13/81	435 Burrell, M 6/14/81	622 Tomaski, J 4/4/82	1670 Gigliotti, P 4/25/82
78	630 Schultz, B 12/13/81	435 Burrell, M 6/14/81	622 Tomaski, J 4/4/82	1670 Gigliotti, P 4/25/82
79	627 Teague, J 5/1/82	435 Cannon, B 9/6/81	620 Lindway, S 12/20/81	1669 Lovrey, S 1/12/82
80	627 Teague, J 5/1/82	435 Cannon, B 9/6/81	620 Lindway, S 12/20/81	1669 Lovrey, S 1/12/82
81	625 Carver, C 6/20/81	435 Mathews, L 10/4/81	615 Steward, J 11/7/81	1660 Buchler, V 2/27/82
82	625 Carver, C 6/20/81	435 Mathews, L 10/4/81	615 Steward, J 11/7/81	1660 Buchler, V 2/27/82
83	625 Warren, B 11/29/81	430 Penque, P 2/21/82	611 Collie, P 12/5/81	1658 Drake, T 11/15/81
84	625 Warren, B 11/29/81	430 Penque, P 2/21/82	611 Collie, P 12/5/81	1658 Drake, T 11/15/81
85	625 Smith, R 3/27/82	430 Penque, P 2/21/82	611 Adams, P 5/1/82	1653 Adams, P 5/1/82
86	625 Smith, R 3/27/82	430 Penque, P 2/21/82	611 Adams, P 5/1/82	1653 Adams, P 5/1/82
87	617 Marler, R 7/25/81	425 Hoss 5/1/82	605 Robinson, J 1/21/82	1650 Crow, C 3/6/82
88	617 Marler, R 7/25/81	425 Hoss 5/1/82	605 Robinson, J 1/21/82	1650 Crow, C 3/6/82
89	617 Drake, T 11/12/81	424 Spatanzo, K 3/6/82	605 Ayers, T 6/20/81	1625 Carver, C 5/22/82
90	617 Drake, T 11/12/81	424 Spatanzo, K 3/6/82	605 Ayers, T 6/20/81	1625 Carver, C 5/22/82
91	617 Hibs, R 5/1/82	424 Gullon, O 5/1/82	600 Hutman, C 6/20/81	1620 Minor, J 3/1/82
92	617 Hibs, R 5/1/82	424 Gullon, O 5/1/82	600 Hutman, C 6/20/81	1620 Minor, J 3/1/82
93	615 Buchler, V 2/27/82	420 Shivers, S 5/1/82	600 Jensen, O 6/28/81	1610 Dreescher, E 11/29/81
94	615 Buchler, V 2/27/82	420 Shivers, S 5/1/82	600 Jensen, O 6/28/81	1610 Dreescher, E 11/29/81
95	611 Starr, J 1/16/82	420 LaPoint, L 3/28/82	600 Coleman, D 8/1/81	1609 Harris, S 1/31/82
96	611 Starr, J 1/16/82	420 LaPoint, L 3/28/82	600 Coleman, D 8/1/81	1609 Harris, S 1/31/82
97	610 Owens, T 6/27/81	420 Adler, J 4/17/82	600 Crowe, C 10/3/81	1603 Mullins, A 3/1/82
98	610 Owens, T 6/27/81	420 Adler, J 4/17/82	600 Crowe, C 10/3/81	1603 Mullins, A 3/1/82
99	610 Sanchez, G 2/28/82	415 Prater, S 8/19/82	600 Reed, D 2/7/82	1598 Hibbs, R 5/15/82
100	606 Dimaggio, P 2/28/82	415 Miller, R 5/1/82	600 Kreb, J 3/6/82	1592 Willey, G 12/5/81

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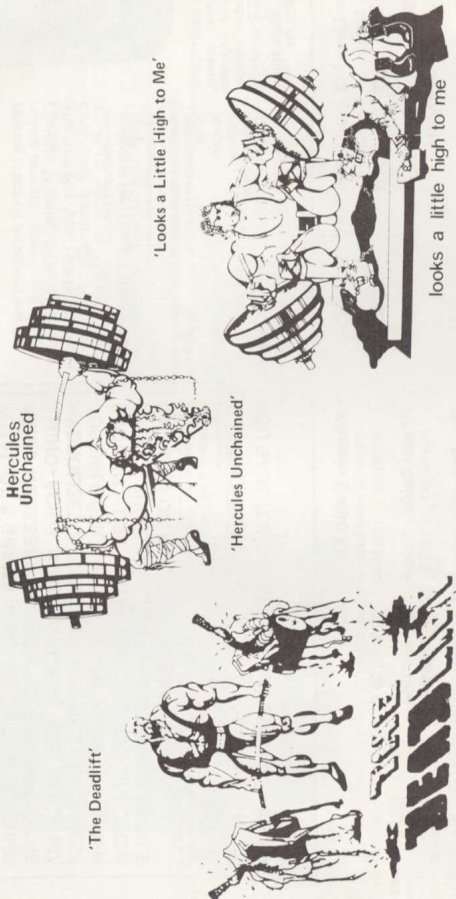
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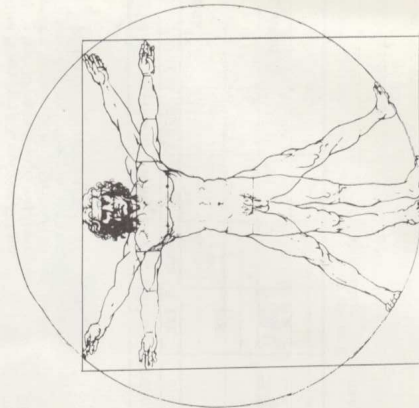
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Ascorbic Acid	250 mg	100%
Biotin	300 mcg	100%
Inositol	300 mg	100%
Nonoxypolone	300 mg	100%
Phosphorus	300 mg	100%
Potassium	300 mg	100%
Selenium	300 mcg	100%
Zinc	300 mg	100%

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Calcium	1,000 mg	100%
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Magnesium	500 mg	100%
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Sodium	500 mg	100%
Zinc	500 mg	100%

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Phosphorus	200 mg	100%
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Selenium	200 mcg	100%
Zinc	200 mg	100%

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Ascorbic Acid	200 mg	100%
Biotin	200 mcg	100%
Inositol	200 mg	100%
Phosphorus	200 mg	100%
Potassium	200 mg	100%
Selenium	200 mcg	100%
Zinc	200 mg	100%

U.S. Recommended Daily Allowance for Adults 12 or more years of age. *U.S. RDA not established. **Based on Human Nutrition not established.

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Glutamine	1500 mg
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Serine	1500 mg
Threonine	1500 mg
Tyrosine	1500 mg
Valine	1500 mg

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NET WT 9.8 OZS. 278 GRAMS

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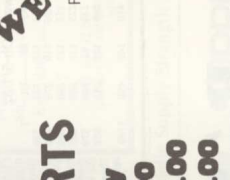
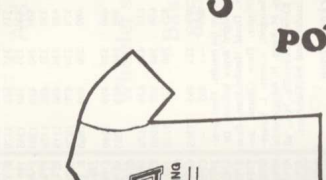
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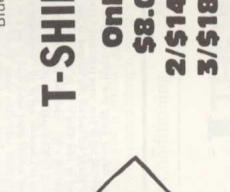
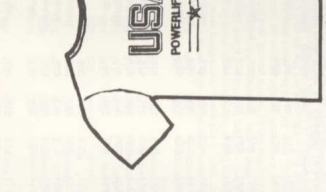
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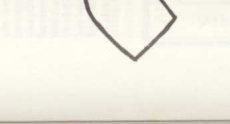
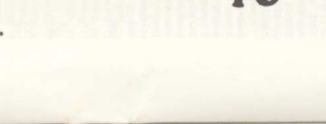
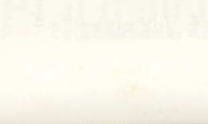
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Vermont Green Mountain Novice 5/15/82-Oakdale, Pa
Championship-6/8/82
S. Burlington, VT

W. Hoelke	SQ	BP	DL	T	SQ	BP	DL	T
S. Gorman	105	110	215	675	148	165	340	1035
H. Dubaine	115	125	275	705	165	185	360	1035
M. Toof	135	175	290	600	185	215	380	1035
B. Beck	160	200	320	1000	215	245	400	1475
L. Carlson	200	220	340	815	245	275	400	1180
D. Morgan	210	145	360	715	275	305	490	1150
W. Johnson	400	275	470	1145	340	285	350	975
K. Wise	375	270	450	1095	315	275	375	975
K. Polkowski	300	235	450	985	250	240	375	765
R. Pecor	300	195	375	870	250	215	375	890
M. John	450	350	490	1290	340	285	350	975
W. Frenelle	505	355	505	1265	375	275	375	1035
V. Ballastini	505	255	495	1090	340	275	375	1000
D. Barrett	335	245	365	985	275	245	375	890
N. Shewan	435	290	465	1190	315	275	375	1000
D. Cochran	375	305	420	1075	285	275	375	930
T. Hagerstrom	350	305	420	1075	285	275	375	930
J. Valle	300	225	425	950	245	245	375	890
B. Kniss	225	145	275	645	215	215	375	890
R. Pichieri	200	200	215	615	215	215	375	890
G. Dolan	440	355	535	1330	340	285	350	975
S. Luppy	400	285	475	1130	315	275	375	1000
W. Drummond	490	320	505	1300	375	305	400	1180
B. Boyle	475	320	505	1300	375	305	400	1180
S. Lemay	360	255	485	1100	315	275	375	1000

Gilly's Gym in Watonville, Maine has produced 3 World Champs. Ann Turynpe, Ernie Hackett and Ginger Lord, who started lifting in March 1981.

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West Monroe Invitational
Power Meet-5/8/82(totals only)
W. Monroe, La

W. Hoelke	SQ	BP	DL	T	SQ	BP	DL	T
S. Gorman	105	110	215	675	148	165	340	1035
H. Dubaine	115	125	275	705	165	185	360	1035
M. Toof	135	175	290	600	185	215	380	1035
B. Beck	160	200	320	1000	215	245	400	1475
L. Carlson	200	220	340	815	245	275	400	1180
D. Morgan	210	145	360	715	275	305	490	1150
W. Johnson	400	275	470	1145	340	285	350	975
K. Wise	375	270	450	1095	315	275	375	975
K. Polkowski	300	235	450	985	250	240	375	765
R. Pecor	300	195	375	870	250	215	375	890
M. John	450	350	490	1290	340	285	350	975
W. Frenelle	505	355	505	1265	375	275	375	1035
V. Ballastini	505	255	495	1090	340	275	375	1000
D. Barrett	335	245	365	985	275	245	375	890
N. Shewan	435	290	465	1190	315	275	375	1000
D. Cochran	375	305	420	1075	285	275	375	930
T. Hagerstrom	350	305	420	1075	285	275	375	930
J. Valle	300	225	425	950	245	245	375	890
B. Kniss	225	145	275	645	215	215	375	890
R. Pichieri	200	200	215	615	215	215	375	890
G. Dolan	440	355	535	1330	340	285	350	975
S. Luppy	400	285	475	1130	315	275	375	1000
W. Drummond	490	320	505	1300	375	305	400	1180
B. Boyle	475	320	505	1300	375	305	400	1180
S. Lemay	360	255	485	1100	315	275	375	1000

Buckeye Open
Normal, OH-5/1/82

SQ	BP	DL	T
305	150	325	780
280	110	270	660
255	125	260	640
235	105	240	570
225	95	245	550
200	105	245	550
170	320	740	1320
155	320	740	1320

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 Color Choice _____ Second _____
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 Knee Wraps _____ Training Straps _____
 Belt _____ Waist Size _____
 (See our ad on Belts in this Issue)

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 5 pair \$35.00
 10 pair \$65.00

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You are an individual, a powerlifter...something to be proud of. But, you've always had to settle on a suit that was designed for John Doe, average proportions, average measurements...average lifts!

Titan realizes that you are unique and that your needs can't be satisfied by an off-the-shelf product. That's why Titan handcrafts and custom fits each suit, because you are what makes our sport great and you deserve the best.

With this in mind Titan has developed a three step plan that you can follow to help you realize your fullest potential:

- REGULAR FIT** — moderate tightness for working out. Recommended for the lifter who's never worn a tight suit or just wants to keep the "groove".
- MEET FIT** — a tight suit recommended for the lifter who appreciates the benefits that a tight suit can give.*
- COMPETITION FIT** — THE TIGHTEST FIT AVAILABLE. Recommended only for the experienced lifter or those who have followed the three step plan.*

*note: The meet and competition fits are *tight* suits designed especially to increase your maximum poundages. New lifters or those not used to tight fits should order the regular fit.

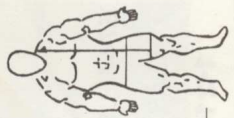
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BLOWPROOF CROTCH — Zero crotch blowouts..period. What more need be said. Titan has done what the others couldn't!

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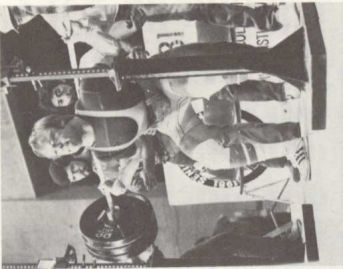
Measurements must be true.

Height _____
 Weight _____
 Chest _____
 As illustrated:
 Hips (largest part of buttocks) _____
 Leg (largest part) _____
 Overall (top of trap to 6" below crotch on leg) _____
 No. of Suits _____
 Color 1. _____



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Texas residents add 5% sales tax. Overseas add 20%. Allow 3 to 4 wks. delivery.

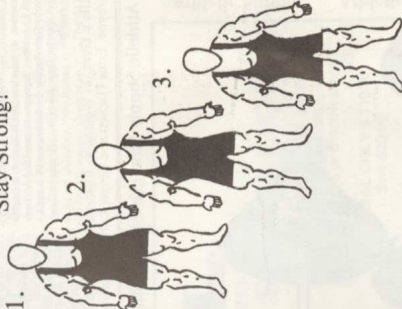


Rick Gaugler, National, World Champion & multiple W/R holder

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Parkersburg, W. Va.

"Stay Strong!"



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- meet
- comp.
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worked very hard to get the new record certificates out for by Bill Dunn and John Gamble at all in our treasury and it is hoped that something will be done in that area so perhaps medals can be given to all lifters who participate in the 1984 USPA championships. It went very smooth, thanks to John Gamble and Bob Edwards. 60 lifters showed up and I made \$55. Also a big thank you to everyone, judges, sponsors, scorekeepers, who helped put on this meet. (Editor's note: competitor Cody Barrett, who was the top competitor from New York to Willie's meet and was very satisfied. Furthermore, he would encourage anyone to attend one of Willie's meets...it was a good one.)

Eastern USA Open, Novice, Masters Female BP meet-5/29/82

NAME	WT	SN	BP
K. Ortiz	105	110	148
J. Edwards	120	110	148
R. Irribalbo	170	148	148
R. Adkins	185	165	242
J. Shifflett	185	165	242
R. Wallup	166	148	242
K. Thacker	310	310	310
S. Kaffee	310	310	310
R. Trimbulo	285	181	420
R. Birchard	205	165	420
R. Shiley	365	365	420
T. Shiley	365	365	420
L. Krzyvas	300	300	420
R. DeWeger	280	280	420
F. Butler	280	280	420
C. Smith	240	240	420
W. Lamb	205	205	420
D. Donahue	360	360	420
R. Stephens	310	310	420
T. Garcia	310	310	420
R. Teat	270	270	420
M. Houchens	460	460	420
198 lifted	400	400	420
K. Smith	375	375	420
T. Sasser	360	360	420
P. Comulada	340	340	420
S. Hosalook	315	315	420
B. Brandon	270	270	420
R. Cole	425	425	420
G. Cobbins	420	420	420
R. Conley	280	280	420
242	460	460	420
B. Brandon	460	460	420
J. Mikski	275	275	420
R. Lewis	375	375	420
R. Staysments	360	360	420
J. Curran	310	310	420
114 OPEN DIV	205	205	420
B. Griffith	210	210	420
R. Belmont	230	230	420
R. Trimbulo	215	215	420
R. Adkins	170	170	420
132 lift	175	175	420
W. Walkuko	160	160	420
Best lifter novice 114-165: R. G. Bito SHW	148	148	420
OPEN DIV	148	148	420

NAME	WT	SN	BP
M. Yanders	370	290	465
T. Horvath	220	220	355
E. Serna	420	275	460
J. Aguzzio	310	335	425
S. Seyfert	350	335	425
C. Blake	385	370	600*
H. Lindsey	305	330	600*
R. West	335	325	420
SHW	320	320	420
A. Depass	420	335	550*
S. 325*	550*	550*	1410*
194s Combat Support Batt. Open PI	410	225	385
record: 1 - Panama AF, DOD and Dep. PI	410	225	385

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1934 Combat Support Battalion Open, Fort Clayton, Republic of Panama-5/22/82

NAME	WT	SN	BP
SQ	140	175	220
DL	140	175	220
RM	140	175	220
RM	140	175	220
RM	140	175	220
RM	140	175	220
RM	140	175	220
RM	140	175	220

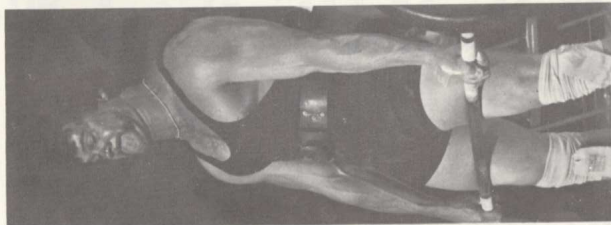
Phil Roper

The Titan Guarantee

Titan has so much confidence in this suit that it is giving a full 2 mo. guarantee on the crotch, from the time you receive it. If you can blow the crotch out, during the guarantee period, Titan will not only replace the suit.....but refund your \$34.00 as well! So go ahead and try the others because when you're ready for the best...you'll come to Titan.

"When the competition is close, Titan can give you the edge. Can you really afford to be without it?"

30 day guarantee on the rest of the suit.



Top 165 pounder for the Roanoke Barbell Club is Ballard Proff, who dropped 600 lbs just before the signal at the Roanoke Centennial meet, costing him the victory, but he did total Masters. Mike Smith photo.

5. Kerston 425 300 365 1090
B. Beatty 1075 350 465 1075
W. Knight 375 380 645 1600
L. Hodges 550 335 580 1465
R. Boubie 450 330 530 1240
D. W. Smith 330 335 555 1380
D. Capranzo 360 245 475 1080

242 665 455 605 1725
B. Fox 610 430 620 1660
K. Bopp 570 410 570 1400
B. Phillips 640 350 650 1640
D. Perkins 475 275 550 1300
N. Torres(F) 215 300 300 915

B. Thomas 550 315 540 1405
D. Wright 475 300 550 1325
S. Ransom 570 350 570 1490
T. Kennedy 230 210 310 550
A. Sims 210 210 310 550
P. Sanchez 385 350 350 1085
C. Ramos 325 325 385 1035
C. White 485 485 550 1520

D. Hery 500 290 500 1290
Best lifter a.m. session: Don Hurdley, alternate (thru); Paul Suplein. We had a fairly competitive day. Competition was good. As meet director I feel that we've enjoyed the day. Competition was very strong. Local events for everyone sponsored the day. We had a fairly good turnout. We had a lot of people from other schools coming from various parts of Va. I have talked to several area state coaches and would be more than happy to lower the fee for his school. Staffing was good. We will be happy to host the next year's meet. Many thanks to our regional USPF chairman Tony Carpio for helping to expedite and coordinate the meet. He works awfully hard and I appreciate his help. We had a good turnout to State USPF chairman Bill Dumm and state classification chairman John Gambill for their role, especially, as judges, in our meet. Larry L. Orsini, coach and referee, was a great help. We had a lot of fun. Thank you to all who made the meet a success. Thanks to all the judges and officials who made the meet a success.

114 R. Warren 235 M. Dwyong 465
N. Torres(F) 215 V. Danker 300
J. B. Brown 350
C. S. Brown 240
S. Ransom 230
T. Kennedy 210
M. Alick 400
P. Sanchez 385
C. Ramos 325
C. White 485
J. Norton 485
C. Blake 300
V. Glaves 560
B. Heckert 405

115 J. Hart 465 B. Heckert 405
Thanks to James Hart for results.

116 J. Adams 855
117 T. Williams 790
118 R. K. McKay 660
119 K. Galtiera 425
120 C. Reynolds 1195
121 G. Heinrichs 1060
122 T. Swelley 940
123 J. Bobs 770
124 A. Dickerson 1180
125 D. Maurer 1085
126 W. Wad 1070
127 K. West 1015
128 C. Bernsing 915
129 D. McTaggart 895
130 Broughton(B) 1130

131 J. Savage 485
132 J. E. Bond 475
133 T. Mason 625
134 J. Shiley 645
135 P. Murphy 485
136 T. Wilson 485
137 J. Schwaab 485
138 G. Hoffman 485
139 T. M. McCarthy 680
140 T. Wilson 675
141 M. Gibert 675
142 J. Kerster 680
143 J. Williams 635
144 B. Barndall 570
145 B. Burman 585
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history, and from the comments and reviews upon to stay at 275, was the winner with a 500 lb total. The boys' group was a great one, too. They think their meet was great and I am no exception.
In the girls, 14-19 age group, Barbara Simpson deadlifted 300 lbs and made a great first attempt. She was also the best lifter in the girls' 17-19 age group. Debbie Bantol selected her weights very wisely. She and Stacy Farber also could make their presence felt at the meet. Stacy's coach, Coach Mike Morris, was her Swartz Creek HI teammate Missy Froberg and Ellen Roof. Missy and Ellen both missed the 114 wt class due to health apoplexy in the boys' 14-15 age group. Rodney Whitehead at 165 was clearly the best lifter. ME Morris Coach Ross Husted is high on this young one and, indeed, on the entire team.
In the 17-19 age group, Debbie Bantol lifted her Swartz Creek HI teammate Missy Froberg and Ellen Roof. Missy and Ellen both missed the 114 wt class due to health apoplexy in the boys' 14-15 age group. Rodney Whitehead at 165 was clearly the best lifter. ME Morris Coach Ross Husted is high on this young one and, indeed, on the entire team.
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Arkansas State 5/15/82-N. Little Rock, Ark (kilos) ...

Indiana Natural Championships 4/25/82-W. Lafayette, Ind. (kilos) ...

Rockview State Correctional Institution vs Penn State BBC 5/1/82-Rockview, Pa. ...

1982 KY State Powerlifting Team Champs (Lexington YMCA PL Team) ...

1982 Conn. PL Championships 4/25/82-Southington, Ct. ...

1982 KY State Powerlifting Team Champs (Bowling Green State PL Team) ...

1982 Conn. PL Championships 4/25/82-Southington, Ct. ...

Central Florida Championships 5/2/82-Orlando, Fla. ...

1982 KY State Powerlifting Team Champs (Bowling Green State PL Team) ...



1982 Conn. PL Championships 4/25/82-Southington, Ct. ...

1982 KY State Powerlifting Team Champs (Bowling Green State PL Team) ...

1982 Conn. PL Championships 4/25/82-Southington, Ct. ...

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1982 KY State Powerlifting Team Champs (Bowling Green State PL Team) ...

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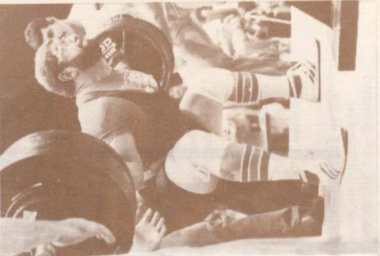
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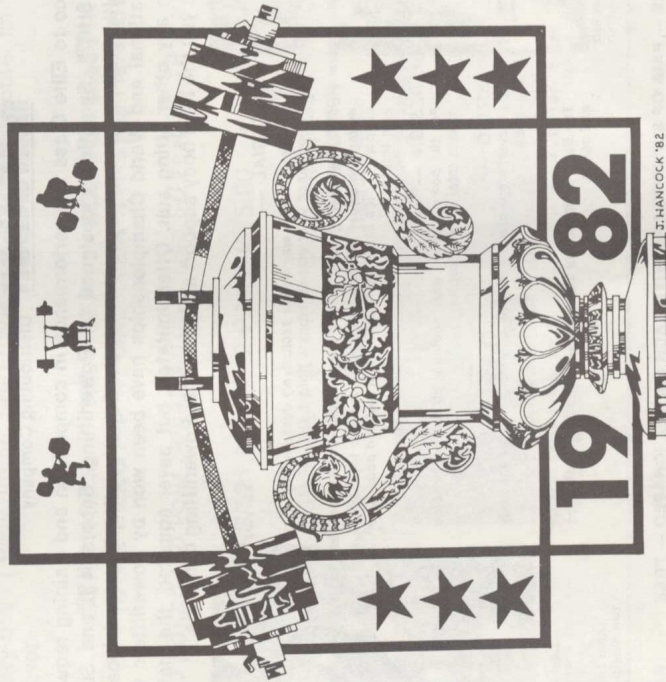
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VANDERBILT UNIVERSITY
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821 lbs.
1982—832 lbs.

TOTAL
1981—2066 lbs.
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 - Junior National Champion
 - Mr. Nebraska
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 - World Games I Champion
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50% Cotton, 50% Polyester. In Sizes S, M, L, XL, XXL. Tan, Yellow, Gold, White, Black and Powder Blue.

SUPERWRAP™ II \$8.00/pair
2 pair. \$15.00; 3 pair, \$21.00.

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Heavy-duty white canvas top, non-binding elastic, insole with soft leather sole.

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Half-finger, leather glove with nylon back, padded palm, and full velcro closure. In Sizes S, M, L, XL.

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In Blue, Yellow, Green, Red and White.

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French Women's Championships 5/29/82-Paris, France

48kg	SQ	BP	DL	T	
Y. Sully	115	65	127.5	307.5	
B. Plouvier	100	60	130	290	
52kg	SQ	BP	DL	T	
M. G. Faria	105	60	145	310	
N. Vuillot	95	57.5	150	302.5	
P. Courty	95	57.5	150	302.5	
60kg	SQ	BP	DL	T	
M. Bauda	125	70	145	340	
C. Courty	125	70	145	340	
82.5kg	SQ	BP	DL	T	
J. Pepper	125	60	120	305	
Vin Hecke	125	60	120	305	

Thanks to Pierre Luiten for results.

Southern Tier Open 5/2/82-Elmira, NY

123	R. Cannavino	105	85	150	340
148	J. Liberatore	320	230	400	950
148	C. Arpie	320	170	380	875
148	J. Bessed	465	360	530	1375
148	J. Loryak	330	225	435	990
148	J. Halprin	475	290	515	1280
165	B. Jatten	400	285	505	1190
165	G. Whibbeck Jr	425	290	435	1150
165	H. Keenan	410	255	435	1100
181	J. Peterson	600	375	575	1550
181	P. Carter	470	335	540	1345
181	L. Humphrey	405	285	620	1310
181	J. Stordinski	405	275	475	1155
181	S. Ramer	380	280	460	1120
181	T. Underwood	570	330	585	1485
181	D. Colletta	560	350	525	1435
181	J. Lohde	420	325	550	1295
181	J. Lalonde	430	350	410	1210
181	M. Harrison	505	290	515	1210
181	N. Shovan	415	300	470	1185
181	M. Gondouk	380	245	470	1100
181	C. Good	380	245	435	1060
181	B. MacLaughlin	350	250	380	980
220	R. Darangeto	650	400	650	1700
220	P. Marano	610	390	630	1630

Texas HI School Meet 5/8/82-Austin, TX (totals only)

114	G. Rebeca	720	480	1240
114	R. Estrada	695	515	1210
114	G. Moore	685	518	1203
114	C. Collins	650	550	1200
114	D. Black	650	550	1200
114	P. Hurst	975	515	1490
114	D. Zellner	800	610	1410
114	D. Watson	760	650	1410
114	T. Haymaker	760	650	1410
114	M. Danley	990	420	1410
114	R. Allen	975	435	1410
114	T. Condit	925	200	1125
114	R. Marshall	830	290	1120
114	M. Morkle	830	290	1120
114	K. Cunningham	830	290	1120
114	D. Walker	1025	115	1140
114	J. Erwin	955	185	1140
114	R. Booth	880	260	1140
114	G. Henry	880	260	1140
114	D. Burgess	1140	0	1140
114	D. Harvey	1140	0	1140
114	D. Grava	1060	80	1140
114	SHW	1050	90	1140
114	O. Gillespie	1015	125	1140
114	L. Bryant	1165	0	1165
114	H. Everett	1165	0	1165
114	M. Moler	1160	0	1160
114	R. Kettler	1160	0	1160

Team champs: Lake Highlands, West, Bartleson. Thanks to Magnum Exercise Equipment Corp. for results.

Exploding the myths... Knowledge IS Power

The response to my ad and to my 'Biomechanics of Powerlifting' column has been very gratifying. Based on the letters I've received I've decided to put together the following services, which have been most often requested:

1. **My Training Plan for the Serious Powerlifter.....\$12.95**
2. **Personalized answers to your questions on injuries, training, research, etc. Tell me what you want.....\$18.95**
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Mike Bridges is today's World Champion. One of the youngest lifters in the sport, he holds more World records than any lifter in the history of powerlifting.

Mike Bridges winning the current World Championship in Calcutta, India.

NEWS RELEASE

How would you like to have a world champion powerlifter as a personal weight training coach in your own home or gym? Mike Bridges, four-time world champ and holder of fifty-three world records has completed production of a comprehensive video training program in association with AXI Television Productions of Auburn, New York. These video recordings are available through Mike Bridges Systems, PO Box 5801, Arlington, Texas 76011.

E. L. Lauckner, vice president of the New York based production company reports that Mike Bridges is one of the most dynamic athletic personalities anywhere. He makes this video training program come alive as he personally demonstrates and reveals the total program that has made him a world champion in the fast growing sport of powerlifting. There is no doubt in my mind that pound for pound he's the strongest man on this planet.

Bridges' video is the most effective training aid available. It's used extensively in the fields of medicine, business, industry and sports. In an activity such as powerlifting where proper training is critical I feel it's about time that a truly comprehensive instructional program be made available to powerlifters and any athlete who incorporates weight training in their training routine.

Bridges concluded, "my video

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STATE	NAME	WEIGHT	RECORD
ALABAMA	105 SQ	DL	536
	110 SQ	DL	536
	120 SQ	DL	536
	130 SQ	DL	536
	140 SQ	DL	536
	150 SQ	DL	536
	160 SQ	DL	536
	170 SQ	DL	536
	180 SQ	DL	536
	190 SQ	DL	536
ALASKA	105 SQ	DL	536
	110 SQ	DL	536
	120 SQ	DL	536
	130 SQ	DL	536
	140 SQ	DL	536
	150 SQ	DL	536
	160 SQ	DL	536
	170 SQ	DL	536
	180 SQ	DL	536
	190 SQ	DL	536
ARIZONA	105 SQ	DL	536
	110 SQ	DL	536
	120 SQ	DL	536
	130 SQ	DL	536
	140 SQ	DL	536
	150 SQ	DL	536
	160 SQ	DL	536
	170 SQ	DL	536
	180 SQ	DL	536
	190 SQ	DL	536
ARIZONA (cont.)	200 SQ	DL	536
	210 SQ	DL	536
	220 SQ	DL	536
	230 SQ	DL	536
	240 SQ	DL	536
	250 SQ	DL	536
	260 SQ	DL	536
	270 SQ	DL	536
	280 SQ	DL	536
	290 SQ	DL	536

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Powerlifter's, a newsletter on WOMEN'S powerlifting, bodybuilding & olympic lifting, photos, nutrition, training tips, and more. Send for free trial copy. **Powerlifter's Times**, P.O. Box 482, W. Somerville, MA 02144.

DVA American Heritage Carnival Fort Gault, Republic of Panama 4/3/82		North Central U.S. Open 5/22/82-Casper, Wyo		WOMEN	
114 S. Ramos	495	250	420	1165	trinely successful meet with 61 lifters in attendance. In the 114a Kevin McConigal won the gold with Bob Johnson, 235.
120 W. Warren	400	225	425	1050	929 lb class Ken Hesseus, 4 times winner Iowa State champion won the 165 along with Steve Lee and Larry Weath.
121 J. Levitt	350	215	430	950	1190 class was heavily contested with Steve Lee and Larry Weath.
122 A. Sims	330	210	435	900	1190 class was heavily contested with Steve Lee and Larry Weath.
123 G. Ramos	300	205	440	850	1190 class was heavily contested with Steve Lee and Larry Weath.
124 M. Morris	280	200	445	800	1190 class was heavily contested with Steve Lee and Larry Weath.
125 W. Mitchell	260	195	450	750	1190 class was heavily contested with Steve Lee and Larry Weath.
126 M. Colles	240	190	455	700	1190 class was heavily contested with Steve Lee and Larry Weath.
127 J. Whorton	220	185	460	650	1190 class was heavily contested with Steve Lee and Larry Weath.
128 C. Johnson	200	180	465	600	1190 class was heavily contested with Steve Lee and Larry Weath.
129 M. Morris	180	175	470	550	1190 class was heavily contested with Steve Lee and Larry Weath.
130 M. Colles	160	170	475	500	1190 class was heavily contested with Steve Lee and Larry Weath.
131 W. Mitchell	140	165	480	450	1190 class was heavily contested with Steve Lee and Larry Weath.
132 J. Whorton	120	160	485	400	1190 class was heavily contested with Steve Lee and Larry Weath.
133 C. Johnson	100	155	490	350	1190 class was heavily contested with Steve Lee and Larry Weath.
134 M. Morris	80	150	495	300	1190 class was heavily contested with Steve Lee and Larry Weath.
135 M. Colles	60	145	500	250	1190 class was heavily contested with Steve Lee and Larry Weath.
136 W. Mitchell	40	140	505	200	1190 class was heavily contested with Steve Lee and Larry Weath.
137 J. Whorton	20	135	510	150	1190 class was heavily contested with Steve Lee and Larry Weath.
138 C. Johnson	10	130	515	100	1190 class was heavily contested with Steve Lee and Larry Weath.
139 M. Morris	5	125	520	50	1190 class was heavily contested with Steve Lee and Larry Weath.
140 M. Colles	2	120	525	0	1190 class was heavily contested with Steve Lee and Larry Weath.
141 W. Mitchell	1	115	530	0	1190 class was heavily contested with Steve Lee and Larry Weath.
142 J. Whorton	0	110	535	0	1190 class was heavily contested with Steve Lee and Larry Weath.
143 C. Johnson	0	105	540	0	1190 class was heavily contested with Steve Lee and Larry Weath.
144 M. Morris	0	100	545	0	1190 class was heavily contested with Steve Lee and Larry Weath.
145 M. Colles	0	95	550	0	1190 class was heavily contested with Steve Lee and Larry Weath.
146 W. Mitchell	0	90	555	0	1190 class was heavily contested with Steve Lee and Larry Weath.
147 J. Whorton	0	85	560	0	1190 class was heavily contested with Steve Lee and Larry Weath.
148 C. Johnson	0	80	565	0	1190 class was heavily contested with Steve Lee and Larry Weath.
149 M. Morris	0	75	570	0	1190 class was heavily contested with Steve Lee and Larry Weath.
150 M. Colles	0	70	575	0	1190 class was heavily contested with Steve Lee and Larry Weath.
151 W. Mitchell	0	65	580	0	1190 class was heavily contested with Steve Lee and Larry Weath.
152 J. Whorton	0	60	585	0	1190 class was heavily contested with Steve Lee and Larry Weath.
153 C. Johnson	0	55	590	0	1190 class was heavily contested with Steve Lee and Larry Weath.
154 M. Morris	0	50	595	0	1190 class was heavily contested with Steve Lee and Larry Weath.
155 M. Colles	0	45	600	0	1190 class was heavily contested with Steve Lee and Larry Weath.
156 W. Mitchell	0	40	605	0	1190 class was heavily contested with Steve Lee and Larry Weath.
157 J. Whorton	0	35	610	0	1190 class was heavily contested with Steve Lee and Larry Weath.
158 C. Johnson	0	30	615	0	1190 class was heavily contested with Steve Lee and Larry Weath.
159 M. Morris	0	25	620	0	1190 class was heavily contested with Steve Lee and Larry Weath.
160 M. Colles	0	20	625	0	1190 class was heavily contested with Steve Lee and Larry Weath.
161 W. Mitchell	0	15	630	0	1190 class was heavily contested with Steve Lee and Larry Weath.
162 J. Whorton	0	10	635	0	1190 class was heavily contested with Steve Lee and Larry Weath.
163 C. Johnson	0	5	640	0	1190 class was heavily contested with Steve Lee and Larry Weath.
164 M. Morris	0	0	645	0	1190 class was heavily contested with Steve Lee and Larry Weath.
165 M. Colles	0	0	650	0	1190 class was heavily contested with Steve Lee and Larry Weath.
166 W. Mitchell	0	0	655	0	1190 class was heavily contested with Steve Lee and Larry Weath.
167 J. Whorton	0	0	660	0	1190 class was heavily contested with Steve Lee and Larry Weath.
168 C. Johnson	0	0	665	0	1190 class was heavily contested with Steve Lee and Larry Weath.
169 M. Morris	0	0	670	0	1190 class was heavily contested with Steve Lee and Larry Weath.
170 M. Colles	0	0	675	0	1190 class was heavily contested with Steve Lee and Larry Weath.
171 W. Mitchell	0	0	680	0	1190 class was heavily contested with Steve Lee and Larry Weath.
172 J. Whorton	0	0	685	0	1190 class was heavily contested with Steve Lee and Larry Weath.
173 C. Johnson	0	0	690	0	1190 class was heavily contested with Steve Lee and Larry Weath.
174 M. Morris	0	0	695	0	1190 class was heavily contested with Steve Lee and Larry Weath.
175 M. Colles	0	0	700	0	1190 class was heavily contested with Steve Lee and Larry Weath.
176 W. Mitchell	0	0	705	0	1190 class was heavily contested with Steve Lee and Larry Weath.
177 J. Whorton	0	0	710	0	1190 class was heavily contested with Steve Lee and Larry Weath.
178 C. Johnson	0	0	715	0	1190 class was heavily contested with Steve Lee and Larry Weath.
179 M. Morris	0	0	720	0	1190 class was heavily contested with Steve Lee and Larry Weath.
180 M. Colles	0	0	725	0	1190 class was heavily contested with Steve Lee and Larry Weath.
181 W. Mitchell	0	0	730	0	1190 class was heavily contested with Steve Lee and Larry Weath.
182 J. Whorton	0	0	735	0	1190 class was heavily contested with Steve Lee and Larry Weath.
183 C. Johnson	0	0	740	0	1190 class was heavily contested with Steve Lee and Larry Weath.
184 M. Morris	0	0	745	0	1190 class was heavily contested with Steve Lee and Larry Weath.
185 M. Colles	0	0	750	0	1190 class was heavily contested with Steve Lee and Larry Weath.
186 W. Mitchell	0	0	755	0	1190 class was heavily contested with Steve Lee and Larry Weath.
187 J. Whorton	0	0	760	0	1190 class was heavily contested with Steve Lee and Larry Weath.
188 C. Johnson	0	0	765	0	1190 class was heavily contested with Steve Lee and Larry Weath.
189 M. Morris	0	0	770	0	1190 class was heavily contested with Steve Lee and Larry Weath.
190 M. Colles	0	0	775	0	1190 class was heavily contested with Steve Lee and Larry Weath.
191 W. Mitchell	0	0	780	0	1190 class was heavily contested with Steve Lee and Larry Weath.
192 J. Whorton	0	0	785	0	1190 class was heavily contested with Steve Lee and Larry Weath.
193 C. Johnson	0	0	790	0	1190 class was heavily contested with Steve Lee and Larry Weath.
194 M. Morris	0	0	795	0	1190 class was heavily contested with Steve Lee and Larry Weath.
195 M. Colles	0	0	800	0	1190 class was heavily contested with Steve Lee and Larry Weath.
196 W. Mitchell	0	0	805	0	1190 class was heavily contested with Steve Lee and Larry Weath.
197 J. Whorton	0	0	810	0	1190 class was heavily contested with Steve Lee and Larry Weath.
198 C. Johnson	0	0	815	0	1190 class was heavily contested with Steve Lee and Larry Weath.
199 M. Morris	0	0	820	0	1190 class was heavily contested with Steve Lee and Larry Weath.
200 M. Colles	0	0	825	0	1190 class was heavily contested with Steve Lee and Larry Weath.
201 W. Mitchell	0	0	830	0	1190 class was heavily contested with Steve Lee and Larry Weath.
202 J. Whorton	0	0	835	0	1190 class was heavily contested with Steve Lee and Larry Weath.
203 C. Johnson	0	0	840	0	1190 class was heavily contested with Steve Lee and Larry Weath.
204 M. Morris	0	0	845	0	1190 class was heavily contested with Steve Lee and Larry Weath.
205 M. Colles	0	0	850	0	1190 class was heavily contested with Steve Lee and Larry Weath.
206 W. Mitchell	0	0	855	0	1190 class was heavily contested with Steve Lee and Larry Weath.
207 J. Whorton	0	0	860	0	1190 class was heavily contested with Steve Lee and Larry Weath.
208 C. Johnson	0	0	865	0	1190 class was heavily contested with Steve Lee and Larry Weath.
209 M. Morris	0	0	870	0	1190 class was heavily contested with Steve Lee and Larry Weath.
210 M. Colles	0	0	875	0	1190 class was heavily contested with Steve Lee and Larry Weath.
211 W. Mitchell	0	0	880	0	1190 class was heavily contested with Steve Lee and Larry Weath.
212 J. Whorton	0	0	885	0	1190 class was heavily contested with Steve Lee and Larry Weath.
213 C. Johnson	0	0	890	0	1190 class was heavily contested with Steve Lee and Larry Weath.
214 M. Morris	0	0	895	0	1190 class was heavily contested with Steve Lee and Larry Weath.
215 M. Colles	0	0	900	0	1190 class was heavily contested with Steve Lee and Larry Weath.
216 W. Mitchell	0	0	905	0	1190 class was heavily contested with Steve Lee and Larry Weath.
217 J. Whorton	0	0	910	0	1190 class was heavily contested with Steve Lee and Larry Weath.
218 C. Johnson	0	0	915	0	1190 class was heavily contested with Steve Lee and Larry Weath.
219 M. Morris	0	0	920	0	1190 class was heavily contested with Steve Lee and Larry Weath.
220 M. Colles	0	0	925	0	1190 class was heavily contested with Steve Lee and Larry Weath.
221 W. Mitchell	0	0	930	0	1190 class was heavily contested with Steve Lee and Larry Weath.
222 J. Whorton	0	0	935	0	1190 class was heavily contested with Steve Lee and Larry Weath.
223 C. Johnson	0	0	940	0	1190 class was heavily contested with Steve Lee and Larry Weath.
224 M. Morris	0	0	945	0	1190 class was heavily contested with Steve Lee and Larry Weath.
225 M. Colles	0	0	950	0	1190 class was heavily contested with Steve Lee and Larry Weath.
226 W. Mitchell	0	0	955	0	1190 class was heavily contested with Steve Lee and Larry Weath.
227 J. Whorton	0	0	960	0	1190 class was heavily contested with Steve Lee and Larry Weath.
228 C. Johnson	0	0	965	0	1190 class was heavily contested with Steve Lee and Larry Weath.
229 M. Morris	0	0	970	0	1190 class was heavily contested with Steve Lee and Larry Weath.
230 M. Colles	0	0	975	0	1190 class was heavily contested with Steve Lee and Larry Weath.
231 W. Mitchell	0	0	980	0	1190 class was heavily contested with Steve Lee and Larry Weath.
232 J. Whorton	0	0	985	0	1190 class was heavily contested with Steve Lee and Larry Weath.
233 C. Johnson	0	0	990	0	1190 class was heavily contested with Steve Lee and Larry Weath.
234 M. Morris	0	0	995	0	1190 class was heavily contested with Steve Lee and Larry Weath.
235 M. Colles	0	0	1000	0	1190 class was heavily contested with Steve Lee and Larry Weath.

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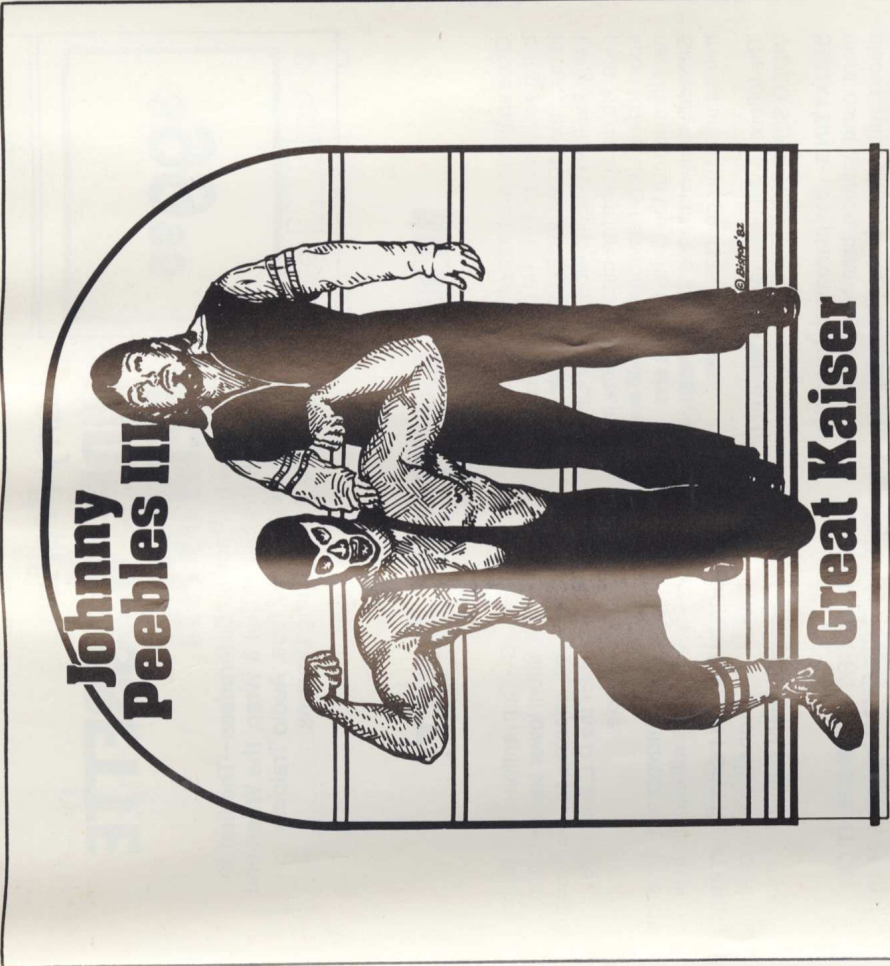
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