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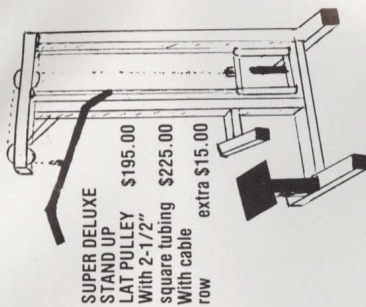
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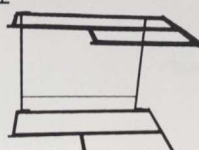
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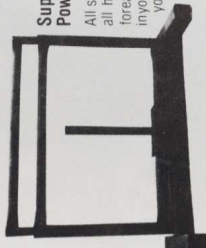
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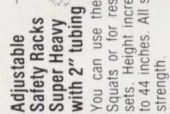
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This curl unit is designed to vary your training - either as an incline angle for you to get the most out of your curling, or as a real strictly hung down curl. You can switch the curl top for angle you prefer in seconds. The barbell holder is for your convenience.



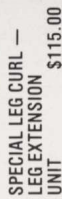
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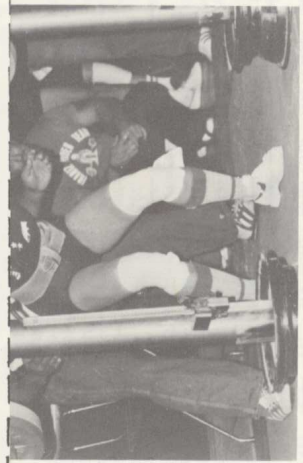
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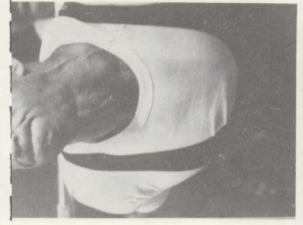
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Diane Frantz...toughed out some astonishing squats (photo by McClellan)



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NEXT MONTH...a featured look at Natural lifter George Hummel, Mullet Mania, and a routine by a Master lifter for great strength gains and very little time in the gym.

ON THE COVER.....Masters Champion, Chuck Braxton.

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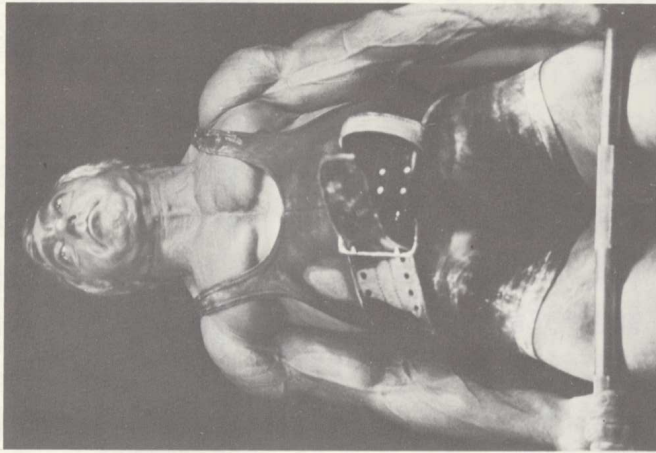
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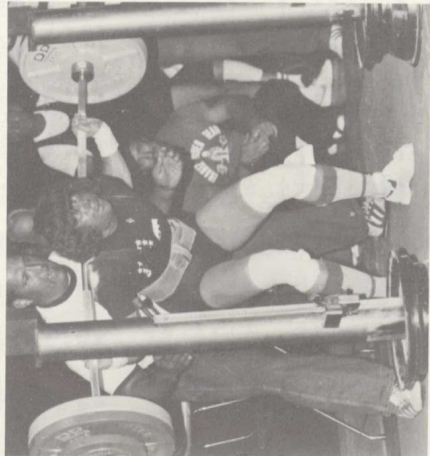
**National & World  
 Masters Championship**



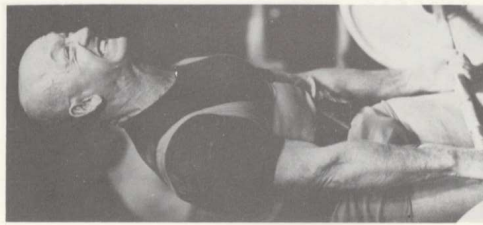
Lusk, Lockard, Koike, competitors



Is this the body of a man over 40? Floyd Lyon was extremely muscular, but politically. The pre-meet preparations themselves reflected the problems that had racked this segment of our sport. Chuck Braxton and Dean Best originally intended to put the meet on together, but with all the troubles that seemed to arise between the Ernie Frantz factions and the Nate Foster factions and those dissatisfied with both, Chuck thought about letting Jay McLaughlin have the meet again out in California, but Dean wanted to give it his 'Best'. The result was an excellent, well-staged, production, and hopefully the start of a great new era for the Master Powerlifter. The political anger seems to have vented itself for the most part, and all involved can look forward to what sounds like an excellent bid for next year's meet to be held in Syracuse, New York in October (possibly independent of the World Masters meet). Some of the things on tap include excellent room rates, accommodations a block away from the meet site, and the whole thing backed by a Chamber of Commerce that developed the now widely known and respected Empire Games concept of competition in New York State.



Diane Frantz, toughed out some astonishing squats (photo by McClellan)



Phil Noyer, closing in on the line Masters records of Bob Cortez alternate ended up, confused about the team selection process and was unable to comply with notice three weeks prior to the meet that he had become a primary team member; but once again the historic strength of USA teams led to easy victory. Some of the meet highlights included just gobs of records, so many that you couldn't keep up with them. Australia's John Wright will be on their Munich World team... he got a WR 589 squat on a 4th attempt. Chuck Braxton suffered the same sinus bleeding that bothered him in the National Cup, so he backed off in the squat and bench and saved it up for a big DL. He thought about a 4th attempt deadline just over 800, decided against it, but got fired up and tried it after one of his handlers mentioned that he 'wouldn't' have made it anyway'. He gave it a solid try, and it will come in due course.



Skybak...the Norwegian won again

# ScoreCard

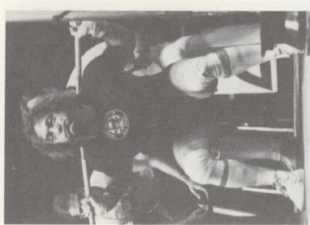
## National Masters Championships 4/5 Sept 1982 Greensboro, NC



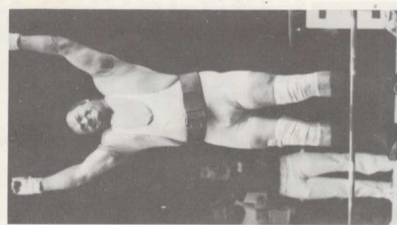
**Ed Riley** missed his squats primarily on technicalities like moving his hands on the bar, after receiving the squat signal, but the judges are of whom were teased for fear. (Consigning the crucial cue, he was doing wrong, as dictated by

52kg/114lb	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
C. Lockard Jr	50.12	225	248	270	115	143	168	391	308	330	336	722
J. Gedney	43.55	198	209	216	126	132	142	341	242	264	288	606
M. Schuette	43.43	176	192	204	77	84	92	233	220	236	242	490
T. Gemmaro	51.48	187	198	203	143	154	159	363	253	270	281	644
S. Perez	50.69	231	253	264	159	170	176	435	270	292	308	727
<b>56kg/123lb</b>												
J. Lusk	55	352	362	369	203	203	---	556	407	424	---	964
F. Glass	55.57	264	292	308	126	137	143	451	385	407	418	870
N. Gautier	55.68	225	259	276	176	176	176	435	303	352	356	788
<b>60kg/132lb</b>												
M. Roberts	52.62	443	443	443	143	55	77	82.5	225	170	192	418
C. Foster	58.77	341	374	392	253	259	262	628	402	440	457	1085
M. Lawson	59.65	391	407	418	192	209	214	628	407	446	446	1036
<b>67.5kg/148lb</b>												
J. Libertatore	59.53	225	275	292	203	225	231	501	303	402	402	804
R. Greenwald	457	479	479	479	264	277	275	733	424	424	440	1173
V. Breen	403	203	225	259	99	110	111	325	264	286	308	611
D. Frantz	369	385	402	418	176	192	198	595	397	424	434	1019
W. Imahara	67.5	330	374	236	263	264	269	639	330	352	374	962
B. Bomher	62.37	198	220	242	104	121	126	363	259	281	303	696
P. Neyer	424	440	457	220	234	234	234	661	512	534	---	1195
M. Ferguson	314	352	374	187	203	209	214	562	391	429	440	992
J. Hubbard	281	303	319	176	187	187	187	479	352	374	---	854
<b>75kg/165lb</b>												
F. Lyon	73.94	567	567	600	325	344	344	892	551	584	600	1493
W. Angstrom	75	396	418	440	303	314	319	716	402	440	451	1168
E. Vargas	73.48	429	462	462	270	270	270	699	402	440	462	1140
G. Crockett	74.63	479	512	512	275	286	292	766	479	518	534	1284
R. Pamulo	74.39	462	512	512	253	253	266	766	462	512	524	1278
L. Baker	73.82	374	402	402	246	264	264	639	330	380	396	1019
E. Trevarah	72.58	275	292	292	99	110	115	407	286	303	---	694
R. Greenlow	74.84	402	440	440	203	203	203	407	303	303	---	694
L. Mintz	74.58	402	402	402	---	---	---	---	---	---	---	---
C. Williamson	73.35	380	418	429	236	253	259	688	440	462	462	1129
A. Montini	73.6	325	325	325	220	231	236	562	424	451	462	1014
R. Bendel	74.73	281	303	314	231	242	242	545	407	457	468	1014
G. Buckley	73.82	281	303	303	154	168	187	457	336	363	369	821
R. Mason	69.97	55	---	---	55	---	---	110	479	490	523	633
B. Brand	71.55	292	314	314	165	176	176	457	380	402	---	859
<b>82.5kg/181lb</b>												
J. Rouse	82.33	578	606	622	479	501	512	1124	611	639	---	1763
R. Pereda	81.65	584	611	622	308	330	344	892	551	562	---	1493
S. Bailey	82.5	507	562	600	330	352	352	892	507	562	564	1399
L. Casados	80.51	451	501	501	314	325	341	843	501	551	551	1394
J. Saunders	82.5	462	462	462	473	259	270	744	551	551	---	1295
T. Waters	81.53	451	473	490	259	270	284	755	418	446	---	1201
J. Jackson	82.1	374	402	407	270	270	270	677	374	402	424	1085
T. Trevarah	80.74	501	---	---	303	303	303	804	479	512	---	1284
E. Hill	77.68	---	---	---	468	242	259	727	485	507	---	1234
G. Daig	80.85	402	402	424	270	281	292	705	440	485	507	1212
F. Perry	80.4	209	225	240	203	203	203	429	209	303	363	793
R. Roberts	80.51	341	369	380	203	203	203	429	209	303	---	793
M. Richards	82.5	407	455	455	275	303	314	710	424	451	473	1162

AGE GROUP 60-64	82.1	286	319	336	248	264	--- <th>600</th> <th>396</th> <th>424</th> <th>440</th> <th>1025</th>	600	396	424	440	1025
J. Box	80.29	236	236	248	181	192	---	429	275	303	314	744
J. Elder	81.31	248	263	263	137	140	---	396	330	363	402	760
<b>90kg/198lb</b>												
N. Foster	89.02	501	551	578	325	341	358	936	600	666	716	1603
R. Hale	88.79	540	578	606	358	380	---	964	623	551	570	1515
S. Zimmerman	89.59	540	567	578	292	308	---	887	523	551	551	1438
W. Patillo	88.45	451	501	---	332	363	380	865	451	501	523	1366
H. Morgan	89.25	462	507	529	264	275	286	815	501	540	545	1361
J. Sterionsky	89.59	507	540	540	270	292	300	799	490	540	540	1289
R. Boothe	89.47	507	540	468	253	264	264	733	501	540	540	1273
K. Hansen	87.09	440	451	451	303	303	314	755	451	490	490	1207
B. Thompson	90.0	440	440	440	303	314	325	755	440	460	460	1195
L. Vargas	88.0	264	297	330	82	82	---	699	396	407	418	1118
M. Trevithick	83.24	264	297	330	82	82	---	413	264	297	314	710
L. Hopfe	89.25	330	363	374	225	225	236	600	402	451	---	1052
H. McCoy	86.64	352	380	380	225	242	248	628	385	413	424	1041
K. Dowling	89.59	110	165	176	176	176	176	418	253	275	303	722
J. Adams	83.46	110	---	---	---	---	---	---	---	---	---	---
D. Johnson	89.02	429	473	501	303	---	---	804	501	512	540	1344
K. Todd	88.11	314	325	325	---	---	---	---	---	---	---	---
R. McCarty	88.56	451	479	490	270	292	292	722	451	479	501	1223
E. Dorman	83.01	275	363	325	231	242	252	567	275	325	325	892
J. Kurpiel	87.54	303	341	198	209	214	---	556	402	440	462	997
D. David	83.46	140	148	170	132	143	148	319	165	187	220	540
<b>100kg/220lb</b>												
R. Rood	99.0	501	524	551	402	424	435	936	512	545	589	1526
D. Taylor	98.9	551	578	578	374	374	374	925	540	562	584	1488
R. Makarawicz	99.1	540	551	551	358	374	374	925	518	552	564	1477
T. Coble	98.2	507	507	507	308	319	330	826	507	551	564	1377
R. Ciocco	91.4	369	369	402	292	292	303	661	314	402	451	1113
E. Frantz	95.5	744	772	772	468	468	468	1212	705	749	760	1962
D. Mills	99.6	677	722	722	446	473	473	1168	677	716	740	1884
D. Yezbick	100.	536	536	536	391	418	418	975	551	---	---	1526
B. Bates	96.5	402	435	435	248	259	259	507	451	485	485	959
N. Kelley	93.7	418	446	462	214	225	225	661	451	501	529	1190
W. Underhill	94.6	396	418	418	281	292	300	710	407	451	451	1162
T. Callahan	100	330	330	330	231	242	242	573	396	424	451	1003
E. Nagy	97.9	457	490	512	308	330	330	821	462	507	540	1361
J. Davis	95.7	203	203	283	137	143	---	347	253	330	374	677
H. Soudieres	95.0	275	308	325	209	209	220	534	341	385	402	936
<b>110kg/242lb</b>												
R. Pleticha	109.5	699	705	744	501	501	---	1245	639	672	699	1945
M. Mitchell	104.8	716	730	730	402	424	440	1140	551	628	661	1802
J. Cummins	109.5	504	504	584	391	402	402	975	551	584	600	1559
R. Swaim	100.	584	617	622	330	352	358	975	584	600	622	



**Bob Pleticha**, the Illinois school teacher looked much less than 40, ship, and all the people who helped Dean out. They, like the rest of us, are hoping for a Masters of the same quality in the future.  
Dean Best has had a pretty good year for himself coming back strongly from serious injury, playing a big part in the success of the Davron Seniors, and putting on a fine Masters meet. He and his wife will be building a home soon, let's wish them both the best of luck.



**Pentti Nikkonen**...a happy winner



**Ron Hudec**, used his arms of over 23 inches to ram this 501 on up.

SHW	130	551	617	AGE GROUP 40-44	1008	628	722	1730
D. Martin	130	551	617	352	396	407	722	1730
O. Jensen	141.8	501	527	330	330	330	551	1383
R. Hudec	135.2	143	---	485	50	510	644	1129
C. Braxton	124.5	683	730	AGE GROUP 45-49	1085	705	755	1868
H. Selling	151.6	407	407	319	344	727	451	507
J. Kasperski	137.1	242	275	AGE GROUP 60-64	529	303	363	892
<b>52kg/114lb</b>	<b>BWT</b>	<b>SQ1</b>	<b>SQ2</b>	<b>SQ3</b>	<b>BP1</b>	<b>BP2</b>	<b>BP3</b>	<b>SUB</b>
C. Lockard(US)	50.12	225	248	126	143	146	391	308
T. Cernareo(US)	51.48	187	198	203	143	154	159	363
<b>56kg/123lb</b>	<b>AGE GROUP 50 Plus</b>	<b>DL1</b>	<b>DL2</b>	<b>DL3</b>	<b>TOT</b>			
J. Luski(US)	55	352	367	AGE GROUP 40-49	556	407	424	964
T. Koike(JAPAN)	53.9	231	264	AGE GROUP 50 Plus	391	275	275	666
<b>60kg/132lb</b>	<b>AGE GROUP 40-49</b>	<b>385</b>	<b>407</b>	<b>236</b>	<b>248</b>	<b>253</b>	<b>661</b>	<b>418</b>
A. Rygh(NOR)	59.76	385	374	391	231	248	253	644
E. Brown(GB)	59	330	374	391	231	248	253	644
<b>67.5kg/148lb</b>	<b>AGE GROUP 50 Plus</b>	<b>661</b>	<b>418</b>	<b>440</b>	<b>440</b>	<b>440</b>	<b>1080</b>	<b>1091</b>
J. Moir(CAN)	67.5	496	527	AGE GROUP 40-49	859	529	551	1410
V. Karvinen(FIN)	67.5	507	---	341	352	363	859	529
P. Neyer(US)	67.25	424	440	319	341	352	848	275
M. Ferguson(US)	66.57	314	314	AGE GROUP 50 Plus	661	512	534	1195
<b>75kg/165lb</b>	<b>AGE GROUP 40-49</b>	<b>567</b>	<b>600</b>	<b>325</b>	<b>344</b>	<b>344</b>	<b>892</b>	<b>551</b>
F. Lyon(US)	73.94	567	567	341	352	363	859	529
Lapalainen(FIN)	75	562	562	292	292	300	859	529
J. Dangnefeldt(GB)	71.33	501	534	292	292	300	826	556
K. Davies(CAN)	74.54	418	451	275	300	292	744	418
Nordtømme(NOR)	74.28	429	429	220	240	242	650	440
<b>90kg/198lb</b>	<b>AGE GROUP 50 Plus</b>	<b>529</b>	<b>286</b>	<b>303</b>	<b>308</b>	<b>837</b>	<b>595</b>	<b>628</b>
K. Skybak(NOR)	73.82	507	507	AGE GROUP 40-49	903	507	540	1444
<b>82.5kg/181lb</b>	<b>AGE GROUP 40-49</b>	<b>540</b>	<b>308</b>	<b>341</b>	<b>363</b>	<b>903</b>	<b>507</b>	<b>540</b>
M. Haaksala(FIN)	79.27	440	507	341	352	363	859	529
B. Larsen(NOR)	79.83	551	573	584	308	341	892	440
M. Lukich(CAN)	75.3	396	424	440	225	240	666	451
F. Perry(US)	80.4	209	225	AGE GROUP 50 Plus	429	209	303	363
J. Elder(US)	81.31	248	248	137	148	148	396	330
<b>90kg/198lb</b>	<b>AGE GROUP 40-49</b>	<b>551</b>	<b>578</b>	<b>325</b>	<b>348</b>	<b>358</b>	<b>936</b>	<b>600</b>
N. Foster(US)	89.02	501	501	325	348	358	936	600
W. Paffel(US)	88.45	451	501	363	363	363	865	451
J. Sanchi(CAN)	90	440	501	308	319	325	766	523
Christopher(NOR)	84.82	407	440	264	275	280	683	485
<b>110kg/242lb</b>	<b>AGE GROUP 50 Plus</b>	<b>490</b>	<b>490</b>	<b>308</b>	<b>330</b>	<b>352</b>	<b>821</b>	<b>462</b>
D. Johnson(US)	89.02	429	473	501	303	344	804	501
<b>100kg/220lb</b>	<b>AGE GROUP 40-49</b>	<b>722</b>	<b>722</b>	<b>446</b>	<b>473</b>	<b>473</b>	<b>1168</b>	<b>677</b>
D. Mills(US)	99.6	677	722	446	473	473	1168	677
J. Monstad(NOR)	94.6	418	451	475	220	236	694	529
<b>125kg/275lb</b>	<b>AGE GROUP 50 Plus</b>	<b>99</b>	<b>473</b>	<b>496</b>	<b>496</b>	<b>281</b>	<b>777</b>	<b>595</b>
Hjalmarsson(ICE)	97.9	457	490	308	330	352	821	462
E. Nagy(US)	97.9	457	490	308	330	352	821	462
<b>110kg/242lb</b>	<b>AGE GROUP 40-49</b>	<b>730</b>	<b>730</b>	<b>402</b>	<b>424</b>	<b>440</b>	<b>1140</b>	<b>551</b>
M. Mitchell(US)	104.8	716	730	402	424	440	1140	551
<b>125kg/275lb</b>	<b>AGE GROUP 50 Plus</b>	<b>562</b>	<b>584</b>	<b>352</b>	<b>363</b>	<b>374</b>	<b>959</b>	<b>595</b>
J. Wright(AUS)	104.6	562	584	352	363	374	959	595
B. Ovanen(NOR)	109.1	573	595	677	319	344	914	573
<b>125kg/275lb</b>	<b>AGE GROUP 40-49</b>	<b>113</b>	<b>551</b>	<b>595</b>	<b>617</b>	<b>374</b>	<b>1030</b>	<b>595</b>
P. Nikkonen(FIN)	113	551	595	617	374	396	1030	595
H. Hudson(US)	117.3	540	540	600	385	413	986	578
<b>125kg/275lb</b>	<b>AGE GROUP 50-54</b>	<b>123.2</b>	<b>562</b>	<b>600</b>	<b>611</b>	<b>374</b>	<b>936</b>	<b>562</b>
B. Ross(US)	123.2	562	600	611	374	396	936	562
<b>SHW</b>	<b>AGE GROUP 40-49</b>	<b>130</b>	<b>551</b>	<b>617</b>	<b>644</b>	<b>352</b>	<b>1008</b>	<b>628</b>
D. Martin(US)	130	551	617	644	352	391	1008	628

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# Broddingnagians

by Jeff Everson

...forget the Barbarians, now there's the

In Jonathan Swift's Gulliver's Travels, the protagonist is at once cast out from the island of the Lilliputians, only to land in the realm of the giants of Broddingnag. Gulliver might as well have landed at Wegwood Gym in Madison, Wisconsin, for this is the land of the modern day powerlifting Broddingnagians. On any one day who might you see lurking about Wegwood?

Well, there's often Ray Moran, former National Collegiate Powerlifting champion in the 220 lb division, and then there is man mountain Steve DiSalvo, a new 275 lb monster with a 58 inch chest, and one man whom some have referred to as possibly the next Bill Kazmaier. (Di Salvo, after all, recently totaled 2070 in only his second meet!) There is also the young (22) Norse-blond giant, big, strapping, trappin' (Traps) Dave Parks, who at 262 lbs and 6 ft 3 inches almost pulled the winning 821 lb DL at the Oregon Nationals. Finally, we have gargantuan Bill Barwick, the 295 lb super, who has hit 850, 545 and 805 already, after just leaving the 275 lb division. To top all of this off, there is an occasional visit from the Man himself, Bill Kazmaier, when he returns to his old haunts to visit and train. Can you possibly fathom the ponderous loads that may be heaved and shoved on any one training day? Tons and tons to be sure! You might ask, why does Madison breed these immensely strong athletes? (Forget not that Dr.

Squat Hatfield and Joe Bradley, first achieved national prominence while training in Madison, and where do you suppose the world's strongest professional football player, Mike Webster, is from? Uh huh! Well, it could possibly be the cheese, or the farm fresh eggs, I suppose, but I rather think not. Most likely it's Madison's heavy sporting heritage, first started some 12 years ago when the legendary Michael Bubba Morgan benched 555 and deadlifted 810 when most lifters couldn't even understand such weights. The most important thing to Bubba was the width of Chuck Ahrens shoulders; Bubba's ended up just as broad. Enough literary verbiage; let's analyze some pretty interesting facts.

Ray Moran is fashioning battle plans based on his own ideas of training. Mr. Thighs' Moran has designs on 820, 490 and 760 soon. Ray mentioned that he enjoys the intense psych around Wedgewood, but doesn't enjoy the invasion of soreness that he experiences after training with the aforementioned gentlemen. Also, Ray did not take kindly to Barwick's psyching handed to the back of his head one squatting afternoon, which literally left Ray on dream street. More importantly, Ray prefers to train his

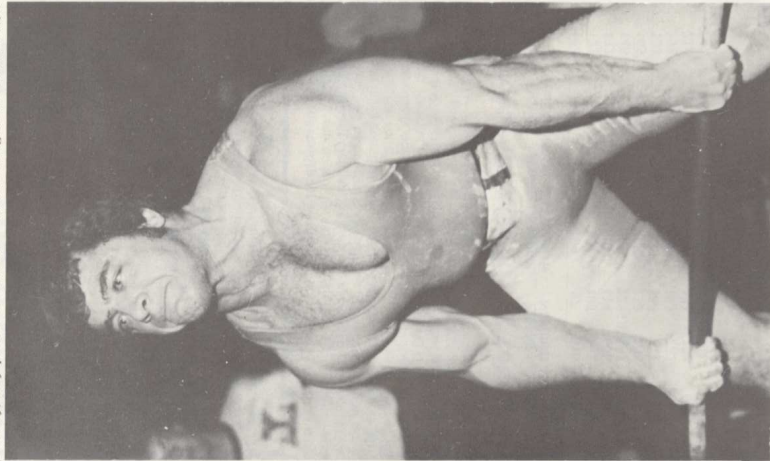
DEADLIFT AND SQUATS ON THE SAME DAY whereas the other giants do not. Before discussing the training order of the day, a little background information:

**RAY MORAN:** age 24, 225 lbs. Assistant Wisconsin Strength Coach, former Div 3 All American in football. Moving up to the 242 lb division. Enjoys squatting and training football players.

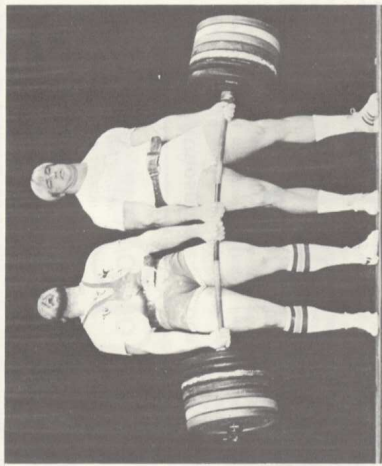
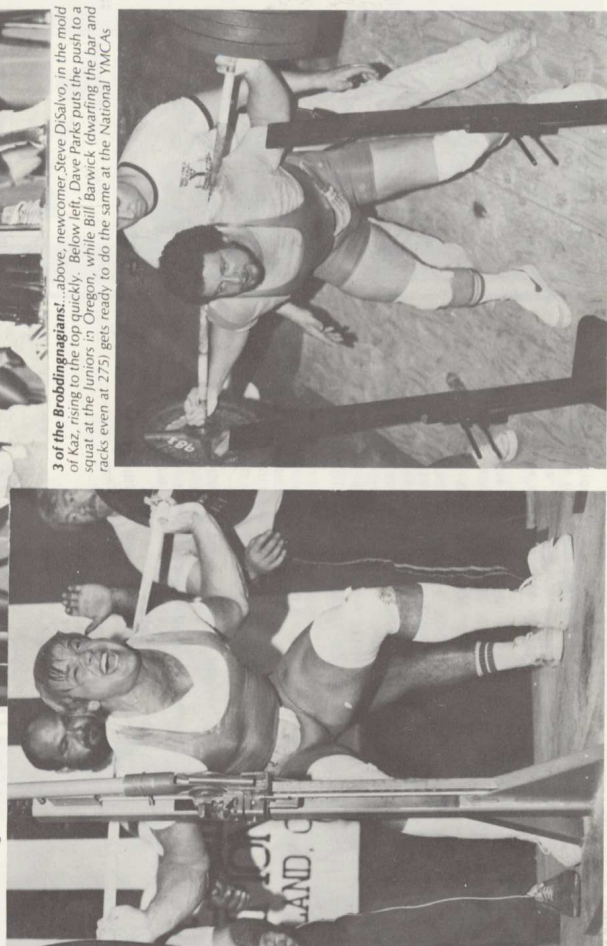
**STEVE DISALVO:** age 27, 6 ft, 1 inch, 275 lbs. Employed as a bouncer, former Big 10 middle guard. Enjoys disco, bench pressing, eating live insects and teasing Barwick about his belly size.

**DAVE PARKS:** age 22, 6 ft 3 inches, 265 lbs. Employed as a bouncer, former champion discus thrower. Seems to enjoy everything, including cheat curling an unbelievably easy 350, and rowing or deadlifting without a belt. Has done a 2-man deadlift of 1460 lbs with Barwick.

**BILL BARWICK:** age 27, 6 ft 2 inches, 295 lbs. Employed by General Motors and UW-Madison Strength Staff. Former two time Div II All American in football. Has ultimate designs on 330 lb weight



**3 of the Broddingnagians!**...above, newcomer Steve DiSalvo, in the mold of Kaz, rising to the top quickly. Below left, Dave Parks puts the push to a squat at the Juniors in Oregon, while Bill Barwick (dwarfing the bar and racks even at 275) gets ready to do the same at the National YMCAs



**Above:** Barwick and Parks teamed up to pull a Two Man record lift of 1463 nearly a year ago (photo courtesy of Jeff Everson)...**Below left:** Ray Moran rips up a deadlift at this year's National YMCA meet...**Below:** Parks readies for his 821 deadlift try at the Juniors.



work included 150 lb flies, heavy declines and heavy tricep pushdowns. On Tuesday, squats were up, sets of 5 and 3 with a low bar. Barwick went 2x5x725, DiSalvo did 2x5x700 and Parks in his rock bottom, kamikaze style, did 2x5x630. Assistance exercises included leg presses, heavy leg curls and extensions. On Friday Parks could be seen yanking (laterally) 730x5, Barwick pulled up 740x5 and DiSalvo got 700x5. Assistance exercises included extended bent over rows (DiSalvo 375x6, Parks 375x6 (no belt) and Barwick did 425x6). At one point DiSalvo insisted that Barwick use a Macdonald bar when rowing. Other assistance items include shrugs and long pulley rows with the whole weight stack plus manager, Mike Margolis, riding along! Barwick tossed in a set of good mornings with 425 lbsx10. Saturday, high bar squats were fashioned with 425 lbs for sets of 10.

It's early in the season now as noted, but Parks is moving in on an 850 DL and both DiSalvo and Parks are aiming at 2100-2200 lbs soon. Barwick has designs on a March 2300 plus total consisting of 920, 570, 840, or thereabouts. Bear in mind that the combined powerlifting competitive experience of these 4 lifters is about 8 or 9 years. Their youthfulness, aggressiveness and competitiveness leads me to expect there are many, many championships to be won and many records to be smashed. Here's to the Powerlifting Broddingnagians!!!

**RECENT UPDATE:** Jeff Everson reports that Barwick is up to 750x5 in the squat and 490x5 in the bench press...DiSalvo is also reported at 490x5 in the bench press, and Parks is up to 660x5 in the squat.

**Muscle Training Illustrated:** Dan Lurie's publication is now carrying coverage of the Powerlifting scene, with articles by our Dr. Ken Leistner.

**Shudabeen:** John Miller of Hurleyville, KY should have been listed on the TOP 100 Superheavyweight list for his squat of 617 and deadlift of 600

**Main information:** meet results supplied to PL USA for the April 3rd meet in Albany, NY did not reflect that Mike Teuchert finished 1st in the 165s with lifts of 501 305 600 1406 and was declared NY State Champion.

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Training Atmosphere... by Don Pfeiffer

Just as 'atmosphere' is important in various businesses, it is equally important that powerlifters have the proper training atmosphere. The right training atmosphere can make all the difference in the world. It can help you to realize your potential much faster.

Proper training atmosphere can be defined as the conditions that are necessary so that one can reach his potential in the least amount of time. Let's examine the various places where the powerlifter can train and look at the training atmosphere of each one in order to determine if it has the right training atmosphere.

Don't be fooled by the amount of equipment a particular gym may have. Should you decide to train at a commercial gym you will soon discover that having the fanciest and most expensive equipment in the world is no guarantee of success. As a powerlifter your needs are relatively simple and having all kinds of equipment may actually prove to be a detriment. You may find yourself engaging in exercises that have little bearing on improving your powerlifts.

Your first priority when selecting a gym should not be the equipment available, but whether or not you can get sound training advice. With many gyms the main concern of the staff is sales, not instruction. Training advice does not have to be limited to the gym's staff, but can also include the members of the gym. In fact, you may very well get your best advice from your fellow members.

The type of people who train at a gym are the real determinants of any particular gym's atmosphere. Although a powerlifter's needs are simple, they are also special. That is, the goals and desires of the powerlifter, and the means of obtaining them, are different than that of a bodybuilder, athlete or the general exercising public.

Most of the gyms today, the spas and fitness centers, cater to the general exercising public. Overweight businessmen, housewives trying to regain their looks of yesteryear and young men trying to get in shape so that they can impress the young girls are typical of their clientele. These people really aren't serious about lifting and veElyLew of them train very hard. Most of them are afraid to work up a sweat. Also, there is very little heavy lifting in these gyms. Anyone who does any heavy lifting is looked upon as some sort of weirdo and are usually

at a gym I can not stress enough the importance of working out in the proper training atmosphere. This is especially true for people who are new to the sport. Also, beginners much more than advanced powerlifters, may find that the atmosphere of a gym is better suited for their needs. The sound of heavy weights and the encouragement and motivation from other lifters can be a great aid to the novice. As you become more advanced and experienced you may find that you no longer need to work out at a gym. You understand your needs and desires better than better accomplish your powerlifting goals by training at home. But nonetheless, you must always strive to maintain a positive training atmosphere.

To sum everything up here are the conditions that are necessary to maintain a positive training atmosphere.

1. There must be no horseplay or clowning around when you train. Just as a teacher requires strict attention in the classroom, you must devote all of your attention to your

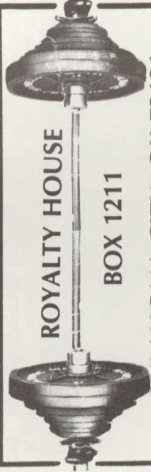
workout. Failure to totally concentrate on your workouts will drastically reduce the effectiveness of your workouts.

2. Train hard. There is no substitute for hard work, and it is also contagious. The harder you train the harder others will train, and vice-versa.

3. Enthusiasm. The more you enjoy your workouts the more you'll benefit from them. The more enthusiastic you are the harder you'll train and you'll be less likely to miss a workout. Like hard work, enthusiasm is highly contagious.

4. Be helpful. If you show genuine concern for a fellow powerlifter, he will reciprocate. Often times a minor flaw in technique or style which is noticed by a fellow lifter can make a great improvement in your total.

5. Heavy lifting. If you want to be a powerlifter you must lift heavy weights. There is a great psychological benefit from watching others handle heavy weights. The sights and sounds of heavy lifting can spur you on to greater lifting achievements.



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**International Opportunity for Women** - the German Powerlift Cup for Women in 1982, sanctioned by the IFF - Women's Committee, and organized by the West German Weightlifting Federation, Postfach 1149, 6073 Eggenbach, will be directed by Dr. Heiner Koberich. The host city is Darmstadt, 35 miles from Frankfurt. The date is Saturday, December 12, 1982. The organizer can offer no accommodations. The entry fee is 20 Deutschmarks. USA women lifters interested in competing in this contest should contact Ramona Kennedy, NSPF Secretary, 5040 Chelms Dr., N., Salem, Oregon 97308, 503-390-0728. Those interested must realize that they will have to pay their own way, however, it is one of the only international matches for women available outside of the Women's Worlds.

National Meet Qualifying Totals			
	Senior Nationals	Junior Nationals	Women's Collegiate
114	1069	936	799
123	1190	1041	881
132	1284	1140	1003
148	1410	1361	1201
165	1625	1455	1322
181	1714	1554	1432
198	1813	1675	1499
220	1895	1758	1521
242	1984	1791	1521
275	2061	1901	1587
SHW	2143	1929	1598

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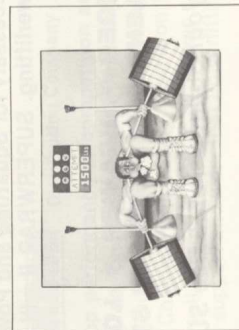
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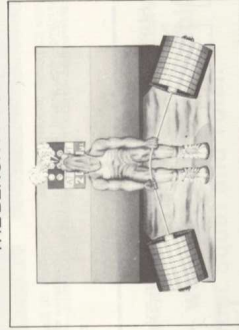
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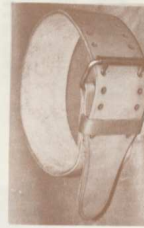
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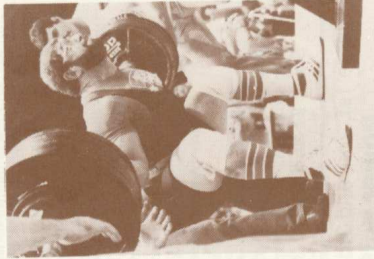
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# Power Suit Ten

by Strong-Lon of California  
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Northridge, CA 91325  
(213)-343-4821



**To The Editor:** I competed in the 1981 Women's World Powerlifting Championships in Hawaii, where I won the 181 lb. class with three world records. I would like to say how much I appreciated the assistance of my new suit by 'Strong-Lon' of California. I had not worn this suit for any lifting prior to the championships, however, I found it easier to get on and off, much less painful to wear than my previous suit, especially around the legs, and finally and most importantly, far more supportive around the gluteal area. I had never worn a suit for deadlifting, and however the Strong-Lon suit was so comfortable and supportive, that I also wore it for my deadlift. Both my squat and deadlifts in the world championships were personal best lifts. I would recommend anyone to try out the Strong-Lon suits and I shall certainly be wearing one in all my future competitions.

Yours Sincerely, *Beu Francis*

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## MESSAGE FROM THE USPF PRESIDENT

Dr. Conrad Cotter

Dean Best, meet director of the 1982 National and World Masters Powerlifting Championships, which were held in Greensboro, North Carolina, in September, has joined the thin ranks of those who have demonstrated the administrative acumen required to conduct a successful contest on this level. One innovation in particular, the non-start surface on this lifting platform, will be of interest to meet directors everywhere.

The contest witnessed an interesting application of rule E-16, which provides: "In international competition, a team manager may make a complaint at any time, on any matter, to the jury. Should such complaints be against any member of an opposing team, then such complaints must be accompanied by a leg of \$50 (or equivalent). Should the complaint be founded to be frivolous and not in the best interest of the competition, then the whole or part of the \$50 can be confiscated into the I.P.F. treasury at the discretion of the jury."

Walter Imahara, who had lifted the day before and was not the team manager, approached the jury to protest the practice of the chief referee leaving his chair after giving the command "Squat," scurrying a few feet to his right, and squatting down in order better to observe the squatter's depth and securing back to his chair to give the command "Back." While we intend to convey the message that some of the lifts were being directed by the chief referee's movement and that it might violate the "California amendment," which provides that the chief referee may move from his chair. He was permitted to protest nothing will be put up by himself, Chuck Braxton, and others, even though his complaint had not been written and signed. After due deliberation the jury instructed the chief referee to stay put and refunded the fifty dollars.

There is no list, much less a directory, of national referees. These persons, Mrs. Mabel Rader, Frank Wilmoth and John Luthy, will be working together to establish control over and to expand our reservoir of national referees. Mrs. Rader, who has devised our current national referee's examination, will continue to send copies of the examination to state chairmen on request. Joe Zarella's test is no longer valid and should not be given. The completed examinations, together with a check in the amount of \$8 made out to the USPF and a resume of one's experience, should be returned to Mrs. Rader uncorrected. One's experience must be a minimum of five years and should include a list of the meets at which one either has officiated or been available for officiating. Mrs. Rader will correct the tests and notify Frank Wilmoth of those who have been successful.

Frank will issue the new books and patches, and keep a record of our new referees. I will write letters of consolation and explanation to those who fail the test or who were found to be unqualified for other reasons.

John Luthy will validate all national referee's cards issued prior to July 1, 1982. National card holders should send their cards to John, together with their current address and phone number(s), not later than March 31, 1983. This information will be placed in our computerized file. Those whose cards are dated prior to January 1, 1979 should enclose also, a check in the amount of \$4 payable to USPF in order to help defray the cost of renewal. An IPF Category I or Category II card holder need not renew his old national referee's card because the IPF card replaces it. After April 1, national cards dated prior to July 1, 1982 without John's validation stamp and control number will no longer be valid.

Let us make every effort to assist these volunteers, whose addresses are: Mrs. Mabel Rader, P.O. Box 10, Alliance, Nebraska 69301 (308)-762-5152. Mr. Frank Wilmoth, 1101 S. Missouri, Liberty, Missouri 64068 (816)-781-8447. Mr. John Luthy, 5034 Tinker, Boise, Idaho 83709 (208)-362-1091.

If you have misplaced your USPF card and wish to enter a meet before you have had the opportunity to obtain a duplicate, two avenues are open to you. Your state chairman will be able to verify your current USPF registration from the computerized print-out he receives each month from American Sports Management. If for any reason he is unable to do this, you may register anew at the meet. I shall refund your money either upon receipt of a xerox copy of your two cards or upon calling my attention to your name twice appearing in the print-out.

In July the Executive Committee, upon recommendation of the Discipline Committee, expelled Joe Zarella from the USPF and directed the President not to sanction his meets. My letter conveying this information to Joe, which was sent via certified mail-return receipt requested, was recently returned unclaimed. Thus this public notice that he is no longer associated in any way with this organization.

## List of Registered USPF Powerlifting Clubs as of 15 September 1982

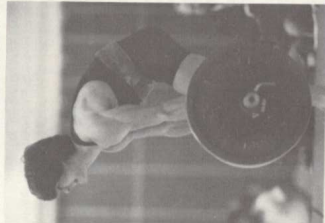
courtesy Dr. Conrad Cotter

- ALABAMA**  
Alabama Powerlifting Club, Opelika, AL (13)  
Dothan Athletic Club, Dothan, AL (75)  
Enterprise Powerlifting Club, Glover, AL (1)  
Wright Powerlifting Team, Birmingham, AL (190)
- ARIZONA**  
Thorbeck's Gym, Scottsdale, AZ (86)
- ARKANSAS**  
Arkansas Barbell Club, El Dorado, Ark (64)  
Mississippi County Community Center, Bethelville, Ark (70)  
Spartan Power Club, North Little Rock, Ark (48)
- CALIFORNIA**  
Dingerson Health Spa, Apple Valley, CA (98)  
International Powerlifting Club, Sacramento, CA (34)  
Iron Horse Powerlifting Team, Marysville, CA (105)  
Lodi Powerlifting Club, Lodi, CA (154)  
Little "C" Power Team, Concord, CA (167)  
Lone's Health Club, San Jose, CA (208)  
Mission Muscle Factory, Mission San Jose, CA (7)  
Power Unlimited, Santa Cruz, CA (79)  
The Sports Palace, San Francisco, CA (89)  
Universal Power Team, Fresno, CA (177)  
West Coast Fitness Center, San Francisco, CA (56)
- CONNECTICUT**  
Body Dynamics, Norwalk, CT (151)  
Body Health Clubs, Unionville, CT (152)  
UCONN Barbell Club, Storrs, CT (153)
- FLORIDA**  
All American Gym, Lakeland, FL (59)  
Florida Powerlifting Club, Palm Bay, FL (134)  
Pensacola YMCA PL Team, Pensacola, FL (131)  
Prince Power Team, Miami, FL (99)  
Suncoast Team, Tampa, FL (133)
- GEORGIA**  
Cagle's Gym, Marietta, GA (106)  
Coffey's Gym, Marietta, GA (158)  
University of Augusta, Augusta, GA (112)
- HAWAII**  
Hawaii Powerlifting Team, Pearl City, HI (121)
- ILLINOIS**  
Athletes for Christ, Macomb, IL (30)  
B&W Gym, Chicago, IL (157)  
Carmel's Gym, Chicago, IL (41)  
Illinois Powerlifting Club, Champaign, IL (184)  
Northwestern Powerlifting Club, Chicago, IL (169)  
Prairie Athletic Club, West Chicago, IL (168)  
Power Force, Highland Park, IL (12)  
Southern Illinois University, Carbondale, IL (183)
- INDIANA**  
Indiana University Weight Club, Bloomington, IN (58)  
The Iron Movers, Ellettsville, IN (139)  
The Phi Barbell Club, Evansville, IN (4)  
Purdue Powerlifting Club, West Lafayette, IN (37)  
St. Mark Powerlifting Club, Decatur, IN (209)  
Sun State, West Lafayette, IN (57)  
Turdal's Gym, Indianapolis, IN (80)
- IOWA**  
Annes Athletic Club, Ames, IA (18)  
Muscatine Barbell Club, Muscatine, IA (82)  
Olympic Gym and Spa, Cedar Falls, IA (83)  
Quad Cities Powermasters, Davenport, IA (113)
- KANSAS**  
The Body Building, Topeka, KS (65)  
The Body Building, Topeka, KS (65)  
Power Masters, Fort Scott, KS (3)  
Salina Weight Training Center, Salina, KS (110)  
USDS Fort Leavenworth, Ft. Leavenworth, KS (173)  
West Side Weight Club, Hutchinson, KS (107)
- LOUISIANA**  
Bayou State Power Team, Monroe, LA (67)  
Flint's Gym, New Orleans, LA (94)  
Foy's Health and Racquet Club, Baton Rouge, LA (162)  
Goode's Powerlifting Team, Monroe, LA (170)  
Louisiana Tech Younglifting Team, Ruston, LA (29)  
Sun's Gym, Bogalusa, LA (188)
- MARYLAND**  
Body Shop Gym, Baltimore, MD (141)  
Dynamo Inc., College Park, MD (100)  
Epler's Health Spa, Cumberland, MD (102)  
Hampton Barbell Club, Baltimore, MD (116)  
Hampshire State Power Team, California, MD (204)  
Hercules Fitness Center, Inc., Baltimore, MD (206)  
Metro Fitness Power Press Team, Linthicum, MD (69)  
Naval Ordnance Station Barbell, Indianhead, MD (69)
- MICHIGAN**  
Albion Barbell Club, Albion, MI (136)  
Flint YMCA Powerlifters, Melvindale, MI (137)  
Flint YMCA Weightlifting Club, Flint, MI (182)  
Gladiator Gym Powerlift Club, Taylor, MI (180)  
Mim's Gym, Holly, MI (8)  
Mike's Powertrain, Cassville, MI (138)  
Noel's Gym, Detroit, MI (139)  
Power Pit, Flint, MI (179)
- MINNESOTA**  
The Gym PL Team of Minnesota, Golden Valley, MN (130)
- MISSISSIPPI**  
Mississippi PL Team, Summit, MS (92)  
Thunder's Powerlifting Team, Pascagoula, MS (20)
- MISSOURI**  
Lakeridge Powerlifting Club, Gallatin, MO (159)  
Liberty Athletic Club, Lake St. Louis, MO (2)  
MCC's Gym, Fenton, MO (202)
- NEBRASKA**  
Bass Health Club, McCook, NE (95)  
Body Health Clubs, Unionville, NE (152)  
Iron Horse Powerlifting Club, Alliance, NE (96)  
Sweep Left Health Club, Lincoln, NE (94)
- NEW JERSEY**  
Rishbeth Club, Haledon, NJ (186)  
Falcon's Gym, Allentown, NJ (172)  
Garden State W.C. Kearney, NJ (23)  
Giordano's Gym Powerlifting Team, Bellevue, NJ (71)  
Max's Iron Don, Englewood, NJ (11)  
Whippany Athletic Club, Whippany, NJ (45)  
World of Fitness, New Milford, NJ (165)
- NEW YORK**  
American Buller Power Team, Valhalla, NY (73)  
Body Health Clubs, Unionville, NY (152)  
Bellevue Barbarians Barbell Club, Belknap, NY (55)  
Columbia County Power, Columbiaville, NY (142)  
Elmira Powerlifting Club, Elmira, NY (144)  
Greater Orange YMCA, Middletown, NY (87)  
Ironmasters Powerlifting Club, Rochester, NY (135)  
Spartan Powerlifting Center, Syracuse, NY (166)  
Spartan YMCA, Syracuse, NY (78)
- NORTH CAROLINA**  
Body Health Clubs, Unionville, NC (7)  
Dorsey's Gym, Raleigh, NC (8)  
Joni Moore's World Gym, Charlotte, NC (9)  
Nautilus Fitness Center, Ashboro, NC (5)  
Power House Fitness Center, Raleigh, NC (6)  
Spartan Powerlifting Club, Raleigh, NC (212)  
Spartan Powerlifting Club, Asheville, NC (185)  
Stump's Barbell Club, Roanoke Rapids, NC (195)
- NORTH DAKOTA**  
Power and Body Assoc. Minot AFB, ND (192)
- OKLAHOMA**  
The Iron Movers, Oklahoma City, OK (25)  
Norman Powerlifting Club, Norman, OK (26)  
Shawnee Powerlifting Club, Shawnee, OK (24)  
Ultimate Fitness Systems, Inc., Tulsa, OK (109)
- OHIO**  
Buck's Health World Powerlifting, Cleveland, OH (16)  
Carr's Body Shop, Toledo, OH (59)  
Carr's Body Shop, Chilliuch, OH (171)  
Cuyahoga County Sheriff's Dept Post 701, Cleveland, OH (201)  
Flint's Gym, New Orleans, LA (94)  
Gold's Gym of Toledo, Toledo, OH (187)  
Lake Erie Power Team, Lorain, OH (17)  
Northwalk Barbell Club, Newark, OH (119)  
Sandusky Barbell Club, Sandusky, OH (141)  
Vince's Gym, Cleveland, OH (117)
- PENNSYLVANIA**  
Billard Powerlifting Club, Berwynville, PA (33)  
Downtown Weightlifting Club of Clearfield, Pennsylvania, Clearfield, PA (84)  
East Stroudsburg, PA (126)  
Ironmasters, Wierhor, PA (196)  
Kutztown State College, Kutztown, PA (90)  
Lafayette College, Easton, PA (127)  
North Sea Powerlifting Team, Lebanon, PA (176)
- PENNSYLVANIA**  
Penn State Barbell Club, State College, PA (42)  
The Power Machine, Boeie, PA (178)  
Shippensburg State University, Shippensburg, PA (189)  
Shippengrove Barbell Club, Shippengrove, PA (128)  
Spring Grove Barbell Club, Spring Grove, PA (32)  
Washington Barbell Club, Washington, PA (194)  
York Barbell Club, York, PA (153)
- SOUTH CAROLINA**  
Charleston Barbell Club, Charleston, SC (51)
- SOUTH DAKOTA**  
Aberdeen Powerlifting Club, Aberdeen, SD (63)  
South Dakota State University Weightlifting, Brookings, SD (28)
- TENNESSEE**  
Chattanooga Ironmen, Chattanooga, TN (66)  
Tennessee Power, Murfreesboro, TN (54)
- TEXAS**  
Austin Gym, Austin, TX (199)  
The Body Shop Fitness Center, McAllen, TX (120)  
Duncumville Athletic Club, Dallas, TX (39)  
El Paso Powerlifters Club, El Paso, TX (40)  
Golden Triangle Powerlifters, Beaumont, TX (116)  
Texas A&M University Weightlifting Club, College Station, TX (50)  
Texas Athletic Club, Austin, TX (22)  
University of Texas, Austin, TX (88)
- UTAH**  
Rocky Mountain Athletic Center, Roy, Utah (211)
- VIRGINIA**  
Builders Powerlifting Club, Newport News, VA (72)  
Capitol Powerlifting Club, Newport News, VA (149)  
Chilohesville USPF Barbell Team, Charlottesville, VA (36)  
Ft. Belvoir Powerlifting Club, Alexandria, VA (475)  
Front Royal Barbell Club, Front Royal, VA (125)  
Marion and Huntington Weightlifting Club, Woodbridge, VA (148)  
Northern Virginia Power Team, Woodbridge, VA (35)  
Richmond Strength and Health Club, Richmond, VA (122)  
Roanoke Barbell Club, Roanoke, VA (131)  
Spartan Ironworks Powerlifting Club, Fairfax, VA (81)  
Stanardsville Barbell Club, Stanardsville, VA (82)  
Stoneman Dumbell Club, Staunton, VA (210)  
Virginia Tech Weightlifting Club, Blacksburg, VA (53)  
Walker's Gym, Hopewell, VA (62)
- WEST VIRGINIA**  
American Health Club, New Martinsville, WV (43)  
Bluefield YMCA Weightlifting Club, Bluefield, WV (115)  
Body Image Barbell Club, Beckley, WV (193)  
Canaan Valley Powerlifting Club, Canaan Valley, WV (97)  
Herb's Gym, Nitro, WV (118)  
Holley Strength Systems, Charleston, WV (111)  
Luke's Gym, Fairmont, WV (140)  
Mountain Top Gym, Weirton, WV (46)  
Mountaineer Barbell Club, Petersburg, WV (44)
- WISCONSIN**  
Southshore Power Club, Racine, WI (197)
- WYOMING**  
Casper Boys Club PL Assoc., Evansville, Wyo (156)

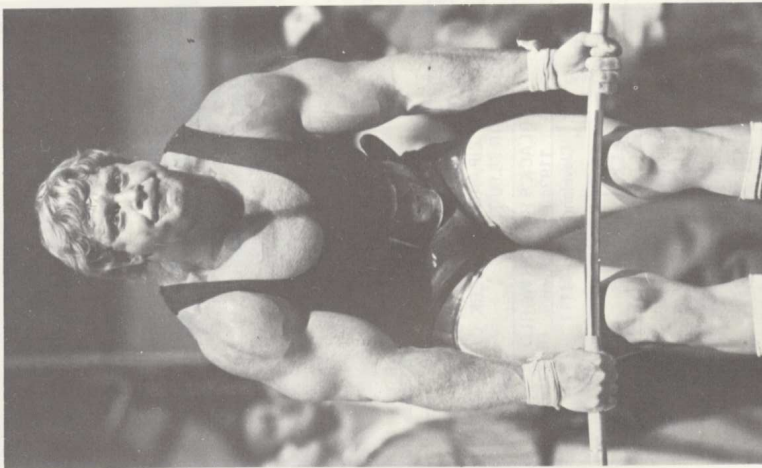
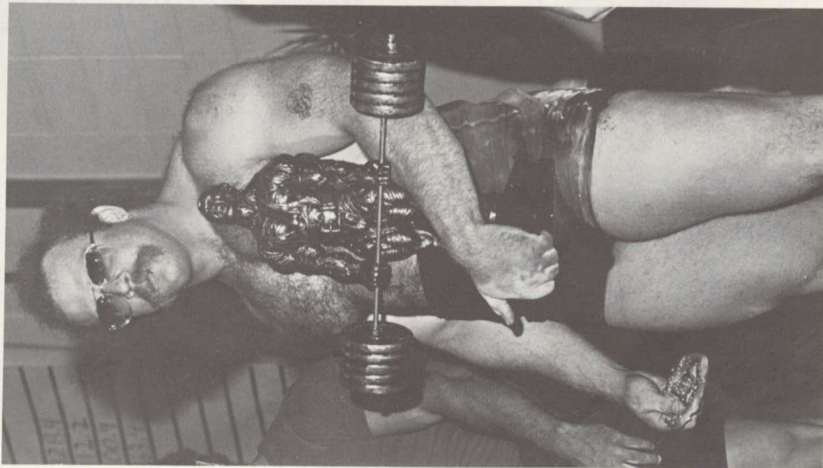


Dr. Cotter in action in the judges chair at the Masters Championship meet in Greensboro, NC

**POWER PROFILE**



**Black's Health World...a pictorial profile...**above, the 1982 Senior National Team Champions, Black's Health World (photo by John Strauss); front row: Heath, Sideris, Black; 2nd row: Schneider, Wilson, Denise Black, John Florio, Hoss the Boss, Todd Wilson; back row: Tuller, Riedel, Anello, Waddington. **Upper left**, Doug Heath deadlifts in Dayton; **lower left** is Senior National Champ at 242 and USA World Team member, Dave Schneider (Strauss photo). **Below right** (photo by Datnof) we see John Black in what may be his last competitive squat for a long while, the 688 lb made before being severely injured with 722 at the Juniors, continuing the team's long run of bad luck in national meets. At the Seniors, however, the persistence of John Black and his team was finally rewarded.



**The Strongest Team ever?** that's what many would say, what with such powerhouse as Steve Wilson, (lower left) whose recovery from a bicep torn away from the bone has been the only thing about this man that is more remarkable than his massive physique and fast rising total, and Jack Sideris (upper right in a photo by John Strauss) who is picking his attempts beautifully and putting together commendable totals in the midst of top level national competition. Florio, another powerlifter, is on the verge of a National victory, especially since the streak of bad luck for Black's team (John himself has suffered the worst brunt of injury; formerly a fine benchner his elbow ended up horribly mangled in a 'tough guy' contest, and now, after driving his squat well over 700, he wipes out both legs!) seems to have ended. Another Juniors contender and colorful member of the Black's Health World contingent is Hoss the Boss (upper left).

# BOB'S CUSTOM LIFTING BELTS

ORIGINAL Designer of Suede Powerbelts

Heavier Buckle with Roller



Style (A) Deluxe Suede Covered belt with stitching twice around center, once down center, and around holes.....\$75.00



Any Color of Suede



'Two Tone' \$75.00



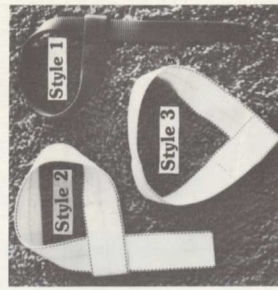
Style (C) Double thickness belt has stitching once around belt, down center and around holes...\$60.00



Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes.....\$75.00



Style (E) NEW! Thick belt with suede on inside to prevent slipping. Stitching once around, down center, around holes.....\$50.00



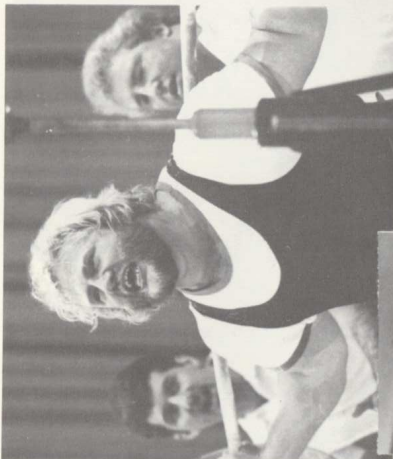
Lifting Straps...\$4.00

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 Style \_\_\_\_\_ Size \_\_\_\_\_ Phone \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Color \_\_\_\_\_ 2nd Choice \_\_\_\_\_ Signature \_\_\_\_\_

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More Team members...the team actually has over 50 members, but we're only able to show you a few of them in this profile. In the upper left hand corner we have Dave Waddington, the first man to squat over 600 pounds in a regulation deadlift. We also have Mike Riedel who designed most of the artwork used in the Black's Health World T-shirt designs along with being a fast rising Midheavy. At night, we have multiple World titlist, Vince Anello, now an official member of John Black's famous Wild Bunch.



## 1982 Senior National Team Champions

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# POWER-RESEARCH

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## PSYCHOLOGICAL ASPECTS OF POWERLIFTING

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

## POWERLIFTING AND THE THREAT OF FEMALE COMPETITION



**Julie Thomas** is one of a number of top ranked female competitors who can and do outlift male competitors in open Powerlifting competition. About dating a female weightlifter, girl and settle down'. (4) 'Perhaps it's not my idea of what a female should look like, and act like, but a survey or representative sample of female opinion, the responses were interesting. The following comments seemed to summarize how most respondents felt: (1) 'I don't want to date any girl who has bigger muscles than I do'. (2) 'The only way I'd date a girl like that is if she made me'. (3) 'I think all those female weightlifters should quit lifting weights, find themselves a nice

ridicule, teasing, social rejection, and disgrace.

From a purely competitive standpoint, the male is in a no win situation when he competes against a female. If he wins, he has accomplished absolutely nothing in the eyes of his peers, because most have been taught to believe that women are no match for men in rugged sports. However, if he loses, he is perceived as disgracing himself as well as his male and female friends. Thus, men who compete against women are more concerned about avoiding a loss than in achieving a victory. Winning against a woman is not very satisfying (at best, one gets a sense of relief), but a loss can be psychologically devastating.

Because of these generally accepted stereotypes about men and women, many coaches and parents would prefer not to have girls compete against boys. One example of the possible results of mixed competition was given by James Mitchell in his book, *Sports in America*. In Mitchell's book, a male half-miler quit the track team after being defeated by a girl. After the incident, the boy's coach expressed his feelings:

*When I got back to our campus, I started raising hell about a system that would pit adolescent boys against girls before a public audience and some of the philosophical leaders on our faculty ridiculed me. Their point was that within a next down year such values will be altered—it won't matter if a girl beats a boy. I listened carefully and I had to agree that in the long run they could be right. But as a coach, I'm faced with the boys of this generation who haven't been indoctrinated to accept a new*

*scale of values. They are humiliated by being beat in public by girls, and I'm powerless to alter either their judgment or the behavior of society. Suppose that twelve years from now there is a new scale of values, and a better one, then it won't matter who beats whom. But who am I to do with the boys who have to live between now and twelve years from now? Allow them all to be disgraced?*

We understand the coach's predicament and concerns. But we feel it would be wrong to perpetuate stereotypes of absolute male superiority in sports by excluding those females who are able to compete. Each generation has to adjust to social change. Some changes are more trouble some than others, and some individuals adjust better than others—perhaps this is the real test of strength.

When the girl beat the boy in the preceding example, the boy was clearly dejected, but look at the other side; the girl and probably her coach were overjoyed. So one competitor was discouraged, but the other was encouraged. There are a sizable number of

male athletes who claim that they are not intimidated by female competitors and that they would not feel humiliated if they were defeated by a woman. That's great, and it may even be true in some instances; but generally, the guys who say this have never lost to a female in competition that is male oriented. When a female becomes a real threat, many of these athletes will sing a different tune. Let's look at another instance of male vs female competition.

Joy Hair had been training with us for about a year and although her lifts were just short of sensational (290 squat, 120 bench, 345 deadlift— at a body weight of 132 lbs) she had not competed in a powerlifting meet. After considerable persuasion, we finally talked her into competing in a novice meet which was being held in Sylvester, Ga. At the meet we ran into coach Ricky Thompson, Thompson had brought a group of novice lifters to compete in the meet. He was especially excited about a 132 lb lifter named Tommy Payne. According to Thompson even though Tommy had been training for only a few months, he was destined for eventual superstar status. He seemed to have already developed the form and strength that usually takes years of training.

Tommy performed extremely well—going three for three in both the squat and bench press, but going into the deadlift, he still had only a 15 pound lead over Joy. On each of Tommy's deadlifts, his teammates would run up to the platform and scream, 'Don't let a damn girl beat you!', but Joy did beat him. In fact, she beat him, out-deadlifting him by 80 pounds and in the process setting a new woman's world deadlift record. Tommy was completely destroyed. It's hard enough to lose a lift, to lose to a girl he said, feeling totally humiliated. What could have been a promising and happy career seemed to end that day. Before it even really got started, the other hand, Joy's career did get started, and for those who may have been discouraged by her winning, others were encouraged. For whatever it's worth, we personally value the efforts and the minimization of artificial barriers. Our view is that where mixed competition is appropriate, women should not be excluded from competing just for the sake of maintaining or protecting the male ego. The group whose past performance shows them to have less ability may require protective, exclusionary regulations; but the group who shows that they are generally superior (whether male or female or whatever) should not practice such exclusion. For example, men should not be allowed to compete against women in women's boxing because men have a general superiority in this sport, but if a skill-well-going three for three in both the squat and bench press, but going into the deadlift, he still had only a 15 pound lead over Joy. On

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# More From Ken Leistner

In last month's PL USA, there appeared an excerpted piece from Dr. Fred Hatfield's new book, Power Training. Sure to be a classic in the field. Most readers know a bit about Fred's background, his outstanding accomplishments as a gymnast, physique man, olympic lifter, powerlifter and his PhD, trypic gentleman. Besides encouraging everyone to buy his book, which I'm sure will be phenomenal, I'd like to help you gain read the article Heavy Training. As so many people pointed out, via letter and phone calls, Fred has said very much what I have been saying in this magazine for the last four years. Fred certainly has a stronger theoretical background than I do, but some of his points are so clearly 'self evident truth', that brief amplification will show the light to some of you who have been floundering.

One of the most important things re: training, especially for competition, is the realization of genetic/hereditary limitations. The bottom line is that most of us are never going to truly great, in comparison to all of the other guys and girls out there. Hey, that's how it is and because of this, we can't look to the routines of the greats or name lifters, and go through the same motions. If hard work and dedication were the only answers, in any area of us should be National champion, but who have yet to reach Class I. Next point relates to time spent in training. It's probably hard work, long hours equals success, but in the sport of powerlifting, rest and recuperation time, or perhaps, the avoidance of running down one's recuperative abilities to nothing, is possibly as, or more, important than the actual method of training. You don't grow or get stronger while you're lifting, but rather, while at rest, and it takes 48-72 hours for the body to make those biochemical changes necessary for increased gains in strength. Fred's article asked the question, why take a light workout if benefits come only from the heavy ones. The only justification (everyone does it, as Fred said, is an answer, but certainly not a justification) is that the light workout may prevent atrophy. Note, it's not for growth, but rather, to prevent atrophy, which will be in evidence after 96 hours without training (or without such training to maintain existent tissue). There is no physiological basis for training more than two or at most, three days per week.

I correspond with a number of people, and one of them is a well known olympic lifting aficionado and participant. Let me give you some excerpts from his recent letter and relate it to this discussion. 'Powerlifters should keep their minds open to the wealth of information olympic lifting has inspired. Our sports have just too many similarities for one to disregard the

isn't the same as the physiological standard you have to meet to grow; perhaps the ultimate explanation for the plaintive cry that 'I tried it your way and it wasn't enough work.'

Fred's point that most guys are in the gym more than they need to be out of guilt (again, the ethic more work, more often, more muscle, more trophies) is right on. Fred's suggestion to go heavy all the time, but limit 'all the time' to once every 3-5 days is physiologically correct and in past columns, we've described a number of ways to do that, via the rotation method, or two a week schedules. I'll detail those next month, and continue with our bench pressing discussion, but twice a week seems to work best for most guys, and if you don't need to have a regular type of schedule and can train on any particular day, Fred's method is great. In either case, the typical olympic lifting method of being in the gym five to six days per week for strength work, technique work, explosion work, form work, etc. is so much crap. And I'll stand on another statement I made a while ago that the sports oriented research from over there isn't quite as sophisticated as we have been led to believe. Oh yeah, one more thing: if you were in the shoes of the powers that be in the sports establishments in Eastern Europe, would you really give away all of your secrets? If I worked, THEY would have fired me by now. What makes it sure they don't?

It's time to make some of my annual equipment comments. Every year at a few new hats are thrown into the ring and some manufacturers are trying to sell consumers don't do too well with the new products either. Through the years I've taken the time to make what I thought were thoughtful comments about the state of the art, from both the manufacturer's and the consumer's viewpoint, and it's about that time to sell and sell well. The Supersuit, Elite suit, Miracle suit, Frantz suit, etc. have been around a while and all have been improved through the years, and are generally reliable and consistent. Guys often ask which suit I would recommend for them and the answer is always the same. You've got to try them all and see which one suits you (no pun intended) best. All of the aforementioned suits are made well and the only real concern to the lifter is fit. The newest suit on the market is the Titan suit, made by Pete Alaniz in Corpus Christi, Texas. When I first saw it, I figured 'Oh well, another suit, just what we all need'. I heard some good things about the suit but I still wasn't moved by it. I then got to examine the suit and spoke to a few of the fellows who have been using it and I was impressed. Like the others, it's produced by a lifter, for the lifters, and the attention to detail is obvious. Pete puts a lot of work in to every suit as each one is custom

for his training information, perhaps to the US powerlifting community, and apply those findings to olympic training. We don't need the problem-lifters they have and to suggest that our PL community should look to the Soviets for training advice, especially at least ignore the findings of OL as it applies to the sport. First of all, information can be gleaned from all activity. OL gymnastics swimming, etc. that will benefit the powerlifter so my statement was certainly not a blanket issue, not the light workouts. Fred also delimits heavily as doing the appropriate number of reps with a weight that is heavy enough to make you fail if you go beyond the required number of reps. This too, should sound familiar. Perhaps I have suffered from my former association with Nautilus Sports/Medical Industries, but I've been talking about limiting work to one or two heavy sets per workout, and then going to failure, or in other words, going to the point of maximal effort with it, as does Olympic lifting. I think many readers, who I think many readers, have accomplished little by attempting to emulate the Russians, et al. powerlifters and limit their training with the typical gym workout of one set to failure on twelve or fifteen exercises. Hey, we're talking about two different animals, although the theory is the same, and it's as sound as you want. Limiting warmups cuts less in the overall recovery ability and hitting one or at most two heavy sets in the same six day per week schedule formulated in East Germany; one that no American will benefit from in the long run, not if he's married, working in school, or if all of the above. Almost every olympic lifter I know or know of, grossly overtrain and the results show it. My reader and I suspect that your definition of workout is the same as mine, and all out isn't the same as mine, and

findings of the other as Dr. Leistner suggests. Further, powerlifters are already benefiting from a lot of olympic lifting. Yes, our better lifts than in past columns. I have made the statement or at least implied the impression that we should ignore the findings of OL as it applies to the sport. First of all, information can be gleaned from all activity. OL gymnastics swimming, etc. that will benefit the powerlifter so my statement was certainly not a blanket issue, not the light workouts. Fred also delimits heavily as doing the appropriate number of reps with a weight that is heavy enough to make you fail if you go beyond the required number of reps. This too, should sound familiar. Perhaps I have suffered from my former association with Nautilus Sports/Medical Industries, but I've been talking about limiting work to one or two heavy sets per workout, and then going to failure, or in other words, going to the point of maximal effort with it, as does Olympic lifting. I think many readers, who I think many readers, have accomplished little by attempting to emulate the Russians, et al. powerlifters and limit their training with the typical gym workout of one set to failure on twelve or fifteen exercises. Hey, we're talking about two different animals, although the theory is the same, and it's as sound as you want. Limiting warmups cuts less in the overall recovery ability and hitting one or at most two heavy sets in the same six day per week schedule formulated in East Germany; one that no American will benefit from in the long run, not if he's married, working in school, or if all of the above. Almost every olympic lifter I know or know of, grossly overtrain and the results show it. My reader and I suspect that your definition of workout is the same as mine, and all out isn't the same as mine, and



Final preparations. Dr. Ken helps Jay Rosciglione get his mind set right for his winning DL attempt on Chip McCain's Elite Deadlift Bar.

worked out. In fact, his 'package' of a pre-meet period and one for an actual H. Delivery was rapid and Pat was available via the phone for questions and answers. What more could you want? If you or your club is looking for the type of equipment that can be used in a meet or without training, get to Pat and make some inquiries.

Chip McCain's deadlift bar caused quite a stir at the Seniors. Jay walked off the platform after his first attempt and told me, 'Man, the bar is flying.' Other comments were similar and the response to this innovative design has been vociferous. I spoke with Chip and 1982 Seniors. The meet was terrific and Larry has done a line job putting it on tape, complete with commentary and sounds of the meet itself (Gamble's yells will get you going). In fact, some of the cuff remarks by John Topogolju (who I believe did the commentary) will crack you up. My wife brought my attention to his announcement of a squat followed by a Very entertaining and a great tool for learning. I just ordered tape of the National Cup, and Jim Cash and these last few years (if not forever) These last few years (if not forever) These last few years (if not forever)

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floor so quickly. I really didn't expect it. Yeah, no one wants a surprise at the Seniors, but Larry wanted everyone to have all the ad note of encouragement to all or any of our World team lifters, letting them know that you're behind them. It really makes a difference and all the guys. I'm sure, will appreciate knowing that lifters in every part of the country are rooting for them. A note for the lifters in the NY area: there still isn't a gym in the city for the powerman, but out on Long Island, Steve Mekuly and Ralph Raola have finally provided the serious, hard core lifter with the facility we've been waiting for. Steve is originally a Chicago area lifter who spent lots of time competing and palling around with Franz, Reed, Mangalardi, etc. His brother is still an active and successful lifter, and Steve is now an executive with the Jack Lalanne-Holiday Health Spas. A Jack Lalanne for lifters: come on, Ken, you've been messing with those funny pills again. Well, Steve needed a place to train himself, and Ralph, a childhood friend of mine and longtime lifter, was willing to do a tremendous place, with jack racks, powerbars (like five or so in addition to the olympic bars), power racks (plural), benches, complete Nautilus line and all the stuff the spars are usually known for. And there are some pretty good lifters there too, so for those in the City or out on Long Island, give them a shot. Phone is 516-239-3500 and get the details from Ralph or big time bodybuilder Kevin Duffy.

That'll do it for now. Munich is fast approaching and I'd like to urge everyone to take the time to drop a note of encouragement to all or any of our World team lifters, letting them know that you're behind them. It really makes a difference and all the guys. I'm sure, will appreciate knowing that lifters in every part of the country are rooting for them. A note for the lifters in the NY area: there still isn't a gym in the city for the powerman, but out on Long Island, Steve Mekuly and Ralph Raola have finally provided the serious, hard core lifter with the facility we've been waiting for. Steve is originally a Chicago area lifter who spent lots of time competing and palling around with Franz, Reed, Mangalardi, etc. His brother is still an active and successful lifter, and Steve is now an executive with the Jack Lalanne-Holiday Health Spas. A Jack Lalanne for lifters: come on, Ken, you've been messing with those funny pills again. Well, Steve needed a place to train himself, and Ralph, a childhood friend of mine and longtime lifter, was willing to do a tremendous place, with jack racks, powerbars (like five or so in addition to the olympic bars), power racks (plural), benches, complete Nautilus line and all the stuff the spars are usually known for. And there are some pretty good lifters there too, so for those in the City or out on Long Island, give them a shot. Phone is 516-239-3500 and get the details from Ralph or big time bodybuilder Kevin Duffy.

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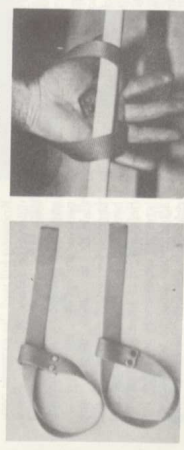
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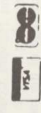
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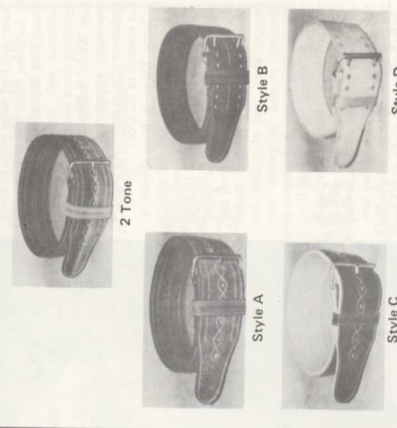
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# POWER PROFILE

## The Adventures of a Briton in Powerland by Training Editor, Ron Fernando

At the Senior National championships in Dayton, Ohio a number of foreign power 'dignitaries' were present to check out their U.S. competition. Prominent among them was the inimitable Eddie Pengelly - colorful as ever with his long blond mane and Cockney wit. Most of the crowd was able to recognize Eddie, but a lot of them (myself included) completely overlooked another World Champion (the 1981 version) - Steve Alexander. Steve and his lovely girlfriend Joanne were making a holiday of it in the United States and had some plans to travel to the West coast and managed to spend a lot of it in sunny Southern California with my wife and I. Spending three weeks or so with a true World champion was a very rewarding experience and I shall endeavor to pass some of it along to the readers of PL USA.

Since Steve is from Swansea, Wales, he has not had the chance to familiarize himself with some of the amenities we Southern Californians take for granted - for example, hot tubs...the health food section at the local Market Basket grocery store, and of course, the absolute myriad of power and bodybuilding gyms that abound in the L.A. Basin. One would think that a primary reason for coming to the States would be to train - not so with Steve and Jo. I believe they set a world record in either sunbathing or surfing endurance, after which both of them could have easily been approached for models for Coppertone! Realistically, Steve just finished winning the British Seniors and was in the cool-down stages from that effort.

A little background on Mr. Alexander: he was born in Sri Lanka (sometimes known as Ceylon), a former British Colony where his father was stationed with the RAF. The majority of his life was spent in Plymouth, England where he attended public school. Admittedly he was a real 'pencil-neck' when in school but managed respectable efforts in the normal schoolboy sports. He did not start weight training until he was in his late teens but, as can be easily ascertained, has made remarkable progress. He has held all of the British under-23 (their version of the Juniors) records in both the 148 and 165 lb weight classes, and was European champion in the 148 weight classification. His greatest accomplishment (in his own eyes) was breaking the immortal British 165 lb. total record, held by Ron Collins and acquired as a research technician at the University College of Swansea in the department of Oceanography. He feels that he is two to three years from receiving his PhD (his specialty is microbiological

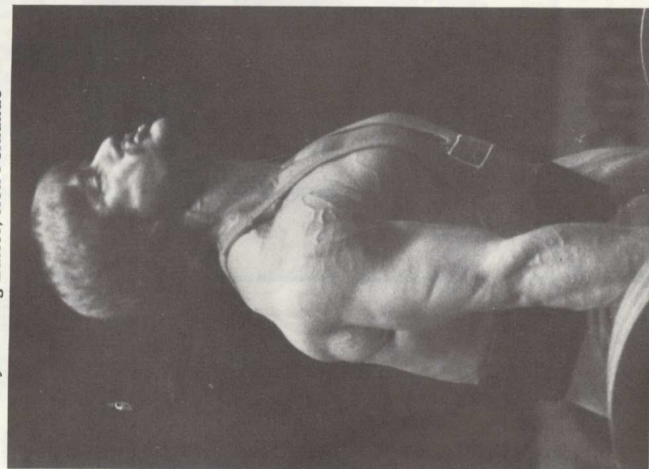
dilemma level and with some of the new training ideas he has gathered, he predicts a 700 plus pull in Munich. Ah training, lumber isolation via 'Toe-Toppers' off the high block - hopefully will be his ticket to the gold at Munich. Heavy lockouts have always been a favorite assistance move of his (with about 100 lbs over his best). Steve plans to widen his grip in the bench press a bit to the maximum 81 cm and add hammer curls - hey, he's pushed up 185 kilos (407) but he hopes to add another 10 kilos or so by November. He feels that Dips with lots of weight has helped his bench over the years.

Diet-wise, he is very careful about his caloric intake and eats lots of lean meats; heart, kidney and other organ meats which are a super source of protein with little or no fat. He does like his veges and consumes huge salads daily. Although very muscular at around 175, he feels that the dieting does not deplete his strength as much as it adds to his character. To elaborate: 'I have to feel a little deprived and suffer a bit if I am going to put forth 100% effort.' Nonetheless, he and some of the premium ice creams available at L.A. beaches hit it off just fine.

Probably what peeves him the most is that some people feel that he won the 1981 Worlds by default. Many people don't know that he was the only middleweight who made any personal records in the contest, and soon after contracted a very nasty bout of para-typhoid! Knowing full well the extreme conditions prevalent in India, Steve took along most of his own food and water (the food was of the canned variety - stews, salmon, etc.). Calcutta to Steve was a very negative experience what with the heat, filth, poverty and disease, but he managed to have some very interesting experiences anyway. Imagine if you would a very strange rickshaw race with the drivers not being slender Indians, but muscular Englishmen, Aussies and Scandinavians. Apparently Steve, Eddie Pengelly, Bruce Waddell, Skull Oskarsson and Lars Backlund had a little wager as to who could pull a rickshaw the fastest. All of them were through with the lifting and were ever so slightly inebriated. Waddell, apparently ran like a rabbit and Pengelly nearly crashed and burned the rickshaw... The Indian version of television coverage would have given Roone Arledge and Howard Cosell heart failure, according to Steve. There was TV coverage of the meet, but the Indians wouldn't concentrate on the lifting - instead, the camera would focus on such actions as Ron Collins eating a tin of tunafish (a closeup), the back of Eddie Pengelly's head or Paul Wrenn's stomach!

World champion though he may be (and Britain's youngest one at that), Steve spent a lot of his spare time between ogling girls at Huntington Beach (sorry, Joanne, I'm but California girls are, after all, Scintillas of Frederick Hatfield, California girls) and reading the Scriptures of Frederick Hatfield, PhD. After giving the High Bar a try (sans belt, suitor wraps, match), Steve confidently predicts a 300 plus kilo squat in Munich. He also found Powerlifting USA to be a rich source of information particularly the articles by Hatfield, McLaughlin and even one or two by myself...

Steve's pet lift is unquestionably the Deadlift. He has pulled a whopping 675 in training at a bodyweight slightly over the mid-



Steve Alexander, the World Champion for 1981 pulls a DL in Calcutta. Rickey Dale Crain occupied much of Steve's thoughts throughout the month...strategies, brainstorming how to force him into a tactical error...etc. Bottom line in my opinion is that it will come down to who is the better prepared lifter, what with jet lag, unfamiliar surroundings and the added spectre of drug testing hanging over everyone's head.

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### Steve Alexander's Workout Routine

**Monday...Squats (light) 4 sets of 5, Bench (light) 5 sets of 6-8, Narrow grip 3 sets of 6-8 reps, Wide grip 3 sets of 6-8 reps, Lateral deltoid raise, Frontal deltoid raise.**

**Tuesday...Heavy leg press 600-700 lbs. for 4 sets of 5, Leg extensions 3 sets of 8, Leg curls 3 sets of 8.**

**Wednesday...Heavy Deadlift working up to a single, Shrugs with 50 kilos less than best DL, Medium Benches 4 sets of 5, 1/2 benches (to 2 inches off chest) 3 sets of 5, Dips with weight 150-200 lbs for 8-10 reps, Wide grip chins with weight.**

**Friday...Heavy squats (up to 3 singles), Heavy 1/2 squats (20 kilos above singles), Bench to 3 singles, Wide grip bench 3 sets of 3-4 reps, Narrow grip bench 3 sets of 3-4 reps, Barbell Curls 3 sets of 8**

**Saturday...Heavy deadlift rack finishes up to 20-30 kilos above maximum DL, Cleans, Bent over rowing.**

(All sets are at maximal weight after warmup)

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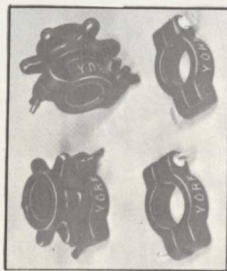
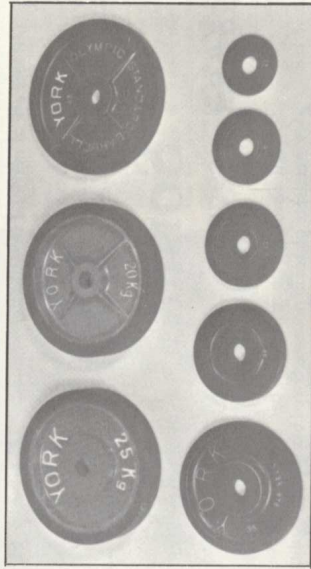
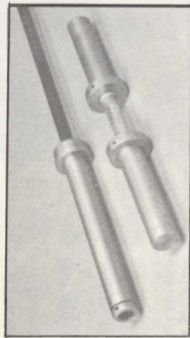
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## POWER PROFILE

### The Metro Athletic Club by Cliff Grubbs

A lot of clubs like to romanticize about their past and how tough things were in the beginning. In most cases, however, recalling the past tends to magnify the problems that were encountered in the early days, but the members of the Metro Athletic Club are not charlatans when they talk of their club's history.

The club began back in 1977 in a 1200 square foot old frame house with only twelve members. When the first members set up camp they had to walk through the kitchen to get from the dressing room to the workout area. Needless to say you did not find shag carpet and vistas of chrome weights when you passed through the doors of the Metro Athletic Club then. What you did find was a group of lifters that were so disciplined they made Japanese factory workers look like pool hall loafers.

Nowadays, as soon as you are inside the first thing you notice is that Metro Athletic Club is conspicuously void of the legions of mullers that parade through many lifting establishments. Rumor has it that two of the members, Dennis and Larry Marken, have been catching them and using them in some type of Finnish experiments. If you have ever met the Marken brothers you would not be surprised. Both are fine lifters, elite class as a matter of fact, but, neither has been known to place a particularly high value on the sanctity of human life. (only kidding, guys). The Marken brothers are good people, but normal behavior is not their strong suit. I once came in the gym to find Dennis Marken and company halfway through a heavy squat workout and three fourths of the way through a set.

When the brothers first started in the iron game, they both could out bench their squat. Since then they both have come a long way and they are now truly national class lifters. I think both are dark horses to take from some hardware in next year's Nationals. However, the Markusen Marken brothers are not the only elite lifters to fame of the Metro Athletic Club.

M.A.C.'s most notable trainee is multi-time World Champion Mike Bridges. I can not say enough about Mike. He is an elite champion both in the gym and out. I have now found out the secret to Mike's great strength yet I do not know he wears a shirt with 'big red S' on it under his lifting suit and he is scared to death of something called Kryptonite. One of Mike's best pupils, David 'Baby Powder' Bellan recently broke the 500 lb. barrier. I don't know if he is a 500 lb. member or not too shabby for a 148 pounder. The gym is not without additional



**M.A.C. Members.** Back row: Dennis Marken, Mike Bridges, Doug Patterson, Bill Gibson; Middle Row: Duwayne Hill, Dave McMennamy, Debra Lenord, Mike Bridges, Jim Neely; Bottom Row: Eddie White, Cliff Grubbs, David Bellah. Photo by Sandra Coones courtesy Grubbs.

Pointexter represents the other side of the age coin for M.A.C. Richard holdfast Texage National and third in the 1976 Senior nationals also hangs his hat in the M.A.C. gym. Joe, who has been competing over a dozen years recently jumped two weight classes back to the 198 pound class. He will be back on the national scene again after he grows accustomed to the heavier class. Of all the lifters at M.A.C. Joe Joyner is one of the most dedicated. Joe tried a little olympic lifting in college, but soon turned his full attention to powerlifting. If Joe would take the job, he would make a great candidate for Captain America. Joe is about as clean cut and All American as they come, especially for powerlifting circles. Joe (who has his national referee card) has seen a lot of lifters come down the pike (he used to train with Paul Wrenn). When a big name drops by M.A.C. for a workout and the other lifters are scrambling to change their programs to match the new guy's, Joe just makes a few mental notes and continues to dance with them what matters what type of program you're on, don't change it as long as it works, no matter who tells you. Sound advice that should be tattooed on the forehead of every novice lifter.

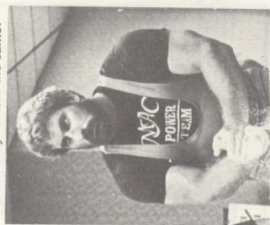
Duwayne Hill is another M.A.C. member who is a veteran of the lifting platform. Duwayne first started back in 1965. He was the 1978 National Master champion for his age and weight class, and also won the first ever Masters World championships back in 1980 for the 40-44 age group at 165 lbs. He's one of the founding fathers of M.A.C. I can only hope I have his enthusiasm, stamina and discipline when I reach the Masters level.

Dale McMennamy, another M.A.C. masters lifter, is planning a comeback after an injury. Richard

secretary of the IPF. Clay won the World Cup in 1980 and along with Doug Patterson one time held the two in one lift world record. Clay played in the Nationals several times and took second in the Worlds in 1977. The 1980 World champion Ricky Dale Cain also did some training with the Patterson brothers in Texas before he moved up to Oklahoma.

The owner and driving force behind Metro Athletic Club is Doug Patterson. Believe Doug was first dubbed "The Texas Gentleman" by Bill Starr. Anyways, all those who have met Doug will tell you that the name fits him as a glove. Unlike his brother Clay, Doug does not come involved with the politics of the sport. He has been lifting 13 years and is ranked 33rd in the World All-time best in the 275 pound weight class. He took third in the 1970 Nationals and at 6 ft. 2 inches and 285 pounds, Doug is a big ole boy even by powerlifting standards. Doug has rugged features that look as if they have been chiseled from granite and his hair is sprinkled with touches of gray that are not usually found on a man of his youth. Doug also has a walk that would have made him an excellent stunt double for John Wayne. I don't know if it's because the members respect the man so much or what, but his mere presence in the gym seems to inspire better workouts by everyone. Even barring physical size and stature, Doug Patterson is still one of the giants of the sport.

Doug started the gym mainly so he and a few good friends could have a place to train. In fact, the club has never had a sign out front, it does no advertising, has no membership contracts, and until recently it did not even have a listing in the phone book. In the beginning, Doug made his living with his own construction company but times have changed, and the gym and his barbell company M.A.C. Barbell, have done so well they may soon not need the construction business, Doug plans to move the gym to a larger location, but as successful as he has been with it he is quiet by nature and does not really enjoy the sales work involved. My guess is he will keep the construction business around as a hobby, like he used to do with the gym, it's funny, the more things change, the more they remain the same.



Doug Patterson...in competition.

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2	512 Vedro, F 1/9/82	347 Handors, C 6/27/82	606 Vedro, F 1/9/82	1400 Williams, V 12/19/81
3	534 Handors, C 6/27/82	330 Williams, V 12/19/81	578 Bradley, J 3/27/82	1399 Handors, C 6/27/82
4	300 Williams, V 12/19/81	330 McCarty, R 1/27/82	570 Williams, V 12/19/81	1383 Vedro, F 1/9/82
5	400 Williams, V 12/19/81	320 Thorne, C 1/20/82	540 Handors, C 6/27/82	1325 Gant, L 11/5/81
6	473 Trujillo, K 6/5/82	319 Gant, L 11/5/81	501 Shoblock, G 6/12/82	1207 Trujillo, K 6/5/82
7	470 Rings, J 11/7/81	310 Kuchina, J 12/19/81	500 Burgess, J 11/7/81	1185 Alexander, A 4/24/82
8	462 McFarland, S 2/13/82	300 Diller, L 1/26/81	490 Lawson, C 4/7/82	1180 Lawson, C 6/12/82
9	451 Gant, L 11/5/81	300 Brunson, C 4/3/82	485 Lassiter, K 2/27/82	1175 Rings, J 11/7/81
10	451 Manna, F 2/28/82	300 Pittoucos, C 4/4/82	485 Rodriguez, M 3/19/82	1171 Kunioka, B 10/10/81
11	450 Edmondson, D 4/17/81	300 Shackelford, M 5/29/82	485 Simmons, M 4/24/82	1170 Dye, B 7/8/82
12	440 Thibault, T 10/3/81	295 Ripley, G 10/18/81	485 Weinstein, L 6/19/82	1165 Wilson, W 2/6/82
13	440 Conteras, D 8/6/81	295 Dermo, R 5/22/82	480 Dorsey, P 11/29/81	1157 Manna, F 2/28/82
14	438 Hogue, B 11/4/81	295 Dermo, R 5/22/82	475 Manna, F 2/28/82	1155 Lasser, R 2/27/82
15	434 Hogue, B 11/4/81	290 Bash, J 10/18/81	475 Manna, F 2/28/82	1151 Lasser, R 2/27/82
16	430 Burgess, J 11/7/81	290 Cunningham, R 2/13/82	473 Houle, R 10/3/81	1146 Thibault, T 10/3/81
17	430 Edfield, J 3/13/82	290 Rathnam, J 3/13/82	473 Bridges, E 2/28/82	1146 Shackelford, M 5/29/82
18	424 Alexander, A 4/24/82	286 Nishihara, R 10/10/81	470 Cunningham, R 2/13/82	1140 Shetz, R 8/21/82
19	424 Alexander, A 4/24/82	286 Nishihara, R 10/10/81	470 Cunningham, R 2/13/82	1135 Shyba, J 4/25/82
20	420 Millan, E 3/27/82	286 Nishihara, R 10/10/81	470 Cunningham, R 2/13/82	1135 Shyba, J 4/25/82
21	420 Manning, L 7/10/82	286 Nishihara, R 10/10/81	470 Cunningham, R 2/13/82	1135 Shyba, J 4/25/82
22	418 Roposo, D 10/3/81	281 Bryant, J 3/6/82	465 Casey, B 5/29/82	1124 Wong, B 4/4/82
23	418 Roposo, D 10/3/81	281 Bryant, J 3/6/82	465 Casey, B 5/29/82	1124 Wong, B 4/4/82
24	415 Sylvia, J 4/25/82	280 Capoco, D 2/20/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
25	415 Sylvia, J 4/25/82	280 Capoco, D 2/20/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
26	415 Glover, G 3/27/82	280 Capoco, D 2/20/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
27	413 Kergison, J 10/3/81	280 Capoco, D 2/20/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
28	413 Kergison, J 10/3/81	280 Capoco, D 2/20/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
29	413 Haddad, B 5/26/82	280 Capoco, D 2/20/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
30	410 Aboje, J 3/13/82	280 Capoco, D 2/20/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
31	407 Kunioka, B 10/10/81	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
32	407 Kunioka, B 10/10/81	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
33	407 Kunioka, B 10/10/81	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
34	405 Bohm, M 2/6/82	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
35	405 Bohm, M 2/6/82	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
36	405 Bohm, M 2/6/82	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
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39	405 Bohm, M 2/6/82	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
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41	405 Bohm, M 2/6/82	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
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43	405 Bohm, M 2/6/82	275 Alexander, A 4/24/82	462 Edmondson, D 11/21/81	1118 Hughes, B 5/22/82
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- AMINO ACID CHELATED (for greater assimilation)
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- CONVENIENCE — 8 TABLET/CAPSULES IN ONE PACKET FOR EASIER USE AT HOME OR TRAVELLING



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Vitamin C Complex (Time Release)	3333%	500 mg	50 mg
Lemon Bioflavonoids	3333%	500 mg	50 mg
Selected Natural Rose Hips	3333%	500 mg	50 mg
Rutin (Green Blackberry)	3333%	500 mg	50 mg
<b>B-Complex Factors (Time Release)</b>	100%	400 mg	100 mg
Vitamin B1 (Thiamin HCl & Yeast)	9527%	130 mg	130 mg
Vitamin B2 (Riboflavin & Yeast)	9527%	130 mg	130 mg
Vitamin B3 (Pyridoxine HCl & Yeast)	650%	130 mg	130 mg
Niacinamide	650%	130 mg	130 mg
Vitamin B6 (Hydro Cobal Conc. & Yeast)	2167%	130 mg	130 mg
Biotin	44%	130 mg	130 mg
Pantothenic Acid (d-calc. pan. & Yeast)	1300%	130 mg	130 mg
Choline Bitartrate (Soy)	1300%	130 mg	130 mg
Inositol (Soy)	1300%	130 mg	130 mg
Pan-Amino Biotin Conc.	1300%	130 mg	130 mg
<b>Chelated Mineral Compounds</b>	1500 mg	225 mg	75 mg
Calcium (Amino Acid Chelate)	100%	225 mg	75 mg
Iron (Amino Acid Chelate)	250%	75 mg	25 mg
Magnesium (Amino Acid Chelate)	225%	75 mg	25 mg
Copper (Amino Acid Chelate)	225%	4.5 mg	1.5 mg
Zinc (Amino Acid Chelate)	225%	34 mg	11.3 mg
Potassium (Amino Acid Chelate)	1500 mg	150 mg	50 mg
Selenium (Yeast 21)	1500 mg	150 mg	50 mg
Chromium (Amino Acid Chelate)	1500 mg	150 mg	50 mg
<b>Enzyme Compounds</b>	150 mg	150 mg	150 mg
Biotin HCl	150 mg	150 mg	150 mg
Glucamic Acid HCl	150 mg	150 mg	150 mg

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Each tablet contains:  
Desiccated liver . . . 2,000 mg (30 grains)  
B-12 . . . 50 micrograms  
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Five protein-coated, easy swallow tablets provide:  
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B-12 . . . 250 mg  
Protein . . . 10 grams  
Calories . . . 40  
Carbohydrates . . . 0  
Fat . . . 0.035 grams

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Argentine Beef Liver, a 90% Protein  
1000/\$3.00 250/\$7.00 500/\$13.00 1000/\$24.00

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Good taste easy mixing, highest protein efficiency  
1 lb./\$7.50

### Glaid Protein Powder

High utilization - Great gains  
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### Maxi-A-Min High Potency Mineral Complex

Two tablets contain:  
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\*Potassium 95 mg. \*Iron 30 mg. \*Iodine 150 mcg. \*Manganese HCl 100 mg. \*Copper 3 mg. \*Selenium 50 mcg. \*Chromium 20 mcg. \*Betaine HCl 100 mg. \*Glucamic Acid HCl 100 mg. \*Vitamin D 400 I.U.  
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Formulated with naturally selected Rose Hips Powder, and Bioflavonoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue. Each tablet contains:  
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100% of all athletes doing squats in the world suffer this inefficiency. How can an athlete get close to 100% efficiency? Through compensatory acceleration techniques. And, as an added plus for this method of training, fewer training-related injuries are likely to occur than what normally would be the case. Furthermore, greater explosive power is the result! Think of it: What you once were able to accomplish in the weight room over three months of training, you will now be able to accomplish the same (and probably more) in no more than three weeks!

Let's look at compensatory acceleration training from these three perspectives: (1) efficiency, (2) given range of movement, you must accelerate the weight's speed to compensate for it. Thus, you compensatorily accelerate the speed of your contracture to match the increased efficiency of musculoskeletal leverage. By compensatorily accelerating the weight through the movement, you have achieved a major objective . . . you have attained nearly 100% efficiency in terms of amount of overload applied during the total contracture time. Pushing as hard as you can throughout the movement is tantamount to overloading throughout the entire movement.

POWER IS INCREASED  
The standard definition of power is force times distance per unit of time (ft./s.). Thus, moving a weight from point A to point B in a shorter period of time as possible would constitute an appropriate body of power. Moving a body from point A to point B in similar fashion would also be a test of power. The fact that you are pushing as hard as you can every inch of the way through a movement, compensatorily accelerating the weight all the while, means that you are exercising power. One's ability to

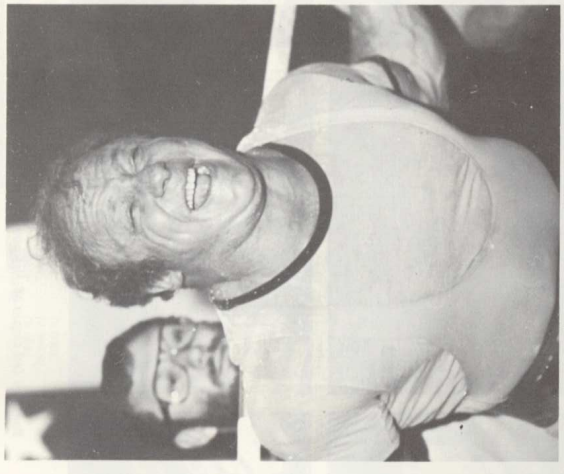
FEWER INJURIES  
This article excerpted from Dr. Hatfield's book, "Power Training."

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## Compensatory Acceleration

Getting the most from your training reps...Dr. Fred Hatfield



Dr. Fred Hatfield is up for a Strength Coach slot on a pro sports team. The fact that you are able to achieve sufficient overload to force the desired adaptive process to occur in the muscles and tissues of the body even on the first few reps and sets means that you can use lighter weights than what was heretofore considered conventional or necessary. The use of moderately heavy weights (e.g., around 85% of your maximum capacity) is sufficient providing you are compensatorily accelerating the weight throughout the movement. And, the use of slightly lighter weights is good for the reason that heavier weights predisposes you to compensatorily accelerate (and more severe) injuries.

Powerlifters who have chosen the path to championship status have, to undertake the obvious, chosen a difficult lifestyle. All that can be done must be done to insure steady and efficient progress. The tedium of practice, drills, weight training and overcoming the ever present spectre of injury are but a few of the obstacles along the way to winning.

Consider the gym owner who hires a kid to pick up the weights and put them back on the rack each day. That kid will, over time, become stronger, and more muscular as a result of his tiding efforts. But is he training efficiently? Of course not. The next logical step is to do reps and sets with weights. Doing so makes you bigger and stronger. But is it efficient? I suggest not.

Let's take the typical rep and set system of workouts and examine it mathematically for its level of efficiency. On the average, powerlifters will do something close to three or four sets of eight repetitions in each exercise. Let's use squats as the standing example. The first two sets are done with ease because fatigue hasn't set in as yet. The third set is more difficult, particularly the last four repetitions. Further, only the first half of the movement upward is difficult, owing to an increase in the leverage factor in the upper ranges of the squat movement. For a total of twenty four repetitions, then, this average athlete has achieved only about 8-10% efficiency in the entire three sets! It was only the first half of the last four reps that constituted sufficient overload to force any meaningful adaptation in the muscle!

Even if we gave that athlete the benefit of the doubt by assuming that he were overloading sufficiently during the last four reps in each set, that would only constitute an efficiency ratio of 25%. Fully 75% of the athlete's efforts are literally wasted! And this practice is so widespread that I daresay almost 100% of all athletes doing squats in the world suffer this inefficiency. Now can an athlete get close to 100% efficiency from his or her training sets? Through compensatory acceleration techniques.

And, as an added plus for this related training, fewer training-related injuries are likely to occur than what normally would be the case. Furthermore, greater explosive power is the result! Think of it! What you once were able to accomplish in the weight room over three months of training, you will now be able to accomplish in the same (and probably more!) in no more than three weeks!

Let's look at compensatory acceleration training from these three perspectives: (1) efficiency, (2)

achieve maximal contracture instantaneously (i.e., the ability to recruit as many motor units of the muscle as possible in a given movement), is a learned response. Repeatedly calling upon your muscle(s) to contract explosively in this manner actually 'trains' them to respond explosively more easily in subsequent training bouts.

There is mounting evidence that such explosive movements against an external resistance as weight training involves can also 'deminhibit' the muscle. That is, the Golgi tendon organ (located at the juncture of muscle and tendon) will be delayed somewhat in sending its message of stretch to the brain. When this message is interpreted by the brain as 'Whoa! You're pulling too hard!', the brain sends a message to the contracting muscle to shut down. This inhibitory response limits strength. By delaying this message through compensatory acceleration training, you're actually allowing your strength potential to increase!

## WHEN TO USE COMPENSATORY ACCELERATION

All major limb movements can be trained with this technique. When training shorter movements as in curls, crunchers, or other muscle groups that act synergistically or in stabilization, compensatory acceleration is not advisable or practical. But, movements such as squats, bench presses and deadlifts are excellent candidates for compensatory acceleration training.

The primary goal in training synergists and stabilizers is strength rather than power. Thus heavy sets of eight is normally most productive. Further, the movements involved in most assistance exercises are generally very confined or short in distance and do not lend themselves to accelerative techniques. In conclusion, compensatory acceleration training works. Powerlifters who are using this technique have never failed to add well over 100 pounds to their squat, for example, in just three months or less. Many football players I have trained claim that they're coming off the mark far more explosively than they had ever done before, and basketball players are vertical jumping as much as five or six inches higher than ever. The technique requires very concentrated effort on your part. You must concentrate! Concentrate on exploding every inch of the way through the movement -not just initially or at the top, but all the way.

## POWER IS INCREASED

The standard definition of power is force times distance per unit of time (ft/lb/l). Thus, moving a weight from point A to point B in as short a period of time as possible would constitute an appropriate test of power. Moving your body from point A to point B in similar fashion would also be a test of power. The fact that you are pushing as hard as you can every inch of the way through a movement, compensatorily accelerating the weight all the while, means that you are exercising power. One's ability to

## FEWER INJURIES

compensatory accelerating the weight all the while, means that you are exercising power. One's ability to

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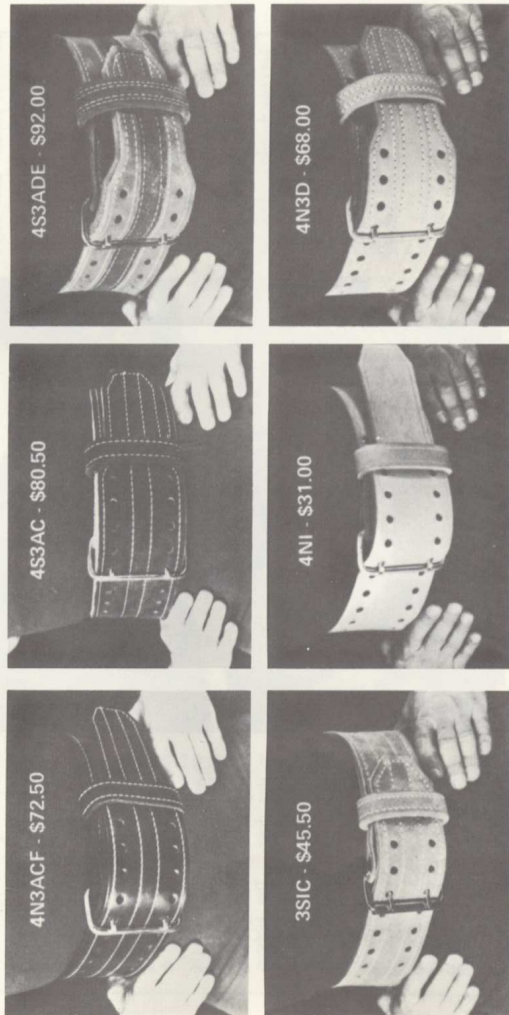
Enzyme Compounds	150 mg	150 mg
Chromium (Amino Acid Chelate)	150 mg	150 mg
Biotin HCl	150 mg	150 mg
Glucamic Acid Hcl	150 mg	150 mg

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4N1	1	Natural	7-mm	4" Zinc	None	A,B,F	31.00
4N2	2	Natural	11-mm	4" Zinc	Style 1	A,B,C,D,F	51.00
4N3	3	Natural	13-mm	4" Zinc	Style 1	A,B,C,D,F	61.00
4S1	1	Suede	10-mm	4" Zinc	Style 1	A,B,C,D,E	54.00
4S2	2	Suede	12-mm	4" Zinc	Style 1	A,B,C,D,E	64.00
4S3	3	Suede	13-mm	4" Zinc	Style 1	A,B,C,D,E	74.00

ALL BELTS are 100-mm wide and IPF, USPF legal  
Colors of Suede: Black, Navy Blue, Royal Blue, Brown, Rust, Light Blue, Light Green, Gold, Red, Light Brown, Gray, Purple, Maroon, Dark Green, Sand  
Style Stitching 1 - one row of stitching around edge of belt.  
Style Stitching 2 - one row of stitching around edge of belt, and two rows down the middle of the belt.  
Style Stitching 3 - one row of stitching around edge of belt, and four rows down the middle of the belt.

**-OPTIONS-**

- A. Chrome belt buckle 3.00 extra
- B. Single prong buckle 1.00 off
- C. Style stitching 2 3.50 extra
- D. Style stitching 3 7.00 extra
- E. Suede insert (available in all suede colors), 8.00 extra
- F. Dye Color - Navy Blue, Red, Black, Medium Brown, Dark Brown 5.00 extra

NAME \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

WAIST SIZE \_\_\_\_\_ MODEL NO. \_\_\_\_\_

SUEDE COLOR \_\_\_\_\_ INSERT COLOR \_\_\_\_\_

OPTIONS DESIRED A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_ D. \_\_\_\_\_

(STATE COLOR FOR E OR F) E. \_\_\_\_\_ F. \_\_\_\_\_

## BECAUSE YOU'RE A POWERLIFTER YOU NEED SUPERIOR NUTRITION

### NUTRI-MAX PAK II

Lipo Soluble Vitamin	U.S. RDA
Vitamin E (d Alpha Tocopheryl)	4000%
Vitamin A (Fish Liver Oil)	500%
Vitamin D (Fish Liver Oil)	250%
<b>B-Complex Factors Sustained Release</b>	
Folic Acid	400 mcg
Vitamin B1 (Thiamine HCL)	250 mg
Vitamin B2 (Riboflavin)	7776 mg
Niacinamide	4250 mg
Vitamin B6 (Pyridoxine HCL)	250 mg
Vitamin B12 (Hydro Cobal Conc)	2,500 mcg
Biotin	250 mcg
Choline Bitartrate	250 mg
Inositol	250 mg
Para Amino Benzoic Acid	250 mg
Vitamin C BioFlavonoids Factors Sustained Release	3000 mg
Vitamin C (Natural Ascorbic Acid)	500 mg
Natural Selected Rose Hips	500 mg
Lemon BioFlavonoids	50 mg
Aspirin Complex	50 mg
Rutin	50 mg
<b>Chelated Mineral Compounds</b>	
Calcium (Amino Acid Chelate)	1500 mg
Iodine (Keip)	100%
Iron (Amino Acid Chelate)	225 mcg
Magnesium (Amino Acid Chelate)	45 mg
Zinc (Amino Acid Chelate)	750 mg
Manganese (Amino Acid Chelate)	4.5 mg
Potassium (Yeast 21)	34 mg
Selenium (Yeast 21)	100 mcg
Chromium (Amino Acid Chelate)	150 mcg

\* = Adults and children 12 years of age or older

\*\* = U.S.P.D.A. not established.

\*\*\* = Need in human nutrition has not been established.

**30 Day \$24.95 60 Days \$44.95**

ASK FOR PAK II at your Gym or Health Food Store

### TOTAL 9 FOR 9 IN POTENCY - QUALITY - VALUE

- \* Maximum Nutrition in Daily Packets For Your Convenience.
- \* Highest Potency Vitamin-Mineral-Enzyme Product Available.
- \* Completely Balanced with Sustained Release for Optimum Availability and Utilization.

#### REMEMBER:

Vitamins and Minerals regulate your Metabolism. A single deficiency can adversely affect your performance. With "PAK II" you can be confident you're getting what you need.

In an orbimolecular base of Magnesium Oxide, Ferric Oxide, Calcium Oxide, Titanium Oxide, Aluminum Oxide, Phosphoric Acid, Sodium Chromic Oxide, Vanadium Oxide, Nickel Oxide, Barium Oxide, Copper Oxide, Zinc Oxide, and Selenium Oxide.

**DIGESTIVE ENZYMES**  
Amylase Activity (Starch digestion) 45,000 NF Units  
Protease Activity (Protein digestion) 15,000 NF Units  
Lipase Activity (Fat digestion) 3,000 NF Units  
Capable of digesting 30 grams of pure dietary fat.  
Nuclease (Nucleic Acid digestion) 150 mg  
Natural Digestive Enzyme Blend 100 mg  
Betaine Acid HCl 396 mg

#### DAILY PAK

Contains the same ingredients as "pak II" but with medium potencies. Complete with Sustained Release and Amino Acid Chelated Minerals.

30 Day \$13.50 60 Day \$24.00

#### NUTRI-ONE-DAILY

Highest Potency One-A-Day supplement available. Sustained Release and Amino-Acid Chelated Minerals. Includes 100 mg. B Vitamins. Available in 60 Tablet Bottles.

1/\$12.50 2/\$24.00 3/\$33.00

#### SUPER STRENGTH B-15

150 mg. Original Russian Formula. Now in Capsules. Increase Endurance and Strength! Gets into your system within minutes. New Low Price: 100 Caps \$11.95 500 Caps \$49.95

#### B-15 50 mg.

Original Russian Formula (Tablets)  
100/\$5.50 300/\$15.00 600/\$24.00

Outside U.S.A. Wheeler's Fitness and Strength Ent. - Uncompromised Nutrition  
Add 25% P.O. Box 1483, Bakersfield, CA 93302 805-871-3925

MC/VISA Welcome  
C.O.D. Add \$2.00

# POWER BY CASH



## TITLES 1978

- Junior National Champion
  - Mr. Nebraska
- ## 1981
- Senior National Champion
  - World Games I Champion
  - World Champion
- ## 1982
- Senior National Champion

**WORLD RECORDS**  
220 lbs.  
**DEADLIFT**  
1981—816 lbs.  
821 lbs.  
1982—832 lbs.  
**TOTAL**  
1981—2066 lbs.  
1982—2077 lbs.  
2099½ lbs.



**POWER BY CASH T-SHIRTS \$7.00**  
50% Cotton, 50% Polyester. In Sizes S, M, L, XL, XXL. Tan, Yellow, Gold, White, Black and Powder Blue.  
Style A—as shown in deadlift design  
Style B—as shown in squat design

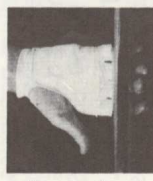


**SUPERSUIT™ II**  
2 for \$60 offer good through August 31, 1982.  
Sizes 24-48 (even sizes)  
In Red, Navy, Black and Powder Blue.

**1 for \$37.00**  
**2 for \$60.00**  
**TRAINING ROUTINES**  
include age, weight, height, experience, and current training poundages.

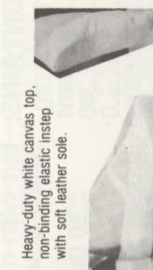
**\$25.00**  
include age, weight, height, experience, and current training poundages.

**WEIGHT LIFTING GLOVE \$20.00**



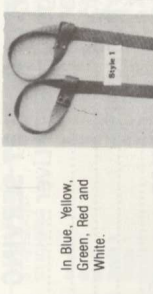
Half-finger, leather glove with nylon back, finger side-walls, padded palm, and full velcro closure. In sizes S, M, L, XL.

**DEADLIFTING SLIPPERS \$12.00**



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

**POWER STRAPS \$5.00**



In Blue, Yellow, Green, Red and White.

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

**POWER WRIST WRAPS \$5.00**  
Competition wraps, 1 meter long, 8 centimeters wide.

**45 lbs., black — \$240.00 pair**  
35 lbs., red — \$190.00 pair  
There is a new bounce in the weight rooms over the U.S.A. — rubber bumpers. Made from solid rubber — no more rusted plates, quality work, fast service.



**CUSTOM LIFTING BELT**  
Style A \$80.00



**CUSTOM LIFTING BELT**  
Style B \$80.00



**CUSTOM LIFTING BELT**  
Style C \$35.00

**GOLD MEDAL PACK**  
30 pack, \$20.00.  
60 pack, \$36.00.

**2 GRAM LIVER**  
100—\$5.75; 250—\$12.50; 500—\$24.00.

**POWERLIFTING RULE BOOK \$6.00**

**BLACK & WHITE PHOTOS \$1.00**  
8 x 10 glossies

For order form and additional weightlifting products, see other "Power by Cash" ad elsewhere in this issue.

## RED BANK YMCA OPEN

**BENCH PRESS-8/28/82**

**RED BANK, NJ**

WOMEN UNDER 123lb. N. Taraglia 300  
181 V. Voss 345  
WOMEN OVER 123lb. G. Palitto 315  
C. Clinton 65  
C. Pardo 65  
1 Pedregalino 140  
R. Rossi 225  
B. Cavanaugh 200  
132 Oryzowski 175  
R. Fringhihaus 210  
148 Allegretto 330  
C. Lavallette 305  
P. Cella 300  
165 A. Adlife 355  
B. Quinn 350  
Best lifters: J. Pellegrino and Joe Carini, 67.5kg.  
Thanks to meet director Bob Jackson for results.

## Open Masters Championships

7/10/82-Milton Keynes, Eng. (kilos)

OVER 40	SQ	BP	DL	T
38kg	180*	105*	200*	485*
40kg	112.5	75	160	347.5
42kg	117.5	67.5	157.5	342.5
44kg	150	112.5	190	452.5
46kg	150	90	185	425
48kg	200	137.5	297.5	685
50kg	175	100	230	505
52kg	175	107.5	215	497.5
54kg	160	95	192.5	447.5
56kg	195	127.5	200	522.5
58kg	190	105	205	500
60kg	185	85	215	485
62kg	190	82.5	227.5	490
64kg	145	90	197.5	432.5

**Correction**.....scoresheets from the National Cup meet in Tennessee had Chuck Braxton listed at 121.7 kilos bodyweight, however his actual weight was 127.7, putting him in the Superheavyweight division and moving Dennis Arnold up to third place in the 275 pound class competition.

165	75	172.5	412.5
170	220	120	255*
220	120	255*	595
242.5	120	247.5	500
180	110	205	495
245	142.5*	237.5*	625
200	110	200	516
170	102.5	200	472.5
220	110	240	570
210	110	240	567.5
185	110	200	495
255*	152.5	2242.5	650
217.5	112.5	220	550
102.5	72.5	157.5	332.5
175*	110*	200*	485*
180	120	230	530
150	92.5	195	437.5
165	102.5	205	472.5
150	100	180	430
145	95	160	400
170	100	230	500
250*	140*	240	630
85	72.5	150	307.5
150*	70	182.5*	402.5
150	70	167.5	387.5
135	75	170	380
145	90	210	445

**WHEN TO RENEW**...the numbers to the right of your name on the addressed envelope that each monthly issue of PL USA comes to you in, indicate the Volume and Issue Number of the last issue paid for on your present subscription. For example, "6/11" means that, if you don't renew beforehand, the last issue you will receive is Volume 6, Number 11. The Volume and Issue number of each edition are found on the front of the magazine just above the month and year designation. If you don't renew, we will remind you, but it's best to renew well ahead of time to avoid any break in your delivery service. You can renew at any time. Just send \$18 for one year (\$34.50 for 2 years) to PL USA, Box 467, Camarillo, California 93011 and we'll keep the magazines coming.

# VIDEO TAPES

of the National Cup Invitational  
**VHS or BETA**  
only \$28.00 shipping included  
E. J. Kreis  
P.O. Box 120158  
Nashville, TN 37212

*'the Best of the Action'  
Great for Teaching  
and Coaching purposes*

# POWER BY CASH



## VHS COLOR TAPES

- TAPE A** 1981 World Power Lifting Championships, \$105.00
- TAPE B** 1982 U.S. Women's Power Lifting Championships, \$85.00
- TAPE C** 1982 Senior National Power Lifting Championships 100 KILOS—OVER 125 KILOS ONLY

Here's your chance to observe the styles and techniques from 100 kilos—over 125 kilos. Witness the world famous Jim Cash deadlift, the awesome benching of Steve Wilson, and finally see possibly the fastest rising star in powerlifting today, John Gambie. \$85.00

**—In 2-Hour, 4-Hour, and 6-Hour Speeds—**  
These tapes will allow you to observe the styles used all over the world.  
**Remember—Jim is also available for seminars and exhibitions.**

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

Include Check, Money Order, or MasterCard or Visa number, & expiration date. Overseas orders add 20%. California residents add 6% sales tax.  
Please Direct All Orders and Inquiries To:  
**POWER BY CASH, P.O. BOX 1023, MANHATTAN, KS 66502**  
PHONE (913) 776-7622  
BUSINESS HOURS: 9 a.m. to 6 p.m.

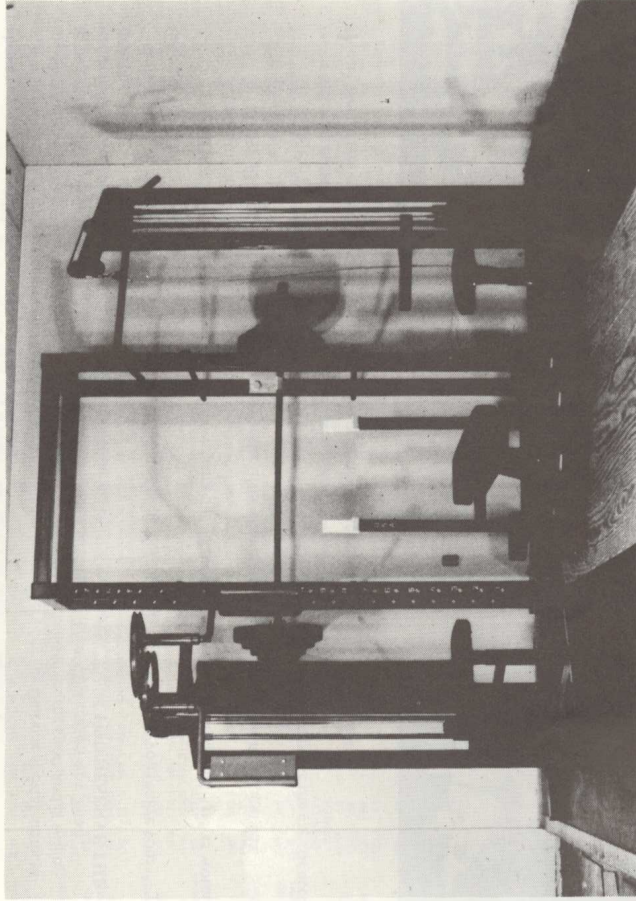
July's Winner: Mike Steeth, 7302 N. Walnut, Gladstone, MO 64118. 1 lb. of Power by Cash weightlifting wraps have already been sent to Mike.

ITEM	STYLE CODE	SIZE	COLOR	QUANTITY	TOTAL
T-SHIRT					
SUPERSUIT™ II					
SUPERWRAP™ II					
POWER WRIST WRAPS					
30 GRAM LIVER					
WEIGHT LIFTING GLOVE					
DEADLIFTING SLIPPERS					
POWER STRAPS					
LIFTING BELTS					
WEIGHT COLOR TAPES					
BUMPER PLATES					
BLACK & WHITE PHOTOS					

Allow 2-4 weeks for delivery.  
Prize to be offered will be one of the many items carried in the POWER BY CASH ads. Look for the name of the first winner in next month's issue of Powerlifting U.S.A.

# U.S.A. BARBELL & GYM EQUIPMENT

FOR SCHOOLS, CLUBS, PRO GYMS, AND HOME GYMS



- OLYMPIC SETS • PLATE WELDED DUMBBELLS & BARBELLS • EXTRA PLATES & BARS
- HEAVY BENCHES, POWER RACKS, LAT MACHINES, CROSSOVERS, GYM EQUIPMENT
- SELECTORIZED MACHINES • CAM MACHINES • MULTI STATION MACHINES

**Distributors for: AMF, CORBIN GENTRY, GLOBAL, MGI, NEWMARK & OTHERS.**  
**FREE: Planning, Counseling, School & Gym Quotes!**

*Dealer inquiries invited*

Blow the crotch out, during the guarantee period, and 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!

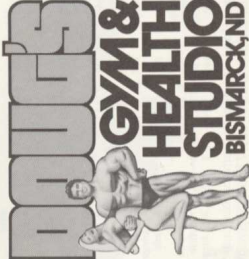
"Titan's individual fit and proven construction lets me forget about the suit and concentrate on the lift."

Bruce Takala

One month guarantee on the rest of the suit.

"Lo and behold, I put a guy on AMINO LYSINE and he put an inch and a half on his arms in a week and a half. Then I tried it on another guy and on another. They all made size gains; especially on the extremities, i.e. arms, legs, delts. THEY ALL MADE SIZEABLE GAINS."  
 —Vince Gironda  
 Champion . . .  
 Trainer of Champions

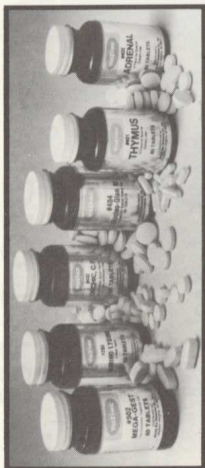
This is not cheap, fabricated lysine monohydrochloride, but SIVAD's potent, hard to obtain AMINO LYSINE (400 mgs. in a special glandular and RNA base). This is what the bodybuilding and powerlifting world is talking about. Everybody I've tried it on said they started feeling fantastic pumps after a week on AMINO LYSINE.  
 —Doug Nassif, N.P. • Bodybuilder, Powerlifter, Gym Owner



P.O. Box 2486 • Bismarck, ND 58502

Enclose a description of your training and health. No order filled without this.

- Amino Lysine (60 tabs) 400 mgs. multi glands . . . . . \$ 5.00
  - Orcich, C.P. (90 tabs) 150 mgs. raw bull testicles . . . . . \$11.00
  - Nucleo-Glan M (80 tabs) multiple raw bovine glands . . . . . \$12.00
  - Adrenal (90 tabs) 80 mgs. raw bovine adrenal tissue . . . . . \$ 9.00
  - Thymus (60 tabs) 140 mgs. raw bovine thymus gland . . . . . \$ 8.00
  - Thyro-Zyme (60 tabs) 62 mgs. thyroid (thyroxin-free) . . . . . \$ 7.00
  - Anterior Pituitary (90 tabs) 25 mgs. Hypothalamus (5 mgs.) . . . . . \$13.00
  - Mega-Gest (60 tabs) complete digestive aid. Use to bulk . . . . . \$10.00
- ENCLOSE \$3 POSTAGE & HANDLING ON ALL ORDERS. MONEY ORDERS ONLY!



## Southside Open

7/11/82-Boise, Ida

	50	BP	DL	T
J. Amarez	170	185	240	585
T. Egan	255	250	365	870
G. Ross	210	215	375	800
S. Wolf	180	190	340	710
W. Kuntz	290	235	415	940
B. Willey	230	200	375	805
M. Brandt	250	210	320	780
W. Nobles	275	215	385	875
K. Wyma	240	185	380	805
198	325	275	425	1025
200				
D. Slaughter	375	275	425	1075

This contest was run extremely smooth, considering it's the first big one like to give special thanks to judges Mike Requa, Gene Lamott, Steve Rayborn, Commentator and USF state chairman, John Luthy. Without their support and help, this contest would not have been possible. I would also like to thank Sports Director Wayne Bowers, our spotters, Dan Urquhart and Ron Pierce and also all of the lifters who participated. We all hope to see an even better turnout on Nov. 7, 1982. Report by meet director Frederick J. Lee Jr.

One of the lifters at the Southside Open, photo courtesy W. Bowers.

**POWERLIFTING QUALIFICATION STANDARDS FOR MEN**

CLASS 114 123 148 165 181 198 220 242 275 SHW  
 Elite 1064 1157 1246 1394 1527 1642 1731 1824 1890 1946 2035  
 Master 981 1094 1146 1279 1400 1505 1593 1679 1726 1788 1870  
 Class I 952 838 908 1056 1157 1190 1267 1323 1387 1411 1472  
 Class II 672 733 798 887 965 1036 1097 1157 1196 1229 1278  
 Class IV 590 639 689 772 838 904 953 1003 1047 1075 1119

**Address Update:** Region 8 and Missouri State Chairman, Lawrence Glisson, has a new address and phone number: Box 1308, Forsyth, Missouri 65653, 417-546-5436

**One Legged Lifter:** at the Norfolk, Massachusetts power meet, a lifter named Tom Little, with one leg missing from the top of the thigh, and without any prosthesis, actually competed in the 148 lb. class totaling 580.

**NEW PRICE SQUATMASTER NEW PRICE**

**ABSOLUTELY NEW DEVICE!**

**SQUATMASTER IS AN ELECTRONIC LEVEL THAT EMITS AN AUDIBLE TONE WHEN AT DESIRED DEPTH.**

**WHAT COULD BE MORE ACCURATE AND CONSISTENT THAN ELECTRONICS!**

**DUO TO GOOD RESPONSE, NOW OFFERING SQUATMASTER AT WHOLESALE PRICES.**

**THINK WHAT IF YOU COULD KNOW THE BOTTOM POSITION OF YOUR SQUATS YOURSELF, DEEPER OR SHALLER, WITHOUT SMALL AS A PACK OF CIGARETTES ATTACHES AND DETACHES FROM SUPPLEMENTARY TAPPING UP GOING FAST PARALLEL TO MAKE SURE. THIS IS WANTED POWER CONCENTRATION. LET SQUATMASTER MONITOR YOUR POSITION AND BE IMPORTANT ON WHAT'S REALLY IMPORTANT - DRIVING THAT BAR THROUGH THE CEILING!**

**ADVANTAGES**

FREEES YOUR MIND FROM TAKING THE GUESSWORK OUT OF THE FULL SQUAT.

REMOVES ONLY A FEW SMALL AS A PACK OF CIGARETTES ATTACHES AND DETACHES FROM SUPPLEMENTARY TAPPING UP GOING FAST PARALLEL TO MAKE SURE. THIS IS WANTED POWER CONCENTRATION. LET SQUATMASTER MONITOR YOUR POSITION AND BE IMPORTANT ON WHAT'S REALLY IMPORTANT - DRIVING THAT BAR THROUGH THE CEILING!

**ORDER FORM - PLEASE PRINT**

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY/STATE/ZIP \_\_\_\_\_  
 CHECKS PAYABLE TO SQUATMASTER  
 MAIL TO: SQUATMASTER, P.O. BOX 586, FERRIS, AL 36030

FOR INFORMATION CALL: 1-800-669-2297

ALLOW 2 TO 4 WEEKS FOR DELIVERY

NOT RESPONSIBLE FOR DAMAGE TO SUIT DUE TO IMPROPER USE





# Train Right Fitness Center Presents Train Right Nutritional Products

## Super Argentinian Beef Liver Vita-Min-Amino Packets

No Salt, Sugar, Starch, Color or Preservatives  
30 PACKETS/\$19 (One Month Supply)  
60 PACKETS/\$35 (Two Month Supply)

Each tablet contains 2 grams of pure desiccated-detailed pure Argentinian Beef Liver. It contains the following nutrients: Vit. A, C, Calcium, Iron, Phosphorus, Potassium, Magnesium, B-2, B-6, B-12, Biotin, Choline, Folic Acid, Inositol, Niacin, PABA, Panthothenic Acid.

Information on other Train Right Nutritional Products is available upon request.

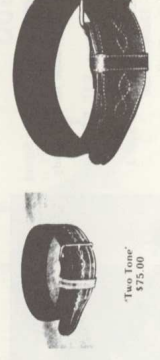
## Superwrap II's

3 pr. \$21 2 pr. \$15 1 pr. \$8

## Bob Morris Products



Style (A) Deluxe Super Covered belt with attaching twice around holes. \$15.00  
Style (B) Super Covered belt with attaching twice around belt and holes. \$8.00



Any Color of Suede \$75.00  
Two Tone \$75.00

## Key Rings

Style (D) Single thickness belt with double row of holes. \$10.00  
Lifting Straps New improved style \$6  
Squatter or Deadlifter \$2

## Order From

Train Right Fitness Center Inc.  
25 Central Street  
Hingham, Mass. 02043  
Phone: (617) 749-8968  
Add \$1<sup>00</sup> for all orders under \$15

**CERTIFICATION OF QUALITY**  
The ingredients contained in these products are the finest quality food-grade materials available anywhere in the industry.

No Preservatives, Salt, Sugar, Starch, Colors, Waxes, or Artificial Flavors  
The potency of this product is fully guaranteed through the date stamped on the bottom of the container.  
Our products are properly sealed in a protective plastic bag and are then canned and sealed to preserve freshness. Each packet contains four capsules and seven tablets which provides the following:

- Fat Soluble Vitamins**
  - Vitamin A (with Liver Oil) 25,000 IU 250%
  - Vitamin D (with Liver Oil) 1,000 IU 250%
  - Vitamin E (Natural D Alpha in a Base of Wheat Germ Oil & Lecithin) 1,000 IU 3,333%
- Water Soluble Vitamins**
  - Vitamin B-1 (Thiamine HCL) 125 Mg 8,333%
  - Vitamin B-2 (Riboflavin) 125 Mg 2,383%
  - Vitamin B-3 (Nicotinamide) 125 Mg 2,383%
  - Vitamin B-5 (Pantothenic Acid) 125 Mg 42%
  - Biotin (Biotin) 125 Mg 100%
  - Choline (Biotin) 125 Mg 100%
  - Inositol 125 Mg 100%
- Minerals**
  - Niacinamide 125 Mg 625%
  - D-Panthenic Acid 125 Mg 1,250%
  - In a base of Yeast, Alfalfa, Watercress, Parsley, Lecithin and Rice Bran.
- C-Complex Vitamins**
  - Vitamin C 1,500 Mg 2,500%
  - Rose Hip Extract 150 Mg
  - Rutin 50 Mg
  - Hesperidin Complex 50 Mg
- Natural Super Energy Oils**
  - Wheat Germ Oil 1,200 Mg
  - Rice Bran Oil 400 Mg
  - Soybean Oil 7 mms
  - Flax Seed Oil 7 mms
- Natural Unsaturated Fatty Acids**
  - Linoleic 59.9 Mg 52.5%
  - Oleic 27.8 Mg 24.4%
  - Arachidic 4.6 Mg 0.4%
  - Lipoic 2.3 Mg 0.2%
- Natural Digestive Enzymes**
  - Choline HCL 650 Mg
  - Myroszyme 120 Mg
  - Papain 64 Mg
  - Pancreatin 4X 60 Mg
  - Protease 30 Mg
  - Pepsin N.F. 32 Mg
- Natural Organic Minerals (Two Tablets)**
  - Calcium (with Vit. D) 1,000 Mg 100%
  - Iron 27 Mg 155%
  - Magnesium (Glucamate) 500 Mg 100%
  - Phosphorus (Glucamate) 200 Mg 100%
  - Potassium (Glucamate) 99 Mg 20%
  - Zinc (Glucamate) 50 Mg 333%
- Amino Acids**
  - L-Isoleucine 13 Mg
  - L-Leucine 21 Mg
  - L-Valine 15 Mg
  - L-Methionine 20 Mg
  - L-Phenylalanine 20 Mg
  - L-Threonine 9 Mg
  - L-Tryptophan 7 Mg
  - L-Proline 18 Mg
  - L-Serine 10 Mg
  - L-Histidine 2 Mg
- Non-Essential Amino Acids**
  - L-Alanine 13 Mg
  - L-Arginine 15 Mg
  - L-Asparagine 10 Mg
  - L-Cysteine 10 Mg
  - L-Glutamic Acid 42 Mg
  - L-Glutamine 7 Mg
  - L-Glycine 10 Mg
  - L-Isoleucine 13 Mg
  - L-Proline 18 Mg
  - L-Serine 10 Mg

% U.S. RDA - Percentage of U.S. Recommended Daily Allowance  
% U.S. RDA has not been established

## SUPER SPECTRUM



## World's Greatest Food Supplement

- No other supplements are necessary
- Full 12 hour time release
- Synergistic - E doesn't cancel the Iron and B12 the C (ortho-molecularly designed)
- Special power formulation with the vital electrolytes
- No starch, no sugar, no coloring, no preservatives
- Aids in reversing the aging process by naturally attacking the free radicals in the body.
- Natural shelf life is TEN years.
- Developed by Dr. Anthony Pescetti, leading Biochemist and Pharmacologist, and an M.D. He is the inventor of the Time Release process

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Camarrillo, CA 93010  
805-484-7914

Bottle of 180 - \$19

12 bottle case - less 5%  
2 cases - less 10%  
3 cases - less 15%

Capozaso, L. Gre, M. Cites and T. Young; scoreskeepers: Karen Wood, Bonnie Evans and Paula Gee; sliding scoreboard: Sue Lem and Rick Capozaso; expeditor: Michele Livingston.

Thanks to ever dependable Jim Lem for results.

NSGA Invitational PL Tournament 1982-8/21/82	
WOMEN	Men
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## Natural Products Presents 'The Natural Training System' by

# GEORGE HERRING

3rd All-Time Middleweight - National Collegiate Champion - 1751 lbs. Naturally!  
Voice Stress, Polygraph, and Urinalysis have all proven Herring to be one of the strongest natural lifters in the world

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- The Natural Man
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- S,M,L,XL

Statement 1... 'At first I was skeptical about George Herring and his fantastic gains, but I'm a believer now as he passed our voice stress. He has also passed urinalysis and polygraph tests - an incredible clean lifter. I am proud to be his friend and recommend his courses.'

Lanny Shepard-Alabama State Natural Champ

Statement 2... 'George has trained with us here at NSRC for the past 3 yrs. and has progressed from being a novice to the current top middleweight in the world. For a clean lifter, his gains seem almost superhuman. His unique system of training is a must for the natural lifter.'

Terry Todd, PhD, National Strength Research Center

Statement 3... 'George totaled 1751 at our Drug Free meet in Mobile. George has proven great gains can be made and records can be broken without drugs.'

Brother Bennet, President ADFPA

## THE BIG ONE

The Virginia Open, the Virginia Open Novice, the Virginia Open Teenage, the Virginia Open Masters, and the Virginia Open Female

'115 trophies will hopefully be awarded at this meet'

WHERE...Standardsville, VA./William Monroe H.S. Gym WHEN...November 20, 1982 starting at 10AM. 'Note', there will be (1) one weigh-in for all classes starting at 8AM to 9:30AM. A two platform meet.

OPEN DIVISION...trophies 1st thru 3rd, 114 -SHW, 3 Team trophies/3 Best Lifters

NOVICE DIVISION...trophies 1st thru 3rd, 114-SHW, 3 Team trophies/3 Best Lifters

TEENAGE DIVISION...trophies for top 5

114-165, top 5 181-SHW, total 10 trophies,

plus 1 team and 1 Best Lifter by formula

MASTERS DIVISION (over 40)...trophies for top 5

114-165, top 5 181-SHW, total 10 awards, 1 team/1 Best Lifter by formula

FEMALE DIVISION...trophies to top 5 in the

97, 105, 114, top 5 in the 123, 132, 148 and above. Total ten trophies by formula plus 1 Best Lifter and 1 Team.

for more info call Willie Morris on

Tues, Thurs, or Sunday evenings after

9 PM at 804-985-7660 or write to

Willie Morris, Box 5, Rt. 810,

Standardsville, Virginia 22973.

### England v Scotland(kilos)

52kg	SQ	BP	DL	T
Munshi(E)	130	57.5	152.5	340
N. Powell(E)	170	87.5	190	447.5
D. Meachan(S)	170	77.5	172.5	420
M. Manning(E)	210	117.5	212.5	540
L. O'Brien(S)	157.5	90	190	437.5
G. Wardell(E)	200	135	225	500
Williamms(S)	227.5	135	225	507.5

75kg	SQ	BP	DL	T
B. Limerick(S)	250	145	295	690
D. Palle(E)	255	137.5	260	652.5
M. Duffys(E)	325	200	285	810
P. Longley(E)	270	155	250	675
B. Orris(S)	320	140	225	590
D. Caldwell(S)	300	202.5	285	817.5
J. Neighbour(E)	320	185	290	795
100kg	300	170	300	730
N. Francis(S)	300	145	305	750
H. Cooper(E)	300	172.5	350	822.5
G. Poole(E)	325	215	260	800
125kg	310	185	362.5	857.5
Scunners(E)	310	185	362.5	857.5

Records: Scottish Limerick 295 DL 73kg; British Carter 362.5 DL 125kg; British under 23

squat, 90 kg DL 100kg; British Caldwell 342.5

'The closest match so far in the series.

England put in some new faces and Scotland

absentee was Ray Noble who was lifting ex-

cellently earlier in the year but had to miss the

British and this match because he has his arm

wounded. Ward, Palle, Longley and Savage

appear to be some sort of over use injury rather

than a fracture. There were a number of walk-

ing wounded. Ward, Palle, Longley and Savage

the first half was 45 yr old Bob Limerick (he

must be one of the top masters lifters in the

world). He is improving faster than many men

in the world. He is now 42 years old. He will be one

of the best 25kg men of any age.

Mike Darby is becoming a good consistent

800 plus man at 82.5 and is proving a worthy

successor to Ron Collins, now unfortunately

lost to us through migration to South Africa.

British record but it would not go. He has

changed from sumo to conventional but I

could not see if it had improved his pulling

power. He could not get a grip on the bar

with 500kg.

Dave Caldwell with the most impressive

physique in British powerlifting (although

he has not competed in the past few years)

excellently. He made four good successes

finishing with a fine record, ideally suited to

this lift, if he can really get his act together I

think he will be a contender for the British

Neighbour came a good second to Caldwell. A

fast improving lifter he made personal bests

on squat, bench and total. Noel Francis equal-

led his brother on the squat. He was unable

with his legs and back he will be unable to

challenge the senior lifters. Henry Caesar

has been hurt arms and legs and really suffers

on the DL. Geoff Poole suffered even more.

After bombing on the squat at the British he

put that right to the DL. He succeeded his first

and third with 290 and was red lighted for not

standing erect enough on his second. Mark

Savage squats unevenly these days but he is

still a contender for the DL. He is holding

the world record of 387.5 for his third which

would not go.

A good day, lifting, the only problem was

to get the grip on the Etko power bar and this

spoiled a lot of totals. The problem in my opi-

nion is two fold. Firstly, the chrome plating on

the bars is too thick and too smooth, it is

rather than sharp edged knurled. Secondly, the

plating has been polished to a 'show room

shine giving a low coefficient of friction betw-

een the bars and the hands. This is not only

applicable to the low bars we have in Britain

and may well already have been corrected by

the manufacturer. Thanks to Andy Kerr for

bringing this to our attention.

Now, you too can join in the Kaz Quest for ultimate size and power.

# BILL KAZMAIER

The World's Strongest Man

introduces

## "THE KAZ QUESTS"

In only 5 years Bill Kazmaier has developed such power and physical structure as to be unparalleled in both Body-building and Powerlifting. Ignoring old, possibly outmoded principles, Kaz developed his own unique ideas and philosophies for super strength and unmatched muscular size. Setting himself apart from any other Super-heavyweight or indeed any Strength Athlete that has ever lived. These original training principles are now meticulously described with every conceivable detail explained and reasoned in the following 3 MUSTS for all who are interested in pursuing their ultimate.

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- QUEST 2.....Squat and Deadlift
- QUEST 3.....Gaining Muscular Size and Bulk

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SNR NATIONAL CHAMPION  
WORLD CHAMPION  
WORLD RECORD HOLDER  
661 - BENCH PRESS  
2425 - POWERLIFT TOTAL  
DUMBBELL PRESS - PAIR OF 164's

## FRANTZ

\$34.00 plus \$1.50 shipping, \$35.50 total

Fred Hatfield (846 lb. squat) says 'The Best Suit I

have ever worn - Thanks Ernie'

Sam Mangialardi says 'Ernie, this is the greatest suit I've ever had on - thanks for an 810 squat'

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Ernie Frantz Super High Protein

GAIN WEIGHT LOSE WEIGHT

26 Years in the Formulation of

this First Powerlifting Protein

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

\*add \$1.50 for shipping/Quantity Discounts



Beige/Black/Blue/White

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\$3.25 plus 50¢ equals \$3.75

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Washable Terry Cloth



## USPF PATCHES

red/white/blue

with gold trim

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equals \$3.25

## ADJUSTABLE DEADLIFT STRAPS

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order from

ERNIE FRANTZ STUDIO

21 NORTH BROADWAY

AURORA, ILLINOIS 60504

312-892-1491 weekdays 9AM-Noon (CST)

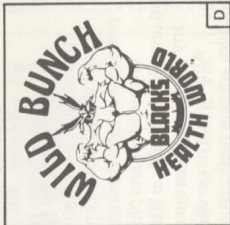
Saturdays 8AM-4PM (CST)



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THE 1982

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**PALACE**  
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MID CENTRAL USA

8/21/82-N. Little Rock, Ark (kilos)	D. Coats	337.5	167.5	282.5	787.5
114 Young	F. Christman	317.5	185	282.5	785
92.5	C. Malley	152.5	255	652.5	
60	B. Shultz	207.5	152.5	240	600
B. VanBuren	J. Rascoe	185	137.5	205	532.5
12	C. Krueger	192.5	130	185	495
Chambles	W. Ford				
170	102.5	187.5	460	242	
150	60	160	370	242	
M. Shackelford	M. Bandera	310	182.5	337.5	830
172.5	135	212.5	520	820	
152.5	135	212.5	520	820	
60	67.5	140	347.5	246	600
M. White	W. Shipp	242.5	177.5	246	600
M. Forshee	D. Zeff	195	132.5	237.5	565
W. Johnson	275				
237.5	140	257.5	635	330	825
A. Kirchner	B. Gibson	295	155	327.5	802.5
B. Dunn	J. Volland	272.5	177.5	282.5	732.5
D. Bellah	R. Lindsey	245	182.5	287.5	715
T. McDonald	R. Bean	235	177.5	272.5	705
W. Horton	B. Smith	220	140	237.5	597.5
167.5	112.5	182.5	462.5	514	
R. Oulley	R. W. Hody	330	192.5	292.5	807.5
B. Lambert	G. Forbice	282.5	170	327.5	780
T. Miller	L. Carle	272.5	137.5	292.5	660
112.5	112.5	160	387.5	650	
245	155	237.5	637.5	528	
S. Barnett	J. P. Smith	227.5	150	227.5	528
S. Wacker	J. Jordan	147.5	75	165	387.5
C. Aycock	B. Watson	215	145	250	610
L. Gordon	R. Beasley	227.5	135	237.5	600
181	D. Edwards	182.5	142.5	217.5	577.5
J. Lyenmann	J. Mason	200	100	227.5	527.5
J. Probst	J. Robertson	180	100	200	480
292.5	165	265	717.5	192.5	
227.5	150	227.5	632.5	528	
215	145	250	610		
227.5	135	237.5	600	82.5kg	
182.5	142.5	217.5	577.5	100kg	
200	100	227.5	527.5	S. Blood	
180	100	200	480		
310	185	295	790	110kg	
305	140	295	740	S. Planko	
M. Evely	A. MacGowan	315	182.5	302.5	800
R. Franer	N. Martz	302.5	190	307.5	800
252.5	172.5	290	697.5	175.8	
R. Shambarger	N. Martz	322.5	210	300	832.5
267.5	125	290	682.5	514	
T. Gipson	R. Nigh	375	202.5	335	932.5
S. Hiltminger	N. Martz	250	150	252.5	650
S. Chitcz	W. Hiltminger	205	190	217.5	582.5
L. Shely	307.5	195	305	807.5	807.5

**\*Night of Champions\* Invitational**  
**Melbourne, Victoria, Australia**  
9/5/82(kilos)  
SQ BP DL T  
147.5 75 165 387.5  
310\* 172.5 295 777.5\*  
300 190 300 790  
4th 290 747.5  
290 177.5 280 747.5  
315 182.5 302.5 800  
302.5 190 307.5 800  
322.5 210 300 832.5  
282.5 172.5 300 755  
375\* 202.5 335\* 932.5\*  
R. Nigh  
director Ray Rigby; best lifter Bruce Waddell.

ORDER NUMBER	CERTIFIED INVESTMENTS	COST EACH
F-25	GRIP MACHINES	\$ 54.00
L-33	COMPETITION BENCH PRESS	\$195.00
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P-14	INCLINE BENCH	\$245.00
N-12	PECK DECK (plate loaded)	\$250.00
E-69	LAT MACHINE (free standing)	\$ 87.00
X-10	PLATE RACK (triangular)	\$195.00
T-17	SAFETY POWER RACK	\$195.00
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K-20	CALF MACHINE (seated)	\$135.00
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H-67	DIP BAR (wall to floor)	\$140.00
H-68	BELL RACKS (portable)	\$195.00
H-69	FREE STANDING PLATE MACHINE	\$215.00
R-27	BEAT ROW MACHINE	\$165.00
C-26	WALL MOUNTED CALF MACHINE	\$ 67.00
I-10	ADJUSTABLE SIT-UP BOARD	\$ 88.00
O-34	DIP BAR (wall to floor)	\$ 26.00
Y-29	ADJUSTABLE GRIP DEVELOPER (hand held)	\$170.00
E-84	REGULAR BENCH PRESS (floor type)	\$ 84.00
F-72	HYPER-EXTENSION AND SIT-UP CHAIR	\$125.00
G-55	WRAP ROLLER	\$ 54.00

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ORDER NO. \_\_\_\_\_ QUANTITY \_\_\_\_\_

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These same sets are also available with our standard solid-steel Olympic bar. This bar is strength tested at over 700 LBS. and is available in either all chrome, all black, or black bar/chrome sleeves. Prices are:

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- MONSTER high-alloy Olympic bar..... \$165.
- Standard solid-steel bar..... \$135.
- Olympic spin-lock collars (pr.)..... \$25.
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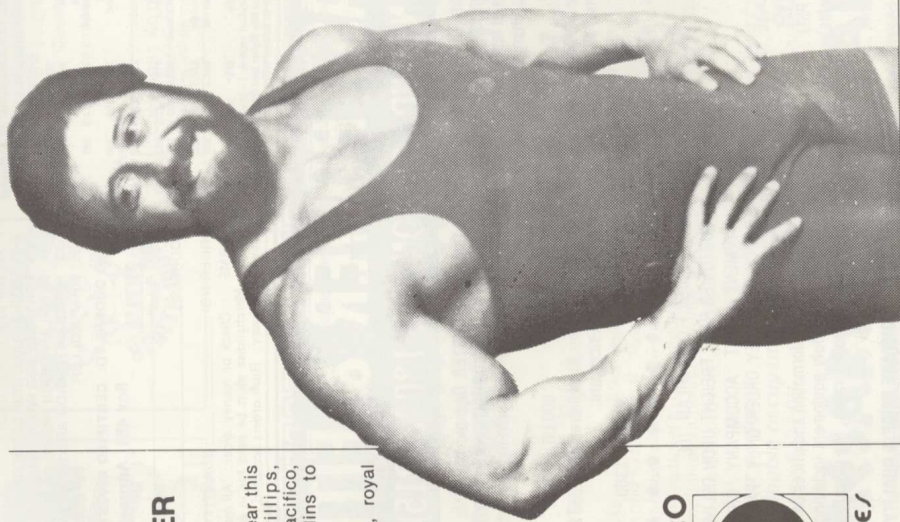
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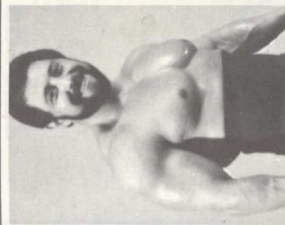
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Reduce unnecessary inches  
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The original wrap and the  
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10 Pair..... **\$60.00**



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If you don't use them—start.  
We have the best.

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We will put all the questions  
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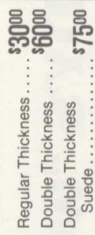


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Regular Thickness..... **\$30.00**  
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Throw away that notebook and  
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Over 2,000 sold.

Now just..... **\$ 7** for one  
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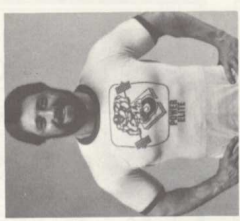
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A. Lang	335	255	340	530	510	530	1330
L. Pagnolino	300	270	375	520	500	520	1315
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L. Hayes	---	265	---	500	490	515	1305
J. Mansbury	420	385*	---	475	475	490	1280
J. McKibbin	---	335	---	475	475	530	1275
T. Greis	---	320	---	475	475	525	1210
G. Congiouse	---	380	---	400	400	460	1170
H. Bieder(tw)	---	340	---	395	395	495	1145
G. Spang	360	---	---	415	415	440	1120
M. Massone	540	390	565	1395	---	---	---
M. Wallach	510	210	530	1330	---	---	---
V. Scaranda	475	270	580*	---	---	---	---
M. Capozzi	450	315	550	1315	---	---	---
B. Brown	500	290	515	1305	---	---	---
T. Conway	475	315	490	1280	---	---	---
R. Tallone	475	270	530	1275	---	---	---
R. Ulland	440	315	455	1210	---	---	---
S. Cloak	400	270	525	1195	---	---	---
D. Talerico	430	280	460	1170	---	---	---
L. Hase	395	255	495	1145	---	---	---
J. Venello	415	265	440	1120	---	---	---
D. Haines	560	330	---	---	---	---	---
R. Branch	495	---	---	---	---	---	---
J. Moran	470	---	---	---	---	---	---
L. Smart(tw)	470	---	---	---	---	---	---
L. Scholt	370	---	---	---	---	---	---

At this time I would also like to thank all those who have supported me with their contributions. I must apologize for the time I was unable to attend the meet (1600). Although the size of the facilities was inadequate for the turnout, the meet ran very well. Several new improvements planned for our next meet, some of which are larger facilities, three places for notices, 5 places in each lift class having 15 or more lifters in their respective lifts.

Andrew Hoff, George Schneider, Lisa Adler, Jim Russo, Pete Ciaiccia, Jim Messer, Rich Barone, Theresa Brown, Anna, Alice, Robbie, Leslie Wade, Alveron Jackson, Gary Grantham, Gilbert Holland, Charles Page, Edgar Duran, Dominick, Rich Branch, Chris Steele, Gail Gennini, Judy Reed and a very special thank you to all those of you who are not listed. Our more info contact: Wade's Athletic, c/o Johnnie Q. Wadsworth, Jr., 105 Market Place, Gladstone, NJ 08022, (609)841-5151.

I. Vasaturo	280	385	365	385	370	738	190	100	220	510
S. Zanella	205	235	235	235	235	235	170	97.5	230	497.5
E. Lanoue*	385*	---	---	---	---	---	105	60	130	295
H. Rubiega	300	198	---	---	---	---	172.5	110	170	452.5
342 orbes	300	---	---	---	---	---	170	75	180	425
A. Sinikkin	430*	---	---	---	---	---	145	102.5	175	422.5
A. Furr	365	---	---	---	---	---	135	70	175	400
C. Jones	400*	---	---	---	---	---	---	---	---	---
G. Theissen	400*	---	---	---	---	---	---	---	---	---
J. Steffe	240	---	---	---	---	---	---	---	---	---
T. Suffred	170*	---	---	---	---	---	---	---	---	---
B. Fine	170*	---	---	---	---	---	---	---	---	---
D. Alvarado	135	---	---	---	---	---	---	---	---	---
T. DeLuca	110	---	---	---	---	---	---	---	---	---
K. Willis	75	---	---	---	---	---	---	---	---	---
C. Marshall	195	---	---	---	---	---	---	---	---	---
S. Hanna	155	---	---	---	---	---	---	---	---	---
H. Horowitz	405	---	---	---	---	---	---	---	---	---
M. Hogan	310	---	---	---	---	---	---	---	---	---
J. Lyons	155	---	---	---	---	---	---	---	---	---
M. Patisis	450	---	---	---	---	---	---	---	---	---
SHW	---	---	---	---	---	---	---	---	---	---
M. Lucas	400	---	---	---	---	---	---	---	---	---

\* - new meet record; - most valuable lifter award; ! - hoaviest BP award. Meet director: Joseph Steele, masters of ceremonies: Andy Simpson for results.

**The real Rebecca.** Walber of West Germany, that is, reportedly stuck out her tongue in disgust when noting the photo in the June issue of PL USA identified as being her, when it was actually teammate Angie Dusie.

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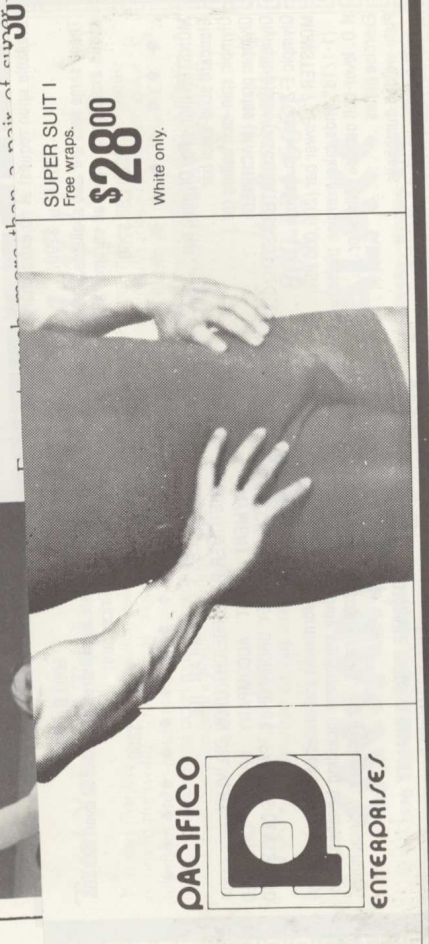
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M. Hiller 365  
T. 198  
G. Ellingsworth 630  
S. Burnett 335  
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M. Jones 300  
D. Claus 210  
MEN-114  
320  
P. Pancicelli 340  
C. Layton 115  
M. Konnick(w) 110  
P. Santos 185  
H. Miller 359  
R. Milley 300  
L. Beshe 385  
D. Derno 380  
L. Weinstein 380  
D. Kanuss 290  
D. Moyer 275  
M. Toise 280  
D. Brown 235  
L. Duran(w) 140  
T. Eisenman 500  
P. Sacco 485  
G. Mand 450  
G. Dominelli 450  
K. Kasa 505  
J. Walker 430  
A. Marino 415  
B. Kenon 360  
V. Brown 475  
C. Lavalete 350  
B. Sam 365  
R. Jackson 300  
R. Beech 260  
G. Hollander(w) 360  
J. Panetti 480  
J. Balzer 330  
J. Gallagher 470  
J. Faust 475  
S. Greene 485  
T. Ogilvie 500  
N. Lancetta 455  
A. Parker 465  
K. Samund 440  
G. Lavalete 440  
C. Scavetta 435  
A. Lang 420  
D. DeRosa 405  
G. Super 490  
R. Wallman 420  
P. Forgnone 355  
A. Long 355  
J. Falatico 260  
T. Higgins 280  
J. Avars 420  
J. Young 385  
J. McKinlin 330  
T. Grebs 330  
D. Woodley 330  
G. Spong 340

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E. Flori 375  
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M. Tognacci 285  
L. Sololongo 220  
T. Smith 155  
R. Caputo 123  
A. Courmyer 270  
J. Volovich 360  
T. Margolis 240  
S. Hall 305  
P. McCartin 300  
A. Almeida 330  
A. Braun 135  
J. Shaffer 270  
S. Azverage 320  
J. Varrone 245  
S. Allegretto 225  
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E. Lanoue 385  
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H. Rubega 300  
T. Forbes 300  
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D. Study 170  
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Dennis Drakapolous, Maurice Nicks, Ed  
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WOMEN  
K. Taylor 230  
V. Cupo 185  
T. Heitman 185  
T. Biondici 181  
E. Flori 375  
K. Paull 315  
M. Tognacci 285  
L. Sololongo 220  
T. Smith 155  
R. Caputo 123  
A. Courmyer 270  
J. Volovich 360  
T. Margolis 240  
S. Hall 305  
P. McCartin 300  
A. Almeida 330  
A. Braun 135  
J. Shaffer 270  
S. Azverage 320  
J. Varrone 245  
S. Allegretto 225  
S. Gilliam 375  
G. Williams 181  
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L. Vasturo 205  
L. Beetha 242  
E. Lanoue 385  
T. Kruth 300  
H. Rubega 300  
T. Forbes 300  
A. Snidin 430  
G. Red(guest) 340  
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**Departmental Championships Barranquilla, Colombia(kilots) 7/24/82**  
SQ BP DL  
56kg 65 60 105 250  
58kg 100 85 150  
60kg 135 100 160 395  
65kg 165 80 170 415  
70kg 125 80 140 345  
75kg 140 70 125 335  
80kg 140 70 125 335  
85kg 105 60 130 295  
67.5kg 125.5 110 170 452.5  
F. DeLaCruz 145 102.5 175 422.5  
A. Osipina 155 70 175 400  
E. Mercado 380 380 380  
J. Agreste 375 375 375  
J. Verrone 365 365 365  
C. Red(guest) 340 340 340  
J. Steele 240 240 240  
H. Acevedo 180 ---  
B. Simpson 170 97.5 230 497.5  
G. Candara 160 110 170 440  
A. Vengonecha 135 105 165 405  
100kg 195 110 210 515  
M. Polonia ---  
F. DeLaCruz 475  
K. Kelley 170 105 190 465  
M. Hogan 310 125kg  
M. Moran 185 105 140 430  
A. DeAndres 155 85 140 380  
C. Simpson 95 45 140 380  
L. Lyons 450 450  
Edra Olmedo's Colombian (and possibly S. American record squat of 180kg in the 56kg category). He went very low and came up very fast. The winner of the 100kg was Joseph Steele, masters of ceremonies: Andy Simpson for results.

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SUPERWRAP™						
						Total

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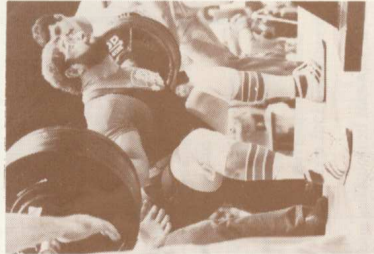
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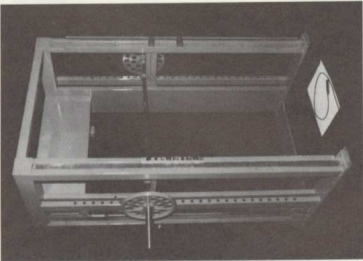
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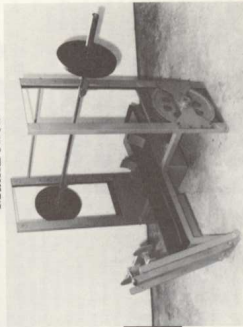
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NUTRITION  
by Jack Diganji  
CORNER

SUGAR

In today's marketplace, sugar can be found in many forms. Which sugar is best in terms of digestion, economy and value will be looked at in this month's Nutrition Corner. There are three sugars of importance in diets. They are glucose, fructose and sucrose. Fructose is the most sweet to the taste while sucrose is the second sweetest and glucose is the least sweet in taste. The entry of glucose into the metabolic nutritional state of the individual and the body's hormonal state. Glucose can be converted into a storage form for later use called glycogen. Most of our glycogen is stored in the muscles and in the liver. Glucose can also be stored as a triglyceride in the adipose tissue (fat) or finally it can be simply used for energy.

Sucrose is broken down in the intestine into its constituents, glucose and fructose. Only about one-tenth of the glucose is readily taken up by the liver to be used for energy where as fructose is absorbed rather quickly by the liver. The result, previous article on energy. I mentioned that by far juices and fruits are a better source of energy in terms of time-energy and fructose. The adage of instant energy via honey on the candy bar is finally seen as untrue. We as powerlifters need very short bursts of energy, but we also need a sustaining energy at frequent intervals throughout a 8-10 hour meet. My recommendation is juice! Lift hard, eat smart.

Other sugars of less importance are lactose and galactose. Lactose is the sugar found in milk, and galactose is one-half of the component making up lactose. That bloated, gas forming feeling after drinking milk results from a lactose enzyme deficiency. Lactose breaks

★ WHO'S WHO IN POWERLIFTING ★



Ron Collins has settled in Cape Town, South Africa, and is employed as a quality engineering by a local engineering company. He is training regularly and recently at a local meet he easily totaled 800 kg., breaking all local records. Ron is looking for some big squats and DL's soon. Information courtesy of Ian Morris.

Mike Renfrow has only been lifting for a little over a year and yet is very close to a Masters total. He is also one of the organizational driving forces on the Texas Tech Powerlifting team, and a strong believer in the training principles espoused by Bill Starr. Thanks to Cliff Grubbs for photograph and information about Mike.

Joan Fruth is not only one of America's finest powerlifters, but as the photo above readily shows she also dabbles in Bodybuilding most recently at the West Virginia State Physique Championships and recently at a local meet he easily totaled 800 kg., breaking all local records. Ron is looking for some big squats and DL's soon. Information courtesy of Ian Morris.

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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.

Brad Phillips increased his total from 1505 at the 1981 VA State meet to 1680 via 660 370 660 at the Charlottesville Open on June 26th. He is a Navy Aviation Fire Control Technician supported by a family and he has his eye on the '83 Juniors in Charlottesville. Photo by Faye Phillips and information by Rick Harris.

Boston, MA

have accounted for his poor showing another factor was that his main rival, Mike Hubson, will be at the meet. No more, no more, West Australia won the Men's team title with Victoria taking the Women's. Thanks to Frank Lamp for report.

All American Women's Open  
9/11/82-W. Somerville, MA

S. Blood	282.5	180	292.5	755	110	66	187	363	148	306
A. Carpenter	245	150	300	695	242	110	314	666	187	398
D. Tuck	272.5	182.5	305	760	143	99	231	473	165	351
J. Wright	270	175	295	740	137	104	231	473	165	371
S. Sandrini	282.5	172.5	282.5	737.5	242	126	314	683	148	371
L. Corbett	252.5	167.5	260	680	148	88	226	462	234	252
110kg										
J. MacGowan	300	177.5	310	787.5	264	148	330	744		365
L. Hancock	285	170	285	735	231	154	297	683		365
M. Hambo	285	170	285	735	187	104	275	567		365
R. Bigby	255	140	260	655	187	104	275	567		365
125kg										
F. Lonsdale	300	190	300	750	242	126	314	683		365
N. Marriott	270	180	300	750	148	88	226	462		365
SHW	355	195	352.5	902.5	242	126	314	683		365
R. Bigby	355	195	352.5	902.5	148	88	226	462		365
Best lifter: B. Woodford										
44kg										
C. Botica	87.5	52.5	132.5	272.5	264	148	330	744		365
48kg										
E. Muir	110	47.5	120	277.5	231	154	297	683		365
L. Williams	65	32.5	110	207.5	187	104	275	567		365

Husband/wife combinations: Erich and Annette, Mike Duplanc and Jan Childs, the latter being a former national champion. The latter Father/Son: Courtney and David Boyce, identical in the 1980 Nationals both competing in the same div. Brothers: Bruce and L. Moskowitz

state record; site: Atlantis gym auditorium  
Sponsor: Atlantis Gym, Thanks to Bill Brown result.

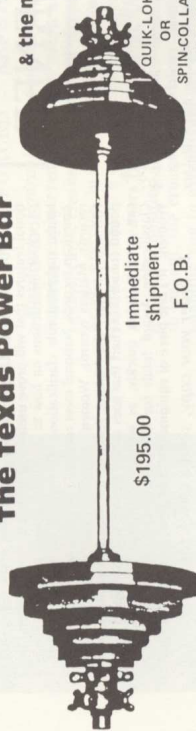
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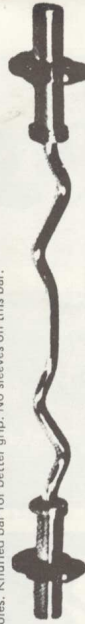
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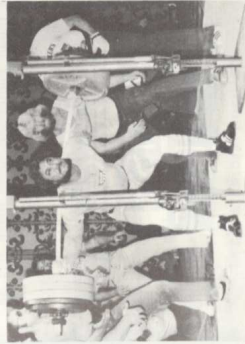
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114	S. Mallick	200	137.5	210	347.5
115	A. Giaccone	380	165	225	390
116	R. Wright	340	237.5	292.5	530
123	R. Haner	410	162.5	272.5	430
124	J. Verno	400	150	235	385
132	M. Maloney	360	160	235	395
133	N. Sacconi	325	150	215	365
134	W. Agretnski	390	160	235	395
135	T. Racente	380	160	235	395
136	K. Wivess	340	160	235	395
137	A. Lermen	320	160	235	395
138	A. Thomas	310	160	235	395
139	B. Henderson	310	160	235	395
140	B. Sanguers	300	160	235	395
141	R. Ambury	300	160	235	395
142	K. Aughtwell	300	160	235	395
143	S. Cristfield	300	160	235	395
144	M. Freeman	300	160	235	395
145	S. Webb	300	160	235	395

**Masters and Open Bench Press**  
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114	B. Bozzelli	82.5	142.5	225
132	J. Johnson(BI)	102.5	197.5	300
133	H. Hobbs(S5)	102.5	135	237.5
134	A. Ewerit	55	107.5	162.5
135	E. Ewerit	110	200	310
136	D. Enns	62.5	145	207.5
137	A. Taormina(T0)	130	227.5	352.5
138	D. Fell	122.5	225	347.5
139	B. Faltner	185	327.5	490
140	V. Spangrad	147.5	210	327.5
141	C. Orlandini	112.5	170	282.5
142	J. Dandona(S5)	117.5	125	242.5
143	E. Dorman(S5)	177.5	245	422.5
144	D. Lehmann(S4)	145	245	390
145	D. Fell	132.5	215	347.5

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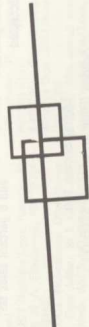
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Dr. Fred Hatfield is a renowned author and fitness expert and is the current World record holder in powerlifting (Squat 891 at 220 bodyweight). Dr. Hatfield has written over 10 books in the areas of weight training and conditioning.

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**PL USA Book Review**

John Kuc's book 'John Kuc speaks on Powerlifting' was written, as John says, 'to help others over the obstacles that I encountered over the years. I feel powerlifting has been very good to me. I hope this non-gimmick text will repay just a little of what I have received from the sport. If everyone would find just one helpful bit of information I would feel satisfied.' I can assure you that every reader will find much, much more than just one helpful item in this well laid out, 80 page text. John makes no boastful guarantees, but he does say that by following his advice, working hard, and thinking for oneself, anyone will be stronger and improve their total.

Important features of the book include background on John's own lifting career (including the story of how much he deadlifted the first time he tried the lift), a section for beginning trainers, a four chapter development; on intermediate training, two chapter discussions on each of the competitive lifts, along with chapters on cycling and diet, PLUS what may be the most interesting section of the book...a workout by workout description of John's complete training cycle prior to his last contest, the 1980 World Championships. I heartily recommend this book to all potential readers. Mike Lambert



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