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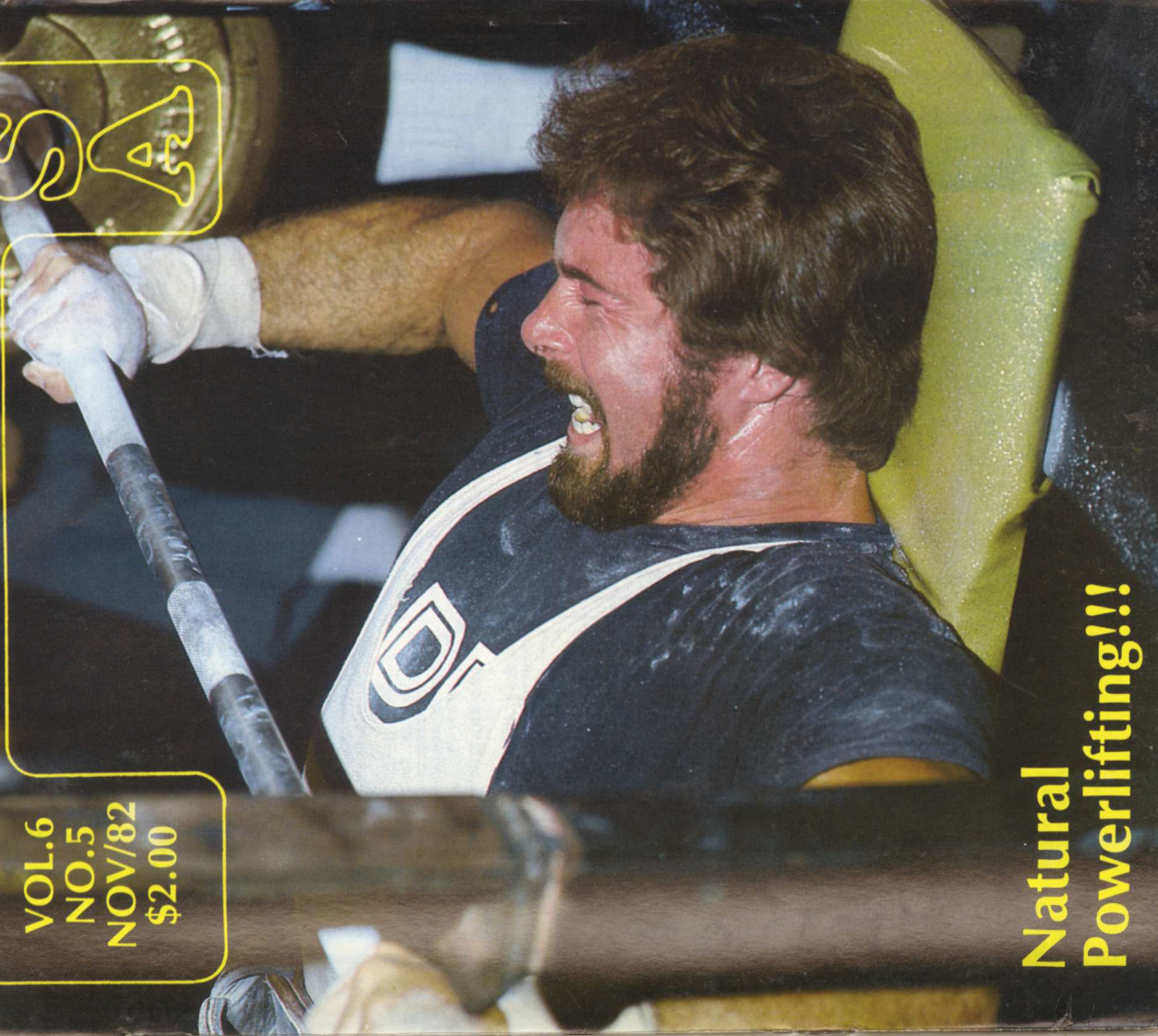
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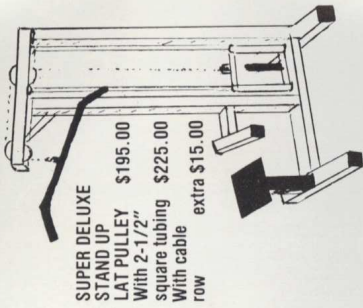
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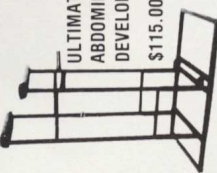
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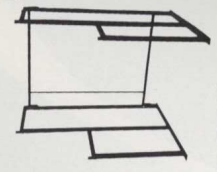
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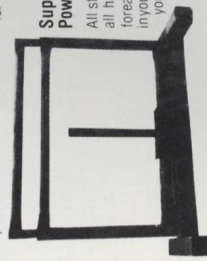
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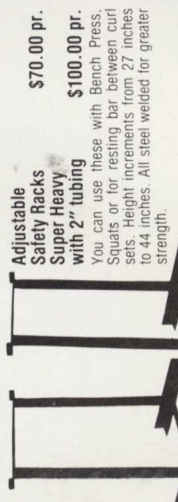
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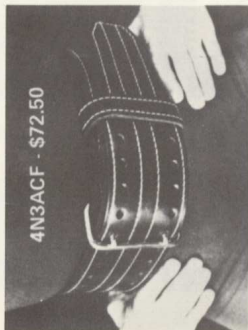
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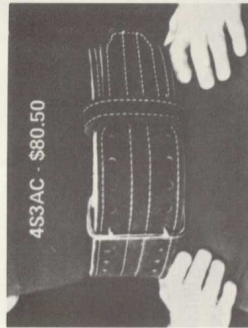
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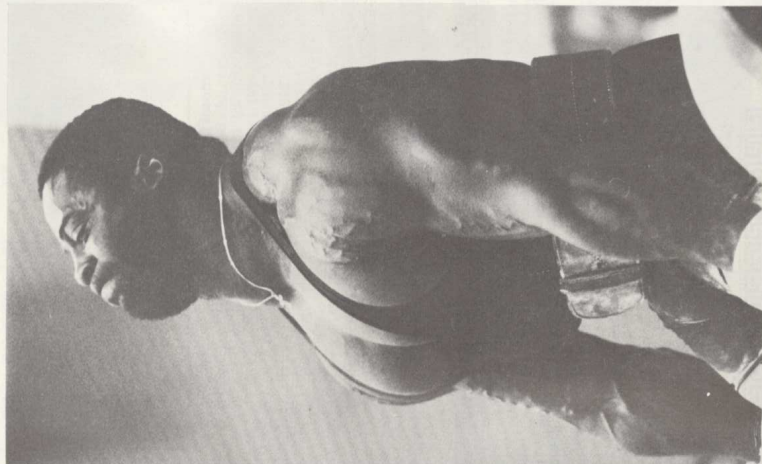
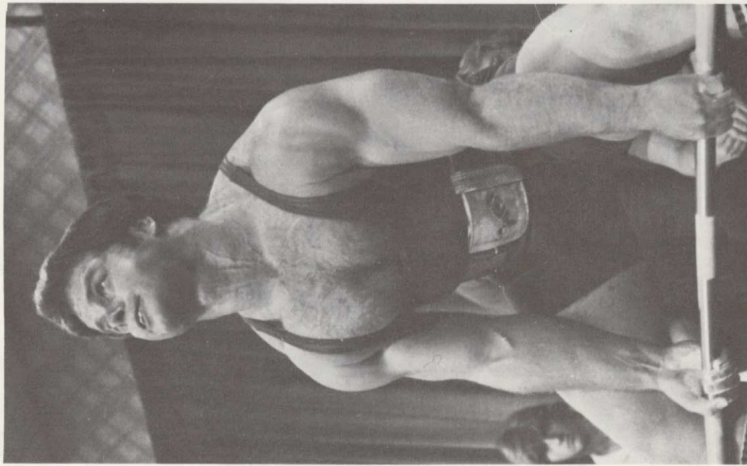
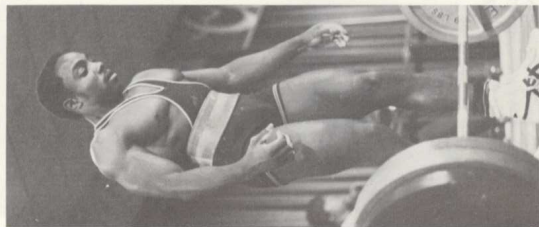
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USA World Team Salute

Powerlifting USA Magazine wishes the 1982 IPF World Powerlifting Championship Team from the United States the best of luck in Munich!

Our Men in Munich... (left) defending Champ Walter Thomas, (far left) Lamar Cant, also defending his 1981 World title, (below left) John Cambie, (bottom right) 1980 winner Ricky Dale Crain, (below) Mike Bridges, defending Champion of champions, and (right) Wayne Bouvier. See next page for additional team members.



POWER PROFILE

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

TED HAMNER..Superstar of the Future by Ron Fernando, PL USA Training Editor

So often the word 'superstar' is overused - while there are no clear qualifications for the accolade, in our sport there are certainly some bonafide superstars: Mike Bridges, Lamar Gant, Kaz and others. Others may include such stalwarts as Jim Cash, Larry Kidney, Esteep and others. Whatever the criteria, all of these lifters have greatness, consistency, and longevity as common denominators. Once in a while there comes onto the national scene another athlete with these qualifications and more. I would like to introduce to the readers of PL USA a young man whom I consider a potential superstar and World champion within the next 3-5 years. His name is Ted Hamner and if that name isn't exactly a household word like Bridges, Kaz, etc. it very well may be in a very short time.

TRAINING ANALYSIS

Ted places a good bit of emphasis on form, especially in the squat and the deadlift. In the squat he maintains but as he has done a 705 squat for

a double with only wraps and a belt, he now feels the added impetus of the suit is more psychological. Like most lifters he prefers the cycle method, aiming for a pre-determined set/rep pattern with gradually increasing weights as the meet draws near. He will normally not do singles as a regular part of his training until the last two weeks. He performs his squats twice per week (Tuesday and Saturday), one light, about 50% of max day and one heavy (according to schedule). Heavy leg presses are a must for Ted and he does vary the



Pulling Machine... Ted rips up a nice size deadlift at the American Cup Contest in his normal clean form.

recent American Cup Invitational - tying him on total only to lose due to Emie's lighter bodyweight. 'Just who in the heck is Hamner anyway?', Emie asked me at subtotal time when the dust cleared and the numbers were being sorted out. Give Ted a solid year or more of injury-free training and he may pull another 'Scott Warman' at the Seniors (Warman came out of nowhere in a star studded field to place behind World team member David Schneider in the 242's). I find it strange that Ted hasn't been asked to some of the more prestigious Invationals (for example, he was left out of the Vegas meet even though some others were invited who have totalled less than his 1912). However, there seems to be a move afoot by friend and training partner Rick Van Uen to get Ted an invitation to Gus Reithwisch's big shindig in Hawaii...time will tell.

Ted has been lifting for three years, only three years, and he's already broken 1900 and will undoubtedly crack Two Grand very soon. If you were to look at his physique, you'd see more of a resemblance to a champion decathlete than a powerman. He is very lean and could easily go 242 or even 275 if he so chose. I feel that if he did decide to go the full 242 he would be another Mark Dimiduk - with the potential to total over 2100 - perhaps even 1000 kilos as his body matures.

Many people do not realize that Ted is often times under the severest of pain. He has several disintegrated vertebrae and has gone through the usual parade of physicians, specialists, etc. Currently he is under the watchful care of Ken 'Doc' Sommer, D.C., himself a World record holder in the deadlift (Masters category). Doc understands all too well the rigors and demands of a power athlete and has prescribed a program of Olympic lifting oriented exercises such as high pulls and power cleans. Sometimes, however,

power cleans. Sometimes, however,



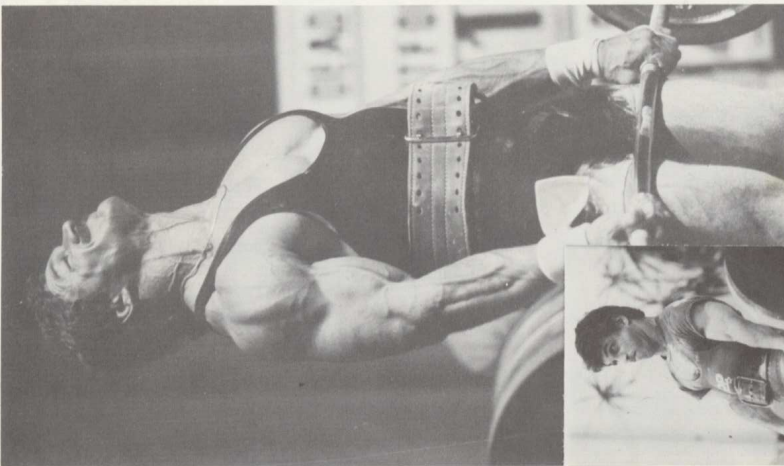
Above...Dave Schneider will be in his first Worlds and racing Saurelmer, and his former team newcomer is Jay Rosciglione(1).

National Meet Qualifying Totals

	Senior Nationals	Junior Nationals	National Collegiate	Women's Nationals	Women's Collegiate
114	1069	936	799	97	518
123	1190	1041	881	105	562
132	1284	1140	1003	114	606
148	1410	1361	1201	123	661
165	1625	1455	1322	132	705
181	1714	1554	1432	148	744
198	1813	1675	1499	165	772
220	1895	1758	1521	181	794
242	1984	1791	1521	198	804
275	2061	1929	1598	198 +	816
SHW	2143				716

Teenage National Qualifying Totals...for the 1983 version of the contest, Chairman Jake Boyer has come up with the following standards: 181(1035), 198(1100), 220(1235), 242(1480), 275(1800). The Teenage Nationals may be split into separate contests at separate sites for men and women in 1985, in which case these totals would apply to the men only.

Thanks from Puerto Rico...Carlos Fernandez, Box 66, Manati, PR 00701 will be putting on the Puerto Rican Senior Nationals on December 5th (he predicts that Puerto Rico will be having lifters in the World Championships soon, and would also like to salute his friends at the Iron Den in Fayetteville, NC, Alex Greyard, Pete, and Chuck Braxton).



Power By Cash...Jim Cash (above) is in great shape in the 220s, having hit 705x10 reps in the deadlift, and some hefty doubles and singles prior to departure for Germany. Leading off the team is that deadlifter par excellence(1), Chuck Dunbar, who will have a showcase chance to unseat Inaba from his lofty World Championships perch. Our best wish is to see the Championships first in the hands of the Championships in the December issue of PL USA

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MULLET MANIA!

Prevention and Cure

by Cliff Grubbs

The mullet syndrome, is to the China syndrome what the blue-on-net plague is to a turkey rose. Once a gym has been infected by this terrible scourge all workouts from there on out are downhill. The most horrible thing about the mullet syndrome is that it creeps in very slowly until before you know it, your gym is overrun with the little beast.

However, there is a definite pattern to the infection. At first you will notice insignificant things, such as gym furniture, Olympic bars that can't easily hold over a thousand pounds, each being mysteriously left loaded with only a five-pound plate on each side. Next you will find benches and squat racks loaded with rubber bumper plates. You will also find bars randomly loaded with some plates for a while and some plates face out. As the disease creases you will find flat benches and dumbbells littering the platform that were once reserved for heavy squats, deadlifts or Olympic lifts. Plate trees and racks will become barren and Olympic size plates will cover the floor like soiled hand mines in a World War II battlefield. As the disease becomes more prevalent unattended bars will be stripped in the blink of an eye. When you return from a drink of water, your bar will resemble a side of beef that has been desecrated upon by a thousand piranhas. As the disease reaches the incurable stage, weights will seem to disappear off bars in mid-rep.

In the not only advanced stages you will not see the handwork of the mullers but you will begin to see the mullers themselves. You will first notice them as they crowd in front of the mirrors to do bicep work with their infamous Olympic bars loaded down with one five pound plate on each side. You will then begin to be interrupted right before your biggest set of the day to help give a quadruple spot to some muller about to try a fifty five pound half squat. You will also find mullers stopping in your direct line of sight to stare at you as you try to push out the toughest rep of the day. Mullers also like to crowd around the water fountain. Mullers love to drink water and they will drink and drink and then proclaim that they added two or three pounds of muscle in the time they were in the gym that day. Mullers also like to hang around the water

fountain and talk for hours on end about what was in the latest muscle magazine. Many a serious lifter has nearly died of thirst in his teacherous battle to the water fountain through an ocean of mullers. The exhausted lifter journey to the water fountain resembles the upstream swim of the salmon, and like the salmon, at times it looks as if the lifter may also die from exhaustion at the end of his journey.

Once a gym has become infected with mullet mania, often the best thing to do is burn it to the ground with the mullers inside. After the gym has burned, cover the ashes with a foot of salt and drive a large cross into the ground with a string of garlic looped over the top. However, if the disease is caught before the final stages there is hope if great speed is taken to follow the below listed steps:

1. Take time to give each muller the best advice possible on diet and nutrition. Since it is a muller's nature to do the opposite of what he is told, he will eventually self-destruct.
2. Convince a muller that his arms are getting bigger. Once a muller thinks he has made minimal progress the will stop exercising that body part. Since 90% of a muller workout is biceps, you probably won't see him in the gym at all.
3. Convince a muller that he is hitting his squats a little low. Since mullers do little more than bend their knees when they squat, a reduction in depth will result in movement at all. Eventually, when a muller will grow tired of just standing around a gym with an Olympic bar across his shoulders.
4. Tell a muller you are going to make sure that he starts getting the good deadlift workout in a tough manner. The mere thought of the pain and effort required in such a lift will send even the heartiest muller screaming in terror and scrambling for the nearest exit.
5. As a final step pull out all the mirrors in the gym. Mullers can't attempt even a pseudo-workout without them. This last step will send legions of mullers marching out the gym to attack another unsuspecting shrine of iron.

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are a largely forgotten exercise, perhaps due to the high risk factor sometimes associated with it, but remember, guys such as the original Broddingnagian, Pat Casey, credit the dip in helping to build their stellar bench presses.

All in all, it is a very methodical, well planned program. Ted, unlike some of the rising stars in my sport, is not a braggart - in fact, trying to get him to say anything about himself more time giving praise to those people whom he feels as instrumental in his development: Rick Van Uwen, Glenn Maur, his lovely wife Melody and many others. He is a true winner in all respects.

TRAINING SUMMARY

Monday: Chest (light benches) Pullup Pushdowns for Triceps Bicep curls
Tuesday: Legs and Back (light SQ and DL; about 50% of max), High pulls, Power cleans, leg ext/curls
Wed: Off
Thursday: Chest (heavy benches), Heavy dips w/ weights, Lying triceps Ext (heavy), Pulley Pushdowns, Barbell/Dumbbell curls
Friday: Off
Saturday: Heavy squats and deadlifts, Heavy leg press, Lat work same as Tuesday.
Right... Ted pushes up a big bench at the American Cup Contest.

angle of descent for leg development. Leg extensions and curls are added more as injury preventatives with the weights varying with mood. Strangely enough, Ted performs deadlifts and squats on the same days (both the light and heavy days). I learned this principle from Larry Kidney and his boys at his gym in Chino. At first, it hurt, but then when I began to pull personal records and squat personal records in the same session, I sat up and took notice. Ted is a conventional style deadlifter and relies again in precise form to manhandle the big numbers he so casually does. His traps are quite prominent when he pulls which means he does not overly round his back as the weight passes the sticking point. Again, he is experimenting with the pulling type moves alluded to earlier - we will see in due time their net effect on his deadlift. Lats are worked with a heavy duty pulley machine using both the overhead pulley and the low cable (again, this is done twice per week).

Benching is another interesting point: most top benchers use a elbows out wide grip. Ted for all practical purposes uses a triceps press grip and still manages 475-500! On Larry Kidney's advice, he has widened his grip a mite, but not much. In fact, his grip is a bit reminiscent of the early Mike Bridges grip when Mike was lifting at 148 and 165. He does a lot of weighted dips and pulley pushdowns, which I believe contribute to this particular grip adaptation. Biceps are also worked, either with a barbell or a dumbbell, but the dips seem to be the key here. They

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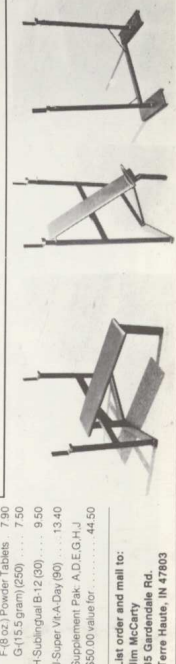


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In the past several years, powerlifting has gained significant momentum nationwide, but, like most other sports, it has also experienced growing pains in the process. The small local clubs which once met at local gyms and YMCA's competing for token awards are now incorporated businesses dedicated to winning national competitions. Likewise the powerlifter has been subjected to similar growth phenomenon. His sights are set on far higher competition objectives and of course, being the best in the country.

However, being the best has a price. For some lifters it's agonizing hours of conditioning, strict diet discipline and mental conditioning. For others it's drugs, licit or illicit, anabolic steroids, natural hormones, speed, etc.

Although to many Powerlifting USA subscribers it is not really new information, at least one national organization, has attempted to diminish drug use amongst members and amongst the competitors in its sanctioned meets, The American Drug-Free Powerlifting Association (ADFFA).

I understand the intention of the American Drug-Free Powerlifting Association to be the promotion of fair and honest powerlifting competition with the use of drugs or other artificial lifting aids. I agree to abide by the rules set forth by the ADFFA; the presence of a substantive positive result on the drug test is cause for forfeiture of the competitor's principal goal. The oath continues: "In cooperation, I agree to submit to any testing procedures deemed appropriate by the ADFFA or its agents and shall accept the consequences of such tests." Such is the focus of this article, how the ADFFA as an organization ensures compliance with its fundamental principal prohibiting drug use to enhance physical abilities.

Whenever such rules of conduct are adopted by an organization such as the ADFFA, enforcement mechanisms become the challenge. The balance between the organizational priorities and the individual lifter's rights can meet head on. Lack of credible effective enforcement may cause a loss of organizational integrity. Such a dilemma prompted Mr. George Hummel, a principal organizer of the ADFFA to call upon me. I'm a polygraph examiner.

During our initial conversations Mr. Hummel explained ADFFA's goal to keep drugs away from and out of ADFFA sanctioned powerlifting meets, and perhaps more important, to encourage lifters, young and experienced alike that anabolic steroids or natural hormones are not necessarily ingredients in the making of a successful powerlifter. Essentially Mr. Hummel wanted to determine whether or not the powerlifter (lie detector, as the instrument is commonly referred to) was a viable alternative to the clinical blood testing procedures

Using the Polygraph for Drug Testing
 by Robert Kelm, Sr.

examination is "most" important, the discussion of the matter to be tested for had to be held as simple as possible. Used in a manner that demonstrates that correlation. Not until the 1920's were all these polygraph components that we recognize today, the pneumograph, galvanic skin response mechanism and the cardiograph, configured into one instrument.

POLYGRAPH THEORY

The common element of nearly all theories relating the physiological functioning of the human body is the distinctive bodily response to a fear-eliciting situation. A common example which many people may have experienced and thus can easily remember, the associated feelings follows: While driving an automobile along the street another vehicle immediately in front of yours stops suddenly. You must react. Specifically nervous impulses from your optic nerve transmit the mental picture of the approaching vehicle to your brain. At this point, you fully recognize that the vehicle is a danger to you. You "fear" being involved in an accident. The brain drawing upon its computer-like storage tells you to respond by turning the vehicle or slamming on the brakes. Simultaneously the brain dispatches other nervous impulses to cause a variety of physiological reactions to occur. Your breathing pattern changes, the resistance in your skin does your blood pressure. About this time the body manufactures a substance known as adrenalin which provides the body with that needed strength to turn the wheel or slam on the brakes. Once you have successfully avoided the accident you realize that "that was a close one". If you remember some of the feelings associated with that incident you probably remember most your hands were sweating, the feeling that you were out of breath and even the feeling that your heart was racing. Probably the most important element of this analogy is the fact that each of these reactions occurred because of the effect of the stimuli, the vehicle, causing you to become afraid of getting hurt. Your body responded by the natural mechanisms inherent in your basic instinct-self preservation.

Your body reacts to every within your environment every day of your life. Some stimuli evoke the feelings of joy and happiness. Some provide us with the satisfaction our bodies crave, food, warm clothing in the cold weather, etc. Yet other stimuli cause us to protect ourselves. Whether we are the center of a joke, afraid of losing self-esteem or afraid of going to jail, fear as Vittorio Benussi was working on a stimuli plays a big part in each of our lives.

The polygraph instrument then is

POLYGRAPH EVOLUTION

The desire to separate the truth from that which is not is not a new phenomenon. Ancient Greeks, Indians and African tribes, each evolving in their separate areas of the world, were subject to religion and superstition prevailing at that time. Placing one's arm in a pot of boiling water without sustaining an obvious injury to that limb or chewing rice without the loss of saliva were symptomatic of the beliefs that originated explaining the power of truth. Needless to say most people today would feel that such "ordeals" were cruel and unusual punishment.

As man became more civilized, at least by today's standards, the approach used in separating truths and lies became more palatable. During the 19th century Angelo Mosso, an Italian Physiologist, theorized that the effects of fear on a person's blood pressure could accurately be measured and plotted on a form of graph. Cesare Lombroso took theories that Mosso and others professed and actually put them to the test in criminal cases. Lombroso was able to correlate truthfulness and lying with the suspects pulse and blood pressure variations observed during police questioning sessions.

About the same time others such as Vittorio Benussi were working on theories linking the changes in the inhalation/exhalation ratios of a

person's breathing pattern to the anxiety associated with fear or lying. Similarly other scientists of the day believed that the electrical conductivity of the skin was also affected by stimuli and fear was to be tested to produce to demonstrate that correlation.

Not until the 1920's were all these polygraph components that we recognize today, the pneumograph, galvanic skin response mechanism and the cardiograph, configured into one instrument.

Each question was thoroughly discussed with the examinee so that the examinee knew and understood (at least to the examiner's satisfaction) each question on the test. No trick or surprise questions were used.

The actual conduct of the examination using the polygraph instrument was one of the shorter portions of the examination process lasting about 15-20 minutes.

The examination results involved a range of information. Some confusion existed in the minds of some examinees concerning the genetic classifications of anabolic steroids and natural hormones. Some were reported to have used diuretics and still some others reported having used illicit drugs from time to time.

All information pertaining to the subject matter of the test that could reflect adversely upon an individual lifter's integrity or honesty was reported to Mr. Hummel for action deemed appropriate.

Although no one portion of the

American Drug Free Powerlifting Association



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A Sound Mind
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Organized to meet the demands of the powerlifter, the ADFFPA provides sanctioned contests with mandatory drug testing.

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merely a device which monitors and records the respiratory, skin resistance and changes in the blood pressure as they simultaneously occur after the presentation of a stimuli - a question, for example: Did you steal that money? Regardless of the situation, for anyone individual there are only two real possibilities based in fact. Either the person stole the money or he did not. In theory if he stole the money, the threat of being asked that emotion-evoking question of whether he stole the money causes the previously described physiological reactions to occur. The changes in the body functions are then monitored on the polygraph charts. Conversely, if he did not steal the money he does not genuinely fear the question and few, if any, changes are observed on the polygraph charts.

Why then does the polygraph work? The Theory of Psychological Set probably best describes why the polygraph technique when properly administered can work as an effective tool for the ADFFPA. A person's fears, anxieties and apprehensions will be directed toward the situation which presents the greatest immediate threat to his self preservation or general well being; generally to the exclusion of all other less threatening circumstances within his environment. Think about the test you forgot to study for or how you felt when you had to tell Dad you dented the car or how you felt on your first date. In each circumstance our bodies

readied ourselves to deal with such emotionally or physically threatening situations. While reading available literature in the field of powerlifting, it has become very obvious that screening for drug use is an exceptionally controversial issue. A case in point involves the allegations leveled during the 1981 World Championships. Whether or not urine specimens were in fact contaminated or whether or not legitimate drug use by participants caused inaccurate laboratory analysis is purely a Monday Morning quarterbacking at this stage. Obviously, the ADFFPA program without the support of participating nations involved led to the continuation and emboldenment that ensued. To avoid controversy like that which occurred in 1981 powerlifting organizations will have to address first the establishment of standards and then the methodology of enforcing the standards. Only time will tell whether or not Mr. Hummel's group will make the polygraph a useful tool for their organization. If there is any hope to rid the powerlifting community of drugs and their effects, physical and psychological, it will rest with the success of Mr. Hummel's program and others as dedicated.

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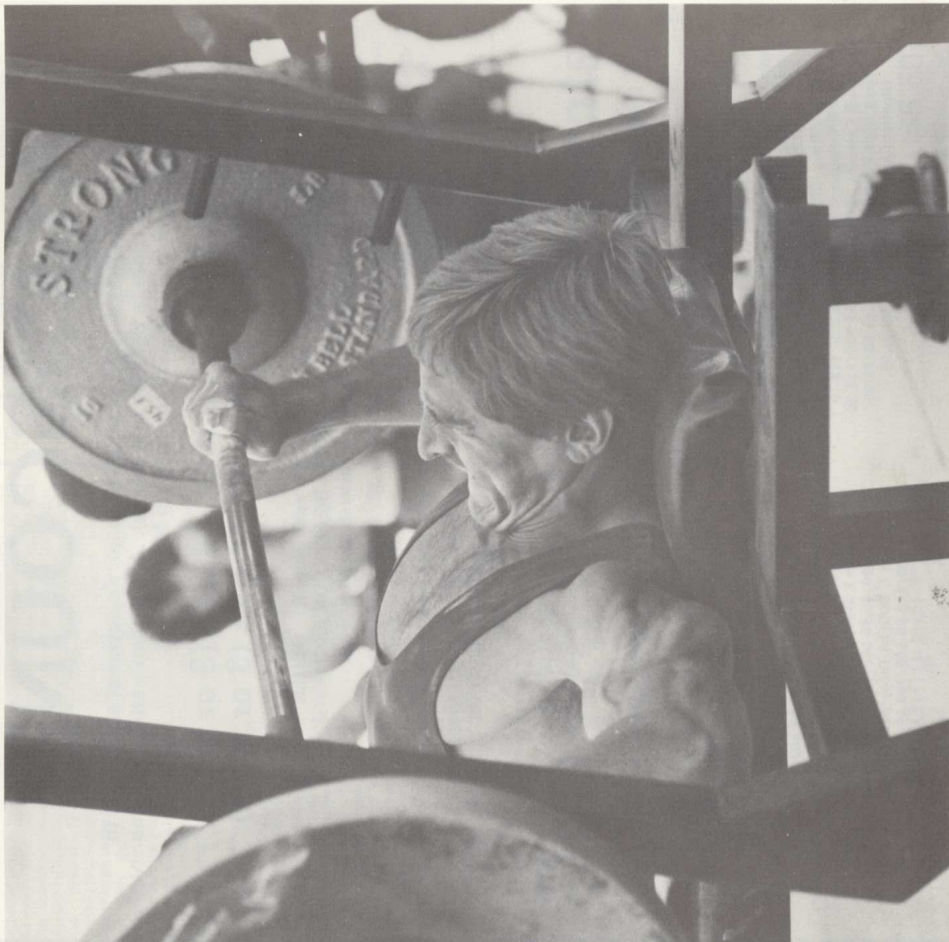
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POWER PROFILE

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

George Hummel Natural Champion Powerlifter by Tim McClellan



Watching George Hummel work out tells you why he has had such success in powerlifting. He has a certain individual intensity that is uncharacteristic of most lifters: a picture of drive and desire. Talking with George, in addition to waiting him lift, makes you realize that he could be nothing but a success. Success to Mr. Hummel is a result of one's own labor and the practices what he preaches.

It is this sense of individual achievement that drives George in

body. He wanted to improve himself, because he knew it would help him become a more balanced, productive human being. After being talked into entering a local contest (which he won) in the spring of 1976, George realized that he had a bright future in powerlifting. After all, he was blessed with a God-given talent and the determination to use it.

The rest of his total would fulfill his personal desires. In addition, he found his efforts ranked

him with the best in the world. During his career he has been: Pennsylvania State and YMCA National Champion (1977), North American Champion (1978), Senior National Champion (1979), and Powerlifter of the Year (1980) and the World Games (1981). In the 132 pound class he has squatted 462 pounds, pressed 341 pounds, and his best total is 1,316 lbs. and he has earned a spot on the World All-

Time Top 10 list in Powerlifting USA Magazine. For long on the calendar he has been the pre-eminent in Lehigh Valley, physical fitness in 1978, also and Best Abdominals. Four months later he made his first Elite total.

Today he competes in the 148 lb. class. Hydrostatic tests at a local laboratory confirmed his problem in getting to 132 lbs. At that weight he was estimated to have between 10 and 15% body fat.

These achievements alone do not give George the credit he deserves. Perhaps the finest thing he has accomplished in powerlifting has not yet been mentioned: this being his affiliation with the American Drug Free Powerlifting Association. Along with Brother Beget (the ADFPA President), George (Vice President) has been promoting a new and healthy alternative in a league where lifters compete without the use of steroids or other strength inducing drugs. Yes, George Hummel is steroid free! He did not want to detract from his other healthy qualities. Through all of this he never relinquished his first and most important reason for weight training - developing and maintaining a strong healthy body to benefit him throughout his life.

Why did George get involved with the A.D.F.P.A.? 'For too many youngsters,' he says. 'Too many teenagers are persuaded into taking drugs to become champions. The A.D.F.P.A. is an alternative. It is healthy, it is moral, it is fair.' It is not a power hungry organization that is trying to dominate the USPF Hummel goes on, 'it is for the young and old alike and for the good of our reputations as athletes.'

Seeing him in action fully supports his words. Much of his spare time is spent in helping others. His friends at the Allentown YMCA can tell you that. So can the directors of the Lehigh County Velodrome, one of the world's finest bicycling tracks. George is the leader of the Velodrome Fitness program, in which he encourages cycling competitors to improve themselves through weight training programs. Years ago the number of cyclists doing lifting were few in number, but today there are dozens and dozens participating. They do so for just causes. George is very knowledgeable, and thus very popular at the Velodrome.

It is obvious why he has improved so many bike riders, as he views fitness training from a broad perspective of experience. Training an athlete is a complex task, claims George, 'it is indeed both an art and a science.' Therefore, he feels that we must learn, be open minded and give and take with others. He adds, 'we must go a little bit out of our way to improve ourselves. One can make gains from scientists, coaches, the medical profession and other athletes. We must all work together to help one another.'

As for training programs, he believes that because each person is an individual, each person should be on their own routine. George dislikes the idea of printing his own program for people to follow - just because it worked for him. What he does strongly recommend is for lifters to gain as much knowledge as possible and experiment with programs until they gain optimal success. By knowledge, he means observing principles of exercise physiology, biomechanics, kinesiology and implementing these principles into each individual's program. Programs of champions may help to some degree, but they may be designed for their bodies, work habits, sleeping and nutrition rather than your own.

What he would like to stress in place of his routine is a little advice for training, such as:

1. **Avoid Injuries:** train sensibly, and don't try any lifts way over your limit.
2. **Work Hard:** remember, your success is a product of your own labor.
3. **Be Patient:** strive to improve your total and prove to yourself that you can be better, and healthier.
4. **Get Cardiovascular Fitness:** it is such a benefit to your endurance. Powerlifting is incomplete in that it only works anaerobically. You need aerobic conditioning too in order to be a more fit human being as well as a more enduring lifter. Limit long distance running, as too much of it can hurt the squat.

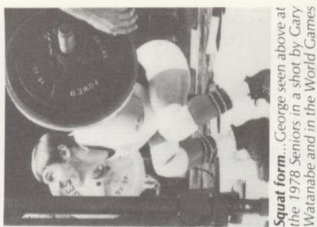
George prefers 20 minutes of bicycling about 4 times per week. Running up stadium steps is a good idea too.

Train Content-like: the old motto 'you play like you practice' applies here. Plan the same jumps in the gym as you do when you're warming up for an attempt. Take the same amount of rest as you'd get during lifts in a contest, etc.

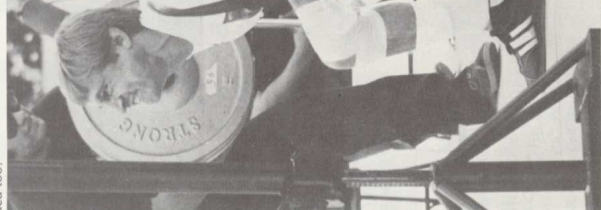
Eat Wise: represent the Basic 4 food groups. You know, like you were taught in fourth grade. 'Try to cut down on beer, sugar and salt. Pay close attention to what you eat.'

Never Bomb Out: it's not what you finish with. There is no excuse for being so unwise as to not get 1 out of your 3 attempts in.

Practicing what he preaches is an important way of life for George. Using these ideas he's had a happy, successful career. In fact, he says he's never felt better (he is 28 years old now). He certainly has one strong, healthy body, and it comes from his rare determination, and his strong and healthy mind.

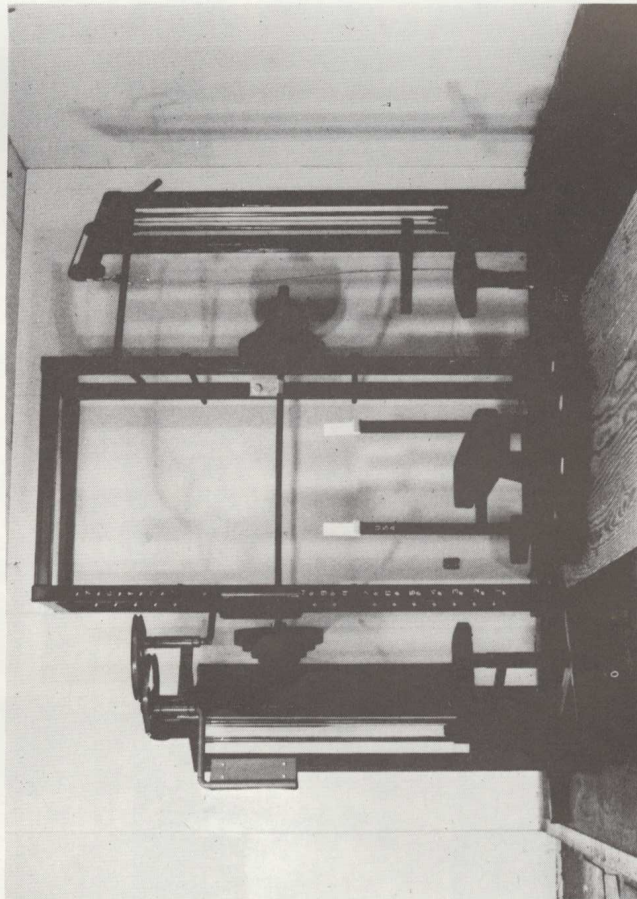


Squat form. George seen above at the 1978 Seniors in a shot by Gary Watanabe and in the World Games



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Master Power

by Stanley Lampert

Along with Los Angeles Times publisher Otis Chandler, Stanley Lampert was one of the first great American shooters to appreciate the value of heavy weight training to improve their field event performance. The former All-American has won over 400 medals in over 250 track meets, and he raced shotput great Larry O'Brien to the 60 foot barrier, soaring past the listed IAAF World Record in the process on May 1st, 1954. After his athletic successes he proceeded on to similar acclaim in the business world as an insurance salesman. At the age of 53, a height of 6 ft. 4 in., and 252 bodyweight, he has returned to weight training and is now handling far more weight than when he broke the World Record in the shot, over 25 years ago. His best lifts include a 275 lb. overhead press, a 275 pound power clean, 575 pound squat, and 500 pound deadlift, nearly a 40 percent improvement over his earlier efforts. In the following article he discredits some popular training room mythology and offers his own training program for consideration.

After thirty seven years of participating, observing and researching in strength and power building, I've come to some conclusions that don't jibe with accepted modern theory. In fact my conclusions are directly contrary to the popularly accepted beliefs. Here is the dogma, followed by my determinations.

- 1. You must do as much as you can stand to benefit from strength training.** False. You should do as little as necessary to keep improving. My observation is 99% of all strength athletes over-train.
- 2. No pain - no gain.** False. Simply put, if it hurts you did too much. If it hurts a lot, you did too much. If you work out today and you train properly it shouldn't hurt you today, tomorrow or the next day.
- 3. You shouldn't work the same muscle groups two days in a row.** False. It is impossible to build strength rapidly on less than five workouts every six or seven days. After 48 hours of rest, a muscle starts to lose tone and strength.
- 4. Six to ten repetitions with 60 to 80% of a single maximum effort are required to build strength.** False. Doing this ten repetitions will do six to ten single maximums. In strength building only the last rep counts and it is of little or no benefit unless it is a struggle and you can barely make it.
- 5. Sets are required to build great strength.** even more false, unless you are alternating to singles done with assistance that barely allows you to finish the motion (or lack of motion as we will see).
- 6. Workouts should take at least one hour.** False. For maximum strength development workouts need not be longer than thirty minutes and certain workouts should not take even ten minutes.
- 7. You shouldn't go hard every workout.** False; you must go hard every workout.
- 8. You should constantly change workouts.** False; you should never change a workout while you are making progress, no matter how slight. Only change when you are stuck at a plateau.
- 9. You should take regular long lay-offs.** False. Every time you take a long lay-off you may lose up to 20% of your weight lifting capacity and it will take weeks if not months to get back to where you were. For this reason cycle training wastes a lot of time and energy.
- 10. You will burn out on such constant long term training.** False. You won't even get tired, since two or three workouts will take ten minutes, and the longest one will last only thirty minutes.

Now that I've given my contrary opinion on the above ten misconceptions (there are very many others), let's get to my ninety minutes a week strength building routine. This concept has never failed anyone who has used it and usually shows measurable results in one week. Nobody has taken longer than two weeks to show marked (if not dramatic) improvement! Let me however, caution you; this routine will not do several things: 1. Build endurance. 2. Build cardiovascular capacity. 3. Build larger muscles. The routine is simplicity itself. Equipment required: a power rack, a barbell, lots of big plates, and once a week access to a gym with

machines for safe workouts or two husky spotters if you work out at home.

On a six or seven day cycle you will work out in this manner:

First day: limited movement power rack training, done as follows: Choose seven or eight basic exercises and do one rep in two positions. The movement should be confined to four to six inches only. Set the lower pin where you wish to start. Set upper pin two or three holes above. Choose a weight that you can lift with great effort but still manage to hold against the upper pin with some pressure for four to six seconds. A sample set of movements might be (starting at the top of the rack): overhead press, rise on toes, squat, upright row, row, bench press, deadlift. This routine should take no longer than fifteen to twenty minutes. It is extremely strenuous.

Second day: Do isometrics...no movement at all. Set upper pin at the level you wish to push against and once again do seven or eight exercises, one rep in two positions. Hold for six seconds in an all out effort to move the immovable bar. Place the pins in a week or sticking position for one rep.

Third day: Same as day one, except make sure the position of the pins is different so as to work the whole range of motion over a few workouts.

Fourth day: Same as day two except change positions as explained above. Warning: all out isometrics are also very strenuous; possibly the most strenuous effort you can make. These power rack and isometric exercises must be preceded by a prolonged stretching routine and warm up, a few power cleans, presses and squats with a light barbell will be sufficient.

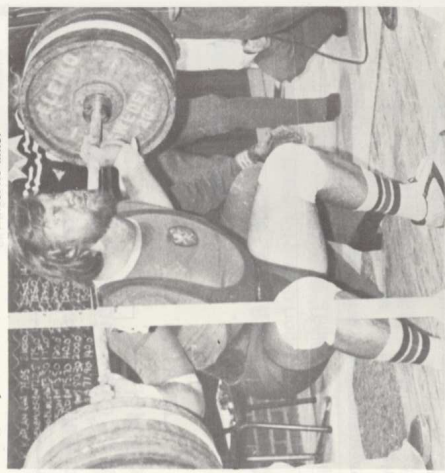
Fifth day: Rest, you won't feel it and won't ache (you may feel the first week), but you will be tired...do as

little as possible.
 Sixth day: Go to the gym or get some spotters to your house and gradually work up to a trial with as heavy a single as you can manage. The heavy single attempt should be made for one exercise each, involving every large muscle group. Try to increase this each week if only by five pounds. Even the Lord rested on the seventh day so you're entitled to a day off if you want one. Some of the more rugged guys will go back to day one routine immediately. Try to increase the weight in the Day One and Three power rack routines. Try to increase the intensity in Days Two and Four isometrics. I personally, commencing at the age of fifty and already quite strong, was able to increase my lifts 25-30% using this routine. I got my overhead press to 275 lbs and squat to 525. For someone now approaching fifty-four and 6 ft 4 inches with long arms and legs, that ain't bad!

Give it six weeks and see if you can't improve more and faster than I did. You should. You're younger. My eighteen year old son is a miniature superman and follows this routine exclusively. No need to go into detail but at 5 ft 8 inches 180 lbs he is no doubt the smallest State champion in the shot put in the USA and he threw 59 ft 2/2 inches. He did no other resistance training than this.

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Perhaps in a later article I can go into further detail but you have enough here to dramatically increase your strength and power in almost no time.



Roelf Van Der Berg, of South Africa is another lifter proving that Master lifters around the world can all continue to develop and improve beyond the strength limits of their youth. photo courtesy P. Westhuizen.

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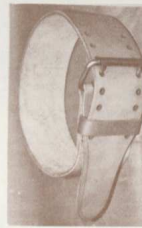
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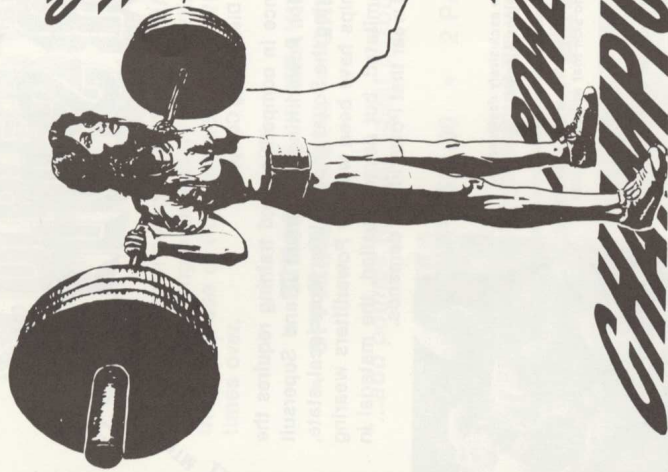
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San Valley, Ca. 91352
Ph: (213) 767-6005
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Ontario, Ca. 91741
Mike's Gym
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Spokane, Ca. 93955
Ph: (408) 394-1001
Mission Muscle Factory
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Mission San Jose, Ca. 94539
Ph: (415) 490-0680
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Berkeley, Ca. 94702
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Santa Barbara, Ca. 93101
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New Rochelle, NY 10801
Ph: (914) 235-9775.
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Pleasantville, NY
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Concord, NC 28025
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Fayetteville, NC 28306
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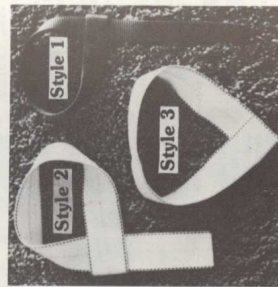
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POWER-RESEARCH

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 PSYCHOLOGICAL ASPECTS OF POWERLIFTING
 by Jud Biasiotto, Ed.D. and Ed Ritter, Ph.D.

One way to measure motivation is to determine how much pain an individual will endure, or how much he will sacrifice in order to achieve a goal. The more accepting he is of the undesirable side effects of his pursuits, and the more he forgoes things of value, then the more strongly motivated the individual is to achieve a particular goal.

Now, for those of you who have been single-mindedly working for years to achieve some degree of success in powerlifting, the idea of a fear of success may seem incredible as well as repugnant. Perhaps there is nothing you want more than to be widely recognized as one of the best, but people are most often ambivalent about their goals. They do not view them as completely positive. This produces an approach-avoidance conflict, and the more nearly equal the opposing forces, the greater the indecision and vacillation. The stronger the opposing forces, the more important the conflict will be for the individual.

Yes, even something as generally desirable as success has certain drawbacks. Depending on the individual's personality, interests, and skills, success can create a variety of problems. For example, most types of success involve recognition and affect people's expectations. They come to expect great performances, but an individual can only do this for so long. The powerlifter who knows he can break a record by thirty pounds may avoid doing so in order to stretch out his success over several meets--each time breaking the previous record by a few pounds. There is an awareness that when you're finally on top, there is but one way to go and the trip down can be agonizing. This is especially true in a sport like powerlifting where success for most individuals is relatively short and such a distinction is made between being number one and number two.

Another potential drawback of success is that the public often makes outside demands on the individual that he is unprepared for. For example, even though his trophy wasn't in public speaking, the successful powerlifter may be asked to speak in front of a large audience, or play a leadership role in some community project. An individual who does very well in one area is usually characterized as a successful person in general, rather than a person who was successful in whatever he accomplished. Thus the public comes to expect equally successful performances in quite different areas. We know, however, that being a great powerlifter does not guarantee success in, say, professional football, because so many other factors and skills are important. The public tends to overlook this. Heroes are supposed to fit the mold. They should be talented and confident,

ly exaggerating their unassessed potentials and substituting these for actual achievement.

Another reason for fearing success or at least being ambivalent about it, is the awareness that many individuals feel threatened by success. The gifted individual who wants to be accepted may avoid appearing too talented. An individual's success may be a source of embarrassment--others appear inferior by comparison.

Very few individuals really feel completely good about someone else's success even when they benefit from it. Jealousy and resentment are more typical reactions when we are in a situation where we are being compared to someone and come up short.

Parents and others who are close are likely to have very mixed feelings about the success of a powerlifter and this may affect his motivation. They, for example, may be most concerned about the possibility of the lifter getting hurt. They may react negatively when the lifter will just inspire him to go on to the point where serious injury does occur. Parents also tend to feel that the serious lifter would be better off directing his energy and determination towards what they feel are more important goals.

Individuals are especially likely to fear success in activities which are considered inappropriate or violate strong social traditions. Successful weightlifters have to deal with the 'strong back--weak mind' stereotype and pound for pound, no one has a stronger back than a powerlifter. Women powerlifters may attempt to conceal their success from those individuals who accept the traditional stereotypes about femininity. Many women who are new to the gym express their concern about becoming too muscular: 'I don't want 'big muscles, I just want to tone-up', -- as if they could wake up some morning after exercising and be suddenly transformed into a Bev Francis!

Someone who was completely afraid of success in some area would not really have much to worry about because it's not something that just falls on you while you're walking down the street. Generally, you have to deliberately try to achieve success and for most it involves a lot of hard work, but it is likely that the ambivalence about success in powerlifting is greater for the social than for men because of the women's conventions about this sport. Keep in mind that for every woman who has the courage and independence to make it in powerlifting, there are many more who will conform to the social conventions. It would be wrong to assume that just because of this conformity they wouldn't have made good athletes.



FEAR OF SUCCESS

Mike Bridges... is one lifter who obviously has no fear of success.

even though such characteristics are likely to be specific to performing certain tasks.

The successful individual finds that he has less time to himself. Even if he does keep his independence, he is likely to feel guilty about not giving in to social pressure. Other lifters seek help and advice--even some security in not trying because this could always be used as an excuse for not succeeding. If you haven't tried, no one knows what you could have (or could not have) done. This does give one the benefit of the doubt but this is no justification for arrogantly assuming that one would 'have done' better and colleagues become partners and colleagues become well. People have a way of gross-

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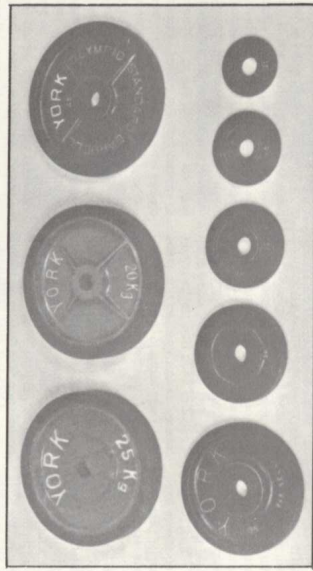
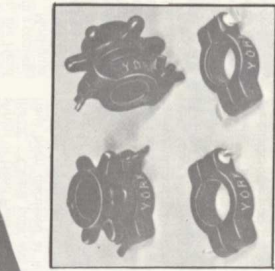
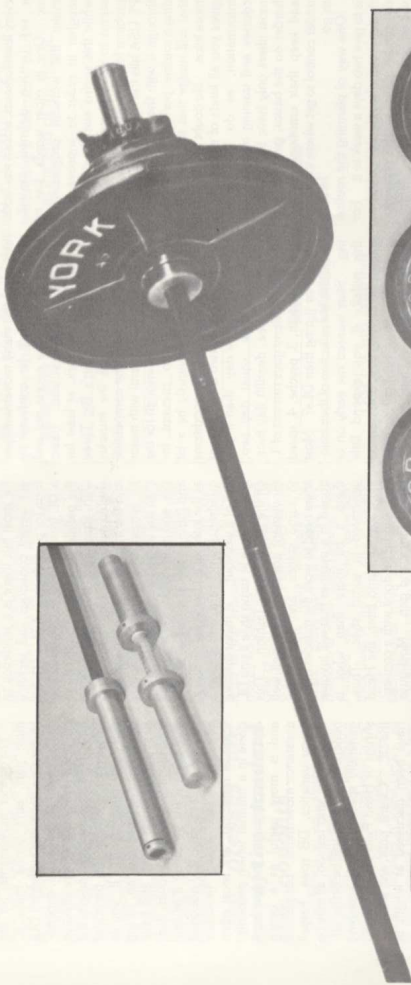
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More From Ken Leistner

As expected, last month's material brought in quite a bit of mail and training ideas mentioned. Frequency of training is perhaps the most controversial area. It's been proven time and again that one must get stronger and develop more muscle tissue if he or she trains with progressive overload, i.e. adds some weight to the bar each workout or every few workouts, adds a rep, adds a set (within defined limits), etc. One in other words, has to make the workout progressively tougher in order to improve and while this seems awfully simple, it seems to pose an unsurmountable problem for the most lifters. Every time PL USA hits the mailbox, guys rush through it with the intention of finding a routine, perhaps THE routine that will make that total up a few more kilos. No doubt that PL USA gives you all kinds of solid training courses and training manuals, but most lifters only have to train a bit harder on the basics, get more rest and keep their emotional turmoil under control to get where they want to go.

One way of planning the routine is to give two days a week to it. For those who are hopelessly hooked on the gym social scene, this of course, will be close to impossible. Unfortunately, many lifters, many superb lifters in fact, get little satisfaction from their employment, family, interpersonal relationships, hobbies, or friends, and their lifting serves as the touchstone of their personal involvement. For the guys who are looked upon as yo-yos at work, turkeys by members of the opposite sex, and misfits by family members, wives included, the positive reinforcement received at the gym will be sought to replace. These are the guys who might show up for an hour or two, just to b.s. or spot, on nights when they're not scheduled to train, or all of their friends are also powerlifters and time out of the gym is spent talking about little else but sex (or the dirt of it) and training. For those hooked on the "more is better" theory of running one's life, two days a week will also be tough to endure. Well, if I only squat once a week and DL once a week and improve, I'd do almost twice as good if I DL twice a week and squat two or even three times a week. Of course, I'll go light some of those days. Man, talk about reciprocity failure! Train with bodybuilders? If you do less than ten or twelve sets of assistance work, they'll have you believing that you won't have enough muscle tissue to do your big lifts... got to pump the tissue man. In with olympic lifters? Almost as bad, as most US lifters are into the Eastern European six day per week, fourteen workouts per week system, complete with divorce, loss of work time and all of the other wonderful things that await those who sacrifice everything for a few pounds on their push press. Two days a week gives you as much, if not more latitude than train-

trap soreness coming on. Within the hour I had a nasty headache, my entire upper back felt like it had been frapped by mortar fire. Bad scene. It was a lot easier rationalizing a weekend in rural Pennsylvania, getting totally wasted, in light of this; Hell, did you expect me to drive home with a migraine and crippling soreness? No lie, whenever I do this correctly, I'm useless for a week. The lighter movements, for the most part, ain't gonna make it. Hyperextensions, like stifflegged DLs can be useful or dangerous, dependent upon style, but it's more effective for rehabilitating the back (despite the Russian's exploits on this particular piece of equipment) if you've got it balanced, and then take it off and shaking. You really think that will help your connective tissue or overall squatting ability?

The bench is, as I stated a few months ago, perhaps the most over-worked lift, in terms of assistance exercises have been awarded almost in the names of some circles, all in the power of larger pecs or a better bench. I promised a separate article on this so I won't make further specific two day routines, methods to do it very heavy, but not too often.

Squat assistance work looks a lot like DL work. You probably won't need too much of it if you squat heavy and hard. Leg curls and extensions are effective for rehab work but when you start pushing 150-250 pounds, the risk of ligament damage in the knee far exceeds any possible benefit. The back squat will give the quads some work but so will high bar or olympic style squats, or even front squats, and I think it's important for the PL man or woman to be squatting if it's leg work (or hip work) that's desired. Besides, hacks are awful tough on the patella tendon for most people. The leg press can be useful for some, but this is an peculiar movement.

If I had a dollar for every time someone declared that "I get as much out of leg presses as I do from squats, so I'll do leg presses", I'd be quite wealthy. This is one of the standard gym copouts. Most people don't like to squat, so they leg press and convince themselves that the benefits are similar. No way. Depending on the machine being used, the knees and/or low back, primarily the low back, take a beating. Some sumo DLers have found it to be useful, especially on one of the angled leg press machines, but most guys still use it as a carryover from their early days in the gym or to rest from all those squats. It can be useful when one has a hurting low back, but I'd let them slide otherwise (no pun intended.) Half or quarter squats are more often than not, a problem, as one will tend to utilize different foot spacing

of cycling towards a meet on two a week program, and get further into the rotation method of training the three lifts next issue.

With the World's approaching, most of our guys are in heavy training. We may be favored, but some of the guys are going to have their hands full, so take the time to drop a note upon their return and do them for representing you and doing their best. It's the considerate thing to do and we're such a tightly knit sport that all of the fellows will be able to show their appreciation.

A pat on the back for PL USA. In the last few months, most readers have, of course, noted the color cover, but Mike Lambert has recruited more and better authors, and it is obvious. The other muscle building publications on the newsstands have little or nothing that is applicable to PLing and the so-called professional journals are often so self serving and biased as to make most of the articles and "research" pieces forgettable. Once again, a case of who you know, and not what you know, as the Pump and Bump publications have indicated for years. Guys like Don Pfeiffer, Drs. Blasiato & Ritter, Jack Diganji, Fred Hamano, etc., guys who have paid their dues in the gym and in meets, guys with good theoretical backgrounds have been regularly contributing to the insights that Ron Fernando and I have given you, and it has paid me out well. Support PL USA and your sport and enjoy doing it. We got a good thing going.

Correction...we goofed on Roger Estep's photo caption in the American Cup coverage in last month's PL USA...Roeger is not his first name.

ELECTION BALLOT for Athlete's Representative on the United States Powerlifting Federation National Committee.

Any registered USPF athlete may vote in this election...simply check any FIVE (5) of the nominees listed below (MAKING SURE THAT ONE OF THEM IS A WOMAN) and send your ballot or a copy thereof to PL USA, Box 467, Camarillo, CA 93011. Check no more than 5 nominees, including 1 woman, and enter your USPF card number at the end of the ballot.

- Richard Peters
- Vince White
- Larry Pacifico
- Juli Thomas
- Vicki Steenrod
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Send completed ballot (or copy) to PL USA, Box 467, Camarillo, CA 93011. The results will be compiled for presentation to the Executive Committee of the USPF as well as being published in PL USA. DEADLINE for receipt of ballots at PL USA is 1 January, 1983!

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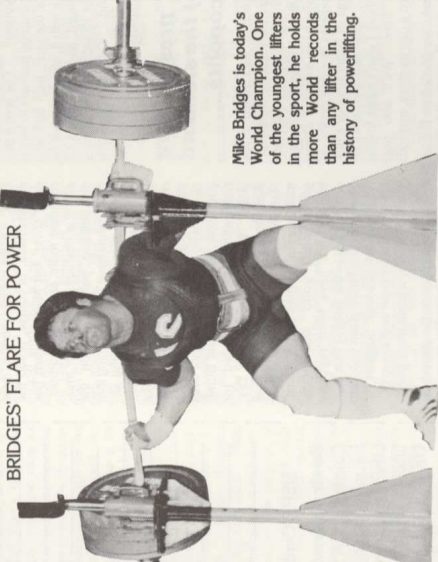
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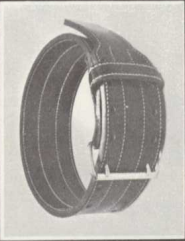


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STARTIN' OUT

A special section dedicated to the beginning lifter

Goal Setting and Planning by Don Pfeiffer

No one will deny the important role genetics plays in the development of a champion in any sport, including powerlifting. Champions like Mike Bridges, Bill Kazmaier and Don Reinhardt have certainly been blessed genetically, but their success is due to more than having the proper physical inheritance from their parents. They, and all other champions are aware of the importance of setting goals and developing a plan to reach their goals.

Any powerlifter who fails to set goals and develop an appropriate plan will never reach his potential. He can train for years and never rise above mediocrity. Setting goals is no guarantee that you will become a champion, but it is the first step in fulfilling your potential as a powerlifter.

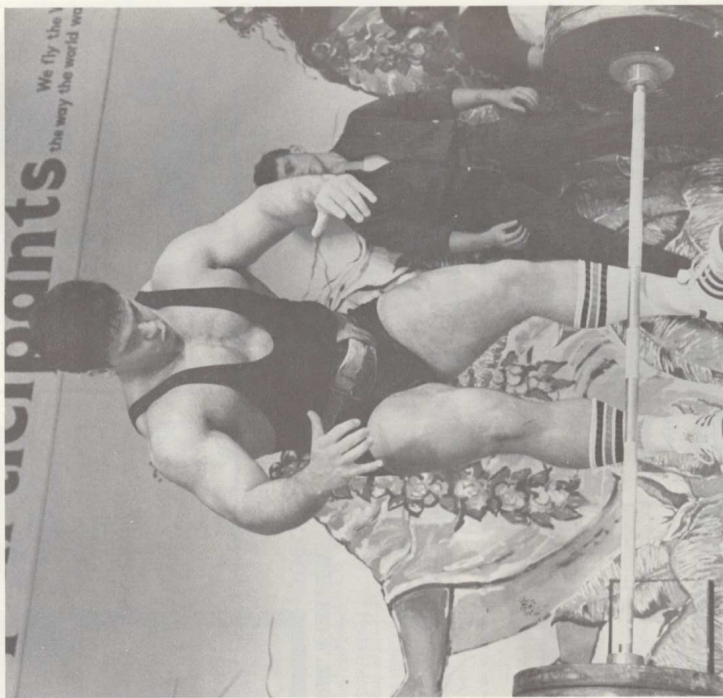
The first step in proper goal setting is to define exactly what your goal is. You must be very precise and clear in setting your goal. Say, for instance, that your goal is to win the state powerlifting championships in your weight class. Although this is a worthy goal, it is unfortunately unclear. After analyzing the situation, you must determine how much weight you will lift the title and then break it down by lift. Then you have clearly defined your goal.

It is not always a good idea to reach for the stars. Your goal may be to become a world champion in powerlifting, but is this a realistic goal? I'm not trying to limit or discourage anyone and the last thing I want is for someone to sell themselves short, but if your goals are unrealistic, you can become discouraged and quit. In fact, you can actually become mentally and physically sick by pursuing an unrealistic goal. Take stock of your abilities and analyze the situation. If you've been training for five years and your best bench press at 181 pounds is only 250, it's very doubtful that you have the potential to be a world champion. This is no way means that you're a failure. Lower your expectations somewhat, but set your goal high enough so that you'll have to work hard for it.

Next, you must consider the time element. Using our previous example of wanting to become a world champion, and assuming you have the potential to do so, it may take several years to accomplish. The only problem with having a goal so far in the future is it is easy to lose

exactly what to take and what route to travel. Nor would an army march off to battle without first laying down a plan for victory. I'd like to see the powerlifter must learn to chart a course that will enable him to reach his goals. He must carefully plan out the routines that will bring about the desired progress. Even more importantly, he must learn to analyze his workouts. He must determine which principles and training methods are working and those which are not. Obviously, the most important principle is to analyze and track progress and avoid those that bring failure. This last point may seem too obvious, but some powerlifters refuse to work after productive routines because they are afraid to change. They are lazy to analyze their workouts and make the necessary changes. No plan of attack is going to be perfect the first time. If you want to reach your goals, you must learn to make the necessary changes in your plans.

Finally, no matter how good your plan of attack is, you will not achieve your goals unless you put your plans into action. Dreaming will get you nowhere. Don't waste another minute. Set your goals, plan your course of action and then get going - immediately. DO IT NOW!



Massive Jim Drapal...has set and achieved career lifting goals of 2,000 and 2,100 pounds in the total.

South Africa 'Alive and Well'

Fred C. Hatfield, Ph.D., Fitness Systems

Joe Bradley and I received a phone call from Sarel de Bruin, the President of the South African Powerlifting Association, requesting that we come to this country to compete in an international contest. Like any athletes who have labored hard to excel, we gladly accepted the invitation, not only for the opportunity to compete in an international meet but to see a part of the world that had never seen before. Whatever misgivings Joe or I had prior to going there were immediately dispelled upon our arrival. South Africa, you see, is reported to be a racist country in which blacks have no voice in government, sport, education or anything else. By some twisted form of logic, such myths are propagated to this day about the great country - despite mammoth efforts over the past few years to enlighten other countries around the world as to how things really are there.

The sin of it all is that South Africa has been discriminated against in sport. Various Commonwealth countries threatened to walk out of the World Championships in Arlington if South Africa was allowed to compete. This, despite the fact that South Africa had been invited and traveled half way around the globe to do so! The result was, of course, that the entire South African team (two members of which were black) had to go home because they were "racists."

Other international invitees to South Africa were Hideo Inaba and Susumu, Toshida of Japan, Cannon Toal of England, Dr. Ricardo de la Cruz of Spain, and Ron Collins of England (who recently immigrated to South Africa). Each of these gentlemen signed their names to a petition requesting that South Africa be admitted into the IFF. It was no trial gesture on anyone's part to do this. We did so after seeing how things really were in South Africa - none of us witnessed anything smacking of racism in sport there. In fact, quite the opposite was observed.

Witness Russia's mistreatment of the Jews in their country. Witness their total disdain for individual rights in the case of Poland, Afghanistan, and other areas of the globe. Witness England's racial problems with Indians. I take a look at how the Australians have historically behaved toward their tribes there. Don't fall for the account how the goodly folks of the United States have treated their black and Indian citizens over the years. I submit to you that South Africa is no more guilty than anyone else in the world of succumbing to racial prejudice. I further submit to you that the South Africans have gone

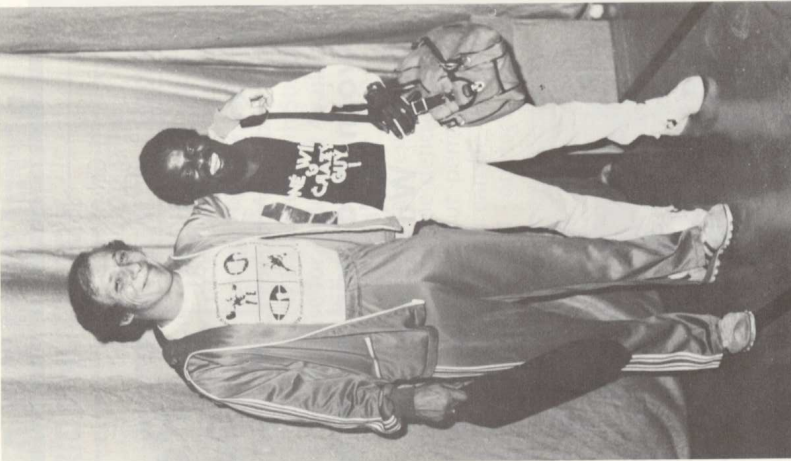
much farther than most countries in their efforts to right whatever wrongs their predecessors may have committed in the general area of human rights violations.

Sport has proven itself throughout history to be one of the most potent tools man has in promoting good will among the nations of the world and between races of people. The common ground of sport remains a singular monument to the equality of all men. To deny the chance to participate in sport to any country is more shameful than the sin for which that country is supposedly being punished for. It constitutes a violation of human rights more heinous than any form of racism. I have asked for admittance to the IFF; but your bottom dollar that they'd be admitted immediately. Yet, as the entire world knows, their brand of Communism is as shameful as handing a secretary a loaded pistol.

The Secretary of the IFF, Arnold Bestrom, has agreed to put the case of South Africa on the agenda of an upcoming World Congress in Germany. This was largely due to the courageous efforts of Dr. Ricardo de la Cruz.

As an athlete, I am in favor of admitting any and all countries of the world into the IFF. If I am to say that I am the best, then I need to compete against the best. Denying entire countries full of athletes this opportunity is taunting, stupid, arrogant and capricious, and it makes any world championships something less than that which it claims to be. What's worse, it casts a shadow of doubt on anyone being able to claim that they are the best. South Africa is full of talented powerlifters and they are there in all sizes, shapes and colors. Note are denied the right to compete in their National championships and this is know it should be the fortunate few, or the moguls powerful enough to dictate terms of entry. Sport is the proprietary right of all men. Regardless of race, creed, color (do those words sound familiar?) or religion.

I'd like to call upon the member nations of the IFF to allow South Africa into its fold. Many other sports around the world have done this hospitably - all of the visiting lifters were treated regally and the trip will remain in all our memories as one of the best experiences of our lives. Lifters, have gained many new friends and acquaintances (will correspond and against whom I will hopefully compete!



Hatfield & Bradley...have been to some great meets together, here pictured at the 1980 World Series of Powerlifting competition. They were both lighter then, Joe in the 132s (where he set 2 World Records in the squat, 1 in the bench, and 2 in the total at this meet) and Fred way down in the 181s. This was Fred's last contest at 181 and marked the beginning of a tremendous surge of World Records and big totals. At the Invitational meet in South Africa, Joe Bradley unofficially (no card holders) broke the World Record in the squat with a 650 and then cracked the total mark with 656, including a 600 deadlift, while Fred, weighing a mere 221, made 242.7. Fred's crushing weight lift of 242.7 for the Rawlani meet in 1983, to attempt a squat of well over 900 pounds.

World's Strongest Man Contest...long a showcase for the great Powerlifters of the World, as well as the finest strength athletes in other sports, may be in trouble as a result of a lawsuit brought against the people who put the thing together way back in 1977 by Franco Columbu. Helped by testimony from Arnold Schwarzenegger, a jury has awarded Franco over ONE MILLION dollars in damages to compensate for his knee injury suffered in the refrigerator race. The decision has left a bitter taste in some people's mouths and it does seem reasonable that if the backers of the competition want to do it again in 1983, they may have to change the events, perhaps even drastically so, to protect themselves from such lawsuits in the future.

Hall of Fame Nominations...the Hall of Fame Committee makes recommendations to the National Committee at its annual meeting at the Senior National Powerlifting Championships regarding the advancement of candidates to the official Powerlifting Hall of Fame. If you wish to nominate someone for membership into Powerlifting's Hall of Fame, prepare a resume of the lifter's accomplishments and send it to Dick Burke, Hall of Fame Committee Chairman, Box 1211, Oklahoma City, Oklahoma 73101, and send it in prior to March 1st, 1983 so the Hall of Fame Committee can evaluate it and prepare their recommendations prior to the Seniors. Lifters like John Kuc, for example, have yet to be inducted, so if you know of someone deserving, take some time to see that he gets a proper chance for recognition as one of the sports honored greats.

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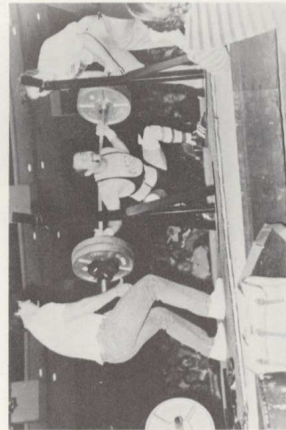
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by Jeff Everson, Head Strength Coach
University of Wisconsin

Because football is a sport of momentum, mass, static strength and explosive power, it is important that the training methods used to develop these physical parameters be closely matched from a physiological standpoint. Certain aspects of powerlifting are in other words, a base of muscular and cardiovascular endurance, with requirements of very intense, short bursts of highly explosive muscular power. Additionally, in case of line play, there are somewhat sustained static strength moves; if you will, almost a sustained isometric effort, such as in grinding out a heavy squat. Olympic lifting would also appear to give good physiological power, or short bursts of muscular effort. While this is true, the ballistic lifts are not wanted, such as in the squat clean and snatch moves. Moreover, the power clean and jerk from stands or push press are moves that can be done to augment a football player's development. Do not be swayed by the arguments that since powerlifting consists of heavy slow moves only, leg muscle fiber will be hypertrophied. This is a groundless assumption and has no scientific backing in the literature. White muscle fiber most surely will be hypertrophied since the intensity of heavy, unending efforts dictates that the nervous innervation and metabolic use pattern favors white muscle fiber development. Thus powerlifting can only have favorable influences on speed and on quick strength.

However, it should be clearly pointed out that if football is your main game, powerlifting should exist as an adjunct to total conditioning. Equal time must be given to the development of total conditioning that includes, flexibility, foot speed, lateral agility and muscular endurance. At Wisconsin I have found powerlifting to be successful on a 3 day a week routine supplemented with 3 days per week of specific plyometric and speed drills.

Ray Moran, a very successful powerlifter and football player in his own right, is my assistant and he would probably readily agree. We both feel that athletes that combine football and powerlifting frequently overtrain themselves.

Specific powerlifting-football weight training routine based on a 3 day per week program:

- Monday-Exercise:
1. Bench press: 2 sets x 15/10
warmup reps; 3 sets x 5 pause reps;
2 sets x 3 pause reps, 1 set x 7 lg (touch and go) reps, 1 set x 10 lg
reps, 1 set x 15 lg reps.

specifically, the attributes or abilities to move laterally quickly, turn rapidly, accelerate and decelerate rapidly, as well as moving straight ahead in a controlled manner. Many of these qualities are innate neurologically, however, the neurological and muscular system can be trained. This is evidenced by the improvement through form running and the muscle enzyme changes seen upon biopsy. All of these factors can be collectively referred to as the development of motor pathways. In addition to weight training, certain exercises and drills can help facilitate this development. The following section presents information on European research on explosiveness and several fast foot drills we use that are designed to maximize agility, explosiveness and speed.

It is no secret that the European countries, particularly the eastern bloc, have done much more research on the physical aspects of sport, such as speed, explosiveness and agility. There are certain exercises, when performed at the right growth period, (adolescence) that can optimally increase explosiveness. Elaborate European tests on youths aged 14-19 have found that the best exercises are the shuttle sprint backwards, the vertical jump, the bicycle movement while lying on the back and forward hopping for distance. A fifth exercise that is particularly fine for football players is the 40 yd dash starting from a lying position, prone arms outstretched over head. The shuttle sprint backwards is done where the athlete sprints 10 yds backwards, comes back backwards, then goes 20 yds backwards, returns backwards, goes 30 yds backwards, returns backwards and then finally sprints 40 yds backwards and returns backwards. After this the player, without rest, jumps vertically for height 10 times. For the uninitiated, this places tremendous strain on the trapezius muscles. After this the player takes a short rest and then performs the lying bicycle 10 times for 10 sec periods. Each period has a 5 sec rest period in between. Thinking speed is crucial here. The athlete then stands and does bounds for distance - 10 in a row. A good athlete may reach 70-80 ft. after all of this. These latter 2 exercises work the hip extensors and flexors extensively. The 40 yd sprint starting from a prone position is better from an overall standpoint where total muscle development is wanted (abdominals), sprint effect and reaction. It would be very beneficial to defensive units. These exercises are not done all the time, but are used for training variety in the conditioning phase.



Rich Woods...is just one of many top PLers who also coach football.

- Olympic jerks from stands: 5 sets x 3-work up 25 lbs on each set.
- Squat (high bar position): 2 x 10; 5 x 5 only 70%.
- Heavy alternate dumbbell curls: 3 x 8-10
- Rest 5 minutes.
- Bench presses: 1 x 15W; 1 x 8 W; 4 x 5-80% touch-go.
- Tricep pushdowns: 4 x 12
- Leg curls only: 3x6-8
- Hyperextensions: 3x15-20
- Abdominals on progressive incline: 4 x 20

The routine is fairly self-explanatory. It should be progressive and proceeded and followed by 10 minutes of either vigorous static stretching or partner PNF stretching (see previous issues of PL USA). You will notice that the routine combines elements of strength, power and muscular endurance, just what is needed for a football athlete.

I mentioned earlier that powerlifting training should be an adjunct, primarily for strength, while special drills should be done to develop power, flexibility, lateral movement and overall explosiveness. By ex-

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Powerlifters Sweep Top Spots at Mr. Las Vegas Bodybuilding Championships

by David L. Mann & Michael Wright

Powerlifting great Jay Piekut once raised the question, "Are we of the gods or are we of the slobs?" Powerlifting State champion



Gary Menaker, along with lifters George Powell and David Wilson recently proved they are, "of the gods," by taking the top three spots at the Las Vegas Bodybuilding Championships.

In front of the largest bodybuilding crowd ever to assemble for a local Nevada contest, Powell was awarded the Mr. Las Vegas title while lightweight Menaker and heavyweight Wilson won their respective divisions. More than 1,000 people crowded into the plush Frontier Hotel Casino to see 49 contestants battle for the prestigious title and a four-foot-high trophy.

Menaker, three time state champion and holder of all state mid-division records was the obvious winner of his class. "He is very thick, dense and muscular, obviously a result of his heavy power training," said Harvey Spiegel, avid powerlifter.

It seemed that Menaker didn't know this at the time, however, as he appeared slightly nervous while posing. After performing before audiences for 12 years with a barrel on his back, it must have seemed odd to be on stage while wearing only posing trunks, but Menaker's superbly shaped body, which was both symmetrical and massive, more than made up for his slight nervousness.

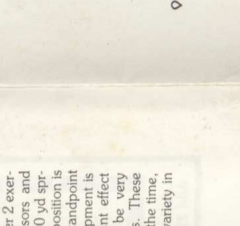
It seemed that what separated the lifters from the rest of the competitors was leg development. While most of the bodybuilders had great upper body development, the lifters had both upper and lower body development. It looked as though some of the bodybuilders had never had a

good squat workout. "They say my legs won it for me," said Menaker. "Twelve years of squatting paid off." Wilson, holder of the state bench press record in the 242s, took second in that class this year in the Nevada State meet. "My idea of bodybuilding is being huge and powerful, as well as being defined and proportionate," said Wilson.

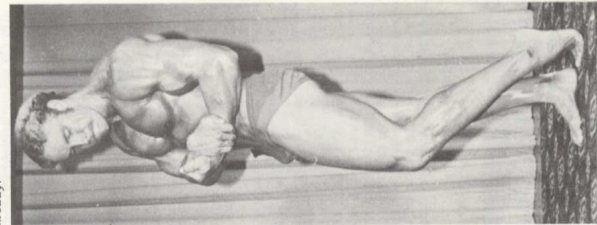
Bill Davis, Injury Update... no surgery was required after all. He had pulled his left erector 3 weeks before the Seniors and felt he had no choice but to train on it. That, plus the fact that he dropped 13 pounds the night before the meet, led to the muscle tear on his opening squat. Even though he only got one squat and 2 benches in, he was still 10 kilos up at subbotal time. He now realizes that he should have stopped after his first squat, but at the time he felt that he had come too far and was too close to winning. Bill has lifted for 6 1/2 years now and has thought of nothing but being the best. He tried his opener deadlift of 760 twice and then 766 but none of them were very close. After his third attempt he pulled his suit down, almost afraid to look, and found a hole the size of his fist in his erector. At the time, he felt certain that it would require surgery, but four days later, muscle relaxants, x-rays, and other tests proved there was no tendon or ligament damage. The muscle had already begun reattaching, thus no surgery was indicated. He began upper body training immediately and started stretching his lower back and legs. After two weeks he started squatting light, 132 pounds for 5 sets of 15 reps, and he is now up to 611 for 3 sets of 5 reps with no pain. He doesn't expect the "hole" in his back to fill in totally, but he feels he can work the surrounding muscle structure enough to compensate for the injury. He hopes to lift in the Missouri State meet on November 21st, where if things go right he should be good for lifts of 810-830, 525 and 770-790, which would be enough to qualify him for the Seniors at 275 if need be, since his current bodyweight is 262, but he hopes to get down to the 242s and make the same lifts, if possible. Bill states that Kaz has mentioned he may also lift at the Missouri meet to break his deadlift record.

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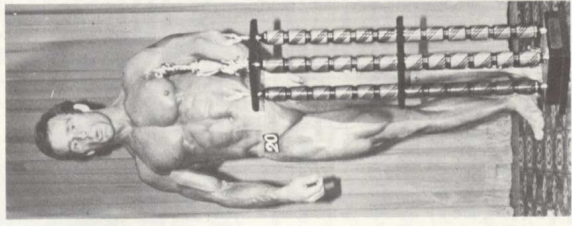
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Most lifters and builders at the contest agreed the two sports can contribute to each other. "Most powerlifters should bodybuild to prevent injuries and balance out muscle groups," division winner Menaker was heard to say. "Powerlifting can help serious bodybuilders to develop thickness," he continued. "Wild Bill Brinkhurst explained, 'If you can powerlift and then cut up, you're probably ahead of the other guy already.'



David Wilson, had great size to go along with his benching prowess.



Sgt. Powell, serving with the Air Force felt that the Mr. Las Vegas title would be a good goal to work for and he went after it. All photographs courtesy Dave Mann

MESSAGE FROM USPF PRESIDENT, DR. CONRAD COTTER

There is a shortage of good national and international referees. We can alleviate much of the burden presently borne by these officials and ensure a dependable reservoir of candidates by developing in each state a state referee's certification program.

When we take care to ensure that each state referee is properly qualified, we will avoid the stigma that is associated with anything third-rate. If the clinics are thorough in their coverage of the IPF rules and given at frequent intervals, if the examinations are rigorous and if the candidates are screened for character, state referees will command respect.

Of the many qualities we look for in a referee, one's character is by far the most important. A referee must be able to deal with all circumstances. Give preference to a person with this much character, and I will return to you a splendid referee. However, if a candidate is burdened with moral weakness, though he may have memorized the rule book and be able to boast of years of experience, I have no confidence in his ability to turn him into a good referee. Just as the Indian porter wastes the clay in order to determine that it is not salty before beginning their vessel, so must the state chairman exercise care in selecting his ... those he would invite to sit for the state referee's examination.

Our candidates for the national call will have had 5 years of experience in the clinic, which is quite different from our present requirement of 5 years in powerlifting. John Black, the Ohio state chairman, who is developing an excellent state referee's program, may be contacted for friendly tips on how to get started.

John Luthy has suggested that it would be much easier and less costly for all concerned if those wishing to renew their national referee's cards would send a xeroxed copy of the inside cover of their national referee's book together with their current card. John will then return to you a gummed label properly stamped and bearing his signature or initials and control number. The label may then be pasted on one of the pages in your book. It is very inconvenient for John to pick up certified or registered mail and he asks, therefore, that you send things to him by regular mail.

Though they seldom achieve the publicity that world records do, state records are vitally important to considerably more people for they are within the reach of many. Yet information on state records has been very hard to come by. The only way we have added women, masters, collegiate and teenage groups. Clearly, there is a need for a state record chairman who is both reliable and available to all. State chairman desiring information on how to state record keeping operation might be organized and implemented may wish to contact California's record chairman, Dr. Alan Kinsinger, 66 Indian Hill Place, Fremont, CA 94538.

The National Committee passed a motion on July 10, 1981 at Corpus Christi, Texas which relates to state records. It is established that any meet sanctioned by the USPF, which is held under the motion to renew. State records may be established at international competitions. Motion to amend carried.

STATE CHAIRMEN

- Alabama, Rev. M. Frank Watts, 700 Dogwood Trail, Jasper, Alabama 35501, (205)387-8954.
Alaska, Mr. Robert Com, 230 W. 14th Ave., Apt 323, Anchorage, AK 99501, (907)274-9076.
Arkansas, Mr. Ken Brown, 172 Sunset Dr., No. Little Rock, Ark 72118, (501)758-7204, (501)758-2131.
Arizona, Mr. Bob Calvan, 3111 E. Clarendon, No. 202, Phoenix, AZ 85016, (602)957-4781.
California, Mr. Ron Morris, 1600 Mallfield, St. Santa Cruz, Ca 95062, (408)475-6019, (408)475-6019.
Colorado, Mr. Philip E. Brady, Family Fitness Center, 2831 W. Bellevue Ave., Littleton, Co 80123, (303)798-7847, (303)798-7847.
Connecticut, Mr. Robert 'Bob' Kennedy, 10 Pearl St., Plainville, Ct 06062, (203)747-3208.
Delaware, none.
Florida, Mr. Richard R. Deiph, 8 West Princeton St., Orlando, Fl 32804, (305)894-8874, (305)894-8874.
Georgia, Mr. Richard Reno, 2648 Oak Hill Dr., N.E., Marietta, Ga 30062, (404)971-8386, (404)971-8386.
Hawaii, Mr. John Michael Scott, 98-751 Kuahao Pl., Pearl City, HI 96782, (808)487-6500 (office), (808)488-7843 (gym).
Idaho, John Luthy, 5034 Tinker, Boise, ID 83709, (208)362-1091.

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- Wyoming, Roger Stucker, 9756 Bx 14 Evansville Rte, Evansville, Wyo 82636, (307)266-5896.
Region 1, Ernie Hackett, 14 Eddy St., Waltham, Ma 01254, (617)894-2591.
Region 2, Ted Herrington, 146 Baringer Dr., California, Md (301)863-4204(work), (301)863-4204(home).
Region 3, James Lowe, 538 E. Huntington Dr., Rossville, Ga 30741, (404)866-2376.
Region 4, Mr. Ernesto Millan, 5041 NW 197th St., Miami, Fl 33055, (305)621-9734.
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Region 7, William Kucera, 1327-12th St., Kearney, Ne 68847, (402)338-8880(office).
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Region 12, Doyle Kenady, 5040 Chehalis Dr., No., Salem, Ore 97303, (503)393-1949.
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American Records News

Nate Foster reports that we have a new Teenage American Record Keeper in place: Ted Herrington, 146 Baringer Drive, California, Maryland 20619, (301)-863-4204 or 862-1989. He is a Category II Referee and his appointment was completed in September. He replaces Bob Ross, who had been both Teenage Record keeper and Youth Development Committee Chairman. Nate relates that Bob did a wonderful job despite lots of hassle because the World Teenage Record certificates were never received from the IPF, and that the sport \$5-6000 of his own money every one of the 5 years he was in those positions. In order to get the job done, Nate came dedicated & hardworking person to fill those positions.

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WOMEN	W	BP	DL	T
M. McGhee(OU)	90*	52.5*	122.5*	265*
123 L. Huddell(OU)	102.5*	62.5*	131.5*	292.5*
M. Burnett	95	40*	112.5*	242.5*
V. Mueller	75	40	100	215
148 D. Scott	87.5	40	110*	237.5*
MEN				
R. Peters	57.5	30	67.5	135
A. Peters	47.5	25	60	132.5
T. Kovaleskie	162.5*	117.5*	192.5*	472.5*
M. Brumm	95	40	112.5	247.5
K. Irvin	127.5			
K. Lasater	190*	115*	227.5*	532.5*
M. Chambers	172.5	100	180	452.5
S. Gonzalez	147.5	87.5	175	410
A. Jones	127.5	77.5	158	363.5
S. Scurlack	83	60	102.5	247.5
148 C. Wodrasinski(OU)	240	140*	220	600*
R. Hammon	142.5	100	155	375
K. Dawson	112.5	92.5	160	365
M. Scott	112.5	92.5	160	365
165 C. McGhee	242.5	155	272.5*	657*
C. McGhee	237.5	150	262.5	650
J. Bourbamaals	180	135	240	555
D. Lawson	192.5	97.5	167.5	457.5
198 B. Henny(OU)	285*	172.5*	295*	752.5*
L. Lynnham	247.5	157.5	260	700
T. Barnette	247.5	162.5	272.5	682.5
C. Brown	200	150	250	600
C. Brown	200	150	250	600
C. Aycock	217.5	125	237.5	580
J. Trussler	200	132.5	235	567.5
L. White	192.5	130	210	532.5
A. Blevins	192.5	130	210	532.5
B. Rilly	197.5	105	215	467.5
198 A. Sivanski	272.5	192.5	310*	775
J. R. Davis	250	177.5	275	702.5
K. Appel	227.5	137.5	245	610
L. Powell	207.5	150	250	607.5
C. Brummett	175	120	190	457.5
F. Cooper	175	95	215	485

\$10 entry-fee covers all 3 lifts

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12 DECEMBER 1982

McGuire AFB, NJ

1st through 5th in all weight classes

Women's Division
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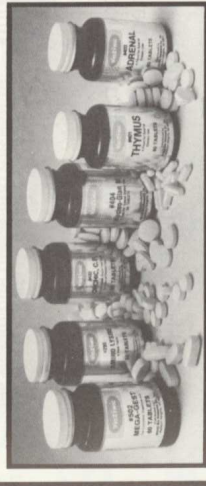
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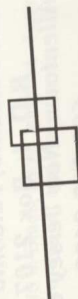


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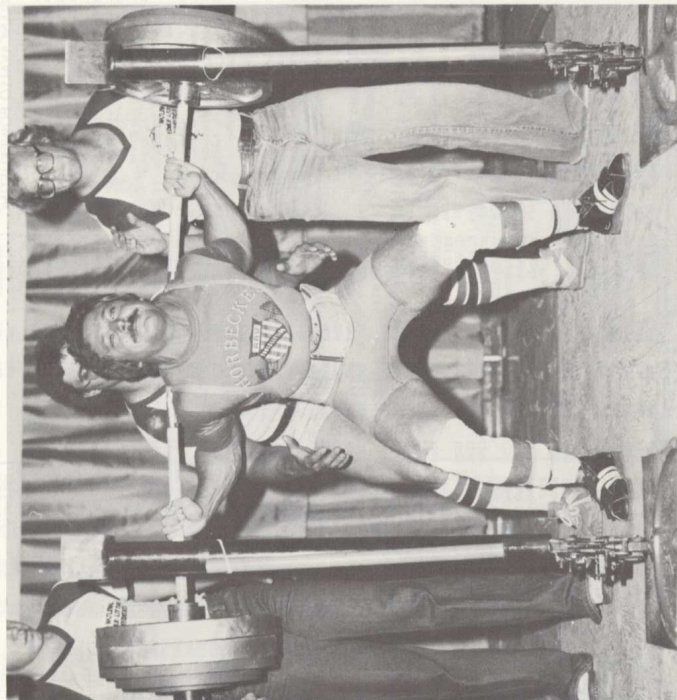
Southwest Novice 9/11/82

Norman, OK	OPEN
M. Scott	110 100 182.5 392.5
B. Bowen	247.5 160 287.5 695
T. Clarke	227.5 142.5 242.5 642.5

Indiana Bench Press Meet 10/3/82-Muncie, In

M. Brummett(f)	100* 45 122.5* 270*
C. Dawson	137.5 105 167.5 430
R. Mason	152.5 115 207.5 475
B. Chalmers	65 70 142.5 277.5
M. Halk	130 92.5 207.5 437.5
R. Scott(f)	97.5 40 115 252.5
R. Daniels	125 110 197.5 432.5
S. Sanchez	222.5 172.5 205 600
H. Turner	182.5 137.5 190 510

*state record (f) female; thanks to Richard Peters for results.



The Nevada Powerlifting Association proudly presents the Caesar's Palace Powerlifting Invitational December 11 & 12, 1982

featuring many of the World's Strongest Men. Don't miss this historic event, featuring such lifters as Robert Wahi, Clyde Wright, Ricky Dale Crain, George Herrington, Marc Caplan, Jack Wilson, Roger Estep, Jeff Magruder, Steve Miller, Carlton Snitkin, Larry Kidney, Jim Drapal, Dwayne Fely, and Doug Young.

for ticket information
Ken Trujillo
1500 E. Karen Ave., No. 126
Las Vegas, Nevada 89109
702-796-0197

Dealer booths available - Inquire above

Mike Roy, National Middleweight Champion, is another of the top lifters who have shown interest in competing in Ken Trujillo's big Las Vegas meet on December 11/12.

Indiana Bench Press Meet 10/3/82-Muncie, In	
M. Brummett	105 185 350
J. Baker	185 185 350
G. Simmons	175 175 345
L. Mason	235 235 500
P. Moreno	190 220 340
L. Garrison	175 175 335
R. Rile	148 148 325
N. Nottingham	242 242 500
M. Boyd	285 285 600
J. Magee	295 295 600
M. Stamper	425 425 900
K. Ramirez	375 375 800
J. Wray	375 375 800
T. Thomson	325 325 700

Team champs: Sunrise Gym of Hammond, Ind. Thanks to Steve Van Camp for results.

1983 Mid Atlantic Regional Collegiate Powerlifting Championship

Saturday - Jan. 15, 1983 & Sunday - Jan. 16, 1983
-- Open To All Collegiate powerlifters who attend a college or university in Region 2 (Pennsylvania, New Jersey, Delaware, Maryland, Virginia)
-- To be held at the Halloran Plaza Convention Center, Pennsauken, New Jersey
-- Collegiate Power Banquet - Sat. Jan 15 - 8:00 P.M.
-- Host Team: Villanova Barbell Club

-- For info: contact Meet Director Joe Slabinksi,
4364 E. Thompson St., Philadelphia, PA 19137 - Call 1-215-744-2700

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14 AUG 82
D. Hamilton 300
D. Cardonick 330
M. Caldwell 696
T. Hall 340
B. Hogan 440
B. Coburn 300
148 MEN'S DIV
F. Arrington 1065
H. Morrell 8960
B. Conby 830
B. Courtney 790
B. Morell 690
records: e-US Military in Europe (women), u-US Military in Europe (men), Montee Caldwell, Outstanding lifters women; Montee Caldwell, records.

North Canton Fall Classic
10/9/82-North Canton, Oh
114 NOVICE
L. Baibelli 175
R. Miller 160
L. Yoo 160
M. Evisli 270
R. Miller 160
E. Mitchell 120
D. Remond 290
132 NOVICE
M. Freemon 300
J. Bostic 330
D. Johnson 300
J. Wackerly 225
J. Sambanet 260
S. Craftfield 325
J. Bostic 325

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NAME: _____ (Please Print)
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Southern Colorado PL
10/16/82-Pueblo, Co

WOMEN'S-105 150 100 215 465

114
B. Reid 505 385 520 1460
G. Wagner 505 320 525 1330
L. Castro 500 295 540 1335
T. Moore 400 325 520 1265
G. Sousa 400 300 510 1240
C. Cannon 390 340 440 1170
R. Brown 400 200 450 1050

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Southern Bench Press
5/30/82 - Birmingham, Al

Clubmen (63) 325
P. Blesic (63) 325
D. Wyatt (17) 310
D. Earley (17) 330
C. Cannon (18) 340
Robinson (15) 165
C. Cannon (18) 340
B. May (197)** 295
B. Douthett (20) 400
D. Brown (26) 450
T. Owen (27) 350
T. Owen (27) 350

OVER 200 150-175
R. Brown 340
S. Collins 315
K. Brown 315
H. Gibson 310
S. May (197)** 295
D. Brown 310
T. Appleton 290
L. Gibson 285
T. Elliott 200

Thanks to Sam Collins for results.

Chalk
485 325 395 1395
L. Westopy 400 390 1250
D. Gutierrez 470 235 465 1170
W. Becker 395 260 515 1170
R. Bostic 365 1490 1055
A. Rodriguez 300 235 440
S. Houston 425
J. Torres 410
W. Wilson 510

Chalk
S. Roberts 300 360 565 1453
J. Hinds 300 340 595 1435
K. Harcrow 400 365 545 1490
D. Bobs 470 355 500 1325
M. Miller 450 355 485 1290
R. Arantirez 475 300 500 1275
K. Voss 440 200 490 1210

Thanks to Johnny Peebles for results.

Deadlifting Championships
9/11/82 - Chatter 300
C. Latham 215* V. Cupo 475
OPEN DIV 181

2nd Annual Atlantic Ocean
Chatter 475

2nd Annual Atlantic Ocean
Chatter 475

WOMEN'S-132 450 375 465 1290

114
S. Stewart 580 320 520 1460
B. Graser 320 380 490 1470
242 NOVICE
M. Altomare** 360 325 415 1105
S. Clark 360 375 500 1300
R. Kutherford 425 290 470 1185
242 OPEN
J. Green 630 385 620 1745
J. Green 630 445 670 1740
M. Nummi 605 350 680 1630
V. Vandiver 605 325 640 1565
S. Vicknamre 565 360 575 1500
J. Walczak 440 355 565 1360
M. Miller 440 375 465 1290
242 NOVICE
K. Sparano 670 350 560 1380
K. Lindway 985
181 NOVICE
M. Miller 440 375 465 1290
Outstanding lifter: M. Esch, outfit, lifter
D. Waldon, outfit, lifter
S. Finck, outfit, lifter
2nd sess.
M. Altomare, outfit, lifter
2nd sess.
M. Glatt 310
M. Glatt 310
M. Cosenza* 310
M. Hogan! 410
J. Lefl 385 242
Team standings: team change
World Gym 430
J. Lefl 385 242
Team standings: team change
World Gym 430
J. Lefl 385 242
Team standings: team change
World Gym 430
J. Lefl 385 242
Team standings: team change
World Gym 430

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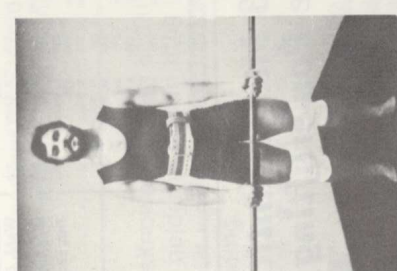
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 Vitamin C (Ortho-Ascorbate) 500 Mg 500%
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 L-Leucine 21 Mg
 L-Alanine 15 Mg
 L-Valine 10 Mg
 L-Phenylalanine 20 Mg
 L-Tyrosine 9 Mg
 L-Tryptophan 5 Mg
 L-Valine 15 Mg

Other Nutrients
 Calcium (Cap) 1,000 Mg 100%
 Iron 27 Mg 150%
 Magnesium (Gluconate) 500 Mg 125%
 Phosphorus (Gluconate) 200 Mg 200%
 Potassium (Gluconate) 99 Mg 333%
 Zinc (Gluconate) 50 Mg 333%

Other Nutrients
 Calcium (Cap) 1,000 Mg 100%
 Iron 27 Mg 150%
 Magnesium (Gluconate) 500 Mg 125%
 Phosphorus (Gluconate) 200 Mg 200%
 Potassium (Gluconate) 99 Mg 333%
 Zinc (Gluconate) 50 Mg 333%

Other Nutrients
 Calcium (Cap) 1,000 Mg 100%
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% U.S. RDA - Percentage of U.S. Recommended Daily Allowance
 % U.S. RDA - Percentage of U.S. Recommended Daily Allowance

Oklahoma Open Bench & Deadlift Meets-6/14/82

Norman, Ok (kilos)

BENCH PRESS		DEADLIFT	
114	M. Brummett	45	M. Brummett
115	J. Masbourn	47.5	D. Scott
116	J. Masbourn	117.5	D. Scott
117	J. Masbourn	110	J. Masbourn
118	J. Masbourn	110	J. Masbourn
119	J. Masbourn	110	J. Masbourn
120	J. Masbourn	110	J. Masbourn
121	J. Masbourn	110	J. Masbourn
122	J. Masbourn	110	J. Masbourn
123	J. Masbourn	110	J. Masbourn
124	J. Masbourn	110	J. Masbourn
125	J. Masbourn	110	J. Masbourn
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145	J. Masbourn	110	J. Masbourn
146	J. Masbourn	110	J. Masbourn
147	J. Masbourn	110	J. Masbourn
148	J. Masbourn	110	J. Masbourn
149	J. Masbourn	110	J. Masbourn
150	J. Masbourn	110	J. Masbourn

everyone in Norman Oct 9 and 10th. Thanks to Richard Peters for results.

Southern West Virginia
Bench Press-8/14/82-Logan WVA

114	M. Ryan	170	D. Curence
115	D. Jackson	181	A. Stice
116	R. Yates	150	R. Griffith
117	R. Yates	175	R. Griffith
118	R. Yates	196	R. Griffith
119	R. Yates	132	R. Griffith
120	R. Yates	190	R. Griffith
121	R. Yates	180	R. Griffith
122	R. Yates	130	R. Griffith
123	R. Yates	130	R. Griffith
124	R. Yates	130	R. Griffith
125	R. Yates	130	R. Griffith
126	R. Yates	130	R. Griffith
127	R. Yates	130	R. Griffith
128	R. Yates	130	R. Griffith
129	R. Yates	130	R. Griffith
130	R. Yates	130	R. Griffith
131	R. Yates	130	R. Griffith
132	R. Yates	130	R. Griffith
133	R. Yates	130	R. Griffith
134	R. Yates	130	R. Griffith
135	R. Yates	130	R. Griffith
136	R. Yates	130	R. Griffith
137	R. Yates	130	R. Griffith
138	R. Yates	130	R. Griffith
139	R. Yates	130	R. Griffith
140	R. Yates	130	R. Griffith
141	R. Yates	130	R. Griffith
142	R. Yates	130	R. Griffith
143	R. Yates	130	R. Griffith
144	R. Yates	130	R. Griffith
145	R. Yates	130	R. Griffith
146	R. Yates	130	R. Griffith
147	R. Yates	130	R. Griffith
148	R. Yates	130	R. Griffith
149	R. Yates	130	R. Griffith
150	R. Yates	130	R. Griffith

There was a teenage div with 3 awards given based on Schwartz formula. Officers were elected. The meet was held in conjunction with the Logan County Arts and Crafts festival which resulted in a record for the meet. Mark, Jim and Ken McCoy did a fantastic job with promotions. Thanks to Paul Sulphur for results.

Newfoundland Juniors

Cowhead, Nfld, Canada (kilos)

45kg	P. Blanchard	310	P. Blanchard
46kg	B. White	185	R. Shears
47kg	R. Bennett	210	R. Bennett
48kg	R. Bennett	210	R. Bennett
49kg	R. Bennett	210	R. Bennett
50kg	R. Bennett	210	R. Bennett
51kg	R. Bennett	210	R. Bennett
52kg	R. Bennett	210	R. Bennett
53kg	R. Bennett	210	R. Bennett
54kg	R. Bennett	210	R. Bennett
55kg	R. Bennett	210	R. Bennett
56kg	R. Bennett	210	R. Bennett
57kg	R. Bennett	210	R. Bennett
58kg	R. Bennett	210	R. Bennett
59kg	R. Bennett	210	R. Bennett
60kg	R. Bennett	210	R. Bennett
61kg	R. Bennett	210	R. Bennett
62kg	R. Bennett	210	R. Bennett
63kg	R. Bennett	210	R. Bennett
64kg	R. Bennett	210	R. Bennett
65kg	R. Bennett	210	R. Bennett
66kg	R. Bennett	210	R. Bennett
67kg	R. Bennett	210	R. Bennett
68kg	R. Bennett	210	R. Bennett
69kg	R. Bennett	210	R. Bennett
70kg	R. Bennett	210	R. Bennett

Payments: best lifter: Ashley McElridge; Best Team: Top team: Cowhead. Thanks to Terry Young for results.

1982 Senior National Team Champions

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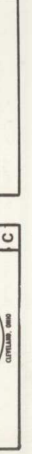
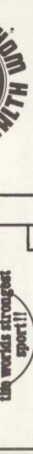
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500 caps 53.75

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300 caps 17.95

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Bee Pollen 75mg and Yeast 200mg

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600 tabs 23.95

Pancreas Tabs 650 mg
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16 oz 23.50

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8/21-22/82-Chillicothe, Oh

CLASS II & below
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K. Blackburn 240 200 350 790
R. Gates 240 190 330 790
K. Conroy 225 190 315 730

MASTERS
G. Picklesimer 330 200 400 1050
D. Gibson 335 275 440 1045
M. Conino 365 340 415 1005
M. Evans 380 360 385 1005
K. Niser 360 360 385 1005
R. Conino 330 315 400 965
J. Watson 290 280 375 945
K. Gandeae 270 250 360 880
G. Bell 265 170 380 815

CLASS I AND OVER
D. Vozel 410 300 500 1210
G. Nefz 450 280 475 1205
D. Scott 400 305 460 1165
D. Schwaiger 420 320 450 1190
M. Scott 420 280 450 1150
G. Ball 430 320 460 1020
H. Iredale 360 260 400 1020
D. Blackburn 440 310 475 1242

R. Paul 320 230 242
B. Hagedley 515 385 570 1370
K. Taylor 505 325 548 1370
D. Stephens 480 285 560 1325
M. Scott 485 295 530 1310
J. Light 470 305 535 1310
J. Swiger 440 320 500 1290
J. Laesle 390 280 385 1095
J. Benacqua 400 350 460 1060
M. Johnson 360 250 330 940
D. Dague 305 230 440 975

Brazilian Teenage championships
9/18/82-Ribeirao Preto(kilos)
totals only
R. Chaitas 552.5
O. Santos 490
C. Polivira 405
M. Oliveira 240
K. Rasal 380
G. Wormer 347.5
R. Vieira 330
342.5
V. Carvalho 430
S. Scarafing 280
100kg 305
L. Lopes 550
R. Maluf 395
C. Machado 480
J. Motta 370
J. Coimbra 427.5
T. King 262.5
A. Neto 390
J. Spezz 392.5
J. Ilggaard 312.5

Thanks to Dr. L. Martinez for results.
Demberg's Nautilus Iron
Elite Bench Contest-9/82
Rockaway, NJ
WOMEN
G. Domb 105
S. Godine 290
P. Gagnier 350
M. Dihercio 335
P. Maslane 330
W. Gourano 320
J. Yamami 310
P. Swetz 165
K. Willem 160
L. Sacco 160
M. Gallucci 145
K. Whilling 145
B. Cole 230
P. Smith 210
D. Waghbar 180
D. Abrahamson 180
D. Davidson 345
T. Caso 300
C. Kelly 300
G. Jones 255
J. Carini 320
J. Bolten 245
T. Kamand 315
J. Carini 340
M. Monica 340
T. Kamand 315

Best lifter: J. Carini; Team: Nautilus Image.
Paul Sweet unofficially cracked the NJ state BP
record with 320 lbs. (145 lbs) in the 1982, and Joe Carini in the 55kg class
one very awesome lifter and has his sites on
the Janus next year. Thanks to Hank Sica
for results and report.

M. Ryan(114) 250 170 300 725
P. Booth(97) 200 105 250 555
D. Bennett(32) 245 145 290 680
D. Owen(114) 225 120 245



Title Winners... The Ambridge VFW team, consisting of the lifters seen above and others, was formed in the summer of 1979. Subsequently they won the National Team title in BOTH Olympic lifting and Powerlifting at the National Masters meet held by Ernie Nagy in Weirton, West Virginia that year. This inspired the team to travel to Victorville, California for the World and National Masters Championships, once again both in Olympic and Powerlifting, where they took the titles World Team champs in Powerlifting and Olympic Lifting and National Team champs in Olympic Lifting. After that meet the rules were changed and the USA team for the World Championships Masters meet was picked out by the Selections Committee, and the Ambridge was not able to enter the World Team competition as a group. This change did not break the spirit of the team, which journeyed to Illinois in 1981 for the National Masters Powerlifting Team title, at the Eastern Masters Championships, and they accumulated the most team points at the 1982 National Masters Meet. It's going to be a long winter for the team, as they do not intend to compete again until April 1983 in Cleveland, Ohio. Seen above are (front row, left to right, Herman Seiling and Harry McCoy, Bernard McDonough, David C. David, Art Montini. Other team members include Joe McDermott, Knud Hansen. Photo and information courtesy of Mr. Harry McCoy.

Nordic championships
9/18-19/82-Helsinki, Finland(kilos)
10kg 185
15kg 210
20kg 232
25kg 210.5
30kg 215
35kg 215
40kg 215
45kg 215
50kg 215
55kg 215
60kg 215
65kg 215
70kg 215
75kg 215
80kg 215
85kg 215
90kg 215
95kg 215
100kg 215
105kg 215
110kg 215
115kg 215
120kg 215
125kg 215
130kg 215
135kg 215
140kg 215
145kg 215
150kg 215
155kg 215
160kg 215
165kg 215
170kg 215
175kg 215
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195kg 215
200kg 215
205kg 215
210kg 215
215kg 215
220kg 215
225kg 215
230kg 215
235kg 215
240kg 215
245kg 215
250kg 215
255kg 215
260kg 215
265kg 215
270kg 215
275kg 215
280kg 215
285kg 215
290kg 215
295kg 215
300kg 215

Thanks to Hank Sica for results and report.

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

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1978
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• Mr. Nebraska
- 1981
• Senior National Champion
• World Games I Champion
• World Champion
- 1982
• Senior National Champion



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Style B—as shown in squat design



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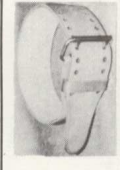
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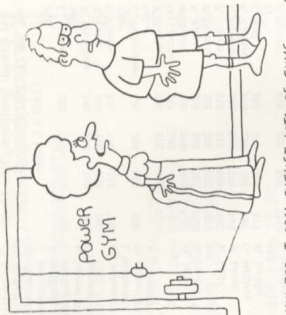


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Selection Meet-9/19/82
Yokohama City, Japan(kilos)

56kg	SQ	BP	DL	T	56kg	175	245	600*
H. Inaba	115	232.5	300	Baron	247.5	150	245	642.5
25kg	160	90	180	Roux	232.5	122.5	240	620
S. Arase	205*	110	190*	305*	217.5	167.5	235	625
R. Sakai	180	112.5	200	492.5	190	112.5	220	542.5
E. Ueda	300	180	290	770*	210	150	370	620
S. Yoshida	235	162.5	230	627.5	220	137.5	265	642.5
100kg	260	172.5	260	692.5	255*	137.5	240	632.5
Munich: 52kg: H. Inaba, 54kg: H. Inagawa, 56kg: T. Nakano, Manager: Mitsuo Endo, Dribint coach: Milane Cakovic, w. new world record; 110kg record. Thanks to Susumu Yoshida for results.	292.5	172.5	290*	760*	240	145	260	645
110kg	280	182.5	275	737.5	337.5*	180	315*	832.5*

French Championships
5/29/82-Paris, France(kilos)

52kg	SQ	BP	DL	T	52kg	115*	67*	127.5	307.5*
Mirquiny	125	100	165	390	B. Pionisz	100	60	130	290
56kg	160	85	190	435	M. DeFaria	100	60	145*	310*
Gardier	170	90	172.5	432.5	Sakaguchi	105	60	145*	310*
Psycholozzi	130	100	140	370	P. Courty	95*	52.5	105	232.5
60kg	205*	120	240*	565*	C. Claude	95	37.5	130*	302.5*
64kg	192.5	130	190	512.5	C. Claudi	75*	47.5	90*	212.5*
68kg	165	115	195	485	J. Pepper	125	70	145	340
72kg	140	97.5	187.5	425	S. Hoshida	135	55	130	300
Gosselin	127.5	87.5	180	395	French records. Thanks to Arnold Bostrom for results.				

Power Bench Meet
9/11/82-Thunder Bay, Ont. Canada

180	120	230	540	WOMEN	100	181	330	330
185	105	215	505	A. Ferrill	95	180	275	275
160	112.5	200	472.5	K. Kerr	95	L. Merr	275	275
135	117.5	190	442.5	V. Jennings	65	R. Roy	253	253
190	225	360	620	B. Pionisz	148	J. Bogner	303	303
225	135	240	525	D. Morrison	204	A. McEall	303	303
180	135	240	555	S. DePaulo	187	G. Johnson	285	285
220	125	207.5	532.5	165	Abelians	270	220	220
Mirebouts	175	125	235	535	D. Zibonko	242	A. Colunas	315
Baudoux	180	130	210	520	G. Dubczak	209	W. Wishart	346
175	125	235	535	Results from meet director Gary Dolaticuk				
185	112.5	235	512.5					
167.5	105	190	477.5					
170	105	180	475					

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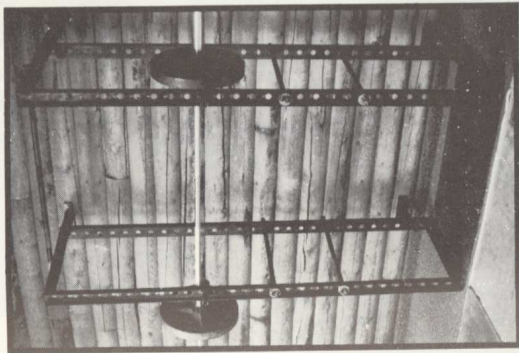


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P. Leaver	375	245	405	1025
D. J. Bask	380	250	420	1050
D. Jell	380	235	400	1015
S. Harrison	450	310	480	1240
K. Merideth	465	260	475	1200
K. Harlbert	375	305	425	1105
K. Merideth	425	225	500	1150
C. Olinger	425	205	335	765
BMB	600	385	650	1635
T. Hillard	450	300	450	1200
D. Shipley	450	300	450	1200
P. Ryan	525	420	575	1520
G. Woodie	450	300	500	1250
24 Simon	490	310	440	1240
A. Grier	430	230	485	1145
A. Fox	440	270	430	1140
27 Thompson	625	440	545	1660
B. Thompson	525	365	525	1415
R. Hood	525	365	520	1400
SHW	480	280	420	1180
C. Winters	415	310	415	1140
K. Kappa	1047			
C. Kell	1047			
D. McLeod	890			
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M. Sigala	850			
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J. Solis	715			
J. Robinson	952			
J. Kelech	835			
S. Gorakowski	835			
S. Carru	970			
S. White	870			
R. Duval	1157			
F. Revell	1062			
D. Johnson	1062			
M. Martine	980			
M. DeCrood	905			
R. Dick	1055			
C. Wilder	879			
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Herford Base, Thanks to Dury				
Caldwell for results.				
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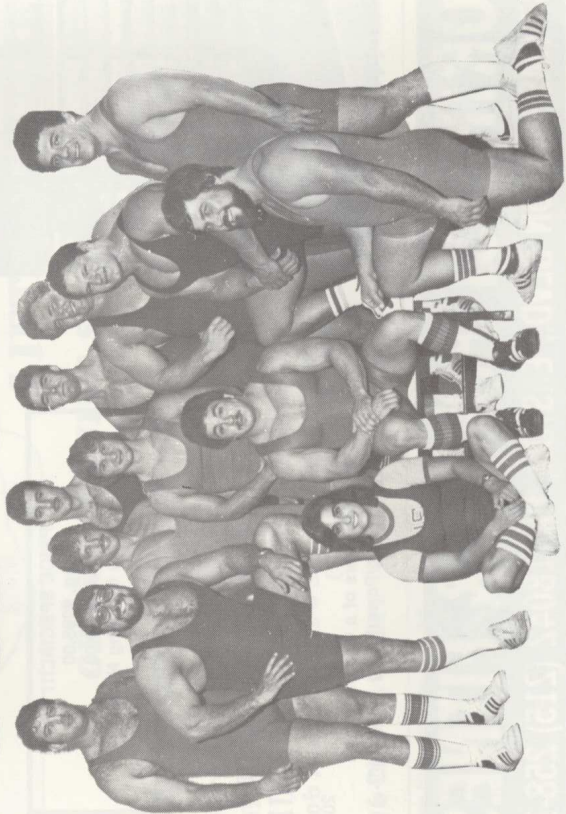
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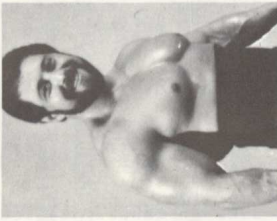
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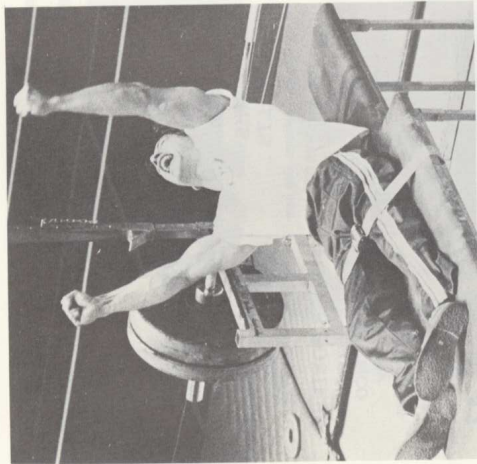
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The first Sweden Cup for disabled lifters, testing the Swedish Handicap organized by the Swedish Handicap Sports Federation and a Stockholm lifting club. The lift were held under Stokes-Mandeville rules, which dictate that the bar be placed on racks one inch above the lifter's chest. The lifters were grouped into 2 categories, paraplegic and polio victims and others including amputees. Sweden won the championship followed closely by France. Other nations taking part included Finland, Great Britain, Israel, Switzerland and West Germany, with the total number of competitors being about 50. Missing were the better lifters from Poland and the USA. In Sweden and Finland disabled lifters according to the regular bench press rules, with the exception of the strapping of their legs to the bench. A demonstration of this technique was made to show the officials of other nations that this can be done with no increase of injury to the lifter. The lifters have their own weight classes, and posted some impressive lifts. Best lifters were as follows: 51kg, J. Barbarane, France with 341 lbs., 57kg, J. Ponnier, France, 407 lbs., 65kg, B. Nilsson, Sweden, 418 lbs., 75kg, K. Hulecki, Funen, Sweden, 396 lbs., 95kg, A. Stroich, Israel, 473 lbs., 95kg, B. Lindberg, Sweden, 584 lbs.



Disabled lifters, in these photos taken by Alf Nigren and supplied to Powerlifting USA by International Powerlifting Federation Secretary Arnold Bostrom, we see some of the top lifters at the Sweden Cup for disabled lifters. At the very top we have the best lifter of the competition, J. Ponnier of France. Below is a shot of Kristofer Hulecki of Sweden, displaying his IPF World Record Certificate, one of the few disabled lifters who can perform an acceptable squat and thus qualify for official records. Below is a photo of the lifter, B. Lindberg of Sweden, 584



Open Bench Press
9/12/82-Mohawk, NY

114	B. Steiner	210	120	205	535
123	P. Ciola	190	115	222.5	527.5
123	R. Bonafre	160	147.5	265	672.5
	T. Bourard	150	130	245	645
	A. Ramsey	222.5	127.5	265	615
	G. Jenkins	109kg			
	D. Leon	275	185	205	745
	K. Drowitt	220	140	230	590
	T. Birch	215	150	220	585
	B. Jr record.	Thanks to Andy Keor for results.			

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British Jr PL championships
9/26/82-Bath, England(kilos)

52kg	SQ	BP	DL	52.5	172.5
R. Svehonen	137.5	25	152.5	370	
A. Marsh	135	60	152.5	347.5	
56kg	175	110	170	485	
R. Roberts	172.5	127.5	175	435	
N. Fairbrother	132.5	60	177.5	370	
M. Woodbury	117.5	75	150	342.5	
A. Lamour	125	62.5	162.5	355	
60kg	117.5	68	142.3	320	
180	110	210	500*		
K. Samters	160	82.5	180	422.5	
R. Preston	160	95	167.5	422.5	
R. Woodhall	162.5	80	172.5	415	
J. McIntosh	127.5	82.5	185	395	
67.5kg	177.5	115	205	497.5	
K. Jackson	170	97.5	215	482.5	
G. Coates	185	95	195	475	
T. Hollum	190	100	175	465	
N. Dumbrell	182.5	90	190	462.5	
M. Jones	220	125	225	570	
N. Fricker	232.5	120	215	567.5	
A. Rose	200	142.5	220	562.5	
S. Bains	187.5	110	215	512.5	
82.5kg	210	120	270	608	
P. Preston	220	125	280	587.5	
D. Walsh	212.5	127.5	240	580	
T. Healey	212.5	127.5	240	580	
R. Martin	210	107.5	220	537.5	

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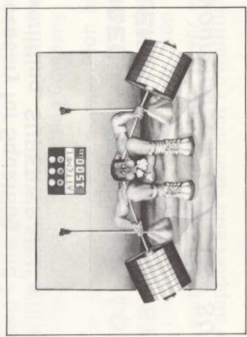
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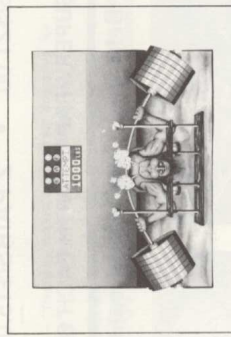
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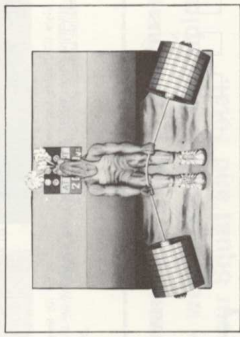
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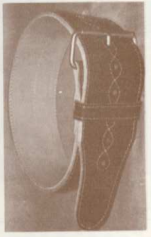
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ington had a good battle for second with Miller's 110kg. He needed to hold off Quinn's current DL. Steve Rando, of BYU, overcame tough thru each lift to take the gold. He took second place and totaled well for his first meet. Derek Cooper also had a good first meet and took third.

of 1989 BYU's Perry Wicks dominated the field of all new PRs and he should get together as he makes at this weight, Hall Phillips of Salt Lake in his second meet, showed much improvement. We've taken Loren Brumley to four PL meets this year and he's won all of them. He's making gains each time so that as the season progresses he will be a very strong competitor out of Ken Hawks for second with a very easy pull at 501. If he hadn't had Ken's total on the board to beat, it's obvious that he'd have won the gold.

110kg: USU's Jesse Kemp moved up to this class to find that Joe Clifford has permanently settled into the 275s. Gail Grundig's DL was 100kg. Joe Clifford and Ray Woolley were dead even until the bar hit the floor. Ray had problems with his squatting and he knew that he needed to get a lot bigger SQ to hold Joe off. As it was Joe set three state records, best squat and best DL trophies. Squatting will be a pretty good day qualifying matter, setting a new Idaho state record in the BP and taking the best BP trophy. Bryce Chapman, also outgained at the meet. SHW's Charles Henderson has been on a tear this past year in disgust with his performance at the Teenage Nationals. His performance at the Utah PL Club continued his streak as the Charles is back in very good form.

Always a problem in trying to organize a meet like this is finding qualified help to judge and spot everybody in this area likes to compete. Chad Drechsel, Jerry Bliss, Dennis Shock, John Luthy, Jim Campbell, and Fred Chicago, "Spitter" loaders, Jim Welch, L. Hoeger, J. Campbell, M. Skonekper, Skonekper Sharon and Liz Chicago really helped the meet run smoothly. Thanks to our director Jan Shendow for results and report.

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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.

110kg: J. Kemp 272.5, 307.5, 250, 730
R. Rando 205, 152.5, 225.5, 630
D. Shock 235, 155, 225.5, 615
B. Querein 112.5, 210, 537.5
125kg: J. Kemp 330, 347.5, 882.5
D. Shock 200, 145, 295, 830
R. Woolley 200, 215, 220, 565
SHW: K. Henderson 332.5, 172.5, 287.5, 792.5
Best teenager: Q. Millington, best master: G. Shepard, best novice: M. Steimach, best lifter: J. Clifford, best SQ: J. Clifford, best BP: R. Rando, best DL: J. Clifford.
PL Club: American record: 1 - State record: We arranged with the management of the Newgate Mall to hold the event in the food court area of the mall. The mall was a very good place to hold the meet and one into the public eye. The facilities lacked somewhat in having no showers and the warm up area was rudimentary but the crowd was good. The lifters were appreciative about being able to concentrate in such an environment but many had the best lifting meet of their lives and some for lifter went 9 for 9 and another 11 went 8 for 9.

WOMEN: Lynda Chicago had one of those 8/14 for a physique meet during the summer. Lynda found her BP virtually undaunted by the weight loss and she elected to try a meet at 114. She got a little forward with. Otherwise she'd have had an American record total to go with her American record BP. We would have loved to submit her lift to the enough internationally rated referees in the area.

60kg: In one of the most closely contested battles of the day PL Club continued his streak to Dave Edmondson in the state meet. Manny's much improved DL caught Dave napping. Glen Hitt of Blackfoot, Idaho earned the 3rd place in the 52kg. BYU's Rod Fellman, lifting in his 1st meet, had a fine 8 for 8 meet.

67.5kg: John Trullio had to lift alone as all the lifters were out of the state. He lifted 75kg. Bob Demme of Baito, Mt. once again headed the field of 16 lifters. Newcomers to the class, USU's Mike Clem and Idaho's Quinn Miller.

Bob Bendel, 56, has been lifting since the first day he saw a barbell, more than 40 years ago. He set an American DL record at the 1982 Masters, despite suffering from acute asthma, a severe back injury, angina, ulcers and a heart problem. He was an official for nearly 20 years and is now starting a new career as a male model.

Joe Steele has organized and run local, state and New England meets. He coaches the World Gym East Power Team, which has won nine championships this year. Called "Mr. Everything" in powerlifting, he believes people of all ages and both sexes should be involved in the sport. Photo and info courtesy of Andy Bram.

Helen Miyasaki's powerlifting debut at the 1982 Central Carolina Open was an auspicious one. Weighing 129, she won her best training lifts in the squat and deadlift are 625 and 565 respectively, and she recently benched 465 in total. Roger McWorter, who supplied the information and photo for this state record, says she is now training for the 1983 State meet.

Doug Denham is the Florida State record holder in the bench press in the 198 pound class with a lift of 450, which was set in 1981. His best training lifts in the squat and deadlift are 625 and 565 respectively, and he recently benched 465 in total. Roger McWorter, who supplied the information and photo for this state record, says she is now training for the 1983 State meet.

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57	132.31	87.31	147.31	367.31
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52kg	182.5	135	200	517.5
60kg	182.5	135	200	517.5
67.5kg	150	107.5	200	437.5
75kg	175	112.5	192.5	480
82.5kg	175	112.5	192.5	480
90kg	227.5	140	229.5	715
97.5kg	225	135	225	692.5
105kg	215	170	240	625
112.5kg	210	142.5	220	572.5
120kg	197.5	125	227.5	650
127.5kg	190	170	282.5	692.5
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142.5kg	142.5	142.5	227.5	517.5
150kg	130	130	192.5	532.5

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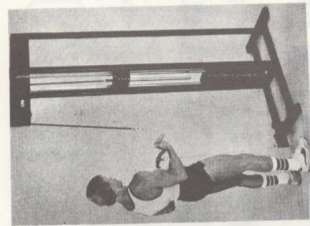
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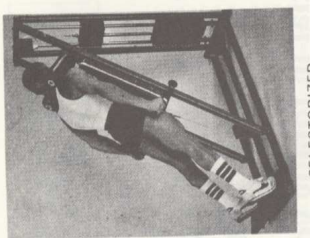
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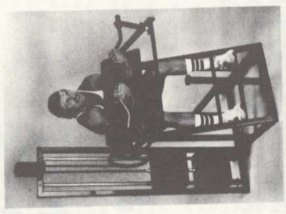
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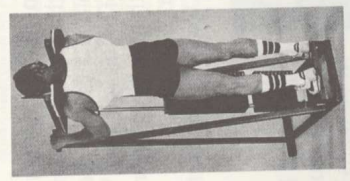
FREE STANDING SELECTORIZED LAT MACHINE \$862.50



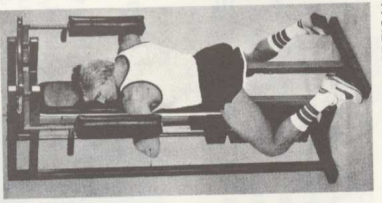
SELECTORIZED HACK MACHINE \$787.50



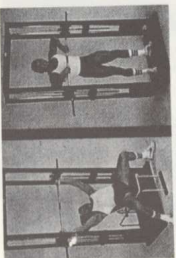
SELECTORIZED ARM CURL MACHINE \$780.00



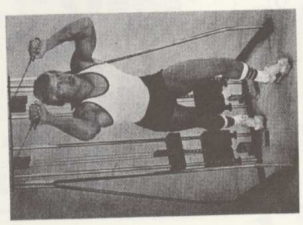
SELECTORIZED CALF MACHINE \$787.50



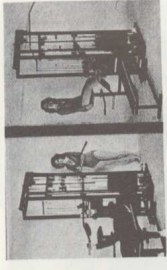
SELECTORIZED VERTICAL BUTTERFLY MACHINE \$937.50



SELECTORIZED MULTI-PRESS MACHINE \$945.00



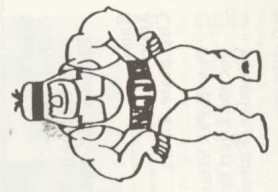
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GermanTown Invitational
 Germantown, NY (kilos)
 9/25/82

69kg	DL	T
M. Kunze	137.5	75
R. Johnson	180	127.5
W. Link	147.5	117.5
J. Kardum	245	160
M. Makolsky	235	165
H. Mironik	155	137.5
100kg		
T. Palmer	235	152.5
P. Brahm	237.5	145
P. Stahura	242.5	135
110kg		
A. Heins	327.5	202.5
C. Schneider	237.5	145
B. Hogan	200	132.5
D. Spindell	282.5	157.5
M. Mack	255	170
R. Leek	157.5	127.5
V. Miller	287.5	155
V. Rudinski	192.5	132.5
WOMEN		
N. Goldman	47.5	35

Okefenokee Invitational
 9/25/82-Waycross, Ga

114	SQ	BP	DL	T
T. Taylor	270	210	380	860
125kg				
A. Downs	320	190	380	890
B. Hershey	315	210	285	810
132				
D. Carlske	420	305	420	1145
D. Bennett	310	255	405	970
M. Simmons	385	250	210	350
140				
T. Dobson	410	275	375	1060
J. Price	360	250	430	1040
165				
T. Dobson	440	330	540	1310
D. Coleman	385	315	500	1200
J. Snow	350	215	435	1060
C. Bush	605	355	625	1585
R. Heller	560	340	570	1470
K. Jones	450	350	520	1320
C. Gramham	420	295	485	1200
198				
J. Nelson	530	375	605	1510
M. Deirino	425	360	500	1315
R. Thompson	420	270	380	1170
220				
D. Smitherman	325	420	560	1305
F. Merritt	360	370	415	1145
242				
R. Walters	580	405	645	1630
M. Dickson	525	375	600	1500
S. Staphopoulos	500	325	625	1450

CERTIFIED INVESTMENTS

ORDER NUMBER	DESCRIPTION	COST EACH
F-25	GRIP MACHINES	\$ 54.00
L-33	COMPETITION BENCH PRESS	\$155.00
Z-24	PREACHER CURL BENCH (seated w/wt. holder)	\$144.00
P-14	INCLINE BENCH	\$155.00
E-88	PECK DECK (plate loaded)	\$245.00
X-17	LAT MACHINE (free standing)	\$250.00
T-10	PLATE RACK (triangular)	\$ 87.00
X-17	SAFETY POWER RACK	\$195.00
V-18	SEATED LEG EXTENSION (plate loaded)	\$195.00
K-20	CALF MACHINE (seated)	\$135.00
O-77	LEG PRESS (heavy duty, hooks to wall)	\$ 95.00
W-2	WALL MOUNTED CALF MACHINE (adjustable)	\$ 45.00
U-41	EASY CURL BAR	\$ 42.00
R-66	DUMBBELL RACKS (portable)	\$155.00
J-44	DIP BAR (free standing)	\$ 40.00
H-99	FREE STANDING CALF MACHINE	\$215.00
R-77	BENT ROW MACHINE	\$185.00
C-26	WALL MOUNTED CALF MACHINE	\$105.00
S-19	WALL PLATE HOLDER	\$ 40.00
I-10	ADJUSTABLE SIT-UP BOARD	\$ 67.00
O-34	DIP BAR (wall to floor)	\$ 88.00
Y-29	ADJUSTABLE GRIP DEVELOPER (hand held)	\$ 26.00
B-95	PORTABLE LEG PRESS (floor type)	\$170.00
E-84	REGULAR BENCH PRESS	\$ 84.00
F-72	HYPER-EXTENSION AND SIT-UP CHAIR	\$ 84.00
G-55	WRAP ROLLER	\$ 54.00



All Marine Record...Frank Hottendorf hits a 615 squat in the 220 pound class at the El Toro Marine competition. photo courtesy Jim Drapal.
 * designates Marine Corps record; meet director: Jim Drapal, judge: Jim Drapal, Terry Terr Drapal, Judi Drent, S. Gleedinning, announcer: Jerry St. Louis, spotters: L. Smith, D. Jucker, P. Semah, T. Steimeyer; expeditor: M. Cordoba
 A special thanks to Sumpsons Gym for the use of the equipment. Thanks to Jim Drapal for results.

198	N. Robinson	550	370	500	1365
C. Hightower	380	290	500	1170	
J. Santos	585	370	615	1570	
M. Hightower	440	340	550	1330	
M. Cordoba	440	340	550	1330	
S. Alberts	585	375	625	1585	
D. Hill	565	390	625	1580	
D. Pereira	640	385	630	1655	

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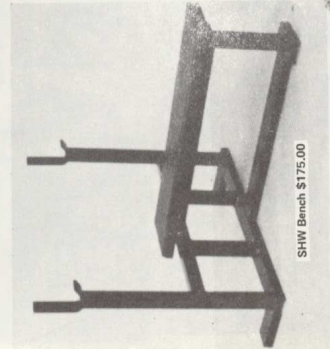
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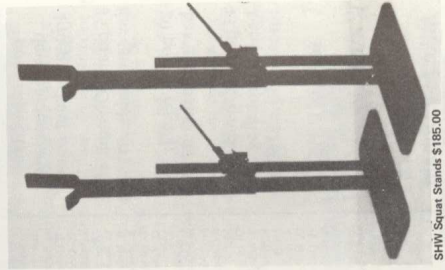
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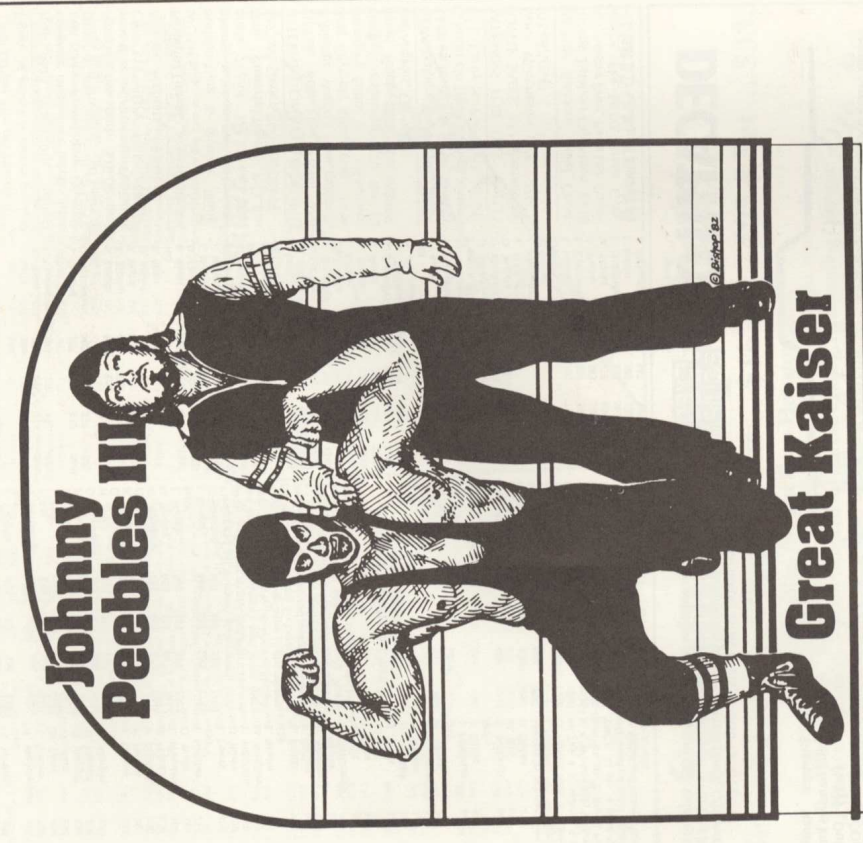
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Coming Events

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- 13 NOV Edward S. Hudson Memorial... 13 NOV 2nd annual Mobile Open... 13 NOV Summit Invitational... 13 NOV Summit Invitational... 13 NOV Summit Invitational...

- 13 NOV Summit Invitational... 13 NOV Summit Invitational... 13 NOV Summit Invitational... 13 NOV Summit Invitational... 13 NOV Summit Invitational...



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- 129. Iron Forge Rd., Bellvale, NY 10912... 30 APR Region XI... 30 APR Connecticut state championships... 30 APR Ames Open... 30 APR Ames Open... 30 APR Ames Open...

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This Space is Available to Meet Directors Send in the date and name of your contest, plus the name, address and telephone number of the person who should be contacted for entry forms or further information.

PS: when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian or other foreign meets) please, if you call him, don't call collect.

Women's Region VII
and Ames Open
9/18/82-Ames, Ia

Table with columns for athlete names, scores, and event details. Includes names like G. Russell, J. Bunz, M. Jones, L. Winch, etc.

without saying. These people extended their appreciation to the meet and really appreciate all their help. Special thanks to Jim Thacker who traveled to the meet and judged all day and also to all the members of the Ames Athletic Club who served lunch.

This was the 1st Women's Region VII meet held in Ia. 20 lifters competed in this portion of the meet. The following are the winners of the best lifter award in each classification all in her 1st meet. Open Div. congratulations go to Doug Peterson, best lifter light div and Pat Blanche, best lifter heavy div.

Thanks to Pete Conis, Meet director, for results. Thanks to the following lifters for their help in the Southeastern PL Championship Open & Novice 10/8&9/82-Martín, Tn

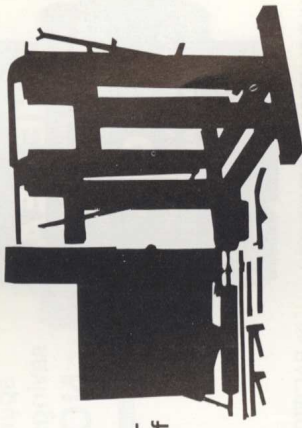
Table with columns for athlete names, scores, and event details. Includes names like J. Rogers, R. Cox, D. Rogers, etc.

FOR THE RECORD

Large table listing records for various events across different regions and states. Columns include region names (California, Indiana, etc.) and athlete names with their respective scores.

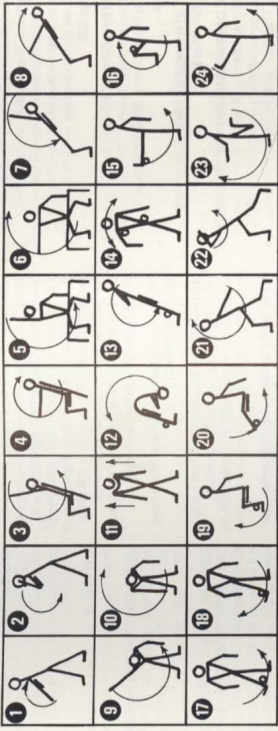
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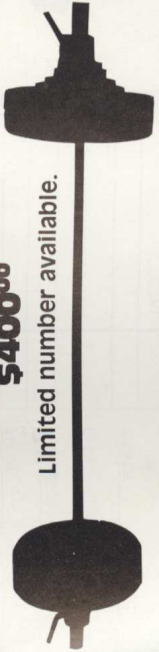
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