

the library of **strength** plus video

THE DEAL

Purchase any single publication, or any complete set of courses and receive the \$9. DIARY for ONLY \$2.

- OR -

Order any two selections and get your DIARY ABSOLUTELY FREE!

special savings offer **NOW**

THE DEAL

Purchase the Larry Pacifico VIDEO CASSETTE SEMINAR and THE 1982 SENIORS video cassette for only \$185. **SAVE \$10.**

(A) THE LARRY PACIFICO TRAINING SYSTEM—Bodybuilding System, The Squat, The Benchpress & The Deadlift course books. Tested, tried and proven. Possibly the most successful, best-written and fully-photographed set of courses ever written. **\$6. each or all four for \$20.**

(B) DEFYING GRAVITY by Bill Starr, author of, The Strongest Shall Survive. Tells you How to Win At Weightlifting. **Now \$7.95 plus \$1. Handling.**

(C) THE STRONGEST SHALL SURVIVE by Bill Starr. **Now \$7.**

(D) NEW DIMENSIONS IN POWERLIFTING by Mike Bridges. The big 52-page, complete and illustrated powerlifting course book naturally features, The Flair System made famous by Mike. **Now \$14.95.**

(E) THE KAZ QUESTS by Bill Kazmaier, the world's strongest man. QUEST 1—The Bench Press, QUEST 2—Squat & Deadlift, QUEST 3—Gaining Muscular Size and Bulk. **\$7. each or all three for \$18.**

(F) KEYS TO THE INNER UNIVERSE by Bill Pearl. A 68-page volume-encyclopedia on training-bodybuilding, with 1600 fully-illustrated exercises. **Now \$29.**

(G) POWERLIFTING—A SCIENTIFIC APPROACH by Frederick C. Hatfield, Ph.D.

A 190-page book detailing the Sport, Training, Lifts, Diet-Nutrition, and Preparation for Competition. **Now \$6.95 plus \$1. Handling.**



PACIFICO ENTERPRISES

Please Check One
 VHS
 Beta

Mail to: Pacifico Enterprises
 P.O. Box 14152
 Dayton, Ohio 45414

(H) THE 1982 SENIORS VIDEO CASSETTE

Full color, approximately 3 hours long with complete narration. Don't miss this classic, see every lift and every lifter. Professionally done, showing not only the attempt itself, but psyching up and crowd response. **\$95.00**

(H) PACIFICO VIDEO CASSETTE SEMINAR

Once again we are happy to be the first to bring you the latest in 21st century training ideas...the **HOME VIDEO SEMINAR** with Larry Pacifico, 9 times World Power Champion. No doubt the foremost authority in our sport today, Larry has done over 100 seminars throughout the United States and Canada. Many of the top lifters of today have trained under his courses and ideas.

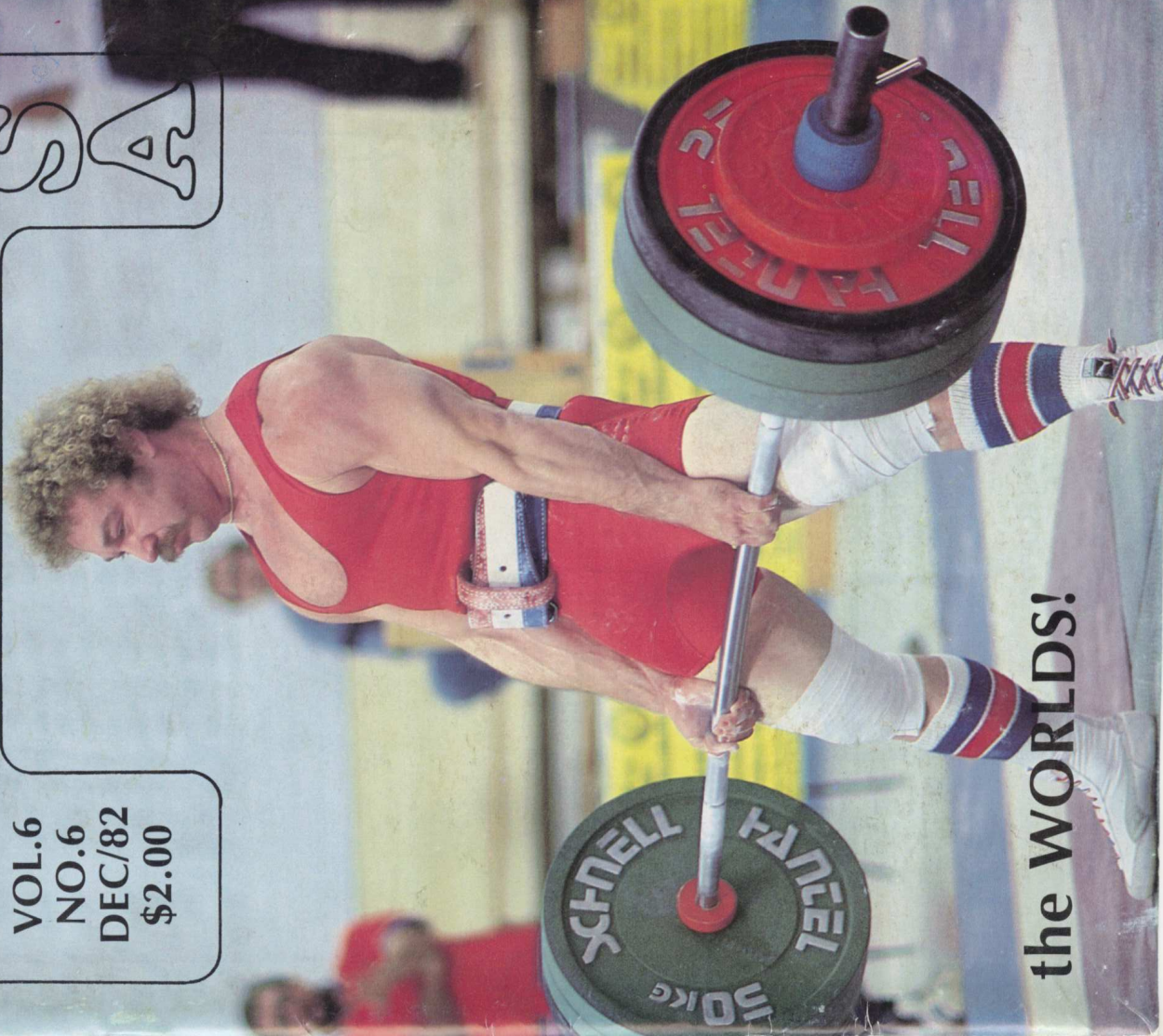
The following will be covered in this 3 hour VIDEO SEMINAR:
SQUATTING—Bar placement, foot placement, hand position, breathing, mouth pieces, suits, shoes, belts, all accessories for Squating and more, including how to cycle.
BENCH PRESSING—Hand placement, bar position on chest, breathing, foot position, back arching, proper grip secrets, important muscle groups to include, accessory work for benching and more, including how to cycle.

OVER 50 HOURS WERE SPENT ON THIS TAPE SEMINAR by Larry, partner Eric Sluber and others. After you view this, you are sure the techniques used will help you put 300 LBS or more on your totals.

Others will copy again, but this is the best possible video, information available anywhere. I stake my name on this claim. *Larry Pacifico*

Powerlifting-U.S.A.

**VOL.6
 NO.6
 DEC/82
 \$2.00**



the WORLDS!

QUALITY and PRICE

Send for free illustrated catalog.



Super Deluxe Big 6 Bench only \$260.00

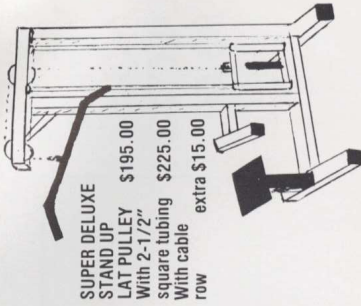
Combination Flat Bench, Adjustable Incline, Bench Press, High Dip Bars, Squat Rack and Seated Curl. The best bench your money can buy. This bench is what I call Super Deluxe.



New 8-1 Bench only \$159.95

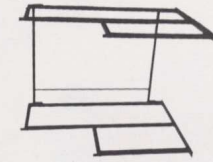
Consists of Flat Bench, Adjustable Incline Bench, with barbell holders, Prone Bench, Leg Curl, Leg Extension, High Dip Bars, Squat Rack and Curl Bench.

If you are very limited for space in your training quarters this is a must for you. This all welded steel unit is very strong and heavily foam padded with cloth vinyl covering. This unit comes with a seated curl unit not shown in photo.



SUPER DELUXE STAND UP LAT PULLEY \$195.00
With 2-1/2" square tubing \$225.00
With cable extra \$15.00
row

Unit is all steel welded thruout, real impressive and strong, does not need to be attached. We use a 1/4 inch cable and pulleys that don't wear out and need no lubrication. Can be used for front and behind neck lat work as well as triceps push down. Unit comes complete and ready to use.



6' BAR STEP RACK \$110.00

Ideal for the home gym owner. Made for a 6' tall bar or longer. Doesn't take much room. All steel welded and real strong, designed to handle what you can use.



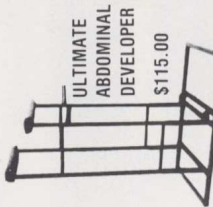
SPECIAL LEG CURL UNIT LEG EXTENSION \$115.00

Used to develop the knee area and leg biceps muscles. Bronze bushing make it comfortable to use.



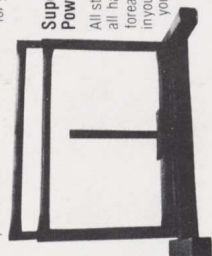
HEAVY DOUBLE SEATED CURL \$85.00

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



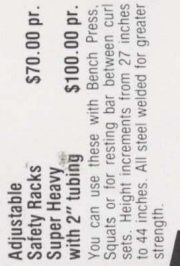
ULTIMATE ABDOMINAL DEVELOPER \$115.00

The appropriate name for this fantastic exercise unit. Absolutely no way you can cheat while doing your sit-ups. Self standing and easy to use. For hard rock and chiseled look abdominals, this unit can't be beat. Protect your internal organs with a solid wall of muscles.



Super Deluxe Powerful Grip Unit \$50.00

All steel welded. Used to develop all hand gripping muscles and forearms. Takes very little room in your gym and gives you strength you never dreamed about.



Adjustable Safety Racks Super Heavy with 2" tubing \$70.00 pr. \$100.00 pr.

You can use these with Bench Press, Squats or for resting bar between curl sets. Height increments from 27 inches to 44 inches. All steel welded for greater strength.

JUBINVILLE HEALTH EQUIPMENT P.O. Box 662 Holyoke, MA. 01041

NEW SIZES

INCREASE YOUR POWER

HIGH POTENCY — HIGH UTILIZATION

GLANDULARS

WITH THE GREATEST TRAINING AID YOU'VE EVER HAD.

These Glandular formulas are without comparison whether you choose the 1200 mg. complex or one of the six individual 500 mg. formulas. Each product is packed in a clear two piece gelatin capsule in powder form to assure you of the highest utilization and enzyme action associated with these glandulars.

GLANDULAR COMPLEX — 1200 mg

each capsule contains:		
RAW ADRENAL SUBSTANCE	200 mg	200 mg
RAW WHOLE PITUITARY SUBSTANCE	200 mg	200 mg
RAW KIDNEY SUBSTANCE	200 mg	200 mg
RAW ORCHIC SUBSTANCE	200 mg	200 mg
50 CAPSULES	\$18.00	250 CAPSULES \$80.00

ADRENAL-500

each capsule contains:		
500 mg. RAW ADRENAL SUBSTANCE	200 mg	200 mg
"...THE MASTER GLAND NECESSARY FOR HIGH PERFORMANCE AND SUSTAINED ENDURANCE"	200 mg	200 mg
50 CAPSULES	\$10.00	100 CAPSULES \$18.00

ORCHIC-500

each capsule contains:		
500 mg. RAW ORCHIC SUBSTANCE	200 mg	200 mg
"...SOURCE OF ALL MALE HORMONES"	200 mg	200 mg
50 CAPSULES	\$7.00	100 CAPSULES \$12.00
	250 CAPSULES \$26.00	500 CAPSULES \$49.00

PITUITARY-500

each capsule contains:		
500 mg. RAW WHOLE PITUITARY SUBSTANCE	200 mg	200 mg
"A GREAT FAT BURNER & ESSENTIAL FOR GROWTH"	200 mg	200 mg
50 CAPSULES	\$11.50	100 CAPSULES \$20.00
	250 CAPSULES \$44.00	500 CAPSULES \$83.00

PANCREATIC-500

each capsule contains:		
500 mg. RAW PANCREATIC SUBSTANCE	200 mg	200 mg
"THE SOURCE FOR MOST ENZYMES THAT CONTROL THE DIGESTIVE TRACT"	200 mg	200 mg
50 CAPSULES	\$4.50	100 CAPSULES \$8.00

HEART-500

each capsule contains:		
500 mg. RAW HEART SUBSTANCE	200 mg	200 mg
"FOR BETTER CIRCULATION (PUMP)"	200 mg	200 mg
50 CAPSULES	\$3.50	100 CAPSULES \$6.00

KIDNEY-500

each capsule contains:		
500 mg. RAW KIDNEY SUBSTANCE	200 mg	200 mg
"INSURES PROPER FUNCTION OF KIDNEYS FOR HIGH PROTEIN INTAKE"	200 mg	200 mg
50 CAPSULES	\$3.00	100 CAPSULES \$5.00

Marathon nutrition glandular products are derived from specially selected (U.S.D.A. certified Argentine bovine products — Are guaranteed to contain no preservatives, no artificial flavoring or coloring, no stibazol or other harmful chemicals. The activity associated with Marathon glandular product is indigenous to the gland themselves. Processed tissue (dehydrated, dehydrated, and impurity free) at or below 37°C to retain the naturally occurring vitamins and enzymes.

QUALITY — unmatched at any price
POTENCY — without a doubt — the leader
PRICE — milligram for milligram your best buy
HIGH POTENCY — HIGH UTILIZATION

GLANDULARS

by MARATHON NUTRITION®

FREE
1 month supply of 400 I.U. Natural Vitamin E with \$20 purchase of any Marathon Nutrition product - \$1.95 value
FREE

★ If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here.

SHIP TO:

SHOP BY PHONE OR MAIL

<input type="checkbox"/> MasterCard	<input type="checkbox"/> VISA	PRODUCT	SIZE	QTY.	PRICE	EXT.
<input type="checkbox"/> Card No.	Expiration Date	Glandular Complex	1200 mg.			
		MARATHON NUTRITION® Use MasterCard, Visa, Money Order, Check or COD				
		Palos Verdes Estates, Overseas orders add 20%.				
		Phone: (213) 519-7111/375-3802				
		CA 90274 COPYRIGHT MARATHON DISTRIBUTING CO.—1982				
						TOTAL \$

Distributor and Wholesale inquiries welcome.

Hastings Barbell Co.

Strength Training Equipment for Everyone!



WAYNE BOUVIER
1982 Senior National
Super Heavyweight Champion

RAY MORAN
University of Wisconsin Strength Coach

These two great lifters train with Hastings Power Bars.

Power Bar.....	\$210.00	E-Z Curl Bar.....	\$90.00
Power Bar with Center Knurl.....	225.00	Dumbell Handles.....	15.00
Training Collars.....	35.00	Hack Squat.....	400.00 to 1150.00
Spin Lock Competition Collars.....	80.00	Seated Preacher Bench.....	295.00
Competition Bench.....	235.00	Leg Extension/Curl.....	345.00
Safety Rails for Comp. Bench.....	45.00	Leg Ex./C. - 200 lb. wt. stack.....	510.00
Safety Squat Rack.....	295.00	Hi/Lo Lat Pull, Plate Load.....	550.00
Dip Bar for Comp. Bench.....	70.00	H/L Lat Pull 250 lb. Stack.....	825.00
Preacher Curl for Comp. Bench.....	80.00	Incline Bench with Spotter.....	290.00
Radial Incline/Decline Bench.....	415.00	Pec Deck-Plate Load.....	725.00
Exercise Bench.....	95.00	Pec Deck-Weight Stack.....	900.00
Power Rack.....	440.00	Hip Sled.....	1500.00
Plate Holder.....	95.00	Leg Press.....	675.00
Bar Lifter.....	70.00	Bent Over Row.....	390.00
7 Ft. Light Stands.....	290.00	Olympic Plates.....	.68/lb.

SALES/616-948-2462

FACTORY/616-765-5101

Hastings Barbell Company

James W. Sutherland
2257 Heath Road Hastings, Michigan 49058

Powerlifting-U-S-A

Post Office Box 467
Camarillo, CA 93011

EDITOR-IN-CHIEF Mike Lambert
INTERNATIONAL EDITOR Andy Kerr
FEATURE EDITOR Dr. Ken Leistner
TRAINING EDITOR Ron Fernando
RESEARCH EDITOR Dr. Tom McLaughlin
SUBSCRIPTION SERVICES Jean Lambert
STATISTICIAN Herb Glosbrenner
PUBLISHER Mike Lambert

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$18 per year. The office of publication is 1568 DAPPLE AVENUE, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, Box 467, Camarillo, California 93011

Subscription rates: (US funds only)

USA & CANADA, 1 yr.....\$18.00 US
USA & CANADA, 2 yr.....\$34.50

Foreign, Surface Mail...\$24.00 US
Foreign, Air Mail.....\$39.00 US

MEMBER

COMMITTEE ON PUBLICATIONS
EDITORS AND PUBLISHERS
BOX 703 SAN FRANCISCO, CA 94101

CONTENTS

Volume 6, Number 6
December, 1982

WORLD CHAMPIONSHIPS.....	Mike Lambert.....	7
WORLD CHAMPIONSHIPS SCORECARD.....		10
POWER POETRY.....	by Jeff Everson.....	16
MESSAGE FROM PRESIDENT.....	Dr. Conrad Cotter.....	17
1983 U.S.P.F. REGISTRATION APPLICATION.....		17
K.I.S.S.....	Mike Reed.....	20
CLASSIFIED ADS.....		20
MORE FROM KEN LEISTNER.....	Dr. Ken Leistner.....	22
JAKE BOYER.....	Tim McClellan.....	26
POWER SQUAT COMPARISONS.....	Cliff Grubbs.....	32
VEGETARIAN POWER DIET.....	Gary Zeolla.....	34
PL PSYCHOLOGY.....	Drs. Jud Biasiotto & Ed Ritter.....	37
NATIONAL MEET QUALIFYING TOTALS.....		37
TOP 100 MIDDLEWEIGHTS.....	E. Jean Lambert.....	39
NUTRITION CORNER.....	Jack Digangi, R.D.....	45
ATHLETE'S REP ELECTION BALLOT.....		45
HIGH BLOOD PRESSURE.....	Cliff Grubbs.....	49
WHO'S WHO IN POWERLIFTING.....		49
CLASSIFICATION AWARD STANDARDS.....		53
COMING EVENTS.....		75

© 1982 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

NEXT MONTH...a new dimension in Powerlifting USA features, by a World Superheavy Champ, Hugh Cassidy.

ON THE COVER....1982 World Middleweight Powerlifting Champion, Rickey Dale Crain of Shawnee, Oklahoma.

POWERLIFTING USA advertising rates available upon your request.

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

YES!

SIGN ME UP!

NEW

Check one:

RENEWAL

Address Change

Name _____

Address _____

City _____

State _____

Zip _____

\$18.00 for 12 monthly issues, 2 years--\$34.50

Payable to 'POWERLIFTING USA', Box 467, Camarillo, California 93011

Full Cut Jeans at Discount For Men Who Need Extra Room

These are Name Brand Jeans handled by major department stores, but in full cut (extra room in the hips and thighs). At Big Men's stores you can pay twice as much; the time to stock up is now!

Sizes 32-40, \$16.75 (1-2), \$15.75 (3 or more)
Sizes 42-50, \$18.75 (1-2), \$17.75 (3 or more)

SATISFACTION GUARANTEED...REFUND OR EXCHANGE

Returned as received/unwashed and unworn

LENGTHS: sizes 32-40 in 30/32/34/36 lengths,
sizes 42-46 in 30/32/34, sizes 48-50 in 30/32

WOMEN'S SIZES: 32-42 (lengths 33) \$17.75 or \$16.75 for 3 or more

Name Brand SweatShirts and SweatPants (in Red, Navy, Gray)

SweatShirts: sizes Medium, Large, Extra-large

\$9.99 each or \$8.99 each for 3 or more

Sizes XXL & XXXL-\$10.99 each, \$9.99 for 3 or more

SweatPants sizes S(28-30), M(32-34), L(36-38), XL(40-42)

\$8.99 each/\$7.99 for 3 or more

SPECIAL VALUES from Charles & Associates

Vitamin A 10,000 Units-100/\$2.95, 500/\$8.95, 1000/\$16.95,	L-Tryptophane 100 mg-100/\$7.95, 500 mg-30/\$7.95, 500/\$8.95, 1000/\$16.95,
Vitamin B-12 500 mcgms.-100/\$4.95, 1000/\$19.95, 500/\$18.95, 1000/\$29.95	Wheat Germ Oil (Soft Gel Caps.) 6 minims 100/\$3.50, 1000/\$19.95
High B-Complex '50' NATURAL Complete B-Complex-100/\$6.95, 250/\$13.95	Bone Meal Ultra w/A&D Tabs. 100/\$2.95, 500/\$7.95
High B-Complex '100' NATURAL Complete B-Complex-100/\$11.50, 200/\$18.50	Dessicated Liver Tabs. 7 1/2 gr.-100/\$5.95, 500/\$22.95
Vitamin C 100 mg.-100/\$2.95, 1000/\$13.95, 5000/\$43.95, 500 mg.-100/\$4.95, 1000/\$23.95, 5000/\$74.95, 1000 mg.-100/\$6.95, 1000/\$39.50, 5000/\$152.50	L-Cysteine Cysteine-250mg., Vitamin C-750mg. 50/\$6.95, 100/\$10.95
Vitamin E d,L-alpha-Tocopherol-Acetate 400 i.u.-100/\$6.95, 500/\$23.95, 1000/\$38.95, 1000 i.u.-100/\$10.95, 500/\$49.95, 1000/\$83.50	Pantothenic Acid Tabs. 100 mg.-500/\$7.95, 1000/\$13.95
	Multi-Mineral Tabs. 100/\$3.95, 500/\$12.95, 1000/\$19.95
	Lecithin Caps. 19 gr.-100/\$4.95, 500/\$19.95, 1000/\$29.95
	Bee Propolis Caps. 100 mg. 30/\$3.95, 90/\$9.95
	Chelated Potassium Tabs. 99 mg.-100/\$3.95, 500/\$12.95
	Urivac Tabs. (A Natural Diuretic) 50/\$3.95, 100/\$6.95, 1000/\$39.95

add \$2.00 shipping to orders under \$50.00

Check or Money Order payable to:

Charles & Associates
 Box 10676, Pittsburgh, PA 15235

The 12th World Powerlifting Championships were held at an excellent facility (the Olympic Basketball stadium, scene of the controversial USSR-USA final that ended with the Russians finally winning) in Munich, West Germany, blessed by some excellent weather (snow and rain are not uncommon at this time of year, but the skies were clear during the competition). Powerlifting is not a major sport (yet?) in the eyes of the German public, and crowds at the World Championship venue did not exceed 1,000 at most as a bicycling competition was also being held in the city concurrent with the meet. I think that meet promoter Heinz Vuerthaler (a former training partner of Franco Columbu) and his very capable staff did a fine job in putting a bit of money on the affair, about \$8,000 if my Deutschemark conversions are correct, but as Heinz said, this meet is just the start of bigger things to come in Germany. The renowned German efficiency was evident in many aspects of the competition, and about all the lifters could find to gripe about was the quite cool temperature in the warmup room. To set the stage...this was the first World Powerlifting Championship to be held with full steroid and anabolic drug testing in effect. Not every lifter was tested...several from each class were selected at random.

1982 WORLD POWERLIFTING CHAMPIONSHIPS

by Mike Lambert

however, every American medal winner ended up being selected, if only in memory (they're still here). The lifters were also at the testing center into the contest, and the effect of the lifts made can be assumed by checking out the results. Results of the testing are supposed to be out 2 weeks after the meet. Competitors (domination) of the American team (for example) and some were not with close winners and interestingly, in some of the classes. Also, interesting was the fact that the decisions of the IFFI Congress seemed to get more people hot and bothered than anything that happened on the lifting platform.



Left: Inaba had his troubles and had to be saved by the spotters on this attempt, while Dunbar (above) roared through his attempts in the squat. victory Number Ten. Inaba is now with Larry Pacifico with 9 consecutive titles, but Number Ten may prove to be as rugged a challenge as Larry found it to be. As always, Inaba was the perfect sporting gentleman, on and off the platform, at ease and friendly with many, many lifters, despite the obvious language barrier. Milan Cukovic, coach of the Japanese team, explained that he's had a back problem of late, which Ken Leistner (who offered his excellent chiropractic services to anyone, regardless of nationality, who needed it) did some work on. Also, with the trip to South

Africa and meets in Japan, he's been lifting a lot and often recently. Dunbar was ready as I've seen him for a World Championships, despite a lack of the kind of attention he used to get when Luke Jams was his constant companion. His newly acquired deadlift power seemed largely responsible for the boost in confidence. Chuckie performed very well, and knew it, but too big a jump on his final d-lift (he just couldn't lock

ing the most of his unique leverages. He takes a profound arch in the bench and has the weight handed to him...a very individualistic style. Erikson, Fontana, and Singh produced very respectable totals. If some of our established stars in this class move up or out of the sport, the USA could have a real struggle scoring

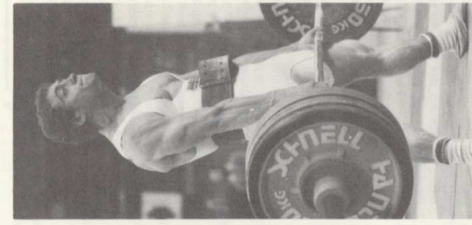
him to quickly shut down the effort. Amazingly enough, despite Lamar's back power, Dr. Ken Leistner called Lamar's back one of the 3 worst he had ever worked on, chiropractically speaking. We should also point out that we have a report of Inaba getting a World Record in the squat higher than Lamar's prior to the Worlds, while he was still weighing in the 123 lb. division.

Haatanen of Finland, nearing 50 years of age according to some, snuck past a somber Bhatrao for 2nd, setting the stage for a serious onslaught on the British domination of spot Number Two in the Team competition, and they were shortly joined by the Swedes, who had newcomer Hentyyson in the 132s. He bears significant resemblance to his heavier countryman, Nentis, physically and in lifting styles. The lifting craft of Lampela took the featherweight title on some solid deadlifting, but Hentyyson didn't get all the kilos he was good for on the scoreboard. Galvez lifted for Britain last year, and was 'replaced' in more ways than one on the British team by Mannering. Tony squatted nicely but got only reds, but Mannering, except for hairstyle, looked and behaved like a Galvez clone, and was just off the medal winning pace. Canadians Catterson and Sleno continued the battle they started at their national championships, with Nelson



Gant (above) on the way home with his 4th attempt 518 squat, after a prior miss. At right **Lampela**, the stoic Finn awaits the signal to squat points in this division.

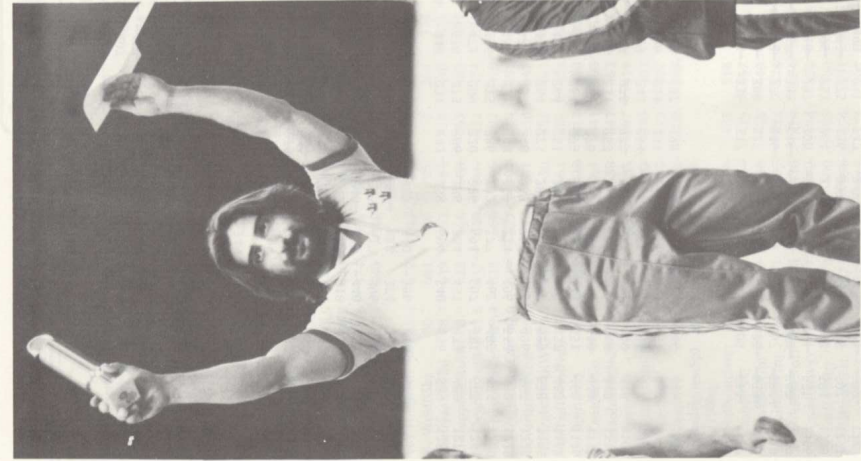
In the 123s, Lamar Gant was well in control of everything, even his bodyweight which was a worry to some as he was well over the limit until the moment he had to drop the excess. Lamar had been doing super in training, doing triples with around 500 in the squat, 5 sets of 5 with 285 in the bench, and deadlifting in the World Record range, but a last minute pec tear ended his chance for a Grand Slam of World Records, one in each lift and total. He missed the record squat rather badly on his 3rd attempt, but seemed convinced that he could find the groove and fight it out on a 4th try, which is exactly what he did. This lift was widely and deservedly celebrated as the only successful World Record of the Championships and put Lamar in the rarified company of those men who have set a World Record in each lift during their career. The only other one anyone could think of was Larry Pacifico, who had a deadlift mark early in his 242 pound career in the early 70s. Lamar, as is his custom, took a large jump in the deadlift after he had won the competition on his opening attempt, but just as the World Record attempt of 644 started to leave the floor he got a wicked cramp in his right calf which caused



Mannering was just off medalwinning pace in the featherweights, being particularly dissatisfied with his performance at this contest.

Few members of any USA team ever went to the Worlds with more support than Jay Rosciglione. Family, friends, and the best wishes of his fellow team members made even more disappointing that Jay had a rough go. His openers were conservative (considering his training lifts) and looked solid, but reasonable jumps after his openers were inexplicably too heavy. When it was clear that Jay was not going to dominate, Pengelly looked and acted like a winner, making his squats and benches in a big way. Nentis, down from a successful move up to the mid-weights and sporting a lot more hair than last year, methodically made himself the subtotal champ, but Pengelly still seemed in charge. Nentis did what he could, with the 606 being as much as he could possibly have made on that particular day, and then stalked off, knowing that the door had been left wide open for the ever so slightly smiling Eddie. His setup for his 2nd deadlift, at the winning poundage of 633, was immaculate and the lift looked absolutely perfect until at the final microsecond his grip burst open and the bar smashed to the platform. The final try at the weight was a repeat, leading to a simultaneous roar of applause from the sizable and vocal Swedish contingent and a stunning blow to the Britishers. Eddie was visibly emotional, and understandably so...you can't get any closer than he came to winning and not succeed. Aussie Glen Waszkjel did some hot lifting for 3rd, and Lam of Canada was also impressive, one of several Canadians reputed to have never dealt with steroids during their career.

In the 165s, Rickey Dale Crain had it easy after some key bombs. Steve Alexander looked, in my opinion, to be overtrained, but got a squat in. Hip heave in the bench that



Nentis (left) and **Bridges** (below) were winners. **Martina** (above) the middleweight, blew the crowd a kiss

form. Some observers claimed that he could lift much more with a more concerted training effort. The 198s were the Walter Thomas show, and he appeared in awesome physical condition. He had little trouble in the competition until the deadlifts. He let time run out on his 2nd attempt, before tackling a massive 788 on a final effort. Few attempts have seen him fight a lift more fiercely, but...as it later came out, he backed out just as the bar passed his knees. Walter couldn't remember what happened after that and didn't feel any pain until after he saw the effort on videotape and then started rubbing the side of his face. What happened was that near the very top of the lift, after really battling it out until that point, he suddenly took a slow, twisting nosedive right into the platform (heavy rubber flooring). After a few dangerous looking moments on the platform, Walter



he couldn't get rid of knocked him out of the finishers, while Backlund, not looking his sharpest either, brought it in the squats. Crain lifted beautifully anyway, running out of gas, understandably, only at the end, when after making 3 straight deadlifts, he went for the World Record on a 4th. He had the basic power, but as Larry Pacifico pointed out, it is unheard of for someone to get a WR DL on a 4th after taking and making his first 3 tries. Rickey went on lifts of 705 363 705 at an exhibition a week later during a clinic he ran for our Armed Forces lifters in Germany. He had his likable wife Kim along for the trip and together they showed the European crowd what American entrepreneurship is all about, selling all sorts of equipment, suits, etc. along with Chip McCain, Larry Pacifico, Eric Stuber, and Jim Cash in the refreshment area of the venue. Martina of the Netherlands was an exciting lifter, looking fierce as hell and making grand gestures to the crowd. Team-wise the Netherlands were very impressive, showing excellent strength,

ScoreCard

Table with columns for athlete names and countries, and rows for weight classes (BWT to TOT) showing scores and placements.

World and European Powerlifting Championships Munich, West Germany November 4-7, 1982

Table with columns for athlete names and countries, and rows for weight classes (1592 to 922) showing scores and placements.

World Team Championship Final Standings

Table listing 18 national teams and their total scores in the World Team Championship.



USA Coaches Larry Pacifico and Bob Fortenbaugh split the duties... assisted by many other volunteers



Meet Director... Heinz Vierthaler



Brian Smith, pre-eminent plate form general, received a special award for his dedication and very hard work.



SCHANELL equipment was used throughout the competition.

slowly walked off surrounded by the concerned USA team members and staff. Happily, he was not injured at all, not even a scratch. His wife Juli was present and resplendent in some dresses she acquired during her trip to India, and she was happier than anyone with the outcome.

The crowd woke up quickly in the 220 lb. class and let the judges know how they felt. (In Europe they whistle their displeasure, in the same sense that Americans boo unpopular decisions.) Cash looked incredibly muscular and vascular and Mattson was no slouch either. Jim took all his squats down very low, but met with reds on his 2nd and 3rd attempts, decisions which were met with an hurricane of whistles from the crowd. It was later mentioned that Jim's arms may have touched his knees on at least one attempt. Mattson, the boyish blond, had the same fate and elicited the same negative response from the crowd when he had his last 2 squats turned down. Cash benched well, but Mattson did more than just well. Jim's try at 518 was just a ploy, passed as soon as he stepped on the platform, so that Mattson wouldn't get a full 3 minute rest for his try at 529, a lift he may not have made anyway. With the deadlift in session, Jim still had a chance, despite the problems in the squat. His opener secured 2nd place over a

game Tony Stevens, and Jim let time expire on the 793 to muster up all he could for the 826 he had to have to back up last year's title and set the stage for the greater exploits he has planned for the future. With the stage his alone, he strode out to meet the bar, set up quickly, and yanked for everything he had. The bar came up, but slowly, and he quivered past the 1/2 way point, eked past the 3/4 point, before finally stalling at the 3/4 point. And so, with a roar from the Swedes, a new champion was prepared for the victory ceremony. The format of the competition was, with one exception, on a one class at a time basis, which made things quick for the competitors. The 114s, 123s, and 132s had their sessions on Thursday, November 4th, while the 148s, 165s, and 181s had it out on Friday. The 198s through 242s lifted Saturday and the 275s-Supers lifted together on Sunday. The pre-arranged schedule of starting times for each class was adhered to with amazing precision throughout the contest.

The 132s had been a very close class, with Belgium's Van Wommel in the thick of things until the end, but the closest battle of the competition was in the 242s, where any of 4 men had a legitimate chance for victory. The USA's hopes rested on



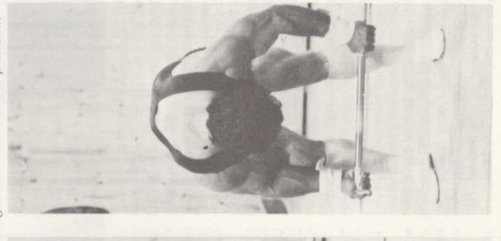
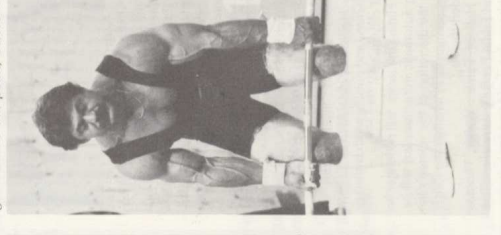
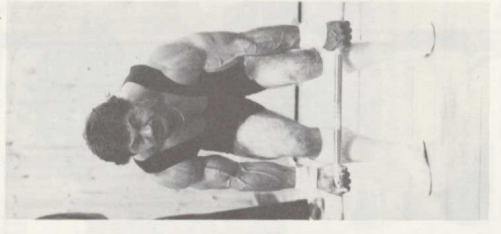
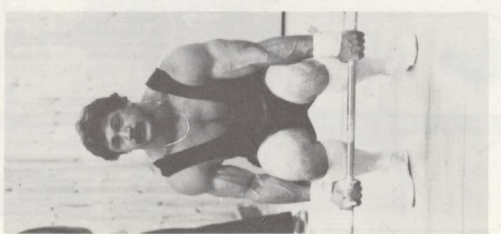
Kieravaara (just as he lost a deadlift (above) and Walter Thomas with his opener, before his dangerous looking miss on his next attempt.



Fallen Lifter Jamison (ref), Fortenbaugh, Juli Thomas, Bruce Wadell, Ken Lester, and Pacifico huddle over an unconscious Walter Thomas.

a very likable Dave Schneider, who kept his head in some unwieldy circumstances, and had the winning lift up in the deadlift. Dave had trouble in the squats, despite looking deep and strong with all his attempts. He rode the razor's edge until his final try, which finally satisfied the judges, but left him 50 pounds back of where he wanted and needed to be. Darnell was gigantic compared to last year, rolled his eyes early before each attempt, and took that big squat of his

Cash started the 826 he needed for the win, stalled with it midway,



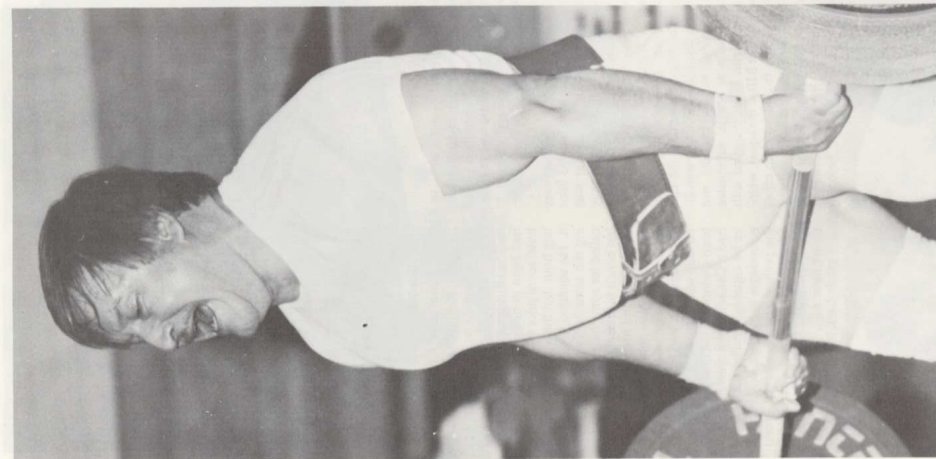
Mattson...punches out a decisive 518 bench that gave him a big lead, see was more than he actually needed) which he just about had locked out. A subsequent try wasn't close. Saarela had done enough to win, his patience over the years being well rewarded.

In the 275s, Canable had an easy time of it. Magee was only 3 kilos over the 275 limit, but that was enough to make him a Superheavy and left only Ekstroem, of Power Forward, Basketball dimensions, to issue a faint challenge to his dominance. All was set for battles for this great athlete (he can throw a discus over 200 feet with the training) as the bar did not cooperate in its normal submissive fashion. John really struggled with his first try at 810 in the squat, which he had to back to and fro in an effort to find the right groove, to get the massive poundage up, but the judges didn't reward him. Larry Kidney fought it out to this point, before letting it crash back to the platform.

lookalike, Reidar Steen, of Norway nearly benched the squats, but jumped and let it out when he had to. The USA Super, Wayne Boy, had been in near to his appointed lift time, but that's the way he likes it. He squatted great, but got into the same line, obscure on his last bench (a critical lift). He rose up from the lift and roared at the lights, but was simply disappointed with the outcome. The crowd was on him in the deadlifts, and he almost pulled out what very well could have been a winner, the final lift. Magee as the captain of the crowd in setting his class, and became the star of the Supers in World Championship history. He didn't make the final 777 deadlift, but he didn't have to.

Referees, from many IPF member nations worked the judges seats.

New IPF members. Austria, Zambia, Saudi Arabia. There is an Estonia vs. Finland meet in the works. This world's had the largest number of countries competing (19) as well as the largest number of lifters in a World Championship, the next International Schedule, the next men's Worlds is set for Sweden. Finland has put in a bid for 1985, 40-49, and 50 and over, and no



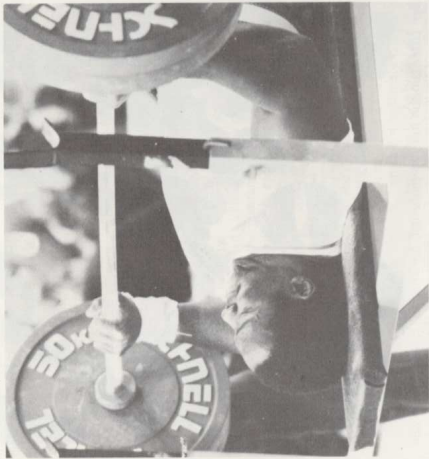
IPF Congress Notes... official minutes of the meetings held prior to the World Championships were not available at press time, understandably as there was a great volume of material to handle. IPF President Vic Mercer, Secretary Arnold Bostrom, and other delegates to the meetings passed along their recollections, so that some idea of what went on can be offered, however.

On Drug Testing and World Records... essentially the word is this: no world record (men's, women's, etc.) can be set without a drug test which must be up to IPF standards (essentially International Olympic Committee standards) and must be administered by one of the 2 IPF Drug Control Officers (Bill Jamison of Canada and Georg Bostrom of Sweden). The expenses of the Drug Control Officer must be paid for. The vote on this motion was 16-0.

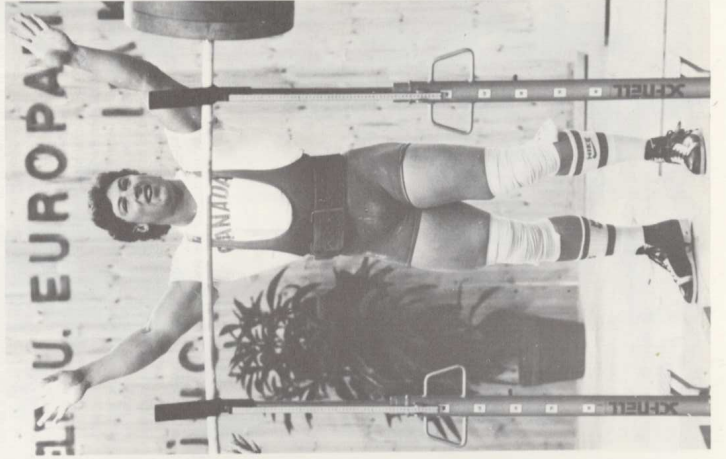
On Drug Testing and World Records... essentially the word is this: no world record (men's, women's, etc.) can be set without a drug test which must be up to IPF standards (essentially International Olympic Committee standards) and must be administered by one of the 2 IPF Drug Control Officers (Bill Jamison of Canada and Georg Bostrom of Sweden). The expenses of the Drug Control Officer must be paid for. The vote on this motion was 16-0.

On Drug Testing and World Records... essentially the word is this: no world record (men's, women's, etc.) can be set without a drug test which must be up to IPF standards (essentially International Olympic Committee standards) and must be administered by one of the 2 IPF Drug Control Officers (Bill Jamison of Canada and Georg Bostrom of Sweden). The expenses of the Drug Control Officer must be paid for. The vote on this motion was 16-0.

and possibly Switzerland for 1986. There will be a World Games in 1983, set for July 24-August 4 in Great Britain, and Wembley Stadium has the Powerlifting competition. Canada has the World Masters Championships for 1983, to be held in September, 1983. Masters, age categories remain 40-49, and 50 and over, and no



Saarelainen (left) really won the Worlds. Gamble (above) and Magee both made it to the Number One spot in their respective classes.

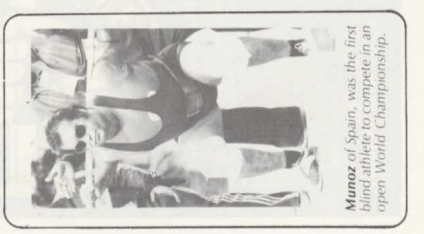


Book Review... by Mike Lambert. We received an advance copy of Jim Cash's deadline course at PL USA, and would like to let you know what we think of it, even in draft form. Compared to other courses on the market, I consider it appropriately comprehensive. Along with providing detailed set and rep information, as well as key technique pointers, it is actually quite motivational in sections, which is a plus when you consider that the motivation is coming from a record holder and champion like Jim. Jim has actually put 400 pounds on his deadline since his first meet in 1976 and obviously knows what he is talking about. The section on stretching is excellent, and should help many to avoid the common injuries that result from lack of warmup. He breaks his training cycle into several parts and combines general truisms about deadlifting with this own unique observations on the lift and its proper training. Even in draft form it was well written.

The Setup at the Olympic Basketball Hall was impressively laid out. Masters Committee was accepted within the IPF structure. The IPF has no problem with differing age categories for Masters, etc. being set up for national use by any country. Dennis Burke, removed for inactivity from positions as IPF Vice President for the Americas and the Technical Committee.

International Contests, member nations can participate in competition only with other IPF member nations. Worlds Records, all claims must have a list of the individual plates used and their actual weights. There were many other items covered during the meetings, too numerous to recall with accuracy here, however, the rules will be reorganized a bit to include the new interpretations and to correct earlier problems with their structure.

That's the story of the meet and the meetings, and until the next issue, Powerlifting USA thanks all its readers for their support in 1982, wishes you all a wonderful holiday season and a Stronger New Year!



Munoz, of Spain, was the first blind athlete to compete in an open World Championship.

COMBO SALE!!
Get your renewal to PL USA, combine it with a new subscription to our hot new PL Newsletter, Power Hotline, and save BIG.

The regular price for one year (US & Canada) of PL USA is \$18.00...the regular price for one year of Power Hotline, which comes out twice each month, rushed to you via First Class Mail and packed with the latest Power News available (you could spend over \$100 a month in phone bills to get such current information otherwise), is \$28.00. Order another year of PL USA at the same time you order Power Hotline with our special COMBO SALE offer and you save \$4.00! To take advantage of the COMBO SALE offer, send \$42.00 (payable to Powerlifting USA) to Combo Sale, Box 3238, Camarillo, CA 93011. Even if your subscription to Powerlifting USA isn't up until months from now, you can renew early, get the COMBO SALE discount, and start receiving your copies of Power Hotline right away, and keep up to date with the latest PL happenings.

MAC

BARBELL EQUIPMENT MONTHLY SPECIAL

Save \$15. MAC Competition Bench, as used in the Senior Nationals and World Championships. Reg. \$172.95, now only \$157.95

--- OFFER EXPIRES 1/15/83 ---

Send Order to: **MAC BARBELL EQUIPMENT**
1601 N.W. Dallas, Grand Prairie, Texas 75050

Please send me MAC Competition Bench

Please send me a Free MAC BARBELL EQUIPMENT Catalog

Check for \$_____ is enclosed. Add 5% per cent sales tax

Money Order for \$_____ is enclosed.

MC/Visa No. _____ Exp. Date _____

NAME: _____ (Please Print)

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

Power Poetry by Jeff Everson

T was the night before the Christmas... all through the house,
Not a creature was benching, not even James Rouse,
When out on the lawn there arose such a ramble,
It sounded a lot like big John Gamble.
I sprang to the window in a Jon Cole flash
and tore open the shutters to see mighty Jim Cash
When what more to my wondering eyes should arrive,
But a man pulled by powerlifters, joking and full of jive!
The whitebearded driver was so lively and odd,
I thought for a moment it looked like Terry Todd,
And then in a twinkling I heard such a hoot,
The prancing and pawing of each powerlifting boot.
As I pulled in my head and was turning around
down the chimney he came with a great, big bound
and his clothes were all covered with ammonia and soot.
He had broadened face bones and a big round belly
That shook when he laughed like a bowl full of jelly.
He was muscular and huge... a right GIANT sight,
and I shuddered when I saw him on the clear, cold night.
He spoke not a word, but went straight to his work,
He filled all the stockings and turned with a jerk,
Then laying his finger aside his nose
And giving a nod, up the chimney he rose.
He prodded to his sleigh with a great big yell,
and away they all sprang like a bat out of hell,
'On Gamble and Cash, on Bridges and Wrenn'
Now Gamble and Kidney and Thomas and Frenn'
and I heard him exclaim as they drove out of sight
'Subscribe to PL USA, Merry Christmas to Lambert,
and to all a Good Night!

Endorsement - John Mazzo reports that he has trained under Jim McCarthy and had great results. He highly recommends Jim's training classes. **Dave Rivers?** you ordered 6 t-shirts from Rickley Dale Crain, but didn't leave a full return address. Contact Rickley at Box 1322, Shawnee, OK 74801 and claim what's yours. **Proper Credit** - Roger Godney reports he was erroneously identified as a national powerlifting record holder in the report for the Scott Air Force Base meet in September. His wife has set many records, but Roger has yet to compete in a meet, although he certainly looks like he can move some iron. **Dan Jewell** didn't get credit on the result sheet for his 540 squat at the South Jersey meet, which would have moved him up in the TOP 100 148kg list. **Correction** - due to a misprint in our listing of the Indiana Bench Press meet results, Kurt Schekowich's lift of 540 in the 242.5 Dauson's 860 in the same class were not properly credited. We apologize for the error. **TOP 100 lift.** Tim McClellan reports that Mark Shepherd benched a 325 at 148 in the National Collegiate, which we didn't have on our results of the meet, however, this lift would have moved him up on the TOP 100 lightweight list as well. **Testing Urged** - in a letter from the Women's Committee to the Executive Committee of the U.S.P.F. it was urged that drug testing be instituted at 1983 men's and women's National Championships, or that in the case of the women's Nationals, that IPF level testing be made available for those women wanting to set official world records at the meet (since November 8th, by IPF decree, no world records will be accepted without drug testing). They have also recommended that anyone wishing consideration for a US team be required to take a drug test.

U.S.A.



WEIGHTLIFTING SHOES!!!

only \$65.00

- Non Slip Heal and Sole
 - Excellent arch support
 - Support strap
 - Black with red trim
- Sizes 8-12 (1/2 sizes)
Medium width only

PITT BARBELL
126 Penn Hills Mall
Pittsburgh, PA 15235
412-371-4366



Monster Bench - Dale Shevlin called PL USA and reported he had found and republished bench of 700-9 pounds. A television station in Los Angeles contacted Dr. Conrad Cotter and the matter is well, and we hope have a lot soon. Dale also indicated his intention of competing at the National YM-CAs in Ohio this coming fall. In other record breaking news, Wolhaber's 919 squat was done without our 450 lb. bar, but Dan Waddiman's will stand up to us all. Bob Wahl's 654 waist at 148 as Respectably the last World Record, anyone sees that in World Records without paying for the importing of a drug control officing of a drug sample testing has been laid down.

Best Wishes for a speedy recovery go to Don Mills, who is recovering from PL USA and to Don Mills, who suffered a major quadriceps tear at the recent Temple Hills Open meet.

MESSAGE FROM THE USPF PRESIDENT

Dr. Conrad Cotter

From time to time there are incidents of misbehavior at powerlifting meets which, if not checked promptly, may result in alienating from our sport many officials, who volunteer their time and who serve to sport at considerable personal sacrifice and expense, lifters themselves, and those who come to watch us lift. Tales of egregious lapses of decorum in the days of the past are still heard. The solution may be to hire an off-duty policeman, a part-time policeman, or auxiliary with full arrest powers to be at the meet. Full arrest powers mean the officer may arrest for a misdemeanor. If the meet is being held outside the city limits, a city policeman in many communities will not have full arrest powers. A Deputy Sheriff, on the other hand, will probably have full arrest powers both within the city and without.

It is prudent to ask a policeman to provide for his own relief in the event that the meet drags on past the hour when the policeman can no longer stay. The policeman must be given a sufficient amount of time to get home or to another duty assignment. For various reasons the lifters themselves must refrain from attempting physically to subdue a disorderly individual.

Our fiscal year ended April 30 after only four months of operation. April 30 was selected in order to give our accountant adequate time to prepare a review statement for distribution to members of the National Committee prior to its meeting in early July, on the occasion of the Senior Nationals. The figures in that statement were distorted both by starting up costs, and the retirement of outstanding debt.

The review statement for the current fiscal year, which appears half again as long as that covered by the review statement earlier this year. The cost of preparing this compilation is minimal, for it involves basically pressing a few buttons on George's Wang microprocessor. Although the minutes of the world congress in Munich have not reached us yet, I was able to confirm by phoning Vic Mercer that our lifters effective November 8, 1982, will be able to set world records only at IPF- or USPF- sanctioned meets at which an IPF drug control officer is present and at which IPF drug-testing procedures are followed.

There are, of course, other standards of fairness which the world congress might have considered. Is it fair to ask the lifters to pay Mr. Jamison's expenses to a meet site and \$170 Canadian per sample of urine to be tested at Montreal? In light of the fact that Mr. Jamison, like most of us, has to work for a living (he is a steel worker) and that the world congress is a highly expensive affair, it is fair to appoint only one drug control officer in this hemisphere? Was it fair to abolish world master's records for women? Was it fair to abolish teen-age world records and substitute in lieu thereof, junior world records (through age 23) and again exclude women?

The argument that administrative expediency dictated that we abandon women's master and junior records is not compelling. Nate Foster, whose record keeping is second to none, has volunteered to keep the world records and so notified the US delegate, who has responded by letter, "I'm glad to hear that you are willing to take on drug testing or to postpone its implementation until the planetary body has had an opportunity to review it."

1983 U.S.P.F. Registration application...send \$10 to American Sports Management, address below

PLEASE PRINT NAME: _____ DATE: _____
COMPLETE ALL ENTRIES

STREET ADDRESS _____ CITY _____ STATE _____ ZIP CODE _____

REGISTRATION FEE \$10.00
MASTERS YES NO
CLUB NUMBER _____

DATE OF BIRTH: _____ AGE: _____
SEX: _____
U.S. CITIZEN YES NO
U.S. RESIDENT YES NO

DATE OF APPLICATION: _____
SIGNED BY: _____
SIGNATURE: _____

AMERICAN SPORTS MANAGEMENT
3708 SOUTHFIELD ROAD
LATHROP VILLAGE, MI 48078
313.59.2300

MAKE CHECK PAYABLE TO: AMERICAN SPORTS MANAGEMENT

ATHLETES: fill out card completely, and mail with fee to

USPF OFFICERS: I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE U.S. POWERLIFTING FEDERATION.

American Record Upgrade. This information from Dr. Conrad Cotter, USPF President. The World Congress in Munich voted that world records can only be set in the presence of an IPF drug control officer. In all the world there are but two officers, Dr. George Bostrom and Bill Jamison of Canada. The cost of drug testing at Montreal and the expenses of Mr. Jamison shall result in few, if any, American records being set in this country. In order to give more credibility to the American records, we has decided to upgrade national records.

It is the consensus of the Executive Committee, determined by my polling each member by phone, that we adopt the following rule, effective as of the date of this meeting, November 17, 1982: All IPF rules currently in force governing the setting of IPF world records shall apply also to the setting of American records, with the proviso that drug testing will not be required, that no fourth attempts will be granted, and that the lifter will be minimally 2 IPF referees and one national referee. One IPF referee and 2 national referees. Those voting for minimally 2 IPF referees and 2 national referees: Ken and Zed. Those voting for minimally 1 IPF referee and 1 national referee: Con, Foster, D. Kennedy, Peckler, Schwartz, those voting for minimally three, 3 IPF referees: R. Kennedy, Pettit. Hatfield voted against upgrading American record standards, stating "I will not be a party to removing the possibility of lifters breaking world records when they are able to do so. I am not against drug testing, but I am against the capriciousness of this IPF decision."

More Updates. New Kansas Chairman is Bobby B. Fulgurot, 1560 S. Main, Wichita, Kansas, KS 67201. 316-932-4551, 5865-1551. Former member of the International Powerlifting Federation. New Oklahoma Chairman is P. J. L. Libby, 1503 Charmingdale, Diamond Bar, CA 91765. 714-594-6519 (home), 714-828-4400 (office).

Executive Committee and Officers statements prepared to present financial position and results of operations. GEORGE R. WEBER, Certified Public Accountant

U.S. Powerlifting Federation (Unaudited - see accountant's compilation report)

ASSETS	
Cash-1st State Bank	669.46
Cash-Auburn Natl Bank	5,435.27
Cash-Benj Franklin SKL	1,000.00
Accounts Receivable	3,658.00
Prepaid Insurance	5,096.89
Total Current Assets	24,910.71
Fixed Assets	
Office Equipment	1,312.94
Accum. Depreciation	246.02
Total Assets	25,979.63

Liabilities and Fund Balance

Fund Bal (Prior 1/1/82)	13,383.59
Fund Bal (After 1/1/82)	33,499.97
Net Income	5,822.21
Total Liabilities and Fund Balance	25,979.63

Income Statement

Expenses	
TV Contract	10,667.00
Travel	12,438.56
Medical Comm Expense	158.18
State Chairman Reimb.	6,880.50
Office Salaries	697.00
Professional Assistance	4,758.53
Legal	2,657.75
Accounting	1,715.00
ASM Recordkeeping Fees	5,840.00
Print & Utilities	2,704.61
Office Supplies	1,922.14
Postage	1,118.69
Insurance	8,494.81
NSF Checks & Charges	35.18
Interest Expense	809.69
Depreciation	133.02
Excess of Income over Expenses	5,822.21

CHIP MCCAIN

MULTIPLE WORLD RECORD HOLDER
1983 SENIOR NATIONAL MEET DIRECTOR

PRESENTS
DESIGNED FOR



ELITE SUITS

• THE CROTCH •
Engineered in the University of Texas Physics Lab, the 'Saddle Seat' design offers the ultimate in stress distribution in the crotch. The back seam spans across the butt from leg to leg, to eliminate sharp corners that cause blowouts.
(Patent Applied For)

• THE PATTERN •
Scientifically designed originally and exclusively for Powerlifting by Chip McCain. Not a con-verted wrestling suit as seen on the market. Because of unique stretch properties of the fabric, the suit is cut so the most stretch is horizontal, the least vertical. This allows you to put the suit on easier, yet offers the most supportive resistance while squatting.

• THE MATERIAL •
Special Heavy Duty Polyester contains no elastic to rot or stretch out. The finish of the material prevents any biting of the legs or straps. Virtually rip proof.

Sizes: 24-40 in Black, Navy and Red. Team prices on orders of 8 or more. Please include height and weight information.

\$33.00
(\$5.00 off)

NEW GUARANTEE FOR 6 MONTHS!!!

ELITE WRAPS

Designed specifically for Powerlifting competition and training. Due to synthetic materials used, these wraps **will not rip**. When squatting, the wrap stretches to the bottom position and then stops stretching - essential for an explosive start. Best on the market!!

NEW GUARANTEE FOR 2 YEARS!!!

\$7.00
(\$1.50 off)

SPECIAL - SUIT AND WRAPS \$38.00
(\$5.00 off)

ELITE SALES OFFERS THE LIFTER THE FINEST IN SERVICE, AS WELL AS COMPETITIVE EQUIPMENT

↑ All items in inventory, no waiting
↑ VISA/MASTERCARD accepted. Include number and exp. date
↑ C.O.D. orders by mail or phone
↑ Express Mail Delivery (24 hour) if requested. (Credit Card Orders Only)

WEST COAST OFFICE
P.O. Box 9950
San Jose, California 95157
(408)-378-2148

IMPORTANT
Include \$1.50 postage
PER ITEM

MAIN OFFICE
P.O. Box 17711
Austin, Texas 78760
(512)-441-7993

THREE PRODUCTS SCIENTIFICALLY
POWERLIFTING IN A PHYSICS LAB

SALE ▶

ELITE DEADLIFT BAR

The optimum physics of a deadlift bar is the exact opposite of today's Power bars. The ELITE BAR was designed by a mechanical engineer specifically for the deadlift, giving the best flex, rebound, and grip within the rules. The ELITE BAR can actually give you up to 16% more spring off the floor! Calculate that to your deadlift!

conforms to All I.P.F. Standards

* The Geometry - max length, min diameter, greater distance from center to weights. **Better Spring**

* The Steel - special alloy flexes off the ground, rebounds (1st harmonic) at the knee. **Better Momentum**

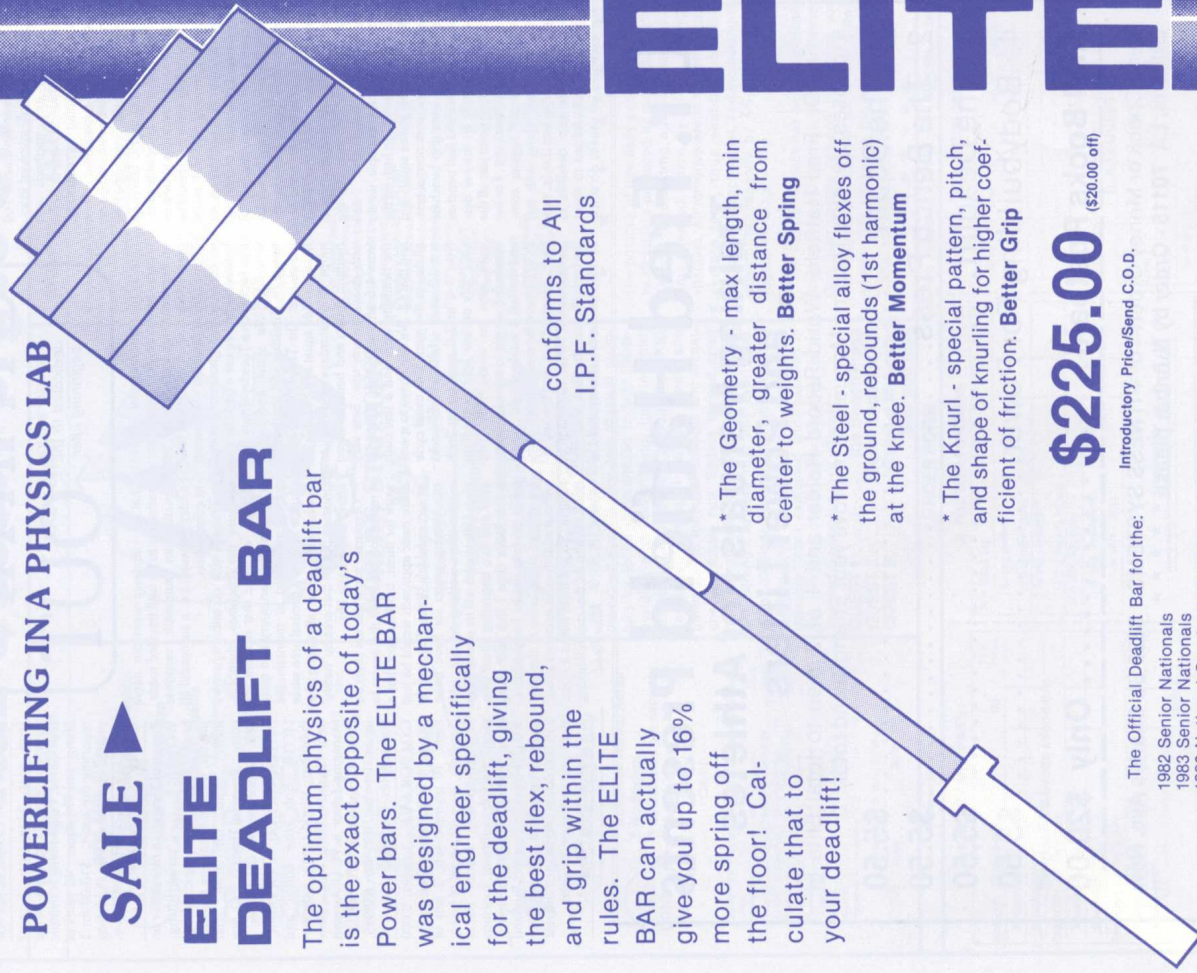
* The Knurl - special pattern, pitch, and shape of knurling for higher coefficient of friction. **Better Grip**

\$225.00

(\$20.00 off)

Introductory Price/Send C.O.D.

The Official Deadlift Bar for the:
1982 Senior Nationals
1983 Senior Nationals
1982 National Cup Invitational
1982 Texas Cup Championships
(Patent Applied For)



STARTIN' OUT

A special section dedicated to the beginning lifter

Keep it simple, stupid! This is a time proven ingredient to success in anything including powerlifting. To do only a few things but to do them well is the key to achievement. Too often we get deeply involved in exotic systems and methods and techniques and we get away from the basics of powerlifting, i.e. squatting, benching, and deadlifting. How many guys do you know who go on a new workout "binge" anytime they see a new routine in PL USA? Of course, we all need to be able to incorporate some new ideas to help us keep improving, but these should be minor adjustments and not major overhauls in workout programs we have devised over years of training. We should not fall into the trap of looking to a new program to help us when we may subconsciously be trying to find a substitute for good old fashioned hard work. At the YMC A where I train, we perform the 3 powerlifts in our workouts with the only variations being what I call "Look-alike lifts." For example, we do regular squats along with high on the neck and/or close stance squats and phase squats. As well as wide grip benches, close grip benches and flat benches (where you simply let the barbell rest on the shoulders and just off the chest and blast it back up). For the deadlift we do our regular conventional technique along with stiff-legged deads, one box deads, rack deads and wide grip deads to lengthen the pull. Added to these basic exercises we usually do some

that lift - and we want our nerve pathways to be well traveled roads, creating an automatic response under pressure, i.e. a successful lift in competition.

There is one occasion when we will use the machines, dumbbells, pulleys, etc. and that is if we are training around an injury and need to do something to maintain the muscle tone of a general area while at the same time alleviating the pressure put on that area by heavy lifting in the basic lifts.

Of course, some success lifters do a myriad of other stuff that seems to work for them, but I suspect that a more basic approach would be just as successful (ala Walter Thomas). In our training group we have three master lifters working on elite, two year and two beginning lifters who class lifters who will hit masters this year and two beginning lifters who will get some looks at the pool without adding extra exercises to our routine. So just think about it - you don't have to do that much thinking - just K.I.S.S.

Mike Reed

with the inceps development achieved from benching, and of course preeced each flexibility work with 10 minutes of flexibility work without to continue throughout basic without light system on a Tuesday. The heavy on Tuesday and do deadlift warm ups. On Thurs we deadlift heavy and do squat and bench mumps. And Saturday's we do light regular squats and benches along with 4x6 warm ups. Sets vary from 12 to 15 reps. The work is a 12 week 7/8 rep using "look alike" lifts on our light and medium work days on weeks Nos. 1, 4, 7, 8 and the last 4 weeks we do 3s and 2s to prepare for meet singles. Very basic, plenty of rest, and the key in the gradient called Sweat. Repetition of the basic lifts and the "look alike" lifts develop the nerve pathways used in

CLASSIFIED ADS

\$1.00 per line per insertion
Figure 34 letters & spaces per line
Iron Man Magazine, honest coverage of all three facets of the Iron Game, Powerlifting, Olympic lifting, and Physique. 40 years of reporting the sport. \$10.00 for 1 year (6 issues). Iron Man Publishing Co., 512 Black Hills Avenue, Alliance, Nebraska 69301

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

INTERNATIONAL OLYMPIC LIFTER, Bob Hise Editor and Publisher, World's only independent Olympic lifting mag. New Managing Editor is PL USA's own Herb Glosbrenner-\$20 for 12 issues, 1st class, IOL, Box 658955, Los Angeles, CA 90065

GYM FOR SALE - 3 floors, 9,000 plus sq. ft. bldg., selectonized equipment, 10 olympic sets, 2 sets of dumbbells, over 60 pieces of heavy duty equipment, indoor track, sauna, hot tub, swimming, spacious locker rooms, gymnasium, 300 plus members, pet-friendly, we still get some looks at the pool without adding extra exercises to our routine. So just think about it - you don't have to do that much thinking - just K.I.S.S.

(812)-944-0002 or 945-1673.

Dr. Fred Hatfield Presents Training Manuals For Athletes and Power Lifters

Dr. Fred Hatfield, World Record Holder and 1 of 2 men to total Elite in 4 classes presents Training Manuals to improve your strength and total.

1. The Squat..... \$5.50
2. The Bench Press..... \$5.50
3. The Deadlift..... \$5.50
4. Bodybuilding For Power..... \$5.50

All 4 Books Postpaid..... Only \$20.00

Send Check or Money Order To: **FITNESS SYSTEMS** 3335 St. Charles Ave. New Orleans, LA 70115 - Order by Number please.

Name _____ Address _____ Books _____
City/State _____ Zip _____ Total Price _____

Kaz Quest Forges On

EXCLUSIVE ★ ★ KAZ POWER PACKS

6 Tablets contains:	Super Pak	Reg. Pak	Female Pak
Vitamin A (fish liver oil)	1,000 I.U.	666 I.U.	500 I.U.
Vitamin B1 (thiamine)	2,000 Mgs.	1,333 Mgs.	1,000 Mgs.
Vitamin B2 (riboflavin)	2,000 Mgs.	1,333 Mgs.	1,000 Mgs.
Vitamin B6	200 Mgs.	133 Mgs.	100 Mgs.
Vitamin B12	200 Mgs.	133 Mgs.	100 Mgs.
Niacinamide	200 Mgs.	133 Mgs.	100 Mgs.
Pantothenic Acid	200 Mgs.	133 Mgs.	100 Mgs.
Choline Bitartrate	200 Mgs.	133 Mgs.	100 Mgs.
Inositol	200 Mgs.	133 Mgs.	100 Mgs.
Biotin	200 Mgs.	133 Mgs.	100 Mgs.
Calcium (Ascorbate Complex)	200 Mgs.	133 Mgs.	100 Mgs.
Betaine HCl	200 Mgs.	133 Mgs.	100 Mgs.
Iodine (Kelp)	200 Mgs.	133 Mgs.	100 Mgs.
Calcium (Amino Acid Chelate)	500 Mgs.	333 Mgs.	250 Mgs.
Magnesium (Amino Acid Chelate)	250 Mgs.	166 Mgs.	125 Mgs.
Phosphorus (Amino Acid Chelate)	500 Mgs.	333 Mgs.	250 Mgs.
Copper (Amino Acid Chelate)	500 Mgs.	333 Mgs.	250 Mgs.
Chromium (Amino Acid Chelate)	200 Mgs.	133 Mgs.	100 Mgs.
Selenium (Amino Acid Chelate)	5 Mgs.	3 Mgs.	2 Mgs.
Vanadium (Amino Acid Chelate)	5 Mgs.	3 Mgs.	2 Mgs.
Raw Amino Acids (Complex)	95 Mgs.	66 Mgs.	44 Mgs.
Pancreas Tissue	30 Mgs.	20 Mgs.	15 Mgs.
Stomach Tissue	70 Mgs.	46 Mgs.	35 Mgs.
Heart Tissue	60 Mgs.	40 Mgs.	30 Mgs.
Spleen Tissue	35 Mgs.	23 Mgs.	17 Mgs.
Duodenum Tissue	15 Mgs.	10 Mgs.	7 Mgs.
Thyroid Tissue	6 Mgs.	4 Mgs.	3 Mgs.
Plutonium Tissue	3.5 Mgs.	2.3 Mgs.	1.8 Mgs.
Brain Tissue	100 Mgs.	66 Mgs.	50 Mgs.

KAZ T-SHIRTS



WORLD'S STRONGEST MAN
Black Design On Your Choice Of Color \$7.00 each

- World Powerlifting Champ
- W.R. 661 Bench Press
- W.R. 686 Deadlift
- W.R. 2425 Total

"THE KAZ QUESTS"

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

QUEST 1 the Bench Press
QUEST 2 Squat and Deadlift
QUEST 3 Gaining Muscular Size and Bulk

ORDER FORM

A. KAZ VITAMIN PAKS

Qty	Total Price
Super Pak (30 Day Supply)	
Wholesale \$17.00	
Regular Pak (30 Day Supply)	
Wholesale \$13.50	
Female pak (30 Day Supply)	
Wholesale \$10.50	
Subtotal	

B. PROTEIN POWDERS

Qty	Total Price
90% Milk & Egg	
1 lb. PKG. (12 or more 7.50 ea.)	
2 lb. PKG. (12 or more 13.95 ea.)	
90% Milk, Egg & Soy	
1 lb. pkg. only (12 or more 7.50 ea.)	
Subtotal	

C. KAZ T-SHIRTS

Black Design on Your Choice of Colors: L: Blue, White, Gold
7.00 ea. S: Med. L: K: Y: Red

D. KAZ QUESTS

Quest 1	Quest 2	Quest 3	Subtotal
7.00	7.00	7.00	
Grand Total of A, B, & C			18.00

Send \$1.50 Postage & Handling for orders under \$60.00

check () or M.O. ()
Name _____
Address _____
City _____ State _____

Go For It!

More From Ken Leistner

The team that represented the USFF at the 1982 World Championships probably did so with more difficulties than any team to date. No, the problems weren't that obvious but behind the scenes manueverings kept many team members on edge and a bit tense. A public airing would serve no purpose, but when reading the results, keep in mind that there is always more going on than meets the eye.

Our trip got off on the wrong foot when Pan Am informed a number of team members that they would not be seated on the flight to Munich due to overbooking. It took a bit of growing and cajoling (John Gambler's presence in front of the ticket counter didn't hurt) to get everyone on board, save Coach Larry Pacifico who graciously agreed to take the fare reimbursement and sit in New York for an additional day. Rocky III and Dave Schneider's seating habits got most of us through the plane ride with minimum boredom and I spent time sitting and talking with Chuck Dunbar. Chuck is often misunderstood and/or abused, primarily because he's just different than most of us. As it turns out, he's a very polite, nice, country boy who is looking for the same things that all the rest of us are, and through it may surprise many, he is a platform professional.

Our arrival in Munich really opened the door to difficulty, not through

would have forced Inaba-san to pull a weight that he might not have made on that day. I spent 15 minutes working on Inaba's sore lower back and felt he had one pull only in him, but the strategy just missed and it was Number Nine from this great athlete from Japan. Inaba is very deceptive and it isn't until you get right next to him that his overwhirling musculature becomes evident. He is reminiscent of a thoroughbred horse, all long, sleek, hard muscle in action, grace in repose. Phil Stinger chased the top two with Eriksson of Sweden (another back case) behind him.

Lamar Gairt is your consummate professional. He was flawless until hit by a severe cramp on his second DL try and under control at all times, cool, collected, knowing just what lifts he was going to make, very easy to coach and handle because of his attitude. He did make an error, one that caused the small contingent of the team a few problems, when he directed us to "das diskoret", a dive that found Jay, Mike Bridges, Ricky Dale, and me in a bit of an altercation with some locals who took exception to "bleeping Americans". Bridges played Conan the Stouthearted in wielding a mean two by four and Jay proved that 145ers who have had poor days on the platform can be a bit testy, if the inquires "When did you land freak?" and "What planet are you from?" are any indication of his mood that night. In either case, it may have been a happening place for LG, but we won't soon follow Jim on his night time jaunts. Geoff Cairnes from the New Zealand team became a companion of sorts due to the attention his back needed and like all of the NZ lifters, he was very fine company. These fellows really had a tough trip into Munich and are to be commended on the performance of the team. The coaching they received from Gary Marshall was first rate and pushed them up a few inches at our roaches. We had no one at 132 and most of us had the opportunity to get some needed sack time.

Jay Roseglione had a disastrous day, one of those "I should have stayed in the meets. He was ill, it showed early. He got openers, real light openers and that was it. No excuse that will serve us well in the future. Next time, Sweden and Pengelly did it all of the sleeping, with Gabe Waszkell of Australia coming on strong in his DL to cop third. Next in particular, I got coaching of Sweden's huge Johannes, led him to this major victory. Eddie as an Australian lifter who John Cappola, an American lifter who Jim and I coached at Chiropractic school in the US and all fans can look for better things from Ed now that he is 6 ft 4 in tall. Actually, John gave Eddie a few tips that no doubt will be use in the future and Pengelly's got plenty left in him. Ricky's Dale was impressive. He lifted with maturity and style, something he hasn't always done in the past. He was under control from

start to finish and showed real class on the platform. His wife Kim and his Dad were present to cheer him, but making a big difference. I'm sure, but it was Rick who went to the bar, and it really put on a show. Mike Bridges was severely underweight so I immediately placed him on my special "All Pastry diet for Strength Gains". Something that has worked so well for me. Dave Schneider and John Gambler joined us in our assault on the local pastry maker, much to the delight of the shop employees and patrons who kept gawking as Dave would inhale cake after cake. Ever see five cream puffs pass on in less than five minutes? He said he tasted them but only the confectioner's sugar covering on his moustache served as evidence that he had laid waste to one of Munich's most venerated institutions. While Gambler snapped photos for posterity, Eric Stuber wandered in and helped play hide the groceries. The girls offered him a fork to do his dirty work and do it he did. A few local lifters, and Americans who live and/or work in Germany, must have been blown out, observing Mike looking for his little secrets, and then watching him eat pastries, and zap, a romano (IPF delegate Bob Peaker's favorite: a concoction of cake, liquor, whipped cream, and cherries) hanging out until all hours, rolling in the street with Munich toughs and taking about these war-mup attempts per lift. Actually I've rarely seen a lifter so composed as Mr. Bridges. This Man has it and will be at the top of our game for many years to come. He took enough to win and cop best lifter saving his big attempts for meets later in the year. Mike Duffy lifted well, despite the distraction of putting up with all of the family disadvantages. He had his family with him for support and kept some pressure on going into the DL. Max Stamm, Germany's answer to Steve Knight physique wise, lifted smartly, taking it to Aussie team coach and lifter Bruce Waddell, who thrilled the crowd with his psyching up antics. Mr. Nakao of Japan, coached by Mike Cukovic, and a Mr. Endo, gave indication that the Japanese may be able to field representative lifters in the heavier classes.

Walter Thomas scared all of us by fainting during his last DL attempt, but won handily. John Cappola was back a bit but should be watched in future US meets. West and Kieravaara are experienced hands and lifted smartly. To the shock of many, Jim Cash was defeated by Sweden's Mattson. Mattson looked like something out of a story book in the physique department. Both men were by judging calls that brought down the wrath of the crowd, but Mattson managed to outdistance Conan, pushing Jim to a big DL that just wouldn't behave. Jim has his own courses coming out and I was fortunate enough to get a sneak preview. These are not to be missed. Although his try for a second world title escaped this time, it should be kept in mind that Jim has one of the better lifting minds and the

courses are very explicit, revealing all, as they say, "Jim won't alti, but personal problems probably kept him from doing a lot better."
Jay remarked that Dave Schneider had "a hell of a back" after Dave pulled what he thought was a winning DL. He got called for a knee lock that went by almost all of us (2 refs), and left him in fourth. As I said earlier, Dave really impressed me and I'll be surprised if he doesn't again represent us at the Worlds despite the depth of talent in this class. He got out of the blocks slowly with his squats, and never really got untracked, but he kept his cool, and handled himself like a pro. Bob Fortenberry's presence was indispensable here and in many ways. Dave was one of the stars of our trip, despite his lackluster performance. Wulise of the Netherlands, reminded all of us of a leaner Bill Davis with his physique blond locks and pre lift bellows. Saarelann was as fierce as his reputation (we all littered nervously when he stood over Gambler in the restaurant, mumbling something about "second place next year, ha ha."). Munoz of Spain showed more gumption than anyone, lifting in the Worlds field. Man, it was moving as he was led to the bar, had his hand placed on it and then did his thing. Lots of courage.

John Gambler had the kind of day Jay did but was far superior to the field and walked away with it easily. His physique, which has to be seen to be appreciated, caused minnows wherever we wandered (where was he when we were at das diskoret?), and he made lots of friends for the US with his class act. Elkstrom was the closest chaser in a small field, Wayne Bouvier also lifted well but not well enough, as Magee of Canada drank his way over the 275 limit, and it paid off as he led Wayne and won on bodyweight. Wayne made three squats, two benches, and two DLs, just missing the third when he swung it forward and he certainly appeared to be a lifter who had much more experience than he actually does.

the second SOUTHWEST NATIONAL NOVICE CHAMPIONSHIPS

Saturday/Sunday January 15/16, 1983 Norman, Oklahoma

3 Sessions: 1st session: 114-165 2nd session: 181-198 Sunday Session includes 220-SHW and women (full weight classes for women)

1st-6th place trophies 1st place trophy - 50 in. Entry Fee - \$22.00 For more information: RICHARD PETERS 405-360-6145 or MARLON FISHER 405-322-2947 or write to: BOX 1753 Norman, OK 73071



Dr. Ken Leistner...made many friends at the Munich Worlds, including 9 time World Champ Inaba.

VITAMINS-MINERALS-PROTEIN

BEVERLY INTERNATIONAL SUPPLEMENTS

BEVERLY INTERNATIONAL

The Ultimate Competitor Pak

One A & D Capsule (small capsule) provides: *U.S. RDA
 Vitamin A 10,000 I.U. 100%
 Vitamin D (Fat Sol.) 100 I.U. 100%
 Two Vitamins B Complex (Yellow) Tablets provide 40 100%
 Vitamin B1 (Thiamine) 300 mg 10,000%
 Vitamin B2 (Riboflavin) 300 mg 10,000%
 Nicotinamide 300 mg 1,500%
 Calcium Pantothenate 300 mg 3,000%
 Folic Acid 800 mcg 125%
 Choline Bitartrate 300 mg **
 Para Amino Benzoic Acid 300 mg **
 Vitamin C 300 mg **
 Biotin 300 mcg **
 Riboflavin and Vitamin B12 are added to improve the overall effectiveness of the product.
 Vitamin C and Para Amino Benzoic Acid are large highly absorbable forms.
 Lemon Bioflavonoid Complex 1,000 mg 3,333%
 Hypericin Complex 150 mg **
 Hypericin 90 mg **
 Preserves to provide a gradual release over a prolonged period of time.
 Phytyl Stearate 200 mg **
 Primary Substance 200 mg **
 Secondary Substance 200 mg **
 Tertiary Substance 200 mg **
 Quaternary Substance 200 mg **
 Thymine Substance 200 mg **
 DNA 25 mg **

10,000 I.U. 200%
 Vitamin A 100 mg 100%
 Liver 100 mg 100%
 New Polin 75 mg **
 One Protein Tablet contains 686 mg. of potassium phosphate, which is 97.7 mg. of elemental potassium.
 Calcium (Hydroxylapatite Protein Chelate) 1,000 mg 100%
 Magnesium (Hydroxylapatite Protein Chelate) 500 mg 125%
 Iodine (Kelp) (Hydroxylapatite Protein Chelate) 150 mg 100%
 Zinc (Kelp) (Hydroxylapatite Protein Chelate) 100 mg 100%
 Copper (Hydroxylapatite Protein Chelate) 2.0 mg 150%
 Potassium (Hydroxylapatite Protein Chelate) 38 mg **
 Vitamin D (Fat Soluble) 100 I.U. 100%
 Vitamin E (dl-Alpha Tocopherol) 10 mg **
 Chloride (Kelp) 100 mg **
 One Vitamin E Capsule (large) provides: 1,000 I.U. 3,333%
 Vitamin E (dl-Alpha Tocopherol) 100 mg 100%
 Borax 100 mg **
 Potassium 50 mg **
 Para Amino Benzoic Acid 50 mg **
 Mucopolymers 4X
 Soy Lecithin. Capsule target provides: 1,200 mg. **

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

DIRECTIONS: AS A DIETARY SUPPLEMENT TAKE ONE PACKET DAILY

DISTRIBUTED BY: BEVERLY INTERNATIONAL • 24891 Carol Lane, Laguna Hills, CA 92653

The Ultimate Competitor Pak

The Highest Potent
Vitamin / Mineral
Supplement Available
with GLANDULARS

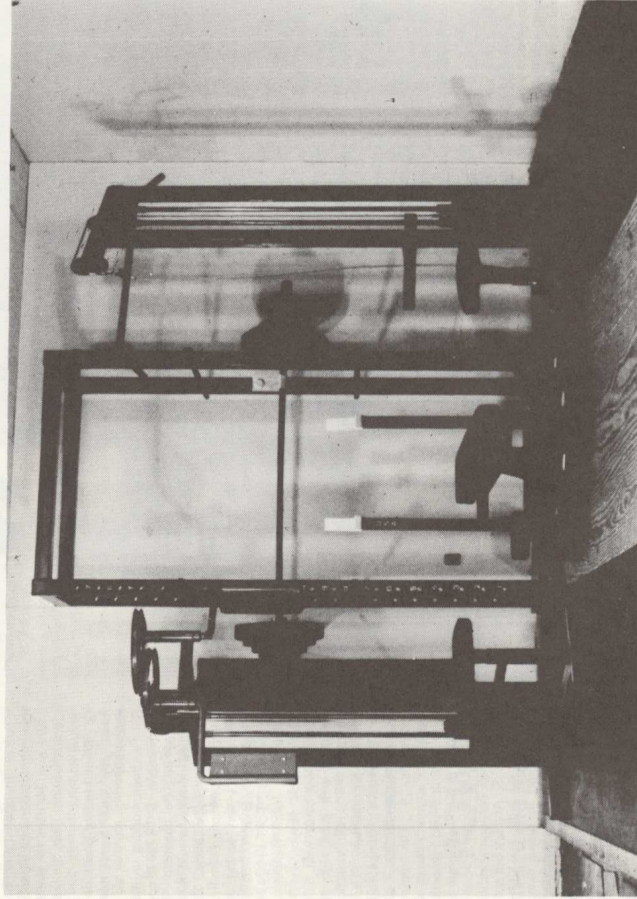
30 Day Supply \$34.00
 60 Day Supply \$64.00

HOFFMAN'S ENERGOL
 Blend of Soy, Wheat, &
 Rice Oil with Vitamin E

20 minim
 180 capsules . . . \$9.50

U.S.A. BARBELL & GYM EQUIPMENT

FOR SCHOOLS, CLUBS, PRO GYMS, AND HOME GYMS



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

Distributors for: AMF, CORBIN GENTRY, GLOBAL, MGI, NEWMARK & OTHERS.

FREE: Planning, Counseling, School & Gym Quotes!
 Dealer inquiries invited



Pitt BARBELL & HEALTHFOOD
 Warehouse Outlet
 5012 Buttermilk Hollow
 West Mifflin, PA 15122
412-466-9307
 (send \$1.00 for your complete catalog)

Main Office
 126 Penn Hills Mall
 Pittsburgh, PA 15235
412-371-4366

- VITAMIN E 100 capsules \$10.00
 Mixed Tocopherols 400 I.U.
- 100% PROTEIN - Zero Carb. / Zero Fat 34 oz./\$18.00
 24 grams protein per oz
- Mixed GLANDULAR TABS 200 mgs. of EACH Glandular
 Substances: RNA / DNA / Bee Pollen
 60 Day Supply \$36.00
- DESSICATED LIVER & YEAST 1000 Tablets. \$17.50
- VITAMIN B 15 - Calcium Pangamate 100 tabs . \$7.60

CRAIN POWER-PLUS

RICKEY DALE CRAIN
 1980 WORLD CHAMPION
 KIMBERLY ANN CRAIN
 P.O. BOX 1322
 SHAWNEE, OK 74801
 1-405-275-3689

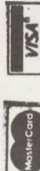


If you need training info., nutritional ideas, prices on equipment (discounts available), give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game. Before you buy from anyone else call or write me.

- ULTRA-PAK 30 day supply/\$27 60 day supply/\$50
 High Potency Vitamin / Mineral Supplement
- VITAMIN C COMPLEX 1725 mg. 100/\$9.60
 Bioflavonoids / Rose Hips Time Released
- SPRULINA 100% Plankton . . . 500 mg . . . 100 tabs . . \$5.50
- MEGA-MINERALS . . High Potency Minerals. . 100 tablets . \$8.00

POSTAGE & HANDLING
 \$2.00

OUTSIDE U.S.A.
 Surface . . . 15%
 Airmail . . . 30%
 Minimum . . . \$2.00

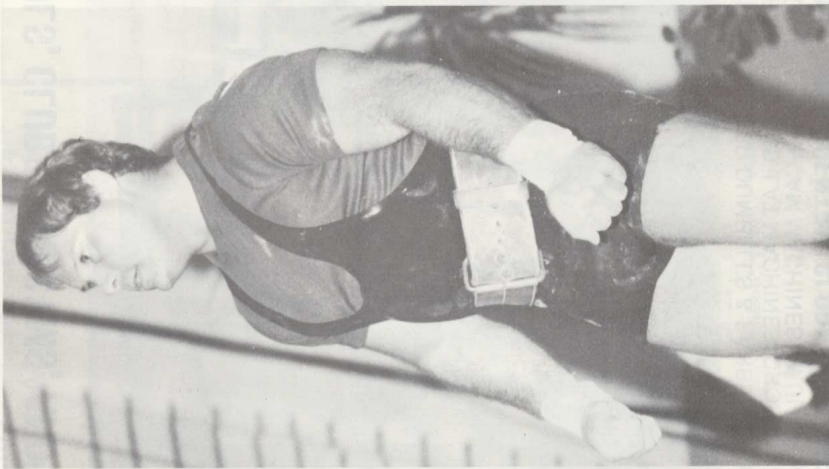


CALL IN YOUR ORDER
 MASTERCARD / VISA / C.O.D.

ALL EQUIPMENT F.O.B.

INTERVIEW

Jake Boyer by Tim McClellan



Q: Jake, how would you describe yourself?
A: Rather than say, "I'm a 198 pound lifter with such and such total, etc. I'd rather say that I am a sincere person. To many I am a friend. I am an athlete, an educator and of course, a powerlifter."

Q: When did you first get involved in powerlifting?
A: Back in 1969 I had a 300 lb bench press as a 165 pounder. I thought this was excellent so I entered a contest figuring I'd probably win.

Q: What happened?
A: Well at the time Joe Leonards (you older lifters should remember him) had a 390 lb bench press. Needless to say, he pounded me on the squat and deadlift too. It was good for me. There was a lesson to be learned from it. I learned an awful lot from some of the old time lifters.

Q: Such as?
A: Jerry Jones, George Crawford, Joe Leonards, Tony Fratto, John Kuc, Jim Williams, Mel Hennessey and many others.

Q: How and what did you learn from them?
A: I took films and studied them. I really think it helped too. It is what I had to do to get better. I think that I may be the only one who still watches films of the 1972 World Championships at Harrisburg.

Q: You sound like you had a rough start, but I know you've had some great times throughout your career. How about telling us about some of your highlights.

A: Sure. I was able to win the National Collegiate Championships in 1972 and again in 1974. In 1979 I won the Junior Nationals and in the East Stroudsburg State college Invitational meet in May 1982 I set the Pennsylvania state total record (1850 in the 198 lb class). I was happy with that because the judges were so strict. It was similar to the judging at the Senior Nationals.

Q: So you're pretty satisfied with your career?
A: Yes, it's been very fulfilling to me. It's not just the titles either. I view a successful career somewhat differently than others do.

Q: How is that?
A: I see the ideal career as a continual step upward. It has got to be a series of challenges, like climbing a ladder. You move upward one step at a time. Whether you are a world champion or a novice, you've got to strive to improve, to get better both on and off the platform. It is so important to make worthwhile contributions to your sport and society. That's why I like to help all athletes, whether they're boys, girls, teenagers or masters. I like to help them better themselves,

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

powerlifting isn't winning a title or championship. It's what you do afterward that counts. Too many lifters take a lot out of the sport with little or no effort to return something to others. As the new chairman I feel honored to succeed Bob Ross. He has done such a fine job in getting teenage lifting together in the USA. The teenagers are our champions of the future and we need to give them special attention. They are our best natural resource.

Q: What kind of plans do you have for our best natural resource?

A: I've been working on many. For example: 1. I'd like to appoint teenage regional chairmen. More qualified individuals could help produce more qualified lifters. 2. I'm trying to do promoting in more high schools. It's very strong in our Lehigh Valley area, especially with Parkland's Tom Filipovits, Whitehall's John Bendickovich, Allen's Gerald Moyer and many others. We could help a lot of teenagers with good high school programs. 3. Teen classification programs are underway. It isn't fair for a lad to have to compete against men to total class III, class II, class I, master, etc. 4. The culminating highlight of anyone's career would be to lift in a World competition. I'm going to send a proposal to IFF President Vic Mercer in Munich to have a 1983 teenage world championships. 5. And last but not least my ace in the hole - this summer I finally expect to run a camp for teenagers. (Jake has been planning this one since I first met him years ago). It's finally coming together this year. I'm not coaching football this fall, so I've got a little free time. It has all the makings - we'll teach health prospectives and fitness as a part of powerlifting. We will develop athletes and explain the need for the iron game.

Q: How about your routine?

A: What makes me better? Persistence, and lifting smart and the inspiration I have from my parents (now deceased) and Kathryn Moyer and Alma Moyer (my number one fans). I've got a pet peeve against injuries too. I take final runs and always pick weights I know I can handle. All of my Maximaline is saved for the contests. Maximum lifts in the gym are out. What would help if it is only witnessed by fellow training partners? I want my big lift out on the platform in front of the three most important witnesses - the judges. As for my routine for me, I stress that this is what I do for Jake Boyer. It may not be the best program for anyone else but it works well for me.

Q: What do you feel you can do to improve it?
A: I've been appointed as the teenage chairman. To me

injuries. We should educate lifters so they know their own bodies. Teach them that they are the boss.

Q: You love to educate people, don't you?

A: Yes, I do. I teach at Lehighon Jr. Hi school and it is an ideal job for me. What a pleasure it is to help the kids. I try to do this in many more ways than just physically. The whole community has been so good to me and I'm trying to give something back to them. My didn't would be of no value if I didn't communicate and pass knowledge on to others.

Q: What are your personal education goals?

A: Right now I am finishing my Master's work and I would love to work towards a PhD. Maybe someday I'll write a book. I feel I have something unique to offer to powerlifters, educators and athletes. Perhaps I could touch a lot of people. I may never be rich, but I'll always be a happy man.

Jake Boyer is indeed, a happy man! He does his best to enrich others in any way possible. I sincerely believe that he values his friends, pupils and educators as much as his powerlifting titles. It is so evident in the countless hours he donates to benefit others, especially those in our sport. How do I know? Guess who I teach with at Lehighon Jr. High School.....?

'POWERLIFTING'

When did it all start? Who won the first Seniors, Worlds, Juniors, Collegiates? Results of all major contests at your fingertips. When? Where? How Much? Team Champions? Best Lifters?

'SIGNIFICANT EVENTS'

Past to the Present - plus a look to the future find all the answers in:

HISTORY OF POWERLIFTING

by Keith 'Jake' Boyer

coming in 1983, a must for your Powerlifting library

inquire to:

KEITH 'JAKE' BOYER
 P.O. Box 356
 Lehighon, PA 18235

Power Suit Ten™

NEW!
 In 5 colors

by Strong-Lon of California
 17511 Roscoe Blvd.
 Northridge, CA 91325
 (213)-343-4821

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

Yours Sincerely, Bev Francis

\$75.00...Easy On...Easier Off

More Comfort, Greater Performance, Special Women's Design. Patent applied/Imported.
 Sizes: 24-26-28-30-32-34-36-38-40-42

Indicate 1st, 2nd, and 3rd Choice of Color
Power Suit Ten

Black Purple
 Royal Blue Rich Brown
 Maroon

State

Size

Height

Weight

Hips

Name

Address

State

Zip

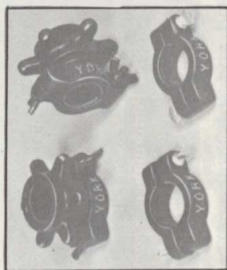
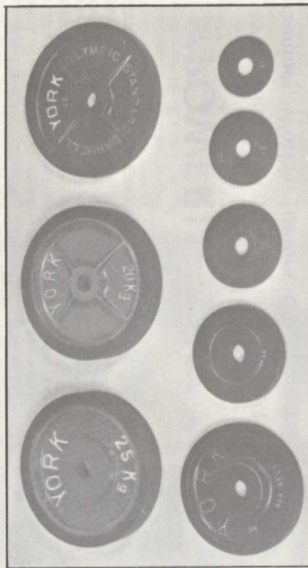
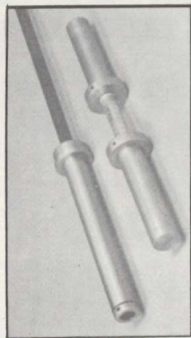
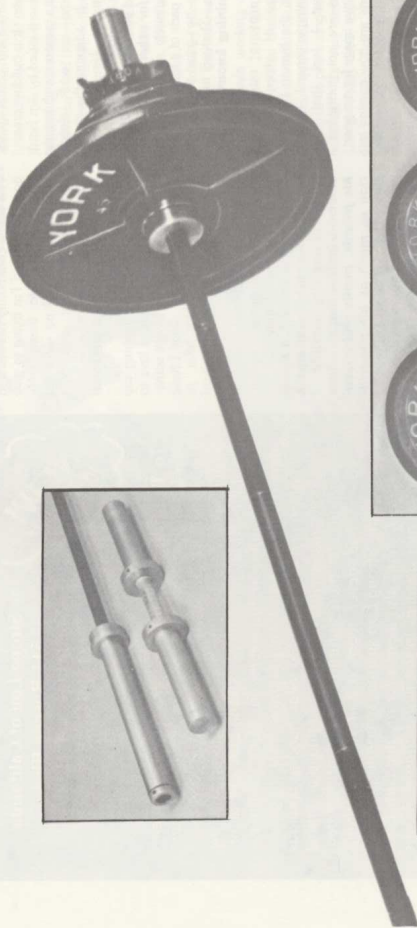
Cashiers Check or Money Order must accompany orders.
 *Overseas orders add 20%

Strong-Lon of California
 17511 Roscoe Boulevard Northridge, Ca 91325
 (213) 343-4821

Power Place Products Inc.

Powerlifting Supplies
124 E. State Street
W. LAFAYETTE, IN 47906
Ph: 317-743-3481

MC/VISA accepted



YORK AT REDUCED PRICES

310 lbs. or 140 Kg Set.....	\$325.00
400 lbs. or 180 Kg Set.....	\$360.00
Olympic or Power Bar.....	\$175.00
Olympic E-Z Kurl Bar.....	\$ 62.00
Olympic Dumbbell Bar.....	\$ 54.00
Olympic Plates.....	.62 Per lb.
Solid Dumbbells.....	.62 Per lb.
E-Z Kurl Bar.....	\$ 19.50
Olympic Collars.....	\$ 32.50
Olympic Dumbbell & E-Z Kurl Collars.....	\$ 7.50 Pair
100 lbs. or 45 Kg Plates.....	\$ 58.00 Each
20 Kg Bumper Plate.....	\$105.00 Each
25 Kg Bumper Plate.....	\$115.00 Each
Small Hole Plates.....	.52 Per lb.

* All other YORK Products at similarly reduced prices

1982 Senior National Team Champions

"BLACK'S HEALTH WORLD T-SHIRTS"

TO ORDER, SIMPLY SELECT THE DESIGN(S) YOU WANT, CHOOSE SIZE AND COLOR T-SHIRT DESIRED.

COLORS:

Red, Black, Light Blue, Tan

SIZES:

(Small 34-36) (Medium 38-40)
(Large 42-44) (XL 46-48)

SEND THESE DETAILS WITH YOUR NAME, ADDRESS, ZIP, AND A CHECK OR MONEY ORDER FOR \$8.00 TO:

BLACK'S HEALTH WORLD
11934 Lorain Avenue
Cleveland, Ohio 44111
(We pay for postage and handling)

COPYRIGHT NOTICE: All designs are protected by Trademarks and Copyrights. Any reproduction of designs will be met with legal action.



LIGAMENT STRENGTH

LIGA-PLUS is an outstanding food supplement specially formulated to meet the needs of the serious powerlifter and heavy training body builder. LIGA-PLUS helps strengthen and maintain ligaments and connecting tissue.

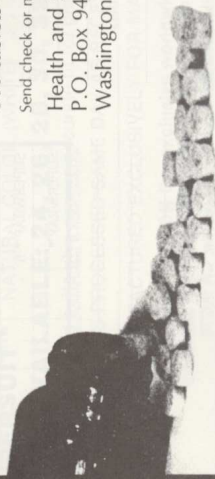
LIGA-PLUS contains over 92 nutrients, including all the essential amino acids and over 30 important vitamins and minerals all put together to form one truly outstanding tablet. Plus it's all natural.

So, if you are serious about breaking records, you owe it to yourself to try this fine product at a special introductory price.

100 tablets for only \$5.95
300 tablets for only \$14.95

Send check or money order plus one dollar for shipping and handling to:
Health and Strength Studies
P.O. Box 9449
Washington D.C. 20066

NEW



SUPERWRAP II

"the finest knee wrap available for competition or training"

For training or competition SUPERWRAP II will give you the ultimate in support and explosive strength necessary for Squatting and Powerlifting. Especially designed for the heavy use of Powerlifting, SUPERWRAP II will out last other knee wraps many times over.

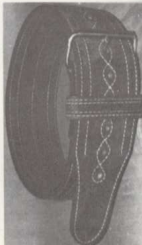
- STRONGER • HEAVIER • LONGER LASTING •
- OFFICIAL LENGTH • GREATER STRENGTH & COMFORT

"...add pounds to your Squat & Total. Use SUPERWRAP II and save \$\$\$"

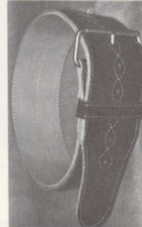
- 3 PAIRS/\$21.00 • 2 PAIRS/\$15.00 • 1 PAIR/\$8.00

FREE PAIR OF SUPERWRAP II™ WITH EACH SUPERSUIT™ PURCHASED.

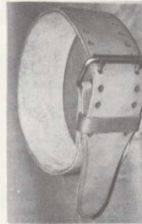
BOB'S Custom Lifting Belts from **marathon**™ Distributing Co.



Style (A) Deluxe Suede Covered belt has down center, and around holes (Available also Double Prong & Two Tone).....\$75.00



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



Style (D) Single thickness belt with double row of holes.....\$30.00



Training Straps! heavy washable nylon...won't stretch. Blue, gold, green, red. Style 1.....\$5.00

IMPORTANT

SUIT SIZE: If you are certain of your suit size, please indicate your suit size in the column of the adjacent order form. If you've never before worn a Supersuit™, indicate your height and weight, and check the appropriate box for male or female.

SUIT COLOR: Indicate your 1st, 2nd and 3rd choice of color by numbering the appropriate box.

BELTS: Indicate waist measurement, style and color preference.

SUPERSUIT™ II

- Navy
- Black
- Royal
- Blue
- Scarlet
- Red
- Silver

SUPERSUIT™

- Natural
-
-

Check here new address

Name: _____ State _____ Zip _____
 Address: _____
 City _____

Check, Money Order, MasterCard or Visa must accompany orders.

Card No. _____ Exp. Date _____
 *Overseas orders add 20%. Calif. residents add 6% Sales Tax.

Phone: (213) 519-7111/375-3802

marathon™ Distributing Company 1229 Via Landeta, Palos Verdes Estates, CA 90274

Increase your total . . . INSTANTLY!

SUPERSUIT™

Supersuit II and Supersuit™ by **marathon**™ Distributing Company

FREE SUPERWRAP™ II

the Official suit and Wraps of the U.S. Men's and Women's World Champion Powerlifting teams.

From Novice to Elite Class top performance in competition and training requires the best...a SUPERSUIT™. Specifically designed for Powerlifting, Supersuit II and Supersuit offers you the ultimate in total body support during the Squat or other lifts. More local, state, national, international and World Championships have been won by Powerlifters wearing Supersuits than any other lifting suit. Often imitated, but never equalled, the material in Supersuit offers you the total body support and wear that Powerlifting demands.



MIKE BRIDGES, MULTI-CLASS WORLD CHAMPION™ - A POWERLIFTER AHEAD OF HIS TIME™



LARRY PACIFICO 9 TIME WORLD CHAMPION

- MATERIAL — The Best — "five way weave exclusively designed for Powerlifting" — stretches, stops & holds!
- PERFORMANCE — during the Squat and other lifts you'll feel the total body support — "it's like a second skin that will add pounds to your total."
- DESIGN — For the powerlifter — wide shoulder straps, higher side panels, total hip support.
- SIZING — greatest range of sizes to cover all weight classes and body types.
- SERVICE — The Best — immediate shipment — availability of all sizes and colors.

FREE — PAIR OF SUPERWRAP II WITH EACH SUIT PURCHASED — FREE

From Novice to Elite — wear the suit of Champions — SUPERSUIT "..."it will add pounds to your Squat and Total."

- SUPERSUIT™ II (STRONGER MATERIAL) \$36.00
 BLACK, NAVY BLUE, ROYAL BLUE, SCARLET (RED)
- SUPERSUIT™ NATURAL COLOR, (WHITE) \$28.00
- SIZES AVAILABLE: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

The numbered sized suits give a more accurate fit for greater body support during the squat. ORDERS PROCESSED SAME DAY AS RECEIVED...IMMEDIATE SHIPMENT —

SUPERSUIT IS MANUFACTURED EXCLUSIVELY FOR MARATHON DISTRIBUTING CO. BY SPANJIAN

The MARATHON Co. exclusive worldwide source of the Supersuit™
 Distributor inquiries on SUPERSUITS™, SUPERWRAPS™, foreign or domestic, are welcomed.
 Team, school and wholesale discounts also available.

Power Squat Comparisons by Cliff Grubbs

Over the last few years the squatting style of the majority of powerlifters has evolved quite a bit. Just as the squat snatch slowly but surely began to replace the split snatch in Olympic lifting, the wide stance power squat has been replacing the narrow stance 'olympic' type squat in powerlifting. If a lifter has the hip flexibility to obtain the required depth and the quad strength to keep his knees from pulling inward on the ascent, indications are that the wide stance power squat will put more pounds on his or her total come contest time.

Let's look at the power squat and see what some of the universal technical points are. With the power squat the bar is placed very low on the back. The first time a lifter achieves proper position with the bar it will almost feel as if it is going to roll off his or her back, if it were not for the upward pressure of the hands and arms. Most lifters using the power squat are finding greater success by keeping their hand placement fairly narrow and their thumbs under the bar (no false grip), and most of those using the power squat style keep their eyes and head forward, and not up, with the toes pointed outward. On the ascent the knees are not allowed to pull inward. If despite all of your efforts and concentration your knees still pull inward on the ascent you need to go back to 'high bar' or 'olympic' squats to build quad strength.

Two of the games strongest squatters are Mike Bridges and Fred Hatfield. Each holds world records in the squat in more than one weight class. Mike in the 165s with a 722 pound squat and in the 181s with an 837 pound squat. Fred has an 826 as a 198er and an 881 as a 220. Needless to say both of these boys can move some iron. Both of these great lifters follow the points that are universal to most to most wider stance squatters. However, while Bridges and Hatfield do follow many of the same technical keys, they also have two fairly different approaches to the power squat.

Most of the time great lifters do not appreciate it when people point out major differences they have in their style and training as compared to other great lifters. They stress that lifters should look for similarities in their styles to follow and not differences. I mention the differences in these lifters' style and training only to present options to other lifters and not to downgrade either lifter or his particular style or training philosophy.

Let us now look at some of the finer points of squatting that the two great squatters Mike Bridges and Fred Hatfield differ on. Fred prefers a shoe with a heel on it. Mike has used a shoe with a heel on it in the past, but now uses a flat soled shoe. Both lifters stress that each lifter can only experiment to find out

what type of shoe he or she should use, and it is quite possible that an individual lifter's needs will change from time to time. Fred Hatfield believes a lifter should use a belt and wraps only a short time before a meet or until he gets into sets of 5 reps or under. Fred believes in using a suit only a few times before a meet. Mike wears all of the above all of the time, however, Mike's training suit is a size or two larger than his meet suit.

I believe Mike's reasoning is that supportive gear changes a lifter's form and a lifter should squat with the same form in the gym that he will use in the meet. Fred's position, as I understand it, is that supportive aids rob the body of the chance to get stronger in critical areas. Therefore, they should be saved to give the lifter a boost just before meet time. Fred Hatfield is an advocate of high bar squats in the off season and tight up until a lifter starts to cycle for a meet. In the time I trained around Mike Bridges I never saw him do any high bar squats or even talk about them.

Photo Comparison... Bridges (top) and his 'flare' and 'Dr. Squat' (Fred Hatfield) (bottom) with his somewhat narrower stance. Hatfield has tried a wider stance with little success.

Now let's look at the way these two squatters differ in their descent on the squat. We have all heard of Mike Bridges' squatting style being dubbed the 'Bridges Flare'. Some lifters have maintained that the 'Bridges Flare' is the same squatting style that's been around for years and has just recently been tagged with the new name, however, the 'Bridges Flare' does have important differences with other squatting styles. In the descent Mike tries to keep his knees from having any forward tilt at all. Mike more or less sits back with part of his weight shifting back to his heels. While the toes are pointed outward they are not pointed out nearly to the extent of most wide stance squatters. Fred Hatfield's descent is much more traditional with the knees pulling slightly forward and the weight remaining over the center of the foot.

As far as training goes, Fred Hatfield has published material indicating he follows a system of cycling from high reps to lower reps as the meet gets closer. Mike Bridges on the other hand has published material indicating that he works heavy singles every week of his cycle. In watching Mike's training an talking to friends of mine that have trained with him since he moved to Texas, it seems that Mike also relies a great deal on what some people call intensive training. Both of these lifters have published very interesting material on their training philosophy. You can see their ads in Powerlifting USA for more details. Look at the similarities between these two squatting 'machines' for a definite answer to bar position, hand placements and head positioning, and experiment with the ways in which they differ to acquire the perfect style for you.

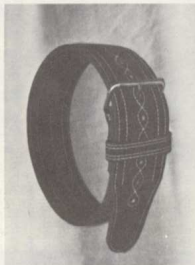
Power Technique



BOB'S CUSTOM LIFTING BELTS

ORIGINAL Designer of Suede Powerbelts

Heavier Buckle with Roller

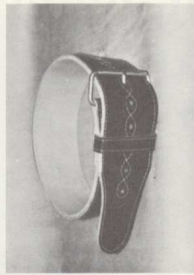


Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down center, and around holes.....\$75.00

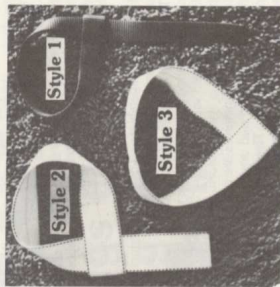
Any Color of Suede



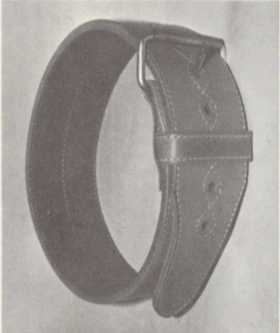
Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes.....\$75.00



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



Lifting Straps...\$4.00



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

FINEST in QUALITY

PLEASE STATE SIZE, STYLE, COLOR CHOICE

Name _____ MASTERCARD BANKAMERICARD/VISA
 Address _____ Acct. No. _____
 City _____ State _____ ZIP _____
 Style _____ Size _____ Prono _____ Exp. Date _____
 Color _____ 2nd Choice _____ Signature _____

BOB'S CUSTOM LIFTING BELTS

380 EAST END, NO. 1
 POMONA, CALIFORNIA 91766

NEW ADDRESS!!!

714-620-8957

Call for our CHRISTMAS SPECIAL!!



The Vegetarian POWER Diet by Gary Zeolla

As a Junior at Penn State majoring in nutrition, a powerlifter, and a vegetarian, I have made some decisions as to the foods that I avoid. These include meat, sugar and any highly processed and refined products. Sugar and refined products contribute nothing in the way of nutrients to the body. Meat, although it provides several nutrients, also contains large amounts of saturated fats and cholesterol. High consumption of these two elements has been linked to the development of arteriosclerosis (hardening of the arteries) and resultant heart attacks and strokes. This, along with the ethical considerations of the treatment and slaughter of domesticated animals and concerns of the world food problems, is why I choose to follow a vegetarian diet.

In deciding what to eat, I utilize a very simple guideline - The Basic Four Food Groups. Remember your elementary school teachings? As a quick reminder, the four food groups and the recommended daily intake of each are: Fruits and Vegetables - 4 servings, breads and cereals - 4 servings, milk and milk products - 3 servings, 3 teenagers; 4 servings, adults; 2 servings; meat, poultry, fish and protein alternates: 2 servings. I will make some specific comments on each group and how I utilize the information in my diet.

Fruits and vegetables: The most underconsumed foods in America. The closest average American comes to eating a vegetable is in the form of tomato sauce used to make pizza. This is very unfortunate though, since vegetables are one of the most concentrated sources of nutrients available. They are rich sources of vitamins A and C, the B complex vitamins, trace minerals and dietary fiber. The array of vegetables available in our society is staggering. However, besides tomatoes, the only other vegetable readily eaten is potatoes, which are usually deep fried into a fatty mess. I have learned to experiment.

When you come across a new vegetable - try it, you may like it - and your lifting and health will be better for it. I usually consume 3-4 servings of vegetables a day with at least one being a Vitamin A rich source. These include: green leafy vegetables (spinach, kale, collards, mustard greens, Boston and Romanesque lettuce), asparagus, squash, broccoli, carrots and yes, even tomatoes.

Fruits are greatly more accepted in our society. In fact, orange juice supplies the bulk of Vitamin C in the American diet. In addition to Vitamin C, fruits also supply some minerals, dietary fiber and are the best source of natural sugars available. This is important to remember when your sweet tooth

starts throbbing and you reach for a Snickers bar, eat an apple instead or other fresh fruit or even some raisins; they are just as sweet and aren't refined into 'empty' calories. I usually enjoy about five servings of fruit or fruit juice a day with at least one being a Vitamin C rich citrus fruit or juice. This makes for a total of 8-9 servings of fruits and vegetables a day.

Breads and Cereals:

Regardless of what the advertising industry tries to manipulate the public into believing, whole wheat flour is not as nutritious as whole wheat flour. The Continental Baking Company was recently charged with deception by the FTC for advertising Wonder Bread in which it broad-casted, 'With Wonder, good nutrition doesn't have to be whole wheat'. In the ad they compared the amounts of six nutrients in Wonder bread with whole wheat bread where the levels in Wonder bread were equal or exceeded those in whole wheat. Unfortunately, they failed to mention that while whole wheat bread has substantial quantities of dietary fiber, magnesium, zinc, copper, manganese, potassium, vitamin E, vitamin B-6, Chromium, folacin and pantothenic acid (Nutrition Action, Sept. 1981).

Remember this the next time you make a sandwich and in addition to the nutrients listed above, whole wheat products contain thiamine, riboflavin, niacin and protein. Whole wheat, along with other whole grain products, are about the most valuable foods around. The energy

available in grains is mainly complex carbohydrates, which is the preferred energy source of the body.

Along with bread and breakfast cereals, other whole grain products I consume are bulgur (a cracked wheat side dish), granola, corn tortillas, pita bread, brown rice, corn-corn-meal, oatmeal and whole wheat muffins, spaghetti (I'm Italian homemade whole wheat pizza - my specialty). I usually partake of around eight servings of these products a day.

Milk and milk products:

As I mentioned, I am a vegetarian. More specifically, I follow an ovo-lacto vegetarian diet. This means that I do eat eggs and milk products. The milk products I do consume are usually low-fat, non-fat dried milk, yogurt and low fat cottage cheese. I also eat a good amount of cheese which isn't low in fat. Cheese is one of only a limited number of foods that I use that are high in fat. The only others are eggs (limited to an average of less than 1 per day), peanuts, sunflower margarine and vegetable oil. Also, to be honest, at times I get an irresistible urge to down a quart of ice cream, which is not only extremely high in fat but also in added sugar and numerous questionable chemicals. Oh well, no one is perfect.

In any case, milk products are good sources of protein and contain most of the calcium available in the American food supply. They are also rich in riboflavin. The

phosphorous, Vitamin B-12 and if fortified, Vitamin D. I usually consume 3-4 servings a day, in addition to any ice cream I eat when my willpower wanes.

Meat, Poultry, Fish and Protein Alternates:

Being a vegetarian, the emphasis here is on protein alternates although I do consume some seafoods. By protein alternates, I am referring to legumes, which is a general term and includes beans (lima, baked, kidney, etc.), lentils and peanuts. Other protein sources are cheese, cottage cheese, eggs, split peas, sunflower seeds and other nuts and seeds.

In addition to protein, this group supplies iron, thiamine, niacin, riboflavin and Vitamin B-12. I usually eat 3-4 servings daily.

In conclusion, I would like to make two statements concerning supplements. First off, if you follow a balanced diet, you do not need to take supplements. And more importantly, taking a supplement is not an adequate substitute for following a balanced diet. This country supplies the most abundant food supply ever known. To say you have to depend on a tablet to nourish your body, in this 'land of plenty' is insane. What is needed though is to make the right selections amidst this vast food supply.

This requires a little effort, knowledge and lots of willpower. I know this can be difficult, especially when walking in front of Baskin-Robbins on a warm spring day, but the benefits to your lifting, your arteries, your heart and your health in general is more than worth it.



1981 National Collegiate Champion.... Gary Zeolla has proven vegetarianism can work. (Callagher photo)

At Last A Lifting Shoe For Powerlifters



And at a Fantastic Cost!
ONLY \$49.95

Pacifico Enterprises brings you a High Top Leather Lifting Shoe that is guaranteed to be the Best Lifting Shoe Ever!

Designed for Lifting Competition and Training... This TWO LACE concept gives you the best possible support. No loosening of laces ever again because of the Special Lace Locks shown above.

Because of this two-lace concept you'll never have the problem of rolling off the side of your shoe, especially you wide stance squaters.

Mail to PACIFICO ENTERPRISES
P.O. Box 14152 N.R.BR.
DAYTON, OH 45414

NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____
ZIP: _____

Endorsed by
The Power Elite Team
#1 Team in the Whole World.

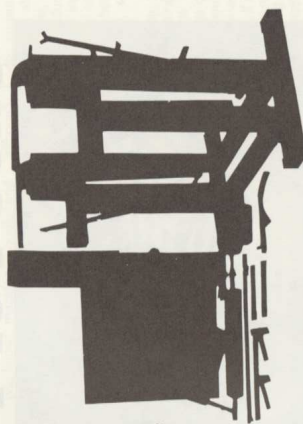
AVAILABLE IN WHITE ONLY

SHOE SIZE

ZIP:

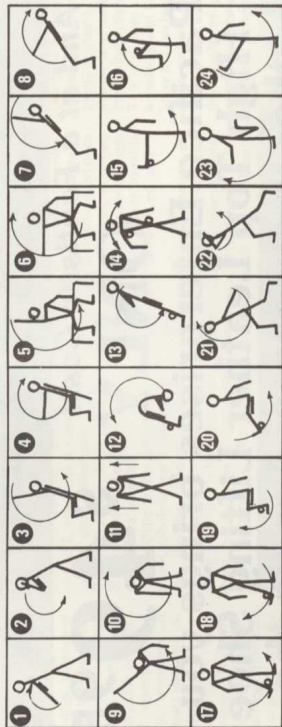
SCHNELL TRAINER

US Patent
3856297



The Schnell Trainer is one of the best kept secrets in German sports. With twenty-four plus exercises and German made, it is of the finest quality.

\$3200⁰⁰ plus freight



**Schnell Olympic Bar
with Collars**

\$400⁰⁰

Limited number available.

For further information contact or write:

Kreis Sports, Inc.

P.O. Box 120158
Nashville, TN 37212

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

PSYCHING AND
OPTIMAL AROUSAL

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

It appears that the most common overt psyching technique used by powerlifters involves 'screaming.' In just about every meet there will be a sizable number of screamers competing. Why do they scream? We asked a number of screaming powerlifters from different parts of the country. Their comments could be classified as follows: (1) I scream because it makes me feel strong and powerful. (2) When I scream, I get goose bumps all over and strength surges throughout my body. (3) I scream because it makes me feel more relaxed. (4) I scream to scare the hell out of the judges. A wild man on the platform will make them think twice about turning down the lift. (5) I don't know why I scream. (6) Doesn't everybody scream? (7) Do I scream?

Although their reasons for screaming were quite different, the lifters all agreed that screaming definitely seemed to enhance their performance. They may be right. Some research indicates that screaming and/or yelling can significantly increase strength scores. The findings of these studies are usually explained in terms of physiological arousal. When an individual screams with enough enthusiasm, he may produce real emotional excitement. Emotional arousal involves stimulation of the sympathetic branch of the autonomic nervous system. This stimulation causes many bodily reactions to occur at the same time (in sympathy) and produces the so-called 'fight or flight reaction' that we experience in emergencies. During arousal, extra adrenaline is secreted. The liver releases sugar, while the spleen releases more red corpuscles into the bloodstream - thus enlarging the blood vessels of the heart and skeletal muscles enlarge, whereas blood vessels going to the smooth muscles of the stomach and intestines constrict; this directs blood and oxygen to where it is needed the most. Breathing also increases. The pupils enlarge while the activity of salivary glands is slowed; this produces the typical wide eyed and dry mouth effect of strong emotion. Stimulation of the sympathetic nervous system also increases sweating and causes contraction of muscles at the base of body hair; this produces goose bumps in humans and causes hair to stand up in animals.

Even though intense 'screaming' may increase strength, it may not improve performance. For example, the boxer who becomes enraged, and insensitive to pain, may overwhelm his opponent with a flurry of powerful blows. On the other hand, the lack of control which accompanies rage may cause him to miss his target and increase his vulnerability.

to by being off guard. The enraged boxer may soon succumb to exhaustion if he doesn't quickly destroy his opponent.

OPTIMAL AROUSAL

How much emotional arousal should you attempt to generate in order to maximize your lifts? In other words, what is the optimal level of arousal? An example of a very low level of arousal would be when we were nearly asleep, obviously, our performance during this state would be low. On the other hand, extremely high arousal (such as when a person goes berserk) also results in poor performance because the behavior is extremely disorganized or inefficient.

INDIVIDUAL DIFFERENCES IN AROUSAL

Some people perform better than others under stress or conditions of high arousal. This is not an exception to the Yerkes-Dodson Law, it's just that the optimal level of arousal will be higher or lower for different individuals and this should be entered into your personal equation. Experience in the situation is essential. This will help you determine how much deliberate psyching you should create. The point is, that what is best for someone else may not be best for you. For many individuals it would be better for them to try and relax because the competitive situation has them too keyed up. Some lifters are so aroused that they burn out before making it to the platform, and others push themselves so far that they end up in the arousal zone which is detrimental to performance.

No all of the tests will be equally easy. You might be able to fine tune your psyching to fit the task. For example, you may have to pay more attention to your breathing during training than in the deadlift. Thus, the optimal psyching level could be higher for you in the deadlift. You may be surprised to find that most elite and world class lifters tend to associate rather than dissociate during competition. These lifters are often reluctant to try out their complete psych routines during training. After all, it's not the real thing and they might be embarrassed - especially in a mixed group exercise gym. If the psych is not practiced, then trying it out under unfamiliar competitive circumstances can be disastrous. Competition is really not the place for innovations.

athletes constantly monitor their bodily signals and sensations. Instead of diverting their attention, they think themselves through the entire lift. They are aware of their position and the muscles they are using throughout the lift. Rather than screaming continuously, most 'screamers' scream before actually lifting the weight and perhaps scream as they are on the verge of completing the lift.

It should be understood that we are not against screaming and/or dissociating. There are advantages and disadvantages to both associative and dissociative lifting. The choice between a dissociative or associative strategy may pose a risk/benefit trade off. That is, a choice between increased energy and loss of control or vice versa. However, it doesn't have to be this way if you can adjust your psych to the degree of difficulty of the task. If you dissociate in order to maximize energy, then it is extremely important that you have a very high level of proficiency. Performance will then be more automatic. You'll not have to pay so much attention to what you are doing. It would not be easy to accomplish this. For instance, you would probably find that your form in a submaximal lift differs somewhat from your form on a maximum lift. Therefore, in order to increase your skill when using maximum poundage, you would have to have a lot of practice lifting such weights and be in a psyching-up dissociated state while you were doing it. You'd have to rely heavily on feedback from your coach or training partners who could check and help you correct your form. Video tape of your lifts can be very instructive as well as motivating. Seeing yourself make successful lifts before a contest can really put you in a positive, confident state of mind.

Lifters are often reluctant to try out their complete psych routines during training. After all, it's not the real thing and they might be embarrassed - especially in a mixed group exercise gym. If the psych is not practiced, then trying it out under unfamiliar competitive circumstances can be disastrous. Competition is really not the place for innovations.

National Meet Qualifying Totals

	Senior Nationals Collegiate	Junior Nationals	Women's Nationals
114	1069	936	799
123	1190	1041	881
132	1284	1140	1003
141	1410	1361	1201
165	1625	1455	1322
181	1814	1554	1432
198	1895	1675	1499
220	1895	1758	1521
242	1984	1791	1586
275	2061	1901	1598
SHW	2143	1929	1979

GRAB A GOLD MEDAL!!

INCREASE YOUR PERFORMANCE WITH THE TOP NUTRITION PROGRAM

PEAK PERFORMANCE IN COMPETITION OR TRAINING REQUIRES THE BEST IN NUTRITIONAL SUPPLEMENTATION. THAT'S WHAT GOLD MEDAL PACK OFFERS YOU!!

Official Supplement of the U.S. Men's and Women's World Championship Powerlifting Teams
the Product of Champions

- VITAMINS A & D
- 1000 I.U.'S OF VITAMIN E
- TIMED RELEASED HIGH POTENCY B-COMPLEX
- TIMED RELEASED HIGH POTENCY C-COMPLEX
- HIGH POTENCY MINERAL COMPLEX
- AMINO ACID CHELATED (for greater assimilation)
- DIGESTIVE ENZYMES
- CONVENIENCE — 8 TABLET/CAPSULES IN ONE PACKET FOR EASIER USE AT HOME OR TRAVELLING



WITH SUSTAINED RELEASE
For The Maximum Post-Exercise "The After Burn"
30 PACKETS
NAME FOR: MARATHON NUTRITION
HOLLING HILLS ESTATES, CA 94507

Each Pack contains:

Lipo Soluble	25,000 IU	500%
Vitamin D (Ergocalciferol)	600 IU	150%
Vitamin E (d-Alpha Tocopheryl Acetate)	1000 IU	333%
Vitamin C Complex (time release)	2000 mg	333%
Lemon Bioflavonoids	500 mg	...
Selected Natural Rose Hips	50 mg	...
Resistant Complex	50 mg	...
Polart (Green Buckwheat)	50 mg	...
B-Complex factors (time release)	400 mg	100%
Folic Acid (Folacin)	130 mg	933%
Vitamin B1 (Thiamin HCl & Yeast)	130 mg	76%
Vitamin B2 (Riboflavin & Yeast)	130 mg	650%
Vitamin B3 (Nicotinamide)	130 mg	650%
Vitamin B5 (Pantoic Acid & Yeast)	130 mg	650%
Vitamin B6 (Hydro Cobal Conc. & Yeast)	130 mg	216%
Pyridoxine-HCl (d cal pan. & yeast)	130 mg	44%
Inositol (Soy)	130 mg	1300%
Choline Bitartrate (Soy)	130 mg	...
Para Amino Benzoic Acid	130 mg	...
Chelated Mineral Compounds	1500 mg	150%
Calcium (Amino Acid Chelate)	225 mg	100%
Iodine (Kelp)	45 mg	250%
Magnesium (Amino Acid Chelate)	75 mg	288%
Manganese (Amino Acid Chelate)	4.5 mg	225%
Copper (Amino Acid Chelate)	34 mg	225%
Zinc (Amino Acid Chelate)	15 mg	...
Manganese (Amino Acid Chelate)	100 mg	...
Selenium (Proprietary)	100 mg	...
Chromium (Amino Acid Chelate)	150 mg	...
Enzyme Compounds	150 mg	...
Breast-Hol	150 mg	...
Glucanase (Acid-Hol)	150 mg	...

*U.S. Recommended daily allowance for Adults and Children 12 years of age or older
**U.S. FDA not established
***Need in human nutrition not established

GRAB A GOLD MEDAL... TODAY!

Super Pack - The original high potency vitamin-mineral pack
One packet contains:
*Vitamin A, 25,000 IU *Vitamin D, 600 IU *Vitamin E, 1000 IU *Vitamin C Complex, 1500 mg *A complete Multi-Mineral Complex *Digestive Enzymes
30/\$18.00 60/\$33.00 90/\$45.00

One Pack - For the individual who desires a medium potency pack
One packet contains:
*Vitamin A, 10,000 IU *Vitamin D, 400 IU *Vitamin E, 200 IU *Balanced B Complex, 50 mg *Vitamin C Complex, 1000 mg
*A complete Multi-Mineral Complex *Digestive Enzymes
30/\$12.00 60/\$21.00 90/\$29.00

*MARATHON 2 GRAM LIVER
54% MORE LIVER
PER TABLET THAN OTHER
BRANDS



Nothing matches desiccated liver for building strength, stamina and energy. Compare Marathon 2 Gram (30 grain) Argentine Beef Liver Tablets with your current liver supplement:
Desiccated liver: 2,000 mg (30 grains) 2 grams
B-12: 50 micrograms 2 grams
Five protein-coated, easy swallow tablets provide:
Argentine Beef Liver: 10,000 mg
B-12: 250 mg
Protein: 10 grams
Calories: 40
Carbohydrates: 0
Fat: 0.035 grams

For the greatest gains, use the finest quality Argentinian Beef Liver product available.
Marathon 2 Gram Liver
100/\$5.75 250/\$12.50
500/\$24.00

One Gram Liver (15 grain) with B-12
Argentine Beef Liver, a 90% Protein
100/\$3.00 250/\$7.00 500/\$13.00 1000/\$24.00

Multi-One with Stress Factors
A One-A-Day High Potency Vitamin-Mineral tablet
30/\$5.00 60/\$9.50 180/\$24.00

Milk and Egg Protein
Good taste easy mixing, highest protein efficiency
1 lb./\$10.50

Gland Protein Powder
High utilization. Great gains
1 lb./\$10.50

Maxi-A-Min High Potency Mineral Complex
Two tablets contain:
*Calcium 1000 mg *Magnesium 500 mg *Zinc 22.5 mg
*Potassium 95 mg *Iron 30 mg *Iodine 150 mcg *Manganese 10 mg *Copper 3 mg *Selenium 50 mcg *Chromium 20 mcg *Betaine HCl 100 mg *Glucamic Acid HCl 100 mg *Vitamin D 400 IU
90/\$4.50 180/\$7.95 360/\$14.95

NEW NUTRITIONAL BREAK THRU
6 GRAM (6,000 mg) AMINO ACID COMPLEX POWDER
100% PROTEIN
EACH PACKET CONTAINS IN POWDER FORM A TOTAL OF 6 GRAMS (6,000 mg) OF THE 18 AMINO ACIDS NECESSARY FOR MUSCLE GROWTH. THE AMINO ACIDS (100% PROTEIN) ARE ISOLATED, HYDROLIZED & PREDIGESTED FOR THE HIGHEST POSSIBLE UTILIZATION OF ANY FORM OF KNOWN PROTEIN. USE WITH ALL LIQUIDS (PROTEIN DRINKS, JUICE, MILK, WATER & SOUPS) SPRINKLE ON FOOD OR MIX WITH GRAVIES.
6 gram amino acid powder is an excellent drink to take before and during training or competition. It will insure the high protein blood levels necessary for a sustained high performance.
A NUTRITIONAL BREAK THRU THAT WILL HELP YOU GAIN. IT WORKS!! . . . 14 DAY SUPPLY — \$20.00
28 DAY SUPPLY — \$36.00

Vitamin E 400 I.U. Capsules
d-alpha or mixed tocopherol (your choice)
90/\$5.00 180/\$9.00 360/\$16.00
Amino Acids - 1 Gram (1000 mg.) Tablets
50/\$4.00 100/\$7.00

One-Daily Formula 100 (sustained release)
A Multi-Vitamin & Mineral tablet, featuring 100 mg. B Complex & Amino Acid Chelated Mineral
30/\$5.00 60/\$9.50 90/\$17.00

Brewers Yeast Tablets
7.5 grams (500 mg.)
250/\$2.75 500/\$5.00 1000/\$9.00

Super Bio-C 2000 - sustained release Vitamin C Complex
Formulated with naturally selected Rose Hips Powder, and Bioflavonoids which act as a catalyst for Vitamin C. helps maintain capillary integrity, and heal muscle tissue. Each tablet contains:
*Vitamin C 1000 mg *Rose Hips Powder 500 mg *Bioflavonoids 500 mg
50/\$4.50 100/\$7.75 250/\$17.50

Distributor and Wholesale inquiries welcome on these products and the complete line of **Marathon Nutrition** Supplements
SHOP BY PHONE OR MAIL

* If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here.

PRODUCT	SIZE	QTY.	PRICE	EXT.	PRODUCT	SIZE	QTY.	PRICE	EXT.
Gold Medal Pack™									
2 Gram Liver									
6 Gram Amino Acid									
									TOTAL \$

SHIP TO: MasterCard VISA **MARATHON NUTRITION®** Use MasterCard, Visa, Money Order, Check or COD
1229 Via Landeta
Palos Verdes Estates, CA 90274
Phone: (213) 519-7111, 375-3802
Overseas orders add 20%.

POWER BY CASH



- TITLES**
- 1978
 - Junior National Champion
 - Mr. Nebraska
 - 1981
 - Senior National Champion
 - World Games I Champion
 - World Champion
 - 1982
 - Senior National Champion

WORLD RECORDS

- 220 lbs.
- DEADLIFT**
- 1981—816 lbs.
- 821 lbs.
- 1982—832 lbs.
- TOTAL**
- 1981—2066 lbs.
- 1982—2077 lbs.
- 2099 1/2 lbs.



POWER BY CASH T-SHIRTS \$7.00

50% Cotton, 50% Polyester. In Sizes S, M, L, XL, XXL. Tan, Yellow, Gold, White, Black and Powder Blue.
Style A—as shown in deadlift design
Style B—as shown in squat design



POWER BY CASH \$25.00

1 for \$37.00
2 for \$60.00

TRAINING ROUTINES \$25.00

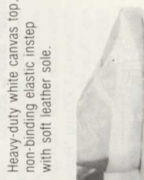
include age, weight, height, experience, and current training poundages.

WEIGHT LIFTING GLOVE \$20.00



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

DEADLIFTING SLIPPERS \$12.00



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

POWER STRAPS \$5.00



In Blue, Yellow, Green, Red and White.

SUPERWRAP™ II \$8.00/pair

2 pair, \$15.00; 3 pair, \$21.00.

POWER WRIST WRAPS \$5.00

Competition wraps, 1 meter long, 8 centimeters wide.

GOLD MEDAL PACK

30 pack, \$20.00
60 pack, \$36.00

POWERLIFTING RULE BOOK \$6.00

BLACK & WHITE PHOTOS \$1.00

8 x 10 glossies

BUMPER PLATES PRICE LIST

35 lbs., red — \$190.00 pair

25 lbs., blue — \$170.00 pair

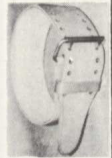
no more rusted plates, quality work, fast service.



CUSTOM LIFTING BELT
Style A \$80.00



CUSTOM LIFTING BELT
Style B \$80.00



CUSTOM LIFTING BELT
Style C \$35.00

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

Badger State Championships 10/30/82		U.H. Tri-Cathlon Open 10/2/82	
D. Barr	652	400	652
1st: E.C. Health Club; 27 pts; 2nd: Molbeck's Club; 26 pts; 3rd: Iron Works Club; 25 pts; 4th: Iron Works Club; 24 pts; 5th: Iron Works Club; 23 pts; 6th: Iron Works Club; 22 pts; 7th: Iron Works Club; 21 pts; 8th: Iron Works Club; 20 pts; 9th: Iron Works Club; 19 pts; 10th: Iron Works Club; 18 pts; 11th: Iron Works Club; 17 pts; 12th: Iron Works Club; 16 pts; 13th: Iron Works Club; 15 pts; 14th: Iron Works Club; 14 pts; 15th: Iron Works Club; 13 pts; 16th: Iron Works Club; 12 pts; 17th: Iron Works Club; 11 pts; 18th: Iron Works Club; 10 pts; 19th: Iron Works Club; 9 pts; 20th: Iron Works Club; 8 pts; 21st: Iron Works Club; 7 pts; 22nd: Iron Works Club; 6 pts; 23rd: Iron Works Club; 5 pts; 24th: Iron Works Club; 4 pts; 25th: Iron Works Club; 3 pts; 26th: Iron Works Club; 2 pts; 27th: Iron Works Club; 1 pt.	1090	1090	
M. Doss	380	250	415
T. Kinney	407	275	462
D. Desjardis	380	260	462
C. Eshen	185	100	240
B. Casey	185	105	240
J. Rush	612	345	592
L. Mendoza	502	350	537
M. Torri	512	300	557
D. Vignishin	512	315	557
D. Vignishin	507	295	524
D. Carlson	527	290	492
K. Harrison	472	330	450
M. Bell	465	305	460
A. Holubish	330	230	380
D. Volpe	702	400	632
R. Eiden	602	425	612
B. Johnson	537	300	682
S. Micky	667	400	662
B. Sullivan	652	400	632
D. Vignishin	627	385	602
D. Vallancourt	627	270	567
T. Close	602	135	622
R. Schwoeder	612	405	627
J. Brace	602	440	592
J. D'Arville	567	355	582
J. Goulet	582	400	600
242			
J. Sten	752	512	682
D. Young	752	440	742
P. Immekus	617	350	557
C. Regan	435	305	350
D. Turner	300	190	370
D. Parks	787	440	812
R. Viver	692	502	507
L. Brink	662	400	592
SHW	892	537	802
B. Barwick	772	537	812
B. Boscacy	772	537	812

SUPER SUIT II ...Red, Navy, Black, Royal...26-48...\$36.00
POWER SUIT The original made by Spanjan to increase your Squat. Natural color. Sizes: XS (28-30), XS (32-34), S (36-38), M (40-42), L (44), XL (46), XXL (48) (Send height and bodyweight info)...\$20 each or 2 for \$35.00
LIFTING SUIT 100 per cent stretch nylon. XS-XXL. Send color preference...Low cut style...\$15.00/Hi cut 4Way...\$16.99
'S' WRAPS II THE Competition wrap...\$7.00
TRAINING STRAPS (send your fist measurement)...\$6.00
EZ-ON WRIST SUPPORTS Provide maximum support for wrists. EZ-on/EZ-off...\$6.99 pr.
BELT HOOK Save time and energy when putting on or taking off your belt. Reach belt holes never before possible...\$8.99
CHALK Magnesium carbonate, for a non-slip grip. Per pound (eight 2 ounce blocks)...\$8.00
T-SHIRT Weightlifters Warehouse t-shirt. Colors: Navy, Royal, Gold, & Red. Sizes: S-M-L-XL (XXL-\$7.00)...\$6.00
PL CLASSIFICATION T-SHIRT Royal Blue or Red with White lettering...S-XL - \$7.00...XXL - \$8.00
 when ordering please indicate classification preference

WEIGHTLIFTERS WAREHOUSE INC.
5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232

Quantity discounts available
 California residents please add 6 1/2% sales tax

Powerlifting as told by world champion and seven-time world record holder

JAMES CASH

Considered by many experts to have the finest physique in powerlifting today and possibly of all time.

Individual courses available: bench press, deadlift and squat.

\$8.00 per course

\$15.00 for two courses

\$21.00 for all three courses

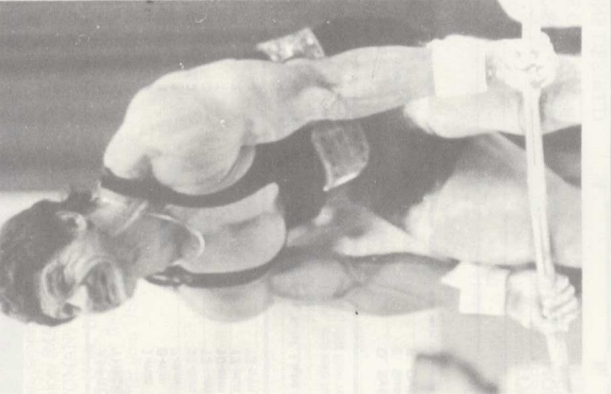
ALLOW 60-90 DAYS FOR DELIVERY.

Send check or money order to:

Power By Cash

P.O. Box 1023

Manhattan, Kansas 66502



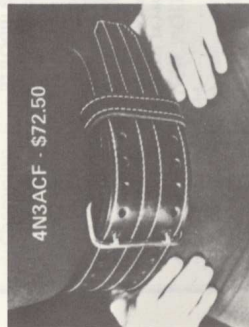
Power Race Products Inc.

124 East State Street, West Lafayette, IN 47906
Phone: (317) 743-3481

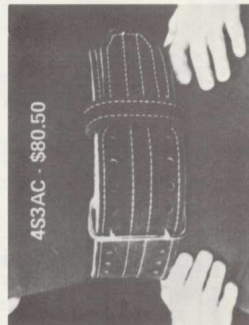
SPECIAL CLEARANCE... on Belts in Stock which are discontinued or seconds, call for availability.

NEW BELT SALE
10 per cent off all new belts until Christmas

MC/VISA accepted/C.O.D. and charge orders pay shipping



4N3ACF - \$72.50



4S3AC - \$80.50



4S3ADE - \$92.00



3S1C - \$45.50



4N1 - \$31.00



4N3D - \$68.00

MODEL NUMBER	NO. OF LAYERS	TYPE OF COVERING	APPROXIMATE THICKNESS	STANDARD BUCKLE	STANDARD STITCHING	AVAILABLE OPTIONS	BASE PRICE
3N1	1	Natural	7-mm	3" Chrome	None	F	28.00
3S1	1	Suede	9-mm	3" Chrome	Style 1	C	42.00
4N1	1	Natural	7-mm	4" Zinc	None	A,B,F	31.00
4N2	2	Natural	11-mm	4" Zinc	Style 1	A,B,C,D,F	51.00
4N3	3	Natural	13-mm	4" Zinc	Style 1	A,B,C,D,F	61.00
4S1	1	Suede	10-mm	4" Zinc	Style 1	A,B,C,D,E	54.00
4S2	2	Suede	12-mm	4" Zinc	Style 1	A,B,C,D,E	64.00
4S3	3	Suede	13-mm	4" Zinc	Style 1	A,B,C,D,E	74.00

ALL BELTS are 100-mm wide and IPF, USPF leg! Colors of Suede: Black, Navy Blue, Brown, Rust, Light Blue, Light Green, Gold, Red, Light Brown, Gray, Purple, Maroon, Dark Green, Sand

Colors of Suede: Black, Navy Blue, Brown, Rust, Light Blue, Light Green, Gold, Red, Light Brown, Gray, Purple, Maroon, Dark Green, Sand
Style Stitching 2 - one row of stitching around edge of belt, and two rows down the middle of the belt.
Style Stitching 3 - one row of stitching around edge of belt, and four rows down the middle of the belt.

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

NAME _____ PHONE () _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
WAIST SIZE _____ MODEL NO. _____
SUEDE COLOR _____ INSERT COLOR _____
OPTIONS DESIRED A. _____ B. _____ C. _____ D. _____
(STATE COLOR FOR E OR F) E. _____ F. _____

NUTRITION CORNER

by Jack Diganji

MAGNESIUM

Magnesium is one of those elements that nutritionists call trace elements. It's like ab work - a small part of training, but without it, sooner or later it'll come back to haunt you. So it is with the trace element Magnesium: you only need 300-500 mg per day depending on bodyweight, but if you don't receive enough, your workouts over the cycle will suffer.

Magnesium is an enzyme activator. It has an important part in the carbohydrate, liquid and electrolyte mechanisms. Magnesium also plays a part in protein synthesis, nucleic acid synthesis, membrane transport and integrity. I personally would doubt that any of us are severely deficient in it, however, minor diet alterations during a critical period in your cycle may yield less than your daily need for Mg.

The lifter's need for Mg will be affected, in our case, by two factors. The first is by over nutrition of certain nutrients. Over nutrition being the over abundance of nutrients such as too much protein, or vitamin A or calcium. Over nutrition can be just as dangerous as under nutrition. It's a vital point to remember that gulping down pills and powders without proper knowledge can be the source of lifting setbacks. Overtraining vs undertraining may take years of experience for the individual lifter to master. Nutrition, although individual in nature, does have general guidelines to which one can adhere with success quickly.

Within the past century, certain nutrients have increased in the diet which directly affects the status of Mg. Two nutrients which adversely affect Mg are Calcium and Phosphorus. An example here is increasing the calcium or phosphorus without increasing the Mg intake.

Jim's Gym... this is the establishment in Holly, Michigan which produced Minnie Roberts, the record breaking 65 plus woman lifter, but they also have women at the other end of the age spectrum; teenagers Angie Krantz, Kathy Prevost, Sandy Giza, Rita McKay, Stacy Forsberg, all of whom have done remarkably well after limited periods of training. Happily Michigan meets often accommodate women lifters with regular weight class awards rather than Malone Formula competition, and as a result "Jim's Gym" has it's own women's team, the first full-fledged women's team in the state. Chris Roberts of Jim's Gym (who provided all this information) would like to thank Mr. Lloyd Coon of Swartz Creek and John Paar et al of Caseville for providing women's weight classes in their meets, so that women can fully participate in the lifting game in the active lifting state of Michigan.

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

MAGNUM



* the Ultimate POWER BAR

COMPARE TO IPF STANDARD:
2000 (1 1/2" DIA) BAR LENGTH
1000 (1 1/2" DIA) DIAMETER
2000 (4 FT, 6 IN) LENGTH BETWEEN COLLARS
6 IN CENTER MARK FOR BENCH GRIP

\$225.00

DEALER INQUIRES WELCOME

HEAT TREATED FOR MAXIMUM STRENGTH
WILL ACCOMMODATE ANY COMPETITION HEIGHT
SAFE GRIPPING SURFACE
FULLY WARRANTED

Custom Gym Equipment
PUMP UP'S
FRANZ LIFTING SUITS

ROSELEN THOMAS
JESSE E. REEGLER
EL MONTE, CALIF. 91727

TIM ELDRIDGE
(213) 446-7048
BILL HARTMAN
(213) 446-8881

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

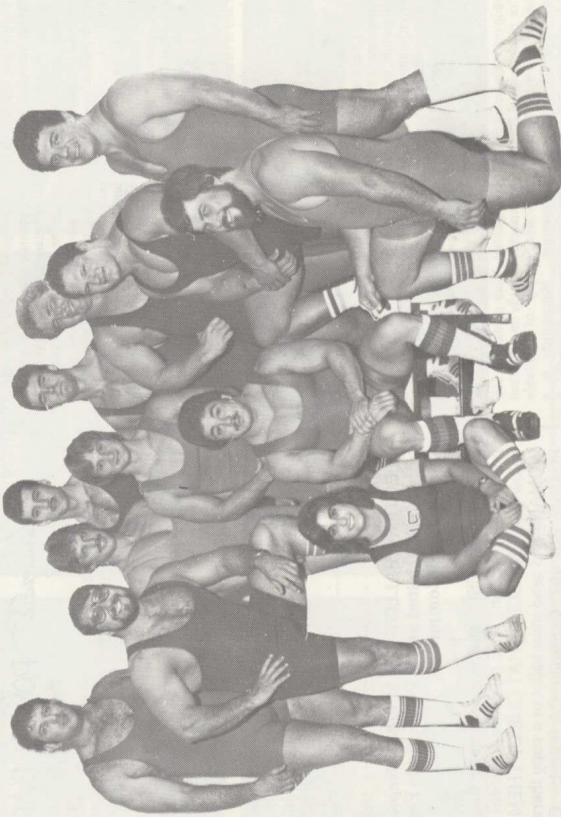
Any registered USPF athlete may vote in this election... simply check any FIVE (5) of the nominees listed below (MAKING SURE THAT ONE OF THEM IS A WOMAN) and send your ballot or a copy thereof to PL USA, Box 467, Camarillo, CA 93011. Check no more than 5 nominees, including 1 woman, and enter your USPF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

- Richard Peters
- Vince White
- Larry Pacifico
- Juli Thomas
- Vicki Steenrod
- Tony Fitton
- Bill Davis
- Jack Sideris
- Michelle Greenspan
- George Hummel

USPF Card Number _____

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!**

Designed For Power



If there was a better suit we'd be wearing it...
Over 5000 Super Suits have been sold this year.
Ask yourself why? Other suits lose their shape and
support after a couple of squat sessions.
Not the Super Suit!

FREE NOW

Your choice of a
pair of **SUPER WRAPS**...
HAND STRAPS or a
TRAINING DAIRY
with the purchase of
Super Suit I or Super Suit II

SUPER SUIT I
(White Only)
\$28⁰⁰

SUPER SUIT II
(Red, Royal Blue,
Black, Navy Blue)
\$36⁰⁰



SUPER WRAP II
Others now pay \$10.00 for this same pair of wraps! But, you can enjoy my special kind of savings and have it all wrapped up.

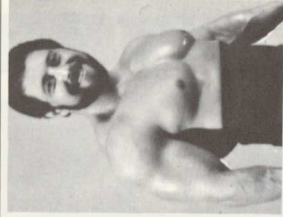
- 1 Pair **\$8.00**
- 2 Pair **\$15.00**
- 3 Pair **\$21.00**
- 10 Pair **\$60.00**



LIFTING HAND STRAPS

This is a "must"—and we make them extra wide for your comfort.
If you don't use them—start.
We have the best.

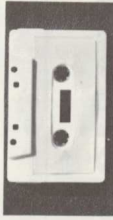
- 1 Pair **\$6.00**
- 2 Pair **\$11.00**
- 3 Pair **\$15.00**



WAIST WAISTER

"In just one month, the NEW YOU off my waist. It's one of the best items I've ever come across.
Reduce unnecessary inches while warming the lower back. Where it anyone—with exercise or street clothes

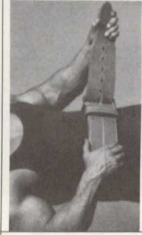
\$9⁹⁵
2 for \$19⁰⁰



PERSONAL PROGRAM ON TAPE

We will put the questions about training, nutrition, steroids, etc. on a cassette. Tell us what you want.

\$49⁹⁵



BOB MORRIS SUPER BELTS

All are legal measurements. One item you really need. What more need to be said.

- Regular Thickness . . . **\$30⁰⁰**
- Double Thickness . . . **\$60⁰⁰**
- Double Thickness
Suede **\$75⁰⁰**



THE FAMOUS POWER ELITE T-SHIRTS

Use order form and store size (S,M,L,XL) and colors.
Now Multi-colors-yellow/red/white or red/white/blue.

- New P.E. Football Shirts
Red and Yellow **\$10⁵⁰**
- \$7⁰⁰**
- Gold plated . . . **\$40⁰⁰**
- Solid Silver . . . **\$60⁰⁰**
- Solid Gold . . . **\$400⁰⁰**

THE PIECE

Let everyone know just where you're coming from! This piece of jewelry says it all.
Be proud of your sport. Wear this fine piece of jewelry!



POWER POSTERS POWER ELITE LARRY PACIFICO

Start your Power Poster collection with these additions.

Now Just . . . \$4 each
\$7 both
Plus 50¢ postage and handling.

ORDER FORM—PLEASE PRINT

ITEM DESCRIPTION	QUANTITY	COLOR(S)	SIZE, WAIST OR WEIGHT CLASS	NOTES, OTHER INFORMATION OR IF IT QUALIFIES FOR FREE SPECIAL	PRICE

NAME _____
ADDRESS _____
CITY/STATE _____ ZIP _____
Mail to: Pacifico Enterprises
P.O. Box 14152 N.R. Br.
Dayton, Ohio 45414

SUB-TOTAL
SHIPPING*
\$

TOTAL—Check or Money Order
\$

*Most prices include tax and shipping in the U.S.A. Outside U.S.A. add 10% for Surface Mail and 30% for Air Mail for Postage and Handling. Satisfaction Guaranteed. Allow two weeks for delivery. C.O.D. orders accepted, 513-898-7245

John Kuc Speaks!

4 time world champion John Kuc reveals in his own words his unique training methods.

For not much more than a pair of super wraps, you can have the training methods of possibly the greatest powerlifter of all time.

Individual chapters devoted to the squat, bench press, deadlift, diet, drugs, plus much, much more.

Book is attractive and professionally bound

SEND: \$10.00 CHECK OR MONEY ORDER TO:

Bob's Health and Fitness Center
P.O. Box 215
Mountaintop, PA 18707

Be sure to include your name, address and zip code with every order.

PA residents add 6% sales tax.

Sonata Olympic Sets

315# Set ... \$279 Olympic Bar ... \$153 405# Set ... \$333

Plus freight from Houston

All chrome 7' bar or black bar w/chrome sleeves and spin type collars. Accurate plates in pounds, bored for smooth loading, fit all leading Olympic bars. Bar tests to over 720#. Sold by leading equipment companies at nearly twice the price.

Used by large High Schools and Universities. Sales are booming. Now you can take advantage of the greatest bargain today in a fine quality, beautiful Olympic Barbell Set. Our customers are very pleased!

OLYMPIC SET-315 LBS

Contents:

- 1 86 inch x 1 1/8 inch olympic official bar
- 2 45 Lbs olympic plate
- 4 25 Lbs olympic plate
- 4 10 Lbs olympic plate
- 5 Lbs olympic plate
- 4 2 1/2 Lbs olympic plate
- 2 2% Kgs spin lock collar

Call order in to ROYALTY HOUSE 405/942-5606 day or night
Order by mail to Box 1211, Oklahoma City, OK 73101

Write or call us for FREE catalogues and price lists.

We are also a Mail Order Dealer for YORK, MAC, CHAMPION, UNIVERSAL, PARAMOUNT, AMF & FLEX EQUIPMENT offering DISCOUNT PRICES to you on direct shipment from these companies. In business 15 years.

High Blood Pressure

by Cliff Grubbs

High blood pressure is a problem for many powerlifters. When you consider that many lifters are twenty to forty pounds heavier than what is considered 'average', and that most lifters do little or no cardiovascular work, the problem is not that surprising. Since high blood pressure produces few symptoms that would slow up a lifter's progress, the usual attitude is 'damn the torpedoes and full speed ahead.' The fact that high blood pressure over a long period of time can help send you to the big weight room in the sky a little before your time has little effect on most lifters. But, remember, if your blood pressure gets too high and you are getting steroids from a doctor he may pull the plug on your connection. I thought that might get your attention.

If you have high blood pressure you may be able to reduce it by keeping your sodium intake under 200 milligrams a day. The first step is to cut out using salt on your food. Salt is an acquired taste and after a while you will become accustomed to the taste of food without it. If you eat peanuts, take the trouble to buy unsalted ones. Cutting out salt is only the first step. Diet colas are also loaded with sodium. One packet of artificial sweetener can have 40 milligrams of sodium so chime in it. If you are trying to cut calories don't substitute club soda for other drinks because it is also loaded with sodium. Also, watch out for french fries at fast food places because they are loaded with salt. Besides, if you are ever going to look like Steve Knight or Jay Rosciglione, you don't even need to be in those places much less eating french fries.

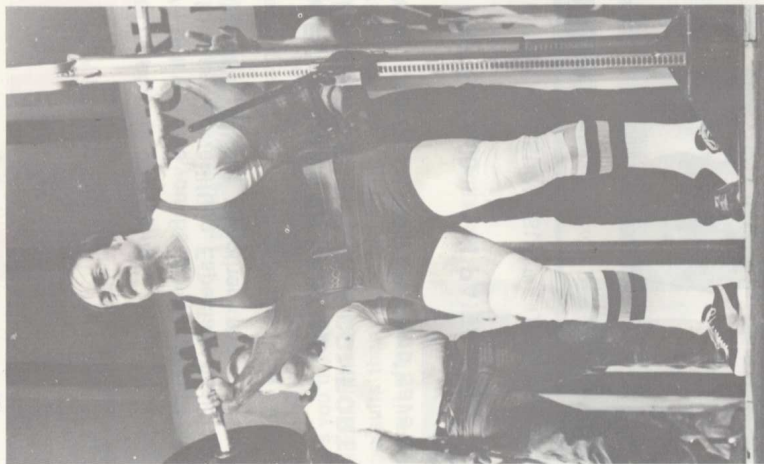
A Dr. R. Shamberger has suggested that a mineral called selenium may be helpful in keeping blood pressure down. Selenium helps get rid of a mineral called cad-

mium. Cadmium is a toxic mineral that is found in air polluted from industry, and it has been linked to high blood pressure. Much of the information on selenium comes from animal research. How selenium treatment applies to humans is still not as clear; but, it might be worth a try. Recommended dosages range from 25-200 milligrams of selenium per day.

A lifter may also lower his blood pressure by strengthening his heart. To do so you need an activity that gets your heart rate up and keeps it up for at least twenty to thirty minutes. If you are a better man than I you might try sex for that long. Alternatively, the next time your old lady heads for her aerobic dance class don't park your cheeks on the couch in front of the TV, get up and go with her. It will do your heart some good, make you and your lady closer and besides the scenery is good. If you don't have a lady, the workout partners in an aerobic dance class are much better looking than the hairy legs running around a power gym.

Carl Miller, a former national coaching coordinator for olympic style lifting and all around big wig in olympic lifting, has a practical application for blood pressure and its variances. He suggests that the morning after a workout you should take your blood pressure. If your blood pressure is 15% higher than the waking blood pressure of the previous day, then the training for the day should be cut back. If you don't take a day off between workouts this can be a good judge to see if you are overtraining.

It might not be a bad idea to invest in a blood pressure cuff so you can monitor your own blood pressure without having to trot down to the ole Dr.'s office all the time. If your blood pressure remains high despite all your efforts you should go to your doctor and see if he suggests any type of medication.



John Kuc, streaked up the Superheavy rankings early in his career only to meet with high blood pressure problems. He reduced to the 242 pound class, and engineered possibly the greatest comeback in PL history.

★ WHO'S WHO IN POWERLIFTING ★



Chuck Braxton is one of the greatest strength athletes around, but he does more than just pump iron. He is also heavily involved in handicapped Olympics efforts, securing sponsors, buying robes, etc. as he did at this year's event at Easter-in-the-Finnes in North Carolina. He finds it one of the most fulfilling things he's ever done.



Ms. Auburndale for 1981 is Tammy Baltz, who has also won the Ms. Lakeland title for 1982, and she has placed high in the Ms. Florida and Ms. All South contests. She is a 3-time Florida State Women's Powerlifting Champion in 3 different weight classes (114-123-132), and the Strongest Woman in Polk County for 1981 and 1982.



Mr. Auburndale for 1981 is Gene Beall, who has also won the Mr. Gulf Coast and Mr. Heart of Dixie titles. He has also won Best Lifter in every Powerlifting meet he's ever entered! With training lifts of 635 420 635 as a Lightweight he set a Florida State record in the more medicine needed), her deadlift at 620, and it's hoped he'll be at the 1983 Junior Nationals.



Minnie Roberts was a sensation at the National Masters meet in N. Carolina. She's over 65 years of age, and has trained for about 1/2 year, but after only one year of training she had dropped 30 pounds (no more medicine needed), her borderline diabetes vanished as well as her need for nerve pills!

SUPERWRAP II

"the finest knee wrap available for competition or training"

For training or competition SUPERWRAP II will give you the ultimate in support and explosive strength necessary for Squatting and Powerlifting. Especially designed for the heavy use of Powerlifting. SUPERWRAP II will out last other knee wraps many times over.

- STRONGER • HEAVIER • LONGER LASTING •
- OFFICIAL LENGTH • GREATER STRENGTH & COMFORT

"...add pounds to your Squat & Total. Use SUPERWRAP II and save \$\$\$"

- 3 PAIRS/\$21.00 • 2 PAIRS/\$15.00 • 1 PAIR/\$8.00

FREE PAIR OF SUPERWRAP II™ WITH EACH SUPERSUIT™ PURCHASED.

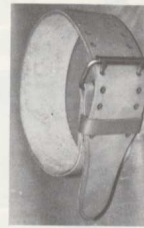
BOB'S Custom Lifting Belts from **marathon**™ Distributing Co.



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



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



Style (D) Single thickness belt with double row of holes\$30.00



Training Straps! heavy, washable nylon...won't stretch. Blue, gold, green, red. Style 1.....\$5.00

IMPORTANT

SUIT SIZE: If you are certain of your suit size, indicate it in the appropriate column of the adjacent chart. If you are not sure, never before worn a Supersuit™, indicate your height and weight, and check the appropriate box for male or female.

SUIT COLOR: Indicate your 1st, 2nd and 3rd choice of color by numbering the appropriate box.

BELTS: Indicate waist measurement, style and color preference.

SUPERSUIT™ II

- Black
- Navy
- Royal Blue
- Scarlet Red

SUPERSUIT™

Natural

Check here new address

Name: _____

Address: _____

City _____ State _____ Zip _____

Check, Money Order, MasterCard or Visa must accompany orders.

Card No. _____

Exp. Date _____

*Overseas orders add 20%, Calif. residents add 6% Sales Tax.

SHOP BY PHONE OR MAIL

Item	(height)	(weight)	Suit Size	QTY.	EXT.
SUPERSUIT™ II					
SUPERSUIT™					
SUPERWRAP™ II					
SUPERWRAP™					
Additional orders or special instructions					Total

Phone: (213) 519-7111 / 375-3802

Palos Verdes Estates, CA 90274

marathon™ Distributing Company

1229 Via Landeta,

Increase your total . . . INSTANTLY!

SUPERSUIT™

Supersuit II by **marathon**™ Distributing Company

the official suit and wraps of the U.S. and Women's World Championships Powerlifting teams.

From Novice to Elite Class top performance in competition and training requires the best...a SUPERSUIT™. Specifically designed for Powerlifting, Supersuit II and Supersuit offers you the ultimate in total body support during the Squat or other lifts. More local, state, national, international and World Championships have been won by Powerlifters wearing Supersuits than any other lifting suit. Often imitated, but never equalled, the material in Supersuit offers you the total body support and wear that Powerlifting demands.



MIKE BRIDGES, MULTI-CLASS WORLD CHAMPION™... A POWERLETFER AHEAD OF HIS TIME™



LARRY PACIFICO 9 TIME WORLD CHAMPION

MATERIAL —

The Best — "five way weave exclusively designed for Powerlifting" — stretches, stops & holds!

PERFORMANCE —

during the Squat and other lifts you'll feel the total body support — it's like a second skin that will add pounds to your total."

DESIGN —

For the powerlifter — wide shoulder straps, higher side panels, total hip support.

SIZING —

greatest range of sizes to cover all weight classes and body types.

SERVICE —

The Best — immediate shipment — availability of all sizes and colors.

FREE — PAIR OF SUPERWRAP II WITH EACH SUIT PURCHASED — FREE

From Novice to Elite — wear the suit of Champions — SUPERSUIT "....it will add pounds to your Squat and Total."

• SUPERSUIT™ II (STRONGER MATERIAL) \$36.00

BLACK, NAVY BLUE, ROYAL BLUE, SCARLET (RED)

• SUPERSUIT™ NATURAL COLOR, (WHITE) \$28.00

• SIZES AVAILABLE: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

The numbered sized suits give a more accurate fit for greater body support during the squat.

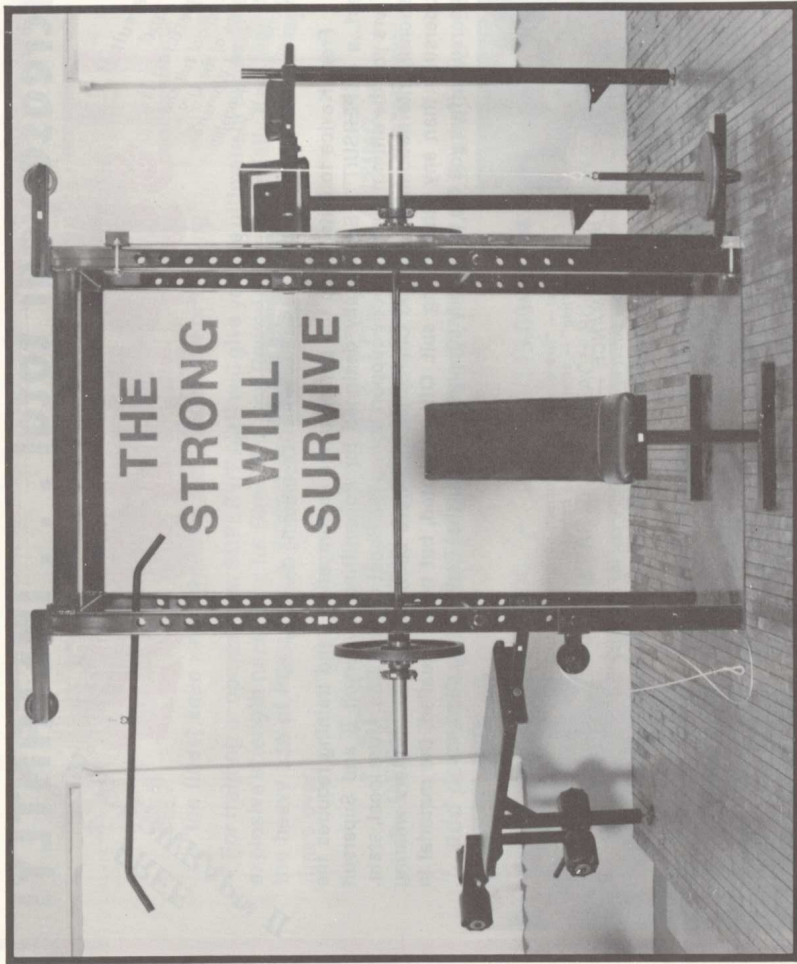
ORDERS PROCESSED SAME DAY AS RECEIVED...IMMEDIATE SHIPMENT —

SUPERSUIT IS MANUFACTURED EXCLUSIVELY FOR MARATHON DISTRIBUTING CO. BY SPANJIAN

The MARATHON Co. exclusive worldwide source of the Supersuit™

Distributor inquiries on SUPERSUITS™, SUPERWRAPS™, foreign or domestic, are welcomed.

Team, school and wholesale discounts also available.



MUSCLE MART POWER CENTER

The Only Free Weight Multi-Station Trainer of its Kind!

Includes: Power cage, Chinning bar, Flat bench with adjustable incline, Overhead pulley system with low pulley attachment, Combination dip board and vertical abdominal chair, Leg extension/leg curl bench, Sit up board AND 300 lb. Olympic Set.



COMPLETE UNIT: \$1250.00
Shipped Freight Collect

Puma Lifting Shoes \$84.00
Supersuits 11 \$36.00
Superwrap 11 \$8.00 pr.

Mastercharge and Visa Accepted
Ca. Residents add 6%

Muscle Mart has Official USPF Applications

7876 Convoy Court Kearny Mesa, CA 92111

714-277-LIFT

Oklahoma Grand
9/10 OCT 82-Norman, OK (kilos)
INTERMEDIATE DIV
(TOP 4 places)

135	82.5	160	377.5		
K. Foshin	125	77.5	160	362.5	
K. Sturdivan	120	75	122.5	317.5	
J. Chamberlain	117.5	65	117.5	300	
M. Reynolds	160	125	165	470	
P. Northcott	152.5	107.5	195	455	
R. Reed	167.5	112.5	175	455	
C. Dawson	165	137.5	112.5	452.5	
M. Appis	170	125	217.5	512.5	
R. Daniels	170	115	220	505	
K. Moody	170	115	220	505	
C. Cherry	180	110	195	485	
E. Althoff	181	122.5	230	555	
J. Farnham	182.5	122.5	230	555	
J. Schiefel	185	132.5	202.5	540	
M. Schiefel	185	142.5	205	532.5	
B. Danahy	198	102.5	40	100	242.5
D. Bartlett	212.5	127.5	237.5	602.5	
J. Bubben	210	127.5	237.5	575	
R. Arrington	145	115	207.5	467.5	
Z. Debaughler	260	182.5	260	702.5	
T. Higbill	230	145	265	640	
S. Schmidt	222.5	155	220	597.5	
G. Roenker	167.5	112.56	227.5	507.5	
S. Brodie	282.5	150	282.5	715	
D. Matthews	215	160	277.5	652.5	
K. Doonkeen	227.5	192.5	230	650	
M. Wain	220	145	220	585	
SHW	280	167.5	280	727.5	
M. Rogerson	265	182.5	295	692.5	
G. Forshee	265	182.5	295	692.5	
D. Brower	245	150	245	635	
OPEN DIV					
123	160	112.5	170	442.5	
K. Arnold	125	77.5	160	382.5	
K. Sturdian	132	75	122.5	317.5	
D. Harris	195	127.5	242.5	565	
K. Lasater	140	55	115	317.5	
M. Barrett	130	55	115	317.5	
J. Rodriguez	130	55	115	317.5	
J. Davis	148	77.5	140	327.5	
C. Woodraka	222.5	142.5	210	575	
E. Woodraka	222.5	142.5	210	575	
Z. Woodraka	160	100	192.5	452.5	
148	165	170	317.5	782.5	
R. Crain	222.5	112.5	240	575	
M. McCallon	227.5	110	222.5	560	
M. Payne	185	117.5	235	537.5	
M. Leibelter	257.5	167.5	302.5	727.5	
B. Bosen	265	177.5	277.5	720	
R. Ermer	215	135	227.5	577.5	
R. Trusler	198	122.5	155	362.5	
S. Henke	230	182.5	257.5	690	
I. Lowery					

B.C. Women's Open
10/10/82
Surrey, British Columbia, Canada

105	165	120	250	535
W. Spierling	180	135	260	575
C. Bomesky	135	130	205	470
L. Galavan	150	120	195	465
K. Harrison	170	125	185	480
M. Gaultis	200	125	280	605
C. Weber	215	130	255	600
B. Baldwin	185	70	255	510
L. Burt				
The best lifters are Wendy Spierling and Charlotte Weber. Thanks to Roger Daggett for putting on a great meet which has given our neighbor state a great lift in the Greater Texas Ft. Worth area. Thanks to Garry Schumacher, Elmer Anderson, N. Benzetti and special thanks to B. Morrison, D. Binenza for all the help. The best team went to the "Gentle" center. Thanks to Len Strigelsteke for results.				

POWERLIFTING QUALIFICATION STANDARDS FOR MEN

CLASS 114	123	132	148	165	181	198	220	242	275	SHW	
Elite	1064	1157	1246	1394	1527	1642	1731	1824	1946	2033	
Master	981	1064	1146	1279	1400	1505	1593	1675	1796	1867	
Class I	882	953	1025	1152	1257	1350	1422	1505	1598	1670	
Class II	777	838	904	1009	1102	1190	1257	1323	1367	1411	1472
Class III	672	733	788	887	965	1036	1097	1157	1196	1229	1279
Class IV	590	639	689	772	838	904	953	1003	1047	1075	1119

ROYALTY HOUSE
BOX 1211
OKLAHOMA CITY, OK 73101

DISCOUNT PRICES from Dick Burke's mail order company on York, Mac, Champion, Universal, AMF, Flex, Rocky Mt. and Sonata Olympic sets with accurate plates and chrome or black bar. Barbells, Equipment and Machines shipped to you from company factories. Write for FREE catalogue or call 405-942-5606, day or nite. Visa/MC accepted by mail or phone

American Drug Free Powerlifting Association

Mens Sana In Corpore Sano
A Sound Mind In A Sound Body

Organized to meet the demands of the powerlifter, the ADEFA provides sanctioned contests with mandatory drug testing.

Join the ADEFA and support the return of fair competition. For information or to apply for membership, contact any of the officers below.

Brother Bennett President
P.O. Box 351
Bay St. Louis, MS 39520

George Hummel Vice President
939 N. 20th Street
Allentown, PA 18104

Nick Theodorou Sec./Treas.
5 Stonecroft Dr.
Easton, PA 18042

YMCA Nationals!!!
Saturday
Jan. 8, 1983

Garry Benford
Columbus Central YMCA
40 W. Long St.
Columbus, Ohio 43215
(614)-224-1131

(Held at Columbus North YMCA)

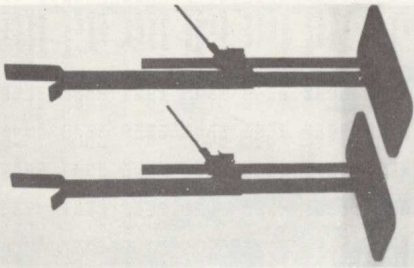
NATIONALS!!!

Power Place Products Inc.

124 East State Street - West Lafayette, Indiana 47906 - (317) 743-3481



SHW Bench \$175.00



SHW Squat Stands \$185.00

MODEL	DESCRIPTION	STRUCTURE	PRICE
MW	Middleweight Bench	1 1/2" Round Upright 3" Channel Base	\$135.00
HW	Heavyweight Bench	2" Square Upright 3" Channel Base	\$155.00
SHW	Super Heavyweight Bench	2 1/2" Square Upright 4" Channel Base	\$175.00
SHWJ	Super Heavyweight Bench with Jacks	2 1/2" Square Upright 4" Channel Base	\$235.00
SHWSS	Super Heavyweight Squat Stands	3" over 2 1/2" Upright 1/2" steel plate base	\$185.00

1. Seats covered in Heavy Duty Vinyl, Density Foam.
2. BENCHES and SQUAT STANDS meet all USPF and IPF requirements.
3. BENCHES and SQUAT STANDS meet all USPF and IPF requirements.
4. Life time guarantee on metal equipment, 2 year guarantee on bench seats.

CONTACT US ABOUT OTHER HEAVY DUTY GYM EQUIPMENT

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

MODEL _____ FRAME COLOR _____ SEAT COLOR _____
(Bench only)

All orders shipped F.O.B. MC/VISA accepted/charge orders pay shipping NO C.O.D. ASK ABOUT QUANTITY DISCOUNT

SUPERSUIT™ II

By SPANJIAN

Colors: Black, Navy, Royal Blue, Scarlet Red

Sizes: 26-46
One suit \$36.00
Two suits \$68.00
Three suits \$96.00

SUPER BELTS

By BOB MORRIS

Leather — single thickness \$30.00
Leather — double thickness \$60.00
Suede — double thickness \$75.00
(any color)

Sizes: 22-50
Single or Double Hole Option

FRANTZ

CUSTOM SQUAT SUIT

Colors: Black, Navy, Royal- Lite Blue, Red, Yellow, Purple.

Sizes: 22-50
One suit \$34.00
Two suits \$66.00
Three suits \$96.00

KENADY'S "WORLD CLASS"

DISTRIBUTING CHAMPIONSHIP POWER EQUIPMENT

SUPERWRAP™ II

One pair \$ 8.00
Two pairs \$15.00
Three pairs \$21.00

LIFTING STRAPS

By BOB MORRIS
Red, Blue, Yellow, Green
\$5.00

TEXAS POWER BARS

\$185.00

Add \$2.00 per unit shipping/handling

Please send cashiers check or money order, along with sizes and color choices.

DOYLE KENADY — NATIONAL / WORLD CHAMPION

KENADY'S "WORLD CLASS"

3852 River Road North
Salem, Oregon 97303

503-390-0728

CHICAGO, ILLINOIS
JANUARY 29,30



1983
WOMENS
NATIONAL
POWERLIFTING
CHAMPIONSHIPS

ROSEMONT HOLIDAY INN
LARGEST HOLIDAY INN CONVENTION CENTER
IN THE WORLD

PROCESS ALL ORDERS TO: OLYMPIC TROPHY CO.
4408 N. Milwaukee Ave.
Chicago, IL 60630

TICKETS ON SALE NOW: \$15.00 per day - \$25.00 for both days

T-SHIRTS AVAILABLE NOW: 4-Color rendition of entire logo (above)
\$8.50 each (Specify S, M, L, or XL)

SCHEDULE OF EVENTS: Saturday - 44 Kilo Class thru 56 Kilo Class.

Sunday - 60 Kilo Class thru Unlimited Class.
Times to be announced later.

'THE POWERLIFTER'

A Humorous Look at the Sport of Powerlifting
as seen by Artist and Cartoonist
Garry Spong

**PRICE OF EACH
PRINT IS
\$12.00**

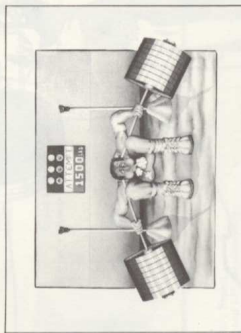
Includes Tax, Shipping
and Handling

**THE PERFECT
HOLIDAY GIFT**

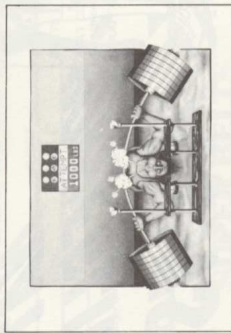
**MAIL CHECK
OR
MONEY ORDER
TO:**

SPONG STUDIOS
Box 39, Kirkwood,
New Jersey, 08043

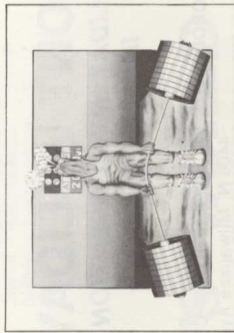
Available Framed:
Gold or Silver - Each \$10.00



THE SQUAT



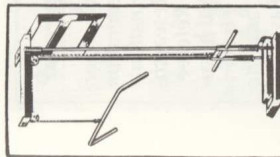
THE BENCH PRESS



THE DEADLIFT

*Spong, 1982

Name _____	QTY. _____	Price Each \$12.00	AMOUNT _____
Address _____	SQUAT		_____
City _____ State _____	BENCH PRESS		_____
<input type="checkbox"/> FREE CATALOG	DEAD LIFT		_____
Zip _____	TOTAL PRINTS _____	TOTAL ENCLOSED _____	_____
Mail Check or Money Order to:	Add \$10.00 per Frame Total Covers Tax, Shipping & Handling		
Spong Studios Box 39, Kirkwood, NJ 08043	GOLD <input type="checkbox"/>		SILVER <input type="checkbox"/>



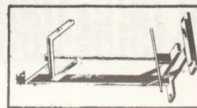
WALL MOUNTED &
SELF STANDING
LAT PULL MACHINE
\$300.00



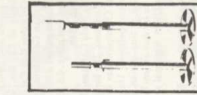
DELUXE ABDOMINAL BOARD
\$217.50
PORTABLE LADDER RACK
\$96.00



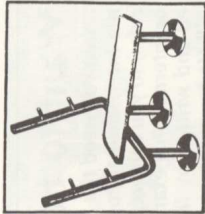
RUBBER INTERLOCKING FLOOR
MATS \$4.50 / sq. ft.



SEATED CALF MACHINE
\$187.50



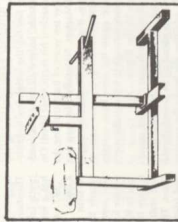
ADJUSTABLE
SQUAT STANDS
\$108.00



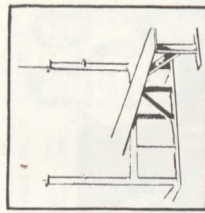
COMPETITION BENCH
\$195.00



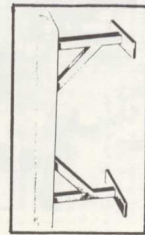
LEG EXTENSION
& FLEXION MACHINE
\$270.00



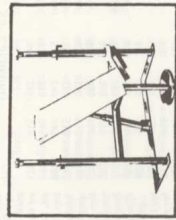
DELUXE ABDOMINAL BOARD
\$217.50



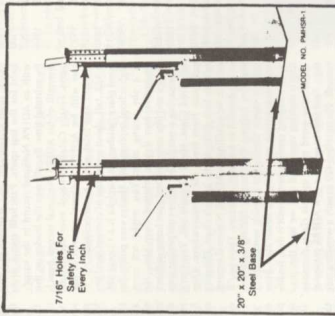
DELUXE COMPETITION BENCH
\$190.00



ADJUSTABLE INCLINE
FLAT BENCH &
STANDARD FLAT BENCH
\$78.75



HEAVY DUTY
INCLINE SUPPORT BENCH
\$217.50



PEFFER HYDRAULIC SYSTEMS
Squat Racks \$495.00



PEFFER HYDRAULIC SYSTEMS
Bench Press \$495.00



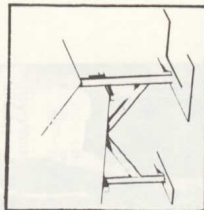
PLATE HOLDER
Horizontal \$52.50
Vertical \$73.50



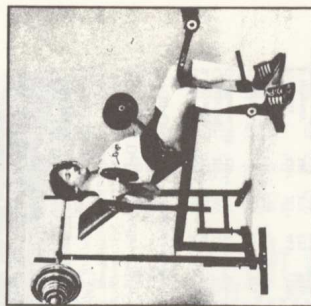
POWER RACK
\$285.00



BACK BUILDER
\$60.00



ADJUSTABLE CURL BENCH
\$138.00



COMBO SUPER BENCH \$216.00
DIP ATTACHMENT \$31.50
ARM CURL ATTACHMENT \$52.50



POSTAGE & HANDLING
\$2.00

OUTSIDE U.S.A.
Surcharge... 15%
Airmail... 30%
Minimum... \$2.00



CALL IN YOUR ORDER
MASTERCARD / VISA / C.O.D.

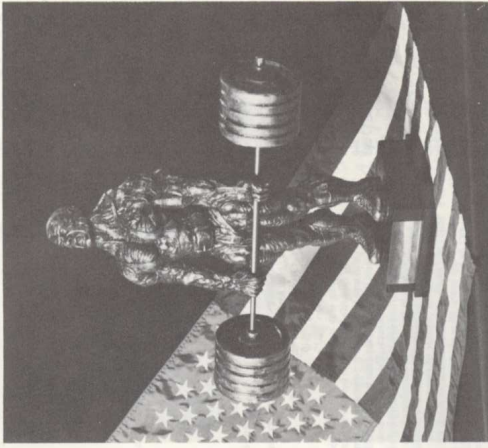
ALL EQUIPMENT F.O.B.

CRAIN POWER-PLUS

RICKEY DALE CRAIN
1980 WORLD CHAMPION
KIMBERLY ANN CRAIN
P.O. BOX 13222
SHAWNEE, OK 74801
1-405-275-3689

If you need training info, nutritional ideas, prices on equipment (discounts available), give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game. Before you buy from anyone else call or write me.

THE DEADLIFTER



Yes the very same statue won by each champion in Dayton, Ohio at the Seniors. Only 50 of these statues will be offered for sale.

The unique statues stand 18" high and weigh 22 pounds. These are truly a collectors item that belongs in every serious powerlifter's home.

\$399.00



P.O. Box 711, Vandalia, Ohio 45377

ERNIES SUITS



\$34.50

\$39.00

SUPER WRAP II \$8.00 A PAIR **\$15.00**, 2 PAIR **\$21.00** 3 PAIR

NEW DELUXE SUPER HAND STRAPS PAIR \$7.00

WAIST WAISTERS (S, M, L, XL) \$10.95

BOBS CUSTOM BELTS

DOUBLE THICK SUEDE (any color) **\$75.00**

DOUBLE THICK LEATHER **\$60.00**

SINGLE THICK LEATHER **\$30.00**

ANABOLIC STERIODS By Fred Hatfield **\$75.00**

DEFYING GRAVITY By Bill Starr **\$8.95**

RECORD DIARY **\$6.00**

PACIFIC VIDEO TRAINING - SEMINAR **\$99.95**

1982 SENIORS VIDEO - TAPE (Dayton) **\$95.00**

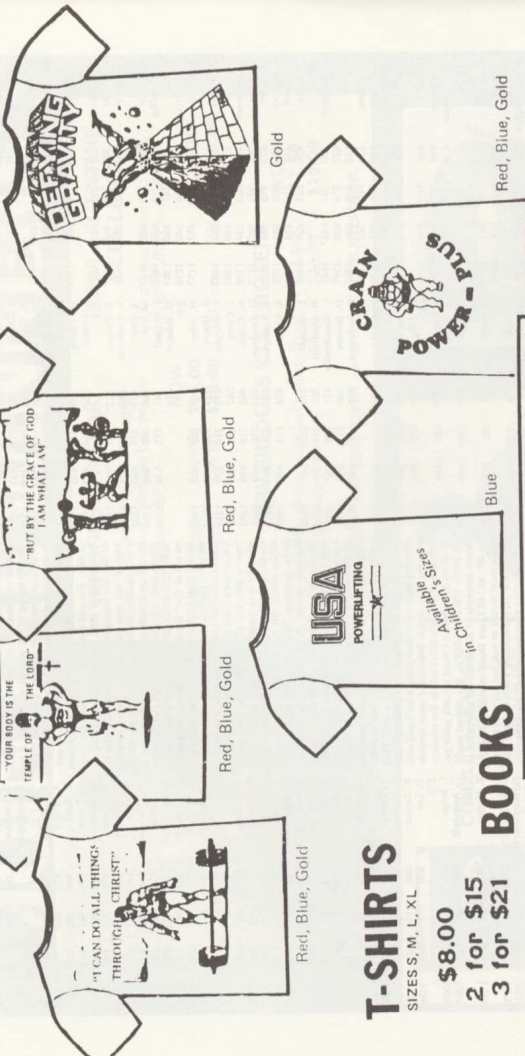
FAMOUS POWER ELITE SHIRTS - T-SHIRT (Red, White, Blue) (Yellow & Red) **\$6.00**

FOOTBALL SHIRT (Red & Blue) (Gold & Red) **\$10.00**

ORDER FORM - PLEASE PRINT

ITEM DESCRIPTION	QUANTITY	COLOR(S)	SIZE	WEIGHT CLASS	NOTES, OTHER INFORMATION OR IF IT QUALIFIES FOR FREE SPECIAL	PRICE
TOTAL - Check or Money Order *Most prices include tax and shipping in the U.S.A. Outside U.S.A. add 10% for Surface Mail and 50% for Air Mail. Postage and Handling. Satisfaction Guaranteed. Allow two weeks for delivery.					SUB-TOTAL \$	
NAME _____ ADDRESS _____ CITY/STATE _____ ZIP _____					SHIPPING* \$	

Mail This Form To:
WORLD WIDE POWER PRODUCTS
 P.O. BOX 711
 VANDALIA, OHIO 45377



- ## BOOKS
- STRONGEST SMALL SURVIVE/Starrr** \$9 Softback, \$15 Hardback **\$8.00**
 - DEFYING GRAVITY/Starrr** \$8 Softback, \$12 Hardback **\$8.00**
 - INSIDE POWERLIFTING/Todd** **\$6.00**
 - POWER LIFTING: A Scientific Approach/Hatfield** **\$6.00**
 - THEORY AND PRACTICE OF PHYSICAL ACTIVITY/Hatfield** **\$8.00**
 - FLEXIBILITY TRAINING FOR SPORTS (PNF Technique)/Hatfield** **\$4.50**
 - PERSONALIZED WEIGHT TRAINING/Hatfield** **\$8.00**
 - TONING THE BODY (Body Building & Shaping for Women) Bently/Hatfield** **\$11.00**
 - THE SQUAT (Powerlifting/Bodybuilding)/Hatfield** **\$4.50**
 - THE BENCH PRESS/Hatfield** **\$4.50**
 - THE COMPLETE GUIDE TO POWER TRAINING/Hatfield** **\$15.00**
 - BODYBUILDING FOR POWERLIFTING/Hatfield** **\$5.00**
 - ANABOLIC STEROIDS - WHICH ONES? HOW MANY? Hatfield** **\$7.50**
 - ANABOLIC STEROIDS AND SPORTS Vol. I/Wright** **\$11.00**
 - ANABOLIC STEROIDS AND SPORTS Vol. II/Wright** **\$16.00**
 - UNDERGROUND STEROID HANDBOOK FOR Men and Women** \$6.00 **\$2.00**
 - ULTIMATE DIETING HANDBOOK** **\$6.00**
 - THE RAZOR'S EDGE: The Complete Book of Bench Pressing/Moser** **\$5.00**
 - NEW DIMENSION IN POWERLIFTING/Bridges** **\$15.00**
 - PEOPLES GUIDE TO VITAMINS & MINERALS/Bosco** **\$8.00**
 - OFFICIAL IFF RULE BOOK** **\$8.00**
 - CATALOG OF EQUIPMENT/AZINE** **\$2.00**
 - POWERLIFTING USA (Back Issues Available) (Current) \$2.00**
 - IRON MAN MAGAZINE (Current) \$2.00 (Back Issues Available)**

T-SHIRTS

SIZES S, M, L, XL

\$8.00
2 for \$15
3 for \$21

Red, Blue, Gold

Red & Blue

POWERLIFTING
 WORLD'S GREATEST SPORT

I AM A POWERLIFTER

BUMPER STICKERS
 \$75 Each
 5/\$3.00 10/\$5.00

POSTAGE & HANDLING \$2.00

OUTSIDE U.S.A.
 Surface... 15%
 Airmail... 30%
 Minimum... \$2.00

CALL IN YOUR ORDER
 MASTERCARD / VISA / C.O.D.

ALL EQUIPMENT F.O.B.

CRAIN POWER-PLUS

RICKEY DALE CRAIN
 1980 WORLD CHAMPION
 KIMBERLY ANN CRAIN
 P.O. BOX 1322
 SHAWNEE, OK 74801
 1-405-275-3689



If you need training info., nutritional ideas, prices on equipment (discounts available), give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game. Before you buy from anyone else call or write me.

BECAUSE YOU'RE A POWERLIFTER YOU NEED SUPERIOR NUTRITION

NUTRI-MAX PAK II

Line Soluble Vitamin	1200 IU	U.S. RDA
Vitamin E (d Alpha Tocopheryl)	25,000 IU	4000%
Vitamin A (Fish Liver Oil)	1000 IU	500%
Vitamin D (Fish Liver Oil)		25%
B-Complex Factors Sustained Release	400 mcg	100%
Vitamin B1 (Thiamine HCl)	250 mg	777%
Vitamin B2 (Riboflavin)	250 mg	4700%
Niacinamide	250 mg	1250%
Vitamin B6 (Pyridoxine HCl)	250 mcg	2500%
Vitamin B12 (Hydroxycobal Conc)	250 mcg	4166%
Pantothenic Acid (d-Calc-Pan)	250 mg	2500%
Choline Bitartrate	250 mg	..
Inositol	250 mg	..
Para Amino Benzoic Acid	3000 mg	5000%
Vitamin C BioFlavonoids Factors Sustained Release	500 mg	..
Vitamin C (Natural Ascorbic Acid)	500 mg	..
Natural (S) Nicotinic Ribose Nips	50 mg	..
Resveratrol	50 mg	..
Resveratrol Complex	50 mg	..
Rutin	50 mg	..
Chelated Mineral Compounds	1500 mg	1500%
Calcium (Amino Acid Chelate)	225 mcg	100%
Iodine (Kelp)	225 mcg	250%
Iron (Amino Acid Chelate)	45 mg	225%
Diglycerin Phosphate (Chelate)	45 mg	225%
Copper (Amino Acid Chelate)	34 mg	225%
Zinc (Amino Acid Chelate)	15 mg	..
Manganese (Amino Acid Chelate)	100 mg	..
Potassium (Potrate)	150 mg	..
Selenium (Yeast Z1)	150 mcg	..

.. Adults and children 12 years of age or older
 * = U.S.R.D.A. not established.
 ** = Need in human nutrition has not been established.
30 Day \$24.95 60 Days \$44.95
 Buy Now...price increase January 1983

WHEELER'S 2 GRAM LIVER 90% PROTEIN SUPPLEMENT A FIVE TABLET SERVING CONTAINS:

Argentine Beef Liver	10,000 mg.
Protein	10 Grams
Carbohydrates	40
Fat	0.035 Grams
B-12	250 mcg
16 Amino Acids	4166% USRDA
	6720 mg.

The elimination of 12 to 14 % Fat plus Fiber removes virtually all of the cholesterol and results in at least a 12 to 14% increase in Protein Dietary Efficiency. A Complete Power Food!

360/\$17.75 720/\$33.95

SPECIAL
NUTRI-MAX PAK II 30 DAY
 +
2 Gram Liver 360 Tabs
Only \$39.70 Save \$3.00

Outside U.S.A. Wheeler's Fitness and Strength Ent. - Uncompromised Nutrition
 P.O. Box 1483, Bakersfield, CA 93302

TOTAL 9 FOR 9 IN POTENCY - QUALITY - VALUE

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

REMEMBER:

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

In an orthomolecular base of Magnesium Oxide, Ferric Oxide, Calcium Oxide, Potassium Oxide, Aluminum Oxide, Phosphoric Acid, Sodium Oxide, Boric Acid, Zinc Oxide, Selenium Oxide, Vanadium Oxide, Chromium Oxide, Vanadium Oxide, Nickel Oxide, Barium Oxide, Copper Oxide and Zinc Oxide.

DIGESTIVE ENZYMES: 45,000 NF Units
 Pancreatin 5x
 Natural Whole Peppars
 Natural Diatomaceous adsorbent Colloid
 Bismaric Acid HCl

45,000 NF Units
 150 mg
 100 mg
 360 NF Units
 150 mg
 360 mg

DAILY PAK

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

30 Day \$13.50 60 Day \$24.00

NUTRI-ONE-DAILY

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

1/\$12.50 2/24.00 3/33.00

PREDIGESTED AMINO ACIDS - 750mg.
 Derived from hydrolyzed casein. Pre-digestion process speeds up assimilation and increases utilization. Give your training a real boost. 240 tabs...\$15.00

'AMINO' SPECIAL
 Nutri-Max Pak II 30 Day
 plus
 Amino Acids 240 tabs
 only \$35.95...save \$4.00

Wheeler's Fitness and Strength Ent. - Uncompromised Nutrition
 P.O. Box 1483, Bakersfield, CA 93302

BUILD RAW POWER with MAXIMUM STRENGTH GLAND 1300

Each Capsule contains the following Raw Glandular Substances:

- 3.15 gr. Raw Adrenal Extract
- 3.15 gr. Raw Orchic Extract
- 3.15 gr. Raw Pituitary Extract
- 3.15 gr. Raw Kidney Extract
- 3.15 gr. Raw Heart Extract
- 3.15 gr. Raw Pancreatic Extract

100 caps...\$19.50 200 caps...\$38.00
 300 caps...\$54.00 500 caps...\$86.50

IT'S A FACT: GLANDULARS WORK

Research has shown that Raw Glandulars provide nutrients that are utilized in the building of muscle tissue without harmful side effects. By taking Gland 1300 you help insure yourself of proper regeneration of muscle tissue that is 'torn down' by heavy training. This could mean added pounds to your total - and that's what powerlifting is all about.

Compare and Save!
 Send us the label or proof of purchase of any other brand of glandular and discount \$1.00 from your total order containing G-1300.
 One discount per customer

ORCHIC 525
 525 mg. Raw Testicle Gland
 Highest potency glandular source of male hormones available. Why resort to chemicals when there's a natural, safe source?
 100 caps \$13.25 200 caps \$25.00

ADRENAL 525
 525 mg. Raw Adrenal Gland
 Each capsule is packed with adrenalin building nutrients. Build lasting power and strength naturally!
 100 caps \$14.75 200 caps \$28.00

**POWERED BY
WHEELER'S NUTRITIONAL PRODUCTS**
 "The Ultimate Muscle Fuel"
Quality T-Shirts \$8.95 with \$60.00 Purchase

PHONE IN YOUR ORDER
 1-805-871-3925 (24 hrs.)
 For information please call after 7 P.M. PST
 Wheeler's welcomes our newest distributor, Edgewood Enterprises, Lifters in Grove City, Pennsylvania can contact Brude Keller for quality nutritional products

All Items in Stock

NAME _____
STREET _____
CITY/STATE _____
ZIP _____

Charge my: VISA _____ **Mastercard** _____
Card No. _____ **EXP.** _____
 (\$1.00 service charge on credit card orders)

**WHEELER'S
Fitness and Strength
Enterprises**
 805-871-3925
 P.O. Box 1483, Bakersfield, CA 93302

Distributorships Available. Send for information.

ITEM	QTY	PRICE
Gland 1300		
Nutri-Max Pak II		
Alaska/Hawaii Add 10%		
Outside USA Add 25%		
C.O.D. Add \$2.00		
Sub-Total		
Calif. Res. Add 6%		
TOTAL		

Titan Suits

An Alamiz Product

U.S.P.F. APPROVED

U.S.P.F. APPROVED

\$34.00

Powerlifters...you're one of the toughest athletes the world has ever seen and you deserve a suit tough enough to stand up to the grind and gut busting workouts that only you, a powerlifter, can give.

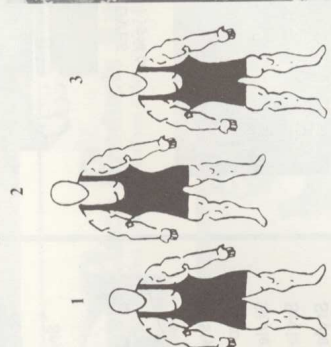
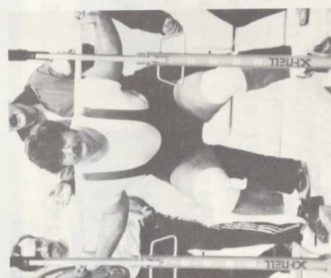
You make the sport great because you won't settle for second best and neither will Titan. That's why every suit is customized to your individual measurements, because you have proportions and leverages unique only to you.

So when you feel that you've worked too hard to settle for a stocked sized suit pulled off someone's shelf...come to Titan. You're someone special to us.

Here's the Titan 3 step custom fit plan, for the ultimate in performance.

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

*Note: New lifters or those not used to tight fits should order the regular fit.

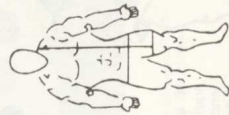


Wayne Bouvier, '82 National Champion, "Unsurpassed in strength & durability...Titan!"

Available in Navy Blue, Burgundy, Brown, Rust & Green.

Jay Rosciglione, '82 National Champion, "When your 3rd attempt can make you or break you, call for the Titan!"

Measurements must be true.
 Color 1. _____ 2. _____
 Reg. _____ Meet _____ Comp. _____
 Repeat Customer _____
 Height _____
 Weight _____
 Hips (largest part of buttocks) _____
 Leg (largest part) _____
 Overall (top of trap to 6" below crotch) _____



Titan Suits
 921 Rickey
 Corpus Christi, TX 78412
 Texas residents add 5% sales tax. Overseas add 20%. Allow 3 to 4 wks. delivery.

Merry Xmas all PL's
 "You make our sport great"

Uncompromised Craftsmanship - That's what Titan was founded on and promises.

We take a little longer because we won't compromise on quality. This means a custom fitted suit started from scratch. In return you'll receive a suit unsurpassed in strength and performance and backed by the best guarantee on the market.

So we'll be honest. If you need a suit in a hurry...choose carefully. If you want the best, the answer is simple...Titan.

Texas Cup PL Championships 10/16/82-Austin, Tx		220 (Kilos)	
114	100	137.5	153.5
115	100	137.5	153.5
116	100	137.5	153.5
117	100	137.5	153.5
118	100	137.5	153.5
119	100	137.5	153.5
120	100	137.5	153.5
121	100	137.5	153.5
122	100	137.5	153.5
123	100	137.5	153.5
124	100	137.5	153.5
125	100	137.5	153.5
126	100	137.5	153.5
127	100	137.5	153.5
128	100	137.5	153.5
129	100	137.5	153.5
130	100	137.5	153.5
131	100	137.5	153.5
132	100	137.5	153.5
133	100	137.5	153.5
134	100	137.5	153.5
135	100	137.5	153.5
136	100	137.5	153.5
137	100	137.5	153.5
138	100	137.5	153.5
139	100	137.5	153.5
140	100	137.5	153.5
141	100	137.5	153.5
142	100	137.5	153.5
143	100	137.5	153.5
144	100	137.5	153.5
145	100	137.5	153.5
146	100	137.5	153.5
147	100	137.5	153.5
148	100	137.5	153.5
149	100	137.5	153.5
150	100	137.5	153.5
151	100	137.5	153.5
152	100	137.5	153.5
153	100	137.5	153.5
154	100	137.5	153.5
155	100	137.5	153.5
156	100	137.5	153.5
157	100	137.5	153.5
158	100	137.5	153.5
159	100	137.5	153.5
160	100	137.5	153.5
161	100	137.5	153.5
162	100	137.5	153.5
163	100	137.5	153.5
164	100	137.5	153.5
165	100	137.5	153.5
166	100	137.5	153.5
167	100	137.5	153.5
168	100	137.5	153.5
169	100	137.5	153.5
170	100	137.5	153.5
171	100	137.5	153.5
172	100	137.5	153.5
173	100	137.5	153.5
174	100	137.5	153.5
175	100	137.5	153.5
176	100	137.5	153.5
177	100	137.5	153.5
178	100	137.5	153.5
179	100	137.5	153.5
180	100	137.5	153.5
181	100	137.5	153.5
182	100	137.5	153.5
183	100	137.5	153.5
184	100	137.5	153.5
185	100	137.5	153.5
186	100	137.5	153.5
187	100	137.5	153.5
188	100	137.5	153.5
189	100	137.5	153.5
190	100	137.5	153.5
191	100	137.5	153.5
192	100	137.5	153.5
193	100	137.5	153.5
194	100	137.5	153.5
195	100	137.5	153.5
196	100	137.5	153.5
197	100	137.5	153.5
198	100	137.5	153.5
199	100	137.5	153.5
200	100	137.5	153.5

The Titan Guarantee

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

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

Bruce Takala

One month guarantee on the rest of the suit.

Power Race Products Inc.

124 East State Street - West Lafayette, Indiana 47906 - (317) 743-3481

\$84.00

This Puma weightlifting boot has been used extensively for both competition and training by some of the world's top performers. A raised heel, firm heel counter and tough reinforcing strap make this an excellent shoe for all weight classes.

(include size information)
MC/VISA accepted/C.O.D. or charge orders pay shipping

1983 Mid Atlantic Regional Collegiate Powerlifting Championships

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 Siabinski, 4364 E. Thompson St., Philadelphia, PA 19137 - Call 1-215-744-2700

Southern States Championships

16/17 Oct 82 - Miami Beach, FL

M. Higgins	140	200	300	400	275	425	1100
L. Phem	141.5	170	280	380	475	625	1635
R. Lohm	148.5	170	280	380	475	625	1635
T. Stern	148.5	170	280	380	475	625	1635
R. Brown	148.5	170	280	380	475	625	1635
R. Brown	148.5	170	280	380	475	625	1635
R. Brown	148.5	170	280	380	475	625	1635
R. Brown	148.5	170	280	380	475	625	1635
R. Brown	148.5	170	280	380	475	625	1635
R. Brown	148.5	170	280	380	475	625	1635

North Jersey District Championships

10/17/82-Oradell, NJ

F. Pellegrino	280	315	720	1100	1095	342
Sweet	350	420	550	650	730	440
123	350	420	550	650	730	440
132	350	420	550	650	730	440
133	350	420	550	650	730	440
134	350	420	550	650	730	440
135	350	420	550	650	730	440
136	350	420	550	650	730	440
137	350	420	550	650	730	440
138	350	420	550	650	730	440

Polk County Championships

NOVICE 120

J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825
J. Perez	225	190	410	825

Finnish Women's Championships

10/31/82 (kilos)

J. Rehti	625	430	550	1625
M. Quinn	500	300	540	1340
C. McDonald	420	285	600	1305
R. Deseno	550	300	635	1625
R. Falla	550	440	605	1595
R. Gilmore	480	415	470	1365
R. Nolan	480	300	525	1285
R. Nolan	480	300	525	1285
R. Nolan	480	300	525	1285
R. Nolan	480	300	525	1285

Power Day VI-10/30/82

Clearfield, Pa

105	115	60	135	310
106	115	60	135	310
107	115	60	135	310
108	115	60	135	310
109	115	60	135	310
110	115	60	135	310
111	115	60	135	310
112	115	60	135	310
113	115	60	135	310
114	115	60	135	310

Looking for some guidance with your anabolic steroids? Read the only book on Anabolic Steroids written by a physician. Let Dr. Robert Kerr relate to you his eighteen years experience-treating thousands of athletes. Don't let rumors guide you -- 'The Practical Use of Anabolic Steroids with Athletes' send \$12.00 cashier's check or money order to: Robt. Kerr M.D. Box F San Gabriel, CA 91778

JAM

Pow-er Suits

Quality Craftsmanship

601 W. Relation • Safford, Az. 85546
602/428-2198

Steve Scheurn
Sales Rep.
705 Bunker Hill
Tempe, Az. 85281
(602) 994-3342

worn and endorsed by

World Famous **THORBECK'S GYM**
• National Champions •
Scottsdale, Arizona



MIKE ROY
1st place 1982 Nationals

MIKE WONYETE
2nd place 1979

JAM Colors: • Navy Blue • Black • Brown • Red
State 1st and 2nd choice color

ITEM	No.	@	Price
Extra Small 114 - 123 lbs			
Small 132 - 148 lbs			
Medium 165 lbs			
Large 181 - 198 lbs			
Extra Large 220 - 242 lbs			
Huge - Special Order			
TOTAL			

Mail to:
JAM

601 W. Relation
Safford, Az. 85546

30 day guarantee

\$35.00 + \$2.00 for Mailing
30 day guarantee

ARE YOU THROWING YOUR MONEY AWAY

NOT ALL VITAMINS ARE EQUAL SOME ARE BETTER, AND COST LESS . . .

The ALL AMERICAN POWER FORMULA was the result of an athlete telling a biochemist what he wanted from a vitamin-mineral food supplement—MORE STRENGTH, MORE POWER, MORE STAMINA, MORE ENDURANCE.

The formula was not the result of someone putting in 25,000 of this or 1,000 of that ingredient merely to look impressive. Our biochemist created a custom formula using the nutrients and potencies that have been shown in testing to give results. The ALL AMERICAN POWER FORMULA'S vitamins and minerals are in exact quantities so that they can be used, not wasted, by your body. For example, Vitamin C in its mineral ascorbate form can be absorbed by the body up to 10 times more than vitamin C alone. The ALL AMERICAN POWER formula is loaded with high quality food sources, such as liver, lecithin, and yeast that have been proven to give you MORE STRENGTH, MORE POWER, MORE STAMINA, MORE ENDURANCE. And, the most recently developed processes that help put the vitamins and minerals to work are used, such as, the Glucose Tolerance Factor Chromium which helps you properly use glucose and keep your energy level high. Each of the six ALL AMERICAN POWER FORMULA tablets in a packet has all the ingredients in it too, so that you can take them throughout the day if you want to.

Today, The ALL AMERICAN POWER FORMULA is being used by world class athletes and teams in all sports. UCLA chose ALL AMERICAN after testing and comparing it with other products; Olympic competitors in weightlifting, track, swimming, gymnastics, volleyball, basketball, are training with it. So are professional athletes. These athletes tell how the ALL AMERICAN POWER FORMULA has helped improve their performance, and gives them MORE STRENGTH, MORE POWER, MORE STAMINA, MORE ENDURANCE.

And, because we produce millions of tablets, our price is lower than the competitors. Compare us. Buy an ALL AMERICAN POWER FORMULA 30 day pack for only \$15, or buy our introductory special of two 30 day packs for \$25. We guarantee your satisfaction!

30-DAY SUPPLY \$15-60-DAY SUPPLY \$25!

POWER FORMULA INGREDIENTS:

Sr Tablets (One Packet) Contains	US RDA	100 mg
Vitamin A (Fish Liver Oil)	10000 iu	500%
Vi. B1 (Thiamine HCl and Yeast)	75 mg	200%
Vi. B2 (Riboflavin)	75 mg	500%
Vi. B3 (Nicotin and Yeast)	75 mg	375%
Vi. B6 (Pyridoxine and Yeast)	75 mg	750%
Vit. C (Ascorbic Acid)	75 mg	750%
Phosphoric Acid (D-Calc. Phos.)	75 mg	750%
Choline (Biotin)	20 mg	100%
Inositol (Vit. Yeast)	100 mg	100%
Pan-Amino Biotin	20 mg	25%
Para Amino Benzoic Acid	20 mg	25%
Biotin (D-Biotin and Yeast)	100 mcg	33%
Leucine	20 mg	80%
Lecithin	20 mg	80%
L-lysine	20 mg	80%
Glucose Tolerance Factor	20 mg	80%
Cr Chromium	20 mg	33%
Vanadium	2000 mcg	100%
Primary Green Nutritional Yeast	500 mg	100%

Also contains: Selenium (Nutrition 21 GF) 100 mcg, Chromium (Nutrition 21 GF) 14 mcg, Potassium (Nutrition 21 GF) 200 mg, Magnesium (Amino Acid Chelate) 500 mg, Calcium (Amino Acid Chelate) 500 mg, Zinc (Amino Acid Chelate) 100 mg, Iron (Amino Acid Chelate) 60 mg, Acetophyllus Concentrate, Kelp, D-Menthione, D-Menthione, L-lysine, L-Valine, Alanine, Valerian, Lecithin and Rice Bran.

* U.S. Recommended Daily Allowance of Adults and Children.
* U.S. RDA not established.
* Need in Human Nutrition Not Established.
* Sustained Release B Complex



RICH WOODS
198 lb. NATIONALS CHAMP 1982
DISTRIBUTOR INQUIRIES INVITED (213) 276-2339

RICH WOODS SAYS
"The ALL AMERICAN POWER FORMULA has really helped keep my strength and energy levels high, and I can feel the results from taking it. It's made it easier for me to stay at 198 lbs. where I continue to make improvements in my lifts."

ORDER TODAY!
All American Sports Vitamins can also be purchased at Rhodes Fitness Ctr., Colton, CA. Pyl Matton's Fitness Ctr., Cincinnati, Ohio. One Life Health Foods, Santa Monica, CA. I. Ornati's, Napa, CA.

PRODUCT	PRICE	QUANTITY	TOTAL
POWER FORMULA 30 PAKS OF 6 TABLETS	\$15. (2 FOR \$25)		
Postage FREE!			TOTAL \$

I ENCLOSE:

Money Order American Express
My Check Master Charge Visa

I wish to receive my All American Order Monthly. Please charge to my Credit Card.

Card Number _____ Exp. Date _____

Signature _____

SHIP TO:

Name _____
Address _____
City _____ State _____ Zip _____

MAIL ORDER TO:

ALL AMERICAN PRODUCTS
336 N. FOOTHILL RD., SUITE 42
BEVERLY HILLS, CA 90210