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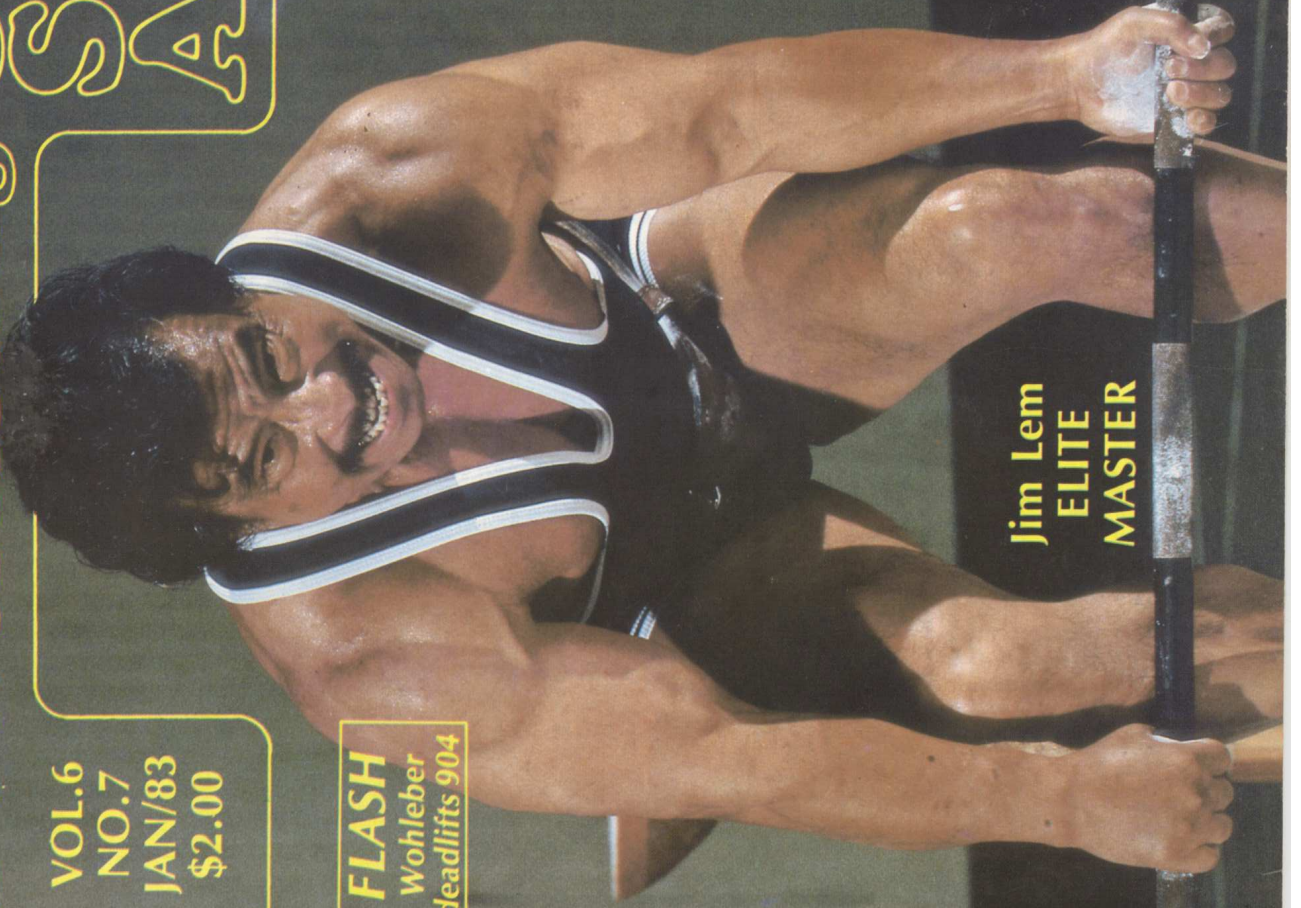
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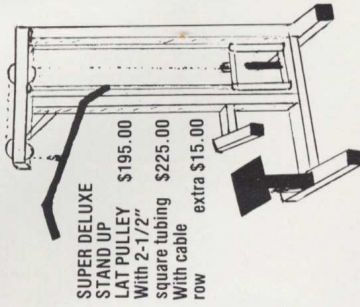
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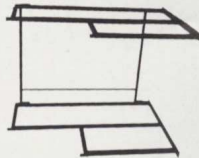
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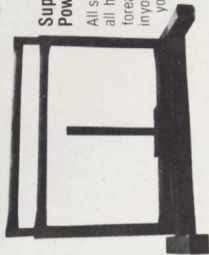
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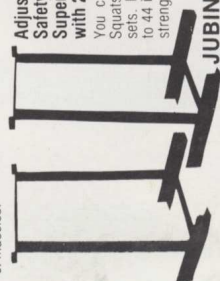
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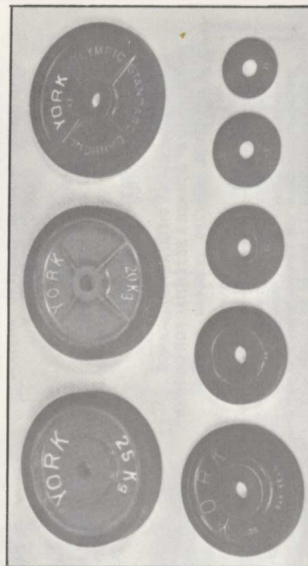
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..the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success.....through their own love for the sport.....this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

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ON THE COVER...Masters record buster Jim Lem pulls on a deadlift for the camera of Tim Hall of Color 2000 Lab.

NEXT MONTH...World Champion Hideaki Inaba's latest training routine and a profile of 275er Rich Sandlin

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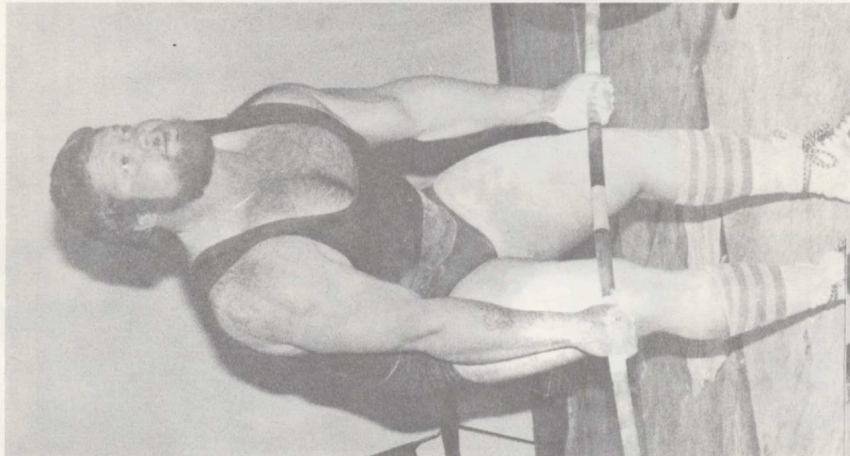
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Wohleber..first man in the world to deadlift 900 in competition!!

Lake Erie Open
12/12/82-Sandusky, Oh

	SQ	BP	DL	T
114. K. Haynes	160	160	210	530
121. P. Bengos	380	180	380	940
132. Unger	315	155	335	805
133. Mitchell	335	215	335	905
140. Wagner	500	235	555	1390
141. Wagner	360	240	400	1000
142. Pulizzi	530	330	530	1390
165. M. Chaszak	470	275	520	1265
166. Chaszak	445	315	515	1275
D. Bernard	340	270	480	1090
S. Neary	305	130	345	780
S. Nervo	345	345	315	1005
B. Billman	510	300		
181. J. Choppinging	545	285	580	1410
A. Lechler	580	300	475	1355
M. Lechler	580	300	475	1355
D. Light	500	340	510	1350
L. Szolaki	510	300	460	1270
L. Szolaki	470	290	475	1235
L. Minus	420	290	470	1230
C. King	420	265	520	1205
198. M. Beld	660	308	685	1755
M. Beld	635	410	655	1700
G. Prokopovich	650	425	620	1695
B. Kyle	635	425	590	1670
J. Wolf	645	385	610	1640
J. Wolf	645	385	610	1640
J. Ramsey	675	335	550	1530
R. Grinnold	540	360	570	1470
V. Brevarty	525	300	540	1365
M. Brevarty	475	290	465	1230
220. D. Wilson	660	305	660	1825
D. Wilson	630	300	630	1560
D. Beverly	580	350	605	1535
B. Aggers	475	425	1025	500
D. Mahl	425	220	400	1095
L. Florio	760	435	705	1900
M. White	640	360	550	1550
G. Dreschel	575	360	525	1460
B. Bogantz	520	320	520	1360
T. Albert	500	300	535	1335
R. Scriver	425	270	550	1245
D. Wohleber	960	410	900	2270
D. Mayo	630	425	600	1655
J. Sanderson	540	380	520	1440
SHW	730	425	685	1840
B. Cover	470	325	545	1340
49 total lifters, 300 spectators to see Dan Wohleber total 2270-960 squat 410 bench, 900 deadlift, 900 total. Dan is the first man in the world to deadlift 900 in competition. Someone in Cleveland should get him to a doctor and get that chest fixed. We might have another Mike Bridges - he's neck hurt! Overall Dan is the best powerlifter in the world. Meyer and Steve Wilson, Jeff Wagner, John Black - judge. Black's was again team champion. Special thanks to Dave Light of Norfolk, BBC for his support. And a speedy recovery for the YMCA janitor - who got poked by a 23 gauge needle in the neck. Thanks to meet director Dave Waddington for results.				



Above...Danny Wohleber broke the 900 barrier in the deadlift during competition at the Lake Erie Open. Danny had a 9 for 9 day on the platform, and ended by holding onto the 904 an extra long time just to show everyone how well his grip was holding. At left, Danny's historic 960 squat at the same meet, reportedly deep and easy. All photos shot and provided by Dave Eiler.

Just when it seemed that one of the big Superheavies was finally going to close in on the elusive 900 barrier under contest conditions, Danny Wohleber (John Black says he's the Strongest Man in the World now) comes along and shatters it at 275, and squats 960 besides!

Powerlifting USA Mini-Interview with Dan Wohleber

PLUSA: Could you describe how your training sessions were going prior to the meet? I understand they went real well.

Wohleber: They were going great. I started when I found out Dave Schneider was going to the worlds. I decided to go to that contest just prior with him, the Dayton Open. I actually wasn't going to it, then we decided it would be better for him if we both went in to it and gave each other a little competition. My training right till then was like 775 for a triple in the squat. I was doing 'ankle' deadlifts off a board on the floor. I wasn't doing any regular deadlifts. In that contest I did 909 squat and almost got a 854 DL. I got it up but they turned it down. At this contest, which Waddington was holding, I did 960, 410, and the bar was real good and had real deep knurling, and I did a 904 DL. The week before that I did an 850 in training and week before that I did 805 for 5, pretty easy.

PL USA: Has your grip been giving you problems? Is it this bar that's really the solution to the problem or have you just made your grip stronger?

Wohleber: If I have a good bar I can hold it. If it has good thick knurling on it I can hold it. If the knurling is just average, kind of smoothed out, I can't hold them very good.

PL USA: Were all your attempts easy at the meet or did you have any trouble?

Wohleber: I did the 960, and I was going to take a 4th at a 1000, but I was thinking about going to the YMCA Nationals contest so I decided I better just be satisfied with what I got. If I get too greedy, I might get hurt.

PL USA: What kind of lifts do you think you can make in the latter part of 1983 by the Seniors?

Wohleber: I might do 1000 in the squat and I know I can deadlift 900 if it's a good bar. I already did that. My bench, that's the sickening thing. If I get 410 or 400 I'll be happy with that.

PL USA: Do you think surgery can help your bench or is it something you're going to have to live with forever?

Wohleber: I just wanted too long after getting hurt. I didn't go to a doctor for months after so it just repaired itself.

PL USA: Is it a pec tear or something else?

Wohleber: Yes, a pec tear. PL USA: OK, I want to congratulate you again. It was just incredible news about your lift and people are going to be shocked when they see it in the magazine. It's really astonishing. Do 1000 at the Seniors or at the Y's and it will be the frosting on the cake.

POWER PROFILE

New Bench Sensation: TED ARCIDI

by John P. Buckley, Train Night Fitness Center

On November 21, 1982 Ted Arcidi competed in The New Boston Open Powerlifting meet. This was his second powerlifting meet ever. The unique aspect is that Ted opened his Bench presses with the World record poundage of 617 in the 275 lb. class. On all of his attempts he drove the weight to within three inches of lockout but was unable to complete the lift. After talking to Ted, seeing him work out, and seeing his world record attempts, I am convinced that he will do considerably more than this in the near future. In fact he probably would have made this poundage at Boston if it wasn't for his inexperience.

One can always think of many reasons why something didn't go right at a meet, but through experience we can minimize the things which can go wrong or at least try not to be caught off guard by them. A world record is something no one else has ever done before under similar circumstances and usually everything must fall into place perfectly. Leading up to the meet I think Ted was almost too confident and he admits that he didn't really focus in on the lift mentally as well as he should have. I think after he had paid his dues in training and his workout goals he almost took the world record for granted. In the final days before the meet Ted was running around, working, making sure they had small plates so he could break the record by the smallest of margins on the opener and he even forgot to eat his customary high carbohydrate meal after the weigh in. Ted now feels all this contributed to his failure but, most important, he feels he learned a valuable lesson at the meet.

At the contest Ted planned on opening at 615.5 in order to break Hardman's record of 614.4, and then he planned to go around 630 on his second attempt, pass his third, and hoped to try around 640 on the fourth. He didn't realize that he would have to try either 277.5 or 280 kg (even kilogram increments found this out about two minutes before his opener. After having everything always fall into place for him in training, this really seemed to unsettle Ted and probably was the cause of him missing his opener. After he missed his opener I think he was a bit bewildered and for this reason lost his following attempts. Actually, after his second attempt Ted was told he could pass his third to gain some additional rest and then

LATE FLASH!!
Ted Arcidi just went 585 615 630 in a New Hampshire bench press contest and actually locked out and 640 on a 4th attempt, which was not passed.



Psyching Up... Ted collects his mind power prior to a training attempt. 170 pound freshman hockey player at Salem State college. Right away he enjoyed it, and as he states, "It was kind of like opening up Pandora's box for me, the developing of strength, size and power was something I hadn't experienced before and I enjoyed it very much."

After his freshman year at Salem State he transferred to Norwich University. Once there he had to sit out a year of hockey so he began lifting with the football team to increase his size and strength for hockey. Despite his love for that sport, lifting took more and more of his time and gradually hockey was pushed into the background. You all know what it's like once the iron becomes a part of you. You seem possessed by it and instead of using lifting as a means to achieve a goal, lifting becomes the goal.

Ted first lifted in a bench press contest in 1980 and did 460 at a bodyweight of 220 pounds. His next competitive venture resulted in a 545 pound effort in the 242 pound class in November of 1981. Then came a 610 pound effort at an exhibition in July of 1982. Next came his latest effort at Boston.

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

Ten days prior to the Boston meet I had the privilege of watching Ted's last heavy workout before the contest. The following are Ted's actual lifts:

Bench Press: 155x8, 225x3, 335x3, 405x2, 475x2, 525x1, 575x3, 575x3, 600x2 (plus 4 forced reps)

Lying close grip tricep presses (bar is brought down to the nose): 120x5, 210x3, 305x6, 325x6, 335x6, 335x6, 335x6, 335x6

Tricep Pressdown on Lat Machine: 190x6

Standing press, behind neck: 45x6, 135x6, 225x7, 245x7, 245x7, 245x7

Curls with EZ curl bar: 3 sets of 6 reps with 200

His bench press cycle lasts 13-14 light benches - on this day he uses 150-180 lbs less than his Thursday workout which is his heavy day. By the end of his cycle he has worked up to 4 sets of 5 reps with 425 followed by 10 reps with 390, which is done for a pumping effect. His assistance work is never really done all out; he always likes to have a 10 or 15 lb cushion on all sets. His assistance work is basically the same as above except on Mondays he does sets of 5 in the press behind the neck. Also he stated that generally he works the assistance work a little harder during the earlier stages of his cycle. This day is finished off with a little bit of neck work.

Tuesday - he works his back by doing 4 sets of 10 reps with 240 pounds for lat pulldowns. He follows this with some stomach work.

Thursday - heavy bench presses. The first 4 weeks of his cycle he works up to 4 sets of heavy 6s. The next 4-5 weeks concentrates on 4 sets of heavy 5s. It is during these first 8-9 weeks that Ted feels he actually builds his strength base. The next 2 weeks involve 3 sets of heavy 3s, and the last 2 weeks consist of 2 sets of heavy 3s, followed by an even heavier double. (See the previously described workout for an example). The assistance work is about the same as Monday except he does 7 reps in the behind the neck press and generally the assistance work is not quite as heavy as on Monday.

Saturday - Heavy behind the neck presses using the same rep scheme as he utilizes for his bench press cycle, he worked up to 2 reps with 325.

Being a relative novice (in terms of the number of years he has lifted), Ted made the comment that he still felt like a child experimenting with his training. One of the things which he feels to be of the utmost importance is mental preparation. He feels this

aspect should also be worked and practiced while training. Ted feels the successful attempts at his predetermined work out poundages are of great importance both physically and mentally in gearing for his next workout or contest. Furthermore he stated that we all have a great deal of talent within us, but the key is our unleashing of it. He expressed a great deal of admiration for lifters who are able to unlock this door. Carlton Snikin and Joe Rizza (a fellow lifter at P&P Gym in Waltham, Mass. who has squatted 760 at 198 before being felled by a serious knee injury), were two of the many lifters that he admired for this quality.

In speaking to Ted it is hard to believe it hasn't even been 5 years since he first touched a barbell. His knowledge of training technique and theory is quite extensive and his own cycle leaves very little to chance. For instance, he feels that being tight on the bench is very important so he does neck work because the insertions of the neck muscles lie in the shoulder girdle and thus help stabilize it during the bench press. In training and go style with the speed of the descent being moderate. He is very powerful off the chest, utilizing a tremendous initial drive. He doesn't feel flies or isolated chest movements are necessary for him because he feels his chest gets enough work with his regular bench work and the forced reps he does on his heavy day. He does, however, he experiences the most difficulty in the top part of the lift.

At the present time Ted is strictly a bench press specialist, but I feel he has tremendous potential in the other lifts as well. He only squats and deadlifts between heavy bench cycles and even then he just experiments with these and other lifts. Despite this limited attention, he has managed to do a 630 squat and a 650 deadlift after only working on them for about 10 weeks. At 24 years of age, 5 ft 11 inches, and 272 pounds he has an awesome future in powerlifting. He is unbelievably thick and powerful.

Photos: (all by author John Buckley) at the top we see just how close Ted came to lockout with his final attempt with 617 at the Boston Open. 3 times he drove the bar up this far, but it stalled before he could lock it out. In the middle photo, we see Ted with a close grip EZ curl bar, tricep extension, to the nose with a cool 325 pounds for REPS! In the bottom photograph, Ted's training partners help yell up a 600 double prior to the Boston Open meet. P.S., after the news of Ted's 630 bench at 275 in competition, John Buckley called and asked him what the difference was between his lifting at that meet and at the Boston Open. Ted strongly feels that the fact that he neglected his normal high-carbohydrate, carb loading meal prior to lifting at the Boston meet, was the major factor in his exceptional performance in New Hampshire, where he did lead the carb.

Connections: the correct telephone number for Marlon Fisher, co-director of the Southwest National Novice meet on Jan. 15/16, is 405-722-2947. In a very sportsmanlike gesture, George Nieszy, reports that the results of the April meet in Albany, New York had several errors, including credit to George himself for a 655 deadlift which was the number one ranked lift in the 148 lb. class Top 100 listing for deadlift in the November issue of PL USA. George's correct lift at that meet was 625, which ranks him No. 3 and Jim McCarty as No. 1. **Drug Testing:** Rich Labbe has made arrangements for IFT approved drug testing at his North American Open meet, on March 20th. Interested?, contact Rich at 62 Shawmut St., Lewiston, Maine 04240 (207-786-4793). **Florida Records:** Vic Allday holds the state 181 DL mark (660) rather than Gene Bell, as reported in the Dec. PL USA. Also, for men's open Florida state record certificates, contact Virgilio Diaz, 3605 Kensington Ave., Tampa, FL 33629 (813-837-4218)

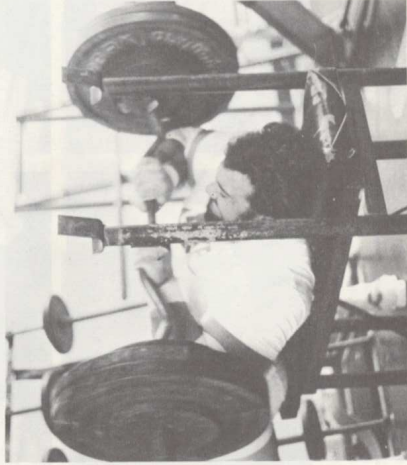
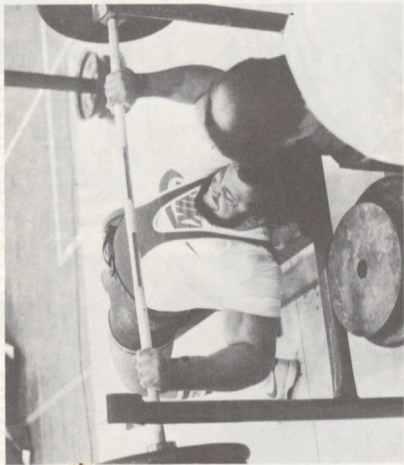
ful looking, reminding one of Mel Hennessy or possibly a larger version of Ernie Frantz.

Currently, Ted is enrolled in a pre-dental program at the University of Massachusetts. He already holds a Physical Education degree from Norwich University, and would like to enroll in dental school next fall. As far as his lifting goes, Ted would like to get invited to Gus Reithwisch's meet and either bump the 275 record up another notch or two or go after Kaz's record as a superheavyweight. After that, and as long as school doesn't force a change in plans, he'd like to take a shot at the 700 pound barrier. He has also expressed an interest in competing in the World's Strongest Man contest. I expected Ted's diet to consist of something out of the ordinary. After all, he has managed to pack 100 pounds of muscle on in less than 5 years. However, the most unusual aspect of his diet is that his noon meal is his largest and that his breakfast almost always consists of juice, oatmeal and three raw eggs. He also takes what amounts of a multi-pak at breakfast. He tries to stay away from refined sugar, but admits to having a candy bar about every two weeks or so just so he can remember what chocolate tastes like. He feels refined sugar really hurts the liver though and states that he definitely notices the rebound hypoglycemia effect from it.

One of the things which was most apparent in my discussion with Ted was his eagerness to give credit and thanks to those who have helped him out and given him support. Tops on his list was his parents and family. He wanted me to make sure that I mentioned his fellow lifters at the P&P Gym in Waltham, Mass and in particular Tom Wheaton, who usually lifts off and spoils for him on the bench. In fact during the workout that I observed as soon as he finished a 630 squat and a 650 deadlift everyone who had assisted him for their verbal and physical (spotting) assistance. Without them, Ted said he wouldn't even be able to complete his warm up sets in the gym.

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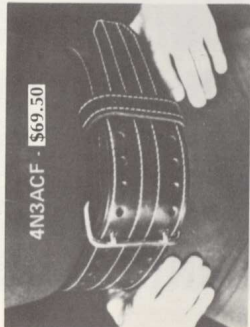


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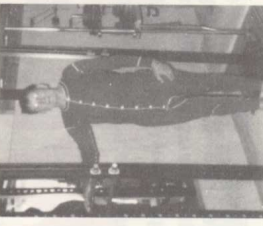
Katie Haynes, 17, of Sunbury, Ohio won 1st place at the New Jersey Cup Bench Press Championships. She was the youngest contestant there and at a weight of 112 she pressed 155. Katie holds the shot-put record at Buckeye Valley High School, and trains at Kirt's Gym in Delaware, Ohio. She hopes for a Teenage National record soon.



Wendell Lamb is a master lifter who owns and operates the Starbuckville Barbell Club which has about 50 members, and which won the team award at the Virginia Masters and Teenage meets. The club allows only local lifters from Greene County, as members. Wendell is a lifter (with bests of 400 250 400 at age 40) and a family man with 4 children.



Muscular Joe Krusinski is pictured here during one of his workouts at the Bodybuilding & Health Gym in Livonia, Michigan. Joe is another bodybuilder turned powerlifter. He's training hard for the '83 Seniors and plans to be the first ever to total 10 times his bodyweight in the 242 lb. class. Information provided by Ed Dombrowski.



Bill Deemer is proud as punch to show you his presents on his 67th birthday, a new Power Rack, and his red drop-seat, winter underwear. Bill has lifted for only 2 years, but in 4 meets he has 3 1st place trophies from the Western Masters, the Four Corners Championships, and the New Mexico State meet. He competes at 181.



Dan Scolnick is 16 years old, 140 lbs. and has been powerlifting a little more than a year. He has squatted 340 pounds, benched 280, and deadlifted 440, along with a one arm deadlift of 340. Dan is considered a world record holder in the domain of pushups with only his THUMBS and feet touching the ground. Photo courtesy Joe Pedro.



Gayle Hall is a Professor of Health and Movement Studies at Mills College in Oakland, CA and the new Ms. Iron Man title winner. She is 33 and has broken a California State record in the squat in the 114 lb. division with a 254. She has also won a state women's powerlifting title and totaled over class I during her short career. Kirshner photo.

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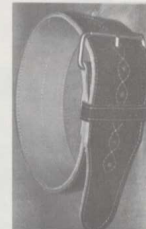
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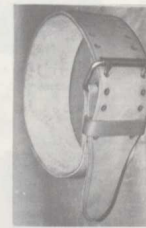
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a detailed PL USA look at some of the best lifters in the world

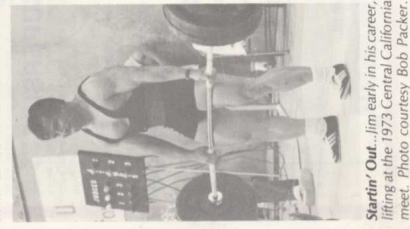
JIM LEM: Elite Master by Alan Kirshner, PhD



'Henri' Soudieres, that is who really inspired me. He is in his seventies, still improving, and setting new powerlifting records. Jim Lem reported this to me as I sat down with him. I never anticipated Jim would lift. In Soudieres, as his name implies, Jim Lem, fifty-five years young, holds a diverse world record in the 50 to 59 age division (all the records in the 198 and 181 pound classes), plus the squat, bench, and deadlift records at 165, looks up a man in his late 160s, his age group just as hundreds of his age group lifters have been inspired by Jim, himself.

Jim gets better with age, like a fine wine. In his fifties he has set the Northern California total records in the 165 pound (1510), 181 pound (1643), and 198 pound (1670) classes. He also holds the Northern California squat record (667) and deadlift record (634) in the 181 pound division. Any lifter would be proud to report that they have retained Elite and placed third in the Nationals. Jim can say that he did so after he turned fifty. Besides his lifting accomplishments, Jim serves as Region 13 chairman and continues to work hard to make powerlifting a popular and enjoyable sport in our area.

I first met Jim in Berkeley before the Iron Man contest in December, 1971. The Iron Man is a unique event, for it includes both physique and powerlifting points. Only the squat and bench press are included in the powerlifting points. This was my first competition. After weighing in a few pounds below the 165 pound limit, I went out to eat. Luckily I sat down at the same table with Jim



Stardust... Jim early in his career, lifting at the 1973 Central California meet. Photo courtesy Bob Packer.

Jim had done some boxing and played a little High School football, but not very successfully.

When Jim entered the University of California at Berkeley he decided to try out for the judo team. To

strengthen his arms he went to the weight room and had his first serious experience pumping iron.

An injury caused him to quit judo, and so he lost his inspiration to lift weights. With his degree in engineering in hand he entered the army during the Korean War and served a two year hitch in Germany. After leaving the service, Jim started the job he still holds, as a Civil Engineer in the California State Transportation Department.

Jim soon met his wife, Sue, on a blind date. Sue is of Japanese-American parentage. She had some fears about tying up with a Chinese, but after three children and more than twenty-five years of marriage, she feels quite secure in the relationship. Sue has become a full partner in Jim's powerlifting exploits. Last year, she was named an outstanding contributor to powerlifting in Northern California.

Perhaps Sue's most important contribution to powerlifting, besides her aid at contests, was feeding Jim. After they got married, Jim went from 148 pound to about 190 pounds. At thirty-two years of age, Jim decided to do something about his body. He joined an American Health Studio, but soon found his life membership worthless when the franchise closed.

Jim admits that his weakness is food and only follows a special diet when he needs to lose weight for a contest. Jim also refuses to follow any special training cycle. He trains

instructively four times a week. Monday is his heavy day for squats and bench presses, and Wednesday his light day for these lifts while the deadlift, Jim actually trains about one hundred pounds below his contest weight. His contest philosophy is quite simple—I did it before, I can do it again plus some.

On Friday, Jim takes a medium workout on the bench and squat. He does assistance work as he sees fit. He always avoids overtraining, fails to recuperate as fast as he used to. Saturday is an important workout for Jim because it includes his famous "Butt Builder", a variation of the good morning exercise. Jim holds the bar high on his neck and bends forward while bending his knees in a half squat position. He snaps back to an erect position tightening his hips and abdominals. On Saturdays, Jim also does deadlifts off the blocks. When contest time approaches, he places her aid at contests, was feeding his feet, slowly raising his feet each week to make the lift more challenging.

Jim not only trains instinctively, he competes whenever he feels like it. He admits that this is foolish, but he hates to be controlled by regulations and time schedules. He needs

to feel free, for it is just this relaxed attitude that has enabled him to achieve his phenomenal success. He enters competition with nothing bothering him in order to place maximum concentration into his lifts.

Jim hopes to win the Nationals some day and then compete in the seniors. He is presently shooting for a 700 pound hard at 181 pounds. He is also hard at work reorganizing Region 13. He became chairman of Region 13 in 1976 after a couple of years straightening out Powerlifting in the Pacific Association. In pre-Jim Lem days, no one at AAU headquarters, San Francisco, knew anything about what was happening with Powerlifting as it was linked with Olympic lifting and Weightlifting. He circulated a Bodouilding under one category—newsletters to keep 800 lifters informed, but it faltered for lack of more than a parent body of the USPF. Jim has produced a Region 13 yearbook to keep the information flowing and hopes to revive the newsletter.

At fifty-three Jim is going strong and getting stronger. He says he does not know when he will peak and he hopes he never finds out, but, he realizes he will have to do it one of these days. Jim is grateful to powerlifting for all the fun he has done him and glad that he stands a good life in his early fifties. To quote the Elite Master himself:



Iron Man... Jim in shape for the Mr. Iron Man title. Photo by Lev Kirshner, who was but 9 years old when this photo was taken.

I know, I could have lifted a lot more when I was younger than I do now, and I probably would have set better records, but I probably would have quit lifting by the time I was forty, as I wouldn't have been able to do at that age what I did when I was younger. This has happened to so many lifters. But today the best is yet to come and I have tomorrow to look forward to.

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Above... Jim busting Masters records at the World Games meet in 1981.

seemed to be in his mid-thirties. Tragically, Jim bombed for the first time, unable to break parallel in the squat, and was ineligible to compete for the Iron Man title. He did, however, give a posing exhibition that night which brought the house down. I have no doubt that he would have been Mr. Iron Man had fate been willing.

Jim bombed one other time -- at the Nationals the next year. Once again he failed to break parallel in the squat. Jim has a very controlled squat style and if he neglects to sit back into his squat he has trouble with his depth. It is for this reason that Jim insists on his training partners not being Mr. Nice Guys when watching his depth. They must be very critical, for he knows that if they let him squeak by with borderline squats in training, he will miss his position in a contest.

Besides bodybuilding, Jim has also competed in olympic lifting. A few years ago, for a National Masters all-around lifter award, Jim accomplished a 165 pound snatch and a 200 pound clean and jerk. Jim loved the olympic lifting, but realistically decided he could only compete in one sport with any proficiency. Interestingly, Jim as a teenager had searched for a place that taught olympic lifting, but never located one. In those years,

and a few other seasoned lifters, Jim informed me he would be lifting in the 181 pound class. I sighed in relief as he looked so awesome, relaxed and confident. Little did I know that his first contest had been the year before where he only totalled a bit over 1100. I knew that he had only been lifting weights for three years.

At thirty-nine years of age, Jim had joined the International Center in San Francisco to get some exercise. There he encountered Bryant Wong. Jim had first noticed Bryant some twenty years before strolling around Chinatown. As Jim said: 'Bryant was hard to miss as he had a 54 inch chest and a 34 inch waist. You don't see many people like that in Chinatown.' Bryant had trained with many of the Bay Area greats. He had an extensive knowledge of weight training, although he had never entered any competition. Bryant offered to train Jim and directed him into powerlifting. They became good friends, Bryant then in his mid-forties and Jim on the threshold of his forties. Together they attended a Region 13 Powerlifting Championship in 1969 and Jim thought it looked easy, so he prepared himself for competition. Powerlifting did not prove to be easy, but Jim was hooked. He even convinced Bryant to compete and Bryant still

POWER-RESEARCH

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POINT...a second look at Fred Hatfield's article on Compensatory Acceleration (October PL USA) by Jeff Everson

I think the thing that I miss most since Fred Hatfield has left the University of Wisconsin is fashion his entrepreneurial empire at Fitness Systems. Is the ingovating twenty minute argument we used to give of training a matter but boy, that other 10% I guess. Ye gotta know Fred to talk. He is a sharp cookie but he tends to go toward the bonuss and is at ted options. I can't hear all Fred who hold me, checking. Fred who hold me, 'Yeah. I know those other methods work but it's just that the work so much better'. Well, give the nothing short of spectacular, and Lord God says he certainly has a propensity to develop new thea pre-emptively to develop new thea pre-emptively. I'll do it here. Consider this article to be the powerlifting counterpart to Fred's point (just like 60 minutes).

In the October issue, under Compensatory Acceleration, Fred has maintained that by increasing contraction speed one can offset the decrease in effective resistance that takes place when the external leverage in any movement becomes more favorable (shorter resistance arms). He maintains that pushing the hard as you can throughout the movement is tantamount to overloading throughout the entire movement. The overhead he is referring to here is probably not an increased tension overload but is an overload in the sense that force and distance are constants and the time is shortened. Thus the expression, power is increase lifters think of power metaphorically, as being synonymous with strength; it is not, however. While power (the rate of doing work) may be increased, it may not be due to any increases in muscle tension. How so?

In physiology, we know from the classic work of A. V. Hill (force-velocity curve) that muscle tension decreases as velocity of contraction increases and conversely at zero velocity we have a maximum isometric tension. Undoubtedly, powerlifters get so strong because their heavy movements are ultimately quite slow. Furthermore, in 1885 Beaumont fresh reported that in a fast, accelerative movement, that the muscle can actually throw the limb into motion with an impulse, or what he called a contraction ballistic and then relax as the limb, exhibiting kinetic energy from this, is projected by momentum. This is where the concept, 'ballistic movement' developed. Perhaps compensatory acceleration increases expressed formula power by means of inducing momentum. In a landmark study, Thorstenson in 1976, demonstrated that the highest muscle power (Force times Distance per unit time) is attain-



ed when the velocity of contraction is approximately 25% of maximum velocity. At these velocities, power optimizes because the force developed is optional. At higher velocities, tension falls off too much. Formulas can be quite deceptive, though. For instance, it is generally assumed that olympic lifters get olympic lifters exercise a lot stronger than powerlifters are a lot stronger than powerlifters. Example:

Alexev 560 Clean & Jerk x 7 ft. equals 3920 Ft.-lbs. Divided by 3 seconds (2 sec. clean; 1 sec. -jerk, equals 1307.

Kazmaier 880 DL x 3 ft. equals 2640 Ft.-lbs. Divided by 4 seconds to complete lift equals 660.

Perhaps we should, alternatively, aim for a compensatory deceleration as we pass the sticking point. Additionally, Bergold pointing in-Adapted EMG, has demonstrated increasing action potentials (which represents motor unit recruitment) as tension increases and only at a constant tension does motor unit activity increase with increasing velocity. Constant resistance equates with an isometric resistance. Isometric resistance is not really changing in rate of change, lever arm changes and effective resistance changes. Tension cannot be increased commensurately with increasing velocity (thus the development of isokinetics). Komi reported that in maximal contraction at all types of different speeds, so you are probably not recruiting any more motor units at fast speeds. This again reflects changes in the muscles expressed strength through lever arm changes.

Motor units appear to be recruited by demands of increased tension and not by increased velocity. The issue of whether one can learn to recruit more fibers (beyond simply practicing the event - which lowers impulse traffic that reaches the motor-neuron) by training at faster velocities is, at best, unresearched. The ability to generate tension and exhibit high power is due to nervous innervation and the myofibrillar activity of the muscle fibers (both genetic).

Injuries? I would suggest much carelessness in accelerating with less than maximum training weights. Fred realizes this also and advises slowing the movement near the ends. Otherwise there may be a lot of hyperextended elbows and knees. By the way, if you have a maximum squat of 700, and are doing a set of 4 with 90% (630) how much can you compensatorily accelerate anyway? The weight seems to move slow at all points; regardless. My feeling is with the heavy weights (90% and over) you should try to move fast, to explode, but the weight will actually move slow. Lesser weights should not be accelerated because of momentum induction and the danger of injury.

At any rate, Fred, I miss ya, buddy, what else can we argue about?

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COUNTERPOINT...a response to Jeff Everson's comments on Compensatory Acceleration as told by Dr. Fred Hatfield.

Ah, how I've longed for the din of battle, if only of wits. The pleasure never was mine, however, particularly with Jeff, because our discussions were generally one sided; that is, me learning from him. He'd dispute that because I did have a nasty habit of opening my big mouth too much and the pleasure never was with anyone else because I never had the wit with which to do battle. In any case I would like to respond to the article by Jeff appearing in this issue. I feel that despite both of our propensities for engaging in one battle or another, that this is a case where there is little effective tension change. You see, very much in agreement, with a few relatively unimportant exceptions.

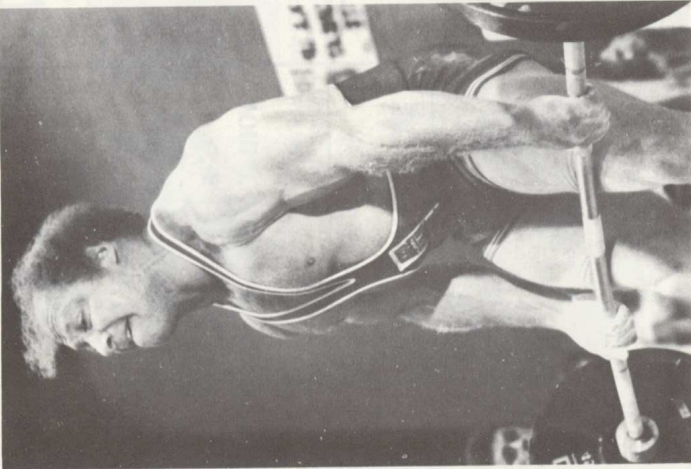
Let me go through Jeff's article paragraph by paragraph. I will attempt to clarify our points of agreement (so we'll never argue about points of agreement again) and our points of disagreement (in the hopes of fostering future agreement). About 60 minutes - you rotten - how could you -- well, let's start with the next paragraph.

It's true that I did say that one should increase speed of contraction as leverage improved. Please bear in mind, however, that this increase will be necessarily very minimal owing to the extremely heavy weights slowing speed to nearly imperceptible variability. There is no doubt that power is defined as force times distance per unit time. In the real world, swinging a baseball bat or putting a shot is not the same thing as lifting a near maximum weight straight up from the ground or squatting with it. The difference is the speed of movement due to differences in the level of resistance. One can not exert maximum force throughout the full motion of the baseball bat swing because the bat is too light and the speed of movement too great. One can, however, exert maximum force against the bar through the full movements of squatting, benching, and deadlifting, but only if, as Jeff has suggested, the weight is such that it is moving at less than 25 per cent of the potential maximal speed of movement, which would be squatting maximally fast with no weight on the shoulder or putting it another way - vertical jumping. This brings up another important point and Jeff alluded to this late in his article. In fact, he said the same thing that I'm saying. He and I are quite definitely in agreement to a point but then the clincher was said and I quote: "Tension cannot be increased commensurately with increasing velocity." Jeff then later says, actually to explode, but the weight will in truth the weight is moving slow but it is still moving faster near the top than near the bottom of the squat. There appears to be a bit of

What I proposed in the October article is continually possible as many muscle fibers as recruit throughout the motion. I freely acknowledge that for the normally lower level of effort required to complete the lift near the top of the movement. This increased recruitment will, together with improved leverage, result in a slight increase in the speed of movement as the approach to completion of the squat. However, the speed increase is only slight because the weight is so heavy. This compensation was coined by me as Compensatory Acceleration. The emphasis is on operation rather than acceleration. The acceleration factor is not significant; rather, the increased recruitment causing it. I don't mean to belabor the point but this so called compensatory acceleration will not work at high movement speeds. Jeff agrees with me there. Such speeds are in any event only possible with leg weights and leg weights are the scourge of any self-respecting powerlifter and the delight of personal necked geeks. You must train with heavy weights and you must attempt to jam the bar hard through every inch of the movement. This is what I mean by acceleratory action. So Jeff is accurate in his contention about compensatory acceleration being a waste of time with higher weights. Light weights would probably best be used in compensatory deceleration as Jeff contended, but the heavy weights can be accelerated throughout the movement and in so doing allow increasing levels of force to be applied as leverage increases. With the lighter weights such increasing force would, as Jeff indicated, be impossible. So, train heavy.

To wrap this somewhat lited discussion up, one more clarification is offered. The term I have been using, 'increased recruitment' is somewhat confusing. You see, mainly because of improved leverage, fewer motor units need to be recruited near the upper ranges of most powerlifting movements. I didn't mean to imply that more motor units can be recruited in the better leverage ranges than in the lower, most efficient, ranges. Rather, I meant more than normal, for that particular range of motion. It may be that at the lower range of motion there is indeed more motor units firing than in the upper ranges of motion; however, by sheer power of will, recruiting more than you ever did in those higher ranges will surely result in improved overload throughout this normally neglected range of motion.

Jeff is right about many things. Of particular note is his comment regarding the fact that it is relatively unresearched area. So go to it, Jeff. Now you have a hot thesis topic for some of your graduate students.



Fred Hatfield locking out the final inches of a deadlift at the '81 Ss.

confusion here or perhaps misunderstanding here. Jeff quoted Thomson's study, which showed that at low velocity force can be applied effectively throughout a given movement, however, at faster velocities the ability of a muscle to generate tension falls off. I agree that Jeff agrees and we're all happy. Jeff later disagrees by saying that tension cannot be increased in increasing velocity. He must have forgotten that he agreed that tension could indeed be increased with increasing excess of about 25% of maximum. The friends, is the speed of maximum training lifts are I estimate - under 25% max speed. Sorry Jeff, I have the advantage since as given the opportunity to respond and the same issue. I read, you'll either become as accelerated as I think of a typically slower speed encountered in powerlifting training or come back bottom of the squat than at the top.

rebuttal than the last one. On the other hand, I do agree that one can become strong through compensatory deceleration. However, my way is that I've had my fun getting in a few friendly licks. I'm sure that if readers are thoroughly confused or if not disgusted over the apparent differences between Jeff's research interpretations and my own. I fantasize to the reader them, let me perhaps should have done in the October issue when the article first appeared. I think the main area of confusion is movement speed differences between various sports movements in the squat the weight obviously remains the same throughout the movement but the amount of effort varies. The weight can be moved with greater ease as one's leverage increases. In other words, you must recruit more muscle fibers near the bottom of the squat than at the top.

Jeff is right about many things. Of particular note is his comment regarding the fact that it is relatively unresearched area. So go to it, Jeff. Now you have a hot thesis topic for some of your graduate students.

There appears to be a bit of

More From Ken Leistner

Time for a few semi-commercial plugs. Lately the market has been deluged with all kinds of books related to powerlifting. Being an inveterate reader I see through some wonderful trend, although some "champions" are putting their name to real junk. It's difficult to really review objectively, as one advanced reader may feel that a particular course or text is "sophomoric" while another finds a few gems within. The intermediate or less advanced lifter find everything exciting and wonderful, if a bit confusing. It's my intention to give an accurate view of any book, but I'm not looking to scold anyone. I'm sales, so keep that in mind when reading my opinion of a particular book. I also believe that it's important to read everything of interest because you never know what you might be exposed to. Ricky Crain, a gentleman who sells lots of books for other authors, made a good point recently regarding the purchasing of books, and suits for that matter. If I have to send out a bunch of stuff COD, I really hustle to get it done so that the lifter can have the books or suits when he wants them. I'm not in charge of the mails and sometimes it's a day late but hey, I still have to get that order out. I often get returns, guys won't accept a COD package and then I have to pay a return postage too.

Well, guys, other distributors have told me similar things and if you want your books, wraps, etc., and you place an order, it's yours. If you feel it's not your responsibility to accept a belt, think again. In time you might have trouble ordering anything because there won't be many guys in business to supply you. It's plain inconceivable to pull stuff like that.

Back to the books. I recently read John Kuc's manual and was impressed with its honesty. I recall articles in Muscular Development and in the early issues of PL USA and the stuff in here is similar, indicating that John hasn't just prettified the material up in the hopes of selling more books. The information given consists of straight forward, basic advice, the same type of heavy work that brought John to his World champion status. Naturally everyone wants secrets, weird routines that look as if they would add pounds to a lift because, hell, it just looks so out of the ordinary. You won't get this with John's material because he didn't do it the weird way. The basic heavy stuff that worked for John will work for the average trainee, the lifter, who, whether we admit it or not, is like most of us.

Back, squat, DL and a few extras thrown in and some good nutritional advice. Basic and sound, and that's why this book is worth having.

Mike Bridges sent me a copy of his much ballyhooed book and I was anxious to see it for a number of reasons. At the Worlds, Mike and I spoke at length and when you boil it down, we are pretty close in training philosophy. No, it's not a matter of singles vs reps, flare style vs conventional, etc. but the fact that we both see heavy work in limited

amounts with lots of rest, and emphasis on the psychological and emotional aspects of the sport as the really helps keep enthusiasm high keys to success. Some of my patients were a bit disappointed in the book, feeling that it didn't tell you much. Well, as always, everyone is looking for some sort of secret. Most guys go to the gym, train hard sometimes screw off others, doing basic things and some not so basic things. When they're told by a great lifter, and in this case, the greatest lifter to ever grace the platform, that he does virtually no assistance movements and lifts on a fairly straight forward schedule, well, they don't want to believe, feeling that they too should have the same success for they too squat, bench and DL. Of course, Walter Thomas, who will soon have some great courses on the market, trains in a basic, straight forward manner and look at his lifts and his physique. People stare in awe and fall out. It's bad enough that the eyes come away shaking their heads thinking, "if I could find out what he's doing and then do it, I'd have those pecks, those arms, those thighs, and that total." Hell, it won't happen for many, many reasons. All one can do is take the information the best (and worst) have to offer, note the threads of consistency running through the philosophies and routines, and adapt them to your own particular situation and desires. In Mike's case the keys in his book are the emphasis on working hard, very hard, working consistently without let up on just a few things. Of course, it sounds sim-

ple but reading that the champs do things similar to the things you do really helps keep enthusiasm high. Also, Mike's squaring tips are great. I, of course, can't do the flare due to knee and groin injury in surgery, but you should have seen my Mc Cain as mentioned last month that Jim Cash gave me a preview of his course, and although they're not quite ready, look for them. Jim trains a bit differently than most and his courses reflect it. I don't want to say too much yet as they were not in their final form when I read them, but these will be terrific, so push Jim to get them marketed, as quickly as possible. He also has tapes of the 1981, and I believe, the 1982 Worlds and these are fine teaching tools and a pleasant Saturday night if the old lady's out of the house or if the guys come over for some b.s. and beer.

The IPF decision regarding drug testing is a disaster. Listen up, and see how sensible this sounds. I will not make one mention of the "morality" of drug use, the pros and cons, whatever. I'm talking logistics, plain and simple. According to the editor, a World record can be established that you can go back to often. Let's face it, tape is the coming means of communication and while the book is good, the tape is excellent because it's more easily understood, so get it. Larry Pacifico also has a tape and I think I have yet to see it (the training tape, I mean). The Seniors tape is wonderful, some of my New Jersey patients liked it and one said that one or two squatting tips he pick-

ed up really helped him. This was an experienced lifter who already had done and 700 so obviously most lifters will benefit from seeing it. That's another tip to remember, in reading any of the materials brought to you by the champs, don't be not looking for wholesale jobs, come from you're obviously not training correctly on your own. You can pick up the tapes for \$15 per book or \$25 for the tape and a few flares here and there, then the product must be seen as mentioned last month that Jim Cash gave me a preview of his course, and although they're not quite ready, look for them. Jim trains a bit differently than most and his courses reflect it. I don't want to say too much yet as they were not in their final form when I read them, but these will be terrific, so push Jim to get them marketed, as quickly as possible. He also has tapes of the 1981, and I believe, the 1982 Worlds and these are fine teaching tools and a pleasant Saturday night if the old lady's out of the house or if the guys come over for some b.s. and beer.

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Bill Jamison, must be present at the meet, insure that the urine samples are properly obtained, stored, and processed. Bill happens to live in Hamilton, Ontario, Canada. For him to be present when a World record attempt is made, notification must be given to him so he can arrange his schedule to attend the meet, or meet director (or lifter) or whoever? must pay his transportation, housing, and feeding costs, and then get him back to Canada. Small problem? Well, considering that Bill has limited time off from his job, yeah, it's a problem. Besides, he just might want to do something with his weekends besides attending meets, and past that, there are always the unexpected employment related and family problems that crop up and might prevent him from making a meet, despite prearranged flights, rooms, etc. And if he wants to work overtime, does a lifter scuffle six months of training because of that and blow his attempt? And what about the meet directors? They usually make very little money anyway and you can guarantee that this ruling will kill any profit and therefore, in some cases, any incentive to run a first class invitational type meet. And just who is to pay for the sample processing? The lifter, meet director, who? The IPF passed a rule that, logically, is almost impossible to carry through in a practical manner. Additionally, this will mean that for those who set and want their world records, there will have to be testing. Let me tell you something, especially in light of what I saw in Munich: the judging at the Seniors is much tougher, generally, than that of the Worlds, which seemed to me to be a bit uneven; sometimes too strict, sometimes too lax, occasionally just right. The Seniors invariably has very tough, strict, consistent judging and depth, being sharp and crisp because they know it'll be their but otherwise. A world record at the Seniors is most likely a legitimate lift that will pass anywhere, anytime, especially when someone is watching. If anything, some or most of the Seniors judges will not give anything away for fear of criticism in the eyes of the US public lifting audience. At the Worlds, half the time I couldn't tell whether a lift was good or bad because who knew what that group of judges wanted. The Seniors is also a much tougher meet, so the guys come in trained to the max, whereas the US world team members can, in a good number of cases, loaf a bit and walk away with the World title. Heck, the first three lifters in almost every class at the Seniors have a shot at a World title, thus, there is every likelihood to expect world records at every Seniors. The USPF, however, tends to pass on drug testing at the 1983 Seniors, so where does the new rule put many of the guys, yes, where? Well, if rumor has it right, there are a number of people waiting and willing to provide the financial and administrative backing to a new organization that will not

test. This is a much more serious threat than the NPA issue of two years ago, believe me, with almost every top lifter ready to abandon the IPF if this ruling stands. I personally would like to see Conrad Cotter and the present administrative body of the USPF rectify this with the IPF because Conrad has proven himself to be an effective, well liked, and efficient leader and administrator. Leadership becomes top rate, and then this occurs.

There are a number of possibilities. The sensible thing would be to sit cool for a few months and let things sort themselves out but this is unlikely. The advantage here would be that we could keep the people that are doing such a good job and most likely preserve the USPF. Let's face it, PL as a sport is heavily dependent upon the participation of the US if it is to flourish. There exists a possibility

that the USPF as we know it now will decide to pull out of the IPF and one of the new organizations would jump in, looking to furthermore be the legitimate representative of the sport for this country, but in time, and probably a very short period of time, I personally believe that the federations of almost all of the major participants in the IPF would be knocking at our door, wanting to hook up with the lifters making the really big lifts, those with the more established organization, those people who, through the years, have been viewed as the best of the US lifters. I suspect that this won't happen, and all of us will run helter skelter to PL gospel and while some of the articles aren't quite as detailed as PL USA materials, you will like the pictures, and we all enjoy almost anything readable about our sport. Check it out and give these people that most of our lifters haven't received some business because in the end it will further the sport.

I want to remind all of you that Muscle Training Illustrated, a hard core bodybuilding publication, has been running a series of PL articles, written by yours truly, Mike Lambert. I have supplied terrific PL photos, some in color, in our attempt to spread the PL gospel and while some of the articles aren't quite as detailed as PL USA materials, you will like the pictures, and we all enjoy almost anything readable about our sport. Check it out and give these people that most of our lifters haven't received some business because in the end it will further the sport.

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Bits of Chalk...by Ron Fernando
Remember the old Weider magazines? Before PL USA's existence, they were a major source for powerlifting news. Usually the "news" consisted of the doings of the famed Monstergym of the Westside Barbell Club. Dr. Dick Tyler, then the West Coast editor, always had the "nose" for news (like yours truly) when it came to Powerlifting, and in one issue (1968) he made some predictions as to future lifts in powerlifting. I thought it would be interesting to review them and make some of my own. Below are Doc Tyler's predictions:

- 123 lb. class 580 375 590 1325
- 132 lb. class 605 400 620 1425
- 148 lb. class 625 435 650 1600
- 165 lb. class 650 460 715 1725
- 181 lb. class 715 550 725 1875
- 198 lb. class 850 610 870 2150

Superheavy. 990 725 1000 2500
Bear in mind, that the 114s, 220s, 242s, and 275s hadn't been invented then, but, of course, neither were HCG, Superwraps, and Compensatory Acceleration. Anyway, compare those predictions with the current marks in the classes in question:

- 123 lb. class 523 325 638 1377
- 132 lb. class 650 396 628 1559
- 148 lb. class 653 427 688 1614
- 165 lb. class 722 479 716 1873
- 181 lb. class 836 529 788 2099
- 198 lb. class 826 562 821 2066
- Superheavy. 981 661 886 2425

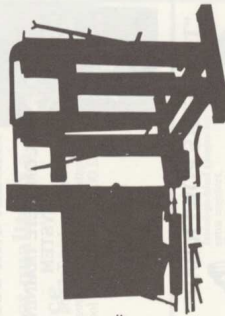
(official IFF list 10 NOV 82)
If Doc Tyler can make some predictions, so can I. This is what I think the records will be up to in the next 5 years:

- 114 lb. class 644 385 617 1426
- 123 lb. class 639 396 638 1504
- 132 lb. class 705 424 672 1603
- 148 lb. class 727 496 789 1824
- 165 lb. class 823 523 789 2022
- 181 lb. class 965 562 827 2215
- 198 lb. class 965 617 837 2320
- 220 lb. class 975 622 881 2380
- 242 lb. class 981 633 909 2441
- 275 lb. class 1080 689 981 2585
- Superheavy. 1150 740 1050 2755

The individual lifts will most likely be done by specialists a la MacDonald, Antello, etc. Most likely the athletes who are setting these records will be of extreme dimensions. Note the 181s and guess who I have in mind to squat the 965; yes, I'm referring to Mike Bridges. I believe the man has a lot more surprises up his sleeve. Note that the 198s are identical in squat performance, that's in case Bridges doesn't make weight. Let's go to the big dudes, the Supers. 1150 is a lot of weight to squat, and it will probably take someone with the combined dimensions of Duwayne Feely and Durwin Pipert to do it. On the bench, if Kaz hadn't ripped himself up at the World's Strongest Man contest, we'd have 700 on the books right now. For the 740 it may take a taller, more muscular version of Steve Wilson to make the lift, and perhaps a taller version of Lamar Gant (a 300 pound plasticman?) to get that deadlift up. Anyway, check my predictions out in 1988!

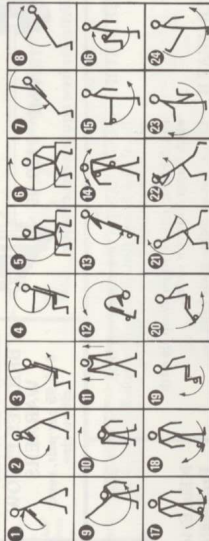
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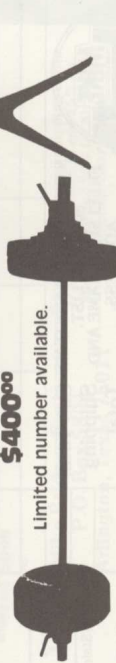
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Everyone who trains with weights, and powerlifters are certainly no exception, is looking for the perfect routine. A perfect routine being one that will yield maximum results in the least amount of time with a minimum of effort. Well, friends, there ain't no such animal. If you want to be a successful powerlifter, you're going to have to train hard, very hard in fact, and you will have to be willing to spend a fair amount of time in the pursuit of your goal.

Unfortunately, there are many powerlifters who don't understand this or aren't willing to make the necessary sacrifices. Consequently, they search for the perfect routine. Any tip they hear in the gym or the latest training advice they read in the magazines is eagerly incorporated into their training routines in anticipation of miraculous results. This approach, however, does not produce in fact it usually results in a waste of time and energy, in order to save you from making the same mistake, I would like to offer some advice. I will set up several guidelines that you should follow when you are preparing your training routine. Please bear in mind that these guidelines are general in nature. 1. Don't change a successful program. One of the great champions of yesterday, Ronnie Ray, used the same program for over four years. He consistently made progress on it, and for that reason, he there was no reason to change it. You should try routine and replace it with the champion's. We fail to realize that every individual is unique and that the progress is a cardinal sin in powerlifting. When you have

STARTIN' OUT

A special section dedicated to the beginning lifter

The Perfect Routine...by Don Pfeiffer
reached a point where you are no longer making progress then, and only then, should you change your routine. Essentially there are two reasons why powerlifters change an already successful routine and you should be forewarned so that you don't fall prey to them. The first reason is impatience. We all want to be champions overnight and the minute we hear of a routine that promises to do this we scrap our already successful routine in favor of this new one. Don't do this. As I have said before never change a productive routine.

Secondly, we are all inclined to listen to successful people. When a champion powerlifter writes an article or course detailing his training routine we naturally assume that it is this program that is responsible for his success. As a result we drop our routine and replace it with the champion's. We fail to realize that every individual is unique and that the progress is a cardinal sin in powerlifting. When you have

it with a completely new one. It may be that only part of your routine is the cause for your lack of progress and that by dumping the entire program you are also throwing away the productive parts of your routine. Change only one or two parts of your routine at a time and carefully monitor your progress (or lack thereof) that the changes make in your performance.

5. Define your goals and objectives. This is a prerequisite before you begin any training program. Amazingly, many trainees don't have any definite goals or they're not trying to achieve their goals in an intelligent manner.

I remember talking to a young trainee who aspired to be a champion powerlifter. He told me this after spending over an hour training his upper arms. He was then going to do his bench presses and if he had enough energy left - which he didn't think he would - he would then do a couple sets of squats. Obviously this young man failed to plan his routine in such a way as to achieve his goals in the most efficient and effective manner.

Your routine should always be a reflection of your immediate goals. If your bench press is lagging behind your other lifts and your goal is to bring it up to the level of your other lifts this should be reflected in your routine. Your goals and objectives should be the cornerstone on which your routine is planned.

These five guidelines should help you to avoid wasting precious time and make your workouts more productive.

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long ago yielding to his hereditary crushing power and eliminating the use of straps in training. His heaves with under 600 lbs had given him a finishing edge far above any of his contemporaries. Only for Herman Goerert, whose pictures hung on his wall, did he see the shining border on away in his shoulders he often thought of running the rack with his delictly returned him to the rescue. Part of the crowd began heading toward the exits (the time was 4:00 am despite the use of two platforms). With the giant's failure they possibly reason that Tuttle had little chance. Besides, the heart attack excitement of the morning air had drained more than water from the thinning moon. Tuttle devoured four more candy bars, hoping his peculiar chemical reaction to sugars would squeeze out extra energy in the short time left. The tingling sensations of the sugar high preceded a tremendous beating in his temples and only ended when he paused, pulse racing, before the bar. Three deep breaths... the euphoric flow was just short of nature. The past is gone, the future not here, the time, as always, is Now, thought Tuttle. He blotted out everything except Speed, the word and the act, alive in visual imagery. Having done so many deadlifts over the course of his 16 year career, he felt muscle memory would automatically channel all the impetus in the proper groove to completion. Tuttle never saw that half the crowd had left and many were still filling out. It had been a hoarse, exhausting and steamy nine hours for many of them. His trance was complete now, eyes glazed over. He was beyond the time when years ago an imbecilic photo bug had stuck a camera in his face when emerging from a squat. Tuttle never saw the flash; he simply zoned it to completion. Beyond them all now, not even on the same planet, he astro-traveled at supersonic speed as the galaxy passed beneath. A rattle emerged from his throat as his trawny arms tore the weight from just above the knees and perceptibly just above the knees and inching upward, sliding as it were, reverse bow technique as the traps erectors dropped off and the traps took over.

The crowd was now on its feet in delirium, 180 degrees from its former apathy. You'd have thought there was a fire in the lobby outside, the way the mob scampered back through the exits realizing the impossible was actually happening. Tuttle's hips inched forward using the old reverse bow technique as the traps pulled their last. It was then (and time was important here) that he shrugged his shoulders and heaved the 942 lbs last three fourths of an inch, slotting the weight firmly under his crotch with shoulders thrown back. "Down," hollered the head judge and Tuttle eased the mass to the platform.

of his training mates. When stuck in their training, they would figure an innovative approach to get around it. He, instead, knowing the plateau had come sooner or later, had already devised an alternative exercise through the use of pulleys, sandbags, and unusual body angles. This often allowed a direct attack on the lagging muscle group in a way even superior to those exercises considered the standard for lifting power. Tuttle returned to the task at hand, signaling his call for the same weight. He bars momentarily angry with his thinking which lately with Olympic lifts, was of little consequence. The bar must be orientated from the floor with authority and purpose. The initial torque was imperceptible, just as a bar removing a nail requires a definitive push. Always the metal moving. Tuttle had always found the deadlift easier than the other lifts as the weight was under him rather than over, therefore, was of little consequence and psychologically he felt a marked superiority over the bar. It had studiously limited the variables in this lift by meticulously placing his feet a set distance from the bar and each other. He used the kneeling cut as reference to align his shoulders the third crosscross from the toe. Grip was also carefully placed; the gripper from California with adjustable

Newly returned to reality, he arose from his crouch slowly. The pain was fierce. He rubbed the pulled muscle in his hip, now becoming aware of the restlessness in his forearms which were beginning to swell. The lightened Tuttle slowly looked up to see the shaking heads, contorted faces and even noticeable tears in the eyes of several old timers. Dan Tuttle was now surrounded by his fellow lifters in loving embrace. The uncertainty of the lifting nose raised in voice. Unlike the old timers, Dan Tuttle turned inward, realizing there'd just witnessed a feat for all time. He Bamister and the four minute mile, Beamon and the broad jump, the U.S. Olympic bobsled team, rolled ed into one. Balld was suspended. Some in the crowd felt it was not real, others berated themselves for their doubting, and still others felt a curious kinship with the man who momentarily transcended their belief in the Crucior. Sometime between the dead and the weighing of it the earlier festive nature of the crowd returned and it was Mardi Gras right here in our city of Washington. In heavy black type, "945 lbs." was the news headline in the following day's Post. A grinning Tuttle with trophy capped the lead sports story.

The General, after a 14 hour siesta, engaged in one of the greatest pipoups his family and friends had ever seen. After the charcoaled ribs with Arkansas hot sauce and corn on the cob he methodically consumed the four club sandwiches of the Dagwood type with roast beef, bacon, lettuce and tomato smeared on all surfaces with Kraft mayonnaise, on toasted wholewheat. Sara Lee coffee cake, Brevers' vanilla, along with rich almond pastry was only the start of the second course. On into the night the shoveling in continued with half-frozen strawberries and vanilla tunket interspersed with handfuls of his custom made trail mix. It was one of the best retirement parties ever. He'd paid his dues and now, perhaps, others could sing and dance for him. Tuttle was midway through his third helping of apple pantery juice truckling down his chin when Coach handed him a clipping:

'Japanese Wrestler performs Mind-boggling lifts in Osaka... At five foot six, Kimburo Tanaka is fast becoming a legend in his country. While of normal height, Kimburo's 375 lb body has broken chains around his chest, opened coconuts solely with his entire family on his back, performed the 60 yard dash in record time. His specialty is the deadlift, which, done naturally in sumo style, exhibits the unique leverages of this champion who.....'

Tuttle let the paper drop to the floor as he felt the familiar tingle in his calves begin the chilly ascent up his back.....

The end.

At the top of the knees, however, the behemoth's drive was stopped like a car in park, the engine still running. The crowd fell within. Once carrying to the punch, they found it impossible to let go. Adid's spasmoid parts continued long after the red signal and the crowd, too, continued their cry long after the bar escaped his meaty fingers. The weight stamped to the deck. The Canadian stamped defiantly off the platform not before a pined body, at Tuttle which was clearly a "Lok" as he can do with it. "Lok" is see. This, of course, was certainly preferable to the unwanted soliloquy by a liter of a few years back, the guy said to the front of the stage and bid his audience farewell. He then apologized for his highparched performance, spoke of his bid to bring the audience again in the fold. His training had always emphasized an explosive start to carry the weight at a speed great enough to overcome the sucking. Then, with his expert timing, Others preferred to lock out excessive. From the top of the head, poundages from the top of the head, poundages ridiculous since most were unable to even rattle the plates with such "overweight" when in the start position. Well, no matter, the value of his unusual training exercises as well as his creative approach would soon be sorely tested. Tuttle was unlike most

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MESSAGE FROM USPF PRESIDENT, Conrad Cotter

Frank Watt's recent Dixie Open, held in Jasper, Alabama, gets better every year. More than anything else the quality of judging distinguished this year's meet. The judges commanded the respect of the lifters to an extent I had never dreamed possible. I speculated on why the fog of hostility toward judges that so marked Alabama meets as recently as a few years ago has lifted to let in the welcome sunshine of cordiality and understanding.

For among these reasons there is a substantial and growing respect for Alabama lifters, who are respected in National and International events and who have elected to remain active in the sport. Few things in a man's life span his maturation so much as a national championship where the sure knowledge that red lights will accompany any infraction serves wonderfully to concentrate his mind. One thinks twice before disputing the call of a referee who has walked this road.

Another reason is that one is apt to be a bit discouraged before such officials in midlife in bush-league psyching and tantrums are often more than the face of the matter. And the fact that they have been replaced by quiet determination. And the respect of our lifters has not suffered.

A third reason we respect our judges more than we used to is that powerlifting has broken away from physique. As many of you will remember, the physique portion of most of our meets started shortly after the heaviest deadlift attempt was dropped. The hall which had been but sparsely populated all day would now be filled to overflowing. Frequently the judges were selected so as to represent as many of the contestant's home towns as possible. This was done with the best of intentions. The idea was to give the highest and lowest scores was somehow suppressed. Stinking each contestant's highest and lowest score was somehow suppressed to neutralize and sanitize subjective judging. Powerlifting by association became tarred with the brush of subjective judging.

In recent years the Executive and National committees have made rules which, if not completely forgotten, are certainly not readily available. Below is an attempt to rescue some of these rules from the dust bin of oblivion. The date and site of the National committee meeting are noted parenthetically following each rule.

BY LAWS INDEX: Schwartz moved that an index be created and included in the by laws. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

CALENDAR: Clay Patterson moved starting in 1980 the Senior National championships be scheduled during the first 25 days of July and that all other meets be back dated accordingly. Passed. (Los Angeles, CA August 25, 1978.)

COMMITTEES, GENERAL: Schwartz moved that it would be the responsibility of each appointed committee chairman to A. Establish his own committee as the National committee meeting a written proposal of the operations of his committee. Exempted by unanimous vote. (Corpus Christi, Texas at the National committee meeting.) The Discipline Committee whose members will be appointed by the Executive Committee. The chairman of the Discipline Committee will be tasked to present a proposal for the operation of his committee. Seconded by Todd; passed unanimously. (Purdue, February 7, 1981.)

DRUG TESTING: The following plan was passed by the National committee in an effort to begin cleaning up our sport here at home first. Beginning in 1981 all lifts will be conducted at the recognized national championships. Tests will be conducted by a medical doctor and registered medical technician in this field. Urine samples to be checked by a registered toxicologist or a medical doctor. 100% of the contestants must be tested for amphetamine use following the competition. Lifters must submit to the test immediately following the competition. If a lifter refuses to submit to the test, he will be disqualified from the competition and from all AAU powerlifting competitions for one year. (Columbus, Ohio, Oct. 11, 1977.)

ELECTIONS: Whitfield Davis moved that those seeking an elective office in the USPF must so announce through the Powerlifter six months in advance. Initiative seconded. Kennedy moved to amend the motion for "those seeking an elective office" to "those seeking an elective office". Motion carried. (Corpus Christi, Tx, July 10, 1981.)

HALL OF FAME: Dick Burke, reporting for the Hall of Fame Committee, recommended that the USPF adopt the following rules governing Hall of Fame selection: 1. No athlete or administrator who was active in powerlifting only prior to 1962 shall be eligible for nomination in the National Hall of Fame. 2. A new category, 'Pioneer', is with the adoption of this recommendation, created, and shall be added to the two present categories of athlete and administrator.

3. No persons shall be eligible for nomination to the National Hall of Fame in the category of 'Pioneer' until at least 4 years after their death. 4. No athlete is eligible for nomination to the National Hall of Fame who has not been in retirement for at least 3 years. Retirement for the purpose of this rule, is hereby defined as absence from competition in the Senior Nationals or Senior world championships.

5. Selection of new members to the Hall of Fame in any one year shall not exceed one (1) administrator, two (2) athletes and one (1) Pioneer. These numbers shall not be construed to be a quota, which must be filled, but shall be construed to be a maximum. Nominees shall not be made from the floor. They must be submitted directly to the Hall of Fame committee for their screening. After screening by the names of four athletes, two administrators and two pioneers, accompanied by resumes for each shall be submitted by ballot at the annual meeting of the plenary body held in connection with the Senior Nationals. Passed. (Las Vegas, Nev., Nov. 26, 1979.)

INTERNATIONAL SELECTION COMMITTEE: Bob Citer moved that the present membership of the International Selection Committee be retained and that the committee be given a casting vote only, with panel members serving the following terms: The first three non-athletes selected: 3-year terms; the next three non-athletes selected: 2-year terms; the remaining two non-athletes selected: one year terms; and all athletes and alternates two year terms. Passed. (San Antonio, Tx, Nov. 27, 1978.)

Halfield moved that the Executive Committee serve as the Selection committee. Doyle Kennedy seconded. Motion carried. (Dayton, July 9, 1982.)

Carpino moved that we adopt the following guidelines for the Selection committee: 1. The Selection committee shall consist of 10 members. 2. The Selection committee shall exceed the totals of all foreign lifters automatically become members of the world team. Remaining team members will be selected using the criteria that the USPF field a winning team. In the event that two or more men are projected to score equally, the man selected should be chosen according to performance at the Senior Nationals, past performance, consistency of performance and the caliber of foreign competition. In the unlikely event that all eleven Senior National champions automatically qualify, the team will be chosen using the Schwartz formula to select the ten best lifters. The remaining champion will be named last.

The Selection committee will also vote on eleven additional alternates, one from each class. If a team member is unable to lift the first alternate, if one exists, will automatically be selected. Any additional vacancies will be filled by the Selection committee using the criteria that a winning team must be fielded, i.e., select the alternate who can score the most points. Each vacancy shall be filled based on the weight class vacated at the time this happens. Alternates, other than the first alternate, will not be ranked. If two or more men are projected to score equally, the man selected will be chosen according to the Schwartz formula. In the unlikely event that all eleven Senior Nationals, past performance, and the caliber of foreign competition. (Corpus Christi, Tx, July 10, 1981.)

IPF: Watson Lawrence moved that the term of office of each of the U.S. delegates and alternate delegates to the IPF be increased to four years in order to conform with the new terms of office of the IPF. Passed. (Las Vegas, Nov. 26, 1979.)

NOVICE: Carpinio moved that the USPF define the term 'novice' as a lifter who has never won a first place in any meet. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

PATCHES: Schwartz moved that new patches be designed using 'USPF' carried by implied consent. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

RECORDS: Mabel Rader moved that the USPF request the International PL Federation to amend their rules to permit guest lifters to set world records. Passed. (Las Vegas, Nov. 26, 1979.)

Halfield moved that state records may be established at any meet sanctioned by the USPF. Todd amended the motion by 'records may be established at meets on the state, regional and national championships, provided that the proper national committee has given its consent carried. Motion to amend carried. (Corpus Christi, Tx, July 10, 1981.)

Hughes moved we publish all records quarterly. Cotter seconded. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

Todd moved that collegiate records may be established at sanctioned USPF meets so long as they are under graduates and provide registrar's receipt at the time the record is set. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

SPECIAL DEVELOPMENT MEETS: Schwartz moved that the athletes, who must be in high school and must be older than 14 years of age, shall not be required to register as a USPF member. No records can be set at such meets. Restrictions will be imposed so that registered, USPF athletes who wish to participate will not be prohibited. Official IPF rules will govern the performance of all lifts. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

STANDARDIZATION OF EQUIPMENT: Jan Todd moved that an ad hoc committee be established to study the formula and standardization of equipment used in the USPF. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

Malone moved that all weights used in sanctioned meets must be within two percent of the actual poundage called for and that weights used in National meets must be within one percent of the actual poundage. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

TV REVENUES: Schwartz moved that the following motion be placed before the IPF Congress at Calcutta, India, Nov. 1981. "At all IPF sponsored meets excepting the world championships the normal procedure for television revenue will be that the country in which the meet is held will receive 33 1/3% of the revenue from the country from which TV revenue is generated. Deviation from this formula requires agreement of all three parties. Motion carried. (Corpus Christi, Tx, July 10, 1981.)

John Pettit moved that the USPF or its representative be designated the sole official negotiating agent for TV, 33 1/3% of the revenue derived from the National network TV and other national TV communications (e.g., Home Box Office) in connection with national championships be paid to the meet sponsors, and that remaining 66 2/3% be paid to the USPF. Motion carried. (Las Vegas, Nov. 26, 1979.)

Terry Todd moved that 66 2/3% of the revenues derived from national net work TV or national TV communications (e.g., Home Box Office) in connection with meets other than national championships be paid to the meet sponsors, and that the remaining 33 1/3% be paid to the USPF. Passed. (Las Vegas, Nov. 26, 1979.)

TRAVEL FUND: Peary Rader moved that an additional \$1 earmarked for the powerlifting travel fund be used for the following purposes: 1. To pay for the travel of the women's committee. Passed. (Los Angeles, CA Aug. 25, 1978.)

WOMEN'S COMMITTEE: Jack Hughes moved that two women elected by the women powerlifters at large, be allowed to serve as athletes representatives on the National committee, their terms of office to begin in July of the time of the National committee meeting. Passed. (Las Vegas, Nov. 26, 1979.)

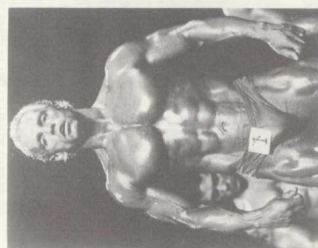
Lyle Schwartz moved that we accept the 'Malone formula', and the powerlifting qualification standard for women, for the purpose of qualifying for women's Nationals. Passed. (Las Vegas, Nov. 26, 1979.)

Jan Todd moved that all bids for the Women's Nationals be submitted and voted on at the Women's Nationals. Carried. (Madison, Wis., July 11, 1980.)

Jan Todd moved that the women's sub-committee be allowed to select their own selection committee membership at the next women's Nationals. Carried. (Madison, Wis., July 11, 1980.)

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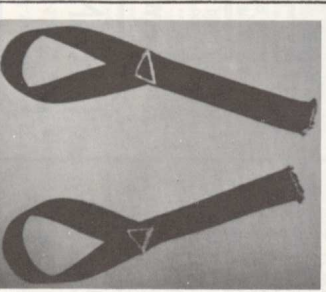
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NUTRITION CORNER

by Jack Digangi

NUTRITION BEFORE THE WORKOUT

Most of us put in a good 8-10 hour day at our jobs before coming in for the workout. Your energy level, blood availability to your muscles, and blood circulation in the stomach and small intestine. This results in less energy to the gym under such conditions is generally somewhat less than you'd like. In this edition of Nutrition Corner, I'd like to give some hints on how to increase your energy level during every one of your workouts.

First of all, nutrition, whether in lifting or in life, will play only one part in the total energy makeup. The nutrition plays a vital role, but other factors do enter into the picture. Let's look at rest and sleep.

Monday is usually a workout day, and it's most likely an upper percentage workout day. For example, an 80% to 90% day on squats or benches. Watching the late movie until 1:30 am and rising at 6:00 am will start your day with insufficient sleep, accompanied by that tired, worn-out feeling. Or, turning over your garden, some other hard work on Sunday will set up some negative physical feelings all of which can impact Monday's energy level.

Somewhat related to physical fatigue is mental fatigue. Stress or pressure can negatively affect your pre-workout energy level. I've found that sometimes stress by itself can run an otherwise good workout.

Maybe you've asked yourself the question "I'm so tired, I don't know how I'm going to get through this workout?" The response usually give is "How would you feel if a few of the Dallas Cowboy Cheerleaders came in to watch you work out?" Motivator is a wonderful thing. But, back to nutrition, as I'm beginning to feel a little like Ken Leistner.

With all things normal and routine, let's take a look at some definite steps you can do to increase your energy level.

Breakfast: Start out the day right with some complete protein such as eggs, cheese, milk, meat, etc. Have some carbohydrates such as fruits or juice along with a small amount of lipids (fats such as margarine).

Lunch: If you have a mid-morning snack, fine, but at lunch between 11:00 am and 1:00 pm be careful not to overfeed yourself, especially with heavy or rich foods; most especially fried foods. Fish or fowl, lean meats or skim dairy products are recommended along with carbs in the form of fruits or salads. Take care with your choice of dressing. Tell yourself that a little can go a long way. I would avoid whole milk or creams, animal fats and again fried foods. These foods require a much

longer period of time for digestion, keeping more blood in the stomach and small intestine. This results in less blood availability to your muscles.

Around two hours before your workout, have a serving of fruit or an eight ounce glass of juice. This two hour pre-workout feeding of some readily available carbohydrates (fructose and glucose) will neatly enter the blood and keep your supply of energy well stocked during your workout. Some lifters write me saying they take supplements such as, the B-complex vitamins, vitamin E, vitamin C and the mineral iron. As a Nutritionist, I don't believe any harm is done in the case of oversupplementing, however, honestly, these lifters benefit more from the psychological aspects than from the physiological ones in this case. It is often said that highly fit athletes, have the most expensive meal in the world (due to the passing of the excess supplementations) but by all means, experimentation and see for yourself if supplements will help you.

About thirty minutes before your workout, thirty minutes before you want to try a little caffeine. Coffee and to a lesser extent tea are the most practical sources. Chocolate has caffeine but it also has fat which may not be suitable just before working out. Soft drinks such as colas have caffeine, but I don't recommend these as a rule just prior to your working out.

Right after your working out, workout gear try this hint. Splash your face with cold water and then spend 3-5 minutes in the Sauna room. This cold/heat treatment provides a refreshing pick-me-up and it really sets the pace for the workout.

In conclusion, get sufficient rest and sleep then, before your workout. Have a breakfast of protein and carbohydrates with some lipids. Don't overfeed at lunch and have a fruit serving or glass of juice about two hours prior to your scheduled workout. Take some caffeine about thirty minutes before the workout. If you try some of these methods of pre-workout preparation, and find they work, or if you have some hints of your own, drop me a line and I'll pass it on to the other readers of Powerlifting USA. Train hard, eat smart.

Yours in good nutrition,
Jack Digangi, R.D.
Nutritionist,
116 Donipon Pl.,
West Monroe, La 71291

New Address...Jim Cash has moved to Dayton, Ohio (home of Larry Norton Ave., Dayton, Ohio 45420 (phone: 513-254-9337).

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for USA lifters competing from December 1981 through November 1982

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	837 Bridges, M 7/10/82	512 Bridges, M 7/10/82	755 Bridges, M 7/10/82	2105 Bridges, M 7/10/82
2	722 Knight, S 7/10/82	391 Rouse, J 9/4/82	744 Krebs, V 2/13/82	1890 Gauger, R 2/5/81
3	702 Volpe, D 10/30/82	479 Wright, D 6/6/82	732 Gaudin, J 3/13/82	1822 Gaudin, J 3/13/82
4	683 Conzardi, J 1/13/82	468 Aston, H 10/16/82	705 Kolbert, R 1/12/82	1802 Poirier, P 6/5/82
5	683 Conzardi, J 1/13/82	468 Aston, H 10/16/82	699 Wehner, L 7/10/82	1796 Knight, S 7/10/82
6	672 Wilson, L 7/10/82	457 Gauger, R 2/5/81	688 Pointer, P 6/5/82	1765 Krebs, V 2/13/82
7	672 Wilson, L 7/10/82	457 Gauger, R 2/5/81	683 McClure, K 6/5/82	1763 Brown, B 4/6/82
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Folic Acid	400 mg
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Niacinamide	130 mg
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Biotin	130 mg
Cholecalciferol (D3 - cod. fish oil & yeast)	130 mg
Inositol (Shoy)	130 mg
Para Amino Benzoic Acid	130 mg
Chelated Mineral Compounds	
Calcium (Amino Acid Chelate)	1500 mg
Iodine (Kelp)	225 mg
Iron (Amino Acid Chelate)	45 mg
Magnesium (Amino Acid Chelate)	750 mg
Copper (Amino Acid Chelate)	45 mg
Zinc (Amino Acid Chelate)	5 mg
Manganese (Amino Acid Chelate)	35 mg
Potassium (Potrate)	100 mg
Selenium (Yeast, P1)	150 mg
Chromium (Amino Acid Chelate)	150 mg
Enzyme Compounds	
Glutamic Acid-HCl	150 mg

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**U.S. FDA not established
***Need in human nutrition not established

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One packet contains:
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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:

Each tablet contains:	2,000 mg. (30 grains)
B-12	50 micrograms
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Five protein-capsules, easy swallow tablets provide:

Argentine Beef Liver*	1000 mg.
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For the greatest gains, use the finest quality, highest potency Argentine Beef Liver product available. Marathon 2 Gram Liver*
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One Gram Liver (15 grain) with B-12
Argentine Beef Liver, a 50% Protein
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A One-a-Day High Potency Vitamin-Mineral tablet
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Milk and Egg Protein
Good taste easy mixing, highest protein efficiency
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High utilization - Great gains
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Two tablets contain:
*Calcium 1000 mg. *Magnesium 500 mg. *Zinc 22.5 mg.
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90/\$4.50 180/\$7.95 360/\$14.95

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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
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d alpha or mixed tocopherol (your choice)
90/\$5.00 180/\$9.00 360/\$16.00

Amino Acids - 1 Gram (1000 mg.) Tablets
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One-Daily Formula 100 (sustained release)
A Multi-Vitamin & Mineral tablet featuring 100 mg. B Complex & Amino Acid Chelated Mineral
30/\$6.00 60/\$11.00 90/\$17.00

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

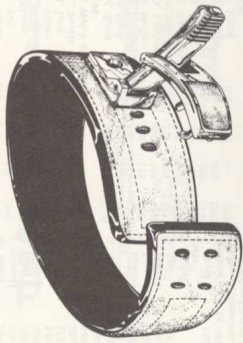
Super Bio-C 2000 - sustained release Vitamin C Complex
Formulated with naturally selected Rose Hips Powder, and Bioflavonoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue. Each tablet contains:
*Vitamin C 1000 mg. *Rose Hips Powder- 500 mg. *Bioflavonide 500 mg. *Rutin 50 mg.
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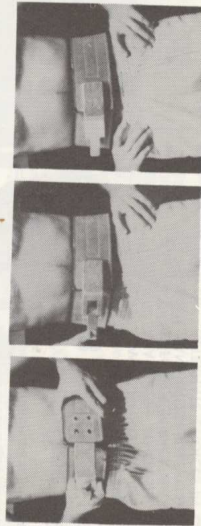
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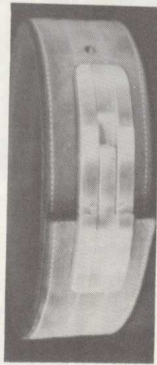
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For the Safety and Convenience of the Power Lifter



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ALSO The Mark 02 with the same qualities of the 01.

Both designs come with double thick leather belts with suede outers made to competition specs (10 cm/4 in. wide, 13 mm/1/2 in. thick) in your choice of colors on both designs: brown, green, blue, red and black. The belts are reversible. (For custom designed multi-colored, or team belts, write for information.)



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City _____ State _____ Zip _____

MARK CO.

Please send me the belts I've circled below.

The Mark 01.....\$98.00 (plus \$3.00 postage)
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The Mark 01 Buckle only.....\$49.00 (plus \$3.00 postage)
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Leather Belt only (without Buckle).....\$49.00 (plus \$3.00 postage)

For quickest delivery please send cashiers check or money order made out to: Joe DiMarco.

Specify waist size (up to 48" - over 48" add \$5.00)
Size _____
Specify colors: brown, green, red, blue and black.
Belt is reversible. Choose one color per side.

The Mark 01 and 02 Buckles are machined from 6061-T6 solid Aluminum Bar stock for maximum power with minimum weight.
Plus the four prong clasp gives you more holding power. **Four times more than most** competition belts.
Adjustments made easily with screwdriver.

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12/12/82-E. Stroudsburg, Pa

SQ	BP	DL	T
114	300*	175	325*
I. D'Antonio	175	130	275
F. Glass	335	150	430*
D. Gallen	315	175	375
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J. Henning	740*	420	580*
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McClellan for results. Many thanks to judges, Al Holston, Paul Kryoski, Leo Scaccia, Kurt Feldman, Bill Clayton, Rory King, Walt Riano, D. Pollard and L. Williams, A. Carr.			

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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.

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The optimum physics of a deadlift bar is the exact opposite of today's

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BAR can actually

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more spring off

the floor! Calculate

that to

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

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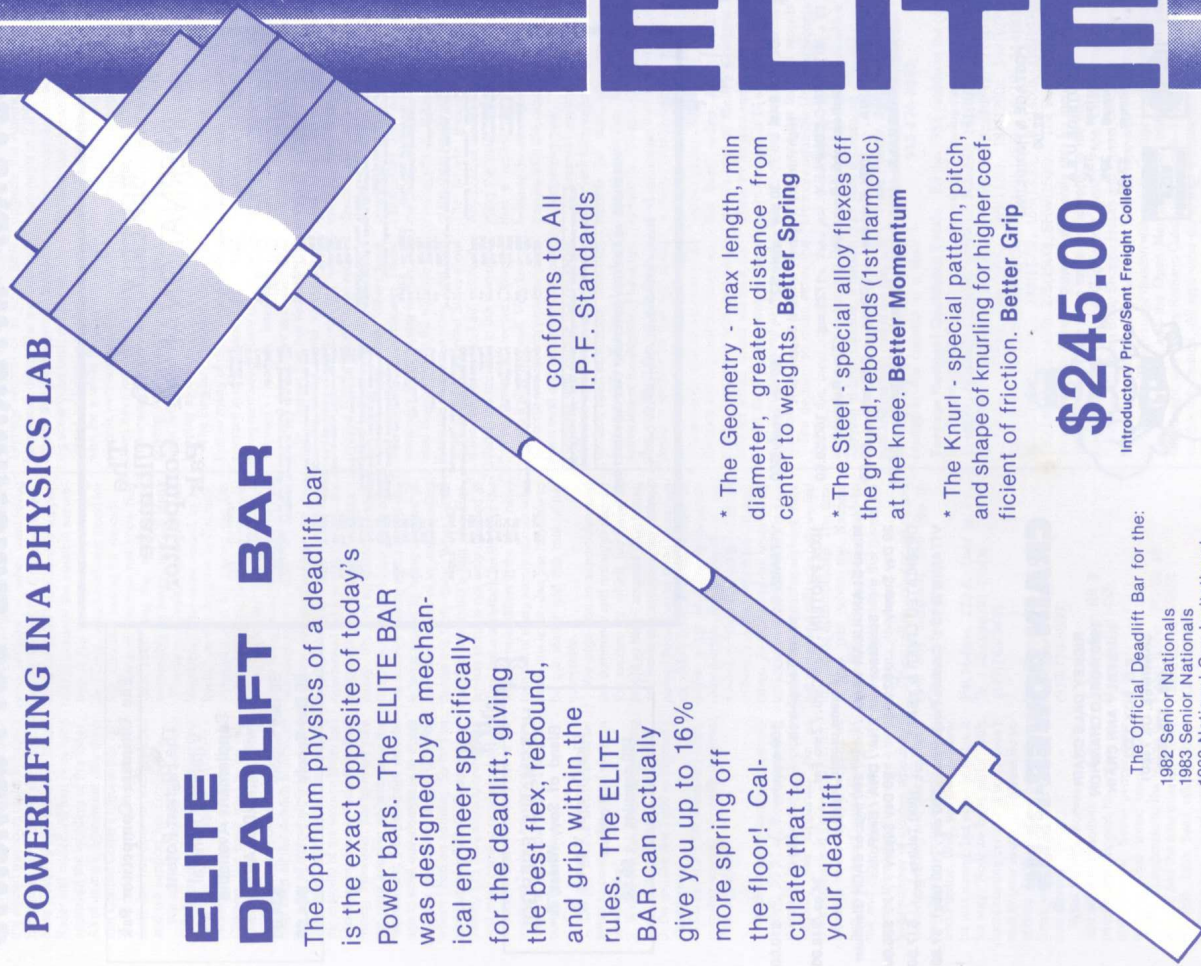
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The Official Deadlift Bar for the:

1982 Senior Nationals
1983 Senior Nationals
1982 National Cup Invitational
1982 Texas Cup Championships

(Patent Applied For)



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The Ultimate Competitor Pak

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One A & D Vitamin (total) - general purpose	N.I.S. RDA
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Vitamin B1 (Thiamine Hydrochloride)	500 mg
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Vitamin B6 (Pyridoxine Hydrochloride)	500 mg
Vitamin B12 (Cyanocobalamin Concentrate)	500 mcg
Calcium Phosphate	500 mg
Iron	50 mg
Ascorbic Acid	500 mg
Inulin	500 mg
Two Mineral Tablets (total provide)	500 mg
One (Hydrolyzed Protein-Chelate)	350 mg
One (Hydrolyzed Protein-Chelate)	350 mg
Zinc (Hydrolyzed Protein-Chelate)	22.5 mg
Magnesium (Hydrolyzed Protein-Chelate)	15 mg
Phosphorus (Hydrolyzed Protein-Chelate)	36 mg
Vitamin D (Fish Liver Oil)	100 mg
Glucosamine Acid HCl	100 mg
Selenium (Yeast)	10 mcg
One Vitamin E Complex (large provide)	1,000 I.U.
One Multi-Zinc Tablet (specialized white)	1,000 I.U.
Protein (H.C.I.)	40 mg
Phosphorus	50 mg
Protein	50 mg
Ornithine	50 mg
Ornithine	50 mg
Ornithine	50 mg
RNA	50 mg
DNA	50 mg
One Lactinon Capsule (large provide)	1,300 mg
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Directions: AS A DIETARY SUPPLEMENT TAKE ONE PACKET DAILY

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

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ALL EQUIPMENT F.O.B.

I am writing this letter on behalf of the elected members of the Women's Executive Committee of the USPF -- Nate Foster, Judy Gedney, Mabel Rader and myself. All four of us have approved the wording of this letter. All of us are in agreement. We think that Conrad Cotter's request that Jan Todd resign is wrong and unfair. We think Jan has done an excellent job and we support her completely.

We were all elected last January to help govern women's powerlifting championships coming up in Chicago. We have tried to do that and Jan has always worked fully with us and has sent out a newsletter to help keep all the women informed. We were all overwhelmingly elected last year and I think we do know how the majority of the women feel about many issues, including drug testing. However, just to make sure we were keeping up with how the women feel, I began three months ago to send questionnaires to every woman powerlifter in the U.S. for whom I had an address. So far I've sent out over 700. Of these approximately 125 have already come back to receive mine in regularity. I expect to receive many more. Four of the questions I asked are particularly pertinent to the matter of Jan's resignation. The four were:

1. Do you believe steps should be taken to control the use of drugs in powerlifting?
2. Would you like to see drug testing done at the Women's Nationals?
3. Do you like Jan Todd as Women's chairperson?
4. Do you think the Women's chairmanship should be elected rather than appointed?

On the first two questions, approximately 95% of those answering them said Yes. An overwhelmingly majority also supported Jan as chairperson and having the chairmanship be elected. As recently as two weeks ago, Conrad Cotter told me and other people (Nate Foster among them) that there were a very large number of women who didn't want drug testing and that Jan didn't have much support outside Auburn and Purdue. Well, we always knew he was wrong; but now we know it for sure. Now we have proof, with more coming in daily. If you haven't sent in your response, please do so at once. Or if you didn't get a survey form, write and I'll send one out to you directly.

What Cotter's motives are in this and what the motives are of those people who support his actions remain unclear. Some people have rumored that some men in the USPF, in response to the testing in Munich and the new rules on World Records, have been talking about starting a new US federation in which no testing would be done. We certainly hope that this does not happen. However, we also hope that the USPF does not continue to ignore

FROM THE AMERICAN RECORDS CHAIRMAN

The news from Munich has undoubtedly left us all dismayed. Teenage records have been upgraded the American records references to 2 IFF and 1 National lift. Until this change has had time to be communicated through the USA through Powerlifting USA, we will continue to accept 3 National lifts on the lift in cases where the people concerned were not aware of the requirement. This changeover period will end on 31 January 1983 with all the requirements on the Application forms and to put the package in the mail within one week to allow timely processing of the record. Meet directors are reminded that if informed that an athlete plans to break an American record, or a world record, the required conditions are the responsibility of the meet director, i.e., kilo weights, necessary judges, announcing the meet in kilos, providing the meet sanction, scale certification and meet results immediately after the meet to the processing official. A hand written copy of the meet results will not be acceptable. The athlete should not lose an American of world record after informing the meet director in advance that a record will be attempted, because the meet director refuses to comply with the requirements. This is happening now.

At present I am including a copy of the new form and the appropriate records list with new American records certificates. Anyone can get current Sr., Women's, Teenage boys and girls, master's men's and women's records from me by calling or writing me. I also keep unofficial world's records lists. To this long list has been added Junior world's records now by the IFF Congress. These are for men and boys only between the ages of 14 and 23 years of age. I will not keep Jr. American records, since our teenage records are more equitable (it would records are in one age group only, so a 14 year old boy has to compete with a 23 year old man for a record.)

Nate Foster, 204 Harvey Dr. Manhattan, Kansas 66052 913-776-5889

Teenage National Qualifying Totals for the 1983 version of the contest, Chairman Jake Boyer has announced with the following standards: 15; 114(650), 123(745), 132(810), 148(960), 165(960), 181(1000), 198(1020), 220(1075), 242(1120), SHW(1150), SHW(1200), SHW(1225), 123(200), 132(290), 148(1075), 165(1125), SHW(1385), 181(1400), 220(1325), 242(1350), 148(1075), 165(1125), SHW(1385), 181(1400), 220(1480), 242(1480), 275(1500), SHW(1505). The Teenage Nationals may be split into separate contests at separate sites for men and women in 1983, in which case these totals would apply to the men only.

Rep Benchers for the Connecticut Bench Press Championships on December 4th at the Body Shoppe Health Fitness Center the Women's decision was won by Joanne Storm with 31 Cps with 50 pounds under bodyweight. The Teenage division was won by George Lipsch with 28 reps with bodyweight and Open Men's Division, using 50 pounds over bodyweight won by Romano Corallo with 19 reps. Thanks to Jim Howley for this information. All reps were done with a pause in this meet.

Showbiz - Gabo Aho recently had an excellent part in a Magnum P.I. episode together with fellow Hawaiian Islander Gus Retwitsch, they have probably had the most expensive television series exposure of any Powerlifter. Gus was on Hawaii 50 several times, along with a Magnum P.I. role and his motion picture roles.

The wishes of those lifters -- males and females -- who want drug testing. We feel Dr. Cotter could reinforce his USPF membership support and discourage the possible separation of this latter group by retaining Jan Todd, who has always stood for fair, accurate testing for steroids. Many of you may not know that Jan Todd was the main person responsible for having the US lifters (Bradley, Cash, Bridges and Wolkeher) who were found to be guilty on the drug test in California reinstated and for having the US men's team reinstated as the World team. Jan is being asked to resign a job she has performed so well. The testing in India was poorly done and Jan fought like a tiger to have the lifts overturned because she thought the testing was badly done, and the cure. She has also fought like a tiger for women's lifting and it seems she is being repaid by being stripped of her office. None of us is testing unless it is fairly done. Why? Because all that has been done is that what Cotter Jan, but is an attack on 95% of the women powerlifters in the US. I have read this letter. Jan just happens to be our leader and this makes her vulnerable.

We urge you to support Jan and our committee and mainly to support the causes for which we have all fought so hard -- accurate drug testing and increasing autonomy for women powerlifters. Two or three years ago we didn't have enough women to make a go of it as a separate organization, but today there are almost as many women powerlifters in the US as there are men Olympic lifters. At this point we want to try and remain within the USPF but we feel it is important that we have more autonomy and with your help we feel this can be accomplished. The time is now past when the National Powerlifting Committee should be making the decisions that govern the women's division.

Please call any of us or write if you have any questions. See you in Chicago. Sincerely

Pat Malone, 123 E. State St.
W. Lafayette, IN 47906
(317)743-3481

Nate Foster, 204 Harvey Dr
Manhattan, KS 66502
(913)776-5889

Judy Gedney, RR 3
Macomb, IL 61455
(309)837-2111

Mabel Rader, PO Box 10
Alliance, Neb 69301
308-762-5152

Editor's Note...at publication time for this issue, Jan Todd had not been removed from her position.

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\$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.

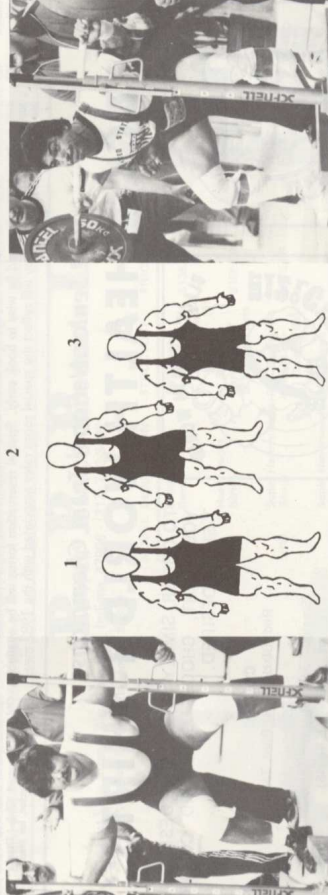
You make the sport great because you won't settle for second best and neither will Titan. That's why every suit is customized to your individual measurements, because you have proportions and leverages unique only to you.

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.



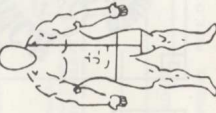
Wayne Bouvier, '82 National Champion, 'Unsurpassed in strength & durability...Titan!'

Available in Navy Blue, Burgundy, Brown, Rust & Red

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. _____
 No. of Suits _____
 Reg. _____ Meet _____ Comp. _____
 Repeat Customer _____
 Height _____
 Weight _____
 Hips (largest part of buttocks) _____
 Leg (largest part) _____
 Overall (top of trap to 6" below crotch) _____



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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.

SHW

Illinois Open	11/13/82 - Chicago, IL (kilos)	SHW	11/13/82 - Bordentown, NJ
B. Bosca	332.5	250	345
R. Morrison	297.5	157.5	272.5
M. Lutz	272.5	272.5	272.5
K. Lewellyn	107.5	60	135
F. Higgins	147.5	145	100
F. Richards	132.5	82.5	102.5
J. Henderson	160	102.5	167.5
F. Belcastro	67.5	110	125
F. Bridges	247.5	145	235
E. Driggs	215	127.5	227.5
T. Dorn	205	112.5	220
I. Dunney	145	90	175
J. Mendoza	235	182.5	250
M. Form	227.5	137.5	272.5
B. Benton	210	102.5	227.5
M. Ercy	207.5	135	202.5
B. Lopez	180	107.5	207.5
T. O'Brien	182.5	102.5	205
J. Nebcjal	180	102.5	192.5
C. Mekaly	217.5	185	265
T. Frantz	200	167.5	232.5
J. McLeod	260	165	230
S. Kolb	195	150	215
M. Liza	165	102.5	217.5
R. Belcastro	57.5	202.5	210
T. Lutz	325	175	300
D. Pluister	292.5	175	260
S. Stevens	205	130	230
S. Mangialardi	350	197.5	317.5
J. Prochaska	272.5	210	320
B. Ferro	287.5	175	272.5
L. Schmitz	180	115	192.5
L. Meffe	102.5	117.5	192.5
B. Zimmerman	327.5	210	290
M. Scholten	282.5	242.5	292.5
M. Boudi	250	147.5	265
S. Budde	195	122.5	250
D. Lively	275	215	327.5
R. Richards	215	127.5	250

Illinois Open	11/13/82 - Chicago, IL (kilos)	SHW	11/13/82 - Bordentown, NJ
Williams	181	947.5	181
Bestler	100	100	100
Labrad	400	400	400
Sam Mangialardi	420	250	480
Tripathi	420	250	480
Gym, Chicago Hts, IL	400	400	400
I'm hoping that in the	400	400	400
next year or two this meet will be a huge an-	400	400	400
nual event. I hope to see a 123 Fred Hig-	400	400	400
gins lift 1919.5 lbs. in the country in the BP.	400	400	400
Tripathi did some super lifting at 148 total	400	400	400
and won best lifter for the lift in season.	400	400	400
181 with a 1471 total, but I would like to men-	400	400	400
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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.

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- Junior National Champion
- Mr. Nebraska

1981

- Senior National Champion
- World Games I Champion
- World Champion

1982

- Senior National Champion
- Silver Medalist — World

WORLD RECORDS — 220 lb. class

DEADLIFT: 1981—816 lbs.
821 lbs.
1982—832 lbs.

TOTAL: 1981—2066 lbs.
1982—2077 lbs.
2099½ lbs.



POWER BY CASH T-SHIRTS
\$8.00

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

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

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

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Jr. (below Class II) Indiana State
11/6/82
New Albany, In

J. Russ	395	260	470	1235
S. Hight	410	255	520	1215
S. Hight	440	255	520	1215
K. Wertman	460	265	475	1200
J. Stull	420	235	520	1175
A. Dinger	430	235	490	1170
C. Nosterwald	430	225	490	1145
J. Judge	430	225	490	1145
D. Perkins	410	310	420	1140
M. LST				
M. Ulum	450	325	540	1315
B. Young	525	270	560	1355
M. Haley	460	290	490	1240
B. Baiter	420	285	470	1175
C. Loehlein	600	320	550	1470
C. Schmidt	300	250	565	1255
R. Hartmann	400	250	510	1160
S. Shaw	450	310	510	1270
M. McArthur	460	290	510	1260
Best lifters: I. C. Kahllein, 2. M. McArthur; best winners: 1. Pitt; 2. So. Ind Health Ctr; 3. St. Marks; 21. Sponsored by So. Indiana H.C.C.; thanks to Larry Traub for results.				

NSCA Edzell Base Tournament
11/20/82-Edzell Base, Scotland
BP DL T

R. Brown	160m	215m	255m	630m
M. Turner	350m	210	385	945
K. Coff	320m	240m	420m	980m
K. Grimm	250	245	375	870
K. Grimm	195	265	320	780
M. Luman	340	225	365	885
D. Dodd	335	245	440	1020
D. Dodd	230			
D. Dodd	235	185	335	755
G. US Navy in Scotland	1125			
in Scotland record: Outstanding lifter: best sq				
Mens. lift: M. Turner, menshywt: D. Dodd;				
Best BP: mens lift: R. Brown; hywt: G. Hul-				
hywt: D. Dodd. Overall outstanding lifter:				
Michael Turner. On 20 Nov. 1982 Edzell Base				
held a base tournament for its newly formed PL				
class. The lifters who were the best were				
shown. It surely won't be their last. Thanks to				
Gary Fensler for results.				

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1981 world champion,
1982 world silver medalist
and seven-time world
record holder
JAMES CASH

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\$8.00 per course
\$15.00 for two courses
\$21.00 for all three courses

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A New Store... the MUSCLE MART, has opened in San Diego, California, to supply equipment and accessories for weight training and powerlifting. Doug Pettit, General Manager, stands in front of the MUSCLE MART at 7876 Convoy Court, San Diego, and invites all lifters to come by and visit.

March 5th, 1983 (Saturday)
FOURTH ANNUAL Georgia Teenage Open Powerlifting Championships
 Three (3) age divisions: 14-15, 16-17, 18-19
 Three (3) places in each age division in each of the eleven weight classes.

May 7th, 8th, 9th REGION III Powerlifting Championships (Closed to Region III Area)
 Regency Mall, Augusta, GA

Six (6) Divisions of Competition
 Open Powerlifting
 Class II Powerlifting
 Women (all weight classes)
 Bench Press

for information contact TOM KING
 1130 Brookwood Dr., Augusta, GA
 Gym 803-278-1665
 Home 404-736-6269
 (Please call gym first, then home after 9:30 PM)

Sunflower State Meet 10/16&17/82-Manhattan, KS

97	J. Mock**	237*	105	297*	639*
105	A. Alexander	93	259*	584*	
106	S. Goodland	165	82	231	479
114	D. Tatum	264	132	336	733
123	J. Lewis	220	121	294	682
124	P. Longhine	347*	204	391	942
125	M. Scott	303	193	380	854
126	K. Taylor	155	121	231	507
132	J. Decker	303	206	380	930
133	D. Beaulieu	290	220	390	904
134	D. Reaser	248	187	264	700
135	R. Daniel**	182	115	243	540
136	R. Jones	457	325	573	1356
137	M. Breault	419	270	501	1190
138	D. Ulrich	413	275	483	1152
139	M. Michner	347	281	452	1080
140	V. Anderson	364	242	435	1041
141	B. Royer	386	198	391	975
142	E. Peterson	242	132	270	645
143	C. Voit	215	138	270	623
144	J. Thomas	220	88	253	562
145	T. Maloney	551	341	601	1495
146	R. Adams	446	303	490	1240
147	D. Mitchell	463	281	485	1229
148	T. Buch	413	275	483	1152
149	D. Bloch	452	253	468	1174
150	D. Davidson	402	237	479	1119
151	G. Acinger	419	270	501	1190
152	M. Strawn	413	242	430	1086
153	R. Lowery	364	259	452	1052
154	J. Crain	336	259	452	1052
155	R. Ross	325	204	380	799
156	M. Fright	612*	391	678	1681*
157	H. Bell	524*	341	584*	1394
158	J. Ballester	501	325	529	1300
159	J. Baldrax	441	325	529	1295
160	S. Hadley	485	275	501	1262
161	B. Carulis	419	314	501	1234
162	R. Bethke	402	286	485	1195
163	B. Reed	424	275	501	1179
164	M. Jayson	391	259	507	1157
165	G. Dodson	380	253	529	1135
166	M. Drenseau	413	270	424	1108
167	C. Taylor	386	170	419	987
168	T. Taylor	253	110	259	623
169	J. Tarant	509	341	623	1303
170	H. Douglas	601	341	645	1587
171	D. Young	584	336	601	1521
172	A. O'Neill	518	380	529	1394
173	P. Housh	562	319	507	1389
174	T. Stout	490	308	523	1311
175	B. Gemma	479	308	523	1311
176	E. Steinacker	413	253	523	1190
177	D. Oehrich	424	226	523	1185
178	J. Jensen	452	253	457	1163
179	Z. Sanchez	650	353	700	1703
180	A. Allen	650	360	650	1686
181	R. Molden	722	364	601	1686
182	J. Oesch	546	330	578	1449
183	R. Pierce	435	286	529	1251
184	J. Gaida	441	270	490	1201
185	D. Harris	408	256	452	1147
186	M. Kearney	384	198	430	992
187	T. Thompson**	683	479	705	1868
188	K. Ufford	594	341	601	1548
189	W. Vogel	518	325	672	1515
190	A. Gillan	507	352	545	1405
191	M. Davis	452	319	507	1273
192	M. Bartlett	501	336	540	1379
193	B. Smith	661	529*	689*	1879*
194	M. Farney	661	375	683	1719
195	S. Bryan	601	452	534	1587
196	M. Say	500	308	545	1394
197	B. Pederson	615	308	620	1716
198	M. Schuller	711	430	634	1774
199	R. Rogerson	634	369	606	1669

team; 2nd: The Body Building. The 1982 Sunflower State Pl Championships will have its own concept. No less than 96 lifters entered the two day meet with only one lifter bombed out. 13 new state records were established in the two state classes. The following are the two state records awarded: 66 medals, 2 outstanding lifter trophies; 2 team trophies, and for the 1st time one courageous lifter award. This award went to Ron Daniels of the Sunflower State Pl Club. Daniels is an all-Ron lifter with partial paralysis to his right side and despite this handicap totaled 540 lbs. Upon receiving this award Ron received a live turkey. Daniels is a very successful lifter as well as the spectators could be seen crying, including yours truly. Congratulations, Ron. Jamie Mack became our first female lifter to win a state record. She totaled 220 lbs. in an unofficial world record DL attempt. What a future this young lifter has ahead. A special thanks to Eric Harth, Rod Peterson, Bob Daniels, and the Sunflower State Pl Club for a future in this sport. Without their help this meet could not have been successful. Also a special thanks to Dr. Fred Hatfield. His assistance in the Sunflower State Pl Club is a class gentleman and a great lifter. Thanks to Jim Cash for results and report.

London, Ont, Canada
 MEN-52kg P. Person 277.5
 D. Mungall 142.5 R. McGraw 157.5
 M. G. G. 97.5 K. Kellman 210
 C. Atkinson 137.5 A. Charbonneau 192.5
 60kg T. Guerrier 147.5
 70kg R. P. Haly 232.5
 R. Yeoman 187.5 D. Fustice 250
 R. Swan 182.5 L. Vanhulbeek 248
 M. G. G. 137.5 K. Charbonneau 220
 75kg J. Marlette 272.5
 85kg S. Martin 235
 97.5 M. Miniszewski 265
 M. G. G. 230 J. G. G. 230
 M. G. G. 210 D. Burke 312.5
 110kg M. G. G. 210
 125kg R. Thornburg 197.5 M. Labouille 227.5
 R. Whitehead 255 J. Green 305
 F. Wambangs 247.5 P. Randall 272.5
 D. Malling 222.5 F. Parrini 257.5
 M. G. G. 210 J. Gray 332.5*
 F. Boucher 200 J. Gray 329*
 K. Silvestro 190 125 plus 329*
 M. G. G. 210 J. Gray 329*
 M. G. G. 210 D. Hoffman 227.5
 K. Beutsch 215.7
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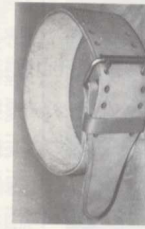
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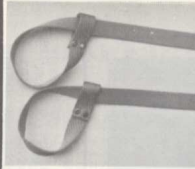
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11/13/82-Houston, Tx	
D. Jackson	215
I. Bright	217.5
L. Schmidt	215
C. Royce	227.5
Z. Fellet	265
E. Midfield	265
D. Lontos	187.5
C. VonBender	152.5
D. Lontos	200
H. Heath	200
F. Gomez	192.5
S. Montgomery	170
K. Gibson	200
B. Ranken	215
J. Haynes	230
K. Kish	230
S. Knieck	207.5
M. Miller	210
J. Ingeman	192.5
K. Dent	190
L. Micheltelli	147.5
O. Robert	198
O. Guitton	198
D. Adams	198
D. Lebowitz	232.5
R. Kincaid	232.5
M. Corder	232.5
S. McGough	230
B. Lowery	230
M. Dedman	182.5
J. Punch	182.5
M. Redus	232.5
L. Prince	242
Z. Smith	242
R. Henderson	247.5
C. Charlton	272.5
R. Ard	282.5
E. Meyer	282.5
M. Gough	282.5
M. Echols	210
Z. Smith	210
S. McGough	282.5
S. Phillips	282.5
P. Peterson	237.5

215	160	245	620
217.5	155	237.5	610
215	140	230	605
227.5	167.5	247.5	642.5
265	187.5	265	272.5
265	142.5	220	612.5
87.5	52.5	97.5	237.5
170	120	190	480
185	122.5	227.5	535
200	117.5	200	517.5
182.5	115	170	467.5
282.5	160	277.5	720
220	147.5	237.5	605
190	130	215	535
262.5	190	272.5	725
250	125	237.5	612.5
190	130	200	510
282.5	180	260	682.5
292.5	175	280	742.5
255	190	287.5	712.5
250	167.5	232.5	650
227.5	135	285	647.5
307.5	182.5	322.5	812.5
287.5	175	310	772.5
280	180	295	755
250	167.5	270	687.5
282.5	182.5	310	775
282.5	162.5	295	740
262.5	182.5	272.5	712.5
260	182.5	250	692.5
250	142.5	220	612.5
115	62.5	137.5	315
87.5	52.5	97.5	237.5
122.5	62.5	137.5	322.5
80	50	110	240

NSC Invitational-11/20/82	
WOMEN	181
S. Lumbert	202.5
P. Sullivan	217.5
D. Heeren	200
M. Strohchein	195
M. M. M. M.	200
D. Skillman	180
G. Heier	182.5
D. Nesler	177.5
B. Murphy	135
A. Warton	200
B. Swanson	162.5
B. Schwab	198
S. Glende	220
J. Trenthale	165
J. Alger	220
W. Jackson	242.5

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C. Reynolds	97.5
C. Crawford	70
W. deLacer	95
B. Specht	92
W. Winston	80
K. Raynor	87.5
J. Berger	100
A. Boh	85
R. Waldrop	112.5
S. Clayton	130
T. deLacer	117.5
M. Ferguson	127.5
P. P. P.	132.5
K. Raynor	87.5
J. DiStefano	117.5
T. Gurly	105
B. Flecker	87.5
D. Sney	107.5
B. Hairston	142.5
E. Blair	162.5
R. Hughes	127.5
R. Bourque	110
D. Campbell	220
D. Campbell	195
C. Walker	145
M. Robertson	137.5
S. Walker	205
SHW	60
SHW	280
Team trophy: Pensacola YMCA; Meet dir: J. Gannon; MC: V. Kilborn; clerk: Bro. Blomet and son; K. Hughes, M. Ferguson; Thanks to Joe Gannon for results.	

NSC Invitational-11/20/82	
WOMEN	181
S. Lumbert	202.5
P. Sullivan	217.5
D. Heeren	200
M. Strohchein	195
M. M. M. M.	200
D. Skillman	180
G. Heier	182.5
D. Nesler	177.5
B. Murphy	135
A. Warton	200
B. Swanson	162.5
B. Schwab	198
S. Glende	220
J. Trenthale	165
J. Alger	220
W. Jackson	242.5

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Vitamin B12 (Hydro Cobal Conc) 250 mcg
Biotin 250 mcg
Choline Bitartrate (d-Calc-Pan) 250 mg
Inositol 250 mg
Para Amino Benzoic Acid 250 mg

Vitamin C BioFlavonoids Factors Sustained Release

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Natural Selected Rose Hips 500 mg
Lemon Bio-Flavonoids 500 mg
Rutin 50 mg

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Iodine (Kelp) 1500 mg
Iron (Amino Acid Chelate) 45 mg
Magnesium (Amino Acid Chelate) 750 mg
Zinc (Amino Acid Chelate) 4.5 mg
Manganese (Amino Acid Chelate) 15 mg
Potassium (Potabate) 100 mg
Selenium (Yeast 21) 150 mcg
Chromium (Amino Acid Chelate) 150 mcg

** - Adults and children 12 years of age or older.

** - U.S.F.D.A. not established.

*** - Need in human in human nutrition has not been established.

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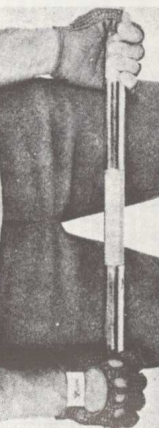


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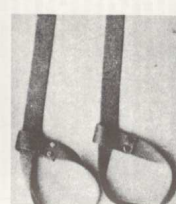
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By Bob Morris



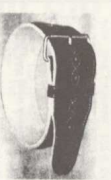
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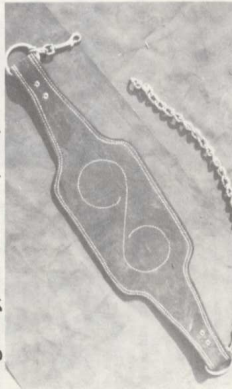
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Lee Moran... making tremendous progress in every meet he enters, just blasted up a 909 squat at 275 in the Iron Man contest, and locked out a 600 bench twice, only to be ruled out for head raise. Tuttle photo.

Iron Man/Iron Woman Meet
12/4/82-San Jose, Ca

WOMEN'S DIVISION	W	BP	DL	T	M. Clason	600	330
L. Brewer	170	104	226	501	J. Bartolome	407	
C. Hall	231	115	242	611	D. Hazlewood	655	374
E. Nizer	214r	93	319r	628r	D. Server	529	380
M. Goldstine	198	110	264	573	C. Auerwald	700	407
M. Goldstine	198	110	264	573	G. Auerwald	700	407
J. Keat	176	88	246	551	G. Riley	562	435
M. Silva	292s	165	303	766r	D. Packer	633	391
L. Wallace	192	104	225	573	C. Prokop	633	391
L. King	192	104	225	573	L. Castillo	424	341
L. McCowan	203	104	231	512	T. Cera	474	308
L. Dale	176	88	246	551	P. Malae	766r	407
S. Springsteen	259	154	308	722	M. Eason	600	
F. Krauss	237	126	292	655	P. Ridley	606	418
K. Silva	203	104	231	512	M. Bacca	677	411
N. Dixon	170	93	275	540	D. Smith	650	374
K. Kosik	237	126	292	655	J. Mills	650	374
R. Ford	330c	182c	358	823c	R. Hickey	622	429
P. Doler	303	154	308	722	M. Smead	540	365
K. Barfetto	237	126	292	655	R. Medeiros	617	325
A. Barrescu	226	148	286	661	L. Moran	909N	578r
S. Ripon	203	115	248	567	W. Robinson	705	501
K. Waldors	165	71	170	407	T. Phell	705	474
J. Cheng	286	121	324	782	D. Van Brocklin	606	418
C. Lara	264	154	330	749	B. Hart	672	402
C. Sorenson	220	126	303	650	M. Cronidis	672	402
R. Olmsted	275	181	314	771	L. Moran	909N	578r
L. Mariano	363	209	424	997	W. Robinson	705	501
L. Healy	325	181	347	854	T. Phell	705	474
J. Schenayder	358	275	435	1069	D. Van Brocklin	606	418
R. Tsuboi	490	325	496	1311	S.H.W.	540	365
R. Mendez	424	319	485	1229	B. Hart	672	402
D. Buckingham	429	319	485	1229	M. Cronidis	672	402
B. Thompson	330	330	330	1036	L. Moran	909N	578r
K. Crifalano	501	325	595	1422	W. Robinson	705	501
P. King	551	380	490	1422	T. Phell	705	474
B. Blum	523	303	463	1289	D. Van Brocklin	606	418
B. Saranzo	523	303	463	1289	B. Hart	672	402
R. Sorenson	424	319	485	1229	M. Cronidis	672	402
M. Cites	446	308	451	1207	L. Moran	909N	578r
M. Nardello	373	246	394	1499	W. Robinson	705	501
E. Agnaiti	351	246	394	1499	T. Phell	705	474
R. Nardello	351	246	394	1499	D. Van Brocklin	606	418

...the selenium supplementation mentioned in the article on high blood pressure in the December issue of Powerlifting USA mentioned 25-200 micrograms, when it should have been 25-200 micrograms.
New Officials... new Region 8 Chairman is Steve Sparr, 19 Jackson Oaks Dr., N. Little Rock, AR 72116, (501-835-3086). New Missouri Chairman is Frank Wilmoth, 1101 S. Missouri, Liberty, MO 64068, (816-781-0069)

THE ELITE DEADLIFT BAR by Chip McCain

As I did before with the Elite suit, I'm happy to have the opportunity to explain the newest research and design of our deadlift bar. Many hours of thought, time, computer synthesis and statistical analysis were spent, even before the first prototype was made. Much thought and credit goes to Jim F. Speedy, mechanical engineer and friend, as he was an integral part of the design of this product.

Let's first take a look at the historic evolution of the bars we use. In the dark ages of our sport, the standard olympic bar was used. As the weights approached 700 lbs. and seven fat plates were loaded on each side, the bar became much too springy and unmanageable. Quickly, barbells companies took up the slack and thicker bars of different alloys were designed to complement the heavier weight ranges. The stiffer bars solved the problem of instability and during the years to follow, squats and bench presses have soared, however, at the expense of slower deadlift progress. Think back to the deadlift records of 6 or 8 years ago (Gant, Anello, Kuc, Reinhardt). These records have been broken by 5 to 20 pounds, while the squat records stand at least 100-150 lbs higher.

A quick look at this problem leads us to the answer. The physics of today's power bars is the exact opposite of the optimum deadlift bar. A stiffer bar means the weight head dead off the floor. This reduces the acceleration of the lift as demonstrated in the weight distribution of the Elite. Power bars, as demonstrated in the Elite, have a diameter of 1 1/2 inches. Power bars being up to 29 cm in diameter. Inhibit a lifter from wrapping as much hand and fingers around the bar as a minimum diameter bar does. This along with what I consider to be the inefficient knurling patterns of today's bars, causes the heavy deadlifts to be dropped.

At this point the Elite deadlift bar was invented, patent having been applied for. First, we took a statistical survey of 100 advanced lifters in a meet sticking point and where that sticking point was. (Of note was that most all conventional deadlifters stick at the knee, those who use poor sumo form stick also at the knee, and correct sumo style causes a miss at the floor). We now had the information to target the style and performance of the bar and followed these three premises:

1. The springiness of the bar is essential to an explosive start. As the length of the bar is a maximum of 220 cm, no adjustment can be made here. The length of the Elite is 220 cm. The Elite is loaded with 90 lbs of springs, the springs are spaced farther from the floor to the grip, the same as in the result as a longer bar. Now when a lifter explodes off the ground the bar flexes up to three inches and he doesn't feel the full weight load until the lift is well underway. THIS GIVES BETTER ACCELERATION.

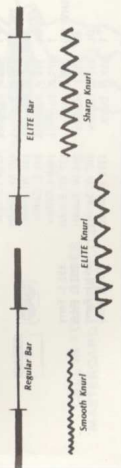
2. Momentum through the sticking point is critical. As most of the lifting populace sticks at the knee, we incorporated a particular alloy of metals, whose fracture point, modulus of elasticity, and hardness generate an upward rebound at the knee. This rebound is called the first harmonic, and is synonymous to plucking a guitar string - if pulled one way, it will rebound in the opposite direction. The timing here is critical because if the rebound is felt at the wrong time it can be counter-productive. The correct synchronization was calculated into the bar from our statistical data, using the average time the lifter takes to reach the knee.

For maximum grip, a bar has an optimum tradeoff between grippable surface, for maximum and snappiness of knurl. Some bar experts say that very little knurling is best and a smooth bar would be the best. Other bar experts say that if you make a smooth bar, the knurling very sharp, the grip is so secure that you won't drop it. Not true, as this is the point where the deadlift is lost to torn calluses. The tradeoff is 2/3s of the way toward the sharp knurl. Large coarse knurl with the sharp edges knocked off offers the highest coefficient of friction without damage to the hands. A second aid to the grip is the minimum diameter of the bar allowed by IPF rules. This allows better leverage, and the utilization of grip strength the lifter already possesses.

To conclude a quick summation will help you conceptualize the action of the bar. As the lifter explodes off the ground, there is a 3 inch spring before the bar even clears the floor. The weight will then accelerate to the sticking point, at which time it rebounds upwards, giving momentum through the lifter's feet. The bar then offers the best in grip while gutting the bar out, due to minimum diameter and unique knurling pattern. The rebound on the left unspreads it. What about the correct sumo style deadlift, with the spring off the floor being of course, Mike Bridges? Mike Bridges is a textbook example of correct sumo form. Mike liked the Elite bar so much after the Senior Nationals that he personally offered to endorse the bar for free. You decide.

The Elite Deadlift bar is the bar of the future. It has been used at the 1982 Senior, National Cup Invitational, and will be used at the 1983 Seniors and North Americans. Please refer elsewhere in the magazine to the ad and I would be very pleased if, after lifting on one, you would drop me a line with your opinion and feedback. Train hard, and let's get the deadlift records back to where they should be.

To our sport, Chip McCain, President, Elite Sales, Inc.



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