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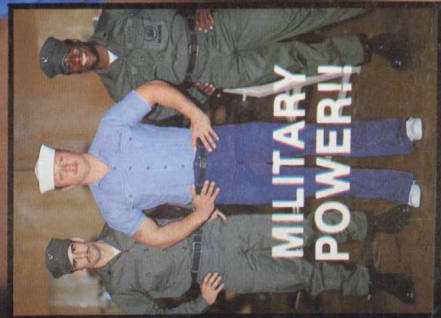
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# Powerlifting-U.S.A

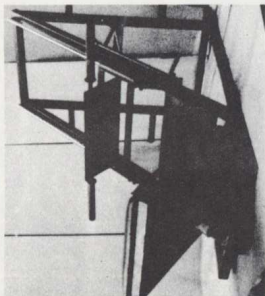
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WOMEN'S  
 NATIONALS

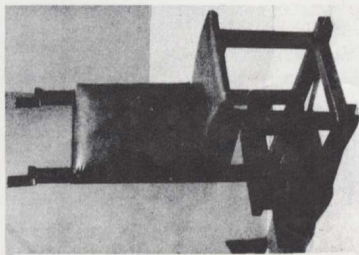


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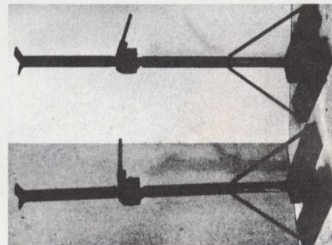
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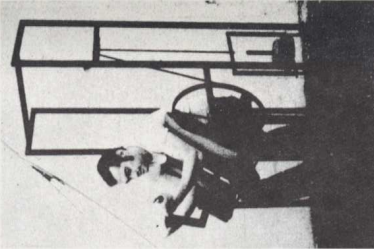


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Meet Director: Mr. Ken Delong, P.O. Box 3876, College Station, TX 77844, (713)-845-3193  
Meet Site: Texas A&M University, G. Rollie White Coliseum, College Station, Texas

Entry Fee: \$15.00    Team Entry: \$2.00 per team member; all schools may enter a team  
Qualifying total must have been established between Monday, March 22, 1982 and Monday, March 7, 1983.

#### MEET SCHEDULE

**Thursday, March 24, 1983**  
6:00 PM - Open business meeting of the United States Collegiate Powerlifting Committee. All coaches, participants and interested persons should attend. The meeting will be conducted by Dr. Billy Jack Talton (Department of Health and Physical Education, Louisiana Tech, P.O. Box 3176, T.S., Ruston, LA 71272). Any agenda item for the meeting schedule should be mailed to Dr. Talton by Monday, March 7, 1983. The meeting will be held in the Aggeland Inn in meeting rooms B and C.

8:30 PM - United States Powerlifting rules clinics and tests

**Friday, March 25, 1983 - First Session**  
7:00 - 8:30 AM - (1st session) - Weight-in -- All Women's Weight Classes.  
9:00 AM - (1st session) - Competition starts in all Women's Weight Classes.

**Friday, March 25, 1983 - Second Session**  
2:00 - 3:30 PM - (2nd session) - Weight-in, Men's 52, 56, 60 and 67.5 kilo classes  
4:00 PM - (2nd session) - Competitions starts for 52, 56, 60 and 67.5 kilo classes.

**Saturday, March 26, 1983 - Third Session**  
7:00 - 8:30 AM - (3rd session) - Weight-in, Men's 75, 82.5, and 90 kilo classes.  
9:00 AM - (3rd session) - Competitions starts Men's 75, 82.5, and 90 kilo classes.

**Saturday, March 26, 1983 - Fourth Session**  
2:00 - 3:30 PM - (4th session) - Weight-in, Men's 100, 110, 125, and 125 plus.  
4:00 PM (4th session) - Competitions starts Men's 100, 110, 125, and 125 plus.

\*\* Trophies will be awarded to the top 5 lifters in each weight class at the end of each session.

TICKETS: \$3.00 per session, \$8.00 both days.

## Powerlifting-USA

Post Office Box 467  
Camarillo, CA 93011

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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.

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

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

Subscription rates: (US funds only)  
USA & CANADA, 1 yr.....\$18.00 US  
USA & CANADA, 2 yr.....\$34.50  
Foreign, Surface Mail...\$24.00 US  
Foreign, Air Mail.....\$39.00 US

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ON THE COVER....Best lifter at the Women's Nationals, Ruthi Shafer. Inset, Mark Daniels, Doug Borden, Pierre Porter at the U.S. Navy Powerlifting Training Camp.

NEXT MONTH.....a Powerlifting Original, Eddie Pengelly

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This year's Women's Nationals took place in Illinois at a time of year when snow and rough weather often has things started up a bit, but meet director Ralph Sessa picked his days just right and outside the large Holiday Inn in Rosemont, just a couple of tax meter ticks away from O'Hare airport, the weather was warm, considering the season. Fortunately all the action was inside the hotel, where one of the hotel's conference rooms was converted into a temporary powerlifting stadium. Personally speaking, I have to say that I have never seen such courtesy by the staff of a hotel as the Holiday Inn people showed. Ralph Sessa reports that the hotel management was well pleased with the competition and with the help of some local businessmen, Ralph is thinking of bidding on another national meet in the future, perhaps the Men's Seniors. The recommendation of the Women's Committee was that Austin, Texas be the host of the 1984 Women's Nationals, sponsored by Chip McCain with a bid package much the same as his offer for this year's Men's Senior Nationals.

The competition in several classes at this year's meet seemed much tighter and more inspired than any of the previous Women's competitions, and it would have been beautiful to meet for a TV network to carry some of the political machinations had been attributed away. There were some new faces in several classes, and a number of people who were new to the sport. The winners avoided a meeting scheduled by Jan Todd and went instead to one of the hotel rooms to make their decision, 9-1. The favor of Doyle Kennedy and Walter Thomas. Despite the troubles, I see a solid team spirit growing among the powerlifters, eagerly shopping for the best lift fares for the team, seeking out corporate sponsorship, and combing for the trip. Furthermore, the girls have shown an insatiable desire to generate good PR for the sport, so that it can flourish and bring in more great female athletes.

So what like last year's competition, the possibility of drug testing at this competition (about of the volunteer type) was used between year and no almost up until time. Yes, Bill Jamison would be there to run the IPF approved drug control test for those athletes who would like to get official world records. No, he would not; Yes, Mauro DiSessa would take his place. No, he would not; Yes, he would, but only for one day. Finally, Vic Mercer appointed two Americans to handle the testing. Jan Todd and Nate Foster. Now those appointments are under protest by the Executive Committee of the U.S.P.F. The Executive Committee of the U.S.P.F. agreed to the voluntary testing concept only when it was made clear that U.S.P.F. funds, on the team side now that no television money is coming in, would not be used to finance the drug control of lifters prior to payment for the processing of the urine samples in England. (Private funds became available.) Of the many girls who exceeded the listed World Records (15 or so), 4 took the IPF test. Hopefully, the test results will be available soon. It is evident that there were many reasons for the others not taking the test. Some had been taking medication for allergies, minor illnesses, etc. and were told by Dr.

# WOMEN'S NATIONALS

**by Mike Lambert, Powerlifting USA, Editor**

**Maijck Ms. Jones used no sleight of hand, just raw pulling power.**

In the 114 pound class Cheryl Jones produced a splendid total, just the way winners are supposed to, by making almost every attempt and handling big numbers at the same time. Joan Fruth, coached by Chip McCain, seemed upset by the defeat to the competition, but she fought back against each of the lifts. Terri Hoy was steady, improved in squat and deadlift over last year, but ended up 3rd again. Alaxtha Martin, from Alaska, toughed out some great deadlifts after nearly exiting early in the squats. Cindy Russell, strong and tall, seemed a real factor, attempting up with world record exceeding squats, but couldn't manage an acceptable bench press.

In the 105s, records flew like sparks off a grinding wheel. Terry Dillard is now Terry Blanchard, and as the most consistent top level performer in Women's Powerlifting history she had to be considered the favorite, but Diana Rowell, whose training under the stern eye of Doyle Kennedy in Oregon has been intense and extremely productive, simply soared away from Terry in the deadlifts, but right beside her was newcomer Majik Jones, trading record deadlifts and totals with Diana left and right. Both Diana and Majik looked like they have the power to break the 400 barrier in the deadlift. The best deadlift in last year's nationals in this class was 341 (by another Kennedy trainee). Terry remained the same gracefully strong person she's always been, perhaps showing a bit more of a mellow smile

**Cheryl Jones, started off the Florida onslaught, 3 winners in all.**

Cheryl Jones, started off the Florida onslaught, 3 winners in all.

**Diana Rowell, outstanding puller.**

than at previous meets, and is obviously very happy to be married to her husband Pat. The competition that followed the Top Three was packed close. Former World and National Champion, Donna Wicker, announced as being 5 months pregnant with her 2nd child, tried hard, and Linda Madzey and Michelle Evis, both disappointed bomballs.

In the 114s, it was another ferocious contest, and defending champion Vicki Steenrod had to improve some 77 pounds over last year's performance to hold off the charge of Carol Paterson, Felicia Johnson (member of Ernie Frantz's team), a much improved Mary Ryan, and be-ribboned Linda (formerly Chicago, now married to Jan) Shierlow. The benching was just incredible, with one lifter outdoing the others, one after another, and there were some inspired deadlifting as well, with Northwester Carol Paterson nearly finishing it out, but after a massive 374, 385 was just too much. Many of the heavier deadlifters did not have much rest between attempts, otherwise, they might have done a considerably more. Kathy Tonne, staff photographer for Natural Bodybuilding Magazine, did some good lifting, though she certainly wanted more, and Bobbi Falcono was inspired as well. Quietly, she showed how happy she was with herself by skipping off the platform after her final deadlift.

**Vicki Steenrod...was one of many excellent bench pressers in the 174s.**

Vicki Steenrod...was one of many excellent bench pressers in the 174s.



# STARTIN' OUT

A special section dedicated to the beginning lifter

## Where and When to Train as told by Don Pfeiffer

equipment can actually be a pro-  
blem, as you can be enticed into  
spending too much time performing  
exercises that are non-productive  
with regard to powerlifting.

Equally important as where to train  
is when to train. You should attempt  
to schedule your workouts during a  
time when you will be both mentally  
and physically prepared to do your  
best. To train when you're physical-

ly ready but not mentally, or vice-  
versa, is a mistake and your  
workouts will suffer as a result. The  
mind and body should be given  
equal consideration when determin-  
ing what time of the day to train.

Determining when you are at your  
physical best is strictly an individual  
matter. Only you know when your  
personal energy levels are at their  
highest. Don't be afraid to experi-  
ment. You may think that your  
energy levels for training are highest  
in the evening when in reality they  
are actually highest in the early mor-  
ning, but if you've never trained early

in the morning you'll never know.  
Experiment with different training  
times and then compare notes. On-  
ly then will you know when you are  
at a physical peak.

Training when you are mentally  
prepared is important because it is  
the mind that enables you to reach  
the level that you are capable of.

We have previously learned that  
there is actually no such thing as a  
perfect routine. There is, however,  
an optimal routine for every in-  
dividual. A powerlifter - to reach your  
potential in the least amount of time,  
this optimal routine is the result of  
careful planning and analyzing all of  
the variables that affect your training.  
No two individuals will have exactly  
the same optimal routine. In some  
cases the difference will be slight,  
while in other cases the difference will  
be substantial. Therefore each in-  
dividual must take the necessary time  
and effort to determine the best  
routine for him and not blindly follow  
the routine of some champion or  
friend.

In planning your optimal routine  
every factor must be considered; no  
variable is too small to be overlook-  
ed. There are very few training  
variables that by themselves will have  
much of an effect on your training.  
However, the collective total of all  
the training variables will have a  
substantial effect upon your training  
progress.

The decision of where to train is  
usually determined by four factors:  
economics, type and amount of  
equipment available, location, and  
who trains there. All of these factors  
are important, but there is one con-  
sideration that is not listed that is  
more important than all four combin-  
ed and that factor is training at a  
place where you are able to focus all  
of your energy on the training; where  
you can concentrate totally on work-  
ing out and not have to worry about  
being interrupted. For some people  
this may be at home, for others it  
may be at a commercial gym, while  
for someone else it may be at school.

In all cases the reason for selecting  
a particular place to train is because  
it affords you the best opportunity to  
concentrate on your workouts. The  
options available as to where to train  
will vary from one person to the next,  
therefore I can't recommend one  
singularly 'best' place to train, but  
please make the training atmosphere  
the reason for selecting a particular  
place.

Let me offer a couple of sugges-  
tions. First of all, training at home is  
not always as good an idea as it  
seems. Phone calls, kids running  
around, the radio blaring, etc., can  
make your workout seem like one  
constant interruption. Secondly,  
don't be misled by the amount of  
equipment a particular gym may  
have. As a powerlifter your needs are  
relatively simple. You only need the  
basic equipment: barbells, dumbbells,  
squat racks, benches and maybe a  
couple other pieces of equipment.

Lifting too big a variety of exercise

## Women's Corner



Best Lifter, Ruthi Shafer begins her new column in Powerlifting USA.

Hello Fellow Women Powerlifters, and welcome to the 'Women's Cor-  
ner', a new column dealing mainly with women lifters and the issues that  
affect them. Hopefully it will prove both informative and entertaining. In  
this year's Nationals proved to be not only fiercely competitive but also  
very political. Again it seemed our meetings did not accomplish much, other  
than electing a few new people to various committees. Jan Todd was recom-  
mended by a majority of the committee to serve as women's chairperson.  
This was not done by a majority vote of the women themselves, just the  
committee. We did not have time to deal with what I feel are the most pressing  
issues of our sport, such as our lack of media support or our terrible finan-  
cial shape. Hopefully, next year we will move these issues up on the agen-  
da and try to deal with them.

This year was also an experiment with 'voluntary' drug testing; it proved  
down by the Executive Committee twice, with heavy lobbying. Jan Todd  
managed to push it through as long as she could arrange outside funding.  
Unfortunately, certain leaders in our sport used this exercise as a vehicle  
to 'label' lifters, not only in private, but also publicly. There are now three  
documented cases of certain leaders in the sport talking to newspapers in  
the townsmen of various class winners and providing both false and  
slenderous information. Fortunately, the papers had enough intelligence to  
verify these stories before they were run. The damage done by those half  
truths will directly affect each one of you who lift. A reporter from a sports  
magazine called the personally to verify some very damaging reports given  
her by our leaders. She made the comment, 'If your sport continues to allow  
this type of publicity, you will never grow.' Ladies, this is a very scary situa-  
tion we are in; we cannot allow these people to continue their destructive  
methods of 'media hype'; they will continue to ruin our credibility and our  
image. We must rid our ranks of these trouble makers. If you see or hear  
of someone who is deliberately writing articles or making speeches against  
lifters personally, running them down and making character assassinations,  
report it. Write the magazine or newspaper; tell them we don't need or want  
that kind of publicity for our sport. Write Dr. Conrad Cotter and report it.  
This is the only way we will be able to put our sport back on a positive track.  
If we can't say something good about our fellow lifter's performances,  
we shouldn't say anything. We are allowing many good lifters to be hurt  
needlessly. In order to be appealing to the public, i.e., sports television, we  
must settle our problems within the sport; there is no need to 'air our dirty  
laundry' for the rest of the country.

On to something more positive. It looks like we will be sending another  
outstanding team to Australia to represent the USA. Although the coaches  
have not been announced, the women voted mine to one to name Doyle  
Kerby head coach and Walter Thomas as assistant coach. Next month I  
will be bringing you a preview of the Worlds and an inside look at the team.  
I am looking for ways around the country, especially those of you  
who live in those out of the way places, like Putaski, Tennessee or Anchorage,  
Alaska. Sometimes you get overlooked and I would like to be able to in-  
form you of the country on how and what you are doing. I am more  
interested in personal stories than meet results. If you know a lifter, whether  
master or beginner, and you think they are worth writing about, fill me in  
on them. My address is at the end of this column. I welcome your com-  
ments and ideas. Till next month, keep training hard.

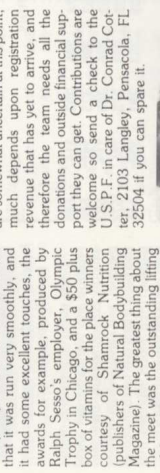
Ruthi Shafer, 4067 NW 1st, Gresham, Ore 97030.

meeting was quite close, and a policy  
to test in the future could be approv-  
ed as a result of votes taken at the  
meeting. Whatever the result of the  
voting, the policy of the U.S.P.F.  
should be crystal clear months before  
the next Women's Nationals so that  
the competitors have no doubt,  
especially in the weeks just before the  
contest, about the circumstances of  
the competition. If testing is approv-  
ed, the procedures should be well  
understood by all, and adhered to  
absolutely. For the past two years,  
this has not happened.

I understand that the winner of  
each class has, logically, been  
selected to the official team for the  
World Championships, and they all  
deserve your congratulations for their  
achievements and, furthermore, for  
the fact that they will undoubtedly do in  
Australia. By the way, projections  
about the finances of the U.S.P.F.  
are somewhat uncertain at this point,  
much depends upon registration  
revenue that has yet to arrive, and  
donations and outside financial sup-  
port they can get. Contributions are  
welcome so send a check to the  
U.S.P.F. in care of Dr. Conrad Cot-  
ter, 2103 Langley, Pensacola, FL  
32504 if you can spare it.

My impression of the meet was  
that it was run very smoothly, and  
it had some excellent touches, the  
awards for example, provided by  
Ralph Sere's employer, Olympic  
Trophy in Chicago, and a \$50 plus  
box of pianos for the place winners  
courtesy of Shimmer Nutrition  
(publishers of Natural Bodybuilding  
Magazine). The greatest thing about  
the meet was the obvious caring  
of the athletes in the old and in that  
respect some giant strides of progress  
were made. On the other hand, just  
like last year, there remain pre-meet  
confusion about drug testing, similar  
inquiries about drug testing alter-  
wards and nearly identical con-  
troversy surrounding the selection of  
coaches for the world team.

Whether there will be full I.P.F. drug  
testing at the 1984 Women's Na-  
tionals in Texas (and the Men's  
Nationals for that matter) is a question  
that can be placed on the agenda for  
the National Committee of the  
U.S.P.F. to decide at the annual  
meeting in July of this year (prior to  
the Men's Seniors). The vote on this  
same basic matter at last year's



Maris Sternberg, happy 198 winner.

meeting was quite close, and a policy  
to test in the future could be approv-  
ed as a result of votes taken at the  
meeting. Whatever the result of the  
voting, the policy of the U.S.P.F.  
should be crystal clear months before  
the next Women's Nationals so that  
the competitors have no doubt,  
especially in the weeks just before the  
contest, about the circumstances of  
the competition. If testing is approv-  
ed, the procedures should be well  
understood by all, and adhered to  
absolutely. For the past two years,  
this has not happened.

I understand that the winner of  
each class has, logically, been  
selected to the official team for the  
World Championships, and they all  
deserve your congratulations for their  
achievements and, furthermore, for  
the fact that they will undoubtedly do in  
Australia. By the way, projections  
about the finances of the U.S.P.F.  
are somewhat uncertain at this point,  
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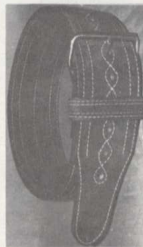
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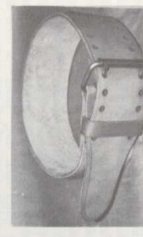
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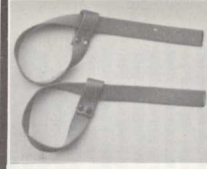
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## ★ WHO'S WHO IN POWERLIFTING ★

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



Ray Woody achieved instant fame at the 1980 Worlds in Arlington, who working as a spotter he took 1981 debut across his leg when Dave Waddington had to dump it. He has fully recovered from the injury and recently totalled 1780 in the Superheavyweight division. Ray would like to credit Dennis Marken for his success in Powerlifting so far.



Tommy Blalock, nicknamed "Raging Bull", is 30 years old and has been lifting for 2 1/2 years. Last November he had his most recent competition in the 220 lb. class where he made lifts of 650 385 630 1665. His current training lifts total near 1750, and by 1985 he plans to total near 2000 and get into national competition. Photo/John Tombone



Julie Ross, 18, of Toledo, Ohio had competed only 3 months before winning the Southwest National Novice meet in Norman, Okla., where she set meet records in squat, deadlift, and total. She plans to be at the Teenage Nationals this year. A senior at Woodward High, she plans to make Powerlifting her career. Photo/Info/Ray Henderson



Mike Giardina has lifted in powerlifting and "odd lift" meets since 1960. 87 altogether, and he has placed in 83 of them, including a 3rd place in the National Masters. He also coached the Elmira PL team to 21 straight team victories between 1960 and 1965, and now serves as Strength Coach for Elmira Free Academy. Patten photo.



Brett Brumley, age 22 months, has gone to the gym with father Loran for the past 8 months and has learned the 3 Powerlifts all by himself, showing perfect squat technique and good form in the deadlift. His coordination isn't up to benching yet, but he's done a 30 lb. squat with signals, a 35 lb. d-lift, and even has a good gym yell. Brumley photo



Bharat Bhusan of India lifted in the 1978 World Championships in Finland and is the President of the Central Northern India Powerlifting Association, as well as being the Secretary of the Delhi Powerlifting Association. He was also meet director of the 1979 Indian National Powerlifting Championships which took place in Delhi.

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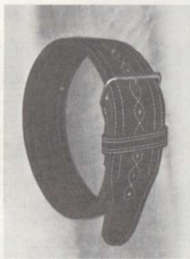
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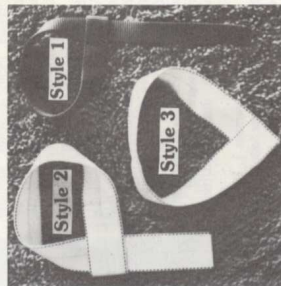
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# POWER PROFILE

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

## JANICE JOHNSON Teenage Powerlifter Elite

By Bernard A. Johnson



The weight room in Chicago's Welles Park fieldhouse was quiet on a late evening in October of 1981. It wasn't that it was empty; the usual complement of lifters and spectators were there, but as had happened more and more frequently over the last couple of months, more spectators were filtering into the room and more lifters were pausing from their routines to watch a girl named Janice lift.

Two months earlier, Janice Johnson, a 16 year old junior at Chicago's Lane Technical High School had started using the Welles Park free-weight room. She had attended a track and field camp at the University of Illinois during the summer and the coaches there told her that working with free-weights would improve her tosses in the shot-put and discus. She already had a Chicago Public High School champion's gold medal in the Shot-put (no small feat in a city that has 68 public high schools) and she wanted a gold medal in the Discus to go with it. So she worked free-weight bench presses, incline benches, shoulder presses, wrist curls and squats - using weights that many of the male lifters found hard to believe.

It was on this evening that Larry Shulchik, the weightlifting instructor at Welles Park, suggested to Janice that she become a powerlifter. He told her that there was a meet coming up in about three weeks (the Illinois Open) and that she should enter it and spend those weeks learning the rules of powerlifting so that she wouldn't get disqualified on a technicality.

And so on November 1, 1981, a little over one year ago, Janice Johnson made her powerlifting debut. She went 9 for 9 with no red lights on any lift, squatting 253, bench pressing 176 and deadlifting 303 for a 732 total. She placed second in the 165s behind Purdue University's Ruth Welding.

At the time Janice entered the Illinois Open, she knew nothing about lifting shoes, lifting wraps, lifting belts, or lifting shoes. She had competed wearing a high school boy's wrestling singlet and tennis shoes. She also knew nothing about qualifying totals for powerlifting classification awards or for entering the Women's National championships that were coming up in February.

Pat Malone, the Purdue Powerlifting Team Coach, told her that she had qualified for a Class II patch at her very first meet. He also told her that she needed a 772 pound total to enter the Women's Nationals. His suggestion was that she enter the Region VI championships that were to be held the following month in Lafayette, Indiana.

And so in December, 1981 Janice entered her second meet. She lifted well, squatting 303, bench pressing

Greensburg, Pennsylvania in August. There she took first place in the 165s (16-17 year old category) which gave her a 'National Champion' title to go with the records she already held.

Next came the Purdue Women's Natural Powerlifting Classic in September. Weighing in a 168 pounds, she lifted in the 181s and had a great day. She set a new teenage record in the squat with a lift of 391 pounds, equaled Vicki Gagne's teenage record (16-17 year old age category) in the bench press; and set a new teenage deadlift record. For her splendid performance, Jan took first place in the 181s and got the 'Champion of Champions' trophy as the best lifter, pound for pound, in the meet.

Returning home she began training for her next meet, the Region VI championships in November. She used a squat program written for her by Pat Malone. Larry Pacifico's bench press program modified with a 'heavy lockout' routine developed by Larry Shulchik and Andy Jackson's deadlift program. She was ready for the upcoming meet.

And what a meet it was! Jan broke her own teenage record in the squat with a lift of 402 pounds! Set a new record in the bench press with a lift of 203 pounds and set a new record with her 1008 pound total. She took first place in the 181s and got the second place best lifter award behind the legendary Diane Franz.

Of course, Jan realizes that her determination alone would not have

made her successful. She readily gives credit to the many people who have helped her. Without the valuable assistance, advice and encouragement she received from Pat Malone, Jan Todd, Judy Gedney, Larry Shulchik, Andy Jackson, Larry Pacifico, Rickey Dale Crain and others on training techniques, diet and nutrition, and other aspects of the sport, she would not have been nearly as successful as she has been.

It was a very rewarding first year of powerlifting for this dedicated and very talented young athlete; a third place finish at Women's Nationals, a first place finish at Teenage Nationals, a total of 11 teenage records, an ELITE classification award; a very auspicious beginning indeed!

As Jan entered her second year of powerlifting looking forward, first to the YMCA National championships in Columbus in early January and then to the Women's Nationals in Chicago at the end of January, it seemed certain that if she continued with the same persistence and determination that she had shown previously, she would have a very, very bright future in the sport of Powerlifting. Indeed, at the Y Nationals, she made lifts of 374, missing 407 twice, in the squat, a bench of 203, just missing 209, and a deadlift of 424, and a strong try at 473, and at the Women's Nationals, she went up to the 181 pound class, and again took third place in top level national competition. The future looks very bright for this Teenage Powerlifter Elite.

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# POWER PROFILE

**BOB DEMPSEY... by John Buckley**

To me, the sport of powerlifting conjures up images of giants pushing and pulling on mountains of unyielding iron. At 5 ft, 9 1/4 inches and 275 lbs with an extremely massive upper body and monstrous arms, 24 year old Bob Dempsey is the epitome of this simple and uncomplicated sport. His approach to the intricacies of the sport and his training are also refreshingly simple and uncomplicated.

Bob doesn't let himself get embroiled in any of the political controversies that have surrounded the sport of powerlifting. Instead, he just keeps trudging along, lifting heavier and heavier weights and basking in the self satisfaction that it brings him. His one burning desire is to win the Seniors and then the Worlds. After that he would like to compete in the Worlds Strongest Man contest. His powerlifting career has been characterized by steady, yet spectacular, progress. (If you can possibly call best official lifts of 854-523-821 and a third place finish at the Seniors with a 2166 total "unspectacular"). During his six year career he has won 3 National Collegiate titles, two Eastern American Championships, finished in a three way tie for first at the 1980 Juniors, but was reduced to third because of his heavier bodyweight, and has finished fourth at the 81 Seniors and third at the '82 Seniors. Despite all this he remains a relative unknown, perhaps because of his quiet workman like style of lifting and the quiet dignity with which he conducts himself.

During my interview with Bob, I gained a remarkable bit of insight into his personality and outlook on life in general. I commented on how low he squats in training. I could see my comment pleased him. He obviously took great pride in this and then he reminded me that all three of his squats at Dayton had gotten three white lights. He said he couldn't remember the last time he had gotten a squat turned down due to depth.

In training all his lifts are performed in letter perfect style; that way no unrealistic feeling of strength is developed and one's attempts can be gauged accurately. He can't see the point in training for months, traveling to a meet, and then bombing out due to improper performance of the lifts. The constant complaining of some lifters over referee calls puzzles him. He feels that, in general, these lifters are usually "cry babies", trying to put one over on the judges in order to gain an unfair advantage over other competitors. Bob feels powerlifting is a sport of pure strength and the strongest man is the one who should triumph, not the most. Furthermore he stated that prior to his trip to Dayton, people kept telling him that he would get shafted out in Ohio; that Wilson and Waddington are

per week. He likes to allow for two weeks of heavy in case of a slight injury, traveling, sickness or any other change in circumstances which might prevent him from getting in his planned workout. He works out three days per week and each lift is performed only once per week along with some assistance work. His assistance work is often dictated by his moods or whatever the particular time. Usually his cycle goes Monday: Bench Press. He works up to a heavy triple for the first 5-7 weeks of the cycle. The last 5-7 weeks he works up to a heavy double back off sets, one in which he "reps out" usually with a weight he can manage about eight reps with. His shoulder injury has caused him to experiment a great deal with his bench press grip and as a result he has managed his grip in a great deal so less stress is placed on his shoulder. Each week during his cycle he adds ten pounds to his heavy set. His best training lift was prior to the 1982 Seniors when he did a double with 500. After the bench press he does 4 sets of 6 reps in the seated dumbbell press. Then he does either 4 sets of 6-8 reps of lying tricep extensions or pushdowns. After that it's 2 sets of 10 reps in the front raise with dumbbells. In the assistance moves the number done, each set is heavier than the last and he increases the weights during the entire cycle. In the bench press itself he usually performs 5-7 sets leading up to his heavy double or triple. On the advice of Ernie Hackett, who has worked with him on his shoulder problem, he does no barbell assistance movements for his bench.

Wednesday-Deadlifts or Rack Pulls. One week he will do deadlifts and the next week heavy rack pulls. On each deadlift workout he adds 20 lbs to his highest set from the preceding workout, which, of course, was two weeks earlier. His best deadlifts in training are a triple with 730 and a double with 760. The rack pulls are done in a power rack and started with the bar just below the knees and pulled to completion. He has done a double with 805 and a single with 850 in this movement. He also tries to add 20 lbs per workout in this exercise. His assistance work on this day usually consists of 4 sets of cable rows. Sometimes he will instead do 4 sets of 6 reps of lat pulldowns, but he hasn't done them lately and feels that they may tend to aggravate his shoulder problem. On occasion he might do dumbbell rows and despite his formidable looking traps he only does shrugs about once every six months. He also does 4 sets of 6 reps of hammer curls on

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**Massive Arms.** Bob at the 1981 Seniors in Texas hauling up a deadlift man being the victor. Like Bob's philosophy. Of course this is only a temporary victory as the iron is always the eventual winner (even if your name is Mike Bridges), just as elements of nature, always eventually succumb, as he has since the beginning of time. Bob trains at Stones Gym in Hanover, Massachusetts (owned by Stone Enterprises Inc), and lifts for their powerlifting team. Despite their weight training equipment limitations it was remarkably refreshing. It might be pretentious of me to say so, but I feel that this is what most powerlifters should aspire to. Bob's philosophy. His cycles last 14 weeks and during this time he plans 12 heavy workouts for each lift, one

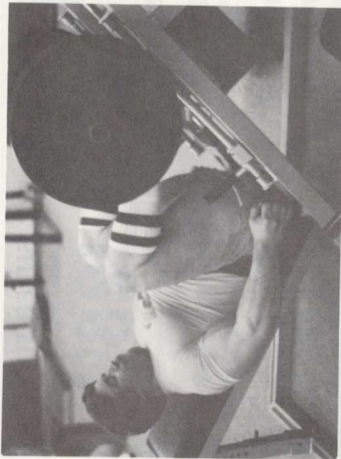
Saturday -- squats and leg assistance work. During the workout which I observed his leg assistance went like this: 10x135, 5x245, 3x335, 3x425, 3x525, 3x615, and 3x705. After this he did leg presses doing sets of 6 with 290, 300, 600 and then 830. When he did leg curls he really stresses form and doesn't concern himself with the weight because he feels it is too easy to cheat on this movement. After that he does two sets of 12 reps each in the donkey calf raise with first 285, then 305 lbs. This is something he just added to his routine in order to put some muscle mass as the put it, 'non-existent calves. Bob also mentioned that he felt one of the keys to a big squat is a strong back. He also mentioned that the lift the biggest value of assistance exercises is to develop some of the synergistic muscles which are so important in injury prevention.

Bob always uses a belt in training and wraps for all his heavier sets. During a meet cycle he always wears a suit, but only pulls the straps up for record attempts. Before his current cycle Bob managed to squat with 800 lbs without any suit. Just using wraps, gym shorts and a belt. Bob's best workout poundage in the squat is a double with 825 lbs prior to last years Seniors where he made 854.

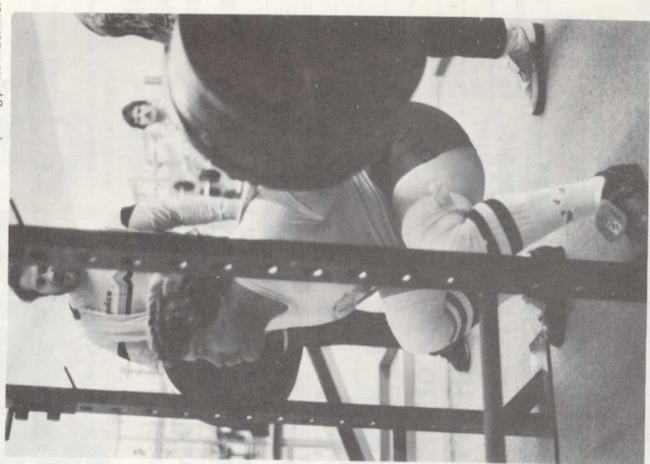
Looking at Bob's workouts, it would seem that many of today's lifters train harder than he does. Bob further states that it is only during the last month of a cycle that he has to mentally gear himself up for his workouts. During the rest of his training time he is only a little more than maintaining what he already has built and preparing himself for his next big buildup. He feels this approach helps him to stay injury free and mentally fresh. Psychologically he feels he would go stale awfully fast if he tried to lift too long at his highest level. Judging from the progress he has made this system works well for him.

As you can see from Bob's best training lifts he is not one of those men who lift fantastic poundages in training and are unable to duplicate them under meet conditions. This is no doubt due in part to the strict fashion that he performs his lifts during workouts. Probably even more important is his psychological

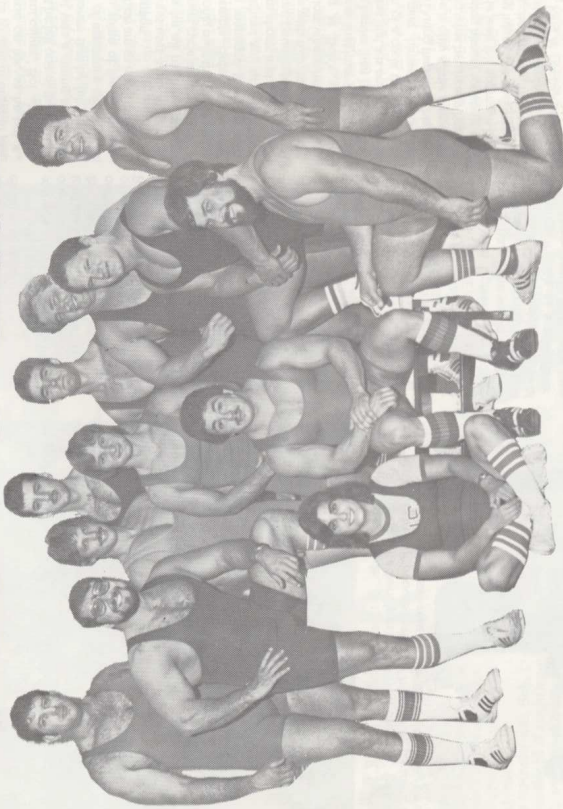
degree in Law Enforcement from Northeastern University in Boston and eventually he would like to go into that field. Currently he has had to put that ambition aside because of his present goals as a powerlifter. (The Massachusetts State Police have a distance running requirement and at 5 ft, 9 1/4 inches and 275 lbs, Bob doesn't exactly remind one of Sebastian Coe). In view of the sense of fair play and honesty with which Bob conducts himself on the powerlifting platform, I'm sure once he attains his powerlifting goals Bob will make a top notch Law Enforcement official.



**Training.** Dempsey Style...in these 3 photos by John P. Buckley, we see (top) Bob handing off a bench to a buddy in the gym, (below) hitting a nice deep squat to the encouragement of his training partners, and (below left) pumping out some heavy reps on the Stone's Gym leg press machine.



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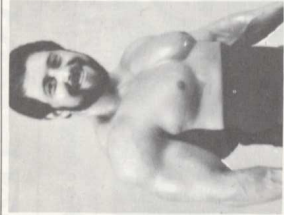
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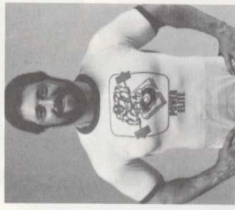


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# POWER PROFILE

## DOUG BORDEN...United States Navy's Elite by Willie Morris

The first time I saw Doug Borden was at the 1981 Virginia State Powerlifting Championships held in Stanardsville, Virginia in late March. Doug was lifting in the 181 lb class and was at that time a completely unknown lifter, having trained only a few months previous to the meet.

I remember the announcer calling Doug to the lifting platform to try a 560 lb Virginia state record squat. Everyone in the building turned to watch Doug get himself cranked up to lift. At that time, Doug looked a bit fragile to be handling that much weight, particularly in his first meet. He simply attacked the bar, ripped the weight off the squat racks and fought out a new state record squat. The way that Doug went after the bar on that day became his trademark. It is truly rare to see this much controlled fury from a 19 year old novice, lifting for the first time.

Let us now switch scenes to the 1982 YMCA Nationals held 9 months later in Columbus, Ohio. At that contest, quite a few of the world's greatest lifters were on hand and they got a good look at what would become one of powerlifting's latest phenoms. Doug stormed out and, as is his custom, tore through two consecutive squats of 650 and then a fantastic 722 lb. effort, but he was not quite through yet. He called for 771 for his final attempt, with everyone in the building watching and probably thinking that this 20 year old lifter, lifting in only his 3rd meet, must be crazy. He ripped the weight out of the racks and down he went. He cut the lift a little high and rose up with this huge weight; only to be greeted by 2 red lights and 1 white light. Unbelievable said some, but Doug Borden had shocked the powerlifting fraternity that day and made some true believers out of a lot of people.

Doug, in the 198 lb class that day, went on to a 2nd attempt bench press of 374 pounds and a very close try at 402 lbs on his 3rd attempt. Next the bar hit the floor and Doug's antics continued. He opened his deadlifts with an easy 644, and for his next attempt Doug took 705 for a tough 3 white light success. For his last attempt Doug chose 744, and he really went after the weight, but it was not to be. Doug finished up the day with a super 1802 Elite total and he was off and running.

Before going any further, I'd like to answer a question many of you are probably asking, "where does this young man get all that raw power?" Well, when this question was put to Doug, his answer was simply, "from my father." Doug's father was over six feet tall and tipped the Fairbanks (scales) at over 300 lbs with tremendous forearms to match the rest of his huge torso. Doug says his dad was an awesome sight, brute strong and a great arm wrestler. This, says Doug, is where he got his strength.



**Doug with 771 in the squat.** at the 1982 YMCA National Championships. His position throughout the lift was excellent, and there just was no way he wasn't going to come up with it. Then PL USA referred to him as a 'bulkless wonder', but since that time he has packed on a lot of meat and meet experience. A close look at his shirt indicates his plans for the 1988 World Championship; he's already the strongest Navy Man in the World!

Doug was born in Tusculumbia, Alabama, where he participated in several sports including football. He later married his high school sweetheart, Barbara. After high school Doug decided to join the United States Air Force and is housed by the Temple Hills PL team, the same club that produced the awesome Mark Chaitler. Doug moved up to the 220 lb class for this meet and through some of his friends, Doug says that Navy has been very good to him, giving him plenty of time to train. In fact, the Navy pulled him off the carrier and stationed him ashore permanently so he could lift. They also have paid his way to several meets. Doug says that with the Navy taking so much interest in him, he'll probably be re-enlisted.

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Doug is still growing into the 220 lb class. He has also switched from the sumo to the traditional deadlift and with more practice in this style, plus the added weight, which will most certainly help his BP, he will be looking for some big numbers in 1982: hopefully 800 plus squat 425 to 440 BP and a 750 or so DL. Doug says 2 grand is what he wants in 1983.

Doug's training cycle is quite basic and it lasts 12 weeks. An interesting fact is that Doug trains rather heavy the year round, and very seldom does he use a super suit or belt to train in. Also, the reps always stay the same, but the weight will jump up each week.

Doug squats twice per week, using knee wraps for his heavy squats which are done on Monday and no wraps for his light day which is on Friday.  
MONDAY: 135x8x2, 245x5x2, 445x2, 555x1, 755x1, then 800 plus for his last heavy squat. Lastly, he does 900 to 950 for partials. After a short rest, Doug starts his bench routine which he will repeat on Friday, 135x10, 225x5x2, 315x1x2, 410x1x2, after which he will take a big one, 430 to 440, for a single. Lastly, he will do a cool down set with 225 for 10.

WEDNESDAY: on this day Doug will do the deadlift, 135x6, 225x3, 405x3, 515x1, 600x1, 650x1, 725x1. If he feels good he will go heavier than that. When he comes down 515x3, 315x3, 225x3. Next, Doug will do a very close grip bench press 135x10, 225x5x2, 315x3x3 with a pause, and 225x5x2, and that completes his Wednesday workout.  
Doug will finish his workout with some staples and that is it. His diet is simple, lots of meat, fish and steaks possibly, plus some fresh vegetables. He eats 5 meals a day.

Doug says that without question, his prey wife Barbara, who incidentally will have already have given birth by the time this print, is his Number One supporter and she has always encouraged him to pursue his powerlifting.

As far as goals, Doug has three:  
1. To set a world record squat, perhaps at 242.  
2. To win a world championship.  
3. Lastly, to total Elite in a mind-boggling 4 classes. He already has two titles, 1982, 220, and next comes 242 and 275 and, who knows, perhaps even Super and 5 classes. Doug has met a lot of people in our sport that he likes and admires, but the top on his list are two great ones, Larry Pacifico and Paul Anderson. Doug says that these two men have really inspired him.  
The next chapter of the Doug Borden story will take place at the 1983 Johnny and Jani Senior's. After that, the sky is the limit.

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**Corrections...** Liberty Winter should not have been credited with a 363 deadlift in the Women's TOP 20 list, and Jon Smoker should have been credited with a 656 squat on the Top 100 list for 181 pounders. Linda Chicao-Shendow's lifts at 132 or 319-203-308 832, should have been credited on the women's rankings, but Monkke Caldwell's deadlift of 352 should not have been. P. Lomba on the Top 100 list should have been O. Lomba, and he should have received credit for his 1600 total in that class. Denis Dreher reports that the 727 deadlift reported for him at the Boston Open State record, held by himself previously, by 50 pounds, and the total should be 1652 in the 242s. **Congratulations...** new National Champion Cheryl Jones reports that two of Tampa's finest powerlifters were married on January 23, 1983: Phyllis Kline and Alan Rothberg. They are both originally from Philadelphia and met at Temple University. Alan will reportedly resume training for the Regionals after the honeymoon, "if he's able."

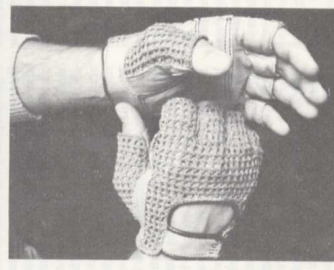
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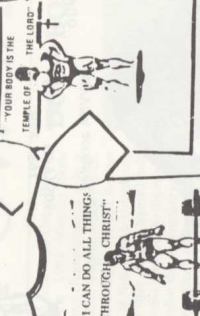
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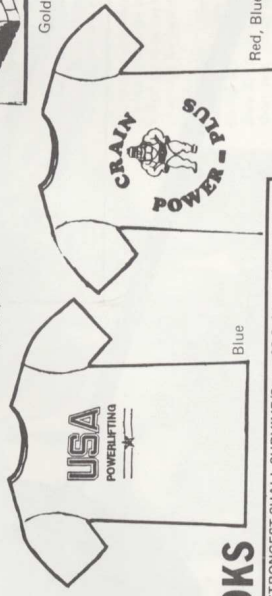
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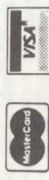
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# More From Ken Leistner

Well, some big news this month. There hasn't been a big powerlifting meet in the New York area in years and that is about to change. On May 21 the first Long Island Powerlifting Championships will be held in Lawrence, New York. The purpose of the meet will be many fold: to provide the fan and lifter with exposure to high caliber lifting; to allow the high caliber lifters to go head to head against some big names; to allow some of the newer kids to win some awards, and be competitive in a 'good' meet; to provide an enjoyable time for all. Now for some details. The high caliber lifting will be provided by Mike Bridges, Dave Schneider and others. Yes, Mike will be there as a guest lifter, possibly treating his fans to a very large squat attempt, and Dave, preparing for the Seniors, will be making some very big lifts also. We have had feelers from some of the other big name lifters who would like to lift on the same platform as Dave, so this should be quite exciting for the many New York and New Jersey fans who have never seen world caliber guys lift. I am hoping that Jay Rosciglione decides to visit us in NY at meet time and we expect quite a few fellows to travel to the meet. Naturally, the area lifters, no matter how good, will not be ready for the likes of Mike and Dave, and this meet will be close to the Nationals, limiting participation of the really big, area names like Joe Carmi and Joe Morrell, but meet director Ralph Ralioa will be requesting that all entries be in early because participation, regrettably, will be limited. The lifters chosen for this meet will be notified early, and every attempt will be made to provide the fans and the lifters with well balanced head to head match ups in each class. Thus, with a few top names, a few raw, lower class lifters, and the presence of three or four national and world champions, there will be something for everyone. With participation limited, everyone will go home with some hardware. Huge trophies will be generously provided by, believe it or not, the good folks of the Jack LaLanne/Holiday Spa chain, and we are planning on huge, stick it out the window type trophies, reminiscent of the late seventies Oklahoma Cont. Grand meets. This means that at 181, you'll have the one and only Mike Bridges, providing a seminar, and tremendous lifts, two or three Master and Class one level lifters going head to head and two Class Two guys thrown in for the lower places. Of course, anything could happen and all will get trophies. The goal is to provide a competitive meet for all participants and a quick, lively, and fully rounded meet for the audience. National card holders have already committed, so the judging will be first class. Elite DL'er, and enough weight to sink the Queen Mary have already been secured and the facilities and helpers I am excited! Well, I hold the why I'm so excited! Well, I hold the why I would help out as best as I could and already I've done more I

than I would have thought possible. Due to the enthusiasm of the people, I now have the facilities necessary to run the sport property and I hate to see that wasted.

I received a letter the other day from someone who was a bit unhappy. The author is a lifter in the New York area and I took the time to call him and write him. I won't mention his name used. I must mention because I would serve no real purpose. He briefly expressed some of his thoughts and I told him what I would in part, reply to in this column. He expressed his disgust and how he felt that he had lost all credibility of our world team and his credibility. He continued, "the fact is, the matter is they are walking Pkts across, and their increasing totals prove it." He then gave a comparison of their national marks and world totals to further emphasize the disparity. You can't blame their bad performances on leg lag or onions smelling up the hallway. That is a great line but first some further comments. I personally can have a galloping case of the runs and not have slept all night and can still lift within 50 lbs of my best total. Let's suppose using, the drugs I was secretly using, the drugs I was supposed to use, the drugs I got from Joe Don. Looney, etc. Fine, everyone supposedly knew more about my business than I did and in actuality no one else knew anything.

Preparing for the Worlds, Bridges did not use any exogenous aids other than his vitamin mineral pack and prop-powder for almost five weeks. The best advice our athletes could get was that they should be off of everything seven to nine weeks prior to competition. Mike decided that he would use nothing for many, many reasons. He had trained harder than ever before for the Seniors and he was lifting showed it) and Mike's body was. He has realized that his gift will be there on ly if he does not abuse it, thus he often does not do anything but squat or DL for months following a big meet, resting himself for the next onslaught. Many have wondered "is this real possibility?" If he would train hard year round, I tend to think that he would be a lot worse off and no doubt injured if he exposed himself to the heavy iron he has used thus far. He does what he instinctively feels is best for him. He went into the Worlds preparation period knowing that he would not have to lift as well as he had at the Seniors to lift as well as he went into it knowing that his body needed to rest after his record breaking spree at the Seniors, and psychologically, he was coasting, viewing the Worlds as a less important meet than the Seniors, the psychological part is not to be ignored.

When we got to Munich, Mike was extremely light, only 173 and huddled. Even my all-pasty diet night him up but two pounds by weight in time. Thus, he was almost 15 pounds lighter than he usually is for a big meet. He often trains at 188-192 for a meet and had prepared for the Worlds at 170-175.

Mike Bridges made a good point to me, something that I have heard from some of the rock and roll people I used to do security for, and professional athletes. As Mike said, "Ken, when you're in the public eye, everyone is there to tear you down or jump on you. It's really ironic that these guys all over the country know what I eat, what drugs I use, who I sleep with. Everyone seems to be an expert on Mike Bridges and you know what, I don't know any of these people. This echoes all I've heard. One prominent entertainment personality, prominent world wide, relaxed with a beer after a performance and stated, almost as if he were talking to himself, starting emotion, "This is really a trip. I have many times had I heard that I'm an alcoholic and drug addict. Such is public acclaim. That says with me. During the summers, I'd be back in town, lifting, usually bigger and stronger than the year before, getting ready for football, and all over the streets I'd hear about the over the top secreted using, the drugs I was supposedly using, the drugs I got from Joe Don. Looney, etc. Fine, everyone supposedly knew more about my business than I did and in actuality no one else knew anything.

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fire and break his new records were disappointed. Did the lack of drug use hurt his performance? No doubt that it did, in the sense that he lacked the psychological edge they would have given him, and he lost out on the bodyweight they might have helped him hold if he was on. I'm sure that other US lifters have similar stories, and some don't. I'm sure that at least one of them (playing the probabilities) is so dependent, physically and psychologically, that he couldn't lift his way out of a paper bag without his aids, but the whole condemnation of the guys that I've been hearing is ridiculous. The judging also was a trip. Dave Schneider's three squats, all done very cautiously due to the unpredictable nature of their meet and let me tell you, they were easy with a capital E. And they should be remembered that he had dropped his opener in deference to the inconsistencies we were seeing. All of the guys did the same. Gam-bler is a great athlete, a multi-tile holder in the field events, and a two or three year All-America football selection while at Hampton Institute. It was his first meet internationally, and he was intent on winning and he was being careful to take weights light enough so as not to bomb out. I have no idea if John uses any vitamins or minerals, drugs, or whatever, it's not my business, nor is the business of anyone else, but you've got to be at the point of idocy not to realize that many things will affect a world class athlete (ever see McEnroe or Feun- perhaps in fairness to Mike, I essentially insisted that he avoid any possible injury and take one attempt per lift. He looked at me with surprise, but considering everything, I thought it was a sane idea. He limited his warm-ups to two to three per lift (that's right) and took two squats (Duffy squatted well and he wanted a cushion), three benches (he was called for a raised heel on his second), and two deadlifts (I told him, with Coach Fedrico's figuring, that he could win Best Lifter due to his extremely light bodyweight, with one more, safe DL). Even Mike felt that he had another 130-175 lbs. in him overall, but he wasn't sure what his capabilities were and as he said, everything felt heavy on his back, although lifting it wasn't that tough. Thus, with apologies to those who lift, I'm relating the situation. Mike did total 2433 pounds less than at the Seniors, but as one of our lifters said (and quite well, too), "Why is it that every time Bridges lifts, people are disappointed that he didn't set all kinds of records. Cool. I'd love to see his training lifts over and over again, and I'd love to see him at his usual bodyweight of 154-158. He lifted 595 in the squat, 585 in the DL, and made his best bench ever. He fell up and confident, but he had not walked the Worlds path before, and I thought I detected some wavering of confidence two days prior to the meet. Jay and his wife also suffered the consequences of the hotel (really, one that to be there is appropriate), as did Walter and Julie Thomas. No, I'm not making those who expected him to breathe

ing excuses, but look at the big picture. Believe me, I can talk for a couple of the lifters personally, and in Jay's case, the drugs, or lack of them, did not make a difference in his performance, and he handled himself in the most courteous, generous manner possible, and this was noted by all.

My stand on the issue is known in the sport: I would prefer to see no drugs used to enhance performance, the abolishment of all supportive suits, injury preventing wrappings on all joints including the elbows, and no competition for anyone under 18 or even 20 years of age. These things would protect the body. However, it is also my belief, and my old man THE alternative, albeit with some of its own problems, and considering his honesty, I'd go with him if I wanted to lift off drug free. BUT, don't stick any personal belief on our world team or anyone other than yourself. Yeah, something is rotten in Denmark, but it's not all that cut and dried. I must have addressed this quite enough for this month.

A reminder...plan on a NY visit in May for the big meet and better lifting until next month.

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Proposed U.S. Teenage Powerlifting Classification Totals (Men)

Class 114	123	148	165	181	198	220	242	275	SHW		
Elite	1015	1087	1180	1323	1450	1549	1637	1788	1831	1841	1919
Master	910	987	1064	1191	1301	1395	1478	1555	1670	1654	1728
Class 1	800	866	932	1042	1147	1224	1296	1367	1411	1455	1511
Class II	678	733	784	882	971	1037	1097	1158	1196	1235	1285
Class III	546	596	640	711	775	838	882	932	965	983	1037
Class IV	408	441	474	530	578	618	658	688	717	734	787

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

**Blood Tests and How to Interpret Them**  
by Frederick C. Hatfield, PhD  
(taken from Dr. Hatfield's latest book,  
The Complete Guide to Power Training)

Here indeed is the physician who will sit down with an athlete and explain why blood test results are abnormally high or low. Interpreting blood test data can be a very complicated endeavor, particularly considering the host of drugs and other substances which are injected by some athletes. The interplay and synergy of these drugs and substances with another and also chemically occurring bodily functions often causes blood constituents to rise or fall dramatically, sometimes dangerously so.

No athlete should attempt to analyze his or her blood test results. The task is too complex and the hazard of misinterpretation too great. Find a qualified sports physician and assist him or her by being candid about the kinds of drugs and substances you use, for they may well have a deleterious effect on your health and well-being, not to mention the effect they may have on your performance in sports.

The following information is not meant to be a user's self-help guide in blood test interpretation. It is meant only to inform athletes, particularly those usingabolic steroids, of the considerations that must be accounted for in the analysis.

**CALCIUM:** While increases or decreases in plasma calcium can signal many different factors, of significance to the athlete is the fact that frequent use of diuretics (such as Lasix) can cause a decrease in calcium. Abnormally high calcium concentrations can be caused by ingestion of high doses of vitamin D. Anabolic steroid use does not seem to be a factor.

**INORGANIC PHOSPHATES:** Since phosphorus and calcium are 'working partners' in most metabolic functions, increases or decreases in one will cause a commensurate change in the level of the other. Of note is the weight training athlete is that elevations in blood phosphorus may be associated with hyperthyroidism and elevated secretions of human growth hormone. Anabolic steroids appear to be a non-factor.

**FASTING GLUCOSE:** Users of anabolic steroids should be aware that such drugs can often significantly alter blood sugar tolerance. Normal to extremely elevated blood glucose levels can be a signal of a diabetic or pre-diabetic state. Lowered blood sugar (hypoglycemia) can signal liver disease (rare).

**BUN:** Urea is the byproduct of protein breakdown in the liver. It is excreted in the urine. High BUN levels can signal renal (kidney) failure. Of significance to the athlete is that unusually high intake of protein can cause a slight to moderate elevation

cholesterolemia can signal liver disease. Anabolic steroids can often cause elevations in cholesterol while causing a decrease in high density lipoproteins. This in turn increases the risk of atherosclerosis (coronary artery disease).

**TOTAL PROTEIN:** Through a process of electrically charging the serum solution (electrophoresis) blood proteins tend to layer themselves, thereby making it possible to determine precise ratios. The normal ratio of albumin to globulin is 3.24:5 gm/dl and 2.3:3.5 gm/dl respectively. Elevated albumin and depressed albumin (ie. a reversed A/G ratio) can be suggestive of chronic liver damage.

**BILIRUBIN:** While a normal level of total bilirubin rules out any significant impairment of the excretory functions of the liver, an elevated total bilirubin level can be (and often is) indicative of obstructive jaundice. Bilirubin is a by-product of hemoglobin metabolism, and is excreted by the liver.

**TRIGLYCERIDES:** Like cholesterol, the triglycerides can be related to coronary artery disease. Electrophoresis is used to distinguish the different classifications of hyperlipidemia (cholesterol triglycerides and phospholipids are classified as lipids, and circulate in the blood while bound to protein - thus the term 'lipoproteins'). Of note are cholesterol and mildly elevated or normal triglycerides and type 4 in which the cholesterol is normal and the triglycerides are elevated. These types may signal coronary disease.

**CPK:** There are many causes of elevated CPK, including (1) intramuscular injections, (2) vigorous exercise, (3) skeletal muscle disease, (4) cerebral and myocardial infarction, and muscle hypertrophy. It appears to be normal for weight training athletes to have significantly elevated CPK values, although in the presence of other symptoms or blood readings such elevations should be checked out.

**ALKALINE PHOSPHATASE:** When there is an extremely elevated alkaline phosphatase reading with elevated liver function tests, liver disease is generally indicated. If the alkaline phosphatase reading is high without a concurrent elevation in liver function tests, bone disease may be indicated. Anabolic steroids have been reported to decrease alkaline phosphatase, even after the steroids have been discontinued.

**LDH:** Lactic dehydrogenase is an enzyme that is involved in the oxidation of lactic and pyruvic acids. It is

therefore found in many tissues of the body, particularly the skeletal muscle. Almost any damage to tissue causes LDH readings to be elevated. The exact source of the elevated readings can be discerned through electrophoresis. Since many disease entities can be associated with LDH elevations, further tests should be looked into (particularly liver and heart disorders).

**SGOT:** SGOT is an enzyme which catalyzes the conversion of amino acids into keto acids and vice versa. It is found in the heart, liver, skeletal muscle, the kidney and bone. Damage to cells causes elevated SGOT readings, and the exact site of damage can generally be determined via other elevated readings or tests. It is not unusual for SGOT levels to be elevated among athletes in heavy training since skeletal trauma (sprains, bruises, etc.) readings generally peak within 36 hours following injury and return to normal within six days or so. Repeated trauma over days will tend to keep the SGOT level elevated.

**SGPT:** SGPT is liberated upon damage to liver cells. In the absence of cardiac or other muscle injury, extremely elevated SGOT and SGPT are often indicative of hepatocellular damage (anabolic steroids can cause such hepatocellular damage). Generally, elevated alkaline phosphatase, cholesterol and bilirubin accompany such liver damage.

**TESTOSTERONE:** Anabolic steroids mimic normally occurring testosterone, thereby inhibiting its secretion. It is not uncommon for testosterone levels to dip to levels well below normal while using steroids (male and female). This effect is almost always reversible following discontinuance of the use of anabolic steroids.

**SODIUM AND POTASSIUM:** Electrolytes in general can fluctuate in the body depending upon many factors (environment, various drugs

Dr. Hatfield... is now settled into his new location out in California, where he is employed by Joe Weider in an editorial position with Muscle and Fitness magazine. His training is going very well for the Hawaii Invitational in April, where he intends to go 242, and he has major plans for expanding his mail order business with some new lifting products he has come across, including some new knee wraps, which he feels are just fantastic.

	Senior Nationals	Junior Nationals	National Collegiate	Women's Collegiate
114	1069	936	799	97
123	1190	1041	881	105
132	1284	1140	1003	114
148	1410	1361	1201	123
165	1625	1455	1322	132
181	1714	1554	1432	148
198	1813	1675	1499	165
220	1895	1791	1521	181
242	1984	1791	1521	198
275	2061	1901	1587	198
SHW	2143	1929	1598	716

# DECATHLON EXERCISE EQUIPMENT

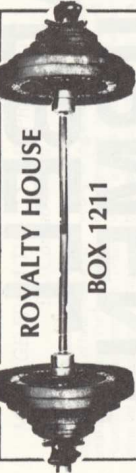
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- 400 lb. Olympic Set.....\$305.00
- 500 lb. Olympic Set.....\$355.00
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- Official Power Bar (135,000 psi)....\$120
- Cambered Bench Bar w/revolving ends.....\$240.00
- Cambered Bench Bar w/fixed ends.....\$95.00
- Cambered Bench Bar for standard plates (1 1/16).....\$70.00
- Plate Welded Dumbbells.....\$60/lb.
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- Heavy Duty Olympic Incline w/adj. seat (wt. 150 lb.).....\$160.00
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13th week, Monday, Dumbbell rows, 5x10 Pulldowns 5x10 Thursday, DL-135-10 225-8 325-6 400-4 440-4 460-4 450-4 Dumbbell rows 3x10, Pulldowns 3x10 14th week, Monday, Dumbbell rows 5x10, Pulldowns 5x10 Thursday, DL-135-10 225-8 325-6 400-4 440-4 465-4 450-4 Dumbbell rows 3x10, Pulldowns 3x10 15th week, Monday, Dumbbell rows 3x10, Pulldowns 3x10 (cut back workload) Thursday, DL-135-10 225-8 325-6 400-4 440-4 475-4 450-4 16th week, Monday, Dumbbell rows 3x10, Pulldowns 3x10 (light weight) Thursday, DL-135-10 225-8 325-6 400-4 450-1 17th week Deadlift 530 lbs.

**Exercise Descriptions:**

Dumbbell rows: You will need a flat bench and one loaded dumbbell. To begin the exercise place your left leg to the rear with the knee locked. Bend the right knee and brace yourself with your right arm on the bench, elbow locked. With your left hand pick up the dumbbell. Make sure the dumbbell is free from the floor when your arm is hanging straight down. Pull or 'row' the dumbbell up to the side of your chest to start the movement. Return the dumbbell to the starting position making sure it does not touch the floor between reps. Repeat with the other arm.

Pulldowns: The pulldown is done on a lat machine. You can do the pulldown while sitting or kneeling. Grasp the bar slightly wider than shoulder width. Sit or kneel, making sure of the correct grip position first. The arms must be fully extended and elbows locked. Slowly pull the bar down behind your head until it touches the bottom of your neck. Return to the starting position.

Deadlifts: Done on power rack or with the plates resting on blocks. Lockouts can be done from any point. For this program start the bar between the middle and top of your knee.

This is a general workout. It does not take into effect any structural advantage or disadvantage a lifter may have. Anyone interested in a personalized program should write for details to: Kuc's Total Fitness Systems, PO Box 215, Mountaintop, Pennsylvania 18707.

**WORKOUT**  
**of the Month**

**A NEW Concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training packages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifter-Champion. Each month, a different lift is analyzed. For those at different strength levels than the starting poundages in direct, simply increase or decrease the training weights in specified proportion. For example, if your lift is 400 and the starting lift for the program is 500; multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).**

**World Champion, John Kuc and his deadlift program for lifters from beginning to intermediate level**

concentration of work.

Let's get started. The following is a day by day, set by set, workout schedule. Stay as close as possible to the schedule but use some common sense. Injuries or illness could affect your training; be prepared to make adjustments if necessary.

The lifter wanting to improve his start should use schedule marked 'A' (off blocks); to improve your finish, follow schedule 'B' (lockout).

1st week, Monday, (Off blocks-A) 135-10 225-6 315-4 265-4-3 (lockouts-B) 225-8 325-6 425-4 475-4 500-4-3, Dumbbell rows 4x10 (70), Pulldowns 4x10 (115) Thursday, DL 135-10 225-8 325-6 400-4-4, Dumbbell rows 3x10 (70), Pulldowns 3x10 (115) 2nd week, Monday, A: 135-10 225-6 315-4 275-4-3, B: 225-8 325-6 425-4 475-4 515x4x2, Dumbbell rows 3x10; Pulldowns 3x10 Thursday, DL 135-10 225-8 325-6 400-4 465-4-3, Dumbbell rows 3x10, Pulldowns 3x10 3rd week, Monday, A: 135-10 225-6 315-4 375-4 395-4-2, B: 225-8 325-6 425-4 475-4 530x4x2, Dumbbell rows 4x10, Pulldowns 4x10 Thursday, DL 135-10 225-8 325-6 400-4 410-4-3, Dumbbell rows 3x10, Pulldowns 3x10 4th week, Monday, A: 135-10 225-6 315-4 375-4 395-4 405-4, B: 225-8 325-6 425-4 475-4 525-4 545-4, Dumbbell rows 4x10, Pulldowns 4x10 Thursday, DL 135-10 225-8 325-6 400-4 415-4-3, Dumbbell rows 3x10, Pulldowns 3x10 5th week, (light week) Monday, A: 135-10 225-6 315-4 375-4 395-4, B: 225-8 325-6 425-4 475-4 525-4, Dumbbell rows 4x10, Pulldowns 4x10 Thursday, DL 135-10 225-8 325-6 400-4-4 Monday, A: 135-10 225-6 315-4 375-4 405-4 415-4, B: 225-8 325-6 425-4 475-4 525-4

What we are going to do in this narrative is map out a complete deadlift cycle. To do this a few assumptions must be made:

1. Lifter is in beginner to intermediate stage.
2. Has competed in a meet.
3. Has a best deadlift of 500 lbs.

The fictional lifter has just completed or cycled out with an all-time best lift of 500 lbs. We will now attempt to work out a sixteen (16) week cycle that will allow the lifter to add 30 lbs to his previous best. For a lifter in this stage, without drugs, 30 lbs. is a very attainable goal, but some will do more and some less. Step 1 is for the lifter to take a one week layoff. This workout will deal strictly with the deadlift, but I do advocate squatting and deadlifting on the same day. If you follow that guideline all back work should be done after the legs.

The training days will be Monday and Thursday. If they are not compatible with your schedule, Tuesday, Friday, or Wednesday-Saturday, may be used. Actual deadlifting from the floor will be done only once per week.

There seems to be two major problem areas for the beginner to intermediate lifter in the deadlift. Some have poor starts and others are weak in the lockout. We will lay out this program so that it can accommodate either condition. The first eight weeks will be higher reps with concentration on the assistance training. Both programs (start weakness or lockout) should be identical, except for one assistance lift.

If your weakness is in the finish, you will use lockouts, and if the start is weak, deadlifts standing on blocks will be used. In our example Monday will be assistance work, and Thursday will be consisting of four exercises: the deadlift, lockouts or off blocks, dumbbell rows and pulldowns. If any of you a description are unfamiliar to you a description of each will be given at the end of the article.

You have now had your week off and are ready to go; so let's begin. I am going to give exact poundages in the assistance, but everyone should adjust to their own needs. If you have done the exercise before you may be able to handle more weight than someone who has never done them. The weights in the deadlift should be followed as closely as possible.

This program is not set for any specific body weight. A 282 lb lifter may progress faster than an 181 lb lifter. This should be especially true in the assistance exercises. Even though I am giving you some leeway in the assistance exercises, do not take them lightly. They are very important to the overall program. Add weight as often as you can, but do not sacrifice good form to do so.

The lockouts or block work will be done for the first eight (8) weeks only. The benefits received from them will carry through the second eight (8) weeks. We will add one (1) set each to the rows and pulldowns in the second eight (8) week phase, but the deadlift itself will get the heavy

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This is a general workout. It does not take into effect any structural advantage or disadvantage a lifter may have. Anyone interested in a personalized program should write for details to: Kuc's Total Fitness Systems, PO Box 215, Mountaintop, Pennsylvania 18707.

**T-Shirts** - the rule book states that 'in team competition such apparel shall be uniform and display only the national, state or club insignia. Ribbed vests or vests made of any material having any ribbed or similar stretch material shall be forbidden. The short sleeve shirt must consist of only one basic color. The only exceptions shall be acceptable emblems and insignificant contrasting edgings'. Furthermore, 'in National or local level competition only the emblem of the lifters state or club may be worn. In lieu of a state or club emblem, a lifter may wear an emblem of his nation or association or that of a powerlifting championship. The only badges or emblems to be worn on the lifter's costume in International competition are those of his country or national association.

**World Champion, John Kuc and his deadlift program for lifters from beginning to intermediate level**

concentration of work.

Let's get started. The following is a day by day, set by set, workout schedule. Stay as close as possible to the schedule but use some common sense. Injuries or illness could affect your training; be prepared to make adjustments if necessary.

The lifter wanting to improve his start should use schedule marked 'A' (off blocks); to improve your finish, follow schedule 'B' (lockout).

1st week, Monday, (Off blocks-A) 135-10 225-6 315-4 265-4-3 (lockouts-B) 225-8 325-6 425-4 475-4 500-4-3, Dumbbell rows 4x10 (70), Pulldowns 4x10 (115) Thursday, DL 135-10 225-8 325-6 400-4-4, Dumbbell rows 3x10 (70), Pulldowns 3x10 (115) 2nd week, Monday, A: 135-10 225-6 315-4 275-4-3, B: 225-8 325-6 425-4 475-4 515x4x2, Dumbbell rows 3x10; Pulldowns 3x10 Thursday, DL 135-10 225-8 325-6 400-4 465-4-3, Dumbbell rows 3x10, Pulldowns 3x10 3rd week, Monday, A: 135-10 225-6 315-4 375-4 395-4-2, B: 225-8 325-6 425-4 475-4 530x4x2, Dumbbell rows 4x10, Pulldowns 4x10 Thursday, DL 135-10 225-8 325-6 400-4 410-4-3, Dumbbell rows 3x10, Pulldowns 3x10 4th week, Monday, A: 135-10 225-6 315-4 375-4 395-4 405-4, B: 225-8 325-6 425-4 475-4 525-4 545-4, Dumbbell rows 4x10, Pulldowns 4x10 Thursday, DL 135-10 225-8 325-6 400-4 415-4-3, Dumbbell rows 3x10, Pulldowns 3x10 5th week, (light week) Monday, A: 135-10 225-6 315-4 375-4 395-4, B: 225-8 325-6 425-4 475-4 525-4, Dumbbell rows 4x10, Pulldowns 4x10 Thursday, DL 135-10 225-8 325-6 400-4-4 Monday, A: 135-10 225-6 315-4 375-4 405-4 415-4, B: 225-8 325-6 425-4 475-4 525-4

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13th week, Monday, Dumbbell rows, 5x10 Pulldowns 5x10 Thursday, DL-135-10 225-8 325-6 400-4 440-4 460-4 450-4 Dumbbell rows 3x10, Pulldowns 3x10 14th week, Monday, Dumbbell rows 5x10, Pulldowns 5x10 Thursday, DL-135-10 225-8 325-6 400-4 440-4 465-4 450-4 Dumbbell rows 3x10, Pulldowns 3x10 15th week, Monday, Dumbbell rows 3x10, Pulldowns 3x10 (cut back workload) Thursday, DL-135-10 225-8 325-6 400-4 440-4 475-4 450-4 16th week, Monday, Dumbbell rows 3x10, Pulldowns 3x10 (light weight) Thursday, DL-135-10 225-8 325-6 400-4 450-1 17th week Deadlift 530 lbs.

**Exercise Descriptions:**

Dumbbell rows: You will need a flat bench and one loaded dumbbell. To begin the exercise place your left leg to the rear with the knee locked. Bend the right knee and brace yourself with your right arm on the bench, elbow locked. With your left hand pick up the dumbbell. Make sure the dumbbell is free from the floor when your arm is hanging straight down. Pull or 'row' the dumbbell up to the side of your chest to start the movement. Return the dumbbell to the starting position making sure it does not touch the floor between reps. Repeat with the other arm.

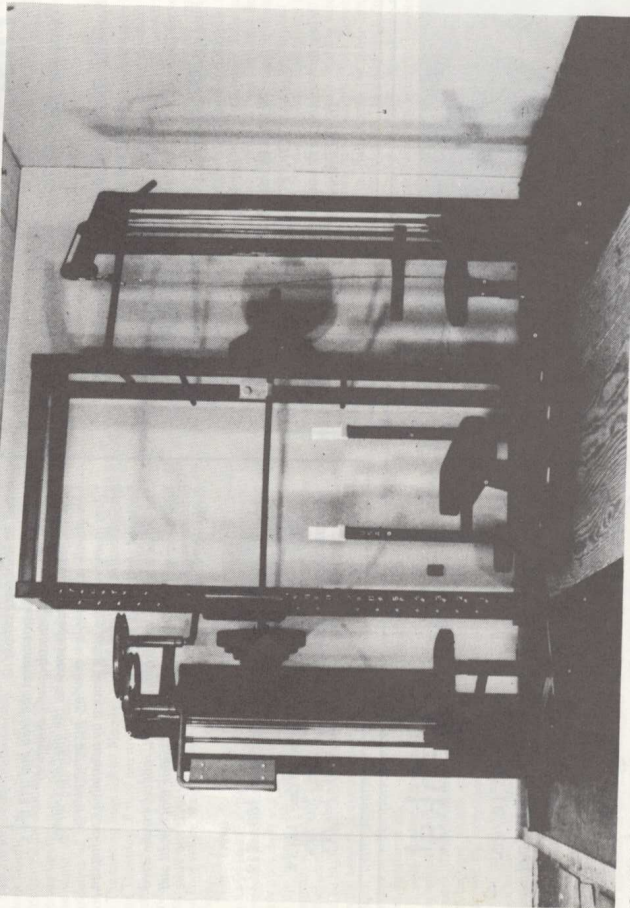
Pulldowns: The pulldown is done on a lat machine. You can do the pulldown while sitting or kneeling. Grasp the bar slightly wider than shoulder width. Sit or kneel, making sure of the correct grip position first. The arms must be fully extended and elbows locked. Slowly pull the bar down behind your head until it touches the bottom of your neck. Return to the starting position.

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## MESSAGE FROM THE U.S.P.F. PRESIDENT Dr. Conrad Cotter

One has heard since Munich an in-voting, of departing from a purely democratic apportionment of Powerlifting Federation in order either for our country to go it alone or alternatively to establish a competing international group. One hears that reform from within is not a reasonable expectation, in part because of the considerable anti-Americanism abroad, and in part because we do not have a voice in the IPF commensurate with our strength. Let us take a moment to re-examine our relationship with our parent body.

In the past two decades since the Supreme Court has undertaken to demand a new standard in representation cases, a generation has grown up imbued with the notion that any departure from "one-man, one-vote" is inherently suspect. It sometimes overlooks the fact that the U.S. Senate is organized along non-demographic lines. In particular "one-man, one-vote" has shown itself to be unacceptable in international organizations. One need look no further than the U.N. General Assembly where China, the most populous nation, has no greater voting strength than the smallest Caribbean country.

### A PROPOSED BUDGET FOR 1983

**REVENUE**  
 Dues \$100,000.00  
 Meet Sanctions 330@ \$25.00 8,250.00  
 Club memberships 240@ \$25.00 6,000.00  
 National referees examinations & renewals 1,000.00  
 Donations and other miscellaneous income 250.00  
**\$115,500.00**

**EXPENDITURES**  
 Australia \$20,000.00  
 Sweden \$14,000.00  
**34,000.00**

**State Chairmen reimbursement**  
 330 sanctions@ \$15.00 \$4,950.00  
 10,000 members@ .50 \$5,000.00

**Office salaries** 9,950.00  
**President's salary** 2,900.00  
**Payroll tax** 7,200.00  
**Legal expenses** 1,000.00  
**Accounting expenses** 2,500.00  
**American Affairs Management** 20,000.00  
**Referee and Uffities** 900.00  
**Telephone** 7,000.00  
**Office supplies** 4,000.00  
**Postage** 4,000.00  
**Insurance** 18,000.00  
**Miscellaneous** 850.00  
**\$112,700.00**

**Positive cash flow**  
**2,800.00**  
**\$115,500.00**

IPF do not involve matters in which the United States was outvoted by a coalition of smaller nations. Rather, they involve the quality of leadership and service. With respect to leadership, what great Americans have we offered them? Or has our contribution in this regard been, at times, embarrassingly flawed?

Again, we must remember that the USPF is only now beginning to put its own house in order. Under these circumstances forbearance seems more appropriate response than rejection.

We have included here a proposed 1983 budget. It is based on last year's record of income and expenditures with a projected ten percent growth in membership, meet sanctions and clubs. The expenditures include travel of our men's and women's teams to the world championships financed from our general funds. This is a departure from our more recent practice of financing world team travel from funds generated by television revenue. The rationalization heretofore has been that these top athletes are so good that they attract the television sponsorship and, therefore, "earn their own way." This year we have no prospecting for television revenue, and by paying for the teams' travel from the general funds we are requiring each of our ten thousand lifters to contribute to an undertaking which benefits directly no more than two dozen lifters and coaches. Quite spirited arguments are provoked by this arrangement.

**U.S.P.F. Directory Update.** Executive Committee Member, Dr. Fred C. Hatfield (new address), Weider Health & Fitness, 21100 Erwin St., Woodland Hills, CA 91367. Phone (213) 884-6800 (work).

## A RECORD OF STATE CHAIRMEN REIMBURSEMENTS

STATE	# Sanctions	# Members	# 1983 Regs.	Total Regs.	Less Regs.	NET	NET	NET	Total amt. paid as of Feb. 4, 1983
	1982-83	1982-83	1982-83	1982-83	1982-83	1982-83	1982-83	1982-83	1982-83
Alabama	11	4	\$40.00	136	162	40	\$20.00	\$90.00	
Alaska	3	1	20.00	50	50	20	40.00	40.00	
Arizona	6	4	30.00	98	24	12	16.00	46.00	
Arkansas	5	2	45.00	53	10	63	5.50	50.50	
California	3	23	30.00	106	119	925	598	327	163.50
Colorado	3	1	30.00	116	7	89	79	5.00	20.00
Connecticut	2	1	15.00	82	22	289	213	76	38.00
Florida	9	6	45.00	267	22	190	131	59	29.50
Georgia	9	3	90.00	165	25	15	13.50	58.50	
Idaho	3	2	15.00	70	2	71	6	1.00	1.00
Illinois	14	8	90.00	427	88	515	364	151	75.50
Indiana	19	11	120.00	294	43	337	307	30	135.00
Iowa	5	3	45.00	175	9	184	137	47	23.50
Kansas	5	2	30.00	106	10	104	19	1.00	54.00
Kentucky	2	0	30.00	75	7	82	10	2.00	42.00
Louisiana	5	4	15.00	165	10	175	121	54	27.00
Maine	3	1	30.00	64	2	66	51	15	7.50
Massachusetts	3	1	45.00	40	41	33	8	4.00	49.00
Michigan	21	16	75.00	352	55	397	279	118	57.50
Minnesota	12	7	75.00	351	36	387	279	108	54.00
Mississippi	4	2	30.00	111	35	146	107	39	19.50
Missouri	6	5	15.00	78	5	83	67	16	8.00
Montana	4	1	45.00	21	21	152	103	49	24.50
Nebraska	6	4	30.00	140	32	172	109	63	31.50
Nevada	5	3	30.00	39	2	41	38	3	1.50
New Hampshire	3	1	30.00	10	0	10	9	1	30.50
New Jersey	3	2	30.00	10	0	10	9	1	113.00
New Mexico	3	2	15.00	92	13	209	213	76	38.00
New York	21	12	9	443	349	94	47.00	182.00	
North Carolina	10	7	45.00	268	59	327	171	156	78.00
North Dakota	2	0	30.00	26	0	26	22	4	2.00
Ohio	22	12	60.00	190	37	227	170	57	85.00
Oklahoma	10	6	45.00	137	32	169	112	57	28.50
Oregon	5	2	30.00	62	65	686	567	119	59.50
Pennsylvania	16	10	90.00	221	65	286	206	80	235.00
Rhode Island	3	2	15.00	11	1	9	7	2	1.00
South Carolina	5	2	15.00	53	1	54	52	2	35.00
South Dakota	6	5	45.00	90	8	98	61	37	18.50
Texas	13	9	60.00	520	70	590	393	197	98.50
Vermont	1	1	40.00	21	21	71	58	13	6.50
Virginia	9	7	30.00	288	38	326	262	64	32.00
West Virginia	10	6	60.00	92	13	105	82	23	11.50
Washington	3	3	00.00	139	11	150	134	16	8.00
Wisconsin	1	1	00.00	63	24	287	249	38	19.00
Wyoming	1	1	00.00	22	0	22	0	0	1.50
Delaware	0	0	00.00	0	12	9	0	0	0
District of Columbia	0	0	00.00	0	0	0	0	0	0



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130 mg 7647%

130 mg 500%

130 mg 657%

130 mg 2167%

130 mg 44%

130 mg 1300%

130 mg 100%

1500 mg 150%

225 mg 100%

45 mg 250%

750 mg 188%

48 mg 225%

34 mg 225%

100 mg 100%

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## A BEGINNING ROUTINE FOR THE

Being a teacher, this author is used to hearing the slogan, "back to basics." Parents and teachers alike concur that a student's academic program should be comprised of the basic principles which they themselves learned with. This back to basics philosophy should also apply to the powerlifter. The basic routines which were once popular in the 60's and early 70's are sometimes lost in the discussions of drugs and reinforced lifting gear. Since women have started competing in large numbers only since 1977, it is important to put them on the right track using the basic routines of the "founding fathers" of powerlifting.

This author has chosen the routines of the famous Westside Barbell Club of Culver City, California. Several of the basic concepts now used in powerlifting were popularized by Bill West and his friends. Bill based his training on two concepts: First, the lifter should perform the competitive lifts once per week with the utmost strictness. The second concept was to perform a close variation of the lift once per week which was assisted by a device or cheat assist so as to increase the weight used markedly. This helped the lifter become used to a heavier weight than is used in competition.

Women should not feel that because these routines were first utilized by men that they are not for women. These routines will be just as effective for the woman powerlifter and it is hoped that the author will more closely adhere to the back to basics concept than the back to back to basics concept will be explained in detail and a suggested schedule will be included following the description of the exercises.

### Exercises for the Squat:

1. The bench squat - The lifter should stand in front of a loaded bar on a squat stand. Behind her should be a squat bar 19 inches high. If the lifter is over 6 foot the bench should be raised to 20 inches. Carry the bar on the shoulders. Walk backward and straddle the bench. Sit down on the bench. Rock forward as if getting up out of a chair and stand. This exercise is performed once per week. As much as 50 pounds or more may be worked up to over one's squat poundage. One must always have two or more spotters present when performing this exercise.
2. The squat - once per week the full squat should be performed with competition strictness.

### Exercises for the Bench Press:

1. Pad bench presses - Place thick, heavy sponge rubber pads on the chest. These should be thick enough so that when lowered the bar is still



Photo Number 1: the BENCH SQUAT. The lifter is seated on the bench to start the lift.



Photo Number 2: the REGULAR SQUAT. (demonstrating the exercises is Karen Goldberg)



Photo Number 3: the PADDED BENCH PRESS: at the starting position for the exercise.



Photo Number 4: the PADDED BENCH PRESS: at the completed position for the exercise.

## WOMAN POWERLIFTER by Pete Vuono

2-3 inches above the chest. Lie on the bench as in regular bench pressing. Take the bar out of the rack and allow it to come down to the chest with enough velocity so that there is a slight bounce. This bounce will help to propel a heavier than normal weight upward. The pad will protect the chest. If there is any discomfort, increase the thickness of the padding. Approximately 10-20 pounds over one's bench press poundage can be worked up to. This exercise is performed once per week and a spotter should be always present.

2. The bench press - The bench press is performed once per week with competition strictness.

### Exercises for the Deadlift

1. Deadlift with Touch Assist - The plates on the deadlift bar should be placed on blocks approximately 8 inches off the floor. A power rack may also be used. The lifter grasps the bar normally as in the deadlift. Her partner places one hand on the lifter's sacrum and one hand on the lifter's sternum. As the lifter pulls on the bar the partner pulls back with the hand on the sternum and pushes forward on the hand on the sacrum. This "touch assist" will allow the lifter to work up to perhaps 50 pounds or more over the regular deadlift poundage. It is performed once per week.

2. Block deadlifts - Once per week competition strict deadlifts are performed with the lifter standing on blocks 4-6 inches in height. This will serve to develop the start of the deadlift. It also makes the lift more difficult so that when the competition lift is performed it will be easier.

### Repetitions

If a lifter has a best performance on any lift of 135 for 3 repetitions, the sets should be as follows: 90x10, 105x5, 120x1 and 135x3. The lifter stays with this rep scheme until she can perform 135x4 on the last set. When 135x4 is achieved, the lifter stays with it until 135x5 has been achieved. When 135x5 is attained, the lifter increases the 135 to 140 on the next workout and tries for 3 reps with this weight. This can be used for all lifts. If a lifter is using a much lighter weight for her final set such as 100x3, then the first set of 10 may be discarded and a rep scheme such as the following can be used: 55x5, 75x1, 100x3. The following is a suggested schedule for performing the abovementioned routine.

TUESDAY - Pad Bench Press

WEDNESDAY - Deadlift with touch assist

SATURDAY - Squat - strict; Bench Press - Strict; Deadlift on blocks.



Photo Number 5: the REGULAR BENCH PRESS. Photos by Joe DiFalco courtesy of Pete Vuono.



Photo Number 6: the DEADLIFT with TOUCH ASSIST, bar off blocks, the starting position.



Photo Number 7: the DEADLIFT with TOUCH ASSIST, at the fully locked out position.



Photo Number 8: BLOCK DEADLIFTS with lifter standing on blocks, starting position.

# MILITARY POWER!!

The first official U.S.A. Interservice Military Powerlifting Championships are now history, and it was a dream come true in many ways. For pioneers in the sport like Herb Cowling, Robbie Roberts, and others, it was the fulfillment of a long time effort, for top level powerlifters like those who lifted it was an expense paid trip to training camp for several weeks, plus a tremendous opportunity to represent their branch of the military services in an outstanding competition, for the sport of Powerlifting itself, it opens up a vast new area of rich talent, and the services will see to it that such talent is developed. Some remarkable people, both officer and enlisted, were involved in this production at the Marine Corps Recruit Depot in San Diego. When the military decides to do a sport, they do it RIGHT! The meet was very well organized, and the military thoroughly supported this effort, from the training sites for each service, such as the Naval Construction Battalion Center at Port Hueneume, California and Luke Air Force Base in Phoenix, Arizona, right up to the Commanding General of the Recruit Depot in San Diego. The format of 11 lifters per team bombs, it interesting, if somebody bombs, the lost team points can be devastating, so it motivates a 'team spirit' unlike open competition. Also, Powerlifting has seldom seen so many polite sportsmen in one place at one time. These men represented themselves, their service and the United States in the fashion. This competition is to prepare lifters for Junior and Senior National meets, and one of the coming meets could produce a national team champion!

1st official Interservice U.S. Military Championships San Diego, CA (kilos) 9,10 Feb 83

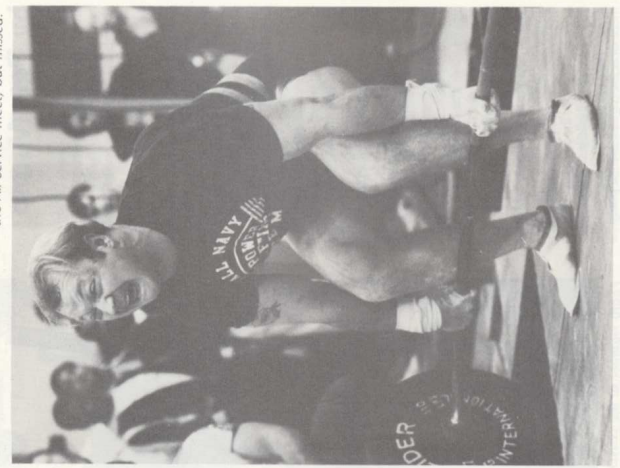
SQ	BP	DL	T
114			
A. Clark(A)	140	160	405
R. Regio(AF)	137.5	162.5	390
123			
W. Brown(MC)	155	175	427.5
M. Salinger(MC)	170	92.5	177.5
M. Curtin(AF)	bmb		
132			
B. Newman(MC)	205	110	227.5
G. Nason(AF)	180	127.5	335
D. Wakelin(N)	140	97.5	190
148			
D. Dawson(A)	227.5	132	262.5
A. Alexander(MC)	210	142.5	247.5
J. Lawson(MC)	207.5	115	242.5
T. Donovan(AF)	192.5	142.5	205
R. Hodder(N)	165	105	170
165			
G. Bell(AF)	272.5	175	282.5
S. Anderson(MC)	227.5	142.5	262.5
D. Gholson(N)	212.5	142.5	245
D. Gholson(N)	212.5	142.5	245
T. Lloyd(N)	210	122.5	227.5
T. Bontick(A)	205	192.5	250
R. Takala(A)	205	155	270
R. Long(AF)	255	155	270
D. Fleming(MC)	267.5	150	282.5
L. Savage(N)	198	155	230
180			
J. Walden(A)	292.5	197.5	287.5
K. Jones(MC)	287.5	175	302.5
M. Hick(A)	260	152.5	302.5
K. LeClere(N)	bmb		
220			
D. Borden(N)	332.5	195	300
D. Borden(N)	332.5	195	300
R. Stewart(AF)	272.5	190	260
S. Brown(MC)	bmb		
242			
C. Gully(AF)	300	210	312.5
K. Ward(MC)	297.5	185	295
J. Morin(MC)	270	197.5	272.5
K. Carter(N)	265	162.5	272.5
T. Hoptner(N)	262.5	162.5	290
T. Hoptner(N)	247.5	205	227.5
275			
K. Farber(N)	292.5	212.5	312.5
W. Fisher(MC)	290	192.5	292.5
M. White(N)	272.5	225	275
M. White(N)	272.5	162.5	295
SHW			
I. Teague(A)	265	155	

U.S. Army. Thanks to Robbie Roberts for results.



Next 600 Bench! - Fred Moore of Fresno, California has been a top bench in the Suners for years, and at the Northern California Bench Meet last fall he came this close with 600, photo by Dennis Cochran.

Navy Strong Man, Doug Borden needed a big DL to get Best Lifter at the All Service meet, but missed.



## THE COMPLETE GUIDE TO POWER TRAINING AND POWERLIFTING

by Fred C. Hatfield, PhD

Here is a brief listing of the contents of the book, each chapter is complete and the book contains over 100 photos and graphs. It is by far the most comprehensive and scientific work ever compiled in any area of weight training or weight lifting.

CHAPTER ONE: The Scientific Basis of Weight Training  
CHAPTER TWO: The Systems of Weight Training  
CHAPTER THREE: Biomechanics of the 3 Powerlifts  
CHAPTER FOUR: Training Problems, Sticking Points and Applications  
CHAPTER FIVE: Powerlifting Injuries: Mechanisms, Prevention and Rehabilitation  
CHAPTER SIX: Ergogenic Aids: the Quest for Super Strength  
CHAPTER SEVEN: Diet and Nutrition  
CHAPTER EIGHT: Psychology of Powerlifting  
CHAPTER NINE: The Contest

The Appendix will include the rules of Powerlifting, IPF officials names and addresses, Schwartz Formula, Kilo conversion chart, methods of determining percent bodyfat, and many, many more important powerlifting and weight training points of information.

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My article in the November 1982 edition of Powerlifting USA has provoked some questions by readers. In the telephone calls I've received, the question most often asked was, 'How did you finally reach the conclusions that led you to formulate the training routine outlined in that article?' The answer is, 1) trial and error over 38 years of weight training, 2) observation over the same period, 3) more recently the study of the scientific literature on the subject and analysis of the training programs of many champions in strength sports and strength related sports.

I was consciously seeking a strength producing routine that would: 1) Take as little time as possible. My final routine takes only 90 minutes a week, i.e.: two 20 minute workouts and one 30 minute workout 2) Produce very little fatigue. This was sought after so the training program would interfere with a normal life as little as possible. 3) Produce little or no muscular soreness. This was sought after so an athlete could pursue the training for his sport with no interference from sore or tired muscles.

To continue with the process of developing such a routine, the trial and error phase consisted of trying everything, discarding everything that didn't work. This reminds me of the story of when Michelangelo was asked how he sculpted his masterpiece, David. He replied, 'I got a block of marble and chopped away everything that didn't look like David.' This method was long and time wasting. I started like everybody else, doing one set of 10 reps in about 10 different exercises. Bear in mind, any routine works for a beginner. I then went to 6x6 in basic exercises only, then to pyramiding 5, 4, 3, 2, 1 with progressively higher weights. I learned from this that if I used heavy weights for low reps and few sets, I got stronger and didn't get as sore or tired as when I did 3x10 sets of 3 or pyramiding would leave me in poor condition to throw the shot hard the next day. I wasn't very tired but I was tired enough to lose some of my explosion and form. This system evolved into shot-pulling and lifting the same day, and resting the next day. This worked a little better but before I could pursue it further I was forced to semi-retire for economic reasons at the age of 25.

I made a half hearted comeback 2 years later and tried to make the Olympic team on 2 days a week of lifting and 1 day of throwing. I almost made it, but was working 72 hours a week then and even this abbreviated schedule took more time and energy than I could spare, but this taught me something too. Even on the sparse schedule I came within a foot of my all time best with almost no throwing and all of my lifting improved. All I did was 3 sets of 3 in the overhead press, power clean, squat and bench in that order 2 days a week. The whole routine took only 30 minutes as I took almost no rest

in the Olympic press, and beat out

# TRAINING

## THE PLACE OF ISOMETRICS IN POWERLIFTING TRAINING

by STANLEY LAMPERT



**Author:** Stanley Lampert, seen above, handling a deadlift in the rack work he practices as part of his training routine, as described in the November Powerlifting USA (Master Power). Dr. Robert Stark of Phoenix, Arizona put Mr. Lampert's training suggestions to the test, concentrating on the 3 basic powerlifts, and got very quick and very encouraging results from the program, bringing his squat back up to a level it had not been at for 15 months, and making a PR bench, exceeding his best of 2 years prior at a heavier bodyweight. It's interesting to note that Mr. Lampert, who just turned 54, was an all star basketball player at Abraham Lincoln High School in Brooklyn, New York and one of his teammates was none other than Bob Cousy, a complete athlete, he also won the NYC PSAL Shot Put and High Jump Championships on the same day, perhaps the only time that has been done.

Before we go to the routine itself, some warnings: 1. Remember to stretch and warm up before commencing. 2. When starting an isometric program, don't make an all out effort for at least the first 4 or 5 sessions. 3. When doing an isometric contraction ease into it; don't go all out immediately, but take 2 or 3 seconds to reach your maximum effort. 4. Be careful in the partial squat exercise. You easily develop 1500 lbs. of pressure. Your lower back is vulnerable. Use a belt and at the first sign of strain in the back, stop. 5. Don't hold your breath during an effort. You could get dizzy or even black out. There is some talk about isometric contractions having adverse effects on people with high blood pressure. Please check this with your physician if you think you may have elevated blood pressure.

Now the routine: Starting on the top of a power rack, do single efforts in 2 different positions in each of the following: 1. overhead press, 2. rise on toes; 3. squat; 4. upright row; 5. bench, 6. row, 7. deadlift.

Do something for your biceps (isometric curl perhaps) and something for your abdominal muscles and you are finished. If you take more than 10 minutes, you're fooling around.

Next time, how to use the power rack with weights.

reading the results of all the research from then and now. But, to the topic at hand, Isometrics for Strength Athletes.

I must stress my observation and conclusion is that isometrics alone will not work well. You must work with real weights to get maximum benefits. There are two reasons for this:

1. The goal setting mechanism is weakened if you don't lift measurable weights.
  2. Real weights feel very heavy if you don't lift them for a while.
- Now to the major advantages of isometrics which you may recall are days 2 and 4 of my 6 or 7 day cycle:
1. Every effort can be maximum no matter how strong you feel on workout day.
  2. You can work directly on your sticking points by setting the pins at that point.
  3. You can train the nerve paths to function maximally.
  4. You can train the mind to participate in a maximum effort.

- Some other advantages are:
1. Isometrics are excellent for warming up the muscles.
  2. Isometrics are excellent for relieving muscular soreness.
  3. Isometrics are silent.
  4. They can be performed right before or after meals without disturbing the digestion.
- Isometrics won't do certain things:
1. They won't build up endurance.
  2. They don't do anything for cardiovascular condition.
  3. They usually do not bring about an increase in muscle size. (I have received reports, however, of unusually quick gains in muscle size when isometrics are combined with cardiovascular work).

Before we go to the routine itself, some warnings:

1. Remember to stretch and warm up before commencing.
2. When starting an isometric program, don't make an all out effort for at least the first 4 or 5 sessions.
3. When doing an isometric contraction ease into it; don't go all out immediately, but take 2 or 3 seconds to reach your maximum effort.
4. Be careful in the partial squat exercise. You easily develop 1500 lbs. of pressure. Your lower back is vulnerable. Use a belt and at the first sign of strain in the back, stop.
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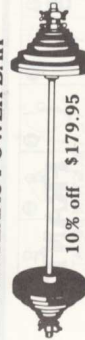
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181	475	325	550		
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198	370	305	400	1015	
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CONGRATULATIONS...John Klotzger's benches of 435 at 165 and 462 at 181 should have been listed on the TOP 100 lists for those classes, and Richard Blair should have been credited with a 451 bench at 198 on that class listing.

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Advertisement for United States Powerlifting Federation. Includes a graphic of a 'Certificate of Achievement' and text explaining the benefits of USPF record certification.



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Table of records for the California State Bench Press 1/29/83. Lists lifters, weight classes, and their record-breaking lifts.

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Table titled 'FOR THE RECORD' listing various powerlifting records across different weight classes and events, including names like J. Cunnha and R. Pierce.

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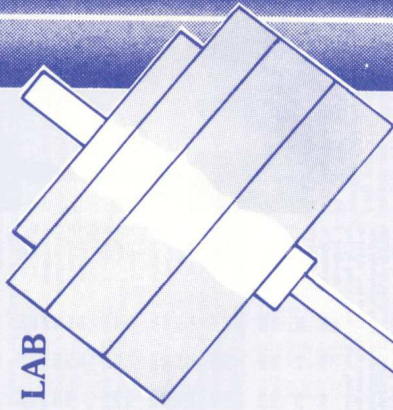
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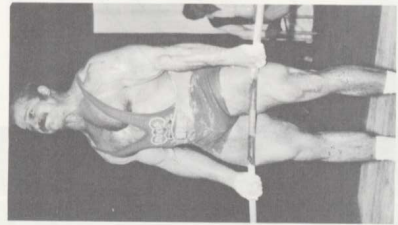
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**Giant DL...Milos Snaidr of Czechoslovakia deadlifts 804 to win 849 lbs grip on it and missed. Photograph by Josef Stub.**

**Czechoslovakia Championships 12/11/82 (kilos)**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like D. Sirkanic, L. Fikar, P. Haha, and M. Magon.

**Jersey City Open 1/13/83 - Carteret, NJ**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like P. Stanton, M. Lang, and K. Williams.

**Long Beach Novice & Masters 1/16/83 - Long Beach, CA (kilos)**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like R. Shelly, C. Knight, and B. Holt.

**Huntingdon Open 1/22/83 - Huntingdon, Pa**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like A. Baer, B. Oter, and C. King.

**Central Texas Bench Press 1/22/83 - Austin, TX**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Madlock, J. Hudgins, and J. Schobell.

**Arkansas State 1/15/83 - N. Little Rock, Ark (kilos)**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Oreglia, R. Colquhoun, and N. Mulla.

**100kg**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like R. Miller, M. Goodman, and S. Sekeresh.

**148**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Oreglia, R. Colquhoun, and N. Mulla.

**175**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Madlock, J. Hudgins, and J. Schobell.

**205**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Madlock, J. Hudgins, and J. Schobell.

**275**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Madlock, J. Hudgins, and J. Schobell.

**370**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Madlock, J. Hudgins, and J. Schobell.

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Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Oreglia, R. Colquhoun, and N. Mulla.

**148**

Table with 4 columns: Name, Weight Class, Squat (SQ), and Total (TL). Includes athletes like J. Oreglia, R. Colquhoun, and N. Mulla.

**175**

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Reference Credentials...Elaina Bolster has had her National referee card re-certified by John Luty in order to prove that she is a valid card holder, but points out that no one ever checks her card. She feels that anyone who has a meet should check the referee's cards for validity prior to seating them for a record attempt in a meet situation.

Tenage National Qualifying Totals...for the 1983 version of the contest, Chairman Jake Boyer has come up with the following standards: 14/15; 114(650), 123(745), 132(810), 148(900), 165(950), 181(1000), 198(1030), 220(1075), 242(1100), 275(1125), SHW(1150); 16/17; 114(725), 123(820), 132(930), 148(1075), 165(1125), 181(1200), 198(1275), 220(1325), 242(1350), 275(1365), SHW(1385), 18/19; 114(800), 123(875), 132(1035), 148(1175), 165(1300), 181(1400), 198(1470), 220(1480), 242(1490), 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.

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**Iron Masters of Windber**...this team was conceived to adhere to the basic ideals of lifting and good health. Their goals are to promote natural lifting, team spirit, and the advancement of powerlifting. They may never win the Senior National team title, nor may any of their lifters set world marks, but it is a lot easier for a lifter to take a steroid to reach his goal rather than grinding out rigorous workouts to reach that pinnacle of personal sacrifice and endurance, but that at the end of the line what will that lifter have: the empty claim to fame of doing it artificially or the personal satisfaction of knowing that he did it on his own!

Their goals are to win a local meet or make their USPF classification, and to them these goals are as important as winning the Seniors or setting a World Record. They believe in strict lifting and good hard work. This is why they are very excited about their new team and the way they attract many new young lifters who are seeking the same goals. They don't go around recruiting every good lifter who might help them in team points, because they are looking for much more than that in a lifter. A team member must be willing to participate and sacrifice for the team effort. Recently they have done seminars and promoting high school and local novice meets to expose young people to the sport, and they feel they've left a good impression on many of them. Tom Wojcik, Vice President of the Iron Masters of Windber, feels that powerlifting must take a long look at itself and make a turn if it hopes to maintain the true excellence of the sport. Members of the team include Bob Zabrusky, Brian Gragnale, Steve Costa, Denny Depolo, Paul Daniel, Vince Chicerelli, Donny Ashbrook, J. Boyer, Steve Hanik, Joe Zankey, Bill Miller, Aaron Antonishek, Chip Hanik, Ed Marcinko, Ron Walko, Tom Wojcik, and Joe Valchine. As Tom says, "Long Live Powerlifting!"

### Myrtle Beach AFB Bench Press and DL 1/15/83 - Myrtle Beach, SC

LADIES	SQ	BP	DL	T
12. Bennett	80	265		265
C. Loop	65	195		260
148				
D. Miles	265	465		670
D. Myers	225	410		560
E. Nealy Jr	215	345		560
165				
D. Jackson	265	480		715
D. Jackson	225	330		565
M. Morgan	215	330		565
181				
R. Myers	300	555		855
R. Myers	245	365		610
R. Ball	245	365		610
198				
J. King	265	430		695
J. King	245	420		695
E. Nealy Sr	300			645
220				
K. Rowley	250	435		645
K. Rowley	250	435		645
220				
R. ERHART	250	270		520
165				
R. Erhart	175	225		400
220				

Thanks to Lee Meyers for results.

**Power Hotline**...is the newsletter that zips out to its readers twice each month via First Class Mail, loaded with the latest Powerlifting news, much faster than you can get this type of coverage in any other publication. The **January 31st** edition of Power Hotline covered a dramatic, life-saving rescue by Ernie Hackett, Fred Hatfield's new job working for Joe Weider in California, the whereabouts of Joe Bradley nowadays, the preview lineup of competitors for Gus Rethwisch Big Hawaii meet, the plan in the works for PRO-Nationals (which took place January 29th and 30th) and the list of who will be on the host team challengers, the Australians, at the Women's World Powerlifting Championships in May. If this sounds like the kind of late-breaking news that you're interested in, subscribe NOW and don't let any more PowerNews pass you by. \$28 for 24 issues (\$39 foreign), payable to Powerlifting USA, Box 467, Camarillo, California 93011.

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R. Brewer	190			300
R. Brewer	190			300
E. Bayer	265			300
P. McNeil	265			300
G. Simons	225			225
110				
132				
R. Schwartz	360			400
R. French	250			355
J. Vanairdale	250			355
T. Jarley	300			350
B. Smallwood	225			340
D. Gombalis	210			300
K. Vankirk	300			300
196				
D. Parker	275			370
G. Gaunt	240			345
W. Wingfield	210			335
B. Richardson	210			325
A. Johns	180			380
R. Stoner	220			380
J. Brooks	350			460
J. Brewer	315			460
M. Dixon	300			400
M. Dixon	300			400
C. Bolton	240			365
M. Bryant	240			350
G. Peaden	240			350
194				
242				
J. Senear	315			425
J. Bennett	410			400
R. Bennett	410			400
A. Biers	380			380
T. Ward	345			345
T. Cox	290			345
OPEN				
W. Holk	325			320
D. Howard	320			320
C. Pringle	200			480
133				
P. Byrne	250			250
J. Vanairdale	250			250
Nicholson	192			335
T. Water	165			300
G. Baradone	280			280
D. Pittman	240			240
M. Thompson	220			220
G. Howell	210			300

Outstanding lifters: If Dhr: 165 and below: L. Water 165; 181 and below: R. Brewer 300; 196 and below: B. Smallwood 225; 210 and below: Much thanks to head judges Joe Seager and Butch Singletary for their technical assistance and to the referee, Mike Thompson, for his assistance. Thanks to Officer Charlie Thompson for results.

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4N1	1	Natural	7-mm	4" Nickel	None	A,B,F	29.00
4N2	2	Natural	11-mm	4" Nickel	Style 1	A,B,C,D,F	53.00
4N3	3	Natural	13-mm	4" Nickel	Style 1	A,B,C,D,F	64.00
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4S2	2	Suede	12-mm	4" Nickel	Style 1	A,B,C,D,E	66.00
4S3	3	Suede	13-mm	4" Nickel	Style 1	A,B,C,D,E	77.00
Dip Belt	1	Natural	none	none	None	F	32.00
2.5N1	1	Natural	7-mm	2.5 in. Nickel	None	F	26.00
6N1 (6 in. back)	1	Natural	7-mm	2.5 in. Nickel	None	F	34.00

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

**-OPTIONS-**

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

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

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

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

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

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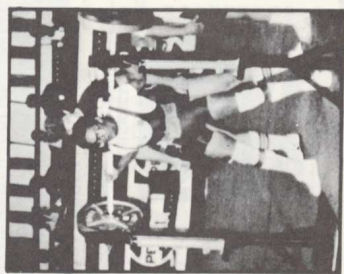
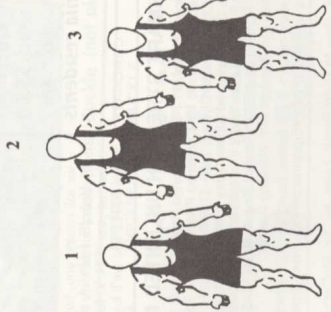
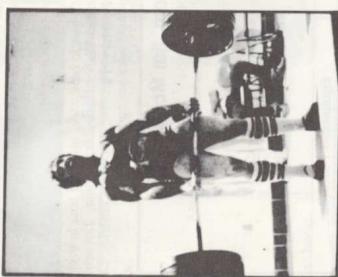
And there's more that keeps the competition on edge...

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1. **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."
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D. Haack	425	315	1175
T. Johnson	460	275	1155
J. Belcastro	450	275	1150
T. Taylor	450	275	1150
G. Horne	410	260	1135
M. Robinson	435	250	1125
C. Tronck	335	290	1105
J. Jacobsen	385	240	1095
J. Sanchez	355	265	1085
C. Abnera	355	265	1085
M. Kennedy	330	225	1065
M. Bienter	315	225	1065
A. Boyd	290	225	1065
D. Wilson	300	225	1065
L. Rossi	300	225	1065
184 P. Meitz	425	330	1500
B. Johnson	385	295	1485
R. Suba	400	260	1470
L. Johnson	425	265	1465
B. Lopez	385	240	1440
R. Bratham	420	225	1435
L. Jaccino	330	285	1420
J. Nehreva	415	230	1415
S. Ernest	405	215	1410
T. Kenowitz	335	225	1405
M. Deffero	300	200	1390
Y. Sterrett	330	225	1380
L. Koenberg	320	195	1365
K. Kuecker	240	125	1325
T. Costa	450	315	1260
T. Coyers	455	295	1255
T. Robinson	440	320	1240
B. Taylor	375	290	1225
J. Lumber	450	300	1225
K. Kocubaha	460	250	1210
K. Hilligands	435	315	1185
G. Cervasio	365	320	1170
A. Long	405	305	1160
R. Wilson	400	300	1155
M. Lira	390	225	1110
R. Steele	370	290	1110
N. Barron	405	275	1105
J. Valverde	335	335	1105
R. Mirabel	375	270	1095
R. Denson	375	240	1065
D. Bailey	355	385	1065
M. Clark	315	175	825
J. Nassos	315	175	825
G. Gervasio	340	245	815
M. West	340	245	815
J. Stenstrom	340	245	815
L. Baclic	340	245	815
M. Nordmore	340	245	815
S. Williams	340	245	815
P. Pollice	340	245	815
P. Kolomazaro	340	245	815
P. Berman	340	245	815
R. Kaminski	340	245	815
R. Szala	340	245	815
J. Cobb	340	245	815
M. Hilikas	340	245	815
M. Kuskik	340	245	815
M. Y. Vilbroun	340	245	815
M. McKenna	340	245	815
R. Brown	340	245	815
R. Jackson	340	245	815
M. Bartley	340	245	815
M. Newman	340	245	815
P. Howard	340	245	815
D. Storey	340	245	815
J. Kane	340	245	815
D. Linger	340	245	815
C. Hogan	340	245	815
K. Huggan	340	245	815
M. Hill	340	245	815
M. Wiltier	340	245	815
148 J. Goodwyn	410	275	1185
R. Moyer	410	275	1185
P. LeCuyer	375	275	1165
M. Kimball	380	235	1135
165 T. Gullett	350	275	1135
167 K. Kocymaki	380	300	1135
J. Foley	350	220	1100
D. Patterson	300	210	1080
181 M. Wolcott	245	225	1070
198 J. Pompaelli	500	305	1280
R. Hubert	425	315	1280
C. Salazar	400	285	1240
G. Herrera	300	225	1130
199 R. McCoy	560	360	1435
K. Williams	570	315	1445
J. Shippy	430	325	1455
R. Remley	440	300	1465
200 J. Burfalini	495	340	1510
E. Nagy	550	400	1560
M. Martin	450	350	1510
220 M. Maddino	500	300	1510
M. Morino	500	300	1510
242 R. Graser	660	325	1685
R. Bush	600	435	1635
R. Arroyo	570	350	1600
C. Lario	670	470	1740
K. Harvey	540	290	1380
C. Lorio Jr	525	320	1460
A. Ginter	430	325	1210
247 R. Parker	590	425	1490
248 R. Kimpfe	675	300	1600
S. Clark	600	390	1590
B. Knouse	400	250	1100
West Penn Ironmen's Open 1/29/83-Pittsburgh, Pa			
129 Andre Villare, best lifter in U.S.	335	195	410
130 The people who made this meet run smoothly!	335	180	415
131 Thanks to Danny Collier for results.	300	200	300
132 Thanks to Leo Noble for call this the largest and best meet they've had in 5 years.	300	200	300

# The Titan Guarantee

Everybody claims to have the best suit, but how many back it up? At Titan you won't find any vague guarantee or encouragements to wear the suit everybody else wears, without a guarantee.

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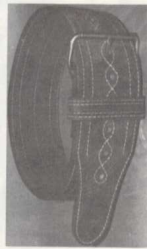
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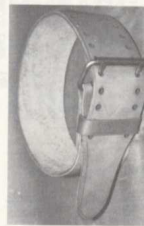
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Region II Collegiates

1/15-16/83 - Pennsauken, NJ

Table with columns: SQ, BP, DL, T. Lists names and scores for various weight classes.



Rich Wenner, Natural Master lifter did well at the Region II Collegiate Championship meet, seen here in a photo from the meet by Jim Gallagher.

opener: 165: Mark Kruttsack, a veteran of two National championship teams, took first with a 500 lb lift. Brian Thompson picked up 255 lbs back. Brian Thompson picked up 255 lbs back.

ing division. 181: Chris LaRocca began the tempo in the 181s. Doug Haines was unable to get two whites on any of his three attempts with a 639 opener; squat, also, appeared to be a problem for Haines. 198: Rich Wenner, a college superstar Mike Macchella moved up to the 198s and took first easily, despite having only a few weeks of serious training. Newcomer Linz kept finding these gaps! 220: Joe Gionfriddo of Temple took first here when Andy Parra was unable to make any benches. 242: when Keith Hunter pulled 639 to tip teammate Anthony Daniele on bodyfat. Daniele squatted a fire 483 to build a sub total lead. Jim Anthony, who was unable to get his 198, took the Tony 'Bear' Ardino. 255: This class was won by huge Ron Gumbarge of Temple. Ron erased the myth that the BP doesn't win contests as his 242 lb lift was a record for the event. 275: Everything into his win over Ricci put the 275s in a tight race. 300: The 300s were a fore-shadowing of the battle between the Temple and Kutztown teams. First went to Tom Hult-Murphy with a big 343 squat. The entries in the Murphy with a big 343 squat. The entries in the Murphy with a big 343 squat. The entries in the Murphy with a big 343 squat.

114. Many thanks to these judges, most of whom stayed overnight at the hotel and judged both days. The contest featured a banquet after the weigh-in where the winners were well attended. The speaker, himself several years ago, gave an inspirational speech in support of collegiate and weightlifting. Jake's presence at the meet was a great powerlifting tradition at V.U. There is a great powerlifting tradition at V.U. There is a great powerlifting tradition at V.U. There is a great powerlifting tradition at V.U.

Contrast Costa Novice & Masters 1/29/83 - Concord, CA

Table with columns: SQ, BP, DL, T. Lists names and scores for various weight classes.

U.S. Women's Natural Elite Meet April 16, 1983

Open Women's Meet Awards for this meet will be Top 5 in each weight class Master and Teenage by Formula contact: PAT MALONE 124 East State Street West Lafayette, IN 47906 phone 317-743-3481

Eligibility: all women powerlifters

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Bellvale Barbarians vs OCF 1/30/83

Table with columns: SQ, BP, DL, T. Lists names and scores for various weight classes.

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

Attention Power Gym dumbbells. For Sale-complete set of dumbbells in 105 pairs. Heavy Duty starting at 105 lbs. thru 200 lbs in 5 lb increments. Plate welded. Total wt. of 6,100 lbs. Price \$4,200. phone 615-668-2414.

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Clayton. Thanks to Vaughn Malfield for results.

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Eligibility: all women powerlifters

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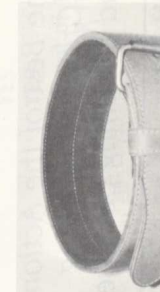
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# PIONEERS of POWER

by Pete Vuono

## INTRODUCTION

The purpose of this series is threefold. The first purpose is to act as a salute to the men whose strength in the powerlifts (odd lifts as they used to be called) was so prodigious that they actually made the activity popular or organized sport.

Secondly, it is also a salute to those early competitors in powerlifting from 1965-1967 whose strength, skill and knowledge were a major inspiration for modern young trainees to turn to powerlifting in droves.

Finally, this series is designed to serve as an example to every reader

of Powerlifting USA, especially the young lifters, that great size and strength can be acquired naturally without any artificial aids. The majority of powerlifting's pioneers achieved unparalleled size and strength, and became Barynesque folk heroes in their own time, without the use of strength inducing drugs.

It is hopeful that the spirit of sportsmanship, the genuine interest in powerlifting, and the helping attitude that these champions offered to those in need, which is recollected in this series on great strength athletes, will continue to live on in the hearts of weight training enthusiasts everywhere.



Chuck Ahrens artwork by Scott McIntyre

## PART 1,

### CHUCK AHRENS

In the early dawn of powerlifting back in the 1950's, there was established on Santa Monica beach in California an outdoor gymnasium called the Muscle Beach Weightlifting Club. This gym was enclosed by a wooden fence and was equipped with a wide variety of weights and machines. It was here at the Mecca of Muscle, that many of powerlifting's pioneers congregated. One of the

largest and strongest of these behemoths was Chuck Ahrens' "Mystery Man", because he was of a quiet, reserved nature and refused to take off his shirt and pose for cameras. Only in one rare photo taken for Muscular Development Magazine did Chuck roll up his sleeve.

As was stated before, Chuck Ahrens was of Bolognagnon proportions. When walking along the shores of Muscle Beach, he resembled one of the huge saurians which may have roamed there millions of years ago in the Jurassic period.

Chuck stood 6 foot in his prime and weighed 330 lbs., most of which was distributed in his upper body. He had a normal, non-expanded chest measurement of 58 inches. This huge torso was capped by shoulders 28 inches wide. Attached to these prodigious deltoids were arms which measured 22 and three eighths inches in circumference.

Not only was Chuck Ahrens ponderous in appearance; his lifts were equally gargantuan. Chuck specialized in odd lifts. His favorites were the one arm dumbbell strict press, the two arm dumbbell press and the triceps extension. The dumbbell presses of England's recent Strongbow contests are quite impressive, but compare those 160 lb presses to Chuck Ahrens pressing strict with one arm, 310 lbs for 3 lbs for 5 consecutive repetitions standing with a dumbbell in each hand. While seated on an incline board set at 90 degrees, Chuck pressed two 225 lb dumbbells for 5 repetitions!

In the lying triceps extension, Chuck's style was to hold the bar overhead, lower it behind and below the head and extend it up overhead.

## MINI-CYCLES by Walter Sword

Last year I reached a goal I set for myself when I began powerlifting 4 years ago, to get my Masters total. Like all competitive powerlifters, I experimented and searched for the perfect cycle that would guarantee results. Disappointed with the conventional cycles, my training partner, Steve Grillo and I developed the idea of mini-cycles.

A mini-cycle is simply a short cycle inside a long cycle. There can be various length combinations. For example:

2-6 week mini-cycles in a 12 week cycle

3-4 week mini-cycles in a 12 week cycle

4-3 week mini-cycles in a 12 week cycle

I have used 3 week mini-cycles with repetitions of 5's on the first week, 3's on the second week and 1's on the third week. For me the % weight decreases on repetitions is 10% from 1's to 3's and 5% from 3's to 5's. The decrease between mini-cycles is 7.5%. Below is a comparison of a conventional cycle and mini-cycles.

**CONVENTIONAL 9 week cycle**  
 Week 1: 60% M x 5 sets x 7, 10 reps  
 Week 2: 70% M x 3 sets x 6, 5 reps  
 Week 3: 80% M x 3 sets x 5, 5 reps  
 Week 4: 85% M x 3 sets x 3, 5 reps  
 Week 5: 90% M x 2 sets x 2, 4 reps  
 Week 6: 90% M x 2 sets x 2, 4 reps  
 Week 7: 100% M x 1 set x 1 rep

3-3 Week Mini-cycles  
 Week 1: 70% M x 2, 3 sets x 5 reps  
 Week 2: 75% M x 2, 3 sets x 3 reps

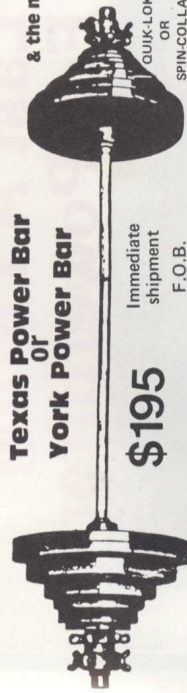
In 1956 Chuck performed a single in this movement with 400 lbs! Even to this day these lifts have been unequalled and unparalleled, which is amazing when one considers that these feats were performed in an era when steroids were practically unknown.

Such work on the dumbbell presses and triceps extensions gave Chuck tremendous power in the behind the neck press and the bench press. In the behind the neck press standing, Chuck performed 390 lbs without specialization. In the bench press he performed an incredible 28 repetitions with 400 lbs.

Unfortunately, Chuck's quiet personality kept him away from actual competition, however, his tremendous strength and the reputation that followed served as an inspiration to myriads of young strength athletes. Even to this day, 24 years after his prime, Chuck Ahrens' strength awes us and earns him the well-deserved title of Strongest Upper Body Specialist of all time.

REFERENCES: Willoughby, David P. The Super Athletes. New York: A. S. Barnes and Co. 1970.

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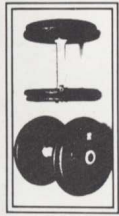
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20 lb.	\$29.60	70 lb.	\$103.60
25 lb.	\$37.00	75 lb.	\$111.00
30 lb.	\$44.40	80 lb.	\$118.40
35 lb.	\$51.80	85 lb.	\$125.80
40 lb.	\$59.20	90 lb.	\$133.20
45 lb.	\$66.60	95 lb.	\$140.60
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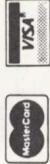
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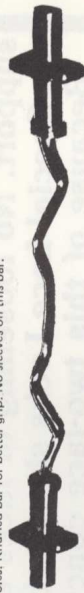
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