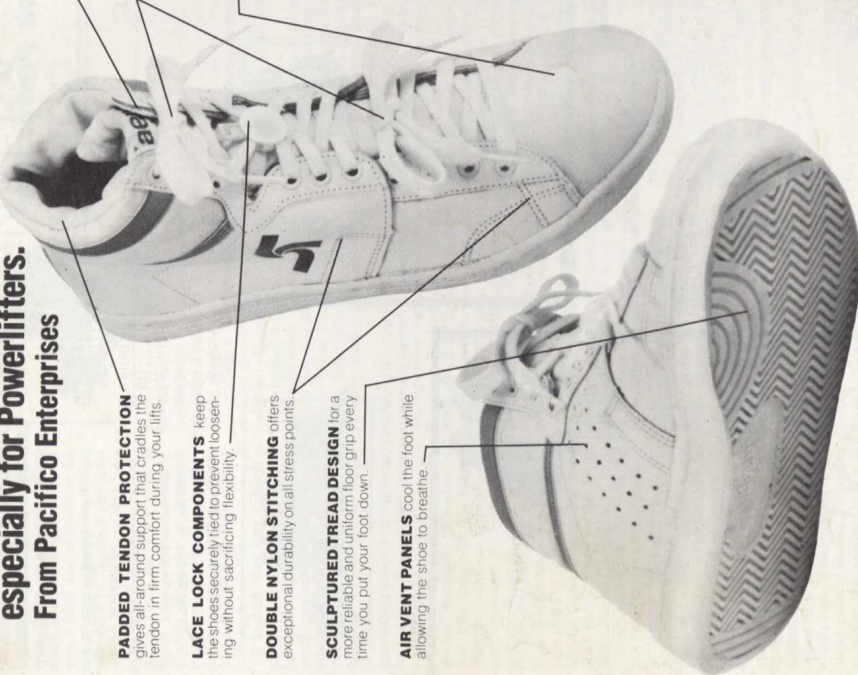


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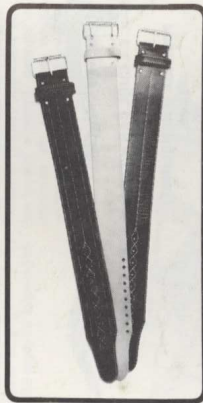
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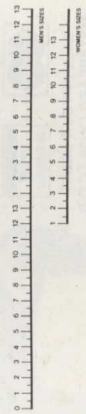
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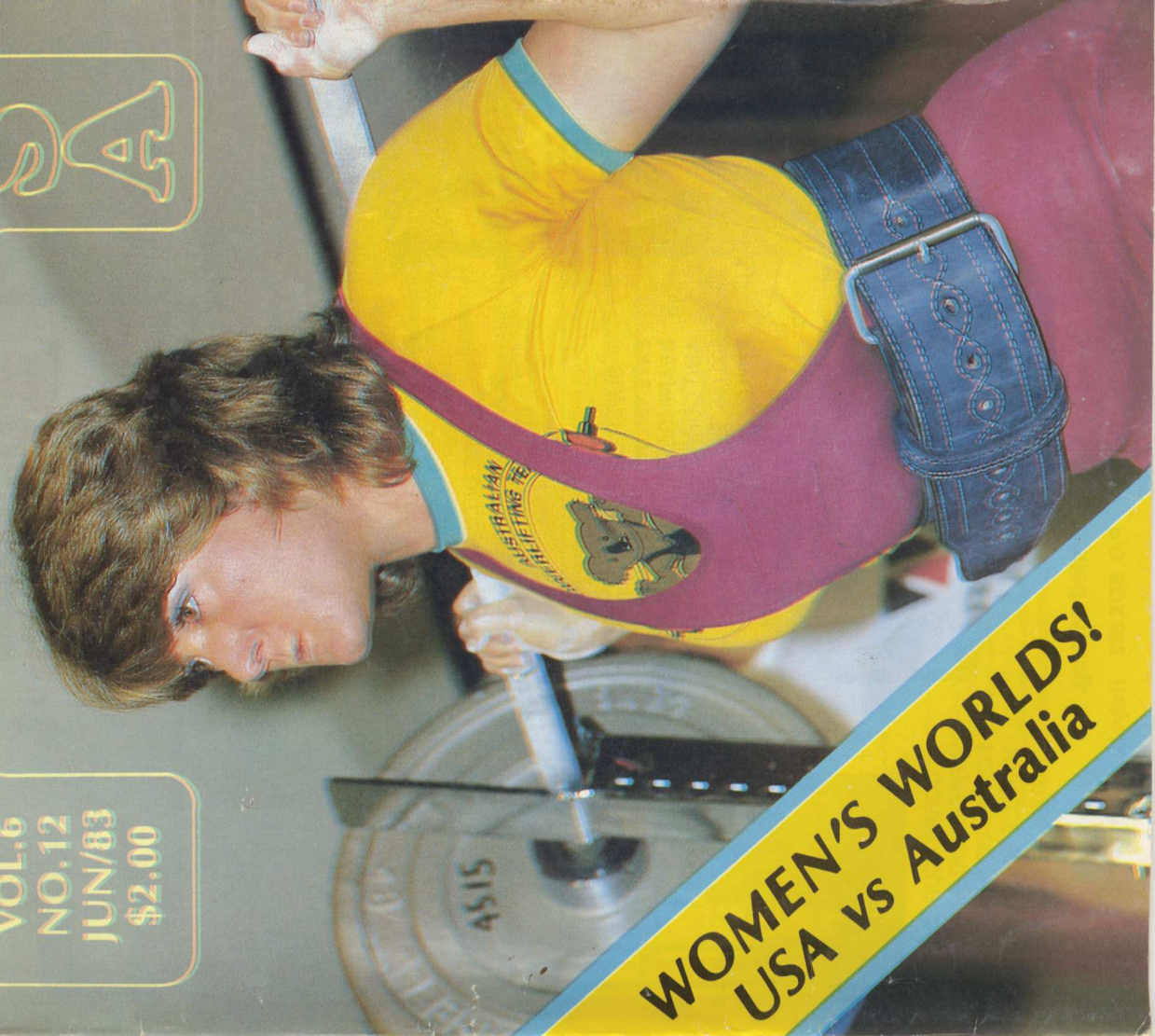
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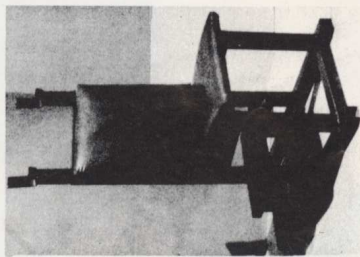


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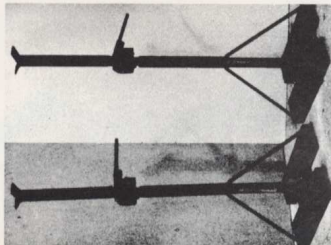


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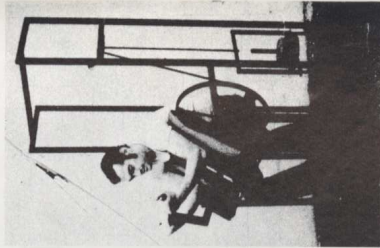


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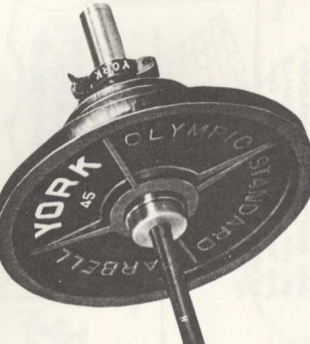
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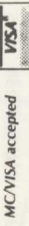
ON THE COVER....Gael Mulhall of the victorious 1983 Australian Women's World Power Championship Team.
NEXT MONTH...complete PL USA coverage of the Junior Nationals and the inaugural Women's Natural Nationals.

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WOMEN'S WORLDS

by Mike Lambert

AUSTRALIA DEFEATS USA!

For the first time in Women's World Powerlifting Championship history, the US team has been defeated. Full details on this confrontation between Australia and the US Team follow.

Women's World Championships 7/8 May 1983

44kg/97lb	BW	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	T	
C. Jones(USA)	43.35	248	264	275	126	137	143	413	270	286	297	699*
H. Yoshida(JAP)	43.35	231	253	264	99	104	110	363	259	286	297	650
G. Botica(AUS)	43.65	220	231	237	115	115	115	347	286	303	303	650
A. Prinkala(FIN)	42.95	253	270	270	99	110	115	380	264	275	275	644
J. White(GB)	42.8	209	226	226	110	121	126	336	220	242	259	578
Andrea Lam(CAN)	43.4	192	203	209	88	93	99	303	226	248	259	551
D. Rowell(USA)	47.85	275	292	300	115	121	126	413	341	369	380	782

J. Small(BEL)	47.9	253	264	275	126	132	137	396	308	319	330	727
K. Imai(JAP)	47.7	242	256	281	115	121	126	413	242	264	264	655
E. Muir(AUS)	47.6	248	259	259	104	115	121	369	248	259	286	628
S. Smith(GB)	46.7	231	240	240	137	140	148	380	231	242	253	622
52kg/114lb												
K. Bogias(CAN)	51.45	297	308	325	170	176	181	507	330	352	336	859
S. Jordan(AUS)	50.4	308	325	336	143	154	159	490	333	352	369	843
G. Ganges(NOR)	50.8	253	270	270	132	143	148	418	286	299	299	705
L. Struggles(GB)	51.55	242	242	253	121	132	137	374	275	286	297	661
T. May(GB)	50.75	242	259	259	104	110	115	352	292	303	300	655
J. Moir(CAN)	51.7	231	253	253	110	121	126	352	281	303	300	655
N. Watanabe(JAP)	51.5	176	209	220	82	93	99	259	220	220	242	479
V. Steenrod(USA)	51.3	303	303	303	226	248	248	688	402	462	462	1151



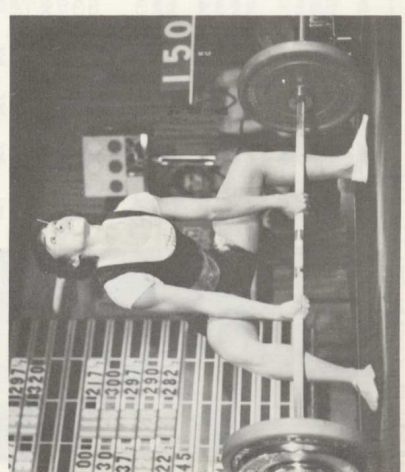
Cheryl Jones, simply unstoppable

strongest of the strong retained their titles. Things went well for the Australians, while the Americans paid the price for their errors, but that story will follow. On the lighter side, it was a beautiful competition, with the meet hotel, lifting site and contest fixtures being nothing short of high class, thanks to very long hours of preparation by many Australians, notably meet director Yurt Stems, who only got an hour's sleep the night before the contest started. Adelaide is a fine example of a city, clean and lushly green, and the Australians are delightful people, with lots of 'American' style spirit in the way they do things. Fortunately for all powerlifters in Australia, their team victory could not have come at a better time, with a new government just getting into place, supporting much more inclined to support the efforts of their nation's athletes financially, especially when they are winners. A fortunate happening for United States lifters is that NBC taped the event, zipping Pam Meister and Ahmad Rashad down to do the commentary. When this telecast is shown, it behooves us all to write the people who put it on, thanking them and asking for much more in the future. Drug testing was in effect, so records set will be official if everybody passes, and those that do pass the test should be recognized for their very honorable athletic accomplishments.

The hardfought team aspect of this competition was a healthy new development, one that could inspire greater growth in the sport, even down to the local levels, so we'll focus on it and keep you updated on it on a class by class basis. The US got 12 big points from Florida



Above... Diana Rowell has a very happy winner. Below... wide stance puller Kalli Bogias averaged last year's foot slipping episode in dramatic fashion.



terms of heart and character, they were both champs, 3rd placer Grete Conger, and 1st placer, diminutive Linda Miller was a virtual unknown in the 148s, but Bruce Waddell assured me beforehand that she would be a factor, and he was right. Tragically, Dacia Poston (formerly Dacia DeWitt, now married to Rick Poston) was not a factor in the outcome. After starting modestly in the squat and being well enough, she could not find a way off each category, but just a bit from Finland and Uruguay. Kunihito did their countries proud, while fence Chris Saunders and Linda Vickers of Australia doubled up for points, leaving the score knotted up once again.

USA-36, Australia-36
The Worlds Best Lifter of Late, Ruthi Shafer, was not that pleased with her performance, but her standards are very high. She came up easily with a record 440 on her 2nd attempt, but got only one white, and then did it again, just as easily, looking good for the same 457 that she made at our Nationals or more, and in the deadlift she was perfect on all three attempts, each rather easily done. 16 year old Cathy Milten looks like she can do whatever she wants to in women's sports in the future. She shows awesome basic strength, and has just started to train heavily.

Cheryl Jones, who forcefully dominated, set a record breaking 97 lb. division, even veteran Hisako Yoshida, who helped out with the drug testing later on, and Anna-Lisa Frankkala, who has a relatively short upper limbs, she is able to maintain excellent driving position. But it was her setting Aussie Gloria Bogias kept going until one white from different referees, a good bend on her 3rd. Andrea Lam, 14 was the youngest lifter in the competition. The team scores after this class concluded were

The US team continued to surge in the 105 lb class as buoyant Diana Rowell seemed to know exactly where she was heading. Her 4th attempt squat was overweight enough to count as a World Record. Belgian Joelle Small was exciting, shouting forcefully, lifting the same way, and loudly supported by her coach Kazuo Imai was further evidence of the strength of the Japanese lifters however, they were not able to field a full team. As of this point, the team picture looked like **USA-24, Australia-15**.

The 114s looked destined for a triple head on collision in the deadlifts amongst Vicki Steemod, Kalli Bogias, and Sue Jordan, unless somebody bombed; and that's what happened. Vicki got up with her first squat, got a white; but nervously dumped her 2nd attempt on the way up, and cut it very high on her final attempt, glumly realizing before she even racked the bar that it wouldn't be passed. This didn't make it any easier for Sue Jordan, even though she set a STRONG World Record, and passed because she got caught and passed at subtotal by the bench of Bogias. The deadlifts did decide it, with Bogias forcing Sue to more than she could handle on the final try. The stem faced Sue quickly marched past the jubilant crowd that was hoisting up Kalli in the 'on deck' zone. In

International Sports Swamship... Juli Thomas (who totaled 8 times her bodyweight), congratulates Umriyo Kunihiro of the fine Japanese team.



Great Britain's Rita Bass struggled, but managed 3rd. Now, the team totals were **USA-46, Australia-36**. Linda Miller was a virtual unknown in the 148s, but Bruce Waddell assured me beforehand that she would be a factor, and he was right. Tragically, Dacia Poston (formerly Dacia DeWitt, now married to Rick Poston) was not a factor in the outcome. After starting modestly in the squat and being well enough, she could not find a way off each category, but just a bit from Finland and Uruguay. Kunihito did their countries proud, while fence Chris Saunders and Linda Vickers of Australia doubled up for points, leaving the score knotted up once again.

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International Sports Swamship... Juli Thomas (who totaled 8 times her bodyweight), congratulates Umriyo Kunihiro of the fine Japanese team.



Surprise! Aussies, Linda Miller (above) and Pam Matthews (below) took titles at 148 and 165.



It was rumored that a couple of girls in the 198s wanted to move up to the Supers with Wanda Sander but just couldn't gain enough weight on short notice, so Wanda waltzed away with the title, opening ridiculously low and making all attempts with tremendous ease, except a large jump to a record busting 512 deadlift. **Final Team Score: USA-86, Australia-93.**

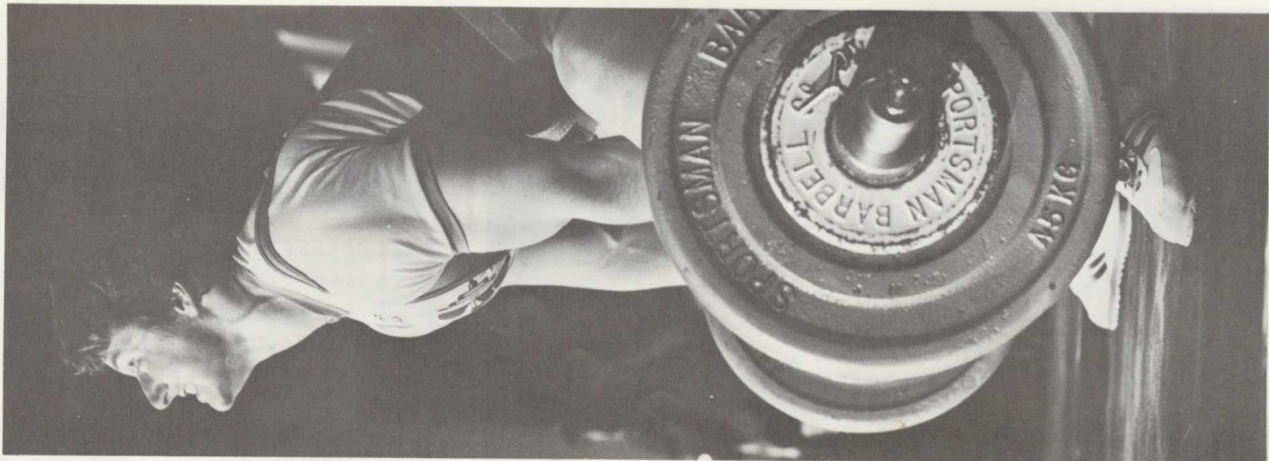
The event concluded with an awards ceremony at the host Oberoi Adelaide Hotel on Sunday evening. The generous meet sponsors distributed the numerous awards, and afterwards the Aussie and US team tables were overlaid with trophies and such. A different touch was the bottle of Jim Beam whiskey that went to each winner. The following day there was a comfortable Aussie style barbecue in the Barossa Valley wine country, enjoyed by many. It was a great championship, and Australian President, Frank Lamp, took great pride in saying that it was the greatest ever. There were few hassles and a proper emphasis on line lifting and international camaraderie. Congratulations to the victorious Australian team, and here's to a friendly rivalry with the United States for years to come. Unofficially, it seems that the 1984 Women's Worlds will be held in Los Angeles under the direction of Dr. Fred Hatfield. An early, warm welcome would not be out of order to these fine competitors and those who will earn the right to join them next year in the greatest forum available in the world today for women to show their strength.

Ruthi Shafer, handled each world record lift with the greatest of ease, and several witnessing Linda actually being physically struck by a member of her own national contingent prior to deadlifting. Teampointwise, the Aussies one-two finish in this class gave them 21; the US got none. The overall score now stood at a perilous **USA-48, Australia-57**.

It was time for the US lifters to bear down, make no more mistakes, and hope that the Aussies would have some troubles of their own. In the 165s, Jennifer Weyland had a perfect day...making all 9 attempts, with her finals in each category being safely maximal efforts. Pam Matthews, a training partner of Bev Francis, is the world record holder in the deadlift for this class and Jennifer's excellent lifting gave her only the narrowest of opportunities to pull out the victory, but that's what she was able to do on a slow, ruthlessly fought out attempt at a near record 457 pounds in the deadlift. **USA-57, Australia-69**.

Bev Francis was in top form in the 181s. With no back problems to worry about, she blew up a World Record squat, and almost willed her

Bev Francis...wants a 600 kilo total someday and with what she tried she could have gone 590. For those interested, Bev's successes and all the rest of this great World Championship was videotaped by Wayne Gallach, 374 Mantion St., Hindmarsh, S.A. 5007, Australia, (phone 46-7305).



Wanda Sander...after her own bombout last year, Wanda was most cautious

Women's Corner

HELLO LADIES... This year's World Championships has drawn to a close. There has been a lot of triumph and a lot of heartache this year. We saw several new and unexpected champions crowned. I think many lifters learned some valuable lessons and found out what the word teamwork is all about. This year's Worlds was the best run, best promoted, and certainly had the best media coverage of any that I have seen. Hats off to Yuris Stems for making the 1983 Women's Worlds a major event in the city of Adelaide, South Australia. Unfortunately, the US team fell victim to adverse circumstances from the start with the loss of two valuable team members on the first day of lifting. The entire team was called upon to rally behind the last four lifters and help them make it through a rough day of lifting. Losing the team title was a tough blow to all of those who had gone to represent the United States. All in all, though, the US lifters brought home many trophies, with awards being given for Best Lifter per session, Best Squat, etc., plus two Champion of Champions awards. It was possible for one lifter to bring home 5 awards.

Not only did we get to witness some superb powerlifting, but we got the chance to get acquainted with lifters from different countries and cultures. We could also share ideas for training and techniques, even if there was a bit of a language problem at times. We were also able to encourage those women who come from countries that do not approve of women in such sports. The Japanese were probably the most eager to learn and it's evident they have used many of our ideas to improve their standing. If there were a trophy for most improved, I would give it to them.

We did our best to insure that next year's World Championship in Los Angeles will be a success. We invited all the countries present to return next year for the sequel to this turbulent and triumphant year. Although the results of the drug testing will not be available for some time, I am proud to announce that this year's performance was second to none, with or without testing. World records fell like rain and some extremely impressive totals were posted. With football star Ahmad Rashad and NBC's Pam Meister reporting the action, we were able to wow the crowds on both days. Although the air date has not been set for the NBC SportsWorld telecast, it is sure to be a much more positive report than last year, one reason being the inclusion of the athlete's opinion in the drug testing debate. In the past, this has usually been left to non-lifters to expound upon with horror stories of steroid usage mucking up the whole program. This year, I think more attention will be paid to the outstanding performances of the competitors and less to the issues that muddy the sport. Although most of the women were not anxious to go on television, expounding on the problem, they went ahead, knowing that if they did not speak out and let the public know there really is two sides, then we would continue to be plagued by false accusations and insinuations.

While I am in Australia (where this column was written), I am trying to get the secret to the great Aussie bench press. If I am successful, I will run that in the column in the next month or so. I must admit, they know something that we don't. Watching Bev Francis bench is something you won't forget. Her strength is absolutely incredible. It was a pleasure to see her break record after record. I will say that most of the US lifters on Sunday were very, very gung-ho and dropped their opening attempts as much as 70 pounds to avoid what had befallen two of their team mates on the previous day. The overly cautious attitude may have cost a bit in totals, but all four lifters stayed in the meet. The American women would like to thank you all for the support we have received. We'll be back next year. Till next month, from Adelaide, RUTHI SHAFFER

POWER PROFILE

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

Judd Blasiotto's Amazing Comeback by Tim McClellan

he never realized that Judd is more than just a physical person. He never knew that Judd's mind would not give up without a terrific fight. Indeed the war was won.

In winning his personal war, Blasiotto must give practically all of the credit to Dr. McMahon and Dr. Ed Ritter. McMahon's job was masterful. There is no other way to put it. He had an astonishing challenge and came through it perfectly. I can not say enough about his skill. After McMahon's job was done Dr. Ritter took over, helping him make major style changes in all three lifts, in the squat his feet were brought in and the bar was moved up his back. He used less back and

assembly changed from a Larry Dailie type style to that of Ricky and Ripper could make the changes work. There was more arch in his bench press. He was forced to lie in a flat position, which he learned in the deadlift for Judd could no longer live for the bar and pull it a conventional style. He had to forego all of that and pull the bar off the floor slowly - in a sumo style. This, once again, was done in the finest mold of Ricky Crain.

'It was tough,' said Blasiotto. 'Everything had to be redone, but I knew that if I ever wanted to successfully lift in a meet again that I would have to make the adjustments. I trained for weeks using just the bar and I planned to try another meet so I knew it had to be adopted mentally.'

The meet was historic for Blasiotto and for the ADFPA as he exceeded 10 ADFPA National records. Three of these were in the squat: his opener at 462 lbs., his second at 487 lbs. and his third an all-time personal record of 512 lbs. The bench press attempts went 275 lbs., 286 lbs., and 292 lbs., three more ADFPA

records. At this point he was six and set his mind to deadlifting, something he was told he would never do again. He opened at 501 lbs. and took two records. His final attempt was one of 551 lbs., which he pulled to mid thigh before gravity outpulled him. That left him with ten ADFPA National, ADFPA American State Powerlifting Association, USPF and two Georgia State Open USPF records for one day of lifting. Records are nothing new to Judd (from looking through his seven books of training and meet diaries, I found that he has exceeded records 81 times), but he was most pleased. This was one of the best days of his life and certainly the one of which he is most proud.

While the comeback was incredible, it was not as easy (?) as it is written here since only the physical aspects were discussed. This is only half of the comeback at best. There were many psychological aspects too, and they represent a totally different story. Judd Blasiotto is the name of the comeback. Ed Dailie and Ed Ritter, who is in the USA. He is also the same Judd Blasiotto who is writing a great book on powerlifting, which will help countless numbers of lifters. Indeed, this Judd is the very who is a consultant for World Class Enterprises. He also does unknown amounts of research and helps the Pittsburgh Pirates with psychological training. He has worked with the Cincinnati Reds, the Kansas City Royals, and World class athletes in gymnastics, skiing, golf, softball, and tennis, powerlifting, basketball and many others, too numerous to name.

Judd Blasiotto is living proof that the mind and body have to work together. His comeback proves that to find out more about Judd, his comeback career, views on powerlifting and also some psychological aspects of his return, please read my interview with him, found in the following pages.

'It absolutely cannot be done,' said Dr. Joseph McMahon when talking to Judd Blasiotto about making a post-surgery comeback in powerlifting. 'The damage you have done to your back is too extensive. It will leave a big void in your life, but you will have to find another path to Resistance exercises using your back are just out of the question.'

So it was Judd Blasiotto was to be out of competitive powerlifting forever. He had indeed gone just a little too far on his ailing back, leaving an operation as the only way to correct it. The operation was inevitable. A nerve in Judd's back had completely wrapped around a herniated disc. It eventually embedded itself into the spinal column, rendering his back virtually useless. The laminectomy was the only way to relieve the extensive pain that Judd did the impossible just by staying on the platform. How did he do it? How does a 512 lb. squat, 292 lb. bench press, 529 lb. squat and 1333 lb. total in the 132 lb. class and Ripper for the best lifters, let alone those who are supposed to be finding something else to do. Yes, that total weight have won the World championships. No it wasn't due to stacking the deck. It was a certain way. Judd Blasiotto is drug free. His lifts were made in a sanctioned American drug free powerlifting Association meet, one in which he was tested and proven clean.

'I don't believe in using steroids,' he says. 'I would not have tried a comeback if I had to rely on something other than myself. To me taking drugs is a form of cheating. You cheat yourself and you cheat other lifters. I felt I could do it without drugs and I did. Big lifts can be made drug free. George Herring and George Hummel are proof of that. You'll see in July at the ADFPA Nationals.'

What makes this comeback more amazing is that it took place only seven and one half months after Dr. McMahon told Judd how bad his back was. McMahon honestly felt that it was physically impossible, but he got none! Lifters told him he 'was

out of his sick bed Blasiotto often visited other laminectomy patients to find out what the rehabilitation and recovery was like. The consensus of opinions he got? 'You'll get better, but you'll never be well again.'

That is enough to make any powerlifter give up hope, but not Judd Blasiotto. Judd refused to become despondent. Instead he focused his attentions towards his work (sports psychology), the clinics and symposiums he gives, the articles and books that he writes and also his sculpting, painting and artistry. Once in a great while he would sneak into the gym to help others and 'just to bench press a little bit,' as he puts it.

Friends and family became outraged when he told them he could squat the bar. It was only 45 pounds but they knew it was going to lead to a comeback. Like the operation, the comeback was inevitable. Blasiotto wanted to pull off the miracle that even his operating doctor said was impossible. However, the support he got was less than expected. In fact, he got none! Lifters told him he 'was



Judd Blasiotto...was so close to never squatting heavy again. McClellan photo

INTERVIEW

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

JUDD BIASIOTTO Interviewed by Tim McClellan

To interview the number one ranked ADFPA Flyweight, I went to Albany, Georgia to meet with Judd Biasiotto. The meeting proved to be quite an education for this writer. I found Judd to be a finely tuned athlete, both physically and mentally. He is indeed a super intellect, for in addition to his powerlifting credentials, he holds a doctorate in Sports Psychology. He has worked with literally thousands of professional and amateur athletes, improving their performances by using techniques in hypnosis, biofeedback and behavior modification.

Judd has published over 50 research articles and given talks to over 500 organizations. He is currently in the process of writing three books, two of which he will publish within a year. I returned from Georgia with the belief that no one was better suited to assist athletes with such psychological aspects as motivation, aspiration, anxiety and fear.

Judd has the capacity to control both your somatic and psychic apparatus. I used to be a lifter who used his brain to successfully envision himself as a stronger, more positive, somewhat indestructible lifter. The operation brought about a radical change, physically, in me and it was tough to think the way I used to.

Q: Honestly Judd, after the operation, did you think a comeback was possible?

A: No. In fact, immediately after Dr. McMahon told me that my career was over, I started to plan other activities to fill the void that powerlifting would leave in my life. Like I just mentioned, I did not mentally set myself to coming back.

Q: When did you decide to make a comeback?

A: I really can't say. It was about a month after surgery. I went to the gym to visit friends and to watch my father work out. I experimented with a few bench presses. I still had staples in my back and was somewhat scared to push myself directly into a comeback. Anyway, that day I made the monumental task of squatting the bar. That led to deadlifts.

Q: Was your father excited at seeing you start to squat and deadlift?

A: Deep down I knew he was against the idea. I think he was afraid to see me renege myself, but he has always let me make my own decisions and he has always stood by me. He is a rare individual and someone who is very close to me. I come from a very close family and everyone gets behind me, not only my mother and father, but my sisters, brothers-in-law, and even my grandmother. My career has been much brighter through them and through the support I have received from the years.

Q: I understand that you did not receive a lot of support in your comeback. True or false?

A: To be perfectly honest, that statement is true. Doctor McMahon was outraged! He told me that I was the only Doctor of Sports Psychology in the world who needed to have his head examined. The lifters at the

would actually do this for all of my attempts. I start this hallucination process just prior to my lift. My astral being goes through the exact same routine I would in leading up to during the deadlift. It is important to note that I said he does the exact same routine. A vague blur of what is about to happen would do me no good. Everything must be precise; colors, tones, objects, etc. I got to the point where I could actually feel the knurls timing into my hands. As you conceive the idea you have a cortical spillover, which facilitates the neurons in the body to actually perform the act that you are conceiving. The neurons in muscles used in deadlifting actually fire during the general imagery. Impulses are sent to these muscles and they contract to some degree. I had practiced to a point where I could contract these muscles and actually feel the knurls of the bar in my hand.

After my hallucinated being would finish his lift he returned to me and popped back inside of me. Then it's my turn, but I have an advantage. I have already imagined the lift. Remember, the mind and the not distinguish between what is real and what is imagined. I have programmed myself for success.

The problem most lifters have is not visualizing a definitive clear cut progression of themselves. Most times they only imagine a blur. They don't visualize vividly and when they go to lift they are doing something different than what they have programmed themselves for.

Q: Is there another technique that a stronger lifter can use to improve their performance?

A: Yes, there are others, but it requires a systematic program which is carefully designed and implemented. Dr. Ritter and myself have been successful in putting together a type of cookbook of mental training for all powerlifters. I think a lot of people are going to be pleasantly surprised by this book. I honestly think that a lifter who incorporates the training programs outlined in this book will be able to increase his/her performance and/or total significantly. Not only that, but it is a fun book. It's both informative and entertaining. Best yet, it contains a lot of esoteric information that most lifters don't have access to.

In addition, I'm doing a type of autobiography that should be very educational as well. It promises to be something different than anything on the current market of powerlifting books. Look for it within a year.

Q: Is there anything short of a book you can tell me to help my game?

A: One thing you can do is educate yourself. Research has shown consistently that the more information afforded an athlete about

the physiological, psychological, and mechanical demands of the sport he is engaging in, the more likely he will excel. Also learn to conceptualize vividly and keep your mind full of positive affirmations. The mind is an incredible thing. It can take a person so much further than most people can perceive.

Q: Now on to a touchy subject. Did you use any drugs to help you with your comeback?

A: If you're referring to anabolic steroids or any other strength inducing drugs, the answer is an emphatic NO! I don't condone the use of ergogenic aids to enhance performance. The essence of sport is the natural ability of one person against another. When you start using drugs, equipment or anything else surreptitiously to gain an unnatural advantage, you're not only corrupting the sport, but yourself as well.

Q: What are your feelings about the ADFPA?

A: Of course I'm an avid supporter of the organization. Most of the national and world class athletes in all sports are using heavy dosages of anabolic steroids to transcend their strength. Consequently, powerlifting is losing its credibility as a pure sport. Although the USPF is aware that the majority of their athletes are using illegal drugs as ergogenic aids, they have done little, if anything, to rectify the situation. This in itself has caused considerable factionalism within the sport. The ADFPA is an outgrowth of that factionalism. It has become the voice of the powerlifter who wants drug free lifting.

Q: Has the ADFPA been successful?

A: The word success is ambiguous. What is successful to you may not be successful to me and vice versa. From a purely objective standpoint though the ADFPA has given drug-free lifters the opportunity to compete against each other. It has also given them a voice in the government of the sport.

Q: Has that voice been heard?

A: In my opinion, yes, it has. Not as you can hopefully see, Judd Biasiotto is a very intriguing person. He has seen so much and done so much more than your average Joe. Talking with him you can't help but being totally engulfed in what he says. I know that I could sit and listen to him talk for a week straight, if it's possible for a man to talk for a week straight. If it isn't, I am quite confident that Judd could condition himself to do it.

What is more special to me is that Judd becomes totally engulfed in every word you say. He has a very open mind and seems to really care about helping you no matter what your problem is. While we talked he helped me with training tips, coaching, nutrition and of course, many psychological aspects of athletics. A modest man, Judd would never say it, but I am convinced that he can help ANY athlete improve their performance. Should you ever get a chance to hear him speak or to read his works, I would highly recommend it. He is that fascinating and has done things with the mind that are beyond belief!

Perhaps the best and most accurate description of Judd and his accomplishments came on day when I was telling my brother Keith about writing this article:

"Keith, I'm writing an article on a guy who went 512-292-529-1333; drug free, only seven and half months after a laminectomy. I further described the complexity of the operation as Keith is an outstanding registered nurse. It was all possible." I continued, "through his mental training. He's also a Doctor Sports Psychologist."

That's absolutely incredible," he replied.

"Yes, I know. I sure wish I could total 1333 at 132 with or without the operation."

"I didn't mean that, concluded Keith. I meant that a man who developed himself to that extreme limit physically also developed himself to that extreme limit mentally." Keith said it all!

until Brother Bennet and George Hummel formulated the ADFPA did the USPF consider drug testing. I believe that the move to do so by the USPF is directly related to the ADFPA stand on drug testing. I would surely like to see lifters drop the ethic 'win at all costs'. It's getting to the point in sport where we will tolerate anything in the name of winning - lying, cheating, drugs, damaging our health, as if winning outweighs any human aspect. I believe this preoccupation with winning is self-destructive. It's narrow minded and a short sighted view of life. Just because a lifter can hoist up a world record deadlift does not mean he is a better homo sapiens than the guy who finishes last in a novice contest. Yet many lifters believe that. There's just so much more to life than that.

Q: What are your future plans?

A: As far as my lifting goes, my career is in limbo. I have another disc acting up that may require surgery. If surgery is necessary I'll probably call it quits. If I can get by without surgery, which I doubt, I would like to compete in the ADFPA National championships. I would still like to total 1400 lbs before I retire. I hope I'm not physically forced to retire.

Q: Are you satisfied with what you've gotten out of powerlifting?

A: I hope I'm never satisfied. If a man is satisfied he's reached a cumulative point. Inertia has bred and he is on the backslide. I believe it's in my best interests never to be dissatisfied, but always to be unsatisfied.

As far as the sport goes, I am happy to have been a part of it. I feel that I have achieved something through powerlifting. Most valuable is the friends I've made and the people I have met. I have learned a lot through powerlifting and sure hope to do something back to it.

Q: Do you have any last comments?

A: Yes! If you see anyone today without a smile, give them one of yours.

As you can hopefully see, Judd Biasiotto is a very intriguing person. He has seen so much and done so much more than your average Joe. Talking with him you can't help but being totally engulfed in what he says. I know that I could sit and listen to him talk for a week straight, if it's possible for a man to talk for a week straight. If it isn't, I am quite confident that Judd could condition himself to do it.

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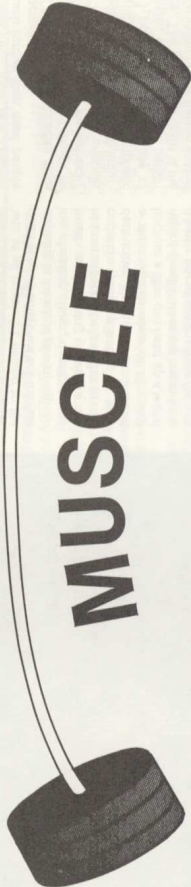
"I didn't mean that, concluded Keith. I meant that a man who developed himself to that extreme limit physically also developed himself to that extreme limit mentally." Keith said it all!



Imagine the kind of mental discipline and physical demands of switching from one major style of deadlifting to a very different style within the time span of less than a year, and returning to top level performance while in the mean time recovering from a serious back operation. As Judd points out, the blend between the physical and mental in powerlifting is more than most of us imagine, and combining this with Judd's drug free philosophy, it is obvious that the limits of mankind are being pushed much further away than any of us have ever dreamed. (McClellan photos).



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A MESSAGE FROM THE U.S.P.F. PRESIDENT

Dr. Conrad Cotter

Proposed amendments to the IPF and USPF By-laws are required to be published prior to the meeting of the National Committee in July in order to give its members ample opportunity for reflection. The first item we will be considering among these proposals is that we dissolve the United States Powerlifting Federation of the A.A.U., Inc. in order to become a full-member sport within the A.A.U. of the United States, Inc. For this reason we are publishing here Cotter to Henson, December 6, 1982 and Henson to Cotter, December 31, 1982. Please feel free to contact me if you have questions.

Last year at Dayton we spent much time on committee reports. I am asking committee chairmen to get their reports in to me by July 1 in order that I may reproduce and distribute them. Hopefully we will thus be able to provide more time for considering other agenda items.

December 6, 1982

Mr. Joseph Henson, President
Amateur Athletic Union
3400 West 86th St.
Indianapolis, Indiana

Dear Mr. Henson:
I shall list here for your verification and confirmation a summary of the points raised in our discussions.

1. Any assurances Mason Bell may have given me in Dayton to the contrary notwithstanding, allied memberships in the AAU will confer no special status.

2. Unless we become a full member sport we will not be permitted to use 'of the AAU, Inc.' in our organization's title. The enforcement of the rule prohibiting this, however, is being temporarily held in abeyance, pending possible action by the USPF to reaffiliate as a full member sport.

3. As a full-member sport the President of the AAU will appoint the powerlifting chairman, but the President will honor the nomination of the sport's national committee.

4. The AAU is in process of 'trimming down' their code in order to permit greater autonomy within each of the sports.

5. The AAU will, when we reaffiliate as a full member, undertake to provide legal and insurance services. Bob Borisoff, chairman of the Insurance Committee, will attempt to arrange for the USPF to switch carriers without a loss either of coverage or of premiums.

6. We would be required to hold our annual meeting at the AAU Convention. The AAU would as in the past provide convention services. We would then hold our semi-annual meeting at the Senior Nationals.

7. The AAU is prepared to use the pressure of its offices and its contacts with sports officials and organizations in other countries to bring our direction pressure upon our governing international body, the International Powerlifting Federation.

Please call to my attention any corrections or anything you would wish to add.

Aloha, Conrad Cotter, President

Copy: Exec. Committee

December 31, 1982

Conrad Cotter, President

US Powerlifting Federation

PO Box 18485

Pensacola, Florida 32523

Dear Conrad:

I believe we have discussed by phone most of the points in your letter of December 6, 1982. I am sorry it was inadvertently delayed in reaching me. Your letter is thorough and accurate. With respect to point 3., the AAU President would never appoint a chairman other than the one nominated by the sport committee unless there was good cause. I can not foresee this ever happening without the demand of a significant segment of the sport committee. This provision should be viewed as a safeguard rather than a restriction.

Under the "new AAU Code, AAU Sport Committees operate under their own rules for the technical aspects and general operating procedures of the sport. These rules are, of course, subject to approval by the AAU Board of Directors and must be compatible with the AAU Code. The code provides the umbrella rules for common services such as registration, insurance, convention services, disciplinary hearings and appeals, due process, legal services and others.

If the powerlifting decides to return to the AAU, the present powerlifting corporation would have to be dissolved. In this case the AAU of the United States, Inc. would be the legal entity and hence, responsible for legal services, as you state in point 5.

I am sure I speak for all the officers in saying we sincerely hope the

powerlifters decide to return to the AAU and we believe it would be mutually beneficial. Your sport would, of course, be represented on the Board of Directors by several members according to the number of powerlifting athletes registered. It is also hoped and anticipated, that powerlifters would become active on the association level and quality many more delegates to our Board via that route.

I believe the opportunity now exists for powerlifting to become a significant force in the AAU as well as very important to the AAU. I also believe powerlifting would benefit from the experience and stability of the AAU umbrella both domestically and internationally.

Since your current insurance expires in May, and since you have completed registrations for 1983, affiliation for 1983 would have to be a hybrid arrangement which I am sure we can mutually agree upon. I understand you are in touch with Bob Borisoff with regard to insurance arrangements.

Since we are now in the process of editing our new code and directory, please let me know the decision of your Executive Committee or Board as soon as possible. Feel free to contact any of the national officers or headquarters in Indianapolis if you have any questions. Warm regards,

Sincerely, Joe Henson

cc: Officers/staff, Bob Borisoff

PROPOSED AMENDMENTS to the BY-LAWS of the USPF of the AAU, Inc. The By-Laws of the USPF, as revised July, 1982 are hereby amended to provide for the dissolution of the USPF of the AAU, Inc. and for the joining of the AAU as a full-member sport.

SECTION 1.4

1. Section 1.4 of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows:

"Section 1.4 Authority of the Federation. The Federation shall be autonomous in the administration of the sport of Powerlifting and to that end shall exercise independent jurisdiction and control over the administration, eligibility, sanctioning authority, representation and rules of competition for the sport of Powerlifting in the United States with the exception of those matters directly concerning only women powerlifters. Authority regarding questions of administration, eligibility, sanctions, representation and rules of competition which affect only Women powerlifters shall reside with members of the USPF Women's committee. The Federation shall have final approval of the amount and allocation of all registration and sanction fees, and the entry fees of National Men's events. The USPFWC shall have control of the entry fees for all Women's National championships."

2. The last sentence of Section 1.4 of the By-laws of the USPF as revised July, 1982, is hereby amended to read as follows: "The Federation shall have final approval of the amount and allocation of all registration and sanction fees, provided, however, that the individual entry fee at national events shall not exceed ten dollars, and that the team entry fee at national events shall not exceed fifty dollars."

SECTION 2.1 (b)

Section 2.1 (b) of the By-laws of the USPF, as revised July 1982, is hereby amended to read as follows:

6. Individual, which consists of male and female athletes eligible for participation in the sport of Powerlifting as defined by the International Powerlifting Federation (IPF) or within these by-laws, and other individuals, such as referees and officials, having an active interest in the sport of powerlifting. Women members of the Federation will be subject to the rules and regulations of the Federation as well as subject to that membership's privileges except where the authority of the USPFWC prevails.

SECTION 2.2 (iii)

Section 2.2 (iii) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows:

"Section 2.2 (iii) Members at Large. The President with the advice and consent of the Executive Committee may appoint up to a total of four individual members Members at Large on the National Committee. A fifth member may be appointed as a woman. All shall be elected by the voting membership of the USPFWC. Each of these Members at Large has all the rights and privileges of the other members of the National Committee."

SECTION 2.2 (iv)

Section 2.2 (iv) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows:

"Section 2.2 (iv) Athletes Representatives. Up to four Athletes Representatives may be elected to membership on the National Committee by the active athletes present at the appropriate National Championships. A fifth Athlete Representative will be elected by the active women athletes at the appropriate National Championships. These representatives shall have all rights and privileges of the other members of the National Committee. The manner of election and duration of office of the Athletes Representatives elected by the active male powerlifters shall be determined by the National Committee. The manner of election and term of office of the female Athletes Representative shall be determined by the USPFWC."

PROPOSALS FROM USPF TO IPF:

1. That the IPF establish a Masters Committee similar to the IPF Womens Committee with all rights and privileges now accorded to the Womens Committee chairperson to be accorded to the appointed Masters committee chairman.
2. The age categories for competition in Masters meets will be 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Competition at World's to consist of three teams, 40-49, 50-59, and 60 and over.
3. World Masters Championships to be held annually in early October, beginning in 1984 with no requirement for host nations to provide housing or board for visitors until television revenues are available.
4. Reinstiate Category I Testing at World's championships, using a fourth, graded referee, located in the Jury position.
5. Provide that a member nation's delegates may split a nation's vote, each of the two delegates having 1/2 vote.
6. Readopt Robert's Rules of Order.
7. To have the IPF accept the lever-action belt made by Di Mark.

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CLASS 114 123 132 148 165 181 198 220 242 275 SHW

Elite 1064 1157 1246 1394 1527 1642 1731 1824 1990 1946 2033

Master 981 1064 1146 1279 1426 1553 1635 1736 1786 1857

Class I 882 953 1025 1153 1257 1305 1353 1455 1554 1598 1670

Class II 777 838 903 1009 1103 1190 1257 1323 1367 1411 1472

Class III 672 733 788 887 965 1036 1097 1137 1196 1229 1279

Class IV 590 639 689 772 836 904 953 1003 1047 1075 1119

WOMEN'S POWERLIFTING QUALIFICATION STANDARDS

CLASS 97 105 114 123 132 148 165 181 198 198+

Elite 639 683 733 782 827 909 981 1053 1130 1190

Master 579 623 667 711 749 827 893 959 1025 1080

Class I 518 562 601 639 672 744 805 865 920 970

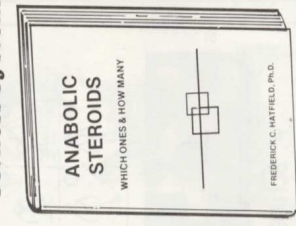
Class II 463 496 535 568 601 661 716 766 821 865

Class III 402 435 468 496 524 579 623 672 716 755

Class IV 347 375 402 424 452 496 535 573 617 650

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control of sanctions for women's National and Regional events shall reside with the USPFWC as shall the control of sanctions for all other competitions involving only female athletes.

SECTION 7.3 (e)

1. Section 7.3 (e) of the By-laws of the USPF, as revised July, 1982 is hereby amended by inserting after the first comma therein the following: 'at least thirty days.'

2. Section 7.3 (e) of the By-laws of the USPF, as revised July, 1982 is hereby amended by adding at the end a new sentence to read as follows: 'Entry blanks for all national meets must be sent to the committee for approval at least 180 days prior to the meet date.'

SECTION 7.4

Section 7.4 of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows:

Section 7.4 Requests for Sanction of International Events. The Federation, through its Executive Committee will promptly review every request submitted by an organization or person for a sanction to hold an international competition for men in the United States or to sponsor United States athletes to compete in men's international powerlifting competitions outside the United States. The USPFWC, through its Executive Committee, shall serve the same function in regard to women's competitions. Such requests shall be submitted directly to the appropriate secretary. The Executive Committee or, for women, the USPFWC, shall determine whether to grant the sanction requested, and the President will transmit the sanction application in writing to the IPF for approval.

SECTION 8.2 (h)

Section 8.2 of the By-laws of the USPF, as revised July, 1982, is hereby amended by adding thereto a new subsection numbered 8.2 (h) which shall read as follows: 'Students lifting only in high school or collegiate meets, except at the national championships are not required to obtain registration cards.'

SECTION 8.4 (e)

Section 8.4 of the By-laws of the USPF, as revised July, 1982, is hereby amended by adding thereto a new subsection to be numbered 8.4 (e) which shall read as follows: 'A competitor may affiliate with a club when registering for his/her USPF card. In order to change affiliations, a club card must be applied for at the same fee as a replacement card. All club affiliations will be made at the central registration office.'

SECTION 12.6 (f)

Section 12.6 of the By-laws of the USPF, as revised July, 1982, is hereby amended by adding thereto a new subsection to be numbered 12.6 (f) which shall read as follows: '(f) Any athlete, coach, or official who does not pay in full any food, room or other bill while present at any USPF or IPF contest in any capacity.'

SECTION 12.6 (g)

Section 12.6 of the By-laws of the USPF, as revised July, 1982 is hereby amended by adding thereto a new subsection to be numbered 12.6 (g) or otherwise appropriately numbered by the revisor of by-laws, which shall read as follows: '(g) Any national meet director who does not mail all results, score sheets and expeditor cards and a copy of the meet budget to the national committee within ten days of the last day of the meet.'

SECTION 12.8

Section 12.8 of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows: 'Section 12.8 Definition of Powerlifting Competition. As used in Article XII, powerlifting competition shall include any event in which all of the powerlifts (squat, bench press, deadlift) are contested in accordance with IPF rules and placings determined.'

SECTION 14.1

Section 14.1 of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows: 'Section 14.1 Fiscal Year. The fiscal year of the Federation shall be January 1 through December 31 of each year.'

SECTION 14.4 (2) (b)

Section 14.4 (2) (b) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows: '(b) by a majority vote of the National Committee present at its annual meeting.'

SECTION 14.9

Section 14.9 of the By-laws of the USPF, as revised July, 1982, is hereby amended by adding thereto a new subsection to be numbered 14.9 which shall read as follows: 'Section 14.9 Definition of Notice. A novice competitor is any competitor who has not won a first place in any novice or open meet or such a division of a meet or any national championship, with the following exceptions for local contests only: a) only lifter in class; b) only lifter in class to total; c) competing in a high school, collegiate, women's, teenage, masters or any such division of any local meet; and d) any classification meet.'

Section 4.1 of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows:

Section 4.1 Purpose. The business activities and affairs of the Federation shall be managed and controlled by its National Committee except for those areas in which the USPFWC has jurisdiction. Between meetings of the National Committee full management and control of the Federation shall reside with the Executive Committee except for those areas in which the USPFWC has jurisdiction.

SECTION 4.4

Section 4.4 of the By-laws of the USPF, as revised July, 1982, is hereby amended by deleting the period at the end of the sentence and adding the following parenthetical explanation to be followed by a period: '(six persons).'

SECTION 4.5

Section 4.5 of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows:

Section 4.5 Committees. The National Committee may, by resolution passed by a majority of the National Committee designate one or more committees to exercise, to the extent provided in the resolution, the powers and authority of the National Committee in the management of the business and affairs of the Federation, but no such committee shall have power or authority in reference to amending the certificate of incorporation of the Federation, adopting an agreement of merger or consolidation, or amending these By-laws. The President shall appoint each committee chairman with the exception of the chairman of the USPFWC who will be elected by the voting members of the USPFWC at their annual meeting. Each committee which may be established by the National Committee or these By-laws may fix its own rules and procedures. No committee, other than the USPFWC shall have jurisdiction in affairs concerning only women. Reasonable (and where practicable, 10 day) notice of meetings of committees, other than of regular meetings provided for by the rules, shall be given to committee members. All actions taken by the committees shall be recorded in minutes of meetings.

SECTION 4.7

Section 4.7 of the By-laws of the USPF, as revised July, 1982, are hereby amended by adding to the list of committees a drug testing committee and a sports medicine committee.

SECTION 4.10

Section 4.10 of the By-laws of the USPF, as revised July, 1982 is hereby amended by inserting after the third sentence therein a new sentence to read as follows: 'No person may be elected to more than one Executive Committee position.'

SECTION 5.1

Section 5.1 of the By-laws of the USPF, as revised July, 1982, is hereby amended by deleting the period at the end of the first sentence therein and inserting the following: 'With the exception of the members of the USPFWC who shall tender written resignations to either the USPFWC secretary or the USPFWC chairperson.'

SECTION 5.2

Section 5.2 of the By-laws of the USPF, as revised July, 1982, is hereby amended by deleting the period of the first sentence thereof and substituting in lieu a comma followed by: 'with the exception of any member or officer of the USPFWC after sufficient cause has been shown.'

SECTION 7.1 (a)

The first sentence of Section 7.1 (a) of the By-laws of the USPF as revised July, 1982, is hereby amended to read as follows: 'all three-lift competitions must be sanctioned by the Federation.'

SECTION 7.1 (c)

Section 7.1 (c) of the By-laws of the USPF as revised July, 1982 is hereby amended by adding thereto a new subsection to be numbered 7.1 (c) and to read as follows: 'High school contests and collegiate contests, except for national championships, do not need to be sanctioned.'

SECTION 7.2 (c)

Section 7.2 (c) of the By-laws of the USPF, as revised, are hereby amended to read as follows: 'No tariff sanction will be given to any organization or person who has failed to fulfill expense obligations to athletes, to give prizes as stated on its entry blank, or who does not follow the rules of the USPF to the letter. The foregoing sentence shall be set forth in every sanction granted.'

SECTION 7.2 (e)

Section 7.2 (e) of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows: 'The control of sanctions for contests and events other than men's National and Regional Championships may be transferred by decision of the National Committee to the local registration committees of the states. The

Section 3.2 (i) of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows:

'i). Has jurisdiction over the national and regional championships in the sport of powerlifting for male athletes, and shall institute, locate and supervise all such championships. Furthermore, the National Committee shall have jurisdiction over all 'open' competitions in which both male and female athletes participate. National, regional and all other championships in which only female competitors are eligible to compete shall fall under the jurisdiction of the USPFWC which shall institute, locate and supervise all such championships.'

SECTION 3.2 (ii)

Section 3.2 (ii) of the By-laws of the USPF, as revised July, 1982 is hereby amended by adding thereto the following sentence: 'The USPFWC shall have the right to award championship events for women athletes only, subject to the same regulations stated above.'

SECTION 3.2 (iii)

Section 3.2 (iii) of the By-laws of the USPF, as revised July, 1982 is hereby amended to read as follows:

'iii. May reject any entries for competition at any men's national championship, or may delegate this power to its subcommittee. The USPFWC may reject any entries for competition as any women's national championships or may delegate this power to a subcommittee of the USPFWC.'

SECTION 3.2 (iv)

Section 3.2 (iv) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows:

'iv. Has full power and authority to make allotments for expenses of athletes and teams taking part in the championships with funds appropriated for that purpose. Allotments affecting women's championships and women's teams shall be coordinated through the USPFWC.'

SECTION 3.2 (v)

Section 3.2 (v) of the By-laws of the USPF, as revised July, 1982, are hereby amended to read as follows:

'v. Has power to appoint subcommittees, whose members need not be members of the National Powerlifting Committee to manage but not conduct the various men's championships. The USPFWC shall have the right to appoint sub-committees, whose members need not be members of the National powerlifting committee or members of the USPFWC to manage but not conduct the various women's championships.'

SECTION 3.2 (vi)

Section 3.2 (vi) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows:

'vi. Approves the officials for international meetings and championships involving men's 'open' powerlifting competitions. The USPFWC shall approve the officials for international meetings and championships involving women's powerlifting.'

SECTION 3.2 (vii)

Section 3.2 (vii) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows:

'vii. Coordinates the competition of foreign athletes in powerlifting in the US as per the directives of the IPF and its US athletes abroad who are male, and no commitment for holding of international men's competitions between male athletes of the US and male athletes of any other nation or nations, whether to be held in the US or abroad, can be made without the prior authorization and approval of the National Committee. The USPFWC shall coordinate such competitions and activities for women athletes.'

SECTION 3.2 (viii)

Section 3.2 (viii) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows:

'viii. Handles all matters involving foreign countries in relation to powerlifting as per directives of the IPF except for those matters directly involving women powerlifters only which shall fall under the jurisdiction of the USPFWC.'

SECTION 3.2 (ix)

Section 3.2 (ix) of the By-laws of the USPF, as revised July, 1982, is hereby amended to read as follows:

'ix. Must approve any competition designated a men's National USPF championship. The USPFWC must approve all women's National USPF championships.'

SECTION 3.8

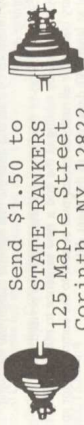
The first sentence of Section 3.8 of the By-laws of the USPF, as revised July, 1982, is hereby amended by deleting the period at the end of the sentence and adding thereto the following parenthetical explanation followed by a period: '(Officers, Executive Committee, Members-at-large, Athletes representatives, and Regional Chairman.)'

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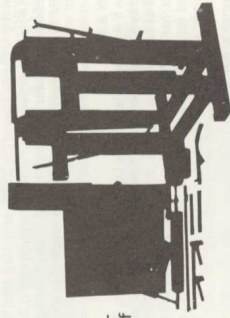
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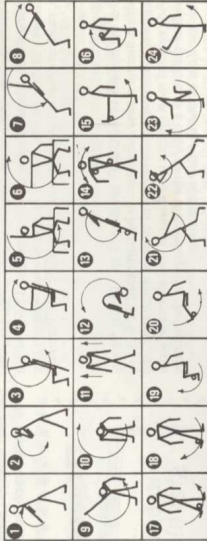
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World Record Buster VINCE ANELLO and his 14 week DEADLIFT training cycle

Week 1, 255x10, 305x5, 355x3, 405x2, 455x1, 510x1. Partial Deadlifts (from knee), 455x5, 510x3, 560x2.

Week 2, 255x10, 305x5, 355x3, 405x2, 455x1x5. The final group of five singles is performed with only one minute rest between sets, so I have a friend with a stop watch.

Week 3, 275x10, 325x5, 375x3, 425x2, 475x1, 530x1. Partial from knee 475x5, 530x3, 580x2.

Week 4, 275x10, 325x5, 375x3, 425x2, 475x1x5. One minute rest between these last singles.

Week 5, 295x10, 345x5, 395x3, 445x2, 495x1, 550x1. Partial from knee 495x5.

Week 6, 295x10, 345x5, 395x3, 445x2, 495x1x5. One minute rest between sets of singles.

Week 7, 315x10, 365x5, 415x3, 465x2, 515x1x5. Partial from knee 515x5, 570x3, 620x2.

Week 8, 315x10, 365x5, 415x3, 465x2, 515x1x5. One minute rest between sets of singles.

Week 9, 335x10, 385x5, 435x3, 485x2, 535x1, 590x1. Partial from knee 535x5, 590x3, 640x2.

Week 10, 335x10, 385x5, 435x3, 485x2, 535x1x5. One minute rest between singles.

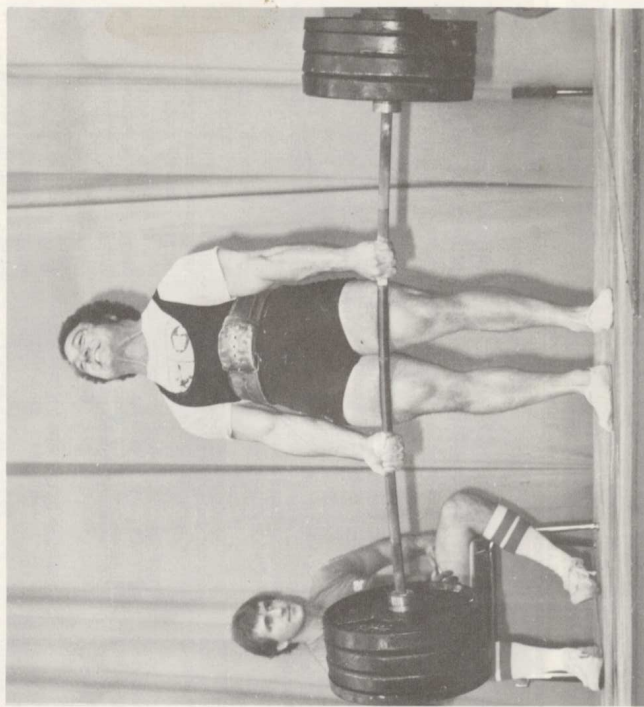
Week 11, 355x10, 405x5, 455x3, 505x2, 555x1, 610x1. Partial from knee 555x1, 610x1, 660x1.

Week 12, Perform squat and deadlift on the same day, dropping partial squats, 355x10, 405x5, 455x3, 505x2, 555x1x5. One minute rest between singles.

Week 13, 355x10, 405x5, 455x1, 505x1, 555x1, 590x1. Opener 590, 2nd attempt 620, 3rd attempt 650.

As I mentioned before, the program can be modified to suit the individual. Partial sets are discontinued on the 12th week. I would also combine the deadlift day with the heavy squat day in the 12th and 13th week. The two bodybuilding exercises I light and all your lifts be white.

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I would greatly appreciate feedback from your readers on the results obtained through this program. Please send any questions or comments to Vince Anello, 4121 Center Road, Apartment 303, Brunswick, Ohio 44212. May all your lifts be light and all your lights be white.

SENIORS UPDATE

* American Airlines is the official carrier of the Seniors. I have arranged special discount rates for our group, but you **MUST** make your reservations through their special *convention* number at 1-800-433-1790. Ask for FILE #S-5524 and the agent will have all the particulars of the meet on computer. You will get a 30% discount off regular fares, or, if American doesn't fly to your city, they will even book you on another airline. Remember to give the file #S-5524 when making reservations.

* Avis is the official rent car for the Seniors. Again, special convention rates are available for those mentioning the Senior Nationals. Prices start as low as \$18.95 with unlimited mileage. Make reservations at 1-800-331-1212, and your car will be waiting for you at the Austin Airport.

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I have packaged this meet affordably so the whole family can come spectate. Informa-tion, travel brochures, and pre-sale of tickets and t-shirts are all available now through my office. I'm looking forward to some great lifting and a great time. See you all in July. Sincerely,

Chip McCain

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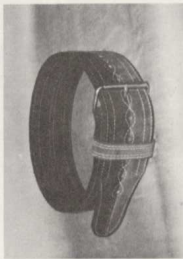
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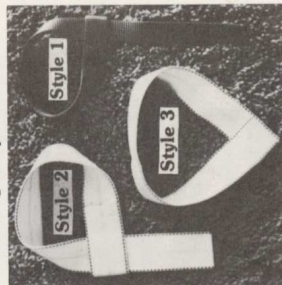
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these techniques should not be employed at once -- only 1-2 (at the most) 3 at a time. They are used simply to allow the CNS additional input for continued development and to allow competitive squat, motor pathways a period of regeneration.

The Bench Press:

- elbows out, wide grip
- elbows in, narrow grip benches
- 13 degree incline or decline benches
- heavy dumbbell benches
- heavy dumbbell flye
- atpe with weight
- pec-deck flye
- cable crossovers (high and low cables)
- partials (lockouts)
- ballistic (bounce) benches
- slow, controlled benches
- reverse grip benches

Again as with squat variations, choose only 1-2 or (at most) 3 of these variations at any given time. Return to your competitive technique no less than four weeks prior to your contest. Most of these exercises should be done for sets of eight reps, although varying the reps, sets and weight used can also be beneficial providing they allow the muscles sufficient overload for development.

The Deadlift:

- good mornings
- stiff legged deadlifts from blocks
- locks (in the rack)
- shrugs
- hyperextensions (weighted)
- wide stance or narrow
- feet inward or outward
- rounded back or flat back
- with or without straps

The same precautions regarding the number of variations to be used, the amount of weight, reps or sets to use, and the amount of lead time prior to a contest required to return to good competitive technique should be adhered to in the deadlift, as in the squat and bench press. Also many of the variations listed for the squat will provide CNS stimulation and muscular stimulation for the deadlift as well due to the fact that many of the muscles used and the movement pattern followed are generally similar for these two lifts.

(Editor's note: Dr. Fred Hatfield, now an Editor for the Weider's Muscle and Fitness magazine, will be traveling to the Soviet Union for the first two weeks in June to study their weightlifting and strength training sciences. While in attendance at Moscow's National Institute for Physical Education, Sport, Dr. Hatfield intends to uncover the secrets of their strength development as possible and will be providing PL USA with articles on training behind the Iron Curtain.)



Why do powerlifters cycle their training? Two typical reasons offered are 1) to avoid the cumulative effects of stress -- many microtraumatic episodes accumulate to become macrotraumatic when low rep/high intensity training is carried to the extreme over long periods of time and 2) to allow periods of some strength training in off season months, and then concentrate on maximizing competition performance in the pre-contest phase. Both of these reasons are scientifically valid, but there is a third reason that has not received due attention. It has to do with avoiding 'staleness' or the inability of a lifter to make continued gains.

The Muscle Contusion Principle
 In bodybuilder's parlance, this basic training technique evolved over time to become known as the 'Muscle contusion principle.' Like all of the basic principles of training, the muscle contusion principle evolved over time to the point where its usefulness could not be denied. Scientists then got hold of the idea and decided to put it to a test -- and in so doing not only explained how and why it worked, but that it did, in fact, work.

The basic idea behind this principle is that by becoming highly skilled at a movement (the squat for example), the motor pathways (nerves from the brain to the muscles involved in the movement) become ingrained. The movement becomes automatic. This is precisely why beginners make such great progress at first -- they are 'learning' how to do the movement efficiently. It is not a function of increased muscular strength that they become stronger in a new movement as much as it is a function of becoming coordinated at it. Once the movement becomes automatic, progress often slows down or even halts altogether.

Continued progress is possible only after alterations in your training regimen are made. This inability to progress is not a function of overtraining the muscles, but rather a function of overtraining the central nervous system (CNS). The CNS responds to a new movement by adapting to it and eventually (with repetitions over time -- practice) peaks when learning (adaptation) is complete. For further development to occur, additional stress must be placed on the CNS. This additional stress is supplied by way of changing the movement, changing the speed of movement, altering the number of reps and/or sets, the amount of weight being used, or applying an altogether different exercise for the same muscle group. In effect, you have 'contused' the muscles and the CNS by altering your normal routine and new learning can again occur. Because there is an additive effect, the new learning stimulates greater skill or power output capabilities when you return to the

Top Lifters like Sam Mangialardi know instinctively how to vary their training basic movement later in your cycle.

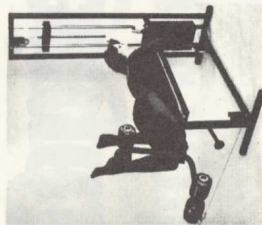
Variability is a MUST during the Yearly Cycle

I have always pointed out that doing competitive squats year round is not the way to build strength. I have also been known to harp about the why these two practices are not appropriate. By constantly hammering away at the same squat technique with the same level of intensity, your CNS habituates -- and progress halts. By varying the technique (e.g., by doing high bar or olympic style squats) and by varying the intensity (performing sets of eight reps rather than heavy singles, doubles and triples all the time), your CNS remains activated, fresh and in a constant state of adaptation. Habituation does not occur.

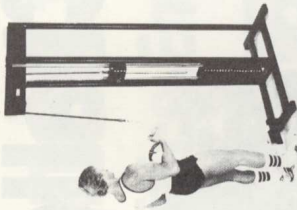
You can employ many different techniques in attempting to inject variation into your training. Indeed, you MUST if continued development is to take place. Here are a few examples for each of the competitive lifts. The same kind of variability should predominate during the conduct of your support (assistance) exercises as well. Of course, during the last four or five weeks of pre-contest

good mornings
leg curls
hack squats
leg presses
lunges
heavy or light weight high or low reps
squats with toes out or in
squats, narrow or wide stance
vertical jumps (rapid series)
long jumps (rapid series)
explosive squats
slow, controlled squats
heavy partial squats
light, rock bottom, pause squats

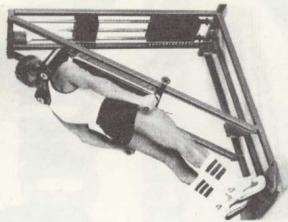
The second group are techniques that will probably be more productive in the long run than those in the first group. Remember that all of



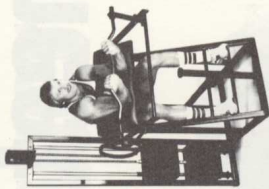
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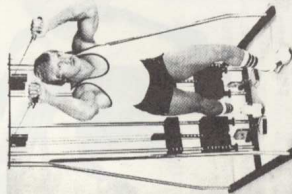
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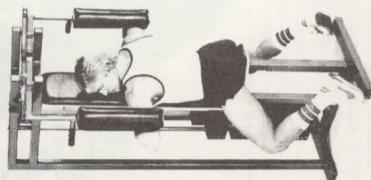
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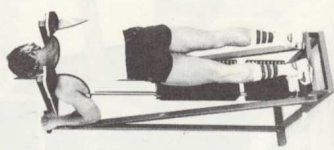
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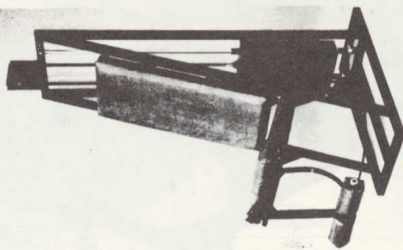
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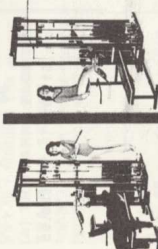
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POWER PROFILE

DAN AUSTIN..by Michael G. Apps

On December 3, 1982 at the Palmetto State Open in Greenville, South Carolina, five foot four inch, 148 lb., Dan Austin attempted to break the world record total of 1614 lbs. held by Joe Bradley. My next statement will probably shock no one who knows of Dan Austin, except maybe Ken Leistner. Dan Austin, at 24 years of age, is the best 148 lber in the world. You see, Dan has only been powerlifting for 3 1/2 years and has never even considered taking any type of drug (steroids, speed, etc.). With no drugs and not much experience, Dan still pulled a 633 lb deadlift he needed to total 1620 lbs within an inch of lockout. The only thing stopping him from locking out was his grip, breaking as his hand rubbed across his thighs (at 3:30 am, mind you!) The meet had started at 6:30 pm Friday night and Dan did not make his last deadlift attempt until nine hours later. After watching Dan do a training double of 622 lbs in the deadlift, there was no doubt that the length of the meet and the fact that Dan doesn't take any type of speed worked against his breaking of the world record in the total. Still, his 1560 total would have won the World Championship in the 148 lb class, because Dan can pass any steroid, amphetamine, etc. test.

1982 Senior Nationals don't realize how nervous he was during the squats. Dan had never been at a national meet before and, in his mind, didn't know if he belonged. After squating 70 lbs under what he had done in the gym and still placing there he then knew that he belonged. Seeing what the other lifters totalled without chugs at the World Championships fired him up even more in his determination to be the best in the world. If the 1983 Senior Nationals have drug testing there's no doubt in my mind that Dan will win and even if they don't have drug testing, Dan is still capable of winning.

Dan is a true "natural" lifter, yet he does not go around bragging on the issue nor does he bring down the people or take drugs. Dan is living proof of what a person can do with drugs in the sport of powerlifting. However, a young man who has added 600 lbs to his total in 3 1/2 short years, I think he belongs any of you young folks that powerlifting because you don't just "look" like a champion, you should look at Dan's example. It can be done with proper training, nutrition and belief in oneself.

Dan didn't even start competing in powerlifting until the year at Newbury College in South Carolina. At the time he was in the 3rd strongest player on the entire football team. A friend asked him if he had ever competed in a powerlifting team. Dan said he hadn't, but it sounded like something fun to do, so he decided to compete in the South Carolina

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

DAN AUSTIN..by Michael G. Apps



After...his baptism by fire at the Dayton Seniors, Dan is planning for 1983.

State powerlifting meet that year. The results were a 425 lb squat, a 305 lb bench, a 475 lb deadlift, and a 1205 total. At the time, his total and deadlift were state records. Dan was so new to the sport that he still didn't know about classification awards. After his first meet, people were coming up to him and talking about master and elite patches, and this was still foreign to Dan. After doing a little research and learning what the classifications meant, Dan found that there had never been an elite lifter from the state of South Carolina, so he set his goal to become the first elite lifter from South Carolina. Dan's quite a determined young man and became the state's first elite after the following year, going 9 for 9 with a 520 lb squat, 350 lb bench, 570 lb deadlift, 1420 total.

When Dan graduated from Newbury College, he came home to Greenville, South Carolina and shared powerlifting with Nick Strange

(1) Monday: Heavy squat, leg extension, leg curl, calf exercises.
(2) Tuesday: Heavy bench, close grip benches, DB lateral exercises, dips, tricep work and curls.
(3) Wednesday: Light squat, same as Monday.
(4) Friday: Deadlift, back work, light benches.

Dan always trains in very strict form. He buries every squat and never bounces any deadlift or bench press. The only problem with Dan's workouts is that he's too nice. People stop him and ask him questions during his entire workout. I've seen him stop between sets on a bench day for an hour because someone wanted some help setting up a power cycle. You see, Dan's one of those unique individuals who cares about other people more than he does himself. By the way, Dan's best training lifts are a 633x1 squat, 375x1 bench, and 622x2 deadlift. Dan's best meet lifts are a 622 squat, a 363 lb bench, and a 611 lb deadlift.

Probably the most unique aspect about Dan is how little time he spends powerlifting and how much time he gives to other areas of his life. While training to break the world record total, Dan was working three jobs. Dan is a teacher's aid during the day at Sara Collins Elementary School where he works with orthopedically handicapped students. The kids love it when Dan brings the powerlifters and bodybuilders over from the Greenville Health Club to lift and pose for them. During the afternoon he is Weightlifting coach and JayVee Football coach at J.L. Mann High School. On top of that, a couple of nights a week and on the weekends he is driving the airport limousine for the Sheraton Hotel in Greenville. You may find that hard to believe, but Dan's always been this type of hard working, determined individual. While attending Eastside High school, where he earned 11 varsity letters in football, soccer, baseball, track and wrestling he used to jog 2 miles after practice to the Clock Drive-in so he could make money by busing cars.

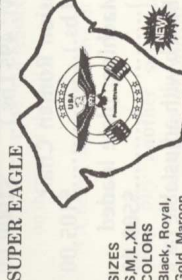
I can best describe Dan as a down to earth person, who enjoys all sports that deal with physical fitness. He's a modest, almost shy person who enjoys working with children. With his love for real physical fitness, children, and God, Dan would never fool with drugs or alcohol.

In closing, Dan wanted to be sponsored Dan to the Senior Nationals and will sponsor him again this year. Riegel Sports had never sponsored a powerlifter, but after meeting and talking to Dan, they came away so impressed they were more than happy to help him. If powerlifting is going to continue to grow we need more people of the caliber of Dan Austin.

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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 93071) to this popular feature.



John Perez, lifting in his 1st meet, the Region IV Championship for men in Tampa, Florida, broke all four state records in the 148 lb. Masters division. His total was 1035. John is 41 and has recently opened "powerlifters of Tampa Inc.," He hopes to qualify for the nationals and international meets in the near future. Adam Perez photo.



Helen Lombardo, in her first powerlifting competition, the Tupper Lake Open. In the 148 pound class she totaled 645 with lifts of 240 115 290. This was accomplished after only 1 year of training. Both Helen and her brother Louis, who is her training partner, are faithful readers of PL USA. Thanks to Louis for the information and photo.



Marcia Inesly made her debut at the 1983 Caseville Open meet in Michigan. She won the 123 lb. women's class with a Class I total and placed 3rd in the men's division with lifts of 270 110 300 for a record total of 680. That 270 pound squat ranks her in the TOP 20 for her weight class. Thanks to Gold's Gym in Toledo for photo and info.



Willie Morris received a special trophy created by Al Siegel of Siegel Engraving on behalf of the powerlifters in Virginia in appreciation for his contributions to powerlifting in the state. Willie is set to be married this June and reportedly has a chance at a political office as well. Photo and information by Steve Bridges.



Rich Arrington, 15, of Glen Mills Schools in Pennsylvania lifted only 3 months and won 3 competitions! In the state Teenage meet, he went 1095 via 405 250 440 in the 148 lb. class. More recently he tied the Teenage National record of 270 in the bench and increased his deadlift to 475. Photo and information by Mark Sabatino, his coach.



Saul Freedman, age 20, totaled 1500 and placed 2nd in the Connecticut State Powerlifting Championships held in Greenwich, Connecticut. His lifts in the meet were 525 425 560. Saul and his brother William own the Whaling City Gym in New Bedford, Massachusetts with about 30 members. Photo and information courtesy of Francisco J. Teixeira.

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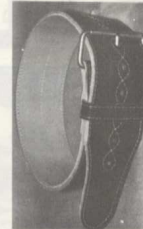
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NUTRITION CORNER

by Jack Digangi

WATER

It is hard to believe, but our bodies are 67% water. Water is an incredibly fascinating combination of hydrogen and oxygen in the ratio of two parts hydrogen to one part oxygen. It has the unique property of expanding upon the lowering of its temperature. A physics professor of mine once claimed that if not for this property of cold expansion, life as we know it would not exist today. As you ponder your third attempt in the squat, just think that all of that bone-crushing weight is being supported by, in part, 67% water. In this issue, Nutrition Corner will look at water and its relation to health and lifting.

Deprived of water, a person could live only for a few days. Dehydration will kill much faster than starvation. A ten percent water loss from the body brings about severe metabolic disorders. Twenty percent loss of water from the body is fatal. In its broadest sense water is the platform upon which all metabolic changes occur. It is involved in digestion, absorption, circulation and excretion. It can leave the body by means of perspiration of the skin, through the lungs via the mouth, and in urine and feces. Water plays a vital role in the maintenance of body temperature by simple evaporation from the skin. Did you ever notice how on a blistering hot day in the water that as soon as you come out of the pool, you're chilled. It's also the reason why fire departments, with all the available chemicals to extinguish a fire, still use water. Water can evaporate at the rate of 4 Kcal per gram!

During the course of a day, and especially your workout days, water must be in constant balance. In other words, water intake should match water output. The primary indicator of an out-of-balance water supply is thirst. Thirst is regulated in the part of the brain called the hypothalamus. Most of us respond to thirst quickly, and it should not be ignored. Yet, of the two quarts or so of water we do ingest daily, not all is acquired at the drinking fountain. Almost all foods contain water. For example, lettuce

contains about 96% water, whereas a saline cracker contains about 4%. Another source of water is our own body's metabolic reactions. From these reactions, the body produces about one pint of water. Also from within our individual cells throughout the body comes what is known as 'extra-cellular' water or water that is squeezed out of the cells. This amount of water is very substantial and can range from 6000 to 10,000 ml daily (1000ml is about a quart!) It is when we suffer from intestinal disturbances such as the flu, fever or diarrhea that much of this extra-cellular water is lost. Here, serious consequences can arise. One thing must be remembered about water - it can not be stored in the body. Once it is lost, it must be replaced.

Vegetables and fruits all contain about 90% water. Milk is about 85% and meats are about 65-75% water. Only the commercially dehydrated foods such as dried fruits contain no water. As mentioned, even a dry cracker may contain 4% water. How much water do we need daily? This depends upon the losses we incur. As lifters, we experience tremendous losses of water from both perspiration and water lost from the lungs. It is important to remember that thirst may not be an adequate indicator of water need. Pay close attention to your thirst after you've left the gym. It is vital that you replenish the water you've lost in order to fully recuperate for the following workout. Also, another point worth remembering is that if you're on a higher protein diet, your body requires more water in order to rid the ketones or waste products from protein metabolism.

Finally, if after a workout you enjoy a whirlpool, sauna and/or steam, remember to replenish the water that you'll be losing from these activities. Remember also that thirst alone is not an accurate indicator of water replenishment. Train hard - eat smart.

Nutritionally yours
Jack Digangi, R.D., Nutritionist

At Last, you can now have all of the NUTRITION CORNER articles reprinted into one complete package suitable for binding. There are more than 35 articles (covering "Protein for the Weightlifter", "Fluid Replacement", "Energy", "Vitamins" and much more) all written especially for the Powerlifter and weight training athletes. Act now to make these nutrition articles a permanent part of your reference library.

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The deadlift has been called the KING OF LIFTS by those who really understand the sport of powerlifting. The amount of training importance put on your deadlift should be greater than that of your other lifts! One stands to lose or gain more in competition with this movement than with the squat or bench press.

If Mother Nature dealt you a cruel blow and blessed you with short bone structure like a dachshund, do not despair...you will probably have a good bench. As to supportive deadlift training, contrary to popular myth, you can do supportive deadlift training without crippling yourself.

Conversely, if your parents gave you a bone structure like that of James Cash or Chip McCain, you can do deadlifts to the point of overtraining because you're never in a poor leverage position.

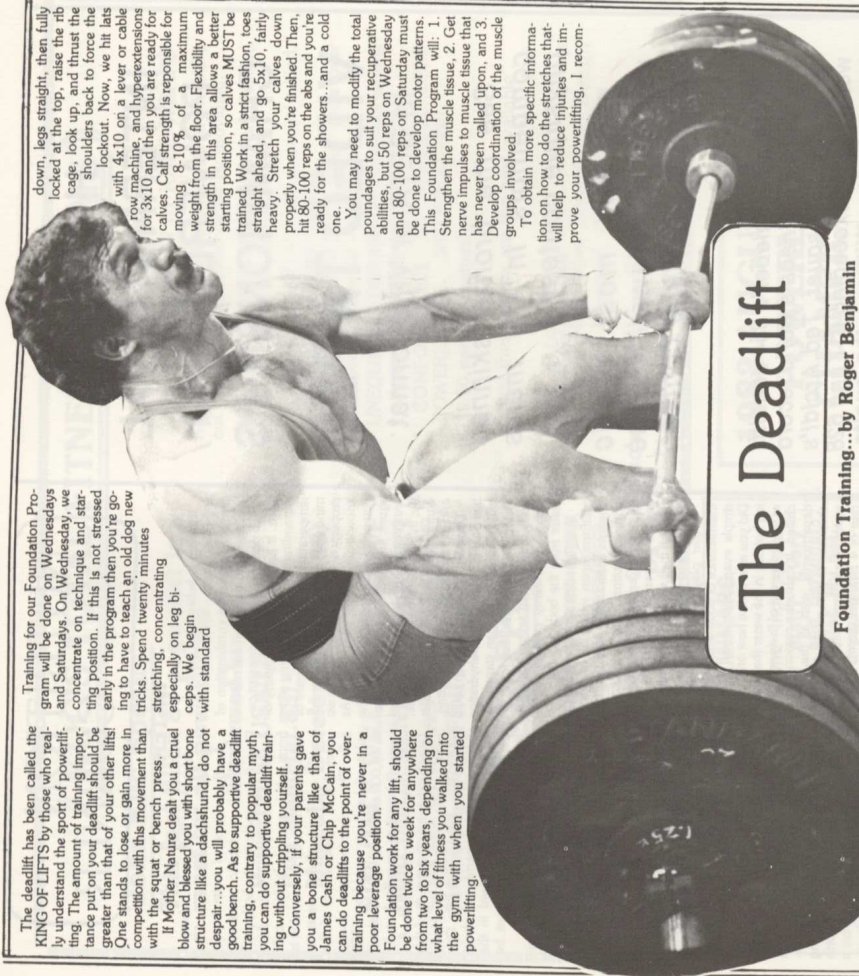
Foundation work for any lift should be done twice a week for anywhere from two to six years, depending on what level of fitness you walked into the gym with when you started powerlifting.

Training for our Foundation Program will be done on Wednesdays and Saturdays. On Wednesday we concentrate on technique and starting position. If this is not stressed early in the program then you're going to have to teach an old dog new tricks. Spend twenty minutes stretching, concentrating especially on leg biscuits. We begin with standard

down, legs straight, then fully locked at the top, raise the rib cage, look up, and thrust the shoulders back to force the lockout. Now, we hit lats with 4x10 on a lever or cable for 3x10 and then you are ready for calves. Call strength is responsible for moving 8-10% of a maximum weight in this area allows a better starting position, so calves MUST be trained. Work in a strict fashion, toes straight ahead, and go 5x10, fairly heavy. Stretch your calves down properly when you're finished. Then, hit 80-100 reps on the abs and you're ready for the showers...and a cold only.

You may need to modify the total packages to suit your recuperative abilities, but 50 reps on Wednesday and 80-100 reps on Saturday must be done to develop motor patterns. This Foundation Program will: 1. Strengthen the muscle tissue, 2. Get nerve impulses to muscle tissue that has never been called upon, and 3. Develop coordination of the muscle groups involved.

To obtain more specific information on how to do the stretches that will help to reduce injuries and improve your powerlifting, I recom-



The Deadlift

Foundation Training...by Roger Benjamin

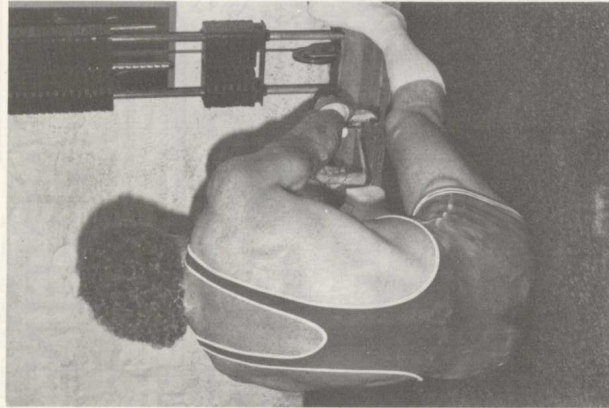
deadlifts, all reps paused at the floor. Emphasis is upon form only, going no heavier than 60% for three sets of five reps on top. Ease the weight from the floor, once the bar gets to the knees accelerate it to the lock out position. The speed of bar movement will not enervate the Fast Twitch Fibers. From these, we go to deadlifts four inches off the floor. Go back down to 135x10, then back up to 45-50% for 3x10, done in a style of constant tension. Position is an absolute must on this day and if the butt comes up later than the bar, you're using too much weight.

This is followed by 6-8 forty yard sprints. Remember, today we work Fast Twitch Muscle Fibers and short sprints is the finest fast movement a lifter can use. Finish the routine with 60-80 reps on the abs. Don't forget to stretch down, paying particular attention to calf stretching again. Saturday we do Strength Work on the deadlift and all its related movements. Start with 20 minutes of

stretching and warm-up with 3x10 squats with your deadlift stance and the bar high on your back. Then, we start at 225 pounds and go to progressive sets of 10 reps to one top set. They are done in a touch & go and constant tension fashion. Concentrate on: 1. The lockout, and 2. Raising the rib cage high at the top to fully contract the upper spinal erectors muscles. Come back down the same way you went up, poundage and reps constant back to 225.

Now we go to what Don Blue used to call "Hospital Reps". These are done with absolutely horrid form; stiff legs, rounded back, and the head works the spinal erector muscles whose function is to "erect the spine" and keep it upright. This is a movement that is neglected by so many! Range of motion work is absolutely necessary on this muscle group, but everybody knows that you've got to keep your back flat when you do deadlift. RIGHT? WRONG! Thirty reps, 3x10, are done in this fashion, truch & go. Allow the back to total, by round, shoulders are forward, head

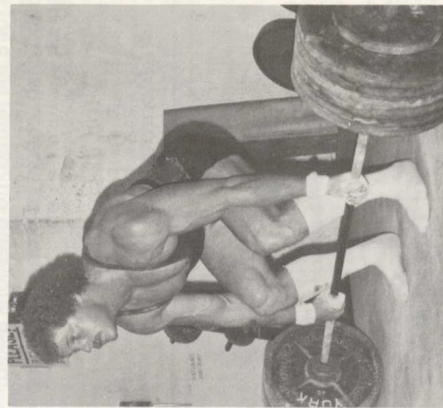
Working the crate builds unbelievable low back strength, and solidifies the starting position (photos courtesy Benjamin)



The lats keep your upper arm close to the torso during the pull, keeping you from rounding out too early in the lift.



Working the crate builds unbelievable low back strength, and solidifies the starting position (photos courtesy Benjamin)



Proper starting position is a must on Wednesdays



Round back DLs will strengthen the lockout

Stretch out properly, and injuries will be less frequent

TRAINING PROGRAM

WEDNESDAY

(Technique & Starting Position)
1. Stretching...twenty minutes. 2. Standard deadlifts...3x5. No heavier than 60% and accelerate from knees up. 3. Deep deadlifts off the crate...4x10. First set, 135 lbs and 3x10 for 45-50%. 4. Six to eight 40 yd sprints, and 5. Ab work...60-80 reps.

SATURDAY

(Strength Training)

1. Twenty minutes of stretching. 2. Squats, 3x10 reps using deadlift stance and bar high on back. 3. Hospital Reps...3x10, touch & go, rounded back. 4. Cable or lever row...4x10. 5. Hyperextensions...3x10. 5. Calf raises...5x10, go heavy. 6. Abs...80-100 reps, and 7. Stretch.

STARTIN' OUT

A special section dedicated to the beginning lifter

How to Enter your First Meet by Mike Lambert

Entering a powerlifting meet is not a difficult matter by any means. Lifters with a few meets under their belt hardly think of the procedure as anything but routine, but if you are getting into it for the first time there is understandably some concern and anxiety because it is an unknown factor. If you're lucky a buddy can help you get through the procedure, but if you're on your own, here's some guidelines to help your baptism from weight training to Official Powerlifter: a smooth one.

First of all, you have to pick the meet you want to enter. Spur of the moment decisions ("Hey, they're having a meet at the Y this weekend, let's lift in it!") are not the way it's normally done. Unless you are at a training peak already, check out the Coming Events section of Powerlifting USA or the bulletin board in your local training area and pick out a competition 2-4 months away. If you have never lifted in a meet before, you can enter any novice contest, and most open or classification contests. Some contests are "Class II and above" and since you haven't lifted before you have not established a qualifying total for that classification (qualifying totals are established in official competition, they are not your best gym lifts), so you are not eligible for such meets. Some meets are only for women or Masters lifters (over the age of 40) or teenagers, and, depending on your circumstances, you may not be qualified for them. Find a meet that you can enter, and request an entry blank from the meet director. It's good form to send a stamped, self-addressed envelope along with your request. Sometimes, entry blanks will not be printed up and be available for distribution until a few weeks before the meet, so be patient. A call to the meet director (don't call collect) is not out of order to find out the status of things, but remember the meet director's time is valuable and he's trying to put on a good meet for many athletes, not just you. To enter a United States Powerlifting Federation sanctioned meet (the vast majority of meets fall into this category) you will need a U.S.P.F. registration card (applications are published in each issue of PL USA). Your application will be processed quickly and your registration card returned promptly, assuming you have filled out the application properly and included payment of \$10 made out to American Sports Management, sent to the proper address on the application. Almost all meets have deadlines for the receipt of entries by the meet director. Some will allow late entries, including late entries under any circumstances. Check the entry blank if NOT sure. Confirmation of receipt of entry is not often given automatically, so if uncertain, call the meet director or send your entry with a return receipt requested from the Post Office. To review how to enter your first meet... 1. Pick a meet well in advance that you are eligible for. 2. Request an entry blank from the meet director. 3. Register with the United States Powerlifting Federation, if you have not done so already. 4. Review the entry blank carefully, noting starting times or weigh ins for your class (sometimes they have different starting times or even different days for different weight divisions), restrictions on entries, etc.. 5. Send in your completed entry blank and entry fee prior to the entry deadline. Retain the top part of the entry form or any other information sheets about the meet for reference prior to the meet.

Florida Chairman Address Update from Dr. Conrad Coriter comes the information that Florida Chairman, Richard Delph, has a new address: 2415 DePawm, Orlando, Florida 32804 (same phone number: 305-894-8874).

Y Records... the list we previously published of the YMCA National meet records did not reflect the lifts of Roger Estep, namely his 769 1/2 squat and 1940, both of which were World Records at the time they were set.

From the National Masters Chairmen, Don Haley
The 1983 World Masters Powerlifting Championships to be held September 3 and 4, 1983 in London, Ontario promises to be the most representative World Masters competition held to date, with the participation of nine countries including, in addition to participants from the United States and Canada, lifters from Sweden, Finland, Japan, Australia, New Zealand, Germany and Iceland. To date 57 lifters, not including those from the U.S., have been entered. Response from qualified lifters in the U.S. (Class I or better in the 40-49 Age group and Class II in the over 50 group) has been modest especially in the lighter and over 220 class divisions. Interested lifters should delay no longer in contacting me because applications for team participation must be in hand prior to July 1, 1983. All applications should be accompanied by a copy of the lifters birth certificate and confirmation of their best total made since the 1982 World Masters. Because of current budgetary constraints each lifter will be required to bear his own expenses to the contest. Don J. Haley, Chairman, 12101 Reagan St., Los Alamitos, CA 90720.

As always, the mail continues to roll in, much of it from Indiana! My comment last month re. Kathy Dianne's survival of years in "dark Indiana" really struck those Hoosiers where they live. Gee Whiz, folks, don't take it so seriously. I've actually been to Indiana, parried a bit in Indianapolis, in the mid-sixties, and thought the place had potential. One of my semi-regular correspondents came from the prediction that I would "injure the wrist of every powerlifter in the state of Indiana" and this Indiana lifter, after I gave us Kathy Dianne's title, said "I would square me with every man who put her name on a competition card that I'd have a few comments re my STH presentation. Oh man, the reactions that affect some of us. Some of us don't learn easily, some of us don't learn at all, and some of us don't want to learn. I thought I had clearly stated that STH may prove to be self-defeating, but that wasn't about to be the one who will blaze the path through the time around it. So, I'm not this sure, but I think I am of the opinion that the staff is overrated, extremely expensive, and exorbitantly expensive. For those who did not get the message, I go on like this: there are substances that can be taken and have been taken for many years, that will increase training assist in getting you big and strong. STH should be avoided as there is too little known about its effects, even though you run the competition who might be using it. I had a caller from New Jersey that needs new glasses. Man, that was a threat as to growth hormone. Thanks for setting me straight. I'm glad you think it will help. I don't think that's what I said, but so goes it.

My correspondent also stated that you presented the controversial issue (STH) in an objective, medically backed light. I must confess to succumbing to the STH myself, having pushed injuries. However, it saddens me to see or hear of people allowing themselves to become drunk with the idea of great strength. Truly great strength comes from a synthesis of mind and body with the former controlling the latter. When one allows the lust for bodily power to overcome all logic, that person is begging for trouble. The way you presented STH's physical effects and possible side effects really underlines the problems with some PLers thinking processes or lack thereof. Maybe I'm not much different because I have allowed my emotional desire for greater strength to overcome what I knew was the smart thing to do: quit lifting when I had a bad injury. I always sought medical advice after my logic caught up with my emotions, something that the 'strength at all costs' folks never seem to come around to. With lifters who write like this, I really don't have to do much original writing! Let me elaborate upon this a bit.

Those who use substances like STH fall into one or more categories: those who think they are smarter

than their competitor, those who are more innovative, those who have thrown caution to the wind; those who are more insecure than most of us. STH is this year's Dianabol. In 1958 when it was first marketed nationally sound diet (a product of his education at Cal Berkeley) with Dianabol that fed the men, and women, lifting a lot more weight than the non-users, if, and it's still a matter of if, there are no serious side effects, and if this stuff is indeed effective. At this point in time, no one really knows what the effects will be, or if growth hormone is effective at all. Yes, perhaps this is the ultimate placebo. Most lifters don't even get that far in their thought processes. There are many, and I'm always surprised that they exist in such apparent numbers, who will inject or swallow anything short of concentrated bleach if they believe that it will help their lifts. I got used to crazies early in my athletic career. Gridiron heroes who would put their heads into locker doors before games, those who would speed to the point of incoherence, and those who would train and/or play when hurt because I like to play, and because I was always afraid that I would never again receive the opportunity to take the place of the individual who would fill in for me. I also thought I was a real hard guy who could bear the pain, be a man, and all of that other bullshit that goes with being an athletic hero in this culture. While this isn't real bright, I see the guys who are taking the wonder drugs as being one step further out. The risk, at this time, outweighs the benefits. To many, though, nothing outweighs the possibility of lifting just a wee bit more weight, or having arms that are just a tiny bit larger. Experience and the wisdom that often comes only with age, lets us know what you've got to be slightly deranged to lift heavy/competitively when serious system around, blowing your marriage, ignoring your job, and offending your friends is in a totally different class but I would have to say that many competitive lifters, have at least flirted with any of all of the above in their desire to get stronger. We each answer only to ourselves, and I know there are some lives so empty of anything else that the quest for a few squat pounds is worth more than anything else going down, but it's a sad state. Training, competing, being strong, fit are great things, exciting things, rewarding things, but everything else, they are part of the bigger picture, and when they are good as can be at something, be it powerlifting or anything else. I utilize steroids in the past primarily in an attempt to gain size and strength for football, and used them in an attempt to do no more than squat,

More From Ken Leistner

bench, and DL more than I could without them. Was I smart, innovative, insecure?
The STH bandwagon is rolling along and it may prove that those who are now in on the ground floor will be viewed as innovators, and a bit smarter than their competition, because they will be the men, and women, lifting a lot more weight than the non-users, if, and it's still a matter of if, there are no serious side effects, and if this stuff is indeed effective. At this point in time, no one really knows what the effects will be, or if growth hormone is effective at all. Yes, perhaps this is the ultimate placebo. Most lifters don't even get that far in their thought processes. There are many, and I'm always surprised that they exist in such apparent numbers, who will inject or swallow anything short of concentrated bleach if they believe that it will help their lifts. I got used to crazies early in my athletic career. Gridiron heroes who would put their heads into locker doors before games, those who would speed to the point of incoherence, and those who would train and/or play when hurt because I like to play, and because I was always afraid that I would never again receive the opportunity to take the place of the individual who would fill in for me. I also thought I was a real hard guy who could bear the pain, be a man, and all of that other bullshit that goes with being an athletic hero in this culture. While this isn't real bright, I see the guys who are taking the wonder drugs as being one step further out. The risk, at this time, outweighs the benefits. To many, though, nothing outweighs the possibility of lifting just a wee bit more weight, or having arms that are just a tiny bit larger. Experience and the wisdom that often comes only with age, lets us know what you've got to be slightly deranged to lift heavy/competitively when serious system around, blowing your marriage, ignoring your job, and offending your friends is in a totally different class but I would have to say that many competitive lifters, have at least flirted with any of all of the above in their desire to get stronger. We each answer only to ourselves, and I know there are some lives so empty of anything else that the quest for a few squat pounds is worth more than anything else going down, but it's a sad state. Training, competing, being strong, fit are great things, exciting things, rewarding things, but everything else, they are part of the bigger picture, and when they are good as can be at something, be it powerlifting or anything else. I utilize steroids in the past primarily in an attempt to gain size and strength for football, and used them in an attempt to do no more than squat,

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easily justified, with the opportunity for travel, financial remuneration, and the psychological benefits of being 'a champion' overriding some of the most obvious negatives. For most of us, STH use and extremes in any area of our training, will never be justified, but try telling that to a class II lifter who is convinced that he is just six months away from a 2000 total. If wasn't so immune to it after so many years, it would be saddest. Most heavy chumps or strength related drug, champion or not, would fall into the 'insecure' category, but let's save that one. For this month, know that you're rolling the dice if you travel unchained waters; carefully look at your motivations; weigh the cost/risk/benefit ratio, and be a bit smarter.

This will be the last column prior to the Long Island PL championship. Never again! Running a meet, as those who have done it, is difficult, time consuming, aggravating, and brings down the wrath of many. We've had more than our share. In order to run a 'clean' meet, last month, interesting to the audience, and comfortable to the lifters, Ralph Ralola and I whitited the entry list from 116 to 44. We clearly stated in the entry forms that we would accept no entries after a particular date, would obviously not accept every entry, would notify one and all of their status as quickly as possible, and would try to give the lifter and spectators the best match ups possible. Despite this, we are still receiving entries, are handling 4-6 calls per day from late lifters demanding entry to the meet, or further explanations on their rejection. As I said, never again. We are looking forward to the presence of Bill Dunn and John Gambale, Jay, Mike, Schneider, and George Parigian; sixty three pounds of Cheese food have been ordered for the post meet bash, and next month's PL USA will bring you all the details on this inaugural competition.

(Editor's note: Ken's television debut on HOUR Magazine was very well received. If you saw the segment or would like to see more of Ken on this program, please write your local station that carries the program and let them know. It was shown on May 5 in most areas, but apparently a week later in some areas of the Midwest...write in to your local stations NOW.)

IPF Notes...Arnold Boström, International Powerlifting Federation Secretary has reiterated that World Records for the Under 23 age category will NOT be accepted by the IPF until the first world championship in this category has been introduced (Editor's note: Jake Boyer may be putting one on in the future). A couple of records set in North Carolina, with the expense of the IPF, have been submitted, but have not been approved. I will not be accepted. Also, contrary to earlier removal as IPF Vice-President for the Americas, only as Chairman of the Technical Committee.

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- 891 Kennedy, D. 326/83
892 Moran, L. 42/83
893 Wynn, P. 4/9/83
894 Reynolds, G. 6/5/82
895 Kelly, D. 6/6/82
896 Reynolds, C. 8/7/82
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LEE MORAN, (above) dominated the Supers last like Wohleber did the 275's last month, in 3 categories. Lee says he's doubling his deadlift workouts for the Seniors, to once a month from once every other month. He has no doubt in his mind that he will squat 1,000 in the future, and that he is not going to fear any weight in the future, "even when the bar hits the floor." Doyle deadlifted 185 lbs. of 900 lbs. for a hit a 904 in exhibition, so there could be a couple of 900s pulled at the Seniors in Austin this year.



LEE MORAN...TOP 1145

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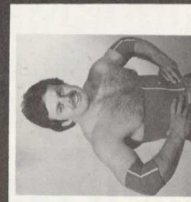
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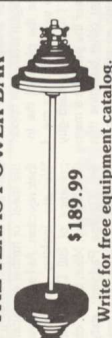
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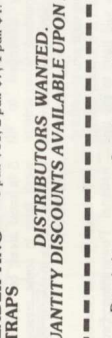


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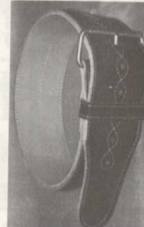
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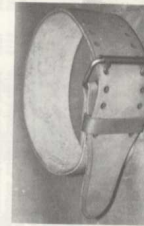
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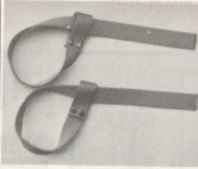
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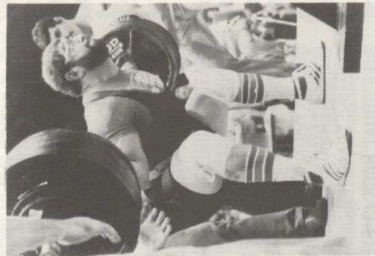
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- SERVICE — The Best — immediate shipment — availability of all sizes and colors.

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

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

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

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

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

SUPERSUIT IS MANUFACTURED EXCLUSIVELY FOR MARATHON DISTRIBUTING CO. BY SPANJUAN

The MARATHON Co. exclusive worldwide source of the Supersuit™

Distributor inquiries on SUPERSUITS™, SUPERWRAPS™, foreign or domestic, are welcomed. Team, school and wholesale discounts also available.

NORTHEAST POWER & FITNESS

1937 WASHINGTON BLVD.
EASTON, PA. 18042 (215) 258-1023

HEAVY-DUTY EQUIPMENT FEATURING 2" SQUARE STEEL TUBING, SOLID-WELD CONSTRUCTION, HIGH-DENSITY FOAM PADDING AND HEAVY NAUGAHYDE COVERING. ALL EQUIPMENT CARRIES A LIFETIME GUARANTEE (WITH THE EXCEPTION OF THE UPHOLSTERY).

CAT.#	DESCRIPTION	PRICE
201	FLAT BENCH (NO SUPPORTS)	\$ 80.
203	SUPPORT BENCH (STD. WIDTH)	100.
205	OLYMPIC COMPETITION BENCH	150.
209	ADJUSTABLE SEATED INCLINE BENCH	125.
212	OLYMPIC INCLINE BENCH	175.
214	ADJ. OLYMP. INCLINE w/Spot. Platform.	220.
216	OLYMPIC SEATED PRESS BENCH	155.
219	ADJUSTABLE INCLINE-DECLINE BENCH	195.
228	SEATED CURL UNIT w/BAR HOLDER	100.
231	DECLINE ROMAN CHAIR	100.
235	SEATED LEVERAGE CALF MACHINE	160.
238	STANDING CALF MACHINE	325.
244	ROLLER HACK MACHINE	350.
245	LEG EXTENSION/LEG CURL	260.
249	OLYMPIC PLATE HOLDER	70.
252	STEP SQUAT RACK (3 STEPS)	225.
254	ADJUSTABLE SQUAT STANDS	125.
258	POWER RACK (FREE-STAND., 3" CHAN.)	300.
264	FREE-STANDING DIP BARS	140.
269	DUMBBELL RACK (HOLDS 7 PR.)	180.
278	ADJ. LAT/LOW ROW/TRICEP PUSH-DN.	275.
300	DELUXE WALL-MOUNT CHIN BAR	80.

- ◆ 3" TUBING AVAILABLE AT SMALL ADDITIONAL CHARGE.
- ◆ COMPLETE LINE OF SELECTORIZED & CAM-TYPE UNITS.
- ◆ CHOICE OF SEVERAL COLORS OF PAINT & JPHOLSTERY.
- ◆ OLYMPIC SETS, PLATES, BARS, DUMBBELLS, ETC.
- ◆ DEALER INQUIRIES INVITED.

NORTHEAST OFFERS FREE SHIPPING ON ALL ORDERS OF \$500 OR MORE!

FLASH

World Wide brings to Powerlifting the 21st Century knee wrap
This new wrap lasts 3 times longer and is 2 times stronger than any other wrap on the market today.

Soft, comfortable material on one side and tough, strong elastic on the other.

This wrap is sold by others for \$9.50 and \$10.00 a pair. Our cost, only \$8.00 a pair, or 2 pair for \$15.50, or 3 pair for \$23.00, and 10 pair for \$70.00

allow ONLY 5 days for delivery!

C.O.D. orders call 513-898-7245



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VITAMIN / MINERAL PAKS

AM-PM ULTIMATE TRAINING PAK . . . 30 day supply . . . \$40	Highest Potent Supplement Available
THE ULTIMATE COMPETITOR PAK . . . 30 day supply . . . \$34	High Potency Vit/Min with Glucandials
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SUPER GYM-PAK . . . 30 day supply . . . \$19	Vit/Min Supplement
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ENERGY-PAK . . . 30 day \$12.50 . . . 90 day \$31	Includes liver, yeast, B-vitamins & other
MS. POWER PAK . . . 30 day . . . \$20	Formulated exclusively for Women Bodybuilders & Powerlifters
MS. PAK . . . 30 day . . . \$15	Vit/Min Supplement for Women

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BEV B-COMPLEX 125 . . . 100 tablets . . . \$16	125 mg/mcg B-Complex
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BEV B-15 . . . 100 mg . . . 100 tablets . . . \$10	Calcium Pangamate (A Salt of Pangamic acid)
C-1000 . . . 1000 mg . . . 100 tablets . . . \$8.50	w/ Rose Hips - time released
BEV C . . . 1725 mg . . . 100 tablets . . . \$10	w/ Rose Hips & Bioflavonoids - time released
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MEGA-MIN . . . 100 tablets . . . \$8	High Potency Minerals

LIVER-YEAST SUPPLEMENTS

ULTRA 29 . . . 29 grains, 500 tablets . . . \$21	Argentinian Beef Liver w/ B Vitamins
BEV ENERGY BLASTER . . . 500 tablets . . . \$19	Liver, Brewers Yeast, Guatiana Power
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OTHER FOOD SUPPLEMENTS

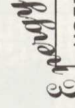
BEV-LIPO-1000 . . . 180 tablets . . . \$15	lip-tropic factor tablets
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SIZE . . . 4 pounds . . . \$18	weightgaining protein
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ULTIMATE DIETING HANDBOOK PRODUCTS

ARGININE . . . 100 gram bag . . . \$10
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ULTIMATE ORANGE . . . 1 kilo bag . . . \$12
SUCCINIC ACID DISODIUM SALT . . . 250 gram bottle . . . \$20
INSTANT CALCIUM CASEINATE . . . 1 lb. bag . . . \$9
INSTANT POLYSACCHARIDE . . . 1 kilo bag . . . \$6



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

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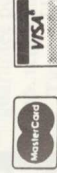
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ALL EQUIPMENT C.O.D.

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

• QUANTITY DISCOUNTS • DEALERS WELCOME •

Titan Suits

An Alaniz Product

U.S.P.F. APPROVED

\$28.00 Sale

ends 6/30/83 no exceptions

U.S.P.F. APPROVED

Your power...your will against the iron. You need guts, concentration and a suit that won't let you down. Because you are the pride of our sport Titan uses only the finest materials available, superb craftsmanship, individual formulations for a better and more supportive fit and our original mark of distinction...the arrowhead design. And there's more that keeps the competition on edge...

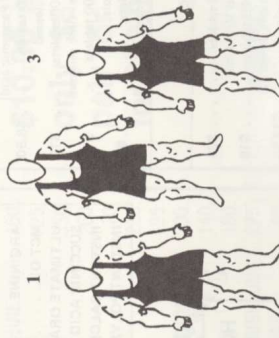
THE GUARANTEE

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

- 1. Regular Fit** - snug suit, for new lifters or those who just want to keep the groove.
- 2. Meet Fit** - a tight supportive suit, good for training & meets.
- 3. Competition Fit** - our most proven fit, from local meets to the *Worlds*.

Recommended only for those who have followed the 3 step plan or experienced lifters. *Lifters, only for you who have tried the comp. fit (especially 220 class & over) and feel they need a tighter suit, ask about our new fit.

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



Cliff King, 771 lb. squat @ 198 #1 ranking in the nation. "I've had fitted suits, ordered suits & they've all blown...try Titan...it holds up."

Available in Navy Blue, Red & Brown.

Paul Brodeur, Nat'l Collegiate Champ, 843 squat @ 275. "Thru the years I've tried all the suits on the market and found Titan peerless."

Measurements must be true.

Color 1. _____ 2. _____

No. of Suits _____

Reg. _____ Meet _____ Comp. _____

Repeat Customer: _____

Height _____

Weight _____

Hips (largest part of buttocks) _____

Leg (largest part) _____

Overall (top of trap to 6" below crotch) _____



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APO, New York
"Good Luck & Good Lifting!"

Titan Suits
921 Rickey
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Texas residents add 5% sales tax.
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Uncompromised Craftsmanship - That's what Titan was founded on and promises.

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

So we'll be honest. If you need a suit in a hurry...choose carefully. If you want the best, the answer is simple.....**Titan**.....(Allow 4-5 wks. delivery.)

South Carolina Championships
4/16-17/83 - Greenville, SC

SQ	BP	DL	T
114	259	187	292
C. Caloe	236	126	286
K. Thomas	165	93	198
C. Bunch	369*	159	429*
S. Covington	286	209	341
T. Thompson	253	143	264
B. Bismouthich			
B. Demery			

Arkansas High School Meet
4/16/83 - Jacksonville, Ark

114	225	144	230
T. Rufus	225	144	230
I. Urey	225	144	230
A. Sims	225	144	230
M. Stroud	225	144	230
D. Urey	225	144	230
R. Wages	225	144	230
J. Dobson	225	144	230
J. Carter	225	144	230
L. Carter	225	144	230
C. Gibbs	225	144	230
D. Rogers	225	144	230
M. Willey	225	144	230

Greenville, SC and approx. 1405
Square shops etc in Greenville, SC and approx. 1405. To many people who had never seen it performed. Local TV station channel 4 had a live telecast from the lifting Fri night and shot a 1300 lb. lift. Mike Hawkins promoted a well run meet with 83 lifters competing for the state titles. McAllister square provided large 4 poster trophies for all totals only

Greenville, SC and approx. 1405
Some of the outstanding lifters were 16 yr old C. Bunch in the 123 lb class who set new state records with a 369 squat and a 430 DL. John records of 462 DL and 1113 total. In the 148 lb class Dan Austin of Greenville SC, who two weeks earlier had started his training for the Jr state, lifted 286 and 429. All his lifts were done easily never taking more than 2 attempts. His 606 lb state record was light. He had just lifted 1100 lb two state weeks earlier. In the 181 lb class, Fred Garret smoking a 661 DL and B. Clumph of Greenville, UT, benching an easy 419 lb in his very first power meet. Ron Blackman also broke the state record with a 429 squat and a 537 DL. In the 220 lb class saw some close lifting with Kenny Newman of Camden SC, edging out Jerry Beckham of Lancaster SC and Bobo Eason of Greenville SC. In the 275 lb class, special credit as he tore his shoulder coming up with a 716 lb squat yet came back to pull a state record DL of 483 lbs in great pain. Fred Garret set best lifter of the hvy class and set a 275 lb squat record of 727.3 lbs. Many more people than just the meet directors to thank. Mike Hawkins had judges from all over the state and they did an outstanding job. Special thanks to the meet directors: Mike Hawkins, David Yeargin, McAllister, Gene McClain, Mike Apps, and Austin, Roger Parlate, J. Edelfield. Also thanks to SC PT, chairman, Jerry Beckham's meet help. In doing job judging, including the national equipment check in, Nick Strang of Nick's gym supplied us once again with the warm up equipment and equipment. Gene and Joan McClain provided the excellent food and a tremendous professionalism. This husband and wife team has worked all the Greenville power meet

Greenville, SC and approx. 1405
C. Watts 562 347 628 1537
S. Graham 545 325 661*
F. Parlane 543 311 611 1449
J. Hammond 501 341 567 1410
R. Parlane 389 308 485 1383
B. Memphis 462 281 501 1245
M. Walpole 479 270 485 1234
T. Craig 363 225 413 1002
M. Apps 529 336 600 1465
W. Bradley 551 336 556 1443

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.

What you will find at Titan is one hard fact. If you blow the crotch out during its 2 mo. guarantee period you'll not only receive another suit but your money back as well, plus a one mo. replacement guarantee on the rest of the suit.

Titan...unsurpassed in craftsmanship...the leader in innovations.

American Drug Free Powerlifting Association



Mens Sana
In
Corpore Sano

A Sound Mind
In
A Sound Body

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

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

Brother Bennet George Hummel
President Vice President
P.O. Box 3571 939 N. 20th Street
Bay St. Louis, MS 39520 Allentown, PA 18104

Mr. Cumberland Valley contest 3/5/83 - Mechanicsburg, Pa

SQ	BP	DL	T
445	285	460	1190
500	300	480	1280
570	325	440	1075
600	350	460	1110
660	360	490	1150
720	370	510	1200
780	380	530	1250
840	390	550	1300
900	400	570	1350
960	410	590	1400
1020	420	610	1450
1080	430	630	1500
1140	440	650	1550
1200	450	670	1600
1260	460	690	1650
1320	470	710	1700
1380	480	730	1750
1440	490	750	1800
1500	500	770	1850
1560	510	790	1900
1620	520	810	1950
1680	530	830	2000
1740	540	850	2050
1800	550	870	2100
1860	560	890	2150
1920	570	910	2200
1980	580	930	2250
2040	590	950	2300
2100	600	970	2350
2160	610	990	2400
2220	620	1010	2450
2280	630	1030	2500
2340	640	1050	2550
2400	650	1070	2600
2460	660	1090	2650
2520	670	1110	2700
2580	680	1130	2750
2640	690	1150	2800
2700	700	1170	2850
2760	710	1190	2900
2820	720	1210	2950
2880	730	1230	3000
2940	740	1250	3050
3000	750	1270	3100
3060	760	1290	3150
3120	770	1310	3200
3180	780	1330	3250
3240	790	1350	3300
3300	800	1370	3350
3360	810	1390	3400
3420	820	1410	3450
3480	830	1430	3500
3540	840	1450	3550
3600	850	1470	3600
3660	860	1490	3650
3720	870	1510	3700
3780	880	1530	3750
3840	890	1550	3800
3900	900	1570	3850
3960	910	1590	3900
4020	920	1610	3950
4080	930	1630	4000
4140	940	1650	4050
4200	950	1670	4100
4260	960	1690	4150
4320	970	1710	4200
4380	980	1730	4250
4440	990	1750	4300
4500	1000	1770	4350
4560	1010	1790	4400
4620	1020	1810	4450
4680	1030	1830	4500
4740	1040	1850	4550
4800	1050	1870	4600
4860	1060	1890	4650
4920	1070	1910	4700
4980	1080	1930	4750
5040	1090	1950	4800
5100	1100	1970	4850
5160	1110	1990	4900
5220	1120	2010	4950
5280	1130	2030	5000
5340	1140	2050	5050
5400	1150	2070	5100
5460	1160	2090	5150
5520	1170	2110	5200
5580	1180	2130	5250
5640	1190	2150	5300
5700	1200	2170	5350
5760	1210	2190	5400
5820	1220	2210	5450
5880	1230	2230	5500
5940	1240	2250	5550
6000	1250	2270	5600
6060	1260	2290	5650
6120	1270	2310	5700
6180	1280	2330	5750
6240	1290	2350	5800
6300	1300	2370	5850
6360	1310	2390	5900
6420	1320	2410	5950
6480	1330	2430	6000
6540	1340	2450	6050
6600	1350	2470	6100
6660	1360	2490	6150
6720	1370	2510	6200
6780	1380	2530	6250
6840	1390	2550	6300
6900	1400	2570	6350
6960	1410	2590	6400
7020	1420	2610	6450
7080	1430	2630	6500
7140	1440	2650	6550
7200	1450	2670	6600
7260	1460	2690	6650
7320	1470	2710	6700
7380	1480	2730	6750
7440	1490	2750	6800
7500	1500	2770	6850
7560	1510	2790	6900
7620	1520	2810	6950
7680	1530	2830	7000
7740	1540	2850	7050
7800	1550	2870	7100
7860	1560	2890	7150
7920	1570	2910	7200
7980	1580	2930	7250
8040	1590	2950	7300
8100	1600	2970	7350
8160	1610	2990	7400
8220	1620	3010	7450
8280	1630	3030	7500
8340	1640	3050	7550
8400	1650	3070	7600
8460	1660	3090	7650
8520	1670	3110	7700
8580	1680	3130	7750
8640	1690	3150	7800
8700	1700	3170	7850
8760	1710	3190	7900
8820	1720	3210	7950
8880	1730	3230	8000
8940	1740	3250	8050
9000	1750	3270	8100
9060	1760	3290	8150
9120	1770	3310	8200
9180	1780	3330	8250
9240	1790	3350	8300
9300	1800	3370	8350
9360	1810	3390	8400
9420	1820	3410	8450
9480	1830	3430	8500
9540	1840	3450	8550
9600	1850	3470	8600
9660	1860	3490	8650
9720	1870	3510	8700
9780	1880	3530	8750
9840	1890	3550	8800
9900	1900	3570	8850
9960	1910	3590	8900
10020	1920	3610	8950
10080	1930	3630	9000
10140	1940	3650	9050
10200	1950	3670	9100
10260	1960	3690	9150
10320	1970	3710	9200
10380	1980	3730	9250
10440	1990	3750	9300
10500	2000	3770	9350
10560	2010	3790	9400
10620	2020	3810	9450
10680	2030	3830	9500
10740	2040	3850	9550
10800	2050	3870	9600
10860	2060	3890	9650
10920	2070	3910	9700
10980	2080	3930	9750
11040	2090	3950	9800
11100	2100	3970	9850
11160	2110	3990	9900
11220	2120	4010	9950
11280	2130	4030	10000
11340	2140	4050	10050
11400	2150	4070	10100
11460	2160	4090	10150
11520	2170	4110	10200
11580	2180	4130	10250
11640	2190	4150	10300
11700	2200	4170	10350
11760	2210	4190	10400
11820	2220	4210	10450
11880	2230	4230	10500
11940	2240	4250	10550
12000	2250	4270	10600
12060	2260	4290	10650
12120	2270	4310	10700
12180	2280	4330	10750
12240	2290	4350	10800
12300	2300	4370	10850
12360	2310	4390	10900
12420	2320	4410	10950
12480	2330	4430	11000
12540	2340	4450	11050
12600	2350	4470	11100
12660	2360	4490	11150
12720	2370	4510	11200
12780	2380	4530	11250
12840	2390	4550	11300
12900	2400	4570	11350
12960	2410	4590	11400
13020	2420	4610	11450
13080	2430	4630	11500
13140	2440	4650	11550
13200	2450	4670	11600
13260	2460	4690	11650
13320	2470	4710	11700
13380	2480	4730	11750
13440	2490	4750	11800
13500	2500	4770	11850
13560	2510	4790	11900
13620	2520	4810	11950
13680	2530	4830	12000
13740	2540	4850	12050
13800	2550	4870	12100
13860	2560	4890	12150
13920	2570	4910	12200
13980	2580	4930	12250
14040	2590	4950	12300
14100	2600	4970	12350
14160	2610	4990	12400
14220	2620	5010	12450
14280	2630	5030	12500
14340	2640	5050	12550
14400	2650	5070	12600
14460	2660	5090	12650
14520	2670	5110	12700
14580	2680	5130	12750
14640	2690	5150	12800
14700	2700	5170	12850
14760	2710	5190	12900
14820	2720	5210	12950
14880	2730	5230	13000
14940	2740	5250	13050
15000	2750	5270	13100
15060	2760	5290	13150
15120	2770	5310	13200
15180	2780	5330	13250
15240	2790	5350	13300
15300	2800	5370	13350
15360	2810	5390	13400
15420	2820	5410	13450
15480	2830	5430	13500
15540	2840	5450	13550
15600	2850	5470	13600
15660	2860	5490	13650
15720	2870	5510	13700
15780	2880	5530	13750
15840	2890	5550	13800
15900	2900	5570	13850
15960	2910	5590	13900
16020	2920	5610	13950
16080	2930	5630	14000
16140	2940	5650	14050
16200	2950	5670	14100
16260	2960	5690	14150
16320	2970	5710	14200
16380	2980	5730	14250
16440	2990	5750	14300
16500	3000	5770	14350
16560	3010	5790	14400
16620	3020	5810	14450
16680	3030	5830	14500
16740	3040	5850	14550
16800	3050	5870	14600
16860	3060	5890	14650
16920	3070	5910	14700
16980	3080	5930	14750
17040	3090	5950	14800
17100	3100	5970	14850
17160	3110	5990	14900
17220	3120	6010	14950
17280	3130	6030	15000
17340	3140	6050	15050
17400	3150	6070	15100
17460	3160	6090	15150
17520	3170	6110	15200

LIFTING ACCESSORIES

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- DYNA-WRAP (by York)... \$10
- WAST TRIMMER... \$18
- LIFTING SUIT... \$18
- SMELLING SALTS... \$9.00
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TWO TONE
STYLE A
STYLE B
STYLE C
STYLE D
STYLE E

Three Tone... \$85
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Style A... \$75
Style B... \$75
Style C... \$60
Style D... \$30
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1980 & 1982 World Champion
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If you need training info., nutritional ideas, prices on equipment (discounts available), give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game. Before you buy from anyone else call or write me.

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PUMA DEADLIFT SHOES... \$24.75
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Aviano Air Force Base Championships AB, Italy 4/2/83 - Gatlinburg, TN 4/9/83 - East Tennessee Open 4/9/83 - Gatlinburg, TN 4/9/83		SQ	BP	DL	T
WOMEN	114-OPEN	280	115	250	645
	121-OPEN	205	110	245	560
	132-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	148-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	155-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	162-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	169-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	176-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	183-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	190-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	197-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	204-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	211-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	218-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	225-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	232-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	239-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	246-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	253-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	260-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	267-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	274-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	281-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	288-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	295-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	302-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	309-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	316-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	323-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	330-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	337-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	344-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	351-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	358-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	365-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	372-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	379-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	386-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	393-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	400-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	407-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	414-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	421-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	428-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
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	NOVICE	460	85	195	740
	442-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	449-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	456-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	463-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	470-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	477-OPEN	385	225	540	1110
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	484-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	491-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	498-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	505-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	512-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	519-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	526-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	533-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	540-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	547-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	554-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	561-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	568-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	575-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
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	NOVICE	200	120	245	565
	617-OPEN	385	225	540	1110
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	624-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	631-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	638-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	645-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	652-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	659-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	666-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	673-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	680-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	687-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	694-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	701-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	708-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	715-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	722-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	729-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	736-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	743-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	750-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	757-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	764-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	771-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	778-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	785-OPEN	385	225	540	1110
	NOVICE	460	85	195	740
	792-OPEN	160	330	350	1090
	NOVICE	200	120	245	565
	799-OPEN	385	225	540	1110
	NOVICE				

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MULTIPLE WORLD RECORD HOLDER
1983 SENIOR NATIONAL MEET DIRECTOR
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PRESENTS
DESIGNED FOR

ELITE SUITS

• THE CROTCH •

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

• THE PATTERN •

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

• THE MATERIAL •

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

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

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

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THREE PRODUCTS SCIENTIFICALLY
POWERLIFTING IN A PHYSICS LAB

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THE OFFICIAL DEADLIFT BAR FOR THE:

1982 Senior Nationals
1983 Senior Nationals
1983 Women's Nationals
1984 Women's Nationals
1983 Collegiate Nationals
1983 Hawaii Invitational
1982 North Americans
1982 National Cup Invitational
1983 Texas Cup Championships

conforms to All
I.P.F. Standards

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

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

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

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"I was so impressed with the Elite Bar that I used it in my Senior Nationals. It has since become the standard of National meets, and every serious lifter should train with one."
Larry Pacifico

(Patent Applied For)



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NEW from Europe - at last a natural safe **STERIOD** extracted from Rye Germ oils. This steroid awakens the endocrine system - effecting the growth factors - its name "Beta-Stosterol".

We have combined this **STERIOD** with Ornithine and Thymus-creating what we feel to be a formula that ends the need for dangerous artificial **STERIODS**.

Benefits: PROMOTES GROWTH - BURNS OFF FAT - OUTSTANDING LIPTROPIC - MANY TIMES THE BENEFICIAL EFFECTS OF B-15 and a benefit to the IMMUNE SYSTEM.

NO PRESCRIPTION REQUIRED

COMBINE THIS WITH THE ONLY **SUBLINGUAL GLANDULAR** on the market today and we feel - NO we guarantee that you will be very pleased or your money back.

SUBLINGUAL - meaning you will assimilate the glandulars thru the buccal cavity in the mouth - thus avoiding the intestinal track.

NOW YOU KNOW "WHAT YOU TAKE IS WHAT YOU REALLY GET"

IMMEDIATE ABSORPTION

D.A.G.TM

Direct Absorption Glandulars works on the same principal as a nitroglycerin tablet "QUICK".

STERLING LABS. is a subsidiary of D.M.S.C., a company serving the Chiropractic profession for over 35 years and now thru **STERLING LABS.** serving the lifters with special formulas specializing in **GROWTH** and **STRENGTH** formulas.

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"GROWTH"TM

90 Tablets - \$14.95
180 Tablets - \$27.95
(90 Tablets is a 30 day supply)

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(Direct Absorption Glandulars)
Formula 1020 contains Pituitary, Thyroid, Adrenal and Orchic (Testes from the bull)
(2 oz. bottle is a 20 to 30 day supply)

1 Bottle \$10.00 each
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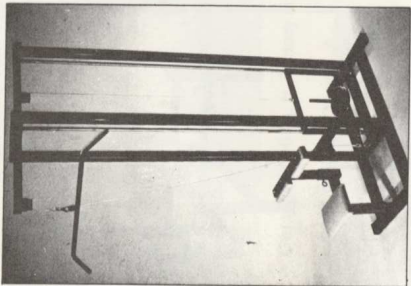
Sterling Labs, 18722 Santee, Valley Center, Ca. 92082



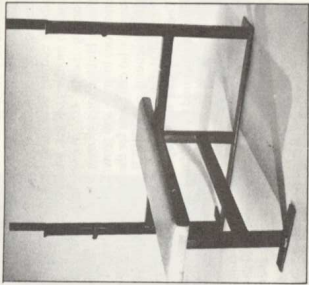
T-SHIRTS, and JACKETS too! Each of these powerful designs is available from 100 to 350 lbs. in 25 lb. increments (200, 225, 275, etc.). Designs are 10 inches in diameter and printed in white on your choice of navy, red, royal or black polo/cotton T-shirt for just \$7.95. For XXL (navy only) add \$1.50. NEW! Our popular copyrighted POWERLIFTING design is available in a small size for just \$17.95 for small through XL, and \$19.95 for XXL. Inquire about quantity discounts for gyms and schools. Order from SPORTSCREEN, Rt. 1, Box 54, Whiteland, IN 46184

FREE FREIGHT!

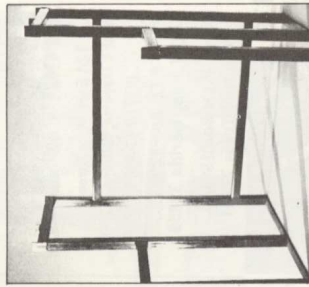
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Heavy Duty Lat Pull Machine



Olympic Bench



Step Squat Rack

- * POWER BARS (used in 1983 NCAA PL Championships)
 - * POWER RACKS
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 - * OLYMPIC PLATES
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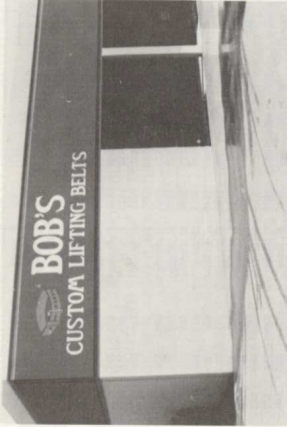
Prices include tax and shipping in the U.S.A. Outside U.S.A. add 15% for Surface Mail and 30% for Air Mail. Satisfaction Guaranteed. C.O.D. Accepted By Phone or Mail

Great Lakes Open 4/10/83 - London, Ont., Canada (kilos)

52kg	SQ	BP	DL	T
W. Spencer	105	147.5	150	347.5
S. Lopez	120	77.5	150	347.5
F. Tains	195	110	237.5	542.5
C. Snowden	187.5	102.5	132.5	422.5
G. Cox	135	80	175	410
G. Catheron	220	135	212.5	567.5
M. Grab	170	112.5	227.5	510
C. Atkinson	150	102.5	205	457.5
M. Farquhar	212.5	125	195	532.5
K. Silvestro	185	130	205	520
M. Hersting	150	97.5	172.5	420
P. Person	275	157.5	285	717.5
I. Williamson	215	140	235	590
P. Summers	227.5	130	227.5	585
M. Charbonneau	220	135	227.5	585
M. Blomquist	192.5	117.5	205	517.5
M. Barkley	170	140	205	515
J. MacDonald	160	115	190	465
M. Babak	147.5	100	160	407.5
H. Rodriguez				
90kg	255	137.5	285	645
H. Louser	242.5	135	295	630
R. Charbonneau	230	135	230	600
J. Robertson	215	127.5	227.5	570
J. Darling	197.5	130	220	547.5
J. Gaudet	182.5	92.5	205	380
R. Miniszewski	265	177.5	275	717.5
D. Riley	227.5	160	250	642.5
S. Fry	220	135	255	610
R. Sharp	200	100	232.5	532.5
T. King	350	192.5	320	862.5
D. Strano	302.5	175	320	767.5
P. Randall	237.5	140	230	600
J.25kg	182.5	140	205	547.5
P. Marcuso	245			
J.25kg	250	140	230	600
P. Marace	182.5	140	205	547.5
J.25kg	302.5	175	320	767.5
P.165	165			
J. Pellegrino	365			
G. Helfrich	330			
N. Kelly	315			
B. Feeney	290			
M. Callucci	245			
D. Seratelli	240			
F. Campanale	225			
K. Ferrone	125			
S. Fenton	125			
M. Cantrell	365			
J. Meyers	360			
K. Kryzowski	460			
B. Danko	435			
J. Young	435			
M. Conti	380			
M. Ferrara	375			
D. Gouther	150			
C. Lavallette	360			
L. Hammond	320			
M. Vetro	125			
C. Vallis	105			
J. Young	455			
M. Conti	380			
M. Ferrara	375			
D. Gouther	150			
C. Ferrone	125			
S. Fenton	125			
M. Cantrell	365			
J. Meyers	360			
K. Kryzowski	460			
B. Danko	435			
J. Young	435			
M. Conti	380			
M. Ferrara	375			
D. Gouther	150			
C. Ferrone	125			
S. Fenton	125			
M. Cantrell	365			
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J. Young	435			
M. Conti	380			
M. Ferrara	375			
D. Gouther	150			
C. Ferrone	125			
S. Fenton	125			
M. Cantrell	365			
J. Meyers	360			
K. Kryzowski	460			
B. Danko	435			
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M. Conti	380			
M. Ferrara	375			
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J. Meyers	360			
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M. Conti	380			
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C. Ferrone	125			
S. Fenton	125			
M. Cantrell	365			
J. Meyers	360			
K. Kryzowski	460			
B. Danko	435			
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M. Conti	380			
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M. Cantrell	365			
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J. Young	435			
M. Conti	380			
M. Ferrara	375			
D. Gouther	150			
C. Ferrone	125			
S. Fenton	125			
M. Cantrell	365			
J. Meyers	360			
K. Kryzowski	460			
B. Danko	435			
J. Young	435			
M. Conti	380			
M. Ferrara	375			
D. Gouther	150			
C. Ferrone	125			
S. Fenton	125			
M. Cantrell	365			
J. Meyers	360			
K. Kryzowski	460			
B. Danko	435			
J. Young	435			
M. Conti	380			
M. Ferrara	375			

Ken Leistner visits Bob's Custom Belts

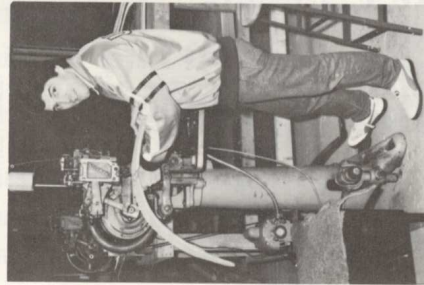
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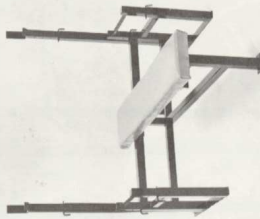
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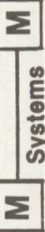


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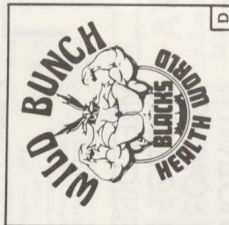
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Table with columns for State, Name, and various performance metrics. Includes sections for New Hampshire State, W. Rhode, and W. Conn.

Table listing Connecticut State Championships results for 4/30/83 in Greenwich, CT. Columns include Name, Age, Weight, and various lift results.

Table listing East Tennessee High School and Teenage Championships results for 4/8/83 in Gallatinburg, TN. Columns include Name, Age, Weight, and various lift results.

Table listing SKV Powerlifting results for 4/83 in Middletown, MD (Totals only). Columns include Name, Age, Weight, and various lift results.

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The readers of Powerlifting USA who have used lifting aids such as knee wraps, wrist wraps, elbow wraps, or a wide lifting belt (in front) owe a great deal of thanks to the man who popularized these training aids, Bill West. So too, if any of the readers of Powerlifting USA have employed in their programs such aids as the bench squat, the cheating bench press, extended deadlifts, deadlift off blocks or the touch method on any of the three lifts, then they also owe a great deal of thanks to the man who popularized these techniques, Bill West.

It was Bill West who, through a plethora of articles on the above-mentioned techniques, his army of successful gym partners, and his famed Westside Barbell Club, made these techniques both popular and basic necessities of power routines and part of almost every modern day powerlifter's program. Bill can truly be called the godfather of Powerlifting.

Bill became interested in gaining size and strength in 1952 when he associated with Gene Wells who was then current Mr. Pennsylvania and who lived near Bill. At the time Bill weighed only 87 lbs. He started training with Wells at John Frishe's gym. Bill and Gene both dreamed about the famous Muscle Beach and the Muscle House by the Sea in Santa Monica, California.

Bill's training resumed as did his consumption of peanuts. He ate one pound of raw peanuts, 1/2 cup of peanut butter and 6 spoonfuls of peanut oil every day. His bodyweight rose from 87 to 102 lbs. In 60 more days his weight was up to 132, and had risen to 155. It was during this period that Joy had stamped the name 'Peanuts' onto Bill's locker, giving him the nickname which he has carried to this day.

After his third year of weightlifting, Bill had risen to a bodyweight of 180. It was the year 1955 and Bill started to compete in various lifting meets. He eventually posted olympic lifts of a 260 press, 320 snatch and 315 clean and jerk, however, Bill felt that he didn't have the proper physique nor the skills required for olympic lifting and on the advice of Isaac Berger, he increased his bodyweight to 198 and pursued the three powerlifts.

Early in his powerlifting career, Bill achieved a 355 incline press, a double-dumbbell clean and press with 127 lb. dumbbells and 7 reps with 130 lb dumbbells on the incline dumbbell

PIONEERS of POWER

by Pétè Vuono

He could also strict curl 175 lbs. Bill later rented a garage to be used as a training headquarters for himself and his friends. This garage had no electricity and was illuminated by a candlelight. One evening when an auto accident drove all the members to the street, the Pacific sea breeze toppled over a candle and the garage was utterly consumed in fire. It was then that Bill converted his garage behind his house at 4227 Nelsho St. in Culver City, California to the legendary Westside Barbell Club.

Strong men from all over came to receive Bill's expert knowledge and training advice. Among them were Pat Casey, the first man to bench press 600; Bill Thurber, American record holder in the bench press and total in the 146 lb class; Leonard Long, the first middleweight to squat 500; hammer thrower Harold Connelly; shot putter Dallas Long; and the immortal George Frenn, the first man to total 2100.

Under Bill West's tutelage these strength sams made startling progress. Bill Thurber held American records in the squat, bench press and total in two weight classes. Leonard Long broke American records in the squat and total. George Frenn won the 1967 Senior Nationals and later broke myriad records. Dallas Long won 1960 Olympics in the shot put, the first man to squat 800 and become the first man to total 2000. Another frequent visitor, Meriphan, weighed in at 500 lbs on a 60 degree incline. The list goes on and on and the techniques used by the Westside Barbell Club did well for the master himself, Bill West. At about the same time of the great success of his gym mates, Bill was on a record breaking rampage himself.

On July 4, 1964 Bill bench pressed 430, squatted 555 and deadlifted 615 for a 1600 total. This total was 85 lbs heavier than the winning total



articles in Muscle Builder Magazine:
2. The Bench Squat - How to make squat attempts feel lighter by squatting on a high bench or box.
3. Triiceps Power Cheats - How to cheat on the tricep extension to produce heavier poundages.
4. Powerlifting Aids - This was the first written account on wrist wraps, elbow wraps, knee wraps, flat shoes for the squat and deadlift, wide part of the belt in front for the squat and sponge rubber pads on the chest.
5. Incline Power Rack Presses - How to properly use the power rack and incline press to isolate middle sticking points in the bench press.
6. Mar-June - 'The Extended Deadlift' - How to provide a greater range of motion in the deadlift by placing blocks under the feet.
7. April 1967 - 'The Touch System in Bench Pressing' - How to place the hands on the bench press bar which one's partner is using to assist in a sticking point. This is now called 'forced reps'.
8. May 1967 - 'Using the Touch System in the Deadlift' - How to make one's deadlift feel lighter by using a physical assist from one's partner.
9. Feb 1968 - 'Lockout Prones for Fantastic Power' - How to increase one's bench press using the power rack.
10. March 1968 - 'Build Fantastic Power with these Power Rack Deadlifts' - How to increase one's deadlifting using the power rack.
11. March 1971 - '775 lb deadlift - Philosophy of Bill West and George Frenn.'

This author debates any powerlifter to say that he or she has never used at least one of these techniques at one time during his or her career. Practically all powerlifters today use a routine or power aid that was popularized by the great Bill West, the Godfather of Powerlifting. Bill's genuine and unselfish interest in helping others has created a science that has lasted and prevailed even into the present day and a lengthy list of records by male and female lifters who have used his techniques. O behold, all powerlifters who have broken a technical, personal, or other barrier in their lifetimes, whose origins were unknown until now, this author would like to extend thanks to Bill 'Peanuts' West.

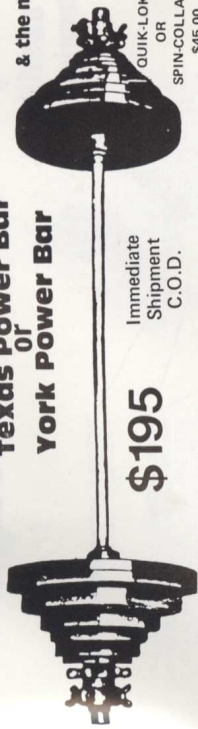
of the 1965 Senior Nationals of the following year in the 198 lb class. One year later Bill entered Leo Stern's Los Angeles Invitational and squatted a record 585 1/2 in the 198 lb class. That same year he won the Senior Nationals with a total of 1555 which included a record 587 1/2 squat.

In 1968 Bill squatted 600 in the Senior National championships for another record and became the first middle-heavyweight to squat 600. In 1970, Bill made his best official total ever, with a 430 bench press, a 635 squat and 615 deadlift for 1680. This total still ranks in the top 40 lifetime totals according to Powerlifting USA magazine. In personal correspondence with this author, Bill stated that he made unofficial totals at exhibitions of between 1775 and 1825 on several occasions. This total would rank 8th according to Powerlifting USA's lifetime totals of the Feb 1979 issue and 13th of the top 100 of the more recent April 1981 issue.

The tremendous success of Bill and his friends and their revolutionary techniques did not go unnoticed. The famous bodybuilding entrepreneur, Joe Weider, realized Bill's genius and from 1965 to approximately 1971, Bill wrote a series of articles in Joe's magazine outlining the techniques that he popularized and that would later be used by virtually every other powerlifter from then until the present day. Here is the impressive list of articles which revolutionized Powerlifting Magazine - 'The Touch System', 'Bill told of how the lifting of the hands on the lower in all 3 lifts helps lift or her psychologically and physically get used to heavier weights'.
In 1966 Bill wrote the following ar-

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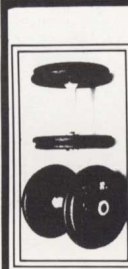


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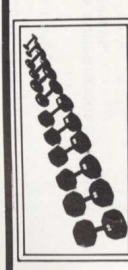
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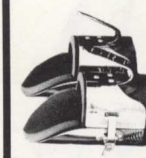


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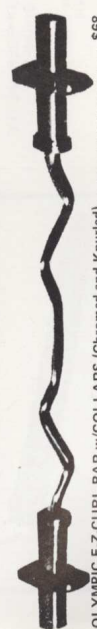


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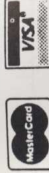
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