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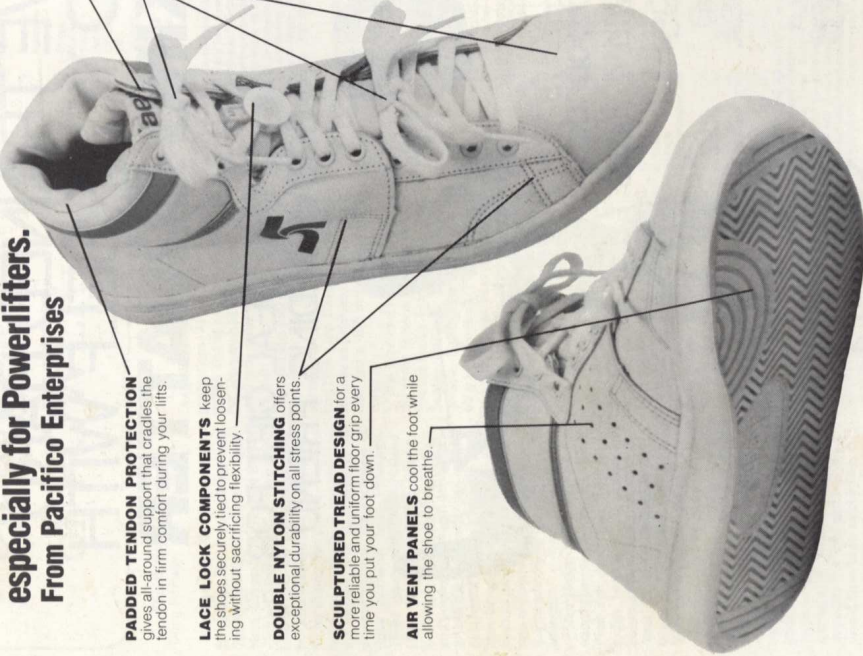
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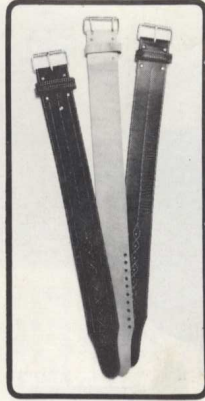
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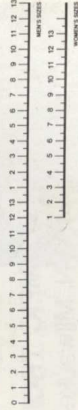
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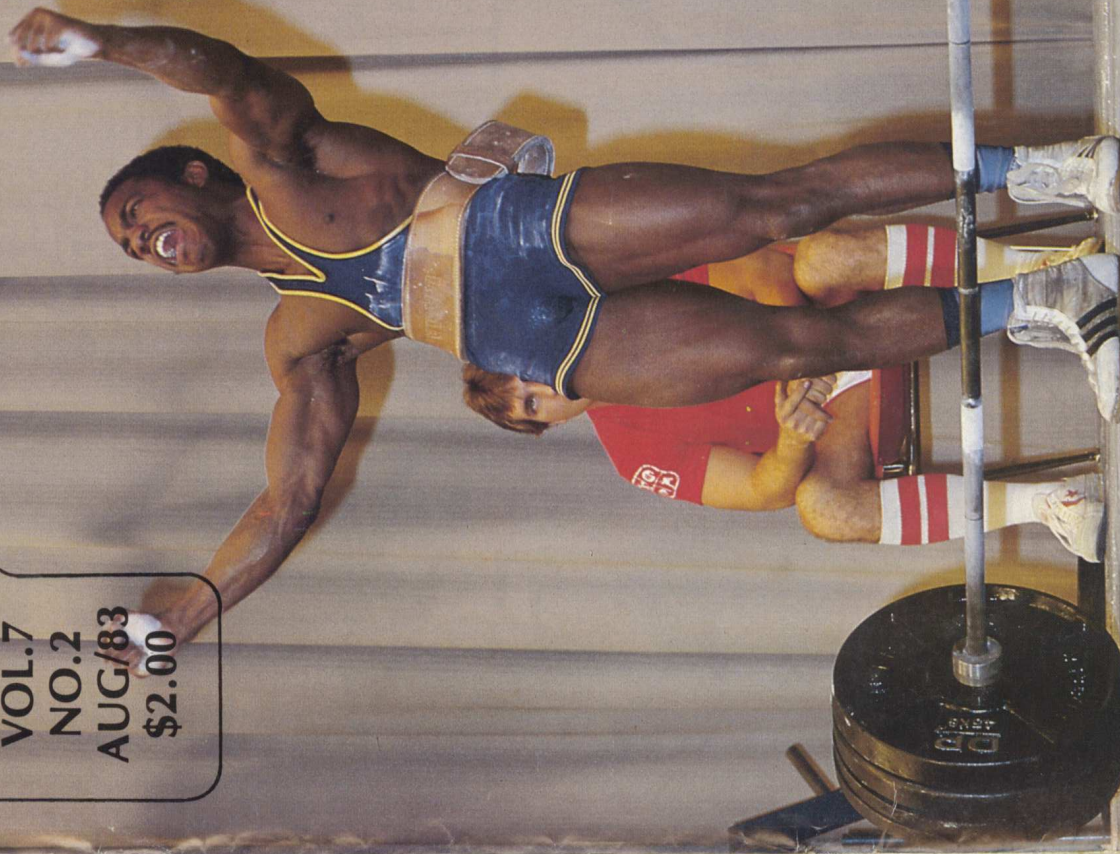
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August, 1983

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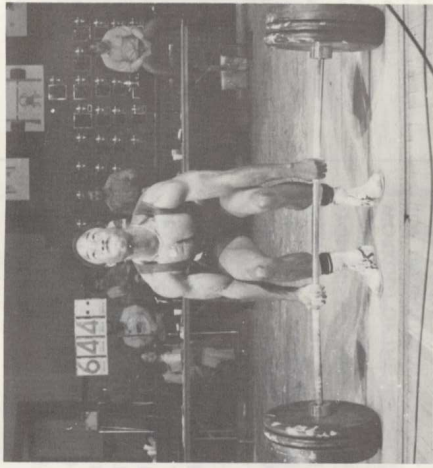
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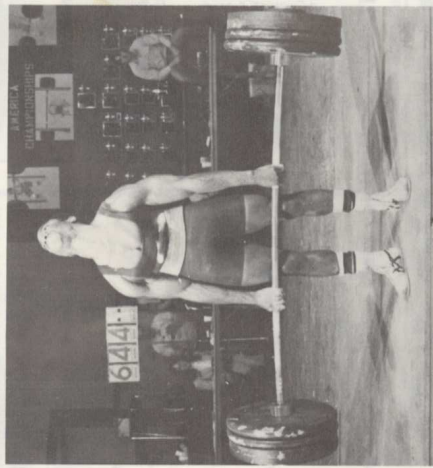
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WHO IS THE WORLD'S GREATEST DEADLIFTER?

by Powerlifting USA Editor, Mike Lambert



Most Recent IPF World Record...set by Lamar Gant was this actual weight 653 in the 132 lb. class at the North American Open. Photos courtesy Rich Labbe, who says this is the greatest powerlift of all time, pound for pound. Lamar's lift is just short of 5 times his own bodyweight, and Rich points out that on a per pound basis, Bridges would have to squat 905 to match it



Greatness, in deadlifting or any other category, needs to be defined before one can compare the greatness of one individual over another. To some, greatness in deadlifting means the man who has lifted the most weight, regardless of bodyweight divisions. In such a case, the recent barrier busting 904 deadlift by 275 pounder, Danny Wheeler, would place him in the greatest deadlifter in the world. Breaking the 900 barrier in official competition has been the goal of many other deadlifters, who are also undeniably great, names that come to mind include Doyle Kennedy, who has reportedly handled over 900 lbs. training on several occasions, Bill Kazmaier, King of the Supers for a number of years now, who recently pulled a 904 in exhibition. Don Reinhardt who tied the lift in championship competition, John Kuc who tried it once out in Hawaii, where he met promoter for the Hawaii International, Gus Rethweh, himself has had the awesome weight of the platform in a meet. Another name that comes to mind is that of Paul Wrenn, who tied a 900 plus deadlift at the 1979 Worlds to catch up with Kaz, and Jon Cole was reported to have handled such a weight for the Circus of the Stars television show.

Wohleber's performance in his native Ohio, pulling the first 900 lift, was a mind boggling one, and he was not that far off duplicating it at the Hawaii meet this year. A grip problem, which has plagued him in the past, foiled his effort there, and kept him from achieving the ultimate exclusivity to his achievement, namely being consistent with 900.

Kaz and Kennedy have edged their best marks up toward the magic 900 over the past couple of years, and either of them would have been the favorite before Wohleber kept up the ranking list, and both of them remain solid challengers to exceed the mark of Wohleber, if he gives them the chance, and head for new barriers.

Others might define greatness in terms of how many World Records one has broken in the deadlift. Here the picture changes dramatically, as the deadlift mark in the Superheavyweights has really had only two claimants in recent history, Kaz and Reinhardt before him, and has been one of the most seldom broken records in the sport. In the 275s, McCormick has broken his own mark a few times, taking over from Dave Shaw in the official IPF standings, as Wohleber's 904 was not done with appropriate reverence in attendance, and his 854 in Hawaii is not recognized by the International Powerlifting Federation as an official world mark, as there was no IPF approved drug testing at the meet.

In the 242s, John Kuc has held domain on the deadlift mark for many years, virtually unchallenged, with his 870 at the 1980 Worlds in Arlington that he broke and broke and rebroke. Certainly John has to be greatest of all. His best lift exceeds the record of the next higher division;

been perhaps the most prolific world record breaker in the deadlift of all time, though it is hard to go back through all the performances of years past and truly verify this point. Before Lamar got rolling, Mike Cross was a long time record holder that should not be dismissed. The Japanese have dominated the 114 deadlift mark, with Inaba consistently breaking record after record in the early years of his reign, but now leaving the mark with countryman Watanabe.

Another consideration in determining the greatest deadlifter would be versatility, the ability to set records in more than one class. Lamar jumps up to the 181s for a shot at that mark at this moment. Of course, Vince Anello held both the marks in the 181 and 198 classes for a long time, and in 1977 went up to the 220s and exceeded that mark as well. John Kuc, due to concern for his blood pressure and related health problems, seems very reluctant to ever go back up to the Superheavies again, or even the 275s, but it has always seemed to me that he had the definite potential to set World marks in both the higher classes, and there is no one else who fits those shoes.

Another criteria for greatness might be how far ahead of the competition a record breaker is, how dominant he is in his weight class. Lamar seems the leader in that category. John Kuc once had behind him a few dozen pounds more than him in the 242s, but then Terry outgrew the class. Reinhardt went ahead of most, for a number of years, and Jim Cash has few peers lately, with only Backus over 800 lbs. at 220 lbs. has not been challenged at 148, but his 165 mark would seem to be in jeopardy from the attempts of several Americans. Mike Bridges could surprise us and take Kumpuniemi's mark someday.

Perhaps greatness should also be analyzed in terms of potential for future records that he has unfortunately not been able to break recently. A lot of people have had shots at the 165 deadlift mark, but Rick Gaugler and his Finnish counterpart, Raimo Valineva have done the most recent world record scene, taking over in 1986 from a man who was dominant for nearly a decade, a man like Kuc who set a World Record in the lift almost every time he lifted in top level national or international competition, and that is Vince Anello. At

181, Vince was also a dominant force, before Kumpuniemi set a string of records that he has unfortunately not been able to break recently. A lot of people have had shots at the 165 deadlift mark, but Rick Gaugler and his Finnish counterpart, Raimo Valineva have done the most recent world record scene, taking over in 1986 from a man who was dominant for nearly a decade, a man like Kuc who set a World Record in the lift almost every time he lifted in top level national or international competition, and that is Vince Anello. At

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feels that Herman Goerner should be considered the best of all time, doing a 727 1/4 with one hand, no straps, and 793 1/4 in 1920, back then you can be sure there were no steroids, plus his 830 as a professional. He was a giant of a man, but there were those of lesser bodyweight who also pulled immense lifts, men such as Bob Peoples, who outlifted men much more than his own weight, and truly dominated the 181s for years and years, plus John Terry was reported to have pulled 600 weighing 132 back in 1938. For sheer overall power, who can forget Paul Anderson! Herb has reports that he was able to pull 1,000 from the floor with his hands tied to the bar, and furthermore that he did a parallel deadlift from the knees with 1838 pounds and locked it out.

What about a statistical method of comparing the lifting achievements of the many great deadlifters, as they are of widely varying bodyweights. Thanks to analysis of Dr. Lyle Schwartz of Northwestern University we have the "Schwartz Formula", which is the means of comparing lifts officially approved by the International Powerlifting Federation. Of course, there are those who say that this formula or that formula is biased against heavier lifters or lighter lifters. To check the conclusions of the Schwartz Formula analysis, we resurrected both the original Schwartz Formula and the Hoffman Formula.

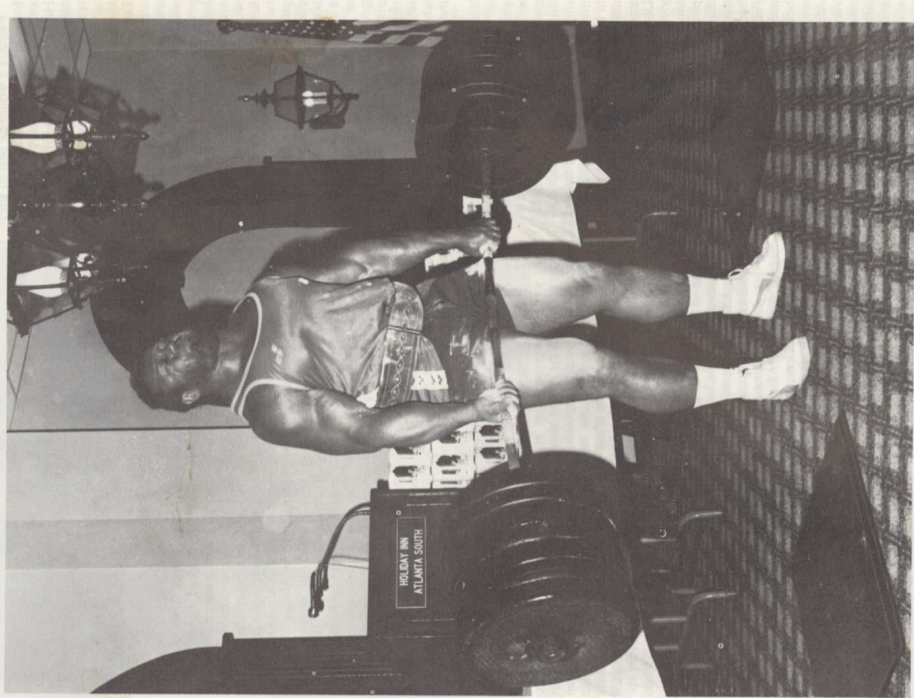
800 LB DEADLIFT CLUB		by Herb Glosbrenner, Statistician	
Name	Bwt	Nation	WL
D. Wohleber	275	USA	904
D. Kennedy	SHW	USA	891
J. Cole	SHW	USA	885
J. Reinhardt	SHW	USA	882
D. Bridges	SHW	USA	872
J. Kuc	242	USA	870
P. Wrenn	SHW	USA	855
J. Lampkin	275	USA	850
T. McCormick	275	USA	848
C. Kerwinch	SHW	USA	845
G. Rethweh	SHW	USA	840
A. White	242	GBR	837
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J. Gamble	275	USA	826
D. Cundy	SHW	USA	825
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Each of them were previously in use and to evaluate lifting accomplishments. We calculated the respective formula coefficients by multiplying the World Record lift in each weight class (plus Dan Wohleber's 904 lift) by the appropriate bodyweight coefficient

dictated by the formula in use and the coefficient products. The results can be seen in the accompanying table, and they consistently confirm the opinion of Powerlifting USA Magazine...Lamar Gant is the Greatest Deadlifter in the World.

P.S. Not to ignore the women powerlifters, Vicki Gagne was the first to crack the 500 barrier, and Diane Franz was pulling 400 at 123 as early as 1981, heralding a huge onslaught of women's records. Comparing the top female pullers on their own, Malone formula equivalence front, we find Ruthi Shaler out in 132 (412.08 points) at the past Nationals, followed by Majik Jones and her 397.94 points for her 385 deadlift at 105 and Diana Rowell with 395.39 points for her 380 in the same weight class. Juli Thomas is right up there as well with 380 points for her 413 pull in the 123 lb. class.

Big Kaz showed that he could pull 900 with his 904 in exhibition at the Sochi Olympic Games. Kaz is planning to return to the States this year, which is welcome news to powerlifting fans everywhere.



POWER PROFILE

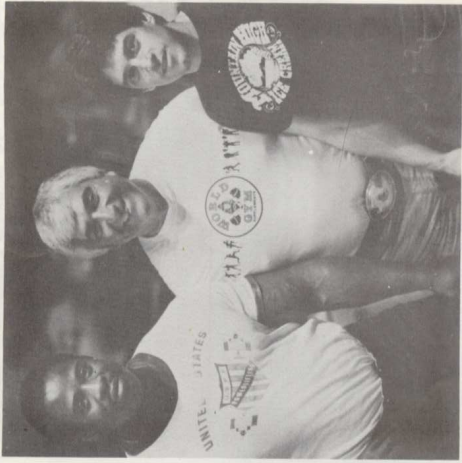
At every athletic event, there are a few people who remain unidentified, but recognized. They appear to belong, know most of the competitors, but remain a mystery to the many onlookers and fringe members of the community of participants. Andy Magna looks like 'somebody'. Underneath that last word because Andy appears as he is, successful, and willing to utilize his success to benefit the athletes he works with. He has the trust of John Gamble, Brian Oldfield, Jon Cole, and many others, primarily because he's a straight shooter who has been there when he was needed.

Perhaps it would be best to start from the beginning, because it's been an interesting trip for Mr. Magna. He's a New York City product, who came through the City public school system, distinguishing himself as an all around athlete. The foundation for success was insilled early, as his East New York Vocational H.S. teams set vast numbers of records in track and field and baseball. Andy was sought primarily for his pitching prowess, having tossed two no-hitters and terrorized opposing pitchers with his own hitting ability. He received numerous scholarship offers, but opted for the service, where he continued his baseball career, pitching for the US Navy team. Upon discharge, he entered the world of business, working his way up from a trainee/clerk to his present position as Vice President of Janney, Montgomery, Scott in N.Y. City, a highly prestigious brokerage house. This work and ability is fairly typical, so where do Gamble, Cole, et al fit into the picture?

Upon his discharge, Andy became interested in the hammer throw, for no reason other than an immediate and complete fascination with the movement. He pursued this with passion, and succeeded in winning the Junior Metropolitan championships in 1957, as a representative of the famous New York Athletic Club. In time Andy was a member of four different national level teams and traveled extensively through Europe. Like any young athlete, Andy enjoyed international competition and travel, but it was through this experience that he made the contacts that have made him an important man behind the scenes today. He became fast friends with George Frenn, Jon Cole and other field men and found that many of them did not have extensive knowledge in the area of nutritional supplementation. Although Andy has never earned advanced academic degrees, he has taken an avid lot of natural intelligence, an abundance of street smarts, and acute business acumen, and parlayed that into success at whatever he tried. He was one of the

ANDY MAGNA: MAN BEHIND THE MEN

by Dr. Ken E. Leistner



majority of available products were either lacking in a number of essential nutrients or were in some manner unbalanced, he worked hard with research chemists to formulate a vitamin/mineral supplement that would provide the complete athlete with the items his or her diet would need, at a reasonable cost. Currently, Andy's line product is sold under the name of World Gym Supplements. This is a vitamin/mineral pack that will provide the athlete with everything necessary to insure optimal nutrition supplementation, in one convenient pack. He altered the enzyme content so that the time released items would, in fact, be dispersed properly in the system and that full utilization of each item would be insured. In addition to the pack, he markets a very tasty milk and egg protein powder, one that is exceptionally popular with the European athletes. It was his desire to fill a void that led him to produce and market his pack, but its success has surprised everyone, even Andy. I knew that this product would be well received because there was a need for a convenient pack that would be assimilated in an optimal manner, but the track and field people, and now the powerlifting community, have given me a great deal of satisfaction. That works both ways because all of the 'big name' athletes using the product are also quite satisfied. Some of the familiar names in powerlifting that swear by the vitamin/mineral pack are John Gamble, Steve Wilson, Jack Siders, Wayne Bouvier, and Ernie Hackett.

In fact, Ernie was wearing one of Andy's World Gym Supplement t-shirts during his interview recently on Howard Cosell's Sports Magazine show. I spoke to John Gamble about his dietary regime, one that is carefully formulated, and excludes red meats, sugars and a number of other items, and inquired about his use of supplements. John felt that he had no difficulty obtaining all of the necessary nutrients due to his extensive study of his own needs and because he was careful to use Andy's supplement pack on a daily basis. A line endorsement.

World record holder Emmon Coughlan has given the pack his personal endorsement, as has super runner/football player Willie Gault of Tennessee. There is literally, an endless subculture of track and field athletes that use, and are supported by the World Gym Supplement pack. Andy was always one to put his money where his mouth is, and he now has fifteen athletes who are receiving support from the sale of the pack, so that they can give more time to their training, a truly magnanimous gesture, and one that indicates that the man is not afraid to go full circle. Andy's dedication to the games of friendship go further, and he often serves as an interim coach and judge at various track and field meets and events at Track and Field and Strength Centers for the New York Athletic Club. He is currently coaching Andy Bessette, 1988 Olympian in the 100m, and national champion, Manny Silverio who holds that national high school record in the sport and stronger Tony Holland. These may not be familiar names to many powerlifters, but they are all extremely respected in their own area of specialization.

Many have wondered about the famous Joe Gold's World Gym logo that appears on Andy's packs and shirts. Andy and Joe go back many, many years, and when the age of sixteen, the two of them trained together at Abe Goldberg's gym in N.Y. City. This gym gave the iron game Marvin Eder, Leroy Colbert, Art Harris, Tom Sansone, and a slew of other names, all of them pioneers in the weight training field. Andy was no stranger to bodybuilding, having traveled to Europe as team manager and to Montreal for the 1977 affair. Andy felt that Joe Gold's reputation was solid and that the affiliation would be beneficial. Joe realized that his name would be linked with an honestly marketed, high quality, reliable product. Thus, it was a natural connection that has benefited all parties.

The future holds much for the busy Mr. Magna. Most of his energy is utilized at Jenny, Montgomery, Scott where he insures that his customer's money makes money. He continues to coach the field events, travels world wide for Adidas, and works with some of the better powerlifters that swear by the vitamin/mineral pack are John Gamble, Steve Wilson, Jack Siders, Wayne Bouvier, and Ernie Hackett. In fact, Ernie was wearing one of Andy's World Gym Supplement t-shirts during his interview recently on Howard Cosell's Sports Magazine show. I spoke to John Gamble about his dietary regime, one that is carefully formulated, and excludes red

There are many ways to train the deadlift. Many have been pointed out here in PL USA. One of the attractions of powerlifting is the diversity of physiques and temperaments of the lifters. Because of this diversity and, of course, the other variables such as age, experience, injuries, etc. no one technique or program will suit everyone. At this point I offer my first advice. If the techniques and programs being followed are working well for the lifter, he should stick with them. However, if he is at a plateau or incurring repeated injury it is time to think again. The best solution is to obtain expert advice and personal supervision. Unfortunately, for some that is not always obtainable, they have to peddle their own canons. To help the lifters some of the world's best lifters and coaches have produced books and courses and run articles in this magazine. This is a modest contribution from me and represents some of my current ideas after 21 years battling with the iron. I do not claim to have the definitive answers or any 'magic secrets' I am still always trying to learn and in this article may pose a question or two because I want to be questioned or two.

My approach to the deadlift is somewhat different to most because of my background. I came to powerlifting after 14 years of Olympic weightlifting. In the first half of this period, I had a clean and press, snatch, jerk orientated program for short/discuss, and the second half I spent as a competitive weightlifter until a knee injury ended my career as a field athlete and weightlifter in 1975. Essentially, this means I had lifted many thousands of tons off the floor with a flat back and great concentration on position and line.

A General view of the lift

First of all, I am well aware of the advantage of the round back style in the initial phases of the lift. Rounding the back shortens the distance between the hip and shoulder joint. For lifters with proportionately short limbs a round back start is often the only effective starting position they can use. For lifters of normal proportions or proportionately long limbs, I don't recommend it on the grounds that a) it leads to a much harder finish wear and tear on the back. For most lifters I therefore recommend a flat back style of deadlifting.

Perhaps I should explain exactly what I mean by flat back style. I mean maintaining the normal curves of the spine as near as possible throughout the lift. I do not mean an exaggerated hyperextension. The rationale is simple. When standing erect with the normal spinal curves the vertebrae are positioned for the best absorption of compression over their upper and lower surfaces. The more the spine departs from this alignment the more the compression will be concentrated on small areas of the vertebrae and intervertebral discs with attendant increased wear and tear and risk of injury. This is easier said than done. The weight is trying to bend the lifter in half and I have yet to see the lifter

The DEADLIFT

Andy Kerr on the Conventional Deadlift Style



Top Deadlifter... among Superheavyweights, Andy has made some of the most consistent progress of anyone in increasing his deadlift in recent years. He does not bend a little under maximum load. The best way is to learn good style from the start. If the lifter has established a bad pattern of movement, it is hard to change. The only answer is "form" deadlifts. Initially he will only be able to maintain his back position with light weights. After two or three months moderate weights will be handled comfortably, but he will revert to his old habits under heavy loads, but perhaps not rounding quite so much. Eventually the goal should be good form throughout, and just rounding a little on the third attempt.

Speaking generally, a round back deadlift is easy to start, but when the lifter must fight to maintain his form as he lifts the bar, which is trying to bend him back down to the platform, back style uses the spinal extensors as prime movers. A flat back style position is hard on the deadlift. In the

The easiest one to remedy, of course, is not knowing the rules, but that is not the object of this article. Let us take a 600 pound deadlifter, give him 700 and the answer is simple: he was far too heavy, and he must be stronger than all else. Now give him 810, he will fail, but at only one technical fault because his back is weak. Think for his day, the champion trains his weaknesses, the lower his strengths.

It was called 'the floor'. Sometimes a lifter will fail to move the bar because he has too much knee bend. The remedy is to raise the hips a little and get a more favorable distribution of the load between knee and hip extensors. This is not very common. It is more usual to see the hips go sailing up, while the bar stays put. To develop power the most effective remedies are: 1) Emphasizing explosion off the floor while maintaining good position. 2) Quadriceps work - upright or front squats, applicable to weak legged or out of training lifters. 3) Deadlifts while standing on a block. This is the first of my two principal deadlifts. 4) Advanced approach from most on this exercise. First, only a low block is used; height - 1 1/2 inches to 3 inches. Secondly, the lift is performed as near as possible to the same way the regular deadlifts are done, with the lifter reaching the lower bar by a greater degree of flexion at the hip, back and ankle joints. After he has lifted the bar the first 1 1/2 to 3 inches

higher reps at similar intensities. All I can say is that I put 12.5 kg on my deadlift in 1982 and was very pleased by it.

In many of the singles shown made two or three reps but the first was such a 'gut buster' I either failed or did not attempt a second rep. Essentially, I was training to maximum and if my personal maximum was 2x300, I just had to accept it. It would not stop me doing well in the next session or the one after. This is one of the differences between a living organism and a machine. I know lifters who can not accept this, after two or three bad sessions in a row, they are abandon the years competition, and as a group they are chronic underachievers. It is necessary to have faith in your own ability, your training programs, and the notion that it will 'come out right on the night'.

Remember that all the winners did not give up, did not duck the contest; but turned up, weighed in and put up a total. There is more to the deadlift than grabbing hold and pulling like hell. If anyone has a few points here or there, I have discussed a few comments or questions on what I've written, please write me at 17 Godstone Mount, Downscourt Rd., Purley, Surrey, England, CR2 1BA.

Week '81 Worlds GB vs WG Natl. Cup '82 Worlds Interdiv.

6	2x639D	3x584	727*	2x694 699	716
	2x760*	2x661	3x672	2x744	
5	2x2x650 3x722*	4x694*	710	4x710*	782*
		771		3x518	727
4	2x650 738 799G	3x672 3x451	733 749	2x777*	2x661 3x496
3	2x628	782*	766*	716	771*
	804	3x740*	782	5x462 3x584	
2	733	2x672 2x771*	2x733 705 749	782*	2x694 760
1	760 3x363	2x578	749	2x661 3x496	672
meet lifts	774 774 774	749 821* 857	771 826* ---	705 771 832	744 821 843*

Juniors Bladder...for the fourth year in a row, Rich Labbe will be placing a bid for the Juniors, but this time the city of Lewiston, Maine is behind him, providing air fare for Rich and his wife Pam to the Seniors to present the bid. The Mayor of Lewiston and members of the City Council attended his North American Open and loved the professionalism of it. Rich was able to get a few minutes of coverage of his meet on ESPN, and they were told that with earlier notice they could have gotten a full hour of coverage.

American Teenage Records...to avoid any confusion, it should be pointed out that American Teenage records in the age groups 14-15, 16-17, and 18-19 can be broken in any meet, not just the Teen National Championships.

transference of compression from the ventral to the dorsal margins of the vertebrae and discs and can aggravate the back. Finishing erect is enough.

The real training lifts
Our man comes through his schedule with 3x470, 3x530, 2x560. These are heavy weights, and there is no room for error now. In between each rep stand up, look down and check the feet. If the bars is off center or askew, move the feet to their correct place. It is easier to move the feet on the bar. Also, the bar will always tend to lie in certain positions on the platform. If you roll it to your feet, it will probably roll away again as you take the strain. This is a useful tip for competitors. I have seen lifts lost because the bar moved forward or twisted on the lifter. Give it a kick before you lift. If it does not move, you will be okay. If it does, give it another kick. You need a stable position. (I have seen lifters waste their minute trying to line their bar up parallel to the planking, that does not matter or help in the slightest.) Getting back to the bar, after repositioning his feet, he re-grips the bar, reassures his position and pulls. Training this way is harder. The lifter, not the equipment, has to do the work. It is also training specifically for the requirements of the contest. Those heavy lifts are done as fast and explosively as possible, consistent with maintaining form. The above poundages and reps were purely used as examples, not as any recommended workout.

Foot and hand placement
A recent scientific double blind (where neither researchers nor subjects knew what they were doing), study has shown that best results in deadlifting were obtained with both feet flat on the floor and both hands securely on the bar. One researcher suggests that the better the results might be obtained if both feet were placed the same side of the bar. I hope he gets a grant soon because until he produces some scientific evidence as empirical types will have to keep on guessing. Seriously though, foot placement is a matter of comfort. The lifter who normally walks and stands with his feet turned out will be happiest if he maintains the same angles on his deadlift. The lifter who walks with feet pointing straight ahead will probably want to lift like that. A comfortable starting position frees the mind to concentrate on the pull. Be careful about standing too narrow. The adductors will bind against each other, making the start uncomfortable and the legs difficult to straighten at the finish. Hip width or a little wider is best for most lifters.

The hands should be placed entirely on the knurling, avoiding the plain chrome parts of the bar. The longest reach is obtained when the arms are both hanging vertically at shoulder width. If a lifter has trouble getting the shoulders back because the arms are binding on the side of the chest, the grip can be widened.

my experience, I have found I can go as far as one big single or one maximum set of 2 to 6 reps on the squat and still have a deadlift session that is worthwhile. Intensity or high rep back off sets ruin my deadlift workout. Preparatory squats of something like 2x10x135, 2x6x235 would be a minimum workout for me. I find I just can not get my legs into the deadlift unless I have done this preparatory leg work. Bear in mind that my knees need a lot more warming up than most lifters due to previous injury.

Specific Warm up
By this I mean the lighter sets. Taking our 600 lb. deadlift once again, everything up to about 450 is warm up and training for form. I do deadlift sets, lifting bounding their legs is the possible development of grip endurance. I regard it as dangerous and counterproductive for a number of reasons. Firstly, the force needed to overcome the bar in a set of six or more reps of restitution of bar, due to the weight of the bar, the lifter's feet and platform do the other five. I've seen a lifter who specialized in this sort of training get 8,495. In the next breath he got 507 and in the next breath he left the ground. Bouncing deadlifts off the floor while doing reps in training is dodging the work and has to be paid for in the contest. Secondly, as the bar bounces off the floor it becomes 'weightless' for an instant and the tension in the lifter's body dissipates. Then the bar 'runs out of steam' and suddenly its full weight is imposed on the lifter. This is an unnecessary shock to his system, made worse if he is out of position, which is the usual case. Thirdly, the lifter sets himself for his first rep, but upon lowering the weight he almost always bends his back and therefore 'on the bounce', he lifts from a bad position. Position usually deteriorates throughout the set and the end result is 1 correct rep and 5 incorrect reps.

In my book, bounced deadlifts, bounced bench presses and shallow squats entered in the training book as valid lifts all add up to an ego trip in which the lifter is only cheating himself. Some exceptional and naturally powerful lifters do some impressive totals on this sort of training, but I say they would do even better if they trained right.

Training right on the deadlift involves a dead stop on the ground in between each rep. Our 600 lb. man goes say 8x225, 6x315, 5x400. He knows he can do these reps, and the weight involved is not the challenge. The challenge is to do them as well as possible formwise, better than the week before. If 400 is not lifted right, then it is an absolute certainty that heavier weights will get progressively worse. These light weights should be done fast, but be careful at the finish. A vigorous finish can be overdone; this results in a sudden

Britain using a thumbless, knuckles to the front, finger tip grip. He is using 749 and says I told him to use that grip. I can't recall the occasion myself, however, it seems to be working for him, but I don't recommend it. The hook grip can be painful. If you are dropping a lot of lifts, it is worth a try. Start using only 150 lbs or so and gradually increase the weight over succeeding sessions as your hands get used to the new grip. I find I get skin wear on my thumbs so I use the disadventaged it. In only other disadvantage is that fingers fail early, with the hook it lies on the thumb and third and fourth fingers. This causes an increased incidence of callous tears on the pads below these fingers.

Straps - be careful. Limit their use to times when you are recovering from or washing to avoid callous tears. Too much strap work equals a weaker grip, which results in dropped warm up.

General warm up
Warm up is as important as any other activity. Back and hamstring are the key areas to be stretched, and I think squats are the best stretch exercise. John Kov and Fred Hainfield squat and then deadlift three or four day according to their books. Obviously, if a very hard squat is followed by a deadlift, the lifter will have to be eased back. Conversely, if the aim is to go all out on the deadlift, the squats should be kept moderate in volume and intensity. In

rack a couple of times tends to permanently bend the bar, so it is best to reserve an old wreck of a bar for power work. Blocks of a better because the discs land on the blocks. I have a set of blocks that raise the bar to about level with the top of my thighs. I then have up to six 3/4" any lower. Parallel deadlifts from above the knees are not realistic. The lifter can push his knees forward under the bar, assume an almost erect, extended trunk position and lift the bar with his quadriceps. It bears no resemblance to the movement pattern in a deadlift and is of value only in developing the grip.

There are three things that will stop a lifter from locking out his deadlifts. First, absent mindedly putting resin rather than talc on his thighs. Secondly, beginning to lose his grip. The lifter reaches a situation when he knows that if he straightens up and puts his shoulders back he will drop the bar (more on that later). Thirdly, and most commonly, loss of position. I believe that if the deadlift rule stated the bar just had to clear the top of the knee that the round back style wouldn't be the most efficient. It doesn't, it says the lifter must stand erect. When the lifter lifts with a round back he usually reaches a position a few inches short of lock out where his knees and hips are extended. This means his strongest muscles (quadriceps, hamstrings, gluteus) are out of the game and the lifter has to finish the lift with the much weaker

muscles that extend the middle and upper back. He either stops or lays back, resulting in red lights. There are two approaches to this problem. One is to accept it and strengthen the lock out by legging a deadlift. The other is to maintain a position throughout the lift, namely do your lift in flat back style.

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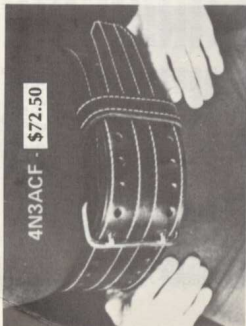
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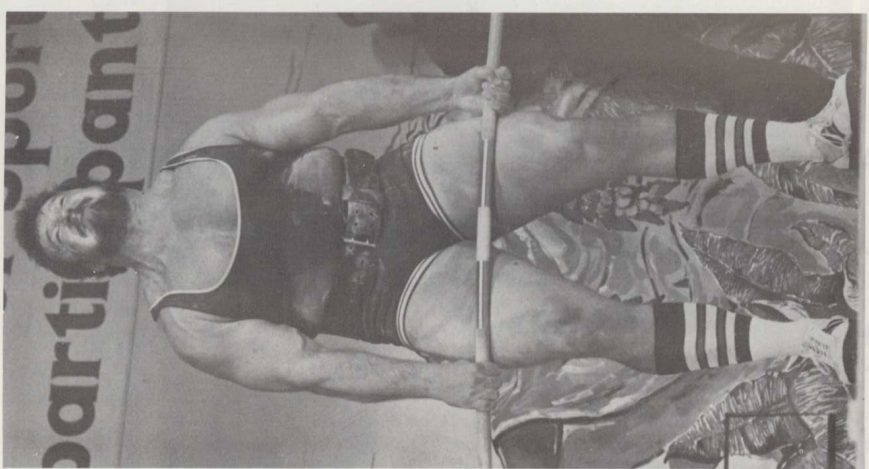
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TRAINING

Deadlifting Secrets of the Champions by Donald Pfeiffer



The Pioneers of deadlifting inspire today's lifters to develop their own techniques. Gus Rehwisch, above, has a special heavy rack lockout routine that helped him become one of the few to ever get 900 lbs. off the ground.

Of all weight training exercises, not just the three powerlifts, the deadlift is the most basic. It is also, along with squats, one of the two most effective exercises for developing overall size and strength. Virtually every muscle in your body is worked when you perform deadlifts. When done for high reps with a moderate weight it becomes an excellent means of improving cardio-vascular fitness. Unfortunately, however, many people have an aversion to bending down and pulling up and for that reason the deadlift has never been one of the more popular lifts.

Despite its simplicity and lack of popularity, the deadlift has spawned many creative and effective training techniques. In this article we will look at five great deadlifters of yesterday and the methods they used to become successful deadlifters. We begin with the legendary Bob Peoples. Born and raised in the foothills of Tennessee, Bob was one of the most intelligent and creative lifters of all time. Forced to withdraw from college after one year because of the demands of farm work, Bob, nonetheless, has earned an honorary Ph.D. in deadlifting science.

Blessed with a classic deadlifter physique - exceptionally long arms and a vice-like grip - Bob was the first amateur deadlifter to break the 700 pound barrier. He eventually increased his record to 725-54, a record that stood for 25 years. Bob's record is even more amazing when you consider the conditions he had to train under.

First of all, he always trained alone. He never had a partner to help and encourage him during his workouts. Secondly, in his early thirties he had major abdominal surgery that required an 18 inch incision and he was given a warning by the performing surgeon never to lift weights again. Finally, being a farmer, the demands of such a life never afforded Bob the chance to conserve his energy for his workouts. It wasn't uncommon for him to train after spending the whole day working in the field, or to remind you that back in Bob's day most of the work was done by hand, not by machines as in the case nowadays. Finally, because of the seasonal nature of farming, he was often forced to take long breaks from training. Had he not battled with these obstacles it might be safe to say that he would still hold the world's record in the deadlift for the 181.4 pound class.

Many people think that the lowering of heavy weights - or negative resistance - is a recent discovery. Well, Bob used a form of eccentric contraction for forty years ago, and without his apparatus was one of the first to train the machines now available, it certainly produced results.

Using a Ford tractor that had a lift he hooked up a long stick that enabled him to operate the lift without leaving the rear of the tractor. He would start with the weight in the top position and try as hard as possible to delay the weight's downward movement. When the weight reached

ed the bottom he would attempt to lift it but would usually need to activate the 'lift' in order to raise it. Eventually, he became so strong using this method of negative resistance that he had to help the tractor raise the weight to the finished position. A common sight in power gymns today is the power rack. But forty years ago one of the few, if not the only, places to find such a piece of equipment was in Bob's basement gym, where he trained in the winter. Bob found that he could improve his deadlift by concentrating on three areas: just above, at the level of, and below, the knees. He found this to be an invaluable aid not only for improving the deadlift, but also for any other of the powerlifts. He also felt that this power rack was a necessity for anyone who, as he did, trained alone.

Among Bob's other training ideas are wrist straps and the rounded back style of deadlifting. He had many other ingenious training ideas but lack of space, unfortunately, prevents me from listing all of them.

A training principle used by powerlifters and bodybuilders alike is specialization. Powerlifters use this technique to increase a lift that is lagging behind the other two, while bodybuilders will specialize on a weak bodypart in order to bring it into accord with the rest of their body. One of the first men to really apply this principle was Harold Ansonage of Grand Rapids, Michigan. In Mr. Ansonage's case it was one of total specialization. He performed no exercise other than the deadlift.

Here is his routine: He would begin by performing 3 sets of 25 reps with a 25 minute rest between sets. Then, five days later, he would do 12 sets of single reps with extremely heavy weights. This workout would last for about 4 1/2 hours. Once again five days later he would train; this time, however, he would do 20 sets of five reps with as much weight as possible this time taking only a 5 minute rest between sets. He would repeat this cycle 6 times which would require about 3 1/2 months.

By using this method he was able to add 20 pounds of bodyweight and increase his deadlift by 80 pounds. Eventually he was able to deadlift over 700 pounds at a time when few men could do over 600 pounds.

Another ingenious and innovative deadlifter was William Boone of Shreveport, Louisiana. Like Bob Peoples, Bill's program was hindered by the fact that he was engaged in hard physical labor. In Bill's case it was drilling water wells, a job that often required that he work 10-12 hours a day, 6-7 days a week. In 1947, Bill faced Bob Peoples in an historic deadlifting competition. Despite having a weight advantage of almost 100 pounds, he was still unable to defeat Bob. This does not mean that Bill was an inferior deadlifter; he merely lost to the world's best amateur deadlifter. Eventually, Bill was able to exceed 700 pounds.

One of his favorite techniques was to dig a hole and place a barbell on the outside while he would stand on the inside. Initially the hole was of such a depth that a complete deadlift involved only an inch or two of movement. Every workout he would add continue this until he was able to perform a complete deadlift. The effectiveness of this method was due to the fact that the increase in intensity (range of movement) was so minimal that his body experienced no difficulty in adapting to the new level of stress.

Do you have trouble holding on to the bar when performing heavy deadlifts? William Boone did, but unlike most powerlifters he did something about it. He found that the best way to improve grip strength was to use bars with a larger diameter. He eventually worked up to a 3 inch bar with which he could deadlift 525 pounds. Personally, I find that using thick handled bars is the best way to improve your grip strength and it would behoove anyone interested in improving their deadlift to use this technique.

of his was to perform his deadlifts while standing on boxes. This extended deadlift enabled him to develop great starting power in the deadlift.

Possibly the most innovative and imaginative powerlifter of all time is Paul Anderson. Paul has probably developed more unique and productive assistance exercises for the three powerlifts than anyone else. His two secrets of his Strength are located with training advice and 1 highly recommended both of them.

Although most famous for his prodigious squatting ability, Paul was certainly no slouch as a deadlifter. In fact, he was one of the first men to deadlift over 800 pounds. That it has been for the fact that he had unusual strength in his hands. He would have been the first to deadlift over 900 pounds.

Early in his lifting career, Paul discovered that his squat went up very rapidly while his upper body exercises did not respond as quickly. His reasoning for this was that, due to gravity, the blood would drain from his legs when squatting and his adequate supply of blood for growth. In order to increase his deadlift, he believed that it would be necessary to find a way to increase the blood flow to his back. Thus, the 'decline deadlift' was born.

Paul would perform this exercise by taking a short board which would have a pulley arrangement located at the top. From there a cable would pass over the pulley and at one end of the pulley would be the weights; while at the other end of the pulley, located at the top of the board, would be a handle upon which to lift the weights. Lyapunov and his feet at the top, he would then perform 'decline deadlifts' at approximately a 45 degree angle. Paul found this exercise to be most effective when he mixed it with his regular deadlifts. If you're a bodybuilder you should enjoy this exercise because of the extreme pump your lower back will experience.

Paul was also a firm believer in the overload principle. That is, he liked to perform assistance exercises that enabled him to handle weight well in excess of what he would use for. For particular lift he was training on. For the deadlift he developed a special belt made of heavy steel that had hooks on it located in front of each thigh. He would then place very heavy weights onto the belt from where he would then perform high pulls. He became so strong in this movement that he could even eventually handle over 1000 pounds.

A look at our final deadlifter takes us to the Rhineland, Liepzig to be precise. It was here that the legendary Hermann Goerner, possibly the greatest deadlifter of all time, was born. Considered by many to be the strongest man of his time (1920s and 30s), the deadlift was clearly his outstanding lift. The best lift by this

6 foot 1/2 inch, 260 pound strongman was an incredible 793 1/2 pounds, a record that stood for many years. It should be noted that many authorities did not consider Goerner's lifts the record because he was not an amateur. His lift was usually referred to as the professional world deadlift record.

A major reason for Goerner's outstanding deadlifting ability was his incredible gripping power. At the age of 58 he registered 285 pounds on a Collins Hand Dynamometer - the highest recording ever. Actually his recording would have been higher if he hadn't broken the machine - it only went up to 286 pounds. Strength historian David Willoughby estimates that he could have done 315 pounds. To most of you these figures are probably meaningless. In that case, let me give you a means of comparison. Hopefully many of you remember Mac Batchelor, a famous strongman of the 40s and 50s who was also famous for his gripping feats and forearm strength. In fact, he was never beaten at arm wrestling. Well, the Beer that Mac could do on the Collins Hand Dynamometer was 220.5 pounds, 30% less than what Goerner could do.

A favorite technique of Goerner was to practice his deadlifts while using only one or two of three fingers of each hand. He would also lift heavy dumbbells in the same fashion. Probably the exercises most instrumental in developing his phenomenal gripping strength was the one arm deadlift. He would usually perform this exercise one day a week, alternating exercises with each set. His best one arm deadlift performed with the right hand, using an amazing 727 1/2 pounds, a lift that the late David Willoughby called the greatest feat performed by a modern strongman.

Here's an idea: combine Goerner's practice of performing one arm deadlifts with Boone's use of thick sleeved barbells. One arm deadlifts with a 2 1/2-3 inch thick barbell will develop a vice-like grip on anyone.

There you have it: five of the greatest deadlifters of all time and some of the training techniques that they used to make them champions. I hope that you enjoyed the capsule glimpses of each deadlifter and that some of you may want to try some of these training techniques. If you do, I hope that they will prove successful. Others, however, may find it impractical to incorporate these methods into their training.

My main purpose in writing this article was to show that powerlifting is more than just brute strength; it is also a cerebral sport. All of the champions that I listed had a very intelligent approach towards training. They were constantly looking for ways to improve their deadlift, and when they reached a sticking point they immediately looked for ways to overcome it. Anyone who wants to reach his or her potential in powerlifting must do the same. Training hard isn't enough, you must also train intelligently. Thanks for reading and good luck in your training.

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DEAN BEST

His Comeback from Injury

Dean Best suffered a terrible quad tear injury (seen below) at the 1981 YMCA Nationals, and he made an incredible comeback, lifting far more than the weight that caused his initial injury, but once again he succumbed to the same type of muscle tear. From someone who knows the story, here is what he has to say about this kind of injury.



In an effort to spare others from suffering the same mistakes I have suffered, I would like to share with you the lessons that I have learned through trial and error.

My story begins in the Los Angeles airport. October, 1980. Red Sargent and myself were traveling to Apple Valley, California, to the 1980 World Masters meet. I was going along to coach Red and to help Chuck Braxton. As fate would have it, we missed our plane to Apple Valley and had a three hour layover until the next flight out.

While we were waiting, I saw a very familiar figure in powerlifting. Larry Pacifico. He also was waiting on the same flight. As powerlifters are known to do (especially Larry and myself) we talked kilos for the entire three hours. During our conversation we talked about squats and technique problems on the forms and technique problems on the squat. I asked for advice. He said that at 6 foot 1 inch, 265 lbs, a 12-14 inch stance was too close. Larry said for me to move my stance out and to slow my descent down.

After I returned home, I tried Larry's advice. I kept with my new form for three workouts. It felt bad to me so I went back to my crash and go style. Alas, my first fatal mistake! In January, 1981 my wife, Kay, Joe Gravitate and myself traveled to Columbus, Ohio to the YMCA Nationals. Prior to the trip my training had been exceptional. I was looking into the mouth of a 1900 total. While I was putting on my super suit, someone came up from behind me and clasped me in an enormous bear hug. It was the one and only Larry P. He offered his assistance, and I immediately accepted.

I opened my squats with a feather light 651. It felt so easy that I decided on 705 for my second attempt. As I was unwrapping my knees to rest before my second attempt, Larry told me I looked strong, but added, "if you don't slow it down, you are going to get hurt." I will never forget those words!

I was really ready for 705, something I had never squatted before and I knew that this was the day. As I came out of the rack the weight felt great. Just after dropping into the bottom, as I began my drive to the top, I felt something tear in both legs. When I hit the platform, both legs were pinned back under my body. The pain was unreal and I was totally confused. When I finally got my head together, Larry and Kay were over me. Larry told me it looked like I had torn some tendons. He had been there when Paul Jordan got hurt and I guess he knew from experience. Larry handled the disastrous situation with ease. He kept Kay as calm as could be expected, took off my leg wraps and belt, cut the straps off my suit and ordered an ambulance. To say I was glad he was there just doesn't begin to express how I felt.

After spending several hours in the Columbus hospital, we found out that what Larry had suspected was

On May 3, 1981 Larry Pacifico came and spent the weekend with me. Larry had said that when I was ready, he wanted to come and show me a few techniques of squatting. After a few hours I felt sure the new way would work. I discussed it with Dr. Kropp and he liked it also. In mid July I lifted in a contest and squatted 410, benched 450 and deadlifted a record of 715 lbs. By September I was squatting 500 and benching 500. My next contest was in March, 1982. I wanted to squat more than I had gotten hurt with. Larry came down for moral support for Kay and to help me too. Things went like a dream: 711 squat, 486 bench and 755 deadlift. A 1951 total!

I was invited to the National Cup meet in Nashville in July and I squatted 733 and then in the All South I squatted 755. After the All South I decided to lift again in the 1983 North Carolina Powerlifting championships which is where my comeback truly began with the 711 squat. I was attempting 788 with my sights set on 804 in the contest. As I neared the bottom I again heard that unforgettable crackling noise and I knew what had happened. Once again I had torn the quad tendon. This time there was no physical pain. Only the pain of disappointment. The pain that comes with the realization that your competitive days are over.

Again Dr. Kregge did the surgery that took 2 hours. He says the reason that the tendon snapped too much because the weight created too much pressure for the tendon to sustain. Before my first injury, my best squat was 661, and before my last injury was 766. This increase of 105 lbs in two years with 2 major operations in the picture, has to be partially credited to the superb job done by Dr. Kregge and the excellent advice from Larry Pacifico.

During the last two years I have been doing a lot of researching on knee injuries. It appears to me that most people getting hurt are dropping into their squats very quickly. I think it is quite obvious that the human knee is not going to hold up under the tremendous pressure of a kamikaze style squat. From my research, and from my experiences, I think the key points to remember are:

1. Set into your squats very slowly, always keeping the utmost control of the weight during the entire movement. The results of this style are exemplified in lifters such as Mike Bridges, Dave Shaw and John Gamble.

2. Be sure to set your hips back when squatting, keeping your knee over your ankle in a straight line. This takes some practice, but is very beneficial. This is basically the advice Larry gave me May 3, 1981 and I don't think I could have made it back from my injury using my old form. I hope this will be of some use to my fellow lifters. If I can in any way prevent any one of you from going through what I have and am going through, I certainly would like to. To the safety of powerlifting, Dean Best

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QUAD TEARS by Frederick C. Hatfield

training! Naturally, such explosiveness is more apt to cause a tear than slow movements, just as a karate chop of 500 pounds force can break a board while 500 pounds will only make it bend, not break.

THE MAKING WEIGHT FACTOR: the use of diuretics causes certain minerals to be reduced in the tissue. This reduction can cause a weakening of the tissue in as yet unknown ways. It certainly causes a decrease in strength, and the decrease will be commensurate with the amount of fluids (and minerals) lost. In Hawaii, I had to drop a few pounds of fluid, but I did not use diuretics. However, most lifters suffering quad tears were using diuretics when the injury occurred.

THE AMPHETAMINE FACTOR: over the years, I have preached against the use of uppers. I have used them before, and in Hawaii I did as well. It was my exuberance and keen desire to squat a million pounds that I had a lot of other lifters to help me do it. On the subject of quad tears I know why the men of quad teams over the past few years have been able to squat so much more than the rest of the pro ranks. However, I believe that several of the contributory factors are involved, not just one or two. Here they are; use the information as you will.

THE SCRIBE EFFECT: wearing wraps every workout tends to cause a disruption or displacement in the tissue against which the fabric presses. Just as a piece of glass, steel or other material breaks at its weakest point (in scribbling a line onto glass), muscle tissue tears where it is weakest. My quad tear occurred right at the line where the wrap ends and this did happen with other lifters suffering the same injury.

LACK OF FLEXIBILITY: as I gained weight up to the 242 pound limit, I did not engage in a commensurate amount of PNF stretching for the quadriceps. Sure, I worked flexibility, but looking back, I tended to neglect quadricep flexibility. Not only squats at or slightly above parallel over the months of pre-contest preparation didn't do anything for improved flexibility either. The other lifters suffering the quad tears did not maintain quad flexibility either.

THE EXPLOSIVENESS FACTOR: at a meet, lifters tend to be far more "juiced" and go for the big lifts with a lot more explosiveness than what is practiced in training. The meet atmosphere...do or die...is responsible here, and while that is good, it also must be reckoned with in preparing for the meet. Recall that almost all of the quad tears in recent years have occurred at meets, not in

training! Naturally, such explosiveness is more apt to cause a tear than slow movements, just as a karate chop of 500 pounds force can break a board while 500 pounds will only make it bend, not break.

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older lifters, lifters who have been competing for years, some of whom have been taking steroids for years. This effect is hypothesized to result from a diminished muscle viscosity, but no data is available to support this notion.

THE CEILING EFFECT: as a final word in this article, maybe it's just that lifters are approaching the ceiling of maximum human performance capabilities. Maybe we're lifting as much as we can structurally bear. After all, most of the lifters who have suffered quad tears recently were top lifters, either going for world records or something close to it.

Despite all these potential factors in the quad tear epidemic, I for one will not rest until I have cracked the 1000 pound squat barrier (I felt that 950 was "in the bag" at the Hawaii meet), or succeed in tearing myself apart. I'm not proud to say that, but that seems to be a common problem among older lifters too, namely pigheadedness.

Fred's Injury...as it tore in Hawaii.





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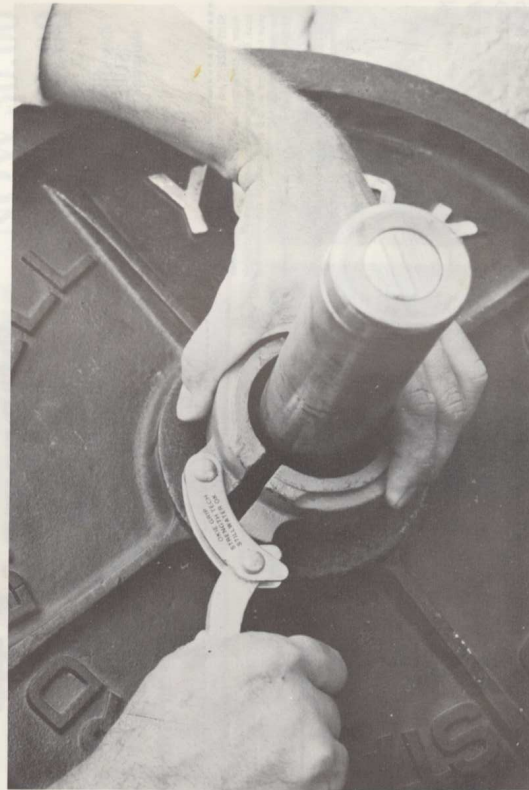
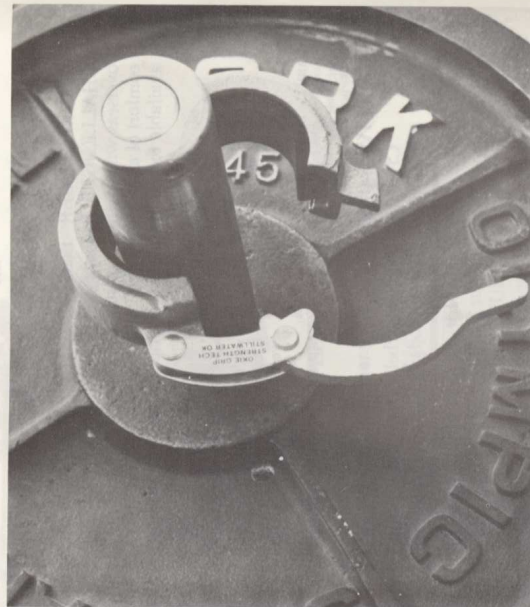
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Question & Answer

This month, training questions are answered by Roger Estep, 1979 Senior National Champion and World Record breaker in the 198 pound class. If you have a training question, send it in to Question & Answer, Post Office Box 467, Camarillo, California 93011

Dear Roger: What do you consider the most important factor training for powerlifting? **Tom Leigh**

Dear Tom: There are many factors that determine the success or failure of an athlete; be it in football, baseball, track and field, or powerlifting. Let's examine some of the important factors and make a decision. Of course, your training is important. Are you training 3 or 4 days a week and sticking to a regular routine or are you missing workouts. When you're training for a major championship you can't afford to miss any workouts unless you need the rest to prevent overtraining. Diet is also valuable. If you are taking on workouts at the levels it takes to become a champion then you must refuel your body and without proper diet your body will be in a catabolic state. With proper diet you will put your body in an anabolic state and repair yourself between workouts.

Your environment must have minimal distraction so you can put all your energy toward the workouts. Technique is of value. You must maintain proper form in all lifts to get the most out of your leverages.

Now we come down to one factor that takes all the factors above and controls them. It's something that is with you all the time, every minute of the waking day and in many cases while you sleep. It's your mental attitude toward the sport. If your mental attitude is for success, you won't miss any workouts or come up with an off the wall excuse on why you should miss a workout. Heaven knows there are a billion poor excuses and only a handful of legitimate ones. Your diet will never suffer if your mental attitude does not stop at the gym. By concentrating on

technique during all your lifts you will develop the right form for the movement without having to think about it. All the great lifters that I know think about their lifting throughout the day and try to analyze how they can improve their next workout. I'm sure that at least 90% of the people reading this article have had dreams about success, and another aspect of mental attitude is to always believe in yourself. If you are training with people who don't encourage you and help you with your confidence, then it's time to find some new partners. A person with an aggressive mental approach will never question his ability to lift more and more weights.

So if you really want to become a champion, you must believe in yourself and get into a positive mental environment.

Dear Roger: What is the best exercise for improving the squat? **Dick Glubetich**

Dear Dick: I find that doing full squats for heavy singles once a week along with heavy high box squats of 50-75 lbs. over your best full squat 3 days later works well for me and all the people I have trained with.

The high box squat should be to a bench or box which is 2 or 3 inches above parallel. At this depth you should be able to handle the additional 50-75 lbs. I have mentioned. You will be able to do 8 to 10 reps in this movement. The advantage of handling this weight is not only an increase in strength, but you also get the body adapted to the feel of the heavy weight you have to use in competition. Everyone knows when you take a weight out of the rack and it feels light that you have won half the battle of the lift.



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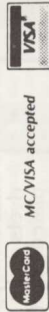
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LIPOTROPIC AGENTS by Bill Starr

Any nutritional supplement which has the capacity to assist the body in generating more energy is certain to be of interest to everyone, but especially so to the serious training athlete. Lipotropic agents do exactly that. The lipotropes are: choline, folic acid, B-12, and the amino acid methionine. When these substances are taken along with the B vitamin inositol, the individual's energy level literally soars.

Substances which decrease the fat content of the liver are known as lipotropic agents. Choline may be considered the most important representative of this class. It is essential for the normal transport of fat. In its absence, fat accumulates in the liver. In its presence, the transport of fat from the liver to tissues is enhanced, which means a more sustained and constant energy supply to be utilized during exercise.

The lipotropes are needed for the synthesis of nucleic acids in the formation of new cells. They are key nutrients in the development of the immunization system. Choline has some other uses which should be of special interest to the athlete. For example, choline is an essential ingredient of the nerve fluid acetylcholine, which is needed to jump the gap between nerve cells. If impulses cannot be transmitted, this phenomenon is particularly apparent in the pain which arises from the point where a muscle cell which it controls.

In order for the muscles to carry out the instruction coming from the brain it must first receive the message. However, a small cap or 'synapse' separates the nerve cell from the muscle. Acetylcholine bridges the gap and gets the message across.

The ability of acetylcholine to relay an impulse is essential to healthy nerve functioning and choline is an essential component of acetylcholine. If there is a shortage of the substance, the muscles can not be properly stimulated and will become damaged. If that happens, the entire body will become weak.

In order to stay healthy, the liver also needs choline. Otherwise, fatty deposits accumulate inside that vital organ, blocking its hundreds of functions and throwing the whole body into a state of ill health.

Choline enables the liver to burn fatty acids. The liver cells are normally able to clear themselves of fatty acids which are brought to them by the bloodstream whether from ingested lipids or from the breakdown of fats elsewhere, such as the deposits found in subcutaneous tissues and other areas.

If choline is not available, fat droplets settle within the liver cells, where they may form cyst-like structures. This fatty infiltration inhibits the liver's ability to detoxify substances that enter the bloodstream, to metabolize proteins and carbohydrates or to regulate the electrolyte balance in the body's tissues. In time, the entire body may eventually become diseased by poisons that the liver has been unable to

eliminate. Foods rich in choline are egg yolks, soybeans, liver and brewers yeast. An important point to remember is that choline works best when given with the other B complex group and especially with inositol. Inositol is a member of the B complex group and occurs in high concentrations in the human brain. High amounts are also found in the stomach, kidney, spleen and liver as well as the heart.

The ability of inositol to break up abnormal deposits of fat has also been demonstrated. There have been encouraging results using inositol to control abnormal lipids, or fats such as cholesterol. They gave three grams to patients with atherosclerotic symptoms and reported that after an initial rise, there was a substantial fall in blood cholesterol after treatment continued.

The initial increase could well have been caused by the flushing out of cholesterol deposits from arteries into the bloodstream and the subsequent drop a reflection of the liberated cholesterol having been excreted or broken down.

The administration of inositol reduced liver fat to nearly normal levels only 24 hours in patients whose livers were heavily infiltrated with fat.

Natural sources of inositol are beef brains and heart, brown rice, molasses, citrus fruits, wheat germ and yeast.

The interrelations between the various elements cannot be stressed too highly. Beta plays an important synergistic role. Vitamin E has been used with some success in treating certain forms of muscular dystrophy, but only when used in conjunction with inositol. Alone, neither had any noticeable effect.

So, any supplement based on the lipotropic formula should be taken along with your other vitamins and minerals for optimum utilization. The result of taking such a formula based on this research is that your body will be able to burn fat more readily, and everyone has an available supply of fat stores, even if they consider themselves lean. A two hundred pounder with just a 6 percent body fat content still has twelve pounds of fat from which to draw energy and one pound of fat converts to 3500 calories. During running muscles consume about 800 calories per hour, not all from fat sources, so there is plenty to draw from on any strength athlete.

Reference: University of Inositol, Mellon Institute, Pittsburgh, Pa 1951.
Dedificancy Disease, Richard Follis Jr MD, Charles Thomas, Springfield, IL 1968.
The Pharmacology of Vitamins, Charles E. Groves, Rodale Press, Emmaus, Pa 1977.
The Pharmacological Basis of Therapeutics, Goodman and Gilman, The MacMillan Co., New York 1960.

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Hello again, ladies:

Having recovered from a broken finger suffered while playing softball (we got the girl out at second base anyway), I am now able to type my columns so hopefully Mike Lambert and his computer will be able to decipher them. If the last issue was a little difficult to understand, it was probably because I had to write it out by hand, and those of you who have written me know that I never answer a letter in longhand, as you would need your local crew of hieroglyphics experts to figure it out. Anyway, this month and I would like to share with you some of the things I have heard about. First on my list, and most important, ...everyone passed the drug tests from the Women's World's, so all the world records stand. Hurray for our women; five world records can now be called 'official'. Congratulations, ladies.

Also, I have just gotten some information from our women lifters in the Air Force; seems they have been busy over in Germany. A fairly new lifter by the name of Brenda Sheldon won the 97 lb. class while breaking several military records, also fellow lifter Monke Caldwell won the 132s and had the top total of the meet with 665. The Mediterranean Sports Conference in Aviano, Italy had women competing in most weight classes and is showing some pretty impressive progress for our American Servicewomen. I have received some requests from them for infor-

Women's Corner

mation on meet dates and other specifics; and I think this is one group of female lifters we should really try to support since not only are they involved in a male dominated occupation, but they're also attempting to participate in a male dominated sport, in countries which more than likely are not so receptive to our American ideas about the roles of women. They also have a great opportunity to share powerlifting with other countries and cultures that we might not reach any other way. Hats off to you, ladies, and we will do our best to keep you informed of our goings on here in the US. We also look forward to having you at our nationals representing your own branch of the service. If any of you out there would like some of these women's addresses to provide them with your own meet information, write to me and I will send them to you (with their permission, of course.)

Another branch of powerlifting that has not received much attention is our fellow lifters who are competing and training while in our state and federal penitentiaries. I am surprised at the mail I receive from those of you out there, making do with homemade equipment and actually putting on your own meets. These

men and women are truly doing it the hard way. From what several have said, the only information they have about lifting technique and form is what they read in this magazine. I would like to encourage those of you in that situation and also would like to see more meet results. Right now, the ones I have are without names, just their names, and I am out there working hard, and I am sure most of the women in powerlifting would like to know what kind of competition to look forward to.

The men's Seniors are just around the corner and I hope some of our male comrades put on the astounding performances they are all capable of. I hope to see many of you there as it will be a very important gathering politically. Some of the decisions of the National Committee will affect you and I the rest of our lifting career. I suggest you read carefully the proposed amendments published in the June issue of Powerlifting USA and consider what they will mean to you and your future.

I am sure that we women can sympathize with the men in our sport, Seniors, but doesn't it feel great not to be under the gun ourselves? Speaking of time off in the summer, I have had some good mail on that subject; and I would be interested in any ideas you might have to share with others, whether you agree or disagree. I suppose as women's lifting progresses we will have a better idea of what kind of training is right and which is wrong, but for now it is still up in the air, and so it's probably a good idea to toss ideas around. I will give you my own perspective in a nutshell. My body is worked and overworked very hard from August 1 to (hopefully) May 7 or 8. After 10 months of 5 to 6 day a week training, my body cries, no...screams, for some time off to heal and recuperate. Of course, even then I still go to the gym; it's an addiction I think, but my routines are light and full of repetitions, more along the lines of a bodybuilder. This I feel enables me to come back full force in August, not only physically, but mentally as well, with the latter factor probably being the most important part of all. I also use this time of year to do "normal" things, like write my mom (for a change), or stay in my room (for a change), or stay late at night to watch Carson or drink some beer (a no-no in training season) with my softball team. Even if it is only for eight weeks or so, those eight weeks make me feel like a million and also make it much

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easier to face the big weights once again. I might add, this is a very good time to work problem areas or weak spots, such as lower back, upper back or triceps (my BIG weakness). Who knows what the experts will prove in years to come, but it is my belief that this practice has been very instrumental in keeping my lifting injuries to a minimum. If you send me your ideas and comments I will pass them along; as I know many of you train much differently than this. I'll meet different, keep working hard (at something!) and I will try to keep you informed.

Ruthi Shaler, 4067 N.W. First St., Gresham, Oregon 97050

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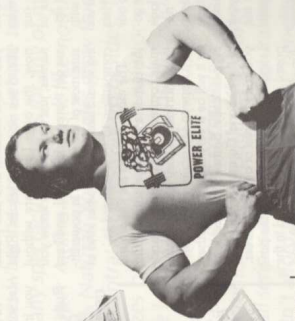
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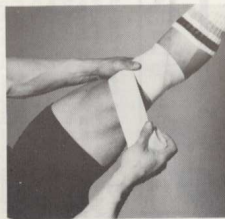
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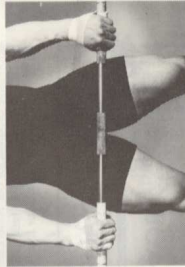
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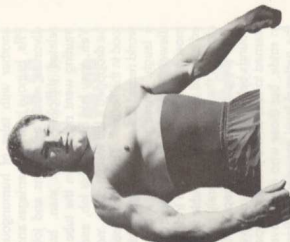
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More From Ken Leistner



Dr. Ken Leistner, publisher of *MUSCLE & FITNESS* magazine, is going to write one article for me in addition to his column in *Powerlifter*. Tuftie photo.

Believe it or not, it's time for another Senior National Championships and the speculation that accompanies this event. I usually try to avoid making predictions for a number of reasons: most importantly, I'm usually incorrect; I tend to get a lot of lifting friends upset, especially when I don't mark them for the top spot; the nature of the competition leaves too much to chance. All year long, the top men in this sport prepare for this competition and if any games are going to be played, it will be for this meet. Letters and phone calls go from one coast to another with tales of humungous PRs, heinous injuries, marriages and related difficulties. "Oh man, his training went right down the tube. Yet, they laid him off his job, and he dropped a full weight class, ... no food in the house!" The stories about world record lifts are always good for a laugh. Three years ago, a middleweight called to tell me about his most recent workout, which included a world record and a double very close to the record. He barely pulled a weight that was perhaps 100 pounds below his stated figure. I've learned, to those who don't have a strident, but those who don't have the national level experience often panic out at the suggestion that a competitor is cleaning house every squat day. Most of the top people just smile and don't rattle when they hear war stories about their competition, primarily because they know that 90% of it is b.s. or a continuation of the head games that probably began at the last Senior meet, and that the only important thing is to take care of one's own lifting and let the chips fall where they may.

At every meet, there are an inordinate number of lifters who are terribly concerned with the abilities of their fellow lifters. They usually squander so much energy keeping tabs on opponents warmups, rumors and innuendos regarding big lifts, and possible strategies that they miss 5 attempts of their own in the process. In the Seniors it is rarely the strongest lifter who wins, rather it is the most successful lifts close to his potential at that particular point in time. This is possible only when full concentration is being given to the matter at hand. Yes, it's important to be aware of your competition's abilities and where you stand at a total time, but you wouldn't believe how much sleep is lost every time someone rings with news about someone's squat in Texas or another guy's bench in California. One missed attempt at the Seniors often spells the difference between first place and fourth place. With that kind of competition, predicting winners gets to be impossible. One gentleman's relationship with his wife was rapidly deteriorating as the Seniors got close, and oddly, only because it didn't follow the usual pattern, his meet preparation had nothing to do with the situation. The time to end the relationship happened to coincide with the meet. One can only imagine how

ring going toe to toe. Vinson may suffer for big Juniors deadlift, and Takala may sneak in with his great poise and consistency, but Knight is ready to happen and with Bill Starn's coaching he'll be right there when the smoke clears. (Okay Steve, now will you send me the t-shirts?) At midheaven, go with Walker. He is such a fine gentleman, I have to treat him as I do Jay and choose him out of pure emotion, but bottom line is that he is very much like Bridges, just not recognized as being otherwise. Buddy Walker should be a factor should Walker stumble and with Aston not lifting, or so the rumor mill reports, Jake Boyer may move right up there. The Juniors may have taken the edge from Gary Sanger, but the pride of Blacks Health World has the talent and he is just now being recognized for his skills.

The 220s give us another hellacious round of matchups. Assuming that Dr. Squat qualifies at this weight and in fact makes weight (man did he look huge and hard when I saw him in late June) it will really complicate the picture, as Cash, Joe Ladinier, Siders and Franz all have the potential to walk with the crown. Cash is the champion and a great competitor. He missed the winning deadlift in Munich, but let me tell you, there was no fear in his mind that he wouldn't make the lift, and he is the reigning champion. Fred has to overcome the big meet jinx, but certainly has the strength. His new environment in California has been most kind to him and you can expect the squat record to take another tumble. Franz can never be counted out, and Siders is one very strong man. Hey, Jack can win this if he puts his lifts together, and those who know him wouldn't be surprised. Joe Ladinier looked scary in Virginia. He was there as a spectator, but had the crowd watching him, such was his physical impressiveness. Larry Pacifico has been bringing him along slowly and remember, Larry is the Champion's Champion and knows just what Joe needs to do. If Tullis lifts, I believe that he will have asked his body to do too much after his tremendous performance at the Juniors. One competitor I am certain of is Chip McCain and he will not be a factor. Having the good sense of course, no one is supposed to know about his secret I AM workouts and his 8 reps with 785. Uh, Chip, heh heh, heh, that our confidential info that I just gave away!

Last year, 242s were supposed to be the class of the meet, but bombings and injuries riddled the field before the serious confrontations could take place. It was an exciting group, but this year's outing should dwarf Dayton. Dave Schmedler's low back and hip have given him all kinds of aggravation, but he is mentally tough so can be counted out, even though some of the smart money men have dropped their bets.

We can assume that Carlton Snitkin will really show his stuff. His

guy, as quiet and unassuming as he is, jalis folks to sleep, but is experienced with the big weights. My sentimental favorite is my old St. Louis buddy, Bill Davis, who has battled back from what should have also been a career ending injury. Bill has also weathered some difficult personal problems this year, but when you're coaching a guy, it's always best to put your money on him and Bill has the ability to win this title. My dark horse pick, another lifter written off by some of the "experts", is Mark Dimiduk. Watch him; I believe he will surprise. Those in the know are going with Steve Wilson, who is lifting comfortably and well at his lower bodyweight. As awesome as he was at 275, his physique has suffered little at the lighter weight and his lifts are well balanced.

Oh, no, the 275s! This class has kept the powerlifting world buzzing all year. Most people like to watch these big guys lift, primarily because they lift more weight (Bridges excluded) and unlike many of the Supers, most of these guys have a lot of well-shaped muscular bulges to go with their strength. The matchups should be terrific, but I have to go with John Gamble despite his bleeps injury and despite Wohleber's phenomenal lifting. Again emotion rules the meet, because John is one of the nicest, kindest, gentlest, down to earth people I have ever met and I have so much respect for him that I can't do anything other than give him my full support. Danny has all the equipment, including his young age, to stand on top for years to come. He records. Dave Shaw, I'm sure, will be in the thick of things, and Wad Dempsey could be the dark horse, but it would be no surprise if he won considering his recent performances.

The Supers should be a great primed and ready, and no one is expected to surprise as if this class. All the big guns are supposedly preparing their entrance with excuses. Most of the guys are talking as if this will indeed be their year. Kaz is supposedly prepared to regain his title as Worlds Strongest Being with unreal training lifts. Doyle Kennedy is always a threat; experienced, smart, and well-prepared, and unlike last year, unjourled. Paul Wrenn, I believe has left last year's injury bug at home, and he can always move the big iron. Bouvier surprised me at the Worlds, firing himself up and showing tremendous poise for one who doesn't have that much big meet experience, and he wants desperately to be a repeat champion. He lifted intelligently last year, and that is one of the real keys to winning this meet. Gus Rethwisch is due for a good Seniors, maybe good enough to win, but he's not, but he cannot be ignored. The big noise is being made by the followers of Oakland area's Lee Moran. I've heard a lot about this relatively underpublicized man, and all of it seems to be true, as incredible as that seems. He could conceivably walk into the subtotal with 1500, and I know one of his last training deadlifts was a PR 805. If the

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Chalk pound **\$8.00**
Eight 2-oz blocks

Firm Grip 4-oz can **\$4.50**
Gives sure-footing on platform

Ammonia Caps box of 10 **\$4.50**

Cold Spray 6-oz can **\$4.50**
Promotes faster healing of muscle injuries

Workout Towel **\$6.50**
USA Powerlifter logo in red or royal lettering

PRICES INCLUDE SHIPPING
California residents include 6% sales tax
Mastercard / Visa / Amex



WEIGHTLIFTER'S WAREHOUSE
5542 South St., Lakewood, Ca 90713
(213) 531-3731

NOW GET MAXIMUM LIFTS
USING THE NEW

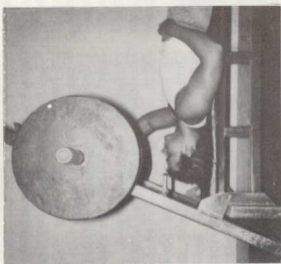
SKYHOOK

WEIGHT BENCH

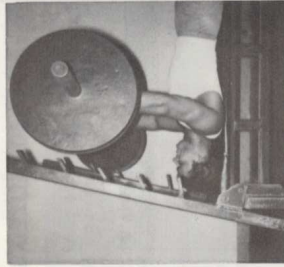
BAR LOADED.



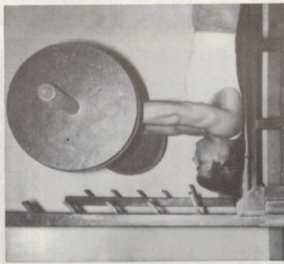
WEIGHT BAR
IS PULLED
OVER CHEST



BAR IS LIFTED
SUPPORT ARMS
RETURN TO
THE UPRIGHT
POSITION.



NOW READY
FOR LIFT.



USE ALL YOUR STRENGTH TO MAKE LIFT
NO STRENGTH WASTED PULLING BAR
INTO PROPER LIFTING POSITION

No Springs - Powered by Gravity

REASONABLY PRICED

If interested contact:

SAM'S WEIGHT EQUIPMENT
502 Fair Road
Statesboro, Georgia 30458
(912) 681-2068 or 681-4094

Guaranteed to Provide Safe
and Efficient Lift-Offs or
Your Money Refunded.

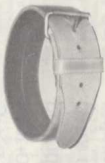
U.S. Patent No. 4302009
Foreign Patent Pending

BOB'S CUSTOM LIFTING BELTS

ORIGINAL
Designer
of Suede
Powerbelts



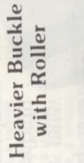
Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down, center, and around holes...\$75.00



Style (E) NEW! Thick belt with suede on inside to prevent slipping. Stitching once around, down center, around holes...\$53.00



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



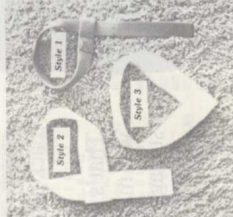
Heavier Buckle
with Roller



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



"TWO TONE" \$75.00
3-tone belts....add \$10.00



Lifting Straps... \$6.00



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

FINEST in QUALITY

NEW ECONOMY SUEDE BELTS AND DIP BELTS. Same quality and craftsmanship, same heavy duty buckle, solid color only. Fast Delivery...19 colors of suede. On Economy items add \$3.00 shipping per item. California residents add 6% Sales Tax. Specify Economy Suede style or Dip Belt style and waist size. For charges, include MC/VISA number, expiration date, signature, and telephone number.



ECONOMY (A) Style - Suede covered belt has 3 rows of heavy nylon stitching. Lazy Eye Buckle. Cling around the holes...\$58.00



Model 1 Dip Belt with sheepskin lining, 3 rows of heavy nylon stitching...\$40. Model 2. Without sheepskin...\$30.00



ECONOMY (B) Style - Suede covered belt has 3 rows heavy nylon stitching...\$35. Model 4. Without sheepskin...\$25.00



Model 3 Dip Belt with sheepskin lining, 3 rows heavy nylon stitching...\$35. Model 4. Without sheepskin...\$25.00

PLEASE STATE SIZE, STYLE, COLOR CHOICE

Name _____

Address _____

City _____

Style _____ Size _____

Color _____ 2nd Choice _____

State _____ ZIP _____

Phone _____

Signature _____

Acct. No. _____

MASTERCHARGE
BANKAMERICARD/VISA

Exp. Date _____

BOB'S CUSTOM LIFTING BELTS
1605 E. MISSION, SUITE A
POMONA, CALIFORNIA 91766

NEW ADDRESS!!
714-620-8957

A WORD ABOUT FREE-FORM AMINO ACIDS ISOLATED • CRYSTALLINE

After hard workouts recuperation is the key. Marathon Nutrition provides you with the latest breakthrough in this area. Either the 2½ gram or 1 gram formula will allow you to maintain the high-nitrogen balance required for tissue repair. These products, because of the free form crystalline process, allow you a 10-1 ratio of use over conventional amino acids and proteins. They make themselves directly available to the body's amino acid (protein) "pool" for use in tissue repair.

SUPER POTENCY • FREE FORM AMINO ACID 2500 2½ GRAMS

Each tablet contains:

250 mg. of FREE FORM AMINO ACIDS Isolated & Crystalline

"250% more potent per tablet than any other free form amino acid product on the market today."

COMPARE & SAVE \$\$\$

50 TABS \$8.50 100 TABS \$15.00 250 TABS \$33.75
500 TABS \$64.50 1000 TABS \$125.00

FREE FORM AMINO ACID — ONE GRAM (1000 mg.)

Each tablet contains:

1000 mg. of FREE FORM AMINO ACIDS Isolated & Crystalline

"the original one gram formula"

100 TABS \$7.75 250 TABS \$17.25 500 TABS \$32.50
1000 TABS \$61.00

6 GRAM (6000 mg.) AMINO-ACID COMPLEX POWDER

Each packet contains in powder form a total of 6 grams (6,000 mg.) of the 18 amino acids necessary for muscle growth. The amino acids (100% protein) are isolated, hydrolyzed & predigested for the highest possible utilization of any form of know protein. Use with all liquids (protein drinks, juice, milk, water & soups). Sprinkle on food or mix with gravies.

6 gram amino acid powder is an excellent drink to take before and during training or competition. It will insure the high protein blood levels necessary for a sustained high performance.

A NUTRITIONAL BREAK THRU THAT WILL HELP YOU GAIN. IT WORKS!!

14 DAY SUPPLY \$18.00 28 DAY SUPPLY \$34.00

L-ARGININE 500 mg.

Amino acid to stimulate muscular growth & burn fat.

90 TABS \$7.50 180 TABS \$14.00 360 TABS \$26.00
720 TABS \$49.00

L-ORNITHINE 500 mg.

Amino acid to stimulate muscular growth & burn fat. Used as a catalyst in conjunction with L-Arginine, 2:1 ratio Arginine to Ornithine.

90 TABS \$11.25 180 TABS \$21.00 360 TABS \$39.00
720 TABS \$76.00

L-LYSINE 500 mg.

A key amino acid for repair of tissue and muscular growth.

250 TABS \$8.00 500 TABS \$15.00 1000 TABS \$28.00

L-TRYPTOPHANE-500 mg. "Nature's Tranquilizer"

A limiting amino acid essential for proper rest & helps nerves.

30 TABS \$6.75 60 TABS \$12.50 90 TABS \$17.75

L-PHENYLALANINE 500 mg.

An essential amino acid used as a natural "diet control" and a natural mental stimulant. Combined with Spirulina to control appetite.

50 TABS \$6.50 100 TABS \$11.75

SPIRULENA 500 mg.

Excellent source of protein from sea life. A great diet aid. Combine it with L-Phenylalanine for best results in dieting.

100 TABS \$6.00 250 TABS \$13.00

SUPER STRENGTH KLV & B-6

(Kelp, Lecithin, Applecider Vinegar & B-6)

250 TABS \$5.00 THE FAT BURNER 500 TABS \$9.00

VITAMIN B-15

100 mg. Calcium Pangamate 200 CAPS \$11.00

AMINO ACIDS

1 Gram (1000 mg.) Tablets 100 TABS \$7.00

MILK AND EGG PROTEIN

Good taste easy mixing, highest protein efficiency

1 LB. \$7.50

-2 FOR 1 SALE - MAGNA-BOL

"Naturally... there's an alternative to chemicals".

Magna-Bol is a pure herb that helps convert testosterone to hydro-testosterone, which is the form of testosterone that the muscles utilize.

100 TABS \$17.00 250 TABS \$36.00 500 TABS \$65.00
Buy 1st Bottle at the regular price
Get the 2nd Bottle (same size) FREE

HI-Potency LIPO-TABS

(Lipotropic Tablets) Burn Fat — Breakdown Cholesterol

Three Tablets Contains:
1000 mg. Vitamin B6
1000 mg. Vitamin B12
1000 mg. Folic Acid
100 mg. Pantothenic Acid
100 mg. L-Cysteine
100 mg. P.A.B.A. (Para-Aminobenzoic Acid)
100 mg. Nicotinamide
5 mg. Biotin
90 TABS \$7.50 180 TABS \$14.00 360 TABS \$26.00

B-COMPLEX — 125 mg. TIME RELEASE

Each prolonged release tablet contains:
Folic Acid 125 mcg
Vitamin B1 125 mcg
Vitamin B2 125 mcg
Vitamin B6 125 mcg
Vitamin B12 125 mcg
Paba 125 mcg
In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.
60 TABS \$7.50 90 TABS \$10.75
180 TABS \$18.75 360 TABS \$33.75

B-COMPLEX-50 mg. CAPSULES

Each capsule contains:
Folic Acid 50 mcg
Vitamin B1 50 mcg
Vitamin B2 50 mcg
Vitamin B6 50 mcg
Vitamin B12 50 mcg
Paba 50 mcg
In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.
100 CAPS \$5.75 250 CAPS \$12.50 500 CAPS \$23.50

B-COMPLEX-100 mg. CAPSULES

Each tablet contains:
Folic Acid 100 mcg
Vitamin B1 100 mcg
Vitamin B2 100 mcg
Vitamin B6 100 mcg
Vitamin B12 100 mcg
Paba 100 mcg
In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.
50 CAPS \$7.00 100 CAPS \$13.00 250 CAPS \$29.00

MULTI-ONE WITH STRESS FACTORS

A One-a-Day High Potency Vitamin-Mineral Tablet.
30 TABS \$4.00 60 TABS \$7.00
180 TABS \$19.00 360 TABS \$37.00

ONE-DAILY FORMULA 100 (sustained release)

A Multi-Vitamin & Mineral tablet featuring 100 mg. B-Complex & Amino Acid Chelated Mineral.
30 TABS \$5.25 60 TABS \$10.00
90 TABS \$14.00 180 TABS \$26.50

SUPER BIO-C 2000

sustained release Vitamin C Complex Formulated with naturally selected Rose Hips Powder, and Bioflavonoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue.

Each tablet contains:
1000 mg. Rose Hips Powder
500 mg. Bioflavonoids
Rutin
250 TABS \$15.25

VITAMIN C CRYSTALS

5000 mg. of Vitamin C per level teaspoon.
8 OZ. \$7.25 16 OZ. \$13.25 32 OZ. \$25.00

VITAMIN C-1000 mg. CAPSULES

With 150 mg. of Bioflavonoids per capsule.
100 CAPS \$7.00 250 CAPS \$15.00

TIMED RELEASE

VITAMIN C-1000 mg. With Rose Hips 150 mg. per tablet.
100 TABS \$5.25 250 TABS \$11.75
500 TABS \$22.00 1000 TABS \$42.00

VITAMIN E 400 IU CAPSULES

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

MAX-A-MIN HIGH POTENCY MINERAL COMPLEX

Two tablets contain:
Calcium 1000 mg
Magnesium 500 mg
Selenium 50 mcg
Zinc 22.5 mg
Chromium 20 mcg
Iron 100 mg
Biotin 100 mcg
Iodine 150 mcg
Manganese 10 mg
Vitamin D 400 IU
180 TABS \$7.25 360 TABS \$10.25

CALCIUM & MAGNESIUM TABLETS

Essential to prevent cramping and using Vitamin C.
4 Tablets provide:
Calcium (Oyster Shell) 1000 mg
Magnesium (Oxide) 620 mg
250 TABS \$4.00 500 TABS \$7.50 1000 TABS \$14.00

AMINO ACID CHELATED ZINC-50 mg.

"Essential in tissue repair & hormonal production."
250 TABS \$6.75 500 TABS \$12.75

BREWERS YEAST TABLETS

7.5 grains (500 mg.)
500 TABS \$5.25 1000 TABS \$9.75

SHOP BY PHONE OR MAIL

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

PRODUCT	SIZE	QTY.	PRICE	EXT.
Gold Medal Dynamo Pack™				
Gold Medal Pack™	Glandular Complex-2500 mg.			
Super Pack™	Glandular Complex-1500 mg.			
One Pack™	Free Form Amino Acid-2500			
Glandular Complex-1200 mg.	Free Form Amino Acid-1000			
TOTALS				

Check here if new address

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Card No.

Expiration Date

MARATHON NUTRITION
1229 Via Landeta
Palos Verdes Estates,
CA 90274
(213) 519-7111 / 375-3802

Use MasterCard, Visa,
Money Order, American Express, Discover
Overseas orders add 20%
for surface freight 30%
for airfreight. Calif. residents
add 6% Sales Tax,
6 1/2 % L.A. County

Almost Nationals, OK (kilos)

6/18/83 - Norman, OK (kilos)

WOMEN'S DIVISION

105	Wipe	115	45	102.5	217.5	5	Boyles	195	287.5	287.5	137.5	232.5	632.5
110	C. Fuentes	115	45	137.5	297.5	275	D. Romine	210	862.5	182.5	100	182.5	462
115	I. Sneed	115	42.5	122.5	280	S. Bryan	240	210	297.5	140	107.5	215	462
120	V. Grooms	82.5	45	100	227.5	D. Brower	240	145	235	247.5	180	237.5	665
125	OPEN					OL-Outstanding lifter	240	145	235	247.5	180	237.5	665
130	M. Terry	115	45	137.5	297.5	state record	240	145	235	247.5	180	237.5	665
135	M. Harris	115	42.5	122.5	280	114	240	145	235	247.5	180	237.5	665
140	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
145	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
150	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
155	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
160	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
165	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
170	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
175	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
180	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
185	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
190	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
195	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
200	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
205	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
210	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
215	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
220	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
225	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
230	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
235	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
240	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
245	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
250	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
255	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
260	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
265	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
270	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
275	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
280	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
285	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
290	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
295	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
300	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
305	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
310	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
315	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
320	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
325	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
330	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
335	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
340	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
345	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
350	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
355	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
360	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
365	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
370	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
375	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
380	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
385	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
390	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
395	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
400	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
405	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
410	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
415	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
420	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
425	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
430	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
435	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
440	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
445	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
450	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
455	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
460	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
465	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
470	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
475	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
480	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
485	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
490	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
495	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665
500	M. Harris	97.5	60	130	277.5	13	240	145	235	247.5	180	237.5	665

★ WHO'S WHO IN POWERLIFTING ★

The Let's Get Physical Fitness Center is the training base for 1982 and 1983 North Carolina State Champ at 242. Byron Walters, his 760 squat at the lunatics broke the record of John Holliday that stood for many years. He also totaled Elite and it's believed he's the only 242er in N. Carolina with that status and has a best training squat of 805.

Fred Glass has class, according to Walt Pawlowski, who recalls that Fred declined entering the Masters Division at a recent meet, so that Best Masters lifter could win the publicity in the town paper. Fred, who held the PA State deadlift record at 123 for 14 years, is also a meet promoter and gym owner.

Mills College in Oakland, California has become the first West Coast College to offer Competitive Powerlifting. Women's team recently entered the Northern California Open Women's Meet. After only one semester of training, Susan McPhail won 1st place in the 125 pound class, and Rachel Bagwell garnered 4th in the 148s. Most of the team members had not even performed a squat, bench press, or deadlift before enrolling in the class. Mills College is a highly acclaimed Women's College emphasizing the liberal arts. The small enrollment of 1,000 makes the 7-member team even more impressive, considering the lack of such teams at larger schools.



MILLS COLLEGE

and best OMA Grand in history on Oct 9, 1983. Thanks to my support to see everyone there. Thanks to my strength with you. Thanks to Rich Peters for results.

Lancaster County Hi School Meet 5/7/83 - Litzl, Pa

114	M. Horvat	775
115	T. Kershner	745
116	M. Jacoby	
117	T. Gouse	720
118	B. Klein	555
119	D. Maloney	
120	S. Smith	860
121	T. Madroni	990
122	E. Traup	660
123	C. Mayo	650
124	J. Strubel	645
125	R. Quinn	140
126	P. Coci	875
127	R. Westcott	880
128	T. Buckwalter	870
129	J. Milho	860
130	J. Fin	775
131	J. Fin	770
132	P. Georges	770
133	J. Wickens	830
134	K. O'Malley	1099
135	R. Harrison	905

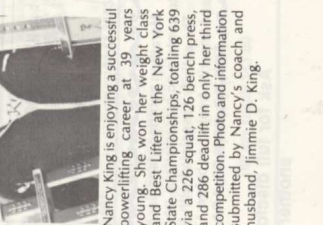
denotes new County HS record. Team champs: Hempfield. We had the pleasure of lifting with many of these lifts as guest of honor. Additionally we had a reverse grip BP exhibition where he did 520 lbs in touch and go style. It was incredibly easy for him to add. He just missed 550 lbs! Thanks to Rich Peters for results.

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

Rick Tuller recently totaled 2,000 at the Metro Detroit Open with lifts of 830 425 and 745, with the squat and total being Michigan state records. He also got a state record deadlift at the Junior Nationals, and is a member of the Monroe Fitness and Physique team. Thanks to John Patterson of the Monroe team for the preceding information.

Gil Leroy has been powerlifting only a little more than a year and has done very well in all the meets he has entered. At a weight of 196, his best lifts are 440, 335, 555. Everyone in the gym where he trains looks up to Gil for advice, encouragement, and especially spots. Thanks to his training partner, Betty Huggin, for photo and info.

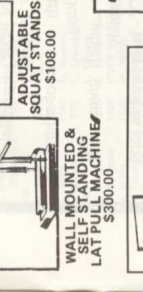
Denmy Harrison began to powerlift in 1980 and since that time he has improved his total by 540 pounds, with his personal record total of 1802 at the Junior Nationals. He attributes his remarkable progress to the stiff competition and the assistance to lifters available in the Toledo, Ohio area. Thanks to Gold's Gym of Toledo for this info.



Nancy King



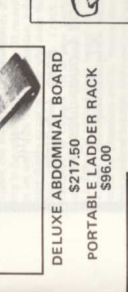
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Powerlifting USA (Oct. 82)

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Louisiana State Hi School Meet

3/12/83 - Alexandria, La

114	C. Sine	780	T. Holland	1170	R. Grindol
115	W. Campbell	710	G. Morris	1090	V. Dohart
116	R. Colv	650	P. Jordan	1370	K. Mitchell
117	C. Victoria	840	R. Robinson	1200	C. Grindin
118	D. Martindale	790	L. Dickens	1105	J. Laidier
119	D. Smith	720	J. Boudreaux	990	T. Kunkel
120	F. Lewis	765	D. Watts	1255	D. Kene
121	S. Kilcrease	910	S. Rose Jr	1200	R. Newman
122	K. Johnson	830	D. Stephens	1225	S. Kose Jr
123	S. Bowick	825	D. Temple	1225	M. Lawrence
124	R. Whitehead	805	C. Schick	1145	D. Wilson
125	J. Bellum	1365	C. Miller	1135	J. Bryant
126	D. Jackson	1145	T. Austin	1280	D. Mikuly
127	R. Scott	1140	G. Bowser	1215	D. G. Burch
128	B. Stewart	975	L. Ellison	1175	C. Mucci
129	R. Womack	1215	R. Lawrence	1125	B. Meyer
130	F. Sanoze	1200	OVER 242	1380	R. Scherer
131	F. Ivon	1115	D. Waller	1320	J. Collins
132	T. Skeetick	995	E. Thomas	1260	D. Thompson
133	R. Bethy	1170	M. Gurley	1240	D. Thompson

Met Monroe HS, 2. Zane, 3. H. S. Regional HS PI championships were held at Alexandria, La. The North and South regions qualifying for the meet were held at the Louisiana State Hi School Meet. The meet was held at the Louisiana State Hi School Meet. The meet was held at the Louisiana State Hi School Meet.

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Pacific YA American Heritage Carnival Bench Press

4/28/83 - Panama, CA

320	590	1570	J. Torres	100	G. Jackson
321	580	1540	N. Flores	100	M. DeYoung
322	580	1475	H. Morales	165	J. Howard
323	560	1475	H. Morales	165	J. Howard
324	560	1475	H. Morales	165	J. Howard
325	560	1475	H. Morales	165	J. Howard
326	560	1475	H. Morales	165	J. Howard
327	560	1475	H. Morales	165	J. Howard
328	560	1475	H. Morales	165	J. Howard
329	560	1475	H. Morales	165	J. Howard
330	560	1475	H. Morales	165	J. Howard

Met Panama, CA. The meet was held at the Pacific YA American Heritage Carnival. The meet was held at the Pacific YA American Heritage Carnival.

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24 Hour Nautilus Bench Press

5/7/83 - Tempe, AZ

245	M. Carr	270	400
246	S. Bollet	310	315
247	L. Fralich	315	315
248	L. Fralich	315	315
249	L. Fralich	315	315
250	L. Fralich	315	315
251	L. Fralich	315	315
252	L. Fralich	315	315
253	L. Fralich	315	315
254	L. Fralich	315	315

Met Tempe, AZ. The meet was held at the 24 Hour Nautilus Bench Press. The meet was held at the 24 Hour Nautilus Bench Press.

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115	C. Franch	45	255	470	1140
116	R. Chiche	45	225	345	905
117	E. Claycraft	270	175	485	885
118	C. Fox	370			
119	J. Bostic Jr				
120	J. Dye				
121	J. Marentette	500	295	555	1350
122	J. Tracy	460	465	1130	
123	M. Chaffee	365	280	475	1120
124	S. Chaffee	370	235	435	1040
125	T. Sengos	400	200	410	1010
126	D. Dugan	315	190	345	850
127	J. Topoglu	680	355	665	1700
128	J. Pulizzi	580	330	510	1420
129	M. Olaszczak	460	275	510	1245
130	M. Zenczak	435	265	460	1160
131	S. Marter	630	345	635	1610
132	J. Balzer	595	345	600	1525
133	E. Stanford	545	330	585	1460
134	N. Pence	480	295	535	1310
135	T. Putnam	485	360	525	1275
136	D. Bernard Jr	340	300	490	1110
137	J. Tenor	375	260	425	1095
138	R. Walkins	375	265	415	865
139	J. McKenzie	420	260		
140	R. Hawkins	360			
141	B. Kyle	640	405	590	1635

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C. Minarelli 180 120 250 540 640

J. Adams 180 120 250 540 640

J. Adams 180 120 250 540 640

C. Spelman 180 120 250 540 640

WOMEN-132 over 265* 125* 250 540 640

K. Austin 180 120 250 540 640

K. Austin 180 120 250 540 640

J. Adams 180 120 250 540 640

J. Adams 180 120 250 540 640

J. Koenberger 180 120 250 540 640

123

K. Austin 175 115 250

L. Weinstein 425 250 485

C. Clark 180 120 250

F. Clark 240 240

R. Dugan 225 225

M. Masini 225 225

D. Spuler 200 200

P. Sacco 490 295 490

J. Fuller 435 285 460

J. Cohen 375 240 435

S. Forline 320 235 385

S. Carman 330 225 325

J. Rodgers 200 225 350

J. Sweeney 240 240

J. Shavack 185 185

M. Dampf 490 290 520

S. Green 500 310 525

R. Thompson 445 250 505

R. Sief 445 250 505

D. Allen 425 255 455

L. Livemore 360 305 360

L. Prucillo 360 305 360

M. Sallandra 360 305 360

M. Miller 330 240 380

M. Suggin 300 240 300

N. Kaufman 235 240 300

J. Beatty 340 340

E. Schellvo 181

R. Pancalpo 181

D. Scrandia 515 310 500

J. Livingston 575 305 505

S. Greencor 485 345 515

A. Parker 505 300 525

J. Jackson 500 280 505

J. Haue 440 275 475

A. Schawley 400 275 475

A. Woerner 385 290 390

J. Znaczo 320 240 425

J. Powers 350 240 425

A. McClines 250 200 475

J. Young 440*

T. Losardi 440*

J. L. Wierde 330

J. Korman 198

J. Morgan 550 375 600

R. Honan 510 330 510

R. Ambrosio 510 310 550

J. Erb 430 290 430

W. Gansky 300 300 465

W. Gansky 375 240 375

M. Kelly 145 45 145

B. Smith 400 250 365

B. McClintock 45 145

M. Cantrell 410 315

S. Fenton 315 315

J. Whit 220

T. Swepson 220

D. Trimmer 540 410 525

B. Schrag 535 325 540

C. Folom 490 365 540

M. White 505 315 545

D. Shoffler 425 230 425

J. Tomasz 475 300 445

C. Schreiner 415 315

B. Servis 415

S. Dalno 415

2 meets this year which are to be held on Sat.

Apr 20, 1983 and Sat. Dec 3, 1983.

Thanks to Bill Brown for report.

West Virginia Teenage State

4/23/83 - Parkersburg, WVA

114 799 B. Werry 358

R. Casey 799 B. Werry 358

S. Schrader 766 J. Tignor 727

W. Dandorf 666 J. Tignor 727

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K. Branner 640 325 575

WOMEN-132 over 265* 125* 250 540 640

A. Carpiello 305 350 505

SHW 405 450

R. Edwards 570 335 510

R. Naticchone 450 300 450

NOVICE WINNERS

148

J. Cohen 1050 W. White

L. Weinstein 880

R. Sief 1200 148

G. Livemore 1135 S. Forline

T. Vendolino 1070 155

T. Mathias 1060 J. Cope

A. Schawley 1150 M. Miller

1085 Powers

J. Erb 1130 L. Higgins

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Hiro Isagawa, who normally resides in the USA, came back from a vacation in his native Japan, his homeland and like another Japanese title, Hisako Yoshida photo.

Japanese Nationals

6/5/83 - Tokyo, Japan (kilos)

53kg H. Inaba 235* 115 220 570**

57kg Y. Fukaya 170 97.5 212.5 480

60kg M. Yamamoto 180 105 195 480

63kg M. Mizokoshi 170 92.5 197.5 450

66kg Y. Matsuda 155 95 150 400

69kg H. Isagawa 190 105 225 590

72kg H. Sato 180 105 225 595

75kg T. Sumikawa 150 95 150 395

78kg I. Itoh 220 110 220 560

81kg T. Iwatake 220 110 220 560

84kg M. Nishimura 220 110 220 560

87kg K. Kobayashi 240 115 247.5 602.5

90kg T. Higuchi 200 115 247.5 602.5

93kg H. Yamashita 210 120 240 615

96kg T. Nakagawa 225 115 255 642.5

99kg U. Ueda 235 125 235 595

102kg M. Fujiwara 235 125 235 595

105kg B. Sato 300 177.5 220 585

108kg T. Nakane 280 145 290 675.5

111kg E. Nagata 290 160 260 670

114kg T. Aso 280 170 232.5 652.5

117kg M. Yamano 210 135 235 580

120kg T. Maeda 342.5* 170 327.5* 840*

123kg M. Itoh 260 172.5 262.5 695

126kg A. Takahashi 290 175 257.5 692.5

129kg T. Takahashi 290 180 220 630

132kg M. Inoue 300 185 280 795

135kg Y. Yoshida 300 190 275 765

138kg M. Aota 260 175 250 685

141kg S. Koide 220 210 240 670

144kg S. Watanabe 220 135 220 585

147kg M. Inoue 300 190 275 765

150kg M. Aota 260 175 250 685

153kg S. Koide 220 210 240 670

156kg S. Watanabe 220 135 220 585

159kg M. Inoue 300 190 275 765

162kg M. Aota 260 175 250 685

165kg S. Koide 220 210 240 670

168kg S. Watanabe 220 135 220 585

171kg M. Inoue 300 190 275 765

174kg M. Aota 260 175 250 685

177kg S. Koide 220 210 240 670

180kg S. Watanabe 220 135 220 585

183kg M. Inoue 300 190 275 765

186kg M. Aota 260 175 250 685

189kg S. Koide 220 210 240 670

192kg S. Watanabe 220 135 220 585

195kg M. Inoue 300 190 275 765

198kg M. Aota 260 175 250 685

201kg S. Koide 220 210 240 670

204kg S. Watanabe 220 135 220 585

207kg M. Inoue 300 190 275 765

210kg M. Aota 260 175 250 685

213kg S. Koide 220 210 240 670

216kg S. Watanabe 220 135 220 585

219kg M. Inoue 300 190 275 765

222kg M. Aota 260 175 250 685

225kg S. Koide 220 210 240 670

228kg S. Watanabe 220 135 220 585

231kg M. Inoue 300 190 275 765

234kg M. Aota 260 175 250 685

237kg S. Koide 220 210 240 670

240kg S. Watanabe 220 135 220 585

243kg M. Inoue 300 190 275 765

246kg M. Aota 260 175 250 685

249kg S. Koide 220 210 240 670

252kg S. Watanabe 220 135 220 585

255kg M. Inoue 300 190 275 765

258kg M. Aota 260 175 250 685

261kg S. Koide 220 210 240 670

264kg S. Watanabe 220 135 220 585

267kg M. Inoue 300 190 275 765

270kg M. Aota 260 175 250 685

273kg S. Koide 220 210 240 670

276kg S. Watanabe 220 135 220 585

279kg M. Inoue 300 190 275 765

282kg M. Aota 260 175 250 685

285kg S. Koide 220 210 240 670

288kg S. Watanabe 220 135 220 585

291kg M. Inoue 300 190 275 765

294kg M. Aota 260 175 250 685

297kg S. Koide 220 210 240 670

300kg S. Watanabe 220 135 220 585

in the USA, came back from a vacation in his native Japan, his homeland and like another Japanese title, Hisako Yoshida photo.

1983 Region Ten Championships

6/11-12/83 - Lakewood, Co

WOMEN

A. Sorwell(132) 225 155 340* 720*

N. Maki(123) 130 90 225 445

N. Maki(114) 150 80 190 420

C. Ramirez(105) 225 175

MEN DIVISION

TEENAGE

M. Martinez 505 355 520 1360

M. Zietz 480 240 550 1270

B. Zietz 315 380 520 1415

S. Lower 435 250 470 1155

R. Donovan 350 260 440 1050

R. Bittle 380 220 470 1050

H. Himmelman 415 315 530 1260

E. Jackson 370 360 430 1060

T. Ringgold 365 245 440 1050

J. Smith 365 245 440 1050

ADULTS

C. Graedel 545 315 525 1385

K. Smith 500 350 550 1375

D. Wills 400 315 450 1165

D. Wills 400 315 450 1135

C. McNeill 450

G. Bennett 500 260 540 1300

B. Pieper 500 260 540 1300

MASTERS

C. Muesel(42) 525 320 420 1265

J. Bales(32) 380 280 405 1110

OPEN

D. Huellen 320 215 375 910

K. Aragon 250 240 405 895

505* 335 520 1360

390 325 475 1180

395 285 400 1030

385 240 415 1030

385 240 415 1030

265 140 325 715

305 310 565 1380

305 310 565 1380

500 325 535 1360

480 240 570 1350

405 300 500 1180

385

325 325 535 1360

470 325 535 1360

410

510

181

605 500 665 1565

575 360 660 1535

525

590 590 1335 1535

590 590 1335 1535

530 530 645 1525

560 275 600 1435

430 285 560 1275

430 285 560 1275

430 285 560 1275

360 245 505 1110

650 450 660 1825

560 480 675 1715

560 480 675 1715

530 375 555 1460

315 325 385 1385

400 315 450 1165

400 315 450 1165

660 275 430 1065

705 500 750* 1955

625 460 660 1745

600 425 630 1645

600 340 670 1610

725 450 700 1875

640 410 640 1690

485 315 550 1450

580 260

615 520 620 1985

580 260

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Northern Utah Voice Open

May 1983 - Roy, UT (kilos)

ALTERNATE CHOICES IN CASE ORDER ARRIVES.

Aug/1981...1981 Sr. Nationals, World Games, Worlds Strongest Man Contest, Ripped for Powerlifting, Top 100 Superheavyweights

Dec/1981...1981 World Championship report, Clyde Wright, World Masters, Top 100 148s

Apr/1982...Women's Nationals, Drugs in Powerlifting, the 2000 Total Club, Pacifico Reminiscences, Top 100 220s

Aug/1982...Senior Nationals, Downey Fely Profile, Worlds Strongest Man Contest, British Nationals, Top 100 114s

Sep/1982...National Cup coverage, Teenage Nationals, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 123s

Nov/1982...Ted Hammer, George Hummel-Natural Powerlifting, Power Gym Directory, Football and PL, Top 100 148s.

Dec/1982...World Powerlifting Championships, Jake Boyer, Power Squat Comparisons, Top 100 Middleweights (165 lb.)

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May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, National Referee Directory, Top 275s.

Jun/1983...Women's Worlds, Judd Blasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, Top 100 Superheavyweights, Top 100 220s.

Jul/1983...Junior Nationals, Women's National Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain by Stan Lampert, Chip McCain Squat Routine, Joe Walden, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, Top 100 114s.

MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES) MAKE OUT A CHECK TO POWERLIFTING USA FOR THE POWERLIFTING USA FOR IN AN ENVELOPE AND SEND IT IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CA 93011.

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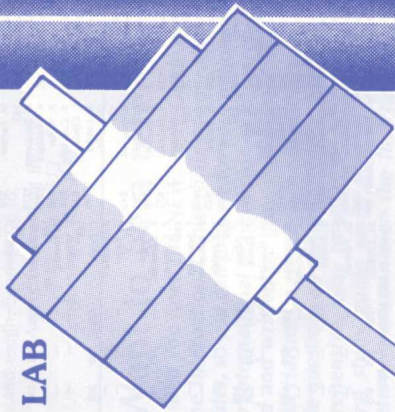
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- 1983 Hawaii Invitational
- 1983 North Americans
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 Address _____
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Viking Open ADEPA drug free meet		5/7/83 - Chicago, IL (kilos)	
SQ	BP	DL	T
114 M. Castro	152.5*	192.5*	440*
115 J. Higgins	145*	200*	515*
116 J. Hines	170*	215*	515*
117 J. Hines	170*	215*	515*
118 J. Hines	170*	215*	515*
119 J. Hines	170*	215*	515*
120 J. Hines	170*	215*	515*
121 J. Hines	170*	215*	515*
122 J. Hines	170*	215*	515*
123 J. Hines	170*	215*	515*
124 J. Hines	170*	215*	515*
125 J. Hines	170*	215*	515*
126 J. Hines	170*	215*	515*
127 J. Hines	170*	215*	515*
128 J. Hines	170*	215*	515*
129 J. Hines	170*	215*	515*
130 J. Hines	170*	215*	515*
131 J. Hines	170*	215*	515*
132 J. Hines	170*	215*	515*
133 J. Hines	170*	215*	515*
134 J. Hines	170*	215*	515*
135 J. Hines	170*	215*	515*
136 J. Hines	170*	215*	515*
137 J. Hines	170*	215*	515*
138 J. Hines	170*	215*	515*
139 J. Hines	170*	215*	515*
140 J. Hines	170*	215*	515*
141 J. Hines	170*	215*	515*
142 J. Hines	170*	215*	515*
143 J. Hines	170*	215*	515*
144 J. Hines	170*	215*	515*
145 J. Hines	170*	215*	515*
146 J. Hines	170*	215*	515*
147 J. Hines	170*	215*	515*
148 J. Hines	170*	215*	515*
149 J. Hines	170*	215*	515*
150 J. Hines	170*	215*	515*
151 J. Hines	170*	215*	515*
152 J. Hines	170*	215*	515*
153 J. Hines	170*	215*	515*
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156 J. Hines	170*	215*	515*
157 J. Hines	170*	215*	515*
158 J. Hines	170*	215*	515*
159 J. Hines	170*	215*	515*
160 J. Hines	170*	215*	515*
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200 J. Hines	170*	215*	515*

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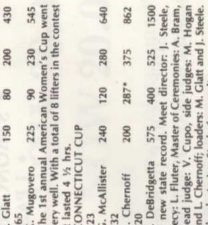
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American Women's Cup
 5/29/83 - Hamden, CT

SQ	BP	DL	T
123 J. Stanni	245	120	310
124 S. Gerhardt	140	85	200
125 J. Kelly	132	75	190
126 M. Zuniga	235	100	275
127 C. Latham	205	125	290
128 J. Glatt	150	80	200
129 K. McGovern	225	90	230
130 J. DeBridgett	575	400	525
131 J. DeBridgett	575	400	525
132 J. DeBridgett	575	400	525
133 J. DeBridgett	575	400	525
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147 J. DeBridgett	575	400	525
148 J. DeBridgett	575	400	525
149 J. DeBridgett	575	400	525
150 J. DeBridgett	575	400	525

Pueblo City Meet
 6/4/83 - Pueblo, CO

SQ	BP	DL	T
235 J. A. Lave	120	305	660
236 J. A. Lave	120	305	660
237 J. A. Lave	120	305	660
238 J. A. Lave	120	305	660
239 J. A. Lave	120	305	660
240 J. A. Lave	120	305	660
241 J. A. Lave	120	305	660
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256 J. A. Lave	120	305	660
257 J. A. Lave	120	305	660
258 J. A. Lave	120	305	660
259 J. A. Lave	120	305	660
260 J. A. Lave	120	305	660
261 J. A. Lave	120	305	660
262 J. A. Lave	120	305	660
263 J. A. Lave	120	305	660
264 J. A. Lave	120	305	660
265 J. A. Lave	120	305	660
266 J. A. Lave	120	305	660
267 J. A. Lave	120	305	660
268 J. A. Lave	120	305	660
269 J. A. Lave	120	305	660
270 J. A. Lave	120	305	660
271 J. A. Lave	120	305	660
272 J. A. Lave	120	305	660
273 J. A. Lave	120	305	660
274 J. A. Lave	120	305	660
275 J. A. Lave	120	305	660
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295 J. A. Lave	120	305	660
296 J. A. Lave	120	305	660
297 J. A. Lave	120	305	660
298 J. A. Lave	120	305	660
299 J. A. Lave	120	305	660
300 J. A. Lave	120	305	660



Joanne Suomi, of World Gym East, pulling a 370 deadlift to take the 123 title at the American Women's Cup meet in Connecticut. Steele photo.

North Central US Open
 6/4/83 - Evansville, WYO

SQ	BP	DL	T
530 J. DeBridgett	575	400	525
531 J. DeBridgett	575	400	525
532 J. DeBridgett	575	400	525
533 J. DeBridgett	575	400	525
534 J. DeBridgett	575	400	525
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538 J. DeBridgett	575	400	525
539 J. DeBridgett	575	400	525
540 J. DeBridgett	575	400	525
541 J. DeBridgett	575	400	525
542 J. DeBridgett	575	400	525
543 J. DeBridgett	575	400	525
544 J. DeBridgett	575	400	525
545 J. DeBridgett	575	400	525
546 J. DeBridgett	575	400	525
547 J. DeBridgett	575	400	525
548 J. DeBridgett	575	400	525
549 J. DeBridgett	575	400	525
550 J. DeBridgett			

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Meet Director: Larry Pacifico

Place: Dayton Convention Center, Dayton, Ohio (Two Platform Meet.)

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114 thru '181 starts Saturday, October 8th at

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9th at 12:00 noon.

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Montreal, Quebec, Canada
May 1983 - (kilos)

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J. Low 605
J. Fattyn(43) 255
M. Vezina 570
M. Hamel(72) 300
L. Shuman 485
L. Leblanc 465
C. Gosselin 315
J. Caruso 360
60kg
L. P. 360
67.5kg
E. Enos 580
W. Wong 425
A. Cholette-BL 410
T. Morin 290
75kg
D. Laforest-BL 590
C. Robitaille 505
82.5kg
S. Laurent-BL 670
A. Cholette-BL 410
C. McClelland 445
T. Morin 290
75kg
D. Laforest-BL 590
C. Robitaille 505
82.5kg
S. Laurent-BL 670

Southshore Open Bench
Racine, Wis - 6/25/83

WOMEN

Renzfman(153) 310
V. Wood(130) 170
V. Wood(130) 160
V. Wood(130) 160
O'Connell(129) 65
L. P. 360
J. Ferozz(123) 290
J. Ferozz(123) 290
Stubbaker(119) 195
L. Skager(220) 415
B. P. 360
MIDDLEWEIGHT
J. Capasso(137) 320
J. Capasso(137) 320

Official: Meet organizers: Nelson Steno, E. Tru-
Brenstein, scores: C. Gosselin, M. Brunello,
M. Fitzgerald, leader-sporters: N. McDevitt, J.
Stiker, announcer: Ed Trubiano. This meet
was held at the Southshore Power, Thanks to Jim Greco for
Quebec City, Sherbrooke and Alexandria, Ont.
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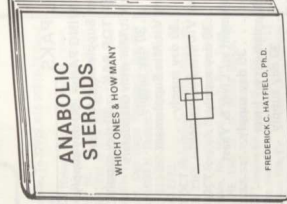
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J. Carr
J. P. 360
67.5kg
D. Walker
P. Neer
M. P. 360
B. Power

WOMEN

56kg
M. Silvalu
B. Higgins
60kg
B. Torres

MEN

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6/83 - Phoenix, AZ

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G. Sante
J. Carr
J. P. 360
67.5kg
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B. Power

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