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is a handsome full color, 17" x 22" glossy poster depicting the elite

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2 LARRY PACIFICO. Here is the man who has won more consecutive World Championships than any powerlifter in the sport. Also a full color 17" x 22" glossy poster, suitable for framing. \$5 each or 2 for \$7.50 (rate 25% for postage and handling).

Powerlifting-U.S.A.

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NO.4
OCT/83
\$2.00

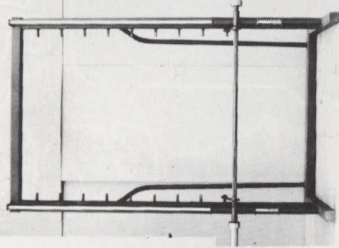
World Masters
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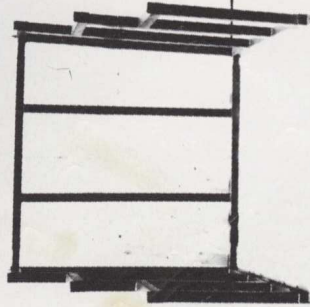
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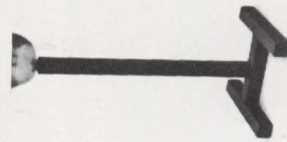
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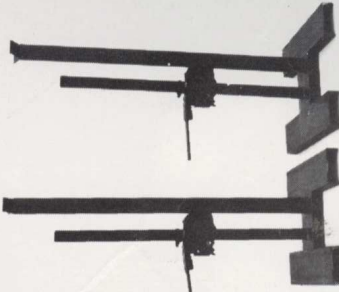
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Better to have chalk in a bowl than all over the floor.



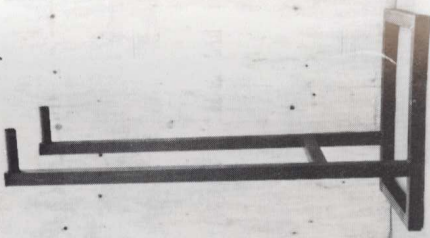
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DEFINITIONS

Powerlifter (pow-er-lift-er) noun. Athlete 1. Powerlifter, the strongest athletes to have ever walked the face of the earth. For them have designed the most demanding physical and mental training known to man to attain their goals to be the best.

Supersuits (su-por-suits) noun.

1. Super suits are the most advanced powerlifting suit ever made. Specifically designed for the most demanding sport in the world, Powerlifting. 2. Supersuits use a specially woven fabric specifically designed for the demands of Powerlifting.

Summary for the best results in training and competition. Powerlifters throughout the U.S. and overseas wear the best, Supersuits. No gimmicks, just the strongest suit ever designed for Powerlifting.



Larry Pacifico, 9 time world champion...that says it all.



Dan Wohlsler, highest total 275 class, 560 squat.



Jim Cash, World and USA deadlift record, world record deadlift, 220 lb.



Joe Ludiner, Team Senior Natl. Champ



Steve Wilson, Natl. Champ



Jack Sidaris, National Champ & Sr. contender



Terry V. Kidney, Sr. Natl. Champ, world & Masters record holder.



Terry McCormick, world record holder, 275 lb. class.



Mike Bricker, pound for pound, the best lifter in the world



Dave Shaw, National champ, Sr. contender.



Lee Moran, new SHU phenom, 307 squat

Whenever these powerlifters take to the platform, the competition becomes fierce, but they agree on one thing. In training and competition, they all wear Supersuits. No other suit will give them the support or wearability that Supersuits offer.

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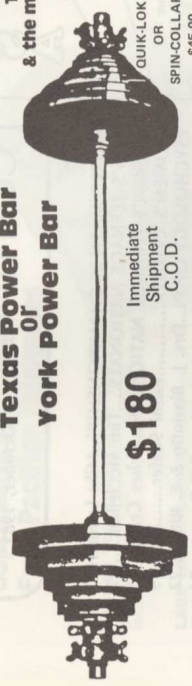
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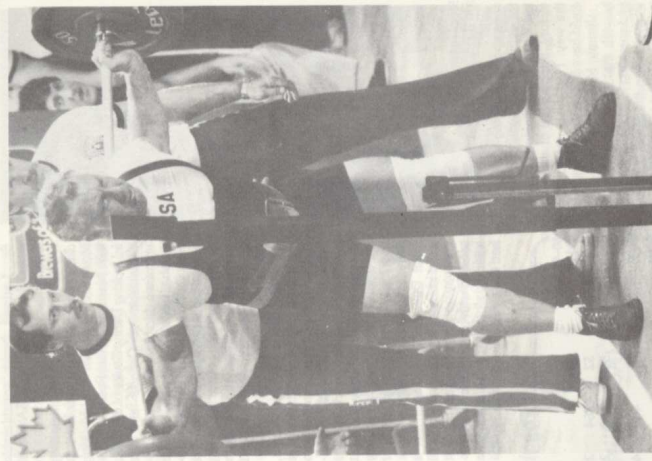
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1983 World Masters CHAMPIONSHIPS

BY Mike Lambert

International Masters Powerlifting is no longer the sole domain of the United States. The meet has always been in the United States before, but this year it took place in our London, Ontario, Canada...our friendly Neighbor to the North. In the past, the United States contingent to this meet has far exceeded in sheer numbers the commitment of any other nation, but this year Canada had a full team in the 40-49 age group competition and most of the other dozen or so competing nations had larger teams than before. Furthermore, the "assumed" domination of the team competition by the United States is no more. Canada's full team, aided by some bombouts on our part, took the team honors in the younger age division, however, in the 50 and over group the US took the title, despite not winning a lot of 1st places.

Before you all moan and groan about how the U.S.A. is already beginning to crumble as a major force in International Powerlifting, it should be noted that this turn of team events is going to be a big shot in the arm for Canadian Powerlifting and Masters Powerlifting worldwide. Already the Norwegians (who, by the way, exhibited the highest levels of

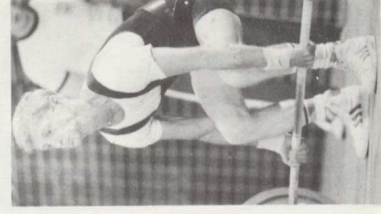


Curtis Walker, exceeded numerous Masters records en route to his victory.

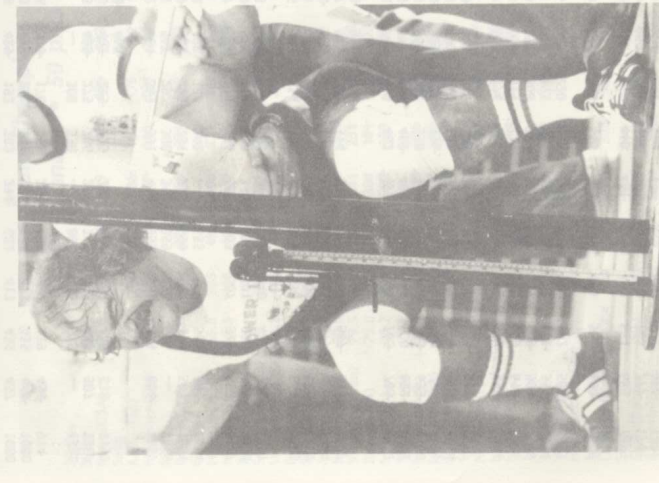
to mind right away) and a comparison of the lifting done here with what happens in our National Masters Championships in New York this October will surely show just how strong the USA is Masterswise.

London is a beautiful city; quite a population center amidst miles of rich farmlands, and away from the pollution of heavy industry, it reminds one of Adelaide, site of the Women's Worlds in Australia, with its mix of old and new architecture, and the ease with which Americans fit into the culture. The meet site itself was Centennial Hall, a modern facility with good seating on the main floor and balcony, and it was very properly decorated, with international flags and smartly done meet logos prominently displayed. Labatt's Beer and Canadian Pacific Air were among the most major of the many sponsors, as well as substantial backing from the government owned lottery, Winstaro. Though the crowd (I would estimate 300-400 at most) was a disappointment to meet director Satch, he still managed to break even, and that is an encouragement for him to go on and do greater things in the future.

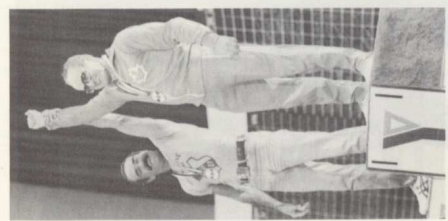
As for the lifting, we'll cover the 40-49 age group first, though the age groups actually lifted together in two sessions with the Saturday group involving the 165s and below. The 114s were rather close, but Burr of the USA did his job well and held off the very challenger from Australia, Taylor, whose leg wrap



Jack Bunn...52 kilo, 50+ winner.

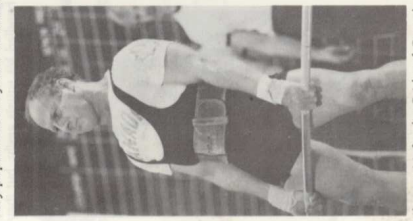


Dupre, of Holland showed that European Masters can handle big weights.



Stockinger of Canada and Williamson (USA) were friendly competitors.

were apparently being turned down for depth. A very youthful appeal to victory, skipping lots of attempts on the way. Had Jules not bombed it could have been a very close contest. Jimmy Moir lifted very strongly, and spanking form that he exhibited when he won the Men's World title in 1979. It's not inconceivable that he might give a good go for the open World title again in the future. By the way, little Scott Moir, Jim's powerlifting son, is not little anymore. In fact, he is a positively awesome built young man now, who should win more medals for Canada in the years to come, and make it easy to keep the family reputation up, should Daddy decide to retire. St. Laurent of Canada had problems on his first squat, but it got straightened out by Nelson Sleno and the rest of the Canadian coaching/assistance staff and he won solidly, followed by his very popular countryman DeVries.



Jimmy Moir...the Pride of Canada.

St. Laurent bears considerable resemblance to former USA World Champion Wedick. The 1983-84 were a very interesting class, with Puffelen (who lifted at 110kg) and Moir (who lifted at 105kg) as the main contenders. Puffelen, a full looking Denny Taylor of the USA, Williamson, or Canadian? Bid-dupp. Biddupp's identity became very well known after he became the deadlifting deposit on his left shoulder of Puffelen and the close misses of Foster in both deadlift and squat. At 220, Don Mills was superb, dominating all the lifts and all the lifters. He is less than a year past a massive quad tear, but from his lift showed that was not obvious. In fact, he showed no fear of heavy squats at all. Paul Fleming, very powerfully built, was a solid 2nd place over Aunula, another of the rugged Finns. Meet Director John Satch lost a good number of pounds, but not all the way to the 198 limit. He felt satisfied with his 4th place finish considering all the running around he had done to get the meet ready in-

cluding trying to personally meet and talk to each and every contestant! Holland was accompanied by DeVreugd, the Super who lifted in Swain of North Carolina, had a stirring battle for 1st, but in the 275s the US was not represented, and could Bargin of Canada (who reminded

some of Mary Phillips) he is challenged team points. Duprie of Holland was accompanied by DeVreugd, the Super who lifted in Swain of North Carolina, had a stirring battle for 1st, but in the 275s the US was not represented, and could Bargin of Canada (who reminded

Our man Martin had his opening



Precious McKenzie...the New Zealander demonstrated how ageless he is.

Our man Martin had his opening

Our man Martin had his opening

deadlift snap out of his grip, but he came back strongly to get it and then almost made 72 pounds more in a record attempt. In the 50 and over age division, Jack Bunn broke some of the existing World Masters records easily in the 114 lb. division. Incidentally, with Canada being the home of IPF Drug Control Officer Bill Jamison, official drug testing was available to those who wished to officially break Masters records. There were a considerable number of lifters who did exceed the listed records, however, some of them declined the opportunity to take the test and of those who did take the test the results are not known at this time. Koike of Japan came back again this year and despite some of the same language problems that plagued him last year, he took the 123 title. The very helpful Ted Brown of England won the 132s with a nice total, that surely would have been greater had the proper competition been present. His helpfulness was extended to many lifters; not just his countrymen. In the 148s, we had a nice battle. Phil Neyer had the worst competitive

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Phil Neyer had the worst competitive

munication problems, like his countryman Koike, but took all the misunderstandings in stride with plenty of balanced power and a respectful bow to all concerned. Johnson and Tomberg garnered solid team points in 2nd and 3rd positions, however. In the 220s, the pleasant Nikkianen of Finland took on the icy Iclander Hjalmarsson, when Ernie Nagy missed all his benches on some technicality. The bench is his favorite lift and he was none too happy about the situation. If he had known what the infraction was, (feet not flat?) he would certainly have corrected it. Curtis Walker just walked through his competition and the record book, and his competition was quality. John Wright of Australia has lots of international experience and proven capability. Hombrecher of Germany simply had no idea why he was being turned down (depth) and it was sad to see the look on his face when those red lights showed up. Oyangen of Norway was his normal cool self and won uncontested, and Spohn of Sweden, who still looks uncannily like Chuck Braxton, had little trouble as well, except in the

little trouble as well, except in the

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Matsuo of Japan won a tough 198 class on well-balanced lifting.

He actually needed chiropractic help prior to the meet, and it showed, as his d-lifts did not appear to be in a normal groove. With the clank of the final deadlift attempt, the meet ended. It deserves to live on, however, as a benchmark against which fine World Masters Championships will be measured in the future.



Cummins represented the US well.

September 3 & 4 - London, Ontario, Canada

Best Lifters		Precious McKenzie (NZ) • Don Mills (USA)		Team Champions		40-49 - Canada • 50 plus - USA							
50plus	Bunn(USA)	51.6	225	240	259	115	126	132	391	297	319	344	710
52kg	Koike(Jap)	53.5	264	286	286	165	176	181	440	286	308	308	749
56kg	Mahonen(Fin)	53.4	176	187	187	110	121	126	297	259	253	281	578
60kg	Brown(Eng)	59.8	352	374	396	231	242	253	628	396	418	440	1047
67.5kg	Holte(Nor)	66.6	385	402	402	231	242	248	633	462	518	529	1162
73kg	Neyer(USA)	67.5	418	440	440	214	225	231	644	507	539	589	1151
75kg	Stockinger(Can)	73	358	380	391	231	242	240	633	418	501	523	1157
82.5kg	Williamson(USA)	73.2	418	440	440	236	259	270	688	418	451	468	1157
90kg	Kybak(Nor)	81.2	496	529	562	286	308	325	887	529	595	595	1482
95kg	Mullane(Eng)	81.2	418	446	457	259	275	281	738	518	562	562	1256
100kg	Penna(USA)	78.8	374	413	413	269	273	281	617	374	402	418	1036
105kg	Valentine(Can)	79.5	281	341	341	242	248	248	589	352	374	396	986
110kg	Burke(USA)	79.8	253	286	308	181	203	212	512	341	369	381	881
115kg	Swart(Can)	80.7	264	292	292	159	170	170	424	303	330	369	793
125kg	90kg	88.4	462	485	485	286	308	319	782	507	529	529	1311
130kg	Matsu(USA)	88.4	314	402	451	286	303	314	755	402	451	501	1256
135kg	Tomberg(USA)	86.7	385	385	407	275	292	292	661	424	462	479	1124
140kg	Hjalmarsson(Fin)	99.9	473	496	451	330	347	347	848	529	551	551	1377
145kg	Nagy(USA)	98	440	451	451	242	270	286	722	573	600	600	1295
150kg	110kg	97.1	501	523	523	394	396	396	---	---	---	---	---
155kg	Walker(USA)	107.5	573	600	617	396	413	439	1030	611	639	650	1669
160kg	Wright(Aus)	105	504	584	606	352	374	385	981	617	661	661	1598
165kg	Hombrecher(Ger)	106.7	440	440	440	---	---	---	---	---	---	---	---
170kg	Oyangen(Nor)	112.4	529	573	595	308	336	336	931	551	595	659	1526
175kg	SHW	132	573	661	727	440	473	507	1234	567	507	661	1711
180kg	Spohn(Swe)	125.2	385	429	451	286	286	286	297	749	462	496	1421
185kg	Ramorini(Swi)	125.2	385	429	451	286	286	286	297	749	462	496	1421

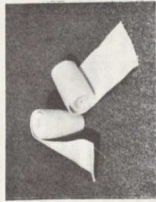
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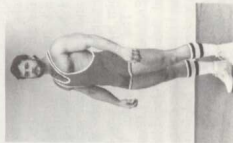
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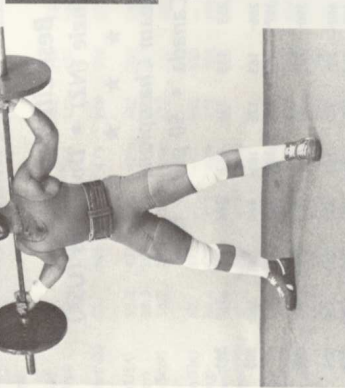
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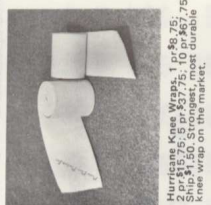
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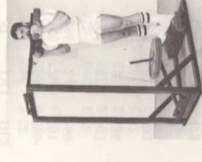
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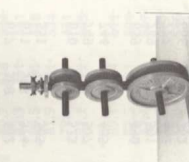
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Dumbbell Rack, 6" MW#65; HW#75; SHW#85. Rack, 6" holders, 3/16" steel cable & machined aluminum pulleys.



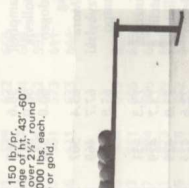
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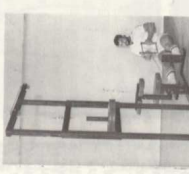
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SHW#265 Stands, Wt. 150 lb./pr. 1/2" thick base plate, 3" x 6" x 2 1/2" x 40". Color - black, red, blue or gold.

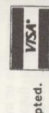


Dumbbell Rack, 6" MW#65; HW#75; SHW#85. Rack, 6" holders, 3/16" steel cable & machined aluminum pulleys.



High Pull Cable Machine MW#255; HW#285; SHW#315. 4" channel upright \$195; 7/8" per hole.

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Men's Teenage National Championships

National Championships by Tim McClellan

Darrel Devor and Coach Paul Sutphin didn't come up with the lifts they had planned but Darrel managed to run away with the victory over Frankie Mintz, and he appears to have a super career ahead of him. Dan Johnson's incredible 275 pound bench press was the margin he needed to get by Ken Mitchell in the 60 kg class, and it established a new American record.

Sonny Schneider claimed his own records in the 67.5 kg class as he rode out a record 215 kg deadlift to

the second day of the competition offered almost twice as many lifters. Craig Stine started off

Men's Teenage National Championships

Age	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
14-15 age												
52kg		264	292	170	192	435	286	286	699			
J. Davis	209	242	253	186	156	137	380	264	281	286	661	
M. Padovan	242	259	290	126	137	143	396	242	264	---	639	
D. Hinch												
56kg	380	308	369	192	214	214	401	275	303	325	826	
D. Devor	290	270	292	137	140	148	418	303	336	347	755	
F. Mintz												
60kg	325	347	347	253	275	295	595	325	352	369	947	
D. Johnson	325	336	341	192	214	225	567	303	352	385	920	
K. Mitchell												
67.5kg	374	402	418	236	248	259	683	400	462	474	1124	
S. Schneider	402	424	440	225	242	253	680	424	440	440	1107	
N. Martino												
75kg	347	369	369	225	242	240	589	402	418	435	1008	
A. LaDuke	374	396	407	176	187	198	595	402	418	418	997	
M. Dumont												
100kg	341	341	341	214	231	236	573	418	457	---	992	
K. Mooney	451	529	325	352	369	821	451	501	540	---	1322	
R. Putnam												
16-17 age												
52kg												
C. Stine	51.0	303	347	176	203	214	507	253	308	325	832	
R. Schooley	55.2	325	336	341	214	225	291	567	341	352	931	
D. Parr	55.3	341	369	369	181	203	214	556	336	369	931	
S. Paiget	55.3	314	347	347	176	176	490	363	446	446	854	
60kg												
G. Campbell	58.6	363	380	380	253	264	617	380	402	413	1030	
D. Moltlevik	58.0	363	384	380	236	248	559	363	394	394	975	
L. Etoggen	60.0	330	352	352	209	220	551	396	385	385	947	
67kg												
S. Dvorak	65.4	507	599	292	303	314	810	490	523	530	1333	
L. Przybylski	67.7	468	581	292	275	281	749	473	507	534	1384	
L. Campo	65.8	451	468	468	275	292	744	473	485	485	1216	
75kg												
R. Razonne	73.3	451	479	496	363	380	492	859	462	490	1372	
L. Raciff	73.7	429	498	493	303	319	398	749	462	501	1273	
K. Elliot	73.0	429	457	493	308	325	396	777	429	462	1240	
M. Heslin	72.6	424	462	462	220	242	666	429	462	479	1146	
82.5kg												
M. Janarev	81.9	496	496	496	292	308	325	821	429	462	1300	
D. Mathely	87.3	507	579	579	231	270	777	440	581	479	1278	
100kg												
K. Brown	106.6	507	551	584	358	380	947	556	600	661	1609	
A. Wentworth	106.0	562	562	595	352	369	800	975	562	600	1603	
T. Neubauber	101.1	498	498	498	490	325	352	369	843	581	1405	
125kg												
T. Alton	110.45	591	501	562	275	303	314	804	462	567	1372	
18-19 age												
52kg												
R. Razonne	50.6	314	341	391	203	214	225	556	358	385	914	
D. Nguyen												



Matt Moran...2nd in the 18-19 165s

the day with an uncontested win. 52 kg, and Robert Schooley was a third try at it. Naturally, he won, as Dave Parr pulled a 374 deadlift which tied Schooley for the class leading total but he lost the higher placing by virtue of being heavier in bodyweight. A lesson for the future?

In the 60 kg class Greg Cambell had a slight upper hand in both the bench press and deadlift to win over David Molevik and Levant Etoggen, the second and third place winners. Shane Dimore made only four attempts but it was more than enough to capture the 67.5 sector. Larry Przybylski heaved a heavy 242.5 kg deadlift to nip Louie Campo, who turned in a fine performance.

Randy Sanzone was a run away champion in the 75 kg class and took a record home with him as he bench-rod out a record 215 kg sub total lead

mination to come back and make his third try at it. Naturally, he won, as did Dale Mathely and Eddie Foulkes, who lifted without competition on this day in their classes.

All summer long Chris Boillot debated whether he should attend the ADFPA Nationals or the Teenage Nationals. Being as it was his last chance to place in the teenage meet (he lifted on his birthday) and the meet was in his hometown, he chose this competition. A good decision it was, by picking perfect athletes he went 9 for 9, and totaled the haul on for his three final attempts he would have been 6 for 9. Joe Nourse pulled two consecutive 500 lb. plus deadlifts to top himself from fourth place to third and likewise up to second.

Despite almost half of the 67.5 kg class bombing out, the competition was fierce. Jesse Melhorn emerged as the winner, Mark Penna edging out Ralph McCarty for the second place. McCarty struck by Barry Baidorf in his third attempt. Besides Boillot at 60 kg only one other lifter made all three lifts at this attempt. That was Brent Silverman, who won the 75 kg class. Like Boillot, Silverman, Matt Moran won a Pennsylvaniaan Matt Moran won a

Marco Janarev had a close one in the 82.5 kg class. Lifting uncontested, he missed his first two squats, but showed enough deter-



Brandt Silverman...9 for 9 at 165

and National champion. Se-

At 110 kg Kyle Brown edged out Terry Alton (who was leading the entire meet), thanks to his outstanding 300 kg deadlift. Terry Alton was forced to lift alone in the 125 kg class but he still had enough fire to end the day with a record 567 lb. deadlift.

Day 3: Sunday morning's session brought the 18-19 year olds. Don Nguyen had to lift by himself in the 52 kg division but it didn't seem to affect his motivation. He made lifts of 341, 214, 358, 914, a fine total for any 52 kg lifter, let alone one of his age.

56 kg competitor Jim Shea jumped out to a 20 kg sub total lead

Scottsdale, Arizona

August 5, 6, 7

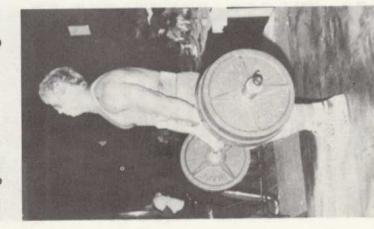
Age	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
56kg												
J. Shea	55.9	347	347	347	220	248	259	385	347	385	424	1019
B. Foddrill	55.6	385	325	363	214	225	231	363	385	435	466	986
T. Conklin	55.3	363	363	363								
60kg												
C. Boillot	59.2	396	424	440	248	259	264	440	413	435	451	1157
J. Nourse	59.9	352	380	380	225	236	248	462	378	462	501	1085
M. Solano	59.2	363	391	407	220	236	248	440	385	413	435	1080
D. Trejo	58.5	352	374	396	220	230	242	440	385	462	493	1074
P. Kujara	59.0	354	391	391	203	220	231	374	407	418	418	1019
D. Crane	59.3	352	387	407	203	220	231	374	407	418	418	1019
M. Navarro	58.9	319	341	358	225	242	253	358	407	466	466	1014
67.5kg												
J. Kellum	67.0	485	518	518	330	314	330	815	479	501	518	1377
M. Penna	66.3	501	539	593	270	281	291	771	473	498	508	1245
R. McCarty	67.1	402	440	493	325	347	358	709	440	493	493	1248
B. Baidorf	65.8	473	473	473	242	253	253	716	501	593	593	1218
J. Cohen	66.8	374	424	424	209	242	253	677	407	473	496	1173
G. Appell	66.7	418	435	448								
J. Rodriguez	67.0	512	512	512	312	312	312	534	534	534	534	1218
D. Contreras	67.0	512	512	512	312	312	312	534	534	534	534	1218
L. Murray	66.3	485	485	485								
75kg												
B. Silverman	74.2	512	534	551	292	308	319	352	319	352	352	984
M. Moran	74.4	523	545	556	303	319	335	385	319	352	352	984
D. Perugini	74.2	490	512	512	336	352	363	363	304	345	352	973
J. Smith	74.5	545	556	590	236	253	290	810	523	567	596	1377
N. Hampton	75.0	507	507	556	297	314	314	349	870	507	534	1377
H. Kreiger	71.0	473	473	473								
82.5kg												
J. Chorpennig	80.7	518	584	589	319	341	352	931	589	622	650	1581
R. Wenner	82.3	551	551	567	352	363	363	914	567	584	600	1515
F. Cordal	81.5	485	518	540	336	352	363	892	593	593	593	1488
S. Smith	80.9	591	534	551	319	341	352	887	501	573	611	1460
B. Bumpus	79.7	407	451	512	248	264	295	716	611	633	644	1350
T. Knauber	81.2	622	622	622								
90kg												
E. Young	89.1	584	611	611	336	358	369	953	584	622	633	1576
J. Rizzuto	87.5	551	589	593	325	352	363	903	551	606	639	1526
D. Mims	87.4	551	589	593	325	352	363	903	551	606	639	1526
G. Massaroni	87.5	551	589	593	325	352	363	903	551	606	639	1526
S. McCough	88.0	545	556	589	374	402	413	959	518	562	584	1521
P. House	88.7	599	599</									

closely fought battle for second place. There was a three way tie for the third slot with Dave Perugini eventually coming out of the confusion as the leader.

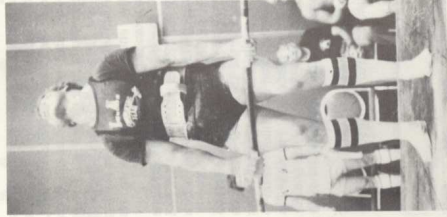
Jeff Chormanning, who is trained by Jerry Pacifico, pulled up shoving by 295 lbs. to win the 82.5 kg class. Rumor has it that Chormanning did it to win the Best Lifter award, but in that case, his improvement throughout this year is quite admirable. Under Larry P's guidance we may see what might be the next Joe Ladnier.

Dick Wenner, who finished second at the ADEPA Men's Nationals one week earlier, placed second again despite being about 15 kg below what he was hoping for. What do you expect after two National meets in two weeks. Dick? The pre meet favorite, Tim Knauber, was a victim of apparently high squats and unfortunately bombed out.

As in 1982, the lifter being talked about the most was that Wright who would be the 500 lb. or possibly even half of the weight. Resort. Sadly enough as in 1982, Mr. Wright could not hit his squats low enough to please the judges. That left Evan Young as the successor to Joe Ladnier's throne as the 90 kg champion. Jeff Rizzato followed closely behind as did David Mims. Jeff Kitzby managed to bang onto a 10 kg lean to win the 100 kg class.



TOP SUPERHEAVY...Kenny Ufford.



Holland, went for Mark Scheiten's deadlift record in the 220 lb. class. Chuck Hodge had a big 310 kg squat and placed second as David Bles was the only third. Steve Holland pulled the only record of the day, a 320 kg deadlift which moved him up one notch and into fourth place.

Tony Peshi missed weight for the 100 kg class but went home better off as he won the 110 kg class.

Kenny Ufford won his second consecutive championship as he outdistanced Rob Mikulski, who is training to play football at Penn State.

The team competition was won for the second consecutive year by Thorbecke Gym of Scottsdale. Jake's Gym gained enough points to place second and Magruder's Gym placed third. The Best Lifters were Schneider, DiMora and Chorpennig. Special thanks to the scorekeepers Belinda DeLuna and Terry Brown who worked throughout all the sessions. They did their job well too; one lifter was even heard to say that he thought Belinda could not have been better. Mr. thanks to Mr. Mennens and Mr. Calvan for their help in providing results.

Next years meet will be held in Chicago, Ill. In a few months the full details will appear in Powerlifting USA magazine.

Junior Worlds Team NEEDED...the IPF Jr. World Championships (with age of 23) will be held in Allentown, PA in December. Athletes up to the age of 23 are eligible for the meet (including those who turn 23 any time during the calendar year 1983) and those interested in being on the U.S. team should contact Jake Boyer, Box 356, Lehighton, PA 18235 for details.

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National High School Championship Bids NEEDED...bids are being openly solicited for the 1st annual U.S.P.F. National High School Powerlifting Championships, tentatively set for late spring or early summer of 1984. For further information write to Jake Boyer, Box 356, Lehighton, PA 18235.

WOMEN'S TEENAGE NATIONAL CHAMPIONSHIP

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and all uncensored
photos provided by
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Team Champions the Swartz Creek Team of Swartz Creek, Michigan...the product of an outstanding Michigan High School program...left to right, Danielle Stevens, Jodi Savage, Miqaa Goff, Jane Lee Jobson, Coach Lloyd Coon, Colleen Ray, Sandy Jaronneski, Marni Chapman, Melissa Froberg, Michelle Parkinson, and Shari Griggs.

1983 Women's Teenage National Championships

97 lb.	Bwt.	SQ1	SQ2	SQ3	BP1	BP2	BP3	Subtot	DL1	DL2	DL3	Total
L. Hoadwinic-17	97	214	231	244	110	115	121	330	253	264	275	595
D. McLaughlin-16	96	170	214	244	93	104	140	275	242	270	275	545
C. Ray-14	95	74	88	99	60	79	82	159	143	170	170	330
S. Lynn-18	96	66	82	93	55	66	71	148	132	154	170	303
105 lb.												
T. Tallon-19	104	181	198	209	93	99	99	297	248	259	264	562*
M. Chapman-16	104	176	192	192	66	74	82	236	225	259	270	522
S. Marks-16	102	132	154	165	74	82	88	203	159	181	181	406
D. Stevens-14	104	82	99	115*	71	82	88*	203	137	159	181	363
114 lb.												
T. Dshalov-15	112	220	242	242*	137	148	159*	402	275	297	302	699*
M. Froberg-18	112	214	236	236	110	115	115	352	281	303	304	655
P. Schockley-19	114	198	220	220	93	88	104	305	259	270	270	606
J. Ross-18	113	159	181	187	110	115	121	336	242	258	261	567
W. Lyons-18	113	104	104	104	99	99	99	281	242	253	270	551
J. Sneed-14	112	143	159	165	88	99	99	253	198	214	226	479
K. Brown-16	111	132	146	154	71	82	82	236	203	231	242	468
K. Pickering-17	114	126	154	159	93	104	104	259	110	110	---	369
123 lb.												
S. Ward-17	118	286	308	314	165	165	170	485	375	392	392	710
C. Papalios-18	123	292	325	325	143	154	159	439	264	281	292	699
L. West-17	122	264	286	292	121	137	140	429	292	303	308	699
S. Spellman-16	123	170	209	225	110	121	126	336	232	264	275	611
M. Goff-14	121	198	244	231*	93	104	104	353	242	248	258	600
J. Savage-18	119	176	198	209	93	104	104	303	231	248	258	551
N. Minhoff-14	122	186	126	126	104	104	104	303	214	231	248	435
T. Shklar-15	117	186	126	126	104	104	104	303	214	231	248	435
132 lb.												
P. Littler-19	130	259	275	275	143	154	159	439	264	281	292	710
M. Parkinson-16	130	231	253	286	115	136	140	402	270	297*	308	699
N. Schobert-18	127	253	281	292	110	126	136	396	236	259	275	672
P. Kramer-15	131	154	192	200	104	121	136	314	225	253	264	578
M. Dennis-16	130	154	187	203	82	93	99	297	231	264	275	562
V. Grooms-19	129	181	192	200	93	104	104	286	209	220	242	529
R. Ramsey-14	125	132	146	146	86	77	88	209	187	187	187	396
148 lb.												
K. Hein-18	134	187	231	253	99	140	140	352	281	336	347	699
L. Jones-16	140	187	231	248	110	126	136	374	248	286	308	683
T. Gray-18	133	143	159	170	82	88	88	259	225	242	259	518
T. Hill-19	145	303	350	350	176	176	176	529	314	336	347	996
165 lb.												
L. Andrews-19	162	341	369	385	170	187	192	562	352	391	413	975
K. Beaudette-17	159	308	349	349	186	126	132	435	314	390	430	749
181 lb.												
K. Lind-19	175	341	374	402	181	198	209	611	352	385	413	1025
J. Johnson-15	169	154	203	242	99	110*	115*	314	220	259*	281*	573*
198 lb.												
L. Noble-19	194	385	413*	485*	181	203	220*	633	441	369*	396*	1003*
S. Jaronneski-17	190	242	281	314*	115	126*	132*	440	275	314*	352*	755
R. Stagle-16	198	187	225	242	82	93	99	336	253	303	314*	639

* Teenage Record

Shawnee, Oklahoma

July 30, 1983

(report continued on next page)

Champion of Champions
SHEILA WARD

16-17 Patty Kramer

18-19 Christine Papalios

16-17 Sheila Ward

14-15 Tina DiSalvo

16-17 Sheila Ward

18-19 Christine Papalios

16-17 Patty Kramer

18-19 Lauren Parkinson

16-17 Michelle Parkinson

18-19 Lauren Parkinson

16-17 Patty Kramer

18-19 Lauren Parkinson

16-17 Michelle Parkinson

18-19 Lauren Parkinson

16-17 Patty Kramer

18-19 Lauren Parkinson

16-17 Michelle Parkinson

18-19 Lauren Parkinson

16-17 Patty Kramer

18-19 Lauren Parkinson

16-17 Michelle Parkinson

18-19 Lauren Parkinson

16-17 Patty Kramer

18-19 Lauren Parkinson

16-17 Michelle Parkinson

18-19 Lauren Parkinson



Marnie Chapman...of the National Championship Swartz Creek team, deadlifting 242 pounds to win the 105 lb. class, 16-17 age group.

JUDGES: Head Referee Nate Foster (Cal. I), Dick Burke (Cal. I), Category II referees Rickley Dale Crain, Donald Crain, Merl Downs, Bill Snyder, Rodney Hurt, Marc Nagelle, Larry Glisson, and National Referees Kimberly Crain, Mike Reed (timekeeper), Danny Harris (expeditor).

SCOREKEEPERS: Raelina Gibson, Shannon Cook

PLATFORM MANAGER: Brian Smith

SPOTTER-LOADERS: Sean Farnham, John Farnham, Robert Wolf, Kevin Moody



National Team Champion Runner-ups...were the Trenton Gallatin team of Gallatin, Missouri. According to co-coach Rick Gildewell of Trenton High School (assisted by co-coach Danny Brown of Gallatin High School) these 10 Missouri girls had trained for only 4 1/2 months. The group features such top lifters as Patty Kramer, the 132 lb. National Champion in the 14-15 age group and overall outstanding lifter of the second lifting session; plus Kris Hein, 148 lb. 18-19 champ; Lana Jones, 148 lb. 16-17 champ; Dana McLaughlin, American Teenage Record Holder 16-17 age group in the deadlift both at 97 and 105 lbs., and Ketta Slagle, the 198 lb. class 14-15 age group American Teenage Record holder in all three lifts total. Photo and information provided by Rick Gildewell.

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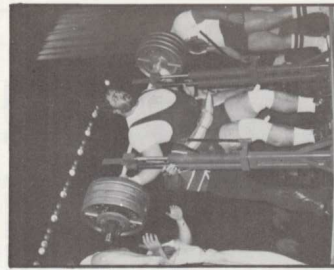
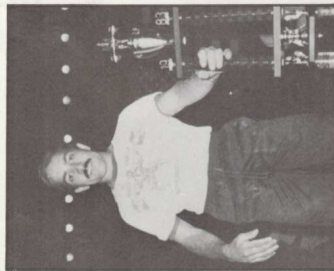
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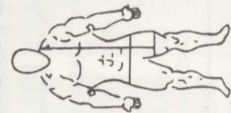
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Wayne Bouvier, Sr. Nat'l Champion @ W/R Holder. Don't let the competition get any advantage on you. Unless you're wearing a custom fitted suit from Titan you are at a disadvantage.



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Women's Corner



Ruthi Shafer...sitting with some of the Women's Worlds

Hello again ladies and gents, if I am sure that many of you are well aware of the controversy surrounding the Pan-Am games. The first thing that came to my mind was this; now maybe some of the unwarranted criticism and pressure will be taken off or powerlifting, in the past people have assumed that weightlifters and powerlifters were the only perpetrators of this problem. Now it has become very evident that we are not the only sport with a problem. I think that some of the powerlifters who were able to speak on national TV represented themselves and the sport quite well. I do feel that those who are not accurately within the sport should be careful with their assumptions and should carefully watch what they say. I read the article "Sports Illustrated by Terry Todd and I find it to be very incriminating towards the powerlifter and of course one lifter in particular. I suspect the authors of such articles and spokespersons of such statements will be leaving the masses open to very large lawsuits. Hopelily that will stop some of the mudslinging and blanket generalization towards our athletes.

October is the month in which I prepare for one of the three meets a year! I continue to be extremely busy and of course, sore and tired. I keep thinking that I will get accustomed to that feeling - not so. As my training partner (Diana Rowell) and I get ready for the 22nd of this month, we find that the combination of making weight and lifting heavier weights can tend to make a person a bit grouchy. We suffer through it together though, and hopefully we will still be speaking afterwards. Really, I can attest to the fact that having a training partner can help, especially when the weights get heavier; we all need a little push now and then (on some occasions it's more like a kick), but it is usually enough to get that extra effort out of you. I would recommend training with someone to all of you. I know it cannot always be done, but it should help you both out. Till next month, get back to the hard work and keep getting stronger.

ment letting them know that we want them as part of this sport, I think we can accomplish a great deal in the next few years. Also if you are interested in sponsoring some of either your own or someone else's products to some of these countries, I know it would have a great impact on what they are trying to accomplish. I have checked with some of the lifters in Poland, and although they are restricted in what they can send out, what can be sent in is much less restricted.

I want to recognize a man who has been doing a great deal to help promote women's powerlifting in the country of Panama. James Hart, who is with the US army there, has been instrumental in training women and getting meets sponsored. He and his wife (Diva) have even gotten the YMCA to include an athlete in powerlifting. This is quite an accomplishment since they have only recognized the more traditional sports in the past. This is the first year for that award to be presented to women powerlifters. He sent me the results from one of their most recent

straight on that accomplishment.

interesting months for me since I started this column. I have received mail from Poland, Argentina, and Panama, all asking basically the same things; what can we in the US tell them to help them in their own lifting. They are all very hungry for news from the rest of the powerlifting world. I did not even know that powerlifting existed in those areas, yet some of the women are performing at or above our standards. Since those women in Poland and other communist countries can not buy US money, they can not subscribe to any of our publications. I have asked some of the business people in the powerlifting community to help sponsor some of these publications to the rest of the world. If PL USA, Muscle and Fitness and these people, I believe we will be opening up a whole new world for all of powerlifting, but more specifically, women's powerlifting. All of these people would like to have some correspondence with US athletes, whether male or female. If any of you are interested in taking the time to write to them and help them out regarding their interest in powerlifting, write to me and I will send you a list of those available. I have already cleared it with them, so feel free to respond to them. I have this vision of the 1990 Women's World Powerlifting Championships, and in it will be the USSR, Poland, East Germany, Czechoslovakia, and a host of other nations not already included in our games. Of course, that will be the prelude to the 1992 Olympic Games. GOT IT? With the interest generated by these new countries we will become an even more credible sport to be reckoned with. I only hope that I am still able to compete in those days so I can actively take part. If each of you out there who read this will take it upon yourselves to write to one athlete, just send them a note of encourage-

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POWER-RESEARCH

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

MENTATION: Is there anything in it for weightlifters?



Yes, there is, but when we first got into meditation, we were more than a little skeptical about many of the claims that were being made (and in some instances we still are). After all, some of the 'high priests' and/or practitioners of meditation were promising long life, wisdom, peace and tranquility—all of which were to be achieved in a weekend course.

As far as the weightlifting is concerned, meditation has a possible image problem because it can be characterized as passive, weak, and 'feminine'. If you're like many lifters, meditation sounds like something for sissies or 97 pound weaklings. This is unfortunate. While it's true that most of the advocates of meditation are not heavily into strength training, neither is the general public. Let's not reject the possible benefits of meditation because of negative stereotypes.

Another aspect which leads to premature rejection of meditation is its association with Eastern philosophies and mysticism. For example, according to one theory of meditation, we have a feminine power at the base of our spine which is called the serpent power. At the top of our heads is an even greater power which is masculine and is called the 'lotus of a thousand petals'. Between these two psychic power centers are six other centers which lies one above the other. The idea is to raise the feminine serpent power up through the six psychic centers of the spine until it unites with the masculine lotus power at which time full union with the universal self is achieved—or something like that. Now all this doesn't make a lot of sense, and if you think it does, we honestly advise you to get a few extra spotters when lifting heavy.

We realize that those who pioneered the field of meditation have built upon centuries of experience in sitting around trying to achieve psychic intercourse between their male and female power centers, but unfortunately, their explanations for what they are achieving have not changed over this period of time. That is, most of their theories are heavily ambiguous, metaphysical, and unscientific. A lot of hard-nosed Western weightlifters (who can't tell their Yin from their Yang), have experienced the very tangible benefits of science and are understandably turned off by mysticism, but, with respect to meditation, it's not the theory that's so important as it is the results. Original theories of meditation are undoubtedly invalid, but most meditation techniques (that is, what you actually have to do) are quite simple and don't require nearly the special preparation and ability that it takes to bench 200 lbs.

Frankly, if meditation was all that difficult, it wouldn't have the mass appeal that it does since the average person is notoriously undisciplined. However, the average individual is also very hedonistic, and given the appeal of various forms of meditation, it is likely that the practitioner is benefiting in some rather important way or else the behavior would soon cease. Keep in mind that

ing meditative states, and this can serve as an idea for some of the claims made for meditation. For example, several studies have measured subjects who had been practicing Transcendental Meditation for several years. Recordings were taken before, during, and after meditation sessions. The results have consistently shown that during meditation, the respiration rate is lower and there is a dramatic decrease in oxygen consumption and carbon dioxide elimination. Alpha brain rhythms increase during meditation, and the galvanic skin response decreases; all this indicates that the individual is significantly more relaxed.

Some weightlifters we've talked to are afraid that meditation would relax them too much and thereby bring about a decline in performance in fact, most lifters approach competition with a debilitating amount of anxiety and their performance would be improved if they could relax because they would be in better control of themselves. Remember that having the ability to relax is just another skill that you may choose to use or not use depending on the circumstances. If you are trained in meditation, at least you will have a greater ability to relax when you think you need to. If you don't have this skill, you are more dependent on circumstances and also more vulnerable to control by others, including the possibility of being psyched out.

How do you go about learning to meditate? There are different ways, but in one of the simpler procedures (Transcendental Meditation) you use a word or sound called a mantra (such as the sound Ohmmmm). During your periods of meditation—about twenty minutes in the morning and twenty minutes in the evening—you sit comfortably in a setting which is free from distractions and repeat the sound over and over, quietly or silently to yourself. That's it, although it's not as easy as it sounds. Similarly, Benson, in his popular book, *The Relaxation Response*, advises you to relax your muscles, sit quietly with eyes closed, and breath slowly and repeat the number ONE to yourself every time you exhale. Try to work up to two twenty minute periods. It does take practice. You'll find that it is very difficult to concentrate solely on your breathing, but with time you'll be able to cognitively remove yourself from your environment and achieve a deeply relaxed state.

There are, of course, other methods for learning how to relax, but meditation provides other benefits. It trains the individual to pay attention. This sharpening of attention lasts beyond the meditation sessions and enables the lifter to be less distracted by extraneous events. During competition, this increases the individual's ability to attend to whatever is best. In our experience, lifters who meditate are better able to control stressors which have the potential to sap their physical and emotional strength. They are better able to conserve energy for when it really counts.

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NUTRITION CORNER

by Jack Diganagi

MECHANISMS AND CONTROL

Why is it that sometimes our appetite varies from ravenous to almost having to force oneself to eat? What controls are exerted by our bodies to maintain control of what we recognize as hunger? There are many vital regulators that are involved in this control. Interestingly, the primary one, though, is the brain, and not the stomach! It is located in the hypothalamus. In this month's issue of Nutrition Corner, a review of all the factors involved in what controls our appetite, what we perceive as hunger, and why we respond to foods as we do will be covered.

Appetite is defined as that normal feeling of anticipation of consuming food or drink. Appetite can be specific for either a certain food or a particular beverage. Hunger, unlike the mild feeling of appetite, is that unpleasant or uncomfortable feeling of pain in the stomach area. Hunger is generally accompanied by headache, dizziness, a faint feeling, dryness in the mouth, and general body tension. Hunger, then, is appetite to an extreme.

Satiety is the term used for that full feeling after a meal. It is the psychologically as well as physiologically pleasant response experienced just after eating. Satiety builds rapidly, whereas the feeling of hunger builds slowly.

Anorexia is the total absence of desire for food under what would appear to be normal conditions. Anorexia is an abnormal, dangerous state. It is a psychological disorder and not a physiological disturbance. Studies have shown that there are two entities which control how hungry we become, and how that hunger is satisfied. The part of the hypothalamus that tells us we are full or satisfied is called the ventromedial hypothalamus. The opposite control telling us how hungry we are is called the lateral hypothalamus. Evidence points out that they control our taste and thirst regulation as well. This verifies that the brain, not the stomach, controls our appetite as well as indicating when our appetite has been satisfied. The VMH (ventromedial hypothalamus) and LH (lateral hypothalamus) work together in an endless chain, balancing back and forth between hunger and satiety. Too much of one, or too little of the other, and the result is either anorexia or obesity.

Most of us respond to the contractions in the stomach area, i.e. the stomach growling, as a strong indication that we are hungry. We usually make a remark saying so, and begin the pursuit of food. Some say that we were taught to respond to this stimulus (stomach growling) when we were infants. During the first months of a baby's life, the contractions in the stomach and small intestine induced a sensation which generally precipitated crying. Crying usually meant either of two things, one of which was to give the baby a bottle. However, today, scientists believe that the stretch-contraction

reached full satiety. An example would be a negative situation such as arguing at the dinner table. Now that we've looked at the sensory factors in hunger and appetite, let's look at the metabolic theories. Generally, these mechanisms control a longer period of time span than the sensory effects. The sensory factors are extremely variable and are apt to change almost daily. Also, the sensory input regulations, in general, would not be able to maintain a nutritional balance. Briefly, we'll take a look at some of the more popular metabolic theories controlling appetite.

GLUCOSTATIC THEORY: This theory, postulated by Meyer, is one of the earliest mechanisms that attempt to explain medium-control or long-term control of energy balance. This theory is more rational than the long range perception to month control theory. The theory has to do with the glucose (blood sugar) control. The theory proposes that our body utilizes what Mayer calls Glucoreceptors in the VMH and LH. It states that the level is sensitive to the rate of glucose consumption. This A/V ratio. Here, A is the concentration of glucose in the arterial side as opposed to the V or venal side. The higher the ratio, the greater the amount of glucose utilization. The theory states that when the rate is high, the glucoreceptor sends a signal to the VMH of satiety and in turn, which dampens the stimulation of appetite. Likewise, when the ratio of A/V is low, the receptor sends a signal to the VMH that it is hungry and the VMH in turn stops sending a hunger signal to the LH. Now the LH, currently unrestricted by no incoming signal, will trigger the hunger response. Therefore, any signal coming to the LH, stops the hunger response. Whereas, no signal sent to

the LH permits it to emit hunger signals. Also, insulin concentration may also be part of this mechanism because it is involved directly in blood-glucose concentration, i.e. when glucose utilization is high, the level of insulin in the blood is high. Another point is that insulin affects the VMH whereas no other portion of the brain is affected by insulin. Possibly insulin, because it is regulated by the VMH, exerts an effect on the metabolic system.

THERMOSTATIC THEORY: Animals, according to scientific observation, will make a unique feeding pattern adjustment according to the environmental temperature. When the temperature is high, animals eat less. When the temperature is cold, they eat more. This reaction is brought about by a heat-responsive center located in the hypothalamus. A number of hypothalamic (POAH) studies done suggest that animals eat to keep warm and stop eating to prevent hyperthermia or a high body temperature.

Other theories have postulated a definite relationship between POAH (feeding according to environmental temperature) and SDA of food. The SDA refers to the Specific Dynamic Action of food which is the effect food has on the basal metabolism. That is, protein for example, adds heat production, whereas carbohydrates add only about 5 percent for heat production. After eating then, the SDA's effect to increase heat production may be recognized as a satiety signal which can either act alone or may send a signal to the VMH. One study, has shown that heat production, or thermogenesis, can differ greatly between persons who are normal weight and persons who are obese. The results showed that in the normal-weight individuals, overeating resulted in a 25 to 50 percent increase in heat production, which tends to curb food intake. However, the increase was significantly smaller in the persons who were obese and overate.

AMINOSTATIC THEORY: This theory, as its name suggests, has to do with the amount of protein, or rather percent of protein in the diet. An excess of amino acids has been proven to decrease the appetite and thus decrease the food intake.

LIPOSTATIC THEORY: This theory attempts to explain a mechanism of long term body weight regulation. On a day to day basis, for instance, there is no significant relationship found between energy intake and energy expended. However, there is a correlation between energy expended and food intake. The theory proposes that adipose tissue (fat) is a separate and distinct organ of the body. The body has a determined store of adipose tissue which establishes a level of calories referred to as the fat set point. This level of fat storage influences the body's intake of energy as well as the body's metabolism. The level of energy is thus maintained by regulation of energy intake or possibly absorption of the food, metabolism

and expenditure. Studies have observed persons who, when they thus gain weight, will stop eating and reduce their daily intake as soon as the force feeding is permitted to stop. The study group also returned to their previous normal weight.

Another set of factors seems to affect and/or control our eating patterns. These are the hormonal factors. One mentioned before, insulin, acts indirectly by affecting the rate of glucose utilization which in turn is sensed by the hypothalamic glucoreceptors or may act directly on the hypothalamus.

Cholecystin can indirectly reduce the food intake by its ability to raise the blood glucose level. Glucocorticoids, in large enough doses, will increase the appetite to the point of overeating. Whereas, the adrenal glands are removed and thus decrease in food intake produced a quick weight loss is observed.

The thyroid hormone will increase the breakdown of fat carbohydrates, and protein, whereas, the growth hormone will increase lean body mass (muscle) and decrease adipose tissue (fat). In short term control, the CCK-PZ, an intestinal hormone, is released into the blood once food begins to arrive in the stomach. The action of CCK-PZ is to begin a sensation of satiety and thus begin the process of feeling less and less hungry.

In summarizing them, our appetite control spreads over metabolic factors such as the amount of glucose

in the blood, the amount of amino acids in the plasma, the environmental temperature, hormone systems, thyroid hormone, glucocorticoids, growth hormone, insulin, or leptin. You begin to eat, or at least you have a habit of following the signals play a part in appetite control. Every day about the program, my record observation is to strive to be aware of social circumstances. Recipitation make up.

Nationally yours,
Jack Diganagi, R.D., Nutritionist

MESSAGE FROM THE A.D.F.P.A. PRESIDENT
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In 1981 another voice cried out in the wilderness of the sports arena - "To Dream the Impossible Dream" - a dream of athletic contests in this case the sport of powerlifting free from drugs, steroids and other pharmaceutical aids which enhance athletic performance. (See PL USA, Vol 5, pg 18, Nov 1981). This dream becomes more of a reality with each passing day.

In less than two years the American Drug Free Powerlifting Association has become incorporated, insured, drawn up by law, sanctioned numerous meets, established ADFPA American records and has its own National records. In May of 1983 it sanctioned the first ADFPA Women's National Nationals in Cambridge, Mass. July 30, 31, 1983 marked the first ADFPA Men's National Nationals held in Allentown, Pa. Of those who made the qualifying totals, 120 athletes from 31 states participated in this well run National competition. The site of the meet was the plush Allentown Hilton. But the real class was exemplified by the quality lifting of the competitors. Yes, we have come a long way and our membership grows on a daily basis but we still have a longer way to go. If it is clean, natural records that better than the health alternative!

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The thyroid hormone will increase the breakdown of fat carbohydrates, and protein, whereas, the growth hormone will increase lean body mass (muscle) and decrease adipose tissue (fat). In short term control, the CCK-PZ, an intestinal hormone, is released into the blood once food begins to arrive in the stomach. The action of CCK-PZ is to begin a sensation of satiety and thus begin the process of feeling less and less hungry.

In summarizing them, our appetite control spreads over metabolic factors such as the amount of glucose

in the blood, the amount of amino acids in the plasma, the environmental temperature, hormone systems, thyroid hormone, glucocorticoids, growth hormone, insulin, or leptin. You begin to eat, or at least you have a habit of following the signals play a part in appetite control. Every day about the program, my record observation is to strive to be aware of social circumstances. Recipitation make up.

Nationally yours,
Jack Diganagi, R.D., Nutritionist

MESSAGE FROM THE A.D.F.P.A. PRESIDENT
Back in the 60s a voice cried out in the wilderness, "I have a dream!" a dream to create a social fitness in American society. That dream became a reality every day.

In 1981 another voice cried out in the wilderness of the sports arena - "To Dream the Impossible Dream" - a dream of athletic contests in this case the sport of powerlifting free from drugs, steroids and other pharmaceutical aids which enhance athletic performance. (See PL USA, Vol 5, pg 18, Nov 1981). This dream becomes more of a reality with each passing day.

In less than two years the American Drug Free Powerlifting Association has become incorporated, insured, drawn up by law, sanctioned numerous meets, established ADFPA American records and has its own National records. In May of 1983 it sanctioned the first ADFPA Women's National Nationals in Cambridge, Mass. July 30, 31, 1983 marked the first ADFPA Men's National Nationals held in Allentown, Pa. Of those who made the qualifying totals, 120 athletes from 31 states participated in this well run National competition. The site of the meet was the plush Allentown Hilton. But the real class was exemplified by the quality lifting of the competitors. Yes, we have come a long way and our membership grows on a daily basis but we still have a longer way to go. If it is clean, natural records that better than the health alternative!

At the national meeting it was decided to keep our membership fee at \$100.00 per year. The openings on the Executive Committee were filled. Please check coming events in PL USA for notification of future ADFPA meets. God bless you. **Brother Bennet.**

observed persons who, when they thus gain weight, will stop eating and reduce their daily intake as soon as the force feeding is permitted to stop. The study group also returned to their previous normal weight.

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Question & Answer

This month, training questions are answered again by Roger Entep, 1979 Sr. National Champion and World Record breaker in the 198 lb. class. If you have a training question, send it in to QUESTION & ANSWER, Box 467, Camarillo, CA 93011.

Dear Roger: You always advocate purit teams, place kickers. Not too long ago I'd quarantined had to run, he tried to get every yard possible, now he falls down before being tackled. In baseball, long relief pitchers and the D.H. Joe Weider told me 2 years ago that when I was ready to deadlift myself to a body for a deadlift would be successful, but for me to have to declare a contest would be a waste of time. I would like to see the National or World powerlifting championship.

If you want to give it a try, here are some tips:

- 1) Train all your powerlifts heavy and do 3-4 different exercises for each body part. Four sets should be enough, but if you have a weak body part you might want to do an extra set for it.
- 2) Diet should include plenty of protein with medium amounts of carbohydrates and low fat. If you try to train on too low a carbohydrate diet you will find yourself starving for energy after 30 minutes of training and all your heavy lifts will stay on the ground.
- 3) Before a power contest cut some of your bodybuilding out and concentrate on the 3 lifts. This way your power movements. Also you might want to increase your carbohydrate intake for more energy.
- 4) Before getting ready for a bodybuilding show you'll want to reduce carbohydrates to below 100 grams a day for 6-8 weeks and train your weak body parts first in a workout. During this period your powerlifts will take a sharp drop downward, and if you're like me, it will make you sick to watch strength disappear. You have to realize this is the price to pay.

Joe Weider of the future will come from the powerlifting ranks. Let's prove him right.

World Record...over author Roger Entep and PL USA Training Editor Ron Fernando teamed up to bust a Guinness book of Records mark in the 2 man truck lift...and they got a partial deadlift of 1935 pounds in front of a big crowd at the California Strongest Man Competition. The truck included 3 kids from an audience plus an 720 lb. pounds of weights. provided Courtesy of Ron Fernando.

Dear Ernie: I enjoy both powerlifting and bodybuilding. What is the best way for me to stay lean and be able to compete in both? **Ernie Julian**

Dear Ernie: I guess you're like everyone else in the world; you want to have your cake and eat it too. Well, everyone knows powerlifters can eat cake and bodybuilders can't, so you'll have to set your priorities. The day of the all around athlete is past. Every sport becomes more and more specialized each year. Football players used to play both offense and defense. Now they have offense

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AEROBICS AND TESTOSTERONE

by Bill Starr

There have been a number of reports in powerlifting publications by experts who contend that aerobic work, such as running, lowers the testosterone level. I was quite curious to read the piece of research that they derived their conclusions. I wrote Ran Ganong, Strength Coach at the University of Miami and he forwarded me the study taken from Sports Science Reviews, Volume 7, 1979. I thank him for doing so as the original research has obviously been misinterpreted.

What it basically states is that anyone who participates in an endurance exercise which lasts over 3 hours, such as a marathon, shows a lower testosterone level. I guess so. I'm certain that if they would test these folks completely, they would find all sorts of things are lower after running 3 hours. Someone once stated that if you wanted to run a marathon, you would look like if you were ten years older, run a marathon. The study further states, "Thus, the duration of a physical effort could have a modifying influence." Some running is good for the strength athlete. A lot is not, because we do not care to run or look like a long distance runner. Tommy Suggs told me that if he had to choose between having a heart attack or looking like a long distance runner, he'd rather have a heart attack.

But, some aerobic work is useful. I find it a tad amusing that some lifters turn to this research to avoid any aerobic work. In truth, the lifters who use drugs could drop lots of their own testosterone and still be ahead as they inject 10 times the normal level every week in preparation for a contest. **This material is excerpted with Bill Starr's permission from Bill Starr's new self-addressed envelope to Fitness Consultants & Supply, 1610 Christine Street, Wichita Falls, Texas 76702.**

Powerlifting USA BACK ISSUES

SOME PREVIOUS EDITIONS OF POWERLIFTING USA ARE STILL AVAILABLE. TO ORDER SEND \$2 FOR EACH BACK ISSUE YOU WANT AND BE SURE TO SPECIFY ALTERNATE CHOICES IN CASE YOUR SUPPLY RUNS OUT BEFORE YOUR ORDER CAN BE PROCESSED.

Aug/1981...1981 Senior National Championships, World Games, Worlds Strongest Man Contest, Ripped for Powerlifting, Top 100 Superheroes, Dec/1981...1981 World Championship report, Clyde Wright Profile, World Master Championship report, Top 100 Lightweight (148 lbs.) Apr/1982...Women's National Championships, Drugs in Powerlifting, the All-Time 2000 Total Club, Larry Pacifico Reminiscences, Top 100 220s Sep/1982...National Cup coverage, Teenage National Championships, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 125s Nov/1982...Ted Hammer, George Hummel Profile, Natural Powerlifting, Power Gym Directory, Football and Powerlifting, Top 100 148ers list, Dec/1982...World Powerlifting Championships, Jake Boyer Profile, Power Squat Comparisons, Top 100 Middleweights ranking list (165 lb.)

Mar/1983...Women's Nationals, Janice Johnson Profile, Bob Dempsey Profile, Doug Borden Profile, John Kuc's Deadlift Workout of the Month, Beginning Women's routine, Isometrics, Blood Test Analysis, Chuck Ahrens, Mini Cycles, Military Championships, Top 100 220s, Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Pat Casey, Top 100 242s, May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Reference Directory, TOP 275s Jun/1983...Women's Worlds, Judd Biasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s, Aug/1983...World's Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Question and Answer, Jim Rouse Bench routine, Top 100 125ers.

Sep/1983...Senior National Championships, American Drug Free National Championships, Rickley Dale Cain's Deadlift Cycle, Hatfield, the abbreviated Training Cycle, Ruth Shaler's Women's Corner, TOP 110 125s, MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IT IN AN ENVELOPE AND SEND IT IN TODAY TO POWERLIFTING USA, 811 DEPT., BOX 3238, CAMARILLO, CA 93001.

Wilbur Streeter clarifies some information about Herman Goerner as previously mentioned in Don Pfeiffer's article on Deadlifting Secrets of the Champions in the August edition of PLUSA. Goerner's lift of 793 was actually done while he was an amateur on a Beng-Hamel Olympic bar, and he weighed only 220 at that time. He also does not agree with Don about training with 3 in. diameter bars to help the grip, believing that bars of 2 in. or less diameter would be more suitable.

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Who among us is not getting more and more concerned about injury? In recent issues of PL USA the number of articles on injuries in our sport has steadily increased. Quadriceps tears, low back injuries, shoulder problems, etc. have become an unfortunate reality for some of the best lifters in the country. How many Powerlifters do you know who have never had some sort of injury?

Success in our sport appears to be more dependent on the ability to stay injury free than ever before. Injuries slow progress and can be among the most debilitating experiences in a lifter's career. All participants in Powerlifting share a camaraderie based on the fact that we have chosen to train in a similar way and to strive for similar goals on the platform. We now appear to face a common problem with injury. It is a matter that deserves serious attention.

Before I begin let me first mention that I strongly believe that most, if not all, of the injuries that occur in Powerlifting and other sports are avoidable. In my honest opinion we simply don't know enough at this point to think that some day in our future we will know more and be able to avoid the vast majority of injuries altogether through proper training methods.

Additionally, as a biomechanist, I can see no strong evidence from a connective tissue point of view (taken by some) that with today's poundages we are reaching the structural limits of strength. Quite the contrary seems to be indicated. Inelligent training in future years should produce amazing performances. With this in mind let's begin look at the characteristics of connective tissues, especially ligaments, tendons, bones, and cartilage.

A. Ligaments and tendons.

(1) Basic information

Ligaments and tendons are passive structures. (Only muscles produce force in the body). They are composed primarily of about 90 percent of two types of fibers; collagen, which gives strength and stiffness and elastin - which gives extensibility. Also included is ground substance, which is a semi-fluid material that primarily helps to lubricate the fibers in ligaments and tendons. Tendons and ligaments are both loaded only in tension. Tendons are structures which attach muscle to bone to transmit the tensile load produced by muscle to the bones, causing all motion of the body. Ligaments attach bone to bone and stabilize joints, and prevent excessive body motions. The way the ligaments and tendons respond mechanically to the forces applied to them depends on

the tensile load produced by the muscles. When a muscle is contracted maximally the tensile stress on a tendon is high. If a muscle has a large cross sectional area, it will be able to produce large forces. The tendon the greater the capacity to handle these large forces generated by the muscle. Luckily, we usually have tendons with correspondingly large cross sectional areas, like the quadriceps, for example.

Although for the maximal stress to a tendon is hard to measure accurately, measurements indicate that the tensile strength of the typical tendon may be more than twice that of its muscles. This is supported in general clinically (and by our own collective experience with Powerlifting injuries, it appears), in that muscle ruptures are much more common than tendon ruptures. If a tendon ruptures, it typically requires 40 to 50 weeks to begin to regain strength. Of course, begin to regain strength is a general estimate.

Before closing let me answer a question raised in a previous issue of PL USA. In the excellent article by Dean Best concerning a comeback from knee surgery (page 16, PL USA Aug 83) there is mention of the relationship between proper squat technique and injuries. The technique points that Dean makes (and Larry Pacifico at the end of his article are valuable and among those that should be followed by everyone in my previous articles on the squat (See PL USA May 81 and July 81)) I noted that based on our research studies of world class squatters:

1. The top lifters slowed the bars descent earlier during the lift. 2. These lifters also hit the low squat position with a 'bounce'. 3. The top lifters also maintained a more erect trunk position during the lift. 4. Top lifters kept the knees considerably more stationary (that is they reduced forward knee motion). 5. The best squatters kept the hips more under the bar during early descent. All these biomechanical research and should be considered by lifters in order to maximize perfection and minimize injury. So use proper technique to your advantage, to lift more and stay injury free. Good squatting!

When a lifter has a ligament injury (let's say a knee ligament), that means when the less stable knee is loaded, there are considerably higher stresses imposed on the joint cartilage. Lifters can thus complicate things by hurrying cartilage before ligaments are fully repaired. Ligament experiments have also shown that when there has been partial or complete immobilization of an injured joint, that a long period (up to a year) may be required to regain normal, complete ligament strength. Have you ever noticed how often you get the same ligament strain some months after the original injury?

(5) Unique properties of tendons. Tendons primarily function to attach muscle to bone and to transmit

At last, you can now have all the Biomechanics of Powerlifting articles ever written by Dr. Tom McLaughlin in Powerlifting USA, going back to April of 1981. This series has articles on the techniques of all three powerlifts, abdominal and low back training, arm and shoulder training, etc., all written especially for Powerlifters and Strength Athletes. Well over 30 references for further reading are also given in the series, a must for the serious lifter. **KNOWLEDGE IS POWER. Send check or money order for \$5 plus \$1 postage to Tom McLaughlin, Ph.D., Box 507, Auburn, AL 36850**

This month we get a rep by rep, set by set, poundage by poundage, squat routine by Sam Mangialardi, the No. 1 ranked squatter on our last TOP 100 198 lb. rankings. Sam is one of the lightest men in the world to have squatted over 800 lbs.

I, like most other powerlifters when they start out, was in search of "The Secret" to becoming strong. I was fortunate to have met former world champion and record holder Bill Sarno who became my coach and more important, my friend. Bill informed me that the key to becoming big at the YMCA National meet,

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roduced me to the "secret"...hard work! I've revised the secret somewhat to include hard well planned work. I would much rather train heavy every workout, however, my experience over the years has taught me this doesn't work. The body must recuperate. I'm convinced a well planned progressive program is a must in powerlifting.

The program I've prepared is a 12 week cycle based on a maximum 500 lb. squat single coming in. I would like to suggest a few things to think about before I go on with the program.

- 1) A wide squat stance seems to work best for most lifters.
- 2) Proper form should never be second for increased poundage.
- 3) All squats in training should be low and in lock. Forget the idea that you'll sink it in the contest. One reason the low position is so hard is that many lifters should be locked and stay locked until lift is completed.
- 4) The back should be locked and stay locked until lift is completed.
- 5) Two squat days a week seems to work best; one light, one heavy.
- 6) Stretch before you start squatting.
- 7) Keep a training book.

Week 1: Light day: 135x10, 225x5, 300x5 for 4 sets. Heavy day: 135x10, 225x5, 300x5, 300x5, 310x5, 310x5.

Week 2: Light day: 135x10, 225x5, 300x5, 300x5, 310x5, 310x5.

Week 3: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 4: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 5: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 6: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 7: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 8: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 9: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 10: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 11: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

Week 12: Light: 135x10, 225x5, 300x5, 300x5, 315x5, 330x5, 350x5.

On the days you squat light, concentrate on form and explode out of the bottom position.



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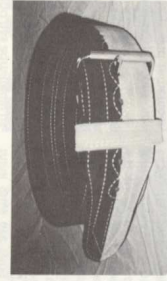
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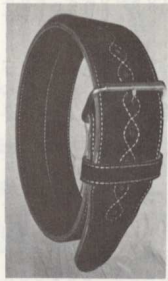
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More From Ken Leistner

I recently received a letter from a reader in Alaska that brought up a few interesting points regarding the drug free or so-called natural powerlifting contests. As most of our PL USA readers know, the ADFPA National Championships were held directly after the USPF Seniors with surprising results in both meets. Let me give you some excerpts from the letter and we'll take it from there.

...this concerns some claims of (Editors Note: for purposes of this article we will refer to the lifter in question as U.P.L....i.e. Unnamed Protagonist: Lifter) where he said he will be attempting to set 'drug free' lifting records. While I believe his claims that he is currently not on the sauce as we say up here in Alaska, it is beyond me how he can claim that he is a natural lifter. To me a natural lifter is someone who has gotten to his or her level of lifting without the help of steroids. I'd also give the benefit of the doubt to a lifter who had experimented with steroids for a few months, but quit. But Mr. (U.P.L.) has gotten to where he is today because of steroids. He has taken too big a shortcut. I can't believe that when a lifter stops using steroids, he immediately reverts back to where he would have been had he never used them. "I don't think (U.P.L.) should be recognized for a record that should be set by a true natural lifter. He hasn't had to take the long, hard road that a real natural lifter takes. I don't mean to imply steroid using lifers don't work hard, but using a certain total is reached by artificial and natural lifters, more credit should be given to the natural one...I tip my hat to the lifter who has taken the hard road all the way, not the lifter who has taken the easy road, then at the last minute switches to the hard road and tries to claim full credit for the hard road."

Well, then, you wanted a bag of worms this month? What have we here is a lifter who was concerned enough to write and who feels that the man or woman who lifts drug free from the beginning of their career to the point of setting records is more deserving of accolades than one who does it with the assistance of steroids and related compounds. Well, there is no doubt that the drug free means some problems and this is one of them. There are lifters who believe in the past, and for anabolic/androgenic agents, but for one on another, this should be done with who are who looking to compete with who are who not competing with the past to compete with those who have never used? If not, where do these athletes go for their equivalent competition? If it is fair, you give a cut off point to their use? Yes, you can compete with us if you used for one year, but not for two. Currently, one can use steroids up to one year prior to competition with the ADFPA and still lift with them. Is this fair to the lifter who has never used when he has to compete against someone who might have used for six or seven years? Should a

organization? It's the holler-than-thou-because-I-don't-use-anabolic-steroids-and-you-do attitude turns me off to those involved in any of the drug free organizations and for that matter, most of the drug free, or shall I say, militantly drug free lifters who have passed through my office and whom I've spoken to at meets.

The quasi-religious, crusade-like stance taken by many of these individuals is more than I can generalize. I stand because they are being judgmental. Rather than recognize another's right to take drugs, if that's what they wish to do, they have the attitude that there is a right and a wrong involved, and baby, the right and wrong exist only in the head of the individual, so don't put it on anyone else. It is right to compete without drugs? Okay, why not? Is it right to compete while using drugs? Why not? Is it fair to lift against someone who's on if you're not? It is if you think it is, and if not, it's not, but then again, you don't have to compete against that individual so that problem is circumvented. Each man and woman, despite my beliefs that the body should be treated with respect and not even be exposed to aspirin or sugar, has the right to exist as he pleases, as long as he doesn't harm his neighbor in the process. Solid Christian attitude, my man, and if you want to argue it, go ahead, but do it without me. Not much else to add on that one, but all you drug free crusaders just keep those cards and letters rolling in. It makes life interesting. Oh yeah, Hi Pat! How's the gym doing?

Next month, who knows? I'd like to encourage all of the ladies to get down and kick out the jannies because the Nationals are coming and for those who feel that they men put on a better show, make it to Austin because I believe you will be pleasantly surprised!



New England's Strongest Man—a slimmer down Ernie Hackett, seen above in a photo courtesy of Ed Lubinville, did not compete but did help run the competition at Mt. Park Amusement Center in Holyoke, Massachusetts which involved a Tire Toss, Farmer's Walk (a race for time carrying dumbbells of 75-125 pounds), Overhead lift for reps, Deadlifts for reps, and Cheat Curls for reps. James Lee of Norwood, a former Marine Corps Medal Playing Strongest Man after winning all 5 of the events in his weight division.

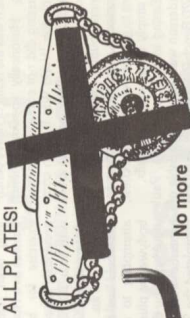
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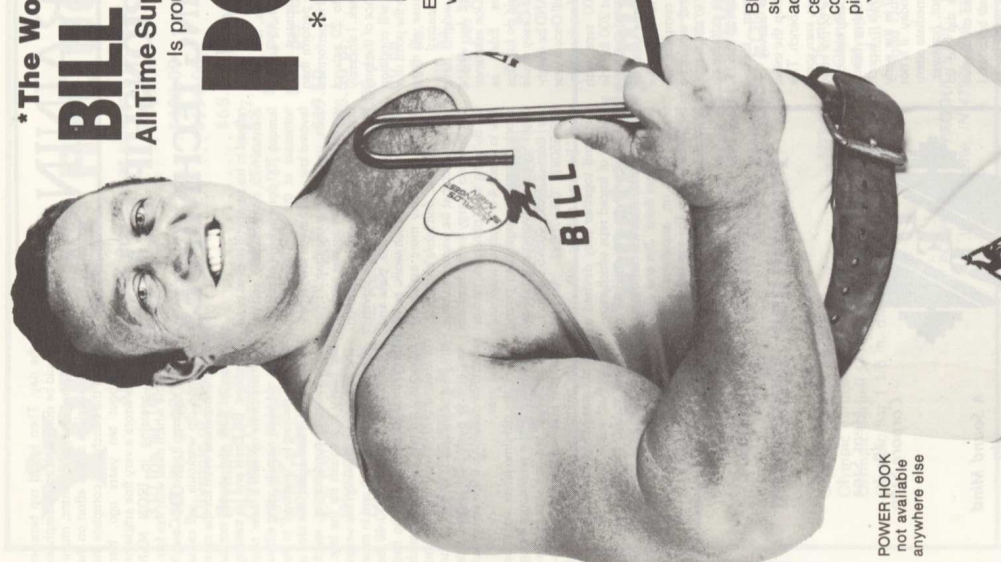
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TRAINING

CHAMPIONSHIP BENCH PRESSING TECHNIQUES

by Ron Fernando

Out of the three contested powerlifts, none enjoys more popularity than the Bench Press. Indeed, if one were to wander into any local YMCA or college weight room, odds are (for you bookie types out there) that the bench pressing area will be heavily congested while the squat rack or sit-up boards will resemble the Gobi Desert, renowned for its vast emptiness. The love affair that the novice and advanced weight trainee has had with this lift probably began during the days of Marvin Eder. For those of you who think that the Bench begins and ends with such current superstars as Bridges, Kaz, Arcidi and MacDonald, try this one on: Eder (bodyweight 195) was able to push up in strict fashion 495 lbs. and do Dips with 200 lbs. of added weight. Big deal, you say, but remember, this was done in the mid 1950's with no drugs or any of the advanced nutrition supplementation available today. Photos of Eder show a tremendous pec-tricep-delt. tie, which was the result of heavy benching. Historically speaking, bench pressing did not come into its own until after World War II when commercially constructed benches as we know them were available to the general public. Before then, lifters resorted to all manner of exotic gestures to get the weight on their chest, or simply stuck with dumbbells.

Easing into the recent era, Paul Anderson was reputedly capable of a 620 Bench Press (source: Guinness Book of Records) done in the early sixties, but by then he had lost his amateur status so the records never counted. Pat Casey was the first to officially do 600 lbs. and the standard he set have still only been matched by extremely few lifters. Ronnie Ray came out as a relative unknown from Texas and rode the crest of his massive Bench at 198 to win a Senior National Title.

The point here is that we can all take a page out of the training logs of these giants of yesteryear to improve our own bench. Al Oerter (4 times gold medalist in the discus) was quoted by the L.A. Times as saying "If these guys (track athletes) thought that eating Biflo pads and stadium seats would improve their performance, they would do it." So it is with the bench press. There are literally many thousands of dollars spent each year by lifters on drugs and exotic new equipment, merely in the pursuit of the elusive "max." I submit that the intelligent application of well-established theory (not to mention years of hard work) will garner excellent (and permanent) gains far exceeding those brought about by the latest fad. Here are 30 tips that will be far more satisfying.

Ron Ray was the prototypical Bench Presser; short, thick arms, a deodorant, and dirty broad shoulders. Ray possessed the structural advantages that trained the bench as if it was a slab of wax. He went 30 seconds in with 405 or 440 lbs. of 10 in the pushdown with 200 pounds suspended with heavy dumbbell cups! Ronnie loved to work the bench under seemingly ridiculous

the day. Then forced rep benches would be done with equal emphasis on the negative, or eccentric, movement as well as a total effort on the part of the benchner to complete the lift. About ten years ago, Ken Leisner wrote a very fine article on bench pressing in IRON MAN magazine which dealt with this forced rep system. It, like Pat Casey's marathon dip workouts, will cause extreme soreness even for the most advanced lifter and should not be overdone. Bill Embs and his training partners came up with a "new twist" to an old idea, namely using elbow wraps in training to "overload" in the bench press. Here again, the idea is stress receptor conditioning, much like heavy box squats for the legs. The lifter would throw on the wraps after his heaviest bench and in most cases is able to push up 30-40 lbs more than his max. Bill, who had reportedly peaked out in the bench at around 500, is now knocking on the door of 520-525 (with wraps, he was able to push 575). Again, this should be done only a few weeks out of the year.

Yes, the old-time lifters would be astonished at the poundages being put up today, but one should consider that many of them did not enjoy the nutritional, technological, and the obvious pharmaceutical advantages that some lifters take for granted today. Necessity was the mother (or is it the father) of invention, and the methods they developed have relevance now as they did in 1950.

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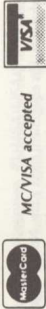
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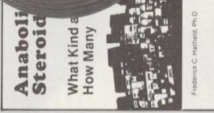
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Bioflavonoids 500 mg
Rutin 500 mg

100 TABS \$7.00 250 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

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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.

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VITAMIN E 400 IU CAPSULES

d'alpha or mixed tocopherol (your choice).

90 CAPS \$5.00 180 CAPS \$9.00 360 CAPS \$16.00

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Two tablets contain:
Copper 1000 mcg
Magnesium 500 mg
Zinc 22.5 mg
Potassium 95 mg
Iron 150 mg
Manganese 10 mg
Chlorine 3 mg
Selenium 50 mcg
Chromium 20 mcg
Borane HCl 100 mg
Iodine 100 mcg
Vitamin B12 400 IU

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CALCIUM & MAGNESIUM TABLETS

Essential to prevent cramping and using Vitamin C.

4 Tablets provide:
Calcium (Oyster Shell) 1000 mg
Magnesium (Oxide) 620 mg

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"Essential in tissue repair & hormonal production."

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7.5 grains (500 mg.)

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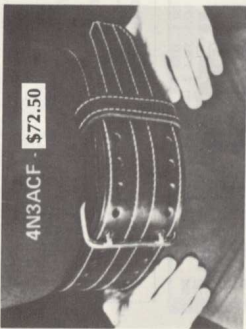
M. Hemmingway	60	30	82.5	172.5
V. Svas	107.5	57.5	160	325
L. Nelson	132	155		
L. Orals	155	102.5	207.5	465
L. Harper	107.5	52.5	115	275
L. Berazzani	227.5	137.5	240	605
M. Guzman	145	115	170	430
J. McCarthy	152.5	100	170	422.5
B. Sandoval	130	72.5	147.5	350
P. Magallanez	212.5	120	255	587.5
C. Powers	205	137.5	235	577.5
M. Bonaventura	207.5	125	227.5	532.5
E. Albert	187.5	125	227.5	540
B. Hardy	190	122.5	215	527.5
R. Orlandi	200	100	197.5	517.5
T. Orlandi	190	100	197.5	517.5
R. Eum	150	87.5	205	447.5
R. Nuno	147.5	100	157.5	405
A. Krieger	40	72.5	152.5	365
C. Berg	207.5	125	157.5	355
181	212.5	145	215	572.5
182	205	145	215	572.5
183	190	147.5	195	532.5
184	192.5	132.5	200	525
185	190	105	217.5	522.5
186	192.5	115	215	482.5

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4S3AC - \$80.50



4S3ADE - \$92.00



3SIC - \$49.50



4NI - \$29.00



4N3D - \$71.00

All Belts come with Nickel Plated Roller Buckle (not pictured)

MODEL NUMBER	NO. OF LAYERS	TYPE OF COVERING	APPROXIMATE THICKNESS	STANDARD BUCKLE	STANDARD STITCHING	AVAILABLE OPTIONS	BASE PRICE
3N1	1	Natural	7-mm	3" Nickel	None	F	29.00
3S1	1	Suede	9-mm	3" Nickel	Style 1	F	40.00
4N1	1	Natural	7-mm	4" Nickel	None	A,B,F	29.00
4N2	2	Natural	11-mm	4" Nickel	Style 1	A,B,C,D,F	53.00
4N3	3	Natural	13-mm	4" Nickel	Style 1	A,B,C,D,F	64.00
4S1	1	Suede	10-mm	4" Nickel	Style 1	A,B,C,D,E	55.00
4S2	2	Suede	12-mm	4" Nickel	Style 1	A,B,C,D,E	66.00
4S3	3	Suede	13-mm	4" Nickel	Style 1	A,B,C,D,E	77.00
Dip Belt	1	Natural	7-mm	none	None	F	32.00
2.5N1	1	Natural	2.5 in.	2.5 in. Nickel	None	F	26.00
6N1 (6 in. back)	1	Natural	7-mm	2.5 in. Nickel	None	F	34.00

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

Style Stitching 1 - one row of stitching around edge of belt, and two rows down the middle of the belt.
Style Stitching 2 - one row of stitching around edge of belt, and four rows down the middle of the belt.
Style Stitching 3 - one row of stitching around edge of belt, and four rows down the middle of the belt.

-OPTIONS-

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

NAME _____ PHONE () _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

WAIST SIZE _____ MODEL NO. _____

SUEDE COLOR _____ INSERT COLOR _____

OPTIONS DESIRED A. _____ B. _____ C. _____ D. _____

(STATE COLOR FOR E OR F) E. _____ F. _____

DRUG BUST



It had to happen sooner or later. Nutrition has busted the back of the weight lifting drug business. Now at last, there is a safe and natural alternative to steroids. It's called EXTEROL and it's the ultimate all natural anabolic formula. Everything that you've ever wanted to do, you can do better after you've used EXTEROL. It will help you meet your goals. Just look at what's in this dynamite tablet:

GLANDULARS (5000 mcgs)

It is now undisputed in weight training circles that glands build muscle. Glandulars boost your body's natural production of hormones especially along with a weight training program. EXTEROL contains the following glandulars: Thyroid (100 mcgs), Adrenal (150 mcgs), Pituitary (150 mcgs), Pancreas (120 mcgs), Hypothalamus (60 mcgs). No other formula can compare.

STEROLS (23,720 mcgs)

Here's the most exciting recent discovery in natural anabolics. Sterols are an all-natural and safe variation of steroid drugs fractionated from vegetable oils. While closely resembling steroids chemically, they have none of the undesirable side effects. Weight lifters can expect solid muscular weight gain with a noticeable loss of fat from using Sterols. A daily dose of EXTEROL provides Beta-Sitosterol (4500 mcgs), Fucosterol (6500 mcgs), and other total sterols (8340 mcgs) (1390 mcgs). Remember sterols are the closest thing to steroids and represent the latest advancement in natural muscle building supplementation.

AMINO ACIDS (2024 mcgs)

Here's another recent advancement in natural muscles building supplements. Three amino acids—Lysine, Arginine, and Ornithine—all help build muscle. Lysine is a natural growth hormone (GH). Many bodybuilders are risking their health experimenting with dangerous and powerful growth hormone drugs. Now it can be done naturally. Growth hormone helps the body burn fat for energy and can aid in the development of bigger and thicker muscles with vastly increased strength. These amino acids were popularized by the book Life Extension by Dr. Pearson who notes that using these amino acids produces noticeable results from even people who don't exercise (get bigger muscles with these products). EXTEROL provides 600 milligrams of each of these amino acids per day as well as 224 milligrams of the eight essential amino acids in their exact proportions from egg albumen. Why spend money buying these amino acids separately when you can get them combined with glandulars, sterols, herbals and other key factors in the one pill EXTEROL?

HERBALS (700 mcgs)

Certain herbs can also play a key role in muscle building. EXTEROL contains seven important

herbs for weight lifters. Capsicum (100 mcgs) is a pure stimulant boosting the efficiency of every muscle fiber. Ginseng (100 mcgs) is a natural energy booster. Ginkgo biloba (100 mcgs) is an excellent source of trace minerals and aids in the electrolyte balance in the body. It helps prevent fatigue from setting in after a long, hard workout. Dandelion Root (100 mcgs) is also a natural stimulant but more importantly it acts as a natural diuretic preventing too much fluid retention in the muscles which can cause a smooth appearance. The seeds of the flax seed (100 mcgs) and strengthening nature's wonder herbs. It helps fight infections, reduces high blood pressure and helps lower cholesterol. Yellow Dock (100 mcgs) works as a blood purifier and tones up the entire system. It also helps maintain good gland health. Gota Kola (100 mcgs) is a powerful natural stimulant and diuretic. It fights brain fatigue and strengthens the heart and memory. Licorice Root (100 mcgs) acts as a boost to adrenal glands, helping to fight off stress from hard workouts. It also helps regulate blood sugar.

NATURAL STIMULANTS

Certain supplements have become staples in the nutritional program of weight lifters. We have included them in EXTEROL as follows: Bee Pollen (1000 mcgs). Pollen is a high source of plant steroid hormones. Weight lifters take Pollen for (100 mcgs) is one of those rare substances that seems to do about everything—bigger muscles, more strength, great stamina, sexual drive, hormone releaser and blood pressure stabilizer. Royal Jelly (30 mcgs) is the mystery substance that worker bees feed to the queen bee enabling her to grow very large and strong. Weight lifters like to think it can do the same for them. Octacosanol (1650 mcgs), like steroids, closely resembles steroids and helps to increase muscle mass and to develop tremendous endurance for grueling workouts. Strength and improved muscle reflex action are two more benefits. RNA (60 mcgs) and DNA (30 mcgs) are commonly referred to as nucleic acids and are crucial to cell reproduction. Weight trainers need these nucleic acids to assist in cellular growth after intense workouts. These nucleic acids mean bigger, thicker muscles.

MUSCLE MINERALS

Minerals play a very important part in muscle building. EXTEROL contains Calcium (200 mcgs), Magnesium (100 mcgs) and the crucial muscle min-

eral Potassium (69 mcgs). In addition it contains the trace minerals Silicon, Boron, Sodium, Vanadium, Strontium, Manganese, Zinc, Selenium, Aluminum, Molybdenum, Titanium and Cobalt all their naturally occurring forms for easy absorption.

FAT BURNERS (2214 mcgs)

No natural anabolic formula would be complete without including the essential fatty acids. These nutrients help your body metabolize dietary fats and act as building blocks for many of the body's hormones. They're great for cutting up and getting contest ready. EXTEROL provides Linoleic Acid (1040 mcgs), Oleic Acid (688 mcgs), Palmitic Acid (263 mcgs), Linolenic Acid (109 mcgs), Stearic Acid (56 mcgs), Lignocenic Acid (14 mcgs), Arachidonic Acid (13 mcgs), Eicosanoic Acid (11 mcgs), Behenic Acid (6 mcgs) and Myristic Acid (5 mcgs).

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270's	270's	\$39.95	
TOTAL \$			

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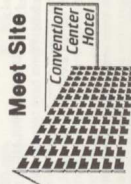
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Open

Class II

Women

Masters

Steroid Seminar

Schedule of Events

Saturday: Lifting = All Women and 114-181 10:00 am

: Seminar = Tony Fitton (Steroids) 7:30 pm

Sunday: Lifting = 198-Super 10:00 am

: Beer Party = Immediately following the lifting

★ WHO'S WHO IN POWERLIFTING ★

Whether you're Big Name or No Name, send your picture and details to: 'Who's Who', Box 467, Camarillo, CA 93001 to this popular feature.



LCDR Mac McCollum is a Viet Nam vet with 22 years active duty. He has trained for the past 10 years and is the Virginia Masters State record holder in the 220 lb. division. Mac's dedication and his experience have made him an invaluable source of information to lifters at the Olympic Gym in Virginia Beach, VA. Photo and info by John Themidides.



Aaron James Goehler, 1 1/2 years, McCleary, Washington is in training for the Senior National Championships in the year 2000, after watching the Dayton Seniors in 1982. He is reportedly a great deadlifter and line squatter, just like his great uncle, the illustrious Seniors lightweight runner for 2 years in a row, Jim Finch, of Ohio.



Training since April, 1983, Diva Hart, 15, placed second in her first contest and won the West Outspanning Squat of the state division in her second contest. She won all three female individual lift awards and the top Outstanding Female Lifter award. Her goals are to squat 210, bench 100 and deadlift 265. Photo by Patricia Curraas.



In June of 1978 Nate Seaberry walked into the Joliet Correctional Center Gym weighing 165 and made lifts of 400 275 400. Now he weighs 180 and lifts 650 415 705. He got 3rd in his 1st meet, and has not lost since, and has won Best Lifter each time he competed. His secret is the coaching of Ernie Frantz, who provided this photo.



The Schisler brothers have collectively won 87 trophies in three years of competing individually and as a team. They have placed in each meet they have entered as a team. They are all ranked nationally in the bench press. Scott Schisler is nationally ranked in the top ten in the A.D.F.P.A. Their personal philosophy of life states: "The road to contentment and achievement is through, first and foremost, faith; secondly a sound mind and body, and finally the realization that there is no inspiration or growth by staying within what's safe and comfortable." From left to right; Curt, Dane, Scott and David Schisler (owners of Buckeye Barbell). Information provided by their coach William Long. Photo by the David Grimes Studio.

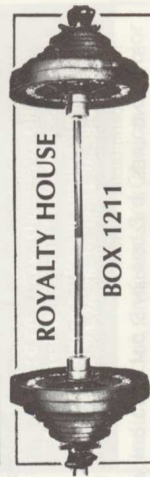
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Moohey(177 1/2) 1225 Henderson(218)

Bennett(173 1/2) J. Griffith(173) 890

D. Lebeck(194) P. Brown(219)

Rickett(197 1/2) 1100 McCain(219 1/2) 1425

The Brown-McCain lift was a try for the win.

They took 3 attempts and almost made it each

time. Unfortunately it was not high enough for

the bar used in the one that Doug Patterson used

to own (special two man bar). That bar has

a lot of super lifts in its past and, hopefully, in

the future.

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181-LP NOVICE MEN

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K. Abot(140) 175 E. Jackson(217) 380

S. Aden(129) 140 S. Taylor(210) 365

TEENAGE MEN

L. Stanfield(180) 270

A. Wank(205 1/2) 322 175-UNDER OPEN MEN

S. Taylor(210) 365 Schaeff(167) 330

M. Mecher(210) 285 G. Rogers(171) 315

B. Mahry(235) 260 H. Jones(157) 280

BEGINNERS MEN

176-205 OPEN MEN

T. Griffith(181) 225 D. Vank(180) 425

G. Fredrick(150) 185 E. Moohey(177) 380

181-UNDER NOVICE

D. Lebeck(194) 380

E. Lord(177) 325 T. Dukett(203) 375

H. Jones(157) 280 205-UP OPEN MEN

C. Kociani(171) 295 P. Brown(219) 410

Cardiner(156) 265 B. Renfro(206) 380

A. Kemp(172) 260 K. DeLong(233) 380

Best lifter award BP: Dave Vank.

DEADLIFT

175-UNDER MEN

G. Rogers(171) 605

T. Bennett(172) 550

S. Schaeff(167) 500

T. Mima(113) 550

H. Jones(157) 440

D. Plato(127) 220

TEENAGE MEN

W. Stewart(171) 450

M. Mecher(210) 455 176-205 OPEN MEN

S. Barnett(180) 400

K. Gibson(180) 400

D. Green(180) 390

L. Stanfield(180) 500

T. Griffith(181) 350

206-UP OPEN MEN

P. Brown(219) 705

K. Reeves(163) 300

Henderson(218) 500

Best overall deadlifter: Chip McCain. We had

a real good turnout with a very strong field in

the 122 lb class (300) made a

good pull of 320 lbs at our meet. Chip McCain

deadlifted for us, playing around with 715 lbs

and 750 lbs. He was a real good lifter and

help. I would also like to thank Pat for

judging. She had a sprained ankle but still came

to help. There were so many nice folks who

all I can hope this will be thanks enough. I real-

ly appreciate all of you. Last but not least,

thanks to my training partners, Gary, Bussey

and Jim Griffith, and the kids for all their help

and support before and during the meet.

Thanks to Jim Griffith for results.

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BOOK REVIEW...Weight Training for Cats...by Anthony Serafini, illustrated by Paul Meisel. Ballantine Books...\$4.95. Stroll into any bookstore you'll see shelves loaded down with dozens of weight training books by the latest heroes and heroines of the Iron Circuit, but, never before in the history of people and their pets has there been a volume printed to complement Prof. Serafini's tribute to 'Flex the Cat'. This is more than a well-chronicled account of the Iron Bug and how it bites cats. Every human is going to find a part of themselves revealed in between the lines of this fellow meanderer. There are 96 pages packed with exercise programs, dietary recommendations, philosophical ramblings, and of course the drawings...each one abounds with that attention to detail that could make even the most solemn lifter break into a smile. 'For Thought' was one of my favorite chapters and the 'Kitty Nutrition: Food For Thought' is the following great truth: Food is Nice, In- and Out of The Bag. The Basic Food Groups like we humans have, cats have five essential groups...Italian Food, Bakery Products, Seafood, Dessert, and Hors d'Oeuvres (this means nachos, hot dogs etc.) And the perfect food is CHOCOLATE. Lest you ingest too much of this recommended weight training program and is scientifically based on the principle that 'heat melts fat'...so find a sunny window sill and stretch out.

Once past that we hit 'The Legs: The Foundation of Cat Body Power'...of course each serious cat must do squats...instead of adjustable racks and the loading of plates, all the cat needs to do is crawl under the dresser and try to stand up for 3 sets of 10 reps. Serafini tells his cats that, 'if your legs are strong, you'll be strong all over. This will allow you to inflict great harm on those you sit in your chair.'

On to the Chest. Training and the most important exercise, the Bench Press...if you don't have a sturdy bench in your cat gym, at least three to four inches wide, then use an ironing board or a book, but make sure you remove your flea collar before you start. If you don't have a heavy bar you can substitute a bottle of wine, the 1/2 gallon size is recommended. Of course, you must remember to breathe properly, that is, ...unless you have fish breath which might offend your spotter. The greatest pitfall of Chest Training is the Overdeveloped Chest. These kitties can't stand up because their legs can't support the massive weight of their pendulous paws. They usually wind up at the pound or are sold as bathmats.

The final advice to the cats of the world is that you must have a burning desire to lift...A desire stronger than the urge to nap...more powerful than the call of camp...a deep yearning to round off glancing, tanned muscle fiber. Desire may make you into the cat you were meant to be. Thanks to a special cat in Indiana for sending me this book. KATHY TUITE

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50/50.....Made from Book Cover Design

Best lifter (w/ret. R. Steinhauer, hvy. J. Drapal,

1st team: Sweep Left Health Cj; 2nd: Savannah

N. Carolina Class II Championships

Class	DL	SP	BP	DL	SP	BP
114	Bumpardier	305	185	335	265	465
115	K. K. Jones	300	180	330	260	460
116	B. Harris	330	225	425	330	530
117	B. Harris	430	320	425	415	615
118	B. Harris	375	255	465	375	575
119	B. Harris	375	255	465	375	575
120	B. Harris	375	255	465	375	575
121	B. Harris	375	255	465	375	575
122	B. Harris	375	255	465	375	575
123	B. Harris	375	255	465	375	575
124	B. Harris	375	255	465	375	575
125	B. Harris	375	255	465	375	575
126	B. Harris	375	255	465	375	575
127	B. Harris	375	255	465	375	575
128	B. Harris	375	255	465	375	575
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195	B. Harris	375	255	465	375	575
196	B. Harris	375	255	465	375	575
197	B. Harris	375	255	465	375	575
198	B. Harris	375	255	465	375	575
199	B. Harris	375	255	465	375	575
200	B. Harris	375	255	465	375	575

Western Plains Open

Class	DL	SP	BP	DL	SP	BP
1	R. Steinhauer	375	265	480	375	580
2	R. Steinhauer	375	265	480	375	580
3	R. Steinhauer	375	265	480	375	580
4	R. Steinhauer	375	265	480	375	580
5	R. Steinhauer	375	265	480	375	580
6	R. Steinhauer	375	265	480	375	580
7	R. Steinhauer	375	265	480	375	580
8	R. Steinhauer	375	265	480	375	580
9	R. Steinhauer	375	265	480	375	580
10	R. Steinhauer	375	265	480	375	580
11	R. Steinhauer	375	265	480	375	580
12	R. Steinhauer	375	265	480	375	580
13	R. Steinhauer	375	265	480	375	580
14	R. Steinhauer	375	265	480	375	580
15	R. Steinhauer	375	265	480	375	580
16	R. Steinhauer	375	265	480	375	580
17	R. Steinhauer	375	265	480	375	580
18	R. Steinhauer	375	265	480	375	580
19	R. Steinhauer	375	265	480	375	580
20	R. Steinhauer	375	265	480	375	580
21	R. Steinhauer	375	265	480	375	580
22	R. Steinhauer	375	265	480	375	580
23	R. Steinhauer	375	265	480	375	580
24	R. Steinhauer	375	265	480	375	580
25	R. Steinhauer	375	265	480	375	580
26	R. Steinhauer	375	265	480	375	580
27	R. Steinhauer	375	265	480	375	580
28	R. Steinhauer	375	265	480	375	580
29	R. Steinhauer	375	265	480	375	580
30	R. Steinhauer	375	265	480	375	580
31	R. Steinhauer	375	265	480	375	580
32	R. Steinhauer	375	265	480	375	580
33	R. Steinhauer	375	265	480	375	580
34	R. Steinhauer	375	265	480	375	580
35	R. Steinhauer	375	265	480	375	580
36	R. Steinhauer	375	265	480	375	580
37	R. Steinhauer	375	265	480	375	580
38	R. Steinhauer	375	265	480	375	580
39	R. Steinhauer	375	265	480	375	580
40	R. Steinhauer	375	265	480	375	580
41	R. Steinhauer	375	265	480	375	580
42	R. Steinhauer	375	265	480	375	580
43	R. Steinhauer	375	265	480	375	580
44	R. Steinhauer	375	265	480	375	580
45	R. Steinhauer	375	265	480	375	580
46	R. Steinhauer	375	265	480	375	580
47	R. Steinhauer	375	265	480	375	580
48	R. Steinhauer	375	265	480	375	580
49	R. Steinhauer	375	265	480	375	580
50	R. Steinhauer	375	265	480	375	580
51	R. Steinhauer	375	265	480	375	580
52	R. Steinhauer	375	265	480	375	580
53	R. Steinhauer	375	265	480	375	580
54	R. Steinhauer	375	265	480	375	580
55	R. Steinhauer	375	265	480	375	580
56	R. Steinhauer	375	265			

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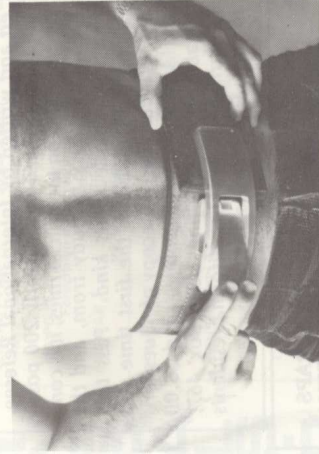
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Tennessee Record... a 75 squat at 275 by John Newell, Mike Smith photo

Tennessee Record... a 75 squat at 275 by John Newell, Mike Smith photo

Southeastern Open, Novice Master and Women - 8/6/83

Murreledoro, TN

775- 410 700 1885
665 460 650 1775
550 350 500 1425
135 530* 135 800

D. Arnold 135 530* 135 800

C. Davis 660 410 665 1735

T. Hudson 600 400 630 1630

Best lifter: Lvt. C. Allor; hvy: Johnny Langston

* State record; Team winners: Tennessee

Power: Thanks to Tony Hicks for results.

Senior Postal Prison Meet

7/31/83 - MCI Norfolk Ma

114 135 105 200 440

L. Lanigan 135 105 200 440

M. Westbrock 215 240 300 755

F. Woodard 300 175 330 825

J. Cardoza 270 200 325 795

375 360 385 1020

R. Whitman 295 270 405 1020

T. Little 155 190 225 570

485 560 665 1110

D. McConaugh 350 270 375 975

J. Silva 535 310 580 1425

J. Govea 455 300 500 1255

R. Farnkoff 440 240 450 1130

R. Cobb 425 230 425 1080

W. Arnold 425 205 450 1080

L. Bennett 370 295 475 1125

D. Boydton 375 290 440 1105

480 395 475 1350

J. Gaffney 530 270 475 1275

S. Brown* 540 410 540 1480

S. Jones 540 340 600 1480

R. Apostol 600 405 630 1635

* outside guest lifter... handicapped lifter (leg

Champions: Bob Ortrando, Ray Healy, Neal

Dec-champs and Rocky Killea for good judging.

Also thanks to Skip Silva, Jim Kouroumba,

and loading. Special thanks to all outside

participants. Thanks to James Gaffney for

results.

Champion Gym

8/13/83 - Key West, FL

405 245 425 1075

Closed Bench Press meet

100 Miza 290

WOMEN 95 T. Ane 290

95 T. Carr 181

V. Snow 70

L. Thompson 70

R. Stockton 280

230 E. Cavanaugh 265

R. Bluestone 230 190

200 E. Lopez 410

148 Rosales 320

L. Campo 300 SHW

C. Rivas 225 W. Cunch 350

J. Peterson 160 D. Wilson 275

705 475 680 1860

600 410 575 1585

Meet director: Axel Ubahnik. Thanks to John

J. Tidmore 320 540

Women's Power Day VIII

8/27/83 - Clearfield, Pa

160 95 200 455

7 Trump 160 95 200 455

L. Headwonic 235 125 240 600

C. Cardelli 235 110 245 590

C. Bogdanick 35 35 230 479

G. Zimovich 170 85 215 414

58 Katsukubo 47.5 27.5 50 125

B. Falconio 220 115 290 625

M. Hasabe 210 110 245 565

Y. Nomura 105 95 230 490

67.5 58 K. Kato 225 115 275 615

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M. Inoue 70 37.5 100 207.5

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M. Inoue 70 37.5 100 207.5

67.5 58 K. Kato 225 115 275 615

Japan High School Championships

7 Aug 83, Saitama Prefecture (kilo)

48kg 47.5 25 55 122.5

H. Kai 47.5 25 55 122.5

S. Koyama 47.5 27.5 65 140

N. Iwasaki 45 22.5 70 137.5

H. Kanai 30 30 70 130

G. Kanakubo 47.5 27.5 50 125

M. Saito 52.5 30 75 157.5

M. Hasabe 50 30 70 150

Y. Nomura 50 25 60 135

67.5 58 K. Kato 70 37.5 100 207.5

67.5 58 K. Kato 70 37.5 100 207.5

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POWER HOTLINE

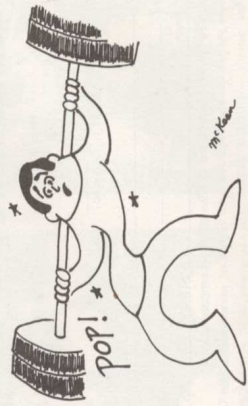
POWER HOTLINE is a companion publication to POWERLIFTING USA. It is published twice each month, at the beginning and middle of the month, and it is sent via FIRST CLASS MAIL to each recipient. POWERLIFTING USA is sent out under a 2nd Class Mailing Permit, and delivery can take 3-4 times as long, compared to 1st Class mail. Furthermore, layout and printing lead time requirements add more time between the happening of news and your receipt of information about it in POWERLIFTING USA.

POWER HOTLINE is designed to be the most current information source on Powerlifting available. Stories that happen the day we publish the newsletter can be included in that very issue, printed, and on its way to you the same day! For example, in the August 31st issue of POWER HOTLINE, we had a complete and thorough review of the media blitzkrieg on the Pan Am Drug Scandal, including the several television programs that featured powerlifting personalities discussing the issue. PLUS...late news on the European Powerlifting front...like Kenny Matsson's training lifts of 815 540 760, AND the news on the new magazine published by Don Crain, Ricky Dale Crain's father...PLUS what Kazmaier's REAL training lifts were prior to the Seniors, how Roger Estep is hitting near 2,000 in the gym while training for bodybuilding and the contest he plans to debut in, PLUS...how Bob Chrosniak will be back sooner than you think from his injury at the Seniors (he squatted 890 in training prior to the meet!) and how his teammate Rick Weil is handling well over 500 in the bench in training. In the September 15th issue of POWER HOTLINE, the World Masters was covered, plus the report of another tragic death of a top Finnish powerlifter, details of a new line of supplements that will supposedly have 60-80% the effect of anabolic steroids, Larry Pacifico's early plans for the 1984 Seniors (he hopes to have even more impressive awards than the last Dayton meet in 1982), PLUS how Fred Hatfield is in line to be Editor in Chief of a NEW Weider publication, details of the latest mid-dleweight deadlift sensation, who pulled a 722! And that's just a small sample of the late breaking news that you will find in each issue of POWER HOTLINE.

If you subscribe to POWER HOTLINE right now, you can depend on getting the fastest, most consistent flash reporting of major Powerlifting news anywhere, including the all World Championships for the next year, all our U.S. National Championships, all the big lifting records that are broken, all the inside news on political developments in the sport, and much, much more. There are no advertisements in POWER HOTLINE, it is filled up only with late breaking news.

Okay, what does this cost? The regular price for a one year, 24 issue, subscription to POWER HOTLINE is \$28.00. BUT, we are offering a special offer for a limited time of \$24.00 for a one year subscription (a savings of \$4.00) for all orders (U.S. and Canada only) postmarked no later than **October 31st, 1983**. Get your order in before that deadline and you will get the POWER HOTLINE flash bulletin covering the World Powerlifting Championships in Gothenburg, Sweden. Send in your order today (and make checks payable to) POWERLIFTING USA, Box 3238 (Hotline), Camarillo, CA 93031. SUBSCRIBE NOW!

Attention Lifters and Officials. It has come to our attention that at the recent World Masters Championships that an official through his interpretation of the IPF rulebook did not allow lifters who had webbing in their SuperSuit or SuperSuit II to lift until such webbing was removed. This since has been clarified and the current IPF Technical Committee has acknowledged that the suit is perfectly legal in its present configuration. This is also verified by the past Technical Committee Chairman that it was approved in June of 1982 before this suit went into production. An amendment to clarify this particular part of the rulebook as it relates to lifting suits and to prevent such incidents from happening again is forthcoming from the IPF Technical Committee and the old Bostrom, of Sweden. This is presently in effect and SuperSuit and SuperSuit II in its present configuration with this webbing that protects the seam will be and is currently permitted for lifters to use in the course of competition. Any further clarification of this matter should be referred to Arnold Bostrom, Technical Committee Chairman, Secretary of IPF and/or the Marathon distributing Company.



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FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MEET, CLUB, SCHOOL, GYM RECORDS; ANY KIND OF RECORDS. SEND TO FOR THE RECORD, BOX 467, CAMARILLO, CA 93011.

Records	Alaska	ADPPA National Meet Records	Delaware State Meet	W. Virginia State	Philippine Records (kg)	German Records (kg)	I.P.F. WORLD Europe
114 SQ	345 B. Sanders	385 G. Hunnicutt	235 R. Grotki	507 C. Dumbar	114 SQ	145 S. Del Rosario	214 N. Corpuz
BP	215 B. Sanders	264 G. Hunnicutt	180 R. Grotki	314 C. Dumbar	BP	77 A. Taguilaba	126 N. Corpuz
DL	450 B. Sanders	391 P. Gennaro	300 R. Grotki	467 C. Dumbar	DL	183.5 A. Taguilaba	146.5 J. Cunha
123 SQ	305 E. Negron	462 R. Lech	325 J. Hadan	460 C. Dumbar	123 SQ	145 S. Del Rosario	286 N. Corpuz
BP	209 VanDriessche	308 F. Higgins	240 R. Zorhall	495 C. Dumbar	BP	77.5 E. Borromeo	153 R. Smith
DL	340 E. Negron	457 R. Lech	440 R. Conkell	430 C. Hall	DL	172.5 R. Borromeo	107.5 H. Westerhold
132 SQ	400 E. Negron	1184 R. Lech	995 R. Conkell	120 C. Dumbar	DL	392.5 R. Borromeo	190 G. H'schmidt
BP	226 B. Sanders	341 R. Peil	348 D. Palmateer	120 C. Dumbar	BP	161 L. Esteves	479 R. Smith
DL	462 B. Sanders	501 J. Sviba	435 P. Griffith	120 C. Dumbar	DL	128 G. Icks	225 J. Robinson
140 SQ	307 J. Dawson	1251 A. Covington	1070 P. Griffith	1189 D. Palmateer	DL	179 R. Borromeo	210 G. Icks
BP	214 D. Sherwood	357 C. Wright	460 G. Dominielli	545 P. Sutphin	BP	115 A. Toledo	210 G. Icks
DL	575 W. Walker	402 G. Herring	341 P. Sutphin	341 P. Sutphin	DL	137.5 W. Schellch	341 A. Simons
156 SQ	351 B. Como	623 G. Herring	525 W. Jones	605 J. Wilson	DL	450 F. Miranda	194.5 R. Rineva
BP	338 B. Takala	402 G. Herring	360 W. Jones	380 D. Bee	BP	115.5 R. Dio	152.5 B. Backhaus
DL	575 W. Walker	655 G. Herring	545 H. Gregg	661 B. Brown	DL	226.5 R. Dio	260 Radachinsky
181 SQ	540 B. Como	1449 T. G. Herring	535 M. DeSigue	705 P. Sutphin	DL	340 R. Dio	310 Radachinsky
BP	358 L. Gordon	369 R. Kobetz	390 E. Northshield	402 C. Drennen	DL	179 R. Borromeo	177.5 M. Stamm
DL	555 C. Chaney	1647 R. Kobetz	677 R. Kobetz	1750 P. Sutphin	DL	201 H. Gallantia	302.5 M. Stamm
196 SQ	380 B. Como	644 J. Caputo	1390 M. DeSigue	1750 P. Sutphin	DL	487.5 H. Gallantia	280 M. Stamm
BP	338 B. Takala	429 T. Kelly	425 D. Meyer	469 R. Estep	BP	190 P. Merino	305 M. Stamm
DL	575 W. Walker	703 J. Craft	640 E. Smith	685 R. Estep	DL	204 P. Merino	302.5 M. Stamm
220 SQ	650 R. Robinson	1695 G. Hogan	1944 R. Estep	1944 R. Estep	DL	490 P. Herino	805 M. Stamm
BP	440 R. Stopp	429 T. Kelly	680 T. Battles	705 B. Russell	BP	110 P. Moran	325 Szafiranski
DL	610 S. Wojlajak	821 J. Kuc	490 M. Wolf	490 M. Wolf	DL	190 P. Moran	200 Hiresler
242 SQ	578 R. Gilles	722 J. Kuc	1840 T. Bostrom	1876 B. Russell	DL	190 P. Moran	200 Hiresler
BP	345 D. Minard	429 M. Peak	610 S. Cifleno	826 S. Warman	DL	199.5 G. Navarro	320 A. Luciano
DL	425 E. Rider	1741 A. Garritano	650 S. Cifleno	501 R. Scott	DL	113 G. Navarro	325 G. Navarro
275 SQ	575 R. Bider	1962 J. Kuc	640 S. Cifleno	771 S. Warman	DL	190.5 G. Navarro	325 G. Navarro
BP	355 E. Rider	429 M. Peak	600 S. Cifleno	808 S. Warman	DL	502.5 G. Navarro	822.5 A. Luciano
DL	425 E. Rider	672 B. Gillespie	400 A. Winterbottom	400 A. Winterbottom	DL	240 J. Sebastian	212.5 K. Kuzuo
SHW SQ	385 B. Winchester	777 E. Cooper	620 A. Winterbottom	920 Fitzsimmons	DL	240 J. Sebastian	330 H. Muller
BP	410 B. Winchester	694 M. Hall	640 M. Hall	875 L. Iams	SHW SQ	565 J. Sebastian	840 H. Muller
DL	610 B. Winchester	1923 L. Barrett	655 M. Hall	722 L. Coe	DL	190 P. Moran	335 F. Beece

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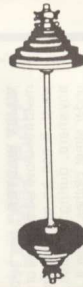


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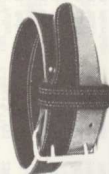
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Table of Tennessee State Championships results for 25/26 Feb 83. Columns include athlete names, events, and scores.

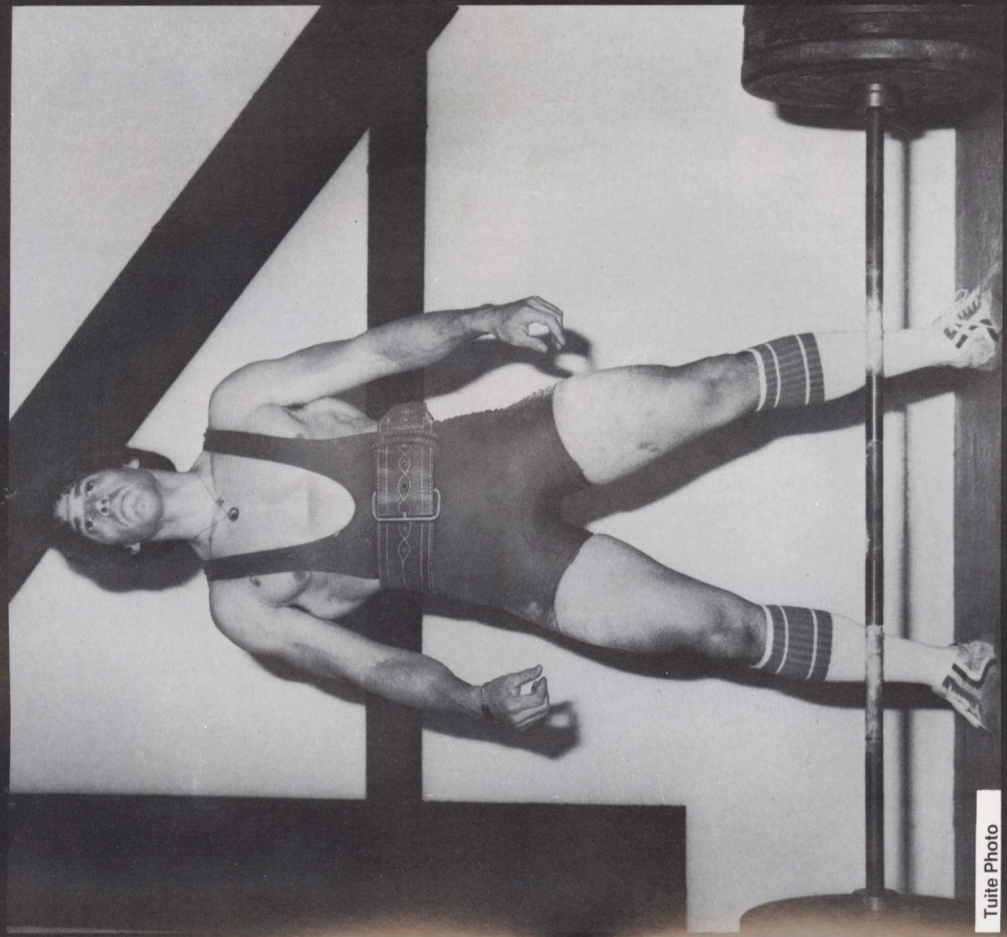
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15 OCT Individual and Open Class III... 15 OCT Individual and Open Class II... 15 OCT Individual and Open Class I... 15 OCT Individual and Open Class II...

8 JAN Curl Contest (male and female)... 14/15 JAN Region II Collegiate Championships... 21 JAN Class II IV meet... 28 JAN Women's National...



Tuite Photo

Dr. Ken E. Leistner - noted powerlifting authority

"In an effort to maintain my objectivity, and fairly analyze all products that may be of benefit to those engaged in the sport of powerlifting, I have steadfastly refused to endorse any one particular product. Through the years, I have commented positively on those products and particular brand names that I thought reflected quality, craftsmanship, and durability, but never before had I consented to lend my name to a commercial endeavor connected to the sport.

I have been so impressed with the Titan Suit that I agreed to associate my name to the use of this suit. There are a number of good lifting suits offered to the men and women of the sport, and each individual has to find what suits him or her best, but it is my honest opinion that Titan offers the lifter the most value for the money, and a supportive suit that reflects the highest standard of quality. Its performance in highest levels of competition, for both men and women, has been outstanding, and I am pleased to be among the many fine lifters lending my name to such a first class product.

"I'm never going to set any powerlifting records, but if I could, it would be done in a Titan Suit."

Dr. Ken E. Leistner

Dr. Ken E. Leistner

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ed to return to normalcy. The first week he lost 17 pounds. He reversed the routine and did many reps. He spent many hours in the gym and in one week, he trained 81 hours and once trained 23 hours in two days. He lost 106 pounds in 11 weeks and 218 pounds in 32 weeks. He finally dropped to a bodyweight of 187 pounds with no ill effects whatever. He trained 6 to 7 days a week and used 19 different exercises daily in his routine.

The following are Bruce's weights and measurements during his climb up to and descent from gigantism: 203 lbs. Jan 3, 1953, arm: 16 1/4, chest 45, waist 31, thigh 23, calf 16, 401 lbs. Aug 2, 1955, arm 23 1/8, chest 61 3/4, waist 58 1/2, thigh 35 1/4, calf 22 1/8, 187 lbs. Mar 20, 1956, arm 17 1/4, chest 49, waist 29, thigh 24 3/4, calf 17.

The reader will note that Bruce's waist went from 58 1/2 to 29 with no stretch marks or other ill effects left. What was left was an amazing 20 inches of taper with a 49 chest and a 29 waist.

Bruce continued to bodybuild. He achieved a solid weight of 220 and won the 1959 Mr. Universe contest. Since then he has continued to concentrate his efforts on many fantastic endeavors. He has written dozens of articles for Strength and Health, Iron Man and Muscular Development on the science of weight training and other various subjects including an outstanding anti-drug series for Muscular Development entitled the 'Dianabol Decade.'

He also became the weight train-

ing coach for ABC's Superstars TV competition, strength coach for the Washington Redskins and now travels about the country giving lectures as a representative for Diversified Products.

This author has attended two of Bruce's lectures and have found Bruce one of the most considerate and informative of all weight training experts.

In an article which this author used as a reference Bruce stated that his training philosophies were: 1. Ask and ye shall receive and 2. The Lord helps those that help themselves. This would seem to be a healthier and more prosperous philosophy than that of many of today's lifters.

To those who are strength determined and training philosophies will never be forgotten.

1. Strength and Health Magazine
2. Iron Magazine, Nov-Dec 1962

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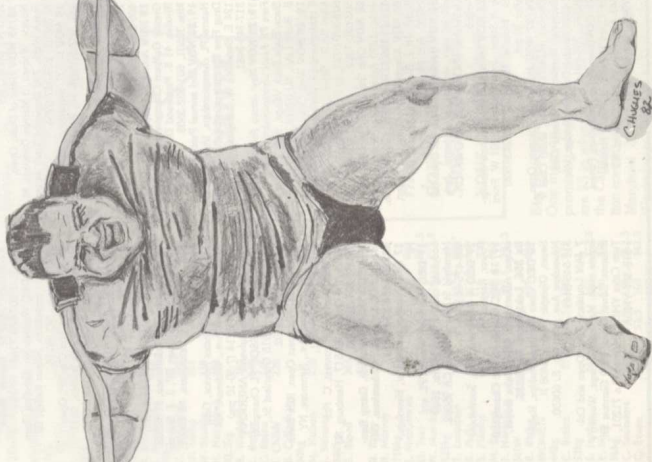
PIONEERS of POWER

by Pete Vuono

Leg training was always a problem for Bruce because of a bicycle accident. This accident caused Bruce to break his leg in seven places, five in the ankle, one in the calf and one in the thigh. Because of this, squatting was difficult. The first time that Bruce tried one, he could not come up with 190!

When he weighed 245 he tried a 300 pound squat and made it with absolutely no squat training. When he weighed 280 he succeeded with training on the squat performed. Bruce seemed to have discovered a method of increasing his squat without even working it. Every so often Bruce would try a squat as his weight increased and he would always be successful with a personal record. Bruce went from a failure with 190 at 203 bodyweight to a success with 680 at 355 without ever once having to train on the squat.

The secret key to his success was that Bruce happened to be the first to discover a powerlifting principle which is widely used even today. This principle is that the good morning exercise increases the squat automatically. Bruce did practice the



Within six weeks after starting he weighed 225, but he still had two months to go before the start of the season so he decided to continue his weight increase. Thus his bodyweight rose to 250 with the aid of diet and night training. However, as he gained he started to think more about weight training and less about football.

One of Bruce's superiors, Chief Walter Mezier, persuaded Bruce to forget football and concentrate on powerlifting, and concentrate he did. Bruce's training philosophy was that increased bodyweight meant increased strength.

Bruce went from 203 pounds to 342 in 14 months. His training consisted of a few limited movements. He did 45 degree incline presses, the decline press and the bench press. He would use a weight that he could handle five reps with and work on it until he could do 8 reps. He would then increase the weight 10 to 15 pounds and start again with 5 reps. He did 3 sets in all movements.