

BODYARMOR.

ESPECIALLY FOR POWERLIFTERS FROM PACIFICO ENTERPRISES



Powerlifting USA

VOL.7
NO.6
JAN/84
\$2.95

INABA...10 Times a World Champion

the **WORLDS**
from **SWEDEN**

the body armor every powerlifter needs for serious training and competition results. The Super Suit features an exclusive 5-way weave for unparalleled body support with a size range to fit all weight classes. ORDER NOW and receive a free pair of Super Wrap II or Super Wrap III.

SUPER SUIT I \$28.00 (natural, white only)
SUPER SUIT II \$36.00 (black, blue, red, white, yellow, blue, green, black)
BOB'S POWER BELTS meet all reputation standards for durability and safety. Each stress point is individually reinforced with nylon cord stitching and the buckle is secured to the leather with steel rivets.

Please give your size.
Double-thickness SUEDE \$69.00 (only one)
Double-thickness LEATHER \$60.00
Single-thickness LEATHER \$30.00

POWER POSTERS 1 POWER ELITE is a handsome full color, 17" x 22" glossy poster depicting the "elite" of the sport, highlighting its history from Bob Peoples to Mike Bridges. **2** LARRY PACIFICO. Here's 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** (add 25¢ for postage and handling).

| QTY. | ITEM DESCRIPTION | COLOR | SIZE | PRICE |
|------|------------------|-------|------|-------|
| | | | | \$ |
| | | | | \$ |
| | | | | \$ |

Please send check or money order.

Ohio residents only, please add sales tax.
*Add postage & handling \$
Total amount enclosed \$

*Add 10% P&H surcharge mail outside the U.S.A. For airmail add 20%.

PRINT NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

PACIFICO ENTERPRISES
P.O. Box 122 N.R. Dayton, Ohio 45414

Satisfaction guaranteed. ALLOW ONE WEEK FOR DELIVERY
— C.O.D. ORDERS ACCEPTED. DIAL 513-898-7245

GRAND NATIONAL FITNESS SUPPLIES

BY

BEVERLY INTERNATIONAL
The Ultimate Competitor Pak

| | | |
|---|-------------|---------|
| One A & B Complex (total essential vitamins) | 10,000 I.U. | 200% |
| Vitamin D (1000 IU) | 1000 I.U. | 100% |
| Vitamin E (1000 IU) | 1000 I.U. | 100% |
| Vitamin B1 (Thiamine 100 mg) | 100 mg | 19,900% |
| Vitamin B2 (Riboflavin 100 mg) | 100 mg | 15,600% |
| Vitamin B3 (Niacin 100 mg) | 100 mg | 1,500% |
| Vitamin B5 (Pantoic Acid 100 mg) | 100 mg | 275% |
| Vitamin B6 (Pyridoxine 100 mg) | 100 mg | 175% |
| Vitamin B12 (Cyanocobalamin 100 mcg) | 100 mcg | 100% |
| Calcium Phosphate | 300 mg | 100% |
| Iron | 300 mg | 100% |
| Chromium | 300 mg | 100% |
| Vanillin | 300 mg | 100% |
| Free Amino Acids (L-Alanine, L-Arginine, L-Asparagine, L-Aspartic Acid, L-Glutamic Acid, L-Glutamine, L-Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Phenylalanine, L-Proline, L-Serine, L-Threonine, L-Tyrosine, L-Valine) | 300 mg | 100% |
| Hydroxy-L-Proline | 300 mg | 100% |
| Hydroxy-L-Isoleucine | 300 mg | 100% |
| Hydroxy-L-Valine | 300 mg | 100% |
| Hydroxy-L-Tyrosine | 300 mg | 100% |
| Hydroxy-L-Phenylalanine | 300 mg | 100% |
| Hydroxy-L-Asparagine | 300 mg | 100% |
| Hydroxy-L-Aspartic Acid | 300 mg | 100% |
| Hydroxy-L-Glutamic Acid | 300 mg | 100% |
| Hydroxy-L-Glutamine | 300 mg | 100% |
| Hydroxy-L-Isoleucine | 300 mg | 100% |
| Hydroxy-L-Leucine | 300 mg | 100% |
| Hydroxy-L-Lysine | 300 mg | 100% |
| Hydroxy-L-Methionine | 300 mg | 100% |
| Hydroxy-L-Proline | 300 mg | 100% |
| Hydroxy-L-Serine | 300 mg | 100% |
| Hydroxy-L-Threonine | 300 mg | 100% |
| Hydroxy-L-Tyrosine | 300 mg | 100% |
| Hydroxy-L-Valine | 300 mg | 100% |
| Hydroxy-L-Asparagine | 300 mg | 100% |
| Hydroxy-L-Aspartic Acid | 300 mg | 100% |
| Hydroxy-L-Glutamic Acid | 300 mg | 100% |
| Hydroxy-L-Glutamine | 300 mg | 100% |
| Hydroxy-L-Isoleucine | 300 mg | 100% |
| Hydroxy-L-Leucine | 300 mg | 100% |
| Hydroxy-L-Lysine | 300 mg | 100% |
| Hydroxy-L-Methionine | 300 mg | 100% |
| Hydroxy-L-Proline | 300 mg | 100% |
| Hydroxy-L-Serine | 300 mg | 100% |
| Hydroxy-L-Threonine | 300 mg | 100% |
| Hydroxy-L-Tyrosine | 300 mg | 100% |
| Hydroxy-L-Valine | 300 mg | 100% |

OTHER BEVERLY INTERNATIONAL PRODUCTS • PERSONALIZED TRAINING PROGRAM

ULTRA PAK.....(30 DAY) \$24.00
 SUPER PAK.....(30 DAY) \$19.00
 MULTI PAK.....(30 DAY) \$17.00
 GYM PAK.....(30 DAY) \$12.50
 MS. PAK.....(30 DAY) \$13.00
 MS. POWER PAK.....(30 DAY) \$17.00
 ULTRA LIVER 29 GRAIN \$17.00

PROTEIN

SIZE PROTEIN 4 LB.....\$16.50
 100% EGG 2 LB. 2 OZ.....\$18.50

THE ULTIMATE COMPETITOR PAK
 30 DAY \$28.50

Our personalized training programs are hand written to insure you that your program was designed just for you. Please include:

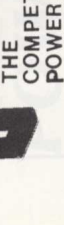
- Your Age,
- Your Height,
- Your Weight,
- Your best Squat, Bench and Deadlift.

4 PAGE HAND WRITTEN \$9.00 PERSONALIZED PROGRAM

Provide a full head to toe picture for our Anatomical Analysis and what goals you have for your training.

ACCESSORIES

BOB'S CUSTOM BELTS \$75.00
 4" TRAINING BELTS
 6" TRAINING BELTS
 SUPER WRAP II \$8ea..2/15..3/21
 SUPER WRAP III \$8ea..2/15..3/21
 SMELLING SALTS \$3.25ea..2/\$5.00
 LIFTING STRAPS \$5.50
 CHALK 1LB/8b1ks \$8.75
 SUPER SUIT II \$35.00



BEVERLY INTERNATIONAL
 24901 Carol Lane, Laguna Hills, CA 92653

OPENING NATIONAL FITNESS SUPPLIES

BY **Jon Muir and WORLD CHAMPION**
 WITH **MULTIPLE WORLD RECORDS**
JERRY JONES



OLYMPIC 400 LB or 180 kilo set \$409.00
OLYMPIC 310 LB or 140 kilo set \$359.00

* All other YORK Products at similarly reduced prices.

THE FAMOUS OLYMPUS WEIGHT EQUIPMENT • SUPER HEAVY DUTY GYM EQUIPMENT ALSO AVAILABLE FOR HOME USE • WE WILL DO CUSTOM EQUIPMENT TO SPECIFICATIONS

OLYMPUS HEAVY DUTY GYM STYLE EQUIPMENT

THE COMPETITION POWER BENCH PRESS \$129.00

OLYMPUS

- CURL STAND seated.....\$ 99.00
- POWER RACK heavy duty wall mount or free standing..\$245.00
- SQUAT RACKS super duty and adjustable.....\$ 90.00
- WALL MOUNTED LAT MACHINE with floor pulley or free standing.....\$179.00
- FLOOR PULLEY.....\$239.00
- DIPPING BARS wall mounted or free standing.....\$190.00
- SEATED CALF MACHINE.....\$119.00
- LEG PRESS wall mounted or free standing.....\$229.00



SHOP BY MAIL OR PHONE

Send Check or Money Order To; (ADD \$1.50 FOR SHIPPING-HANDLING)

NATIONAL FITNESS SUPPLIES
 P.O. BOX 23270
 MINNEAPOLIS, MINNESOTA, 55423

ALL YORK OLYMPUS EQUIPMENT SHIPPED FOB

Phone 1-612-861-2866 [MINNESOTA RESIDENTS ADD 9% SALES TAX]

If you have any questions on further prices or wish a more complete brochure or just want to B.S. call.

Fantastic
Product



UNIPRO
BRAND

PEAK PERFORMANCE CARBOPLEX™

ULTIMATE CARBOHYDRATE FOR POWER

TASTELESS • ORDERLESS
MIXES INSTANTLY • NO BLENDER REQUIRED
NO SUGAR, FAT OR CHOLESTEROL
LESS THAN 0.01% SODIUM

INGREDIENTS: Granulated medium length complex carbohydrates extracted from grains. Approx. 3.9 Cal/g
SUGGESTED USE: As a dietary supplement of natural carbohydrate for adults. Take 1/2 to two cups of CARBOPLEX™ twice a day or as recommended by a professional trainer. 436 calories per 8 oz. cup.
DIRECTIONS: Slowly blend CARBOPLEX™ into 8 ounces of water, orange juice or milk. If desired, flavoring may be added.

- The optimum carbohydrate for athletes.
- Allows maximum glycogen storage for longer and more intense training.
- Ideal for increasing calorie intake or CARBOHYDRATE LOADING.
- Slowly digested to provide long-term energy release.
- Will not cause intestinal upset or hypoglycemia.
- Primary driver of amino acids into muscle cells.

MIXES EASILY WITHOUT BLENDER

ORDER FROM:
MIKE MACDONALD SYSTEMS
15 N. Lake Ave.
Duluth, MN 55802
(218) 727-8847

Call me if you wish.
COD orders accepted with
cash or money order required.

Add \$2.00 handling
2.2 pounds - \$12.50
Call or write me for quantity breaks

Powerlifting-U S A

Post Office Box 467
Camarillo, CA 93011

EDITOR-IN-CHIEF
INTERNATIONAL EDITOR
FEATURE EDITOR
TRAINING EDITOR
RESEARCH EDITOR
SUBSCRIPTION SERVICES
GRAPHICSLAYOUT
STATISTICIAN
PUBLISHER

Mike Lambert
Andy Kerr
Dr. Ken Leistner
Ron Fernando
Dr. Tom McLaughlin
Jean Lambert
Diane Littlell
Herk Glosbrenner
Mike Lambert

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$21 per year. The office of publication is 1568 DAPPLE AVENUE, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010

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

Subscription rates: (US funds only)
USA & Canada, 1 yr.\$21.00 US
USA & Canada, 2 yr.\$39.50 US
First Class Mail, 1 yr.\$36.00
Foreign, surface mail.\$28.00 US
Foreign, air mail.\$50.00 US

ATTENTION: In order to conform to newsstand convention regarding magazine cover dates we are advancing the cover date on PL USA one month. Thus the new January issue of the November edition, however our mailing schedule remains the same and no one will miss an issue of the publication.

CONTENTS

Volume 7, Number 6
January, 1984

WORLD CHAMPIONSHIP REPORT...Mike Lambert....6
NATIONAL MASTERS REPORT.....Mike Lambert.....13
WORKOUT OF THE MONTH.....Jaska Parviainen.....17
SPORTS MEDICINE.....Richard Herrick, MD.....18
I.O.C BANNED SUBSTANCE LIST.....20
WOMEN'S CORNER.....Ruthi Shafer.....20
MESSAGE FROM PRESIDENT....Dr. Conrad Cotter....21
CLASSIFICATION AWARD APPLICATION.....21
POLICE/FIREFIGHTERS NATIONALS..Larry Pacifico..24
INJURY PROOFING.....Tom McLaughlin, PhD.....26
PRE-WORKOUT CONSIDERATIONS...Don Pfeiffer.....30
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....33
QUESTION & ANSWER.....Roger Estep.....33
TOP 100 LIGHTHEAVIES.....E. Jean Lambert.....37
WHO'S WHO IN POWERLIFTING...Mike Lambert...61
PRESIDENT'S CHRISTMAS MESSAGE..Conrad Cotter..64
CLASSIFIED ADS.....77
1984 U.S.P.F. REGISTRATION APPLICATION.....77
NATIONAL MEET QUALIFYING TOTALS.....77
COMING EVENTS.....79
PIONEERS OF POWERLIFTING.....Pete Vuono.....80

© 1983 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

ON THE COVER...10 times a Champion, Hideaki Inaba
NEXT MONTH....Free Weights versus Machines!, Jeff Everson addresses the question with the TWIN STUDY!

POWERLIFTING USA advertising rates available upon your request.

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

YES!

SIGN ME UP!
 NEW

Check one:
 RENEWAL

Address Change
 Address Change

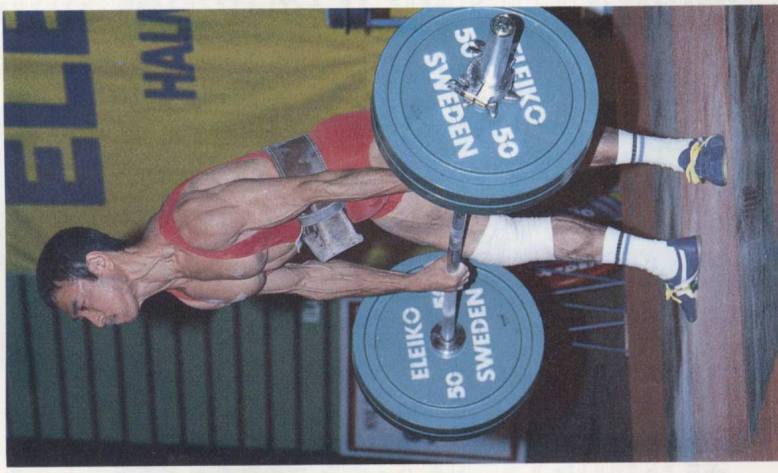
Name _____
Address _____
City _____ State _____ Zip _____

\$21.00 for 12 monthly issues, 2 yrs. - \$39.50

Payable to 'POWERLIFTING USA', Box 467, Camarillo, California 93011

1983 WORLD POWERLIFTING CHAMPIONSHIPS

by Powerlifting USA Editor, Mike Lambert



Hideaki Inaba, the winningest lifter in the sport of Powerlifting also demonstrated how to be one of it's most gracious and noble sportsmen.

The World Powerlifting Championships of 1983, the 13th such meeting in the history of our sport, was held on a platform built above an ice rink at the Scandinavium, a huge and modern sports and concert facility, near the center of Gothenburg, Sweden on November 10th through 13th. The second largest city in Sweden, and on the western sea coast, Gothenburg proved to be a pleasant blend of the modern world and the old world that most of the visitors had little trouble dealing with.

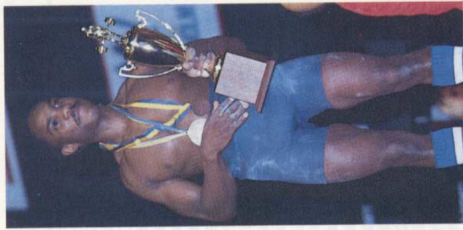
The official meet lodgings were at the Hotel Opalen, which was only a short walk from the meet site, and although the temperature did drop below freezing a few days, it was not a hardship to "tugge" the short overcast with clouds upon the arrival of the USA contingent, after a few days the sun did shine beautifully. Thankfully, the winter snows had not yet started. The land itself is heavily forested, and the coast dotted with thousands of odd-shaped islets and small lakes. The airport and freeways were nearly efficient, and the roadways were, naturally, liberally populated with Saabs, Volvos, and many German made cars. The citizenry of Gothenburg seemed to have a much better idea that winter was coming than the lifters, most of whom were seen parading around t-shirts, while the locals were bundled up in boots, anklewarmers, heavy jackets, thick sweaters, knit mufflers, upturned collars, and lightly pulled down caps. The Swedish people seemed quite tall on average, very healthy, with a bit less of the reserve we noticed among our German hosts in Munich at the last World meet. Of course, blond hair and blue eyes are quite the commonplace thing among both men and women of this nation.

The Championships themselves were extremely well-organized and came off beautifully. The Organizing Committee consisted of Leo Andersson, Ove Erikson, and Erik Uddebom, all of the Göteborgs Tyngdlyftningsförbund (Gothenburg Weightlifting Federation), Willy Candemyr of the Swedish Weightlifting Federation, and Arnold Boström of the International Powerlifting Federation (Secretary). Leo was a saint, going way out of his way to accommodate a multitude of requests (some of them quite far out), and spent most of the nights arranging things for the next day, getting very little sleep in the process. Ove, of course, lifted (very well) in addition to his duties of helping out those in need, especially with his excellent English speaking ability. Mr. Uddebom was an excellent lifter from Sweden's past, who did some jovial announcing of several of the sessions, and he possessed a pair of eyebrows even bushier than the renowned pair sported by England's Gen Elmore, the IFF Treasurer. Mr. Candemyr calmly directed the Swedish team efforts, where they ended up with their highest team finish ever, and if the USA boys had

States, and Inaba had essentially no close competition. Obviously, he need no one to push him, however, and to top off a splendid career (which may in fact go on for years to come) he decided to forego the opportunity of setting another world record in the total with his final deadlift, and bumped that attempt up a 1/2 kilo increment for a 4th attempt. The only successful world record attempt of setting another world record list for this lift, where it had been displaced by his countryman, Watanabe, for some time.

Lehtonen had a super day, just edging MacVicar of Canada, whose unique style in all 3 lifts was noted by many. Shighi was one of the many improved Indian lifters, who entered a full 10 man team this time.

In the 123's, the United States was not supposed to have an entry, but a week or so before the championships somebody heard a rumor that Lamar Gant had decided to drop down from the 132's, where he won his Senior National title. Of course, he's just one notch less dominant than



Lamar Gant, right behind Inaba with the 9th World Championship consecutive victory of his career.



Goran...Goran!...to the chants of his countrymen in the stands, Hennrysson pulled the winning deadlift at 60 kilos with little difficulty.

presentation. The staff of the Scandinavium were models of efficiency, with marshals everywhere to make sure that people didn't go where they shouldn't, and the facilities for the press were very accommodating.

NBC, utilizing one of their own cameras and several other cameras from Swedish television (Tommy, another of the men behind the scenes of the championship, deserves the credit for arranging production of the Swedish television signal, which was a key to getting NBC to pay for the rights to the competition) taped the entire championships and did thorough interviews with all the top competitors. Most of the well known announcers, Paul Page and football great Dave Rowe. Producer Ginny Seppi hopes to put together two half hour programs, covering most of the heavier classes for an air date that we will try to announce with enough prior notice so you can make plans to watch. There is talk that NBC may pick up both the Men's and Women's Worlds in 1984.

Now, on to the *Wardmasterskap* (which is how the Swedes, with the addition of a few umlauts, call the World Championship) lifting itself.

In the history of strength sports, there has never been a 10 time World Champion, that is, until the closing of the competition in the 114 lb. division of this World Championship event, when Hideaki Inaba triumphantly strode the winners stand to accept his first place award, as a Deca-Champion. Larry Pacifico, America's most productive World Champion, strove for this goal with all his energy, but fate conspired to stop him from making that final, tenth, step. Now Lamar Gant, with his 9th title in hand, is following those same footsteps, but the only man to be able to say he was the first to do it is Hideaki Inaba of Japan. Some thought that Inaba might be at his most vulnerable this year, what with his previous difficulty in making the weight limit for the class, etc. and with the closing challenge of Americans Joe Cunha and veteran Chuck Dunbar, but our best did not compete this year for the United

a look at Hideaki Inaba's TEN consecutive World Championship victories

| | | | | |
|------|-----|-----|-----|------|
| 1974 | 430 | 231 | 485 | 1146 |
| 1975 | 451 | 225 | 485 | 1162 |
| 1976 | 462 | 231 | 473 | 1166 |
| 1977 | 440 | 242 | 473 | 1157 |
| 1978 | 473 | 259 | 485 | 1217 |
| 1979 | 485 | 264 | 496 | 1245 |
| 1980 | 507 | 259 | 485 | 1251 |
| 1981 | 507 | 259 | 473 | 1234 |
| 1982 | 496 | 242 | 479 | 1218 |
| 1983 | 496 | 253 | 496 | 1246 |

Ten years of rock solid record breaking, and most significantly, winning performances in the ultimate contest the world has to offer a lifter.

magically for each weight class, and they were ably directed by the platform omnipresence of Brian Smith. They had an excellent electronic scoreboard that displayed the lifter, the weight, and the time left. A veritable array of details involved in putting this kind of competition together as well as handling the matters that arose out of the International Powerlifting Federation Congress held the day before the Championships began. It wasn't just the five in-charge girls in Eleiko (one of the major sponsors) t-shirts manning the large and very visible scoreboard, leading the introductions of the competitors, etc. and it seemed like a complete fresh shift of spotters appeared

magically for each weight class, and they were ably directed by the platform omnipresence of Brian Smith. They had an excellent electronic scoreboard that displayed the lifter, the weight, and the time left. A veritable array of details involved in putting this kind of competition together as well as handling the matters that arose out of the International Powerlifting Federation Congress held the day before the Championships began. It wasn't just the five in-charge girls in Eleiko (one of the major sponsors) t-shirts manning the large and very visible scoreboard, leading the introductions of the competitors, etc. and it seemed like a complete fresh shift of spotters appeared

magically for each weight class, and they were ably directed by the platform omnipresence of Brian Smith. They had an excellent electronic scoreboard that displayed the lifter, the weight, and the time left. A veritable array of details involved in putting this kind of competition together as well as handling the matters that arose out of the International Powerlifting Federation Congress held the day before the Championships began. It wasn't just the five in-charge girls in Eleiko (one of the major sponsors) t-shirts manning the large and very visible scoreboard, leading the introductions of the competitors, etc. and it seemed like a complete fresh shift of spotters appeared

magically for each weight class, and they were ably directed by the platform omnipresence of Brian Smith. They had an excellent electronic scoreboard that displayed the lifter, the weight, and the time left. A veritable array of details involved in putting this kind of competition together as well as handling the matters that arose out of the International Powerlifting Federation Congress held the day before the Championships began. It wasn't just the five in-charge girls in Eleiko (one of the major sponsors) t-shirts manning the large and very visible scoreboard, leading the introductions of the competitors, etc. and it seemed like a complete fresh shift of spotters appeared

ScoreCard

World Powerlifting Championships November 10-13, 1983 Gothenburg, Sweden

| 52kg | Bwt | SQ1 | SQ2 | SQ3 | BP1 | BP2 | BP3 | Sub | DL1 | DL2 | DL3 | Total |
|------------------|------|-----|-----|-----|-----|-----|-----|------|-----|-----|------|-------|
| H. Inaba(Jap) | 51.9 | 496 | 516 | 529 | 242 | 253 | 253 | 749 | 473 | 496 | 513* | 1246 |
| R. Lehtonen(Fin) | 52.0 | 374 | 391 | 423 | 253 | 278 | 278 | 644 | 396 | 418 | 446 | 1091 |
| MacVicar(Can) | 51.8 | 423 | 424 | 429 | 242 | 242 | 240 | 699 | 385 | 396 | 396 | 1086 |
| B. B. Singh(Ind) | 52.0 | 429 | 440 | 440 | 242 | 242 | 240 | 672 | 396 | 402 | 402 | 1058 |
| J. Maxwell(GB) | 50.5 | 352 | 374 | 380 | 181 | 192 | 192 | 573 | 396 | 429 | 429 | 1003 |
| T. Dassen(Hol) | 51.0 | 341 | 369 | 363 | 176 | 176 | 187 | 556 | 363 | 385 | 396 | 959 |
| C. Oliveira(Bra) | 51.0 | 286 | 300 | 336 | 165 | 176 | 187 | 485 | 363 | 385 | 396 | 870 |
| J. Mandl(Aut) | 52.0 | 286 | 303 | 314 | 154 | 165 | 165 | 468 | 341 | 358 | 369 | 837 |
| L. Ganti(USA) | 56.0 | 440 | 462 | 462 | 248 | 264 | 275 | 727 | 507 | 540 | 540 | 1267 |
| N. Bahro(GB) | 55.9 | 473 | 490 | 496 | 264 | 275 | 275 | 755 | 440 | 462 | 462 | 1195 |
| H. Isagawa(Jap) | 55.8 | 418 | 440 | 440 | 300 | 308 | 319 | 749 | 440 | 468 | 468 | 1189 |
| L. Flyborg(Swe) | 55.6 | 407 | 440 | 451 | 242 | 253 | 253 | 683 | 429 | 457 | 479 | 1140 |
| S. Kamath(Ind) | 55.6 | 396 | 418 | 429 | 242 | 242 | 253 | 672 | 418 | 440 | 462 | 1135 |
| D. Darmat(Indo) | 56.0 | 396 | 418 | 424 | 286 | 300 | 300 | 683 | 418 | 440 | 440 | 1102 |
| K. Ojalehto(Fin) | 55.1 | 396 | 418 | 424 | 237 | 248 | 253 | 644 | 418 | 440 | 451 | 1085 |
| Fayre(Fr) | 55.6 | 385 | 407 | 418 | 214 | 225 | 225 | 622 | 462 | 485 | 485 | 1085 |
| J. Almeida(Bra) | 55.8 | 352 | 374 | 396 | 209 | 220 | 231 | 617 | 429 | 462 | 485 | 1079 |
| P. Joseph(Ind) | 56.0 | 462 | 462 | 462 | 209 | 220 | 231 | 617 | 429 | 462 | 485 | 1079 |
| Hennysson(Swe) | 59.4 | 507 | 529 | 551 | 264 | 292 | 303 | 832 | 473 | 501 | 512 | 1333 |
| L. Defaria(USA) | 59.6 | 396 | 429 | 446 | 264 | 275 | 281 | 710 | 529 | 556 | 567 | 1278 |
| VanWemmel(Bel) | 59.8 | 462 | 479 | 496 | 309 | 309 | 320 | 699 | 507 | 556 | 584 | 1207 |
| P. Stringer(GB) | 56.0 | 440 | 462 | 485 | 281 | 292 | 303 | 788 | 385 | 407 | 418 | 1196 |
| Shvapsad(Ind) | 59.0 | 418 | 451 | 451 | 209 | 220 | 220 | 639 | 440 | 457 | 468 | 1107 |
| J. Bredalen(Nor) | 59.6 | 396 | 418 | 435 | 209 | 220 | 220 | 639 | 440 | 462 | 473 | 1102 |
| P. Lux(WG) | 59.6 | 396 | 396 | 396 | 275 | 286 | 292 | 688 | 374 | 407 | 429 | 1096 |
| Mackintosh(Aus) | 59.6 | 352 | 374 | 385 | 198 | 214 | 231 | 589 | 402 | 429 | 446 | 1035 |
| B. Wahl(US) | 67.5 | 600 | 633 | 650 | 297 | 308 | 314 | 948 | 584 | 606 | 622 | 1554 |
| S. Nentis(Swe) | 67.1 | 567 | 595 | 595 | 286 | 300 | 300 | 854 | 578 | 622 | 622 | 1477 |
| E. Pengelly(GB) | 67.4 | 551 | 567 | 578 | 308 | 323 | 336 | 892 | 562 | 584 | 628 | 1477 |
| L. Pedrazzi(Swi) | 67.0 | 507 | 529 | 540 | 264 | 275 | 281 | 804 | 584 | 617 | 628 | 1421 |
| J. Itoh(Jap) | 65.9 | 518 | 540 | 556 | 303 | 314 | 319 | 876 | 584 | 617 | 628 | 1416 |
| C. Theys(Bel) | 66.9 | 485 | 518 | 534 | 275 | 286 | 292 | 804 | 485 | 523 | 540 | 1328 |
| B. Holmsen(Nor) | 67.2 | 496 | 496 | 496 | 226 | 237 | 237 | 722 | 516 | 584 | 600 | 1306 |
| M. Pitkonen(Fin) | 67.2 | 451 | 473 | 485 | 226 | 237 | 237 | 722 | 516 | 584 | 600 | 1306 |
| W. Dornier(WG) | 66.7 | 473 | 496 | 496 | 286 | 297 | 297 | 760 | 473 | 490 | 501 | 1251 |
| A. Dorcia(Ind) | 63.4 | 418 | 440 | 451 | 231 | 253 | 264 | 694 | 462 | 485 | 485 | 1157 |
| B. Sharma(Ind) | 65.0 | 462 | 462 | 462 | 231 | 253 | 264 | 694 | 462 | 485 | 485 | 1157 |
| K. Elisson(Ind) | 67.2 | 462 | 462 | 462 | 231 | 253 | 264 | 694 | 462 | 485 | 485 | 1157 |
| R. Crain(USA) | 74.9 | 644 | 688 | 688 | 341 | 363 | 363 | 1008 | 672 | 722 | 722 | 1681 |
| S. Alexander(GB) | 74.7 | 573 | 606 | 617 | 363 | 380 | 391 | 997 | 617 | 639 | 661 | 1659 |
| J. Virtanen(Fin) | 74.6 | 606 | 628 | 639 | 352 | 363 | 369 | 1003 | 628 | 650 | 650 | 1653 |
| G. Waszkiel(Aus) | 74.9 | 617 | 633 | 644 | 303 | 314 | 325 | 970 | 584 | 606 | 606 | 1554 |
| G. Hansuld(Can) | 74.2 | 591 | 601 | 617 | 363 | 380 | 396 | 909 | 540 | 556 | 556 | 1449 |
| K. Skybak(Nor) | 73.5 | 540 | 540 | 578 | 286 | 303 | 308 | 821 | 551 | 594 | 617 | 1416 |
| S. Mergel(Swi) | 75.0 | 540 | 540 | 578 | 231 | 248 | 264 | 788 | 551 | 567 | 578 | 1355 |
| Y. Minnebois(Fr) | 73.7 | 507 | 529 | 540 | 286 | 297 | 297 | 826 | 507 | 529 | 540 | 1355 |
| E. Ueda(Jap) | 75.0 | 496 | 496 | 496 | 264 | 281 | 286 | 826 | 485 | 507 | 529 | 1355 |
| T. Ronny(Indo) | 71.9 | 440 | 479 | 496 | 264 | 281 | 286 | 760 | 440 | 468 | 468 | 1201 |
| A. Elend(Aut) | 73.1 | 507 | 529 | 551 | 264 | 264 | 264 | 694 | 440 | 468 | 468 | 1201 |
| S. Kumar(Ind) | 73.8 | 496 | 496 | 496 | 264 | 264 | 264 | 694 | 440 | 468 | 468 | 1201 |
| DIPasquale(Can) | 74.8 | 567 | 567 | 567 | 264 | 264 | 264 | 694 | 440 | 468 | 468 | 1201 |
| K. Johansen(Nor) | 75.0 | 628 | 628 | 628 | 264 | 264 | 264 | 694 | 440 | 468 | 468 | 1201 |
| B. Bridges(USA) | 78.4 | 650 | 688 | 710 | 402 | 446 | 457 | 1157 | 672 | 722 | 722 | 1780 |
| Augustsson(Swe) | 82.3 | 639 | 672 | 688 | 385 | 407 | 418 | 1097 | 594 | 617 | 617 | 1692 |
| J. Tahminen(Fin) | 82.3 | 584 | 611 | 628 | 402 | 413 | 413 | 1014 | 606 | 639 | 639 | 1652 |
| H. Malmelin(Fin) | 82.0 | 573 | 609 | 600 | 369 | 380 | 380 | 959 | 601 | 628 | 633 | 1614 |
| L. Backlund(Swi) | 81.9 | 594 | 617 | 617 | 402 | 413 | 413 | 1014 | 606 | 639 | 639 | 1614 |
| Edwards(Nor) | 87.4 | 594 | 617 | 628 | 341 | 352 | 363 | 981 | 594 | 622 | 622 | 1603 |
| R. Specchia(Swi) | 81.8 | 529 | 559 | 578 | 363 | 385 | 396 | 942 | 584 | 600 | 617 | 1559 |

82.5kg
 * world record

lifting suit for the first time at this championship and it really threw his balance off with 396 in the squat. In fact, he came very close to bombing. Heinz said that without the balance problem he would have squatted 440, and he predicts that next year he will challenge the 600 kilo mark.

After 3 classes where the winner was in little doubt to the class where we now came to a class where there seemed to be no doubt that there would be a tussle for 1st. Nentis, who had done well at 75 kg earlier this year, dropped down to defend his 67.5 kg title won in the Olympic Basketball hall in Munich last year. Eddie Bengtsson of Great Britain had shown many times the strength to win the world title, with only the right combination of attempts standing in his way. The US entry was a man untested in World Championship competition, Bob Wahl of Toledo, Oh. After the first few attempts in the squat, the issue became very clear. Nentis was not the same man who won last year. He crashed to the floor with 595 and seemed to be injured, but it apparently was only a cramp, but Wahl went on to grind up 633 and 650 in the same rigorously steady fashion as he lifted at the USA Seniors, with the latter poundage being turned down for some unobvious violation. Pengelly did not seem as strong as before, but was making most of what he tried. Nentis fell off most of the bench, where he apparently is suffering, some lingering injury, aggravated by his weight loss, while Wahl continued to cruise at flank speed with his eyes focused on one thing - victory. For Bob, the deadlifts were anti-climactic, he had it won, but for Nentis it was a serious matter, as he had to reach down and pull a big 622 to keep Pengelly out of 2nd. Luigi Pedrazzi was very impressive in winning 4th in Switzerland. He simply continues to improve, year after year. Itoh of Japan, former World Games lifter and famous for his shaved head, (he did bring his toupee for non-sporting appearances, however) sported some monstrous legs in this higher weight class, and had an excellent day of lifting. Elisson of Iceland never got a chance to show his stuff, as he was injured in the warmups before even taking an attempt on platform.

In the Middleweights, Rickey Dale title, and did so with little trouble, despite a few missed attempts in the deadlift, he gave the USA coaching staff a scary moment when his opener wasn't passed, possibly because he did hold it long enough for the signal. Then he returned to rip up the 672 and finish it right for a success, after which he gave the crowd a rousing left and right hand ed, fist brandishing, salute. He jumped to an official World Record of 722 on his final lift, but it did not rise from the platform. Of course, with the Sumo style he employs it is hard to know just how close the lift was. It should be pointed out that he did 733 in a contest back in the states just a few days before lifting 170.

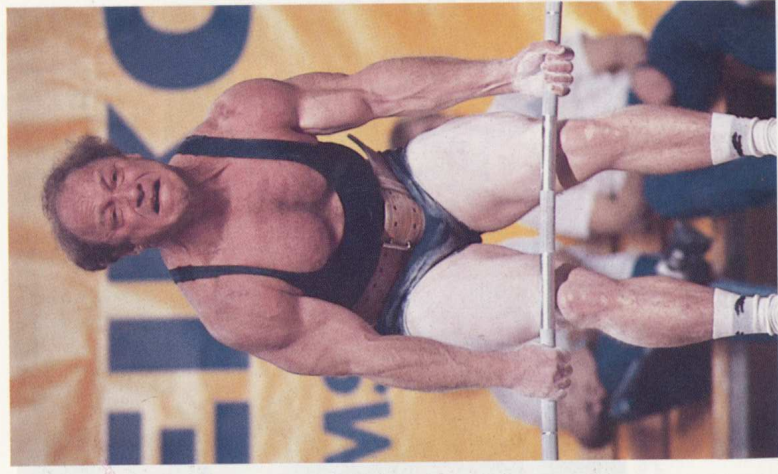
The real action was between 1981 World Champion, Steve Alexander, and perhaps the Finn's favorite lifter of the meet, Jarmo Vranen. Both men were very close at sub total, and fought it out in the deadlifts. In the midst of all the action, a long delay suddenly "happened" reminding me of the instance in India where Ron Collins ended up getting 6 attempts in the squat. I'm not sure to whom the benefit this was, as both lifters got the same amount of rest. When he had to, Alexander answered the demands of the moment by delivering on a big 661 deadlift to nab second away from the awesome young Finlander. Glenn Waszkiel was right with the pack up until the deadlifts, but after them the only room left for him was in 4th place. Hansuld followed him up over a somewhat tentative Kjell Skybak, who took the World Masters title in Canada 2 months earlier and is over 50 years of age. Mauro DiPasquale brought his wife and children over for the event, spending several thousand dollars in the course of doing so, and then had the misfortune to bomb in the squat with 567 after handling as much as 690 in training. Later it was learned that he may have been rolling the bar down his back unconsciously during his attempts, as he came up with the lifts easily and depth did not seem to be the issue. Of course, the referees are not allowed to mention the cause of disqualification to a lifter during the course of a competition, and they held strictly to this ruling throughout the contest. This is a policy that has mystified many competitors, particularly here in the United States, but I did hear an interesting explanation of the original motive for the ruling, which may or may not be accurate, but it does, at least, add some logic to the discussion. In World competition, any lifter who does not understand English will be at a disadvantage compared to lifters who do handle English with little difficulty. If referees explained infractions in that language (or any other language other than that of the lifter's native tongue). So, the reasoning went, if we can't be fair to all lifters in an international event in explaining violations, in terms of their native tongue, we shouldn't explain such things to any of them in any language. By the way, Kjell Johansen of Norway, looked like a great lifter, but he could not get a squat passed either. As a further by the way, Mauro is now Chairman of the IPF Medical Committee and promises to publish a much needed book on drug testing in the future, to eliminate much of the confusion that presently exists regarding the matter. This meet was a parently one lifter out of the top three in each class selected at random, along with another selected at random from the remaining competitors in the division. I assume that Inaba was tested to validate his world record as well. 4 Americans were among those tested. The initial results were to be available one week after the competition, and final word on the results provided within a

other Superheavyweight lifters in the world, and there was thus a very large crowd in attendance for this final lifting session (I believe 10,000 tickets were sold over the 4 days of the Championships, and 3,000 or so were present on the final day).

Things haven't quite been the same for Bill since his disastrous pec injury, resulting from bar bend event at the World's Strongest Man event in New Jersey a few years ago, but, as his lifting at the Seniors showed, he was on a strong comeback roll. Strong that is, until 2 weeks before the World meet, when another upper body disaster struck. After working up to a 575 single in training, Bill severely strained his rotator cuff attachments in the shoulder opposite his pec tear, and in his final workout he could only manage a very painful 400x3 in the bench. He consulted with top medical men in his area and their answer to him was "don't lift", but he decided to go for it anyway. It's my opinion after a few years of observation that Bill has always had a bit of ambivalence about being a "Big Man", a spectacle of sorts; he's wondered aloud sometimes if all the training, pain, and discipline are really worth it. It is reported that during the television interviews conducted prior to the meet by NBC he indicated plans to retire after the competition. At any rate, with his benching power a big question mark, wondering if winning was worth it, while at the same time never want-



Samuli Kivi, after holding off the challenge of America's Steve Wilson, the proud Swede basked in the cheers of his joyous countrymen



Dr. Fred Hatfield finally put it all together. After all the years of frustration, a World Championship, but the massive Joe Laidner, less than a year from Fred's age, served international notice that this desire for a World title will not be delayed for long.

tonal heroes, much like our professional athletes, with post-lifting inter-receptions from the media, etc. and great receptions from the audience. After the benches, Conny was out of the running for 1st, but things were just getting started for Dr. Fred Hatfield and the young man who beat him for our Senior National title, Joe Laidner. Both missed their 3x3s in the squat, but Fred couldn't lock out an out of position 490 bench on either try. Meanwhile, Joe cruised through 3 easy attempts in that lift. In the deadlifts, Joe's opener was solid, which forced Fred to a good 738, but two vein-bursting tries with 744 by Joe seemed to hang up out front. Fred missed a meaningless 749 and proudly accepted the close, bodyweight victory. Joe was in bodybuilding shape, with veins and definition jumping out all over his body. If he goes 242, I don't know where he'll put an extra 22 pounds. Fred was also in great shape physiologically, with the heavy bodybuilding he has done to recuperate from his numerous shoulder surgeries and injuries being very evident.

At 242 Steve Wilson was taking advantage of a hard-earned shot at the World title and seemed very confident of averaging many years of the frustration. Perhaps all of the Americans discounted the name Samuli Kivi, known to us only as a bombout in last year's meet. However, Kivi backed up his rough-hewn flamboyance and arms spread salutes to the crowd by tossing very respectable weights around in all 3 disciplines. At submax, they were very close, and Kivi was lighter. Thus, Steve opened light in the deadlift and watched what the Swede would do. Picking his spot, Steve jumped back in at 749, a good solid attempt, but Kivi came back with a success at 755 that had the crowd roaring and him in the lead. Then came a hard decision. Steve had to try a weight high enough so that Kivi couldn't do 2.5 kilos more, but not so high that he couldn't make the lift himself. 771 was the package chosen, and the crowd, who really appreciated Steve's huge biceps, sensed the importance of the moment. Steve started the bar off the floor slowly, stiff legged, but it kept inching upward, farther and farther, until he stopped and did his best to throw his shoulders back. It looked to me like he knew he just couldn't pull it up anymore, so he locked back where he was in hopes that the judges would pass it. It was very close, as the one white light verifies, but the lift was missed and Steve ended up in 2nd. Dave Schneider pointed out that it's the third year in a row that a USA lifter has missed the World title at 242, and, coincidentally, all of the victims have been from Black's Health World team. We'll never know if Kivi could have pulled the 777 he put down as his 3rd and final attempt. Rather than take it, he simply came out, saluted the crowd, and returned to the backstage warmup area. He had already won.

The Old Man beat the Young Man... many were glad to see Dr. Fred Hatfield finally put it all together. After all the years of frustration, a World Championship, but the massive Joe Laidner, less than a year from Fred's age, served international notice that this desire for a World title will not be delayed for long.

in the 275s, but John was gigantic and in formidable lifting form, and I doubted that it would be passed. When the same taped scene was later broadcast over Swedish television, shot by a camera right next to me, I watched it and it looked like a good attempt. Does video lie? By 837, unexpectedly because he had benched alone, and ace them all. Swedish as part of the evening fare. In the deadlift, he missed 777 for some unknown reason, and decided to pass his last try, since the issue in this class had been decided long before. John wanted to show that he was much better than the total he posted in winning last year, and he certainly did so. McGowan of Australia moved up .3 of a kilo in bodyweight and garnered a bronze by doing so. Nevanpaas was another possible challenger, but succumbed to judgments about his depth. Overall, I thought the judging in the meet was fine, however, in one class, the judges were admonished by the Jury to lighten up, and they may have overdone it in that situation. The Superheavies are always a major attraction, and Bill Kazmaier is always an attraction among the challenge John Gamble of the USA

bench and proved to be just so. Ove Eriksson also showed enormous power in taking the bronze. With his frame, one might look for him at 220 soon. Buddy Duke struggled most of the day, but hoped to make up for it in the deadlift. His opener was ultralight at 650, but time just about ran out on his 2nd attempt at 722, and he just didn't get set before having to pull. It went up halfway and stalled out. The next jump to 744 was too heavy, and with the quality of lifters in his division, the two misses put him way back in 6th place. The normally dominant Finns started a nosedive, teamwise, with the bombout of both Heppokangas and Peponen. They had a pre-meet drug screening procedure for their original that reportedly led to more than a few changes in team personnel, and hopefully some of the new faces will benefit from this World's experience.

The 220s had stacked up awesomely prior to the meet, but that was before we knew that Mattsson was going to to 198 (a splendid move when one considers the team goal to defeat Great Britain for 2nd position), and also before anyone knew that Tony Stevens would bomb with much less than he had been handling in recent competitions. True to Andy Kerr's word, Tony's physique was much improved, but 782 was simply too much for him to have started with, as the repeats got progressively worse.

The Old Man beat the Young Man... many were glad to see Dr. Fred Hatfield finally put it all together. After all the years of frustration, a World Championship, but the massive Joe Laidner, less than a year from Fred's age, served international notice that this desire for a World title will not be delayed for long.

That left the two Americans and veteran Conny Nilsson to battle it out. Nilsson, and most of the heavier Swedes (by the way, former World Record holder in the Bench Press at Superheavyweight, Lars Hellund, helped handle the Swedish team, but was not lifting, despite looking as big as ever) seem to be treated like ma-



Rickey Dale Crain,...a World Champion once again at middleweight.

The 198 class featured some of the better lifting of the entire competition. Like Nentis, Sweden's Kenneth Mattsson had lifted heavier much of the year, but when Kenny dropped down, he still retained a super amount of power and actually totaled only 17 pounds less than he did last year in winning the World Championship title in the 220 lb. class. All of his 8 successes on the platform were comfortably handled, with the exception of the 733 deadlift, which was too heavy for him by a few kilos. Lifting for Great Britain, Dave Caldwell looks like a tremendous prospect. His massive structure seemed ideal for the squats and



Kenneth Mattsson,...the Swedish strategy to double up in the 90 kilo division, proved very fruitful in the race for team points over Great Britain.

month. At the time of this writing, no word was available on any lifters from any nation, not passing the test. In the 181s, one of the biggest names of the sport, and one that is known well in Europe was present in the personage of Mike Bridges. Unfortunately, this meet was not to be one of his grandest successes. Just before leaving Texas, he reported coming down with what seemed to be a strep throat infection. Caution regarding the drug testing forced him to forego any medication for the ailment prior to lifting, and as his time to lift approached he was racked with bouts of vomiting, etc., which dropped his bodyweight far below the class limit, just like last year. In fact, he lifted much like he did last year, perhaps with a bit more strain on his final squat, and a lot more strain on his drained and dehydrated final deadlift attempt of 705. At that point, he was just glad that the whole thing was over. He has big plans for the future, however, lifting and businesswise, Augustsson, tattooed and compact, was enthusiastically



Mike Bridges,...put more than the usual amount of effort into this 705, but he couldn't finish it off. Even on an off day, he's the best in the World.

cheered by his countrymen, and showed real promise as a big squatter in the future. Jari Taitinen, a Finn who happens to live in Sweden, surprised himself into 3rd place, as he has a back injury and was just trying to ease through the lifting, hoping optimistically for a 5th or 6th place finish. Jari also helps out POWER HOTLINE with tidbits about what the

top European lifters are doing in training, etc. Veteran Lars Backlund had an off day, but some others in this class had fine days, including Canada's long and lean Dave Warner. Bruce Waddell had not trained since the Australian Championships, but got in a few workouts while in Sweden since the Aussie contingent arrived quite early, and de-



Women... were well represented in the meet, with Barbara Falconio (left) and Marian Goldstine (right) among the best competitors there.

Maldfield, of New York's Bellvale Barbarians, whose team took the championship title. Neither of them look over 40, by the way. Dick Burke had designs on out-totalling fellow septuagenarian, Henry Soudieres, but Henry surprised him, and as a result, they both did well.

The 1980s were a popular class, en-trywise, and top level lifting was provided by Ed Gilie, a cut to ribbons Dan Hamblert, youthful Leon Stinson in the next age group up, and J. B. Adams, who won the bronze medal in both the 1970 Senior and Junior National Championships at 165. Of course, with all the talent in this weight division, many other lifters did some fine lifting as well.



Below... Bill Decker pushes on a lifter.

National Masters CHAMPIONSHIPS

by Mike Lambert



Happy Day... British lifter, Terry Dangerfield had a spectacular meet.

This year's U.S.P.F. National Masters Championships were held in upstate New York and put together by Oscar Jensen. Many good comments about the meet were heard, though Oscar himself will tell you there were some problems, especially in getting all the equipment together on the first day when some of his scheduled help did not produce. (I understand Oscar let them have it in a subsequent newspaper account of the meet). Syracuse was a bit of a crazy place on one of the contest days, as that was the day of the Penn State versus Syracuse University football game, and those fans, the traffic, etc. were all a bit boisterous. (When will powerlifting get that kind of response from the public?) The meet site, a huge auditorium in downtown Syracuse, was more than adequate, with a curtain draped across the floor space to divide the warmup area from the two competition platforms. National Masters Chairman, Don Haley, was present and busy and at an impromptu meeting he held during a break in the competition the Master lifters themselves voted to go with a bid by Bob Edmanson in the Washington DC area for next year's National Masters Championships.

The entry list, as you can see from our lengthy ScoreCard of the meet, was quite large, leading some to mumble about qualifying totals in the future, but nothing was decided on that account. There was some outstanding lifting, and not only by the winners, as some of the improvement made by those who placed a few notches away from Number One was very admirable. The camaraderie among Masters lifters is probably the best of any segment of the Powerlifting population. They really enjoy themselves, and are walking advertisements for the benefits of weight training and fitness past the age of forty.

The women had their own division this year and justified it by lifting well. Minnie Roberts was astonishingly good. Here's a lifter that should be



Award Time... Meet Director Oscar Jensen presents 1st place to Jim Finch, who lifted very big himself.

awarded. Here's a lifter that should be...
 In 3rd was the ever witty and jovial Ray Rigby. Ray did not have a meet anything like his training, but the bronze was there for the taking and he did more than enough for that. Dupre of the Netherlands took the injured Coes DeVreugd's place, and had a close run with Germany's most muscular 276 pounders you will ever see.

With the clang of 848 pounds, the lifting of the 1983 World Championships ended. The USA won the Team trophy, and Inaba won the coveted Champion of Champions award. The Swedes showed that they really know how to put on a major competition and they should be remembered for their excellent work in years to come. 11 new World Champions, 7 Americans among them, should also receive congratulations for their accomplishments. Congratulations too, to the coaches and supporters of all nations and on the American side to Coach Doyle and supporters of the 125 kilo division, from left to right: McCowan of Australia, Noren of Sweden, Sees of West Germany, Berg of Norway, Bralovs of Finland, and the eventual winner of the division, with his hand raised, John Gamble, USA.



KAZ, after missing one critical deadlift, he came back to gingerly replace this one on the platform and give the referee a visual judgment of his own. Kenady, and those who assisted the USA team: Bob Packer, Larry Pacifico, Chip McCain, Dave Keaggy, Dick and Stella Hermsk, Andy Magna, Ed Jubenville and many others who contributed.

What can we look forward to now? Well, Chip McCain was awarded the right to hold the 1984 Men's World Championships in Austin, Texas. Finland has put in a bid for 1985. Of course, the 1984 Women's Worlds will be in Los Angeles and there is a possibility that the 1985 meet will be held in conjunction with the World Games in London, England. The 1984 Junior World Championships has been bid on by Perth, Australia in September of next year, and they also entered the bid for the World Masters to be held at the same time. The IPF Congress even con-

| Final Team Standings | |
|----------------------|-----|
| USA..... | 107 |
| SWEDEN..... | 92 |
| GT. BRITAIN..... | 69 |
| FINLAND..... | 46 |
| NORWAY..... | 43 |
| JAPAN..... | 35 |
| CANADA..... | 30 |
| HOLLAND..... | 28 |
| W. GERMANY..... | 25 |
| INDIA..... | 25 |
| FRANCE..... | 23 |

silenced the whispers with a magnificent pull, but he started the crowd going again immediately by lowering the bar very slowly after getting the signal to return the bar to the floor, and at the bottom of the lift he directed a penetrating glare at the chief referee, which brought out another wave of roars from the crowd. Bill's lift was good, but it was not over for Andy. He was lighter man and needed to make up 22.5 kilo deficit, so 848 was called for. This is more than Andy has ever done, but not by much, and it was the perfect setting to squeeze out a few extra pounds on emotion alone. He started the lift well, but it slowed quickly. Despite that he pulled and pulled, but the bar seemed to get out in front of him and stall even worse around the knees. Finally, he had to put it down, but it was a great effort. Two years in a row, he has had the deadlift that could have won the World Superheavyweight title in his hands, and twice he has missed it. His persistent improvement should put him over the 1000 kilo mark before next year's championship. How many more years can he be denied this title?

In 3rd was the ever witty and jovial Ray Rigby. Ray did not have a meet anything like his training, but the bronze was there for the taking and he did more than enough for that. Dupre of the Netherlands took the injured Coes DeVreugd's place, and had a close run with Germany's most muscular 276 pounders you will ever see.

With the clang of 848 pounds, the lifting of the 1983 World Championships ended. The USA won the Team trophy, and Inaba won the coveted Champion of Champions award. The Swedes showed that they really know how to put on a major competition and they should be remembered for their excellent work in years to come. 11 new World Champions, 7 Americans among them, should also receive congratulations for their accomplishments. Congratulations too, to the coaches and supporters of all nations and on the American side to Coach Doyle and supporters of the 125 kilo division, from left to right: McCowan of Australia, Noren of Sweden, Sees of West Germany, Berg of Norway, Bralovs of Finland, and the eventual winner of the division, with his hand raised, John Gamble, USA.



755 squat, he's been thinking about for a good while. In the 40-44 age group, several lifters had a shot at the title, which Bob Hood defended on a last ditch deadlift attempt, which was a two to one miss until a referee

National Masters Championships October 15 & 16, 1983 Syracuse, NY

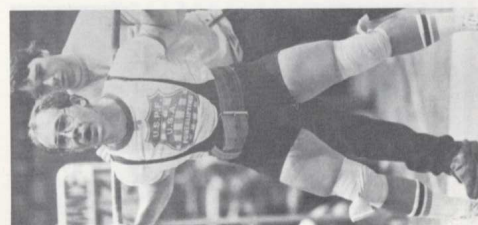
| Women | Bwt | SQ1 | SQ2 | SQ3 | BP1 | BP2 | BP3 | ST | DL1 | DL2 | DL3 | Total |
|---------------------|-----------------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|
| 48 kg. 40-49 | 45.5 | 231 | 253 | 257 | 121 | 137 | 143 | 396 | 242 | 270 | 292 | 688 |
| J. Gedney | 51.7 | 220 | 242 | 242 | 115 | 121 | 126 | 341 | 275 | 292 | 303 | 644 |
| B. Falconio | 50.7 | 203 | 214 | 214 | 104 | 115 | 121 | 336 | 264 | 286 | 303 | 639 |
| J.M. Goldstone | 56 kg. 40-49 | 53.9 | 132 | 148 | 159 | 60 | 74 | 209 | 154 | 159 | 187 | 396 |
| J.S. Roberts | 60-69 | 54.2 | 148 | 181 | 181 | 71 | 82 | 231 | 176 | 203 | 220 | 451 |
| J.M. Roberts | 60kg. 40-49 | 60 | 104 | 126 | 143 | 99 | 121 | 192 | 264 | 154 | 176 | 440 |
| H. Donarum | 75 kg. 40-49 | 75 | 281 | 303 | 344 | 110 | 121 | 424 | 286 | 308 | 349 | 733 |
| J.E. I. Trevorah | 90 kg. 40-49 | 191.3 | 325 | 352 | 374 | 93 | 104 | 146 | 297 | 314 | 325 | 782 |
| J.M. Trevithick | 195.7 | 264 | 292 | 363 | 110 | 126 | 132 | 424 | 270 | 292 | 368 | 716 |
| B. Burns | Men | 50.6 | 236 | 264 | 281 | 132 | 143 | 407 | 308 | 330 | 358 | 738 |
| 52 kg. 40-44 | 52.8 | 192 | 192 | 209 | 137 | 154 | 159 | 369 | 270 | 286 | 292 | 661 |
| T. Gennaro | 60 kg. 50-54 | 59.7 | 248 | 281 | 281 | 203 | 231 | 451 | 292 | 363 | --- | 815 |
| J.C. E. Lockard Jr. | 60-64 | 56.9 | 231 | 253 | 264 | 143 | 159 | 178 | 424 | 325 | 347 | 788 |
| J.O. J. Libertore | 60-64 | 67.5 | 540 | 578 | 600 | 314 | 336 | 341 | 942 | 562 | 600 | 1543 |
| J. Baumberger | 67.5 kg. 40-44 | 66.7 | 374 | 407 | 407 | 236 | 253 | 259 | 628 | 490 | 529 | 1157 |
| J. Finch | D. Larkin | 67.4 | 429 | 429 | 440 | 231 | 242 | 253 | 683 | 407 | 429 | 1113 |
| R. Greenwald | C. Bartlett | 65.1 | 225 | 248 | 248 | 214 | 225 | 231 | 437 | 270 | 286 | 760 |
| B. Sinclair | 64.8 | 248 | 259 | 275 | 181 | 192 | 192 | 440 | 275 | 297 | 314 | 735 |
| N. Mackay | J. Perez | 64.9 | 418 | 418 | 418 | 253 | 264 | 264 | 628 | 425 | --- | 1157 |
| 67.5 45-49 | 66.9 | 485 | 556 | 556 | 248 | 264 | 275 | 749 | 496 | 556 | --- | 1306 |
| L. Mintz | J. Wasson | 66.2 | 336 | 352 | 352 | 214 | 225 | 562 | 352 | 380 | 391 | 953 |
| 50-54 | 65.2 | 349 | 319 | 369 | 244 | 214 | 231 | 584 | 352 | 385 | 418 | 970 |
| H. Rome | J. Sutch | 63.5 | 248 | 264 | 275 | 159 | 170 | 176 | 440 | 352 | 369 | 821 |
| 55-59 | 67.0 | 176 | 214 | 220 | 192 | 209 | 209 | 413 | 275 | 303 | 309 | 716 |
| J. Morgan | J. Hubbard | 65.0 | 281 | 303 | 303 | 154 | 170 | 181 | 451 | 396 | 396 | 810 |
| R. Boucher | R. Boucher | 66.2 | 297 | 308 | 319 | 55 | --- | --- | 374 | 270 | 330 | 705 |
| 65-69 | 62.4 | 148 | 154 | 165 | 126 | 137 | 137 | 292 | 187 | 248 | 275 | 567 |
| J. Van Sise | T. Danglerfield | 159.3 | 529 | 562 | 578 | 303 | 314 | 325 | 903 | 562 | 588 | 1504 |
| 75 kg. 40-44 | 161.8 | 501 | 540 | 573 | 308 | 349 | 319 | 839 | 562 | 611 | 611 | 1471 |
| S. Shocket | R. Titus | 159.8 | 424 | 451 | 451 | 264 | 281 | 286 | 705 | 501 | 534 | 1262 |
| M. Casatelli | J.E. Angstrom | 165.2 | 446 | 468 | 485 | 242 | 264 | 264 | 733 | 501 | 529 | 1262 |
| J. Greenlow | R. Greenlow | 163.5 | 374 | 402 | 402 | 270 | 292 | 303 | 694 | 429 | 462 | 1157 |
| G. Coles | R. Beyer | 163.7 | 391 | 429 | 429 | 248 | 264 | 264 | 677 | 418 | --- | 1096 |
| R. Beyer | N. Kay | 162.5 | 380 | 402 | 402 | 203 | 214 | 225 | 628 | 385 | 402 | 1041 |
| 50-54 | 161.4 | 349 | 319 | 380 | 263 | --- | --- | --- | --- | --- | --- | --- |
| 60-64 | 163.7 | 473 | 523 | 545 | 225 | 253 | 259 | 782 | 451 | 501 | --- | 1284 |
| G. Crockett | C. Williamson | 160.3 | 380 | 402 | 402 | 248 | 259 | 270 | 672 | 451 | 462 | 1135 |
| M. Garry | D. Lovesque | 163.3 | 391 | 402 | 413 | 248 | 259 | 259 | 661 | 446 | 479 | 1107 |
| 55-59 | 161.5 | 374 | 374 | 385 | 220 | 231 | 231 | 595 | 496 | --- | --- | --- |
| 60-64 | 161.0 | 308 | 330 | 352 | 209 | 220 | 225 | 573 | 418 | 451 | 479 | 1025 |
| A. Montini | M. Davis | 162.7 | 275 | 308 | 336 | 275 | 303 | 308 | 611 | 248 | 281 | 936 |
| C. Buckley | C. Buckley | 162.0 | 259 | 259 | 292 | 143 | 154 | 159 | 413 | 325 | 341 | 766 |
| 65-69 | 157.9 | 286 | 308 | 325 | 154 | 165 | 181 | 490 | 352 | 380 | 402 | 892 |
| B. Decker | B. Brand | 156.3 | 275 | 303 | 303 | 159 | 170 | 176 | 451 | 363 | 380 | 832 |

and hoped for more than he got, but he trophied out in tough competition anyway. J. R. Sallinas looks like a super prospect, even as runner-up to Mills. Lee Gesbeck kicked himself for not entering on his arthritic elbows,

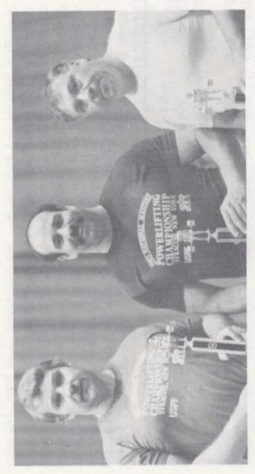
after Lange and North both bombed out of this age group, and veterans Coon, Neely, and Soudieres claimed victory in their age groups. Gene Kunitz made a best move of the contest, going 242 instead of 220, but that wasn't so evident until Lono started too high in the bench

and Bob Pleticha too high in the squat. Don Yabick had a good tug alone and used that back strength again to pull the 749 he needed to win over the bull-like Jerry Irvine, who later realized he took too much of a jump between his 2nd and 3rd deadlifts. Fellow Antzoman Marvin

| | | | | | | | | | |
|-----------------|-----------------|-------|-----|-----|-----|-----|-----|-----|------|
| 82.5 kg. 40-44 | 180.2 | 490 | 534 | --- | 903 | 545 | 573 | 573 | 1449 |
| J. Rouse | 181.7 | 325 | 358 | 380 | 639 | 374 | 424 | 440 | 1063 |
| V. Maldfield | 45-49 | 177.7 | 485 | 518 | 518 | 292 | 308 | --- | 1289 |
| T. Trevorah | 178.9 | 501 | 529 | 579 | 788 | 429 | 451 | 465 | 1240 |
| L. Baker | 179.2 | 402 | 451 | 473 | 705 | 402 | 451 | 485 | 1157 |
| R. Heinrich | 180.7 | 352 | 374 | 402 | 650 | 407 | 407 | --- | --- |
| J. Dundon | 176.6 | 467 | 424 | 424 | --- | --- | --- | --- | --- |
| E. Filscher | 50-54 | 178.3 | 429 | 451 | 473 | 253 | 270 | 286 | 744 |
| S. Fielder | R. Penna | 178.1 | 396 | 402 | --- | 225 | 253 | 275 | 655 |
| R. Penna | R. Monne | 179.3 | 330 | 358 | 369 | 230 | 220 | 231 | 578 |
| F. Monne | F. Simmons | 177.3 | 270 | 292 | 303 | 192 | 220 | 231 | 523 |
| R. Simmons | R. Spicher | 178.7 | 325 | 352 | 363 | 236 | 259 | 259 | 562 |
| F. Spicher | F. Peters | 177.6 | 281 | 281 | 292 | 159 | 176 | 176 | 440 |
| F. Peters | 55-59 | 179.2 | 396 | 424 | 435 | 209 | 220 | 231 | 666 |
| M. Nicholson | R. Bendel | 178.4 | 330 | 369 | --- | 248 | 264 | 270 | 595 |
| R. Bendel | 60-64 | 180.5 | 286 | 330 | 352 | 253 | 270 | 270 | 584 |
| I. Roy | 70-74 | 178.4 | 203 | 220 | 236 | 192 | 203 | 203 | 440 |
| W. Starling | D. Burke | 176.5 | 259 | 292 | 314 | 181 | 192 | 203 | 518 |
| D. Burke | D. David | 179.9 | 176 | 176 | 192 | 143 | 143 | 154 | 319 |
| D. David | C. Stevens | 176.1 | 132 | 143 | 176 | 104 | 115 | 121 | 292 |
| C. Stevens | 90 kg. 40-44 | 196.3 | 644 | 699 | --- | 407 | 424 | 440 | 1085 |
| E. Gillie | D. Hamblet | 196.7 | 551 | 600 | 622 | 374 | 380 | 402 | 1003 |
| D. Hamblet | R. Taylor | 197.2 | 551 | 600 | 630 | 374 | 402 | 402 | 1003 |
| R. Taylor | R. Hale | 195.9 | 523 | 567 | 589 | 374 | 385 | 396 | 975 |
| R. Hale | V. White | 195.9 | 462 | 501 | 529 | 352 | 363 | 374 | 964 |
| V. White | W. Patillo | 195.1 | 462 | 501 | 529 | 368 | 380 | 402 | 903 |
| W. Patillo | A. Barbee | 194.8 | 451 | 501 | 510 | 303 | 319 | 330 | 832 |
| A. Barbee | M. Scott | 194.8 | 451 | 501 | 510 | 281 | 308 | 308 | 810 |
| M. Scott | S. Bridges | 196.5 | 483 | 501 | 510 | 275 | 303 | 309 | 777 |
| S. Bridges | M. Magruder | 196.8 | 451 | 473 | 473 | 253 | 270 | 281 | 722 |
| M. Magruder | H. Rabiega | 193.3 | 424 | 424 | 424 | 303 | 319 | 330 | 727 |
| H. Rabiega | A. Putrello | 197.2 | 429 | 462 | 462 | 330 | 341 | 352 | 881 |
| A. Putrello | 45-49 | 197.6 | 551 | 584 | 606 | 303 | 325 | 336 | 909 |
| L. Stinson | J. Adams | 193.9 | 496 | 529 | 551 | 297 | 308 | 314 | 865 |
| J. Adams | I. Rummel | 197.7 | 501 | 540 | 540 | 270 | 270 | 270 | 771 |
| I. Rummel | H. Morgan | 196.9 | 402 | 462 | 473 | 281 | 303 | 308 | 782 |
| H. Morgan | D. Fincham | 190.3 | 385 | 418 | 446 | 253 | 270 | 270 | 632 |
| D. Fincham | W. Omundson | 190.5 | 385 | 418 | 446 | 253 | 270 | 270 | 632 |
| W. Omundson | B. Brissette | 197.5 | 319 | 341 | 352 | 220 | 236 | 236 | 562 |
| B. Brissette | L. Hopfe | 192.9 | 292 | 303 | 308 | 209 | 220 | 220 | 440 |
| L. Hopfe | F. Berger | 191.9 | 402 | 462 | 462 | 396 | 429 | 451 | 892 |
| F. Berger | C. Wuest | 183.7 | 330 | 358 | 374 | 220 | 236 | 236 | 595 |
| C. Wuest | 50-54 | 184.9 | 385 | 385 | 418 | 231 | 270 | 270 | 617 |
| R. Roberts | R. Barchard | 194.9 | 352 | 352 | 374 | 363 | 363 | 363 | 917 |
| R. Barchard | J. Leonardis | 197.7 | 380 | 380 | 420 | 303 | 314 | 325 | 782 |
| J. Leonardis | N. McCauley | 193.8 | 314 | 385 | 420 | 352 | 352 | 352 | 810 |
| N. McCauley | N. LoBue | 196.8 | 308 | 325 | 330 | 308 | 325 | 330 | 777 |
| N. LoBue | 60-64 | 191.9 | 407 | 429 | 446 | 308 | 325 | 330 | 777 |
| 65-69 | 192.2 | 303 | 330 | 341 | 203 | 214 | 220 | 220 | 562 |
| J. Kurpiel | I. Gwozdowski | 193.8 | 248 | 264 | 275 | 263 | 203 | 280 | 479 |
| I. Gwozdowski | 100 kg. 40-44 | 219.7 | 529 | 573 | 600 | 385 | 413 | 429 | 986 |
| R. Rood | G. Galder | 219.7 | 600 | 644 | 644 | 402 | 413 | 418 | 1019 |
| G. Galder | G. Zangas | 206.3 | 566 | 600 | 617 | 396 | 336 | 352 | 953 |
| G. Zangas | M. Lichtenstein | 207.7 | 589 | 617 | 644 | 380 | 396 | 402 | 1014 |
| M. Lichtenstein | K. Luckenbill | 207.8 | 534 | 573 | 600 | 314 | 336 | 413 | 909 |
| K. Luckenbill | J. Hagg | 207.5 | 501 | 540 | 573 | 407 | 407 | 424 | 947 |
| J. Hagg | W. Gardner | 204.6 | 501 | 540 | 540 | 319 | 341 | 364 | 881 |
| W. Gardner | R. Makarawicz | 214.6 | 540 | 540 | 540 | 363 | 374 | 374 | 1444 |
| R. Makarawicz | D. McCoy | 214.4 | 501 | 507 | 529 | 479 | 507 | 529 | 1399 |
| D. McCoy | V. Kaminsky | 214.4 | 501 | 529 | 529 | 341 | 358 | 363 | 870 |
| V. Kaminsky | B. Thompson | 212.8 | 512 | 512 | 512 | 512 | 512 | 512 | 512 |
| B. Thompson | | | | | | | | | |



Allen could not lock out a bench press. One of Arizona's and the World's Best, Jon Cole, was mentioned as an entry, but did not appear. After bombing last year, Ed Riley opened with extreme conservatism and added yet another trophy to his unrivaled collection and made some good friends among the other lifters present. Ed was 4th in the 1973 Seniors at SHW with lifts of 600 500 600 1700, by the way. A happy Supers winner was Terry Wallack, who was Al Siegel, who shared his weekend between the



At left, place winners in the 275s; Les Cheney (3rd), Joe Polivnale (1st), and Jerry Irvine of Arizona (2nd).

| | | | | | | | | | | | | |
|---------------|-------|-----|-----|-----|-----|-----|------|------|-----|-----|------|------|
| 100 kg. 45-49 | 217.1 | 705 | 738 | 755 | 451 | 451 | 468 | 1223 | 672 | 705 | 746 | 1929 |
| D. Mills | 216.8 | 564 | 584 | 644 | 314 | 325 | 325 | 909 | 529 | 562 | 562 | 1471 |
| J. Salinas | 213.8 | 518 | 562 | 584 | 273 | 286 | 297 | 848 | 501 | 516 | 529 | 1376 |
| J. Vernacchio | 220.0 | 473 | 473 | 512 | 303 | 314 | 325 | 768 | 507 | 595 | --- | 1255 |
| D. Starr | 204.8 | 374 | 402 | 424 | 275 | 292 | 292 | 716 | 374 | 402 | 424 | 1140 |
| R. Rosenfeld | 219.3 | 479 | 479 | 479 | --- | --- | --- | --- | --- | --- | --- | --- |
| T. Weidel | 205.3 | 413 | 440 | 473 | 286 | 303 | 314 | 777 | 562 | 562 | --- | --- |
| F. Lange | 217.5 | 462 | 462 | 462 | --- | --- | --- | --- | --- | --- | --- | --- |
| C. North | 216.4 | 385 | 429 | 457 | 231 | 242 | 246 | 672 | 418 | 440 | 457 | 1129 |
| L. Coon | 216.4 | 479 | 485 | --- | 352 | 374 | 396 | 859 | 485 | 501 | 523 | 1383 |
| E. Nagy | 209.5 | 275 | 308 | 325 | 198 | 209 | 209 | 523 | 341 | 374 | 385 | 909 |
| H. Souderies | 220.7 | 507 | 546 | 551 | 319 | 336 | 341 | 887 | 573 | 606 | 639 | 1526 |
| G. Kunt | 237.4 | 501 | 523 | 540 | 341 | 352 | 358 | 881 | 534 | 551 | 567 | 1449 |
| J. Zasowski | 221.1 | 451 | 496 | 496 | 341 | 358 | 366 | 859 | 596 | 556 | 573 | 1432 |
| W. Roberts | 237.0 | 451 | 496 | 496 | 292 | 308 | 308 | 744 | 529 | 551 | 562 | 1295 |
| P. McCartin | 237.7 | 705 | 705 | 733 | 418 | 418 | 418 | --- | --- | --- | --- | --- |
| C. Borro | 240.1 | 740 | 740 | 740 | --- | --- | --- | --- | --- | --- | --- | --- |
| B. Plelicha | 239.9 | 584 | 617 | 628 | 391 | 402 | 407 | 1036 | 573 | 606 | 606 | 1609 |
| J. Cummins | 226.4 | 562 | 595 | 595 | 391 | 418 | 425 | 1014 | 562 | 562 | 606 | 1576 |
| D. Yezbick | 237.5 | 523 | 551 | --- | 319 | 347 | 358 | 898 | 431 | 534 | 531 | 1449 |
| J. Parr | 240.8 | 496 | 501 | 523 | 314 | 336 | 347 | 948 | 490 | 523 | 534 | 1372 |
| T. Kanavy | 230.8 | 451 | 496 | 496 | 275 | 406 | 386 | 727 | 485 | 523 | 523 | 1212 |
| M. Gardina | 236.4 | 418 | 435 | 473 | 259 | 264 | 275 | 749 | 507 | 507 | 529 | 1278 |
| B. Bates | 226.4 | 374 | 418 | 440 | 259 | 264 | 275 | 650 | 407 | 507 | 523 | 1171 |
| J. James | 222.5 | 374 | 402 | 413 | 236 | 253 | 264 | 628 | 385 | 418 | 429 | 1058 |
| B. Parker | 241.6 | 380 | 440 | 440 | 275 | 303 | --- | 655 | 485 | 523 | 523 | 1140 |
| T. Callahan | 223.7 | 231 | 270 | 292 | 225 | 264 | 286 | 556 | 253 | 292 | 314 | 870 |
| L. Radzieski | 223.5 | 192 | 132 | --- | 209 | 225 | 246 | 358 | 181 | 225 | 259 | 617 |
| R. Leonard | 271.5 | 650 | 694 | 722 | 319 | 336 | 347 | 1030 | 716 | 749 | 774 | 1780 |
| S. Pendley | 247.1 | 650 | 683 | 705 | 330 | 352 | 363 | 1069 | 650 | 705 | 723 | 1774 |
| J. Polivnale | 262.5 | 507 | 545 | 573 | 374 | 391 | 391 | 920 | 501 | 534 | 531 | 1421 |
| J. Irvine | 253.8 | 507 | 529 | 543 | 314 | 352 | 364 | 881 | 507 | 540 | 571 | 1421 |
| L. Cheney | 260.0 | 485 | 529 | 540 | 319 | 336 | 336 | 859 | 523 | 540 | 551 | 1410 |
| C. Kercher | 259.8 | 727 | 771 | --- | 467 | 467 | 467 | --- | --- | --- | --- | --- |
| S. Schroeder | 255.0 | 501 | 501 | 600 | 303 | 402 | 451 | 1052 | 501 | 600 | 661 | 1714 |
| M. Allen | 244.8 | 413 | 440 | 473 | 270 | 292 | 297 | 771 | 423 | 462 | 473 | 1245 |
| M. Schreier | 252.9 | 451 | 485 | 496 | --- | --- | --- | --- | --- | --- | --- | --- |
| E. Riley | 242.9 | 501 | 551 | 551 | 303 | 303 | 319 | 821 | 485 | 523 | 523 | 1306 |
| B. Hogan | 250.8 | 308 | 380 | 402 | 236 | 259 | 253 | 655 | 429 | 462 | 473 | 1129 |
| E. Hochtink | 261.0 | 253 | 270 | 270 | 259 | 275 | 281 | 545 | 303 | 319 | --- | 865 |
| W. Smith | 600 | 628 | 667 | 391 | 413 | 424 | 1052 | 523 | 529 | --- | 1581 | |
| B. Harris | 306.8 | 606 | 606 | 672 | 363 | 380 | 391 | 992 | 473 | 523 | 540 | 1515 |
| B. Glenn | 299.8 | 501 | 551 | 573 | 281 | 319 | 330 | 903 | 402 | 485 | 518 | 1421 |
| SHW 40-44 | 279.3 | 501 | 551 | 573 | 303 | 319 | 336 | 854 | 512 | 573 | 606 | 1427 |
| T. Wallck | 336.5 | 407 | 454 | 454 | 303 | 319 | 336 | 727 | 451 | 501 | --- | 1179 |
| R. Volland | 290.3 | 347 | 385 | 402 | 358 | 380 | 402 | 782 | 325 | 385 | 418 | 1201 |
| R. Edwards | 281.4 | 231 | 270 | 270 | 225 | 253 | 270 | 540 | 308 | 363 | 391 | 931 |
| E. Siegel | 242.9 | 501 | 551 | 551 | 303 | 303 | 319 | 821 | 485 | 523 | 523 | 1306 |
| H. Seiling | 250.8 | 308 | 380 | 402 | 236 | 259 | 253 | 655 | 429 | 462 | 473 | 1129 |
| W. Smith | 261.0 | 253 | 270 | 270 | 259 | 275 | 281 | 545 | 303 | 319 | --- | 865 |
| B. Harris | 600 | 628 | 667 | 391 | 413 | 424 | 1052 | 523 | 529 | --- | 1581 | |
| B. Glenn | 306.8 | 606 | 606 | 672 | 363 | 380 | 391 | 992 | 473 | 523 | 540 | 1515 |
| SHW 40-44 | 299.8 | 501 | 551 | 573 | 281 | 319 | 330 | 903 | 402 | 485 | 518 | 1421 |
| R. Edwards | 279.3 | 501 | 551 | 573 | 303 | 319 | 336 | 854 | 512 | 573 | 606 | 1427 |
| E. Siegel | 336.5 | 407 | 454 | 454 | 303 | 319 | 336 | 727 | 451 | 501 | --- | 1179 |
| H. Seiling | 290.3 | 347 | 385 | 402 | 358 | 380 | 402 | 782 | 325 | 385 | 418 | 1201 |
| W. Smith | 281.4 | 231 | 270 | 270 | 225 | 253 | 270 | 540 | 308 | 363 | 391 | 931 |
| B. Harris | 600 | 628 | 667 | 391 | 413 | 424 | 1052 | 523 | 529 | --- | 1581 | |
| B. Glenn | 306.8 | 606 | 606 | 672 | 363 | 380 | 391 | 992 | 473 | 523 | 540 | 1515 |
| SHW 40-44 | 299.8 | 501 | 551 | 573 | 281 | 319 | 330 | 903 | 402 | 485 | 518 | 1421 |
| R. Edwards | 279.3 | 501 | 551 | 573 | 303 | 319 | 336 | 854 | 512 | 573 | 606 | 1427 |
| E. Siegel | 336.5 | 407 | 454 | 454 | 303 | 319 | 336 | 727 | 451 | 501 | --- | 1179 |
| H. Seiling | 290.3 | 347 | 385 | 402 | 358 | 380 | 402 | 782 | 325 | 385 | 418 | 1201 |
| W. Smith | 281.4 | 231 | 270 | 270 | 225 | 253 | 270 | 540 | 308 | 363 | 391 | 931 |
| B. Harris | 600 | 628 | 667 | 391 | 413 | 424 | 1052 | 523 | 529 | --- | 1581 | |
| B. Glenn | 306.8 | 606 | 606 | 672 | 363 | 380 | 391 | 992 | 473 | 523 | 540 | 1515 |
| SHW 40-44 | 299.8 | 501 | 551 | 573 | 281 | 319 | 330 | 903 | 402 | 485 | 518 | 1421 |
| R. Edwards | 279.3 | 501 | 551 | 573 | 303 | 319 | 336 | 854 | 512 | 573 | 606 | 1427 |
| E. Siegel | 336.5 | 407 | 454 | 454 | 303 | 319 | 336 | 727 | 451 | 501 | --- | 1179 |
| H. Seiling | 290.3 | 347 | 385 | 402 | 358 | 380 | 402 | 782 | 325 | 385 | 418 | 1201 |
| W. Smith | 281.4 | 231 | 270 | 270 | 225 | 253 | 270 | 540 | 308 | 363 | 391 | 931 |
| B. Harris | 600 | 628 | 667 | 391 | 413 | 424 | 1052 | 523 | 529 | --- | 1581 | |
| B. Glenn | 306.8 | 606 | 606 | 672 | 363 | 380 | 391 | 992 | 473 | 523 | 540 | 1515 |
| SHW 40-44 | 299.8 | 501 | 551 | 573 | 281 | 319 | 330 | 903 | 402 | 485 | 518 | 1421 |
| R. Edwards | 279.3 | 501 | 551 | 573 | 303 | 319 | 336 | 854 | 512 | 573 | 606 | 1427 |
| E. Siegel | 336.5 | 407 | 454 | 454 | 303 | 319 | 336 | 727 | 451 | 501 | --- | 1179 |
| H. Seiling | 290.3 | 347 | 385 | 402 | 358 | 380 | 402 | 782 | 325 | 385 | 418 | 1201 |
| W. Smith | 281.4 | 231 | 270 | 270 | 225 | 253 | 270 | 540 | 308 | 363 | 391 | 931 |

Best Grandfather..Mike Casatelli.
Penn State game and the powerlifting competition.
With this meet, New York showed that they can put on a very fine national caliber meet. Many of the long time pushers and pullers of Powerlifting in the area, too numerous to mention but deserving recognition just the same, showed up and lent their hands to make the contest a fine success. They put on a lot of meets in this state, and have many fine officials and associated power people. Maybe this contest will convince them to bid on more national or international meets in the future.

a Powerlifting USA Merry Christmas and Happy New Year to Master lifters everywhere!
Team Champions:
1st Belkale Barvarians, 39 pts.
2nd VFW Abbridge... 36 pts.
Outstanding Lifter:
Jim Finch... 40-44 148 lbs 700
Session 2:
Terry Dangerfield 40-44 181 lbs 682.5
Session 3:
Don Mills... 45-49 220 lbs 875
Grandfather Award:
Mike Casatelli... 40-44 165 lbs.
Entries:
Men-164... Women-9... 173 Total
Actual Competitors:
Men-146... Women-9... 155 Total
33 States Represented

Health First. James Hiromoto of Haiku, Maui, in Hawaii has been lifting weights since 1948 and is now 53 years young. He does reps with 350 in the squat, 305 in the bench press, and 450 in the deadlift. In his last physical his blood pressure was 128/80 and his pulse was 68, and he trains the powerlifters for health FIRST. And then some strength results.

WORKOUT of the Month

A NEW Concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those at strength levels different from the starting poundages specified in the workout given, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and the starting lift going into the training program is 500, multiply the training poundages list by the factor 8 (400 divided by 500); or if your lift is 600, multiply the poundages by 1.2 (600 divided by 500). Let us know how it works for you!

The Finnish Deadlift Routine, Number Two as told by Jaska Parvainen

The original Finnish Deadlift Routine, as developed by Finland's Jaska Parvainen and applied to such champions as World Record holder Veli Kumpuniemi, was one of the most popular routines ever published in Powerlifting USA. It has now been updated by its developer to strengthen the back from the opposite direction.

This routine assumes a max single deadlift capability of 500 pounds coming into the program.

Week 1 Regular Deadlifts (bend the knees) off 4 inch block for sets of 5. 1st Day: 220x10, 2nd Day: 220x10, 3rd Day: 220x10, 4th Day: 220x10, 5th Day: 220x10. 2nd Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 3rd Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 4th Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 5th Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3.

Week 2 1st Day: 220x10, 4 sets of 275x10, 2nd Day: 220x10, 4 sets of 275x10, 3rd Day: 220x10, 4 sets of 275x10, 4th Day: 220x10, 5th Day: 220x10. 2nd Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 3rd Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 4th Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 5th Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3.

Week 3 1st Day: 245x10, 4 sets of 275x10, 2nd Day: 245x10, 4 sets of 275x10, 3rd Day: 245x10, 4 sets of 275x10, 4th Day: 245x10, 5th Day: 245x10. 2nd Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 3rd Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 4th Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3. 5th Day: Rack Deadlifts with plates 135x10, 175x5, 250x3, 330x2, 410x1, 470x1, 505x1, 410x3.

Week 4 1st Day: 245x10, 3 sets of 285x10, 2nd Day: 245x10, 3 sets of 285x10, 3rd Day: 24

Women's Corner

Hello Ladies and Gents:
Welcome to the month of December, absolutely my favorite month of the year. December signifies several things to me. Of course, one is Christmas, and the chance to go back home to Tennessee and Mom. It is also FOOTBALL season and on Monday nights I am glued to the tube. Not to appear prejudiced but my team, the Pittsburgh STEELERS are going to do it this year. December is also the month before the Women's Nationals and that means it's time for serious business. I don't know who decided that our National Championships should be in January, but they obviously did not want us to have a holiday social life. I don't think I have been to a New Year's Eve party in four years. Oh well, that's the price you pay. It is tough to diet past Thanksgiving and through Christmas, but those of us with a weight problem have gotten used to having Turkey in February instead of December.

Having gotten through my first contest of the new season, I feel a bit better. It seems the first is always the most nerve wracking. With the help of good team mates and great coaching, the women of Oregon posted the best totals of their lives, and several unofficial world records. We would sure like to bring that team trophy home with us this year. We think the Californians have had it much too long. Sorry Wanda Sanders and friends, but it is our turn. When I watched Angie Ross, Denise Johnson, and my training partner Diana Rowell, lift some incredible weights, I knew I was going to have to work to keep up. Not more than two years ago, we felt the Five Hundred Pound barrier was out of reach for all but the Superhermes of our world. The lifts and totals we see today were not in our imagination 12 months ago. With 500 under, our belts the next step is 600. Somehow I think it might be lifted in 84; the question is, by whom? Then comes the bigger question - what's next? 700? I think the phrase "you've come a long way baby" was invented for Women's powerlifting.

The response from you for addresses of lifters in other countries has surprised me. I am working to get back to all of you and be assured that I am in the process of responding if you haven't heard from me yet. It will be interesting to see what can be learned from these people. I am sure that they have much to offer. I now have a few requests for lifters who speak Spanish. There are apparently many lifters we can not reach due to a language barrier. If anyone out there would be interested in writing someone in their native language, let me know.

At this writing, the IPF Congress is preparing to meet in Sweden before the Men's Worlds. It will be interesting to watch some of the elections and decisions they make this year. There are several key positions up for election, and the U.S. would certainly like to have a bit more representation in that organization.

port me. Australia, was a bit far to travel for them. I read something the other day that has greatly disturbed me. MUSCLE & FITNESS Magazine reported that Dr. Fred Hatfield had received the bid for Women's Worlds and was planning on holding it in conjunction with a big Bodybuilding expo. It appears that they plan to have both couples and women's bodybuilding with our meet. I personally do not feel there are very many similarities between the two sports, and I certainly feel it would be an injustice to combine our most prestigious meet of the year with a bodybuilding event. I doubt our champions from around the world would be very pleased with this arrangement. I intend to look into this some more, and will have more to tell you next month! Hopefully, this was a misprint of some sort in their magazine. (Editor's Note: Dr. Hatfield assures that the contests will be separate events, with Bill Reynolds handling the physique event.)

I have heard from two people who are planning to run for the job of Women's Chairperson at our Women's Committee meeting in

January. Both appear to be quite qualified and very willing to put in the time and effort necessary to move the sport forward. I will be running a bit of their campaign ideas and promises by you next month. In the meantime, if there is anyone else who is seriously considering this, please get involved; we need you. I hope you each take a good look at these prospective leaders and make a vital decision.

I am also asking for interested people, who would be willing to take on the job as coach of the Women's World team next year. I know that in the past, the world team has voted on their own choice, but usually the team has little or no information about their prospective leader before they vote. Maybe a small autobiography would help those who will be called upon to choose. I have three resumes so far, and can make space for about four more, so just send me what you would like know about yourself and your special talents for coaching. I know we need many qualified folks; we just need to know who you are.

Till next month, Merry Christmas and happy holidays to all of you. Don't forget, the Nationals are just around the corner, and I hope to see many of you there.

Ruthi Shafer
4067 NW 1st
Graham, Ore 97030



LIFTING HISTORY!!! There was some tremendous lifting in the Pacific Northwest recently. Denise Johnson (132) went 300, 190, 500, 1030. Angie Ross (148) went 470, 215, 435, 1120. Diana Rowell (114) went 340, 160, 430, 920. And total for Ruthi are the bestest of all time for a woman, regardless of bodyweight, and she is far lighter than any other woman who has approached such weights. There is apparently no restriction limiting entrants to the Senior Nationals to meet, and therefore, some of the top women lifters around the country are considering entering that meet if they can make the qualifying totals, and several of them will (Ruthi is seen above as she lifted records weights at the Women's World Powerlifting Championships in Australia.

MESSAGE FROM THE U.S.P.F. PRESIDENT
In the contest between the hare and the hounds who would charge the hare with immorality for attempting to evade? Yet in the context of drug testing, those who search out ergogenic aids that have yet to be banned are frequently charged with attempted evasion, because they violate the spirit of the law. While the USPF is an organization that is bound by and submits to the rule of law, it has a responsibility to check for legislative oversight; to determine whether the law requires amendment. To this end it might be useful to ask "What is the spirit of the law?"

Although I have not found a formal statement of purpose, I have discerned three interrelated objectives: to protect the health of the athlete, to prevent the drug taker from gaining an unfair advantage over one who elects not to take drugs and to preserve the integrity of the sport. The first involves primarily the health sciences and medical opinion. The second is logically unifiable, because the terms "unfair" and "advantage" are not precisely known. While the third involves drugs, it is much broader than drugs, and asks with respect to medications, attire and equipment. To what extent do these things alter performance?

One class of drugs, anabolic steroids, which recently has been showered with notoriety in the electronic media and in the plectan publications, consists for the most part of various medications prescribed by legitimate physicians throughout the land for both prophylactic and therapeutic reasons. They are not to be confused with marijuana and heroin. The effect of steroids on humans has not been extensively studied, and the medical profession is not of one mind with respect to their use in sports. We have interrelated legitimate drugs, the effects of which on humans have not been precisely determined.

It is likely that the reason we have done this is that the athlete who says, "I will take anything until it is proved harmful," is apt to have an advantage. We cannot accurately forecast which of the two athletes will in the long run be proved wise and which will be proved stupid.

It is when the hares have moved ahead of the medical profession, that the "advantage" argument, according to this argument, if there is validity to the ergogenic claims of those who choose to ingest glandulars and amino acids for example, they are morally as culpable as the person who ingests the anabolic steroid prescribed by his personal physician. Does the spirit of the law require us to devise as quickly as possible a means of detection, or does it permit us to wait until the medical profession has first examined these substances?

Because "unfair advantage" can not logically be verified, it is susceptible of being expanded without any fixed guiding stars. One sees evidence in the list of the several hundred drugs banned by the International Olympic Committee that such unstructured expansion has already taken place. How dangerous or unfairly advantageous are Suctets?

"Unfair" not only is vague and equivocal. It is pejorative, as well. By invoking such a term one wins the argument before it is even stated, for no that of popular arguments can be harmful when used in public controversy. Quite aside from the human costs of wrongful accusations, there is the matter of diverting, in the name of stemming unfair advantage, our resources to a testing program that is not cost effective.

The third objective attempts to articulate an ideal standard which we may never reach, but which nonetheless may be useful in establishing a hierarchy of importance among intermediate objectives. Its rules are designed to determine what a person could lift solely by developing his genetic potential. The fact that one man is rich, while another is poor, that one man's family is supportive, while another's is not, that one man has time to train while another does not, are not major considerations for they frequently involve the individual's choice to sacrifice or not.

Rather than asking whether a drug will be harmful to the lifter, this standard asks to what degree would it alter his performance. It does not get mired in the argument of unfair advantage, because it is instead concerned with recognizing the deviation from an idealized standard of performance. It recognizes that there must be a rational distinction between what we will allow and what we will not allow, and that this distinction must probably be based on the extent to which the medication or article of attire alters performance.

Some would permit a measure of deviation for safety's sake. However, one of the considerations complicating this approach is that whenever one cuts a little slack in the name of, for example, safety, one can usually find a means of bending it so as to affect performance. One could thus make a case for permitting knee wraps, but having permitted knee wraps one could wrap so as to depress the quadriceps tendon and thereby improve one's leverage. Similarly, one could make a case for approving certain steroids to facilitate the recovery from trauma.

It would be tempting to dump our problems of defining the spirit of the law in the lap of the medical profession, urging them to direct their energies toward investigating which of the ergogenic aids are dangerous and to what extent each will alter performance, but as things stand now, the physicians have precious little incentive to undertake our investigating for us. Perhaps the best immediate solution is to continue to provide drug free meets for those who wish them.

Beyond the spirit of the law there is a question of procedural fairness. The Hewlett-Packard hardware is, I understand, in place in each of the I.O.C.-approved clinics. However, the software is not identical. Apparently, each

of the clinics guards its software as if it were a trade secret, which, of course, it is. There is no bond of brotherhood among the I.O.C. testers to prompt them in the name of advancing science to share with each other the fruits of their continuous testing and research. Consequently, not all clinics have advanced equally with respect to interpreting the results. The testing then is not precisely replicable. The specimen which has shown positive in one clinic conceivably might not show positive in another.

We have instructed our delegates to secure at the World Congress an assurance that the athlete who tests positive has the option of having the second half of his specimen shipped or carried to the I.O.C. clinic of his choice for testing. Vic Mercer has told me that our present procedures do not permit this. **Conrad Coiter, United States Powerlifting Federation.**

United States Powerlifting Federation Classification Awards Application

MEN'S POWERLIFTING CLASSIFICATION STANDARDS
CLASS 114 123 132 148 165 181 198 220 242 275 SHW
Elite 1064 1157 1246 1394 1527 1624 1731 1824 1890 1946 2033
Master 981 1064 1146 1279 1400 1505 1593 1625 1736 1786 1857
Class I 882 953 1025 1152 1250 1350 1432 1505 1554 1598 1670
Class II 777 838 904 1009 1102 1190 1257 1323 1367 1411 1472
Class III 672 733 788 887 965 1036 1097 1157 1196 1229 1279
Class IV 590 639 689 772 838 904 953 1003 1047 1075 1119

TEENAGE MEN'S CLASSIFICATION STANDARDS
CLASS 114 123 132 148 165 181 198 220 242 275 SHW
Elite 1014 1097 1180 1323 1450 1549 1637 1731 1786 1841 1918
Master 979 887 1064 1191 1301 1395 1477 1534 1610 1654 1725
Class I 799 866 932 1042 1147 1224 1295 1367 1411 1455 1510
Class II 678 733 794 882 970 1036 1097 1156 1196 1235 1284
Class III 546 595 640 711 783 838 882 932 965 992 1036
Class IV 408 441 474 529 579 618 656 689 717 733 766

WOMEN'S POWERLIFTING CLASSIFICATION STANDARDS
Class 97 105 114 123 132 148 165 181 198 198+
Elite 639 683 733 782 827 867 901 931 953 970 1000
Master 579 623 667 711 749 827 893 959 1025 1180
Class I 518 562 601 639 672 744 805 865 920 970
Class II 463 496 535 568 601 661 716 766 821 865
Class III 402 435 468 496 524 579 623 672 716 755
Class IV 347 375 402 424 452 496 535 573 617 650

AWARD: Classification patch and/or certificate (Elite only) to athletes who equal or exceed the totals listed in the tables above for the respective body weight classes.
All totals must be made in a U.S.P.F. - Sanctioned Powerlifting Contest. Application must be signed by the State Chairman or the Regional Chairman or the Chief Official of the meet. The Meet Director's signature will not be accepted.

Master and Elite award applications require the signature of at least one certified national or international referee present for the judging. TO APPLY: Enclose with your completed application five dollars for each patch desired, and a stamped, self-addressed envelope (4 1/2 x 9 1/2). Make checks and money orders payable to: U.S.P.F. Send to: United States Powerlifting Federation, P.O. Box 10485, Pensacola, Florida 32223. Patches will be sent directly to the athlete unless otherwise requested.

Name of Athlete _____
Street Address _____ State _____ Zip _____
City _____ State _____ Zip _____
State Association _____ U.S.P.F. # _____
Met requirement for: Men Teenage Women Elite
 Class #4 Class #3 Class #2 Class #1 Master Elite
Date of Meet _____ Total number of patches _____
Name and Location of Meet _____ Dead Lift _____ Total _____
Lifts: Squat _____ Bench Press _____
Signature of qualified official _____ (specify whether National or International referee)

This form may be reproduced. Effective date of this application - August 1, 1983

ELITE

ELITE MAILER #42 POST OFFICE BOX 1771 AUSTIN, TEXAS 78760 (512)441-7993

ELITE COMPETITION BELTS



THE ULTIMATE
COMPETITION BELT
AT AN AFFORDABLE PRICE

- Made of Suede and Bullhide
the toughest leather
- Exactly 10cm by 13mm
- 5 rows of heavy duty stitching
- Available in black or
elegant rust

\$62.00

LIFETIME GUARANTEE OFFERED ONLY BY ELITE SALES, INC.

ELITE TRAINING BELTS

THE PRECISION TRAINING
BELT FOR THE SERIOUS
WEIGHT LIFTER

- 10cm by 13 mm tapering to a
3 in. double prong buckle
- 5 rows of heavy duty stitching
- Available in beautiful mahog-
any stained natural leather

\$45.00

LIFETIME GUARANTEE

OFFERED ONLY BY ELITE SALES, INC.



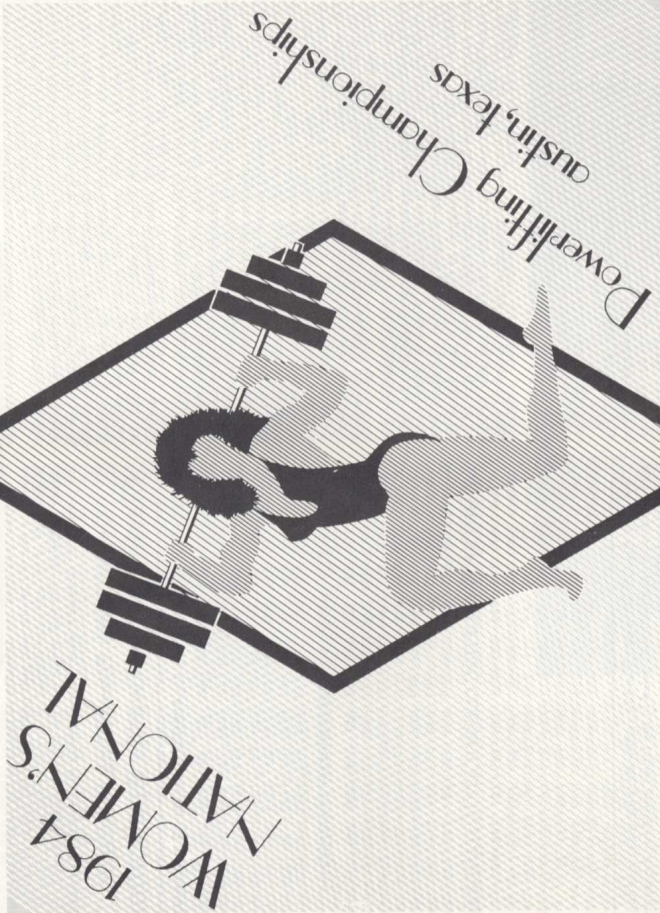
ALL SIZES IN INVENTORY - IMMEDIATE DELIVERY
CREDIT CARDS, C.O.D. ORDERS BY PHONE OR MAIL

Make payable to **ELITE Sales, Inc.**

WEST COAST OFFICE IMPORTANT

P.O. Box 9950 ADD \$2.50 postage
San Jose, California 95157 per item
(408)-378-2148 include waist size
and color choice

MAIN OFFICE
P.O. Box 3742
Austin, Texas 78764
(512)-441-7993



TICKETS

\$12.00 1 day
\$20.00 2 days
\$15.00 Reserved
(First 5 rows)

January 27 • 28 • 29

SHERATON CREST INN

(512) 478-9611

\$39.95 Flat Rate

T-SHIRTS

\$8.50

Beautiful 3 color
design of the
artwork above.

* You must mention our group *
for these rates.

For tickets, T-shirts, entries, and info, contact us at:

MCCAIN PRODUCTIONS

3100 S. LAMAR, SUITE 203 AUSTIN, TEXAS 78704 512 441-7253

Police and Fire Fighters Nationals

by 9 Time World Champ, Larry Pacifico

The first ever Police and Firefighters National Championships was a huge success. They were held at the Dayton Convention Center in Dayton, Ohio on October 8th and 9th.

Gold's Gym of Dayton was the sponsor, and the owner, Stuart Patterson, spared nothing to make this one of the finest powerlifting contests ever held. I served as meet director and everything went off as expected.

At the end of the first day's session, Gold's Gym introduced the Barbarians at 8:00 p.m. Around 700 people were on hand for their 90 minute show. Highlights were 140 lb DB curls by Peter Paul, and a reverse Bench press of 500 lbs by David. Or was it Peter who benched and Dave who curled? Who knows? I can't tell they said it was their last due to bad elbows and wrists, etc.

There were 74 lifters which included four women. This was a disappointment as we expected more female participants. The four women were all lifting on the Malone formula. Laura Dodd, a Columbus policewoman, led from her first squat. She weighed in at 148 lbs and hit all three attempts ending with a strong 402. Dayton Firefighter, Terese Floren, weighed in at 132 lbs and squatted 303 on her 2nd attempt. Policewoman Deborah Henry of Flint, Michigan weighed in at 121-3/4, and completed two squats finishing with 204. The fourth woman was guest lifter Mariah Liggett of Columbus, Ohio, who squatted 319.

In the bench, Liggett hit only her opener of 181. Floren, however, made the competition close at this point, going 159 to Dodd's 154 and Henry's 143.

It was all Laura Dodd in the deadlift, although Floren hit a nice 341 on her opener, and Henry got all of her finishing with 303. Dodd's opener of 380 won the contest. She then went on to 418 and finished with a PR 440. Laura is coached by Lou Simmons, one of the most under-rated powerlifting minds in our sport. I often consult Lou myself for advice and ideas. His talent showed with both Laura and Mariah, who had to drop out after the benches because of stomach sickness.

The 132 lb class had only Matthew Kunze. He managed 352-176-374 hitting 6 out of 9 attempts.

The 148s brought on some good lifting. Dennis Hawkins, a policeman from Greenville, Indiana, came in 3rd with 330-253-401-1004. In 2nd, came Marc Brodeur, a firefighter from Nashua, NH. His lifting was solid going 6 for 9 via 429-251-451-1100 lbs. The easy winner here was Joe Pulizzi a firefighter from Sandusky, Ohio who had only been on the payroll for 2 weeks. His 1232 total was almost done on openers.

At 165, Frank Navarre, a police officer from Dayton, brought the crowd to its feet many times. Frank's only miss was his last bench. His competition was Robert Johnson of Ketchikan, NY and Jerry Elsworth of Howell, MI. Both lifted well going

was 22 lbs ahead of Roberts total, hitting 6 of 9. The winner was FBI man Don Ackerman of Burke, VA. He went 6 for 9, going 562-336-635-1532. Don chose his weights well and should continue to be tough in the years ahead.

The biggest class, with 17 lifters, was the 220s. This seems to be the weight most policemen like. Firefighters like to be around 150 lbs., at least from the averages I put together. Duane Burrell was awesome, winning easily. His 749 squat was a beauty. He narrowly missed 501 on the bench after a strong 490. He was weaker in the deadlift, but his 650 was the highest in his class. Duane is a police officer in Spring, TX. I think he can do some serious things in this sport if he gets some expert advice. The man in 2nd was also impressive, going 683-407-611 for a 1703 total. His name is Mike Fucardo, a policeman from Weyron, W.Va. Wally Kaselink, a firefighter from Phoenix, Arizona was 3rd with 1625.

Eleven lined up at 242. The excitement mounted because former World Champion Mark Dimiduk was supposed to be lifting and so was Marv Phillips, but Marv was injured and did not come. Dimiduk was very disappointed as he wanted to have a go at the legendary Phillips.

James Bryant, another policeman, lifted well, only missing one lift. He hit 1719 and a nice 440 bench. Scott Stewer was coached by 148 lb Senior National Champ, Bob Walli. His 1769 total was strong. Dimiduk took it easy, weighing in at 235 and hitting a 760 in the squat. He tried 804 but missed it at the top. His bench is still a problem ever since he tore a pec, but he did get 429. The deads upset him as he wanted more than his 710. Without a challenge, he did not need the 771 he tried.

The 275s had a big R. G. Edman from the Fairfax County, Va Police Dept. He was strong and well liked by the crowd and loaders. He hit 451 but his last deadlift, going 1774-1157-144 for an 1873. Charles Zeng weighed in at 245 3/2 to take 2nd. Staying up turned out to be a smart move because he would not have finished as high had he lost the pound he needed to make 242. 3rd was our own Burt Schubert of the Dayton PD. He went 573-424-507-1504. Burt will work harder on his lifts next year, now that he knows he can be a factor. His deadlift lacks a bit, but his bench has 500 written all over it.

We only had 2 Supers. I guess being over 275 causes many Police and Fire Chiefs to raise a little hell. Les Frazer won easily while Gary Garay chose to go up dropping a 2nd rather than a 3rd had he gotten the 5 lbs needed for 275.

Duane Burrell won the Champion or Champions award the second day. The awards were fantastic. No team awards were given this year but next year we'll have many new ideas.

I would like to thank Ken Noftinger who was on stage for every lift, managing the loaders and spotters perfectly. The spotters too were top notch as were all the helpers who volunteered their time. Mr. Charles Carroll ran himself ragged to make sure all were happy and no problems arose.

I would like to welcome all of you back to Dayton next July for the Senior Nationals. This will be the greatest Power show ever. The year of the Comeback!

Police and Firefighters Nationals 10/8,9/83 - Dayton, Ohio (L T)

| WOMEN | DL | BP | ST | T |
|------------|-------|------|-------|-------|
| J. Pulizzi | 107.5 | 70 | 206 | 623.5 |
| T. Howard | 137.5 | 72.5 | 155 | 365 |
| D. Henry | 92.5 | 65 | 137.5 | 295 |
| M. Liggett | 145 | 82.5 | | |

| M. Kunze | DL | BP | ST | T |
|-------------|-------|-----|-------|-------|
| M. Kunze | 160 | 80 | 175 | 410 |
| F. Navarre | 235 | 140 | 242.5 | 637.5 |
| J. Bryant | 192.5 | 105 | 225 | 617.5 |
| J. Elsworth | 182.5 | 105 | 192.5 | 480 |

| P. Consp | DL | BP | ST | T |
|------------|-----|-------|-------|-------|
| P. Consp | 229 | 122.5 | 217.5 | 560 |
| J. Pulizzi | 190 | 125 | 182.5 | 457.5 |
| D. Hawkins | 155 | 95 | 182.5 | 432.5 |
| R. Scuderi | 125 | 112.5 | 205 | 425 |

| S. Grotulnick | DL | BP | ST | T |
|---------------|-------|-------|-------|-------|
| S. Grotulnick | 232.5 | 150 | 277.5 | 680 |
| M. Makolski | 255 | 155 | 247.5 | 657.5 |
| M. Makolski | 245 | 152.5 | 245 | 644.5 |
| T. Prewitt | 200 | 140 | 210 | 570 |

| W. Kiser | DL | BP | ST | T |
|-----------|-------|-------|-------|-------|
| W. Kiser | 192.5 | 142.5 | 225 | 565 |
| E. Waller | 192.5 | 137.5 | 227.5 | 557.5 |
| W. Miller | 182.5 | 120 | 220 | 512.5 |
| R. Hoy | 170 | 110 | 195 | 472.5 |

| D. Ackerman | DL | BP | ST | T |
|-------------|-------|-------|-------|-------|
| D. Ackerman | 255 | 152.5 | 287.5 | 695 |
| K. Roberts | 245 | 145 | 245 | 635 |
| T. Davis | 245 | 122.5 | 245 | 612.5 |
| T. Hundert | 215 | 147.5 | 240 | 602.5 |
| P. Sullivan | 200 | 142.5 | 235 | 577.5 |
| W. Taylor | 205 | 142.5 | 242.5 | 590 |
| R. Chabali | 192.5 | 142.5 | 245 | 580 |
| J. Jakson | 212.5 | 145 | 212.5 | 570 |
| G. Harris | 192.5 | 135 | 217.5 | 545 |
| R. Conley | 185 | 135 | 197.5 | 515 |

| M. Fucardo | DL | BP | ST | T |
|-------------|-------|-------|-------|-------|
| M. Fucardo | 340 | 222.5 | 305 | 857.5 |
| W. Kostelak | 310 | 165 | 277.5 | 752.5 |
| D. Zenzepi | 275 | 175 | 287.5 | 732.5 |
| P. Sullivan | 287.5 | 172.5 | 267.5 | 727.5 |
| R. Young | 260 | 145 | 265 | 670 |
| R. Young | 247.5 | 142.5 | 275 | 665 |
| F. Hinerman | 200 | 157.5 | 240 | 647.5 |
| L. Hasler | 190 | 160 | 282.5 | 632.5 |
| D. Bailey | 200 | 157.5 | 242.5 | 630 |
| D. Archie | 217.5 | 145 | 227.5 | 590 |
| D. Monetti | 210 | 135 | 200 | 575 |
| G. Bunch | 192.5 | 147.5 | 207.5 | 547.5 |
| T. Metcalfe | 195 | 147.5 | 175 | 517.5 |

| M. Dimiduk | DL | BP | ST | T |
|-------------|-------|-------|-------|-------|
| M. Dimiduk | 345 | 195 | 322.5 | 862.5 |
| S. Stewart | 310 | 185 | 307.5 | 802.5 |
| J. Bryant | 262.5 | 200 | 317.5 | 780 |
| J. Budd | 272.5 | 160 | 277.5 | 710 |
| F. Paulson | 272.5 | 207.5 | 275 | 710 |
| R. McCorkle | 252.5 | 150 | 245 | 647.5 |
| H. Hinderup | 225 | 130 | 242.5 | 617.5 |
| S. Blyskal | 175 | | | |

Thanks to Larry Pacifico for results.

KUC'S TOTAL FITNESS SYSTEMS

Specializing in Quality at Affordable Prices

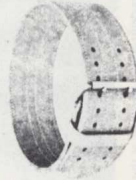
OPERATED BY 4-TIME WORLD CHAMPION JOHN KUC



DYNA Wraps
The best on the market
1 Pair \$9.50 ppd. 1st Class
2 Pair \$18.00 ppd. 1st Class



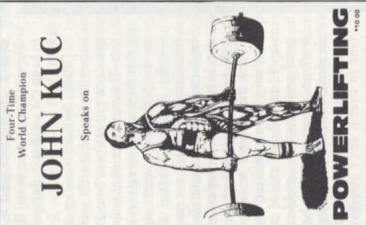
JOHN'S BELTS
Deadlift Belt
5.5 Cm. thick.
Double Buckle
Send Waist Size
\$28.00 ppd. U.P.S.



SQUAT BELT
Double Buckle
Heavy Duty Stitching
Send Waist size
\$50.00 ppd. U.P.S.

*LIFTING STRAPS
\$4.50 ppd.

*LIFTING GLOVES
\$10.95 ppd.



"JOHN KUC SPEAKS"

A complete guide to powerlifting
Reviewed in: Powerlifting U.S.A. Oct. 83
Iron Man March 83

Muscular Development Feb. 83
Muscle & Fitness Aug. 83

Only \$10 ppd. 1st Class



- A SOLID STEEL BAR WITH REVOLVING OLYMPIC SLEEVES
- NEW LONGER SLEEVES
- KNURLED HAND GRIPS
- CHROME PLATED
- INCLUDES COLLARS

Only \$56.00/U.P.S. Freight Collect

NOTE: VISIT OUR DISCOUNT OUTLET IN MOUNTAINTOP, PA.

Phone 717-474-6914

Send check or money order to:
KUC'S TOTAL FITNESS SYSTEMS
P.O. Box 215C, Mountaintop, PA 18707

Money Orders Receive 48 Hour Service

Pa Residents add 6% Foreign Orders - add \$2.00

Strength Tech, Inc.
BRINGING MODERN TECHNOLOGY TO STRENGTH EQUIPMENT

Presents The 'Okie Grip™



★ TRIAL OFFER ★
Order a pair, if not pleased, return them within 2 weeks for a full refund.



★ Okie Grip™ ★
weight.....3 lbs. per pair

Move up to the Okie Grip™ the simplest, fastest collar on the market.

Send \$30 per pair plus \$4 shipping and handling per pair. (No shipping or handling charges on orders of 3 or more pairs).

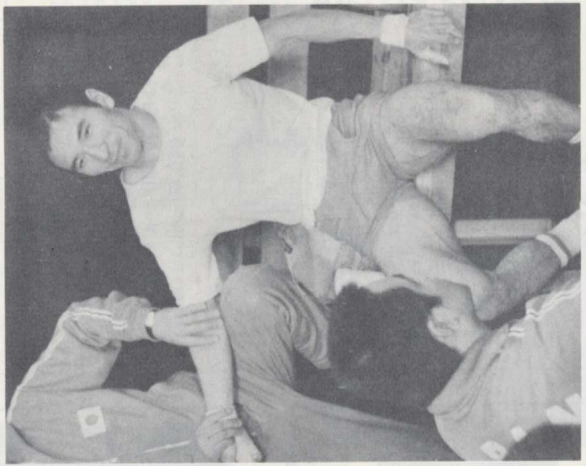
Send to: Strength Tech, Inc.
Box 1381
Stillwater, OK 74076
Phone 405-377-7100

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

INJURY PROOFING

by Tom McLaughlin, PhD, Auburn University



Japanese Injury Proofing, prior to his benches at the World Championships in Sweden, 10 time World Champion Hiteaki Inaba of Japan received some manipulation on his arm from one of his team members. Dr. Tom McLaughlin is working on how simple preparation like this prior to lifting can keep you injury-free and making consistent progress. By the way, Dr. McLaughlin is working on a new book on the bench press that should have a major impact on current thinking on how to train and perform the lift.

"The best way to deal with injuries is not to get them in the first place." With this in mind, my emphasis this month will be on how to injury proof yourself, to better protect oneself against powerlifting related injuries. I believe strongly (as I have mentioned in past articles) that the vast majority of all injuries can be avoided and proper training procedures can follow.

What are the typical causes of pain and injury? Last month's "My Dick Hurts" (PL USA) by Dick Herick, Mike Stone and Stella Herick (see Ref 1) summarizes the major causes of powerlifting related pain quite well. Specifically, the most frequent causes are:

- (1) Inadequate warm up and/or stretching.
 - (2) Improper technique.
 - (3) Trying out a new technique, previously untested.
 - (4) Maximum effort in competition for exceeding weight previously attempted training.
- To this list I would add a fifth, the effect of overtraining, in the sense that muscles like to warm in the low back are often not allowed to fully recover from one workout before another scheduled workout requiring heavy low back involvement is undertaken.
- Pre-fatigue and the weaker condition of such muscles thus can predispose to injury. One reason this is probably in the Herick article is in the effect of overtraining is difficult to evaluate and also not cited particularly often in the literature. However, I am convinced that it is a frequent problem. For back problems related to pre-fatigued muscles in warmup due to high repetition submaximal work done prior to their lifting workouts. By over-fatiguing the muscles before a lifting workout, their ability to produce intra-abdominal pressure (see discussion in Sept 1981, PL USA) may be reduced to the point that the low back becomes injured during heavy exertion. As I have said, the heavy squats and deadlifts very heavily experienced by those training. Both heavy squats and deadlifts very heavily involve the erector spinae muscles. In particular, and consequently, these muscles may not be fully recovered after, let's say, a heavy Tuesday squat workout by the time a heavy deadlift workout rolls around on Friday. I've seen too many people acquire back problems in this way.
- So, how can you avoid injury problems in the low back and neck (see Reference 1). The first on the list is inadequate warm up and/or stretching. There is no question in my mind that this is a major cause of powerlifting injuries. I've heard powerlifters say over the years that we don't need stretching - we are

exercising for a general body warm up (doing power squats, push presses, etc. for light sets of ten) you may want to use other compound exercises if you are not used to these Olympic lifting movements. Be sure to keep the weights in this warm up light.

Finally, the third warm up step involves the use of specific warm up sets done prior to your heavy target sets. The most important point here is that these warm up sets are meant to do just that - warm up the specific muscles involved in the movement. They are not meant to be done to excess. Generally, they should follow similar repetition patterns to the target sets of the day.

Now that you are more warmed up than you've ever been (or ever wanted to be) you should have a good and hopefully problem free workout. However, it also helps to do some warm down stretching after your workout. This is an excellent time to stretch since you have increased your connective tissue elasticity. Even though it's easy to forget and sometimes hard to do (since by the end of a workout you're usually anxious to get out) it is valuable to warm down after a workout.

Getting back to our original list from Herick et al, the second typical cause of pain/injury is poor technique. I've already gotten on the soap box about the importance of technique a number of times (as in last month's article). All I can say is that in biomechanics specialist is that in powerlifting technique is the most important aspect in not only lifting championship poundages, but in doing so safely. With large weights the margin for error in technique is very small indeed.

The third typical cause of training related pain/injury by Herick et al was related to trying out a new technique previously untested. Although obviously one should tread softly with the poundages used in new exercises it's easy to forget and overdo this at times. While it is important to put variation in your workout to avoid getting stale, it does take a while to adjust to the physical requirements of the new exercise. Give yourself a few weeks on any new exercise to let your muscles and skeletal system adapt. If you do not do so and try to push the poundages too quickly in a new exercise there is a real risk of excessive distribution of the load to weaker and/or previously unconditioned muscles and ligaments. Be careful of "gym" contests if you're not used to the exercise involved. There are many powerlifters out there who probably wish they had.

The fourth item on the list of training related pain/injury sources in-

volves doing a max effort that was clearly way beyond anything handled in training. An often cited, dramatic example of this was the memorable injury to Paul Jordan (since it was reported about a thousand times by NBC). It is important to be realistic in selecting your poundages while maintaining a natural optimism about your training. One characteristic I've noted in most of the world class lifters in recent years is that the better they are, the more conservative they are in selecting training poundages. It appears that most top level olympic lifters also share this attitude. It is important to keep in mind that no matter how big a meat is, there will always be other meats. This type of thinking helps reduce injuries.

Well, now that we've finished looking at the four items on Herick et al's list, let me briefly recap my lift addition. I mentioned earlier that the effect of overtraining was a significant factor for if a muscle was not recovered adequately before being involved in training again. My major point had to do with the recovery time of muscle between workouts. However, I should also comment on pre-fatiguing effects during a workout. For example, this is most dramatically seen when one tries heavy deadlifts after heavy squats in the same workout, but this concept obviously extends to quite a few other exercises. Basically, one way to avoid problems here is to do all your major, large muscle segment exercises earliest in your workout. Do the auxiliary exercises afterwards. Furthermore, try multiple workout sessions to help recovery if you plan to lift heavy in two similar exercises on the same day.

It is important to keep in mind that muscles recover at different rates. Even though there is obviously some variation in each individual's response to exercise, some general trends are beginning to appear (based on experimental and some limited research observations to date). Basically, upper body muscles appear to recover fastest, followed by leg extensors. Consequently, one can train the upper body musculature more often, while giving the low back and legs more appropriate recovery time after heavy loading.

Many top bench pressers (like Jim Williams, et al) have done upper body work daily and most bodybuilders and many powerlifters do almost the same, some lifters will do bench presses one day and triceps work the next.

Herick, let me answer to Dr. Fred Hatfield's plea a few issues ago in PL USA where he asked for help on his grip. As I mentioned in a past article on forearm and grip strength (PL USA, March, 1982) the muscles most important to the grip are the flexor digitorum muscles. These can be effectively worked by letting an olympic bar roll down to the fingertips and then curling it back up with the fingers. This is reasonably comfortable and is done standing. Now, since the upper body muscles recover faster from training, I have been doing this exercise daily for some months now, and it has really helped my grip significantly. Indeed, since the smaller forearm muscles recover quickly, one needs train them often for best results. Have you ever noticed the grip strength in industrial workers, construction laborers, etc. who use their arm muscles daily? One reason grip strength may elude many powerlifters is that they only train for it once or twice a week. For this muscle group, this would be like only squatting once or twice a month! In any case, give it a try. Fred, and congratulations on your world title.

Well, time to close, so I'll end this month with our great victory in Sweden. Great lifting... congratulations to our outstanding world team powerlifters out there who probably wish they had.

Search

GLAND CONCENTRATES

the Natural, Non-Toxic Alternative to Steroids

Many approaches are available to the lifter who wishes to improve lean muscle development. These methods include the use of hormonally active drugs which, unfortunately, must be administered with great care to avoid very undesirable side effects.

Another approach to achieving solid, lean body mass gain, improving definition and meeting the stress of a lifting program is the natural, non-toxic MAXIMUM BUILD PAK developed by SEARCH. Many lifters will prefer this program to the use of such drugs as steroids.



THE MAXIMUM BUILD PAK®
A Complete Nutritional Program for the Serious Lifter.

\$59.99

The MAXIMUM BUILD PAK includes:

- ADRENOL - Raw Azeotropic Adrenal Concentrate
- BJAST - A Source of RNA/DNA, Glucose Tolerance Factor (GTF), and B Vitamins
- CARDIONOL - Raw Azeotropic Heart Concentrate
- CERNILTON - Raw Flower Pollen (not bee pollen)
- ENDUROL - Containing Concentrated OCTACOSANOL
- HEPTINOL - Raw Azeotropic Liver Concentrate
- ORCHINOL - Raw Azeotropic Testicle Concentrate
- PARA-15 - Biologically Active Methyl Groups
- SUPER MINOLS - Multiple Chelated Minerals, and Multiple Raw Azeotropic Glandular Concentrates

Thousands of lifters are using the SEARCH MAXIMUM BUILD PAK to "gain an edge".

BODY BUILDER PAK - for Men™
The Basic Nutritional Program to Improve Lifting

\$27.99

The BODY BUILDER PAK includes:

- ADRENOL - ENDUROL - HEPTINOL - ORCHINOL

The following SEARCH Gland Concentrates may be purchased individually:

- ADRENOL \$5.99
- HEPTINOL \$7.99
- CARDIONOL \$5.99
- ORCHINOL \$7.99
- CERNILTON \$8.99
- PARA-15 \$5.99
- ENDUROL \$8.99
- SUPER MINOLS \$5.99

PRICES INCLUDE SHIPPING ★ California residents add 6% sales tax. If using MC/VISA/AMEX, include card number, expiration date, and signature.



5542 South Street, Lakewood, California 90713
(213) 531-3731

Reference 1: Herick, R. T., Stone, M., Herick, S., "Injury Proofing" PL USA, Nov 1982, p. 79.
Reference 2: Anderson, B., STRETCHING, Shearer Publications Inc. 1980.

Now, you too can join in the Kaz Quest for ultimate size and power.

BILL KAZMAIER

The World's Strongest Man

introduces
"THE KAZ QUESTS"

In only 5 years Bill Kazmaier has developed such power and physical structure as to be unparalleled in both Body-building and Powerlifting. Ignoring old, possibly outmoded principles, Kaz developed his own unique ideas and philosophies for super strength and unmatched muscular size. Setting himself apart from any other Super-heavyweight or indeed any Strength Athlete that has ever lived. These original training principles are now meticulously described with every conceivable detail explained and reasoned in the following 3 MUSTS for all who are interested in pursuing their ultimate.

- QUEST 1.....the Bench Press**
- QUEST 2.....Squat and Deadlift**
- QUEST 3.....Gaining Muscular Size and Bulk**

order from:

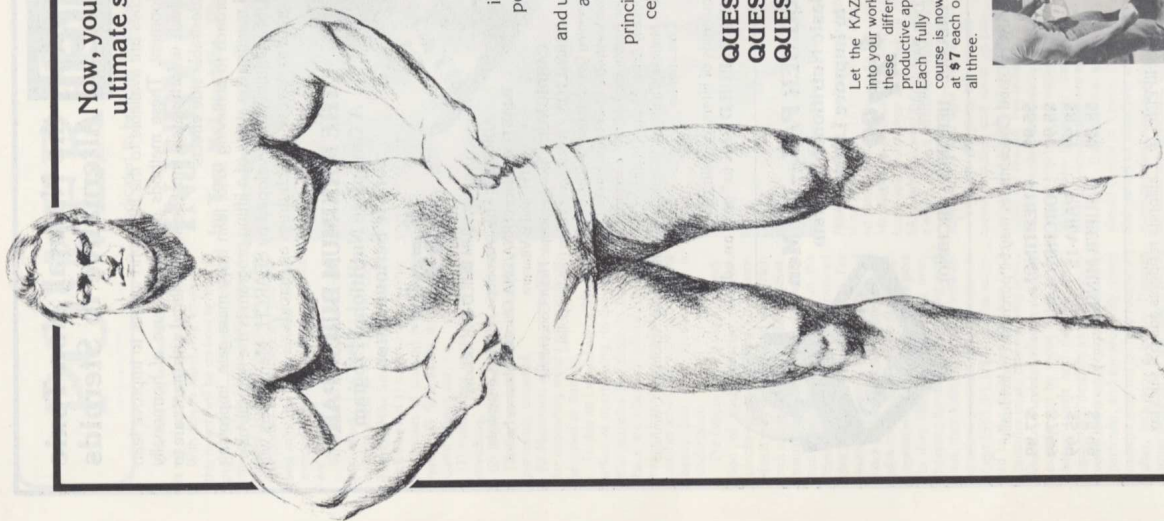
DYNAKAZ
P.O. Box 1974
Auburn, AL 36830

Overseas orders add \$1.00 per course for Airmail postage

Let the KAZ tradition into your workouts with these different and productive approaches. Each fully illustrated course is now available at \$7 each or \$18 for all three.



TWICE WORLD'S STRONGEST MAN
SNR NATIONAL CHAMPION
WORLD RECORD HOLDER
661 - BENCH PRESS
2425 - POWERLIFT TOTAL
DUMBBELL PRESS - PAIR OF 164's



STARTIN' OUT

A special section dedicated to the beginning lifter

PRE WORKOUT CONSIDERATIONS

By Donald Pfeiffer

To develop an ideal routine for your beginning powerlifter, it is necessary that no stone be left unturned. We must identify every variable that affects our training and then take the necessary steps to optimize these variables. Only by doing this can we truly develop an ideal or "perfect" routine.

Many of the variables, such as sets, reps, exercise selection, etc., are fairly obvious. There are, however, some variables that are not as obvious and as a result are frequently overlooked. This does not mean that these variables are any less important; they are very important and failure to account for them could be costly.

The most overlooked variables, especially by beginners, are what I call pre-workout considerations. That is, the way in which you spend your time during the day before your workout, with particular emphasis on the time immediately prior to your workout.

If you have been powerlifting for any length of time you should be aware by now that it is a sport that requires intense mental concentration. Being able to lift heavy weights is dependent upon your ability to directly concentrate on that specific objective. If you cannot concentrate properly your results will be less than satisfactory. Many beginning powerlifters, however, are under the mistaken belief that the instant they walk into the gym, they'll be able to concentrate one hundred percent. They think that the ability to concentrate is like an electrical circuit that can be turned on or off with the flip of a switch. Unfortunately, it's not that easy. To concentrate properly it is necessary that you take some time and prepare yourself beforehand.

Essentially what I'm trying to say is that you can not make an immediate change from your everyday routine to your workout. You should not expect to be like Clark Kent, stepping into a phone booth and coming out Superman. You must have a transition period between your everyday activities and your workout. During this time you must cleanse your mind of your everyday thoughts and begin to channel your mental energy towards one specific purpose - your workout.

Here's the best way to accomplish this. After you've changed into your workout gear find a quiet place where you can be alone and free from interruption. Now begin to mentally prepare yourself for your workout by actually visualizing your workout. Create a mental picture of yourself performing the workout and accomplishing what you want to do. You should actually see yourself grinding out rep after rep in the squat bench press.

At no time should any negative thoughts enter your mind, you must have a positive mental attitude. During this time of preparation you must create a mental expectation of success. When you walk into the gym you will be completely confident that your workout will be a success for it is in your mind. Always remember, what your mind can conceive and believe, you can achieve.

If at first you find that you lack the ability to make this transition don't be discouraged. Like anything else this will take practice, but if you are diligent and work hard you will become skillful at this procedure and most importantly your workouts will become more productive.

Our next pre-workout consideration involves a common mistake made not only by beginners, but by powerlifters of all levels of ability. The mistake they make is dwelling all day long on the subject of training. How many lifters do you know that from the moment they wake until they go to bed all they think about is training? While these individuals may be extremely dedicated and enthusiastic powerlifters, such action is actually harmful to their workouts, for dwelling all day long on the subject of training places a great deal of stress on your nervous system.

What happens to lifters who do this is that they burn themselves out prior to their workout. They've spent too much time thinking and worrying about their workout that when it actually comes time to train they just don't have it. The great philosopher Hippocrates once said: "Everything in excess is opposed by nature." This would be excellent advice for all powerlifters to follow.

Dwelling all day long on your workouts not only reduces their effectiveness, it also reduces the quality of your entire day. If your mind is on your workouts the activity that you are currently engaged in will suffer. If you're in school your mind should

what you are going to do during your workout: the exercises you are going to perform, their sequence, sets, reps, etc. It is not necessary to account for every second of your workout, but you must have a definite goal every workout and a plan by which you will achieve these goals.

If you lack such a plan two things are likely to happen, neither of which is good. First of all, you'll waste time. Instead of actually working out you'll be deciding whether to do this exercise or that exercise, or whether to do six sets or three sets and on and on. Know beforehand what you are going to do so that you don't waste any time.

Secondly, human nature being what it is you'll find yourself taking the easy way out. Instead of performing the most productive exercises you'll gravitate towards the easy exercises and you'll perform them in the easiest manner. Having a workout guideline will help to discipline you not to take the easy way out.

Advanced powerlifters oftentimes find that it is not necessary to have such a guideline or plan. Because of their years of experience they are able to effectively outline a routine as they go along. Beginning powerlifters, however, lack this experience and therefore it is best that they follow a pre-set plan.

In conclusion, proper application of these pre workout considerations should help any beginning powerlifter to make his workouts more productive. Thanks for reading and good luck in your training.



Master the basics in this article and you can have a long, productive lifting career like National Masters competitor, Leon Stinson, seen above pulling a 650 pound deadlift.

be on school, if you're at work, you should be giving full attention to your work. You can only do one thing at a time; therefore, give all of your attention to what you are doing at the present. When your daily activities are finished then, and only then, should you focus all of your attention on your workouts. But remember, make proper use of the transitional period previously discussed.

Our final consideration is especially important to the beginning powerlifter. Namely, having a plan or guideline for every workout. You should know

American Drug Free Powerlifting Association



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

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

Brother Bennett
 President
 P.O. Box 351
 Bay St. Louis, MS
 39520

George Hummel
 Vice President
 939 N. 20th Street
 Allentown, PA
 18104

Nick Theodorou
 Sec./Treas.
 5 Stonecroft Dr.
 Easton, PA
 18042

More From Ken Leistner



Big Ray and Dr. Ken Leistner show off their stuff in a forearm pose-down.

Not everyone would be thrilled with a 300 pound houseguest. These words of reminder were uttered by Carolyn Rigby as her loving husband Ray departed his Australian oasis in Ballarat for the New York City skyline. Understand that Ballarat is roughly equivalent to West Lafayette, Indiana minus Purdue University, sort of semi-rural, and planting Big Ray in the environs of New York City three weeks prior to the Worlds in Sweden offered some interesting possibilities. Actually, Ray Rigby is man who I have admired for years and it was my good fortune to treat his ailing back in Munich last year. We became good friends, talked often at length, traded information on patient treatment, training, track and field, and olympic lifting, etc. and decided to stay in touch.

You would have to know a little about Ray to understand the rest of this tale. Ray is one of the most famous athletes to ever come out of Australia. At the age of 17 he made his first trip abroad, representing his country in the pre-olympic meet in Mexico. For years Ray competed as a shotputter and olympic lifter, being named to two Olympic Games teams, three Commonwealth Games teams (a gold medal winner in one of them), wrestled as a representative in the Pan-Asian games, and has been the only athlete to win a national championship in his sport (shot put) in three different decades. Back home everyone knows him, and he is a sports celebrity not unlike the Fouts, Connors, Abdul-Jabbar types we have in the US. Because of his size, Ray has in the past been somewhat feared, and definitely respected. I know that he got along well with Brian Oldfield, primarily because Ray was one of the few men whom Brian gave his utmost respects to and they remain friends to this date. I always found all of this mildly amusing because Ray, despite being one of the strongest men in the world for years, is perhaps one of the most gentle, kindest, sweetest people to walk the earth. Despite the fact that his athletic prowess has allowed him to travel extensively to every part of the business accumen of Ray and his family has freed him from the financial burdens that sit on most of us. Ray is genuine, likable, and plain down-home. Even my mother thought he was terrific and as a rule, Big D has no love for lifters!

This, briefly, is Ray Rigby, but I remembered about him was that he was a former shotputter and olympic lifter who could eat six foot long hero sandwiches, as immortalized in Strength and Health. Because Ray has had extensive low back surgery, suffered a serious head/eye injury in an auto mishap, has had his knees ravaged by the surgeon's knife, and like yours truly, survived a stroke much to the surprise of the MDs, we had lots in common. I didn't know that he was unable to lift any weights for almost 13 years and that his first sets of squats consisted of one to three free hand squats, of this lit-

made an easy 865 squat, very deep, and what surprised all of us most, was his explosiveness with heavy weights, a carryover from putting and olympic lifting. He would literally rocket up with whatever he had on his back, in complete control. His benches too went well, with PBs (PBs to us) in the 460 range. We decided to cruise easy in the DL, never exceeding 804 and usually going women primarily. I believe, for two reasons: he's an excellent coach and the women love him! His coaching eye really helped me (we all know that you can be a decent coach but never coach yourself well). Kathy Tuttle, Ralph, Mike and all of the guys and girls who shared training time with us during his stay. He made the slightest changes and even though most of us weren't planning on going very heavy, the weights would take off, giving us new personal records every weekend.

Next month we'll try to talk about our sojourn into Harlem, the Action Comic Store, the Metropolitan Cafe, and some of New York's other outstanding attractions, the reason that Ray lifts better after listening to the Zircons, Lee Andrews, and other Hearts or the Platters, and other items of interest. The World's are going on this week, and Mike will have a great meat report but I'll have a few comments on the politics and the actions of some of our team members. Until then, lift well and enjoy.

made an easy 865 squat, very deep, and what surprised all of us most, was his explosiveness with heavy weights, a carryover from putting and olympic lifting. He would literally rocket up with whatever he had on his back, in complete control. His benches too went well, with PBs (PBs to us) in the 460 range. We decided to cruise easy in the DL, never exceeding 804 and usually going women primarily. I believe, for two reasons: he's an excellent coach and the women love him! His coaching eye really helped me (we all know that you can be a decent coach but never coach yourself well). Kathy Tuttle, Ralph, Mike and all of the guys and girls who shared training time with us during his stay. He made the slightest changes and even though most of us weren't planning on going very heavy, the weights would take off, giving us new personal records every weekend.

Next month we'll try to talk about our sojourn into Harlem, the Action Comic Store, the Metropolitan Cafe, and some of New York's other outstanding attractions, the reason that Ray lifts better after listening to the Zircons, Lee Andrews, and other Hearts or the Platters, and other items of interest. The World's are going on this week, and Mike will have a great meat report but I'll have a few comments on the politics and the actions of some of our team members. Until then, lift well and enjoy.

Next month we'll try to talk about our sojourn into Harlem, the Action Comic Store, the Metropolitan Cafe, and some of New York's other outstanding attractions, the reason that Ray lifts better after listening to the Zircons, Lee Andrews, and other Hearts or the Platters, and other items of interest. The World's are going on this week, and Mike will have a great meat report but I'll have a few comments on the politics and the actions of some of our team members. Until then, lift well and enjoy.

Next month we'll try to talk about our sojourn into Harlem, the Action Comic Store, the Metropolitan Cafe, and some of New York's other outstanding attractions, the reason that Ray lifts better after listening to the Zircons, Lee Andrews, and other Hearts or the Platters, and other items of interest. The World's are going on this week, and Mike will have a great meat report but I'll have a few comments on the politics and the actions of some of our team members. Until then, lift well and enjoy.

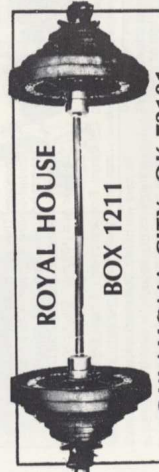
about reducing his frequency to twice per week, for most lifters, it is the best way to go. I think it's interesting that a few years ago when I first wrote about twice weekly session, three times per week via the rotation method (now made semi-famous by Dr. Hatfield as the "Abbreviated Cycle" with some flourishes), and the emphasis on recovery in full, many of the top guys razzed the hell out of me. Well, the pendulum has swung as more and more top lifters, especially the women (as coach of the Australian's Women Team going to the Worlds), Ray has suggested the program to a number of the women with outstanding results, have made great progress with this approach. In Ray's case, it was a necessity due to all of the physical damage he has suffered through the years. We'll fill in some of the training details at a later date, the changes in volume and intensity, which assistance movements Ray used, when and why, etc., and how his progress went on a monthly basis.

Physically, Ray made great changes in his body, getting harder, reducing his bodyfat levels, improving leverage, increasing his stamina. We totally revamped his approach to training, stressing quality and the complementing of items as opposed to quantity. We would talk often by phone and write as well, so that any necessary changes could be made quickly. For me it was rather exciting, watching a world class and experienced athlete change his thinking enough to facilitate relatively major changes in his abilities. Ray flew to Austin in order to enjoy our Seniors and Chip McCan's hospitality and we spent most of our time together, talking about the lifting before us, and planning for the future. We then decided that Ray should spend the weeks preceding the Worlds, with me, in NY, where we could fine tune his training preparation. This of course, led to his wife's statement about the 300 pound house guest but I wasn't fazed at all. We started making plans about two weeks before Ray's arrival, opening a charge account at the local market, arranging for plenty of spot-ting and loaders for training session, bussing in huge quantities of fruit juice (The Duffy-Mott people could open up a new plant on our contribution alone, as gallons of the brown juice were sucked down daily), and preparing Sol for the man-mountain that was to sleep in his bed ("Papa, is this my room, are those my trucks or Ray's?") Unfortunately, because Ray insisted on playing with Sol's trucks and cars, he had to reprimand him a number of times and force him to share with my son but after a while, he really didn't mind. He did make it clear that the comic books were his though, and despite his pretense that he was up late in the evenings studying for acupuncture exams and reading the physiology books in our library, I'm afraid that we did little to contribute to his intellectual stimulation, as Dr. Stange, Red Sontz (not the worst looking woman you'll run into as it turns out),

about reducing his frequency to twice per week, for most lifters, it is the best way to go. I think it's interesting that a few years ago when I first wrote about twice weekly session, three times per week via the rotation method (now made semi-famous by Dr. Hatfield as the "Abbreviated Cycle" with some flourishes), and the emphasis on recovery in full, many of the top guys razzed the hell out of me. Well, the pendulum has swung as more and more top lifters, especially the women (as coach of the Australian's Women Team going to the Worlds), Ray has suggested the program to a number of the women with outstanding results, have made great progress with this approach. In Ray's case, it was a necessity due to all of the physical damage he has suffered through the years. We'll fill in some of the training details at a later date, the changes in volume and intensity, which assistance movements Ray used, when and why, etc., and how his progress went on a monthly basis.

Physically, Ray made great changes in his body, getting harder, reducing his bodyfat levels, improving leverage, increasing his stamina. We totally revamped his approach to training, stressing quality and the complementing of items as opposed to quantity. We would talk often by phone and write as well, so that any necessary changes could be made quickly. For me it was rather exciting, watching a world class and experienced athlete change his thinking enough to facilitate relatively major changes in his abilities. Ray flew to Austin in order to enjoy our Seniors and Chip McCan's hospitality and we spent most of our time together, talking about the lifting before us, and planning for the future. We then decided that Ray should spend the weeks preceding the Worlds, with me, in NY, where we could fine tune his training preparation. This of course, led to his wife's statement about the 300 pound house guest but I wasn't fazed at all. We started making plans about two weeks before Ray's arrival, opening a charge account at the local market, arranging for plenty of spot-ting and loaders for training session, bussing in huge quantities of fruit juice (The Duffy-Mott people could open up a new plant on our contribution alone, as gallons of the brown juice were sucked down daily), and preparing Sol for the man-mountain that was to sleep in his bed ("Papa, is this my room, are those my trucks or Ray's?") Unfortunately, because Ray insisted on playing with Sol's trucks and cars, he had to reprimand him a number of times and force him to share with my son but after a while, he really didn't mind. He did make it clear that the comic books were his though, and despite his pretense that he was up late in the evenings studying for acupuncture exams and reading the physiology books in our library, I'm afraid that we did little to contribute to his intellectual stimulation, as Dr. Stange, Red Sontz (not the worst looking woman you'll run into as it turns out),

about reducing his frequency to twice per week, for most lifters, it is the best way to go. I think it's interesting that a few years ago when I first wrote about twice weekly session, three times per week via the rotation method (now made semi-famous by Dr. Hatfield as the "Abbreviated Cycle" with some flourishes), and the emphasis on recovery in full, many of the top guys razzed the hell out of me. Well, the pendulum has swung as more and more top lifters, especially the women (as coach of the Australian's Women Team going to the Worlds), Ray has suggested the program to a number of the women with outstanding results, have made great progress with this approach. In Ray's case, it was a necessity due to all of the physical damage he has suffered through the years. We'll fill in some of the training details at a later date, the changes in volume and intensity, which assistance movements Ray used, when and why, etc., and how his progress went on a monthly basis.



ROYAL HOUSE
BOX 1211
OKLAHOMA CITY, OK 73101

Authorized Dealer for YORK, MAC, CHAMPION,
ROCKY MT., UNIVERSAL, AMF, FLEX & SONATA.

DISCOUNT PRICES

Write for: FREE catalogue or call 405-942-5606 day or nite.

Barbells, Equipment and Machines shipped to you from company factories.

SONATA OLYMPIC SETS
315 lb.-\$269 405 lb.-\$325 7 ft. bar-\$139

Fine quality, accurate plates, Chrome or Black bar. Used by leading High Schools & Universities. Fast Delivery.

CHAMPION POWER BAR - \$169

Visa, Mastercard & American Express accepted by mail or phone. In business for 18 years.

the New, Updated, 1983 International Powerlifting RULE BOOK

and POWERLIFTERS Handbook is available NOW!

This handbook (well over 100 pages!) contains the OFFICIAL International Powerlifting Federation rules on the sport of Powerlifting, as they apply to all organized and United States Powerlifting Federation sanctioned competitions...BUT...that's not all, the rest of the handbook is filled with such useful information as updated weight class by weight class records for Men, Women, Teenagers, Collegiate lifters, Master lifters (in 5 year age groups), and national championship meet records, including WORLD RECORDS, plus kilo conversion tables (up to 1150 kilos, so you can convert totals as well as individual lifts), a complete listing of the Schwartz Formula for evaluating lifters of different bodyweights, and the Malone formula for women. PLUS...lifting classification standards from Class IV to Elite for men and women, a graphic example of how to judge the squat, and a special feature on Meet Promotion helpful to every lifter and official.

IMPORTANT NOTE...this rulebook contains the rule changes made at the 1982 IPF Congress in Munich, West Germany. Previous editions of this handbook DO NOT. To keep up to date with the current rules, this is THE accurate source.

To receive your updated 1983 rule book, send \$8 for each rulebook you want (discount available on orders of 10 or more...please inquire). Previous editions of this handbook have sold out quickly, and to insure that you get the latest edition, prepaid orders are being accepted now, so ORDER NOW.

\$8 to: Powerlifting USA
Box 3238
Camarillo, CA 93011

Know the rules...understand your sport!

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 lifting that made an anabolic naturally is in this pill. Whether you're after muscle size, definition or strength, **EXTEROL** will help you meet your goals. Just look at what's in this dynamic tablet.

GLANDULARS (5000 mgs)

It is now undisputed in weight training circles that glands build muscle. Glandulars boost your body's natural production of hormones, and along with a weight training program, will produce raw glandulars into a daily dosage of 5000 milligrams as follows: Liver (2600 mgs), Orchic (1000 mgs), Thyroid (200 mgs), Heart (200 mgs), Kidney (200 mgs), Lung (200 mgs), Pituitary (150 mgs), Adrenal (150 mgs), Prostate (120 mgs), Pancreas (120 mgs), Hypothalamus (60 mgs). No other formula can compare.

STEROLS (23,730 mgs)

Here's the most exciting recent discovery in natural oral 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 (4680 mgs), Fucosterol (6300 mgs), Campesterol (2390 mgs), Stigmasterol (6340 mgs). No other steroids are the closest thing to steroids and represent the latest advancement in natural muscle building supplementation.

AMINO ACIDS (2024 mgs)

Here's another recent advancement in natural muscles building supplements. Three amino acids—Lysine, Arginine, and Ornithine—all help stimulate the body's natural production of growth hormone (GH) and help lifters avoid the risk of their growth hormone being inhibited by 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 Drk Pearson who notes that bodybuilders are getting unbelievable results from using these amino acids. According to Pearson, even people who don't take growth hormone can get 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, steroids, herbals and other key factors in the one pill **EXTEROL**?

HERBALS (700 mgs)

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

herbs for weight lifters. Capsicum (100 mgs) is a pure stimulant boosting the efficiency of every organ in the body. It aids in circulation and helps bodybuilders achieve a great pump. Alfalfa (100 mgs) 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 mgs) acts as a natural stimulant boosting the body's ability to burn fat and burn calories. It acts as a natural diuretic. It also helps prevent anemia and strengthens the kidneys. Garlic (100 mgs) is one of nature's wonder herbs. It helps fight infections, reduces high blood pressure and helps lower cholesterol. Yellow Dock (100 mgs) works as a blood purifier and tones up the entire system. It also helps maintain good gland health and aids in the production of growth hormone and diuretic. It helps lifters and strengthens the heart and adrenal glands. Licorice Root (100 mgs) acts as a boost to the 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**, a high source of plant based hormones. Weight lifters take Polien for strength, endurance, definition and vitality. Ginseng (100 mgs) is one of those magic substances that seems to do about everything—bigger muscles, more strength, great stamina, sexual drive, hormone releaser and blood pressure stabilizer. Royal Jelly (30 mgs) is the mystery substance that worker bees feed to the queen bee enabling her to grow very large and strong. Weigh Octacosanol (1500 mgs) like steroids, closely resembles steroids in action. It enables weight lifters to develop tremendous endurance for grueling workouts. Strength and improved muscle reflex action are two more benefits. RNA (60 mgs) and DNA (30 mgs) are commonly referred to as nucleic acids and are crucial to cell reproduction. Weight lifters need these nucleic acids to assist in cellular growth after intense workouts. These nucleic acids mean bigger, thicker muscles.

MUSCLE MINERALS

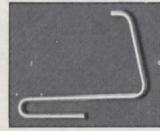
Minerals play a very important part in muscle building acting as catalysts in key chemical reactions. **EXTEROL** provides Calcium (200 mgs) Magnesium (100 mgs) and the crucial muscle min-

FOR THE
POWER TRAINING
AND ATHLETE NEEDS

The Science of POWER

The Most Scientific Approach to Power Training Ever Developed!

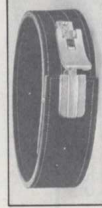
PRODUCTS & COURSES BY FRED HATFIELD, Ph.D.,
PHYSIOLOGY EXPERT, WORLD-CLASS POWER-
LIFTER, WRITER/EDITOR FOR MUSCLE & FITNESS



The Power Hook, A REVOLUTIONARY NEW PRODUCT!
Fred Hatfield's Power Hook makes old-fashioned dip belts obsolete! Unlike dip belts, it's safe (will never slip), fast and easy to use, and much less expensive. Hooks instantly onto any weightlifting belt and accepts all sizes or plates. Solid steel construction for years of dependable use. Perfect for heavy-duty chinning and dipping!
Only \$17.95

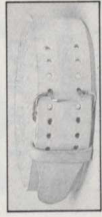


The Power hook is perfect for dipping and pinching.



Hi-Tech Lever-Action Belt

This state-of-the-art leather belt features a completely adjustable aluminum lever for the fastest and easiest use possible. 4-inches wide, holds firmer than any other belt. 100% leather. Will never wear out or tear. Available in natural leather (powerlifting and bodybuilding styles), suede slim-front bodybuilding, and double-thick suede powerlifting (holds tighter than any conventional belt). Suede models reversible for 2-color choice. See coupon for prices and colors of all four styles.



Quick-Release Buckle Belt

For the bodybuilder who wants the ultra-modern features of the lever-action belt, but who prefers a buckle-type quick release. Approved for international powerlifting competitions. 100% leather will never wear out or tear. Also available in four styles: slim-front suede bodybuilding, double-thick suede powerlifting, natural leather bodybuilding, and powerlifting. See coupon for prices and colors of all four styles.

THE COMPLETE GUIDE TO POWER TRAINING



The definitive power training book for any serious bodybuilder and athlete in any sport. Covers the scientific basis of weight training, biomechanics of three power lifts, systems of training, ergogenic aids, psychological factors, diet and nutrition, and contest preparation. . . . Only \$16.95 postpaid



Anabolic Steroids: What Kind and How Many
Maximize the benefits of steroids while you minimize the hazards. With a combination of professional medical supervision and the most authoritative steroid guide ever written. Easy to understand, with complete blood test data, cycling, other commonly used drugs, methods of drug test circumvention, and ethical arguments. . . . \$8.95 postpaid

The Power Training Package

Five handbooks that work together to help you develop specific power training techniques:
1. Flexibility for Sports: PNF Techniques
2. Bodybuilding for Power
3. The Squat
4. The Bench Press
5. The Deadlift
Buy all five for only \$20.00! (save \$7.50!)

And, to complete your power library:
• Weight Training for the Young Athlete
• Powerlifting: A Scientific Approach
• Personalized Weight Training for Fitness and Athletes
Each book \$6.95 postpaid

• Aerobic Weight Training \$11.95 ppd.



Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

Send your Check or Money Order today to:
SPORTS CONDITIONING SERVICES
15343 Vanowen No. 235, Van Nuys, CA 91406

the CAMBERED BENCH PRESS BAR



(Training Program Included)

'for the ultimate in bench pressing blastoff power, pectoral development and tricep lockout power'

35 pound Olympic style bar (postpaid)..\$125.00

20 pound regular style bar (postpaid)..\$75.00

45 pound Olympic style bar with rotating ends (postpaid).....\$250.00

Sent via U.P.S.

C.O.D. Accepted

order from

Mike MacDonald SYSTEMS
15 N. Lake Ave.
Duluth, Minn.
55802
1-218-727-8847

Southern States Championships

10/22-23/83 - N. Miami Beach, FL

| OPEN DIV | SQ | BP | DL | T |
|------------------|------|------|------|------|
| 132 | 440 | 260 | 530 | 1270 |
| E. Milani** | 530 | 315 | 525 | 1260 |
| A. Conyers** | 420 | 315 | 525 | 1260 |
| S. Johnson | 455 | 325 | 455 | 1235 |
| T. Donovan | 520 | 325 | 555 | 1400 |
| S. Snell | 610 | 385 | 600 | 1625 |
| L. Solo | 565 | 425 | 580 | 1570 |
| O. Bergara | 620 | 425 | 580 | 1600 |
| M. Quinlan | 595 | 365 | 530 | 1400 |
| M. Curbello | 495 | 305 | 575 | 1370 |
| S. Viera | 595 | 365 | 575 | 1370 |
| 198 | 620 | 425 | 600 | 1725 |
| M. Mustakas | 635 | 370 | 575 | 1580 |
| V. Diaz | 600 | 380 | 575 | 1555 |
| J. Rado | 645 | 460 | 630 | 1675 |
| D. James | 625 | 440 | 630 | 1675 |
| D. Ames | 645 | 460 | 630 | 1675 |
| 220 | 600 | 380 | 575 | 1555 |
| J. Rado | 645 | 460 | 630 | 1675 |
| D. James | 625 | 440 | 630 | 1675 |
| D. Ames | 645 | 460 | 630 | 1675 |
| 275 | 515* | 370 | 575 | 1380 |
| J. Garcia(BL) | 600 | 380 | 575 | 1555 |
| F. Zocchi | 645 | 460 | 630 | 1675 |
| C. O'Connell | 600 | 380 | 575 | 1555 |
| M. K. below | 280 | 160* | 325* | 765 |
| M. Dorman | 185 | 105 | 265 | 555 |
| C. Royhouse | 230 | 125 | 300 | 655 |
| K. Brayton | 280 | 135 | 300 | 655 |
| 310 | 110 | 65 | 310 | 525 |
| L. Roberts | 110 | 65 | 310 | 525 |
| Class II & above | 255 | 165* | 330* | 770 |
| L. Vallencourt | 305* | 170* | 370* | 845 |
| T. Balz | 250 | 125 | 305 | 680 |
| C. Fisher | 250 | 125 | 305 | 680 |
| S. Sims | 240 | 140 | 300 | 680 |

CLASS II & BELOW DIV

| | | | | |
|-----------------|-----|-----|-----|------|
| 114 | 800 | 175 | 325 | 800 |
| F. Perez | 235 | 175 | 330 | 740 |
| 123 | 275 | 240 | 370 | 885 |
| T. Antinetti** | 275 | 240 | 370 | 885 |
| F. Perez | 250 | 150 | 370 | 770 |
| 132 | 320 | 205 | 340 | 865 |
| R. Rosales | 320 | 205 | 340 | 865 |
| 148 | 275 | 200 | 330 | 805 |
| T. Norabito | 275 | 200 | 330 | 805 |
| 180 | 420 | 220 | 450 | 1090 |
| T. Small | 420 | 220 | 450 | 1090 |
| R. Perez | 420 | 220 | 450 | 1090 |
| W. Hores | 315 | 275 | 390 | 980 |
| A. Lane | 320 | 275 | 390 | 980 |
| D. Jones | 320 | 275 | 390 | 980 |
| D. Monford | 265 | 240 | 320 | 825 |
| D. Row | 330 | 270 | 375 | 875 |
| D. Harrow | 260 | 230 | 335 | 830 |
| K. Collier | 485 | 280 | 545 | 1310 |
| E. Smith** | 445 | 315 | 535 | 1295 |
| W. Vargas | 475 | 270 | 455 | 1200 |
| P. Bagnio | 300 | 245 | 420 | 1050 |
| J. Meade | 345 | 240 | 430 | 1015 |
| M. Rosenblum | 200 | 175 | 355 | 730 |
| 181 | 500 | 295 | 535 | 1330 |
| R. Stockton | 470 | 310 | 510 | 1290 |
| J. Calandra | 470 | 310 | 510 | 1290 |
| K. Dunlop | 425 | 280 | 475 | 1180 |
| L. Rogers | 435 | 280 | 475 | 1180 |
| B. Gallo | 475 | 280 | 475 | 1180 |
| C. Cavanaugh | 400 | 270 | 480 | 1150 |
| T. Auer | 310 | 225 | 375 | 910 |
| 198 | 520 | 340 | 600 | 1490 |
| D. Wilkinson | 520 | 340 | 600 | 1490 |
| S. Peckmack | 500 | 325 | 575 | 1450 |
| L. Haber | 480 | 400 | 570 | 1390 |
| M. Focht | 500 | 345 | 600 | 1490 |
| E. Sinesco | 480 | 390 | 590 | 1420 |
| S. Beck | 425 | 300 | 485 | 1210 |
| D. Hesclon | 420 | 260 | 455 | 1145 |
| D. Lakin | 500 | 325 | 575 | 1450 |
| K. Kurtz | 580 | 375 | 600 | 1555 |
| M. Harrison | 520 | 305 | 585 | 1470 |
| T. Poplawski | 550 | 405 | 590 | 1455 |
| T. Acker | 540 | 340 | 550 | 1430 |
| A. Accho | 555 | 345 | 580 | 1430 |
| R. Gellneau | 450 | 325 | 610 | 1385 |
| D. Endler | 450 | 325 | 610 | 1385 |
| P. Quattrocchio | 405 | 260 | 510 | 1175 |
| A. Accho | 385 | 265 | 410 | 1060 |

Key West Bench Press & Deadlift Championships

10/21/83 - Key West, FL

| WOMEN | BENCH PRESS | DEADLIFT |
|--------------|-------------|----------|
| J. Wood | 215 | 360 |
| C. Fisher | 120 | 300 |
| C. Manning | 100 | 235 |
| P. Sailer | 90 | 170 |
| 113 | 135 | 215 |
| R. Bluestone | 75 | 135 |
| R. Schooley | 75 | 135 |
| R. Rosales | 75 | 135 |
| 144 | 120 | 225 |
| L. Campo | 100 | 190 |
| J. Hernandez | 90 | 170 |
| 160 | 285 | 550 |
| R. Murphy | 350 | 660 |
| K. Enriquez | 350 | 660 |
| R. Murphy | 350 | 660 |
| 181 | 350 | 660 |
| M. Onan | 350 | 660 |
| 190 | 350 | 660 |
| L. Solo | 350 | 660 |
| R. Stockton | 350 | 660 |
| 200 | 350 | 660 |
| D. Philis | 350 | 660 |
| 215 | 350 | 660 |
| C. Pecoraro | 350 | 660 |
| 220 | 350 | 660 |
| T. Ane | 350 | 660 |
| 225 | 350 | 660 |
| D. Nelson | 350 | 660 |
| 230 | 350 | 660 |
| D. Atwell | 350 | 660 |
| 235 | 350 | 660 |
| J. Dempsey | 350 | 660 |
| 240 | 350 | 660 |
| J. Garcia | 350 | 660 |
| 245 | 350 | 660 |
| J. Cooper | 350 | 660 |
| 250 | 350 | 660 |
| K. Green | 350 | 660 |
| 255 | 350 | 660 |
| C. Cavanaugh | 350 | 660 |

MEET DIRECTOR:

Acad Ubanak, Thanks to John Cane for results.

Key West Bench Press & Deadlift Championships

10/21/83 - Key West, FL

| WOMEN | BENCH PRESS | DEADLIFT |
|--------------|-------------|----------|
| J. Wood | 215 | 360 |
| C. Fisher | 120 | 300 |
| C. Manning | 100 | 235 |
| P. Sailer | 90 | 170 |
| 113 | 135 | 215 |
| R. Bluestone | 75 | 135 |
| R. Schooley | 75 | 135 |
| R. Rosales | 75 | 135 |
| 144 | 120 | 225 |
| L. Campo | 100 | 190 |
| J. Hernandez | 90 | 170 |
| 160 | 285 | 550 |
| R. Murphy | 350 | 660 |
| K. Enriquez | 350 | 660 |
| R. Murphy | 350 | 660 |
| 181 | 350 | 660 |
| M. Onan | 350 | 660 |
| 190 | 350 | 660 |
| L. Solo | 350 | 660 |
| R. Stockton | 350 | 660 |
| 200 | 350 | 660 |
| D. Philis | 350 | 660 |
| 215 | 350 | 660 |
| C. Pecoraro | 350 | 660 |
| 220 | 350 | 660 |
| T. Ane | 350 | 660 |
| 225 | 350 | 660 |
| D. Nelson | 350 | 660 |
| 230 | 350 | 660 |
| D. Atwell | 350 | 660 |
| 235 | 350 | 660 |
| J. Dempsey | 350 | 660 |
| 240 | 350 | 660 |
| J. Garcia | 350 | 660 |
| 245 | 350 | 660 |
| J. Cooper | 350 | 660 |
| 250 | 350 | 660 |
| K. Green | 350 | 660 |
| 255 | 350 | 660 |
| C. Cavanaugh | 350 | 660 |

MEET DIRECTOR:

Acad Ubanak, Thanks to John Cane for results.

Key West Bench Press & Deadlift Championships

10/21/83 - Key West, FL

| WOMEN | BENCH PRESS | DEADLIFT |
|--------------|-------------|----------|
| J. Wood | 215 | 360 |
| C. Fisher | 120 | 300 |
| C. Manning | 100 | 235 |
| P. Sailer | 90 | 170 |
| 113 | 135 | 215 |
| R. Bluestone | 75 | 135 |
| R. Schooley | 75 | 135 |
| R. Rosales | 75 | 135 |
| 144 | 120 | 225 |
| L. Campo | 100 | 190 |
| J. Hernandez | 90 | 170 |
| 160 | 285 | 550 |
| R. Murphy | 350 | 660 |
| K. Enriquez | 350 | 660 |
| R. Murphy | 350 | 660 |
| 181 | 350 | 660 |
| M. Onan | 350 | 660 |
| 190 | 350 | 660 |
| L. Solo | 350 | 660 |
| R. Stockton | 350 | 660 |
| 200 | 350 | 660 |
| D. Philis | 350 | 660 |
| 215 | 350 | 660 |
| C. Pecoraro | 350 | 660 |
| 220 | 350 | 660 |
| T. Ane | 350 | 660 |
| 225 | 350 | 660 |
| D. Nelson | 350 | 660 |
| 230 | 350 | 660 |
| D. Atwell | 350 | 660 |
| 235 | 350 | 660 |
| J. Dempsey | 350 | 660 |
| 240 | 350 | 660 |
| J. Garcia | 350 | 660 |
| 245 | 350 | 660 |
| J. Cooper | 350 | 660 |
| 250 | 350 | 660 |
| K. Green | 350 | 660 |
| 255 | 350 | 660 |
| C. Cavanaugh | 350 | 660 |

MEET DIRECTOR:

Acad Ubanak, Thanks to John Cane for results.

Key West Bench Press & Deadlift Championships

10/21/83 - Key West, FL

| WOMEN | BENCH PRESS | DEADLIFT |
|--------------|-------------|----------|
| J. Wood | 215 | 360 |
| C. Fisher | 120 | 300 |
| C. Manning | 100 | 235 |
| P. Sailer | 90 | 170 |
| 113 | 135 | 215 |
| R. Bluestone | 75 | 135 |
| R. Schooley | 75 | 135 |
| R. Rosales | 75 | 135 |
| 144 | 120 | 225 |
| L. Campo | 100 | 190 |
| J. Hernandez | 90 | 170 |
| 160 | 285 | 550 |
| R. Murphy | 350 | 660 |
| K. Enriquez | 350 | 660 |
| R. Murphy | 350 | 660 |
| 181 | 350 | 660 |
| M. Onan | 350 | 660 |
| 190 | 350 | 660 |
| L. Solo | 350 | 660 |
| R. Stockton | 350 | 660 |
| 200 | 350 | 660 |
| D. Philis | 350 | 660 |
| 215 | 350 | 660 |
| C. Pecoraro | 350 | 660 |
| 220 | 350 | 660 |
| T. Ane | 350 | 660 |
| 225 | 350 | 660 |
| D. Nelson | 350 | 660 |
| 230 | 350 | 660 |
| D. Atwell | 350 | 660 |
| 235 | 350 | 660 |
| J. Dempsey | 350 | 660 |
| 240 | 350 | 660 |
| J. Garcia | 350 | 660 |
| 245 | 350 | 660 |
| J. Cooper | 350 | 660 |
| 250 | 350 | 660 |
| K. Green | 350 | 660 |
| 255 | 350 | 660 |
| C. Cavanaugh | 350 | 660 |

MEET DIRECTOR:

Acad Ubanak, Thanks to John Cane for results.

Key West Bench Press & Deadlift Championships

10/21/83 - Key West, FL

| WOMEN | BENCH PRESS | DEADLIFT |
|--------------|-------------|----------|
| J. Wood | 215 | 360 |
| C. Fisher | 120 | 300 |
| C. Manning | 100 | 235 |
| P. Sailer | 90 | 170 |
| 113 | 135 | 215 |
| R. Bluestone | 75 | 135 |
| R. Schooley | 75 | 135 |
| R. Rosales | 75 | 135 |
| 144 | 120 | 225 |
| L. Campo | | |

marathon™ Nutrition Leads the Way In Bringing

GRAB A GOLD MEDAL!!

PEAK PERFORMANCE IN COMPETITION OR TRAINING REQUIRES THE BEST IN NUTRITIONAL SUPPLEMENTATION. THAT'S WHAT **marathon™** OFFERS YOU!!

GOLD MEDAL DYNAMO PAK

"A specifically designed nutrition program"

Each packet contains:

LIPU SOLUBLE
Vitamin A (Palmitate) 150 mg
Vitamin A (Erat Eggrotol) 150 mg
Vitamin E (d Alpha) 150 mg
Vitamin C (Natural Ascorbic Acid) 45,000 NF Units
Vitamin B1 (Riboflavin) 13,800 NF Units
Vitamin B2 (Riboflavin) 13,800 NF Units
Vitamin B6 (Pyridoxine) 150 mg
Vitamin B12 (Cyanocobalamin) 150 mg
Natural Selected Rose Hips 150 mg
Natural Diatomaceous adsorbent 100 mg
Collod 390 mg

B-COMPLEX (TIME RELEASE 6-8 HOURS)
Vitamin B1 130 mg
Vitamin B2 130 mg
Vitamin B6 130 mg
Vitamin B12 130 mg
Nicotinamide 130 mg
Inositol 130 mg
Biotin 130 mg
Choline 130 mg
Panthenic Acid 130 mg

CHELATED MINERAL COMPOUNDS
Calcium (Amino Acid Chelate) 1,500 mg
Magnesium (Amino Acid Chelate) 250 mg
Zinc (Amino Acid Chelate) 200 mg
Iodine (Kelp) 225 mcg
Copper (Amino Acid Chelate) 4.5 mg
Iron (Amino Acid Chelate) 200 mg
Raw Orchic Extract 200 mg
Raw Whole Pituitary Extract 200 mg
Raw Pancreatic Substance 200 mg
Raw Heart Substance 200 mg
Manganese (Amino Acid Chelate) 16 mg
Potassium (Potrate) 100 mg

DIRECTIONS
One pack daily or as directed

60 day supply \$52.00
30 day supply \$27.00

Not another Hi-Potency "Me Too Formula". DYNAMO-PAK puts the high potency where you need it the most. With emphasis on:

SUPER POTENCY GLANDULAR COMPLEX — for muscle growth, energy levels, better workouts.

EXTRA VITAMIN C — for tissue repair.

HIGH PANTOTHENIC ACID — better adrenal function.

HIGH ZINC — for tissue repair & hormone production.

HIGH CHROMIUM — increase insulin production.

HIGH SELENIUM — anti-oxidant & better Vitamin E utilization.

GOLD MEDAL PACK

"the standard of Hi-Potency Formulas"

Each Pack contains:

LIPU SOLUBLE
Vitamin A (Dry) 25,000 IU
Vitamin A (d Alpha) 1,000 IU
Vitamin C (Natural Ascorbic Acid) 2,000 mg
Vitamin B1 (Riboflavin) 500 mg
Vitamin B2 (Riboflavin) 500 mg
Vitamin B6 (Pyridoxine) 50 mg
Vitamin B12 (Cyanocobalamin) 50 mg
Natural Selected Rose Hips 50 mg
Natural Diatomaceous adsorbent 50 mg
Collod 390 mg

B-COMPLEX FACTORS (TIME RELEASE)
Vitamin B1 500 mcg
Vitamin B2 500 mcg
Vitamin B6 500 mcg
Vitamin B12 500 mcg
Nicotinamide 500 mcg
Inositol 500 mcg
Biotin 500 mcg
Choline 500 mcg
Panthenic Acid 500 mcg

CHELATED MINERAL COMPOUNDS
Calcium (Amino Acid Chelate) 1,500 mg
Magnesium (Amino Acid Chelate) 250 mg
Zinc (Amino Acid Chelate) 200 mg
Iodine (Kelp) 225 mcg
Copper (Amino Acid Chelate) 4.5 mg
Iron (Amino Acid Chelate) 200 mg
Raw Orchic Extract 200 mg
Raw Whole Pituitary Extract 200 mg
Raw Pancreatic Substance 200 mg
Raw Heart Substance 200 mg
Manganese (Amino Acid Chelate) 16 mg
Potassium (Potrate) 100 mg

DIRECTIONS
One pack daily or as directed

60 day supply \$32.00
30 day supply \$17.50

SUPER PAK

"the original Hi-Potency vitamin-mineral pack."

Each packet contains eight tablets:

VITAMIN C (ASCORBIC ACID) 1,000 mg
Vitamin D (Erat Eggrotol) 150 mg
Vitamin E (d Alpha) 150 mg
Vitamin B1 (Riboflavin) 13,800 NF Units
Vitamin B2 (Riboflavin) 13,800 NF Units
Vitamin B6 (Pyridoxine) 150 mg
Vitamin B12 (Cyanocobalamin) 150 mg
Natural Selected Rose Hips 150 mg
Natural Diatomaceous adsorbent 100 mg
Collod 390 mg

B-COMPLEX FACTORS
Vitamin B1 500 mcg
Vitamin B2 500 mcg
Vitamin B6 500 mcg
Vitamin B12 500 mcg
Nicotinamide 500 mcg
Inositol 500 mcg
Biotin 500 mcg
Choline 500 mcg
Panthenic Acid 500 mcg

CHELATED MINERAL COMPOUNDS
Calcium (Amino Acid Chelate) 1,500 mg
Magnesium (Amino Acid Chelate) 250 mg
Zinc (Amino Acid Chelate) 200 mg
Iodine (Kelp) 225 mcg
Copper (Amino Acid Chelate) 4.5 mg
Iron (Amino Acid Chelate) 200 mg
Raw Orchic Extract 200 mg
Raw Whole Pituitary Extract 200 mg
Raw Pancreatic Substance 200 mg
Raw Heart Substance 200 mg
Manganese (Amino Acid Chelate) 16 mg
Potassium (Potrate) 100 mg

DIRECTIONS
One pack daily or as directed

60 day supply \$25.50
180 day supply \$63.50
30 day supply \$14.50
90 day supply \$35.50

ONE PAK

"for the individual who desires a medium potency"

Each packet contains eight tablets:

VITAMIN C (ASCORBIC ACID) 1,000 mg
Vitamin D (Erat Eggrotol) 150 mg
Vitamin E (d Alpha) 150 mg
Vitamin B1 (Riboflavin) 13,800 NF Units
Vitamin B2 (Riboflavin) 13,800 NF Units
Vitamin B6 (Pyridoxine) 150 mg
Vitamin B12 (Cyanocobalamin) 150 mg
Natural Selected Rose Hips 150 mg
Natural Diatomaceous adsorbent 100 mg
Collod 390 mg

B-COMPLEX FACTORS
Vitamin B1 500 mcg
Vitamin B2 500 mcg
Vitamin B6 500 mcg
Vitamin B12 500 mcg
Nicotinamide 500 mcg
Inositol 500 mcg
Biotin 500 mcg
Choline 500 mcg
Panthenic Acid 500 mcg

CHELATED MINERAL COMPOUNDS
Calcium (Amino Acid Chelate) 1,500 mg
Magnesium (Amino Acid Chelate) 250 mg
Zinc (Amino Acid Chelate) 200 mg
Iodine (Kelp) 225 mcg
Copper (Amino Acid Chelate) 4.5 mg
Iron (Amino Acid Chelate) 200 mg
Raw Orchic Extract 200 mg
Raw Whole Pituitary Extract 200 mg
Raw Pancreatic Substance 200 mg
Raw Heart Substance 200 mg
Manganese (Amino Acid Chelate) 16 mg
Potassium (Potrate) 100 mg

DIRECTIONS
One pack daily or as directed

60 day supply \$16.50
180 day supply \$43.00

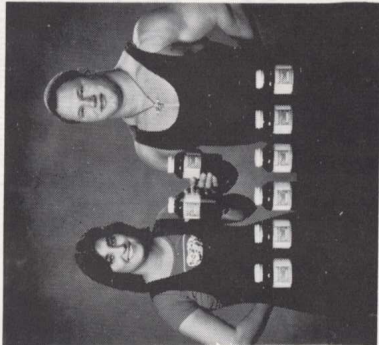
(turn page for order form)

You the Highest Quality Supplements At LOW Prices

INCREASE YOUR POWER

With the Greatest Training Aids You've Ever Had

marathon™ HIGH POTENCY HIGH UTILIZATION GLANDULARS glandular formulas provide you with the high-density nutrients needed to fuel your workouts and act as a catalyst for muscular growth and strength gains. These products are unparalleled for their quality and results. A must for the serious trainee.



CHRISTINA PAPALIOS — teenage national power lifting champion, **JOE LADNIER** — 220 lb. class teenage phenomenon and senior national champion.

Both Joe & Christina have used Marathon glandular products with tremendous results. Much of their improvement in training & competition is directly related to their use of these glandulars.

GLANDULAR COMPLEX — 1200 mg. CAPSULES

Each capsule contains:

Raw Adrenal Substance 200 mg
Raw Whole Pituitary Substance 200 mg
Raw Orchic Substance 200 mg
Raw Pancreatic Substance 200 mg
Raw Heart Substance 200 mg
Raw Kidney Substance 200 mg
RNA (Ribonucleic Acid) 250 mg

50 CAPS \$9.50 100 CAPS \$17.25
250 CAPS \$39.50 500 CAPS \$75.50
1000 CAPS \$140.00

ADRENAL-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW ADRENAL SUBSTANCE

50 CAPS \$7.00 100 CAPS \$12.50
250 CAPS \$27.75 500 CAPS \$52.50

ORCHIC-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW ORCHIC SUBSTANCE

100 CAPS \$11.00 250 CAPS \$24.50
500 CAPS \$46.50

PITUITARY-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW WHOLE PITUITARY SUBSTANCE

50 CAPS \$10.25 250 CAPS \$41.50
100 CAPS \$18.50

PANCREATIC-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW PANCREATIC SUBSTANCE

50 CAPS \$4.00 100 CAPS \$7.00

HEART-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW HEART SUBSTANCE

50 CAPS \$3.50 100 CAPS \$6.00

GLANDULAR COMPLEX — 2500 mg.

Each tablet contains:

Raw Adrenal Substance 350 mg
Raw Orchic Substance 350 mg
Raw Pituitary Substance 350 mg
Raw Pancreatic Substance 350 mg
Raw Kidney Substance 350 mg
Raw Heart Substance 350 mg
Raw Thymsus Substance 350 mg
RNA (Ribonucleic Acid) 250 mg

50 TABS \$17.00 100 TABS \$31.00
250 TABS \$69.50 500 TABS \$130.00

GLANDULAR COMPLEX — 1500 mg.

Each tablet contains:

Raw Adrenal Substance 225 mg
Raw Orchic Substance 225 mg
Raw Pituitary Substance 225 mg
Raw Pancreatic Substance 225 mg
Raw Kidney Substance 225 mg
Raw Heart Substance 225 mg
Raw Thymsus Substance 225 mg
RNA (Ribonucleic Acid) 150 mg

50 TABS \$10.50 100 TABS \$18.00
250 TABS \$41.50 500 TABS \$77.00

**the original
2 GRAM LIVER TABLETS
(31 GRAIN)**

Nothing matches desiccated liver for building strength, stamina and energy. Compare Marathon 2 Gram (31 grain) Argentine Beef Liver Tablets with your current liver supplement.

Each tablet contains:

Desiccated liver 2,000 mg. (31 grains)
B-12 50 mcg
Protein 90% 2 gr

Five protein-coated, easy swallow tablets provide:

Argentine Beef Liver 10,000 mg
Protein 250 mg
Calories 40
Carbohydrates 0
Fat 0.035 gr

100 TABS \$5.00 250 TABS \$11.00
500 TABS \$21.00 1000 TABS \$39.00

KIDNEY-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW KIDNEY SUBSTANCE

50 CAPS \$3.00 100 CAPS \$5.00

GLAND PROTEIN POWDER

TASTES GOOD • MIXES WELL

VERY HIGH UTILIZATION

"an essential for building muscular bodyweight"

1 LB. \$9.75

ONE GRAM LIVER TABLETS

Argentine Beef Liver 1000 mg. (15 grain) tablets.

250 TABS \$7.00 500 TABS \$13.00
1000 TABS \$24.00

Marathon nutrition glandular products are derived from specially selected (U.S.D.A. certified) Argentine bovine products — Are guaranteed to contain no preservatives, no artificial flavoring or coloring, no silibetrol or other harmful chemicals. The activity associated with Marathon glandular product is indigenous to the gland themselves. Processed tissue (dehydrated, defatted, and impurity free) at or below 17°C to retain the naturally occurring vitamins and enzymes.

(see order form on reverse side)

Ask for full disclosure pamphlet on the entire line of vitamins, minerals and supplements — another first by your quality nutrition company, MARATHON NUTRITION

Marathon™ Nutrition Leads the Way. Compare our High

A WORD ABOUT FREE-FORM AMINO ACIDS ISOLATED • CRYSTALLINE

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

SUPER POTENCY • FREE FORM AMINO ACID 2500 2½ GRAMS

Each tablet contains:
2500 mg. of FREE FORM AMINO ACIDS
Isolated & Crystalline

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

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

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

Each tablet contains:
1000 mg. of FREE FORM AMINO ACIDS
Isolated & Crystalline

"the original one gram formula"

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

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

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

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

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

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

L-ARGININE 500 mg.

Amino acid to stimulate muscular growth & burn fat.

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

L-ORNITHINE 500 mg.

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

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

L-LYSINE 500 mg.

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

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

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

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

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

L-PHENYLALANINE 500 mg.

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

50 TABS \$6.50 100 TABS \$11.75

SPIRULENA 500 mg.

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

100 TABS \$6.00 250 TABS \$13.00

SUPER STRENGTH KLV & B-6

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

THE FAT BURNER

250 TABS \$5.00 500 TABS \$9.00

VITAMIN B-15

100 mg. Calcium Pangamate

100 \$6.00 200 CAPS \$11.00

AMINO ACIDS

1 Gram (1000 mg.) Tablets

50 TABS \$4.00 100 TABS \$7.00

MILK AND EGG PROTEIN

Good taste easy mixing, highest protein efficiency

1 LB. \$7.50

-2 FOR 1 SALE - MAGNA-BOL

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

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

100 TABS \$17.00 250 TABS \$36.00 500 TABS \$65.00

Buy 1st Bottle at the regular price
Get the 2nd Bottle (same size) FREE

Quality Products & Prices. Buy Marathon & Save \$\$\$.

Hi-Potency LIPO-TABS

(Lipotropic Tablets) Burn Fat — Breakdown Cholesterol

Three Tablets Contain:
Choline 1000 mg.
L-Methionine 1000 mg.
Betaine HCl 100 mg.
L-Cystine 100 mg.
Vitamin B1 50 mg.
Vitamin B2 50 mg.
Vitamin B12 50 mcg.
180 TABS \$14.00 360 TABS \$26.00

B-COMPLEX — 125 mg. TIME RELEASE

Each color-coded release tablet contains:
Folic Acid 400 mcg.
Vitamin B1 125 mg.
Vitamin B2 125 mg.
Niacinamide 125 mg.
Vitamin B12 125 mcg.
PABA 125 mg.
In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.
90 TABS \$7.50 180 TABS \$14.00 360 TABS \$26.00
90 TABS \$10.75 360 TABS \$33.75

B-COMPLEX-50 mg. CAPSULES

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

B-COMPLEX-100 mg. CAPSULES

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

MULTI-ONE WITH STRESS FACTORS

A One-a-Day High Potency Vitamin-Mineral Tablet.
30 TABS \$4.00 60 TABS \$7.00 180 TABS \$19.00 90 TABS \$10.00 360 TABS \$37.00

ONE-DAILY FORMULA 100 (sustained release)

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

SUPER BIO-C 2000

sustained release Vitamin C Complex
Formulated with naturally selected Rose Hips Powder, and Bioflavonoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue.
Each tablet contains:
Vitamin C 1000 mg.
Rose Hips Powder 500 mg.
Bioflavonoids 500 mg.
Astin 30 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

VITAMIN C-1000 mg. CAPSULES

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

TIMED RELEASE VITAMIN C-1000 mg.

With Rose Hips 150 mg. per tablet.
100 TABS \$5.25 250 TABS \$11.75 500 TABS \$22.00

VITAMIN E 400 IU CAPSULES

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

MAX-A-MIN HIGH POTENCY MINERAL COMPLEX

Two tablets contain:
Calcium 1000 mg.
Magnesium 225 mg.
Potassium 96 mg.
Iron 30 mg.
Iodine 150 mcg.
Manganese 10 mg.
Copper 3 mg.
Zinc 30 mg.
Chromium 30 mcg.
Selenium 100 mcg.
Glutamic Acid HCl 100 mg.
Vitamin D 400 IU
180 TABS \$7.25 360 TABS \$10.25

CALCIUM & MAGNESIUM TABLETS

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

AMINO ACID CHELATED ZINC-50 mg.

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

BREWERS YEAST TABLETS

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

SHOP BY PHONE OR MAIL

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

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

Check here if new address

SHIP TO:

MasterCard

Card No.

Expiration Date

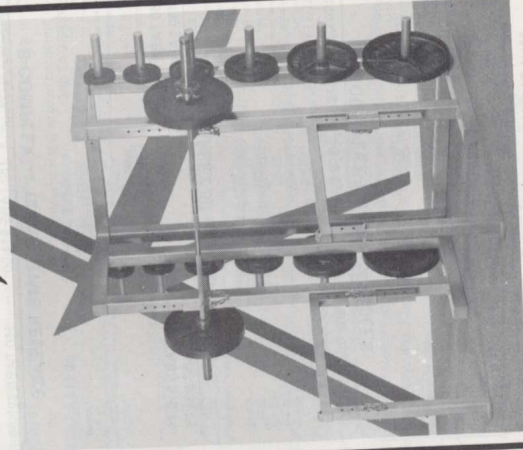
VISA

MARATHON NUTRITION
1229 Via Landeta,
Palos Verdes Estates,
CA 90274

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

(213) 519-7111 / 375-3802

Strength



OUR 10TH ANNIVERSARY FINALE

In appreciation of 10 years of business, we are closing out our 10th year with a fantastic **25% DISCOUNT** ALL EQUIPMENT (weights & accessories excluded) if ordered before **December 31, 1983.**

ACT NOW & SAVE!!

If its **Strength** you want send \$2.00 for our new catalogue. The \$2.00 will be credited to you when you place your order.

Strength Inc.
432 Highland Ave. Twin Falls, ID 83301
(208) 734-6883

N. California Open/Novice

Bench Press 10/22/83

Sacramento, CA (kilos)

| NOVICE DIV | N. Benjamin | 160 | SQ | BP | DL | T |
|--------------|---------------|-------|-----|-----|-----|-----|
| L. Brewer | 62.5 A. Sachs | 137.5 | 214 | 137 | 275 | 628 |
| C. Ogata | 47.5 SHW | 152.5 | 236 | 148 | 298 | 529 |
| V. Syas | 40 | 165 | 242 | 155 | 300 | 457 |
| L. King | 50 | 187 | 242 | 155 | 297 | 407 |
| P. Glasgow | 52.5 | 187 | 242 | 155 | 297 | 551 |
| L. Johnson | 50 | 187 | 242 | 155 | 297 | 655 |
| R. Granholt | 50 | 187 | 242 | 155 | 297 | 633 |
| P. Lindstrom | 50 | 187 | 242 | 155 | 297 | 605 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 573 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 722 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 595 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 537 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 589 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 959 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 633 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 804 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 733 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 515 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 515 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 605 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 605 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |
| D. Rayon | 50 | 187 | 242 | 155 | 297 | 720 |
| F. Avila | 50 | 187 | 242 | 155 | 297 | 720 |
| M. McDaniel | 50 | 187 | 242 | 155 | 297 | 720 |
| P. Latario | 50 | 187 | 242 | 155 | 297 | 720 |

Power Place Products Inc.

124 EAST STATE ST. W. LAFAYETTE, IN 47906 (317) 743-3481



Span-Jan Suit, cream color only. Sizes X-S, X-L, M, L. Suit #16. Lifting Suit. Ship \$2.00. Orig. Power. Ship \$1.50.



Superwos Wrist Wraps, 1 pr \$4.75; 2 pr \$8.75; 5 pr \$17.95; Ship \$1.50.



Training Straps, Adj., one size fits all. 2 pr \$8.50; 5 pr \$18.95; 10 pr \$34.95; Ship \$1.50.



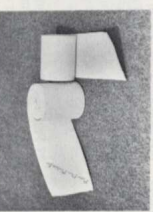
Reversible Blue/Red Singlet. 1 Suit \$14; 2 Suits \$22; Ship \$2.00.



Chalk, 1 lb \$7.75; 2 lb \$14.95; 3 lb \$20.95; 5 lb \$33.95; 10 lb \$64.95; Ship \$1.50.



Miracles Knee Wraps, 1 pr \$9.75; 2 pr \$17.75; 5 pr \$27.75; 10 pr \$47.75; Ship \$1.50. Strongest, most durable. Snap-wrap on the inside.



Supertwos Knee Wraps, 1 pr \$9.75; 2 pr \$17.75; 5 pr \$27.75; 10 pr \$47.75; Ship \$1.50. Strongest, most durable. Different names at higher prices.



Miracle Suit, Black, red, navy & med. blue. 1 Suit \$69; 2 Suits \$44; Ship \$2.00. Miracles Suits sold, many World Records to its credit.



PUMA Squat Shoe, Blue/white trim. ZAPA Squat Shoe. White only. 1 pr \$75.95; 2 pr \$146.95; Ship \$2.00. 1 pr \$39.95; 2 pr \$75.95; Ship \$2.00.



Deadlift Slippers, Same color as Miracles Suit. Sizes X-M. 1 pr \$7.50; 5 pr \$38; Ship \$1.50. 100% polyester upper, suede sole.



PUMA Deadlift Shoes, black or white. 1 pr \$7.50; 5 pr \$38; Ship \$1.50. 1 pr \$22.95; 2 pr \$42.95; Ship \$2.00.

COUPON
GOOD FOR 10% DISCOUNT ON ANY SINGLE ORDER FROM THIS AD TOTALING \$200.00

Over \$100.00 purchase from this ad **FREE SHIPPING**. Money Order or Cashier Check receives 5% discount. COD also accepted. Master Card and Visa accepted.

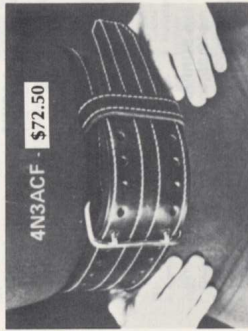


Power Place Products Inc.

Box 1591, Conroe, Texas 77301
Box 12062, Orlando, FL 32859

124 East State Street, West Lafayette, IN 47906
Phone: (317) 743-3481

5% discount for money order or certified check, in advance. 5% discount on purchase of any 2 belts.
MC/Visa accepted/C.O.D. Shipping - \$3.00 per belt Clearance on belts in stock - call for availability



4N3ACF - \$72.50



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 | 4" Nickel | Style 1 | A,B,F | 36.00 |
| 4N1 | 1 | Natural | 11-mm | 4" Nickel | Style 1 | A,B,C,D,F | 43.00 |
| 4S1 | 2 | Natural | 13-mm | 4" Nickel | Style 1 | A,B,C,D,F | 53.00 |
| 4N2 | 3 | Natural | 10-mm | 4" Nickel | Style 1 | A,B,C,D,E | 64.00 |
| 4S2 | 2 | Suede | 12-mm | 4" Nickel | Style 1 | A,B,C,D,E | 55.00 |
| 4S3 | 3 | Suede | 13-mm | 4" Nickel | Style 1 | A,B,C,D,E | 66.00 |
| Dip Belt | 1 (7 in. back) | Natural | 7-mm | none | None | F | 32.00 |
| 2.5N1 | 1 | Natural | 7-mm | 2.5 in. Nickel | None | F | 26.00 |
| 6N1 (6 in. back) | 1 | Natural | 7-mm | 2.5 in. Nickel | None | F | 34.00 |

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

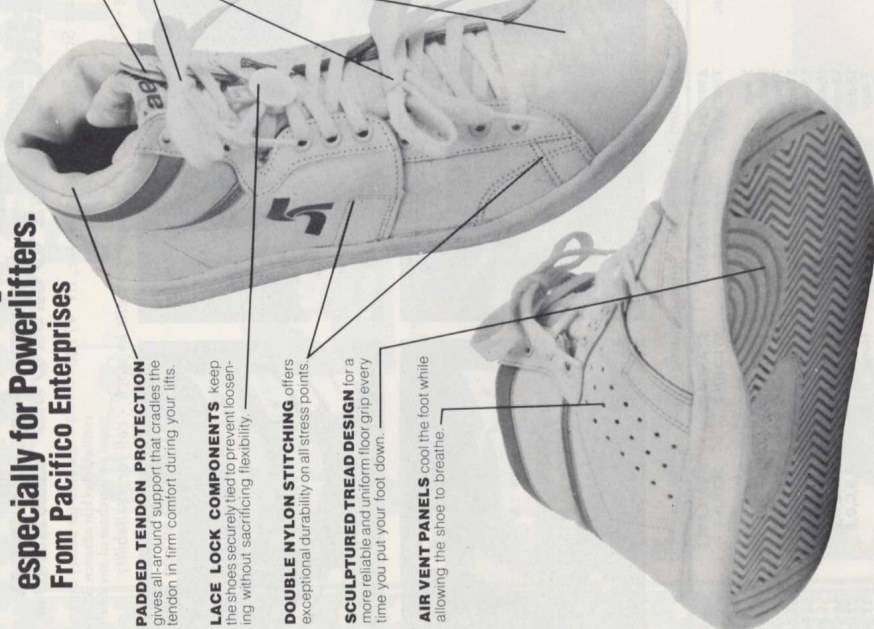
---OPTIONS---
A. Double Prong buckle
B. Single prong buckle
C. Style stitching 2 3.50 extra
D. Style stitching 3 7.00 extra
E. Suede insert (available in all suede colors), 8.00 extra
F. Dye Color - Navy Blue, Red, Black, Brown 5.00 extra

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. _____

The finest sportshoe ever designed

Especially for Powerlifters.

From Pacifico Enterprises



VELCRO ATTACHMENTS anchor the tongue in position.

DUAL LACING. An exclusive feature that dramatically improves your footing while eliminating the problem of rolling off the side of your shoe. Extra stability, especially for you wide stance squatters.

QUALITY HIGH TOP LEATHER skillfully contoured for critical heel to toe support.

A SURPRISINGLY LOW PRICE only \$49.95, (not final's affordability you can sink your foot into.

Just 3 months on the market and already hundreds sold!

LADY LIFTERS—all shoes must be ordered from the men's sizes. To insure that you receive a comparison chart when ordering your shoes.

Shoes available in white only.

PADED TENDON PROTECTION gives all-around support that cradles the tendon in firm comfort during your lifts.

LACE LOCK COMPONENTS keep the shoes securely tied to prevent loosening without sacrificing flexibility.

DOUBLE NYLON STITCHING offers exceptional durability on all stress points.

SCULPTURED TREAD DESIGN for a more reliable and uniform floor grip every time you put your foot down.

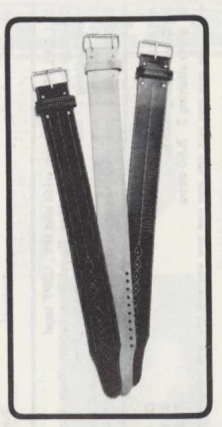
AIR VENT PANELS cool the foot while allowing the shoe to breathe.

Bob's "POWER BELT" is worn by 90% of the lifters in training and competition. The "POWER BELT" is constructed to meet all legal regulation standards for durability and safety. Each belt loop is individually reinforced with stitching and the chrome buckle is secured to the leather with steel rivets... A life time investment for any power lifter.

Double-thickness SUEDE... \$68.00 (any color)

Double-thickness LEATHER... \$60.00

Single-thickness LEATHER... \$30.00



AS ALWAYS PACIFICO ENTERPRISES HAS THE FASTEST DELIVERY IN THE BUSINESS

PACIFICO ENTERPRISES
P.O. BOX 14152 N.R. B.
DAYTON, OHIO 45414

Please send check or money order.

| QTY | ITEM DESCRIPTION | SIZE | COLOR | PRICE |
|-----|------------------|------|-------|-------|
| | | | | \$ |
| | | | | \$ |
| | | | | \$ |

Ohio residents only, please add sales tax
*Add postage & handling \$
Total amount enclosed \$

*Shipping outside the U.S.A., add 10% for surface mail *FOR AIRMAIL, ADD 20%.

PRINT NAME _____ STATE _____ ZIP _____
ADDRESS _____

Satisfaction guaranteed. ALLOW ONE WEEK FOR DELIVERY.
C.O.D. ORDERS ACCEPTED. DIAL 513-898-7245

US Bench Press Championships

8/21/83 New Haven, CT

| 57 | Dadio | 115* | 205 |
|----|---|-------------------|-----|
| | M. Shick <td>140* <td>315</td> </td> | 140* <td>315</td> | 315 |
| | J. Broughton <td>145* <td>315</td> </td> | 145* <td>315</td> | 315 |
| | S. Orndson <td>150* <td>315</td> </td> | 150* <td>315</td> | 315 |
| | K. Krupa <td>155* <td>315</td> </td> | 155* <td>315</td> | 315 |
| | M. Michlewski <td>160* <td>315</td> </td> | 160* <td>315</td> | 315 |
| | L. Tilghast <td>165* <td>315</td> </td> | 165* <td>315</td> | 315 |
| | F. Brown <td>170* <td>315</td> </td> | 170* <td>315</td> | 315 |
| | M. Dimeglio <td>175* <td>315</td> </td> | 175* <td>315</td> | 315 |
| | D. Matrazzo <td>180* <td>315</td> </td> | 180* <td>315</td> | 315 |
| | M. Nelson <td>185* <td>315</td> </td> | 185* <td>315</td> | 315 |
| | M. Digonate <td>190* <td>315</td> </td> | 190* <td>315</td> | 315 |
| | M. Nelson <td>195* <td>315</td> </td> | 195* <td>315</td> | 315 |
| | S. Grubardi <td>200* <td>315</td> </td> | 200* <td>315</td> | 315 |
| | E. Horl <td>205* <td>315</td> </td> | 205* <td>315</td> | 315 |
| | MEN <td>210* <td>315</td> </td> | 210* <td>315</td> | 315 |
| | M. Zuniga <td>105</td> <td>270</td> | 105 | 270 |
| | M. Zito <td>110</td> <td>270</td> | 110 | 270 |
| | M. Pitt <td>115</td> <td>270</td> | 115 | 270 |
| | M. Pitt <td>120</td> <td>270</td> | 120 | 270 |
| | M. Pitt <td>125</td> <td>270</td> | 125 | 270 |
| | M. Pitt <td>130</td> <td>270</td> | 130 | 270 |
| | M. Pitt <td>135</td> <td>270</td> | 135 | 270 |
| | M. Pitt <td>140</td> <td>270</td> | 140 | 270 |
| | M. Pitt <td>145</td> <td>270</td> | 145 | 270 |
| | M. Pitt <td>150</td> <td>270</td> | 150 | 270 |
| | M. Pitt <td>155</td> <td>270</td> | 155 | 270 |
| | M. Pitt <td>160</td> <td>270</td> | 160 | 270 |
| | M. Pitt <td>165</td> <td>270</td> | 165 | 270 |
| | M. Pitt <td>170</td> <td>270</td> | 170 | 270 |
| | M. Pitt <td>175</td> <td>270</td> | 175 | 270 |
| | M. Pitt <td>180</td> <td>270</td> | 180 | 270 |
| | M. Pitt <td>185</td> <td>270</td> | 185 | 270 |
| | M. Pitt <td>190</td> <td>270</td> | 190 | 270 |
| | M. Pitt <td>195</td> <td>270</td> | 195 | 270 |
| | M. Pitt <td>200</td> <td>270</td> | 200 | 270 |
| | M. Pitt <td>205</td> <td>270</td> | 205 | 270 |
| | M. Pitt <td>210</td> <td>270</td> | 210 | 270 |
| | M. Pitt <td>215</td> <td>270</td> | 215 | 270 |
| | M. Pitt <td>220</td> <td>270</td> | 220 | 270 |
| | M. Pitt <td>225</td> <td>270</td> | 225 | 270 |
| | M. Pitt <td>230</td> <td>270</td> | 230 | 270 |
| | M. Pitt <td>235</td> <td>270</td> | 235 | 270 |
| | M. Pitt <td>240</td> <td>270</td> | 240 | 270 |
| | M. Pitt <td>245</td> <td>270</td> | 245 | 270 |
| | M. Pitt <td>250</td> <td>270</td> | 250 | 270 |
| | M. Pitt <td>255</td> <td>270</td> | 255 | 270 |
| | M. Pitt <td>260</td> <td>270</td> | 260 | 270 |
| | M. Pitt <td>265</td> <td>270</td> | 265 | 270 |
| | M. Pitt <td>270</td> <td>270</td> | 270 | 270 |
| | M. Pitt <td>275</td> <td>270</td> | 275 | 270 |
| | M. Pitt <td>280</td> <td>270</td> | 280 | 270 |
| | M. Pitt <td>285</td> <td>270</td> | 285 | 270 |
| | M. Pitt <td>290</td> <td>270</td> | 290 | 270 |
| | M. Pitt <td>295</td> <td>270</td> | 295 | 270 |
| | M. Pitt <td>300</td> <td>270</td> | 300 | 270 |
| | M. Pitt <td>305</td> <td>270</td> | 305 | 270 |
| | M. Pitt <td>310</td> <td>270</td> | 310 | 270 |
| | M. Pitt <td>315</td> <td>270</td> | 315 | 270 |
| | M. Pitt <td>320</td> <td>270</td> | 320 | 270 |
| | M. Pitt <td>325</td> <td>270</td> | 325 | 270 |
| | M. Pitt <td>330</td> <td>270</td> | 330 | 270 |
| | M. Pitt <td>335</td> <td>270</td> | 335 | 270 |
| | M. Pitt <td>340</td> <td>270</td> | 340 | 270 |
| | M. Pitt <td>345</td> <td>270</td> | 345 | 270 |
| | M. Pitt <td>350</td> <td>270</td> | 350 | 270 |
| | M. Pitt <td>355</td> <td>270</td> | 355 | 270 |
| | M. Pitt <td>360</td> <td>270</td> | 360 | 270 |
| | M. Pitt <td>365</td> <td>270</td> | 365 | 270 |
| | M. Pitt <td>370</td> <td>270</td> | 370 | 270 |
| | M. Pitt <td>375</td> <td>270</td> | 375 | 270 |
| | M. Pitt <td>380</td> <td>270</td> | 380 | 270 |
| | M. Pitt <td>385</td> <td>270</td> | 385 | 270 |
| | M. Pitt <td>390</td> <td>270</td> | 390 | 270 |
| | M. Pitt <td>395</td> <td>270</td> | 395 | 270 |
| | M. Pitt <td>400</td> <td>270</td> | 400 | 270 |
| | M. Pitt <td>405</td> <td>270</td> | 405 | 270 |
| | M. Pitt <td>410</td> <td>270</td> | 410 | 270 |
| | M. Pitt <td>415</td> <td>270</td> | 415 | 270 |
| | M. Pitt <td>420</td> <td>270</td> | 420 | 270 |
| | M. Pitt <td>425</td> <td>270</td> | 425 | 270 |
| | M. Pitt <td>430</td> <td>270</td> | 430 | 270 |
| | M. Pitt <td>435</td> <td>270</td> | 435 | 270 |
| | M. Pitt <td>440</td> <td>270</td> | 440 | 270 |
| | M. Pitt <td>445</td> <td>270</td> | 445 | 270 |
| | M. Pitt <td>450</td> <td>270</td> | 450 | 270 |
| | M. Pitt <td>455</td> <td>270</td> | 455 | 270 |
| | M. Pitt <td>460</td> <td>270</td> | 460 | 270 |
| | M. Pitt <td>465</td> <td>270</td> | 465 | 270 |
| | M. Pitt <td>470</td> <td>270</td> | 470 | 270 |
| | M. Pitt <td>475</td> <td>270</td> | 475 | 270 |
| | M. Pitt <td>480</td> <td>270</td> | 480 | 270 |
| | M. Pitt <td>485</td> <td>270</td> | 485 | 270 |
| | M. Pitt <td>490</td> <td>270</td> | 490 | 270 |
| | M. Pitt <td>495</td> <td>270</td> | 495 | 270 |
| | M. Pitt <td>500</td> <td>270</td> | 500 | 270 |
| | M. Pitt <td>505</td> <td>270</td> | 505 | 270 |
| | M. Pitt <td>510</td> <td>270</td> | 510 | 270 |
| | M. Pitt <td>515</td> <td>270</td> | 515 | 270 |
| | M. Pitt <td>520</td> <td>270</td> | 520 | 270 |
| | M. Pitt <td>525</td> <td>270</td> | 525 | 270 |
| | M. Pitt <td>530</td> <td>270</td> | 530 | 270 |
| | M. Pitt <td>535</td> <td>270</td> | 535 | 270 |
| | M. Pitt <td>540</td> <td>270</td> | 540 | 270 |
| | M. Pitt <td>545</td> <td>270</td> | 545 | 270 |
| | M. Pitt <td>550</td> <td>270</td> | 550 | 270 |
| | M. Pitt <td>555</td> <td>270</td> | 555 | 270 |
| | M. Pitt <td>560</td> <td>270</td> | 560 | 270 |
| | M. Pitt <td>565</td> <td>270</td> | 565 | 270 |
| | M. Pitt <td>570</td> <td>270</td> | 570 | 270 |
| | M. Pitt <td>575</td> <td>270</td> | 575 | 270 |
| | M. Pitt <td>580</td> <td>270</td> | 580 | 270 |
| | M. Pitt <td>585</td> <td>270</td> | 585 | 270 |
| | M. Pitt <td>590</td> <td>270</td> | 590 | 270 |
| | M. Pitt <td>595</td> <td>270</td> | 595 | 270 |
| | M. Pitt <td>600</td> <td>270</td> | 600 | 270 |
| | M. Pitt <td>605</td> <td>270</td> | 605 | 270 |
| | M. Pitt <td>610</td> <td>270</td> | 610 | 270 |
| | M. Pitt <td>615</td> <td>270</td> | 615 | 270 |
| | M. Pitt <td>620</td> <td>270</td> | 620 | 270 |
| | M. Pitt <td>625</td> <td>270</td> | 625 | 270 |
| | M. Pitt <td>630</td> <td>270</td> | 630 | 270 |
| | M. Pitt <td>635</td> <td>270</td> | 635 | 270 |
| | M. Pitt <td>640</td> <td>270</td> | 640 | 270 |
| | M. Pitt <td>645</td> <td>270</td> | 645 | 270 |
| | M. Pitt <td>650</td> <td>270</td> | 650 | 270 |
| | M. Pitt <td>655</td> <td>270</td> | 655 | 270 |
| | M. Pitt <td>660</td> <td>270</td> | 660 | 270 |
| | M. Pitt <td>665</td> <td>270</td> | 665 | 270 |
| | M. Pitt <td>670</td> <td>270</td> | 670 | 270 |
| | M. Pitt <td>675</td> <td>270</td> | 675 | 270 |
| | M. Pitt <td>680</td> <td>270</td> | 680 | 270 |
| | M. Pitt <td>685</td> <td>270</td> | 685 | 270 |
| | M. Pitt <td>690</td> <td>270</td> | 690 | 270 |
| | M. Pitt <td>695</td> <td>270</td> | 695 | 270 |
| | M. Pitt <td>700</td> <td>270</td> | 700 | 270 |
| | M. Pitt <td>705</td> <td>270</td> | 705 | 270 |
| | M. Pitt <td>710</td> <td>270</td> | 710 | 270 |
| | M. Pitt <td>715</td> <td>270</td> | 715 | 270 |
| | M. Pitt <td>720</td> <td>270</td> | 720 | 270 |
| | M. Pitt <td>725</td> <td>270</td> | 725 | 270 |
| | M. Pitt <td>730</td> <td>270</td> | 730 | 270 |
| | M. Pitt <td>735</td> <td>270</td> | 735 | 270 |
| | M. Pitt <td>740</td> <td>270</td> | 740 | 270 |
| | M. Pitt <td>745</td> <td>270</td> | 745 | 270 |
| | M. Pitt <td>750</td> <td>270</td> | 750 | 270 |
| | M. Pitt <td>755</td> <td>270</td> | 755 | 270 |
| | M. Pitt <td>760</td> <td>270</td> | 760 | 270 |
| | M. Pitt <td>765</td> <td>270</td> | 765 | 270 |
| | M. Pitt <td>770</td> <td>270</td> | 770 | 270 |
| | M. Pitt <td>775</td> <td>270</td> | 775 | 270 |
| | M. Pitt <td>780</td> <td>270</td> | 780 | 270 |
| | M. Pitt <td>785</td> <td>270</td> | 785 | 270 |
| | M. Pitt <td>790</td> <td>270</td> | 790 | 270 |
| | M. Pitt <td>795</td> <td>270</td> | 795 | 270 |
| | M. Pitt <td>800</td> <td>270</td> | 800 | 270 |
| | M. Pitt <td>805</td> <td>270</td> | 805 | 270 |
| | M. Pitt <td>810</td> <td>270</td> | 810 | 270 |
| | M. Pitt <td>815</td> <td>270</td> | 815 | 270 |
| | M. Pitt <td>820</td> <td>270</td> | 820 | 270 |
| | M. Pitt <td>825</td> <td>270</td> | 825 | 270 |
| | M. Pitt <td>830</td> <td>270</td> | 830 | 270 |
| | M. Pitt <td>835</td> <td>270</td> | 835 | 270 |
| | M. Pitt <td>840</td> <td>270</td> | 840 | 270 |
| | M. Pitt <td>845</td> <td>270</td> | 845 | 270 |
| | M. Pitt <td>850</td> <td>270</td> | 850 | 270 |
| | M. Pitt <td>855</td> <td>270</td> | 855 | 270 |
| | M. Pitt <td>860</td> <td>270</td> | 860 | 270 |
| | M. Pitt <td>865</td> <td>270</td> | 865 | 270 |
| | M. Pitt <td>870</td> <td>270</td> | 870 | 270 |
| | M. Pitt <td>875</td> <td>270</td> | 875 | 270 |
| | M. Pitt <td>880</td> <td>270</td> | 880 | 270 |
| | M. Pitt <td>885</td> <td>270</td> | 885 | 270 |
| | M. Pitt <td>890</td> <td>270</td> | 890 | 270 |
| | M. Pitt <td>895</td> <td>270</td> | 895 | 270 |
| | M. Pitt <td>900</td> <td>270</td> | 900 | 270 |
| | M. Pitt <td>905</td> <td>270</td> | 905 | 270 |
| | M. Pitt <td>910</td> <td>270</td> | 910 | 270 |
| | M. Pitt <td>915</td> <td>270</td> | 915 | 270 |
| | M. Pitt <td>920</td> <td>270</td> | 920 | 270 |
| | M. Pitt <td>925</td> <td>270</td> | 925 | 270 |
| | M. Pitt <td>930</td> <td>270</td> | 930 | 270 |
| | M. Pitt <td>935</td> <td>270</td> | 935 | 270 |
| | M. Pitt <td>940</td> <td>270</td> | 940 | 270 |
| | M. Pitt <td>945</td> <td>270</td> | 945 | 270 |
| | M. Pitt <td>950</td> <td>270</td> | 950 | 270 |
| | M. Pitt <td>955</td> <td>270</td> | 955 | 270 |
| | M. Pitt <td>960</td> <td>270</td> | 960 | 270 |
| | M. Pitt <td>965</td> <td>270</td> | 965 | 270 |
| | M. Pitt <td>970</td> <td>270</td> | 970 | 270 |
| | M. Pitt <td>975</td> <td>270</td> | 975 | 270 |
| | M. Pitt <td>980</td> <td>270</td> | 980 | 270 |
| | M. Pitt <td>985</td> <td>270</td> | 985 | 270 |
| | M. Pitt <td>990</td> <td>270</td> | 990 | 270 |
| | M. Pitt <td>995</td> <td>270</td> | 995 | 270 |
| | M. Pitt <td>1000</td> <td>270</td> | 1000 | 270 |

10/8/83 - Pueblo, CO

| WOMEN | LTWT | 205 | 215 | 400 | 245 | 475 | 1160 |
|-------|--------------------------|------|------|------|-------|------|------|
| | L. Vukobrat | 185 | 905 | 200 | 510 | 1430 | 3800 |
| | S. Foreman | 170 | 90 | 185 | 445 | 1275 | 3350 |
| | H.V.W.T | 530* | 305* | 450* | 1165* | 1645 | 4114 |
| | B. Lough | 280 | 140 | 340 | 760 | 2000 | 5100 |
| | D. Allen | 280 | 155 | 315 | 750 | 1985 | 5055 |
| | J. Anderson | 230 | 130 | 305 | 665 | 1790 | 4515 |
| | B. Gandy | 230 | 130 | 305 | 665 | 1790 | 4515 |
| | M. Devol | 245 | 185 | 385* | 815* | 2141 | 5465 |
| | M. Doyle | 215 | 100 | 275 | 590 | 1560 | 3950 |
| | Best lifter: J. Trujillo | 190 | 110 | 260 | 560 | 1450 | 3650 |
| | M. Realy | 185 | 111 | 260 | 560 | 1450 | 3650 |
| | P. Sanfilippo | 425* | 380 | 155 | 345 | 800 | 2000 |
| | J. Bartlett | 415 | 370 | 145 | 240 | 595 | 1490 |
| | L. Kouth | 400 | 350 | 135 | 230 | 570 | 1440 |
| | D. Campbell | 395 | 340 | 130 | 220 | 550 | 1390 |
| | D. Vandeberg | 385 | 330 | 125 | 210 | 520 | 1320 |
| | S. Cleveland | 365 | 315 | 115 | 200 | 500 | 1270 |
| | T. Comersa | 355 | 305 | 110 | 190 | 480 | 1220 |
| | A. Hallwell | 350 | 300 | 105 | 180 | 460 | 1170 |
| | R. Rizza | 340 | 290 | 100 | 170 | 440 | 1120 |
| | M. Barbosa | 330 | 280 | 95 | 160 | 420 | 1070 |
| | H. Rabego | 320 | 270 | 90 | 150 | 400 | 1020 |
| | J. Yoshich | 310 | 260 | 85 | 140 | 380 | 970 |
| | H. Broadhurst | 300 | 250 | 80 | 130 | 360 | 920 |
| | H. Broadhurst | 295 | 245 | 75 | 120 | 340 | 870 |
| | S. Schroeder | 290 | 240 | 70 | 110 | 320 | 820 |
| | T. Schaefer | 285 | 235 | 65 | 100 | 300 | 770 |
| | M. Hogan | 280 | 230 | 60 | 90 | 280 | 720 |
| | J. Furr | 275 | 225 | 55 | 80 | 260 | 670 |
| | R. Cardinal | 270 | 220 | 50 | 70 | 240 | 620 |
| | D. Legg | 265 | 215 | 45 | 60 | 220 | 570 |
| | H. Heedlick | 260 | 210 | 40 | 50 | 200 | 520 |
| | S. Criscalo | 255 | 205 | 35 | 40 | 180 | 470 |
| | R. Rubio | 250 | 200 | 30 | 30 | 160 | 420 |
| | P. Macedonio | 245 | 195 | 25 | 20 | 140 | 370 |
| | G. Pongetti | 240 | 190 | 20 | 10 | 120 | 320 |
| | P. Benedict | 235 | 185 | 15 | 0 | 100 | 270 |
| | T. Bartlett | 230 | 180 | 10 | 0 | 80 | 220 |
| | K. Kelly | 225 | 175 | 5 | 0 | 60 | 170 |
| | S. Wilson | 220 | 170 | 0 | 0 | 40 | 120 |
| | G. McAllister | 215 | 165 | 0 | 0 | 20 | 70 |
| | B. Wilson | 210 | 160 | 0 | 0 | 0 | 50 |
| | R. Pratt | 205 | 155 | 0 | 0 | 0 | 30 |
| | K. Halobon | 200 | 150 | 0 | 0 | 0 | 10 |
| | S. Carbone | 195 | 145 | 0 | 0 | 0 | 0 |
| | C. Broadhurst | 190 | 140 | 0 | 0 | 0 | 0 |
| | M. Sarekly | 185 | 135 | 0 | 0 | 0 | 0 |
| | | | | | | | |

6-TIME WORLD CHAMPION



23 GRAIN BEEF LIVER
1500 mg. beef liver extract with vitamins B1, B2 and B12. Contains 80% protein dried at 37°C to help preserve all available vitamins, minerals, and enzymes.

\$1900
500 Tabs

VITAL VITAMINS

BRIDGES MAXI-PAK
The Bridges Maxi-Pak has been specially formulated for the serious athlete. It is the most potent vitamin-mineral formula available anywhere.

30-day supply ... **\$1900**
60-day supply ... **\$3400**

BRIDGES MILK AND EGG PROTEIN 93%
Bridges Milk and Egg Protein is made to the highest % milk and egg protein ever developed. Each 1 oz. serving supplies 25 gms. of the highest quality protein with no carbohydrates, no fat, and no cholesterol.

16 oz. **\$850**
34 oz. **\$1600**

ORDER ALL YOU WANT — WE PAY THE POSTAGE!

TO KEEP THOSE HEAVY WORKOUTS WARM



W T W A I M E R
E A R M E R S
L B O W E R S

\$995
Send waist or elbow size

BOOK POWER



New Dimensions in Powerlifting by Mike Bridges.

Was 14.95 Now **\$1195**

SUPER SUIT II



FREE WRAPS with each SUPERSUIT II purchased

Sizes 26-48, color choice — navy, royal blue, red, black

SUPER WRAP II
3 pr ... **\$2100**
2 pr. \$15,000; 1 pr. \$8,000

The NEW PERFORMANCE SHOE



A must for durability and support

\$5995
Send shoe size

We Will Meet the Challenge to Win by using the Same Quality

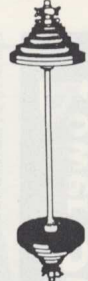


A. Double Thickness Suede...\$49.00



B. Double Thickness Suede, 2 1/2 in. tapered belt with 4 in. back support, \$39.00

The TEXAS POWER BAR



Used in National and International competition

\$18995

Write for equipment catalog

Dear Lifters,
Like many of you, I've tried hundreds of different Powerlifting products. After years of lifting and research I feel that the equipment you use, can be as vital to your success as determination and desire. I know to be the best at anything you must use the best.

Good lifting,
Mike Bridges



Mike Bridges

CUSTOM HAND-MADE POWER BELTS (New Facts):

Our leather is one piece, no lamination! We use the best suede splits available, nylon cord thread to insure no breakage. All belts meet USPF standards. Our buckles and rivets are constructed from stainless steel to insure no bend, rust, or dullness. All buckles come with a seamless roller made from stainless; our rivets are dome head stainless to match the brightness of our buckle.

C. **3-TONE**



\$7500

D. **2-TONE**



\$7500

E. **SUEDE**



\$6900

Six heavy rows of nylon stitching.

F. **LEATHER BELT**



with suede lining to insure no slipping against suit. **\$5300**

G. **LEATHER**



Single Thickness **\$2900**

H. **DEADLIFTING STRAPS**



We have the top-of-the-line **2 for \$9** \$5.00 per pair



All styles available with single or double-prong buckles.

Check here to receive our wholesale price list for your club or gym.

| Description | Quantity | Color(s) | West Size or Weight Class | PRICE |
|-------------|----------|----------|---------------------------|-------|
| | | | | |
| | | | | |
| | | | | |



MIKE BRIDGES SYSTEMS
MAILING LIST
FREE! SEND NAME AND ADDRESS.

Mail to: Mike Bridges Systems
P.O. Box 5801
Arlington, Texas 76011
817-860-3099

'Now Available for Seminars'

MAIL NO-RISK COUPON TODAY
Prices include tax and shipping in the U.S.A.
Outside the U.S.A. add \$10.00 per pair.
30% for Air Mail. Satisfaction Guaranteed.
C.O.D. Accepted By Phone or Mail.

Name _____
Address _____
City/State _____ Zip _____

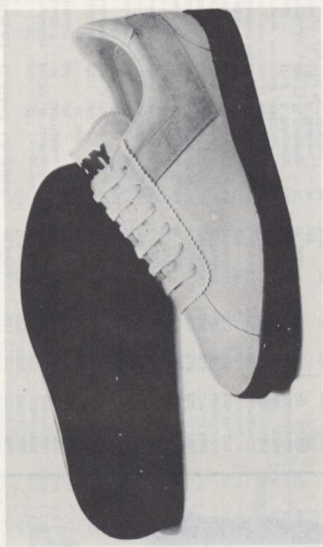


The Power System \$1,070.00

- Incline Bench
- 300 lb. Olympic Set
- Adjustable Power Rack with Lat Machine

For Free Catalog Call or Write:
FREE WEIGHT SYSTEMS
 835 Missoula Avenue
 Butte, MT 59701
 (406) 782-8181

| N. California Open Squat | | 10/29/83 - Oakland, CA (kilos) | |
|--------------------------|-----|--------------------------------|------|
| 114 | 275 | 330 | 380 |
| 114 | 275 | 270 | 290 |
| 114 | 275 | 290 | 315 |
| 114 | 275 | 300 | 340 |
| 114 | 275 | 330 | 360 |
| 114 | 275 | 360 | 390 |
| 114 | 275 | 390 | 420 |
| 114 | 275 | 420 | 450 |
| 114 | 275 | 450 | 480 |
| 114 | 275 | 480 | 510 |
| 114 | 275 | 510 | 540 |
| 114 | 275 | 540 | 570 |
| 114 | 275 | 570 | 600 |
| 114 | 275 | 600 | 630 |
| 114 | 275 | 630 | 660 |
| 114 | 275 | 660 | 690 |
| 114 | 275 | 690 | 720 |
| 114 | 275 | 720 | 750 |
| 114 | 275 | 750 | 780 |
| 114 | 275 | 780 | 810 |
| 114 | 275 | 810 | 840 |
| 114 | 275 | 840 | 870 |
| 114 | 275 | 870 | 900 |
| 114 | 275 | 900 | 930 |
| 114 | 275 | 930 | 960 |
| 114 | 275 | 960 | 990 |
| 114 | 275 | 990 | 1020 |
| 114 | 275 | 1020 | 1050 |
| 114 | 275 | 1050 | 1080 |
| 114 | 275 | 1080 | 1110 |
| 114 | 275 | 1110 | 1140 |
| 114 | 275 | 1140 | 1170 |
| 114 | 275 | 1170 | 1200 |
| 114 | 275 | 1200 | 1230 |
| 114 | 275 | 1230 | 1260 |
| 114 | 275 | 1260 | 1290 |
| 114 | 275 | 1290 | 1320 |
| 114 | 275 | 1320 | 1350 |
| 114 | 275 | 1350 | 1380 |
| 114 | 275 | 1380 | 1410 |
| 114 | 275 | 1410 | 1440 |
| 114 | 275 | 1440 | 1470 |
| 114 | 275 | 1470 | 1500 |
| 114 | 275 | 1500 | 1530 |
| 114 | 275 | 1530 | 1560 |
| 114 | 275 | 1560 | 1590 |
| 114 | 275 | 1590 | 1620 |
| 114 | 275 | 1620 | 1650 |
| 114 | 275 | 1650 | 1680 |
| 114 | 275 | 1680 | 1710 |
| 114 | 275 | 1710 | 1740 |
| 114 | 275 | 1740 | 1770 |
| 114 | 275 | 1770 | 1800 |
| 114 | 275 | 1800 | 1830 |
| 114 | 275 | 1830 | 1860 |
| 114 | 275 | 1860 | 1890 |
| 114 | 275 | 1890 | 1920 |
| 114 | 275 | 1920 | 1950 |
| 114 | 275 | 1950 | 1980 |
| 114 | 275 | 1980 | 2010 |
| 114 | 275 | 2010 | 2040 |
| 114 | 275 | 2040 | 2070 |
| 114 | 275 | 2070 | 2100 |
| 114 | 275 | 2100 | 2130 |
| 114 | 275 | 2130 | 2160 |
| 114 | 275 | 2160 | 2190 |
| 114 | 275 | 2190 | 2220 |
| 114 | 275 | 2220 | 2250 |
| 114 | 275 | 2250 | 2280 |
| 114 | 275 | 2280 | 2310 |
| 114 | 275 | 2310 | 2340 |
| 114 | 275 | 2340 | 2370 |
| 114 | 275 | 2370 | 2400 |
| 114 | 275 | 2400 | 2430 |
| 114 | 275 | 2430 | 2460 |
| 114 | 275 | 2460 | 2490 |
| 114 | 275 | 2490 | 2520 |
| 114 | 275 | 2520 | 2550 |
| 114 | 275 | 2550 | 2580 |
| 114 | 275 | 2580 | 2610 |
| 114 | 275 | 2610 | 2640 |
| 114 | 275 | 2640 | 2670 |
| 114 | 275 | 2670 | 2700 |
| 114 | 275 | 2700 | 2730 |
| 114 | 275 | 2730 | 2760 |
| 114 | 275 | 2760 | 2790 |
| 114 | 275 | 2790 | 2820 |
| 114 | 275 | 2820 | 2850 |
| 114 | 275 | 2850 | 2880 |
| 114 | 275 | 2880 | 2910 |
| 114 | 275 | 2910 | 2940 |
| 114 | 275 | 2940 | 2970 |
| 114 | 275 | 2970 | 3000 |
| 114 | 275 | 3000 | 3030 |
| 114 | 275 | 3030 | 3060 |
| 114 | 275 | 3060 | 3090 |
| 114 | 275 | 3090 | 3120 |
| 114 | 275 | 3120 | 3150 |
| 114 | 275 | 3150 | 3180 |
| 114 | 275 | 3180 | 3210 |
| 114 | 275 | 3210 | 3240 |
| 114 | 275 | 3240 | 3270 |
| 114 | 275 | 3270 | 3300 |
| 114 | 275 | 3300 | 3330 |
| 114 | 275 | 3330 | 3360 |
| 114 | 275 | 3360 | 3390 |
| 114 | 275 | 3390 | 3420 |
| 114 | 275 | 3420 | 3450 |
| 114 | 275 | 3450 | 3480 |
| 114 | 275 | 3480 | 3510 |
| 114 | 275 | 3510 | 3540 |
| 114 | 275 | 3540 | 3570 |
| 114 | 275 | 3570 | 3600 |
| 114 | 275 | 3600 | 3630 |
| 114 | 275 | 3630 | 3660 |
| 114 | 275 | 3660 | 3690 |
| 114 | 275 | 3690 | 3720 |
| 114 | 275 | 3720 | 3750 |
| 114 | 275 | 3750 | 3780 |
| 114 | 275 | 3780 | 3810 |
| 114 | 275 | 3810 | 3840 |
| 114 | 275 | 3840 | 3870 |
| 114 | 275 | 3870 | 3900 |
| 114 | 275 | 3900 | 3930 |
| 114 | 275 | 3930 | 3960 |
| 114 | 275 | 3960 | 3990 |
| 114 | 275 | 3990 | 4020 |
| 114 | 275 | 4020 | 4050 |
| 114 | 275 | 4050 | 4080 |
| 114 | 275 | 4080 | 4110 |
| 114 | 275 | 4110 | 4140 |
| 114 | 275 | 4140 | 4170 |
| 114 | 275 | 4170 | 4200 |
| 114 | 275 | 4200 | 4230 |
| 114 | 275 | 4230 | 4260 |
| 114 | 275 | 4260 | 4290 |
| 114 | 275 | 4290 | 4320 |
| 114 | 275 | 4320 | 4350 |
| 114 | 275 | 4350 | 4380 |
| 114 | 275 | 4380 | 4410 |
| 114 | 275 | 4410 | 4440 |
| 114 | 275 | 4440 | 4470 |
| 114 | 275 | 4470 | 4500 |
| 114 | 275 | 4500 | 4530 |
| 114 | 275 | 4530 | 4560 |
| 114 | 275 | 4560 | 4590 |
| 114 | 275 | 4590 | 4620 |
| 114 | 275 | 4620 | 4650 |
| 114 | 275 | 4650 | 4680 |
| 114 | 275 | 4680 | 4710 |
| 114 | 275 | 4710 | 4740 |
| 114 | 275 | 4740 | 4770 |
| 114 | 275 | 4770 | 4800 |
| 114 | 275 | 4800 | 4830 |
| 114 | 275 | 4830 | 4860 |
| 114 | 275 | 4860 | 4890 |
| 114 | 275 | 4890 | 4920 |
| 114 | 275 | 4920 | 4950 |
| 114 | 275 | 4950 | 4980 |
| 114 | 275 | 4980 | 5010 |
| 114 | 275 | 5010 | 5040 |
| 114 | 275 | 5040 | 5070 |
| 114 | 275 | 5070 | 5100 |
| 114 | 275 | 5100 | 5130 |
| 114 | 275 | 5130 | 5160 |
| 114 | 275 | 5160 | 5190 |
| 114 | 275 | 5190 | 5220 |
| 114 | 275 | 5220 | 5250 |
| 114 | 275 | 5250 | 5280 |
| 114 | 275 | 5280 | 5310 |
| 114 | 275 | 5310 | 5340 |
| 114 | 275 | 5340 | 5370 |
| 114 | 275 | 5370 | 5400 |
| 114 | 275 | 5400 | 5430 |
| 114 | 275 | 5430 | 5460 |
| 114 | 275 | 5460 | 5490 |
| 114 | 275 | 5490 | 5520 |
| 114 | 275 | 5520 | 5550 |
| 114 | 275 | 5550 | 5580 |
| 114 | 275 | 5580 | 5610 |
| 114 | 275 | 5610 | 5640 |
| 114 | 275 | 5640 | 5670 |
| 114 | 275 | 5670 | 5700 |
| 114 | 275 | 5700 | 5730 |
| 114 | 275 | 5730 | 5760 |
| 114 | 275 | 5760 | 5790 |
| 114 | 275 | 5790 | 5820 |
| 114 | 275 | 5820 | 5850 |
| 114 | 275 | 5850 | 5880 |
| 114 | 275 | 5880 | 5910 |
| 114 | 275 | 5910 | 5940 |
| 114 | 275 | 5940 | 5970 |
| 114 | 275 | 5970 | 6000 |
| 114 | 275 | 6000 | 6030 |
| 114 | 275 | 6030 | 6060 |
| 114 | 275 | 6060 | 6090 |
| 114 | 275 | 6090 | 6120 |
| 114 | 275 | 6120 | 6150 |
| 114 | 275 | 6150 | 6180 |
| 114 | 275 | 6180 | 6210 |
| 114 | 275 | 6210 | 6240 |
| 114 | 275 | 6240 | 6270 |
| 114 | 275 | 6270 | 6300 |
| 114 | 275 | 6300 | 6330 |
| 114 | 275 | 6330 | 6360 |
| 114 | 275 | 6360 | 6390 |
| 114 | 275 | 6390 | 6420 |
| 114 | 275 | 6420 | 6450 |
| 114 | 275 | 6450 | 6480 |
| 114 | 275 | 6480 | 6510 |
| 114 | 275 | 6510 | 6540 |
| 114 | 275 | 6540 | 6570 |
| 114 | 275 | 6570 | 6600 |
| 114 | 275 | 6600 | 6630 |
| 114 | 275 | 6630 | 6660 |
| 114 | 275 | 6660 | 6690 |
| 114 | 275 | 6690 | 6720 |
| 114 | 275 | 6720 | 6750 |
| 114 | 275 | 6750 | 6780 |
| 114 | 275 | 6780 | 6810 |
| 114 | 275 | 6810 | 6840 |
| 114 | 275 | 6840 | 6870 |
| 114 | 275 | 6870 | 6900 |
| 114 | 275 | 6900 | 6930 |
| 114 | 275 | 6930 | 6960 |
| 114 | 275 | 6960 | 6990 |
| 114 | 275 | 6990 | 7020 |
| 114 | 275 | 7020 | 7050 |
| 114 | 275 | 7050 | 7080 |
| 114 | 275 | 7080 | 7110 |
| 114 | 275 | 7110 | 7140 |
| 114 | 275 | 7140 | 7170 |
| 114 | 275 | 7170 | 7200 |
| 114 | 275 | 7200 | 7230 |
| 114 | 275 | 7230 | 7260 |
| 114 | 275 | 7260 | 7290 |
| 114 | 275 | 7290 | 7320 |
| 114 | 275 | 7320 | 7350 |
| 114 | 275 | 7350 | 7380 |
| 114 | 275 | 7380 | 7410 |
| 114 | 275 | 7410 | 7440 |
| 114 | 275 | 7440 | 7470 |
| 114 | 275 | 7470 | 7500 |
| 114 | 275 | 7500 | 7530 |
| 114 | 275 | 7530 | 7560 |
| 114 | 275 | 7560 | 7590 |
| 114 | 275 | 7590 | 7620 |
| 114 | 275 | 7620 | 7650 |
| 114 | 275 | 7650 | 7680 |
| 114 | 275 | 7680 | 7710 |
| 114 | 275 | 7710 | 7740 |
| 114 | 275 | 7740 | 7770 |
| 114 | 275 | 7770 | 7800 |
| 114 | 275 | 7800 | 7830 |
| 114 | 275 | 7830 | 7860 |
| 114 | 275 | 7860 | 7890 |
| 114 | 275 | 7890 | 7920 |
| 114 | 275 | 7920 | 7950 |
| 114 | 275 | 7950 | 7980 |
| 114 | 275 | 7980 | 8010 |
| 114 | 275 | 8010 | 8040 |
| 114 | 275 | 8040 | 8070 |
| 114 | 275 | 8070 | 8100 |
| 114 | 275 | 8100 | 8130 |
| 114 | 275 | 8130 | 8160 |
| 114 | 275 | 8160 | 8190 |
| 114 | 275 | 8190 | 8220 |
| 114 | 275 | 8220 | 8250 |
| 114 | 275 | 8250 | 8280 |
| 114 | 275 | 8280 | 8310 |
| 114 | 275 | 8310 | 8340 |
| 114 | 275 | 8340 | 8370 |
| 114 | 275 | 8370 | 8400 |
| 114 | 275 | 8400 | 8430 |
| 114 | 275 | 8430 | 8460 |
| 114 | 275 | 8460 | 8490 |
| 114 | 275 | 8490 | 8520 |
| 114 | 275 | 8520 | 8550 |
| 114 | 275 | 8550 | 8580 |
| 114 | 275 | 8580 | 8610 |
| 114 | 275 | 8610 | 8640 |
| 114 | 275 | 8640 | 8670 |
| 114 | 275 | 8670 | 8700 |
| 114 | 275 | 8700 | 8730 |
| 114 | 275 | 8730 | 8760 |
| 114 | 275 | 8760 | 8790 |
| 114 | 275 | 8790 | 8820 |
| 114 | 275 | 8820 | 8850 |
| 114 | 275 | 8850 | 8880 |
| 114 | 275 | 8880 | 8910 |
| 114 | 275 | 8910 | 8940 |
| 114 | 275 | 8940 | 8970 |
| 114 | 275 | 8970 | 9000 |
| 114 | 275 | 9000 | 9030 |
| 114 | 275 | 9030 | 9060 |
| 114 | 275 | 9060 | 9090 |
| 114 | 275 | 9090 | 9120 |
| 114 | 275 | 9120 | 9150 |
| 114 | 275 | 9150 | 9180 |
| 114 | 275 | 9180 | 9210 |
| 114 | 275 | 9210 | 9240 |
| 114 | 275 | 9240 | 9270 |
| 114 | 275 | 9270 | 9300 |
| 114 | 275 | 9300 | 9330 |
| 114 | 275 | 9330 | 9360 |
| 114 | 275 | 9360 | 9390 |
| 114 | 275 | 9390 | 9420 |
| 114 | 275 | 9420 | 9 |



SHOES FOR YOUR FEET DON'T HAVE TO COST YOU AN ARM AND A LEG!
 The new PONY® 1010 is an excellent shoe for training or competition. Its heavy leather upper gives support with comfort. The sole is a sure-grip, grained surface that is completely flat, allowing good traction for bench pressing with a stable surface for squatting. Durable and good-looking enough to wear outside the gym.

\$45.00 per pair (Postage paid in U.S.)

Tiger® Deadlift Shoes 42.00 pr.

Deadlift Slippers 9.50 pr.

• For fastest service, send money order or use Mastercard/VISA •

(CA Residents add 6% Tax)

7876 CONVOY COURT • SAN DIEGO, CA 92111 • 619-277-LIFT

NEW BREAKTHRU ★★★★★★
MIKE MACDONALD SYSTEMS ANNOUNCES ★★★★★★
 Very Important Amino Acids for Powerlifters
 ★ **UNIPRO BRAND** ★
SUPER AMINO ACIDS
 (Pancreatic digest of Casein fortified with Lysine)

Maintains same nitrogen balance as steroids without the side effects that are harmful to the body that drugs of any kind can create. Being a natural product it can be taken all year. Mike MacDonald will be attempting all natural world records in drug tested competition coming up this year at 181 and 198 classes.

Write or call for quantity breaks
1 pound powder = 450 tabs, save 21%
add \$2.00 handling on orders under \$50
C.O.D. orders accepted on phone
Cash or Money Order call me ANYTIME

| SUPER Amino Acids | (Drugs) Anabolic Steroids |
|-------------------|---------------------------|
| YES | YES |
| YES | YES |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |

1. Maintains positive nitrogen balance
 2. Promotes muscular growth
 3. Enhances recuperation
 4. Increases mental concentration
 5. Stabilizes blood sugar
 6. Chemical free
 7. Normal fluid retention
 8. Normal liver function
 9. Normal hormonal balance
 10. Safe for year round use

10 out of 10
GO FOR IT
 only 3 out of 10

GO NATURALLY - HAVE A LONG CAREER
 order from: MIKE MACDONALD SYSTEMS
 15 N. Lake Ave., Duluth, MN 55802 1-(218) 727-8847

Indianhead Open Class III Novice

Rice Lake, Wisconsin - 10/15/83

| WOMEN | SQ | BP | DL | T |
|---------------|------|------|------|-------|
| K. Muenich | 195* | 70 | 210 | 475 |
| M. Lynde-BL | 230 | 110 | 260 | 610 |
| T. Marsa | 160 | 100 | 235 | 515 |
| B. Bowman | 190 | 90 | 235 | 515 |
| C. Moritz | 270 | 105 | 325 | 700 |
| N. Seghers-BL | 275 | 125 | 285 | 685 |
| B. Scanlon | 275* | 145 | 300 | 720 |
| MEN | | | | |
| M. Lynde-BL | 275 | 195 | 330 | 820 |
| L. Lynga | 285 | 130 | 340 | 735 |
| L. Block | 310 | 185 | 395 | 890 |
| D. Pochon | 315 | 195 | 365 | 875 |
| C. Lambert-ML | 255 | 190 | 355 | 800 |
| D. Cramer | 420 | 265 | 470 | 1155 |
| R. Thomas | 420 | 280 | 440 | 1140 |
| L. Nelson-BL | 610 | 485 | 590 | 1665 |
| P. Pires | 510 | 320 | 520 | 1350 |
| P. Lavelle | 470 | 290 | 460 | 1220 |
| J. Owens | 400 | 245 | 435 | 1000 |
| J. Whelton | 370 | 230 | 400 | 1040 |
| D. Rietter | 510 | 315 | 610 | 1435 |
| R. Beckmann | 485 | 345 | 600 | 1430 |
| M. Miner-ML | 370* | 225* | 440* | 1035* |
| M. Swift | 560 | 320 | 620 | 1500 |
| L. Krawczyk | 330* | 235* | 350* | 935* |
| Krakowicz-ML | 330* | 235* | 350* | 935* |
| H. Chosack | 485 | 335 | 550 | 1420 |
| M. Paszka-GL | 475 | 400 | 645 | 1620 |
| SHW | | | | |
| D. Hill | 430 | 315 | 365 | 1130 |

The meet had 38 entrants. Listed 8 hours, start to finish (one platform), and from the response we got from both lifters and spectators, we are going to hold one next year also. * state record; ** American record; *** Master lifter. Thanks to Lee Graese for results.

U.S. Open Bench Press

10/29/83 - Berneville, Pa

| WOMEN | SQ | BP | DL | T |
|---------------|-----|-----|-----|------|
| R. Laughman | 120 | 90 | 235 | 515 |
| M. Kehr | 123 | 90 | 235 | 515 |
| B. Gable | 360 | 270 | 420 | 1050 |
| C. Marko | 360 | 270 | 420 | 1050 |
| S. Horst | 360 | 270 | 420 | 1050 |
| K. Sawyer | 360 | 270 | 420 | 1050 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | 360 | 540 | 1380 |
| C. Heckman | 480 | 360 | 540 | 1380 |
| W. Schaefer | 480 | 360 | 540 | 1380 |
| M. Finkel | 480 | 360 | 540 | 1380 |
| E. Riley (BL) | 480 | | | |

CHIP MCCAIN

PRESENTS

MULTIPLE WORLD RECORD HOLDER
1983 SENIOR NATIONAL MEET DIRECTOR
1984 WOMEN'S NATIONALS MEET DIRECTOR
1984 WORLD CHAMPIONSHIP MEET DIRECTOR

Christmas Sale ELITE SUITS

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

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

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

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

\$33.00
(\$5.00 off)

NEW GUARANTEE FOR 6 MONTHS!!!

ELITE WRAPS

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

\$7.00
(\$1.50 off)

NEW GUARANTEE FOR 2 YEARS!!!

SPECIAL - SUIT AND WRAPS \$38.00
(\$5.00 off)

ELITE SALES OFFERS THE LIFTER THE FINEST IN SERVICE, AS WELL AS COMPETITIVE EQUIPMENT

→ All items in inventory, no waiting
→ VISAMASTERCARD accepted. Include number and exp. date
→ C.O.D. orders by mail or phone
→ Express Mail Delivery (24 hour) if requested. (Credit Card Orders Only)

WEST COAST OFFICE
P.O. Box 9950
San Jose, California 95157
(408)-378-2148

NEW ADDRESS
MAIN OFFICE
P.O. Box 3742
Austin, Texas 78764
(512)-441-7993

ELITE

DEADLIFT BAR

USED AS THE OFFICIAL DEADLIFT BAR

- 1984 Mens World Championships
- 1984 Womens World Championships
- 1984 Senior National Championships
- 1983 Senior National Championships
- 1982 Senior National Championships
- 1984 Womens National Championships
- 1983 Womens National Championships
- 1984 Junior National Championships
- 1983 Collegiate National Championships
- 1983 Womens Teenage Nationals
- 1983 North Americans
- 1983 Hawaii Invitational

NO COINCIDENCE - JUST THE BEST

\$245.00

Sent C.O.D. Only

CONFORMS TO ALL I.P.F. STANDARDS

STERIODS

At Last A Safe Steroid
BRICKER LABS.
presents

"GROWTH"TM

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

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

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

NO PRESCRIPTION REQUIRED

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

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

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

D.A.G.TM

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

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

TO ORDER . . .

"GROWTH"TM

90 Tablets - \$14.95

180 Tablets - \$27.95

(90 Tablets is a 30 day supply)

D.A.G.

(Direct Absorption Glandulars)

Formula 1020 contains Pituitary, Thyroid, Adrenal

and Orchic (Testes from the bull)

(2 oz. bottle is a 20 to 30 day supply)

1 Bottle \$10.00 each

2 Bottles \$9.00 each

3 Bottles \$8.00 each

Orders under \$20.00 add \$2.00 shipping charge

TO ORDER BY PHONE

Out of Calif call 1-800-952-9568

BY MAIL

Master Charge, Visa or C.O.D.

Send check, cash, money order or credit card number.

Bricker Labs, 18722 Santee, Valley Center, Ca 92082

1 Bottle \$10.00 each

2 Bottles \$9.00 each

3 Bottles \$8.00 each

Orders under \$20.00 add \$2.00 shipping charge

TO ORDER BY PHONE

Out of Calif call 1-800-952-9568

BY MAIL

Master Charge, Visa or C.O.D.

Send check, cash, money order or credit card number.

Bricker Labs, 18722 Santee, Valley Center, Ca 92082

A Special Christmas Message
from Dr. Conrad Cotter

| | | | | |
|---|---|---|---|---|
| A | B | C | D | E |
| F | G | H | I | J |
| K | M | N | O | P |
| Q | R | S | T | U |
| V | W | X | Y | Z |

(EEN - 3, - ou - ouipw)

IPF clarification. section A 5(a) of the IPF rulebook should now read: Lifting Costume - which shall consist of a full length lifting suit of a stretch material, which by design or manufacture may have its seams protected or strengthened by a piece of narrow gauge webbing or stretch material not to exceed 2 cm in width or 1/2 cm in thickness. Lifting suit straps shall be worn over the shoulders at all times while lifting. Length of leg may not exceed 15 cm from the middle of the crotch. The suit may not have any additional padding. Patches are not allowed. The lifting suit must consist of one basic color; the only exceptions being acceptable emblems and insignificant contrasting edgings. Side seams cannot exceed 3 cm in width. The turnout (hem) must not be more than 3 cm.

OEM: NO SECRETS

UNDERGROUND STEROID HANDBOOK
The #1 source for the most complete and up-to-date information on steroid use and abuse.

ULTIMATE DIETING HANDBOOK
The USH sequel - the most complete and up-to-date information on dieting for the strength athlete \$5

USH UPDATE
Bi-monthly - latest trends in athletics sample \$2.95/\$3.50

All prices in US dollars (US) unless otherwise noted. (US orders except the Update)

3 book package - \$19.95

We mail 1st class

OEM Publishing
Suite 25
Santa Monica
CA 90405



Ralph Caputo, Senior Nat'l and YMCA Nat'l Champion. "I believe it's Titan's superior quality that has made my lifting improve so quickly."

Titan Suits

An Alaniz Product
\$34.00

YES, THERE IS A BETTER SUIT!

&
TITAN
Your Personal Tailor
MAKES IT



Wayne Bouvier, Sr. Nat'l Champion and 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."

None but your personal tailor can make that claim because we design your suit around you, catering and responding to your personal needs... Titan never cuts corners. Here are a few reasons why Titan is the best suit and the best buy for you.

- your individual measurements are used in formulating and creating your unique pattern which is then stored in your file for a permanent record.
- your suit is then cut by our expert cutters only after you order.
- your suit is constructed only from the strongest material available, the result of modern petrochemical technology.
- every suit is individually inspected from top to bottom to insure that it meets your high standards and sets performance levels the others have yet to match.

UNSURPASSED GUARANTEE That's right, Titan, the best suit on the market, carries the strongest guarantee on the market. Blow the crotch out within its 3 mo. guarantee period and not only receive another suit but your money back as well! One mo. replacement guarantee on the rest of the suit.

USPF & IPF Approved

Here's the Titan 3 step custom fit plan. For the ultimate in performance, progress through each fit.

1. **Regular Fit** - a snug suit, for new lifters or those who just want to keep the "groove".
2. **Meet Fit** - a tight supportive suit, good for training & meets.
3. **Competition Fit** - our most supportive, proven, fit from local meets to the World Championships. Recommended only for experienced lifters or those who have followed the 3 step plan.

New lifters or those not used to tight fits should order the regular fit. Tighter fits available upon request.

Measurements must be true.

Color 1 _____ 2 _____

No. of Suits _____

Reg. _____ Meet _____ Comp. _____

Repeat Customer _____

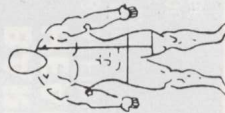
Height _____

Weight _____

Hips (largest part of buttocks) _____

Leg (largest part) _____

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



C.O.D.'s Accepted

Available in Navy Blue, Blue, Red & Brown.

Titan Suits

921 Rickey
Corpus Christi, TX 78412
Texas residents add 5% sales tax. Overseas add 20%. Allow 3 to 4 wks. delivery.

TITAN SALUTES
the US Armed Forces
in Panama!

BOB'S CUSTOM LIFTING BELTS

WE SPECIALIZE IN WEIGHTLIFTING BELTS
Christmas Special



A - Deluxe suede covered belt with stitching twice around belt down center, around holes. Available in double row holes.
\$75.00 \$65.00



B - Two-tone belt, any two colors. Double holes available.
\$75.00 \$65.00



C - Three tone belt, any three colors.
\$75.00 \$65.00



E - Suede inside to prevent slipping.
\$53.00



D - Belt. Single thickness, heavy leather.
\$30.00

WESTERN LAZY EIGHT STITCHING AROUND HOLES. All deluxe suede belts now come with heavy duty Chrome Plated roller buckle at no extra charge. The best there is. We now have 20 colors of the finest suede to choose from. As always, we use the best material available, best quality rivets and heavy nylon thread, available in white or gold. This combined with the best craftsmanship makes a Bob's Belt the best your money can buy.

Instructions on care of belt are included with each order.

ALL PRICES INCLUDE SHIPPING

These prices good thru December 31 only.

PLEASE STATE SIZE, STYLE, COLOR CHOICE.

Name _____
Address _____
City _____ State _____ Zip _____

Style _____ Size _____ Phone _____
Color _____ 2nd Choice _____
Acct. No. _____
Exp. Date _____

SIGNATURE

NEW ADDRESS!!!
714-620-8957

BOB'S CUSTOM LIFTING BELTS
350 S. EAST END, SUITE M
POMONA, CALIFORNIA 91766

New London Open Bench Press
10/27/83 - New London, CT

| | | | | | |
|-------|--------------|-----|-----|-----|------|
| WOMEN | D. Hall | 545 | 336 | 551 | 1432 |
| | 160 to 180 | 716 | 396 | 710 | 1823 |
| | 210 to 230 | 672 | 440 | 661 | 1774 |
| | 240 to 260 | 672 | 440 | 661 | 1774 |
| | 270 to 290 | 672 | 440 | 661 | 1774 |
| | 300 to 320 | 672 | 440 | 661 | 1774 |
| | 330 to 350 | 672 | 440 | 661 | 1774 |
| | 360 to 380 | 672 | 440 | 661 | 1774 |
| | 390 to 410 | 672 | 440 | 661 | 1774 |
| | 420 to 440 | 672 | 440 | 661 | 1774 |
| | 450 to 470 | 672 | 440 | 661 | 1774 |
| | 480 to 500 | 672 | 440 | 661 | 1774 |
| | 510 to 530 | 672 | 440 | 661 | 1774 |
| | 540 to 560 | 672 | 440 | 661 | 1774 |
| | 570 to 590 | 672 | 440 | 661 | 1774 |
| | 600 to 620 | 672 | 440 | 661 | 1774 |
| | 630 to 650 | 672 | 440 | 661 | 1774 |
| | 660 to 680 | 672 | 440 | 661 | 1774 |
| | 690 to 710 | 672 | 440 | 661 | 1774 |
| | 720 to 740 | 672 | 440 | 661 | 1774 |
| | 750 to 770 | 672 | 440 | 661 | 1774 |
| | 780 to 800 | 672 | 440 | 661 | 1774 |
| | 810 to 830 | 672 | 440 | 661 | 1774 |
| | 840 to 860 | 672 | 440 | 661 | 1774 |
| | 870 to 890 | 672 | 440 | 661 | 1774 |
| | 900 to 920 | 672 | 440 | 661 | 1774 |
| | 930 to 950 | 672 | 440 | 661 | 1774 |
| | 960 to 980 | 672 | 440 | 661 | 1774 |
| | 990 to 1010 | 672 | 440 | 661 | 1774 |
| | 1020 to 1040 | 672 | 440 | 661 | 1774 |
| | 1050 to 1070 | 672 | 440 | 661 | 1774 |
| | 1080 to 1100 | 672 | 440 | 661 | 1774 |
| | 1110 to 1130 | 672 | 440 | 661 | 1774 |
| | 1140 to 1160 | 672 | 440 | 661 | 1774 |
| | 1170 to 1190 | 672 | 440 | 661 | 1774 |
| | 1200 to 1220 | 672 | 440 | 661 | 1774 |
| | 1230 to 1250 | 672 | 440 | 661 | 1774 |
| | 1260 to 1280 | 672 | 440 | 661 | 1774 |
| | 1290 to 1310 | 672 | 440 | 661 | 1774 |
| | 1320 to 1340 | 672 | 440 | 661 | 1774 |
| | 1350 to 1370 | 672 | 440 | 661 | 1774 |
| | 1380 to 1400 | 672 | 440 | 661 | 1774 |
| | 1410 to 1430 | 672 | 440 | 661 | 1774 |
| | 1440 to 1460 | 672 | 440 | 661 | 1774 |
| | 1470 to 1490 | 672 | 440 | 661 | 1774 |
| | 1500 to 1520 | 672 | 440 | 661 | 1774 |
| | 1530 to 1550 | 672 | 440 | 661 | 1774 |
| | 1560 to 1580 | 672 | 440 | 661 | 1774 |
| | 1590 to 1610 | 672 | 440 | 661 | 1774 |
| | 1620 to 1640 | 672 | 440 | 661 | 1774 |
| | 1650 to 1670 | 672 | 440 | 661 | 1774 |
| | 1680 to 1700 | 672 | 440 | 661 | 1774 |
| | 1710 to 1730 | 672 | 440 | 661 | 1774 |
| | 1740 to 1760 | 672 | 440 | 661 | 1774 |
| | 1770 to 1790 | 672 | 440 | 661 | 1774 |
| | 1800 to 1820 | 672 | 440 | 661 | 1774 |
| | 1830 to 1850 | 672 | 440 | 661 | 1774 |
| | 1860 to 1880 | 672 | 440 | 661 | 1774 |
| | 1890 to 1910 | 672 | 440 | 661 | 1774 |
| | 1920 to 1940 | 672 | 440 | 661 | 1774 |
| | 1950 to 1970 | 672 | 440 | 661 | 1774 |
| | 1980 to 2000 | 672 | 440 | 661 | 1774 |

Best New London lifter: J. Mugovero, best lifter: R. Scagraves
S. Taylor; best lifter over 35: D. Kalamian, head B. Pollio
Judge: D. Martin; thanks to J. Mugovero for J. MacLeod results.

10th annual Mountaineer Open
10/29&30/83 - Huntington, WV

| | | | | | | | | |
|-----|-----|-----|-----|------|-----|-----|-----|------|
| 114 | SQ | BP | DL | T | 790 | 534 | 790 | 2055 |
| 123 | 275 | 192 | 253 | 721 | 615 | 413 | 688 | 1774 |
| | 358 | 225 | 435 | 1091 | 655 | 413 | 688 | 1774 |
| | 374 | 214 | 380 | 969 | 655 | 413 | 688 | 1774 |
| | 347 | 220 | 374 | 942 | 655 | 413 | 688 | 1774 |
| | 578 | 264 | 617 | 1460 | 655 | 413 | 688 | 1774 |
| | 462 | 325 | 512 | 1300 | 655 | 413 | 688 | 1774 |
| | 451 | 325 | 490 | 1267 | 655 | 413 | 688 | 1774 |
| | 424 | 275 | 507 | 1206 | 655 | 413 | 688 | 1774 |
| | 600 | 358 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 529 | 407 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 523 | 303 | 567 | 1394 | 655 | 413 | 688 | 1774 |
| | 501 | 352 | 523 | 1377 | 655 | 413 | 688 | 1774 |
| | 435 | 303 | 446 | 1104 | 655 | 413 | 688 | 1774 |
| | 374 | 242 | 435 | 1052 | 655 | 413 | 688 | 1774 |
| | 424 | 236 | 374 | 1035 | 655 | 413 | 688 | 1774 |
| | 441 | 231 | 413 | 986 | 655 | 413 | 688 | 1774 |
| | 402 | 181 | 341 | 925 | 655 | 413 | 688 | 1774 |
| | 600 | 385 | 600 | 1587 | 655 | 413 | 688 | 1774 |
| | 611 | 341 | 578 | 1531 | 655 | 413 | 688 | 1774 |
| | 501 | 407 | 633 | 1543 | 655 | 413 | 688 | 1774 |
| | 407 | 275 | 462 | 1146 | 655 | 413 | 688 | 1774 |

10th annual Mountaineer Open
10/29&30/83 - Huntington, WV

| | | | | | | | | |
|-----|-----|-----|-----|------|-----|-----|-----|------|
| 114 | SQ | BP | DL | T | 790 | 534 | 790 | 2055 |
| 123 | 275 | 192 | 253 | 721 | 615 | 413 | 688 | 1774 |
| | 358 | 225 | 435 | 1091 | 655 | 413 | 688 | 1774 |
| | 374 | 214 | 380 | 969 | 655 | 413 | 688 | 1774 |
| | 347 | 220 | 374 | 942 | 655 | 413 | 688 | 1774 |
| | 578 | 264 | 617 | 1460 | 655 | 413 | 688 | 1774 |
| | 462 | 325 | 512 | 1300 | 655 | 413 | 688 | 1774 |
| | 451 | 325 | 490 | 1267 | 655 | 413 | 688 | 1774 |
| | 424 | 275 | 507 | 1206 | 655 | 413 | 688 | 1774 |
| | 600 | 358 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 529 | 407 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 523 | 303 | 567 | 1394 | 655 | 413 | 688 | 1774 |
| | 501 | 352 | 523 | 1377 | 655 | 413 | 688 | 1774 |
| | 435 | 303 | 446 | 1104 | 655 | 413 | 688 | 1774 |
| | 374 | 242 | 435 | 1052 | 655 | 413 | 688 | 1774 |
| | 424 | 236 | 374 | 1035 | 655 | 413 | 688 | 1774 |
| | 441 | 231 | 413 | 986 | 655 | 413 | 688 | 1774 |
| | 402 | 181 | 341 | 925 | 655 | 413 | 688 | 1774 |
| | 600 | 385 | 600 | 1587 | 655 | 413 | 688 | 1774 |
| | 611 | 341 | 578 | 1531 | 655 | 413 | 688 | 1774 |
| | 501 | 407 | 633 | 1543 | 655 | 413 | 688 | 1774 |
| | 407 | 275 | 462 | 1146 | 655 | 413 | 688 | 1774 |

10th annual Mountaineer Open
10/29&30/83 - Huntington, WV

| | | | | | | | | |
|-----|-----|-----|-----|------|-----|-----|-----|------|
| 114 | SQ | BP | DL | T | 790 | 534 | 790 | 2055 |
| 123 | 275 | 192 | 253 | 721 | 615 | 413 | 688 | 1774 |
| | 358 | 225 | 435 | 1091 | 655 | 413 | 688 | 1774 |
| | 374 | 214 | 380 | 969 | 655 | 413 | 688 | 1774 |
| | 347 | 220 | 374 | 942 | 655 | 413 | 688 | 1774 |
| | 578 | 264 | 617 | 1460 | 655 | 413 | 688 | 1774 |
| | 462 | 325 | 512 | 1300 | 655 | 413 | 688 | 1774 |
| | 451 | 325 | 490 | 1267 | 655 | 413 | 688 | 1774 |
| | 424 | 275 | 507 | 1206 | 655 | 413 | 688 | 1774 |
| | 600 | 358 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 529 | 407 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 523 | 303 | 567 | 1394 | 655 | 413 | 688 | 1774 |
| | 501 | 352 | 523 | 1377 | 655 | 413 | 688 | 1774 |
| | 435 | 303 | 446 | 1104 | 655 | 413 | 688 | 1774 |
| | 374 | 242 | 435 | 1052 | 655 | 413 | 688 | 1774 |
| | 424 | 236 | 374 | 1035 | 655 | 413 | 688 | 1774 |
| | 441 | 231 | 413 | 986 | 655 | 413 | 688 | 1774 |
| | 402 | 181 | 341 | 925 | 655 | 413 | 688 | 1774 |
| | 600 | 385 | 600 | 1587 | 655 | 413 | 688 | 1774 |
| | 611 | 341 | 578 | 1531 | 655 | 413 | 688 | 1774 |
| | 501 | 407 | 633 | 1543 | 655 | 413 | 688 | 1774 |
| | 407 | 275 | 462 | 1146 | 655 | 413 | 688 | 1774 |

10th annual Mountaineer Open
10/29&30/83 - Huntington, WV

| | | | | | | | | |
|-----|-----|-----|-----|------|-----|-----|-----|------|
| 114 | SQ | BP | DL | T | 790 | 534 | 790 | 2055 |
| 123 | 275 | 192 | 253 | 721 | 615 | 413 | 688 | 1774 |
| | 358 | 225 | 435 | 1091 | 655 | 413 | 688 | 1774 |
| | 374 | 214 | 380 | 969 | 655 | 413 | 688 | 1774 |
| | 347 | 220 | 374 | 942 | 655 | 413 | 688 | 1774 |
| | 578 | 264 | 617 | 1460 | 655 | 413 | 688 | 1774 |
| | 462 | 325 | 512 | 1300 | 655 | 413 | 688 | 1774 |
| | 451 | 325 | 490 | 1267 | 655 | 413 | 688 | 1774 |
| | 424 | 275 | 507 | 1206 | 655 | 413 | 688 | 1774 |
| | 600 | 358 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 529 | 407 | 551 | 1487 | 655 | 413 | 688 | 1774 |
| | 523 | 303 | 567 | 1394 | 655 | 413 | 688 | 1774 |
| | 501 | 352 | 523 | 1377 | 655 | 413 | 688 | 1774 |
| | 435 | 303 | 446 | 1104 | 655 | 413 | 688 | 1774 |
| | 374 | 242 | 435 | 1052 | 655 | 413 | 688 | 1774 |
| | 424 | 236 | 374 | 1035 | 655 | 413 | 688 | 1774 |
| | 441 | 231 | 413 | 986 | 655 | 413 | 688 | 1774 |
| | 402 | 181 | 341 | 925 | 655 | 413 | 688 | 1774 |
| | 600 | 385 | 600 | 1587 | 655 | 413 | 688 | 1774 |
| | 611 | 341 | 578 | 1531 | 655 | 413 | 688 | 1774 |
| | 501 | 407 | 633 | 1543 | 655 | 413 | 688 | 1774 |
| | 407 | 275 | 462 | 1146 | 655 | 413 | 688 | 1774 |

10th annual Mountaineer Open
10/29&30/83 - Huntington, WV

| | | | | | | | | |
|-----|-----|-----|-----|------|-----|-----|-----|------|
| 114 | SQ | BP | DL | T | 790 | 534 | 790 | 2055 |
| 123 | 275 | 192 | 253 | 721 | 615 | 413 | 688 | 1774 |
| | 358 | 225 | 435 | 1091 | 655 | 413 | 688 | 1774 |
| | 374 | 214 | 380 | 969 | 655 | 413 | 688 | 1774 |
| | 347 | 220 | 374 | 942 | 655 | 413 | 688 | 1774 |
| | 578 | 264 | 617 | 1460 | 655 | 413 | 688 | 1774 |
| | 462 | 325 | 512 | 1300 | 655 | 413 | 688 | 17 |

LIFTING ACCESSORIES

- SUPER SUIT II... sizes 24-48... Navy Blue, Royal Blue, Black, Red
Free Pair of Super Wrap II w/each suit ordered... \$36
- SUPER WRAP II... \$8 Ea. 2/\$15... 3/\$21... 10/\$60... Case of 40/\$200
- SUPER WRAP II Bench Press wraps, legal length... \$5.00
- SUPER WRAP III... \$8 Ea. 2/\$15... 3/\$21... 10/\$60... Case of 50/\$250
- ELITE SUIT... sizes 24-42... Navy Blue, Black, Red... \$38
- ELITE WRAPS... \$6.50
- ELITE SUIT & WRAPS... \$43.00
- HURRICANE WRAPS... \$9 Ea. 2/\$17... 5/\$40... 10/\$75
- DYNA-WRAP (by York)... \$10
- LIFTING SUIT... 100% stretch nylon... S, M, L, WL... \$18
- Navy Blue, Royal Blue, Black, Scarlet Red
- SMELLING SALTS... \$3.50 Each... 2/\$5.00
- CHALK... 8 blocks/lb... \$9.00
- DMSO... 99% Pure Undiluted... 4oz./\$8... 8oz./\$12
- FIRM GRIP... \$3.00
- RED HOT ANALGESIC... 3 oz. Tube... \$4.00



PUMA WEIGHT LIFTING SHOES... \$75.00
Blue w/ White or Orange w/ Black

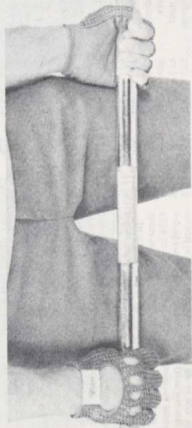


RIDELL LIFTING SHOE
Black w/Red... \$54.00

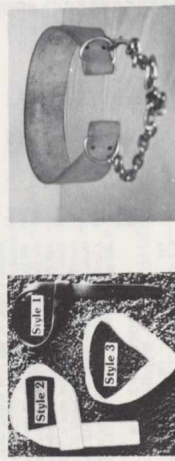


ELITE DEADLIFT SHOES
\$10.00

SEND SHOE SIZE



YORK LIFTING GLOVES
XS, S, M, L & XL... \$14.00



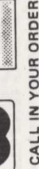
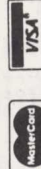
TRAINING STRAPS
Choice of Colors... \$6.00



POSTAGE & HANDLING \$2.00

OUTSIDE U.S.A. Surface... 15% Airmail... 30% Minimum... \$2.00

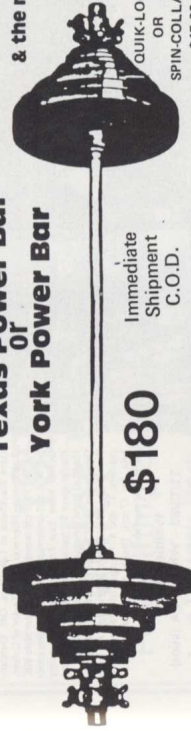
CALL IN YOUR ORDER MASTERCARD / VISA / C.O.D.



ALL EQUIPMENT C.O.D.

QUANTITY DISCOUNTS • DEALERS WELCOME

Texas Power Bar or York Power Bar



Immediate Shipment C.O.D.

\$180

The Texas Power Bar & York Plates/Collars

The Best Bar in the world & the most accurate plates in the world (plates machined to exact weight)

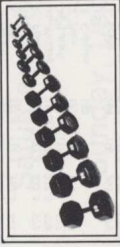
YORK or USA PLATES
Pounds or Kilos
\$.74 / lb. OR \$1.63 / kg.

QUICK-LOK OR SPIN-COLLARS \$45.00
BAR & COLLARS \$225.00

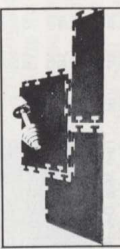
300 lbs. or 140 kg. set... \$390
400 lbs. or 180 kg. set... \$440
500 lbs. or 225 kg. set... \$490
600 lbs. or 270 kg. set... \$540



DELUXE DUMBBELLS
With Chromed & Knurled Handles
\$.83 / lb.
DUMBBELL RACKS
Inquire for Prices



DELUXE SOLID DUMBBELLS
\$.74 / lb.
OLYMPIC DUMBBELL HANDLES w/ COLLARS
\$75 Each
\$150 / Pair

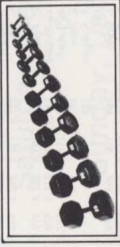


RUBBER INTERLOCKING FLOOR MATS \$5.00 / sq. ft.

RUBBER MATS
4' x 6' x 3/8"
\$97.50



DELUXE DUMBBELLS
With Chromed & Knurled Handles
\$.83 / lb.
DUMBBELL RACKS
Inquire for Prices



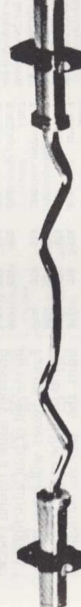
DELUXE SOLID DUMBBELLS
\$.74 / lb.
OLYMPIC DUMBBELL HANDLES w/ COLLARS
\$75 Each
\$150 / Pair



SUPER DUTY CAMBERED BENCH PRESS BAR (45 lbs.)... Style 1 \$247.50
Same bar as the Olympic bar but cambered to allow for "stretching" bench presses. This bar has helped the world's greatest bench presser develop his power. Has a 1 1/8" knurled grip. Has a 5 1/2" drop at bend. Permits long range Midium grip width (between plates). Has 5 1/2" drop at bend. Permits long range stretching bench presses. Uses Olympic Type Plates.

SUPER DUTY CAMBERED BENCH PRESS BAR WITHOUT REVOLVING SLEEVES (35 lbs.)... Style 2 \$120.00
Uses Olumptic (2" hole) plates but without revolving.

SUPER BENCH PRESS CAMBERED BAR (20 lbs.)... Style 3 \$60.00
Made of 1-1/16" steel for exercise plates with 1-1/8" holes. Knurled bar for better grip. No sleeves on this bar.



OLYMPIC E-Z-CURL BAR w/ COLLARS (Chromed and Knurled)... \$68



DP SIDE-BY-SIDE GRIP BAG... \$36.00
Dimensions: 6 3/4" wide, 20 1/2" long, 13" high

DP SPORTS DUFFLE... \$24.00
Dimensions: 11" wide, 18" long, 11" high

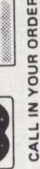
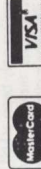
CRAIN POWER-PLUS

RICKEY DALE CRAIN
1980 & 1982 World Champion
KIMBERLY ANN CRAIN
National Teenage Champion
P. O. Box 1322
Shawnee, OK 74801
1-405/275-3689



POSTAGE & HANDLING \$2.00

OUTSIDE U.S.A. Surface... 15% Airmail... 30% Minimum... \$2.00



CALL IN YOUR ORDER MASTERCARD / VISA / C.O.D.

ALL EQUIPMENT C.O.D.

QUANTITY DISCOUNTS • DEALERS WELCOME

BOOKS

STRENGTH TRAINING FOR SPORTS AND NUTRITION
STRONGEST SHALL SURVIVE!
 Starr \$13 Softback, \$18 Hardback
THEORY AND PRACTICE OF PHYSICAL ACTIVITY /
 Hatfield \$9.00
FLEXIBILITY TRAINING FOR SPORTS (PNF Techniques) /
 Hatfield \$5.50
SPORTS MEDICINE (Merkin, \$11.00
PERSONALIZED WEIGHT TRAINING (Hatfield)
WEIGHT TRAINING FOR YOUNG ATHLETES
 Hatfield \$9.00
STRENGTH TRAINING BY THE EXPERTS (Erickson)
 Erickson \$7.00
BIGGER, FASTER, STRONGER 1983 (Sheehar)
 Sheehar \$10.00
THE ALL SPORTS TRAINING MANUAL (Ewerson)
 Ewerson \$8.00
ULTIMATE DIETING HANDBOOK (Zumpano & Duchaso)
 Zumpano & Duchaso \$8.00
PEOPLES GUIDE TO VITAMINS & MINERALS (Boise)
 Boise \$7.00
VITAMINS AND ALMANAC
 Nutrition \$9.00

ANABOLIC STEROIDS
ANABOLIC STEROIDS Which Ones? How Many?
 Hatfield \$9.00
ANABOLIC STEROIDS AND SPORTS Vol. I (Wright)
 Wright \$16.00
ANABOLIC STEROIDS AND SPORTS Vol. II (Wright)
 Wright \$16.00
UNDERGROUND STEROID HANDBOOK For Men and Women /
 Zumpano/Duchaso . . . \$6 UPDATE (Bimonthly - Current) \$2
ANABOLIC STEROIDS AND THE ATHLETE (Taylor)
 Taylor \$18.00
THE PRACTICAL USE OF ANABOLIC STEROIDS WITH
ATHLETES (Kerr)
 Kerr \$16.00
STERIODS - A Comprehensive & Factual Report /
 Passariello & Morey \$16.00

POWERLIFTING
DEFYING GRAVITY (Starr) \$8 Softback, \$12 Hardback
INSIDE POWERLIFTING/Toold \$6.00
POWERLIFTING: A Scientific Approach /
 Hatfield \$8 Softback, \$13 Hardback
THE SQUAT/Hatfield \$5.50
THE BENCH PRESS/Hatfield \$5.50
THE DEADLIFT/Hatfield \$5.50
THE COMPLETE GUIDE TO POWER TRAINING /
 Hatfield \$17.00
BODYBUILDING FOR POWERLIFTING/Hatfield \$5.50
THE RAZOR'S EDGE: The Complete Book of Bench Pressing /
 Moser \$5.50
THE BENCH PRESS/Goodman \$9.00
OFFICIAL IFF RULE BOOK \$8.00
NEW DIMENSION IN POWERLIFTING/Bridges
 Bridges \$15.00
KUC SPEAKS /Kuc \$10
THE POWER SQUAT/Cash \$8.00
THE POWER BENCH PRESS/Cash \$8.00
THE POWER DEADLIFT/Cash \$8.00
 or
 2 for \$15.00
 3 for \$21.00

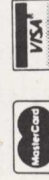
OTHERS - MISCELLANEOUS
POWERLIFTING USA MAGAZINE (Current) \$2.00
 (Back Issues Available)
CRAIN'S MUSCLE WORLD \$2.50
 (Back Issues \$2.50)
CATALOG OF EQUIPMENT \$5.50
WORKOUT BOOKS \$8.00

Autographed Color
 Pics of Rickey
 5x7 \$2.50



POSTAGE & HANDLING
 \$2.00

OUTSIDE U.S.A.
 Surface . . . 15%
 Airmail . . . 30%
 Minimum . . . \$2.00



CALL IN YOUR ORDER
 MASTERCARD / VISA / C.O.D.

ALL EQUIPMENT C.O.D.

BODYBUILDING
KEYS TO THE INNER UNIVERSE /
 Pearl \$33 Softback, \$55 Hardback
RIPPED / Bass \$11.50
TONING THE BODY (Bodybuilding & Shaping for Women) /
 Bentley/Hatfield \$10.00
ARNOLD'S BODYBUILDING FOR MEN \$15.00
MENTZER METHOD TO FITNESS \$7.00
BODY SCULPTURE/Carnes \$6.00
ARNOLD: Education of a Body Builder /
 Schwarzenegger \$8.00
ARNOLD'S BODYSHAPING FOR WOMEN /
 Schwarzenegger \$9 Softback, \$15 Hardback
BODYBUILDING: The Weider Approach/Weider
 Weider \$9.00
BOYER & VALERIE COE'S WEIGHT TRAINING BOOK /
 Coe \$9.00
COMPLETE WEIGHT TRAINING BOOK/Reynolds \$5.00
FRANCO COLUMBUS'S COMPLETE BOOK OF
BODYBUILDING/Columbu \$16.00
FRANK & CHRISTINE ZANE'S SUPER BODIES IN 12
WEEKS/Zane (Cloth) \$16.00
GOLD'S GYM BOOK OF BODYBUILDING /
 Sprague/Reynolds \$11.00
GOLD'S GYM WEIGHT TRAINING BOOK /
 Dobbins & Sprague \$8.00
HARDCORE BODYBUILDING/Kennedy \$8.00
INSIDE BODYBUILDING/Robbins \$10.00
JOB WEIDER'S MUSCLE & FITNESS
TRAINING DIARY \$7.00
LISA LYON'S BODY MAGIC/Lyon & Hall \$8.00
NAUTILUS BODYBUILDING BOOK/Darden \$11.00
THE NAUTILUS NUTRITION BOOK/Darden \$8.00
THE NAUTILUS NUTRITION BOOK/Darden \$9.00
NAUTILUS TRAINING DIARY \$8.00
SPORTS ILLUSTRATED: Training with Weights /
 Parker & Marsh \$3.00
STARBOODIES: Women's Weight Training /
 Columbu \$8.00
STAYING HARD: The Nucleus Way/Parkes \$9.00
TOTAL FITNESS: The Nucleus Way/Parkes \$9.00
WEIDER BOOK OF BODYBUILDING FOR WOMEN /
 Weider's Questions & Answers \$8.00
WEIDER'S MUSCLE & FITNESS: Bodybuilders Answer
 Your Questions \$8.00
WEIDER'S MUSCLE & FITNESS: Bodybuilding Nutrition
 & Training Programs \$8.00
WEIDER'S MUSCLE & FITNESS: Champion Bodybuilders'
Strategies & Routines \$8.00
WEIDER'S MUSCLE & FITNESS: More Bodybuilding
Nutrition & Training Programs \$8.00
WEIDER'S MUSCLE & FITNESS: More Training
Tips & Routines \$8.00
WEIDER'S MUSCLE & FITNESS: Training Tips
& Routines \$8.00
WEIDER'S MUSCLE & FITNESS: Women's Weight
Training Programs \$8.00
WEIGHT TRAINING FOR BEGINNERS/Reynolds \$6.00
WINNING BODYBUILDING/Columbu \$7.00
WINNING WOMEN'S BODYBUILDING /
 Combes & Reynolds \$6.00
WINNING WEIGHT TRAINING/Murray \$6.00

POWERLIFTING
 - WORLD'S GREATEST SPORT

I AM A POWERLIFTER

BUMPER STICKERS
 1.00 Each 5/4.00 10/7.00

CRAIN POWER-PLUS

RICKEY DALE CRAIN
 1980 & 1982 World Champion
 KIMBERLY ANN CRAIN
 National Teenage Champion
 P. O. Box 1322
 Shawnee, OK 74801
 1-405/275-3699

QUANTITY DISCOUNTS • DEALERS WELCOME

VITAMINS - MINERALS - PROTEIN

VITAMIN / MINERAL PAKS
ULTIMATE AMINO GLANDS TRAINING PAK \$50.00
 30 day supply . . . Free Forming Amino Acids, Glandulars,
 lipotropic factors & B Complex
AM-PM ULTIMATE TRAINING PAK \$46
 Highest Potent Supplement Available!
THE ULTIMATE COMPETITOR PAK \$34
 High Potency Vit/Min with Glandulars
ULTRA-PAK \$27
 High Potency Vit/Min Supplement
SUPER-PAK \$40
 High Potency Vit/Min Supplement
MULTI-PAK \$38
 Vit/Min Supplement w/ Liver & Yeast
SUPER MULTI-PAK \$36
 Vit/Min Supplement w/ Liver & Yeast
SUPER GYM-PAK \$19
 Vit/Min Supplement
GYM-PAK \$25
 Vit/Min Supplement
ENERGY-PAK \$31
 Includes liver, yeast, B-vitamins & other
 supplements for energy
MS. POWER PAK \$20
 Formulated exclusively for Women Bodybuilders
 & Powerlifters
MS. PAK \$15
 Vit/Min Supplement for Women

VITAMINS / MINERALS
BEV B-COMPLEX 125 100 tablets \$16
 125 mg/mcg B-Complex
BEV B-COMPLEX 150 100 tablets \$17.60
 150 mg/mcg B-Complex
BEV B-15 100 tablets \$10
 Calcium Pantothenate (A Salt of Pantoic acid)
C-1000 100 mg 100 tablets \$8.50
 w/ Rose Hips - time released
BEV C 1725 mg 100 tablets \$10
 w/ Rose Hips & Bioflavonoids - time released
VIT E 400 I.U. 100 tablets \$10
 mixed Tocopherols
MEGA-MIN 100 tablets \$8
 High Potency Minerals

LIVER-YEAST SUPPLEMENTS
ULTRA 40 40 grains, 500 tablets \$34
 Argentin Beef Liver w/B Vitamins
ULTRA 29 29 grains, 500 tablets \$21
 Argentin Beef Liver w/ B Vitamins
BEV ENERGY BLASTER 500 tablets \$19
 Liver, Brewers Yeast, Guaiacina Powder
LIVER AND YEAST 1000 tablets \$17.50
 Desiccated Liver, Brewers Yeast, Iron, B-Complex Vitamins
B-PLEX 20 grains, 500 tablets \$17.50
 Desiccated Liver w/ B-12 & Choline

POSTAGE & HANDLING
 \$2.00

OUTSIDE U.S.A.
 Surface . . . 15%
 Airmail . . . 30%
 Minimum . . . \$2.00



CALL IN YOUR ORDER
 MASTERCARD / VISA / C.O.D.

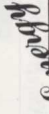
ALL EQUIPMENT C.O.D.

BEVERLY INTERNATIONAL SUPPLEMENTS

OTHER FOOD SUPPLEMENTS
BEV-LIPO-1000 180 tablets \$15
 Lipotropic factors 1000 tablets
BEV-MULTI-ZYME Multi Enzymes \$9
 200 mg mixed glandulars w/ Brewers Yeast, RNA, DNA,
 water soluble Vit. A & Vit. E
BEV GLANDULAR 60 tablets \$20
 200 mg mixed glandulars w/ Brewers Yeast, RNA, DNA,
 water soluble Vit. A & Vit. E
BEV ULTRA GLANDULAR 60 tablets \$30
 400 mg mix glandulars w/ Brewers Yeast, RNA, DNA,
 water soluble Vit. A & Vit. E
DENSITY 150 tablets \$36
 Free forming amino acid tablets
GROWTH 750 Conformer tablets \$32
 L-Arginine / L-Ornithine
ULTRA GROWTH 250 tablets \$40
 L-Arginine / L-Ornithine / L-Lysine / L-Tryptophan
 Amino Acid Tablets

PROTEIN FOOD
ZERO-CARBOHYDRATE 13 oz. \$9.50 34 oz. \$19
 No Cholesterol / No Fat / No Carbohydrate
 24 grams of protein per oz.
100% EGG 13 oz. \$13 34 oz. \$21
 23 grams of protein per oz. / P.E.R. of 3.9
SIZE 4 pounds \$18
 weight gaining program
80% EGG / 18% GLAND 13 oz. \$13 32 oz. \$22

ULTIMATE DIETING HANDBOOK PRODUCTS
ARGININE 100 gram \$10
MCT OIL 16 oz. bottle \$8
ULTIMATE ORANGE 1 kilo bag \$12
INSTANT CALCIUM CASEINATE 1 lb. bag \$9
INSTANT POLYSACCHARIDE 1 kilo bag \$6



HOFFMAN'S ENERGOL
 Blend of Soy, Wheat, &
 Rice Oil with Vitamin E
 20 minims
 180 capsules \$10

GYMS, HEALTH CLUBS & SPORTING GOODS STORES - CALL FOR SPECIAL WHOLESAL PRICES.

CRAIN POWER-PLUS

RICKEY DALE CRAIN
 1980 & 1982 World Champion
 KIMBERLY ANN CRAIN
 National Teenage Champion
 P. O. Box 1322
 Shawnee, OK 74801
 1-405/275-3699

QUANTITY DISCOUNTS • DEALERS WELCOME

Although during the 1950s powerlifting was not an organized sport, a great many athletes chose the powerlifters' "old lifts" as they were called, as part of their training regimen, because they knew that powerlifting benefited the doorway to super strength. One of the best proponents of the powerlifts and certainly one of the strongest athletes of the 1950s and early 1960s was Chuck Fish.

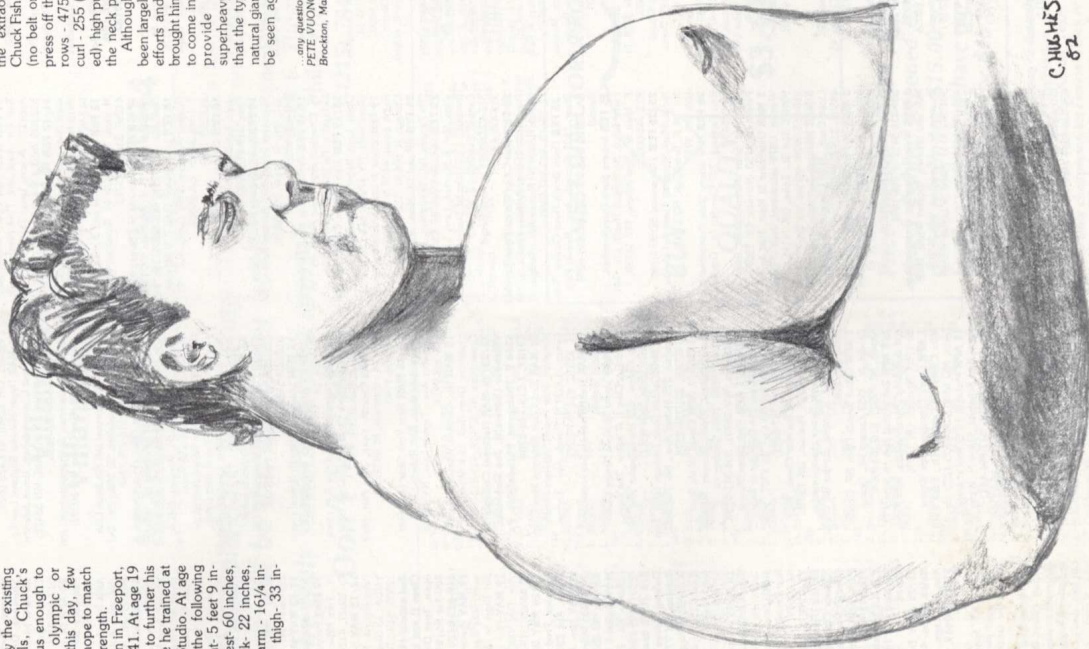
Despite the fact that little coverage was given to Chuck by the existing weightlifting journals, Chuck's strength was enormous enough to rival that of any olympic or powerlifter. Even to this day, few powerlifters can even hope to match Chuck's odigious strength.

Chuck Fish was born in Freeport, Illinois on July 21, 1941. At age 19 he moved to Chicago to further his education. At this time he trained at the Triumph Health Studio. At age 19, Chuck boasted the following measurements: Height - 5 feet 9 inches, chest - 42 inches, neck - 22 inches, waist - 27 inches, forearm - 16 1/4 inches, wrist - 9 inches, thigh - 33 inches, calf - 19 inches.

PIONEERS of POWER

by Pete Vuono

Chuck trained 5 days per week and lifted weights 4 to 4 1/2 hours each session. His routine consisted of basic power movements and this routine coupled with a diet heavy in milk, vegetables, fruit and raw meat



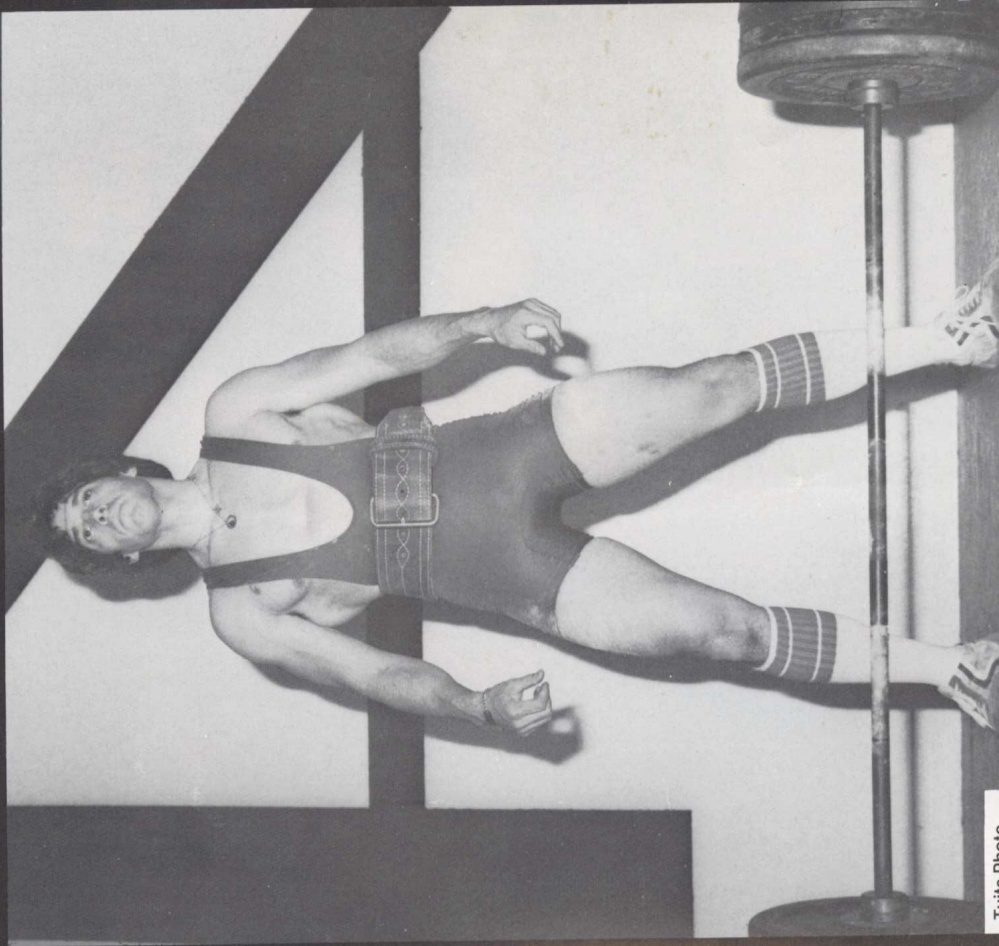
any questions, call, write Pete Vuono, 240 West Avenue, Brockton, Massachusetts 02601

had produced one of the strongest and most massively built men of all time.

In one short year, from 1960 to 1961, Chuck's weight skyrocketed, leading to the following measurements: Height - 6 foot, weight - 315, chest - 62 inches, thigh - 34 inches, calf - 20 inches. Chuck had gained 60 pounds in one year's time with a sensible weight training power routine and diet. Chuck never used any chemical assistance and later became famous in the wrestling world under the name of Chuck Bruce. Here are the extraordinary training lifts of Chuck Fish: bench press - 525, squat (no belt or wraps) - 665, military press - 475 for 5 reps, strict barbell curl - 255 (2nd highest ever recorded), high pull - 525 for 5 reps, behind the neck press - 355.

Although Chuck Fish's name has been largely forgotten until now, his efforts and the benefits which they brought him will for many more years to come inspire young trainees and provide goals for today's superheavyweights. It is safe to say that the type of strength which this natural giant possessed will not often be seen again.

Titan Suits



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 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

Dr. Ken E. Leistner

(Paid Advertisement)

C. VUONO 87