

# CALL FOR ENTRIES

## THE 1984 SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

**N**ow is the time for powerlifters from all over the continental United States to answer the call for entries of the 1984 Senior Nationals. The location for this prestigious event will be the Dayton Exhibition and Convention Center in downtown Dayton, Ohio. This meet is a Pacifico Enterprises presentation.

**Schedule of Events:** Competition will start Saturday, July 7th at 9:00 a.m. opening with the 114, 123, 132 and 148 lb. weight classes. After an intermission, lifting will continue at 4:00 p.m. for the 165, 181 and 198 lb. weight classes.

Sunday, July 8th at 10:00 a.m., competition will begin for the 220 and 242 lb. weight classes. After the intermission lifting will continue at 3:00 p.m. for the 275 lb. class and the super-heavy weights. Each event will close with a spectacular selection of awards to mark the end of one of the most exciting championships in powerlifting history... the year of the comeback!

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The DEADLINE for all entries is JUNE 25, 1984.



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# Powerlifting USA

VOL.7  
 NO.8  
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Ed Coan  
 at the  
 YMCA  
 Nationals





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The YMCA Nationals in December... in Ohio? No way, man, the weather will knock this meet off the map! That's what some were saying about this meet that promoter Garry Benford has improved on every year, and just as he has done time and time before, he beat Mother Nature out again by putting on and cleaning up from a super meet just before the Great Deep Freeze winter descended in from the Arctic North. Actually, if you're keeping count, there were two YMCA National meets this year... one on January 8th, and the move of the contest up to a December date was part of Garry's advance plan to beat the bad weather again as well as in consideration to his entries, so they wouldn't have to go through the Christmas and New Year's seasons while being on "make weight or else" diets. The meet was held once again in the modern Columbus North YMCA facility, but platform seating around the spectator area, enhanced warming up facilities, and some visual scoring information were definite improvements over the January competition. The draw Garry is now getting in his entries is pretty impressive, with many new states and new names being represented, and they are not just showing up, but doing some awesome lifting as well, particularly when it comes to 800 plus squats and 500 plus benches. Garry still has plans on bidding on future Senior National Powerlifting Championships, and he only missed by a couple of votes in getting the bid for the 1984 Seniors over fellow Ohioan Larry Pacifico.

# YMCA National Championships

by Mike Lambert

The women's field had a very healthy number of entries this time, and at finish time they were led by Mary Ryan, who benched a strong 209, just as coach Dave Jeffrey said she would. Also noteworthy was the fine lifting (particularly in the deadlift) of Jeanna Paciga, benefiting from a couple of years of previous women's nationals experience. Pam Bruerman also got a big deadlift in, and Diva Hart came up with her husband James (an avid military lifter and coach), who is stationed in the Panama Canal Zone, to assault the American Teenage record book. In the Men's Division, Steve Blank showed a fiery enthusiasm for his lifting at 114, despite being unchallenged, as did veteran Joe Steinfeld, who issued a few inspired yells in putting his lifts together.

There was no shortage of competition in the 132s, however. Doug Heath, looked super at this bodyweight compared to his days at 114, seemed to be on a roll, but Scott McFarland had faith that he wasn't going to end up in 2nd place, and that was faith that never faltered. Though somewhat argumentative about his misses in the bench after a considerable jump to 314, Doug Heath had little to say after his deadlift tries. His first attempt at 507

Below...Rick Well put the push to this awesome bench opener of 479.



Scott McFarland emerged as a new contender nationally at featherwt.

Rick Well's opening 479 bench that was smooth as silk. This is the highest opener in the history of this weight class, and it ties the existing world record. Rick looked a little worse for the wear of making the 165 lb. limit, compared to the Seniors, but if you dropped 25 pounds quick as he did you'd have a good excuse for looking a little frazzled, wouldn't you? His jump to American Recordsville with 496 was just off the mark, 490 was probably there, however. Nate Foster, the American Records keeper, might as well pencil in 501 next to Rick's name, because he is going to make that much or more, if he keeps going like he has been. Rick was one of many lifters up from the Suncoast Gym Team in Florida. Jim Panetti, a Collegiate powerhouse from Pennsylvania, also benched big, a 429, and Fabian Wambagans, lean and mean, followed him into the Top Three, representing Michigan. Doug Peterson of Iowa followed off just off their pace, and Master lifter Don Hundley pulled a magnificent and record breaking 644 deadlift to cap off his 1526 total. Hopefully, he'll show his stuff at the National Masters meet, hosted by Bob Edmanson late this year in the Washington DC area.

Before the meet, I had the notion that Ed Coan was going to go 198 and blast up a near 2,000 total, but he didn't do that. Instead, he went 181 and blasted up a near 2,000 total. This young man is pure astonishment. He followed himself took big jumps, and made himself the second ranked lifter of all time in this class, and when you are second only to Mike Bridges, widely recognized as the Best Powerlifter in the World, that is something historic. And he did all of this in very low key fashion. Though he has something of that Bridges determination in his eyes, he is structured much differently. He seems lanky and too tall for the class, but is actually quite compact and efficient when you compare him to his competitors. His first at-

spotter struggling to get the bar off him. It's reported by Dave Abraham that he was not the only big squatter in town that weekend, as 40 plus off-gate training sessions, but had a miserable training day, making on ly 3 attempts and that opened the door for another name that was new to me, Charlie Driscoll. Tall, big arm ed, and damn strong, he really showed his stuff in the deadlift where he took on 832 to bust one of John Gamble's many meet records. (By the way, check out that meet record for this competition... they are outstanding! Could these guys win the Worlds as a team?) He didn't make it, but he did enough to mark himself as an ominous factor in this weight class. Tommaso, John Newell, and I were the only ones who raucously busted the 800 banner in

approached the bar, a lengthy discus sion started, the gist of which was that time had run out and I'd be leaving their training camp. It was said that the pull was due to the fact that his quad strength is so enormous that the opposing muscles can not com pelete for it. Doug came into the meet with a little bit of a bit in, and I left it with little doubt in anyone's mind that he was one of the great 242 pounders in the world today. Re grettably, the 900 pound squat did not come about through a cer tainly could have. Doug made a com bination opening up with an American Record 887. This lift was undeniably easy, and I remember to the humor that 920 letter was what he was good for. He con sidered it a good lift for 903, but as he ap

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**YMCA NATIONAL MEET RECORDS**

114 lb.	SQ Doug Heath	413
	BP Steve Blank	231
	DL Doug Heath	457
	T Doug Heath	1096
123 lb.	SQ Ralph Caputo	485
	BP Freddie Higgins	308
	DL Doug Heath	451
	T Doug Heath	1190
132 lb.	SQ Doug Heath	523
	BP Ashley McFairidge	292
	DL Frank Vetro	606
	T Frank Vetro	1383
148 lb.	SQ James Finch	611
	BP James Finch	347
	DL James Finch	611
	T James Finch	1370
165 lb.	SQ Ed Coan	655
	BP Rick Well	479
	DL Ed Coan	683
	T Ed Coan	1741
181 lb.	SQ Ed Coan	766
	BP Ed Coan	418
	DL Ed Coan	760
	T Ed Coan	1945
198 lb.	SQ Gary Sanger	771
	BP Dennis Wright	496
	DL John Black	738
	T Roger Estep	1940
220 lb.	SQ Jack Siders	826
	BP Dave Wilson	512
	DL Vince Anello	719
	T Bob Chroniak	1989
242 lb.	SQ Doug Furnas	887
	BP Mark Welch	551
	DL Dan Wohlbehr	793
	T Doug Furnas	2132
275 lb.	SQ John Gamble	826
	BP John Gamble	534
	DL John Gamble	826
	T John Gamble	2188
SHW	SQ John Ford	843
	BP Dave Waddington	579
	DL George Hechter	788
	T George Hechter	2138

**December 17, 1983 • Columbus, Ohio**

**Best Lifter - Ed Coan**

90 kg.	Gary Sanger	722	771	804	451	473	479	1245	633	666	688	1934
	Dennis Wright	744	749	804	468	485	496	1245	644	672	694	1918
	George Paragian	683	785	722	341	338	369	1091	661	733	---	1824
	Bob Depencier	650	683	---	424	446	462	1096	622	650	683	1747
	William Kyle	622	661	683	402	424	468	1047	595	628	---	1686
	Jim Seitzer	622	672	705	374	429	407	1047	600	608	---	1647
	John Wolfe	622	650	---	303	319	325	953	578	600	617	1554
	Mike Osman	523	556	556	303	336	363	887	518	567	617	1504
	John Bassi	705	744	744	385	407	407	---	---	---	---	---
	Eric Burkett	622	622	622	---	---	---	---	---	---	---	---
	Ted Kurlowicz	595	595	595	---	---	---	---	---	---	---	---
	Mark Newman	---	---	---	---	---	---	---	---	---	---	---
100 kg.	Tom Pharr	733	749	766	490	523	523	1240	733	744	760	1984
	Sam Mangialardi	771	804	810	435	451	462	1234	699	744	755	1978
	Jamie Logston	738	782	733	314	374	402	1168	661	733	760	1901
	Calvin Neff	644	650	677	435	451	457	1107	650	677	746	1785
	Todd Monroe	716	755	755	402	418	418	1118	655	705	705	1774
110 kg.	Doug Furnas	848	887	903	462	485	501	1388	744	793	793	2132
	Dennis Reed	865	865	897	451	462	460	1328	705	733	766	2061
	Ray Moran	699	738	755	440	462	479	1234	683	722	744	1956
	Mark Welch	683	683	737	529	545	551	1234	722	744	755	1956
	John Florio	749	788	804	429	451	462	1240	672	716	727	1956
	Dino Darbenzio	710	749	771	440	473	496	1245	600	661	705	1951
	Mike Notario	744	782	788	429	451	460	1195	699	727	738	1923
	Mike Grasso	672	733	733	473	523	523	1146	672	716	---	1862
	Kurt Schoknecht	622	633	666	523	534	551	1168	672	694	705	1862
	Pat Jacobs	672	710	733	385	407	424	1118	650	699	699	1818
	Bernie Ferro	661	677	705	418	446	446	1123	589	611	628	1736
	Dave Jacoby	821	843	843	462	479	490	1300	---	---	---	---
	Victor Vandivier	748	748	710	413	413	413	---	---	---	---	---
	Jeff Madrelli	788	826	832	---	---	---	---	---	---	---	---
	Joe Badooch	733	733	733	---	---	---	---	---	---	---	---
	Tom Feyh	766	804	804	---	---	---	---	---	---	---	---
	Bill Nichols	804	810	821	---	---	---	---	---	---	---	---
	John Schaeffer	---	---	---	---	---	---	---	---	---	---	---
125 kg.	Charlie Driscoll	749	799	804	435	457	468	1207	747	793	832	2000
	Dave Barbee	710	749	755	523	556	556	1234	699	733	733	1934
	John Newell	749	793	810	385	407	418	1085	705	722	---	1901
	Robert Miller	683	683	710	424	424	468	1140	600	677	677	1741
	John Gentile	672	733	733	---	---	---	---	---	---	---	---
SHW	John Gamble	771	821	837	501	529	545	1350	747	788	804	2138
	Roy Steinacker	771	804	832	551	573	573	1383	727	749	766	2050
	John Ware	777	826	826	490	512	523	1300	672	722	749	2006
	Hoss the Boss	782	821	848	418	435	446	1256	705	744	744	1962
	Bill Romaniello	699	799	854	440	457	468	1140	644	650	650	1791
	Stu Thompson	699	733	738	402	424	435	1140	---	---	---	---
	Blaise Boscassy	826	837	840	---	---	---	---	---	---	---	---
	Kalman Sachs	---	---	---	---	---	---	---	---	---	---	---
	Wayne Bouvier	---	---	---	---	---	---	---	---	---	---	---

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**ScoreCard**

Wmen	Bwt.	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
Mary Ryan	117	314	330	341	192	203	209	540	292	330	341	881
Jeanna Pasyga	109	264	297	314	143	159	159	440	325	341	---	782
Darlene Owens	112	270	303	314	143	154	159	457	270	308	319	777
Pam Brueman	131	319	330	341	126	137	143	496	341	374	385	881
Pam Booth	102	264	275	275	126	137	143	407	297	308	308	705
April Ritchey	142	314	332	374	181	203	203	534	336	391	407	925
Patty Ritchey	121	286	303	314	137	143	148	446	303	319	336	766
Kelly Wilson	114	248	259	270	126	137	143	407	259	275	281	688
Marcia Innsley	121	270	292	292	104	115	115	374	286	308	330	705
Divia Hart	96	187	203	203	82	93	99	297	242	264	275	573
Steve Blank	303	341	341	341	187	231	242	573	341	413	413	986
Joe Steinfield	325	363	363	363	231	248	264	589	347	363	374	964
Scott McFarland	479	501	518	518	231	270	281	799	501	529	540	1339
A. McFaridge	424	446	462	462	281	291	292	755	451	496	529	1284
Greg Ripley	391	413	435	435	275	292	292	688	462	518	---	1151
Gary Hicks	358	380	396	396	203	220	231	600	358	402	424	1003
Doug Heath	457	501	523	523	292	314	314	815	507	507	507	1507
Francis Ruetiger	523	556	567	567	325	352	352	881	523	551	562	1432
Tom Koveloskie	479	518	540	540	281	314	314	859	501	5		

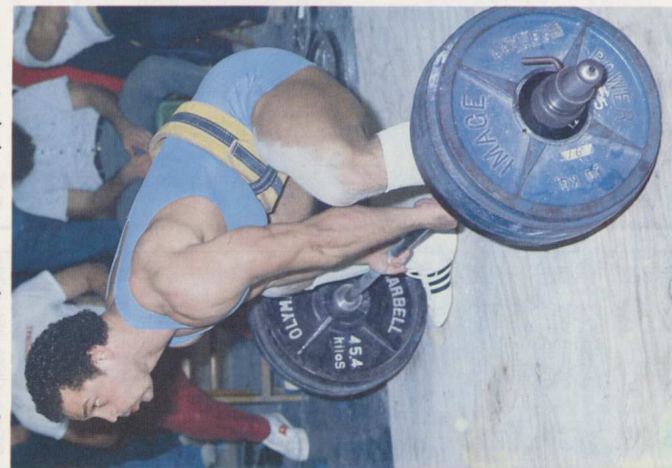


**Tony Pharr**...had a fierce battle with Sam Mangialardi for the 220 title, the squat to lead off his 3rd place performance over Y's vets Miller and Gentile.

The Superheavyweights put on a super show with George Hecher coming back to go after a title he has won before, over the goliath figure of Roy Steinacker, who bombed out of the 1982 Seniors in Dayton before we could find out just how good he was. Roy is darned good, and with one less miss, he would have put the flamboyant George on the spot. Roy's bulk doesn't seem to hinder him in the deadlift, and he could be a Superheavyweight of the future for us. George was really fired up though, and psyched himself to some big lifts in his own "lay back"

style. Thickly built John Ware also showed solid potential off his 2050 finish. Hoss the Boss personally got almost fired up for the contest by ("What's the matter with you?") and the result on his behalf as a 2006 total capped off by a 749 deadlift that strook every one of Hoss's numerous tattoos on the way up. Hoss and the Black & Health World men did well at the meet, but John Black himself was not present due to the marriage ceremony of one of his long time employees. Bill Romanelli could not believe that he didn't get 2 of his squats passed, but did prove that he can move large amounts of weight in that lift. Blaise Boscacoy looked very big, and I wondered what he was going to do in the benches, but it turned out that none of his seemingly easy squats passed, leading to one of the quieter bombouts of the meet. Kai Sachs was at the meet and watched, but Wayne Bouvier did not appear.

Garry's fine crew started dismantling the setup right after the competition, and the entire area was ship shape in a surprisingly short time, time enough for a visit to the local pizza palace, in fact. Garry's got the equipment, the facilities, the necessary help and contacts to produce great power meets in the future, and with the blessing of the National Committee of the U.S.P.F. would love the chance to put on a Seniors in the future. Meets like this will continue some people of his merit.



**Doug Furnas**...put his big legs to work on a Sumo Deadlift try with 793.

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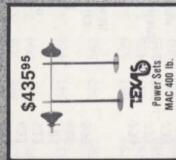


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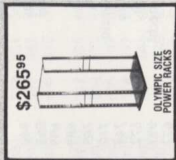
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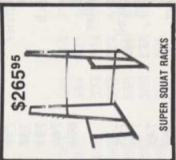
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My bench press training was influenced by Jim Williams and Pat Casey. I use the word "influenced" because I am not the same as Jim Williams or Pat Casey. Accepting their routines as the last word and never thinking or innovating for myself would have eventually lead to a halt in progress. These two men have obviously perfected routines that worked best for them. You will do well by seeking all the advice you can from champions; then put it together with a knowledge of yourself and make a routine that is right for you.

The following program is designed for the intermediate lifter. It is based on a 300 pound bench press. I have not taken bodyweight into consideration, but a 165 pounder and a 220 pounder will progress at different speeds. As far as gains from this routine, a 220 lb. person starting at 300 lbs. should look for 325-330 while a 165 pounder might get 310-320. In my mind, a 15 lb. increase from this routine should be considered good progress, but 15-30 is the range depending on bodyweight, experience, and effort put into the workout. Regardless of bodyweight the key to this program is the weight that you must really work hard and add weight whenever possible.

One very important rule is do not sacrifice good form in order to handle more weight. All you will do is develop bad lifting habits which will be very difficult to break. A good guide line for adding weight is when you have completed two consecutive workouts.

This is a sixteen week program divided into two eight week segments. The Bench Press Workout is to be done twice per week. I advocate training the way you compete. This means all reps should be done with pauses.

For the first eight weeks do the same bench press workout both days of the week. The second eight weeks will have a different routine for each day.

### 8 WEEK BUILD-UP ROUTINE

**WEEK #1**

Bench Press... 135-10, 175-8  
 6 reps with: 215, 235, 245, 255x2

Dumbbell Flies... 3x10  
 Close Grip Bench Press... 185-10, 215-8  
 Tricep Extension... 3x8  
 Pushdowns... 3x10  
 E-Z Curl... 4x8  
 Dumbbell Curls... 4x8

**WEEK #2 & #3**

Bench Press... 135-10, 175-8  
 6 reps with: 220, 240, 250, 260x2

Dumbbell Flies... 3x10  
 Close Grip Bench Press... 185-10, 210-6-3  
 Tricep Extension... 3x8  
 Pushdowns... 3x10  
 E-Z Curl... 4x8  
 Dumbbell Curls... 4x8

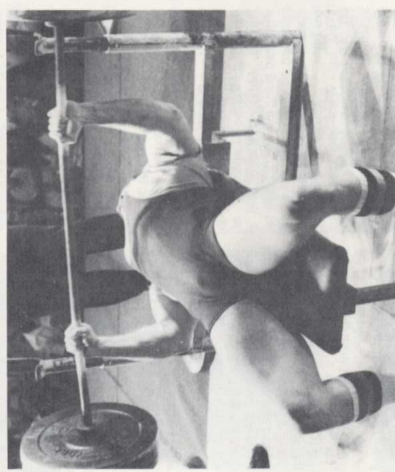
**WEEK #4**

Bench Press... 135-10, 185-8

# WORKOUT of the Month

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## THE BENCH PRESS 16 Week Intermediate Program by 4-Time World Champion John Kuc



**John Kuc** one of the few men in powerlifting history to bench 600 pounds.

**WEEK #5, #6 & #7**

Bench Press... 135-10, 185-8  
 6 reps with: 230, 250, 260, 270x2

Dumbbell Flies... 3x10  
 Close Grip Bench Press... 185-10, 225-8  
 Tricep Extension... 3x8  
 Pushdowns... 3x10  
 E-Z Curl... 4x8  
 Dumbbell Curls... 4x8

**WEEK #8**

Bench Press... 135-10, 185-8  
 6 reps with: 235, 255, 265, 275x2

Dumbbell Flies... 3x10  
 Close Grip Bench Press... 185-10, 235-8  
 Tricep Extension... 3x8  
 Pushdowns... 3x10  
 E-Z Curl... 4x8  
 Dumbbell Curls... 4x8

**WEEK #9**

Bench Press... 135-10, 185-8  
 6 reps with: 240, 260, 270x2

Dumbbell Flies... 3x10  
 Close Grip Bench Press... 185-10, 240-6-3  
 Tricep Extension... 3x8  
 Pushdowns... 3x10  
 E-Z Curl... 4x8  
 Dumbbell Curls... 4x8

**WEEK #10**

1st Day Bench Press... 135-10  
 3 reps with: 250, 270, 280x2

Tricep Extension... 3x8  
 Pushdowns... 3x8  
 E-Z Curl... 3x8  
 Dumbbell Curls... 3x8

2nd Day Bench Press... 135x10  
 175-8, 215-6, 250-3  
 2 reps with: 280, 290, 290x2  
 265-4

Same Bodybuilding as first day.

**WEEK #11 & #12**

1st Day Bench Press... 135-10  
 175-8, 220-6  
 3 reps with: 255, 275, 285x2

Tricep Extension... 3x8  
 Pushdowns... 3x8  
 E-Z Curl... 3x8  
 Dumbbell Curls... 3x8

2nd Day Bench Press... 135x10  
 175-8, 220-6, 255-3  
 2 reps with: 285, 290, 295x3  
 270-4

Same Bodybuilding as first day.

**WEEK #13**

1st Day Bench Press... 135-10  
 175-8, 220-6  
 3 reps with: 255, 275, 290, 285

Pushdowns... 250-6  
 Dumbbell Curls... 4x8

2nd Day Bench Press... 135x10  
 175-8, 220-6, 255-3  
 2 reps with: 285, 300, 295x2  
 270-4

Same Bodybuilding as first day.

**WEEK #14**

1st Day Bench Press... 135-10  
 175-8, 220-6, 265-3  
 1 rep with: 290, 300, 310  
 280-3

2nd Day Bench Press... 135x10  
 175-8, 220-6, 255-3  
 1 rep with: 290, 305, 310  
 280-3

**WEEK #15**

1st Day Bench Press... 135-10  
 175-8, 220-6, 255-3  
 1 rep with: 290, 305, 315  
 285-3

2nd Day Bench Press... 135x10  
 175-8, 220-6, 255-3  
 1 rep with: 290, 305, 310  
 280-3

Same Bodybuilding as first day.

**WEEK #16**

Contest on Saturday  
 Tuesday of that week:

Bench Press... 135-10, 175-8  
 220-4, 250-2  
 1 rep with: 290, 305

At the contest, your attempts in the bench should range something like 280-285, 300-310, 320-330 depending on the progress you've made in the routine. The weights will have to be adjusted for individual needs. Regardless of weights used strive to complete all sets in every workout. If you can do this you will make progress.

# the JUNIOR WORLDS as told by Mike Stein, Meet Director

The Junior Worlds... The First Junior World Powerlifting Championship was held at Victory Park Auditorium on December 17th and 18th. Teams from Finland, Great Britain, Ireland, Netherlands, Australia, Norway, Sweden and the United States of America arrived in South Florida, ready to enjoy in the sun, sand, and competing in the tournament.

The lifters soon found themselves playing the roles of tourists, visiting such sights as the Metro Zoo, Miami Seaquarium, Epcot, Disneyworld, Miami Beach, and the ship at Fort Lauderdale. However much fun the lifters had at playing tourist, they were deadly serious about their training and competing. For many of the days passed too slowly and they filled their time in by training and preparing themselves mentally.

Mayor Marjorie McDonald of North Miami Beach opened the competition Saturday, December 17th, welcoming the lifters and judges who traveled so far to take part in this historic tournament. Arnold Bostrom, I.P.F. Secretary then addressed those gathered and the competition began.

**52 kg.** The competition was fierce among the lightest of the Junior lifters with John Maxwell of Great Britain narrowly defeating Mark Ferrara of the U.S.A. It took a 197.5 kg deadlift for Maxwell to overcome Ferrara's lead after the squat and the bench press.

**60 kg.** Ralph Caputo of the U.S.A. team had an easy time in defeating Raimo Lehtonen of Finland. Although Raimo held a slight lead going into the deadlift, he failed on all three of his tries and Caputo lifted 197.5 kg to assure an easy win.

**60 kg.** Who else but Goran Hennysson would you expect to find as winner in the 60 kg weight class? Goran, who after the competition was voted the tournament's Best Lifterweight Lifter, handily overcame



**Kevin Shepard**, represented the USA at 90 kg. (Stella Herrick photo)

The City of North Miami Beach Parks and Recreation came to the rescue of the International Powerlifting Federation's first ever Junior World Powerlifting Championships. The tournament site, originally slated for Allentown, Pennsylvania, had to be shifted when Allentown's backing fell through. I.P.F. officials telephoned Mike Stein, North Miami Beach's Athletic Supervisor, to see if the City could host the event at Victory Park Auditorium, the home of the U.S.P.F.'s prestigious Southern States Tournament. After short deliberation, North Miami Beach officials enthusiastically voted to host



**Below...** Vinson Keyhea powers up a big squat. (Stella Herrick photo)

**125 kg.** The 125 kg class had only one lifter, but Lars Noren, the fourth Swedish champion, put on a show with a fun tournament and excellent lifts: 340 kgs in the squat and deadlift. His total was the best in the tournament, 1929 lbs.

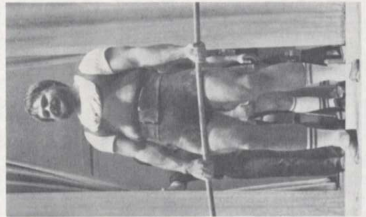
All in all, this first ever Junior World Powerlifting Championship was a huge success. Tournament Director Mike Stein, and I.P.F. Secretary Arnold Bostrom did a fantastic job setting up the competition, and the North Miami Beach Parks and Recreation Staff also did fantastic in taking care of all the little things during the tournament. Special thanks to IVANKO for loaning the weights. We would also like to thank Dr. Herrick and his lovely wife Stella and Dr. Thomas Hyde for donating their valuable time to this tournament; the same thanks goes out to all the spotters, loaders, judges and Ms. Ellen Frieders' staff for the fine job they did.



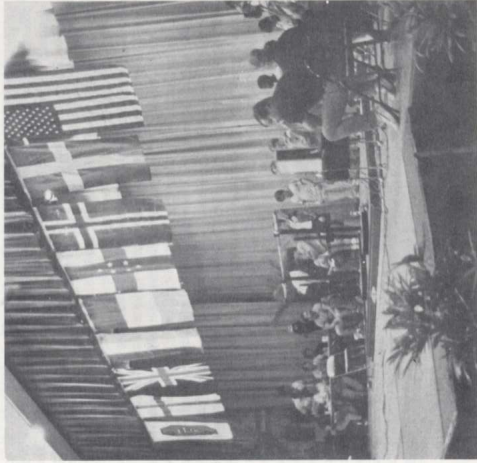
**Meet Director** Mike Stein presents Lars Noren with his Gold Medal.

Ronnie Tullis of the U.S.A., easily won the 100 kg category. No one came within 297 pounds of Ronnie as he won the squat with a 312.5 kg lift, the bench press with 212.5 kg lift, and the deadlift with a 337.5 kg lift. Gerry O'Grady of Ireland came in a distant second with a total of 1603. Kent Bakken of Norway finished third.

**110 kg.** The 110 kg weight class held the day's closest competition as both Roger Eriksen of Norway and Thor Kristof of the U.S.A. attempted the same weights. Eriksen was successful more often and won the title narrowly defeating Kristof 1873 to 1851. Runner Aardalen of Norway came in a distant third.

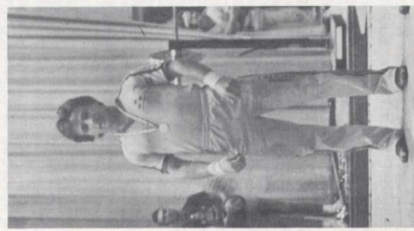


**Norway's Roger Eriksen** smiled his way up with this deadlift, at 242.



**The Venue...** the international flags and anthems made it a classy event at Victory Park Auditorium. All black and white photos courtesy of Mike Stein.

# Final Team Standings USA.....101 points NORWAY.....73 points ENGLAND.....51 points



**The Only Junior and Senior World Champ of 1983,** Goran Hennysson.

# Junior World Championships 17, 18 Dec 1983 N. Miami Beach, FL

	SQ(kg/lb)	BP(kg/lb)	DL(kg/lb)	Tot(kg/lb)	
52 kg	John Maxwell/GB	175/385	92.5/203	197.5/435	465/1025
52 kg	Mark Ferrara/USA	160/352	122.2/270	180/396	462.5/1019
60 kg	Ralph Caputo/USA	172.5/380	100/220	197.5/435	470/1036
60 kg	Raimo Lehtonen/FIN	170/374	125/275		
60 kg	G. Hennysson/SWE	140/309	135/297	232.5/512	607.5/1339
60 kg	Annais Covington/USA	195/429	157.5/347	227.5/501	580/1278
60 kg	Randall Kea/USA	207.5/457	147.5/325	220/485	575/1267
60 kg	Jantore Brecklen/NOR	196.5/434	135.5/298	222.5/490	554/1222
60 kg	A. Cardelino/INA	185/408	125/275	180/396	485/1069
67.5 kg		165/363	90/198	187.5/413	442.5/975
75 kg	Davey Davis/USA	240/529	147.5/325	227.5/501	615/1355
75 kg	George Troullis/GB	220/485	120/264	225/562	595/1311
75 kg	Stein Fredheim/NOR	200/440	117.5/259	222.5/490	540/1190
75 kg	R. Virginia/INA	180/396	127.5/281	232.5/512	540/1190
75 kg	Arnestein Vatte/NOR	197.5/435	110/242	205/451	512.5/1129
75 kg	Johnnason/SWE	245/540	170/374	270/595	685/1510
75 kg	James Bohin/USA	255/562	165/363	260/573	680/1499
75 kg	Andrew Rose/GB	220/485	155/341	255/562	630/1388
75 kg	Jorn Borresen/NOR	215/473	115/253	225/496	555/1223
75 kg	Dary Martinus/INA	200/440	107.5/237	220/485	527.5/1162
82.5 kg		300/661	177.5/391	325/716	802.5/1769
82.5 kg	Tom Ward/IRE	280/617	175/385	275/607	730/1609
82.5 kg	Tim Burdett/GB	275/607	175/385	275/607	725/1597
82.5 kg	Tim Burdett/INA	230/507	155/341	232.5/512	617.5/1365
90 kg		270/595	187.5/413	302.5/666	760/1675
90 kg	A. Lindstrom/SWE	292.5/644	180/396	285/628	757.5/1669
90 kg	Jon Sheppard/GB	280/617	157.5/347	300/661	737.5/1625
90 kg	Michael Creamer/IRE	272.5/600	142.5/314	240/529	655/1444
90 kg	Terje Sandbo/NOR	250/551	137.5/303	262.5/578	650/1432
90 kg	Hans Kalleberg/NOR	257.5/567	137.5/303	232.5/512	627.5/1391
90 kg	100 Metric Anteriy/INA	200/440	120/264	235/516	555/1223
110 kg	Ronnie Tullis/USA	312.5/688	212.5/468	337.5/744	862.5/1901
110 kg	Gerry O'Grady/IRE	280/617	187.5/413	280/617	727.5/1603
110 kg	Kent Bakken/NOR	240/529	180/396	272.5/600	692.5/1526
110 kg	Jari Mattila/FIN	260/573	160/352	265/589	685/1510
110 kg		322.5/710	202.5/446	325/716	850/1873
110 kg	Roger Eriksen/NOR	320/705	200/440	220/485	740/1630
110 kg	Thor Kristof/USA	255/562	145/319	270/595	670/1477
110 kg	Lars Noren/SWE	340/749	195/429	340/749	875/1929

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## Women's Corner

Hello ladies and gents, welcome to February, the wettest, rainiest, coldest month in Oregon, but it does signal the approach of spring. I can hardly wait. Unfortunately, the first thing I have to cover this month is something that I wish I didn't even have to mention. Since it is proving to be a problem in our sport, I have been asked to bring it out in the open and to your attention. When a woman is competing in ANY powerlifting meet, she is ENTITLED to be weighed in by a woman. There should be no question in your mind about that fact. Don't under ANY circumstances allow a meet director to force you to allow him or any other male to weigh you in nude. I understand that this recently happened. A group of high school girls were more or less forced into submitting to this treatment, thinking they had no other choice. I don't know about you, but if that were my teenage daughter at her first meet, I would probably make sure that it was her last meet. What an impression that must have made on the public. This is sexism and

chauvinism in its purest form, and we do not allow it to continue. I am asking you out there who may have been subjected to this very thing, to let members of the Executive Committee know about it. They are ready to take action against ANYONE who tries to pull this stunt. Even if it happened in the past, let them know you do not even have to give your name if you feel you can't. The names and addresses of the Executive Committee were published in the November PL USA if you want to write. Believe me, they want to stop this, and they are willing to listen. If you like you may send it to me and I will relay it on to them. Just remember, a meet director is obligated to find a woman to weigh you in. Now on to some very positive

Panamanian lifting program and their

team now includes several female lifters. Keep up the good work! I just received a very encouraging letter from another woman by the name of Jean Cunningham. Together with three other women and five men, they have started their own powerlifting team in the small town of Faber, Alberta, Canada. The women had done a bit of local competing, but unfortunately they all believed the myth about women lifters. You know, the one that says all look alike, and you can't be a strong woman without looking like Big Foot's Sister? Fortunately, they had the chance to meet one of Canada's good lifters, Ronda Shoemaker, and upon seeing her, their attitudes changed, and their totals have improved. Although they are in a small town of about 6,000 they have been able to share the sport with many people, and they are even planning to bring their team to a meet in the US. We wish them continued success and hope they will keep sharing our sport with many more.

While on my trip home for Christmas, I was able to learn a great deal about powerlifting in the South. During my stay in a small town called Portland, Tennessee, I had the opportunity to work out in a new club named the "Pumping Station". The owner started it as an attempt to keep some of the local youngsters off the street. With a bit of hard work, equipment and a lot of heart work, they have managed to win their first team trophy in Powerlifting. Using workouts from PL USA and as much information as they can glean from other sources, they are trying to make powerlifting a sport in their local high school. Although it is a town of around 2,000 people, they really support their athletes. From there I went to a "Gold Gym" in New Hampshire, and, spanning Louisiana, Kentucky. At first glance it seemed a club full of bodybuilders, or would-be bodybuilders, but soon I noticed a few fellas doing deadlifts, and some others squatting. It is amazing how easy it is to get acquainted with powerlifters, no matter where you are. In no time we were sharing ideas and training secrets. I soon learned that thanks to the help of Butch Bates, powerlifting was getting started in Louisville. All of them knew Larry Pacifico, and attributed the interest in the sport to his active promotion. Although I did not encounter any woman lifters during my travels, I did my best to encourage a few bodybuilders to give it a try. Butch assured me that he intends to get things going even better in his area. I believe that soon we will see some big lifts out of there and maybe even a national champ or two someday. I came back to Oregon with a very good feeling about what is happening in powerlifting all over the country. We are growing and we are growing FAST. I know we have quite a ways to go, but still . . . it looks like we are on the right track. Till next month, keep training hard.

Ruthi Shaler  
4067 NW 1st, Gresham, OR 97030

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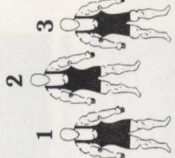
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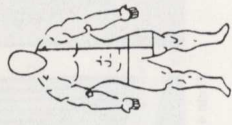


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to win, and she especially would like to have a chance to go back to the worlds in her own country. She will have to work hard for this victory. Lou Ann Smith of Tampa, Florida would like to have her second national title, even if it is in another weight class. Lou Ann has the edge in the bench press, but Maris shines in the squats. If Wanda Sander decides to move down a class, that will change the whole outlook, but as I see it, Maris and Lou Ann will take this meet to the last lift. In my opinion, Maris has a slight edge, but any mistake will give it to Lou Ann. This is another competitive class to watch.

The Superlift! Will Annie McElroy stage a comeback against teammate Wanda Sander? If Wanda decides to stay in the supers and if Annie really wants to win, this class will be an all out war, with records falling like rain. Both ladies are capable of lifting far into the 500s and both could feasibly break that 545 squat record. Not to be counted out is Cindy Regan. She was not far behind either of the other two last year. She is mending from a broken arm, which was injured while attempting a big 507 squat. Cindy would like to be the one to break that squat record for herself. All three of these women are capable of the BIG lifts. As I see it, Annie has the advantage on the squats, with Cindy hot on her heels. Wanda is definitely the better bench presser, with Cindy second to her. Wanda is also the better deadlifter, but Annie can be a surprise here. Cindy's training for this lift is not yet known, so we could have a sleeping giant waiting in the wings here. When it comes right down to the trophy and the gold medal, I will have to choose Wanda Sander, just on her consistency alone. It will be a close race with the lead in see-sawing back and forth until the end. I predict Ms. Sander will win.

I firmly believe that 1984 will be a year of great changes, both in our political arena and the championship arena. We should see new records set, and make us rethink our two crowned champions. One thing is for sure, this will be known as a year of close competition, and fierce battles to the end. I don't know about you, but I can't wait for it to happen. I hope to see all of you there in one capacity or another.

## RUTHI SHAFER offers her 1984 WOMEN'S NATIONALS PREVIEW

With the decision of Debbie Dewitt-Poston to go right on up to the 181s that leaves this class wide open and anyone's ball game. Rumor has it that Jennifer Wayland has not been training and has opted to spend her time working with Arabian race horses. This leaves past champion Terri Plomey, but she also may not return for various reasons. 1982, 181 pound national champion, Mary Barrera has trimmed down to a svelte 165, and would like to capture her second national title there. Her lifts are much improved in spite of a painful back injury that sidelined her most of this year. Aloha Marquis was right in there last year, and will be there again this year. She will be a factor, as will Angie Ross should she decide to move on up. This year will yield a whole new and different set of place winners. I have to go with Mary, due to her experience.

The 181 pound class will have at least one outstanding newcomer, and another past champion moving on up. The big surprise of the meet could be Uah's Juanita Trujillo. She posted an 1128 pound total with 429. What a squat! The news from down in Florida is that Debra Dewitt-Poston has decided to bypass the 165 pound class and go straight to the 181s in hopes of hitting at least one 500 pound lift and making that elusive 1300 pound total. That is a mark that has been aimed at by many others, and Debbie would like to get there first, thus the additional body weight. Debbie is famous for her bench, one of the best in women's powerlifting, and along with her consistent deadlifting, and along with her to come out ahead. Not to be left behind are masters lifter Linda Rodriguez, and teenage phenom, non Janice Johnson. They both posted respectable totals last year and have been doing well in 1983. Both could be the "spoilers" of the contest, if all goes right for them. This class will be both interesting and fun to watch, with new records being set, and possibly some uncharted territory being entered by Debbie. We will watch in great expectation.

In the 198s, Maris Sternberg likes to win, and she especially would like to have a chance to go back to the worlds in her own country. She will have to work hard for this victory. Lou Ann Smith of Tampa, Florida would like to have her second national title, even if it is in another weight class. Lou Ann has the edge in the bench press, but Maris shines in the squats. If Wanda Sander decides to move down a class, that will change the whole outlook, but as I see it, Maris and Lou Ann will take this meet to the last lift. In my opinion, Maris has a slight edge, but any mistake will give it to Lou Ann. This is another competitive class to watch.

The 132 pound class will once again bring out two time world champion Ruthi Shafer. Since she may not stay in this class for another year, Ruthi would like very much to rewrite the record book and set some of those marks well over the 500 pound limit. According to her training lifts and recent meets, this contest will be very feasible. Her last contest saw Ruthi weighing 140.5 for a 1280 total and she is another person who would like to crack the 1300 pound barrier. Not to be forgotten is newcomer Debbie McElroy (no relation to Annie). In some recent California meets, Debbie has sported some very impressive lifts and would like very much to do well in Austin. Mariah Liggert took second last year, but with her terrific deadlifts, she may do even better this year. We will also be watching newcomer Robin Mate out of Louisiana. As always, there is the possibility of Diane Frantz lifting at the whole outlook. I would have to pick Ruthi overall due to her strong squats and deadlifts (since I am writing squats in place, I must show confidence).

The 148 pound class has been left open by 1982 champion Debbie Dewitt-Poston. This creates several possibilities; one being the return of 1982 world champion, Angie Ross. Angie lifted a tremendous 470-215-435 for a 1120 total recently, a vast improvement over last year. She could face competition from Danni Hartmann of California, and Debbie McElroy. Diane Frantz may surprise us and end up in this class also. I would have to pick Angie, due to her great squatting ability and unflappable personality under pressure.

The 165 pound class has some newcomers and also some past champions to contend with this year. I will have to go with Mary, due to her experience.

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A preview of the 1984 Women's Nationals is most difficult for me to write. First of all, we have many new lifters, and secondly, there are more and more of you, becoming highly competitive, and that means in most classes there are no "clear" winners. The following ideas and predictions are based on meet totals and general gym gossip. I have spoken to several of you on the phone, and know that you are all training very hard to do your best in Austin. I imagine that this year we will have a new star-to-be just waiting to make her debut, just as Angie Ross did in 1982, or Diana Rowell in 1983. We will be watching for you and wish you much success.

The 97 pound class is one in which we have had a lot of turnover in the past few years. We have not had any one come in and dominate year after year as has happened in other classes. This year, I feel that we could have a repeat, with Florida's Cheryl Jones going for her second gold medal. Recent reports show her lifts much improved; in fact, Cheryl hit her 97 pound total, which just over a year ago was 90. I would like to see her 97 pound limit. Not to be forgotten are Judy Gedney or Joan Fruth. If Joan makes weight, she is always a factor, and Judy has registered some terrific totals this year. She appears to be well up from last year's ranking. Terri Hoyt, with her world class bench could wake them all up and be a "spiller" in this class. Over all, I would have to go with Cheryl due to her fine deadlift and bench.

The 105 pound class has been vacated by 1983 world champion Diana Rowell, leaving it open to anyone I would have to choose last year's runner-up, Malik Jones. She was a fierce competitor to the end, and I am sure she wants the title this year. Terry Dillard-Blanchard may decide to make a come back this year. If so, she would give Ms. Jones a run for her money. Both are excellent deadlifters, but I would give Malik the edge.

The 114 pound class will have several lifters this year. Carol Peterson of Seattle will be back to go for the gold again, along with the Army's Paulette Shepard. Paulette recently totaled an amazing 854 with a 402 pound deadlift. Reports from the Chicago area, tell me that Felicia Johnson is moving up, and will be ready to do battle with the best of them. Since Linda Shendow is expected here, I would have to pick Linda for her first child in May. My pick in this weight class is Diana Rowell. 105 pound world champion. In a recent contest, Diana lifted 350-160-420 for an awesome 930 pound total, leaving her just 5 pounds short of qualifying for the MENS SENIORS. I am sure we can count on some new records being set here, with possibly a Best Lifter trophy resulting.

The 123 pound class could bring us the greatest all-out battle since the now famous Crain-Frantz showdown in 1981. Oregon's Denise Johnson is turning up the record book in the deadlifts, and Vicki Steered will push Julie Thomas in the bench press. With an extra 9 pounds of bodyweight, Vicki is starting to ear-

by mature as a lifter. Indiana's champions to contend with this year.

The search for the BEST SQUAT ACCESSORY EXERCISE that DOES NOT OVERTRAIN the back is over. BELT SQUATS are the exercise!

Accessory exercises are supplementary movements implemented in a training program to complement and enhance performance of a major lift. In competitive powerlifting, the choice of accessory exercises is important to the success of the three powerlifts.

The most effective accessory exercises are those which most closely resemble the actual lifts. The list of current accessory exercises for improving squatting ability include: front squats, hack squats, leg presses, leg extensions, leg curls, etc. The shortcomings of most squat accessory exercises are that either the exercise is not specific enough to the

squatting movement or the exercise overtrains the lower back. Belt squats have proven to me to be the MOST SPECIFIC squatting accessory exercise WITHOUT OVERTRAINING the lower back.

A special belt is needed to do belt squats. The belt must be long enough to fit around the waist, rest on the hips and hang between the legs.

The procedure to do belt squats is simple. Set up two benches spaced apart the desired width of the squat.

The arms are very important in

# TRAINING

## BELT SQUATS

By **Walter L. Sword**

stance. Place a sturdy chair between the benches and put weights on the chair. Stand on the two benches and position the belt around the waist, resting on the hips and hanging between the legs. Attach weights to the belt and stand up (photo 1). Remove the chair and begin squatting (photo 2). When the desired number of reps are reached, replace the chair in between the two benches and unfasten the weights.

An interesting variation is incline/decline belt squats where squats are done on an incline or decline surface by setting two sit-up boards in a power rack. Incline belt squats tend to emphasize the hips and hamstrings and decline belt squats tend to emphasize the lower quadriceps (photo 3 and 4). Flat belt squats tend to emphasize the hips, hamstrings and quadriceps evenly.

In summary, there are some important reasons for doing belt squats. Belt squats are more specific to the squatting movement than most accessory exercises. Belt squats build neuromuscular coordination and balance, which machines fail to do. Belt squats do not involve the lower back, thereby reducing the chance of overtraining the erectors.

Belt squats were introduced to me by Louis Simmons, a top 50 all time ever powerlifter in the 198 and 220 pound class and one of the top powerlifting minds around.

Belt squats have contributed to my performance of a 630 squat at 181 and my training partner Garry Benford's squat of 640 at 198. Belt squats are by far the best squatting accessory exercise I have ever seen.

*Editor's Note: The author, Walter Sword, is marketing these special belts. See ad on the following page for ordering information.*

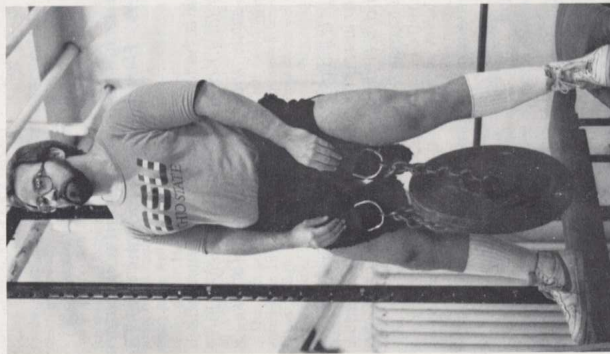


Photo 1 Starting Position (Walter Sword)

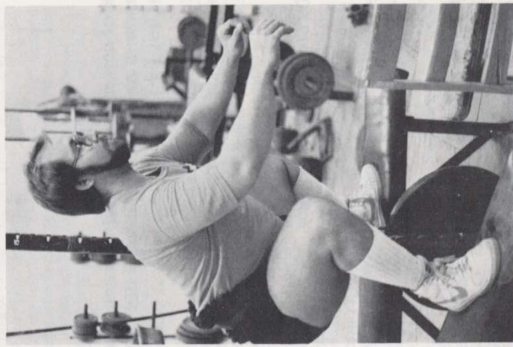


Photo 2 (Walter Sword)

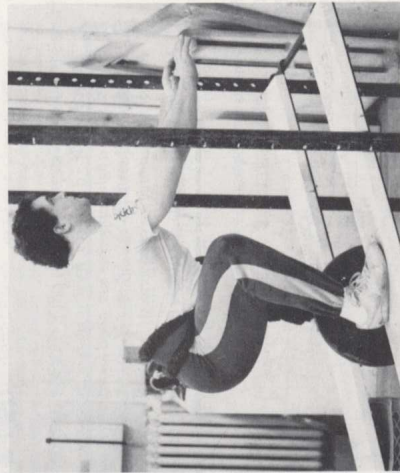


Photo 3 Incline Belt Squats (Steve Grull)

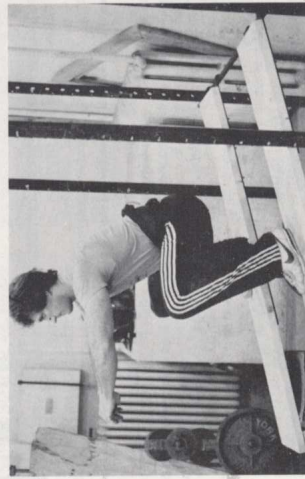


Photo 4 Decline Belt Squats (Greg Paul)

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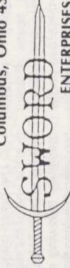


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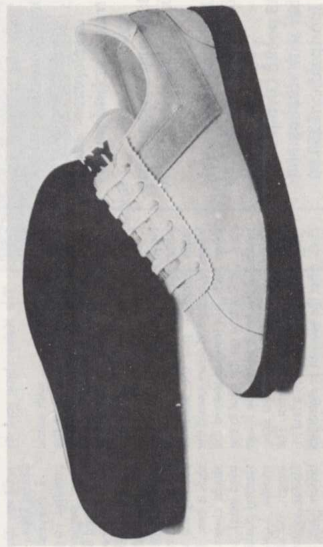
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# TRAINING

## THE KELSO SHRUG SYSTEM

By Paul Kelso

Almost every lifter is familiar with standing shrugs. Veterans of the game will also recall the Hise breathing shrug, performed by shouldering an enormous poundage and hunching it upwards while taking deep breaths to build bulk and power. These two moves have been just about it for shrugs over the years. So, what is a 'Kelso' shrug?

Better than a single exercise, it is the shrug principle developed into a system for working the shoulder girdle and torso muscles that can be applied to many exercises. These movements isolate the muscles of the upper body and use the natural flexibility of the shoulder girdle to develop the entire trapezius area, lats, pecs and overall power. The standing shrug is a fine movement. However, the plane of the spine in relationship to the floor moves through an arc of as much as 60 degrees during the deadlift. The standing shrug provides power assistance primarily at the top of the lift. The movements in this system work for me and the men who have tried it - as it applies to powerlifting:

**Back:** The Kelso shrug and its variations.  
1. After warming up with some cleans or other back work, take the position for bent over rowing. Select a barbell poundage that can be handled for 6 to 8 reps. Use a curl grip with hands 8 to 10 inches apart. Repeat, use an overhead grip. Now, without bending your arms, shrug the weight toward the chest while trying to pull the shoulder blades together and down toward the ears. Contract on the spot in the middle of the back where the lower traps meet. Then lower the bar down for a full stretch at the bottom. The range of movement is only a few inches. After the seventh or eighth rep the lats and lower traps should feel as though they are trying to rip loose. Don't use a weight so heavy that it prevents maximum contraction; the secret is to experiment with the poundage until the muscle attachments on each side of the spine and around the scapula can be felt responding. (This applies to all of the back movements).  
2. For a different feel-and to work the area between the shoulder blades, try bent over strutting with a wide, overhead snatch grip. Pull straight into the middle to work the area between the shoulder blades. For variety, use the snatch grip while standing straight up. This shrug makes it feel like the upper trap attachment is tearing loose from the base of the skull.

The bar will move only a few inches up or down.

Poundages will quickly rise once the move is learned. When I began I was able to do ten reps with the same weight as my best single. I soon increased to eight reps with 15 percent over my single. With 20 percent above the single I could do four reps with limited range. Apparently, diminishing returns set in at that point. I recommend training poundages of 10 to 15 percent above the lifter's best single, but this will vary with the individual. My bench jumped 20 pounds in one month by adding a few sets of this movement at the end of my regular routine.

2. Warm up with a set of parallel bar dips. In the same position, lower the body slowly by shrugging the shoulders up toward the ears, keeping the arms straight. Then raise the body by forcing the shoulders down. This is the reverse of the standard shrug. By adding weight with a dip belt, the pecs, lats and serrati will start screaming. Again, adjust the weight for several sets of 6 to 8 reps.

In getting started, I recommend:  
1. The bent over shrug with the underhand or overhead grip. The former emphasizes lats and the latter a more general middle back stress.  
2. The 'bench crunch.' Work these in at the end of the regular workout. I prefer to do the bench crunch immediately following my last bench rep without racking the weight in between. I then add a few additional sets. The bench work is best done face down on a 35 degree incline bench (especially when using very heavy weights). Again, the bench move should NEVER be done without a spotter.

I began developing these ideas eight years ago and presented them to the game in 1981. I am still learning. There are many more variations and applications for all phases of weight training competition. If the reader will give these exercises a try, I would welcome any comments or suggestions. Feel free to write to me at: Dept P, Rt 1, Bx 272, Bullard, Texas 75757.

Paul Kelso is an English teacher and weight instructor at Lon Morris College in Jacksonville, Texas, and was southwest representative for Billard Barbell Company, 1971-75. He has competed in both olympic and powerlifting.

# the Kelso Shrug

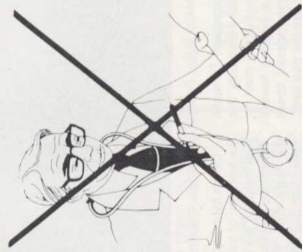
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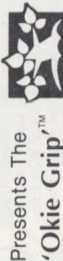
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rows or prone rows on top of your DLs should solve that problem. So, some suggested benching routines:

DAY 1: Bench to 10, moderate. DAY 2: Bench to heavy x3, x2, or x1 for one to two heavy sets. Backoff set x8-12, all out.

This is the simplest, and for most, will be the most effective over a three to six month period. DAY 1: Press, Incline, DB Incline, or Dips-warmup followed by 8, 6, 4, reps: or warmup followed by some flies or triples.

DAY 2: Bench, same as above for heavy day. Or...another alternative: DAY 1: A major pressing movement followed by a deltoid movement, warmup, 2x8-12.

We will continue this next month, now that an outline has been presented. I trust that everyone's New Year's resolutions will include a new subscription to PL USA, and the decision to make the world a better place for everyone, emphasized by definitive community action, or giving in one's own way.

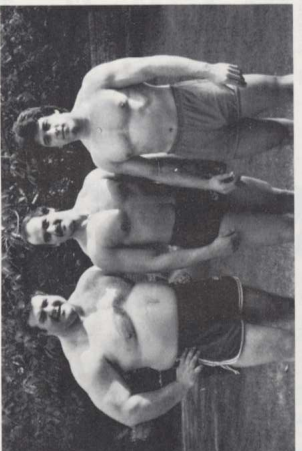
doesn't work like that. Your own genetic limitations, and those imposed by family, employment, and a hundred other psychologically related items will bring about their own results. All you can do is strengthen the benching muscles, develop flawless technique, and avoid overtraining. Yes, that's what this sport is all about and all the pamphlets in the world won't change that. I would bench once per week, heavy, for varying reps, but no more than one or two heavy top sets. My other day would have me doing presses, lifting too (the press was once one of the official lifts), and I respond well to it. My bench really took off when I started doing dips, and these would be done after the presses, and, at times, in place of the presses. I went to trieps pressdowns, also. I felt, with good results, but if you can dip for 10 reps with 200 pounds around your waist, real dips with complete extension and contraction, you'll bench damn near close to your limit no matter what else you do. The problem with most guys is their insatiable desire to do bench related work, adding dips and triceps work to an already full schedule. I can't bench two times a week like Ray does, it just sets me up for injury, but you would get two heavy days in with presses and dips one day, and heavy benches on day 2. Yes, lat work would help too, but some cable movement or two (two per week that is). Walker often goes with 4x6 reps, heavy, once per week, and a lighter day. You could do that, although I personally feel that it's a lot of work for most, or work to one or two heavy sets of 4, 3, or 2 reps, followed by a backoff set of 8-12 reps. The overwhelming odds are that you will find your bench increasing for a few months, and once you stall, cut back on the bench work, and add a triceps or a delt movement. On the light day, go with light benches, DB or barbell inclines, front raises (seated or standing), seated DB presses, or overhead presses done heavily and strictly. Choose one of these and go with it.

Once you plateau, add triceps pressdowns, triceps extensions either lying on an incline, or seated or delt work, if your light day has you doing more benches. Dips on the alternate day, not as an adjunctive movement, but as a major movement, would be all that is needed by 85% of all lifters, as it works the major pressing muscles. I know, you do X, Y, Z, and H for their bench. God, then why have you been stuck at 315 for the past year or so? My problem has been pecs. I did a whopping 455 back in 1968, but came apart shortly after a greater when the muscle belly in the left pec ripped. It's been downhill since, primarily because of psychological reasons. Once you tear five times, you tend to feel it coming and you put a governor on your own abilities. However, you can look at anyone's lift and say, "Hey, I'll do that because it's worked for him." Physiology

approximately 75-100 pounds to your squat and DL with the effort and time needed to put 25 pounds on the bench. So why kill yourself on that lift. Work it, give it the time it needs, but don't overdo it because powerlifting meets, especially the big ones, are won with the two big lifts. Most guys take the opposite approach and squat, DL, do a leg curl or two, and then hit the bench with every upper body movement known to mankind. I am a great believer in simplicity and working things to the limit. Use the Walter Thomas approach when in doubt. Walter is, I feel, the most under-rated lifter in the world today. Yes, everyone always marvels at his physique and his lifting ability, but if Mike Bridges would have come along ten years later, Walter would be recognized for what he is, the greatest lifter in the world, pound for pound, excluding Mike. Hey, look at the Seniors totals two years ago, and you'll see that Walter makes absolutely staggering lifts, and he's never pushed either. The fact that he is perhaps the most considerate lifter on today's platform just adds to his impressiveness. Walter does lots of bench presses, and little else for his bench, and most lifters would do well to follow the same path, not because I think they will have the same success as Walter, but because it will prove to be the most direct path to success for most. Push the bench for all you can, for six months, then, add an assistance movement or two (two per week that is). Walker often goes with 4x6 reps, heavy, once per week, and a lighter day. You could do that, although I personally feel that it's a lot of work for most, or work to one or two heavy sets of 4, 3, or 2 reps, followed by a backoff set of 8-12 reps. The overwhelming odds are that you will find your bench increasing for a few months, and once you stall, cut back on the bench work, and add a triceps or a delt movement. On the light day, go with light benches, DB or barbell inclines, front raises (seated or standing), seated DB presses, or overhead presses done heavily and strictly. Choose one of these and go with it.

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# More From Ken Leistner



Lawn Decorations: Ray Rigby, Roberto Fernandez, and Dr. Ken Tuite photo.

Write a column out of West Lafayette, Indiana, and the weather is perfect for it. Ed Jabinville also supported me with a gift of importance, and much thoughtfulness. When one trains alone, it is important that no limitations are imposed by the lack of spotters or the lack of confidence that accompanies the absence of capable bodies, ready to pull a heavy weight from your shoulders or chest.

One of the things that occasionally holds back my lifting progress is my schedule, which forces me to train by myself a good deal of the time. I rather enjoy the solitude, but there are many times that I hold back on the squat and bench for fear of damaging myself and/or collapsing the floor with a dropped squat. Ed manufactures super strong sporting racks and I recommend that these be put on the gift list for birthdays or necessities in most home gyms. They are stable, convenient, and most importantly, remove the fear of missing a squat or bench. Knowing that the racks will catch the weight if the lifter cannot be completed gives a tremendous boost to the confidence, and at least controls the specter of limb displacement with near-limit possibility. Give Ed a call and check these out.

I've already taken a few workouts in Pat Malone's gym in West Lafayette and have enjoyed it immensely. Of course, it's difficult to winter through a workout with five little women on the premises. Dreading naturally, but certainly not debilitating. I also add inspiration from comedians, despite withdrawing from competition. It is reasonably priced, and well made, and once again, I was impressed enough with a few items to replace one of our benches back home with a new jack bench from Pat. Those in the Midwest would be wise to contact Pat for new equipment needs, as he has proven to be prompt and honest.

The last two months I have seen us explore the training methods of Ray

On his light day, Ray again varies the intensity/low force training and sometimes keeping the intensity and force low. For example, he stayed on his light day until three weeks prior to a fairly heavy set of 10 reps on one all out set of six. At times, these sets were not all out, but rather, a working set of 10. If overtrained, he would, at times, eliminate the bench on the light day, or do 20x10 and call it a day. He only assistance work was one or two sets of triceps pressdowns on the pulley for 8-12 reps, and this was dropped in the weeks prior to the Worlds. We discussed previously that of these three lifts, most lifters, especially the men, put a disproportionate amount of time into the bench, choosing assistance movements for the triceps, shoulders, lat, pecs, a posterior chain, and groin may be neglected. I can think of that might be related to the bench press, and, in fact, it is the closest bodily muscle linking the upper body to the feet, if the bench doesn't jump much, at least you wind up looking pretty impressive for all that work. Bob Zaver told me years ago that you could add

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1984 Junior Nationals	860	1010	1120	1383	1535	1669	1736	1870	1900	1967	1902
1984 National Collegiates	799	898	1036	1201	1366	1477	1598	1609	1631	1653	1675
1984 ADFPA Men's	835	935	1030	1210	1350	1460	1525	1575	1620	1640	1700
1984 ADFPA Collegiates	650	800	900	1075	1175	1275	1375	1420	1430	1440	1450
Teenage Nationals 14-15*	625	720	785	875	925	975	1005	1050	1075	1100	1125
Teenage Nationals 16-17*	700	795	905	1050	1100	1175	1250	1300	1325	1340	1360
Teenage Nationals 18-19*	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505
Women's Contests	97	105	114	123	132	148	165	181	198	SHW	
1984 Women's Nationals	518	562	606	661	705	744	772	794	804	816	
1984 National Collegiates	419	463	507	551	595	639	661	683	699	716	
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\* proposed by Teenage National Chairman, Jake Boyer

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# STARTIN' STRAIGHT OUT

A special section dedicated to the beginning lifter

## Preparation for Competition

by Dennis B. Wells

I would like to share with you a method I follow in my preparation for an upcoming powerlift meet. Beginning with the first pre-contest cycle I will make my training procedures as simple as possible.

Step number one is the consideration of my lifting apparel. I will not wear my lifting suit; instead I prefer to wear loose fitting jeans. Tight knee wraps are out during these training sessions. Also, I will wear tennis shoes as opposed to my lifting shoes.

Finally, I will not use my power belt. Now some of you may wonder about the absence of the belt. Due to my anatomy, I am able to get away without the use of a belt whatsoever. Some of you may need the belt for support. If this is the case, use it, but wear it in a looser manner than you would at a powerlifting contest.

With regard to the performance of the three powerlifts, to begin with I will use a regular exercise bar and plates as opposed to an olympic set.

**SQUATS...**On this exercise I will perform Olympic High Bar squats using a close stance. On each and every set I will squat to within 6-8 inches of the platform. I will caution you that one is slightly more injury prone after the age of 25, so you might want to just break parallel with these olympic squats. My anatomical structure allows me to squat to the depth mentioned. I have been squatting this way for the past 15 years and have experienced no injuries. I use no padding at all on the bar.

**BENCH PRESS...**On this exercise I perform bench pressing to the neck. I use a wide grip (within the powerlifting rule) and perform the movement in a slow and direct manner, with a slight pause at the neck region. Also I will put my feet up on the bench to help insure that each and every rep is pure shoulder, chest and triceps isolation work. During the performance of bench presses and in particular the bench press to the neck, always, and I mean always, be sure to have a spotter.

**DEADLIFTS...**I perform this exercise in the semi (very slight knee bend) stiff legged style while standing on a heavy duty exercise bench. Your stance obviously will be very narrow due to the width of the bench and secondly your pull will be from the toes as opposed to pulling from the shin height. At the conclusion of my final rep of the last set of deadlifts I will hold that rep in the lockout position for 5 seconds, gradually working

ing up to a 20 second maximum. On my next deadlift session I won't go for the holding strength as described above, but will lower the barbell to within 4 inches of the bench. Here I will attempt to hold this static position above a graduated count as mentioned above. I will alternate these two methods every other workout.

**NOW...**Approximately six weeks prior to the meet I will begin to make use of the lifting apparel I will be using in competition. Also, I will begin to use an olympic set for training. Along with this I will begin to alter my training practices on the powerlifts.

**SQUATS...**I will now switch to the power squat (bar low on the traps but within the rules and a wider foot stance). With regard to the change over from the narrow stance (olympic high bar squat) to a wider foot spacing (power squat), move the feet out only 2 inches per week and you should avoid any muscle and joint strains. Concentrate very strongly on just breaking parallel.

**BENCH PRESS...**Here I plant my feet firmly on the floor. I arch my back (glutes still in contact with the bench, however) and use the touch & go method to the mid pec region.

**DEADLIFTS...**On this exercise I begin doing my deadlifts in regulation style from the floor. You will probably notice, as I do, that your pull off the floor is now very explosive. The narrow stance and pull from the toe region while standing on the bench account for this newly found power.

**REPS IN TRAINING...**On the three powerlifts, exclusively, concentrate on developing explosive power within each repetition. It is of utmost importance that you recruit as many white muscle fibers (fast twitch) as possible to facilitate this explosive power. Remember to always be strict in your training reps. By doing so you will form a basic foundation of legal movement that will be passed in competition. Anything less than this will only create a permanently faulty technique.

In the six weeks prior to the contest I am actually working the powerlifts under mock contest conditions, to simulate exactly what I want to achieve through my training. What are the results of this type of training, as I prefer it? I never experience any stagnant training or negative philosophical attitudes. I do my best lifting at the contest. TRY IT!

# POWER PROFILE

## BOB BRIDGES by David Krall



BOB BRIDGES...fighting out a squat at the 1983 Seniors (Tuite photo)

Austin, Bradley, Finch, Rosciglione and Wahl are a few of the names associated with high caliber powerlifting in the 148 pound class. If 20 year old Bob Bridges of Peoria, Illinois has his way, he may equal or surpass the totals of these men in the not too distant future. He certainly has an excellent start with his deadlifting ability, pulling 672 pounds at the 1983 Senior Nationals, and hauling 700 pounds to completion on two occasions in the gym.

"With my squats and bench I'd like to subtotal about 1000, so that way if I pull 700, that's 1700 for 148," says Bob. A 1000 pound subtotal would demand a 640 squat and 360 bench or some such combination, plus the endurance to pull 700 after all that squatting and benching. A very tall order to be sure, but one which Bob feels is obtainable.

If genetic inheritance has anything to do with lifting ability, then Bob is standing in the right line, because his older brother is, of course, Mike Bridges. As might be expected, Mike was the one who got Bob started lifting about 5 years ago, although it wasn't a case of Mike dragging Bob into the weight room.

"I didn't really know that Mike was lifting at the time. I just noticed that some trophies started coming in and I wondered, 'Where's he getting them?'"

"Then I went up to the gym and started watching and lifting and I got into it. From then on it got in my blood and kept on going. That's the closest I've ever been." Then, of course, with everyone having heard of Bob's ability to pull 700, they were all asking if he was going to demonstrate his deadlifting prowess by pulling it in the meet. "I started getting to me," says Bob, "if there aren't enough things that bug a first time Seniors competitor already."

With all the pressure, Bob had a tough time with the squats and benches, only getting openers of 529 and 303 respectively. Backed into a corner, Bob had to come out swinging, and he did with a vengeance. Typically, the Seniors crowd was incredibly supportive, giving Bob all the encouragement he could want.

"Everyone was yelling because I think they saw I was doing real bad. I pulled my first one and smoked it. And then everyone shut up. I did the next one and they were kind of wondering would I get that, and I missed it. I tried the 672 and they were looking at me like, 'What are you trying?' I smoked it just like the first one and everyone went nuts. The crowd really does play a lot with a lifter."

In light of Bob's difficulty with his squats and benches at the Seniors, some might argue that he doesn't possess the ability to subtotal enough to make a 1700 pound total a

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

presses and hyperextensions, lat pulls and T-bar rows. He is also trying through to help him finish off his deadlift.

It would be natural to think that Bob gets all kinds of coaching advice from Mike, but that's not the case. Mike helped out a bit at first, but has basically left Bob to figure things out for himself.

"They've got to find themselves first," says Mike in reference to less experienced lifters. "If they don't find themselves, they can't be led by the hand," he says, adding, "You can't make somebody successful."

Because of Bob's relation to Mike there are bound to be certain expectations about Bob's lifting ability, but Bob doesn't feel an inordinate amount of pressure. He basically considers himself a lifter trying to achieve Senior National and World titles with his own hard work and perseverance, correctly realizing that it's the only way to cut the ice.

Bob's potential is, of course, open to lots of speculation, but he has some plans beyond blowing apart the total record in the 48's. He will probably jump up to 165 in the years ahead.

"My metabolism hasn't changed yet. I have no idea whether I'll put on weight or have to put weight on," says Bob. "If I win the Seniors and the Worlds, I'll probably go 165 after that. I don't think I'll go 81 and 98 like my brother did. I'll probably stay at 165."

"I would say that his potential will be based upon what he wants to do for himself," says Mike, adding, "Potential is unlimited in any athlete. It just depends on how bad they want to do something. I feel that his potential in the sport is good. He's still real young and his better years of lifting will probably come at a later age, whereas mine came at an earlier age."

With his sights on a 1700 pound total, Bob obviously has an abundance of self confidence, a necessary commodity with such high aspirations. Whether or not he achieves his goal remains to be seen. Besides self confidence it will of course require a lack of injury and steady progress in the gym, both necessitating careful-planned training routines and rest cycling.

In five years Bob has gone from 114 pounds to 148 pounds, quickly hopping through some state and teenage national meets to arrive at the toughest meet of all, and competing it with his first time at the Seniors, acquiring himself rather well, especially in light of that awe-inspiring deadlift. With some excellent big meet experience behind him, Bob Bridges is out of the starting blocks and on his way to the possibility of meeting a 1700 pound horizon.

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## ADAPTING RUSSIAN SPEED/STRENGTH TRAINING METHODS TO POWERLIFTING

By Frederick C. Hatfield, Editor, MUSCLE & FITNESS

My training partner, Dave Keaggy, travelled with Bill Reynolds and I to the Soviet Union. Our objective was to procure, steal, beg, cajole or otherwise do whatever was necessary to find out -- once and for all -- what the devil's going on over there! How come those guys are so much better at Olympic lifting than our guys?

We came back with so much information that it will take another year or more to really understand it all. Dave Keaggy is now working on an adaptation of Soviet strength training for powerlifters. With both himself and the guys we train with as guinea pigs, he hopes to have some answers very soon. Look for them, in an article in PL USA.

Now, though, let me tell you about a method of training that the Russians developed. They call it speed/strength training and it consists of a combination of various types of bar (weightlifting) exercises, jumping exercises and shock exercises. I recall having mentioned their methods in an article or two a while ago, but never really got into it from a powerlifter's point of view. Also I wrote a rather complete article on the subject for Muscle and Fitness (December issue). Hopefully you will be able to refer to that article when reading this one -- each will add to the other.

What are the Chief Elements of Power? The Russian scientists believe that the chief elements of speed/strength (power) are: 1) explosive strength, 2) absolute strength, 3) starting force, and 4) reactive ability. How do these 4 elements relate to what powerlifters do in training and/or in competition? To me, the answer is rather simple -- it's what I've been preaching for a long time now. Here is what I believe the Russian research can contribute to our powerlifting efforts in a nutshell: get POWERFUL! Strength alone simply may not cut the mustard. Let me be a bit more specific.

Explosive strength is needed for coming out of the deep squat position, off the chest in the bench press, and off the floor in the deadlift. Absolute strength -- the maximum ability of a muscle to exert force -- diminishes rapidly after the first two seconds of maximum effort. This necessitates completing the lift within that time frame -- explosiveness is essential.

Reactive ability is important during training because it teaches your muscle to react with maximum starting force. In other words, dehabilitation occurs during explosive training (fast "touch-and-go" type movements) and muscle fiber recruitment is greatly enhanced.

Of course, starting force -- the number of cells you can recruit at the moment of contracture -- is very im-

movement you make must be calculated yet explosive as possible, and for guys like Joe Mills, that's easiest to do when you have put your life's energy behind your training.

The Russians have found that the best combination of types of exercises to develop explosive strength (for example, in the long jump) involve a cycle (typically 6 weeks) of jumping, followed by a cycle of bar exercises, and then a cycle of shock exercises. I have given some of their techniques a bit of trial, and believe that the complex method of training (combining bar exercises, jumps and depth jumps) is most suited for powerlifters' peaking period (the last 6 weeks). Here's how a typical program might look:

1. Warm up with sequence jumps (like a Kangaroo) 2-3 sets of 5 jumps.
2. High bar squats (til 4 weeks prior to meet) or power squats (after 4 weeks) done with compensatory acceleration.....5x5 or 3x3.
3. Sequence jumps for distance with dumbbells in hand...2 sets of 10 reps.
4. Depth jumps.....2 sets of 10 reps.

JUMPING EXERCISES allow development of the stretch reflex phenomenon and strengthen connective tissue. The practice of jumping coordinates various aspects of performance; namely the development of starting force and reactive ability. Commonly, long jumps are done in series for distance, or over obstacles of various heights, and weighted jumps are also used.

SHOCK EXERCISES are jumps done from an elevation with an immediate rebound out of the bottom, or a series of "depth" jumps while rebounding out of the bottom with greater force each time. The theory is that this type of jumping initiates maximal starting force development through very sharp stretch reflex reactions that the athlete would not normally be capable of initiating.

BAR EXERCISES are what all Powerlifters use to build strength. The Russian regimen of exercises seemed quite limited, compared to all the variations and types of equipment we have developed for our exercising masses in the United States. The right combination of jumping, bar and shock exercises (in just that order) is what the Russians have found to be the most effective.

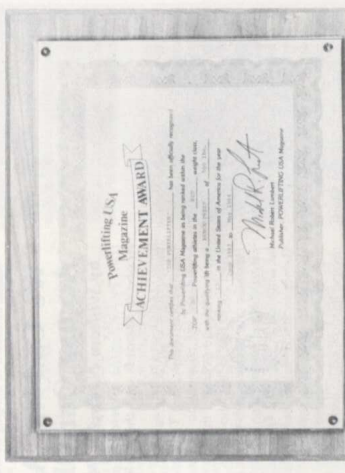
I.P.F. Drug Control Officer Appointments...Secretary of the International Powerlifting Federation, Arnold Bostrom, has notified United States Powerlifting Federation President, Dr. Conrad Cotter, that the following individuals have been appointed as I.P.F. Drug Control Officers: Conrad P. Cotter, 2013 Langley St., Pensacola, FL 32504, 904-477-4863; Fred Hatfield, 21100 Erwin St., Woodland Hills, CA 91367, 213-864-6800; Richard Herrick, M.D., P.O. Box 4160, Opelika, AL 36801, 205-749-6222; Stella Herrick, P.O. Box 4160, Opelika, AL 36801, 205-749-6222; Ramona Kenady, 5040 Chehalis Dr., No., Salem, OR 97303, 503-593-1949; Mike Lambert, Box 467, Camarillo, CA 93011, 805-482-2378; Mabel Rader, Box 10, Alliance, NE 769301, 308-762-5152



Think Speed! that's what Dr. Hatfield does when there's 800 plus on the bar a flying start and released the possibly pressurized steam at the height of his jump. Of course, he won by several yards. The others with him just didn't stand a chance! They didn't understand the concept of power. Joe believes that power and life -- and weightlifting -- are one and the same. So do I and I am thoroughly pleased that I had such an apt coach.

In case the point of all this has passed you by, let me say it another way. You have to think speed! Every national Powerlifting Federation, the States Powerlifting Federation, President, Dr. Conrad Cotter, that the following individuals have been appointed as I.P.F. Drug Control Officers: Conrad P. Cotter, 2013 Langley St., Pensacola, FL 32504, 904-477-4863; Fred Hatfield, 21100 Erwin St., Woodland Hills, CA 91367, 213-864-6800; Richard Herrick, M.D., P.O. Box 4160, Opelika, AL 36801, 205-749-6222; Stella Herrick, P.O. Box 4160, Opelika, AL 36801, 205-749-6222; Ramona Kenady, 5040 Chehalis Dr., No., Salem, OR 97303, 503-593-1949; Mike Lambert, Box 467, Camarillo, CA 93011, 805-482-2378; Mabel Rader, Box 10, Alliance, NE 769301, 308-762-5152

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These beautiful PL USA Achievement Certificates, an official record of your current or previous TOP 100 powerlifting accomplishments, are now available for immediate delivery. Printed in red and GOLD ink on exquisite, stock certificate quality paper, these impressive documents are officially embossed with the gold certification seal of Powerlifting USA Magazine and individually signed by Powerlifting USA Editor and Publisher, Mike Lambert. These are high quality, distinctive awards that you can display with pride in your achievements for the rest of your life. Each certificate is a perfect gift that specifies your name, your TOP 20, 50, or TOP 100 ranking division, your weight class, and your actual numerical ranking position in your class for the time period specified. The price for this CERTIFIED documentation of your powerlifting achievement is \$5 each, but that's not all. We searched far and wide and came up with what we feel is the ultimate means to display your certificate. In fact, the combination display frame and plaque that we found is the same one used by many of America's prestigious Fortune 500 companies to reward their top performers, and now we offer the same touch of recognition and class to Powerlifters. It's a handsomely finished, beveled edge plaque, with a deep, rich wood grain and a uniquely designed clear cover to both protect and display your certificate for all to see. Pre-drilled holes allow wall-flush mounting, and these plaques are shipped in a heavy duty case and plastic sleeve to protect your award investment on its way from PL USA to YOU! The price for the certificate and frame is \$18.95, and if you are not satisfied, we offer a money back guarantee on both the plaque and the certificate.

**Who is Eligible?** If your name appears on a current Powerlifting USA TOP 100 list, or any previous PL USA TOP 100 list for your weight class (remember, we've published 7 years of those lists now!), you are automatically entitled to order your Powerlifting USA Magazine Achievement Certificate directly. Women who have been ranked on current or previous PL USA TOP 20 Women's lists are also automatically eligible. If you perform what you think is a rankable lift after the list for your class has been published for the year, send in the details and we will rank the lift in the interim, between published lists, and if eligible we will send your certificate, and the display frame/plaque if you have ordered that as well.

**How to Order?** We need the following information: Your Name and Street Address (no P. O. Boxes, please), Your Weight Class, the Lift, the Date it was Made, and the Amount of Weight. If your name and the lift appeared in a published PL USA TOP 100 list, tell us which issue it appeared in. Send a check payable to "Powerlifting USA" in the amount of \$5 for each certificate ordered. If you want to have more than just a certificate, but a distinctive award unto itself, and save yourself the trouble and expense of searching for a suitable frame for your certificate (there's no glass to break with these!), send \$18.95 for the certificate and frame together. California residents add \$.30 sales tax per certificate or \$1.14 sales tax for the certificate and frame together. Remember, you have a full money back guarantee if not satisfied.

Send to: Powerlifting USA, Box 467, Camarillo, California 93011

## the Sixth Annual GREENWICH YMCA OPEN NOVICE Powerlifting Contest

- \* Saturday, March 24, 1984
- \* Greenwich YMCA 50 E. Putnam Ave. Greenwich, CT 06830 (203) 869-1630

- \* Two Platforms
- \* Warmup room adjacent to lifting platforms
- \* Awards for each weight class: 1st-3rd place large trophies, 4th-8th place Olympic medals with red, white & blue neck ribbon. Olympic medals with neck ribbon will also be given to anyone who establishes a new meet record.

- \* Team Trophies 1st-3rd place
- \* Weigh-in: 8:00 am-9:30 pm
- \* Weight Classes: 114-Supers
- \* Entry Fee: \$15
- \* Lifting begins 10:00 am sharp

contact: FRANK TIRELLI c/o Greenwich YMCA 50 E. Putnam Ave. Greenwich, CT 06830 (203) 869-1630







# Powerlifting USA presents the WOMEN'S TOP 20

The TOP 20 women powerlifters in the United States, for each lift and total, covering results available from January 1983, through December 1983. Women on this list are eligible for the NEW Powerlifting USA Achievement Certificates as advertised elsewhere in the magazine. Each certificate documents your lifting achievements and is embossed with the Seal of Powerlifting USA Magazine and personally signed by publisher Mike Lambert, and they are also available with beautiful, solid wood display plaques. Certificates alone are \$5 each. Certificates with the plaque are \$18.95 postpaid. Please provide your name, street address, weight class and lift when ordering. Send to Powerlifting USA, Box 467, Camarillo, CA 93011.

**Errors**... Please let us know about any errors found on this list. We have tried to be accurate but we do make mistakes, and furthermore there are some contest where women lifters are not identified as such, or where the women's competition is conducted by Malone of Schwaberg, and no indication of bodyweight is available, so we don't know which weight class to credit the lifter's Performance Score. Send corrections to Powerlifting USA, Box 467, Camarillo, California 93011.

## Tennessee Open Drug Free 12/83 - Clarksville, Tenn

Rank	Name	SQ	BP	DL	T
123	R. Manire	280	180	325	785
148	J. Huff	200	180	345	725
149	T. Bevin	400	255	430	1085
150	A. Dixon	315	240	355	910
151	A. Thoin	225	240	325	790
152	M. Dickerson	385	285	500	1165
153	K. Kenney	365	255	475	1095
154	R. Long	360	275	455	1090
155	S. Anthony	335	225	440	960
156	S. Singer	330	225	380	935
157	R. Hilderbrand	265	255	375	895
158	M. Young	530	310	560	1400
159	A. Caudy	400	325	550	1275
160	S. Caldwell	450	350	550	1250
161	J. Wiggins	325	300	600	1225
162	J. Ingram	460	265	540	1265
163	T. Halley	580	320	540	1440
164	T. Huggins	465	270	490	1225
165	S. Bradley	630	415	580	1625
166	J. James	500	385	550	1435
167	J. Waller	450	355	500	1305
168	SHW	675	375	550	1600
169	G. Davis	675	375	550	1600

Sponsor: Cobra Gym, 216 College St. All winning lifts are unofficial drug free state records. Lifts in brackets are unofficial. Thanks to Cobra Gym for their great efforts. Thanks to Gina Gynn for results.

### 148 LB BENCH PRESS

248	DeWitt, J.	130/83
249	Shaler, R.	11/22/83
250	Shaler, R.	11/22/83
251	Shaler, R.	11/22/83
252	Shaler, R.	11/22/83
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1295	Shaler, R.	11/22/83
1296	Shaler, R.	11/22/83
1297	Shaler, R.	11/22/83
1298	Shaler, R.	11/22/83
1299	Shaler, R.	11/22/83
1300	Shaler, R.	11/22/83

### Region 6 Women's Championships 12/4/83 - Macomb, IL (kilos)

Rank	Name	SQ	BP	DL	Total
448	Godney	120/83	62.5	135/14	180/5
449	McEroy	120/83	62.5	82.5	187.5
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451	Sally Tipton	97.5	35	100	232.5
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259	Shaler, R.	





## YOU'LL HAVE TO GO THROUGH 547 SUITS BEFORE 1 TITAN CROTCH BLOWS!

That's right, a **crotch blowout rate of 00.18%** and Titan, your personal tailor, has attained this astonishing record as a result of adhering to these principles of dedicated craftsmanship.

**DESIGN** Give the lifter a suit designed solely for his needs as a powerlifter through such unique and innovative characteristics such as proportionate cut panels that allow for maximum support and comfortable wear plus quick removal of the straps.

**MATERIAL** Use only the strongest material available, one yielded from modern petrochemical technology; a material that is double knit for maximum strength, does not rot, is lightweight and is extremely durable.

**CONSTRUCTION** Cut the lifters suit out only after he orders. Then measure, hand assemble and sew his suit with a special supportive stitch, requiring 450 yds. (avg.) of thread, found exclusively on Titan Suits.

**SIZING** Design and tailor each suit on an individual and personal basis to assure the ultimate in fit and to cater to the lifter's needs and wants. Do not design a suit that waits for a lifter to fit it. (This is a reason why Titan asks for a full 55% more information, avg., on its order blank than its competitors and offers 3 individual sizes.)

**GUARANTEE** Back the suit up with the most valuable guarantee on the market. Do not attach stipulations to it and honor it regardless of how tight the lifter orders his suit. If he blows the crotch out during its 3 mo. guarantee period not only replace his suit but refund his money as well, 1 mo. replacement guarantee on the rest of the suit!

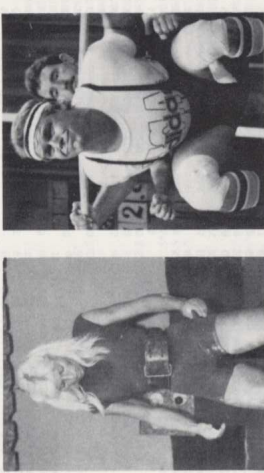
## FOR THE RECORD

### SPECIAL WOMEN'S EDITION OF FOR THE RECORD

US Military in Europe	Region VI Record	South Dakota State Records	Ohio State Records	Illinois State Records	Unacred Records	Wisconsin Senior Records	Women's World Records (All)
97 SQ	165 B. Sheldon	132 J. Nelson	259 B. Wedding	97 SQ	110 C. Woodhouse	210 N. Dorn	128 Jones
105 SQ	205 B. Wilcox	203 J. Nelson	301 B. Wedding	DL	220 C. Woodhouse	245 N. Dorn	137 Jones
114 SQ	220 D. Wickler	159 J. Nelson	269 C. Dreschel	105 SQ	187 B. Bailey	230 J. Umehofer	143 Rowell
123 SQ	230 M. Caldwell	205 J. Nelson	292 M. Evis	DL	233 B. Bailey	303 J. Umehofer	171 York
132 SQ	230 M. Caldwell	205 J. Nelson	292 M. Evis	DL	233 B. Bailey	303 J. Umehofer	171 York
148 SQ	230 M. Caldwell	205 J. Nelson	292 M. Evis	DL	233 B. Bailey	303 J. Umehofer	171 York
165 SQ	230 M. Caldwell	205 J. Nelson	292 M. Evis	DL	233 B. Bailey	303 J. Umehofer	171 York
181 SQ	230 M. Caldwell	205 J. Nelson	292 M. Evis	DL	233 B. Bailey	303 J. Umehofer	171 York
198 SQ	230 M. Caldwell	205 J. Nelson	292 M. Evis	DL	233 B. Bailey	303 J. Umehofer	171 York
SHW	230 M. Caldwell	205 J. Nelson	292 M. Evis	DL	233 B. Bailey	303 J. Umehofer	171 York

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

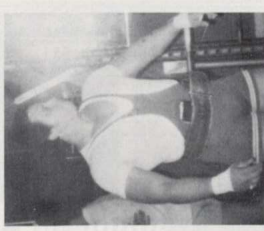
## ★ WHO'S WHO IN POWERLIFTING ★



Cathy Spellman, one of the most active women competitors in Pennsylvania, dropped a weight division for the American Drug Free Powerlifting Association, meet held in Glenolden, Pennsylvania on October 22nd, and set two new American A.D.F.P.A. records, 346 lb. in the bench press and a 340 lb. deadlift at 132. Jeff Temple photo.



Seven year old Shane Tyree, son of 165 lb. National contender John Tyree, trained for six months, to make a 100 lb. deadlift before 1983 ended. On December 28, he made his goal and now has his sights on much higher achievements. Shane is also an excellent SQ and BP and trains with the intensity of a champion. John Tyree photo.



Mike Hancock finished off his Midweight victory at the Southwest Open in El Paso, Texas with this 650 pound deadlift. Mike is a student at the University of Texas at El Paso, and both his squat and deadlift exceed the Texas State Collegiate records, a fine accomplishment for a clean lifter. Photo and information courtesy of Gary Bissell.

## Powerlifting USA BACK ISSUES

SOME PREVIOUS EDITIONS OF POWERLIFTING USA ARE STILL AVAILABLE. TO ORDER SEND \$3 FOR EACH BACK ISSUE YOU WANT AND BE SURE TO SPECIFY ALTERNATE CHOICES IN CASE OUR SUPPLY RUNS OUT BEFORE YOUR ORDER CAN BE PROCESSED.

Dec/1981...1981 World Championship report, Clyde Wright Profile, World Master Championship report, Top 100 Lightweight (148 lbs.) April/1982...Women's National Championships, Drugs in Powerlifting, the All Time 2000 Total Club, Larry Pacifico Reminiscences, Top 100 220lb Sep/1982...National Cup coverage, Teenage National Championships, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 123s Nov/1982...Ted Hammer, George Hummel Profile, Natural Powerlifting, Power Gym Directory, Football and Powerlifting, Top 100 148ers list.

Feb/1983...[just back in stock...very limited supply!] YMCA Nationals, To Single or not to Single, Inaba profile, Timing Warmups, the 3 Lift Max, HeavyHands, Rich Sandlin profile, TOP 100 198s list. Mar/1983...[short supply!] Women's Nationals, Janice Johnson Profile, Bob Dempsey Profile, Doug Boden Profile, John Kuc's Deadlift Workout of the Month, Beginning Women's routine, Isometrics, Blood Test Analysis, Chuck Ahrens, Mini Cycles, All Military Meet, Top 100 220s.

Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Fat Caser, TOP 100 242s. May/1983...Hawaii International, National Collegiates, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275s. Jun/1983...Women's Worlds, Judd Blasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s. Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift Club, Quad Tears, Jim Kouse Bench routine, Top 100 123ers. Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the abbreviated Training Cycle, Ruhl Shaler's Women's Corner, TOP 100 132s.

Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Championship Benching Routines, All Time 2,000 total listing, Pan Am Testing Impact, Injuries by Dr. Tom McLaughlin, Top 100 148s. Jan/84...the debut issue of the NEW Powerlifting USA!, 1983 World Powerlifting Championships, National Masters meet, L.O.C. Banned Drug List, Injury Proofing, Police/Firefighters Nationals, TOP 100 181s. Feb/1984...Machines vs Free Weight Study, New Season Preview, Grip Problems, Jim Flora Profile, Ruhl Shaler Profile, Paul Wrenn Squat Workout, CHANGE in Your Training, TOP 100 198s.

## Want to be a referee?

..then you need the NEW Study Guide on the International Powerlifting Federation rules, so you can prepare for your national or international examination. Research- or international examination. Research- Bill Hartmann, to cover nearly 200 possible questions on the official rules, it is comprehensive, easy to study from, and the first study guide of its kind. Pass that referee's examination the first time you try. To purchase your copy of 'Questions and Answers on IPF Rules', send \$5.00 payable to Powerlifting USA, Box 467, Camarillo, CA 93011 (California residents include \$.30 state sales tax).





Nellus C. Rhodes Memorial Meet (ADPPA sanctioned) 11/19/83 (Formerly Greater Guilford meet)

Table with columns for SO, BP, and KL (kilos) for various weight classes. Includes names like Jenny Adams, Kelly Adams, and Karl Adams.

Table with columns for SO, BP, and KL (kilos) for various weight classes. Includes names like Wallace Johnson, Paul Keman, and Mike Rizzi.

Table with columns for SO, BP, and KL (kilos) for various weight classes. Includes names like Dan Acaci, Ron Sharp, and Walt Harrell.

Thanks to Doc. Rhodes for results.

Heinke, Jeff and Pat Schneider, Shannon Col... wood, Craig Johnson, Jack Byrnie, Ralf Colvin, Jerry Croghan, John Hirth, platform referees

12/11/83 - Christmas, Ct 3rd annual Christmas Squat

WOMEN 114 Gerhardt\* 200 165 McMillan\* 310 Jack Stimmatal\* 275 132

Men 108 Ediger 200 132 Gerhardt\* 200 165 McMillan\* 310

CRAIN Power-Plus introduces Selector Systems. Includes images of leg curl, selectorized hack machine, and selectorized calf machines with prices.

CRAIN POWER-PLUS RICKEY DALE CRAIN... 1-408/275-3889

ing with the class II, only 2 lbs separated Dave Obelach and Sam Fowler of Portland. Sam lead at the sub total mark but Dave had

On Sunday, with 73 lifters at weigh in, we saw regional records in the squat (760 lb) and total (1898 lb)

leg curl, extension machine, selectorized hack machine, selectorized calf, selectorized vertical butterfly machine, body builder 4, body builder 1

CRAIN POWER-PLUS RICKEY DALE CRAIN... 1-408/275-3889

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West Coast Open & Class II 19/20 Nov 83 Portland, Ore

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like J. Hunt, B. Shills, and D. Richardson.

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like M. Morris, L. Mori, and J. Leckie.

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like R. O'Hara, D. Bannister, and M. Williams.

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like M. Williams, R. Mercer, and M. Mercer.

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like J. Johnson, J. Johnson, and J. Johnson.

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like J. Johnson, J. Johnson, and J. Johnson.

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like J. Johnson, J. Johnson, and J. Johnson.

Table with columns for SQ, BP, DL, and Total for various weight classes. Includes names like J. Johnson, J. Johnson, and J. Johnson.

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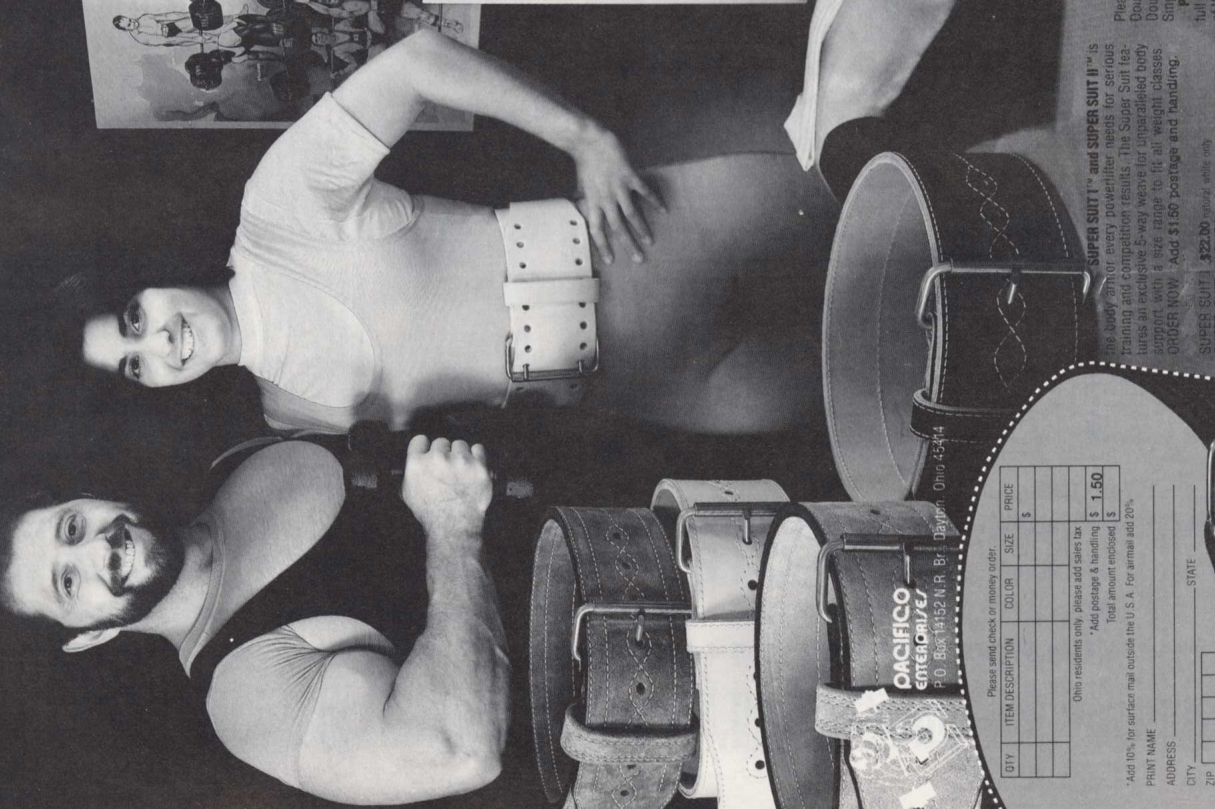
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CRAIN POWER-PLUS RICKEY DALE CRAIN... 1-408/275-3889

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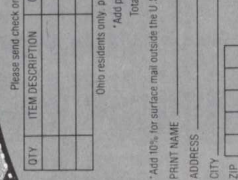
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### All Maui Open

Maui, Hawaii	18 Dec 83	Total	
123 Brian Okada	SQ 370*	240*	1010*
132			
165			
166			
167			
168			
169			
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### YMCA Des Moines Open Bench

19 Nov 83	Des Moines, Iowa	Bench
114 Dan Metzoff	430	
115 Cory Cozine	400	
116 Jim Arzene	395	
117 Aron Burillon	390	
118 Greg Smith	380	
119 Frank Burrough	350	
120 David Tyler	345	
121 Charles Knight	340	
122 Brian Husack	320	
123 Brian Bash	255	
124 Mike Heying	215	
125 Todd Nelson	200	
126	242	
127 Shanahan	bomb	
128 Wayne Lavaller	440	
129 Steve Hausher	440	
130 Cory Berry	410	
131 Larry Clayson	410	
132 Duane Buntin	400	
133 Craig Wormley	400	
134 Jerry Cooper	390	
135	390	
136	390	
137	390	
138	390	
139	390	
140	390	
141	390	
142	390	
143	390	
144	390	
145	390	
146	390	
147	390	
148	390	
149	390	
150	390	

The 165 lb. class was the most heavily populated and the quality of performance was outstanding for the 2nd place. This is where the winner was expected to be. The winner was easy 380 opener, jumped to 400 and missed. Carol Clark (Lawrence's fraternity brother) did not attempt after dropping to 340 on his 3rd attempt. He had a 350 on his 2nd attempt. He was competing with the crowd on his set (also with the help of a battle I just love a parade).

The 185 lb. class was the most heavily populated and the quality of performance was outstanding for the 2nd place. This is where the winner was expected to be. The winner was easy 380 opener, jumped to 400 and missed. Carol Clark (Lawrence's fraternity brother) did not attempt after dropping to 340 on his 3rd attempt. He had a 350 on his 2nd attempt. He was competing with the crowd on his set (also with the help of a battle I just love a parade).

... indicates All-Maui records. Special thanks go to: Barry Kaawa, Dean Hayase, James Hiramoto, Louis Cimino, Rory Cambro and all the other Maui lifters who made the 1983-84 Maui Open a truly memorable event. We are just introducing powerlifting to the island of Maui. All of the lifters impressed me because they did not know the rules of the sport. They were just trying to get the bar off the ground. We are hosting the Neighbor Island Championships, March 17th, 1984. This meet should be a good one also. We hope to expand the sport in the islands. Thanks to Keala Duto for results.

### Powhatan Correctional Center Meet

12/17/83 - Powhatan, VA	SQ	BP	DL	T
148 H. Robinson	235	260	325	825
149				
150				
151				
152				
153				
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Thanks to Bob Edmanson for results.

### OTHER FOOD SUPPLEMENTS

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BEV-GROWTH	..... \$32
BEV-ULTRA GROWTH	..... \$40

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The 165 lb. class was the most heavily populated and the quality of performance was outstanding for the 2nd place. This is where the winner was expected to be. The winner was easy 380 opener, jumped to 400 and missed. Carol Clark (Lawrence's fraternity brother) did not attempt after dropping to 340 on his 3rd attempt. He had a 350 on his 2nd attempt. He was competing with the crowd on his set (also with the help of a battle I just love a parade).

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MR. PAK..... \$15

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C-1000..... \$10
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Vicenza, Italy 3 Dec 83 (kilos)			
Women's Division	SQ	BP	DL
56 kilo	105	65	170
R. Castagna	105	65	170
60 kilo	130	85	215
G. Giordano	95	55	135
Orfeo DeMarchi	90	85	175
67.5 kilo	145	105	235
S. Vanzo	145	105	235
75 kilo	185	135	295
R. Gallo	185	135	295
82.5 kilo	225	175	355
L. Lucifora	225	175	355
90 kilo	275	215	415
M. Baccin	275	215	415
102.5 kilo	315	255	455
M. Marino	315	255	455
110 kilo	355	295	515
M. Marino	355	295	515
125 kilo	415	355	595
M. Marino	415	355	595
135 kilo	475	415	675
M. Marino	475	415	675
150 kilo	535	475	755
M. Marino	535	475	755
170 kilo	615	555	835
M. Marino	615	555	835
185 kilo	695	635	915
M. Marino	695	635	915
200 kilo	775	715	995
M. Marino	775	715	995
225 kilo	855	795	1075
M. Marino	855	795	1075
240 kilo	935	875	1155
M. Marino	935	875	1155
255 kilo	1015	955	1235
M. Marino	1015	955	1235
270 kilo	1095	1035	1315
M. Marino	1095	1035	1315
280 kilo	1175	1115	1395
M. Marino	1175	1115	1395
300 kilo	1255	1195	1475
M. Marino	1255	1195	1475
325 kilo	1335	1275	1555
M. Marino	1335	1275	1555
350 kilo	1415	1355	1635
M. Marino	1415	1355	1635
375 kilo	1495	1435	1715
M. Marino	1495	1435	1715
400 kilo	1575	1515	1795
M. Marino	1575	1515	1795
425 kilo	1655	1595	1875
M. Marino	1655	1595	1875
450 kilo	1735	1675	1955
M. Marino	1735	1675	1955
475 kilo	1815	1755	2035
M. Marino	1815	1755	2035
500 kilo	1895	1835	2115
M. Marino	1895	1835	2115
525 kilo	1975	1915	2195
M. Marino	1975	1915	2195
550 kilo	2055	1995	2275
M. Marino	2055	1995	2277
575 kilo	2135	2075	2355
M. Marino	2135	2075	2355
600 kilo	2215	2155	2435
M. Marino	2215	2155	2435
625 kilo	2295	2235	2515
M. Marino	2295	2235	2515
650 kilo	2375	2315	2595
M. Marino	2375	2315	2595
675 kilo	2455	2395	2675
M. Marino	2455	2395	2677
700 kilo	2535	2475	2755
M. Marino	2535	2475	2755
725 kilo	2615	2555	2835
M. Marino	2615	2555	2835
750 kilo	2695	2635	2915
M. Marino	2695	2635	2915
775 kilo	2775	2715	2995
M. Marino	2775	2715	2995
800 kilo	2855	2795	3075
M. Marino	2855	2795	3075
825 kilo	2935	2875	3155
M. Marino	2935	2877	3155
850 kilo	3015	2955	3235
M. Marino	3015	2955	3235
875 kilo	3095	3035	3315
M. Marino	3095	3035	3315
900 kilo	3175	3115	3395
M. Marino	3175	3115	3395
925 kilo	3255	3195	3475
M. Marino	3255	3195	3475
950 kilo	3335	3275	3555
M. Marino	3335	3275	3555
975 kilo	3415	3355	3635
M. Marino	3415	3355	3635
1000 kilo	3495	3435	3715
M. Marino	3495	3435	3715
1025 kilo	3575	3515	3795
M. Marino	3575	3515	3795
1050 kilo	3655	3595	3875
M. Marino	3655	3595	3875
1075 kilo	3735	3675	3955
M. Marino	3735	3675	3955
1100 kilo	3815	3755	4035
M. Marino	3815	3755	4035
1125 kilo	3895	3835	4115
M. Marino	3895	3835	4115
1150 kilo	3975	3915	4195
M. Marino	3975	3915	4195
1175 kilo	4055	3995	4275
M. Marino	4055	3995	4275
1200 kilo	4135	4075	4355
M. Marino	4135	4075	4355
1225 kilo	4215	4155	4435
M. Marino	4215	4155	4435
1250 kilo	4295	4235	4515
M. Marino	4295	4235	4515
1275 kilo	4375	4315	4595
M. Marino	4375	4315	4595
1300 kilo	4455	4395	4675
M. Marino	4455	4395	4677
1325 kilo	4535	4475	4755
M. Marino	4535	4477	4755
1350 kilo	4615	4555	4835
M. Marino	4615	4555	4835
1375 kilo	4695	4635	4915
M. Marino	4695	4635	4915
1400 kilo	4775	4715	4995
M. Marino	4775	4715	4995
1425 kilo	4855	4795	5075
M. Marino	4855	4795	5075
1450 kilo	4935	4875	5155
M. Marino	4935	4877	5155
1475 kilo	5015	4955	5235
M. Marino	5015	4955	5235
1500 kilo	5095	5035	5315
M. Marino	5095	5035	5315
1525 kilo	5175	5115	5395
M. Marino	5175	5115	5395
1550 kilo	5255	5195	5475
M. Marino	5255	5195	5475
1575 kilo	5335	5275	5555
M. Marino	5335	5277	5555
1600 kilo	5415	5355	5635
M. Marino	5415	5355	5635
1625 kilo	5495	5435	5715
M. Marino	5495	5435	5715
1650 kilo	5575	5515	5795
M. Marino	5575	5515	5795
1675 kilo	5655	5595	5875
M. Marino	5655	5595	5877
1700 kilo	5735	5677	5955
M. Marino	5735	5677	5955
1725 kilo	5815	5755	6035
M. Marino	5815	5755	6035
1750 kilo	5895	5835	6115
M. Marino	5895	5835	6115
1775 kilo	5975	5915	6195
M. Marino	5975	5915	6195
1800 kilo	6055	5995	6275
M. Marino	6055	5995	6277
1825 kilo	6135	6075	6355
M. Marino	6135	6077	6355
1850 kilo	6215	6155	6435
M. Marino	6215	6155	6435
1875 kilo	6295	6235	6515
M. Marino	6295	6235	6515
1900 kilo	6375	6315	6595
M. Marino	6375	6315	6595
1925 kilo	6455	6395	6675
M. Marino	6455	6395	6677
1950 kilo	6535	6475	6755
M. Marino	6535	6477	6755
1975 kilo	6615	6555	6835
M. Marino	6615	6555	6835
2000 kilo	6695	6635	6915
M. Marino	6695	6635	6915
2025 kilo	6775	6715	6995
M. Marino	6775	6715	6995
2050 kilo	6855	6795	7075
M. Marino	6855	6795	7077
2075 kilo	6935	6877	7155
M. Marino	6935	6877	7155
2100 kilo	7015	6955	7235
M. Marino	7015	6955	7235
2125 kilo	7095	7035	7315
M. Marino	7095	7035	7315
2150 kilo	7175	7115	7395
M. Marino	7175	7115	7395
2175 kilo	7255	7195	7475
M. Marino	7255	7195	7477
2200 kilo	7335	7275	7555
M. Marino	7335	7277	7555
2225 kilo	7415	7355	7635
M. Marino	7415	7355	7635
2250 kilo	7495	7435	7715
M. Marino	7495	7435	7715
2275 kilo	7575	7515	7795
M. Marino	7575	7515	7795
2300 kilo	7655	7595	7875
M. Marino	7655	7595	7877
2325 kilo	7735	7677	7955
M. Marino	7735	7677	7955
2350 kilo	7815	7755	8035
M. Marino	7815	7755	8035
2375 kilo	7895	7835	8115
M. Marino	7895	7835	8115
2400 kilo	7975	7915	8195
M. Marino	7975	7915	8195
2425 kilo	8055	7995	8275
M. Marino	8055	7995	8277
2450 kilo	8135	8077	8355
M. Marino	8135	8077	8355
2475 kilo	8215	8155	8435
M. Marino	8215	8155	8435
2500 kilo	8295	8235	8515
M. Marino	8295	8235	8515
2525 kilo	8375	8315	8595
M. Marino	8375	8315	8595
2550 kilo	8455	8395	8675
M. Marino	8455	8395	8677
2575 kilo	8535	8477	8755
M. Marino	8535	8477	8755
2600 kilo	8615	8555	8835
M. Marino	8615	8555	8835
2625 kilo	8695	8635	8915
M. Marino	8695	8635	8915
2650 kilo	8775	8715	8995
M. Marino	8775	8715	8995
2675 kilo	8855	8795	9075
M. Marino	8855	8795	9077
2700 kilo	8935	8877	9155
M. Marino	8935	8877	9155
2725 kilo	9015	8955	9235
M. Marino	9015	8955	9235
2750 kilo	9095	9035	9315
M. Marino	9095	9035	9315
2775 kilo	9175	9115	9395
M. Marino	9175	9115	9395
2800 kilo	9255	9195	9475
M. Marino	9255	9195	9477
2825 kilo	9335	9277	9555
M. Marino	9335	9277	9555
2850 kilo	9415	9355	9635
M. Marino	9415	9355	9635
2875 kilo	9495	9435	9715
M. Marino	9495	9435	9715
2900 kilo	9575	9515	9795
M. Marino	9575	9515	9795
2925 kilo	9655	9595	9875
M. Marino	9655	9595	9877
2950 kilo	9735	9677	9955
M. Marino	9735	9677	9955
2975 kilo	9815	9755	10035
M. Marino	9815	9755	10035
3000 kilo	9895	9835	10115
M. Marino	9895	9835	10115
3025 kilo	9975	9915	10195
M. Marino	9975	9915	10195
3050 kilo	10055	9995	10275
M. Marino	10055	9995	10277
3075 kilo	10135	10077	10355
M. Marino	10135	10077	10355
3100 kilo	10215	10155	10435
M. Marino	10215	10155	10435
3125 kilo	10295	10235	105

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DRUG FREE TOP 20/132

This Top 20 list by Jim Gallagher covers lifts made in the United States from the Powerlifting Federation meet on Oct. 30, 1982 to December 10, 1983. Please send a copy of an ADPPA meet results to Jim Gallagher, 101 Pine St., Glendora, CA 91736. This will keep these lifts as up to date as possible. Thank you.

Table with columns: SQUAT, BENCH, DEADLIFT, TOTAL. Lists names and weights for various lifts.

European Women's Championships 2, 3 December '83

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for European Women's Championships.

Central Georgia BP

11/12/83 - Atlanta, GA (Top 5 only)
K. Clarke 315
D. Bost 460
B. Dempsey 240
G. Bradley 425
A. Beton 220
D. Foster 148
D. McCoy 515
D. Brown 400
J. McCarty 440
M. Alexander 330
K. Strubling 405
R. Ward 305
S. Strickland 465
L. Brown 370
L. Tomlinson 355
T. Humphries 475
K. Foster 455
W. Berry 350
L. Hood 430
O. Yearby 400
R. McClain 385
L. Mann 370
S. Rush 375
R. Rogers 198
D. Origo 480
P. Craig 450
A. Johnson 405
C. J. Jordan 405
H. Hudson 420
D. Whelan 510
D. Whelan 510
D. Whelan 510
D. Whelan 510
D. Whelan 510

Waiber, lifting against medical advice with a torn intervertebral lumina barely overcame a sense pain to take a title she desperately wanted...
The 56 kilo class saw the first squat over 400. Elke Mack of Germany had high hopes of beating Rita, but only made four lifts, despite losing her first attempt at 130 after an argument. Coach John Jackson said he had asked her to 140. The decision was that he should have had her to 140. The change was not correctly noted by the MC. She lost but she correctly noted the depth and this killed her chances of getting over 400. Elke Mack of Germany had high hopes of beating Rita, but only made four lifts, despite losing her first attempt at 130 after an argument. Coach John Jackson said he had asked her to 140. The decision was that he should have had her to 140. The change was not correctly noted by the MC. She lost but she correctly noted the depth and this killed her chances of getting over 400. Elke Mack of Germany had high hopes of beating Rita, but only made four lifts, despite losing her first attempt at 130 after an argument. Coach John Jackson said he had asked her to 140. The decision was that he should have had her to 140. The change was not correctly noted by the MC. She lost but she correctly noted the depth and this killed her chances of getting over 400.

the POWER HOOK by Joe Doyle

It seems funny, I tell myself, that I am so heavily involved at this time in health and fitness, but the Lord moves in mysterious ways. A business reviewer in the West brought me back to the separation of hand positions or placement of the grip either inside or outside, there is single muscles or multiple muscle groups in the upper body. The same can also be said for its use with the chinup bar and lat bar depending on its location, handgrips and length of grip, either close or far apart because it comes up dry, you're dry.

So, finding myself back home in the deep South (let my Mother's I ran in to an old friend of mine whom I hadn't seen for quite a while. He noticed I was still using a unique piece of equipment which I had introduced him to many years ago, when we first met. He asked me how my life was going at the time and I launched into a very detailed tale of woe. He suggested that since he himself had been using my device and had even devised a new use for it that I had never

thought of, that maybe we should put this thing on the commercial market. So, I patented the hook, and since my friend Bill is a Superheavyweight king and 'The World Strongest Man', the name of the device came quite easily - "Power Hook", a name which I trademarked.

When doing dips, depending on the separation of hand positions or placement of the grip either inside or outside, there is single muscles or multiple muscle groups in the upper body. The same can also be said for its use with the chinup bar and lat bar depending on its location, handgrips and length of grip, either close or far apart because it comes up dry, you're dry.



LATE FLASH... Bill Kazmaier signs Pro Football contract with Jacksonville Bulls-USFL!

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for Gem State Open 12/3/83 - Nampa, Ida.

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for Star City Open 15 Oct 83 - Lincoln, Nebraska.

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for U.S. Military Midehall Meet 5 Nov 83 - RAF Mildenhall, GB.

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for Hamburg Recreation Club Women's Bench Press 12/11/83 - Hamburg, NJ.

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for YMCA Open, US Armed Services Balboa, Panama 12/3/83.

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for Gem State Open 12/3/83 - Nampa, Ida.

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists results for Star City Open 15 Oct 83 - Lincoln, Nebraska.





# PIONEERS of POWER

by Pete Vuono

At the time that this article is being written, the world record in the squat in the superheavyweight class is nearing 1000 pounds. In the near future, it is almost certain that the official world record will be over, perhaps well over, the 1000 mark, and a great deal of hard work will have went into the effort.

On the other hand, this record, when it is achieved, will have a damper put upon it. So too, will most of the superheavyweight records leading up to it due to the fact that they were bolstered by reinforced wraps, powerlifter suits and the proliferation of drug use.

However it may be pleasing to the "natural athletes," to know that Muscular Development Magazine pictured a Herculean figure doing repetitions with 1200 pounds in the squat without the aid of a belt, wrap or shoes. That was December of 1969 and the giant was a man named Paul Anderson.

Paul Anderson was probably the strongest of all modern day lower body specialists. Stories of his great squats and other feats have made him a legend in the powerlifting world.

Paul was born on October 17, 1932 in Focco, Georgia. Paul was of average sized parentage, but as a boy he was always stronger than his own size. He participated in football, the shot put and the discus in high school.

His great ability in football attracted a scout from Furman University in South Carolina who recruited Paul to play football there. Unfortunately, Paul's coach provided a bad training program which resulted in Paul losing a great deal of his 210 lb. bodyweight. Therefore, after one year of college, Paul returned home.

In a college of 1952 he was given a gift of barbells by his brother-in-law Julius Johnson, 1930's, Paul found that he was able to squat 3 repetitions with 315 in his first workout. His bedroom served as his training quarters. Paul's strength and bodyweight rose to a point where he weighed 285 that same year. During this time, his parents moved to Elizabethton, Tennessee which was the domain of powerlifting phenomnon, Bob Peoples.

Peoples had heard about Anderson's immense strength and reputation but struggled to get as heavy. He would have to see these feats to believe them. When the day came that Peoples met Anderson, Paul provided him the reputation proving him was true by squatting 550 pounds for 2 repetitions cold while the existing world record was 630. This coincided a strong relationship between the 42 year old Peoples and the 19 year old Anderson.

Peoples suggested that Paul train on the Olympic lifts for the 1952 Tennessee State Meet. In training, Paul pressed 275, snatched 225 and did a 300 pound clean and jerk. Although there were Tennessee State records, Paul was conserving his energy to assault Bob Peoples's 630 record squat. Paul easily made

muster with a 413¼ jerk which gave him an 1102 total and a win on bodyweight.

Shortly after the Olympics and his recovery from tonsillitis, Paul decided it was time to use his tremendous strength to the advantage of the unfortunate. Paul's dream was to build an orphanage in his native Georgia for homeless boys. To raise the money, Paul entered professional wrestling for a while using his Olympic Championship as an extra attraction. Paul also went on tour to Reno, Nevada at the Mapes Hotel. While there Paul would demonstrate feats such as squatting with 15,000 silver dollars weighing 600 pounds, pressing and 440 for an 1175 total. This total included a huge globe barbell weighing 400, and doing a hip harness lift with a merry-go-round carrying 20 people including the chorus line and the band.

It was during the years of 1957 and 1958 that Paul's size and strength made him legendary. During an exhibition tour to Muscle Beach in 1957 in support of his youth home plans, Paul pressed 400 seven times in succession, jerk pressed 500 for 3 repetitions, bench pressed 600 and full squatted 1160 pounds all in one exhibition. At the time Paul weighed 380 pounds and his measurements were as astounding as his strength. Neck-24½", chest-58½", waist-45", thigh 36½", calf-22. Paul at this time could run the 100 yard dash in 11.6 or better.

Many claims were made by several journalists that Paul was the strongest man in the world. To help these journalists with their claims, Paul performed a new world record in the backlift on June 12, 1957. Paul officially backlifted a table loaded with a lead safe and auto parts which weighed 6,270 pounds. This eclipsed Jack Walsh's record of 4,638 made in 1950.

Paul's strength feats did not stop there. He went on to squat 1200 pounds for repetitions at many exhibitions. He also toured the country as many as 500 times per year preaching about discipline, Christianity, patriotism and weight training in support of his beautiful Youth Home in Vidalia, Georgia.

Paul's life long goal came to being in the form of a 56 acre home for approximately 19 boys, all of whom came from broken homes. Some had run-ins with juvenile authorities and some were unwanted. However, all were homeless until taken in by Paul Anderson. Paul's homes are quite active in helping the youth of Vidalia, Georgia and Dallas, Texas.

Paul Anderson was an athlete who was very unique in that his strength was unparalleled and that he used this strength to the advantage of others and not himself. This claim cannot be boasted by very many of today's amateur or pro athletes.

Paul Anderson is truly a giant who's strength of body and moral character will not likely be equalled by many in the sport of weightlifting.

Any questions? If so, write PETE VUONO, 342 Forest Ave. Brockton, Massachusetts 02401



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