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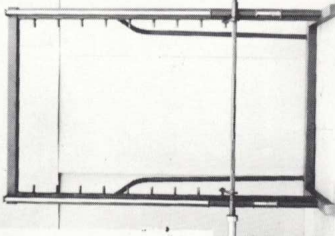
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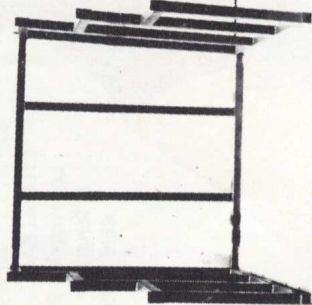
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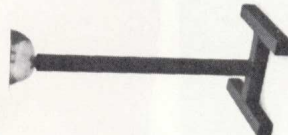
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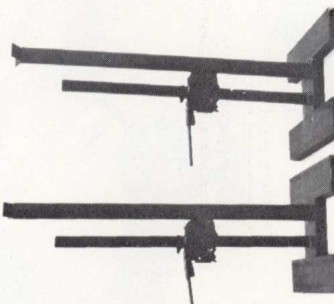


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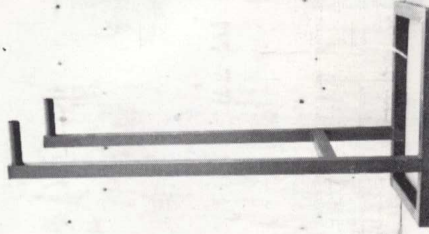
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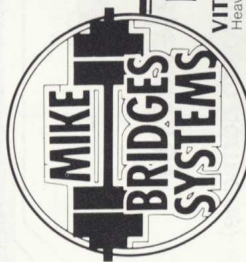
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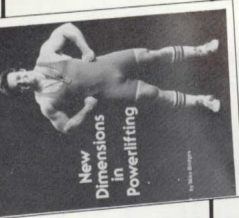
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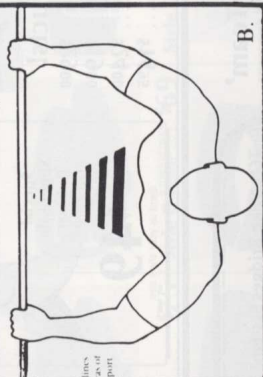
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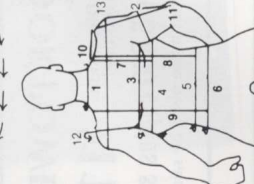
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..the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success.....through their own love for the sport.....this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

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MAY, 1984

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ON THE COVER.....Lyle Alzado of the Super Bowl Champion Los Angeles Raiders and Dr. Ken Leistner. Tuite photo.
NEXT MONTH.....coverage of the Hawaii Invitational and the National Collegiate Powerlifting Championships.

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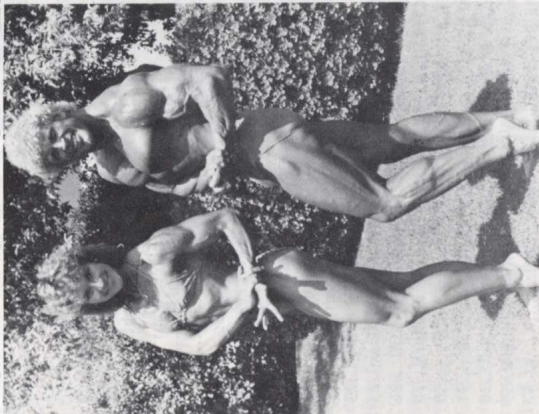
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Darth Raider

An Introduction to the Man

by Ken E. Leistner

To L.A. Raider loyalists, he is Darth Raider, the bad dog of the defense, the scourge of the NFL. To the average football fan he is Lyle Alzado, defensive end of the Raiders, Browns and Broncos, a dependable player known for his tough style of play. To the many, many children who call for, and receive, his time, he is Big Lyle, the overgrown teddy bear of a man with the biggest heart in the universe. To the people who watched him grow up and achieve manhood, he is one who has been at war with his environment since Day One. And for those of us who have known him for 20 years or more, he is simply Lyle, the guy you call at 3 am with a problem, the guy who you know will be there in the morning with the solution, no questions asked.

1983 was Lyle's year: the Super Bowl victory, the acknowledged leadership of the league's most feared defense, more media coverage than any one man could ask for, all gave him an unforgettable season, one that any other 34 year old defensive end could easily exit on. But this all happened to Lyle Alzado, an individual who marches to a drummer no one else hears, perhaps one that no one else would want to hear. I have known Lyle for 21 years and the one constant has been his overwhelming desire to succeed, to beat the odds, to take the unknowable predictions and stuff them down the throats of those who think that he can't, won't, or couldn't. I've been fortunate enough to have known and worked with athletes from many fields, but no one has Lyle's intensity or motivation. It's not even close.

When I was in high school, we began hearing about a kid in the junior high who was supposed to be bad, very bad, and for those living in darkest Indiana, if you're bad, it means that you've got everyone's respect and that you are definitely not to be messed with. This Alzado kid was supposed to be bad, and it was just a matter of time before the older guys tested him. That lasted on briefly because he was for real: a raw-boned youngster who seemed very capable of doing physical damage and not particularly minding it. Of course, football wasn't yet on his agenda, too disciplined, too many people giving you orders, telling what you had to do. By the time he hit the high school, his prowess as the "Ultimate Street-fighter" was well established and they would come

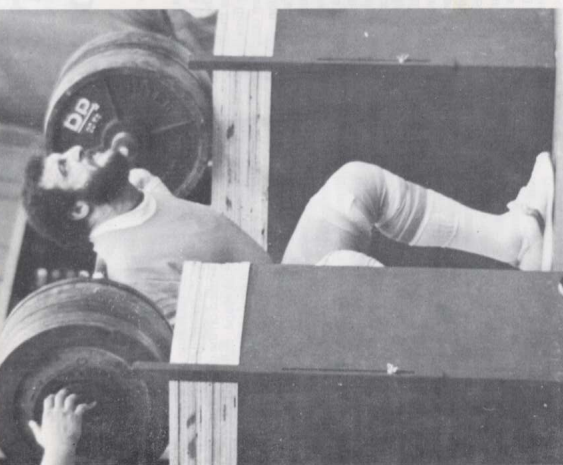
did everything that the pioneers did, only more of it and better. We broke the ground in the weight room: Lyle and company broke all of the records. We were early into off season conditioning; Lyle made sure that all of his buddies stayed sharp all year long. We worked on the garbage truck in the summers to stay in shape, hefting the heavy pallets of refuse in an attempt to put a bit more muscle on; Lyle ran behind the truck, often wearing ankle weights, to extract even more from the tortible but necessary job. By his junior year, everyone knew that he was special, an athlete who could dismantle others on or off the field, one who could lift relatively heavy weights while keeping up cross country running program, one who would go anywhere in the country to play college ball. Unfortunately, when the time for college came, the recruiters weren't there; Lyle's rambunctious behavior having scared lots of them back to rural South Carolina or Kansas. He packed his two sweatshirts and headed for New Mexico, where they really didn't want him. A few weeks later he was standing across a field in the driest part of Texas, with the coaches determined to transform the 190 pound defensive end into a running back or pass receiver. He was in the process of meeting the fate that most of us met when we left the big city for the university football fields. The coaches and players, often from rural or fancy assed suburban areas really didn't understand a

(continued on next page)



Lyle Alzado and Dr. Ken have been friends through three decades. Photo by Kathy Tuile

Ken Leistner and PL USA asked Lyle what we could do in appreciation for his efforts in putting this article together, and he did have a request. For those of you who would like to assist in the fine work with children that Lyle Alzado is a part of, a contribution of time, energy, or funds to either of his favorite charities would be appreciated. Contact your local chapter of the Special Olympics or the Home For Abused Children and see what you can do in this regard.



Box Squats were contested by Lyle at the Strongest Man in Football contest

Aid who would take cartons of milk to his room each, who would sneak napkins full of french fries out of the cafeteria for nocturnal consumption, who really couldn't believe that all this food would be there in the morning; not after 18 years of deprivation. Lyle was soon hitchhiking home, but fortunately a place was found for him at Yankton College in South Dakota. Talk about a stranger in a strange land.

At Yankton, Lyle really got down, training on his self evolved six to seven day per week program of every exercise known to mankind and a few he developed himself. It is a testament to his ability to work harder than anyone else that he grew on this; to 235 by his sophomore year, 255 as a junior, 270 and change by the time he walked into the Denver Broncos' training camp. Throughout his illustrious career with the Broncos, he trained as he had at

took the criticism, kept his mouth shut, and got back to work. Hey, there was nothing to say, he was there for the people who expected him to be there, he did the best that he could do under the circumstances, and that was that, and that is also very typical of the man.

When the Cleveland Browns traded him to Oakland, it was time for a change. Lyle knew that he had plenty of good football in him, but his training needed some reworking. Lyle and I are currently working on a book about his strength building and conditioning methods, to be published this late spring or summer, so I'll skip the details other than to indicate that he now hits the iron four days per week, and, in deference to age, has reduced the amount of distance work in favor of more sprinting type drills. For those interested in his true power without the b.s., he has, and usually can, bench press over 500 pounds, deadlift 710, and power clean close to 400. In high school, he ran cross country and sprinted, and maintains most of that speed over 40 yards. The emphasis is on low reps, basic movements such as the three powerlifts, incline dumbbell presses, cleans, and lots of back and shoulder work. Before reporting to the Raiders preseason camp in 1983, Lyle weighed 257 with a bit more than 9% bodyfat. He looked like a bodybuilder and was stronger than ever before. And let me tell you something: he played that way all year, despite an ankle injury that slowed him down for a good portion of the season.

Lyle will be back in 1984, no doubt leading the Raiders to further glory. He's not the type of individual who could play with them if he wasn't contributing, and I'm not talking about six plays per game. There are older players in the league who hang on for an extra year or two, giving needed experience to the younger players, but Lyle would never settle for that. He knows that the book says he'll be 35 soon, but he doesn't feel it or see it in his body with children in mind. That unbelievably strong motivation hasn't been depleted by time and the will to succeed. The Force, which drives him to run and lift when others seek a welcomed respite, is with him daily. The man has never played better, has never felt better, and will be with the public for years to come. Football has been good to Lyle, but he too has been good to, and for, football. His work with children is legend, and the time he gives to charitable organizations would constitute a full time job for most, yet he's there for the kids, always there when they need him. He has been honored by numerous civic organizations, and by the NFL as its Man of the Year for his work with injured, disabled, and underprivileged youngsters. He's tough, perhaps one of the baddest dudes you'll ever meet, but his heart is huge and genuine, and more than his physical prowess, his strength, his domination of particular football games and seasons, it is this love and kindness that will be his legacy. Lyle Alkado, Darth Raider, a man for his, and all seasons.



What a Battle!...Lyle gave it his all in the deadlift event at the Strongest Man in Football competition. Here he is assisted in removing his belt after the grueling test by Rick Gaugler and Bruce Randall, former 400 lb. lifter, who later became a Mr. Universe and a Diversified Products representative.

Powerlifting, if I'm correct, was originally conceived as a sport designed to assess the attribute of basic strength. To truly measure this, strength must be freed in so far as possible from the other athletic components of speed, dexterity, endurance, skill, flexibility, etc. Varying amounts of these other components are required in such heavy sports as Olympic lifting, shotput and wrestling. Now the ultimate essence of basic body power (pure true strength) would be moving the greatest possible poundage over the shortest possible distance in the least amount of time. Carried to the extreme, just breaking the weights off the floor enough to remove a newspaper, would be the ultimate. Besides being difficult to judge, the poundages involved in such a hip, back and leg lift would (along with the set up) be extremely difficult to program, not to mention the very competition we set out to measure? Can we hold ourselves up as serious athletes, when we put springs in our high jumping shoes or a roll of permies in our boxing glove? The truth of the matter is that far from protecting the lifter from injuries, the costume has gone far beyond that to become a device of nature's exoskeleton. This allows our insect friend, the ant, to lift up to 150 times his bodyweight. You who are more interested in great numbers than proper execution, may delight in the possibility (at the present rate) of an eventual 1990 suit of real chain mail with springs and levers attached, enabling us (say as a 198er) to hoist 30,000 lbs! The finger here is not pointed at the lifter. You are all competing honestly and legally within the federation that allows such binding. As such you are impelled to go after every pound with the best suit and wraps legally possible. One has to compete with all the advantages your opponents enjoy.

In the latter Soviet concern was voiced over the length of knee wraps and their use. For a time, they were banned but were reinstated soon afterwards. Strangely enough, the elbow wraps that were formerly disallowed were finally eliminated completely. No great protest of course, or for that matter, ever reached the national team. Presumably, they heard by those who felt the elimination of knee wraps would fatally neutralize those with knee problems. They said they simply could not compete without the wraps. Our rebuttal suggested that since injury or ailment was the limiting factor in all sports participation, perhaps they should consider a sport without the requirement of healthy knees. (Why should we not be allowed to compete in a sport we love only because we have a knee injury when a wrap would do the same of it? They could wear Well, life is not always fair is it? To seriously compete, you've got to be as healthy as possible or you're either on the injured reserve squad or cut. My trust again is that what started out as protection from injuries and a bit of warmth to the knee, has become vigorous binding of considerable pressure to stabilize

Powerlifting for all its great raw power, man against steel, is in some circles becoming colorful for quite another reason - wrapping! The very attribute we proposed to measure is now being added by knee wraps, lifting suits, and the belt. Some even use special shirts designed to stabilize one or more body parts to aid the lifter in the beginning and the end. What percentage is the lifter moving and what portion is raised by the lifting costume?

Consider this - From 1964 (the first Senior Nationals) through the end of the Sixties, the majority of lifters exceeded their squat poundages by deadlifts of 15 to 20 percent greater weight! Among the "heavyweight lifters" (181ers through the "Supers" were a cohesive bunch), balanced lifting was considered to be 500-600 and 700 ratio-wise. (The bench was tested first in that ideal in mind, but needless to say we had no monopoly on truth, and indeed, with time all things change. However, in observing today's lifters in competition, every year since the early seventies has seen an increase in the number of lifters whose squat exceeds his deadlift. As of 1983 an unusual reversal has taken place. Just considering the top twenty lifters in the country in every heavy weight division, 95 percent of the top twenty squats he exceeded the top twenty deadlifts! The leaner type lifter more prominent in the lighter classes re-

BAN the SQUAT

by 1971 World Superheavy Champ, Hugh Cassidy

Hugh Cassidy is a man who has seen Powerlifting from its official infancy to the present, and a man who has fought the fierce battle in national and international competition as well, and his perceptions about the State of Powerlifting are as well, and his perceptions about the State of Powerlifting argued that changes in equipment which aid performance have been accepted before, witness the advent of the fiberglass pole vault pole for a single example, but it is important to view changes in the sport from the long perspective of what it was supposed to be when it began. Incidentally, Hugh was no slouch when it came to the squat, hitting an 800 lb en route to his World Championship title.

All joints and thereby increase poundages. Indeed, we've all seen the thicker thighs per inch of height favor the heavyweight lifter in the squat. Now isn't it obvious that wraps and pads most particularly the suit have caused this great turnaround? Aren't we therefore obscuring the very competition we set out to measure? Can we hold ourselves up as serious athletes, when we put springs in our high jumping shoes or a roll of permies in our boxing glove? The truth of the matter is that far from protecting the lifter from injuries, the costume has gone far beyond that to become a device of nature's exoskeleton. This allows our insect friend, the ant, to lift up to 150 times his bodyweight. You who are more interested in great numbers than proper execution, may delight in the possibility (at the present rate) of an eventual 1990 suit of real chain mail with springs and levers attached, enabling us (say as a 198er) to hoist 30,000 lbs! The finger here is not pointed at the lifter. You are all competing honestly and legally within the federation that allows such binding. As such you are impelled to go after every pound with the best suit and wraps legally possible. One has to compete with all the advantages your opponents enjoy.

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There are teams in powerlifting, but in reality, it is man against man and involves (unlike real team sports) a good deal more ego. Nothing wrong with that. With failure I only really let myself down, but with success one should be proud and able to say, 'I did it myself... not my knee bandage.' Why can't we lift with my genes and athletic prowess against yours, not one brand of wrap against another?

Although I admire competence in any worthwhile undertaking, I believe in sport, there is nothing quite like the thrill of seeing a determined lifter exhibit raw power in taking a lift to the finish. So I prod you again and ask, who is going to take us serious, if we don't hold ourselves in that same vein? Could our present way of doing things be keeping us out of the Olympics? The wrappings naked athlete of Ancient Greece wouldn't sit well with today's society. I therefore humbly offer the above alternative. It is realized that the foregoing may not rest well with many, particularly those with an interest in lifting apparel. I ask you to look beyond that and just give it some thought. No rabble-rouser me, I just want to plant a seed.

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allowed a pad on the wrist to present a scrape from the bowstring, but this in no way directly affects the accuracy of the shot, which is, of course, the quality being tested.

My overdue question here is, how faithful are we to the sport itself if we allow (even if it is "legal" by the IPF rules) mechanical aids to increase our poundage? And this in a stroke of roughly only 26 inches? The very essence of power is being prostituted in the name of injury prevention! The limiting factor in any sport should simply be the measure of the body's athletic proficiency in the attribute being tested.

Few would be comfortable with a return to the days of no wraps, unless perhaps it be rigidly adhered to by all. Many too, would not welcome any return to poundages far below those achievable in a wrapped state, particularly present record holders and successful lifters of note. So could we not eliminate the squat altogether? We could thereby,

- 1) Remove all blocks to the true measurement of strength.

The squat remains very much a judgmentally subjective call. The front squat more than adequately indicates functional ability in that regard in the olympic clean and jerk.

- 2) Reduce our exhaustingly long meets by over one third as well as eliminate the hurried agonies and anxieties of wrapping and how healthy is all that construction anyway? This would allow one push lift (upper body) and one pull lift (lower body).

- 3) Clear out all the needless corner men and hangers on. (Thank you, I can pull up on my straps myself, adjust my belt, and I'm healthy and able to compete without wraps.)
- 4) Restore some of the respectability now presently lacking in those who do not take us for serious, dedicated athletes.

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The Greatest Bench Press Of All Time

by John Buckley

I don't wish to get into a long discourse on greatness, but some discussion is necessary in order to justify and explain the conclusions I am about to make. First of all, I am not attempting to identify the Greatest Bench Presser of all-time, but merely to identify what I consider to be the Greatest Bench Press of all-time. I feel that attempting to identify the Greatest Bench Presser of all-time would necessitate considering the number of World Records a particular lifter has set, how far ahead of the competition he is, versatility in different weight classes, and several other considerations.

What lifts do I recognize? The purpose of rules, judges, equipment checks, etc. is to make sure that all records are set under similar standards and to make sure that no one competitor has an unfair advantage. Because of this I feel we must only count lifts which were set under the present rules. Certainly the use of a device such as elbow wraps would give a lifter an unfair advantage. Obviously the lifts that are now considered World Records were set under the strictest of conditions. All except a few (2 out of 44 I believe) of these lifts were set without drug testing, however. Now, drug testing is considered of all lifts before they can be recorded for World Record status. I must digress a bit here. I feel this is a grave injustice because even though steroids were illegal in the past they were probably used by a number of world class lifters. By now requiring drug testing, it makes it much harder to set a World Record (I feel steroids add anywhere from 5-15%) and it also cuts down the number of opportunities a lifter has to set records. Only a few competitions will be held each year in which IPR recognized drug testing will be available.

In comparing different lifts some people may argue (with considerable merit) that someone such as Paul Anderson who lifted before steroids became popular deserves more credit than someone who may have lifted with the benefit of such drugs, but then you have someone else arguing that so and so does not take as much as someone else, so his lifts are worth more etc. My feeling here is that we have no control over these factors and can not measure their relative merits so it serves no purpose to even consider them.

How do we go about determining the greatest Bench Press ever? Many people (usually the heavier lifters) will claim that the greatest lift is simply the man who has done the most weight regardless of bodyweight. Others (usually the lighter lifters) will claim the greatest lift is the one in which the most weight is lifted in proportion to ones own bodyweight. I like a quote attributed to SPORTS ILLUSTRATED to Anapol Pisenenko, the reigning World Super-heavyweight Olympic Lifting Champion, who was asked if it was bothersome to have the smaller men lift proportionately so much more weight than he. His reply was reportedly that although a snafu's strength, was indeed fascinating, pro-

and the best deadlift to a 123 pounder. Certainly, this does not indicate parity to any particular weight class.

A few words of explanation concerning the table. First, I have listed the weight classes and then the best lift in that particular weight class. Nine of the eleven weight classes have the existing World Record listed. In the 165 pound class Rich Well's lift of 485 is listed (it was done at the 1983 Seniors) and in the 275 pound class Ted Arcidi's recent lift of 650 is listed.

In the Superheavyweight class Jim Williams' lift of 675 is listed below Kazmaier's World Record. I listed the lift even though I was not sure if elbow wraps were used or not (known until proven guilty). I have also listed the Schwartz Formula equivalent of each lift, which shows each lifter's margin of superiority over his fellow competitors. In the last column I have listed what the World Record would have to be in each weight class in order to equal Ted Arcidi's Schwartz Formula of 338.8. I have tried to be as objective as possible in setting up ground rules and in using a mathematical formula to eliminate any personal prejudices I might have in determining The Greatest Bench Press ever. However, one must admit this task is not unlike trying to determine The Greatest College Football Team of all-time; there are no definite answers, only opinions.

After that last statement, I'd like to add a little more controversy to this article. Question: "What is the second greatest bench press of all-time according to the Schwartz Formula?" Answer: Mike McDonald's lift of 606 at the Body Expo meet in August of 1981. What, you say... that lift was turned down. True, but only because at that time the rules stated that any lift which hit the uprights during the ascent would be disqualified. Nowadays, the interpretation is that, as long as that doesn't aid in the lift, it is not cause for disqualification. Thus, the lift would probably have been passed and it's Schwartz Formula rating would be 330.4.

In closing I'd like to inject a few of my own personal feelings. Based upon everything I have seen and read about all the great bench pressers listed on the above chart, the only ones that seem even remotely possible of achieving a Schwartz Formula rating of 338.8 are McDonald, Bridges, and Well. Mike McDonald is coming back from an injury, and has a ways to go before he will surpass his former marks. Well and Bridges are even further away from such a rating, so I feel none of the present stars will reach this level. (Watch Joe Bradley's resurgence and hit 450 in the 132's now!). However, as one who witnessed Ted Arcidi's 650 in Maryland, I believe he has quite a bit of room for improvement. His 650 was not really that hard. He tried 661 afterwards, but this heart was not really in it. Ted has not really been lifting that long and is still improving as a rapid rate. Would you venture to predict that 670-680 is possible in the near future if the rules at 275 and that he goes up to Superheavyweight? 700 is a very real possibility.

There once was a time when I felt I would never be able to perform the squat movement, let alone triple 821 lbs. in this lift as I did prior to the 1982 Sr. National Powerlifting Championships. Let me explain why.

In October of 1973, while playing football at Trinidad State JC in Colorado I suffered a compound fracture to the left tibia. The entire weight of my body was on the left leg, and I was clipped from behind. Such was the impact of the illegal blow that the other player involved was actually knocked unconscious. The pain was unbearable and I was scheduled for surgery the following day.

I had a stainless steel pin placed in my leg for a minimum of one year. The orthopedic surgeon who had operated upon me also made it clear that any rigorous sporting activities were out permanently. Needless to say, hearing this was more painful than the injury itself.

Nevertheless, it made me more determined than ever to come back, and three months later I actually limped onto a wrestling mat for my first collegiate match. In fact, I had a very successful season, finishing 15-4. One year later, the pin was removed, and my leg made a full recovery. My leg problem did not end there, however.

In January of 1974, while com-

peting in the Greco-Roman National Wrestling Championships, I tore my meniscus cartilage in the left leg, and required surgery again. I made a full and rapid recovery. Unfortunately, later that same year, I tore various ligaments in the same leg. Surgery was performed successfully and my wrestling career continued to prosper. The point I am trying to relate

to you is simply that injuries, whether they be knee problems or elsewhere, shouldn't stand in the way of one's powerlifting progress. Always bear in mind that our sport, unlike Olympic lifting, requires less in the way of dynamic or ballistic motion, and more in the way of sheer strength and technique. Control is always a vital factor, especially if one wishes

to maintain body joint (elbow, knee, shoulder) integrity.

I feel this routine in the squat has equal applicability for the lifter as well as the non-lifter, especially those engaged in sports requiring explosive leg strength, such as volleyball or basketball. For those of you with max poundages in mind, I am confident that at any time this routine will add up to 300 lbs. to your present squat.

This routine will involve twelve (12) weeks of training the squat once a week. The poundages will be increased a minimum of 20 lbs. per week. All supplemental exercises will be increased by 10 lbs. per workout. Also, I like to suggest that the squat be trained on either a Monday or Tuesday so as to give you a long rest (10-12 days) before a meet. In the first two weeks of this routine, do not use a belt, knee wraps, or a tight lifting suit. A 500 lb. max capability is assumed coming into the cycle.

Power By Cash has available The Power Squat, The Power Squat, and The Power Bench Press courses. These courses set guidelines for training the power lifts, and have plenty of competition lifts and photographs. The course is \$35. Make orders to: Power By Cash, P.O. Box 315, 3 courses - \$21. Mail all orders and inquiries to:

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Week #1	Week #2	Week #3	Week #4	Week #5	Week #6	Week #7	Week #8	Week #9	Week #10	Week #11	Week #12
Squat 135x10 235x3 235x3 260x10x3 235x10	Squat 135x10 235x10 280x10x3 235x10	Squat 135x10 235x5 300x8x3 245x10 10x3 Leg Curl 10x3 H-Lat Pull 10x3 Seated Row 10x3 Seated Press 10x3 Sit-ups 25x4	Squat 135x10 235x10 265x10 10x3 Leg Ext. 10x3 Leg Curl 10x3 H-Lat Pull 10x3 Seated Row 10x3 Seated Press 10x3 Sit-ups 25x4	Squat 135x10 235x5 300x5 360x8x3 265x10 10x3 Leg Ext. 10x3 Leg Curl 10x3 H-Lat Pull 10x3 Seated Row 10x3 Seated Press 10x3 Sit-ups 25x5	Squat 135x10 235x5 300x5 360x8x3 265x10 10x3 Leg Ext. 8x3 Leg Curl 8x3 H-Lat Pull 8x3 Seated Row 8x3 Seated Press 8x3 Sit-ups 25x5	Squat 135x10 235x5 300x5 380x10 275x10 10x3 Leg Ext. 8x3 Leg Curl 8x3 H-Lat Pull 8x3 Seated Row 8x3 Seated Press 8x3 Sit-ups 25x7	Squat 135x10 235x5 300x5 400x8x3 275x10 10x3 Leg Ext. 8x3 Leg Curl 8x3 Pull-ups 8x3 Seated Row 8x3 Seated Press 8x3 Sit-ups 25x7	Squat 135x10 235x5 300x5 420x5x3 300x10 6x3 Leg Ext. 6x3 Leg Curl 6x3 Pull-ups 8x3 Seated Row 6x3 Seated Pr. 8, 6, 4, 2 Sit-ups 25x8	Squat 135x10 235x3 325x3 40x5x3 440x3x3 325x10 6x3 Leg Press 6x3 Leg Curl 6x3 Pull-ups 8x3 Seated Row 6x3 Seated Pr. 8, 6, 4, 2 Sit-ups 25x8	Squat 135x10 235x3 325x3 415x3 460x3x3 325x10 6x3 Leg Press 6x3 Leg Curl 6x3 Pull-ups 8x3 Seated Row 6x3 Seated Pr. 8, 6, 4, 2 Sit-ups 25x8	Squat 135x10 235x3 325x3 415x1 460x1 235x10 6x3 Leg Press 6x3 Leg Curl 6x3 Pull-ups 8x3 Seated Row 6x3 Seated Press 6x3 1st Attempt 505 2nd Attempt 465 3rd Attempt 525-540



Ted Arcidi...with his record breaking lift at the 1983 Hawaii Invitational.

11

(continued from last month)

Well, I hope I've made you sufficiently aware of the uses of calcium that you're going to start consuming foods high in this substance. All you have to do is make sure you're ingesting ample calcium and everything is three whies. Right? Well, not exactly. It's not my fault; blame Mother nature. Actually, only about 20-30 percent of the calcium you eat is actually absorbed. Furthermore, depending on the mood of your upper intestine at the time of the meal, as little as 10 percent may be absorbed. Calcium is best digested or absorbed in the acid or upper part of the intestine called the duodenum. When the calcium reaches the lower part of the intestine, the pH is not acid, but alkaline. This poses a problem for calcium as it can only be absorbed in the presence of acid.

Calcium requires energy in order to be properly absorbed. Although it is taken in by what is called active absorption, many other factors can still help or hinder the absorption of this vital element. Without going into any great detail, here are some of those other factors:

- 1) Vitamin D in its active form greatly assists the absorption of calcium in the upper intestine. Believe me, there is enormous complexity within this process, but without the presence of vitamin D, a large portion of the calcium you ingest will flush right through your system. This vitamin D-calcium relationship should ring a bell as one of the highest sources of calcium is fortified with 'D'. Any guesses? You're right! Milk is fortified with 400 IU of vitamin D per quart.
- 2) The lower the pH, or the more acidic the stomach juices are, the more favorable the climate for calcium absorption. Note here that the reference is to stomach, which is the holding area for food before it is released into the upper intestine. Recall that calcium is absorbed in the upper part of the intestine where the pH is lower or more acidic.
- 3) Lactose will set the stage for favorable calcium absorption. As of yet, no one has defined the mechanism, but lactose apparently does help. Nutrition quiz time. In which food is lactose found? Of course, it's milk. So, another nature does it again, by setting up the highest calcium ratio of any food bathed in the sugar lactose.
- 4) Any food that slows down digestion, will enhance the calcium absorption response. The foods most likely to do this would be fat or foods high in fat -- either poly or unsaturated or saturated fat. However, my comment and suggestion is to reduce the fat in your training diet. Nevertheless, fat does help calcium absorption.
- 5) When the protein intake is high, a greater percentage of calcium is absorbed. Since calcium, as mentioned previously, is absorbed in an acid medium, protein, or amino acids, add nicely to it's absorption.
- 6) The body will automatically adjust to periods of need by increasing the absorption rate. It's just one of

NUTRITION CORNER

by Jack Diganji



Dave Waddington was the first man to squat 1,000 in competition. Heavy weights like those that he handles demand calcium supplementation.

those minor miracles that does happen. Remember, though, that the calcium must be there before it can be absorbed.

Now that we've checked into the items enhancing calcium's absorption, let's take a look at what items will decrease its absorption.

- 1) Not enough vitamin D will certainly cause a shortage in calcium availability. You could swallow all the calcium you want, but no vitamin D - no calcium.
- 2) If you're fond of the following, I'm sorry, because you may want to discontinue these foods -- at least during the critical parts of your cycle when you need all the nutrition you can get. Rhubarb, spinach, chard and beet greens contain an item called oxalic acid, and in very large quantities. This oxalic acid will tie up calcium in a very strong compound which the body sees as impossible to break apart. So, off goes the oxalic acid with it the previous calcium.
- 3) Another gem that winks away calcium is called phytic acid. This guy is found in the outer husks of grains and cereals, especially oatmeal. Again, phytic acid will wrap around calcium and usher it away.
- 4) If you're high on fiber, your ingested food may move through the stomach and intestines faster than the body can effectively absorb the calcium. Therefore, even an adequate intake of calcium, when coupled with a high fiber diet, may lead to an inadequacy.
- 5) Another interesting situation that causes a decrease in calcium absorption is stress. Psychologists define stress in terms of both negative and positive stress as well as physical and mental. The physical stress of

DAIRY PRODUCTS

- AMOUNT/MG OF CALCIUM:
Milk/1 oz/38
Cheddar/1 oz/210
Swiss/1 oz/260
Cottage/1 oz/25
Brick/1 oz/125
Egg/1/100
Yogurt/1 oz/40

VEGETABLES

- Broccoli/1 stalk/160
Greens/1 cup/60-80
Beans, lima/1 oz/20
Beans, white/1 oz/35
Cabbage/1 oz/20

FRUIT:

- Very little in any fruit, with mention only of dried fruits due to their concentration.

FISH:

- Oysters/3 oz/225

MEATS:

- Very little in any meats -- beef, chicken, pork.

NUTS:

- Almonds/1 oz/65

RECOMMENDATIONS:

Well, calcium is vital, no doubt about it. But getting 800-1200 mg or more a day from food alone would take some concentrated effort. It would mean drinking milk, lots of it, and sometimes milk just doesn't sit well, at least not in the quantities needed. Well, there is an alternative, namely calcium supplements. The RDAs are set up for normally active, healthy persons living in the United States. Moderate exercise was considered, when the recommended allowance for calcium was calculated. However, supporting hundreds and hundreds of pounds may be just a little beyond the scope of the National Research Council's goal for maintaining national health. My thinking is at least, the very least, get 800-1200 mg daily. Considering the effects of a high protein diet, the liver's requirement may be even higher. I'm one to question the value of mega-supplements, but in order to get enough calcium, you may just have to consider a supplemental source.

My suggestion is to take some time and shop around. Begin to read labels and compare. Some calcium will be offered in tablets, some in capsules, some in 100 mg per tablet, and some over 300 mg. Some combine calcium with magnesium or other minerals. You may wish to support PL USA's advertisers since each, I feel, offers a variety of quality supplements suited to the lifer.

If you have any questions or comments, please feel free to drop me a line. I'd be happy to hear from you and maybe I can help.

Nutritionally yours,

Jack Diganji, M.S., R.D.

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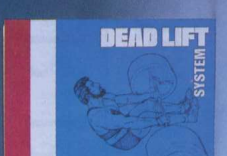
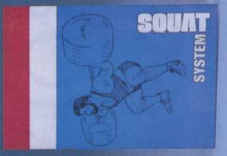
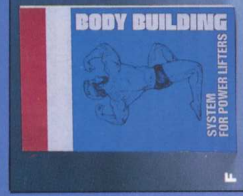
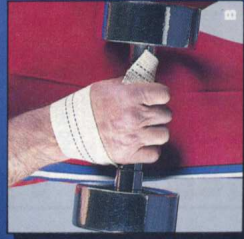
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POWER PROFILE

(Lest any of you think that this is a story about a cartoon character or a refugee from Jonestown, I urge you to read on...)

To many lifters, the epitome of achievement is the ability to blast a bench press - college strength coaches rate prospective football candidates by several parameters, one of which is the ability to bench press. In hundreds of gyms throughout the country, would-be superstars are spending time, money and frustration in their quest to unearth the perfect method of bench pressing. Unfortunately, this quest has, for many turned into something akin to finding the Lost Dutchman's gold... a never ending search.

The subject of this month's power profile is not a champion lifter, but has a sensible, proven method of training the bench press - one that could be adapted to any athlete's training program. Many of you may not have heard of Rick Weil before last year's Seniors, but now, no one can forget his American record bench press of 485 lbs. done at 165 lbs. bodyweight. This eclipsed James Rouse's magnificent 479 done at the 1980 World Championships in Arlington, Texas. Rick has the unusual distinction, in this journalist's opinion, of being able to shed the most bodyweight, the fastest, and retain the highest percentage of strength among any active athlete today. Those of you who have read Bill Starr's *Defying Gravity*, may recall several humorous anecdotes about one of the early York Barbell Champions of the sixties - Bill March. "Willie" was able to lose and gain 20-30 lbs. over quite short periods of time and still break record after record. His dietary habits reminded one, however of Wimpy in the Popeye cartoon classics - hamburgers and submarine sandwiches by the dozen, soda, and practically anything that wasn't nailed down. Rick Weil is able to accomplish this same radical weight loss procedure, but at a drastically lower bodyweight. Remember, March was competing at

the Kool Aid Kid by Ron Fernando

198 and usually weighed around 225. Well, competitors at 165 and usually weigh around 190! As we examine his unique(?) methodology done only after a thorough medical examination.

Rick hails from the sunny climes of Tampa, Florida, where he moved to from Cincinnati, Ohio. He is an automotive technician for Toyota, U.S.A. and is fortunate to train under one of the nation's finest powerlifting minds - Dick Armatout. Dick, the owner of the popular Suncoast Gym, saw the amazing potential that Rick exhibited upon his arrival in Florida about three years ago and under his tutelage has guided Rick to the very pinnacle of the powerlifting world. One overriding principle that Rick lives by in his powerlifting is not to overtrain the body. A cursory glance at his training system might look to some like something out of the back of a cement weight set, and not that of a world class lifter. But...as you



Rick Weil driving up a bench at the Seniors. More detailed sequence photos like this are available in the POWER TECHNIQUE book advertised elsewhere.

the deadlift goes up! Why, then, don't more athletes use this theory on the bench press and squat? Rick sees a lot of lifters taking a week off either after a heavy cycle or a meet and come back feeling refreshed and ready to go.

He has an entire week to rest before any given bench workout and this allows his muscles to perform at peak ability because... you have only one chance so you know you have to push some big numbers. A typical rep workout would go 405x4-5 (these sets are considered heavy) 455x1, 485x1.



500x1, 515x1, 520x1 (he has had 525 close to lockout). He then goes to the next long range max he plans to be for his next meet or even his next life (he used 485 for one year!) and performs a negative or eccentric contraction with it. Currently he uses 550x1 in this. He feels that negatives will condition the joints and the mind into handling the formerly insurmountable weights. He finishes his bench press workouts with the following supplementary exercises: seated dumbbell presses 80x5, 100x5, 110x3 sets of 5 (he stated quite seriously that even at home, he only eats five bites of food at a time and rests before starting again!) Heavy weighted dips - 255x5, 265x5, 300x5, and if time permits some pushdowns with 120 for 3 sets of 5. He never (as we now know) does anything for more than five reps! His form on the bench press is very simple - flat back - narrow grip - extreme control to the bottom and them - blastoff! His grip almost looks too narrow, (he was suffering from a slightly pulled pec at the Seniors which necessitated moving his grip in even further) and the weight does travel a good distance, but one look at his massive triceps and frontal delts and the reasons are quite obvious as to why Rick employs this style. Rick is no one lift specialist; he does quite well in the squat, having punched up a 660 in training and 639 (high bar style) at the 1983

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
1984 Senior Nationals	925	1074	1165	1405	1603	1714	1956	2066	2022		
1984 Junior Nationals	860	1019	1120	1383	1535	1669	1736	1900	1900	1967	1906
1984 National Collegiate	799	898	1036	1201	1366	1477	1598	1609	1631	1653	1675
1984 ADFFA Men's	835	935	1030	1210	1350	1460	1525	1575	1620	1640	1700
1984 ADFFA Collegiate	650	800	900	1075	1175	1275	1420	1430	1440	1450	
Tennage Nationals 14-15	625	720	785	875	925	975	1005	1050	1075	1100	1125
Tennage Nationals 16-17	700	795	905	1050	1100	1175	1250	1300	1325	1340	1360
Tennage Nationals 18-19	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505
1984 YMCA Nationals	981	1064	1146	1279	1505	1565	1650	1700	1755	1800	1870
Women's Contests	97	105	114	123	132	148	165	175	181	198	SHW
1984 Women's Nationals	518	562	606	661	705	744	772	794	804	816	
1984 National Collegiate	419	463	507	551	595	639	661	683	699	716	
1984 ADFFA Women's	483	496	535	568	601	621	716	766	821	865	
1984 YMCA Nationals	579	623	667	711	749	827	893	959	1025	1080	

maintains his superiority in his weight class is his uncanny ability to drop weight. Here for the readers of POWERLIFTING USA is Rick Weil's heretofore "secret" dietary program (told in his own words):

"About 12 days before the YMCA Nationals, I was weighing 191 (25 1/2 lbs over). I begin my diet the next day not eating anything - though I do drink several large glasses of Kool-Aid with Nutrasweet. This gives me the feeling of fullness and keeps me satisfied. I then go about my everyday duties at work and in the gym as normal - remember it's only when you are on a diet that you start to crave all of those things which you never wanted before. I try to keep my mind off food as much as possible. At night after I train, I eat my one

and only meal of the day - starting with a couple of large glasses of Kool-Aid. My meal consists of a good piece of meat, fish or chicken, potato, salad and vegetable. By the way, during the first week of my dieting for the Y's I went through about half a gallon of ice cream (?!). In this fashion I was able to lose about 15 lbs. in one week. The rest of the weight came off a bit more slowly and the last three lbs. had to be sweated off in the sauna." A unique approach, but one with a lot of success behind it. Dick Armatout firmly believes in the body carrying a lot of water weight during the pre-season for joint lubrication, leverage factors and mental confidence. This type of weight is lost faster than pure adipose tissue.

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TRAINING

Deadlift Assistance Work by 4 Time World Champion JOHN KUC

Assistance work can be extremely beneficial to a lifter. At times it is the only way to get over a sticking point and begin making progress again. One of the major faults I have found with many assistance programs is that the lifter does not use the correct ones. An individual hears that one of the top lifters uses a certain type of assistance exercise, so they begin to use it. They fail to see that assistance exercises should be tailored to their weak points. Different exercises affect different areas.

Before adopting an assistance exercise program you must honestly evaluate your individual strong and weak points. It is not always easy to be objective about yourself. Consult your training partners and coach to help you with this evaluation.

In this narrative we will review deadlift assistance work. Deadlift assistance exercises are always worked with your deadlift routine. Your deadlift routine may hit a brick wall during the months you devote to assistance work. This is normal. You cannot work two heavy deadlift programs at the same time and make progress. The only way you could do that is if you were heavy into drugs, and I am 100% opposed to that.

Assistance work is temporary and it is done to improve your deadlift, not as a lift in itself. Lighten up on your regular deadlifts. For now put your assistance work first and regular deadlifts second.

After you complete your deadlift routine warmup with the assistance work; then go into the exercises heavy. Assistance work takes time to show results. Do not expect instant results; they don't happen. Assistance work is long term. When you schedule assistance work give yourself six months from the day of your first assistance exercise to any contest you want to enter. You will need three solid months of assistance work and three good months to get your deadlift in order without the assistance work.

As I stated before you must evaluate your individual needs before adopting an assistance program. The deadlift can be divided into three parts and one intangible.

1. The start off the floor to just below the knees.
2. The transition or mid point - just below the knees to slightly above.
3. The finish - above the knees to lockout.

4. The grip - if you cannot hold the weight you are not going to complete the lift.

Break your deadlift into 3 parts and decide where you have your problem. Once you have determined this you can apply the necessary assistance exercises to improve your weak points.

The following are the assistance exercises you can use and the parts of the deadlift they work.

POWER RACK: (applies to items 1, 2, 3, 4) The nice feature of the power rack is that any portion of the deadlift can be worked. Set your bar at the desired location and begin. Recommended reps: 5 warmup/4 warmup/3 sets of 3 heavy.

SHRUGS: (applies to items 3 and 4) Shrugs are done on the power rack or off the end of a bench. They assist in the third part of the deadlift, especially before lockout. Shrugs improve grip strength too. Recommended reps: 4x6 twice per week.

UPRIGHT ROWS: (applies to items 3 and 4) These improve the medium and upper range of the third part of the deadlift. This exercise is a good grip builder. Recommended reps: 4x6 to 8 twice per week.

GOOD MORNINGS: (applies to items 1, 2, 3) This is a good exercise for increasing power throughout the entire range of the deadlift. This exercise is not for everyone. In some people the good morning will cause back pain and lead to lower back injury. The best way to do good mornings is start very light and work up very slowly. Be aware of any soreness which might develop. If the good morning is compatible with you, there is the potential of gradually handling very heavy weights and substantially increasing reps. Recommended reps: 10 warmups/8 heavy warmup/8 warmups/5x8.

COMPLETE STOP DEADLIFTS: (applies to items 1, 2, 3, 4) These are nothing more than repetition deadlifts. The only difference comes in completely letting go of the bar between each repetition. This is one of the toughest assistance exercises for the deadlift. Complete stop deadlifts work every part of the deadlift and develop a vice like grip. Recommended reps: 3x3 or 3x4.

ISOMETRIC PULLS: (applies to items 2 and 3) Done on the power rack. Any part of the deadlift can be worked with isometric pulls. Recommended reps: 2x10 seconds.

WARNING: DO NOT HOLD YOUR BREATH THE ENTIRE TEN SECONDS OF EACH PULL.

LOCKOUTS: (applies to items 2, 3, 4) Done on power rack or off the blocks. Lockouts can be done from any point in the deadlift to lockout. They are mostly done from just below the knee to lockout and from just above the knee to lockout. Lockouts help any sticking points in the second and third parts of the deadlift. This is one of the most popular and effective assistance exercises for the deadlift. Recommended reps: 5 warmup/4 warmup/3 heavy/3 heavy/3 heavy.

LOCKOUTS: (applies to items 1 and 4) This is a good exercise for developing power throughout the entire range of the deadlift. This exercise is not for everyone. In some people the good morning will cause back pain and lead to lower back injury. The best way to do good mornings is start very light and work up very slowly. Be aware of any soreness which might develop. If the good morning is compatible with you, there is the potential of gradually handling very heavy weights and substantially increasing reps. Recommended reps: 10 warmups/8 heavy warmup/8 warmups/5x8.

STIFF LEGGED DEADLIFT: (applies to items 1, 2, 3, 4) This exercise is a tough one to stick out. The reason is probably that they make us deadlift without the aid of our legs. A feeling of frustration builds when the pain and seemingly slow progress are inevitably encountered. The stiff leg deadlift is one of the best deadlift assistance exercises. It works the entire range of the deadlift equally well from powerful starts to positive lockouts. Recommended reps: 10 warmups/8 warmups/6 warmups/6x5.

POWER CLEAN: (applies to items 1 and 4) The power clean is a good movement for developing a powerful start and strong gripping power. The power clean has more applications in Olympic lifting than powerlifting, however. There are exercises giving a better return of strength in relation to the amount of time, energy and number of repetitions put in. Recommended reps: 10 warmups/8 warmups/5 warmups/5 warmups/3 warmups/3 warmups.

BENT OVER ROWS: (applies to items 1 and 4) This is a lat building exercise that develops good off the floor power. Bent over rows also build gripping power and help prevent lat injuries caused by deadlifting. Recommended reps: 4x6.

LAT BAR ROWS: (applies to items 1 and 4) These rows are a lat building movement having the same effect as bent over rows. You can handle heavier weight with lat bar rows, though. Recommended reps: 4x6.

DUMBBELL ROWS: (applies to items 1, 2, and 4) This is the best of the rowing movements for helping the deadlift. Dumbbell rows develop good initial pull and off the floor power. Dumbbell rows are useful in the transition part of the deadlift and develop strong gripping power. Recommended reps: 6x8.

PULL DOWNS AND PULL UPS: (applies to items 1 and 4) Both of these are similar in movement and function. These exercises help the initial pull of the deadlift. This exercise is not, however, a very effective power builder because heavy weights cannot be managed in either lift. Recommended reps: 3x8/3x all.

CURLING MOVEMENT: (applies to items 1, 3, and 4) This exercise builds a stronger link between the weight and the body. Strong arms add confidence to a lifter by giving a solid feeling of legs, arms and body being one. Strong biceps enhance the pulling power of your lats. Increased strength in the biceps assists the first and third part of the deadlift pull. The best reason for bicep work is to decrease the possibility of strain to the bicep, or the chance the bicep might tear off the bone during a deadlift. Recommended reps: 6x6 heavy.

GRIP EXERCISE: (applies to item 4) Wrist Extensions, Wrist Roller, Pinch Gripping Barbell Plates, Hand Gripper, Holding Heavy Deadlifts at Lockout for Thirty Seconds.

STIFF LEGGED DEADLIFT: (applies to items 1, 2, 3, 4) This exercise is a tough one to stick out. The reason is probably that they make us deadlift without the aid of our legs. A feeling of frustration builds when the pain and seemingly slow progress are inevitably encountered. The stiff leg deadlift is one of the best deadlift assistance exercises. It works the entire range of the deadlift equally well from powerful starts to positive lockouts. Recommended reps: 10 warmups/8 warmups/6 warmups/6x5.

DEADLIFTS OFF THE BLOCKS: (applies to item 1) This is a tremendous method of improving the start off the floor. Stand on a block that is high enough to bring the top of your feet within an inch and a half of the bar. Do not do stiff leg deadlifts. Perform the regular deadlift and use your regular stance. This is an effective exercise but it is easy to burn out on. Recommended reps: 4x5 once per week.

The number of assistance exercises you use will be determined by your needs and the type you pick. Doing lockouts and complete stop deadlifts at the same time would be too much. Lockouts and a rowing movement could be handled, however.

Carefully evaluate your needs and choose the exercises best suited to your needs.

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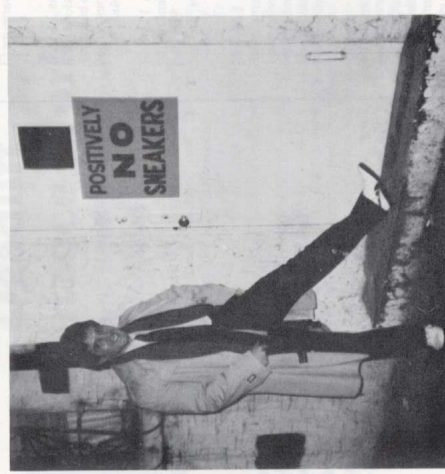
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John Kuc winning the American Drug Free Powerlifting Nationals in Allentown, PA. Gallagher photo.

More From Ken Leistner



Dr. Ken Leistner sneaking around New York. Kathy Tuttle photograph.

Forgive the commercial comments, but many of you may not know that Ernie Franze manufactures the bench suit designed to improve the bench press and deadlift. I first saw Jim Cash in one of these and was quite impressed. Of course, Jim could wear your Mama's old corset and look good doing it, but Ernie's "designer look" outfit really caught my eye. After once again tearing my pec tendon, I decided to give the suit a try, primarily for the extra margin of support I'd get during training, and again, I figured that the sharp look couldn't hurt. You know the old adage; you may not know what you're doing, but it's important to look good, so that everyone isn't aware of that fact. It's proven to be a nice birthday gift, and everyone should be as good to themselves as I was, not as a gimmicky means to improve the bench, because I'm not sure it will, certainly not with everyone, but it definitely adds support and gives one a very tight feel on the bench, and baby, that don't hurt. The confidence factor has got to be worth a few kilos, and when coupled with Pacifico's suggestion to wear a skin tight shirt, the suit could be the answer to your prayers for a boost in total. I haven't even thought about deadlifting in it, but plenty of the top men do, so check this item out, I think you might like it.

Ernie has another product which I like also. I'm not a great booster of protein supplements, believing that most lifters get too much of that macronutrient. However, my schedule rarely allows me to eat more than one meal per day, and my rather strange eating habits often leave me short on protein and other essentials. I like meat but very rarely eat it. I have a strong dislike for fish and can occasionally choke down chicken, but I never look forward to it. I wouldn't recognize lamb or pork if it hit me in the face, and my gastrointestinal tract has no tolerance for soy products. I can usually get my RDA of ice cream and pizza, but fall short on the required protein one needs to get, or remain, big and strong. Through the years, I've depended upon various protein supplements to provide me with necessary protein. Again, I've never used them as a true supplement, but rather, as a source of protein. Ernie spoke to me of his protein product in glowing terms: "Ken, I wanted something that I would enjoy taking, and something that my kids would drink without hesitation. I like to go to the corner store and get a chocolate milkshake, and I wanted something that tasted like a chocolate milkshake. I also wanted it to have the nutrition and protein content of the better products and I wanted it to have the things that I feel have helped me to become a good lifter. I found something that we mix ourselves, and I know you're going to love it. It'll be the best tasting protein you'll taste ever had". Sure Ernie, but got bold by the time I was twenty, there's no doubt that I could stay at 198 or even 181 comfortably, and that I'd lift with much better leverage, but I've managed to keep

My usual schedule has me up at 5AM, at my office seeing patients at 7, and at that hour, you don't find me sitting down to breakfast. I might find a stray banana or apple before 3PM, but not always. Before I found Ernie's protein powder, I most often would not take the time, or have the time between patients to whip something up in the blender. I never take a lunch break and arrive home around 6PM, in time for my one meal of the day. Of course, if there are patients to be seen in the home office, then dinner waits until 9 or 10. As the consummate professional, I would occasionally shove some low fat cottage cheese in my mouth before patient visits (or during patient visits in the case of relatives, friends or those who just don't care), but that late night meal has been by staple for years. When Ray Rigby was visiting, it happened to coincide with a period of time that found me away from the office for days at a time, with family matters needing my attention. Thus, I would wake up late (perhaps 7 or 8AM), sit down to a real breakfast or attend to business or go to the office

for a few hours, return home for lunch, have a pre-workout snack with Ray, lift or run, eat a full sized dinner, and then relax with some ice cream or homemade pound cake. Ray and I continued our conversations late into the night, and if you sit at a table at 1AM with a man who weighs around 300 pounds, you usually do it with food in front of you. I was eating approximately 2-2 1/2 times my usual number of calories per day, every day, for three weeks and I predictably became unable to violate the laws of thermodynamics, and ballooned up to 180 or so, fat and happy, but far too the less. Hell, you gain twenty or more pounds in three weeks and see how much less-than-lean tissue tags alone. I presented the accusations of some of the idiots because they should have known better, but that comes with the territory; if you're at all known in the game and you make any type of progress and/or gain weight quickly, there is talk that the only way possible was via the steroid route, and you know what, that ain't the truth. In either case, to quell the nasty rumors and put the Health Fitness, Brees, 254; Pro-Fairfax, 283; H&B; Rudy's Gym, Joliet, 253; Scott AFB Powerlifting Club, Scott AFB, 276. **Iowa:** Gald's Gym, Iowa City, 312. **Kansas:** Nate's Gym, Manhattan, 30. **Kentucky:** Great Escape, Ashland, 273; Lexington YMCA Iron Dungeon, Lexington, 216. **Louisiana:** C.J.'s Gym, Sulphur, 303; Fox's Health Club, Baton Rouge, 162; Nouveau's Powerlifting and Weightlifting Club, West Lafayette, 37; Roy's Gym, Baton Rouge, 385; Vinton Barbell Club, Vinton, 364. **Maryland:** Bakler's Power Pro Power, Manchester, 239; B.W. Power Supply, Baltimore, 373; Daybreak Barbell Club, Baltimore, 252; Dimdik's Power Team, Oxon Hill, 100; Dynamo Inc., College, 49; Harford Barbell, Harve De Grace, 104; Health Systems Power Team, Mechanicsville, 207; Metro Fitness Inc., Linticum, 203; Fatoverlifter Barbell Club, Fairfax, 68; Potomac Hills Weightlifting Club, Temple Hills, 132; U.S. Naval Academy, Annapolis, 160. **Massachusetts:** New England Women's Gym, Cambridge, 76. **Michigan:** Abion Barbell Club, Albion, 136; Fabiano Bros. Busweller Team, Mt. Pleasant, 292; Flint YMCA Weightlifting Club, Flint, 182; Hercules Gym, Madison Heights, 327; Iron Rulers Barbell Club, Dearborn, 362; Millington High School Powerlifting Club, Millington, 387; Old Town Gym, Saginaw, 359; Power Fit, Flint, 179; Swartz Creek High School Powerlifting Club, Swartz Creek, 509. **Minnesota:** Talk of The Town, Minneapolis, 246. **Mississippi:** Mississippi Iron Men - St. Andrews P/L, Pascagoula, 126. **Missouri:** D.J.'s Athletic Club, Kansas City, 379; Lakeside Powerlifting Club, Lakeside St. Louis, 2; Mac's Gym, Fenton, 202; Physique World, Dellwood, 381. **Nebraska:** Drapal's Power Team,

representing you and your sport. I would also like to extend my best wishes to all of the women who will be representing us at the World Championships in Los Angeles, and ask that all lifters, male and female, get behind them and let them know that you are proud of their efforts in representing you and your sport.

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1984 U.S.P.F. CLUB REGISTRATION ROSTER

- (State, Club Name)
- Alabama:** L.S. Powerlifting Team, Dothan, 377; Wright Powerlifting, Jasper, 190. **Alaska:** Teamster Powerlifting Club, Fairbanks, 372. **Arizona:** El Dorado Barbell Club, El Dorado, 64; La Spa Power Club, El Dorado, 387; More Than Conquerers Powerlifting Club, Casa Grande, 348. **California:** Muscle Mart, San Fremont, 77. **Colorado:** All American Gym, Lakeland, 191; Orlando Powerlifting Team, Orlando, 350; Pensacola YMCA Powerlifting Team, Pensacola, 131; Powerlifting of Tampa Inc., Tampa, 343; Suncoast Gym, Tampa, 133. **Indiana:** Norm's Power Emporium, Whiting, 349; River City Powerlifting Club, New Albany, 47; The Pit Barbell Club, Evansville, 4. **Illinois:** 30-B&W, for Chicago, 157; Central Illinois Weightlifting Gym, Peoria, 41; East Moline Cor. Fitness Corporation, Joliet, 351; Franz Gym, Aurora, 283; H&B Health Fitness, Brees, 254; Pro-Fairfax, 283; Rudy's Gym, Joliet, 253; Scott AFB Powerlifting Club, Scott AFB, 276. **Iowa:** Gald's Gym, Iowa City, 312. **Kansas:** Nate's Gym, Manhattan, 30. **Kentucky:** Great Escape, Ashland, 273; Lexington YMCA Iron Dungeon, Lexington, 216. **Louisiana:** C.J.'s Gym, Sulphur, 303; Fox's Health Club, Baton Rouge, 162; Nouveau's Powerlifting and Weightlifting Club, West Lafayette, 37; Roy's Gym, Baton Rouge, 385; Vinton Barbell Club, Vinton, 364. **Maryland:** Bakler's Power Pro Power, Manchester, 239; B.W. Power Supply, Baltimore, 373; Daybreak Barbell Club, Baltimore, 252; Dimdik's Power Team, Oxon Hill, 100; Dynamo Inc., College, 49; Harford Barbell, Harve De Grace, 104; Health Systems Power Team, Mechanicsville, 207; Metro Fitness Inc., Linticum, 203; Fatoverlifter Barbell Club, Fairfax, 68; Potomac Hills Weightlifting Club, Temple Hills, 132; U.S. Naval Academy, Annapolis, 160. **Massachusetts:** New England Women's Gym, Cambridge, 76. **Michigan:** Abion Barbell Club, Albion, 136; Fabiano Bros. Busweller Team, Mt. Pleasant, 292; Flint YMCA Weightlifting Club, Flint, 182; Hercules Gym, Madison Heights, 327; Iron Rulers Barbell Club, Dearborn, 362; Millington High School Powerlifting Club, Millington, 387; Old Town Gym, Saginaw, 359; Power Fit, Flint, 179; Swartz Creek High School Powerlifting Club, Swartz Creek, 509. **Minnesota:** Talk of The Town, Minneapolis, 246. **Mississippi:** Mississippi Iron Men - St. Andrews P/L, Pascagoula, 126. **Missouri:** D.J.'s Athletic Club, Kansas City, 379; Lakeside Powerlifting Club, Lakeside St. Louis, 2; Mac's Gym, Fenton, 202; Physique World, Dellwood, 381. **Nebraska:** Drapal's Power Team,

Official Trainers for the 1984 Senior National Powerlifting Championships in Dayton, Ohio on July 7th and 8th, are Mr. Bob Gray and Mr. Gary Sutton of Kolczun and Kolczun Orthopaedic Associates of Loraine, Ohio.

IPF Solicits World Championship Bid. International Powerlifting Federation Secretary Arnold Bostrom has indicated in a letter of Feb. 19, 1984 that the 1985 Women's World Championships will not take place in London, England as the IPF participation at World Games 2 will be reduced. Any bid for the 1985 Women's Worlds should be sent to Arnold Bostrom, P.O. Box 6007, 126 06 Hagersten, SWEDEN as soon as possible.

United States Powerlifting Federation Classification Awards Application

CLASS 114 123 132 148 165 181 198 220 242 275 SHW
 Elite 1064 1157 1246 1394 1527 1642 1731 1824 1890 1946 2033
 Master 911 1064 1146 1250 1400 1505 1593 1675 1736 1860 1857
 Class I 682 935 1025 1129 1257 1350 1422 1505 1554 1598 1670
 Class II 672 733 788 887 965 1036 1097 1157 1199 1229 1279
 Class IV 590 639 669 772 838 904 953 1003 1047 1075 1119

TEENAGE MEN'S CLASSIFICATION STANDARDS
CLASS 114 123 132 148 165 181 198 220 242 275 SHW
 Elite 1014 1097 1180 1323 1450 1549 1637 1731 1786 1841 1918
 Master 910 987 1064 1191 1301 1395 1477 1554 1610 1654 1725
 Class I 799 866 932 1042 1147 1224 1295 1367 1411 1455 1510
 Class II 678 733 794 882 970 1036 1097 1158 1196 1235 1284
 Class III 546 595 640 711 783 838 882 932 965 992 1036
 Class IV 408 441 474 529 579 618 656 689 717 733 766

WOMEN'S POWERLIFTING CLASSIFICATION STANDARDS
Class 97 105 114 123 132 148 165 181 198 198+
 Elite 639 683 733 782 827 909 981 1053 1130 1190
 Master 578 623 667 711 749 827 893 959 1025 1080
 Class I 518 562 601 639 672 744 805 865 920 970
 Class II 463 496 535 568 601 661 716 766 821 865
 Class III 402 435 468 496 524 579 623 672 716 765
 Class IV 347 375 402 424 452 496 535 573 617 650

AWARD: Classification patch and/or certificate (Elite only) to athletes who equal or exceed the totals listed in the tables above for the respective body weight classes.
 All totals must be made in a U.S.P.F. Sanctioned Powerlifting Contest. Application must be signed by the State Chairman or the Regional Chairman or the Chief Official of the meet. The Meet Director's signature will not be accepted.
 Master and Elite award applications require the signatures of at least one certified national or international referee present for the judging.
TO APPLY: Enclose with your completed application five dollars for each patch desired, and a stamped, self-addressed envelope (4 1/2 x 9 1/2). Make checks and money orders payable to: U.S.P.F. Send to United States Powerlifting Federation, P.O. Box 18485, Pensacola, Florida 32523. (Classification Tabs (Elite, Master, etc.) are available for \$3.00 each). Patches will be sent directly to the athlete unless otherwise requested.

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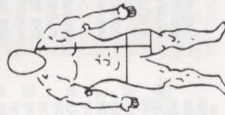
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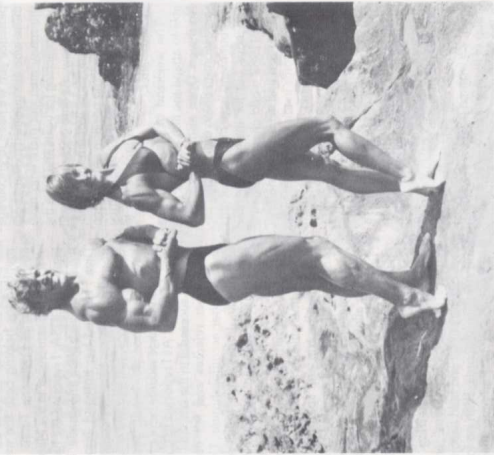
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TRAINING

Bench Press Forum by Jeff Everson



Jeff Everson & Cory Kneuer-Everson are 2 of the interviewees in this article.

Best Competition Bench Press
Dr. Fred Hatfield: 501 at 220 lbs.
Robert Kincaid: ... 545 at 242 lbs.
Billie Barwick: ... 550 at 295 lbs.
Dan Young: ... 520 at 242 lbs.
Jeff Everson: ... 520 at 260 lbs.
Cory Kneuer: ... 190 at 140 lbs.
Pam Jacobson: ... 170 at 128 lbs.

PL USA: Over the years in your involvement with bench pressing what set and rep system have you your best success with?

Fred Hatfield: 5 sets of 5. In the off-season I do sets of 8. Eight to ten weeks before a contest I switch to sets of 5. Every third session I will do a heavy double.

Robert Kincaid: 4 sets of 3 on Mondays all pauses and 2 doubles and 2 singles on Thursday using 20 lb. progressions. An example is 400x2, 420x2, 440x1 and 460x1. During the off-season I do 4 sets of 6-10 with 350 lbs. one day per week. The other day I just do shoulders and triceps.

Dan Young: 6 sets of 2 to 5 reps has worked best for me. Heavy benches on Fridays and light benches and heavy inclines on Mondays.

Bill Barwick: I always got good results from sets of 5 one day and sets of 3 pauses the other day. Remember it takes longer for a big man to recover between workouts.

Jeff Everson: Sets of 5 touch and go the 1st session, sets of 3 pauses 2nd workout, both days 4 to 5 sets. I bench every 5th day also doing 2 to 3 high rep down sets.

Cory Kneuer: I use a staggered pyramid system such as 1x10, 1x7, 1x5, 1x3, single and then 3-4 down sets. Every set is as heavy as I can go.

Pam Jacobson: Sets of 12, 10, 8, 6, 4 and possibly 2 if I feel strong. Sometimes I do a variation of 4 sets of 6-10. I always do 1 to 2 down sets of high reps.

PL USA: What about cycling? What has worked well there?

Fred Hatfield: At 12 weeks I am doing 8 reps in the bench and dumbbell benches sets of 5. At 6 weeks I am at 5 sets of 5 in the bench and at 5 weeks I am doing the 5s but also sets of 3 too. I never do less than a triple in training or very seldom.

Bob Kincaid: I just do what I said in answer to your first question and gradually handle heavier weights.

the best assistance exercises for the bench and how do you use them in terms of reps and sets?

Fred Hatfield: Flat bench dumbbell presses for sets of 5 to 8, always down on the same day that I bench.

Bob Kincaid: Dumbbell benches for 4x8 as heavy as possible and the tricep pullover and press with the EZ curl.

Bill Barwick: I like tricep pushdowns, weighted dips and dumbbell presses on flat bench, all anywhere from 5 to 10 reps.

Dan Young: Lying tricep extensions on the flat bench. Incline with the bar. I do 5 work sets for 5 to 10 reps.

Jeff Everson: Heavy flat dumbbell bench presses, 3-4 sets for 8-12 reps. I have tried had been a waste. I have tried had been a waste.

Cory Kneuer: Slow, technique oriented bench presses.

Pam Jacobson: Tricep push-downs, wide grip benches. However I am not really a fan of the assistance work helps at all other than in preventing injury.

PL USA: What is the single greatest factor in becoming a great bench presser?

Fred Hatfield: You can not lack up a car in the sand can you? This is because you do not have a base. Build up a base. And genetic structure matters too.

Bob Kincaid: Natural genetic strength in the upper body tendons and ligaments.

Dan Young: Concentration on technique.

Bill Barwick: Years of laborous effort, mental concentration and bodyweight. The bigger you are, the more weight you will bench.

Jeff Everson: Excellent scapular and low back flexibility combined with the know how to keep the arms retracted at all times into the shoulder socket. Benching with the elbows out after the first 15 degrees of motion like Bradley and MacDonald. Years of effort and genetics.

Cory Kneuer: Keeping free from injuries. Personally I have never been able to go for the big one because my shoulders are always screwed up.

Pam Jacobson: Sufficient rest following a session, consistency over a long time span. Drilling on technique, squeezing everything you can from your body.

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Women's Corner

Hello Ladies and Gents:

It also seems that this past month has brought more requests than ever from women all across America who are in need of a place to train and someone to train with. It has brought to light the need for more and more competent coaches. Although there are very few women with the experience yet, we need to encourage those who are qualified to learn from the many men out there who have been coaching for years and have the know how. As time goes on, we will have many more women moving in to the coaching position and by then they will have the experience necessary to pass on those skills to the new lifter.

The weekend of March 31 was able to attend the fifth annual Pacific Northwest Open and see not only some women doing outstanding lifting, but many new high school girls and boys out for the meet. Angie Ross (1982 world champion) had a terrific meet and set several unofficial world records in the 165 lb class. The best of all was her 475 lb squat which looked picture perfect and easy to boot. Second place finisher at the 1982 and 1983 nationals in the 114s, Carol Patterson, is now a svelte 105 pounder and seemed to be adjusting to the big weight loss quite well. Although she felt her lifting suffered at first, she feels that she will be able to compete with the best soon. 25 women is by far the largest group of female lifters ever at a meet in the Northwest and Jeff Magruder did a fine job for the ladies. As I watched the eight girls from The Olympic Peninsula High School training and struggling and above all, never giving up, I realized that my future competitors were probably right there under my nose. After that thought, I sat up and took notice. It was nice to see a dedicated PE teacher and coach make the six hour drive with these kids just so they could compete and of course, cheer them on as if they were their own kids. Once the meet was over, and the girls and boys were both through, they loaded back up for the long drive home, some with trophies and some without. I have a feeling that, to the big guys and gals. Everyone that I spoke to was determined to come back next year and do even better. Along with the teenage lifters present at the meet was a young fellow from Wyoming, who had come all that way to set a teenage bench press record for the 18-19 age category with a whopping 530 lbs! As I watched that take place, it hit home as to how far we have come in just the past five years.

Also in last month's mail was a letter from Dr. Billy Jack Tallon of Louisiana Tech. After hearing of some of the programs he is trying to implement down there, I believe what he is doing is a very important part of our lifting future. Among some of his goals is to see powerlifting in NCAA sport. If you stop and think

about what that would mean to all of this sport, it is tremendous. Not only would that make scholarships available to up and coming high school powerlifters, but it would signify to the rest of the athletic world that we are indeed a sport to be taken seriously. It would give to all of our younger lifters new goals, and possibly give our talented strong knees another choice besides football or track and field. From what I can tell Dr. Tallon has taken his program a long way, and he is to be commended for helping both the men and women at Louisiana Tech. If you will remember in the March issue of PL USA, I reported the hard work and very long trip made by Diva Hart and her husband James from their military base in Panama Central America, just so Diva could have a chance to break some new American teenage records before her 20th birthday. As I reported to you she was very successful in the lifts, had all the set, referees and felt very fortunate. James wrote to tell me that Diva's records had been denied due to the fact that she was not an American citizen. Seems they had asked some officials about this prior to making the trip and spending in excess of \$1,600 and were told that since James was an American, Diva would be allowed to set the records. Needless to say, they were both upset and have since written to Dr. Coffey to ask that the agenda in Dayton hold an item referring to the eligibility to set and hold national and American records. With no formal federation in Panama, there seems to be no way for her or any other Panamanian to have a record of any kind unless they can qualify to go to the World Championships with Diva and James moving to the States for good. In August, they feel that unless this is changed in our constitution, her lifting may be as well as over. I do hope the USPF can find a way to work this out as I am sure there must be many other men and women in this country in the same predicament.

On the note of the military and its powerlifters, Dusy Caldwell and his wife Monkeke are trying to compile a list of all inter-service women lifters. They would like for you to contact them at Box 83, APO NY 09293. Please send them both your weight class, service division, and your best lifts if possible.

Since I started this month's column, I have since talked with Mike Lambert and learned that the Executive Committee has voted that all winners at the Women's Nationals WILL be the representatives to the World Championships, and the coaches are Doyle Kennedy, head coach, and Ernie Francis as assistant. Next month, I will try to add you as to the progress that the World team is making and what is going on in the other countries expected to be present in Santa Monica. Till then, keep working it all hard!

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'Consumer Guide' for selecting free weight or machine exercises

Part I

This seems to be an obvious point, but one which I'm afraid is often lost on many people (especially novice lifters, the general public, etc.) In my article of last month in *PL USA*, I mentioned the general public's lack of knowledge of the biomechanics of free weights and machine exercises, the more I realize how little it takes to make an exercise 'different'. As I have stated before, the technique that you use during an exercise is not only 'crucial' to whether you can complete the lift with a heavy weight or not...but it also dramatically affects how the body is involved (which muscles, the load on the body, etc.). In other words, moving your grip out while doing the bench press has a profoundly different effect on the body, just as doing leg extensions on a Nautilus machine differs from doing leg extensions on a conventional machine.

We are in an age now where exercise, especially resistive exercise (both free weights and machine) is very big business and quickly getting even bigger. We are blitzed daily by the media with the diverse claims and advertising pizzazz of various exercise equipment, companies, etc. However, the claims made in advertising and popular magazine articles, books, etc. are often greatly exaggerated or untrue and usually can't be supported by objective, independently obtained research. Unfortunately, in general the machine advocates usually also have a financial interest in the particular equipment company, gym, etc. that they are promoting. Even more upsetting is that even some academically well trained individuals, such as medical doctors and physiologists will often support a free weight machine with little or no practical experience in weight training or any research evidence to support the advantage of the particular machine/concept. It's no wonder that the general public and even many powerlifters are so confused about how to weight train!

Since most of the money to be made in resistive exercise probably lies in machines/gadgets, the advertising, etc. that we see typically originates from such equipment companies. This has resulted in a very one sided situation over the years; those who advocate major training emphasis on free weights typically have nothing to sell and certainly little money to advertise the benefits of free weight training to others. I'd like to join Dr. John Garhammer (Ref 1) in crediting a few of the individuals who, along with him, have long spoken up for the benefits of free weight training. These individuals include people like Dr. Pat O'Shea, Bill Starr, Mike Stone and no doubt many others have stood up over the years for the practical and research based benefits of free weight exercise. It's reassuring that there are still some people around who will not compromise the principles of truth for

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the Biomechanics of Powerlifting

by Tom McLaughlin, PhD, Auburn University, AL

Parts of this month's article are adapted from Dr. McLaughlin's comprehensive new book "BENCH PRESS MORE NOW! Breakthroughs in Biomechanics and Training Methods". Based on his years of research on the bench press, it retails for \$12.00 plus \$2.00 postage and handling. Dr. Tom McLaughlin, Post Office Box 507, Auburn, Alabama 36830. Also, Dr. McLaughlin still offers reprints of his previous articles in *PL USA*, covering techniques on all three lifts, abdominal, low back, and shoulder training. Send check or money order for \$5 plus \$1 handling to Tom McLaughlin, PhD, Box 507, Auburn, Alabama 36830.

tion. As we each uniquely apply varying force levels in any exercise (as in moves to a different leverage position), the free bar 'accommodates' and is proportionately accelerated. Consequently, isokinetic (or constant speed) training is not desirable for training (although satisfactory for testing purposes) since that we don't have all the answers yet. They're just not there. There is no question, however, that research in biomechanics and physiology is quickly gathering information towards resolving the fundamental and practical questions concerning weight training. Without question, eventual research will provide the answers that we all seek. Let's look at what we can do right now.

Of the many articles written about proper weight training (especially regarding machines versus free weights), few have been written objectively and based primarily on recorded research and empirical problems associated with the given machine's design.

(3) Counter movements - These are important (see my article in *PL USA* on elastic energy, 12/83) in sports and powerlifting. When the muscles and connective tissue are forcefully stretched, there is storage of elastic energy in the tissues which can be used in a quickly following concentric contraction. For example, this is why pauses in the bench press are so hard compared to using slight touch and go or bounce and the same holds for squats, jumps, etc. The counter movement effect is important to train in order to condition the body for competitive squats, etc. Unfortunately, when you train on an isokinetic machine there is no counter movement effect and when weight stack hit the supports on many other machines this effect is also reduced or eliminated. Free weight training permits the development of this attribute of our connective tissues and thus helps better prepare us for the high loads and rapid loading typical of the sport in lifting competition.

(5) Rehabilitation - using machines typically reduces the degrees of freedom of motion involved. In other words, if you look at a free weight exercise versus a machine exercise (let's say a shoulder pressing motion) the free weight exercise requires involvement by muscle and ligaments in more directions, either to stabilize

you get many different effects depending on the technique used. Just as the 'mullers' in any local gym today. For example, you can probably identify dozens of different bench presses one could do (to vary speed and path of the bar, ranges of movement, etc.). How you do a given exercise, like the bench press, is thus important. I know in order to get the best results from training we need to get away from controversy about exercises or machines and get to developing a better understanding of what each exercise does to the body.

With this in mind, the more 'diplomatic' approach that I propose we should take is that all exercises should be viewed simply as being 'different', with these differences between exercises being studied and recorded. A consumer guide, if you will, is called for in this area. Just as a list of features and specifications, so, too, should exercises.

I propose then that we develop a 'profile' of each exercise with biomechanical and to some extent physiological features identified. Obviously this is something that is no easy task, but I believe it can nevertheless be done over time. In thinking about this I have come up with an approximation of how such a profile of an exercise might look. For example:

1. Description of exercise - this should include specific techniques, whether exercise is performed with free weights or a certain machine, etc.

2. External torque patterns and magnitude - For example, this would include information about whether the greatest external torque (or resistance) is greatest, let's say, in the last 15 degrees of a leg extension on a given machine, and then it drops off to 30 percent by full extension, etc.

3. Joint force patterns - for example, to compressive forces of certain press or rather subjected to more of a shearing force as in perhaps a triceps extension, etc.

4. The number and which muscles are involved - self explanatory.

5. The roles of muscles involved - this includes, for example, where the muscles are involved in stabilizing a joint, or in accelerating or decelerating a limb, etc.

6. Approximate level of involvement of muscles for each muscle, for example, an estimate of the typical force generated as a percentage of the maximum isometric level, etc.

7. Effects of body size and geometry

EXERCISE PROFILE

Well, enough for now. Best wishes for continued success in your lifting. By the way, have you ever tried rapid stiff legged knee bends? A friend of mine, Bill Curry Sr., swears by them for great gains.

Reference 1: Garhammer, J. G., *Equipment Strength and Power*, National Athletic Strength and Conditioning Assoc. Journal, Vol. 3, No. 6, 1981.

Reference 2: Stone, M. H., *Considerations in Gaining of Strength/Power training of National Strength and Conditioning Assoc.*

Reference 3: Stone, M. H., Garhammer, J. G., *Some Thoughts on Strength and Power*, National Strength and Conditioning Assoc. Journal, Vol. 3, No. 6, 1981.

Reference 4: McLaughlin, T. N., *Strength Building with Free Weights*, World Scientific Publishing Co., 1980.

Reference 5: McLaughlin, T. N., Heuser, W., Cople, G., and Barreda, R., *Scientific Basis of Free Weights Training*, *Strength Techniques*, 1980, Vol. 17, #25.

Reference 6: McLaughlin, T. N., *In Defense of Free Weights Everywhere*, *World Strength Coach*, American Strength Coach Assoc., 1981.

Reference 7: McLaughlin, T. N., Madson, N., McCLOUD, W., *Biomechanical Analysis of Free Weights*, *Strength Techniques*, a published research report, *Strength Coach*, 1983.

the IPF has announced that 3 lifters from the Worlds in Sweden and one from the Junior Worlds have been found to be positive and are suspended from international competition records for 18 months. From the World Championships, a suspension of life includes E. Paas (Netherlands), S. Kivi (Sweden), and J. Gamble (USA). From the Junior Worlds meet the suspended lifter is A. Lindgren (Sweden). The meet results have been altered accordingly, making Steve Wilson the winner at 242 and Lars Norten the winner at 275 in the World Championships.

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Obviously, I could go on and on with the number of items to be included in this 'profile' list of the features of a given exercise. Even stopping here, I have pointed out we help both our sport and weight training in general to progress. No longer should beginning powerlifters have to blindly try 'pet' exercises of some of our top lifters, etc., that may, in fact, be inappropriate movements. With this support, machinery assisted exercises could finally be objectively rated as to what specific advantages/disadvantages they offer compared to another similar free weight or machine motion. Just imagine if we had such a definitive consumer guide of exercises available today! Believe it or not, this futuristic situation is probably not as far off as you might think. Research which I am currently working on is gradually developing enough information to make such exercise profiles possible in a future article and will also be talking about even a more important question. That is, how should the body be trained ultimately. If we know this, then selecting the right exercises from our consumer guide 'list of exercise profiles would be a snap. Further, wouldn't it be nice if machines were designed not at the whim of the inventor, but rather based on research indicating how the body should be loaded for optimal results.

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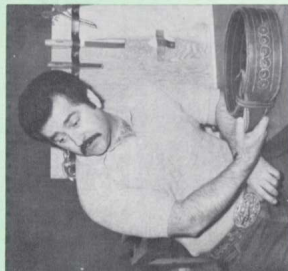
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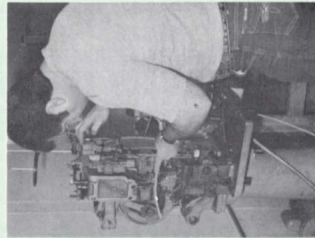
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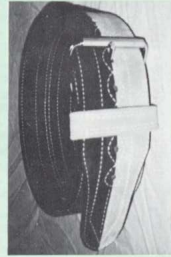
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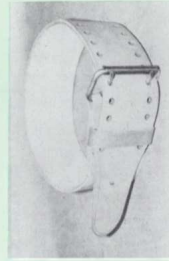
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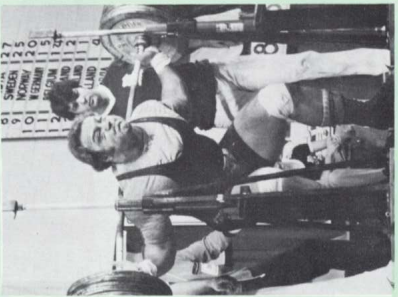
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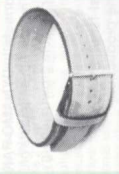
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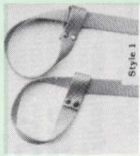
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500 mg. RAW ADRENAL SUBSTANCE				
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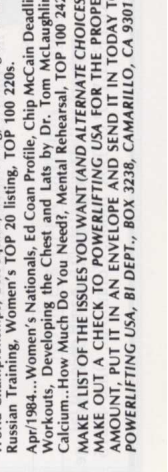
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Tables listing Teenage Championships and 1979 Sr. National results for various lifts like BP, SQ, and DL.

record in the BP, 383 and a total record of 1168 lbs. Billy Elmore won the Supers setting some PRs on the way...

Princeton team, tied for 2nd and beat out the 3rd place finisher Doug Hicks on bodyweight. In the 132s, Dewaine Adams was perfect in his form...

Ontario Championships
3 Mar 84 - Ontario, Oregon
Women: K. Trent 145, 95, 240, 485; H. Krotts 155, 95, 235, 475; etc.



Teenage Bench Press Phenom Sean Byrd, ready for his record attempt. Photo courtesy of Vince White.

Question & Answer

This month, training questions are answered again by Roger Espartero, 1979 Sr. National Champion and World Record breaker in the 198 lb class. If you have a training question, send it to QUESTION & ANSWER, 1413 Holgate Dr., Anaheim, CA 92802

There are so many opinions on cycles that a young lifter can become confused very easily. Personally I don't like the word cycle because it implies that my training is going around in circles and if you apply some people's advice on cycling you'll end up going around in circles. Today almost every major powerlifter uses the term cycle and even people who are into sports research believe that term.

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.

Powerlifting USA BACK ISSUES
Dec/1981...1981 World Championship report, Clyde Wright Profile, World Master Championship report, Top 100 Lightweight (148 lbs.), etc.

South Louisiana's Open Bench Press
12/20/83 - Covington, Louisiana
TEAM RESULTS: Jim Lewis, David Vandenberg, Peter King, etc.

Midwestern Open Bench Press
2/25/84 - Northwestern Univ
Women's results: Belcaro 210, VanVeghen 210, Lary Danaher 210, etc.

Dear Roger: I have been and heard building for 2 years now and made terrific gains. My partner and I have been thinking about training exclusively for power. In the primary lifts we do triple reps one day and singles the next. Can you please give me a day by day training program I can follow, consisting of the primary and secondary exercises.

Dear Roger: Should a lifter cycle the three power lifts in training to get stronger or lift heavy all the time to make gains? Chris Antisterdis and paid the expense to travel to the Special Thanks to Mr. Chas Hoeller, the tapper... Jim Lewis, David Vandenberg, Peter King, etc.

Dear Roger: I have been and heard building for 2 years now and made terrific gains. My partner and I have been thinking about training exclusively for power. In the primary lifts we do triple reps one day and singles the next. Can you please give me a day by day training program I can follow, consisting of the primary and secondary exercises.

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Wayne High School Contest
12/84 - Dayton, OH

Table with columns for name, weight, and performance metrics. Includes entries like Mark Wheeler, Doug Mills, and Greg Hynson.

When You Change Your Mailing Address

THE LORD IS MY STRENGTH. Includes illustration of a muscular man and details about the T-shirt, such as material and pricing.

Waterville Championships
3/11/84 - Waterville, Maine

Table listing athletes and their performance in the Waterville Championships. Includes names like Doug Kokovic and Eric Lester.

Mississippi Invitational
(ADFA sanctioned) 2/18/84

Table listing athletes and their performance in the Mississippi Invitational. Includes names like V. Hunsler and A. Hill.

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L-ORNITHINE L-ARGININE. Includes an image of a man lifting weights.

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Women's Drug Free Championships and ADFA Teenage Nationals. Meet Directors: Pat Malone, Pauline Hoehn, Scott Gerard.

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AMERICAN DRUG FREE POWERLIFTING ASSOCIATION INC. Includes information about the organization and its goals.

THE GOOD NEWS SHIRT SHOP

RL #7 BOX 612-A Reidsville, NC 27320. Includes ordering information and contact details.

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Women's Drug Free Championships and ADFA Teenage Nationals. Meet Directors: Pat Malone, Pauline Hoehn, Scott Gerard.

ADFA

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION INC. Includes information about the organization and its goals.

Ohio State Championships

Table with columns: SENIOR DIVISION, SQ, BP, DL, Total. Lists names and scores for various weight classes.



Ohio State Champ... in the 242 lb. class for 1984... is massive Dave Jacoby, in a Power Photo by Koplun shot with his 760 deadlift at the contest.

Table with columns: SENIOR DIVISION, SQ, BP, DL, Total. Lists names and scores for various weight classes.

State meet record... 'Once again the Ohio State Jr and Sr Pl. Champions...'

make this as close to a null level contest as possible... Thanks to Russ Iona and Rick Mussey for announcing and to Buddy Rogers and Pepper...

Boomer Classic Jan/84 - Normann, Ok (kilos) ... OPEN DIVISION ... R. Robinson ... T. Clark

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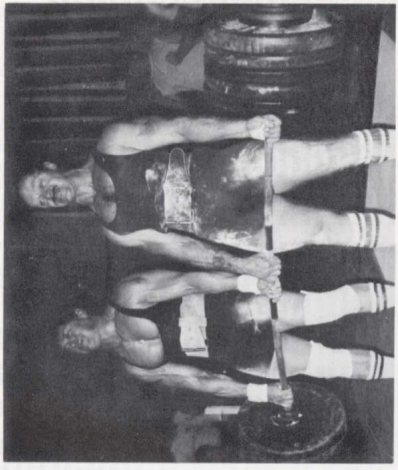
Omission from the Women's TOP 20 list were the lifts of Terry Rouviere at the AMA Championships. Her bench of 165 and deadlift of 350, were made as a 123 pounder. She is trained by World Champ Jack Welch.

Big Mac is Back! Mike MacDonald, coming back from a tough triceps tear, made a 560 BP at 220 in a recent contest and almost had 580 up!

**Keystone Classic Open
Butler, PA 21 Jan 84**

114	Mark McMurray	445	380	585	1250
	Jeff Shock	500	285	425	1500
	John Velnick	390	260	400	1050
	Tony Zarella	340	260	420	1020
	Mike Carbone	410	145	385	940
	181				
	Mark Finlayson	520	305	535	1360
	Scott Shafran	440	280	500	1220
123	130				
	Mike Depala	425	270	450	1145
	135				
	Paul Follz	325	250	450	1025
	198				
	Joe Valchinie	545	330	570	1445
	155				
	Tom Wojcik	400	310	525	1240
	150				
	Mark Zimrich	530	325	565	1415
	420				
	1165				
	450				
	285				
	405				
	1015				
	450				
	360				
	525				
	1240				
	425				
	455				
	335				
	1125				
	410				
	242				
	160				
	425				
	1530				
	550				
	34				
	1265				
	515				
	280				
	470				
	1265				

Keystone Meet Highlights included this Masters Two Man Deadlift of 1100 pounds by Butch Frye and Bill Purvis, with a combined bodyweight of 380 1/2.



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	with Rose Hips - time released \$10
	BEV C 1000 mg Vitamin C (with B-Vitamins) \$10
	with Rose Hips & Biotin \$12
	VIT E 400 IU Vitamin E (with B-Vitamins) \$12
	400 IU Vitamin E (with B-Vitamins) \$8
	MEGA-MIN High Potency Minerals \$8
	High Potency Minerals
	LIVER-YEAST SUPPLEMENTS
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	ULTRA 25 25 grams, 500 tablets \$21
	ULTRA 15 15 grams, 500 tablets \$19
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WOMEN		
114	A. Urban	410
123	S. Drum	395
	C. Mosha	385
	D. Dixon	380
	MEN	
114	H. Friedler	435
	R. Schwartz	425
	C. Goldsmith	400
	D. Marrison	390
	P. Nemeth	390
	G. Gaunt	390
123	E. Robinson-BL	510*
	M. Ferrera	315*
	S. Meyer	240
	J. Boyer	240
	Doug Denham	475
	B. White	410
	C. Sarnowski	410
	D. Castellano	405
	M. White	170
	K. Robertson	275
	F. Franks	270
	B. Echevarria	230
	C. Vargas	215
	J. Torres	385
	T. Conyers	360
	C. Harting	360
	D. Johnson	320
	D. M. Byers	345
	J. Connors	295
	E. Brodrick	430
	D. Leveque	435
165	Brian Grant	380
	NHW Bench	450
	Dan Berry	365
	Tom Harrier	445
	Rich Brewer	340
	C. Womack	430
	David Coleman	390
	Rick Weir-Bl	325
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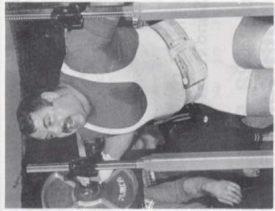
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Big Psyche as Doc Kreis made a heft... P.R. squat at the Tennessee State meet. Photo by Glenn Gregory, provided to PL USA by Chuck Braxton.

Tennessee State Championships and Bench Meet

2/17-18/84 - Nashville, TN (Bench & total only, kilos)

Table with columns: Name, SQ, BP, DL, Total. Lists winners in various weight classes.

Eastern States Novice 12/17/83 - Whitman, Ma

WOMEN

Table with columns: Name, SQ, BP, DL, Total. Lists winners in various weight classes.

MEN

Table with columns: Name, SQ, BP, DL, Total. Lists winners in various weight classes.

the Tri-County YMCA New England Open Bench Press Championships

Sunday, June 17th, 1984 beginning at 1:00 PM

43 Everett Street Southbridge, Massachusetts 01550 phone: 617-765-5466

Lifts to be contested: Bench Press, 3 attempts

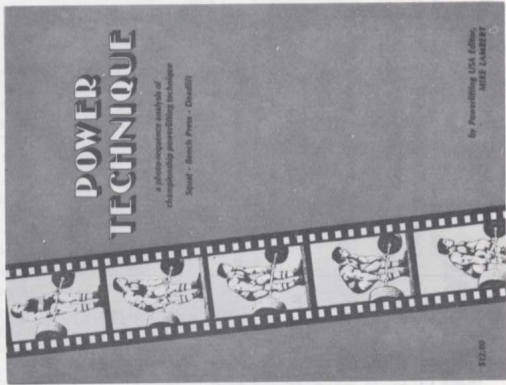
Winner determined by amount of weight lifted over bodyweight.

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Cost: \$10 before June 15th. Late Fee \$14 after the 15th.

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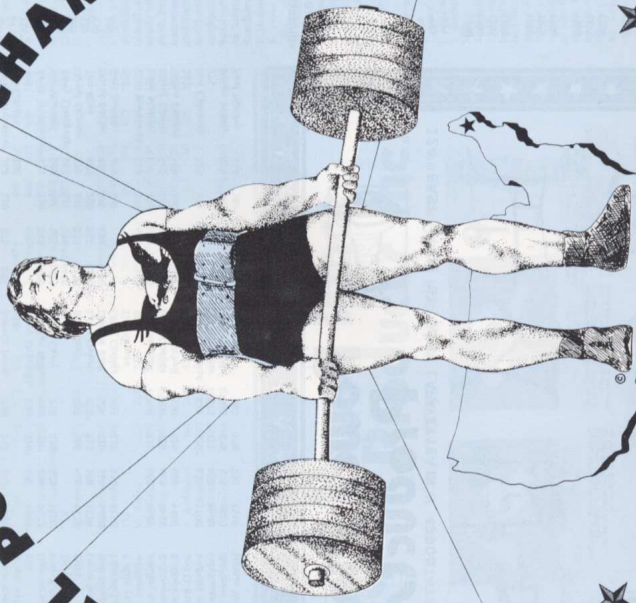
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With high speed, motor driven photography we stop the action on big lifts, allowing you to study form and position as the lifts progress from point to point. Not only will this book reveal to you the secrets of record-breaking lifting technique, it is also a photographic document of some of the greatest lifts and lifters who have ever stood on the platform, both men and women, and in all three lifts! TO ORDER...send a check or money order for \$12.00 (US currency) payable to Powerlifting USA, Post Office Box 3238, Camarillo, California 93011.

(California resident add \$2.72 sales tax per book ordered)

Large table listing names and associated numbers for the Powerlifting USA event.

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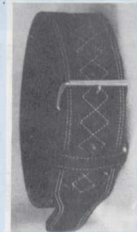
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★ WHO'S WHO IN POWERLIFTING ★

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



Mike Moore (right), owner of Mike's Gym in Seaside, CA on the Mendocino Peninsula, is one of the better 275 pound lifters in Northern California. On the left is Rosario Marinello, manager of the 1981 Teenage Nationals, and won the 1982 Teenage Nationals at 181. Photo supplied by Bill Starr.



The Iowa State University Women's Powerlifting Team consists of from left to right Lyn Cottin, Ms. Rhonda Staley, Ms. Alice Crawford, and Ms. Melanie Schmidt; seen here on the hood of a cooperative Corvette. Not in the picture is Sue Blackkai, a 132 lb. class novice lifter. The team is coached by Harry Meyer, who is Captain of the Iowa State University Powerlifting Team. The team consists of a broad range of competitors. Rhonda competes in the 105 lb. class and has achieved Masters classification. Alice lifts at 114 lbs. and is a Class IV lifter. Melanie is a Class IV lifter at 123 lbs., and Lyn is a novice considered to have great potential. They advocate non drug use in Powerlifting. Photo courtesy of Harry Meyer.



Philip Hammond's parents, Don and Sharon both work out, and when they took him to the gym with them, they noticed that he played like he was lifting too. They made up an makeshift barbell from a broom handle, and he's been doing deadlifts and squats with it since he was one year old. Photo and information by Don Hammond.

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- 1983 Womens Teenage Nationals
- 1983 North Americans
- 1983 Hawaii Invitational

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W&W Gym Bench press Feb 1984 - Canton, GA

New Haven Championships 2/19/84 - Hamden, CT

Bench Press & Deadlift contest 2/25/84 - Norristown, Pa

Table with columns for Name, SQ, BP, DL, Total. Lists athletes and their performance in bench press, deadlift, and total weight.

WOMEN'S COLLEGIATE... Susan Gerhardt 205 120 230 550w... Greg McAllister 260 135 340 735...

82.5kg... 255 145 260 660... Jeff Prying 227.5 145 255 627.5... Mark Richards 190 132 250 572.5...

Barbarian Open 2/4-5/84 - Bellville, NY (kilos) MASTERS 35-39... Rocco Damiano 155 80 185 430...

Western N. Carolina Open 9-10 Dec 83 - Canton, NC... 114... Joanne Erabebe 215 80 170 410...

Indiana State championships 2/25/84 - New Albany, Ind (kilos) 114... Jeff Bruce 132.5 72.5 145 352.5...

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Power Place Products advertisement featuring images of dumbbells, bars, weight sets, and accessories with detailed pricing and descriptions.

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Power Place Products Inc. advertisement for belts, featuring images of various belt styles (NSAFC, 4NSAC, 4NSD, 4NSA) and a detailed specification table.

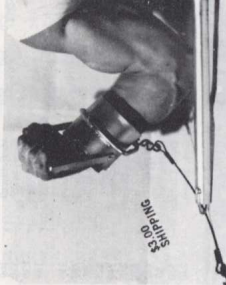
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DRUG FREE TOP 20/165

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from January 1, 1983 to February 30, 1984. Please send a copy of all ADFFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.

SQUAT	BENCH	DEADLIFT	TOTAL
1 623 C. Herring 7/30/83	407 C. Herring 7/30/83	656 C. Herring 7/30/83	1689 C. Herring 7/30/83
2 573 A. Villar 2/5/83	386 R. Sazono 11/19/83	575 G. Maloney 7/30/83	1455 S. Shockett 7/30/83
3 562 G. Maloney 10/29/83	369 L. Whiteam 10/29/83	595 G. Maloney 7/30/83	1427 S. Shockett 12/11/83
4 546 D. Davis 2/18/84	364 C. Domineali 7/30/83	584 R. Crigiano 7/30/83	1422 J. Parker 11/19/83
5 540 J. Mazzuca 12/11/83	350 M. Sheblamer 10/22/83	578 B. Thompson 7/30/83	1411 R. Crigiano 7/30/83
6 539 S. Shockett 7/30/83	342 C. Maloney 7/30/83	568 J. Mazzuca 12/11/83	1400 B. Davis 2/18/84
7 529 P. Parker 11/19/83	340 R. Ferraro 10/22/83	565 J. Mazzuca 12/11/83	1394 R. Sazono 11/19/83
8 524 S. LeMarie 2/18/84	336 D. Davis 2/18/83	551 J. Gallagher 12/11/83	1389 A. Villar 2/5/83
9 518 B. Thompson 7/30/83	330 B. Hildebrand 3/5/83	546 A. Villar 2/5/83	1375 J. Krywicki 3/5/83
10 518 J. Gallagher 7/30/83	330 P. Parker 11/19/83	540 M. Swann 3/5/83	1356 J. Gallagher 12/11/83
11 512 R. Crigiano 7/30/83	330 P. Parker 11/19/83	535 R. Sazono 11/19/83	1354 M. Swann 3/5/84
12 496 M. Sheblamer 10/22/83	325 M. Swann 3/5/83	535 R. Sazono 11/19/83	1340 B. Hildebrand 3/5/83
13 496 C. Carter 2/18/84	325 I. Dietz 11/20/83	529 C. George 11/19/83	1323 J. Voss 4/23/83
14 490 S. Kohl 10/23/83	320 T. Gruber 5/7/83	529 D. Davis 2/18/84	1315 J. Scheffler 5/7/83
15 490 R. Sazono 11/19/83	320 J. Mazzuca 12/11/83	529 K. Sazono 11/19/83	1296 R. Kline 12/11/83
16 475 B. Hildebrand 3/5/83	315 K. Sazono 11/19/83	525 J. Krywicki 3/5/83	
20 475 D. Jameson 3/5/83	314 R. Crigiano 7/30/83		

Spraberry High School Boosters Teenage Meet - Mar/84

SQ	BP	DL	Total
123 Bubba Whitley	205	320	525
Jeff Yates	190	280	470
Eric Small	185	275	460
Tommy Mallow	150	250	400
Eric Swift	135	250	385
Dan Ferrell	135	250	385
Mark Tinker	195	320	515
Darren Johnson	225	285	510
Bill Williams	165	310	475
Bill Durham	155	295	450
Jeff Dalton	155	295	450
Dennis Tudor	140	250	390
148 Jim Doyle	265	360	625
Scott Nicholson	195	310	505
Scott Thompson	160	325	485
Clint Hale	160	325	485
Jim Grose	225	380	605
181 David Cullie	230	370	600
Paul Colella	215	375	590
Victor Coggins	190	350	540
Tim Edgington	180	340	520
Greg Gilbert	180	315	495
190 Brian Lusk	165	315	480
Hal Moore	195	275	470
Mark Cashey	195	275	470

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THIS CARD IS VALID FOR ONE YEAR. IT MUST BE USED IN ACCORDANCE WITH THE RULES OF THE U.S. POWERLIFTING FEDERATION.

1984 Air Force Championships

1/23/84 - Luke AFB, Ariz

SQ	BP	DL	Total						
114	M.Echevarria	320	225	385	930				
115	John Green	260	170	295	725				
116	Aranda Sheldoni	220	115	230	565				
117	Bob Wegbrock	370p	205	440a	1015a				
118	Mike Curritt	415	295	450	1160				
119	Mike Lawrence	455	245	435	1135				
120	M.Caldwell	355a	170	400a	925a				
121	Tim Donovan	470	380	540	1290a				
122	Sy All	470a	260	460	1260a				
123	Tom Saunders	350	225	405	980				
124	Mark Ester								
125	Gene Bell	610	425	645a	1680				
126	Mike Barber	550	315	575b	1440b				
127	Dave Karam	610	415	605	1630				
128	Ray Long	615p	360p	630	1605p				
129	Steve	575	390	640	1605				
130	Jack Hogan	605	385	585	1575a				
131	Ed Frith	535	365	500	1400				
132	220	Oskibids	570p	430p	615p				
133	Don	640	375	610	1625				
134	Chris Malley	540	330	530	1400				
135	242	M. Meddaugh	710	450	670	1830			
136	243	Don Basset	555	425	610	1590			
137	Sean Scully	640	450	715	1805				
138	275	Willie Bell	650	425	695	1770			
139	Perry Parker	705a	500a	660a	1865a				
140	Jesse Langer	650e	365u	640u	1655u				
141	142	143	144	145	146	147	148	149	150

E - Air Force in United Kingdom. Air Force team including Non scorers (NS), is 114NS: M. Echevarria, 123NS: Ken Westbrook, 132: M. Meddaugh, 133NS: G. Long, 134NS: Steve Barber, 135: D. Karam, and G. Long, 136NS: Stewart-NS, 220E: J. Deshields, 242: M. Meddaugh and Sean Scully, 275: D. Caldwell, SHW: Perry Parker. Thanks to Dusty Caldwell for results.

Western Open - 3/3/84

Kelowna, B.C. Canada (kilos)

58kg	62kg	67.5kg	75kg	81kg	91kg	100kg	Total
58kg	Daven Zenzem	95	65	125	285		
62kg	Justin Caulker	87.5	57.5	132.5	277.5		
67.5kg	Michel Dumont	177.5	77.5	180	375		
75kg	Stewart Johnson	110	90	137.5	337.5		
81kg	77.3kg	Rogan	195	97.5	192.5	485	
91kg	Brian Morrison	140	102.5	190	432.5		
100kg	Dennis Illig	142.5	102.5	185	430		
105kg	75kg	75kg	75kg	75kg	75kg	75kg	
110kg	Larry Kinakin	220	135	242.5	597.5		
115kg	Graham Reanga	182.5	110				
120kg	82.3kg	82.3kg	82.3kg	82.3kg	82.3kg	82.3kg	
125kg	Carl Schultz	192.5	147.5	242.5	582.5		
130kg	Mark Berger	192.5	115	195	502.5		
135kg	Neal Brock	227.5	137.5	265	630		
140kg	Greg Armour	212.5	137.5	252.5	602.5		
145kg	Bruce Morrison	267.5	205	295	767.5		
150kg	125kg	125kg	125kg	125kg	125kg	125kg	
155kg	R. Nowak	287.5	212.5	262.5	762.5		
160kg	Ray Belanger	275	172.5	260	707.5		

AMINO ACIDS
Everyone in weightlifting is very excited about the latest discoveries in amino acids. Much of the talk centers around Arginine, Ornithine and Lysine. Research suggests that these amino acids can boost the body's natural production of growth hormone (GH). GH production slows down as we age. Keeping the body's output of GH high can mean steadier progress in your muscle and strength building programs. GH assists in the body burn fat for energy and helps in the development of thicker, stronger muscles. According to life extension expert Dr. Pearson, even people who are not on an exercise program are getting positive results from these amino acids. EXSTEROL contains 500 milligrams of each of these amino acids.
These amino acids work even more effectively when combined with a base of essential amino acids. EXSTEROL provides such a base by including 100% pure extracted egg albumen (pancreatic digest). This gives an additional 1634 milligrams and a total of 19 amino acids (in L-form).

DRUG BUST



Supplement Challenges Steroids
Anabolic steroids have become a serious problem and weightlifter today. Some bodybuilders and powerlifters have decided that the only way to achieve their goals is to use potentially dangerous drugs. This is a bad choice since muscle and strength gains from drugs are temporary at best.
Yet other weightlifters have decided to shun drugs and develop their bodies and their strength naturally. They do this through proper training techniques, good nutrition and optimum supplementation. Some champions have attributed over 50% of their success to nutrition and supplementation.
Fortunately for those weightlifters who do not wish to use steroids and other drugs, nutritional science is coming closer to developing natural supplementation programs which can give quicker gains in muscle size and strength. EXSTEROL is one of the most advanced such supplements. In developing this product, we turned to all of the latest scientific findings. Nearly everything which can build muscle naturally has been included in EXSTEROL—and, in high enough potencies and the proper blend to make them work. In fact, most of the products in EXSTEROL are in higher potencies than if you bought them as separate items. EXSTEROL truly is the ultimate all natural anabolic formula. Just look what you get (based on the suggested dosage of two per meal or six a day).

NATURAL STEROIDS
While research continues into the possible benefits of steroids and weight training, many athletes are anxious to add them to their dietary program. Our steroids are derived from highly concentrated extracts of vegetable oils (wheat, soy, rice). EXSTEROL contains large amounts of all the steroids as well as naturally occurring fatty acids, lecithin and octacosanol.
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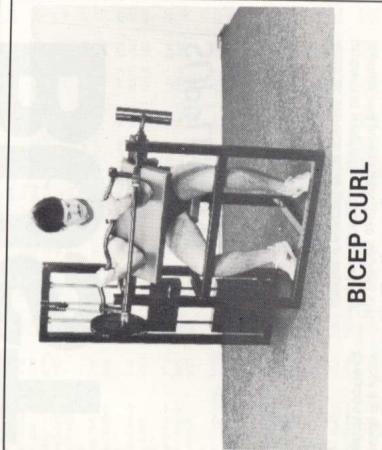
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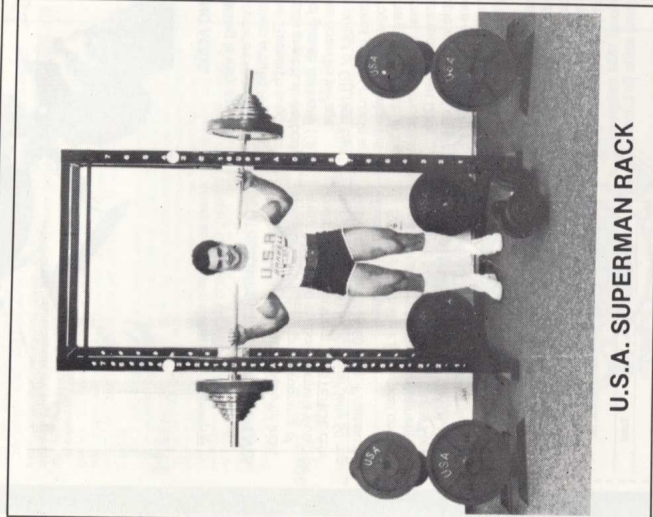
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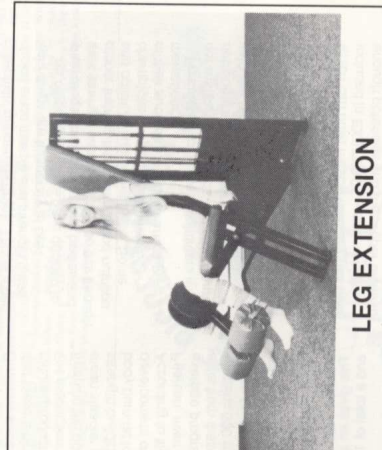
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