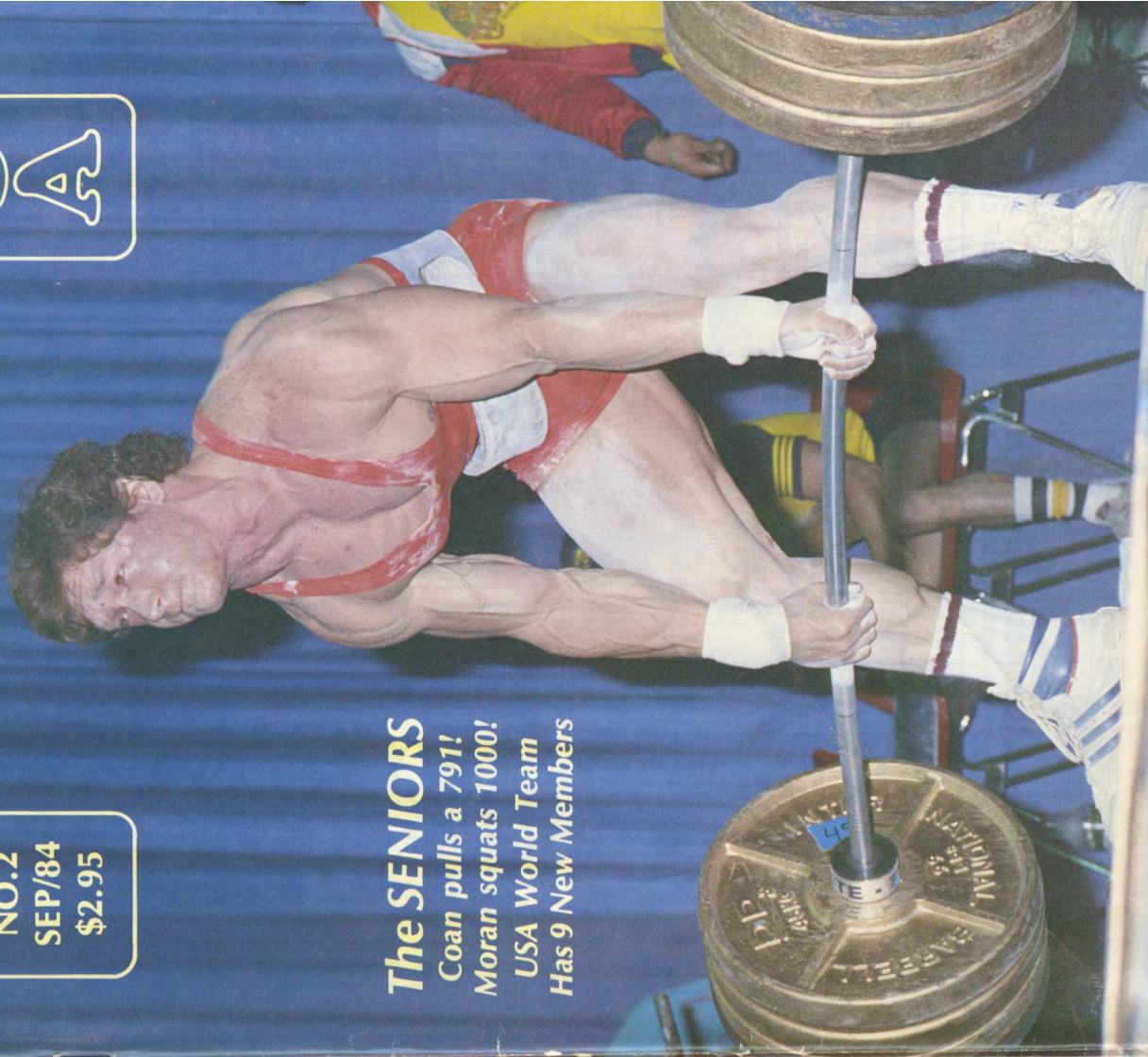


# Powerlifting USA

VOL.8  
NO.2  
SEP/84  
\$2.95



**The SENIORS**  
Coan pulls a 791!  
Moran squats 1000!  
USA World Team  
Has 9 New Members

## PACIFICO ENTERPRISES

OFFER EVERYTHING FOR THE POWERLIFTER

Super Suits (Marathon).....	34.00
Super Wrap II.....	9.00 2/17.00 3/24.00
Super Wrap III.....	9.00 2/17.00 3/24.00
Dean Best Belts Any Color Suede.....	65.00
Leather.....	55.00
Single Leather.....	25.00
Hand Lifting Straps.....	6.00 2/11.00 3/15.00
Lifting Tiger Gloves.....	13.95
Pacifico 3 Hour Video Tape.....	74.95
Pacifico Courses Complete Set.....	16.00
Power High Top Shoes.....	54.95
Waist Waister S,M,L,XL.....	9.00 2/17.00 3/24.00

We have the fastest delivery in the business.  
Call for C.O.D. orders: (513) 898-7245

or send to:  
P.O. Box 14152  
Dayton, Ohio 45414

Add \$1.50 for postage per order.

 **PACIFICO ENTERPRISES**  
SINCE 1976

# USA FITNESS EQUIPMENT



## USA OLYMPIC SETS

162,000 PSI  
HEAT TREATED  
HIGH ALLOY BAR  
AMERICAN MADE

USA OLYMPIC PLATES (45, 35, 25, 10, 5, 2 1/2 LB.) ..... **59¢** lb.  
USA EXERCISE PLATES (50, 25, 10, 5, 2 1/2 LB.) ..... **49¢** lb.  
SMOOTH EXERCISE PLATES (100, 75, 50, 25, 10, 7 1/2, 5, 2 1/2, 1 1/4) ..... **49¢** lb.  
210 LB. DELUXE EXERCISE SET (6' CHROME BAR, CHROME DUMBBELLS) ..... **\$119.95**

### SOLID DUMBBELLS

ALLOY STEEL SHAFT -  
KNURLED GRIP  
3 LB., 5 LB., 8 LB., 10 LB.  
THROUGH 100 LB.  
IN 5 LB. INCREMENTS  
**59¢** ONLY  
3 LB.-100 LB. SERIES ..... **\$1150.00**

### USA PLATE WELDED DUMBBELLS

SAME AS PRO GYM DUMBBELLS BUT  
WITH WELDED ENDS AND U.S.A.  
PLATES.  
10 LB. - 150 LB. IN 5 LB. INCREMENTS.  
**75¢** ONLY  
10 LB.-100 LB. SERIES ..... **\$1400**  
105 LB.-150 LB. SERIES ..... **\$1700**

### PRO GYM DUMBBELLS

CHROME KNURLED GRIP (5 LB.-120 LB. SIZES) SMOOTH PLATES USED.

PRICE PER PAIR	
5 LB.	.....\$24.90
10 LB.	.....\$34.80
15 LB.	.....\$39.70
20 LB.	.....\$44.60
25 LB.	.....\$49.50
30 LB.	.....\$54.40
35 LB.	.....\$59.30
40 LB.	.....\$64.20
45 LB.	.....\$69.10
50 LB.	.....\$74.00
55 LB.	.....\$78.90
60 LB.	.....\$83.80
65 LB.	.....\$88.70
70 LB.	.....\$93.60
75 LB.	.....\$98.50
80 LB.	.....\$103.40
85 LB.	.....\$108.30
90 LB.	.....\$113.20
95 LB.	.....\$118.10
100 LB.	.....\$123.00
105 LB.	.....\$127.90
110 LB.	.....\$132.80
115 LB.	.....\$137.70
120 LB.	.....\$142.60

5 LB.-100 LB. SERIES ..... **\$1395.00**  
5 LB.-120 LB. SERIES ..... **\$1850.00**  
EZ-CURL BAR W/CHROME COLLARS ..... **\$19.95**

OLYMPIC EZ-CURL BAR ..... **\$69.95**  
SELECTED SIZES MACHINES, GYM & SCHOOL EQUIPMENT IN STOCK

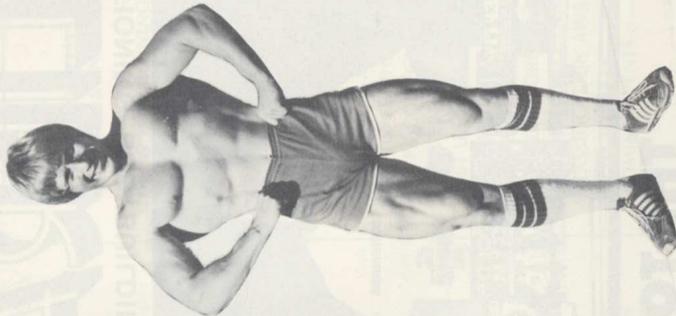
**FREE: Planning, Counseling, School & Gym Quotes!**  
*Dealer inquiries invited*



**Pitt BARBELL & HEALTHFUND**  
Warehouse Outlet  
Main Office  
126 Penn Hills Mall  
Pittsburgh, PA 15235  
**412-371-4366**  
(send \$1.00 for your complete catalog)

5012 Buttermilk Ho.  
West Mifflin, PA 15117  
**412-466-9307**

# HIGH PERFORMANCE PRODUCTS From Mike MacDonald



Mike's comeback from serious tendon tear injury is evident by recent 560 and close miss at 580 in 220 lb. Class. Look for official marks at 220 & 242 this year.

Proven greatest Bench Presser of all Time by history of performance. 35 World Records of which 22 are official, spread over 4 weight classes.

### Current World Records

- 198 lb. Class - 562
- 220 lb. Class - 576 1/2 (580 unofficial)
- Highest official lift in 242 lb. Class - 603
- 2nd highest official lift in 181 lb. Class - 522.10

Go Natural Have a Long Career

## LIVER

(Argentina Beef)

23 grain Tablets

Liver is one of the most nutritional foods known to man. It is a blood builder, energy builder, stress eliminator and detoxifying agent.

### CHECK THIS PRICE:

- 300 tabs \$10.50 + \$2 handling
- 600 tabs \$19.50 + \$2 handling
- 900 tabs \$28.00 + \$2 handling
- 1200 tabs \$36.00 + \$2 handling
- 1500 tabs \$43.50 + \$2 handling

## ORCHIC

(Raw Testicle Gland)  
500 mg. Tablets

We have a SUPER NEW PRICE on this very popular product. It is very effective in increasing strength and development of muscles.

### CHECK THIS PRICE:

- (500 mg. tablets)
- 100 tabs \$ 9.00 + \$2 handling
- 200 tabs \$17.00 + \$2 handling
- 300 tabs \$25.00 + \$2 handling
- 500 tabs \$39.00 + \$2 handling
- 1000 tabs \$75.00 handling free

Ultimate Nutrition Brand

## Full Spectrum AMINO ACIDS

1,288 mg. per tablet.  
Source: Egg and beef.

- 300 tablets.....\$15.00
- 600 tablets.....\$28.50
- 900 tablets.....\$39.75
- 1200 tablets.....\$50.00
- 1800 tablets.....\$70.00

Write for catalog or call me:

C.O.D. - U.P.S.

Phone orders OK

Add \$2 Postage on orders under \$50 order from:

Mike MacDonald Systems  
316 W. Central Entrance  
Duluth, MN 55811  
1 (218) 727-8847

## Super New Product POWER AMINO ACIDS

HGH (Human Growth Hormone) which burns fat and builds muscle and is stored in the pituitary gland. This amazing hormone will create a super strong and hard cut muscular body. Is activated and released by the natural amino acids listed below. For the best natural gains ever, take this amazing formula best at bedtime, for maximum results.

3 chewable tablets provide: 1500 mg. L-Arginine, 1500 mg. L-Ornithine, 1500 mg. L-Lysine

- 100 tabs \$21.00 + \$2 postage
- 200 tabs \$39.00 + \$2 postage
- 300 tabs \$59.50 + \$2 postage
- 500 tabs \$89.50 postpaid
- 1000 tabs \$169.50 postpaid

## Super New Formula Freeze Dried Anabolic Glandulars

Two tablets contain the following glands:

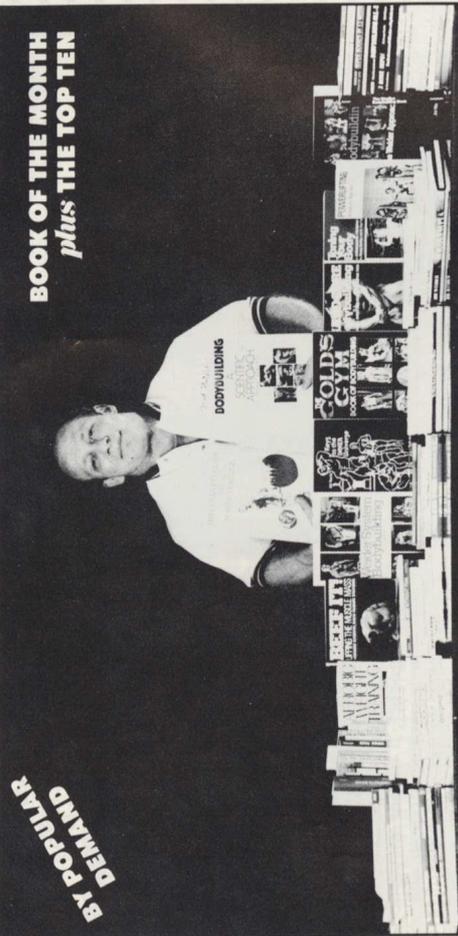
- Whole pituitary.....300 mg.
- Orchic (testicle).....300 mg.
- Adrenal.....300 mg.
- Thyroid.....300 mg.
- Kidney.....300 mg.
- Heart.....300 mg.
- Pancreas.....300 mg.
- Spleen.....300 mg.
- Beef Peptone.....600 mg.

- 100 tabs .....\$12.00
- 300 tabs .....\$33.00
- 500 tabs .....\$52.50
- 1000 tabs .....\$97.50
- 2000 tabs .....185.00

World Champion Dr. Fred Hatfield Presents:

# THE LIBRARY

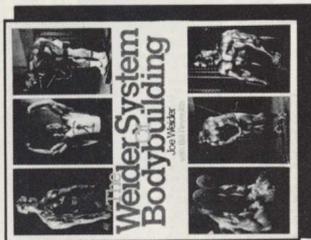
FOR SPORTS CONDITIONING, BODYBUILDING & FITNESS



BY POPULAR DEMAND

BOOK OF THE MONTH  
plus THE TOP TEN

THIS MONTH'S  
FEATURE



\$8.95

## THE TOP TEN

1. BODYBUILDING: A SCIENTIFIC APPROACH, Dr. Fred Hatfield—\$8.95
2. BODYBUILDING COMPETITIVE, Joe Weider with Bill Reynolds—\$9.95
3. BODYBUILDING - THE WEIDER APPROACH, Joe Weider—\$8.95
4. THE WEIDER SYSTEM OF BODYBUILDING, Joe Weider—\$8.95
5. HARDWARE BODYBUILDING, Robert Kennedy—\$8.95
6. BEEF IT!, Robert Kennedy—\$8.95
7. KEYS TO THE INNER UNIVERSE, Bill Pearl—\$33.00
8. TONING YOUR BODY, Stacey Bentley & Dr. Fred Hatfield—\$9.95
9. AEROBIC WEIGHT TRAINING, Dr. Frederick C. Hatfield—\$7.95
10. THE COMPLETE GUIDE TO POWER TRAINING, Dr. Frederick C. Hatfield—\$15.95

Free catalog listing of over 100 top Bodybuilding and Weight training books will be sent with your order.

SPORTS CONDITIONING SERVICES, P.O. BOX 222, Canoga Park, CA 91305

YES! please RUSH me the following books! Book Numbers. My check (or money order) is enclosed. ADD \$1.50 for postage & handling. Foreign orders add \$5.00 and CA residents add 6% sales tax.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**Powerlifting-U-S-A**  
Post Office Box 467  
Camarillo, CA 93010

EDITOR-IN-CHIEF Mike Lambert  
INTERNATIONAL EDITOR Andy Kerr  
FEATURE EDITOR Dr. Ken Leistner  
TRAINING EDITOR Ron Fernando  
RESEARCH EDITOR Dr. Tom McLaughlin  
SPORTS MEDICINE EDITOR William N. Taylor M.D.  
SUBSCRIPTION SERVICES Jean Lambert  
GRAPHICS/LAYOUT Diane Littell  
STATISTICIAN Herb Glossbrenner  
PUBLISHER Mike Lambert

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

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

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

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

**MEMBER**  
**CO-SMART**  
COMMITTEE OF SMALL MAGAZINE  
EDITORS AND PUBLISHERS  
BOX 703 SAN FRANCISCO, CA 94101

POWERLIFTING USA advertising rates available upon your request.

# POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

YES! SIGN ME UP!  
Check one:

- NEW  
 RENEWAL  
 Address Change

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

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

## CONTENTS

Volume 8, Number 2  
September, 1984

SENIOR NATIONALS REPORT.....Dr. Ken Leistner.....7  
QUESTION & ANSWER.....Roger Estep.....15  
BOOK REVIEW.....Mike Lambert.....15  
DRUG FREE TRAINING.....John Kuc.....16  
WORKOUT OF THE MONTH.....Ted Arcidi.....17  
ATHEROGENIC ANABOLICS.....Dr. William Taylor.....18  
MASTERS FORMULA.....Lyle Schwartz PhD.....20  
SHOULDER INJURIES.....Jeff Everson.....22  
NUTRITION CORNER.....Jack Digangi R.D.....23  
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....24  
WOMEN'S CORNER.....Ruthi Shafer.....27  
WE ARE THE CHAMPIONS.....Willy Bils.....28  
PRESIDENT'S MESSAGE.....Dr. Conrad Cotter.....30  
TOP 100 FEATHERWEIGHTS.....E. Jean Lambert.....33  
ADPPA COLLEGIATES.....Tim McClellan.....44  
DRUG FREE TOP 20 242s.....Jim Gallagher.....48  
1984 U.S.P.F. REGISTRATION APPLICATION.....48  
FOR THE RECORD.....Diane Littell.....50  
WHO'S WHO IN POWERLIFTING.....Mike Lambert.....52  
REFEREE'S CORNER.....Bill Hartmann.....53  
NATIONAL MEET QUALIFYING TOTALS.....54  
CLASSIFICATION AWARDS APPLICATION.....54  
HOW TO WRAP.....Pete Vuono.....57  
COMING EVENTS.....64

© 1984 Powerlifting USA

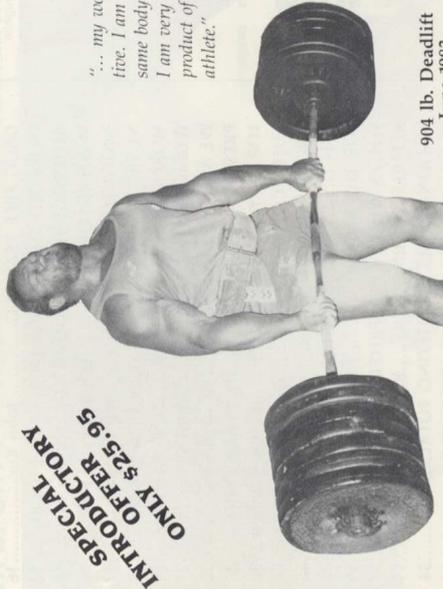
Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only and may or may not be in agreement with PL USA.

ON THE COVER.....the winner of the Outstanding lifter award at the 1984 Senior Nationals in Dayton, Ed Coan.

NEXT MONTH.....a review of some of the newly published medical research and how it pertains to Powerlifting.

# SCIENTIFIC BREAKTHROUGH THE MOST AWESOME MUSCLE AND STRENGTH BUILDING PAK EVER MADE AVAILABLE

**SPECIAL  
INTRODUCTORY  
OFFER  
ONLY \$25.95**



*"... my workouts are faster and more productive. I am now stronger than ever at the same body weight, but with more muscle... I am very glad to see a company develop a product of the finest quality for the serious athlete."*

**BILL KAZMAIER**  
"World's Strongest Man"  
World Record Holder —  
Powerlifting

**100%  
GUARANTEED  
RESULTS**

904 lb. Deadlift  
June 1983

## PEAK PERFORMANCE POWERPAK™

MAKES ALL ARGININE/ORNITHINE FORMULAS OBSOLETE



THE FIRST REAL BREAKTHROUGH IN MUSCLE AND STRENGTH DEVELOPMENT SINCE 1964, WHEN UNIPRO INTRODUCED AMINO ACIDS.

### NOT FOR EVERYONE!

The POWERPAK is intended for only those strength athletes and bodybuilders involved in intensive workouts and wanting the fastest muscle and strength gains possible — naturally!

Each POWERPAK contains: 1 Kilo of CARBOPLEX and 1 Bottle of 150 Tablets of UNIPRO Amino Acids.

RUSH ORDERS  
CALL TOLL FREE 24 HOURS  
1-800-621-6070  
In CA. COLLECT: 408-734-3840

## The 1984 SENIOR NATIONALS NATIONALS

Reported by Ken Leistner

For sheer spectacle and excitement, the 1984 Senior National Powerlifting Championships buried every other meet to ever carry that name. Eric Stuber and Larry Pacifico staged the finest national meet imaginable with negligible complaints from lifters or spectators, who quickly scooped up the 2,000 meet t-shirts that were offered for sale. The combination of lifting excitement and technique perfection in the meet's staging made this perhaps the best meet I have ever seen.

John Pettit was charged with the responsibility of actually directing the meet, and as always, platform and backstage management was flawless. John has directed many of the more memorable major meets in this country, and his organizational expertise was very evident throughout the course of this competition. The expediting, scorekeeping, and announcing prevented confusion on the part of the lifters while the audience, very vocal and enthusiastic, were kept abreast of what was extremely close competition in most of the classes.

For the first time, the USPF Medical Committee, under the direction of Dr. Richard Herrick, took control of emergency medical services. In the past, meet directors were left to make their own health care arrangements for the meet, and they didn't always turn out to be adequate. Dr. Herrick insisted upon USPF guidelines to insure the safety of each participant. It was my pleasure to be part of what was the most complete health care unit ever seen at a competition of this type. Stella Herrick, Dr. Dick, and myself provided the athletes with the services of a Registered Nurse, Medical Doctor, and Doctor of Chiropractic, all with emergency medical training. Ferradic Electrical treatment, ultrasonic therapy, adjusting tables, unlimited ice, medications and emergency trauma equipment were all available, and the meet directors provided adequate space for all treatment. IPF-approved drug testing was also available on a voluntary basis. Without a doubt, the lifter's well-being was considered and maintained as never before. Dr. Ron Brenner of Florida was on hand to lend additional expertise and give special attention to the Suncoast Team lifters. You just can't get better than this.

Let's not overlook the competition! There were many "firsts" in this great meet, including the first 1000 pound squat completed on a national platform, the first female competitors at the Senior Nationals, and a rather miraculous comeback by one of the greatest lifters of all time.

The story in the 114's was Chuck Dunbar and Diana Rowell. Per-



## 1984 SENIOR NATIONAL POWERLIFTING CHAMPIONSHIP

The Team Trophy... went to the very talented United States Armed Forces team, comprised of five competitors, but Larry might as well have handed it to them as they arrived at Dayton Airport. They were unchallengeable.

sonable and popular, Chuck was sorely missed when injury kept him out of last year's Senior meet. He looked much harder and well-conditioned than ever before, brimming with the quiet confidence to lift record weights. A powerful 507 squat was followed by a record setting 325 bench press. (Editor's Note: we heard a report that the actual weight was less than necessary to exceed the existing world record.) His 565 kilo total was just 2.5 kg. from Inaba's official mark, indicating another great matchup at the World's in Dallas, Texas.

When you talk about hard and well-conditioned, you're describing Diana Rowell, although "otherworldly" might be a better descrip-

be a torn deltoid muscle, but it was not to be. Vicki Steenrod, one of my favorite women lifters, broke a double bodyweight plus bench press of 248 pounds. Standing under the stage lighting, chalking up to her bench, she had to stare at her development. Joe Weider's staved, very watered-down public competition, nymphettes are a muscle-less joke next to this woman, and Vicki projects all the femininity you ever want. A possible stress fracture in her left ankle limited her other two lifts. Steve Snyder, a likable young man, will improve with more experience. Paterniti lifted well, despite a nagging injury, while Ernesto Milan, the dapper CPA from Florida, entertained the crowd with his aggressive style. Ernesto is known to get the most out of himself on meet day by working himself into a frenzy, and he was at his best, seemingly forcing the bar to obey him. Unfortunately, his prime competition came from the great Lamar Gant, truly great because his talent is so large, that he really doesn't need to train much to lift super weights. Our conversation was heard with near disbelief by many. "Lamar, you've got to train more seriously." "Ken, I am training seriously. I'm riding my bike 28 miles, five times per week."

"Lamar, that's great, but you really have to lift weights more than once or twice a week for two or three months." "Well, yeah, I will. This next year I really will." Jan Todd, who has worked with Lamar for many years, was as astounded as I was with Lamar's ability to take care of business with such limited preparation. Gant's so much in control mentally, and so efficient physically, that he can't be touched and will probably be World Champion more times than anyone else. A pec injury limited his bench and deadlift, but victory was his as soon as the meet began.

The 132's were decimated by bombouts, leaving a super muscular and super humorous Doug Heath to battle with a cramping J.D. Carr. Dr.



Chuck Dunbar... came back for the title at 114, to the same site of his great deadlifting triumph of 1982.

# ScoreCard

July 7 & 8, 1984



**Doug Heath** had a great year, winning the Seniors and dominating this month's Top 100 132 ranking list. Bell's benching gave him a needed cushion at sub-total time, but the deadlifts would tell the tale.

Jay Rosciglione went out first making only his 617 opener. Jay and his lovely wife Terre were still glowing over the birth of their son, John Peter, two weeks before the Seniors. We would have liked a bit more in the deadlift, but under the prevailing circumstances, there could be no complaints with Jay's performance. This muscular and most popular lifter as always, impressed the crowd and fellow competitors with his low key, courteous manner. Troy Hicks didn't get all of his deadlifts, and came in behind Jay, but he is proof of the benefits of heavy training as one matures. Except for the distinguished touch of grey, he looks and acts like an athlete in his twenties.

The fireworks began as Bell pulled

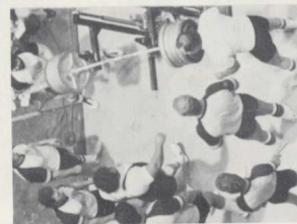
## Senior National Championships

Dayton, Ohio

198 lb.	220 lb.	242 lb.	275 lb.	315 lb.	355 lb.	405 lb.	455 lb.	505 lb.	555 lb.	605 lb.	655 lb.	705 lb.	755 lb.	805 lb.	855 lb.	905 lb.	955 lb.	1005 lb.	1055 lb.	1105 lb.	1155 lb.	1205 lb.	1255 lb.	1305 lb.	1355 lb.	1405 lb.	1455 lb.	1505 lb.	1555 lb.	1605 lb.	1655 lb.	1705 lb.	1755 lb.	1805 lb.	1855 lb.	1905 lb.	1955 lb.	2005 lb.	2055 lb.	2105 lb.	2155 lb.	2205 lb.	2255 lb.	2305 lb.	2355 lb.	2405 lb.	2455 lb.	2505 lb.	2555 lb.	2605 lb.	2655 lb.	2705 lb.	2755 lb.	2805 lb.	2855 lb.	2905 lb.	2955 lb.	3005 lb.	3055 lb.	3105 lb.	3155 lb.	3205 lb.	3255 lb.	3305 lb.	3355 lb.	3405 lb.	3455 lb.	3505 lb.	3555 lb.	3605 lb.	3655 lb.	3705 lb.	3755 lb.	3805 lb.	3855 lb.	3905 lb.	3955 lb.	4005 lb.	4055 lb.	4105 lb.	4155 lb.	4205 lb.	4255 lb.	4305 lb.	4355 lb.	4405 lb.	4455 lb.	4505 lb.	4555 lb.	4605 lb.	4655 lb.	4705 lb.	4755 lb.	4805 lb.	4855 lb.	4905 lb.	4955 lb.	5005 lb.	5055 lb.	5105 lb.	5155 lb.	5205 lb.	5255 lb.	5305 lb.	5355 lb.	5405 lb.	5455 lb.	5505 lb.	5555 lb.	5605 lb.	5655 lb.	5705 lb.	5755 lb.	5805 lb.	5855 lb.	5905 lb.	5955 lb.	6005 lb.	6055 lb.	6105 lb.	6155 lb.	6205 lb.	6255 lb.	6305 lb.	6355 lb.	6405 lb.	6455 lb.	6505 lb.	6555 lb.	6605 lb.	6655 lb.	6705 lb.	6755 lb.	6805 lb.	6855 lb.	6905 lb.	6955 lb.	7005 lb.	7055 lb.	7105 lb.	7155 lb.	7205 lb.	7255 lb.	7305 lb.	7355 lb.	7405 lb.	7455 lb.	7505 lb.	7555 lb.	7605 lb.	7655 lb.	7705 lb.	7755 lb.	7805 lb.	7855 lb.	7905 lb.	7955 lb.	8005 lb.	8055 lb.	8105 lb.	8155 lb.	8205 lb.	8255 lb.	8305 lb.	8355 lb.	8405 lb.	8455 lb.	8505 lb.	8555 lb.	8605 lb.	8655 lb.	8705 lb.	8755 lb.	8805 lb.	8855 lb.	8905 lb.	8955 lb.	9005 lb.	9055 lb.	9105 lb.	9155 lb.	9205 lb.	9255 lb.	9305 lb.	9355 lb.	9405 lb.	9455 lb.	9505 lb.	9555 lb.	9605 lb.	9655 lb.	9705 lb.	9755 lb.	9805 lb.	9855 lb.	9905 lb.	9955 lb.	10005 lb.	10055 lb.	10105 lb.	10155 lb.	10205 lb.	10255 lb.	10305 lb.	10355 lb.	10405 lb.	10455 lb.	10505 lb.	10555 lb.	10605 lb.	10655 lb.	10705 lb.	10755 lb.	10805 lb.	10855 lb.	10905 lb.	10955 lb.	11005 lb.	11055 lb.	11105 lb.	11155 lb.	11205 lb.	11255 lb.	11305 lb.	11355 lb.	11405 lb.	11455 lb.	11505 lb.	11555 lb.	11605 lb.	11655 lb.	11705 lb.	11755 lb.	11805 lb.	11855 lb.	11905 lb.	11955 lb.	12005 lb.	12055 lb.	12105 lb.	12155 lb.	12205 lb.	12255 lb.	12305 lb.	12355 lb.	12405 lb.	12455 lb.	12505 lb.	12555 lb.	12605 lb.	12655 lb.	12705 lb.	12755 lb.	12805 lb.	12855 lb.	12905 lb.	12955 lb.	13005 lb.	13055 lb.	13105 lb.	13155 lb.	13205 lb.	13255 lb.	13305 lb.	13355 lb.	13405 lb.	13455 lb.	13505 lb.	13555 lb.	13605 lb.	13655 lb.	13705 lb.	13755 lb.	13805 lb.	13855 lb.	13905 lb.	13955 lb.	14005 lb.	14055 lb.	14105 lb.	14155 lb.	14205 lb.	14255 lb.	14305 lb.	14355 lb.	14405 lb.	14455 lb.	14505 lb.	14555 lb.	14605 lb.	14655 lb.	14705 lb.	14755 lb.	14805 lb.	14855 lb.	14905 lb.	14955 lb.	15005 lb.	15055 lb.	15105 lb.	15155 lb.	15205 lb.	15255 lb.	15305 lb.	15355 lb.	15405 lb.	15455 lb.	15505 lb.	15555 lb.	15605 lb.	15655 lb.	15705 lb.	15755 lb.	15805 lb.	15855 lb.	15905 lb.	15955 lb.	16005 lb.	16055 lb.	16105 lb.	16155 lb.	16205 lb.	16255 lb.	16305 lb.	16355 lb.	16405 lb.	16455 lb.	16505 lb.	16555 lb.	16605 lb.	16655 lb.	16705 lb.	16755 lb.	16805 lb.	16855 lb.	16905 lb.	16955 lb.	17005 lb.	17055 lb.	17105 lb.	17155 lb.	17205 lb.	17255 lb.	17305 lb.	17355 lb.	17405 lb.	17455 lb.	17505 lb.	17555 lb.	17605 lb.	17655 lb.	17705 lb.	17755 lb.	17805 lb.	17855 lb.	17905 lb.	17955 lb.	18005 lb.	18055 lb.	18105 lb.	18155 lb.	18205 lb.	18255 lb.	18305 lb.	18355 lb.	18405 lb.	18455 lb.	18505 lb.	18555 lb.	18605 lb.	18655 lb.	18705 lb.	18755 lb.	18805 lb.	18855 lb.	18905 lb.	18955 lb.	19005 lb.	19055 lb.	19105 lb.	19155 lb.	19205 lb.	19255 lb.	19305 lb.	19355 lb.	19405 lb.	19455 lb.	19505 lb.	19555 lb.	19605 lb.	19655 lb.	19705 lb.	19755 lb.	19805 lb.	19855 lb.	19905 lb.	19955 lb.	20005 lb.	20055 lb.	20105 lb.	20155 lb.	20205 lb.	20255 lb.	20305 lb.	20355 lb.	20405 lb.	20455 lb.	20505 lb.	20555 lb.	20605 lb.	20655 lb.	20705 lb.	20755 lb.	20805 lb.	20855 lb.	20905 lb.	20955 lb.	21005 lb.	21055 lb.	21105 lb.	21155 lb.	21205 lb.	21255 lb.	21305 lb.	21355 lb.	21405 lb.	21455 lb.	21505 lb.	21555 lb.	21605 lb.	21655 lb.	21705 lb.	21755 lb.	21805 lb.	21855 lb.	21905 lb.	21955 lb.	22005 lb.	22055 lb.	22105 lb.	22155 lb.	22205 lb.	22255 lb.	22305 lb.	22355 lb.	22405 lb.	22455 lb.	22505 lb.	22555 lb.	22605 lb.	22655 lb.	22705 lb.	22755 lb.	22805 lb.	22855 lb.	22905 lb.	22955 lb.	23005 lb.	23055 lb.	23105 lb.	23155 lb.	23205 lb.	23255 lb.	23305 lb.	23355 lb.	23405 lb.	23455 lb.	23505 lb.	23555 lb.	23605 lb.	23655 lb.	23705 lb.	23755 lb.	23805 lb.	23855 lb.	23905 lb.	23955 lb.	24005 lb.	24055 lb.	24105 lb.	24155 lb.	24205 lb.	24255 lb.	24305 lb.	24355 lb.	24405 lb.	24455 lb.	24505 lb.	24555 lb.	24605 lb.	24655 lb.	24705 lb.	24755 lb.	24805 lb.	24855 lb.	24905 lb.	24955 lb.	25005 lb.	25055 lb.	25105 lb.	25155 lb.	25205 lb.	25255 lb.	25305 lb.	25355 lb.	25405 lb.	25455 lb.	25505 lb.	25555 lb.	25605 lb.	25655 lb.	25705 lb.	25755 lb.	25805 lb.	25855 lb.	25905 lb.	25955 lb.	26005 lb.	26055 lb.	26105 lb.	26155 lb.	26205 lb.	26255 lb.	26305 lb.	26355 lb.	26405 lb.	26455 lb.	26505 lb.	26555 lb.	26605 lb.	26655 lb.	26705 lb.	26755 lb.	26805 lb.	26855 lb.	26905 lb.	26955 lb.	27005 lb.	27055 lb.	27105 lb.	27155 lb.	27205 lb.	27255 lb.	27305 lb.	27355 lb.	27405 lb.	27455 lb.	27505 lb.	27555 lb.	27605 lb.	27655 lb.	27705 lb.	27755 lb.	27805 lb.	27855 lb.	27905 lb.	27955 lb.	28005 lb.	28055 lb.	28105 lb.	28155 lb.	28205 lb.	28255 lb.	28305 lb.	28355 lb.	28405 lb.	28455 lb.	28505 lb.	28555 lb.	28605 lb.	28655 lb.	28705 lb.	28755 lb.	28805 lb.	28855 lb.	28905 lb.	28955 lb.	29005 lb.	29055 lb.	29105 lb.	29155 lb.	29205 lb.	29255 lb.	29305 lb.	29355 lb.	29405 lb.	29455 lb.	29505 lb.	29555 lb.	29605 lb.	29655 lb.	29705 lb.	29755 lb.	29805 lb.	29855 lb.	29905 lb.	29955 lb.	30005 lb.	30055 lb.	30105 lb.	30155 lb.	30205 lb.	30255 lb.	30305 lb.	30355 lb.	30405 lb.	30455 lb.	30505 lb.	30555 lb.	30605 lb.	30655 lb.	30705 lb.	30755 lb.	30805 lb.	30855 lb.	30905 lb.	30955 lb.	31005 lb.	31055 lb.	31105 lb.	31155 lb.	31205 lb.	31255 lb.	31305 lb.	31355 lb.	31405 lb.	31455 lb.	31505 lb.	31555 lb.	31605 lb.	31655 lb.	31705 lb.	31755 lb.	31805 lb.	31855 lb.	31905 lb.	31955 lb.	32005 lb.	32055 lb.	32105 lb.	32155 lb.	32205 lb.	32255 lb.	32305 lb.	32355 lb.	32405 lb.	32455 lb.	32505 lb.	32555 lb.	32605 lb.	32655 lb.	32705 lb.	32755 lb.	32805 lb.	32855 lb.	32905 lb.	32955 lb.	33005 lb.	33055 lb.	33105 lb.	33155 lb.	33205 lb.	33255 lb.	33305 lb.	33355 lb.	33405 lb.	33455 lb.	33505 lb.	33555 lb.	33605 lb.	33655 lb.	33705 lb.	33755 lb.	33805 lb.	33855 lb.	33905 lb.	33955 lb.	34005 lb.	34055 lb.	34105 lb.	34155 lb.	34205 lb.	34255 lb.	34305 lb.	34355 lb.	34405 lb.	34455 lb.	34505 lb.	34555 lb.	34605 lb.	34655 lb.	34705 lb.	34755 lb.	34805 lb.	34855 lb.	34905 lb.	34955 lb.	35005 lb.	35055 lb.	35105 lb.	35155 lb.	35205 lb.	35255 lb.	35305 lb.	35355 lb.	35405 lb.	35455 lb.	35505 lb.	35555 lb.	35605 lb.	35655 lb.	35705 lb.	35755 lb.	35805 lb.	35855 lb.	35905 lb.	35955 lb.	36005 lb.	36055 lb.	36105 lb.	36155 lb.	36205 lb.	36255 lb.	36305 lb.	36355 lb.	36405 lb.	36455 lb.	36505 lb.	36555 lb.	36605 lb.	36655 lb.	36705 lb.	36755 lb.	36805 lb.	36855 lb.	36905 lb.	36955 lb.	37005 lb.	37055 lb.	37105 lb.	37155 lb.	37205 lb.	37255 lb.	37305 lb.	37355 lb.	37405 lb.	37455 lb.	37505 lb.	37555 lb.	37605 lb.	37655 lb.	37705 lb.	37755 lb.	37805 lb.	37855 lb.	37905 lb.	37955 lb.	38005 lb.	38055 lb.	38105 lb.	38155 lb.	38205 lb.	38255 lb.	38305 lb.	38355 lb.	38405 lb.	38455 lb.	38505 lb.	38555 lb.	38605 lb.	38655 lb.	38705 lb.	38755 lb.	38805 lb.	38855 lb.	38905 lb.	38955 lb.	39005 lb.	39055 lb.	39105 lb.	39155 lb.	39205 lb.	39255 lb.	39305 lb.	39355 lb.	39405 lb.	39455 lb.	39505 lb.	39555 lb.	39605 lb.	39655 lb.	39705 lb.	39755 lb.	39805 lb.	39855 lb.	39905 lb.	39955 lb.	40005 lb.	40055 lb.	40105 lb.	40155 lb.	40205 lb.	40255 lb.	40305 lb.	40355 lb.	40405 lb.	40455 lb.	40505 lb.	40555 lb.	40605 lb.	40655 lb.	40705 lb.	40755 lb.	40805 lb.	40855 lb.	40905 lb.	40955 lb.	41005 lb.	41055 lb.	41105 lb.	41155 lb.	41205 lb.	41255 lb.	41305 lb.	41355 lb.	41405 lb.	41455 lb.	41505 lb.	41555 lb.	41605 lb.	41655 lb.	41705 lb.	41755 lb.	41805 lb.	41855 lb.	41905 lb.	41955 lb.	42005 lb.	42055 lb.	42105 lb.	42155 lb.	42205 lb.	42255 lb.	42305 lb.	42355 lb.	42405 lb.	42455 lb.	42505 lb.	42555 lb.	42605 lb.	42655 lb.	42705 lb.	42755 lb.	42805 lb.	42855 lb.	42905 lb.	42955 lb.	43005 lb.	43055 lb.	43105 lb.	43155 lb.	43205 lb.	43255 lb.	43305 lb.	43355 lb.	43405 lb.	43455 lb.	43505 lb.	43555 lb.	43605 lb.	43655 lb.	43705 lb.	43755 lb.	43805 lb.	43855 lb.	43905 lb.	43955 lb.	44005 lb.	44055 lb.	44105 lb.	44155 lb.	44205 lb.	44255 lb.	44305 lb.	44355 lb.	44405 lb.	44455 lb.	44505 lb.	44555 lb.	44605 lb.	44655 lb.	44705 lb.	44755 lb.	44805 lb.	44855 lb.	44905 lb.	44955 lb.	45005 lb.	45055 lb.	45105 lb.	45155 lb.	45205 lb.	45255 lb.	45305 lb.	45355 lb.	45405 lb.	45455 lb.	45505 lb.	45555 lb.	45605 lb.	45655 lb.	45705 lb.	45755 lb.	45805 lb.	45855 lb.	45905 lb.	45955 lb.	46005 lb.	46055 lb.	46105 lb.	46155 lb.	46205 lb.	46255 lb.	46305 lb.	46355 lb.	46405 lb.	46455 lb.	46505 lb.	46555 lb.	46605 lb.	46655 lb.	46705 lb.	46755 lb.	46805 lb.	46855 lb.	46905 lb.	46955 lb.	47005 lb.	47055 lb.	47105 lb.	47155 lb.	47205 lb.	47255 lb.	47305 lb.	47355 lb.	47405 lb.	47455 lb.	47505 lb.	47555 lb.	47605 lb.	47655 lb.	47705 lb.	47755 lb.	47805 lb.	47855 lb.	47905 lb.	47955 lb.	48005 lb.	48055 lb.	48105 lb.	48155 lb.	48205 lb.	48255 lb.	48305 lb.	48355 lb.	48405 lb.	48455 lb.	48505 lb.	48555 lb.	48605 lb.	48655 lb.	48705 lb.	48755 lb.	48805 lb.	48855 lb.	48905 lb.	48955 lb.	49005 lb.	49055 lb.	49105 lb.	49155 lb.	49205 lb.	49255 lb.	49305 lb.	49355 lb.	49405 lb.	49455 lb.	49505 lb.	49555 lb.	49605 lb.	49655 lb.	49705 lb.	49755 lb.	49805 lb.	49855 lb.	49905 lb.	49955 lb.	50005 lb.	50055 lb.
---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------



# 1000 from the Top ....Lee Moran's Awesome Squat



Lee charges the bar for his 2nd try



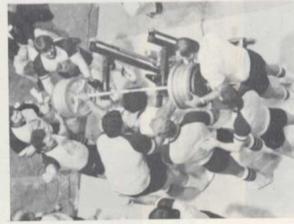
He sets up and waits for the signal



His descent is quick and solid



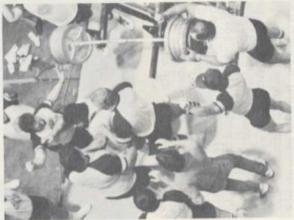
The ascent is steady in the groove



Back in the rack, and the lights are?



...the lift is.....GOOOOOOD!



The spotters congratulate him



Ken Leistner runs up to him



Lee 'dances' off the platform



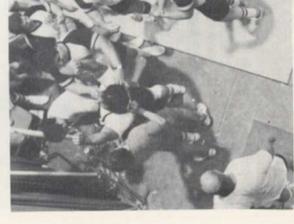
and into a John Gallo bearhug



and the arms of his supporters



'...I DID IT....I DID IT.....!'



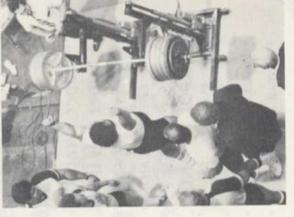
'...I can't believe I really did it!'



...now let's get this suit off..



...Larry Kidney lends a hand....



...back to salute the crowd and bar.

## DEATH IN THE LOCKER ROOM

STERIODS & SPORTS • By Bob Goldman

- Hardback
- 464 Pages
- 150 Illustrations



This is the most important book you will ever read on anabolic steroids! Learn the truth on steroids, what they do and how they affect you both in building strength and side effects. A guide for coaches, athletes, parents and spouses of athletes. Steroids do work - but what is the final outcome.

\$20.00

Also covered: cocaine, marijuana, motor-stimulant drugs, growth hormone and other drugs athletes use to get ahead and win.



**CRAIN POWER-PLUS**

RICKY DALE CRAIN  
Author of:  
KIMBERLY HAN CRAIN  
National Teenage Champion  
P.O. Box 122631  
Shreveport, LA 71222  
Sh 1409/775-3889

HANDLING \$2.00 on ALL Orders  
OUTSIDE U.S.A. \$2.50 Plus Charge  
Plus Shipping  
Amount 30%  
Minimum \$2.00



CALL IN YOUR ORDER  
MASTERCARD / VISA / C.O.D.  
ALL EQUIPMENT FREIGHT COLLECT

QUANTITY DISCOUNTS • DEALERS WELCOME

## TITAN SUITS, INC. PROUDLY INTRODUCES ULTRA-MIGHT FOR POWERLIFTING

Ultra might is a new fabric found exclusively in Titan Suits. Only a fabric with these outstanding features would be good enough for a powerlifter and good enough to be made into a Titan Suit.

- Tear Proof
- Run Proof
- Exceptional Support

Add to this our world renowned custom tailored fits plus the strongest guarantee on the market and you have what no other company can bring you ... the TITAN SUIT.

*Titan ... where quality is not a goal ... it's a standard.*

See our full page ad in this magazine for more information and order blank.

921 Rickey, Corpus Christi, Tx. 78412



John Gambie, laid claim to one of Larry's fabulous awards, designed this year as in 1982 by Adolfo Robles, John I ad to drop 14 pounds to make weight, and says that he will be going Superheavyweight next year.

priming for all year. One of the most spectacular events to ever occur in our sport began to unfold as Lee stood with this awesome load. The bar whipped lethally, and as Lee tried to steady himself for the signal, one collar popped off the bar, almost as if it were shot from a gun. Hundred pound plates flew off that end, pressing the other collar, which popped loose as well, releasing plates in that direction and causing spotters and officials to run for cover. The bar, now overbalanced to one side, rocketed up off Moran's back and flew through the air, a deadly missile which splintered the stage as it landed. Miraculously, no one seemed to be injured and Lee was able to grab him and asked "Are you OK?" "Yeah, what the hell happened?" "He was totally unbalanced and he got an after attempt at it. With another 300 added up he wanted as a main course in the kitchen "Can I do it?" "You can do it!" "You're right coach, I can do it!" Announcer Tony

## Question & Answer

This month, training questions are answered again by Roger Estep, 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.

**Dear Roger:** I am having problems with lying triceps extensions. My rep scheme is 50x10, 65x8, 75x7, 85x4, 90x2. After the first set my elbows won't pass the elbow joint and become very painful. The pain is in the joints, not the muscle. The pain goes away in a day. I also do close grip bench presses, but I have no problems with them. Any help would be greatly appreciated.

Sincerely, **Lemon Hutchinson**

**P.S.** I started powerlifting training a year ago. My chest was 37 normal. Now it's 42 normal. My arms are 16 1/2 inches cold, upper thighs around 24 inches, waist 34 inches, at 180 pounds. So far my bench is 250, squat 320, and deadlift 400. I'm working at it.

**Dear Lemon:** Knowing the anatomy of the elbow I would say that you have tendonitis in the joint. First, I would seek medical help. Tell the doctor your problem, and ask if he could give you something to help any stress on it. Remember, lying triceps extensions are only an assistance exercise and you don't want your elbows to get so bad that you won't be able to bench.

Best Wishes, **Roger Estep**

## American Drug Free Powerlifting Association



Mens Sana  
In  
Corpore Sano

A Sound Mind  
In  
A Sound Body

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

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

**Brother Bennett** George Hummel  
President Sec. Treas.  
P.O. Box 351 939 N. 20th Street  
Bay St. Louis, MS 5 Monocroft Dr.  
39520 Allentown, PA 10642

**BOOK REVIEW...DEATH IN THE LOCKER ROOM** by Bob Goldman with Patricia Bush, Ph.D., and Dr. Ronald Katz is now available (finally), after all the pre-publication publicity had people waiting and waiting, just in time for the Olympics and an expected focus on drugs in sports. The areas covered in the 370 page book include the use of Drugs in Sports, Women Athletes and Drugs, Drugs and Society, the Physical Effects of Drugs on Athletes, and an exhaustive appendices, that covers a wide range of steroid related material. This is the best part of the book, in my opinion. It's loaded with research results of the effects of drugs on blood chemistry and various organs, including much material that I hadn't seen or heard of before. The Bibliography is also a tremendous resource center for those keen on investigating the research that has been done. According to the book, one of Goldman's acquaintances in the training room, who admitted using steroids, eventually succumbed to cancer, and this led to Bob's dedication to research the problem and let the world know about the dangers of steroids and other substances that athletes use to enhance their performances, and the study by Goldman and his co-authors to find the answers took several years.

The book also has numerous photos, charts, and diagrams, some of which have quite an impact, particularly the ones regarding side effects of various substances. One photo does perpetuate the apparently popular, though untrue, mythology that Ian and Terry Todd are World Powerlifting Champions. Goldman et al talked with many figures in the strength sports in preparing the book.

I believe that anyone who reads this book, whether they use drugs or don't, will get a little chill down their spine in the process. Not everyone will buy Goldman's stance on the subject, but the raw information presented, especially regarding the many side effects of steroids, which most athletes users ignore, is valuable. For those interested, this is one of several books that should be in your personal library. **DEATH IN THE LOCKER ROOM...** is published by Icarus Press (ISBN 0-89651-155-3) and was advertised in Powerlifting USA last month by Natural Concepts, Box 772101, Houston, Texas 77215 at \$19.95 per copy and Rickey Dale Crain, Box 1322, Shawnee, OK 74801 has an ad in this month's edition.



**Moran Motors** up with 1000L...with his nose bloodied, Lee took this actual weight 1000/44 and erupted up with it. Lee would especially like to thank Dr. Ken Leistner, Bobby Pagano, and Andy Murphy for their help at the Senior Nationals. We hope to have a story on Lee in a coming edition of PL USA. Photograph by Deb Mitzel of MUSCLE Photography.



**Big Mark Chaitlet...** came up with a 300 on the World Team since Garbille won't be going at 275.

of the competitors. John Gallo and all the others deserve thanks and praise.

All of the competitors owe Dr. and Mrs. Herrick thanks for an efficient and complete medical/safety facility. I could go on, but I can only hope that every Senior Nationals offers what this one did. The post-meet merry making, featuring unlimited champagne, courtesy of the Herricks, and Dr. Squats attempted moon-walk and death dives, merely added frosting to an already sizzling cake. It will be difficult waiting for next year's version.

**P.S. POWER HOTLINE:** the companion publication to Powerlifting USA, that comes out twice per month via first class mail had a report of the Senior Nationals in the July 11th edition, plus Mike Bridges explanation of why he wasn't at the Seniors, the early word on Larry Stevens' minor heart attack, Tony Pacifico's 2121 total over in Great Britain at just over the 220 mark, the Japanese Nationals report, and much more. The issue before that had lots of news tidbits, including an explanation of why the Worlds were moved from Austin to Dallas this November, why Rich Woods was going to make the Seniors, new research into the effect of steroids on the heart disease profiles of lifters, the British Seniors report by Andy Kerr, plus the identity of a former World Powerlifting Championship competitor, who is named in a Los Angeles Times article as an information source for throwers on the Olympic team who want to know how to beat the steroid test, and who

a standard for others thanks to Pacifico, Stuber, Pettit, and the rest of the Dayton crew, including the ever successful return to the platform Rita Mattingly.

A special notice must be given to Coan's unreal exhibition victory; Bell's quietly constructed power; Austin's big lifts; Heath's always colorful performance; Steenrod and Gant with their displays of real power; Dunbar and Rowell moving their relatively ponderous poun-ploded upon. Moran's set-up with class touches of the meet itself will be 1003, provided for the continuous

**The World Team...** in Dallas representing the United States this November will be the Haidar, Gant, Austin, Bell, Coan, Wright, Cash, Jacoby, F. W. W. M. M. Haidar, and Masters in Australia this September. The Junior team is comprised of Joe Catalano, Michael Hancock (75kg), George Hechter (SHW), Neil Randall (60kg), Vinson Keyheza (90kg), Steve Lurpsee (100kg), Neil Mairs (82.5kg), Tim Shea (56kg), Jeff Thill (110kg), Mark Winquist (67.5kg). For the Masters 40-49 division, the United States team is Chuck Braxton (SHW), Ian Burgess (60kg), William Burr (62kg), Terry Dingerfield (75kg), Jerry Englebert (110kg), Ed Gilie (90kg), Don Mills (100kg), Mitch Mitchell (100kg), Larry Plumlee (110kg), James Rouse (82.5kg), with alternates being Saul Shocket (75kg), Karl Francis (125kg), Ernie Nagy (100kg), Phil Neyer (67.5kg), Roy Perno (82.5kg), Curtis Walker (100kg), Darryl Johnson (100kg), Larry McCauley (90kg), with alternates being Jack Bunn (52kg) and Buddy, Sauch (SHW). Coaches are Nate Foster and Jake Boyer.

### ★ While Supplies Last ★

- Super Wrap II & III 1 pr \$8 / 3 pr \$22
- Super Suit II in Blue, R. Blue, Red, Black (24-48) \$32
- Belts 3, 2 or 1 Tone, Any Color, Max. Thicknesses \$60

SEND CHECK OR MONEY ORDER TO:  
**JOE'S POWER PRODUCTS**  
P.O. BOX 120 • NOVI, MI 48050



Get Tough!!

- Postage \$1
- Airmail Add 20%
- Foreign Orders Add 10%
- C.O.D. 313 • 669-4580

## 1984 SENIORS VIDEO TAPES

2 VHS Tapes Available:

Day 1: 114-198

Day 2: 220-SHW

\$50 a piece or 2/\$90

order from  
**Pacifico Enterprises**  
P.O. Box 14152  
Dayton, OH 45414

# TRAINING

## Drug Free Training Philosopher, John Kuc as told by former World Champion, John Kuc

When I first decided to make a drug free comeback I didn't feel there would be many differences. I felt I would just switch my training from a heavy bodybuilding routine built around the powerlifts to straight powerlifting as had done in the past. It wasn't long before I found that other adjustments had to be made. The intangibles such as good diet, proper rest, and mega-dose supplementation became ever so important. Another big change was that a much more flexible training routine had to be devised, and a positive mental attitude had to be maintained. You must convince yourself that it can be done without drugs, and let me assure you this is not easy. I never used drugs is better off than one who has used them and experienced the benefits. This is because you must train differently without drugs. Your recovery rate is slower, so at times the intensity of your workouts must be decreased. plus there are always the questions in your mind. "Am I wasting my time?" and "Can it be done without drugs?"

Mike asked me to review the philosophical aspects of drug free lifting in this article. In future articles we can go into the training, diet, supplementation and mental approach if there

health is my most priceless possession, and I want to protect it. In my everyday life I am extremely careful to avoid potentially harmful practices. To me, drugs are at least potentially harmful.

When I used drugs I would always go through a period of anxiety and rationalization. I would look forward to the contest from a performance standpoint, and to the fact I could stop my drug usage afterwards. This type of feeling made my competitive periods short with long layoffs in between. I feel I would have competed on a much more regular basis if drugs had not been involved. Drug usage today has grown so rampant that I can no longer recommend powerlifting unless it is the drug free type. As a longtime powerlifter, this is a horrible position to be in.

I have been involved in weight training and powerlifting for over 20 years, and I truly enjoy it. For most

of those 20 years it has been the #1 interest in my life. I have had a great deal of success and received a lot from lifting. I have probably not given enough back. I hope that becoming involved in the drug controversy will benefit the sport. I hope to prove you can do World Class lifting without drugs. I also encourage others to join with me. I honestly believe that the same individuals who are champions with drugs could do so without them. Their lifts would be a little lower, and it may take longer, but they could do it.

I do not condemn the lifter who takes drugs. I have spoken with many lifters over the years, power, olympic and bodybuilders, and most would not take drugs if they did not feel they were necessary to compete. I do condemn the system for turning its back on the problem. In most cases the system encourages drugs by putting tremendous pressure on the athlete to perform at continually higher levels. In some areas the powers that be even provide information on the best methods to avoid detection. To my way of thinking this is not in the athlete's best interest.

I feel the fact that drugs work so well is going to be difficult to overcome. I never took large dosages (maximum 20 milligrams), but they worked. I can only guess at the benefits from much larger doses. Fred Hatfield, a World Record holder and World Champion, distinguishes between drug use and drug abuse. I admit there is a difference, but what is going to prevent abuse? If 20 milligrams helped me set World Records and win the World Championships, why the temptation to use more and more is very strong and I don't think anyone can deny that the more you use the greater the risk.

I feel drugs are the biggest problem facing powerlifting today. It has already fostered creation of a second organization, the ADPPA. There are many fine individuals in each organization, but instead of being able to work together, they must duplicate each other's efforts to run the two organizations. The bars, the weights, and benches and the rules are the same. Only the drug problem keeps these organizations apart.

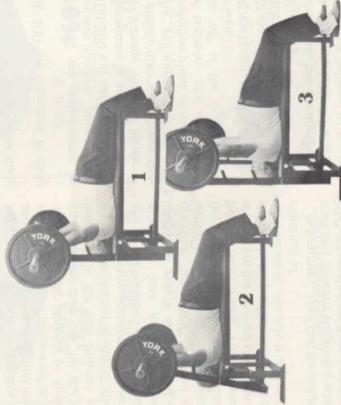
I am not trying to force morality on anyone. My objections are not so much on a moral basis. I am not attempting to put anyone down. I am not criticizing those that do have misused in the past. I am criticizing the concept of using drugs to become a champion. To me the price is better too high. Let's do something before it is too late. If a fresh start is needed, so be it. If I lose my World Records, it will be a small price to pay. Everyone must make sacrifices. I don't think anyone can challenge the statement, "The only true athlete is the drug free one."

I would like to thank Mike Lambert and Powerlifting USA for allowing me to express my feelings. I would be happy to hear from anyone either pro or con on this subject.

John Kuc, Box 215  
Mountaintop, PA 18707

Now Get Maximum Lifts Using The New

## Ultimate Bench the finest bench made



No Springs - Powered by Gravity. Use all your strength to make lift. No strength wasted pulling bar into proper lifting position.

U.S. Patent No. 4302009 • Foreign Patent Pending



Regular \$325.00 Incline \$350.00  
Freight Collect • CA residents add 6%

## HYDROLIFE Bath Salts Pure Natural Minerals for the finest mineral bath.

2.95/lb. (add \$1.00 postage)

Used in warm water, these concentrated pure natural minerals will aid in temporary relief of minor muscular aches, simple tiredness and fatigue, the same effects as bathing in the finest natural springs and health spas.

IRON MAC  
6935 Espanita  
Long Beach, CA 90815  
213-431-1802

# WORKOUT of the Month

A NEW Concept in weight training instruction. A Workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting Champion. Each month, a different lift is analyzed. For those at different strength levels than the starting poundages specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

## Ted Arcidi's Bench Press Cycle

When I first started to lift I was your typical overtrained athlete. I would work my upper body 3 times a week and would come home after a week of workout laboring intensively. I finally realized that "recreation" was the order of the day. I got what I needed from the gym, and I would get that "killer pump" that I was not getting from my workouts, but I was not up to a lot more iron with less rest in the joints.

Below is a typical bench press routine for an athlete who is benching 400 lbs. going into this particular routine. I kept a light day at a constant level. I believe in only a slight period of stimulation once a week. I feel that with all the supplemental exercises to choose from, the Bench Press is the most useful in obtaining upper body torso stability (A must to be a half decent lifter in today's lifting society). Will someone tell the "Barbarians" that the World Record Behind the Neck Press for 3 reps is now 350 x 3. I performed that lift in front of 600 people at an exhibition in Fairhaven, Mass. two weeks prior to that great Hawaiian international meet.

Squats should be done at least once a week to provide excellent lung capacity and endurance. Footballers should concentrate on reps 8 to 10. This is beneficial to obtain maximum explosion once that ball is snapped.

I am a firm believer in "Feeling the Weight". You should look forward to heavy triples and doubles!!! In fact

Light Day	Heavy Day
1 x 135 x 10	1 x 135 x 10
1 x 225 x 3	1 x 225 x 3
1 x 275 x 3	1 x 300 x 2
4 x 300 x 5	(see below)
Week 1.....	4 x 335 x 6
Week 2.....	4 x 340 x 6
Week 3.....	4 x 345 x 6
Week 4.....	4 x 355 x 5
Week 5.....	4 x 360 x 5
Week 6.....	4 x 365 x 3
Week 7.....	3 x 385 x 3
Week 8.....	3 x 385 x 2
Week 9.....	1 x 395 x 2
Week 10 - Contest:	
1st-390	2nd-420
3rd-435	

Package Deal on Referee's. Mike Reed reports that himself, Jack Digan, Ken Miller, Denis Burke, and Billy Jack Talton are all International Referees (they also have 3-5 National Refs in the Louisiana area) who enjoy working meets and are available for such work in return for expenses.

Errors, Omissions, Etc.... Dick Young, 930 Winery Ave., LaVale, MD 21502 was not listed on the National Referee's Directory previously published in PL USA. At the Saskatchewan Open, the results published did not indicate that Mark Mitchell's at 181 squat and total were Provincial records. Jack Hughes reports that he has record certificates for Masters records in the 60-64 age group of 292 squat and 386 deadlift that were not updated on the list of Masters records published in PL USA. In the results published for the Junior Nationals, Steve Lee actually made a 661 deadlift at 198, and placed 8th. Thor Kristy actually placed 3rd at 242 and with Jeff Ingraham's total being 1989 rather than the 2000 listed in the August issue of PL USA.

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

The story continues and the plot thickens for the fate of exactly where anabolic steroids fit into the athletic arena. For the first time since medical science introduced anabolic steroids to the list of medical therapeutics in the 1950s, the sports medicine experts have essentially acknowledged that anabolic steroids may enhance athletic performance. Recently the 1984 edition of the 4 day convention of the American College of Sports Medicine held in San Diego (May 23-26, 1984) gained overwhelming respect by finally allowing the untold plea by physicians, coaches, athletic trainers and athletes to reopen a movement toward clinical investigation pertaining to the use of anabolic steroids in athletes. One entire day of this meeting was devoted to the topic of anabolic steroids and human growth hormone use in athletics, and it was truly symbolic of an interdisciplinary team singling a solo's lines. The content of this athletic enhancement is not novel, but the concept of it will significantly alter the future of modern athletics forever! Basically the banner that waved for years stating that "warning, anabolic steroids not to be taken, as athletic abilities has been shown to be of a formal nature of the testing done for athletes to be eligible to this event."

The salient features of this interdisciplinary meeting were the following:

(1) that anabolic steroid use by athletes is substantially increasing and spreading to the fitness-oriented people in general.

(2) that anabolic steroid use is considered as a necessary training parameter by many athletes.

(3) that anabolic steroids are believed to enhance athletic performance in several manners.

(4) that easily over one million people in the USA are self-experimenting and self-administering anabolic steroids.

(5) that anabolic steroids will continue to be used by athletes until

there are better drugs available.

(6) that further, definitive, multi-site, interdisciplinary investigative studies must be begun.

(7) that the sports medicine authorities must be willing to accept the results drawn from properly designed studies with athletes and anabolic steroids.

(8) that human growth hormone used by athletes is significant and growing.

(9) that no current tests are available for detecting human growth hormone use by athletes, and no sound ideas on this matter were presented.

(10) that hormonal manipulation of athletes will continue, and the variety of hormones to be used will increase.

In many instances, especially when a major, conservative organization such as the American College of Sports Medicine acknowledges the beneficial potential of these drugs in athletics, then other aspects must also be introduced, promoted and considered. This year, the most recent side-effects of the drugs were claimed to be on the heart and cardiovascular system and the mental system.

Heart attacks almost always result in the young muscular persons. Dr. Lynn Smith, a clinical physician in New Castle, Indiana, has shown that the athlete who has moderate dose anabolic steroids has increased blood lipid profiles which have been associated with risk factors for early heart disease and sudden death. However, none of the patients so far have proven to have clogged heart arteries by cardiac catheterization techniques. Even so, the high density lipoprotein cholesterol (HDL-C) levels which are believed to protect against heart disease, were at least 50 percent lower when the athletes were on the anabolic administered.

The apparent self-administered doses of anabolic steroids the athletes

tenity which are subsequently detrimental to the heart are aggressiveness, hostility and mental intensity turned inward. In this manner, then, if an athlete displays the products of excessive mental intensity which may be uncovered by the use of anabolic steroids or directly enhanced by their use, he/she will lose friends, flirt with violence and find themselves out of control, mentally, on many occasions. Conversely, if the athlete who is using moderate dose anabolic steroids keeps this mental intensity and aggressive tendency "bottled-up" without a release mechanism, he/she may be flirting with death from a heart attack. This dilemma arises from the amount of perceived stress which an athlete on moderate dose anabolic steroids is under the influence of.

In summary, I feel that the accusations and the early supportive scientific evidence which places anabolic steroids as a significant causative factor for early heart disease and early sudden death are warranted by the following mechanisms:

(1) the atherogenic, artery clogging, blood lipid profile changes which reflect very severely depressed protective HDL-C levels and by increases in the atherogenic LDL-C levels.

(2) the psychological factors which are an increased mental intensity, hostility and aggressiveness which may be turned inward to overstress the heart.

If my theories, as well as others whom I have met with and trust their opinions and data, are correct, then the athlete who self-experiments with moderate dose and high dose anabolic steroids along with the stresses associated with high intensity training, the stresses from peers, coaches and parents for athletic excellence, who also use anabolic steroids and other stimulants along with extreme dietary measures may begin to fill out. The more it is intensive care this. The more it is recommended that athletes take heed to this warning and re-evaluate their anabolic steroid habit. If you reduce your intake, it may take somewhat longer to reach your goals, but you will have a much longer time to reflect on your efforts. You may live to thank me for this contribution. I believe that you or some of your athletic friends will die very prematurely because of the direct effects of anabolic steroids or its heavier users. Remember, that this topic came from a medical meeting that admitted for the first time that anabolic steroids do indeed enhance athletic performance and abilities. If this article is read, it will prove that preventive medicine can be creative for the athlete, and satisfying to the physician's purpose of "do no harm."

ARE ANABOLICS ATHEROGENIC?

by Sports Medicine Editor, Dr. William N. Taylor

were taking in Dr. Webb's case study were: 50-100 mg Dianabol R daily plus,

100-200 mg testosterone by weekly injection, plus

100-200 mg nandrolone decanoate by weekly injection.

The average HDL-C levels of these athletic men were drawn during the self-experimenting self-administration phase of the anabolic steroid regimen, and also during periods "off" of the drugs. Mean values were:

29 mg/dl HDL-C levels on the anabolics

61 mg/dl HDL-C levels off the anabolics

Furthermore, low density lipoprotein cholesterol, LDL-C, which at higher levels is believed to promote atherosclerosis and cardiac disease, were found to be:

150 mg/dl HDL-C levels on the anabolics

125 mg/dl HDL-C levels off the anabolics

With the current knowledge regarding these changes in the lipid profiles, it has been estimated that this particular anabolic steroid dosing increases the risk of a heart attack by a 4 fold factor! In some athletes, the residual effects of the anabolic steroids relating to this atherogenic blood lipid profile persisted up to seven months after stopping the drugs.

It seems that there is strong evidence on the ability of moderate dose anabolic steroids to potentially cause a heart attack by sludging the arteries to the heart. Otherwise, one of the most studied, well-documented, measurable, predictive risk factors is incorrect.

It has been shown that athletes who have increased muscle mass and who do not undergo regular aerobic training have no greater immunity to cardiac disease than do sedentary people. This is most easily described in terms of lean body mass to cardiac muscle mass ratios.

In muscular athletes who do not train aerobically, the lean body mass to cardiac mass ratio are similar to that of non-exercising oriented persons. In this case, the muscular athletic man does indeed have a larger than normal heart, but this heart muscle mass is somewhat underpowered for the added skeletal muscle mass.

Another significant parameter which must be considered regarding the cardiac effects of moderate dose anabolic steroid use involves the psychological control which the drugs exhibit on mental intensity. Recently it has been shown that the particular characteristics of the mental in-

# SALE ★ Prices That Make Powerlifting Affordable ★

Custom hand-made, all belts are available in double or single-prong buckles



Style A  
3-Tone ..... \$65



Style B  
2-Tone ..... \$60



Style C  
6 rows of nylon  
attaching ..... \$60



Style E  
single thickness  
Leather ..... \$26

- Super Wrap II & III .. 1 pr. \$8 .. 3 pr. \$22 L-Arginine 500 mg., 100 Tabs ..... \$8
- Super Suit II (26-48) ..... \$32 L-Ornithine 500 mg., 100 Tabs .... \$11  
N. Blue, R. Blue, Red, Black



Send Check or Money Order to:  
**JOE'S POWER PRODUCTS**  
Box 120/Novi, Michigan 48050  
(313) 669-4560

Get Tough!

- Postage \$1.00
- Airmail add 20%

- Shipping outside U.S. add 10%
- C.O.D.

## FREE PAIR SUPER WRAP II or III With Each Belt or Suit Order

### Anabolic Steroids and the Athlete

With a Chapter on Human Growth Hormone

William N. Taylor, M.D.

128 p.p. 1982 \$13.95 (paper)  
Figures, tables, appendices, references, index  
ISBN 0-89950-055-2



"The most impressive (and welcome) attribute of the book is [the] clarity and conciseness. And for the first time... the study of maintaining a steroid habit." *Anabolic Steroids and the Athlete* is a highly thought-provoking, comprehensive, and readable text. *Development*, the careful and its derivatives is a valuable contribution to the knowledge of a much abused bodily substance... well researched and scientifically authoritative... a good investment!" *Southern Bodybuilder*; "extremely well documented... worth the money." *Track & Field News*; "factual and straightforward, using the scientific jargon... recommended." *Library Journal*.

Anabolic Steroids and the Athlete is concise, timely... neutral, readable reference.

AMERICAN MEDICAL JOGGERS ASSOCIATION

ORDER FROM:

**McFarland & Company, Inc.**

**Box 611, Jefferson NC 28640**

**919-246-4460**

Include \$1.50 shipping/handling for first book and 75¢ thereafter

## For space-age weightlifters



Avoid the inconvenience of carrying around your chalk in a plastic container. Avoid the mess in your gym bag when your container accidentally opens. NEW BOTTLALK is a space-age, lightweight, so-called carbamate chalk in a easy-to-use plastic bottle with flip-top spout. It allows you to pour the amount of chalk that you want with just a squeeze of the bottle. The only NEW BOTTLALK was selected after testing 30 different grade blends for the express purpose of ensuring the best possible grip ever obtainable.

More than anything, though, is that BOTTLALK will last and last. Each bottle contains a whopping 3 ounces of chalk and will provide approximately 250 applications. How can you go wrong???

BOTTLALK presently sells for only \$4.95 per bottle. The Plastichalk costs only \$1.75 per bottle for postage and handling and send for yours today!

GAINERS COMPANY

P.O. Box 233E, Garwood, New Jersey 07027

We will rush your order!

Step into the future today!

Write for special terms discounts.

Distributors, gyms, schools, sporting goods stores—

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

### 1984 Southern States Powerlifting Championships

Saturday, October 20th:  
Class I & Above  
Masters Class I & Above  
and All Women

Sunday, October 21st:  
Class II & Below  
& Masters

Open to anybody, anywhere, with U.S.P.F. Card.  
Entry fee \$18, 2 events \$25  
Late fee after Oct. 1st \$10

Payable to:  
City of North Miami  
Beach

Mike Stein  
17011 N.E. 19th Ave.  
North Miami Beach, FL  
(305)-948-2957 or 2927

# NATIONAL MASTERS USA 1984



**POWERLIFTING CHAMPIONSHIPS**  
**McLean, Virginia**  
**October 13 & 14, 1984**

- Entry deadline 9-15-84.
- USPF Sanction #755-84.
- Huge 4 post 3 ft. trophies.
- Meet location: Best Western, Tyson's Corner, VA. Tyson's Westpark Ballroom.
- Discount room rates, airfares, and rental cars available. Information concerning these items will be enclosed in packet.
- Banquet Party will be held Saturday & Sunday following contest.

..... For Meet Entry Packet .....

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

T-Shirts: 3 color logo, sizes S M L XL, 7.50 ea.

QTY	size	total

Bob Edmanson  
14204 Randall Dr.  
Woodbridge, Virginia 22191  
(703) 494-1377 • (703) 550-8040

## A Master's Formula for Powerlifting

by Lyle Schwartz, IPF Category I Referee

Ever since Masters competition was sanctioned in powerlifting, it's been clear that it would be a good idea to develop a formula to compare lifters of different ages. It's obvious that men and women of advanced age won't have the same potential for strength as their younger counterparts, but how rapidly does strength decrease with age? We can't look to the scientific literature for help here, because we're breaking totally new ground. Never before have athletes alike in every respect but age been compared on the basis of strength potential. In fact, data of this kind should be of great interest to gerontologists and others interested in the aging process.

Naturally, since I've long had an interest in comparison formulas in powerlifting, I have given thought to this problem from time to time. Could I develop a convenient correction formula for age, a Schwartz Masters' Formula (SMF) in the same manner as I had done for correction for body weight in the original Schwartz Formula (SF)? The answer until very recently was no, because there simply was too little data, too few performances that one could reasonably believe represented the best that might be done by an individual of a particular body weight at a particular age. Keep in mind that there are eleven weight classes (from 114 lbs. to super) and eight age groups (from 40-44 up to 75-79) giving 88 possible record performances for men and 88 for women. Even today there are American records in only 78 of these, so that the results of any analysis must be suspect - particularly for those age groups from 60 through 80. Nevertheless, I was finally persuaded by many requests that I should at least examine the problem. Actually the final push came from a training partner of many years



The Master's Formula... will allow lifters like Dick Burke to compare their performances directly with lifters in widely varying age categories.

of age, these average SF totals could be fit graphically to a reasonably smooth curve to uniformly normalize the curve to unity at age 40 and read values of other ages off of this curve. The results of this effort are given in Table I as the Schwartz Masters' Formula.

Before judging how well the SMF does in accomplishing its appointed task, a couple of things must be pointed out. The SMF is designed to reflect the real observed variation in strength with age, but it must be based on limited data. We don't know for example, if strength begins to decline at age 35 or 40 or 45, but since we have no data on the 35-39 age group and since I've normalized age 40, the SMF makes it look as if strength begins to decline at age 40. This is really no way to do better than this time. Since the SMF changes so slowly in the range of ages from 40 to 45, picking age 40 for the realization age is not likely to introduce too much error.

A second factor which complicates the results is the uncertainty introduced by drugs. We can't know for certain which of the records were set by men kept artificially "young" by the use of anabolic, but this additional variable makes these data unusable by the gerontologist. If, for example, records set in the younger age groups were more influenced by steroid users than those in the older groups, the results would be distorted.

Finally, it should be emphasized again that data for the older age groups is statistically less valid than for the younger groups (there are far fewer participants in the 60-80 year range than in the 40-59), so that the results in Table I should be considered very temporary and should be applied to older men as well (it will be many years before an accurate test of this assumption can be made). The results of correcting for body weight were surprisingly useful. With only a few exceptions in the lighter body weight lifts, the SF totals in each age group were tightly clustered together, allowing a meaningful average to be computed. When plotted as a func-

Table I Schwartz Masters' Formula

Age	SMF	Age	SMF
40	1.000	60	1.645
41	1.003	61	1.700
42	1.009	62	1.755
43	1.018	63	1.810
44	1.031	64	1.865
45	1.048	65	1.920
46	1.069	66	1.970
47	1.092	67	2.010
48	1.117	68	2.030
49	1.144	69	2.048
50	1.173	70	2.062
51	1.203	71	2.070
52	1.239	72	2.076
53	1.281	73	2.080
54	1.330	74	2.083
55	1.380	75	2.085
56	1.430	76	2.084
57	1.480	77	2.085
58	1.535	78	2.086
59	1.590	79	2.087
		80	2.088

\*Multiply powerlifting total by SMF to compare Masters' lifters of different age. Use the standard Schwartz Formula (or Maloney Formula) to compare by weight. Use product of both SMF and SF (or SMF and MF) to compare lifters of different age and bodyweight.

Table II American Masters Records (Corrected for Age)

Class	40	45	50	55	60	65	70	75
SMF	1.000	1.048	1.173	1.380	1.645	1.920	2.062	2.083
114	760	688	655	727				
123	760	721	768	1003				
132	1003	912	775	880	871			
148	1085	1025	953	880	871			
165	1085	1074	1118	1214	1433			
181	1543	1366	1322	890	903	666	666	
198	1543	1432	1551	1228	1485	1279	1373	
220	1609	1538	1510	1065	937	914	551	
242	1609	1612	1771	1470	1541	1755	1136	
275	1763	1691	1642	1212	1047	898	887	
SHW	1763	1772	1926	1673	1722	1724	1829	
	1769	1951	1604	1356	1102	998	821	
	1769	2045	1881	1871	1813	1916	1693	
	1940	2056	1660	2038	2522	1989	2010	1952
	2042	1813	1670	1279	1230	887		
	2042	1900	1959	1765	2023	1703		
	2160	2012	2003	1917				
	2160	2012	2003	1917				
	1901	1978	1545		893			
	1901	2073	1812		1469			

\*Assumes record set at earliest possible age. Read across at each bodyweight; if records for all ages were of "equal ability", the number in bold would be the same.

Table III American Masters Records (Corrected for Age and Bodyweight)

Age	40	45	50	60	65	70	75	
SMF	1.000	1.048	1.173	1.380	1.645	1.920	2.062	2.083
114	760	688	655	727				
123	760	723	686	730	954			
132	1003	871	661					
148	1003	877	798	678				
165	1085	1025	953	880	871			
181	1085	1074	1117	977	1078	928	996	666
198	1543	1366	1322	890	903	666	666	
220	1543	1432	1551	1228	1485	1279	1373	
242	1609	1538	1510	1065	937	914	551	
275	1609	1612	1771	1470	1541	1755	1136	
SHW	1763	1691	1642	1212	1047	898	887	
	1763	1772	1926	1673	1722	1724	1829	
	1769	1951	1604	1356	1102	998	821	
	1769	2045	1881	1871	1813	1916	1693	
	1940	2056	1660	2038	2522	1989	2010	1952
	2042	1813	1670	1279	1230	887		
	2042	1900	1959	1765	2023	1703		
	2160	2012	2003	1917				
	2160	2012	2003	1917				
	1901	1978	1545		893			
	1901	2073	1812		1469			

\*Assumes record set at earliest possible age. Read across at each bodyweight; if records for all ages were of "equal ability", the number in bold would be the same.

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## The Powerlifter and Chronic Shoulder Injuries

By Jeff Everson



Ron Collins, worked through some tough upper-body injuries in his career.

While it seems that the knee has taken the medical community's attention by storm, I feel the shoulder is guilty of consuming an equal amount, if not more consideration, amongst competitive powerlifters. The shoulder is cursed with muscles and tendons that are often being torn, stretched, strained, and pinched. Because of this design fault, any athlete who repetitively stresses this joint is cruising for a bruising. Since the shoulder is uniquely subject to overuse injury, it does not usually confine itself to sudden, single, traumatic grief but usually falls apart, so to speak, from continuous degradation.

The motion of the joint is really motion involving four joints. As the arm bone moves away from the body, the first 30 or so degrees is glenohumeral motion. Next, a small bit of motion occurs at the scapulothoracic articulation. To move the rest of the way up to 180 degrees, 30 plus degrees takes place at the sternoclavicular and acromioclavicular joints. All of this is important to you when you understand the ligaments and muscles that work with these motions. I will not discuss recurrent subluxation or dislocations as these are usually acute types of injuries that a football player might suffer rather than the powerlifter. However, repeated applications of force through training at low levels can cause inflammation and calcification at ligament attachments to the bone, which can lead to capsular calcifications.

I won't get into detailed anatomy and function, only enough to relate to the common problems lifters experience. The head of the large arm bone has attached to it, the supraspinatus, infraspinatus, teres minor and subscapularis. These are two infamous rotator cuff muscles. Between two attachment points there is a groove in which the long head of the biceps sits. During the movement of abduction, the innocent rotator cuff muscles tendons and a bursa sac get absolutely nailed by a bony thing called the acromion. The acromion is an attachment point for the deltoids, and it restricts space for underlying structures so, during motion, we get what's called impingement. Then you are all familiar with it. It has multiple origins and a common insertion on the humerus. Therefore, it can handle flexion, adduction, and extension. Because in powerlifting we strengthen by force, the biceps separate, especially if you bench wide grip with elbows out.

The same motions that nail the rotator cuff muscles also nail the long head biceps tendon. Many times you lifters will have both biceps tendons and cuff impingement. This is about all the anatomy I care to bore you with, but it was basic to the discussion that I was.

Where the pain occurs is also a key factor to the diagnosis of your problem. A lot of inexperienced practitioners may relate pain at the deltoid attachment to torn deltoid fibers and inject steroids there, when the real problem is the cuff and the sensation is merely radiating pain from that point.

Let's look at some symptoms and probable diagnoses. If there is an abnormal bump on the AC joint, there may be a separation at that point, assuming calcification at that point, assuming that you have not suffered a traumatic incident such as a fall. In cases where there is suspicion of a cuff injury of long standing, you may have shrunk supraspinatus muscles on the back, right above the shoulder blade. You also may have weakness when externally rotated. If you stand erect and raise your arm in forward flexion and it is painful to do so, especially near the top, that's probably some rotator cuff inflammation. When raising the arm to the side, if impingement is the thing, you will have maximum pain at the 90 degree position. Then pain may recede as you continue. If you can passively farther than you can actively, then that is also cuff impingement. In chronic cases of cuff problems, probably both the cuff and bursa are messed up. If you place your forearm behind your back, this, if there is pain, indicates cuff and bursa problems. If you have pressure applied to external rotation with the arm at the side, that will usually isolate out the cuff because the bursa is not compressed in this position as much. You can actually find bicep tendinitis by yourself by pressing hard along the groove in the upper arm bone and following it up. Uncommon tenderness compared to the normal side, if there is one, indicates tendinitis. With actual tears of some magnitude, such as in the lats or the pecs, there will be swelling and firmness in the area and if more severe, there will be a noticeable gap and some softness to the tissue.

I can often isolate an injury by manual muscle testing. At 90 degrees of abduction and about 25 degrees of forward flexion and a bit of internal rotation with resistance, you are testing the strength of the supraspinatus which is weak and painful with the cuff injuries. You can also do an external rotation test at the side. The bicep, of course, can be tested by resisted flexion and supination for tendinitis and weakness. Severe aching of the whole shoulder at sleep time indicates probable cuff inflammation.

If you hear popping and clicking, that's crepitus due to friction and uneven surfaces. This is common in cuff degeneration too. AC arthritis causes this sound too. To really nail in a confirmation of cuff impingement raise your arm over your head when it is totally internally rotated or turned in. That will be really bad if you have cuff and bursa impingement. If the passive movement of taking the arm in standing across the chest produces pain, that's in the AC joint.

If examined, your shoulder is through-ly weakened, you find that range of motion and strength are normal then you do not have a serious injury, just probably the old powerlifting syndrome of severe overuse. In the future, I will discuss methods of treatment and the techniques I use on athletes to prevent these injuries from ever developing.

Most Powerlifters conjure up a less than complimentary feeling about snacks. So often, I see empty calorie creeps into the what we normally mean by snacking, and this gives the word a negative connotation. Yet, snacks play a vital role in your overall nutrition program. In this month's issue of Nutrition Corner, let's examine snacks and talk about benefits of total snacks can most

First of all, let's examine snacks you stand erect and raise your arm in forward flexion and it is painful to do so, especially near the top, that's probably some rotator cuff inflammation. When raising the arm to the side, if impingement is the thing, you will have maximum pain at the 90 degree position. Then pain may recede as you continue. If you can passively farther than you can actively, then that is also cuff impingement. In chronic cases of cuff problems, probably both the cuff and bursa are messed up. If you place your forearm behind your back, this, if there is pain, indicates cuff and bursa problems. If you have pressure applied to external rotation with the arm at the side, that will usually isolate out the cuff because the bursa is not compressed in this position as much. You can actually find bicep tendinitis by yourself by pressing hard along the groove in the upper arm bone and following it up. Uncommon tenderness compared to the normal side, if there is one, indicates tendinitis. With actual tears of some magnitude, such as in the lats or the pecs, there will be swelling and firmness in the area and if more severe, there will be a noticeable gap and some softness to the tissue.

The most common snack-time appears to be the coffee-break. It is generally accepted that at these two-15 minute breaks, food and drink should be eaten as part of social grace. Ever sit while on your break with fellow workers and not eat or drink anything? First thing someone does (I'll admit it is a friendly gesture) is say, "not drinking anything?" "Do you want something to drink, or how about some of my chips?" It's almost as if you are guilty because you're not snacking or being sociable? Right? Really, you can't go anywhere—visit friends, movies, shopping, etc., without someone munching or sipping and then being disturbed because you are not sharing their snacks.

It is difficult to plan and implement a good diet. Part of that difficulty is planning for snacks that will complement your training cycle. We Powerlifters have to live in a world of non-trainers who are constantly trying and testing our will-power to maintain the proper nutrient intake. In an effort to maintain your diet and still keep your

If you're looking for extremely low-calorie snacks, then try a few of the following:

ITEM	NUTRIENT VALUE
Bouillon - fat free	.....protein, calcium
Buttermilk	.....protein, calcium
Cabbage	.....protein
Carrots	.....protein
Consumease - fat free	.....protein
Cottage cheese - low fat	.....protein, calcium
Milk - non fat	.....protein, calcium
Tea - unsweetened	.....zero
Vegetable juice	.....vitamins, minerals
Yogurt - plain	.....calcium, protein

The next list of snacks have a few more calories, so plan these foods, for example, as a pre-workout snack.

ITEM	NUTRIENT VALUE
Apples	.....Lettuce
Broccoli	.....Green Pepper
Cabbage	.....Pineapple
Carrots	.....Raisins
Cauliflower	.....Turnips
Celery	.....Zucchini
Cucumber	.....

NUTRIENT VALUE: All these foods are high in vitamins and minerals.

# NUTRITION CORNER

by Jack Diganigi

yield very little in the way of vitamins, minerals, etc. Apart from these empty-calorie foods being low in nutrition, these foods generally are bad for your dental health. Foods like candy, cakes, cookies, etc., all contribute to dental caries. Another point to consider is that these foods tend themselves to adding useless, excessive adipose tissue, in other words fat, very quickly to your body.

So, if you're looking for both good dental health, as opposed to sitting in the dentist's chair, and if you're interested in keeping extra, useless fat pounds off of your body, then read on and let's see how snacks can actually help!

Snacking for the non-training person could be at anytime. Snacks, as a rule, are not planned as you would plan breakfast, lunch or dinner. Snacking for the person in Powerlifting can enhance your training schedule. How? Well, for example, if you are one of those early-bird trainers, i.e., in the 5:00 to 9:00 a.m. range, then a small snack of fruit or juice would do well for your needs. At that time of the morning, something high in a simple carbohydrate, which will be quickly digested and absorbed into the bloodstream, should greatly increase the energy for your workout. If you're the after-work or after-school workout type, then a snack about an hour or two before the workout would give you the necessary energy to sustain the amount of intensity you need for your sets.

Thus, snacks can contribute to your workout needs, but what if you're in a program to gain some weight or perhaps you want to do just the opposite and reduce your present bodyweight. What foods would be best to choose. If you're nearing a meet and you want to reduce the percentage of body fat, then snacks can help provided that you select them carefully. As mentioned before, whether you're training for an upcoming meet, or training to look and feel your best, the energy yielded from a wisely chosen snack may make the difference between success or failure. Below are several lists of foods, grouped in such a way to give you some nutritious snacks.

If you want a few more calories, then try some of these foods. Again, these would be very useful for a pre-workout energy source.

ITEM	NUTRIENT VALUE
Apples	.....Oranges
Berries	.....Cantaloupe
Blackberries	.....Peaches
Plums	.....Figs
Pears	.....Melons
Whole Milk	.....

NUTRIENT VALUE: All of these foods are very high in vitamins & minerals.

Whole Milk ..... protein, calcium

For those wishing to actually gain some weight, try some of these calorie-loaded, nutrient-rich foods.

ITEM	NUTRIENT VALUE
Chinese cubes	.....protein, calcium
Crackers - wheat	.....B vitamins
Eggs	.....protein
Dried fruit	.....vitamins, minerals
Lean meats	.....protein
Nuts	.....protein
Peanut Butter	.....B vitamins
Seeds	.....

For those wishing to actually gain some weight, try some of these calorie-loaded, nutrient-rich foods.

One of the tricks of the food service trade, and one which will go a long way to help you overcome boredom, is try varying each cut of food. For example, don't just slice an apple, but cut it into wedges, or sticks. Make cheese cubes or circles or rings. In other words, take an ordinary food and prepare it in an extraordinary fashion. Try cutting all of your fruits, vegetables, cheese, etc., into various shapes and sizes. These could be cubes, wedges, chunks, slices, rings, sticks, curls, strips, circles, triangles, balls, etc., etc. The idea here is to make the food fun and exciting and certainly not boring! Go ahead, believe me -- it really works.

Try these recipes for the snack conscience powerlifter in your home:

**Deviled Eggs Deluxe:**  
Mash the yolks of four hard cooked eggs with 1 teaspoon of vegetable oil. Mix this with 1 teaspoon of prepared mustard and 1/4 cup of low fat cottage cheese. Spoon mixture into the egg white halves.

**Peanut Butter Supreme Special:**  
Combine 1/2 cup peanut butter with 1/4 cup of non-fat dry milk powder. Keep it in the refrigerator and use as a filling for sandwiches, cereal, on top of cottage, etc.

**Cottage Cheese Split:**  
1 banana  
1/2 cup of cottage cheese  
1/2 cup of flavored yogurt  
Shredded toasted almonds or nuts of your choice  
Purple grapes

Peel one ripe banana and cut in half lengthwise. Place in dish and top with cottage cheese. Form cottage cheese into a mound. Pour 1/2 cup of flavored yogurt over cottage cheese. Garnish with grapes and nuts.

Snacks can and will help you achieve your powerlifting goals. By following the basic guidelines in this article, you can now tailor your snacks much in the same way you tailor your workout routine. You will find that by including a snack at the right time, you will greatly increase your energy for the workouts. You can change your selection of foods, snacks, in order to put some weight on, or shed some unwanted pounds. Most of all, make the food fun and exciting. Try different shapes or prepare them in a different shape or form. If you have any questions or comments about snacking or nutrition, by all means drop me a note -- I'd be more than happy to hear from you.

Nutritionally yours,  
Jack Diganigi, R.D., M.S.  
116 Monroe Place  
West Monroe, LA 71291

For those wishing to actually gain some weight, try some of these calorie-loaded, nutrient-rich foods.

For those wishing to actually gain some weight, try some of these calorie-loaded, nutrient-rich foods.

# More From Ken Leistner

**Powerlifting Myths...a parody**  
by Dr. Ken E. Leistner, Feature Editor



In the Gym at Dr. Ken Leistner's New York residence is Dr. Ken himself (right), his long time friend Ralph Ralola (center), and one of the strongest footballers to come out of the collegiate ranks, Kevin Tolbert. Tute photo.

**EDITOR'S NOTE:** before you run out and start telling your friends that "Dr. Ken says we should do it this way," please realize that this article is a parody on training advice, and is not to be taken seriously. Ken pecked this out on his word processor early so he could concentrate on the Senior Nationals for this month's issue.

Every month PL USA, Muscle and Fitness, Flex, and the many other muscle building magazines serve the reader with numerous articles related to the attainment of strength, fitness and increased abilities for the sport of powerlifting. Every month I read these articles and cringe, knowing that the lifting public, isn't being presented with the hard truths that are needed if one is to achieve their goal of becoming World Champion or even State Champion. Yes, it is appalling but true, those who write these articles often withhold the truth, presenting commercially biased and poorly researched articles. The only protection that one has is to pursue their own research or depend on those who with the integrity, to ply the truth. This year's opportunity to learn the real secrets and building the best muscle mass at the best, and solid fitness foundation.

**Myth No. 1:** All carbohydrates are utilized in the same manner by the body despite the proportions of science (this just isn't true). The carbohydrates (CHO) that can be extracted from goodies such as ice cream and marble cake are far superior for the Powerlifter than those derived from fruits and vegetables, ice cream, especially those rather high in butterfat, such as Haagen-Das (spelling?). Alpen, Zauber and, in New York City, Peppermint Park, allow the CHO in the form of galactose to be absorbed at a slow rate, perfectly matching the demands of the sport. The CHO from these delicious confections, if eaten the night before a heavy squat or deadlift workout, will begin to enter the bloodstream as you near the heavy sets. This occurs as a result of a number of factors including, but not limited to, the rise in body temperature, the increase in metabolic activity demanded by these activities and most importantly, the psychological security that comes with a full belly and the knowledge that you're chock full of sugar. Cheaper ice creams tend to enter the bloodstream too quickly, causing the release of inordinate amounts of insulin from the beta cells of the pancreas. If you insist on eating such obvious crap as frozen yogurt, ice milk or local brands of ice cream, then you might want to consider combining it with a source of fat such as mousses (lemon or chocolate), high fat cake or pie (pecan or key lime), or, if you need a bit more pro-

the lifter. Your fast twitch fibers, necessary for explosive lifting, just won't get the nourishment they need. The grains will supply the slow twitch fibers with glucose, but unless you're looking to run ten miles after your squats, I'd be cool about whole wheat bread and other similar items. The softer white bread and spaghetti's absorb marmalade and gravies much more efficiently than the whole grain products, and again, have been designed by food science experts to enter the bloodstream at a rate of entry perfect for the needs of a serious lifter. I've actually been at meets and have seen good lifters, very good lifters, have a protein source with wheat, pasta, Gex, what a mistake. These whole grains are so dense that most of the heavy sauces are left in the palate and they then contribute to stomach upset. Hey, you could shoot sweet corn whole wheat pancakes! So, the first point is that you should relax and enjoy that ice cream or strawberry short cake, as long as you remain in caloric balance for your projected weight gain.

**Myth No. 2:** Cardiovascular ability is improved with steady state work lasting at least twelve minutes, done three times a week. The truth is, you get bored, that the march was not conducted with Powerlifters or with Powerlifting in mind. While it's true that the average lifter needs a certain amount of cardiovascular work weekly, he or she should not run cycle swim, surf, or row. All of these will increase the capacity of the heart and lungs to deliver oxygen to the tissues, lower blood pressure, etc. but it is not specific enough for the sport of our interest. I recommend walking and loading. One should walk to the gym or weight room if it is within 400 yards of their living quarters. More walking than this becomes too aerobic and stresses the low back and legs to the point that much too much is taken out of them to squat effectively. 400 yards, at a moderate pace, three times per week should be plenty. After all, our sport makes few demands on the cardiorespiratory system and one does not want to develop too much oxygen carrying hemoglobin. Walking around the gym between sets is good too, especially if you like to take eight to ten minutes between those heavy sets. Whew, talk about tough. If you do limit squats or DLs, you almost have to walk around a bit, and this can be done briskly for semi-sprints up to 20 feet or so. This will contribute to the removal of lactic acid from the tissues, hasten CO<sub>2</sub> processing and prepare your body for the next onslaught. Your back won't be as likely to lighten up either, which often occurs when you sit between sets.

Loading the bar is very specific cardiorespiratory work for the lifter. One should always load for a training partner, as it is considerate, but more importantly, it helps to build the musculature of the forearms and hands and gives a very strong stimulus for deep breathing, especially if you have to handle 100 lb plates.

If you load for two partners during any one workout, your romance goes up dramatically and in the case of respiratory fitness, the resultant benefits go up markedly, with approximately three times the conditioning effect one gets loading for but one lifter. Because you're using heavy weights, heavy weights if you add them up at the end of a session, it is sports specific conditioning you are getting. Every weight session lasts more than 12 minutes so you're effectively mobilizing your fat stores very efficiently also, once the body adapts to this of course.

**Myth No. 3:** The most effective way to lose weight for a meet is gradually, at the rate of 2 pounds per week. Almost every good lifter knows that it is almost impossible to keep one's body weight up in fifteen pounds over the class limit. This allows one to train hard, use very heavy weights, get the psychological benefits of being big and strong relative to one's class, and very importantly, not have to diet. Let's face some hard truths: dieting is hard on the body and on the psyche. You really have to be a masochist to want to starve yourself unnecessarily. You go to the gym, train very hard, sacrifice a social or family life in order to prepare time to training and meet the demands of the sport. Inordinate amounts of money on drugs (in many cases) and generally walk around being very sore and tired due to the long hours in the gym. On top

of all this you're going to deny yourself food? Well, it is psychologically debilitating and somewhat stupid to bring "negative" emotions upon oneself. There will be enough reason any one life, so you're not misery by passing up the ice cream, cookies, that sweet cake (if you're into that myth No. 1), or pizza, especially the pizza. The psychological benefits of eating these things that are associated with happiness, free times such as childhood, bring an emotional stability that cannot be underestimated.

One should take advantage of the pass-out when preparing for an important meet. Eat enjoy the items you are eating, and forget calories. Your lifting will be great as a result. Avoid that can't train harder, longer and heavier at 178 than he or she can at 166 has got a medical problem. Hell, your squat should be huge. If you're a 178 pound middleweight, dieting prior to a meet gets one very irritable, but from the caloric depletion, but from the psychological deprivation and the added revelation that you are depriving yourself a cardinal sin in our society of selfishness and immediate gratification. Those enhancing their lifting with anabolic steroids are irritable as fits the and the caloric restrictions adds fuel to an already raging fire. It is also well established by the scientific community (studies confirmed at Boone County Consolidated Junior Col-

legal) that anabolic steroids work far more effectively in the building of additional chocolate from the syrup). High caloric, or coffee for those who lemon juice, or coffee for those who nuts. Why waste the money spent on drugs if you're going to foul up by limiting your food intake? Obviously, to be a successful lifter, one must eat in a robust manner.

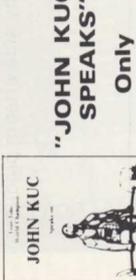
A major advantage to this approach is that one does not fret away valuable psychological energy, worrying about their weight, how one will get that weight down to class limit, what has to be eliminated from the diet. Don't eliminate anything, ever. Just eat as you usually do, and go through 48 hours of hell. It is more rewarding doing this, getting immediate gratification (making weight), and comfortably salting yourself at every meal up to the overly concerned with getting their weight down, who has made their loved ones absolutely miserable for three or four weeks with a stringent diet, who has not been concentrating on the weights to be lifted due to preoccupation with bodyweight. Not to be overlooked is the advantage of getting on the platform a full 10 pounds over the class limit. Now, talk about awesome!

As long as the demand is there, we will continue to explore the many myths related to the sport of powerlifting. It is only through a positive exchange of factual information that the sport and its participants can move forward.

## KUC'S TOTAL FITNESS SYSTEMS



**SQUAT BELT**  
Maximum thick - heavy duty stitching  
Double buckle - sand waist size  
(10 cm Wide - 13mm Thick)  
**Only \$50 \$PPD.**



**"JOHN KUC SPEAKS"**  
Only \$10 PPD.  
The ultimate power text.  
This attractive 80 page text will give an immediate benefit, plus it can be used as a reference manual indefinitely.

- OLYMPIC BARS**..... \$165
- XXX CAMBERED BAR FOR OLYMPIC PLATES**..... \$190
- XXX YORK POWER OR OLYMPIC BAR**..... \$190
- XXX OLYMPIC EZ CURL BAR KNURLED GRIP**..... \$55
- XXX CHROME 7 ft. OLYMPIC BAR**..... \$130

All Bars Shipped UPS Freight Collect

Send for info on our Complete Product Line/Dealerships Available  
Visit our Discount Outlet on Rt. 309, Mountaintop and discuss your Strength and Nutritional needs with a World Champion

**Make check or money order payable to:**  
**KUC'S TOTAL FITNESS SYSTEMS**  
P.O. Box 215 M, Mountaintop, PA 18707

717-474-6914  
Money Orders Receive Special Handling • PA. Residents Add 6% • Foreign Orders Add 20%

# Sampson & Delilah · Jeff & Cory Everson New P.L. T-Shirts

**USDA Choice Powerlifter**  
Navy on light blue  
M,L,XL \$8.95, XXL \$9.95



**Powerlifting Hercules Unchained**  
M,L,XL \$8.95



**Powerlifting Makes Me Ape**  
Navy on tan  
M,L,XL \$8.95, XXL \$9.95



**SPECIAL: Order all 3 for 25.00 Receive the All Sports Training Manual FREE**

## The Steroid Supermen

This is the real world of steroid and other drug use. Actual case studies and interviews of powerlifters and bodybuilders, men and women, novice and national champions. A collection of eight years of practical research conducted with a sports medicine physician and sports physiologist.

This treatise includes research on the following drugs, oral and injectable anabolic-androgenic steroids, human form STH, rhesus growth hormone, perfiactin, inosine, carnitine HCL, furosemide, thiomucase, wydase, human chorionic gonadotropin and actual use schedules. A very thorough insightful look at the unhealthy side effects produced by these agents.

Written by: Jeff Everson LPT

Printed in Limited Edition: 500 copies only  
Order Yours Now: \$10.95 postage paid

**Sampson & Delilah Entr.**  
19001 Merion Drive  
Northridge, CA 91326

USDA Choice \_\_\_\_\_ size: \_\_\_\_\_  
GO APE \_\_\_\_\_ size: \_\_\_\_\_  
Power Unchained \_\_\_\_\_ size: \_\_\_\_\_  
All 3 Special \_\_\_\_\_ size: \_\_\_\_\_  
The STEROID SUPERMEN \_\_\_\_\_  
ALL SPORTS POWERMAN \_\_\_\_\_  
POWER-STRENGTH VIDEO \_\_\_\_\_

CA add 6 1/2% sales tax. No C.O.D.s  
Foreign orders add \$4.00 shipping

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_

ORDER A FREE EQUIPMENT LISTING:

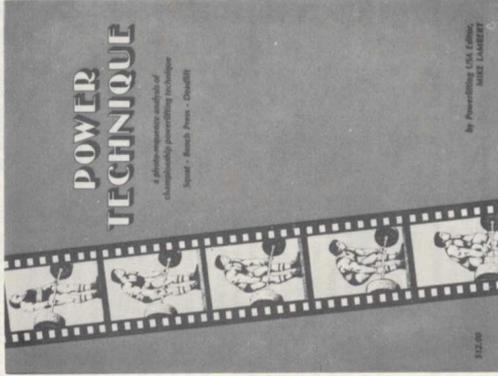
## NUTRITIONAL ANALYSIS COMPUTERIZED

- 38 nutrients analyzed including the essential amino acids.
- Summary of the function of each nutrient analyzed.
- Graphs showing deficiencies and excesses.
- Food sorted according to nutritional value.
- Calorie goal setting for weight loss or weight gain.

**SEND: \$25.00 and complete 3-day dietary intake (include meal time) and weight gain or weight loss goals (include number of days) IQ:**

**KATHRYN SANSOCIE**  
**M. S. Exercise Physiology**  
6 Coleman Creek Road  
Brookport, NY 14420

## POWER TECHNIQUE Now Available



See how Championship lifters...Men and Women...move the record poundages that win the major competitions. With high speed, motor driven photography, this volume stops the action, frame by critical frame, so you can study their winning form. It's also a photo-history of some of the greatest lifts in the realm of Powerlifting. **TO ORDER**...send a check or money order for \$12.00 (US currency) payable to Powerlifting USA, Box 3238, Camarillo, CA 93011 (California residents add \$ 7.2 sales tax per book ordered.)

## Women's Corner

Hello Ladies and Gents! As summer draws to a close, it's time to look forward to the new lifting season for women. For most of our male counterparts the season is over and they are looking forward to a rest period. Last year, I can remember thinking how nice it was to do our competing in the winter so I could have the summer off. After training all through the summer to prepare for the Seniors I can appreciate what the fellows go through each year. In those power gyms that are not air conditioned, the guys can almost make weight by simply doing their everyday workouts. Between Diana Rowell and myself I think we cut 5 to 6 pounds per workout. What a long year this turned out to be for the few women who trained for the Senior Nationals. Instead of the regular August through May routines it ended up being August through July. It was not in vain though. As many of you may know by now, Diana Rowell lifted in the Seniors with the aplomb and class that is known to her style and brought home a third place award. Close beside her was world champion Vicki Steenrod who did very well for herself with an official women's world record bench press of 248#, the first ever to hit two times to my weight. This brings us to the 132 pound class, the one where yours truly was scheduled to go after the gold medal battle had to make bodyweight for weeks. I was forced to make a split week decision as to whether I would go to the Nationals and compete in the Seniors. I realized that everything and everyone has their time and place and I just had to put it all in perspective. Once that was done the choice was definite. I spent the time at the hospital instead of lifting. My chance is gone but at least two ladies were able to prove what we've known all along. Enough work and the right attitude can make any lifter competitive with anyone else, regardless of gender. I do wish we could keep the Senior Nationals open so that EVERY LIFTER could use that as an ultimate goal.

News about the committee meeting will cheer up some and anger others. Reportedly, there will be no Women's Nationals. Before you lose your temper, stop and hear what the National Committee had to contend with. Number one, a cost high enough that we weren't sure we could come up with the cash. (Incidentally, our enrollment is down this year). Number two, dealing with drug testing facilities that have taken long periods of time to evaluate samples and which has made a case over a product of vitamins and herbs.

Many dollars were spent to check out this problem, and in the mean time the athletes went through hell. Articles were written questioning their right to compete for the United States at the World Championships. Letters were demanded by the bundle from them and a vitamin company which was unfortunately enough to be involuntarily involved. We put these ladies in a situation that was no win, and for what, may I ask? For genuinely trying to follow the course we demand - the use of 100 percent natural products. It was the use of a product of vitamins, minerals and herbs that caused the problem.

When this came to light in April and May, I wrote an article regarding this atrocity. The subject was not resolved (still isn't) and it was thought better not to print it. All these were factors in causing the National Committee to reject testing for now and hope that in the future we can find both the money and a timely means to handle this matter. In my opinion, the meeting was productive overall. With the 'new blood' elected to the Executive Committee, we can look forward to a year or more of change. We are due for that, so let's help our new governing organization move the sport forward.

On another matter, many of you have written to me voicing your displeasure with the article in the August issue of FLEX magazine about Ms. Rachel Hulse. In the quote as saying 'Hulse no doubt has my admiration for her lifting days but my body' I believe that Ms. McLish is way out of line and needs to be told about it. I am living proof of the benefits received from rigorous heavy training, having once weighed nearly 200 pounds. I can honestly attribute my change from size 22 to size 9 to powerlifting workouts. If you feel as I do about this statement, then let FLEX know. They may not print all our letters to the editor, but the message will be loud and clear. We as women powerlifters must not allow ourselves to be forced into the image that most women have to carry for life. If anorexia is not your type or if you simply were not built that slight, don't apologize and try to be something else. The whole idea of Women's Powerlifting is to make yourself into the very best lifter possible, regardless of your weight or the length of your legs. Don't take this as an excuse to be too heavy. It is merely part of the reason why we are one of the most diversified groups in athletics. Till next month be proud of what you are and strive to be even better.

Ruthi Shaffer  
7017 NE Hwy 99, Suite 205  
Vancouver, WA 98665

# WE ARE THE CHAMPIONS

by Willy Bils

As a retired "natural" powerlifter and track and field weightman, I am qualified to speak from personal experience of drugs in both of these sports. I have bitterly complained about the widespread adulteration of athletes by those drugged competitors who, utterly scorned by blind ambition, pursue records and victories without consideration of the means used to attain them; who inflict injustice upon their drug-free fellows through their surreptitious use of drugs to unfairly improve their performance; who cavalierly make the mere pursuit of statistics and trophies a sufficient rationale for endangering not only their own health, but also that of the very sports in which they participate.

Through I still believe my feelings in this regard are valid ones which do not bear compromise, the thought has recently occurred to me that the "anti-drug" context in which I have, perhaps, and inappropriate one, in that its foundation is basically negative, focusing exclusively on the dark side of the issue. As I continually think that the major purpose of participation in sports is to enjoy oneself, I now realize that my perspective of the drugs-in-sport issue must, as well, be a similarly positive one.

From this, the logical question must arise, what could possibly be positive about the subject of drug-use in sports? Certainly not the "win at all costs" character who use them. Unquestionably not the artificially-enhanced performances which leave those of the "clean" athletes way behind in the dust. And, of course, not the deadly drugs themselves. So, what then?

I wonder if it has occurred to any of us just how unique our subculture of natural athletes really is, particularly in view of present-day social standards, which actually work against us? In a society where there is an ever-growing emphasis on the utilization of shortcuts to success, where the end in any given endeavor frequently is relied upon as justification for the means of its attainment, regardless of the risks or immorality involved, we are the members of a truly elite group. The often-discouraged natural philosophy by which we live is reserved only for the most independent and resilient of individuals.

**USA Junior and Masters World Teams:** Conrad Conter provided this information, however it is subject to one or two changes that were pending at closing time for this edition of PL USA. For the Junior World's, the team is Joe Catalano (32kg), Michael Hancock (79kg), George Hechter (57kg), Neil Randel (60kg), Michael Koytka (90kg), Steve Lumpkin (100kg), Neil Mairs (82.5kg), Tim Shea (56kg), Jeff Thill (110kg), and Mark Vinquist (67.5kg). For the 10-49 Masters division team the athletes are Chuck Brock (75kg), Jim Burgess (60kg), William Burr (52kg), Jerry Genglerfeld (75kg), Jerry Englebert (10kg), Ed Gillie (90kg), Don Miller (40kg), Mitch Mitchell (100kg), Larry Plumlee (110kg), James Rouse (82.5kg), Jim (82.5kg), Ernest Nagy (100kg), Phil Nevey (67.5kg), Ray Perna (82.5kg), Curtis Walker (110kg), and the coaches are Jake Boyer and Nate Foster.

those who have the guts to stand unwavering by the prevailing "everybody's doing it" mentality which supposedly legitimizes drug use in sports. No matter what mind-boggling records are set, what glittering awards are presented, or what glowing tributes are made relative to the feats of the so-called "great" drugged performers, we have through our iron-willed refusal to fold under peer pressure and our steadfast belief in the greater value of our natural efforts, chosen the path of discipline and courage, where the ultimate reward is ours: this is the successful commitment to our dignity as athletes and human beings.

As the popular song goes, we are the champions. Regardless of how often we stand faceless in the crowd of apparent "also-rans", watching the drug-users receive public adulation and the presentation of gold, silver, and bronze for their tainted performances, we are rewarded in a far greater sense in that we have truly distinguished ourselves as winners on the far more competitive field of social battle. Unneeded by us is the illusion of greatness that blindly-given group reinforcement provides the drug-users. This is because we already know who we are and what we are about. Where they have demonstrated their complete dedication to winning, whatever the cost, for us to win, on the field of truth, with the all-powerful human element that beats drugs every time. Self-respect.

It is, therefore, by this philosophy that I believe we as natural athletes must begin to conduct ourselves, rejecting that outmoded attitude which only serves to condemn the negative ramifications of drugs and antagonize their users into a position of separatism from us. Perhaps if we consistently take such a positive approach toward this controversial issue, it will provide a real alternative example for those who presently need drugs to legitimize the quality of their achievements; one that will give them a finer goal to strive for; that of joining a select group of human beings who, by their rejection of the dehumanizing philosophy of drugs, demonstrate genuine satisfaction with themselves and their own places in nature. This is all that we, as enlightened athletes, can really do to help conquer the insidious menace of drugs in sport. With any luck, it may prove to be enough.

those who have the guts to stand unwavering by the prevailing "everybody's doing it" mentality which supposedly legitimizes drug use in sports. No matter what mind-boggling records are set, what glittering awards are presented, or what glowing tributes are made relative to the feats of the so-called "great" drugged performers, we have through our iron-willed refusal to fold under peer pressure and our steadfast belief in the greater value of our natural efforts, chosen the path of discipline and courage, where the ultimate reward is ours: this is the successful commitment to our dignity as athletes and human beings.

As the popular song goes, we are the champions. Regardless of how often we stand faceless in the crowd of apparent "also-rans", watching the drug-users receive public adulation and the presentation of gold, silver, and bronze for their tainted performances, we are rewarded in a far greater sense in that we have truly distinguished ourselves as winners on the far more competitive field of social battle. Unneeded by us is the illusion of greatness that blindly-given group reinforcement provides the drug-users. This is because we already know who we are and what we are about. Where they have demonstrated their complete dedication to winning, whatever the cost, for us to win, on the field of truth, with the all-powerful human element that beats drugs every time. Self-respect.

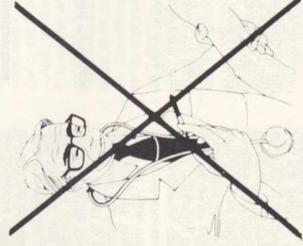
It is, therefore, by this philosophy that I believe we as natural athletes must begin to conduct ourselves, rejecting that outmoded attitude which only serves to condemn the negative ramifications of drugs and antagonize their users into a position of separatism from us. Perhaps if we consistently take such a positive approach toward this controversial issue, it will provide a real alternative example for those who presently need drugs to legitimize the quality of their achievements; one that will give them a finer goal to strive for; that of joining a select group of human beings who, by their rejection of the dehumanizing philosophy of drugs, demonstrate genuine satisfaction with themselves and their own places in nature. This is all that we, as enlightened athletes, can really do to help conquer the insidious menace of drugs in sport. With any luck, it may prove to be enough.

# STERIODS

## At Last A Safe Steroid

BRICKER LABS. presents

# "GROWTH"™



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

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

**Benefits: PROMOTES GROWTH — BURNS OFF FAT — OUTSTANDING LIPOTRIC — MANY TIMES THE BENEFICIAL EFFECTS OF B-15 and a benefit to the IMMUNE SYSTEM. NO PRESCRIPTION REQUIRED**

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

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

NOW YOU KNOW "WHAT YOU TAKE IS WHAT YOU REALLY GET."

IMMEDIATE ABSORPTION  
D.A.G.™

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

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

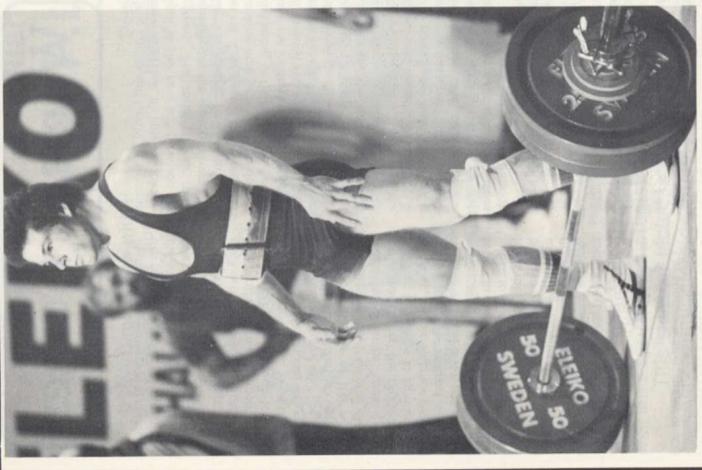
**TO ORDER . . .**  
"GROWTH"™  
90 Tablets — \$14.95  
180 Tablets — \$27.95  
(90 Tablets is a 30 day supply)

**D.A.G.**  
(Direct Absorption Glandulars)  
Formula 1020 contains Pituitary, Thyroid, Adrenal and Orchic (Testes from the bull)  
(2 oz. bottle is a 20 to 30 day supply)

1 Bottle \$10.00 each  
2 Bottles \$9.00 each  
3 Bottles \$8.00 each  
Orders under \$20.00 add \$2.00 shipping charge

TO ORDER BY PHONE  
Out of Calif call 1-800-952-9568  
In Calif call 1-619-749-8609

BY MAIL  
Master Charge, Visa or C.O.D.  
Send check, cash, money order or credit card number.  
**Bricker Labs, 18722 Santee, Valley Center, Ca 92082**



**Bob Wahl, 1983 Senior National and World Powerlifting Champion says:**  
"These Amino Acid and Natural Growth Factor Stimulant tablets have helped me immeasurably. I seem to recuperate faster from my work-outs, my energy level has increased, and I have added several pounds of muscle since I began taking them. As far as I know they can be taken all year long without danger and they are truly the safest and most result producing alternative to steroids I know of."

- Anabolic Glandulars**  
Each tablet contains: 1500 mg. of the most powerful naturally occurring nutrients known to man.  
100% Natural Free Form Amino Acids 300 tablets/\$15, 600 tablets/\$28, 900 tablets/\$39
- Orchic (testicle)**  
150 mgs.  
150 mgs.  
150 mgs.  
150 mgs.  
150 mgs.  
150 mgs.  
150 mgs.  
150 mgs.
- Adrenal**  
150 mgs.
- Hear**  
150 mgs.
- Pancreas**  
150 mgs.
- Kidney**  
150 mgs.
- Beef Peptone**  
300 mgs.
- 100 tablets/\$13, 200 tablets/\$24, 300 tablets/\$33, 500 tablets/\$52**

**Natural Growth Factor Stimulant**  
These are natural Amino not found in most proteins. They play an important role in helping to build the muscle tissue and increase the rate of fat burning which can help lower your percentage of body fat and help provide energy.

- Each tablet contains:**  
L-Ornithine 500 mgs.  
L-Lysine 500 mgs.  
L-Arginine 500 mgs.
- 100 tablets/\$20, 200 tablets/\$38, 300 tablets/\$58**
- Argentinian Beef Liver**  
Each tablet contains 2Gr. of liver. (These taste so bad you know they must be good for you.)  
250/\$11, 500/\$21, 1000/\$39

**Train Right Fitness Center**  
25 Central Street  
Hingham, Mass. 02043  
617-749-8668  
Hours — 2:30 - 9:00 P.M. M-F  
9:30 - 4:00 P.M. Sat.



**NATURAL ATHLETES: WEAR THESE WITH PRIDE!**

Select from several bold slogans\* which get your message across! These first quality, U.S. made cotton/poly shirts are available in regular, Old English Muscle and Women's sizes. Colors include White, White/Red, Navy/Red, Sky/White. The "Natural" movement takes off in this Olympic year, be an active part of it and show your support.

- CHOOSE FROM:**
- 100% STEROID FREE: A RARE BREED\* STEROIDS
  - NATURAL CHAMPIONS DON'T NEED STEROIDS
  - I CAN DO IT WITHOUT STEROIDS\*
  - MR. CLEAN: 100% STEROID-FREE\*
  - THE NATURAL: 100% STEROID-FREE\*
- \*All slogans Copyright, Natural Concepts, 1984
- ONLY \$8.95 3 for \$25**  
\*\*\*\*\*



**ONLY \$19.95!**

**DEATH IN THE LOCKER ROOM: STEROIDS AND SPORTS**  
by Bob Goldman  
Hardcover 464 pp./150 illustrations  
Ten years of intensive scientific research bring you the most definitive book on steroids ever published. Learn the real truth from one of the World's foremost experts on the subject.  
"Much needed..." - Terry Todd  
"This book will save lives..." - Ben Weider

**NATURAL CONCEPTS LTD.**  
Box 7210  
Houston, TX 77215

SEND CHECK OR MONEY ORDER PLEASE

QTY	ITEM DESCRIPTION	PRICE
	Sales Tax/Texas Res. Only	\$2.00
	Postage and Handling	
	Total amount enclosed	

Print Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

NOTE: ADEFA members please send photocopy of your registration card and we will give 10% of the proceeds of this sale to the ADEFA.



"Designed with the  
Athlete in mind"  
1-515-245-3770

Beverly International Nutrition	
30 day Competitor Pak	\$28.00
30 day Muscle Pak	\$19.00
30 day MS Pak	\$15.00
Ultra 40 Liver	500 count \$29.00
Growth	250 count \$27.00
Giandulars	60 count \$16.50
M/E Protein	34 oz. \$18.00
Size	64 oz. \$16.00
Bee Pollin 200 mg	100 count \$17.00
<b>ALL Beverly Products at Reduced Prices</b>	
<b>Top Quality Equipment and Accessories</b>	
Ammonia Ampules	box of 10 \$3.00
Waist Slimmers	Velcro Fastener \$9.95
	Zipper \$9.50
	Slide-Up \$7.95
Elbow Warmer	Pair \$9.95
Wrist Strap	Pair \$3.95
Bottle Chalk	250 Applications \$4.95
Lifting Gloves	Pair \$11.95
Arm Blaster	\$17.95
E-Z Curl Bars	\$26.95
Standard Lifting Belts	\$18.95
Super Wraps II & III	\$7.50
Elite Wraps	\$8.50
<b>T-Shirts... Solid Colors... \$4.95</b>	
<b>Silkscreening Available</b>	
Elite Deadlift Bars — Elite Suits	
Discounts on the following:	
All Marathon Products	
All Elite Products	
All Bridges Systems	
Quantity Discounts Available	
C.O.D. UPS Delivery	
<b>\$2.00 Shipping &amp; Handling</b>	

900 Carriers bldg. 601 Locust  
Des Moines, Iowa 50309  
Iowa Residents  
add 4% sales tax

### MIKE MACDONALD SYSTEMS

Super Products at Super Prices  
Write for Catalog.  
(add \$2 handling on orders under \$50)

**Orcich 525 mg.** (Raw Testicle Gland). 100 caps \$12.50. 300-\$34.50. 500-\$53.75.

**Vitamin B-15** 100 mg. tablets (original Russian formula) 30 percent more stamina and lowest price available. 100 tabs-\$8.95, 300-\$23.00, 500-\$32.50, 1000-\$59.50

**DMSO** (Non Industrial Grade) 99.9 percent pure undiluted top quality. 8 oz-\$12.50, 16 oz-\$23.50

**Betaine Hydrochloride** 600 mg. with Pepsin, Pancreatin, Bromelain and Papain. For better digestion processes. 90 tabs-\$5.40, 180-\$9.95.

**Argentine Beef Liver Tabs** 23 gr. 300 tabs \$9.75, 600 tabs-\$17.75, 1200 tabs-\$33.50.

**Sterogon Tablets:** 5 tabs provide:  
 Pituitary... 150 mg  
 Adrenal... 150 mg  
 Liver... 150 mg  
 Pancreas... 150 mg  
 Kidney... 150 mg  
 Heart... 150 mg  
 Bee Pollen... .75 mg  
 Yeast... 200 mg  
 250 tabs-\$14.50, 500-\$26.00, 1000-\$48.00, 2000-\$89.50

**Competitive Edge Protein Powder**  
 Egg, Milk, spirulina, electrolytes and digestive enzymes. 1.1 pound \$11.50, 2.2 lb.-\$19.00, 4.4 lb.-\$36.00.

**Quick Weight Gain High Protein**  
 Egg plus milk plus enzymes, good tasting. 4 lb.-\$14.95, 8 lb.-\$27.95, 12 lb.-\$36.95.

**Dyno Vites Sustained Release**  
 Ultimate multiple vitamin and mineral for athletes and much more. Fantastic 60 tabs-\$11.50, 120-\$22.00, \$180-\$31.50.

**Mike MacDonald will be attempting drug tested competition coming up this year at 181 & 198 classes.**

C.O.D. orders accepted with cash or money order required.

**HAVE A LONG CAREER**

order from:  
**Mike MacDonald Systems**  
 15 N. Lake Ave.  
 Duluth, MN 55802  
 1-(218) 727-8847

### Strength Tech, Inc.

BRINGING MODERN TECHNOLOGY TO STRENGTH EQUIPMENT  
**Okie Grip™**  
 the simplest, fastest collar on the market.



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

### Sonata Olympic Sets



310 Pound Olympic Set	\$269.00
Olympic Bar	135.00
45 Pound Olympic Plates	52.50 pair
Olympic Spin Lock Collars	30.00 pair
EZ Curl Olympic Bar w/Screw Collars	49.00

Money orders, cashier's checks, school purchase orders are shipped within 2 working days. Oklahomans add 3% state sales tax. Shipped freight collect from Stillwater, OK

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

# TOP 100

## BENCH PRESS

347	Cybulski, D	1517/83
348	Yoshizawa, T	41/84
349	McFarland, S	12/17/83
350	Kea, R	6/2/84
351	Milan, E	7/23/83
352	Koa, R	3/31/84
353	Wong, B	6/2/84
354	King, R	8/20/83
355	Stenshoek, K	10/15/83
356	King, R	8/20/83
357	Uwano, T	4/2/84
358	Miller, H	6/2/84
359	Levin, D	6/2/84
360	Levin, D	6/2/84
361	Levin, D	6/2/84
362	Levin, D	6/2/84
363	Levin, D	6/2/84
364	Levin, D	6/2/84
365	Levin, D	6/2/84
366	Levin, D	6/2/84
367	Levin, D	6/2/84
368	Levin, D	6/2/84
369	Levin, D	6/2/84
370	Levin, D	6/2/84
371	Levin, D	6/2/84
372	Levin, D	6/2/84
373	Levin, D	6/2/84
374	Levin, D	6/2/84
375	Levin, D	6/2/84
376	Levin, D	6/2/84
377	Levin, D	6/2/84
378	Levin, D	6/2/84
379	Levin, D	6/2/84
380	Levin, D	6/2/84
381	Levin, D	6/2/84
382	Levin, D	6/2/84
383	Levin, D	6/2/84
384	Levin, D	6/2/84
385	Levin, D	6/2/84
386	Levin, D	6/2/84
387	Levin, D	6/2/84
388	Levin, D	6/2/84
389	Levin, D	6/2/84
390	Levin, D	6/2/84
391	Levin, D	6/2/84
392	Levin, D	6/2/84
393	Levin, D	6/2/84
394	Levin, D	6/2/84
395	Levin, D	6/2/84
396	Levin, D	6/2/84
397	Levin, D	6/2/84
398	Levin, D	6/2/84
399	Levin, D	6/2/84
400	Levin, D	6/2/84

## TOTAL

1380	Heath, D	1/21/84
1381	Heath, D	1/21/84
1382	Heath, D	1/21/84
1383	Heath, D	1/21/84
1384	Heath, D	1/21/84
1385	Heath, D	1/21/84
1386	Heath, D	1/21/84
1387	Heath, D	1/21/84
1388	Heath, D	1/21/84
1389	Heath, D	1/21/84
1390	Heath, D	1/21/84
1391	Heath, D	1/21/84
1392	Heath, D	1/21/84
1393	Heath, D	1/21/84
1394	Heath, D	1/21/84
1395	Heath, D	1/21/84
1396	Heath, D	1/21/84
1397	Heath, D	1/21/84
1398	Heath, D	1/21/84
1399	Heath, D	1/21/84
1400	Heath, D	1/21/84

## DEADLIFT

389	Carr, J	6/2/84
390	Carr, J	6/2/84
391	Carr, J	6/2/84
392	Carr, J	6/2/84
393	Carr, J	6/2/84
394	Carr, J	6/2/84
395	Carr, J	6/2/84
396	Carr, J	6/2/84
397	Carr, J	6/2/84
398	Carr, J	6/2/84
399	Carr, J	6/2/84
400	Carr, J	6/2/84

## DEADLIFT

389	Carr, J	6/2/84
390	Carr, J	6/2/84
391	Carr, J	6/2/84
392	Carr, J	6/2/84
393	Carr, J	6/2/84
394	Carr, J	6/2/84
395	Carr, J	6/2/84
396	Carr, J	6/2/84
397	Carr, J	6/2/84
398	Carr, J	6/2/84
399	Carr, J	6/2/84
400	Carr, J	6/2/84

### FEATHERWEIGHTS

(132 1/4 lb. / 60 kg.)

for USA lifters competing from Jul 1983 through Jun 1984

## TOTAL

1380	Heath, D	1/21/84
1381	Heath, D	1/21/84
1382	Heath, D	1/21/84
1383	Heath, D	1/21/84
1384	Heath, D	1/21/84
1385	Heath, D	1/21/84
1386	Heath, D	1/21/84
1387	Heath, D	1/21/84
1388	Heath, D	1/21/84
1389	Heath, D	1/21/84
1390	Heath, D	1/21/84
1391	Heath, D	1/21/84
1392	Heath, D	1/21/84
1393	Heath, D	1/21/84
1394	Heath, D	1/21/84
1395	Heath, D	1/21/84
1396	Heath, D	1/21/84
1397	Heath, D	1/21/84
1398	Heath, D	1/21/84
1399	Heath, D	1/21/84
1400	Heath, D	1/21/84

## DEADLIFT

389	Carr, J	6/2/84
390	Carr, J	6/2/84
391	Carr, J	6/2/84
392	Carr, J	6/2/84
393	Carr, J	6/2/84
394	Carr, J	6/2/84
395	Carr, J	6/2/84
396	Carr, J	6/2/84
397	Carr, J	6/2/84
398	Carr, J	6/2/84
399	Carr, J	6/2/84
400	Carr, J	6/2/84

## DEADLIFT

389	Carr, J	6/2/84
390	Carr, J	6/2/84
391	Carr, J	6/2/84
392	Carr, J	6/2/84
393	Carr, J	6/2/84
394	Carr, J	6/2/84
395	Carr, J	6/2/84
396	Carr, J	6/2/84
397	Carr, J	6/2/84
398	Carr, J	6/2/84
399	Carr, J	6/2/84
400	Carr, J	6/2/84

### NEW PL USA TOP 100 Achievement Awards



Our new Powerlifting USA TOP 100 ACHIEVEMENT CERTIFICATE documents your lifting accomplishments in a way that you'll be proud to display for years to come. These certificates are beautifully done; printed in Red and Gold ink on exquisite paper stock, embellished with the official gold seal of Powerlifting USA Magazine, and personally signed by POWERLIFTING USA Publisher Mike Lambert. This is a distinctive award that certifies your lifts as authentic powerlifting accomplishments for all to see. Each certificate specifies your name, your TOP 20, 50, or 100 ranking division, your weight class, and your actual numerical ranking in your class. The price for this CERTIFIED documentation of your achievements is \$5.00 each, however, we are also offering you the finest way to permanently protect and display your certificate, a rich wood grain plaque with a unique, crystal clear cover. There's no frame to hassle with, and each plaque is ready to hang, flush against your wall. The signed certificate, sealed as official by Powerlifting USA Magazine, with the deluxe display plaque are available TOGETHER for \$18.95 as a total package price. If you have appeared on a previous TOP 100 listing (even several years back) or have made the list since the last one was published for your weight class, then you are eligible for these awards. To order, send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. California residents add 6% sales tax.

NEXT MONTH... TOP 148s

Table with columns for names, titles, and scores. Includes names like K. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like B. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like K. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like K. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like K. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like K. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like K. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like K. Collier, E. Smith, L. Scarici, B. Zaki, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like B. Bean, J. Holmes, J. Harrison, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

Table with columns for names, titles, and scores. Includes names like M. Wetzel, D. Marci, S. Orzepa, etc.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

This year's Region IV sponsored by Pat O'Brien... Information provided by Mary Kay Gillette.

10kg C. Baker 300.5 180 750 713.5 6/30/84 - Ontario, Oregon

125kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Oregon

150kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Oregon

175kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Oregon

10kg C. Baker 300.5 180 750 713.5 6/30/84 - Ontario, Oregon

125kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Oregon

150kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Oregon

175kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Ontario

10kg C. Baker 300.5 180 750 713.5 6/30/84 - Ontario, Ontario

125kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Ontario

150kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Ontario

175kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Ontario

10kg C. Baker 300.5 180 750 713.5 6/30/84 - Ontario, Ontario

125kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Ontario

150kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Ontario

175kg B. Lupka 281.5 165 730 707.5 6/30/84 - Ontario, Ontario

TEXAS POWER BAR \$187.50, YORK POWER BAR \$205.00, ELITE DEAD LIFT BAR \$245.00, SPIN-LOCK or QUIK-LOCK Olympic Collars \$42.00 each

DELUXE DUMBELLS with Chromed & Knurled Handles, YORK SOLID DUMBELLS USA SOLID DUMBELLS, OLYMPIC DUMBEL HANDLES with COLLARS

CRAIN POWER-PLUS, RICEY DALE CHAIN, KIMBERLY ANN CHAIN, MASTERCARD / VISA / C.O.D. CALL IN YOUR ORDER

BOOKS: STRENGTH TRAINING FOR SPORTS AND NUTRITION, ANABOLIC STEROIDS, ANABOLIC STEROIDS AND SPORTS BUILDING, ANABOLIC STEROIDS AND SPORTS AND FITNESS, ANABOLIC STEROIDS AND THE PRACTICAL USE OF ANABOLIC STEROIDS WITH ATHLETES, POWER LIFTING, THE BENCH PRESS, THE COMPLETE GUIDE TO POWER TRAINING, THE POWER BEAD LIFT CHAIR, THE RAZOR'S EDGE, THE COMPLETE BOOK OF BENCH PRESSING, THE SQUAT, MISCELLANEOUS, WORKOUT BOOKS, WORKOUT BOOKS, WORKOUT BOOKS, WORKOUT BOOKS





## American Drug Free Powerlifting Association National Collegiates as told by Tim McClellan

The American Drug Free Powerlifting Association expanded once again as Ken Jones staged the first A.D.F.P.A. Collegiate National Meet June 9-10. Jones ran the meet via a supportive athletic department at Troy State University. The meet site was the Pamela Pujol (97 lb.) was the lone entrant and winner in her class, making seven solid attempts. Mary Bowman lifted one good rep out of herself under the watchful eyes of Judy and Roger Gedney. Susan Gerhardt came from Southern Connecticut to edge Belinda Smith of McNeese State at 114 lbs. Finally, Laurie Green of McNeese nailed down the 123 pound championship giving McNeese State the Women's A.D.F.P.A. National Collegiate Championship team title.

This may sound typical of national meet reports, but there were two significant factors separating this meet from all others. The first was Ken Jones. His desire to go out of his way to meet each and every lifter and to bend over backwards to help them was something to see. By the time everyone left Troy they knew Ken personally and vice versa. Jones went to great lengths to make all the lifters feel at home in Troy. The second distinguishing factor was the lodging facilities. Ken made arrangements for lifters to stay in plush dorm rooms, only 100 feet from the meet site. These were no regular dorm rooms, either. They were beautiful and would hold up in comparison to many condos. Best yet - they were only five dollars. How nice it was not to pay fifty-plus dollars per night!

Per Ken Jones request, I'd like to mention special thanks to Pepsi-Cola, Wendy's, Troy State Athletics Department, Coach Chan Galle, Brother Berner, "Sarge" Pendley, Les Cramer, Whitfield Davis, Hal Holston, Judy and Roger Gedney, Lanny Sheppard, Ray Hanser, Army Fernandez and Judd Bassoito for their help and support.

There was a lot of confusion



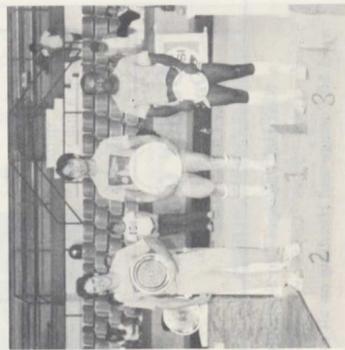
114 Winners: Belle, Catalano, San Miguel (l-r)

cond place. All of his attempts were well chosen and it must have been a shame for him to do so well and then watch the amazing Harvey capture the title.

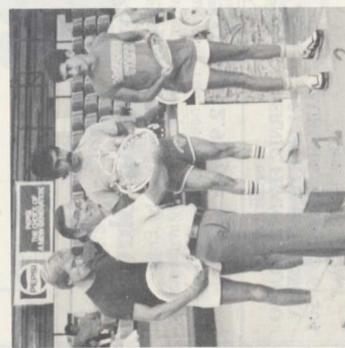
Todd V.B.S. (whose psych routine is second to none) missed only one bench press and pulled the deadlift he needed to hold off Ken Lyon for the final All American spot. Lyon pulled a very interesting psychic move on his own, when he purposely missed his opener at 473 to tie Van Bodegom-Smith into thinking he had a Bodegom. Then he called and calculated rather heavy weights of 545. Lyon's thinking was the all or nothing principle. He either won or he was out. An A.C. or 600 home with nothing. His strategy was quite interesting. His effort was gallant but 545 was just too heavy. Thus he bombed 165 lb. The 165 pound class was the largest and most competitive class of the contest. There were 10 lifters representing 8 states. Tim Kenney of Winconson Eau Clair was the top squatter. Slippery Rock's Steve Wezall took top honors in the bench press with an outstanding 385. However, the leader after the subtotals was Randy Sanzone from New Orleans University. He made a 501 squat and ended with a 380 bench, which may have been somewhat low (before the meet he was talking of 400 plus).

Sanzone then pulled a second attempt 534 and missed 551. That set the stage for the East Stroudsburg's Mark Shelhamer. Mark had earlier maintained somewhat unnoticed in the race for the title. He loaded up 540 for his opener and looked like he'd clean it. He then pulled 573, figuring it would hold off Sanzone and Howard Frieger for the title. It did. As an encore he tied the magical 600 but it stalled out at mid thigh.

Sanzone held on to second and Frieger, of Cortland State in New York, deadlifted 540 to land 3rd. 181 lb. The 181 lb class proved to be another competitive class and some great lifts were made by these steroid free collegians. The cream of the crop turned out to be Richie "Wenner." He barely led after the squat, finishing only 5 pounds ahead of Joey Adams and Jeff Gray. Wenner had the top bench as well, finishing 5 pounds



132 Winners: Bollitt, Wong and Holland (l-r)



133 Winners: Bollitt, Wong and Holland (l-r)



Winning Middleweights: were Shelhamer (1st), Sanzone, and Krieger, presented by Lanny Sheppard, include Joey Adams, Rich Wenner, and Rob Vigneault.

ahead of Robert Vigneault. Adams came back strong with the top deadlift of 611, but it wasn't enough to top Wenner in the total, as he pulled a fairly smooth 606. That lift gave Wenner an 8 for 9 day and more than enough margin to lock away the National Championship. Adams claimed the second team. All American position and Vigneault made a 523 deadlift after 2 unsuccessful times to nail down the third place placement.

136 lb. Brian Young's Parry Markle easily won the 198 lb class, ending with the top squat (622) and 402 lb. deadlift (622) and total (1648). He lifted with great tenacity on all lifts even though his operators were hard on him in the contest. The 622 squat and deadlift were rare calls for anybody, as was the 402 bench, which he dared to open with. Aardled second place his squats were set and deadlifts were set for 400 and 500, respectively. He finally settled on 540, which was to pass when a "magic man" introduced himself. He was Judd Bassoito, a doctor of sports psychology, who realized that Dodson was a fellow collegian. Bassoito refused to let him quit and Dodson once again called for 540. No one but Bassoito and Dodson knew what was said during the next three minutes but others could sense the mysticism. As time was running out Dodson fired up to the bar and somehow made the 540. Talk about a limit lift! It was indeed, as one lifter put it, "a sort of scary."

The deadlifts were yet another adventure. Clattenburg pulled hard and closed with a second attempt 600. Dodson did his arithmetic and figured he'd need 639 to win, but that he'd open with an easy 617 to secure at least a second place. The problem with the idea is that 617 appeared to be very close to a limit lift.

Once again staring at Dodson was a monumental task. He had to put everything he had into it, plus some. Enter Judd Bassoito one more time. It was round two of the mysticism and/or psychology. Out goes Dodson for the ultimate test, up goes the 639. The National Championship was won. Was it just a superior effort or did the magic actually happen? We'll never really know, but more than one fan mentioned the aura that surrounded Dr. Bassoito.



275 lb. Dominick Spinelli turned out to be the only 275 pound man and made the required three lifts to be crowned National Champion. He finished with only his openers in the tournament and bench (530) and unfortunately seemed to hurt himself on his opening deadlift (523), causing him to pass on the other two attempts.

SHW. Spinelli won seven inch, 300 lb. Jim "Chief" Wame was the lone lifter in the unlimited division and consequently opened himself up to three lifts (455, 503, 451). Although he totaled 1,505 W. Wame could manage only 501, 541, 501, 1343 on this day. In fact, he had to lift with pink eye lowered his total, but he Wame wasn't too upset about it. He seemed to care team pay for Arizona State University that's exactly what he did. Powerlifting is a lifetime hobby for Jim. He is a person when he can, but rarely gets the chance as he plays football for the Sun Devils and practices eight months a year.

As it turned out, Wame's points along with those earned by Wong, Beckett, Wenner and 165 lb lifter Louie Sampedro were enough to hold off others in capturing the first A.D.F.P.A. Collegiate National Team Championship for Arizona State University. The second and final team award went to East Stroudsburg University, who scored an amazing 32 team points from just three lifters - their superstars Catalano, Van Bodegom-Smith and Shelhamer.

The awards ceremony opened. Coach Jones and helpers cleared the meet equipment and the lifters were on their way out of Troy with the sun shining brightly. It was that kind of meet.

275 lb. Dominick Spinelli turned out to be the only 275 pound man and made the required three lifts to be crowned National Champion. He finished with only his openers in the tournament and bench (530) and unfortunately seemed to hurt himself on his opening deadlift (523), causing him to pass on the other two attempts.



The Lone SHW...Jim Varne squats.



Don Beter...a Best Lifter winner.

1984 ADPA Collegiate Nationals  
Troy State University - Troy, Ala.  
June 9 & 10, 1984 - (Kilos)

WOMEN	SQ	BP	DL	Total
Pamela Pujol	65	32.5	95	192.5
Mary Bowman	95	47.5	97.5	240
Susan Gerhardt	97.5	42.5	102.5	252.5
Belinda Smith	85	40	105	230
Laurie Green	142.5	65	130	337.5
114 lb.				
Joe Catalano	182.5	100	192.5	475
Charlie Belle	157.5	90	167.5	415
Don Beter	175	75	190	440
Mark Phillips	105	65	150	320
123 lb.				
Matt Machaty	162.5	105	175	442.5
Don Beter	175	105	190	470
Jack Rubio	115	105	160	380
132 lb.				
Bill Wong	228	122.5	202.5	553
Tim Kenney	192.5	112.5	182.5	487.5
Tim Holstad	197.5	107.5	192.5	497.5
Lanny Leroy	167.5	107.5	192.5	467.5
Dean Yeager	190	95	175	460
148 lb.				
Conny	212.5	117.5	240	572.5
Ron Pavlovicz	122.5	115	215	552.5
T. VanBodegom	227.5	115	215	557.5
Chris Vantz	207.5	115	210	532.5
Ken Lyon	197.5	115	197.5	510
Jeff Gedney	195	115	195	505
165 lb.				
Shelhamer	227.5	165	260	652.5
Randy Sanzone	227.5	172.5	262.5	662.5
Howard Krieger	232.5	145	245	622.5
Tim Kenney	245	127.5	232.5	605
Don Beter	207.5	127.5	237.5	572.5
Todd Whitton	207.5	127.5	237.5	572.5
Tom Wampden	212.5	122.5	235	560
Steve Wetzal	182.5	175	197.5	555
Don Beter	175	175	195	545
Keith Edwards	185	125	227.5	537.5
181 lb.				
Richard Wenner	265	172.5	275	712.5
Don Beter	275	165	280	720
Robert Vigneault	245	170	237.5	652.5
Steve Wezall	232.5	142.5	265	644.5
Mike Mira	245	125	275	645
Chris Vantz	242.5	127.5	265	635
John Saccardo	242.5	127.5	265	635
Jeff Gray	262.5	137.5	227.5	627.5
198 lb.				
Parry Markle	382.5	182.5	392.5	957.5
Don Beter	275	165	280	720
David Kowalik	240	167.5	262.5	670
Jeff Alvarado	240	142.5	257.5	640
Zed Murray				
Donald Beter	320	182.5	317.5	820
Steven Rands	272.5	165	290	707.5
Mark Carrion	252.5	165	287.5	705
165 lb.				
Mike Dodson	245	162.6	290	697.6
Bill Clattenburg	270	150	272.5	692.5
Nick Blissett	245	145	250	635
Don Beter	265	150	237.5	652.5
SHW				
Jim Wame	227.5	155	277.5	660
Don Beter	220	160	260	640
California (114)				
Trophy: (114) Arizona State, (2nd) East Stroudsburg, Judges: All National or Above, 18 States represented.				

### Green Country Open Bench 5/19/84 - Tulsa, Ok

Total		SQ	BP	DL	
148	Carls McDaniel	240	198	438	
149	Larry Leblans	235	195	430	
150	Bob Cunningham	310	245	555	
151	Terry Spozars	335	275	610	
152	Tommy Burt	315	255	570	
153	Terry Robinson	285	235	520	
154	Mark Evans	405	325	730	
155	Mark Margala	420	340	760	
156	Phil Hindall	390	315	705	
157	Glen Clifton	415	335	750	
158	Mike George	415	335	750	
159	W. Mitchell	425	345	770	
160	Kevin Hamahan	430	345	775	
161	Donna Adams	315	255	570	
162	James Lloyd	490	420	910	
163	John Hicks	460	390	850	
164	242	Grill	445	375	820
165	Gene Bell-gat	785	660	1445	
166	The turnout of lifters for the 4th annual D-M	1130	925	2055	
167	great turnout of spectators throughout the	1130	925	2055	
168	meet. Rusty Hatten put on a line performance	1130	925	2055	
169	in the 132 class with a PR in the squat. Van Ar-	1130	925	2055	

### Preview Invitational 5/19/84 - West Monroe, La

134	B. Humphrey	810	710	1520
135	J. Washburn	785	685	1470
136	I. Smith	635	515	1150
137	1.30	610	500	1110
138	R. Powell	840	740	1580
139	I. Bennett	770	670	1440
140	13.3	770	670	1440
141	13.3	770	670	1440
142	13.3	770	670	1440
143	13.3	770	670	1440
144	13.3	770	670	1440
145	13.3	770	670	1440
146	13.3	770	670	1440
147	13.3	770	670	1440
148	13.3	770	670	1440
149	13.3	770	670	1440
150	13.3	770	670	1440

### Western Canada Contest 5/19/84 - Pincher Creek, Alberta, Canada (kilos)

Total		SQ	BP	DL
52kg	Mingalag	137.5	80	407.5
60kg	T. Yee	142.5	107.5	420
67.5kg	B. Yee	110	217.5	542.5
75kg	C. Yee	215	110	427.5
82.5kg	C. Yee	205	140	422.5
90kg	C. Yee	182.5	137.5	420
100kg	C. Yee	227.5	155	472.5
110kg	C. Yee	210	135	445
120kg	C. Yee	260	197.5	527.5
130kg	C. Yee	215	142.5	457.5
140kg	C. Yee	270	185	525
150kg	C. Yee	297.5	75	447.5
160kg	C. Yee	305	80	485
170kg	C. Yee	305	80	485
180kg	C. Yee	305	80	485
190kg	C. Yee	305	80	485
200kg	C. Yee	305	80	485

### Italian Championship (kilos)

76kg	C. Sorrenti	462.5	82.5kg	762.5
82.5kg	C. Sorrenti	335	B. Raffaele	750
89kg	C. Sorrenti	315	A. Claudio	720
95kg	C. Sorrenti	310	B. Pietro	692.5
102kg	C. Sorrenti	310	B. Pietro	662.5
109kg	C. Sorrenti	455	F. Iziano	387.5
116kg	C. Sorrenti	452.5	A. Minissale	390
123kg	C. Sorrenti	422.5	M. Scato	342.5
130kg	C. Sorrenti	422.5	M. Scato	342.5
137kg	C. Sorrenti	422.5	M. Scato	342.5
144kg	C. Sorrenti	422.5	M. Scato	342.5
151kg	C. Sorrenti	422.5	M. Scato	342.5
158kg	C. Sorrenti	422.5	M. Scato	342.5
165kg	C. Sorrenti	422.5	M. Scato	342.5
172kg	C. Sorrenti	422.5	M. Scato	342.5
179kg	C. Sorrenti	422.5	M. Scato	342.5
186kg	C. Sorrenti	422.5	M. Scato	342.5
193kg	C. Sorrenti	422.5	M. Scato	342.5
200kg	C. Sorrenti	422.5	M. Scato	342.5

### Green Country Open Bench 5/19/84 - Tulsa, Ok

Total		SQ	BP	DL
132	Hatten	340	185	375
133	Mike Tucker	275	205	480
134	Wayne Chen	315	185	375
135	Mark Margala	420	340	760
136	Phil Hindall	390	290	680
137	181	415	325	740
138	181	415	325	740
139	181	415	325	740
140	181	415	325	740
141	181	415	325	740
142	181	415	325	740
143	181	415	325	740
144	181	415	325	740
145	181	415	325	740
146	181	415	325	740
147	181	415	325	740
148	181	415	325	740
149	181	415	325	740
150	181	415	325	740

### MSU Qualifier (ADPFA sanctioned)

Total		SQ	BP	DL
132	B. Smith	200	15	215
133	D. Green	200	15	215
134	P. Pajol	145	60	215
135	L. Green	114	155	300
136	M. Phillips	280	140	310
137	Joe Cicaccio	335	270	390
138	Thanks to Chad Dehouelle for results.	335	270	390

### David Monthan AFB meet 5/26/84 - Tucson, AZ

Total		SQ	BP	DL
132	Hatten	340	185	375
133	Mike Tucker	275	205	480
134	Wayne Chen	315	185	375
135	Mark Margala	420	340	760
136	Phil Hindall	390	290	680
137	181	415	325	740
138	181	415	325	740
139	181	415	325	740
140	181	415	325	740
141	181	415	325	740
142	181	415	325	740
143	181	415	325	740
144	181	415	325	740
145	181	415	325	740
146	181	415	325	740
147	181	415	325	740
148	181	415	325	740
149	181	415	325	740
150	181	415	325	740

### Nevada Open 4/28/84 - Las Vegas, NV

Total		SQ	BP	DL
132	Jerry Lane	225	155	350
133	Robt Maddox	460	240	720
134	Robt Maddox	460	240	720
135	Robt Maddox	460	240	720
136	Robt Maddox	460	240	720
137	Robt Maddox	460	240	720
138	Robt Maddox	460	240	720
139	Robt Maddox	460	240	720
140	Robt Maddox	460	240	720
141	Robt Maddox	460	240	720
142	Robt Maddox	460	240	720
143	Robt Maddox	460	240	720
144	Robt Maddox	460	240	720
145	Robt Maddox	460	240	720
146	Robt Maddox	460	240	720
147	Robt Maddox	460	240	720
148	Robt Maddox	460	240	720
149	Robt Maddox	460	240	720
150	Robt Maddox	460	240	720

### F.C.I. Ironmen vs Barbarians 5/26/84 - Otsiville, NY

Total		SQ	BP	DL
132	Jerry Lane	225	155	350
133	Robt Maddox	460	240	720
134	Robt Maddox	460	240	720
135	Robt Maddox	460	240	720
136	Robt Maddox	460	240	720
137	Robt Maddox	460	240	720
138	Robt Maddox	460	240	720
139	Robt Maddox	460	240	720
140	Robt Maddox	460	240	720
141	Robt Maddox	460	240	720
142	Robt Maddox	460	240	720
143	Robt Maddox	460	240	720
144	Robt Maddox	460	240	720
145	Robt Maddox	460	240	720
146	Robt Maddox	460	240	720
147	Robt Maddox	460	240	720
148	Robt Maddox	460	240	720
149	Robt Maddox	460	240	720
150	Robt Maddox	460	240	720

### Western Canada Contest 5/19/84 - Pincher Creek, Alberta, Canada (kilos)

Total		SQ	BP	DL
52kg	Mingalag	137.5	80	407.5
60kg	T. Yee	142.5	107.5	420
67.5kg	B. Yee	110	217.5	542.5
75kg	C. Yee	215	110	427.5
82.5kg	C. Yee	205	140	422.5
90kg	C. Yee	182.5	137.5	420
100kg	C. Yee	227.5	155	472.5
110kg	C. Yee	210	135	445
120kg	C. Yee	260	197.5	527.5
130kg	C. Yee	215	142.5	457.5
140kg	C. Yee	270	185	525
150kg	C. Yee	297.5	75	447.5
160kg	C. Yee	305	80	485
170kg	C. Yee	305	80	485
180kg	C. Yee	305	80	485
190kg	C. Yee	305	80	485
200kg	C. Yee	305	80	485

### Arizona State Teenage Meet 6/2/84 - Scottsdale, AZ

Total		SQ	BP	DL
114	Norman	125	65	140
115	Tim Norman	125	65	140
116	Mike McGuffin	82.5	55	102.5
117	132	125	100	147.5
118	165	227.5	125	240
119	Gary Campbell	200	120	212.5
120	Eric Porter	200	120	212.5
121	David McGuffin	177.5	100	187.5
122	131	327.5	150	377.5
123	132	327.5	150	377.5
124	133	327.5	150	377.5
125	134	327.5	150	377.5
126	135	327.5	150	377.5
127	136	327.5	150	377.5
128	137	327.5	150	377.5
129	138	327.5	150	377.5
130	139	327.5	150	377.5
131	140	327.5	150	377.5
132	141	327.5	150	377.5
133	142	327.5	150	377.5
134	143	327.5	150	377.5
135	144	327.5	150	377.5
136	145	327.5	150	377.5
137	146	327.5	150	377.5
138	147	327.5	150	377.5
139	148	327.5	150	377.5
140	149	327.5	150	377.5

## Power Place Products Inc.

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

































★ 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.



**Staci Hawley**, 10 years of age, is a great spectator of Powerlifting and recently decided she wanted to try to bench press 45 pounds, which she made with great excitement and the understanding that she has a number of years to go before she can get heavily involved with lifting. Photo and information supplied by Donald Hawley of Livermore, CA.

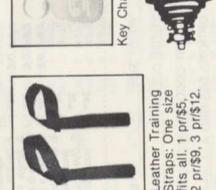
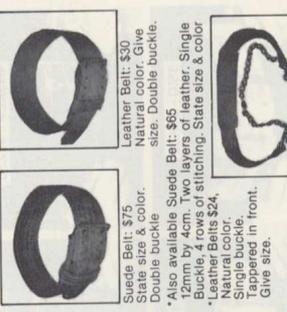
On May 26th Tim McClellan was married to Janet Jones in quite a Powerlifting related affair. Tim is the Assistant Strength Coach at Arizona State, as well as being a prominent official with the American Drug Free Powerlifting Association. He has coached two different teams to National Championship team titles in ADFFA competition, the Pennsylvania team that won the ADFFA Nationals and the Arizona State team that took the silver at the ADFFA National Collegiate. Former ADFFA American record holder Bill Schmidt, was the Best Man, and also in attendance were Smith and Catalano, Dick Werner, Mark Shehauer, Todd Van Bodegras-Smith and many more. Tim is at second from right in this photo supplied by Fred Glass.

**George Armstrong**, of Moscow, Ohio totaled 1085 in his first meet and improved to 1530 less than a year later at the Friday, Class II & under meet, also an attempt at an 800 lb. lift. He reportedly made 825 in the gym and has hopes of eventually squatting 1,000. Photo and information courtesy Tim Dincler.

**From Judy Gedney**: the USPF Women's Committee Chairperson reports that she has received over 100 responses to the survey sent to registered women lifters earlier in the year. (Send a S.A.S.E. to Judy Gedney, RR 3, Macomb, IL 61455 if you wish a copy of the survey and her newsletter). Judy notes a common problem indicated by the survey so far is the lack of communication on how to participate in the government of the sport. She congratulates the recent television coverage for the sport achieved by Pat Malone in Indianapolis and West Lafayette, Indiana and Debbie Patton through the A.M. LOS ANGELES program. Stephanie Whiting reports that 19% of registered women lifters are in the age group 14-19, 65% in the 20-29 group, 8% in the 30-39 group, 6.5% in the 40-49 division, .6% in the 50-59 division, .3% at 60-69 and .15% over 70. Judy attended the ADFFA Women's Nationals, the Women's World Championships, the U.S. Association for Blind Athletes National Championships, the ADFFA National Collegiate, and the Senior National Powerlifting Championships, and plans on attending the ADFFA Nationals in Chicago as well as the Women's Teenage Nationals. Two important results of the U.S.P.F. National committee meeting in Dayton, highlighted by Judy, were the failure to measure for drug testing at the 1985 Women's Nationals and the granting of autonomy to the women in the U.S.P.F. She also notes some international lifting activity by Beverly Prinkala (Finland) lifts of 140/152.5 and 130 at 44 kg, Belgium's Lutten at 48 kg with a European record lift of 130 kg, French powerlifter Andreux's 183.5 kg deadlift at 56 kg, Sisi Dolman on the Netherlands squating 105 kg, deadlifting 167.5 kg, and totaling 321 at 52 kg, and Claire Gerard of France deadlifting 67.5 kg, benching a world record 105.5 kg.

**POWER SYSTEMS UNLIMITED**  
POWERLIFTING EQUIPMENT & SUPPLIES

order from:  
**Glenn Stevens**  
Power Systems Unlimited  
RD #3, 33 Amy Lane  
Glens Falls, NY 12801  
(518) 798-5215  
Check & Money orders only  
\$2.50 handling plus 15% surcharge  
30% - airmail, \$2.50 minimum.



**Miracle Suit**: \$29  
Colors: black, blue.  
Sizes: 18-50.  
\*When ordering give bodywt., ht., & wt class.

**Stretch Suits**: \$14  
Blue wired & white trim.  
Sizes: S-M-L-XL.

**Suede Belt**: \$75  
State size & color.  
Double buckle.

**Leather Belt**: \$30  
Natural color. Give State size & color. Double buckle.

**Also available Suede Belt**: \$65  
12mm by 4cm. Two layers of leather. Single Buckle. 4 rows of stitching. State size & color.

**Leather Belts**: \$24.  
Natural color.  
Tapped in front.  
Give size.

**Hurricane Wraps**:  
1 pr/\$9, 2 pr/\$17  
3 pr/\$24, 10 pr/\$70

**Super II Knee Wraps**:  
1 pr/\$9, 2 pr/\$17  
3 pr/\$24, 10 pr/\$70

**Super II Wrist Wraps**:  
1 pr/\$5, 2 pr/\$9  
3 pr/\$12

**Dipping Belt**: \$32  
\*Chalk: \$81 lb, \$152 lb, \$65/10 lbs.

**Red Tote Bag** \$10

**Key Chain**, \$1

**Gloves**: 1pr/\$12  
2pr/\$23, 3pr/\$23  
S-M-L-XL.

**Caps**: \$6 one size  
fits all. Colors: red,  
blue, black, green.

**Texas Power Bar** • \$185 (bar only)  
310 lb. set: \$320 • 400 lb. set: \$365  
(sets come with Power Bar)

All weights shipped freight collect.

**The Referee's Corner**

The sport of powerlifting has become extremely popular during the past five years, and as a result, we have experienced a phenomenal growth rate. As the sport continues to expand throughout the country, more officials and lifters are becoming involved in controversies regarding the existing rules governing the sport. In almost any meet, the same, familiar misinterpretations are occurring and people are finding it difficult to agree on what is really meant by what is written in the rule book. This column is really meant by what is written in the rule book. This column has been approved by the USPF and will hereafter serve as the official interpretation of all U.S.P.F. rules which are currently in effect.

**Question**: If a novice lifter wins first place with no one else competing in his weight class, will he now be considered as no longer being a novice? Also, will a lifter lose his novice standing by winning first place at a non-sanctioned meet?

**Answer**: In the January 1983 Edition of Powerlifting U.S.A., a novice lifter was defined as a lifter who had never won a first place in any powerlifting meet. This definition was not firmly correlated with our existing classification system (e.g. Class IV, III, II, Master & Elite) and has therefore caused considerable confusion and controversy among the meet promoters and lifters. The term "Novice" was misleading because it included experienced lifters who had never won a first place in a powerlifting meet. To clarify this situation, an issue to redefine novice to bring it more in line with our classification system was included on the agenda for the July 6, 1984, meeting in Dayton, Ohio. As a result of the meeting, the following agreement was reached: the classification of novice and definitions of novice classes.

Only sanctioned competitors are recognized by the United States Powerlifting Federation. While the by-laws of the U.S.P.F. specifically prohibit a member from knowingly competing in Powerlifting competition that is not sanctioned by the federation (section 12.6 (a)), legal opinion advises that this section is not enforceable; however, all records, qualifications, classifications and other accomplishments achieved at a meet that has not been sanctioned by the federation are null and void. For further legal definition regarding this opinion, please refer to the U.S.P.F. President's Message in this issue of Powerlifting U.S.A.

Please address all correspondence regarding this column to:  
BILL HARTMANN, 11632 Roseglen, El Monte, CA 91732

to the betterment of Powerlifting, Bill Hartmann and Dan Haley.

**1984 Southern States Powerlifting Championships**

**Saturday, October 20th:**  
Class I and Above  
Masters Class I and Above  
and all Women

**Sunday, October 21st:**  
Class II and Below and Masters

Open to anybody, anywhere,  
with U.S.P.F. card.

Entry fee \$18, Two events \$25,  
Late fee after Oct. 1st \$10.

Payable to:  
City of North Miami Beach.

**Mike Stein**  
17011 N.E. 19th Ave.  
North Miami Beach, FL  
(305) 948-2957 or 2927

**Gladiators Gym**



**5th ANNUAL METRO DETROIT OPEN BENCH PRESS MEET SUNDAY, OCT. 14, 1984**

11 Weight Classes — Trophies for Four Places Masters, and Women by Formula 5 Places Each Division 2 Team Championships

2 Best Lifter and Champion of Champion Awards

CONTACT: **FABIAN WAMBAGANS or GLENN UNDERHILL GLADIATORS GYM**

20349 ECORSE ROAD, TAYLOR, MI 48180  
PHONE: 313-388-0411



\$10.50 (shipping included)

FROM HAWAII!

**The Power Pit T-Shirt**

\* Durable, high-quality t-shirts  
\* Available Colors: Black, White, Yellow, Green, Red, Brown, Navy Blue, Royal Blue, Maroon

\* In Sizes: S - M - L - XL

Size	Quant	1st. Color	2nd. Color	3rd. Color
NAME	STATE	ZIP		
ADDRESS				

SEND TO: **THE POWER PIT**  
98-820 Moanalua Road, Aiea, HI 96701 □ NO COD'S!  
send check or money order allow 2-4 weeks for delivery

**CLASSIFIED ADS**

\$2.00 per line per insertion. Figure 34 letters & spaces per line. From Man Magazine, honest coverage of all three facets of the Iron Game, Powerlifting, Olympic lifting, and Physique, 40 years of reporting the sport. \$10.00 for 1 year (6 issues), from Man Publishing Co., 512 Black Hills Avenue, Alliance, Nebraska 69301.

See, step by step, how the greatest lifters in the sport of Powerlifting, male and female, make their record breaking lifts. You'll get this information in POWER TECHNIQUE, the high speed motor drive photo book of Powerlifting that helps you analyze their form and perfect your own with frame by frame sequence photos of squats, benches, and deadlifts in high level competition. Send \$12 for your copy, payable to Powerlifting USA, P.O. Box 3238, Camarillo, CA 93011. (CA residents add 6% per cent sales tax).

Bill Starr's Strength Fitness Newsletter. Short pieces on all phases of strength training, rehabilitation, nutrition, plus related research. Send a self addressed, stamped envelope for your free copy. Fitness Consultants, 1610 Christine St., Wichita Falls, Texas 76702.

Powerlifting USA. Achievement Awards, a classic remembrance of your powerlifting achievements! Deluxe clear mount wood grained plaque and richly designed official certificate, signed by PL USA Editor, Mike Lamont. \$18.95, certificate alone \$5.00. See this month's TOP 100 list in the center of the magazine for complete information.

POWER HOTLINE...the NEWS connection for the sport of Powerlifting. \$28.00 for 24 issues per year sent out QUICK via First Class Mail twice each month. Find out the results of the big meets way ahead of your buddies, plus the latest word on who's doing what, when, where, etc. GUARANTEED...get your money back in PL USA issues, not satisfied! Send order to Powerlifting USA, Box 467, Camarillo, CA 93011.

Referee's Study Guide by Bill Hartmann. Prepares you for National and International Referee's card tests on IPF rules for Powerlifting. For a copy of Questions and Answers on IPF Rules send \$5 and make it payable to Powerlifting USA, Box 467, Camarillo, CA 93011 (Calif. residents add \$3.00).

Buy Wholesale Quality weightlifting equip. for gym schools, home use etc. Catalog \$1.00 refundable first order. Custom Gym Equipment PO Box 2073, Sinking Spring, PA 19608.

Give the Gift that every Powerlifter wants and needs...a subscription to Powerlifting USA Magazine! Gift certificates are available so you can actually present that special someone with tangible evidence of your appreciation...12 months of Powerlifter's Bliss. Send for your Gift Certificate today! \$21.00 for 12 issues. (\$39.50 for 2 years) to PL USA, Box 467, Camarillo, CA 93011

**Upcoming National Meet Qualifying Totals**

	114	123	132	148	165	181	198	220	242	275	SHW
<b>Men's Contests</b>	625	700	795	905	1050	1100	1175	1250	1300	1325	1340
Teenage Nationals 14-15	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505
Teenage Nationals 16-17	900	1064	1146	1279	1505	1565	1650	1700	1755	1800	1870
Teenage Nationals 18-19	97	105	114	123	132	148	165	181	198	SHW	
1984 YMCA Nationals	579	623	667	711	749	827	893	959	1025	1080	

**United States Powerlifting Federation Classification Awards Application**

6/84 - Wichita, KS (totals)

Open	SQ	BP	DL	(totals)
132 lb.	157.5	97.5	165	420
148 lb.	152.5	100	190	422.5
B. Ellison	140	110	185	435
K. Watters	205	120	240	565
165 lb.	230	100	292.5	712.5
181 lb.	215	160	325.5	627.5
198 lb.	227.5	155	280	662.5
225 lb.	197.5	347.5	877.5	

**MEN'S POWERLIFTING 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	SHW
Elite	639	683	733	782	827	909	981	1053	1130	1190
Master	579	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	755
Class IV	347	375	402	424	452	496	535	573	617	650

**\*AWARD:** Classification patch and/or certificate (Elite only) to athletes who equal or exceed the totals listed in the tables above for the respective body weight classes.

**\*All totals must be made in a U.S.P.F. - Sanctioned Powerlifting Contest.**

**\*Application must be signed by the State Chairman or the Regional Chairman or the Chief Official of the meet. The Meet Director's signature will not be accepted.**

**\*Master and Elite award applications require the signature of at least one certified national or international referee present for the judging.**

**TO APPLY:** Enclose with your completed application \$5.00 for each patch developed (includes classification tab), 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.

**Additional classification tabs (Elite, Master, etc.) 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  Elite  Class #4  Class #3  Class #2  Class #1  Master  Elite

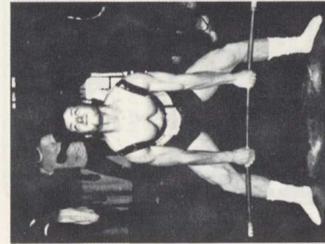
Date of Meet \_\_\_\_\_ Total number of patches \_\_\_\_\_

Name and Location of Meet \_\_\_\_\_

Lifts: Squat \_\_\_\_\_ Bench Press \_\_\_\_\_ Dead Lift \_\_\_\_\_ Total \_\_\_\_\_

Signature of qualified official \_\_\_\_\_ (specify whether National or International referee)

This form may be reproduced. Effective date of this application - January 1, 1984



Bob Bridges - American Record Holder, 148 lb. phenom. *His face it. When you have a max. load on your back, you want something comfortable that will get you out of the hole. That's why I switched ... to Titan.*



Gil Thompson - 220 lb. Class 1984 National Champion *"Titan is the only suit I trust and wear."*

**Titan Suits**

**\$34.00**

**TITAN PROUDLY**

**INTRODUCES**

**ULTRA-MIGHT**

**THE STRONGEST MATERIAL**

**EVER FABRICATED FOR**

**POWERLIFTING**

There are 5 requirements that a lifters suit must meet and 3 vital ones are in the fabric. That is why Titan proudly introduces ultra-might, a new fabric that meets and exceeds every single requirement.

1. **Tear Proof** - its content and its special circular knit make it the strongest fabric ever made available.

2. **Run Proof** - its unique weave virtually eliminates the possibility of ever running.

**FOUND EXCLUSIVELY IN TITAN SUITS**

The last 2 requirements are the heart and sole of a product and tests the worth of any company.

3. **Exceptional Support** - its extraordinary strength and durability offers the utmost in support.

4. **Custom Fit** - the suit must fit correctly plus be supportive. That's why every Titan Suit is custom tailored only to your individual measurements.

5. **Guarantee** - the lifter must be protected. With Titan you are protected by the strongest, most valuable guarantee on the market. Blow (rip or tear) the crotch out and receive \$34 plus another suit - 3 mo. coverage; 1 mo. replacement only on the rest of the suit.

**ONLY TITAN MEETS ALL 5 REQUIREMENTS**

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

1. **Regular Fit** - a snug suit for new lifters or those who just want to keep the groove.

2. **Meet Fit** - a tight supportive suit recommended for training and meets.

3. **Competition Fit** - our most supportive fit for the ultimate support.

First time customers are advised to order no tighter than a meet fit.

**USPF AND IPF APPROVED**



Measurements must be true.

Repeat Customer YES  NO  Alternate \_\_\_\_\_

Color: 1st \_\_\_\_\_ Meet \_\_\_\_\_ Comp. \_\_\_\_\_

No. of Suits \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Hips (around largest part of buttocks) \_\_\_\_\_

Leg (around largest part of leg) \_\_\_\_\_

Overall (top of trap to 6" below crotch) \_\_\_\_\_

Available in Navy Blue, Burgundy and Royal Blue.

Shipped UPS - no shipping charge on prepaid orders.

MAIL TO: Titan Suits, Inc. 921 Rickey Corpus Christi, Tx. 78412

• 2-3 wk. Delivery • COD's Accepted • No Overseas Charge • Tx. Residents add 5% Sales Tax



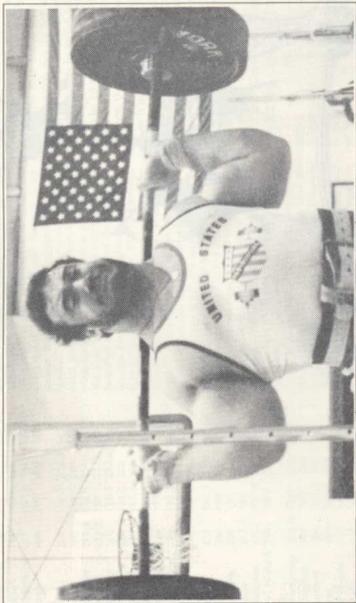








# The Undisputed World's Strongest Bench Presser



## TED ARCIDI

- ★ 666 lb. Bench Press  
(1984 Hawaiian Internationals\*)
- ★ The All Time World  
Bench Press Champ  
by Schwartz Formula
- ★ 350 lb X 3 Behind  
the Neck Press

**"ULTRA STRENGTH/HORMONE RELEASE WONDER PAKS."**  
Each wonder pak contains an extremely potent **time released** supplement of 6 complex vitamins and all chelated minerals, + 5200 mgs of anabolic glandulars and essential amino acids **specifically designed to secrete growth hormone & generate explosiveness during muscle contraction** like no other product...

**ANY DOUBTS?... This formula has been tested and proven by Mr. Arcidi for the past 2 years. What other man can bench press 666 lbs in International Competition ... for 3 consecutive singles!!!**  
**Ted Arcidi will Bench Press 700 lbs.**

Wonder Packs	Price	Quantity	Total Price
Natural Growth Factor Stimulant These all natural amino acids are not found in most proteins. They play a vital role in propelling a muscle's rate of fat burning which should decrease your percentage of body fat and help supply energy. Each table contains: L-Ornithine 500mg L-Lysine 500mg L-Alanine 500mg 100 tablets \$19, 200 tablets \$35, 300 tablets \$55	\$28/30 day supply \$50/60 day supply		
Anabolic Glandulars Contains 1500mg of the following: Natural Nutrients 150mg Whole Pituitary 150mg Orchic (testicle) 150mg Adrenal 150mg Heart 150mg Pituitary 150mg Spleen 150mg 100 tablets \$11, 200 tablets \$21, 300 tablets \$31, 500 tablets \$51			
Orchic 525 Each tablet contains 525 mgs of raw testicle gland		100 \$13, 200 \$24, 300 \$34	
B-15 (Russian Formula) 100mg tablet		100 \$5, 200 \$11	
Argentinean Beef Liver Each tablet contains 23 grams of liver (2 gram liver does not get fully absorbed)		300 \$17	
Arginine HCL Powder 300 grams 23		1 lb \$12	
Pure Egg Protein		1 lb \$12	

... These Wonder Packs, Anabolic Glandulars and Arginine HCL Powder are the safest, most economical, and result-producing alternative to steroids that I have ever tried or heard of. — Ted Arcidi

**RCD ULTRA SUPPLEMENTS**  
\*USPF-sanctioned meet

**FOR PRODUCT INFORMATION & SEMINARS, CALL TED AT (617) 969-8524. ORDER FROM:**  
RCD Strength Systems  
P.O. Box 260  
New town Branch  
Boston, MA 02258

**ALL NEW ADDRESS**

PRINT NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MA residents only, please add 5% sales tax  
**(Postage paid in U.S.)**  
Total amount enclosed \$ \_\_\_\_\_

**ALLOW ONE WEEK FOR DELIVERY**  
\* Add 10% for surcharge outside the U.S.A.  
\* For Annual add 10%

## INABA 10 Times World Champion



The ultimate dream of champion lifters for years, both olympic and power, has been to win the magic 10 World Championships. A goal so desired that it sparked fervor in all corners of the globe, from the Americans, to the Russians, to the Japanese. Because with it comes unparalleled glory, a historic benchmark against which all others will measure their accomplishments and the truth of a legend that will always endure. That legend is HIDEAKI INABA.....10 Times World Champion.....a legend in his own time.....one of the greatest lifters in powerlifting history.

To accomplish what no other being in existence has ever done is a feat that lives forever. For us it is an honor to be the preferred equipment of Mr. Hideaki Inaba, 10 Times World Champion. We are the proud makers of TITAN SUITS.

**Titan Suits**

921 Ricekey, Corpus Christi, TX, 78412

Paid Advertisement