

# Powerlifting USA

VOL.8  
NO.4  
NOV/84  
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Benchler of All Time?  
Williams and MacDonald  
have their say, while Ted  
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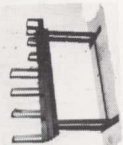
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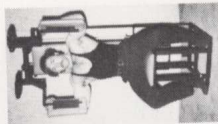
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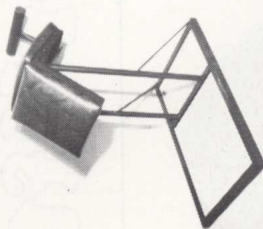
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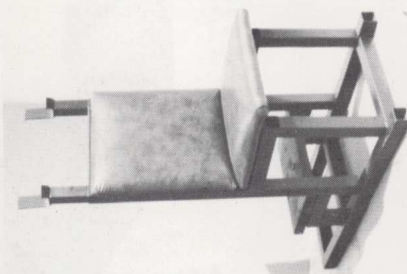
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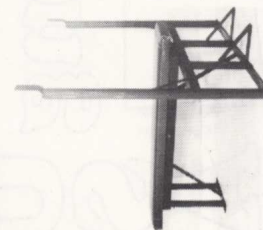
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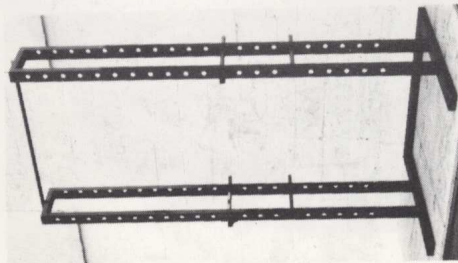
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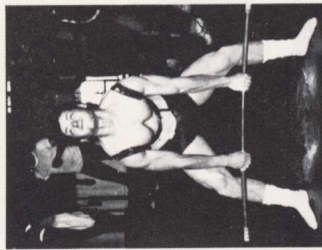


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# POWER PROFILE

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

Many veteran powerlifting fans remember that once, long ago, in the mists of Powerlifting's early history (before PL USA!) Arizona was a real hot bed of activity. Many of the superstars came from the fabled 'Valley of the Sun, Tempe and Scottsdale, Arizona - including legends like Jon Cole, Jack Barnes, Pat Neve, Superstar Graham, and several others. For some reason, Southern Arizona lifters concentrated primarily on Olympic lifting, producing several national and world class lifters in the early sixties. Having grown up in Tucson, no one was more surprised than I to see that a PLer from that area was literally ripping the lifting world asunder in the 75 kg weight division and supposedly had a chance to win the Seniors, Tucson, Arizona is your typical college town - very laid back, relaxed and, in their own manner, very fitness minded. However, for the aspiring powerlifter, the caliber of competition in the local training halls was not much in incentive to increase one's total. Also, merchants such as Muscle Mart, Weightlifter's Warehouse, Bob's Belts, Marathon, etc. that we in Southern California take for granted due to their proximity are a bit out of reach to anyone in Tucson. Gene Bell has proven that one does not have to make the 'Iron Pilgrimage' to California or train in an established power gym (Kennedy's, Black's, Pacific's, etc.) to be a world class Powerlifting athlete.

## Gene Bell..Southwestern Hercules by PL USA Training Editor, Ron Fernando



Gene Bell, with his Best Lifter award from the 1983 Junior Nationals.

phases - off season and pre contest. The off season time basically includes the whole year less the eight weeks immediately prior to a major meet (The Seniors and the Worlds this year). At infrequent times, Gene will sponsor novice meets at Davis Mountain Air Force Base in Tucson where he will lift as a guest, but won't prepare as he would for a major competition. The exercises in the off season emphasize muscular development versus pure weight moved and the acquisition of added strength in formerly weak areas. As an example, he felt that his bench was lagging a bit and added heavy dips (working up to 275x5x3 sets) and Chins (80 lbs for 7.9 repsx3 sets) which resulted in a beautifully done 465 (paused) in the gym and an official 441 at the Seniors.

Breaking his off season training down, it goes as follows:  
**SQUAT:** Done high bar style, Gene narrows his stance even further than his normal style, which is relatively narrow anyway, and disregards the usual gear; heavy belt, wraps, suit. His best in this manner is a whopping 525x5 and 500x8. Lately, he has had to be extra careful with his knees and hips having suffered a traffic accident (hit and run driver) which caused severe pain and swelling in these areas. In fact, Gene lifted at the Seniors and posted an 1802 total having just recently recovered from this accident! He is one wonders what he could have done in the olympic lifts had he chosen to stay in that sport. He seems to have the perfect leverages for it. Leg presses with heavy, heavy weights are a mainstay of the Bell off season program. Gene will often do several top end sets of over 1000 lbs. At 275 C&J plus a 305 bench press who have incorporated leg presses into their training have improved their squat. Obviously, they're worth a try. He finishes this session, which is performed on a Monday (heavy) and Friday (light), with some lighter shaping movements (leg curls, extensions, toe raises both seated and standing). Gene is quite a successful physique artist in the Arizona area and has both the natural joint structure and tremendous development to be a real threat to anyone.

**BENCH:** Gene concentrates a lot on heavy dips and chins, plus he works extensively with varying grips. He does wide grip benches (2 inches outside of the 32 inch marks) for 275x5x5 sets to work his pectorals in a way that bent arm flies can not and helps protect himself from injury this way. He also does a lot of narrow grips (with his hands about 3 inches apart) to the tune of 315x5x5 sets. He finishes this session (done twice per week - Tuesday - Saturday) with some 'bodybuilding' movements (continued on following page)

Military and that having a world champion as a spokesperson would help recruit quality individuals and hopefully gravitate them towards powerlifting. Quite a refreshing change from what we have been exposed to in a variety of sports such as track and field, football and wrestling. Gene was able to excel in all of these areas and the mercenary approach they use towards competition. I am not knocking anyone's entrepreneurship, and everyone has a right to make a buck whenever they can. However, athletes such as Gene are a pleasant throwback to the days when someone competed for the fun and satisfaction of chalking up, putting up some big numbers and then getting together with a group of cronies for a good old fashioned jaw.

At a very early age Gene exhibited the potential to be a strong man. How about a 11.0 100 meters combined with a 49 ft effort in the shot-put? Gene only weighed in the mid-150s at that time and was but a High Schooler. Hailing from Florida, Gene became exposed early on to competitive weightlifting through the High School Weightlifting league that con-

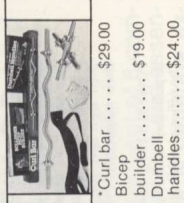
tests the bench press and clean and jerk. Gene was able to, with very little training, put up a 225 snatch and a 275 C&J plus a 305 bench press in those formative years. Using the weights mostly as an adjunct to his interests in a variety of sports such as track and field, football and wrestling. Gene was able to excel in all of these areas and the mercenary approach they use towards competition. I am not knocking anyone's entrepreneurship, and everyone has a right to make a buck whenever they can. However, athletes such as Gene are a pleasant throwback to the days when someone competed for the fun and satisfaction of chalking up, putting up some big numbers and then getting together with a group of cronies for a good old fashioned jaw.

Some years ago, I wrote an article entitled, 'The Quest for Simplification'. Basically, it said that too many powerlifters are spending their time devising Machiavellian routines instead of hitting the weights in the most straightforward manner possible. Gene's training methods are deceptively simple, his nutritional intake is surprisingly normal (no blend-tunafish shakes for this guy!) and his results are world class. He divides his yearly training into two distinct

promote the sport throughout the



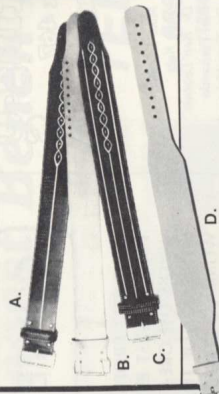
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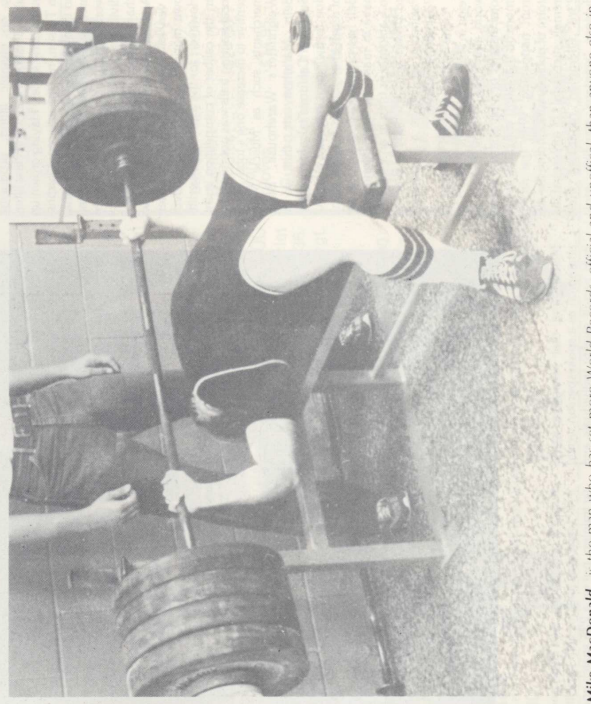
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# The Greatest Bencher

## is something that multiple record holder MIKE MACDONALD knows a lot about. With Ted Arcidi getting a lot of publicity and readying to try for 700 in December, Mike gives his opinion on what this title is all about!



**Mike MacDonald** is the man who has set more World Records, official and unofficial, than anyone else in the bench press while competing over four different bodyweight classes, including a remarkable 4 in one day!

In deciding who is the World's Greatest Bench Presser, you must consider everything that pertains to that title; look at the overall picture that adds up to the greatest accomplishment and history of performance. My qualifications for the title include the following:

1. I held the World Record in the Bench Press from 1976 to 1981 in 4 weight classes at the same time; 181, 198, 220, 242.
2. I have broken the world record in the bench press on 35 different occasions, with 22 of those marks being officially recognized.
3. I set 4 world records in one day, following myself on all attempts, in 1978 in the 181 lb. class, opening with a world record attempt that exceeded a long established mark in

My lift was done at the 2nd World Championships under the auspices of the AAU and their rules. Today we are dealing with wrist wraps, shirts to enhance the bench press, lifting suits of opposite cut to enhance the bench press, and a wider use of drugs. I won't cry 'sour grapes' because all of these changes came under the auspices of the IPF. You see, we must not let things get out of perspective.

When I bench pressed 650, I weighed in the neighborhood of 321. I was at 338 when I did 705 in training, and when I did 675 I weighed in the low 330s. 720 was something of a fascination at 336, but my real goal was 770, and if I ever got/beat 350-365 bodyweight, I would/will have done 770.

Where does all this lead? The puzzle is still not solved. What qualifies a man as the Best of All Time; how many times he's done it, or his bodyweight, or who writes the articles on the subject? Believe it or not, I have done the most weight of anyone alive, but I have heroes too. Mel Hennessy, Jon Cole, Pacifico; there are many who could qualify for the crown, and we all know that there can only be one champ.

Ted Arcidi is probably one of the front runners, but I believe Bill Kazmaier did comparable lifts in the bench and deadlift, which makes his squat and deadlift, and a lot of others have done the same. When someone does less than their bench in the squat, it's not the same as if they had the prior stress of a big lift before benching. I'd be willing to bet that all who compete on all three lifts feel the same.

When it comes to elbow wraps, we used them until they were banned. After they were banned I went up to 750 in training, and got help with 720. How about doing a 900 lb. squat, an 870 deadlift, and a 600 lb. bench press with a hot cotton or wool lifting suit and club t-shirt on. What I mean is that when comparing the mechanics of equipment today with that of ten years ago, surely the elements favor today's lifter. But this argument can go on forever.

I think the best solution is to declare a Greatest Bench Presser in each weight class. Let's forget about the Schwartz formula for a minute. How could someone possibly take away Dave Waddington's 1003 squat, because a man in the 123s squatted 4 times his bodyweight? If you lift the most in your weight class, we don't use a formula to determine if a guy 8 pounds lighter than you beat you for the trophy. The man who lifts the most in each weight class is the ultimate winner! If you have bench pressed the most, you should be the Greatest in your given weight class as far as history is concerned. Otherwise, if you want to do it by bodyweight, at least make sure you have the right bodyweights or perhaps you should even consider how many times a lifter has done a certain lift in or out of competition. Basically, however, I think that consideration by individual weight class is the answer.

# Who Is the Greatest?

## The Man with the Heaviest Official Bench of All Time, a 675 pounder done in World Championships competition twelve years ago, JIM WILLIAMS has his say on the subject, and explains why it is not as easy as it seems to answer that specific question.



**The Great Jim Williams**...with the still standing American record in the bench press, 675 pounds, set at the 1972 World Powerlifting Championships in York, Pennsylvania. Photograph provided courtesy of Frank Peffer.

I have had the privilege of reading several articles on the subject of Who is the Greatest Bench Presser of All Time, and I think the most recent ones are the closest to not being true! Gentlemen, we are confronted with a particular exercise that only a handful of men have excelled in. We must remain conscious of the fact that we are not all experts on this subject, and we have the tendency to vote for one of our local heroes. This is understandable, but not necessarily the right method.

We must also realize that although it is a small group of people that can contend for the title of Greatest Bench Presser, there are many types of contenders for the crown. If we go by bodyweight ratio to bench press, the lifters over 220 pounds will suffer the most. Today, it's nothing for men in the 198 lb. class to have arms of 20 inches or a 50 inch chest, and with proportions like that, it is not so hard for a smaller man to duplicate some of the feats of a heavier man, since a proportionately larger arm of 22 inches or so is very hard to come by. If you evaluate the matter accordingly, to the total amount of weight lifted, regardless of bodyweight, the smaller men will, of course, suffer in comparison. How can you deter-

which include heavy press behind the neck, dumbbell leverage movements, hammer curls, reverse curls, tricep pressdowns, and rows. All in all, a straightforward upper body training schedule.

**DEADLIFT:** Before his auto mishap, Gene was a master at the sumo pull, having cranked up over 700 in the gym on a number of occasions. However, the resultant pain forced him to abandon this style in favor of an awkward stiff legged one at the Seniors. Even so, he managed to haul up a 672 lb. deadlift, but had to stand back as John Topogso and Rick Chain took potshots (unsuccessfully) at his title. Gene feels that at the Worlds, he will be back to his old form and is currently taking extensive physical therapy sessions to ensure that result. His training on the deadlift includes the lat and upper back work previously mentioned, plus some basic rack pulls and sumo pulls standing on thick plates.

When the time comes for a meet, Gene switches to the low bar version of the squat and adds the appropriate lifting gear, goes to his standard competition form on the bench and deadlift, plus he gradually cuts back on the supplementary exercises.

Nutritionally he eats like an average person and in no large quantities and his bodyweight usually fluctuates between 180-185 during the off season. The tremendous drain to reduce to 165 plus the so called 'Valsalva Effect' (where the brain is denied oxygen when the athletes holds the breath while lifting) caused Gene to literally pass out on several occasions after his third deadlift. He is an intense competitor! Arising early in the morning, Gene will have 1/2 a cantaloupe, plus some granola before training. After his workout, he will have a couple of small peanut butter or perhaps cold chicken sandwiches. During the day, he will snack liberally on fresh fruit (oranges, plums, bananas, etc.) and will go home to a normal 'three course dinner his lovely wife Linda prepares for him. Oh yes, Gene is one of the best clients around for gourmet ice cream during the off season. Just because one is a world class athlete doesn't mean you lose your sweet tooth!

Gene wants to add some well deserved thanks to the people who have helped him on the way to Powerlifting success: Rusty Hatten, his friend and training partner; Linda, his wife; Zeke Nucleus, his nutritional consultant; and Louis Balz, proprietor of the All-American Gym in Lakeland, Fla. Yes, Mary Lou Retton may star in her own movie soon about gymnastics. Hell, Carl Lewis will probably own the studio that produces the movie, but we powerlifters are true amateurs. Still, I feel there is a certain sense of accomplishment, of pure joy in performing and of drawing others into the sport you love. Gene Bell is not only a champion in sports, he is a champion in life. The very best of luck to him and the rest of the US team at the Worlds in Dallas! Hope to see you there!



# 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 poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and 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).

## Dave Waddington's 12 WEEK SQUAT ROUTINE



Dave Waddington's... routine assumes a starting squat of 800 pounds.

| Week #1: | #2     | #3     | #4     | #5     | #6     | #7     | #8     | #9     | #10    | #11    | #12    |
|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 135x8    | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  |
| 135x8    | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  | 135x8  |
| 225x8    | 225x8  | 225x8  | 225x8  | 225x8  | 225x8  | 225x8  | 225x8  | 225x8  | 225x8  | 225x8  | 225x8  |
| 315x5    | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  |
| 405x5    | 405x5  | 405x5  | 405x5  | 405x5  | 405x5  | 405x5  | 405x5  | 405x5  | 405x5  | 405x5  | 405x5  |
| 500x5    | 500x5  | 500x5  | 500x3  | 500x3  | 500x3  | 500x3  | 500x3  | 500x3  | 500x3  | 500x3  | 500x2  |
|          |        |        | 590x3  | 590x3  | 590x3  | 590x3  | 590x3  | 590x3  | 600x3  | 600x2  | 675x1  |
| 505x5*   | 575x5* | 590x5* | 630x1* | 640x1* | 650x1* | 660x1* | 670x1* | 680x1* | 690x1* | 690x1* | 600x1* |
| 600x5*   | 625x5* | 650x5* | 650x3* | 690x3* | 705x3* | 720x3* | 735x3* | 750x3* | 765x3* | 780x1* | 675x1* |
| 315x5    | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 315x5  | 725x1  |
|          |        |        |        |        |        |        |        |        |        |        |        |



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I feel your squat could improve 20-50 pounds on this routine. I'll give you my 12 week routine, which has worked for me and several of my friends, and my off season routine to lead into my heavy squatting. Also, I feel squatting one heavy day and 1 light day a week is plenty. Progressive heavy 3's build good size and strength. I'd rather go in a contest having done 765x3, then say 810x1 in a workout. By heavy 3's you don't know your limit and I'd rather do 90 to 95% x 3 reps before a meet than 100-105% for 1. By singles you know your limit week by week, and if you miss a heavy single it blows your mind for a week, but if I make say 765 for 2 reps instead of 3 I've still handled some big weights for reps and I'm getting stronger. Also chances of injury are higher doing singles or max lifts. Leg extensions and leg curls keep legs strong and give them good tendon strength. That's why I do extensions and leg curls very slow. On calf raises I go up moderate speed to the top then stop and descend slow.

### Off Season

**Monday:**  
**Leg Extensions: 8 x 10.** (I use 100 lbs. done very slowly)  
**Leg Curls: 8 x 10.** (Also 100 lbs. done again very slowly)  
**Calf raises: toes in & toes out, 6x10 of each.** I use 300-500 lbs. depending how I feel. I feel calf work helps you walk with the heavy squats. I use this exercise a lot more when my squat started to climb.

**Friday:**  
**Squat:** (only lift done on Friday)  
**135x8, 135x8, 225x8, 315x5, 405x5, 500x5, 500x5, 315x5.**  
 Note how light I go. I like to go light 2-3 times a year - gives my mind and body a break from heavy lifting. Usually 6-8 weeks then you're ready to cycle again.

### 12 Week Cycle

**Every Monday:**  
**Squat:** (Light day) **135x8, 135x8, 225x8, 315x5, 405x5, Monday**  
 workouts remain the same for all 12 weeks. Practice form - no suit or wraps! I feel squatting once heavy a day is for form and light pump. During my 12 week cycle I wear suit and wraps from 500# up and only wear the wraps tight on the last few sets.

**Friday:** (heavy day)  
 Below is the squat routine for Friday, your heavy day, for the 12 week cycle. First 3 weeks: 2 heavy sets of 5's each time - builds good squat base. Beginning on the 4th week 3's.

Week 11: 7 days before the meet. Notice the reps are cut back. 780 (my 1st attempt in the meet) should go easy - go into the meet positive and in good health.

Week 12: day of meet. Last warm up (725x1) should be about 10 minutes before your 1st attempt.

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## Women's Corner

Training has begun in earnest all across the country as we ladies gear up for the showdown in Boston. It is exciting when you think about all the hopes and dreams and plans that are beginning to form. Some of us are endeavoring to better our total from last year; others take a 3rd or 4th instead of a 6th or 7th, while an elite few of you will be taking on returning champs in deadly earnest. Last year saw a big change of names on the world team list and I know many of you are hoping for the same in '85. The quantity and quality of lifters we are seeing now make for very interesting competition. I think the heavier weight classes show the closest competition and at this stage of the game most of them are not clearly dominated by anyone although the talented ability is out there in abundance. In the lighter classes much should depend on the body weight changes of last year's champs and, of course, the rapid progress of others.

A subject that I want to get on my soapbox about this month is one that many lifters either disagree with or refuse to acknowledge and that is the serious overtraining of a lifter throughout the year, especially just prior to our big meets. Time after time, I read or hear about lifters hitting a meek two or three weeks before the nationals and then they wonder why their totals fall three weeks later. Ladies, it is high time we stopped lifting for trophies and began to go for the quality of lifting each time out. I can prove to you with one case history after another where the lifter had to try that heavy single a week before the meet (I don't believe in singles in the first place) and lost the gold medal because the back just hadn't been given time to recuperate.

I know of coaches who push their lifters to maximum heavy singles every week then wonder why their lifters are often hurt, tired, and mentally down. I follow a 13 week training cycle and I try to complete no more than 3 times a year allowing well, a chance to heal and be rejuvenated. If you are currently competing 5, 6, or 7 times a year or lifting heavy every week maybe you should reevaluate your lifts, attitude and progress. Are you gaining harder to come by and more painful? Are you suffering from minor nagging injuries? In extreme cases have you lifts actually started to drop off? If you can answer yes to these, then it is time you took a look at your training cycle. Personally, I like my 13 week cycle.

**Tapes of the Worlds...** If you are interested in buying a professionally done videotape of the upcoming World Championships in Dallas, Texas, please reserve your copy by contacting Larry Wallace, 3601 Casa De Sol, Dallas, Texas 75228. Send no money now, but do let them know you're interested.

**NOTICE:** The original Weightlifters Warehouse Inc. of Lakewood, California would like to make it clear to its friends that it is not connected with another firm of the same name now doing business in Vancouver, British Columbia.

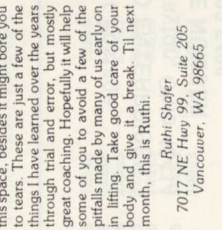
to begin with sets of 10. I gradually work down to the heavy doubles over that training period. I also follow a rotation method using a heavy medium alternation. Somehow we have the mistaken idea that we will lose our strength if we do not prove it each and every week. If you will listen closely to what your body is telling you, you will learn to recognize the difference between a body crying out for a rest or a body that would just rather be home watching the Smurfs on television. We are all so afraid of becoming lazy that we go to extremes to prove ourselves otherwise. I know first hand the feelings of frustration as I watched my 385 lb. DL in 1980, which was an unofficial world record at the time, drop down to 295 lbs in the course of 2 months. Not only that but I developed a nasty low back problem.

My training routine was the same heavy singles once a week as it had been for 1 1/2 years and my diet did not change. In desperation, I pushed myself harder and trained longer periods of time. Finally at the edge of defeat and failure I heard the best advice anyone ever gave me. Ruthi, get out of the gym, take 2 weeks, don't come near here. After that we started over. Day 1 and 2 - Guit sets in. I'm not training, someone might be catching me? Day 3 and 4 - "Hi mom, yes, I'm still alive. But, by the 5th day I had learned to relax both body and mind and enjoy all of my life. The 2 weeks were over and a newly dedicated and truly healed lifter entered Kennedy's Gym ready to start a new career. Together with a new coach I discovered how to get the most from my body while giving it a chance to heal and rebound. You may think that this is a chance for me to tell my life story. It is not. I use myself as an example because I truly know and identify with the feelings. This year at the nationals it would be great to see everyone come close to their gym best. It can be done if you give your body a chance. It is impossible for me to put all of my own philosophies and routines in this space, besides it might bore you to tears. These are just a few of the things I have learned over the years through trial and error, but mostly great coaching. Hopefully it will help some of you to avoid a few of the pitfalls made by many of us early on in lifting. Take good care of your body and give it a break. Till next month, this is Ruthi.

Ruthi Shofer  
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**BOOK REVIEW... by Mike Lambert, POWERLIFTING USA.** The subject of this review is "2001. A Sports Odyssey: Hypnosis, Cybernetics, Conditioning, Biofeedback" by Dr. Judd Blasiotto. Judd's name will be familiar to many of the readers of POWERLIFTING USA through his many articles published in previous issues of the magazine regarding the Psychology of Powerlifting, and also through his lifting exploits, which have been remarkable. Judd is a youthful, looking, energetic person, who is physically quite trim and lean. He does not exhibit the advantageous leverages one would expect in a world class competitor, but he has put up some awesome poundages in the featherweight division, and his quest of success in Powerlifting has been a combined effort of the fierce determination and desire that all great powerlifters have combined with a scientific approach to incorporate into his training all the applicable psychological techniques that produce the right results. The book is far from a simple set/rep schedule and the kind of scientifically based articles on hypnosis, etc. that Judd has previously published in PL USA, although the essence of his training philosophy is covered extensively as well as the various psychological techniques he did use to enhance his performance. The book is really a detailed analysis, a self-history, of the many avenues Judd's research and personal attitudes took him down as he became a successful lifter, faced and eventually overcame the injuries that befell him along the way, etc. This is a book that I feel anyone with a true Powerlifter's spirit inside will really enjoy. It's not dry material, but very entertaining, because Judd describes the people he's met and dealt with great color and candor. Some of the names have been changed to protect the "innocent" (or is it the "guilty"), but the descriptions of many of the characters that Judd relates will ring some very familiar bells. Of course, Judd is one of the foremost advocates of drug free powerlifting, and the text describes his many battles with drug using lifters and encouragers with other members of the drug subculture that winds through the sport. Also detailed is a side of Judd that you may not know about, and that is his high level contact with professional baseball, where his work with problem players was exceptional. "2001. A Sports Odyssey" is the story of a youth curious in the ways of hypnosis and the semi-occult who used these techniques to mold himself, not the most likely of candidates, into one of the finest Featherweight powerlifters in the history of the sport, overcoming serious injuries in the process, and discovering the true capabilities of the mind and body in the process. The book is available from World Class Enterprises, 2002 Skyline Drive, Albany, Georgia 31705.

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# More From Ken Leistner



By now, the news will be as cold to many of you as the body: Gary Apreharian is dead. Much will be made of his passing by those who can use him as an example and this, as much as his loss by those close to him, would be a crime. I did not know Gary that well, although, like everyone else in the New York area, I knew a lot about him. He was a monstrous teenager, a true phenomenon that threatened to lift world record poundages. Tales of his combative skills were banded about many a local tavern. He had a bright future ahead of him.

Anyone who weighs 350-400 lbs. at 5 ft. 8 in. is going to have serious health problems in addition to favorable powerlifter leverages. I met Gary a year ago, and we discussed his recent weight loss (to 300-320) and his lifting difficulties. His calorie and protein consumption were far in excess of his actual requirements and his overall lifestyle was in need of discipline. His intake of fats was dangerously high. His list of health problems was extensive: chronic bronchitis, recurrent kidney infections, numerous colds and minor illnesses. He claimed no blood pressure problems, but he did little or no cardiovascular work. One

**Gary Apreharian, died in his sleep on August 23rd, and was buried on the 27th.** He was 22 years of age. Steve Zinn reports that he was a phenomenal strength athlete who had an 18 inch arm when he was 15 years of age, and made training lifts of 1015 in the squat, 640 in the bench press, and 800 in the deadlift. He was never able to put such lifts together in a contest, and reportedly overindulged himself in many ways, including the intake of up to 3 gallons of milk per day. An autopsy revealed that he died of an immune system failure. He had no white corpuscles in his system to fight off infection. The autopsy also revealed that his liver weighed 50 pounds (is normal), and both his heart and digestive tract were three times normal size. Photograph of Gary courtesy of Kathy Tuttle-Leistner.

needed little medical training to understand that he was on a very dangerous path. Gary trained at Steve Zinn's Gym in New York, at the Brooklyn-Queens border. When I last spoke with Steve, he told me of Gary's demise, and to his knowledge, the cause of death was respiratory failure, a consequence of avoiding hospitalization despite having pneumonia infection in both lungs, compounded by kidney dysfunction. "He decided to train with double pneumonia. He should've been in the hospital, but he refused to go. There was also speculation that his immune system was not functioning properly and there was some sort of blood dyscrasia. He had been told to reduce his protein intake to relieve the stress on his kidneys, but this advice, too, was ignored. His heart and other organs showed enlargement and signs of degeneration. His lungs, of normal size, were literally being crushed by other internal structures.

In addition to his weight training, Gary spent his time working as a bouncer in various area establishments. This meant late nights, exposure to alcohol and other agents, and an occasional episode of violence. An objective look at the entire package would easily reveal a physiological accident waiting to happen. Longevity and future good health would have been a longshot at best.

I will not state that Gary did or did not use anabolic steroids. I believe that he was exceptionally strong long before he even heard of the drugs. Already, there are those trying to profit from Gary's death, trying to use him as an example of the scourge of steroid use. There are those claiming that he died as a direct result of steroid use. Does no doubt that anyone who does use anabolic ster-

"experts", hawking their wares on television, selling as hard as they can with the stance that "you will die if you take this pill." Cling chapter and verse, listing every dread disease known to modern medicine, never naming but implying that almost every former Mister winner is suffering through the final stages of cancer, liver, and cardiac deterioration, they present their case from the "scare hell out of you, because it's true" point of view. The uninitiated may, in fact, be scared off anabolic use, and that's good, but it's for the wrong reason. If an impressive kid sees the same lifters, bodybuilders, and football players doing well, year after year, he wonders, in time, if his fears may be misplaced. At some point, there's the chance that he'll say "screw this, these guys aren't in the hospital" or "dropping dead, I'm going for it."

It's time for someone, someone armed with facts and/or a reasonable semblance of the facts, to present an anti-drug case. Athletes will decide to ignore the drug sellers only if they believe it's in their best interest to do so. If they believe, based on informed decision, that they could become as well without steroids as they would with them, then the market would dwindle. If they believed that any possible performance enhancement might be compromised by physiological damage, the market would dwindle. If they believed that it was not in their best interest to use anabolic steroids and related drugs, they wouldn't. As long as you've got an everything's-good-or-profit attitude on the other, the athletes will fall back on competitive instinct and that instinct will keep many buying.

I don't want my son to use drugs for any purpose, especially for athletic enhancement. Forget about fairness and other such platitudes for the participants athletes, for the joy of doing so and for the physical benefits, and that the best thing that drug use compromises both I would regret that he was exposed to doctors and others who advocated drug use for their own profit and those who would exaggerate the smallest scientific truths to propagate the posing position, also in profit. I would very much regret that a human being used for profit, because it would neither be true, nor fair.

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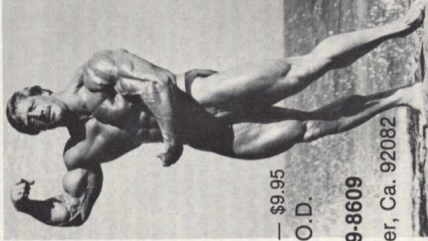
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# DAVE MILLER

## Profile of a Fighter by Wayne Andrews



To some, it would be just another meet. For the novices, it was the beginning of their careers. For some of the veterans, it was the end of a long and laborious road to the top. Some had come to break records or to establish themselves as state champions. Others had come to defend their titles. One of these defending champions was especially notable, not just because he stood six feet tall and weighed 250 lbs., but because of the way he moved. His feet were always shuffling about, his eyes darting to and fro, his energy seemed to ooze forth and infect anyone about him. He seemed more like a fighter than a slow-motion powerlifter, for he was always active, always vigilant. In many ways, this man, Dave Miller, can be termed a fighter, but only in the highest context of the world's meaning.

In this meet, the 1984 New Hampshire State Championships, Dave easily defended his title, equating a state record 750 lbs., equating the old mark by 150 lbs. Together with a 400 lb. opener in the bench and a 665 lb. deadlift, his total of 1815 lbs. in the 242 lb division left him just short of Elite ranking. After the formulas had been calculated out, it was found that Dave was the second best lifter in New Hampshire for the year.

It isn't his lifting, nor his size, or his personality which makes him truly special. On his licence plate is the true work "KIDNEY". Some know the significance, but only casually, others have no knowledge of its meaning whatsoever. Then there are the few who know the true story of Dave Miller. Dave really shouldn't have lifted in the 1984 State championships. To be frank, he never should have stepped on a lifting platform again. In fact, Dave Miller shouldn't have lifted in 1974. Dave came down with what was termed a case of strep throat, a normal disease, but in this case it had unfortunately abnormal side effects. Both kidneys became infected and began to fail. Six painful years later, the kidneys were dead and in August of 1979 Dave started on dialysis until a transplant could be performed.

The operation took place in November, 1979, but not with a live functioning kidney from a live donor. The operation had to be done with a cadaver's kidney, and never in the history of medicine had a man survived such an operation. At first it appeared Dave wouldn't be the first, for his body rejected the donor organ. Frantically the doctors began administering drugs and more drugs like omeprazole, but Dave refused to give up. He was in a sinking boat, in hopes of keeping Dave alive. Actually, they prescribed so many drugs that Dave became fully incapacitated. He had to be strapped into bed for fear of having him slide out. During this time his white blood count dropped to a deadly level. His temperature soared to 104 degrees for a week at a time. The veins collapsed in his arms, forcing the doctors to administer intravenous feedings and drugs through the big veins in his legs.

does Dave not believe in using steroids or amphetamines to improve his lifting, neither his body or his kidney can take the strain which these drugs place on the body.

Looking ahead, Dave was content and extremely eager to enter the 1984 Drug Free Nationals, where he had hopes of squatting 800 lbs. in the 275 division. The 1983 Drug Free Nationals was Dave's one sour note in an otherwise outstanding career, for after gamming the Region title only two months before with a Master total ranking, he couldn't put his lifts together and totaled far below what he had expected. Still his lifting was good enough to produce a third place finish, and fuel the fires in his mind as to what might have been and what could be in the upcoming year.

Since moving from his hometown of Keene, New Hampshire, last summer to Nashua, New Hampshire, Dave has been the outstanding lifter for Andrews Gym. His performance at the State meet spurred the Andrews Power Team on to their seventh straight state title and his presence at the Drug Free Nationals with no doubt spur other lifters on the team who are at or reaching national caliber to reach for the pinnacle of their sport.

No matter what happened in this year's Drug Free Nationals or in any meet to come in his lifting career, one thing is certain: no obstacle will ever match the one which Dave Miller has already faced and been able to overcome.

## American Drug Free Powerlifting Association



Organized to meet the demands of the powerlifter, the ADFPA provides sanctioned contests with mandatory drug testing. Join the ADFPA and support the return of fair competition. For information or to apply for membership, contact any of the officers below.

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

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

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

**Dear Roger:** I have a training problem with my bench press goal of 200 max. My age is 62½ and weight is 146 and have been on free weights 4 years with no previous experience of any kind. I have tried weeks of 5 sets and 5 reps but there doesn't seem to be much or anything published for my age group. Most younger lifters aren't interested in promoting weight lifting in my age group. Weight training can be done in your own home and I would like to see you encourage more with more bench press meets for the elderly. I don't think older people are as likely to get hurt with bench pressing as they are with squats and deadlifts.

This is my basic program that got me to a 195 max on the bench press. I feel that I probably overtrain but I like to maintain a peak condition but need to know what to do about 2 weeks before a meet so as not to be overtrained.

This is my schedule for Monday, Wednesday and Friday and it's rare for me to miss over 2 sessions. I am much stronger after a short layoff and this is when I max 190 or 195.

Bench Press: 115x8, 145x4, 160x3, 170x2, 185x1 (190x1 if 185 felt good), 160x3, 145x6, close grip-2 sets

Incline barbell press: 115x8x3, 3 sets 8 reps

Lying tricep ext.: 3 sets 8 reps

Side Lat raises: 3 sets 8 reps

Tricep press down: 3 sets 8 reps

Upright rows: 3 sets 8 reps

Front deltoid raise: 3 sets 8 reps

Lat pulls: 3 sets 8 reps

Cur-curl bar: 2 sets 8 reps

Incline DB curl: 2 sets 8 reps

Squats: 8 reps with 135

Leg extensions: 2 sets 8 reps

Hyper extensions: 2 sets 8 reps

Sit up or leg ups: 2 sets 8 reps

I do this routine every workout and have become stale. Some of those exercises might be cut back or alternated. On my bench my experience has been that I have to get 180 or 185 single each work out to

## 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.**

keep the proper feel of a heavy weight. I would like your advice and to hear from you to other readers I would like to see. Please write to my address if possible. I read all types of magazines but yours is the only one I read and subscribe to. Sincerely, Nolan M. Goodwin

**Nolan M. Goodwin  
Major A.F. Retired  
2807 Dantzler  
Moss Point, MS 39563**

**Dear Nolan:** Your point is well taken about having more contests for the master lifters. But in the last few years powerlifting has taken great steps forward for masters.

Your routine looks very good for us reps and sets on the bench press. There are two points in your program that I would like to caution you on and this advice is for younger lifters as well as for you. The first word of caution is that you are training the bench (triceps, anterior deltoids and pectorals) very hard three days a week. I don't know any top lifters that train the bench more than twice a week. Usually the program consists of one heavy day and one light to medium day. The second caution is that you seem to be doing a lot of assistance work for the bench press.

When I was training with Luke Lans I used to do a lot of tricep work because his lock out in the bench was some what weak. The harder he trained his triceps the tougher his

bench became. I told him I thought he was overtraining his triceps and if he would cut back for a while his energy levels would be up for the week. Luke told me that this extra tricep work had given him a big boost in the past. I said maybe that is true in your training you needed the extra work but at this stage you were not only overtraining your triceps but due to the arm fatigue that the bench press was now becoming under trained. Luke took my advice and in his next meet he made his first 600 lb bench press. Only a hand full of people have been able to bench as much as Luke and he made his best lifts by cutting back some of his training so you might want to make sure that you are not overtraining your triceps and anterior delts. As a matter of fact I would cut out your front raises altogether. The bench press will give you all the anterior deltoid size and strength you need. I haven't years and if you look at some of my photos my anterior delt just kind of hangs off my shoulders.

To summarize, cut your training back to two days and be cautious that within the next six months you'll bench 250 or better.

**Dear Roger:** I am just getting into powerlifting and am influenced by other people's opinions on how workouts should be done. I have had difficulty obtaining a good beginner's

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.

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deadlift routine. I would appreciate if you could follow me up on this by supplying me with a good beginner's deadlift routine. **John D. Yellnic**

**Dear John:** A good program for someone just starting to deadlift is, stay with the basics. By this I mean, a basic power routine consists of one heavy day and one light or medium day. Training any more than this can result in overtraining and a possible injury.

On the heavy day I would recommend you do 2 sets of 5 reps with a weight that works you to fatigue. As you become stronger increase the weight by 10 lbs and keep pushing yourself to do more and more sets of 5 reps increase the weight and do 2 sets of 3 reps. When you approach a meet work for 3 heavy singles about 4 weeks before a contest. If you become stale and lose weight that was one day, easy sets of 5 along with a week off of deadlifts.

Your medium day is a day to have some fun. I would recommend you use a combination of power cleans, light deadlifts, good mornings, or high pulls. Don't use a combination of more than 2 of the lifts on any given day. I usually will do power cleans and good mornings one week and light deadlifts for 5 to 10 reps the following weeks.

While following the basic program you will still be stretch out and loosen so be sure to help prevent injuries. If you notice any abnormal back pain be sure and back off and get some therapy before you start to deadlift again.

I have found that there are no secrets in powerlifting and that basic routines are the most successful. So if you have a good mental approach and stay with the basics outlined here I'm sure you'll have success. **Roger Estep**

Best wishes, **Roger Estep**

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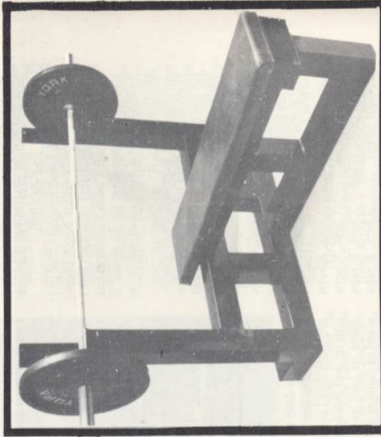
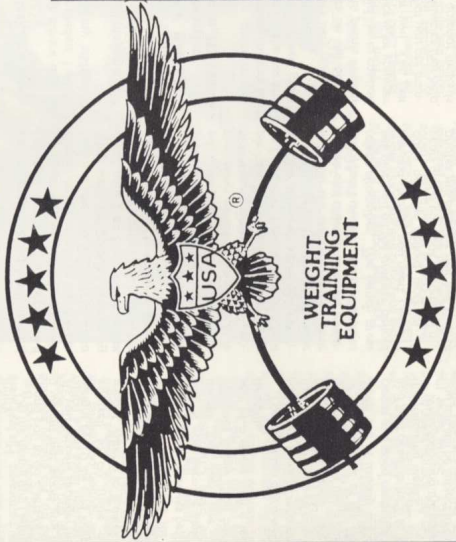
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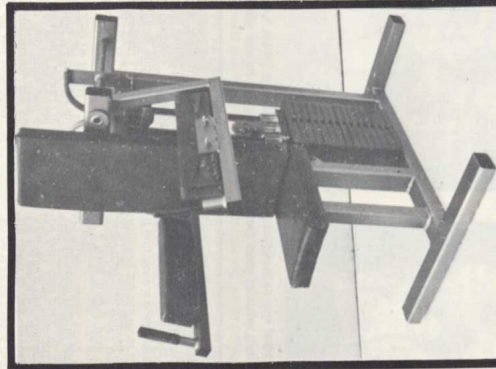
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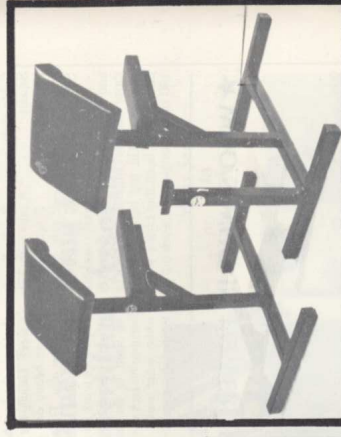
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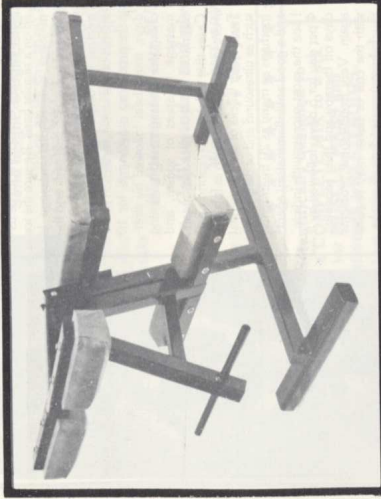
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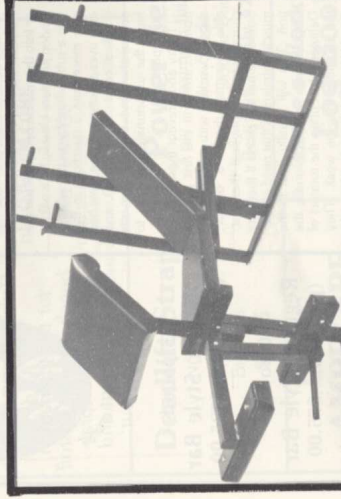
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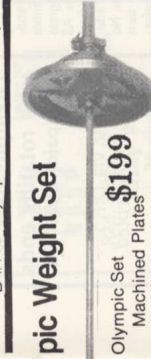


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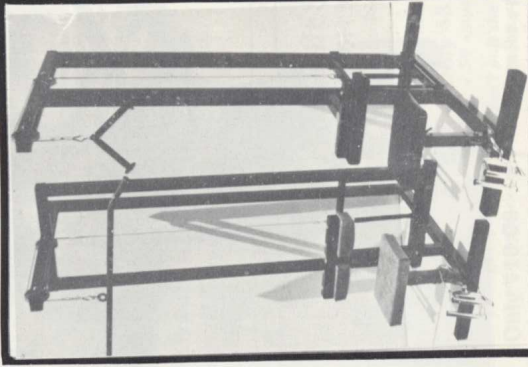


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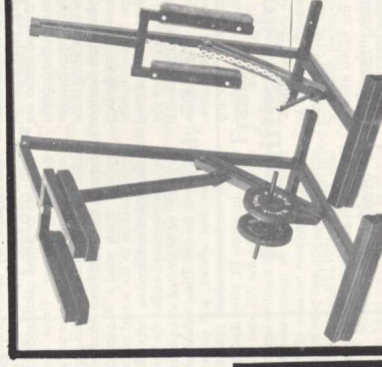


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# POWER-RESEARCH

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## Psychological Aspects of Powerlifting by Judd BIASOTTO and Linda PALMER Tapping the Inner Power MEDITATION

The movie cameras were almost ready to roll. Mas Oyama stood, relaxed and patiently waiting, on the edge of the corral. His hands were empty of any weapon, and his face was calm and tranquil with just a hint of a smile around the edges of his mouth. A film was about to be made which would be shown to Karate students, but this film had no script and no one knew what the outcome would be. Oyama was scheduled to face an angry charging bull.

At last the camera men were ready. A signal was given, and the heavily muscled 2000-pound bull rushed into the corral. Oyama made no move until the raging brute was a foot away. His first blow sliced a horn in half. His second blow stung the huge animal and brought it down, trampled and unconscious. Many experts consider him a master of masters and the greatest of living martial artists. Oyama spent many years in meditation while also developing himself physically. Obviously he is a very forceful, strong man; yet he is also very calm, tranquil and capable of gentleness. Those who surround him say that he is in control of himself and his abilities, totally, at every moment. Oyama credits this to his years of disciplined meditation.

The dictionary defines meditation as reflection or contemplation. However, according to experts on meditation, contemplation is a centering device which can lead one to the state of meditation. A successful athlete of any type is probably already familiar with meditative moods. Many of us have experienced such total concentration on a task at hand that all other thoughts have fallen away. Our complete concentration and total absorption enables us to make the best of us of our energy. We've all had workouts where our mind was somewhere else - like thinking about how soon we were going to be finished or about what happened yesterday. We all know these are not very productive workouts, especially when compared to the times when we were so involved with our lifting that we put all our energy - both mental and physical - into it. That's the same as a meditative mood. Learning to meditate puts you in control: the meditative moods and their benefits are at your beck and call.

All of the major scientific research done on meditation, including recent more challenging projects, has found that meditation relaxes people, reduces tension, and has a number of beneficial side benefits. Doing experiments on meditators, neurophysiologists Bagchi and Wenger found heart rates slowed by as much as 9 percent and respiratory rates decreased by an average of 25 percent. Most importantly, the subjects showed greatly increased electrical resistance of the skin - a measure generally considered to be an indication of the lessening of stress. To feel less stress and less anxiety enables the athlete to conserve his energy for when it really counts.

Many people involved in meditation

short term meditation would also improve skill. After the twenty minute rest, the subjects were again given the motor skills tests. All three groups naturally improved somewhat, since they now had some practice on the skills test. However, Group B (the meditators who meditated between the two tests) made a significant increase in skill, and did far better than either Group C (the non-meditators) or Group A (the meditators who rested). Evidently, the short term effect of meditation on motor skills is also very favorable. Although more research needs to be done, these results all suggest that the use of meditation before any task or competition may significantly increase the special skills of that person.

Along these same lines, there is also evidence that meditation trains the athlete to maintain strength in reserve. An example of this is a well-documented story about Bruce Lee, the famed martial artist, film maker, and zen mediator.

Bruce Lee was 5 foot 8 inches tall and weighed 145 pounds, yet he could generate incredible power. He was once challenged by a huge weightlifter and judo expert who said to Bruce something like, "You can't move fast and look impressive, but I don't think there's any power in those punches."

They were standing about five feet away from a swimming pool. Bruce said, "Bruce you're fool. I'm going to place my hand flat on your chest. I am only going to close my hand in a fist and I will knock you over. No way," said the heavyweight.

Bruce placed his palm flat against the heavy chest. He closed his fingers into a fist very suddenly - a movement of less than an inch. The big weightlifter flew backwards into the pool.

He climbed out dripping wet, fighting for his breath, and with a new respect for Bruce. "I don't believe it, but I feel as though I've been hit with a hammer. How did you do it?"

Bruce said, "I relaxed until the moment I brought every muscle of my body into play, but I concentrated all that power into just my fist. To generate great power you must first totally relax and gather your strength and then concentrate your mind and all your strength on hitting your target."

Experts on meditation tell us that disciplined meditators develop the ability to focus their minds and concentrate on the present moment. They are calm and able to maintain strength in reserve. When the time comes to unleash that energy - like Oyama and the bull - the effects can be awesome. A powerlifter needs many lifts off around amissly, doing little but using up their energy in nervous activity. They would do much better to use that time in meditation thus (1) conserving their energy, (2) relieving any feelings of stress, (3) gathering their concentration for their lifts, and (4) synchronizing their brain waves for improved coordination of body and mind.

Next time we will discuss and compare different types and methods of meditation.

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### Greenwich YMCA Open Bench 8/28/84 - Old Greenwich, CT

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Super Products at Super Prices  
Write for Catalog.  
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 Adrenal.....150 mg.  
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 Bee Pollen......75 mg.  
 Yeast......200 mg.  
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 1000-\$48.00, 2000-\$89.50

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

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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**.

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**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.  
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**BRICKER 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.

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**"GROWTH"<sup>TM</sup>**  
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 (90 Tablets is a 30 day supply)

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(Direct Absorption Glandulars)  
 Formula 1020 contains Pituitary, Thyroid, Adrenal and Orchic (Testes from the bull)  
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POWERLIFTING EQUIPMENT & SUPPLIES



Style A: \$75 triple thickness, deluxe suede, double buckle, 13mm.



Style B: \$65 double thickness deluxe suede, single buckle, 12mm.



Style C: \$42 deluxe suede, 9mm, tapered 2 1/2" in front.



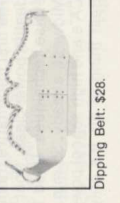
Style D: \$53 double thickness leather, double buckle.



Style E: \$30 single thickness, leather, double buckle.



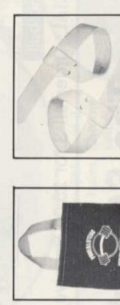
Style F: \$24 single thickness, leather, tapered in front.



Dipping Belt: \$28.



**\*SALE OF THE MONTH\***  
 •Vitamin Pak: 30 day supply \$30, \$15.50  
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Leather Training Straps  
 One size fits all  
 1pr-\$5, 2pr-\$9, 3pr-\$12

Red Tote Bag \$10.

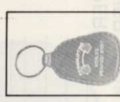
Chalk: \$80 lb. \$162/lb. \$65/10 lbs.  
 Hurricane Wraps:  
 1 pr-\$9, 2 pr-\$17, 3 pr-\$24, 10 pr-\$70  
 Super II Knee Wraps:  
 1 pr-\$9, 2 pr-\$17, 3 pr-\$24, 10 pr-\$70  
 Super II Wrist Wraps: 1 pr-\$5, 2 pr-\$9, 3 pr-\$12



**SWEAT SHIRTS:** \$16. Colors: It blue, navy, red, purple, dk blue, S-M-L-XL  
**T-SHIRTS:** \$8. Colors: red, yellow, green, black, maroon, orange, pink, navy, lt. blue, dk. blue. S-M-L-XL. Give size, style & color. Give 2nd color choice.



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



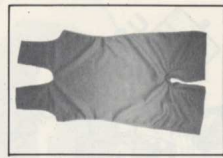
Key Chain \$1 Red-gr-blue

Olympic EZ Kurl Bar w/collars, chromed & knurled, \$55.

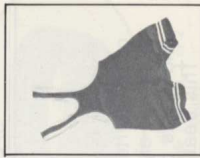
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Miracle Suit: \$30, black or red. 18-36 lbs. Beeswax finish. Washable. Give bwt, ht & wt class.



Stretch suits: \$16. Colors: S-M-L-XL & white trim. Give bwt, ht & wt class.

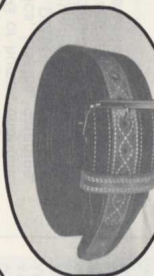


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By Bob Morris, Original Designer of Powerbelts  
Buy from the Manufacturer and Save \$\$\$ and Time



Economy Suede: \$50.  
Suede covered, 1 or 2 rows of holes, 2 color, heavy duty buckle.



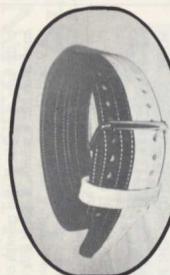
3 Tone: \$65. 1 or 2 rows of holes, Chrome buckle, any 3 colors.



2 1/2 Suede covered: \$45. 1 or 2 colors, 4" back.



3 inch single: \$19. Single thickness.



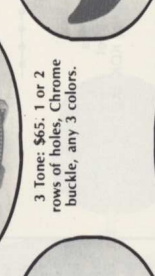
Style B: \$60. Suede covered, 2 rows of holes, Chrome buckle, 1 or 2 colors.



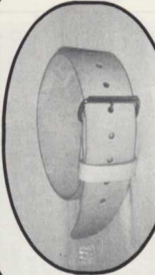
Style A: \$60. Suede covered, chrome buckle, 1 or 2 colors.



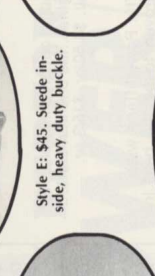
Style C: \$50. Leather, heavy duty buckle.



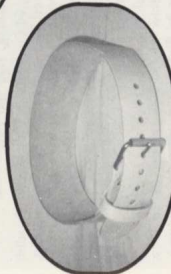
3" all around: \$45. Suede covered, 1 or 2 colors.



Style E: \$45. Suede inside, heavy duty buckle.



Straps: \$5. 2" or 1 1/2" wide.



2 1/2 inch front: \$19. Single thickness, 4" back.

Style D: \$28. Power, single thickness.

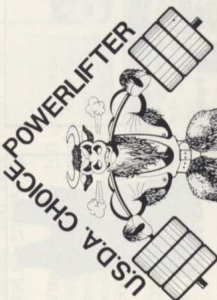
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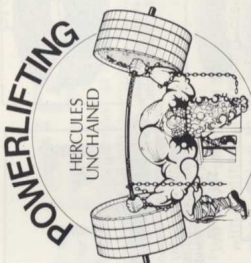
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**700 lb. Bench Press Try**...Jan Dellinger reports it is being arranged for Ted Arzidil to come to the York Barbell Club on December 2nd, 1984 at 4:30 PM (open to public, nominal admission charge) along with a few other lifters, and Ted will reportedly attempt a 700 pound plus bench press. The event will be on behalf of the Ronald McDonald House for Children.

**Change the Dates**...now that the National YMCA meet has been cancelled, Larry Pacifico is offering the following idea: move the Juniors to December, and the Seniors to May. This would get the two biggest contests of the year out of the hottest months of the year. It spaces the two further apart than just a month. It would give the World team a good rest before the World Championships. It makes it easier and cheaper to book lifting halls, centers, etc. It would give lifters a chance to spend the summer with their families rather than in the gym preparing. Larry feels that the sooner we do this the better. If you have any comments, let Larry Pacifico know at Post Office Box 14152 N. R. Br., Dayton, Ohio 45414.

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

Dec/1981...1981 World Championship report, Clyde Wright Profile, World Master Championship report, Top 100 Lightweight (148 lbs.), Apr/1982...Women's National Championships, Drugs in Powerlifting, the All Time 2000 Total Club, Larry Pacifico Reminiscences, Top 100 220s Sep/1982... (SHORT SUPPLY...these issues are collector's items. ORDER NOW!) National Cup coverage, Teenage National Championships, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 123's, Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Back Training, Pioneers of Power - Pat Casey, TOP 100 242's, May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275's, Jun/1983...Women's Worlds, Judd Biasotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers, Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114's, Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Jim Rouse Bench routine, Top 100 123ers, Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the Abreviated Training Cycle, Ruthi Shater's Women's Corner, TOP 100 132's, Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Championship Benchings Routines, All Time 2,000 total listing, Pan Am Testing Impact, Injuries by Dr. Tom McLaughlin, Top 100 148's, Jan/84...the debut issue of the NEW Powerlifting USA, 1983 World Powerlifting Championships, National Masters meet, L.O.C. Banned Drug list, Injury Proofing, Police/Firefighters Nationals, TOP 100 181's, Feb/1984...Machines vs Free Weight Study, New Season Preview, Grip Problems, Jim Flora Profile, Ruthi Shater Profile, Paul Wrenn Squat Workout, CHANGE in Your Training, TOP 100 198's, Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workouts, Developing the Chest and Lats by Dr. Tom McLaughlin, Calcium...How Much Do You Need?, Mental Rehearsal, TOP 100 242's, May/1984...Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Well Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Consumer Guide for Exercises, Referee's Corner, TOP 100 275's, Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladinier Profile, Joe Ladinier Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADEFA Top 20 181's, TOP 100 SHWs, Jul/1984...Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.T.H. by Jeff Everson, Power Gym Directory, Drug Free Top 20 198's, Bob Wahl Power Profile, Masters Records list, TOP 100 114's, First Meet Impressions, Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Arzidil, Are Anabolics Atherogenic?, The New Masters Formula, ADFPA Collegiates, How to Wrap Your Knees, TOP 100 132's, Shoulder Injuries, Oct/84...Medical Research Review, Jim McCarty Profile, Gus Reithwisch Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Offseason Training, TOP 100 148's, Drug Free 275 TOP 20, MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IT IN AN ENVELOPE AND SEND IT IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CA 93011.

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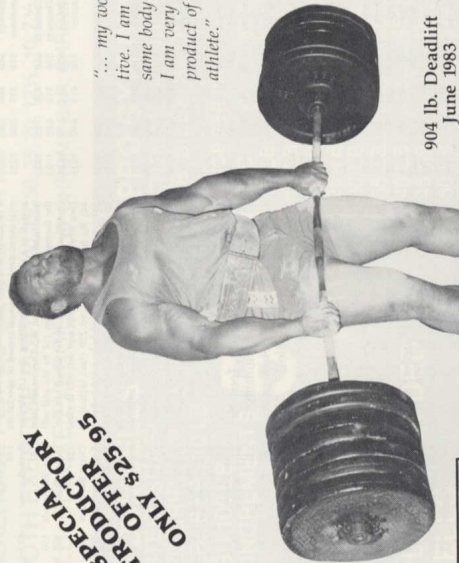
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25/26 Aug 84 - Augusta, GA

| TEENAGE DIV  | SQ  | BP  | DL  | Total |
|--------------|-----|-----|-----|-------|
| Joe Robinson | 220 | 150 | 315 | 785   |
| Lee Johnson  | 225 | 155 | 300 | 660   |
| Kevin Sumner | 300 | 200 | 415 | 915   |
| 148          | 180 | 360 | 225 | 415   |
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**WOMEN'S DIV**

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|--------------|-----|-----|-----|-----|
| Ann Leverett | 245 | 145 | 300 | 695 |
| Judy Howard  | 135 | 115 | 250 | 460 |
| 136          | 115 | 250 | 460 |     |
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**MASTERS DIV**

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| Steve Odun | 375 | 250 | 415 | 1040 |
| 114        | 375 | 250 | 415 | 1040 |
| 115        | 375 | 250 | 415 | 1040 |
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Nashville, Tennessee

WOMEN

|     |                |     |               |     |
|-----|----------------|-----|---------------|-----|
| 123 | Trudy Hughes   | 120 | David Bean    | 400 |
| 124 | John Austin    | 125 | Mark Tompney  | 550 |
| 125 | Keith Phillips | 135 | John Phillips | 400 |
| 126 | Chris Caughron | 335 | John Hughes   | 435 |
| 127 | John Hart      | 85  | Don Hart      | 205 |
| 128 | Vito Gronda    | 215 | Pia Jacovo    | 390 |
| 129 | Larry Duncan   | 480 | John Hart     | 250 |
| 130 | Gary Martin    | 450 | John Hart     | 250 |
| 131 | Mark Dotson    | 275 | Vito Gronda   | 400 |
| 132 | Mary Coge      | 195 | John Hart     | 250 |
| 133 | Ray Manire     | 195 | John Hart     | 250 |
| 134 | Mark Evans     | 275 | John Hart     | 250 |
| 135 | John Williams  | 310 | John Hart     | 250 |
| 136 | James Hart     | 250 | John Hart     | 250 |
| 137 | Tom Bell       | 450 | John Hart     | 250 |
| 138 | Chris Gray     | 440 | John Hart     | 250 |
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1st annual Music City Deadlift Classic - 7/28/84  
McGuffin Ath. Ctr. Vanderbilt Univ  
Nashville, Tennessee

WOMEN

|     |                |     |               |     |
|-----|----------------|-----|---------------|-----|
| 123 | Trudy Hughes   | 120 | David Bean    | 400 |
| 124 | John Austin    | 125 | Mark Tompney  | 550 |
| 125 | Keith Phillips | 135 | John Phillips | 400 |
| 126 | Chris Caughron | 335 | John Hughes   | 435 |
| 127 | John Hart      | 85  | Don Hart      | 205 |
| 128 | Vito Gronda    | 215 | Pia Jacovo    | 390 |
| 129 | Larry Duncan   | 480 | John Hart     | 250 |
| 130 | Gary Martin    | 450 | John Hart     | 250 |
| 131 | Mark Dotson    | 275 | Vito Gronda   | 400 |
| 132 | Mary Coge      | 195 | John Hart     | 250 |
| 133 | Ray Manire     | 195 | John Hart     | 250 |
| 134 | Mark Evans     | 275 | John Hart     | 250 |
| 135 | John Williams  | 310 | John Hart     | 250 |
| 136 | James Hart     | 250 | John Hart     | 250 |
| 137 | Tom Bell       | 450 | John Hart     | 250 |
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McGuffin Ath. Ctr. Vanderbilt Univ  
Nashville, Tennessee

# MUSIC CITY CLASSICS



The award rings were made by Herff-Jones Company, and the salesman was Kevin Morrissey. We awarded rings in each weight class, open, women's, and master's competitions. We also awarded medals to 1st-8th places and limited the entries to eight entries per class by having invitation only. We had lifters from all over the U.S.A., and a big reason was because of the type of awards we give. They make people want to come and be a part of a meet which has the lifter first and foremost in mind.

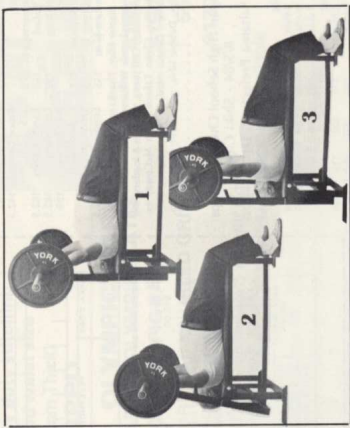
We had a two-platform meet on the campus of Vanderbilt University in Nashville, Tennessee. The loaders and spotters were athletes from Vanderbilt. This was our first year to have women's and master's classes. The meet started at 10:00 a.m. and finished at 3:30 p.m. That included the lifting, award presentations, and celebrating!

After the meet, Johnny Langston sponsored a party and once again, food was in huge amounts thanks to Joe, Paul and Charles McConnell of McConnell's Catering. The head judge was former World Record Holder in the Amputee World Championships, Jim McElhiney. Assistant head judges were Charles Slier, Chuck Braxton, Jim Ingram, and Troy Hicks. The P.A. announcing was handled by Jeff Mounts and Danielle Kreis.

We want to again thank the lifters, judges, loaders, and spotters who came and made the "Sixth Annual Music City Bench Press Classic" and "First Annual Music City Dead Lift Classic" an ever-growing true classic.

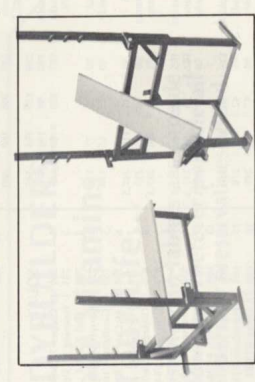
Sincerely,  
E.J. Kreis III  
E.J. "Doc" Kreis, III  
All-Sports Strength Coach

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%

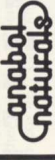






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| L-Lysine                        | 5.50     | 5.25     |       |
| L-Tryptophan                    | 16.20    | 31.05    |       |
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| GH Releaser                 | 33.60  |
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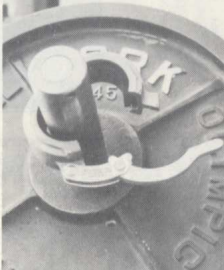
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The liver is one of the most important organs of the body since it is your personal detoxification center, more than 100 different enzymes from various amino acids, vitamins and minerals provided by our diet. The liver needs a good supply of nutrients daily to assist it in regenerating its own new tissue.

The liver, however, can suffer from a protein deficiency. This organ must be "fed" protein to be properly nourished along with B-complex, B factors, and other nutrients to be able to perform its job of disposing or waste products. A protein deficiency means that the liver weakens, toxic substances accumulate and the body becomes predisposed to ailments.

**Hep-Forte®** provides the necessary nutrients to help heal and repair the liver and to assist it in manufacturing, storing and dispatching food material. **Hep-Forte®** is an arsenal of natural nutrients so very important to all age groups in easy to swallow soft gelatin capsules.

Suggested Use: 2 two capsules three times daily.

Each capsule contains:

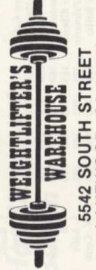
|                                   |          |     |
|-----------------------------------|----------|-----|
| Vitamin A (Palmitate)             | 1,200 IU | 24  |
| Vitamin E (d-Alpha Tocopherol)    | 10 IU    | 33  |
| Vitamin C (Ascorbic Acid)         | 10 mg    | 17  |
| Vitamin B1 (Thiamine Mononitrate) | 1 mg     | 67  |
| Vitamin B2 (Riboflavin)           | 1 mg     | 59  |
| Niacinamide                       | 10 mg    | 50  |
| Vitamin B6 (Pyridoxine HCL)       | 0.5 mg   | 25  |
| Vitamin B12 (Cobalamin)           | 3.3 mcg  | 1   |
| Pantothenic Acid                  | 2 mg     | 20  |
| Choline Bitartrate                | 21 mg    | 3   |
| Zinc (Zinc Sulfate)               | 194 mg   | 13  |
| Iron (Iron Sulfate)               | 64 mg    | 4   |
| Liver Concentrate Number 2        | 64.8 mg  | ... |
| Yeast (Dried)                     | 64.8 mg  | ... |
| DL-Methionine                     | 10 mg    | ... |
| Inositol                          | 10 mg    | ... |

in a base of natural vegetable (soybean) oil and soy lecithin.

Adult U.S. Recommended Daily Allowance.  
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## Coming Events

- 10 NOV**, New York State Women's, Sub-105 lbs., New York State, Westfield, NY 12084 or call Vaughn Madfield regarding location at (914) 986-1287 after 6pm
- 10 NOV**, Eastern American Bench Press Championships, Sandy, Ohio, 190
- 10 NOV**, Eastern American Bench Press Championships, Sandy, Ohio, 190
- 10 NOV**, Powerlifting Meet, Garland, TX, 73070
- 10 NOV**, Ohio State University, Men's Class I and below, and Women's Open Class I and below, and Women's Open Class II and below, Columbus, OH 43201
- 10 NOV**, Edlen YMCA Open, Jim Newman, Edlen YMCA, PO Box B, Eden, WV 26031
- 10 NOV**, Hawaii's Strongest Man and Women Deadlift Contest (residents only) Donna Lee Dulleres, 98-288 Konoehi St, Honolulu, HI 96811, 809-487-7028
- 10.11 NOV**, Women, Masters, Dave Jeffrey, N. Miami Beach, FL 33162
- 11 NOV**, Atlantic Ocean Deadlifting Championships, Joe Steele, 54 Chamberslain St., New Haven, CT 06512
- 11 NOV**, SULLC Open, Intermountain University, Carbonate, IL 62901, 618-838-5531
- 11 NOV**, **dead** Central Maryland Under Class I Championships, Central Maryland Masters, Ladies and Teen Open, Scott Butler, 3136 Park Ave., P.O. Box 125, New 5th St., Oklahoma City, OK 73101, 405-232-6101
- 11 NOV**, Mid America Bench Press Meet, Master and Women, Mike Fogias, 171 Mulberry, Des Moines IA 50309
- 12 NOV**, U.S. Armed Forces in Las Vegas, NV, 89101
- 12 NOV**, Potomac Open, Over, Below Class II, Women's Masters, Wood Emerson, 14204 Randall Drive, Woodbridge VA 22191, 703-550-8040 or 703-550-8040
- 12 NOV**, West Coast Bench Press Open, Athletes Fitness Center, 13539 N Florida Ave., Suite 302, Phoenix, AZ 85029
- 12 NOV**, The Central Open, Bill Robinson, Central New Haven YMCA, 52 Howe St., New Haven, CT 06511
- 12 NOV**, New State Open, Jim Younger or Jerry Gerver, The Gym, 612-544-9550
- 12 NOV**, 4th Auburn Open, Lee Ingleton, 40 Woodwood Dr., Auburn, New York, 13020, 215-569-0770
- 12 NOV**, Philadelphia Health and Fitness Expo Bench Press Meet, Barbara Harris, 415-Park, Towne Pl., 22nd and Market St., Philadelphia, PA 19130, 215-569-0770
- 12 NOV**, North Dakota Open, Jack Tomaset, 1000, N. 1st, Minn. AFB, Dickinson, ND 58101
- 12 NOV**, Open, Women's, Tomaset, 1000, N. 1st, Minn. AFB, Dickinson, ND 58101
- 12 NOV**, **ADFFA** 12/20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 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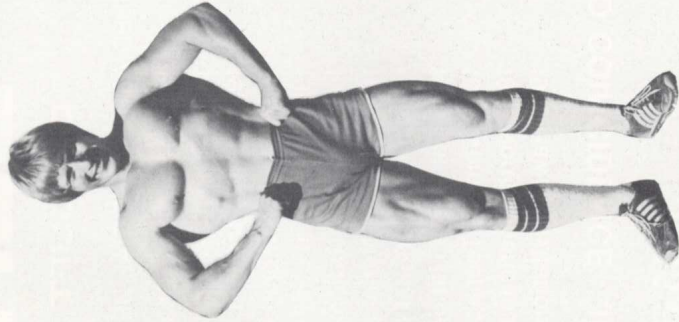




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