

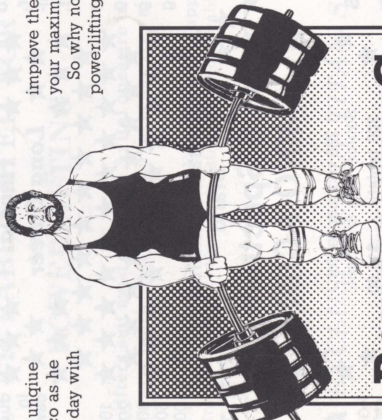
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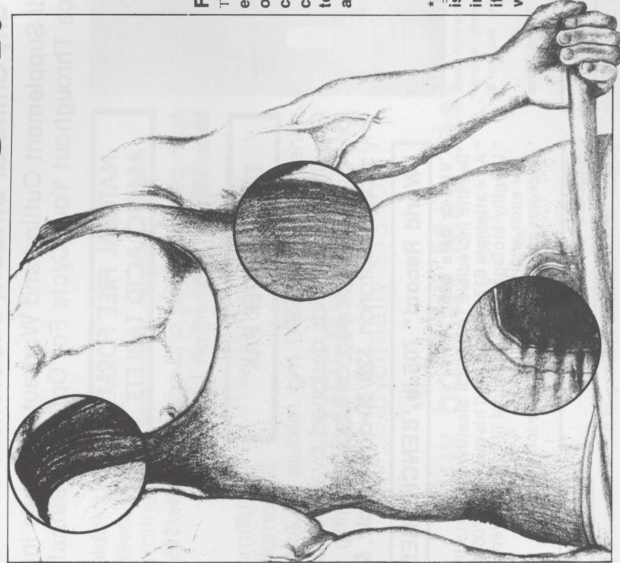


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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this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

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ON THE COVER...Dom Castellano, Outstanding Heavy Lifter at the National Collegiates. Kathy Leistner photo
NEXT MONTH...Steroid Forum and the 2000 Total Club

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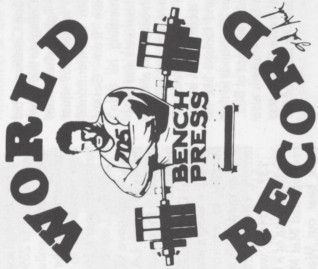
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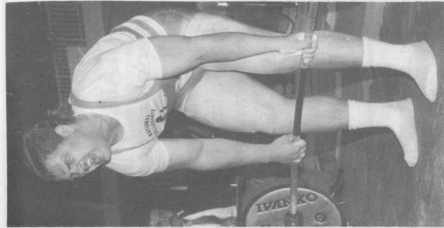
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USPF Official World Record A.P.F. Official World Record



Steve Lumpae...the Junior World Champion...sets the National Collegiate title in the 220 lb. class.



Big Gary Frank...pulling up a hefty 785 deadlift to overtake Klenstra.

finisher. Dominic Castellano pulled a strong win in this class, using his very powerful physique to make the squats and deadlifts he needed to hold off Bill Adams of Texas A&M. Castellano was displeased with what he saw as an error-filled performance, but he was the cream of this class also, taking the session's Outstanding Lifter award. Mike Magee jumped fifty pounds between his first and second squats, but the bar obeyed gravity twice, leaving him short of the record, and a bit short of the top two men. A noteworthy record attempt by OSU Cowboy Terry Poluortz found the judges critical of his 728 deadlift lockout. 220 lb. Texas Aggie Steve Lumpae won the Junior World title with a nine for nine day, and then kicked that total up smartly to blow away Ramapo College's Mike Metchikhan. Metchikhan has squatted more, but his 765 third attempt following two misses with 711, put the pressure on Steve and established Collegiate meet record for Mike Lumpae faced it in the deadlift, while Barry Qualls of LA Tech broke Ron



National Collegiate Team Champions...in the Men's, Women's, and Combined scores was the group from Louisiana Tech. 1985 Collegiate Coach of the year, Dr. Billy Jack Falton, is 2nd from the left in the top row.

Tullis' bench record with a strong 507 and almost roared to second on his third attempt deadlifting 242 lb. From Middle Tennessee State, Ted Rapp was another of last year's second place finishers. His hung on to win this time around. His strong squatting kept him in front of OSU's Ron Clark, who was the only one who could meet the serious challenge to Rapp. Richie A. Claess challenged last year, but took this on bodyweight over and disappointed the Reeves who saw him coached by the great trainer, Sam National Champion, Buddy Duke.

275 lb. Brian Smith won last year, and this year, another Smith, Ken, traveled in from Metro State to cop the crown, although no records were threatened. This was the smallest class the meet's season. SHW John Rhimo Rienstra, an outstanding football player from Temple, lived up to his name by being "big" giving up to him in the 1984's report, "he's like a three or four year old's SHW" joke, but was bodyweight casualty as Gary Frank of Mississippi State buried the deadlift record and tied John's total. Gary's final attempt at 805 wasn't there, but could be seen. Eric Cass had the distinction of being taken to the USMA hospital when he aggravated an existing back injury during the squats. Fortunately, he was released and would be able to visit his lifting and football career. Abilene Christian's Henry Heston indicated himself with a solid 705 squats for bombing last year with 655. Of all the big lifters, Dr. Ken sees Henry as having the most in untrapped potential.

Awarded for the men were plentiful as Steve Lumpae brought home the season's Outstanding Lifter award title. Following him was the men's USMA, the Naval Academy, Texas A&M (who proved to be a more cohesive unit than their football team) and Virginia Tech. Temple was unable to send a team to the Year, LA Tech's Coach under fire regarding litter eligibility. The medical coverage for the USPF Medical Committee indicated that these young lifters would have the same type coverage given to the Senior championships. Under the direction of Dr. Ken Lester, the staff of Dr. Tom Nemej (Toledo, OH), Dr. Ron Salvaggio (Tulane, Louisiana, NY), and Matt Tabor, Athletic Trainer from USMA, handled every major and minor health care problem with complete professional competence and efficiency.

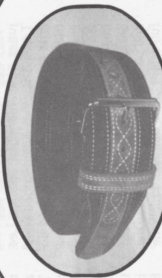
This meet ran smoothly due to the quality of the management provided by the Cadet core. Mike Griffin's staff of packed assistants consisted all of those virtues which the Academy is supposed to instill in its graduates, and the tempo of the meet flowed through the weekend. There are too many individuals to give recognition to. A bonus can be the benefit of the job they did for the proud of powerlifting and collegiate level lifters.

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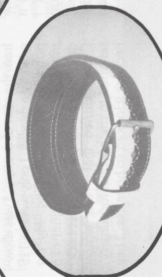
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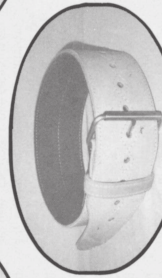
Style B: \$60.
Suede covered, 2 rows of holes, Chrome buckle, 1 or 2 colors.



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



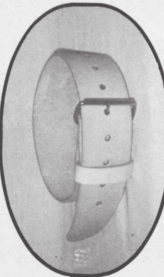
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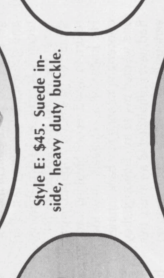
2 1/2 Suede covered: \$45.
1 or 2 colors, 4" back.



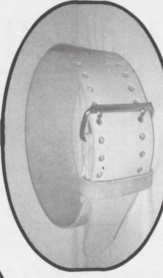
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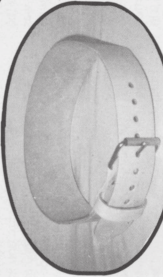
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Women's Corner

Since I have been spending my time recuperating and preparing to win the World Championships, I thought I might pass on to you some of the things that I have learned in these past 7 months while trying to find a doctor who would both take me seriously, and give me a fighting chance to get well and get back to record setting form. I have had several phone calls and even more letters from other lifters who have suffered serious injuries, and have been given no hope. They are as frustrated as I was, and most have been told that they will never lift again, and that surgery is the only alternative. When you see what has happened to me maybe it will give some of you a bit of hope and belief that you can rehabilitate. Let me preface all of this by reinforcing the fact that I am NOT a doctor, nor do I claim to have any special medical knowledge. I am just a lifter that has been through it, and can tell you from my own experience some of the things you can do to preserve your lifting career.

In October of 1984 I suffered a serious injury by merely lifting a 70 pound box the wrong way. I knew from the outset that it was serious, but the doctors seemed to pass it off as something that rest and medicine could cure. Being a strength athlete made it impossible for them to tell if I had damage in the lower back because of the heavy muscular development in the area. X-rays showed nothing, but pain persisted. In the mean time, I moved to Arlington, Texas and began to look for another "specialist". That doctor took more x-rays and said again that nothing was wrong and to keep training. By this time I was beginning to experience weakness in my left leg and severe pain down that side. I kept training thinking that I was crazy, because training that I had equipped to test the strength of an athlete such as a powerlifter. What would normally show marked weakness in the average person, does not phase us, but when I had 500 plus pounds on my back, I could definitely tell the difference. Week by week my legs got weaker and the pain got worse until I was able to squat only 505, down quite a bit from previous training. Just then, my friends Robert and Pinky Dyer introduced me to a good friend of theirs, John Hauser. John had already undergone major back surgery and was preparing to lift just three months afterwards. Thanks to John I was able to get in touch with a physician in Dallas who is well schooled in the art of Sports Medicine. In fact, he takes care of the Dallas Cowboys. This was 10 days before the Women's Nationals, and he realized there was nothing he could do until that was over, but he knew I had a very serious disc condition and was facing possible per-

manent damage if it got much worse. Being a typically stubborn powerlifter, he found there was no sense in trying to talk me out of going to the meet (he did give a good shot though). In just two weeks my squat dropped another 50 pounds, and my deadlift was nearly gone. After winning the Nationals I came home and was sent to another specialist who handles low back injuries. He managed to get Lee Trevino back to winning golf form after surgery, so I figured I could do the same. He took one look at me and sent me to the hospital that day! No more telling me "it's all in your head". He knew what was wrong basically, but several sophisticated and painful tests still did not show the full extent of the damage. Finally he ordered a "discogram"; they say it hurts worse than surgery, and I believe it which showed that not just one, but 3 discs were fully involved, along with a crack at the base of the spine. The original injury had been a herniated disc, and because it was not diagnosed and taken care of, it deteriorated into 3 bad discs, with the pressure of the squat causing the cracked bone. The things I have learned in the last two weeks were kept from me while I was in the hospital, and for that I am glad. My doctor had decided that surgery was imminent and that "I would never lift another weight". I was blissfully ignorant along figuring that surgery would get rid of that awful pain in my back, and get me back to lifting fast. Fortunately for me, a physical therapist I met in my hospital room felt I should be given every opportunity to return to world record breaking form. He knew of a relatively new idea concerning treating low back injuries, and wanted me to try. Although they had never rehabilitated an injury this serious (let alone have the person go back and lift weights) they persuaded my doctor to let me try this therapy (not without much begging and pleading). His parting words to them were "she can not do it, she is through lifting". If I had known all of this at the time of my release from the hospital, I probably would have been so depressed I would have given up. They did not see fit to inform me of all the gloom and doom at that time. They saved it for when I was feeling better. In fact, they still using these words "she can't do it" to motivate me in my therapy. Don't get me wrong, my doctor is one of the best; he just did not understand my determination to overcome this. The therapist saw that in me, and wanted me to try.

Skeptical of therapy, I figured surgery was the only answer to get me ready for the World Championships. When I walked in the door of the rehabili-

the damaged area. If I had undergone the surgery, my days at the top could very well have been over. With the removal of 2, and possibly 3 discs, the odds were not in my favor. This is not to tell you that if you have had or must have surgery that you must consider your lifting career at an end. Chances are that your injury is not nearly as serious as this one. The key to recovery is patience and caution. I am not out of the woods, but I have come a long way. I still can not lift my laundry, or carry out my own garbage, or sit for more than an hour at a time, but I am back to deadlifting within 100 pounds of my best (very carefully) and I am looking forward to working back to the top. I have seen proof of lifter after lifter recovering from very serious accidents and injuries. John Black is the first that comes to mind, but I know that many more of you have undergone problems as well, and are coming back or are already back.

If you have some particularly new or effective treatment that was used on yourself, drop me a note, and I will pass it on to the readers. Although we hear often of the struggles and valiant comebacks of injured athletes, we seldom hear exactly how it was done, so we can all use that information later should the need arise. I hope it never does for you, but don't lose heart if it happens. Remember, I was given up on by most of the medical field, but I never gave up on you. So don't you EVER give up on you. Your ego may suffer when you have to start by lifting just the bar (and it turns out to be heavy!), but don't despair. By going slowly and cautiously, you will save yourself much added grief and pain. Next month I will pass on to you some of the things that I have done in past years to keep myself injury free while powerlifting. I have never been badly hurt lifting, it was just carrying a box that proved hazardous to my health. I learned that all the extensive supplemental work I had done was actually what saved me from even more serious and permanent damage. I will also clue you in on some of the incredible things that the 1985 women's world team is doing. We are sending the strongest team ever, no doubt about that. In a recent meet, 97 pound Nancy Belliveau absolutely obliterated the deadlift record with an unbelievable amount, proving herself the strongest woman deadlifter in the world on the formula. Diana Rowell again is showing her prowess as a tough deadlifter, still striving for 500 (she will get it soon). Vicki Steenrod and Malik Jones are also doing incredible things. Terry Rohal is heard to be getting into great shape for a record setting performance. These women will certainly make you think twice about any "barriers" for women powerlifters! We truly are "movin' on". Till next month, keep working hard, and do it safely!

Ruth Shafer
Box 5162 Arlington, TX 76011

The bench press requires more work than the squat and deadlift, the reason being the smaller muscles involved. In order for a lifter to reach his maximum potential in the bench press he must train his upper body utilizing an adequate amount of bootcamping movements.

I've used the same basic bench press program for the last 8 years always emphasizing assistance work. Assistance exercises are important not only for addressing the muscle imbalances that may exist, but also for increasing the strength of the muscles that assist in the lift. On both days, the only difference being the assistance exercises are the same for both days, the only difference being the assistance movements on the light day are 10% lighter. The exercises used are the following:

- Incline Press, 3x5.
- (shoulder width grip).
- Seated Military Press, 4x5
- Partial Close Grip Bench, 4x6
- Incline in power rack to pin set at 3 degree chest with hands approximately 6" apart).
- Tricep Pushdowns, 3x8
- Dumbbell Curls, 3x8

On squat and deadlift days I work with front pull downs to chest using an overhead pulley, 3 sets of 8 reps and bent rows with dumbbell - 3 sets of 8 reps.

The following program will be based on a hypothetical lifter with a cur-

WORKOUT of the Month

Rick Gaugler and His Record Breaking Bench Press Routine

rent max of 350 lbs. The training cycle will consist of 14 weeks using the unique cycling system I developed several years ago.

On light days use 75% of the max (350) for 4 sets of 5 reps, this light day will stay the same throughout the cycle using a 5 lb. increase every 5 weeks. In weeks 1 thru 8 the heavy days will consist of 3 sets of 3 reps program utilizing singles and doubles.

The heavy day will consist of a single followed by a drop of 20 lbs. For 2 sets of 2 reps - these 3 sets are done with competition pauses. Then drop drive thereby putting all the stress required for an explosive start on the primary movers, (pecs, delts, triceps).

Do all lifts strictly! The bench assistance exercises as hard as possible on the heavy days throughout the cycle with pauses. The first 8 weeks will go as follows; based on max of 300 for 3 sets of 3 reps.

WK	LIGHT DAY	HEAVY DAY	3 SEC. PAUSES
1	260 4x5	265 3x3	245 2x3
2	260 4x5	280 3x3	260 2x3
3	260 4x5	310 3x3	290 2x3
4	265 4x5	310 3x3	290 2x3
5	265 4x5	270 3x3	250 2x3
6	265 4x5	285 3x3	265 2x3
7	265 4x5	300 3x3	280 2x3
8	265 4x5	315 3x3	295 2x3

WK	LIGHT DAY	HEAVY DAY	3 SEC. PAUSES
9	270 4x5	320 1x1	280 2x2
10	270 4x5	330 1x1	295 2x2
11	270 4x5	350 1x1	310 2x2
12	270 4x5	365 1x2	325 2x2
13	275 4x5	345 2x2	285 2x2
14	275 4x5	305 2x2	

Meet Attempts: 345, 365, 375-380

At the completion of this program you will have increased your bench press by at least 15 lbs., probably more. At the meet the opening attempt will be 345 which is what was used on the peak day for 2x2. The second attempt should be 365 and the third attempt go 375-380.

An added bonus of this program is the increased muscle mass gained throughout the upper body from the heavy weights used. This increase in mass will provide an excellent base to build on for future strength gains.



Rick Gaugler...doing his thing in the bench press, where he has broken the world record before, on the day he set the world record in total at 165.

★ 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.



Melvin Collins, 20, of Temple, Texas is a running back for Texas A&M. In off season training he performed a natural 610 squat, 407 bench, and pressed 120 dumbbells for 15 reps. "Conan", as he is sometimes called, weighs 215 and has set his bench press goal at 500 pounds. Thanks to Chad DeRouselle for photo and information.



In only her second meet, Sandy Volpe, 21, totaled Elite at the Massachusetts State Championships. At 112 lbs., she squatted 300, benched 115, and deadlifted 320. She has been lifting for only one year, and trains at Pearson's Gym where she is coached by her fiancé, Joe Easter. She thanks Glen Pearson for all his time and support.



Nine month old Jennifer Marie Dallis of Berlin, New Hampshire is shown lifting well below the 97 lb. class limit under the watchful eye of father Paul Dallis and the Spartan Weightlifting Club. While she completed locking out this pull with 605 pounds, the lift was disallowed as the weight never left the floor. Thanks to Paul for photo.



Alex Berarducci entered his first contest recently, the A.D.F.P.A. North American Championships and made lifts of 370,250 and a personal best deadlift of 490 to total 1110 in the 165 lb. division. He is very encouraged and looking forward to a long career in powerlifting. Photo and information by his training partner, Louis Lombardo.



The Rahway Weightlifting Team has been in existence since the early 1970s, making it one of the most longstanding prison powerlifting teams in the history of American powerlifting. Since 1980 they have won three powerlifting competition team titles. In this photo, standing from left to right, are Hollis "Cohart" Wright, 183 pounds, Sharif Muhammad, 186 pounds, Tariq Commander, 210 pounds, Steven "Iron Man" Matthews, 190 pounds, Kneeling in the front row are Rajan March, 185 pounds, Mustafa Shah, 155 pounds, and Hasim Hunt, 165 pounds. This is not the entire team, but the entire group is presently gearing up for a shot at their 4th team victory in the state meet. Thanks to Steven Matthews for photo and info.

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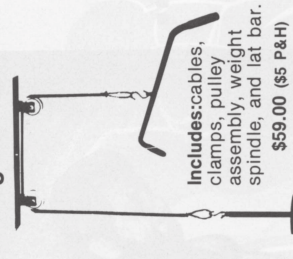


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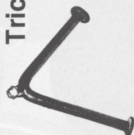
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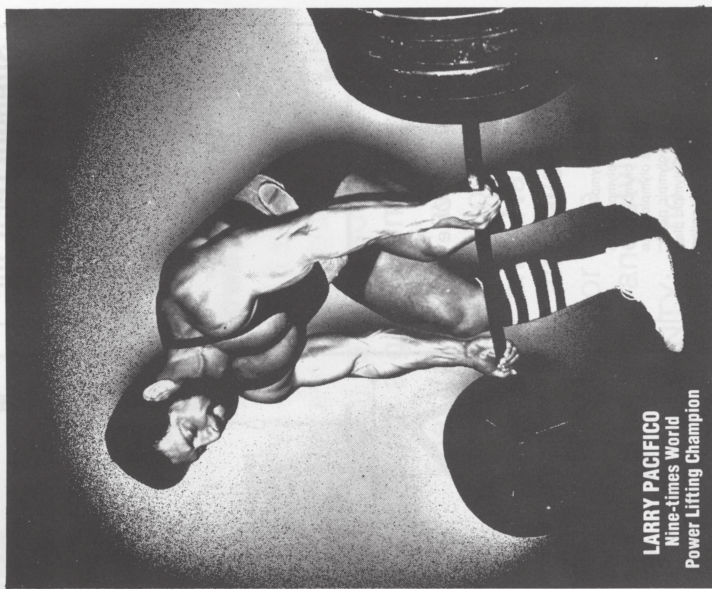
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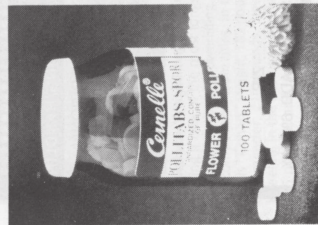
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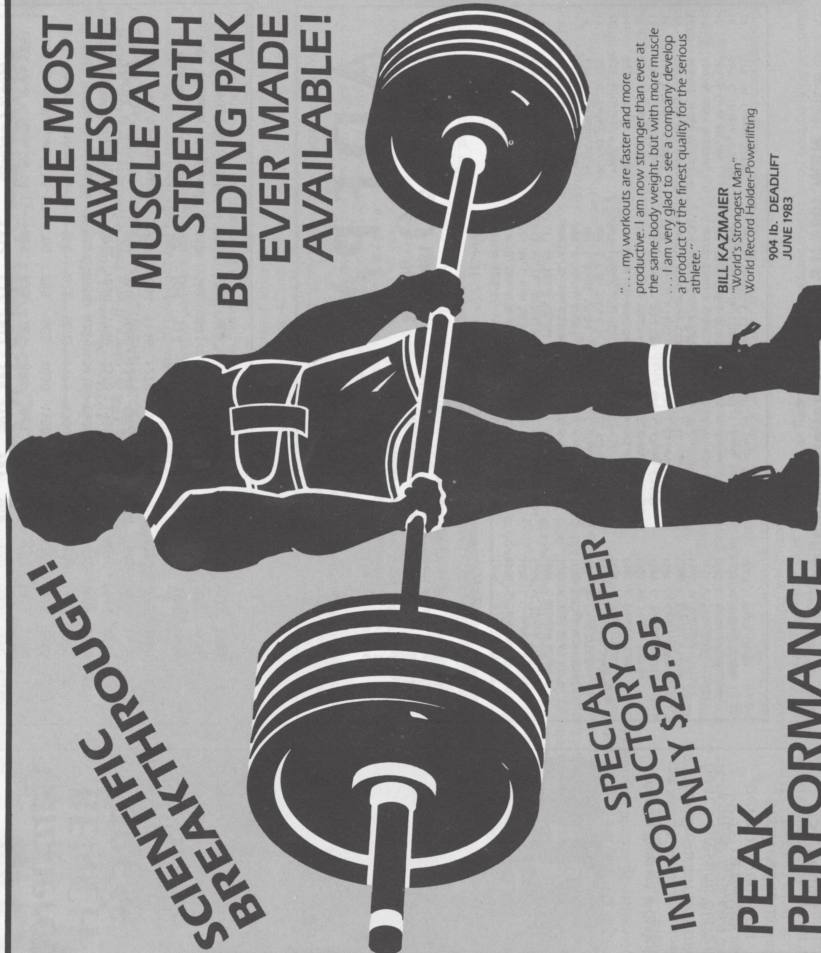
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Men's Contests	114	123	132	148	165	181	198	220	242	275	5HW
1985 Teen Nationals 14-15	625	720	785	875	925	975	1005	1030	1075	1100	1125
1985 Teen Nationals 16-17	700	795	905	1050	1100	1175	1250	1300	1325	1340	1360
1985 Teen Nationals 18-19	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505
1985 Senior Nationals	930	1055	1220	1410	1605	1715	1820	1910	1985	2060	2070
Junior Nationals	870	1020	1150	1370	1555	1650	1750	1870	1945	1940	1960
ADFFA Nationals	840	950	1060	1230	1365	1475	1550	1605	1635	1670	1750
1985 YMCA Nationals	900	1064	1146	1279	1505	1565	1650	1700	1755	1800	1870
Women's Contests	97	105	114	123	132	148	165	181	198	5HW	
1986 Women's Nationals	518	562	601	639	672	744	805	865	920	970	
1985 YMCA Nationals	579	623	667	711	749	827	893	959	1025	1080	

A.D.F.F.P.A.

TOP 20 90.0 kg.

TOP 20 190 lb.

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from Feb. 1, 1984 to Feb. 28, 1985. Please send a copy of all ADFFA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you. Those who appear on the A.D.F.F.P.A. TOP 20 list are eligible to receive P.I. USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	705 V. Kevhea 2/18/84	435 R. Lajavara 11/18/84	716 V. Kevhea 2/18/84	1879 V. Kevhea 2/18/84
2	661 J. Giandola 7/22/84	430 B. Kowalc 10/27/84	667 S. Cain 5/6/84	1768 S. Cain 5/6/84
3	655 J. Giron 7/22/84	424 M. Giron 7/22/84	667 E. Riley 5/6/84	1708 J. Giandola 7/22/84
4	650 M. Massone 11/18/84	413 M. Foglia 7/22/84	663 J. Szegedy 11/18/84	1684 M. Giron 7/22/84
5	644 S. Cain 5/6/84	413 M. Hiller 7/22/84	661 J. Morgan 4/7/84	1648 J. Morgan 4/7/84
6	639 J. Morgan 4/7/84	408 P. Markle 5/5/84	659 R. Craft 3/17/84	1635 R. Craft 3/17/84
7	639 J. Morgan 4/7/84	408 L. Bostic 5/6/84	659 R. Craft 3/17/84	1626 R. Craft 3/17/84
8	635 C. Fessler 10/27/84	408 S. Cain 5/6/84	645 G. Fessler 10/27/84	1626 T. Glenbin 5/6/84
9	623 P. Markle 5/5/84	391 J. Morgan 4/7/84	639 C. Cole 4/7/84	1614 J. Flora 7/22/84
10	623 P. Markle 5/5/84	390 G. Hatfield 9/1/84	623 P. Markle 5/5/84	1587 E. Shock 7/22/84
11	623 P. Markle 5/5/84	390 M. Novak 10/27/84	620 G. Dingle 4/14/84	1580 C. Fessler 10/27/84
12	606 R. Craft 3/17/84	390 M. Novak 10/27/84	620 J. Caputo 9/30/84	1560 C. Cole 4/7/84
13	606 R. Craft 3/17/84	390 B. Best 10/21/85	617 J. Morgan 4/7/84	1560 C. Dingle 4/14/84
14	601 S. Kozisek 6/10/84	374 J. Giandola 7/22/84	617 J. Morgan 4/7/84	1560 M. Massone 11/18/84
15	600 M. Hiller 7/22/84	369 R. Craft 3/17/84	612 P. Murray 4/7/84	1534 C. DeBussche 1/26/85
16	600 M. Hiller 7/22/84	369 R. Craft 3/17/84	601 L. Bostic 5/6/84	1534 M. Hiller 7/22/84
17	585 G. Dingle 10/27/84	369 M. Mattia 11/18/84	601 L. Bostic 5/6/84	1537 M. Hiller 7/22/84
18	585 G. Dingle 10/27/84	365 R. Hendrick 11/18/84	601 C. Dergo 5/6/84	1532 L. Bostic 5/6/84
19	578 M. Foglia 7/22/84			
20				

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Question & Answer

This month, training questions are answered again by Roger Exep, 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 20 years old and have been training for a little over 2 years. I am writing to you because you seem like someone genuinely interested in helping lifters who are just starting out. I would like your advice on developing an intermediate powerlifting program for myself. I have been training heavy with basic exercises and minimal supplementation. My goals are to increase my poundage in the three powerlifts and to develop an overall strength program. I read everything I can get my hands on and they all push different ways of training which only further confuse me as to which are the best for me. I am currently training 6 days per week splitting my workout into chest-back on Monday-Thursday, shoulders-arms on Tuesday-Friday, and legs-forearms on Wednesday-Saturday. I am using the add reps then weight system that John Kuk wrote about in the February 1984 edition of Muscle and Fitness in which you and Fred Hatfield are pictured, and I am keeping my reps between 5 to 7 for 5 sets on all exercises except calves which I do 6 sets (all three angles) x 2. My exercises look like this:

- Chest: bench press, incline press, flat dumbbell flys.
- Back: stiff leg deadlift, bent over row, t-bar row, seated cable row, lat pull down, barbell shoulder shrug.
- Shoulders: seated press behind neck, shoulder press (front of neck), lateral raise, barbell shoulder shrug.
- Arms: tricep extension, barbell curl, tricep close grip press (E-Z curl), incline dumbbell curl, weighted dips, seated dumbbell curl.
- Legs: squat, back squat, leg curl, standing and seated calf raises.
- Forearms: preacher reverse curl, wrist curl.

Another thing I am confused about is light and heavy days or high intensity low volume where say you would train your chest heavy and back light one workout and then reverse the next workout. Is this appropriate for a lifter of my experience? One final thing that confuses me is supplementation to aid recovery. I am currently taking a one-a-day vitamin and am just starting to try a strength growth pak similar to Weider's Anabolic Pak. Are these necessary?

I know this is a lot to answer but I am hoping you will have time to help me out. I would appreciate it very much. Since there is a lot to write me personally, if not I will look forward to your reply in an upcoming issue of Powerlifting USA.

Thank you very much and good luck with all your future bodybuilding and powerlifting endeavors. **Rob Stutter**

Dear Rob: It looks like you have a fairly good bodybuilding program. But as for powerlifts you are using so much energy doing so many exercises that to really train the powerlifts heavy you just don't have the energy. You are going to the gym 6 days a week which in itself can require a great deal of time and energy. Half of this time can be used to rest and repair from the heavy power training days. Your routine has so many exercises for the chest and arms that it's impossible not to overtrain.

Let's get to the basics of a good powerlifting program. I've talked to almost everyone in the game about their programs, while they may differ slightly in reps and sets they all have one thing in common. That is they all have a heavy and a light or medium day. There should be one heavy day for each powerlift and one light to medium day. As I have said the number of reps and sets may vary for each person. Dr. Hatfield likes to use 5 reps with 3-5 sets on his heavy day. On the light day he'll use lighter weight for the same number of reps. During this light day session the key is to get some work on the powerlift to keep you technique good. On your light day you should be sure to remember that this is a light day and should not use all your physical and mental energy because your heavy day will be coming back around soon. On your heavy days is when you pull out all plugs and train with as much weight as you can handle in the given lift. If your light day workout was too heavy this is when you'll notice that the weights feel very heavy. If this happens then adjust your light workouts so that they won't drain you.

Assistance work should only be done to mild fatigue. If you put too much on your assistance work your major competitive lifts will suffer. Let's face it you only have so much energy and so much time to repair between sessions. Take a couple of your favorite assistance exercises for the exercise that you are training that day and do 2-3 sets but no more.

Your diet supplementation sounds good. I would continue to use the supplements that you are and keep training heavy. **Roger Exep.**

Bob Wahl, 1983 Senior National and World Powerlifting Champion
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Just about every person powerlifting today did not take up the sport without some prior weight training experience. This experience could come from many areas and situations. High school gym classes, weight assistance exercises for different sports, bodybuilding, olympic lifting or rehabilitation exercises are just a few examples. The important point to remember is that you can not plunge into powerlifting, without preparing your body for the enormous demands which will be placed on it through competitive lifting.

Any person who is going to start competitive powerlifting should have at least one year of general training. This type of training will not involve any specialization or heavy singles. This first year is the beginning phase. It is necessary for the bones, muscles, and tendons and ligaments to adapt to the stresses which will be placed on them, stresses that would not be exceeded by any other sport. The beginning phase is also the time to learn proper lifting form. A bad lifting habit is easier to change when poundage is light and before a menialage is formed from repeated execution using inferior form.

Before you begin the initial stage of training I must explain some very important points. I hope you will heed the advice I give you. If you are going to follow this program you should be at least fourteen years old. If you are fourteen or fifteen, then proceed with the workouts slowly. The reason for this is that the majority of fourteen year old bodies are still maturing. The use of too heavy a weight or too many repetitions can cause serious injury. Hold back until you are sixteen and remember that no matter what your age always begin slowly, and move ahead with caution. Right now it is better to do too little than too much.

Some of the most asked questions by people who are starting a weight training program are:

1. How often should I workout?
2. How much weight should I use to get started?
3. How much should I rest between sets and exercises?

When you are just starting to train, three days per week is the most you should try to do. Working out on Monday, Wednesday and Friday with Saturday and Sunday off, or Tuesday, Thursday and Saturday with Sunday and Monday off is a good method. The amount of weight to start is a weight you can handle with proper form without cheating movements. If you can perform the prescribed sets and repetitions in strict form you are using the right weight. It will take some experimenting on your part before you settle on the right weight for yourself. If any of your repetitions became sloppy within the recommended reps, reduce the weight you are using a few pounds and try the lighter weight. Once you figure out your starting point and your muscles get used to the weights you will want to add to the weight progressively. One of the best ways to increase your workout poundage is to add repetitions first

not too serious about working out, or who do it only on occasion, choose the bench press as their exercise. I have never seen the occasional blippers doing squats or deadlifts. The bench press even has the edge among the serious weight trainers. Why is the bench press such a popular lift? People being upper body conscious probably plays a role in placing the bench press where it is popularity wise. In reality, the bench press is truly the best method of developing arms, shoulders and chest strength, along with substantial size. I cannot think of anyone who would not desire the powerful upper body look that the bench can give.

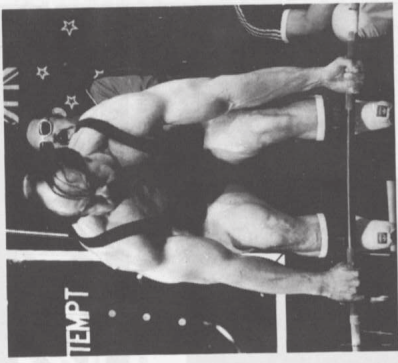
To start the bench press you lie on the bench and grip the bar no wider than that thirty-two inches between the forefingers of both hands. Keep your head flat on the bench. Your rear end must make constant contact with the bench. Your feet are in comfortable position, flat on the floor. Take the bar off the stands and lock elbows so the bar is straight over your chest ready to be slowly lowered to the chest. Slowly lower the bar to the chest. The point on your chest which the bar touches will vary with every body. A good place to start is a line across the chest about an inch below the nipples. You can give it a try and experiment with other spots until you find what is best for your body. After making contact with the chest, press the bar up and return to the original starting position of elbows-locked and arms straight. Like the squat, don't bounce the bar off the chest. You can crack ribs. Bouncing the bar will also lead to one of the toughest bad habits to break. That bad habit is beating the referee's hand clap.

Deadlift: The deadlift calls for more overall body strength than any other powerlift movement. When you deadlift the legs, back, arms, abdominals, almost the entire body, are called into play. A good deadlifter cannot be great in all three powerlifts, but chances are good that the lifter will have two other fair lifts just from being strong in the deadlift. To start the deadlift try a shoulder width alternate grip to the bar. Grip the bar with one palm facing you and the other palm facing away from you. This alternate grip prevents a heavy bar from rolling out of the hands. The foot spacing should be a little narrower than the hand spacing. Your foot and hand spacing will change after you accumulate some experience. For now try the hand and foot positions I have described. Get your foot and hand spacing, lower yourself to the bar by squatting down while holding the bar and slowly begin the pull. The pull is started with the lower back, taken over by the legs and finished by the lower back and hips. Come to a standing position with the bar hanging in the arms. Lower the bar under control and repeat for your reps. Do not get into the bad habit of dropping a completed deadlift or coming down too hard, because powerlifting judges may turn down your otherwise perfect and clean lift.

To be continued next month...

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- Vitamin E 1,000 IU
- Rose Hips 1,000 mg

ONE VITAMIN D WITH ROSE HIPS (LARGE BEIGE) TABLET PROVIDES

- Vitamin D 1,000 IU
- Rose Hips 1,000 mg

ONE VITAMIN B COMPLEX WITH ROSE HIPS (LARGE BEIGE) TABLET PROVIDES

- Vitamin B1 150 mg
- Vitamin B2 150 mg
- Vitamin B3 150 mg
- Vitamin B5 150 mg
- Vitamin B6 150 mg
- Vitamin B12 150 mcg
- Inositol 150 mg
- Choline 150 mg
- Calcium 150 mg
- Rose Hips 1,000 mg

ONE VITAMIN A AND D WITH ROSE HIPS (LARGE BEIGE) TABLET PROVIDES

- Vitamin A 10,000 IU
- Vitamin D 1,000 IU
- Rose Hips 1,000 mg

ONE VITAMIN E WITH ROSE HIPS (LARGE BEIGE) TABLET PROVIDES

- Vitamin E 10,000 IU
- Rose Hips 1,000 mg

ONE VITAMIN C WITH ROSE HIPS (LARGE BEIGE) TABLET PROVIDES

- Vitamin C 1,000 mg
- Rose Hips 1,000 mg

ONE VITAMIN B12 WITH ROSE HIPS (LARGE BEIGE) TABLET PROVIDES

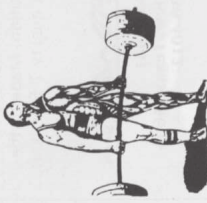
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- Rose Hips 1,000 mg

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THE BENCH

Training Tips from Ted Arcidi by Barry Sparks

your routine calls for it. Another thing I have found helpful for strength gains are forced reps. I do 3-4 forced reps for my last set on a heavy bench day and I think it pays off.

Q: What lifting routine do you follow?

A: I lift five days a week, alternating light and heavy workouts, which last from 90 minutes to two hours. My bench press training cycle runs 13-14 weeks. Monday is my light bench press day while Thursday is my heavy bench day. Saturday is reserved for squats, deadlifts and behind-the-neck presses. On Monday, I use 150-180 pounds less than my normal heavy Thursday workout. By the end of my cycle I have worked up to four sets of five reps with 425, followed by 10 reps with 390. I also do sets of five reps in the behind-the-neck press. On Tuesday, I do lat pulldowns—four sets of 10 reps—with 240 pounds and stomach work. I repeat the routine on Friday.

Q: What's the most overlooked training aspect for the power athlete?

A: Without a doubt, it's assistance exercises. I really go for them. I work my triceps, shoulders and arms to the maximum. I want them to contribute to my pectorals as much as possible. Too many bench pressers just concentrate on their pecs. I've seen too many pec tears and I believe that if you develop triceps, shoulders, arms and pecs, you'll avoid injuries. And so far, I have—thank goodness. You need good legs and a lower back for the bench. Your back has to be rigid to control heavy weights and you have to form a solid base with your feet. Many power athletes neglect training the whole body.

Q: What are some of your favorite assistance exercises?

A: I like doing close-grip triceps presses while lying down. I use a curl bar and bring it directly to my nose and chin area. Which is the most taxing area for the triceps. I use to do close-grip benches. But the problem was that my pecs had already worked hard in the prior exercise. Plus, I wasn't getting a lot of lat in there. To get the maximum benefit from the close-grip triceps press, you must bring the bar down to your nose and straight back up. Don't whoosh it down to your waist and then back up. You lose the explosiveness of the exercise. Keep the bar right over your nose and go straight back up. This isn't a bench press exercise. I also like doing lat pulldowns. I feel the best grip is one wider than your shoulders. This helps develop the whole lat muscle group. The

two weeks of three sets of three reps I add five pounds each week. The whole idea of cycling is to cut your reps and increase your range. During the training cycle, however, I maintain my same speed for my assistance exercises. And I like to do them quick. I know there's a tendency to overlook the assistance exercises, but don't. They'll pay dividends.

Q: How do you warm up prior to lifting in competition?

A: If I wanted to open with 500 pounds, I would do a set of five reps at 135, 2 reps at 225 and then I would do a single rep with 315, 385, 405, 425, 430 and 470. And I just do touch-and-goes. I don't pause on my benches during workouts or warmups because I think you can start to think about it too much. I think eight to 10 minutes is plenty for warmups. I used to do a complete workout as a warmup because I was hung up about not being ready. I used to do three reps with the opener in warmups and then bomb on my second lift in competition.

But now I'm a firm believer in single reps as a warmup. Believe it or not, you'll be warmed up with singles. There hasn't been an incident yet where someone separated a shoulder from not being warmed up after doing singles. Single warmups give you restraint and discipline. They'll make you hungry for the weight you want. You'll feel much more explosive.

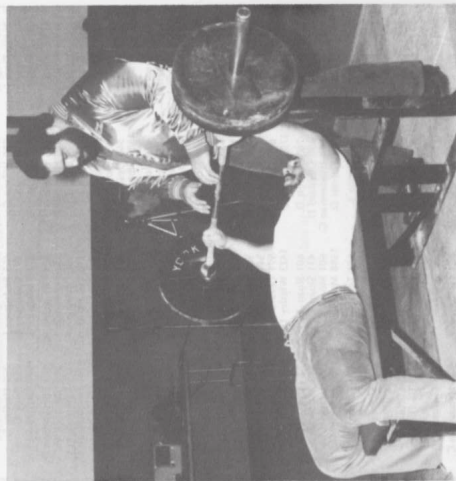
Q: What about the psychological aspect of lifting?

A: I believe lifting is 50 percent mental and 50 percent physical. You have to have the right frame of mind to be successful. I used to start to get psyched up about five minutes before a lift. But now, I wait until 30 seconds before I'm supposed to lift. That's when I start to go a little crazy. But 30 seconds is a long time if you are really psyched.

Q: How do you prepare for a meet?

A: As I mentioned, my training cycle runs 13-14 weeks. After a meet, I take two weeks off. Then I start with my best sets of 6 reps for three weeks. Then I cut to my best 3-4 sets to five weeks. I do five reps for three to five weeks. I think the first six or seven weeks of the cycle are the most crucial. That's when I try to build my power and endurance. It's also when you build up your tendons and ligaments. You have to be conditioned to handle heavy weights.

Six weeks prior to the meet, I move to three sets of three reps for two weeks. By then, I'm starting to get in tune with the heavy weights. I believe you make your most strength gains the first two weeks of three sets of three reps. After the first



Handing off to Ted is George Hechter, for a demonstration lift in York.

Ted Arcidi making a point about the right way to train at one of his recent well-received training seminars.

More From Ken Leistner

Because every true powerlifter knows that my wife Kathy writes much better reports than I do, I've left the blood and guts of the 1985 Collegiate Nationals to her. However, there were many lessons to be learned if one watched these young lifters and their coaches.

Some of the coaching at this meet was perhaps the worst I've seen at any national level meet. I am well aware of the difficulties that come with trying to coach up to ten lifters at the same time, but that's no excuse for some of the abuses I witnessed. Some of the ladies finished their final warmup reps a full forty minutes before their first attempt was on the platform bar. Others were left to their own devices because the coach was downstair by the platform. Every now and then a coach would rush in and ask one of the lifters, "How far along are you?", and no matter what the answer was, the coach would expect her to be elsewhere in the warmups. Because there was no expector in the warmup area, it was impossible to know what was going on by the platform, yet, a good many of the coaches expected the women to warmup and be aware of the competition without any assistance.

It was no better for the men. I have to assume that their coaches at least help them choose their attempts. Some of these guys barely struggled up with their last warmup attempt, I mean bust-a-quit-city. Yet, their coaches would observe this and say, "okay, let's go do it, big guy". Instead of altering the first attempt and

people apparently used cocaine and (adrenaline) to "get up" for the competition, but their attitude that "this is how it is. This is how everyone does it", upset me. Of course, not everyone does it that way, and not very many lifters in this meet did it that way, but enough did to make me think that either the kids are growing up too quickly, or the older lifters are really setting a horrid example.

Steroid use among the women also showed somewhat of an increase. Of course, it will always be pure speculation, but based on the number of women who made inquiries of me regarding side effects of anabolic use, questions regarding the effectiveness of particular steroids, and the subjective observation that comes with two decades in the game, I'd estimate that approximately nine to twelve women were on for this meet. Hey, that's about twenty five percent of the competition. A few short years ago, we were a bit scandalized by the few women that apparently used drugs to enhance their lifting at the national level. Now, it's almost expected that a number of the top women use or will use, just as with the men. No problem? I think it's unfortunate that so many young women are heading down a road that holds so little for them in terms of positive return for their rationalizations; there's drugs for football and drugs for wrestling, and after all, being bigger, stronger, and

knocking it down a bit, these lifters would go ahead with the lifts they had written on their prediction sheet weeks ago and invariably get burned. Moran, Rossegione, and others, in part because there is an awful lot at stake. However, I believe that every lifter in every meet deserves a chance to perform at his or her best, and not be forced to do something dangerous or hopeless because of a mistake by the coach or handler. I was shocked that a number of lifters and coaches at this level didn't have the rudiments of meet strategy.

I was also bothered by the drugs. I always tell those who are new to the sport that you can learn more in the backstage/warmup area than you can watching the platform, but what I saw here was very much against what I would like to see our sport stand for. I, of course, expect the men and women at the Senior National level to know all of the tricks and use them, even those time-honored ones that don't really give an advantage. I also know that college aged youngsters drink and use social drugs, but I was unprepared for the attitude that I saw. It wasn't so much that some of these young

he gets. It certainly isn't all the long thankless hours of coaching and administrative work that keeps him going. He gets a genuine thrill from coaching and seeing the results of that work manifested in athletic improvement and an athlete's personal growth.

The ladies from McNeese State also showed that Louisiana, Deep South charm, even the Texas Aggie part of their team. Their taste in handsome men was impeccable and they could be seen having their photo taken with a number of athletic "stars". The humor of that statement will be known only if the photos don't curdle the developing fluids!

Marge Murphy was the cream of the crop in my eyes. She has a very business-like approach on the platform, yet, seems like a young woman who is on top of her life out of the sporting arena. "I'm going to take some time off, lose weight, and decide if I want to continue with the USPF. The drugs and other things I saw at the Women's Nationals were scary. It's way beyond what it used to be and I don't like it at all!" Margaret is smart enough to know that she can lift well without the ergogenic aids, enjoy competition, and live a balanced life with her nursing career, a perspective not shared by enough of the young ladies at this meet. Despite criticism and malicious gossip, it is my honest belief that Ms. Murphy is one of those young women who have worked very hard over a number of years and who has been able to take advantage of ex-

cellent powerlifting leverages. Her year by year totals indicate slow, consistent improvement in all lifts, showing that consistency pays off and that one need not run to the medicine chest for higher totals.

Matt Machay passed up spring football at Penn State to lift here, probably sacrificing his scholarship, 1985 Trans Am, and closest full of clothes in the process. Yes, Matt's 132 pound frame dating through the defensive secondaries will be sorely missed by Coach Joe and other Lions. Will it? Hey, Matt's a fine lifter who has plugged away to do well-but football at Penn State? He looked good, as did Gerard Snyder who would not embarrass himself at this year's Seniors.

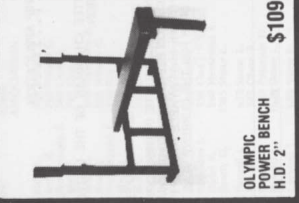
Dominic Castellanos felt as if he'd had a poor performance, but the numbers spoke otherwise, and he has the look of one who could rattle some cages in the larger arenas of the national scene. Steve Lumpsee of A&M could give some lessons in poise and graciousness. He was behind, with pressure coming from Metchlikan, yet confidently pulled all he needed to win like a true champion. If he stays healthy, he'll be one of the big stars in the future.

At any major meet, there will be one or two lifters in whom I see lots of potential, although they're usually the guys no one else thinks of. At this meet, I saw a few positives about Henry Hamilton Jr., of Abilene Christian will be a lifter to be reckoned with in time, and you read it here first. That's it for now. Kathy's report really says it all and I can honestly tell you that we're both

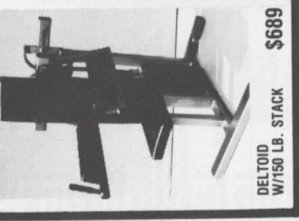
looking forward to next year's meet.

Editor's Note: The May issue of Dr. Ken Leistner's **Steel Tip** strength and fitness training newsletter, reveals articles on the speed of your training and how it can lead to injuries. The psychological dangers of that can trap athletes into going way too far, the good and bad nutrition news about fat's favorite, ice cream. Also included in the latest issue is a discussion of Ken's conclusions about a common injury he has treated recently, his views on arm and how to handle this type of malady. Dr. Ken could discuss with Professor Don Comings of Purdue University and agreeing with the conclusions that bouncing off the bottom in the squat does little to build real strength, and neither do the various items of equipment that powerlifters commonly use. Dr. Comings feels as if Ken's use of the term "explosively" in the squat or any exercise does not build strength, but does increase the potential for injury. Ken is exploring many subjects and other strength powerlifters and other strength lifters in each issue of **The Steel Tip**. Consider subscribing, as it is highly recommended by many experts in the field. See the advertisement elsewhere in this issue for the magazine or send \$18.00 to: **The Steel Tip**, 563 Rica Lane, Woodmere, N.Y. 11598. For first class delivery send \$21.00 for foreign subscriptions, send \$25.00. By the way, back issues are available, \$2 each.

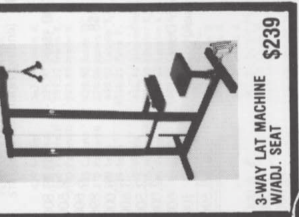
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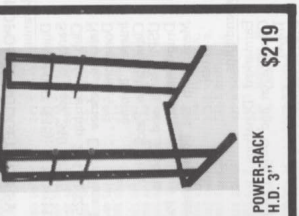
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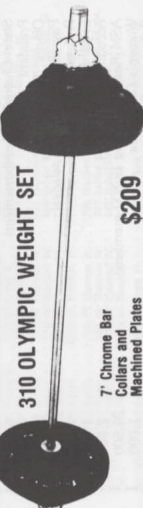
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Conquering Anxiety by Judd Biasiotto, PhD

Anxiety is an emotion that can completely destroy your performance. It didn't take long for me to discover that fact. I was sixteen years old and playing in my first college basketball game with the varsity team. When I went out on the court for my warm-ups, I was an absolute mess. I missed shots, threw passes away and even dribbled the ball off my foot. I looked like a kid who had just seen a basketball for the first time. It was a frightening experience. I was being robbed of the grace and skill that I had worked so hard to develop, and there was nothing I could do to overcome this emotion that was destroying me. To say the least, I was more than happy when the game started and I took my position at the end of the bench.

In the first half our team swarmed all over the opposition. It was a good six minutes before they made their first goal, and when half time rolled around, we had opened a comfortable twenty point lead. The second half brought more of the same. With approximately ten minutes left in the game, we were sitting on a thirty-three point lead. It was about that time that the Coach started substituting freely. Suddenly I heard my name called as if from a great distance away. "Biasiotto, get in there and get tenacious." Once again anxiety seized me. I can vaguely remember asking the coach what number "tenacious" was. I slipped off my warm ups and ran onto the court. When I reached the midcourt, the noise from the crowd seemed deafening. I quickly glanced into the stands, the crowd was going absolutely crazy. I could not believe my reception. Was it because I was a freshman? Then I noticed my mother and father had their hands over their faces, and they looked anything but happy. I must have stood there for at least ten seconds before I realized that something was wrong. To my complete horror, I had slipped off my basketball shorts along with my warm-ups. There I stood in front of God and everybody in sneakers, socks and jock. When I returned to the bench, the coach was blue with laughter. To make matters worse, the next day the local paper had huge headlines that read, "Cusaders Crush Rams 89-54; Biasiotto Puts on Fine Floor Show."

Once I started working with other athletes, I came to realize that anxiety was a very common dilemma. Many of the professional athletes from the Kansas City Royals and the Pittsburgh Pirates that I've worked with had difficulty controlling this emotion. Consequently, most of my initial work as a sports psychologist was devoted towards researching methods that could be used to desensitize anxiety. Fortunately, after

delicate muscular contraction. After a few minutes of quiet rest, direct your attention to your right hand. Then very slowly, begin to bend your hand back at the wrist. As you do this, concentrate on the way the back of your hand feels. You want to detect the first slight indication that something is happening. This feeling is tension. Don't exert too much force though. If you feel sensations in this upper arm or biceps, you are making too much of an effort. If that is the case, put your hand back on the bed, rest a few minutes, and then repeat the procedure.

Always rest between trials so that fatigue is not a determining factor in your performance. Once again, remember that what you want to experience and detect is the first slight sensations of tension you experience when you bend your hand back. The objective is for you to learn to recognize this feeling whenever and wherever it occurs in your body. This is not as easy as it might seem at first. Tension signals are very slight and fleeting. They're not that easy to recognize. Don't rush through the procedure. Take your time and make sure that you can identify the sensations of tension before you go on. Sometimes several practice sessions are necessary to master this sensation.

If you are positive that you can identify the sensation of tension no matter where it should occur in your body, you are ready to learn to recognize another sensation, strain. Once again, you will have to lie down on your back with your eyes closed and your arms at your sides. After a few minutes of quiet rest, lift

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When you are ready, lie down on your back with your arms at your sides and your eyes closed. A pillow or rolled-up towel should be placed under your neck and under your knees. Your entire body should be supported as evenly and comfortably as possible, with your head on the same level as your body. When you tighten the muscles of your body, try to think of these muscles as being made of rubber, rope, or rubber bands stretched tightly. Also, try to adopt the attitude that when you relax your muscles, your body will continue into deep relaxation, even after you can no longer feel it do so. You should take at least twenty seconds or more on each muscle group.

After a few minutes of quiet rest, direct your attention to your toes. This is where we are going to start. Curl your toes under and squeeze them very tightly. Do you remember that sensation? It's tension. While you hold your toes in that position, try to visualize the muscles that you are using. Think of them as if they are rubber bands being stretched tightly across your feet. Now, ever so slowly and passively, let them relax. Visualize these muscles going limp, as if being drained of all their strength. You know that you are looking for that sensation of relaxation, that feeling of nothingness, complete nothingness. Next, extend your toes and bring them toward your body. Tighten up these muscles so that you are aware of the areas and the sensations involved...very tight...very effort.

Your legs are next. Push them straight out with your heels toward the floor and your toes pointing straight ahead. Tighten up your calf and thigh muscles as if they are rubber bands pulling tight. Concentrate deeply on the sensation there. Then let them go limp...no energy...total relaxation...limp and relaxed...light and strengthless.

Now concentrate on your buttocks. Push your lower thigh against the pillow that you placed under your legs, tightening up all the muscles of your rump. Make them very tight and very tense as you concentrate on the sensations that you are experiencing in these muscles. Then slowly and progressively relax them. Remember the feeling? Relaxation - the zero feeling. Now take a deep breath and hold it and at the same time, arch your back slowly, tightening up the muscles of your back. Concentrate of these muscles...as if they are strong rubber bands pulling tight. Concentrate on the sensations that are taking place within them. Now slowly exhale, loosening up the muscles of your back. As you do so, think "power off...going limp". You know the feeling we are after.

Your arms are next. Lift them towards the ceiling with the fingers extended. Push them straight up as hard as you can, tightening up the

muscles in your arms. Then slowly make a fist...squeeze your fingers together very tightly...visualize the muscles pulling tighter and tighter. Now, ever so slowly, begin to bend your elbow, bringing your fist down to your shoulder, keeping the muscles in your hands and arms very tight. Keep thinking of these muscles as being rubber ropes or bands being stretched tight, and of the sensations that you are experiencing in them. Now slowly and passively let your arms drift to your sides...loosening everything off...nothingness...the zero feeling. That is what we want, complete nothingness.

Next, move your head forward until your chin touches your chest, tightening up the muscles in the back of your neck. These muscles are very close to the nerve trunks descending from your brain and therefore, are of particular importance in relaxation. Concentrate on the muscles you are using and the sensations of tension that exist. Once again, slowly and progressively relax these muscles, letting your head fall back to a comfortable position on the bed.

Next, squeeze your eyes tightly shut. Think of the muscles that are in- using and the sensations that are involved. Now relax them, and let these muscles drift into the zero state. Work next on the speech region. Put your lips together as if you were

blowing up a balloon, tightening up your facial muscles. Think of these muscles as if rubber bands were pulling them tighter and tighter. Concentrate on the sensations that are involved. Then, slowly blow out the air, letting your muscles go limp and loose. Relaxation, total relaxation, nothingness.

Finally, tighten up all the muscles of your body. Point your toes straight in front of you. Arch your arms slightly. Put your chin on your chest and blow out your cheeks. Contract all these muscles very tightly, tighter and tighter and tighter. Concentrate on the sensations in these areas. Then turn yourself completely off. Let your feet go limp, your arms drift back into the pillow, and exhale. Just let yourself sink into nothingness...the zero state...complete physiological relaxation.

Concentrate on each exercise until you are able to bring about deep relaxation in that particular muscle group. Once again, patience is the key. Don't rush it! It's a good idea to practice this technique every night. An encouraging note is that once you have learned DMR, it is yours for the rest of your life. This relaxation not only applies to sports, but to all anxiety-provoking situations that life holds.

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Apr/1982...Women's National Championships, Drugs in Powerlifting, Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Pat Casey, TOP 100 242s.

May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275s, Jun/1983...Women's Worlds, Judd Bisattio Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s.

Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Jim Rouse Bench routine, TOP 100 123ers.

Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the Ab-breviated Training Cycle, Ruth Shaler's Women's Corner, TOP 100 132s.

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Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing the Chest and Lats by Dr. Tom McLaughlin, Calcium...How Much Do You Need?, Mental Rehearsal, TOP 100 242s

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 275s.

Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Lattimer Profile, Joe Lattimer Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADPPA Top 20 181s, 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 198s, Bob Wahl Power Profile, Masters Records list, TOP 100 114s, First Meet Impressions.

Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Arcidi, Are Anabolics Abusergent?, The New Masters Formula, ADPPA Collegiate, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.

Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rethwisch Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Off-season Training, TOP 100 148s, Drug Free 275 TOP 20.

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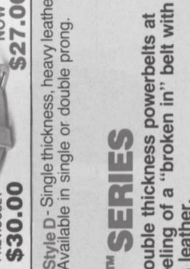
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Table with columns: Name, SQ, BP, DL, Total. Includes athletes like Terry Rhodes, Phil Solada, James Musciola.

CAN-AMERICAN EASTERN

Table with columns: Name, SQ, BP, DL, Total. Includes athletes like John Moore, Wayne Claudi, Mike Richardson.

ILLINOIS IFL STATE MEET

Table with columns: Name, SQ, BP, DL, Total. Includes athletes like Scott Coughler, Scott Bates, Jay Frank.

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ARIZONA STATE MEET

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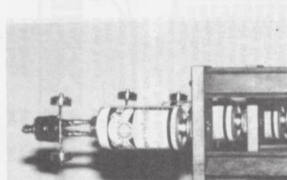
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Awards from the Budweiser Open include an empty of the sponsor's goods. Photo courtesy: McMullan.

BUDWEISER OPEN

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Table with 4 columns: SENIOR DIV, SQ, BP, DL, Total. Lists names and scores for various lifters in the Senior division.

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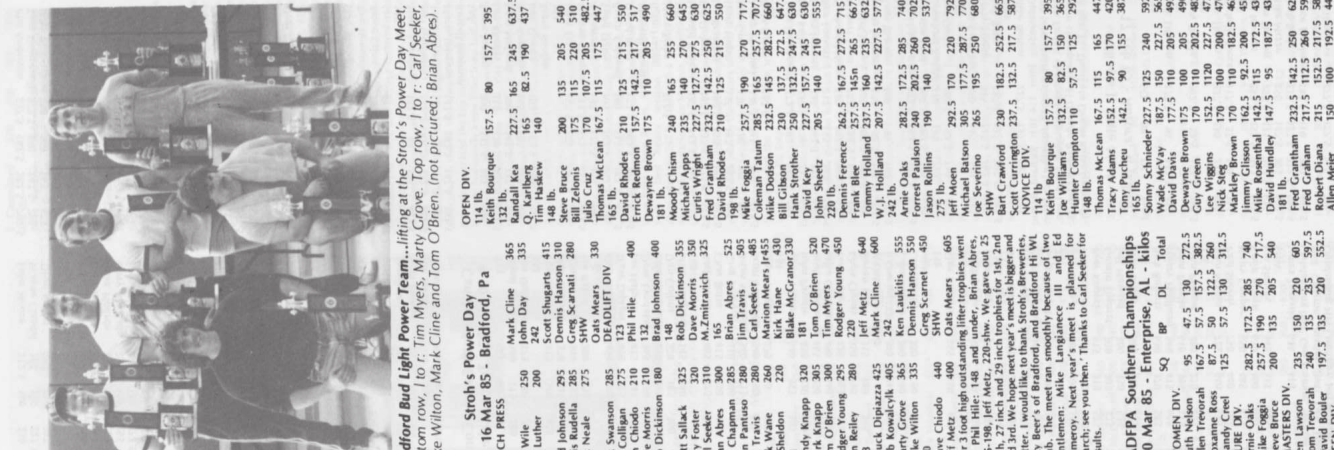
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Bradford Bud Light Power Team...lifting at the Stroth's Power Day. Meel, Bottom row, l to r: Tim Meyers, Mark Cline, Tom O'Brien, Mark Cline, Tom O'Brien. Top row, l to r: Carl Seeker, Mike Wilton, Mark Cline and Tom O'Brien. (not pictured: Brian Abres).

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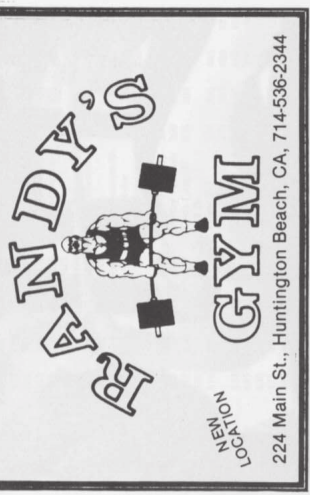
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J. Casarajah	160	100	187.5	447.5
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Norfolk Prison Power Meet
16 Mar 85 - Norfolk, MA

Name	SQ	BP	DL	Total
148 lb. M. McCleod	365	250	400	1015
Mike Araujo	350	215	440	1005
165 lb. M. McKeen	400	310	540	1250
...

Purdue Valentines Day Open
16,17 Feb 85 - Purdue, IN

Name	SQ	BP	DL	Total
T. Boeger	77.5	40	102.5	225
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7th annual Buffalo Teenage
23,24 Feb 85 - Buffalo, NY

Name	SQ	BP	DL	Total
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Goudreau's Health Club...won the Louisiana State Championship team honors in West Monroe, LA. Front row: David Johnson, John McDowell, Jesse McDaniel, Russell Kacey, Randy Watson. Back row: Ronnie Britton, Harold Roberts, John Burns, Frank Christman. Photo courtesy Henry Piard.

Louisiana State Meet
25 Feb 85 - West Monroe, La (kilos)

Name	SQ	BP	DL	Total
Kevin Jones	160	90	167.5	417.5
Carlos Tero	127.5	92.5	177.5	407.5
...

Colorado Class I Championships
17 Feb 85 - Colo Springs, CO

Name	SQ	BP	DL	Total
114 MEN-OPEN	150	175	380	905
...

Goudreau's Health Club, 38 pbs., 2nd Mens team winner. LA Tech Univ., 38 pbs., The meet was a tremendous success. Goudreau's Health Club, 52 lifted their 1984 State title. LA Tech's Nail runner up mens team book. 2nd and their Nail Champion women where first. Thanks to the almost everything in the city being closed due to the ice storm. Thanks to the lifters who braved the weather to compete. The judging was like this is a national championship or something. I take that as a compliment and as a challenge. I believe that all our lifters are judged in the same way - as they should be. Thanks to Dennis Burke for efforts.

Colorado Class I Championships
17 Feb 85 - Colo Springs, CO

Name	SQ	BP	DL	Total
114 MEN-OPEN	150	175	380	905
...



Central Ohio Open Bench competition saw Chuck Zimmerman of the Circleville Barbell Club (above) bench 415 for 2nd in the 181lb. Gilt photo.

Central Ohio Open Bench Press

Table listing names and weights for Central Ohio Open Bench Press. Includes names like Mike Swanson, David Pomeroy, Ken Gauder, Jerry Conner, Dan Meener, B. Hennebert, Mark Lewis, etc.

Carolina-Dixie Bench Press

Table listing names and weights for Carolina-Dixie Bench Press. Includes names like P. Hoops, G. Acosta, D. Holland, M. Gambrell, etc.

ADPFA WOMEN'S STATE MEET

Table listing names and weights for ADPFA Women's State Meet. Includes names like Tara Murphy, Mia Ortega, S. Whiting, etc.

Apollo Fitness Center Bench

Table listing names and weights for Apollo Fitness Center Bench. Includes names like Ed Gordon, Larry Bennett, 199 Mullaney, etc.

F4 Class II & Below

Table listing names and weights for F4 Class II & Below. Includes names like R. Farude, R. McNeil, J. McDonald, etc.

Camp Butler Invitational

Table listing names and weights for Camp Butler Invitational. Includes names like M. Drost, M. Dretzel, K. Collins, etc.

REGION IV WOMEN'S MEET

Table listing names and weights for Region IV Women's Meet. Includes names like Open 105 lb., 114 lb. Jones, etc.

Shenandoah ADPFA OPEN

Table listing names and weights for Shenandoah ADPFA Open. Includes names like WOMEN 125 lb., 141 lb. Jones, etc.

MAINE STATE CHAMPIONSHIPS

Table listing names and weights for Maine State Championships. Includes names like T. Martin, M. Pickering, etc.

WYOMING OPEN STATE MEET

Table listing names and weights for Wyoming Open State Meet. Includes names like WOMEN 132 lb., 148 lb. Jones, etc.

GRAMMA INVITATIONAL

Table listing names and weights for Gramma Invitational. Includes names like 120 lb., 132 lb., etc.

FINNISH CHAMPIONSHIPS

Table listing names and weights for Finnish Championships. Includes names like Sari Ojahto, Kari Komari, etc.

N. California Deadlift

Table listing names and weights for N. California Deadlift. Includes names like 174 lb., 174 lb. Mendez, etc.

ADPFA WOMEN'S STATE MEET

Table listing names and weights for ADPFA Women's State Meet. Includes names like 104-75 lb., 110 lb., etc.

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Table listing names and weights for ADPFA Women's State Meet. Includes names like 104-75 lb., 110 lb., etc.

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MENS NATIONALS

July 19, 20, 21 1985



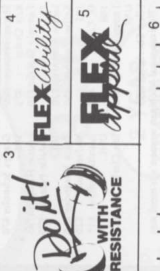
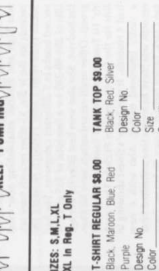
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<p>CCI Meet</p> <p>Feb 1985 - Chillicothe, OH</p> <table border="0" style="font-size: 0.8em;"> <tr><td>Sanchez 148</td><td>480</td><td>198</td></tr> <tr><td>N. Jones 785</td><td>805</td><td>Hanks</td></tr> <tr><td>Rhoades 785</td><td>785</td><td>Lubbock</td></tr> <tr><td>Stephans 705</td><td>705</td><td>Serra</td></tr> <tr><td>R. Jones 165</td><td>775</td><td>Cottrell</td></tr> <tr><td>McGee 1175</td><td>1175</td><td>Edgett</td></tr> <tr><td>McCoy 1045</td><td>1045</td><td>Malley</td></tr> <tr><td>Rodgers 955</td><td>955</td><td>Davis</td></tr> <tr><td>Serrano 925</td><td>925</td><td>Davis</td></tr> <tr><td>Hall 1280</td><td>1280</td><td>Shepard</td></tr> </table> <p>Thanks to Robert Sternberg for results.</p>	Sanchez 148	480	198	N. Jones 785	805	Hanks	Rhoades 785	785	Lubbock	Stephans 705	705	Serra	R. Jones 165	775	Cottrell	McGee 1175	1175	Edgett	McCoy 1045	1045	Malley	Rodgers 955	955	Davis	Serrano 925	925	Davis	Hall 1280	1280	Shepard	<p>Lubbock Open Bench Press-DL</p> <p>31 Mar 85 - Lubbock, TX (kilos)</p> <table border="0" style="font-size: 0.8em;"> <tr><td>BENCH PRESS DIV</td><td>242.5</td><td>C. Owens</td></tr> <tr><td>J. Bledsoe</td><td>220.0</td><td>WOMEN DIV</td></tr> <tr><td>D. Wakeman</td><td>50</td><td>MEN</td></tr> <tr><td>S. Yoon</td><td>122.5</td><td>J. Bledsoe</td></tr> <tr><td>S. Yoon</td><td>148</td><td>S. Yoon</td></tr> <tr><td>S. Yoon</td><td>148</td><td>S. Yoon</td></tr> <tr><td>D. Covey</td><td>97.5</td><td>S. Yoon</td></tr> <tr><td>F. Holt</td><td>125</td><td>B. Freeman</td></tr> <tr><td>K. Holland</td><td>175</td><td>S. Holland</td></tr> <tr><td>D. Dyson</td><td>127.5</td><td>D. Dyson</td></tr> <tr><td>J. Rangell</td><td>182.5</td><td>J. Rangell</td></tr> <tr><td>182.5</td><td>196</td><td>B. Barnes</td></tr> <tr><td>R. Crum</td><td>137.5</td><td>W. Barnes</td></tr> <tr><td>D. Wilson</td><td>137.5</td><td>D. Wilson</td></tr> <tr><td>J. Johnson</td><td>137.5</td><td>J. Johnson</td></tr> <tr><td>R. Keller</td><td>200</td><td>R. Keller</td></tr> <tr><td>W. Able</td><td>160</td><td>W. Able</td></tr> <tr><td>242</td><td>242</td><td>J. Snow</td></tr> </table> <p>C. Crumcoene 172.5 Joel Snow 260 This was the 22nd annual championship and was held in Grindavik, a small village outside Reykjavik. Lots of new IF records were broken and 14 American records were set. The 1985 I.P.F. highest class by IF (Old) class was the 22.5 in the meet. Our next meet in this area will be held in Amarillo, TX. Thanks to Rich Peters for results.</p>	BENCH PRESS DIV	242.5	C. Owens	J. Bledsoe	220.0	WOMEN DIV	D. Wakeman	50	MEN	S. Yoon	122.5	J. Bledsoe	S. Yoon	148	S. Yoon	S. Yoon	148	S. Yoon	D. Covey	97.5	S. Yoon	F. Holt	125	B. Freeman	K. Holland	175	S. Holland	D. Dyson	127.5	D. Dyson	J. Rangell	182.5	J. Rangell	182.5	196	B. Barnes	R. Crum	137.5	W. Barnes	D. Wilson	137.5	D. Wilson	J. Johnson	137.5	J. Johnson	R. Keller	200	R. Keller	W. Able	160	W. Able	242	242	J. Snow	<p>Hood River Bench Press</p> <p>13 Apr 85 - Hood River, Or</p> <table border="0" style="font-size: 0.8em;"> <tr><td>High School Boys</td><td>148-181</td><td>Pat Kuehnl 85</td></tr> <tr><td>Matt Wilson</td><td>120</td><td>Linda Riddle 155</td></tr> <tr><td>132</td><td>Matt Davidson 245</td><td>Tina Miller 155</td></tr> <tr><td>1375</td><td>Carl Smith 175</td><td>Richard Milner 130</td></tr> <tr><td>1200</td><td>Carl Lindblad 225</td><td>MEN-Open</td></tr> <tr><td>148</td><td>Norman Nomic 265</td><td>Misty Sayers 270</td></tr> <tr><td>199</td><td>Greg Wiegman 260</td><td>Greg Wiegman 260</td></tr> <tr><td>1385</td><td>Les Watson 245</td><td>Raymond Galtzer 265</td></tr> <tr><td>181</td><td>181</td><td>181</td></tr> <tr><td>950</td><td>J. Caracadden 310</td><td>Jim Rhyne 420</td></tr> <tr><td>285</td><td>Ed Barnhart 285</td><td>K. 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Magnusson 600</td></tr> <tr><td>M. Magnusson 530</td><td>G. Hermannsson 530</td></tr> <tr><td>465</td><td>B. Olsen 510</td></tr> <tr><td>1018</td><td>M. Herberston 627.5</td></tr> <tr><td>385</td><td>385</td></tr> <tr><td>385</td><td>385</td></tr> <tr><td>385</td><td>385</td></tr> <tr><td>465</td><td>465</td></tr> </table> <p>This was the 22nd annual championship and was held in Grindavik, a small village outside Reykjavik. Lots of new IF records were broken and 14 American records were set. The 1985 I.P.F. highest class by IF (Old) class was the 22.5 in the meet. Our next meet in this area will be held in Amarillo, TX. Thanks to Rich Peters for results.</p>	High School Boys	148-181	Pat Kuehnl 85	Matt Wilson	120	Linda Riddle 155	132	Matt Davidson 245	Tina Miller 155	1375	Carl Smith 175	Richard Milner 130	1200	Carl Lindblad 225	MEN-Open	148	Norman Nomic 265	Misty Sayers 270	199	Greg Wiegman 260	Greg Wiegman 260	1385	Les Watson 245	Raymond Galtzer 265	181	181	181	950	J. 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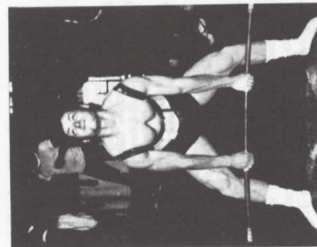
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