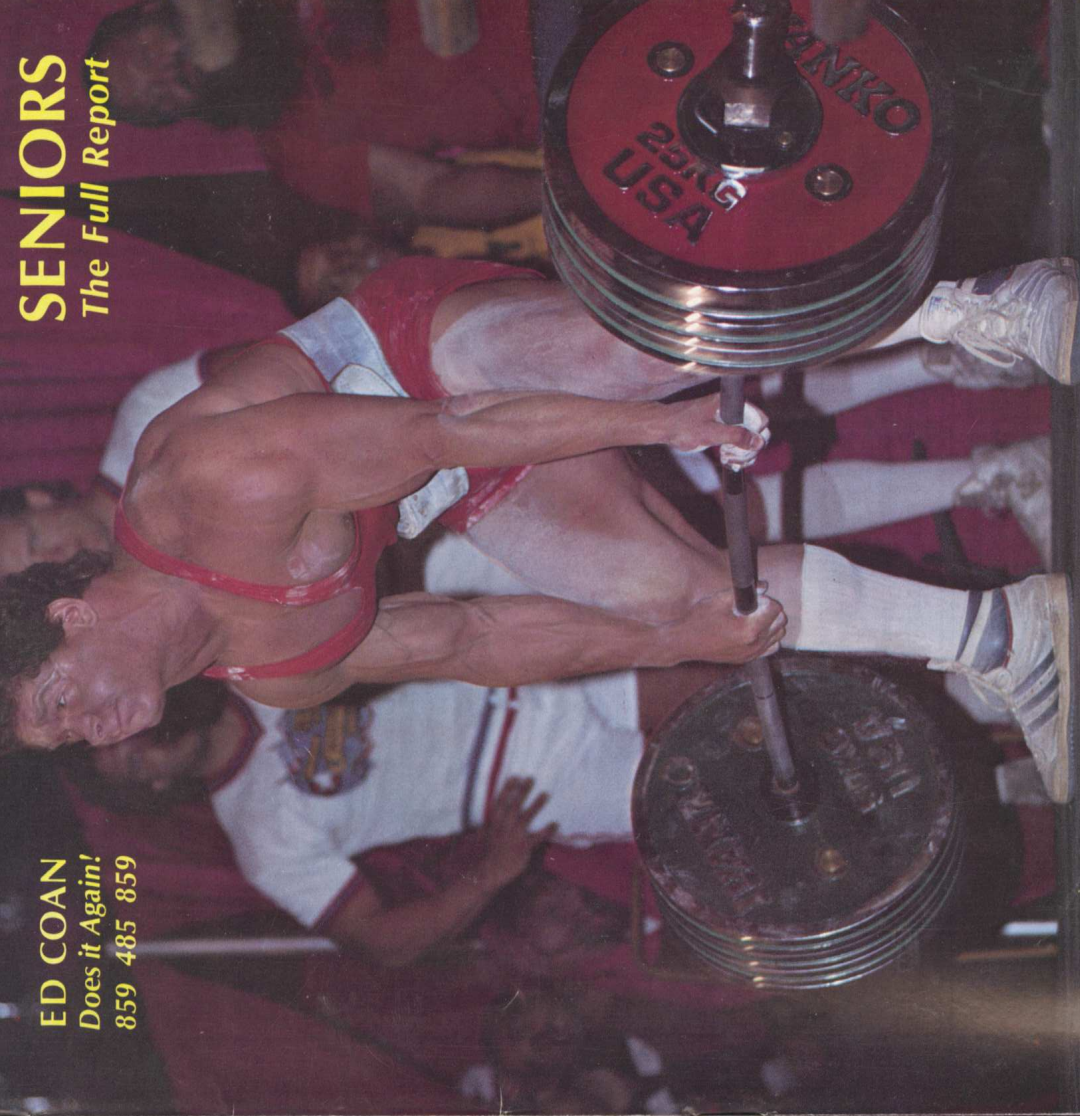


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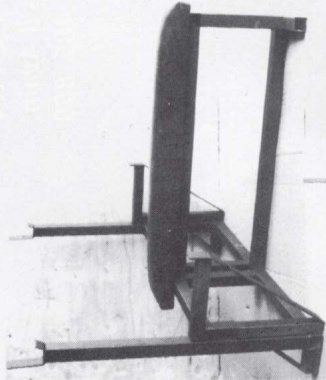


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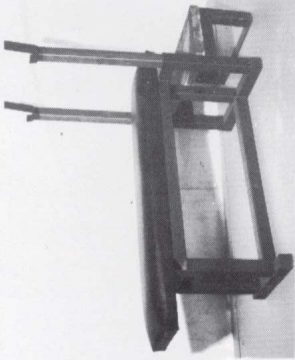
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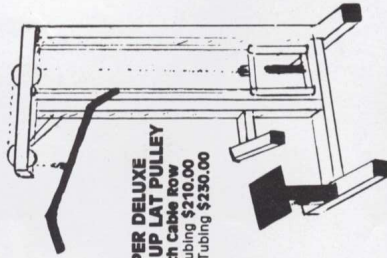
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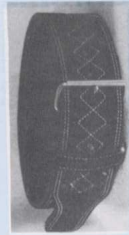
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# 1985 Senior National Powerlifting Championships

by Mike Lambert, Editor in Chief

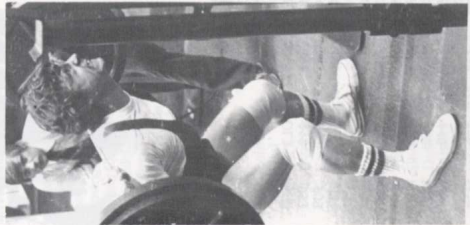
Co-meet directors Ralph Sesso and Hank Magiera of Olympic Trophy and Awards took great pride in promoting the first ever Senior National Powerlifting Championships in Chicago. With all the line lifters in that state now and in the past, it is surprising that no previous Seniors had ever taken place in the Windy City. The weather was sunny and

comfortable and the Holiday Inn in Rosemont, only 5 minutes from the major airport, was likewise a comfortable venue. In the 114s, competition was light as it often has been in the past, but in the past Dunbar, finally a World Champ in 1984, was always far ahead of most of the pack. This year there was no Chuckie, and what's left of the pack at 114 are kicking themselves for not making a try at the title. Joe Schmidt of Michigan took first with the same total he won the 1980 Junior National title with, but on only 4 good attempts. Military team lifters Todd Antinoro and Sgt. Wm. Jackson battled between themselves for the other two trophies. With Olympic Trophy being the major force behind the meet, those trophies were special, featuring their giant squatter figurines atop solid wooden bases.

James Morgan is having a competitive season that has rarely been matched, winning the Juniors with 1168 and then coming back 5 weeks later for the Seniors title with a big improvement to 1234. He is well proportioned at this weight, and that is confirmed by the balance he has in all lifts. In the results of this class, you can begin to see a pattern for the rest of the meet, namely lots of missed squats. The squat, judging was very tight throughout, leading to some shocking bounties and many abbreviated totals. By my calculation, 59 percent of the squat attempts were not successful this year (versus 58 percent last year).

Nebraska Russ Steinhouser is a great deadlifter and got a shot to pull the victory out with a 529, but he stalled with the lift only fractionally completed. Ernesto Milian was his usual fired up self, but too many misses in the first two lifts set him up for too big a pull to yank out the victory. Mark Ferrara of Surcoast Gym in Tampa is a terrific bencher, and hoped to try as much as 369 (triple bodyweight, by the way), but his 341 success matches world record holder Hiro Isogawa's best at the Hawaii meet earlier this year. Monte Mason is a fine lifter and pleasant person besides, but he met with great frustration in every lift at this meet. Mitch of the Air Force's Echevarria brothers put some solid lifts together and looks right at this bodyweight.

Lamar Gant decided to enter the 132s this year and many eyes were upon him as it was expected he would break the tie between Inaba and himself (10 consecutive World Championship titles apiece) this year in Finland. This time he was tripped up well ahead of the World Championships by his own feet which moved in the bench press. Perhaps it was just as well. Claude Handrick was in the process of compiling an awesome total, even if only on 4 attempts, and would have been forced



Joe Schmidt, won the 5rs. title five years after taking the Juniors at 114.



Jim Morgan, improved to win the 123s and make the Jr. World team



Bob Bridges...with his prodigious pulling power, took the 148 title

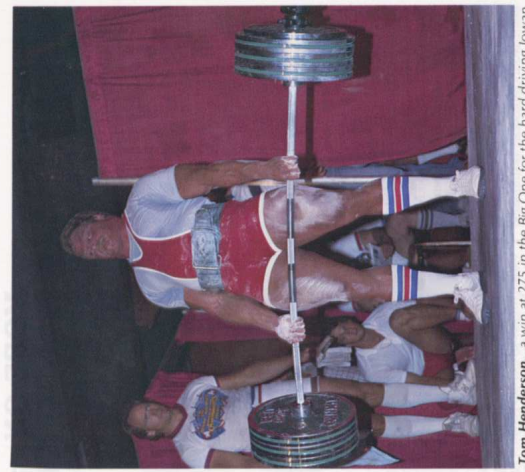
Lamar to a lofty 639 deadlift for the win. Even if he had made his 314 bench, that's more than Lamar has successfully pulled for quite a while. Military point getter, Charles Lawson, was a happy 2nd place winner. He likes the deadlift and, indeed, that is where he made his major move over the rest of the competitors. Randall Kea had an off day in making attempts, or he would definitely have pressured for the win. He looked confident handling 369 in the bench, but it was more than he could punch up. That's a lot of weight for any 132er. ADFPA or USFF or any other kind 1983 Seniors Champ at 123, Ralph Caputo of Pennsylvania returned to battle for another crown. His bench is hampered by a poor arm lockout. Bert (also known as Scott) Alford had a good meet, but left enough of an opening for Caputo to deadlift past him. Richard Pell was off his best lifts after only getting opens and fell back in the pack. John Smith was a dramatic looking lifter, with a shaven head, and he competed for Ernie Franzi's team.

The United States is blessed in the past few years with a batch of talent in the 148 pound class and this year most of that talent met head on in a frenzy of competition to determine who might represent the United States in the World Championships this year. Returning champ from 1984, Dan Austin, put together the cool, solid lifts that he usually does, but against the likes of Finch and the unmatchable pulling power of Bob Bridges, one missed lift can be disastrous, and the final pull of 650 by Danny was just a hair more than he could manage. Jim Finch has finished up in 2nd more times than he'd like to recall, but this time the 40 plus competitor seemed very confident of doing what was necessary to go into 1st. He was the one that forced Austin into a miss and after that he went for enough to make Bridges exceed the world record if he wanted to take the title away from him. After a strong 644, his abrupt miss at 655 was a surprise. At this



Claude Handrick...won the 132s in 1982, but this is the 1st time he's definitely headed for the Worlds in Finland





**Tom Henderson...a win at 275 in the Big One for the hard driving Iowan.**

didn't have enough gas to finish off the lift. His biggest disappointment was, as he put it, "not having the guts to finish an 848 deadlift." Being face to face with some of the people who had previously made some derogatory remarks about his Hawaii meet this year, didn't help him either. The crowd just oohed and aahed at how big he was, however.

Another very big man was Mike Hall. He is massive in every physical respect, and he will go 900 800 800 in the near future and more later. The power is already there; judging technicalities were all that kept more of it from going onto the scoreboard. Mike is, of course, an A.D.F.P.A. National Champion and record holder. He is quite likable and humble, but I believe that he feels strongly that he is the Strongest Drug Free lifter in the World. Does anyone want to differ with him?

The battle in this final class was quite close as George Hechter missed a jump to 986 in the squat twice. It was just too heavy. Realizing the barn door was open a bit, he played it conservative for the rest of the meet. Doyle Kennedy was in fine shape for this meet. His squats, benches, and especially his deadlifts were excellent. When the time came

to make up the 83 pound subtotal deficit he was working under, he was ready. 892 was pulled up well, but it was too much for Doyle to get past the halfway point and crashed back to the platform. Gus may be right about this being the last year that Hechter could be caught, but it was Doyle who almost did the catching. The national team championship was closely contested this year. The United States Armed Forces contingent has dominated every national meet they've gone to before, but this time there was a tie in team points between them and the Franz Power team. They are decided by virtue of how many 1st places each team won, but that is a tie as well. They had to come down the 2nd places finishes before it was determined that the Armed Forces was once again the winner.

There's plenty of pre-meet and post-meet news to report also. The U.S.P.F. National Committee meeting, held on the Friday prior, went well with much being accomplished. The major news is that in 1986 the U.S.P.F. Women's Nationals, the National Collegiate, and the Men's Senior Nationals will all be drug tested meets, according to current IOC/IFP specifications. The Senior Nationals will return to Chicago in 1986 and the Junior Nationals will be in Dallas. Qualifying totals for both meets should be available soon. The Women's Nationals was confirmed for Utah in February. The United States team for the I.P.F. World Powerlifting Championships in Finland was chosen to be Anders, Bob Bridges, Bell, Gay and Takala, Coan, Pharr, Jacoby, Henderson, and Hechter. Coaches are Dave Keagy and Doyle Kennedy, and Bob Packer is the manager. The team for the Junior World Championships was also selected and they include Gerry Snyder (114), James

Morgan (123), Jesse Kellum Jr. (148), Reagan Black (165), Wally Stamper (181), Dom Castellano (198), Steve Lumpsee (220), Paul Immekus (242), Dave Pisanella (275), and Kevin Farber (SHW). Tom Lincir of Ivanko Barbell (his middle name is Ivanko, incidentally brought up an interesting point. Being in the business of making plates weights sets, etc. he stated that, in the average cast plate is 5 percent underweight. Any of us who have bought plates know that there is variation, of course. I have some plates that are 10 percent over, as well as some that are light, and I know of a case where a set of "50" pound plates actually weighed out at 37 pounds apiece. 5 percent of 800 lbanko weights used at this meet were machined down to exacting tolerances and then corrected by adding lead to the threaded plugs you see on the plates; they are right on. Since the weights that many of these lifters train on may be considerably lighter, is this 30-40 pound variation a possible reason for all the bombings in this and other Senior National competitions? It wouldn't hurt to weigh the plates you train on to know how much weight you are handling. Ralph Sesso and all those who helped him deserve gratitude because they really worked hard to make this a fine competition. As a special touch, all the spotters, loaders, judges, etc. were listed in the program and I will repeat that here with the proviso that there may be some who were not mentioned for some reason, and equal thanks are due to them as well.

Spotter/Loaders: Len Sellers, Steve Pollice, Larry Shulch, Rick Kollaz, Don Morill, Bob Pleicha, Joe Ignoffo, Greg Poletejev, Vic Poletejev, Bill Hitzler, Tony Ardiz-zoni, and Scott Brodie. Warmup



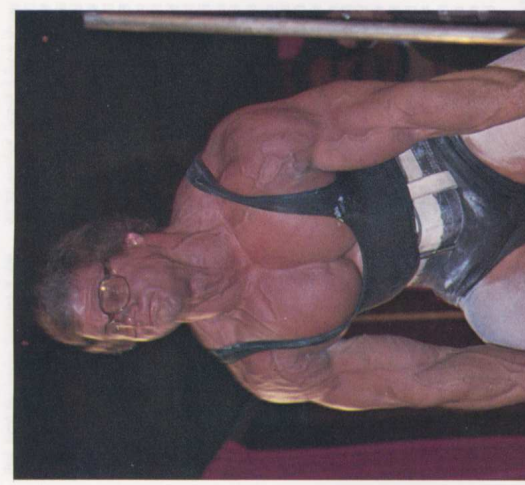
**George Hechter...the massive Superheavy got his massive trophy from Terry Danglefield, who did his best Brian Smith imitation ("Baah Loh-dead") in managing the platform. The spotter/loaders really worked their tails off.**

attempts. Dave has faced more dis-appointments than elation in Power-lifting, but he took the injury in stride. There's nothing he could have done about it, and it's better to bomb out this way than to be nagged with doubts about whether a squat was high or low or what? The injury doesn't feel too bad, although it bled internally all the way down the back of his leg. There is considerable interest in having Dave participate in the newly forming American Sumo League, by the way.

I've always wanted to see Gus Rethwisch do well at the Seniors. I know that he puts so much of his personal and family life on the line, in order to do well in the sport he loves. After a great meet in Hawaii last year, he was coming in prepared to win, feeling that this year was probably the last that anyone would have any kind of shot at beating George Hechter before he gets the total up near 2500. He had to repeat his opener in the squat, and was later very disappointed with the red lights he saw after staying with an extremely hard 876 squat until he stood up with it. In the bench, the judges kept seeing a little sag into his chest after the signal, and he was so shook up by the third attempt that he almost

made up the 83 pound subtotal deficit he was working under, he was ready. 892 was pulled up well, but it was too much for Doyle to get past the halfway point and crashed back to the platform. Gus may be right about this being the last year that Hechter could be caught, but it was Doyle who almost did the catching. The national team championship was closely contested this year. The United States Armed Forces contingent has dominated every national meet they've gone to before, but this time there was a tie in team points between them and the Franz Power team. They are decided by virtue of how many 1st places each team won, but that is a tie as well. They had to come down the 2nd places finishes before it was determined that the Armed Forces was once again the winner.

There's plenty of pre-meet and post-meet news to report also. The U.S.P.F. National Committee meeting, held on the Friday prior, went well with much being accomplished. The major news is that in 1986 the U.S.P.F. Women's Nationals, the National Collegiate, and the Men's Senior Nationals will all be drug tested meets, according to current IOC/IFP specifications. The Senior Nationals will return to Chicago in 1986 and the Junior Nationals will be in Dallas. Qualifying totals for both meets should be available soon. The Women's Nationals was confirmed for Utah in February. The United States team for the I.P.F. World Powerlifting Championships in Finland was chosen to be Anders, Bob Bridges, Bell, Gay and Takala, Coan, Pharr, Jacoby, Henderson, and Hechter. Coaches are Dave Keagy and Doyle Kennedy, and Bob Packer is the manager. The team for the Junior World Championships was also selected and they include Gerry Snyder (114), James



**Dave Jacoby...was astonishingly good winning the 242s. Look at those veins!**

and he had plenty left over had he needed it. Back at the 1981 Juniors in Boise, Idaho where he placed 4th at 275, Tom came up to me and politely introduced himself. I don't recall his exact words, but he also said something to the effect that I would be hearing more from him in the future. It was not a boast, simply a look at the deep determination of the man. He was correct, and there's more to come. I'm sure.

Tom is one of the most athletic looking big men you'll ever see. He passed an elderly lady in the hotel lobby the day before and she turned around and looked at him and stared at him and adjusted her glasses at him. In all her years, she had never seen anything like him before.

Dave Jeffrey stated before the meet that although he couldn't say that Sam Samanigo would win the 275s, he did feel he was the strongest man in the class. After just a few training sessions with Dave, Sam's squat had rocketed to the 850 level, a major improvement. His 815 and try at 843 promptly moved him out of the one lift specialist domain at this meet. His bench gave him all sorts of problems, though, and he almost missed all his attempts. The deadlift is still awkward for him, but his total was hefty enough to place him among the Top 3. Dave Parks is another super athletic 275 pounder, but unfortunately he did not get many attempts in. With traps like his, you know he's a great deadlifter, and with progress like the continues to make a lift beyond the current world record will be his soon. Mark Chaillet was plenty strong, but with only 3 attempts in it's understandably hard to move up in the placings. Tim Martin, formerly of Ohio and now of Georgia, had a great meet going, but fell back in the deadlift, where there were too many fine practitioners of that lift. As stated in a previous issue of POWERLIFTING USA, Bob Dempsey has made the commitment to no longer use steroids, and he competed after recent surgery to remove a cancerous mole from his chest as well as part of his lymph node system. He demonstrated the kind of integrity and courage he possesses, by facing up to the challenge of deadly melanoma and this competition with some kind of quiet dignity he has shown in previous Senior Nationals.

Joe Morell looked gigantic at this weight and tossed his squat attempts around easily, but couldn't get enough whites to proceed to the benches. Larry Kidney has been here before, and his lifting has been surging forward recently, but bomb bug decided to bite him as well.

In the Supers, the entries were rich in talent, if not in numbers. Dave Waddington looked in fine shape and his first squat of 903, although not passed by the judges, was one of the finest I've seen. For those who looked closely, though, there was a little hitch in the lift and that was Dave's hamstring muscle letting go. Though he managed to get off stage without help, it quickly became clear that he was injured and he passed his

Aterholt was just as fiercely determined as ever, but was obviously competing in the early stages of recovery from an injury, as he is normally at least 100 pounds stronger in both the squat and deadlift. With John Gamble not competing, the focus of attention in the 275s was Doug Furnas. You've heard of cannonball delts, well, he's Mr. Basketball. Thighs, but he didn't get the chance to put his legs to work as he suffered setting up problems in the squat with 887 twice. Once over that he lifted perfectly, however, with competitive PRs in both the bench and deadlift. Tom Henderson, though as nails Iowan, took full advantage of his jump on Doug in the squat. Tom is a made squatter, not a born one, and the lift does not look easy for him, but he obviously does it well. He squinted his eyes closed on the final 870 and forced it upward on sheer will. In the deadlift he had a clear advantage. Though Doug was lighter, he had to open first. Doug matched both Henderson's opener and his 2nd attempt, but that was all he could do. Tom pulled up 815 strong and smooth for the win,

platform. Whenever they made a lift, he would greet them a smile that made them realize that he knew they could do it all along. Bill Davis missed 777 badly in the squat, but then made the best comeback attempt of the meet and got it strongly on his 3rd. Among the great benchers at the meet, Gil Thompson likewise had a day of frustration with only 3 pass-attempts to make up his total. Mark Dimiduk's total was really hurt by judgments that went against him on his last 2 squats. He indicated that he wouldn't be back to his next meet year. Paul Immekus made his Senior debut from Wisconsin and the Selection Committee a good look at what they later decided should represent the US on the Junior World Championship team. Dave

- Best Lifters.....Coan/Jacoby
- Best Squatters.....Coan/Hatfield
- Best Benchers.....Well/Samanigo
- Best Deadlifters.....Coan/Parks

## MORE ON GEORGE HECHTER



Security: Rick Nelson, Bill Holler Doornen; Tim 'the Pirate' Bill Hitzler; Tony Ardizzone; Mark Klompach; Table; Cal Fox; Frank Hedlund; Edwin Montfar; Booth; Dorothy Sessa; Lilian Montfar; Don Soto; Kathy Derolave; Expedito; Bret Masuoka; Mark Detoliva; Sroekesinger; Torry Ward; Tissa Camera; Justin Washberg; Belinda Lee; Announcer: Tom Johnson. Meet Secretary: Val Emperson. Medical Staff: Richard Herrick MD, George Shybak MD, Rick Ham, meslar MD, Stella Herrick, ATC, Ronald Brenner DC, Greg Walsh MD, ATC, Marie Herrick AT. Judges: Bill Decker, Bill Hartmann, Bob Packer, Nate Foster, Barbara Whinn, Mike Scott, Jan Sheehan, Jim Lem, Jacka Pan, vianen Don Haley, Luke Schwartz, Glen Venator, Conrad Cotter, Dick Burke, Harold Dushane, Steve Miller, Judy Godney, Ralph Parise, Sam Parclue, Ted Herring, Mark Winaust, Lunda Chicado-Shendow, Mano Torres, Doris Herring, Roger Lanagan, Willie Myers, Ernesto Milan, and Z. Milan. Exhibitors: Power Systems Unlimited, North Midwest Distributors, Black's Health World, Bob's Custom Bells, Hydro-Gym Athletics, Elite Sales, Six-Fit Gym, Equipment Kevin Bayern, UTD Co., First American Travel, Frantz, and Crain Power Plus. Co-meet director Hank Magiera deserves special recognition for the hospitality he showed to so many people as well. For you Jerry-Jones fans, yes, he was entered in the 220s but suffered a freak injury during warmups and did not compete. His first Seniors was back in mid 1960s and he has 20 years when he reaches the Masters division. After the meet, there was a meet, ing held in Room 302 of the host Holiday Inn and in approximately 50 of the top lifters and interested parties discussed grievances and decided to form a new powerlifting association. After an invitation from the U.S.P.F. Executive Committee to Room 302, Larry Pacifico, Eric Frantz, Gus Rethvasch, Bill Seno, Maris Sternberg and others came preliminary for some further discussion. Preliminary information is that the new organization will promote its own Senior Nationals and its own World Championship and will organize under the American Powerlifting Federation banner, previously incorporated by Eric Frantz. According to Larry, the lifters involved want more say in how the sport is conducted. Further information is expected shortly on the new group.

### ATTENTION!

**Powerlifting USA would like to request of all PL USA readers a one-time favor. Sometime during the next month, go to your local newsdealer and ask them when they will start carrying PL USA at their establishment. Thanks!**

Championships, Hechter delivered notice that he had become a major force in powerlifting. He registered a total of 2,033 pounds off 865 518 650. His squat and bench press efforts were Jr. World records, with the squat shattering the previous record by more than 200 lbs.

Less than two months after returning from Australia, Hechter returned an awesome effort in the Potomac Open in Virginia. He recorded a personal best in each individual lift with 950 565 800 for 2305, and at the prestigious Hawaii International, he again improved on the best total in powerlifting since 1981, with lifts of 964 584 821 2369.

"Things have gone well for me the past 18 months. I have made a number of adjustments in my techniques, using trial and error and rule of thumb. I've concentrated on nutrition and getting more rest. I've trained hard, but I've been allowing more time for recuperation. I've emphasized intensity rather than repetition."

Hechter has been making impressive progress since he won the Teenage Powerlifting title in 1980 as an 18-year-old. At that Chicago meet, he totaled 1,728 pounds (655 440 633). When I won my first Teenage Powerlifting title, my only goal had been to improve my total from the previous year. When I competed in my first Teenage Powerlifting meet in 1979, I did just about everything wrong imaginable. The first lift of the day for me was at 9 a.m., but I wasn't used to competing at that time of day. I was used to lifting after school. Plus, I didn't warm up properly. During the meet, I was told I needed a good deadlift to finish fifth overall. I knew they gave medals for the first three places in the different age divisions, but I wanted to go for a top five overall. I was awarded to the top five overall. I needed to lift 529 pounds. I went for it and missed three times. I really bombed in my first Teenage Nationals.

Since then, he's had few disappointments. He repeated as Teenage champ in 1981 at Little Rock, Arkansas where he totaled 1972 off 750 485 727, all Teenage records. "I made a big improvement from 1980 to 1981 because I was starting to learn more about proper training. I also benefited from the lifting experience I had gained. Another factor was the advice and instruction I received from Bill Starr."

"Even though I made a tremendous gain, I had actually set my sights on a 2,000 pound total. I don't think I realized at the time how difficult that would be, but it came mighty close. Hechter shattered the 2,000 pound barrier in 1982 when he won the National YMCA championship in Columbus, Ohio, with a total of 2,090 pounds. He turned in an 805 pound squat, 518 bench and a 777 deadlift. The YMCA meet was significant to Hechter for another reason as well. "I met Louie Simmons at a meet and he has helped me a lot since then. We've spent hours talk-

ing on the phone. He's been a tremendous help with my technique."

His third-place finish in the Junior Nationals in 1982 was one of his best disappointments. He bounced back in 1983, however, repeating as the National YMCA champ. He appeared stronger than ever as he completed a 2,138 total off 821 pounds in the squat, 529 in the bench and 788 in the deadlift.

Although Hechter owns more powerlifting titles at age 24 than most lifters involved in powerlifting with the idea of competing. "Being strong always appealed to me," he states. "I can remember looking at all the advertisements in the back of the comic books that offered material to make you stronger. Even at age four and five, I had a magnet to guys who were strong. I knew that's what I wanted to be. "When I was 12, my mom bought me a set of 110 pound barbells. I used them every day. I bought lifting magazines and ordered courses out of them. I learned gradually, lifting on my own. When I was 16, I joined a gym in Bel Air, MD, and that's where I met Bill Starr, who got me started in powerlifting."

"I had started wrestling as a 10th grader at North Hartford High School and I wanted to gain some weight and strength. I wrestled heavyweight at 175 pounds, the lightest allowed. When Bill asked me if I wanted to start powerlifting, I said yes with the goal of getting stronger, not competing. Bill showed me the three lifts and started to work closely with me."

"My first competitive meet was as a guest lifter in a qualifier for the Teenage Nationals in Fort Worth, Texas, in April 1979. In that meet, I squatted 620 pounds, benched 330 and deadlifted 500 pounds. I was 16 and weighed 223."

Since then, his stock as a powerlifter has steadily risen. He has taken a dramatic jump since 1984. When it comes to judging Hechter's future, it's a bullish market.

"I don't think I've peaked yet," he offered. "As I get older, my body is maturing and I'm getting stronger. I've also had the benefit of never having suffered a serious injury which has kept me from training. My improvement has been progressive. I haven't had to stop training and I spend several months getting back to where I was before the injury."

"At the beginning of my career, everything went fine. In the middle of my career, things slowed down because I was making mistakes. Now, I'm hitting my mistakes. I've learned from my mistakes. I've become more analytical, enthusiastic, and dedicated. Modestly, George prefers to keep his goals and self-expectations to himself, but if he continues the improvement he has demonstrated, he's capable of it. In the past, he could become the next powerlifter to shatter the 2400 pound barrier."

Barry Sparks

## National Boy's and Girl's Teenage Powerlifting Championships

by John Buckley, ELITE SALES

This year's version of this popular event was held at the beautiful Samoset Resort Inn located in Rockport, Maine. The fact that the meet went off without a hitch was a tribute to U.S.P.F. Youth Development Chairman Jake Boyden, Fred Kneeder of the host Camden Area YMCA, and all the local help that they were able to recruit. Only people that have put on large meets can appreciate the headaches that go along with a production such as this. What do you do when the company that came to you offering to provide kilo weights for the contest suddenly says, the day before the meet, that the weights will not get there until you are underway. You have 163 lifters from as far away as Hawaii and no weights to lift. It's almost funny. They simply borrowed the weights from local gyms and they had someone drive the 400 mile round trip to Hingham, Massachusetts to get the nearest kilo set they could find on such short notice. The weights did arrive halfway through the first session of the meet. The paper was a good idea. The outstanding lifter on the girls' side of the meet was a coach, old Elizabeth Fisher, who was coached by Chris Starr. Both finished third in this year's Women's Nationals in Boston. In that class, she competed at a 128 pound class. She had a perfect day, going 9 for 9 and not lifting a single red light in the competition. She squatted an American

weight lifter on the girls' side of the meet was a coach, old Elizabeth Fisher, who was coached by Chris Starr. Both finished third in this year's Women's Nationals in Boston. In that class, she competed at a 128 pound class. She had a perfect day, going 9 for 9 and not lifting a single red light in the competition. She squatted an American

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Kyle Brown...the Champion of Champions for the entire competition broke extensive new ground in the squat with 843 at 275. John Buckley photo.



Winning Girl's Team...for the 3rd time was Swartz Creek, Coach Loyd Coon would like to thank Mac Richards and George Zangas for their co-sponsorship in providing suits for the team. It was a great help. Buckley photo.

Teenage Record 352 and looked good for another 25 pounds or so in the bench press she only tied the Teenage record with a lift of 187 pounds in the deadlift she lifted 363 just off the American Teenage record. Her total was an outstanding 903 lbs. Both the squat and the 14-15 year old age group set meet deadlift had quite a bit more in them, so I predict we will be hearing even more from her in the future. Other records were set by 19 year old Lisa Melnea, who brought the team champions in the girls' squat standard all the way up to 242 lbs. She also increased the deadlift record by 66 lbs., bringing it up to

## MORE ON Kyle Brown

Kyle Brown electrified the audience at the 1985 Teenage Nationals when he broke the existing American Teenage and National meet records with squats of 788 and 843 pounds. He later went on to bench press 473 lbs. and deadlift 738 to establish a further American Teenage/National Meet record of 2055 in the total. He went 9 for 9 and took home a trophy for 1st in the 275s (18-19). Best Lifter for his session, and Champion of Champions.

Kyle started training at a Nautilus center near his Robinson Township home (outside Pittsburgh, PA) at the urging of owner Frank Bedolotta. Kyle also played football, and as a 5'8" 228 pound Senior running back at Montour High, he gained over 1,000 yards, most of it up the middle, which is tough running.

He entered his first power meet in 1982, as a sophomore. He won first place and Best Lifter and has improved as a competitor ever since. In 1983, he competed in the Teenage Nationals in Scottsdale, Arizona and won the 16-17 242 lb. class title. He trained at the Mike's Rock Barbell Club prior to that meet and experimented with a coach as well. Kyle prefers to train without one.

Kyle trains very hard in the off-season, sometimes training five or six days a week. He alternates major muscle groups, so each is worked 3 times per week. This type of training prepares him for the heavier weights when his pre-meet cycle

(article continued on page 56)



# 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 Champ. Each month, a different lift is analyzed. For example, if your lift is 400 lbs., the training weights in direct proportion to the training poundages are 8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).**

## RICK WEIL'S BENCH ROUTINE

**The man who just benched a world record exceeding 534 at 181 at the Seniors (photo below) tells you how to improve your bench in 10 weeks.**

move weight, so train them as a separate body part. Sleep incline press will isolate the front delt if the bar is kept in close to your face and driven back towards the uprights. Seated dumbbell presses are not only great for the delts, but also one of my favorite exercises. This is performed seated straight up driving the weight with palms forward. 3 sets of 5 reps on both of these exercises is plenty. Also, only train them once a week. That's right, once a week. I have trained this way for three years, each body part once a week and made maximum gains on every cycle. This type of training also keeps injury to a minimum.

Now come to one of the most frustrating part of the bench press, the lock-out. I have seen many lifters miss what appeared to be an easy lift, right at the top. There are two reasons for missing a lift at lock-out, fatigue, which can cause bad form, or not enough tricep strength. If your gym does not have a dip bar, tell the owner to get one. Weighted dips are

\*To failure, + with about 80-90% of appropriate weight you can handle with good form.

WK	Bench Press warm up	Negative failures	Bench to failure	Incline Press	Seated Dumbbells	Bar Dips	Tricep Push + Downs
1	330x5x3	none	320*	225x5x3	75x5x3	3x5-	3 sets
2	335x5x3	none	320*	230x5x3	75x3x5	3x5-	3 sets
3	340x5x3	none	320*	3x5-	3x5-	3x5-	3 sets
4	350x3,400x1	425	325*	3x5-	3x5-	3x5-	3 sets
5	355x3,405x1	430	330*	3x5-	3x5-	3x5-	3 sets
6	360x3,410x1	435	330*	3x5-	3x5-	3x5-	3 sets
7	365x3,415x1	440	330*	3x5-	3x5-	3x5-	3 sets
8	370x3,420x1	445	335*	3x5-	3x5-	3x5-	3 sets
9	375x3,425x1	450	335*	3x5-	3x5-	3x5-	3 sets
10	380x3,430x1						



of 3 reps with 285 lbs. in the weighted dips in training, yet I was having a lock-out problem. After a lot of thought I realized my problem was not strength, but tricep fatigue. My triceps were pumping too fast. To correct this problem I dropped the weight on the bench after doing negatives, down to 405 and did reps until failure. By the time I could perform 10 easy reps, my sticking point was gone. Now I am not saying you should drop to 405, but 80% of your maximum lift is a good place to start. For example, if your lift is 400 lbs., bench presser would start with 320 to 325 lbs. and try that for a week or two. Here is a typical workout for the 400 lb. lifter, who is looking for a 430 lb. bench in a ten week time. Remember to train only once a week, that is the secret to making 5 lb. jumps per week. Rest is very important as is diet, so keep all these things in mind during the 10 week period. You can do anything you set your mind to do. Never give up or say "I can't". Think positive and you will succeed.

Good luck, train hard, and contact me if I can be of any further help. Rick Weil, P.O. Box 40332, St. Pete, FL 33743, (813) 866-0357.

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## The Wisdom Behind SOVIET TRAINING and your Powerlifting Cycle

by Frederick C. Hatfield, PhD, SPORTS FITNESS

The Olympic lifters ought to be their tender dreams of ever making it back into the winners' circle. Indeed, Powerlifting in this country is progressing at such a rate that if the Soviets ever want in, they'll have to take a lesson from us.

Dave Keaggy took the training cycle of the Russians and adapted it to powerlifting. Over the two years he and I have been experimenting with it, training several highly talented lifters in the process, we've learned a few things about proper rest. We've learned how to cycle, how to build a restorative element into our regimen. How to train with our heads. How to train with our legs. The system is called a six-week quick strength gain program by the Russians, but we've found that it can be used over several six week cycles with nothing more than a few days of active rest in between each cycle.

I have successfully combined the program with plyometric type training to help establish some explosiveness for eliciting maximum recruitment instantaneously during the execution of heavy lifts. The plyometric training involves both upper and lower body techniques, and will be covered in a future article.

The six week training regimen calls for all three lifts to be done three times weekly either on the same day (which is possible because of the built-in intensity break) or on alternate days (for some of us 'older lifters').

The traditional assistance exercises can, and probably should, be done after the three main exercises. I favor doing the high bar squats either than the competition technique (for greater leg strength) and the stiff legged deadlifts rather than the competition technique (for greater glute and hamstring development). I also favor compensatory acceleration in the squat and bench movements in order to derive maximum recruitment patterns and therefore greater functional strength stemming from the improved overload.

For squatting, I have begun using a specially-built bar that gives remarkable isolation to the quads and allows the user to completely eliminate both low back stress and knee shearing forces (to be written about soon). The new invention will, I promise, be cause for the record book to be rewritten in the squat. (The Russians don't have it yet!)

It's been two years now since Dave Keaggy, Bill Reynolds and I traveled to Moscow on the fact-finding mission. Since the early Fifties, the Soviets seem to have discovered strength training techniques better than those used in the West. I say 'seem to have discovered' because no one ever took the time to find out -- no one really knew for sure exactly what it was that was giving them such a huge margin in the strength sports.

Was it their drugs? Was it that they conspired armies of guinea pigs to try out for sports? Was it some mystical potion or magical technique that allowed Alexeev, Rigert and the scores of other strength athletes coming out of Russia to so dominate international competition? Was it some sort of 'Commie plot'?

Look around you at the coaches in this country; the successful ones and the not so successful, football coaches, strength coaches, track coaches, from high school through colleges. From all school through the pros, do you see any continuing any real effort to unify our collective knowledge and experience? See any truly meaningful research going on that will ultimately reach the hands of the rank-and-file coaching world? See any effort to provide the coaches of the young athletes with the benefit of scientific training and conditioning techniques that are more than slogans (the tough get going when the going gets tough mentality). Does the hot air from old coaches who, in their heyday, were lucky enough to have been gifted themselves as athletes or lucky enough to have coached a few who were (giving them their fame and status as a supposed 'super coach') ever fan the flames of wisdom?

I see none of that going on here, but I did in Russia. Armed with first generation competitors, a sports-mad population and some brilliant thinking on the part of

There has not been a single lifter who hasn't maxed out at their strength gains after following this program diligently. The critical element in whether it's successful for you is in your determination of your 100 percent lifts. Don't put 500 pounds down if you've never done that much before and don't put it down if you did it last year, but only at 450 now. It is critical that you use REALISTIC poundages to start out. They can be adjusted as you progress after the first few days of the program; avoided rest is used in THE PERCENTAGES!

Good luck, and feel free to send in your progress. Our data banks can be shared with you. You can lose by putting ALL your athletes on this program for six weeks. Nothing to lose. Remember that the Russians put this program together not by magic or by accident, but by means of a lot of hard work. YEARS of data analysis and literally THOUSANDS of lifters cooperating. The data support their belief in this system. I'd like to see the lifters and lifters who have the finest strength training system ever brought into this country -- be none.

**6 Week Soviet Strength Program**  
**Top numbers indicate percentage of current maximum single lift; bottom numbers are reps. Last number by third fraction indicates number of sets at that poundage. Use Ultrastrict form for each rep. Don't miss workouts.**

Week 1	70/2 75/2 80/2 6
Week 2	70/2 75/2 80/2 6
Week 3	70/2 75/2 80/2 6
Week 4	70/2 75/2 80/2 6
Week 5	70/2 75/2 80/2 6
Week 6	70/2 75/2 80/2 6
Week 7	70/2 75/2 80/2 6
Week 8	70/2 75/2 80/2 6
Week 9	70/2 75/2 80/2 6
Week 10	70/2 75/2 85/5 5
Week 11	70/2 75/2 80/2 6
Week 12	70/2 75/2 90/4 4
Week 13	70/2 75/2 80/2 6
Week 14	70/2 75/2 90/3 3
Week 15	70/2 75/2 80/2 6
Week 16	70/2 75/2 100/2 2
Week 17	70/2 75/2 80/2 6
Week 18	70/2 75/2 105/1 2

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Dear lifter, in this article I am assuming you have a 400 lb. bench press and are looking to maximize your potential in a ten week period. First of all, any lifter with a 400 lb. bench is definitely an experienced lifter. Therefore, I will assume your problem getting maximum gains might be a plateau, sticking point, or incorrect form. Heavy weight must be attacked with a positive attitude, yet with great preparation so as to minimize any chance of injury.

If you are having trouble handling heavy weight, then I recommend doing heavy negatives. After your set bench workout assuming your last set is a single with 400, go on to 425-430 for a controlled negative rep -- never more than 1 rep per set. 1 or 2 sets per workout is plenty. This will strengthen tendons and prepare you mentally for the day when you will be benching the heavier weight.

The lighter the weight feels to you, the easier it is to concentrate on form. When I performed a 518 bench at the Mountaineer Open, I had previously done in training negatives with 570 and 600 lbs. controlled negatives also help the lifter who is stuck at a certain weight for a period of time or in other words, plateaued.

Sticking points come into play quite often with the experienced lifter. It can be very aggravating. There are four basic parts to the bench press, we will call them the approach, the drive, the push, and the lock-out. The approach is the part of the lift where you bring the bar down to your chest. This is important because done properly, it sets up the rest of the lift for hitting the groove. Remember to stay very tight during the approach, do not relax at your chest. The negatives will help here.

When the dip is sounded, practice drive part of the lift. Practice pause benching in the gym because good habits are hard to break as well as bad habits. Also, injury can come from sloppy form, so always train as if a judge is watching. If you are stuck at your chest, perhaps you are forgetting a very strong and important body part at your disposal -- your BACK. Remember the bench press is an upper body exercise and your back is part of your upper body.

Powerlifters generally have very strong lats, so why not use them? With 135 on the bar, practice using your lats to drive the weight off of your chest, do this by initiating a lat spread of sorts at the bottom of the lift. Trying to believe it really works and with practise your lats will drive you weight off of your chest with. Since powerlifters train their backs, only the lifters who strictly bench need to do special back exercises. I recommend doing lat pull downs and cable seated rows for building the muscles necessary for the drive part of the bench press. Those of you with strong backs need only to work the correct form, getting used to driving with the back.

The push is that part of the lift between the drive and the lock-out. Momentum is obtained from the lats in the drive, then the front deltsoids must take control. Front deltsoids will

# Ask the Doctor

Over the past few years there has been a furor in the media about the use of drugs by athletes. This furor has led to a loss of objectivity and a polarization of views. The fact that drug use among athletes mirrors that in society is often neglected. The use of drugs is an accepted part of modern life. The average person consumes many drugs daily: both as food and as medication. The use of alcohol, caffeine, nicotine, ASA, decongestants, antihistamines, antibiotics, sedatives, tranquilizers, sleeping aids, herbal teas, and mixtures etc. is universal. Illicit drug use is part of contemporary society and often goes hand in hand with alcohol and prescription drug abuse. As well, our society places undue emphasis on winning. It's not how you play the game, but whether you win. We recognize winners and give them the spoils of the game. Second place is often interpreted not as having done well, but as having lost.

Given these two premises it is any wonder that the athlete attempts to enhance performance any way that he can? Is it any wonder that he turns to drugs to gain a competitive edge?

In attempting to better understand the role that drugs play in enhancing performance, many athletes become frustrated by the lack of adequate answers to their questions about the use and abuse of drugs, the hazards and side effects associated with drug use, the alternatives to drug use, the testing procedures for banned drugs, and their effectiveness.

There is a real need for an intelligent, factual, unemotional approach to these questions and to the whole issue of drug use in sports. This type of approach is missing from the sensationalist investigative type of reporting seen in sporting magazines, television and many popular books.

The purpose of this column will be to provide just this type of scientific and reasonable approach to any questions readers might have on any aspect of drug use in powerlifting.

Please address all questions to Mauro G. Di Pasquale, MD, 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0.

**Dear Mauro:** I've heard that the use of anabolic steroids will increase your chances of developing liver cancer, of having heart attacks, of dying younger, and once you have used steroids your body never returns to normal as far as your testicles and your own hormone production. **Ivan C.**

**Dear Ivan:** There is no solid evidence to show that the use of anabolic steroids has any effect on longevity, cancer or heart disease. Of course, one has to keep in mind that all the facts aren't in. The use of anabolic steroids is only a two decade phenomenon; there is not enough of a statistical database on hand to make any conclusions about long term steroid use. There is, however, some preliminary research that shows changes in HDL and LDL serum cholesterol in people taking anabolic steroids. More research may show us that anabolic steroids accelerate atherosclerosis and therefore increase the incidence of heart disease.

If you are unusually sensitive to anabolic steroids, as one can be to any drug or substance, then there is the possibility of suffering some degree of irreversible damage to the liver and other susceptible organs. This is a rather rare phenomenon and the risk is likely no greater than the risk of serious reactions from many other drugs such as birth control pills, antibiotics, etc.

There is every indication that the hormonal profile returns to normal several weeks after the discontinuation of anabolic steroids or exogenous testosterone. The testicular size and function also returns to normal as does the sexual function. **Mauro G. DiPasquale, MD**

**Dear Mauro:** I've been told by those in the know that glandulars are a safe alternative to anabolic steroids and other dangerous drugs. Also they are as or more effective for building size and mass, but have none of the side effects of the hard line steroids and other drugs. **Ken H.**

**Dear Ken:** Glandular products have little anabolic or ergogenic effect. The oral products (usually concentrates of animal testicles, adrenals, portions of the brain, pituitary, thymus etc.) are mostly destroyed by the gut enzymes and acid, or simply not absorbed from the gut and are therefore excreted. Those that are absorbed are immediately destroyed by the liver so that the substances cannot reach the target tissues. Thus, the testosterone present in glandulars has no effect since it doesn't reach the muscle tissue. Also, many of the animal hormones are ineffective in man; for example growth hormone. The sublingual forms of glandular concentrates, although they bypass the gut, are still subject to rapid deactivation and many of the substances in these tablets are not readily absorbed through buccal mucosa.

Even though the biological effectiveness of glandular preparations is minimal there can be disadvantages to using these compounds. For example, because some of the testosterone present in orchic (testicle) preparations is inactivated by the liver, it is possible to experience some of the same side effects seen with pharmacological preparations of testosterone. **M.G.D.**

**Dear Mauro:** I've been told that drinking too much coffee during a contest can lead to a positive drug test. How much coffee would a person have to drink before this happened? **Mario B.**

**Dear Mario:** Caffeine is no longer a banned substance under the revised IJF Doping Rules. For other sports that follow the IOC Doping Rules, the concentration of caffeine in the urine must be higher than 15 micrograms per milliliter in order to have a positive test. That amounts to a lot of coffee. There have been few disqualifications due to high caffeine levels. **M.G.D.**

**Dan Austin Counters the Accusation...I'm an Innocent Man!**  
In response to the COUNTERPOINT item by IJF President Heinz Vierthaler in the last edition of PL USA, Dan Austin has the following to say:

Everyone who participates in sports would like to accomplish something big that would stand out in the public eye so that people would remember him/her for what they did, or in my case, for what happened to them. I've always wanted to do something to make people remember me, but in this anecdote, I will be remembered as the Joker, instead of Barman. Thanks to the drug testing, I will be remembered for a long time. It (the test) was a total screw up. As one of my friends stated, "they (expletive deleted) up... I have been lifting weights for twelve years (6 as a competitive powerlifter/bodybuilder). In all these years, everything that I've accomplished (local and world level) has been 100 percent natural, unless vitamins and amino acids are illegal. When I received the phone call that my sample A was positive, I refused to believe that it was true. I thought it was a joke or maybe someone out to get me. From the moment I hung up the phone, weightlifting became boring; my ambition was no longer there; no drive, motivation, nothing. Weightlifting was no longer one of the most important things in my life. It was like I had been kicked out of weightlifting heaven. It seemed like I was being punished for something I believe in not doing. Even though the B sample came up negative, it did not remove the wounds that had been laid there. It was like I was an innocent man, serving time in jail for a crime he said he did not do, and later he was found innocent.

People always remember the bad, not the good. I don't care to have any of the following questions answered because I know in my heart that I don't take drugs or have any plans to do so. My health is too important to me to fool with drugs and I'm definitely not going to waste my money on drugs to win a trophy or satisfy my "ego."

(A) Were the A and B samples frozen?  
(B) Was only the B sample left out in the open?  
(C) How can frozen substances decay?  
(D) If we are using IOC standards, do they call for samples to be frozen?  
(E) Why did a very reliable source who phoned me to tell me that my first test was negative remember being told "what there was an error" in the test days after learning about the A sample, results negative.

I realize that physicians are human and are entitled to make mistakes. If the IJF is going to test (I'm all for it), we better get our acts together. If we are going to use IOC standards, guidelines, procedures or whatever by-laws there are, we need to enforce these rules to the limit to prevent what happened to me, so it does not happen to someone else; and it does happen, define what procedures to use.

I would like to point out one more thing that is very important. If a case like this happens again (a lifter fails the first test, passes the second and he/she is innocent), the mark is left on the lifter, not the physician. Dan Austin.

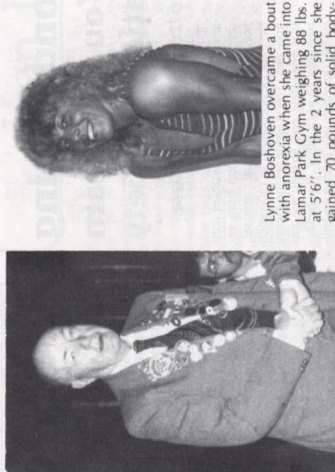
**To Members and Friends of the APF/AMPF...**...is the heading of a letter sent out recently by Ernie Franz. In it he lays out the history of his organization against some of the problems that have been experienced in the sport including TV contracts, drug testing, rule enforcement, money management, lack of power in the IJF, etc. He feels that straw that broke the camel's back regarding many of these issues was reached in Chicago at the Senior Nationals, and points to the changes in the sport that were passed and the number of bombings at the meet. A number of top lifters attended their own meeting in Chicago and an initial structure of Ernie Franz as Chairman, Larry Padicao as Treasurer, Bill Seno as Athlete's Representative, and Matis Anne Sternberg as Recorder under the incorporated seal of the APF/AMPF was established. The APF/AMPF (American Powerlifting Federation)/American Masters Powerlifting Federation) is expecting a large influx of new members. According to Ernie "We will be working hard to insure comfortable lifting, strict but FAIR judging, and all lifters having a voice."

An APF/AMPF Senior Nationals is being prepared for Dayton, Ohio in June 1986 and a World meet in Hawaii, tentatively for November 1986. There will be no drug testing. "We feel there is an organization available to those who want it already." They will not associate with the IJF. They are looking for members, state chairmen, meet directors and officials. "Our rulebook is based on the USPF rulebook with some modification." Memberships are \$12/yr., club sanctions \$25/yr. and meet sanctions \$25 and they will be happy to accept any donations. For further information contact Ernie Franz, 21 N. Broadway, Aurora, IL 60505, 312-892-1491.

**State Referee's Test Coordinator** Jaska Parviainen's phone number in the last issue of PL USA was incorrect. The correct number is 805-482-1898.

## \* WHO'S WHO IN POWERLIFTING \*

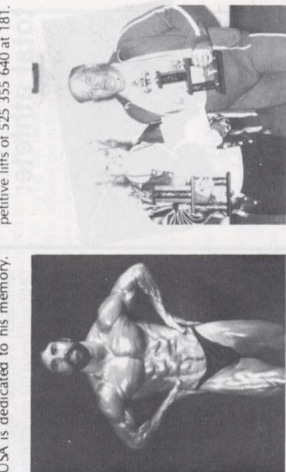
Whether you're Big Name or No Name, send your picture and details (Who's Who, Box 467, Camarillo, CA 93011) to this popular feature.



Lynne Boshoven overcame a bout with anorexia when she came into Lamar Park Gym weighing 88 lbs. at 5'6". In her 2 years since she gained 70 pounds of solid bodyweight and transformed her outlook on life. She recently pulled a 430 deadlift and opened her own gym, called COLD STEEL. Photo and information by Gary Morrison.



Keith Walker from Cussette, NC trains at the Central YMCA. He started out as a bodybuilder in 1977, but switched to PL in '78. He retired in 1980 after running up against lifters on steroids, but he started back in 1984 with the ADF-PA. He has won over 60 trophies during his career and has best competitive lifts of 525 355 640 at 181.



Ernie Franz won the Mr. Sunshine State AAU Bodybuilding contest in June. At 165 he had posted powerlifts of 480 330 550 but a back problem put him into bodybuilding. Weighing 136, he took first in his first PL at the Southern States meet. He trains at the All American Gym in Lakeland, FL. Photo & info by Lou

## Drug Use and Detection in Amateur Sports

by Dr. Mauro G. Di Pasquale, B.Sc., M.D.

A comprehensive factual analysis of the drugs used by athletes. Discussed are anabolic steroids, testosterone, amphetamines, stimulants, narcotic analgesics, growth hormone, HCG or human chorionic gonadotropin, diuretics, inosine, carnitine, creatine, cortisone, DMSO, vitamin B<sub>12</sub>, muscle relaxants, anti-inflammatory agents, nicotine, caffeine, and many others. There is also an explanation and discussion of the available analytical detection techniques for these drugs.

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# POWER-RESEARCH

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## Counter-Conditioning Techniques You Can Learn To Control Platform Anxiety

by Dr. Judd Biasiotto, Albany State

Most powerlifters experience anxiety in one form or another. It can range from mild apprehension to paralyzing terror. How well you handle anxiety is many times the difference between poor and peak performance, so it is imperative that you learn to control it.

Sports psychologists have experimented with various techniques to control anxiety and it has been found that some type of warm-up can be used to adjust the psychic state of many athletes. When the athlete wants to control his or her anxiety, warm-up can be taken so that the athlete does not over extend himself, however.

Another method that many athletes use to control anxiety prior to competition is massage. In fact, European athletes use the massage as part of their warm-up procedure. In the United States, however, it is not widely used. The only lifter that I've ever observed using it prior to competition was Bill Kramer at the 1982 World Series of Powerlifting.

A method that is also commonly used by the Eastern Bloc athletes to combat anxiety is old and/or not shown. Although the research in investigating these methods is equivocal, sports psychologists believe that they are useful for psychological reasons. The tennis player and I did not know this type of treatment (and all others) should be adjusted to meet the athlete's needs.

Pre-competition involvement is a method that is used to reduce anxiety. Many times lifters spend too much time watching the competition. They are caught up in the emotional content of the contest without the opportunity for psychic release, and they burn off valuable energy. For this reason, it's a good idea to get as far away from the competitive environment as possible. Also, you should engage in incompatible behavior when the other lifters are competing. For example, you might prefer to listen to soothing music, even play while you are not competing. These activities are not

anxiety-provoking events under conditions which prevent him from experiencing physiological arousal, because he is engaged in relaxation exercises. This is based on the theory that relaxation and anxiety are antagonistic to each other. It is believed that by continually pairing anxiety-provoking stimuli with relaxation, the subject will eventually learn to relax in the presence of the anxiety-provoking stimuli. The technique has been widely used and researched over the past two decades. Only recently, though, has the technique been used by athletes, and generally these are from Europe. Systematic desensitization has three components, (1) anxiety hierarchy construction, (2) relaxation training, and (3) scene presentation during relaxation.

### Hierarchy Construction

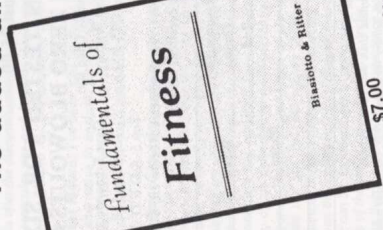
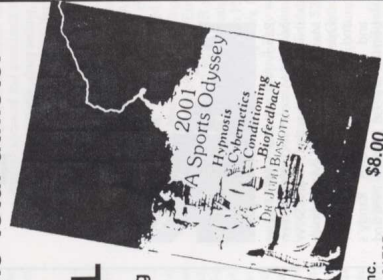
An anxiety hierarchy is a series of anxiety-producing scenes which have been arranged in an array from least to most anxiety-producing. For example, below is a modified hierarchy constructed by a female powerlifter who complained of anxiety associated with deadlifting.

1. On the way to the gym on the day of the meet.
2. Getting into my deadlifting outfit.
3. Warming up in the auxiliary room.
4. Entering the lifting area.

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5. Listening to the other lifters screaming.
6. When the announcer indicates that I'm in the "hole".
7. When the announcer indicates that I'm on "deck".
8. When I chalk my hands.
9. When I walk on to the lifting platform.
10. When I stand over the weight right before I attempt the lift.

The aforementioned hierarchy was condensed from a list of 47 anxiety-producing stimuli. Of interest is the fact that going into the lift was rated as being more stressful than actually attempting the lift. Most athletes indicate that anticipation of an event is usually more stressful than performing the event.

### Relaxation Training

You next step in controlling anxiety is to learn how to achieve deep muscle relaxation (DMR). Although there are various techniques such as biofeedback, autogenic training, and hypnosis that can be used to induce DMR, the most practical method is the one we discussed in the June, 1985 issue of *PL USA*. That technique requires neither special equipment nor an administrator, and it can be performed in a variety of settings. Best yet, the technique is considered to be functionally autonomous because the athlete is in control of himself. Whatever technique used, the important thing is that you learn to induce relaxation on cue.

### Pairing Relaxation with Anxiety

After you have become proficient at achieving DMR and after your anxiety hierarchy has been constructed, your therapy will begin. Find a quiet room where you won't be disturbed. Induce as deep a state of relaxation as possible. When you are totally relaxed, visualize the scene that makes you least anxious on your hierarchy. For approximately 15 seconds, if at any time you get nervous or anxious while visualizing the scene, immediately terminate it. Termination is required, again induce DMR and repeat the visualization of the same scene. Continue this procedure until you can remain totally relaxed while visualizing the anxiety-producing stimulus. Once this has been accomplished, move on to the next scene in your hierarchy and repeat the above mentioned procedure. Continue in this way until all the scenes on your hierarchy have been desensitized.

The rationale for this procedure is that by repeatedly pairing anxiety-producing events with deep muscle relaxation, the visualized scenes become counterconditioned or generalized. Because of stimulus generalization, counterconditioned imagined scenes correspond to behavioral improvement in the "real life" situation.

In other words, once you are able to relax while visualizing yourself in an anxiety-provoking situation, there is an excellent possibility that you will remain relaxed in the real life situation.

## More From Ken Leistner

fellow that I have given training advice to in the past. Although everything has been done to protect his identity here, I will state that he has had a number of records, and won major titles in the past. I think his statements succinctly point out all I have been worrying over for the past month in a way that just might make some of you who are using drugs stop and give careful consideration to the world that you've made for yourselves.

"I guess the biggest news is that I have quit training for powerlifting. This was a decision that I have realized agonized over for the past year, but it was inevitable. I just could not put myself into the training as much as I need to progress. You hit it on the head in your last letter. I thought you could motivate me to go against the writing on the wall, but in retrospect, I am glad you couldn't.

"The real item that made my decision was your outspokenness about the drug issue in current months. I respect your opinion in everything that comes from you, enough so I could not justify any form of drug use for athletic pursuits any more. I thank you for that and always will.

"I agree with you 100 percent that drugs are ruining the sport and that is part of the problem for the last few years. I did my share of rationalizing my use of and condemning 'recreation' use of others. I abused steroids, pain killers, anti-inflammatory drugs, and various anabolic steroids.

I'd like to share parts of a letter I received from one of my readers, a

make even the slightest improvement. I did this admittedly with little thought to the long term effects of the 'real' problem with drug abuse. I sincerely don't think anyone else could have had the credibility, or my faith enough to make me quit the drugs.

Before you dismiss this as one more "venous Nellie" who wasn't bad enough to pay the price for the major title, let me tell you that this man has won major titles and achieved far more than 90 percent of all competitive powerlifters. He really utilized his intelligence and realized that a world record or title wasn't worth the potential damage to his long term health that comes exposing himself to applaud the fact that he won't be subject to various health damage in the future. That's a major problem with drug use, you never know when you might have to answer for it, and all the pain on the back at the Seniors won't make it any easier or permanent damage any easier.

I'm not a crusader. As always, I'm just commenting on what I see and hear, but to me the end of your sport is so far over the edge that there may be no coming back. The desire for heavier and heavier lifts by drug-using athletes and certain among those who administer the sport may never again allow what it used to be, same competition at the highest level.

"My current goal is to get as healthy as I possibly can and at the same time maintain a good appearance and some strength. I am eating lots of noodles, rice, potatoes, fruit, and vegetables.

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guarantee that I will never submit my body to the horrors of drug-induced performance again. I think I have gotten my head together finally and decided there are more important things in life than a 2000 pound total or any other feat that puts your health on the floor.

"I thank you for putting up with everything over the years. I can't thank you enough for opening my eyes to the 'real' problem with drug abuse. I sincerely don't think anyone else could have had the credibility, or my faith enough to make me quit the drugs.

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**STEEL TIP PREVIEW**...the August issue of Dr. Ken Leistner's STEEL TIP newsletter includes Part 1 of his article on Strength Wars regarding the stubborn clinging of some to incorrect training methods, and an in depth look at the almost always fatal Creutzfeldt-Jakob Disease. Rocky Bleier's admitted at a bad batch of human pituitary growth hormone. Posky Bleier's admitted steroid use while in the NFL is analyzed, along with the Press and Lifting on Machines. A unique tip from Arthur Jones on lifting with chains is described. See the ad for STEEL TIP elsewhere in this issue, or send \$18 for a 1-year subscription to STEEL TIP, 5633 Rica Lane, Woodmere, NY 11598.

**73,376 Lifters Registered in the U.S.P.F.?**...that's how many there'd be if all states were as efficient at registering athletes as Alaska is. In a comparison ranking of states according to U.S.P.F. registered athletes per one million population, Alaska is Number One at 561 lifters per 1,000,000 population. Recently Pennsylvania was identified as having the most registered athletes at 759, but they only ranked 19th in athletes per million population with 65 per million. California would have to register 7207 lifters to rate as high as Alaska and Alabama dropped to California's ranking, they would have only 9 registered lifters. Pennsylvania would have to register 4289 lifters to catch Alaska. Brad Shaw, the U.S.P.F. Maine State Registrar who figured this all out, has determined that his state would need 359 lifters to pass Alaska's rating. So, if you're in this state would need 359 lifters to Number One Alaska. With a population of 713,000 (1970 Census figures, by the way) Idaho registered 114 last year, Colorado 120, Utah 106, Nevada 93, Delaware 83, Nebraska 86, Oklahoma 83, West Virginia 80, Arizona 79, Virginia 77, Maryland 77, Hawaii 74, Ohio 71, New Mexico 70, South Dakota 66, Pennsylvania 65, Florida 63, North Carolina 61, Maine 60, Louisiana 60, North Carolina 59, Texas 57, Washington 55, Oregon 55, Georgia 54, Michigan 52, Wisconsin 49, Illinois 46, New Jersey 44, Missouri 44, Alabama 42, Indiana 38, Kansas 38, Arkansas 36, Iowa 36, Tennessee 36, Minnesota 34, Connecticut 33, Vermont 32, New York 31, California 30, North Dakota 29, Kentucky 27, New Hampshire 24, Massachusetts 23, Mississippi 23, Rhode Island 15, Washington DC 13.

**Titan Suits News**...Pete Alaniz reports 2 new dealers for Victor Suits; Muskegon, Michigan. 7904 B Ronson Rd., San Diego, CA 92111 and Dr. Anton L.W. von Bachhaus, Alter Weg 31, 6370 Oberursel 4, West Germany, and a free Victor suit will be given to the winner of each class of the YMCA Nationals.

# All Trax Lead To Jax

## A Modern Squatting Parable

### by Hugh Cassidy and Marty Gallagher

Jimmy's problem was typical, lack of progress. In fact Jimmy was in many ways, "typical," personified. At age 19, 5'9" tall and 194 pounds, Jimmy had been training with weights for three years and powerlifting competitively for one year. The previous Saturday, he had competed locally and was depressed at his showing, particularly in his squat. You see, Jimmy had religiously followed a twelve week squat improvement routine outlined in P.L.U.S.A. The author, a many-time world champion, had laid out every exercise, set and rep to be used. The champ stated that if the goals in each cycle were met, the trainee who was assumed to be a 500 pound squat initially, would have a 540 pound squat at the end of the twelve weeks. Since Jimmy had done 505 in his previous meet this routine seemed just what the doctor ordered. Our friend Jimmy, however, was squashed by 540 and had to be content with a 500 pound second attempt.

In desperation, Jimmy sought out Jack, an ex-national and world champ, and coincidentally the gym owner Jack had seen it all in his thirty years of lifting. His is the disposition of a rhino with hemmorhoids and he doesn't cotton much to current trends in powerlifting. Jack's gym was spacious with big beefy equipment, mostly homemade, a serious gym for serious training.

One Monday morning, Jack looked up from his SOLDIER OF FORTUNE magazine to see Jimmy stand-

ding before him. "Yeah kid, what cha need?" "I need some help, Chief. I tried this squat program," said Jimmy, flashing the magazine, "and I got nowhere. What's wrong with me?" "Nothing's wrong with you, kid," Jack said after a quick study of the routine. "No wonder you only got 500 pounds, you were lucky to get that!" "But, I hit every target, poundage, I deserved 540!" protested Jimmy. "Look, you want an argue or do you want advice?" bellowed Jack, more than a little irritated. "Advice," offered Jimmy meekly. "Okay, shut up and listen," Jack pointed to a chair, pulled out pencil and paper and began scribbling.

"This routine is downright typical of what you see in the magazines these days. Most of these articles are well meaning, but disastrous for the young trainee..." "Why?" piped Jimmy. "Several reasons. First, the work loads suggested for the first eight weeks are just too light. You might have had a 500 pound squat when you started this routine, but after eight weeks on this program you've only reached three sets of five reps with 400 pounds; and that's with suit and wraps. You don't have a 500 pound squat anymore, you've gone backwards..." "Yeah," said Jimmy, "I

and grease those neuro-motor pathways twice a week." Well, this was all too much for our young friend, Jimmy's eyes bugged out and he staggered backwards like he'd been shot. "My God!" he spluttered, "twice a week? Squat heavy? I'll be overtrained!"

"If you weren't paid up on your gym dues for the next three months, I'd throw your butt outta here," Jack bellowed. "I'm so sick of this over-training crap! It's such a cop out. It appeals to our laziest instincts. It says less is better and suggests there really is a substitute for hard work. Kid, when you're squatting 800 pounds, then we'll talk about overtraining. Work load capacity can be systematically increased," Jack mentioned, "you can improve the body's ability to work heavier, longer and more often, intensity, duration, and frequency is what we're talkin' in this gym."

Jimmy was in stunned silence so Jack continued. "Remember when you first started training? Recall the agony and the soreness you experienced after those first few sessions? Remember how those three sets of ten kicked your butt? You didn't reduce your work load because you were overtraining, did you? No! You gritted your teeth and your body adapted to the stress and moved on to longer and heavier and even more frequent sessions. Right?" "Right," Jimmy was beginning to feel like a convert.

Jack was really getting worked up now, words flowing fast and loud.

"I'm not surprised," grunted Jack, "the heaviest weight you handled the whole cycle was 460 for three sets of three reps. I reckon that 540 about cut you in half..." "Yeah," Jimmy sheepishly admitted. "Holy Jesus, this gets worse," Jack was now reading the routine intently. "You only squat once a week on this thing," he muttered. "A youngster needs to squat twice a week. That's twice a week heavy, not this heavy-light, jazi! Young guys have recuperative powers far beyond that of an older lifter. A beginning or intermediate lifter needs to strengthen

and grease those neuro-motor pathways twice a week." Well, this was all too much for our young friend, Jimmy's eyes bugged out and he staggered backwards like he'd been shot. "My God!" he spluttered, "twice a week? Squat heavy? I'll be overtrained!"

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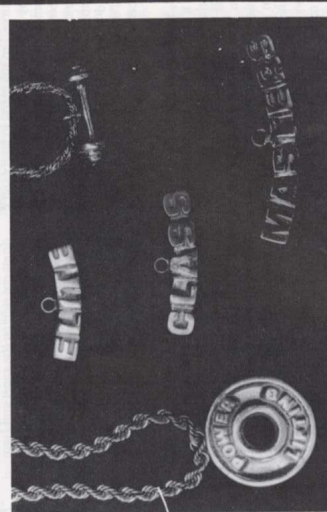
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incredulous.

Jack ignored him and continued, "for the second four weeks you'll work up to a triple using your knee wraps and pile on on the plates. When I say a triple, I mean a triple! Don't miss the third rep. On your back-off sets you're now to do three sets of six reps but you must complete them in ten minutes, not fifteen, no suit or wraps on the back-offs. And please, no face slapping, or yelling, or three stooges, two-by-four shit! It just depletes your adrenaline supply. You'll need all you can muster up on the platform. Any questions?"

Jimmy started to say something, but he caught on to Jack's face and thought the better of it. Jack began again, "Okay, the final four weeks we'll work up to a big double; suit, wraps, belt, the whole works. On the back-offs, do three sets of three within ten minutes with no suit or wraps on these. Use this format for six sessions. Take your last heavy workout the Saturday before the meet. On the Tuesday before, come in and do maybe three or four sets of ten reps just to pump some blood to the area. That's essentially it. You follow this routine and after twelve weeks you'll be a squatting machine." "Sounds a little complicated, but I'm in for the duration," said Jimmy resolutely. "One more thing," added Jack, "have your training partner call your depth every set, the real work." "What have I been doing up to now?" Jimmy was

"These guys who squat once a week are missing the boat. By squatting twice a week you double the amount of potential progress. Don't be swayed by these local lifters. Most of these fellows are working up to a single, using suits and wraps, one time a week, and then they bag it. It's amazing! They say any more than this and they feel overtrained. And yet most of them are taking enough drugs to supply the entire Bulgarian Olympic team. Hell, drugs hasten recuperation. You'd think they'd be squating every day, not cutting back to once a week. I think it's madness masquerading under the banner of overtraining." Jack was on a roll now, his face red, finger jabbing the air two inches from Jimmy's nose, his voice rising and falling like some demented T.V. minister in the throes of a spiritual epileptic seizure. "Kid, how bad do you want it?" "I want it bad, chief," hollered Jimmy, out of his seat now. "I don't think you've got the guts," Jack thundered in his best drill sergeant imitation. Jimmy was gone, hook, line and sinker. "I got the guts! I got the guts! C'mon, lay it on me." Jimmy was shrieking out of control. "Okay, okay, kid, calm down."

Jack noticed several passers-by had stopped and were staring at the commotion. "Write this down. Now we're also gonna use a twelve week cycle squatting on Wednesdays and Saturdays. For the first four weeks, work up to a heavy set of five. For a 500 pound squatter, we might go

beginning." Well, to finish our story, Jimmy started the next day and stuck it out the whole twelve weeks. The seriousness after the first three sessions caused our boy to walk a little funny and coming down a flight of stairs was like walking on eggs, but determination, body and confidence and by the end of the first four week cycle he was repping for five his previous best double. The second four weeks brought a triple with 535 knee wraps only. At the state championships he went three for three ending with a 605, well below parallel! His appetite had increased as his metabolism was like a blast furnace. At the state meet he weighed 217 pounds. He'd put two inches on his thighs and his whole physique had been transformed. The local lifters were skeptical. They felt he must have stumbled across the perfect drug combination. Jimmy just smiled; he wasn't talking.

After the meet, Jimmy approached Jack, before he'd even picked up his trophy. "The program's terrific," Jimmy whispered conspiratorially, "but say, do you have a minute, my bench press is on the fritz and I wondered if..." "Not now, kid," Jack was occupied with a young divorcee he was training for the Miss D.C. contest. As Jack and his escort strolled out, Jimmy overheard him mumbling, "These kids are all so one dimensional, all they ever want to do is talk weights, weights, weights."

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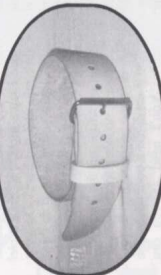
Style A: \$60. Suede covered, chrome buckle, 1 or 2 colors.



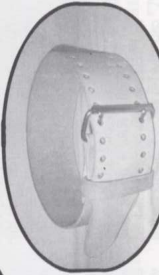
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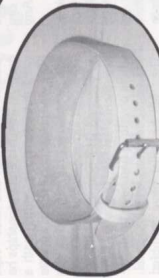
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Dec/1981...1981 World Championship report, Clyde Wright, Profile, World Master Championship report, Top 100 Lightweight (146 lbs.)  
Apr/1982...Women's National Championships, Drugs in Powerlifting, The All Time 2000 Total Club, Larry Pacifico Reminiscences, Top 100 220s  
Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Pat Casey, TOP 100 242s, May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Biokinetics, Referee Directory, TOP 275s  
Jun/1983...Women's Worlds, Judd Biasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Superstars  
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, Ruthi Shafer's Women's Corner, TOP 100 132s, Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Championship Bench Routines, All Time 2,000 total listing, Pan Am Testing Impact, Injuries by Dr. Tom McLaughlin, Top 100 148s  
Jan/84...the debut issue of the NEW Powerlifting USA!, 1983 World Powerlifting Championships, National Masters meet, J.O.C. Banned Drug list, Injury Proofing, Police/Firefighters Nationals, TOP 100 181s.  
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 Weir Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Con-sumer Guide for Exercises, Referee's Corner, TOP 100 275s.  
Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladhier Profile, Joe Ladhier Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADFPA 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 Pro-file, 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 Verdici, Are Anabolics Athrogenic?, The New Masters Formula, ADFPA Collegiates, 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, Offseason Training, TOP 100 148s, Drug Free 275 TOP 20, Dec/84...World Juniors/Masters Championships, National Masters Cham-pionships, Mathematics of Powerlifting, Bench Press Bar Path, Cyr Strong Man Contest, Jim Cash Bench Press Routine, TOP 100 181s; Drug Free Top 20 Flyweights, Ken Leistner on Heavy Training capability.  
Jan/85...National Collegiate, Rick Gaugler-Bench Routine, ADFPA TOP 20 Midheavyweights, Road to a World Championship by John Kuc, Train-ing Tips from Ted Arcuri, Conquering Anxiety, TOP 100 Flyweights,  
Jul/85...Steroid Forum, The Big Business of Anabolic Steroids, Variable Split Training, National Masters, Bret Russel Deadlift Routine, High School Nationals, ADFPA National Collegiate, 2000 Total club, ADF-PA TOP 20 220s, TOP 100 Bantamweights, Debbie Poston b.mches 332.5  
Aug/85...Junior Nationals Report, Dave Jacoby Profile, ADFPA Women's Nationals, Women's World Championships, Lee Moran Squat Routine, ADFPA TOP 20 242s; Making Weight, Human Growth Hormone, Topical Ergogenic Aids, TOP 100 Featherweights, Powerlifting Trivia Quiz.  
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## Question & Answer

**Training questions answered by Roger Estep, 1979 Senior National Champ and World Record Breaker at 198 pounds.**

**Dear Roger:** Hi, my name is Jason Daleen and I have been a long time fan of your physique and lifting ability. I was wondering what types of assistance exercises you use. Would you please tell me what you do in terms of assistance exercises for each of the three powerlifts and describe the set-rep scheme you use. Also how do you train in the off season. Also could you give me a good program for both the squat and bench press plus auxiliary lifts, and how to do them in the off season and in season. I know this is a lot of questions but others have not written back. Your time and effort will be greatly appreciated. I am 18, weigh 250 lbs., have been lifting for 3 years, I'm 5'11".

Thank you, **Jason Daleen**

**Dear Jason:** As I have said in a few articles that I have previously written I am not a hard core believer in on and off season training. I believe that the off season of a lifter is just after he has competed in a major met. The changes that you make in your program are minor. You basically shift from high gear training by cutting back some of the heavy weights you have been using which will allow your body to repair itself. I would recommend taking a couple of weeks of second gear workouts then a couple of weeks of third gear workouts. This would give you four weeks of lights to medium work. I would then start jumping right into the heavy weights again. Now I don't mean to try and lift something you never have lifted before but instead try and get consistent with weights you could do prior to your contest. The assistance work that I do for the powerlifts are very simple and don't really take up a lot of time. The muscle groups I concentrate on are biceps, lats, legs, calfs, with only minimal tricep work done. I would recommend for your assistance work the following exercises:

**BICEPS:** standing DB curl - 3 sets, 6-10 reps; Preacher Curl - 3 sets, 6-10 reps. **LATS:** Bent over rowing - 4 sets, 10 reps; **LEGS:** Leg Curls - 3 sets, 10 reps. **CALVES:** 4 sets, 15-25 reps. **TRICEPS:** Trl push downs - 3 sets, 10 reps.

As you can see the only muscle that I work fairly hard is the bicep because they don't get much work during the powerlifts and also overtraining the biceps will not cause any drop in strength in your competitive lifts. The other assistance exercises should be done to the point of mild fatigue. As I have said many times before that if you overtrain your assistance work, you won't have the energy to make progress in the powerlifts. If you are interested in the way I train my workouts have been printed in *Powerlifting USA* in past issues and I'm sure Mike Lambert could send you a copy for a small back issue fee.

Best Wishes, **Roger Estep**

**National Masters Coverage Apology.** We now know that several Masters lifters were upset at the coverage given in PL USA to the National Masters Championships in Texas. We apologize for this. Normally we make the trip to the Masters and get the photos and information you have come to expect, but were not able to do so this year. We'll try to do better next time.

**Corrections.** ...Joanne Shear's deadlift of 280 at 105 should have been included on the Women's TOP 20 ranking for 1984. Totals published for the Region 10 meet last issue should be updated with the correct lifts for W. Walker: 501 325 540 1366. Dennis Remaley's lifts of 370 squat, 390 deadlift and 950 total should have been included on the TOP 100 list, class lift. In the results of the Virginia State meet, Duane Barker reports that his lifts should have been listed as 275 in the bench and 505 in the deadlift. Russell Adkins name was misspelled in the Open division results, and his lifts in the Teenage division were not correct. Mike Bell was credited with a different bench in the Teenage division than in the Open results and Darrel Devor's name was misspelled as Dekar.

**Our Mistake.** Steve Snyder's fine lifts of 363 220 451 1036 should have been listed in the TOP 100 for the Bantamweight division in the July PL USA. **New Facility.** ...Rich Labbe is working on a new gym that will be THE place to train in Philadelphia. Body Classics Health & Fitness World, 3667-79 Tulip St., Philadelphia, PA 19134 is the place to visit.

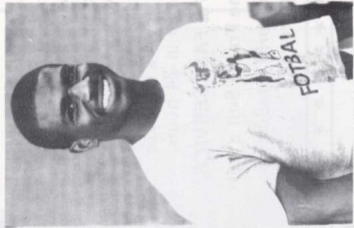
**Vermont.** ...women lifters Brenda Owens, Jont Gaskin, Maureen Aldrich, and Kerry O'Rourke got a detailed story, concentrating on women in Powerlifting, in the premier issue of UP COUNTRY, a regional magazine concentrating on Vermont and New Hampshire. Several photos, including some in color, were included in the article. Regional magazines are popping up all over the country and are a good medium to get the word out on PL.

**Junior Nationals Results.** As published in PL USA have been amended to indicate that Richard Betnin made a 633 deadlift on his final attempt and that his actual total was 1697 for fifth place at 181.

## POWER PROFILE

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

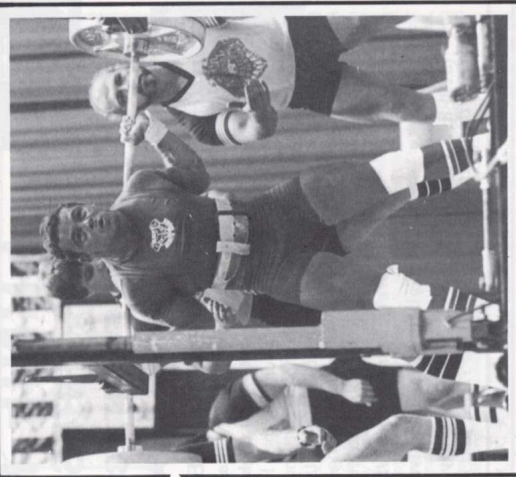
### Rich Arrington.. Teenage Phenom as told by Jeff Temple



Rich on the Glen Mills Campus

It's 10:00 AM on a warm Saturday in Pennsylvania, when I arrive at the Glen Mills campus for the 1985 State High School Championships. The grounds are large, but I am directed to the competition by a young man attending the parking lot. Upon entering I am given a meet program, apparently free, and there doesn't seem to be a spectator admission fee. It's a three platform meet, well run, and the white/red light system is built into a black board about five feet high for all to see. Most of the lifters are wearing a meet t-shirt provided to each for no entry fee. The announcements are coming over a speaker system that would be rejected by most punk rock bands for being too clear and audible. I am then informed that lunch is available to everyone in the cafeteria, free of charge. Is this some wild fantasy? No, just the only thing more amazing, and just slightly so, than the lifting of Rich Arrington. This school takes it so seriously and powerlifting is no exception. I had seen Rich only a month or so before when he won the 148 and took Best Lifter at the Pennsylvania ADFFPA State Championships. At that time I missed the opportunity to talk with him, myself being a victim of the judge/judger/loader draft. This time I did, and arranged to find out more about this seventeen year old athlete. Rich is from Pittsburgh, PA and began his sporting career with Little League football at age eleven. Carrying it through to the present this starting back had amassed some impressive statistics. As a sophomore he gained 683 yards to set the Del Val League record. This past year, as a junior, he performed in the second best performance in the school's history, and there's still his Senior year to go. Powerlifting doesn't take a back seat, however. In 1983, he set all the age 14-15 Teenage American records (pending certification) with 440/275/479 1210.

More recently came the 16-17 year old records with a 331 bench and 1343 total (ADFFPA). His titles include Pennsylvania Teenage Champion in 1983, 1984, and 1985; Pennsylvania High School Champion in 1983, 1984, and 1985; National High School Champion in 1983 and runner up in 1984; and Pennsylvania ADFFPA State Champion for 1985. All these were at 148 and in almost all of them, he also took home the Outstanding Lifter award. This is quite a list of accomplishments, but Rich gives much of the credit to coach Jeff Hill. Jeff is a dedicated lifter himself, who works hard and well with the eighteen member power team at Glen Mills High School. Jeff outlined the basic program used by Rich and many of his training partners. It's a four day a week cycle for eight weeks using five reps or less in the power movements. Monday is heavy Squat day, Tuesdays and Fridays are heavy Bench days, and Thursday is for Deadlift and light squats. Weeks 1-4 in a training cycle are all lives in the squat and bench (triple in the deadlift) with only 1 rep for weeks 5-6, they go to sets of three reps using light lifting suits and wraps, and then the drop to doubles for weeks 7-8. They use a variety of assistance exercises down to two weeks before a meet, when they concentrate on the heavy doubles. Rich says the deadlift is the hardest of the three for him to make progress in, but he's looking for a good season. I wouldn't doubt it. This is really some collection of teenage athletes. Impressed is not strong enough a word for how I felt after seeing one of the most efficiently run meets I've ever been to, by some of the finest high school lifters. It is this young American, there's power in our future.



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Coach Jeff Hill hands off to Rich in the Glen Mills High School Gym.



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# STARTIN' OUT

A special section dedicated to the beginning lifter

## First Aid for Injuries

by Artie Margulies, MS, ATC

The external stresses encountered by the body during a powerlifting routine, cycle, or competition are of such significant magnitude that an injury may occur. Depending on the extent of the damage, injuries can be classified as MILD with very little tissue disruption, MODERATE with more tissue damage, and SEVERE with complete disruption of the involved tissues, usually requiring surgical intervention. The lifter who has sustained an injury of the mild type usually complains of a constant dull ache or soreness. The injured area may be tender to palpation. The more obvious injuries of the moderate and severe categories will be characterized by pain, loss of mobility, and inability. Of course, there will be exceptions as to how the injury exhibits itself.

The two most common types of injuries seen in the sport of powerlifting are STRAINS involving the ligaments and capsules of joints, and SPRAINS involving the ligaments and tendons, or both, of an insertion, and First aid for mild injury consists of ice pack application, or ice massage until the area becomes red (usually less than 20 minutes). First aid for the moderate/severe injury can be remembered by the acronym P.R.I.C.E.

P stands for PROTECTION from further injury. Nothing fancy here, just functional taping and/or splint are appropriate.

R stands for REST. Do not continue to stress the area in question.

I stands for ICE to try to minimize hemorrhage and swelling.

C stands for COMPRESSION. Use an Ace Wrap, if available, with the ice bag or cold pack. Wrap with even pressure, above and below the injured bodypart.

E stands for ELEVATION above the level of the heart; only if you do not suspect a fracture or severe type injury.

Use your common sense in applying any of these steps! Always ERR on the side of CAUTION; don't take the injury, any case or cause further pain. As soon as possible, the lifter should be referred to a physician for further evaluation and/or treatment.

Remember, "listen" to your body! Pain or soreness is one way it "talks" to you. Ignoring it could lead to more serious problems. Always have enough common sense to take heed of its warnings!

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**POWER HOTLINE** is the twice a month, rapid fire, bulletin of Powerlifting that is sent out via First Class Mail to get to you FAST. The latest issue covered the big news of Powerlifting, the Senior Nationals. Results and a report of this major meet went out on July 9th, two days after the Seniors took place. Hundreds of readers, including those who took advantage of our special offer for POWER HOTLINE in the last PL USA, got the news that quickly! That's where POWER HOTLINE shines, in getting news out FAST and it does it all year long, covering all the major happenings. Many of the top lifters in the world use POWER HOTLINE to keep a leg up on the competition. A one year subscription to POWER HOTLINE is \$28.00. Send your name and address with a check payable to Powerlifting USA, Box 3238, Camarillo, CA 93011 and we'll start you out right away with the next available edition!!! Don't Miss Anything...Order NOW!!!

# Message from the U.S.P.F. President

The 1985 Senior Nationals provoked a number of suggestions for improving our national championships. This month I have turned over my "message" to two lifters with suggestions. Bruce Takala has taken computer assisted scoring a giant step into the future. Dr. Fred Hatfield, who wrote his master's thesis on officiating, has sent the Executive Committee a twenty-seven-page proposal for upgrading refereeing at our powerlifting events. Dr. Hatfield has prepared for Powerlifting USA a summary of that paper.

**Dr. Conrad Cotter, U.S.P.F., Box 18485, Pensacola, FL 32523**  
I have developed a computer assisted scoring system that is designed to completely take over the duties at the scorer's table. Through the use of "state-of-the-art" equipment and programming by an experienced lifter/meet director, I can offer services and security that is far surpassing anything else currently on the market. As an experienced lifter and meet director, I have done my best to anticipate the needs of all parties involved in a powerlifting meet.

The issue of security has been overlooked in many cases by meet directors and it is only luck that has prevented a major disaster at the meets that have been backed by other computer systems. I am referring to the loss of data that results when a computer experiences even the briefest of power interruptions. It does not have to be a lifter that kicks out the plug, but merely the blinking of the lights that we have all seen when a thunder storm rolls through the area. Some operators will counter that no data is lost since they have the cards as backup, but I think that the disaster is only slightly less to have to take a 30 minute break while the operator reenters the last 10-20 lifts. With my more advanced system, I am able to keep all the computer data stored in such a fashion that it is not affected by such a power loss and actually makes the keeping of the cards obsolete. Such security ought to be considered by the USPF when awarding the bids for our major events and would certainly provide much peace of mind to the meet director.

The system is designed to handle any size meet with equal ease whether run in the round or traditional fashion. Following the weigh-in, the only information that needs to be entered into the computer is the body weight of each lifter, the opening attempt in the three events, and the team for which the lifter is competing. From this information the computer determines the weight class and looks up the Schwartz/Malone coefficient. All new information is then handled as it becomes available on a real time basis. There are no delays to load new attempts, enter next events openers, or switch to a new lifter. The meet runs fast and accurately.

For the next 20 lifters, the system displays the title of their next attempt and its weight, their weight class, current total, and current standing in the class. For the lifter currently on the platform, it also displays the lifter's first name, team affiliation, and most significantly their projected new total and place if the lift is successful. This information, which is unique to this system, allows the announcer to better portray to the crowd the true meaning of each lift to the competition. Crowd interest is increased and maintained in the process. At the end of a session, when normally the real work at the table begins, the computer is at its best. Rather than taking a break during which the crowd normally disappears, the meet director can immediately hand out the trophies including the best lifter awards. The computer also will provide a professional printout of the complete meet results in the PL USA format (unsuccessful attempts lined through) to provide to VIPs and the press.

The lifters and coaches also have found the information provided to be both useful and easy to read. The computer provides a list of the complete lifting order at the start of each event and a copy of the intermediate results between each event. On the screen all lifters have a visual confirmation of their next attempt and current place/total at all times. The computer even lists in a window at the bottom of the screen the lifters that still owe the expeditor an attempt. All information is easy to read and find because the displays are high quality RGB computer graphics and the current lifter is always at the top, the on-deck lifter is always listed next, and so on. Because so many lifters are displayed in order on the screen, the difficulty of timing the warm up is also significantly reduced. Once lifters and coaches become accustomed to having such information available, one will not be able to have a "class" meet without it.

I have formed a company called COMPETITION AUTOMATION to market this service. I currently will not sell the program, but would be delighted to provide the service. Also if you have a unique need I can probably include it without too much difficulty. My current price guidelines are \$500 for a major regional meet and \$1000 for a sanctioned national event plus expenses. I will say though that there are many variables that can be adjusted in the pricing scheme, so if there is an interest, please contact me and we will see what we can put together. For more information please write to: Bruce Takala, 3031-A Stony Lanesome, West Point, NY 10996, or call in the evenings at: (914) 446-3042.

## A Proposal - Upgrading the State of USPF Judging

Frederick C. Hatfield, Ph.D. Executive Committee Member

There is a malaise affecting our sport that is so widespread... so cancerous... that the very fabric of our sport is threatened. At the very least, the USPF will, if this spreading carcinoma is not treated with deft and decisive measures, cease to exist. And powerlifting will stumble along, neither forward nor backward, as a backwater sport engaged in by a subculture of erst-while athletes headed by a cadre of self-indulgent fools.

Who you regard this prophecy of doom as coming from an impassioned militant with nothing beyond a point of view to support such a position, I have prepared a thorough review of the research literature on the dynamic forces which underpin the growing malaise. I sincerely hope that the Executive Committee will have the wisdom to understand what's happening in our sport. I trust that the recent National Championships... and the attendant circumstances which gave rise to the near-rebellion here by our greatest lifters... will serve as a noted reminder that the malaise does indeed exist.

First, of course, and perhaps foremost, the IPF rules we've been told that we had to follow obligatorily are in an unbelievable shambles. Capriciousness and self-interest of the most onerous sort were their birthing place, and every top athlete in the country knows it. That this committee knows it remains speculative owing to certain social forces that I'll cover in the proposal to follow. But certain of us know it, and I suspect that the other... honorable men all... are beginning to.

I propose to change the rules for our purposes here in the United States. I further propose to try our best to persuade the IPF that we're acting in the best interest of the sport in doing so. If reprisal is forthcoming from our parent body, or if our IPF judges are sanctioned for not adhering to the IPF guidelines, then so be it. My true belief is that we have only two choices:

- 1) change the rules and allow the patient to live
- 2) follow the IPF rules and die

Of course, I speak here of the USPF. Powerlifting will live, albeit in a rein-carinated state.

### Proposal

1. To become a national or international judge, you must attend a one week long (30 hours) judges certification school.
2. The school shall be organized in at least three different parts of the U.S. and at different times of the year, depending upon what a survey shows to be most effective in maximizing attendance.
3. Each judge will pay \$200.00 for the schooling.
4. The school will be open to anyone with at least five years experience in powerlifting (USPF registration) and at least two years judging (by recommendation of state or national officials).
5. There will no longer be a Category I or II ranking. An international judging certification and a National judging certification will be the only rankings.
6. All current judges must attend this school to learn the new rules (to come soon).
7. Following school, there will be an obligatory attendance to one weekend seminar per year (10 hours) on judging, and proof of judging at least four meets.
8. If these seminar and meet attendance requirements are not met, the judge will lose his/her certification, and must attend school again in order to re-attest it.
9. All judges, with or without national or international credentials, will be paid a minimum of \$50.00 to judge in 1) open meets, 2) national meets, 3) judging position at all regional and national meets. The men's and women's senior nationals must be judged only by international judges.
10. Judging schools and seminars' leaders (organizers/instructors) will be chosen by the USPF Executive Committee, and paid the sum of \$500.00 or 20% of the net proceeds of the enrollment fees, whichever is highest.
11. Seminar/clinic fees are free, but the instructors must be paid \$150.00 for the weekend. Funds for this instruction shall come from the monies collected for school enrollment.
12. The curriculum of the certification school and the clinic will be established by the Executive Committee, following the upcoming National rules changes.
13. The National Referee's committee shall consist of the instructors chosen by the Executive committee, with the USPF president acting as Chairman. The Committee will be reviewed annually by the Executive Committee.

Some initial rules considerations that apply to judging

16. Judges will position themselves according to the current rules during the bench press and deadlift.
17. The lighting system will be placed so the judges cannot see their nor learn of the squat.
18. During the squat, judges will be located below the level of the platform such that their eyes are at the same height as the lifter's knees. If impossible, all judgements must be made from hands and knees with head affixed upright (not cocked).
19. When a lifter asks why his lift was turned down, the head judge will be obliged to ask each of the side judges their reason(s), and report to the lifter on the spot.

These referee and rules guidelines are meant to break the trend of officials making decisions on a lift in deference to perceived (real or imagined) expectations from some hierarchical body or individual. There are several precedences for such action, not the least of which is noted in gymnastics judging.

In case you don't know it, gymnastics is infinitely more complex and difficult to judge than powerlifting. Yet despite this, they have very few problems with subjectivity, conformity pressure or ambiguity in their rules.

The money paid to judges has proved to be an extremely effective means of ensuring that judges remain accountable to the system. But it has also proved to be effective in ensuring that they never place themselves in a position where they feel our sport owes them something. They work tirelessly to judge all the meets, and grow to feel that they're contributing to the sport out of love. But in reality, their paycheck comes not in the form of money but of love. Sick as it may seem, and perhaps as unlikely as it may seem to some of you, I have tried to be objective in my observations of this dynamic social phenomenon and I see it happening clearly. The power these judges describe to themselves makes it even more desirable for them to judge by deference to the hierarchy they have established among themselves.

The hierarchical arrangement will be broken in part by the offering of remuneration, but also by the elimination of the class system (Cat I & II), and control. Control, under the proposed system, will clearly reside with the entire Executive Committee. Further accountability is afforded by allowing the offended lifter (or curious lifter, whichever) the opportunity to be told what his infractions were.

The schooling, clinics and four-meet judging requirements will ensure the competency of the officials, and 2) ensure that all are judging according to the same established standards. The rewriting of the rule book should (hopefully) eliminate the (1) ambiguities of the current rules, (2) the multiple interpretations of the current rules, and (3) the picaresque and meaningless imposition on the lifters.

I would hasten to add that in the rewriting of the rules, one major point of contention will be eliminated as well. I mention this here only to point out the desperate need to allow the officials to perform without pressure from any source other than their own competence... which shall be forever monitored not by an individual, but by a fair and equitable (and objectified) system.

Because of the gravity of the situation that persists in the ISPF, I recommend strongly that these requirements be implemented for the year 1986, beginning immediately to prepare for the first school which shall be offered in January or earlier. I further recommend that word of these sweeping changes be sent out so all lifters know that they're being represented by their governing body rather than harassed.

**USPF Directory Update** Executive Committee: Dr. Billy Jack Talton, Box 59-2A, Vienna, LA 71235, (318) 255-2660.  
Regional Chairman: Region VI Chairman, John Parr, 6567 Main St., Cassville, MI 48725, (517) 856-2140. Region VII - vacant.  
State Chairman: California (Southern California) Don, Haley, 12101 Reagan St., Los Alamitos, CA 90720, (213) 596-2085.  
Chairman, (Women's Committee) Romona Kenady, 2235 Nebraska St., N.E., Salem, OR 97301, (503) 371-8372.

All around the country there have been very successful attempts to gain favorable publicity for Powerlifting by people who just went out and lived. Your state, your city, your club, and those who lift with you may be very deserving of some publicity, and it serves the sport well when you get some. Contact your local media with an idea now, and if you are successful send news clippings, etc. to Publicity Committee, Box 467, Camarillo, CA 93011.

New York... Dave Fraize got a good article and photo of Nick Saldi Jr. in his local White Plains, New York paper after conducting the West Harrison Fitness Center Bench Championships. The meet promoted the sport and raised \$1,000 for the Westchester Division of the American Cancer Society. The article highlighted the winners, including 85 Lynn Dadio, who benched 135, and thanked those that helped out.

California... a profile in the OAKLAND TRIBUNE on June 19th described lifter Gary Humnick and his philosophy of drug free lifting, bodyweight changes, and his personal achievements. Included were two photos, including one of Alan Kishner, who also arranged a mention of powerlifting in an article in the SAN JOSE MERCURY NEWS about coach Dick Walsh of Ohlone College and his fundraising activities.

Florida... Brian Grant's 2nd place finish in the Junior Nationals despite a severe battle with cramps was reported in the June 26th edition of the TRIBUNE, along with a nice photo by Jim Tuten. A former high school wrestler, his commitment to Powerlifting was described along with his accomplishments and future plans in the sport.

Wisconsin... Paul Immekus won the Wisconsin State title and qualified for the Senior Nationals. Channel 4 in Milwaukee has a segment called Athlete of the Week. He contacted them and in June they did an interview and filmed a workout, in which he did an 800 squat (which was tough since the day before he tripled 800). On June 17th they aired the 1 1/2 minute segment.

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**Great Publicity for Powerlifting in Florida**... was achieved by Dominick Castellano prior to his competition at the National Collegiate Champrionships, with several articles, almost always with a training photo, in such publications as the ORLANDO SENTINEL and his college newspaper. He has also completed excellent television coverage of his preparations for collegiate competitions, including all three local networks when he finished 2nd in 1984; big segments of the 8-10 minute category on local stations. "I showed that powerlifters are intelligent, motivated, and special athletes...." After the television segments, he has often been approached by people who tell him that their attitude to the sport has changed in a positive way after seeing his coverage and explanation of what the sport is about. He has also, for the past three years, been putting on free seminars and exhibitions at local schools, and made a presentation to the Florida State coaches Convention on bench pressing, along with radio and newspaper coverage of his lifting career. One of his greatest achievements, after being the top performer in the country in bench press, was to get the attention of the employer, General Nutrition Corporation. They took care of his expenses to get to the 1985 National Collegiate. He looks forward to bringing out the best in local lifters in the future, as well as a shot at this Junior World Championships team for the United States.



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All entries should be sent to: Lifetime Fitness, 4041-11th Place, Des Moines, IA 50313

Asheboro Contest June 1985 - Asheboro, NC

Table with columns: Name, SQ, BP, DL, Total. Includes names like Greg Fox, Todd Shelton, Carol Gasky, Mike Williams, etc.

Northwestern N. Carolina Meet 16 Jun 85 Roanoke Rapids, N.C.

Table with columns: Name, SQ, BP, DL, Total. Includes names like Larry Parrish, Joannie Farabee, Jon Knight, etc.

W. Harrison Fitness Bench 15 Jun 85 - White Plains, NY

Table with columns: Name, SQ, BP, DL, Total. Includes names like Lynn Dadio, Sam Hill, Larry Smith, etc.

Peterson AFB Bench Press 19 May 85 - Pet AFB, CO

Table with columns: Name, SQ, BP, DL, Total. Includes names like Jackie Cooper, Denise Woods, Jeanne-145, etc.

Southwest Qualifier 18 May 85 - (kilo) Beaumont, TX

Table with columns: Name, SQ, BP, DL, Total. Includes names like Irene-145, Jackie Cooper, Denise Woods, etc.

W. Harrison Fitness Bench 15 Jun 85 - White Plains, NY

Table with columns: Name, SQ, BP, DL, Total. Includes names like Lynn Dadio, Sam Hill, Larry Smith, etc.

Junior Nordic Championships 8,9 Jun 85 Pargax, Finland (kilos)

Table with columns: Name, SQ, BP, DL, Total. Includes names like Yari Ylki, Jaha Nieminen, L. Ibralden, etc.

Northern Ohio Open 8 Jun 85 Akron, Ohio

Table with columns: Name, SQ, BP, DL, Total. Includes names like Mariah Uggett, Susan Miller, Robin Miller, etc.

Japan Nationals 28 Apr 85 - Okinawa (kilos)

Table with columns: Name, SQ, BP, DL, Total. Includes names like H. Hidaki Inaba, H. Maramoto, S. Okamoto, etc.

Closed ADFPA Bench Meet 15 Jun 85 Stanhope, NJ

Table with columns: Name, SQ, BP, DL, Total. Includes names like M. Williams, Rose Wisdom, Mike Williams, etc.

Swedish Championships 2-4 Apr 85 (kilos)

Table with columns: Name, SQ, BP, DL, Total. Includes names like J. Valhakangas, L. Jansson, L. Jansson, etc.

Mens Sana In Corpore Sano A Sound Mind In A Sound Body

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

Fort Knox Bench Press 8 June 85 - Fort Knox, KY

Table with columns: Name, SQ, BP, DL, Total. Includes names like Dina Hart, Heidi Wear, Fred Karpfen, etc.

Punxsutawney Bench Press 30 Jun 85 - Punxsutawney, Pa

Table with columns: Name, SQ, BP, DL, Total. Includes names like Penny Butler, Matt Klinski, John Klinski, etc.

ADDFPA Bench Meet 15 Jun 85 Stanhope, NJ

Table with columns: Name, SQ, BP, DL, Total. Includes names like M. Williams, Rose Wisdom, Mike Williams, etc.

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ADDFPA Bench Meet 15 Jun 85 Stanhope, NJ

Table with columns: Name, SQ, BP, DL, Total. Includes names like M. Williams, Rose Wisdom, Mike Williams, etc.

Table with columns: Name, SQ, BP, DL, Total. Includes names like H. Hernandez, V. Valdez, D. Reeves, etc.

Table with columns: Name, SQ, BP, DL, Total. Includes names like J. Valhakangas, L. Jansson, L. Jansson, etc.

Table with columns: Name, SQ, BP, DL, Total. Includes names like Dina Hart, Heidi Wear, Fred Karpfen, etc.

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Table with columns: Name, SQ, BP, DL, Total. Includes names like M. Williams, Rose Wisdom, Mike Williams, etc.

ADDFPA logo and contact information for officers: Brother Bennett, George Hummel, Nick Theodorou, etc.













Northern Tier Open  
15 June 85 - Minot AFB, ND

Table with columns: SQ, BP, DL, Total. Lists names of participants and their scores in various categories.

CCI Meet  
21 May 85 - Chillicothe, OH

Table with columns: SQ, BP, DL, Total. Lists names of participants and their scores.

Chesapeake Bay Open  
22 June 85 - Newport News, VA

Table with columns: SQ, BP, DL, Total. Lists names of participants and their scores.

Men's Contests  
1986 USPF Seniors  
1986 USPF Juniors  
1985 YMCA Nationals

Table with columns: Men's Contests, 1986 USPF Seniors, 1986 USPF Juniors, 1985 YMCA Nationals. Lists names and scores.

Women's Contests  
1986 USPF Nationals  
1985 YMCA Nationals

Table with columns: Women's Contests, 1986 USPF Nationals, 1985 YMCA Nationals. Lists names and scores.

Upcoming National Meet Qualifying Totals

Table with columns: Men's Contests, Women's Contests, Japan Club-Team Championships. Lists names and scores.

Minnesota Natural Open  
27 Apr 85 - Anoka, MN

Table with columns: SQ, BP, DL, Total. Lists names of participants and their scores.

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Ascorbyl Tetrahydroxyacetate	1,000 mg
Ascorbyl Tetrahydroxypropionate	1,000 mg
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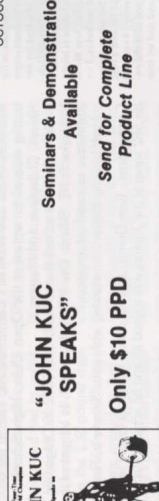
  

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Tocopherol Succinate Phosphate	1,000 IU
Tocopherol Polyacetate Phosphate	1,000 IU
Tocopherol Phosphate Phosphate	1,000 IU
Tocopherol Succinate Phosphate Phosphate	1,000 IU
Tocopherol Polyacetate Phosphate Phosphate	1,000 IU
Tocopherol Phosphate Phosphate Phosphate	1,000 IU
Tocopherol Succinate Phosphate Phosphate Phosphate	1,000 IU
Tocopherol Polyacetate Phosphate Phosphate Phosphate	1,000 IU
Tocopherol Phosphate Phosphate Phosphate Phosphate	1,000 IU
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Tocopherol Succinate Phosphate Phosphate Phosphate Phosphate Phosphate	1,000 IU
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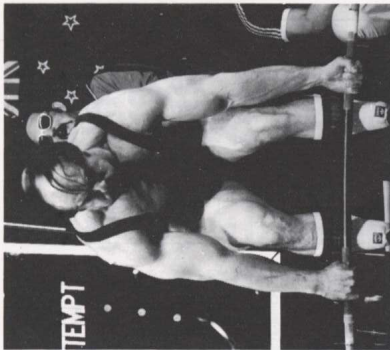
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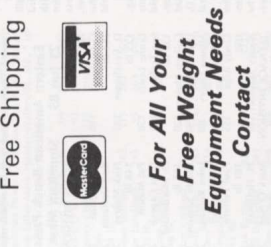
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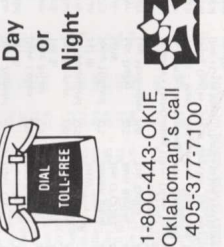
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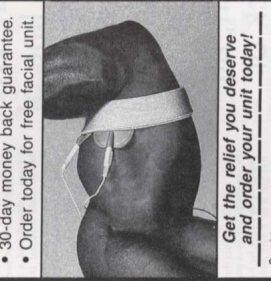
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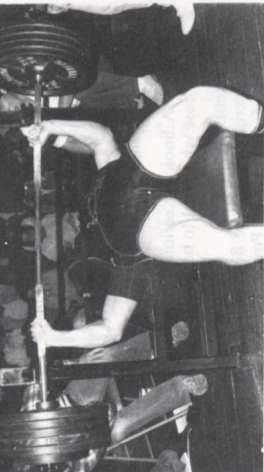
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Mike MacDonald...came agonizingly close with a world record exceeding 565 benches at 196 at the Northland Bench meet. Photo by Dave Mitchell.

Northland Bench Press  
26 Apr 85 - Dothan, AL

Table with columns for Name, Weight, and Bench Press results. Includes categories for Women's and Men's.

International Falls MN  
26 Apr 85 - Dothan, AL

Table with columns for Name, Weight, and Bench Press results. Includes categories for Women's and Men's.

Coors Deep South Open  
26 Apr 85 - Dothan, AL

Table with columns for Name, Weight, and Bench Press results. Includes categories for Women's and Men's.

Cross Country Pull Deadlift  
25 May 85 - Mattoon, IL

Table with columns for Name, Weight, and Bench Press results. Includes categories for Women's and Men's.

Table with columns for Name, Weight, and Bench Press results. Includes categories for Women's and Men's.

Willets Avenue Deadlift & Picnic  
7 July 85 - New London, CT

Table with columns for Name, Weight, and Bench Press results. Includes categories for Women's and Men's.

Best Lifter...at the Willets Deadlift  
meet, Bruce Martin with 605.

Table with columns for Name, Weight, and Bench Press results. Includes categories for Women's and Men's.

World Gym East of Hamden, Ct. After the  
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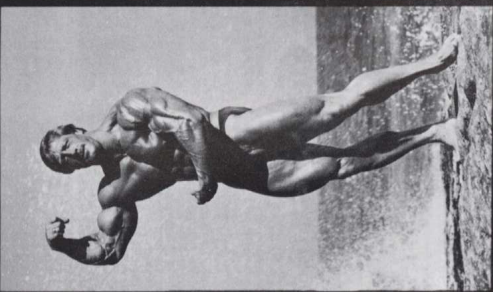
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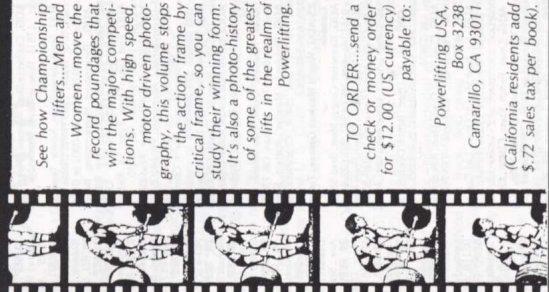
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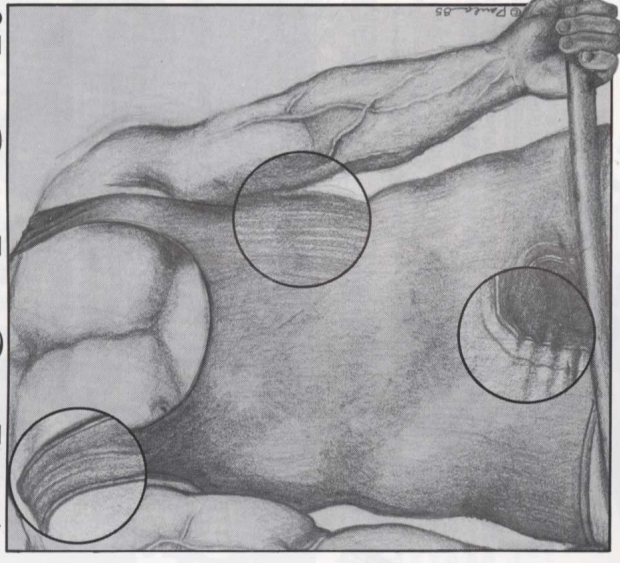
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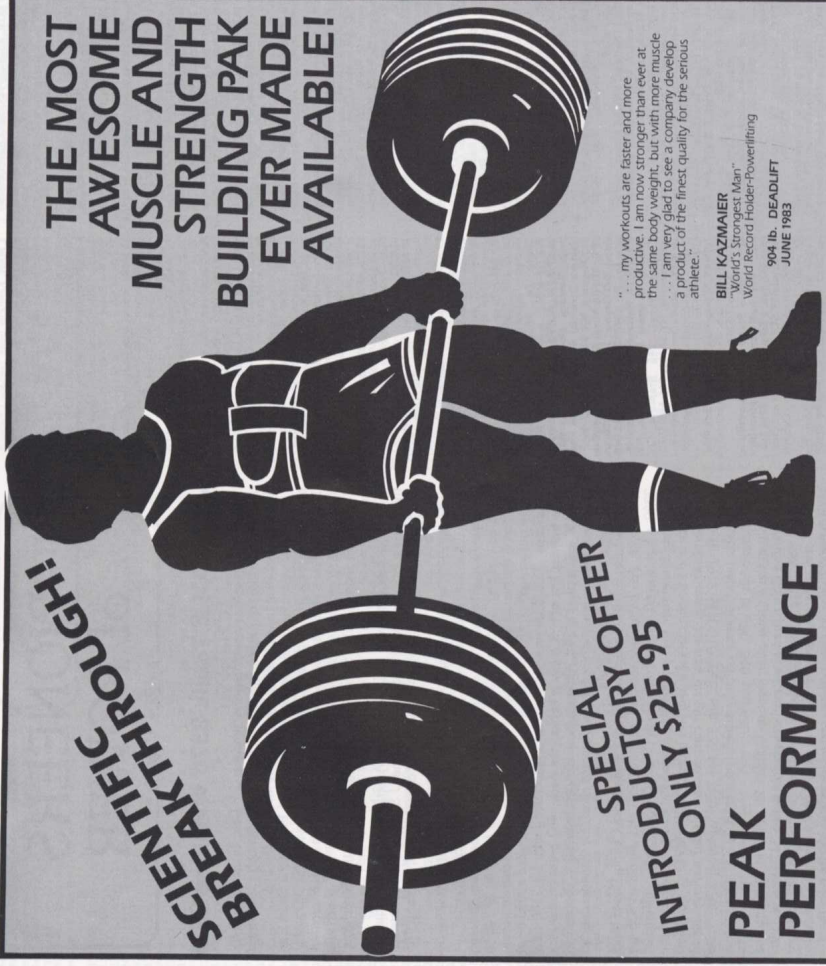
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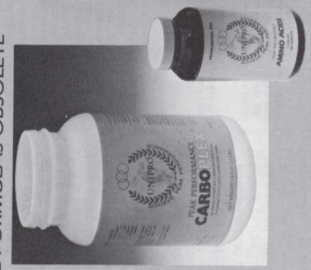
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