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**SPORTS
MEDICINE
REVIEW**

Powerlifting USA

Post Office Box 467
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Volume 9, Number 3 • October, 1985

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ON THE COVER....198 pounder John Lentsch roared through his attempts at the 1985 A.D.F.P.A. Nationals.
 NEXT MONTH....."Magruder the Magnificent" and More!

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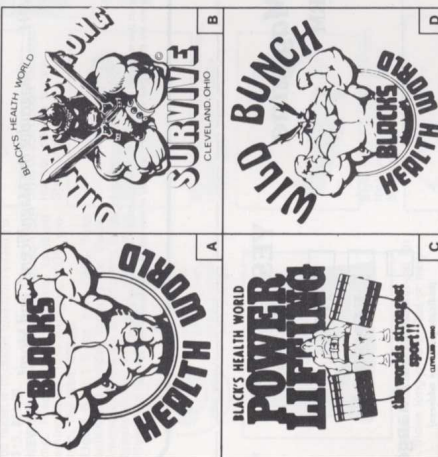
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A.D.F.P.A. National CHAMPIONSHIPS

by Mike Lambert

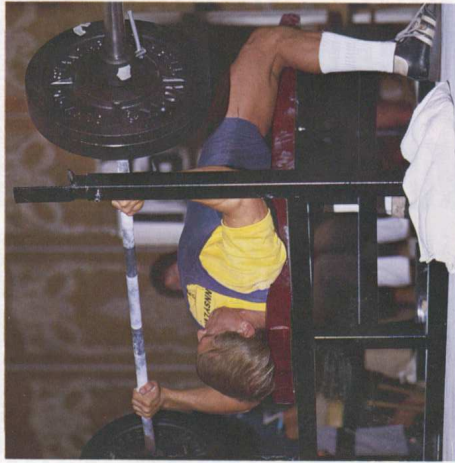
The 3rd National Championship of the American Drug Free Powerlifting Association was held at Genet's Best Western Hotel in Wilkes-Barre, Pennsylvania. Pennsylvania has always been one of the most prominent states of the Union when it comes to Powerlifting, thanks partly to the presence of "MuscleTown, USA" in York, the centerpiece of the Barbell Empire that recently departed Bob Hoffman built up over decades, but also in large part to the people of the state. Pennsylvanians seem to have a unique appreciation of the beneficial results of hard work, and so, some of the greatest champions the sport of Powerlifting has ever known and some of the greatest contests ever held, have been in the Keystone State. Now, as the A.D.F.P.A. gains respect and membership, Pennsylvania came through with a fine championship for these drug tested lifters, many of them from Pennsylvania by the way, to show their wares strengthwise.

Bob Gaynor and his cheerful wife Geri obviously put in a lot of work to stage a fine competition, and they succeeded. Bob is a former Junior National Meet record holder at 220 and has long been a training partner and confidante of the legendary John Kuc, the leading light of the Drug Free Powerlifting movement in the eyes of many. Brother Bennet, George Hummel, Nick Theodorou, and many of the other officials of the A.D.F.P.A. were present, and Brother Bennet was re-elected to a further term as President of the organization, as was Nick in the capacity of Secretary/Treasurer. Bob Gaynor assumes the duties of Vice President in the future.



The Very Muscular... Annals Covington really cleaned up on trophies.

As for the lifting, the first session contested the 114, 123, 132, and 145 pound divisions. At flyweight, a natural pick was Catalano, however, he has had rough personal and family problems lately, and his training has not gone well. Joe missed some weights he could/should have handled, and this did not escape the



George Hummel... had a tremendous lifting day. All photos by Lambert



Doc Rhodes... the 1977 I.P.F. World Champ is going strong in 1985.

attention of Bob Schlegel, the Penn State cancer researcher who has never been selected to an international team representing the USA in the past despite being quite deserving. He is a Master lifter, who took the National Masters title this year, but was lifting in open competition here. With his final deadlift he had a chance to tie Catalano and had a chance a re-weight for the victory, and he seemed capable of a good shot, but it proved unexpectedly extremely disappointing. Bourque, Bozell, and Garamone were not close enough to each other or the leaders to change things in the deadlift. In fact, the order of finish was almost determined at subtotal.

At 123, Freddie Higgins was back to defend his title of last year in Chicago, but fiery Tim Misiewicz was a challenge to reckon with, and 114 slouch of 1983 Gary Hunnicutt is no slouch either. Tim squatted big, and Higgins benched big, ending with a fine ADFFPA record breaking 314, so

they tied at subtotal with 677 apiece. Gary was well ahead, but his deadlifts let him down, and now you know why he is on a one man campaign to drop this lift from the Power 3. Actually, Gary was a big winner this weekend. He and Al Krisher got the bid to have the ADEPA Nationals in California next year. Fred's opener in the deadlift proved to be enough, and he had more in him if Misiewicz had succeeded with the same 413, but didn't need it and jumped much higher instead for two misses.

The A.D.F.P.A. is blessed with some of the finest Featherweights in the World, regardless of organizational affiliation. Consider Randall Kea, the I.P.F. Junior World Champion (entered but not present), and Lamar Gant, many U.S.P.F. Senior National Champ and I.P.F. World Champion (entered last year, but not present this year), and then take a look at this year's U.S.P.F. Junior National Champ, Annals Covington. Annals decided he wanted the bench press record back from Randall and

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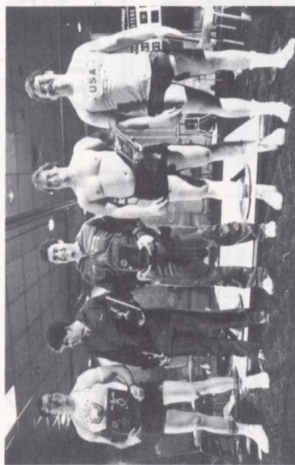
Sean Cain (above) turned on the pulling power to overtake Mark Cirton (left) for the 198 lb. title.

and seemed to enjoy the competitive aspect of the meet immensely. Ed Schock is a dually talented weight man, having long been a force in East Coast Olympic lifting. He's got great leg power and back power, no doubt about that. Joe White was in the meet, the same Joe White who threatened the 1,000 barrier in the squat not so long ago as a massive Superheavyweight. He's lost a little hair and a lot of bodyweight, but showed more fierce desire once the bar started moving than ever before. Not unlike his heavy days of the past, the weight was not a problem, but satisfying the judges was. He shouted out after his last squat was not passed that he certainly had the depth on that one, like he used to state that there wasn't enough weight on the bar, even with nearly 1,000 pounds loaded, to push him down below parallel in the squat. Big Brian Washington would likely have been an upper-place factor had he been able to get some squats in.

In the 242s, Eric Arnold's star sparkled very brightly. Eric doesn't just enjoy the squat, he positively stalks the bar, with a grin of mischief



course, this was a blow to Roger Paul II and even Mike Foggia, who pointed out that this was somewhat of a first in having rulings reversed. Greg Durdan of Illinois was a tall one,

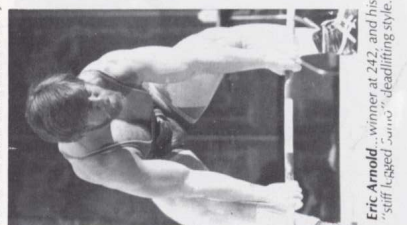


The Jovial Awards Winners in the 220 lb. division. From left, Joe Hood, Doug Armstrong, Craig Ferrine, Peter Anninos, and Joe Kane of Wilkes-Barre.

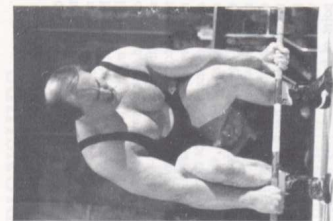
on his face. No wonder. 744 was a breeze and 793 not that much of a problem after he came back to get it.

Following the bench, he was way out in front, but I thought he was going to blow it in the deadlift. His opener with 644 seemed to injure him. It looked like he had been forced out of his regular form on the lift and it didn't move well at all. When he took it over, I saw that my conclusion was wrong. He actually does deadlift in a stiff legged, sumo style. John Messenger put together some beautiful lifts, and he got happier on each deadlift, smiling broader and broader at the finish. He was the most outwardly pleased 2nd place finisher of the contest. Mark Van Der Kaar is a massively constructed lifter, who unfortunately looked to have ripped a hamstring on his final deadlift try, but his total hold off the deadlift onslaught of Denis Ference, who moved up a weight class this year.

Mack Hodges was not so easy for Denis to get by, however, with his balanced lifts. John J. Jefferson, a great collegiate lifter, obviously wanted an A.D.F.P.A. record in the bench, but couldn't manage it, even on a 4th attempt, and then had more critical problems in the deadlift when he couldn't get a single attempt passed. Dave Miller, another remarkable comebacker from serious health problems, reminds one of a combination Larry Pacifico and George Frenn. He took his bombout very



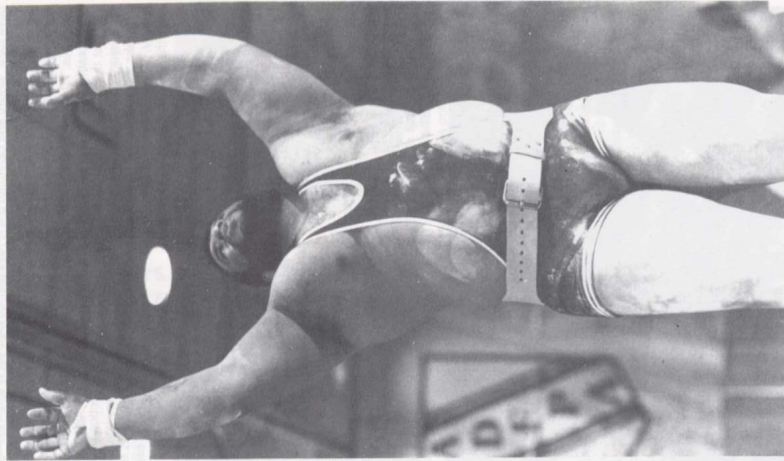
Eric Arnold...winner at 242, and his stiff legged sumo deadlifting style.



John Kuc...didn't have a big pull in him on this particular lifting day. P.S. The A.D.F.P.A. Teenage Nationals to be held in Arizona a few weeks after this meet were canceled. The entry list was light, but there were additional problems between meet director Tom Tabback and the A.D.F.P.A. that are also involved.

Seniors, and he did similarly fine lifting here. He even tied the first 600 pound bench in A.D.F.P.A. history on a 4th attempt. Lifting the 600 and doing well is quite a challenge for a Big Man, and Mike, one I say again, he is good for 2300 or more eventually. An interview with the crew, Daniel Lee McCain was almost as big as Mike, at 347, but he struggled with problems in the squat before getting his day on track and coming very close to a wall with most of the season being conducted by the rounds system. Al Siegel concluded that conventional lifts are shorter than rounds after the experimental switching done between seniors at this meet by the way. Scott Conrad was there with his computerized timing system, which outputs all three attempts per lift in pounds and kilos, etc. and the words with the Schwartz Formula, a meet wide ranking for each lift and total for every lifter.

The lifting was the main thing at this meet there was not a lot of moaning about the drug free cause or anything at drug using. The A.D.F.P.A. is doing its own thing, and this meet shows that it is doing it well.



Mike Hall...the giant Superheavyweight at the "Top" of his deadlift pull. Look for his interview on "60 MINUTES" sometime this coming October.

THE SQUAT

Technique Points as told by Jon Smoker

(Editor's Note: Jon is not only a fine drug free lifter, he has also made PL USA TOP 20 ranked Squat in 3 weight classes: 148, 165, and 181 lb.)

Once I have stepped out with the weight, I wait until the bar stops bouncing and until I stabilize, because balance is so incredibly important in squatting. If you want to come up straight with the bar, go down possible to stabilize; if you are shaky from making weight or a recent illness, or because the weight is near a max and you are straining; or because you have chosen to include an amphetamine predilection or all of the above. In that case, you just have to take your best shot and try to go down as straight as you can. As for foot spacing, I take a

moderate stance because I feel the strength in my quadriceps and glutes is fairly equal. If you will want to squat quadriceps, you will want to squat narrow; with strong glutes, wide. This is something you will have to determine for yourself. It is hard to say why, in any given individual, some muscle groups become more developed than others. There is no physiological reason why a person can develop some muscle groups and not others. Tom Platz is a good example, in the way that he has brought his upper body in line with his incredible legs. Why some muscle groups develop more readily than others in any one athlete is specific to that athlete's essence: where he likes to train, etc., and any attempt at a simple explanation is probably futile. At any rate, with time and trial and error, you will develop a style that best suits your purpose. In the past, I have squatted both narrow and wide, but now a moderate stance seems most comfortable.

As a rule, the average person is probably better off carrying the bar as low on the back as the regulations permit. This allows you to get more pointed this out to me and when I dropped the bar an inch lower, my max immediately improved. How-

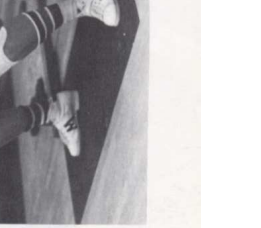
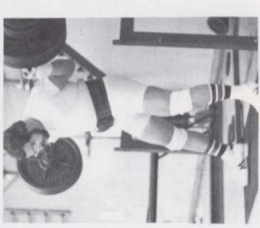
ever, once again, we have exceptions and they are usually guys with balloon legs like George Crawford and Ricky Chain, who set world records with the bar high on their backs. However, both of them come up very straight and if there is one universal in squatting (as there is one in physics, the speed of light), it is that you must squat straight up and down; i.e., the bar should be over the arches of the feet at all times. I have never seen a top squatter, I have never seen a top squatter, who leaning forward.

Hand spacing is another individual thing, but just recently I have pulled mine as close to my shoulders as possible and I think, for the most part, this is the style preferred by most lifters. It scrunches up the lats, makes them feel tighter and they become more supportive. This also puts a strain on the wrists, so wrists wraps are a good idea.

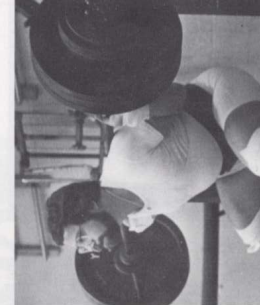
In the second photo, as I am starting my descent, my head is down. This is a mistake for me as I can have a tendency to throw me forward a little. I think most squatters prefer to have their heads a little up or straight ahead for this reason, but once again there are notable exceptions. Rocky Chain squats with his head slightly down so that it puts his hips in a more favorable position to get the squat moving out of the bottom.

As I hit the bottom position, we can see a couple glaring mistakes: my shins are not straight up and down and my knees are pushed inward. The latter is a bad habit that I picked up early on, which I revert to when I am out of practice. When you hit the sticking point, sometimes you can push out of it by pushing your knees together. In fact, I can remember seeing this recommended in an old training article back in 1972, but it is a method that has diminishing returns. It may work initially, but eventually it will just create a higher sticking point and then you have backed yourself into a corner because

A brief word about how this article came about: I decided I wanted to do an article on squatting technique, using sequence photographs. However, the sequence photographs I had in mind from a year ago were outdated, since I have changed my style a little since then. So I decided to go into the gym and have some new ones shot. The problem, however, was that I had not done any singles for a few months, since I was winding up a phase of foundation training in which I was concentrating on higher repetitions. The result was that the pictures hardly represent a paradigm of squatting technique which you will want to emulate. In point of fact, I was very sloppy. I debated whether I should just wait and shoot them again later when my technique was more together, but I had already paid the photographer and the pictures were pretty good as far as that goes; so I decided to run them as is, as examples of what and what not to do when squatting. The first picture shows me setting up (I had to come forward because of the equipment) and when I take the weight from the rack, I just take two steps back, slowly and carefully. It is a lot of weight and must be respected. If you move too fast with the weight, a slight trip could prove to be disastrous. I think of the little, almost unnoticeable, trip that Larry Pacifico made at the Worlds which resulted in an injury. As for two short steps, why take any more, why waste the energy, when that is all it takes to clear the racks? Of course, we have



Photographs 1-3: Photo 1 (outside upper left) shows the 2-step setup. Photo 2 (inside upper left) shows the descent. Photo 3 (outside lower left) is taken at a sticking point. Photo 4 (middle left) shows the sticking point. Photo 5 (below) is the squat well on its way.



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It is just not sound squatting technique; it puts so much emphasis on the part of the quad, rather than the whole quadriceps area, which means you will not reach your true potential. If you have fallen into this bad habit, you must practice, practice, practice, until you have eliminated it. Your squat may suffer at first, but in the long run, it will pay big dividends. I have yet to see a world record made where the athlete was pushing his knees together, though I suppose it might be possible if an athlete had unusual thigh development.

As for the shins being straight up and down; it is pretty much a commonly accepted fact now that one's levers are maximized by such a polished technique. All photos courtesy of author Jon Smoker.

weightlifters play ping pong. I use basketball (what else in Indiana, right?) in the winter and tennis in the summer to work on my speed and regard to shoes. I have now come to the conclusion that switching back and forth from a heel to a flat sole is best. At 132 with a flat shoe my best squat was 340. When I switched to a heel, 350. At 148 with a heel made a 465, when I went flat I hit 475. At 165, flat, I hit 578; with a heel, 600. While lifting at 165 I would also go 181 sometimes, so with a flat shoe I hit 610; but with a heel, 660. This was over a period of ten years. At this point in my career, I plan to lift with a heel every other year. I certainly do not think either type of shoe makes it any more difficult to keep the shins upright; it is just a matter of adaptation. By changing the elevation up or down by an inch, millions of muscle fibers are activated, which will help to develop them more, and prevent them from becoming complacent. As for suits, try them all, and see what you like. I do not want to endorse any one product here, because I think some suits work better for certain individuals than others. Not everyone is built the same, and not all brands of suits are cut the same. I decided to include a photograph from the meet sequence from a couple years ago, just to show what I look like when I have my technique together. The difference in my technique back then was the wider grip and no wrist wraps.

position. However, in some lifters, this is easier said than done, particularly heavier ones (I have noticed that Fred Hatfield's are not as perpendicular to the floor as they used to be as he has increased in bodyweight). I wish that were the problem in my case, but once again, it was just a lack of practice.

The bottom of the squat will bring out the athlete in you. When to switch gears and start back up is a split second thing that can make or break a maximum attempt, requiring exceptional reflexes, timing and speed. Any lifter who does not work on these other attributes apart from their weight training, is missing the boat. This is why the Russian



Polished technique. All photos courtesy of author Jon Smoker.

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399/4 H. Escobedo	107.5 A. Young	93.0 D. Simpson	264 McDonald	413 D. Barrette	290 P. Belber	178/4 W. Jackson	146.5 Cumbal, J.
111/6 H. Escobedo	44.0 A. Young	405.0 B. Fiddell	400 Callafano	215 D. Barrette	95 P. Belber	710/4 W. Jackson	53.5 Inaba, H.
395 C. McNall	185.0 K. Irvin	117.9 R. Fiddell	440 Scifo	369 C. Barsh	405 L. Shea	352 R. Smith	132.5 Inaba, H.
292 H. Escobedo	92.5 K. Irvin	226.8 R. Weshy	440 Scifo	231 D. Shaw	250 L. Shea	236.5 L. Freda	125.5 Inaba, H.
420 C. McNall	190.0 K. Irvin	482.5 B. Fiddell	440 Scifo	429 C. Burch	440 L. Shea	440 R. Smith	289.5 Gant, L.
107/4 H. Escobedo	46.75 K. Irvin	1005 Scifo	440 Scifo	979 J. Edrfield	1095 L. Shea	440 R. Smith	625.0 Gant, L.
286/4 J. Ponic	115.0 B. Robinson	512 Miller	512 Miller	345 R. Bushy	605 R. Beaudin	485 J. Robinson	180.0 Bradford, J.
485 M. Womeyhe	212.5 R. Robinson	572 Miller	572 Miller	375 R. Bushy	605 R. Beaudin	485 J. Robinson	180.0 Bradford, J.
1245/4 B. Wong	492.5 R. Robinson	1289 Miller	1289 Miller	440 R. Bushy	995 R. Beaudin	440 R. Beaudin	296.5 Gant, L.
534/4 C. Okonwo	225.0 P. Coffman	540 Sacco	540 Sacco	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
600/4 M. Womeyhe	235.0 P. Coffman	600 Sacco	600 Sacco	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
1432/4 C. Okonwo	390.0 P. Coffman	600 Sacco	600 Sacco	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
688/4 G. Bell	245.0 C. Cardin	655 Wagner	655 Wagner	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
468 P. Neve	150.0 C. Cardin	390 Wenzel	390 Wenzel	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
672/4 G. Bell	364.0 D. Diether	310 J. McCarty	310 J. McCarty	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
1802/4 J. Barres	677.5 D. Balfin	677.5 J. McCarty	677.5 J. McCarty	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
794/4 J. Barres	267.5 C. Cardin	305.0 D. Law	305.0 D. Law	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
470 J. Barres	177.5 L. Johnson	305.0 D. Law	305.0 D. Law	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
187/4 R. P. Koz	380.0 J. Sabonis	380.0 J. Sabonis	380.0 J. Sabonis	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
744 R. P. Koz	380.0 J. Sabonis	380.0 J. Sabonis	380.0 J. Sabonis	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
1873/4 R. P. Koz	380.0 J. Sabonis	380.0 J. Sabonis	380.0 J. Sabonis	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
496 R. P. Koz	380.0 J. Sabonis	380.0 J. Sabonis	380.0 J. Sabonis	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
100/4 J. Hurdge	242.5 J. Williams	242.5 J. Williams	242.5 J. Williams	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
513 J. Cole	300.0 J. Williams	300.0 J. Williams	300.0 J. Williams	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
843/4 C. Madden	365.0 M. Farney	365.0 M. Farney	365.0 M. Farney	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
813 J. Cole	300.0 J. Williams	300.0 J. Williams	300.0 J. Williams	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
2140 J. Cole	775.0 M. Farney	775.0 M. Farney	775.0 M. Farney	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
800 J. Cole	295.0 G. Howk	295.0 G. Howk	295.0 G. Howk	622/4 D. Austin	530 R. Duhle	529 S. Harrison	297.0 Wash, K.
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Steroids...Attitudes and Sources

by William N. Taylor, MD
(Author of Anabolic Steroids and the Athlete)

tributed large increases in lean body mass to anabolic steroids. (3) all of the athletes planned to continue to take steroids in the future. (4) the majority of the athletes also took other medications including diuretics, anti-hypertension medications, thyroid hormones, growth hormones, calcium pills, diet pills, tanning pills, creatine, vitamins, injectable and oral liver extracts, sleep-inducing vitamins, injectable and oral all sorts, Clomid, Catapress, Indera, L-coppa, amino acids in tablet and IV forms, liquid proteins of all types, insulin, HCG, glucagon and others which I was unable to identify. Again, most of this medication was not obtained through a licensed physician or with a physician's advice. (5) some of the anabolic steroids were obtained abroad, for drugs like Primabol, are not allowed in this country for prescription usage. Some of this product was brought back by athletes and distributed to other athletes. (6) the majority of the athletes experienced one or more adverse conditions while using the anabolic steroids, and they tended to "treat" themselves with other medication to

comprise a significant portion of the population. This portion of the population is emerging beyond the strict professional and college athletic ranks with the advent of the fitness boom which this country is now experiencing. A number of today's athletes are inclined to accept the usage of anabolic steroids for particular sports as a "calculated risk". Indeed, taking anabolic steroids may impose a risk to the athlete, but I am convinced about who is doing the calculations. It is hard to obtain calculations on topics which medicine, science, and sporting officials would rather ignore. However, we can no longer afford to ignore the role of hormones in sports.

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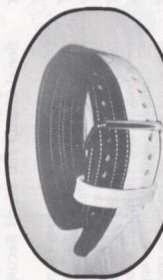
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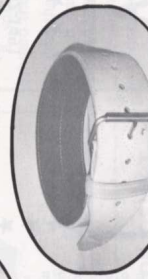
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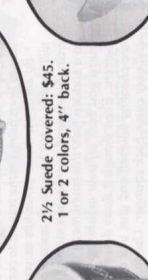
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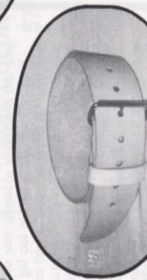
3 Tone: \$65. 1 or 2 rows of holes, Chrome buckle, any 3 colors.



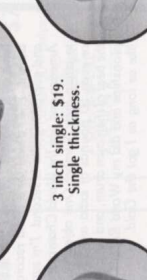
Style A: \$60. Suede covered, chrome buckle, 1 or 2 colors.



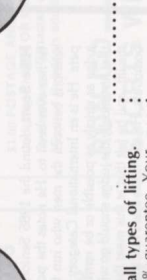
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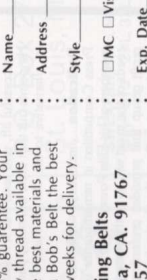
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ing you for the squat while another, bench press specialist, may be the one to spot and help you on that lift. You may also find that a number of different voices, different motivational lines and comments, may motivate you EACH time you lift. Let's face it, most every gym has several people that have the "tap" that can motivate you and inspire that "one more rep." A good idea is to vary the use of these people so that you can avoid the saturation point that has previously mentioned. Be diligent though, or choosing an assistant who is either incapable of spotting or ignorant of the lift you are performing. Other times, a "warm body" is best left to occupy his own space.

Another idea for having training assistants is that you have no obligations to one individual; the code of the gym will apply. "You spot/help me if you can, but conduct his own workout in his own individual style, at his own pace. The emphasis of this type of workout is solely upon YOU! You orchestrate your entire workout judge your own recuperation time, and concentrate on improving your own weaknesses. You can also afford yourself the appropriate time for mental preparation. You will be gaining greater control of not only yourself, but of your training environment.

Take the time to analyze your workouts and progress carefully. If you are one of those lifters who continuously falls short of his competition goals, start by examining your competition preparation. There are many reasons for shortfalls, and one may be your training companion. If you have been partner-oriented all along, it may be time for a change to an assisting type of training. At least trying both methods will allow you to discover the benefits of each, make your own evaluation, and perhaps even incorporate the best of both worlds into your training. Remember, success is the result of a continual learning process.

A viable alternative to a training partner is a training assistant. A training assistant can provide you with all the benefits of a training partner, but without the majority of the hindrances. Assuming that you possess more than one friend in the gym, you can still be afforded the benefits of a spotter, cheerleader and coach. Even casual acquaintances in the gym will most often gladly provide the desired assistance. The beauty of this method of training is that you will be able to choose the right man for the right job. For example, some people may be very good at prepar-

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Training Partner or Assistant? by Dr. Judd Biasiotto, Albany State (Author of 2001, A Sports Odyssey)

have established for your workout. If your skill level is much greater than his, then you may not benefit from a partner's drive or push. If a competitive environment is lacking, then your motivation may wane. Arnold Schwarzenegger was, by self admission, a strong believer in training partners, but he only believed in a partnership if he was with someone who shared the same strong desire and enthusiasm as he did.

Another thing to consider is your type of training partner. It may be best for a 148 pounder to train with another 148 pounder of comparable ability. Your goals, aspirations, and lifting performances would then be closely related. The problem is that even within the same city, let alone the same gym, it is very difficult to find someone to meet this description. Even if you do, it may be a double-edged sword. Some lifters will easily become psyched out if his comparable partner experiences gains that he is unable to attain.

In order to be truly effective, a training partner must possess similar goals, motivations, and desires within the sport as you. He should also, if possible, be of comparable physical abilities. If the partnership is lopsided, in that the skill levels or physical abilities vary dramatically, then your workout is only as strong as his or her best performance. Working out with someone of comparable skill or strength can interject additional motivation through an atmosphere of friendly competition. Thus, you'll be more likely to achieve the goals you

Just as important is the time required to mentally prepare yourself for each lift. We have noticed that by training with partners, our mental preparedness was significantly decreased due to verbal discourse or the constant feeling of being pushed or rushed through your workout. The motivational aspect of a training partner is not a constant. The same voice, with the same lines, tends to develop a saturation point in which effectiveness is lost. It's like listening to the same song over and over. You may like it at first and find that it motivates you, but as time goes on, you get sick of hearing it and it no longer "charges" you.

When starting a weight training program, whether for fun, fitness, or competition, most people begin with a partner, someone to motivate them or just offer companionship in the gym. Use of training partners has become so commonplace that nobody seems to reflect on the benefits or detriments of utilizing a partner. Yes, there are detriments to using a training partner; so much so, that you might consider using a training assistant versus a training partner.

Let me explain the difference. A training partner, in all likelihood, is someone who was or probably has become a close friend. Your workout waits on his arrival and rigidly follows the pattern the two of you have established. On the other hand, a training assistant can take the form of one or any number of individuals within the gym, and can be utilized on an "as needed" basis.

You are probably already aware of the benefits that can be derived from a training partner. First, a training partner is often used to provide motivation, pushing you through those extra 1 or 2 repetitions, or getting you ready for a maximum lift. Second, your training partner can act as your coach and analyze your form. Third, your partner will provide the dimension of safety in your workout by acting as a spotter. Also, your partner will represent the social factor that may alleviate the chuddery that often occurs during workouts. For each individual, there may be unique reasons for utilizing a training partner. Individual uniqueness, though, is perhaps the greatest reason for NOT using a partner.

When we first got interested in the sport of Powerlifting, we made a point of traveling to gyms throughout the country to get an idea of some training techniques and routines. We found a great diversity of training techniques between each gym, but not within the gym. It seems that not only do athletes within the same gym tend to train alike, but partners train EXACTLY the same! We immediately realized that form a purely physiological standpoint, this type of "mirror" training was not totally effective. Think about it. Everyone is different, and has different social and physical demands placed on him. It stands to reason that an individual's program should be designed to meet his unique situation. We further reasoned that since everyone is structured anatomically different, supplemental exercises should also be selected on the basis of the lifter's needs. For example, a lifter's bench may be suffering due to weakness in his deltoids, but because his partner doesn't need or concentrate on deltoid work, his bench press development may be cheated.

Consider the rest factor required to recuperate between sets. Research indicates that there is a variance in recuperation time between individuals. Some will recuperate and be ready for the next set minutes before others. Consequently, your partner could either be rushing you, or slowing you down. This is no minor point, as the ability to lift maximum poundages is contingent upon suffi-

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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: First, let me say I've never written this type of letter before. Also, I want to say that I very much admire both your lifting prowess and physique. You have achieved exactly what I am hoping to do, with your help. The advice you give in your columns I re-read, time and time again. Here's my problem. For the last two years I've both powerlifted and done some bodybuilding. I really want a powerful and massive physique without the standard powerlifting "belly" so apparent these days. I am so confused with all the books and articles I've read that I no longer know which direction to turn, and my workouts are suffering. Please help me outline a routine that will help me achieve my goals of mass and power without extra bulk. My measurements and lifts are as follows: Height - 72 in., Weight - 295, Chest - 45 in., Waist - 30 in., Thighs - 22 in., Arms - 13 in., Bench - 275, Deadlift - 425. Squat (my lift that needs the most improvement obviously) - 320. I attempt to keep my reps in the 4-10 area with singles done in the three lifts. I have put on twenty pounds since I started lifting, but still have mostly "cuts" and not size. I don't care if this letter is printed or not, but PLEASE respond and help me out. Sincerely, **Tom Denisher.**

DEAR TOM: Thank you for the kind words. I only hope I can go as far in my bodybuilding as I did my powerlifting. When I get support from people like you, it makes the road much easier. As for your training program, I always stress the use of heavy weights as the primary tool for muscular development. I don't think you are even an athlete unless you are using heavy weights and low to medium reps. So, it appears to me that your program has a good foundation and you should continue to use the heavy and low rep principle. You are a big man at 6'2" and 220 pounds and the only way to keep piling on the mass is to continue to keep increasing the weights. By using the three powerlifts as your measuring sticks for progress you will be able to tell how much assistance work you can do before you overtrain. Example: if your squats moving well for several weeks and then comes to a sudden halt, this could mean you need some rest and I would do 10-15 percent. Even though it slows down your training and it may seem like you are cheating yourself and give you a guilty feeling, I promise you that you will only come back stronger. Use this method to monitor all your lifts and you will progress at a steady rate with less chance of injury.

Your concern about getting too big and bulky from the powerlifters is a needless one. Basically, you will get as big as you want to if you eat all you diet and go slowly. Once you see yourself looking too heavy, if in all you do is watch your calories. I don't mean you should crash diet. I mean to just cut your caloric intake down for several weeks until you are back to your desired appearance.

I would like to say something in defense to the powerlifters who think their appearance is secondary to the amount of weight they can lift. These lifters have one thing in mind, and that is being the best they can be at moving weight. Their desire for a world record or world champion look like Mr. America and win the World Championships at the same time, but they desire to attain their Number One objective, they might have to add 10, 20, 30 or even 50 pounds of extra weight to their frame. They are searching for the best of their own arm and, believe me, I didn't really care what I looked like as long as I got the Gold.

Best Wishes, Roger Estep.

Mike Scott found the 1985 Seniors to be the most frustrating Nationals he has ever been to. He notes the political infighting in the sport, and the relations between the men who run the sport and the athletes who compete. He is an International Category II Referee, but was essentially told to judge as strictly as possible or be removed from his judge's seat. Mike feels that historically the judge should go with the lifter if there is any doubt about the lift, and he felt that at this meet that was not done, leading to the many bombouts. He also notes that Francis Silva was admonished after celebrating a successful lift, and feels that it is sad that we have come to such a point. He points out that there are many participants in the meet who are seeking an alternative to the United States Powerlifting Federation.

Dedication. Jim Speedy will be conducting his Northern California Bench Press Competition in remembrance of Bob Hanks and John Anderson, 2 members of his Elite Power Team, who died accidentally this year. All proceeds of the meet will go to the American Youth Sports Foundation, a non-profit group that provides professional coaching and training camps for athletes, primarily at the Junior level.

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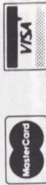
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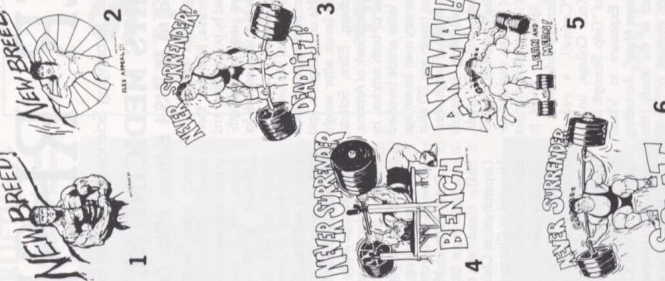
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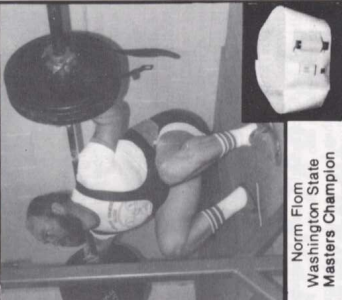
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SPORTS MEDICINE REVIEW

as told to PL USA Editor, Mike Lambert

Once again, numerous articles and reviewed, numerous articles published in the scientific literature that are of interest to strength athletes. Once again, Dr. Richard Herrick, as well as others, have been instrumental in providing copies of articles and clippings covering this kind of information.

An article in Volume 253, No. 19 of the Journal of the American Medical Association represents one of the first studies of anabolic steroid use as it affects women. The study by Richard H. Strauss MD, Maria T. Liggett MS (lead, top ranked women powerlifter), and Richard R. Lanese PhD, all of Ohio State University, involved ten women athletes who consistently used anabolic steroids, who were interviewed regarding their drug use and effects of same. All women believed that muscle size and strength were increased with steroid use and most noted common side effects. The participants were assured of anonymity for purposes of the study. Of the women, 5 were married and 3 had children. Mean steroid cycle length was 9.2 weeks (plus or minus 2.2 weeks) and usually involved more than one drug ("stacking"), 3 cycles per year was average. Somatropin (human growth hormone) was also used, and some reported use of "reus monkey hormone". According to the study this substance "has appeared in larger quantities on the black market. Its composition is unknown, but it is almost certainly not from rhesus monkeys, which are scarce and costly animals, and probably contains no growth hormone."

Drug use was justified by the participants because they felt it was necessary to win, the side effects were acceptable to them and their friends though perhaps not to others, and because they felt it was within their rights. 9 of the 10 felt they should not be tested for steroid use. Regarding advice they could give to women contemplating steroid use, they "advised caution, since the effects may be unacceptable to many."

In Volume 252, No. 4 of the Journal of the American Medical Association in an article regarding High Density Lipoprotein Cholesterol in Negative Effects of Androgen Use (Hurley, Seals, Hagberg, Goldberg, Ostrove, Hollloszy, West, and Goldberg), the study showed that powerlifters had lower levels of HDL-C than bodybuilders and runners, prior to androgen use, and the levels of LDL-C in powerlifters was higher than both groups. The LDL/HDL ratio has higher in powerlifters than the other two groups. Androgen use by 8 bodybuilders and 4 powerlifters lowered the HDL values by 55 percent and increased the LDL values by 40 percent. It was concluded that

to occur in the winter months. The Tufts University Diet and Nutrition Letter (Vol. 2, No. 11) covered a study by R. K. Chandra MD, of Canada's Memorial University in Newfoundland regarding excessive zinc supplementation. 11 healthy men consumed 300 milligrams per day of zinc for 6 weeks, after which impaired white blood cell function and cholesterol changes were found. Increasing excessive amounts of zinc can increase the risk of cardiovascular disease. In another study, lower doses of zinc, 30 milligrams per day, did not lead to altered blood lipid levels, or an increased cardiovascular risk profile.

An article in the March 1985 issue of Surgical Practice News indicates that the use of diuretics by athletes had "a large detrimental effect on performance," compared to weight loss by intense exercise for two days.

The July 1st, 1985 issue of BOARDROOM REPORTS indicates that too much Vitamin B-6 can be dangerous. "Even one 500 milligram capsule of B-6 has caused neurological abnormalities." The regular daily allowance is 2 milligrams of B-6 is recommended. It also noted that strenuous exercise leads to loss of zinc and chromium, which can be supplemented by products like liver, whole wheat, and sunflower seeds.

Caffeine has been shown to increase power output and exercise performance, possibly due to direct action on skeletal muscle. Caffeine was given orally, 5 to 15 mg/kg body weight, to 13 healthy individuals, ages 24-33, in 50 mg amounts one hour before testing, and showed the effect both prior to and after fatigue.

Soda ingestion has been shown to raise average anaerobic power, reflecting anaerobic endurance, though peak power is not affected. This from a study by Inbar, Rotstein, Jacobs, Kaiser, Dlin and Dotan in the Journal of Sports Science.

Eccentric exercise, where muscle develops tension but resistance overcomes that tension, thereby lengthening the muscle, may be responsible for "Delayed Muscle Soreness", according to studies by Dr. Kemmon T. Francis of the University of Alabama, noted in Sports Medicine Digest, Vol. 6, No. 10. Greater tension produced in eccentric contraction may be responsible for damage to muscle fibers and connective tissues.

Volume 4, No. 1 of The Herb Report indicates that Guarana not only contains more caffeine than Kola nuts or coffee beans, it also has the slowest absorption rate, due to the high concentration of fats, oils, and resins which prevent effective dissolution in water. It is estimated that a single dose of guarana will last "twice as long as that of an average cup of tea or coffee."

the training regimen of bodybuilders was more favorable, lipidwise, than the training used by powerlifters, and that athletes may increase risk for coronary heart disease."

In the same issue of the Journal of the American Medical Association there is an article on changes in lipid and lipoprotein levels after weight training (Goldberg, Elliot, Schutz, Koster). Dr. Robert Stark of Arizona, supplied copies of both articles, by the way. This latter article involved previously sedentary men (mean age 33) and women (mean age 27) after undergoing 16 weeks of weight training. After monitoring favorable changes in cholesterol, LDL levels, and triglycerides, the article concluded that weight training exercise appears to result in favorable changes in lipid and lipoprotein levels in previously sedentary individuals.

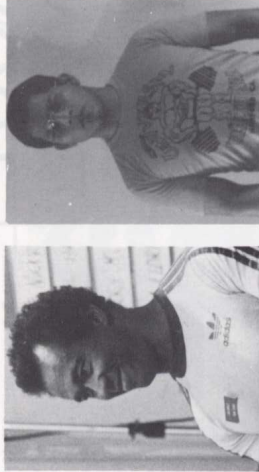
Bernie O'Connell, a recent graduate of Knox College, undertook a study of "Grip Strength as a Function of Exposure to Visual Stimuli of Different Hues". According to the Abstract of the study, the "maximum grip strength of the 40 male volunteer subjects was measured using a hand dynamometer as subjects stared at a red or green wall. The results indicated significantly higher grip strength scores in response to the red wall as compared with the green wall."

In Volume 16, No. 4 of the Journal of Medicine and Science in Sports and Exercise, the landmark study by Neil Madsen and Thomas McLaughlin, entitled "Kinematic Factors Influencing Performance and Injury Risk in the Bench Press Exercise," was published. The Abstract of the article indicates that the expert group of bench pressers maintained a lower bar speed while lowering the bar, used a bar path closer to the shoulders, and a different sequence of bar movements. In the August-September 1984, edition of the National Strength and Conditioning Association Journal, Mr. McLaughlin and Mr. Madsen also authored an article regarding the benching techniques of top level lifters. This article concluded that extra training for the shoulder musculature may be required for heavier benchers to compensate for the higher torques involved with their lifts.

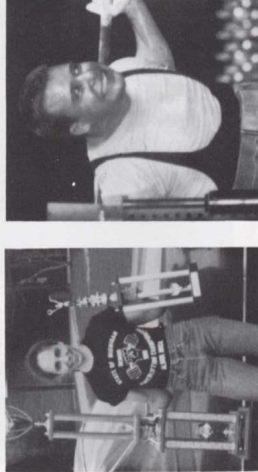
In Vol. 12, No. 10 of The Physician and Sportsmedicine, an article on Standard Scores for Women's Weight Training (Kindig, Soares, Wisenbaker, Mvros) was published. The mean value in the bench press for women of 80 pounds compares to 94, 70 and 62 pounds compared in previous studies. Mean single rep max scores were developed for the

★ WHO'S WHO IN POWERLIFTING ★

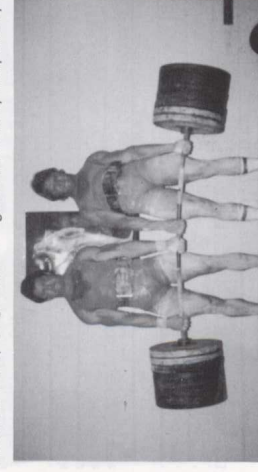
Whether you're Big Name or No Name, send your picture and details (Who's Who, Box 467, Camarillo, CA 93011) to this popular feature.



U.S.P.F. Treasurer Nate Foster received kidney transplants on May 21st. His prognosis is that he will live longer than before and he looks forward to this challenge. He also encourages people to will their organs a process that provided his new kidney, as 10,000 people in the US need such transplants annually.



In her 3rd meet, Julie Squires-Parry won the women's division at the Michigan Jr. State meet with 270 105.330 at 117.6 months earlier, she won the Jr. State meet. A former bodybuilder, she won Miss Kalamazoo and was 3rd in Miss Michigan. Her goals are to attain "Elite" status and win the A.D.F.P.A. Nationals. Photo and info by Greg Parry.



Two Men deadlifts are an intriguing demonstration of coordinated strength between two athletes, though the lift is not officially recognized. Memorable attempts have been made by the Patterson brothers (over 1400 pounds) and Vince Anello and Pam Meister also hoisted some big ones. Here in a photograph of a lift made on May 14th, 1985 at the Eau Claire YMCA in Wisconsin we see 1300 pounds being hauled in by Scott Johnson (left), an Elite level Wisconsin State Senior Champion at 181, with a 1695 total, and John Bejn (right), a Wisconsin Junior State Champion at 181, with a 1630 total. Both lifters are age 22, and the lift was done at a combined bodyweight of 364 pounds. Thanks to John for photo/information.

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WORKOUT of the Month

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The Carlton Snitkin Deadlift Routine by the 1971 World Powerlifting Champion at 242



Carlton Snitkin at the 1982 Hawaii meet, where he deadlifted so well.

WEEK 5: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 525x2. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

WEEK 6: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 525x2. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

WEEK 7: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 525x2. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

305x10, 295x9, 485x8. Bent over barbell rows: 3 sets of 10. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

WEEK 7: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 525x2. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

WEEK 8: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 525x2. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

WEEK 9: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 525x2. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

Starting with Week 10, stiff legged deadlifts are dropped.

WEEK 10: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 505x2, 565x1. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

Starting with Week 11, bent over rows are dropped.

WEEK 11: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 505x2, 570x1. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

The final workout of the 12 week cycle, should come at 10 days before the meet. In this last workout before the contest, lockouts should not be done.

WEEK 12: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 345x6, 435x4, 520x2, 580x1. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

Contest day: warmups: 145x10, 235x6, 325x5, 425x2, 505x1. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

The workout I have outlined, has produced excellent results for me, and I wish you the best of luck with it, and hope it brings you **great results!**

The deadlift has always been my "ace in the hole" at power meets. Since back in the mid 60s, I've always been a strong deadlifter. One of the reasons for this is that I don't neglect this lift, like many lifters do today. So many times you hear "I think I'll skip deadlifts, my back is sore," or "My squats will keep my deadlift strong." These attitudes are too common, and can come back to haunt you, before you know it.

To be a good deadlifter, you have to enjoy the challenge of the lift. You have to give 100% as you would the other two powerlifts. Give it extra time when the going gets tough. This lift is important, and has potential for tremendous gains, if you give it the required effort.

I have never been a good benchner, my best in a meet only being 507, and this is one big reason for my being so motivated to be a good deadlifter. I always felt the deadlift could raise my total faster than my bench could, and as time has passed, this has proved to be very true. In Hawaii, in 1982, I made three attempts in a row: 788, 810 and 821. All went very well. My best in training prior to the meet was 805x2, and 830 for a single. I have been over 800 in many contests. I attribute my success in this lift to sticking to a good routine, and never backing off.

The 12 week cycle in the following which I have outlined in the following text, can (I feel) put a lifter now deadlifting 600, up into the 660 to 675 pound range. You must have dedication, persistence and give the routine 100%.

You will notice that I always do a few sets of light squats before I deadlift. I feel this is an excellent way to warm up for the deadlift. You will notice how much better you'll feel when you start to deadlift!

Also, remember to do the following: (A) Try to keep your shoulders back as far as possible at the start of the lift. (B) Don't jerk the weight. Make sure your elbows are locked at the start of the lift. (C) Feel a build up of pressure throughout your body and accelerate. (D) Think Speed.

Workouts are done once a week.

WEEK 1: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 335x7, 415x3, 515x2. Stiff legged deadlifts: 285x5, 335x4, 425x3. Shoulder strugs: 255x10, 345x8. Bent over barbell rows: 3 sets of 10. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

WEEK 2: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 335x7, 425x3, 495x3, 595x2. Stiff legged deadlifts: 255x5, 345x4, 435x3. Shoulder strugs: 265x10, 355x9, 445x8. Bent over barbell rows: 3 sets of 10. Leg curls: 3 sets of 10. Stups (crunches): 3 sets of 25.

WEEK 3: Light squats: 135x10, 235x7, 325x5. Deadlifts: 255x10, 335x7, 425x3, 505x3, 585x2. Stiff legged deadlifts: 265x5, 355x4, 445x3. Shoulder strugs:

Power Pictorial



Alice Kargl, longest hair of any female powerlifter we've seen. If it gets any longer, she'll have a very unique means of detecting her squat depth.



The RUSSIANS are COMING!...above is a photo of Valery Soloviyov from Tallin, who competed in the 100 kilogram class and made this 295 kilo squat at the 1983 USSR Powerlifting Championships in Minsk. According to Irina Petrains, Secreary of the USSR Federation, Soloviyov's squat was 370 kg (815 lb). Karjev with a 350 kg total; 56 kg. A. Torri with 370 kg (815 lb). E. Poltsalu with 435 kg (958 lb). V. Tsviljev 485 kg (1069 lb). A. Ruminanov, at 625 kg (1378 lb). V. Kuznetsov with 780 kilos; 170 kg. S. Zerkovitch at 735 kilos; 162 kg. U. Vastrik with 740 kg; SHW, R. Randmae at 670 kg (1477 lb).

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New England's Strongest Men & Women...the winners in Ed Jubenville's annual affair were Cat Chase in the Women's 145 lb. and under division; Maria Accia in the 146 and over group; Mike Magno in the Men's 170 lb. division, Tim Briten in the 190 lb. class, and Frank Clavatore in the Super class. Events contested were the Tire Toss, 100 yard dumbbell run, repetition jerks, repetition deadlifts, and repetition cheat curls. Brian threw the tire 56 ft. 10 in., Magno ran the 100 yards in 19.2 seconds, Mike Garcia got 16 reps in the jerk, Paul Bryant got 25 reps in the deadlift, and Cat Chase got 27 reps in the cheat curl.

SENIORS MIXUP Sean Scully of the Armed Forces team called to let us know that the announcement at the Senior Nationals of the Armed Forces team as the winner of the Team Trophy award was in error. Sean realized the mistake later and gave the trophy to Ernie Franz, whose team actually won the title with more 1st place winners than the Servicemen.

THE BENCH

Asymmetrical-Rest-Pause Benching

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Anaerobic assistance exercises work! That is, heavy movements that are done with the help of either a training buddy or other muscle groups will increase your totals.

When it comes to bench pressing, it is well known that the first type of assistance exercise method is done with the aid of a friend who will stand behind the bench and will lift slightly when the bar is too heavy to be pushed without the help. The second type of method is usually done instinctively, without any thought. Initially, the bar is pushed up with "strict" movements until the lifter begins to tire. When "good form" can no longer be used, back arching and heaving is used to help get the weight up. Both methods rely exclusively upon symmetrical exercising.

Here's a third way of accomplishing the same thing. It has, however, several advantages over the first two types of assistance methods. It will allow you, as your strength level varies from day to day, to find a working weight that will be compatible with maintaining maximum concentration over a period of time. It will allow you, regardless of your own individual physiology, to find a correct angle for working the greatest amount of muscle mass. With these factors in mind, it will reduce your susceptibility to injury. The asymmetrical rest pause method can also be used to rehabilitate an injured area.

The method is very simple. For the bench press, put a bar on a power rack with a small amount of weight. Position yourself on the bench so that you can effectively balance the bar while bench pressing with only your weaker arm (the stronger arm, at this point, is used to balance but not lift the bar). Keep adding weight until you reach your one arm limit. Then add a little more. When you find your working weight, center yourself on the bench and get ready to lift. A closer grip is taken and the left arm is used to push up the bar while the right adds just enough assistance so that the positive rep will take two to four seconds. If the left arm is doing most of the lifting, the bar will rotate slightly so that it is not in its normal perpendicular position. After doing one rep with the left arm, either a full rep or a partial, the same assistance method is used for the right arm. A left rep is always followed by a right rep, and never by another left rep. Alternate back and forth while trying to maintain maximum concentration. When you begin to lose that concentration, adjust your hands to the normal spacing and begin doing symmetrical reps with either of the first two types of assistance methods.

The "normal" hand spacing can, of course, be either narrow, medium or wide. It is also understood that the asymmetrical rest pause method is not limited to bench pressing, but may be used for other lifts as well.

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Powerlifters have many questions about injuries because they are almost always injured. Whenever you engage in a sport that requires the use of very heavy weights, you enter it knowing that a certain amount of damage is going to occur on both a short and a long term basis. Most lifters overtrain and/or expose their tissues to maximal weights too frequently, leading to injury. Most of the problems are less serious than annoying and limiting, but any injury should be treated in a manner that will bring relief so that compensation doesn't lead to further breakdown.

I'd like to present some common sense basics for the PL USA reader-ship. Let me preface any further remarks with the admonition that any injury of note should be evaluated by a licensed practitioner, preferably one familiar with the types of muscle and connective tissue damage suffered in our sport. Many of my patients initially come to the office because they know I have experience treating powerlifting injuries and understand the mechanics of the sport. You need not limit yourself to a professional who is a powerlifter or weight trainer. A competent MD or Chiropractor who deals with athletic injuries on a daily basis and who is at least familiar with the demands of the sport should be well versed in treating a lifting related injury.

It is often difficult to tell how serious an injury is. Most of us will give it 'two or three days' before panicking or seeking further aid. My basic rule of thumb relies upon the experience and common sense of the athlete. If there is any impairment in function, meaning a loss or alteration of sensation, significant bleeding, fluid accumulation, deep seated or significant pain, alteration in gross appearance, or bony disarrangement, then get to a professional as quickly as possible. Don't gut it out and wait for the swelling to decrease or test it with a few light bench presses on Tuesday. Any of the above indicates the need for possible intervention and if the doctor pales you on the head and sends you home with the warning to lift more carefully next time, it's best to get that peace of mind and to get something done. If you have a plastic bag filled with ice, pack it on the affected area. As a general rule, muscle or connective tissue injuries that are minor should be exposed to ice or cold for the forty eight hours immediately

What Rules Would You Change? ...John Pettit has been appointed by the U.S.P.F. to handle formulation of a new United States policy regarding enforcement of rules at non-national or international contests, in order to eliminate lifter's complaints about nit-picking rules and get back to the fun of lifting. For a period of ninety days, the door is open for you to send in your suggestions as to how the rules or their interpretations should be changed at the local level to make lifting more enjoyable. For example, perhaps you feel that it makes no difference if the shirt you wear at a local meet has a collar or pocket, or whether your belt has your name printed on the outside. You may consider strict enforcement of the U.S.P.F. rules for Powerlifting to be too hard to attain or live with comfortably. What should be set aside, except for purposes of national and international level meets, where the full I.P.F. rules will be enforced? Until December 1st, John Pettit will accept your suggestions at 3105 Bullock, Plano, Texas 75023. Fred Hatfield, Jan Shendow, Bob Packer and others have lots of good ideas on what should be enforced at smaller meets and what shouldn't. WHAT DO YOU THINK? Send in your suggestions right away and get it off your chest. The U.S.P.F. Executive Committee will approve or disapprove the suggestions by consensus to arrive at a set of acceptable rules for local meets.

More From Ken Leistner



Pain... is what Mark Van Der Karr is feeling after this injury suffered on his last deadlift at the American Drug Free Powerlifting Association Nationals.

following injury. All of my patients know that they feel something pop or tear or if while running they twist one of their knees and the lower extremities stop working. I have a plastic bag filled with ice, pack it on the affected area. The inflammatory process is technical and sophisticated. It is the body's way

to ninety minutes can be done if strain (damage to muscle tissue) occurs. Again, use common sense and be unheroic. If there is any possibility of injury that will result in a significant loss of training time, I suggest to the team physician, not out of hypochondriacal fastidiousness, but in an attempt to maximize performance in the face of constant injury.

Most practitioners recommend the application of heat on the area after the initial forty eight hour period. My personal preference for most powerlifting injuries that affect the muscular system is the alternation of cold and heat for the seventy two hour period following the cold applications. I usually recommend twenty minutes of cold followed immediately by twenty minutes of heat. There is often lingering muscle spasm forty eight hours after a particularly disastrous deadlift and the cold or ice is used to reduce the protective muscle spasm. The heat which follows brings an increase in blood flow to the affected area, giving a subjective feeling of relief, and more importantly, carrying nutrients to and taking waste products from the involved fibers. Muscle spasm will produce a greater amount of waste products than normal and the compression of vessels which travel through a spasming muscle will impair blood flow through the area. This combination leads to the accumulation of chemicals that can serve to produce painful sensation, as well as lack of oxygen in the tissues, a condition of relative anoxia, which is also a contributor to pain. Moist heat is recommended as it is generally more penetrating than dry, but a hot, wet towel doesn't stay hot very long and it's messy. In lieu of the towel, most of my patients use a moist heating pad, hot baths, or hydrocollator packs. In either case, care should be taken to avoid burning of the skin.

After the four or five days following injury, I recommend twenty minute applications of heat, the delivery frequency determined by the severity and nature of the injury. The chronic nature of the injury is the medication, but many orthopedic follow the same guidelines I do with the addition of an anti-inflammatory medication. Aspirin is very effective in most cases, providing of course, the individual has no medical contraindication for it's use.

All of the above are general guidelines for the treatment of minor injury. Being general rules, there will be numerous exceptions and none of the above should be construed as medical advice for any specific ailment, nor should it take the place of competent medical treatment. There has been a great deal of confusion regarding the use of ice and/or heat in the athletic community, and I am hopeful that this information will help to clarify the issue. Once the injury is healed and symptoms are no longer present, I encourage the athlete to thoroughly warm up the applied ice or cold as soon as possible following activity as a precaution against, as often as once every six

Powerlifting USA BACK ISSUES

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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 lifting, Pan Am Testing Impact, Injuries by Dr. Tom McLaughlin, Top 100 148s, Jan/1984...the debut issue of the NEW Powerlifting USA; 1983 World Powerlifting Championships, National Masters meet, I.O.C. Banned Drug List, 1984 Wooming, Police/Firefighters Nationals, Top 100 181s, Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing the Cheat and Lats by Dr. Tom McLaughlin, Callout...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 West Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Profile, Calcium, Con-sunter Guide for Exercises, Referee's Corner, Top 100 275s, Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladinier Profile, Joe Ladinier Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADFFA 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 Eversen, Power Gym Directory, Drug Free Top 20 198s, Bob Wahl Power Profile, Masters Records list, Top 100 114s, First Meet Impressions.

Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Arctid, Are Anabolics Athertogenic? the New Masters Formula, ADFFA Collegiate, How to Wrap Your Knees, Top 100 132s, Shoulder Injuries, Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rethwisch Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Offseason Training, Top 100 148s, Drug Free 275 Top 20, Dec/84...World Juniors/Masters Championships, National Masters Cham-pionship, 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 Leitner on Heavy Training capability.

Jan/85...National Collegiate, Rick Gaugler Bench Routine, ADFFA Top 100 Middleweights, Road to a World Championship by John Kuc, Train-ing Tips from Ted Arctid, Conquering Anxiety, Top 100 Flyweights, Jul/85...Steroid Forum, The Big Business of Anabolic Steroids, Variable Split Training, National Masters, Bret Russell Deadlift Routine, High School Nationals, ADFFA National Collegiate, 2000 Total Club, ADFFA PA Top 20 220s, Top 100 Bantamweights, Debbie Poston benches 332.5, Sep/85...Senior Nationals Report, George Hechter Profile, Teenage Na-tionals, Kyle Brown Profile, Rick West Bench Workout, Soviet Training by Hatfield, Ask the Doctor, Counter Conditioning, All Trax Lead to lax, Rich Arrington Profile, First Aid, Top 100 148s, ADFFA Top 20 275s.

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

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POWER PUBLICITY...more and more lifters around the country are getting their story and photo published in local media. Your state, city, or club, or training partner may be very interested in publicity you may find your local media very interested in the Women Lifters, Teenage Lifters, and Drug Free Lifters. These lifters seem to have a very easy time of it getting publicity for Powerlifting. Contact your local media with your idea of what should be covered today. If you are successful, send news clippings, etc. to Publicity Committee, Box 407, Camarillo, California 93011.

Illinois...Sandi Brady of B&W Gym in Chicago got a super feature on drug free powerlifting in the May 3rd edition of the CHICAGO SUN TIMES and she also got a mention in the "Ours and Ins" column of the CHICAGO TRIBUNE on May 6th. The meet she ran, the ADFFA Women's Nationals, was plugged on several radio stations in the Chicago area. In fact, one spec-tator mentioned hearing about it on her car radio on her way to the meet. They did get a SUN TIMES photographer to take photos at the meet and WGN, Channel 9 television, also sent people to cover the meet. To get this coverage, Sandi typed up a public service announcement, both a 15 second and a 30 second version. She added information on the bottom of the page about the sport in general and about the ADFFA. She sent these to every radio and TV station in the Chicago area and to both newspapers. The SUN TIMES did a phone interview with her, and a picture from a previous meet was used with the article. She also obtained a "media book" which listed all the addresses of area sports writers. She used this in sending out the public service announcements. These books are usually available from a universi-ty with a radio-TV department or from a Public Relations firm. According to Sandi, "getting publicity involves a lot of tedious work, but if you stick to it you almost always get some coverage. I have been interviewed on TV twice in the last two years, and been in three newspapers and I am not nearly as interested as some of our national champions in powerlifting!"

Pennsylvania...Bob Schlegel got a large article with photo, showing him with his trophy from the National Masters Championships, in the CENTER DAILY TIMES in State College. The article described his Masters victory, his career as a cancer researcher at Penn State, how he got started in lifting after hurting his knee while skiing, and how he incorporates running into his training. (He runs twice a week, a recently ran in a 10 mile race).

Indiana...a large photograph of lifting at the Haynes Apperson Powerlifting meet shared the front page of the July 1st edition of the KOKOMO TRIBUNE with a photo of the hostages returning from Beirut, and in the sports pages there were full results of the competition, along with 5 additional photos. **MIND NEWS LEADER.** The article described each of the lifts, and how Brandon has done in them, along with his personal insight into his training philosophy and how he has reduced his bodyweight from 315 back down to 271 for the Bob Emmys. Larry Eggleston sent us this information.

Michigan...Bob Emmys, a relative newcomer to Powerlifting, had a large family photo and article regarding his participation in PL in the INGHAM COUNTY NEWS. Mario Torrez supplied us with a clipping of the article, which described much about Powerlifting and how Emmys stacks up locally.

Missouri...Randy and Marty Frazier of Potosi got a huge photo spread in the INDEPENDENT JOURNAL, with 13 photographs of the husband and wife team lifting, training, and with their many awards and record certificates.

DELAWARE NEWS-JOURNAL after his victory at the ADFFA Nationals. The article detailed his drug free lifting stance, his background in athletics, his lifting at the USPF Seniors and his lifting plans for the future.

Texas...Kenny Croxdale garnered extensive publicity for his WTAW Radio/Miller Lite charity Bench Press contest. All proceeds went to Brazos Beautiful Inc. To quote Kenny "Miller Lite provided trophies for five open weight divisions, a women's and master's division, 24 Hour Gyms of Texas sponsored the teenage division. Miller Lite also donated seventy two WTAW/Miller Lite T-shirts. McDonald's Restaurant handed out free Big Mac coupons and there was a drawing for a \$50 pair of athletic shoes. As a co-sponsor, WTAW Radio ran promotional announcements, broadcast live reports from the event (held at a mall), and included newspaper advertise-ments. The entry fee for this meet was only \$10.00. Since I work for WTAW Miller Lite, McDonald's Restaurant, and radio stations like WTAW as well as other businesses love the community involvement and great P.R. these events afford them. It is something anyone can do. And the bottom line is...it is fun". Kenny also got a shot of a benchner in the local paper afterwards.

Pennsylvania...Bob Olinger reports that Teenage powerhouse Kyle Brown got some great pre and post Teenage Nationals television publicity from Bill Hillgrove, sports director of Channel 4 (WTAE) in Pittsburgh. 2 weeks prior to the meet he had a story on the 6 o'clock news and on July 1st after the meet, a follow up story congratulating Kyle on his accomplish-ments was aired on both the six and eleven o'clock programs.

West Virginia...Vince White sent in a news clipping from the DAILY MAIL with a big pre-meet article and photos, John Messenger and Gene Unreweved became the ADFFA Nationals, who has never taken steroids, and WHO NEEDS STEROIDS? Underwood, who has never taken steroids, and Messenger, who stopped taking them 3 years ago, describe their training philosophies and the A.D.F.F.A. in the article.

I.P.F. Drug Test Results the results from the Women's World Powerlifting Championships are in and a letter from IFF Secretary, Arnold Bostrom, indicates the following: "The final results are that these lifters have been found to be positive: M. Ryd (USA), D. Rowell (USA), R. Seigrist (Canada), T. Bylandt-Rohal (USA). Following decisions by the IFF Congress, they are suspended from international competition and records for 18 months, beginning June 1, 1985. "In a similar statement regarding the results of the Men's European Championships the following lifters were also banned for 18 months beginning May 9, 1985: J. Fanz (Austria), G. Carretti (France), H. Heide (Germany), F.R., A. Wolden (Netherlands), J. Mikkelson (Denmark). Accompanying the suspensions was the following notice:

Drug Use and Its Control in Powerlifting

Both the deliberate and inadvertent use of an IFF banned substance by a powerlifter constitutes doping and is punishable under IFF rules. The substances which are banned constitute those pharmacological substances which the IFF feel significantly enhance athletic performance. These substances fall under two broad categories: **Anabolic Steroids** and **Testosterone and Psychomotor Stimulants (e.g. amphetamines)**. It is felt by the IFF that the use of any of these substances in an attempt to gain a pharmacological advantage is contrary to the principles of fair play. We feel that the integrity of the sport is jeopardized by such practices. Also, the athlete may be exposed to significant health hazards as a result of misuse of these agents.

International sports federations and the International Olympic Committee have prohibited the use of certain ergogenic aids. In order for the IFF to gain IOC recognition it is imperative that we take a strong stand to eradicate the use of these drugs in our sport. Doping control is now a part of almost all IFF international competitions and many national competitions in IFF member federations. The procedures to be used for dope testing and the consequences for athletes are to be found in the IFF Handbook Part 2. A positive drug test results in disqualification from that competition and from further competition for the next 18 months.

The onus is on the athlete to not take any banned substances while train-ing or during the competition. If the athlete has any questions about a specific drug they must ask the appropriate officials before they take that drug, not after the fact. It is important for the athlete to recognize that the efficiency of the drug testing precludes the effective use of any banned substances. It is the harnessing of the athlete's own natural talents and abilities that will decide the contest in drug tested events. (signed by Mauro Di Pasquale MD, IFF Medical Committee and Heinz Vierthaler, IFF Executive Committee)

Hall of Fame

At the annual meeting of the U.S.P.F. in Chicago on Friday, July 5th, three more nominees were voted into the National Powerlifting Hall of Fame by the voting members present. They were: John Penn - Administrator, Cindy Reinholdt - Athlete, and Bob Peoples - Pioneer. This brings to 22 the number of inductees into the Hall of Fame. Others in order of their induction are: 1976: Dick Burke - Administrator, Larry Pacifico - Athlete, Jon Cole - Athlete. 1977: Penny Rader - Administrator, Wilbur Miller - Athlete, Terry Todd - Athlete. 1978: Joe Paul - Administrator, Ed Zercher - Administrator, Bob Hoffmann - Administrator, Ronnie Ray - Athlete, Walter Thomas - Athlete. 1980: Jim Witt - Administrator, Bob Chit - Administrator, 1981: Mabel Rader - Administrator, 1983: Nate Foster - Administrator, 1984: Lyle Schuartz - Administrator, Don Reinholdt - Athlete, Don Cundy - Athlete, Paul Anderson - Pioneer.

The National Powerlifting Hall of Fame was moved out of a very fine loca-tion in Oklahoma City due to the sale of the building and is now without a home. Several locations are being considered. If you would like the Hall of Fame in your town or facility, please contact Dick Burke at 406-942-5606. The next election for membership in the Hall of Fame will take place at the 1986 U.S.P.F. National Committee meeting in Chicago. Nominations for consideration at that meeting, accompanied by a resume for the individual, must be sent PRIOR TO MARCH 1st, 1986 to Dick Burke, Chairman, Na-tional Hall of Fame Committee, Box 12622, Oklahoma City, OK 73157. Please be guided by the current requirements, which follow: (1) No athlete or administrator who was active in powerlifting only prior to 1962 shall be eligible for nomination to the National Hall of Fame (except as a Pioneer). (2) A new category, "Pioneer", has been created and shall be added to the two previous categories of Athlete and Administrator. (3) No category shall be eligible for nomination to the National Hall of Fame in the category of Pioneer who has been active in Powerlifting since 1962. (4) No athlete is eligible for nomination to the National Hall of Fame who has not been in retirement for at least three years. Retirement, for the purpose of this rule, is defined as absence from competition in the Senior Nationals or Senior World Championships. There are many great names in the Hall of Fame and many that deserve to join them. Pick out your favorites and send in their resume prior to the deadline, so we can get more of the true Pioneers of the sport the recognition they have earned.

STARTIN' OUT

A special section dedicated to the beginning lifter

TRAINING ALONE

A guide on how to handle the rigors of lifting without training partners, as told by David Krall.

I feel that a bridge width of at least 26 to 27 inches (an olympic plate diameter and a half) is preferable, and a width of 35 inches, or two plate diameters, better still. The immediate problem with large bridge widths is that the usual pins can bend rather easily when assaulted with heavy weights. The solution is to have small bridges made (hence the term bridge width) which can be bolted between the uprights at the desired height. Some will complain that bolting and unbolting the bridges takes too much time. Horsefeathers. With the nuts and bolts finger tight, which still leaves the bridges far stronger than pins, it should only take a minute to change the position of one bridge. This way you're at least doing something productive between squats and benches instead of just standing around huffing.

I must point out the importance of making sure that the person who is watching you knows what he or she is looking for. I have seen lifters who can push and pull big weights still using crappy form. You should know from astute reading, and very careful attention to feeling the movement out, how a technique is to be performed. Ideally, all that's necessary from the observer are small corrections.

For those who have to train alone but would rather not, it would be great if Bill Kazmaier lived next door. Well, he doesn't; so you'll just have to make due. I suspect, however, that most of the lone lifters enjoy pumping iron by themselves. Speaking for myself, I can say that I prefer the lack of noise, not having to share equipment (selfish me), being able to pace the workout as I please, and especially the lack of idiots who seem to clutter up even the best gyms. Proper and necessary concentration biases out idiots and mullers, but it's still nice not having them around.

Those who prefer to train alone must by necessity enjoy lifting for its own sake. The dedication comes naturally, because there is so much enjoyment. One is not lifting because the hip thing to do is hang at the gym, but because one likes the strength and look of larger than average muscles, and the maturity that can come from expanding with physical limits can be discovered with hard work. I realize that all good lifters, including those who train with others, lift for many of the same reasons, but here's to the members of the solitary garage gang anyway.

Illinois Scene... Dennis Brady was removed as USPF Chairman on July 29th, after the state Powerlifting meeting. He indicates in the future he will conduct ADFPA meets and will help out at APF meets, but not USPF meets.

though many of us didn't take very good notes when some of the lessons were being taught. At any rate, reading all the information in the world about a given program or a certain technique can not in any way guarantee success. Too bad, but it's true. While our proportions might be a reasonable facsimile of Mike Bridges', and reading up on all of his techniques will help broaden your knowledge and possibly help your progress, there is no way to know whether or not the Bridges Flair will help your squat unless you try it. If it helps, great. If it doesn't, that's okay too because you have at least narrowed the possibilities down and gotten a better idea of what technique you should ultimately employ.

Finally, along with reading and training experience, it might be a good idea to spend a couple of workouts at a good local gym and have the better lifters point out any form problems. While you may have found a deadlift style that works well, it is still smart to get the check you get from a good eye for technique check you out. This way you will know if you are actually performing a lift with the basics of good form. This shouldn't cost too much, and any decent gym won't mind you catching a couple of workouts.

I must point out the importance of making sure that the person who is watching you knows what he or she is looking for. I have seen lifters who can push and pull big weights still using crappy form. You should know from astute reading, and very careful attention to feeling the movement out, how a technique is to be performed. Ideally, all that's necessary from the observer are small corrections.

For those who have to train alone but would rather not, it would be great if Bill Kazmaier lived next door. Well, he doesn't; so you'll just have to make due. I suspect, however, that most of the lone lifters enjoy pumping iron by themselves. Speaking for myself, I can say that I prefer the lack of noise, not having to share equipment (selfish me), being able to pace the workout as I please, and especially the lack of idiots who seem to clutter up even the best gyms. Proper and necessary concentration biases out idiots and mullers, but it's still nice not having them around.

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USAFF Europe Meet 11 May 85 Vogelweh, WC (kilos). Table listing squat, bench, and deadlift lifts for various athletes.

Delaware State Championship 11 May 85 Camden, DE (kilos). Table listing squat, bench, and deadlift lifts for various athletes.

USAFF Europe Meet 11 May 85 Vogelweh, WC (kilos). Continuation of the table with more athletes and their lifts.

Delaware State Championship 11 May 85 Camden, DE (kilos). Continuation of the table with more athletes and their lifts.

A.D.F.P.A. TOP 20 125+ kg. SHW. Table listing top 20 lifters in the 125+ kg class across Squat, Bench Press, Deadlift, and Total.

American Drug Free Powerlifting Association. Table listing various events and their locations.

Table with columns: Name, Age, Weight, Height, and various performance metrics (SQ, BP, DL, etc.) under 'Mr. & Mrs. Muscle Beach P.L. Meet'.

Table with columns: Name, Age, Weight, Height, and various performance metrics (SQ, BP, DL, etc.) under '8/9 June 85'.

Table with columns: Name, Age, Weight, Height, and various performance metrics (SQ, BP, DL, etc.) under 'Cortez Classic Class II & Below'.

Table with columns: Name, Age, Weight, Height, and various performance metrics (SQ, BP, DL, etc.) under 'Keep America Strong Meet'.

Mr. & Mrs. Muscle Beach P.L. Meet
8/9 June 85
Calveston TX (kilobs)
NOVICE

Cook High School Invitational
25 May 85 - Adel, GA
114 lb. Rich O'Quinn 1045
Darin Court 680
Chris Newhart 475

Power Place Inc. advertisement featuring a dumbbell and text: '839 MAIN STREET LAFAYETTE, IN 47901 (317) 742-8023'. Includes a large image of a dumbbell.

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Teenage National Championships 28, 29, 30 Jun 85 Rockport, Me (kg)

Table with columns for name, age, and weight class (SQ, BP, DL, Total). Lists participants like Tracy Baldwin, Lee Mathias, and others.

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220 lbs

Table listing names and weights for the 220 lbs category, including Rick Thompson, Chad Sisk, and others.

200 lbs

Table listing names and weights for the 200 lbs category, including Mike Piro, Lonnie Shattuck, and others.

180 lbs

Table listing names and weights for the 180 lbs category, including Bob Fowler, Greg Wiresome, and others.

175 lbs

Table listing names and weights for the 175 lbs category, including Jeff Williams, Steve Fleming, and others.

150 lbs

Table listing names and weights for the 150 lbs category, including Mike Piro, Lonnie Shattuck, and others.

135 lbs

Table listing names and weights for the 135 lbs category, including Joe McCreary, Bob Enrican, and others.

120 lbs

Table listing names and weights for the 120 lbs category, including Perry Liles, Bill Boswell, and others.

100 lbs

Table listing names and weights for the 100 lbs category, including Frank Walls, Harold McCallister, and others.

85 lbs

Table listing names and weights for the 85 lbs category, including Jeff Williams, Steve Fleming, and others.

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Registration Application form for U.S. Powerlifting Federation, Inc. Includes fields for name, address, phone, and membership details.

MSSA Jayhawk BP-DL Kansas City, KS (kilos)

Table listing names and weights for MSSA Jayhawk BP-DL, including Eric Chen, Steve Corley, and others.

Penn Hills Open Bench 3 Aug 85 - Penn Hills, Pa

Table listing names and weights for Penn Hills Open Bench, including Cha Schachte, Adam Newman, and others.

Cullman Championships 22 June 85 - Cullman, Al

Table listing names and weights for Cullman Championships, including Jeff Donahoe, Barry Wright, and others.

21 Jul 86

Table listing names and weights for the 21 Jul 86 event, including Perry Liles, Bill Boswell, and others.

Florennes Open 12 July 85 - Florennes AB, Belgium

Table listing names and weights for Florennes Open, including R. Reese, D. Grace, and others.

Brownwood Open Bench/DL 28 July 85 - Brownwood, TX (kilos)

Table listing names and weights for Brownwood Open Bench/DL, including Wes Littlefield, Wm McMillan, and others.

20 Jul 85

Table listing names and weights for the 20 Jul 85 event, including Mike Piro, Lonnie Shattuck, and others.

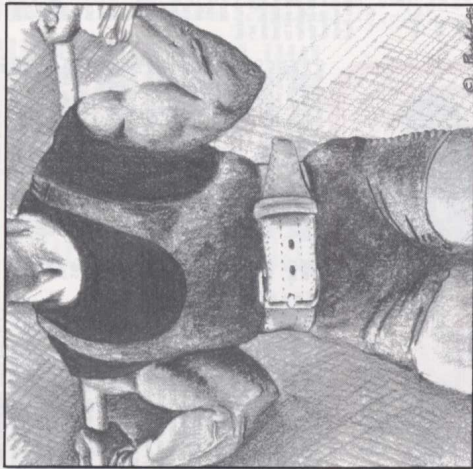
Iowa Open BP-DL Des Moines, IA (kilos)

Table listing names and weights for Iowa Open BP-DL, including J. Hayes, D. Lawrence, and others.

Brownwood Open Bench/DL 28 July 85 - Brownwood, TX (kilos)

Table listing names and weights for Brownwood Open Bench/DL, including Wes Littlefield, Wm McMillan, and others.

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ADPFA American record but the all time world record as well. If she had not broken two fingers and missed a great deal of training, she would have done 180 plus. Other than one performance in 1974, she has never come close to competing at 123 lbs and the move paid off as he broke 3 state records. Rusty Hatten used a strong will and a few coaching tips from Steve Despain to win the 1984 ADPFA nationals, lifting over 200 miles to win the 1984. David Ohlson lifted up a class and made a historic gain, lifting 600 lbs, which isn't bad for someone who trains only 10 weeks prior to a contest. Shamus' Dickmiller went 7 for 9 in winning his 1st contest. Randall was 7 for 9 in winning his 1st contest. Randall's strength coaches to take only 7 ridiculous light attempts but still won the 275's. Randall was good for 400-500 but had to report to the ASU Public Events chairman, who provided all the equipment necessary to run a successful contest and all the people who volunteered time to help. Dave Ohlson, Steve Despain and David Chasi appeared to run as smoothly as any contest could hope to be. Both nations started clean by 3:30 per se. The 1985 ADPFA contest was the main attraction of the year. Steve Despain, who won the 1984 ADPFA title, won the 1985 Men's Natl. champ Rich Wemer took state squat and DL so he could try to break the state record at 194. Wemer won the 1985 contest and his 1985 meet record was 420 and 184 lbs. Thanks to Tom McClain for results.

MEN		WOMEN		Total	
Name	Weight	Name	Weight	Name	Weight
Joe Shaw	560	440	660	1660	1815
Rod Von	495	330	660	1465	1510
Kevin Estrada	360	330	480	1170	1170
Robert Reyes	370	330	480	1140	1140
Rich Wemer	145	400	145	710	710
Steve Despain	220	610	380	1200	1200
David Ohlson	242	500	370	1110	1110
John Despain	350	310	500	1160	1160
John Despain	350	310	500	1160	1160
Tom Despain	350	310	500	1160	1160
Tom Despain	350	310	500	1160	1160
Tom Despain	350	310	500	1160	1160
Tom Despain	350	310	500	1160	1160
Tom Despain	350	310	500	1160	1160
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OHIO VALLEY OPEN BENCH		SOUTH CAROLINA CHAMPIONSHIPS		TEXAS POWER BAR	
Date	Weight	Date	Weight	Date	Weight
30 June 85 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
13 July 85 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
14 Aug 85 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
18 Sept 85 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
22 Oct 85 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
26 Nov 85 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
30 Dec 85 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
3 Jan 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
7 Feb 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
11 Mar 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
15 Apr 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
19 May 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
23 Jun 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
27 Jul 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
31 Aug 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
4 Sept 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
8 Oct 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
12 Nov 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
16 Dec 86 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
20 Jan 87 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
24 Feb 87 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
28 Mar 87 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00
3 Apr 87 - Parkersburg, WV	300	13 Apr 85 - Columbia, SC	310	13 Apr 85 - Columbia, SC	189.00

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L	34"-41"	35"
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Santa Barbara Invitational 2 June 85 - S.B., CA (kilos)

	SQ	BP	DL	Total
132	90	70	125	285
145	162.5	90	167.5	420
148	162.5	145	200	507.5
155	205	112.5	220	537.5
161	205	162.5	200	567.5
165	232.5	145	240	617.5
171	190	117.5	242.5	550
178	190	197.5	192.5	580
184	222.5	165	235	622.5
185	222.5	177.5	245	645
220	240	157.5	272.5	670
221	272	190	360	822.5
222	230	135	260	625
223	145			
224	362.5	272.5	302.5	937.5
225	292.5	217.5	297.5	807.5
226	23.5	145	247.5	625

Thanks to Kevin Fisher for results.
Thanks to Jeff Lamberson for results.
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Haynes-Apperson Festival 30 June 85 - Kokomo, In

	SQ	BP	DL	Total
114	145	110	160	415
115	350	230	385	965
116	340	150	380	870
117	300	185	300	785
118	415	185	450	1050
119	320	145	370	835
120	450	290	450	1190
121	590	330	615	1535
122	560	360	685	1605
123	455	275	490	1220
124	360	240	440	1040
125	235	235	400	870

Champions Teen/Novice Meet 3 Aug 85 - Tulsa, OK

	SQ	BP	DL	Total
123	297	154	358	809
124	424	231	446	1101
125	320	204	350	874
126	480	236	473	1189
127	364	259	396	1019
128	358	315	402	1075
129	562	30	534	1426
130	473	308	512	1293
131	540	407	551	1448
132	523	325	485	1333
133	462	292	551	1315
134	462	292	551	1315

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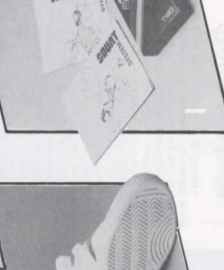
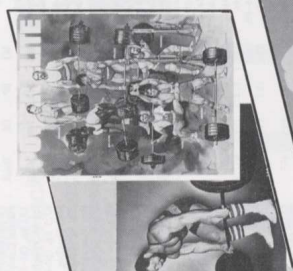
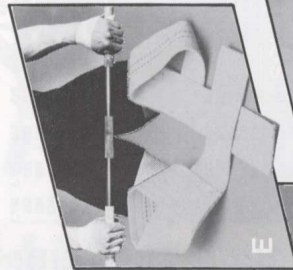
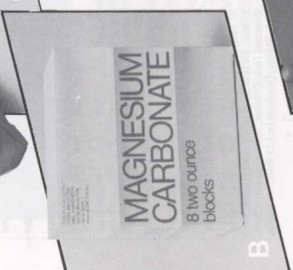
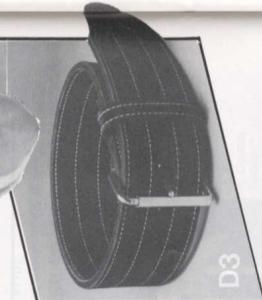
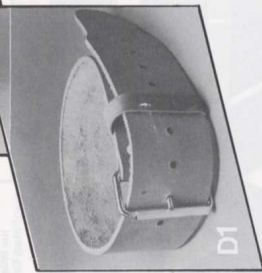
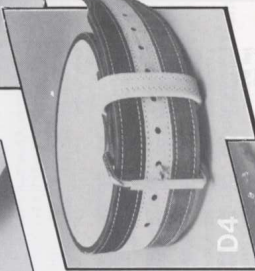
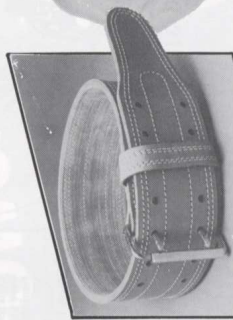
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(G) SUPER WRAP 3

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(C) WRIST WRAPS

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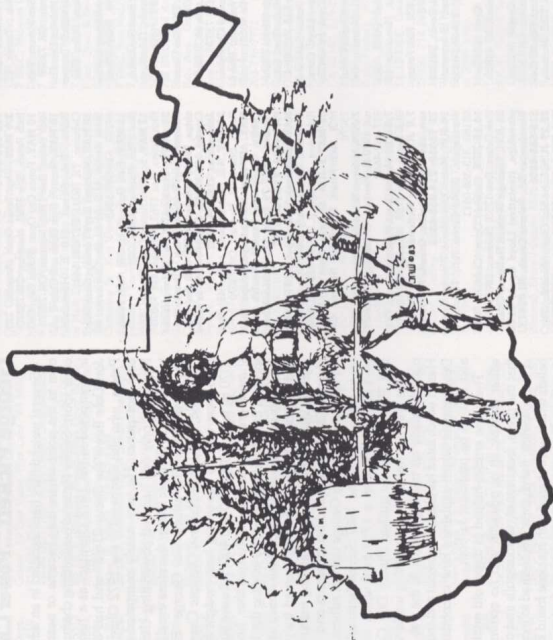
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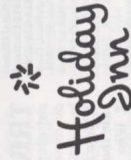
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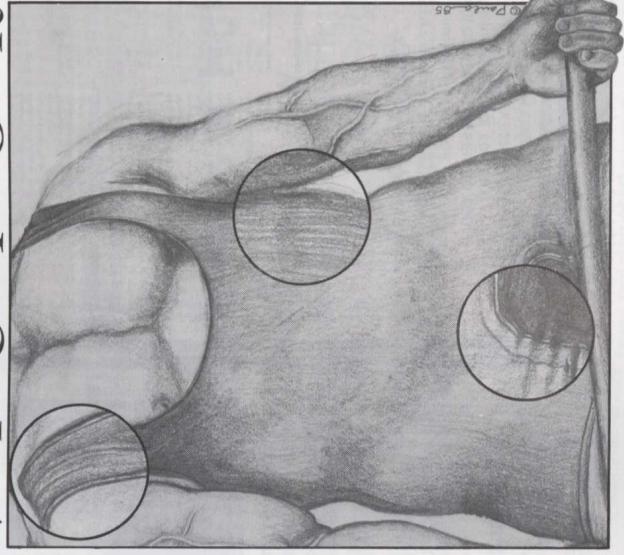
Schedule of Events

Saturday: Lifting - all women and
 114-181, 10:00 am. Seminars:
 Larry Pacifico (Training) 6:30 pm.,
 Doug Furnas (Training) 7:30 pm.
 Sunday: Lifting - 198-Super 10:00
 am. Beer Party - immediately
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 Choline 100 mg
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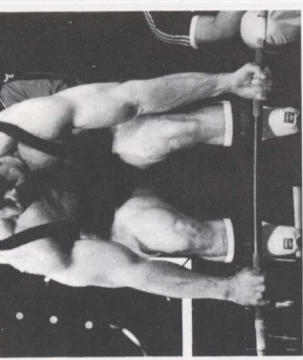
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