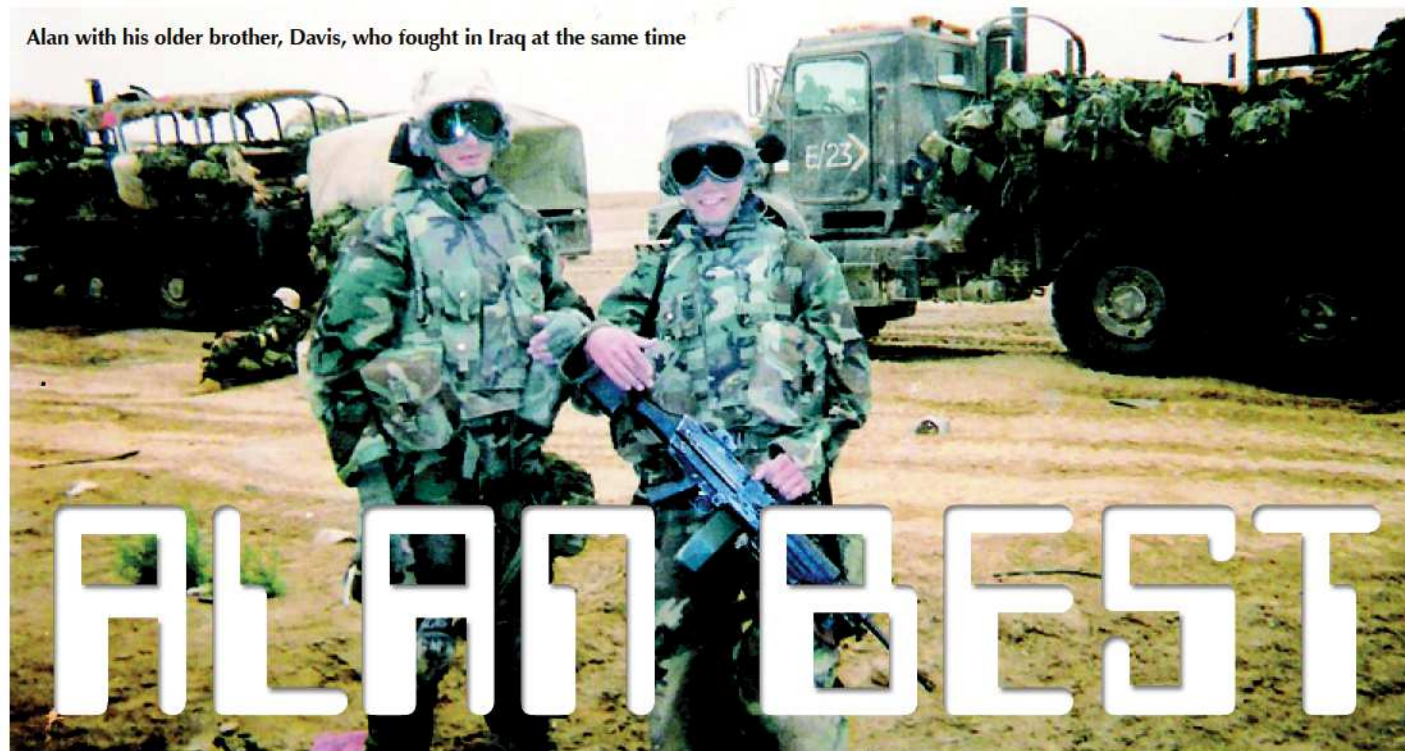


Alan with his older brother, Davis, who fought in Iraq at the same time



Hi, Alan. Tell us a little about yourself.

I am 27 years old; born August 25, 1983. I was born and raised in Santa Barbara, California. I attended Roosevelt Elementary School, Santa Barbara Junior High School, and Santa Barbara High School. After high school I joined the Marines and have moved to a few different places including Oceanside, CA, San Diego, CA, and Springfield, MO. I am currently living in San Luis Obispo, CA. For the last few years I have been a manager at Albertsons and now Spencer's Fresh Markets.

How did you get started in powerlifting?

How I got started in powerlifting is a weird series of events. After radiation treatment for Hodgkin's lymphoma, I noticed my lungs had become scarred. At the time I was a runner and had competed in the mile, two mile, and three mile. I was in love with running, but found it very hard, as my body could never get enough oxygen, and for the first year after treatment taking anything more than a two-thirds breath caused a fair amount of pain. So, I just quit everything, and it was only after nine months passed I grew bored of being normal and set out to find a new way of working out and "body-building" fit that need. Like everyone else I had no idea what I was doing and spent more time doing biceps and chest than anything else. From there I moved out to Missouri, where I started lifting at Ozark Fitness center where a man by the name of Joe Humbyrd watched me deadlifting one night and talked me into doing a little local Sonlight Power lifting meet. It was at that meet I met a man by the name of Clint Lowe, and he was nice enough to take me on as a

training partner. It was through him I was introduced to the sport of powerlifting and learned more in one year than most learn in ten.

Who has been your main powerlifting influence?

By far my biggest influence in this sport has been Clint Lowe and I would never have taken it this far without his support.

What are your best lifts in competition?

Best squat: 959
Best bench: 674
Best deadlift: 804
Best total: 2436

Where do you train?

I train out of Estrada's Gym in San Luis Obispo.

Tell us about your service in the Marine Corps.

I joined the Marine Corps back on June 17th of 2001 and enlisted as a reservist with a 0311 MOS (rifleman). I was diagnosed with cancer at the end of boot camp, which forced me to stay on active duty for another nine months. After finishing the School of Infantry I was released from active duty for four months before being called up again. From there my unit was activated and we were stationed at Camp Pendleton for a few months before deploying to Kuwait where we waited until the President gave the order to enter Iraq. I was one of the lucky few that got to take place in the initial invasion of Iraq. After we had taken Baghdad, all Marines were to be pulled out of Iraq and the country to be turned over to the Army (but we all know how that went) so my unit was sent back to Kuwait

for a month before returning to the States. After this deployment I was just a regular reservist and worked my way up to E-5 and finished my last year as a Platoon Sergeant.

Can you tell us about your fight with cancer?

I have a very cold way of looking at cancer: you live or die—it's just that simple. I have seen that too many people let their cancer define their lives. I was diagnosed with cancer on August 30, 2001; five days after my 18th birthday. I still to this day thank a doctor by the name of Lt. Commander Taylor for running the needle biopsy twice after the first one came back negative and for saving my life because if it was in the civilian world most likely insurance would not have paid for the same test two days apart. We still joke about me telling my older brother I had cancer; we were in boot camp and sat down in the drill instructor's office where I said "I have cancer," to which he replied "Are you going to die?" And I responded with "Na, I don't think so." Bad story, but funny. After boot camp ended I began Chemotherapy, which consisted of me getting four different kinds of chemo every two weeks for a total of eight "rounds" (each round is a two week period). After the first chemo we noticed my red blood cells were not keeping up and they had dropped to on-sixth of normal ranges. The answer to this was blood doping with an agent called Neupogen and thanks to this drug I was able to continue treatment. Everything had been going well with treatment. I started losing my hair after the second treatment and had little to no problems until the fourth treatment. On the fourth treatment I threw up for the first

time; I wish I could say it was only once, but I was on so much anti-nausea medicine (which makes you extremely high) that my body lost it and I threw up every 10-15 min for the next 8 hours. I laugh at this now, but this was one of the worst things I have ever gone through and with a little luck I won't have to again. So before entering the fifth chemo, I spoke with my doctor and told him I did not want to take anymore anti-nausea medicine; his answer was a hypnotherapist. From this hypnotherapist I was able to learn in one session how to control the nausea without the use of drugs. After learning how to meditate and relax my body the rest of the chemo seemed to go off without a hitch. After finishing chemo I took 20 rounds of radiation therapy which took place over 30 days—and after chemo, radiation seemed like a walk through the park. I feel that cancer is one of the best things that has ever happened to me. I enjoyed the process of undergoing treatment and learning so much about my body and what it could endure. Plus, I like to think that this taught my body how to recover at an abnormal rate.

What is your athletic background?

Like everyone else, I started with soccer back in first grade and played that for a few years. Then in high school I started running track and cross country and continued to do that until I graduated.

Who are the toughest competitors that you've gone against in powerlifting so far?

This is a hard question to answer and I'm not sure the answer is going to go across well, but for the most part I only compete against myself. I enjoy lifting against other lifters, like Smith and Karabel, but at the end of the day if I win with a total I don't like I'm more pissed off than if I lost with the total I wanted.

What are your predictions for your lifts in future contests?

I don't like to predict numbers because I have a history of being very inconsistent, but before I leave this weight class I would like to hit a 2,500 pound total or something a lot closer than I've posted now.

What contests are you currently focusing on?

As of right now I'm hoping to be invited to the Fit Expo. I really enjoy this meet and lifting against everyone.

Tell us about your training program.

I have a weird training program that I wrote one day that I would like to think is more "old school" than anything else. I train four days a week with Monday being the squat, Wednesday bench, Friday deadlift, and Sunday overhead pressing and upper back. I hit movements like arms on Wednesday and Sunday, upper back on Wednesday and most of the time Friday as well as Sunday and abs two days a week. Monday is weighted abs and Friday is oblique or body weight abs. I rotate weeks between heavy reps and max effort movements, with little to no



Alan Best in uniform as a Lance Corporal

band or chain work. I like the way real weight feels, and I don't see how a band is going to make me stronger in real life.

Who do you look up to in the sport?

I have always looked up to those that lift at their full potential at meets. To name off a few: Karabel for his amazing squat, Smith for just being freaky strong and, of course, Dave Pasanella, which is the reason I started lifting in the USPF.

Do you have any sponsors?

I don't have any sponsors except my buddy Ian's site www.violentherpowerlifting.com.

Have you broken any records?

I held a couple of Junior AAPF records back in 2006 with an 810 squat, 705 deadlift, and a 2,040-ish total at 242 when lifting at Junior Nationals. I broke the USPF California state squat and total record along with the USPF American

ALAN BEST »



Alan doing the High Jump at a high school track meet

Alan with his SAW—Squat Automatic Weapon

total record at this last Mr. Olympia with a 959 squat and a 2,436 total.

Steve Denison to his new federation, the USPA.

What federation(s) do you compete in?
I have been lifting in the USPF, but will follow

Any last comments?

I just want to end by thanking all the great people around me for helping me throughout the

years. People like Dave from Supplement Direct, Steve Denison for putting on the best meets in the world, and all the people that train with or have trained with me—without their help and support I would never have made it this far. «

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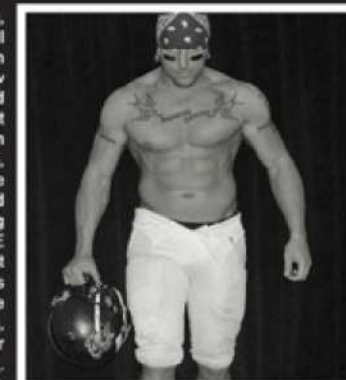


Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

Training Tip:
• Have defined both short and long term goals.
• More is not better - better is better.
• Progress slowly and measure your progress (always WRITE IT DOWN!)"

Chad Herlehy - Pensacola, FL PRO FOOTBALL FREE AGENT & COMBAT VETERAN

"I am a U.S. Marine Corps combat veteran, Personal Trainer and Semi Pro football player/Pro football Free agent. I have been training since I was 12 yrs old. I am now 32 and achieving new goals...unexpected goals. If there has been a supplement out there...I've tried it and/or taken it. From protein, carbs, and weight-gainers to andro, tribulus, NO's, glutamine, glucosamine and multi-vitamins. Recently I stumbled across The Jack3d Stack. I was looking for something to help give me that EDGE on the field and during training. The first time I tried it before my season opener was AMAZING! My explosiveness was off the charts! My closing speed, my explosion, was unlike I've ever experienced! So for the rest of the season...The Jack3d Stack...every game day & training session! We won the championship and I was selected to the All-star Team. Thanks to those who turned me on to USPlabs Supplements... it honestly brought my game to another level and has gotten me scouted for the next level too!"



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