

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

J.M. BLAKLEY as interviewed for PL USA by Mike Lambert

ML: At one time I thought there must be TWO J.M. Blakley's in Ohio. With all your jumping up, down, and around the weight classes, I figured it could not be just one person doing all the lifting you were doing. Do you actually go through 4 different weight classes in a year. What prompted you to take this route?

JM: I enjoy the challenge of making weight. Not the actual execution, but the challenge. I compete in 4 weight classes, at least, each year, sometimes five. It started out when I was dieting for a bodybuilding contest. I noticed in training that although I would fatigue very easily during the workout my strength was pretty stable for the first set. I reasoned that must be good for powerlifters, because they could diet down, and still stay strong for a one rep. My previous best bench press in training was around 400. I knew that a good bench press was considered to be around two times bodyweight, so as I was dieting I challenged myself to get down lower and lower and try to get the bench up a little bit. I dieted down to 220 and I was able to get the

in competitions and she miraculously brings them back to life to be used another day.

A word about the bench shirt - the groove is different with a bench shirt than without. One needs to respect that. One needs to spend time and effort in learning the groove and learning the shirt's optimal mechanics, not trying to make the shirt follow your own bench mechanics. This is a skill that has to be practiced and mastered. People who complain about bench shirts, probably have not paid their dues. It's not uncommon for me to show up at a gym with two duffel bags, filled with 7 or 8 shirts, each one slightly different. I always, painstakingly, try to find the one that's matched for my body size at that time. Why spend so much time to find the right groove on a shirt? Because you can get 100 pounds out of it. Yeah, a hundred pounds. I personally have never gotten 100. I have gotten 90 on one occasion. Usually, 70 or 80 on every outing. On two or more occasions, I was clearly able to get 120 or more pounds had things gone right off. My first bench shirt that I put on, added exactly five pounds to my bench. I didn't know anything about them, but I realized that I needed to master this aspect of the competition because like it or not, some guys will take the time to learn this skill, and they will blow the shirts, and they will pinch nerves in their arm, and they will pass out trying to squeeze into a shirt that is just a little bit tighter. They will, in short, pay their dues.

I spotted a lifter here in Columbus, and watched him, right before my very own eyes, get 150 pounds out of a denim shirt. I know this to be true. I spotted him in the gym and I was at the meet, and I saw it happen. I realized right then and there, that if he could do it, so could I. When I feel frustrated, or when I blow a shirt, or I let a weight fall out of the groove and almost get crushed by it, I remember how easy he made it look, and how he never ever did a workout without practicing with that bench shirt on at some point. He learned the groove, he learned his own mechanics, and he mastered it. He

compete against bigger men. I do that so that I can gain strength. Every time I put weight on, I end up getting stronger and stronger, and then I diet down, and I see how much of the strength that I can hold.

ML: I believe you've benched in some competitions without a bench shirt. Which type of shirts do you use and how much do they add to the bench? Does the effect vary with bodyweight?

JM: Certainly with changes in bodyweight come changes in body mechanics involving internal tissue pressures, leverage, etc... I own 23 bench shirts that fit me from 198 lbs. up to 296. I've had good results using a denim shirt with the seams reinforced and the arms moved by my seamstress Karen Mitchell, who is a world class power athlete and bodybuilder herself. All my shirts are customized by her and all of them, but two, have been blown

at 440 for a gym rep. Then I learned about the pause. As soon as the bodybuilding contest was over, I wanted to do it legit. In Columbus, gym lifts don't mean anything. No matter how impressive they sound, there is an established proving ground, and that's the meet. I wanted to get it in the books, and do it for real. I went to a local bench press meet, and I went 400, 420, and 440 in a shirt and some Spandex pants, but with a legitimate pause. That was the very beginning of it. I've been hooked ever since.

I learned two very important things that day. One is, that there is not a law that states that someone has to lose strength as their bodyweight goes down. Number two was that one can count on a few extra pounds on contest day with all the excitement and adrenaline.

I don't go up in weight classes and am customized by her and all of them, but two, have been blown

I think this effect is most likely due to compression of the extra adipose tissue and the interstitial fluids being compressed, providing an elastic effect inside the body. In the lighter classes the shirt has more of a bracing effect. It still boils down to mechanics. You must learn how to use your equipment.

ML: You have goals of 630 in the bench at 242, 730 at 275, 750 at 308, and 775 at SHW in your quest to become "King of the Bench Press". How will you achieve these goals and when can we expect to see it happen?

JM: Yes, I want to become King of the Bench Press. I say that because no one gets excited about small goals. It takes big ideas to get people interested, and I'm going to keep saying it, because I want to interest people. The truth is I'm not trying to be the king of anything, really, except myself. My goals are my own. I want to improve myself and constantly challenge myself and, in turn, the world records. There have been many great benchers before me, and many will come after me. I respect every single competitor. You can ask anyone of them, I'm sure that they'll say that. If they don't, they're mistaken. Maybe if I was too focused for the moment, I didn't seem amicable. Bottom line is that I respect all of them. I've learned amazing things from benchers and being aware of their strengths and weaknesses. I've learned about explosive power from George Halbert. No one I've ever seen literally throws the weight off their chest like George. I've learned about tenacity and a die-hard attitude from Kenny Patterson and Willie Wessels. I've seen both of those guys set world records that never could have made it up, but they did. They wouldn't give up, they wouldn't say no, they were determined and their will power was incredible. I learned technique from Craig Tokarski, who almost effortlessly flipped 705 up with flawless execution. I don't follow



J.M. at 220 at the Iron Island Gym. (Jack Smith)

his technique, but I am in awe of his mastery of the form he uses, which suits his body type. I hope to someday master my own technique in a similar way. I learned from Glen Chabot manhandle the 275s and I'm nearly ready now for a record attempt - maybe June or July. It's 730 lbs. Kenny Patterson is at 728, and that's an incredible, amazing record. I may take me a while to chip that one down, but I think I'll be ready for an attempt at that at the APF-Sr. Nationals. After that, it's back down to the 220s. I'd like to hit 605 at 220, then back to the 242s for that 685. Then I'm going to skip right through the 275s and go to the 308s for my big 750 attempt, and if that goes well, and the weight comes up, and I gain the weight fine, I'll go to 309 and try that 775. This will all be attempted during 1997/98 and then I'll do a lot of shirt free meets after that.

ML: How do you manage your diet? I believe in simplicity. I have some very exotic and detailed diets I used for bodybuilding, but I really don't use them anymore. I can go to them if I have to, but they haven't been necessary. I stick with simplicity. My dieting techniques are extremely simple. To cut weight, when I'm heavy, I maintain less than 3000 calories a day, and I begin doing 30 minutes of cardiovascular a day. No days off. I gradually build up to, believe it or not, 4 hours of cardiovascular training a day. I never



J.M. has even tried his hand at modeling sportswear.

(article continued on page 90)

...spect in trying to rule the bench press. In fact, I am a Top Five competitor in four different weight classes. Each year I do that. My monarchy is over the event and the challenges, I never over any great lifter or their accomplishments. I need to make that clear. I will achieve my goals the same way I've gotten

(article continued from page 7)

go lower than 2500 calories. My protein intake is low, about 80 grams a day of protein. My fat intake is low, about 20 grams and the rest is carbs, from any source. That is the amazing diet plan that I tried to lose 77 lbs. in 12 weeks. The bottom line is - I burned it off. I went out walking, and I spent some time doing road work. That was good, though, because it gave me some time to myself. I used to walk 12 miles every day, sometimes more. It was good private time for myself. I used to do mental training, visualization, mental practice. I figure now I have lifted 730 pounds about 400 or 500 times - in my mind. It was a private, personal development laboratory. You can do a lot of mental drills in 4 hours of walking.

To gain weight, I ramp up. I start out trying to get 4000 calories in. I do that about two weeks, and then I pump it up to 4500. Then to 5000 or 6000. I hit that for about 3-4 weeks. Then I go 6000-6500 for another month. Maybe 7000, if I can stretch it. Usually another month at that. If I need to, I try 8000, and as a last resort, I'll go 8500. I have gone 9000 a day, for about 2 weeks or 10 days. I find this amount of food a day is nearly impossible for me to consume. I have done it, but I haven't lived a normal life doing it. I hear stories about it all the time, about people eating a huge amount of calories, but I really am skeptical that they're

actually measuring what they're eating. I can only maintain that level for about 10 days, 8500, then I have to drop it down to 6000 a day for a week or two. Then, maybe re-try 8000 for another 10 days, if I can stand it. I'm

cookie in one hand, I have another cookie in the other hand; one slice of pizza in my right hand, and another slice in my left. If I've got a Quarter Pounder on one side, I've got a Big Mac on the other. I try to eat large portion sizes all throughout the day.

I have 4-6 full checkups a year, at least: blood work, urine, everything. It depends on how many times I'd get during the year. I work with two sports medicine specialists, my general practitioner, two cardiologists, one orthopedic surgeon, one physical therapist, and two athletic trainers. I know what's going on with my body. I do all these things: I gain weight, I lose weight, and I know the risks involved in putting my body on the wire like that. I try to minimize the effects while still challenging myself to do what I can and still stay as healthy as possible. I'm very thankful for all this medical supervision that I have and all the support I get from this crew. I monitor everything that I do and I try to know my limits. So far so good. I'm not ignoring any potential danger. I'm just very adamant about trying to control it. In fact, contrary to ignoring the dangers, I am actually very, very aware of the dangers, and that's what I think sets me apart.

ML: Describe your philosophy about mental training.

JM: I'm always looking for ways to improve. I feel that if you think you know it all, then you're stuck right where you are. How will you get better? I need to find new ways to improve. I've spent the last two years searching for ways to make myself better, and I've focused on mental training. I looked at everything that could affect my bench press: my physical training, my recovery, my diet, everything. Something I thought was a weakness was my mental training. I wasn't spending enough time on that, so, for the past two years I've been spending 1 1/2 to 2 hours a day reading books on psychology, visualization, self-hypnosis, dream manipulation, focusing concentration, Zen, peak performance techniques, biofeedback, and, in general, anything that is related to unseen energies of the mind. At first, I read just the sports related books, but that led me to the general psychology books, and even some sales and marketing books, and that led me to books about relaxing, and flow, which led me to books about meditation and concentration, and on and on. My library is literally stuffed with books from very unlikely

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something I still could do. I really never liked bench pressing too much beforehand, but it was about all I had left to work with. In Lorain, Ohio, I ended up with just my opener, 605 at 285 lbs., but I had an exceptionally strong lock-out at 700 with three red lights. I never quite got it down to my chest. The shirt was just too tight, but - boy - I threw it up awfully strong. Then I went to an APF meet, the Central Ohio Bench Press Championships, a Dean Glitt event down in Circleville, OH and I ended up with 675 at a bodyweight of 285. I made on other 700 attempt, and I could not get it down to my chest, and it rolled out onto my stomach. I was still chasing that big Seven. So, I went to an APF meet, the Indiana State meet in Indianapolis. I was credited with 700 at a bodyweight of 285. I wasn't quite satisfied with my own execution, but the judges were, and they passed it. I think I got a little bit of an early press signal on that one, but everybody was excited and I certainly did lift the weight. Then I went to an APF meet in Wilmington, Ohio, Tina Parrish with the 620 my opener. I ended up with 620 my opener again, at 292. I tried a 720 lift there and had some shirt trouble. Then I

ML: How did you do in each of your meets during '96?
JM: The first meet was the APF Extravaganza. Terry Danglerfield was the meet director, up in Chicago. I did a no-shirt meet there, 470 at 241. The next meet I did was the APF sanctioned Arnold with 620 my opener. I ended up with 620 my opener again, at 292. I tried a 720 lift there and had some shirt trouble. Then I

ML: What happened as a result of your back surgery?
JM: Back in 1990, I had back surgery. The L-5, S-1 disc was removed but no fusion was performed. Instead, they put a small pad of fat in there as a temporary cushion. I was told that would be absorbed in about three years and the bones would eventually fuse. Recent X-rays have shown that, 7 years later, there's still a space there. My suspicion is that because I have kept active, and included stretching and Yoga in my daily therapy program, I've been able to maintain the structure. When I was first put down, I laid flat on my back. I was allowed up for only one hour per day, and there three long months more than 50 lbs. again. My rehab was that I had to change my lifestyle. I was crushed, but after a brief emotional setback, I set out to show them, and myself, what I could do. I forgot about the things I could not do and I focused on the things that I could do. My first exercise, back in my house, was to go down to my basement, lay face down on a bench and do one arm dumbbell curls underneath it. My second was the bench. I reasoned that with my back supported by the stability of the bench, this was

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sources. I really believe in human potential. I believe we've got a long way to go to really tap into it. During heavy training periods, I spend about 5 hours in the gym, that's 3 hours on Sunday for the bench workout, and 2 hours on Wednesday for the tricep workout, and I don't do any other bodypart work. I spend about 28 hours a week doing mental drills. You can see it's a very important part of my training. I've just recently begun to reap the benefits of this, and I can truly say that the improvement I saw is directly related to my studies and not to my physical training. I would encourage everyone to explore some areas outside their physical training as an avenue to improve: a Yoga class, visualization tapes, whatever you're comfortable with.

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