

# INTERVIEW

## BRIAN CARROLL - TEAM SAMSON by Mike Westerdal of CriticalBench.com



Brian Carroll can move almost unheard of weights in the squat

**CB:** Brian it's an honor to conduct this interview. I've seen you compete first hand a few times now. Very impressed with your 2535 Total @ 242 from the APF Intramural Meet in GA. Highest total of the meet, congratulations!

**Brian Carroll:** Thank you Mike. I appreciate your time and support. I had a decent meet and did ok going 6-9.

**CB:** How long have you been powerlifting? How did you first get started in the sport?

**BC:** I did my first meet March of 03 and started training for it that January. I totaled 1752 @ 220 via 705, 424, 622. I had a friend tell me I was doing the meet, so I said ok, and went and did it. Haha

**CB:** That's the way to start, just dive right in. What weight classes and federations have you competed in? Have you always competed equipped?

**BC:** Mostly APF. I have done some WPO and one IPA meet. I have only competed in the 220 and 242 pound weight classes. Yes, my meets have always been geared. I have no desire to compete raw. The best compete geared, so that's where I choose to lift.

**CB:** What is your favorite lift out of the three and why?

**BC:** For the longest time it was the squat. Now, I'm starting to really like benching. I have had my times of really liking the dead, but that just depends on how it's moving at the time.

**CB:** What was your all-time favorite moment so far in your powerlifting career?

**BC:** I would have to say my favorite was breaking the all time world record squat at the WPC Worlds in 2006 with 1030 @ 220. I wanted to break it so bad for a while and was thrilled when I made it happen.

**CB:** I can see that being a huge emotional high. Brian, every lifter is different when it comes to getting motivated for a big lift. What goes through your head moments before you step on to the platform?

**BC:** I just try to remember to keep my form and not get too crazy and screw the lift up.

**CB:** You train with Team Samson. Tell us about the atmosphere, what your teammates are like and what you've learned since you started training there. How did Team Samson Powerlifting start?

**BC:** It's a great atmosphere where we train! My teammates are great to me and we have a very friendly, anything goes atmosphere. We all give each other so much crap, but we are there to better each other

and we know that. TSP started at the middle of '03 with Adam Driggers, Tony Garland, Brandon Tripp, and Shane Shepard. I joined shortly after in October of 03 and we became an official team around the end of the year.

**CB:** How important are your training partners? Could you have reached the level you are without them?

**BC:** They are very, very important to me. I couldn't even be close to where I am without them. No, I couldn't do it without them.

**CB:** What does your training regimen consist of? Do you take any time off during the year? How many days a week do you train? All powerlifting or do you any bodybuilding exercises? Break it down for us, we're dieing to know!

**BC:** Typically I train four days a week I train bench on Mondays and upper back on Wednesday. Thursday I train light chest and shoulders, Friday I train the squat and dead. The Wednesday and

Thursday training sessions are more body building exercises, while Monday and Friday are the heavy days. I like to take 2 heavy days then follow it with a light day, that way I don't beat myself up too much.

**CB:** What are your best lifts in competition and in the gym?

**BC:** Competition: 1052 squat, 733 bench and 771 dead. Gym: 1100 squat, 750 bench and 800 dead.

**CB:** Holy mackerel. You're the 2nd ranked 242er of all time when it comes to your total. How hungry are you for the #1 spot? Any other records you are proud of?

**BC:** I am very hungry for the #1 spot. I know that Greg and Jim are so tough and well rounded that I will have to be spot on to have a chance. I still have the WPC/APF world record for the 220 open squat, multiple junior world records in the WPC/APF and all of the Florida state records @ 242 except for the bench.

**CB:** Impressive. This is an inter-

view by Critical Bench and we are talking to a 700 Pound + Bench Presser. What tips or advice can you give the readers to give their bench presses a boost?

**BC:** Train heavy and hard. Work every aspect of the lift. Off the chest, lockout, etc. Keep plugging away, but at the same time, don't be scared to change things if they stop working. Don't be too cool to take advice from anybody, especially top and experienced lifters.

**CB:** As a WPO competitor how do you feel about the USAPL taking over at the Arnold? What do you think is the biggest geared meet of the year that the best of the best compete at?

**BC:** I feel that the USAPL is boring and I wouldn't want to watch the meet at the Arnold. The Pro-Am is the biggest and baddest around right. Louie does an awesome job with it and that's why it's such a huge success.

**CB:** Brian, use your crystal ball and look into the future 5 years from now. What is the all-time world record equipped and raw bench press?

**BC:** Geared: 1150, raw: around the same .. and Kennelly will have both.

**CB:** What advice would you offer a young lifter wanting to get started in the sport that you wish you knew when you first started out?

**BC:** Listen to the guys who know their stuff. Listen, listen, and listen more. I hate new guys that don't want to listen, but act like they want to get better or bitch about their lifts not being top level in just one year of lifting.

**CB:** Powerlifting is still pretty much an underground sport. Do you like it this way or do you hope that one day its gets more exposure and becomes as popular as other extreme sports?

**BC:** I don't like it being so underground. I hope that one day it gets to be a popular extreme sport!!!! It is such a great hobby/sport and it's a shame its not more mainstream and popular.

**CB:** If you could change one thing about the powerlifting community as a whole, what would it be?

**BC:** Less complaining and crap on the net.

**CB:** What's your diet like? Do you take any supplements?

**BC:** I eat often and not so clean. I eat lots of chicken, rice, potatoes, beef, sandwiches, burritos, pasta, dairy products, and protein shakes. I also supplement with Hypergain Creatine and Nitrobol. I have

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never had much success with an NO2 product or creatine, but my lifts are crazier than ever and I'm on both right now.

**CB:** We all feel at home in the gym around our peers, but how do people react in the outside world when you tell them you squat over a grand and bench over 700? Is it even worth explaining about equipment to someone who doesn't know what it is?

**BC:** I honestly don't like to discuss much about my lifting with people outside powerlifting. Lots of reasons for my stand on that, but mainly because so many people lie about what they actually can lift, so I don't want to sound like one of "those guys". I also don't like to sound like I'm bragging either. When they hear what I lift, they do freak, lol..

**CB:** What do you like to do away from the gym for fun?

**BC:** I like to go to church, movies, go out to eat, go fishing and spend time with my friends and family.

**CB:** As a massage therapist what kind of person or physique do you hate massaging the most, you must have a funny story about this?

**BC:** I really dislike massaging beautiful women. It's a horrible



*Brian and some Team Samson training buddies. (Critical Bench)*

thing ... Nah, one that is hard to work on is really tiny women who are very bony. I have fat hands and it's hard to work on somebody who is mostly bone. I think the funniest thing to ever happen to me while working is a male client kept telling me as I was working on his back that "Brian... your arms are so tremendous"... It was strange!!

**CB:** That's funny. What are your future goals Brian? Professionally, personally and in powerlifting.

**BC:** I'm single. I would like to have a family some time soon. I am 27, so I'm not so young anymore. I do like massage for a living, but

it's hard on the body and I know I can't do it forever, so I need to find my niche soon and I'm sure I will. As far as powerlifting, I want to hold the top spot @ 242 and eventually @ 275 before I can't do this any longer.

**CB:** I don't think anyone doubts you can achieve whatever you want. What has powerlifting taught you about yourself and life? What motivates you to compete?

**BC:** Powerlifting has taught me much humility and patience. It is a hard pill to swallow sometimes, especially when you train for a meet for 12 weeks and something

doesn't go your way and you end up going home early after the squat. I do it because I love it and want to be the best at it.

**CB:** Anyone else you would like to thank?

**BC:** I would like to thank Jesus for keeping TSP safe all the years training and at the meets. I would like to thank John Inzer for all his help and gear. Inzer you are incredible. I would like to thank you Mike and Critical Bench for all the help as well and I'm looking forward to working with Critical Bench in the future. Thank you Adam, Clint, Tony, Daniel, Travis, Tim, and all the rest of Team Samson. Adam has always provided the best possible place to train and we are all forever grateful to him. Thank you Frankl, Rick Hussey and all of Big Iron for their help with the bench. Rob you have been a big help as well. Hook, Byrd and all my other very close friends I have made through powerlifting. Thank you Lester for all you have done too. I wouldn't trade my last 5 years that I spent powerlifting and traveling for anything. Thank you to everyone who has supported or helped me at one time or another, whether it be a donation or a ride to or from the airport etc. Thank you so much!