

**Bruce Citerman:** Scott, give us some personal background on yourself.

**Scott Cartwright:** I am 39 years old and was mainly raised in Modesto, California, although I have lived in many places. In 1993, I graduated from Cal-Poly San Luis Obispo with a degree in Agricultural Business. My wife and I have been married for 11 years. We have three kids, Jonah (11) born in Vancouver, Canada, Jack (8) born in Seattle, WA, and Karly (6) born in Sacramento, CA. I met my wife Alice while living in Hong Kong in 1997. Alice is Canadian and was in Hong Kong working for a real estate investment company. I work for a large technology company focused on State and local government. I train with the greatest group of people on the planet at Supertraining Gym!

**BC:** What is your athletic background?

**SC:** The first organized sports I played was soccer at age 8. In 6th grade I started playing football. In 7th and 8th grade I boxed. The boxing coach didn't want me to gain weight, yet I still wanted to for football. In 9th grade I stopped boxing to focus on football. After football season I tried out for the 9th grade basketball team and got cut. The varsity football coach was the 9th grade basketball coach. Coach Chip told me "get in the weight room — you're a football player." I played football only for the rest of high school, with the exception of brief attempt at joining the wrestling team. I got kicked off the wrestling team for fighting in a tournament. I went to San Diego State my freshman year of university. The coach Denny Stolz was fired before the end of the season and the new coach Al Lugenbil didn't like that I was so short and slow. I transferred to Cal-Poly San Luis Obispo for a solid education and a great three years of football. I took up rugby after university and played in Hong Kong for two club teams. In addition to club rugby I played for the Hong Kong national team. I ended up playing against teams like Canada, Fiji, Japan and the USA while in Hong Kong. Once I returned to the United States, I didn't have the time to dedicate to playing rugby at a high level. I started running daily and in 1999 I ran the Portland Marathon. Yes, I said "marathon."

**BC:** How did you get into weightlifting and competing?

**SC:** When I got cut from the high school basketball team by the varsity football coach, it kick-started me into lifting. In 7th grade I had a cement filled weight set I bought at a yard sale that I lifted with daily. My 9th grade year after football, the strength coach was Karl Finch,

# INTERVIEW

## SCOTT CARTWRIGHT

interviewed for PL USA by Bruce Citerman



(Above) Scott Cartwright with his single-ply 1025 pound squat!  
(Below) Scott (2nd from the right) played rugby for the Hong Kong team



a former Los Angeles Rams player, who scared the heck out of everyone. I lifted every day mainly at first because of fear of him. Of course, lifting has been a part of my life ever since that day, but not until after the Portland Marathon did I really start powerlifting. I found Powerlifting USA magazine in a book store. As I was reading results I thought, "Wow, I can do some of this stuff." I bought the Ed Coan deadlift video because I had never done a deadlift before. After watching the video (which they should re-release—as it rules), I told my wife deadlifts look easy and I am sure I can do 600 or 700 hundred if that guy can do 900. She later watched me miss 365! A month later we moved to Sacramento and I attended a USAPL meet run by the one and only Jason Burnell. Jason linked me up with Mike Hara. I started training with Mike Hara and with Frank Palmer. Did my first meet four months later at 242 with a 578 squat, 402 bench and a 501 deadlift. Once Frank Palmer moved I realized I needed to train with other three lifters. About this time Mark "Jackass" Ben moved to the Sacramento area and we have been

training partners ever since.

**BC:** What contest did you enter and what were the results including best lifts?

**SC:** I have competed in USAPL, WABDL, APF, UPA, AAU and USPF. Today my best lifts single ply are squat 1025 lbs., bench 705 lbs., deadlift 744 lbs. and total 2469 lbs. My best lifts multi-ply are squat 1102 lbs., bench 705 lbs., deadlift 771 lbs. and total 2438. I haven't really put together a solid day in a multi-ply meet yet, but I will very soon.

**BC:** What is your lifting program?

**SC:** At Supertraining we use a 7 day Westside training model.

Tuesdays are max effort SQ/DL/GM. I will rotate in 3 week waves a variation of SQ week 1, a DL week 2 and GM week 3 for a 1 rep max. Then I incorporate raw sets of whatever is planned for the next week after the max effort movement. An example of this would be in week 2 (of 3 week wave) I'll do a variation of the deadlift for single rep max. After pulling I will do 3 to 4 sets of 3 to 5 reps of Good Mornings raw. The same is true when I do GM max in week 3, I will then do 3 to 4 sets of 5 reps of raw squats afterwards.

These waves then repeat.

Thursdays are max effort bench days. I have been using Rob Luyando to set up my program weekly. So far it's working great. The guy is one of the best benchers in the world, so he knows what he's talking about.

Saturday dynamic squat/dead. This day is all speed work. I will usually do 8 to 10 sets of 2 reps of squats incorporating bands and chains in 3 week waves. Then it's 10-12 sets of speed pulls against tension (bands, chains or both). My focus is 100% speed and technique.

Sunday dynamic bench, high board work with chains for sets 3 reps, and then 8 to 10 sets of 3 reps for speed off chest. Luyando's program has made me much more explosive in the bench.

**BC:** What kind of vitamins or supplements do you take?

**SC:** I've been working with Anthony Ricciuto from Nutrition XP3 for about eight months and have seen a huge difference in energy levels. He has me taking plenty of organic stuff. I clearly stray from the fat free stuff more than I should!

**BC:** What are your comments and plans in Powerlifting?

**SC:** Powerlifting is the only sport on the planet where you see such a dynamic cross section of the society. There are people from all walks of life and socioeconomic backgrounds. This makes the sport what it is. Obviously, it's sad there are so many feds and so many people trying to make money off lifters. The sport can not and will not take off until non-powerlifters are the source of revenue for the sport.

Like most, I have lofty goals for myself in the sport. In a single-ply I squat 1050, bench 750 and deadlift 800 for a 2600 total. I don't think these are too far out as I need 25 lbs. in the squat, 45 lbs. in the bench and 66 lbs. in the deadlift (I pulled 771 in a multi-ply meet).

In multi-ply, my goals are squat 1200, bench 800 and deadlift 800 for a 2800 total. Again these are not too crazy as I squatted 1102 lbs. more than year ago. My bench is going to take some work, but Rob Luyando is helping, and my deadlift is off by 29 lbs. now!

I want to thank my wife Alice for putting up with powerlifting, and my kids for always thinking Daddy is the strongest, and I clearly owe much to Supertraining Gym "the Strongest Gym in the West." Supertraining Gym started with Mark Bell, Jim McDonald and me in a garage. Now Mark has built a gym with more than 30 lifters and an environment that has allowed myself and others to exceed our goals.

Stay Strong,  
Scott "Hoss" Cartwright