

INTERVIEW

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

CHRIS CONFESSORE as interviewed for Powerlifting USA by Doug Daniels

On June 17, 1995, in Phoenix, Arizona, Chris benched an amazing world record 741 pounds. There have been several 700 pound-plus benches lately, but what makes this so spectacular is that he is not a 300 pound-plus super-heavyweight, but a mere 236 pounds. Confessore is no flash in the pan or gym lifter. Chris has been setting world records in the bench since 1988. His resume includes about 16 world records and the most triple bodyweight benches in history with a dozen. Not just a bench, Chris has also distinguished himself as a top 3-lift competitor with YMCA and Junior National titles, registering an 804 squat and 2044 total in the 220 class. 1962 at 198 and 1878 at 181. His first meet showed there was some potential there with a 305 bench at 148 pounds in the mid-1980s. Chris managed to leave his mark on each weight class from 148 to 242 with a best of 350 at 148, 460 at 165, 562 at 181, 589 at 198, 662 at 220, and, of course, 741 at 242. The 741 is the highest triple bodyweight bench in the world, the first to surpass 400 points. This dominance and longevity in the sport makes Chris the greatest bench presser of all time and he's not done yet.

DOUG: I've known you for about 10 years and have always been amazed by your power, but the last year has seen your bench go out of sight. To what do you attribute this?

CHRIS: I think my body is just now getting to where it wants to be. This is my optimum weight class. I'm relatively injury-free, and the heavy weights don't bother me much at this weight. Also, my mentors at Iron Curtain Labs developed an incredible bench cycle routine to maximize my explosive power. I don't want to reveal how it works at the present because I intend to use this system to shatter the 800 pound barrier by next spring.

DOUG: Is your training any different than it was in the past?

CHRIS: Not really. I'm just hitting heavier weights now more often at this weight. After getting the 662 in 1993, it seemed to wake my body up. I've made steady progress since then and I realized that 700 was a real pos-

reps, close grip bench 525x6. I've hard started working my biceps lately. My brother Neil said my arms have gotten bigger since I've been doing them. The increased bicep strength has helped me stabilize the bar during the bench.

DOUG: PL USA can't have an interview with a big benchner without getting some hints for us mere mortals.

CHRIS: I've found that the average benchner trains too much. I suggest benching once a week with a heavy close grip bench workout on the second day once every other week. Three work like pushdowns are also good for assistance. A reader from Muscle Mag wrote me for advice, and I basically suggested a routine similar to this. He wrote back a while later and made fantastic progress. Train hard but high intensity but do not live in the gym.

DOUG: Do you see yourself getting back into 3-lift meets again?

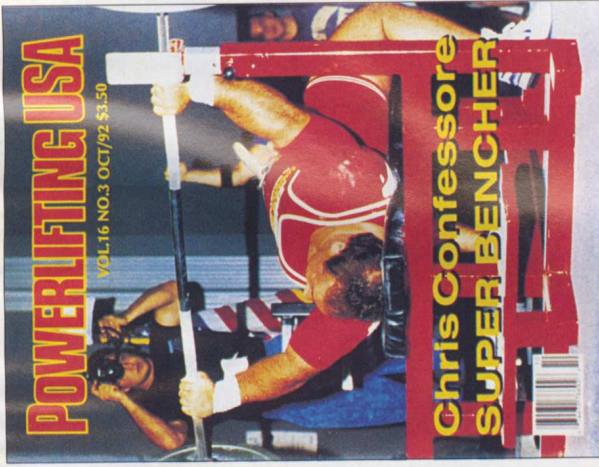
CHRIS: That's possible, but right now it's not a priority. I'm having fun upping the bench record and pushing the big guys.

DOUG: What are your near term goals?

CHRIS: I feel I can bench 800 by next spring. I've just moved up to the 242 class and my body has not fully grown into it yet. My strength will follow my weight over time. I may move up to the 275 class, say at about 243 or so, to set the record there too. The supers are out of the question.

DOUG: Thanks for the interview and good luck.

CHRIS: You're welcome and I'd like to thank Mike Lambert and PL USA for the opportunity. And of course, all of my records would not be possible without all the great people behind me, my wife Diane, Neil, my whole family and all my great training partners throughout the years. A special thanks goes to all the great people at Iron Curtain Labs for all their help and supervision throughout my career. Without all of these great people helping me, I can honestly say I would not have come this far. So who says powerlifting is not a team sport? And, of course, thank you Doug.



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**Chris Confessore
SUPER BENCHER**

Chris appeared on the October 1992 cover of POWERLIFTING USA.

doubled 705 and followed that with an easy 730, so I was ready for a big lift.

DOUG: You've got a lot going on right, how about the scoop?

CHRIS: I'm writing a monthly column for Muscle Mag called the "Power Page." It gives powerlifting some good exposure. I answer questions from readers. My bench press book has been selling well and I'm working on a bench press video. I'm also the spokesman for Iron Curtain Labs, a supplement distributor. I've gotten good results from all of their products, especially GH-1000. I highly recommend this special product.

DOUG: We know what you can bench, but what type of weight do you use in other exercises?

CHRIS: I can overhead dumbbells. I can press a pair of 150s for 15

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On June 17, 1995, Chris Confessore astonished the world by surpassing super heavyweight champ Anthony Clark's bench press record by blasting up 741 lbs.

Unlike Clark, who weighed 350 lbs. when he set the 738 lb. record, Chris easily shattered it at a mere body weight of 236 lbs.!

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Juan Moreno, Two-time Olympic Silver Medalist

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Juan Moreno, Two-time Olympic Silver Medalist

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