

# INTERVIEW

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

## BILL CRAWFORD

interviewed for POWERLIFTING USA by Ned Low



**Bill Crawford** has quickly developed a reputation for training lots of great bench pressers and as well as for mastering the unique art of the bench press shirt. Be sure to check out Bill's new bench pressing video.

**Ned:** What are your best lifts (pounds lifted, bodyweight, SQ/BP/DL)?

**Bill:** My best SQ is 805. My deadlift has always been bad, but I did manage a 605, and my best bench is 750. My best total is 2060 at 275. These lifts were all done at 275.

**Ned:** What are your lifting goals?

**Bill:** Right now, my only lifting goal is to bench 800. The 800 should fall in one of my next two meets, but we will see.

**Ned:** What do you enjoy most about powerlifting?

**Bill:** The thing I like most is meeting new cool people. I have

**Bill:** I was a bodybuilder and hated powerlifting, but a friend got me to do a meet and I fell in love with it. That's it, just one meet and I was hooked.

**Ned:** What is your current training routine?

**Bill:** Right now we are on the same routine I used to bench 750. We work

made all of my best friends from powerlifting. We have been having a training weekend at my house every month and I have met some really cool people.

**Ned:** How did you get started in powerlifting?

out 4 days per week. Day 1 is flat bench, working up to a heavy triple and shoulders raises to front, side, and rear. Day 2 is back, biceps, and triceps day. Day 3 is leg extensions, curls, presses and calves. Day 4 is bench assistance day. We do all kinds of crazy work on this day: shirt work, board presses, lock outs, push downs, skull crushers, and on and on.

**Ned:** Who has influenced you?

**Bill:** If I had to say one, it would be Jamie Harris "The Sea Wolf." I have known him for years. If people would give him the respect he deserves, he might not come across as hard as he does. 760 is the biggest regular bench ever. The guy is 'The Man', period.

**Ned:** What are your favorite assis-

tance exercises?

**Bill:** Lockouts and board presses are my favorites. We can use a lot of weight on them and they are just fun.

**Ned:** Which powerlifters do you admire and why?

**Bill:** I respect a lot of guys like Ed Coan, Garry Frank, and others. I admire just the guys I work out with: Sebastian Burns, Trevor Bruce, Al Hicks, John Graube, Kyle P., Glen Chabot, Mike W., and Jamie Harris.

**Ned:** What is the hardest part about powerlifting?

**Bill:** Dealing with \*\*\*holes. It's fun to watch someone on the internet rip you when they have never even seen you. Other than the \*\*\*holes, the sport's pretty cool.

**Ned:** What are you proudest of in your powerlifting career?

**Bill:** When I see my friends do well. It's cool when they rip some butt at a meet after listening to me bitch at them for 12 weeks or so. LOL!!!

**Ned:** What do you tell lifters who come to you for advice on how to succeed as a powerlifter?

**Bill:** Train hard, eat and rest. I also tell them to lift where they want and just have fun. Sometime powerlifters take themselves too seriously. They need to relax and have some fun.

**Ned:** What are some of your hobbies?

**Bill:** Well, right now I have really gotten into racing 4 wheelers. I just bought a 2001 Yamaha and have about 8000 miles on it. I hunt and fish quite a bit. I live in the mountains, so that's what my friends who don't lift weights like to do. I also love super loud heavy metal music. For the most part, I try to have fun. Whenever I can laugh, it's my favorite thing in the world, so I try to laugh at as many things as I can.

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