

# INTERVIEW

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

In the world of powerlifting there are many great champions. One of these elite lifters is Steve Goggins. Steve is the type of person who doesn't blow his own horn, so I'll do it for him. He is a very mild mannered person outside of the gym, but when it comes to his training it's another story. It's almost as if his soul becomes possessed by some higher power when it comes time for his heavy set of the workout. You can literally watch his body pump up in anticipation of the heavy lift. He also has great tenacity, even for a lifter of his caliber. I've personally seen him do a 885 lb. deadlift that took nearly 10 seconds to bring to lockout. As the owner of MetroFlex Gym in Arlington Texas, I've seen many, many hardcore lifters including current 1993 A.P.F. National 220 lb. champion, Dan Helgenberger, in action. Not to take anything away from any of these other great champions, but Goggins just always seems to be able to make his lifts using phenomenal poundages. No matter what it takes he just does it. I've personally never

## STEVE GOGGINS

as interviewed for PL USA by Brendan Dunnigan

seen him miss a lift in training. I feel in the next few years Steve will come into his own as one of the greatest lifters of all time.

The following is an interview I held with Steve after a very intense leg workout, including a deep set of 935 X 2 in the squat with a loose fitting suit and wraps, plus a set of 1920 lbs. in the 45 degree angled leg press for 12 reps. (knees to chest)

**Q.** Steve, you have a very thick and powerful physique, have you always been strong and muscular?

**A.** Yes. At age 15 I benched 320 lbs. and could deadlift 480 lbs. This was before any formal power training.

**Q.** How long have you been competing in powerlifting events?

**A.** Since 1985.

**Q.** What is your current body weight?

**A.** 243 or 244 lbs. I don't like to have to drop a lot of weight for a meet.

**Q.** What are your best totals in the 220 and 242 lb. classes?

**A.** I've got the #2 highest total ever in the 220 lb. class with a 881 squat, 501 lb. bench press and 821 lb. deadlift for a 2204 total. I have the all time highest total in the 242 lb. class with a 970 lb. squat, 529 lb. bench press and 832 lb. deadlift for a 2325 lb. total.

**Q.** What's your favorite lift?

**A.** I don't have a favorite. I like them all equally.

**Q.** I've seen you performing a lot of assistance work and bodybuilding. I know there are different schools of thought among powerlifters on this matter. What are your views on this controversial subject?

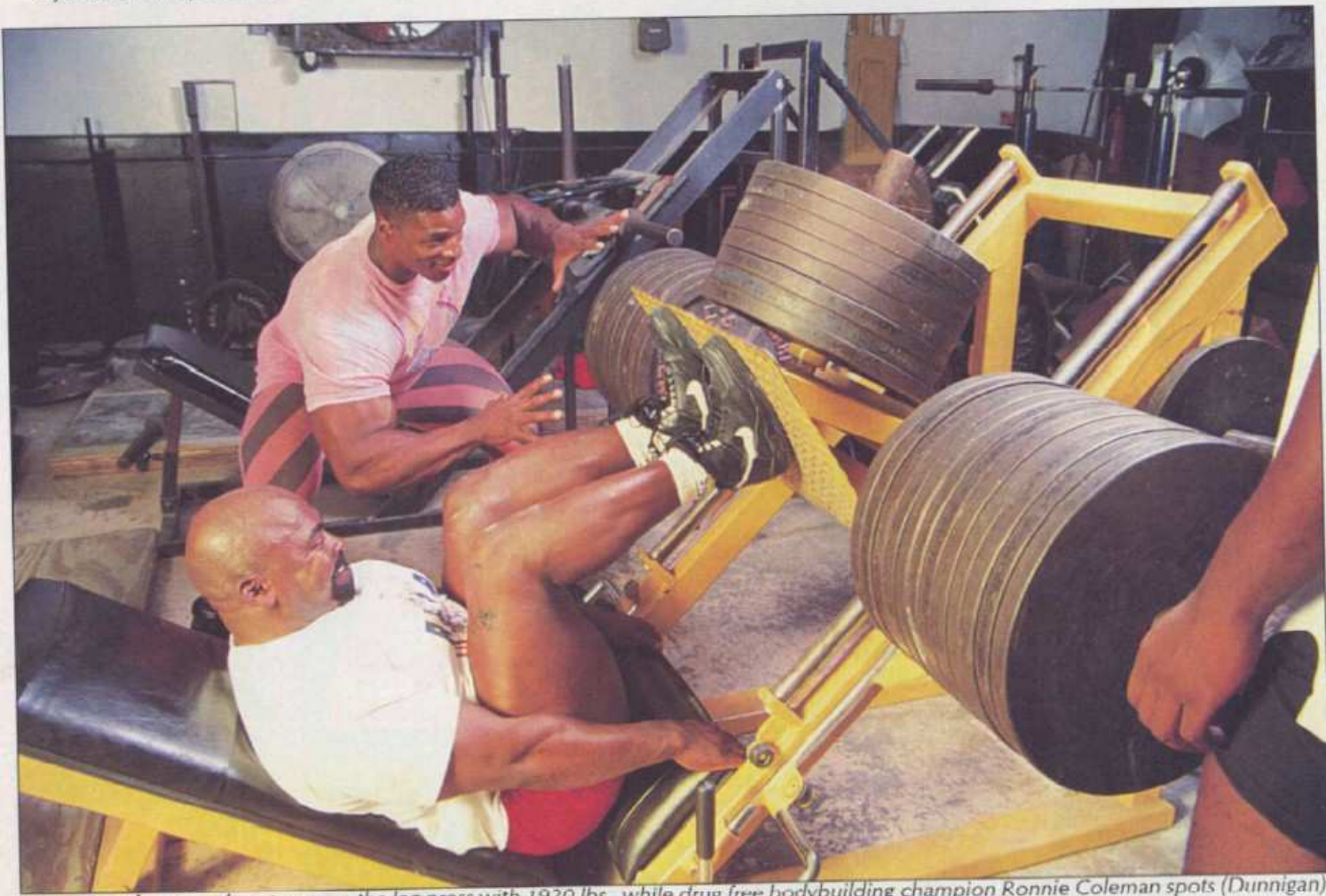
**A.** I feel assistance work, like rack

pulls and shrugs for the deadlift and pause squats for the squat are very important in developing total power and strength. As far as bodybuilding, well I like to look good too. I train around all you bodybuilders and maybe ya'll influence me a little to do more. Plus, I like to look as strong as I am, unlike a lot of bodybuilders who look strong, but really aren't, at least by powerlifting standards. I also feel the bodybuilding has helped me maintain a leaner body mass and I feel that can only help me. If it starts to affect my powerlifting I'll stop. Plus, I quit all extra lifting one month out from a meet anyway.

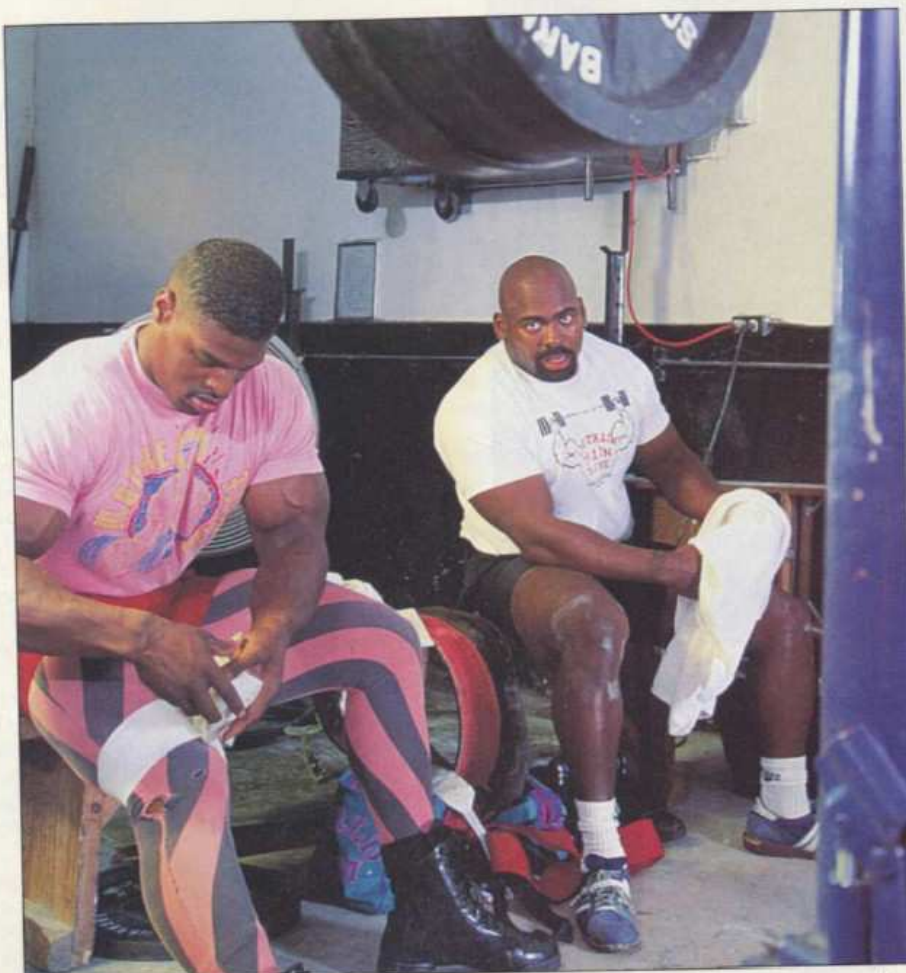
**Q.** I've seen you do some training with the drug free phenomenon I.F.B.B. pro Ronnie Coleman. Is he as strong as he looks?

**A.** Yes, he definitely is strong. For a bodybuilder he is very strong. With proper powerlifting training he could probably total 2100 lbs. at 242 lbs. in less than a year.

**Q.** What type of atmosphere do



Steve Goggins pounds out reps on the leg press with 1920 lbs., while drug free bodybuilding champion Ronnie Coleman spots (Dunnigan)



Steve wraps and readies for a set of monster squats (Brendan Dunnigan photograph)

you like to train in?

**A.** Hard, Hardcore. MetroFlex Gym is the best atmosphere for training that I've found. Until recently I've mainly trained in the sterile, quiet atmosphere found at most fitness centers.

The atmosphere at MetroFlex is very supportive and conducive to heavy serious training. Everybody trains hard from novice to professional and I like that. After only 1 1/2 months of training there I'm at my strongest point of my career.

**Q.** At MetroFlex does the 100 degree plus Texas heat and no air conditioning affect your lifting?

**A.** At first yes, but now I'm used to it. It may affect my strength a little, but in the long run it helps me by making me stronger mentally. It's part of the challenge. Anybody can train in the air conditioned environment.

**Q.** What does your diet consist of?

**A.** I eat fairly lean. For protein, I like baked chicken breast, some fish and an occasional lean steak. I eat lots of fresh vegetables, rice, and baked potatoes. I used to eat bad because other powerlifters did, but all it did was hurt my health and my athletic performance. I think more powerlifters should eat like bodybuilders do.

**Q.** I've noticed with the proper muscle building diet and all the bodybuilding you seem to be getting larger and more muscular. Any chance you may go up a weight class to set some more records?

**A.** No. Not at this time. I'd like to set the all time highest total ever while still a 242 lber. The 275ers can relax for now.

**Q.** What's your basic training schedule 6 weeks out from a meet?

**A.** I wear gear all the time. I also do doubles and singles in the squat and dead lift throughout the cycle. Benches start at 5's and work down to triples. Basically, I lift heavy all year round. There is no light off season for me!

**Q.** I've noticed you don't do that many warm-ups. Why is that?

**A.** I don't want to waste my energy. Once I'm warm I take big jumps. (150-200 lbs at a time)

**Q.** Would you like to see powerlifting become a professional sport?

**A.** Yes. I feel it deserves to be. People enjoy dangerous and exciting sports. If it was promoted properly, I feel people would respond to the see the great lifters that are out there. Plus, if the money was right it would be a great incentive to the top lifters to go to an even higher level than we are at now. Money can motivate people to perform.

**Q.** It seems that in the past, despite all the records you've set, you haven't been given a lot of media coverage. How does that affect you?

**A.** It's kind of disappointing. But, I know and everybody else in my league knows who the best 242 lber around is.

**Q.** What are your current powerlifting goals?

**A.** To set the highest squat of all time, and to set the highest total of all time. I want to go as high as I can go. I set no limits on myself.

Steve Goggins is available for training seminars, consultation, and strength exhibitions. He can be contacted c/o MetroFlex Gym, 2921 S. Cooper #109, Arlington, Texas 76015, 817-465-9331