

INTERVIEW

MICHAEL HAYES

as interviewed for POWERLIFTING USA by BOB GAYNOR

BOB: Give us some personal information on yourself?

MIKE: My name is Mike Hayes and I live at 5811 Liberty Bell, San Antonio, Texas. I am 26 years old and I work for Diamond Shamrock as a sales rep.

BOB: How did you get started?

MIKE: I was always in athletics, but never considered myself a powerlifter until I did some basic routines and just went from there.

BOB: How long have you been training and competing?

MIKE: I have been training for approximately 10 years and competing less than one year.

BOB: What are your best lifts?

MIKE: My best lifts are: 760 Squat, 617 Bench, and 540 Deadlift (All ADFPA). Titles that I hold are: ADFPA Longhorn Open Champion, USPF National Bench Press Champion, and ADFPA National Bench Press Champion. I also hold the Texas State Bench Press record of 606 lbs. and total record 1,906 lbs. All are in the superheavyweight division.

BOB: What are your future goals?

MIKE: I would like to be the national record holder in both the squat and bench.

BOB: What about steroid use?

MIKE: I think the ADFPA does a good job testing as far as steroid use. Let people do what they want, but I don't want to compete against them.

BOB: Do you follow a special diet?

MIKE: Being a superheavyweight I eat what I see. On supplements, I believe the body can become immune to certain supplements

so I just take supplements in the morning before I lift.

BOB: Would you give us a breakdown of your training program?

MIKE: During in-season training, I concentrate on one body part at a time. Say I am going to bench press; I just concentrate on bench press. If it is the squat, I just concentrate on that. Off-season I follow what Ed Coan does as far as power body building movements with as much weight as possible for 5 to 8 reps.

BOB: What advice would you give for beginners?

MIKE: I think a beginner should start light with a lot of reps to strengthen ligaments and tendons. Find someone who can help them so they don't get injured.

BOB: Who are your heroes?

MIKE: My hero has to be Mike Hall. He is the strongest drug free super heavy weight ever. I don't think his total record of 2331 lbs. will ever be touched. I think that is why people like myself have to go for his individual records as far as his 630 bench, etc.

BOB: Do you have any other interests?

MIKE: I collect baseball cards. That's about it.

BOB: Are there any other comments you would like to make?

MIKE: I would like to thank Bob Gaynor for this opportunity to speak and give thanks to Waite's Gym and all the people there for putting up with me and helping me train. Thanks to everyone who supports me in my lifting.



A Big Natural Man... Michael Hayes at the Baddest Bench in America