

ANTON KRAFT

as told to Powerlifting USA by Ben Tatar of Critical Bench



Anton Kraft has the world record in his bench press weight class. Anton bench pressed 463 pounds at 123 pounds in the IPF in Orlando, Florida. Anton is from Denmark and he is constantly leaving a big impact on the bench press. Let's meet the man who keeps redefining bench press history: Anton Kraft.

Anton, the bench press has taken you to exciting places all over the world. Where are your favorite places to go in America? My favorite places in America are Las Vegas, Nevada, home of the Olympia, and Columbus, Ohio, home of the Arnold Classic.

Those are top-notch events. Anton, what has been your favorite bench press moment? My favorite bench press is each time I have set a new world record.

Anton "the world record bench press setting machine" Kraft! Gotta love it! Have we seen the best bench pressing of Anton Kraft yet? My best bench press is still in the future!

Anton, list us five accomplishments that you are proud of. My world titles, world records, my first U.S. Nationals, my second place at the Titan Bench Bash 2009 at the Arnold in 2009.

Share with us a hardcore moment you've had. When I did a 225 kg. bench press in a new bench shirt.

That is 496 pounds at 120 pounds body-weight. Oh man! What makes Anton's mindset different from others allowing you to achieve such a feat? I see myself as a winner in life as well as in the sport.

Who are your bench press mentors? Also list three powerlifters who really impress you. Pete Alaniz of Titan; John Inzer, creator of the bench press shirt; Brian Siders, great bencher and can do it all; Ed Coan, one of the best powerlifters ever; and Debi Laszewski who placed

third at Miss Olympia this year.

Anton, how do you want to be remembered by others in the sport of powerlifting? I want to be remembered by having a positive effect on my sport and for all power athletes.

You are doing that all the time. What is your advice for other lifters and what is the biggest mistake you see powerlifters make? Watch and learn from others. The biggest mistake I see other lifters make is they come to championships unprepared.

Anton, tell us an inside secret that you never told anyone. It is still a secret. Look what happened to Sampson when he told one person his secret!

Give us four mottos you live by:
 1. Make each day better than the day before.
 2. Prepare - Perform - Prevail
 3. Whatever it takes to get me there.
 4. I'd rather be riding shot-gun for the devil,

photos courtesy Anton Kraft and Critical Bench

A WEEKEND OF GIGANTIC PROPORTIONS!!

BODY BUILDING.COM
LOS ANGELES FITNESS EXPO™
 JANUARY 29-30, 2011
 at The Los Angeles Convention Center

- USPA American Cup Powerlifting
- LA Fit Expo Benchpress & Deadlift Invitational
- UAL Arm Wrestling • Scot Mendelson Pro Classic
- Viking Mighty Mitts Challenge • All-American Strongman
- Warriors Wrestling • LA Champions Martial Arts
- Max REPs 4 Cash • Gracie US Nationals



Tickets & Details log on to: www.LAFitnessExpo.com

BRING THIS AD WITH YOU & RECEIVE A \$5.00 DISCOUNT AT THE DOOR!!

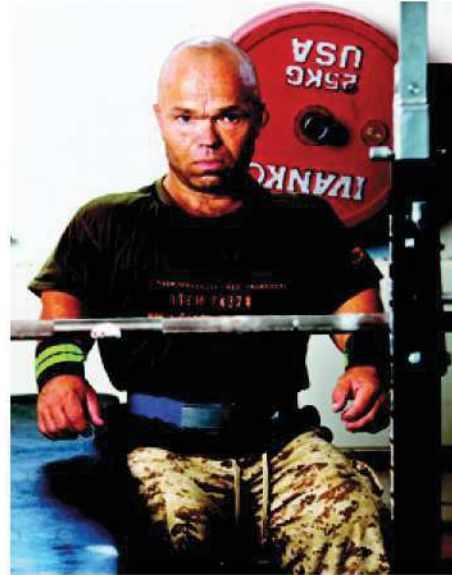
GIANT EXPO HALL THE LATEST IN HEALTH & FITNESS PRODUCTS	FREE SEMINARS TRAINING • NUTRITION BODYBUILDING & MMA DEMOS	14 MAJOR CONTESTS ALL WEEKEND LONG 3 BIG STAGES	FREE SAMPLES! TRY OUT NEW PRODUCTS & GIVEAWAYS!	SHOW SPECIALS! EXHIBITOR DISCOUNTS, BARGAINS & SHOW SALES	ONLY \$20 A DAY! FUN FOR THE WHOLE FAMILY
---	--	--	--	--	---

\$5.00 DISCOUNT OFFER: LIMIT ONE PER PAID CUSTOMER PER DAY





Big-time lifters: (L-R) Wade Hooper, Anton Kraft and Ed Coan



when they discover you are one of the best bench pressers in the world? Some understand it immediately, while others are surprised, and then I try to explain it to them. It is because I am short, well built and very solid. And then I compare myself to a hydraulic jack, and then they understand.

Very interesting, Anton! You are intuitive and know how to make people understand. How was your childhood?

I had a good childhood, and spent the last six years of my school years at boarding school because my father died when I was twelve years old. Which probably has helped me become the person I am today for better or worse.

Did you ever get picked on for being short? Obviously, I did. Boys picked on each other and it will always be like that. In my case, it helped me harden my soul. And I was not the last one to pick on others.

In the world of powerlifting, name someone who was always there for you. Robert Keller (USAPL) was there when I needed him, and made it all possible for me.

What will it take to make powerlifting more mainstream? Simple rules, shorten the flights, speed up the event, better marketing and, above all, a change of attitude among the athletes who are competing today. Bench press and powerlifting at contest level is not a hobby or lifestyle. It is a tough sport where it's about winning and moving boundaries.

Our sport is a product to be marketed and made attractive to cooperative partners in the sport and potential sponsors from outside the sport. Otherwise, the sport has no future on TV.

Definitely! Anton, describe the atmosphere in the gym where you normally train! **HARDCORE. TAKE IT TO THE MAX!**



than become second on the platform.

What is the best and worst advice you were ever told? "Adapt, improvise, overcome!" and "Turn the other cheek."

Give us a quick bench press message to the

world! Shut up and BENCH!

Well said! Anton, describe your personality in three words. I'm sure more people want to meet you after they read about you in this interview.

I am friendly, outgoing and focused.

Random question. Do you think you could bench press a female human weight for more reps in 30 seconds than the Tatar Monster can?

Let's do it! I like the challenge. Bring it on!

What are your bench press tips for the world?

My bench press tips for the world are: others will set limits for you—NEVER set any limit for yourself.

That's some powerful advice! Anton, what are your five training tips to a bigger bench press!

My top five tips to a bigger bench press:

1. What is important to make a good lift? It is the foundation—the BACK.
2. What comes next? The shoulders. They link the arms to the body.
3. What comes next? The hands. They hold the bar.
4. What comes next? The chest.
5. Finally comes biceps, triceps and the legs.

I must ask, how do people usually respond

When you see a 6-foot-5, 450 pound strongest man type guy, what do you usually think? I am stronger than you in bench and dumbbell press pound for pound.

I have seen you on TV a few times. How do you like being on television? You get used to it. The first few times you are a little nervous, but you get the routine, and then it becomes natural—like so much else in your daily life. It's a natural part of being an elite athlete. It is an exhibition platform for you and your sponsors.

If you could be any animal, what kind of animal would you be? My choice, a tiger. I'm born in the year of the tiger.

Right on. Give us a quick quote so we can all bench more! Who dare wins!

Anton has won and will keep winning because nobody dares like Anton does! Well, Anton, it has been great talking to you today. There are a lot of great benchers, but I have met a very unique one who can never be duplicated. It has been an honor. In closing, who would you like to thank?

Spud, Inc.
You should have used Spud, Inc. Straps
Spud, Inc. • www.spudincstraps.com • (803) 788-2852

Finally, I would like to thank the following people and sponsors for making it possible for me to achieve my goals in my sport. Laurean Powers, mental coach and motivator; Jorgen Bertelsen, strength coach and owner of THE GYM; Robert Keller (USAPL); John Inzer

(INZER); Pete Alaniz (Titan); Peter Thorne; Erik Rasmussen (ER equipment); Ivanko; Adidas; Gatorade; www.CriticalBench.com; and Powerlifting USA for this exposure. And all my friends in powerlifting and bodybuilding around the world! ☺

FREE REPORT →

www.criticalbench.com/plusa.htm

Here are some tips you can use right now to increase your max in the bench press and set a personal record.

Implement some or all of these techniques next time you workout to bust through your own bench press rut and add pounds to your one rep max.

Full 12-Week Program Provided!

Free For Powerlifting USA readers Claim Yours Here for a limited time!

↓ ↓ ↓ ↓ ↓

www.criticalbench.com/plusa.htm

7 FASTEST WAYS TO INCREASE YOUR BENCH
SPECIAL REPORT: Rut Busting Bench Press Matrix
by Mike Westerdal
CRITICAL BENCH.com