

INTERVIEW

TINY MEEKER interviewed by Greg Jurkowski

Tiny Meeker has held 20 world bench press records in three different weight classes in six different federations, all drug tested.

Greg: How are you doing today, Tiny?

Tiny: I'm doing fantastic.

Greg: Will you tell me a little about yourself?

Tiny: I'm from Humboldt, Texas, which is north of Houston. I'm 34 years old.

Greg: How about your family situation?

Tiny: I am single, and I have a girl friend named Shannon. We have a boy named Triston.

Greg: You primarily lift as a bench specialist, but years ago you did three lift meets, when you first started weight lifting. Is that true?

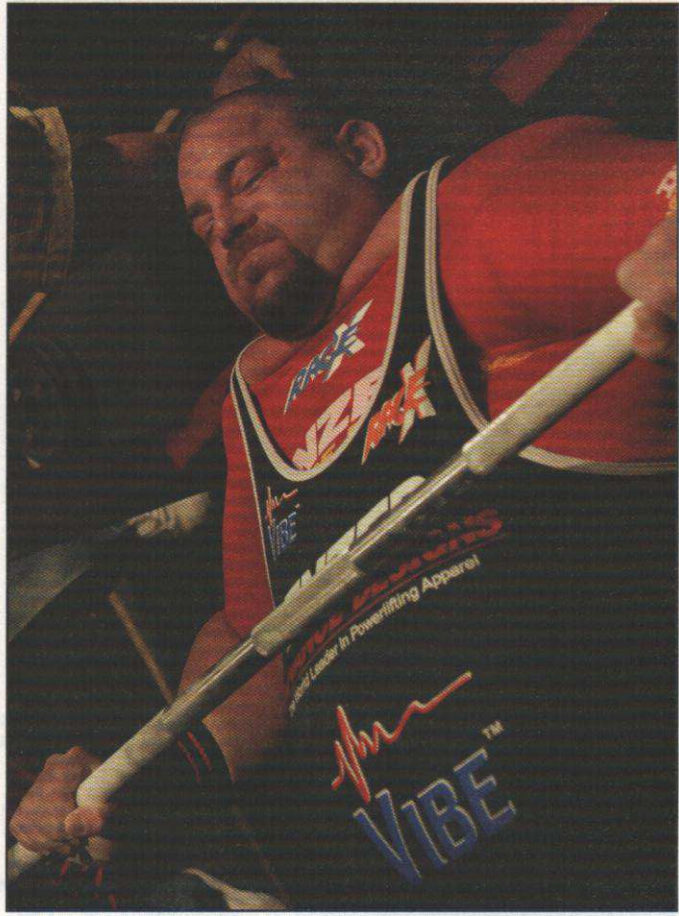
Tiny: Yes it is.

Greg: What drew you to lifting and how long have you been into the sport?

Tiny: I started back in high school in 1988, but unfortunately they dropped the program during my sophomore year. I didn't start again until 1995. I love powerlifting because it's the only sport where no matter how tall or short, skinny or fat, or whatever, you can find something, and if you work hard enough you can become the best.

Greg: You can say that again. All different body types in this sport. Speaking of high school, I heard that you work with high school kids on a regular basis too.

Tiny: Yes I do. I go around and give seminars. I talk to kids about drug free sports, and I talk to kids about the various ways of getting bigger and stronger without the use of muscle enhancements, mainly steroids. I do seminars on teaching proper technique in the bench



Tiny got an 870 bench in a single ply shirt at the 2005 WABDL World meet in Reno, NV.

press.

Greg: That's great Tiny. It's great to give something back and train the future generation of powerlifters. It's nice to bring new people into the sport like that.

Tiny: What I teach is that it's a sport where you can get all your anger out, either on the bench, or squat or deadlift platform. If more people did it, you'd probably have a lot more nicer people in the world.

Greg: How many times have you attempted a 900+ bench press?

Tiny: In this year alone, I've attempted over 900 from 903 to 954 lbs. over fifteen different times.

Greg: How many contests do you do in a year? Too many (laugh). I do a lot of meets and guest appearances, so I couldn't keep track. I would guess that I've done fifteen this year.

Greg: So, you stay at peak strength all year long. You don't cycle up and down too much.

Tiny: After the Worlds I'll take a break. I like to have about five or six weeks to get ready for show. The hardest part is trying to tune up my shirt, otherwise I stay meet ready. As far as strength, I stay meet ready year 'round.

Greg: I know you've had a great year, but you've had a few bombouts. How do you feel about that?

Tiny: I hate bombing, but the problem I run in to is when I train the most I ever put on the bar is 855 lbs. So when I go to some of these contests, not the National or World meets or money contests, I'm just trying to see what I can do. I want to be the best I can be when I get to the major shows. So, at these smaller shows I will go after a 900, and sometimes I even open with 905 lbs. This way I can keep trying to feel the weight. That's the reason why I bombout. It's not that I want to, I'm just trying to feel some weight out and go with it. I hate bombing whether it's a very

working with shirts, if it gets to the point where you can't touch, but you're still popping the weight up, that means you can go heavier. If you're at a point where you can't touch and you can't pop the weight up, then you need a bigger shirt. A lot of people just don't know how to size their shirts well. Basically, if you're looking at new shirts these days, you mostly work with the chest size, and then try to train with what you're going to lift.

Greg: The Inzer Rage X Supreme is a single ply and you've got a lot of huge lifts in that shirt.

Tiny: That's mainly what I use year round now.

Greg: How about any training tips or assistance?

Tiny: I bench heavy once a week, I do a speed day once a week. I do my legs once a week, I do my back once a week. My legs and my back are always heavy days. When I get closer to a show, I like to back off the weight a little bit from my back and legs, not off my bench. I do this to get my weight down. As for my heavy days, I like to do a lot of presses with bands. I rotate things out. I go shirt, I go no shirt, I go shirt, I go no shirt. Any time I'm without a shirt and I go raw, pretty much except for my warm-ups, I always use a board. I do reversal bands with boards. If I got my shirt on, and if I'm closer to a show, I go all the way down.

Greg: How about tips on form? Do you lift your head when you bench, spread your feet, or go on your toes?

Tiny: What I try to do is always the same, whether I'm warming up, in a contest, or whatever. I lift in so many different federations, and some don't allow head lifting, or don't allow lifting your heels up. I try very hard to keep my heels completely flat, and try to get as high an arch as I possibly can. Just when I think I'm all locked in, I try to get my heels out a little bit more, and by doing that I've raised my arch another inch. I'll leave my head down. I noticed that if when I lift my head is rising, that means I'll have a good arch and I'm lying kind of flat. A lot of these benches at these contests are heavily padded and that's causing some problems for me. That's probably some of the reason for my bombouts.

Greg: How about training philosophy?

Tiny: If you're aching, don't do it. If I'm hurting, I don't go to the gym. If there are certain body parts that hurt and you can do the training around them, that's fine too. But, if I'm hurting, I'm not lifting.

Greg: How often do you take time off if you have a minor injury or aches and pains?

Tiny: This has been the first year that I've been truly healthy in quite a long time and I really train my you know what off. Two years ago I was in a car accident and tore my right fore arm, and the year before that I worked delivering TVs and tore my left forearm. Thank God I've never been hurt lifting

weights, but those were bad injuries because they put me out for six to eight weeks. This year I have been really healthy, and I've been blessed, thank God. I take good supplements, I use a lot of ice, and I take care of my body.

Greg: Ice is possibly the most important. What specific supplements do you take?

Tiny: I'm currently using Gearman Protein Overdrive, Ibuprofen daily, and the biggest supplement I use is ice. I put ice on my shoulders, triceps, and elbows every day.

Greg: That helps you speed recovery and reduce inflammation. What are your future plans and powerlifting goals?

Tiny: I want to bench a thousand, but because I do so many meets I just wonder how much my body can take. One thing I'd like to do is to hit 900 and then drop the weight classes. 275, then 259, maybe even 242. After that, I'd really like to start promoting the sport. I want to bring money into the sport. I think the problem we have is with the internet as there is so much hating going on there's not enough positive going on. Before the internet, we didn't see all the negative stuff going on. We read the magazines and lifted, there was no ups or downs about it, and that was it. I think if people start getting a lot more positive on the internet there could be big sponsors, and possibly endorsements. If all you can see is negative who is going to bring money to it? I would love to see us going to a contest where you could win \$50,000 or \$100,000. We take so much time away from our family and friends, we should get compensated for it. If we ever did get in the Olympics, we'd get a lot more money. If not, I would like to try to promote the sport real big, and make one of the biggest money meets ever.

Greg: That sounds great. Is there anyone you'd like to thank?

Tiny: I would be nothing without my training partners. This is the greatest sport, and it doesn't matter what you look like, you can always be great as long as you push yourself. If I didn't surround myself with great people, like my training partners Bobby, Pete, Blake, Brian, and Patrick, there's no way I would have even done 600 lbs. I've got some fantastic training partners, and I've got excellent sponsors. Make no mistake, I wear the greatest gear in the world, which is by Inzer Advance Designs. John Inzer has been there for me since I was benching 600. I want to thank Chris and Diane Winters of Aqua Vibe Water for keeping me hydrated. Red Bull for giving me energy. Don Wisenbaker of Carpet Connection in Humble, TX; Dixon Jewelers, Jason Prado, Gary Margolis, Mike with Methul EFX. And I want to thank you, Gearman, for giving me great protein which helps me recuperate faster. I want to thank my family, and of course, God. I want to thank everyone that talks negative about me because if it wasn't for those negative hating people out there I probably wouldn't be as good as I am. All that hatred I turn in to massive positive energy. If you ever see me at a meet you'll see how mad I get, because I think about all those negative hating people and I turn it around and kick butt.



Trophy Time in Reno... Tiny threw out some body shots

