

INTERVIEW

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

BC: BRENT, GIVE US SOME PERSONAL BACKGROUND ON YOURSELF.

BM: Well, I'm 35 years old. I work full time as a teacher and coach. I've been married for 9 years to my wife Connie and have three wonderful children, Shelbie, Kalli and Maximus. I was born in the small town of Sand Point, ID and moved to Spokane, WA at the age of 6.

BC: WHAT IS YOUR ATHLETIC BACKGROUND?

BM: I played soccer, baseball, football, track, and basketball when I was real young, but found in high school that I liked football and track best. I played football at the University of Montana under former head coach, Don Read.

BC: HOW DID YOU GET INTO WEIGHTLIFTING AND COMPETING?

BM: I started competing in Powerlifting in my junior year in high school and soon found out that I enjoyed that competition more than football. I won my first ever meet and got best lifter. I found strength fascinating at an early age. My football coach at the time was very serious about us lifting weights and that attitude carried through to me. He inspired me to start and gave me inspiration to compete. After college, however, I took 7 years off to do other things before I got serious again.

BC: WHAT ARE SOME OF THE MAJOR CONTESTS YOU HAVE ENTERED AND WHAT WERE THE RESULTS?

BM: APF SENIOR NATIONALS '98 4TH PLACE; APF SENIOR NATIONALS '99 3RD PLACE; APF SENIOR NATIONALS '00 2ND PLACE; WPC WORLD'S '99 - SUBMASTER SHW 1ST PLACE; WPC WORLD'S '00-SHW OPEN 2ND PLACE. My best competition lifts are squat 1074.5, bench press 601, and deadlift 788. The squat is the all time world record and will be entered in the Guinness Book this fall unless it

Brent Mikesell

interviewed for PL USA by Bruce Citerman



Will Big Brent Break the 1100 barrier in the squat at Bruce Greig's North Americans?

is broken again soon. My best three-lift total is 2430, which is the 7th highest total of all time in the sport of Powerlifting. My deadlift would be much higher, probably around 850, but my grip is bad on one hand due to a missing index finger from a gun accident when I was 5 years old.

BC: TELL US ABOUT YOUR TRAINING VIDEO.

BM: Well, I spent a year filming, editing, clipping, and putting together a video of me training, speaking, and competing. It emphasizes the squat, but also includes tips for the bench and deadlift. It comes with a com-

plete training routine that I used to break the world record in the squat as well as routines for the dead and bench. It has me narrating and instructing on technique and training. It also shows lifters

how to use bands and chains for those who have never used them. Finally, the video has 71000+ lb. squats on it (including the world record). You can order it through my website at www.brentmikesell.com or even order pictures from my site too.

BC: WHAT IS YOUR TRAINING ROUTINE?

BM: I train 4 days a week: on Monday, Wednesday, Friday and Saturday. Monday is bench and assistance, Wednesday is squat and assistance, Friday is a max bench day, and Saturday is lower back and squat assistance. Monday: Bench 3-4 warm ups sets of 5, heavy double, heavy single. Decline 2 heavy sets of 5. Lockouts - Power Rack 2 sets of 2-3 reps. Pushdowns 3 sets of 10. Seated Rows 3 sets of 8. Military Press 2 sets of 8. Hammer Curls 2 sets of 8. Wednesday: Squat 5-6 warm up sets of 5, heavy triple, heavy single. Reverse Hypers 2 sets of 8. Leg Curls 2 sets of 10. Smith Machine Squats 2 sets of 5. Friday: Floor Press warm-up in sets of 3, max out until failure. Skull Crushers 3 sets of 10. Pull-downs 3 sets of 10. Plate Raises 3 sets of 10. Reverse Curls 3 sets of 8.

Ham Machine 2 sets of 6. Seated Calves 2 x 10

BC: WHAT KINDS OF VITAMINS OR SUPPLEMENTS DO YOU TAKE?

BM: I like to use whey protein made by EAS and glutamine and creatine supplied from GNC. I take glutamine 6 days a week, 2 servings of protein drinks a day and creatine only for 4 weeks prior to a contest.