

# INTERVIEW

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

**PROFILE:** Larry Miller. AGE: 43. Married for 17 years, with three boys (ages 14, 9, 7), and 2 dogs, including a 180 lb. English Mastiff. **HOMETOWN:** Solon, OH. Dentist for 17 years, with practice in Twinsburg, OH. Besides powerlifting, plays some tennis (used to be an instructor). **HEIGHT:** 5 ft. 6 in. **WEIGHT CLASS:** 165. **TRAINING WEIGHT:** very close to competition weight, because he is an insulin dependent diabetic. **EQUIPMENT USED IN COMPETITION:** Suit: Titan Dual Quad for deadlift; Inzer Z for squat. Wrist wraps: Titan Belt; Lever Knee wraps: Titan. Shoes: Custom-made which he developed for benching (sandpaper surface for use on carpet or rubber surfaces) - uses these for all three lifts. **EQUIPMENT USED IN TRAINING:** none ever used in bench press training - only puts bench shirt on the day of the contest; very little used in other lifts, as he trains primarily by percents with lighter weights; about 8 weeks prior to a contest will start to add equipment in squat and deadlift.

**FR:** How long have you been lifting and competing?

**LM:** I started lifting when I was 16, as one of six kids in a sports oriented family, looking for the edge. My dad had a set of weights, and kids would come in and train with us in our basement. I started competing when I got out of dental school in 1980. I lifted at local meets and through my acquaintance with John Black I began lifting on his team. The first sanctioned meet I lifted in was the USPF State meet, around 1982/83. I set the State bench record there.

**FR:** How did you get involved with ADFPA/USAPL?

**LM:** It was somewhere between 1985 and 1987 when I became involved with the ADFPA. At first my involvement was as simple as finding a meet that was close, which happened to be in Lorain. I realized that this was a great drug-free organization, and when I saw that the meets weren't coming in our area I contacted Brother Bennet to see what I could do to help out in Ohio. When the ADFPA was unable to contact the State chairman, I was asked to fill that position. I took the position, and King's Gym expressed their willingness to work with me in running ADFPA meets. King's Gym now tries to run two local

## LARRY MILLER

as interviewed for PL USA by Fred Rice



Larry Miller bench pressing at the this year's USAPL Men's Nationals

and one National meet per year.

**FR:** What official positions do you hold with USAPL?

**LM:** Besides being Ohio State chairman, I am serving on the executive committee, for my third year, and because of my background in medicine, I am on the drug-testing committee. I wrote up the out-of-meet testing program for the organization.

**FR:** What are your views on drug usage and drug testing?

**LM:** I used to feel that as long as those people using drugs stayed in their own organization, it was fine, but the laws have changed and steroids are illegal. I think all the organizations should be drug-free.

**FR:** Tell us about your bench press records.

**LM:** I think I'm most proud of the fact that at one time about five years ago I had open American records in three different weight classes at the same time: 419 at 148, 460 at 165, and 466 at 181. I still hold the Lifetime records at 148 and 165, the open 165 record with 470 lb., and the National single lift record with 474.

**FR:** You have a unique technique in the bench press, describe it for us.

**LM:** I used to keep my feet underneath me when I benched, but this bothered my back. At someone's suggestion I tried putting my feet way out in front, which seemed to mimic a decline bench press. Doug Heath had encouraged me to do

decline benches years ago, and I have always been able to bench much more in this fashion. I felt that if I could get myself in a decline position on a flat bench, I would be able to do more. So, I developed my leg drive technique, with the sandpaper shoes to prevent my feet from slipping. I actually tip the bench back when I'm setting up. At one National meet I was doing this and Brother Bennet was the head judge. He almost jumped out of the chair, and wouldn't let the lift-off man put his foot over the bench to lift off for me because he was afraid everything was going to come tumbling down. Actually, as soon as the bar gets in my hand, it changes the leverages, and the bench comes back to the floor.

**FR:** Describe your bench training for us.

**LM:** I train the bench twice per week, and I do a lot of Louie Simmons' routines. On my light day, without a shirt, I go about 55% of my max with a shirt, alternating a wide, medium, and narrow grip with a minute rest in between each set, doing ten sets of three reps each. I do very fast reps with no pause. Then I do three or four triceps exercises for three sets of eight reps each. On heavy bench day I do a maximum set of eight repetitions, and if I get this, I move up five pounds. As an alternative, I will do a maximum

set of six repetitions with a very wide grip (hands outside knurls). Then I will do a maximum single with a decline press, a floor press, or a board press. Then I repeat the triceps exercises from the first day. I've always had problems with shoulder exercises, so I do not do anything specifically for them.

**FR:** How do you train the other lifts?

**LM:** My schedule is: Tuesday, deadlift and light bench; Friday, squat; Sunday, heavy bench. Again, I do a lot of Louie Simmons' routines, box squats, etc., with Greg Page directing me.

**FR:** Do you use any supplements or follow a special diet?

**LM:** I'm on a special diet for my diabetes, but I have trouble with some of the supplements because they affect my glucose level. I just take a multiple vitamin.

**FR:** What are your goals in powerlifting?

**LM:** A triple bodyweight bench and a 500 bench. I've tried a triple at three contests this year, and I came close once. I enjoy competing at the open men's Nationals, so I hope to continue to qualify for that for a number of more years.

**FR:** How do you feel about unification of the sport?

**LM:** I'm not sure it will happen. There are too many people with too many different motives, who are not looking at what's best for the sport. I would like to be an optimist, but it is extremely difficult. However, I'm good friends with the presidents of a lot of other organizations. I consider Al Siegel, Ernie Frantz, and John Black (former president of the USPF) very close friends. I think I could work something out with these men, but there are other people involved, and there are many other organizations.

**FR:** Are there any other comments you would like to add?

**LM:** Thank you and Mike Lambert for the interview, and thanks to my wife for putting up with all this and allowing me to do what I really enjoy. I also thank everybody at King's Gym. I enjoy the camaraderie of all the lifters that I've met. When I go to Men's Nationals, I'm not looking to win; I'm looking to set some personal records and have a good time with the other lifters. There's a real good group in USA Powerlifting, and I thoroughly enjoy being with them and having the opportunity to compete with them.