

INTERVIEW

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

BC: Jill, give us some personal information about yourself

JM: I'm 29 years old, I have a nine year old daughter, and own two dogs. I am married to Milo Mills. I own my own business (Jill's Bodymill), consisting of massage therapy, diet consultation, and personal training. San Antonio, Texas is my home town.

BC: What is your athletic background?

JM: Soccer, track, bodybuilding, powerlifting, and strongwomen contests (in that order)

BC: How did you get into lifting?

JM: I started lifting weights and getting in shape when I was just a child. By elementary school, I was running 3-4 miles a day. When I was twelve years old, I got involved in lifting. Lifting had become a part of my life since on my farm I moved hay and 5 gallon buckets of water across my land to care for my horses. I also hauled firewood, cleared the property, and mended fences. I felt I had natural all-around strength, for I could do high repetition pullups and run many miles a day. At age

JILL MILLS - The Queen of Strength

as interviewed for PL USA by Bruce Citerman



Jill Mills in strongwoman competition with husband Milo at right

17, I began to train at a gym and started to compete in bodybuilding. I competed in three bodybuilding contests, placing second

in one, and first in a national qualifier. I did not like bodybuilding because of the cardio exercises that burned off muscle and

strength that I had worked so hard to build up. Then I got into powerlifting. My husband, Milo, began to train me after seeing my potential. One day in the gym, a couple of guys were training for a strength contest. It looked like fun, so I entered the competition. I enjoyed the contest and continued to compete in strength competitions.

BC: What contests have you competed in, and what were the results?

JM: In powerlifting, I began competing in the 165 lb. class, winning the Nationals in 1997. My best lifts in competition were a 190 lb. squat, 275 lb. bench press and a 501 lb. deadlift, totaling 1266 lbs. Then I moved to the 181 lb. class, my best lifts being a 513 lb. squat, a 325 lb. bench press, and a 507 lb. deadlift, totaling 1340 lbs. I was ranked 4th all time in the history of women's powerlifting in the 181 lb. class. I also did a raw meet, one in which gear is not allowed, and my bench pressing and deadlifting were basically the same amount, but my squat lowered to 475 lbs. In strongwomen competitions, I won the Lone Star Strength Festival, the Metroplex Challenge (including a 245 lb.

overhead press), and the Metroplex Rep Contest. The contest consists of bench pressing 100% of your bodyweight (175 lbs.) and I did 27 reps; biceps barbell curling 50% of your bodyweight (85 lbs.) where I did 60 reps, and deadlifting 200% bodyweight (350 lbs.), where I did 18 reps. Then I won the 2001 Southwest USA Strongwomen Challenge, the 2001 Scotland Roundtable (World's Strongest Woman Contest qualifier), the 2001 Killin Fair Scotland Strongwoman contest, and the 1st ever World's Strongest Woman contest. I am undefeated in all strongwomen contests.

BC: You've been successful in almost every weightlifting competition, what is your routine?

JM: My training varies between powerlifting meets and strongwomen contests. In powerlifting, I do three sets of five reps for the three lifts: squat, bench press, and deadlift. The basic exercises that I usually do are squats, deadlifts, power cleans, snatches, high pulls, push presses, bench presses, dips, and pullups. In strongwomen contests, I minimize the gym work, spending most of my time training for the events. I train for the events every week. My backyard is a regular training facility with a 600 lb. tractor-trailer tire, beer kegs, a platform, and a sled. An average training session includes 10 flips with the tire, a 5 minute rest, loading four kegs onto the platform, another rest, and then repeating the process a few times, with each circuit being timed, which helps me with conditioning and speed.

BC: With all of the heavy lifts you do what are your measurements?

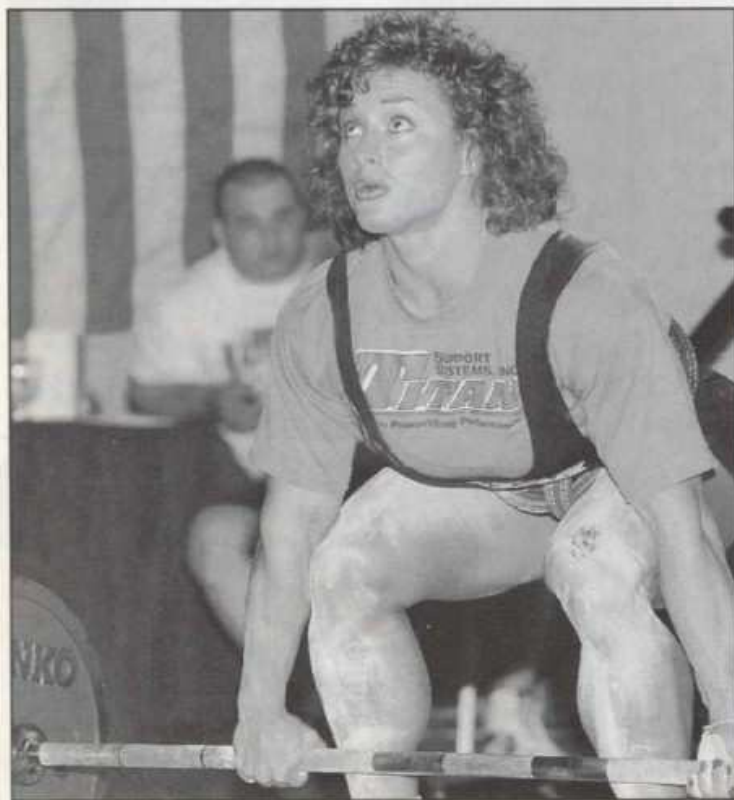
JM: Height: 5'4"; Weight: 173 lbs.; Arms: 15.5"; Chest: 44"; Thighs: 25"; Calves: 17"

BC: What type of vitamins or supplements do you take?

JM: A multivitamin, whey protein powder, and muscle milk.

BC: What are your future plans in weightlifting?

JM: I would like to compete in Olympic lifting contests, and maybe another powerlifting contest before I focus my training on strongwomen contests. I would also like to promote strongwomen contests when I am too broken down to compete in them myself



Jill en route to her win at the '97 USPF Sr. National Powerlifting meet