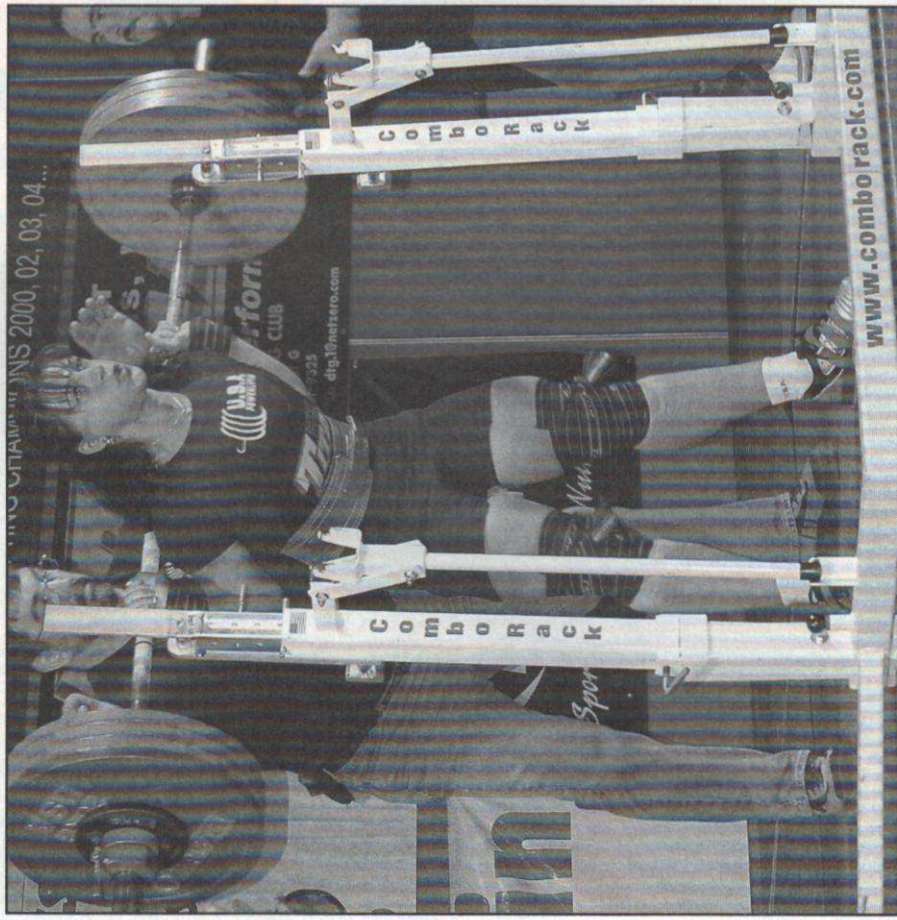


## INTERVIEW

# PRISCILLA RIBIC

## A.K.A. Little Powerhouse Lifting Huge!

### as interviewed for Powerlifting USA by Greg Stott



Priscilla Ribic set two IPF World Records (one in squat, one in deadlift in less than a month!)

On June 15<sup>th</sup> in Dorado, Puerto Rico at the North American Championships Priscilla set a new IPF World Record Deadlift of 551 lbs. On July 7<sup>th</sup> at the USAPL Women's Open Championships in Miami Florida, Priscilla put her name in the IPF record book again, by squatting a huge 546 lbs. She is an 8x National Champion, 2x IPF World Champion & Record Holder. Age: 33. Height: 5'2". Weight: 154 lbs. Class: 148 lbs. Federations: USAPL & IPF

**GS:** First off, Congratulations on your new IPF World Record!

**BG:** Thanks, Greg!

**GS:** Priscilla, tell us about your big pull and the competition in Puerto Rico in June?

**PR:** It was actually a shock. I went into that meet headed for the WR squat, which didn't happen that day. I had a not-so-hot training cycle for my deadlift, although I pulled an easy 470 for a couple of singles unequipped, but the heaviest I went in my cycle was an ugly single at 515. I just don't have the drive

(225 squats, 175 bench and 315 deadlift) the second week. I put on gear, did some light weights for reps (445 squat, 275 bench, 445 deadlift) and called it good. Although I peaked for Puerto Rico, I was still in good condition leading into the Miami.

**GS:** What did your family & friends think about, not only your victory & records, but also your schedule, stacking two major competitions so close together?

**PR:** Family and friends, of course, think that I am nuts, not only for doing the sport, but competing so often. They were also ecstatic with the new records, so it is great to have them share in the excitement. My dad just can't be excited, and warns his little girl that I am going to hurt myself. Most can't comprehend what 550 lbs. is, so I just let them know how many plates that are on the bar and at least they have a visual of some sort. I can also relate that my deadlift is comparable with the 148 lb. men.

**GS:** Describe for us your day on the platform, in Miami at the Women's Open?

**PR:** It was a fun day. I sat in the warm-up room singing to the music with little Kendra Miller and Erin Dickey, heading up to the platform, and I could hear the booming voice of Niko Huislander cheering me on. I was on a mission with my squats, a personal redemption for Puerto Rico and to finally get a chance to try the World Record Squat. Opening weight, three white lights, 2<sup>nd</sup> attempt, three more weight lights... the call was made for the record breaker and I headed out there determined. I have been ready to go after this record since the 2006 Nationals, but I hadn't gotten the opportunity until now. I think it was the longest lift of my life, though I made a shopping list and planned out what restaurants I was going to eat at after, while trying to come up with the weight. Completion left me with two whites and one red light on depth. My first and only attempt at the record was a success! I think after that my mind gave up on keeping the momentum going, my textbook deadlift from Puerto Rico could not be found in Miami. I made a 507 deadlift on my 2<sup>nd</sup> attempt, went for 534 which would have also broken my existing



Priscilla is also the owner of her own company called [www.PLCEARONLINE.com](http://www.PLCEARONLINE.com)

WR Total, but couldn't hang onto it. In the end I did get what I came for, a World Record Squat, so I'm satisfied. **GS:** In your last TEAM iXL interview, you mentioned that the Squat is your favorite lift, please take a minute and share with us why?

**PR:** I think it is the most mentally challenging lift. It is the first lift on the platform when your nerves are still going, it is the hardest to get passed by the judges and then there's always the fear of not being able to come back up with the weight, once you go down into the hole. When you're able to drive the weight up and finish the lift, three white lights or two, it's great! **GS:** Please describe for us a deadlift workout, say mid competition cycle?

**PR:** I train under the routine of the AK Iron Maidens; it is a lot of rep work and lighter weights. We condition well for the faster paced IPF style meets. As mentioned earlier, this deadlift training cycle was not the best for me. I had two heavy days in the gym, one being 505, which I ended up bagging (it was one of those days where everything felt heavy) and just pulling 315 unequipped and another week where I pulled an ugly single of 515 lbs. Generally we have three work sets consisting of reps of 5 and then a ton of support exercises to compliment our main lift.

**GS:** Who are your current workout partners or Coach?

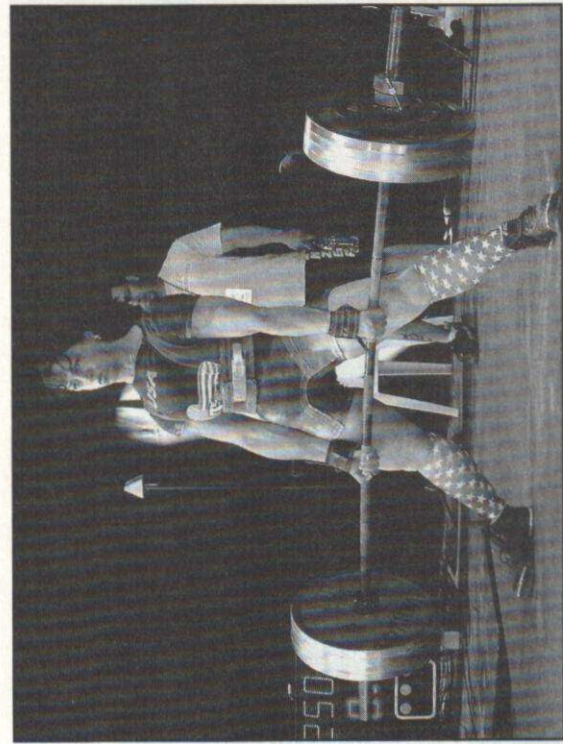
**PR:** My current workout partner is Sherry Franks, she is an up & coming Master 1 lifter and is always at the gym and very dependable. My coach is Larry Maille, who also coaches the Iron Maidens & USAPL Women's Team.

**GS:** Priscilla, you've shown that you can lift huge weights Drug Free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the Drug Free Course?

**PR:** I just don't think that there is any other option but to stay drug free. Some get so wrapped up in lifting heavy weights, that they forget this is a hobby. Not everyone will be at the top, but you should be doing this sport to have fun, get in shape, compete, meet people and do a little traveling. If you train smart and watch out to not over-train and get injured, you can excel, set PRs (personal records) and a hobby, enjoy it and do it within your personal capabilities.

**GS:** What supplements & equipment are you using currently?

**PR:** I am sponsored by GNC-Spokane, therefore I use their



The New IPF World Record in the 148 lb. class - 551 lbs. in the deadlift

protein, multi vitamins and creatine. For equipment, Titan gear. I use the Centurion for both squats and deadlift and F6 for bench; I'm now converting to a Katana.

**GS:** Tell us a little bit about your diet? Describe for the readers, what a typical day of food consumption looks like, as you're preparing your body to deadlift over 550 lbs. & squat 546 lbs. weighing in at only 148 lbs.

**PR:** Diet, can't believe you brought up that dirty word! I severely miss my pizza and ice cream leading up to a meet! As the years go by, it is taking more and more effort to stay within my weight class. With that, I have to try to keep my diet fairly clean, meaning NO eating out at all. I hate chicken; so have invested in organic beef (a half cow at a time) for my main protein intake. I have basically gone organic for all my food, starting the day with eggs and oatmeal, a mid morning protein shake, usually leftover dinner for lunch (consisting of beef and some veggie), afternoon fruit and then more beef and veggies for dinner. I feel like I eat a lot during the day, as the weeks draw closer to the meet, I start tapering off the quantity as well as monitoring the amount of sodium I take in.

**GS:** What goals have you set for yourself at the World's this year in Norway?

**PR:** This year's Worlds will be interesting with the recent ban of the Russian and Ukrainian Teams from the IPF. Both of these teams used to be my motivation leading into my training cycle for the Worlds. This year my focus is to do a sweep of the IPF World Records. **GS:** What is your vision for the sport of Powerlifting?

**PR:** There is so much change with the sport; I am not even sure

performance and train to them; don't expect to be able to figure it out at the meet. Fourth, if you are going to wear gear, learn how to use it correctly. And lastly, in Nike terms... Just do it! Don't hold back from getting into your first competition and getting your feet wet. You will learn a lot and it will make you hungry for more.

**GS:** Any final comments you'd like to make or people you'd like to thank?

**PR:** Yes, thank you for the interview Greg! I would also like to thank first and foremost my coach Larry Maille, for kicking me in the butt and keeping me in line. He is the mastermind behind my training program and cleverly plays the numbers game in competition. To my brother who spends countless hours in the gym spotting and coaching me and travels the world with me to all my competitions. I think he at times is more excited at my potential than I am. To Pete at Titan Support Systems for keeping me supplied in great gear and showing a genuine interest in the lifters. To my other major sponsors, Bodybuilding.com and Marcus Lawson of Globalcompusearch.com for helping fund my way to International meets. A special thanks to the rest of the Iron Maidens and all my PL friends for their support and encouragement along the way.

**GS:** Priscilla, your nickname is "Little Powerhouse," but the word that should be in bold, due to your performance in competition this June & July is "Power". What you've been able to do drug free, with focus & determination, has set a great example to lifters both young & old that will prove to be even more important than your world records. In the long run, you've shown that incredible strength does come in little packages... that is if you're willing to take the time, perfect your technique and give it 100% plus in training & on the platform!

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Priscilla & other TEAM iXL SuperStars visit [www.TEAMIXL.com](http://www.TEAMIXL.com). ©1994-2006 IXL PRODUCTIONS. ALL RIGHTS RESERVED

