

# INTERVIEW

## SCOTT WEECH JR. as interviewed for PL USA by Greg Stott

**Age:** 21 **Height:** 6'2" **Weight:** 300 lbs. **Weight Class:** 308 lb. **Federations You Belong To:** 100% RAW & APF.

**GS:** First off, congratulations on your performance at the 100% RAW Nationals, setting four World Records, including a huge 825 lb. Squat, the heaviest Squat ever done in a sanctioned RAW competition!

**SW:** Thanks Greg.

**GS:** For readers who may be learning about you for the first time, fill everyone in on how long you've been lifting as well as what got you started in Powerlifting?

**SW:** Well, I have been lifting weights since I was about seven years old. I started getting really serious when I was in eighth grade. My first competitions were in high school. In Florida high schools, we do bench and clean & jerk. I won a state championship during my junior year, when I

enjoy doing them.  
**GS:** What have you added or dropped from your training routine, that looking back helped you hit the big numbers in all three lifts on August 12<sup>th</sup> in Orlando?

**SW:** Perhaps the most important thing would be a lot of raw deep squatting. I believe that when I squat raw and deep, my squat and deadlift go up together. The movements are very similar.  
**GS:** How long is your training cycle to prepare for a competition?

**SW:** It depends if the meet is raw or with equipment. For a raw meet I train the same almost all the way to the meet. Maybe the last few weeks I will cut some of the volume. If I am doing an equipment meet I tend to have a 6-8 week training cycle

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specifically for that meet.  
**GS:** Please describe for us a squat workout, say mid competition cycle?

**SW:** Again it really depends if it is a raw meet or not, but since my last meet was raw, here is how I prepared. The first thing I would do is 6-8 sets of squats (including warming up). Then I might do 3 sets of leg presses, followed by 3 sets of front squats. Next, I'll do 3-6 sets of exercises specifically targeting the hamstrings. To finish I might do some heavy sledged pulls. That may seem like a lot of volume, but that's what has always worked for me. I figure if it's working, why change it? Scott deadlifted 750 lbs. setting a Junior & Open 308 lb Class World Record

**GS:** Who are your current workout partners?  
**SW:** I mostly work out with my Dad (his name is Scott also), and it should be noted, for the record, he's really strong as well, but I also work out with a large group of lifters: Scotty, Scott, John, Jack, Roy, Joe, Jeff, and from time to time others as well.

**GS:** Scott, 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?  
**SW:** It just makes sense. Steroids take a bad toll on your body, no matter what anyone says. If you stay clean and work hard you can



Scott deadlifting 750 pounds at the Raw Nationals. (squat and deadlift photos courtesy of Paul Bossi)

**SW:** I would like to thank you Greg and TEAM iXL for all of your support. I would like to thank my beautiful wife Julie for putting up with me. That's right folks, she is a keeper. A big thanks to my family and especially my parents. Everyone from Deb's Gym in Lakeland Florida, Thank you! I would like to thank Ken Anderson and Titan for their support as well. Most importantly I would like to thank the Lord Jesus Christ for giving me my strength.

**GS:** Scott, by you being so grounded and strong at such a young age, you're in a fantastic position to not only help Powerlifting grow mainstream, but more importantly, become a role model for youth involved in sports worldwide.

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 Scott & other TEAM iXL Super-Stars visit: [www.TEAMiXL.com](http://www.TEAMiXL.com)

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achieve your goals. I want to be around to see my kids (that is, future kids) grow up.

**GS:** What supplements are you using?

**SW:** Really not many, I have been taking a new type of protein from BioPharm, and from time to time I take a little creatine. (Scott Bench 505 lbs. on his way to setting a World Record Total of 2040 lbs.)

**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 TOTAL over a Ton, 100% RAW?

**SW:** Well, I am not on a really strict diet. I try to eat a lot of protein, and I try to limit my fats and sugars as much as possible. I like to eat just about anything that won't eat me first!

**GS:** What are some of your new goals you've set for yourself in Powerlifting?

**SW:** Well, I know it sounds extreme, but I would like to eventually Squat 1000 pounds raw. By the World Championships in December, I would like to Squat 900, Bench 550 and Deadlift 800 lbs.

**GS:** What is your vision for the sport of Powerlifting?

**SW:** To continue to grow, and attract more young lifters to our sport.

**GS:** How has the sport of Powerlifting affected your everyday life?

**SW:** It is a very large part of my life, and it is what most people know me for.

**GS:** Do you feel Powerlifting should be an Olympic Sport and why?

**SW:** Yes, because it is a great sport. We just need to unite and make our presence known. Now, whether or not this ever happens, I do not know.



Scott is Strong All Around ... he benched 505 at the 100% Raw Nationals. (courtesy Stott)



Scott Weech squatting 825 raw at the 100% Raw Nationals, the highest recorded in raw competition.