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+ TRAINING

+ NUTRITION

+ INTERVIEWS

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JILL MILLS

WELCOME

ON THE COVER

Steve Goggins, Hall of Famer returns



POWERLIFTER TODAY

March/April 2015

Editor/Publisher Jim Curley

Managing Editor Julie Curley

Art Director/Layout Joanna Curley

Subscription Rate \$33/1 year/6 issues

Digital \$23/1 year/6 issues

Print and digital \$53/1 year/6 issues

International, print \$60/1 year/6 issues

Subscribe: www.Powerliftertoday.com

Address change/contact us:

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877-875-4935

POWERLIFTER TODAY is published bi-monthly by POWERLIFTER TODAY LLC. POSTMASTER: send address changes to POWERLIFTER TODAY, P.O. Box 222, Kiowa, CO 80117

From The Editor

Issue number Five! On most bookstore newsstands! Your best bet to always get it is still to subscribe.

I started this magazine, because I wanted to publish the magazine that I always wanted to read! That's

still the main criteria, and I believe most of you are like me. I want to know what makes a lifter "tick". I'm old (almost 60), a very average lifter with lots of aches and pains and I still love this sport with all its infighting and differences of opinions! I took steroids from 1977-1980, so I understand the attraction, but I also know first hand the downside of "off" cycles and haven't done them for 35 years. I lifted raw from about 1989-1994 before it was even called "raw" - back then, it was just called "stupid" not to take advantage of every advantage. I went to a federation's World Push Pull meet in 2005 and was "world champion" that year just because I showed up and didn't bomb. This made me (and still does) very cynical when lifters start throwing their "World Titles" at me. I have competed at least once a year for 35 years and am STILL as excited about competing, even though my personal PR often doesn't even get me a medal, or I bomb! I'll admit that because I've always had to squat to depth and lock out a bench press (the most difficult parts of those two lifts) that I'm not jumping for joy at some federations "relaxed" standards of those aspects of the classic lifts. If you don't have a standard, you have NO standard at all.

So do you lift Raw? Single Ply? Multi Ply? Are you drug free or not? Which is best, Ford or Chevy? All these choices are a matter of personal preference, and in this sport, which is the most perfect example of a true free market system in existence, you have lots of choice. You can be a bench specialist, just do push-pull meets or do all three lifts with no gear or lots of gear. When compared to the average human, you and I are freaks that most people will never understand! Rest as



sured my friend, I understand you and this magazine is for you.

If you don't know who Steve Goggins is, it's time you did! Back in the 80's and 90's, a handful of guys not only dominated the sport but made huge lifts (many of which still stand – all done with minimal gear and strict judging). Goggins was one of those - he had a unique squat style which was very similar to mine (except he squatted more than twice as much as me!), so I was always interested in reading about him. He's now 51 and pulled 750 raw back in September, 2014 at the Olympia. He's just had a total hip replacement (find out why!) and I think you'll enjoy the interview with this icon. He pulled 750 raw with severe hip pain – I can't wait to see what he does pain free!

Have you ever wondered if you should try strongman because, well, it's a strength sport like powerlifting? Jill Mills and Jerry Pritchett, top lifters in BOTH events, give us their opinions and how both events are interrelated.

Why are TWO powerlifting gyms featured? This will be a regular feature because it's just possible that you live within a reasonable distance from one of these gyms and could greatly improve if you were aware that they existed. We need more powerlifting gyms and we'll be showcasing more in the future!

Remember Anthony Ricciuto and his powerlifting nutrition articles? I used to look forward to each one, and we're fortunate to have him writing for us!

Stuck in a rut with your training template? John Petruzzi has tried 'em all and has discovered the one quality that makes them all more effective!

Dennis Cornelius is a rising raw lifter, missing the all-time powerliftingwatch.com raw with wraps record by a lousy SIX POUNDS! At 275 at LA Fit Expo he went 848-551-766-2165. He's yet ANOTHER powerlifter who mostly trains by himself in a garage. These guys who train like that are amazing!

Mark VanAlstyne is yet another powerlifting chiropractor. He offers some great warm-up and rehab tips that he often uses to keep himself relatively pain free!

Great articles by the strongest people in the world FOR the strongest people in the world – POWERLIFTERS!

**Jim Curley,
Editor In Chief**

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HAVE SOMETHING TO SAY? BE A CONTRIBUTOR

Feel qualified to write about the world of powerlifting? Got a great idea or angle that no one has discussed? We welcome your story but reserve the right to edit as we deem necessary and also reserve the right to accept or reject the article.

If you would like to be a guest contributor regarding training, nutrition, or anything related to powerlifting, please email Jim@powerliftertoday.com and I'll get back to you.

Meet Directors - If you want your World or high level invitational meet results in the magazine, please think "summary" with lots of pictures of the biggest lifts at the meet. The database of meet results is not as important as a good story of the meet. For example, if a World meet has 600-800 lifters this might take half the magazine to print and we just can't do it and stay true to the emphasis on content. Think highlights, big lifts, platform battles....many lifters can't be mentioned due to lack of space and just general interest. Federations compete for lifters, so make the story of your World meet interesting and lifters will want to compete in your federation. The actual meet result tables can be included in a link at the end of the article, or go to www.powerliftingwatch.com.



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1 yr/6 Issues (circle one): USA \$33 CANADA \$43 INTERNATIONAL \$60 DIGITAL \$23

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TRAINING SYSTEMS

System, not program - which system is right for you?



WHAT WORKED LAST YEAR MAY NOT WORK THIS YEAR AND YOU WILL HAVE TO SWITCH THINGS UP AND ADAPT.

By John Petrucci



☪

**ONE THING THAT DOES NOT GET TOUCHED ON MUCH
IS ADAPTATION AND PROGRESSION OF THE LIFTER.
WHAT I MEAN BY THAT IS IT'S HUMAN PHYSIOLOGY TO
RESPOND, ADAPT AND CHANGE TO STRESS AND STIMULI.**

I always tell people that programs are like prescription medications given to an individual. Would you go in someone's house and start taking their prescribed heart medication from their doctor just because you "think" you have the same symptoms and issues? I would hope not! The title of this article is simple and to the point. Programs are developed and built around a system. A program is a type of periodization an individual created, either for himself or for someone else specifically. One of the most dominating forces in powerlifting right now is Dan Green, who has an extremely high work capacity. The amount of work and volume that he does is incredible. One of the main reasons he continues to break records and PR's is because he is constantly increasing his work capacity (what I like to call ceiling of strength). This factor allows him to become stronger and more powerful. Do you think you could take his exact workout for one month, apply your numbers and be as successful? Could you handle all the volume and work that he is completing each day and week? In this article we are going to look at a very brief overview of some "programs" and what basic system they are derived from, drawing correlations between them all so that you can see what system may be right for you.

Let's start with a basic definition of periodization. Periodization is the organization of training over a PERIOD of time, in most cases annually. For most systems, periodization is shifting from higher volume (exercises, sets or reps) low intensity (percentage of weight used based off one rep max), to lower volume and higher intensity as the meet gets closer. The most popular forms of periodization are Undulating/Block, Linear and Conjugate. Undulation/Block periodization is rotating volume and intensities in different phases. Linear is exactly that, very straight line and progressive in that you use one specific exercise in most cases, starting light and progressively getting heavier leading

to an event. My own simple definition of Conjugate is the rotation of maximal effort lifts but allowing your body to stay at or above 90 percent plus of that given rotational exercise during cycles. Now that we have a very basic understanding and definitions of these periodization systems we can look at some of the programs that fall under each system.

Keep in mind that the most basic principle is that all programs are linear in the sense that the goal is to see consistent progress going up over a period of time. Undulating, Linear, and Block are similar to each other with slight organizational changes because the change of volume and intensity is linear, gearing the lifter to peak towards something. For my purposes the difference between them is that Undulating and Block are more similar because there are blocks or phases of rotating volume and intensity increased over each phase (mesocycle). Linear, for our definition, is just a very specific exercise that starts very low and increases the intensity over time. There is no rotation of volume and intensity; it is a gradual progressive overload of the lift.

Lets start with Conjugate.

Conjugate - Popularized by Louie Simmons and Westside Barbell, this involves rotation of max effort lifts that are similar, but not exactly like, the classic lift. For example, max out on a Safety Bar Squat for two weeks, then switch to a low box Manta Ray squat for two weeks, etc. This avoids staleness and works on weak points, known or unknown. In the Westside methods there are mesocycles and blocks of varying intensities and load when close to a meet. In general, the rotation of max lifts in microcycles are the main rotation along with varying accommodating resistances (using bands and/or chains). The idea is to stay above 90 percent on each maximal lift. I have seen various Westside spinoffs and programs that keep a lifter with a specific bar and

SOME KEYS TO KEEP IN MIND WITH PROGRAMMING

1. Where am I in my training? How far out is the next meet or competition? (If you are six months out from a meet, doing an eight week peaking cycle probably isn't going to do much good.)

2. What is my life like outside of powerlifting? How many days do I have to train and optimally be there? (Does a six day a week high frequency program work or does a 3-4 day per week program work best for my schedule?)

3. If you have been competing for a couple of years, drilling sport specific movement is key! Also a fast rotation of volume/intensity will work very well. The variety and change is very good for beginning lifters.

4. If you have been competing for 3-5 years I would say that you will start to notice that changes in volume intensity are hindering your progress (5/3/1). You will need longer time periods within certain rep ranges. Again, **WORK CAPACITY IS CRUCIAL!**

5. If you've been competing for 6-7 years or more, you should have a good understanding of all the basic principles and you know what you need to be doing. Most importantly keep looking at the volume and keep pushing the volume envelope. Work capacity is everything at this point, giving you the potential to become stronger. More linear based programming going into meets will work better. I for example am doing a block phase based program to build my volume and work capacity. When I start to get closer to a meet I will start to get more dialed in with the sport specific movement and start a gradual linear build up towards the meet.

6. Increasing work capacity can be done in a few ways. You can increase the number of exercises, increase the number of sets and reps, or both. What I like to do, and find more challenging, is to decrease the time that I'm completing my sets and reps. If it takes 30 minutes to get through a 5x5 workout, set a timer and try to finish it within 20 minutes. With shorter rest breaks and greater fatigue, form can become sloppy and this should be monitored.

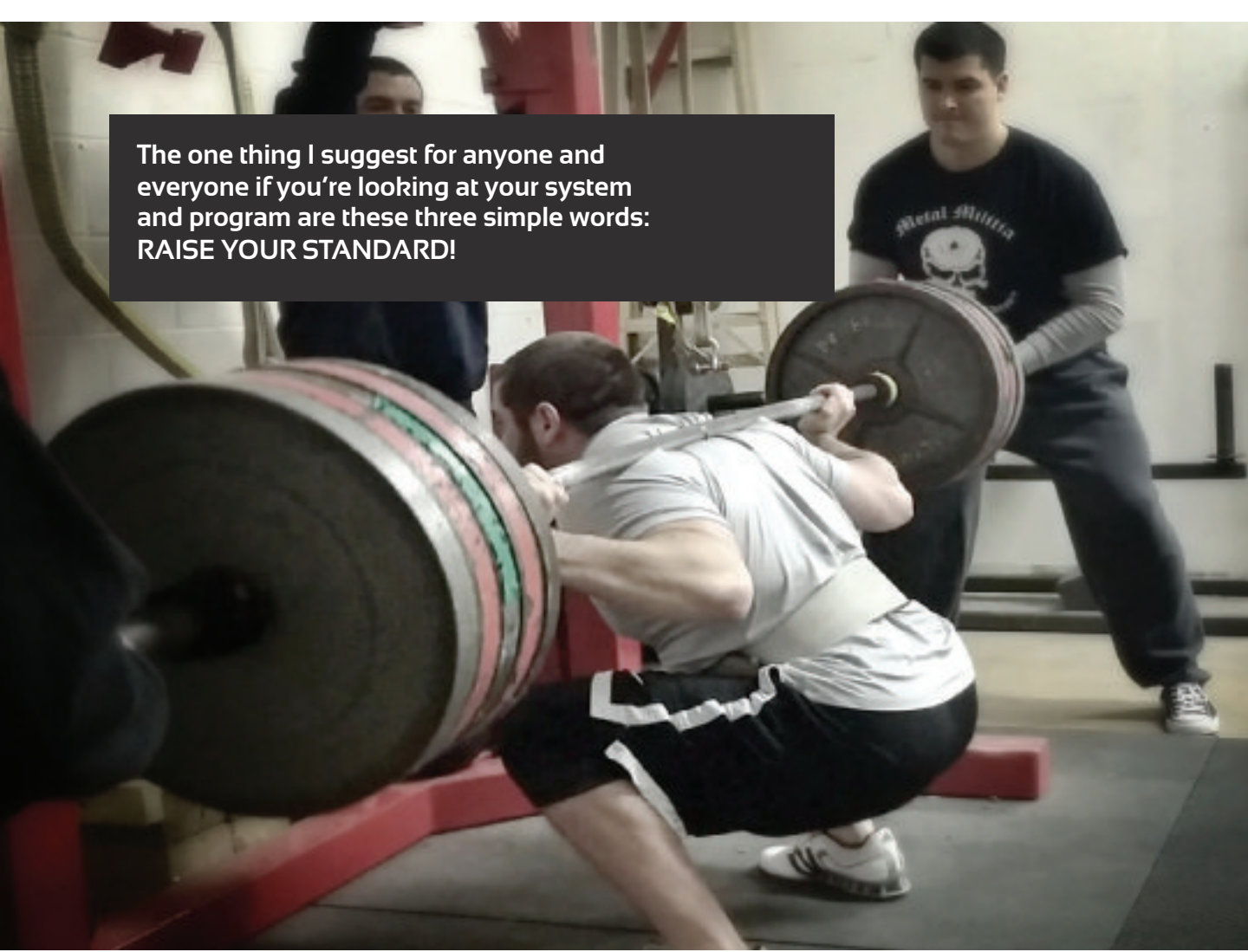
specific bar weight but add more chain or band tension or both over time. This would be a program change, not a system change. For most it is the basic rotation of max effort lifts every week or two.

Linear - Programs that I would consider to be very linear in fashion would be Coan/Phillipi, most recently the Lilliebridge method, and Bill Starr's 5x5. A lot of the old school programs are linear. Usually the program would be anywhere from 8-12 weeks and start with an 8-10 rep range and taper down to a 2-3 rep range going into the meet. These are most commonly known as a "peaking cycle". I would throw Smolov and Smolov Jr. into this category because I look at these programs as plateau breakers for most and something to peak you towards the end of the 8-12 week program to hit a PR. There are no big breaks or phases.

Block/Undulating- Programs would consist of Paul Carters Base Building, Josh Bryant programs, Cube method, 5/3/1, Mike Israel's Trinity Powerlifting, Jigger Cube and there are others. These programs have one basic principle; phases or blocks. The first phase is higher volume focusing on muscle hypertrophy and also work capacity and conditioning. Second phase is a strength phase; something built around the 70-85 percent range or so with reps of 3-5. The third phase is a peak or taper to tie everything together. This consists of higher intensity but much lower volume to keep the training stimulus high but the recovery easier. I would consider Sheiko to also be in this group. While each "program" has a very linear volume/intensity lead-up there are different programs you would do throughout the year leading into a meet.

Now the million dollar question (and what will continuously be debated), is what system and programs are best? Which should I choose? It's not that simple. I have tried each system and have done conjugate, linear and block/undulating. They all worked. Early on in my career I was doing conjugate training and Westside. I went from an 1175 total at 172 lbs to a 1625 at 198. I then started to see greater and longer plateaus and switched to Jim Wendler's 5/3/1, which is a more undulating, rotating volume and intensity program involving mesocycles. I went from 1625 at 198 to an 1800 at 215. Now I am using Paul Carters Base Building Template. I have yet to compete while using this system and program; however, it has raised my work capacity a great deal and I feel much stronger and bigger than I ever have before at the same weight. This July I am looking to total well over 1900 at 198. Right now my numbers are close to that with no preparation or peaking cycles.

The one thing I suggest for anyone and everyone if you're looking at your system and program are these three simple words: **RAISE YOUR STANDARD!**



I would suggest a little trial and error, along with research. Hopefully this article has given you a brief understanding of the basic system principles and you can further choose a system you think will work for you. One thing that does not get touched on much is adaptation and progression of the lifter. What I mean by that is it's human physiology to respond, adapt and change to stress and stimuli. Again using a medication analogy, in most cases when someone is on the same medication, same dose for a year or longer a lot of times that medication stops having the same effect it once did. Our body builds a tolerance to it, so either the medication dosage has to increase or the doctor switches the patient to a different medication all together. You have to look at your lifting career in a similar perspective. What worked last year may not work this year and you will have to switch things up and adapt. That **DOES NOT MEAN** what you did or are doing **DOES NOT WORK** completely. It just means your body is used to it, you have adapted and you have progressed. Congrats! You are now a better athlete and a more conditioned athlete in most cases. The **SECRET** that every great lifter will tell you is this: with adjustments to their program and what made the difference for them outside of a technical issue is volume and increased work capacity. I see it in

every single program over the course of the year. You have to keep upping the ante when it comes to work capacity. I always tell people your work capacity is your ceiling for strength. You will only get stronger over time if you are increasing your work capacity and what you can handle, not only a work load but also work volume. How much volume is too much? My simple answer is if you have to ask it's not enough! I heard that from a coach a long time ago. "Hey coach, is that enough, or do you want me to do more?" What do you think the coach is going to say? This is where the **AMAZING** world of sport psychology comes into play and why the greatest in the world are the greatest in the world. They are there mentally every single day pushing themselves to the limit, holding themselves to a higher standard than anyone else can think of. The one thing I suggest for anyone and everyone if you're looking at your system and program are these three simple words: **RAISE YOUR STANDARD!** Raise your standard that you hold yourself to, raise the standard of how you train, and raise the standard of how you eat. When you do all those things, success and having great things happen is easy. What I have found is that when I'm raising those standards, my goals get met but also my life in general is happier and the joy of lifting is much greater.

PLT

STRONGER THAN EVER

author: Ron Garofalo

Is it REALLY possible to be stronger in your 50's and 60's than it was in your 20's or 30's? Many would just simply dismiss that question as ridiculous, but the people in our gym who are 50+ years old are often asked that question, as Jim Curley asked me in the last issue. Are our powerlifting totals REALLY still improving at our relatively advanced age? The unabashed answer is YES. "C'mon Ron, you don't TRULY mean that you're stronger at 54 than when you were 24 or 34, do you?" Again, yes, that's exactly what I mean. Let me explain...

First of all, when asked if we are REALLY still improving or TRULY stronger, those REALLYS and TRULYS are meant to be qualifiers and it depends on what is being referred to and compared. A powerlifting total of the three lifts? Each individual lift? Equipped? Raw? Gym lift or meet lift? Single rep or multiple reps? At the same body weight? Untrained newbie vs. trained veteran?

Etcetera. For example, if you are comparing your 700 equipped squat of today to your 550 raw squat years ago you can't say you're stronger now- you're comparing apples and oranges. Even equipment has improved over the years and that changes the equation. We all know of people who say things like "I benched 500 in the gym", but for some reason only ever manage a strict 440 in a meet. Do you weigh more now than you did then? Using PEDS? If so, it's difficult to make a valid comparison at all. You get the idea.



**"TODAY, MORE THAN
EVER, WE MASTERS-AGED
LIFTERS IN AMERICA
HAVE THE MEANS, THE
OPPORTUNITY, THE TIME,
THE KNOW HOW."**



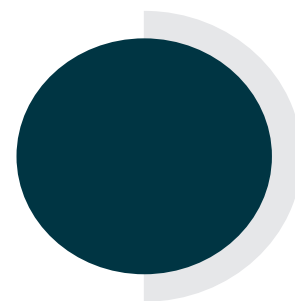
You may remember Ron from the cover of last issue's Powerlifter Today. He is a world class lifter and trainer

To be clear, to validly say you are stronger now than you were then, all of the conditions have to be the same. So when I am asked that question I usually qualify it: "Do you mean, is my raw powerlifting total in a sanctioned meet at 181 lbs better than EVER?" My honest answer is, "It's about the same today as it was in my 30's (when I had by then been training seriously and competing for 10 years) and this year, at 54, I will achieve my best raw total ever drug free." I am not the only one doing so. Just in our little gym, in the past year or so Russ Clark and Tom Cencich, both veteran competitive lifters of 30 years, have posted their best lifts and totals EVER and they are in their early 50's. How about other amazing world class lifters like Brad Gillingham, Jan Wegira, Gordon Santee, Ellen Stein, Tony Harris and Donna Marts to name a few, who are still achieving PR's in their mid-50's and 60's even? And by the way, isn't it interesting that most of the best masters lifters in the world compete in drug tested federations, at least on an international level? The "international" federations that do not drug test have very few masters lifters at their world championships. Gee, maybe there's an important lesson hidden there somewhere.

Granted, there are not a lot of masters lifters out there who are still hitting PR's. Not yet anyway. Perhaps that's why the professors out there, textbooks in hand, say you can't REALLY get stronger past your 30's, y'know, declining testosterone and all, blah, blah. That's why there are masters divisions with all those age categories. It's impossible, right? Yeah, so was running a sub-4:00 minute mile. A 500 clean and jerk. Swimming from Cuba to America. Sometimes it takes the Roger Bannisters, Vasily Alexeevs and Diana Nyads (at 64 years old) to show that it can be done. Of course, we all know that we can't keep getting stronger for ever, but I think it's high time we take a good look at age, at least in regards to powerlifting, and

truly see how far out we can push that barrier. "Yeah, but c'mon Ron, you can't really expect a 60 year old to total the same as a 30 year old, not at an elite level anyway." Here at Virtus Gym we're gonna find out. One of the things we are learning is how far that envelope can be pushed without PEDS in drug tested meets. Our little garage gym is nothing special, just a crazy bunch who love to train hard and heavy. Maybe the older ones are just a little crazier than most others. These days I get a kick out of reading and hearing about all the young experts and prodigies out there. So you're a "World Champion" at 25? Have some records and an elite total? Proud of you. Now, keep progressing. Stay with it for 30 years. THEN you can approach the Brad Gillinghams and Ellen Steins and brag about how great you are.

So all you older iron warriors out there, don't give up the fight! Who's going to show the world what can be done? Today, more than ever, we masters-aged lifters in America have the means, the opportunity, the time, the know-how. We've even proven we have the will. Now we just need to COMMIT again! If not us, who?! It's sad and a little disgusting to hear "retired" lifters say, as I heard at a party this past weekend, things like, "At my age I deserve a little ease and comfort in my life." Poor baby, has your cushy suburban life been all that terribly hard? I feel like shaking such people, "Don't be so weak-minded!" You complain about the younger generation's "entitlement mentality." What about yours? I often wonder what those who came before would say about us. Your Viking ancestors crossed the ocean in a freaking canoe, disembarked and proceeded to conquer a country. Do you think all of them were 20 years old? My Sicilian immigrant grandfather worked 14 hour days for 60 years and was happy, vibrant, strong and vital until the day he died. He would laugh at our lame excuses today. Put down that remote and get out of your recliner! Pick up that barbell and get growing again.



**"YOUR VIKING ANCESTORS
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20 YEARS OLD?"**

Once you stop trying to improve you start dying. "Too tired" at the end of the day? Understandable. Get up early then and train before work as Ernie O'Hara has done here twice a week at 5:30 a.m. for the past 10 years. He's been squatting and deadlifting one and a half times his body weight for reps - at 75 years old! Don't tell him about all your little aches and pains and fears. He just had a complete shoulder replacement and was back in the gym 6 weeks later training as hard and heavy as ever. It's never too late to start again.

In the next issue we will get into some X's and O's. Until then, keep fighting the good fight. So what if you have a few gray hairs and are a little banged up, that doesn't mean shit. Whatever your age, recommit to the iron, as you have countless times before, and still strive to be better than ever. Yes, that's right, STILL! This is the sport. This is the time.

PLT

A

s Told by Darren Monahan

“They” said it couldn’t be done and that we wouldn’t last. Who are “they” anyway? Rule number one, never listen to “they.” “They” would love to see you fail, so you would be just like them, 95% of the population full of excuses of why “they” don’t succeed.

OSI proved them wrong. OSI created the “Baddest Gym in The West.” I didn’t say “Strongest Gym in The West”, I will still leave that to Mark Bell’s Super Training Gym. But OSI did create the baddest hardcore, old school style gym. You can yell, scream, use chalk, train with your shirt off, carry your bag on the floor and lift heavy weight with no one flinching or looking at you funny.

There are four owners, none of whom have big known names or large record breaking numbers, but they all love to train and lift iron.

It started back in April 2011, two training partners were training at a well-known commercial gym. I am sure like most of you, they kept getting the stink eye from members and the managers. They had to hide their chalk and bring in their own chains. One day they were squatting at 6:00 am, the morning manager walked up to them and said that they were grunting too loud and scaring the members on the treadmills (which were all the way on the other side of the gym.) He had done this several times in the past but this time it triggered something. They started talking about the old days in the 80’s and the old “Ironworks Gym” in Campbell, California along with the old “Gold’s Gym” in San Jose, California. That was the day they decided to start “Old Skool Iron”, the hardest core gym in the area, where if you are talking too much they will turn the music up even louder. Get off your ass and train!

These two training partners reached out to two other training partners and asked if they would be interested in helping out. One of them (Chris Paredes) has been collecting gym equipment for years. Some of the equipment came from Joe Gold himself. This gave them a huge head start. They started buying and collecting equipment from everywhere and within five months they opened a 1750sq foot warehouse gym, where they could do all their powerlifting training and no one would say a word. OSI has since grown to over 4300 square feet and are planning their expansion to take on another 900 square feet by March of 2015.



OLD SKOOL IRON GYM





Guests in the gym have ranged from “The Legend” Bodybuilder Ed Corney, James Mendoza, Rich Piana, powerlifter Scott Cartwright, and professional sports athletes, just to name a few.

OSI equipment is focused towards pure strength training. They have three deadlift platforms, deadlift bars, squat bars, power bars, axle bars, three power racks, Forza benches, a combo rack, a reverse hyper, a GHR, various atlas stones, farmers handles, yoke, tires up to 1000lbs, sleds, prowlers, chains, bands, and dumbbells up to 180lbs. They also have some treadmills, elliptical machines and even have a smith machine for the girls, um I mean bodybuilders.

OSI has two certified coaches, Eric Cranage and Tyler Scott, whom combined have over 60 clients.

OSI hosts approximately 3 to 4 powerlifting meets a year; two USPA meets and one or two non-sanctioned

OSI opened the gym to the public. It is open 365 days a year. No fees, no contracts and no rules!! Dues are month to month. If it's not for you they understand. The gym atmosphere is out of this world. Some people say they are intimidated by OSI but once they join they love it and never leave. The biggest, strongest guys are the nicest and most helpful. OSI members range from 16 year old girls to 75 year old men who just love to push iron. OSI has several members that drive over 60 miles each way to train at OSI. Most of the members compete in the USPA and the APA. They also have several bodybuilders and sports athletes.

**“YOU CAN YELL,
SCREAM, USE CHALK,
TRAIN WITH YOUR
SHIRT OFF, CARRY
YOUR BAG ON THE
FLOOR AND LIFT
HEAVY WEIGHT WITH
NO ONE FLINCHING
OR LOOKING AT YOU
FUNNY.”**

"THE OWNERS HAVE YET TO TAKE ONE PENNY FROM THE GYM. AT FIRST THEY EACH PAID UP TO \$400 A MONTH TO STAY OPEN. GOING ON THEIR FOURTH YEAR, THE GYM NOW SUPPORTS ITSELF. ANY PROFIT MADE GOES RIGHT BACK INTO THE GYM, EITHER EQUIPMENT OR EXPANSION."

MEET THE TEAM AT OSI

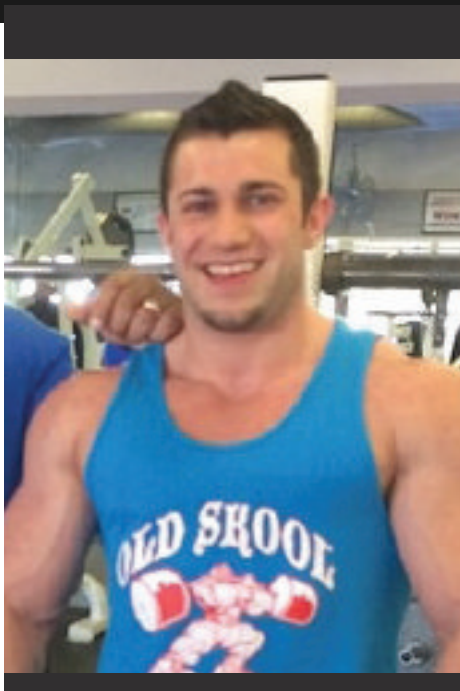


OWNER DARREN MONAHAN; LIEUTENANT WITH A LOCAL POLICE DEPARTMENT. AGE 49 5'11" 265LBS EXPERIENCE IN POWERLIFTING AND SCOTTISH GAMES EVENTS. BEST LIFTS IN A MEET, CLASSIC RAW 600-440-583



OWNER RAE STEWART; RETIRED CAPTAIN, CALIF. DEPARTMENT OF CORRECTIONS. AGE 52 6' 6" 300LBS POWERLIFTING APPROXIMATELY 4 YEARS. BEST LIFTS IN MEET, CLASSIC RAW 501-347-595

TRAINER TYLER SCOTT; BODYBUILDER/FITNESS TRAINER. AGE 23 5' 5" 190LBS



MEMBER/TRAINING PARTNER DENNIS HARDIN; WORKS FOR STATE OF CALIFORNIA. AGE 50 5' 9" 275LBS, BEST LIFTS IN A MEET, CLASSIC RAW 644-473-611



MEMBER/TRAINING PARTNER GARY SLATER; SELF-EMPLOYED. 43YRS 5' 6" 181LBS BEST LIFTS IN A MEET CLASSIC RAW 600-440-551





OWNER CHRIS PAREDES; RETIRED POLICE OFFICER COMPTON CALIFORNIA HELICOPTER PILOT AND SWAT OFFICER. AGE 56 5'5" 185LBS RETIRED BODYBUILDER (MR. LOS ANGELES,) INFOMERCIALS AND SEEN ON WORLDS WILDEST POLICE CHASES



OWNER ROSS REPPOND; SALES MANAGEMENT, RETIRED MOTO-CROSS RACER. AGE 24 5'5" 198LBS BEST LIFTS IN A MEET RAW 315-405-515

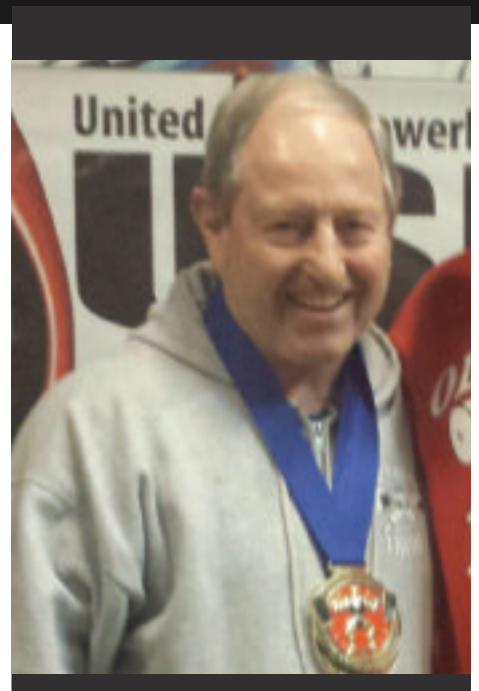


TRAINER ERIC CRANAGE; POWERLIFTING COACH/ TRAINER. AGE 30 6' 3" 214LBS BEST LIFT RAW BENCH 408LBS

MEMBER/TRAINING PARTNER EMMANUEL ADEAGBO; GRADUATE STUDENT. 28YRS 5' 10" 181LBS BEST LIFTS IN A MEET 534-331-634

MEMBER MARY (MJ) HUANG; TEACHER 31YRS 5' 0" 114LBS BEST LIFTS 330-148-315

MEMBER MARTY GOTHARD; RETIRED 67YRS 5' 8" 173LBS BEST LIFTS 253-170-347





meets. In January 2015 they became the very first Officially Certified USPA Training and Competition Center.

The owners have yet to take one penny from the gym. At first they each paid up to \$400.00 a month to stay open. Going on their fourth year, the gym now supports itself. Any profit made goes right back into the gym, either equipment or expansion.

This venture has not been easy but three of them worked regular full time jobs to pay their bills and one owner is retired. Three of them, Darren Monahan, Rae Stewart and Ross Reppond are still competitive power lifters and compete approximately 2 or 3 times a year. The fourth owner, Chris Paredes, is a retired bodybuilder (Mr. Los Angeles).

People think opening a public gym is easy. They are wrong! Especially an old school style gym like this. It couldn't be done without help from their relatives, friends, trainers and most all, their members. Darren said, "The venture has been great and we have fulfilled a dream. We have met friends from various backgrounds, we have built champions, we have built record holders, but best of all we have built memories of "The Baddest Gym in The West" and they will never be forgotten."

OSI would like to thank Powerlifter Today for a great

magazine and thank you to everyone who supports mom and pop old school style gyms. Keep the legend alive!!

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The Gullibility of The Powerlifter

By Rickey Dale Crain



A wise old powerlifter once said, “If Eskimos won’t buy ice why will powerlifters buy Rhinoceros Powder or Pitt Bull Optimizer in a Barrel?” It’s New! It’s the greatest weight gain/mass building product ever produced in our time!! The ALL New “Metabolic Monkey Juice” from the Hahawe Gyppedyou Fitness Co. with 42,000 calories per serving (the MOST calories ever offered by anyone in a serving) I was so excited after reading the ad I couldn’t wait to get some of the product - I had visions of 60 to 80 lbs of muscle gain each month, increasing my squat from 295 to 735 by a week from Sunday - I’m sure I can because, Hey... the ad said so! Well, I decided to get a two month supply to cover me ‘til the next meet. I did need to make a few arrangements though, before buying my two month supply.

Let’s see:

1. Get a pick-up truck and a dolly.
2. Pallet in truck.
3. Three workout partners with weight belts and wraps.
4. Letters of credit with bank for \$2,000.00.

Alright, I’m on my way to my local health food store, “The Gyp Pit Health Store”. As I walk into the store I saw the “Metabolic Monkey Juice” stacked in the corner. Those huge cans of powdered juice just waiting to be metabolized by my hungry body. I couldn’t wait...I was excited... just think, me, bigger, faster, stronger, and a most awesome sight after only two months of using the “Metabolic Muscle Juice”. Hey guys, go get the dolly so I can pick up a couple of cans of this stuff. I couldn’t help but gain weight, and on just one 42,000 calorie serving each day. I know an 80 gallon can of “Metabolic Muscle Juice” was a bit more than the other brand, but I knew it would be worth it because Hey, the ad said so! Wow, time to pay for it. Let’s see...with tax that comes to \$1938.42...(hope my letter of credit doesn’t bounce)...but hey, it’s worth it, the ad said so! Hey guys, dolly the two month supply out to my truck and put it on the pallet. I can’t wait to try it, starting next paycheck! You see first, I have to take out a loan to buy a cement mixer to mix each serving size!!

BUT HEY, IT’S WORTH IT...THE AD SAID SO!



LORD ELLIOT IS THE
President of National Academy
of Strength and Power - www.naspower.org
Owner of TrainingByLord.Com
USPA Director of Coaches
Certification
USPA National Referee

Why you should be a **certified** Powerlifting Coach

BY: **LORD ELLIOT**

Career Lifts

FROM MULTIPLE FEDERATIONS

United States Powerlifting Federation (USPF),
American Drug-Free Powerlifting Federation (ADFFA), American Powerlifting Federation (APF),
United States Powerlifting Association (USPA)

14-15 age groups at
148lbs Squat-424,
Bench Press-248
and Deadlift-446

16-17 age groups at
148lbs Squat- 440,
Bench Press-268
and Deadlift-485

18-19 age groups at
181lbs Squat- 551,
Bench Press- 330
and Deadlift-523

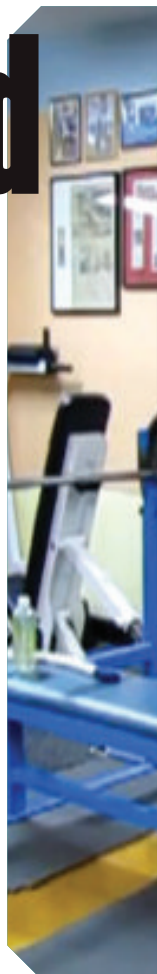
2010 USPF
Military Nationals,
Squat- 618,
Bench Press-424,
Deadlift-618

.....

When I was 11 years old, I would accompany my dad to the Seal Beach Naval Base, California to watch him train his powerlifting while on leave from Okinawa, Japan. He bought me a DP plastic barbell weight set and showed me a few exercises I could do on my own while he continued his tour. In August of 1989 my father returned from his tour in Okinawa and was assigned in El Toro, CA. He started coaching me in weight training at age 13, concentrating on the three powerlifts. My first competition was June 1990 at the USPF CA State Jr. Championships at Venice Beach. I broke the California State records and further continued to break the American records throughout my teen years. I enlisted in the Army Reserves at 17 and after completing Advanced Training, I was offered a position at Family Fitness Center in Huntington Beach, CA as an instructor.

A year later I became a certified

Personal Trainer with Family Fitness (now known as 24 Hour Fitness) and worked my way up into management. I furthered my fitness education career certifying with National Academy of Sports Medicine (NASM) and continued my career in the fitness industry for 9 years. In 2004 I ventured out as an independent personal trainer and found my place in the fitness industry was limited, compared to many fitness experts I had learned from. I decided to acquire as much education and experience as possible. In 2006 I went back to school and as I graduated from one degree to the next I utilized my qualifications, coupled with my educational degrees, by applying at Santa Barbara Business College and teaching the Fitness Trainer program course. I focused on the subjects of National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), and American College of Sports Medicine (ACSM).





ELLIOT
SQUATTING **605**
FOR 2 REPS

.....

EDUCATION

Master of Science -
Exercise Science
Bachelor of Business
Administration/
Management
Associates of Arts in
Business Administration
Certified Personal Trainer
United States of America
Weightlifting (USAW)
Olympic Weightlifting
Coach

.....

ELLIOT AT AGE 15,
474 DEADLIFT



In 2012, I completed my Graduate Degree and wondered how I could do more for the sport of Powerlifting since it has been the foundation of all my training systems. I was refereeing at a competition and recognized many faults in mechanical movement and disciplines of competition performance. I mentioned this to Steve Denison, the USPA President, and he agreed that there needed to be better coaching. Soon after this event I read a survey rating trends in fitness; Strength Training was #2 and Educated and Experienced Fitness Professionals was the #1 trend. I was inspired to develop a certification manual for powerlifting coaches with the goal of educating the novice lifter and coach on how to use applicable science for developing an optimal training program. I started by opening National Academy of Strength and Power Inc. which was co-authored with Tom DeLong, who developed the core methods of the education system. The more tools a fitness professional and coach have in their toolbox, the more they will be able to properly train an individual. If a trainer has been certified by one organization, they are limited in the products they can present to an individual. Tom DeLong states, "There is a right tool, for the right person, at the right time, and that person may need more than fifteen different tools over the course of their fitness lifetime".

The foundations of my personal training systems are based on powerlifting movements of squat, bench press, and deadlift, working with all age groups. Body weight training systems are one of the highest rated trends in the fitness industry. With powerlifting

movements, the trainee must learn to move in full joint range of motion. It is safer for a trainee to learn movements in a fixed position rather than quick explosive movements. One example is many youths, adults, and elderly trainees are challenged with performing bodyweight push-ups in variations on or off the knees. A trainee learning to perform chest press exercises such as a bench press can strengthen the push-up exercises while being able to move in full ranges of motion. A 60lb youth football player trainee can benefit from squats and deadlifts to gain strength, improve speed, and increase power in preparation for their activities, especially when competing against heavier opponents. When working with youth athletes, they must learn the proper movements prior to entering High School because the lifting techniques of many high school weight training programs leave much to be desired.

Biomechanics is a mechanic of life similar to what an auto mechanic is to vehicles. Auto mechanics fix issues and improves efficiency from the power of the engine to the structure of the body and the functionality of the vehicle. Our system educates coaches to be a mechanic of movement, structure, and function of the body to produce power, and specific characteristics a coach must be knowledgeable about. The USPA uses the NASPOWER educational system, taught by Tom DeLong, to teach a two day hands-on coach's seminar to improve the knowledge of athletes, coaches, and other interested fitness professionals. Those who attend and complete the NASPOWER educational system through the USPA or NASPOWER online will also earn CEU credits for National Strength and Conditioning Association (NSCA).

I worked with John, a 60 year old male, who hadn't exercised in years. His movement patterns were limited due to lack of flexibility, strength and functionality. His program design started with fixed movements and modified squat, chest press, deadlift, and accessory exercises. Eleven months later, he had lost 60lbs and eventually competed in a powerlifting competition. As his movement patterns improved he progressed his strength and fitness conditioning. At his first competition, John bench pressed 214lbs and deadlifted 314lbs at 189lbs. A few months after John

started his program, his wife Vickie, began her program of weight loss and strength increase. A few months later she lost 20lbs, improved her blood pressure, significantly increased her strength, and competed in the same powerlifting competition as John. At Vickie's first competition she bench pressed 99lbs and deadlifted 203lbs at a bodyweight of 136lbs. I started them on a periodization training program focusing on a continuum of motor learning recruitment, structural integrity, strength endurance, basic strength, and key motor abilities.

SPECIAL OFFER

ALL ABOUT

POWERLIFTING

EVERYTHING YOU NEED TO KNOW TO BECOME STRONGER THAN EVER



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VISIT THE LINK BELOW

TIM HENRIQUES
Director, NFTI VA/MD/DC

<http://PLTMAG.allaboutpowerlifting.com>

Fitness enthusiasts, Fitness Professionals, and Coaches of all activities can benefit from this course. Most personal training certification programs do not cover the information covered in the NASPOWER education system. This is a great program to take as continuing education or as an initial certification by the USPA. It doesn't matter if you are a member of other powerlifting organizations because this program is still about powerlifting and it will only increase the amount of useful tools for yourself and others you coach. A Fitness Professional with the added product of powerlifting training methods will stand apart from many other fitness professionals who do not. It is always a very clear indication in the gym when a person squats past parallel, has a great arch in the bench, and has great deadlift form that they are using powerlifting techniques. I have been successful in the fitness

industry due to a foundation of powerlifting training systems which is much different than the current trends of trainers who only offer a few products of services. I have never worked with a client who didn't like the feeling of strength progression, whether it was lifting a dumbbell, barbell, resistance band, or increasing reps from push-ups. There are many Fitness Professionals who are powerlifters that use similar systems and have produced incredible results.

In summary, I owe my career experience to Powerlifting. This came about from my childhood passion spending time with my father, coaching athletes, and watching my five children and my wife compete in the sport and having fun. My family has supported me and they see for themselves how this sport has inspired them to achieve more of its discipline in life. I have been a student of Powerlifting up to this age and I will remain a student, sharpening my knowledge and sharing my experiences in helping as many as I can in our community of lifters.

See you on the Platform in 2015!

If you would like to contact me or for more information on the USPA Coaches Course email me at:
lord@uspa.net

PLT



The advertisement is a composite image. On the left, a photograph shows a powerlifter, Gracie V., in a green and black singlet and shorts, performing a squat. He is wearing yellow knee wraps and a black lifting belt. Two men in blue shirts are assisting him. The background shows a gym setting with various equipment and signs, including 'USPA' and 'ADVANCE DESIGNS'. Above the photo, text reads 'GRACIE V. | PRO POWERLIFTER' and 'UNBREAKABLE GEAR SPONSORED ATHLETE'. On the right side of the advertisement, there is a black background with white and red text. At the top, it says 'Become UNBREAKABLE' in a stylized font. Below that, 'UNBREAKABLE GEAR' is written in large, bold, white letters. Underneath, it says 'Your one stop shop for Apparel, Supplements, Lifting Gear & More'. At the bottom, there is a large white logo of a gear with the letter 'U' inside, followed by the text 'HOME OF THE DESTROYER & ANNIHILATOR WRAPS' and the website 'WWW.UNBREAKABLEGEAR.COM'.

SHE - WOMAN



Interview by Jim Curley

You've been involved in strongman and powerlifting for a lot of years. Let's start with your age, height and weight.

I'll be 44 pretty soon, and I'm 5'4" and weigh 168.

What are your best lifts in powerlifting?

My best raw squat is 473 without wraps, best raw bench is 325 and best deadlift was 540 at Raw Unity less than a year ago. I competed in 181's and I've got a USPA meet coming up in a few weeks. I'll go raw in that one too.

Are you married? Kids?

I'm married to Milo Mills. We've been married for 20 years and we've got a twenty two year old daughter, a six year old son and two grandchildren. Milo was a pretty good powerlifter. He quit competing about 2003. Things were starting to change as far as gear and judging were concerned and we didn't really like the changes. Neither one of us has ever been big fans of gear, and he would put it on two weeks out from a meet after training raw the rest of the time.

What were his best lifts and at what bodyweight?

At 242 he squatted 804 with flimsy "Ace Bandage" type knee wraps. He benched a 562, and pulled an 815. He had horrible technique – it was just pure strength gutting out each lift.

How did you two meet?

We trained at the same gym and I was getting out of a bad marriage. I had married too young, so when he heard I was single he "made his move" that day!

Was he aware of just how strong you are?

I had been doing bodybuilding, I had been in the

JILL MILLS IS ONE STRONG WOMAN WHO DOES BOTH POWERLIFTING AND STRONGMAN/WOMAN.



military and fitness activities but I didn't even know about powerlifting at that point. I hated everything about bodybuilding – dieting, posing, being on stage, the whole deal. I went to a powerlifting meet to watch Milo compete and I thought, "This is it! This is what I need to be doing." It was a slow process – I couldn't peak right, I was way overtraining. It took a while for me to get on board with the whole program.

How old were you when you entered your first powerlifting meet?

I was 23.

When did you transition to strongman? (I'll refer to it as that the rest of the interview even though it could just as easily be called strongwoman).

That happened a few years later. We were watching World's Strongest Man on TV and Milo and I said, "that

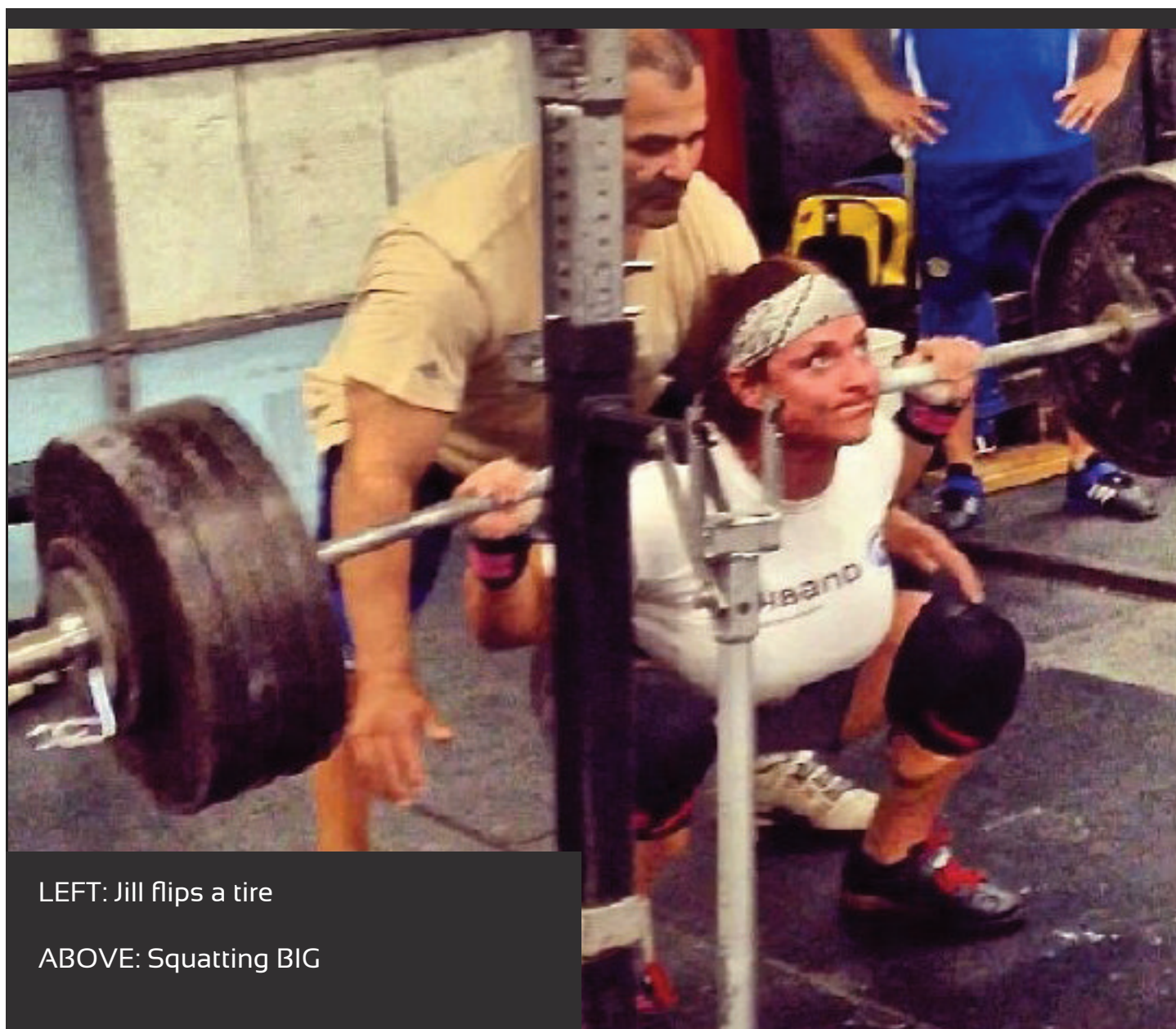
looks fun!" We'd flip tires, push our cars around and it was cool. The very first strongman event in America was in 1997 in Euless, TX.

Did they have a women's division?

They did, but no one showed up! I was used to training with guys so I just entered. Powerlifting is so one dimensional, whereas strongman has a hundred possibilities of events and you don't know what they are until you show up for the event. You can't have any weaknesses so you have to kind of train everything. It's much more demanding and challenging, and requires you to be very athletic which I like.

I used to train yoke walk, farmers walk and Hummer tire deadlift but didn't like the stones, shield carry, or actually most of it.

Exactly! The strongman events that directly transfer



LEFT: Jill flips a tire

ABOVE: Squatting BIG

to powerlifting is what powerlifters like. The sport has “evolved” to the point that you know the events beforehand, and I don’t really like it as much. Even at world level meets you never knew what events you were going to have to do; you just had to be ready for anything. Milo would always say that the cream rises to the top. If you’re ready for anything and have trained that way, you’ll usually win. Generally, strongman events involve a grip event, some sort of deadlift, an overhead press where you have to clean it from the floor, there’s always a loading event, some sort of carry and a medley of some kind. If you’ve trained those basic categories you can usually adapt to whatever they throw at you.

Is Strongwoman growing in popularity?

Oh yes, but it’s limited by sponsorship and money. Nowadays women just show up at a strongman event and compete for the fun of it.

Did you ever compete in Highland Games?

Most Scottish games are throwing events and that just never really appealed to me. Powerlifting is very linear in the movements and tightness is essential in all three lifts. There’s a lot of rotational movements in throwing events and learning that is a science in itself. Combined with lack of passion for throwing, I just never did it.

These days as a 44 year old, what is your focus? Powerlifting or Strongman, or both?

I’m just doing powerlifting. Strongwoman is so brutal I just can’t do it. If you’re just doing it for fun, or doing it occasionally to help powerlifting, that’s great. I could never do it that way because of my competitive nature. I’d push myself to the max and I’d just get too beat up. I want to keep powerlifting and at this point I just can’t do both. I really enjoy coaching more than actually competing, so I’ve got some girls I train in both powerlifting and strongwoman.

Is that what you do full time? Are you a trainer?

Yes. I train out of a private gym in San Antonio, but we have a 3,000 square foot barn that people will make the drive to train in. I live forty minutes out of San Antonio and quite a few people will make the drive.

How many clients do you have?

I have around twenty. I go for quality rather than quantity and I can pick and choose who I train. It keeps the passion there because I put a lot of myself into their training. I’m a

Below: Jill in her body building days

I hated everything about bodybuilding – dieting, posing, being on stage, the whole deal. I went to a powerlifting meet to watch Milo compete and I thought, “This is it! This is what I need to be doing.”



nurse, massage therapist and I was in the military, so I’ve got a diverse background. Milo and I live a simple life so I can do what fulfills me, rather than being overly concerned with the money aspect. Milo is an MRI tech so we both contribute, but we both seek a balanced life. It’s important to have family time and time for my own training. I don’t



JILL SQUATTING 473 AT RAW UNITY, 2014

like being harried.

Strongman/woman/powerlifting. What's the connection?

I've always encouraged my clients to do both because they complement each other. Strongman fills in the gaps that you don't hit in the gym, and powerlifting builds the base for strongman, so my clients and I go back and forth. It keeps you well rounded. If you exclusively powerlift you start having issues over time from doing the same specific stuff. For example, the yoke walk makes me much more stable in the squat, and the strongman grip movements help deadlift. The strongman stuff hits the lower back in ways that powerlifting, even powerlifting assistance movements, never hit. If I don't keep training strongman, I can feel the glute/ham/lower back area getting weaker.

Specifically, which strongman movements help most there?

It's got to be the carries. Yoke walk, farmers walk and

stones. The way you have to tuck your hips under to extend and perform those lifts, especially at the start are great. A good deadlifter won't necessarily be good at stones or vice-versa, but getting the stone off the floor will help anyone's deadlift.

So a powerlifter who wanted to help their powerlifts but not compete in strongman could do light stone lifts?

Yes, but stones are a specialized thing to have around. Someone who just wants to help their powerlifting could use sandbags. They could do sandbag carries, sandbag lifts, farmers walks with dumbbells instead of handles and tire flips are great if done correctly. I feel like my deadlift improves a lot if I'm tire flipping.

What's the incorrect way to flip tires?

Instead of trying to curl it up, put your shoulder against the tire at the start and drive your hips into it quickly. It's actually like a 45 degree clean – get it moving, drive the hips under and extend the back to get it as high as possible.

If you're not thinking speed, it won't happen. You're not actually lifting with the arms, but the arms keep it going. It's a whole body movement. Like many lifts, it takes technique.

You're a raw powerlifter. Have you thought about going to gear?

I may have to at some point, and I did a single ply meet in 2011, but I don't like the new gear material.

What were your best lifts, both raw and geared?

In double ply, where I used a single ply shirt and deadlift suit, I got 651-391-562 weighing 173.

When you got that 651 squat, were you deep or parallel?

My depth is consistent. I don't conform to a federations depth – I squat to my standard which is WAY deep, regardless of gear. That double ply suit was a polyester Boss suit, no briefs. Whatever people like to lift in is their choice, but I just don't like tough gear and I don't think that the lift should change to conform to the gear. If





“NOWADAYS WOMEN JUST SHOW UP AT A STRONGMAN EVENT AND COMPETE FOR THE FUN OF IT.”

someone wants to have their squat measured against the greats like Coan, Goggins and Karwoski, then they need to squat the same way – DEEP! My thought is if you can’t squat deep, then put on a looser suit.

How long do you plan on continuing to compete?

I’m going in Raw Unity in about three weeks, but I just pick and choose meets now. I’ve never felt better because I’ve let my body heal and I’m taking a supplement called Play Again. It’s heavy on hyaluronic acid and it’s really helped my recovery and joint pain. I don’t make any money from this, but I own some old horses. I used to buy products for them that contained hyaluronic acid and it really helped them. I saw the improvement, and there is no placebo effect with horses! It either works or it doesn’t.

What injuries in particular did this stuff help you with?

Oh my gosh! My joints are small anyway and the things I’ve made them do is crazy. My feet have osteoarthritis, my knees and hips have stress fractures, elbows, I’ve had triceps resected. I have no pain now – I don’t even take NSAIDS.

In the upcoming Raw Unity meet, are you going to use knee wraps?

Raw is raw. I’ll use sleeves, but my thought is if you’re going to use wraps, you might as well put on a suit too. I don’t like to mess with gear at all. I had knee pain a while ago so I used wraps to work around it and when I went back to raw, I felt like I had less stability. I feel like I’ll have more knee problems.

What kind of routine do you generally put a new trainee on who wants to start powerlifting?

I stick with the old linear progression. I’ll cycle them from six weeks to ten weeks depending on their starting strength. We go four days a week – squat one day, bench the next, then deadlift day, and an accessory day.

Anything I’ve forgotten to bring up?

I’d like to promote a meet I’m running in Orlando, FL May 1st at the Europa. It’s an all female strongwoman contest called Amazons Live (www.unitedstatesstrongman.com).

Who would you like to thank or mention?

Ken Anderson for all his support, Play Again for helping recover from brutal workouts and of course my husband and clients. My training partner Phillip Delarosa. We’ve trained together off and on for ten years. **PLT**

“I’ve always encouraged my clients to do both (strongman/powerlifting) because they complement each other. Strongman fills in the gaps that you don’t hit in the gym, and powerlifting builds the base for strongman, so my clients and I go back and forth.”



A LEGEND RETURNS

Steve Goggins and Ed Coan were recently inducted into the Powerlifting Hall of Fame (some would say far too late, but better late than never). By the time you read this, both men will have had partial or full hip replacements, and Steve actually “went under the knife” on February 3rd. The photos in this article are all older but trust me, Steve looks exactly like he did ten years ago, maybe even twenty! He pulled a raw 750 at the Olympia Powerlifting meet in September, 2014 and no one got photos! He was going to have a friend take some pictures for this interview but he was in so much pain that he couldn't do it.



Interview by Jim Curley

How old are you and when did you start powerlifting?

I'm 51. I started lifting in high school for football strength, kind of on my own time. I heard about a powerlifting meet at the YMCA, so I entered it. I was in the eleventh grade and weighed about 180. I did a 350 squat, a 320 bench press and a 480 deadlift.

How tall are you and what's your weight?

I'm 5'8" and weigh 240. I pulled 750 raw at the Olympia in September 2014, but my left hip is so bad I'm trying to schedule surgery to have it replaced. I go through the VA, but they say my body mass index (BMI) is off, so they won't schedule it until I get down to 230 pounds. That BMI doesn't take athletes into consideration but they won't deviate from it. I can't bend down – I can still pull but that's about it.

You think it's from all the heavy squatting and deadlifting over the years?

It could be from a number of things, but I was in the 82nd Airborne and jumped out of airplanes a lot, so I think that's the main cause of it. I joined the Army for six years after high school and three of those six years were in the Airborne.

How many times do you think you hit the ground parachuting?

I know I had at least twenty jumps, maybe more, and a lot of them were at night with no moon. You couldn't see the ground and couldn't brace yourself at all, just hit the ground hard. No bracing or preparation at all.

Did you powerlift while you were in the military?

I was a military lifter and competed in the All Armed Forces team for years. Gene Bell and Ausby Alexander were teammates and we did a lot of meets together.

I remember seeing you doing a huge squat on the cover of PLUSA. How much was that squat and when was it?

It was 968 and in the 1990's. I've squatted 1,000 or more many times, usually in double ply. A multi ply suit back then was basically a polyester single ply squat suit with a panel sewn in the butt area to keep it from blowing out in the hole. A double ply suit back then was nowhere as good as today's single ply suits – not even close.

What are your all time best lifts in a meet, regardless of federation?

1102-600-881. I weighed 264 when I squatted 1102 and deadlifted 881

in the same meet, and I weighed 242 when I benched 600. That was in 2003, and the bench was single ply.

I'm a lousy squatter, always have been, but when I saw the first picture of you squatting 800 or so all sandwiched over, I thought, "here's a guy who squats like me but does it well!". You do tend to lean over and it looks painful.

I still think it's the strongest squat style out there today. Kimberly Walford squats the exact same way and she's got the USAPL record for her age and weight. When you use your back like that it gets stronger.

Are you strictly a conventional puller?

That's right. I've never even tried sumo. I was always told when I was young that sumo was cheating, so I never tried it.

What do you do for a living?

I'm a personal trainer through www.gogginsforce.com. I've been training people since I got out of the military. A lot of people get exposed to powerlifting through CrossFit and I'm getting some of those people. CrossFit exercises don't really help powerlifting and it causes a lot of injuries, but it exposes people to the three lifts and that's good for the growth of powerlifting in general.

How many people do you work with as far as training goes?

I've got 20 on the team and another 20 online. The online coaching is



growing and I am not at capacity yet. I just want to help people get better and if I ever get too busy I'll let people know. I teach the squat a different way and a lot of people are getting stronger from doing it.

Describe your squat method.

I start with the chin down and no arched back. What I'm looking for is a neutral spine. I don't like the "chin up, arched back" method. I was stronger when I wasn't arched. If you put your chin down and push through the upper back the bar comes up a lot faster.

If you get a new trainee and you're going to teach them to squat that way, what are your instructions and why?

I look at what they're doing right now. I want to make small, gradual changes in their form. The first thing I teach is how to walk out of the rack. Keep the hips tight and

activated with the bar low on the back. They've got to keep their hips tucked under them at all times. If the butt and hips are tucked under the body, it's much easier to hit depth.

So you don't like the "break at the hips and sit back" technique?

No, I don't like it. You sit way back on a box and you'll never get depth. Tuck the butt under, keep the hips tight and go straight down. Sit down and open the knees slightly. A few people can benefit from sitting back just ever so slightly, but most people tend to bend over some anyway, and sitting back will just magnify that; they'll never get deep enough. If you sit way back, then you've got to get this big arch and it just seems kind of backwards. Sit straight down, chin tucked, neutral spine – you should almost be able to hold a tennis ball under your chin.

Okay, so the lifter has descended with chin tucked, neutral spine and is in the hole. Now what?

Flare the upper back, almost like a cobra, and push that flared back to the wall behind. I tell lifters to act like a cobra and just raise up. The chin stays tucked the whole time.

Expound on squat depth.

Depth is breaking the hip below the top of the knee. Period. The lift should be done as it's always been done. There has to be a standard regardless of how many layers of gear are used. The lift is now conforming to the gear and it should be the other way around. Getting to correct depth in the squat is tough, but so what? Multi ply and high squats started happening around 2004 so lifters could say they were squatting more. Bench press had the same problem with lock outs. You

have to lock out the bench and show control, and this has gone away in some of the federations so that the lifter can lift more but not according to the classic standard. If the standard was universally followed for squat depth and bench lock out, even the raw and single ply lifters wouldn't have a problem with multi ply lifts.

Do you still bench?

Oh sure. I learned early to pull my shoulder blades together hard, arch, and then push your heels back to your traps. If you bench properly your lower body will be in pain from arching and pushing so hard. A lot of new lifters don't understand what you've got to do to have a big bench. You've got to have a short stroke and if you've got a big gut and can get a big arch you've got a short stroke. I've always wanted to look and feel athletic by weighing as little as possible while lifting as much as possible, so I'll never be a belly bencher. I've stayed around

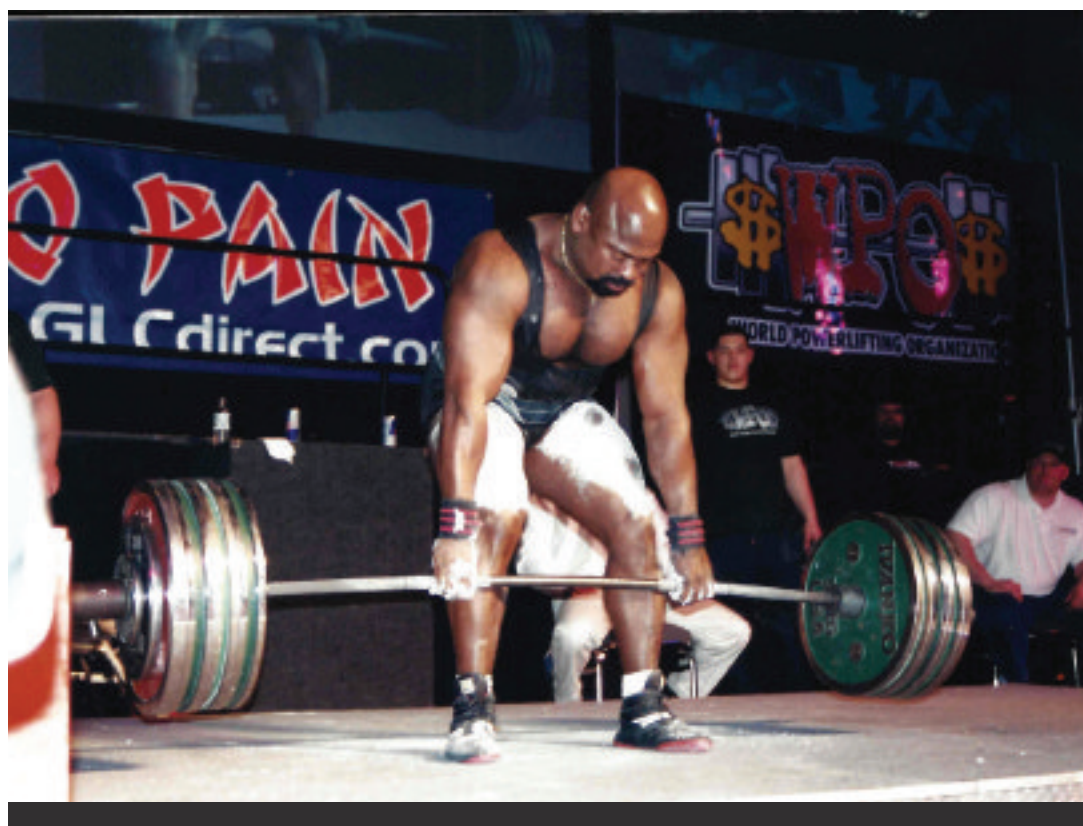
242 most of my life except when I squatted 1102 at 264.

Tell me about the deadlift. That 750 at the Olympia six months ago looked easy and you've got the leverage for it.

I was off a little because my hip was bothering me even then. I'm a high hip puller and I tell all my lifters we're going to find that high hip position and then start from there. If the hips come up after the lift is started, it'll be tough to finish. The hips shouldn't move.

Let's say a lifter has long legs and has trouble getting the shoulders and back behind the bar to start. What's your advice?

High hips are the most important thing. For some people it may look like the shoulders are over the bar, but I've seen a lot of lifters have great success even though their alignment may look not ideal. I think there can be some leeway if the hips



are right. Maybe that person's center of gravity doesn't cause a problem. You have to really work with an individual.

How long have you been a trainer?

I was a powerlifting coach for the Fort Hood Military Team while I was in the army back in 1988 – 1990. I was going to become a cop after I left the military, but I liked coaching so much I just stayed with it, and have done it ever since. I got certified through the Cooper Institute back then as a personal trainer. I'm also the USPA Georgia director, and I run 2-3 meets a year. I've been awarded the IPL World Deadlift and Benchpress Championships at the end of October, 2015.

"PEOPLE WHO DON'T LIFT THINK, 'WHY ARE YOU TRYING TO LIFT MORE?' THE PUBLIC DOESN'T 'GET IT' AND THEY NEVER WILL."

When is the hip replacement getting done?

It's a 6-12 month recovery, and I have to get it scheduled first and that's after I drop weight to 230. I'm looking forward to new PR's after I heal up.

What do you see as the future of powerlifting?

I don't think the sport will grow enough to be a public sport. I just don't think enough people care about it or are interested enough in it for it to be a big time televised event. It's just a thing that people go to the gym and do like they always have. The public doesn't see it as an actual sport, and it's boring to watch as a spectator. The audience will always be people already in the sport or their families. There just aren't enough fans. We live it and love it but we're the

minority. People who don't lift think, "why are you trying to lift more?" The public doesn't "get it" and they never will.

Do you think prize money could change that?

No, it doesn't make any difference. It spoils lifters to the point where medals and trophies are irrelevant. Every time I put on a meet I get people calling asking how much money is involved, and much of the time they're not even very good lifters! They're more interested in money than lifting. I hope the sport grows but I'm just not very optimistic that it will ever be much bigger than it is.

Who would you like to thank or mention?

Definitely my mother and father. Anyone who has helped me train, spot or load along the way. The list is just too long to mention everyone.

PLT



Photos courtesy of Steve Colescott

10 Supplements

ALL POWERLIFTERS SHOULD TAKE

 **By Anthony Ricciuto**



Happy to be Back

For those of you who don't know me, my name is Anthony Ricciuto. I was the Sports Nutrition Editor for Powerlifting USA Magazine for close to 12 years where I had a monthly column. I also provided customized nutrition design and consultations for the strongest Powerlifters, Strongmen, and Olympic Lifters during that time. After Powerlifting USA was no longer in print I admit I fell out of the scene for a bit but now I am back to help provide Powerlifters with real nutritional information that is geared just for them. While you may be able to read different health or nutrition articles on the net, or pick up a book at your local library, the reality is much of what you read is not written for you, the hardcore Powerlifter.

Real World info for Hardcore Lifters

I help decipher all the scientific info and lay it out so powerlifters can comprehend, and most importantly, apply it to their lifestyle. My column in Powerlifter Today will be for you, the Powerlifter and not for Bodybuilders, or CrossFitters, or Ballerinas! You can look forward to the same type of articles I used to write. I will provide many interesting topics and formats including Q&A columns, interviews, holistic medicine protocols, product reviews, nutrition for strength, and much more.

Keeping it Real

Just so you know, I will tell it like it is and will not dodge your questions. I am sure you haven't forgotten the many questions I would get about pharmaceutical enhancement and how to keep yourselves healthy while on cycle and off. This column will be for all Powerlifters, both men and women, young and old, geared and raw, and yes even drug free lifters and those that are juiced to the gills! As a powerlifter at heart I am here to help the community as much as I can and guide you in the right direction to not only help you get stronger (which is the name of the game in our sport), but also to help you live a longer life and one that is full of quality years. This in turn will keep you on the platform longer making Powerlifting a part of your life for as long as you decide you want to compete; not because you had to step to the side because of nagging health issues that didn't allow you to compete at your best. With this brief introduction I wanted to start off my first issue with a bang because that is how I roll!

Let's get Started

With my first column I wanted to let you know about what I think are some of the most important supplements all powerlifters should be taking. This is a very general list and is one that combines both supplements that will help you get stronger, increase your training endurance and recovery, but also ones to keep you healthy as well. In my opinion this is a list that can be used by everyone, no matter your age, sex, or whether you use pharmaceutical enhancement or not. Lets take a look at what I have in store.

1 Multivitamin/Mineral Formula

For powerlifters, taking a multivitamin is like wearing a seat belt. The sad reality is that most powerlifters do not get the basic micronutrients they need to not only sustain optimal function in their body, let alone to perform as a strength athlete at an optimal level. I recommend a good multivitamin/mineral formula for all my clients, even those who eat a well balanced diet. It is imperative that you provide your body with these key micronutrients on a daily basis to keep your system running like a finely tuned machine.

2 Protein Powder

Even as much as powerlifters like to eat meat, the reality is the majority are still not eating enough quality protein in their day to truly benefit from all the hard work they put in at the gym. Even though there are many different forms of protein powder that have many uses (which is another article in itself), taking a protein supplement at least once or twice per day should be a staple for all healthy powerlifters. It is key to make sure you constantly stay in an anabolic, or muscle building state to consistently make gains in muscle and strength. If you like to go half the day without eating a source of quality protein (and some card board burger patty from a fast food joint is not what I am talking about), then you are allowing your body to catabolize itself leading to diminished gains in the gym.

3 Creatine

This supplement is without a doubt the most studied natural compound in sports history. There are many different forms, even though the original standard is creatine

monohydrate, and to this day it is still one of the best. Not only will this increase your strength but it will also increase your ATP stores so you can perform more repetitions with the same weight. It is one of the best supplements to help increase your volume workload and we all know how important that is for getting that bigger total. I am sure many of you have used this before and understand how much of a benefit it can be for your training cycle.

4 Fish Oil

If you were a fan of my column in the other magazine then you know that I am big on fish oil. The fact remains that most powerlifters consume way too much bad fat but yet consume way too little good fat. Fish oil is high in Omega 3 fats that are critical for health and performance. They play a huge role in increasing insulin sensitivity, helping to prevent Diabetes which is another issue many older lifters are dealing with. It can also help burn fat which is something everyone can benefit from. Let's not forget the recovery aspects of increased Omega 3 intake and how much of a help it can be in battling inflammation and tendonitis that always seems to wreak havoc on your elbows and shoulders.

5 Vitamin C

I know you might be wondering why I would include another vitamin when I just mentioned a multivitamin above. The fact is, as good as your multivitamin is there are certain vitamins and minerals that need to be taken several times per day or in amounts just not feasible to put in a single tablet or multi pack. Vitamin C is one of those water soluble vitamins and the dosing should be spaced out throughout the

day and not taken all at once, unless you want a nice hit of diarrhea. This vitamin is critical for soft tissue repair and plays a huge role in your recovery between training sessions. It lowers the muscle wasting hormone known as cortisol and even helps increase your testosterone to cortisol ratio, post workout. This is exactly what you want so don't forget to take your Vitamin C. Finally, the role it plays in regards to your immune function alone makes it highly valuable for keeping away the flu and colds that your kids seem to keep bringing home from school.

6 Fiber Supplement

I haven't been on your case for a while, so I know without me nagging you month after month I can almost guarantee almost everyone reading this does not get enough fiber daily. As a rule of thumb, you should shoot for about 30 grams per day but the effects it has on your health and blood sugar stabilization is amazing. Let's not forget the role it plays in keeping you regular along with optimizing nutrient absorption. Most people don't know this but it can also help you burn more fat as well. Colon cancer is a big killer in America and this is not the case in many other countries around the world where they culturally eat a lot more fiber. This demonstrates how important it is for minimizing cancer and just one reason why taking a fiber supplement once or twice per day is so valuable for your health.

7 Vitamin D

Here is another vitamin that I am a huge fan of. In the last couple years there have been numerous studies showing the major importance of this vitamin and what it can do for your health. These

studies have proved the majority of people living in North America are highly deficient in this fat soluble vitamin; even more so for those that do not get any daily sunlight like those that are stuck in winter weather half the year. It plays a huge role in your immune response and the strength of your bones. More importantly, it can really help your mood and a deficiency can give you the winter blues that so many of us deal with.

Now studies are showing a positive relation with Vitamin D and elevated testosterone levels as well. Any way you look at it, Vitamin D is a king in the vitamin world so making sure you get your daily dose is super important.

8 Magnesium This is one of the most important minerals you can take. It plays a role in over 300 different physiological reactions in the human body. Just this alone should make you want to take it. For lifters training in hot weather or when cutting weight, a deficiency can cause muscle spasms and cramps. It will help you get better quality sleep where you feel very refreshed when you wake up. I had one lifter, who I design customized plans for, that complained of having a hard time sleeping and staying asleep. He would try to knock himself out with NyQuil and Gravol and even did the sleeping pill route, but nothing agreed with him or really worked. After doing his nutritional analysis I told him he needed to really bump up his magnesium intake. From the first night he slept like a baby.

He couldn't believe what a major role it played in getting sound sleep and was amazed by his improved recovery rate from training.

9 Co Q10 I am just going to touch on this supplement briefly as I have an article coming up on it. This is one of the most important ones you can take, especially for those age

WHILE YOU MAY BE ABLE TO READ DIFFERENT HEALTH OR NUTRITION ARTICLES ON THE NET, OR PICK UP A BOOK AT YOUR LOCAL LIBRARY, THE REALITY IS MUCH OF WHAT YOU READ IS NOT WRITTEN FOR YOU, THE **HARDCORE POWERLIFTER.**

40 and above. It plays a huge role in cardiovascular health and we all know this is another problem area for most lifters. This is even more important for those who may be taking certain statin drugs, as this can deplete the body's levels of Co Q10 even more. This is something that I feel is very important for all lifters to consider even from 30 years old and above because you can never be too early to start taking care of your heart health. With the reality of lifters dealing with high cholesterol levels and other related conditions, this really is a no brainer for those looking to live a longer, healthier life.

10 Greens Supplement Now you may be thinking that I have turned into some tree hugging, vegan hippie but that is not the case in the least. We all know lifters do not eat enough green vegetables and that is reality. Maybe there are a few of you reading this that do get in a couple cups of

green veggies everyday, but even that, in my opinion, is not enough. I like for all my clients to get at least 4-6 cups of green veggies per day simply because of all it has to offer your health. They are loaded with fiber, chlorophyll, micronutrients and phytonutrients which you can not get from your fast food drive through. It also alkalizes your body which is very important since most lifters are very acidic, which leads to disease over time. I actually get in about 6 cups of green veggies alone just in my first green smoothie that I make for breakfast every morning, with a ton of other super foods and highly dense nutrients. In fact, one of my super food green smoothies packs more nutritional value than most lifters will get in an entire week! This is not an exaggeration either. Don't worry and hold onto your horses, I will be sharing some of these recipes with you in the near future. For lifters trying to get in more greens but are fighting me tooth and nail, a good greens supplement a couple times per day is at least a step in the right direction for improved health and disease prevention.

Conclusion

Here you have it folks - some very basic but very valuable supplements to help improve your performance and health. This is by no means a specific list as I will be doing articles for those in the future, but one that all lifters can benefit from. It is very basic but it's a great starting point, as I can tell you right now most lifters are not taking these ten supplements on a daily basis. That is something I can bet on without fear of losing my shirt. So until next time train hard, eat clean and don't forget to take care of your health because you will thank me later. That is a guarantee!

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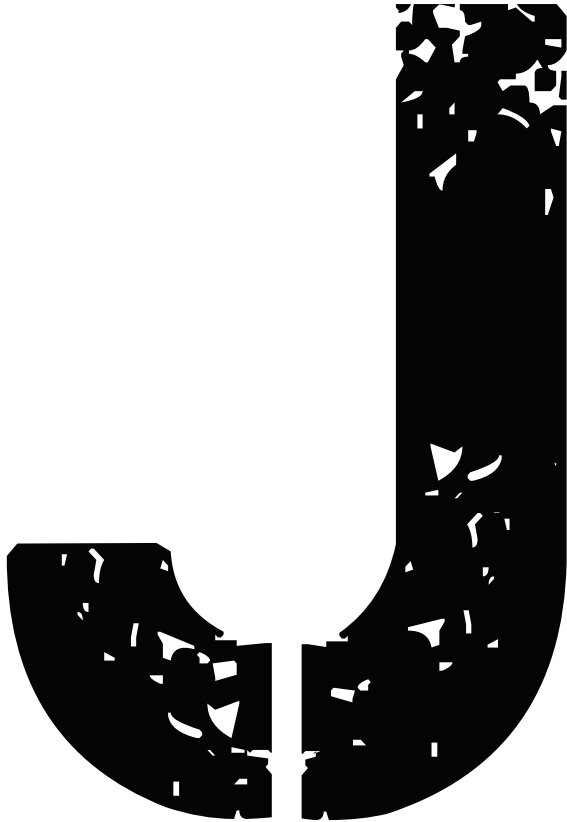
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The advertisement for Powerlifting Watch.com features a large, stylized barbell in the foreground, with weights on either end. The barbell is rendered in a white, blocky style against a background of a waving American flag. The text "Join the Ranks!" is written in a large, white, blocky font at the top. Below that, the words "Powerlifting" and "Watch.com" are written in a large, red, blocky font. At the bottom, the text "Powerlifting Watch Lifter Rankings" is written in a large, white, blocky font.

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JERRY PRITCHETT STRONGMAN/ POWERLIFTER

Jerry Pritchett deadlifted 903 raw at WABDL Worlds in November, 2014 and will be vying for the World's Strongest Man title in 2015.

Jerry, how old are you and what's your height and weight?

I'm 34, 6'4" and weigh around 360. I started powerlifting when I was 15 to get stronger for school sports at Thorbecke's Gym in Avondale, AZ. The owner, Eddie, if he saw anyone that trained there and had potential, he'd talk them into powerlifting. I started training and a powerlifting meet was coming up in two weeks, so he showed me how to do the lifts. I trained every day and entered and did my first powerlifting meet two weeks after I started lifting.

Do you remember your lifts?

I weighed about 200 and went 240-165-380 and I knew

that I had some potential for deadlift. My dad had a metal fabrication shop (still does), and I'd work there after school and summers, picking up steel and moving it around. That probably had a lot to do with early back development! My dad was never a lifter but he was a big, strong man so there's some genetics there. I did another deadlift only meet at the end of summer that year and pulled a 455. I might have weighed 210 by then. I kept entering meets and putting on weight through high school. About a year out of high school I bought Thorbecke's Gym, somewhere around 2002. I ran it for a few years before we lost the lease, so I moved everything to my parent's garage and we trained out of there for many years.

Then it moved to your own two car garage? I assume it wasn't air conditioned.

No, and Phoenix summers can hit 115 degrees! Patrick Holloway called it "Hells Kitchen". You'd sweat in the summer and freeze in the winter.

Don't you Arizonians start pulling out the down parkas when it gets to sixty degrees?

Ha! Forty degrees is cold for us after the brutal summer. During the summer we would do strongman stuff outside and when we were done, we'd have to throw a towel over the equipment. If we didn't, we'd get burned when we did another set. The steel gets hot enough to raise blisters. We were doing yoke walks and farmers walks to get stronger for powerlifting. I started competing in strongman in 2008.

Did you fab up your own strongman equipment?

All of it. It's been a big advantage being able to make my own stuff.

What went through your mind when you decided to compete in strongman?

Well, watching Worlds Strongest Man was cool, but I initially wanted to do all the events to get stronger for powerlifting.

Which specific movements did you focus on?

Farmers walk for grip strength and overload on shoulders and upper back. To do strongman you have to get your hips under the movement and keep them there. Yoke is another one for the hip and leg strength you get



and the hips have to be under for that too. I like the log press and axle press, because as powerlifters we don't get enough overhead work which helps the bench press. We start lacking shoulder strength, and the explosive power you get from overhead work directly translates to a better bench. Several years ago I was backing off bench to focus on strongman. I had benched in a shirt in a WABDL meet in 2009 and got 550. I had put bench on the back burner after that and trained it maybe every other week. In 2010, I threw the shirt on and blew up 617 at a meet, just from all the explosive overhead work I had been doing.

Is your log press more than the axle press?

They're about the same. You have to clean and press each rep, and I just got a 330 log for 5 reps.

You deadlifted 903 at WABDL Worlds in November, 2014. Are you just focusing on strongman now?

I have been the last few years, but the plan this year is to do a few more powerlifting meets. I'm the AZ state chair for APC and I'll compete in their nationals in October and enter their world meet in November. It's a full power meet. I've just been doing deadlift meets



but I'll do all three lifts. I haven't been pushing my powerlift squat much, but in the last Worlds Strongest man they have a 725 squat for reps and I got eleven reps. They set a rack for each guy and you have to touch the rack, which they pre-set at below parallel. They're legit squats for depth and you can use wraps, but no suit. Based on what I've been doing in strongman I should be good for a mid-800 squat, low to mid 900 deadlift, and bench is getting better from a pec tear, but we'll see. I want a good raw total and maybe a geared one too. I want to do the GPA Worlds in Australia – it's a raw meet with some of the biggest names in powerlifting – Green, Lilly, Magnusson. I took time off after WABDL Worlds and just opened a gym, but a week ago I pulled 875 pretty easy.

Do you use a deadlift bar? Are you sumo or conventional?

I like training with a stiff bar. I was sumo for many years but now I'm wide stance conventional because all the strongman lifts are conventional. I get too "wadded up" with a narrow stance. It lets me open up the hips kind of like sumo.

You just opened a gym. Is that your main occupation?

It's near 37th and Roanoke in Phoenix off I-10. Patrick Holloway and Jon Lane do some personal training out of there. I work for a utility company in the metal fabrication shop in the transportation department. My job is repairing broken bumpers, cranes, and in between I fab custom tools that field guys need, along with transformers and lifting devices.

Do you fabricate your own equipment there after hours?

I go to my dad's metal shop. I could probably make a business out of it but I don't have enough time! Between working a full time job, training, (which is almost another full time job), then family, kids and life I'm full up.

Speaking of family, tell me about them.

My wife and I have been together for twenty years and we have two kids, 9 and 4.

Getting back to deadlift, you said earlier that you were a sumo guy but had to switch to conventional

"BASED ON WHAT I'VE BEEN DOING IN STRONGMAN I SHOULD BE GOOD FOR A MID-800 SQUAT, LOW TO MID 900 DEADLIFT."

for strongman. Which are you most comfortable with?

You have to train both equally. There are deadlift muscles that just aren't worked when you do sumo exclusively and sumo works the hips that conventional doesn't hit. I was way behind in back strength when I started strongman because I pulled sumo exclusively. The two go hand-in-hand.

Do you do core strength work outside of strongman?

I do some weighted sit ups on a slant board but yoke walk, farmers walk and log press gives me all the core strength I'll ever need. I mostly train strongman and powerlifting without a belt until I'm getting close to my maximum, and just doing that helps a lot. I train with a guy named Eric Patterson. He's been an IFBB bodybuilder along with winning strongman and powerlifting meets. He used to wear a belt as soon as he walked in the gym but I've taught him to mostly train without it. You have to be smart training without a belt, knowing your body and numbers. I can pull 700 without a belt, put the belt on and pull 805. My training partners will comment that the 805 was way easier.

Well of course it's easier! The beltless 700 helps me do the easy 805 so I train without the belt. I pull slowly and cautiously without the belt.

Powerlifting is a "hobby" for most of us in that it doesn't pay and actually costs money. Does strongman pay?

If I do a strongman event, the cash payout usually pays for the trip and I might make a few bucks after expenses. I took sixth at the Arnold Classic last year and won \$6,000. Of course the winner made a lot more, \$65,000 I think. The Arnold Classic is by far the highest paying strongman event there is. There are ten competitors at the Arnold. Strongman won't make you rich but it's the best paying strength sport out there. Many Europeans just do strongman full time because it pays better than here. Kind of like powerlifting, strongman isn't big here because it lacks money and sponsors. In Europe, mainly the UK, everyone knows what strongman is because they watch it on TV almost every weekend. The only TV event we have in America is Worlds Strongest Man, and competitors can't wear clothing with sponsors names on it. Imagine

Hummer Tire Deadlift



if NASCAR cars couldn't have sponsors names plastered all over. It might not be nearly as big as it is now.

On a spectrum of powerlifting and strongman, are you equally committed to both?

I lean more toward strongman because I'm getting better at it. I came from powerlifting and still love it, but a cash prize versus an "atta boy" and a cheap medal can sometimes influence my choices, haha. I'm really close to getting some powerlifting records so I'm committed to going after those.

How can people contact you?

I'm on Facebook, Pritchett Power Strength Training.

Powerlifting/Strongman. What's the connection?

Both are strength athletics and feed off each other. I have Strongmen come in that want to get better

but they've never done powerlifting, and they lack a lot. A powerlifter should do some strongman and vice versa. Look at Kazmeier thirty years ago – he trained and competed in both sports and won both sports. You'd think everyone would have figured that out by now. Any powerlifter should be doing farmers walks after deadlifts. They'll suck the first time they do it but they'll get better. Flipping tires is great for total body strength too. A strongman needs to get with a top



3 AT-HOME STRONGMAN EXERCISES

If you want to increase your powerlifting strength by doing strongman but you don't have access to strongman equipment, try these:

01

Farmers Walks

Grab the heaviest dumbbells you can and walk at least a hundred feet with hips under. Be careful not to trip! This is usually done for time so your pace will be fast with small steps.

02

Log Press

Do push press from high rack pins, or clean heavy dumbbells and press them up with palms of hands facing each other (neutral grip).

03

Snatch grip deadlift

Builds upper back strength, lockout and initial pull. Fold these in every other week. Go all the way out to the collars and use straps. Sets of 5, 3, 2, 2 will do wonders. Exaggerate pulling the hips under from start to finish.

powerlifter and learn the three lifts to really clean up their deficiencies. At Worlds Strongest Man you see deficiencies like not knowing how to wrap knees, squatting properly and other things.

What's your diet look like?

When I'm going for strongman I'm about 7-8000 calories a day. My wife's second job is preparing meals for me! She's behind me 150 percent and keeps me on track. I drink a couple of "Mass-gainer" type drinks a day but the rest of it comes from food.

Who would you like to thank or mention?

My wife of course. My mom and dad have always been very supportive, although my mom passed away last year. Ken Anderson has been tremendous. A big shout out to my training team, the Iron Outlaws.

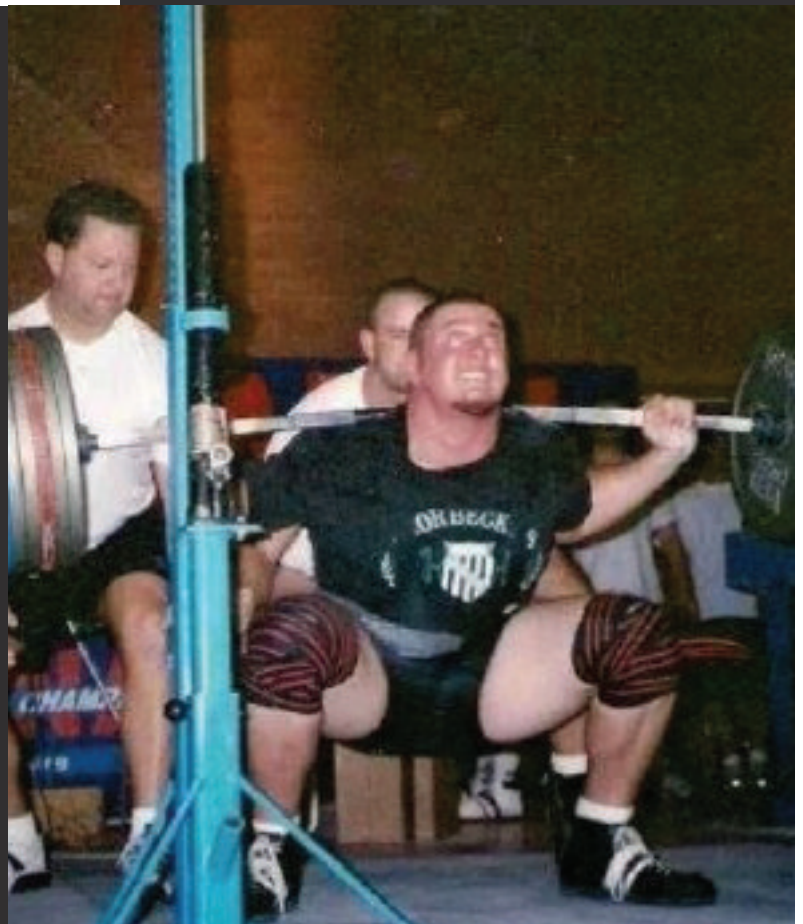
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Interview by Jim Curley



Jerry as a young powerlifter.








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By Rheta West

Syracuse, New York

Hercules

From the moment you walk through the door of Hercules Gym you know you aren't in your run of the mill gym. The first thing you are met by is on four legs. Titan is a huge pit bull mix, who just wants to know if you have a bone or biscuit to give up before you hit the floor. Once you make it past the front desk with its top made of diamond plate, you enter powerlifting heaven. Immediately to the left are two monolifts against a concrete block wall and it only gets better. There are three deadlift platforms, two competition benches, and every machine imaginable including complete circuits in Hammer Strength and Cybex. Other notable features are a 40 yard turf track for sprints, prowler, sled, tires, throwing and three sets of dumbbells, two that go up to 125 and the third that goes up to 200. The walls are papered by memorabilia and photos of powerlifting and



bodybuilding greats. Inspiration is provided by original Hercules movie posters, original signs that adorned the locations before this one, and strength motivating posters. Then there is the cardio section. We don't really do much in terms of cardio haha, but there are just the bare essentials; two treadmills, two ellipticals, two stair steppers, and that's it. You will not find any techno or booty music coming from these speakers. Classic rock, metal, aggressive rap, whatever moves you to lift heavy.

Hercules was first opened as Spartan's Gym by Joe Dardano in 1976. It was in its Teall Ave location in Syracuse for 30 years before I bought it and partnered with Pete Knutsen on December 30, 2014. The new year included a move to a bigger location and the epic journey of Hercules continues.

Powered by Ken Anderson of AndersonPowerlifting, Hercules has been home to many famous powerlifters and bodybuilders; Mike Ruggieria, Blair Mone, Scott Rowe, Mark Van Alstyne, and just recently, myself among others. More have made a trip just to train in the most hardcore powerlifting gym in Central New York. Ken has sponsored Scott Rowe and now sponsors me. AndersonPowerlifting provides me with absolutely everything I need for both my raw lifting and my equipped lifting. His customer service and speedy alterations and delivery is unsurpassed!!

Hercules has a powerful and growing powerlifting team. I came to Hercules in 2007 and at that time our powerlifting group had five full time members and two additional weekend members. A few of the members would come and go and it was hard to keep the crew together. Currently this crew consists of 20 plus active lifters. We have so many that it has broken up into several smaller groups. Not only has it grown in membership but also in knowledgeable members. We have several leaders who have demonstrated great gains in their own lifting and have been able to coach others to find the same. We have competitors in both raw and equipped in several federations; USPA, USPF, RPS, IPA, SPF, XPC and we have records in all of them.

I have been powerlifting for eight years. Since I have started training at Hercules I have set five separate All-Time World Records recorded by Michael Soong. I squatted 470 raw at 148, 500 raw at 165, and 675 equipped at 148. My best raw lifts are 500-245-405, my best equipped numbers are 675-405-525. I have had two rotator cuff surgeries, one due to lifting and overuse, the second a year later from being hit by a

car while riding my motorcycle. Both times I was back in the gym the following week finding creative ways to continue lifting around my injury. I have hit my biggest benches within months of recovery. Now I am a huge advocate for women in Powerlifting. I have spoken at seminars, promoted friendly challenges that include donating my own winnings just to get more women to consider going the extra distance. Women are stronger than they know!! Now that Pete and I own Hercules, I have even more avenues for pulling women in and helping them to grow. We will start running



Hercules Gym is a shark tank, one from which differing training methodologies, lifting backgrounds, and personalities, constantly collide, conform, and even mutate into something entirely new.

Powerlifting meets, seminars and other lifting events. Anything we can think of to help spread the love of Powerlifting in our community.

Pete is currently a raw lifter only. He has developed a sound training method that has helped not just our seasoned lifters but also has brought some of our initially disadvantaged lifters to a new level. Pete himself is a ranked raw deadlifter with a 735 raw pull. He has put over 100 pounds on both his squat and his bench since he started at Hercules in 2011. Pete also keeps our members motivated with many creative and



soul crushing training ideas. But I assure you, they will make you stronger!

Hercules' rising star is Marcus Morris. He came to us with a raw squat less than mine but a fierce desire

to be one of the best. In a couple of short years Marcus exploded. He now holds his best lifts at 805-575-600 at a bodyweight of 181. When I asked Marcus how he feels about Hercules, here was his response, "A great deal of individuals suffer from what is known as, "big fish, small pond" syndrome. That is simply not how I do things. I tend to stray from small ponds, instead throwing myself directly into the shark tank. And make no mistake, Hercules Gym is a shark tank, one from which differing training methodologies, lifting backgrounds, and personalities, constantly collide, conform, and even mutate into something entirely new. The statistics speak for themselves

- 1 - WORLD CHAMPION**
- 2 - NATIONALLY RANKED LIFTERS**
- INSIDE THE TOP 5**
- 5 - ALL TIME RECORDS**
- 3 - ELITE LIFTERS**
- 3 - PRO LIFTERS**
- 3 - 700+ DEADLIFTS**
- 6 - 600+ SQUATS**
- 1 - 800+ SQUAT**
- 5 - 400+ BENCHES**
- 2 - 600+BENCHES**

These accolades are not what make Hercules Gym a truly special place. In fact, it is the attitude exemplified by each and every lifter, which almost echoes through the very walls before entering your veins as you walk through the door. There is an intensity, aimed at the never ending pursuit of perfection in every detail, that is simply not found anywhere else in the area. If you are able to check your ego at the door, and follow in the footsteps of hard work and discipline laid out by those before you, you too may find yourself as part of the legacy."

We also have a number of strong women rising in the ranks at Hercules Gym. Alaina Cordone just hit a PR bench of 205x3 at a bodyweight of 165. All of our women bench over their bodyweight and squat and deadlift at least twice their bodyweight. Our female weight classes span 114 to 165.



We don't force any one training method on anyone in our group. As new members join they might naturally align themselves with a certain group but often they watch and learn, developing their own methods. Or they may decide to follow a method no one else in the gym follows. The important thing is that everyone learns and grows and does it safely. Regardless of the way you train, who does your programming, every member is safe; not only by spotting for each other but for being an honest voice to tell you when you aren't making smart choices. There will be no "It's all you" with two fingers on the bar type of mentality at Hercules Gym!

Not all of our members are competitive powerlifters. We are a local gym open to the public and we have members with all kinds of goals. They choose Hercules Gym over the local commercial gyms because there is zero tolerance for judgment. People who lift at Hercules are actually there to lift. It is not a social club. You may find the members being something of a family but all else comes second to the goals they actually joined to achieve.

Hercules isn't a Fitness Club, it's a gym! **PLT**





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THE *POWER-DOC*

.....

MARK HAS BEEN A CONTRIBUTOR FOR POWERLIFTER TODAY AND WE WANTED TO KNOW MORE ABOUT HIM

You're a powerlifter, a physical therapist (PT) and a chiropractor. Which came first?

Powerlifting. I started competing in 1990, but started training in 1986.

What's your age, height and weight?

I'm 47, 5'9" and walk around at mostly 198.

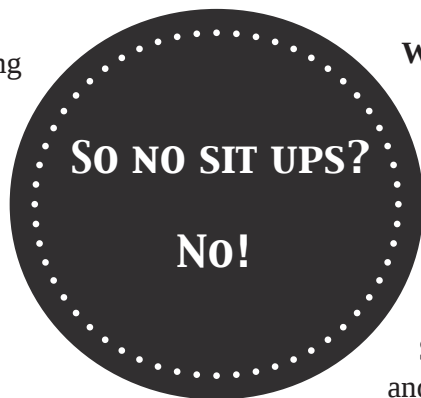
What are your best lifts in a meet recently?

In the last year, I squatted 750, benched 510, and deadlifted 600, all multi ply in 181's. I mostly compete in the IPA and XPC federations.

When did you become a chiropractor and PT?

I graduated from Chiropractic School in 1999 and Physical

Therapy in 2005. I'm more of a soft tissue therapist than a chiropractor and typically work twelve hours a day, thirteen if you count paper



work! I don't have any office help and I like it better that way.

Where do you train?

I've got a training area at the office that has a monolift, bench, deadlift bar, other bars, chains, kettlebells – you name it and I've got it. I train here two thirds of the time just for convenience. On Saturdays I train at Hercules Gym in Syracuse and that's usually bench day.

How many lifters are in the Hercules crew?

We've got 20-25 powerlifters including Marcus Morris and Rheta West. Most of the lifters are raw with lifters in all kinds of federations. We don't make judgments, just show up and lift!

What template or program do you generally train with?

My program is generally the Cube and a little Westside thrown in. One week is rep week, the next is speed week, and the third week is a max effort. I'll usually take a week after six weeks and rest or deload.

How are you connected with the Outlaw Forum?

I've been posting on there for years as "Powerdoc". It's a mostly multi ply, pro-drug and generally conservative forum. People can ask questions about injuries, etc.

Of all the powerlifters and strength athletes you treat in your practice, what are the most common injuries you see and what do you advise for injury prevention?

Most common are lower back injuries by far. My main athletes are elite runners and triathletes. I know, they're skinny and I'm not, but they have the same mentality as powerlifters. They'll run until their legs fall off and powerlifters will bench until their shoulders are trashed. The most common

runner injuries are lower body – groin, shins, knees, hams, hips, and these types of injuries are often shared by powerlifters. Back and shoulders are the most common powerlifting injury.

What do you generally advise powerlifters to do to prevent these types of injury?

I follow Stuart McGill's protocols which generally say to stop flexing the spine. You don't do sit ups or crunches, or anything doing flexion movements. Do isometric exercises like planks, bird dogs and "dead bugs". You move the arms and hips around a neutral, stable spine. A "dead bug" is laying on your back, arms and legs straight up with knees slightly bent, alternating arm and leg up or down. Basically one leg down, the reverse arm up, then alternate while holding your core static and stable. In all these exercises the core is held tight and stable while limbs move around that.

So no sit ups?

No! The spine should stay neutral even in every day things like picking up a laundry basket at home. I do it sumo style,

and when I pick up a pencil, it's golfer style – one hand on support like a golfer does with a golf club to pick up a ball. The spine stays neutral.

These core exercises provide enough strengthening to squat and deadlift heavy?

Like Blaine Sumner said in the first issue of this magazine, squatting and deadlifting provide almost all the core work a powerlifter needs. I don't flex the spine. Shoulder work is mostly soft tissue work. I use Active Release Technique and Graston. Graston involves using a tool to lightly scrape the fascia over the muscle to give the muscle underneath room to move.

What would be your ideal powerlifting warmup for most people?

Light rotator cuff work with a band, a couple sets of planks but not to failure. Walk on a treadmill for 5-10 minutes just to get the blood circulating. I don't stretch, before or after unless a muscle is really tight. Stretching elongates a muscle and prevents contraction when you need it doing the lift. I



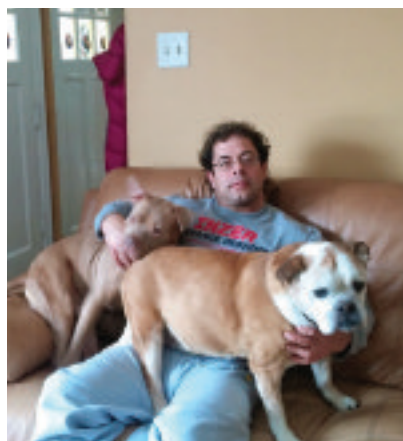
like traction, hanging upside down and face down. You can buy those tables at garage sales, but if you have eye issues you shouldn't do those.

What happens when a patient walks in your office?

I might do adjustment but it's generally soft tissue work under physical therapy. Whatever the patient needs is what I do that will solve the problem.

Have you ever thought how we could make powerlifting a spectator sport and therefore more popular?

Even Olympic lifting is boring to watch! I think if powerlifting wants to get in the Olympics though, they've got to drop the squat. The squat is my best lift, but it's hard to judge, most people can't relate to it, and



DOWN TIME

VanAlstyne with his buddies

it really prolongs a meet. If there weren't squats there wouldn't be anything to discuss on the forums! This is controversial but I'd like to see powerlift meets starting with the bench, then squat, then deadlift like they used to do in the 70's. It makes more sense.

Any thoughts before this interview is over?

I'm all for the free market and appreciate how it works out in powerlifting with all its different federations and rules. The consumer (powerlifter) benefits by their freedom to choose what suits them. I'd like to thank Inzer for a long sponsorship and the Hercules Power Team for all their help.

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Interview by Jim Curley



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DUMB THINGS

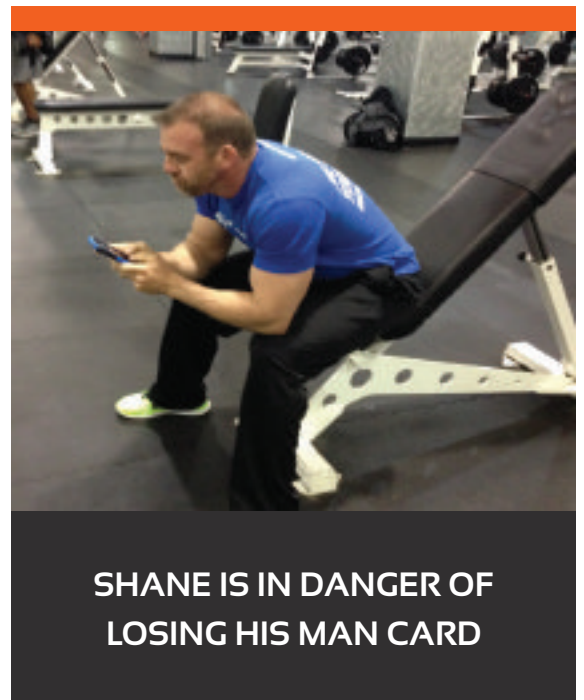
people do in the gym

By Russell Clark

There are three of us at Virtus Gym who are forced to train at a commercial gym during the week. The 24 Hour Fitness where we work out is a good gym with everything we need. They even tolerate a little chalk, and heavy squatting and deadlifting with some grunting thrown in. We don't want to disparage 24 Hour Fitness or any other national chain of fitness chains, we just want to disparage a large percentage of their patrons.

Most of the people who go to 24 Hour Fitness are "Gumbies" who turn up day after day and after 15 years they look exactly the same. I'm not kidding, I've seen these people and after 15 years they still can't make a bicep flex. Some of them come to work out every morning and never miss a workout, yet they train in such a way as to guarantee weakness. Most of them are so weak that you can't tell they lift weights.

After intense philosophical reflection, I've figured out why most people at commercial gyms are "Gumbies". Most of these people practice a level of nitwittery that they could not pull off in any other part of their life. If a person was this dumb at their job they would be fired. In this article we will attempt to articulate the dumb things we see in the gym and give some brief explanations as to why people are mired in perpetual weakness. More articles on this topic may be needed but this is a start.



SHANE IS IN DANGER OF LOSING HIS MAN CARD

Dumb things we see in the gym and how to guarantee weakness.

Balancing tricks. Most of you have seen skinny weak people with a personal trainer in the gym and they are busy doing balancing exercises. These balancing exercises are then pawned off as being "core" work. These people should throw their money in the gutter because they will never develop their core or any strength. What we have is the blind leading the blind. These people will huddle around the squat rack learning how to balance, as if the real goal is to be able to walk on a tight rope. I've actually had some of these people ask me what kind of core work I do. My response is, "nothing amazing like you do". Here are two idiotic examples:

One legged, stiff leg deadlift.

Grab 10lb. dumbbells and do this on one leg. How does any lame brain think this will cause muscles to grow?

Military presses while standing on one leg.

Again, grab the 10lb. dumbbells and get to work. What ever you do, don't work to absolute failure and don't stress your self.

I've been to parties and had to suffer through conversations where skinny, soft people brag about the amazing core work they do and how awesome their personal trainer is. The proper exercises are: Squat, deadlift, hyperextensions, variety of ab work, reverse hyper and good mornings. All the rest are supplements. FYI: In 1920 weightlifters knew about and did the aforementioned exercises. Nothing has changed.

On another note, if your personal trainer doesn't look like a weightlifter you should get a new trainer. If the trainer can't produce results with their own body, how does one imagine they can produce results with their trainee's body?

It is not uncommon to come across an unloaded bar in the squat rack and it turns out that most times our nitwit friends were doing curls in the squat rack. They can't do a decent squat and they then pile on by doing curls in the squat rack. There is a rack of smaller barbells in another section of the gym and that is where these hacks who want to remain weak should go. As if curls in the squat rack weren't bad enough, our weightlifting candidates will do military presses in the squat rack too. Here is another impossibly stupid thing we've seen in the squat rack; doing light curls and then working on their golf swing while they are in the squat rack.

There is only one proper squat rack in the gym so this misuse of equipment leads me to think that mercy killing should be legal. The only person that gets to do curls in the squat rack is the guy who can curl 225+ lbs and I haven't seen that guy at 24 Hour Fitness.



**MARK DEMONSTRATING A PROPER
HALF SQUAT**

**THE WEAK SHOULD BE WORKING OUT
AT A BARBELL RACK**



Now it is time to describe one of my favorite etiquette faux pas'. Grab some light dumbbells, and then walk over to the heavy end of the dumbbell rack and do your exercise. The beauty of this is that you force the strong person who actually lifts weights to have to carry the heavy dumbbells somewhere else so they can do their set. My solution for this is make all of these people join the purple fitness place with a gear in the logo. If you don't know about this place, just google it. This gym is stupid on steroids and it would be a miracle to find a strong person at the purple fitness gym. I've been to the purple fitness place to check it out and it's ridiculous.

We will now move onto a series of exercises that are guaranteed to keep our lifting friends weak and these exercises double for dumbness.

Kickbacks. We've all seen this. People doing kickbacks and using gravity to pull the weight down rather than back and up as the name of the exercise implies. They are called Kickbacks for a reason, not Kickdowns. Whenever I see this it takes all of my might to not say something. It seems so obvious to me; kickbacks, not kickdowns. To most of us, (powerlifters or good bodybuilders) weightlifting is intuitive. We just know what to do. To most people though, it is like calculus and impossible to understand. You wonder how someone who can't figure out a kickback gets through daily life.

Half squats. These same people who have mastered the kickdown also do half squats. Again, intuition would say "go all the way down, it will be good for the hips, back and 100% of the legs". But nooooo, "I'll do half squats and get a tiny burn in my quads". I've been reading body building and powerlifting mags since the late 70's and I have yet to read the article that touts the virtue of the half squat. I will add that the only time I ever talk to a stranger in the gym is when they do a proper squat. I will typically compliment them and I don't care how much weight they are doing. You can guess that I don't talk to many people in the gym very often. FYI: I was once guilty of shallow squatting. I entered my first powerlifting meet in 1978 at the age of 17 and that was the day, during warmups, that I learned how deep we have to go on a squat.

Improper form, in the following, are guaranteed to maintain weakness.

Rows. This is another one that seems intuitive. How about some full range of motion? Here is how the perpetually weak do this movement. First, put way more than you can do on the stack, lean way back and move the handle 6". That's right, 6". That will certainly fire the lats from top to bottom and it will certainly nail the lower lumbar. These are the same people that probably can't do five pull-ups. Forget about a double weight deadlift.



LEON DEMONSTRATING A PROPER KICKDOWN



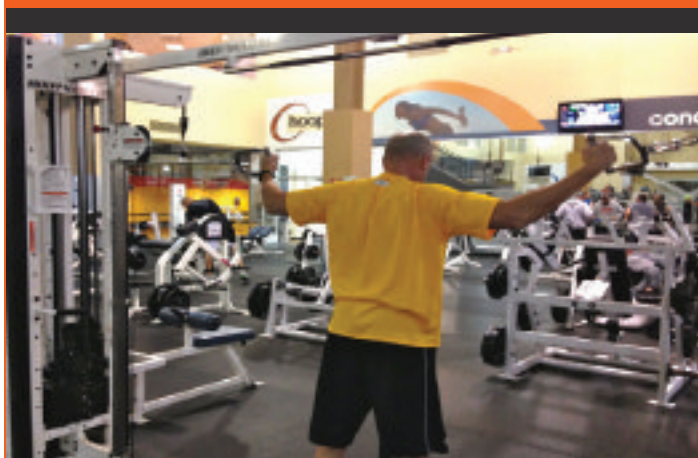
RUSS DEMONSTRATES A PARTIAL ROW

Partial pulldowns. Along the same line of thinking is the partial pulldown. Why would anyone think that strength can be gained from doing a half motion pulldown? I have yet to read the “Weider half motion pulldown principle”. Seriously, what is life like for these people?

Curls. Here is our friend Neko showing an improper curl. ‘Nuff said. What must these people be like in real life? I wonder if they ever figured out how to use the self checkout at Walmart.

Victory curls. Our friend Mark shows us a partial victory curl. In what universe would some one think that a 25% movement would cause a muscle to grow? This is why I think most people waste their time lifting weights, they should just go on long walks as they would probably get as much muscle development.

Half bench press. There are actually strong people who do this. (Once again our friend Neko shows us how to do a partial bench press). Sometimes I think our society is doomed when nitwittery like this takes hold as truth. Many national fitness club trainers actually teach that a partial bench is the way to go. The thinking is that a full bench movement is dangerous for the shoulder joint. I’m certain that these are the types who outlawed teeter totters. What is so stupid about this kind of thinking is that many people believe they can eliminate all injury out of weightlifting. Bench pressing isn’t dangerous unless you’re doing huge weights. The people who we’re talking about are perpetually weak and not doing huge weights.



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NEKO SHOWS A PARTIAL BENCH PRESS



Dips. This is another funny exercise because most people can’t lock out a dip or even go all the way down.

Pullup machine. This might be the funniest exercise in the gym, particularly for men. I think a man ought to be able to do at least five pullups. For most men though, this is impossible. Thank God for the pullup machine. You can put your feet or knees on a pad and set the pin in the weight rack and the machine will lift you up as if you’re doing a pullup. This machine is a microcosm of the downfall of the male in America. Now you don’t have to do a pullup. The machine will do one for you. This machine was made for the wimpy, and it would seem that a man would avoid this exercise at all costs, but they don’t.



GARRETT ENGAGING IN NITWITTERY



THEY ALL SAY STUPID THINGS LIKE "I JUST WANT TO GET TONED!"

Pec Dec. This is the most popular exercise in the gym for the perpetually weak and that's because it's easy. Can great successes be achieved by doing easy things? I'm sure that when Norman Vincent Peale wrote the "Power of Positive Thinking", he advocated the pursuit of easy things as the pathway to success. Intuition should tell us that this pec dec exercise is too easy and thus we should do something else. Instead, the perpetually weak push on with the pec dec as a primary source of exercise. If you've done some other hard chest work and want to finish up with the pec dec, then fine, but the perpetually weak don't think like that.

As we close this article, we would be remiss if we did not discuss our "wannabe" bodybuilder friends. Here we have our bodybuilding friend Garrett demonstrating a behavior that is particularly onerous and that is the person who stands directly in front of the dumbbell rack doing some stupid exercise. And finally, there's the person who appears to be more interested in their smart phone than working out; worse yet these people then make phone calls in the gym. We've all seen these people and both types should have their man card revoked. The only person that gets to do what these two do is the really hot chick. She gets to do what ever she wants, within reason, such as occupying the squat rack to do "step ups" on a six inch box..

I understand that I've been hard on the Gumby and perpetually weak, but they invade my space and use up my equipment time pursuing their quixotic quest for strength that will never happen. They also say stupid things like, "I just want to get toned". A word of advice; watch out for the person who just wants to "get toned" because they are, or will, become the people doing dumb things in the gym and they're guaranteed to be perpetually weak.

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BENCH BLOKZ

- ~ Fits securely to standard bars.
- ~ Adjustable to 4 different heights.
- ~ Attaches directly to the bar.
- ~ Compact & Portable.

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"BenchBlokz has been the best board press product I have used."
Kimberly Walford
8x USAPL National Champion

Steve Ferrell is the inventor of a great new product called Benchblokz. It enables a lifter to use the equivalent of 2 boards to 5 boards in benchpressing and it can be used by the lifter without a training partner holding conventional boards. Its also very portable and light. It fits easily in any gym bag. I bought one and have used it for three weeks and really like it. There are thousands in use with no defects or malfunctions. ORDER ONE TODAY!

Kimberly C. Walford — Absolutely love my Bench Blokz!! It has been instrumental in improving my overall bench press. Now instead of needing two people for board press benches I only need one person. It is earned a permanent place in my training bag.

Ian Bell — Love my bench blokz! When I was in school and didn't have a lot of help, it allowed me to work heavy in my shirt with only one spotter. Couldn't have hit 501 at Men's Nationals without them!!!



DENNIS CORNELIUS

SIX POUNDS SHY OF THE ALL-TIME WORLD RECORD TOTAL - AND HE TRAINS IN HIS GARAGE!



Interview by Jim Curley

Dennis Cornelius is a drug free raw lifter that may be breaking some records that have stood for twenty or thirty soon in the 275 pound class. Like Blaine Sumner and Jon McDonald, he trains mostly alone in his own gym.

Let's start with the basics. How old are you, what's your height and weight and where do you live?

I'm 34, 5'10" and 265. My family and I live in Tulsa, Oklahoma.

What do you do for a living?

I'm a mechanical engineer. It was a natural progression from being good at math in high school. I didn't play sports in college, but I was a gym rat and liked to run. I used to run 5k's (3.1 miles) in 20-21 minutes weighing 220, and I can still knock off a 5k in 30 minutes at 265, so there's some inherent fast twitch fiber (explosiveness) and endurance in me.

How long have you been powerlifting and how did you get started?

I've been powerlifting since 2012. I always trained for football in high school and I've always liked running

and general "powerbuilding". I didn't play any sports in college. I started jujitsu and trained with weights so I'd be stronger for that sport.

How did you find out about powerlifting as a sport and decide to compete?

I knew what powerlifting was and how my lifts were going, so I went online to different federations to see what the records were. Raw lifting was getting popular and that's the easiest to train when you're training by yourself so that's what I focused on. I'd like to move up to gear in a few years, but you need training partners for that. Raw was something I could just jump into right away - I had to work on my depth and flexibility. I then looked for a meet that was close to home.

What was your first meet?

I went to a NASA National meet in 2012 and got, at 242, 683-473-683. I was at 242 because I was training for MMA fighting so my weight was down.

That's the first and last meet I'll ever do at 242! Most of the good 242's are about 2" shorter than me, so at 5'10" 275 "fits" me a lot better.

How many meets have you competed in since that one?

I've been in twelve meets since that first one. My last one was an AAU meet as a guest lifter. I just had a singlet, belt and knee sleeves and got an 800 squat, 550 bench and pulled 781. I had more in me but it's what you actually get on the platform that counts.

Are you a conventional or sumo puller?

I've been doing sumo as long as I can remember.

Where do you train now?

I train 90% of the time at home in my garage gym, and mostly with my brother. It's in the garage, but my dad has equipment in his garage and so does my brother, so I often rotate Cornelius garage gyms. My dad never competed, but if he did he'd probably be doing about what I'm doing. I know that I get the genetics from him. He could easily bench 375 for reps way before creatine

or supplements came on the scene. My brother just started competing at 181, and got 440-320-540 raw at his second meet so he's getting into it. He went from 450 to 540 deadlift in two months just because he has that beginner's starting strength. He's started training as hard as I do so his gains will come fast.

What does your training program look like?

I train 4-5 days a week. I started training with the 5/3/1 method, then got some ideas from Mike Tuscherer and his RPE format and have just kind of fused the two programs to fit me. On the typical 5/3/1, you'll do 3 top sets of 5, so I'll do that but if I'm not spent, I'll do another set of 5 and keep going, maybe doing a few more. If I'm not feeling my best I'll work back down. I usually do squat and bench on the same day, deadlift the next day and rest the third. On Thursday I might do front squats or high bar squats for the same reps, sometimes 8 reps. I do basic assistance work like pullups, barbell rowing, stone carries or loading and farmers walks. I still like grappling on Saturdays for stability and strength and I feel stronger after a good grappling session. I've got a big tire at home

and I'll do tire flips for conditioning. (Editors note: Jim Wendler's 5/3/1 template is a great program and many top lifters use it. Google Wendler 5/3/1 and you'll get all the information you need.)

Can you get a car in your garage or is it all lifting equipment?

No, no vehicles can fit!

What does your wife think of the garage being a gym?

She's okay with it. She'd rather have me training here than going to a gym. I used to be gone a lot so this is better by far.

You mentioned that you had cleaned up your diet. What does it look like now?

I eat 5-6 times a day and try to eat fruit or vegetables at each meal. I take fish oil, garlic pills, multivitamins – I mostly take supplements for general health

800 squat and 550 bench



over powerlifting.

You've got some great lifters in Oklahoma. Have you ever thought of training with Blaine Sumner or Rickey Dale Crain on a Saturday? You're really strong, but still relatively new to the sport.

I'd like to train with Crain and get some help with my deadlift and maybe get with Blaine to do some squatting. The scheduling is the problem but I know I need to do it. I was training with an Oklahoma lifter named Dennis Brooks while squatting around 700, and some advice and training from him got me to 800, so I know it would help me.

What is your next meet?

I'm doing the LA Fit Expo February 7th and 8th, raw just because I can't count on anyone to wrap my knees.

What's the program you've got laid out for that meet?

I'll start out light – maybe some strongman stuff to ease into the program and toughen up. I've got to decide if I'm going to use wraps or not, but it will be a basic 5/3/1 like I've been doing but with more volume and how I feel each workout. A lot of people

peak a week or two out from a meet, but I go heavy right up to the meet, using the meet as my heavy single in the workout. It's worked well so far. It's a gamble, because I risk injury the week before! Right before I hit the 800 recently, I tripled 700 without a belt the week before so I knew I was good for close to 800 with a belt. For the Fit Expo, I'm looking at 675 x 5, no belt and if I get that pretty easy, then I'll be good for 700 x 3, no belt the following week. The next week might be a deload of 550 x 5, the next week 650 x 3, then the next week I should hit 730 – 740, all with no belt. I usually don't wear a belt until a week before the meet and that goes for deadlift too. It makes my back really strong and the belt at the meet is a great confidence builder. I have to work on my grip for deadlifting though; my back can handle 800 but my grip gives out. I've been working on the grip problem by using grippers and doing farmers walks.

So what are you looking for February 7th?

If I go with knee wraps, 870-900 squat, 562 bench, and maybe 790 or so in deadlift. USPA offers a voluntary drug test if the lifter pays for it, so I'll do that and hope I get the all time record of

2204, drug tested raw with wraps at 275 on www.powerliftingwatch.com.

Good luck at that meet! Who would you like to thank or mention?

God, and my wife who puts up with my "hobby". My little brother who helps me a lot with spotting and loading.

PLT



**781 Deadlift (Above)
755 x 5 Squat (Below)**



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