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POWER

NOVEMBER/DECEMBER 2011

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OF THE
BEST**

IN POWERLIFTING TODAY

**STRENGTH AND
WEIGHTLIFTING**

BY GLENN PENDLAY

**SUPERED
DOING IT HIS OWN WAY**

NOV/DEC 2011 • VOL. 2, NO. 6

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NUTRITION FACTS COMPARISON

Power Pak Pudding vs. the Leading Protein Bars

Per Serving	Power Pak Pudding	Leading Protein Bars*
Total Calories	190	350-400
Protein	30 grams	30 grams
% of Cals from Protein	63%	30-34%
Total Fat	4.5 grams	13-16 grams
Calories from Fat	40	120-144
Total Carbohydrates	9 grams	27-34 grams
% of Cals from Carbs	19%	27-39%
Sugars	0 grams	6-9 grams
Sugar Alcohols	0 grams	13-27 grams

In a side-by-side comparison, it's easy to see that MHP's Power Pak Pudding is the superior high protein snack in every nutritional category. Power Pak Pudding is the smart snack choice for a lean, healthy body!

*Average profile of popular high protein bars.



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TEAM MHP Athletes: **MICHAEL CARTINIAN** – All-Time World Record Total: 2,265 lbs. @ 181 lbs. **JEREMY HOORNSTRA** – World Record "Raw" Bench: 615 lbs. @ 242 lbs. **ROB LUYANDO** – World Record Bench: 832 lbs. @ 220 lbs., 905 lbs. @ 242 lbs., 947 lbs. @ 247 lbs. **JOE MAZZA** – All-Time World Record Bench: 705 lbs. @ 165 lbs. **SHAWN FRANKL** – World Record Total: 2,715 lbs. @ 220 lbs. (Pictured from left to right.)

Other TEAM MHP Athletes: **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever: World Record 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs. @ SHW. **BRIAN SCHWAB** – World Record Total: 2,045 lbs. @ 165 lbs. **JOE CEKLOVSKY** – World Record Bench: 600 lbs. @ 147.6 lbs. **AL DAVIS** – Raw Unity Record "Raw" Bench: 633 lbs. @ 265 lbs. **BRANDON CASS** – World Record Deadlift: 810 lbs. @ 220 lbs.

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POWER'S BEST OF THE BEST... AND MORE!

Donnie Thompson has become the first and only man to total 3,000 lbs. I'm sure by the time 2012 runs out someone else will do it. But Super D is a pioneer like Ed Coan and Garry Frank who both went into no-man's land with their huge lifts. Garry inspired Donnie to believe in himself, to just go for it and not worry about what others are doing. Garry was the first to total 2,500, 2,600, 2,700 and 2,800! Meanwhile, Super D was gaining strength and felt, deep down, he could go where no man had ever ventured, as well.

Donnie morphed into a person who is strong from head to toe, inside and out. At 46 years old, Super D ignored the critics and haters who discredited his lifts. No one really understood that Donnie Thompson would not be denied no matter what was in his way. He would be the first to total 2,900 and 3,000. Donnie reclaimed the squat world record earlier this year with a tip from yours truly. I told him to save himself for the platform by doing a reverse band squat in the warm-up room. Only an idea so stupid could come from me, and only a true champion would be so open minded to new ideas. Donnie is the first to 3,000 lbs. and Power got one hell of an interview from him.

Matt Wenning tells us a bigger muscle is a stronger one. He explains how important it is to build mass. Matt's massive upper back and 1,196 squat leads me to think he must be on to something.

The Best of the Best feature gives you the Top 10 strongest current powerlifters. You decide for yourself on who is better than who, but Power has provided you with the list. We compare all disciplines and weight classes to one another. Who is a better lifter: Dave Hoff with a 2,910 total or Yevgen Yarymbash with 2,799 in multi-ply and 2,634 in single-ply? Hoff has destroyed many great lifters, but Yarymbash beat Chuck V. and Malanichev in the same year, making the jump back and forth between multi- and single-ply. I know first-hand how tough that is. Does that jump between rules and plys make a difference on who is stronger? That's for you to decide. Enjoy!

Making the world a better place to lift,

Mark Bell

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PUBLISHER

Andee Bell
andee@thepowermagazine.com

EDITOR-AT-XTRA-LARGE

Mark Bell • SuperTrainingGym@me.com

MANAGING EDITOR

Heather Peavy

ASSOCIATE EDITOR

Michele Cogger-Atkinson

CONTRIBUTING PHOTOGRAPHER

Sam McDonald

ART DIRECTOR/PRODUCTION

Paul Graff • paul@graffixdesign.com

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andee@thepowermagazine.com

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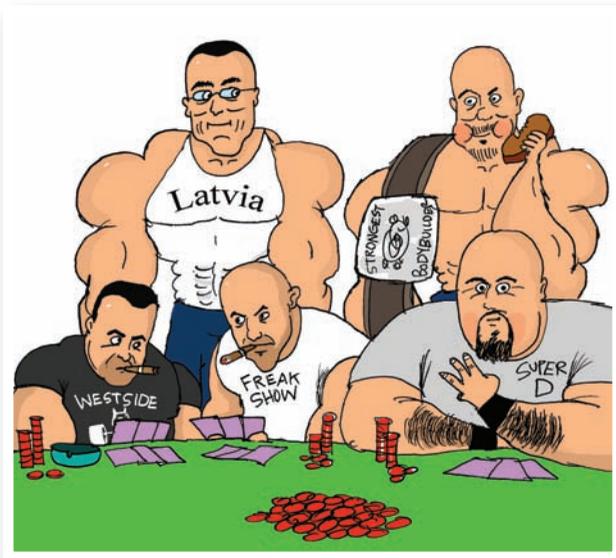
**WORLD RECORD
PROVEN GEAR**

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* All of the individuals providing testimonies in this ad are sponsored athletes or have received the ingredient HMB as a gift from Metabolic Technologies Inc.

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BREAKING NEWS: USPlabs Prime Wins #1 Anabolic For Muscle!*

By Staff Writer

Over the past decade, thousands of individuals have resorted to pro-hormones in their quest to be bigger & stronger...Sure, most pro-hormones deliver size & strength, but they come with a price...a HUGE price...And, now shit's hitting the fan...

Not only have these compounds always been questionable legally, but users have reported a wide variety of nasty, unwanted side effects such as unable to perform sexually, acne, shutdown of natural testosterone production, loss of sex drive, lethargy & irritability among others...

...In fact, there's even a study published on PubMed™ linking one of the more popular pro-hormones to jaundice (liver failure)!

You start to wonder if all of this is worth it for a few measly pounds of muscle that are virtually impossible to keep once you come "off"...

Why is this?

Because pro-hormones can be extremely harsh on your body. Most of these products shut down your own natural testosterone production, so you are no longer making much, if any, on your own.

So, when you come off of pro-hormones - even if you do Post Cycle Therapy (PCT) - your body is fighting so hard to regain its natural "manhood" that it could care less about maintaining muscle mass and strength - You might as well just kiss any gains goodbye, along with your

energy levels & even the desire to workout!

Kind of defeats the purpose, wouldn't you agree? Of course you would...

You must remember your body will always do what it needs to do to survive, it has no clue - nor does it care - that you are trying to get bigger and stronger.

So in essence, you are "fighting" with your own body when you stop pro-hormones because your body is trying to regain its natural testosterone production so it can pro-create, which is a natural survival mechanism.

Attempting to fight your body is like trying to swim upstream at Niagra Falls. It ain't happening pal...

A Better Way?

Luckily, there is a better way. You see, there are tens of thousands of natural herbs found around the world...

And, wouldn't it make sense that some of these herbs would work with your body - not against it - to help your efforts in the gym? Of course, just like natural Vitamin C can work with your body to promote a healthy immune system!

While many companies have tried in the past and failed, USPlabs has quickly garnered a reputation for producing effective products that are based off herbs, not harsh compounds like pro-hormones.

"When dealing with herbals, it's ALL about the extract. Get the extract wrong or use a cheap version and you might as well be swallowing dirt!" says USPlabs

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right extract, over 50% of all drugs used clinically are either natural products (i.e. obtained from plants, microorganisms and some animal sources) or are derivatives thereof!

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So, with pro-hormones being phased out due to their legality and unbearable, unwanted side effects, it's nice to know there's a natural anabolic option that delivers.

"People were tired of feeling like crap and losing all of their gains after using pro-hormones. They wanted a natural product that could help their efforts. We spent a great deal of time & money to ensure we got USPlabs Prime right!"

USPlabs Prime is available at GNC, Vitamin Shoppe and other fine retailers nationwide.

Want to know the best way to use these supplements & get personalized professional advice? Visit www.usplabsdirect.com/howtostack

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*2011 Best of the Best Awards by Planet Muscle

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Former WWE talent Horseshoe, Bell and Chris Masters



Bell with the tallest guy at the Olympia (wearing Stan's belt)



Monster Backs



Jon Anderson and Bell



Bell, MHP President Cory Gregory, Ed Coan



Stan Efferding and Hulk



Happy Sling Shot customers!



Strongman Mike Johnson testing out the Sling Shot

MAIL BAG



To the Editor-at-Xtra-Large:

Just want to let you know that the latest issue of Power with Efferding on the cover was outstanding. I just ordered a subscription for myself and my strength staff at Penn. Keep up the good work!

Jim Steel, via email

To the Editor-at-Xtra-Large:

Thanks for the free Power with my Maddog Sling Shot order. I'm a novice lifter who has lifted since I was a teenager (I'm now 42). I have learned more from Mark Bell in the last year of my life watching him on YouTube and reading the best magazine (Power) than I have in my whole life. I just wanted to say thanks and keep up the good work. Also love following him on Facebook and Supertraining.tv.

Michael A., via email

To the Editor-at-Xtra-Large:

The new issue of Power came with Stan Efferding on the cover, an article about the science behind the squat suit, supplemental bench exercises, perfecting the power clean, and how to squat deeper! It feels like Mark Bell is living rent-free in my head. Greatest magazine ever!

John D., via Facebook

To the Editor-at-Xtra-Large:

I received my autographed pic of Mark and the issue of Power. Thanks so much. I can't wait to get the pic hung up in my gym. I've already read the magazine twice! It's amazing. I learned more from that one issue of Power than I have from all the other magazines I've read over the years. Thanks again.

Leigh P., via email

To the Editor-at-Xtra-Large:

How nice to find you! I'm an old guy who subscribed to Powermag ages ago through its whole run. Never thought I'd see another powerlifting publication except PowerLifting USA. As soon as the better half gets home, I'm subscribing!

Tom S., via email

To the Editor-at-Xtra-Large:

I am 44 and have been lifting weights and reading all the mags since I was about 12 or 13. Your magazine is the best I have ever seen. The information you publish is head and shoulders above the rest. Most

come and go, and I sincerely wish you the best and great success with Power. I hope that it will become monthly very soon! Thank you very much.

Mike, via email

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THIS CHICK CAN KICK YOUR ASS, AND YOU MAY LIKE IT!

BY MICHELE ATKINSON COGGER

JANE IVANOVA



WHO ARE YOU IN 10 WORDS OR LESS? "Do not look for the beaten path, find your own and follow it!" "The greatest victory is the victory over yourself!" "Romantic, forever wandering in search of truth."

WHERE DO YOU TRAIN? When I moved to the USA I trained in Aurora, Colo., at Rocky Mountain Lifting Club with my friend Jennifer Rey Gaudreau and her husband, Dan Gaudreau. They have a really great lifting club, it has a special energy of all people who really love powerlifting. They come to push their bodies as hard as they can and realize all their potential. Everyone is friends, they all help each other and listen to what Jennifer and Dan taught because they have great competition experience.

DO YOU HAVE A NICKNAME? Sometimes I go by the nickname Jane, but my real name is Zhanna. (It's French.)

ARE YOU MARRIED? HAVE KIDS? I'm not married and do not have any kids, but I'm looking for the man of my dreams and I think children are God's biggest gift to us.

WHAT IS YOUR AGE AND WEIGHT CLASS? I'm 27 and my birthday is the 4th of July. From 2001 to 2008 I was in 67.5-kg. (148 lbs) weight class, and in 2008 in the World Championship (Canada) I moved to 60-kg. (132 lbs) weight class because of my back injury. That was a good idea, because when I compete in a lighter weight class I don't need to squat so much!

HOW DID YOU GET INTO POWERLIFTING? This is very interesting and special story. My dad brought me into this sport. First we did general preparation, and then for two years after that I was doing all the competitive training. At 8 years old, I was introduced to a large audience at the Ukrainian championship in 1992 in Kiev; however, it was behind the scenes. I did a deadlift of 50-kg. (110 lbs) and 30-kg. (66 lbs) bench press, naturally, without any equipment. I was marveled at by everyone. A year later I officially competed and performed the standard of Candidate Master of Sports. This perhaps was the only case in the Ukraine with performances at such an early age in our sport.

DO YOU INTIMIDATE A LOT OF DUDES? Never. I am always friendly with guys in gym. They themselves are intimidated of my results!

WHAT IS YOUR FAVORITE LIFT AND WHY? My favorite lift is the squat. I think it is the most dynamic and impressive. I always had the best results in squat. In 2005 at the WPC World Championship in Finland I squatted 250 kg. (551 lbs) I like to watch how in the 105-kg. (232 lbs) weight class men squat more than 400 kg. (881 lbs) I enjoy it really, how powerful they are at that moment.

WHAT IS THE TYPICAL REACTION WHEN PEOPLE FIND OUT YOU ARE POWERLIFTER? Different people have different

reactions. But usually I hear, "Really? You so small, you do not have big muscles." People don't realize that girls in powerlifting can be pretty if she is working with the bar, but we have so many nice beautiful girls, especially in the lighter weight classes.

DO YOU THINK YOU GET EXTRA ATTENTION BECAUSE YOU ARE A GIRL? Oh yes, men are crazy about my ass and my body! But I think what is most important is what you have inside, what you can show and what you can teach other people.

WHAT ARE YOUR PRS IN EACH LIFT?

In the 67.5-kg (148 lbs) weight class my greatest results were at WPC WC 2005: squat, 250 kg. (551 lbs), bench press, 145 kg. (319 lbs), deadlift, 225 kg. (496 lbs) In the 60-kg (132 lbs) weight class I showed the biggest squat in World Games 2009 (IPF): 217.5 kg. (479 lbs), a national record. At 60 kg. (132 lbs) my best bench press was 125 kg. (275 lbs) and deadlift, 190 kg. (419 lbs) in Canada WC 2008.

WHAT IS THE FURTHEST YOU HAVE TRAVELED FOR A MEET? I cannot tell you because the world is so small for my mind. I feel it like one part inside me. If we talk about traveling from Ukraine to other countries for meets, I think its China (Taipei). It was 17 hours of flying and I really enjoyed this special place. Also I was in Canada (Newfoundland). It's a very special place, so quiet and wild. Now I'm living in New York, I have two sides inside me about this city. But it's like me: non-stop.

WHAT DO YOU DO FOR WORK? Before I worked as a personal coach in Ukraine, I really like the process of helping people to achieve their goals, to help them feel better, to feel their body more and understand it. Now I am doing different stuff. I like the USA because this country gives everybody big choices and opportunities, you can be free to do what you want, to try yourself in different ways.

WHAT OUTFIT MAKES YOU FEEL THE HOTTEST? High heels. I think all women became more beautiful when they can show themselves in nice clothes and shoes. We should not just concentrate on one style, we can be sexy in any clothes.

WHO IS YOUR FAVORITE LIFTER? My favorite lifter is Jaroslaw Olech from Poland. I like his way of victory, of feeling that his mind

controls all processes, never showing in his shoulders that the weight is so heavy, so that people enjoy every one of his lifts.

HOW HAS POWERLIFTING BENEFITED YOU? It makes me strong inside, it teaches me to achieve all of my goals, to believe in myself, and to know that I can do anything I want.

DO YOU HAVE ADVICE FOR OTHER GIRLS WHO WANT TO GET INTO POWERLIFTING?

First, understand that powerlifting is a sport, not an adventure, and that it is a painful kind of sport, and if you want to be successful you must forgot about words, "I cannot." Second, believe that you're special and that your story makes this sport. **PM**





MUSCLEPHARM POWER SPOTLIGHT:

BY MICHELE ATKINSON

ALLEN BARIA

WHAT ARE YOUR STATS? I am 40 years old; in the 275-lb. weight class; 5 feet, 10 inches tall; and I lift raw and single-ply equipped.

WHAT ARE YOUR BEST LIFTS? Squat: 832 lbs., bench: 815 lbs., dead: 744 lbs. My best meet total is 2,325 lbs. single-ply.

WHAT ARE YOUR BIGGEST POWERLIFTING ACCOMPLISHMENTS? Best Male Bench Presser at the 2010 Olympia Invitational, Best Male Bench Presser at the 2011 USPF Multi Nationals, American and World Record Holder in the bench press with 815 lbs. in the 275-lb. Open Division.

WHAT IS YOUR FAVORITE LIFT? WHY? Squat. It takes full-body effort to squat. You can't just work your lower body and succeed in the squat like you can with your upper body in the bench press. Your entire body must be strong to be successful.

WHERE DO YOU TRAIN? I mainly train at the YMCA in Charleston, W.Va., with my training partner Richard Fisher. Occasionally I travel to lift with friends in Parkersburg, W.Va., at Patriot Fitness Center, especially for meet preparation.

DO YOU HAVE A COACH? I have no coach, per say, but I gather information from various friends in the powerlifting community, as well as watch videos and read tidbits from other successful competitors' training regimes. I am very unorthodox where training is concerned.

HOW AND WHEN DID YOU GET INTO POWERLIFTING? I began powerlifting during high school to become stronger for football. After the football season, I competed in a powerlifting meet each year.

WHAT IS YOUR BACKGROUND IN OTHER SPORTS? I was a quasi-successful inside linebacker in football, a wrestler and baseball catcher.

WHAT ARE YOUR SHORT-TERM GOALS? I want to perform well at the WPF Worlds and hit a heavy raw bench press after that. I am very close to Ted Arcidi's 650.5 lbs. raw mark at 275 lbs.

LONG-TERM GOALS? I want to stay competitive in the Open division as long as I can.

WHAT DO YOU DO FOR WORK? I manage installation and modernization crews from the IUEC (International Union of Elevator





Constructors). I work for ThyssenKrupp Elevator Corporation as an operations manager, and have been employed by them for 14 years.

WHO ARE YOUR BIGGEST FANS? My wife and parents.

DO YOU HAVE ANY MEET SUPERSTITIONS? I used to wear an old military-issue camouflage jungle hat to meets, one that I hunt and fish in. But it tends to embarrass my wife (with good reason). So now I just listen to Avenged Sevenfold's "Buried Alive" before a big attempt and make a grave effort to keep it from happening to me (no pun intended).

"IT TAKES FULL-BODY EFFORT TO SQUAT. YOU CAN'T JUST WORK YOUR LOWER BODY AND SUCCEED IN THE SQUAT LIKE YOU CAN WITH YOUR UPPER BODY IN THE BENCH PRESS. YOUR ENTIRE BODY MUST BE STRONG TO BE SUCCESSFUL"

WHAT DO YOU DO TO GET AMPED BEFORE A MEET OR AN ATTEMPT? Dennis McLaughlin, the strongest and meanest little man on the planet, usually jerks, yells and smacks me around so much that I usually don't remember anything about the lift when it is over.

IF YOU WEREN'T POWERLIFTING, WHAT WOULD YOU BE DOING? I would be coaching my three boys at football.

WHAT LIFTER DO YOU ADMIRE MOST? WHY? There are many. Brian Siders, Rob Luyando, Mark Bell, Alan Best, Roger Ryan. But if I must choose, I have to say Lance Karabel. Why? Because I have spotted him with more than a grand on his back, and he walked out and squatted like it was an empty bar. He has also lifted off more than 800 lbs. to me on the bench so smooth that I thought it was hydraulic. Not only is he ridiculously stout, he is also a class act and stand-up guy. He is the kind of person every powerlifter should strive to be (in my humble opinion).

WHAT ELSE WOULD YOU LIKE TO ADD? I would just like to thank everyone for taking the time to read this and wish everyone continued success in this fabulous sport. "Go heavy or head to the House!" **PM**

TRAINING FOR MASS

BY MATT R. WENNING

WEIGHT TRAINING FOR POWERLIFTING MEETS AND ATHLETIC COMPETITION USUALLY HAS ONE GOAL: TO GET BIGGER AND STRONGER. MOST OF THE TIME, WHEN WE TALK ABOUT STRENGTH, PEOPLE HAVE A PRETTY GOOD UNDERSTANDING ON WHAT IT TAKES TO GET STRONG. GETTING STRENGTH AT PEAK LEVELS TAKES LOTS OF HARD WORK, LOTS OF DIFFERENT IDEAS AND GREAT TECHNIQUE. BUT WHAT ABOUT MASS?

Mass is a tricky biological change. It takes a lot of volume at proper intensities (mostly with accessory work and off-season training) to bring up muscle mass. In off seasons, my main goal is to fix my weaknesses and build muscle mass so that I can be more muscular at a heavier bodyweight. If I can weigh 308 lbs. and be around 10- to 14-percent body fat, then I surely have a shit-load of muscle. My best accomplishment with this is 306 lbs. at 14 percent body fat. The more muscle I have at my weight class, the more theoretical cross sectional contractile tissue I have in order to complete a lift. This is why it doesn't pay to be fat. Fat doesn't move weights. So, if I decrease body fat, it gives me more room to put on more muscle without gaining more weight (simple equation).

You must also remember that muscle mass needs to be placed on weak areas first. This will usually include the upper back, lower back, triceps and hamstrings. Notice I didn't say biceps. Not following this recommendation can result in more muscle imbalances, injury and a decrease in performance and longevity.

THE BEST LIFTERS, NOW AND THEN

BILL KAZMAIER: 320 LBS., 12- TO 14-PERCENT BODY FAT OR LEANER

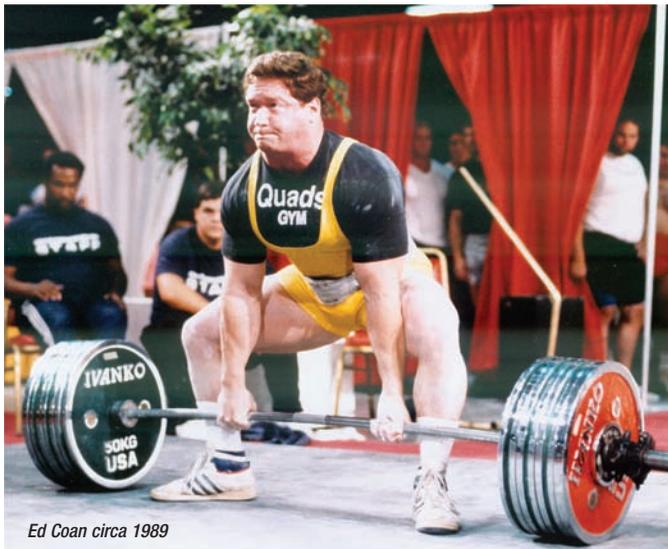
As an IPF world record total for 20 years at SHW, Kazmaier was ranked as one of the best lifters of all time regardless of federation or equipment. Why? The dude was cranked to the gills and had more muscle than most all of his competitors. Even today, at 60-plus years of age, he makes



most men look like children. His muscle mass in his prime was unparalleled, and that's why he is ranked in most people's Top 3 list of strongest men to ever live.

ED COAN: 220 TO 275 LBS., 10- TO 14-PERCENT BODY FAT

Coan was and is a multiple world record holder and massive 900-plus deadlifter at 220 lbs. One of the true iconic weightlifters of all time — and for good reason — he performed multiple 1,000-lb. squats at IPF depth and impeccable deadlifts, along with a close to 600-lb. raw



Ed Coan circa 1989

bench. Coan showed it takes a lot of muscle in a lot of places to be a true stud. If you have ever stood next to him, you can instantly tell his muscles are inhumanly huge. This is what allowed him to have a great and long career.



Ryan Kennelly

RYAN KENNELLY: 6 FEET TALL, 308 TO 340 LBS., 12-PERCENT (OR LESS) BODY FAT

One of the greatest benchers to live at 1,074 lbs., there is no one in sight and for a good reason. He is 335 lbs. of solid muscle. Kennelly learned long ago that lifting big weights not only takes a good fitting shirt, but a very large amount of muscle. He is probably one of the leanest guys I've ever seen at over 330 lbs.

THE SCIENCE

There are many theories and explanations for muscle development. Some of this research may give you a better understanding of muscle growth and help you in your quest for massiveness:

"Resistance training leads to trauma or injury of the cellular proteins in muscle. This prompts cell-signaling messages to activate satellite cells to begin a cascade of events leading to muscle repair and growth. Several growth factors are involved that regulate the mechanisms of change in protein number and size within the muscle. The adaptation of muscle to the overload stress of resistance exercise begins immediately after each exercise bout, but often takes weeks or months for it to physically manifest itself. The most adaptable tissue in the human body is skeletal muscle, and it is remarkably remodeled after continuous, and carefully designed, resistance exercise training programs." Young sub Kwon, M.S. and Len Kravitz, Ph.D.

So, what does this mean? It means that muscle tissue must have varied, and smart training in order to make gains constantly and resistance must be stimulating enough to innervate satellite cells (or dormant muscle tissue located in the basal lamina and plasma membrane) into activation (Charge and Rudnicki, 2004).

It is also important that training have positive effects on testosterone, IGF-1, insulin and HGH. To do this training must be intense enough to elicit change, without it being too over stimulating and creating an overtraining effect, causing negative hormone changes (cortisol etc).

PUTTING ON MUSCLE MASS

In my experience, muscle mass is similar to strength in that it recognizes stimuli (or training type) fairly quickly. This means mass training needs lots of variation in order to make consistent progress.

Things listed below are schemes I've utilized to go from 270 to 315 lbs. and put on the majority of that in solid muscle over the last few years.

1-MINUTE SETS. This is a great tool to break away from the norm. Say you have lagging back muscles and need to bring them up. Try bent-over rows for sets of 1 minute, or pull-downs for 1 minute instead of a set of 10. Trust me when I tell you it works like crazy. I use this at least once a week on muscles that I think are lagging on myself, teammates or clients.

SETS TILL FAILURE. I use 185-lb. dumbbells for sets of 15. Going until failure is the old mentality of training a muscle group for mass. If you go until failure, then almost every fiber is trained till fatigue. This, in turn, creates muscle growth. Stopping at a certain rep scheme or until it burns isn't enough. Yet another great way to build up muscle groups that just don't want to grow, one to three sets seems to do the job.

TEMPO TRAINING. A major reason for gaining size is time under tension. One great way to do this is to monitor your eccentric (lowering) and concentric (raising) your weights. You would be amazed how much of your strength comes from stretch reflex (i.e., stored tendon and muscle energy like a spring). When controlling your speed on the downward and upward phases, it does every-



Matt Wenning pressing 185 lb. dumbbells

thing but eliminate that process and puts all the resistance on to the muscle. A great tempo is a 5-second eccentric and a 5-second concentric on a particular lift.

As you have noticed, we did not talk about lifting heavy. Muscle mass is gained in the 50 to 85 percent range, with multiple reps and sets. That's because it takes a great deal of volume in order to increase muscle. If you can recall, bodybuilders rarely go super heavy; they stay in certain percentage ranges to squeeze out maximal volume

Example. Working up to a 300-lb. bench press max, the jumps

would be 95x10, 135x6, 185x3, 225x2, 260x1, 285x1, 300x1. This equates to a 3,710 lbs. total volume.

If you were to conduct a bench press training cycle just comprised of no more than 200 lbs., but did four sets of 10 reps at a slow speed the volume: $4 \times 10 \times 200 = 8,000$ lbs. of total volume.

As you can see, it is nearly twice the volume that the muscles will respond to in muscle growth, but not as much in strength. Additionally, the maximal effort volume (high intensity) will make the body react more neurologically (CNS).

REST

One of the major keys to muscle growth is resting. Top lifters and bodybuilders I've had a chance to speak with are diligent with naps, and eight-plus hours a sleep daily. The body must recover in order to get the most muscle growth out of training. Any top lifter with intelligence will tell you that it's not how much you can do; it's how much can you recover from.

This information has been mentioned before in some way shape or form, but it may show you something you have been neglecting in your own training that could help you out of a sticking point. Also, remember that if you can bench 800 or more pounds, try to look like it. In the old days it was easy to see who was strong, but now with the advent of gear, some lifters look like professional eaters instead of weightlifters. I'd rather have both strength and lean muscle. **PM**

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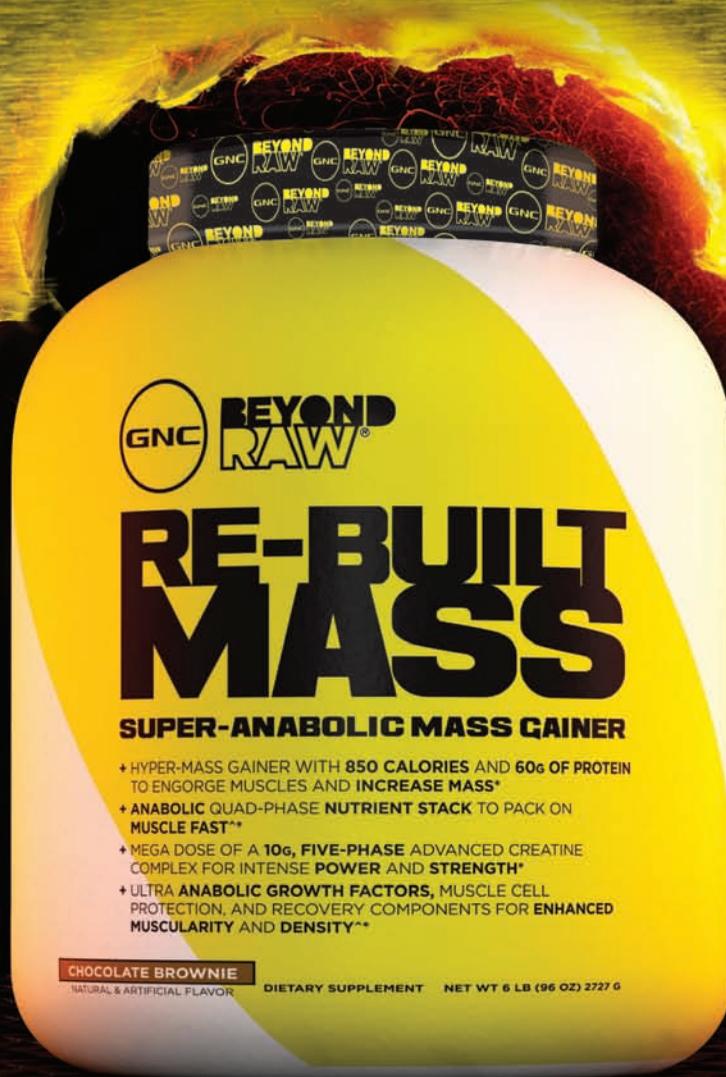
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SO WHAT ABOUT THE CARBS?

BY JOHN KIEFER

What people ingest during and after a training session never fails to amaze me. Even the basics — like using a high-quality protein powder — get thrown out the day, swapped for either lemon-lime Gatorade or an original flavor Sparks. I used to complain when people would forgo whey isolate and drink 2-percent milk instead, which nowadays seems like a bright idea in comparison. Don't worry, though, I'm not going to beat the you-need-protein-post-training horse. It's dead, and everyone knows it. The next question is: What carbs should you be downing with your protein?

It's off-topic for me; I'm called the "low-carb guru" all too often by far too many. Truthfully, I'm anything but. Sure, I know how to manipulate the diet to eliminate carbs, synchronize remaining levels of protein and fat for various goals and adjust training to maximize gains during a low-carb cycle. But let's be honest, who can't do that these days? Hell, the number of physique gurus who double as low-carb gurus increases by a couple of hundred per year because once you've done it, making a low-



carb diet for someone else is a joke. Going sans carbs is the simplest thing to plan, and that's why even the best physique coaches — no matter what kind of carb cycling protocol they may start with — fall back to using ultra-low carb sooner or later. It's stupid simple.

Complexity creeps in when utilizing carbs to produce specific pharmacokinetic results. As I often say, carbs are drugs. Eat carbs at the wrong time of the day and stop fat burning for up to 16 hours. Eat the wrong type of carbs at a particular time of day and interfere with growth hormone release. Even eating a certain kind at the end of the day can change how the body reacts to the next morning's meal. The challenges of keeping up with the ever-accumulating minutia prevents most athletes from using bleeding-edge science. Information filtered, synthesized and baked into tasty, easy to implement pastries of knowledge is where I come in. I'm the "carbohydrate guru."

To know anything about carbs and how they affect the body, start with insulin. Everybody and their little sister knows about insulin. You eat carbs and, boom, insulin dump, nutrients get into cells and the world's happy. But I rarely hear the statement that the only thing insulin does, the only thing it's really meant to do, is make things grow. Yes, insulin does help lots of nutrients get into cells, yet in doing so, triggers the growth of various tissues. Muscle gets the signal to grow, fat cells create more triacylglycerol to store and in every tissue that has the capability and the room, glycogen — human starch, so to speak — forms and is stored. Insulin makes everything grow. It is the king of anabolic agents.

One of the principle concepts of modulate tissue response (MTR) dictates that if a tissue tries to grow, the likelihood of it getting destroyed drops exponentially. If hormones give the body an overwhelming signal to grow some type of tissue, then it's going to go to great lengths to make it grow, which includes not destroying it. In this sense, insulin is anti-catabolic as well.

Now we arrive, after much pomp and circumstance, at the problem almost everyone has, the one that led to the creation of

carb back-loading: Building huge muscles requires insulin, but all that insulin carries with it the potential to make you fat. This is where I say, "You're screwed, so buy my book on carb back-loading." Well, maybe I should say that, but I'd be lying. You're not

screwed, at least not in the preverbal sense. Ways exist to get a huge boost from insulin without getting fat, whether you're back-loading or not.

For training athletes, post-training nutrition is the most important part of daily nutrition, end of story. Resistance training, contrary to popular belief, is highly catabolic, at least in the moment. Every brutal rep of every heavy set triggers proteolysis, also called muscle protein breakdown (MPB). Training only creates the potential for growth if all the right hormonal signals and requisite fuel is in place post-training. If you want to grow, you need to stop the MPB caused by training and fuel the impending muscle protein synthesis (MPS).

Shifting the balance from MPB to MPS measures the rate of muscular and strength gains, and as you might imagine, one way to shift in favor of growth is with carbs ... kind of. Carbs and the subsequent insulin release only potentiates MPS. More importantly, however, a sugar-insulin one-two punch attenuates MPB, almost stopping it.

A carb guru should know which carbs are best for post-workout anit-catabolism and anabolic potentiation — and should use words big words to prove his or her guru-ness. Now, health adherents will be up in arms over what I recommend and for good reason: they confuse health suggestions for sedentary people with performance prescriptions for athletes. Granted, some athletes hold enough body fat to qualify as a walking heart attack, but, in general, heavy training gives advantages over the norm and what ruins the health

of one can improve performance of the other ... without jeopardizing health.

I've read several suggestions on the Internet where experts recommend very low-glycaemic carbs post-training in order to trigger muscle growth but not gain body fat because, as I explained earlier,

“Eat carbs at the wrong time of the day and stop fat burning for up to 16 hours. Eat the wrong type of carbs at a particular time of day and interfere with growth hormone release. Even eating a certain kind at the end of the day can change how the body reacts to the next morning’s meal”



insulin can make you fat and will at high enough levels. Eat low-glycaemic carbs, get a small rise in insulin over a long time and get nice even muscle growth with no or minimal fat gain. My critique of this advice: bullshit.

Recommending low-glycaemic carbs post-training – especially as a recommendation to trigger muscle growth while staying lean – reeks of a hack. They’re trying to mix genres – an article they read in Men’s Health and another in Muscular Development and probably on an assortment of blogs – and give advice more suited for someone who’s only months away from losing a limb to diabetes. Everything I’m about to say is straight out of the research and increasingly proven in the gym, especially now with the advent of carb back-loading.

Post-training, to me, defines about an hour within which gaining fat is difficult if not impossible – no matter what kind of diet you’re on. Carb back-loading extends this period throughout the evening and, of course, takes advantage of a myriad number of metabolic pathways to optimize muscle growth with simultaneous fat loss. This one-hour post-training segment is one aspect. But, like I said, it occurs heavy training always creates a small not-going-to-gain-fat window.

So which is better if getting fat is not a concern: the hour-long insulin spike or the long drawn-out release? Measured over a 24-hour period, a sharp, steep spike isn’t much different from a low, long hump for MPS. The suppression of MPB, however, correlates with absolute insulin level achieved, i.e. the higher the spike, the less MPB. To make progress, muscle protein breakdown must be suppressed while muscle protein synthesis is accelerated. Massive insulin (and sugar) spikes do just this.

Now, what are the best carbs? For powders, the three most common and best at spiking both insulin and blood sugar are dextrose,

maltodextrin and pure amylopectin, a common example of which is waxy maize. Adding these to your post-training shake goes without saying (about 100g will meet most athletes’ needs, if not less).

That’s it, nothing exciting or exotic, no crazy glycogen polymers or hydrolysed starches, just the basics, which, luckily, remain cheap.

Throughout this conversation, I assumed the hypothetical training session lasts one to two hours, but I know this is not always the case. Hell, Strongman competitors go four hours at a time blowing through amazing workloads. Over that duration of heightened output, intra-nutrition, particularly carbs, are necessary. Starting carbs during training can limit MPB as well.

Not a problem, Gatorade’s got you covered ... with crap. Well, crap as far as refueling and stymieing MPB is concerned. Gatorade utilizes high levels of fructose – as do the other energy drinks – which lowers insulin levels, or in combination with other sugars, prevents the highest rise possible. The supposed recovery drinks hinder recovery by allowing greater muscle protein breakdown. Stick with the insulin spiking triad: dextrose, maltodextrin or amylopectin.

trin or amylopectin.

Training’s done, carbs are ingested. The astute notices that there’s still a big window of no fat storing. What’s the best choice here? Well, there’s always more carb powder, but what fun is that? The best options, again, are the high-glycemic foods, like pastries, cookies, scones, brownies – the more dense, less fluffy carb sources if the snacks contain wheat (these would also be great for those two-plus-hour workouts). Mashed potatoes and sticky rice qualify, but pasta does not because it’s low-glycemic and low-insulinotropic. But caveat emptor: Like all good things, this is a short window with time for only a few items before risking fat-gain. That is, unless you’re carb back-loading. **PM**

“...what are the best carbs? For powders, the three most common and best at spiking both insulin and blood sugar are dextrose, maltodextrin and pure amylopectin, a common example of which is waxy maize”

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STRENGTH TRAINING

BY GLENN PENDLAY

There is some controversy about the role of strength within the sport of Olympic weightlifting. Obviously weightlifting is a strength sport, and the act of putting a heavy bar over your head takes strength. And, although the weight of a bar you can put over your head is related to how strong you are, other factors determine just how closely related. The heart of any discussion of the role of strength in weightlifting is the importance of exercises like the squat, deadlift and various pressing movements, and the relationship of results in these movements to results on the snatch and clean and jerk. Strength exercises like squatting, deadlifting and pressing are universally used by all strength athletes, from weightlifters and throwers to powerlifters. But the relationship between strength as measured by results in these exercises and competition results varies from sport to sport.



Obviously, the relationship is the strongest in powerlifting. Squatting more is directly related to competitive results since the squat is a contested lift. Basic whole body strength is what powerlifting is all about, and competition results are more directly related to this quality than in any other strength sport. On the other end of the spectrum is throwing. For a shot putter, the weight of the implement never changes, only the speed at which the athlete can move it and therefore how far it goes. Because of this, the carryover from strength exercises like the bench press to the distance thrown goes down as strength goes up. According to Junior World Championships team member and USC track and field team captain David Spitz, there is a strong correlation between increases in bench press results and results in the shot put up to about a 440-lb. bench press. Past 500 lbs., the correlation is weak and may not exist at all. So past a certain point, getting stronger just doesn't seem to help.

Weightlifting is somewhere in the middle. As any Strongman who has just tried the snatch for the first time can tell you, the relationship between how strong you are and how much you can snatch is far from direct. On the other hand, because the implement used in weightlifting (the bar) goes up in weight as the athletes' abilities rise, as opposed to the implement used in the shot put staying the same, there is no firmly set point above which strength in a particular exercise is useless.

REQUIREMENT 1: Ease strength training into your program

Given all this, just how does training the squat, deadlift and various pressing exercises fit into the training of an Olympic weightlifter? The first requirement is that strength training must be done within the confines of a well thought-out and balanced training program. Four-time world champion and Olympic silver medalist in the shot put John Godina put it best when talking about using the squat for training the shot put. He said, "More squatting strength is always an advantage if it is gained within the confines of a bal-

anced training program. However, if the training plan becomes unbalanced and biased in favor of the squat in order to produce bigger squat numbers, the bigger squat may not help and may even decrease performance."

This observation from one of the top throwing coaches in the world is just as applicable for weightlifting as for throwing. It is all too common for a weightlifter or inexperienced coach to forget that you only snatch and clean and jerk in competition, and begin to chase a bigger squat to the point that training the competitive lifts is shortchanged. Stories abound of lifters who thought that a bigger squat would automatically equate to a bigger clean, and dropped training of the competitive lifts to once a week to concentrate on the squat the rest of the time. A huge increase on the squat but no increase in the competition total is the normal outcome, and some lifters have put more than 100 lbs. on their squat while actually experiencing a decrease in their snatch and clean and jerk in extreme situations. Although there is a lot of variation on how frequently weightlifters train the squat, successful programs have one thing in common: training the squat does not overshadow or interfere with training the competitive lifts. This would be akin to a powerlifter de-emphasizing the squat to work on explosiveness via the power clean. It wouldn't make sense. I think I can speak for most weightlifting coaches and say that if I could snap my fingers and put 100 lbs. on the squat of every one of my lifters I would do it in an instant, but if that meant neglecting the training of other physical qualities and letting them atrophy to the point that the extra squatting strength does not lead to increases in the competitive total, it's just not worth it. In the end, athletes in any sport need to keep in mind what their sport is, and what it is that they actually do when in competition.

REQUIREMENT 2: Choose the correct exercises

The second requirement is to pick the correct exercises, or those that will have a positive effect on the performance of the snatch or

AND WEIGHTLIFTING



“More squatting strength is always an advantage if it is gained within the confines of a balanced training program. However, if the training plan becomes unbalanced and biased in favor of the squat in order to produce bigger squat numbers, the bigger squat may not help and may even decrease performance.”

clean and jerk. The front squat is universally used in weightlifting because it has a direct influence of the ability of an athlete to rise from the clean. The back squat is almost as universally used, and considered to by many to be the most useful general strength exercise for the sport of weightlifting. There is no doubt that there is a high correlation between squatting strength and results in the competitive exercises, or that if the squat goes up within the confines of a balanced program this helps drive increases in the snatch and clean and jerk.

The deadlift, on the other hand, is not widely used within the sport of weightlifting. Consider that many, even most who have deadlifted between 700 to 800 lbs. in competition cannot clean and jerk 400 lbs., yet weightlifters such as Caleb Ward have clean and jerked over 400 lbs. with a deadlift barely above that. In Ward's case, he clean and jerked 402 lbs. with a 429-lb.-best deadlift at 18, then at 20 set a new Junior American Record in the clean and jerk of 447 lbs. with a deadlift of around 500 lbs. Other athletes, such as Donny Shankle, have gained more than 100 lbs. on their deadlift without the clean or snatch moving up at all. Deadlifting prowess just doesn't seem to be correlated with weightlifting performance, nor do increases in deadlifting strength seem to drive up results.

One reason deadlifts don't seem to be beneficial for weightlifters

is because they can have a negative impact on pulling technique. Heavy lifts on this exercise often pull athletes out of the ideal pulling positions for weightlifting and pull the back out of extension. It is often an advantage (and inevitable with the heaviest weights) in the deadlift to complete the pull with a rounded mid- and upper-back, while in the clean and snatch it is imperative to maintain a tight back position during the pull in order to impart maximum power to the bar at the top of the pull, a position often called the power position or second pull. On top of this, heavy deadlifts are notoriously difficult to recover from, and can very easily have a negative impact on any other training you are doing, particularly training on the snatch and clean. Because of this, Bud Charniga, translator of many Russian books on training theory and methods and considered one of the top English speaking authorities on the Russian lifting system, has gone so far as to claim that not only is the deadlift not useful for the weightlifter, but that including it in training is likely to inhibit increased results on the competitive exercises. If there is a need to develop pulling strength past what is developed through the performance of the snatch and clean, two more common exercises are the clean or snatch pull. The pulls are exercises that mimic the pull portion of the snatch and clean. The same body positions, same maintenance of back extension and a similar speed of movement are all achieved without actually going

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under and catching the bar. This allows more repetitions to be done on the pulls than could be done with the same weight in the full lift, or in some instances weights are used that are beyond the one repetition maximum in the full lift. Both things in theory allow more basic pulling strength to be built than could be built with the full lifts without any negative influence on technique.

REQUIREMENT 3: Mind your proportions

A third requirement is that strength be built in correct proportions in various muscle groups. Because of the phasic nature of the competitive lifts, with muscles contracting, relaxing then contracting again to produce the correct movement pattern during the lift, unbalanced strength can have a negative effect on the ability to perform the lifts with efficient technique and can have a negative

This might seem like a small thing, but consider that you can catch and hold at lockout far more weight in the jerk if you are in correct position than you can push up with the arms. And, attempting to raise the bar with the arms instead of relying on the legs to do this and only using the arms to push the body down tends to push you out of the strongest catch or lockout position and leave you in a much weaker position when locking out the bar.

Pressing of various sorts is done by almost all weightlifters. Push press, press, bench press, and other variations are all used. Strength in the arms and shoulders is needed to hold the locked out positions in both the snatch and jerk. But if upper body pressing strength is not kept within a reasonable proportion to leg and back strength and to actual results in the snatch and jerk, it can lead to incorrect technique that can actually lower results.

“One reason deadlifts don’t seem to be beneficial for weightlifters is because they can have a negative impact on pulling technique. Heavy lifts on this exercise often pull athletes out of the ideal pulling positions for weightlifting and pull the back out of extension.”

impact on performance. It has been observed that over development of the quadriceps in relation to the hamstrings decreases the ability to execute the double knee bend quickly and prevents the athlete from fully benefitting from the stretch reflex in the second pull. On the other hand, over development of the posterior chain in relation to the quads can negatively influence the catch position in the clean, and influence an athlete to rack the bar with too much torso lean and tend to dump the bar forward.

Pressing exercises are another form of training where developing unbalanced strength can hamper a weightlifter. When I mentioned the awesome power displayed by Dimitry Klokov (world champion and Olympic silver medalist) on his recent 498-lb. push press to Bud Charniga, he reminded me that Klokov missed a 501-lb. jerk at a recent world championships. Soviet researchers in the 1970s had already found that at the elite levels, there was actually a negative correlation between the push press and the jerk, the best jerkers tended to be the worst push pressers. Some of the surest jerkers have been relatively weak in the press and push press; American lifter Wes Barnett is a good example of this. After he retired, Barnett told me that he had never strict pressed more than 200 lbs. and never push pressed more than 300 lbs. Yet he jerked 484 lbs. and was so sure with his jerk that he only missed three jerks in a career that spanned well beyond a decade.

There is no doubt that Klokov is a phenomenal lifter, but it is likely that his huge push press is way past the point of contributing to his competition total. The problem with over-development of the press is that in the press, you push the bar up with your arms and shoulders, while in the jerk you push the bar up with the legs, then as the feet split, you push your body down under it with the arms.

JUMPING TO CONCLUSIONS

In view of the previous description, which centered mostly on the limitations on basic strength training within the sport of weightlifting, one might conclude that being strong is not an important goal of modern weightlifters. There are many who have accused weightlifters, particularly Americans, of not concentrating enough on basic strength or not caring enough about getting strong. This is the result of a very simplistic view of the sport and very far from the truth. Weightlifting is a sport where the heaviest men are have lifted nearly 600 lbs. from the floor to arms length overhead, the lighter men have lifted more than three times their own bodyweight overhead, and the best women are now lifting more than 400 lbs. from the floor to arm’s length overhead. This requires strength, and the best weightlifters are very, very strong. Weightlifters practically bleed in the squat rack, with some squatting up to 12 times per week. High bar, very deep squats using only a belt (and sometimes without even a belt) with weights in excess of four times bodyweight are achieved by lighter lifters with squats under the same conditions of over more than 800 or even 900 lbs. verified by super-heavyweights, and 1,000-lb. squats reported with no reason to disbelieve the claim. The difference between weightlifting and general strength training or even powerlifting is that in weightlifting a big squat, deadlift or press are not valuable for their own sake, but only for their benefit to the snatch and clean and jerk. And the maximum benefit takes place when strength in these lift or lifts like them is built with an eye toward the competition total, and not simply to earn bragging rights for the biggest squat or press in the gym. **PM**

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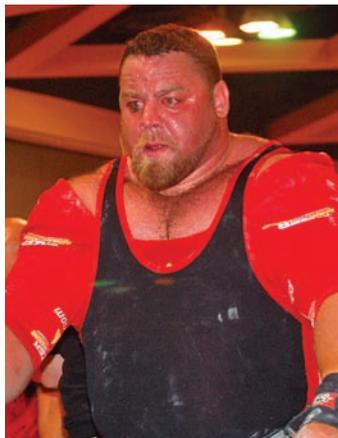
THE BEST ★ ★ ★ OF THE ★ ★ ★ BEST

BY MARK BELL AND JEFF "ROBOT" IRION
PHOTOS COURTESY OF KEN RICHARDSON

This is the Top 10 baddest men on the planet in powerlifting today. You can't compare Donnie Thompson to Brian Siders? You can't compare KK to Dave Hoff? Really? Well, we just did. We compiled a Top 10 list (in no particular order) of the best powerlifters in the world regardless of the federation or the rules they choose to lift with. If you are not on this list, it's because you are not strong enough, you haven't done much lately or you're not a full meet lifter. You can't get on this list by having your mom or wife submit a bio on your lifting career. This is not a "feel good see your name in print" list. This list is for the best of the best.

Note: The staff at Power did our best to keep these numbers as accurate as we could, but damn it's hard to find good powerlifting facts. If you add up some of the numbers below, they may not always match up with the lifter's total due to the fact that we found their best lift, and not necessarily what they did for a one-day total.

DAVID "NEUTRON" HOFF



David Hoff (275 lbs.). Under the tutelage of power guru Louie Simmons, this 23-year-old man-kid has been straight-up dominant. If we were ranking people, he and Shawn Frankl would be No. 1 and 2 on a coin flip. Hoff is on a roll like we haven't seen in a long time. It was at the 2009 SPF Nationals when he hit his first 2700 pound total and he shows no signs of slowing down, as

he just did a 2,910 total. His 2,910 is the third-highest all time total to SHW Donnie Thompson's 3,000, and second all-time in coefficient to Frankl's 2,715 at 220. Hoff applies the methods of Westside to all aspects of his training, but he's not afraid to think outside the box. He uses special exercises that are primarily derived from Chuck V., Simmons and himself.

BEST LIFTS: (multi-ply, 275 lbs.): squat, 1,165 lbs. (20 lbs. off the WR); bench, 945 lbs. WR (full meet); deadlift, 825 lbs.; total, 2,910 WR (beating his previous best of 2,805, which was also a WR that beat out Evgeyn Yarymbash's 2,799 WR that lasted about five years).

SHAWN "FREAK SHOW" FRANKL



Shawn Frankl (198, 220). This guy was unbeatable and still may be, even though he has been out of powerlifting for over a year with a new focus on bodybuilding. Frankl's last meet (2010 Pro am), he smashed every lift to the tune of a 2,715 total. This was one of the greatest performances in the history of strength sports. His 2,715 at 220 is the highest total by coefficient ever. The death of his

legendary coach Rick Hussey has been a huge blow to the Big Iron Team, but we're all pulling for Frankl and the team to come together and keep pushing! Frankl was unbeatable because he didn't miss lifts. When you watch Shawn Frankl lift, you realize right away this is something special and this guy is a true pro. I lifted off for the "Freak Show" when he crushed an 875 bench. With a smile on his face he approached the bench and said, "I better buckle my chin strap up tight for this one!" Then with the strength of 1,000 maniacs he smashed the 875 bench only weighing 215 lbs.

BEST LIFTS: (multi-ply, 220 lbs.): squat, 1,060; bench, 875 WR (full meet); deadlift, 780; total, 2,715 WR. Best lifts (multi-ply, 198): squat, 1,055 WR; bench, 850 WR; deadlift, 750; total, 2,630 WR.

BRIAN SIDERS



Brian Siders (SHW). This West Virginia oak has brute strength and he is known for his long training sessions. He has squatted more than 1,000, benched and pulled more than 800. He's one of the best SHW ever and has the biggest single-ply total ever, which he achieved in 2010.

Siders was the first to go above 2,600 single-ply. (Yarymbash and Malanichev have since followed, going above 2,600). Siders has not

been overly successful in Strongman, but shit. He's strong enough to get on the Pro Circuit.

BEST LIFTS: (Single-ply, SHW): squat, 1,019; bench, 804; deadlift, 865; total, 2,651 WR.

DONNIE THOMPSON



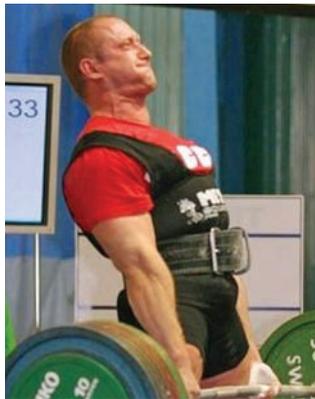
Donnie Thompson (SHW). Five years ago, powerlifting was full of superheavy-weights putting up larger-than-life numbers: Garry Frank, Mike Miller, Jeff Lewis, Andy Bolton, Chad Aichs, etc. Fast-forward to today. The number of dominant SHWs has dwindled, and many of the biggest lifts are being put up by 308s and even 275s. However,

there is one SHW who has continued to put up the absolute biggest numbers in the world, and that man is Donnie Thompson. This 400-lb. (Sorry, Donnie, no one is buying that you're only 380.) monster is as driven a person as I have ever seen. His focus may be even more powerful than his ginormous quads. He is the first to total 2,900 and 3,000 lbs. His 950-lb. bench is the highest bench in a full meet and he holds the WR all time total at 3,000 lbs.

BEST LIFTS: (multi-ply, SHW): squat, 1,265; bench 950 WR (full meet); deadlift, 832; total, 3,000 WR.

★★★ THE BEST OF THE BEST ★★★

ANDREY BELYAEV



Andrey Belyaev (220). Belyaev has unreal strength all around, with a huge pull at a low bodyweight. He is the closest thing we've got to Ed Coan nowadays, so watch him carefully. His 2,425 total is the single-ply world record at 220. It beats out the 2,408 that Coan did about 5,000 years ago with his only gear being a squat suit and knee wraps. Sure, Belyaev had better gear than Coan, but

throw the guy a frickin' bone here! Belyaev's total is a top-five total of all-time even amongst the big multi-ply lifters. That's like bringing a knife to a gunfight ... and winning. On top of all that, he's an ass kicker raw, as well. I have never had the pleasure of seeing this machine lift in person, but his deadlift form is second to none.

BEST LIFTS: (single-ply, 220 lbs): squat, 936; bench, 661; deadlift, (raw) 848; total, 2,425 WR. Best lifts (raw, 220 lbs): squat, 760; bench, 551; deadlift, 848; total, 2,094 WR. Think about that ... nearly a 2,100-lb. raw total at 220!

ANDREY MALANICHEV



Andrey Malanichev (SHW). This massive Russian has won the "Cup of Titans" meet three years in a row – until this year, when Yarymbash got him. He has an unreal raw squat of 992 and a huge single-ply squat of 1,058 and pull of 903 lbs. From what I can tell, he has only done one raw meet. And he totaled 2,314.

BEST LIFTS: (single-ply, 308 lbs.): squat, 1,058 WR; bench, 661; deadlift, 903; total, 2,601. Best lifts (raw, 308 lbs.): squat, 992 WR; bench, 507; deadlift, 815; total, 2,314.

STAN EFFERDING



Stan Efferding (275). Efferding is one of the biggest freaks on this list. He could most likely out-lift anyone on this list with any exercise you can think of. It would have to be raw, though, because gear makes him lift less! Raw freaks of nature like Efferding and KK are great for powerlifting, people can't seem to get enough of either. Both guys are proof that you don't need

to be fat and disgusting to be strong. Efferding is a pro bodybuilder who has trained under Flex Wheeler. As a powerlifter, he has worked with The Legend Ed Coan and Super Training Gym. The scary thing about Efferding is that he has still only done about four powerlifting meets. I believe we at Super Training Gym can get him to a 2,300-plus raw total.

BEST LIFTS: (raw, 275 lbs.): squat, 854 WR; bench, 606; deadlift, 793; total, 2,226 WR.

KONSTANTINS KONSTANTINOV



Konstantins Konstantinovs (275, 308). One of the best things about this Russian mutant is his 939 belt-less deadlift. His huge deadlift is what always amazes us about KK, but have you ever seen this guy do pull-ups? I think he bangs out like 60 reps weighing 285. He also does pull-ups against

bands, which must be brutal. KK is not just a deadlifter; he competes in full meets and nails his biggest pulls after squat and bench. You'd think being a long-armed deadlifting machine that he wouldn't be able to bench, but KK has done 584 raw with no wrist wraps!

BEST LIFTS: (raw): squat, 727; bench, 584; deadlift, 939; (at 282 lbs. WR); total, 2,217. Best lifts (single-ply, 275 lbs.): deadlift, 948 WR.

★★★ THE BEST OF THE BEST ★★★

YEVGEN YARYMBASH



Yevgen Yarymbash (275). The stocky Ukrainian is a fierce competitor and very aggressive with his explosive squats. An unreal single- and multi-ply lifter, he beat Malanichev and Chuck V. head to head in the same year. Yarymbash broke the multi-ply total world record in his first multi-ply meet! He could very well be next in line for a massive 2,900 total.

BEST LIFTS: (multi-ply, 275 lbs.): squat, 1,168; bench, 804; deadlift, 826; total, 2,799 (he held the world record for several years). Best lifts (single-ply, 282.3 lbs.): squat, 1,014; bench, 771; deadlift, 843; total, 2,634 (second-highest single-ply total ever).

JONAS RANTANEN



Jonas Rantanen (308). This massive Swede broke the all time squat record with a jaw dropping 1,267 lb. squat. He holds the second highest total of all time at 2,954 lbs., has the 308 WR for both the squat and total, smashing the total record by a whopping 154 lbs. With his versatility, he will most likely be the next lifter to go over 3,000 lbs.

BEST LIFTS: (Multi-ply): squat 1,267 WR; bench, 859; deadlift, 826; total, 2,954 WR.

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★★★ THE BEST OF THE REST ★★★

HENRY THOMASON



Henry Thomason (SHW). You have to admire that this guy will jump into any meet anytime, anywhere, and he is one of the world's best squatters. He has a 1,058 single-ply squat and 1,190 multi-ply squat. Whether it's single- or multi-ply, Thomason is a threat to squat world records in every meet he enters.

ALAN BEST



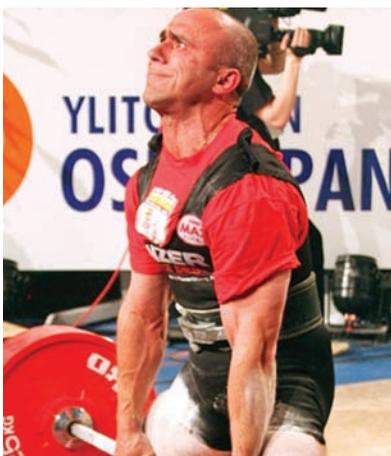
Alan Best (275). With a 2,529 single-ply total at the 2011 Mr. Olympia meet, this is the strongest guy no one has ever heard of. He has a video on YouTube of a 915 squat in knee wraps and it has, like, six views. Best is only the second American ever to total 2,500-plus single-ply. His career is on thin ice, though, because his pencil neck will break any second from holding up that fat face! He has a 997 squat, 705 bench, 826 pull.

MIKE TUCHSCHERER



Mike Tuchscherer (275). He tears it up in the USAPL and the IPF, both drug-tested federations. Mike T totals more than 2,000 raw and ends up with a 2,342 in single-ply. He has deadlifted 832 raw and 865 equipped in the gym. He recently posted a video of him totaling around 2,100 raw in his garage with no spotters! That's absolutely insane, a full meet in your garage by yourself? And I thought my lifting was pointless.

JAROSLAW OLECH



Jaroslaw Olech (165). This Polish wonder is a nine-time world champion and holds multiple IPF records. He routinely squats around 800 lbs. and deadlifts more than 700. It sucks I could not put him on this list, but we only got 10 slots.

ERIC LILLIEBRIDGE



Eric Lilliebridge (275). A 2,100-plus raw total, and he is only in his early 20s? Squatting 800, pulling 800, benching 500 and looking jacked, this kid is a savage!

ROBERT "BIG WILK" WILKERSON



Robert Wilkerson (SHW). He's the first dude to squat 1,000 raw! His 450-lb. frame is nothing short of impressive. The guy is massive.

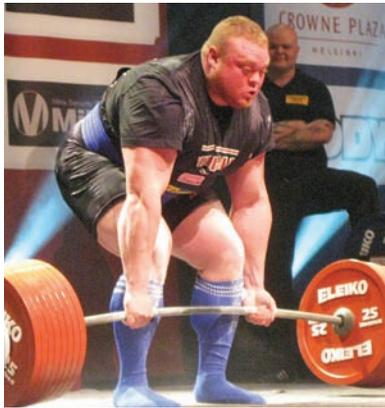
★★★ THE BEST OF THE REST ★★★

ANDY BOLTON



Andy Bolton (SHW). The first guy to pull above 1,000, he has also squatted more than 1,200 lbs. He is on track to join the 2,900-lb. club soon.

BENEDIKT MAGNUSSON



Benedikt Magnusson (SHW). He's the strongest deadlifter the world has ever seen! With a 1,015-lb. pull, Benni reeled in a 2,294 raw total, but he has not done enough in full power meets to make this list. He is a talented Strongman competitor and probably the strongest person to not make the list.

PETER PETRÁŠ



Peter Petráš (SHW). He went 935 squat-562 bench-837 deadlift = 2325 raw total at SHW and no one paid any attention.

BRIAN CARROLL



Brian Carroll (275). Huge world record squats at all different weight classes. Carroll has four totals above 2,600 and two above 2,700 – all weighing 275 or less. Recently he hit a 275 WR squat with 1,185.

CHUCK VOGELPOHL



Chuck Vogelpohl (275). Still chasing world records in his mid 40s, he will always be a fan favorite for his ability to dig deep when it matters. I have a feeling we have not seen the best of Chuck V. just yet.

AJ ROBERTS



Roberts is routinely hitting 1,100-lb. squats, 900-lb. benches and around 800-lb. deads. In his last three meets, he has gone above 2,700, and above 2,800 twice. He and Hoff are Westside's top dogs, two guys from the same gym with above 2,800 totals.

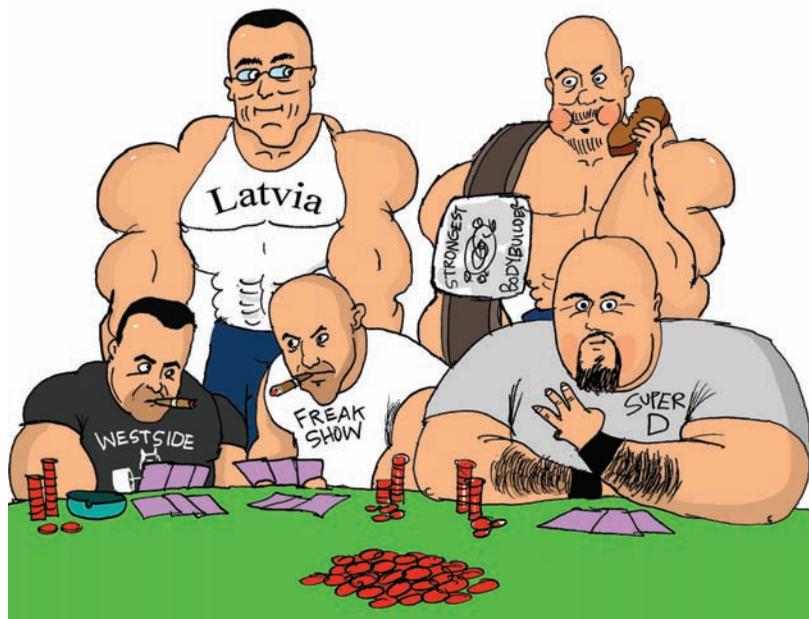
★★★ THE BEST OF THE REST ★★★

JUHA SOMEROJA



Juha Someroja (242). He broke Greg Panora's 242 total record at the Pro-Am and is a very well-rounded lifter. I think he's put up several big totals before his 2695, but he doesn't get much attention.

So there you have it! Power's Best of the Best and the Best of the Rest. If you don't agree or have comments, post them on our Facebook page! **PM**



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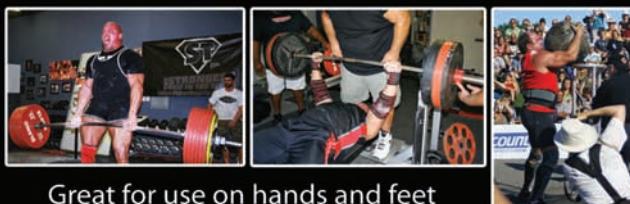
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My first time training with Chuck Vogelpohl was a little intimidating. Not only had I looked up to him since the first time I read about him in magazines, but I'd watched his videos on YouTube or the old Chuck XXX video when I was looking for motivation before heading to the gym. Vogelpohl personifies intensity. When I started training at Lexen with his crew, we talked about my weaknesses, checked my form and set out with a plan. First and foremost, Vogelpohl is extremely detailed about programming and technique. He has a reason for everything, and each week is a stepping stone to the next. We set out a plan for fixing my weaknesses, and identifying my strengths.

Strengths: pecs, triceps, shoulders, abs, quads.

Weaknesses: lats, glutes, hips, hamstrings, flexibility.



LET THE TRAINING BEGIN

We were set to do Pin 2 Pulls wearing Vogelpohl's "Powerpohl." I looked at the weight on the bar and on the Powerpohl, and I was thinking, This is gonna be easy. Wrong. Three reps into my set of eight and I was seeing stars. I had never felt my glutes and upper hamstrings work so hard. Three sets later I was in the floor, rolling in pain. I'm not talking about a little pump that you can walk off, I'm talking about the kind of pump that makes you wish for death. Vogelpohl's only instruction was, "Roll over here and do this, but don't you ever quit." Simple enough to say, but it was brutal – and that was the way my day went. I rolled or crawled to each of the exercises and through everyone of my sets Vogelpohl encouraged me to get better, to keep pushing, to not let the pain stop me. Ever.

I made it through that first workout, and each one since has been just as hard. But I'm getting better, and the weaknesses are getting stronger. What really stood out to me is the guys Vogelpohl trains with. All the guys are strong and go all-out each workout. I have really found my groove in training again. For the last few months I had been dealing with an injury and fell further and further behind my former teammates. I equate it to being pulled out to sea. When I was close to shore I was fighting hard to get back, but as I drifted further I lost my bearings, and my progress slowed.

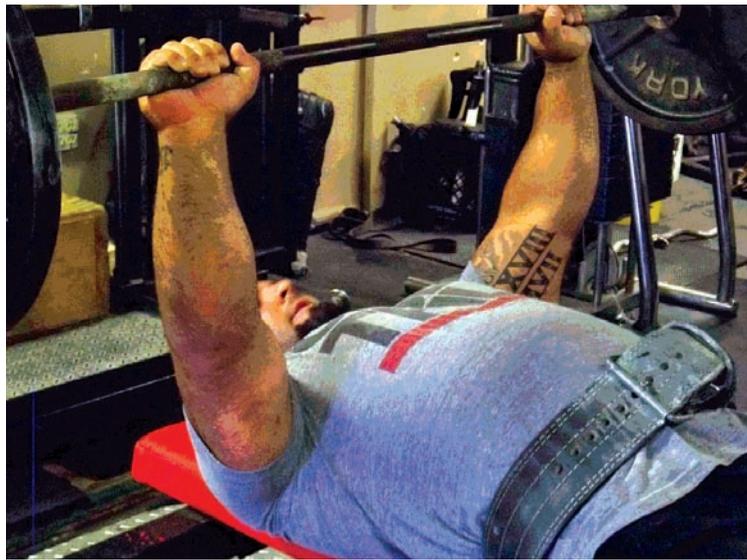
There are several crews that train at Lexen, and I have seen all kinds of principles being applied, but I can only speak for what I do. Vogelpohl has us set up the split like this:



FIRST TIME

BY BRANDON LILLY

TUESDAY. This is a "lower" day dedicated to assistance/conditioning work. We do squats and deadlifts that put us extremely out of position. This not only strengthens muscles in new ways, but when was the last time you saw anyone do a truly max-effort lift with perfect form? Vogelpohl is adamant about learning to lift even when positioning is off. We also do lots of higher rep work on this day. This day, while difficult, has really helped me bring up some weak areas quickly not only from the heavy work, but also the high rep sets.



WEDNESDAY. On this day we work up to a maximum bench. We vary the bars, resistance and so, but always working up to a heavy set. This may mean a single or triple, the point being heavy weight. We also pay special attention to how the triceps and shoulders fire during a bench press so we do lots of exercises to mimic this movement, but also directly hit the individual muscles.

SATURDAY. This is probably my favorite. I say that because I need the most work on this day. We not only do a heavy squat, but also a heavy deadlift variation as well. A couple examples of this would be free squatting in briefs for eight sets of two, then doing a deadlift from pins with the safety squat bar on our back. We would then do some conditioning work with the Powerpohl, either dragging, walking or static holds. Always finishing with abs and grip work.

SUNDAY. This is just a typical speed bench day. We usually do eight or nine sets, varying grips every set, and changing resistance from week to week. After that it is basic bodybuilding type movements, for the triceps, shoulders and lats.

HOW A CHANGE HAS DONE ME GOOD

My workouts have changed in many ways, but mostly in how I train my weaknesses, and my attention to form and technique. I still have a long way to go, and but here is what I am doing for now:

- I use less weight on the squat and dead lift, working on perfecting technique and building up muscles that were lacking. For example, I did a set of squats with relatively low weight for five reps, and it was hard. Why? Because I was squatting deep, ultra-wide and extremely arched. This was directly forcing my hips to fire

me out of the hole, and my hip strength is awful.

- I do conditioning movements. Lots of Powerpohl walks, drags, etc. And we keep a brutally fast pace in our workouts. As I said, I was almost dead my first workout, but I have lost no weight. I am able to eat a little more freely and improve

my conditioning, while staying at my preferred weight.

- Abs, abs, abs. Anyone who knows Vogelpohl knows his core is crazy-strong, and very important to how he lifts. I always took for granted how strong my abs were. We now work them in so many different ways, from all angles. A strong core is where it all begins.

- I force myself to use and feel the appropriate muscles in exercises. Why do lat pull-downs when all you feel is forearms and biceps? Vogelpohl has helped me with body positioning/awareness and so on to improve muscle recruitment. I am working muscles harder and more directly than ever.

All in all, I am very happy with my training. I am hopeful that with the improvements I am making I will be able to see continued success on the platform. I am not satisfied at all with what I've done so far. I have a great deal to prove first and foremost to myself, but I also want to make others proud. Powerlifting is just a small part of my life, but I plan on making a big splash in the coming year! **PM**

DONNIE "SUPER D" THOMPSON

Doing it His Own Way

BY MARK BELL

Editor's note: This interview was conducted prior to Jonas Rantanen breaking the All-Time squat World Record.

"Never blame yourself when you miss an attempt! It is always a gear issue, technical error or injury. Never ever say it was because you weren't strong enough." ~ Super D

Donnie "Super D" Thompson had to be sat down in room by a team of men to get him to talk. He never squeals, but we get this mountain of a man to spit up the goods and spill his guts.

Actually, this is how it really went down: I said, "Break 3,000 and you'll get the cover of Power." He smiled like a giant sumo wrestler and his fat head swallowed his face and eyes. Many probably counted Super D out when he started chirping about a 3,000-lb. total, but the 46-year-old loves a challenge and he came through in a big way.

MARK BELL: Are you fat or big-boned?

SUPER D: I am an integration of fat and big bones, so I am the best of both worlds. It also pays to have a mom with great genetics. She is so strong, it's crazy. She's 70 with huge boobs and a work ethic that has long been forgotten by current society.

BELL: A 1,265-lb. squat and 950 bench? A 2,215 subtotal ... what the heck? Followed by a 785 pull for a 3,000 total? Let's just get right to it. What started this quest for 3,000? I mean, before you, no one even did 2,900. So what the hell made you think you can do 3,000?

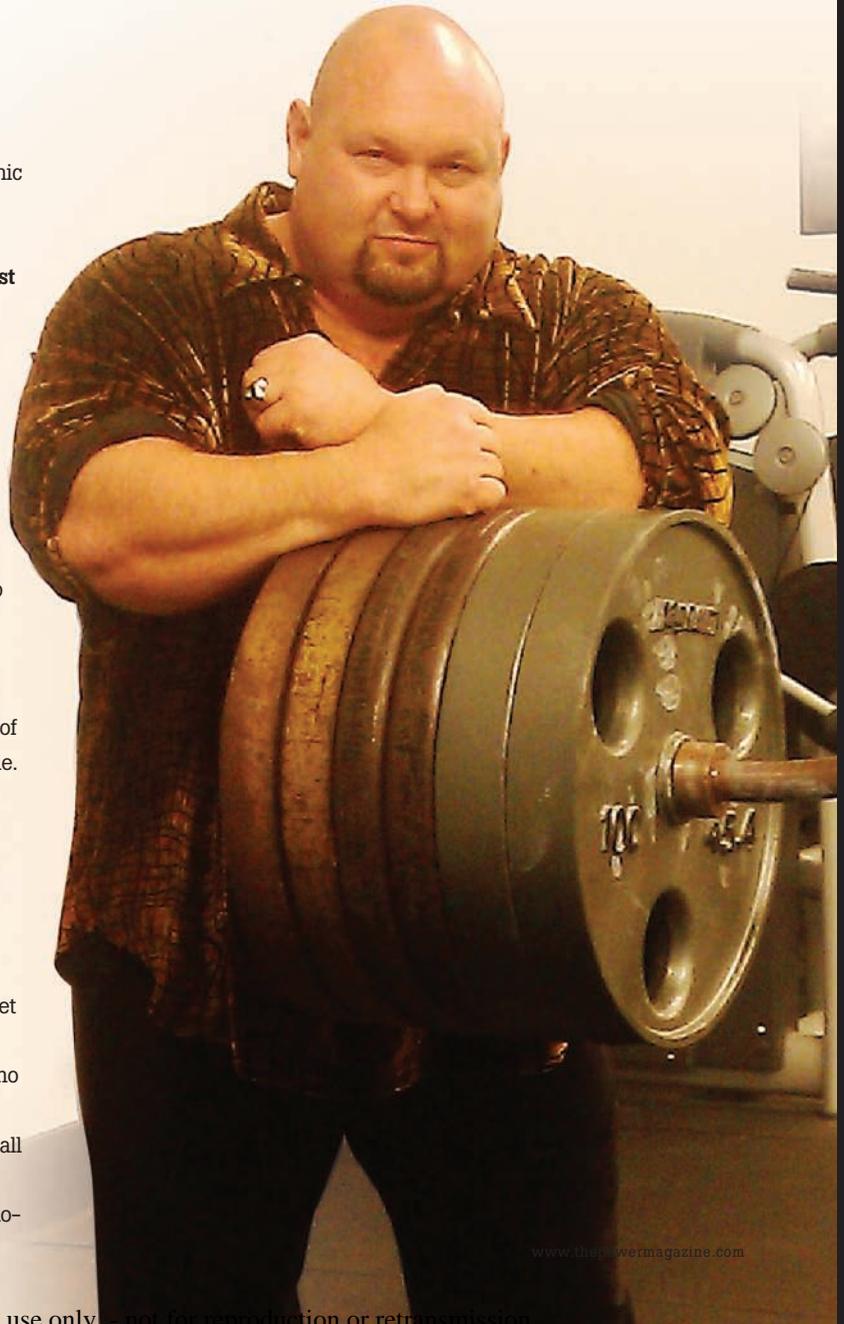
SUPER D: In 2003 at the Arnold we were showing up for the WPO Finals. Back then, Big Garry Frank would come in late and start doing warm-ups with 500 lbs. on the bar. It was quite a spectacle for us mere mortals. We would all stop what we were doing and say, "Garry is here. Look how huge he is!" The biggest total back then was a well-earned 2,640 lbs. And yes, it was his. So in walks this giant of a man and says in his cool, deep whisper, "I guess we are all here today for that magic number?" So I replied, because no one else would, "What number is that?" He said, with a straight look on his face, "3,000!" I was in shock. The mere thought of a total like that and hearing it spoken for the first time was incredible. At that moment I decided to be the one to get 3,000.

BELL: Many feel your world record total rests on your giant squat. Subsequently, some are saying that your squat was high. How do you respond to your critics?

SUPER D: There are three judges that govern the platform in a powerlifting meet. Lifters do not have the luxury to do the lift and judge themselves. Let Super D fill the critics in: I do not go on Internet sites and read anything the ladies of powerlifting bicker about. This past meet cost me \$901.98 in expenses. I got no trophy, no money, no certificate of achievement. Not even a free meet t-shirt. When I got home, there was no newspaper coverage, no TV news coverage. In all honesty, no one cares! So where do the critics come in again? If it wasn't for Power and PLUSA, lifters would have nothing to commemo-

rate their hard work and efforts.

None of the critics know what it is like to squat more than 1,250 lbs, so I will graciously fill them in. I have squatted more than 1,250 lbs. in five consecutive meets in the past year and a half. I am also the only one to do this and walk away from it healthy. The first two meets, I was successful in hitting the squats only to have them turned down by the judges. At one meet, they were so marveled by and in dismay of my 1,260 that they all red-lighted me! When my friend asked the



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head judge why the red light she said, "Oh, it was blatantly high." At another meet I got 1,273 up, only to fall back with it at the very top. Point is, I have come up with everything. When I am squatting that much weight, there is so much pressure built up that you can lose your bearing on reality. So I have to rely on instinct and when I can't get down any further, I do a dip. It always gets me a couple more inches. Plus, when you are six feet tall and weigh in at 385 lbs., it is hard to judge me when I look like a refrigerator bending. I mean big SHWs are hard to judge. If you take a look around the powerlifting world today, the SHW division has become extinct. The judges have a difficult time finding hip placement. It took me four meets to get my world record squat passed. My 1,265 was not quite as low as my 1,260 in April, but my point is every geared squat looks different. Again, that has to do with the amount of pressure all the gear and heavy weight on your body. When it is questionable, it should always go to the lifter. Period. For every five they take from you, you may get one called in your favor. Take it and run. At the end of the day, my response to the critics is simply this: Kiss my big, white ass.

BELL: When you came out to Super Training you showed us some unconventional training. Tell us about that.

SUPER D: I showed everyone there the work ethic it takes to break records in any weight class. It is not a walk in the park and, these days, it is not work for work's sake.

Mark Bartley used to criticize me for doing too much training. He said I performed clown tricks for nothing (Kettlebells and extra workouts). He was a great 275 lifter and was forced out with injuries. I walked away after my last meet. Admittedly a little fat, but healthy nonetheless.

I showed the guys and girls at Super Training that they need to do assistance work. When your buddies leave, you are getting started. Do your Kettlebell work, do your band recovery work and joint mobility. Why be average? I keep speed work and max effort work just that: heavy. I train six days a week and try to stay moving everyday. The SHWs of the old days used to train two to three times a week. That was not wise. How in the hell will you get through a 10-hour meet like that? If you ask my fellow competitors AJ Roberts and David Hoff, they will vouch that I was not spent and tired at the end of a meet. I left knowing I could have done more and I leave my training sessions knowing I gave it all I had.

BELL: Break down the workout in detail so people can see exactly what Super D is doing to become the biggest freak of all time.

SUPER D: Sunday — speed day/upper body. About 12 to 15 sets bench with 1 minute between each set. Robert "Big Wilk" Wilkerson has me doing heavy triceps work after. He recommended that I board press or floor press to low pins with close grip after speed work. I do sets of five to eight, depending how I feel. Then he has me doing

overhead presses with a bar or fat bar. I like them set from a pin at neck level. Keep it simple and basic.

Monday — lower body mobility/arms. I finish my arm work and do my lower body mobility work. I also perform the one arm bar with the Kettlebells and speed-throw the medicine ball for time.

Tuesday — max-effort squats/lower body. I do five exercises: squats of some kind, pulls of some kind, KB swings, glute hams and abs.

Wednesday — recovery day. Light sled work or band work. I do about one hour of joint mobility and band work with the Jumpstretch bands purchased from Dick Hartzell and no one else.

Thursday — max-effort/upper body. Benching is on the docket. Some form of benching takes place and yes, out comes the Sling Shot. If we are in meet training we use shirts on this day. Heavy upper back, heavy arm curls and abs.

Friday — upper body recovery. This is a great day to do KB swings for upper body. Swing snatch press, bottoms up presses and rows of some kind. If I want to change it up, then I do upper-body sled work, four rounds of 200 ft. or more. Then four different movements with the strap.

Saturday — lower body speed day. This is where I squat into chains, no boxes. Come to a complete stop in the bottom of the chains, then punch it up. KB snatches using two at once. Then I do speed deadlifts. Usually sets of 5 X 3. Then some dead snatches and static



band pulls for my hams.

This is a typical week for me. If I miss a day, I do not worry about it.

BELL: How often did you pull 785 or more in the gym to get ready for the 785 raw pull in the meet that sealed the 3,000?

SUPER D: I never pulled anything heavy since the York meet in 2008. I did 515 lbs. for five sets of three reps for speed. After my max effort squat workouts, I'd run a fat bar deadlift meet (double overhand only) with whoever wanted to join in the misery. I'd challenge myself and try to do reps with weights my lifting partners would fail with. I got into the 400-lb. range. My back gets a ton of work from the huge squats and all the Kettlebell work, which is why I don't need to deadlift heavy until game day. I also followed Andy Bolton's advice and it worked great. He wanted me to do five reps but I just physically would not take the risk. Two years ago exactly, I herniated L-4 to L-5 disc anteriorly. This happened while I was sleeping. I went to bed one of the strongest squatters on the planet and woke up a cripple. My dominant leg, the right one, was partially paralyzed. I had drop foot and the neurosurgeon wanted to admit me for surgery that night. I turned the surgery down. The lower back rehab I learned from the great Dick Hartzell and a PT friend of mine helped me a lot. It took three weeks for me to be able to stand straight again and I immediately went to work on fixing myself. I was not going out like that. I chose to stay light and practice my execution of the deadlift. It paid off. By the way, the neurosurgeon said I would never deadlift again. He was wrong.

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BELL: Okay, what about the bench and squat? Did you bench 950 full range in training and did you squat 1,265 in training?

SUPER D: Ryan Kennelly helped me with this. He had me go up to 1,000 lbs. off of three boards for this. I did 950 lbs. off of a two board routinely leading up to it. Ryan said I needed to feel the weight and get used to the pressure. It was so fun doing this on Thursday after Tuesday's heavy 1,200-plus squats. I think it is more like get used to the pressure and pain. But Ryan is the authority, so I didn't have to second-guess him. I just listened.

BELL: Tell us about the mindset of Donnie Thompson as a lifter.

SUPER D: My mindset as a lifter is simple: I will do whatever it takes. I will sacrifice everything for powerlifting. I couldn't care less about jobs, money, paying bills and relationships. They all come second. If all my comrades I lift with walk out on me during a training cycle, which is all year long, I keep going. Whether I am a dickhead or not doesn't matter. All that matters is the total. I thank them for the time we had and wish them well. This happened to me four times in 10 years. The Breeze said if I had over 75 lifters quit on me, that at some point I have to realize that Donnie Thompson is an a**hole! The common denominator is me! I have had to redirect my mission as of three years ago when my daughter Bridget was born. She takes priority, but it is different. It is like she is on my mission with me. Her needs were like sleeping and eating to me.

They were fixed and top priority. Her mom watched her Monday through Friday and I have her on the weekends, so it wasn't like I was father of the year. My schedule to train was fine. She hangs out in the garage with me, plays with chalk crayons and watches Scooby Doo on her small TV. Many lifters reading this have probably experienced the same thing with their kids.

One of the biggest mind control achievements is the fact I train flat. No emotion. I don't care what kind of music is playing and if kids or teenagers are running around. It is never perfect on the platform. However, I do get that emotional rush at meets. I haven't overused it.

BELL: The Compound seemed like a hell of a place. Tell us what the Compound was and what it meant to Super D.

SUPER D: It was utopia, a powerlifter and Strongman paradise. It was a 2,200-square-foot warehouse with 1,000 square feet as my studio apartment and 1,200 square feet as the gym. The bathroom had a pink toilet and was very small with a curtain as a door. This discouraged lifters to come to my place to take a crap. Buddy the bulldog would attack everyone there. He would lie close and make you step on him. He would then have an excuse to bite you. He also had hemorrhoids. So when he took a huge shit, there would be nasty stuff oozing from his butthole. If you didn't pay attention, he would come over and sit on your foot. We called this "getting smored." Great stuff. Crackheads and homeless people would walk by every five minutes. Buddy was our muscle; he would go berserk and scare them off. We had more than 75 lifters filter in and out in 10 years. Columbia, S.C., does not have a loyal powerlifting crowd except for me, so most of the good ones drove from out of town. Marc Bartley was very good at showing up when we trained together. He was there four days a week and never missed. Plus, we didn't really like each other so we didn't talk much.

Gold's Gym is big in our area, so most of the guys who should be training with us were chasing snapper there. Funny how time changes things. Gold's used to be the mecca of lifting. Now it is the place we make fun of. When anybody whines, complains or continuously misses attempts in training, we will point and say, "Gold's is that way. Go train with the pussies!"

Continued on page 50

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Mark Bell

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DONNIE THOMPSON

Continued from page 47

I had three rules I would tell lifters when they came to the Compound to train. Since I paid the bills, all the equipment was mine and I had the biggest total I had the right of passage for this.

The Compound Rules of Training:

1. I don't care about your f*cking job!
2. I don't care about your f*cking school!
3. And I don't care about your f*cking girlfriend!

Just be here and train when we do!

BELL: To say we had a blast and learned a lot from each other when you came out to Super Training is like saying your 3,000 is no big deal. We both shared and stole a lot from each other. After much brainstorming and litigation, we came up with a plan for "Super Training South." Tell the readers about the Super Training world expansion plan, and what ST South will be.

SUPER D: My training partner, TJ Watkins, and I are going to open up Super Training South. He was an All-American football player for Clemson. Since you have worked hard to make a system of success for a powerlifting gym, we will just extend your mindset. Our first one will be in Greenville, S.C. We will follow the West Coast ST gym to the T! When it gets big enough, we will open another. We hope to get to the point where we have Super Training meets that are "West Coast vs. East Coast." Federations have long forgotten the powerlifter. So we think small steps should be taken to reclaim the sport back and let feds fight for our representation. Lifters are in dark federation closets lifting in powerlifting bondage. As for my lifters and me, we will powerlift free and in the open! We won't bash any other fed or call anyone out. We are going to promote training hard and lifting big on the platform. We do not care what the weak critics have to say.

BELL: Give us three tips to get big ... I mean HUUUGE!

SUPER D: 1. Eat like a Viking God. I mean start with Wendy's triples with cheese and go from there. I ate two huge meals a day and a couple shakes. This slowed down my metabolism and allowed me to gain weight.

2. You have to have the huge mindset. Paul Childress and I have it down. When we eat supper, we sit there and talk. After a few hours we eat again. Everyone else is nervous and gets up and runs around like they are

missing out on something. We just sit there and consume calories like the Gods of Huge! In our minds we say, "Hey, its okay to be big." The women are in awe of our size and elevated egos. If they don't know it, I simply tell them they are. It is just that easy. I mean seriously, if you are a beautiful woman, you can't help but want to be enraptured up by the big, strong, good-looking men most of us SHWs are. How could any self-respecting hot girl be attracted to a man that when she hugs him, her hands touch?

3. Just get huge! I had the rich and famous Stan Efferding construct my meal plan when I reached my 3,000 total. Now Stan is helping me with my diet to be lean. Even when Super D diets down to around 275 lbs., he will still be a big man. Like the great Steve Goggins used to say, "It ain't braggin if you can back it up!" If you want to be huge, you have to think like you are huge, act like you are huge and be HUGE! Foghorn Leghorn got his ass kicked all the time by who? Yes, the little chicken hawk. It is all about perception.

BELL: Break it down for us in its simplest form and give us three tips to get stronger.

SUPER D: 1. DETERMINATION. First you have to decide that getting strong is really what you want to do. Most of us were different from other kids early in life. If you are the kid constantly lifting things up over your head just because it was there, you might be a candidate for strength. Once you realize that getting strong is your calling, you go after it.

2. HAVE A PLAN. You have to have a plan and stick to it. I remember hearing that from my arrogant friend (ex-friend if he doesn't take me out for a steak soon and keeps telling me my squats are high), Ed Coan. Buy his DVD and see! Your plan is to do whatever it takes to get strong. First plan of action is to get with guys stronger than you and train with them. Read all the books you can on strength and power. You will be able to weed out what is good and bad through experience.

3. DETERMINATION. Do not let anything get in your way. Do whatever it takes to be strong and by all means, leave your values at home. Do not make lifting and training into a lesson of morals and values. If you are against drugs or squat suits and bench shirts in power sports and do not want to use them, great. I support you, but training with the guys that "load up" will only help you get stronger when you try to keep up with them.

Use each other for your own total.

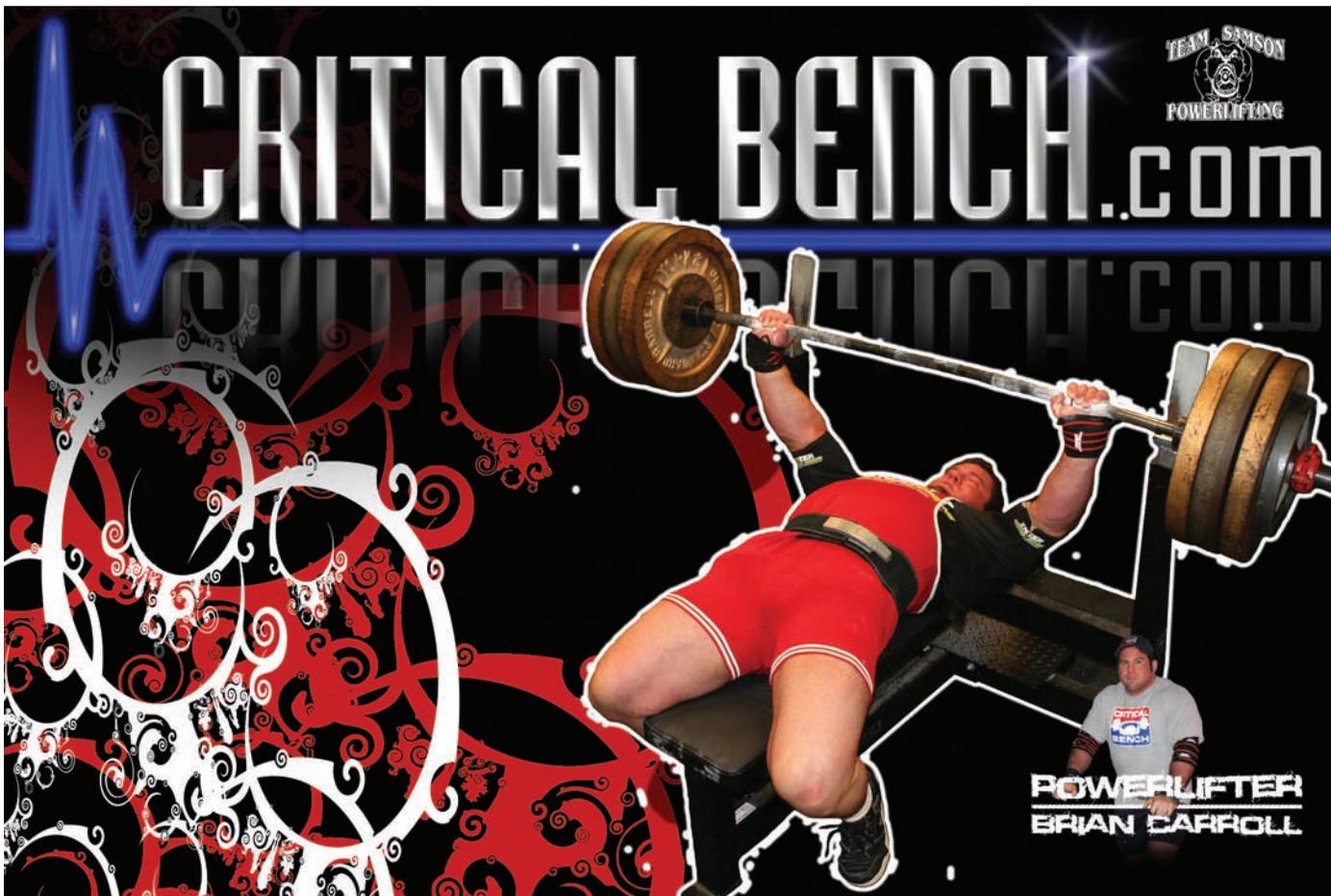
When you go to work, do you ignore the boss who is cheating on his dearly beloved? But yet if you think a lifter is taking steroids, you shun him like he is in a leper colony. He is a cheater and you have no respect for him because drugs are wrong? You are the hypocrite. If you do not judge everyone in your life by your own values, why are you singling out lifters? Really, why is the lifter guilty of doing drugs just because he or she is developed from hard work and dedication? Lifters wear their success. So if you are big and strong, you automatically take "performance enhancement drugs"? That is how the neophyte can identify with himself and make excuses for his shortcomings. When you become the next Jesus here on this earth, then as the Son of God you may judge everyone to your standards and values. Until then, you are mortal like the rest of us so keep your judgments and values to yourself.

However, if your plan to get strong simply relies on more drugs, you are a fool! Nothing replaces a stringent work ethic, dedication, exploiting all the training philosophies and nutrition. In my opinion, most men shouldn't even contemplate performance enhancing drugs until they are in their 30s.

Always use everything to your advantage. Nothing is an excuse to be weaker.

BELL: I know you love football and war. So if all powerlifters together made up "Thompson Clan" and they were preparing for battle, what would their "William Wallace war speech" sound like?

SUPER D: "Men, the strong have been sapped by the whimpering propaganda of the weak. Men, strong men, have been denied their destiny. Today, that is about to change. Today will determine the rest of our lives and our children's lives! We have trained day and night for this one time. We have toiled and broke ourselves preparing for the task ahead. Many were called, but few have been chosen. You are what remains. Your enemy numbers are great and you are few. So today, on this day, you will give everything you have to be delivered upon your enemy. Almighty God loves a conqueror. And, after battle, he will look upon that mountain of dead enemies and fallen comrades and smile! Because on that mountain of death, terror will have reigned and you will place your flag of victory. Now go and please your GOD!" **PM**



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Jesse Burdick

BELL: How do you train people who want to drop body fat? What about someone who wants to gain weight?

BURDICK: First thing that should be addressed in this situation is diet. If that isn't dialed in then nothing done in training will have the intended effect. In training: volume, rest periods and cardio need to be manipulated. To lose body fat: more reps and less rest between exercises and sets. To gain muscle: use heavier weight, do fewer reps and get more rest. Oh, and eat like Mark Bell. Rumor has it you down a king-sized peanut butter cup or two then wash it all down with a Ben and Jerry's.

Dave Hoff

BELL: Dear Mr. Hoffington, how is your day? And what is your current training split?

HOFF: Glorious day, sir! I do dynamic speed bench on Sunday, deadlifting on Monday, off Tuesday, max effort bench on Wednesday, off Thursday, squat Friday, off Saturday.

BELL: What about lats, shoulders and stuff like that?

HOFF: I do shoulders on my dynamic speed bench day. Lats are done Monday with deadlifting. I do a lot of upper back on Monday and, if I feel up to it, every once and a while I go in on a Thursday and do biceps and forearm stuff and some isolated pec and rear delt movements.

Donnie Thompson

BELL: Super D, I'm traveling to do some powerlifting seminars. I have to miss some training sessions. I don't think I'll be able to hit both DE and ME for the squat. Any tips?

SUPER D: First off, Mark Bell, missing any workouts is unacceptable, but you're a student of the game so you already know that. Try my 5x2 squats and add chains every set. Start with something that's around a 6 or 7 as far as difficulty, then add 2 chains per side. That'll be set 1. Add 1 chain every set after that until 5 sets are done. After 5 doubles work up for about 2 more sets.

BELL: Shit, big man, that sounds awful! So it kinda gives you a little bit of blend of dynamic work and max effort work?

SUPER D: It sure does, Mark Bell.

BELL: Why in the hell, even by text, do you refer to me as Mark Bell? I know who I am.

SUPER D: Do you really, Mark Bell?

BELL: Never mind!

SUPER D: Oh, I almost forgot. Use a box and also make sure you use the safety squat bar, Mark Bell.

BELL: Shit. I hate you!

SUPER D: I know. You and everyone else, Mark Bell.

BELL: Super D, I did the "Thompson squat" and man — that was a brutal, but an awesome workout. I did 5 sets x2 reps to a box with:

Week 1: 5 sets of 2 reps
555 with 2 chains per side, 2 reps
555 with 3 chains per side, 2 reps
555 with 4 chains per side, 2 reps
555 with 5 chains per side, 2 reps
555 with 6 chains per side, 2 reps
Switched to a single
625 with 7 chains (280lbs of chain)

Week 2: 5 sets of 2 reps
575 with 3 chains, 2 reps
575 with 4 chains, 2 reps
575 with 5 chains, 2 reps
575 with 6 chains, 2 reps
575 with 8 chains, 2 reps
Switched to singles
655 with 8 chains, 1 rep
690 with 8 chains, 1 rep
720 with 8 chains, 1 rep

SUPER D: Not bad my little buddy!

Brian Carroll

BELL: I notice you move very slowly on your decent in the squat. What's that all about? What are you thinking?

CARROLL: I'm thinking About Ed Coan's weenis! Nah ... arching! Head up, but back — then knees out after hips break. I'm loading up as I wait dip, and explode up!

BELL: You're almost handling 1,200 lbs. You feel your hips actually break?

CARROLL: Precisely. Broken hips after the ProAm! For me, it's all about controlling the weight and staying in my groove.

BELL: When you say arch up, where is that coming from? The entire back? Mid-back?

CARROLL: Starts with head position, mine is up. Chest is out, elbows cranked down and in. Upper back is tight and locked in. Lower and mid back are arching hard like I'm pressing.

GET TO KNOW...

ANDY BOLTON

What superhero power would you most like to possess? That would have to be invisibility. Can you image how fun that would be?

What is your idea of perfect happiness? To be a strength coach with the NFL and live in a warm climate with my wife and daughter.

What is your greatest fear? That's easy: small spaces. When I'm in an elevator and the doors don't open right away, I start to sweat and panic.

What is the trait you most deplore in yourself? I go on and on about the same thing over and over, and I plan too much.

What is the trait you most deplore in others? I don't like two-faced people. If you have something to say, say it. I will get over it.

What is your greatest extravagance? I don't really have one, except maybe my PS3 plus 20 of the top games that I never play but seem to keep buying.

What is your current state of mind? Right now pretty excited about lifting at the BullFarm meet on Oct. 8.

On what occasion do you lie? Only to the wife, and only white lies when I come in late after drinking. (She is asleep and I say I was in bed hours ago!)

What do you most dislike about your appearance? My fat head. It doesn't look good in photos.

What do you most value in your friends? I value honesty and I like to be told the truth about things. I don't want smoke blown up my arse.

What or who is the greatest love of your life? My five-year-old daughter, Madison. She makes me smile every day ... and cry!

What is your most treasured possession? My power-lifting kit.

When and where were you happiest? When I was in Florida with my wife and daughter earlier this year.

If you could change one thing about yourself, what would it be? Not to be so hard on people. Sometimes I open my mouth without thinking.

What do you consider your greatest achievement? Pulling 1,000 lbs. for the first time.

What is your most marked characteristic? Patience, in that I don't have any.

What is your greatest regret? I don't regret anything. What's done is done. Never look back.

Which talent would you most like to have? To be as fast, if not faster than Usain Bolt. Imagine that!

What is your motto? Always follow your dreams.

Which living person do you most admire? Usain Bolt. The man is a superstar.

Who is your favorite hero of fiction? Rocky Balboa.

If you were to die and come back as a person or thing, what do you think it would be? A silverback gorilla, just so I could see how much I could deadlift.

What is your favorite movie? Shawshank Redemption.

Who is your favorite lifter? Right now David Hoff is lifting complete and consistent. Plus, he is a really nice guy.

What do you prefer: single-ply, multi-ply or raw? Multi-ply. I like to push my body as hard as it will go.

Are you married? In a relationship? I am married to Stacy from the USA, seven years on Oct. 15!

Other than yourself, who would you like to see on the next cover of Power? Joonas from Finland. He is so strong and young!



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